

# Veterans Athletic Club Newsletter



## Autumn 2015

### Contents

List of committee members	Page 2
Message from membership sec	Page 3
Fixture list	Page 4
Race reports	Page 6
Members Action	Page 11
World Masters	Page 12
News	Page 14
Cross Country	Page 15
Track and Field	Page 18
The Mob Match	Page 21
Letter from the editor	Page 23

*Most of the VAC team at Roundshaw Cross Country (from left to right): Tony Austin, Barry Attwell, Richard Batchelor, Paddy Clark (Team Manager), Tony Harran, Alan Lane, Dennis Williams, Carey Gray, Mark Cawood, Steve Clancey, Maggie Statham (Assistant Team Manager), Liam O'Hare. (Photo by Martin Berry).*

## VAC Committee Members: 2015-2016

<b>President</b>	Vacant	
<b>Secretary (Committee Chair)</b>	Ros Tabor	<a href="mailto:secretary@vetsac.org.uk">secretary@vetsac.org.uk</a>
<b>Officials Secretary</b>		<a href="mailto:Officials@vetsac.org.uk">Officials@vetsac.org.uk</a>
<b>Minutes Secretary</b>	Mike Mann	<a href="mailto:mcmann90@yahoo.co.uk">mcmann90@yahoo.co.uk</a>
<b>Treasurer</b>	Mike May	<a href="mailto:treasurer@vetsac.org.uk">treasurer@vetsac.org.uk</a>
<b>Membership Secretary</b>	Peter Kennedy	<a href="mailto:membership@vetsac.org.uk">membership@vetsac.org.uk</a>
<b>Delegate to BMAF/EAMA</b>		
<b>Newsletter Editor</b>	Angela Kikugawa	<a href="mailto:news@vetsac.org.uk">news@vetsac.org.uk</a>
<b>Press Officer</b>		
<b>Entries Secretary</b>	Maggie Statham	<a href="mailto:entries@vetsac.org.uk">entries@vetsac.org.uk</a>
<b>Walking Secretary</b>	David Hoben	<a href="mailto:walks@vetsac.org.uk">walks@vetsac.org.uk</a>
<b>Cross Country and Road Secretary</b>	Dennis Williams	<a href="mailto:dennis.williams@hotmail.com">dennis.williams@hotmail.com</a>
<b>Track &amp; Field Secretary</b>	Vacant	
<b><u>Other Officers</u></b>		
<b>Photographer</b>	Jeremy Hemming	<a href="mailto:hemming@dircon.co.uk">hemming@dircon.co.uk</a>
<b>Contact for Surrey League</b>	Paddy Clark	<a href="mailto:paddyclark@hotmail.com">paddyclark@hotmail.com</a>
<b>Contact for Inter-Area Match and Sprints Coaching</b>	Nick Lauder	<a href="mailto:n.lauder@btopenworld.com">n.lauder@btopenworld.com</a>
<b>Vice Presidents</b>	David Hoben Peter Kennedy	
<b>Auditor</b>	Simon Ingall	

Veterans Athletic Club was established in 1931 and is affiliated to BMAF, South of England AA, Surrey County AA and the Race Walking Association. We offer athletic competition for men and women who are in their prime. Cross-country, road, track & field as well as race walking - so there is something for everyone. Based in London with members across the South East, we can provide opportunities for you to compete with other like-minded masters/veterans. The Autumn/Winter/Spring 2016 fixture list is printed in the newsletter. Please support these events. The newsletter is always looking for contributions and events always need volunteers as well as competitors. So if you want to get involved contact any of the officials listed above.



## Message from the Membership Secretary Peter Kennedy to all VAC members

At the annual general meeting of Vets AC in September, the meeting agreed my proposal to change the membership year to be from April to March instead of October to September in order to align with the date for renewal of athletes' registration with England Athletics. We are therefore offering members two renewal options:

Pay £27 (£40 if VAC is your first claim club) to extend your membership through to 31st March 2017 **OR**

Pay £9 now to renew until 31st March 2016 (At that time, you will receive a reminder to pay a further £18 (£31 if VAC is your first claim club) for the next full membership year until 31st March 2017)

Be reassured the annual membership is still £18. The England Athletics registration fee is increasing to £13 (included in the above figures) in 2016 and this is expected to be mandatory for all competing UK-resident athletes under revised UKA rules in 2016, payable through your first claim club.

Payment via the online system is preferred as it is less work and more secure than sending a cheque. Instructions for this are given on both the VAC and BMAF websites. If you cannot manage this, then the cheques should be made out to Veterans AC and sent to my home address. Please pass on the message to anyone thinking of joining VAC, that we will now offer a half-year membership if they join in the period October-March at a cost of £9.

Paid-up members are now 544, of whom all but 26 have email addresses. This compares with 567 (57 without email addresses) in September 2014. 62 new members joined during the year but 68 have failed to renew their membership, despite sending reminders, as well as 17 resignations. We are now making more frequent communications with all members via email, as well as the two editions of the newsletter per year. These communications have resulted in a better attendance at both road and cross country events. If you don't want to receive messages on events which don't interest you, then you just have to update your list of athletics interests in your membership record, because we use them as the basis for which we send out all the communications to.

Peter Kennedy: VAC Membership Secretary, 14 Keere St, Lewes, BN7 1TY  
Tel: 01273 477062 Mob: 07808

## Autumn, Winter and Spring Fixtures 2015 – 2016

Date	Organiser	Race/Event	Venue	Entry	Entry on the Day?
7 Nov 2015	Men's Surrey League Division 4	Cross Country Race Match 2 (VAC Men's team)	Epsom Downs Start next to Epsom Racecourse,	Start time: 3pm All VAC men are eligible (see rules on VAC website). Enquiries: <a href="#">Paddy Clark</a>	Yes, but advance notice preferred
7 Nov 2015	Loughton Athletic Club	Annual Vets Inter-Club Cross Country race VAC members are invited to take part.	The clubhouse, end of South View Road, Loughton, IG10 3LG.	Entry on the day. Start time: 11am Five mile course. Men and women.	Yes
14 Nov 2015	Enfield & Haringey AC	Enfield Open 7 (road walk) Incorporates VAC 7m road race walk Championships	Lee Valley Athletics Centre, 61 Meridian Way, Edmonton N9 0AR	Start time: 1pm Enquiries <a href="#">Dave Hoben</a>	Yes
15 Nov 2015	Epsom & Ewell Harriers	"Epsom 10" road race Includes VAC 10 mile Road Championships	HQ: Grandstand, Epsom racecourse Epsom Downs Epsom KT18 5LQ	Start time: 9.30am Enter VAC Champs online via <a href="#">Runners World</a> Details on E&E <a href="#">website</a> .	Yes
21 Nov 2015	South of the Thames Cross Country Association	5 mile Cross Country Team Race (VAC team – First Claim members only)	In the grounds of Polesden Lacey, National Trust property RH5 6BD	Start time 2pm. Contact <a href="#">Entries Secretary</a> (for Team entry for 1 <sup>st</sup> Claim VAC only)	Closing date 14 Nov
5 Dec 2015	Hercules Wimbledon and East Surrey League	HW Inter-Club 5 mile Cross Country Race. Also Match 2 of East Surrey League (Open to all VAC members)	Wimbledon Common	Race HQ: Lauriston Cottage, Lauriston Rd Details on VAC website in due course.	Yes
12 Dec 2015	South of England AA	Masters Cross Country Champs (For men and women aged 40 and above)	Shuttleworth Park, Biggleswade, Bedfordshire	Details on <a href="#">SEAA website</a> Contact <a href="#">Entries Secretary</a> (for Team entry for 1 <sup>st</sup> Claim VAC only)	Closing date 27 Nov
19 Dec 2015	Steyning AC	Alf Palmer Memorial Track Races. Incorporates VAC 5k Track Walk Championships	Broadbridge Heath track; Wickhurst Lane, Broadbridge Heath, Horsham RH12 3YS;	11am start. Category B rules. Cash entry on the day.	Yes

Date	Organiser	Race/Event	Venue	Entry	Entry on the Day?
19 Dec 2015	South of the Thames Cross Country Association	SOTCCA Championships 7.5 miles approx. (VAC team – First Claim only)	Somerhill School, Tonbridge, Kent TN11 0NJ	Contact <a href="#">Entries Secretary</a> (for Team entry for 1 <sup>st</sup> Claim VAC only)	Closing date 12 Dec
2 Jan 2016	Hercules Wimbledon	5 mile Multi-Terrain race (VAC members welcome)	Wimbledon Common	Race HQ: Lauriston Cottage, Lauriston Rd	Yes
16 Jan 2016	Men's Surrey League Division 4	Cross Country Race Match 3 (VAC Men's team)	Oxshott Woods, Elmbridge	Start time: 2.30pm For eligibility, see VAC website. Enquiries: <a href="#">Paddy Clark</a>	Yes, but advance notice preferred
23 Jan 2016	VAC	VAC Cross Country Championships	Wimbledon Common (Camp View end)	Start time: 2.30pm Enter via BMAF Online (not yet live)	Yes
6 Feb 2016	Finsbury parkrun	5km multi-terrain time trial (VAC "mob match")	West side Finsbury Park London N4	Start time: 9am Pre-register with <a href="#">parkrun</a> to obtain a Barcode.	Yes (but must have a Barcode)
13 Feb 2016	Men's Surrey League Division 4	Cross Country Race Match 4 (VAC Men's team)	Lloyd Park, Croydon	Start time: 2.00pm As for 16 Jan event. Enquiries: Team Manager <a href="#">Paddy Clark</a>	Yes, but advance notice preferred
14 Feb 2016	BMAF	VAC Indoor Track & Field Championships with SoE Masters and EVAC Champs. BMAF Indoor Pentathlon.	Lee Valley Athletic Centre, Meridian Way, Edmonton London N9 0NR.	Enter via BMAF Online (not yet live)	Closing date to be decided
21 Feb 2016	SCVAC	SCVAC Indoor Track & Field Championships (VAC members welcome)	Lee Valley Athletic Centre	Enter via BMAF Online (not yet live)	Closing date to be decided
28 Feb 2016	England Athletics Masters Association	England Masters Indoor Track & Field Inter Area Challenge (VAC team to enter)	Lee Valley Athletic Centre	VAC team to be selected. Details on VAC website in due course.	Closing date to be decided
2 Apr 2016	"The Race Organiser" event co., with VAC input	Queen Elizabeth Olympic Park 10k Includes BMAF & VAC 10k Road Championships	Queen Elizabeth Olympic Park, Stratford, London E20 3ST	Start time: 9.30am Enter via BMAF Online (not yet live). Details on Race Organiser <a href="#">website</a>	Closing date to be decided



## Road Running Report provided by Maggie Statham

Numbers increased for the 2015 Battersea Park Road League series, with the 5km Championship in July being very well-supported. A total of 46 members ran at least one of the fixtures. Dennis Williams continued his remarkable sequence by competing in all five events. Ed Bartlett and Richard Pitcairn-Knowles did the same. Ed got the better of Richard in each of the 5 mile races but Richard was ahead in the 5km champs.

There were some fine performances in the series. Ben Reynolds set the fastest 5 mile time (27:30), shaving one second off Tony Tuohy's M50 course record posted in 2014. Joe Aspinall's time of 43:15 in the April fixture rewrote Ron Franklin's ten year old M75 record of 44:58, but Cliff Collins bettered this twice in style in the June (42:52) and August (42:40) fixtures.

### VAC Battersea Park Road Race League 2015 (excludes Guests)

Name	Age	Apr 5m	May 5m	Jun 5m	Jul 5km	Aug 5m
Ben Reynolds (Pictured)	M50	27:30				
Tony Tuohy	M50	28:14				
Ian Johnston	M45			28:15	17:05	
Paul Holloway	M45					29:22
Richard Francis	M50	30:30				
Don Lawless	M50		30:33	30:48		
Martin Bright	M45			31:05		
Tom Cheetham	M45			31:28	19:15	31:10
Eberhard Prill	M50		31:10			
Jim Brown	M65	34:25				
Carey Gray	M55			34:37		
Richard Solomons	M65	34:42				
Peter Hall	M55				20:36	
Pippa Major	W50				21:07	
Maggie Statham	W60	34:57	34:50		22:22	26:24
Tom Morris	M57	35:05		35:27	21:23	
Carol Jones	W55		35:50		21:10	
Andrea Sanders-Reece	W55				21:30	

Name	Age	Apr 5m	May 5m	Jun 5m	Jul 5km	Aug 5m
Steve Parker	M55			36:57		
Ian Sesnan	M55				22:02	37:10
Ian Mursell	M60	37:28	37:18			
Tony Austin	M60		38:03		22:44	
Dennis Williams	M65	41:38	39:48	41:19	27:01	39:08
Martin Wilson	M60	39:17				
Peter Crowhurst	M65			39:18		
Rob Sargent	M60			39:36	23:33	
Richard Long	M60		39:48			
Alan Davidson	M65	39:59			24:04	43:00
Nicola Hopkinson	W50			40:04	24:03	
Maurice Marchant	M65	40:16			24:13	40:06
Martin Spence	M60				24:19	
Michael Johnson	M70				24:32	
Cliff Collins	M75			42:52	26:00	42:40
Joe Aspinall	M75	43:15			25:42	
Martin Lippitt	M60					43:20
Doris Gaga	W50			43:46		
Ann Bath	W65			46:16	27:14	
Richard Hammerson	M70				28:11	
Anne Lippitt	W60					47:10
Maureen Fitzgerald	W70	47:55				
Pam Jones	W75			48:27	29:34	
Peter Torre	M70	48:10				
Bill O'Connor	M70				30:19	
Ed Bartlett	M70	51:55	49:42	50:11	30:41	49:47
Richard Pitcairn-Knowles	M80	53:03	51:12	50:23	30:24	51:27
Ken Tuson	M75				31:55	
Brian Shave	M80				35:50	

**For the 2016 Battersea Park series**, the VAC Committee intends to apply for a UKA licence. The races would therefore be bound by UKA standards, and performances would be eligible for inclusion in the Runbritain age-group rankings. To make this possible, we will need more helpers, particularly on race days. So, members please give your support to this venture when asked.

## VAC 10k Road Championships 2015

VAC has been invited by the BMAF to play a leading role in staging the 2016 BMAF 10k road championships in London. The popular monthly Queen Elizabeth Olympic Park 10k has been chosen as the host race. The championships will take place on 2<sup>nd</sup> April 2016 on waterside paths within the Olympic Park, Stratford. We are working with the organiser to ensure that this will be a race to remember for the many Masters visitors it will attract. The race is also doubling up as the 2016 VAC 10k road championships, so a good show of VAC members would be a fantastic promotion for us. Please put the date in your racing calendars.

## Race Walking Reports and News Provided by David Hoben, Race Walking Secretary



**Peter Ryan - best walker**

Fifteen members took part in at least one of the race walk fixtures in the 2015 Battersea Park Race Walk League. Ron Powell and Dave Hoben completed all five, with Maureen Noel, Mick Harran and Chris Flint competing in four. The numbers showed a modest improvement in turn-out compared with the 2014 series. For VAC, the best time (44:55) was set by Peter Ryan in the June championships. A number of guest walkers were welcomed, notably Mark Culshaw of Belgrave Harriers who won outright three times, and Carlos Cobo Corrales, a visitor from Spain, who supported several other VAC events during his stay in England. The August fixture had a snag as there were unforeseen roadworks on the course involving unexpected barriers and patches of missing road surface.

However, the walkers appeared to handle this quite well. We were fortunate to have a full complement of officials on every occasion, some attending all the fixtures. I am grateful for the assistance of Jeremy Hemming on the entry desk in the administration of the races, and Michael Croft of Ilford multi-tasking at the start and finish.



Pictures supplied by Jeremy Hemming email  
[hemming@dircon.co.uk](mailto:hemming@dircon.co.uk)

**Officials Tom Morris, Carl Lawton and Ian Isherwood at the Race Walk**



Picture above shows the 5m walk winner while officials Tom Morris, Carl Lawton and Ian Isherwood look on.

<b>VAC Battersea Park Race Walk League 2015 (excludes Guests)</b>						
<b>Name</b>	<b>Age</b>	<b>Apr 5m</b>	<b>May 5m</b>	<b>Jun 5m</b>	<b>Jul 5m</b>	<b>Aug 5m</b>
Peter Ryan	M60	44:57		44:55		
John Hall	M65	46:24		46:24		48:20
Andy Cox	M60			49:25		
Shaun Lightman	M70			50:26	50:05	50:29
Maureen Noel	W50	50:20	50:40	50:07	50:47	
Dan Maskell	M65	50:21			52:12	51:54
Arthur Thomson	M75			51:55		51:18
Mick Harran	M75	52:48	52:12		53:02	53:21
Chris Flint	M70	55:34	52:55	54:01	53:09	
Peter Hannell	M70		53:46		55:42	55:06
Paul King	M60				55:53	55:45
Ron Powell	M75	57:08	55:57	58:02	56:09	56:12
David Hoben	M60	57:53	57:32	56:45	56:24	57:12
Sandra Campbell	W45	61:05				
Kevin Burnett	M75	67:17				

I am pleased to report that a full series of races has been held which included the 5km championship at Bexley hosted by Cambridge Harriers. The 5 miles races at Battersea Park are traditionally spread over the Summer months from April to August and you can see the results above.

The Inter Area match at Solihull on 19 July had 2 representatives, Shaun Lightman and Peter Hannell both of Surrey Walking Club. The VAC track championships on August bank holiday Saturday included a 3k walk which attracted 7 entries and 5 on the line in the face of 2 other major competitions that day and one on Monday.

VAC's members have set records at the Euro and World Championships, which have been continued to be dominated by Ian Richards, Arthur Thomson and John Hall among others, while prolific ultra-distance walkers Richard Brown was 7<sup>th</sup> man in this year's well attended National 100 miles in Isle of Man and Sandra Brown 3<sup>rd</sup> lady among their other exploits.

We have been able to have a full list of officials in all our meetings and I am grateful for their presence and invaluable assistance.

In summary, we have been able to retain similar numbers to previous years, but still have work to be done for a greater turnout and participation by members in the forthcoming year.

## **Autumn Walking Fixtures**

The calendar is looking fairly full and future events are listed in the fixtures list. Looking further ahead to April 2016, VAC is planning to lay on a special walking event at a new cycle circuit in Kent to commemorate the lifetime contribution made by Cecil Gittins to athletics, race walking and officiating.

## **Ann Bath in Recording Breaking Form!**



For the fifth consecutive year Ann Bath (left) has completed the well-respected Self-Transcendence 24 Hour Race at Tooting Bec athletics track. In this year's event, she achieved a phenomenal distance of 104 miles (167k) and in doing so broke five of her own W65 UK records for 24 hours, 12 hours, 100 miles, 100K and 50K. She was 15th overall out of 45 starters (12 failed to finish) and 7th woman. Well done Ann!

When asked about the best and worst parts of the race, Ann says "The best bit is when the dawn chorus starts and then it gets light and your body really wakes up and you realise you've only about five hours to go. Also reaching the 100 mile point when a huge cheer goes up! A special magical atmosphere develops amongst the runners with everyone giving encouragement to each other. Every hour the lap board is updated with your position and mileage, which is exciting especially if you are moving up the board. The worst bit is generally the early hours when it gets quite chilly and you feel sleepy but the officials and supporters are constantly cheering you on, which really helps! Well done to Ann on this fantastic achievement.

## **And Sally's triumph!**

Well done also to VAC member Sally Read-Cayton for a magnificent win in the inaugural W50 400m Masters race in the IAAF World Champs. A huge crowd in Beijing's Bird's Nest Olympic stadium cheered Sally to her fastest time for six years -

60:05. Let's hope that the IAAF continues to provide good opportunities for Masters athletes to compete and perform well on a world stage.

## Members Action – Members Views



What a great photo of M70 runner Michael Johnson (left) at the European Masters Championship in Torun, Poland in March this year. A real action shot. The long road behind combined with the wet conditions speaks volumes for the toughness of this particular VAC member.

Well done Michael on your 7<sup>th</sup> position and GB Team Gold medal. Send us your photos for inclusion in the next newsletter.

### Members Letter

As a long standing member of the club, I have attended the AGM to express my concern at the lack of real competitive racing, both in numbers and in age categories.

This decline has been going on for several years and affects all disciplines. Unless the club attends to this problem, and opens up races to involve other like minded clubs, I question whether VAC can continue was as a single entity.

There are thousands of veteran runners who compete on a regular basis; but do not want to take part in veteran only events.

Without the numbers taking part, and genuine competitiveness, the club has no long term future. Let us have a genuine debate about this matter, and face reality.

**Joe Aspinall, Age 77**

## The World Masters Stadia Champions – Members View

This year's World Masters Stadia Championships were held in Lyon. The championships featured a record of over 8000 registered athletes, around 10% of these from Great Britain. Most had a good time competing, watching and sightseeing. The VAC committee was well-represented and came back with a few medals. Here are some of our members' stories.

### Alan Davidson Reports



"The cross-country for M60-M90 was run at 8am to avoid the heat at one of the four far-flung race venues requiring a combination of metro + tram/trolley or bus + walk. There was no signage. I asked an official where the race started and he said *by that car in the middle of the field*. We started and finished on rough sports fields with four laps in woods with some very sharp turns over tree roots. My 8k took 41.22 compared to the Dutch winner 29.53. The track 5,000 metres was at another venue and luckily the metro was very quick and efficient. We had 39C heat, but on each lap two sprays to run through. My personal worst was 25.15 but at least unlike a number I did finish. The Dutch winner ran 18.23. I vowed not to do the 10,000m in three days time, but come race day, as the temperature was down to 29C, I decided against a DNS in favour of a possible DNF. Thankfully I managed to finish, slogging round in 53.18 (Dutch winner again in 37.02). An Australian lapping me viciously dug his elbow into my GB vest perhaps revenge for the Ashes result. "

### Steve Hobbs writes.

It was hot and sunny in Lyon the day before I was due to take part in the 10,000m at the World Masters Athletics Championships. I set off on a easy and relaxing run to collect my race number from the registration centre at the in the old part of town, but my familiar pre-race anxiety monkey wasn't about to make it easy and relaxed. First, I got lost trying to navigate past Lyon's extensive inner city motorway system before hastily forming a back-up plan that involved a long road tunnel cutting and a massive hill that I was forced to climb to reach the registration centre.

I arrived finally at Stade Balmont to find an impressive facility boasting an indoor 200m track, which doubled as the registration centre, and an outdoor 400m arena complete with a spectator facility that would not look out of place in many a league football club. I picked up my number and then joined hundreds of others to watch the 800m finals.

The first 800m final (5 entrants) was for 85-94 year olds, won to tumultuous applause by Christian Larcher from France, followed by the 80-84 year olds which was fascinating for two reasons. Firstly, because like people of all ages and experience, 80 year olds can go off too fast at the beginning of a race and Fredy Suarez from Chile burnt himself out on the first 200m. Secondly, it was fascinating to see the determination, drive and technique of the winner – David Carr, 83, from Australia. Short, fast and very efficient strides enabled him to finish in 3 minutes and 7 seconds. Incredible!

Winning is important to those who win, but being part of it was much more important to everyone else. The camaraderie among athletes and the support from spectators rivalled anything I have experienced in athletics/running or indeed any sport I have participated in and that's where the real story is. The story of Lyon, for me, lay in the drive for men and women of all ages to be THEIR best not be THE best. Many people think of running as a solo event, and while I was avoiding motorways and road tunnels and climbing steep hills the day before my race, I certainly felt alone, but that perception couldn't be further from the reality. In Lyon, as is true all over the world, people may run for or by themselves but they are part of a huge, warm and supportive community that celebrates people being the best they can be. In that sense running is the most inclusive of sports. It genuinely is for everyone. At a time when elite athletics is suffering something of an identity crisis, being reminded of the unmatched inclusivity of running was truly uplifting and an experience that I'm sure will live long in the memory of everyone involved.

### **A disappointed Kevin Harris**

I came 9<sup>th</sup> in the O60 marathon, in 3.06.18 It was a disappointing run because I know I was in sub-3 hour shape, but couldn't deal with stomach pains that started early on. A visit to the doctor on my return confirmed that I had somehow strained a rib cartilage, although it's unclear how this could have happened. It's the strangest and most poorly-timed injury I've ever had.

# AUTUMN NEWS

At the AGM it was noted that the club may lose potential members to the other veteran area clubs because we are not associated with an area. At the next AGM we would like to amend the club name to include London in the name. We would like to hear from members on what they think about changing the name to London Veterans AC or Veterans (London) AC. Let us know what you think?

## Member Records

Gerald Wilkinson (VAC) M80 age group. British records for long jump both indoor (BMAF indoor champs, Lee Valley) and outdoor (BMAF Champs, Birmingham, 25 July). ★ Liz Sissons (Epsom & Ewell) W70 age group. British record in the Weights Pentathlon at the BMAF Autumn Classics 19-20th Sept. ★ Charles Eugster M95 age group. British records for 100m in 23.5 and 200m in 55.53 in the World Masters championships held in Lyon France on 4-16 August.

## Pete Mulholland BEM

Many of you will know Pete Mulholland who was awarded the British Empire Medal in this year's Queen's Birthday Honours. A former marathon runner, Mr Mulholland, said he was really chuffed when he finally realised he would be honoured. Friend and colleague Tom Pollak wrote in a local newspaper that despite suffering from TB as a youngster, Pete took up running, was a member of Hercules Wimbledon's winning Surrey cross-country team in the 1960's and has completed five marathons. Pete, a grandfather of three, said: "I was late replying because I thought the letter was a tax demand so I didn't open it straight away. "It was quite a surprise."

News just in from Australia - VAC member, Andrea Sanders-Reece, selected to represent GB in the ITU World Duathlon Championships in Adelaide, has won her age-group. Andrea placed a magnificent first in the W60 age group in the sprint duathlon, taking 76 minutes 46 seconds to complete the run-bike-run event. Well done Andrea! "

## Virgin Money London Marathon 24 April 2016

As an affiliated club, VAC is entitled to two entries to the 2016 London Marathon based on the number of first claim VAC members who are registered with England Athletics. As a paid-up VAC member (whether or not first claim), please send (by email preferably) your name to the club Secretary, Ros Tabor, if you wish to be considered for a place. Priority may be given to first-claimers. Note that if selected, you will be required to pay the normal entry fee.

**Applications should reach Ros Tabor by 29<sup>th</sup> November in time for consideration at the next VAC Committee meeting**

## CROSS COUNTRY

### A Magnificent turnout at Roundshaw Downs

Vets AC made an excellent start to this season's cross country campaign in the Surrey League. A fantastic turn-out of 12 men finished strongly and fought hard for every position over 5 miles of undulating grassland and tricky trails at Roundshaw Downs(See front cover). Thanks to the men's commitment and determination, and a full team of ten strong scorers, VAC took a superb fourth place in the team standings of Division Four, in sight of the promotion slots!



This splendid achievement was made possible by fine performances and powerful team spirit. Richard Batchelor (left) led the VAC team home in 4<sup>th</sup> overall and 1<sup>st</sup> M40, followed by the fast finishing trio of Mark Cawood, Dan Pescod and Barry Attwell who battled between themselves

for 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> placings. Next came Peter Giles, well up the field as M70, chased in by new member Tony Harran. Steve Clancey and Carey Gray similarly matched each other for pace, with Steve narrowly ahead at the finish. Carey continued his ever-presence into a fourth season, this being his 15<sup>th</sup> consecutive appearance for the VAC team. Liam O'Hare and Team Manager, Paddy Clark, completed the scoring for VAC, with Dennis Williams a minute behind. The biggest cheers from spectators and officials were saved for 81 year old Alan Lane, who showed his pedigree as a distance runner by running appreciably negative splits for the two laps of the course. Most dedicated on the day had to be Tony Austin who despite sustaining badly bruised ribs after a running fall a week earlier, turned out for VAC and managed to complete a full lap before painful breathing got the better of him. We wish him well, and hope to see him in the next match in November.

#### Division Four: VAC results

4 Richard Batchelor M40 29:09	58 Steve Clancey M40 35:31
24 Mark Cawood M45 31:30	60 Carey Gray M55 35:41
25 Dan Pescod M40 31:31	83 Liam O'Hare M65 39:42
26 Barry Attwell M60 31:33	87 Paddy Clark M70 41:06
44 Peter Giles M70 34:08	89 Dennis Williams M65 42:04
46 Tony Harran M55 34:14	91 Alan Lane M80 61:14

### Division Four Team Standings (top five of ten teams):

1. Runnymede Runners	311 points
2. Fulham Running Club	347 points
3. Woking AC	414 points
4. VAC	445 points
5. Windrush Tri Club	509 points

Full results and team placings can be found on the [Surrey XC League](#) website.

### Please Support VAC in the Men's Cross Country Surrey League!

VAC men, both first and second claimers, are invited to join the Vets AC team for the remaining three matches in Division Four of the Surrey League.

The rules are that first-claim VAC members are eligible to run for VAC. **Also second claim members can represent VAC as long as they have not already competed for their first claim club in any of the Surrey Cross Country League matches in Divisions 1, 2 or 3/4 in the 2015-16 season.** This is a valuable concession for VAC, recognising that most of our members are second-claim. Please consider running for VAC if your first-claim club doesn't need you as a scorer. You would provide welcome support for our Masters club in the less pressurised, but no less competitive, races in Divisions Three and Four (run as one combined race of approximately 5 miles).

The three remaining matches in the 2015-16 season are:

7 November 2015 (3pm): Epsom Downs, Epsom Racecourse, near Tattenham Corner

16 January 2016 (2.30pm): Oxshott Woods, Elmbridge

13 February 2016 (2pm): Lloyd Park, Croydon

Look at the VAC website for information about the venues and courses. Ten men are needed for a full scoring team. VAC's Team Manager is Paddy Clark and on match-day he stands by a big wooden VAC sign with the declaration sheet and numbers. Please let him know in advance by email if you are planning to run for VAC. Note that to be eligible to represent VAC you must be a paid-up member.



## Future Cross Country Events

### Vets AC Cross Country Championships 2016

This flagship race will be held on Saturday 23 January on the usual 4.5 mile, two-lap course on Wimbledon Common. VAC members are urged to support our traditional fixture, which is regaining its former numbers and stature. In particular, we would encourage VAC's women to take part. The 2015 race provided some great competition, and the awards gathering afterwards at Belgrave Hall, Denmark Road, was very sociable.

### South of England Masters Cross Country Championships

This event takes place on Saturday 12 December at Shuttleworth Park, Biggleswade, Bedfordshire. Further details are on the [SEAA website](#). **First claim VAC members** who wish to join the **VAC teams** should contact the [Entries Secretary](#) by Friday 20 November so that she can make the VAC team entry in good time for the closing date of 27 November. Please note that for SEAA Masters' events, masters must be aged 40 and over for both men and women.

### South of the Thames Cross Country Races

VAC is affiliated to the South of the Thames CC Association and **first claim VAC members** can form VAC teams for its races in November and December each year. The first race is on 21 November on a five mile course in the grounds of Polesden Lacey National Trust property. The second race on 19 December is the main championship, run on a 7.5 mile course at Somerhill School, Tonbridge, Kent. **First claim VAC members** who wish to join the **VAC teams** should contact the [Entries Secretary](#) at least one week before race day.

# VAC TRACK AND FIELD CHAMPIONSHIPS

## EWELL TRACK SATURDAY 29 AUGUST 2015

The championships were held on the Saturday of August Bank holiday weekend. The date was chosen to avoid clashes with other track and field meetings, but it was still hard to get sufficient officials. Those who did volunteer worked very hard and were augmented by some officials travelling quite far from Sussex. This meant that the meeting went smoothly and kept to the timetable – quite a feat when you consider the number of different age groups and events.



**Ed Connolly first 65 in the 800m**

There were at least 80 VAC members involved. Entries were open to all masters' athletes, and so we attracted many SCVAC members whose own championships were held earlier in the summer. In total there were over 150 athletes competing. There was a computerised seeding and results program for the first time.

Conditions were excellent – warm and still, and there were a number of good performances. Two VAC members, Liz Sissons and Colin Sheppard, achieved British records (Colin's could not be ratified since it was not re-measured with a steel tape and Liz had a better throw pending ratification). Next year the current records will be shown on the field

cards so that the field judge can know when to take the extra measurement.) VAC records broken are listed below:

Event	Member	Category	Record
300mhurdles	Fiona Argent	W60	68.55
800m	Margaret Moody	W65	03:04.25
	Thomas Grimes	M35	02:09.56
	Edward Connolly	M65	02:29.04
100m	Pat Logan	M55	12.14
1500m	Margaret Moody	W65	6:06.68
5000m	Ros Tabor	W65	21:39.31
	Thomas Grimes	M35	16:43.99
400m	Edward Connolly	M65	65.52

Event	Member	Category	Record
Pole vault	Sue Yeomans	W60	2.72
Hammer	Liz Sissons	W70	27.41
Shot	Liz Sissons	W70	8.96
Long jump	Sue Yeomans	W60	3.56
High jump	Sue Yeomans	W60	1.20
Javelin	Liz Sissons	W70	23.00 British record
	John Webster	M75	25.80
Discus	Anthony Richards	M65	38.06
	Liz Sissons	W70	21.15
Triple jump	Allan Cheers	M70	8.65
	Susan Dassie	W60	6.04
	Colin Sheppard	M80	5.75 British record

## More Track & Field News

On 2<sup>nd</sup> September a total of 24 competitors ran the 25 laps of Kingsmeadow's athletics track in VAC's two 10,000m championship races. The stadium was blessed with settled conditions and warm sunshine until nightfall, when the floodlights made a good substitute.

Eleven men ran in the first fast race, with some close battles within the race, until the final positions were set. Ian Johnston pulled away majestically from the chasing field and his winning time of 34:15 saw him retain the prestigious McDowell Cup. Less than ten seconds separated the next four finishers, with M40 Dan Madams timed at 34:43.0, fractionally ahead of new member, Edward Samuels, who set a new VAC M35 championship best of 34:43.9. They were closely followed by Andrew Robinson in 34:46 and another speedy newcomer, Thomas Grimes, in 34:52.

The second race of 10 men and three women was won by top M65 John Denyer in 42:21, followed by the M55 gold-medallist, Peter Hall in 42:58. Steve Smith, also in the M55 category, showed good form as third-placer in 43:25, followed closely by the M70 gold medal winner, Richard Bloom, in a new VAC M70 championship best of 43:35.1. The first woman was W60 Maggie Statham in a time of 43:52, followed by Liz Richardson and Ann Bath. To complete the field in style, one of VAC's best supporters, Richard Pitcairn-Knowles, took the M80 gold medal in 63:05, over a minute quicker than his time last year.

Thanks go to the officials whose starting, timing, counting and recording were exemplary. Full results are on the VAC website.

## Photos from the Track and Field Championships



The 5000m field on the first lap. Marie-Synott-Wells (105) was the winner



Lisa Web wins the 1500m (above)



Maureen Noel in the Racewalk

## VAC Mobmatch Parkruns

Many Masters athletes, and VAC members, enjoy parkruns. Maybe it's the early starts (9am), manageable distance (5km), local park venues, no-cost, "just turn up" approach, added to the friendliness and informality of the events, underpinned by technology through which every run is recorded and age-graded, bringing a new dimension to personal running stats. VAC makes its own contribution to Masters athletics, but we can also embrace parkruns and use them as a meeting place and an opportunity to show the VAC vest.

So, in 2015, we targeted three London parkruns for VAC "mob matches" and get-togethers. The first was in March on a traditional cross country course at the Lloyd parkrun in Lloyd Park, Croydon. Nine VAC members took part. The second was in June at the Fulham Palace parkrun in Bishop's Park, London SW6. Again, nine members ran. The course was a fast, flat 3 lapper with twists and turns and then a longish straight following the Thames. Andrew Ridley comfortably led VAC home, placing third overall, with an impressive age grading of 90.49%. This was the best age-graded time of the day and a new M50 course record. He was followed by two M65s, Mike Mann and Jim Brown, finishing close together. Meanwhile Dennis Williams celebrated his 250th parkrun. Four out of the top five age graded performances came from VAC members.



In September, VAC visited Herne Hill for the Brockwell parkrun in Brockwell Park. (See left Andy Murray, Ros Tabor, Jo Quantrill, Maggie Statham, Joe Aspinall, Ann Bath, Richard Pitcairn-Knowles)

Nine members competed and made their marks through the day's top three age-graded performances, two new age-group course

records and a conspicuous show of VAC vests. Nearly all the course followed the park's tarmac perimeter paths but the energy-sapping slopes ruled out fast times. First home for VAC was Graham Laylee, closely followed by Maggie Statham, Ian Sesnan and Andy Murray. New W65 and M80 records for the course were posted by Ros Tabor and Richard Pitcairn-Knowles and the top three age-graded performances on the day were achieved by Ros,

Maggie and Jo Quantrill. The VAC line-up was completed by John Carter, a prolific parkrunner, and Ann Bath, still fresh from her recent 24 hour track race. Joe Aspinall and Stephanie Burchill added welcome spectator support.

For the winter “mob match”, we intend to head north to Finsbury Park on 6<sup>th</sup> February 2016. If members have recommendations or favourites in and around the London area, with good links to public transport, please make suggestions to [Maggie Statham](#), the Entries Secretary.

If you are new to parkruns, you must register in advance on the [parkrun](#) website and obtain your individual barcode, which must be shown at the end of the run in order to register your name and time. Entry is free.

The club is urgently in need of a track and field secretary to organise the club’s track and field events and to manage the track and field championships. We got by this year thanks to the enormous efforts put in by some club officers, sacrificing their chance to compete as well. If you are someone who thinks we should do more for track and field events and help strengthen the club for its track and field athletes, then we need you to step forward. As the T&F secretary you would be in the key position to make things happen as you would wish. You would be free to draft in others to help, so that you do not need to give more of your time than you can spare.

**The Throws Fest!**

On 27<sup>th</sup> September HHH held their 2<sup>nd</sup> annual throws festival at Tooting Bec. This year numbers more than doubled to 60 competitors, of whom 7 were VAC members. At our request they introduced the weight throw and thus setup a throws pentathlon as well as the individual throwing events, which is not a common option - only three other venues in England (Jarrow, Derby and Ewell) hosted a throws pentathlon this year, in addition to the BMAF championships in Birmingham. New PB’s were achieved by Peter Wishart - 25.05 in the Hammer and Tracey Gould – 19.09 in the Javelin.

Name		Cat	Pen	HT	SP	DT	JT	WT
Peter	Wishart	M55		25.05	9.03	27.21		
Tony	Richards	M65	3178					
Chris	Melluish	M70		34.12		21.69		11.67
Kevin	Burnett	M75			5.93	14.9		
Cliff	Taylor	M80					19.52	
Tracey	Gould	W35	2305				19.09	9.24
Kim	Weir	W50		33.22				

## Letter from the Editor Angela Kikugawa



What a difference a year makes. This time last year when I first edited the VAC newsletter I was scratching around for articles to fill up its 16 pages. This time a good proportion of my time has been spent on trying to reduce articles and decide which should go in and which I have to leave out of its 24 pages. This is really encouraging and I was particularly happy to receive the individual stories from members outlining the different events they had taken part in. Some sent photographs and we have even received our first letter from Joe Aspinall. Please keep them coming.

Some of the issues raised in this issue need to be considered by all of our members. Do we want to change the name of the Club and do we want to change the participation in our championship races. Most of you can't get to committee meetings, I struggle to do so myself because of work commitments, so I hope the newsletter can provide you with a source of information and also continue to act as a forum where you can raise your views and tell other members what events you have been involved in.

I was up at the Lake District earlier this month. My friend and I decided on a brisk walk up the fells and she parked the car outside a 'friend's house'. 'This is where Joss Naylor lives' she said, nonchalantly, 'do you know who he is?' Of course I do! and I am sure many of you will also know this great fell runner. One of his greatest achievements was in 1971 when he ran 72 Lake District peaks involving over 100 miles and 38,000 feet of ascent in 23 hours and 20 minutes, which is pretty mind boggling. Now 79 he is still running and still the self-effacing character everyone reports him to be. I had to ask for a photo and he kindly agreed, so that's one for the album.

Good luck to everyone for the coming cross country season. I was out at Fulham Palace Parkrun yesterday and overheard one runner recommending to another that now was the time to up his mileage. 'Winter miles, Summer Miles' he advised. I'll leave you with that!

Angela



**Fiona Argent in great shape in the Track and Field Sprints.**