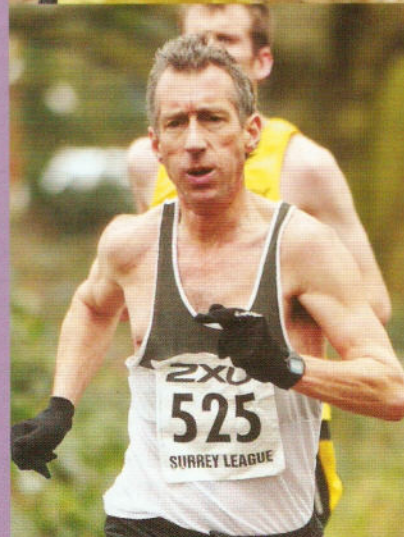
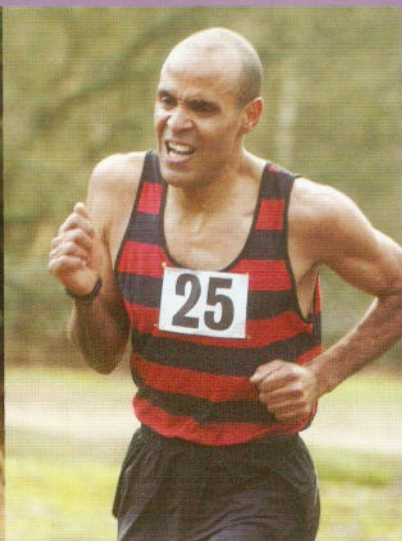


Veterans Athletic Club

Newsletter April 2011



p2	Officers & Committee	8/9	VAC Cross Country	15	Officials, Results
3	News and Views	10	Surrey League	16	Fixtures
4	Trevor Jones	11	CC Table; Gent	Enc	T&F form – Fixture Card
5	Anne Belchambers	12	BMAF CC		
6	Lea Valley Indoors	13	Obit Dave Dellar		Cover pictures L-R: Anna Critchlow – Vic Maughn – Dave Cox – Jerry Carnell(69)
7	Peter Kennedy	14	Willesden		

Officers of the Veterans AC

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Committee Member	Cecil Gittins, Past President		
Delegate to BMAF/MAA	Ron Franklin		

Committee News: March report

Regarding Minutes for Willesden track it was stated by QPH member present that they did not use the track for competition and warned that certain field events could not be paired.

The Treasurer reported £100 subs income had come into the Club's Paypal account.

Gen Secretary recommended the weekly bulletin of Herc Wim club.

Track Sec said he had visited Willesden with local user P Bell. He liked what he found and proposed a meet there in June.

Road Secretary floated the idea of a mid September fixture at Battersea but opinions were voiced that darkness could be a negative factor by then.

In absence of Walk Sec, President Hannell reported a successful 5K Road Race Walk at Bexley in February.

Editor asked if there was knowledge of the very existence of older persons listed on the Fixture Card.

R Belmore suggested the status of the club could be an open one in contrast with specialised memberships of others such as employment, e.g. BA. The Secretary advised any proposal of the idea should be placed before AGM, by 21 days in advance.

Officials Sec reported that enquiry letters had been sent to listed Officials for the summer programme and some replies had been

received.

Membership had named 11 new members.

Indoor meet at Lea Valley had been supported by the President and others.

January Committee

Treasurer was pleased to say a good flow of subs had been received. Interest on deposit account was only £0.69 but this was indeed correct, he confirmed.

Walk events at 3K and 5K had been arranged in SCVAC Indoors and Bexley.

Lon Marathon places had gone to M Morfey and in lieu of others to D Williams himself.

Website

Mike Peel, our skilled webmaster, has been able to update our results when he is on the far side of the globe; so it really is a worldwide web. And has kept the spammers out.

An obvious tip is to keep VAC site bookmarked in your browser; it opens very quickly.

VAC results are often posted same day or next morning.

Any photos placed there are free to copy but are not hi-res; the photographer keeps his originals for quality use. They can be ordered online or bought using Paypal.

Paypal for payment of subs is up and running.

Other sites worth knowing are Power of 10, UK Running Track Directory, Wikipedia and the amazing Google itself.

NEWS AND VIEWS

Track & Field. We sincerely hope and desire to have good support at our Track & Field meets which are going to enjoy some new venues. Eagle eyed readers will have noticed there is no track meet listed in July and this is admitted. The World Games in California are expected to take a good many away at that time but an offer from the Epsom club to compete in Rosenheim League at Ewell Court has been accepted. So this will make two in June and be a meet in the Surrey area to balance a north London one at Willesden. We are also grateful to be invited to Walton, Stompond Lane, as the other new venue, on the West side.

Ewell Court has become a popular venue with East Surrey league and Surrey Vets T&F going there, in the very active Epsom district.

However Willesden Sports Centre as it is called has good accessibility from the North London over-ground rail route. This arc can be accessed from numerous starting points across London. So from Richmond in the west, Acton, Clapham Junction in the south, Watford, Hendon and Hampstead in the north, Haringey and Tottenham, Islington, Hackney, Stratford, the Docklands Light Railway, to North Woolwich even in the east. The station to alight is Kensal Rise whence a Number 6 bus goes direct to the track. A Highgate member who commends this move is Al Sowden, the sprinter.

So railway buffs, there's a fascinating evening lined up for you, pouring over maps and time tables to plan your journey.

Summer fixtures In advance of newsletter were on club website since mid March.

CC Secretary apologises but the cross country programme was revised in March because the South of Thames 7.5M was rescheduled onto our March date, after the snow in December. Advice of the change was sent to a great many by email and other means. In this day and age it is helpful to let us have your up to date electronic, which naturally we don't pass on. Or you can check on club website.

In the end Coulsdon only drew 79 runners.

Life Member Mary Worth. President Peter Hannell has established that the Life Member is

still around though her whereabouts are unknown. Len Rolls was another such; he lived in Norwood and would be our first centenarian, if he could be traced. Do we have a Sherlock Holmes or Panks the Gipsy, to trace him down, please.

Mind you, faithful runners would be better. These days we are writing almost as much about officials and the dear departed as the active brigade. You, the runners, go to Indoors, go to Birmingham, Belgium and France, and don't mention those park runs, almost anywhere except VAC home meets. That means it's a struggle to fill these pages sometimes.

Thank goodness for the Surrey league or we shall be reduced to copying content out of *Athletics Weekly* magazine.

London Marathon We read the Iconic milliner, Louis Mariette, think Royal wedding, will be swapping hats for his running shoes this year, when he takes part on 17 April, to raise money and awareness for The Children's Trust, Tadworth. The Trust has excellent PR, but we'd like to hear from running Tadworthies, too.

Members who complete the Marathon are welcome to send in their result, to Editor on last page, with number please, for compiling on website. Some of you we hope to recognise and snap.

Olympics. We don't have many Olympians to shed lustre on our chronicles, they tend to retire early, and though we take no credit for it you may like to know that Barry Watson of Cambridge Harriers is one Olympian who keeps up a sub; he ran Marathon in Montreal 1976.

Others are Chris Chataway, who was down for the Great North Run last year, in his 80th year, while possibles are Charlie Williams, for Jamaica, and Eric Shirley.

All we need now is a few vets selected for 2012. When you get the call, just let us have us your name and events please and can you do an odd ticket for us while you're at it.

Trevor Jones and Anne Belchambers

written by Trevor

I am currently VAC M50 7 mile champion and I have won a good few VAC events over the last eight years, whilst Anne was VAC W55 7M champion in 2009 and has won other VAC titles. Her story is on page 5.

I have been a club athlete for a number of years competing regularly in the UK and overseas. I never ran in my teenage years but took up running seriously, mainly cross-country and road, to improve my base fitness for Orienteering. I started with Thames Hare and Hounds when living in SW London, before a move to Ruislip in 1983 entailed a change of clubs to Hillingdon AC. The Hillingdon coaching regime brought me to pbs in the mid 1990s of 16:02 for 5k on the track and 33:20 for 10k on the road when I was 37.

Injury was a regular occurrence – mainly hamstring – and as age progressed, the time taken to recover from injury increased until in 2001 the trouble was diagnosed as sciatica. No treatment could rectify the problem so I retired from running completely. Even jogging caused problems and still does now.

It was while spectating at a

Southern Vets league in 2002, when there was no club member available for the 2k race-walk, that I said if the club only needed someone to finish the event to gain a point (we have all done that, haven't we?) then I would do it to save another person competing in a 6th or 7th event. Having completed the distance without any reoccurrence of my injury, I started training in the hope that I had now found a sport in which I could compete again – which happily proved to be the case.

After progressing to British wins in M45 group as a race-walker over various distances, I ventured abroad to the 2005 Euro Veteran non-stadia at Monte Gordo in Portugal where I finished 2nd M45 over 30k. It was a good one for me, a very hot day, a superb event along the beautiful beach front and a race where everything went right.

In 2009 following a 4th placing in the National open 20k champs, I was selected to represent England in an International match in Dublin and got my England vest.

These are my personal highlights to date, but I also have pbs of 49:25 for 10K and 1:42:43 for 20K.



After moving to Worthing in 2008, where we are both working, I joined Steyning AC, and with more race-walkers than in my former club, I am regularly part of winning teams in National open races.

Leading lights in Steyning's walking set up are Dave Stevens and Ron Penfold and they make a great difference.

My injury problems do re-occur, although not at a level to make me stop competing, but my times have slipped in the last two years due to the lower quality I can do. However I know the symptoms and am able to manage them so a recent spell of good training sees me looking to Thionville for the Euro Veteran Non-stadia.

Judging in Europe is a little different to UK with less traditional English style but be that as it may I have high hopes for a medal again in May.

Anne Belchambers

Anne came from a jogging background and, like many joggers, completed the London marathon a couple of times in the late 1990s. Like Trevor she joined Hillingdon AC whilst living in Ruislip and it was at this club where their partnership began. Anne enjoys her running, especially cross country and takes part in many road and off-road running races to this day, such as the recent Hastings Half where she was almost under two hours.

She came to spectate at Walking races when I was competing and was eventually persuaded to give it a go herself. Very soon she was achieving success and medalling at veteran and also open races, which she had never done in running. She therefore concentrated on the walking but never gave up the running, which now forms part of her training regime.

She came to the 2007 Euro

Non-Stadia championships to support me, with her entry made, in case, and was persuaded to race while she was there. A good job too, since I succumbed to my injury problem again, but she went on to win the W50 gold medals for 10K and 20K, also achieving a gold and silver in the team stakes. This is the highlight of her racewalking career.

Unluckily her story has been interspersed with two spells out of action with broken ribs and two more after foot operations. In between she achieved pbs of 60:35 for 10K and 2:04:32 for 20K.

Reading this, anyone would think this couple of athletes are jinxed although other readers might have similar stories to tell.

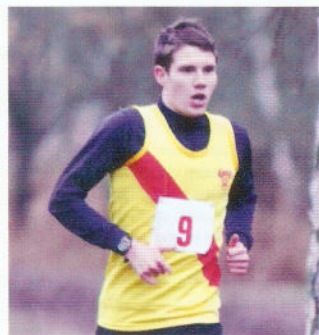
Anne has a notably upright style so judges like her because it tends to look legal. In Europe the English style is less familiar and there are more judges watching the



race, as many as ten where it might be three or four in UK.

We don't go in the sea but living in Worthing has the benefit of training on the sea front pathway, all the way to Brighton if we feel like it. So you are asked to excuse us from not attending Battersea 5 mile races but we will come to VAC whenever we can make it.

Trevor Jones



Lauriston/HW 5M Multi Terrain Wimbledon Common 1 Jan 11

1 Alex Bruce Littlewood(HW) 25:10
2 Kieran White(HW) 25:50, 3 Will Cockerell(Bel) 26:02
5 Keith Newton HHH M45 1 26:27, 6 David Symons THH M40 1 27:41, 11 Stephen Norris TVH M40 2 29:58, 14 Jim Wallace WW M50 1 30:37, 16 Mike Mann Dul M60 1 31:21, 20 Lee Benjamin TVH M50 2 32:49, 22 Ola Balme Dul W40 1 33:36, 24 Steve Knight HHH M60 2 34:10, 30 Stuart Littlewood HW M55 1 35:32, 31 Sarah Allen HHH W45 2 35:35, 32 Maurice Sharp HW M65 1 35:43, 34 Martin Miller HW M60 3 36:38, 38 David Walsh THH M65 2 39:09, 41 Dennis Williams HW M65 3 40:52, 42 Mike Fuller HW M65 42:38, 43 Steph Burchill Dul W50 1 42:39, 44 Nina Pinkerton SLH W55 1 42:50, 47 Mike Morfey M65 50:16. The event, run mainly on the dirt roads, was popular and showcased Stu Littlewood's flying son Alex Bruce, left, who improved on third in 2010. Keith Newton maintained the vet lead as more ran, while Steve Norris and Nina Pinkerton were improvers.

VAC Indoors Lea Valley

13 Feb 2011

with EVAC

60 metres

- 2 Geoffrey Kitchener M60 8.61
3 Derek Wardle M60 8.71

Race 2

- 1 Ian Foster M65 8.40
2 Terry Bissett M65 8.61
3 Charles Isetts M65 8.95
4 John Godbeer M75 10.66
5 Geoffrey Feast M75 10.70
R3 Paige Allen W40 9.85
R4 4 Lesley Hopkins W45 8.98
6 Sue Wisdom W45 9.57
R6 1 Joan Trimble W 55 9.01
2 Susan Dassie W55 9.30
5 Anne Nelson W55 10.17
R7 2 Nick Lauder M40 7.98
R8 1 Rohan Samuel M45 7.35
2 Milton McIntosh M45 7.65
3 Robert Allen 7.97
4 Peter Ilo M45 8.02
6 Sholto Douglas-Home M45 8.60

- R9 1 Pat Logan M50 7.80
2 Michael May M50 8.93
R10 1 John Browne M55 7.69
2 Paul Willcox M55 8.88
3 Alan Perry M55 9.05
4 Peter Morgan M55 9.31
5 Colin Rothwell M55 10.77

200 metres

- 5 Paige Allen W 40 33.85
R2 1 Kirstin King W45 27.76
3 Lesley Hopkins W45 29.38
5 Sue Wisdom W45 32.32
R4 1 Joan Trimble W55 30.37
2 Susan Dassie W55 31.69
4 Anne Nelson W55 34.81
R6 3 Nick Lauder M40 26.29
R7 1 Rohan Samuel M45 24.63
2 Milton McIntosh M45 25.23
R9 3 Michael May M50 29.43
R11 1 Philip Bell M55 29.23
2 Paul Willcox M55 29.31
3 Alan Perry M55 31.53
4 Colin Rothwell M55 33.01
R13 3 Kitchener M60 28.14
R14 1 Terry Bissett M65 28.37



John Browne, 60m

- 3 Charles Isetts M65 31.16
4 Geoffrey Feast 75 39.97

400 metres

- 5 Andrea Sanders-Reece W55 77.80
R5 1 Milton McIntosh M45 59.10
2 Cliff Warren M45 60.35
R7 3 Colin Rothwell M55 71.14
R8 1 David Hayward M60 63.31
2 Derek Wardle M60 63.65
R9 1 Terry Bissett M65 67.93
4 Allan Sowden M70 78.51

800 metres

- R2 1 Ros Tabor 60 2:54.05
R5 1 Andy Gannaway M45 2:16.70
2 Tony Tuohy M45 2:17.78
3 Cliff Warren M45 2:23.00
R6 1 Keith Ewing M50 2:08.56
2 Ray Daniel M50 2:15.61
R7 2 C Rothwell M55 2:34.83
R8 1 Peter Hamilton M60 2:37.70
2 Bill Birmingham M60 2:40.67
3 Richard Somers 2:41.07
4 Peter Giles M65 2:42.34
6 Michael Elwell M60 2:55.86
R9 1 Len Parrott M75 3:16.36
2 Kevin Burnett M70 4:12.86

1500 metres

- R1 1 Bern Pritchett W40 5:00.65
5 Sanders-Reece W55 5:51.50
7 Ros Tabor 60 5:58.63
R2 2 Tony Tuohy M45 4:34.99
4 Richard Holland M50 4:39.39
5 Andrew Del Nevo M40 4:41.10
R3 2 Ken Daniel M60 5:08.06
3 Peter Hamilton M60 5:30.71
5 Richard Somers 65 5:56.15
6 Michael Elwell M60 6:09.50
8 Ted Kimber M70 6:48.00
9 Richard Pit-Knowles M75 7:07.6

60m Hurdles

- 2 Barry Ferguson M65 11.07
3 Geoffrey Kitchener M60 11.60

Pole Vault

- 2 Andrew Del Nevo M40 2.45
2 Alan Easey M45 2.75
1 Brian Harlick M65 2.30
1 Alison Duke W45 2.60

Long Jump

- 1 Alison Duke F45 4.37
1 Peter Ilo M45 5.13
1 Dave Shields M50 4.37
2 David Blunt M55 4.39
3 Peter Morgan M55 3.82
1 Allan Cheers M65 3.87
1 Colin Sheppard M75 3.11

Triple Jump

- 1 Dave Shields M50 9.63
1 David Blunt M55 9.32
1 Allan Cheers M65 9.05
1 Colin Sheppard M75 6.35

Shot Putt

- 1 Susan Dassie W55 8.73
1 Elizabeth Sissons W65 9.86
1 Anthony Richards M60 11.80
1 David Kuester 65 9.16
2 Brian Harlick M65 8.78
1 Kevin Burnett M70 6.90
1 Jaroslav Hanus M80 8.24

3,000m VAC RaceWalk Champs, at

- SCVAC Indoors 20 Feb
Peter Hannell M65 17:40.5
disq: R Powell and K Burnett



Report by Editor.

Rohan Samuel was fastest male sprinter, pointing to a silver call at Gent. While John Browne had a quick time in 55 class in the very popular 60 metres dash.

Kirstin King held her leadership as Joan Trimble was value for money in 55s. Philip Bell the membership had a bonus win at 200m. Epsom's tall salt Terry Bissett was denied a treble only by another large item, Ian Foster in the 60. While an excellent race in the two lap was David Hayward holding off Derek Wardle on 63s.

A fast 800 was Keith Ewing's 2:08 in M50 from Ray Daniel, not to be confused with Ken who favours 1500. Another who likes 800, Andy Gannaway, won a tactical race with Dulwich's new goer Tony Tuohy.

Alan Easey was to improve in Pole Vault at continental Gent but Brian Slaughter's Pent score was better this day, for UK bronze. In Jumps Peter Ilo was best Long while Alan 'three' Cheers looked good with a 9 Triple. Tony Richards' skills took his Shot to 11.80 as Liz Sissons was reaching for 10 metres.

Middle distance man Andy del Nevo proved flair with an 8 feet Vault clearance.

Welcome four members Paige Allen, Andrea Saunders-Reece, Sholto Douglas-Home and Colin Rothwell making debut.

Pentathlon

- M40 5 Gary Palmer 2465 points
M40 6 Richard Buckingham 2363
M45 7 Alan Easey 2317 - LJ 5.01m
M50 3 Brian Slaughter 3670 - Hds 9.54.
M65 2 David Kuester - SP 8.35m
M75 2 Cliff Taylor 2168 - SP 8.72m
W45 3 Charmaine Johnson 2557; she had Women's best of day 10m Shot Putt and won hurdles in 9.89s.

W55 1 Fiona Argent 2889 was best in track.

M40s Palmer and Buckingham both improved their scores in the Euro arena a month later.

Strength of contest placed Alan Easey down the sheet six places, from same score as 2010.

Brian Slaughter did well in Shot, 11.13, Jumps 1.56 and 5.05m and 1,000m.

David Kuester was remarkable as primarily a thrower these days, thus best in SP 9.27m.

We see Cliff Taylor still produces his ace Shot Putt.

Gent results on p11

Peter Kennedy finds good Running in the Philippines



I'd like to tell you about running in the Philippines because I am mid-way through a 4-year stretch as a Data Manager with Shell, whom I have been with 37 years. I always expect to be able to run when I am abroad but the enthusiasm for road running I found here was a pleasant surprise. Lack of track was a disappointment but you can do great trail runs in the forest areas.

The biggest difference between running in the Philippines and in England is the heat and humidity. It is 25–35°C here depending on the time of day and 70–80% humidity, as against 0–20°C in the UK. In most races, I seem to set off at the same speed as I would have done in a UK race, but I can't sustain this pace and by the end any thought of a sprint finish has gone. I think my times are down by 5–10% compared with UK but I am more acclimatised to it now. So my half marathon time in the Isle of Man this August was 1:30:14 compared with 1:35:08 last year.

I am fortunate to live in Dasmariñas Village, Makati City, with my wife, in an expat

community. This gives me many miles of quiet roads to train on, even though it is stretching the word 'hill' to say that I also do hill training. I do most of my training in the early mornings on my own, including speed-work and long steady runs, because the traffic in Manila makes it too difficult to join up with other groups on a regular basis. I can also do gym work, cycling and swimming when I need a break from running.

The second big difference about running in the two countries is the participation and funding of the races. In England there are races for the serious athletes which don't have so many entering and a few large fun runs, such as the London marathon, but the focus there is not so much on the running as collecting money for charity. In the Philippines, road running has become very popular since 2009, with only a small amount to pay for entry, and yet a lot of money going to charities for the entry fees. The Pasig River Run had 116,000 participants and raised £170,000 for the river clean up.

One Brit here is Camilla Brooks who won Bataan 102K in 13 hrs.

The Philippines still has much more it can do, such as more races for veterans, more sponsorship of national teams, more children's athletics, running festivals and use of the internet for entries and results. With so many

races in Manila to choose from I have to be more selective about which races I enter. I am gradually collecting a set of races I want to do again, such as the Condura Skyway marathon, Manila Elite 5k and Runnex 10k, because they were well organised, with strong competition and good prizes. I particularly enjoyed running in my own village race in July, because I had just 50m to walk from my house to the race start and couldn't take any wrong turns.

Friendliness of Filipino people is a national characteristic so they are friendly to other runners, fast or slow. Runners like to exchange experiences and chat, even when exhausted after a race. Now quite a few people recognise me at races and I really feel part of the running community.

My running career includes being British M55 800m champion and 7th in the World Masters 1500m in Italy in 2007. My PB for full marathon was 2:45 in Rotterdam 10 years ago. I have been running for 20 years and belong to Windsor SEH and run 50 miles a week. This year my best road race times in the Philippines are 18:56 for the 5k and 41:45 for 10k.



Peter found this sanctuary on a trail run



William Arbury

22 Jan Champs

The race was remarkable for Vic Maughn's fourth whole of race title. A series is not uncommon here as we had Peter Hamilton and Bob Treadwell with threes, Mick Waime and Mick Boyle with doubles, and now we have fours.

There is a Herne Hill flavour to this history as well since the first two were Harriers and the first 75 kept it going, with two more also running.

From the beginning Vic Maughn went to the front and steadily increased his advantage to win



Rachel Badham

VAC Champs

as good as it gets

by 17 secs from Mick Boyle, 50. Mick had won the race with the 45 record time of 31:12 in 2006, ahead of Vic again. So this pair have been setting the standards here for six years while Keith Newton who won with a star performance before Christmas is also part of the legend.

Third was Len Reilly, last year's winner, from the upbeat Kent AC.

The minor medals in M50 saw Bill Gristwood, who was carrying an injury, holding Mick Waime, Woking AC, both former winners.

Then came Jerry Carnell in Cambridge blue, who has struck good form lately, racing Jim Wallace the first Windmiller.

M60 winner Mike Mann in ninth place has been prominent for two seasons. His clash with Charlie Dickinson finally took place at Perry Barr when it proved to be the Belgrave's turn.

Anna Critchlow was first woman of nine in this race, which was well supported by her club West 4 Harriers. Anna was always relaxed but proved fast enough to break the W40 record by two seconds. Claire Pauzer's mark had stood since 2007, above her W35 course record in 2001 so this was an excellent performance.

Recently Anna was third in Hillingdon 5 and first in Wimbledon Rugby Club 10K.

West 4 Harrier ladies filled the first three places as new member Rachel Badham took the W35 smoothly, a minute ahead of



Vic Maughn(25), from Harran, Reilly, Waime(95), Gristwood(38), Critchlow and Mann(26)

Alison Brownhill, who was again the 45 gold.

In winning the W55 class, Jane Georghiou surely set a different kind of record, namely a tenth consecutive run in this championship. With so many races to choose from these days we can't imagine a challenge to that. Then Jane followed her star to Birmingham and Gent.

New member from Epsom and Ewell was Bill Arbury; making a good start as he gained the bronze in 45 class.

Then Grenville Tuck jogged over



Martin Duff

from Kingston for an overdue run here but had to admit he was now a 60, albeit a silver sixty.

Class of W60 saw a clash between Ros Tabor and Margaret Moody. Currently the form lies with the Dulwich member but the stimulus from her old rival may have fired Ros up. She clocked 42:07, a nine second lift on Margaret's record time of last year. Nice competition.

Stu Littlewood was pacing Margaret on his way to a medal in 55s.

In M65 Paddy Clark continued his recovery from surgery with the gold, ahead of Martin Duff who wrote a report of the race for *Athletics Weekly* magazine, and Bill O'Connor, a New Zealander who has been a 'London ever present'.

Then consistent Ted Kimber won the 70 as another Herne Hill took the M75, the ever-fit Brian Shave.

The course was built by Bob Belmore and attended by Steve Charlton, Mike May and Joe Aspinall. Finally presentations were made in Belgrave Hall as soon as possible.

Unhappily Brian on teabar at the Hall has had an accident and been away. Graham is standing in.

19 February

Dulwich Runners are good supporters. They came over on a damp day when water was lying on the bottom path and the dark woods by the horseride were swathed in gloom.

There was a reverse of form when Jerry Carnell, 55, who had been ahead of Mike Mann, 62, in the previous race or champs was passed by the Dulwich man late in the race.

First lap Jerry Carnell came up the drag well in front. Then he was still leading alongside the brook on the third



Margaret Moody from Stu Littlewood

lap. Here Mike Mann was closing up and no doubt pulled away on the hill, because that is the favourite stretch to make a surge; almost without exception no one leaves it till the last section where the ground is flat but the path twists and turns.

So Mike Mann won the race with a ten sec lead at the funnel.

Ola Balme was first woman. She always looks good running but perhaps we shouldn't be surprised – Ola is a Sports Massage Therapist. We don't do advertising but if interested you could find out more as we did in Dulwich Runners Newsletter, as a download from the club site.

>p14



Alison Brownhill

VAC Champs 2011 Medal table

M40 Eric Campbell	Len Reilly	Bill Arbury
M45 Vic Maughn	Bill Gristwood	Mick Waime
M50 Mick Boyle	Andy Murray	
M55 Jerry Carnell	Grenville Tuck	Graham Ball
M60 Mike Mann	Martin Duff	Bill O'Connor
M65 Paddy Clark	M75 Brian Shave	Alan Lane
M70 Ted Kimber	W40 Anna Critchlow	
W35 Rachel Badham	Nicky Atkins	
W45 Alison Brownhill	W55 Jane Georghiou	
W50 Julia Gristwood	Margaret Moody	
W60 Ros Tabor		

Surrey League III 5 Feb



In the final match, six members ran and all did well. Times were all greater than last year suggesting a slight difference in trail. With Kent AC filing 10 in the first 20 Dave Cox scored a place number higher than last year but sterling runs by all our six placed the Club into 7th, after four fill-in figures. With ten good men and true we would have been well there but it was too late for a rescue in any case.

The dominating presence of Kent was not blamed nor have reasons better than injury been given by anyone so it remains a mystery why support for the team dropped fatally before Xmas. Or shall we just blame it on shopping?

The February match was promoted by Vets AC and appreciation of the club's delivery was expressed by a couple of League clubs. The immaculate start and finish laid out by Bob Belmore must have generated confidence on arriving at the course.

Officials who gave their time were Cecil Gittins, Pete Mulholland, Julia Gristwood, Ros Tabor, in picture above, Joe Aspinall, Andy Murray, Steve Charlton, Kevin Burnett, Jeremy Hemming, with Joint Course direction by Don Anderson (Belgrave Hs). HQ Belgrave Hall.

League individual awards went to Div 1 40 Keith Newton, 50 Robert Creed and 60 Stewart McIntyre; Div 3 40 D Scales, 50 D Truepenny and B Walters jointly, 60 none.



Surrey Leag Div 3, 5 Feb Wimbledon

1	27:21	John Gilbert	Kent	1
2	27:58	Jim Savage	Kent	2
3	29:00	John Hamblen	Walton	3
21	31:47	Dave Cox 50	VAC	21
33	33:38	Bill Gristwood 50	VAC	30
35	33:50	Steve Norris 40	VAC	32
41	35:08	Steve Plested 50	VAC	38
65	40:10	Walter Wessely 60	VAC	58
66	40:38	Dan Maskell 60	VAC	59

Match 1 Kent 86, 2 W4H 283, 3 Walton 343, 4 Croydon 352, 5 BA 511, 6 Runnymede 548, 7 VAC 554, 8 Holland 628, 9 Elmbridge 790.

Final standings: 1 Kent 395, 2 Walton 1359, 3 W4H 1523, 4 Runnymede 1730, 5 BA 2009, 6 Croydon 2041.5, 7 Elmbridge 2103.5, 8 Holland Sp 2489.5, 9 VAC 2729.5.

For next year Kent continue their march up the League along with Walton, to Div 3 while VAC and Holland Sports go down to Div 4.

League Season's Age Awards

M40 M Scales(Runny), M50 D Truepenny(Runny) Div 3.
M60 S McIntyre(RPR) Div 1.

Match 3, Lightwater Country Park 11 Dec

VAC

12	Gareth Cavell	30:27
70	Walter Wessely	39:53
73	Dan Maskell	40:48

Standings 1 Kent 309, 2 Walton 1016, 3 Runnymede 1182, 4 W4H 1240, 5 Elmbridge 1315, 6 BA 1498, 7 Croydon 1689.5,

8 Holland Sp 1861.02, 9 VAC 2175.5.

Gareth Cavell made the long journey from Romford for a creditable 12th place. So too did Dan Maskell from Brighton with only Walter Wessely a west-sider. Other clubs were also well down at this remote venue in the Xmas shopping tide but weakness on this scale made relegation inevitable for VAC.

VAC Members' ranked Cross Country 2010-11

	23 Oct	20 Nov	22 Jan	19 Feb		23 Oct	20 Nov	22 Jan	19 Feb
Keith Newton(HHH)	45	31:14			Walter Wessely(WSEH)	64			44:08
Vic Maughn(HHH)	48		33:16		Stu Littlewood(HW)	58			44:15
Mick Boyle(HHH)	50		33:43		Margaret Moody(VAC)	W61			44:18
Len Reilly(Kent)	48		35:17		Dave Wilson(HHH)	64			45:46
Bill Gristwood(ESM)	51	36:35	36:01	36:07	Jim Brown(Wok)	61			46:06
Mick Waine(Wok)	54		36:32		Rich Hammerson(Read)	65	46:21		
Terry Eakin(N Down)	61	36:42			Paddy Clark(Wav)	65		46:56	46:48
Glen Morgan(VAC)	48	36:56	36:37		Dan Maskell(VAC)	62	47:11		
Jerry Carnell(CamH)	55		36:52	37:15	Dave Walsh(THH)	65			47:15
Jim Wallace(WW)	53	38:10	38:25	36:55	40:39	Keith Drake(WW)	62	47:58	
Mike Mann(Dul R)	62		37:05	37:04	Andy Davidson(SLH)	53		48:12	50:16
Anna Critchlow(W4)	W43		37:29		Ted Kimber(Bar)	70		48:19	
Wm Arberry(E&E)	46		38:28		Mandy Brown(26.2)	W55	48:40		
Ola Balme(Dul R)	W43	38:44		39:09	Eric Campbell(Cro)	43	50:42	49:49	
Gren Tuck(VAC)	60		38:49		Ann Bath(26.2)	W60	49:56	50:21	
Andy Murray(Dul R)	57	39:45	39:04		Martin Duff(AFD)	66		50:22	
Richard Solomons(High)	63	39:29			Dennis Smith(Deal)	61	51:18		52:10
Rachel Badham(W4)	W35		39:30		Julia Gristwood(ESM)	W51	52:38	51:38	54:01
Graham Bell(WW)	62		40:08		Nina Pinkerton(SLH)	W59	51:58		51:24
Alison Brownhill(W4)	W48		40:34		Frank Gander(Bel)	76			52:26
Gerry Smith(E&E)	60	41:30	41:15		Bill O'Connor(QPH)	65		53:22	
Jane Georghiou(Farn)	W55		41:38		Brian Shave(HHH)	75		57:19	
Ros Tabor(Dul R)	W61	42:01	42:48	42:07	Jeffrey Gordon(THH)	76	59:17		
Graham Laylee(Dul R)	53	42:50	43:15		Alan Lane(Bel)	75	59:38	62:14	59:47
Mick Ward(Dul R)	53		43:01		Mike Morley(VAC)	67			62:19
Nicky Atkins(KP)	W46	46:04	43:09	44:45	2 laps.				
Harry Corbett(Bel)	53		43:59		Stephanie Burchill(Dul R)	W54	34:29		

8th Euro Veterans Athletic Champs Indoor, GENT

Selected results from Finals only

M40 A Del Nevo 1500 5 4:40.79, CC 22 19:58. Pentathlon Richard Buckingham 17 2609; Gary Palmer 19 2471.

M45 Rohan Samuel 60m 2 7.33. Glen Reddington 60mH 5 9.14. Alan Easey PV 17 3.00m; Pentathlon 16 2346.

M50 Colin Oxlade 1500m 8 4:53.35. Brian Slaughter PV 8 32.0; Pent 7 3457.

M55 David Elderfield 60m 1 7.48; 400m 1 54.19. Walwyn Franklin 60m 5 7.87. 200 3 25.60. David Wilcock 800 2 2:13.17. Andy Murray CC 28 21:46.

M60 Ian Richards 5K Walk 1 24:44; 3KWalk 2 14:29.63. John Hall 5KW 3 25:39. Ken Daniel 800 4 2:27.71. Peter Hamilton 3k 10 11:04.51; CC 10 20:44.

M65 Terry Bissett 200m 4 237.25; 400 3 63.38; 4x200 4 2:03.87. Peter Giles 800m 6 2:41.06; 1500m 4 5:19.88; 3K 3 11:25.62. Barry Ferguson 60mH 2 10.12. Arthur Thomson 3K Walk 3 16:59.14; 5KW 2 28:07.

M75 Richard Pitcairn-Knowles 1500m 5 7:12.89; 3K 3 14:43.01.

M80 Jaroslav Hanus SP 5 8.42; DT 5 19.34; HT 5 27.15; Weight 5 8.87.

W40 Bernadine Pritchett 3000m 5 10:33.87; 800m 6 2:25.66.

W45 Sally Read-Cayton 800m 1 2:18.53. 400m 2 60.96. Angela Bates 60m 8 8.33; 4x200 3 1:56.56. Charm Johnson LJ 8 4.61m; SP 8 11.06; Pent 4 3692.

W55 60m Sue Dassie 1 9.07; 4x200 2 2:05.3 with Anne Nelson. SP 8 9.00. Joan Trimble 60m 2 9.16. Anne Lippitt 3k 7 15:13. CC 10 28:22. Jane Georghiou CC 4 22:43. Mary Halstead 800m 9 2:58.96; 1500 6 5:59.52.

W60 Ros Tabor 3K 1 11:56.27; 800m 2 2:50.10; 1500m 3 5:55.96; CC 1 22:31.

W65 Liz Sissons JT 1 27.50m; SP 2 9.49; Weight 3 12.53; HT 5 27.14; DT 6 21.40. 4x200 2 2:49.22.

Members' tell us: Mike May 60m 8.73; 200m 29.35. Chuck Isetts 60 8.86; 200 30.14.

"Bringing the good news from Ghent"

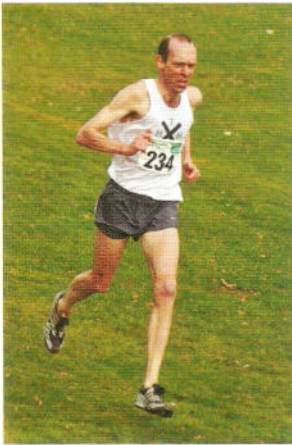
By gallopers Ros Tabor and Andy Murray

This year's venue, Gent, in Flemish Belgium, was convenient for British athletes who made up a large contingent. The indoor track is quite new and offered good viewpoints for spectators, with a warm-up track under the stands. Other facilities included a jogging trail by a lake, and an outdoor arena for the throws while a nearby park held the cross country.

Gent itself is an attractive city and it was easy to explore the historic centre on foot where canals and mediaeval buildings are a feature. Belgium is famous for its beers so there were many quirky bars to visit when not competing.

The championships were friendly and open to veterans of any standard. Competition was fierce at the sharp end but everyone can participate by competing or else by supporting.

Our recommend to VAC members is to check out future indoor and outdoor championships via the BMAF website.



Perry Barr CC

Pictures

top Ben Reynolds, 1s 45

centre Ros Tabor(590)
from Jennifer Brown and
Sue Cariss(Bingley)

lower right John
Batchelor(31)



BMAF CC Perry Barr 12 March 2011

Men to M60 8Km

1 Martin Cox(Salf)	40	1	27:13
2 Mark Dalkins(Telf)	40	2	26:45
3 Paul Ward(Telf)	40	3	26:53
5 Ben Reynolds(THH)	45	1	27:13
19 Julian Critchlow(Harr)	50	2	28:16
53 Roger Alsop(HHH)	45		29:36
56 Rich Holland(WG)	50		29:46
62 Dave Cox(WG)	55		29:59
93 David Wilcock(Bar)	55		31:24
126 Chas Dickinson(Bel)	60		33:11
134 Mike Mann(Dul R)	60		33:31
141 Steve Pledsted(ESM)	55		34:00
154 Andy Murray(Dul R)	55		35:03
127 Rob Sargent(Dagnm)	55		39:20
180 Mike Elwell(Cobra)	60		40:50
186 Dave Wilson(HHH)	55		41:55

Women and older men 6Km

46 John Batchelor(If)	70	1	26:09
67 Jane Georghiou(Farn)	W55		27:18
74 Ros Tabor(Dul R)	W60	3	27:41
81 Margaret Moody(VAC)	60		28:12
127 Len Parrott(Hav MbK)	75		35:25
128 Brian Shave(HHH)	75		36:28
133 John Cullingham(Read AC)	75		43:19

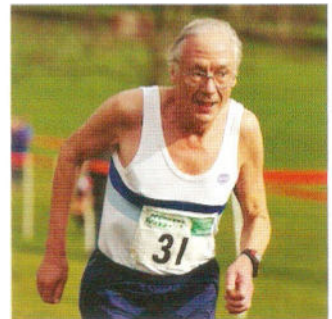
Conditions on this wonderful ground were excellent for a score of Vets AC members who made the trip to Alexander Stadium.

Our top man was clearly Ben Reynolds, race fifth and first 45, winning his first National Vets title, close to Gordon Lee of Leicester. In the club Ben had been first VAC in track 10,000m last September, ahead of Gareth Cavell while Martin Duff in AW wrote "Ben upped his training recently by running from Paddington to his city office after an early train from Henley". Might we say "Letting the strain take the train"?

Julian Critchlow(Harrow) returned to top competition by chasing Andy Weatherill in M50 class to six seconds. The Woodford pair Richard Holland and Dave Cox led Dave Wilcock as Charlie Dickinson came back into competition to challenge Mike Mann who has been top 60 locally. Steve Pledsted held Andy Murray in 55s as Rob Sargent emerged from injury.

There were plenty in M65 upwards where Surrey League's Geoff Newton claimed a bronze for Tadworth. Then John Batchelor sprang a big surprise. He cleared his medical states to take the 70 gold ahead of Fred Gibbs and the Bingley men.

In W55 Jane Georghiou was fifth, nine secs behind Ann Ford.



Then Ros Tabor found world class Angela Copson out of reach in W60 but held her old rival Margaret Moody by half a minute, for the silver.

Edinburgh's McCaskey was the star 75 as Len Parrott did best of ours while Reading's Shave and Cullingham were also called to the Barr.

Obituary Dave Dellar

In my early years with the club I did not get to know Dave, I never even went to one of his famous Saturday Night Discos.

In 1975 when Dave was 47 I decided to join Ken Harland, Jack Brown and Dave on the Vets trip to White Plains, New York for the US Masters and then on to Toronto for the World Vets Champs. When Dave and Iris heard we were going they invited Margaret and I to see the films and photos they had taken the previous year when Dave had competed in California. I still treasure my only track medal, a Bronze the dynamic trio won for me in the 4 x 800m relay; yes it was me that dropped us to third.

From that date on we became great friends, having many holidays and competing in three other World Vets Championships.

Before Dave and Iris moved to the Isle Of Wight they with our help put on many Christmas lunches for the Vets of Cambridge Harriers at the Club House. Iris was also involved with the teas for races held from the club house.

Dave continued running on the Island becoming President of the Isle of Wight Road Runners and Vice Pres of Isle of Wight AC.

When we joined Dave and Iris on the Island in 1997 he had me running, cycling and swimming. On his 70th birthday he swam 70 lengths non-stop. In 1998 I got my own back on him: I got him to take the timekeepers' exam. As you would expect he passed with flying colours joining me on the stand on many occasions.

When Dave had his stroke he still would not give in and came with me to the Island track meetings. At our Diamond wedding he still had them all in fits with his jokes. Everyone's first choice of MC.

He will be sorely missed by all that knew him in Hampshire, IOW and Kent

Maurice Payne

Old newsletters show that David was running with VAC in 1986, when he was 58. Best at Road, Dellar was in the top quarter of table, just behind Steve Charlton, while in CCs he comes between John Hanscomb and Giles Brindley. Editor remembers him as MC at VAC's Eltham Dinner Dance, taking wine with the ladies.

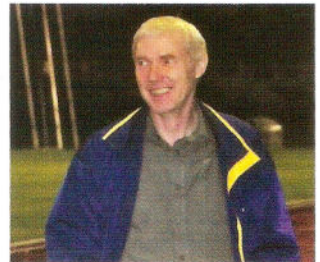


Dave, right, with Derk Thomas at West London Stadium, 1986

New Members

Paige Allen(E&E)	V2745
William Arbury(E&E)	V2748
Rachel Badham(West 4)	V2738
Keith Donkin(AFD)	V2740
Sholto Douglas-Home(SCV)	V2735
Stephen Feast(Worthing Str)	V2741
Paul Hall(E&H)	V2743
Jeffrey Hogan(VAC)	V2737
Gavin Mortimer(VAC)	V2736
Rohan Samuel(Harrow)	V2739
Pamela Iannella(SLH)	V2744
Marion Underdown(Hailsham H)	V2746
Sue Wisdom (E&E)	V2747

Membership Secretary Philip Bell had no doubts about Willesden track



If you need his address it's: Membership, PO Box 65760, LONDON NW2 6JN

Battersea Park's new Winter Gardens were opened by Mayor of London Boris Johnson recently. The £150,000 project is in the SW corner of the Park.



The Willesden facilities are modern, with six lane track and covered stand, an indoor warm-up strip, car parking, and cafe-teria. The venue was suggested by Membership Sec who belongs to Harrow AC and has been visited by the Track Sec and Editor. Details of local officials would also be welcome. By car see A40, Scrubbs Lane and A5 approaches to NW10.

From p9, In athletics it helps to be a little IT savvy, even if it does take all day coming through.

Good to see a Belgrave running in the person of Harry Corbett. There are always runners launching out from the Hall but this time we had some of them in our race. Frank Gander for one had a solid run, going round in 52 mins. Then that keen competitor Alan Lane completed another good cross country.

Other women were Nicky Atkins, having a good season, Rowena Hornshaw, who enjoyed a guest run and Julia Gristwood who has all done four races in the table.

So too did Jim Wallace. But he may be used to spartan conditions from his time at school on the downs at Marlborough, with or without top coaching from Bruce Tulloh.

South of Thames 7.5

Coulsdon 19 Jan 2011

1 Chris Busaileh(HHH)		41:40
9 Tony Tuohy(Dul R)	40	45:46
43 Cathy Ulliott(B&H)	W40	53:47
44 Ola Balme(Dul R)	W40	53:58
47 Pam Iannella(SLH)	W40	55:02
49 Bill Arbury(E&E)	40	56:03
52 Louise Ionascu(DMV)	W40	56:27
53 Jane Davies(E&E)	W60	56:43
54 Keith Brown(Cro)	50	56:57
60 Sara Allen(HHH)	W40	59:46

Teams (6 to score) 1 SLH 132,
2 Dulwich Rs 154, 3 Tadworth AC 204
12 to score none. 79 ran.

Thames Hare & Hound Alumni Race 11 Dec 2010

9 Chris Daniels(Arnold) M40 3,
59 Graham Ball (Westminster),
77 Michael Johnson(Salopians),
96 David Barrington(Denstone),
104 Marc Hope(Stowe).

Picture right: Thames Hare Hounds Mob Match v SLH, Stragglers 22 Jan Wimbledon. Talk about packing, this was how Chris Daniels and David Symons led the Thames club onto the Horseshoe.



Officials' Services Winter period

President Peter Hannell.

Ron Hopcroft, Cecil Gittins, Pete Mulholland, Don Turner, Nigel Bongers,

Stephen Charlton, Paddy Clark, Bill Clapham, Julia Gristwood, Vernon Martin, Cliff Hide, Mike May, Chris Flint, Carl Lawton, Pauline Wilson, Don Anderson, Tom Rowley, Andy Murray, Ros Tabor, Kevin Burnett. Desk Jeremy Hemming, Joe Aspinall. CC and Meet Sec and Course builder Bob Belmore



Pete Mulholland and Peter Hannell clock runners in and David Denton looks on

Croydon Hs CC Champs and Inter Club, Lloyd Park 5 March 10K

1 S Starvis SOC		38:31
2 L Flanagan SOC		39:20
3 J Foss SLH	50.1	40:38
4 C Oxlade Cro	50.2	41:55
8 W Gristwood VAC	50.4	43:02
10 A del Nevo Cro	40	44:14
12 J Dillow Cro	55.1	46:47
16 R Ewen SOC	55.2	49:54
17 K Brown Cro	55.3	50:08
20 P Townsend VAC	60.1	51:31
24 D Maskell VAC	60.2	52:33
25 P Clark VAC	65.1	54:25
27 E Campbell Cro	40	57:19
29 D Smith VAC	60.3	60:28
30 J Gristwood VAC	W50.1	61:13

Teams 1 Croy A 27, 2 SOC A 27, 3 VAC A 77, 4 Croy B 78, 5 SOC B 88, 6 Dul Park 105. Incomplete teams: 4 VAC B 2 runners

Les Brown Memorial Trophy as at 19 March – holder Cecil Gittins

- 16 Peter Hannell
- 15 Kevin Burnett,
- 12 Cecil Gittins
- 10 Stewart Bennett, Andy Davidson, 10 Julia Gristwood
- 9 D Williams, Ed Bartlett, Mike May
- 8 Dave Hoben, Chris Flint,



- 7 Don Turner, Cliff Hide, Paul King, Joe Aspinall, Ann Bath, Mike Mann, R Tabor
- 6 Mick Barlow, Phil Bell, Ron Powell, W O'Connor, John Godbeer, Anna Garnier, W Gristwood,
- 5 Helen Middleton Mike Hinton, Anne Lippitt, Martin Lippitt, Fiona Bishop, Art Thomson, Sean Pender, Steve Charlton, RPK, Carole Wisdom, A Murray, Liz Sissons, Derek Wardle, Steve Uttley, Nick Atkins, Gareth Cavell, Stu Littlewood and
- 22 members on 4

It is scored by one point for a run, or officials job, but not including main officials.
Created and maintained by Bob Belmore with aim of recognising your participation.

Club strip

Protex 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 £1.35

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all proceeds go to Club funds

East Surrey League Cross Country Relays

Wimbledon 26 Feb 2011 Promoted by Herc Wim AC
Seniors (4x1.9 miles)

- 1 Epsom & Ewell H 'A' 43:33
- 2 Hercules Wimbledon AC 'A' 44:21
- 3 Herne Hill H 'B' (n/s) 44:59, 4 Reigate Priory AC 'A' 48:34, 14 **Veterans AC** 69:04:
- Paddy Clark (M65) 14:30 (14), Dan Maskell (M60) 13:47 (13), John MacKenzie (M50) 17:55, Tony Stone (M70) 22:52 (14).



Battersea Park Run and Walk

Fixtures



www.vetsac.org.uk

Wed 13 April Battersea Track with Serpentine RC 7pm
100m, 800, 200, 1500m, 400m, 5,000m
Hammer followed by Shot

Wed 27 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 18 May with Rosenheim Leag at Walton
6.45 HJ – DT Wmn – 7pm 2k S/C men – 800m – DT Men – 720
100m – 740 400m – LJ – 750 1500m – 8pm 200m – JT – 815
3000m – Relay 4x200

Wed 1 June with Rosenheim Leag EWELL COURT
6.45 PV – 100mH 7pm – 800m – Hammer M – 100m 7.20pm –
400m – 1500m 7.50 – 200m – SP W, DT M 8pm – 3000 8.15 –
Relay 8.35pm

Track

Wed 8 June Willesden Sports Centre Track 7pm
100m, 800m, 200m, 3,000m 7pm Hammer, Discus fb Shot

Wed 3 Aug Wimbledon Park 7pm
100m, 1 Mile trophy, 200m, 5,000m, 400m inc McClean
O60 Cup. 7pm Discus followed by Shot.

Sun 7 Aug Inter Area T&F SOLIHULL, for VAC team
apply Mike May <mike.may@blueyonder.co.uk>

Midweek above enter/pay on day. Sec Bob Belmore

Sun 28 Aug, Battersea 10am VAC Track & Field Champs
– entry form cd 17 August

Wed 7 Sept 10,000m Track Champs Battersea 6.30pm 3
races. **Officials** tel Ros Tabor

7 April E Surrey Lg 4M Ewell Court 7pm
Tue 19 Apr Battersea Millennium Stdm 7pm 5.0M
Run & Walk; traffic free inner road, measured course.
Tue 31 May Battersea Park 7pm 5.0M Run & Walk
Tue 14 Jun Battersea Park 7pm 5.0M Run & Walk
Championships, Walk grade A.

Road

Tue 26 July Battersea 7pm 5M Run & Walk
Tue 16 Aug Battersea 7pm 5M Walk – 7.15pm 5K Run
Champs
Enter on day: £3; Champs £4. pay for changing.
Road Sec Bob Belmore 01428 645749
Sun 2 Oct G Moulden 10K Champs Wimbledon
with VAC Champs

National and International 2011

5 Jun 10,000m Track Run/Walk OXFORD
21 May Relays SUTTON
19 Jun 5K Road HORWICH Lancs
20 Jun Weight Pentath M KEYNES
25-26 Jun T&F BIRMINGHAM
6-17 Jul World SACRAMENTO USA
21 Aug Half Marathon LEEK
4 Sep 10M HEXHAM
10-11 Sep Multi Events OXFORD
2 Oct 10K Road EXMOUTH
16 Oct Marathon ABINGDON
3-8 April '12 World Indoors FINLAND

VAC N/L April 2011

Editor Jeremy Hemming 7 Emmerton Court
Wynter St, SW11 2TZ – 020 8871 9989
hemming@dircon.co.uk – photos by Editor
Assistant Editor Bob Belmore

Other events

17 April LONDON Marathon
28 May Surrey Co Vets T&F EWELL COURT
11 Sept St Mary's Richmond Veterans & Open T&F forms
John.Curtin2@btinternet.com 01932 787658
17-18 Sep Kent Vets T&F Venue tbc – Secretary
Barry Ferguson, 18 Bearsted Rise LONDON SE4 1RQ

Battersea Park SW11 4NJ: rail Queenstown Rd or Batt'sea
Park; walk 15 mins. Busses 44 from Victoria, 137 Sloane Sq.

Willesden Sports Centre, Donnington Rd NW10 3QX
North London trains to Kensal Rise, No 6 Bus. tel 8459 6605

Ewell Court Poole Rd Epsom Gridref 209635 Station 1.3mile

Walton-on-Thames Stompond Lane KT12 1HF Station 1 mile.

Wimbledon Park same Rd, SW19 7HX Southfields stn 1Km

Hint: visit Streetmap.co.uk website – enter Post Code.