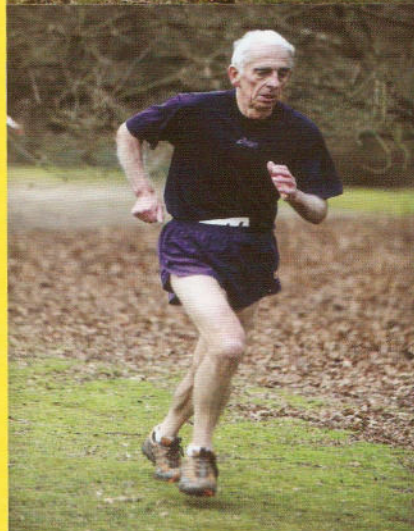


Veterans Athletic Club

Newsletter April 2009



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Cover pictures: Richard Tomlinson(195) – Grenville Tuck(182) – Jane Georghiou – Keith Spacie

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Committee Member	Cecil Gittins		
Delegate to BMAF/MAA	Ron Franklin		

Committee News: January report

Treasurer stated that the accounts were up to date with both BMAF and VAAE affiliation fees. A consignment of medals was bought; meanwhile the printers bill had been lower.

Membership Sec had registered all the 1st Claim members with English Athletics; EA had sent cards out.

Membership advised he would use a PO Box number for his home address in future in order to consolidate his mail and also that six new members had joined.

The current address of Mary Worth, the life member, was needed.

Next Committee 14 May.

Les Brown Attendance as at 28 Feb

11 Mike May, Cliff Hide, Dan Maskell(holder)

10 Michael Johnson

9 Steve Mcduell

8 Joe Aspinall, Julia Gristwood, Kevin Burnett, Steve Edwards, Helen Middleton

7 Paddy Clark, E Bartlett, Bernie Hercock, Carl Lawton, David Hoben, Steve Charlton, David Davies, Peter Mulholland, Phil Bell.

6 Terry O'Neill, Jack Fitzgerald, Dave Cox, John May, Mike Hinton, Mike Mann, Margaret Moody, Vernon Martin, Arthur Thomson,

5 Ken Crook, Peter Hannell, Anna Garnier, Mark Cook, Stewart Bennett, Sean Lightman, Cliff Collins, Richard Tomlinson, John Godbeer, et alii

Summer Prospects

The five fives at Battersea with walk have been booked with the 5Km back in the July date, 28th.

Fees are unchanged but a marshall is needed at Albert Gate, please.

Mid week track meets are nearly the same as last year with St Marys now firmly established. Meets with Rosenheim are now two with Ewell track the new one so allow extra time if that's new for you. Surrey Vets also goes there.

10,000m stays at Battersea in September. But since fees there are higher good entries would kindly help balance the books. The counties do contribute to the 10,000 Walk.

Mind you find the form enclosed for Track champs.

And, we have to say it, officials are desperately needed once again. Give to Bob, folks.

Vets AC Website

www.vetsac.org.uk

There is a new link to an Ultra runners weekend. Member and now ultra herself Julia Armstrong has planned one in Eastbourne. Find it on Links page.

A photo from Surrey League on the VAC website was copied without permission by another club in the Surrey League onto its website. But after it was pointed out they deleted it.

Naming names at Association of England

From the Minutes of the Association's AGM we learn a motion had been proposed by John Perratt, SWVAC Secretary, not present, and seconded by Bill Valentine but was withdrawn. Further we understand the vote on the name change on 'Item 11' was 6 in favour, 1 against, and 1 abstention.

Although Item 11 is not spelled out it was probably to change the name to

England Masters Athletic Association

On Item 11, 1 against was Ron Franklin(VAC), the abstention we understand was Bill Valentine(SWVAC).

The 6 in favour would seem to be Edgar Nicholls(Mid) and 5 more from the 10 present, and drawn from just 3 clubs. But the Chair had declared ambiguously

"only the clubs could vote"

Clearly the other five votes must have come out of Bridget Cushen(Sec)(SC & VAC), Danny Mullane(Treas)(EVAC), Eric Horwill(RW Sec)(MMAC), Arthur Kimber(T&F Sec)(SC & VAC), Phil Lee(CC Sec)(EVAC) and Winston Thomas(SCVAC), sitting in. So five of these persons must have voted for their club as well as being officers and therefore we say the words attributed to Chair are misleading.

Also in previous AGM Chair's report Irene Nicholls had told the meeting "make sure your Club vote reflects your views".

What was that meant to mean?

This attitude and uncertainty could explain the absence of the northern clubs, thinking they had no chance against the insiders.

Two votes per club

There had been uncertainty about one vote or two and no prospect of finding a second delegate in VAC on a club meet day.

Earlier Ron Franklin had expressed his view in Council that the vote of the clubs should represent the views of their members and it was agreed. There is no mention in the February AGM of this urging by our respected member.

A similar view was expressed by senior commentator Martin Duff in external correspondence. He argues that since Vets, Southern Counties, SWV, North, IoM and North East had

kept the name Veteran the result should have been to keep the name Veteran in VAAofE.

SCVAC Committee, despite their name and poll, had, it was thought, authorised Arthur Kimber to vote as he thought fit.

Contributing to the uncertainty was rumour of financial support.

Constitution of the Association was requested by us from Secretary Cushen but was not supplied. While VAC Secretary Williams was unaware of having received it. Was that bona fide?

All in all these seem unsatisfactory proceedings.

But at the end of the day athletics in general does veterans, not dubious masters.

Delegates Meeting

CC Sec Phil Lee said that clubs could only send one representative to International Selection meeting to nominate both men and women. In my experience for VAC on the Womens selection, without expense claim by the way, while Charlie Dickinson represented the men, there was a definite shortage of expertise on the women's side. E.g. mis-selections of Kate Ramsey and Ros Tabor.

Dickinson, who has huge experience, feels one rep only would mean loss of expertise and an overlong meeting.

Regarding the International, self-congratulations in the Minutes suggests England might not have won, but for the sterling efforts of the officers! Meanwhile they keep quiet about the venue chosen for this year. It is Isle of Man, but they just say England.

The so-called Inter Area T&F was discussed. Teams are to be invited from Scotland, Wales and Northern Ireland – to make up for none from VAC possibly. The club is used to being totally ignored.

A comic slip from the Race Walk Sec was how Captain Barclay walked his famous challenge of 1,000 miles in 6 days. It was of course 6 weeks.

Jeremy Hemming

Anna Critchlow

VAC Track champion fortified at 40

interview by Pete Mulholland



December 4, 2007 was a date that appeared to have re-ignited the racing career of Anna Critchlow, having celebrated her 40th birthday on that red letter day. Then during the following year she competed often and quickly to put her among the leading W40 runners of the time.

A glance at Athletics Data website shows that last year Anna competed in no less than 33 races, 16 of which saw her first woman home in 5km park runs.

Such was the standard of her performances, the final British W40 rankings for 2008 showed her as second over 10,000m (37:33.05) and sixth best over both 5,000m track (18:15.75), both being VAC champs. Also 5km road (17:53) and ninth in the half-marathon (81:14).

Anna's introduction to athletics was low key at best, when as Anna Solly, she attended St Martin's-in-the-Field High School for Girls in Tulse Hill, where, she admits, "We did one cross-country race a year and a few training sessions in Brockwell Park. To be honest, I didn't really enjoy racing; preferring to run on my own."

Studies towards a psychology

degree then followed at Southampton University with three years as an undergraduate plus three years before qualifying as a Clinical Psychologist, during which time she showed no interest in anything athletic.

"I didn't even know that there was a running track there," she admitted, "and I was more interested in visiting the union bar". Looking back on those student days, Anna regrets that she didn't get involved in the athletic scene.

It was at 24 that Anna decided to run her first race since her schooldays with a 10km event completed in 42 minutes. "I also ran the Great South Run (10-miles) but I can't even remember what time I did."

Come 1995 and now employed as a Clinical Psychologist. Anna moved to north London and joined North London AC – now London Heathside.

"It opened my eyes joining a running club," admitted Anna, "and it was a trigger for me. I did all the Met League CCs and ran a marathon under three hours, although marathons are not for me; I enjoy the shorter distances."

It was in 2001 and the two years following that Anna enjoyed the best of times, in a period she admits, "provided me with my favourite athletic memories".

She displayed a mean pace with 2:17 over 800m and 4:41 over 1500m prior to impressive distance displays in 2002 which resulted in 5-miles (28:36), 10k (35:54) and 10-miles (58.53).

"That was my favourite race," says Anna, speaking of her performance in the classic Cabbage Patch 10 at Twickenham.

The 2002 National cross-country held in atrocious conditions at Bristol, saw Anna in the sharp end with a brilliant placing of 29th while in 2003, a 38th placing in the Inter Counties named her in the winning Middlesex team, to confirm her 13th in the South of England Senior.

Coached by her husband Mark, himself a record setter in VAC, Anna does much of her training with members of West 4 Harriers, now her first claim club.

In what is a pretty basic schedule, a long run of some 70-minutes is done on a Sunday with a hill session on Tuesday and speed work on Thursday; the latter two on the injury friendly fields of the Poly in Chiswick.

Anna is employed as a Clinical Psychologist at Charing Cross Hospital where she helps young people with their mental health problems. Surprisingly she admits to "being negative in some of my races, especially if feeling a bit below par and find myself letting runners pass me before I pick up the pace towards the end".

Judging by recent results, there are no motivational problems these days for Anna, perhaps remembering earlier athletic advice given by West 4 team mate Marion Rayner, a frequent winner of London Marathon veteran titles.

"You are still really young, Anna," said Marion. "Have a focus and don't let the years pass you by".

Alison Brownhill

VAC's new cross country champion

interview by Kieron Fennelly

Now in her second season as a W45, Alison Brownhill is a force to be reckoned with, especially at the longer distances. Always sporty and never averse to fun runs or local 10ks, Alison only really took up running consistently in 2002 when she joined the local club at Maidenhead, "more for social reasons than anything else," she says, having just moved there from London.

She soon discovered the benefits of regular training.

Maidenhead has a good standard and she found that running with people who were faster than she raised her game. She also met Dave Waterman there and his coaching has been central to Alison's marathon preparation ever since. Returning to live in London a couple of years later, she immediately joined the West4 W40 group where in addi-



tion to regular fast runs she added effort sessions. Her subsequent 3:03 in the 2006 London Marathon was the product of five years' steady improvement borne of systematic preparation and, above all, having a coach.

Training four to five times a week plus a long Sunday run, Alison ups this to six sessions in the weeks prior to a marathon.

"I limit full marathons to one or two per year because they do take it out of you," she says wisely. An old skiing injury to her knee kept her out of the 2007 event, but she was back in 2008 with 3:14 and rounded the year off with a fine 3:16 on the notoriously hilly Hastings course. "I hail from there so I have to go back for that one."

Alison is a keen cross country athlete, enjoying the variety of surface and terrain. She is a regular in Surrey League and Vet races and her VAC shot this year – first at Wimbledon in January was very impressive. She attributes her form to all the preparation for Hastings the previous month. For someone who loves the country, it is not really a surprise that the track has never appealed to her.

However, marathon training pays dividends at shorter distances on the road as Alison's bests in recent seasons of 19:25 at 5k and 39:20 at 10k attest. She favours the Saturday morning Park Runs in Richmond. "It makes a good outing. I run from



home in Mortlake, race and run home." 19:50 was her 2008 best, pretty brisk on a good three mile warm up!

Alison has learned to pace herself, especially having lost much of 2007 to injury. She is careful to carry out strengthening exercises as well as warming up and feels that careful management should keep the knee problem at bay. Besides a gap between the longer events such as half marathons, she believes in fitting her running round her life and not vice versa.

So saying, the family holiday at Lanzarote's Club la Santa in February "did involve a certain amount of running," but the opportunity to run twice a day in the warm with pilates or yoga sessions for variety at midday was simply too good to miss.

For 2009, Alison will see off the remainder of the country season, then switch to the road. "I'm not going to be in good enough shape to set a pb in this year's London so my objective is to save my big effort for this year's Berlin Marathon."



1500m: Gates(205), Daniel and Holland(128)

VAC Indoors Picketts Lock 22 Feb 09 with EVAC and Open Report p6

Ros Tabor and Mike Mann



2 206 Geoffrey Kitchener VAC M55 12.09
3 211 David Kuester B'ster VAC M60 12.71
Heat 4

1 154 Andrew Lewis Open M40 8.61
2 189 G Reddington WSEH VAC M45 9.22
3 124 Des Wilkinson Luton EVAC M45 9.23

High Jump

1 202 David Blunt VAC M55 1.51
2 206 Geoffrey Kitchener VAC M55 1.27
3 220 Brian Harlick VAC M65 1.18

Pole Vault

1 183 Alan Easey VAC M45 3.00
2 Alison Duke VAC W40 2.50
3 173 Andrew Del Nevo VAC M40 2.50
4 220 Brian Harlick VAC M65 2.50

Triple Jump

1 83 Sandra Campbell Dart VAC W40 7.90
2 60 C Coleman Chelms EVAC W45 7.43

Long Jump

2 Alison Duke VAC W40 4.19
3 83 Sandra Campbell VAC W40 3.91
4 199 Peter Morgan VAC M50 3.73
6 211 David Kuester VAC M60 3.59
7 225 Geoffrey Feast VAC M75 3.13
8 210 John Donaghey VAC M60 2.99

Shot Putt Pool 1

1 75 Sue Lawrence Thurr Open W35 10.18
2 65 Anne Goad EVAC W50 10.03
3 190 Liz Sissons E&E VAC W60 9.70
4 83 Sandra Campbell VAC W40 8.90
5 77 Wendy Dunsford E&E Open W45 8.88
6 69 Anthea Bramford CmCol EV W60 6.70

Pool 2

1 157 Andy Turner B'mouth Open M45 13.26
2 119 Allan Leiper AFD EVAC M45 11.80
3 121 Steve O'Neill Thurr EVAC M45 11.45
4 209 Tony Richards Croy VAC M55 11.15
5 134 Tim S-Mullins Wat EVAC M55 9.35
6 135 P Bramford CamCol EVAC M55 9.32
7 186 Ian Mackett VAC M45 5.95

Pool 3

1 168 R Jegou WhHorse Open M60 11.11
2 149 Ian Miller H Phoenix EVAC M70 10.95
3 214 Peter Virgo WSE&H VAC M60 10.87
4 211 David Kuester VAC M60 10.12
5 227 Gordon Hickey BI & Brom VAC M75
9.89 **UK M75 Record**
6 210 John Donaghey VAC M60 9.48
7 220 Brian Harlick VAC M65 8.33
8 226 Jaroslav Hanus VAC M75 8.30

BMAF Pentathlon 22 Feb

M40	1 Andrew Kennard(St Marys)	3140
	2 Robert Buckingham(Worth)	2977
M45	3 Allan Easey(Worth)	2637
M50	2 Brian Slaughter(Eastbrne)	3927
M65	1 Allan Long(HHH)	2640
W55	1 Emily McMahon(E&H)	3276
	2 Fiona Argent(WSEH)	2893

60m Heat 1

1 65 Anne Goad Dartford EVAC W50 9.52
2 89 Sue Dassie E&E VAC W55 9.73
3 71 Anne Nelson E&E VAC W55 9.80
4 66 Barbara Higgins Lou EVAC W50 10.17
5 91 Mary Axtell T Sotton VAC W65 10.25

Heat 2
1 84 Kirstin King Bracknell VAC W45 8.27
2 53 A Alstrachen StEd Prs EVAC W40 8.53
3 54 Karen Hindle Diss EVAC W40 8.75
4 55 Gaye Clarke Ryston EVAC W45 8.94
5 86 Joan Trimble K&P VAC W50 8.97
6 225 Geoff Feast Vets AC VAC M75 10.41

Heat 3
1 145 Ian Foster Wyndm EVAC M65 8.28
2 213 Ken Smeeth E&E VAC M60 8.49
3 147 Philip Johnson EVAC M65 8.87
4 216 David Whittaker E&E VAC M60 9.92
5 210 John Donaghey Bexley VAC M60 9.90

Heat 4 VAC
1 218 Terry Bissett E&E VAC M65 8.49
2 221 Charles Issets K&P VAC M65 8.79
3 219 Barry Ferguson Cam VAC M65 8.30
4 222 Allan Sowden Highgate VAC M65 10.18

Heat 5 VAC
1 203 John Browne Chelms AC M55 7.84
2 198 Brian Matthews VAC M50 8.38
3 206 Geoff Kitchener S'oaks VAC M55 8.56
4 199 Peter Morgan Hastings VAC M50 8.84

Heat 6 VAC
1 189 G Reddington WSEH VAC M45 7.84
2 181 Robert Allen Harrow VAC M45 7.91
3 188 Michael May K&P VAC M45 8.68

Heat 7 VAC
1 101 Mark Collins Luton EVAC M35 7.20
2 172 Leon Braithwaite SCV VAC M35 7.42
3 177 B'on King Harrow VAC M40 7.90
4 175 Andy Hunt Worthing VAC M40 8.30

Heat 8 VAC
1 86 Joan Trimble VAC W50 31.07
2 87 Anne Nelson VAC W55 32.83
3 89 Sue Dassie VAC W55 34.37
4 91 Mary Axtell VAC W65 35.84

Heat 9 VAC
1 53 Alstrachen EVAC W40 27.86
2 82 Sally R-Cayton VAC W40 27.87

Heat 10
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 11
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 12
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 13
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 14
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 15
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 16
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 17
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 18
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 19
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 20
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 21
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 22
1 218 Terry Bissett E&E VAC M65 27.55
2 145 Ian Foster Wym EVAC M65 28.29
3 221 Charles Issets K&P VAC M65 30.51
4 147 Philip Johnson EVAC M65 31.12
5 222 Allan Sowden VAC M65 33.26

Heat 6

1 Bruce Hendrie Open M60 28.18
2 David Whittaker E&E VAC M60 31.90

Heat 10
1 122 Andy Smith MKynes EVAC M45 25.71
2 198 Brian Matthews Worth VAC M50 27.15
3 125 Andy Woods W Norf EVAC M45 27.37
4 230 Tony Foster Open M50 27.86
5 193 Philip Bell VAC M50 27.91
6 188 Michael May VAC M45 28.44

Heat 12 Hand timed
1 101 Mark Collins Luton EVAC M35 23.5
2 179 Gary Palmer VAC M40 25.7
3 175 Andy Hunt VAC M40 26.9
4 177 Barrington King VAC M40 27.4

400m Heat 2
1 167 Bruce Hendrie Open M60 61.31
2 215 Derek Wardle WSEH VAC M60 61.37
3 224 Arthur Kimber VAC M70 80.02
4 143 Terry Casey EVAC M65 86.98
5 150 P Parmenter EVAC M75 2:05.03

Heat 4 VAC
1 179 Gary Palmer St Marys VAC M40 56.81
2 191 Michael Vassiliou E&H VAC M45 56.84
3 175 Andy Hunt VAC M40 57.48
4 230 Tony Foster Open M50 63.12
5 218 Terry Bissett VAC M65 63.17
6 216 David Whittaker VAC M60 74.22

800m Heat 1
1 82 Sally R-Cayton Wok VAC W40 2:19.79

Heat 2
1 212 Michael Mann Dul VAC M60 2:27.06
2 224 Arthur Kimber VAC M70 2:58.48
3 150 P Parmenter EVAC M75 4:37.24

Heat 4
1 123 P Spowage Colch EVAC M45 2:14.39
2 192 Cliff Warren VAC M45 2:19.53
3 115 Ian Auger EVAC M45 2:20.09
4 156 Craig Sabin Open M45 2:22.76
5 186 Ian Mackett VAC M45 2:51.73

Heat 5
1 111 S Medhurst NVH EVAC M40 2:12.98
2 176 Tony Killilea Heath VAC M40 2:19.11
3 113 G Tofts Royston EVAC M40 2:28.14

1500m Heat 1
1 212 Michael Mann VAC M60 4:56.92
2 63 Gail Duckworth EVAC W50 5:32.50
3 79 Pat Gallagher Open W60 5:46.95
4 88 Ros Tabor Dulwich VAC W55 5:47.15
5 67 S Barnett CamCol EVAC W55 6:26.10
6 85 Anne Lippitt Trent Pk VAC W50 6:43.29
7 71 B Stracey L Wel'ton EVAC W65 7:16.81

Heat 2
1 205 Nigel Gates B&H VAC M55 4:35.73
2 164 David Oxland Notts Open M55 4:38.33
3 128 Richard Holland WG EVAC M50 4:39.83
4 161 J Hogan Bristol Open M50 4:41.28
5 204 Ken Daniel BI&Brom VAC M55 4:50.62
6 207 Martin Lippitt VAC M55 6:10.97

Heat 3
7 173 Andrew Del Nevo VAC M40 4:42.08

60mHurdles Heat 1
1 219 Barry Ferguson VAC M65 10.00
2 220 Brian Harlick VAC M65 13.34

Heat 3
1 130 Tennyson James Bed EVAC M50 9.51



Robert Allen and Glen Reddington



Joan Trimble(86), Gaye Clarke & Geoff Feast

Lea Valley Report



Sally Read-Cayton, left, in 200m

Kirsten King was once again the dominant woman at sprint.

The nearest to her was Eastern's Alstrachen. Her turn came in a rare 200 when she shaded Sally Read-Cayton by one hundredth of a sec. Then versatile Sally ran Surrey League cross country the following week, in the top 50.

Fastest VAC men were naturally the younger groups such as Leon Braithwaite, 7.42, and Barrington King, now M40, on 7.90. But Glen Reddington, 45, won in 7.84, which was also the time of John Browne, now a relatively super vet at 55. John took the all VAC 50+ heat from Brian Matthews of Worthing who was top in our T&F last summer.

An all VAC 200m race had Joan Trimble hold the two Epsoms, Anne Nelson and new, to us, Sue Dassie, with Mary Axtell well there.

Other Epsoms were successful too. David Blunt cleared 1.51 in HJ. M65 was well filled at 200 where Terry Bissett and big Ian

Foster did battle in the top two lanes. Long-timer Chuck from Chicago Isetts got the bronze while Al Sowden was pleased with his fifth.

Philip Bell and Mike May renewed rivalry from the summer. Gary Palmer took the mixed age 400m from new Michael Vassiliou from nearby Cheshunt, with Andy Hunt close.

Dulwich's Mike Mann was out on his own in 800 and 1500m races, 4:56, but enjoying a burn-up on the bends.

Class act Nigel Gates bided his time in the faster 1500m but duly asserted pace for 4:35. Then he was advising Pat Gallagher whom he coaches after her two runs. Ros Tabor chased the Westbury virtuoso hard but was unable to quite close the gap.

Hurdler Barry Ferguson, M65 gold, glided the small obstacles with a time little off those of his juniors.

Throws were limited to Shot Putt which event was less than

conspicuous at the side. Once again Open entrants, who seldom join a club we notice, dominated but Liz Sissons was third best all women with 9.70. Tony Richards was well there on 11.15 before Peter Virgo, 10.87, led half a dozen senior VACs. Performance seemed to fall a little short of outdoor levels.

Brian Harlick had a busy day with 2.50m Pole Vault before Alan Easey took the bar up to 3 metres.

The Worthing gang, four strong and doubtless braced by sea air, came up to Lea Valley. So Alison Duke was well out in Long Jump at 4.19m, after a 2.50 Vault, 20 cms better than her VAC outdoor. And there were more from the coast.

A novel approach was David Kuester, warming up for throws with a long jump. We believe he has an athletics history.

All told some 48 VAC members competed in 91 VAC events, not counting seven in pentathlon.

Letter to President and Secretary of VAC re EVAC/VAC Indoor Champs etc

Dear Dennis

At these champs, on 22 February, one of the last events to finish some time after 6pm was the Shot Putt, in which I won 2nd Silver Medal place behind Peter Virgo in first place. We both, along with a few other late finishing athletes, searched the Registration/Declaration area for the VAC representative to present the medals to us. Nobody was there or anywhere else – most people assumed that whoever was there earlier had already left to go home.

I'm afraid to say this is not on, when athletes have still not finished competing. The presentation of the Pentathlon medals had not even begun and Maurice Doogan had no knowledge of the whereabouts of the VAC reps. The EVAC people and medals were still there and being handed out to winners.

I personally ended up spending 1 hour 25 minutes travelling from Junction 25 to Junction 20 on the M25 in a horrendous traffic jam to get to my home in Bicester, Oxfordshire.

It would be appreciated if you could let me know what arrangement will be made to ensure we receive the due medals.

DL Kuester MASPS

VAC Cross 09



Cathy Ulliott in pursuit of the leader

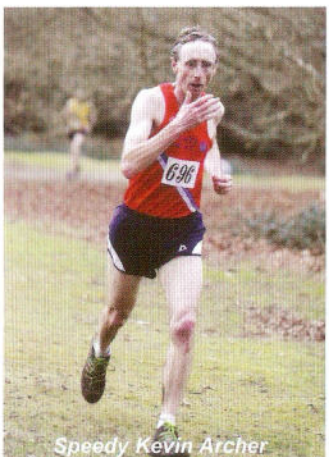
17 Jan Champs

When Vic Maughan came to top of the hill he had opened a lead over Tony Harran and Barry Attwell of thirteen seconds. He went on to increase his superiority at the end to 35 seconds from Harran.

Steve Smythe, now 50, led Kevin Archer, the first 55, with guest Saxby there. Kevin was a national 1500m champion in '98 and ranks sixth in Table.

The second 45 today was Glen Morgan.

Then came Tim Kelly, on possi-



Speedy Kevin Archer

bly his first run here.

Jim Wallace, by contrast a frequent flyer here and now a 50, led Grenville Tuck, 58, and the new 60, Allan Matthews who couldn't have had better pilots than those two. Wallace was first Windmiler in table again but not far above doctor Graham.

Mike Mann, also elevated to 60, was a real threat to Allan.

The first woman came in tenth place, Alison Brownhill, but her challenger Cathy Ulliott was only six seconds behind, with Graham Ball between them.

Strider Bob Ewens led Martin Miller from the south coast on lap one followed by Steve McDuell.

More from Dulwich, ladies pair Nicola Richmond and Ola Balme led Jane Georghiou at this stage.

The Farnham runner was completing six consecutive runs in this event, all golden ones. Her time, 40:40, was fast yet outside the record set by Ros Tabor.

At mid race the leaders were changed but Grenville and Allan had passed Jim Wallace, who was in a scrap with Tim Kelly.

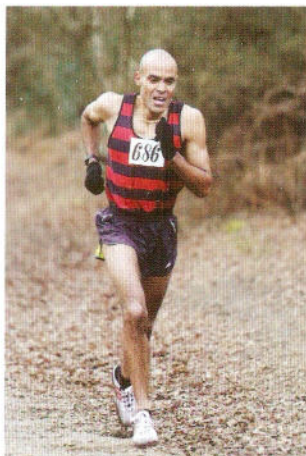
Cathy Ulliott kept up her pursuit of Alison but the West 4 Harrier, who had the advantage of course knowledge, maintained her margin in this needle sharp battle to four seconds at the end. Seldom does the women's title in VAC hang on such a close call.

Down the final path Steve Edwards raced off Paddy Clark.

Then Keith Spacie passed Graham Laylee and Dan Maskell to be the outstanding first 70. The General has overcome injury which might have discouraged lesser enthusiasts.

New here, Richard Hammerson,

Wimbledon Common continues to provide a superb environment for users with the minimum of bureaucracy. While visitors enjoy many attractions in the Village.



Vic Maughn, unbeaten

was good for the 65 gold.

Senior statesmen Martin Duff and Dennis Williams were content to offset the ravages of time and duly complete the tough course.

One coming back was Dulwich's Clare Wyngarde, bronze in W45.

The presence of a capable team of recording officials was backed up by steady course marshalls and the markings set out early by Bob Belmore, all making a solid framework for the race.



Tony Harran leads Barry Attwell, Vic Maughn, Grenville Tuck, Tim Kelly and Kevin Archer

28 February

The field was modest, affected by Surrey Leag Div 2 postponement but had connoisseur quality and dry conditions.

The best runners come back regularly but it's sad that the middle rank have fallen away, in the decline of the sport, to easier trials, to fun runs and large field occasions, for whatever reason.

However Vic Maughn set the best time of series, 33:06, on the good ground. Ray Dzikowski, another West4, back awhile from his other life in Thailand, was the challenger.

Alan Howard, first 70, and representative of Ranelagh Harriers, improved a minute. That was not the general pattern but some may have needed time since the National, the previous week.

VAC Champs 2009 Medal table

M40	Steve McDuell	Eric Campbell	
M45	Vic Maughn	Glen Morgan	
M50	Steve Smythe	Barry Attwell	Jerry Carnell
M55	Kevin Archer	Tim Kelly	Julian Spr-Wood
M60	Allan Matthews	Graham Ball	Mike Mann
M65	Rich Hammerson	Ted Kimber	Mike Morfey
M70	Keith Spacie	Alan Howard	Brian Shave
W40	Ola Balme		
W45	Alison Brownhill	Cathy Ulliott	Clare Wyngard
W55	Jane Georghiou	W60	Ann Bath

Belgrave Harriers were back: Mike Nouch and Chris Taplin so with Lionel Mann and son and Allan Lane, and faithful Doug the Kit the amber colours had a showing for once.

For women Julia Gristwood did the honours gracefully.

27 December

The date was experimental but despite competition from two other local events was regarded as worthwhile and providing a welcome run in the Christmas period.

The bright day was chilly enough for gloves on many but one or two still braved the woods in a bare singlet. Parakeets have arrived on the Common, moving ever eastward, as the weather ladies say, from their first base in Ham, but are not thought to be a danger at ground level.

This was Tony Harran's best run, relative to Vic Maughn.

From Kent Mick Barlow appeared – see Kent Vets result elsewhere – and



Julia Gristwood and Brian Shave

proved to be the second full member, ahead of Steve Plested from Middx.

The Wilson family from Ealing were three strong, including the race winner, Martin in mid race and Lynn standing as a marshal.

From CC to Pole Vault isn't common but Andy del Nevo was on that trail. All round strength and fitness at cross country can feed into other disciplines, it's always said. Even sprinters were not unknown at country at one time but now they've got indoors.



Julian Spencer-Wood

Surrey League Div III



Richard Tweddle was followed by Mick Barlow

Snow still lay on the Common in places for Match 4. We visited the course and had the weather under watch all week as the forecast held out a little hope. The Commons Conservators had no worries unlike Croydon Council who cancelled Lloyd Park's Div 2 and Womens League so go ahead was signalled. Attendance was excellent, the ground proved safe and runners and clubs told us how glad they were to get the run.

For VAC enter Richard Tomlinson with a fine run into sixth place. Then Bill, Glen, Richard Tweddle, Bob, with Glen heading Bob this time, straddled the 20 mark.

Mick Barlow and Terry Eakin were welcome incomers while regulars, Steve, Dan and Les completed our ten with only Mike Morfey non-scoring. We scored a terrific third in match – you can never tell how others are doing – and lifted to fifth in final standings. Well done all the team members.

Match 3 was held on cold very hard ground at Lloyd Park making rough surface in places but no one was the worse. Richard Tweddle made his come back and did us proud with seventh in div. With Bill, Bob and Glen under 20 we had a great front attack. The middle of race was empty till Julian Spencer-Wood defied a cold at 56th and showed the way to new Jaran Finn. Then Tony Silker, like Dan, from Brighton, and Steve Edwards were a close pod while Richard Hammerson was good-for-age, as Tony and Les backed up. All this amounted to fifth team in match which was relief, lifting us from danger zone eighth to sixth. *Bob, Team Manager*

Match 4, 7 Feb 09 Wimbledon

1 1	Tom Robinson	FOT	30:13
2 2	Scott Mitchell	W4	30:31
3 3	Paul Lemmon	W4	30:44
4 4	Evan Lees	FOT	30:48
5 5	PJ Thibault	FOT	31:17
6 6	Richard Tomlinson	VAC	31:21
15 15	Bill Gristwood	VAC	32:18
18 18	Glen Morgan	VAC	32:38
20 20	Richard Tweddle	VAC	32:42
24 24	Bob Treadwell	VAC	32:54
41 38	Mick Barlow	VAC	34:14
52 47	Terry Eakin	VAC	34:58
93 79	Steve Edwards	VAC	39:35
95 80	Dan Maskell	VAC	40:07
114 83	Les Morris	VAC	46:22
117	Mike Morfey	VAC	52:29

Teams shows how VAC were 3rd in final match and 5th in Div III overall

1	FOT	172	958	1, 2	W4H	254	1262	2, 3	VAC	410					
1970	5, 4	Holl Sp	469	2082	7, 5	Runnymede	503	1786	3, 6	Brit Air	512	1858	4, 7	Sutton Rs	552
2127	8, 8	EpOB	568	2054	6, 9	Croy	655	2283	9.						



Glen(198) and Bob at Lloyd Park

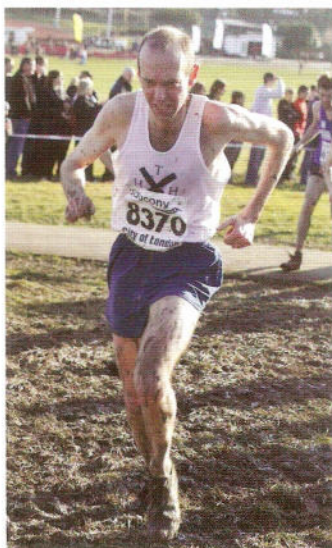
Match 3, 10 Jan Lloyd Park

1/1	Adam Juniper	BAC	28.42	
2/G	James Buchanan	CRO		29.21
3/2	Tom Robinson	FOT		30.36
8/7	Richard Tweddle	VAC		31.30
11/10	Bill Gristwood	VAC	31.37	
16/15	Bob Treadwell	VAC		32.26
17/16	Glen Morgan	VAC		32.33
58/56	Julian Spcr-Wood	VAC		36.39
63/61	Jaran Finn	VAC		37.27
65/63	Tony Silker	VAC		37.43
66/64	Steve Edwards	VAC		37.43
80/75	Dan Maskell	VAC		39.40
87/82	Richard Hammerson	VAC		40.27
93	- Tony Austin	VAC		41.28
103	- Les Morris	VAC		47.02

Match 3 1 W4H 295, 2 FOT 301, 3 BA 334, 4 Epsom Odd 447, 5 Vets AC 449, 6 Runnymede 497, 7 Croydon 546, 8 Holland 597, 9 Sutton Rs 629

VAC Members' Cross Country ranked 2008-09

	<u>4Oct</u>	<u>29Nov</u>	<u>27 Dec</u>	<u>17Jan</u>	<u>28Feb</u>		<u>4Oct</u>	<u>29Nov</u>	<u>27 Dec</u>	<u>17Jan</u>	<u>28Feb</u>
Vic Maughn(HHH)	46		34:50	33:40	33:06	Ann Bath(26.2)	W60	49:03		47:54	
Ray Dzikowski(WGEL)	45				33:51	Ted Kimber(Barnet)	68	48:39		48:15	
Barry Attwell (SLH)	50	34:18		34:26	33:59	Brian Shave(HHH)	70			50:40	51:31
Bill Gristwood(ESM)	49	34:19			35:06	Bernard Imber(Dul)	60			57:08	
Steve Smythe	50			34:20		A Kikugawa(WW)	W46		52:17		
Kevin Archer(RPR)	55			34:48		Nina Pinkerton(SLH)	W57	53:27			
Jim Wallace(WW)	50	37:28		37:47		Mike Morfey (VAC)	55	55:44		53:32	
Glen Morgan(VAC)	45			35:24		Anne Lippitt(Trent)	53	54:46			
Mike Mann(Dul)	60		38:45	38:03		Alan Lane(Bel)	70	57:39			56:42
Andy del Nevo(Cro)	41	36:52	37:30			Kevin Burnett(SOC)	65			62:56	
Bob Ewens(SOC)	53	38:40	38:35	38:47		Lionel Mann(Bel)	68	69:31	ntt	68:24	
Jeremy Carnell(Cam)	53		38:05	36:39		<u>2 laps</u>					
Mick Barlow(Kent)	42		36:44			D Williams(HW)		-			
Ola Balme(Dul R)	W40	38:48		39:19		Ken Crooke(Cro)	80	49:00	47:52		
Martin Miller(HW)	60			39:20		Stephanie Burchill(Dul)				-	
Steve Plested(ESM)	57		37:00			Marc Hope(THH)				-	
Gren Tuck(HW)	58	37:53		37:14		Total	7	35	24	19	47
Allan Matthews(Oxf)	60			37:16		Note: 13 December Inter Club is not included					
Tim Kelly(VAC)	55			37:39		VAC CC Records at 2009					
Steph Robson(HW)	W36	37:45				Caesar's Well 5.8 miles					
Graham Ball(WW)	60	38:08		37:55		M40	M Critchlow	30:10	2001		
Alison Brownhill(W4)	W45	39:06		38:05		M45	B Attwell	31:48	2001		
Cathy Ulliott(B&H)	W45			38:09		M50	C Dickinson	32:24	2000		
Colin Oxlade(Cro)	49	39:42	38:28			M55	C Dickinson	33:10	2004		
Tom Morris(HW)	50	41:28				M60	J Batchelor	36:52	2002		
Paddy Clark(Wav)	63	41:49		41:31	41:54	M65	K Spacie	36:52	2000		
Julian Spr-Wood(Kent)	57			41:00	38:39	M70	K Spacie	38:58	2005		
Andy Gardiner(Kent)	53	39:57				M75	S Charlton	41:32	2005		
Mike Nouch(Bel)	54				40:09	M80	R Dare	51:32	2009		
Stephen McDuell(HW)	43	41:20		41:11		W35	C Pauzers	36:01	2001		
Dan Maskell(VAC)	61	43:31	43:47	43:01		W40	C Pauzers	37:31	2007		
Jane Georghiou(Farn)W55				40:40		W45	M Statham	35:57	2000		
Steve Edwards(Serp)	51	42:28		41:30		W50	J Georghiou	37:54	2004		
Martin Spence(VAC)	54		41:49			W55	R Tabor	40:09	2005		
Ian Sesnan(Dul)	51		42:22			W60	L Bowcott	46:59	2005		
Keith Spacie(THH)	72			42:24		W65	P Jones	45:33	2001		
Graham Laylee(Dul)	51			42:50		W70	P Jones	49:28	2007		
Walter Wessely(WSEH)60				43:20		Battersea 5.0M run records					
Martin Wilson(ESM)	55		44:08	43:32		M40	J Rye	25:34	'99		
Jim Brown (Wok)	55	43:47				M45	M Barron	27:18	'05		
Rich Hammerson(RRR)	66	43:47		43:50		M50	D Cox	27:42	'06		
Tony Austin (VAC)	50	44:16				M55	L O'Hare	27:49	'05		
Alan Howard(Ran)	72	46:31		45:32	44:41	M60	Gareth Jones	29:28	'06		
Dennis Williams(HW)	60	44:42		45:43		M65	R Higgs	29:58	'98		
Maurice Marchant(Ton)60				44:43		M70	S Charlton	31:59	'99		
Clare Wyngard(Dul)	W45			44:46		M75	R Franklin	44:58	'05		
Cliff Hide(Serp)	56	45:05				W35	B Pritchett	30:58	'05		
Jo Quantrill(SLH)	W50	45:11		46:46		W40	M Clarke	30:37	'97		
Martin Lippitt(Trent)	55	45:31				W45	M Rayner	32:59	'97		
Pat Collins(VAC)	65				46:39	W50	J Georghiou	33:12	'04		
Julia Gristwood(ESM) W49	49:52	46:54			48:07	W55	M Moody	34:00	'?		
Eric Campbell(Cro)	42	57:20	50:13	49:14		W60	P Jones	35:08	'98		
David Denton(SOC)	46	47:36				W65	P Jones	37:34	'01		
Martin Duff(AFD)	64			47:48							



**Ben Reynolds
in the National CC**

**South of England Vets CC
Champs Shuttleworth,
Biggleswade 31 Jan 09**

M40-49

1 N Reynolds(THH 40)	32:03
2 A Weir(THH 40)	32:18
3 J Critchlow(Wat 45)	32:37
14 P Lemmon(Heath 45)	33:49
30 L Reilly(Kent 45)	35:09
40 W Gristwood(ESM 45)	36:11

M50 race

1 R Drage(Tav 50)	34:01
9 R Holland(WG 50)	35:43
10 K Archer(RPR 55)	36:23
11 S Smythe(Dul 50)	36:37
12 D Cox(WG 55)	36:39
16 D Wilcock(Barn 55)	36:54
26 J Kilsby(Bar 50)	37:27
28 A Miles(Hill 50)	37:43
M55 9 S Plested(ESM)	38:42

89 A Murray(Dul R)	42:27
M60 7 A Matthews(Oxf)	39:34
75 M Mann(Dul R)	41:04
M65 1 M Johnson(THH)	44:35
3 R Hammerson(RRR)	47:18
M70 1 K Spacie(THH)	26:54
2 M Miller(Hill)	29:17

Women

1 C Elms(Dul 45)	23:00
9 V Donald(Mhd 45)	24:38
13 O Balme(Dul 40)	25:25
W45 4 A Garnier(THH)	26:37
J Gristwood(ESM)	30:41
F Bishop(Wok)	32:17
W55 3 R Tabor(Dul)	27:58
M Moody(VAC)	28:08
W60 1 P Rich(Serp)	30:59
W65 S Lambert(Serp)	31:48
W70 1 E Mansfield(VAC)	34:22

1st VAC in National CC Parliament Hill was Ben Reynolds, as 5th veteran. While Margaret Deasy was first VAC woman.

Belgrave Hall news

We're pleased to inform you, drawing on Belgrave website, that the Hall which we enjoy for cross country meets has had refurbishment.

A programme of works replaced the catering area, to comply with Health and Safety, installed a new and larger central heating system, extended into the

Gymnasium, to latest Corgi standards, together with structural repair of brickwork, windows and roof area, completed by February.

The cost of the works was £24,200 of which £9,600 was provided as a grant from London Marathon Charitable Trust while £14,800 was sourced from Belgrave.

Named as managers of the

projects are Dave McMillan and Bill Laws.

We would like to congratulate Belgrave on their investment and express our appreciation of the excellent facilities of the Hall, and the staff who man them, especially Brian and Graham, and Tony Stone, on the lock.

Kent Vets CC Beckenham Place Park 13 Dec 08

M40 9500m 1 Ben Reynolds (Ton) 36:27; 2 Barry Royden (M&M) 37:19; **VAC** 11 Len Reilly (Kent) 40:17; 16 Cain Bradley (Ton) 41:41; 27 Mick Barlow (Kent) 44:14;

M50 1 Tim Soutar (B&B) 39:45; 2 Steve Smythe (Dul) 41:08; 9 Jeremy Carnell (Cam) 43:23; 19 Andy Gardiner (Kent) 47:11; 22 Julian Spencer-Wood (Kent) 47:31;

M60 5000m 1 Trevor Edgley (IEK) 22:55; 9 Maurice Marchant (Ton) 25:48; 10 Tony Farmer (Dart) 26:06; 14 Barry Watson (Cam) 26:57;

Women W35 1 Clare Elms (Dul) 21:44; 6 Andrea Pickup (Dul) 23:00; 9 Jenni Van Deelen(Cant) 24:04.

British Record claim John Hall clocked 14:45.25 at indoor 3,000m walk for M60 in BMAF champs at Lee Valley, March 09.



Ray Dzikowski in Feb VAC

Surrey League final

The final Surrey Mens League Div 3/4 match was organised by Vets AC, which seems to have become customary. But it's done with enthusiasm and bags of support.

The 'old' start beside the road was used, because the clearing in the trees from last last year was snow covered, and the change made for simplicity.

Young athletes were run following the seniors, in view of the conditions.

Officials: Don Turner, Pete Mulholland and Cecil Gittins

Full-On-Tri supported strongly with marshalls on the course while our friends in Holland Sport were invaluable recorders.

Grateful acknowledgement is due to Don Anderson, course marking – he got back from Belfast the night before – Maggie Statham and Nigel Bongers, recording. Dennis Williams was funnel steward. Alison Jones provided medical.

Marshalls Stephen Charlton, Chas Brown, Cliff Hide and more

Results on the day were done by Don Turner, then Jeremy Hemming and posted on VAC website next day by Mike Peel. Clubs received results by email.

Photo recording of all finishers was done.

Match 4 result on page 10.

League Veteran individual prizes, per AW
Div 3 Bob Treadwell(VAC)
Womens Div 2 Estlé Viljoen(HW)

Ladies League Div 2, Match 4

20 Margaret Moody 27:21

67 Eila Mansfield 33:39

Final teams: VAC Team 24th of 30

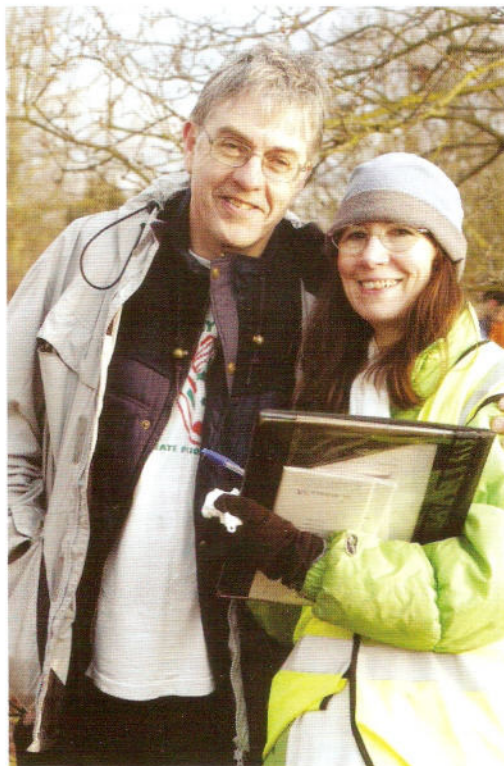
Letter

Thanks to all at Vets AC for putting on today's race. I know there was some concern because of the weather but as it turned out the conditions were fine for a cross country event.

Thanks

Tony Casey, Runnymede Runners

VETERANS ATHLETIC CLUB NEWSLETTER



Somehow Nigel Bongers and Maggie Statham got snapped too

Race Walking

National 10M Champs, 21 Feb Lea Valley

Women 1 Lisa Kehler W40 W&B 01:22:27, VAC 3 Diane Bradley Ton 01:30:04, 4 Helen Middleton W45 E&H 01:35:23, 7 Maureen Noel W45 Belg 01:38:55, 8 Anne Belchambers W50 Steyn 01:40:57, 12 Fiona Bishop W45 AFD 01:48:37, 15 Jo Miles W50 Hill 01:55:56

Men 1 Ben Wears U20M Redcar 01:10:22
VAC, 8 Trevor Jones M50 01:21:34, 13 John Hall M60 01:27:22, 15 Arthur Thomson M70 01:30:59, 20 Carl Lawton M60 01:35:09, 22 Ron Penfold M65 01:35:30, 23 Shaun Lightman M65 01:38:14, 24 Mark Culshaw M40 01:38:15, 28 Andy Cox M55 01:40:19, 30 Chris Flint M60 01:41:02, 31 Paul King M55 01:42:53, 32 Peter Crane M60 01:45:24, 33 Ron Powell M70 01:46:38, 37 Sean Pender M55 01:50:38, 41 Bernie Hercock M70 01:58:37, 42 David Hoben M55 02:02:57, 43 Ken Livermore M75 02:06:08 Teams Men: 1 Steyning, 2 Redcar, 3 Sarnia, 4 Ilford, 5 Belgrave, 6 Surrey WC. Women: 1 Redcar, 2 Leicester, 3 Enfield & Haringey

Veterans Athletic Club

established 1931

affiliated to England Athletics, BMAF, RWA, EMAA, SyCAA



Application for Membership over 35 years

Name in full Male/Female

Address

..... Post Code

Tel N° Email address both optional

Date of Birth Proof of age: Birth Cert copy / other

1st Claim Club

Other Veteran Clubs if any

Participation (tick) Distance [] Sprint [] Field [] R*Walk [] Official [] Non competitor []

Proposed by

I hereby declare

- 1. I am an amateur according to the definition "An amateur is one who has never competed for money prizes or monetary consideration in any Athletic Sport or Game or been in any way interested in a staked bet or wager made in connection with any Athletic competition in which he/she was an entrant or competitor. And who has never engaged in, or assisted in, or taught any Athletic exercise for pecuniary consideration or in any way exploited his athletic ability for profit and who has never taken part in any Athletic competition with anyone who is not an amateur."*
- 2. I will abide by the Rules and Regulations of the Club.*
- 3. I have not competed at an un-registered meeting or if having done so I have since re-qualified.*

Please note

- The Committee has the power to refuse to admit any person without assigning, or being required to assign, any reason for refusal.
- Data Protection Act: data will be held on computer record for membership process and business of the Club. It will not be passed to outside bodies, except BMAF for registration and mailing.

Signature of candidate dated

Please send 1) this form, 2) proof of age, and 3) annual subscription of £15/£20 payable to Veterans AC, and renewed at 1st October annually, to Membership Secretary.

£15 applies if you already belong to an athletic club, which pays your £5 capitation to higher level. If however 1st Claim Club above is blank, VAC must pay that charge in respect of you so the higher membership fee, £20, is to include it.

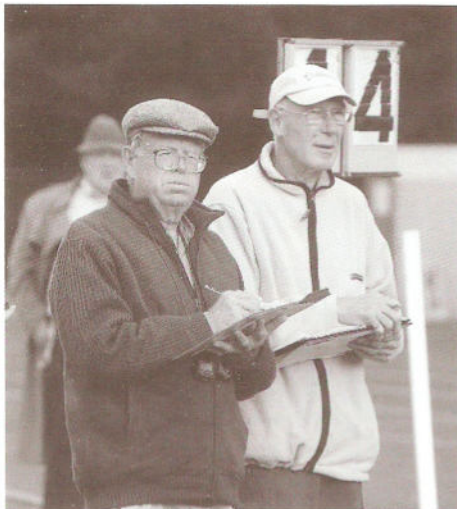
Phil Bell, 117 Cairnfield Avenue

LONDON NW2 7PH

Club use: Election date

Cheq/Cash

Club/Vet N°



Dave Davies right, with Don Turner, scored vital laps of 10,000m

Officials' services

Ron Hopcroft, Cecil Gittins, David Davies, Pete Mulholland, Don Turner
 Marshalls Stephen Charlton, Charles Brown, Joe Cleverly, Ian Isherwood, Lynn Wilson, Paddy Clark, Bill Clapham, Julia Gristwood, Vernon Martin, Cliff Hide, Josie Kimber, Mike May, Chris Flint, Carl Lawton, John May, Peter Cassidy, Pauline Wilson.
 Desk Joe Aspinall, Jeremy Hemming
 President Dennis Williams

Meet Sec and Course builder Bob Belmore

"Oh, good old man. How well in thee appears the constant service of the antique world" *As You Like It*, Shakespeare.

Club strip

Polyester sheen singlets with embroidered VAC
Women's sizes 32/34", 34/36", 38/40": £16.00
Men's sizes 36/38", 38/40", 42/44", 46": £16.00.
 Plus P&P 65p.

Cheques pay 'Veterans Athletic Club'
 contact **Douglas Maughan**: 020 8752 1010

douglassports@kirkman.demon.co.uk

Douglas Sports, 9 Acton Hill Mews,
 310-328 Uxbridge Rd, Lndn W3 9QN

all proceeds go to Club funds



Obituary David Davies, 1939-2009

Dave Davies died on 12 March after being in hospital. He had been training for yet another London Marathon but suffered a heart attack, out of the blue.

A VAC member since 1996, Dave was a popular and regular official in our races in recent years. Although he competed elsewhere, with VAC he was solely a track judge or judge and timekeeper. He was a valued and premier official in our lists, always positive and reliable.

In contrast Belgrave tell us that he never stopped running and will be sorely missed at the Dave Denton events in his home town Epsom, Epsom and Tadworth 'Tens' and many more in the area. His speciality was track judging while his previous career had been as a City of London policeman.

On our last CC day he had been training on a long run before coming up to the bar in the Hall, where his wife Judy joined him.



Cecil Gittins and Ron Hopcroft



Battersea Park

Fixtures



www.vetsac.org.uk

Wed 22 April Battersea Track 7pm

100m, 1500m, 300m, 5,000m

Hammer followed by Shot

Wed 29 April, Battersea 6.45pm

10,000m Walk champs VAC, Surrey, Middx & Herts Counties Champs. 7pm Heavy Weight.

8pm 400m/300m Hurdles Champs; 8.10 3,000m

Wed 6 May Kingsmeadow with Rosenheim League

6.45pm 400m, 710 800m, 720 100m, 750 1500m, 8pm 200m, 815 3000m, also HT, SP men

Wed 10 June Wimbledon Park Track 7pm

100m, 800m, 200m, 3,000m

7pm Hammer followed by Shot

Track

Wed 22 July, Ewell Track with Rosenheim

League 6.45pm

100m, 3,000m, 200m, 600m, Discus foll by Javelin

Wed 5 Aug St Mary's College Twickenham 7pm

100m, 1 Mile trophy race, 200m, 3,000m, 400m inc McClean Cup 7pm Shot followed by Discus

Midweek above enter on day. Sec Bob Belmore 01428 654749

Sun 30 Aug, Kingsmeadow 10am VAC Track &

Field Champs – entry form cd 17 August

Wed 2 Sept 10,000m Track Champs Battersea

6.30pm: 2 races M50+ & Wmn – M35+

Officials call Bob Belmore tel 01428 654749

Tue 14 Apr Battersea Millennium Stdm 7pm 5.0M Run & Walk; traffic free inner road, measured course.

Tue 26 May Battersea 7pm 5.0M Run & Walk

Tue 23 Jun Battersea Park 7pm 5.0M Run & Walk (A) Championships

Tue 28 July Battersea 7pm 5K Race Run Champs, 5M Walk standard

Tue 11 Aug Battersea 7pm 5.0M Run, 5M Walk

Enter on day: £3; Champs £4; pay for changing. Road Sec Bob Belmore 01428 645749

Road

National and International 2009

16 May Relays SUTTON PARK B'ham
 17 May 10,000m Track Walk TAMWORTH
 29-30 May Non Stadia AARHUS Denmark
 21 Jun 5K Road HORWICH Lancs
 4-5 Jul T&F BIRMINGHAM
 19 July 10K MAGOR Newport Gwent
 28 Jul World T&F LAHTI Finland
 6 Sep Marathon THANET Kent
 13 Sep 10,000m Track Runs OXFORD
 11 Oct 10M PORTLAND Dorset
 1 Nov Half Mara STEVENAGE Beds

VAC N/L April 2009

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Other veteran

7 April East Surrey League EWELL Track 4M Road 7pm
 26 April LONDON Marathon
 23 May Surrey Co Vets T&F EWELL
 Maurice Joyce, 39 Seymour Bldgs, W1H 4PR, 0207 723 6351
 19-20 Sep tbc Kent Vets T&F ERITH STADIUM – Jesmond
 Dene, Seed Rd, Newnham, SITTINGBOURNE ME9 0NA

Directions

Wimbledon Park same Rd, SW19 7HX, by WTA Tennis, car park.
St Mary's College Waldegrave Rd, TW1 4SX Strawberry Hill station 5 mins. Car park at track; map at www.smuc.ac.uk
Ewell KGV Rec Ground EPSOM. 1 mile fm Ewell West station
Battersea Park: main rail to Battersea Park or Queenstown Rd stations; walk 10/15 mins. Bus 44 Victoria, 137 Oxford St
Kingsmeadow Kingston Rd, KT1 3PB. Norbiton rail
 Tip: visit Streetmap.co.uk website and enter the post code.