

# **VAC Annual General Meeting**

**Thursday 19 September 2024**

## **Road Running Secretary's Report**

**2023 - 2024**

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 again the British Masters 5k championships at Battersea Park in December 2023.

### **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 although entry numbers varied from race to race (April 5k, 148 entries), (May 5M champs, 112 entries), (June 5k champs, 143 entries), (July 5k, 86 entries). Ben Noad again managed the races and results on the day. For the two championship races, we also paid for chip timing which enabled us to hold medals' presentations quickly and accurately soon after the finish of each race. For the 2024 series, entry fees were raised to £12 for VAC members, £15 for others. This was instrumental in the series making a small profit of £100 overall.

The series also featured the Snow Cup Grand Prix, based on age-graded performances over three races. Sixteen VAC members were eligible. The cup was won by Karima Harris with a splendid average of 95.34%.

Thanks go to VAC's regular set of timing and recording officials and to the loyal marshals who turned out for each race. The series will resume in 2025.

### **VAC Road Championships**

VAC's One Mile championship will be held at the Westminster Mile on 21 September. At least 15 members are registered to take part.

The 10-mile championship was held in December 2023 within the Buntingford Year End 10 which was also the British Masters 10M championships. It was contested by 21 VAC members. The Ron White shield for the VAC member who gains the highest age-graded score was awarded to Lynda Hembury (W65) whose time translated to an age-graded percentage of 94.4%.

VAC's 2024 10k championships took place in June within the Ranelagh Harriers Richmond 10k. There were 30 VAC members in the results.

For the second time, VAC hosted the British Masters 5k road championships in Battersea Park in December. The event was even more popular with 284 entries and 208 runners on the day, including 70 from VAC. The BMAF has asked VAC to repeat the event in December as the 2024 British Masters Championships. There has been a massive entry, and the race is now full, two months early.

### **VAC parkruns**

Gatherings at selected parkruns provided great opportunities for members to meet up and promote VAC to a wider audience in a different setting. This year we visited the parkruns at Victoria Dock (11 members present) and Kingston (15 members). In addition, VAC helped to promote the annual Octogenarian/Nonagenarian parkrun in Bushy Park in July. VAC member, Michael Johnson, was second of the 55 finishers in the V80-84 age group. VAC's Joe Aspinall recorded the third fastest M85 time.

### **VAC London Marathon**

VAC was allocated one place for the London Marathon in April. About 15 members expressed interest in taking part and Dean Saliba's name was drawn from a hat at a committee meeting. Dean duly completed the course, one of 50 VAC members to do so.

### **Maggie Statham-Berry**

### **VAC Entries Secretary**

**17 September 2024**