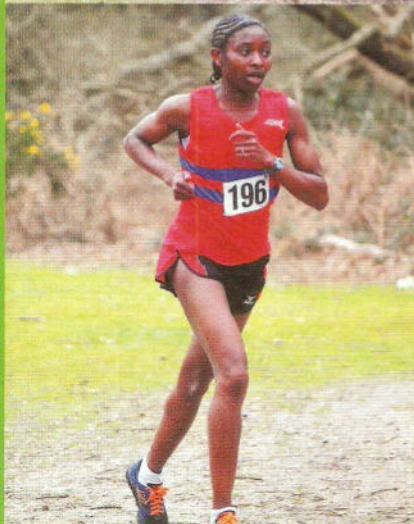
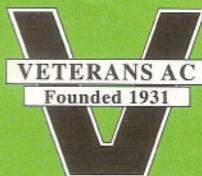


Veterans Athletic Club

Newsletter April 2008



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Enc T&F form - Fixture Card

Cover pictures: Maughn,
Marriott and Reilly – Ray
Dzikowski(467) – Yvonne
Hill(632) – Ola Balme(196)

Officers of the Veterans AC

President	Dennis Williams		
Committee Chair	Dennis Williams	0208 543 6112	
Minute Secretary	Ron Franklin		
Secretary	Dennis Williams	0208 543 6112	
Treasurer	Michael May	0208 946 8965	mike.may@blueyonder.co.uk
Membership Sec	Philip Bell		phil@bell-computer-services.co.uk
CC and Road Sec	Bob Belmore	01248 654749	
Officials Secretary	Bob Belmore		
Track & Field Sec	Bob Belmore		
Walking Sec	<i>vacant</i>		
Newsletter, Press	Jeremy Hemming	0208 871 9989	hemming@dircon.co.uk
Committee Member	Cecil Gittins		
Delegate to BM/VAA	Ron Franklin		020 8376 8452

Committee News: March report

Under Members' Welfare funeral attendance at Charlie Walker's funeral by Messrs Franklin and Belmore was confirmed, and that a card had been sent to his family. Also heard that walker Ken Easlea had died.

The Treasurer reviewed the funds at above £10,000 and the many dues. Capitation for some 90 first claim members, who may or may not be active, at £5 a head would be paid as well as £50 for the club.

Fixture dates for the summer season were approved. Higher costs at Battersea may apply so a modest increase in fees was agreed.

A suggestion was made by two members for an indoor event at Lea Valley in 2009, principally to support sprinters. It was said that the meeting could provide for a BMAF Pentathlon at the same time and that any financial deficit arising would be covered by the Federation although there were no details on the table.

Officials had been canvassed by mail it was stated. Also Field Ref Rex Bale had offered names and the benefit of his experience.

Vote for Pat FitzGerald of TVH as delegate at higher level was agreed.

Web Manager said the VAC site was well but members did not contribute to the content.

Committee heard that VAC successfully organised the Surrey League Div III/IV final match

Subs renewal

Membership Secretary states the date up to which you have paid is shown on the address label bringing this newsletter.

If it is Oct 2007 you have not renewed and will be deemed to have lapsed. To prevent this kindly send £15 payable to 'Veterans AC' to Phil Bell, 117 Cairnfield Avenue, London NW2 7PH.

with Belgrave help and financial support from the League. VAC Mens team held its place in Division III while support to Womens team by Vernon Martin was acknowledged.

A VAC offer to host a Federation marathon progressed. The Secretary had resourced two events in south east which would be agreeable but 2008 had been given to Wales so the offer had been carried over to 2009.

Committee News: January report

It was heard that Belgrave would charge £50 for hire of the Hall, for CC days. But talk that the property might be sold was discounted.

Over £8,000 in Members' fees and donations had been banked.

The absence of a Walking Secretary was being carried by other officers.

Lateness of the last Newsletter was partly due to changes at the printer, now focussed more on Christmas cards.

Track prospect

Track charges at Battersea are high so fees have been increased but are still reasonable we hope you'll agree. Meanwhile we balance the books with the Rosenheim and St Mary's meets. But please support the Battersea meets well, *writes Bob Belmore.*

Field Referee Rex Bale has improved the schedule at Track Champs and plans a third Field officials team to ease their lot and cover a lunch break. Now all we need is good men and women to come forward.

The new Wimbledon Park and St Mary's College track meets are retained from last year in place of Tooting, where it usually rained.

Road

In Battersea Park the Wandsworth Council take risk assessment seriously. So we do need that marshall at Albert Gate and one near the start if incoming cars are a hazard. Cliff Hyde and Jo Aspinall did marshall last year and got points to the Attendance Cup.

Fixture and Honours card

The creased card lists all who won titles in every championships, going up to 80 last year, and is a guide to standards for new members and beginners. They range from high to quite modest but medals are given in VAC regardless of standard – it encourages effort and is a help to the organisers. You are not obliged to take one though the new ribbon is attractive and parks the gong while you gather up your gear.

Talking of effort, avoid over-large envelopes with standard stamp – the Royal Mail exacts its penalty so they often go to the postal depot, causing trouble to collect.

Study of results shows how persistence pays off. Multi eventing has been Francis Thomason's forte and he swept the board in M55 throws last August simply because he was was there and he did them. But we should add that in the Walk merit placed him ahead of younger men.

New Award

A trophy has been conceived by Bob Belmore to encourage and recognise atten-

News and views

dance at Club events. The cup, right, has kindly been presented as an annual perpetual trophy by Joyce Brown and her family as memorial to our late Treasurer Les Brown.

The Snow Cup was an individual point scoring tournament which ran all year and was popular but in contrast this one

will not involve the labour of handicaps for everyone who ran. Also it will take in field events and all important official duties.

Points have been scored by athletes competing or assisting in any club event on a scale of one point per day. Surrey League has not been included. The competition closed on 15 March and will restart in April. The winner is Dan Maskell with 16 points which is an excellent achievement, travelling up from Brighton.



Attendance scores

- 16 Maskell
 - 13 Hyde
 - 12 Williams ds, Edwards s
 - 11 Gristwood julia,
 - 10 May mike
 - 9 Charlton
 - 8 Franklin, Hercoc
 - 7 Aspinall, Barrington D, Burnett K, Clark P, Davies D, Godbeer, Jackson A , Lippitt A , Martineau, Tuson,
 - 6 Batchelor, Gristwood bill, Brown Ch, Hannell p, Johnson m, Miller martin, Powell R, Thomson art, Powell ron , Brooks, Godbeer
 - 5 Bell p, Collins c, Crane P, Flint, Isetts, Livermore, May john, McDonald G, Morgan G, Noel M, Crocker
- About 200 are listed.

England Athletics card

You should have received a card if you were first claim VAC a year ago, from the body to which VAC is affiliated. You can use this registration number when entering events – it helps if you are online in this IT age.



National Indoors Picketts Lock 23–24 Feb

Track results only. F is final

Left: Ann Lippitt led Ed Simpson, Fred Gibbs(Bingley) and Ros Tabor on the steep banking



Kirstin King

15/3k L Goldsack 6.06.91/13:14.21.

M45 60m F 1 P Logan 7.36. ht 1 M May 8.71, ht 4 M Vassiliou 8.07. 200m F 2 Logan 24.05., 5 Morris 24.95, 6 Vassiliou 30.88. ht 1 May 28.31, ht 2 C Warren 26.84. J Shepherd 25.23. 400m ht 3 Vassiliou 55.94, ht 1 A Gannaway 57.94. 800m ht 2 I Mackett 2.34.67. F 3 Gannaway 2.10.84. 1500m 4 R Holland 4:34.33. 3K 9:33.27, 6 R Jenkin 4:41.24, 7 S Smythe 4:42.10. 3k Jenkin 10:14.91.

M50 60/200 P Bell 8.44/ 7.06. F 6 J Browne 7.86. 800m 2 R Daniel 2.12.85, 6 K Archer 18.23. 3k R Sargent 11:28.80.

M55 W Franklyn 7.75. 3 A Ross 7.79. A Perry 8.80. 200m b final 4 Perry 30.47. A final D Lucas 26.74. M55 Franklyn 55.93(br), 2 Ross 57.55. 800m 4 P Kennedy 2.16.81. 1500 3 Kennedy 4.35.82, 5 S Knight 5.02.59, 6 K Hylands 5.21.45.

M60 60m 1 K Smeeth 8.11, 4 L Wood 8.54, 6 D Whittaker 9.46. 6mH 3 D Kuester 13.32. 200m 1 D Wardle 27.55, 2 Smeeth 27.59, 6 Whittaker 30.40. 400 4 Whittaker 70.68. 1500m 1 P Hamilton 5:02.99, 3 D Williams 5.50.34. 3K 1 Hamilton 10:47.57, 3 M Kortenray 11:56.98, 5 Williams 12:19.78.



M65 60m F 2 C Isetts 8.52, 4 A Long 8.65, B Ferguson 9.19. ht 2 E Jones 9.89. 60mH 1 Ferguson 10.38. 200m Fa 1 Isetts 28.57. Fb 1 Ferguson 28.91, 3 Jones 32.20, 4 Sowden 32.83. 400m 1 J Garber 68.97, 2 Jones 70.87. 800/ 1500 1 Garber 2:36.75 / 5:30.80.

Peter Hamilton in 3,000m

M70 60m 4 J Godbeer 10.41. 800 A Kimber 2:51.37. 1500m 1 Kimber 5:50.35, 2 E Simpson 6.04.32. 3k 1 Simpson 12:44.80.

M75 60m 3 J Godbeer 10.41, 4 C Taylor 10.91. 60mH G Daborn 12.70(br). 400m 2 G Feast 86.53

W35 1500m/3k 1 A Pickup 5.04.32/ 10:51.35.

W40 400m 1 S Read-Cayton 58.88(br). 800m C Elms 2.28.06. 1500m 1 C Elms 4.36.46(br), 2 B Pritchett 4.36.65, 4 N Atkins 5.57.92. 3k 1 Elms 10:02.93, 2 Pritchett 10:05.56, 4 O Balme 11:37.32.

W45 60m 1 K King 8.14(=br), A Fudge 8.74. 200m 1 King 26.90. 1500m 1 A Hurford 5:05.92.

W50 60m Fa 3 F Argent 9.60. 60/200 J Trimble 9.15/31.39. 60mH 3 Argent 12.79. 800 Argent 2:54.22.

W55 60m 1 E McMahon 9.21. 60mH 1 McMahon 10.74. 1500/3K 1 R Tabor 5:43.75/1 11:49.9.

W60 3k 2 P Rich 13:17.0.

W65 60/200 M Axtell 10.13/35.20.

W70 15/3K P Jones 7:08.56/14:28.8.

W75 200m B Green 60.06.



Bernie Pritchett leading Clare Elms in 3,000m

Vic Maughan

Caesar of the course who conquered twice and a dead heat

Vic described his repeat win in VAC CC Champs like this.

"At the start Peter Kennedy led for 300m. Then I and Ray took over with Len Reilly who led down the hill and took the lead on the Memorial Fields briefly.

Then I led along the brook and up the hill first time with Ray on my shoulder and Reilly breathing heavily.

On the second downhill I began to push it a bit harder than the first time but Ray as hanging on. At the brook I led by 2-3 seconds and at top of the hill it had increased to 5 secs.

On the third downhill I began to stretch and I knew I would hold him off.

It was muddier after the rain that week with puddles in places.

Ray had a good run as well but I led by eight secs at top of hill

and held it to the finish.

In the summer I got a National vets M45 bronze at 1500m against Hall and Arden."

At World Riccione Vic ran a fast heat but there was a big gap Mon to Friday until the final and he couldn't repeat his run.

At Surrey Co vets he won 1500m three years in a row and set a record in 800m at 2:08.7, beating the long time best of 2:10.

When he was younger he did 1:56 for the 8 but now prefers 1,500, 3,000m and short road races.

"Looking ahead, the Relays at Sutton should be very competitive", says Vic, "since Bristol have Rob Whalley coming in against our eight-strong squad. Roger Alsop came to us from Belgrave when he saw how good Herne Hill were."

"Competition is the the thing; for example the races I've been having with Ray in VAC cross".

Back in his maiden vet year of 2003 he found himself in an epic scrap on the VAC cross country course. Tony Harran was the winner, then came OBill Gristwood and himself with Barry Atwell and Ray Marriott filling 4th and 5th. That was quite some race, on fast March ground but Vic's third placing was typical of a new vet, needing time to tune in.



Vic joined Herne Hill in 1987 after a short period of gestation with local rivals Croydon Harriers, *Stan Allen tells us*. He quickly became a vital element in the HHH track and field teams with personal bests of 1.56 for the 800m and 3:58 for the 1,500m.

Now a sturdy and regular member of various road and cross country National Masters medal winning relay teams, he still regularly features in the first thirty home in the Surrey Cross Country League Division 1 which is probably the best quality league in the UK. He finished 12th in the recent world champs over 1,500m with what he describes as a disappointing race after a most promising heat.

Although he has the speed for middle distance track, it's remarkable how Vic handles the hills and distance of VAC cross so well. His lightness is clear to see; as well as running he trains with plyometrics and stretching and is the very picture of fitness.



Ray Marriott was Father Christmas in this race

Race Walking

Lea Valley Indoor BMAF 24 Feb
 3,000m M50 2 T Jones 14:18.93, 5
 G McDonald 18:05.23. M55 1 J Hall
 14:46.54, 2 D Kates 16:22.77. M65
 1 R Penfold 16:55.92. M70 1 A
 Thomson 15:55.95, 2 R Powell
 18:44.92, 4 B Hercocock disq. M75 K
 Livermore 21:47.82. W45 3 F
 Bishop 19:00.41. W70 1 M Spelman
 20:15.27.

Enfield League 5M 3 March 07

1 Scott Davis (Ilf) 38:33
VAC 3 Phil Williams (E&H) 42:13, 6
 Dave Kates (Ilf) 44:13, 7 Andy Cox
 (Hill) 45:24, 12 Carl Lawton (Bel)
 46:24, 13 Lawrence Dordoy (Ilf)
 46:31, 16 Shaun Lightman (SWC)
 47:33, 17 Paul King (Bel) 48:39, 18
 Ken Ballam (E&H) 49:01, 19 Chris
 Flint (SWC) 49:28, 20 Ann Bel-
 chambers (Hill) 49:38, 22 Ron Powell
 (E&H) 51:07, 23 Peter Crane (SWC)
 51:13, 24 Alan O'Rawe (Ilf) 51:52, 26
 Fiona Bishop (AFD) 52:50, 37 Martin
 Oliver (E&H) 56:28, 38 Ken
 Livermore (E&H) 57:45. **Team 1**
 Ilford 9, 2 Enfd&H 26, 3 Surrey WC
 32. Ladies: Enfield & Haringey

Surrey Womens League Match 3

12 January, Reigate Priory Park

Positions in Div 2,
 16 Lyn Wilson (VAC) 26:45
 45 Margaret Moody (VAC) 30:43
 63 Pauline Rich (VAC) 32:39
 84 Eila Mansfield (VAC) 34:48

Teams (with standings)

1 Woking 40 (166) 2 Sutton Rs 112 (319),
 3 Striders of Croydon 139 (461) ... 13 Vac
 341 (17th 1214).

Match 4, 9 February, Richmond Park

1 Jo Rodriguez-Downs (Wok) 22:06
 2 Elinor Caborn (SR) 22:36
 3 Fiona Love (G&G) 23:08

Match 1 Sutton Rs 64, 2 Woking 67, 3

SOC 117 ... 21 VAC 485

Standings 1 Woking 233, 2 Sutton Rs 383,
 3 Striders of Croydon 571, ... 17 VAC 1703,
 of 42 clubs.



Margaret Moody

Croydon Hs Inter Club 10K CC & Club Champs, 1 Mar, Lloyd Park

1 J Buchanan (SOC)	s	37:48	<u>Teams</u>	VAC 29, SOC 30, Tadworth
2 V Maughn (VAC)	M45	38:32	43, Croydon Hs 51	
3 R Marriott (Cro)	M50	39:58	<u>Women 5K</u>	
4 W Gristwood (VAC)	M45	40:10	1 J Searle (Cro)	W50 27:29
6 S Pleded (VAC)	M55	42:14	2 M de Souza (Cro)	S 28:12
12 K Brown (Cro)	M50	48:04	3 J Gristwood (VAC)	W45 28:18
14 A Dolton (SOC)	M50	48:47		
17 P Clark (VAC)	M60	49:52		

Battersea 5.2M records to 2000

M40	L O'Hara	1978	26:26
M45	L O'Hara	1980	26:30
M50	S Birkin	23.4.96	27:52
M55	G Harrold	14.6.94	28:37
M60	L O'Hara	18.8.92	29:47
M65	S Charlton	15.6.93	29:58
M70	S Charlton	22.4.97	32:48
M75	E Rose	22.4.97	38:59

W35	D Sanderson	21.4.98	29:51
W40	M Statham	15.6.93	30:11
W45	M Clarke	6.6.2000	32:18
W50	M Raynor	6.6.2000	34:40
W55	M O'Leary	17.6.97	36:50
W60	P Jones	16.6.98	36:12
W65	JM Smith	15.6.93	42:40
W70	A Smith	25.4.95	63.49
W80	A Billson	15.6.93	61:57

Battersea 5.0M run records

M40	J Rye	25:34	'99
M45	M Barron	27:18	'05
M50	D Cox	27:42	'06
M55	L O'Hare	27:49	'05
M60	Gareth Jones	29:28	'06
M65	R Higgs	29:58	'98
M70	S Charlton	31:59	'99
M75	R Franklin	44:58	'05

W35	B Pritchett	30:58	'05
W40	M Clarke	30:37	'97
W45	M Rayner	32:59	'97
W50	J Georghiou	33:12	'04
W55	M Moody	34:00	'?
W60	P Jones	35:08	'98
W65	P Jones	37:34	'01

First Aid Kit

To supplement your normal collection of plasters, bandages, safety pins and sunscreen you might add

- Paracetamol
- Immodium
- Dioralyte
- Iodine dry spray
- Anti-fungal powder
- Antiseptic wipes
- Saline sachet
- Insect repellent
- Antihistamine cream/tablets

Prescribed by
 Alison Jones MSc BSc RGN

Winter in Andalucia

by Liam O'Hare

I had an early start to travel 125 km to Cordoba again for a half-marathon on 25 November '07. I had been there two months before and run a 10km at 3:51 per km so I was determined to show that I had not lost it completely. I managed 3:54 per km to get round in 1:22:32, 157th out of 2098 and 7th M50.

Sunday 1 December saw my first cross-country race which needed only a journey of 25km. It was a tough course, hilly and winding, completely dry underfoot over stony/rocky ground, unlike anything I have experienced in the UK. It only took me about 20 minutes but at a slower pace per km than in the previous week's half-marathon, to be 23rd overall, 2nd M50. Starting at 10:30, there were 10 races over 8 different distances from 500m to 9,000m. Veterans ran with those born in 1989–1992 and the youngest race was for those born in 2001 and after. Impressively, the last race started on time at 12:55.

Next was the XXII Milla Urbana Ciudad de Antequera (urban mile) at 18:30 on 15 December. I managed 5:19 which got me a trophy for 1st M45.

Sunday 23 December saw a 8.3km race around the town of Villanueva de Trabuco. It is the first race that I have done that starts with an immediate left turn. This was followed by many ups and downs, twists and turns which covered most of the town. I ran 30:48 for 16th and 4th M40 – the first M40, who gave me a lift to the race, was 39!

On Saturday 12 January we headed off on a 320km journey to Ayamonte which is so far west that, when we missed our turn for the town, we ended up in Algarve in Portugal. The purpose of our trip was the Ayamonte half-marathon which incorporated the Andalucia Championships for all age groups. Andalucia is the southernmost province of Spain. As I was relaxing before going to bed, I read in the paper that they had an earthquake (4.9 on the Richter scale) the previous day but fortunately, no damage or injuries were reported. The race started the next morning under a clear blue sky in 5°C. The first 11km or so were around the town before we headed out into a fairly strong headwind for just over 2km. By the time we turned back, we had worked so hard that we could not take advantage of the wind which, as always, seemed to die down a bit. My 79:45 placed me 1st M55 and Andalucia Champion and our team was 2nd.

There are not as many runners in the higher age-groups as we have in the UK but the standard is quite high at the top so I was very pleased with this result as I am near the top of the age-group. I also won €12 which covered the entry fee.

The printed programme for the Ayamonte had an article on fitness and health, illustrated by photographs of unnamed runners, one of whom was Alan Davidson. A few days later, one of the women in my swimming class told me that she had seen my picture in the paper. I asked "Which one?" to which she replied "the one in the bakery!"

28 February is Andalucia Day, a holiday. There was an urban mile in Archidona, less than 20 km away. Unfortunately, it was a low-key race so no times were recorded. The presentations were followed by a ceremony which included speeches and the raising of the flag of Andalucia accompanied by its anthem played by a brass band, which made an interesting change from the norm.



Early Liam action, in 1992

VAC Cross 07-08

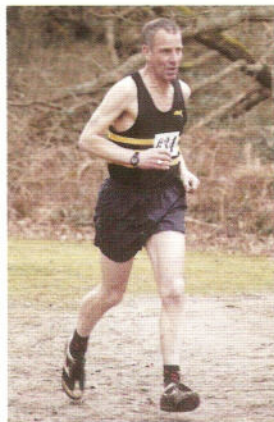


Clare Pauzers overtook John Batchelor on lap two

19 Jan Champs

Vic Maughn retained his title with a smooth performance, gradually pulling clear of Ray Marriott. Vic's time was the second best of series, 32:24 against 32:13 on November. Ray Marriott although a guest was best 50 on the day by three minutes from Frank Ward, who was making his debut. So Ray was part of the success of the series.

New here though not at



A grimace on the hill by Dan Maskell

track, Len Reilly was an early front runner and clearly took the 45 bronze.

Andy Davidson who gained the 50 silver improved to his best time of three, 40:36.

A close battle was in the well seasoned M55 group. Here Mike Mann prevailed over last year's first Peter Kennedy. Although a middle distance type in summer Mike now took the sixth place. Ron Vialls was bronze with Graham Ball next.

Peter Hamilton who dominated M60 told us "I intended a cautious first lap but started well and hit a good rhythm early, felt good all the way and ran consistent laps of 12.16, 12.28, 12.24. I was on my own after lap one and spent the last two chasing down Peter Kennedy who I closed to 7 secs so knew I was having a reasonable run.

"My watch turning off the hill showed 36.28 and conscious of John Batchelor's course record 36.50 I tried to push hard to the finish but lost out. Since a prolapsed disc in 2006 I have found it hard to regain form, but have good physios and work hard on exercises for mobility. Cross country for me is a means to an end but I hope for track results this year."

The first woman was Clare Pauzers. After a second lap covered in 12:57 she was going away from Batchelor and Alison Brownhill, the silver. The latter, from West 4 Harriers, was making her

Close rivalry between individuals was a feature of the 07-08 season.



on the



Steve Edwards did seven runs

debut and placed second woman.

John Batchelor, taking the 65 gold medal, said "I agree the champs were a success, with a very good turnout and better weather than expected. My own race was solid rather than inspired, but made much more interesting by having Clare Pauzers with me most of the way. We had a good battle, swapping places repeatedly from halfway round the first lap until I was obliged to let her move away up the final climb. Only the next day, when I checked out



first lap Yvonne Hill and Martin Miller led Andy Davidson, Gerry Smith and Chas Rayner



Clare's very fine track performances over the last few seasons, did I realise why she gave me such a hard time!

Many thanks to all officials on the day. It's very warming to hear familiar voices directing and encouraging round that tough course."

A different kind of record is that of Jane Georghiou: she has now run seven consecutive winning champs. Now W55 the hill specialist had pursuit by Liz Pritchard, only 12 secs back, and will not find Ros Tabor's age group best easy to beat.

Marion Rayner raced Jean Taylor while Margaret Moody was not out of it as fourth 55.

Despite an injury-affected year first 70, and oldest, Keith Spacie was well up the midfield.

Likewise Pam Jones and Eila Mansfield showed abundant fit-

ness in W70s.

Martin Duff came to report for *Athletics Weekly* magazine, from the trail.

22 December

It was another cracking race in the Marriott v Maughn saga. This time Ray Marriott put on his Santa hat and ran a blinder. Vic stayed with him but Ray was pulling all over him on the final hill, five metres clear. Then Vic pulled out his track speed on the level path and they ended given the same time. So pleased was Ray he threw down his hat and ran a whole lap more as victory right. The picture was published by *Athletics Weekly*, see p5, which was a first.

Barry Atwell was third but his fast time of 33:12 makes him second in the table.

Tony Harran had a lead on Bill Gristwood till the last lap when the Ealing man staged a finish on the level.

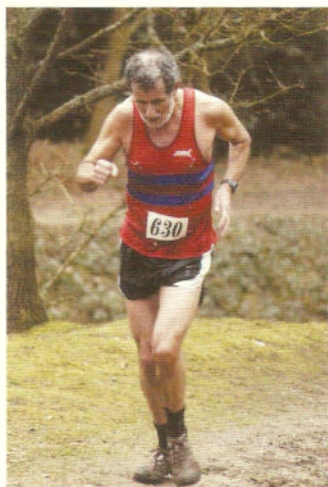
Keen duels have been a feature of this season and one now occurred in 55 class where Steve

Plested won a set-to with Mike Mann; also there was Ola Balme with Martin 'Golden' Miller; and then Tony Austin versus Mike Brown.

16 February

Conditions were good and several achieved their season's best time, such as Glen Morgan who was given 35:17.

Nine women ran the Common and Lesley Bowcott chose to run and be timed on two laps which she prefers.



Mike Mann was first 55 at Champs

CC Champs Medal table

M45	Vic Maughn	Len Reilly	Glen Morgan
M50	Frank Ward	Andy Davidson	Tony Austin
M55	Mike Mann	Peter Kennedy	Ron Vials
M60	Peter Hamilton	Martin Miller	Dan Maskell
M65	John Batchelor	John Garber	Les Morris
M70	Keith Spacie	Brian Shave	
W40	Yvonne Hill	Nicky Atkins	
W45	Clare Pauzers	Alison Brownhill	Clare Wyngard
W55	Jane Georghiou	Liz Pritchard	Marion Rayner
W70	Pam Jones	Eila Mansfield	

Surrey League Div III



Hill men, Bill Gristwood, left, and Bob Treadwell, in their element, made high 6th and 12th placings. Then Steve Plested who came down from Ruislip was new blood. Locals John Batchelor and Julian Spencer-Wood were close, ahead of the 'Men of Sussex' Nick Crocker and Dan Maskell. All

these very consistent runs scored VAC team into 6th place which held up the standings score at 5th. This in turn helped against a weaker turn out on the final when manager Bob was distracted by organising the event. Les Morris got our real 10th place, saving ten points or so.

In the VAC-hosted final the course had a new start from a little known glade, which meant a

12 January Lloyd Park

Club		Time
1 John Hamblen	Walt s	29:29
2 James Harvey	Walt s	30:08
3 Gary Bradbury	Wok s	31:02
<u>VAC</u>		
6 Bill Gristwood	VAC v	32:50
12 Bob Treadwell	VAC v	33:42
33 Steve Plested	VAC v	36:17
46 John Batchelor	VAC v	38:02
49 Julian Spencer-Wood	v	38:12
59 Nick Crocker	VAC v	38:59
68 Dan Maskell	VAC v	39:54
76 Tony Austin	VAC v	42:44
78 Steve Edwards	VAC v	44:13
82 Les Morris	VAC v	47:43

Teams Match (standings) 1 Woking 275(1016)
2 Walton 362(923), BA 393(1113), 4 Oddballs 416(1498), 5 Croydon 441(1545.5), 6 VAC 507(1482), 7 Tadworth 522(1645.5), 8 26.2RC 574(1632.5), 9 Runnymede 605(1434).

9 Feb Wimbledon Parkside

1 Jon Hamblen	WAL s	26:37	1
2 Clayton Payne	WOK s	26:48	2
3 Tom Mendum	HB (Div IV) s	26:56	1
<u>VAC</u> race places			Div 3
22 Bob Treadwell	VAC v	29:36	17
59 Sean Burke	VAC v	32:09	45
72 Julian Spencer-Wood	v	32:43	56
85 Kieron Fennelly	VAC v	33:17	64
87 Nick Crocker	VAC v	33:23	65
101 Dan Maskell	VAC v	34:37	74
105 Steve Edwards	VAC v	35:22	77
114 Tony Austin	VAC v	36:22	81
123 Walter Wessely	VAC v	36:38	84
176 Alistair Jackson	VAC v	45:40	<u>90</u>
Total score			653

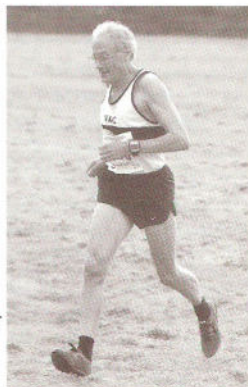
Match 1 Woking 262, 2 Epsom Oddballs 268, 3 Walton 340, 4 BA 377, 5 Croydon 456, 6 Runnymede 515, 7 26.2RC 545, 8 VAC 653, 9 Tadworth 679.

Final standings 1 Walton 1263, 2 Woking 1278, 3 BA 1490, 4 Epsom Odd 1766, 5 Runny' 1946, 6 Croydon 2011.5, 7 VAC 2135, 8 26.2RC 2177.5, 9 Tad 2323.5

better run out. The race was keen and exhausted winner Jon Hamblen needed treatment by medic Alison Jones. VAC first Treadwell also looked all in but his 17th did much to save us from the drop in the absence of other high scorers. Thus Sean Burke in second was welcome, as was writer Kieron Fennelly. Then Crocker and Steve Edwards, who passed Tony Austin, completed fours, while Jacko Jackson was the real 10th.

New breed Full-on-Tri and Collingwood will come up as 26.2 and Tadworth go down to Div IV.

Right *John Batchelor at Cranford*



VAC Members' Cross Country ranked 2007-08

	6 Oct	24 Nov	8 Dec	22 Dec	19 Jan	16 Feb	15 Mar		6 Oct	24 Nov	8 Dec	22 Dec	19 Jan	16 Feb	15 Mar
V Maughn(HHH)	48	32:13		32:27	32:24			J Brown(Wok)	58	42:35					
B Atwell(SLH)	53			33:12				P Clark(Wav)	62				43:45	42:44	43:25
W Gristwood(ESM)	48	34:08	34:08	33:43		33:45	33:39	A Austin (VAC)	50	43:23	44:17	42:45	43:56		
L Reilly(Kent)	45				34:08			M Brown(VAC)	46			42:50			
A Harran(HHH)	45			33:48		34:25	34:01	S Morris(VAC)	45					43:05	
R Dzikowski(VAC)	44		34:28			34:55		K Spacie(THH)	72		43:28		43:25		
H Saxby(HW)	50	34:47						M Rayner(W4)	W58				43:25		
G Morgan(SLH)	46§	36:15		35:38	35:34	35:17	35:51	G Bradbury(SLH)	63				43:48		
F Ward(VAC)	50				35:40			D Walsh(THH)	62		44:11				44:47
P Kennedy(WSE)	56	35:42			37:01			M Moody(Handy)W58					44:15		
M Mann(Dul R)	59			36:41	36:14			C Wyngard(Dul R)W46					44:55		
S Plested(ESM)	56			36:34		36:00		N Atkins(KP)	W43	45:08			45:30		
R Howells(ESM)	55					36:42		J Garber(HHH)	66			45:22	45:50		
P Hamilton(B&B)	60				37:08			J Taylor(WW)	W51				47:00	45:25	
A del Nevo(Cro)	40	37:15						C Wyngarde(Dul R)W46		45:35					
P Giles(HW)	63		37:42					D Denton(SOC)	46	45:41					
J Batchelor(If)	66	37:43			38:43			J Gristwood(ESM)W48			48:57	46:08	45:51	46:43	
R Vialls(Barking)	55				37:55			L Morris(Har)	65			48:30	47:25	46:29	47:07
G Ball(WW)	59				38:12			S Allen(HHH)	W44	46:39					
C Pauzers(HHH) W45					38:35			E Kimber(Bar)	67	47:31					
N Crocker(VAC)	48	38:44	39:01			39:01		C Shortt(E&E)	59	49:48		50:29	51:39	49:04	
O Balme(Dul R) W41	39:09			39:23		38:54	38:56	S Burchill(Dul R) W51		49:10			51:51		
								B Shave(HHH)	73	50:36	49:14		50:02		
								A Bath(26.2)	W59					49:31	49:44
								P Jones(If)	W71				49:52		
								C Vernon(Dul R)	63			49:54	51:25		
								B Imber(Dul R)	61	51:17					
								A Lippitt(Trent P)	W53					51:26	
								M Morley(VAC)	64			51:28			
								E Mansfield(VAC)	70				51:37		
								A Jackson(VAC)	64	53:15	52:39	54:28		53:06	
								H Tempan(VAC)	82		54:09				
								M FitzGerald(TVH)W66						54:15	
								A Lane(Bel)	73		56:44	55:21			
								D Devey(Cove)	74	56:04					
								D Brooks(Thurr)	65						56:54



15 March

J Spor-Wood(Kent)	56			40:38		38:59		
A Brownhill(W4)	W45			39:01				
G Smith(E&E)	57			39:40	39:14			
Martin Miller(HW)	60		39:24	40:31				
P Simpson(Vegan)	47			39:24				
C Rayner(W4)	56			39:53				
Y Hill(Ran)	W44			40:17				
A Murray(Dul R)	54	40:20						
D Maskell(VAC)	60	40:29	40:52	41:01	40:46			
A Davidson(SLH)	50		41:30	40:42	40:36			
J Quantrell(SLH)	W52	40:55						
R Tabor(Dul R)	W58	41:30	41:15	41:23	40:55			
S Littlewood(HW)	55			41:17				
J Georghiou(Farnham)W55				41:27				
G Laylee(Dul R)	50	41:29						
L Pritchard(Dul R)W56				41:39				
S Edwards (Serp)	50	42:19	42:42	43:28	43:21	49:12	42:02	42:03
G Bradbury(SLH)	64	42:18						
T Eakin(LV)	58		42:27					
M Spence(VAC)	53			42:28				

VAC CC Records at 2008 Caesar's Well 5.8 miles

M40	M Critchlow	30:10	2001
M45	B Atwell	31:48	2001
M50	C Dickinson	32:24	2000
M55	C Dickinson	33:10	2004
M60	J Batchelor	36:52	2002
M65	K Spacie	36:52	2000
M70	K Spacie	38:58	2005
M75	S Charlton	41:32	2005
M80	R Dare	51:32	2007
W35	C Pauzers	36:01	2001
W40	C Pauzers	37:31	2007
W45	M Statham	35:57	2000
W50	J Georghiou	37:54	2004
W55	R Tabor	40:09	2005
W60	L Bowcott	46:59	2005
W65	P Jones	45:33	2001
W70	P Jones	49:28	2007



Glen Morgan was pursued by Steve Plested

Lesley, who lives in 'the Village', has been running here since KLG days in the 80s. She has a turn of speed suited by the old Camp Road course and the one lap ladies race when a short women-only CC was common. The two lap option is always there, said Bob, and Joyce Smith was happy with one.

Ros Tabor was in form for a 40:55, equal fifth woman in the table. Next came Windmiler Jean Taylor who raced much improved Julia Gristwood. Then Maureen Fitzgerald did her spring regular, tuning up for the national vets in March. For which Ann Bath is taking the entries.

15 March

In balmy conditions with the parakeets screeching, a strong challenge to Bill Gristwood was again staged by Tony Harran. They came up the hill level; next time the Ealing man had two seconds, before he pulled away on the

final circuit. Bill clocked his season's best of 33:39, which was also his best here of three years. So it would seem his injury problems have gone away, at least for now.

Tony Harran also had his series best, clapped on by spectator Mick Boyle.

Third was the 5M Road champion of June, Ray Dzikowski, of West 4 Harriers. The post code club is based in Chiswick and doubtless finds the code handy when completing online procedures through call centres in India.

Guesting were a former Herne Hill couple, Mark and Lesley Leggett, now with Denby Dale Travellers in W Yorkshire. Competition there is probably very keen and very hilly so they were okay.

Walking on the course was Marilyn Clarke, the Kiwi marathon runner ran for the Windmilers and in VAC.

Local 60s in contention were Paddy Clark and Dave Walsh. Finally Paddy Clark, who has struck good form, well deserved because he helped on course, got in front.

Steve Smythe, the Dulwich Rs coach, was helping Ola Balme but once again she got a bit of help in the race. Julian Spencer-Wood was her 'pacemaker' on the hills before she asserted age at the end. It seems a difference of 15 to 20 years between the sexes works well in running. Julian himself improved to 38:59.

Steve Edwards, our Serpentine member who runs league and those Guernsey trips, completed a full hand of seven races. That's not so



Gerry Smith enjoys the downhill side

common but since there is no formal provision to recognise it we will have to limit ourselves to saying "Jolly well done, Steve". And "do come again". His numbers were mostly consistent but ended up with a nice 42:03. Not "a nice Chianti" – that was Hannibal Lecter and worth saving for quiz nights.

Don Turner today and our reliable officials are acknowledged on page 13.



New member Alison Brownhill

Bob Treadwell continued

Undemonstrative, indeed almost diffident about his running when questioned, it's clear that Bob has always had other parts of his life that mattered just as much as running and this has helped him keep it in perspective. Today he might run three of four times in a week, ride his bike or swim on other days or play tennis – he is the chairman of the local club. He will put in an effort for three weeks if there is a race he fancies, such as the half marathon at Barnes Green in 2007, and record a good time – 81 minutes in that race. Knowing when to let go, to give in to fatigue is the key to avoiding injury and, as happens to so many good athletes, not losing motivation and dropping out of the sport.

Although his appearances are less frequent than they were, Bob Treadwell seems destined to go on leading the pack for Surrey Beagles and the Vets AC for a few seasons yet: the distinctive blond hair and long stride the visible symbols of a running career of remarkable consistency and intelligence.

It's official

"They also serve who only stand and wait"

Here we acknowledge those helping to keep the show on the road. So we've had Steve Charlton and Chas Brown, Ron Franklin and Bill Clapham on course with Bob Belmore, Pete Mulholland, Mike Morfey, Alison Jones (medical), John Batchelor, Margaret Statham, Cliff Hide, Graham Pullen, Julia Gristwood, Don Anderson, Ray Dare, David Beard, Jeremy Hemming, Paddy Clark, Rex Bale, Andy Murray, Steve Smythe, and Vernon Martin. Not forgetting Brian Gorman's well made teas.

Since the last newsletter.

The situation with officials is becoming desperate for the track season. So in that case could you please ask a friend, begs the Officials Secretary. You may come upon a willing person, or one in need of work, or else word of someone else. One extra helper might well make a difference, to us and to them.

Phone contact 01428 654749

South of England Vets CC

Mad Bess Woods Ruislip, 2 February

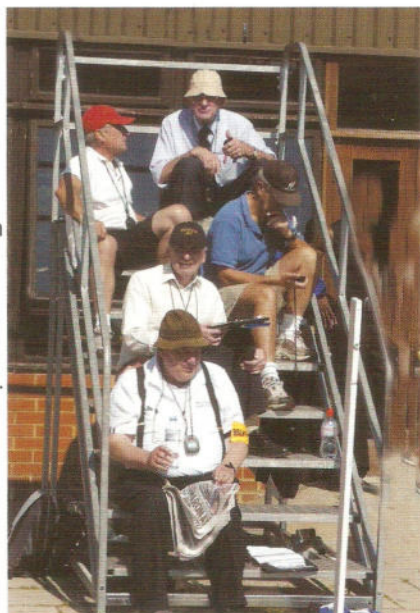
In sunny conditions with only moderate mud, Keith Newton won the Over 40 race comfortably with Mick Boyle fourth. Vic Maughn was 11th to give Herne Hill another vets team prize, from Lon Heathside by 16 to 29.

Julian Critchlow was ninth with Reilly, Holland, Gristwood and Bailey in the top 40.

First race, Over 50 had Nigel Gates the assured winner, a minute ahead of Stan Owen with Ray Marriott third. David Cox, first vet in Serp NYD, was 8th, while Barry Atwell, Steve Plested and Mike Mann were in top 40. Keith Spacie took the 70s again while Ron Higgs made a come back run for 75 gold.

It was closer in womens '5K' as Clare Elms headed Reading's, team winners, Liz Hartney by five seconds with Anna Critchlow fifth and improving Clare Pauzers in ninth.

Entries were down and organisation was criticised, for example allowing confusion at the run in to carry on from last year untended.



The best in the business

Bob Treadwell

Tall, rangey and aptly named, says Kieron Fennelly, of the member who never left the top drawer



Perusing old files I came across the results of the 1979 Inter Counties race: a veritable who's who of 70s British distance running – Steve Jones, Bernie Ford, Dave Clarke, both the Tucks, Roger Hackney, Julian Goater, Steve Kenyon, Nigel Gates – names all once so familiar, yet most now forgotten. Grenville is still active of course and Gates has had a successful veterans' career, but of the others it is not apparent that any of them are still competing regularly. Closer inspection of this yellowing document however reveals that in second place and leading the victorious Surrey team was a certain B Treadwell. Now here is a man who in 35 years as a senior has never left the top drawer.

As for most of us, Bob Treadwell's running career

started in the timeless traditions of school cross country, in his case Purley Grammar and it was there his long rivalry with Goater began, continuing at Cambridge in the Varsity matches. But it took Bob over 10 years to get the better of the Shaftesbury man and he did it again at that Inter

Counties fixture.

Tall and rangey, rarely has an athlete been more aptly named for Bob's forte is undoubtedly his ability to move fast and confidently in the mud and Stopsley that year was particularly muddy and foggy. Goater was good at that too and when he was on form, no one could stay with him as his legendary two minute winning margin at the 1981 Southern, nine miles of saturated Parliament Hill Fields, demonstrated. Bob Treadwell readily admits he never flew at those altitudes (11th at Parly Hill that day) but his consistency was reflected in his frequently being called as reserve in international matches. He soon got a taste for the international scene, making a speciality of winning the Bolbec cross country in Normandy in

the late 70s and recording four wins and a second in the Crans Montana mountain race in Switzerland where his titanic battles with Karel Lismont became the highlight of the meeting. There were other mountain races too, in France and Spain, all the more enjoyable for being invitation events.

A man who can race up gradients probably has it in him to compete effectively over 26 miles and the marathon boom in the early 80s came at the right time for Bob. His best remains the 1983 London where his 2:15.51 was worth 42nd place and is comparable with his 10 miles best (at Horsham) of 48.30. Track was never his favourite – 14.18 / 30.22 bests for 5,000 and 10,000m were only workmanlike by Bob's standards. He carried his consistency into Veteran ranks and this gave him what he considers one of his finest victories, over Mike Hager in Belfast in 1992. This was two years after his final marathon.

As a vet, Bob has generally found a successful balance between reducing mileage, yet staying competitive. It means that in 2007–08 for example, he has run only four races for VAC, but all have been of high quality. You have only to see how far up the Surrey league he is able to finish at 55. *continued p13*

Charlie Walker

Charlie's career was a prodigious one to say the least. He ran with success at the top level of competition when this country's middle and long distance runners were household names and second to none!

In any other period he would no doubt have gained himself full international honours.

Gordon Pirie, Frank Sando, Alec Olney, John Parlett, Chris Chataway... these are just some of the stars of the '50s & '60s with whom Charlie tangled over track, road and cross country. He trained with them, raced against them, was beaten by them and on occasions beat them in return, say Belgrave Harriers.

Chris Chataway writes "Charlie Walker was an outstanding competitor. I ran against him in the London to Brighton, one of the greatest road relays ever, where he had a tremendous record of success. He gave so much to athletics and he will be sadly missed."

Bob Belmore recalls running with him many times, such as a South of the Thames in 1949, and enjoyed continuing friendship for many years.

Charlie was President of VAC in 1999 and President of Belgrave Harriers currently. In recent times he was a champion at Cross Country in VAC in '86 through '88 in M55 class. He may well have had earlier titles but no records have been kept before '85.

From our previous profile of him we know he ran in London to Brighton Relays 28 consecutive times for Belgrave and gained 18 medals.

In the veteran world his enthusiasm continued to burn brightly. He started at Putney Vale Pavilion and KLG and won from 1500 right through to 10 Miles in his 40s and 50s.

In April Gunnersbury Relays were a traditional event by the London Underground, where he often ran for a VAC team.

Keen, ready and forthcoming but never talking about past glories, Charlie was a welcome presence wherever he went.



5,000m at West London in 1995

Member's book

Running to Learn by Julia Armstrong

Running to Learn tells the compelling story of an international running career in which each step has led both round in circles and towards healing and awareness.

Through the many highs and lows of her life, Julia, formerly Gates, discovered the skills necessary to perform at top level throughout times of difficulty as well as triumph, both on and off the track. Here, Julia shares the journey behind her unique and dynamic approach to life – the struggles behind the performances, her battle with an eating disorder, and the challenges of her personal relationships. *Running to Learn* shows how you can direct each of your own steps towards taking control of your life and moving towards a place where it's perfectly okay to be you.

For pre-publication orders at £8.99 visit website Juliaarmstrong.com

Or see it at Lon Marathon Expo in Excel, with Julia, who will be running the Marathon.

"This book by our member is a far from ordinary runner's story, candid and inspiring", Editor.



Signs of the times are the foreign names which increasingly populate local athletics. In one Surrey race we had Knecht, Chang, Vogel, Geyer, Schmi, Tong, Dubos, Kumar, Bozic and Jikeli.



Battersea

Fixtures



www.vetsac.org.uk

Wed 9 April Battersea Track 7pm

100m, 800m, 300m, 5,000m
Hammer followed by Shot

Wed 30 April, Battersea 6.30pm

10,000m Walk champs: VAC, Surrey, Middx & Herts
Counties Champs. 7pm Hammer and Shot
8pm 400m/300m Hurdles Champs; 8.10 3,000m

Wed 7 May Kingsmeadow with Rosenheim League

6.45pm 400m, 710 800m, 720 100m, 750 1500m, 8pm
200m, 815 3,000m, also HT, SP Men; Discus Wmn

Wed 11 June Wimbledon Park 7pm

100m, 800m, 200m, 3,000m
7pm Hammer, Discus and Shot

Track

Wed 23 July, Kingsmeadow 6.45pm

100m, 3,000m, 200m, 600m, Shot and Javelin

Wed 6 Aug St Mary's College Teddington 7pm

100m, 1 Mile, 200m, 3,000m 400m inc McClean
Cup. 7pm Shot foll by Discus *with St Mary's*

Midweek above enter on day. Sec Bob Belmore
01428 654749

Sun 24 Aug, Kingsmeadow 10.30am VAC Track & Field Champs – entry form cd 12 August

Wed 3 Sep Battersea Track 630pm

10,000m Champs; enter in advance on form
cd 12 Aug, £5

Officials call Bob Belmore tel 01428 654749

Tue 15 Apr not 22nd Battersea Millennium Stdm
7pm 5.0M Run & Walk; traffic free inner road, measured course.

Tue 27 May Battersea 7pm 5.0M Run & Walk

Tue 24 Jun Battersea Park 7pm 5.0M Run & Walk

(A) Championships

Road

Tue 29 July Battersea 7pm 5M & Walk

Tue 12 Aug Battersea 7pm 5.0Km Run Champs, 5M Walk

National and International 2008

17 May	Relays SUTTON PARK B'ham
25 May	10,000m Run & Walks, Penthln OXFORD
15 Jun	Weight Pentathlon MILTON KEYNES
21 Jun	Interland T&F ASHFORD
22 Jun	5K Road & Walk HORWICH Lincs
5-6 Jul	T&F BIRMINGHAM
12 Jul	10K Walk ENFIELD
23 Jul- 3 Aug	Euro Vets Ljubljana, SLOVENIA
13-14 Sep	Decathlon OXFORD
21 Sep	Marathon ANGLESEY

Other veteran

13 April	LONDON Marathon
24 May	Surrey Co Vets T&F KINGSMEADOW Maurice Joyce, 39 Seymour Bldgs, W1H 4PR, 0207 723 6351
1 June	SCVAC T&F ASHFORD Kent
20-21 Sep	KENT Co Vets T&F – Barry Ferguson, 18 Bearsted Rise LONDON SE4 1RQ

Directions

Wimbledon Park same Rd, SW19 7HX as WTA Tennis, car park.
St Mary's College Waldegrave Rd, TW1 4SX Strawberry Hill station 5 mins. map at www.smuc.ac.uk

Battersea Park: main rail to Battersea Park or Queenstown Rd stations; walk 15 mins. Bus 44 Victoria, 137 Oxford St

Kingsmeadow Kingston Rd, KT1 3PB. Norbiton rail and walk

Tip: visit Streetmap.co.uk website and enter the post code.

VAC N/L April 2008

Editor Jeremy Hemming 7 Emmerton Court
Wynter St, SW11 2TZ – 020 8871 9989

hemming@dircon.co.uk – photos by Editor
Assistant Editor Bob Belmore

JKB Printers, Kimpton Est, SM3 9QR tel 8641 4848