

# Veterans Athletic Club Newsletter



## Autumn 2016

### Contents

List of Committee Members	Page 2
Message from Membership Sec	Page 3
Fixture list	Page 4
Road Racing News	Page 6
Race Walking	Page 10
Other News	Page 11
Long Distance/Ultra	Page 12
Focus: Ann Bath	Page 13
Cross Country	Page 14
Track and Field	Page 18
European	Page 22
The Mob Match	Page 23

*Ann Bath at the prize giving for first Woman in the Sri Chinmoy 24 hour race in Berlin, where she ran almost 108 miles.*

## VAC Committee Members: 2016-2017

<b>President</b>	Vacant	
<b>Secretary (Committee Chair)</b>	Ros Tabor	<a href="mailto:secretary@vetsac.org.uk">secretary@vetsac.org.uk</a>
<b>Treasurer</b>	Andy Murray	<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>Track &amp; Field Secretary</b>	Mike May	<a href="mailto:tfsec@vetsac.org.uk">tfsec@vetsac.org.uk</a>
<b>Cross Country &amp; Road Secretary</b>	Dennis Williams	<a href="mailto:dennis.williams@hotmail.com">dennis.williams@hotmail.com</a>
<b>Walking Secretary</b>	David Hoben	<a href="mailto:walks@vetsac.org.uk">walks@vetsac.org.uk</a>
<b>Entries Secretary</b>	Maggie Statham	<a href="mailto:entries@vetsac.org.uk">entries@vetsac.org.uk</a>
<b>Officials Secretary</b>	Ros Tabor	<a href="mailto:Officials@vetsac.org.uk">Officials@vetsac.org.uk</a>
<b>Newsletter Editor/Press Officer</b>	Angela Kikugawa	<a href="mailto:news@vetsac.org.uk">news@vetsac.org.uk</a>
<b>Minutes Secretary</b>	Mike Mann	<a href="mailto:mcmann90@yahoo.co.uk">mcmann90@yahoo.co.uk</a>
<b>Delegate to BMAF/EAMA</b>	Mike May	

### Other Officers

<b>Photographer</b>	Jeremy Hemming	<a href="mailto:hemming@dircon.co.uk">hemming@dircon.co.uk</a>
<b>Contact for Men's Surrey Cross Country League</b>	Paddy Clark	<a href="mailto:paddyclark@hotmail.com">paddyclark@hotmail.com</a>
<b>Contact for Inter-Area Matches and Sprints Coaching</b>	Nick Lauder	<a href="mailto:n.lauder@btopenworld.com">n.lauder@btopenworld.com</a>
<b>Vice Presidents</b>	Chris Flint David Hoben Peter Kennedy	
<b>Auditor</b>	Nick Lauder	

Veterans Athletic Club was established in 1931 and is affiliated to the BMAF, South of England AA, Surrey County AA and the Race Walking Association. We offer athletic competition for men and women aged 35 and over. Cross-country, road, track & field as well as race walking - 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 2017 fixture list is printed in the newsletter. Please support these events. The newsletter welcomes 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 about UKA Registration.

Everyone receiving this magazine who is a paid-up or life/complimentary member has their membership through to 01 April 2017. All competing members of the club must however be UKA registered if they plan to compete in VAC championships and/or BMAF events. Those who are not competing for the whole year are exempt from registration but I need confirmation of this, otherwise you will receive irrelevant reminders. Registration with UKA is via your first claim club and does not take long. Every member can check their EA registration on the EA website via the link <http://livemyathletics.uka.org.uk/LicenceCheck/>. Members wishing to change clubs please note that it can take up to 2 months to go through the change of club process. If this does apply to you, it is imperative that you action it immediately otherwise you may not be able to register and therefore compete.

Peter Kennedy: VAC Membership Secretary

### Editor Angela Kikugawa writes

Hello again and welcome to the Autumn edition of the 2016 newsletter. I think I mentioned to you in the Spring edition that I had just retired and have been feeling quite pleased with myself that I have started running again after a long lay-off and have been visiting our local sports centre most days. My efforts were put into perspective however when I read what Ann Bath, who has also recently retired, was up to at the ultra distances. I am amazed at her achievements and I felt I needed to find out more. Ann very kindly agreed to give me some material on her approach to training and I hope you will find the article about it of interest. Many of you reading this will have run up to marathon distance, as I have, been nonetheless I find the distances that Ann is covering mind boggling.

So well done Ann on your incredible achievements. It's not the first time I've been inspired by fellow VAC members and although I am enjoying my retirement immensely, your success has made me think that there is still much that can be attempted, if I am as committed and dedicated as you are.

## Autumn 2016 and Winter/Spring 2017 Fixtures

Refer to the VAC website ([www.vetsac.org.uk](http://www.vetsac.org.uk)) for updates and additions.

Date	Organiser	Race/Event	Venue	Entry	Closing Date
10 Dec 2016	Hercules Wimbledon and East Surrey League (VAC is a member of the East Surrey League) Enquiries to <a href="#">Entries Secretary</a>	HW Inter-Club 5 mile Cross Country Race. Also Match 2 of East Surrey League (Open to all VAC members)	Wimbledon Common	<b>Start time:</b> <b>11am</b> Race HQ: Lauriston Cottage, Lauriston Rd.	Enter on the day
17 Dec 2016	Steyning AC Enquiries <a href="#">Dave Hoben</a>	Alf Palmer Memorial races incorporates VAC 5,000m Track Walk Championships	Broadbridge Heath track, Wickhurst Lane, Horsham RH12 3YS	<b>11am start.</b> Category B rules. Cost £5.	Enter on the day
17 Dec 2016	South of the Thames Cross Country Association Entries to <a href="#">Entries Secretary</a> by 8 <sup>th</sup> Dec for team entry for 1 <sup>st</sup> Claim VAC only	SOTCCA Championships Three laps, grassland and woodland, 7.5 miles approx.	Beckenham Place Park BR3 5BP	<b>Start time: 2pm</b>	Closing date for VAC team 8 Dec
14 Jan 2017	Men's Surrey League Division 4 Enquiries: <a href="#">Entries Secretary</a> or <a href="#">Paddy Clark</a>	Cross Country Race Match 3 (VAC Men's team) <b>Start 2.30pm</b>	Cranford Park, near Heathrow Airport	All VAC men are eligible (see rules on VAC website).	Enter on the day. Advance notice to <a href="#">Paddy Clark</a>
21 Jan 2017	VAC All entrants must be registered with England Athletics. Enter via Login at BMAF OpenTrack	VAC XC Championships and Masters Open race (7km) Men and women <b>Start time: 2pm</b>	Wimbledon Common (Camp View end) SW19 4UL.	Masters welcome. UKA Permit/UK A rules:	Online entry preferred but entry on day possible
11 Feb 2017	Men's Surrey League Division 4 Enquiries: <a href="#">Entries Secretary</a> or Team Manager <a href="#">Paddy Clark</a>	Cross Country Race Match 4 (VAC Men's team) <b>Start time: 2pm</b>	Lloyd Park, Croydon <b>Note 2pm start time</b>	All VAC men are eligible (see rules on VAC website).	Enter on the day. Advance notice to <a href="#">Paddy Clark</a>

12 Feb 2017	BMAF/VAC/EVAC/ South of England Athletic Association	VAC Indoor T&F Champs. with South of England Masters/ EVAC Champs/ BMAF Indoor Pentathlon Championships.	Lee Valley Athletic Centre, Meridian Way, Edmonton London N9 0NR.	Enter via Member Login at BMAF	Closing date 29 Jan 2017.
18 Feb 2017 (provis- ional)	parkrun New parkrunners pre- register with <a href="#">parkrun</a> to obtain a Barcode.	5km run Featuring VAC “mob match”	Venue to be decided.	Start time: 9am	Enter on the day with Barcode
19 Feb 2017	SCVAC Enter via Member Login at BMAF OpenTrack	SCVAC Indoor Track & Field Champs with VAC 3k track walk Champs	Lee Valley Athletic Centre London N9 0NR.	VAC members welcome.	Closing date 5 Feb 2017
26 Feb 2017	EAMA (England Athletics Masters Association)	Indoor Track & Field Inter Area Challenge (VAC team to enter)	Lee Valley Athletic Centre.	Enquiries: Team Manager, <a href="#">Nick Lauder.</a>	Team selections made in Nov 2016
11-12 March 2017	BMAF	Indoor Track & Field/Winter Throws Championships	Lee Valley Athletic Centre	Enter via Member Login at BMAF	26 Feb 2017
1 April 2017	VAC All ages welcome. Distances 2.5k, 5k,10k,15k (road) Enquiries <a href="#">Dave Hoben</a>	Cecil Gittins Memorial Walks (and Enfield League fixture)	Cyclopark The Tollgate Watling St. Kent DA11 7NP	Start time: 1pm	Entries accepted on the day
9 April 2017	BMAF	BMAF and Open Masters 10 km Road Championships Includes VAC 10km Road Championships BMAF and VAC medals.	Cyclopark The Tollgate Watling St. Gravesend Kent DA11 7NP	10km race for Masters. Start time to be decided. Enter via Member Login at BMAF.	Closing date 2 Apr 2017

For all national/international Masters events, refer to the **BMAF website**.

# Road Running News

## The 2016 Battersea Park Road League By Maggie Statham, Entries Secretary

This year in the 5km and 5 mile championship races the number of competitors and supporters was significantly higher than in 2014 and 2015. A total of 98 individuals ran in at least one of the five fixtures - so thank you to all those who competed.



Penny Elliott ran in all five races

This year the races had a UKA licence and the results were included in athletes' profiles in the Runbritain national rankings. The excellent times set by Peter Giles (M70), Cliff Collins (M80), Penny Elliott (W70) and Marion Rayner (W65) propelled them to 1st, 2nd, 5th and 6th places in their respective age-group rankings for the 5 mile distance. Additionally, the 5km time achieved by Peter Giles in July is currently 2nd in the 2016 M70 rankings. UKA licence conditions meant that there were noticeable improvements made to the race series, with the provision of medical support, registration facilities, water table, signage and distance markers. Thanks go to VAC's regular and loyal officials; Dennis Williams for setting up the courses and to Mick Barlow, the UKA Race Adjudicator, for his advice and assistance.



Mohammed Ismail set course records at 5km and 5m

Well done to the three people who competed in all five races: Ed Bartlett, Penny Elliott and Dennis Williams. The fastest men's 5 Mile time was 26:54 set by Paul Cheetham and Carol Jones was the fastest woman at 35:26. Five new course records were set, including two by Mohammed Ismail for 5 Miles and 5km in the M35 category. Other 5km course records were set by Anna Critchlow and Peter Giles, with Pam Jones posting a new W80 mark.

Starting in 2017 and to add a bit of 'spice' to the Battersea Park series, we are planning to hold a "**Grand Prix**" to reward the person with the best three age-graded performances set during the series of five races. The winner will be presented with the 'Snow Cup', a long-standing VAC trophy which had fallen into disuse. More details will follow and the dates of the monthly races from April to August will soon be set. In the meantime please make a New Year's resolution to run at Battersea next year!

VAC Battersea Park Road Race League 2016 (excludes Guests)

Name	Age. Cat	Apr 5m	May 5m	Jun 5m	Jul 5km	Aug 5m
Paul Cheetham	M40	26:54		27:54	16:38	
Mohammed Ismail	M35			26:59	16:35	
Ian Johnston	M45			28:12	17:15	
David Moore	M50	29:02				
Stephen Philcox	M50			29:18	17:37	
Gavin Mackay	M45	30:32	29:32		17:38	
Dave Cox	M60		29:36			
Len Reilly	M50			30:04		
Anna Critchlow	W45				19:04	
Peter Giles	M70			33:28	20:07	32:29
Richard Pitt	M60					33:03
Mike Mann	M65			33:32		
Lloyd Bevan	M50	33:34	33:54		20:02	33:21
Tony Harran	M55	33:33				
Bernadine Pritchett	W45				20:05	
Mick Bradley	M55	33:40				
Marie Synott-Wells	W50				20:20	
Liam O'Hare	M65				20:22	
Peter Hall	M55	34:03		34:15	20:45	
Nikki Sturzaker	W40			34:53		
Kate Williams	W50			35:01		
Jim Brown	M65			35:09		
Pippa Major	W50				21:05	
Carol Jones	W55	35:43		35:26	21:39	
Tom Morris	M55	35:46		36:32	22:29	
Valdis Pauzers	M60				21:54	36:23
Graham Laylee	M55				22:01	
Stephen Parker	M60				22:10	
Trevor Solomon	M65				22:31	
Heather Martingell	W50					36:53
Andy Murray	M60			37:40		
Paul Browning	M55		37:48	38:54	23:12	
Caroline Helder	W50			38:07	22:54	
Jane Rowden	W60				23:00	
Jacqui Reid	W50				24:13	
Martin Wilson	M65	38:57				
Patricia Thomas	W50	41:16				39:20
Marion Rayner	W65	40:03		39:27		
Chas Rayner	M65	40:14		39:42		
Diane Crisp	W50				24:27	
Doug Milsom	M75	41:15		41:30	24:45	
Dennis Williams	M70	41:41	42:02	41:20	24:49	41:51
Penny Elliott	W70	45:19	44:04	43:13	25:57	42:11
Alan Davidson	M65				24:57	42:15
Michael Johnson	M70				25:03	

Name	Cat	Apr 5m	May 5m	Jun 5m	Jul 5km	Aug 5m
Cliff Collins	M75	42:48	43:02		25:42	43:02(M80)
Ann Bath	W65	43:24	43:28		25:36	
Ed Simpson	M75				25:51	
Julia Galea	W60			43:36		
Joe Aspinall	M75					44:14
Rob Sargent	M60			44:45		
Nicola Chester	W35			46:55		
Elizabeth Moore	W55					47:22
Doris Gaga	W50			47:57		
Peter Torre	M70	49:35	49:35	48:31	27:51	
Nigel Goodwin	M60	48:45	49:25			
Richard Hammerson	M70				28:09	
Julie Gillender	W45				28:24	
Mick Harran	M75				30:04	
Ed Bartlett	M70	50:35	50:50	49:26	30:04	49:26
Pam Jones	W80				31:17	
Richard Pitcairn-Knowles	M80		58:02	54:15	31:34	52:46
Ken Tuson	M75				33:43	53:36
Bill O'Connor	M70			54:58	31:05	
Brian Shave	M80				33:34	
Kevin Burnett	M75			63:11		

## History of the VAC 5km Road Race Championships



Anna Critchlow - still the fastest woman at Battersea

Our documented annual championships go back 22 years to 1995. VAC's Bob Belmore, with his great enthusiasm and energy, had already blazed the trail in the metric distance by instigating the annual British Veterans 5km champs at Dunsfold Aerodrome in the early 1990s. His vision for a VAC equivalent took him to the Eastway Cycle Track at Lee Valley, where he set up a measured course and built a memorable event which ran from 1995 to 1999. Those who raced there will not forget the "undulations" of the racing circuit nor the surrounding wasteland which has now been transformed into the Queen Elizabeth Olympic Park. It is remarkable, given the testing course, that five age-group records set at Eastway still survive, including Jim Estall's best VAC Championship time of 15:29 and Alison Fletcher's best women's time of 17:51. Both were set in 1997.

VAC's 5km championships joined the 5 Mile champs in Battersea Park in 2002 on a popular measured course which is still used today. The absolute course record of 16:17 was set by Richard Tomlinson in 2014. For the women, Anna Critchlow's 18:09, set in 2008, remains the fastest. Notable marks are Steve Charlton's magnificent M75, M80 and M85 course records, matched by Pam Jones's W70, W75 and W80 postings.



<b>VAC 5km Championships: Battersea Park Course Records and Eastway Bests</b>						
	<b>Battersea Park</b>			<b>Eastway Cycle Track</b>		
<b>Age Gp</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
M35	Mohammed Ismail	16:35	12-Jul-16			
M40	Steve Surridge	16:19	22-Jul-03	J Estall	<b>15:29</b>	1997
M45	Richard Tomlinson	<b>16:17</b>	15-Jul-14			
M50	Mike Boyle	16:34	21-Aug-12	B O'Neill	16:16	1997
M55	Dave Cox	16:59	12-Aug-08			
M60	Peter Giles	18:35	18-Jul-06	L O'Hara	18:14	1995
M65	John Batchelor	18:51	12-Aug-08			
M70	Peter Giles	20:07	12-Jul-16			
M75	Steve Charlton	20:56	20-Jul-04			
M80	Steve Charlton	23:54	28-Jul-09			
M85	Steve Charlton	24:57	21-Aug-12			
<b>WOMEN</b>						
W35	Bernie Pritchett	18:15	18-Jul-06	A Fletcher	<b>17:51</b>	1997
W40	Anna Critchlow	<b>18:09</b>	12-Aug-08			
W45	Anna Critchlow	19:04	12-Jul-16			
W50	Lynn Wilson	19:58	14-Aug-07	P Rich	19:57	1995
W55	Anna Garnier	20:16	10-Aug-10			
W60	Margaret Moody	21:09	28-Jul-09			
W65	Sue Lambert	25:19	10-Aug-10			
W70	Pam Jones	24:56	12-Aug-08			
W75	Pam Jones	27:10	21-Aug-12			
W80	Pam Jones	31:17	12-Jul-16			

The records have been compiled from the results of the 5Km races published on the VAC website and in the VAC Newsletters since 1995. If published results show that you have achieved a faster time in your age group from that in the above table, please let me know (Maggie Statham, [entries@vetsac.org.uk](mailto:entries@vetsac.org.uk) ).

### **BMAF and VAC 10k Road Championships, 9 April 2017, Cyclopark, Gravesend**

In a new venture, the BMAF is organising its own annual race for the BMAF and Masters Open 10k championships. It is solely for Masters Athletes and will take place on the enclosed roads of Gravesend's Cyclopark, a well-equipped venue which is proving to be attractive for walkers and runners. The date is 9 April 2017. VAC will hold its own 10k championships within the BMAF race. There will therefore be two sets of age-group medals to aim for, and plenty of competition. A good show of VAC members would be a fantastic promotion for us. Please put the date in your racing calendars.

## RACE REPORT - CARDIFF 10K MASTERS INTERNATIONAL

September 2016 saw a new championship for masters athletes; the Masters International 10k. The championships were held within the well established Cardiff 10k, a fast flat race which attracts about 3000 runners. The masters' organisations of the home nations – England, Scotland, Wales and Northern Ireland were invited to select teams of 3 runners per 10 year age group to race as a nation for a trophy. Unfortunately in this first race only England and Wales took part. England won the overall championship. Several VAC members were selected to run for England. Medals were given to the first 3 runners in each age group. It is hoped to continue this championship but next year the race needs to be advertised earlier so there will be more time for all countries to select teams.

# Race Walking

## SECRETARY'S REPORT

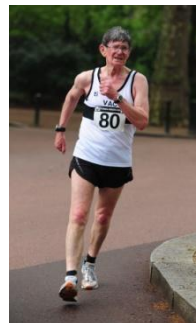
There was a full programme of 5 mile races from April to August in Battersea Park, the June fixture being the VAC 5 mile championships. As many of you will know the races are held at the same time as the running races over the same course.

The average turnout this year was maintained at 12, the same as 2015 season.

Mike Bushell from BBC Breakfast visited the championships with a BBC cameraman and although he got slightly lost finding the start he was able to conduct very short interviews with some of the competitors while trying to keep up with them at running pace! His visit was in connection with a TV programme he was making about Tom Bosworth. The

programme was broadcast before the Rio 2016 Games and for those of you who would like to watch the weblink is <http://www.bbc.co.uk/news/science-environment-36935233>.

We had a full complement of officials at all of our meetings, which was very much appreciated and an RWA race permit was obtained for the last 2 fixtures. It is intended to have permits for all future meetings.



Arthur Thomson - competed in all 5 race walks

<b>VAC Battersea Park Race Walk League 2016 (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>
Ian Richards	M65			41:05		
Peter Ryan	M60	49:01		52:27	50:29	
Maureen Noel	W50		50:49	50:26		52:37
Shaun Lightman	M70	51:15	52:39	50:33	51:40	
Arthur Thomson	M75	53:51	52:06	52:39	54:29	53:23
Dan Maskell	M65	52:29		52:08	52:29	
Mick Harran	M75			52:31		54:19
Paul King	M65	52:58		53:33		
Peter Hannell	M70		53:48	53:04		55:01
Fiona Bishop	W55	57:07	55:06	54:49		53:09
Chris Flint	M70			54:41		
Dave Delaney	M70	58:54	56:19	61:14	57:22	
Russell Vroobel	M55			56:38		
David Hoben	M60	58:02	57:50	57:43	59:12	58:18
Steve Allen	M55			58:27		
Kevin Burnett	M75	66:57				

# Other News

**Relay Record!** A Herne Hill Harriers M60 team set an inaugural men's 4 x 800m British Relay record at Tooting Bec Track on 23<sup>rd</sup> July 2016. VAC members, Mike Mann, Nigel Goodwin and Valdis Pauzers, joined by John Garber, posted a total time of 12:59.08 to claim the British best. The BMAF website shows that there are lots of age-group relay records up for grabs, especially for the women. HHH plans to hold the meeting again in 2017, staffed with the necessary qualified timekeepers and adjudicators required for ratification, so get together in your clubs and start training!

VAC member Brian Harlick was presented with an award to commemorate 100 Blood Donations. It took him 50 years but and I think that we can all agree this is an incredible achievement. Well done Brian!



Ros Tabor

**BMAF  
One  
Mile  
Champs**

This was held for the 3rd year in conjunction with the Cardiff Half Marathon Festival of Running and made use of road closures for that event. The course is 2 laps round the civic centre and VAC runners who took part included:

Aaron Brown 4.38	Tim Grose 5.05
Lisa Webb 5.51	Peter Giles 6.02
Ros Tabor 6.34 (pictured)	Doug Milsom 7.16
Ann Bath 8.06	Richard Pitcairn Knowles 8.54

# Long Distance and Ultra News



Ann Bath, who is pictured on the front cover of the newsletter receiving her award, was the first woman in the Sri Chinmoy 24 hour race in Berlin in July, running a staggering 107.8 miles. In doing so she broke three of her own W65 records and was placed sixth overall in very hot and humid conditions. She followed this with a superb World W65 Best Performance of 115.9 miles in September's Self Transcendence 24 hour race at Tooting Bec and also set a new W65 World Record for 100 miles, which she completed in 20 hours, one minute, 50 seconds. How does she do it? Have a look at the feature on the next page.

Samantha Amend was the first woman in August's Isle of Man Marathon, also becoming the BMAF Women's Champion. Her time of 2:54.50 placed her fifth overall in the race. Over even longer distances, earlier in the year, Sam was also first woman at June's Energia 100km trail race in Belfast in 8:09.52 and again in April's Thames Towpath 100 miles multi terrain race in 16:00.9, a time that placed her second in the race overall. She's fast over short distances too!

Tom Payn, winner of April's BMAF 10k at the Olympic Park, and first VAC man in the London Marathon, gained his first international vest by representing Great Britain at the prestigious Trail World Championships in Paneda Geres National Park in Northern Portugal in October. He completed the 85km course in 10:20.07 for a very creditable 47th position on an extremely hot day when many athletes were forced to drop out. He was second scorer in the British team which finished 11th. Well done Tom!

## Virgin Money London Marathon 23 April 2017

As an affiliated club, VAC is entitled to one entry to the 2017 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-claim members. Note that if selected, you will be required to pay the normal entry fee.

**Applications should reach Ros Tabor by 30 November.**

***“Ann Bath is 68. She just ran 115 miles in 24 hours - a world age record. Machine!”***



This was the twitter posting of Adharahand Finn, author of Running with the Kenyans, on the achievements of our very own Ann Bath in the Self Transcendence 24 hour race at Tooting Bec. The tweet was followed up extensively by those commenting on her achievements, but perhaps one twitterer best summed it up by simply remarking ‘Bloody Hell!’

As you will see from the ultra news, Ann’s record followed on from another incredible run in Berlin, where she ran and won the Sri Chinmoy 24 hour race.

Ann trains for these long races by doing a few long sessions of around 6 to 8 hours, which incorporates power walking. Also because she does a lot of ultras the races themselves become part of the training. Since retiring 18 months ago, Ann has also managed to incorporate shorter races into her training and has completed 37 races of 5k or less. Remarkably she is achieving her fastest times for 4 years and says that the shorter distances have helped her improve in the 24 hour races.

Ann’s training also includes a lot of rest and chilling out and she regards this as very important! The same goes for core strength and to work on that she does Pilates three times a week. Core strength is important says Ann, because running such huge distances it is vital to try and maintain form and a strong core assists with this.

In terms of diet, rice pudding, baby rice and fruit sachets, custard, soya chocolate drink, cheesy biscuits are some of Ann’s favourites and as you can imagine she eats a lot. This can present a problem with "runners trots" so before the very long races she follows a low fibre/low residue diet, with a good balance of protein and carbohydrate plus healthy fats such as avocado, walnut, olive, rapeseed oils. During the race itself it is also important to consume a lot of calories and Ann chooses to keep this simple, avoiding gels or commercial energy drinks. Instead she opts for coco water, tonic water, cherry juice, ginger beer (diluted to about 5% CHO and with added salt if necessary) plus plain or fizzy water.

I asked Ann how she copes with the inevitable bad patches that arise in all races and which must be pretty severe in races this challenging. She explained that she accepts that they will occur and when they arise she just works through them. She remains positive, telling herself that it is only 24 hours, and after the race she will have a huge feeling of satisfaction and achievement that will keep her on a high for about a week afterwards!

Ann’s approach to training is clearly working, as she reports that she recovered incredibly well after the 115.9 mile record. She rested for 6 days then did a Half Marathon - recording her fastest time for 4 years!

Ultra running is becoming more and more popular, and Ann has offered a helping hand to any fellow VAC members who want to know more. So if you would like to speak to Ann about training or nutrition over the long distances let me know and I can put you in touch with her.

# CROSS COUNTRY NEWS

## Men's Surrey League Cross Country - includes an extra mile at Wimbledon Common!



*The VAC team at Wimbledon (from left to right, standing): Alan Lane, Carey Gray, Graham Laylee, Steve Vincent, Dennis Williams, Peter Hall, Walter Wessely, Edward Skinner, Paddy Clark. (Kneeling): Andy Murray, Mark Cawood, Ian Sesnan, Steve Clancey, Richard Tweddle.*

VAC men were out in force at Wimbledon Common where we fielded 14 men for the opening Division 3/4 match of the Surrey League, in a record field of 300 finishers. VAC co-hosted the fixture and made our contribution as timers, recorders, funnel marshals and results compiler. Thankfully we weren't to blame for the course malfunction (missing marshals) which directed the whole field nearly a mile off course towards the A3 road on the first lap! Fortunately there was abundant good humour and the second lap was correct.



Richard Tweddle (pictured left) led the way for VAC in 21<sup>st</sup> position and first M55 in the race. The SLH men, Mark Cawood and Steve Vincent followed and were fighting for every place. Peter Hall made a magnificent cross country debut for VAC as

fourth scorer. VAC's next three men, finishing within 13 seconds of each other were the Dulwich pair, Graham Laylee and Andy Murray, followed by the ever-present Carey Gray. Another debutant, Edward Skinner, was 3 seconds ahead of final scorer Liam O'Hare. Ian Sesnan and Walter Wessely made welcome returns to VAC racing. Alan Lane, a Belgrave man, followed them home, coping well with the familiar course. Paddy Clark as usual did a great job as VAC Team Manager.

VAC was short of some of last season's fast runners and despite a fine performance, finished in 8<sup>th</sup> position out of the 10 teams in the Division, so we have some work to do. However, it's all quite tight, so VAC men, please turn out for the remaining matches.

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

### **Vets AC Cross Country Championships 2017: Please Support!!**

Please support our flagship cross country championship event which will be held on Saturday 21 January on Wimbledon Common, using the familiar two-lap, 4.5 mile course.

Trophies and age group medals will be awarded to VAC members. Entries are also welcome from members of other BMAF area clubs, and indeed from any Masters athletes (men and women aged 35 and over), so feel free to invite other Masters club-mates. As the race will have a UKA Permit and will be held under UKA rules, all participants must be registered with England Athletics. For further details see the fixture list.

**Mens Cross Country: Support VAC in the Surrey League!** VAC men, first and second claimers, are invited to join the Vets AC team for the remaining matches in Division Four of the Surrey League. 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 2016-17 season.** The two remaining matches in the 2016-17 season are:

14 January 2017 (2.30pm): Cranford Park, near Heathrow airport

11 February 2017 (2pm): Lloyd Park, Croydon

Ten men are needed for a full scoring team, but there is no limit on the numbers in each team. The more runners we have, the greater the impact and team spirit. VAC's Team Manager is Paddy Clark and on match-day he stands by a big wooden VAC sign with the race numbers. Declarations are online so 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.



## MASTERS INTER-AREA CROSS COUNTRY CHALLENGE, 8 OCTOBER



The Start of Race 1. (Photo by Chris Woodcock)

This race at Wimbledon Common was the inaugural Masters Inter-Area cross country challenge. The intention is to make this an annual race and hopefully an important event in the Masters Athletics calendar.

Race 1 included all the women and M60s+. The overall winner was Clare Elms who ran a controlled race, easing to the front on the playing fields half a mile into the first lap and

maintaining her position throughout. She won by over a minute, setting a new women's course record in the process. Ange Norris had a strong run to finish in 3rd place overall and first W55, with Jo Quantrill finishing 3rd W55. Other age category winners were Selma Benattia, 1st W35, Ros Tabor, 1st W65 and Doug Milsom, 1st M75. Margaret Moody finished 2nd W65. M65s were the heaviest represented age category with five taking part, led by Mike Mann in 3rd place.

In Race 2, Julian Critchlow demonstrated his current good form, finishing in a strong 2nd place overall and comfortably 1st M55. Steve Smythe overtook two rivals on the final hill to finish strongly as 3rd M55. VAC performed strongly in the M35 category with Mark Tennyson finishing 2nd and Philip Carstairs and Lloyd Bevan 4th and 5th respectively. The VAC M45 team was led home by Paul Sanderson in 3rd place.

### Race 1

Position	First Name	Last Name	Age group*	Time	Category Position
1	Clare	Elms	W45	00:27:44	1 - W45
3	Ange	Norris	W55	00:29:40	1 - W55
5	Selma	Benattia	W35	00:30:36	1 - W35
9	Fiona	Russell	W45	00:31:32	5 - W45
11	Michael	Mann	M65	00:32:02	3 - M65
13	Jim	Brown	M65	00:33:03	5 - M65
14	Stephen	Plested	M65	00:33:03	6 - M65
15	Joanna	Quantrill	W55	00:33:41	3 - W55
17	Ros	Tabor	W65	00:34:11	1 - W65
18	Margaret	Moody	W65	00:34:52	2 - W65
19	Stewart	McIntyre	M65	00:36:35	7 - M65
22	Clare	Wynyard	W55	00:37:21	5 - W55
23	Doug	Milsom	M75	00:37:39	1 - M75
24	Maurice	Marchant	M65	00:38:43	9 - M65



<b>Race 1 (cont)</b>					
<b>Position</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age group</b>	<b>Time</b>	<b>Category Position</b>
25	Fiona	Bishop	W45	00:39:08	6 - W45
26	Ann	Bath	W65	00:39:44	3 - W65
28	Joe	Aspinall	M75	00:41:13	3 - M75
30	Alan	Lane	M75	00:58:09	4 - M75

<b>Race 2</b>					
<b>Position</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age group*</b>	<b>Time</b>	<b>Category Position</b>
2	Julian	Critchlow	M55	00:25:24	1 - M55
4	Mark	Tennyson	M35	00:26:02	2 - M35
7	Stephen	Smythe	M55	00:28:05	3 - M55
9	Richard	Tweddle	M55	00:28:16	5 - M55
11	Philip	Carstairs	M35	00:29:38	4 - M35
13	Lloyd	Bevan	M35	00:29:58	5 - M35
14	Paul	Sanderson	M45	00:30:08	3 - M45
18	Andy	Murray	M45	00:32:39	4 - M45
19	Mark	Wadley	M35	00:32:45	7 - M35
21	Martin	Garrett	M45	00:34:42	5 - M45
22	Ian	Sesnan	M45	00:34:55	6 - M45

(\*The ages shown in the two tables above may not be the actual age group of each runner, as many were dropped down to make up teams.)

## **Obituaries**

### **Alasdair Ross 1952-2016**



Alasdair died on 4th July 2016 aged 64. He was originally from Edinburgh and, as a senior athlete competed against David Jenkins in the 400m and Allan Wells in the 200m and was selected to compete for Scotland on a couple of occasions.

It was in Masters competition that Alasdair excelled, winning gold medals and setting records at numerous World, European and British championships since starting to compete at age 40. He is currently European M60 indoor record holder over 200m (25.24s) and British M60 indoor record holder over 400m (58.13s). He holds Scottish Masters outdoor bests for 100m, 200m and 400m in the M50, M55 and M60 age categories and the 400m in the M45 category. Indoors he holds bests for 60m, 200m and 400m in the M50, M55 and M60 age categories. A

well known, popular and top class athlete, Alasdair will be sadly missed.

### **RON HOPCROFT: 1918 –MARCH 2016**

We have also been informed of the death of Ron Hopcroft, details of which are posted on the VAC and Thames Valley Harriers websites. Ron was aged 98 and was a steadfast and trustworthy official at VAC's T&F and cross country events in recent times.

# Track and Field

## VAC 10,000m Championships, Battersea Park, 7 September 2016

A total of 31 athletes took to the track at Battersea's Millennium Arena. The first race featured a fine battle for the McDowell Cup between Ben Reynolds, the 2013 winner, and Ian Johnston, the winner in 2012, 2014 and 2015. Ben held a slender lead all the way but Ian looked ready to pounce. In the final lap, Ben made an emphatic push and pulled clear to triumph by seven seconds. Dan Madams won a close battle for third place, and took M40 Gold, just ahead of Robin Jones of Herne Hill and Nicola Barberis-Negra from Serpentine. It was good to see new faces, with the event being well supported by the fast, younger men, who hopefully will play a big part in Masters' athletics in the years to come.



Ian Johnston in the 10,000m

A great advantage of the OpenTrack entry system is that BMAF guests were able to see the event advertised and enter easily. In the second race, one such guest, Peter Eckersley, who had made the trip from Birmingham, bided his time before passing Liam O'Hare and running ahead for a fine victory. Liam won M65 Gold. Anna Garnier, getting back to good form, was the first woman, well clear of fellow W60, Maggie Statham. Caroline Helder was the third woman, claiming the W50 gold medal in her first 10k track run, on the eve of entering the next age group.

Thanks go to the full complement of officials who timed and counted every lap for each athlete. The full set of results and a roll-call of officials are on the VAC website.

### 10,000m Championship Best Performances

VAC's annual championships have produced fine performances and some amazing records over the years. The table below shows that nine of the 20 best age group performances came in the last century! The longest standing mark is the M50 record of 33:20.0 set in 1985 by Laurie O'Hara, followed in 1987 by his M55 record. For the women, Maggie Statham, then aged 39, posted the W35 record of 36:03.8 in

1992. She also set the W40 record in 1993, the year in which Steve Charlton achieved a magnificent M65 record of 37:35.0. Other long-standing records are held by Jim Estall (M40), Charlie Dickinson (M45), Pauline Rich (W50) and Joyce M Smith (W65).

<b>VAC 10,000m Championship Best Performances</b>			
<b>Age Group</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
M35	Edward Samuel	34:43.9	2-Jun-15
M40	Jim Estall	31:31.6	4-Sep-96
M45	Charlie Dickinson	33:25.9	6-Sep-95
M50	Laurie O'Hara	33:20.0	31-Jul-85
M55	Laurie O'Hara	34:17	19-Jul-87
M60	Dave Cox	35:54.1	3-Sep-14
M65	Steve Charlton	37:35.0	8-Sep-93
M70	Peter Giles	42:22.0	3-Sep-14
M75	Steve Charlton	46:36.7	6-Sep-06
M80	Steve Charlton	46:10.5	8-Aug-07
M85	Steve Charlton	51:24.1	5-Sep-12
<b>Women</b>			
W35	Maggie Statham	36:03.8	20-Sep-92
W40	Maggie Statham	37:06.4	8-Sep-93
W45	Jane Georghiou	41:08.0	6-Sep-00
W50	Pauline Rich	40:59.4	4-Sep-96
W55	Anna Garnier	42:31.3	8-Sep-10
W60	Maggie Statham	43:47.5	4-Sep-13
W65	Joyce M Smith	48:57.7	8-Sep-93
W70	Pam Jones	51:59.4	3-Sep-08
W75	Pam Jones	55:33.2	5-Sep-12

## **VAC TRACK AND FIELD CHAMPS**

This year the championships were combined with those of SCVAC, who were in danger of having to cancel their own event. This year we used Kingsmeadow track, which has the advantage of some track staff and a canteen. Combining the two organisations meant that there were many athletes and therefore better competition. It also meant there was a larger pool of officials to call on. Many VAC members volunteered to help as well as compete and this was really appreciated. The Championships also attracted athletes from Eastern and Northern Masters .

Given the large number of athletes that competed across all age groups we don't have space for the full set of results. These are available on the VAC website. Jeremy Hemming has provided some photographs of the action.



Cliff Collins in the M80 400m



Clifford Taylor (M80) was one of the championships most successful athletes, collecting three gold medals in the shot (7.41), hammer (23.31) and Javelin (14.36).



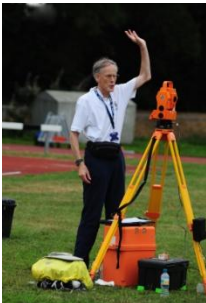
In the W80 Pam Jones took two golds in the 800m (4.23) and 1500m (8.59)



Andy Murray



Greg Conlan clears 4.05



Peter Kennedy judges the throws



Pat Logan (31) in the 200m

Most of the photographs in this edition have been supplied by Jeremy Hemming. He can be contacted at [hemming@dircon.co.uk](mailto:hemming@dircon.co.uk) Other contributions for this newsletter came from Maggie Statham-Berry, Peter Kennedy, David Hoben, Ros Tabor, Michael May, Michael Mann, Andy Murray and Ann Bath. Thank you to all contributors. The newsletter welcomes contributions from all members. Please send to [news@vetsac.org.uk](mailto:news@vetsac.org.uk)

## BMAF track & field championships, Birmingham 17-18 September 2016



5000m medal winners: Pam Jones, Maggie Statham, Anna Garnier, Margaret Moody, Pauline Rich

A near record 808 entries this year, the second highest ever, graced a largely dry and at times chilly mid-September weekend. The smooth running of these championships was due to the many regular experienced officials who have supported this fixture in recent years. This was made difficult for the field events because of the lack of two throwing cages but with the active cooperation of all the athletes all rounds were completed for each event and the overall schedule was maintained.

There was a very large turnout of 94 VAC members at these championships, 67 of whom gained at least one medal. Results are on the BMAF website. Highlights were:



- 5 gold medals for Liz Sissons W70 in Shot, Discus, Javelin, Hammer and Weight Throw.
- 2 golds, 1 silver and 1 bronze medal for John Kirkham M85 in Shot, Javelin, Hammer and Weight Throw
- 1 gold, 2 silver and 1 bronze medal for Allan Long M70 in 100m, 200m, Long Jump, Triple Jump
- British record for Charles Eugster M95 in the Long Jump with a distance of 1.21m, even though he didn't do his usual sprinting events.
- British record for Pam Jones W80 in the 5000m with a time of 30:23.17
- British records (subject to ratification) for Dalbir Singh Deol M90 in the 200m with a time of 55.57 and the 400m with a time of 1:42.23



## **European Athletics Masters Championships Non-stadia**

These championships are held every two years and comprise 10k and half marathon road runs, 10k and 20k (women) and 30k (men) road walks, and cross country relays (teams of 3). Medals are awarded to individuals and teams in 5 year age groups.

This year they took place from May 20<sup>th</sup> to the 22<sup>nd</sup> in Monte Gordo in Portugal. The 10k and Half-Marathon road races were flat, two laps up and down the road passing the Monte Gordo beachfront and forested area leading to Villa Real de San Antonio. The half marathon course went further into VRSA and had extra side loops around a track and up and down side roads. The weather was very warm for the 10k on the Friday evening, especially for the women, who ran first. Cross country relays were held early on the Saturday on a 2k loop following an undulating forest trail, returning on a flat gravelly footpath alongside the road courses.

Monte Gordo, whilst quiet, has many hotels and cafes on the extensive sandy beach and nearby streets, so it was easy to socialise with GB and other nations' runners between races. The area (Eastern Algarve) is used as a base for warm weather training by many GB groups, including Track and Field Tours, who have an early November trip culminating in the Guadiana 17k race across the suspension bridge from Spain to Portugal.

The GB team of 98 competitors achieved fourth place overall with 19 gold, 14 silver and 14 bronze medals, proportionate to their team size second only to Germany. More than half of the team came home with a medal.

20 VAC members took part, 12 of whom were medallists. Individual golds went to Ian Richards in both the 10k and 30k Racewalk (M65) and Arthur Thomson in the 10k Racewalk (M80). Full results are available on the website at <http://european-masters-athletics.org/>

The next European non-stadia championships will be in spring 2018, possibly in London.



## VAC “Mob Matches” at parkruns



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.

*Dulwich parkrun: VAC runners (Alan Davidson, Dave Cox, Joe Aspinall, Martin Garrett, Jo Quantrill, Graham Laylee, Richard Pitcairn-Knowles, Maggie Statham)*

Weekly 5km parkruns on Saturday mornings have taken their place amongst other athletic events for a great many runners and walkers. As a club, VAC also embraces parkruns and uses them as a meeting place and an opportunity to show the VAC vest.

We have ventured to Lloyd Park, Bishop’s Park, Brockwell Park, Finsbury Park, Southwark Park and latterly to Dulwich Park in September when VAC members were at the top of the age-graded results and every VAC runner was either first or second in their age-group.

VAC Members at Dulwich parkrun: 24 September 2016				
	Time	Age Group	Age Grading	Age graded position
Dave Cox	19:04	M60	86.36	2
Steve Davies	19:46	M45	72.85	22
Graham Laylee	21:43	M55	73.22	20
Maggie Statham	22:17	W60	89.60	1
Jo Quantrill	22:43	W60	85.40	4
Martin Garrett	23:38	M60	69.04	36
Alan Davidson	25:43	M65	67.79	46
Joe Aspinall	26:46	M75	75.03	14
Richard Pitcairn-Knowles	29:59	M80	75.99	10

**The next VAC parkrun is likely to be on 18 February 2017.** The venue has yet to be decided, but could be Mile End. If members have recommendations or favourite parkruns in and around the London area, with good links to public transport, please make suggestions to [Maggie Statham](#), the Entries Secretary.

## Stuart Channon: Sprinter



Stuart was this year's winner in both the 100m and 200m at the VAC Track and Field Championships in August, running 11.93s and 24.17s respectively. He has a PB over the shorter distance of 11.20s and of 23.00s over 200m. He has a PB over 400m of 57.20. In 2015 he ranked 3<sup>rd</sup> in his age group (M35) in the 100m and 6<sup>th</sup> in the 200m. Stuart, representing Walton AC, also competes in the long jump and 60m.