

# Veterans Athletic Club Newsletter

Autumn 2017

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<b>Matches</b>		
<b>Auditor</b>	Graham Laylee	

Veterans Athletic Club was established in 1931 and is affiliated to England Athletics, BMAF, South of England AA, Surrey County AA, the Race Walking Association and the South of the Thames Cross Country 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 Winter/Spring 2018 fixture list is printed in the newsletter. Please support these events. The newsletter welcomes contributions and events always need volunteers, as well as competitors. If you want to get involved, contact any of the Committee members listed above.

**Letter from the Membership Secretary, Peter Kennedy**  
**Message from VAC Membership Secretary**

Before you receive the next magazine, your VAC membership renewal will become due. Thus, this is the first reminder you will get, but for all those with an email address I will also send another reminder nearer the time.

If you renew online before 1st April next year, you will find that your membership is automatically renewed until 1st April 2019. After that date, your membership will lapse and you will need to wait for me to confirm your renewal before you can compete in any VAC or BMAF event.

The membership fee is still £18 for second claim and non-competing members but it will be £33 for first claim members. The first-claim membership fee includes £15 for England Athletics 2018-19 registration, which is an increase of £1 on last year. If you are already a registered athlete for 2017-18, your registration remains in force until 30 June 2018 and thus you do not need to be concerned that your registration will lapse if our payment of the new registration takes a few weeks.

I would urge you to log into your OpenTrack account in order to pay

your membership renewal. If you do not have access to the internet then I will accept a cheque payable to Veterans AC for the appropriate membership fee. Please send this to my home address.

Regards  
Peter Kennedy  
14 Keere St, Lewes, BN7 1TY

**DATES FOR YOUR DIARY**

**VAC's parkrun "mob match", 17 February 2018**

We are gathering at the South Norwood parkrun. Come along and meet fellow members. Look out for the VAC vests.

**Indoor Track and Field**

The new season starts with VAC's 3k track walk champs on 18 February, followed by VAC's main T&F champs on 25 February. Both fixtures are at Lee Valley. If you've not performed on an indoor track before, why not give it a try? It's great fun!

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## **Editor Angela Kikugawa Writes**

Some of you will know that I moved to Japan earlier this year. Myself and my husband retired last year and decided to move out here for a few years. Before heading off I enjoyed my spare time by taking on the Heb 3 challenge, something that had been on my list for some years but that I never had time to do. It's a series of five half marathons in the Hebrides and to be part of the challenge you need to complete three of the races. I did my three races on Lewis, Harris and Skye. I would like to have completed the other two on Benbecula and Barra but as I was on public transport they were just too awkward to get to. Nonetheless I really enjoyed the three that I did. Lewis was run in 70 degrees, Skye in grey drizzle and Harris in a gale force wind and pelting rain. All three are hilly but all three put on cakes and sandwiches for runners after. If you have the time these are well worth doing.

Further afield in Japan my first race, a 5k in the town of Imabari where we are living, was cancelled due to a typhoon. I have a few more planned however, not least the Ehime marathon in February next year. I had entered Tokyo, but like all the marathon majors these days it is highly competitive and I did not get a place. I was however really pleased to

hear that new VAC member Jon Cross has a place and when he completes it he will have achieved the marathon majors. For those of you who don't know this is completion of Boston, New York, Berlin, London, Tokyo and Chicago marathons. To date, Jon who is a V60, has completed the five in under three hours, his latest being New York on Sunday 5<sup>th</sup> November.

Well done Jon on your super achievement and I look forward to reporting on you with your marathon majors medal next edition.

Angela

## **TWO MORE DATES FOR YOUR DIARY!**

### **Surrey CC League, 2 Dec and 10 Feb**

VAC men, both first and second claimers, are invited to run for VAC at Roundshaw Downs and Lloyd Park. Ten men are needed for a scoring team. Every VAC runner is appreciated.

### **Vets AC Cross Country Championships 2018**

Please support our flagship medals event on Saturday 20 January on Wimbledon Common. Bring your club mates who can run as guests.

## Winter 2017 and Spring 2018 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
Sat. 25 Nov 2017	BMAF/ England Athletics Masters Association	England Masters Cross Country Inter Area Challenge 6km cross country race. Distance 4.5 miles.	Kings Park Athletics Centre, Kings Park Drive, Boscombe, Bournemouth BH7 6JD	13:30. VAC men's and women's teams. Individual entry via <a href="#">BMAF</a> .	Closing date: 19 Nov
Sat. 2 Dec 2017	Men's Surrey League Division 4	Cross Country Race Match 3 (VAC Men's team)	Roundshaw Playing Fields, South Beddington CRO 4RW	3pm. VAC 1st/2nd claim eligible. VAC vest needed.	Enter on the day. Advance notice to <a href="#">Paddy Clark</a>
Sat. 9 Dec 2017	Hercules Wimbledon and East Surrey League (VAC is a member of the East Surrey League)	HW Inter- Club 5 mile XC Race. Also Match 2 of East Surrey League	Wimbledon Common	11am Race HQ: Lauriston Cottage. Free event.	Enter on the day Enquiry to Entries Sec.
Sat. 16 Dec 2017	South of the Thames Cross Country Association	SOTCCA Champs. 7.5 miles. (VAC team – First Claim only)	Aldershot. Near the Wellington Monument, GU11 1QA.	2pm 1st Claim VAC team names to <a href="#">Entries Secretary</a>	Closing date for VAC team (6 Dec)
Sat. 20 Jan 2018	VAC UKA Permit: Masters guests welcome. Entrants should be registered with EA or equiv.	VAC XC Champs and Masters Open race (approx. 7km)	Wimbledon Common SW19 4UL. Awards and refreshments at Belgrave Hall Denmark Road.	2pm. Enter via <a href="#">BMAF</a> .	Online entry by 18 Jan. Entry on day accepted

Date	Organiser	Race/Event	Venue	Entry	Closing Date
Sat. 10 Feb 2018	Men's Surrey League Division 4	Cross Country Race Match 4 (VAC Men's team)	Lloyd Park, Croydon	2pm. VAC1 <sup>st</sup> /2 <sup>n</sup> d claim eligible. VAC vest necessary	Enter on the day. Advance notice to <a href="#">Paddy Clark</a>
Sat. 17 Feb 2018	South Norwood parkrun New parkrunners must register with <a href="#">parkrun</a> to obtain a Barcode	5km run Featuring VAC "mob match" gathering.	South Norwood Country Park.	9am	Enter on the day (but need your Barcode)
Sun. 18 Feb 2018	SCVAC	SCVAC Indoor T&F Champs Including VAC 3k track walk Champs	Lee Valley Athletic Centre, Meridian Way, Edmonton London N9 0NR.	VAC members welcome at all events. Enter via <a href="#">BMAF</a>	Closing date 4 Feb.
Sun. 25 Feb 2018	BMAF/VAC/EVAC/ South of England Athletic Association	VAC Indoor Track & Field Champs. Also BMAF Indoor Pentathlon Champs.	Lee Valley Athletic Centre, Meridian Way, Edmonton London N9 0NR.	Enter via <a href="#">BMAF</a>	Closing date 11 Feb.
Sun. 4 Mar. 2018	EAMA (England Athletics Masters Association)	Indoor Track & Field Inter Area Challenge (VAC team to enter)	Lee Valley Athletic Centre, Meridian Way, Edmonton London N9 0NR.	Enquiries to Team Manager <a href="#">Nick Lauder.</a>	Initial team selection made in Nov 2017
Sat. 14 April 2018	VAC Enquiries <a href="#">Dave Hoben</a>	Cecil Gittins Memorial Walks (inc. Enfield League 10k match)	Cyclopark The Tollgate Wrotham Rd Gravesend Kent DA11 7NP	1pm All ages welcome. 2.5k, 5k,10k,15 k (road)	Closing date tbc. Entries accepted on the day.

For other regional/national/international masters events refer to the [BMAF website](#).

# The Marathon

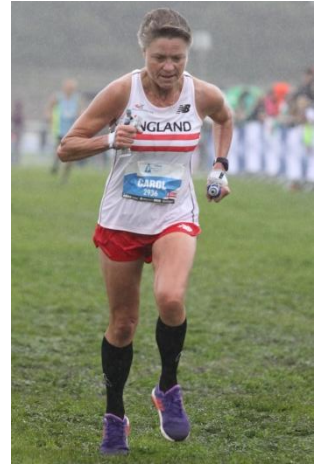
Ten VAC members travelled to Chester for the BMAF Championships held on 8<sup>th</sup> October 2017. Susanna Harrison excelled to win the BMAF W50 Gold medal, ahead of Cathy Ulliott who won W50 Silver. Kevin Harris claimed

the BMAF M60 Bronze as well as a bronze medal for the M60 England team which he had qualified to represent. Also selected for the England teams were Richard McDowell, Cathy Ulliott and Carol Marsh.

VAC Members at the BMAF Marathon Championships. Chester 8 <sup>th</sup> October							
Pos	Gun time	Chip time	Name	First Claim	Cat.	Cat. Pos	Age Grade
32	2:42:27	2:42:24	R. McDowell	Herc. Wimb. AC	M35	7	77.00%
78	2:52:14	2:52:10	N. Barberis Negra	Serpentine RC	M35	8	72.30%
97	2:55:16	2:55:04	D. Finch	Vict. Park & TH	M40	4	74.50%
162	3:01:54	3:01:44	S. Rahman	Ilford AC	M35	10	68.00%
180	3:04:19	3:04:15	K. Harris	Veterans AC	M60	3	83.10%
250	3:09:45	3:09:41	S. Harrison	Guild & Godal	W50	1	85.40%
385	3:18:40	3:18:34	C. Ulliott	Bright & Hove AC	W50	2	80.60%
486	3:25:28	3:24:56	G. Colville	Barnsley AC	W50	4	77.10%
891	3:45:35	3:45:26	C. Marsh	Plumstead Runn.	W55	4	74.80%
1249	4:00:30	3:59:02	Jacqui Reid	Met. Police AC	W50	7	65.20%

Incredibly, prior to 2016 Carol Marsh had never entered any competitive races, nor had she been a member of any athletic club. Like so many people these days she was inspired to run by the parkrun and then was hooked. She joined Plumstead runners in October 2016 and VAC in April of this year.

This year Carol, who is pictured left, says she has completed 3 marathons (3hrs 43, 3hrs 45 and 3hrs 45) and four half marathons one of which was at the BMAF Champs at Northampton where she won the W55 gold. She also did the 20 mile race at Bramley and the challenging Grizzly Cross Country 20 mile race. She ran in the BMAF 30K Trail Championships within the North Downs Run on 25 June, once again winning W55 Gold



So all in all a very busy running year for Carol. When asked, she said that this year has proved to be one of the best years of her life and she feels she should have taken up running years ago. Looking at her achievements to date though, I don't think she need worry as I am sure we are going to be seeing quite a bit of Carol in future and in terms of age, 55 is a mere baby in VAC terms.

Carol is joined by another member Jon Cross, who despite having been running a short time has managed some outstanding achievements. Jon took up running 7 years ago at the age of 53 just to try and keep reasonably fit, joining his local running club the Hart Road Runners. He is a VAC newbie, having only signed up this summer. The Great North Run was his first event since joining us and he finish first in the V60 category with a time of 1:22:30; a time that would have won the V55 category as well.



Despite this success at the GNR, Jon's favourite event is the marathon - and he is a bit of a marathon tourist with a dozen under his belt so far, despite his young 'running age'. He is currently aiming to complete the 6 World Marathon Majors - hopefully going under 3 hours for them all. Since 2015 he has managed to break 3 hours at Boston, Berlin, Chicago, London and New York with only Tokyo at the end of February needed to complete the set! I feel I have to tell you that when Jon first wrote to me he just mentioned the Great North Run and it was only when prompted that he gave



me his excellent marathon times. He also told me that he has run the the Marathon des Sables in 2014; (A six day 250km race across the Sahara) but it needed me to look at his blog to realise that in the 1000 competitors, he came an incredible 66<sup>th</sup> overall and 4<sup>th</sup> in his category out of a total of 210. At one point he was even leading in the non elite field! So look out for Jon's result in Tokyo and if you want to read his blog you can find it at <https://sites.google.com/site/jonsaharaultramarathon/>

Jacqui Reid, who was seventh in her age group in the Chester Marathon has also been busy, picking up a string of medals in the World Police and Fire



Games Championships that were held in Los Angeles in August of this year. Jacqui (W50), who was competing for the Met Police and Ireland, won gold in the 800 (2.53.99) and the 2000m steeplechase (10.02.00). She also took Silver in the 1500m (5.50.43), 5000m (22.37.79) and the 10,000m (48.18.53). She also competed in field, cross country and road running where she picked up further medals. Well done Jacqui on completing a very hectic schedule. Jacqui is pictured with her national

flag, supported by her old friend Angela Kikugawa, another VAC member who competed for the Prison Service (from which she has now retired) and GB. Angela won the 5000m and 10,000m in the W55 Category.

Following on from the Masters' achievements this year, the MBNA Chester Marathon has agreed to host the BMAF Marathon Championships again on Sunday 7th October 2018. The race starts at Chester Racecourse before heading out into the Cheshire and North Wales countryside, running along the banks of the River Dee and finishing back at the racecourse. It costs £47 to enter for UKA affiliated athletes. This goes up to £52 after August 1<sup>st</sup> 2018. Last year there were around 2500 finishers.

Finally, going further afield in pursuit of marathon glory were VAC's Paul Cheetham and Carol Marsh, who both competed in the European Masters Marathon Championships in Wroclaw, Poland on the 10th September 2017. Paul won the M45 Gold medal in a time of 2hrs 40:26 and Carol won the W55 Silver medal in 3hrs 45:35.

## 200 Half Marathons!

Martin Garrett, now in the M60 age group reached a 'landmark' of 200 half marathons at the recent Royal Parks event in Hyde Park. His first HM was at Richmond (Surrey) in June 1984 and for the last 33 years he has been plugging away. All of his races have been in the UK or Channel Islands and Martin's favourite courses are Bournemouth, Jersey, Berkhamsted and Watford which he has done that 24 times. In his next half marathon he will be wearing number 201 and that will be Watford in February.

## VAC Record Breakers!

VAC members have been busy breaking British records his summer in a range of disciplines and distances.

Andy Tindall set a new M55 UK record in the 3,000m Steeplechase at the BMAF T&F Champs in June only to break

it again at the Surrey County Combined Events Champs at Sutton on 9 September 2017 to record 10.35.13. The BMAF Champs also saw Dalbir Singh Deol (pictured right) set an M90 UK 200m record of 50:34. Breaking records on the track as well was Brian James who set a new UK M70 one mile record of 5:35.46 on 21 July 2017 at the SOAR mile meeting at Millennium Arena, Battersea Park. Out on the field, Clifford Taylor set a new UK M85 record in the Javelin Throw (18.38m), again at the BMAF Champs and a UK M85 Throws Pentathlon (HT, SP, DT, JT, WT) points record of 2733 points at the BMAF Championships in Sheffield on 2 September. Congratulations to Andy, Dalbir, Brian and Clifford on your outstanding achievements.



## Attractive Offers from Surrey League sponsors, Start Fitness and More Mile

If you use Start Fitness, the online sports retailer, the following discounts are available to all VAC members,. Enter code **SurreyXC** for 30% off at [moremile.co.uk](http://moremile.co.uk) (you will also accrue 10% of your spend on this code and be able to claim products or More Mile gift vouchers). Enter code **SurreyXCSF10** for 10% off at [startfitness.co.uk](http://startfitness.co.uk)

# Road Running

## VAC 10M Road Championships, Lee Valley VeloPark Races, 30 September

Six VAC members competed in VAC's 10M championships at the Olympic Park Velopark. The race was held in the 10M section of RunThrough's running extravaganza that included half marathon, 10M, 10k, 5k and One Mile. It was an unconventional race with nearly 500 runners taking part in five separate races at the same time, all using the compact undulating one mile cycle circuit.

There were 75 finishers in the 10M race. First home for VAC, 4th overall and 1st woman in the race, was Victoria Carter (W45) in a time of 68:13. For the 10 mile championships, the VAC



Committee had decided to repurpose the disused Ron (Chalky) White shield. In the past this was

awarded to the oldest man under 90 minutes but it will now be awarded to the athlete with the highest age graded percentage in the 10 mile race. This means that Richard Solomons (M70) pictured) (with an age-graded performance of 81.25% is the first winner.

At the extravaganza, Terry Casey (M75) ran in the One Mile race, achieving a time of 10:38.

Name	Age Grade %	Age Group	Time	Race Position	First Claim Club
<b>Richard Solomons</b>	81.25%	M70	73:10	7	Highgate Harriers
<b>Peter Kennedy</b>	78.70%	M65	72:32	6	Lewes AC
<b>Victoria Carter</b>	78.62%	W45	68:13	4	Thames Valley
<b>Peter Durrans</b>	74.09%	M65	76:17	9	Veterans AC
<b>Jacqui Reid</b>	72.25%	W50	78:37	16	Met Police
<b>Bill O'Connor</b>	55.33%	M70	1:50:02	58	Queens Pk Harriers

## Battersea Park Summer Race Series

Total numbers were up again for the five fixtures in the summer race series at Battersea Park. There were 175 finishers, averaging 35 in each race. This is nearly double that of two years ago but we would be happy to see more. Having a UKA licence has helped, as has the promotion offered by the BMAF's OpenTrack system. The number of guests has quadrupled in two years and it's pleasing that a fair number of them have gone on to join VAC. Thank you to everyone who competed and also to our loyal officials who ensured smooth and proficient operations throughout. Special credits go to Dennis Williams for setting up the courses and to Mick Barlow, the UKA Race Adjudicator, for his advice and assistance.



Four VAC members competed in all five of the races: Joe Aspinall, Cliff Collins (pictured), Richard Pitcairn-Knowles and Ed Bartlett. Ed's amazing record has continued. He hasn't missed a Battersea Park fixture for eight years! The Snow Cup competition added interest and 19 members completed the necessary three races to be eligible.

The person with the highest average of his or her three best age-graded performances would be awarded the Snow Cup, a beautiful trophy which dates back to 1950.

Congratulations go to Brian James (M70), the winner with a magnificent average of 87.91%. Penny Elliott (W70) placed second with 85.49%, closely followed by Ian Johnston (M45) with 84.26%. The top seven runners all achieved percentages of over 80%. Six age groups were represented in the top ten, demonstrating that age grading is a

fair way of comparing and rewarding good-for-age performances.

## Snow Cup League Table, Battersea Park Grand Prix 2017

Pos.	VAC Member's Name	Age e %	Age Grp.	Club
1	Brian James	87.91	M70	Watford Joggers
2	Penny Elliott	85.49	W70	Waverley Harriers
3	Ian Johnston	84.26	M45	VAC
4	Carol Jones	84.06	W60	Ealing Southall & Midd
5	Paul Cheetham	83.56	M45	Barnes Runners
6	Mike Mann	83.38	M65	Dulwich Runners
7	Marion Rayner	80.97	W65	West 4 Harriers
8	Cliff Collins	78.46	M80	VAC
9	Tony Macdowall	76.23	M35	Victoria Park & TH
10	Valdis Pauzers	76.05	M60	Herne Hill Harriers
11	Gerry Smith	75.68	M65	Epsom & Ewell
12	Caroline Helder	75.42	W55	Wimbledon Windmilers
13	Les Presland	75.24	M75	AFD
14	Richard Pitcairn- Knowles	74.81	M80	Sevenoaks AC
15	Jamie McLoughlin	74.01	M40	VAC
16	Tom Morris	71.06	M55	Hercules Wimbledon
17	Ed Skinner	70.36	M60	Tiptree
18	Joe Aspinall	69.33	M75	VAC
19	Ed Bartlett	54.19	M70	VAC

**\* Age grading based on actual age, using World Masters Athletics Road age-grading calculator 2015 and based on the average of the best three races**

## 5 Mile Championship, Battersea Park, 13 June

It was warm and muggy for the 42 finishers who took part in the five mile championship. Ian Johnston won the race and the M45 Gold medal in a time of 27:35. He was tracked by Paul Cheetham but pulled away convincingly on the final lap to win by 25 seconds. There were also some fierce age group battles for Gold. For the M50s, Stephen Philcox (29:06) was just ahead of Tony Tuohy (29:15), and in the M70s, Peter Giles (32:47) was chased by new member, Brian James (33:14). For the M75s, Doug Milsom and Les Presland were inseparable for much of the race until Les dug deep for a time of 43:13, with a winning margin of 20 seconds.



Ange Norris was the first woman in a time of 33:20, a new W55 Battersea Park course record, improving Anna Garnier's 2012 record by eleven seconds. Another great mark was set by Pam Jones who set an inaugural W80 course record of 51:29. This complements her excellent W75 course record of 43:03 set in June 2012

Ange Norris, pictured above also broke the 5k W55 record.

## 5km Championship, Battersea Park 11 July



It poured throughout the race and the 43 finishers were soaked, although this didn't prevent fast times. The Officials deserved medals too. Three course records were broken, in addition to several near misses. The race winner was Simon Baines, also the M45 Gold medallist, whose time of 16:20 was only three seconds off the 16:17 all-time best for the Battersea course, set by M45 Richard Tomlinson in 2014. The first record-breaker was Alan Camp (pictured) whose 17:56 M60 time knocked over 30 seconds off Peter Giles's longstanding M60 course record set in 2006. Alan's time also beat Laurie O'Hara's M60 VAC 5km Championship Best Performance of 18:14 set in 1995 at the Eastway Cycle Circuit. Peter Giles's name stayed on the record book as he convincingly improved his own M70 course record from 20:07 to 19:25. He had intense competition from fellow M70, Brian James, who pushed hard to finish only eight seconds behind on the line.

For the women, Anna Critchlow led the way for W45 Gold in 19:26, 22 seconds off her own W45 course record of 19:04 set last year. The third record breaker was second woman, Ange Norris, whose time of 20:06 knocked ten seconds off Anna Garnier's W55 course record set in 2010. Marie Synnott-Wells was third, and first W50. Other Gold medallists were Jane Rowden (W60), Penny Elliott (W70) and Marion Rayner (W65) whose time of 25:39 was only 20 seconds short of Sue Lambert's longstanding W65 course record of 25:19 set in 2010.

There is insufficient space to reproduce all of the results from Battersea Park in the newsletter but there is a full set on the VAC website. The latest 5km record table is below for those of you who may wish to have a go!

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



## Obituaries

### **Noel Noble 1923 -2017**

VAC was very sad to learn of the death of International Opera Singer and long-time Polytechnic Harriers and Veterans AC middle distance competitor, Noel Noble, at the end of June after a fine innings of over 94 years.

As an athlete in the UK in the 1970s/1980s, he was very supportive of both Poly and VAC and although his running career in the UK never reached great heights, he would invariably be present to complete his club teams, not least at cross country events. He contributed to VAC on and off the arena, and was their Team Manager/Organiser when we set a World Best for the then-popular 100 x 1 Mile Relay at Crystal Palace, causing some overseas veterans clubs to challenge our achievement.

VAC has the Noel Noble trophy in his honour, awarded for M50 Gold at 1500m/1 mile.



### **Brian Harlick 1942-2016**

Brian Harlick who is pictured left, sadly died shortly before Christmas 2016. He was an active member of both Epsom and Ewell Harriers and VAC. He competed regularly in the pole vault, and all the throwing events, most recently as a V70. He competed in the Pole Vault in the main Surrey

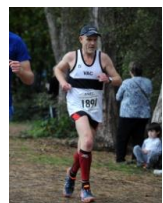
Championships from 1994 - 2010 having previously competed in the Surrey Cross-Country Championships from 1983 - 1986. He was also a very active official, and when not competing, helped at VAC track and field championships. At the Surrey County Athletics Association AGM, a posthumous award was given. The Officials Cup was collected by his children, Marianne and Michael.

## Cross Country

### Men's Surrey League Cross Country, Wimbledon Common, 14 October



VAC fielded 13 men for the opening Division 3/4 match of the Surrey League, in a record field of 332 finishers. VAC co-hosted the fixture and contributed as timers, recorders, marshals and results compiler. VAC was one of twenty one teams battling it out over a long "5 mile" course of familiar trails and tracks.



First home for VAC, and also a magnificent first in the Division Four race was new recruit Gary Towers in a time of 27:43. Gary Ironmonger was next in 7th place, followed by Richard Batchelor in 16th and Dan Hallam, (pictured above top) another new recruit, in 18th. VAC's scorers were closely packed and in a great display of team spirit, were supported all the way by the other squad members. Paddy Clark as usual did a great job as

VAC Team Manager.

VAC finished in a creditable 7th position out of the 12 teams but still plenty of scope to improve our placing in the remaining three matches. Full results and team placings can be found on the Surrey League website. Photo above bottom shows Andrew Simms, who finished as fifth scorer. VAC table is below.

<b>1</b>	<b>27:43</b>	<b>Gary Towers</b>	<b>M40</b>
<b>7</b>	29:25	Gary Ironmonger	M55
<b>16</b>	30:46	Richard Batchelor	M40
<b>18</b>	30:55	Dan Hallam	M40
<b>61</b>	35:00	Andrew Simms	M50
<b>89</b>	38:16	Carey Gray	M55
<b>97</b>	39:03	Andy Murray	M60
<b>104</b>	40:24	Ed Skinner	M60
<b>105</b>	40:27	Liam O'Hare	M65
<b>106</b>	40:39	Gary Budinger	M55
<b>115</b>	42:33	William Fordham	M65
<b>123</b>	44:41	Steve Edwards	M60
<b>131</b>	50:48	Walter Wessely	M70

## Track and Field

### VAC 10,000m Track Championships, Battersea Park, 13 September

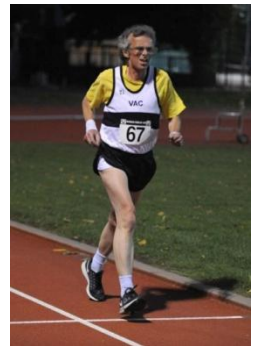
It was cool and calm for the two 10000m seeded races at Battersea Park's Millennium Arena. Eleven men contested the first race which Simon Baines (M45) (pictures on this edition's cover) won emphatically in 33:02.5; a time that improves the previous M45 Championship Best of 33:25.9 set by Charlie Dickinson in 1995. Simon was awarded the McDowell Cup for winning the race. The cup has passed between Ben Reynolds and Ian Johnston since 2012 but this year Ben was the second VAC finisher in 34:15.2, taking the M50 Gold along with the second place. Ian was elsewhere, contesting

the BMAF 10,000m championships in Jarrow where he won M45 Gold in a time of 34:10.49. The other Gold medal winners in the Battersea race were Tony Macdowall (M35), Dan Madams (M40) and Philip Carstairs (M55).



There were twelve finishers in the second race. The winner was Sean Smith (M50), a guest from Farnham Runners. The first woman home was Yuko Gordon (W65), also a guest, from North Herts Runners. Rhiannon Needham

was the first VAC woman, claiming W35 Gold in her first 10,000 track race. Pauline Rich (pictured) and Ann Bath were the W70 and W65 gold medallists. Peter Durrans (below), returning to running, won the M65 Gold, with Doug Milsom taking the M75 Gold and Ed Bartlett the M70 Gold.



Special thanks go to the full complement of officials who timed and counted every lap for each athlete. Full results and officials roll-call can be found on the VAC website.

## **Track and Field Pole Vault Coaching for Masters**

VAC and SCVAC asked Allan Williams, the respected Pole Vault Coach, to run a session for Masters athletes at the the David Weir Leisure Centre in Carshalton. Eight people attended the 3.5 hour session on 30 September and here is what VAC member Mike May has to say about it. ‘Eight [attendees] turned out to be ideal. There were not too many for the space available and not so few that each athlete could not rest enough between trials. Allan enlisted two other coaches to help us. We started with how to hold the pole, and form, during run up, then vaulted onto the mat from a platform placed in front of the box. We learnt about measuring our run-ups and then practised putting it all together with actual vaults. We

finished up with advice on strength training that could help cope with the stresses involved. Allan made videos of our efforts to send to us after the session.” We are hoping to repeat the session next year and to set up more coaching opportunities for other T&F disciplines. If you are interested in participating or could offer coaching, please contact Mike May at [tfsec@vetsac.org.uk](mailto:tfsec@vetsac.org.uk).

## **Track And Field Championships Kingsmeadow 27 August**

For the second year VAC combined their track and field championships with SCVAC and also welcomed members from other masters’ clubs. This had advantages and disadvantages. The athletes welcomed more competition but as there is only one throwing cage we had

to limit the number of both warm up and competition throws. Some athletes complained about this, but many more were complimentary of our organisation. Many VAC members helped with individual events, but we need more qualified officials in order to meet health and safety guidelines for future events. Full results are available on Power of 10.

## **Inter area, 2<sup>nd</sup> July, Solihull**

July saw a depleted Vets AC team travel to Solihull for this year’s Outdoor Inter Area match. The team was managed by Nick Lauder and special thanks must go to Michael May whose superb assistance was invaluable.

Alwyn Lombaard got the team off to an excellent start achieving third in the 60m Hurdles, further

adding to the team points totals with fine High Jump and Triple Jump performances. Other fine Jumps performances were achieved by David Blunt (Pole Vault & Triple Jump), Franck Triolaire (Long Jump), Mike May (Long Jump), and Patrick Reynolds (Long Jump)

Our distance runners have always performed strongly. This year was no different with an excellent win in the 1500m by Aaron Brown with Lisa Webb coming second in the 800m and 1500m. Third places were gained by Richard Bloom and Ros Tabor in the 800m, and by Ed Connolly, Jacqui Reid and Sam Amend in the 1500m. These successes were supported by good

runs from Andrew Stewart, Paul Cheetham, Steve Roberts and Mike Mann. The 2K Walk saw Fiona Bishop finish second with fine performances from John Ralph and Arthur Thomson. Whilst Allan Long was the team's sole sprint victor, there were also super-fast performances from Brenda Fee, Dan Tomlinson, David Hinds, Nick Lauder, Patrick Reynolds, Ros Tabor and Steve Roberts.

The Throws saw a win and a second place in the Hammer by Wes Clarke and Tracey Gould respectively (also Discus and Javelin), second from Tony Richards in the Shot, a good performances by Franck Triolaire (Javelin), Kim Weir (Hammer and Discus)

and Peter Wishart (Shot, Javelin & Discus.)

The finale of the match, the 4x100m relays, threw up some thrilling battles and saw our 35 team make top three and the M50's break 60 seconds to come fifth. The final points tally saw the Men come fourth with 184 points, the Women sixth with 73 points. The team overall came a sixth with 257 points but most importantly a fine time was had by all who represented Vets AC.

The Indoor match is taking place on Sunday 4<sup>th</sup> March at Lee Valley, please let Nick Lauder know by email ([n.lauder@bopenworld.com](mailto:n.lauder@bopenworld.com)) if you'd like to take part.

### **SEND US YOUR PHOTOS!!**

We are always pleased to include members' photos of events, so if you have any please send them to us along with your story.



## European Masters Championships, Aarhus, Denmark, July/Aug 2017

These outdoor track and field (plus cross country, road walk and half marathon) masters championships are held every other year, the previous being in Ismir, Turkey in 2015, with the Worlds in intervening years (Perth in 2016).

Aarhus is a pleasant city on the eastern coast of Jutland, central Denmark. It has a good mix of old and new areas, with a big port and pleasant coastline. It is a European City of Culture this year, displaying many outdoor exhibits. The city has a big student population, hence many bars, and there was a decent choice of mid-

price restaurants.

Unusually for this type of event we had no local transport passes, so bus fares to and from the venues added to the cost of the trip to an already expensive area. This was a bad summer for Denmark, with many heavy showers and temperatures reaching the low twenties at best.

As well as individual golds there were many other strong VAC performances including a Bronze Medal for William Fordham (pictured above in a cross country event) in the half marathon M65 event. Individual Gold Medal winners are shown below.

Age Category	Name	Event
W35 -	Zoe Doyle	1500
W45 -	Nina Anderson	400
W60 -	Anna Garnier	1500, 5000
W60	Sue Yeomans	pole vault
W65 -	Ros Tabor	cross country
M55 -	Pat Logan	200
M75 -	Barry Ferguson	80 hurdles
M90 -	Dalbir Singh Deol	100, 200, 400

## VAC Success at Multi Events

VAC has a contingent of combined event specialists who often are unsung heroes and maybe do not get the recognition they deserve. We are proud to report their successes.

At the BMAF Outdoor Pentathlon Championships in Oxford on 18 June, three VAC members took home Gold Medals. Charmaine Johnson won W50 Gold with 2902 points for the women's five disciplines - 80m hurdles, HJ, SP, LJ and 800m. For the men's event, comprising LJ, JT, 200m, DT and 1500m, Brian Slaughter won M55 Gold with 2973 points, followed by Alan Smith taking M55 Silver with 2891 points. Brian Matthews won M60 Gold with 2658 points.

At the BMAF Decathlon Championships in Sheffield on 2/3 September, Brian Slaughter, now in a new age group, repeated his pentathlon success by convincingly claiming the M60 Gold medal with 7075 points, a tally which would also have won the M55 age group. Alan Smith won the silver medal in the M55 age group.

And finally, news from the world of Ultra Multi Events. This year's World Championship Icosathlon took place in Turnhout in Belgium on 26 and 27 August. An icosathlon is made up of the 18 events usually

found in a T&F match (including both 3000m and 5000m), plus the 200m hurdles and the 10,000m. VAC's Chris Ness performed magnificently to win the M45 Gold medal with 8,892 points. Well done Chris and all of VAC's multi-eventers!

### Walking – Lester Cup 2016 Season

Fiona Bishop was awarded the Lester Cup, a points based trophy, based on a handicap system, for last year's summer series of races in Battersea Park. (See below)

1. Fiona Bishop (4)
  2. Arthur Thomson (5)
  3. Shaun Lightman (4)
  4. David Hoben (5)
  5. Maureen Noel (3)
  6. Peter Hannell (3)
  7. Peter Ryan (3)
  8. Mick Harran (2)
  9. Dave Delaney (2)
  10. Dan Maskell (1)
  11. Kevin Burnett (1)
  12. Paul King (1)
  13. Russell Vroobel (1)
  14. Chris Flint (1)
  15. Ian Richards (1)
- (Brackets are no. of appearances)

# Walking

## Battersea Park 5 Mile Summer Race Walks

VAC staged a successful series of race walks with some fine performances. All the races in Battersea Park were Category B with Permits from the RWA. The summer's second fixture in May (photo below) took place in perfect racing conditions on a sunny spring evening. Penelope Cummings from AFD had an outright win in a time very close to her personal best, while Melanie Peddle of Loughton, third overall, went under 50 minutes for the first time with a new personal best, showing what can be achieved in only a year in the sport. Maureen Noel (Belgrave) in sixth place maintained her excellent form.



Further down the field Paul King from Belgrave and Chris Flint from SWC gradually returned to their previous form and Peter Hannell also SWC returned to this distance after a number of months' absence and achieved a better than expected time.



The third fixture in June was also the VAC championships. It benefitted from fine conditions, even if a little humid. The turnout was low due to a clash with another popular series and a number of regulars on the injury list. VAC were pleased to welcome Dave Annetts from North Herts Road Runners who won convincingly in a time

similar to that achieved in a recent large 5M event near Newmarket where he came second only to U23 20k GB record holder Callum Wilkinson. We wish Dave well in his move into race walking. Notable performances were posted by W55 Fiona Bishop, (pictured on the front cover inset) who was a minute



quicker than last year's championships, and by M70 Dave Delaney who was five minutes quicker.

The fourth fixture in July was the wettest in recent memory. The officials did well to handle the finish recordings in such dreadful weather. Mark Culshaw (pictured above) had an easy victory followed by Steve Bishop and John Hall, in a good position and time considering a lengthy absence from regular competitions. The last fixture in August saw cloudy, humid conditions, with rain just about to appear towards the end. Dave Annetts, who continues to make considerable inroads in the sport, had another convincing victory. John Hall improved again and was pleased to return to sub 10 minute miles. David Hoben set his best time of the series and was the season's only ever-present.

**Battersea Park Race Walking League Table, 2017. (Excluding Guests)**

<b>Name</b>	<b>Age Gp</b>	<b>Apr 5m</b>	<b>May 5m</b>	<b>Jun 5m</b>	<b>Jul 5m</b>	<b>Aug 5m</b>
<b>David Annetts</b>	M50			46:40		43.16
<b>Mark Culshaw</b>	M50	48:29	48:02		47:53	
<b>Penelope Cummings</b>	W40		48:01			
<b>John Hall</b>	M65				51:16	49.38
<b>Shaun Lightman</b>	M70	51:16				
<b>Dan Maskell</b>	M65	53:10	51:55			55.11
<b>Maureen Noel</b>	W50		51:58	52:12	52:31	52.25
<b>Fiona Bishop</b>	W55			53:01		
<b>Chris Flint</b>	M70		54:06	54:54	56:55	
<b>Paul King</b>	M65	57:18	54:06			
<b>Peter Hannell</b>	M70		57:40		55:38	56.39
<b>Arthur Thomson</b>	M80	56:23				
<b>Mick Harran</b>	M75			56:39	58:36	
<b>Dave Delaney</b>	M70		61:53	56:44		
<b>David Hoben</b>	M60	58:33	59:09	59:06	59:39	58.27

## **Jack Fitzgerald Memorial race walks, 10 June 2017, Tilgate Park, Crawley**

VAC were pleased to host the fifth running of this event on a course around Campbell's lake, used in the 1930s and 1940s as the test bed for Sir Malcolm Campbell's attempts at the world water speed record in his vessel, Bluebird.

The popular beauty spot enjoyed good early summer weather with lower temperatures in the surrounding pinewood sections of the course.

In the headline race over 10.325 km, VAC were pleased to welcome back Francisco Reis from Thames Valley Harriers who had a convincing win by over two minutes from Under 20 athlete, Ollie Hopkins from Lewes AC, who continued his upwards trajectory, keeping pace with the winner in his longest race to date. Also improving, Melanie Peddle from Loughton AC came in a strong third place, just a little outside one hour.

### **Jack Fitzgerald Memorial Race Walk 10.325km, 10 June 2017**

Race Pos.	Time	Name	Age	First Claim Club
1	54:59	F Reis	M55	Thames Valley
2	57:03	O Hopkins	U20M	Lewes AC
3	63:46	M Peddle	W45	Loughton
4	69:15	P Gaston	M65	Surrey Walking Club
5	70:10	J White	M45	Unattached
6	70:25	C Flint	M70	Surrey Walking Club
7	71:03	M Martin	M60	Surrey Walking Club
8	71:03	A Martin	W50	Surrey Walking Club
9	71:52	B Kirkdale	M55	Hastings Runners
10	72:04	A Jones	W60	Steyning
11	72:39	J Killick	M70	Steyning
12	72:47	S Pender	M60	Enfield
13	75:59	D Hoben	M60	Surrey Walking Club
13	75:59	D Delaney	M70	Surrey Walking Club

## Parkrunning



VAC's latest quarterly Parkrun visit was at Highbury Fields on 16<sup>th</sup> September 2017; a small, sloping open space overlooked by Georgian terraces. As it is less than 1k around its tarmac-path boundary, 5 laps are necessary to make up the distance and the hill at the start that feels quite gentle gets pretty draining by the final lap. Nonetheless 5 VAC members met to tackle the course.

Gary Towers had a good battle with the leader from halfway but had to settle for a close second overall. VAC runners scored lots of age group wins and Ros Tabor set course age grade and W65 records. Remarkably her age grading was 94.1%.

Pos.	Name	Club	Cat.	Cat.	Time
			Pos		
2	Gary Towers	Eton Manor	1	M40	16:56
39	Martin Bright	Highgate Harriers	1	M50	20:45
74/9w	Ros Tabor	Dulwich Runners	1	W65	22:54
92	Andy Murray	Dulwich Runners	1	M60	23:27
192	Martin Garrett	Sudbury Ct RC	3	M60	28:07

Many of you who do parkrun will have heard Race Directors ask at the pre-run briefing if there are any parkrun tourists. These are the runners who make a special trip out of their home area to run a different parkrun – you can even get a special orange teeshirt to show what you are doing and there is a league table of all those who have run in more than 20 different areas. VAC's Peter Hall (V55) over a period of six years has competed in 50 different parkruns within his total of 204. He runs most regularly at Gunnersbury and his furthest away from home was at Whitley Bay, which is where he originally comes from. His PB is 19.26.

We'd be interested to hear from any other VAC members who are parkrun tourists or who have big personal records in the parkrun.



Above: Mark Culshaw and Penelope Cummings stride out in the Battersea Park Race Walk in May 2017. Left Dalbir Singh Deol competes at the European Masters in Denmark.