

VAC Annual General Meeting

Monday 11 September 2023

Road Running Secretary's Report

2022 - 2023

VAC's road running activities flourished with a full set of Battersea Park races, including our 5k and 5 Mile championships. There were also club championships for One Mile, 10k and 10 Miles held within other races. VAC was also pleased to host the British Masters 5k championships at Battersea Park in December 2022.

Battersea Park Series

VAC staged a summer series of four successful monthly road races in Battersea Park which included our 5k and 5 mile championships. The series was well supported by members and open entrants. Around 130 entries were made for each race, with over 100 on the start line in each. Again, we employed Ben Noad to manage the races and results on the day. For the 5k and 5 mile championship races, we also paid for chip timing which enabled us to hold popular medals' presentations quickly and accurately very soon after the finish of each race. Over the series, there was some fine racing, and many age-group course records were broken. The series also featured the Snow Cup Grand Prix, based on age-graded performances over three races. Thirty VAC members were eligible and the cup was won by Neil Danby with a splendid average of 93.19%.

Thanks go to VAC's regular set of timing and recording officials, to Dennis Williams for setting up the courses and to the loyal marshals who were willing to turn out for each race. The series will resume in 2024. The format of three 5k races and one 5 Mile race was successful and will be repeated.

VAC Road Championships

VAC's One Mile championship will be held at the Westminster Mile on 23 September.

We held our 10-mile championship within the British Masters 10M championships at Cyclopark, Gravesend, in November 2022, contested by 25 VAC members. The Ron White shield for the VAC member who gains the highest age-graded score in VAC's 10 Mile Championships was awarded to Simon Baines whose performance translated to an age-graded percentage of 91.22%.

VAC's 2023 10k championships took place in June within the Ranelagh Harriers Richmond 10k. There was a great turnout of 64 members.

On the national stage, VAC hosted the British Masters 5k road championships on our Battersea Park course in December. The event was a great success with 180 runners on the day, including 78 from VAC. The BMAF has asked VAC to repeat the event in December as the 2023 British Masters Championships. VAC is pleased to do this to further boost our reputation and attract more new members.

VAC parkruns

Our gatherings at selected parkruns provided great opportunities for members to meet up and promote VAC to a wider audience in a different setting. Our presence is always well-received by the organisers and the other participants. This year we visited the parkruns at Nonsuch Park and Richmond Park and are gathering at Peckham Rye on 16 September. In addition, VAC helped to promote the annual Octogenarian parkrun at Bushy Park in July. It was pleasing that VAC members, Michael Johnson and Penny Elliott were the fastest man and woman out of the 85 over-80s who gathered at Bushy Park, with VAC's Joe Aspinall recording the fastest M85 time.

VAC London Marathon

VAC was allocated one place for the London Marathon which reverted to its customary April date. Over 30 members expressed interest in taking part and Ben Martin-Dye's name was drawn from a hat at a committee meeting. Ben duly completed the course, one of 48 VAC members to do so.

Maggie Statham-Berry

VAC Entries Secretary

9 September 2023