

Veterans Athletic Club Newsletter September 2014



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Richard Pitcairn-Knowles
and Edwin Bartlett
Battersea Park 5m Run

Committee Members

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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 south London we can provide opportunities for you to compete with other like-minded veterans or masters. The winter fixture list is printed in the newsletter so we hope to see as many of you as possible at these events. The newsletter is always looking for contributions and events are always looking for 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

The annual general meeting of Vets AC took place on 19 September. Traditionally very few people come to these meetings but in response to my appeal by email, 19 members attended the meeting which helped us to have a constructive debate on all club activities in 2014 and the plans for the future. There was even a glass of wine on offer in case anyone needed help to get the conversation started.

There is a lot that is positive happening at present – you now see that we have resumed production of the VAC newsletter and we were close to fielding a full team in the Inter-Area Challenge matches. Nick Lauder is providing special activities for sprinters and we continue to have a team in the Surrey Cross Country League. We are currently in a strong position financially and the meeting agreed to extend the activities of the club to make effective use of these funds. Arising from a member's suggestion at the AGM, we agreed to try VAC mass participation in a Saturday Park runs and if well supported, this can become a winter series. We would also like to find other group activities of interest to athletes in other disciplines than sprinting. Thus we need you to email or phone someone on the committee to express your interest in VAC park runs or propose ideas for other activities.

To VAC members who uses the internet: we plan to be much more active in reminding you what is happening, even though you can refer to the website for the same information. Other points:

- You can also read the newsletter and other reports on the VAC website.
- Please use the BMAF website to pay your membership renewal online.

To non-internet users: you will only receive the newsletter twice a year but if you want to find out what has been happening in the interim you will need to either come to the events or ask someone to look at the VAC website for you, where the reports and news will be. Please feel free to contact one of the VAC officers if you need information on future events.

The coversheet for this newsletter tells you your renewal date. Please note that if it says 01/10/2014, then your subscription for 2014/15 is now due. If you are a 1st Claim VAC member and you pay your subscription before the end of the year, we will only ask you for an England Athletics Registration Fee of £10, but after that the new rate of £12 specified by England Athletics will be applied.

Regards

Peter Kennedy

14 Keere St, Lewes, BN7 1TY

Winter Fixtures 2014/15

Date	Organiser	Race	Venue	Entry (*=paper entry possible)	Entry on the Day Possible?
28-Sep	Herne Hill Harriers	Throws Fest	Tooting bec	Steve Bosley details on HHH	Yes
05 Oct	Hercules Wimbledon	VAC 10k Road Champs	Wimbledon Park	Sports Systems Online details on HW *	Yes
11 Oct	Surrey League Div 4	Cross Country Race (Men)	Richmond Park	Paddy Clark	Yes
18 Oct	Surrey Masters	Cross Country Race	Richmond Park	Don Turner *	Yes
08 Nov	Surrey League Div 4	Cross Country Race (Men)	Epsom Downs	Paddy Clark	Yes
08 Nov	Enfield AC	VAC 7m Walk Champs	Lee Valley	David Hoben	Yes
22 Nov	England Masters Athletics	British and Irish Cross Country International	Nottingham	Charlie Dickinson details on BMAF *	Closing Date 27 Sep
23 Nov	Epsom & Ewell Harriers	VAC 10 mile Road Champs	Epsom Downs	BMAF online details on EEH *	Yes
06 Dec	Cambridge Harriers	VAC 5k Walk Champs	Bexley	David Hoben	Yes
13 Dec	SEAA Masters	Cross Country Champs	Horspath, Oxford	Maggie Statham * (1st claim VAC only)	Closing Date 28 Nov
27 Dec	Hercules Wimbledon	5 mile MT race	Wimbledon Common	Maggie Statham * details TBA	Yes
10 Jan	Surrey League Div 4	Cross Country Race (Men)	Oxshott	Paddy Clark	Yes
31 Jan	VAC	Cross Country Champs	Wimbledon Common	BMAF online	Yes
07 Feb	Surrey League Div 4	Cross Country Race (Men)	Lloyd Park	Paddy Clark	Yes
15 Feb	SEAA Masters	VAC Indoor Champs	Lee Valley	BMAF online details on BMAF	Closing Date 31 Jan
22 Feb	SCVAC	VAC Indoor Walks Champs	Lee Valley	BMAF online details on SCVAC	Closing Date 31 Jan
01 Mar	Masters	Indoor Inter-Area	Lee Valley	Nick Lauder	Closing Date 27 Feb
07-08 Mar	BMAF	Indoor Champs	Lee Valley	BMAF online details on BMAF	Closing Date 21 Feb

Refer to the Entries Coordinator or the relevant race secretary for further information and how to get paper entry forms if not using the internet. Further details are given on the VAC website fixtures page.

Veterans AC 5M Race & Walk, 12 August 2014, Battersea Park

1 Tony Cheetham	(HW)	45	32:00
2 Peter Ryan	(Ilf)	60	35:08
3 Carol Jones	(ESM	W56	35:36
4 Paul Browning	(VAC)	50	35:59
5 Ian Mursell	(VAC)	63	37:07
6 Dennis Williams	(HW)	68	38:24
7 Joe Aspinall	(VAC)	76	40:51
8 Mick Harran	(HHH)(G)	76	41:59
9 Alan Davidson	(Liss)	67	43:07
10 Edwin Bartlett	(VAC)	69	48:25
11 Rich Pit-Knowles	(S ¹ oaks)	81	51:30
12 Kevin Burnett	(SOC)	75	58:39



The 5k and 5m race walks and runs take place in Battersea park, usually at 7pm. They are lapped courses and are accurately measured and timed.

The course is flat and as we run the same course for all of the races each year it's a great opportunity to use it as a time trial or just test your fitness compared to last year.

Adjacent photo shows Joe Aspinall running to a M75 VAC record.

Race Walk 5M

1 Stu Bennett	(Ilf)	54	47:04
2 Andy Cox	(Hillingdon)	61	48:40
3 Mark Culshaw	(Bel)	48	50:33
4 Peter Hannell	(SWC)	71	52:30
5 Paul King	(Bel)	63	54:17
6 Dave Delaney	(SWC)	71	55:58
7 Dave Hoben	(SWC)	61	57:28
8 Kay Koeslag	(u/a)(G)	W?	57:33



Philip Jones and Peter Ryan of Ilford (left) compete in one of the VAC 5 race walk events. On the right is Richard Tomlinson of Medway also running in a VAC 5. Richard finished in first place in the VAC 5 league recording the fastest times in both the 5 mile and 5k Road Race. (Photographs by Jeremy Hemming)

Inter-area match, Solihull, 20 July 2014

VAC Team Managers' Report by Mike May and Nick Lauder

On a hot, humid day, our team was a little depleted after unavailability of athletes in several of the track and field disciplines due to illness and holidays, so coming sixth in men's , women's and combined matches was fairly inevitable. However those members in attendance gave a good account of themselves in the events they did. Our ladies averaged 5.0 points per event (out of 8) compared to 6.4 for ladies winners SCVAC, and 5.4 per event for fifth placed Eastern Vets. On the men's side our men managed to average 5.5 points per event compared to 6.5 per event by men's winners Midland Masters, and 5.8 per event by fifth placed Eastern Vets.

Taking the ladies first, our most successful athlete was Helen Channon who won the W35 100m and Long Jump and came second in the 200m, but unfortunately aggravated an Achilles injury, so couldn't stay for the 4 x 100 relay. In the event, a scratch team of Rachel Waters (W45), Lisa Webb (W45 also did 800m), Ann Bath (W65, making her 4 x 100 debut! also did W60



800m and 3000m), and Andrea Sanders-Reece (W55 also did W50 800m and 1500m) got our W35-49 baton round.

We also had second places from Jo Locker (pictured left - W35 1500m) and Teresa Eades (W50 Pole Vault, who also did the High Jump), while we got third places from Joan Trimble (W55) (a double in the W50 100m and 200m) and Lucy Bartlett (W35) in the 400m. Debbie Singleton (W55) stepped down to do four events in the W35-49 field events (Pole Vault, Hammer, Shot and Discus), while Fiona Argent did a W60 100m and 200m double on the track, before joining with Joan, Lesley Parsons (who also did the W50 400m) and Teresa

in the W50 4 x 100 team. Best wishes to Sandra Campbell for a speedy recovery from her illness.

On the men's side, we were partially compensated for our late withdrawals by the unexpected late availability of Shaun Lightman who rang the night before to say he could do the M60 2000m walk (and came second). Pat Logan (M50), who became available because Northern Ireland didn't send a team this year and stepped in to lead off the M35-49 4 x 100 relay after Stuart Channon had to leave early because of Helen's injury.

Our only individual event win came from Alwyn Lombaard who won the M35-49 High Jump, also getting third in the Triple Jump, and third in the 110m hurdles. He ran in the relay with Pat, Brian Lewis (M50) and Mark White (M45 also did the M35-39 400m) with the team coming in second). We had a plethora of other second places: Stuart Channon (M35) in 100m and 200m (in a PB) (also third in the Long Jump), Cliff Taylor (M80) 2nd in the M70 shot,

Brian Lewis second in the M50 100m, Chuck Isetts in the M70 100m (and third in both the 200m and Long Jump) and Jon Hamblen in the M35 800m.

Other notable performances were thirds for Peter Kennedy in the M60 400m (in a tough age group for sprints and just after coming fifth in the 1500m), Andy Gannaway (returning from long distance cycling) in the M50 800m, Ed Connolly in M60 800m and M80 Richard Pitcairn-Knowles, who finished fourth (of 5) in the M70 800m. Our M50 relay team of Mike May (also did Long Jump and 400m), Steve Allen (also did M50 200m and Hammer), Phil Bell (borrowed from the M60s did the 200m as well) and Chuck Isetts (borrowed from the M70s) also managed a good third place.

Carey Gray and Mike Mann also contributed to our result, and a good time was had by all.

Final Positions

Position	Men	Women	Overall
1.	MMAC	SCVAC	MMAC
2.	SCVAC	MMAC	SCVAC
3.	WMAA	WMAA	WMAA
4.	NVAC	NVAC	NVAC
5.	EVAC	EVAC	EVAC
6.	VAC	VAC	VAC
7.	SWVAC	SWVAC	SWVAC

Where are the results for the VAC track and field championships?

The track and field championships were held at Ewell on 1st June. We will in future try and include the results of this in the newsletter but not having had the newsletter for a while means we are playing catch up. Inclusion of all of the results would have made the newsletter too long and might have been a bit of statistical overload. The same applied to the indoor champs. All of the results are available on the website.

Road Race Report by Jeremy Hemming

We made a poor start to 2014, losing the April race in a booking foul up, but it wasn't all bad and in the end there were four record times and keen competition at the head of both men and women races.



Richard Tomlinson from Medway achieved a VAC record time at 5K and the season's fastest time at 5 miles. He was greatly helped in this by competition with Tony Tuohy (pictured left). But Tony gained revenge when he beat Richard by 11 seconds to win the VAC 5M Champs in June.

Durable Mick Boyle, our CC record holder at Camp Road, was clear first 50 in the 5K, heading last year's winner Stephen Philcox, the leading Ilford AC man in the series. Then it was good to have the fourth, Vic Maughn, a previous CC Champ in 2007-08-09, coming up from his new base in Farnborough.

First super-vet was Peter Giles who attacked the age 70 figures with VAC record 20:10 in the 5K, improving Joe Cleverly's 20:44 of a decade back. Peter also did well at BMAF T&F in Birmingham. After the first six, guests were trying their luck, and Hercules's Tom Cheetham won the August race easily. Later he ran the Thames Meander Marathon under 3 hours for race fifth, second vet.

Leading lady in the series was Pippa Major. Having seen off the "older men" she dismissed in Facebook, she had to pull out all the stops to hold off Anna Garnier's hot challenge in the finish. The SLH member also did well in age group elsewhere. For her part Anna was only 13 secs off her VAC time four years back and has been strutting her stuff in the Midlands for good measure.

Peter Ryan, the race walker, tried a run and just beat Andy Murray, the 60 winner in June. Then Peter Crowhurst from Brighton was next 60.



From Ealing, consistent Carol Jones had best of three runs for gold in the 5M champs with 35:32. Just a minute later Margaret Moody clocked 36:33 for a VAC record in W65, which improved Pam Jones's good figures by one minute. Margaret went on to silver in BMAF track after numerous number 'ones' in Park Runs. Remarkably Margaret was only a minute longer than she had done 10 years before.

Local Battersea man Ian Mursell (pictured left) had 21:58 at 5K.

As is his wont Dennis Williams completed all four races, with his 38:24 better than last year – nice to know. His tally in the VAC Battersea races is now about 135 but should

that go in the Guinness Book of Records, we ask. Regular Alan Davidson, the traveller, did two races with his 5K better than 5M. Martin Wilson, another from ESM, held off Les Austin from Orion in the tough over 60 section.

Fresh into M75, Joe Aspinall secured the VAC record time with 40:38, a minute faster than last year. He had never set a record before so that shows what can be done if you try. Not bad for a Munro bagger in his spare time. Mick Harran also took in a run instead of a walk with a respectable 42 minutes. Then Ed Bartlett from Kent completed all four VAC races, with an odd twist – he seems to do best in his first one. RPK is our only Over 80 but he keeps his fitness and spirit and goes through all weathers. While versatile Kevin Burnett, who does walk and throws too, equalled his last year figures, near enough.

VAC Battersea Road League 2014

Name		Age	May	June	July	Aug
Richard	Tomlinson	46	27:04	27:53	16:17	
Tony	Tuohy	51	27:31	27:42		
Mick	Boyle	50			16:59	
Stephen	Philcox	48			17:19	
Vic	Maughn	52			18:02	
Peter	Giles	70			20:10	
Richard	Taylor	38		29:15		
Philip	Jones	48		31:10		
Tony	Cheetham	45				32:00
Tony	Harran			33:39	20:19	
Pippa	Major	45			20:27	
Anna	Garnier	55			20:29	
Peter	Ryan	60				35:08
Andy	Murray	60		35:09		
Peter	Crowhurst	60		35:50		
Carol	Jones	56	36:00	35:32		35:36
Paul	Browning	54			21:45	35:59
Margaret	Moody	65		36:33		
Andrea	Sanders-Reece	57		37:06		
Gerry	Crispie	52	38:09			
Ian	Mursell	63			21:58	37:07
Graham	Laylee	55			22:01	
Dennis	Williams	68	40:11	42:15	25:53	38:24
Alan	Davidson	67			23:09	43:07
Martin	Wilson	63			24:38	
Les	Austin	66			24:46	
Joe	Aspinall	75	40:38			40:51
Mike	Harran	76				41:59
Cliff	Collins	75		42:17	26:04	
Michael	Johnson	72	44:21			
Ann	Bath	65	44:30			
Maur	FitzGerald	70			28:38	
Edwin	Bartlett	69	46:52	47:37	29:21	48:25
Richard	Pit-Knowles	80		48:52	30:39	51:30
Patrick	FitzGerald	67			31:06	
Ken	Tuson	77			32:06	
Kevin	Burnett	75			34:09	58:39

Selection details for the British and Irish Masters Cross Country International. Wollaton Park, Nottingham is the venue on 22 November 2014.

Those wishing to be considered for the England team to compete in this event should apply by 27 Sept to Charlie Dickinson, at 20 Broadhinton Rd SW4 0LU, for Selection Meeting on 4 October. The two forms are at website www.bmaf.org.uk. If you are claiming your best times its best to use recent data such as CC Cardiff, CC Glasgow, T&F Birmingham, 5K Horwich, VAC track 10,000, and recent 10Ks. Comparative performances against other candidates are also worth nothing but give yourself your best pitch. Expect strong competition for a place with possible exception of older women

International 50km/20km Race Walk (IAAF permit and qualifying race for Beijing 2015) incorporating the 2014 UKA Race Walking Championship and Open 10km Race and 2014 RWA 50km Championship (separate event) will be held on Sunday 5th October starting at 10am at Minet Country Park, Hayes, Middlesex on a **FLAT** 1km course (500m up and down) Entries to Peter Marlow, 134 g Southgate Street, Bury St Edmunds, Suffolk IP332AF. £10 entry fee made payable to RWA

Entries close Monday 29 September. No Late entries will be accepted and no entry without the entry fee.

Time standard 20kms 1hour 50 minutes and 10km 60 minutes.

Email: pmarlow@btinternet.com

Veterans AC 10,000m Champs 2014, Kingsmeadow Stadium

It was a really beautiful evening on the 3rd September where we shared the track with some young athletics training for wheelchair races. Both of our 10,000m races, which are graded on predicted finish times, had a clear winner who led from the gun. Ian Johnston dominated the first race with David Cox running into a strong second place to run a category personal best and VAC M60 record.



All of the competitors in the first race broke the 45 minute barrier. Leading lady was Jane Nodder of the W55 category whose performance of 44.25 but her third in the womens ranking for his year according to the power of ten. We were all sorry to see Victoria Carter drop out as she had been running strongly and looked fantastic but sense prevailed and she took the wise decision not to continue to run when injury threatened.

In the second race the light was fading but 12 runners lined up to take on the 25 laps. Steve Smith (pictured left) dominated, but Nicola Atkins ran strongly to take second place in 45.07. Dennis Williams took the M65 category title from Alan Davidson with only about

20 seconds separating them in times of 48.22 and 48.43 respectively. Francis Thomason took the third M65 spot.

There was no doubt though that the most exciting tussle of the night was in the M80 category. Richard Pitcairn-Knowles and Brian Shave were neck and neck for the first 24 laps and the final lap become a real battle. It was nip and tuck for 300m metres with the lead swapping at least three times. The remaining officials took punts on who would take it and it was only in the last 80m that Richard Pitcairn-Knowles put in spurt to put 16 seconds between him and Brian. The light may well have been dimming, but the competitive spirit burned as bright as ever!

Race Report by Angela Kikugawa

Veterans AC 10,000m Track Champs 3rd September 2014

Position	FirstName	LastName	Time	Age Cat.	Pos.
Race 1					
1	Ian	Johnston	34:23.6	M45	1
2	David	Cox	35:54.1	M60	1 -Record
3	Dan	Pescod	37:30.3	M40	1
4	Philip	Cross	37:42.4	M50	1
5	Thomas	Cheetham	39:57.3	M45	2
6	Peter	Kennedy	40:37.3	M60	2
7	Peter	Giles	42:22.0	M70	1 -Record
8	Tony	Brackstone	43:47.1	M70	2
9	Jane	Nodder	44:25.1	W55	1
10	Victoria	Carter	DNF	W40	
Race 2					
1	Steve	Smith	44:46.7	M55	1
2	Nichola	Atkins	45:07.6	W50	1
3	Elizabeth	Richardson	46:25.4	W35	1
4	David	Greenfield	47:21.7	M55	2
5	Dennis	Williams	48:22.3	M65	1
6	Alan	Davidson	48:43.5	M65	2
7	Michael	Johnson	53:30.2	M70	3
8	Joseph	Aspinall	53:43.1	M75	1
9	Francis	Thomason	57:15.9	M65	3
10	Edwin	Bartlett	60:17.4	M70	4
11	Richard	Pitcairn-Knowles	64:15.9	M80	1
12	Brian	Shave	64:31.8	M80	2

Richard and **Brian's** times were the fastest in the M80 age category this year. The British Record is held by **Steve Charlton** of Thames Valley in 46.10 a time he recorded in this race in August 2007 at Battersea Park.

Message from the new editor, Angela Kikugawa

Hello!

I have taken over editor of the newsletter from Jeremy Hemming who most of you will know has done this for many years. I hope I can provide the same quality that he has and will certainly do my best to do so. Fortunately you will not have to rely on my photographs and Jeremy has kindly agreed to continue to provide them. They are an excellent quality and if any of you want to buy the photographs from him you can do so by contacting him on the address at the front of the newsletters.

I have always enjoyed getting the newsletter and if I am honest enjoy getting in hard copy and sitting down to read it with a cup of tea. The problem is that hard copy, particularly in colour is expensive and the club has limited resources. You will see from Peter Kennedy's address that the new sprint initiative is popular but that needs funding too. So let us know your views on how important it is to you to get the newsletter in hardcopy. We certainly will be continuing for a little while as I am to get the newsletter out twice a year but your views on this would be welcome.

In terms of athletics this has been a great summer of sport with both the Commonwealth Games and the European Championships. You will of course have guessed that I am going to mention Jo Pavey who won gold in the Europeans at the ripe old age of 40. It's a fantastic achievement but I could not help but smile a bit at the fuss that was made about her advanced years. She's a positive spring chicken! I also read an article that Pete Mulholland of Hercules Wimbledon had circulated earlier in the week about a Japanese man aged 104 who had broke the World 100m record. On interview he said he was looking forward to his next birthday as it would put him up a category. He also offered to race Usain Bolt! His attitude summed up what I really like about Vets AC, and that is the encouragement it gives me to keep going. I have been injured for all of this year but was encouraged to see so many much older vets still competing, often at a pretty high level. Injuries heal and there is always, as our Japanese fellow vet shows, another category to look forward to.

Finally just a note on all of Jeremy's work over the years in producing the newsletter. It's not easy (as I am learning) and I know you will all join me in thanking him for the time and commitment he has put into this. Fortunately he is not leaving us and will continue to attend events that we are so used to see him at.



Peter Giles running strongly in the VAC 5k Road Race