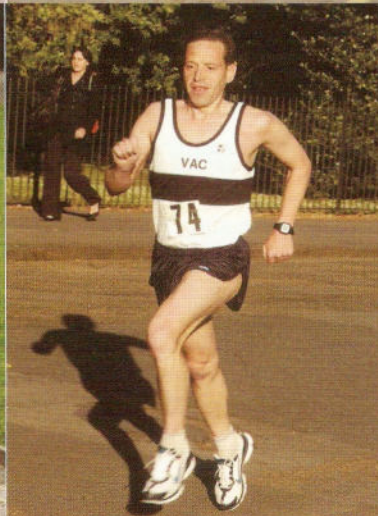
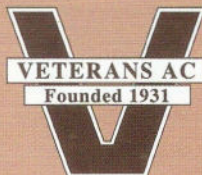


Veterans Athletic Club

Newsletter August 2009



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Pictures above: Kerry Scudder, Carol Bowker(59), Chris Daniels(74), John Batchelor(199)

Officers of the Veterans AC, established 1931

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T&F Secretary	Bob Belmore	01428 65474989
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CC Secretary	Bob Belmore	01428 654749
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Trophy Steward	Dennis Williams	
Delegate to BMAF/VAAofE	Ron Franklin	
Vice Presidents	<i>none</i>	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	
Website	Michael Peel	07970101871 mike@mikepeel.co.uk

Notice of Annual General Meeting of Veterans AC
7pm Thurs 17 September '09, Union Jack Club, Sandell St,
SE1

Agenda

- Item 1 Minutes of 2008 Annual General Meeting
- Item 2 Matters arising from the Minutes
- Item 3 Secretary's Report
- Item 4 Treasurer's Report and Financial Statement (see p15)
- Item 5 Appointment of President
- Item 6 Election of Officers: it is understood officers listed above are willing to stand again
- Item 7 Election of Vice Presidents: M May and P Bell proposed by Committee
- Item 8 Confirmation of Auditor, Mr S Ingall
- Item 9 Any other business

All members are entitled to attend Annual General Meeting. Subs renewal comes in next N/L but enquiries to Mem Sec, inc Inter Area match, 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 webmaster Mike Peel

News and Views

An open letter to the new Chairman of the Federation, Arthur Kimber

Firstly, I'd like you to recognise that VAC does not vote against Masters motions simply because VAC is called Veterans. No, there are basic objections to the word Masters itself.

These are well known but for now I want to call on you to promote a regime in the movement which respects the fact that many do not like the term.

I think the word Masters has been forced down our throats excessively, and terminology has been manipulated to advantage of the Masters' case in print and website.

Other issues I would offer you include the address-less mailing list used for email. Is it right that this is not transparent? And what possibility is there of making reply to the rest of the list who get propaganda?

Photo concessions too need regularising. Valuable concessions should be open to bid and not given away to outsiders and payments to the movement should be declared.

Jeremy Hemming

In the Surrey League, the change in date of the third match from January to December was brought about by a call from the floor at AGM and a vote. CC Secretary voted against the idea but Surrey President Tom Pollak was one of those in favour. It has affected the date of annual match with Hercules Wim with the result that our club champs in January will now include Hercules's champs. Which means that seniors may be running in it.

It was also reported from League AGM that a Veteran Team result was voted down by a narrow margin. But that's nothing to do with VAC team which will be back in action as usual – hurrah the lads!

It's noted in passing that all clubs and runners must be registered with England Athletics. It is the club's responsibility and the penalty will be disqualification of team.

Now if you want to support this club here is a small thing you can do. When entering a national event put as your veteran club VAC *only*. If you put say Hong Kong VAC and

VAC then the first one will be recorded with all the publicity and public address value going to that club. Hong Kong is not what it used to be so we'd be glad if you could put VAC only and give us the kudos.

Of course a more immediate thing you can do to support the first club is enter the VAC T&F Champs; on the form h/w.

On a similar note we found that hoary chestnut "Southern Vets" in print once again and had to step in. It's not always understood that if a body were truly "Southern" their area, for want of a better term, would extend from the Wash to Lands End. So as well as cream teas all-round Dave Buzza would be their top athlete and three or four veteran clubs would pack up shop.

An idea not much heard is giving in your will. But the rate we are losing our old friends is a reminder, and we hear that in some clubs they don't mention them any more.

For the first time a VAC team will go to Solihull Inter Area, thanks to leadership of Phil Bell. See page 8 or website.

Doug Fotheringham – still here!

Interview by Alastair Aitken

Doug Fotheringham, now 79 years old, won the M75 3,000m walk in the British Masters Championships in Alexander Stadium, on 5th July in 20:42.44.

That may not sound startling for a man who has won World, European and National titles since becoming a veteran but the performance has some weight when you hear him say "That was only a minute slower than last year".

I pulled out of doing the European Veterans Championships in 2008, as I was not very fit. I have had pain through arthritis in my knee."

He added "20 years ago I had plastic cups put into my shoes because my heels were spreading and will soon have to have new ones because my heels are spreading more. You see I am too old to have an operation."

His enthusiasm for race walking has never really diminished. "Personally I don't think I would be here today if I had not continued race walking. My family are not long livers: my father died at 60. If I had not done walking over all those years I don't think I would be here, honestly!"

When did it all begin for Doug Fotheringham?
"I joined the police in London in 1950. My sergeant was a police walking champion. He said 'Young lad, you can do a bit of race walking', which got me going. When he retired I made a request that he be presented with a special medal, because he had encouraged me to start race walking."

Doug Fotheringham was not really able to train

much for race walking because of work. He was a police constable on the beat in Chelsea, Westminster and Camden before he finished up as an Inspector at Lime House.

In fact he used those races, which could be two in a week, as training in themselves.

It was when he became a veteran the heavens opened for him and as he found he could do well at older-age athletics, he started to train hard for the events and rewards came thick and fast. At the time of his 25th wedding anniversary in 2005, he won the M75 5k in 30:47:25 and the 20k title in 2:17:37.

Most athletes would identify with his summing up of competing in Championship races.

"I don't enjoy doing it but I enjoy having done it". And he adds "I want to keep going and compete in my 80s even though arthritis and injuries have set me back recently".



Doug at Birmingham



Chris Flint and Fiona Gibson

Race Walking at Road 5M

Attendance was slightly down at Road with half a dozen absentees but Sean Pender, Fiona Bishop and Ron Powell were recoveries. While Mark Easton remains the unchallenged men's leader, at sub 40, and Diane Bradley the

women's, the consistency of the list and certain Members' performances are striking.

See in Table, p 11, how Sandra Brown, Carl Lawton, Mike Hinton and Paul King achieve times within a narrow bracket. Also the duel between Dave Hoben and Bernie Hercock had BH getting his nose in front in Champs.

Coming soon, handicapping and Lester Cup. Although this newsletter largely chronicles exploits within VAC an exception is the 100 Mile event. Result:

1 Sandra Brown SWC 19.57.24 1st all,
2 Richard Brown SWC 20.12.44 1st UK Man,
3 Gerard Heunks RWV 20.49.27. 50 flat but twisting circuits around Newmarket defined this 'Century'.

Sandra's time is better than 12 mins per mile which would be brisk, walking for a train.

Terry Bissett

All change by the marathon runner and ex-footballer

Profile by Pete Mulholland

An often trod path for many an athlete in the past as they got older – and maybe slower – was to step up their distances.

However, for Terry Bissett it was a complete role reversal, going from being a good class marathon runner to a European Veterans Champion over 200m and 400m.

As a youngster, playing in the rough and tumble of the streets of Brixton, south west London, Terry was, as he admitted, “football crazy,” but a freak accident as a 10-year-old put paid to his sporting ambitions.

“I ran head first into one of those ‘stop-me-and-buy-one’ ice cream tricycles,” he recollected as if it was yesterday. “I fractured my skull and came close to losing an eye. After that, football was out of the question.”

Such was the severity of his injuries, when later venturing into a game of football (boys will be boys) and heading the ball, it caused Terry to suffer what could be classified as a mild stroke.

At the age of 11, Terry, along with the rest of the Bissett household, moved to Morden, Surrey. “After Brixton, it was like living in the country,” he admitted.

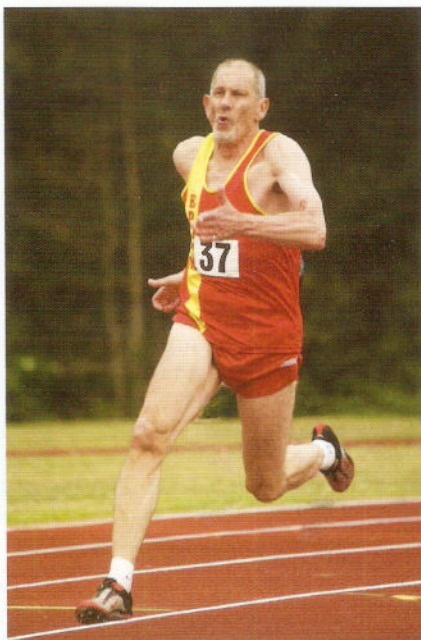
Football was still his pas-

sion, but with his playing activities being curtailed, he formed a team of youngsters, *Dynamos*, who went on to gain promotion through the leagues for each of the following six years. “I then formed a Sunday side, *Raynes Park Rovers*, who did exactly the same.”

As the years passed, Terry’s injuries came to have a lesser effect to such an extent that he played in the reserves for the semi-professional *Wimbledon FC*, at a time the first team was riding high in the old *Southern League*.

Fast approaching the age of 40, Terry decided that perhaps he was getting too old to continue playing football and sat down and listed some nine sports which he could maybe turn to, a list that included the likes of golf, squash, tennis etc. But it was a chance glimpse of some local runners, passing the window of his now *Tadworth*, Surrey home, that led him into the world of athletics.

“They were a group of runners training for the first *London Marathon*,” Terry said, “and they went on to form *Tadworth AC*. With my level of fitness from playing



football, I thought I might be able to keep up with them.”

It was 1984, in a Britain far removed from that forecast by *George Orwell*, when Terry ran his first marathon, with a time of 2:50:30 at *Guildford* which he improved to 2:44:11 in *London* the following year to place 1046th overall and 224th M40. (A similar performance in *London* this year would have seen him finish 270th and 50th M40 – but that’s another story.)

Good as his *London* run was, Terry puts down his best ever road performance as his 1:59:08 in the *Worthing 20 miles* the following year.

A turning point in Terry’s conversion to sprinting occurred when “I took my then 11-year-old daughter *Claire* who was keen to do some running along to *Epsom and Ewell Harriers*. I used to drop her off *cont p6*

Terry Bissett continued

at the track and while she was training, I went for an hour-long run."

Fate then took a hand when Claire's coach found that he had a too large a group to train on his own and asked Terry for assistance.

"Within a few weeks the coach decided to leave and I found myself with a group of 30 keen girl athletes on my hands and after obtaining a coaching qualification found myself training alongside the girls".

An astute member of the Harriers, on seeing Terry stride out on the track, suggested that perhaps he should try his hand at sprinting and in 1990 – now an M45 – tested his sprinting skills in a couple of open meetings. The following year saw him take what was to prove the first of many Championship titles, with a 100m, 200m and 400m win treble at the British Civil Service Championships.

Surrey, Southern and British Veterans' titles were soon to follow as he entered M50 cat-



Birmingham 100m won by Terry in 13.54. Chuck Isetts was 4th.

egory, leading to European Indoor gold medals in the M60 200m at Eskilstuna, Sweden in 2005 and this year in the M65 400m at Ancona, Italy after taking silver in the 200m.

Good as these titles were, one of Terry's proudest moments came at this year's British Championships where he captured three titles over 100m, 200m and 400m within which his 200m time of 26.98s was announced as a Championship best.

"When I think of the likes of Ron Taylor, Charlie Williams and Allan Meddings having previously run this event during its 39 year history, it meant much more than winning to me."

Terry just loves to race. "It's the icing on the cake after all the training," he admits. "If I lose a race on a close finish, I enjoy it as much as winning a race with ease."

He also enjoys the camaraderie of the sport, especially

among his veteran club colleagues at Epsom and Ewell, whether training together at the West Ewell track or traveling as a team to the various competitions where team spirit goes a long way to results they enjoy as a successful outfit.

In spite of his own individual successes, Terry admits to "not having any natural speed. I have to work at it". Work which entails training every day, be it in the gym – where he is a great believer in core stability exercises – or on the track, plus in the winter, a weekly hill session over the tough terrain of Oxshott Woods.

"But I never train more than once a day," he hastily adds, "and I always taper twice a year leading up to the internationals, be it European or World".

Terry's final words at the close of the interview were, "And to think, if I hadn't taken my daughter down to the track all those 18 years ago, I would probably still be doing road running!"



Picture by David Whittaker

Members' success at Birmingham



Margaret Moody(817), Ros Tabor and Jane Georghiou(784) in the 5,000m which ended as Ros, Jane, Margaret and Pauline Rich.

Report by Editor Among many fine performances in mainly hot conditions, new members Haines and Headley were upfront in 800m; so we'd like to think they could go one better at Kingsmeadow · Pat Logan's (49)'s run ended when he was up against men not only younger but 'twice' his size · B finals in sprints were well seeded such as Glen Reddington's 100m B success · But Joan Trimble's win was a move to upper stratosphere · A targeted win was Paul Lemmon in S/C while multi-athlete Brian Slaughter found his best spot in Pole Vault · Wardle came down in distance to hit a sweet spot at mid range 400 · World trav-

M40 800m 2 A Haines 2:06.25, 3 J Headley 2:07.11. LJ/TJ Haines 2 5.50 / 1 11.72.

M45 100m 3 P Logan 11.92. Bfinal 1 G Reddington 12.36. 200m 2 Logan 24.28, 5 Reddington 25.11. B 1 M Vassiliou 24.70. 400m 4 Vassiliou 54.63. 800m 5 A Gannaway 2:09.12. 5000m 3 S McLay 16:21.24. 3K S/C 1 P Lemmon 10:19.13. 110mH 6 Reddington 17.24. HT 2 C Privett 46.53, 8 T Tipping 36.37. WT 3 Privett 13.48, 6 Tipping 10.93.

M50 400m 8 B Matthews 59.17. 800b 2 R Daniel 2:10.56. 5000m 6 R Holland 16:58.57. 3KS/C 2 C Oxlade 11:58.20. 100mH 3 B Slaughter 16.53. HJ 7 Slaughter 1.40. PV 1 Slaughter 3.20.

M55 100m 2 W Franklyn 12.66. 200m B 4 D Lucas 26.38. 400 2 Lucas 58.39. 1500m 2 K Archer 4:32.80. HJ 2 D Blunt 1.50, 3 M Goodall 1.45. PV 2 Goodall 3.30. TJ 3 Blunt 10.15. SP/DT/JT A Richards 2 11.51/ 2 36.22 / 4 37.37.

M60 200 4 D Wardle 27.89. 400M 1 Wardle 61.48. 1500m 1 M Mann 4:54.55. 5000 1 Mann 18:15.34, 2 C Dickinson 18:51.44. SP 1 N Griffin 14.02, 3 B Virgo 11.82. DT 1 Griffin 50.15, 5 B Virgo 36.17, 7 J Donaghey 33.08. HT 2 C Melliush 44.34. WT 1 Griffin 17.26, 4 Melliush 15.34. 3K WALK 1 J Hall 14:57.26.

M65 100m 1 T Bissett 13.54, 4 C Isetts 14.31. 200m 1 Bissett 26.98, 5 C Isetts 29.05. 400m 1 Bissett 63.46. 5000m 1 J Batchelor 19:15.69. LJ 4 A Long 4.02. TJ/SP 3 N Rice 8.18/ 2 10.18. SP 4 D Kuester 9.92. DT 6 B Harlick 33.76. WT 2 Kuester 13.88. 3KWalk 1 P Hannell 17:39.05. 5kWalk 1 R Penfold 28:40.12.

M70 100/200m D Chambers 3 14.65 / 3 30.75. 300mH 2 Chambers 58.45. LJ/TJ Chambers 2 3.99/ 2 8.32. SP 3 Chambers 9.41. DT 4 H Thomas 26.87. HT 3 Thomas

eller Stuart McLay gained a bronze in 5000m · A silver with shine was Ray Daniel's M50 800m · Neil Griffin took three throws in M60 where new-ager Mike Mann doubled in distances · Among the walkers scoring freely, Peter Hannell had a gold away day · Seven was the score of Aussie Doug Chambers on his world tour · Hammer tyro Peter Barber battled Jaroslav Hanus with a 31.75m · Ayamba Akim's excellent 1.73m High would be a clear club best · Epsom's Liz Sissons had two golds from her five · Long-timer Geoff Feast got a suitable gold at Long Jump · Finally Ron Franklin after giving tuneful vocal support from the stands duly completed the 5,000 to generous applause.



5,000m had Des Michael, Charlie Dickinson(2) & Rob Sargent

33.48, 5 Chambers 28.83. WT 2 Thomas 17.43, 3 Chambers 12.31. 3k/5k Walks A Thomson 1 16:16.43/ 1 27:30.77.

M75 100/200m 4 G Feast 17.81/ 3 37.02. 400m 4 J Cullingham 94.86. 800m 3 B Shave 3:33.92. 1500m 4 Shave 6:41.97, 5 Cullingham 7:55.37. 5000m 2 Shave 25:09.4. LJ 1 Feast 3.04. SP 3 J Hanus 7.70, 4 P Barber 7.21. DT 3 Hanus 23.83, 4 Barber 23.43. HT 1 Barber 31.75, 3 Hanus 28.02. WT 1 Barber 11.87. 3kWalk 1 D Fotheringham 20:42.44.

M80 5000m R Franklin 37:26.49.

Women

W35 1500m 3 S Wells 5:04.68. HJ A Akim 1.73. WT 4 Y Jacobs 8.44.

W40 HJ 3 S Rudd 1.40.

W45 100m 2 K King 13.57. 200 1 King 27.59, 7 K Scudder 29.95. TJ 1 A Fenwick 9.04. SP C Johnson 10.95. DT 2 H Daniel 32.04. JT 1 Johnson 26.49. 3k/5kWalks 1 D Bradley 15:24.95 / 26:32.57, 2 H Middleton 17:05.61 / 29:23.26.

W50 100 1 J Trimble 14.53. 200m 3 Trimble 30.71. HJ 2 L Moore-Fox 1.5. PV 2 D Singleton 2.10. TJ 2 Moore-Fox 8.11. SP/JT/WT Moore-Fox 5 8.99/ 3 20.54 / 4 8.51. 3KWalk F Bishop 2 18:56.89/ 2 32:26.04.

W55 100m 4 A Nelson 15.75. 400m 2 F Argent 76.64. 800m 5 P Halstead 2:56.77. 1500m 2 R Tabor 5:39.87, 3 Halstead 5:46.44. 5000m 3 Tabor 20:37.59, 4 J Georghiou 20:53.16. SP 4 S Dassie 8.12.

W60 5000m 3 M Moody 21:02.57, 4 P Rich 22:52.64. SP/DT/HT/JT E Sissons 1 8.99 / 3 21.69 / 2 28.95 / 1 22.29. HT/WT 1 R Hutton 32.74 / 1 11.59, 2 Sissons 11.17.

W65 100m 1 M Axtell 16.57. **W70** 5000m 1 P Jones 25:08.08.

For Kingsmeadow entry pl return the enclosed form



Call for young vets at Battersea

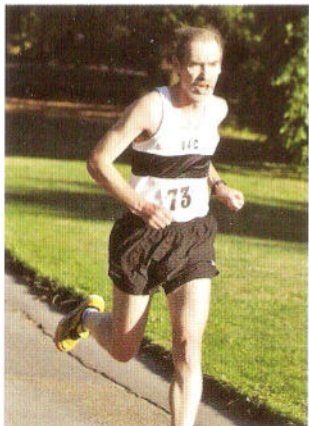
Michael Johnson, Chas Rayner and Anna Garnier in April race

23 June Champs

Rich Tomlinson retained his age group title from '08 when he won commandingly by a full minute from Mick Barlow. Richard is unusual in being an M35 entrant who has come through. He belongs to Ealing and was our essential lead runner in the last Surrey League.

The second, Mick Barlow, is a Kent man from Tonbridge and was prominent in age group in cross country.

Liam O'Hare, 61, ran 31:19 and first over 50. He came from Spain as we thought, but in fact on regular academic duty at his college. He was the race third and in the table narrowly heads fellow mathe-



Andy Murray

matician Gareth Jones from April on 31:21. Such is the class of the M60 group.

Fourth was Cain Bradley, a Tunbridge Wells man in the Tonbridge club and now gold medalist in M45. At the same time Diane Bradley was top lady in the Walk.

Carol Bowker, despite some traffic problems, won the ladies and is the fastest of two years only second to Danielle Sanderson who chose a good moment to come and set a best time. Earlier Carol was part of the focussed Reading RR Relay team at Sutton.

Next in sixth place Andy Murray had a very good run for 55 gold in 34:02. Modest Andy who does team pacing with Runners World is the partner of Ros Tabor. She was running well but was caught by Margaret Moody on the last lap.

First though came Jane Georghiou in 7th overall, extending her sequence and proving older woman power. She started here in 1999 and has hardly missed a year; certainly since 2004 she has been top 50 and 55 each year, which is a sign of sustained fitness.

However it's Margaret Moody who holds the W55

record with a 34:00 she set in August '04.

Now Margaret set a VAC W60 record; her 34:54 bettered Pam Jones's 35:08 of 1998.

Pam herself was amongst the 70 men as 1st W70 in 41:30.

M65s were hotly contested as 'new man' Richard Hammerson, Reading RR again, sprang a surprise by pulling away from consistent Michael Johnson by seven secs. Richard had been a scoring team member in Surrey League for VAC while Michael had a great series here last year.

Brian Shave chose his old Herne Hill vest, over the Reading green, for his M75 win, but was challenged by one not seen for a while, Richard Pitcairn-Knowles. The Sevenoaks man hadn't changed a day but perhaps being an osteopath helps.

26 May

Winner was new member Chris Daniels of Thames Hare. Although new to the course and without a pathfinder the 40 year old clocked 27:44 which is the best time so far this season. A few days before he had run at Surrey Vet T&F, prominent in 1500m so it's good to see one new vet coming in.

5M Champs Medal table

M40	R Tomlinson	M Barlow	L Goldsack
M45	C Bradley		
M50	J Prestridge	H Corbett	
M55	A Murray	C Rayner	M Lippitt
M60	L O'Hare	D Wardle	L Austin
M65	R Hammerson	M Johnson	E Kimber
M70	M Miller	J Aspinall	P Heffernan
M75	B Shave	R Pitcairn-Knowles	
W40	J Reid	W45 C Bowker	
W55	J Georghiou	R Tabor	
W60	M Moody		W70 P Jones



Richard Tomlinson

First woman and third in race was Carol Bowker on 31:53, still close to her star run in '07.

A former winner, Mike Nouch, found Battersea 5 "a tough enough comeback" but finished fourth and first 50.

From Victoria Park, Gerry Franey was first 55 with Les Vials following.

Mick Miller, the 1st 70 in the series, was ninth and clocked 36:46. He can recall winning a few of these races outright 30 years ago - "as long as Laurie O'Hara wasn't running!"

In champs he held doughty club supporter Joe Aspinall, who is a highland Munro bagger on the side, by just 10s.

Second lady Ann Bath was doubtless in training for her speciality cycle races but she beat 40 minutes anyway.

A new name from Ilford AC is Sally Gillam; we saw her in the tough North Downs 30K.

It's rewarding to see the regulars come by such as another Kent veteran and old hand, Ed Bartlett. He had best of three 42:56, nearly a minute quicker than last year.

21 April

The super vets were out for the opener. Gareth Jones, our other maths professor, of Southampton University, raced John Batchelor in a grand contest. He wrote

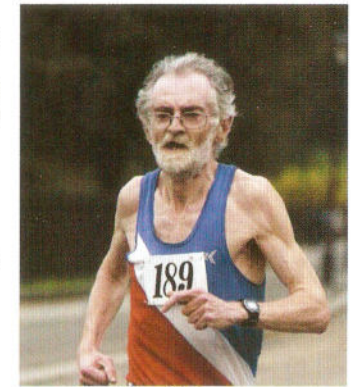
"The race started much as I expected, with John Batchelor racing off into the lead, accompanied by shouts of 'It's five miles, John, not one'; from some of those adopting a more cautious race strategy. I went after him, and when I looked back at the end of the first straight, I saw that we were already clear of the field. I knew from past experience that I could gradually haul John back, and I caught him after about a mile. We ran together for a few hundred yards, but he then fell back a little as we approached the end of the first lap. I thought John would pay for his earlier enthusiasm, but he has a



Anne Lippitt

great ability to hang on, and for the remaining two laps my only company was the sound of his bright yellow racers hitting the road behind me.

"I was pleased to win, but given the reasonably good conditions I was disappointed with the time, my second slowest over 5 miles. Having run 38:09 for 10K a few weeks earlier, I had expected to be well under 31 minutes. Perhaps doing a session of 200s the day before wasn't the ideal preparation for the race! More seriously, it was worrying that although the



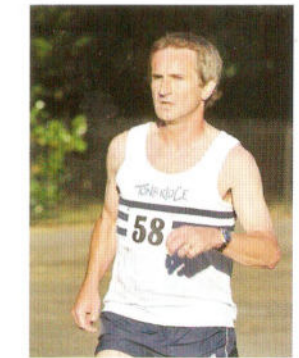
Gareth Jones

race numbers were up a little on previous years, only one athlete under 50 is listed in the results. Where are the youngsters?"

Battersea Park is sadly taken for granted. Where else can you enjoy a traffic-free circuit, in a very pleasant setting, measured distances, facilities for changing and parking, and access to public rail and road transport.

Families, if they ever came, could go to a zoo and Chelsea and the Kings Road are just across the river. While for spiritually-minded folk there's the Pagoda to meditate at.

We believe athletes in Shetland think it's okay though.



Cain Bradley



Arthur Thomson

10,000 metres Walk VAC & Counties Champs



Sandra Brown and Carl Lawton

10,000m Race Walk VAC / Surrey / Middx / Herts champs

1 Ian Richards(Stey)	61	1	52:16.2		
2 John Hall (Bel)	60	2	53:50.8	VAC	Mddx
3 L Baldwin(Ton)(G)	U20		54:38.3		
4 Steve Uttley(If)(G)	52		55:01.8		
5 Art Thomson(Herts)	73	1	56:04.7	VAC	Herts
6 Steve Allen(Bar)	53	1	56:21.5		Herts
7 Andy Cox(Hill)	56	1	56:22.2	VAC	Mddx
8 Sandra Brown(SWC)	W60	1	56:56.8†	VAC	Surrey
9 Carl Lawton(Bel)	61	3	56:59.4	VAC	Surrey
10 Mark Culshaw(Bel)	43		59:05.4		Mddx
11 Ron Penfold(Steyn)	67	1	59:16.9	VAC	
12 Helen Middleton(E&H)	W45	1	59:21.5	VAC	
13 Lawrence Dordoy(If)	53	1	59:54.1	VAC	
14 Ian Statter(SWC)	51		60:58.2		Surrey
15 Sean Pender(E&H)	55	2	61:27.0	VAC	Mddx
16 Mike Harran(SWC)	70		62:28.1		Surrey
17 Mike Hinton(If)	68	2	62:57.3	VAC	
18 Shaun Lightman(SWC)	66	3	64:06.7	VAC	Mddx
19 Chris Flint(L Vid)	64		64:13.3	VAC	Surrey
20 Peter Crane(SWC)	64		64:18.2	VAC	Surrey
21 Fiona Bishop(AFD)	W49	2	64:34.7	VAC	Surrey
22 Ron Powell(E&H)	73	2	65:42.2	VAC	Mddx
23 Gary MacDonald(SWC)	51	2	68:48.1	VAC	
24 Bernie Hercocock(Enf)	73	3	72:37.2	VAC	Mddx
25 Dave Hoben(SWC)	56	3	73:45.3		
26 John May(L Vid)	78	1	76:54.1	VAC	Surrey

† British Record

Report by Chris Flint, RW Secretary

On a pleasant spring evening 26 participants contested the VAC 10 km track championship which incorporated the Surrey, Middlesex and Herts Champs.

The race was convincingly won by Olympian Ian Richards of Steyning AC in 52:16, with John Hall, Belgrave Hrs in second position in 53:50 and guest Liam Baldwin of Tonbridge AC third in 54:38.

The three ladies in the race all featured in strong positions and Sandra Brown came 8th in 56:56, and first Surrey walker, with Helen Middleton 12th in

59:21 followed by Fiona Bishop in 21st position.

The Middlesex Championship was won by John Hall, in 53:50, with Andy Cox second in 56:22 and Mark Culshaw third. Arthur Thomson, third in overall Champs and first 70, led for Herts in 56:04 slightly ahead of his county rival Steve Allen, not the Ilford one, first 50, in 56:21.

The Surrey Championship men were headed by Carl Lawton, M60 in 56:59 with Ian Statter, M50 second in 60:58 and Mick Harran, M70 third in 62:35.

On a sad note this was one of the last races in which Laurence Dordoy, M50, participated before his untimely and tragic death; he finished 13th in 59:54.

The increase in numbers made recording a more involved task and there will be a need next year to ensure that a somewhat more reliable method is used to avoid possible mistakes. However the presence of judges, timekeepers, recorders and marshals at the event is greatly appreciated.

The very competitive event was enjoyed by officials and participants alike.



Andy Cox(1), Helen Middleton(14) and Lawrence Dordoy led the race away

Veterans AC Members ranked Road Table – Battersea Park 2009

	17 Apr 5.0M	15 May 5.0M	12 Jun 5.0M		17 Apr 5.0M	15 May 5.0M	12 Jun 5.0M
Chris Daniels(THH)	40	27:44		Rich Long(Serp)	57	36:10	
Rich Tomlinson(ESM)	41	29:05		Harry Corbett(Bel)	51	37:02	36:16
Mick Barlow(Kent)	43		30:18	G Franey(VPH)	55	36:21	36:40
Liam O'Hare(Bar)	61		31:19	Mick Miller(Hill)	70	36:46	37:57
Gareth Jones(Oxf)	62	31:21	31:44	Jackie Reid(MetPol)	W43		36:48
John Batchelor(Ilf)	67	31:33		Martin Lippitt(Trent)	55	37:57	38:35
Cain Bradley(Ton)	45		31:46	John Kilroe(Ashfd)	41	37:31	37:19
Carol Bowker(RRR)	W49	31:53	32:05	Andy Davidson(SLH)	57	37:49	37:40
Mike Nouch(Bel)	54	32:09		Les Vialls(VPH)	61	38:01	38:04
Mark Chaplin(CamCl)	49	33:12		Dennis Williams(HW)	62	38:11	40:32
Chas Rayner(W4)	57	33:15		Joe Aspinall(VAC)	71	39:39	39:07
Anna Garnier(THH)	W50	33:52		Ann Bath(26.2)	W59	39:52	
Mike Johnson(THH)	66	33:56	34:46	Julia Gristwood(ESM)W49	40:09		
Andy Murray(Dul R)	56		34:02	Leon Goldsack(VAC)	44	40:35	40:10
Rob Sargent(Lou)	54			Ted Kimber(Bar)	69	42:35	40:38
Jane Georghiou(Farn)	W56	34:14		Pat Hefferman(Pad Wd)74			41:00
Rich Hammerson(RRR)	66	34:19	34:38	Ken Tuson(VAC)	71	41:11	41:32
Chas Rayner(W4)	58		34:28	Pam Jones(Ilf)	W72	41:35	41:30
Derek Wardle(WSEH)	62	34:32		Ann Lippitt(Trent)	W53	42:38	41:38
Jeff Prestridge(Serp)	49	37:08	34:32	Brian Shave(HHH)	75		41:38
Marg Moody(VAC)	W60		34:54†	Rich Pit-Knowles(S'Oak)76			42:51
Les Austin(Orion)	61		35:01	Ed Bartlett(VAC)	64	43:29	42:56
Alan Davidson(Liss)	51	35:26	35:44	Peter Torre(SB)	66	45:48	
Dan Maskell(VAC)	61	35:33		Kevin Burnett(SOC)	69	52:43	51:00

Symbol † record by Margaret Moody

Veterans AC Members ranked Race Walk 5M Table 2009

Mark Easton(SWC)	45	39:36		Gary MacDonald(VAC)	51	51:09	51:46
Peter Ryan(Ilf)	54		42:40	Ron Powell(E&H)	74	54:13	
John Hall(Bel)	60		43:14	Dave Hoben(SWC)	66	56:32	59:27
Sean Lightman(SWC)	66	43:36		Bernie Hercock(EH)	72	60:22	58:19
Diane Bradley(Ton)	W45		44:46	Barbara Edlin(EH)	W63	61:59	
Sandra Brown(SWC)	W60	45:32	45:22	Ken Livermore(Enf)	75	62:00	
Carl Lawton(Bel)	61	46:12	46:07	John May(L Vid)	78	62:33	62:21
Ian Richards(Stey)	61	46:41	46:24	Jack FitzGerald(SD)	85	ntt	ntt
Richard Brown(SWC)	62	46:50	47:35				
Helen Middleton(Enf)	W46	47:14	47:22				
Mike Scammell(Bel)	54		48:16				
Lawrence Dordoy(Ilf)	53	49:04					
Mike Hinton(Ilf)	68	49:16	49:26				
Peter Hannell(SWC)	66	50:18	49:36				
Paul King(Bel)	58	50:06	49:49				
Maureen Noel(Bel)	W45		49:52				
Sean Pender(E&H)	55	54:52	50:02				
Chris Flint(L Vid)	63	54:08	50:07				
Peter Crane(SWC)	63	50:20	51:55				
Fiona Bishop(AFD)	W49	ntt	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	'04
M65	R Higgs	29:58	'98	W60	M Moody	34:54	'09
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 Track midweek

VAC Battersea 22 April

1 Milton McIntosh(VAC)	43	12.3
2 Gary Palmer(St My)	41	12.5
3 Rob Allen(Harr)	47	12.6
4 Mark Cook(G&G)	42	12.7
5 Mike Vassiliou(VAC)	48	13.7

Race 2

1 Jeremy Phillips(P Wd)	45	12.6
2 Phil Bell(Harr)	55	13.4
3 Derek Wardle(WSEH)	62	13.5
4 Mike May(KP)	44	13.6
5 David Hayward(Cro)	59	13.8
6 Paul Wignall(HW)	55	13.9
7 Geoff Kitchener(S'oak)	59	14.0

Race 3

1 A Sowden(High)	68	16.0
2 D Barrington(KP)	68	16.4
3 J Godbeer(Can H)	73	17.0
4 Kevin Burnett(SOC)	69	18.9
5 P Williams(VAC)	50	19.0

Gibson 1 Wardle, 2= McIntosh, Cook, Hayward, 5 Wignall

300m Race 1

1 Gary Palmer(St My)	41	39.9
2 Milton McIntosh(VAC)	43	40.6
3 Mark Cook(G&G)	42	41.3
4 John Shepherd(E&H)	47	41.7

Race 2

1 Phil Bell(Harr)	55	42.7
2 Derek Wardle(WSE)	62	43.2
3 David Hayward(Cro)	59	44.4
4 Geoff Kitchener(S')	59	44.8
5 M May(KP)	44	46.7
6 Paul Wignall(HW)	55	47.3

Race 3

1 Jim Wallace(WW)	51	47.2
2 Chuck Isetts(KP)	66	49.0
3 A Sowden(High)	68	52.0
4 D Barrington(KP)	68	55.2
5 P Williams(VAC)	50	70.0

Gibson 1 Bell, 2 Sowden, 3 Wardle, 4 Isetts, 5 Cook.

Report Milton McIntosh improved his 12.4 of 2007 to best of series 12.3, in a quality race with Gary Palmer, Rob Allen and Mark Cook. Gary's best has been 12.4 after 12.1 in '07, while Rob Allen came from an indoor season off best 7.79 at 60m.

Race 2 was close among the 13s men with Gibson holder Phil Bell making a challenging start and double.

At 300 Gary proved superior to Milton while Derek Wardle was best 60 in 43.2 as Chuck Isetts led the senior vets with 49 dead.

Throws

	HT	SP
Rob Allen(Harr)	45	25.86
Ashley Kibblewhite(Serp)	50	25.49
Paul Williams(VAC)	50	5.83
Vilma Thompson(Bel)	W55	29.93
John Webster(HW)	69	30.53
Kevin Burnett(SOC)	65	16.56
Jaroslav Hanus(Barnet)	79	28.44

VAC Battersea 29 April Champs meet

300mH

1 Barry Ferguson(Cam H)	69	61.7
2 David Barrington(KP)	68	76.8
400mH 1 Geoff Kitchener(S'Oaks)	59	59.4



100m Kingsmeadow

Heavy Weight

Vilma Thompson(B&B)	W57	10.52
Rosemary Hutton(B'mouth)	W61	12.65
Neil Griffin(WSEH)	60	16.35
Chris Melliush(CAM H)	64	16.53
Hamilton Thomas(Lewes)	72	15.44
Jaroslav Hanus(Bar)	79	9.33

The Heavy Weight was led by hammer experts Chris Melliush at 16.53m, and Rosemary Hutton, previously Alexander, up from Dorset with 12.65m.

VAC & Rosenheim 6 May Kingsmeadow

100m 1 John Shepherd(E&H)	43	12.6
2 Gary Palmer(SMR)	41	12.9
3 Barrington King(Harr)	43	12.9
4 Ralph Hyde(SMR)	46	13.1

Race 2

1 Geoff Kitchener(S'oaks)	59	14.1
2 Chuck Isetts(KP)	66	14.5
3 Joan Trimble(KP)	W54	14.7
4 David Whittaker(EE)	64	15.0

Race 3

1 John Godbeer(Cam H)	73	17.1
2 Paul Williams(VAC)	50	18.4
3 Kevin Burnett(SOC)	69	18.5

Gibson 1= Godbeer & Kitchener, 3 Trimble, 4 Shepherd, 5= Palmer & Hyde

200m VAC

1 John Shepherd(E&H)	43	25.3
2 Gary Palmer(SMR)	41	25.6
3 Mark Cook(G&G)	42	26.0
4 Phil Bell(Harr)	55	27.2

Race 2

1 Terry Bissett(EE)	65	27.8
2 Mike May(KP)	48	28.1
3 David Hayward(Cro)	59	28.5
4 Chuck Isetts(KP)	66	29.5
5 David Whittaker(EE)	64	30.5
6 Joan Trimble(KP)	W54	30.6
7 Paul Williams(VAC)	50	40.9

Gibson 1 Cook, 2 May, 3= Palmer & Whittaker, 5 Bell

400m VAC

1 Mark Baker(HW)	47	56.3
2 Ralph Hyde(SMR)	46	56.8
3 Mark Butler(EE)	48	57.6
4 Stephen McDuell(HW)	44	62.6
5 David Hayward(Cro)	59	64.2
6 Geoff Kitchener(Soaks)	59	66.9
7 Paul Williams(VAC)	51	102.9

Gibson 1 Butler, 2 Baker, 3 Hyde, 4 McDuell, 5 Hayward

Report: Fitness expert John Shepherd doubled the 1 and 200 from Gary Palmer with Mark Cook close. Conceding years Terry Bissett won the second 200. The 400 was well contested as 'quarter' specialists filled the first three places.



Mid week Track continued in May Kingsmeadow

400m Mark Baker,
Ralph Hyde and Mark
Butler

800m

3 Stephen McDuell(HW)	44	2:23.2
4 Jim Wallace(WW)	51	2:28.0
1 Louise Ionascu(DMV)	W37	2:29.3

3,000m

13 Jim Wallace(WW)	51	10:49.5
21 Cliff Hide(Serp)	57	12:26.9
22 Dan Maskell(VAC)	61	12:38.6

Relay 4x200m

1 St Marys R		1:44.9
2 E&E		1:46.2
3 VAC: Palmer, May, Bell, Cook		1:47.7

Hammer

Kevin Burnett(SOC)	65	15.95
Rosemary Hutton(Bmth)	W60	29.82
Barbara Dunsford(G)	W70	16.38

Shot Putt

Rob Lowe(KP)	45	7.17
Paul Williams(VAC)	51	5.17
Kevin Burnett(SOC)	65	5.55

VAC with Rosenheim E 10 June Wimbledon Park

100m VAC	age	time
1 Gary Palmer(SMR)	41	12.6
2 M Watson(HHH)(G)	W	12.9
3 Fario Marismari(EE)	46	13.3
4 S White(HW) (G)	V45	13.4
5 Tim Carter(Kent)	55	13.6
6 Joan Trimble(KP)	W54	14.2
7 John Godbeer(Cam H)	70	14.7

Gibson: 1= Marismari & Trimble, 3= Palmer & Carter, 5 Godbeer

200m Race 1

1 Gary Palmer(SMR)	41	26.1
2 Phil Bell(Harr)	55	27.3
3 Fario Marismari(EE)	46	27.3
4 Tim Carter(Kent)	55	28.1
R2 1 Stephen McDuell(HW)	42	27.6
2 S White(HW) (G)	45	28.0
3 Mike May(KP)	48	28.4
4 Joan Trimble(KP)	W54	31.4
5 H Jones(Serp)(G)	W	34.7

Gibson: 1 McDuell, 2= Bell & Carter, 4 May, 5 Marismari

400m

Stephen McDuell(HW)	44	61.7
Eric Campbell(Cro)	41	66.1

800m

2 Kofi Agyei(HHH)	45	2:04.9
6 Stephen McDuell(HW)	44	2:14.1

1500m

3 Vic Maughn(HHH)	45	4:24.1
N/S 1 Mike Mann(HHH)	60	4:58.4
3 Cliff Hide(Serp)	57	5:27.8
4 Alan Dolton(SOC)	52	5:32.7
5 Andy Murray(Dul)	56	5:34.4
3,000m 24 Anna Garnier(HW)	W50	11:23.9

Throws

John Webster(HW) 69	27.87	5.77
Peter Shevlane(VAC) 69	25.19	8.01
Kevin Burnett(SOC) 69		6.45

Report In a large meeting with Rosenheim East div at Wimbledon Park, Gary Palmer readily scored a double. Then Fario Marismari and Tim Carter led older groups as Joan Trimble improved well to 14.2.

VAC with Rosenheim W 22 July Ewell Court

VAC 100m	age	time
1 Mark Butler(E&E)	48	13.2
2 Mike May(KP)	48	14.0
3 Chuck Isetts(KP)	67	14.2
Race 2		
1 Joan Trimble(KP)	W54	14.9
2 John Godbeer(Cam H)	74	16.9
3 Paul Williams(Kent)	50	19.1

Gibson 1 Godbeer, 2 Butler, 3= Isetts & Williams, 5 May

VAC 200m

1 Gary Palmer(SMR)	42	26.0
2 Mark Butler(E&E)	48	26.3
3 Noel Hall(Hill)	47	26.8
4 Terry Bissett(E&E)	65	27.9
5 Mike May(KP)	48	29.2
Race 2		
1 Chuck Isetts(KP)	67	29.8
2 Dave Whittaker(E&E)	65	30.1
3 Joan Trimble(KP)	W54	30.3
4 Paul Williams(Kent)	50	40.8

Gibson: 1 Whittaker, 2 Trimble, 3 Butler, 4 Isetts, 5 Palmer

400m n/s

1 Gary Palmer(SMR)	42	56.9
6 Paul Williams(Kent)	50	105.1

200m n/s

3 Cashel Riordan(KP)	62	32.8
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800m match

5 Noel Hall(Hill)	47	2:14.7
8 Alan Davidson(VAC)	62	3:02.0

3,000m

Nicky Atkins(KP)	W45	13:02.6
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Throws

	Shot	Javelin
Paul Williams 50	5.88	
Fiona Argent W55	6.22	13.33
Liz Sissons W65	9.54	20.91
Jenny Piercy W54	7.78	14.38

200m L-R

**Bissett, Palmer,
Butler and May.
Hall is in lane 1**



GIBSON CUP

17.5 J Trimble, 15 M Butler, 14.5 J Godbeer, 13.5 P Bell, 13.25 G Palmer, 13 M May, 12 M Cook, 11.5 C Isetts, 10.75 D Whittaker, 10 D Wardle, 9.75 P Williams, 9 S	McDuell, 8.5 G Kitchener, 8 D Hayward, T Carter, 7.5 F Marismari, 6 A Sowden, 5.25 R Hyde, 5 M Baker, J Shepherd, M McIntosh, 3 P Wignall, 2 K Burnett, T Bissett, D Barrington, 1 B King, M Vassiliou, N Hall. Final event 5 August.
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New Members

William	Morris	V2677
Adrian	Haines	V2676
Gerry	Phillips	V2675
John	Headley	V2674
Darren	Stobbart	V2673
Toni	Mcqueen	V2672
Richard	Brown	V2671
Cary	Gray	V2670
Peter	Evans	V2669
Keith	Ewing	V2668
Josh	Painter	V2665
Harry	Corbett	V2664
Harold	Sutton	V2663
Martin	Evans	V2661
Maggie	Stacey	V2660
Steve	Allen	V2659
Chris	Daniels	V2658
Andrew	Magnall	V2657
Graeme	Hogg	V2656
Sandra J	Campbell	V2655
Mark	Archer	V2654
Anthony	Merritt	V2652
Susan	Dassie	V2651
Clarence	Riley	V2650
Phil	Hernon	V2648
Marie-Jane	Leberle	V2647
David	Symons	V2646

Welcome

Les Brown Attendance trophy

6 C Gittins

5 M May, C Hide, K Burnett

4 D Williams, C Flint, D Hoben, M Hinton, Helen Middleton, P Crane, G Palmer, A Davidson(Liss), J Godbeer

3 E Bartlett, S Bennett, F Bishop, M Johnson, A Lippiitt, M Lippiitt, G Kitchener, JA Murray, D Maskell, B Hercock, J Hall, S Pender, I Richards, C Lawton, S Brown, J May, G MacDonald, J Webster, J Trimble, P Williams, K Tuson, P King.

Letter

At the European Masters 10K road champs in Aarhus, I was lucky to make the GB M55 squad as third team finisher, in a pedestrian 38:41; and even luckier to get a bronze team medal - on recount 24hrs later.

GB apparently came 4th, but by that time we were already back in London with the medals locked away in our trophy cabinets.

They need some of our excellent VAC volunteer officials out there in mainland Europe!

Terry Eakin, Donaghadee Co Down

Committee news

Under Members' Welfare the deaths of Lawrence Dordoy, Phil Munn and Barrie Strange were noted.

Well being of Len Rolls, aged 98, of Dulwich, was enquired after.

Although not a member the loss of John Cock of Epsom was also a regretful report since he organised Epsom 10 for many years.

Treasurer reported that in the last financial year the Club broke even by a modest amount.

But an increase in the levy to BMAF of 50p per head on top of £4 can be anticipated for 2010, said Mr May.

Also that a legacy from a Member had been received in the sum of £250. Which was believed to be a first time.

Secretary reported through the Treasurer that he had received a copy of a communication from Phil Lee, CC Secretary of BMAF re "Naming names at Association of England". It was not read out but it was heard that Editor had replied.

T&F Secretary has asked for photo finish at the champs.

The Track 10,000 Walk was discussed with possibility of having two races in future spoken of.

There was no support in the Committee for allowing Kent AC to join the Surrey League. Objections were said to be enough clubs in the Div 3&4 already; it could attract further Kent clubs, and a Kent League may be re-formed.

AGM to be on 17 Sept at 7pm followed by Committee.

International

- The change of venue to Birmingham is welcomed
- Candidates must apply by 30 Sept. VAC rep is now Charlie Dickinson, only, at 20 Broadhinton Rd SW4 0LU
- Application form is at www.bvaf.org.uk Fixtures - 14 Nov - Form and Criteria. Download, print, complete and post to Charlie by 30 Sep
- If you are not online ask Editor for a copy, £1
- It's best to claim recent data such as:
 - BMAF CC Ruthin
 - any recent 10K time, for men
 - comparative performances against other candidates inc T&F and Road
- Expect strong competition except perhaps older women
- Give yourself best chance with good paperwork

Veterans Athletic Club draft Income and Expenditure Account for year ended 31 May 2009

<u>Income</u>	<u>2009</u>	<u>2008</u>	<u>Expenditure</u>	<u>2009</u>	<u>2008</u>
Subscriptions & donations	£11,787	£11,062	<u>Affiliation Fees</u>	£	£
Add Subs brought forward	1,035	2,280	Surrey CC League	55	67
Less Subs for future years	-2,055	-1,035	Surrey AA	20	20
	10,767	12,307	S of England AA	10	10
Legacy received	250	—	England Athletics(note 4)	579	372
Interest received	65	115	VAA of E(note 1)	415	300
Surplus on Club champs	995	896	BMAF (note 2)	3,320	2,996
Surplus on misc races	802	959		4,399	3,765
			Newsletter	6,864	6,431
			Loss on clothing sales	22	14
			Admin expenses	422	350
			Room hire	615	540
			Bank charges	24	4
			Surplus income	533	3,173
	£12,879	£14,277		12,879	14,277

Draft Balance sheet as at 31 May 2009

<u>Assets</u>	<u>2009</u>	<u>2008</u>	<u>Liabilities and reserves</u>	<u>2009</u>	<u>2008</u>
Bank Current A/C	6,216	5,401	<u>Prepaid income and accruals</u>		
Deposit A/C	3,896	3,831	Subs in advance	2,055	1,035
Cash & Cheqs await banking	520	852	Track hire April/May	460	382
Cash float	10	10	Accrual: Eng Ath levy	—	94
<u>Stock</u>			Accrual: Belgrave Hall re CC	300	note 5
Clothing	374	313	<u>General reserve</u>		
Medals	1,508	884	Brought forward	9,973	6,800
Prepayments: Track Hire	315	126			
Prepayments: Subscriptions	—	25	Surplus (Deficit) for year	533	3,173
Prepayments: England Athletics	482	42		£13,321	11,484
	£13,321	11,484			

Notes from the Treasurer

- 1) The VAAE levy rose from 40p to 50p per member this year.
- 2) Membership decreased in 2008–09, so our members at 31 May 2009 were 600, and our 2009–10 BMAF fees will be £2,400. VAAE will be £300. Subs received this year reflect the increase in first claimers' rate at the AGM.
- 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.
- 4) The subscription due to England Athletics consists of £50 a year club affiliation and a levy of £5 a head on first claimers (2007: £5)

- 5) Belgrave Harriers after a long delay invoiced us for use of Belgrave Hall in the 2007–08 cross country season. I did not accrue it last year as I did not know the amount, but have accrued for the same this year, so that the surplus for last year should be £300 less and that for this year £300 more.

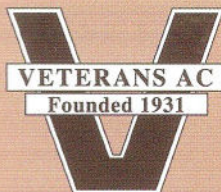
Michael May, Hon Treasurer

Hon Auditor's Report I have examined the above Income and Expenditure Account for year ended 31 May 2009 and the Balance sheet as at that date and certify they are in agreement with the books and records of the Veterans Athletic Club.

Simon Ingall, Hon Auditor



Fixtures



www.vetsac.org.uk

VAC T&F

30 Aug VAC T&F Champs Kingsmeadow: Field 10am, track 11.45. Entry form enclosed

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

Inter Area T&F

16 Aug SOLIHULL 11am VAC Team; see website or apply direct to phil@bell-computer-services.co.uk

Race Walking

10 Oct VAC 5K Walk Champs Enfield LVS tbc

VAC distance: Road and CC

Tue 11 Aug Battersea 7pm 5M Run, 5M Walk

Sat 3 Oct VAC CC Wimbledon Common 2.30

Sat 10 Oct Surrey League Div III British Air CRANFORD 3pm. Ladies Reigate 12noon

Sat 31 Oct East Surrey League LLOYD PARK

Sat 7 Nov LOUGHTON AC Inter Club 2.30 VAC teams

Sat 14 Nov Surrey Lg Lloyd Park 3pm. Ladies Dorking 12.00 tbc

Sat 21 Nov VAC CC WIMBLEDON 2.30

Sun 22 Nov EPSOM 10M with VAC Champs tbc

Sat 28 Nov South of Thames 5M SPARROWS DEN

Sat 12 Dec Surrey League EPSOM 2.30pm Ladies Petersham 12noon

Sat 19 Dec South of Thames 7M WIMBLEDON

Sat 2 Jan Herc Wim LAURISTON 5M Road

Sat 16 Jan VAC Champs M&W Wimbledon 2.30pm

Sat 6 Feb Surrey Lg Div III HASLEMERE tbc Ladies Wimbledon 12noon.

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.

National and International

6 Sep Marathon THANET

12-13 Sep Decathlon OXFORD

13 Sep 10,000m Runs OXFORD

11 Oct 10M PORTLAND

1 Nov Half Mara STEVENAGE

14 Nov International CC BIRMINGHAM
Candidates for England team apply Charlie Dickinson, 20 Broadhinton Rd, London SW4 0LU; tel 0171 720 1062; email marydickinson@onetel.com; see forms page 14.

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 Sep St Mary's Open T&F Meeting

19-20 Sep Kent Vets T&F ERITH: qualified vets, no guests, form on KCAA website. Enquiries Barry Ferguson 0208 699 1261

17 Oct Surrey Vets CC PETERSHAM:

Meet directions and details

Kingsmeadow: Kingston rd, Kingston-on-Thames KT1 3PB.

Battersea Park SW11 4NJ Rail to Battersea Park or Queenstown Rd. Bus 44 from Victoria, 137 Oxford St.

VAC N/L August 2009

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