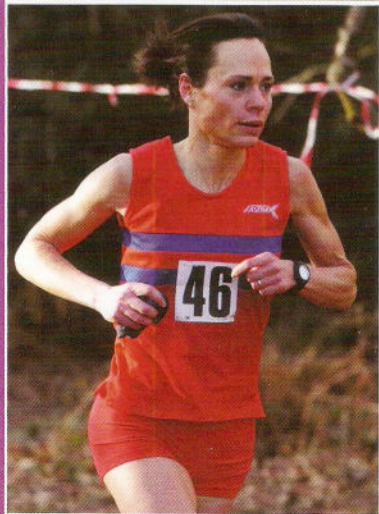
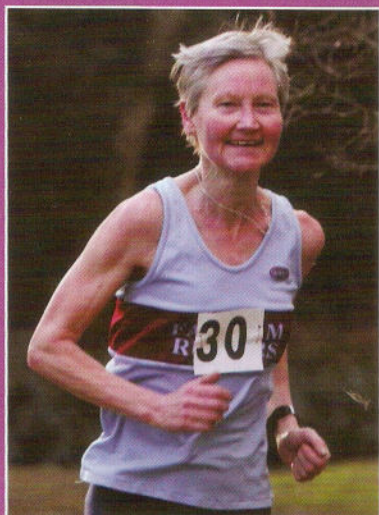


# Veterans Athletic Club

## Newsletter April 2012



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## Officers of the Veterans AC

|                      |                               |               |                                  |
|----------------------|-------------------------------|---------------|----------------------------------|
| President            | Mike May                      |               | mike.may@blueyonder.co.uk        |
| Secretary            | Dennis Williams               | 0208 543 6112 |                                  |
| Committee Chair      | Dennis Williams               |               |                                  |
| Minute Secretary     | vacant                        |               |                                  |
| Treasurer            | Mike May                      | 0208 946 8965 | mike.may@blueyonder.co.uk        |
| Membership Sec       | Phil Bell                     |               | p.bell5@sky.com                  |
| CC and Road Sec      | Bob Belmore                   | 01428 654749  |                                  |
| Officials Secretary  | Ros Tabor                     | 0207 701 2546 | ros@28kerfield.freereserve.co.uk |
| 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, Past President |               |                                  |
| Delegate to BMAF/MAA | vacant                        |               |                                  |

### Committee News: January Committee

Treasurer told the Committee that a stock of medals had been procured, and the affiliation paid to BMAF.

Walk event at 3K had been arranged in SCVAC Indoors, and at the same time VAC Walk Sec offered to look after SCVAC walkers as well as our own.

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

Committees 10 May, 12 July, AGM 13 Sep

### March Committee

It was heard that Jack FitzGerald was in hospital suffering an age-related condition. Also that Stewart Bennett had health problems. The death of AJ Heathfield of Belgrave Hs had been noted with regret.

Walk Sec commended the M75 World Record 16:26.62 of Arthur Thompson in 3K Indoor Walk. Five members completed the walk with two DQs.

Issues said to be arising in the Surrey League were mentioned but could not be addressed without clarification.

Editor told the Committee that his Apple laptop had come a final end, after four years.

Membership Secretary notified that regretfully he was unable to continue fullest commitment to the club, due to family ill health.

Nothing had been heard in response to the

call for an Assistant Membership Secretary, in regard to recruitment especially.

But the Secretary said he had had one positive response to his recruiting campaign so far.

17 new members were accepted, some of whom had been noted in action already.

Members may reply to matters written here, by calling suitable officers, above, or at meets.

### Website and hi tech

Paypal for subs is well established at club site. Having a Paypal account may produce bogus emails but like all spam can be ignored.

It's good to keep VAC site [www.vetsac.org.uk](http://www.vetsac.org.uk) bookmarked in your browser; it opens quickly and requires no password – an advantage these days.

VAC results are usually posted there same day or next day.

Any photos there are free to copy but are not hi-res; these can be ordered online.

Your editor's other website is called [hhproofreading.co.uk](http://hhproofreading.co.uk).

A tip for PC users from our experience is that desk tops computers are likely to last far longer than laptops, thanks to no strain from being carted around we suppose.

Websites worth knowing are Power of 10, UK Running Tracks, Wikipedia and the 'Cloud' boggling Google itself. Cloud is tech talk for vast cave networks, apparently.

# NEWS AND VIEWS

## Subscriptions

In view of increased postal charges, subs are likely to be reviewed at the AGM, 13 Sept.

## Track & Field

We hope to have a second meet at Willesden Sports Centre NW10 which has good accessibility from North London over-ground rail. The station at which to alight is Kensal Rise whence a Number 6 bus takes you quickly to the track. A refreshing presence were young athletes from the locality who we hope will be there again.

At any rate another meet in the North of Thames area is logical; 111 members live in that sector plus more in Essex and Bucks.

Looking at CC Champs of **North of Thames** we see Steve Plested was 1s 60. Then former member Chris Bailey was 1s 45, in race 7th place, and Chris Beecham, another CB, was 1s 40 in second place. Clue Membership Recruiting department, can you get the violins out and swing into action to serenade these elitish veterans with sweet words and music.

Another Highgate man is writer Alastair Aitken.

**Family is a current topic.** As well as the Sharps, David Coxes, Hamiltons and Cavells there may be more parent and offspring pairs who are live forces. Usually we hear how the parent goes to the offspring's sports and then becomes enthused to take it up themselves. Which is fine but could it work the other way?

Why not son or daughter come with Pop or Mum and take a run with us, in a suitable level? We know sprint standards of vets by heart so 13 secs to 16 secs for 100m could be a practical proposition for a kid. It would keep the parent coming to us and may give a no-pressure chance to a youngster. We're thinking out loud.

**Track meets** have one other change: the August meet can't be at Wimbledon so is set at central Battersea. This can be reached from all sectors by rail or bus and by City workers, bankers even. Traditionalists may like to do the Mile, while the McLean Cup is one for older vets; try to enter in advance for handicapping.

**Road races** on the traffic-free circuit in Battersea Park enjoy an extra date, 31 July.

Perhaps a series award can be dreamt up.

**Assistant Membership Secretary** We're disappointed no one has applied; recruiting may appeal to social minded hunter gatherers and Facebookers while membership records are basic databasing. At all events Membership Sec needs support.

One club we meet in Surrey League has no VAC member, so they may deserve a sweet talking. See how sold they are on that 'Southern Counties' shtick?

**Few!** Since the way is for the class members to go off and run in foreign places and the non-class members to not run nearly as much as they did 10 years ago, we have fewer people competing at our events. So to fill up this magazine and its fixed number of pages we have to consider alternative stuff. Do you want recipes, true romances, and dating is very popular we're told, or knitting patterns are homely. In the meantime we might try to be commercial and have adverts.

**An Advertisement manager** could be good; for instance we read that Health Insurance policies go from £1500 to £5,000 cover so one single policy sold against a modest sum for ads with us could be business. Old folk get unhealthy.

And the knitting patterns will come in for free from knitters clicking away all over the vast London suburbs.

Not very much has been heard about **Olympics** but like it or not the Team GB kit is said to be "the most technologically advanced and stylish range ever done for a national team". Adidas also have a replica kit, now on sale at London 2012 online shop, so there's lovely to dazzle with.

**Home run** is an idea for people to run home in small groups in view of difficulty travelling through London, especially during the Olympics.

Runners will wear orange Ts and chat as they go as the service carries the clothing and bags. 60 routes are being planned. See website [Homerunlondon.com](http://Homerunlondon.com)

## Intensity of the new name from Thames Valley

# Steve Norris

Steve was born in Belfast, son of a pro football player. He came to England and now works for MoD in London.

In the VAC CC he had Vic Maughn putting pressure on him in the race but also helping when Steve went off course once or twice, shouting him back. He felt Vic was the threat on the last lap so

Steve turned on full power when he met the last hill and finished very strongly.

He says the steeplechase had taught him the importance of the final stages of a race where energy might be failing, a stumble could break your rhythm or a fall prove disastrous. In the All Ireland champs he was 6th in steeplechase and it was memorable because the Taoiseach and Sonia O'Sullivan were present and shed lustre on the event.

Over there again he ran the reputed Ballycotton 10, in sleet, on an up and down course, and got a sub 60.

In Bolivia he was high up at La Paz; but trying to do his usual 400m reps at 12,000 feet was too much so he had no benefit from his altitude training.

Entirely different was Bosnia where he had to beware of land mines laid beside the road in Herzegovina. Hogging the crown of the road was the best way to run there.

Steve had never heard of VAC and was even beginning to think 40 might be the end of the road for his athletics till Bob Belmore

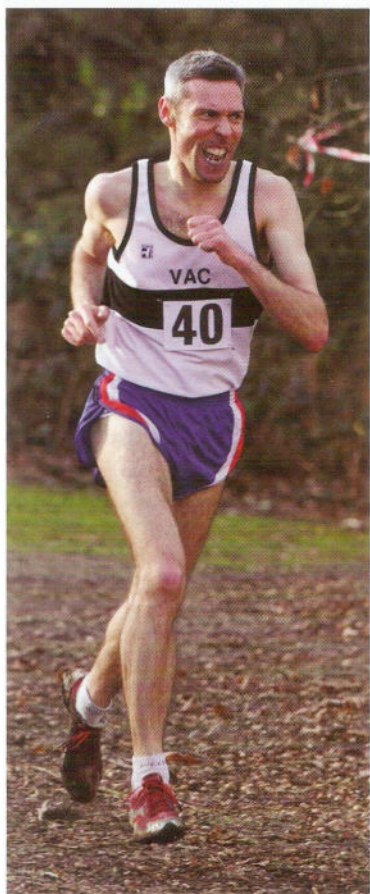
changed all that. At a race Bob told him to join VAC and he let him see his passion.

But he quotes the philosophy of Nelson Mandela that "There is no passion to be found playing small – in settling for a life that is less than the one you are capable of living". By way of another mantra he says the late master coach Frank Horwill would have said "Keep going, keep going, keep going" until something inside you begins to say "keep going".

One preference is for Ethiopian matters; not only their famous runners but also their diet. He says there are Ethiopian restaurants in London and your running might be none the worse if you tried their staple food called injera – a flat bread, to scoop up sauces and meat.

In the 5M HW he was first VAC and four minutes ahead of Mike Mann. Compare that with the VAC CC where the gap between them was 5:20 and you see how consistent runners can be when they are trying their best.

His employment in the Civil Service will see him in Battersea Park this summer for their 10K Road Champs, where we wish him luck.





**Mike Mann(51) & Tom Ulliott(97) head down the centre of the field**

## BMAF CC Bath University 25 March 2012

**23 Members 'took the waters' but it was a dry course up at the Uni where students seemed to be doing every sport imaginable**

Ben Reynolds was in the hunt with the lead group most of the way. He held on well for race third and 1st 45, to repeat his title win of last year and lead a strong Thames

|                             |       |                              |       |
|-----------------------------|-------|------------------------------|-------|
| Ben Reynolds(THH) M45 1s    | 27:03 | Julia Armstrong(B&H)W50      | 22:39 |
| Andy Weir(THH) M40 3d       | 27:38 | Peter Giles(HW) M65          | 23:04 |
| Keith Ewing(B&B) M50        | 29:50 | Jane Georghiou(Farn) W55 3d  | 24:20 |
| Tom Ulliott(B&H) M55        | 32:12 | Stephanie Robson(HW) W40     | 24:33 |
| Terry O'Neill(Bel) M55      | 32:14 | Ros Tabor(Dul) W60 3d        | 24:35 |
| Mike Mann (Dul) M60         | 33:40 | Margaret Moody(VAC) W60      | 24:50 |
| Carey Gray(Wood) M50        | 34:07 | Walter Wessely(WSEH) M65     | 24:57 |
| Steve Plested(ESM) M60      | 35:00 | Pauline Rich(Worthg) W65 2d  | 28:14 |
| Rob Sargent (Dagnm) M55     | 38:49 | Lesley Bowcott(WWW) W65 3d   | 29:24 |
|                             |       | Pam Jones(Ilf) W75 1         | 29:34 |
| Liz Hartney(Read RR) W45 2d | 20:48 | Brian Shave(Read RR )M75     | 33:11 |
| Cathy Ulliott(B&H) W45      | 22:08 | John Cullingham(Read AC) M75 | 38:42 |



**Andy Weir**

Hare team. For sheer consistency he takes some beating. Picture on cover.

Farm worker Austin Davies who did well in Glasgow was the first to go but Ben must get more top competition living in the urban south, than tending sheep at lambing time, bound to hit regular sleep.

Andy Weir was a minute behind the winner as the race spread out, but took the M40 bronze.

Keith Ewing, top in 1500, was seventh in 50s.

Brighton doubtless had fellow feeling with a tourist

resort and sent a women's team with Cathy Ulliott and Julia Armstrong; tho' we don't have team results.

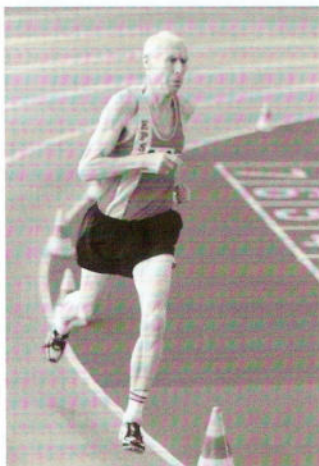
Tom Ulliott, part of that pair, who may have noticed another young couple in the sport, was just ahead of Terry O'Neill, the CC winner at Wimbledon, who unluckily picked up a blister, and were both 55ers.

We heard Stephanie and Paul's news at the CC and they kindly posed for a photo; see next page.

Neil Robson, father of Stephanie, was with Fred Gibbs and Bingley team. >p12

**BMAF SoE/ EVAC/ VAC  
Champs & Open 19 Feb**

|                    |                    |     |       |
|--------------------|--------------------|-----|-------|
| <b>60m Heat 1</b>  |                    |     |       |
| 2 366              | Emily McMahon      | W60 | 9.83  |
| 3 371              | Brenda Fee         | W65 | 9.91  |
| 4 363              | Anne Nelson        | W60 | 10.15 |
| <b>Heat 2</b>      |                    |     |       |
| 1 351              | Joan Trimble       | W55 | 8.96  |
| 6 342              | Fiona Argent       | W55 | 10.98 |
| <b>Heat 5</b>      |                    |     |       |
| 4 250              | Geoffrey Feast     | M80 | 11.04 |
| <b>Heat 6</b>      |                    |     |       |
| 2 214              | Charles Isetts     | M65 | 9.09  |
| 4 231              | Barry Ferguson     | M70 | 9.74  |
| <b>Heat 7</b>      |                    |     |       |
| 6 187              | Geoff Kitchener    | M60 | 8.78  |
| <b>Heat 8</b>      |                    |     |       |
| 1                  | Alastair Ross      | M55 | 8.15  |
| 4 154              | Alan Perry         | M55 | 9.41  |
| <b>Heat 9</b>      |                    |     |       |
| 1                  | John Browne        | M55 | 7.78  |
| <b>Heat 10</b>     |                    |     |       |
| 1 117              | Pat Logan          | M50 | 7.77  |
| 2 100              | Robert Allen       | M50 | 8.00  |
| 5 119              | Michael May        | M50 | 8.99  |
| <b>Heat 11</b>     |                    |     |       |
| 1 90               | Rohan Samuel       | M45 | 7.42  |
| 5 79               | Barrington King    | M45 | 8.26  |
| <b>Heat 12</b>     |                    |     |       |
| 2 83               | Milton McIntosh    | M45 | 7.75  |
| 3 43               | Richard Buckingham | M40 | 8.00  |
| 5 34               | Michael Bense      | M40 | 8.27  |
| <b>Heat 13</b>     |                    |     |       |
| 1 11               | Andrew Gordon      | M35 | 7.59  |
| <b>Heat 14</b>     |                    |     |       |
| 5 3                | Stuart Channon     | M35 | 7.70  |
| <b>200m Heat 2</b> |                    |     |       |
| 1 351              | Joan Trimble       | W55 | 30.69 |
| 5 342              | Fiona Argent       | W55 | 36.33 |
| <b>Heat 6</b>      |                    |     |       |
| 2 214              | Charles Isetts     | M65 | 31.04 |
| 5 242              | Richard Pt-Knowles | M75 | 40.89 |
| <b>Heat 8</b>      |                    |     |       |
| 1 189              | Douglas Lucas      | M60 | 27.31 |



home bend: Richard Somers' 400m

|                |                    |     |         |
|----------------|--------------------|-----|---------|
| 3 187          | Geoffrey Kitchener | 60  | 28.91   |
| <b>Heat 9</b>  |                    |     |         |
| 2              | Alastair Ross      | M55 | 26.40   |
| 5 141          | Philip Bell        | M55 | 28.58   |
| <b>Heat 11</b> |                    |     |         |
| 1 129          | Brian Slaughter    | M50 | 26.99   |
| 3 134          | Cliff Warren       | M50 | 27.72   |
| 4 119          | Michael May        | M50 | 29.40   |
| <b>Heat 12</b> |                    |     |         |
| 2 117          | Pat Logan          | M50 | 25.14   |
| 4 100          | Robert Allen       | M50 | 26.40   |
| <b>Heat 14</b> |                    |     |         |
| 1 83           | Milton McIntosh    | M45 | 25.73   |
| <b>Heat 15</b> |                    |     |         |
| 3 45           | Nick Lauder        | M40 | 26.19   |
| 4 34           | Michael Bense      | M40 | 27.92   |
| <b>Heat 16</b> |                    |     |         |
| 2 11           | Andrew Gordon      | M35 | 26.15   |
| <b>Heat 17</b> |                    |     |         |
| 3 3            | Stuart Channon     | M35 | 25.11   |
| <b>400m</b>    |                    |     |         |
| <b>Heat 1</b>  |                    |     |         |
| 2 345          | Anna Garnier       | W55 | 73.64   |
| <b>Heat 2</b>  |                    |     |         |
| 3 270          | Jayne Anscombe     | W40 | 67.43   |
| <b>Heat 3</b>  |                    |     |         |
| 1 219          | Richard Somers     | M65 | 72.17   |
| 3 235          | Allan Sowden       | M70 | 78.97   |
| 4 245          | Arthur Kimber      | M75 | 86.71   |
| 5 242          | Richard P-Knowles  | M75 | 99.38   |
| <b>Heat 4</b>  |                    |     |         |
| 2 189          | Douglas Lucas      | M60 | 62.70   |
| 3 199          | Derek Wardle       | M60 | 63.87   |
| <b>Heat 5</b>  |                    |     |         |
| 2 129          | Brian Slaughter    | M50 | 60.33   |
| 4 134          | Cliff Warren       | M50 | 61.16   |
| <b>800m</b>    |                    |     |         |
| 1 364          | Ros Tabor          | W60 | 2:57.98 |
| <b>Heat 2</b>  |                    |     |         |
| 2 345          | Anna Garnier       | W55 | 2:44.46 |
| 3 350          | Andrea Sr-Reece    | M55 | 2:50.99 |
| 5 213          | Peter Giles        | M65 | 2:54.54 |
| 6 245          | Arthur Kimber      | M75 | 3:13.67 |
| <b>Heat 3</b>  |                    |     |         |
| 1 298          | Clare Elms         | W45 | 2:29.95 |
| 3 266          | Cara Oliver        | W35 | 2:32.62 |
| 4 270          | Jayne Anscombe     | W40 | 2:36.45 |
| <b>Heat 4</b>  |                    |     |         |
| 1 191          | Michael Mann       | M60 | 2:31.84 |
| 2 178          | Ken Daniel         | M60 | 2:32.62 |
| 3 177          | Ed Connolly        | M60 | 2:32.74 |
| 4 188          | Stephen Knight     | M60 | 2:41.91 |
| <b>Heat 5</b>  |                    |     |         |
| 2 87           | Gary Palmer        | M45 | 2:17.19 |
| 3 145          | Ray Daniel         | M55 | 2:18.22 |
| <b>Heat 7</b>  |                    |     |         |
| 4 93           | Tony Tuohy         | M45 | 2:18.29 |
| <b>1500m</b>   |                    |     |         |
| <b>Heat 1</b>  |                    |     |         |
| 1 298          | Clare Elms         | W45 | 4:48.74 |
| 2 304          | Bernie Pritchett   | M45 | 4:51.16 |
| 4 309          | Lisa Webb          | W45 | 5:07.88 |
| 5 266          | Cara Oliver        | W35 | 5:21.12 |
| 6 343          | Gail Duckworth     | W55 | 5:23.54 |
| 7 345          | Anna Garnier       | W55 | 5:34.22 |
| 8 364          | Ros Tabor          | W60 | 5:50.28 |
| 9 350          | Andrea Sr-Reece    | M55 | 5:50.39 |
| 10 295         | Dianne Crisp       | W45 | 5:56.29 |
| <b>Heat 2</b>  |                    |     |         |
| 5 191          | Michael Mann       | M60 | 5:09.86 |
| 6 177          | Ed Connolly        | M60 | 5:30.98 |
| 7 213          | Peter Giles        | M65 | 5:37.95 |
| 9 179          | Alan Davidson      | M60 | 6:15.93 |

**Indoors**



Cara Oliver and Clare Elms in 800m

|                    |                    |     |          |
|--------------------|--------------------|-----|----------|
| <b>Heat 3</b>      |                    |     |          |
| 7 93               | Tony Tuohy         | M45 | 4:39.39  |
| 8 49               | Chris Ness         | M40 | 4:39.57  |
| <b>3000m</b>       |                    |     |          |
| <b>Heat 1</b>      |                    |     |          |
| 3 192              | Dan Maskell        | 60  | 12:36.01 |
| 6 179              | Alan Davidson      | 60  | 13:07.61 |
| 7 236              | Edmond Simpson     | 70  | 13:41.88 |
| <b>Heat 2</b>      |                    |     |          |
| 8 78               | Tony Killilea      | M45 | 10:08.78 |
| 10 122             | Colin Oxlade       | M50 | 10:25.35 |
| <b>60m Hurdles</b> |                    |     |          |
| 1 231              | Barry Ferguson     | M70 | 11.05    |
| <b>Heat 3</b>      |                    |     |          |
| 3 187              | Geoffrey Kitchener | M60 | 12.02    |
| <b>High Jump</b>   |                    |     |          |
| 2 187              | Geoff Kitchener    | M60 | 1.35     |
| 1 212              | Allan Cheers       | M65 | 1.27     |
| 2 233              | Brian Harlick      | M65 | 1.12     |
| 1 366              | Emily McMahon      | W60 | 1.15     |
| <b>Pole Vault</b>  |                    |     |          |
| 2 70               | Alan Easey         | M45 | 2.80     |
| 1 129              | Brian Slaughter    | M50 | 3.05     |
| 1 233              | Brian Harlick      | M65 | 2.60     |
| <b>Long Jump</b>   |                    |     |          |
| 5 3                | Stuart Channon     | M35 | 5.21     |
| 4 128              | Dave Shields       | M50 | 4.43     |
| 2 17               | Allan Long         | M65 | 4.08     |
| 2 216              | David Kuester      | M65 | 3.24     |
| 1 243              | Colin Sheppard     | M75 | 3.28     |
| 1 250              | Geoffrey Feast     | M80 | 2.78     |
| <b>Triple Jump</b> |                    |     |          |
| 3 134              | Cliff Warren       | M50 | 10.17    |
| 4 128              | Dave Shields       | M50 | 9.80     |
| 1 212              | Allan Cheers       | M65 | 8.62     |
| 2 217              | Allan Long         | M65 | 8.46     |
| 1 243              | Colin Sheppard     | M75 | 6.42     |
| <b>Shot</b>        |                    |     |          |
| 2 196              | Anthony Richards   | M60 | 11.85    |
| 2 216              | David Kuester      | M65 | 9.44     |
| 3 233              | Brian Harlick      | M65 | 8.11     |
| 1 251              | Jaroslav Hanus     | M80 | 7.42     |
| 4 366              | Emily McMahon      | W60 | 7.41     |
| 1 376              | Liz Sissons        | W65 | 9.26     |

**3Km Walk At SCVAC 11 Mar 12**

|              |                |          |
|--------------|----------------|----------|
| M60 1st      | Ian Richards   | 14.39.72 |
| 2nd          | John Hall      | 15.29.74 |
| M65          | Peter Hannell  | 17.54.78 |
| M70          | Ronald Penfold | 17.28.41 |
| M75          | Arthur Thomson | 16.29.62 |
| World Record |                |          |

## Teaching of Percy Cerrutty, c 1977

"The most obvious problem athletes have is that they don't properly use their lungs. The oxygen debt runners experience in races or training could be reduced with what Percy called 'full-lung aeration'. The amount of oxygen that comes into the upper and lower lung when fully filled is about 3,500 CCs. In the orthodox method of running, the lungs only take in about 1,500 ccs.

Percy's techniques of natural movement, which he taught at Portsea were designed to get more oxygen into the upper lobes of the lungs, which would lead to more efficient and faster running. Percy taught that if an athlete were taught to utilise his lungs fully, he could cut huge margins off his best time. After a year with Cerrutty, I had no doubt that the development of full-lung aeration could completely revolutionise the world of athletics.

The runner cannot suck oxygen into his lungs" Percy said. "He has to take the pressure off the upper lobes of the lungs or they will never fill. The lungs are made up of tiny air sacs, not muscles. When the shoulder comes up to shorten the muscles in the neck, this motion alone takes the pressure off the upper lobes so that oxygen can rush in naturally."

The reason most runners are worn down in a race is simply because of a lack of oxygen to oxidise the glycogen that is fed to the working muscles.

The chief means of filling the lungs, while lifting the shoulders is to vary the arm movements. Emil Zatopek was the best example of this. He forced more oxygen into his lungs when other athletes were succumbing to oxygen debt and the build up of lactic acid."

Cerutty was famous for his work with miler Herb Elliott, use of sandhills and keeping a communal training camp, like Africans do now.

taken from  
*Training with Percy Cerrutty* by Larry Myers

## Database working for Membership

The data obviously is taken from individuals' application forms.

Age is calculated by the system from date of birth which is an essential condition.

Address is often tweaked by applicants; for example Postal Town may be omitted, presumably on the basis that Postal Code is sufficient. It may be but the equipment is liable to break down, we suppose, when Postal Town would come in.

We can look up correct Postal Town in a book and we can also verify it by Post Code on [Streetmap.co.uk](http://Streetmap.co.uk). In London district names are useful because many street names are duplicated.

Common surnames such as Smith are distinguished by Member number.

Members who lapse are saved, for recycling and even for obituaries.

Often we can remember your name at the entry desk which surprises one or two.

### New Members

|                  |                  |       |
|------------------|------------------|-------|
| Michael Bense    | London Heathside | V2798 |
| Eric Buckle      | Marlow Striders  | V2803 |
| Victoria Carter  | Serpentine       | V2795 |
| Terence Casey    | Leighton AC      | V2801 |
| Neil Crisp       | Ilford           | V2792 |
| Dianne Crisp     | Ilford           | V2793 |
| John Foss        | SLH              | V2794 |
| David Greenfield | K&P              | V2791 |
| Joanne Locker    | Walton           | V2800 |
| Baydon Merry     | VAC              | V2802 |
| Andy Millbank    | HHH              | V2790 |
| Chris Ness       | Walton AC        | V2797 |
| Carla Oliver     | Dartford Hs AC   | V2796 |
| Marge Pope       | VAC              | V2789 |

# W e l c o m e !

Address for Subs

Membership

PO Box 65760

LONDON NW2 6JN



Clare Wynyard

## VAC Cross Champs 2012

Norris had a 14 sec lead on Maughn in lap 2. On the final lap he attacked the hill determinedly and finished under full power for 32:34.

Previous winner Mick Boyle and mens' record holder came through to be second and first 50.

Lee held on for third place ahead of Maughn to get the M45 gold, a minute behind the winner. While Scot Ian Johnston on first run here was a close fourth.

Clare Elms was very impressive as she achieved the women's all time best in this event. Maggie Statham's 12 year old W45 record was bettered by 39 secs to final 35:18.

A classic competition was that in W55 class. Jane Georghiou took the lead early on but found her margin under threat when Andrea Sanders-Reece closed to only seven seconds on lap 2. Andrea maintained this challenge but the Farnham course expert's forte of hill running enabled her to draw away by the end to 12 secs lead.

Pam Jones proved to be the first over 75 woman at VAC as she also headed the two 75 men.

Terry O'Neill took the 55 gold racing with Glen Morgan as he had Carey Gray in pursuit.

Then first 60 was the ever present figure of Mike Mann. He had two minutes lead over the hardy pair of Graham Ball and Gerry Smith.

Bill Gristwood had the M50 bronze, leading Ola Balme. She was second only to clubmate Clare as Ola was clear W40 gold.

Michael Mann has enjoyed good success in VAC cross and the Hercules minor races.

But in complete contract he came down to 800m at Lee Valley on the boards and prevailed over experts Ken Daniel and Ed Connolly in a one second blanket finish.

West 4 Harriers, led by Alison Brownhill, brought a party over. They made a tight group in mid race led by Louise Ferguson in 19th place, half a minute before Rose Lewis, Rachel Badham and improving Keith Simpson.

After the W55s, Ros Tabor, first 60, was closing and only 10 secs away. Ros was followed by Clare Wynyard for the 50 gold, with Jo Quantrill in pursuit.

So Dulwich recorded a notable ladies foursome, doubtless born of efficacious training in Burbage Road. 'The Burbagers', do we say?

Long timer Lesley Bowcott, who has run with VAC since the 1980s, and always smiling, looked good for the 65 medal.



Gerry Smith, left, and Andy Gardiner on lap 1



Champs Lap 1 : Steve Norris leads Vic Maughn and Peter Lee, as Mick Boyle and Ian Johnston follow

### Champs Medal Table

|                 |                 |               |
|-----------------|-----------------|---------------|
| M40 S Norris    | I Johnston      |               |
| M45 P Lee       | V Maughn        | L Reilly      |
| M50 M Boyle     | C Gray          | W Gristwood   |
| M55 T O'Neill   | A Murray        | B Attwell     |
| M60 M Mann      | G Ball          | G Smith       |
| M65 P Clark     | W Wessely       | D Wilson      |
| M75 B Shave     | A Lane          |               |
| W40 O Balme     | R Badham        |               |
| W45 C Elms      | A Brownhill     | A Kikugawa    |
| W50 C Wynyard   | J Gristwood     |               |
| W55 J Georghiou | A Sanders-Reece | J Quantrill   |
| W60 R Tabor     | • W65 L Bowcott | • W75 P Jones |

### 31 December

The Hercules 5 Mile Multi Terrain was popular with all standards as VAC filled nearly a third of the list. The flat course made a change from the character building gradients on the other side of the Common and none the worse for New Year's Eve.

In front Stu Littlewood's son Alex Bruce, home from McNeece State University USA, modestly showed his class as a senior. Only a few years since his run as a junior in a VAC vets race had provoked argument about 'vets only here' it was good to witness youthful promise being fulfilled, was it not. Steeplechase is an event he excels in, we see.

Marie Synott-Wells' fast time was named a record and probably a sound one, of 32:58, after her prominent spell in the autumn. She was 3rd VAC in the National too.

Maurice Sharp had an excellent placing as 1st 65, of ten senior vets. He may be another instance of fatherly pride – for his son Matt. He was third in the race, after being winner of the December joint HW/VAC race.

Sarah Allen was well placed among the women. Results p5.



Jane versus Andrea

### 17 March

Terry O'Neill was saving himself for Bath a week later but still ran a fast time. He was not carrying an ounce of surplus and clearly fit for anything.

Second, Jeremy Carnell, tho' running alone, recorded 36:44, a time faster than his last season.

Andy Gardiner, of Kent AC, is a promising recruit in the always hot 55 class.

It's good some folk can be relied on so the Gristwoods were there, below, and we saw Julia, placing first woman, back in sub 50 figures. Cool.

From Belgrave Hall, Chris Taplin put aside his tea bar work to run and proved well fit enough.

Peter Mulholland encouraged the lady Herculeses out so Angela and Rowena gave pursuit to Julia.

While lady members not running got together for tea and a chat in the Hall afterwards. Better value than a Village coffee shop, we'd bet.

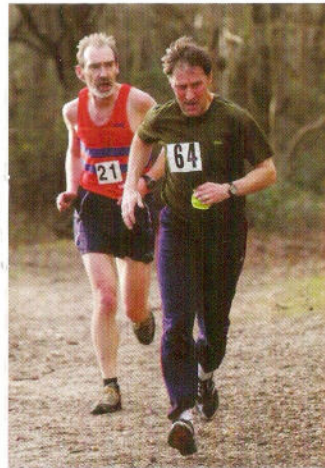
Alan Lane keeps good fitness and enjoyed a third run here.



Julia and Bill



Alison Brownhill of West4



Barry Attwell took no chance with climate as Andy Murray was next



### Match 3 Lloyd Park (Sutton Rs) 14 Jan

|                                 |       |
|---------------------------------|-------|
| 1(2) Gilbert Grundy(Woking)     | 27:32 |
| 2 (8) Steve Bishop(Holland) M40 | 29:05 |
| 3 (14) Neil Reissland(Coll) M40 | 29:26 |

#### VAC

|                                   |       |
|-----------------------------------|-------|
| 8(44) Mick Barlow(VAC) M40        | 32:15 |
| 14(61) Glen Morgan (VAC) M40      | 33:03 |
| 20(79) Carey Gray(VAC) M50 2d     | 33:35 |
| 27(108) Bob Treadwell(VAC) M50 3d | 34:42 |
| 41(150) Paul Browning(VAC) M50    | 37:43 |
| 43(156) Dan Maskell(VAC) M60      | 38:07 |
| 44(157) Kieron Fennelly(VAC) M50  | 38:17 |
| 66(205) Dennis Williams(VAC) M60  | 47:13 |

Div 4 1 Collingwood 155, 2 Woking 216, 3 Holland 331, 4 Vets AC 393, 5 Dulwich Park 408, 6 Wav'y 481, 7 Lingfield 618, 8 Epsom Odd 638.

### Match 4 Lloyd Park (Croydon) 11 Feb

|  |       |
|--|-------|
| 1(2) Gilbert Grundy(Woking)            | 28:29 |
| 2(21) Neil Reissland (Collingwood) M40 | 29:25 |
| 3(3) Steve Bishop(Holland) M40         | 29:33 |

#### VAC

|                                 |       |
|---------------------------------|-------|
| 8(8) Mick Barlow(VAC) M40       | 32:39 |
| 24(24) Carey Gray(VAC) M50 2d   | 34:58 |
| 36(34) Paul Browning(VAC) M50   | 38:54 |
| 47(44) Kieron Fennelly(VAC) M50 | 40:44 |

Division 4 Teams 1 Collingwood 161, 2 Woking 240.5, 3 Holland Sp 257, 4 Dulwich Park 458, 5 Epsom Odd 499.5, 6 Vets AC 515, 7 Lingfield 522, 8 Waverley 587.

#### Final Standings Div 4 1 Woking 757.5,

2 Collingwood 980, 3 Holland Sp 1117, 4 Dulwich Park 1815, 5 Epsom Odd 1913.5, 6 Vets AC 1960 7 Waverley 2202, 8 Lingfield 2215.

#### League Age Awards

Div IV M40 S Bishop(Holl); M50 M Lloyd(Coll); M60 J Brown (Wok); also note Div III M50 C Oxlade(Cro).



Kieron Fennelly

In match 3 at Lloyd Park, the VAC team mustered eight with four of the best and shrugged off the lack of two more scorers to place fourth in match, best result of the season.

Other teams were short too,

## Surrey League Div 3/4 Club 4th!

Carey Gray  
off the far side



perhaps effect of the recent County champs but proving a golden rule that if you turn out you may do better than you expect.

Mick Barlow, coming across from Tonbridge, ran well and improved to eighth in division. Glen Morgan and Bob Treadwell were the locals, well up to form in Match 3.

In between those intrepid Carey Gray found his way from Oxfordshire and gave us a valuable 20th place which was also second 50.

Three runs in the series was as good as it got this season. This meant Paul Browning stepped up with Mick Barlow, Kieron Fennelly and Dan Maskell as the 'Musketeers' of the team.

Snow was name of the game on the last match. It still lay on the high ground but had cleared away in the 'Park', leaving a beautiful day. One corner was tricky where runners slipped sideways but most stayed on their feet.

Times were naturally a minute or two slower than on dry but Mick Barlow again did well for eighth place. So our good four regulars kept the VAC out of any imagined 'relegation zone'.

Woking were div leaders throughout with such as 60 medal winner Jim Brown well there. While Collingwood for their silver spot credited efforts of committee and hosting a Park Run which brought in new members.

While Holland Sports are a good church – they lead with a Bishop!

# Table VAC Members' ranked Cross Country 2011-12

|  | 22 Oct | 19 Nov | 10 Dec | 31 Dec | 21 Jan | 17 Mar |  | 22 Oct   | 19 Nov | 10 Dec | 31 Dec | 21 Jan | 17 Mar |
|--|--------|--------|--------|--------|--------|--------|--|--|--------|--------|--------|--------|--------|
| 10 Dec = HW/VAC 31 Dec = 5M MT Rest = VAC course |        |        |        |        |        |        |  | 10 Dec = HW/VAC 31 Dec = 5M MT Rest = VAC course |        |        |        |        |        |
| Steve Norris(TVH)                                | 43     |        |        | 28:50  | 32:34  |        |  | Pete Marsh(Bel)                                  | 61     | 41:27  | 41:42  |        |        |
| Mick Boyle(HHH)                                  | 50     |        |        |        | 32:57  |        |  | Terry Eakin(NDAC)                                | 62     | 42:04  |        |        |        |
| Peter Lee(HW)                                    | 45     |        |        |        | 33:32  |        |  | Andy Gardiner(Kent)                              | 55     |        |        | 42:08  | 42:12  |
| Ian Johnston(Shett)                              | 40     |        |        |        | 33:39  |        |  | Ros Tabor(Dul R)                                 | W62    | 42:33  | 42:06  | 37:29  | 42:56  |
| Vic Maughn(HHH)                                  | 45     |        |        |        | 33:47  |        |  | Jane Georgiou(Farn)W55                           |        |        |        |        | 42:34  |
| Len Reilly(Kent)                                 | 45     |        |        |        | 34:56  |        |  | Clare Wyngard(Dul R) W50                         |        |        |        | 40:23  | 43:16  |
| Clare Elms(Dul R) W45                            |        |        |        |        | 35:18  |        |  | Jo Quantrell(SLH) W55                            |        |        |        |        | 43:34  |
| Terry O'Neill(Bel)                               | 55     | 38:47  | 36:26  |        | 36:23  | 35:55  |  | Dan Maskell(VAC)                                 | 63     | 43:40  |        | 37:32  | 36:53  |
| Jeremy Carnell(Cam)H57                           |        |        |        |        | 36:44  |        |  | Stu Littlewood(HW)                               | 55     |        |        | 38:08  |        |
| Glen Morgan(VAC)                                 | 45     | 37:24  |        |        | 36:49  |        |  | Martin Miller(HW)                                | 65     |        |        |        | 37:12  |
| Mick Barlow(Ton)                                 | 45     |        | 36:55  |        |        |        |  | Peter Gibbons(Dul)                               | 57     |        |        | 38:41  |        |
| Carey Gray(Wdstk)                                | 52     |        |        |        | 37:09  |        |  | Tom Morris(HW)                                   | 50     |        |        | 39:09  |        |
| Mike Mann(Dul R)                                 | 60     |        | 34:10  | 32:54  | 37:58  |        |  | Paddy Clark(VAC)                                 | 65     | 45:24  | 43:04  | 42:05  | 43:45  |
| Steph Robson(HW)W35                              |        |        | 34:19  |        |        |        |  | Alison Brownhill(West4)W45                       |        |        |        |        | 44:14  |
| Marie S-Wells(Ran)W45                            |        |        |        | 32:58  |        |        |  | Walter Wesely(WSEH)65                            |        |        |        | 38:02  | 44:41  |
| Wm Arbury(E&E)                                   | 45     |        |        |        | 38:12  |        |  | Sarah Allen(HHH) W45                             |        |        |        |        | 38:44  |
| Bill Gristwood(ESM)                              | 52     |        |        |        | 38:35  | 38:56  |  | Dave Wilson(HHH)                                 | 65     | 46:52  |        |        | 46:13  |
| Ola Balme(Dul R) W40                             | 38:36  |        |        | 33:31  | 38:52  |        |  | Chris Taplin(Bel)                                | 61     |        |        |        | 46:27  |
| Andy Murray(Dul R)                               | 58     | 39:01  |        | 34:37  | 39:20  |        |  | Maurice Marchant(Ton)60                          |        |        |        |        | 47:58  |
| Stephen McDuell(HW) 46                           | 40:02  |        |        |        |        |        |  | Dennis Smith(VAC)                                | 62     | 49:52  | 45:03  |        |        |
| Graham Ball(WVV)                                 | 60     |        |        |        | 40:05  |        |  | Dennis Williams(HW)                              | 65     |        | 41:37  | 39:45  | 50:19  |
| Barry Attwell(SLH)                               | 55     |        |        |        | 40:37  |        |  | Martin Spence(VAC)                               | 57     |        |        |        | 47:44  |
| Gerry Smith(EE)                                  | 60     |        |        |        | 40:46  |        |  | Julia Gristwood(ESM)W50                          | 51:42  | 50:25  |        | 50:25  | 49:14  |
| Rich Solomons(High) 64                           | 40:48  |        |        |        |        |        |  | Alan Turner(HW)                                  | 68     |        |        |        | 39:55  |
| Rachel Badham(W4)W40                             |        |        |        | 41:01  |        |        |  | Stu Littlewood(HW)                               | 55     |        |        |        | 40:35  |
| Maurice Sharp(HW)                                | 65     |        | 37:20  | 35:53  |        |        |  | Ted Kimber(Bar)                                  | 71     | 50:29  |        |        |        |
| Bob Ewens(SOC)                                   | 56     |        | 35:58  |        |        |        |  | Angela Kikugawa(HW)W45                           |        |        |        |        | 51:42  |
| Dave Betts                                       | 60     |        | 36:24  |        |        |        |  | Steph Burchill(Dul R)W55                         | 51:58  |        | 45:08  | 43:18  | 51:11  |
| Jim Brown(Wok)                                   | 62     | 41:46  |        |        | 41:13  |        |  | Frank Gander(Bel)                                | 77     | 52:22  |        |        |        |
| Andrea S-Reece(Morn) W55                         |        |        | 41:16  |        | 42:46  |        |  | Eric Campbell(Cro)                               | 45     |        |        |        | 52:26  |
|  |        |        |        |        |        |        |  | Nina Pinkerton(SLH)W60                           |        |        |        | 45:46  |        |
|  |        |        |        |        |        |        |  | Lesley Bowcott(WV)W65                            |        |        |        |        | 53:15  |
|  |        |        |        |        |        |        |  | Pam Jones(If) W75                                |        |        |        |        | 53:25  |
|  |        |        |        |        |        |        |  | Jeffrey Gordon(THH) 75                           |        |        | 75:05  | 50:34  |        |
|  |        |        |        |        |        |        |  | Brian Shave(HHH) 75                              | 58:26  |        |        |        | 57:59  |
|  |        |        |        |        |        |        |  | Alan Lane(Bel)                                   | 75     | 63:42  |        |        | 63:09  |
|  |        |        |        |        |        |        |  |  |        |        |        |        | 62:58  |

these before profiler Steve Norris and Gareth Cavell were both in the 44:30s.

In the last 500 we don't recognise many names, showing how vets outperform back-end seniors.

## Women

Clare Elms was first W45 by more than a minute, in 51st place, just a week after indoor 800 at LeeVal.

Ealing's Fiona Kennedy was the first 50 recorded on 34:09.

Walker Maureen Noel was there too and super vet Pam Jones, as cool as a daisy. The north dominated the Womens' teams but Belgrave did well to lead Herne Hill, Thames and others. Dulwich Rs on 27th in turn showed the way to Barnet, SLH, Ranelagh, a brace of the new 'chasers' in Clapham's and Mornington's, and Stragglers.

Back in the '90s member Nigel Gates was class in the National. Now he kindly went up to his attic to check out how he placed 21st and 27th in '94, '96, not to mention a best of 9th at age 39. "But it isn't the same" said he!

Nigel himself, who was unbeatable then and the nationally dominant veteran, tells us that after a bad injury spell he now does triathlons, and the odd

| Guests 21 Jan                |  |  |  |  |  |  |  |  |     |  |  |  |       |
|------------------------------|--|--|--|--|--|--|--|--|-----|--|--|--|-------|
| Louise Ferguson(West 4)(G)   |  |  |  |  |  |  |  |  | W40 |  |  |  | 40:38 |
| Rose Lewis(West 4)(G)W45     |  |  |  |  |  |  |  |  |     |  |  |  | 40:58 |
| Keith Simpson(West 4)(G)     |  |  |  |  |  |  |  |  |     |  |  |  | 41:10 |
| Louise Clark(West 4)(G)W35   |  |  |  |  |  |  |  |  |     |  |  |  | 46:54 |
| Shelley Martin(West 4)(G)W35 |  |  |  |  |  |  |  |  |     |  |  |  | 49:48 |
| PJ Champault(West 4)(G)45    |  |  |  |  |  |  |  |  |     |  |  |  | 56:49 |
| 17 March                     |  |  |  |  |  |  |  |  |     |  |  |  |       |
| Rowena Hornshaw(HW)(Sen)     |  |  |  |  |  |  |  |  |     |  |  |  | 49:35 |
| 2 laps                       |  |  |  |  |  |  |  |  |     |  |  |  |       |
| Steph Burchill(Dul R)W55     |  |  |  |  |  |  |  |  |     |  |  |  | 35:01 |

Clare Elms' 35:18 is now the all time womens' Best on the VAC course. Pam Jones set a new 53:25 W75 record, adding to her W65 and 70 marks.

CC, in Sussex. And keeps up membership.

In the view from Parliament Hill one landmark seemed to be lost, namely St Pauls. In fact it was dead in line with the new very tall Shard building, but since it was only half as high it was hard to see.

# Aquae Sulis

## Roman Baths since AD 43

Lucy Elliott, the brilliant ladies winner is well known and to a lesser extent so is Liz Hartney, our W45 silver from Reading. But many of the first ten women were new names, bringing fresh energy into the sport.

Jane Georghiou finished in a stream of runners, next to Bath's silver star Zina Marchant.

"Deceptively tough" said Ros Tabor, who travelled by train. "It looked easy enough but the long gradient third time, or sixth time for men, took its toll". Old rival Margaret Moody from the Chilterns was challenging once again but this was Ros's turn and she took the bronze.

South coaster Pauline Rich, fit from the Brooks League, was racing younger women for a silver to take home, but had Alan for support on the course, just like supervet Dot Fellowes with Derek.

And more coming such as Wimbledon Village's Lesley Bowcott with Mr B, and Romford's Pam Jones with David, close up. Dogs however were left at home.

Reading's regular rearguard were there as Brian Shave, M75, was fourth to the flying Scot Walter McCaskey, and John Cullingham got round.

Walter Wessely chose bus travel and, with advice from your Editor, who once lived on Bathwick Hill, just made it.

The honey coloured stone of the Bath terraces glowed in the afternoon sun as we came down from the University but sight seeing might need longer than an hour or two for Aquae Sulis.



*This Brighton and Hove included Cathy Ulliott left and Julia Armstrong(339)*



*Recently married Stephanie Robson and Paul Lemmon*

## Lauriston/HW 5M Multi Terrain

### Wimbledon Common 31 December

#### VAC

|    |                    |           |    |       |
|----|--------------------|-----------|----|-------|
| 6  | Steve Norris       | VAC       | 40 | 28.50 |
| 23 | Mike Mann          | Dul R     | 60 | 32.54 |
| 24 | Marie Synott-Wells | Ran W45   |    | 32.58 |
| 26 | Ola Balme          | Dul R W40 |    | 33.31 |
| 35 | Maurice Sharp      | HW        | 65 | 35.53 |
| 38 | Dan Maskell        | VAC       | 60 | 36.53 |
| 40 | Martin Miller      | HW        | 65 | 37.12 |
| 44 | Walter Wessely     | VAC       | 65 | 38.02 |
| 46 | Sarah Allen        | HHH W45   |    | 38.44 |
| 49 | Dennis Williams    | HW        | 65 | 39.45 |
| 51 | Alan Turner        | HW        | 65 | 39.55 |
| 53 | Stu Littlewood     | HW        | 55 | 40.35 |
| 54 | David Walsh        | THH       | 65 | 40.49 |
| 59 | Paddy Clark        | VAC       | 65 | 42.05 |
| 61 | Steph Burchill     | Dul R W55 |    | 43.18 |
| 64 | Nina Pinkerton     | SLH W60   |    | 45.46 |
| 69 | Jeffery Gordon     | THH       | 70 | 50.34 |

Pete Mulholland says 69 was best field to date; and Marie S-W's time was W45 record. Report on page 8.

# Iconic home of Cross Country

## The Saucony English National CC Champs, Hampstead 25 Feb

### Senior Mens race

This listing is a flexible one, mainly VAC but not all.

23 J Gilbert(Kent) 37:51, 59 T Hartley(Notts 40) 38:57, 90 H Zietsman(Serp) 39:37, 108 Dave Taylor(B&B) 45) 39:57, 113 Darren Bilton(Leeds 45) 40:08, 120 H Torry(Serp Sen) 40:14, 123 M Causer(THH), 169 W Cockerell (Bel M35) 40:59, 180 B Reynolds (THH 45) 41:11, 196 G Saker (Ton 50) 41:28, 211 S Major(NEB) 41:40, 220 J Painter(B&H) 41:46, 226 A Weir(THH) 41:52, 240 N Martyn (High 45), 266 C Beecham (High) 42:35, 312 P Kennedy(Stragg), 313 Matt Sharp(HW), 372 C Daniels(THH), 396 R Tomlinson(MM) 44:08, 421 S Norris (TVH) 44:31, 424 G Cavell (WGEL) 44:34, 486 M Giles(Sutt R 50) 45:24, 533 R



**Bernie Pritchett, second VAC**



**On Parliament Hill**

Reeder 45:57, 574 L Reilly 46:17, 596 M Tennyson 46:34, 665 J Foss 47:26, 721 R Dzikowski 48:10, 791 M Barlow 48:59, 797 N Crisp 49:04, 837 T Pamphillon 49:28, 855 C Oxlade 50:02, 1006 Des Michael 51:26, 1040 B Arbury 51:54, 1066 A Murray 52:16, 1080 P Lemmon 52:28, 1157 S Pledsted 53:30, 1187 G Newton M60 53:53, 1501 W Wessely M65 60:08. 1689 finished

### Senior Womens race

51 C Elms(Dul R) W45 1st 31:10, 166 F Kennedy(ESM W50) 34:09, 184 B Pritchett(WGEL W45) 34:38, 201 M Synott-Wells(Ran W45) 34:55, 253 A Garnier 36:14, 261 L Ionascu 36:17, 278 P Iannella 36:46, 297 R Badham 37:03, 325 L Pettit 37:40, 349 A Riddell 38:15, 361 R Tabor 38:34, 367 A Sanders-Reece 38:38, 388 M Noel 39:03, 400 D Crisp 39:16, 431 A Brownhill 40:12, 562 S Allen 45:40, 570 A Kikugawa 46:05, 595 P Jones W75 48:14.

### Report

David Taylor, first VAC man, has been 4th in the National as well as a Southern winner. He writes: "I was reasonably happy with my run in the National; it was nice for a change to run at Parliament Hill on a dry course without worrying about your spikes being sucked off by ankle deep mud.

I started steadily and gradually worked through.

Thanks are due to the many spectators who cheered us on and made it a memorable National.

I did feel sorry though for the group of people who were enjoying a picnic on the heath, until it was pointed out to them that they were in the middle of the course and several hundred runners were about to run through their picnic spot."

*David Taylor*

Ten secs behind him Darren Bilton, M45, was not a scorer for mighty Leeds whose last was 76th and led by nearly 100 points over Tipton. Bilton has been first vet in London Marathon at least once. From the south, Highgate, lacking a high placer, were 5th and Woodford Green 12th as Serpentine, Herne Hill, Thames Hare and Kent made the top 20.

Hugh Torry is included as the Surrey Co winner, and second here from huge Serpentine RC.

Elite vet Ben Reynolds of Thames Hare was second 45, before the first 50, as no over 60s got listed.

Stuart Major was 211th ahead of VAC 5M Road's Josh Painter and 5K track's Andy Weir, all close by the chip timing.

Richard Tomlinson, from >p11 Medway, was two minutes behind

# Lee Valley, from p6

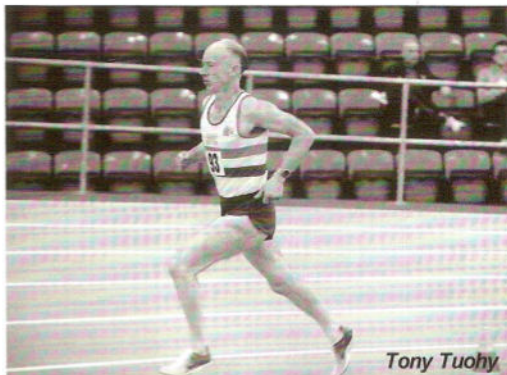
Power packed Rohan Samuel was fastest man in VAC at 7.42 in 60m.

John Browne was only 0.01 secs off Pat Logan giving five years, but Milton McIntosh was 2 hundredths faster in M45.

Joan Trimble, sub 9, lacked competition but Emily McMahon, sub 10, was a comeback kid.

Nearest to 60 secs was Brian Slaughter, 50; then he was over 3 metres at Pole Vault. Sharp in 60 class Doug Lucas had 62.70 in 400m after 27.31.

Alastair Ross had 26.40 in 200m; with David Wilcock he was a rare Gateshead



Tony Tuohy

1999 endurer, like M70 Barry Ferguson, still lithe at the barriers.

Womens 1500 was class where Clare Elms held Bernie Pritchett, a strange but true for the National CC. EVAC's Gail Duckworth held Anna Garnier and Andrea Sanders-Reece with Ros Tabor sandwiching.

Tony Tuohy looked at home on the bends, hard challenged by new member Chris Ness while Mike was 'the Mann' in the older race.

New Stuart Channon jumped 5.21 long as Cliff Warren, formerly pure sprint, surprised with his over 10 Triple. Skillful Anthony Richards led the older pool with 11.85 Shot.



Mike May, left, VAC's new President, is a keen sprinter, ranked in top 20 at 400 Indoors, who clearly can handle a bend.

As the track season comes in his personal account on Power of 10 may be worth a browse.

## World Record at Walk

Arthur Thomson, right, broke the Men's M75 Indoor 3000m Walk World Masters Record at Lee Valley on 19 February. Arthur recorded 16mins 29.62 seconds compared to the old record set by Toivo Tuomela of 17mins 02.20 seconds which had stood since 12th March 2005.

David Lipscomb, SCVAC Sec

Editor of Essex Walker adds

It was a race won comfortably by Francisco Reis with Ian Richards and John Hall completing the frame and Steve Allen (Barnet) 4th.

A mega newsletter for 'heelers' is the [essexwalker@aol.com](mailto:essexwalker@aol.com)



David Lipscomb

## Other Walk fixtures

|        |                               |
|--------|-------------------------------|
| 10 Jun | 20K Downham Market Norfolk    |
| 17 Jun | 5K Road Horwich Lancs         |
| 14 Jul | 30K Coventry                  |
| 5 Aug  | 10,000m track Horspath Oxford |
| tbc    | VAC 5K Cambridge Hs           |
| tbc    | VAC 7M Enfield                |

### Officials services

Pete Mulholland 3 duties, Cecil Gittins 2, Dave Wilson 2, Steve Charlton 3, Jeremy Hemming 2, Bob Belmore 3, Michael May 2, Joe Aspinall 2, Ros Tabor 1, Kevin Burnett 1, Bill Trimble 1, Nick Lauder, Peter Hannell 1.

*Where time is given freely to the sport they love*

**Lapscoreers** are definitely needed for 10,000m Walk on 25 April at 6.45pm; cards provided. Same applies for 5 September.

### Les Brown Memorial Trophy Final scores at 18 March

- 12 P Hannell(Holder), D Williams
- 11 S Charlton, R Tabor
- 10 P Clark, M May, C Flint, J Gristwood, J Aspinall, D Maskell
- 8 Allan Davidson, S Pender, R Hammerson, K Burnett, B Hercock
- 7 E Bartlett, S Allen(If), R Pitcairn-Knowles, C Gittins, R Tomlinson, D Hoben, D Wardle, A Murray, M Mann, A Sanders-Reece, C Hide, T O'Neill
- 6 B Gristwood, J Batchelor

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.

### Croydon Harriers CC Champs Lloyd Park 3 March

- 1 Andy Simms 21:18
- 2 D Gillett(SLH) M40 21:58
- 3 Colin Oxlade(Cro) M50 22:41
- 10 Andy del Nevo M40 24:17
- 15 Bob Ewen (SOC) M50 25:02

#### VAC

- 9 Bill Gristwood M50 24:02
  - 13 Mike Mann M60 24:44
  - 23 Julia Gristwood W50 32:12
- Teams 1 Croydon 25, 2 SLH 28, 3 Striders 41  
Incomplete teams 6 VAC 45, of 10 in all.  
Colin Oxlade – known to abbreviators as Oxo – produced the goods on his home turf to head Bill Gristwood and the rest.

### East Surrey League CC Relays

Wimbledon 26 Feb 2011 Promoted by Herc Wim  
**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: Dan Maskell M60 13:47 (13), P Clark M65 14:30 (14)



Colin Oxlade at 3,000m Indoors

### Club kit

*for the League, 1st claim, and general use*

Official Kit – Polytec vests with VAC lettering embroidered

**Womens** sizes 32/34, 34/36", 38/40" – £16.00.

**Mens** sizes 36/38", 38/40", 42/44", 46" – £16.00

**Plus P&P** £1.80

Cheques pay 'Veterans AC'  
contact **Doug Maughan**  
info@douglassports.co.uk  
tel work 07976 218 286



DOUGLAS SPORTS 9 Acton Hill Mews,  
310–328 Uxbridge Road, London W3 9QN

*All proceeds go to Club funds*

### Photography

Editor says: my VAC photos can be seen at my website but may not stay there for long. They are hi-res images from a top DSLR and largely of publication standard. I think I could respond to queries or advice for enthusiasts, by email.



# Fixtures



www.vetsac.org.uk

## Wed 11 April Battersea Track with Serpentine RC 7pm

100m, 300, 200, 1500m, 400m, 5,000m Hammer followed by Shot

## Wed 25 April, Battersea 6.45pm

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

## Wed 2 May with Rosenheim Leag at Kingston

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 6 June Willesden Sports Centre Track 7pm

3K Walk, 100m, 800m, 200m, 3,000m 7pm Hammer,

### Track

Discus fb Shot

## Wed 11 July Willesden

3K Walk, 100m, 400m, 200m, 3,000m 7pm Discus fb Shot

## Wed 15 Aug Battersea

100m, 1 Mile trophy, 200m, 5,000m, 400m inc McClean O60 Cup (McLean please enter in advance to Editor). 7pm Discus followed by Shot.

Midweek above enter/pay on day. Sec Bob Belmore

Sun 26 Aug **VAC Track & Field Champs Battersea 10am** entry form cd 15 August

**Wed 5 Sept 10,000m** Track Champs Battersea 6.30pm 3 races. **Officials** tel Ros Tabor.

5 April E Surrey Lg 4M **Ewell Court** 7pm

Tue 17 Apr **Battersea** Millennium Stdm 7pm 5.0M Run & Walk; traffic free inner road, measured course.

Tue 15 May **Battersea Park** 7pm 5.0M Run & Walk

Tue 19 Jun **Battersea Park** 7pm 5.0M Run & Walk **Championships**, Walk grade A.

### Road

Tue 3 July **Battersea** 7pm 5M Run & Walk

Tue 31 July **Battersea** 7pm 5M Run & Walk

Tue 21 Aug **Battersea** 7pm 5M Walk – 7.15pm **5K Run Champs**

Enter on day: £3; Champs £4; pay for changing extra. Road Sec Bob Belmore 01428 654749

## National and International 2012

|           |                              |
|-----------|------------------------------|
| 3–8 Apr   | World Indoors Finland        |
| 12 May    | Relays SUTTON                |
| 10 June   | Marathon TENBY               |
| 17 Jun    | 5K Road HORWICH Lancs        |
| 17 Jun    | Pentathlon Horspath OXFORD   |
| 1 Jul     | Weight Pentath COPTHALL      |
| 21–22 Jul | T&F DERBY                    |
| 4–5 Aug   | Decathlon, Heptathlon OXFORD |
| 16–25 Aug | Euro Vets T&F ZITTAU Germany |
| 14 Oct    | 10K Road ASHFORD Kent        |
| 7 Oct     | Half Marathon GLASGOW        |
| 28 Oct    | 10M TIPTREE Essex            |

## Other events

|           |  |
|-----------|--|
| 22 April  | LONDON Marathon  |
| 26 May    | Surrey Co Vets T&F EWELL COURT   |
| 9 Sep     | Inter Area T&F SOLIHULL, for VAC team apply early to Mike May at mike.may@blueyonder.co.uk |
| 9 Sept    | St Mary's Twickenham Veterans & Open Mtg John.curtin2@btinternet.com – smrac.org.uk        |
| 15–16 Sep | Kent Vets T&F and Open ERITH tbc – Sec Barry Ferguson, 18 Bearsted Rise LONDON SE4 1RQ     |

**Walk** other Events are compiled on Page 14

## VAC N/L April 2012

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

**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

Hint: visit [Streetmap.co.uk](http://Streetmap.co.uk) website – enter Post Code.