

# Veterans Athletic Club Newsletter



## Spring 2016

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*Finsbury parkrun hosted the latest Mob Match: VAC runners (Andy Murray, Dave Cox, Ros Tabor, Mike Mann, Maggie Statham, Martin Garrett, Dennis Williams)*

## VAC Committee Members: 2015-2016

<b>President</b>	Vacant	
<b>Secretary (Committee Chair)</b>	Ros Tabor	<a href="mailto:secretary@vetsac.org.uk">secretary@vetsac.org.uk</a>
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<b>Minutes Secretary</b>	Mike Mann	<a href="mailto:mcmann90@yahoo.co.uk">mcmann90@yahoo.co.uk</a>
<b>Treasurer</b>	Mike May	<a href="mailto:treasurer@vetsac.org.uk">treasurer@vetsac.org.uk</a>
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<b>Walking Secretary</b>	David Hoben	<a href="mailto:walks@vetsac.org.uk">walks@vetsac.org.uk</a>
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<b>Track &amp; Field Secretary</b>	Vacant	
<b><u>Other Officers</u></b>		
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<b>Contact for Inter-Area Match and Sprints Coaching</b>	Nick Lauder	<a href="mailto:n.lauder@btopenworld.com">n.lauder@btopenworld.com</a>
<b>Vice Presidents</b>	Chris Flint David Hoben Peter Kennedy	
<b>Auditor</b>	Simon Ingall	

Veterans Athletic Club was established in 1931 and is affiliated to the BMAF, South of England AA, Surrey County AA and the Race Walking Association. We offer athletic competition for men and women aged 35 and over. Cross-country, road, track & field as well as race walking - there is something for everyone. Based in London with members across the South East, we can provide opportunities for you to compete with other like-minded veterans/masters. The Summer/Autumn 2016 fixture list is printed in the newsletter. Please support these events. The newsletter is always looking for contributions and events always need volunteers as well as competitors. So if you want to get involved, contact any of the officials listed above.



## Message from the Membership Secretary Peter Kennedy to all VAC members: BMAF OpenTrack system

We are now coming up to six months since the BMAF made the final decision to abandon AREG as its online membership management and competition entry system and join with the company Reportlab, who had just won a contract for the development of grassroots athletics technology and open data in the UK and across Europe from the European Community FINODEX project. The BMAF persuaded Reportlab to take them on as a major customer at short notice, based on their FINODEX funding and what we could pay them in commission on the online payments. This doesn't go anywhere near covering the costs of all the development work wished for nor was it feasible to do it in the desired timescales. Nevertheless, the BMAF did get a replacement system for all the area clubs to use, in time to handle entries for all the indoor championships and the large number of membership renewals that come in January. This was achieved in part by accepting a less polished system initially with some functionality missing. Much of the latter is covered by manual efforts by Alex Rowe and me.

I share the responsibility with Reportlab in giving you all what you may regard as a complex system, but that is because athletics administration is complicated and I have insisted that the system would have the potential to cover not only all the requirements of the BMAF but also allow for the integration with other athletics systems. Data quality management was built into the design from the outside – automatic checking of UKA registrations (coming soon) and the ability to be able to validate all data offline via a download of member data for each club.

I would now welcome your feedback on how well the system is working for you as it is always good to get other people's perspectives.

Don't forget that Masters Athletics magazine can now be viewed in OpenTrack. There are more articles there in each edition than can be fitted into the printed version, and members can read it online for free.

You may find a new tool created by Reportlab useful if you want to find a running track in London or elsewhere in Europe. Click [opentrack.info](http://opentrack.info). The link is also on the BMAF and VAC websites.

Peter Kennedy: VAC Membership Secretary

## Summer and Autumn Fixtures 2016

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

Date	Organiser	Race/Event	Venue	Entry	Entry on the Day?
11 June 2016	Southwark parkrun	5km parkrun VAC "mob match"	Southwark Park SE16 2UE (Surrey Quays entrance)	Start time: 9am Pre-register with <a href="#">parkrun</a> website to obtain a Barcode.	Yes, but must have a Barcode
14 June 2016 (Tues.)	VAC under UKA rules Runbritain Licence No. 2016-23807 Course certified accurate	Battersea Park 5 mile Masters road race (VAC Champ.) 5 mile Masters race walk (VAC Champ.) (3rd match of series)	Battersea Park, London SW11 4NJ Close to Millennium Arena, East Carriage Drive.	Start time: 7pm Online entry: BMAF OpenTrack. £4 for UKA registered athletes <b>Entries accepted on the day.</b> <b>Masters guests welcome</b>	Yes
19 Jun 2016	Horwich Festival of Racing, with BMAF	British Masters 5k Road Champs Medals for first 3 finishers in 5 year Masters age groups	Horwich Leisure Centre Victoria Road Horwich BL6 5PY	Online entry: BMAF OpenTrack. £10 for UKA registered athletes. See Horwich Festival website for race details.	Closing date: 5 June
26 Jun 2016	Istead & Ifield Harriers, with BMAF	North Downs Run 2016 (30km trail) Includes BMAF Multi-terrain Champs Medals as above.	Cascades Leisure Centre, Thong Lane, Gravesend, DA12 4LG	Start time: 10.30am Online entry: BMAF OpenTrack. £25 for UKA registered athletes.	Closing date: 12 June
2 July 2016	VAC	Jack Fitzgerald Memorial Race Walks (approx. 3 miles and 6 miles road). Category "B". Open event in aid of "Help for Heroes"	Tilgate Park, Crawley Registration at Tilgate Forest Golf Centre, Titmus Drive, Crawley, RH10 5EU	Start time: 12.30pm See VAC website for entry form. Enquiries: <a href="#">David Hoben</a>	Yes
12 July 2016 (Tues.)	VAC under UKA rules as above.	Battersea Park 5km Masters road race (VAC Championship) 5 mile Masters race walk (4th match of series)	Battersea Park, London SW11 4NJ Close to Millennium Arena, East Carriage Drive.	Start time: 7pm Online entry: BMAF OpenTrack. £4 for UKA registered athletes <b>Entries accepted on the day.</b> <b>Masters guests welcome</b>	Yes

Date	Organiser	Race/Event	Venue	Entry	Entry on the Day?
17 July 2016	BMAF/ England Athletics Masters Association	England Masters Outdoor Track & Field Inter area Challenge Events: 100m 200m 400m 800m 1500m 3000m shortH 2km walk, 4 x 100m, LJ HJ TJ PV SP DT JT HT	Norman Green Sports Centre, Blossomfield Road, Solihull, West Midlands B91 1NB	VAC team to enter. Enquiries to Inter Area Team Manager: <a href="mailto:n.lauder@btopenworld.com">Nick Lauder</a> n.lauder@btopenworld.com Age groups: Men & Women. 35-49 50-59 60-69 70+.	VAC Team selected in advance
16 Aug 2016 (Tues.)	VAC. Held under UKA rules as above.	Battersea Park 5 mile Masters road race 5 mile Masters race walk (5th match of series)	Battersea Park, London SW11 4NJ Close to Millennium Arena, East Carriage Drive.	Start time: 7pm Online entry: BMAF OpenTrack. £4 for UKA registered athletes <b>Entries accepted on the day.</b> <b>Masters guests welcome</b>	Yes
28 Aug 2016	VAC	VAC Track & Field Championships	Kingsmeadow Stadium, Kingston Road, Kingston upon Thames KT1 3PB	Enter via BMAF OpenTrack (entry not yet live) For further details see VAC website in due course.	Closing date to be decided
7 Sept 2016	VAC	VAC 10,000m track championships	Millennium Arena, Battersea Park, London SW11 4NJ	Start time of first race: 6.45pm Enter via BMAF OpenTrack (entry not yet live)	Closing date: 5 Sept
1 Oct 2016	BMAF/ England Athletics Masters Association	England Masters Cross Country Inter Area Challenge  4.5 mile cross country race	Wimbledon Common (Camp View/North View end) London SW19 4UL	Open to all BMAF members. Details and format to be decided. See VAC website in due course.	To be decided
12 Nov 2016	BMAF and Country Associations	British & Irish Masters International Cross Country Championships  Also Masters Open races	Tollcross Park Glasgow G32 7AX	BMAF members. Teams for International races selected in early October. For applications, see VAC and BMAF websites in due course.	Final selection dates set by each Country's process

# 5 Mile Road Race Feature

To highlight that the race now has a RunBritain Licence, the Spring newsletter has a look at the VAC 5 mile road race. Now almost twenty years old, the race has become a key part of the annual road racing calendar. Maggie Statham tells us a bit more.



The 5 mile race now has a RunBritain Licence.

VAC's first measured 5 Mile race was run in August 1997. The fastest woman was Marilyn Clarke who set a benchmark time of 30:37. Remarkably, no woman has ever beaten it and it still stands as both the female course record and the W40 record.

Danielle Sanderson came close in 2008, setting the W45 course record of 30:44 as did Bernie Pritchett who set the W35 record of 30:58 in 2005. Other records have improved over the years but we are still waiting for our first W80 marker. Pam Jones is waiting in the wings!

The absolute course record was set by John Rye in August 1999. He flew round the 3 lap course in 25:34, a time which no one else has come close to. The nearest challenger is Paul Cheetham who ran 26:54 in the April 2016 race. Other seemingly unbreakable records are Liam O'Hare's M55 time of 27:49 set in 2005, Ron Higgs's 1998 M65 time of 29:58 and Steve Charlton's magnificent 1999 M70 time of 31:59 and his 2007 M80 time of 35:41.

The records have been compiled from the information we have available. If published results show that you have achieved a faster time in your age group from that in the table below, please let me know.

Maggie Statham [entries@vetsac.org.uk](mailto:entries@vetsac.org.uk) .

<b>VAC Battersea Park 5 Mile Run: Members' Age Group Records</b>			
<b>Age Group</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
M35	Josh Painter	27:59	14-Jun-11
M40	John Rye	<b>25:34</b>	17-Aug-99
M45	Richard Tomlinson	27:04	13-May-14
M50	Ben Reynolds	27:30	14-Apr-15
M55	Liam O'Hare	27:49	10-May-05
M60	Gareth Jones	29:23	12-Jun-07
M65	Ron Higgs	29:58	18-Aug-98
M70	Steve Charlton	31:59	17-Aug-99
M75	Joe Aspinall	40:38	13-May-14
M80	Steve Charlton	35:41	17-Apr-07
M85	Steve Charlton	41:14	31-Jul-12
<b>Women</b>			
W35	Bernie Pritchett	30:58	14-Jun-05
W40	Marilyn Clarke	<b>30:37</b>	19-Aug-97
W45	Danielle Sanderson	30:44	15-Apr-08
W50	Carol Bowker	32:49	31-May-11
W55	Anna Garnier	33:31	17-Apr-12
W60	Maggie Statham	34:50	12-May-15
W65	Margaret Moody	36:33	10-Jun-14
W70	Sue Lambert	41:09	26-Jul-11
W75	Pam Jones	43:03	19-Jun-12

## 5 Mile Road Race 12th April 2016

Moving on to this year and the 2016 series has already started; the first under the new licence took place on April 12th. The UKA Race Adjudicator attended the course and also ran in the race. Dedicated medical provision was in place, as was the water table. Dennis Williams did a great job with signage, including distance markers, which many said were helpful on the three lap course. Even the weather was kind to us, although the warm April

sunshine brought out many other park users, such as fitness groups, cyclists and walkers; all sharing the course. But the roads are wide, and with care and attention, it's manageable.



**Paul Cheetham in great form.**

Paul Cheetham, in good shape for the London Marathon, stormed round in under 27 minutes and a look at our statistics indicates that only the course record holder, John Pye, has run faster. Paul was chased all the way by SCVAC's Phil Sanders who clocked 27:02. Further down, a cluster of five M50 and M55s were separated by less than a minute. M55 Tony Harran headed the charge, closely followed by Lloyd Bevan and Mick Bradley, with Peter Hall and Mick Barlow putting pressure on all the way.

Carol Jones (W55) was the first woman home in a good time of 35:43, with guest runner, Marion Rayner (W65), in second place, just missing out on a sub-40 minute by three seconds. Dennis Williams was the first M70, just four seconds ahead of M75 Doug Milsom, whose time of 41:45 was one of the fastest recorded for this age group, but still a minute shy of Joe Aspinall's record of 40:38, set in May 2014.

Special credit goes to Ed Bartlett and Dennis Williams who have been running the events since they started and who have not missed a year since 2008 and 2009 respectively. Cliff Collins has also shown himself a loyal supporter, having missed only a handful of races since 2009. It just shows how these great races attract a regular following, as well as catering for the "elite", who may race sparingly. Long may it continue.



## VAC Battersea 5 Mile Results: 12 April 2016: Age Category winners

Race Position	Time	Name	Age	Age Group. Pos.	First Claim Club
1	26:54	Paul Cheetham	M40	1	Stragglers RC
3	29:02	David Moore	M50	1	DMV
4	30:32	Gavin Mackay	M45	1	Petts Wood Runners
5	33:33	Tony Harran	M55	1	Herne Hill Harriers
10	35:39	Paul Curran (Guest)	M35	1	North Down AC
11	35:43	Carol Jones	W55	1	Ealing Southall & Midd
13	38:57	Martin Wilson	M65	1	Ealing Southall & Midd
14	40:03	Marion Rayner (Guest)	W65	1	West 4 Harriers
16	41:16	Patricia Thomas	W50	1	Ealing Southall & Midd
17	41:41	Dennis Williams	M70	1	Hercules Wimbledon
18	41:45	Douglas Milsom	M75	1	Hillingdon AC
21	45:19	Penny Elliott	W70	1	Waverley Harriers
22	48:45	Nigel Goodwin	M60	1	Herne Hill Harriers

## 5 Mile Race Walk April 2016

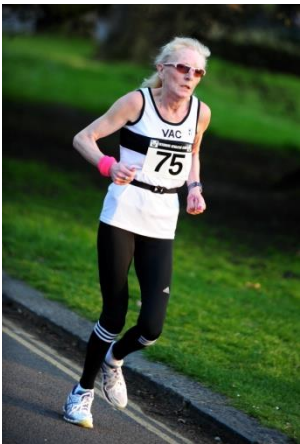
The 5 mile race walk took place at the same time as the road race. Five of the field had raced in the VAC Gravesend meeting the previous Saturday, including Spanish student Carlos Cobo Corrales (SWC) who had somehow managed to squeeze in a biathlon as well.

Returning to the results sheets were Pete Ryan and Fiona Bishop after a layoff with long-term injuries. We wish them both well as they regain their full strength and speed. Already their results are creditable.

## VAC Battersea 5 Mile Race Walk: 12 April 2016: Full Results

Pos.	Name.	Club.	Age.	Time
1.	Daniel Halmstrand	Belgrave (Guest)	M45	46:05
2	Pete Ryan	Ilford	M60	49:01
3	Carlos Cobo Corrales	SWC (Guest)	M35	49:26
4	Shaun Lightman	SWC	M70	51.15
5	Paul King	Belgrave	M65	52:58
6	Arthur Thomson	Enfield	M75	53:51
7	Fiona Bishop	Woking	W55	57:07
8	David Hoben	SWC	M60	58:02
9	Dave Delaney	SWC (Guest)	M70	58:54
10	Kevin Burnett	SWC)	M75	66:57

## Remaining fixtures



**Carol Jones wins the 5m**

For April's race there was an encouraging turnout of 24 runners and 10 walkers. The new RunBritain licence allows up to one hundred participants so we have room for more! We welcome Masters guests, so please encourage your Masters friends to come along and enter on the day. The fixture list includes all future dates.

As ever we need marshals on the day so if you can help please let me or Dave Hoben know. Our details are on the Committee list.

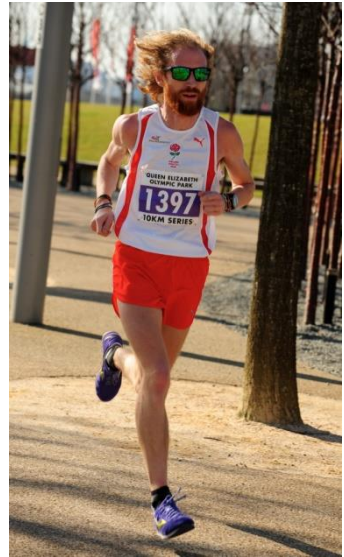
I hope you have enjoyed this 5 mile feature. It's a really important part of the VAC calendar and I am pleased to be able to give it good coverage.

I'll leave you with a great shot of Carol Jones, winner of the W55 category and outright winner of the women's race on April 12th.

(VAC photographs are taken by Jeremy Hemming –see committee list for contact details.)

## VAC Members at the Virgin London Marathon: 24 April 2016

On a cold morning, at least 33 VAC members took to the streets of London in the 2016 Virgin London Marathon. Our fastest finisher was Thomas Payn (M35), the recent BMAF 10k champion at the Olympic Park, who set a magnificent time of 2:21:20, placing 6th overall in the non-elite race. VAC cross country champion, Paul Cheetham, was next, proudly wearing his VAC vest. Paul's time of 2:34:05 was a PB, earning him a very good 20<sup>th</sup> position in the M40 age group. David Symons was the third VAC-placer, running 2:42:08 to achieve 25<sup>th</sup> place in the very competitive M45 age group. VAC's other sub 3 hour man was Steve Davies, improving his PB to 2:48:23, whilst fellow Dulwich Runner, Ebe Prill just missed out, clocking 3:00:23, but still counting as VAC's first M50 home.



Thomas Payn, pictured in the BMAF 10k, was VAC's fastest London Marathoner.

For the women, Clare Elms set a new PB of 2:53:52 to head the W50 age group and achieve a remarkable 30th place in the women's non-elite field. Well done to Victoria Buck (W40), Susanna Harrison (W50), Pippa Major (W50), Lynn Wilson (W55), Gerry Smith (M65) and Ann Bath (W65) who all achieved top 50 age group placings.

VAC's walkers were ably represented by John Ralph and Dave Hoben.

Special congratulations go to Bill O'Connor, who is one of the 12 remaining London Marathon "Ever-Presents" who competed for the 36<sup>th</sup> time.

The VAC members' results are below. Some members are bound to have been missed. Apologies if you are not included. Please let us ([entries@vetsac.org.uk](mailto:entries@vetsac.org.uk)) know your placings, and we will amend the list on the website.

## VAC Members Virgin London Marathon Results: 24 April 2016

Name	Time	Age Grp.	Age Pos.	First claim club
Thomas Payn	2:21:20	M18-39	5	Run Fast
Paul Cheetham	2:34:05	M40	20	Stragglers RC
David Symons	2:42:08	M45	25	Thames Hare & H
Steve Davies	2:48:23	M45	54	Dulwich Runners
Clare Elms	2:53:52	W50	1	Dulwich Runners
Ebe Prill	3:00:23	M50	120	Dulwich Runners
Tom Cheetham	3:05:08	M45	334	Herc. Wimbledon
Victoria Buck	3:07:36	W40	31	Kent AC
Susanna Harrison	3:11:25	W50	9	Guild. & Godalming
Steve Smythe	3:11:52	M55	67	Dulwich Runners
Neil Crisp	3:12:12	M50	257	Iford AC
Gideon Franklin	3:15:21	M50	315	Dulwich Runners
Richard Tweddle	3:19:11	M50	392	VAC
Mark Cawood	3:20:59	M45	716	SLH
Rebecca Coomber	3:21:00	W40	102	Holland Sports AC
Robin Dow	3:22:50	M40	982	SLH
Pippa Major	3:29:22	W50	45	SLH
Maureen Noel	3:38:03	W50	92	Belgrave Harriers
Lynn Wilson	3:42:10	W55	26	Ealing S. & Midd.
Steve Clancey	3:44:08	M45	1189	SLH
Gerry Smith*	3:47:00	M65	35	Epsom & Ewell
Victoria Carter	3:47:19	W40	438	Thames Valley
Andy Murray	3:51:49	M60	130	Dulwich Runners
Heather Martingell	4:00:03	W50	286	Ranelagh Harriers
Barry Attwell	4:03:56	M60	181	SLH
Ellie Brown	4:04:59	W45	451	Kent AC
Julia Galea	4:18:30	W60	60	Iford AC
Martin Garrett	4:20:25	M60	229	Sudbury Court RC
Ann Bath	4:23:30	W65	20	26.2 Road Runners
Nicola Chester	4:48:50	W18-39	4721	Iford AC
John Ralph (walker)	4:57:14	M55	798	Enfield
Dennis Williams	5:04:01	M70+	75	Herc. Wimbledon
Bill O'Connor	5:18:35	M70+	87	Queens Pk Harriers
Dave Hoben (walker)	6:01:47	M60	476	VAC

\*Estimated time and placing.

# Other News

## Jeremy Hemming wins Les Brown Award

Jeremy deservedly won this award which was set up in memory of Les Brown, VAC's hard working and long serving former Treasurer who died in 2006. The trophy rewards the club member who has competed or helped at the most VAC events during the year.

In 2015, Jeremy was there in support, as helper and photographer, at cross country matches, Battersea races, parkrun, T&F as well as our 10k champs at Greenwich and 10M at Epsom.

His photos have brought the events to life on the VAC website. Thank you Jeremy.

## Club Vests

Men's and Women's VAC singlets are stocked by Doug Maughn of Douglas Sports, VAC's long-standing supplier. If you compete for VAC or wish to promote our club, or perhaps just fancy a spare vest, please email Doug with your size requirement ([info@douglassports.co.uk](mailto:info@douglassports.co.uk)). The cost is £16 plus £2 post & packaging.



## **BMAF/VAC 10k Championships at the Queen Elizabeth Olympic Park: 2nd April 2016 – VAC Man is outright winner!**

This year saw the QEOP 10k selected as the host race for the BMAF's National Champs and VAC's own 10k champs. Around 500 athletes, including well over 100 BMAF members, completed the compact three-lap course in the shadow of the Olympic Stadium and the iconic ArcelorMittal Orbit. Many said they found the race surprisingly tough, despite benign weather and no hills. The twists and turns, loose gravel and multiple slopes made for heavy legs and choppy racing for some.



**Cathy Ulliott wins W50**

VAC was well represented with 38 finishers. New VAC member, Thomas Payn, (pictured on page 9) stormed to an outright race victory by over a minute, taking the winner's trophy and the BMAF and VAC titles in a time of 31:16. Fellow M35, John Kettle, was the second VAC man, taking fourth place in the race. Six of the BMAF Gold Medals were gained by VAC athletes. For the women, Cathy Ulliott (W50), Maggie Statham (W60), Melinda Jones (W45) and Pam Jones (W75) were the victors in their age groups. For the men, Thomas Payn (M35) and Dave Cox (M60) won Gold.

Silver BMAF medals were claimed by Doug Milsom (M75) and Lesley Bowcott(W70), with John Kettle (M35), Andrew Ridley (M50), Mike Boyle (M55), Jane Georghiou (W60), Nicola Hopkinson (W50) and Nicola Chester (W35) taking Bronze. The VAC medals were shared amongst 32 finishers, spread across 15 age groups.

The full results are on the Statistics menu of the [BMAF website](#).



**Maggie Statham wins W60**

## Obituary: **KEN CROOKE 1928 – 2015**



It is with regret that we have to report that Ken died on 8th December 2015. He was elected president of the Surrey County Association in 2010 having previously been Treasurer. Ken's passion was Cross-Country and he held senior positions in the English Cross-Country Association, South of Thames Cross-Country Association and the East Surrey League. He was also the key person for many years in the cross-country activities of his club, Croydon Harriers. His funeral was held at Lyndhurst, Hampshire on 7th January 2016.

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### **Selection for the 2016 British & Irish Masters Cross Country Match**

**What is this event?** It's an annual Masters' championship between the five countries of the UK and Ireland.

**Where and when is the next event?** Scotland, at Tollcross Park, Glasgow, on Saturday 12 November 2016.

**What is the format?** Each country enters teams of four athletes in the five-year men's and women's age groups 35 to M75+ and W70+.

**How do I apply?** Each country, except England, holds a selection race in September or October to pick their teams. England selects a team based on information supplied by athletes. Selectors study 5k and 10k times achieved in licensed races on the road and track in 2016 as well as other information.

**More information?** More information, and the English application form, will be published on the BMAF website, hopefully in May. VAC's representative on the selection panel is Committee Member, Mike Mann ([mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)). He is happy to provide further advice.

# CROSS COUNTRY NEWS

Provided by Maggie Statham



Ros and Maggie smile through the rain.

**British & Irish Masters Cross Country Championships, Dublin, 14<sup>th</sup> November 2015:** Fifteen VAC members were selected to represent England and Scotland in this prestigious international match. (See page 15 for more information on entry). In pouring rain, on a saturated course, Clare Elms (W50), Claire Donald (W55) and Peter Giles (M70) excelled by winning individual gold medals with Ros

Tabor taking the W65 silver medal and Maggie Statham the W60 bronze. Ben Reynolds (M50) and Dave Cox (M60) both placed 4<sup>th</sup> in their highly competitive age groups. Many members also took away Team medals as reward for being scorers in their country's teams. VAC results are below.

Age	Name	Pos.	Time	Medal
M45	Ian Johnston (Scotland)	24th	29:41	
M50	Ben Reynolds	4th	27:29	Team Gold
M60	Dave Cox	4th	30:35	Team Silver
M65	Peter Whitcomb	6th	24:53	Team Silver
M70	Peter Giles	1st	24:56	Team Gold
M75	Edmond Simpson	13th	33:52	Team Gold
W35	Sophie Carter	6th	22:43	Team Silver
W40	Cath Stibbs	14th	23:43	Team Gold
W50	Clare Elms	1st	22:43	Team Gold
W55	Claire Donald	1st	23:48	Team Gold
W60	Maggie Statham	3rd	26:25	Team Gold
W65	Ros Tabor	2nd	26:58	Team Silver
W65	Ann Bath (Scotland)	13th	34:11	
W70	Pauline Rich	5th	32:48	Team Gold
W70	Lesley Bowcott	8th	33:55	Team Gold



## BMAF Cross Country at the University of Bath

Nearly 20 VAC members took the trip West to line up at the BMAF's 2016 Championships at Bath on 13 March 2016. Fine weather, short distances and a firm Downland course produced two fast, hard-fought races. VAC performance of the day was the fine overall win in Race Two, and M50 Gold, by Ben Reynolds (Pictured). VAC continued to lead the age groups, with M55 Gold won by Julian Critchlow and M60 Gold by Nigel Gates, continuing his winning ways in every age group over the last 20 years.



Andy Weir took M45 Bronze in a **Ben Reynolds was performer of the day at Bath** very competitive category, with only 12 seconds separating the medallists.

Jenny Fowler was the first finisher for VAC in Race One. Her time of 23:30 put her in 14<sup>th</sup> place overall but displaced from the medals by an ultra-competitive W40 field. The race produced five VAC medallists to add to the four achieved in Race 2.

### Race 1: Women and M65+ men

14	Jenny Fowler (Med & Maid)	W40	23:30
23	Cathy Ulliott (B&H)	W50	24:24
31	Mike Mann (Dul)	M65	24:44
33	Maggie Statham (Holl Sp)	W60 <b>Gold</b>	24:54
36	Julia Taylor (B&H)	W55 Bronze	25:11
44	Anna Garnier (THH)	W60 Bronze	25:39
45	Ros Tabor (Dul)	W65 Silver	25:43
32	Jane Georghiou (Farn)	W60	26:49
71	Margaret Moody (VAC)	W65	27:41
94	Lesley Bowcott (Wim W)	W70 Silver	32:22

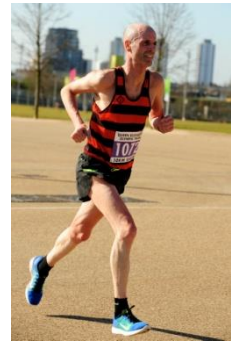
## Race 2: Men 35 – 64

1	Ben Reynolds (THH)	M50 <b>Gold</b>	25:12
11	Julian Critchlow (Wat)	M55 <b>Gold</b>	26:56
15	Andy Weir (THH)	M45 <b>Bronze</b>	27:03
26	Mick Boyle (HHH)	M55	28:14
33	Nigel Gates (B&H)	M60 <b>Gold</b>	28:42
52	Tom Conlon (HHH)	M55	30:00
57	Jerry Carnell (Cam H)	M60	30:30
74	Tom Ulliott (B&H)	M55	32:07
75	Tony Harran (HHH)	M55	32:20

## VAC Cross Country Championships, 23 January 2016 - Wimbledon Common

Forty VAC/BMAF members took part, plus seven guests who were made welcome. Even after rain, the 4.4 mile course was runnable and excellent times were set, with some age-group course records being convincingly rewritten.

Paul Cheetham (M40) was the first man home in 25:16, not far short of Alex Hamilton's course record of 24:53. Paul was well clear of second placed Ian Johnston who beat fellow M45, Andy Weir, in a reversal of their positions in last year's race. The 5th, 6th and 7th places were taken in sequence by the first M50, M55 and M60 athletes, namely Tony Tuohy, Mike Boyle (pictured in the 10k road race) and Dave Cox. In the process, the M55 and M60 course records were substantially revised by Mike and Dave. Once again, Mike Mann easily took the M65 title in a time of 31:00, only two seconds slower than his own course record set in 2014. British & Irish Masters gold medallist, Peter Giles, was only 21 seconds behind, setting an M70 course record which will be hard to beat. New M75 and M80 records were also set by Joe Aspinall and Richard Pitcairn-Knowles.



**Mike Boyle successful on road and country**

For the women, Anna Critchlow (W45) led the way in an excellent time of 29:46, only two seconds shy of Victoria Carter's course record set in 2015. Marie Synott-Wells placed second with a massively improved W50 course record. Full results are on the VAC website.

## VAC's Transformation in the Men's Surrey League Cross Country

In the 2015-16 season, VAC was no longer the outfit with the fewest runners and lowest team position in Division Four. We were transformed and managed to finish in a magnificent fourth place! The massive improvement can partly attributed to new blood in the team, particularly from the SLH contingent. This was backed up by the solid performances of the faithful regulars: Paddy Clark, Carey Gray, Liam O'Hare (pictured on back page), Alan Lane, Peter Giles and Dennis Williams. Our star performer, Richard Batchelor, continued to excel, mixing it at the head of the races. We also welcomed back athletes such as Barry Attwell, Tony Harran and Mark Wadley, who made good contributions.

Credit must be given to Surrey League Team Manager, Paddy Clark, who has held the team together over the recent lean years. Six men steadfastly anchored the team in all four matches: Barry Attwell, Mark Cawood, Steve Clancey, Paddy Clark, Peter Giles and Carey Gray, who remarkably hasn't missed a match since 2011. Final standings are below.

1.	Fulham Running Club:	973
2.	Runnymede Runners:	1331
3.	Woking AC:	1448
4.	VAC:	1885
5.	Barnes Runners:	2103.5
6.	Windrush AC:	2105.0
7.	British Airways:	2314
8.	Lingfield RC:	2523
9.	Epsom Oddballs:	2682

**VAC Men! Ever considered running for VAC in the Surrey League Cross Country?**

The rules are that first-claim VAC members are eligible to run for VAC. Also, second claim members can represent VAC as long as they do not compete for their first claim club in any of the season's four Surrey Cross Country League matches in Divisions 1, 2 or 3/4. If you are not needed as a scorer for your 1<sup>st</sup> claim club, you could provide welcome support for our Masters club in the less frantic, but no less competitive, races in Divisions Three and Four (run as one combined race of approximately 5 miles)

## EPSOM 10 15 NOVEMBER 2015 contributed by Ros Tabor

The Epsom 10 was again chosen to be the VAC 10 mile championship race in 2015. It is a beautiful setting but quite a challenging course with several undulations, starting and finishing by the race course grandstand. The weather was blustery but nonetheless we had some excellent performances.

Place	Name	Time
6	David Moore(DMV Race 1st M50)	60:32
7	Tony Tuohy(Dulwich R Race 2nd M50)	61:22
24	Kevin Chadwick(DR M35)	65:57
27	Simon Bean(E&E M55)	66:37
38	Eberhard Prill(Dulwich R M50)	68:22
46	Susan McDonald(SLH Race 1st W45)	70:15
48	Stephen Vincent(SLH M45)	70:38
64	Gideon Franklin(Dulwich R M50)	73:15
82	Steve Clancey(SLH M40)	75:58
152	Chris Wheeler(VAC M60)	88:33
189	Ann Bath(26.2RC W55)	96:42
192	John Taylor(Hailsham H M75)	97:56

We hope that the 2016 championship will be incorporated in the Cabbage Patch 10 in October.

# Indoor News

## BMAF INDOOR TRACK AND FIELD CHAMPIONSHIPS: LEE VALLEY, 12-13 MARCH

There was a good overall attendance at the indoor national championships, which included over 80 VAC athletes. The highlights of the meeting were the three GB indoor records achieved by M85, Eric Shirley in the 200m, 400m and 800m, and Emily McMahon's record in the W65 hurdles. In total VAC athletes won 53 gold, 48 silvers and 21 bronzes.

The most successful medal haul was achieved by Liz Sissons, the winner of quadruple golds in the W70 shot, discus, hammer and javelin. Both Eric Shirley and

John Kirkham achieved three gold medals. There were 7 double gold medal winners: Full results can be found on the BMAF website.

## **Inter Area Match at Lee Valley**

February saw over forty members make up the largest Vets AC team in recent years to represent the club in this year's Indoor Inter Area match at Lee Valley. The team was managed by Nick Lauder and special thanks must go to Michael May whose superb assistance was invaluable.

Alwyn Lombaard and Brian Slaughter got the team off to an excellent start, each achieving top three finishes in their respective 60m Hurdles and Triple Jump competitions. The jump events saw good points totals. Alwyn and Ayamba Akim each won in High Jump and Greg Conlon won in the Pole Vault.

Our distance runners have always performed strongly. This year was no difference with the excellent wins in the 800m by Richard Bloom and Ros Tabor, in the 1500m by Lisa Webb, Bernadine Pritchett, Peter Giles, Steve Roberts, and Mohammed Ismail, with the 3000m seeing victory by Jo Locker.

A total of sixteen different members contributed 116 points from the sprints, with wins by Angela Bates (60m), Allan Long (200m) and Lisa Webb(400m).

Throws only sees one event on show in the indoors but Cliff Taylor, Keith Seldon, Kim Weir, Peter Wishart, and Terry Casey all put their best arm forward to gain a good body of points in the Shot Putt.

Phil Bell, Nick Lauder and Rachel Waters joined their fellow sprinters for the finale of the match, the 4x200m relays, which as always threw up some thrilling battles. All of our relay teams made top three finishes with the M50 foursome gaining a notable win. The final points tally saw the Men's team's best finish, coming second with 238.5 points. The Women came fifth with 127 points. The VAC team came a creditable fifth overall with 366.5 points but most importantly a fine time was had by all who represented Vets AC.

The summer match is taking place on Sunday 17<sup>th</sup> July in Solihull, please let Nick Lauder know by email ([n.lauder@btopenworld.com](mailto:n.lauder@btopenworld.com)) if you'd like to take part.

## VAC indoor championships and BMAF South of England championship 14 February 2016 Lee Valley



Ian Johnston wins the 3000

This was a very busy joint meeting and lack of space prevents a detailed report. Mark White, making his M50 debut won against all comers over 200m and 400m and Mike Mann M65 did likewise over 800m and 3000m. Ian Johnston (pictured), the sole M45 in the 3000m, beat the whole field of all ages in 9:39.41. We had a good turnout in the M80s with Colin Sheppard doing the double at Long and Triple Jump, Richard Pitcairn-Knowles medalling at 60m and 200m, and Cliff Taylor doing multiple events.

Apologies to those we have not mentioned but all results are available on the BMAF website.

## EUROPEAN MASTERS INDOOR CHAMPIONSHIPS 2016 29 MARCH – 3 APRIL, ANCONA, ITALY

Ancona is a port on the East coast of Italy. The masters' indoor championships were held there in 2009 and the venue is good.

On the whole the event went smoothly although there were some errors which should have been avoided. The roof of the tent used for the shot putting was not high enough and had to be raised, which meant the competition being delayed by several hours. The timetable included at least one evening of racing past 10pm after all the public transport had stopped.

At the end of the competition Great Britain was 3<sup>rd</sup> in the medal table (behind Germany and Italy) with 152 medals, 67 of which were gold.

VAC was well represented and the following members won medals: Anne Nelson, Ian Richards, Ros Tabor, Andy Murray, Mike Mann, Jo Locker, Bernadine Pritchett, Ayamba Akim, Lisa Webb, Peter Hamilton, Virginia Mitchell, Ben Reynolds, Charles Eugster, Sue McDonald, Lesley Mill, Sue Yeomans, Sue Dassie, Emily McMahon, Pat Logan, Francisco Reis, Julian Critchlow and Walwyn Franklin.

## The Parkrun ‘Mob Match’



Dave Cox- 1st VAC

Following last year’s forays to Lloyd Park, Bishop’s Park and Brockwell Park, VAC members headed North to Finsbury Park on a cold morning on 6 February. Eight of us tackled the two-lap course, run mostly on the park’s tarmac perimeter roads, featuring a long uphill slope and some twists and turns past the athletics track. First home for VAC was Dave Cox (pictured in the 10K road race), setting a new M60 record for the course. Next were Mike Mann, chased by Maggie Statham, who set a new W60 course record. Vets AC filled the top three age-graded performances on the day, achieved by Maggie, Dave and Ros.

For the Spring “mob match”, we are gathering at the Southwark parkrun in Rotherhithe, London SE16 2UE on Saturday 11 June. This is a flat, three-lap course run on tarmac, so good for quick times. There is a café in Southwark Park for tea/coffee/cake and chat afterwards. Please come along and join the Vets AC mob.

If members have favourite parkruns in and around the London area, with good links to public transport, please make suggestions to [Maggie Statham](#). If you are new to parkruns, you must register in advance on the [parkrun](#) website and obtain your barcode, which must be shown at the end of the run in order to register your name and time. Entry is free.

### Editor Writes.



Just a short note from me this time. As you can see, the newsletter is packed full of race reports and that has not left me much space. I did think about knocking Liam off the back page, but his fantastic photograph says far more about Masters running than any of my words can.

I am pleased to report that I have just retired and as such have a little more time these days. I would love to have your feedback on the newsletter and in particular comments on what you would like to see or not see.



**Liam O'Hare running strongly in the Surrey League**