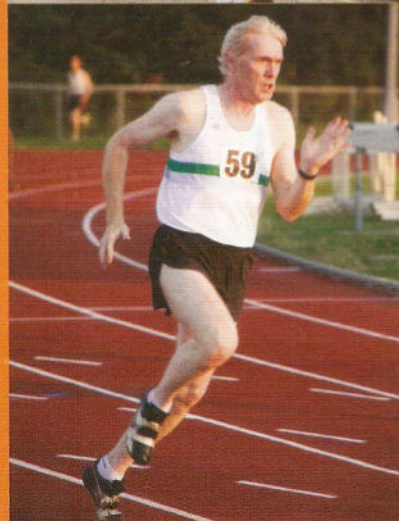
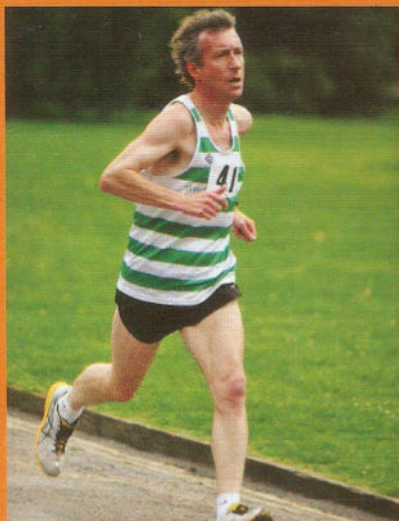


Veterans Athletic Club

Newsletter August 2008



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7	Foreign news	14	Members, Committee	Bushell(344), and Phil Bell(59)	

Officers of the Veterans AC, established 1931

President	Dennis Williams	020 8543 6112
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Road Secretary	Bob Belmore	01428 654749
Officials Sec	<i>ditto</i>	01428 654749
Track and Field Sec	Bob Belmore	01428 654749
Walking Sec	<i>vacant</i>	
Newsletter and Press Officer	Jeremy Hemming	020 8871 9989; hemming@dircon.co.uk
CC Secretary	Bob Belmore	01428 654749
CC League Manager	<i>ditto</i>	01428 654749
Trophy Steward	Dennis Williams	
Delegate to BMAF/VAAofE	Ron Franklin	
Vice Presidents	<i>none</i>	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	

Notice of Annual General Meeting of Veterans AC 7pm Thurs 11 September '08, Union Jack Club, Sandell St, SE1

Agenda

- Item 1 Minutes of the last Annual General Meeting
- Item 2 Matters arising from the Minutes
- Item 3 Secretary's Report on the activities of the Club
- Item 4 Treasurer's Report and Financial Statement (see p15)
- Item 5 Presentation of Trophies
- Item 6 Appointment of President, proposed by Committee
- Item 7 Election of Officers: those in post being proposed by Committee
- Item 8 Election to vacant posts
- Item 9 Increase of subscription for First Claim Members to £20
- Item 10 Confirmation of Auditor, Mr S Ingall
- Item 11 Any other business
- Item 12 Date of next meeting.

All members are entitled to attend Annual General Meeting and express their views in the meeting.

Subs renewal comes with next N/L but any enquiries to Mem Sec are requested by email to phil@bell-computer-services.co.uk, or by letter to 117 Cairnfield Avenue, LONDON NW2 7PH

www.vetsac.org.uk

Results have been posted on site promptly and with a lack of IT problems.

For this thanks is due to web-master Mike Peel.

News and Views

The proposal for £20 subscription for 1st Claim Members is not seen as entirely straightforward. That is why those who may be liable are given notice in this newsletter, giving them time to notify if in fact they belong to another club, or to vote at the AGM against Item 9.

They had opportunity before by means of a form but their responses did not get beyond Membership Secretary Mellor.

The Treasurer has set out his understanding in notes to Accounts on page 15.

But there are grey areas with regard to such matters as 1st claim in different disciplines, UK and other countries and overseas residence, not to mention affiliations to other bodies. The last increase was from £10 to £15 in 2006.

Candidates for International in November are always advised to apply early, to our expert representative Charlie Dickinson, see p8, or to myself, Editor on line.

The dates are different this year: the BMAF 10K has been run already and eight VAC went to it so they are covered. You may have to

find a 10K in a mag or website like Runners World. Or the last ditch alternative might be CC Relays on 4 October because the Selection Meeting will be held there afterwards, providing your club has a team entered. This is two weeks earlier than usual so candidates get your skates on!

MBE Award

It's not often we hear of anybody in this community being recognised officially. So it was good when long time member Grenville Tuck was made MBE in New Years Honours, for services to education. He gave long service to Coombe Hill Junior School in Kingston and ran many of their sports and CC.

He often ran over from Kingston to join our races on Wimbledon Common and invariably led the field.

Leading was part of his style, as pacemaker in London Marathon for instance in the days when he was in Chris Brasher's Sweat Shop. Leaders are always needed.

Our first CC date is planned for 4 October.

Technology. Have you noticed how athletics is increasingly IT-centred. You want to search with Google for races, clubs, such as 'vetsac' all one

word, maps, train timetables, flight arrivals and the weather and the new 'athletics data'. This part of IT does work well. And for those who do not have a PC of their own, all is not lost; you can do pretty well at the library, we hear. Another example is how entries for our **T&F Champs** are coming from the website as well as the posted form.

Ed Simpson is currently BMAF champion in four events at the M70 age group, he tells us: Marathon, 3,000 indoors, 10,000 track and 1500 track. He admits the opposition was thin but look what you can do: he only started running at 60! We shall hear more.

A recent loss was Ted Rose of Newhaven. He was 86 and is remembered for CC at over 80 and setting a record. He used to come up from Brighton with John Hay and Bart Bartholomew.

Icebreakers, that's to say new Members who joined and ran with us have been noted as follows: Cain Bradley, Anna Garnier, Martin Wilson, Philip Ryan, Helen Middleton, Mark Cook, Chris Bent, David Hoben. Well done, you seven!

Walking tall for TV

reports Pete Mulholland

There was a touch more excitement than usual at the Vets AC 5-mile Road Walk Championship as BBC Breakfast sports reporter Mike Bushell took part with a camera crew in tow.

Word that the cameras were to be in attendance certainly had a marked effect in boosting the size of the field as 49 walkers attended, treble the amount in previous races this summer. Rumour has it, that in preparation, haircuts were booked and some of the participants even washed their kit. And they certainly weren't camera shy.

As part of a series to try, what he termed, 'minority sports' M40 Bushell in fact gave a good account of himself by finishing 39th alongside Ivor Grove who went home with M45 gold.

"I was pleased with that" admitted Bushell after clocking 56min 56sec. "I was well inside my target of breaking the hour" before adding, "it's not until you do a 5-mile race walk that you realise how difficult the technique is".

Much of the camera work was taken at ground level, giving the impression that that the competitors were 'walking tall' and how impressive they all looked: even the officials were featured.

The short but effective film of the event can be viewed by logging on to <http://news.bbc.co.uk/1/hi/uk/7525567.stm> and what came across was the camaraderie of the walking fraternity plus the mixture of young and old that participate. All in all, it is a great advert for the sport.

Bumper night all but

says Dave Ainsworth
Press officer RWA Southern Area

A record field of 49 walkers appeared for this event (more were in the walk than were in the run). In addition 3 more missed the start, and another 3 turned up to give support and a further 2 acted as pointsmen, marshals. It was just a shame that around a dozen more had matters to attend to on that very evening, or else the field could have truly hit what would pass for "bumper" figures in today's walking climate. Thanks also for Chief Judge Peter Marlow who came from Bury St. Edmund's to support the event. Peter Selby



Bosworth is ahead but Estlé, AT and John Hall lead the rest away with Philip Barnard and Mike Bushell in the centre

arranged the youngsters who were much needed to bring down the average age and show that walking has something for everything. Stuart Bennett was there to time us all in.

Vets AC's Bob Belmore, Ron Franklin and Jeremy Hemming truly made us welcome.

BBC sports presenter Mike Bushell had been trained around Wormwood Scrubbs by Carl Lawton (thanks Carl) and easily broke the hour. This despite losing around 5 minutes as he filmed himself (carrying a heavy camera) for one and a half-laps before handing it over to DA, and he was also wired for sound to make commentary as he went around. Carl presented him with the RWA 5 Miles-in-an-Hour badge when he crossed the finishing line. We also thank his cameraman Errol who entered into the spirit of it all.

Afterwards Mike presented the prizes. Mike Bushell also wishes to thank Gerald Legon and Mick Barnbrook for all the encouragement they gave him throughout the race. Mike also asked where all the walkers go for their pint after the race, as he was so taken by their friendliness, that he wanted to socialise post race. But most had disappeared.

Thanks to all who agreed to be interviewed: Peter Marlow (the "Umpire" for the Beijing Olympic walks), Ian Richards (he wanted to interview an Olympic athlete) and the youngsters.

Oh, and by the way, he actually asked, "Where's Chris Foster?" as he remembered Chris from a previous TV clip!

Thanks to all those who gave up their evening to try and show race walking in the best possible light. Results are at www.vetsac.org.uk – photos at www.imagetogo.net/go/?17573

Danielle Sanderson

The goal setter and family person went a very long way but still finds achievement in her class

At school, I was something of a swot and got As and Distinctions in my GCE O, A, and S levels. I wasn't really interested in sport at all, but I did a bit of ballet and gymnastics. I worked and travelled for a year before going up to Oxford, having obtained an Exhibition to read Physics. After graduating, I worked at CERN in Geneva and then joined the Operational Research Division of a multi-national Software Consultancy. After several years, I moved into the Training Department, where I taught a variety of courses in programming, business skills, and

communication skills.

I started running in 1989 as a result of teaching Action Planning and Goal-Setting and applying the techniques myself. I set myself various work-related goals, and also some unrelated to work. One of these was to participate in the Krypton Factor on ITV; another was to run the 1990 London Marathon. I applied, with 11,500 others, for the Krypton Factor, and was one of 36 selected to appear on the show. My performance was mediocre, involving getting stuck in the S-bend on the assault course and crashing the flight simulator.

The running was more successful. I used the Action Planning technique of breaking the overall goal into manageable steps (literally!) and built up from my first slow jog of 2 miles, to running the 6 miles from my home in Bushey to my mum's on Harrow Hill.

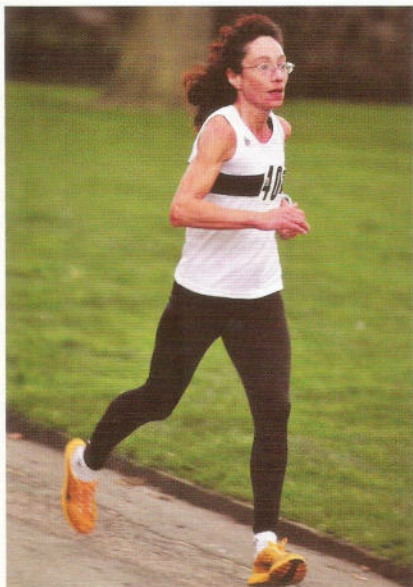
I then entered St Albans' Half Marathon in June 1989. Wearing plimsols, cut-off jeans and a T-shirt, on a hot day on a hilly course, I managed 90 minutes and finished 5th woman. People told me that



Her Palermo trophy

was good, and I should join a club. So I went along to Watford Harriers and Watford Joggers, and learnt a bit more about running, including the fact that there was a ballot for the London Marathon. It hadn't occurred to me that many people would want to enter a marathon. I had never previously watched it or any other athletics event. Club members also told me that I could get an automatic place if I could run a marathon in under 3:10. So on a maximum of 30 mpw, and with a total of two long runs under my belt (the second just two weeks before the race), I ran the Harrow Marathon. I managed 3:07:52, and qualified.

For London, I increased my mileage to 60 mpw and ran 2 hours 50 min. I raced over all distances from 800 upwards that year, improving rapidly. However Steven and I wanted to start a family, although I was reluctant to lose my hard-won fitness. So I researched the feasibility of running throughout my pregnancy, which I managed to do, including racing up to 8 1/2 months! I resumed training 11 days after Joseph was born, and knocked >page 6



Fast running at Battersea



from page 5 four minutes off my 10-mile time in the Great South Run, to finish 5th in an international field.

I have gone on to represent Great Britain many times. I won the Crete Marathon in 1992 on my International debut, and finished 11th in the 1994 European Marathon, just six minutes behind the winner, and was first British woman. I was also first British woman in the World Half-Marathon Champs the same year.

I managed to train through my twin pregnancy as well, but this time waited 13 days after Hannah and Miriam were born before resuming training (mind you, it was a Caesarean birth!). I was 6th in the 1998 Commonwealth Games Marathon in Kuala Lumpur, and had the honour of being presented to The Queen.

At that point I decided to retire from serious competition, but continue running domestically. Then I saw that the London to Brighton 55 mile race was being held on the 19th anniversary of my father's death, aged 43 from cancer. Being born in Brighton but now living in London(ish), I thought participating in the race would be a fitting memorial.

So I increased my training, and ran the Welwyn 10 mile

London Marathon completions in 2008

compiled by Mike Peel

M35 Dan Pescod 3:01:21

M50 4 Steve Smythe 2:43:40

M60 3 Steve Badgerly 2:59:38; Bill O'Connor 4:33:18, Dennis Williams 4:34:10

M65 Mike Peel 4:12:28

M75 3 Joe Cleverly 4:12:38, Jeffrey Gordon 4:46:41

Women W35 Juliet Rowe 3:12:31

W40 1st Liz Hartney 2:49:24, 16 Anna Critchlow 3:05:56

W45 4th Leslie Whiley 3:03:07, 7 Clare Pauzers 3:07:42, 1

Alison Brownhill 3:14:40, 20 Julia Armstrong 3:20:52

W55 2nd Marion Rayner 3:20:12, 4th Jane Georghiou 3:29:5

See club lists: Dulwich Rs and Wimbledon Wind websites

race and used the 20 miles home as a warm-down (in spite of being stung on my tongue by a bee during the race). I managed to win the ladies' race in the London-Brighton in 7:07 min, finishing 7th overall. I decided to resurrect my international career as an ultra-marathoner.

In 2001 I was the only British athlete to attain the qualifying standard for the World 100km championships, and finished 7th. The following year I won the Bronze medal in the European 100km Champs in 7 hours 47 min. I was 4th in the World 100km Champs in Taiwan in horrendous conditions of 90°F, 90% humidity and over a mile vertical elevation change. 70% dropped out, and most were on drips at the end, including myself. I was in bronze position at 98km, but a German girl came past, and hard as I tried, I could not sprint back past her.

I was also very pleased to win the European 50km Championships in Palermo in Sicily in 2004, leading the English Team to team victory, but then retired again because

of long-term injury. I had always had trouble with my sacro-iliac joint and pelvis, which caused sciatica, and the Olympic Medical Institute said it was time for me to cut back.

However, after three years of seeing a different physio, my sacrum suddenly clicked into its proper position, and miraculously I was more free from pain than I had been for over ten years. So I've managed a very satisfying come-back over the past year, with some pleasing times since turning 45.

Annoyingly, after winning the Herts 10km championships in May, I have suffered a recurrence of the sciatic problems, and haven't been able to do speedwork or race since. At least I am now optimistic that there is the possibility of sorting it out again eventually.

I currently work as a freelance management consultant and trainer, and, to be honest, have been so busy the last couple of months, that I haven't had time to worry about racing (or not).

I run an easy hour or so every day, which at least

Liam O'Hare races on in Spain

The summer road racing season has now finished as it is too hot. From about mid-May there have been Saturday evening races of varying distances and qualities, all interesting in their own ways. Many are non-standard distances – they choose the route and then measure it but there are also 10ks and half-marathons. A race from one town to the next is popular too.

On 16 March, El Ejido in Almería staged its first half-marathon. We finished by running 300m round the athletics track in the football stadium, with spectators sitting in

"El Vomitorio". The race started at 10.00 in about 23° and it gradually became hotter. I was pleased with 1:22:55 to finish 43rd of 304 (1st M50). This is the first time that I have

seen a category "disqualified" in the results. It gave no reasons.

On 6 June we had a half marathon from Ubeda to Baeza in Jaén at 18:30. The race was run in very hot conditions, especially on the road between the towns where there was no shelter. In the old parts of the towns there was quite a bit of running over cobble-stones. 22nd of 346 and 1st M60 in 1:26:41 earned me a lovely ceramic dish which is now on the wall here. A coach load of Guardia Civil arrived to do it but I was pleased to finish ahead of all but two of them. My feet were in bits for several days afterwards. I went to a chiropodist/podiatrist and he removed four toenails as well as dealing with several blisters.

My other half marathon was in Berlin with a group from my club here. We left in 24°Celsius and

arrived in 4° but it was no warmer by the time we started the race at 10:45 on 6 April. I ran 1:21:03 (193 of 17,604 finishers), 2nd M60 behind an Italian who did not have a chip time at the 10k point.

The bigger races have a good range of age-groups but some can be quite quirky. I have been placed as a M45, M50 and M47/4 as well as M55 and M60. On my way by bus from Pruna to Olvera in Cádiz I came across the number distribution by chance so I collected mine.

There were no baggage facilities so I had to run back with my T-shirt etc in my hand. It was advertised as 8.5k but it took me less than 30 mins so it was nowhere near that.

The 8.2 km in La Roda de

Andalucía in Sevilla started in the town but we soon headed for the olive groves where the firm tracks were like tarmac. The last km was back in town and we finished outside the Town Hall. I was 17th (1st M50) in 30:32. Afterwards, we had a 90 minute presentation ceremony with food and drink laid on. Towards the end, I was surprised to hear my name being called – there was a trophy for the oldest finisher!

A 9.3 km race around Ogijares in Granada on 31 May needed a 7-hour round trip rather than an overnight stay. There were cash prizes of €100, €70 and €40 in each age-group, but amazingly entry was free. Again, I have failed to find the results but I know that I was first M60. The 7.5K in Cuevas Bajas in Malaga on 28 June was due to start at 20:00 but it was so hot >p14

Cape Wrath Challenge

by Alan Davidson



Alistair Jackson, Peter Chittenden and myself travelled to north-west Scotland for the five races over a choice of distances in six days of the Challenge. In Durness, a scattering of houses, a grocer's shop and two petrol pumps, typical sounds were sheep, the waves and cuckoos while the superb scenery gave us lochs, mountains, heather moors, steep cliffs and white, sandy beaches. It was breezy but sunshine all the way.

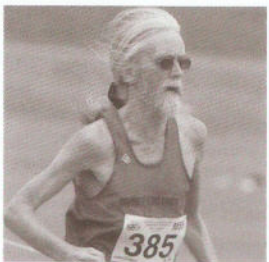
The scenic Loch Eriboll (home for Russia convoys in the last war) 10k had tough hills in the last 2 miles: AD 45.37(5th), PC 54.13(25), AJ 58.07(28).

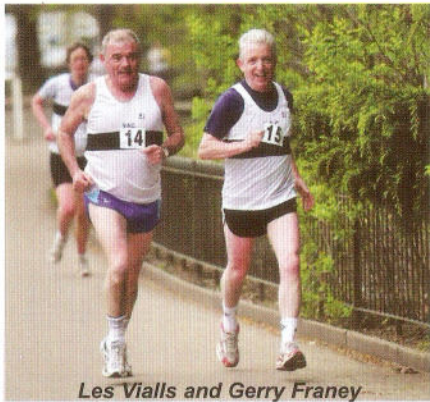
In contrast the Sangomore hill race had heather moors, peat bogs and burns: 5.5 mile: AD 41.31 (20), PC 51.26(54), 4 miles AJ 39.23(4).

The Round About Durness races had grassy slopes by the lochs and rutted headland tracks, 8.4 miles: AD 1.10.57(22), PC 1.29.59(60), 5.3 miles: AJ 58.05(5).

The Balnakeil 3 mile beach race with wet sand and dunes saw some runners chose fancy dress so we were determined to keep ahead of the Grim Reaper! AD 21.54(5), PC 28.48(56), AJ 29.26(71).

The trio bolstered by Orions' Mike Rosbrook made a team for the Cape Wrath marathon relay, the Cape itself being very bleak >p14



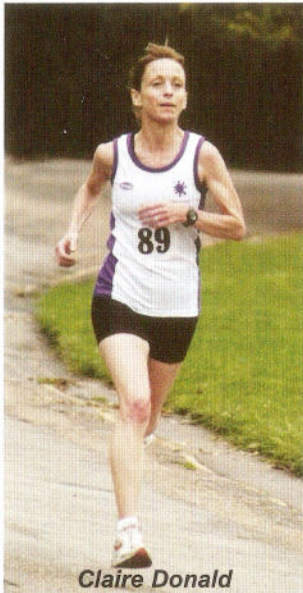


Les Vialls and Gerry Franey

April 5M

David Cox missed out all last year but came back with a front run 27:57. Also part of his new form has been first vet in the Serpentine NYD 10k. Now he was only 15 secs off his M50 best time.

On first lap he gave a three sec lead to Danielle Sanderson, whose story is on page 5, and who was flying, on her way to the W45 best time of 30:44.



Claire Donald

Womens' Class of '59-'63

Lets look at the W45 group. It's got youthful passion for racing aligned with strength, experience and possible post natal advantage. So the 30:44 of Danielle's improved Carol Bowker's previous best of 31:30 last year and also placed her fourth in UK 5M Rankings behind Sian Monahan and Zara Hyde-Peters.

Reading's Carol might have gone faster if she had had opposition in her unique woman's outright win last year.

In May Claire Donald was first woman, after a race second last year, clocking 31:23, which gives her sixth in UK.

While Julia Gristwood has certainly improved.

Further contenders in VAC who must be mentioned in W45 include Clare Pauzers, gold at Birmingham in 1500m, like Kirstin King in sprints and Sally Stagles in hurdles – Diane Bradley, the event leader, with Fiona Bishop and Helen Middleton in race walking – Alison Brownhill and Susannah Harrison, prominent in cross country along with Janet Ray

True competition by men and women at Battersea

– and a dozen more athletes in this class. It's always good to see them, in their prime, excelling.

May 5M

Richard Tomlinson, 40, Mike Barron, 49, and Gareth Jones, 62, took the first three places and their age groups but what they need are challengers to come and test them.

Regular Ken Tuson made excellent improvement for his 39:36, in first 70 slot, while Battersea's Ian Mursell was also quicker.

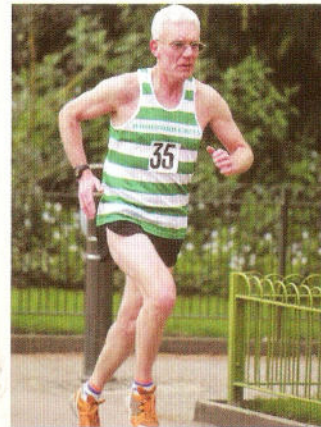
June 5M Champs

The race was not greatly affected by the TV recording and proved a quality champs at the sharp end but lacked numbers of the regular contenders. For instance there were no takers for M40, 45 and 65 bronze medals while womens' golds stayed in the box for 60 and 65 and W35, as usual.

In front David Cox produced a fluent run again, and was pleased by taking 4 seconds off his M50 record time of '06 with 27:38. He had 14 seconds lead

5M Champs Medal table

M40	R Tomlinson	M Archer
M45	M Baron	C Bradley
M50	D Cox	R Sargent A Davidson
M55	R Howells	S Littlewood M Wilson
M60	G Jones	D Williams E Bartlett
M65	M Johnson	P Torre
M70	K Tuson	B Shave C Collins
M75	M Browne	M80 R Franklin
W40	B Pritchett	J Reid W45 J Gristwood
W50	L Wilson	A Garnier
W55	J Georghiou	A Bath
W70	P Jones	



All green: Roger Green's first run

at lap one before going further ahead on the third lap.

The next three were the same as May, that's Tomlinson, Baron and Jones except they were all faster.

Richard has improved to a fast 28 minutes here.

Then Mike Baron, eight years older, was 1st 45 on 29 minutes.

While Gareth, 1st 60, was less than a minute off his record time in '06.

Then Bernie Pritchett, on her comeback, was the first woman by two minutes.

The second and first 50 was Lynn Wilson, who headed Jane Georghiou by a minute. Lynn's time was close to Jane's W50 record which was based on constant defence of title so the form is good.

Jane herself was third woman and first 55, just holding off the new contender, Anna Garnier. The tireless Thames Hare then went off to her catering business.

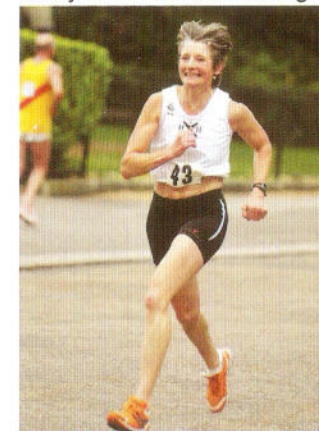
Jane had had a good run in CI Ferrand, France for 3rd in the Euro Vet CC and team gold but less fortune in the half mar. After a big walk on

the volcanic region the day before her legs were still tired and she could only be fourth. Then fourth again in London off broken training.

Andy Davidson gained a medal in 50 group, by heading Tom Morris. Then Steve Edwards was next, a minute faster than last year.

W40 Jacqui Reid came sprinting in, which is something she does as well.

The 55 men were close. First Rob Howell from Ealing held off Stu Littlewood, who has been in good form, and didn't let Howell draw away. Then another Ealing



Anna Garnier finished fast

man was third in the name of Martin Wilson. The Ealing group, who were headed by race second Richard

Les Brown Trophy

holder 07-08 Dan Maskell leaders at 23 July

6 Michael Johnson

5 Dennis Williams

4 Kevin Burnett, Phil Bell, Mark Cook, Steve Edwards, Bernie Hercock, Stu Littlewood, Mike May, Terry O'Neill

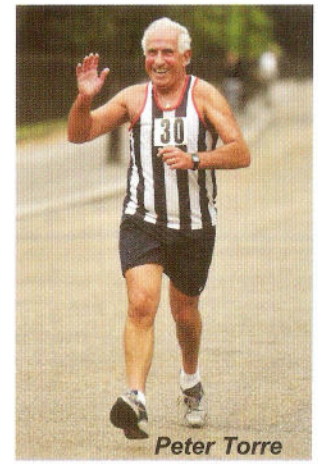


Diane Bradley left was second lady in 5M Walk

Tomlinson, are clearly a force. Michael Johnson was 1st 65 in 12th, for a first gold here, chasing Rob Sargent who holds his place well. Michael heads the appearance score.

The first 70s finished together but with a difference: "ladies first please" as Pam Jones headed Ken Tuson and put a record in the book, 39:54. Well done the Ilford lady; the many Ilfords are men, otherwise.

Brian Shave, who keeps very fit, was second 70 with our evergreen Irishman Cliff third.



Peter Torre



10,000M Walk VAC & Counties Champs

Trevor Jones(52) was out in front as Arthur Thomson led Shaun Lightman in the rain

Walk 5M Road Champs

In the 5M, where the mass walk did no harm to the club champs, a determined John Hall, despite working at the desk, made a race with

Estlé Viljoen; see cover. John improved his Battersea time since two years.

Estlé was first woman by a minute while receiving eight years from Diane Bradley. The Tonbridge member then proved herself in the top class by winning both races at the BMAF track. In turn it would be interesting to see how our South African friend would fare at national level.

Tall Philip Ryan took the 50 gold ahead of the two Steves, Allen and Uttley, while Richard Brown held Carl Lawton and others in M60, which had to be competitive if this is an older person's sport.

65 was claimed by three timer Mike Hinton making a good comeback.

Bernard Hercock deserved his gold in 70 class after chasing his usual lead, David Hoben, all the way. Results on page 6.

10,000m Race Walk Champs VAC and Surrey / Middx / Herts Counties

1 Trevor Jones(Hill)	51	1	52:45.7	VAC Middx
2 Arthur Thompson(HertPh)	72	1	58:03.4	VAC Herts
3 Shaun Lightman(SWC)	65	1	58:36.6	VAC Surrey
4 Ron Penfold(Steyn)	66	2	58:54.8	VAC
5 Peter Hannell(SWC)	65	3	61:03.2	VAC Surrey
6 Helen Middleton(LWC)	W45	1	61:08.6	
7 Paul King(Bel)	57	1	62:26.3	VAC Surrey
8 N Will(Baachi)(G)			63:49.9	
9 Ron Powell(E&H)	71	2	64:57.8	VAC Middx
10 Doug Fotheringham(Bel)	78	1	68:22.7	VAC Middx
11 Bernie Hercock(Enf)	71	3	73:13.0	VAC Middx
12 Ken Livermore(Enf)	75	2	74:45.3	VAC Herts
13 John May(SWC)	77	3	75:45.8	VAC Surrey

Support for the 10K Track Walk was a third down possibly due to rain but at least the Counties gave the backing which enables use of Battersea track.

Trevor Jones was always in command of the race and maintained his established eminence.

In contrast Helen Middleton was newboy. There is a close race between her, with ten years age advantage, and the highly experienced Paul King and now she came out a minute ahead which was level with the 5M result later. Such is the consistency in this discipline.

Although recording less good times than last year, messrs Penfold, Hannell, King and Powell were all present again. Nice to see you!

Doug Fotheringham, another regular, came all the way from Spalding, Lincs for the 75 gold which few challenge.

While our three musketeers at the end of the race, brothers Hercock, Livermore and John May kept faith in the same line of fleet, as Ken Livermore closed a shade.



Helen Middleton held off Paul King at Battersea

Veterans AC Members ranked Road Table – Battersea Park 2007

		17 Apr 5.0M	15 May 5.0M	12 Jun 5.0M			17 Apr 5.0M	15 May 5.0M	12 Jun 5.0M
D Cox(WGEL)	54	27:57†		27:38	J Reid(MetPol)	W42			36:04
R Tomlinson(ESM)	40		28:47	28:00	G Franey(VPH)	55	36:17		
M Baron(Harr)	49		29:28	29:02	A Austin(VAC)	53	36:26		
G Jones(Oxf)	62		30:59	30:18	M Miller(Hill)	70		36:50	
D Sanderson(Watf)	W45	30:44†			M Rayner(W4)	W58		36:57	
B Pritchett(WG)	W41			31:10	L Vials(VPH)	61	37:03		
C Donald(PP)	W49		31:23		M Wilson(ESM)	57			37:06
C Bradley(Ton)	45			31:35	D Williams(HW)	62	38:08	38:08	39:17
R Howells(ESM)	55		31:58	31:59	J Gristwood(ESM)	W49	38:34	40:32	39:32
M Chaplin(CamCol)	49	32:14			M Lippitt(Trent)	55		38:49	
S Littlewood(HW)	56	32:56	33:04	32:12	K Tuson(VAC)	71	41:14	39:36	40:12
M Johnson(THH)	66	33:11	33:42	33:56	I Isherwood(HW)	55	39:55	40:37	39:47
L Wilson(ESM)	W51			33:17	P Jones(If)	W72			39:54
M Crocker(VAC)	48	33:18			B Shave(HHH)	74			40:33
T Morris(HW)	50	33:21		35:35	M Archer(VAC)	41		45:49	41:20
C Rayner(W4)	57		33:24		C Collins(L Irish)	71	41:23	42:03	42:02
S McDuell(VAC)	43	33:26			A Bath(26.2)	W59			41:54
R Sargent(Lou)	54			33:43	P Torre(SB)	66		45:05	42:24
J Kilroe(Ashfd)	40		34:17		A Lippitt(Trent)	W53		44:03	
I Mursell(VAC)	56	34:33	34:22		E Bartlett(VAC)	63		45:35	44:04
J Georghiou(Farn)	W55			34:34	M Browne(VAC)	77			51:10
A Gamier(THH)	W50		35:09	34:36	R Franklin(BarDis)	80			57:10
A Davidson(SLH)	51	36:36	34:57	35:03					
S Edwards(Serp)	51	39:26		36:01					

Record: VAC Battersea 5.0M age group best time †

Veterans AC Members ranked Race Walk 5M Table 2008

M Easton(SWC)	45	39:05	38:44		P Hannell(SWC)	65		49:57	
J Hall(Bel)	59			42:05	M Noel(Bel)	W40			50:03
E Viljoen(HW)	W38			42:20	K Ballam(SWVAC)	69	50:06		
D Bradley(Ton)	W46			43:40	A O'Rawe(C Point)	66			52:40
P Ryan(If)	54		44:56	43:45	S Holliday(Med)	55			52:57
S Lightman(SWC)	65	44:00			D Hoben(SWC)	55	58:30	55:55	55:38
A Thomson(VAC)	72	44:53			B Hercocock(E&H)	71	57:22	56:55	55:56
S Allen(If)	50		46:04	44:53	J Shortt(Weymouth)	74	59:14		
A Thomson(VAC)	70			45:04	J May(VAC)	77	61:07	62:29	62:03
S Uttley(If)	50			45:05	K Burnett(SWC)	68	63:24	62:29	61:27
R Brown(SWVAC)	60	46:13		45:28	J FitzGerald(SD)	85		77:56	
C Lawton(Bel)	60			46:50					
M Hinton(If)	67	49:14	47:58	48:20					
C Bent(Pit)	62			48:14					
H Middleton(VAC)	W45			48:16					
L Atterbury	61			48:35					
P King(Bel)	58		49:06	49:14					
C Flint(L Vid)	63	54:42	49:15						
G McDonald(Ashfd)	50	51:59		49:35					
P Crane(SWC)	63	49:38	49:38	51:00					

5.0M run records (†)

M40 J Rye	25:34	'99	W35 B Pritchett	30:58	'05
M45 M Barron	27:18	'05	W40 M Clarke	30:37	'97
M50 D Cox	27:42	'06	W45 D Sanderson	30:34	'08
M55 L O'Hare	27:49	'05	W50 J Georghiou	33:12	'04
M60 G'th Jones	29:28	'06	W55 M Moody	34:00	'?
M65 R Higgs	29:58	'98	W60 P Jones	35:08	'98
M70 S Charlton	31:59	'99	W65 P Jones	37:34	'01
M75 R Franklin	44:58	'05	W70 P Jones	42:12	'07
M80 S Charlton	35:41	'07			

VAC Battersea 9 April

100m		
1 G Palmer(SMR)	41	12.4
2 R Hyde(Met Pol)	45	12.6
3 G Walcott(HW)	55	12.8
Race 2		
1 P Bell(SB)	54	13.0
2 M May(KP)	47	13.1
3 T Carter(Kent)	55	13.3
4 P Wignall(HW)	54	13.6
5 P Morgan(Hast)	52	13.6
6 M Brown(VAC)	46	14.3
Race3		
1 G Greenwood(VAC)	61	14.9
2 A Sowden(High)	67	15.5
3 D Barrington(KP)	67	15.9
4 J Godbeer(Can H)	72	16.5
5 P Williams(VAC)	50	19.8

Gibson 1 Barrington, 2= May, Carter & Morgan, 5= Bell & Sowden

300m Race 1

1 G Palmer(St My)	41	39.1
2 R Hyde(Met Pol)	45	39.8
3 G Walcott(HW)	55	40.5
4 M Cook(G&G)	41	41.1
Race 2		
1 P Bell(SB)	54	42.8
2 M May(KP)	47	44.0
6 M Brown(VAC)	46	44.5
4 P Wignall(HW)	54	46.2
5 P Morgan(Hast)	52	48.9
Race3		
1 G Greenwood(VAC)	61	49.6
2 A Sowden(High)	67	52.0
3 P Williams(VAC)	50	68.7

Gibson 1 Palmer, 2 Hyde, 3 Bell, 4 Walcott, 5 Morgan

800m	age	time
1 M Mann(Dul R)	59	2:29.5
2 T Carter(Kent)	55	2:39.8
3 C Hide(Serp)	56	2:41.7

3,000m

1 R Tomlinson(ESM)	40	9:53.2
2 M Mann(Dul R)	59	10:55.2
3 M Chaplin(Cam&Col)	49	11:35.6
4 R Sargent(Lough)	53	11:39.0
5 A Garnier(THH)	W50	11:49.5
6 M Johnson(THH)	66	12:02.3
7 J Garber(HHH)	65	12:34.1
8 D Williams(HW)	62	12:57.2
9 E Campbell(Cro)	41	13:52.3

Throws

	SP	HT
C Privett(Bel)(G)	45	44.30
P Williams(VAC)	50	5.69
J Obeney-Williams	W55	4.70
J Webster(HW)	68	6.57
H Thomas(Lewes)	70	9.01
J Hanus(Barnet)	78	30.73

Comment: Gary Palmer, the fastest man today, was the only one better than rating in the testing 300m as club colleagues Bell and May fought a close finish at 100.

The competitive 3,000m doubtless drew on the winter training members had done.

Chris Privett, longest with Hammer, has since joined the club.

VAC Battersea 30 April

400mH Champs		
1 Gary Palmer(St Mys) 41	65.8	
300mH Champs		
1 Derek Wardle(VAC) 61	57.2	
3,000m		
1 Terry O'Neill(Bel) (G) 55	10:29.7	
2 Michael Johnson(THH) 66	11:53.9	
3 Mike Kortzenray(HW) 62	12:09.7	
4 Dennis Williams(HW) 62	12:39.7	
Heavy Weight		
Hamilton Thomas (Lewes) 71	15.98	Hammer 36.17
Chris Privett(Bel) (G) 45	13.72	45.32
Peter Barber(Cam H) 75	13.96	33.27
Ken Crooke(Cro) 79	5.37	9.61
Kevin Burnett(SOC) 68	7.84	17.37

Rain affected attendance but Hamilton Thomas's Weight 15.98m throw was possibly best performance.

VAC with Rosenheim Kingsmeadow 7 May

100m	age	time
Race 1		
1 Geoff Walcott(HW)	56	12.2
2 Barrington King(Harr)	42	12.3
3 Phil Bell(Harr)	54	13.3
4 Mike May(KP)	47	13.3
Race 2		
1 Mark Cook(G&G)	41	12.8
2 Chuck Isetts(KP)	65	14.0
3 Joan Trimble(KP)	W50	14.5
4 Cashel Riordan(KP)	60	16.1
5 John Godbeer(Cam H)	72	16.7
Gibson 1 Trimble, 2= Walcott & May & Cook, 5 Bell.		
200m		
1 Gary Palmer(St Myr)	41	25.1
2 Cook	41	26.0
3 King	42	26.5
4 Ollie Oladelle(KP)(G)	54	27.1
5 Bell	54	27.5
6 May	47	28.1
Race 2		
1 Isetts	65	29.0
2 Robin Roach(Walt)(G)	60	29.6
3 Trimble	W50	30.6
4 Riordan	60	33.3
200 Rosnhm		
6 Stephen McDuell(VAC)	43	27.4
Gibson 1 Cook, 2 Palmer, 3 Riordan, 4 Trimble, 5 Isetts.		
400m		
1 Palmer	41	55.3
2 Walcott	56	55.3
3 Stephen McDuell(VAC)	43	61.0
4 Tim Carter(Kent)	55	61.9
5 Bell	54	66.0
Gibson 1 McDuell, 2 Carter, 3= Palmer & Walcott, 5 Bell		
1500m		
4 Terry O'Neill(Bel)	55	4:54.0
3,000m		
10 Cliff Hide(Serp)	56	11:51.1
12 Dan Maskell(VAC)	55	12:27.4
14 George Richardson(Lou)	65	15:52.4
Discus		
Camilla Thrush(KP)	W39	29.76
Mary Waddington(KP)	W59	23.34
Liz Sissons(E&E)	W63	21.12
Jack Rutherford(Wall)	54	23.99
Ken Prior(E&E)	62	40.03
Brian Harlick(E&E)	66	26.50
Pole Vault		
Dave Blunt(E&E)	54	3.40
Brian Harlick(E&E)	66	2.60

VAC Wimbledon Park 11 June



100m	age	time
1 Draco Mkpa(KP)(G)	37	12.1
2 John Shepherd(E&H)	46	12.2
3 Mark Cook(G&G)	42	12.8
Race 2		
1 Simon Baird(Serp)(G)	44	12.9
2 Mike May(KP)	47	13.3
3 Stephen McDuell(VAC)	42	13.4
4 Phil Bell(Harr)	54	13.6
5 Chuck Isetts(KP)	65	13.8
Race 3		
1 Joan Trimble(KP)	W50	14.8
2 David Barrington(KP)	67	16.3
3 Cliff Taylor(VAC)	76	18.4
4 Paul Williams(VAC)	50	19.0

Gibson 1 Isetts, 2= Shepherd & McDuell, 4 Cook, 5 Trimble

200m	age	time
1 Mkpa(KP)(G)	37	24.1
2 Shepherd(E&H)	46	24.8
Race 2		
1 Mark Cook(G&G)	42	26.0
2 Phil Bell(Harr)	54	26.9
3 3 Mike May(KP)	47	28.0
4 Chuck Isetts(KP)	65	29.0
5 Stephen McDuell(VAC)	42	30.1
Race 3		
1 Joan Trimble(KP)	W50	30.1
2 David Barrington(KP)	67	34.8
3 Paul Williams(VAC)	50	39.3

Gibson 1 Trimble, 2 May, 3= Shepherd, Cook & Bell

800m	age	time
1 Stephen McDuell(VAC)	42	2:16.7
2 Cliff Hide(Serp)	56	2:40.5
3 Jane Searle(Cro)	W51	2:44.8
4 Stu Littlewood(HW)	55	2:45.6
5 Liz Bowers(C Ports)	W55	2:48.8

3,000m	age	time
1 Terry O'Neill(Bel)	55	10:15.5
2 Tony Harran(HHH)(G)	48	10:22.1
3 Stu Littlewood(HW)	55	11:32.7
4 Andy Murray(Dul)	55	11:56.8
5 Dan Maskell(VAC)	55	12:16.6
6 Steve Edwards(Serp)	51	12:22.0

	Hammer	Discus	Shot
Paul Williams(Kent AC)	50	6.26	
Tony Richards(Cro)	58	34.53	
Ken Prior(E&E)	62	37.82	35.18
Brian Harlick(E&E)	66	27.94	33.65
Kevin Burnett(SOC)	68	16.83	20.62
Cliff Taylor(VAC)	76	26.13	18.97

Comment: Chuck Isetts came back to sub13 to get points in 100m as Joan Trimble's improvement by half a second in 200m took her up to share Gibson lead. At 3,000m Terry O'Neill held off younger rival Tony Harran by 6 seconds as Stu Littlewood led the other Over 50s.

Ken Prior led the throwers closely bar Shot Put of Cliff Taylor.

VAC with Rosenheim Leag Kingsmeadow 23 July

100m	age	time
1 Simon Baird(Serp)(G)	37	12.8
2 Mark Butler(E&E)(G)	47	12.9
3 Phil Bell(Harr)	54	13.1
4 Mike May(KP)	47	14.1

Race 2

1 Fario Marismari (E&E)(G)		13.7
2 Paul Wignall(HW)	55	13.8
3 Joan Trimble(KP)	W53	14.5
4 David Whittaker(E&E)	64	14.5
5 Mike Martineau(B&B)	62	16.1
6 John Godbeer(Cam H)	73	16.4

Gibson: 1 Godbeer, 2= Trimble & Whittaker, 4 Bell, 5 Wignall

100m Rosenheim

4 Noel Hall(VAC)	46	12.3
5 Ralph Hyde(SMR)	45	12.8

200m

1 Butler		26.2
2 Bell		27.0
3 Marismari		27.8
4 Wignall		28.1
5 May		28.8
6 Whittaker		29.3
7 R Roach(Walt)(G)		29.9
8 Trimble		30.0

Gibson: 1 Whittaker, 2 Trimble, 3= Bell & Wignall, 5 May

400m (non-score)

3 Gary Palmer(SMR)	41	55.5
4 Ralph Hyde(SMR)	45	56.2
6 Mark Cook(VAC)	40	58.4
7 Mark Butler(E&E)	47	63.4

800m

5 H Tempan 3:08.8

1500m

9 Terry O'Neill(Bel)	55	4:58.1
13 Gareth Jones(Oxford)	62	5:10.6

3,000m

11 Gareth Jones(Oxford)	62	10:50.6
18 Dan Maskell(VAC)	51	12:30.8

Throws

Liz Sissons(E&E)	JT 23.54	SP 10.07
John Webster(HW)	29.83	6.80

Comment: Harry Tempan's 3:08 800m is said to be a UK age group best time.



Gibson points at July		
26.5	J Trimble	8 D Barrington
20.5	P Bell	7.5 P Wignall, J Shepherd
19	M May	8 J Godbeer
17	M Cook	6 R Hyde, P Morgan
15.5	G Palmer	5 C Riordan
11.5	S McDuell, G Walcott	4 P Williams
		2.5 B King, A Sowden
		2 MBrown
10	C Isetts	2 J Greenwood
10.5	D Whittaker	1 MMartineau
9	T Carter	1 C Taylor

New Members

Diane	Bradley	V0895
Edward	Otto	V2597
Anna	Garnier	V2606
Kevin	Ryan	V2607
Carole	Wisdom	V2608
Richard	Wisdom	V2609
SIMon	Martin	V2610
Chris	Privett	V2611
Stephanie	Robson	V2612
Helen	Middleton	V2613
Alison	Duke	V2614
Oliver	O'callaghan	V2615
Rosie	Ferguson	V2616
Jonathan	Redman	V2617
Gareth	Cavell	V2618
Cain	Bradley	V2619
Michael	Browne	V2620
David	Hoben	V2621
Michael	Sutton	V2622
Ian	Richards	V2623
Roger	Green	V2624
Saba	Holt	V2625

Committee news

Treasurer stated that VAC would have to pay £5 to England Athletics for each 1st Claim to VAC Member, as well as £50 club affiliation.

Hence it was agreed subject to approval at AGM to raise the sub for these Members to £20 from 1st October.

Lee Valley 2009 dates were heard. T&F Secretary stated in his report that he did not favour having three meets at the indoor stadium within a short period. Editor said it could be a thin meeting, regardless of being covered financially. In a vote there

were 2 in favour, 1 against.

No invitation was received from Inter Area Track match on 10 August for teams from veteran clubs.

Increased use of email and VAC website was heard. Walk and Run photos were placed on a website of the Editor's and had 400 hits.

AGM to be on 11 Sept at 7pm followed by Committee.

Races in Spain continued (36°C) that they delayed it for 15 minutes which, as you might expect, made no difference (29:07 for 12th of 42 overall and 2nd M45).

The next morning we got over to the 10th annual 10k between Pedrera and Gilena (it is run in the opposite direction in alternate years). I ran 37:27 for 30th of 158 overall, 1st M60 which was better than my previous 10k in Córdoba (38:22). I was interviewed for local TV and, fortunately, I kept my Spanish together to make a few comments.

Last race of the summer was XX Carrera Popular de Casariche on 12 July. We did not know how long it was going to be because they only decide on the day when they see what the temperature is. Veterans and women ran four times around a 1450m loop for a 5.8km race while senior men did five laps. It took me 20:10 which left me in 9th position out of 87, 2nd M50. *Liam O'Hare*

Cape Wrath Challenge from p7 moorland with a single stony track. 6.8 mile legs including 400' climb recorded: AD 57.38, PC 1.06.54; 4.1 mile leg AJ 40.14, so we finished 3rd team.

Friendly locals, plenty of added activities (ceilidh, quiz, and puffin spotting walk) helped make a very enjoyable trip.

Alan Davidson

AUGUST 2008

Provisional list of Members recorded as 1st Claim to VAC and in line to receive subs renewal call for £20 at 1st October

John Adams	Edward Fitzmaurice	Margaret Moody
Gary Anderson	Alan Flavell	Russell Moore
Maurice Ang	Peter Freeman	Ian Mursell
Jayne Ansccombe	George Frogley	Jim O'Leary
Ian Ash	Cyril Gardner	Marian Parker
Joseph Aspinall	Leon Goldsack	Stephen Parker
Anthony Austin	Arthur Good	Michael Patch
William Baker	Joe G Green	Dennis Paye
Royston S W Barrett	Donald Greenwood	Keith Phillips
Edwin Bartlett	Graham Greenwood	Juliet Rowe
Clifford R Baughen	Jeremy Hemming	Susan Rudeloff
R Jim Bell	Clifford Hilton	John M Ryan
Robert Belmore	Leslie Huitson	Andrew J Shields
Joe Bouch	Alistair Jackson	Clive Shrubsole
Les W Brown	Michael Jeffery	Martin Simon
Stephen Buckley	Paul Jeffries	J A Simpson
Howard Burgess	Eric Jones	John J Smith
John F Burke	Peter G King	John Soden
Nigel Burnell	Edith H Knowles	Peter Sparks
David Case	Peter S Lane	Martin Spence
John Chamberlain	Geoffrey Leberl	David R Stock
Don Chambers	Lewis J Lilliman	Clifford Taylor
Jim Chandler	Nick Mace	Peter Thompson
Raymond L Chapman	Alexa Mallett	John Treadwell
Alan Charman	Raymond Marcantonio	George E Tunnell
Gloria Charter	Vernon L Martin	Kenneth G Tuson
Peter Chittenden	Dan Maskell	Richard Tweddle
Martin Chuter	Colin McArthur	Peter Vine
Nick Crocker	Michael McCarthy	Anthony Watson
Ian Dixon	Peter McCauley	John J Whyte
David Earl	Stephen McDuell	Charles Wickens
Tim Ellis	Alan McGee	Gerald Wilkinson
Gordon Emmett	Milton McIntosh	Roy Willmott
Richard Faint	Keith Mitchell	Rex W Willoughby

Veterans Athletic Club draft Income and Expenditure Account for year ending 31 May 2008

<u>Income</u>	<u>2007</u>	<u>2008</u>	<u>Expenditure</u>	<u>2006</u>	<u>2005</u>
Subscriptions & donations	£10,324	£11,062	Affiliation Fees		
Add Subs brought forward	1,740	2,280	Surrey CC Lge	£30	67
Less subs for future years	-2,280	-1,035	Surrey AA	20	20
	9,784	12,307	S of England AA	45	10
Profit on clothing sales	10	loss	England Athletics ⁴	53	372
Interest received	311	115	VAA of E ¹	674 ¹	300
Surplus on Club champs	1,252	896	BMAF note 2	3,280	2,996
Surplus on misc races	417	959		4,102	3,765
			Newsletter	5,679	6,431
			Admin expenses	684	350
			Room hire	465	620
			Bank charges	-	4
			Surplus income	844	3,093
	£11,774	£14,277		£11,774	14,277

Balance sheet as at 31 May 2008

<u>Assets</u>	<u>2007</u>	<u>2008</u>	<u>Liabilities and reserves</u>	<u>2007</u>	<u>2008</u>
Bank Current A/C	3,386	5,321			
Deposit A/C	3,626	3,831	<u>Prepaid income and accruals</u>		
Cash & Cheqs for bank	904	852	Subs in advance	2,280	1,035
Cash float	10	10	Track hire April/May	30	382
Stock			Accrual: Eng Ath levy	-	94
Clothing	551	313	<u>General reserve</u>		
Medals	117	884	Brought forward	5,956	6,800
Prepaid Track Hire	247	126			
Prepaid: subscriptions	-	25			
Prepaid: England Athletics	269	42			
	£9,110	11,404	Surplus (Deficit) for year	844	3,093

Treasurer's notes on Accounts

- 1) We paid subscriptions for 2006-07 and 2007-08 to VAAE last year.
- 2) Membership increased in 2007-08 to 830, and our 2008-09 BMAF fees will be £3,320.
- 3) A significant number of members pay for more than one year in advance and I am carrying this income forward to the years to which it relates.

We had a good year with the 2006 subscription increase ensuring that we have adequate funds to cover the BMAF levy and newsletter costs. The surplus on club championships is down a bit, partly because we chose to purchase more expensive medals (with ribbons) than those we had before. On the other hand we did better on track hire in 2007-08 than the previous year, so the surplus on other track, cross country and road races has improved.

The cost of our venue for committee meetings and our AGM increased this year. On 1 April 2007, our affiliation to the South of England AA was replaced by membership of England Athletics. Membership involves a £50 club affiliation which covers our volunteers and officials, and a levy on active (ie competing) first claim UK athletes. In the year to 31 March 2008 this was £3 a head and the club bore it from general funds, but it has increased to £5 a head. A motion will be put to the AGM to increase the subscription for UK resident members who are not first claim with other clubs (and who are active athletes) to £20 a head. At 31 May 2008 we had about 110 members who were in this category, from a total membership of 830.

Michael May ACA, Hon Treasurer

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Prepaid: England Athletics	269	42			
	<u>£9,110</u>	<u>11,404</u>	Surplus (Deficit) for year	844	3,093

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- 2) Membership increased in 2007-08 to 830, and our 2008-09 BMAF fees will be £3,320.
- 3) A significant number of members pay for more than one year in advance and I am carrying this income forward to the years to which it relates.

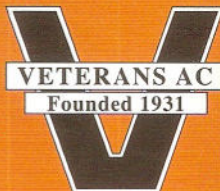
We had a good year with the 2006 subscription increase ensuring that we have adequate funds to cover the BMAF levy and newsletter costs. The surplus on club championships is down a bit, partly because we chose to purchase more expensive medals (with ribbons) than those we had before. On the other hand we did better on track hire in 2007-08 than the previous year, so the surplus on other track, cross country and road races has improved.

The cost of our venue for committee meetings and our AGM increased this year. On 1 April 2007, our affiliation to the South of England AA was replaced by membership of England Athletics. Membership involves a £50 club affiliation which covers our volunteers and officials, and a levy on active (ie competing) first claim UK athletes. In the year to 31 March 2008 this was £3 a head and the club bore it from general funds, but it has increased to £5 a head. A motion will be put to the AGM to increase the subscription for UK resident members who are not first claim with other clubs (and who are active athletes) to £20 a head. At 31 May 2008 we had about 110 members who were in this category, from a total membership of 830.

Michael May ACA, Hon Treasurer



Fixtures



www.vetsac.org.uk

VAC T&F

3 Sep 10,000m Champs Battersea track
6.30pm. 2 races. Recorders required

Sun 24 Aug VAC T&F Champs Kingsmeadow: Hammer 10.30am, track 11.45. Entry form enclsd: enter to Bob Belmore 01428 654749.

Race Walking

Sun 24 Aug 3,000m in VAC T&F Champs
Sat 11 Oct VAC 5K Walk Champs Enfield
Sat 7 Nov VAC 7M Walk Champs, Belgrave Hall

VAC distance: Road and CC

Tue 12 Aug Battersea 7pm 5Km Run, 5M Walk

Sat 4 Oct VAC CC Wimbledon Common 2.30

Sat 11 Oct Surrey League Wmn 12.15, Men 3pm
Nork Park, near Banstead by A217-A2022

Sat 1 Nov Loughton AC Inter Club 2.30 VAC team

Sat 8 Nov Surrey Lg Women 12.15, Men 3pm
Lightwater Country Park, Bagshot or M3 Junc 3

Sat 15 Nov South of Thames 5M Lloyd Park

Sun 16 Nov EPSOM 10M with VAC Champs

Sat 22/29 Nov VAC CC tbc

Sat 13 Dec VAC CC Inter Club with HW, 2pm

20 Dec South of Thames 7M Belgrave Hall

Sat 27 Dec tbc VAC CC

Sat 10 Jan Surrey Lg Div III Lloyd Park 2.30pm

Sat 10 Jan Surrey Wmns Lg Farthing Downs 12.00pm

Sat 17 Jan VAC CC Champs M&W Wimbdon 2.30

Sat 7 Feb Surrey Lg Div III Wimbledon (VAC) 3pm

Sat 7 Feb Surrey Womens Leag Lloyd Park 12.15pm

Eligibility for CC Leagues, Men and Women teams:
1st claim member of VAC, or 2nd Claim to VAC and not member of any club competing in Surrey Lg.
Road / CC Secretary Bob Belmore 01428 654749.
Womens' Mngr Vernon Martin 01494-443344.

National and International

13-14 Sep Decathlon OXFORD

14 Sep 10 Mile TYNEDALE Hexham

21 Sep Marathon ANGLESEY

4 Oct Cross Country Relays MANSFIELD
and Selection Meeting

15 Nov International CC SWANSEA
Candidates for England team apply Charlie
Dickinson, 20 Broadhinton Rd, London SW4 0LU;
tel 0171 720 1062; email hemming@dircon.co.uk
and also see page 3.

Officials for T&F Champs

Technical officials have been mailed.

Club members as field judges and helpers are still urgently required; whole day not essential.

Call Bob Belmore 01428 654749 or Editor

Other veteran

13-14 Sep Kent Vets T&F: qualif'd vets apply to
Barry Ferguson, 18 Bearsted Rise
LONDON SE4 1RQ

18 Oct Surrey Vets CC PETERSHAM:

Meet directions and details

Kingsmeadow: Kingston rd, Kingston-on-Thames KT1 3PB. See web streetmap.com, runtrackdir.com A-Z or map GR 195687. Train to Norbiton walk 1Km. Free car park. Facilities.

VAC N/L August 2008

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Photos by Editor

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