

Veterans Athletic Club Newsletter Spring 2015



Contents

List of committee members	Page 2
Message from membership sec	Page 3
Fixture list	Page 4
Race reports	Page 5-14
News	Page 7
Obituary	Page 10
The Mob Match	Page 11
Track and Field News	Page 12
Letter from the editor	Page 15

Ros Tabor running
at Lee Valley.

Committee Members

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

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

Message from the Membership Secretary Peter Kennedy to all VAC members



Following my message in the last newsletter prior to the Annual General Meeting in September, there has been a very good response and so my thanks to many more people for supporting the club, either by helping in various ways or in participation in the events.

We knew things were off to a better start when some 20 people arrived at the AGM, with a lot of contributions from the members present. The outcome of the meeting was that we had a new Chairperson Ros Tabor in place of Dennis Williams, who was then free to focus on the road and cross country fixtures and Maggie Statham took the role of Entries Coordinator, which most of you know means that she does an excellent work in keeping you informed of upcoming fixtures via emails and the VAC website. This is the main reason why we had such an improvement in the numbers for cross-country (both league and championships) this winter and Nick Lauder continued to strengthen our team for the Indoor Inter-Area Challenge Match. We still want to see a larger turnout at road races and our new venture of joining a Saturday Parkrun.

Many more people are experiencing for themselves the convenience of online membership renewal and competition entry, and this saves me time and also contributes to the increased participation in our events. For instance we had some 10 new members joining at short notice and more renewing their membership just in time to compete in the BMAF 10 mile championships this year.

Lastly a reminder: the VAC annual subscription for an ordinary member is £18, payable on 1st October. If VAC is your first claim club, add the £12 England Athletics registration fee i.e. a total payment of £30.

Regards

Peter Kennedy

14 Keere St, Lewes, BN7 1TY

Spring and Summer Fixtures 2015

Date	Race	Venue	Entry	Entry on Day
14 April 2015	5 mile road race 5 mile race walk	Battersea Park SW11 4NJ near Millennium Arena	Start time: 7pm Enter on the day. Cost: £4 for VAC members, £5 for guests: Enquiries: Dennis Williams or David Hoben	Yes
29 April 2015	VAC 10,000m track WALK champs, also Surrey, M'sex and Herts County Champs	Battersea Park SW11 4NJ near Millennium Arena	Start time: 6.45pm Register on the day at the Millennium Arena. Cost: £5 for VAC members, £6 for non-members Details: David Hoben	Yes
12 May	5 mile road race 5 mile race walk	Battersea Park	As April 14 th Event	Yes
2 June 2015	5 mile road race And 5M race walk Champs	Battersea Park	As April 14 th Event	Yes
13 June 2015	Jack Fitzgerald Memorial race walks (3 & 6 miles) Open event for Help for Heroes	Tilgate Forest Golf Centre, Titmus Drive, Crawley, West Sussex, RH10 5EU	Start time: 12.30pm Paper entry in advance preferred. Cost £5. Cheques payable to "Help for Heroes" Entries on day: £6 Entries and Enquiries: David Hoben	Yes
27 June 2015	5km multi-terrain time trial (VAC "mob match")	Fulham Palace, Bishop's Park, Bishop's Ave, SW6 6EA	Start time: 9am Pre-register with parkrun to obtain a Barcode. Course details . YOU MUST HAVE A BARCODE	Yes
14 July 2015	5 km road race Champs 5 mile race walk	Battersea Park	As April 14 th Event	Yes
19 July 2015	EAMA Inter-Area T&F Challenge (VAC team to enter)	Norman Green Sports Centre, Blossomfield Road, Solihull, West Midlands B91 1NB	VAC team selection on merit. Members' expressions of interest to Inter Area Team Manager: Nick Lauder VAC team to be selected in April	No
18 Aug 2015	5 mile road race 5 mile race walk	Battersea Park	As April 14 th Event	Yes
29 Aug 2015	VAC Track and Field Championships	Ewell Court Athletics Track, Poole Road, Epsom KT19 9RY	BMAF Online (not yet live) Paper entry possible. See VAC website for updates on closing date	No
2 Sept 2015	VAC 10,000m track championships	Kingsmeadow Stadium, Kingston KT1 3PB	Start time of first race: 7pm BMAF Online (not yet live) Paper entry possible. See VAC website for closing date/details	No

THREE GOLDS FOR VAC AT BRITISH AND IRISH MASTERS NOTTINGHAM



On a mild, damp day the runners took on a firm course with a challenging hill to produce good results in a high quality field. The first race saw all the women's age groups and the men aged 65 and over compete over 6km. VAC's Clare Elms, continued her fine tradition in the internationals by winning the individual W50 gold medal. Maggie Statham and Ros Tabor gained silver medals in the W60 and W65 age groups, and Margaret Moody and Lesley Bowcott claimed bronze medals in the W65 and W70 categories. As further reward, they each secured team gold medals for England. Ann Bath, an evergreen choice for Scotland in these internationals, competed in the W65 age group, whilst Maureen Fitzgerald was a scorer for the Republic of Ireland team in the W70 category. In the M65 category, Mike Mann just missed out on an individual medal, placing 4th with a time exactly equal to the 2nd and 3rd placers. However, he won a silver medal as part of the 2nd placed England team.

In the second race, the 50 to 64 year old men raced over 8k. VAC's Ben Reynolds (pictured) was a magnificent outright winner and won the individual M50 gold medal, as well as a gold medal as part of the winning England team. Dave Cox was unlucky to miss out by one second on the bronze medal in the M60. In the third race, featuring the 35 to 49 year old men, Chris Greenwood had a great run to win the M40 gold and place second in the race overall, as well as securing a win for the England team.

The Open Races followed and Anna Garnier, Jane Georghiou, Edmund Simpson and Steve Smythe all ran competitively, having given generous support to the runners in the international races.

It is not too early to consider and prepare for selection for the 2015 Masters International races to be held in Dublin in November. The selectors of the English teams make their choices early in October based on portfolios submitted by the athletes. The selectors will especially take into account performances at BMAF events such as the National Cross Country, 5k and 10k Road and 5000m and 10000m track championships, as well as at relevant European and World Masters championships. They will also be interested in times and age-group positions achieved in August and September in local/regional races ranging from 5km to 10km.

Surrey League Men's Cross Country: 2014 – 2015 season

The season started well in October with eight VAC men competing in the first match around the Isabella Plantation in Richmond Park on a beautiful sunny day. Richard Batchelor and Richard Tweddle led the team by placing 2nd and 7th out of the 90 runners in Division Four. They were ably supported by Carey Gray, Peter Giles, Colin Cotton, Tony Austin, Martin Wilson and Team Manager Paddy Clark. The second match took place on the grassland of the famous Epsom Downs racecourse on a more wintery day in November. The VAC turnout numbered nine men who packed well to secure a magnificent fourth place for VAC on the day, and sixth overall. The team was again led by Richard Batchelor and Richard Tweddle, supported for a second time by Carey Gray, Peter Giles, and Paddy Clark, with new team scorers Dan Pescod, Frank Ward, Paul Browning and Dennis Williams.



The third match at Oxshott in January brought out just five VAC men to tackle three laps of a challenging heathland course which featured a sharp hill, narrow paths, numerous tree roots and some tricky stony ground. The VAC team was depleted by injuries, diary

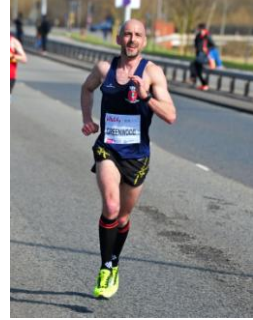
clashes and railway engineering works but the squad of Stephen Clancy, Carey Gray, Liam O'Hare, Dennis Williams and 80 year old Alan Lane performed valiantly to keep VAC on the map. The final match took place on a cold day in February at a very muddy Lloyd Park, (picture above) with a six-man VAC team comprising Dan Pescod, Carey Gray, Liam O'Hare, Peter Giles, Paddy Clark and Alan Lane. Inevitably, with just six scorers, VAC's overall position slipped, and we placed eighth in the final standings.

A special mention must also be made of Carey Gray who continued a magnificent attendance record. He has travelled from afar to wear the VAC vest in every Surrey League match for three complete seasons, and a total of 14 consecutive matches. That's loyalty! Other ever-presents this season were Paddy Clark, as VAC's stalwart team manager, and Jeremy Hemming whose splendid photographs ensured that VAC's exploits lived on through display on our website.

SPRING NEWS

Chris Greenwood

There was an interesting article on Chris Greenwood (pictured left at the Reading Half) in this month's AW; the magazine gave a full page to an interview with him. Chris, who is in his first full year as an M40 recorded a 30.39 for 10,000m and 2.27.59 in the London Marathon where he took the M40 title last year. All this and he only took up running in 2010! Asked about any advice for new runners Chris highlighted racing as the key. "Running is about competition" he said, "and racing allows you to improve quickly".



Clare Elms and Ros Tabor broke the W50 (5.07.32) and W65 (6.05.85) indoor mile world records at Lee Valley Stadium on February 4th in the Vivo Barefoot Dream Mile.

Vets AC Training Get-togethers

Following the success of last year's get-togethers, Nick Lauder has arranged training sessions for VAC members at the Queen Elizabeth II Stadium, Enfield, EN1 3PL from 10-11:30am on the following dates:

- Saturday 25th April
- Saturday 23rd May
- Saturday 13th June

For more details contact Nick Lauder, n.lauder@btopenworld.com. Please let him know in advance if you would like to take part in any of the sessions so that he can get an idea of numbers.

VAC 10k Road Championships 1 March 2015



The race was held within the Greenwich Meridian 10k staged by Cambridge Harriers on traffic-free roads within London's Greenwich Park. It attracted 12 VAC members amongst the 364 finishers. The views of the City of London from the start/finish area near the Observatory were stunning but came with a penalty as the race route twice climbed the long steep hill up from the Maritime Museum at river Thames level. The challenge was further enhanced by strong winds. Nevertheless, the sun shone and there was lots of encouragement from supporters and park-users. Cambridge Harriers did an excellent job with the race organisation, using chip timing to make the results process quick, easy and accurate.

VAC members performed well in the race overall. Stuart Beane (pictured above) was a magnificent 4th and the first M40 in the race. Matthew Preston was 11th and third M40. Jerry Carnell, in the M55 age category, beat all the M50 runners and took away their age-group prize. Similarly, Maggie Statham, as a W60 competitor, won the W55 prize. Julian Spencer-Wood ran strongly to take the M60 prize. A special mention goes to Peter Ryan and Fiona Bishop who joined the VAC road-runners, although more commonly seen as race walkers.

This is the first time that VAC has used the Greenwich 10k for the club's 10k road championships. We were made very welcome and Cambridge Harriers say they would be pleased if we returned next year. We are inclined to do so. Feedback from members on this, or other choices, would be welcome.

Road runners please take note that VAC's 10 mile road championships are likely to be held once again within the Epsom 10 on 22nd November (to be confirmed). 2014 results are on the website.

More Cross Country

VAC cross country championships 17 January 2015



It was a cold but crisp day this year for the VAC cross country championships. Alexander Hamilton, who is new in the M40 ranks, enjoyed a win of just under 100 metres over Andy Weir, who took consolation with the M45 title. During the race there had been a great show of sportsmanship by Andy, who despite leading at the time, called out to then second place Alexander that he had gone the wrong way. Well done Andy!

Vic Maughn, fourth M50 last year, defeated defending champion Tony Tuohy to take M50 gold. The M60 title was won by Masters International Mike Mann.

Victoria Carter (W40) pictured above was the clear women's winner, with Ola Balme (W45) runner up. Maggie Statham was 1st W60, and fellow Masters Internationals Ros Tabor and Margaret Moody were 1st and 2nd W65s respectively.

VAC members excel at British Masters Cross Country Championships

Sixteen VAC members made the trip to Ruthin, North Wales, to take part in the BMAF cross country championships on 21st March 2015. One gold and six silver medals were claimed on a cold day on a course which was carved largely out of farm land, featuring ploughed and grass fields, rutted farm lanes, a boggy stretch and an uphill section through the stony farm yard.



In the women's 6k race, Maggie Statham won the W60 age group by a comfortable margin of over 30 seconds, whilst Ros Tabor and Lesley Bowcott gained silver medals in the W65 and W70 categories. Zoe Doyle came 4th in the W35 age-group, just missing the bronze medal by 11 seconds. She was followed by Jenny Fowler, 6th W35. In a competitive W65 category, Pauline Rich, who was a mere four weeks too young for the older age group, battled with Ann Bath for 6th and 7th places. The men's M65+ age groups joined the 6k race, with Peter Giles taking the

silver medal in a high standard M70 category. Maurice Marchant competed strongly in the prolific M65 age group which boasted 29 finishers.

In the men's 8k race, featuring the M35 to M60 age groups, Ben Reynolds won a silver medal in the M50 category and Andy Weir, gained the silver medal in the M45.

OBITUARY: CECIL GITTINS 1928-2014

Cecil Gittins, (pictured left) who died six weeks short of his eighty-sixth



birthday, was for many years a well-known figure in the race walking world. A club competitor in his younger days, he will be known principally because of his contribution to administration and officiating, both locally and at a higher level. Cecil served as Chairman of the Race Walking Association from 1977 to 1980, 1983 to 1988 and again from 1989 to 1998; the period from 1983 to

1998 would have been a remarkable unbroken spell of fifteen years had he not vacated the chair in 1988 to become the Association's President.

Although he was asked to continue to guide the General Committee and Annual General Meetings from the Chair, he firmly declined to stand after his seventieth birthday, modestly declaring himself to be too old.

He continued for some time, however, as Chairman of the Rules, Records and Standards Sub-Committee, dealing with some of the nuts and bolts of organisation. He had the attractive policy of not ending a Sub-Committee meeting by fixing the date of the next, arguing that if a meeting took place without having some pre-arranged matters to deal with, it would last just as long and achieve nothing; many of the members were grateful for this attitude.

As an official – principally as a timekeeper but also as a judge and a recorder – he spent many hours beside the track and the road serving his sport and was one of the timekeepers when the Lugano Trophy meeting was held in the Isle of Man in 1985.

Cecil had worked as a chemist and remained interested in scientific matters to the end of his life. It was, perhaps, his scientific approach that led him to reject any religious belief, while his good nature allowed him to look with a sort of benign sympathy upon those who did not share his views. Cecil appeared to have no family, but with his passing, we in race walking have lost a loyal and devoted servant of our sport and a mildly eccentric friend.

VAC Park Run “Mob Match” Series



VAC are combining get-togethers with established parkruns. Many VAC members are regular parkrunners and enjoy the early start on Saturday mornings and the conviviality and informality of the weekly runs. All ages and abilities are represented at these popular weekly runs, with numbers of entrants ranging from around 100 in some locations to over 1000 at the flagship parkrun in London’s Bushy Park.

The first VAC targeted parkrun was in Lloyd Park, Croydon, on Saturday 21st March. The course was chosen as a true cross country course and a fitting end to the cross country season. Around 11 VAC members ran on the day, and their VAC

vests and impressive performances were noticed. Clare Elms, Maggie Statham, Dave Cox, (pictured) Tony Tuohy and David Ogden claimed the top five age-graded performances of the entire field of 158 finishers. Building on positive feedback, the second of the series is set for the Fulham Palace parkrun in Bishop’s Park, London SW6 on Saturday 27th June. This course is a fast, flat summer course and should be good for quick times. We aim to target another parkrun in the autumn. If members have recommendations or favourites in and around the London area, with good links to public transport, please contact Dennis Williams or Maggie Statham.

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. You do not need to pin on a run-number. Just turn up, line up at 9am, run, take a numbered disc when you finish and then take the disc along with your barcode to the recorders at their table. The times and finishing positions are invariably published on the parkrun course’s website on the same day.

Track & Field News

Vets AC team for the EAMA Outdoor Track & Field Inter Area Challenge

This will be held on 19th July 2015 at the Norman Green Sports Centre, Blossomfield Road, Solihull B91 1NB. Eight area Vets clubs, including VAC, have been invited to send teams in the following events:

Track 100, 200, 400, 800, 1500, 3000, 2000walk, 80/100/110 hurdles, 4X100 relays

Field – HJ, LJ, PV, TJ, SP, HT, JT, DT

Age Groups

M35, M50, M60, M70, W35, W50, W60, W70

In recent years Vets AC has gone from strength to strength in these matches, made the most noise and cleaned up in the relays at the end of the match.

Nick Lauder is the VAC Team Manager. He will be making the first wave of selections in April so please let him know as soon as possible if you'd like to be considered by sending an email with your preferred events to n.lauder@btopenworld.com. As before, he will be aiming to select a strong team that includes as many members as possible.

Vets AC Track and Field

Championships: The VAC T&F Champs are reverting to their traditional August Bank Holiday weekend date. They will take place on Saturday 29th Aug 2015 at the Ewell Court Athletics Track, Poole Road, Epsom KT19 9RY. A full T&F programme and strong age-group competition should present good opportunities for members to round off the summer on a high and push for season's best performances. Following on, VAC's 10,000m track championships will be held on the evening of Wednesday 2nd Sept 2015 at Kingsmeadow Stadium, Kingston Road, Kingston upon Thames KT1 3PB. See the VAC website for updates about the timetables for both champs and how to enter.

The results of the European Indoor Championships are now available on the BMAF website. Highlights include three gold medals for Ros Tabor (W65) in the 400m (1.14.21) the 800m (2.58.58) and the 3000m (12.39.88). Anna Garnier also took gold in the 5k Cross Country in 18.17.40. The layout of the results makes it difficult to extract VAC members so apologies for those of you whose success I may have missed. We will try and make a fuller report in next newsletter.

New VAC member sets world record at 95.

Many of you will have seen the article about Charles Eugster on the BBC on March 14th. Charles joined VAC earlier this year and set a world record at 200m of 55.48 seconds at the Lee Valley BMAF Indoor Champs in March.

Remarkably Charles has only just taken up sprinting and admits to not being a very good runner at school. He worked as a dentist up until he was seventy five and continued to work until he retired at eighty. Although he had done some rowing in his earlier years he felt his body was weakening and decided to take some action. Increasing his intake of protein and starting a weights programme, he then made the decision to start sprinting.

It is worth taking a look at the BBC link since Charles really is in good condition, claiming that even in your nineties you can have a 'beach body'. He puts his success down to three main factors: Work, Nutrition and Exercise – in that order. You can find the link at <http://www.bbc.co.uk/news/uk-31885532>

VAC Battersea Park road race and race walk series: April to August 2015

Now that the evenings are warmer and lighter, we can turn to VAC's monthly runs and race-walks in Battersea Park to improve our speeds and test ourselves regularly against fellow Veterans over measured distances of 5 miles or 5km. All the races will have a UKA licence and the times achieved on the fast, flat course will be eligible to be recorded on the Power of Ten database and Run Britain Masters' rankings. The races are on Tuesday evenings and start at 7pm close to the Millennium Arena in Battersea Park. Registration takes place on the day, so please arrive in good time. The charge for members is £4 for each race. Guests are welcome but are asked to pay £5. Have a look at the fixture list for the dates and we hope to see as many of you as possible there.

Track and Field Secretary needed

The club currently need a Track and Field Secretary to join us on the committee. Alternatively, if anyone fancies having a go at Treasurer, the incumbent Mike May is happy to step down and take up the track and field position. If you are interested in either, please contact Peter Kennedy.



BMAF 10 mile championships Sidcup, 8 March 2015

35 VAC members took advantage of the BMAF 10 mile championship race being held locally this year. The race was incorporated in the long established Sidcup 10, a 3 lap mostly flat race which was very well organised by Kent AC. In good conditions the race proved popular and if it had not clashed with the second day of the BMAF indoor track championships at Lee Valley, there may well have been more VAC members competing.

Of the 35 VAC runners, 14 won medals, including 7 golds. John Kettle is shown above on his way to 54.56 to get first M35.

Forename	Surname	Club	pos	time	BMAF Age Group
John	Kettle	Herne Hill H	4	54.56	M35 1st
Stuart	Beaney	Kent AC	15	57.46	M40
Paul	Holloway	Ilford AC	23	59.26	M45
Clare	Elms	Dulwich Runners	44	62.03	F50 1st
Eberhard	Prill	Dulwich Runners	45	62.06	M50
Stephen	Smythe	Dulwich Runners	55	63.38	M55 3rd
Claire	Donald	Purple Patch R	68	65.23	F55 1st
Andrea	Pickup	Dulwich Runners	88	68.39	F45 2 nd
Michael	Mann	Dulwich Runners	101	69.46	M65 2nd
Nicola	Richmond	Dulwich Runners	114	70.52	F40 2nd
Peter	Giles	Hercules Wimb.	115	70.57	M70 1st
Andrew	Murray	Dulwich Runners	121	71.48	M60
Maggie	Statham	Holland Sports	126	72.04	F60 1st
Ros	Tabor	Dulwich Runners	163	75.25	F65 1st
John	Taylor	Hailsham	262	87.27	M75 1st
Richard	Pitcairn-Knowles	Sevenoaks	352	125.05	M80 2nd

Indoor Inter Area Match

Whilst we haven't won the Inter Area match in recent years, each year we become more competitive across more events. Alwyn Lombard began proceedings with a magnificent win in the first event of the day, M35 Hurdles. In fact Alwyn used his multi event experience to the full, chalking up points across Hurdles, High Jump, Long Jump, Triple Jump, and Shot. Tony Tuohy ran his socks off in the 800m, 1500m and 3000m. Alwyn and Tony also ran in the 4x200m relay at the end of the day.

Good turnout in both distance events and throws contributed to the day. The sprinters contributed explosive wins from Brian Lewis and Sally Read-Cayton, with speedy second places from Anne Nelson and Helen Channon. Vets AC normally come together well at the end of the day for the relays and this meeting was no exception. Thanks to all the tremendous performances and support from the sidelines the team finished a very creditable fifth overall.

Please mail Nick at n.lauder@btopenworld.com if you would like to be considered for selection for the summer match that will be held in Solihull on Sunday 19th July.

Letter from the Editor Angela Kikugawa

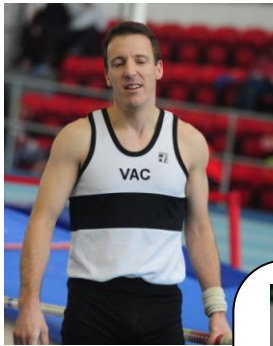
Hello and welcome to the Spring 2015 edition of the VAC newsletter. First of all can I say thank you to all of the contributors and in particular to Maggie Statham who sent me a nice bundle of articles that made putting the newsletter together much easier than I expected. Also thanks to Jeremy Hemming for the photographs.

Story of the season must be Charles Eugster breaking the 200m V95 world indoor record at Lee Valley (see page 13) and his heroics prompted me to have a look at the current British records on the BMAF websites. With the outdoor season approaching I thought it would be interesting to see what the longest standing outdoor track records are. For the women this remains with Joyce Smith for the 3000m. Joyce ran 9.11.20 in April of 1978, also setting a world record which stood for some 27 years. Many of you will remember Joyce who won both the Tokyo and London marathon twice after she retired from a very successful track career. She remains the oldest woman ever to have won the London marathon. The longest standing male British record is with Don Mclean in the V85 category; he ran 16.30 for the 100m in July of 1973.

I am quite certain that both of these records will fall in the not too distant future and let's hope it's done in a VAC vest.

Good luck to you all for the summer season. I hope you enjoy your running and that even if you don't break any records you achieve your own aims. **Angela**

Action from VAC Champs Lee Valley Indoor Meeting 15th February



All photographs are supplied by Jeremy Hemming

