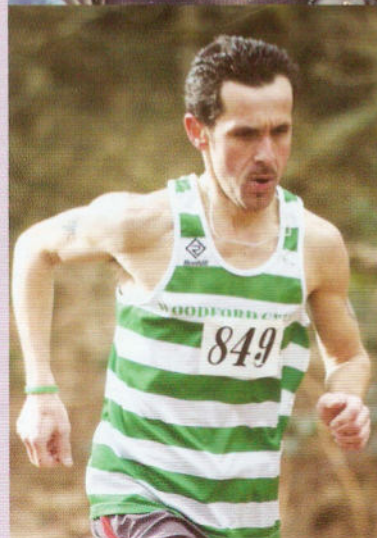
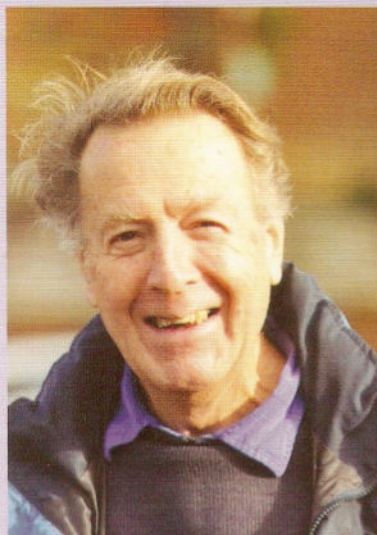
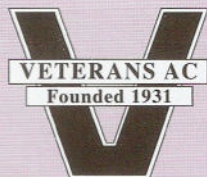


Veterans Athletic Club

Newsletter April 2010



p2 Officers & Committee
3 News and Views
4 John Hall
5 Peter Mulholland
6 Lea Valley Indoors
7 CC Table

8/9 VAC Cross Country
10/11 Surrey League
12 Kamloops, Belfast
13 Membership form
14 Later CC
15 Officials

16 Fixtures
Cover pictures clockwise
Richard Pitcairn-Knowles –
Claire Donald – Julia Gristwood
– Ray Dzikowski(849)
Enc: T&F form – Fixture Card

Officers of the Veterans AC

President	Peter Hannell		HannellPC@aol.com
Secretary	Dennis Williams	0208 543 6112	
Committee Chair	Dennis Williams		
Minute Secretary	Ron Franklin		rgfranklin@blueyonder.co.uk
Treasurer	Michael May	0208 946 8965	mike.may@blueyonder.co.uk
Membership Sec	Phil 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	Chris Flint		bettychrisrf@hotmail.com
Newsletter, Press	Jeremy Hemming	0208 871 9989	hemming@dircon.co.uk
Committee Member	Cecil Gittins		
Delegate to BMAF/EMAA	Ron Franklin		

Committee News: January report

Treasurer stated that after strong subscription flow accounts were up to date with both BMAF and EMAA affiliation fees. But interest in HSBC deposit account was low. A consignment of medals had been obtained.

Walk Sec raised matter of no Indoors 3K Walk and an offer to hold it in the SCVAC event in February was accepted.

Membership advised Committee that he updates BMAF monthly and also that three new members had joined.

Invitation to hold club 10K Road Champs in the Hercules event in October was welcomed.

Membership Sec expressed appreciation of facility of a PO Box as his address.

March Report

Better lap-scoring at 10,000m Walk was called for. As President reported ultra strict judging at 3K Walk Indoors in Feb. However Treasurer reported VAC Indoors delivered profit share of £124, while Surrey League paid £30 and 7M Walk had contributed £44. At track Serpentine RC have kindly have offered to share the cost of 7 April meet.

The False Starts Rule was deemed to not apply to veterans competition.

Secretary told the meeting a new club house at Wimbledon Track had just been opened by Royalty. Then 10K Road invitation by Herc Wim, at same venue, was warmly welcomed.

Summer Prospects

The counties kindly contribute to the 10,000 Walk but extra lap-scorers from members have been called for, please. You did it for the Run; now its wanted at Walk where multi lapping often occurs.

The five fives at Battersea with walk have been booked with the 5Km now in the August date. Fees are unchanged. One or two marshalls are needed, please.

Mid week track meets are similar but now Serpentine RC share the first meet and Wimbledon is in place of St Mary's. In the two meets with Rosenheim, listing of events on p8 is not hundred percent, due to space, but full text can be had from Editor.

Don't miss the form enclosed for Track champs, with price increase of £1.

Officials have been mailed and are asked to advise availability to Bob, please. And well done those who replied immediately.

Address for Subs, £15 or £20

Membership
PO Box 65760
LONDON NW2 6JN

Website

Mike Peel, webmaster, says contributions by members are welcome. Send by email to mike@vetsac.org.uk

NEWS AND VIEWS

CC Secretary says Surrey League AGM may be significant for VAC. Because if Kent AC are approved and come up into Div 3 that will increase pressure on VAC. A new team applying for Division 4 is Surrey University, who may have youth and also take 2nd-claimers away from local clubs. So the outlook remains good but VAC will need all their talent, like winning the last match, a best showing for many years.

The **fixture card** shows a wealth of information, Officers, trophies and AGM, but more pertinently all champs events with performance and title holders. This is a guide to standards you may expect and conversely to which events are not so well competed. E.g. womens 400m and some of mens; Womens jumps; M40 jumps; M45 and 50 middle distance; Women's 5K Road; Women's 3K Walk; and more.

New members may find this a guide and another suggestion for them if uncertain is to come to a meet, observe, and talk to people.

Champs Best Performances (CBP) are zealously recorded elsewhere but many of the old marks appear to be very high by recent standards. There is little we can do about that except give due praise if you do bring one down. As they say at graduations "aim high, young people".

New races. VAC has been spreading its net more widely of late. The East Surrey League and Herc Wim 5M Multi Terrain have extended hospitality towards us, and the so-called Inter Area has been embraced. When you need a reason to run it provides an alternative dimension – team spirit.

Later the **Hercules Wimbledon 10K Road** will fill a definite gap in the range, right in our catchment so thank you, Hercules friends.

London Marathon isn't a championship event but we are pleased to record your performances, especially when you send them in. Email to editor, p8, or to website, see page 2, or 'write your answers on a post card', with official time.

Why Masters doesn't work – time for a rethink, prompted by reading "European T&F" where Veterans is left out and a senior person-age writing that "he was a master athlete".

We maintain the term Masters doesn't work in place of Veterans because it doesn't do the job.

It doesn't say anything about age. Indeed Master is still used for a boy in some circles.

The tone is obviously masculine so it only appeals to some women while others dislike it.

It came from America because Veteran was associated with Vietnam veteran, which was bad history. But in Europe Veterans has been retained by the governing body. It is wrong therefore of BMAF to edit out the word veteran in their publications and website – we had an example lately simply saying "European T&F".

It was brought in substantially by one person in England, Maurice Doogan, who obtained a small majority at AGM on the argument that sponsors would not support a body calling itself Veteran. So has sponsorship for the British Masters been any better? Whatever you call us Britain is noted for ageism and sponsors are sure to like youth.

If you take the language approach, we say master means one with rule over others, such schoolmaster, ships master, Master of Pembroke College, and other titles, or in the second meaning a skilled practitioner, an adept or expert such as master craftsman, master builder, master of arts.

It's true the class masters has been adopted in some sports but looking at major sports we see Masters Golf is open including Tiger Woods et al. Masters Tennis is similar while older age tennis is catered for by Seniors Tennis.

On this note a leading veteran has said athletics ought to use Senior for older people. This may be a revolutionary suggestion but how much sense does it make for a 21 year old to be called a Senior. Could they not more sensibly be called plain Athlete, neither a YA nor a Senior. But athletics is weak on terminology; it doesn't like horse racing have a Weatherbys at the centre to impose order.

A basic but important aspect is the sound of the word. Masters has a harsh barking sound, like nazi, gestapo and more that may appeal to some. With a hint towards Master Race.

Even though most clubs are veteran, we still await a full democratic vote by every member.

Jeremy Hemming

John Hall

The versatile race walker shoulders a load of official duty, says Alastair Aitken

John Hall is remarkable in that at 60 years of age he is able to combine race walking at a high level with much administration in the sport. He was the 2009 President of Belgrave Harriers, from 38 years a member, and is a past President of Middlesex County, as well as holding admin posts with Civil Service athletics. Recently he was the British Team Manager at Kamloops Indoors, working hard to make up teams, and gaining a silver medal himself. While at Cophthall 2009 he was invariably the Middlesex track walk Champion. Not bad for a man over 60!

In April '09, he was fifth overall in the National 50k at Stockton-on-Tees in 5:39:22 soon after setting the British M60 record for 3K with a time of 14:45.25 at Lee Valley. Then he went on to gain two Gold medals in the European Veterans Games in Italy, at 3k indoors and the 5k outdoors in 25:48. When he won the M55 3K at Birmingham in '08 in 14:59.23 it was by well over three minutes. While two of his best times ever are 45:58.0 for 10K in '76 and 12:53.28 for 3K in '82.

For Great Britain he competed in a Van Damme Meeting. "That was thirty years ago this year. I was overtaken by a Belgian coming into the stadium so did not get on the podium but it was quite an experience, as it was my only British vest!"

About his two Euro Vets Titles this year at Ancona he explained: 'It was a lovely stadium, better facilities than you very often get for indoor meetings in Europe.

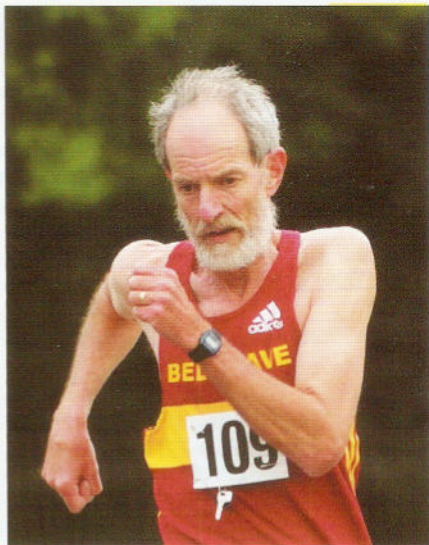
You actually had somewhere where you could warm up inside. If you are trapped and unable to do anything, it is very frustrating and you don't know what is going to happen till you get on the track." He continued "In the 3K indoors I thought there would probably be someone who would go off fast and set it up but in fact I was in front immediately.

The Frenchman came past me and stayed in front of me for a lap which was a perfect pace for me but I knew I had to move on. With walking you can't afford to leave it till the end as somebody could actually dodge past you.

"You have got to go out and do it so I pushed for the second lap and went out the front and eventually dropped them. With the 5K outdoors it was a completely mad start. By the time we got to the road, after 300m on the track, I was back in sixth place. I could see the others in front and worked to get up to them, held it for a bit, then drifted ahead. Once you are in front you have to got to push it. I was in front from about 2K, felt strong and kept going."

I pointed out to John Hall that I had been well up in a couple of City of London charity walks but noticed that Roger Mills, Paul Nihill and Ian Richards were near me and all became or were international race walkers. Did he feel more club runners could do well as race walkers?

"Really more ought to try it. It



tends to be injury that brings people across to walking. They think, OK, this is alright, I can make progress. Nick Silvester of Aldershot and Trevor Jones of Hillingdon are examples." He pointed out that they had to master the style so they did not get disqualified, learn the trade and put in the training; then they got the rewards.

John Hall came back from South Africa in '71 after several years and soon got involved with Civil Service athletics. "At Ministry of Agriculture sports I won the walk so comfortably I thought the next year I would have a run and came second in the 1500. That happened for a couple of years. In my 23rd Sports Day I managed to win the 1500, as well as the 3,000, and picked up a few Civil Service running medals. That was usually Vets or in team events.

I even managed a sub 3 marathon when I was doing running as well as walking. But walking was the thing as I knew I was not as good at running!"

Personal viewpoint

by Pete Mulholland



John Lennon and Paul McCartney famously wrote, "I get by with a little help from my friends" and although penned in 1967, it could well refer to the situation many a current athletic club finds itself in.

It was brought home to me at a recent Veterans AC cross-country race on just how much the sport relies upon for assistance from a few friends and usually those of a certain age.

Why, there was Bob Belmore – no spring chicken is Bob – who pulls the strings together for track and field, cross-country and road running in arguably the finest programme of activities enjoyed by any Veterans club in the country, busy marking and dismantling the course over a period of six hours.

Added to this was race recorder 92-year-old Ron Hopcroft, who rarely turns down a request to officiate for the club in all disciplines and all weathers.

I would also hark back to last year's Veterans AC Track & Field Championships when the three track judges consisted of Ron plus Jack Fitzgerald, who celebrated his 87th birthday earlier this year, and yours truly – a mere youngster at the age of 70!

It is not only Veterans AC who are having problems attracting younger personnel, having just read of the disbandment of Redhill & Surrey Beagles (R&SB), a club founded in 1932 – just one year after Vets AC. The reason cited for such drastic action was lack of club officials, team managers and the like.

In previous years R&SB organised open meetings at Crystal Palace, an annual road running event and even constructed a club house at their Battlebridge Road track. They also boasted such members as current joint high jump record holder Debbie Marti, who cleared 1.95m in 1997, and cross-country international Bob Treadwell, twice a former Southern Champion and still an active member of Vets AC.

News is now filtering through of the possible demise of Hull Achilles AC due to their finding no volunteers to fill the post of Secretary and Treasurer

Added to this, clubs such as Border Harriers and Rugby & Northampton AC are said to be withdrawing from British League competition due to a lack of Team Managers.

Even my first claim club, Hercules Wimbledon AC whose origins date back to 1933, are having difficulties in attracting the younger brigade to take on officiating, coaching and administrative roles and I wouldn't even dare calculate the average age of their committee.

These aforementioned problems are nothing new and many a club has continued their existence over the years solely due to the efforts of just one or two key officials. You only have to look at South London Harriers, who in my early days of athletics, appeared to be solely run by the late 'Tommy' Thomas. Rumour has it, that when the club finally persuaded him to step down at the age of 73 after 34 years as

Club Secretary it took six members to take on his duties.

Recent comments by the Association of GB Athletic Clubs (ABAC) emphasised the current problems when stating, "British athletics clubs are the breeding ground and pathway for all our international athletes and through them have come every single British medallist and world record holder since athletics began .

"It has long been recognised that many of the leading athletic clubs are sustained by a handful of ageing officials. Some clubs have been fortunate enough to find younger officials but the majority are not so fortunate."

An argument often put forward in explaining the lack of officials is, "Athletes are now continuing to compete as veterans and don't take on any admin roles." However you only have to look at the current Veterans AC list of officers to see that this is a fallacy. There you will see, and in no particular order, Peter Hannell, Dennis Williams, Mike May, Philip Bell, Ron Franklin, and Chris Flint who to my knowledge all find time to train hard and compete hard.

Returning to Lennon and McCartney, lines from their hit song *Help* look to sum up the feelings for quite a few athletic clubs:

*Help me if you can, I'm feeling down.
And I do appreciate you being round.
Help me get my feet back on the ground.
Won't you please, please help me?"*

VAC Indoors Picketts Lock 24 Jan 2010 with EVAC

60m

- Race 3
1 1 Terry Bissett M65 8.49
3 1 Geoffrey Kitchener M60 8.63
4 2 Charles Isetts M65 8.80
5 3 David Whittaker M65 9.51
6 1 John Godbeer M70 10.86
- Race 4
1 1 Milton McIntosh M40 7.61
2 2 Barrington King M40 7.85
3 3 Nick Lauder M35 7.89
5 3 Gary Palmer M40 8.00
- Race 5
1 1 Pat Logan M45 7.57
3 2 Glen Reddington M45 7.78
6 3 Peter Ilo M45 8.03
- Race 6
1 1 Esa Salminen M50 7.96
3 2 Brian Matthews M50 8.39
- Race 7
2 1 Mike O'Reilly M55 8.33
3 2 Philip Bell M55 8.80
4 3 Bill Birmingham M55 9.48

200m

- Race 4
1 1 Milton McIntosh M40 25.20
2 2 N Lauder M35 25.85
3 2 Gary Palmer AC M40 26.23
4 3 Barrington King M40 26.85
- Race 6
1 1 Pat Logan M45 24.68
2 2 Glen Reddington M45 25.62
5 3 Michael May M45 27.99
- Race 7
2 1 Brian Matthews M50 27.50
3 1 Philip Bell M55 27.75
- Race 8
1 1 Terry Bissett M65 27.85
4 2 Charles Isetts M65 29.95
5 3 David Whittaker M65 31.76



Neil Griffin was past 13m

400m

- Race 3
3 1 Andy Hunt M40 58.14
- Race 4
2 1 Michael May M45 64.58
- Race 5
2 1 Philip Bell M55 64.44
- Race 6
1 1 Derek Wardle M60 64.40
2 2 David Hayward M60 64.71
3 3 Geoffrey Kitchener M60 65.68
- Race 7
1 1 Terry Bissett M65 68.25 68.35
5 2 David Whittaker M65 79.04

800m Race 3

- 1 1 Andy Hunt M40 2:17.40
- Race 4
3 1 Cliff Warren M45 2:24.77
- Race 4
2 1 Ray Daniel M50 2:22.66
3 5 1 Bill Birmingham M55 2:41.38
6 2 Michael Elwell M55 2:50.41
- Race 6
1 1 Michael Mann M60 2:29.51
2 2 Ed Connolly M60 2:31.09
3 3 Stephen Knight M60 2:34.84
4 4 Peter Hamilton M60 2:37.26
- Race 7
2 1 Arthur Kimber M70 3:15.33

1500m Race 1

- 1 1 Chris Daniels M40 4:27.64
- Race 2
2 1 Ken Daniel M55 5:01.31
4 2 Michael Elwell M55 5:54.38
- Race 3
1 1 Michael Mann M60 5:03.16
2 2 Stephen Knight M60 5:17.57
3 3 Ed Connolly M60 5:22.65
4 4 Peter Hamilton M60 5:24.25

60mH

- 1 Glen Reddington M45 9.15
1 Geoffrey Kitchener M60 11.85
1 Barry Ferguson M65 11.36

Pole Vault

- 2 1 Alan Easey M45 2.80

Long Jump

- 1 1 Peter Ilo M45 5.41
2 2 Dave Shields M45 4.44
- Triple Jump**
1 1 Cliff Warren M45 10.67
2 2 Dave Shields M45 9.49

Shot

- 1 1 Neil Griffin M60 13.46
2 2 Tony Richards M60 12.13
1 1 Jaroslav Hanus M75 7.55

Women

60m Race 1

- 1 1 Angela Bates W40 8.51
3 1 Lesley Hopkins W45 8.97
- Race 2
1 1 Joan Trimble W55 9.14
2 1 Brenda Fee W60 9.68
3 2 Anne Nelson W55 9.77

200m Race 1

- 4 1 Lesley Hopkins W45 29.69
- Race 2
2 1 Joan Trimble W55 30.78
3 1 Brenda Fee W60 32.50
5 A Nelson 33.28

400m

- 1 1 Angela Bates 64.59

Pole Vault



Peter Hannell presented to Geoff Kitchener with Ron Franklin helping

Numbers were slightly down on last year but some improved performances were achieved. Throwers had just the Shot Putt; but in it Tony Richards was almost a metre longer.

Many of the sprinters were quicker, more so at 200m, while Terry Bissett achieved a fine treble. Mike Mann doubled in middle distance but longer races were rather thin and it's noted that beginners and moderate level vets were hardly to be seen. The banking did not have any bumps this year; no one fell off or fell down and if anything the bends offer variety and stretches of downhill. So come on the lads.

Members came from as far afield as Worthing and West Midlands but only Mike May and Brian Matthews went on to Kamloops; see page 12.

- 1 1 Alison Duke W40 2.40

Long Jump

- 1 1 Alison Duke W40 4.21

Shot

- 1 1 Susan Dassie W55 8.33
1 1 Elizabeth Sissons W65 9.77

Pentathlon

- M40 6 Richard Buckingham 1730 points
M45 1 Alan Easey 2318 – LJ 5.01m
M50 Brian Slaughter 3835 – Hds 9.54,
M65 3 Allan Long 2885 – SP 8.35m
M75 2 Cliff Taylor 2168 – SP 8.72m

VAC 3km Walk Indoor Champs 14 Feb with SCVAC

- 1 John Hall (Bels M60) 15:00:28
2 Peter Hannell (Sy WC M65) 17:14:07
3 Gary Macdonald (Sy WC M50) 18:58:21
4 Bernie Hercock (Enf M70) 23:12:90
- VAC Women:
1 Helen Middleton (Enf W45) 16:41:92

VAC Members' Cross Country ranked 2009-10

	3 Oct	21 Nov	16 Jan	27 Feb		3 Oct	21 Nov	16 Jan	27 Feb
Len Reilly(Kent)	45		33:31			Paddy Clark(Wav)	64		46:42 43:29
Gareth Cavell(VAC)	42		33:46			Steve Edwards(Serp)	51	47:11 45:53	43:38
Vic Maughn(HHH)	47		33:53			Harry Corbett(Bel)	52	44:27 44:42 46:18	44:51
Mick Barlow(Kent)	43	34:02				Dennis Williams(HW)62		44:42 48:42	45:52
Ray Dzikowski(WGEL)46		34:20		34:08		Rich Hammerson(RRR)	66	45:00	
Barry Attwell(SLH)	55		35:04			Graham Laylee(Dul R)52			45:02
Bill Gristwood(ESM)	49		35:35	36:13 35:06		Dave Wilson(HHH)	63	46:26	
Hugh Saxby(HW)	55			35:41		Andy Davidson(SLH)52	46:49		46:54
Glen Morgan(VAC)	45	36:41 36:59			35:49	Alan Howard(Ran)	73	46:54 48:28	47:45
Terry Eakin(WW)	60	36:14:				Ann Bath(26.2)	W61	47:08 49:06	49:23
Colin Oxlade(Cro)	49		36:37			Martin Duff(AFD)	65		47:29
Jim Wallace(WW)	52	38:06	37:25			Pat Collins(VAC)	70	49:45 48:00	47:31
Mike Mann(Dul)	61		37:29			Ted Kimber(Barnet)	69	47:41 47:59	
Carey Gray(Bing)	50		37:32			David Denton(SOC)	46	48:33	54:27
Liam O'Hare(Bar)	60		42:15	37:35		Eric Campbell(Cro)	42	55:25 49:28	
Chas Dickinson(Bel)	60		37:37			Julia Gristwood(ESM)W50		50:38 50:19 52:22	50:30
Claire Donald(P Patch)W50			37:48†			Dennis Smith(VAC)	60	50:23	
Steve Plested(ESM)	58		38:05			Lesley Bowcott(WW)W65		50:35	
Andy del Nevo(Cro)	42	39:12	40:04	38:19		Susan Lambert(Serp)W69			51:54
Peter Hamilton(B&B)	62		38:23			Nina Pinkerton(SLH) W57		53:23	
Ola Balme(Dul R) W43			39:32	39:56 39:13		Anne Lippitt(Trent)	53	53:56	
Ron Vialls (Barking)	57			39:31		Les Morris(E&H)	67		54:14
Dave Betts(HW)	60	39:49	40:26			Brian Shave(HHH)	75	54:19	
Mick Nouch(Bel)	55	39:54		40:50		Mike Morfey (VAC)	66	55:43 55:33	
Alison Brownhill(W4)W45			39:58			Jeffrey Gordon(THH)75		57:10	
Martin Miller(HW)	60	40:35				<u>2 laps</u>			
Chas Rayner(W4)	55	40:49	41:22 41:54	42:05		Julia Gristwood W50	35:17		
Tom Morris(HW)	51	41:01							
Andy Gardiner(Kent) 53			41:03			† denotes VAC Record			
Jane Georgiou(Farn)W55			41:30						
Martin Spence(VAC) 55		41:44		43:19					
Dan Maskell(VAC)	61	41:59		51:48					
Andy Murray(Dul)	56		42:02						
Maggie Statham(Holl)W55			42:06						
Paul Field(VAC)	54	42:09							
Peter Giles(HW)	65			40:56					
Margaret Moody(VAC)W60			42:16†	43:41					
Ros Tabor(Dul) W60		42:50	43:12						
Walter Wessely(WSEH)63	43:59	42:53							
Peter Crowhurst(VAC)59	42:57								

VAC CC Records 2000 - 2010 Caesar's Well 5.8 miles

M40	M Critchlow	1.2001	30:10
M45	M Boyle	1.2005	31:12
M50	C Dickinson	1.2000	32:24
M55	C Dickinson	1.2004	33:10
M60	Terry Eakin	1.2010	36:14
M65	K Spacie	1.2000	36:52
M70	K Spacie	11.2005	38:58
M75	S Charlton	1.2005	41:32
M80	R Dare	1.2007	51:32
W35	C Pauzers	1.2001	36:01
W40	C Pauzers	1.2007	37:31
W45	M Statham	1.2000	35:57
W50	C Donald	1.2010	37:48
W60	M Moody	1.2010	42:16
W55	R Tabor	1.2005	40:09
W65	P Jones	1.2001	45:33
W70	P Jones	1.2007	49:28





Winner Len Reilly

VAC Champs 2010

race winner, had a three sec lead over Len Reilly, the VAC winner.

Maughn was now in third, eight secs back but ahead of the second Hercules and 12 secs clear of Cavell.

Attwell, Morgan, Gray and Wallace followed, now strung out behind the fast pace of the leader. Then a ten metre blanket covered Mann, Donald, Dickinson and Plested.

In mid race Balme had 18 secs on Brownhill, before 9 secs to O'Hare and Betts.

At the finish Len Reilly, of Kent AC, was still race second and so headed the VAC season's table with 33:31. Previously he had won at 1500m in Track Champs.

Gareth Cavell, 42, on his first run here, came past Maughn to be first 40 as the first three finished closely, inside 22 seconds.

Barry Attwell made return to some form by being fourth VAC, only 11 seconds back, and first M55, for which he received the trophy later. Barry was pursuing Matthew Sharp, a son of Maurice Sharp, and raced in with Tony Harran, guesing.

First 50 was Bill Gristwood in ninth place, ahead of Lauriston champion Steve Sinnott.

Thirteenth in, Colin Oxlade could have been awarded the 50 silver had he known he was eligible as a member for the VAC race. A fixture domino effect had started in Surrey County.

No doubt about M60 though; Mike Mann held Charlie Dickinson by eight seconds to continue his good form since turning 60. Mann was faster than last year while course expert Charlie was reappearing after



Phil Glynn leads out Vic Maughn(443), with Bill Gristwood, Barry Attwell, Jim Wallace and Len Reilly prominent. Leading women took a line on the left.

several years. Peter Hamilton, who gave the race status when he was 40, with a hat trick, was now third 60.

A visitor yet enrolled member, Carey Gray, of Bingley Harriers, was 3rd 50. A link was Neil and Stephanie Robson, northerners who were in London, but at all events Gray finds himself in Oxfordshire looking after a parent.

First woman for VAC and the race was Claire Donald, a runner who makes it look easy. She clocked 37:48 which is the W50



Windmiler versus Croydon

club record, bettering specialist Jane Georghiou's best of five runs, 37:54 in 2005. This followed Claire's record in the Epsom 10, 68:29, which we didn't acknowledge in last newsletter, making a rare double.

Second woman, Ola Balme, of Dulwich, has become a strong country runner and took the 40s.

Then Alison Brownhill, who had been path finder for Claire Donald driving in, was first 45 again, beating 49 minutes, and West 4 leader.

Steve Plested, like Bill G an ESM member, was second 55, just ahead of Pete Marsh, one of three Belgraves.

In winning the W55 class, Jane Georghiou proved her fitness with a

ninth consecutive and winning year in these races. Jane always has a smile and with reason.

From another star, Maggie Statham, who now has family members in the sport.

As Nina Pinkerton was bronze.

Following Maggie, Margaret Moody, was in full command of W60 class and set a new record of 42:16. That was far better than done before and proves the vitality of the super vet women.

As a guide the women's records come at two minute intervals.

But Ros Tabor is right out of luck this year, up against MM here and AC at national level, not AP at Cheltenham but Angela Copson. Still, holding fitness and amassing medals all the while.

Richard Hammerson, from Reading, like Martin Duff was once, retained his title in the 65s, on 45 dead, from Martin, who later reported the race for *Athletics Weekly* magazine, and held Ted



Alison Brownhill

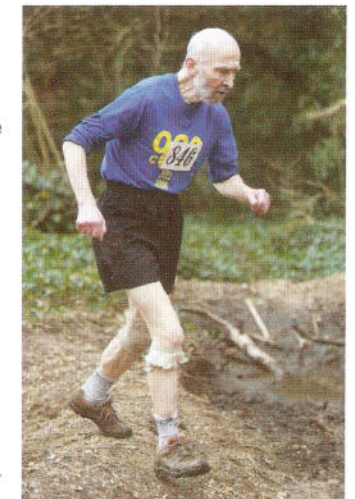
Kimber for the silver.

Tough Alan Howard, who ran three times here and is sole rep of Ranelagh Harriers, since Park Runs took some away, moved up to gold in 70s with Pat Collins.

While another Reading took the 75, the ever fit Brian Shave.

Officiating and course marking were well in command and presentations were made in the Hall.

The Common is a wonderful resource, with never any litter, broken glass or hooligan threat so the Conservators deserve every credit. *



Alan Howard was foot sure



Rich Hammerson(498) and Walter Wessely(766)

VAC Champs 2010 Medal table

M40 Gareth Cavell	Eric Campbell	
M45 Len Reilly	Vic Maughn	Glen Morgan
M50 Bill Gristwood	Jim Wallace	Carey Gray
M55 Barry Attwell	Steve Plested	Pete Marsh
M60 Mike Mann	Chas Dickinson	Peter Hamilton
M65 Rich Hammerson	Martin Duff	Ted Kimber
M70 Alan Howard	Pat Collins	M75 Brian Shave
W40 Ola Balme	W45 Alison Brownhill	
W50 Claire Donald	Julia Gristwood	
W55 Jane Georghiou	Maggie Statham	Nina Pinkerton
W60 Margaret Moody	Ros Tabor	W65 Lesley Bowcott



Surrey League Div III

6 Feb 10

In the final match, members answered the call in strength, no less than 18 mustering. Bob had planned a new start and finish area, above, which was spacious and clear for the big start. See VACs at centre left.

While Kent were dominant in the two division race, Richard Tomlinson produced a good run again to be ninth in race, 2nd in Div 3, VAC's highest for some time.

Gareth was well there and placed second in Division M40s, and 3rd overall of season.

Then new leaguers were Dave Cox, Stephen Norris and Lee Benjamin together,

Surrey Leag Div 3, 6 Feb Wimbledon

1	1 James Ellis	CC		29:35
2	2 Richard Tomlinson	VAC	40	31:21
3	3 Dave Carnie	Runny		31:51
4	4 Steve Bishop	HOL		31:25
5	5 Paul Knechtl	BA		31*00
6	6 Ross Muir		26.2	31:02
7	7 Andy Towersley	HOL		31:04
8	8 Gareth Cavell	VAC	40	31:24
9	9 Dave Cox	VAC	55	31:28
17	17 Bill Gristwood	VAC	50	32:28
18	18 Stephen Norris	VAC	40	32:28
21	21 Bob Treadwell	VAC	55	33:14
28	28 Glen Morgan	VAC	45	33:48
29	29 Lee Benjamin	VAC	50	33:49
43	43 Mike Bradley	VAC	50	34:40
59	57 Ron Vialls	VAC	55	36:15
80	- Kieron Fennelly	VAC	55	38:47
89	- Walter Wessely	VAC	60	39:27
106	- Rich Hammerson	VAC	65	41:38
114	- Pat Collins	VAC	60	45:28
118	- Dennis Smith	VAC	60	46:27
120	- Tony Austin	VAC	50	47:38
123	- Steve Edwards	VAC	50	49:43
126	- Ray Dare	VAC	80	51:36

Mike Bradley, Ron Vialls, Dennis Smith from Deal, and octogenarian Ray Dare. With high scoring by regulars Bill, Bob and Glen the impossible happened – we won the match, by due scoring to tune of 50 points! And so moved up to sixth in final standings.

Our officials, who produced a clean result, were Cecil Gittins, Pete Mulholland, Julia Gristwood and Maggie Statham, who had run Women's League earlier, Bill Clapham, Joe Aspinall, Steve Charlton, Tom Rowley, Paddy Clark, Don Anderson(Bel) for course, with assistance by Epsom Oddballs.

Match 1 VAC 232

2 26.2RC 289
3 Clapham Chasers 355
4 Elmbridge 411, 5 BA 442, 6 Runnymede 490,
7 Holland 503, 8 Woking 609, 9 EOB 764.

Final standings 1 Clapham 1163, 2 26.2RC 1220,
3 Elmbridge 1515, 4 Runnymede 1730, 5 BA
1753.5, 6 VAC 1904.5, 7 Holland 1913, 8 Woking
2252, 9 Epsom OB 2939.

For next year Kent and Croydon will join Div 3 with West 4 and Dulwich Rs; we lose Woking and EOB going down, and Clapham and 26.2 promoted.



Ron Vialls(154) had a dry path, at halfway

VAC

League score, match place

9 21 Bill Gristwood	32:37
14 26 Gareth Cavell	32:53
35 60 Glen Morgan	35:11
60 113 Nick Crocker	38:22
64 123 Paul Browning	39:41
72 138 Walter Wessely	40:47
74 140 Peter Crowhurst	40:51
79 152 Steve Edwards	42:32
87 185 Les Morris	53:07

Surrey League

12 Dec 09



Glen, Nick, Gareth and Steve at Lloyd Park

Match (Standings) 1(1) Chasers 225, 2(2) 26.2RC 315, 3(4) Runnymede 353, 4(5) BA 392, 5(6) Holland 444, 6(3) Elmbridge 455, 7(7) Woking 572, 8(8) VAC 584, 9(9) Epsom Odd 754.

Led by Bill Gristwood, the small team ran well over the Lloyd Park hills in dry conditions and held eighth. But if team were strengthened by front end members and others coming back, our score could drop by 150 points, said Bob, who added.

"My second name is Nelson so to borrow the famous words from the Admiral I'd say *Vets AC expects every man to do his duty*".

South of England AA Masters CC 14 Mar Trent Park, Cockfosters

M40

3 A Weir	35:14
17 P Lemmon	38:56

M45

1 B Reynolds	34:34
12 C Beecham	36:50
20 M Barlow	39:24

M50

9 S Smythe	38:46
11 B Gristwood	38:52
12 R Jenkin	39:07
13 T Pamphillon	39:16
16 R Holland	39:47
23 T Ulliott	41:06
30 P Crockford	42:23

M55

9 S Plested	41:41
-------------	-------

17 J Spencer-Wood	46:03
26 R Long	49:32
31 M Lippitt	51:57

M60

3 M Mann	42:07
21 J Shirley	47:58
22 P Crowhurst	48:27
26 R Bale	50:17
27 D Wilson	50:50
37 W O'Connor	56:53

M65

5 E Kimber	56:20
------------	-------

M70

7 M Miller(Hill)	35:28
------------------	-------

W45

2 C Ulliott	25:52
-------------	-------

W50

16 J Gristwood	34:20
----------------	-------

W55

1 A Garnier	27:01
-------------	-------

12 N Pinkerton	34:23
----------------	-------

13 A Lippitt	34:34
--------------	-------

W60 1 M Moody	29:03
---------------	-------

Moody was entered by VAC.



Margaret Moody

Lauriston/HW 5M MT Inaug Wimbledon Common 2 Jan

1 K Quinn(HHH) 25.40, 2 K White (HW) 25.57, 3 A Bruce-Littlewood(HW) U20M 26.01, 5 A Weir(THH) M40 27.13, 8 V Maughn(HHH) M45 28.27, 17 H Saxby(HW) M55 30.03, 18 S Norris (VAC) M40 30.20, 23 C Oxlade(Croy) M50 32.04, 27 P Giles(HW) M65 32.37, 34 S Littlewood(HW) M55 34.44, 40 S Edwards(VAC) M50 39.04, 41 D Walsh(THH) M60 39.07, 43 D Williams(HW) M60 39.36, 47 A Bath(VAC) W60 41.05, 48 N Pinkerton(VAC) W55 42.56, 50 I Isherwood(HW) M55 45.27 •

World Master Indoor Champs, Outdoor Throws and Cross Country, KAMLOOPS Canada, March 1 – 6



Brian Matthews

M40 800m 3 Adrian Haines
2:03.99

M45 Michael May 60/200/400
8.40/28.40/64.41.

Andy Gannaway 400/800/1500,
6 58.35/2:11.97/4:36.76.

Relay 4x200 3 GB (May,
Anderson, Roberts, Gannaway)
1:54.85

M50 Brian Matthews, 60/200/400
8.34 / 29.41/ 61.32.

M55 Simon Martin 1500/3K/CC
4:48.09/10:12.72 / 1st 29:58

CC Martin Lippitt 8 40:29.

Relay 3 GB (Jenkins, Martin,
Dillon, Felton) 2:08.73

M60 3K Walk 2 John Hall
15:07.08.

M65 Barry Ferguson 200m
32.03. 60mH 5 10.52.

M75 3k Walk John May 5
22:25.83

W40 Bernadette Pritchett 800 3
2:26.62. 1500 3 4:56.20. 3000 2
10:55.32.

W55, Linda Harrison DT 6
13.17 / HT 7 18.07 / WT 6 6.79.
CC 6 Anne Lippitt 47:15

Medal Table: 1 USA 146 gold,
326 total, 2 Canada, 3 Great
Britain 23 gold, 71 total,
4 Australia.

Martin Duff reported in AW that the weak pound, expensive travel, accommodation and entry cost were burdens shouldered by the small GB team.

Said Mike May "the flat track with no banking tended to carry you wide, and I was glad not to draw an inside lane. John Hall worked hard to compile teams and we were very pleased to gain our Relay bronze medals, when Canada were disqualified."

Simon Martin, a USA VAC member, did well to win his cross country, but living at Boulder CO, he doubtless enjoys the best of altitude training.

BMAF CC Champs, Stormont Castle 13 March

M50 10 Alan Camp 27:42, 11 Steve Smythe 29:19, 26 Jim Wallace 32:42.

M55 5 Dave Cox 29:07, 14 Andy Murray 33:29.

M60 4 Chas Dickinson 30:46, 5 Terry Eakin 30:50, 11 Liam O'Hare 32:15,
20 Pat O'Driscoll 40:40.

M65 6 Rich Hammerson 35:57.

W45 1 Clare Elms 22:33. W60 2 Ros Tabor 26:42. W70 2 Pam Jones
35:20.

M70 7 Ed Simpson 28:51. M75 1 Brian Shave 33:25, 3 John Cullingham
33:48.

Highlights included Clare Elms' brilliant all-women success, Brian Shave's gold medal and the deep class of the M50 race, headed by Ian Furness. Ros found Angela Copson blocking her way, but Charlie Dickinson improved against Terry Eakin on his home soil. Brian said it made a good weekend, flying with his Reading clubmates Richard Hammerson and John Cullingham.



Brian Shave

East Surrey League Relays 13 Feb Wimbledon

16th Veterans AC	61.40
Paddy Clark M60	14.36
Stephen Charlton M80	14.46
Peter Crowhurst M60	11.52
Kevin Burnett M70	20.26



First meets

**7 April Battersea Track,
13 April Road 5M**

Veterans Athletic Club

established 1931

affiliated to UKA, BMAF, RWA, and SyCAA



Form of Application for Membership

Name in full Male/Female

Address

..... Post Code

Tel N° Email address both optional

Date of Birth (age over 35) Proof of age: Birth Cert copy / other

1st Claim Club If none enter VAC

Other Veteran Clubs if any

Participation (tick) Distance [] Sprint [] Field [] RaceWalk [] Official [] Not compete []

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

1. The Committee has the power to refuse to admit any person without assigning, or being required to assign, any reason for refusal. Anyone wishing to resign the Club must give written notice to the Secretary before the proceeding session or his/her membership will continue.

2. 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.

Data: name, sex, address and post code, telephone n° and email address (optional), club n°, date of birth, age, first claim club, participation, date of joining, renew date and codes for processing.

To enquire about your record apply to Membership Secretary who holds your computer record.

Signature of candidate dated

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

Membership, PO Box 65760, LONDON NW2 6JN

Club use: Election dateCheq/Cash Club/Vet N°

Late Cross Country

27 February

Ray Dzikowski had a lead of half a minute over Hugh Saxby on lap 1, with Bill Gristwood close.

Ray had been second in a race here in the spring last year so now he was going one better. He goes abroad in Thailand we understand but when at home runs for Woodford Green, a club which nurtures its vets, and West4.

Saxby joined the club on the day after one or two runs here and clocked 35:41. That puts him close to Barry Attwell in the M55 table.

Fifth in race, Andy del Nevo had best of three runs with 38:19. His winter fitness feeds into track, for instance when he won 1500m last August.

Belgrave had three out led by Mick Nouch, which is nice to see, coming from the HQ.

The redoubtable Susan Lambert is a familiar face all over the region but she had not run here before. Now racing Ann Bath and Julia



Mick Nouch led the Belgraves

Gristwood she was able to tick that box, hopefully not for the last time. Award of MBE was made to Susan a year or so back and she spoke of the pleasure of receiving it at the Palace.

Alan Howard led Paddy Clark but Pat Collins was closing on lap 3.



Hugh Saxby from Tony Harran

Eric Campbell has been here twice and now the big man had Ann Bath to race with en route to his best time.

20 March

Glen Morgan had a good run, improving by a minute.

Liam, looking slim and fit, put his well being down to living in Spain, with plenty of fresh veg no doubt.

Ron Vialls, our 10 mile winner in M55, after his run in Surrey League paid a respectful visit to HQ.

Steve Edwards is slowly improving after injury, witness

best of three in his last race with 43:38.

Other comeback runners included Dan Maskell who kindly brought Attendance trophy back and Peter Giles.

Best time of three runs was landed by Pat Collins.

Paddy Clark is getting fit for a marathon in the Arctic so he gladly did an extra task, picking up course tapes.

Cue to acknowledge our course marshalls who support so well and gather for a chat.

We are glad that you have enjoyed the cross country but it should be noted that CC Sec would appreciate assistance in course building and is even considering building a tree house to accommodate such on the spot.

While excellent facilities and Brian's teas in the Hall, while you look over the results, are a sound move after the race.



Big Eric in the woods

Officials' services

Ron Hopcroft, Cecil Gittins, Pete Mulholland, Don Turner
Marshalls Stephen Charlton, Charles Brown, Paddy Clark, Bill Clapham, Julia Gristwood, Vernon Martin, Cliff Hide, Josie Kimber, Mike May, Chris Flint, Carl Lawton, John May, Pauline Wilson, Terry Eakin.

Desk Joe Aspinall. Editor and photographer Jeremy Hemming
President Peter Hannell.

CC Meet Secretary and Course builder Bob Belmore



Applause for Ron Hopcroft on his 92nd birthday

New Members

Angela Bates(E&E) V2698
Lesley Haines V2699
Michael O'Reilly V2700
Raymond Marsh V2701
Nick Lauder(E&H) V2702
John Rose V2705
Esa Salminen(VAC) V2706
Gary Floate(Ilford)

== welcome ==

Camps

While trips to Algarve are popular, we heard of another in inland Spain, and of camps in England like Purple Patch.

To find out more for VAC possibilities it would be helpful to have an Officer to look into it. Apply to Editor, p8.

Club strip

Polyester 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
douglass-



ports@kirkman.demon.co.uk

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

all proceeds go to Club funds



Maggie Statham, was on the funnel after running Women's League

Les Brown Attendance Trophy completed and presented on 20 March 2010

- 15 Cecil Gittins
- 11 Kevin Burnett, Peter Hannell, Mike May
- 10 Cliff Hide
- 9 Steve Charlton, Dennis Williams
- 8 Dave Hoben, Bernie Hercock, Helen Middleton, Alan Davidson
- 7 Chris Flint, John Godbeer, Ed Bartlett, Stuart Bennett, Sean Pender, Carl Lawton, Joe Aspinall, Gary Palmer



Cecil Gittins received his award in Belgrave Hall



Battersea Park

Fixtures



www.vetsac.org.uk

**Wed 7 April Battersea Track with
Serpentine RC 7pm**

100m, 800, 200, 1500m, 400m, 5,000m
Hammer followed by Shot

Wed 28 April, Battersea 6.45pm

10,000m Walk champs VAC, Surrey, Middx & Herts
Counties Champs. 7pm Heavy Weight.
8pm 400m/300m Hurdles Champs; 8.15 3,000m

Wed 5 May Kingsmeadow with Rosenheim League

7.15pm 100m, 1500m, 200m, SP men, 3000m
6.45 Hammer Wmn, Men, Discus Wmn, Shot men.

Wed 30 June Kingsmeadow Track 7pm

100m, 800m, 200m, 3,000m
7pm Discus followed by Shot

Track

Wed 21 Jul Kingsmeadow w Rosenheim

7.50 100m, 400, 1500, 200m, 3,000m, Relay.
6.45 High Jump, Shot, Javelin

Wed 4 Aug Wimbledon Park 7pm

100m, 1 Mile W trophy, 200m, 3,000m, 400m inc
McClellan O60 Cup. 7pm Shot followed by Discus

Sun 8 Aug Inter Area T&F SOLIHULL, for VAC
team apply M May

Midweek above enter on day. Sec Bob Belmore

**Sun 29 Aug, Kingsmeadow 10am VAC Track &
Field Champs** – entry form cd 17 August

**Wed 8 Sept 10,000m Track Battersea 6.30pm
Officials and Helpers** tel Belmore 01428 654749

Tue 6 Apr E Surrey Leag EWELL 4M Road 7pm

Tue 13 Apr Battersea Millennium Stdm 7pm 5.0M
Run & Walk; traffic free inner road, measured course.

Tue 11 May Battersea 7pm 5.0M Run & Walk

Tue 22 Jun Battersea Park 7pm 5.0M Run & Walk
Championships, Walk grade A

Tue 13 July Battersea 7pm 5M Run & Walk

Tue 10 Aug Battersea 7pm 5K Run Champs, 5M Walk

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

Road

Sun 3 Oct Herc Wirm 10K incorporating VAC Champs

National and International 2010

18 Apr Marathon FORT WILLIAM
23 May 10,000m Track Runs OXFORD
20 Jun 5K Road HORWICH Lancs
20 Jun Weight Pentath M KEYNES
3-4 Jul T&F CARDIFF
15-24 Jul Euro Vets T&F HUNGARY
22 Aug Half Mara BURNHAM BEECHES
12 Sep 10K Road WOLVERHAMPTON
3 Oct 10M Oldbury BRISTOL

Other events

25 April LONDON Marathon
29 May Surrey Co Vets T&F EWELL
12 Sept St Mary's Richmond Masters & Open T&F forms
John.Curtin2@btinternet.com 01932 787658
18-19 Sep Kent Vets T&F ERITH STADIUM – enter
Barry Ferguson, 18 Bearsted Rise LONDON SE4 1RQ

Directions

Battersea Park SW11 4NJ: rail to Queenstown Rd or Battersea
Park; walk 10/15 mins. Bus 44 Victoria, 137 Oxford St.

Kingsmeadow Kingston Rd, KT1 3PB. Norbiton rail

Wimbledon Park same Rd, SW19 7HX, by WTA Tennis, car park.

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

VAC N/L April 2010

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