



**400m  
World  
Gold  
for Susie**

**Veterans Athletic Club  
Newsletter  
Autumn 2018**

## VAC Committee Members: 2018-2019

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<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 to compete with other like-minded masters/veterans. The Autumn/Winter 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.

## **Message from VAC Membership Secretary, Peter Kennedy**

I am pleased to report that the Club is stronger than it has been for many years with 553 members. If anyone can remember a time when we have had more members than our Editor would love to hear from you with your memories of how things were.

Unfortunately, we still have 73 people who have let their membership lapse. They will not have received the newsletter. If you know of anyone who is concerned about this, please remind them to contact us and we can sort out the problem. There are also 38 members who have let their EA registration lapse, which usually means they are not competing at all this year. If this is the case, please let me know. You can check by looking at the status for Section E in your personal data in OpenTrack – if it shows as Amber, you are not EA registered at present.

For the last few years, BMAF have experienced difficulties in recruiting officials. VAC has also had this problem, placing constraints on what we can offer, particularly for field events. The BMAF has decided to tackle the shortage by funding a series of Level 1 Officials courses.

To take advantage of this opportunity, please email the VAC Officials Secretary, Ros Tabor ([officials@vetsac.org.uk](mailto:officials@vetsac.org.uk)). Alternatively, you can telephone (020 7701 2546).

We are also short of helpers. In particular, we need someone to assist the Track & Field Secretary in staging events. If you could provide some help in any aspect, make yourself known to a Committee member at any time.

Members should be aware that the VAC AGM in September ratified an amended VAC Constitution. The main changes are to clarify VAC's status as a non-profit organisation. Also, a new Discipline and Complaints procedure has been introduced, which can be viewed on the VAC website. If you would like to see the Constitution and Discipline procedure, please email or phone the VAC Secretary, Ros Tabor.

Finally, we welcome Peter Torre as the VAC President. His energy and good humour will bring a sparkle to our medal ceremonies.

**Peter Kennedy**

## **Editor Angela Kikugawa Writes**

It has been a hot summer in the UK, but that does not seem to have stopped our athletes getting out and about and putting in some fantastic performances. So much has been going on that it has not been possible to include everything in the newsletter. In particular reports on the Club 10mile and 10K championships and detailed reporting on the performances at the European Masters in Alicante in May have been left on the website only.

On the positive side it has been really encouraging to receive more contributions from members this newsletter and I particularly enjoyed reading about Joe Aspinall's travels to compete in 12 different parkruns and breaking the M80 record in all of them. That must be a record in itself. I also really enjoyed the article about the Octogenarian Bushy Parkrun which seems to be going from strength to strength; this year attracting runners from all parts of the country.

Here in Japan I am continuing to run and the local environment is well suited to training now that it has cooled down. Long distance running is so popular here that almost all marathons require that you enter a

ballot; with the chances of getting into some of them very low. Nonetheless when you do get in they are brilliantly organised and supported. There is an added complication with marathons that they have cut off points at various stages in the race and if you don't make it to the cut off point in time you have to stop running. Cruelly in some of the marathons the last cut off is at 40K and the marshals implement it to the second. Typical of Japanese politeness, even those half a metre away when the cut off is called, stop, bow and walk off the course. Somehow I don't think this would work in the UK. I wouldn't go so far as to say that marshals would get a bloody nose, but I would be damned if I would let anyone stop me from competing a marathon at the 40k point.

**Front and back cover photos are by Tom Phillips at [www.tomphillipsphotos.co.uk](http://www.tomphillipsphotos.co.uk). Susan McLoughlin (front) and Gavin Stephens (back) are shown at the World Masters in Malaga.**

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## Winter 2018 and Spring 2019 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
Saturday 15 Dec 2018	South of the Thames Cross Country Association	SOTCCA Champs. 7.5 miles. (VAC team – First Claim only)	Beckenham Place Park Beckenham Hill Road, BR3 1UH	Start time: 2pm 1st Claim VAC team names to Ent. Sec.	Closing date for VAC team 5 Dec
Saturday 12 Jan 2019	Men's Surrey League Division 4	Cross Country Race Match 3 (VAC Men's team)	Oxshott Woods Oxshott KT22 0TA Close to Oxshott Railway Station	2.30pm VAC 1st and 2nd claim eligible, subject to cond's.	Advance notice to <a href="#">Paddy Clark</a>
Saturday 19 Jan 2019	VAC UKA Permit: entrants should be registered with EA or equivalent.	VAC Cross Country Champs and Masters Open race (approx. 7km)	Wimbledon Common SW19 4UL. Awards/refreshments at Belgrave Hall Denmark Road, SW19	Start time: 2pm Masters guests welcome. Enter via <a href="#">BMAF</a> .	Online entry by 16 Jan. Entry on day.
Saturday 9 Feb 2019	Men's Surrey League Division 4	Cross Country Race 4 (VAC Men's team)	Lloyd Park, Coombe Road, Croydon CR0 5RA	12.30 pm start. VAC 1st and 2nd claim VAC vest necessary	Advance notice to <a href="#">Paddy Clark</a>
Sunday 10 Feb 2019	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. Enter via <a href="#">BMAF</a> Open Track	Closing date 27 Jan.
Saturday 16 Feb 2019	Hackney Marshes parkrun	5km run Featuring VAC "mob match" gathering.	Start near to Hackney Marshes Centre, Homerton Road, E9 5PF.	9am New parkrunners register at <a href="#">parkrun</a> .	Enter on the day but need Barcode

Date	Organiser	Race/Event	Venue	Entry	Closing Date
Sunday 17 Feb 2019	BMAF/VAC/EVAC/South of England	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> Open Track	Closing date 3 Feb.
Sunday 24 Feb 2019	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 selections made in Nov 2018
Saturday 9 March 2019	VAC	Cecil Gittins Memorial Walks (incorporates Enfield League 10k match)	Cyclopark The Tollgate Wrotham Rd Gravesend Kent DA11 7NP	Start time: 1pm All ages welcome. Distances 2.5k, 5k,10k, 15k (road)	Closing date 8 March. Entries accepted on the day.
9-10 March 2019	BMAF	BMAF Indoor Track & Field and Winter Throws Champs	Lee Valley Athletic Centre Meridian Way, Edmonton London N9 0NR.	Entry via Open Track.	Closing date 24 Feb.
24-30 March 2019	World Masters Athletics	World Masters Indoor T&F Champs,	Torun, Poland	Entry via link on BMAF website	Closing date 29 Jan.
Thursday 4 April 2019	East Surrey League Match Three (VAC is a member of the East Surrey League)	Four Mile Road Race (Two laps)	HQ: The Harrier Centre (Ewell track), King Georges Rec. Gd, Poole Road, Epsom KT19 9RY	7pm Free entry. 1st and 2nd claim members welcome.	Enter on the day

Date	Organiser	Race/Event	Venue	Entry	Closing Date
Wednesday 10 April 2019	VAC	10km VAC TRACK WALK Champs Also Surrey, Herts and Middlesex.	Millennium Arena, Battersea Park, London SW11 4NJ	Start time: 6.45pm	Entries on the day allowed
Tuesday 16 April 2019 (also 11 June, 9 July, 6 Aug and 27 Aug)	VAC Held under UKA rules. Course certified accurate	Battersea Park Summer Series 5 Mile Masters Road Race and Open Race Walk. (5km race on 9 July)	Battersea Park, London SW11 4NJ Close to Millennium Arena	Start time: 7pm Enter via Open Track. Masters guests welcome.	Online entry by 15 April. Entries on the day accepted.
Sunday 26 May 2019	Vitality Westminster Mile events*	British Masters One Mile Road Championships and VAC One Mile Champs	Race assembly area in Green Park, London W1. Start on The Mall.	Medals in five-year age groups. See BMAF fixture list for details.	Online entry via official website.

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

\*The Westminster masters mile (now the British Masters Athletics 1 mile championships as well) has been open for entries for quite some time now. The link for information/entry is <https://www.vitalitywestminstermile.co.uk/how-enter/vitality-masters-mile/>

This link is also set up on the BMAF fixtures page.





## TRACK and FIELD

### **World Masters Athletics T&F Championships, Malaga, Spain, 4-16 September**

A team of 704 British athletes competed in Malaga. Around 100 VAC members were there in force, with many winning medals and achieving season's bests.

VAC's Dalbir Singh Deol, at 92, the oldest person in the British squad, won individual silver and bronze medals. Ian Richards (pictured left at the Jack Fitzgerald Memorial Race Walk) won three individual gold medals as well as taking team silver in the 10k road walk. Susie McLoughlin (pictured on the front cover) also won three individual medals.

Her 400m gold was achieved in a time of 57:79 against strong Guyanan opposition. VAC's other admirable gold medallists were Fiona de Mauny (800m), Sue Yeomans (Pole Vault), Gavin Stephens (400m and pictured on the back cover), Roald Bradstock (Javelin), Barry Ferguson (80m Hurdles) and Richard Pitcairn-Knowles (5,000m).

Sue Yeomans, Jon Cross, Zoe Doyle, Jessica Franklin and Ros Tabor each won two individual medals. Brian Slaughter's silver medal winning points score in the M60 Decathlon was a new British Record. Many VAC members made great contributions as part of medal-winning GB teams in the relays and non-stadia road and cross country events.

Congratulations to all of VAC's medallists. Apologies if we've missed any in the Medals table. Full results are available on the World Masters Athletics website.



<b>World Masters Athletics T&amp;F Championships, Malaga, Spain, 4-16 September</b>	
<b>VAC Gold Medals</b>	
<b>Individual</b>	<b>Team</b>
Ian Richards M70 5,000m Walk	Sue Dassie W65 4x100m (BR)
Ian Richards M70 10km road walk	Ros Tabor W65 4x400m (BR)
Ian Richards M70 20km road walk	Ros Tabor W65 8km CC
Fiona de Mauny W35 800m	Pauline Rich W70 4x400m (BR)
Susie McLoughlin W40 400m	Susan McDonald W50 8km CC
Sue Yeomans W65 Pole Vault	Susan McDonald W50 HM
Gavin Stephens M40 400m	Melanie Peddle W50 20km road walk
Roald Bradstock M55 Javelin	Maureen Noel W55 20km road walk
Barry Ferguson M75 80m Hurdles	Jane Georghiou W65 8km CC
Richard Pitcairn-Knowles M85 5,000m	Jon Cross M60 HM
	Ian Kitching M65 HM
<b>VAC Silver Medals</b>	
<b>Individual</b>	<b>Team</b>
Brian Slaughter M60 Decathlon (BR)	Gavin Stephens M40 4x400m
Dalbir Singh Deol M90 100m	Walwyn Franklin M65 4x100m (BR)
Jon Cross M60 HM	Ian Richards M70 10km road walk
Fiona de Mauny W35 1500m	Jessica Franklin W35 8km CC
Susie McLoughlin W40 200m	Sue Rust W35 8km CC
<b>VAC Bronze Medals</b>	
<b>Individual</b>	<b>Team</b>
Susie McLoughlin W40 100m	Walwyn Franklin M65 4x400m
Zoe Doyle W40 800m	Barry Ferguson M75 4x100m (BR)
Ros Tabor W65 1500m	Arthur Kimber M75 4x400m
Ros Tabor W65 8km CC	Alexander Betts M35 HM
Dalbir Singh Deol M90 200m	Simon Baines M45 8km CC
Aaron Brown M35 800m	Terry O'Neill M65 8km CC
Jon Cross M60 10k road race	Malcolm Kemp M70 HM
Jessica Franklin W35-W50 8km CC	
Susan McDonald W50 HM	

## **England Masters Outdoor Inter Area Challenge - Solihull, 8 July**

This summer's outdoor inter area team was smaller than the 50+ team that we sent to the Indoor champs in March after some unusual scheduling by the organisers.

It was good fun nonetheless, with multi-talented multi-eventer Derek Warn, putting in a great performance in the first event of the day, the 100m Hurdles. Derek followed this with a fine pole vault in the 30+ degree conditions. The jumping duties were complemented by a win by Allan Long in the LJ and fine efforts from Anna Garnier (HJ), Richard Weekes (LJ, TJ), Mike May and Pat Reynolds (both LJ.)

Despite the smaller team, our throwers did Vets AC proud – Steve Sammut won the hammer, Tracey Gould came second in the hammer and also picked up good points in discus, javelin and shot. Kim Weir and Tony Richards came third in the hammer and shot respectively, with welcome points gained from the powerful efforts of Mike May (javelin), Peter Wishart (discus and javelin) and Anna Garnier (javelin.) Anna also led the way in the distance running with a win in the 800m. There were additional wins for Susan McDonald in the 1500m and Sam Amend in the 3000m with Sam looking so speedy that the team supported her by singing “You’re a sprinter in disguise!!!” Jacqui Reid and Steve Atkinson took second place in 3000m and 800m respectively with Steve Roberts and Terry O’Neil completing the distance running squad’s contribution by both doubling up in the 1500m and 3000m.

It was a good day for Allan Long who added to his LJ win with second and third in the 200m and 100m respectively. Derek Wardle came back from injury with a second in 400m and Pat Logan, whilst not winning, achieved some personal bests. There were further good runs by Alan Perry, (100m), Anna Garnier (200m), Nick Lauder (100m), Phil Bell (400m), Rory MacFarlane (100, 200m), Ros Tabor (400m) and Steve Roberts (400m)

Team togetherness came to the fore at the end of the day with more points gained in the 4x100m relay.

Please email Nick Lauder at [n.lauder@btopenworld.com](mailto:n.lauder@btopenworld.com) if you'd like to be considered for selection for the Indoor match (on Sunday 24th February, Lee Valley) along with your preferred events.

## VAC 10,000m Track Championships, Battersea Park, 19 September

The average attendance at VAC's annual 10,000m races for the last five years had been 24, so we were taken aback when entries flooded in for this year's races. Our limit of 40 was reached three weeks before the closing date. With the aid of chip timing, we were able to raise it to 60 but this was also soon reached. We closed the race a week early with 66 entries and turned away at least six others. The distance has obviously become very popular!



Richard McDowell (pictured) from Hercules Wimbledon won the first race convincingly in a time of 31:54.74, setting a new VAC M35 Championship best performance. He was awarded the appropriately named McDowell Cup. Earlier in the year, Richard had been VAC's fastest finisher in the London Marathon with a time of 2:27.56. Ben Paviour was in second place in 33:37.66, taking the M45 Gold medal. There were some fine age-group performances. John Foss's M60 time of 38:40.08 put him at the top of the national runbritain rankings for the event. Sean Smith (M50) won the second race convincingly in a time of 40:58.17.



The first woman was Helen Pool (W40) in a time of 43:12.29. Margaret Moody's (pictured left) time of 47:31.85 will be recorded as a new VAC W65 Championship Best Performance, bettering the long-standing mark of 48:57.7, set by Joyce M Smith way back in 1993. Ken Bowman won the BMAF M70 gold medal with a time of 43:21.58, placing him second in the national rankings. VAC gold medal results are shown below.

## VAC Gold Medals

Age Gp.	Member		Time
M35	Richard	McDowell	31:54
M40	Matthew	Jones	35:06
M45	Ben	Paviour	33:37
M50	Ian	Johnston	35:09
M55	Tony	Tuohy	36:18
M60	John	Foss	38:40
M65	Terry	O'Neill	42:15
M70	John	Denyer	45:29
M75	Michael	Johnson	50:37
M80	Joe	Aspinall	63:08
M85	Richard	Pitcairn-Knowles	71:50
W35	Rhiannon	Needham	48:23
W40	Helen	Pool	43:12
W50	Nichola	Atkins	49:11
W65	Margaret	Moody	47:31
W70	Ann	Bath	63:33.

# Road Running

## Battersea Park Summer Race Series

Attendance at our five friendly road races continued its upward trend. This year there were 199 finishers, compared with 175 in 2017, 149 in 2016 and 91 in 2015. Having a UKA licence has helped, as has the promotion offered by the BMAF's OpenTrack online entry system. Seventy four individual members took part in at least one of the races, including VAC's 5M and 5km championships. This really is a good way to meet fellow members. New people are given a warm welcome and lots of support.

Three VAC members competed in all five of the races: Joe Aspinall, Terry O'Neill and Ed Bartlett. Ed's amazing record has continued. He now hasn't missed a Battersea Park fixture for nine years! Thanks go to our loyal

timekeepers and recorders and to Dennis Williams for setting up the courses. The results of all the races, including a summary table, are in the results section of the VAC website.

We have settled on dates for the 2019 series. Unfortunately, we could not hold a fixture in May because of the nearby Chelsea Flower Show and other commitments. We have tacked one on at the end of August instead. Apologies if this is inconvenient for some. **The dates are: 16 April, 11 June, 9 July, 6 August and 27 August.**

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

### **5 Mile Road Championship, Battersea Park, 19 June**



There were 48 finishers on a warm, humid, evening. The standard was high, with the top eight posting times under 30 minutes. Stuart Beaney (M40 and far left) followed up his victory in the May race with another fine win, keeping ahead of fast-finishing Ian Johnston (M50) by two seconds.

For the women, Ange Norris (above right) retained her 5 Mile Champion's trophy, and won the W55 gold medal, ahead of Jacqui Reid who took W50 gold.



### **5km Road Championship, 10 July**

Near-perfect conditions produced fast times including a sub-16 minute all-comers' record for the 5km course. Chris Bird, a guest from Chichester AC, blazed round in 15:56, well inside the previous record of 16:17 set by Richard Tomlinson in 2014. There was an epic battle for second place between the two top M50s. Andy Weir held off relentless pressure from Ian Johnston (left) to post 17:01, finishing two seconds ahead of Ian.



For the women, Hannah Roberts (W35), a guest from SCVAC, won convincingly in 19:15. Lucy Woolhouse was the first VAC woman, taking W55 Gold in 20:26, only 20 seconds off Ange Norris's W55 course record. Jacqui Reid was second for VAC and won W50 Gold. An intriguing contest for W60 Gold was won by Lynn Wilson in 24:01, closely tracked by Carol Jones in 24:07. Pam Jones (left) once again claimed W80 Gold.

### **Battersea Park Grand Prix**

Congratulations to Ian Kitching, the worthy winner of the Battersea Park Grand Prix with an excellent average age grading of 86.39%. Fellow M65, Terry O'Neill, was second with an average of 82.92%, followed by first woman, Carol Jones, W60, with 80.08%.

To be eligible, members had to register times in at least three of the five road races. The person with the highest average of his or her three best age-graded performances is awarded the Snow Cup, a beautiful trophy which dates to 1950. Eighteen VAC members qualified for the 2018 competition.

## Snow Cup League Table, Battersea Park Road Race Grand Prix 2018

Pos.	Member	Age. Gr.	Age Gp	Club
1	Ian Kitching	86.39	M65	SLH
2	Terry O'Neill	82.92	M65	Belgrave Harriers
3	Carol Jones	80.08	W60	Ealing Southall & Midd.
4	Mike Mann	79.98	M65	Dulwich Runners
5	Robin Jones	79.32	M45	Herne Hill Harriers
6	Gavin Mackay	79.12	M45	Petts Wood Runners
7	Liam O'Hare	78.05	M70	Barnet & District
8	Peter Hall	76.27	M60	West 4 Harriers
9	Caroline Helder	75.49	W55	Wimbledon Windmilers
10	Martin Daoud	72.68	M55	Ealing Southall & Midd.
11	Jacqui Reid	71.02	W50	Metropolitan Police
12	Joe Aspinall	70.88	M80	VAC
13	R.Pitcairn-Knowles	70.68	M85	Sevenoaks AC
14	Ian Mursell	69.33	M65	VAC
15	Martin Wilson	67.92	M65	Ealing Southall & Midd.
16	Sarah Allen	66.06	W50	Herne Hill Harriers
17	Alan Davidson	63.08	M70	Liss Runners
18	Ed Bartlett	55.10	M70	VAC

**\* Age grading based on actual age, using World Masters Athletics Road age-grading calculator 2015**

A summary of all the age-graded performances for each VAC member who ran at Battersea in 2018 is in the Results section of the VAC website.

### VAC Golds at the BMAF Marathon Championships

Nine VAC members took part in the Chester Marathon on 7 October, incorporating the BMAF championships. Between them, they won six medals, including four golds. Jeff Pyrah won M45 gold in a chip time of 2:35:44, followed by Nathan Pask, winning M40 gold in 2:39:11. Susanna Harrison won W55 gold in 3:17:21, maybe still recovering after her sparkling 3:09:29 in September's Berlin Marathon which placed her at the top of the 2018 W55 marathon rankings. Lynda Hembury won W60 gold in a great time of 3:17:59. Her time of 3:14:37 set at Chester last year, still tops the All-Time W60 rankings, ahead of Angela Copson's previous record of 3:14:51 set in 2009. Catherine Ulliott won W50 silver and champion race-walker, Ian Richards, won W70 bronze, walking the race in an amazing 4:03:51. Tom Ulliott (M60), Jacqui Reid (W50) and Malcom Kemp (M70) performed well in their age groups.





## VAC 1 Mile Championship at the Vitality Westminster Mile 27 May 2018

The Vitality Westminster Mile incorporates a series of races throughout the day, including waves for families, club runners, parkrunners, Olympians and ending up with UK senior and young athlete championships. The course is excellent, a smooth road surface starting at the Mall, passing around St James Park and finishing in front of Buckingham Palace. Clocks give split times every 400m and there is commentary at the start and finish.

As several VAC members have previously enjoyed running in the club wave, we selected it as our mile championship and suggested to the organisers a separate Masters' wave. This was agreed and BMAF endorsed it as the British Masters Mile medal race.

180 Masters runners assembled on the start line, including 44 VAC members. We were started by Lord Coe and set off towards Admiralty Arch, past Horse Guards Parade and turning right into the long straight along Birdcage Walk, which seemed to pass much faster and easier than it does at mile 26 of the London Marathon! There was a great run from VAC M45 Jeff Pyrah to finish 7<sup>th</sup> overall in 4:43. VAC W50 Clare Elms was leading the women's race until near the finish and her 2<sup>nd</sup> in 5:13 won her the BMAF shield for top age-graded performance with an outstanding 100.6%. Ros Tabor's W65 time of 6:39 equated to 97.2% and ranked her third.

The following VAC members were BMAF gold medal winners being first in their category in the overall race (chip times shown).

Age	Name	Club	Time
W40	Jo Locker	Walton AC	5:35
W50/2w	Clare Elms	Dulwich Runners	5:13
W75	Penny Elliott	Waverly Harriers	8:14
M80	Joe Aspinall	VAC	8:37
M85	Richard Pitcairn-Knowles	Sevenoaks AC	9:56

## MEMBERS TALK

We are always keen to hear from members and in this newsletter some members tell us about themselves.

### Allan Long

This year was my first in the 75-80 age group and it has demonstrated the advantage of competing at the "young end" of a new category. Having come close to breaking the outdoor UK triple jump record I finally managed it at the BMAF championships in July, having broken the indoor record months earlier.



I also topped the U K rankings in the 60m 100m 200m sprints and gained a silver medal at the European indoor championships in the 60m. This latter race was a special moment as the winner broke the European record and he very graciously thanked me for the part I had played in his success, although in all honesty, I was well beaten. That is the true spirit of Masters athletics.

My final competition, however, finished on a low point. I had entered the triple in the world championships in Malaga in September, and on my 3rd jump I felt a sharp pain in the take off leg which was diagnosed later as a torn adductor muscle which ended my further participation in the tournament. I almost managed a bronze, failing by 1cm. I am now hoping to get fit for the next indoor season but it is taking time and my patience is being tested. However, I hope to be part of our dedicated leader Nick Lauder's squad in EAMA events and to compete in the world indoor championships in Poland next year.

**Well done to** John Foss, whose time of 2:54:28 at the Frankfurt Marathon tops the M60 national rankings.

And to Ann Bath for enduring dreadful conditions in the Sri Chinmoy 24hr race at Tooting in September. In 2016 she ran 115 miles in 24 hours to become the W65 World Record holder. This year she "only" ran 88.6 miles, 356 laps of the track, in pouring rain and high winds, but still set new W70 records.



## Ken Livermore

Ken Livermore has been a member of VAC and Enfield & Haringey for some years. He has competed regularly over an incredible eight decades and will be 86 in December 2018. Ken is on the organising committee of the successful Enfield Race

Walking League, and is the walking secretary of Herts County. He shares with us a few of his athletic highlights.

In 1945 my first race was a 2 mile run on the road starting at Eldon Road School, running down to Pickett's Lock and back to the school. This race was organized by North London Harriers, the club that I later joined. In the 1960s I completed the Leicester to Skegness 100mile race. I have run one London Marathon and walked two and competed in cross country, orienteering and a whole range of mountain marathons. In 2006 I walked the Athens Marathon, which started in the town of Marathon and finished in the 1896 Olympic Stadium.

As for my ambition, that is not finish last in my next race.

## Edmond Simpson

**Edmond tells us about two races he was successful in this year.**



As usual the British Masters 5k Road Championship was held at Horwich, Bolton in Greater Manchester on Fathers' Day (17<sup>th</sup> June), this time with a brand new Leisure Centre as race HQ.

Last year was my first M80 gold and it was good to repeat the achievement. This time there was a record six in the age category. This included two I had never beaten before at Horwich, so it was not easy.

The course is a triangle in the town centre with three and a bit laps cunningly arranged so you do the uphill bit four times. So my time of 25.15 was fairly nifty.

Horwich is a former railway town still in the process of being redeveloped. On the edge is the Macron Stadium (complete with hotel in walking distance from the course), home of Bolton Wanderers FC.

Perhaps next year more of my VAC colleagues will take the trip North. I recommend it.

### **And a UK M80 Record!**

Jarrow is on the South bank of the River Tyne, a shipbuilding town famous for the 1936 hunger march from Jarrow to London.

The Monkton Stadium is home to Jarrow and Hebburn AC. Steve Cram learnt to run here and is now President.

The regional club is NEMAA. They have an annual championship and six summer league meetings all held at the Monkton track. The meeting on 2<sup>nd</sup> July included a mile race so I went to have a crack at the record.

My friend Ian Barnes from Darlington had set the M80 British record of 7.38.1 at the same Venue in 2017.

Weather conditions are so unpredictable in the NE, but it was dry, warm but not hot, and a light breeze. Perfect. An incredible 76 entries were divided into five races. In my race I was fortunate to have two runners who, unknown to them, acted as excellent pacemakers for me!

I was chuffed not just to achieve a new record but also to get under seven and a half minutes with 7.25.3.

### **Alan Davidson in Alicante, May 2018**

Despite being an almost one-legged runner now and no use to the team I wanted to have probably my last GB&NI Vets outing at a Euro non-stadia event to savour the atmosphere once more and also to visit somewhere new.

The Costas have a reputation for ugly tall blocks but I found Alicante quite pleasant with tree-lined promenade walks, a marina for Abramovich-type yachts and spectacular views over the Med and inland to the Sierras from the castle perched high up on a rock at the edge of town. Signposting to the TIC (registration centre) and to the 10k and cross-country relay course was non-existent and the tram stop they gave to the venues was not even the nearest one! Nonetheless 24C made pleasant running conditions and my aim had to be to just get round the flat 10k course (2 laps of mainly uninteresting territory). I really appreciated the terrific (surprising) support I got from people at the roadside and I was happy (!) with 58.20 (17th M70 out of 24). I was also in the M70 B team in the cross-country relays leg on the 2k course of mainly stony trails in a pleasant park. Our B team came 3rd but the rule is one medal for each country and our A team came 1<sup>st</sup>. It was good to catch up with some old friends, see somewhere new and enjoy the atmosphere of these great Masters championship events.

### **Dennis Williams Spectating in Malaga**

Over 700 UK Athletes made the journey to Spain to join the other 8000 who competed in the World Masters Athletics Championship. VAC was well represented and there were some outstanding performances. Ian Richards won the first gold in the 5k track walk and went on to win 3 more medals. Steve Peters having recently moved in the M65 category took three gold medals in the 100m, 200m and 400m and Virginia Mitchell and Susan McLoughlin won three medals each. The star performer was undoubtedly Angela Copson who won 7 gold and 1 bronze medal.

Overall the games were well organised, travelling was easy and there were large crowds at the events. One disappointment was that the 5000m track races were run at the same time but split over three different venues which meant I could only watch one third of them.



That aside though, it was well organised and things went smoothly.

There were several committee members from the 2020 Toronto World Championships there, no doubt looking for how they can make improvements.

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

Start Fitness, the online sports retailer, has offered discounts on their products to all VAC members.

Enter code **SurreyXCSF10** for 10% off at [startfitness.co.uk](http://startfitness.co.uk)

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).

## **Cross Country**



**Men's Surrey League Cross Country, Roundshaw, 13 October and Epsom Downs, 10 November**

A VAC team of seven, pictured above, fought for every place at the opening fixture on

the pleasant grassland of Roundshaw Downs. Ten men are needed for a team and with an incomplete team, we picked up hefty penalty scores, putting us in 10<sup>th</sup> place out of 12 in Division Four. However, our spirit was not lacking and there were fine individual performances from Richard Batchelor who led

VAC home and Ian Kitching (below 1717) who was convincing as the fastest in the M60+ age group in both Divisions.



The second fixture took place on a dark, thundery Epsom Downs. VAC had a team of ten finishers but again had to settle for 10th position amongst strong opposition. Richard Batchelor was the first VAC finisher and Ian Kitching reinforced his dominance of the Over 60 Category. Carey Gray, Gary Budinger and Liam O'Hare again showed their loyalty to VAC, whilst Barry Attwell, Tony Harran and Joe Aspinall made valuable returns. Martin Garrett and Ian Strong ran in the team for the first time and were welcomed heartily.

Paddy Clark as usual did a great job as VAC Team Manager. Contact him [paddyclark@hotmail.com](mailto:paddyclark@hotmail.com) if you wish to join the team for the matches in January (Oxshott) and February (Croydon). 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 2018-19

season. Results and team placings are on the Surrey League website.



### **England Masters Cross Country Inter-Area Challenge, Bury St Edmunds, 29 September**

This event has gone from strength to strength since it was first promoted by VAC on

Wimbledon Common in 2016. There were over 160 runners in a highly competitive match of two races hosted by Eastern Masters and contested by seven BMAF area clubs. The course at Nowton Park was dry and firm, with a mix of woodland trails and grassland.



The scores were calculated on race times converted to age-graded percentages, with ten men and ten women forming scoring teams. VAC's 13 women were dominant and won the women's section convincingly. Clare Elms (W50), Lynda Hembury (W60) and Anna Garnier (W60) achieved over 85% and placed 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> in the women's age-graded race rankings.

VAC's 12 men were second behind a strong team from Eastern Masters who made their home advantage count. Simon Baines (M45) and Dave Cox (M65) achieved age-graded performances of around 85% and were 4<sup>th</sup> and 6<sup>th</sup> in the men's rankings.

In the outright races, Jess Franklin (W35), Clare Elms (W50), Dave Cox (M65) and Richard Pitcairn-Knowles (M85) won their respective age groups. Simon Baines (M45), Sue McDonald (W50), Ange Norris (W55), Lynda Hembury (W60) and Michael Johnson (M75) provided fierce competition and achieved fine second placings. This year's event had an added attraction of being influential in the selection of the England teams for the British and Irish Masters International Cross Country in Swansea in November. For several VAC members, their good performances reinforced their bids for selection, and we wish them good luck.

The results of both races, together with age-graded results and the Club scores are on the [BMAF website](#).

## Parkrun

### Gunnersbury Parkrun 22 September



Gunnersbury was the most recent venue for the VAC parkrun get-together, and 6 members enjoyed the cool and still conditions. The rain started soon after we had finished. The course is 2 flattish laps of Gunnersbury park, all on tarmac paths. It is the local parkrun for both Patricia and Francis.

## Results:

Pos.	Member	Pos	Age Gr	Perc.	Time
111	Patricia Thomas	2	W50	76.56%	23.02
149	Martin Garrett	5	M60	68.38%	24.18
161	Andy Murray	1	M65	67.70%	24.46
162	Ros Tabor	1	W65	88.43%	24.46
215	William Fordham	3	M65	63.50%	26.40
355	Francis Thomason	4	M65	56.63%	56.63

### Octogenarians! They came from Scotland, South West England, Brighton, Essex and Solihull



Age is just a number. With a total of over 3,000 years between them 38 octogenarian athletes stood together on the start line at Bushy Park Parkrun on 7<sup>th</sup> July having travelled from all over the country. All finished the 5K course despite the dust and the thermometer nudging 30C!



After the run Prosecco and cup-cakes went down well as past experiences of long ago were discussed by these established runners. The oldest finisher, Hugh Dinwoodie from Scotland, (pictured in blue) was probably happier than most as he finished just his third Parkrun.

The first two finishers, Michael Coupe (SW Vets) and Gerald Billis (Wootton RR) both beat Ray Dare's M80 record of 28:02, which had stood for ten years. Joe Cleverly, recently returned to competition, was first M85 and the extraordinarily experienced (415 Bushy Parkruns) Madge Bradwell, was first W85.

23 more octogenarians than the 15 who took part last year proves that George Frogley's great idea of a special event for the oldies is becoming ever more popular, so look out for next July when at least fifty are expected.

## Joe Aspinall – Ultimate Parkrun Tourist?



Joe at Banstead Woods

Joe Aspinall has not looked back since his 80<sup>th</sup> birthday in April. As well as being an ever-present at the Battersea Park series, winning a gold medal at the Westminster Mile and masterminding a VAC M80 relay team at the Sri Chinmoy relays, he has toured twelve parkruns between May and September and broken the M80 age group category records in every one of them. Virtually all his times were either 28 or 29 minutes on a wide variety of courses. And all this was done wearing the VAC vest. I believe that 'bagging' different parkruns is known as parkrun tourism and I can't imagine there is anyone out there who can beat Joe's record! Thank you Joe for being such a great ambassador for the club.

## RACE WALKING

### Battersea Park 5 Mile Summer Race Walks



VAC staged a successful series with some excellent performances and highly competitive racing. The average turnout was ten, no change from 2017. All the races were Category B with Permits from the RWA.

The opening race in April took place in fine dry conditions. There was a new men's race winner as Seb Parris, just short of his 35th birthday, cruised home in 43:26. Melanie Peddle (Loughton) was second overall and first woman

in 49:59. The May race also had good weather, although the entries were down, due to the proximity of other events. Dave Annetts (N Herts RR), Steve Allen (Barnet) and Melanie Peddle continued their season's form. Tom Casserley (above Enfield & Haringey), a new VAC member, was rewarded with a new PB.

The third fixture in June was also the 5M championships. Dave Annetts continued his fine form to achieve his first VAC Championship win in a time of 42:28, an emphatic PB for the course. Maureen Noel (Belgrave and below left) was second and once again took the women's title, an award she has won for at least the last four years. Tom Casserley achieved another PB as his racing career develops. The July fixture, held in pleasant summer weather, was won by Ian Richards (Steyping AC), new to the M70 age group, in a fast time of 43:09. Penelope Cummings (AFD) achieved a sub-50 time to win for the women and take second place overall in 49:01.



The fifth and final fixture of the season had reasonable numbers given a clash with an international in Paris and the very high temperature and humidity. Ian Richards demonstrated the early form that would give him such success in the World Masters Championships in Malaga, posting a magnificent sub-40 time of 39:36, over three minutes quicker than in the July race. Melanie Peddle was the first lady and second overall in 49:03, not far off her personal best. David Hoben set his best time of the series and was the season's only ever-present. Fiona Bishop, Tom Casserley, Paul King and Maureen Noel competed consistently in four of the races.

**Battersea Park 5 Mile Walk League 2018 (includes Guests)**

Name	Age G.	Apr	May	Jun	Jul	Aug
Ian Richards	M70				43:09	39:36
David Annetts	M50		49:22	42:28		
Seb Parris	Sen	43:26				
Penelope Cummings	W40				49:01	
Melanie Peddle	W45	49:59	50:36			49:03
Stefano Zennaro (guest)	M45				49:46	
John Hall	M65				50:13	

Name	Age G.	Apr	May	Jun	Jul	Aug
Steve Allen (EMAC)	M60	51:09	50:35			
Dave Chalk (BMAF Open)	M50					50:48
Maureen Noel	W50	52:42		51:50	52:40	52:32
Shaun Lightman	M75	54:44				
Dan Maskell	M70			55:03	54:48	55:33
Fiona Bishop	W55		57:19	55:29	55:12	56:39
Paul King	M65	57:09	56:37	56:59		57:21
Chris Flint	M70	56:22	56:37	56:17		
Tom Casserley	M75	58:21	57:38	57:25		57:30
Mick Harran	M80				58:09	57:42
David Hoben	M65	59:05	60:25	59:07	58:17	57:43
Peter Hannell	M75	59:09		61:01	59:42	

### **Jack Fitzgerald Memorial Walks, 9 June, Tilgate Park, Crawley**

VAC were pleased to host the sixth running of this event in fine June weather. The course circled Campbell's Lake, used by Sir Malcolm Campbell in the 1930s and 1940s as the test bed for his attempts at the world water speed record. The event was held to raise funds for Blind Veterans UK, as a tribute to RAF fighter pilot Jack Fitzgerald.

A record number of 25 walkers lined up on the start line, with ages ranging from 10 year old Lewis Burr (Tonbridge AC), who took a minute off his PB from 2017, to Mick Harran (Surrey Walking Club) recently turned 80 who has had many successful years in athletics.

In the headline race over 10.325 km, it was pleasing to welcome back Ian Richards, now M70, from Steyning AC who came first overall in 56:42 and still holds the men's course record set in 2013 of 50:57. Maddy Shott, a promising young talent from Belgrave Harriers, was second, only a few seconds behind Ian in 56:53, taking the women's course record of 59:46 set in 2013 by Joan Lennon from Steyning AC.





**Gavin Stephens wins the 400m at the World Masters Athletics Championships, Malaga, in a time of 49:68. Gavin also won a Silver medal as part of the British M40 4x400m relay team.**