

Veterans Athletic Club

Newsletter August 2011



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Pictures: Carol Bowker(36)
Josh Painter, John Batchelor(45),
Ros Tabor

Officers of the Veterans AC, established 1931

President	Peter Hannell	hannellpc@aol.com
Committee Chair	Dennis Williams	dennis.williams@hotmail.com
Minute Secretary	Ron Franklin	rf015b2516@blueyonder.co.uk
Secretary	Dennis Williams	020 8543 6112
Treasurer	Michael May	mike.may@blueyonder.co.uk
Membership Sec	Phil Bell	phil@bell-computer-services.co.uk
Road Secretary	Bob Belmore	01428 654749
T&F Secretary	Bob Belmore	01428 654749
Officials Secretary	Ros Tabor	ros@28Kerfield.freeseve.co.uk
Walking Secretary	Chris Flint	bettychrisf@hotmail.com
Newsletter and Press Officer	Jeremy Hemming	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>Michael May, Phil Bell, Chris Flint</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 15 September '11, Union Jack Club, Sandell St, SE1

Agenda

- Item 1 Minutes of 2010 Annual General Meeting
- Item 2 Matters arising from the Minutes
- Item 3 Secretary's Report
- Item 4 Treasurer's Report and Financial Statement
- 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
- Item 8 Confirmation of Auditor, Mr S Ingall
- Item 9 Any other business
- Item 10 Date of next meeting

Annual accounts were not available for newsletter but will be ready for hand out at AGM, or by applying to Treasurer Michael May above. All members are entitled to attend Annual General Meeting. Subs renewal comes in next N/L but enquiries should email to phil@bell-computer-services.co.uk, or write to Membership, PO Box 65760, LONDON NW2 6JN.

www.vetsac.org.uk

The site opens quickly and shows VAC Results from home page. It is good to bookmark but Google will get it first time with 'vetsac'. Also for easy finding of familiar sites, we like Firefox.

Track and Field Champs is receiving entries steadily but if those who went to California feel they have done enough opportunities for the rest may benefit. Battersea is central to all sectors and the staff are well known to us; it is our Mecca. See loose form and kindly support the club's premier events of the track season.

Road Secretary notes in **Road Racing** many names have not run with us at Battersea but trusts 5K Champs will be 'day of atonement' on 16 August.

Cross country starts with Surrey Leag on 8 October and club CC on the 22nd which had a better entry than first Saturday. In the League Team Manager was not happy with support last year which has to improve.

Looking to the Olympics you may like to know of a rehearsal event for **Road Cycling**, in the form of Time Trials on 14 August. From Hampton Court Palace road closures will go down to Cobham, returning on Portsmouth Road to Kingston, St Mary's and Bushy Park to finish at the Court. It should be a good spectacle but we don't know if Ann Bath will be in it. She has told us:

A3 news

After a wait of nearly 50 years the notorious traffic bottle neck at Hindhead is to finally become a part of history. This will follow opening of the new A3 Tunnel, complete with dual carriage way under Hindhead and the Devil's Punch Bowl.

The A3 is a major trunk road from London through the suburbs, Surrey and Hampshire enroute to Portsmouth, for the Royal Navy, docks, and ferries to the Continent and Channel Islands.

Our members will find the improved road much better when travelling to the athletics stadium and major road races at Pompey. Officials too will appreciate the 20 minutes reduced travel times.

Part of the old road will be covered over, with the landscape restored to its common use, and the car park extended at the Punch Bowl Café. So the beautiful

News and Views

"I did 319.99 miles in 24 hours at the National 24 hour Time Trial Championships held on circuits between Steyning and Pevensey Sussex, on 25/26th June. My distance was a National Age record for a 62 year old woman.

It has been my main focus as it was the first one held in the South for 12 years. It was a hard course, windy on the first afternoon and very hilly in places. During the night there was mist and fog although I think having to really concentrate helps to keep you awake! I only stopped very briefly for food breaks and I had no sleep."

So well done Ann. Avid cyclists in the club were old timers John Geoghegan, Dave Case, Bill Clapham and Ray Dare but there must be plenty more with those flash bikes.

Walk 7M is not on as a Belgrave race, which was predicted, so it's time for a new 7M project. While 5K Road Walk is not yet known.

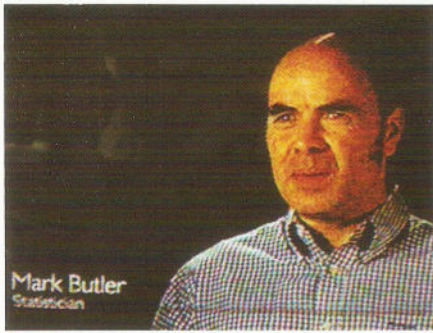


area will be good for walkers and runners again. The 1.2 mile tunnel is said to be the longest of its kind in the UK and has cost nearly £400 million.

By a local correspondent

Image courtesy of Keats Estate Agents
Haslemere – 01428 661622

Offices in London, Surrey, Sussex and
Hampshire www.keats.biz



Mark Butler
Statistician

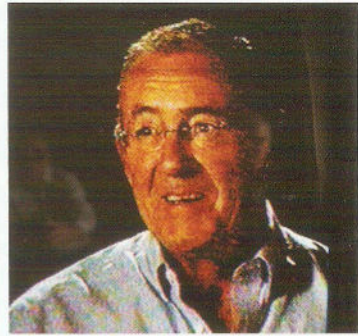
Mark Butler, BBC statistician, said 'David Coleman could be very exacting; he knew what he wanted'

I was surprised to have made the cut for the programme given the importance of everyone else who contributed. I was keen to say something given that I had grown up being inspired by his commentaries and then, for 12 years, had the privilege of working alongside him. I was trying to make the point that though this could be a terrifying prospect >

David Coleman

In a recent TV tribute the sports presenter and commentator had testament from these VAC members.

Coleman was called a top pro at work; the clinical observer who loved the sport.



A quote from Paul Dickenson, the BBC presenter, was 'If you got it wrong, woe betide you. You got a tongue lashing from Mr David Coleman.'

David was invariably right with his demands and also very fair and indeed kind with those, such as myself, who did their best to support him.

Mark Butler

	Batt		Walton		Ewell		Willsdn		Total
C Hide	1	4	5.5	5	5	4.5	2.4	1	28.4
M May	2.5	6	1	1	6	2.5	2.4	3	24.4
T Carter	1	3	5.5	6	1	6			22.5
M Butler	6	2		4					12
C Isetts			3	2.5	3	1			9.5
M Cook							6	3	9
A Sowden	1	5					2.4		8.4
A Perry							2.4	6	8.4
J Trimble			3	1	3	1			8
J Godbeer	4		1				2.4		7.4
M McIntosh							2.4	5	7.4
G Palmer					1	4.5			5.5
S McDuell			3	2.5					5.5
P Bell					1	1	2.4	1	5.4
N Lauder							2.4	3	5.4
P Morgan	5								5
G Kitchener	2.5	1			1				4.5
R Hyde					1	2.5			3.5
P Ilo							2.4	1	3.4
S Wisdom					3				3
M Baker							2.4		2.4
C Taylor	1			1					2
A Nelson					1	1			2
P Williams	1	1							2
B King							1		1

Gibson Cup table

Scores are for 100m, then 200m. The 2.4 points happened when everybody except Mark Cook netted out equal second in 100m at Willesden, which must prove something: answers on a postcard, please. As usual the leaders to date benefited from running every race. The meet at Wimbledon will decide who takes the Cup. Picture: Mark Butler



Richard Tomlinson

*The former Ealing man
who gives
full measure*



Richard is one of the leading VAC distance runners and deserves to be better known though he is an ex-northerner and Bolton United man who can be allowed a bit of reticence. He enrolled while an M35 and has won a number of titles in the next group, M40.

This season, despite a move of his home to Maidstone in Kent, he has run all three road races at Battersea. He works in west London but is able to stay over at times and have the evening clear to run.

Most recently, VAC 5M Champs in June brought out a new challenger in Josh Painter of Brighton and Hove. Like Richard was, he is an M35 rookie vet.

In the 5, Richard showed the way through lap one to the first timers Painter and Tony Pamphillon of Woodford Green.

Richard lost the lead to Painter on lap two but held on well to be just 14 seconds down on the younger man at the finish. Uncomplainingly, he said he was glad to have the competition; at any rate it gave him his current best of 28:13, not far off his best ever 28:02.

Let's go back to his beginning in vets. Richard started with us in 2007. He was first M35 in 5K Road and probably got less mention than he deserved because the lower age group wasn't taken very seriously then. It was one of the Federation's ideas and up against the view that new comers into vets need a season or two to cut their teeth. Many come in expecting to do well against older athletes but find the competition is much hotter than they dreamt of, especially if they have been taking it easy in the no-man's-land of upper 30s, too slow for their club senior teams and seldom winning anything. Not that Richard had it all his own way at any point.

At track 3,000m Stuart McLay, 43, the winner in 10,000, was able to concede four years.

In Track and Field Champs 2007 Sean Burke of Newbury held Richard off in a very close 800m. Richard had some consolation setting CBP for the new group in 1500m but typically for a new man had to give best in the race to top vet Keith Newton who ran 4:20.

Earlier Richard had won the Mile at St Mary's,

Richard Tomlinson continued

with 5:11.

In 2008, now in M40, he made his mark with 1st in VAC 5M Champs, on 28:00, which was to be his pb.

Again this was put in perspective when Dave Cox in his remarkable peak year set the M55 record to 27:38. Such is the depth of talent a new veteran finds himself coming into when the standard of vets may be a closed book in many a club.

Richard had other Battersea races. In the May 5 he held useful Mike Baron of Dartford.

But in the now popular 5K champs he was in a hot race against the hugely experienced Vic Maughn, as well as Dave Cox again. Winner Vic set an M45 record of 16:44 as Richard improved on his first year performance to end third in race, just outside 17 minutes. Maughn has the benefit of being a member of Herne Hill Harriers in company with star veterans and winning teams for national Relays.

In T&F Champs 800m Richard now improved his sprint finish when winning narrowly from Steve McDuell, 45. He doubled with the 1500m in a class field of older veterans such as Frank Ward, Ken Daniel, Terry O'Neill, Steve Smythe, Jim Wallace and possibly Clare Elms who ran that day.

Richard is a family man, with two small children and a wife, who runs marathons, so he can't normally do a Saturday cross country. However he made a notable appearance in Feb 2009 for the VAC Surrey League team. Perhaps it was the snow lying on the course



Dave Cox and Richard Tomlinson race the Park

which inspired him but either way he led the VAC team to match 3rd place, for final Div III 5th overall. His own placing was 6th, ahead of Bill Gristwood, Glen Morgan, Richard Tweddle, Bob Treadwell, Mick Barlow and more.

Again in 2010 he did the honours and scored a splendid second in Div III which was the best by a veteran for many a day. It built a Match win for the club by 60 points, for final 6th in Leag Div III. A Belmore blitzkrieg had 18 members on the sheet that day with Gareth Cavell and Dave Cox giving great support too.

Back to road in 2010, Richard won the May race with a fine 28:02 clocking, only two seconds off his best. It looked like the young man beating the older man as the Ealing member strode away from Dave Cox on the Battersea tarmac.

But the winner always looks good and in fact this ranked second in VAC table to Dave Symons' 27:42.

2010 was Gareth Cavell's

boom and bust year and in the 5 Champs Richard was unable to catch him. This time the quick stepping, smaller runner took an early lead and never came back.

Club kit
for the League, 1st claim, and general



Official Kit – Polyester sheen singlets with VAC lettering

Womens sizes 32/34, 34/36", 38/40" new design £16.00.

Mens sizes new design 36/38", 38/40", 42/44", 46" £16.00

Plus P&P 65p

Cheques pay 'Veterans AC' contact **Douglas Maughan**:
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All proceeds go to Club funds

Harvest for Members at Birmingham

**Kerstin King
won 100m in
13.21**



It's clear that Members who went to Birmingham brought home a good many medals, many doubling, one, Liz Sissons, on all four. Though numbers were

down at least it mean few came home empty handed. The main grandstand looked thin while the new one on the back straight was not used at all.

Furthest travelled must have been Don Chambers from Australia, and Pulborough for VAC, once again on a world tour.

In sprints Rohan Samuel, 45, was fastest VAC on paper with 11.49 to Pat Logan's 11.81 at 50, his new age group.

A less familiar gold was that of Keith Ewing, a Blackheath vet who won 1500m in 4:23, and whom

M40 1500 4 T Bailey 4:21.75.

M45 100m 1 R Samuel 11.49, 8 C Riley 12.28, 200m Samuel 2 24.23, 5 G Reddington 25.73, 200 Bfnal 2 Riley 24.86, 3000 S/C P Lemmon 10:55.36, 110H 2 Reddington 18.16, A Easey PV 4 3.01, LJ 2 5.27, T Tipping SP 11.27, DT 36.98, HT 39.89, WT 12.23.

M50 P Logan 100m 1 11.81, 200m 1 24.18, P Ilo 12.77, TJ 2d 10.76, 200/400m M Vassiliou 24.89/53.91, R Daniel 800m 2:18.8, 400H 64.63, 1500m 1 K Ewing 4:23.43, Ilo LJ/TJ 3 5.38/ 2 10.76, C Privett SP/DT/HT/Wt 11.37, 37.97, 3 47.60, WT 3 16.73, S Uttley 3k/5k Walk 1 15:03.75 / 1 26:10.39.

M55 100 1 J Browne 12.08, D Blunt HJ 1s= 1.50, PV 2 3.01.

M60 100/200m/300mH G Kitchener 2 13.62/ 3 27.55, 2 50.44, 400m 2 D Wardle 61.89, 3 Kitchener 64.42, 800m K Daniel 2:24.98, 1500m M Mann 5:10.58, M Goodall HJ/PV 2 1.42, 1 2.71, A Richards SP/DT 2 12.12, / 3 37.62, N Griffin DT 1 45.76, P Dickenson HT/Weight 1 51.49/1 18.93(UK recd), J Hall 3k/5k Walk 1 15:35.4/ 1 26:55.28.

M65 B Ferguson 100/300mH 14.31/2 53.38, T Bissett 200/400 1 27.83/1 63.63, R Somers 400/800 67.20 / 3 2:39.42, P Giles 5000m 2 19:46.20, DT P Virgo 33.91, B Harlick 27.84, HT/Wt C Melliush 1 40.89/ 2 14.32, 3k Walk 2 P Hannell 17:58.57.

M70 J Batchelor 5000 1 20:17.40, D Chambers(Aus) 80mH/300mH/TJ/SP/Wt 1 15.43/2 61.30/3 7.86/ 4 8.97/ 3

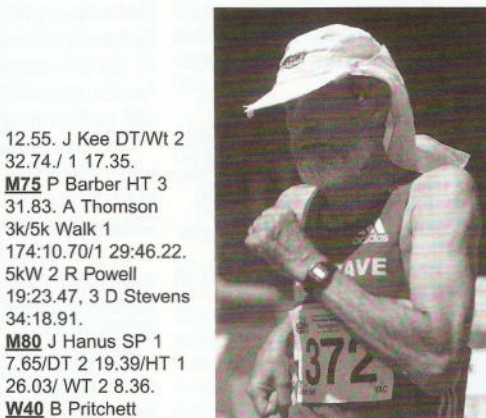
we hope to know better at Battersea.

Real heat on the Sunday made sure there was one summer day this year and only troubled a few.

Well done to Great Barr Hotel for holding its old prices after refurbishments.



Pat Logan had an easy dip from Kwei Sankofa(270) and Jeff Battista, right, in M50 100m final



How cool was John Hall

12.55, J Kee DT/Wt 2 32.74./ 1 17.35.

M75 P Barber HT 3 31.83, A Thomson 3k/5k Walk 1 174:10.70/1 29:46.22, 5kW 2 R Powell 19:23.47, 3 D Stevens 34:18.91.

M80 J Hanus SP 1 7.65/DT 2 19.39/HT 1 26.03/ WT 2 8.36.

W40 B Pritchett 1500/5k 1 4:53.64/1 18:21.59.

W45 K King 100/200m 1 13.21/2 27.96, L Webb 1500 1 5:11.46, C Johnson LJ/SP 2.75/1 9.86, Walk 3k/5k 1 H Middleton 1 17:32.05/ 1 30:00.43, M Noel 2 18:01.02/ 2 31:00.86.

W55 J Trimble 100/200 3 14.20/ 3 29.81, S Dassie 14.68/30.83, Dassie SP 2 8.96.

A Garnier 800/1500/5k 1 2:38.12/ 2 5:22.85/ 2 20:14.56.

W60 E McMahon 100m/80mH/300mH 2 15.79/ 2 15.96/ 1 60.13.

R Tabor 1500/5000m 3 5:48.19/ 2 20:47.32.

R Hutton HT/Wt 1 31.26/ 1 11.38.

W65 L Sissons SP/DT/HT/JT/Wt 1 9.37/1 210.25/1 23.62/1 27.17/ 1 19.91*

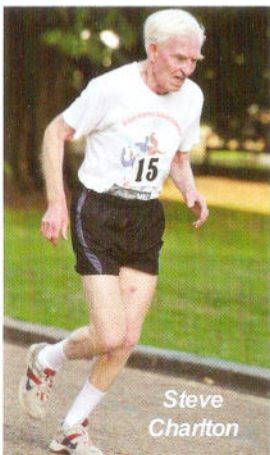


Dave Wilson(27), Dennis Williams and Martin Wilson(30) approach the turn, in May race

17 April Battersea 5

Old rivals Dave Cox and Richard Tomlinson met and raced together, far ahead of the pursuit. Dave, who was conceding 14 years, lead till the last lap but in the end Richard was able to go ahead commandingly. Dave's time was close to his 2010 mark so the form was solid.

Kent's Mick Barlow was getting in a run for third, as did John Batchelor from SE London. The former whole of race winner was only sixth now but this was a prelude to his first season in



Steve Charlton

over 70 which he was going to make the most of. First came wins at Federation level, including 5K record at Horwich, after which he went to the Worlds and gained a bronze. Racing famous Kiwi Ron Robertson John Batchelor had 18:49 at 5,000, a much faster time than he did at Horwich.

Two from the coast were Bill Fraser of Hailsham and Dan Maskell of Brighton, four years in age and a minute apart in times, if that could be a rule of thumb.

Journeyman Alan Davidson goes everywhere and he had 37:25 racing Jeff Prestridge, who is a financial journalist who has not been arrested. We jest of course and apologise but it would be a different excuse from "it's my injury, you know".

Martin Lippitt keeps his fitness well, coming down from north London.

15 May Battersea 5

This was our lady's day because four ladies ran,

Road racing at Battersea

though they didn't dress like Ascot with the hats. Carol Bowker who was won the whole race before and might have done so again if it were not for Richard Tomlinson set a record for W50. Her 32:49 replaces 33:00 by Lyn Wilson in 2007 who was just two places behind this day. So Carol who travels from Reading to do our races despite traffic problems keeps her excellent form and by the way the distinction of her club, Reading RR. *continued p14*



Josh leading Richard on lap 2

14 June Battersea 5 Champs

Josh Painter, 36, took on the outstanding Battersea runner of recent time in Richard Tomlinson, 43, in a close contest. Richard showed the way to Josh and Tony Pamphillon

5M Champs Medal table

M35	J Painter	M40	R Tomlinson
M50	A Pamphillon	N Burnell	Tom Morris
M55	T O'Neill	A Murray	
M60	R Green	P Crowhurst	M Evans
M65	D Williams	E Bartlett	
M70	K Tuson	C Collins	
M75	R Pitcairn-Knowles	M80	S Charlton
W40	B Pritchett	W50	J Gristwood
W55	U Elwell	W60	R Tabor



Tony Pamphillon, 1st M50

on lap one and it looked anybody's race. As they came past the finish next time Josh had gained a lead of just five metres but with Tomlinson holding on the outcome was uncertain. Finally the Brighton and Hove man had 14 seconds lead at the line.

Josh is clearly a versatile athlete. He has a wide range of marks on record from 800 up to marathon where he did 2:45 this year in the London, after 77:12 in Hastings Half and he also runs in steeplechase.

We believe this was only the second time an M35 had won a title in VAC, adding to Tomlinson's similar one at Battersea 5, and disregarding track champs where few ran, in 800m for example. But it may signal a degree of maturity in the M35 class which till lately has been unable to stand up against the M40 class.

Third, Tony Pamphillon claimed the M50 gold, from Nigel Burnell, who won the 10K road last year, and seems a new face here.

M55 class came next with a very fit Terry O'Neill, 31:48,

who trains at Battersea in Charlie Dickinson's group but lacked a close rival.

Bernie Pritchett asserted her class to be first woman in sixth place as Ros Tabor had a good run as first W60.

Roger Green, in the green, held big Peter Crowhurst for 60 gold as Dennis Williams, 65, and Ken Tuson, 70, collected.

Steve Charlton, 84, still does well, with 41:00, ahead of younger men. He went up to the Horwich 5K to beat the three over 80s there, perhaps the only ones in the country fit to race at BMAF, by three minutes from northern expert Derek Howarth.

On the shadow side, we are aware of absentees who might normally race at Battersea, numbering a score or more. So California, recession or whatever it's hoped we see them return, at the popular 5K on 16 August if not before.

Lingfield 100M Race Walk

The race on 2-3 July was organised at the racecourse by Surrey Walking Club and attracted over 80 names and a significant Dutch entry for the Centurions Centenary race.

Won convincingly by a Dutchman, it was Sandra Brown who came second with a string of overseas participants in her wake

First UK finisher was Ian Statter(SWC) with Kevin Marshall second UK, and Roger Michell(SWC) third. Some notable names failed to finish the 100 miles within 24 hours but were classified, including Chris Flint, Olly Brown, and Chris Cattano.

Chris nevertheless was part of the national winning team of



Steve Allen, 1st Walker

Statter, Michell and Flint.

The Dutch club RVW from Rotterdam won the Open Team, and was awarded the coveted Sunday Dispatch trophy.

VAC was well represented and the whole event was judged a success; the Centurions are grateful to the many who assisted in the organisation and running of the event.

Chris Flint
Hon. Sec
Centurions /
VAC Walking

14 June 5m Walk Champs

Steve Allen, the original Ilford man, won the 5 Champs convincingly from Arthur

Thomson. Like the Run it was a thin turn out but despite that the competition was keen with the first ten closely packed. Sean Pender and Chris Flint were sub 50 as Dave Delaney and Dave Hoben also improved their times. A set of 5M records would enable better comment and we hope the Section will cover this need.

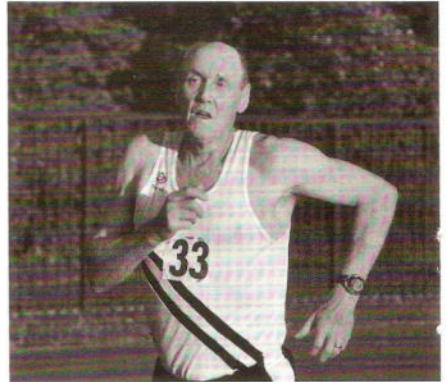


Sandra Brown



10,000 metres Walk VAC & Counties Champs

VAC officials Chris and Peter were stride for stride all the way



Ron Penfold flew the Steyning colours

10,000m Race Walk Champs VAC / Surrey / Middx / Herts					
1 Mark Easton(SWC)	47	1	49:25.6	VAC	Sry
2 Steve Allen(Bar)	54		54:22.9		Herts
3 John Hall (Bel)	62	1	54:25.4	VAC	Middx
4 Art Thomson(E&H)	75	1	58:04.8	VAC	Herts
5 Steve Allen(Ilford)	53	1	59:22.3	VAC	
6 Ron Penfold(Stey)	69	1	59:31.0	VAC	
7 Maureen Noel(Bel)	W47	2	60:49.7	VAC	Middx
8 Mick Harran(SWC)	72	1	61:13.5		Sry
9 Sean Pender(E&H)	58	1	61:22.3	VAC	Middx
10 Peter Hannell(SWC)	68	2	61:22.3	VAC	Sry
11 Chris Flint(SWC)	66		62:06.2	VAC	
12 Mark Culshaw(Bel)	45		63:11.7		Middx
13 Ian Statter(SWC)	53		63:54.2		Sry
14 Jon May(E&H)	60		65:50.6		Middx
15 Susan Barnet(E&H)	W61	1	66:06.6		Herts
16 Ron Powell(E&H)	70		67:34.2	VAC	Middx
17 Peter Howard(E&H)	70		70:39.0		Herts
18 Dave Hoben(SWC)	58	2	71:34.0	VAC	Sry
19 Kathy Crilley(SWC)	W63	2	75:04.0		
20 Bernie Hercock(E&H)	74	2	75:19.9	VAC	Middx
21 John May(SWC)	80	1	79:44.7	VAC	Sry
300mH					
1 David Barrington(KP)	70		64.2		
400mH					
1 Glen Reddington(WSEH)	4567.2				
2 Gary Palmer(SMRAC)	40		68.2		
3,000m					
1 Richard Tomlinson(M&M)	419:45.0				
2 Vic Maughn(HHH)	49		9:46.9		
3 Mike Mann(Dul R)	62		10:50.6		
4 Lisa Webb(SBH)	W45		11:06.1		
5 Graham Laylee(Dul R)	54		12:38.7		
Heavy Weight					
Paul Dickenson(Dacorom)	60		18.26		
Hamilton Thomas(Lewes)	74		13.70		
Jaroslav Hanus(VAC)	81		8.93		

Report

The race, and VAC title, was won easily by Mark Easton after leader Francisco Reis was gone though the winner's time not surprisingly was modest.

The counties finish order was Surrey(6 entered), Herts(4), then Middx(7) while four walkers had no county call since Essex, Sussex, Kent and London don't come into it. However payments from the counties helped make ends meet on the prime venue.

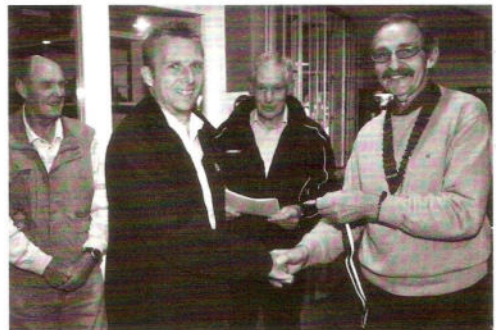
Easton was nearly youngest man ahead of Steve Allen(Barnet) before John Hall, first 60, was third in under 55 mins. He was clear of Art Thomson, M75, fourth, one place better than 2010. Then the Ilford Steve Allen closely held off Ron Penfold of Steyning, both getting under the hour.

First woman was very fit Maureen Noel, seventh, whom we lately saw training in her lunch hour, and now was faster than last year.

New were Susan Barnet, Peter Howard, and Kathy Crilley while Surrey's John May, 80, by way of a new statistic figured out 'under age', just.

President Peter Hannell, who had pursued Sean Pender and Mick Harran just over the hour, delightedly presented medals to an eager assembly in the busy inner space.

The competitive event was relished by officials too despite tricky doubling of John Mays and Steve Allens. Under direction of lead official Don Turner, with Cecil Gittins, George Richardson, Stewart Bennett, Tom Richards, Mike May and Cliff Hide a satisfactory clean result was delivered.



Steve Uttley receives gold medal from Peter Hannell

Veterans AC Members ranked Road Table – Battersea Park 2009

		17 Apr	15 May	12 Jun			17 Apr	15 May	12 Jun
		5.0M	5.0M	5.0M			5.0M	5.0M	5.0M
Josh Painter(B&H)	36			27:59	Dan Maskell(VAC)	63	36:59		
Richard Tomlinson(ESM)	42	28:16	28:37	28:13	Michael Elwell(Cobra)	60			37:16
Dave Cox(WGEL)	56	28:47			Alan Davidson(Liss)	62	37:25		37:28
Tony Pamphillon(WGEL)	50			29:10	Jeff Prestridge(Serp)	53	37:48		
Nigel Burnell(VAC)	50			29:57	Richard Hammerson(Red)	68	37:51		
Mick Barlow(Kent)	44	31:28			Dave Wilson(HHH)	63	38:50	38:59	
Terry O'Neill(Bel)	58	32:52		31:48	Martin Wilson(ESM)	60		39:04	
Bernie Pritchett(WGEL)W44				32:07	Dennis Williams(HW)	64	40:37	39:29	40:29
Carol Bowker(Read R) W51		33:48	32:49	†	Martin Lippitt(Trent PT)	57	40:48		
John Batchelor(If)	70	33:10			Joe Aspinall(VAC)	79	42:04	41:05	
Anthony Packham(SB)	59		33:39		Steve Charlton(VAC)	84		41:53	41:00
Andy Murray(Dul R)	58			34:14	Julia Gristwood(ESM) W51			42:36	42:59
Lyn Wilson(ESM)	W54		34:42		Cliff Collins(L Ir)	73	44:42	43:14	44:12
Tom Morris(HW)	53			35:02	Ken Tuson(VAC)	73	43:51	43:26	43:19
Roger Green(WGEL)	60			35:05	Richard Pit-Knowles(S'oak)78			43:32	43:52
Peter Crowhurst(B&H)	61			35:23	Ann Bath(26.2) W62			44:08	
Martin Evans(VPH)	60			35:37	Ed Bartlett(VAC)	66	48:44	45:52	45:22
Ron Sargent(Lou)	57		35:46		Mike Morfey(VAC)	67		46:47	
Bill Fraser(Hailsham)	59	35:55			Kevin Burnett(SOC)	71		54:59	
Ian Mursell(VAC)	59		35:57						
Ros Tabor(Dul R)	W62			36:11					

† Carol Bowker's 32:49 is a W50 age record

Veterans AC Members ranked Race Walk 5M Table 2009

Peter Ryan(If)	57	43:45			Glen Keegan(HHH)	45			59:54
Steve Allen(If)	53		47:15	45:52	Bernie Hercock(E&H)	74	62:38	62:02	61:49
Steve Allen(Bar)(G)	54	47:10			Jon May(SWC)	80	67:55	66:35	
Art Thomson(Herts)	75			47:54	Pam Ficken(E&H) W74		67:55		
Sean Pender(E&H)	58	50:48	49:58	49:27					
Chris Flint(SWC)	66	51:39	50:09	49:49					
Peter Hannell(SWC)	68		50:31						
Paul King(Bel)	60	51:25	51:35	51:45					
Peter Crane(SWC)	66	51:55	53:44	54:09					
Dave Delaney(SWC)	67	53:39	52:05	52:01					
Iain Thomson(SWC)(G)	63	53:58	53:28						
Ron Powell(E&H)	74	55:08	54:24	55:24					
David Hoben(SWC)	58	57:08	58:40	56:34					
Kathy Crilley(SWC) W63		61:02	59:29						
Barbara Edlin(E&H) W55			59:52						

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 C Bowker	32:49	'11
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

13 April Battersea with Serpentine RC



How Pettit raced Tabor

100m 1 A Shepherd(Serp) 27 11.7, 2 N Coster (Serp) 28 12.2, 3 Simon Baird(Serp) 46 13.1, 4 Cliff Taylor(VAC) 78 18.6.

Race 2, 1 T McKelvey (Serp) 36 13.0, 2 Mark Butler(E&E) 50 13.4, 3 Geoff Kitchener (S'Oak) 61 13.6, 5 Mike May(KP) 50 14.0. **Race 3** 1 B O'Callaghan (G) 36 13.7,

2 Tim Carter(Kent) 58

13.9, 3 Cliff Hide(Serp) 59 14.5, 4 Peter Morgan(E' Bourne) 55 15.0. **Race 4**, 1 Al Sowden(High) 70 16.6, 2 H James(Serp) W58 16.7, 3 John Godbeer (Cam H) 75 16.9, 4 Rich Pitcairn-Knowles (S'oak) 75 19.8, 5 P Williams(Kent) 53 26.9.

200m 1 Shepherd 24.7, 2 Butler 28.0, 3 Kitchener 28.5. **Race 2** 1 May 28.6, 2 Tim Carter 28.7, 3 O'Callaghan (Serp) 29.2. **Race 3** 1 Hide 30.4, 2 Sowden 34.5, 3 H James 35.8, 4 Pit-Knowles 41.4, 5 P Williams 54.9,

400m 1 JT Wong (Serp) 32 56.5, 2 Butler (E&E) 64.2, 3 Alex Malzer(Serp) 41 68.5, 4 Pit-Knowles 92.0, 5 Paul Williams 2:41.3.

800m 1 Nick Carter(Serp) 27 2:23.4, 2 J Evans (Serp) 36 2:25.1, 3 B Gilmore (Serp) 33 2:25.9, 4 G Rappich (Serp) 39 2:33.9, 5 A Nolan (Serp) W42 3:01.1.

1500m 1 Jaran Finn(Croy)(G) 38 4:40.0, 2 Mike Mann(Dul R) 62 5:07.0, 3 H Albert-Lorince (Serp) 32 5:08.5, 4 R Wintemute (Lon FR) 53 5:09.1, 5 J Savage (Serp) 35 5:28.5, 6 Malzer 5:33.1, 7 Ros Tabor(Dul R) W61 5:48.8, 8 Lisa Pettit(Serp) W43 5:49.4, 9 Alan Davidson(Has) 63 6:30.8, 10 P Williams 14:00

5,000m 1 Richard Tomlinson(M&M) 43 16:39.5, 2 Dave Symons(THH) 42 16:42.5, 3 John Batchelor(Ilf) 70 20:02.3, 4 Sarah Knox (Serp) W41 21:24.1, 5 Rob Sargent (Dag) 56 21:37.6, 6 Dan Maskell(VAC) 63 22:01.2

The meet with Serpentine RC has taken good root and they kindly shared the meet cost. The London club were a strong presence as distance races filled well. Mann proved best older in the keen 1500 while Tomlinson and Symons

battled the 5 as Batchelor and Tabor hinted at a good season ahead.

Rosenheim League Walton 18 May

100m 1 Stephen McDuell(HW) 46 13.7, 2 Tim Carter 13.9, 4 May(KP) 50 14.3, 5 Chuck Isetts (KP) 68 14.5, 6 Cliff Hide 14.6, 6 Joan Trimble(KP) W56 14.8. **Race 2** 1 D Minn (G) 54 13.2, 3 John Godbeer(Cam) 75 17.3.

200m 1 McDuell 27.8, 2 Carter 27.9. **Race 2** 1 Butler 27.1, 2 May 29.0, 3 Isetts 30.0, 4 Hide 30.1, 5 Trimble 30.6, 6 Cliff Taylor 79 41.2.

Rosenheim and non-score: Sue Dassie(E&E) W58 100 15.0, 200 31.7. 400m Butler 61.1, McDuell 67.4. 800m McDuell 2:11.8, Richard Somers(E&E) 65 2:42.1. Drako Mkpa(KP) 40 100m 12.2, 200m 24.6. Cliff Taylor LJ 2.38. HJ 1.05. Alan Davidson(Has) 64 1500m 6:14.2. Andy Murray(Dul R) 58 3,000m 11:45.6. **JT DT**, Liz Sissons(E&E) W66 18.46, 17.98 – 21.39, 21.28, Dassie 17.39, Brian Harlick (E&E) 69 29.24 30.90, Kevin Burnett (SOC) 71 14.13 18.67, C Taylor 20.33 20.45.

Stompond Lane is beguiling and we are grateful to the Walton club. Versatile Stephen McDuell inched tall Tim Carter for a sprint double as Chuck Isetts conceded age to Cliff Hide. Best run by Mark Butler came in Rosie 400.

Rosenheim League Ewell 1 June

100m 1 Gary Palmer(SMR) 44 12.8, 2 S Baird (Serp)(G) 45 13.4, 3 Carter 14.0, 4 Kitchener 14.0, 5 Phil Bell(Harr) 57

14.3. **Race 2** 1 Ralph Hyde(Met Pol) 48 12.9, 2 May 14.1, 3 Isetts 14.5, 4 Cliff Hide 14.5, 5 Trimble 14.7, **Race 3** 1 Sue Wisdom(E&E) W49 15.2, 2 Anne Nelson(EE) W59 16.1, 3 Taylor 79 17.8.

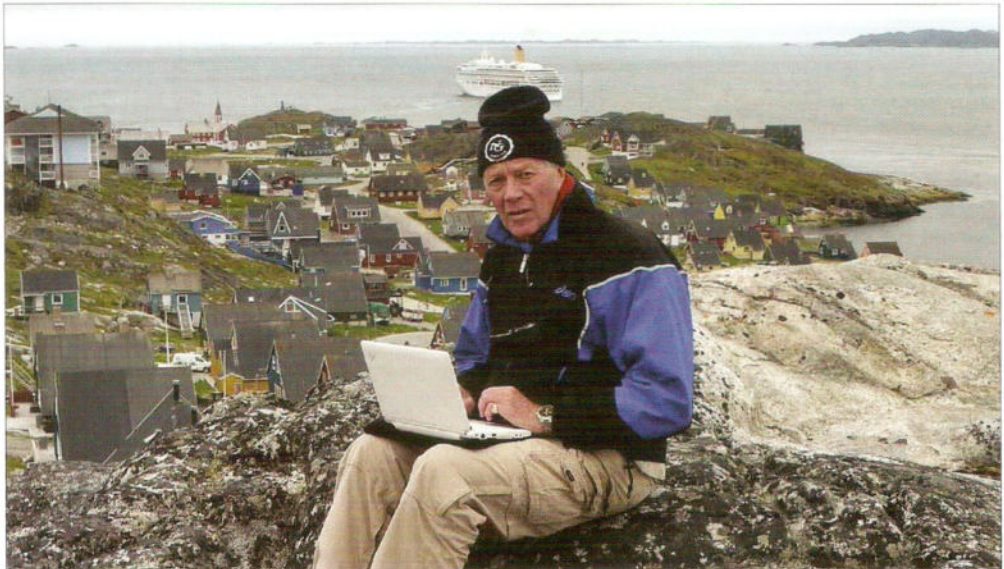
200m 1 Palmer 25.5, 2 Ralph Hyde 48 26.1, 3 Carter 27.6, 4 Bell 28.6. **Race 2** 1 May 28.9, 2 Cliff Hide(Serp) 59 29.8, 3 Isetts 30.4, 4 Trimble 31.7, 5 Nelson 34.1.

Rosenheim & non-score PV Maurice Joyce (KP) 2.20, Harlick 2.20. 400m Derek Wardle (WSEH) 62.4, Far' Marismari(HW) 62.5. **HT DT SP** Liz Sissons 22.90, 28.00 21.39, 21.28 >p15



Michael May won 200m R2

Mike Peel in Nuuk, capital of Greenland



Holidays, officialdom and VAC... there are lots of people involved in running a large club such as VAC. Many of our officials have retired from work and even competition but they still like 'to put a bit back'. One of these is Mike Peel our webmaster. Mike has been involved with computers since the early '60's – when there were only four computers in London!

These days with the world wide web and a trusty laptop Mike can, and does, update the VAC website from anywhere in the world. He's quite often out of the country, sometimes trekking, sometimes lounging but always updating websites, and not just our one – he looks after another 30.

Recently he was in the Everest region of Nepal and had problems getting a good reliable connection but we only waited a day or so rather than his normal speedy service.

Mike tells us that whilst travelling around

Peru all the hotels he stayed in, apart from one, had free wi-fi connections... including the lodge where he stayed deep in the Amazon jungle. Apparently the costs and service vary enormously from country to country and it's not the third world which is dearest or most unreliable. Our next updates will be from Greenland and Iceland, so let's hope the volcanic ash doesn't interfere... good this retirement isn't it?!

PS by email: "Here is my photo from Greenland on 13 July. Unfortunately our first port of call was aborted due to too many icebergs in the port. Now we are heading to Iceland and then Norway and the captain of *Aurora*, our liner, has pointed out an iceberg of 200m length.

I may look cold in the photo but it was 2°C with big windchill!"

Mike

Porto Alegre, Brazil is listed for World Games in 2014 but is less well known being out of the way of the big cities. Now a friend in that country has told us it is quite a pleas-

ant place. It may have been a cattle station but has a European feel and is popular with emigrés from Germany.

Road report continued from p8

Then came Julia Gristwood on best of her two runs, and Ann Bath, who had been concentrating on cycle training.

New member, Anthony Packham of Shaftesbury Barnet Harriers, made a good start with fourth in race and first O50. Come again!

There was a tussle between Rob Sargent, 35:46, and Battersea native Ian Mursell who doesn't mind running on his own doorstep.

The three Ws pictured had a close encounter of a running kind before Dave Wilson of Herne Hill gained

the advantage over Martin Wilson, partner of Lyn, and Dennis Williams, who may have been holding back to see fair play and was in any case one with a great many Battersea runs to his credit.

Desk official Joe Aspinall was next for 1st 70, fresh from ridge walking in the Cairngorms. His hardiness helps keep good fitness with strenuous days on the hill in the best of mountain air and the scent of wild plants on the arctic tundra.

Cliff Collins and Ken Tuson are regulars here with all three to-date completed. Ken won two out of three but Cliff ran his best time, 43:14, this day.

Soon came Richard Pitcairn-Knowles, the Sevenoaks osteopath and more, who is a true veteran and was first 75.*

News in brief

North Downs Run was chosen by Dave Cox(WGEL) for an away day. He was 7th behind winner Huw Lobb and easily first 50. But the scenic countryside, wild flowers, meadows and Kentish orchards were other attractions. Many Serpies ran and if you'd like to know more you may contact me – I was event photographer. Jeremy

WGEL is a hot club for vets these days: check out Dave Cox, Bernie Pritchett, Tony Pamphillon, Roger Green, Terry McCarthy and John Hayward of course and not forgetting Gareth Cavell.

Les Brown Attendance trophy

- 6 R Tomlinson
- 5 S Pender, D Hoben, C Flint
- 4 B Hercocck, John May, Ron Powell, Peter Hannell (holder), D Delaney
- 3 R Tabor, Alan Davidson, D Williams, J Aspinall, E Bartlett, C Collins, K Tuson, D Turner, P King, P Crane, S Allen(If), A Thomson.

Horwich and BMAF 5K 19 June

- Overall 1 S Crowe(Ells Port M35) 15:48
M45 6 Paul Lemmon(Lon Hth) 17:04
M50 5 Richard Holland(WGEL) 16:55,
7 Mike Boyle(HHH) 16:59
M55 2 Alan Camp(B&B) 16:57.
M60 14 Alan Rich(Worth) 21:40,
15 Mike Elwell(Cobra) 21:54
M70 1 John Batchelor(If) 19:55, record,
5 Ed Simpson(Overton) 23:24
M80 Steve Charlton(VAC) 25:07
W35 7 Stephanie Robson(HW) 20:30
W65 Pauline Rich(Worth) 25:24
W70 Pam Jones(If) 26:39
Teams: no VAC; no teams at all in M65, M75

International

- Bellahouston Park in SW Glasgow near M8, going by its pictures, is a fine civic park with varied ground and gradients
- English candidates must apply by 30 Sept to Charlie Dickinson, at 20 Broadhinton Rd SW4 0LU
- Pdf Form is from website bvaf.org.uk - Fixtures - International, with Criteria. Download, print, complete and post to Charlie by 30 Sep
- If not online ask Editor to post to you, charge three 1st class stamps
- It's best to claim recent data such as:
– BMAF CC Perry Barr, Alexander Stdm, Horwich, Sacramento
– any recent 10K time, for men
– state comparative performances against other candidates inc T&F and Road
- Expect strong competition with possible exception of older women
- Give yourself best chance with good paperwork

from p12> 8.41, 9.54, Debbie Singleton (Walt) W52 23.7, 27.41 7.31, 8.60, Harlick 29.24 32.60, Taylor(VAC) 25.21 21.88, Jack Rutherford(Walt) 18.00.

Ralph Hyde showed sprint speed as Palmer refreshed his decathlon work. Experts Liz Sissons and Debbie Singleton contended throws closely with Brian Harlick on cue.

Willesden 8 June

100m 1 Milton McIntosh(VAC) 44 12.0, 2 Mark Baker(HW) 50 12.1, 3 Peter Ilo(Bar Dis) 50 12.1, 4 Nick Lauder(E&H) 41 12.3, 5 Mark Cook (G&G) 45 13.2, 6 Simon Baird(Serp)(G) 47 16.4.

Race 2 1 Bell 13.6, 2 May 13.9, 3 Alan Perry(Harr) 58 14.2, 4 Cliff Hide 59 16.0, 5 Malzer(Serp) 45 16.5, 6 T Lake(G) 44 16.7, 7 Sowden 17.1, 8 Godbeer 21.2.

200m 1 McIntosh 25.2, 2 Ilo 25.7, 3 Lauder 26.0, 4 Cook 26.4, 5 Bell 28.7, 6 May 29.0.

Race 2 1 Barrington King(Harr) 45 29.2, 2 Malzer 29.6, 3 Perry 30.3, 4 C Hide 30.6, 6 A Sowden 35.0.

800m all ages 4 Lisa Webb(SB) W45 2:35.1, 5 Malzer 2:36.4, 7 Tom Morris(HW) 53 2:58.6.

3,000m Walk 1 Francisco Reis(Ilf)(G) 50 13:51, 2 Steve Uttley(Ilf) 54 15:05, 3 Peter Hannell(SWC) 68 17:53, 4 Chris Flint(SWC) 66 18:11, 5 Sean Pender(E&H) 58 18:14, 6 Dave Delaney(SWC) 68 19:04, 7 Arthur Thomson(E&H) 75 17:35 (estimated), 8 Dave Hoben (SWC) 58 20:45, 9 Dave Ainsworth(Ilf)(G) 62 22:14, 10 Rich Davies(QPH) 44 22:39.

3,000m Run 1 Richard Tomlinson 9:50.8, 2 Camilla Corsini(TVH)(G) W24 10:49.5, 3 Bertie Miller(G) 48 11:41.4, 4 Malzer(Serp) 11:49.5, 5 Andrea Sanders-Reece(Morn Chas) W55 12:16.9, 6 Tom Morris 12:26.3, 7 R Davies(QPH) 12:37.1, 8 Yasemin(G) W 15:53.7.

Hammer Discus W60 Rosemary Hutton(Wimb) 30.44, M60 Paul Dickenson(Dac) 50.12 36.47, Neil Griffin(WSEH) 43.76 45.98, Tony Richards(Croy) 28.33 37.06, M65 Chris Melliush(Cam) 39.82 27.55, M80 Jaroslav Hanus(VAC) 25.23 18.25

The new venue was certainly different but far from problem free. There were many more YAs from the local group than expected and to be fair they energised the meeting with youth energy and new outlook. Some had never seen racewalking, were intrigued and applauded our members, as older people doing athletics. Gratitude was duly expressed on their behalf. Less positive was lack of judges; one veteran volunteered but AT still did a lap extra in the walk, which had been quite well supported at short notice. A difficult individual made trouble during the walk and had to be ordered off by the management but certainly the YA group officials contributed dynamic input.

In sprints McIntosh and Baker proved VAC's fastest after Pat Logan while Ilo, 50, was close. Sanders-Reece and Hannell did well in 3,000s as keen Serpie Alex Malzer did all the races. One member was unhappy with the mixed ages but Paul Dickenson threw over 50 metres, surely a best for mid week comp.

Willesden was successful in drawing North London and Herts members, also west siders and our dedicated walkers got there too. That made up for few from the club's South London heartlands. Club calls apart, it seems that is what to expect from individual athletes asked to go anywhere new, especially with a south and north London divide. You'd go to France or Belgium or even California but eight miles to the Edgware Road, no way.

We will be considering all this with a view to having it again next year and you're welcome to let us know your views – not that you do that much, but it's a principle to say it.



McIntosh(74), Ilo(85), Lauder(12) and Cook(10) in 200m



Fixtures



www.vetsac.org.uk

VAC T&F

3 Aug VAC Track Wimbledon Park 7pm
100, 1 Mile, 200m, 5,000m, 400m inc McLean
O60 Cup. 7pm Discus foll by Shot

7 Aug Inter Area match SOLIHULL for VAC
team apply mike.may@blueyonder .co.uk

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

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

VAC distance: Road and CC

16 Aug BATTERSEA 7pm 5M Walk, 7.15 5K Run Champs

2 Oct Moulden VAC 10K Champs WIMBLEDON – form

8 Oct Surrey League Div IV LIGHTWATER Country
Park 3pm. (Ladies League 12noon)

15 Oct SURREY VETERANS CC tbc

22 Oct VAC CC WIMBLEDON Caesar's Well M&W 2.30

29 Oct East Surrey Leag CC LLOYD PARK

5 Nov LOUGHTON AC Inter Club M&W 2.30 VAC team

12 Nov Surrey Leag IV EPSOM DOWNS tbc 3pm.

20 Nov EPSOM 10M with VAC Champs

26 Nov South of Thames 5M NORK PARK tbc

17 Dec South of Thames 7M Champs ROEHAMPTON

14 Jan Surrey League IV venue tbc

21 Jan VAC Champs M&W Wimbledon 2.30pm

11 Feb Surrey Lg Div IV LLOYD PARK

Eligibility for CC League, Men only 1st claim member of VAC, or 2nd Claim to VAC and not competing for any club in Surrey Lg. Road / CC Secretary Bob Belmore 01428 654749. VAC CC HQ at Belgrave Hall, Denmark Rd SW19; jog to start Caesar's Well.

National and International

20 Aug 11 20k, 30k Walks COVENTRY

21 Aug Half Marathon LEEK Staffs

4 Sep 10M HEXHAM Northbd

10–11 Sep Decathlon, Heptathlon HORSPTH Oxon

2 Oct 10K Road EXMOUTH Devon

16 Oct Marathon ABINGDON Oxon

26 Nov International CC GLASGOW
England candidates apply Charlie Dickinson, 20 Broadhinton Rd, London SW4 0LU; tel 0207 720 1062; marydickinson@onetel.com; see details p14.

3-8 April 2012 WORLD INDOORS Finland

16-25 Aug 2012 EURO VETS T&F Zittau FRG

Meet directions and details

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

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 Ros Tabor 0207 7012546 or Bob Belmore

Other veteran

10 Sep Surrey Road Relays Wimbledon Park

11 Sep St Mary's Twicknm Vets & Open T&F Meeting
John.curtin2@btinternet.com

17–18 Sep Kent Vets T&F tbc. Sec Barry Ferguson 19
Bearsted Rise, SE4 1RQ

VAC N/L August 2011

Editor Jeremy Hemming 7 Emmerton Court
Wynter St, SW11 2TZ – 020 8871 9989
Assistant Editor Bob Belmore
Photos by Editor
Print & mailing Wellington Press, Sutton