

Veterans Athletic Club

Newsletter April 2013



p2 Officers & Committee
3 Editor. Sprinter group
4,5 Peter Giles
6, 7 VAC Lee Valley Indoors
8 VAC Country Champs
9 BMAF CC Sunderland

10 Surrey League
12 BMAF Road Results
13 Clare Elms
14 Lee Valley sketch
15 Officials, Attendance etc
16 Fixtures

Enc: T&F form - Fixture Card
Cover pictures L-R:
Helen Channon(272) – Peter
Kennedy – Richard Batchelor(853)
& Tony Tuohy – Jane Georghiou

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Committee News: January Committee

The Committee met for first time in 1901 Arts Club near Waterloo. The steep stairs were difficult for a senior member. It was heard that Jack FitzGerald was in St George's Hospital with fluctuating condition.

Treasurer told the Committee that the increased £10 levy to EMAA can be born for this year. Payments by Paypal which change may be a problem, it was thought.

Peter Kennedy reported his understanding of prospects for the Membership system, being master minded by Viv Oliver, which would provide for entries to club champs as well as Membership records. Access to VAC membership data will be granted to five Officers, while the VAC database will be separate from the BMAF one.

Race Walk Secretary said Members had achieved good results in Steyning 5K and Surrey 10K events.

A letter about relations between M Duff and R Belmore was delivered by Jeremy Hemming.

London Marathon places had been allocated to Michael Morfey and Jane Georghiou.

Committees: 16 May, 18 July, AGM 12 Sep.

March Committee

It was agreed that Walk Road events could be Open. A generous donation received from

member Paul Oates was acknowledged with thanks.

Among discussion on the forthcoming Membership system, the need for members' email to be up to date was emphasised.

Recruitment for Inter Area matches received discussion in which it was said that it would be helpful if members could nominate their first Vets club.

It was agreed to maintain the same entry fees for Champs in the summer period for which at least two midweek dates were still needed; for Road the five monthly dates were confirmed.

It was heard that some members might like to attend Committee if another day of the week were possible.

Affiliation fees to BMAF and EMAA would rise after mid year, it was heard.

Website and more

It's good to keep VAC site www.vetsac.org.uk bookmarked in your browser; it opens quickly and requires no password.

VAC results are posted there same day or next day.

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

Postal address for subs: Membership, PO Box 65760, London NW2 6JN

NEWS AND VIEWS

Track & Field

Our T&F Secretary Bob Belmore is not well enough to undertake his usual role so in his place Nick Lauder is nominated as Acting T&F Secretary.

Accordingly at least two monthly track meets are left blank but dates will be notified on website. T&F Champs dates are equivalent to last year, on 25 Aug and 4 September.

The new Sprint group was the number one development of last year. As yet, Distance runners have not taken the hint, given by Nick Lauder, that they might do well to group themselves together for inspiration and team making. But they are spoilt for choice, by the Park Runs which are called free, the overseas jaunts, and the oversupply of distance races of all kinds and prices.

We say Athletics is bedevilled by wishful thinking. So-called Masters, so-called Southern Counties and now so-called free events. So 'it's there for me, it's fine by me' is in because the higher motivations and stoical attitudes which inspired our forebears are forgotten in the age of internet abuse and bankers' bonuses.

Sprint developments, by Nick Lauder

Following on from the success of the first Sprinters' get together, a follow up took place at Lee Valley in early February as part of preparations for the various Indoor competitions. Pat Logan began the session with a discussion of why traditional warm up methods such as jogging and static stretching should be disposed of. Instead of that, he took the dozen athletes through something much shorter, more dynamic and focused on post-activation potentiation (PAP). PAP is a biochemical change in muscle activation response that is caused by brief bouts of strenuous physical activity. This latest thinking surfaced in 2011 from University of Calgary's Human Performance Centre:

<http://www.ucalgary.ca/knes/news/warmuphttp://sportsmedicine.about.com/od/Injury-Prevention-Exercises/qt/The-Warm-Up.htm>

The research found that a shorter warm up (15–20 minutes) resulted in less muscle fatigue

and a greater muscle contractile response than a longer warm up (50 minutes). This, in turn, resulted in more peak power output (6.2%) among those doing a shorter warm up compared to those using a traditional warm up. Also Barry Fudge, UKA Head Physiologist, has recently cited it on Ucoach as being relevant for both endurance and power athletes. FIFA also recommend a short warm up FIFA11+ <http://f-marc.com/11plus/home/>

Pat gave an excellent run through of a range of dynamic exercises that simulate the movements of sprinting as well as muscle activation warm up including glute activation exercises, and a core warm up. He then handed over to Mike Vassiliou, who is an osteopath, as well as a sprinter, specialising in sport, particularly back and neck injuries. Mike shared a range of exercises to help maintain a healthy back.

Fully warmed up, the group threw itself into a specific practice for the forthcoming Indoors via a series of 'races' to 30m under 'event conditions'. High speed video cameras were positioned to record the action; the twelve athletes were divided in four heats of a similar standard, and then invited to take their marks as if it were a proper contest.

Long recoveries of at least 15 minutes were taken, in which the videos of each race were reviewed by the athletes before Pat led them through some activation exercises to make sure that they were primed for the next 'race' of three apiece.

After a second successful and well attended get-together it is now hoped to hold these for the club's sprinters on a regular basis, every six weeks or so, depending on other racing commitments. These will build on the video technical reviews, and add other areas of development such as reactive strength and relays. We might even enter a team into the forthcoming London Relays event at Newham or Herts T&F Champs at Stevenage in May.

Continued on page 10

GIVING UP

by Peter Giles



First of all, I would like to thank all my running friends, especially my national age-group rivals who have regularly begged me not to give up. In particular, I shall never forget last year's BMAF 10k road champs in Ashford when several people, whom I hardly knew, came up to me. They did not actually say anything, but I could tell what they were thinking. People can be truly amazing! I feel truly humbled.

Even as recently as last week, someone stopped me in the street. Without this rich vein of support, I am sure I would have given up long ago. However, sooner or later, we each come to the point when we know in our hearts that it is time to call it a day.

I have conducted my campaign single-handedly for quite

some time now, and I suppose that I have got tired of bashing my head against a brick wall. Who wouldn't?

The political arm of the BMAF has turned a collective (and disheartening) deaf ear to my pleas. This defeat is, perhaps, the heaviest stone that melancholy can throw at a man.

You now know that my efforts to overturn the present water stations at road races, and go back to the traditional Smoking Habit Intermission Tables (SH*T, for short) has failed completely. But what if you are not a Veteran runner, but have stolen your grandad's VAC newsletter and are reading this by torchlight under the bedclothes? You will probably be somewhat confused by the contents of this article. You are probably thinking: what is this all about? Well, let me tell you, Sonny, this is serious stuff.

You see, in the Good Old Days, the top road races used to have little foldaway tables placed every 5k or so along the course. They were usually covered with a gingham cloth (the tables, Sonny, not the courses). On them you would find a couple of packets of Senior Service cigarettes and a box of Swan Vesta matches. We did not need water, but some of us would often be gasping for a

smoke at about three or four miles into a hilly 10-miler. The elite runners used to have their cigarette cartons marked with little coloured flags.

Foreign runners would have a miniature national flag to identify their preferred brand. It was very colourful and comforting; we used to love to stop for a few drags, and then off again. Naturally, race times were much faster in those days than they are now. Guess why?

Those of you who have been round to my home will remember the large photo of the Smoking Habit Intermission Table in Perignon, France. Taken in 1973, it shows the first group of runners in a gruelling 20-miler, stopping for a quick puff. One match is used to light all the runners' cigarettes. (This iconic primal image of fierce competitors united in a haze of smoke prompted me to call British Athletics with the suggestion that this image would make a perfect logo for their website).

You can almost hear the runners gasping for breath as they exchange a few thoughts on the race so far, and get a few quick puffs before setting off again. These were real sportsmen, not your average namby-pamby, water-sipping, colour-coordinated, anti-pronating Sat-navvers.

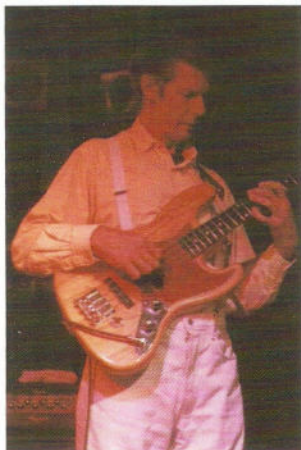
That's why I have tried to bring back the SH*Ts to my beloved national sport, but the powers-that-be have finally

Peter Giles story

rejected my proposal. My campaign is therefore over. The only thing I can do now – like starting a hunger strike in different circumstances – is to quit smoking in protest.

What worries me is that I know my running will suffer. I started running competitively, aged 44, and I have hardly slowed down over the past 24 years due to regular smoking (apart from 2007–08 when I cut right back on my cigar habit).

We all know how tough it can be to have to wait until the finish of a race in order to light up. That's the main reason that I started my campaign. Of course, it is not a problem with shorter races. One would hardly expect sprinters doing the 100 or 200 dash to stop en route; but long distance races of 10k and above present an awkward challenge to the committed smoker in an age when the conspiracy against smoking has reached new heights. The government ban on smoking in public places has vir-



Peter playing with the 21st Century Schizoid Band in Moscow in 2004.

tually turned smoking into a criminal offence.. Anyone would think that smoking wasn't good for you – see Woody Allen's film, *Sleeper*: our hero awakes in a futuristic hospital where the medical staff insist that he eats cream cakes and smokes cigarettes because of their health benefits. Most doctors smoke.

I know that my race times

will get slower and slower henceforth, due to my new non-smoking regime. I must accept that my best years are behind me now; it is very unlikely that I shall ever win another national title or run for England again.

So, in conclusion, here is a list – a testimony to the benefits of regular smoking – for the years following my 60th birthday in 2004:

Peter Giles's history in top level vets

2004

- BMAF 10k road champs – bronze medal
- Brit' & Irish Masters Int. XC Croydon – Eng M60 team gold

2005

- BMAF half marathon champs – bronze
- BMAF 5000 track champs – gold
- BMAF 10 mile road champs – silver
- Brit' & Irish Masters Int. XC Dublin – Eng M60 team gold, and bronze

2006

- BMAF 5000m track champs – silver
- BMAF 10k road champs – silver
- Brit' Irish Masters Int. XC Falkirk – Eng M60 team bronze

2007 – 2008

Cut down smoking

2009

- BMAF 10,000 track champs – gold
- Brit' Irish Masters Int. XC B'mingham – Eng M65 team gold

2010

- BMAF 3000m indoor champs – gold
- BMAF Marathon champs – gold
- BMAF 5k road champs – silver
- BMAF 1500m track champs – gold
- BMAF 5000m track champs – silver
- BMAF 10k road champs – gold
- Brit' Irish Masters Int. XC Dublin – Eng M65 team gold

2011

- BMAF 1500m indoor champs – gold
- BMAF 3000m indoor champs – gold
- European (EVAC) 3000m indoor champs – bronze
- Euro (EVACNS) 10k road – M65 team gold, bronze
- European (EVACNonStadia) XC relays – M65 team gold
- European (EVACNS) half mara champs – M65 team gold
- BMAF 10,000m track champs – gold
- BMAF 1500m track champs – gold
- BMAF 5000m track champs – silver

2012

- BMAF 1500m indoor champs – silver
- BMAF 3000m indoor champs – silver
- BMAF 1500m track champs – bronze
- BMAF 10k road champs – bronze •

**BMAF SoE/ EVAC/ VAC
Champs & Open 24 Feb**

VAC Indoor Champs 24 Feb '13

TRACK Sprints

M80 Geoffrey Feast 60m 11.12
200m 41.6 hand timing
M80 Richard Pitcairn-Knowles
400m 94.90
M75 Donald Chambers 60m 9.39
M70 Barry Ferguson 60m 9.30,
200m 31.4 hand timing
M75 Arthur Kimber 88.02
M70 Chuck Isetts 60m 9.22 ,
200m 32.3 hand timing
M65 Richard Somers 400m 70.90
M65 Derek Wardle 200m 28.51
M60 Alan Perry 60m 9.29
M50 Cliff Warren 400m 60.46
M60 Geoffrey Kitchener 60m
8.74, 200m 29.12
M45 Chris Taplin 400m 56. ???
M55 Phil Bell 200m 29.07 M55
Peter Morgan 60m 9.23
M50 G Reddington 200m 25.42
M50 Patrick Logan 60m 7.70.
Cliff Warren 200m 27.08
Glen Reddington 60m 7.70
M50 Mike May 60m 9.25, 200m
31.19
M50 Brian Lewis 60m 7.76
M45 Rohan Samuel 60m 7.56
M40 Michael Bense 60m 8.13,
200m 26.89
Craig Timmings 200m 28.35
Chris Michael 60m 9.36
M40 Nick Lauder 60m 8.14
M35 Stuart Channon 60m 7.47,
200m 24.43.
Andrew Gordon 60m 7.44
W60 Emily McMahon 9.70.
Anne Nelson 60m 10.40, 200m
35.64.
Sue Dassie 60m 12.64
W45 Margaret Pope 60m 9.68
W35 Helen Channon 60m 8.03,
200m 27.33.
Mid Dist: 800 • 1500 • 3,000
M80 Richard Pitcairn-Knowles 3K
16:09.23
M75 Kimber 800m 03:21.16
M65 Peter Giles 3K 12:20.55
M65 Peter Hamilton 02:39.49,

1500m 05:34.98
M65 Dan Maskell 1500m
06:08.32, 3K 13:09.56
M60 Ed Connolly 800m 02:29.02,
1500m 05:46.99
Alan Davidson 1500m 06:19.78,
3K 13:23.91
M60 Michael Mann 800m 2:38.69,
1500m 05:29.51, 3K 12:01.78.
M60 Peter Kennedy 3K 10:54.78
M55 Ray Daniel 800m 02:20.97
M50 Andy Gannaway 800m
02:13.70
M50 Tony Tuohy 800m 02:15.21,
1500m 04:29.22, 3K 09:38.31.
Richard Holland 3k 10:32.50 800?
M45 Ian Johnston 09:34.70(corcd)
W60 Ros Tabor 800m 03:00.23,
1500m 06:10.16.
W55 Andrea Sanders-Reece
800m 02:48.60, 1500m 05:45.83
W50 Yasmine Giles 3K 14:45.70
W45 Lisa Webb 1500m 05:12.18
W40 Nicola Richmond 05:21.13
W35 Jennie Fowler 800m, 2:35.34
W35 Joanne Locker 1500m
05:02.12
60mHurdles (not pentathlon)
M70 Barry Ferguson 10.49
W60 Emily McMahon 11.18
M60 Geoff Kitchener 12.26
M50 Glen Reddington 8.90
3K Walk with SCVAC 17 Feb
M55 Steven Uttley 15:28.1
M60 John Hall 15:49.2
M70 Peter Hannell 18:13.7
W45 Maureen Noel 18:15.8
DQ David Stevens

Field

High Jump Pole Vault Shot putt
M65 Allan Cheers HJ 1.24
M75 Don Chambers PV 2.10
M80 Jaroslav Hanus SP 7.47
M60 Geoff Kitchener HJ 1.36
M70 Brian Harlick 2.20
M75 Gordon Hickey SP 9.46
M55 Martyn James HJ 1.48
M40 Craig Timmings LJ 3.00
M70 Brian Harlick TJ 9.71
M65 David Kuester TJ 10.88
M65 Paul Wilson 7.45
M60 Anthony Richards SP 12.81
M50 Peter Wishart 9.08
W55 Sue Yeomans PV 2.50
W45 Alison Duke PV 2.40
Maria Newton PV 2.30
Long Jump Triple Jump Shot putt
M80 Geoffrey Feast LJ 2.65
M75 Don Chambers TJ 7.26
M75 Colin Sheppard LJ 3.01 TJ
5.54
M70 Allan Long TJ 4.20
M65 Allan Cheers TJ 8.76
M65 David Kuester LJ 3.43
M55 Peter Morgan LJ 3.87
Dave Shields TJ 9.34 LJ 4.14
M50 Cliff Warren TJ 9.64, LJ 4.69
M35 Stuart Channon LJ 5.60
W65 Liz Sissons SP 9.02
W35 Helen Channon LJ 5.33
Count: about 70 members entered
End

Pentathlon: Total-60mH-HJ-SP-LJ-800m

M40 3rd Chris Ness Walton 2423 11.05 457 4.68 402 6.78 340 1.57
496 3:02.10 728. M45 2nd Gary Palmer St Marys Rich 2693 11.36
479 4.98 533 7.88 454 1.54 536 3:13.82 6913. 3rd Richard
Buckingham Worthing 2664 10.51 627 5.25 600 9.76 590 1.54 536
4:02.96 3116. 6th Alan Easey Worthing (14) 2147 12.56 303 5.00 537
6.84 379 1.24 290 3:19.76 638. M50 2nd Peter Ley Enfd Har (23)
2993 10.60 648 4.66 527 10.34 613 1.45 528 3:24.12 677 3:24.12
677. M55 1st Brian Slaughter Eastbourne Rs (30) 3765 10.0 800 5.10
741 10.79 710 1.45 610 3:08.03 904. M75 1st Donald Chambers VAC
Australia (42) 2831 11.49 879 3.50 652 8.45 636 1.06 528 6 22.77
136. M80 1st Cliff Taylor Belgrave (43) 2226 15.92 389 2.41 343 9.44
795 1.00 560. W45 1st Charmaine Johnson E&E (56) 3445 9.70 974
1.36 701 9.41 610 4.49 637 3:02.21 523, W55 1st Fiona Argent
Med&Maid 1985 13.63 490 1.06 481 7.52 549 2.79 248 3:58.48 217•



Copy book hurdling with Glen Reddington nearer



Maria Newton ready to vault



Kirstin King did the lean round 200m final bend



Barry Ferguson was clear, from Don Chambers



Jennie Fowler hugged the white line on her way to 2:35 800m

Lee Valley 24 Feb



Strong off the down slope – Richard Somers



Ann Bath at top of the hill

2 March Champs

After cancellation in January due to snow dry conditions returned in early March for three previous winners gracing the field. Steve Norris proved the winner of an exceptional contest from the man in form, Tony Tuohy.

On lap 1 Norris led Tuohy by a stride with Dave Cox and Clare Elms, see page 13, only 16 secs behind. Then a new east side man in Don Lawless came up, 11 secs on course expert Bill Gristwood. Dulwich had Joseph Brady leading Ola Balme ahead of Epsom's Bill Arbury.

On lap 2 Mike Mann was clear of Peter Giles for the older men. The senior women were close as seventh timer Jane Georghiou led from Anna Garnier and Maggie Statham before 40 metres to Margaret Moody.

Further back Steph Burchill led Ann Bath who had 20ms over Yasmine Giles.

Tony Tuohy made his last lap effort on the hill which is usually decisive to lead Norris by two strides. However much to our surprise the TVH man was able to burst past him insight of the finish to win by a narrow margin. Steve had six year's age advantage to be fair.

Ros Tabor, Dennis Williams and others marked the course well to give a clean result.

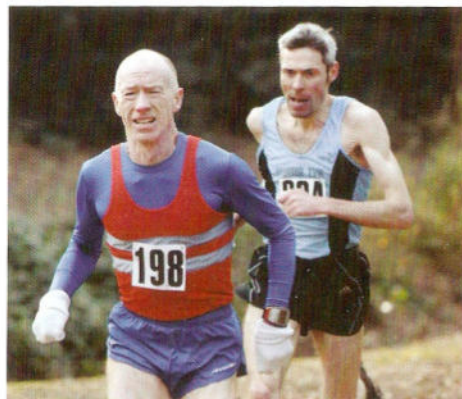


Hill man Walter Wessely

The newly refurbished Belgrave Hall made a fine setting for the awards which happily many attended.

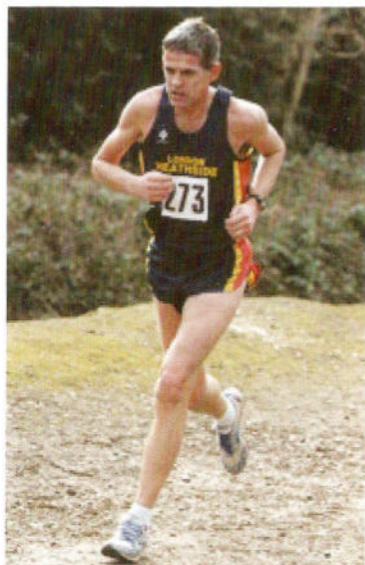
- 1 Steve Norris(VAC) 44 1 32:59, 2 Tony Tuohy(Dul R) 50 1 33:02, 3 Dave Cox(WGEL) 59 1 33:59, 4 Clare Elms(Dul R) W45 1 34:11 *record*, 5 Don Lawless(Thurr) 48 1 35:46, 6 Bill Gristwood (ESM) 53 2 36:06, 7 Paul Lemmon(Heath) 50 3 38:32, 8 Joseph Brady(Dul R) 46 2 38:47, 9 Ola Balme(Dul R) W46 2 39:08, 10 Wm Arbury(E&E) 48 3 40:38, 11 Mike Mann(Dul R) 64 1 41:36,

VAC Cross



Tony Tuohy led Steve Norris on the final lap

- 12 Peter Giles(HW) 68 1 42:07, 13 Jane Georghiou(Farn) W60 1 42:16, 14 Anna Garnier (THH) W58 1 43:01, 15 Maggie Statham(Holl) W59 2 43:19, 16 Graham Laylee(Dul R) 55 2 43:49, 17 Margaret Moody(Handy) W63 2 44:19, 18 Clare Wyngard(Dul R) W52 1 44:25, 19 Cheryl Sacks(Serp)(G) W41 46:14, 20 Walter Wessely(WSEH) 66 2 47:27, 21 Stephanie Burchill(Dul R) W56 3 50:43, 22 Ann Bath(26.2) W60 3 51:23, 23 guest, 24 Yasmine Giles(VAC) W51 2 53:52, 25 Julia Gristwood(ESM) W53 3 55:36.



Seventh placed Paul Lemmon

BMAF CC

Men

- 1 Philip Hinch(Tipton) M35 1 27:53
- 2 Ben Reynolds(THH) M45 1 28:08
- 113 Tom Ulliott(B&H) M55 36:54
- 128 Stephen Parker(Ilf) M55 40:23
- 138 Rob Sargent(Ilf) M55 43:10
- 144 finished

Women and older men

- 1 Julie Briscoe(Wakfd) W35 22:57
- 2 Claire Martin(Telfd) W35 23:04
- 4 Clare Elms (Dul R) W45 1 24:06
- 34 Cathy Ulliott(B&H) W45 27:15
- 43 Alan Matthews(Newb) M65 25:55
- 61 Jane Georghiou(Farn)W60 2 29:24
- 80 Diane Crisp(Ilf) W50 31:04
- 82 Nicola Hopkinson(Ilf) W50 31:10
- 131 finished

Some eleven VAC members made the 300 or more mile trip to Tyne & Wear.

Ben Reynolds held his M45 title from last year but now was opposed by the stars of the north and Midlands, His consistency in this event, three wins now, stood out yet again.

The race winner, Phil Hinch, had been 25th in the National at Parliament Hill last year, when he was Warwicks champion, and ran the same course in Feb this year for 50th.

Clare Elms continued her run of top form with another win in W45 class, nearly a minute clear of a new name from Jarrow, and a minute or so off the youngest vets in previously unbeaten Claire Martin, and Yorkshire's Julie Briscoe, the 2nd at Horwich.

From the south coast the Ulliott pair went right up country to race again.

In W60s Jane Georghiou was only 22 secs behind well proved Christine Kilkenny of Cannock Staffs, and a minute ahead of old rival Jane Morley.

In the vets cross country Lytchett Road 10 form held up as Roy Treadwell, no relation of Bob, beat Martin Ford again, if narrowly, and Peter Young in an M65 needle 1-2-3.

ECCU National Sunderland

Not many travelled north for 'the National' apart from Highgate doing it seriously and Kent, 6 and 7th teams. So first VAC members were Richard Batchelor in 313; he scored for AFD, 9th team, just three places ahead of Gareth Cavell for Woodford Green.

Serpentine, 12th team, had Nicholas Torry, the 2011 Surrey winner, as their first scorer in 19th, which could, with no data, be the top veteran placing.



Clare Elms at BMAF Sunderland; photo David Hewitson



Surrey League Div 3/4

9 Feb fast starters: Tony Tuohy central, Steve Bishop(805), Richard Batchelor, Buz Shephard(Dul R 124), race winner P Chambers(Croy) two from the right

Match 3 Div 4 Cranford 12 Jan 2013

1 Stephen Bishop (Holl) 40	29:03
2 Richard Batchelor (VAC) sen	29:29
VAC	
26 Carey Gray tab (VAC) 50	34:13
46 Paddy Clark (VAC) 65	43:57
47 Joe Aspinall (VAC) 70	44:10

Match Scores 1 26.2RC 113, 2 BAC 190, 3 Holland Sp 286, 4 Epsom Oddballs 439, 5 Lingfield 467.5, 6 VAC 487.5, 7 Dulwich Park 502.

VAC moved up one place in the match to 5th and 10 points above Lingfield. It was thanks to Richard Batchelor closing to 6 places behind Bishop and Carey, Paddy and Joe all running well. Despite a Croydon 1-2-3 Dulwich Runners won the Match with Buz Shephard, who later won Lydd, 6th, and Tony Tuohy 11th.

Match 4 Wimbledon West Place 9 Feb

1 Steve Bishop (Holland) 40	32:19
2 Alex Juggins(Holland)	32:34
3 Jack Holland(26.2RC) 40	32:58
4 John Matthews(26.2RC) 40	34:03

VAC

5 Richard Batchelor VAC sen	34:07
18 Carey Gray tab VAC 50	38:00
26 Liam O'Hare VAC 60	39:51
63 Joe Aspinall VAC 70	52:15

Division 4 Teams 1 26.2RC 98, 2 Holland Sp 219, 3 Epsom Odd 375, 4 BA 402, 5 Lingfield 419, 6 Vets AC 460, 7 Dulwich Park 515.

Final Standings Div 4 1 26.2RC 453, 2 Holland Sp 967.5, 3 Br Airways 1371.5, 4 Epsom Odd 1460, 5 Lingfield 1767.5, 6 Vets AC 1797, 7 Dulwich Park 2064.

League Age Awards

Div IV M40 S Bishop(Holl); M50 D Flynn(26.2); M60 B Clegg (Ling M70) 31.

Promoted to Div 3 Dulwich R and Croydon; **Relegated** to Div 4 Elmbridge and Runnymede.

Thanks to Officials Don Anderson, Don Turner, Tom Richards, Ros Tabor, Ann Bath, Maggie Statham and friend, John Roberts, and Mike Mann with Dulwich Runners.

Course constructed by Bob Belmore and Don Anderson.

Although there was muddy ground at the top end where Don Anderson marked the course in full detail, the start and finish area were immaculate. Juniors were started soon after the Seniors in order to provide a sweep behind them. One YA missed the turn to the funnel but League Sec agreed that he be placed in the results.

In the past season Richard Batchelor and Carey Gray have lined up at each match and performed strongly. Richard was 2nd in Div 4 three times while Carey's range was from 18th into the 20s.

Joe Aspinall came in three times with best 47th, with wish to help the Team Manager and no doubt drawing on his mountain hardiness.

With 6 runners we gained a place to 5th at Roundshaw so that's how numbers count.

At West Place on VAC day, a fine course was laid out by Bob Belmore, Meeting Director, and Don Anderson and we were glad to receive 'thank you's from Matthew Kiernan of 26.2 and Dave Harris of Dulwich Park.

Bob stuck it out remarkably but was calling a doctor as soon as he got home.

Problems with the results were sorted out with expert help by Martin Lloyd of Collingwood.

Photos taken proved useful with an odd query.

Surrey League AGM will be on Fri 5 April at Belgrave Hall, 7pm we assume, for which advance interest has been lively. Future **Dates League Div 3/4:** 19 Oct Lightwater, 9 Nov Roundshaw, 11 Jan 2014 tbc, 8 Feb Newlands Corner.

Continued from Nick Lauder page 3

If any members who have an interest in the other athletic disciplines would like to hold their own related get togethers or hold a cross-discipline session with us for something like e.g. athletic tests, they can contact Nick Lauder at n.lauder@btopenworld.com.

It has certainly has created more of a club feel amongst the sprinters, provided the opportunity to share knowledge and has been great fun too.

Herc Wim / Lauriston Open 5M Multi-terrain Wimbledon Common 29 December 2012

1	Andrew Penney	HW	26:37
2	Chris Busaileh	HHH	27:14
3	Andy Weir	THH, M45	27:25
4	Joe Toomey	HW	27:50
5	Matthew Sharp	HW	28:28
6	Sean Crummy	HW	28:59
7	Steve Norris	VAC, M40	29:06
8	Peter Lee	HW, M45	29:24
9	Matt Hyett	K&P	29:31
10	Michael Huntley	K&P	29:33
11	Robbie Cox	WG&EL	29:41
12	Tim Livingstone	HW, U17M	29:48
13	Ron Taylor	K&P	30:16
14	Andrew Davies	HW	31:45
15	Stewart Bond	HW, M40	31:50
16	Tony Harran	HHH, M50	33:08
17	Frank Wood	HW, M45	33:19
18	Anthony Moylan	Milocarrians	33:20
19	Matthew Gibbons	HW, U15B	33:27
20	Lee Benjamin	VAC, M50	33:30
21	Nick Harrison	Milo	33:34
22	Ola Balme	Dulw R, W45	34:34
23	Jim Wallace	VAC, M55	34:35
24	Dave Betts	HW, M60	36:12
25	Mark Livingstone	HW, M45	37:37
26	Reece Francis	HW	38:19
27	David Greenfield	K&P, M55	38:49
28	Neil Wood	Milo M65	39:03
29	Nicky Atkins	K&P, W45	39:09
30	Mike Mills	Totton M60	39:32
31	Dennis Williams	HW, M65	42:07
32	Paddy Clark	VAC, M65	42:13
33	Mike Harran	HHH, M70	43:16 *
34	Stephanie Burchill	Dulw R, W55	43:59

* M70 record

Lauriston Runners Club Champs

1 Peter Lee; 2 Dave Betts, 3 Dennis Williams.
In this well supported race over the top ground of the Common, with pools of water still standing on the glider field, Andy Weir confirmed his high rank among vets of the area with a minute and a half margin over Steve Norris, in a close vet set with Peter Lee. Robbie Cox, son of David, previously supporting his father, now looked fully fledged.

Ola Balme was first distaff just in front of Jim Wallace, whose listed age 55 often surprises.

First 60 was Dave Betts of the host club before Mike Harran added lustre to the super vets with M70 age best in this Christmas time affair. Dennis Williams following had 20 yards on the next.

Proving recovery from leg trouble was the polar arctic man, Paddy Clark, whose grizzled aspect surely suggests the intrepid explorer many of us would like to be – if only we had the time, or the freedom, or the right kit, of course •

Race Walking

Harvey Jaquest (9/7/1927 – 31/1/2013)

Harvey Jaquest devoted much of his spare time to athletics, for many decades. He was a Level 4 Coach, who coached several National Champions and International Athletes, including John Merriman, Jean Sorrell née Dunbar, Margaret Pickerell and, more recently, Danielle Sanderson. Harvey was a member of Watford Harriers for over 60 years, and founder member of Watford Joggers. He was a competitive Race Walker, winning medals at European and World championships even as an M80 athlete. Harvey organised the 24-mile feed station for the London Marathon for many years, and helped with the marathon events at London 2012.

Through Danielle, Harvey became involved with the UK ultra-marathon Squad, coaching and giving advice. In spite of suffering ill-health over the last few years, Harvey continued to coach Saturday speed sessions. Harvey was dedicated to athletics; his keen eye and enthusiasm will be greatly missed by Watford's athletics community.

Harvey is succeeded by his wife Audrey, their two daughters and three grandchildren.

Danielle Sanderson

Trevor Jones and Anne Belchambers recently married and VAC wishes them every happiness and good fortune.

A major date for your diary is RWA Southern Area 20K Champs, 8 June at Enfield.

Also 13 April has Pat Furey Open 5M Walk at Lee Valley Leisure Centre, 10am.

6 May has Pednor Open 5 by Chiltern Hs in area of Chesham, Bucks.

RWA National 10M, Victoria Park 10 March.
5 S Uttley(If 55) 89:11, 6 C Hobbs(M&M 55) 93:42, 8 S Allen(Barn 55) 93:50, 12 S Allen(If 55) 100:19, 14 P King(Bel 60) 104:24, 15 S Lightman(SWC 65) 105:27, 17 C Flint(SWC 65) 107:18, 18 P Hannell(SWC 70) 107:29, 19 D Kates(If 60) 107:46, 20 M Harran(HHH 70) 108:16.

Steve Allen of Ilford will race walk the London Marathon, for *Breakthrough for Breast Cancer*, in postman's uniform. Let's hope he delivers.

10M and Half Mar Road champs

Conditions across the flats of Romney Marsh were dry but very cold. Dulwich Runners had so many there they took a coach or bus, not to mention Steve Smythe their coach general. And how they triumphed, with first man and first woman and four BMAF medals.

Remarkably when Clare Elms was third woman and first veteran in the field of 600 she also led a clean sweep of medals for VAC in W45, as Ola Balme and Cathy Ulliott followed, only seconds apart. Then both the Ulliotts took home medals.

Dave Cox and Clare reran the close pacing they made in VAC champs, taking Dave to 55 gold, as he tells us. Steve Smythe wore headwear against the bitter wind and collected a bronze for himself.

Tall Cara Oliver was first W35 as striver Clare Wyngard got possibly a first BM medal.

Down from Essex, smart Ron Vialls gained a BM 60 medal.

Rob Sargent also did a Thames crossing to get

BMAF Half Marathon Lydd Kent

10 March 2013

1 Buzz Shephard (Dul R) M35 72:37

10 Shona McIntosh(Dul R) Sen W 72:35

VAC

20 Clare Elms(Dul R) 1 W45 81:57

22 David Cox(WGEL) 1 M55 82:12

28 Steve Smythe(Dul R) 3 M50 84:03

72 Tom Ulliott(B&H) 3 M55 88:52

86 Cara Oliver(Dul R) 1 W35 89:58

94 Ola Balme(Dul R) 2 W45 91:07

95 Cathy Ulliott(B&H) 3 W45 91:13

103 Ron Vialls(Barking) 3 M60 92:00

137 Andrew Murray(Dul R)10 M55 97:03

147 Stephen Parker(If) 11 M55 98:24

157 Clare Wyngard(Dul R) 2 W50 99:29

215 Rob Sargent(If) 14 M55 104:14

475 Ed Bartlett(VAC) 16 M65 122:52

592 finished

BMAF 10M Lytchett Manor Dorset 17 Feb

1 Steve Way(Bnmth) 35 51:46

1 Nikki Sandell(L'down) W35 65:14

VAC

74 Richard Pitt(THH) 5 M55 67:40

291 Ed Simpson(Overton) M75 85:31

421 Richard Pit-Knowles 1 M80 106:44

443 finished



Dave Cox 1st 55

there but Ed 'steady eddie' Bartlett was the local, from Ashford. The vets were well up in the first quarter of race before a host of joggers and walkers.

Dave Cox writes: "I started half the field behind the back marker. Interesting what you see at the back; they were already walking after 1/4 mile; couple of ladies with small backpacks – well, OK, but the guy with a big rucksack and a bedroll – I nearly asked if he was camping out! I was surprised that Clare (Elms) stuck with me after I passed through her group at halfway – shows a mental toughness."

At Lytchett Manor runners had the great benefit of downhill gradient over the last three miles in good sunshine. Local clubs supported well and name vets such as Des Michael, Roy Treadwell, Martin Ford, John Exley and Dot Fellows came from afar, while member Rex Bale urged on his own Poole Runners.

Not many did Lydd as well but one Astrid McKeown made a double of the W40s.

First VAC again, as in Tiptree 10, was Richard Pitt, the Thames Hare from Wells.

Then Ed Simpson, M75, from Bracknell medalled.

No query about RPK as spry Richard who was 80 at Christmas received gold medal from Walter Hill, the BM Road Sec. The Sevenoaks osteopath has been running all distances with VAC since the 1970s and his enthusiasm stays really strong.



Over the Marshes with a wind farm beyond

Clare Elms

How the familiar name in south London had a special spring

Clare started running in 2006 and was soon acclaimed for frequent wins in local and veteran events, largely in track and road where her fluent style allied to optimum build was soon noticed.

In 2007 she was doing BMAF and international events and in 2008 gained a bronze medal in the International. If we expected more in those early years we hadn't allowed for the development which was to come at the more difficult discipline of country.

She didn't run at VAC country till 2012 but then she won impressively, setting the all-time women's best to 35:18. This improved 12 year old figures by Maggie Statham, who was national champion about that time.

At Mile last year on VAC track she was in a close contest with clubmate Tony Tuohy which took her to 5:02, and showed the benefit of a strong pacemaker.

This year Clare has run in 23 events since early December, says Steve Smythe, but we pick up the story with VAC Champs on 2nd March. There she ran most of the way with Dave Cox who proved an ideal pacemaker when none of the club women were fast enough.

At top of the hill last time Clare led by a stride, and although Dave went ahead, she was set to clock a second Woman's all-time best on course of 34:11. This improvement of more than a minute, surely means mature confidence at cross country.

50 miles from South London lies Lydd, much closer to France, but chosen for the BMAF Half

Marathon on 10 March. Clare found herself in a good group of six passing the 4 mile point at Baynham Farm, including Steve Smythe the Dulwich coach. The route took them on round a 'frying pan' at Brookland village before rejoining the handle at 9M.

At that point Clare was half a minute ahead of Steve but now just behind her previous pace maker Dave Cox. She also had the harsh east wind across Romney Marsh at a kinder angle, just as well since the cap she was wearing had gone.

She came on to the finish outside Lydd as 3rd woman in 81:57. That was one place ahead of the W40 and 10 minutes ahead of Ola Balme and Cathy Ulliott, who made W45 all VAC.

Finally she competed BMAF

champs at Sunderland in the North East, on 16 March for a challenging encounter. Up to the second lap she was close to the W35 leaders, Claire Martin, till then unbeaten in veteran events, and a new name, big Julie Briscoe from Wakefield, W Yorks.

The latter had been doing 100mile weeks, reported *Athletics Weekly*, and has aims for a sub 2:40 'London'.

But Clare now in fourth place proved her claims by winning W45 by more than a minute and relegating the W40s.

Again she was as much ahead of next VAC Jane Georghiou as at Wimbledon.

Next year Clare will be 50 and we trust it will be a no less classic year for the Dulwich star.

Outward bound at Lydd with Steve Smythe on the left





At the BMAF Champs many were coming back for a second or third indoor comp so we respond now by taking a look at your before and afters.

We find as expected that many were faster or longer at the BM 9th of March meet. This could be response to the bigger crowd, the higher level of competition experienced or anticipated, and better familiarity with the raised track on a second visit.

Here are some for instances: our honourable Scot Ian Johnston was 18 secs faster at 3,000 than on the VAC day. Rare visitor Andy Gannaway of Winchester was 3 secs better at 800m.

Man of the moment Tony Tuohy was 6 secs faster over the 3,000m, after equal time at 1500m.

In Triple Jump Cliff Warren, who last year moved up to this event from sprinting, was 40 cms longer.

Lisa Webb, of the sprint group, which must be a flexible church since she is middle distance, was 7 secs better at 1500m. Andrea Sanders-Reece, in the same group, was no doubt happy with her 2 secs faster at metric mile.

Again at the 1500 Joanne Locker apparently gained a second in every 100 metres, because her figures were 15 secs quicker, which works out that she was doing her hundreds in 19 secs rather than 20. As they say at Tesco 'every little helps'.

Yasmine Giles can take credit for 20 seconds better at 3K, perhaps inspired by Peter.

Maureen Noel, the super fit Belgrave walker, cut 17s from her 3K Walk time since the Feb meet.

Also in RaceWalk David Stevens was not disqualified in the second match which must have been a relief after travelling from Steyning.

Some achieved records, such as M80s Cliff Taylor with Shot 9.03, a British record, and Peter Barber in Heavy Weight with 12.03 metres. It's good to see how many 80s are doing competition, which was the case also in the Sunderland CC. Will it now be said "the new 80s are the 70s".

In difficult, for want of a better word, events such as Pole Vault, we see vaulters tended to equal their last height, rather than exceed it, such as David Blunt on 2.80m, and Alison Duke on 2.40m.

While in hurdles any desire to go faster may be put aside by the discipline of stride pattern and need to meet the barrier neatly.

Not like Cheltenham where it was easy to see on TV how some horses 'stood off' the fences for a spectacular distance-gaining leap, whereas if they took off too close to the fence they had to 'put in a short one'. It's a bit the same with track hurdles but athletes we'd think tend to take off too close rather than too far, which makes an awkward up and down jump and consequent loss of momentum.

Good hurdling was seen by Glen Reddington and Barry Ferguson who keeps exceptional fitness and does official work.

But the top end sprinters such as Rohan Samuel may have had less scope to improve their marks, when you see how he twice clocked 7.55.

Likewise when David Peters of Herne Hill ran 2:02 for 800m we can look back to his 4:04 for 1500 at the Outdoors. Strictly the equivalent by tables we use would be 800 in 2:00, but the 2 'extra' seconds may come from the four extra bends on the Indoor.

A race to savour would be Peters versus Adrian Haines of Crawley who won M45 800 and was clocked at 2:02.77. It'll be 'even money' about them.

Our own Michael May chipped his 100 and 200m figures which suggests officiating need not be fatal.

Helen Channon did 'an improve' in sprints, not to mention Long Jump, whilst she had Stuart, 5.49 LJ, in the wings.

Kingston's Andrew Gordon did both sprints and Shot, which is explosive, and Javelin to 34 metres.

Don Chambers, of Australia, was going in every event of the explosive kind and deservedly had gold in 75 High Jump. That's "Good on yer, Cobber".

Officials services

Don Anderson, Don Turner, Tom Richards, Nigel Bongers, Cliff Hide, Paddy Clark, Andy Murray, Dave Hoben, Steve Charlton 3, Ann Bath, Maggie Statham, John Roberts, Jeremy Hemming 2, Bob Belmore, Michael May 2, Joe Aspinall 2, Ros Tabor 2 and Mike Mann 2 with Dulwich Runners.

*Time keeping and recording in a good hand,
Marking and guiding in weather fair or foul.*

Les Brown Memorial Trophy Final scores at 18 March

- 14 J Aspinall
11 K Burnett, D Williams,
10 A Sanders-Reece. 9 D Hoben
8 E Bartlett, P Hannell, C Flint,
7 T Tuohy, D Hercock, M May
5 B Hercock, E Bartlett, P Hannell
6 P King, R Pitcairn-Knowles
5 R Powell, C Hide, K Tuson, J Gristwood,
B Shave, S Allen(Ilf), R Vials
4 L Webb, A Thomson, P Jones, S Charlton,
C Lawton, P Major, M Mann
3 P Bell, J Hall, M Noel, C Collins, W Wessely,
P Clark, I Richards, S Lightman, N Lauder, C Riordan...
main compilation by Bob Belmore.
It is scored by one point for a run, or officials job, but not including
main officials. Created to recognise your participation.

Croydon Harriers Inter Club Surrey 2 March

- 1 P Chambers(Cro) U20 34:41
M50 M Lloyd(Coll) 41:42
M55 J Dillow(Cro) 44:21
M60 J Spencer-Wood(SOC) 45:17
Team 4 to score: 1 Croydon 14, 2 SoC 23, 3 SoC B
54, 4 Collwd 54, 5 Croydon B 68. Talented young
Chambers was first in Surrey Leag 2 March.

East Surrey League CC Relays

- Wimbledon 2 Feb Promoted by Herc Wim
Seniors (4x1.9 miles)
1 Herne Hill H 42:27
9 Vets AC 49:37
2 Steve Norris 10:25
5 Lee Benjamin 12:00
9 Mike Mann 13:45
9 Paddy Clark 13:17
Incomp teams: Kevin Burnett 21:23, Brian Shave
18:24. 20 teams competed.

New Members

Paul Emery	V2825	Ilford
Stephen Philcox	V2826	Ilford
Ronald Denny	V2827	Sevenoaks
Michael Harran	V2829	VAC
Liz Amos	V2830	Walton
Sabina Brown	V2831	Belgrave
Peter Wishart	V2832	Cambridge H
Nicola Richmond	V2833	Dulwich R
Mike Edwards	V2834	K&P
Dennis Edman	V2835	K&P
Damian Shirley	V2836	Highgate

== Welcome ! ==

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 VAC**
High Prestwick Cottage,
Prestwick Lane, CHIDDING-
FOLD SY GU84XP
info@douglassports.co.uk
tel work 01428 661 918



All proceeds go to Club funds

Back room boys

At one time the newsletter enjoyed contributions from an artist and a poet. Brilliant cartoons by artist John Small of Hillingdon were entertaining and helped Members recognise their friends and rivals.

Poems by John McGilvray of Croydon Striders were a nice read and welcome change from the diet of athletic results. *Enquiries from the fraternity welcomed.*



Battersea Park Road Race

Fixtures



www.vetsac.org.uk

Sun 7 April Inter Area Indoor match Lee Valley

Wed 24 April 6.45pm, Battersea according to track resurfacing, if otherwise at Tooting Bec; see website or request notification from Nick Lauder: n.lauder@btoopenworld.com, or Editor
10,000m Walk champs VAC, Surrey, Middx & Herts Counties Champs. 7pm Heavy Weight Champs.

Wed 1 May with Rosenheim Leag at Kingsmeadow
6.45 PV w&m, HT w&m, DT w, SP m
7pm 400mH – 800m – 7.20 100m – 7.40 400 – 7.50 1500
8pm 200m – 8.15 3000m – Relay 4x200

Wed 5 June Willesden Sports Centre Track 7pm
3K Walk, 100m, 800m, 200m, 3,000m 7pm HT, DT fb SP

July to be confirmed

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

August to be confirmed

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

Midweek above enter/pay on day.

Sun 25 Aug VAC Track & Field Champs Battersea 10am
enter on form herewith or online as notified later

Wed 4 Sept 10,000m Track Champs Kingsmeadow 6.30

Officials pl advise to Ros Tabor.
ros@28kerfield.freereserve.co.uk or 0207 701 2546

4 April E Surrey Lg 4M Ewell Court 7pm

Tue 16 Apr Battersea Millennium Stdm 7pm 5.0M Run & Walk; traffic free inner road, measured course.

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

Tue 18 Jun Battersea Park 7pm 5.0M Run & Walk Championships, Walk grade A.

Tue 23 July Battersea 7pm 5M Run & Walk

Tue 6 Aug Battersea 7.30pm 5M Walk and 5K Run Champs nb note later time

Enter on day: £3; Champs £4; pay for changing extra. Acting Road Sec Jeremy Hemming
hemming@dircon.co.uk

Road

National and International 2013

- 18 May Relays SUTTON
- 23-26 May Non Stadia UPIEC Czech Republic
- 16 Jun 5K Road HORWICH
- 23 Jun Pentath, 10K Track Walk, Wmn Run HORSPATH
- 27/28 Jul Decathlon, 10K Men run HORSPATH Oxford
- 18 Aug 10K Road Pollok Park GLASGOW
- 14-15 Sep T&F Champs Alexander Stdm B'HAM
- 16-27 Oct World Games Porto Allegre Brazil
- 27 Oct Marathon NEWCASTLE
- 16 Nov International CC COLWYN BAY Clwyd
- 15-24 Aug 2014 Euro Vets T&F IZMIR Turkey

VAC N/L April 2013
Editor Jeremy Hemming 7 Emmerton Court
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hemming@dircon.co.uk – photos by Editor
JKB Printers tel 0208 641 4848

Other events

- 21 April Virgin LONDON Marathon
- 1 June Surrey Co Vets T&F EWELL COURT
- 21 July Inter Area T&F SOLIHULL, for VAC team apply early to Nick Lauder, n.lauder@btoopenworld.com
- 21–22 Sep Kent Vets with other T&F at ERITH – details at www.bexleyac.org.uk/?page_id=76

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

Kingsmeadow, Kingston Rd, Kingston-on-Thames KT1 3PB.
Station Norbiton walk 13 mins; entrance opp King Henry's Road. Free car park. Grid ref 195687

Visit Streetmap.co.uk website and enter Post Code.