

Veterans Athletic Club

Newsletter August 2012



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Pippa Major, Tony Tuohy(25) and
Maureen Noel(19)
Enc T&F and 10K Road forms

Officers of the Veterans AC, established 1931

| | | |
|------------------------------|-------------------------------|-----------------------------------|
| President | Michael May | mike.may@blueyonder.co.uk |
| Committee Chair | Dennis Williams | dennis.williams@hotmail.com |
| Minute Secretary | <i>vacant</i> | |
| 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.freesevice.co.uk |
| Walking Secretary | Chris Flint <i>to resign</i> | |
| 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 | <i>vacant</i> | |
| Vice Presidents | <i>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 13 September 2012, Union Jack Club, Sandell St, SE1

Agenda

- Item 1 Minutes of 2011 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 Proposal: Subscriptions to be £18 and £23 from 1 October
- Item 6 Appointment of President
- Item 7 Election of Officers: it is understood officers listed above are willing to stand again, except C Flint; in place D Hoben is named.
- Item 8 Election of Vice Presidents
- Item 9 Confirmation of Auditor, Mr S Ingall
- Item 10 Any other business
- Item 11 Date of next meeting

All members are entitled to attend Annual General Meeting. Subs renewal comes in next N/L but enquiries to Mem Sec are requested by email to phil@bell-computer-services.co.uk, or by letter to Membership, PO Box 65760, LONDON NW2 6JN

Online scene

Facebook is used by some for athletics chat, club and 'my last run', news, and pictures. It's light stuff mostly but members' philosophy finds an outlet too, sometimes serious, sometimes not.

News and Views

Did you feel you could never be an Olympian? Did you feel you would most likely never go to the Olympics even? Did you realise you wouldn't ever be supported by a coaching team, the brains who would be into 'marginal gains' – that was Velodrome talk. A team who would make advances in the 'nuts and bolts' of every part of your life – Velodrome spiel – so you could enjoy 'putting down the power'.

. And that all your own racing and training equipment would go on the same as it always did while the 'real athletes' out there got the working over and the new gear, the British vests and everything.

Not to mention cheering by huge crowds. Not to mention TV interviews. And never mind weeping in public. Not to mention the attentions of your local paper and people in the street saying "I saw you on telly". Did you feel all that was going to pass you by, in your day-to-day running and keeping fit?

So, and here's the nasty bit, to make you feel better you turned to the gardening and all those jobs you'd always meant to do when you had time, and stayed away from Vets AC, which is not your main club and therefore is disposable.

The huge drop in entries at VAC distance races is not a joke. Committee may in its wisdom decide otherwise but surely the time has come for entries in advance. Then if the advance entry isn't enough an event can be cancelled and a lot of expense and labour



Chris Flint, man behind the Walking



saved. We can all find other things to do and long suffering Officials need motivating as well as athletes.

Consider Cross Country. The CC Sec gets up early, loads his car with a mass of stuff, drives 35 miles, walks round the two mile course alone, marking it, hammering poles in to make the finish funnel, and at the end dismantles it again. Editor drives to Hall, hire charge £50, getting a parking ticket or not, to register entries, and put out results for you to see. Belgrave's Bar man brings in food for tea, which most don't stay for although it's a very good tea, and more officials and helpers appear out of the woodwork to judge and marshall. For 10 people on the off chance? We need to think again, don't we.

Advance form for the 5K Road Champs has been a first step.

CC dates for next season are still to be confirmed; perhaps that's a sign too.

Member Jeff Prestridge sent in thanks to those who supported his epic fund raising. He did his 10 marathons in 10 days round Lake Windermere and he raised over £79,000 for Brathay Trust. Well done, sir!

Here's a new trend – members and ordinary writers writing books and the latest e-books. Sylvester Stein, as usual, has been one of the first. You don't have to possess a Kindle tablet; software exists to read e-books on a PC as long as it's new enough.

We were sorry to hear that Liam O'Hare, one of our most enduring members, lost his wife Jane after a long illness.



Liam O'Hare, 5,000m

Results from AW

M35 100m 1A Gordon 11.6,
3 S Channon 11.7.

M45 100 2 G Reddington 12.7. LJ
5.10. M Cook 200m 26.0. A del
Nevo PV 3.00. A Easey PV 3.00.
R Buckingham 100/SP/DT/LJ
12.4/10.21/35.31/5.24.

M50 S White 100/200 13.1/26.6.
B Slaughter PV 2.80. LJ 5.02. DT
35.45. HT 33.99. D Orchard SP
10.05. HT 30.24. JT 32.34.

M55 B Matthews 100 13.4. JT
30.64. J Browne 100/200 12.5/26.3.
T Carter 100/200 13.6/27.5.
D Blunt HJ/PV 1.45/2.80.

M60 G Walcott 100/200/400
13.1/25.8/58.9.
L O'Hare 5,000 19:03.7.
T Richards SP/DT/HT/JT
12.23/37.30/30.30/35.58.

M65 C Isetts 100/200 14.7/30.6. R
Somers 400 67.6. D Wardle 800

**Surrey
Sussex Vets
26 May**

*County types
enjoyed a pleasant
meeting and sunny
day at West Ewell.
Right Liz Sissons did
all four throws.
Below Dave Orchard,
Javelin 32m and
Hammer 34m.*



2:40.2, LJ 4.51. P Hannell 3k Walk. 17:52. C
Melluish DT/ HT 28.55/40.75.

M70 B Harlick PV/SP/DT/HT
2.40/9.71/30.69/27.70.
J Webster HT/JT 33.40/26.36.

M75 H Thomas SP/DT/HT 8.53/24.17./31.21.

M80 C Taylor SP/Ht/JT 8.73/29.73/19.40.

W35 A Akim HJ 1.70. A Duke PV 4.29.

W50 S Wisdom 100/200m 14.7/30.9.
A Morgan HT 28.29.

W55 S Dassie 100 15.2. SP 8.23. DT 18.93.
A Garnier 800/1500m 2:49.9/5:31.9.

W65 L Sissons SP/DT/HT/JT
9.53/20.96/28:44/23.35.

Peter Kennedy

Bataan Death March race in the Philippines

Peter chose the BDM ultra marathon as a climax to his running in the Philippines. He prepared thoroughly as you'd expect of an oil industry man and we have saved what we don't have room for here, so you can read it, at website vetsac.org.uk.

The gun went off promptly at 10:15 pm. I immediately joined the leading group and was running comfortably at 4:30 mins/km pace! I knew I had to slow down but somehow I kept up my pace on the long hill and even went into the lead for a few kilometres. I arrived at my first drink refill stop after 12 km, five minutes ahead of schedule. I knew then I had blown the negative split strategy and it could lead to serious problems before the end of the race.

So after continuing quite fast downhill for the next 10 kilometres, I eased back the pace considerably. I got a bad shock when the 22 km marker for my next drink stop wasn't in sight after 25 km and I lost five minutes making a phone call to the support team. Jonnifer Lacanlale, the eventual winner, passed me at this point but I didn't try to catch him.

All my drink stops every 10 kilometres were under three minutes – the time it took me to swap drink packs on my back, and take an energy gel plus water, giving a total of 25 minutes of stops, which is probably less than most runners, even the other fast ones. At the 42 km drink stop, I vomited due to the volume of liquid I was drinking but I was prepared for it – I took another drink of water and set off without any delay.

Running in the dark went well – it was not too hot; there was a full moon and there was a wide edge to the road so that I could easily dodge any oncoming trucks/buses that didn't move out when approaching me. The only near-miss occurred when a bus coming fast from

behind on the wrong side of the road passed within two feet of me but most likely the driver had seen me because of my reflective strips. This year there were no accidents in the race.

After 52 km I slowed down to below 6 mins/km and thereafter the pace was closer to 6:30 mins/km. Each ten kilometres seemed never-ending because I could see from my watch how slowly I was running, but I kept focussed. I had been due to change shoes and socks after 52 or 62 km, but I abandoned this since I didn't feel any problems with my feet, which turned out well since the third place runner was five minutes behind me at the finish.



Peter with the Race Director

Bataan Death race continued

After the half-way point, I was followed closely by the early leader. However at 82 kilometres he only walked on whilst I changed drink packs and then when I passed him again he dropped out of sight. I heard afterwards that he finished in 15 hours which meant that he spent more than 6 hours on those last 15K which is a horrendous consequence of going too fast at the beginning.

When dawn came I had reached 75 km, but I didn't notice the heat until the last 10 km when I was running the very long straight road from Guagua to the finish. At this point I couldn't see anyone behind me and my final 10 km was done comfortably at 7:06 mins/km pace. I crossed the finish line at precisely 9 am, in second place and a time of 10:44:56. That's an average running pace of 6:02 mins per km.

So the endurance training was a success but my pacing was a failure. It was clear from my times in training that I could hope to run at 5:30 mins/km pace for the BDM, which when stops are added, would be a net 5:50 mins/km pace – within the course record. I was well prepared for this, including many moderate pace runs at 4:30-5:00 mins/km and good practice at running negative splits.

Support crew was his wife Janet and two drivers



Such times on largely flat roads probably gave me false hopes and the over-confidence in my speed which tapering brings. Also the effect of running steeply uphill until 10 km was too much and I failed to follow my own race plan.

My overall liquid consumption was 150 ml/hour less than planned which is understandable in a night-time run. This meant I only took in 220 calories/hour on average, which probably contributed to my slowing down in the second half of the race. I didn't make this risk clear to my support crew and so I never used the contingency plan of taking an energy gel every five kilometres instead of every ten to compensate.

Even if I hadn't run too quickly at the beginning and everything else had gone according to the plan agreed with my running

coach and nutritionist, I am not sure I could have matched Jonnifer's time without doing as much hill training as he did.

I very much appreciated the efforts of my support crew: my wife, our driver and one extra driver. They ensured that I never missed them at a stop, checked I was crossing the road safely every time, re-filled my hydration packs in between stops, and kept the stops to a minimum time. All this meant that they didn't get any sleep either.

Editor notes

The Philippines are about midway between Japan and Australia.

The Death March, 1942, was when the Japanese forced US and local PoWs to march, resulting in thousands of deaths.

On a better note, see how Peter did in T&F at BMAF Derby, page 7.



Dave Peters front ran his 1500m for 4:04, which is 2nd all UK 40.

About three score members went up to the East Mids. They brought home as many medals, if 1-2-3 means a medal. Though numbers were down it was a good

cheerful even sunny meeting while Birmingham was in use by an Olympics team.

In sprints Rohan Samuel, 45, was fastest VAC on paper with 11.67 in a battle with Dalton Powell. Then Stuart Channon's 11.72 was next; he said his wife Helen did well along with a sister of hers, so there's a new family force.

Tough Australian Don Chambers did 12 starts for a hat full of medals.

Geoff Walcott was pipped by former member Alastair Ross in 200 but sailed the 400 in 58.46, so

100m M35 2 S Channon 11.72, 3 A Gordon 11.82. M45 2 R Samuel 11.67, R Buckingham 12.43, A Easey 13.03. M50 1 P Logan 12.12, 6 M May 14.95. M60 2 G Walcott 12.85. M70 2 C Isetts 14.46. M75 4 D Chambers 15.11. M80 2 G Feast 18.15, 3 C Taylor 18.50. W35 2 H Channon 12.65. W50 S Wisdom 14.81. W55 3 J Trimble 14.23. W60 1 E McMahon 15.82, 3 A Nelson 16.06. W65 1 B Fee 15.59. **200m.** M60 1 G Walcott 26.21. M60 B 2 Kitchener 28.47. M65 1 D Wardle 27.95, 3 R Somers 29.27. M70 2 C Isetts ??, M75 4 Chambers 33.09, 6 R P Knowles 40.92. W55 4 J Trimble 21.61. W60 2 A Nelson 33.25. W65 1 B Fee 31.82.

400m M55 6 J Rutherford 67.82. M60 1 Walcott 58.46. M65 1 Wardle 63.19, 4 R Somers 67.14, 6 Giles 72.61. M75 4 RPK 96.53. W65 Fee 74.76. **800m** M45 1 A Haines 2:03.37. M60 1 P Kennedy 2:21.56, 4 E Connolly 2:29.38. M65 Giles 2:43.19. M75 2 A Kimber 3:06.10, 3 E Simpson 3:24.73. W35 J Locker 2:23.90. W50 Y Giles 3:42.44. **1500m.** M40 1 D

Peters 4:04.50. M45 2 Haines 4:11.11. M60 2 Kennedy 4:50.14, 5 M Mann 5:04.11. M65 3 Giles 5:21.77. M70 M Sawyer 6:35.95. M75 2 Simpson 6:38.05, 3 Kimber 6:38.04, 4 RPK 7:22.60. W35 4 Locker 4:47.68. W45 1 L Webb 5:06.64, 4 Y Giles 7:03.11. **5000m** M50 5 C Oxlade 18:57.60. M60 5 Mann 18:54.04. M70 1 J Batchelor 20:19.54. M75 1 Simpson 24:02.56, 2 RPK 29:30.74, 3 B Shave 29:39.78, 4 J Cullingham 30:26.25. **Hurdles** 80m M70 1 B Ferguson 13.85, 75 2 Chambers 15.51. 300mH M60 2 Kitchener 51.92. M65 1 Wardle 53.96. M70 1 Ferguson 57.20. M75 2 Chambers 59.43. W60 E McMahon 59.28. 400mH M45 1 Easey 75.42. **SIC 2K** 1 Locker 7:29.94. 3K M45 2 Lemmon 11:13.59, 2 Oxlade 12:16.40. **Walk 3k** M60 1 J Hall 15:42.09. M65 P Hannell 17:54.12. M75 1 A Thomson 16:16.83. 5.000m M60 1 I Richards 24:12.77, 2 Hall 27:09.70. M75 1 Thomson 28:01.61. **HJ** M60 4 Kitchener 1.30. M75 Chambers 1.03. M80 1 C Taylor 1.03. **PV** W50 2 D Singleton 2.30. M45 3 Easey 3.20. M60 1 M Goodall 2.90. M55 1 D Blunt 3.20. M70 2 B Harlick 2.2.0 M75 1

Chambers 1.90
LJ M35 2 Channon 5.51. M45 4 Easey 5.02. M65 2 Wardle 4.37. M75 1 Chambers 3.76, 3 G Wilkinson 3.25. M80 1 Feast 2.94, 2 Taylor 2.63. W35 1 H Channon 5.48. **TJ** M65 1 A Cheers 9.01. M75 2 Chambers 7.76. W55 1 Moore-Fox 8.13. **SP** M60 1 T Richards 12.81. M65 6 D Kuester 8.53. W65 1 L Sissons 9.44. M70 7 Harlick 8.95. M75 3 Chambers 8.80. W55 2 S Dassie 8.64. M80 1 Taylor 9.24. **Weight** W55 3 L Moore-Fox 10.30. M70 6 Harlick 10.90. M75 2 Thomas 12.02, 3 Chambers 11.09. W65 1 Sissons 11.50. **DT** M45 2 R Buckingham 35.32. M50 8 B Slaughter 33.51. M60 4 T Richards 39.12. M65 Kuester 31.24. M70 5 Harlick 31.66. M75 4 H Thomas 24.06, 5 Chambers 20.65. M80 1 Taylor 14.84. W50 3 Singleton 24.42. W65 1 Sissons 21.81. HT M65 3 Kuester 30.08, 6 Harlick 31.98. M75 3 Thomas 29.61. M80 Taylor 28.93. W55 2 L Moore-Fox 29.40. W65 1 Sissons 27.40. **JT** M60 1 T Richards 36.37. M65 4 Kuester 33.67, 5 Harlick 19.82. M75 4 Chambers 18.88. M80 Taylor 20.37. W65 1 Sissons 24.69

BMAF track at Derby

that was sub 60 at 60, not bad; and then, not done, they wanted to see his pecs!!

Easy over Hurdles, tall Barry Ferguson doubled, while Alan Easey scored in 400mHurdles.

Tony Richards was VAC lead thrower as notably he headed Neil Griffin in Shot, by a bare shot's length, and took the Javelin.

Derek Wardle had a field day with three track wins and a silver in Long Jump.

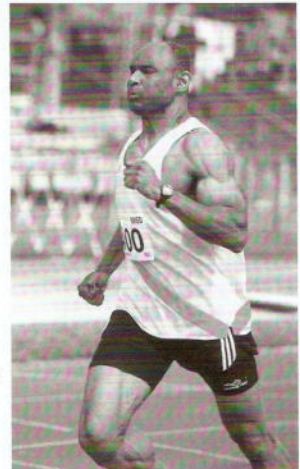
Many Epsom members did well except that team leader Terry Bissett was out after knee surgery.

Shaftesbury's Brenda Fee hat tricked in sprints, as Em McMahon also scored.

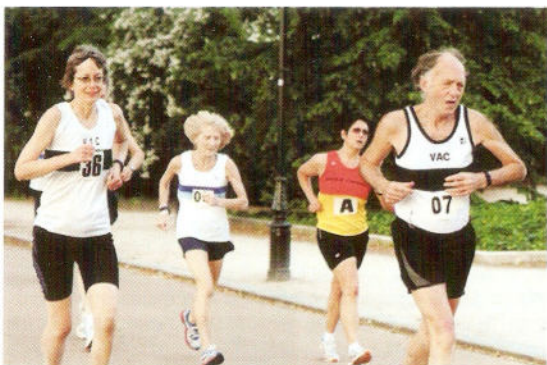
Lisa Webb won her 1500 while a new name seen in middle distance is Jo Locker.

Alan Cheers was over 9 metres in his forté Triple Jump.

Geoff Walcott



5M Road races at Battersea



Julia Gristwood, left, with Ed Bartlett(01)
Pam Jones and Helen Middleton(E&H)

17 April Battersea 5

Richard Tomlinson made an appearance but sadly had no challenge within five minutes. Later he was busy in Kent winning 5,000m in Southern Mens League Div1 and being 7th in Kent 10K.

Anna Garnier had Steve McDuell to chase as she came first woman in third place. Later we read that her home in Lambeth suffered a dramatic collapse in its top stories. Luckily apart from a huge bang no one was hurt.

Tom Morris was fourth and Julia Gristwood was second lady, both in 50 group.



Pippa Major out in front

15 May Battersea 5

It was cold and rainy, like the rhyme 'ne'er cast a clout till May is out'; good to know somethings stay the same.

Dulwich Runners' Tony Tuohy, 49, had won the VAC 10,000 track and now he found himself in a class of his own. He didn't take the chance of an easy run – it was more of a display until his final 27:50 proved to be the best time since Dave Symonds' 27:42 in '10.

Julia Gristwood, who works in the Civil Service heartland, and is decidedly proficient here, clocked 40:45, her best figures for three years.

14 June Battersea 5 Champs

Tony Tuohy again was a lamp post ahead almost at once and went on to win unchallenged, even by Mick Barlow, who was 50s behind.

At the end of two laps Tony nearly stopped momentarily but was urged on by a cry of "Hey, it's not two-ey, it's three-ey!" There are all kinds of wags in Battersea Park.

Third was Liam O'Hare a minute further back. The first

60 had four more of that class and this made them the dominant age group.

50s are the ones not coming, apart from the winner, so was it Tony's reputation scaring them off.

Thames Hare were represented by Richard Pitt who took 55 gold from two others.

In 5th place first woman was Pippa Major, again of Thames Hare. She was a minute ahead of Andrea Sanders-Reece from up-coming Mornington Chasers, who naturally come from N1.

Dennis Williams was first 65, cutting under 40 minutes.

Then first 70 was Joe Aspinall, back from strenuous walking in the Highlands, not normal training but all round fitness for lungs and heart on steep mountains.

65 class had Cliff Collins, once of London Irish, but now a defunct club it seems. Their South of England champion John Downes, always known by his cap, seems to have gone back to Dublin. But Cliff still has the VAC to belong to.

Len Parrott from Romford made a rare showing for the

| b5M Champs Medal table | | | |
|------------------------|-----------------|------------|-------------|
| M45 | T Tuohy | M Barlow | |
| M55 | R Pitt | S Parker | M Lippitt |
| M60 | L O'Hare | R Vialls | |
| M65 | D Williams | E Bartlett | M Morfey |
| M70 | J Aspinall | K Burnett | |
| M75 | C Collins | L Parrott | K Tuson |
| M80 | M Browne | | |
| W45 | P Major | W50 | J Gristwood |
| W55 | A Sanders-Reece | | |
| W75 | P Jones | | |

silver as dependable Ken Tuson took bronze.

Pam Jones is going well in the Ilford colours, like Steve Parker and 'the old' Steve Allen, who was a good second in the Walk. While Dave Jones has been seen now and again.

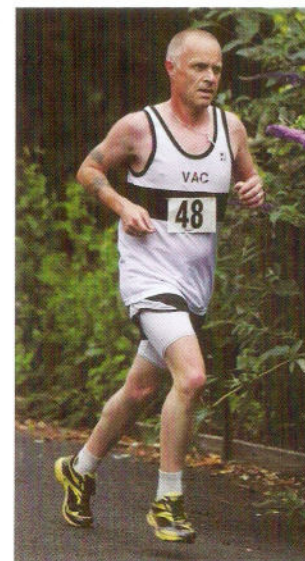
Champs buzz filtered right through the race so good times were made generally.

Tony Tuohy writes

I turned up on the 15th May for the first race hoping for a good test against someone like Richard Tomlinson, but in his absence ran a good solo race as 10k practice. I was quite surprised to run about 5.35 per mile for 4 miles and then actually pick up a bit for the last mile to record 27.50, only 8 seconds outside my PB. Having had three months out through the winter with a stress fracture I still hadn't been able to get back to any distance training so this run was very encouraging.

The 19th June race was the VAC Championship and I expected more opposition but again got things all my own way for another solo run, this time in 28.18. I think I'm going senile already though – I stopped after only 2 laps of the 3 lap race thinking I'd finished before being told to get on with another lap! It was bit tricky to get going again having already done a good finishing effort, but I got round with a probable actual running time just a bit slower than the May race.

I turned 50 on the 16th July so I'm hoping to be competitive in the new age group for a while before any slowing down occurs!



Gareth Cavell

Strength in the Walk

Fast Walk times were a feature of this series. With no judge to confirm the 35 and 36 minute figures, which caused some to be doubtful, then Ian Richards' 39:07 and Mark Easton's 39:53 in July set a high standard. While six strong men and true were sub 47 minutes.

Paul King and Dave Hoben completed all to date with five apiece, and both were faster than 2011. Then on fours came Steve Allen, our Barnet friend, just ahead of the Ilford Steve, Ron Powell, with a tight group as they say in rifle shooting, and Bernie Hercock.

Moreover the Walking group ensured break even against the charges, without recourse to entries in advance.

We wish them every good luck in the Euro Veterans.

3 July Battersea 5

Gareth Cavell of Woodford Green showed he is in good form, leading all the way, to be third in Table with 29:18. He has a son in the sport too which cant be bad at all.

He's pictured on the South Carriage Drive with the new surface; only the short west side has yet to be renewed.

Pippa Major was first woman again. But a new member, Nicola Hopkinson, from Ilford AC broke the ice to be third. Welcome voyager!

Ilford AC, whose members we are pleased to see, enjoy the Sport England Clubmark, which recognises them as a quality club. While on their website you can find an interview between John Batchelor and Pam Jones.

31 July

Conditions were nicely cool as quite a number bettered their times over earlier runs.

Pippa Major took the lead at once with a fast first lap; then she went on to her best of series 33:31. This means Pippa is equal first woman

continued on page 14



Joe Aspinall



Dramatic change in weather during the 10,000m

The 2012 Walk Champs: 10,000 VAC & Counties, and 5 Mile VAC



Know these men: Steve Allen (Ilford) left with Steve Allen (Barnet) right

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

| | | | | |
|-----------------------|-----|---------|-----|--------|
| 1 Steve Allen(Bar) | 55 | 55:32.3 | | Herts |
| 2 John Hall (Bel) | 63 | 55:48.6 | VAC | Middx |
| 3 Sean Lightman(SWC) | 69 | 59:57.7 | VAC | Middx |
| 4 Gary Smith(Herts) | 55 | 60:24.4 | | Herts |
| 5 Mick Harran(SWC) | 73 | 61:43.2 | | Surrey |
| 6 Maureen Noel(Bel) | W48 | 62:11.0 | VAC | Middx |
| 7 Chris Flint(SWC) | 66 | 62:57.4 | VAC | |
| 8 Dave Hoben(SWC) | 59 | 73:38.2 | VAC | Surrey |
| 9 Bernie Hercock(E&H) | 75 | 77:24.8 | VAC | Middx |

300mH: 1 David Barrington(KP) 71 64.7

3,000m

| | | |
|-----------------------|----|---------|
| 1 Tony Tuchy(Dul R) | 49 | 9:37.4 |
| 2 Dennis Williams(HW) | 66 | 13:50.0 |

Heavy Weight: Hamilton Thomas(Lewes) 75 13.37

Report

The thin entry may have ensued from the London Marathon being just before but as likely from the black rain clouds spreading darkness all around.

The county mustering most was Middx, four, while Herts and Surrey only had a brace apiece.

Two tall men, Steve Allen and John Hall, had a close set to before the younger man gained a 16 second lead late in the race. He produced a walk sprint, which is not as simple as in running, he told us. But John Hall 'ran' him very close for 8 years difference.

Sean Lightman came up as the Over 65 in fourth.

Maureen Noel had raced the Marathon three days before but took on Mick Harran like last year. She was just a minute and a half slower as Mick took the advantage, with Secretary Flint next.

The reliable pair of Dave Hoben and Bernie Hercock held station in the 70 minute band, undeterred by rain threatening.

Officials headed by Don Turner with the eagle eyed Walk Judge on hand had little difficulty in delivering a clean result.

In hurdles David Barrington made a clean solo run.

Walk 5M Champs, 19 June

Ian Richards was the first of 12 Race Walkers in search of a medal with 35:57.

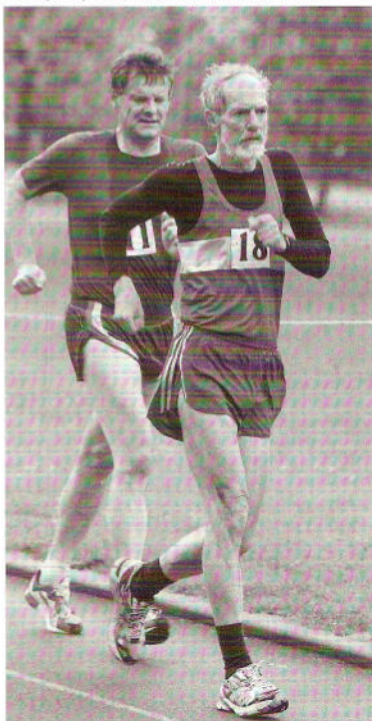
Second was Steve Allen(Ilford) on 46:10, his best time in the five.

Arthur Thomson, 76, was an excellent third in 46:22, the range he has kept from early 2010.

Paul King, 2nd 60, was near his best 50:39, achieved in the April VAC race.

That had been a good night for Ron Powell, Dave Hoben and Bernie Hercock as well.

Results have been promptly on website most times.



10,000: Steve Allen of Barnet bided his time behind John Hall(18)

Veterans AC Members ranked Road Table – Battersea Park 2012

| | 17 Apr 5.0M | 15 May 5.0M | 12 Jun 5.0M | 3 Jul 5.0M | | 17 Apr 5.0M | 15 May 5.0M | 12 Jun 5.0M | 3 Jul 5.0M |
|------------------------|----------------|----------------|----------------|---------------|---------------------|----------------|----------------|----------------|-------------------|
| T Tuohy(Dul R) | 49 | 27:50 | 28:18 | | M Marchant(Ton) | 63 | | 38:48 | |
| R Tomlinson(MM)4428:33 | | | | | M Lippitt(Trent) | 59 | | 40:39 | |
| G Cavell(WGEL) | 44 | | 29:18 | | J Aspinall(VAC) | 74 | | 41:26 | |
| M Barlow(Ton) | 44 | 30:09 | | | R H'merson(RR) | 70 | 37:47 | | |
| L O'Hare (Bar) | 64 | 31:08 | | | R Long(Serp) | 60 | 37:56 | | |
| R Pitt(THH) | 58 | 32:09 | | | D Williams(HW) | 66 | 40:32 | 38:17 | 39:31 40:43 40:04 |
| S McDuell(HW) | 47 | 33:17 | | | J Gristwood(ESM) | W53 | 41:56 | 40:45 | 41:47 41:37 |
| A Garnier(THH) | W57 | 33:31 | | | S Charlton(VAC) | 85 | | | 41:14 |
| P Major(THH) | W47 | | 33:47 | 33:45 | C Collins(VAC) | 75 | | 42:55 | |
| R Vials(Bark) | 60 | 34:31 | 33:57 | | P Jones(If) | W75 | | 43:03 | |
| A Sanders-Reece | W57 | | 34:57 | | C Collins(VAC) | 75 | | | 43:34 |
| R Green(WG) | 64 | | | 35:14 | E Bartlett(VAC) | 67 | 44:36 | 44:41 | 44:05 44:59 46:43 |
| I Mursell(VAC) | 60 | | 35:22 | 36:16 | L Parrott(Hav) | 76 | | 47:19 | |
| S Parker(If) | 56 | | 35:37 | | M Morfey(VAC) | 68 | | 48:46 | 48:08 |
| C Jones(ESM) | W55 | | | 35:55 | K Tuson(VAC) | 75 | 49:12 | | 48:36 48:09 |
| D Betts(HW) | 62 | | | 36:13 | R Pit-Knowles(Soak) | 79 | | 52:42 | |
| A Purnell(HW) | W49 | | | 36:46 | Kevin Burnett(SOC) | 72 | 55:17 | 54:12 | 54:41 |
| D Hinds(Serp) | 61 | | | 38:09 | Michael Browne(VAC) | 81 | | 58:07 | |
| N Hopkinson(If) | W49 | | 38:21 | | | | | | |

Veterans AC Members ranked Race Walk 5M Table 2012

| | | | | | | | | | | | |
|---------------------|-----|-------|-------|-------|---------------------|--------------------|-------|-------|-------|-------|-------------|
| Ian Richards(Stey) | 64 | 39:07 | 35:57 | 36:22 | Paul King(Bel) | 61 | 50:39 | 51:18 | 50:59 | 52:19 | 51:04 |
| Mark Easton(SWC)49 | | | | 40:10 | 39:53 | Chris Flint(L Vid) | 67 | 52:46 | 50:14 | | 51:28 |
| Peter Ryan(If) | 58 | 43:36 | 43:07 | | Maureen Noel(Bel) | W45 | | 50:38 | | | |
| Steve Uttley(If) | 55 | | | 43:50 | Sean Pender(EH) | 59 | | | | | 51:27 |
| John Hall(Bel) | 63 | | | 44:10 | Ron Powell(E&H) | 76 | 55:02 | 55:06 | 55:20 | | 55:07 |
| Steve Allen(Bar)(g) | 55 | 46:20 | 45:36 | 45:34 | 45:34 | Dave Hoban(SWC) | 59 | 57:34 | 58:00 | 59:10 | 58:44 56:10 |
| Steve Allen(If) | 54 | 48:39 | 46:10 | 46:14 | Dave Delaney(SWC) | 69 | | | | | 57:12 |
| Arthur Thomson(EH) | 76 | | 46:22 | 46:16 | Bernie Hercock(E&H) | 76 | 63:41 | 63:36 | 66:10 | | 63:56 |
| H Middleton(EH)(g) | W45 | | 47:14 | | Kevin Burnett(SWC) | 72 | | | 64:15 | | |
| Peter Hannell(SWC) | 69 | 49:45 | 49:52 | 50:56 | 50:06 | John May(SWC) | 81 | | 66:35 | | |



Left, Mark Easton has been in form. Above, Dave Betts is in the Olympics too.

Right, Olympics Women's Marathon passes St Pauls

VAC Track midweek



Harris from Hadmon in 200m straight

VAC Track with Serpentine RC, Batt 11 Apr

100m no times recorded

| | |
|---------------------------|-----|
| 1 David Harris(HW) 38 | n/a |
| 2 Michael Hadmon(Serp) | n/a |
| 3 Tom McKelvey(Serp) | n/a |
| 4 Richard Taylor(Serp) 36 | n/a |
| 5 Tony Silverman(Serp) 55 | n/a |

Race 2

| | |
|-----------------------|-----------|
| 1 Phil Bell(Harr) 58 | 13.3 |
| 2 Tim Carter(VAC) 59 | 13.4 |
| 3 Cliff Hide(Serp) 60 | 14.580.7% |

Age graded data by Serp RC

Race 3

| | | |
|-------------------------|-----------|-------|
| 1 David Hinds(Serp) 61 | 14.8 | 79.5% |
| 2 Al Sowden(High) 71 | 15.8 | |
| 3 Hel James(Serp) W59 | 16.183.3% | |
| best of day | | |
| 4 Paul Williams(VAC) 54 | 27.0 | |

200m

| | | |
|---------------------------|------|-------|
| 1 David Harris(HW) 38 | 26.4 | |
| 2 Michael Hadmon(Serp) | 27.0 | |
| 3 Tom McKelvey(Serp) | 29.0 | 70.2% |
| 4 Richard Taylor(Serp) 36 | 31.0 | 65.1% |
| 5 David Hinds(Serp) 61 | n/a | |

Race 2

| | | |
|-------------------------|------|-------|
| 1 Tim Carter(VAC) 59 | 28.3 | |
| 2 Al Sowden(High) 71 | 35.0 | |
| 3 Hel James(Serp) W59 | 35.2 | 79.6% |
| 4 Paul Williams(VAC) 54 | 60.0 | |

300m

| | |
|----------------------|------|
| 1 David Harris(HW)38 | 41.7 |
| 2 Phil Bell(Harr) 58 | 45.0 |

400m

| | |
|------------------------|------|
| 1 David Harris(HW) 38 | 58.8 |
| 2 Michael Hadmon(Serp) | 64.0 |
| 3 Rich Taylor(Serp) 36 | 70.0 |

| | | |
|------------------------|--------|-------|
| 4 David Hinds(Serp) 61 | 74.0 | 71.9% |
| 5 Paul Williams(VAC) | 3:04.0 | |

800m

| | | |
|----------------------------|--------|-------|
| 1 Rich Taylor(Serp) | 2:30.2 | 68.1% |
| 2 Mike Mann(Dul R) 60 | 2:30.8 | |
| 3 And Sdrs-Reece(Morn) W56 | 2:53.6 | |

1500m

| | | |
|--------------------------------|------|-------|
| 1 Robert Wintermute(Lon FR) 54 | 5:12 | |
| 2 Mike Mann(Dul R) 60 | 5:15 | |
| 3 Rich Taylor(Serp) 36 | 5:16 | 66.7% |
| 4 Andrew Roberts(Serp) 59 | 5:42 | 76.1% |
| 5 Sanders-Reece(Morn) W56 | 6:02 | |

5.000m

| | | |
|-------------------------|-------|-------|
| 1 Craig Martin(Serp) 27 | 16:17 | 77.5% |
| 2 Darren Over(Serp) 39 | 19:0 | 66.4% |
| 3 Rich Taylor(Serp) | 19:23 | 66.9% |

Percent ratings in *italic* supplied by Serpentine RC show how well Hel James and David Hinds did .

Throws

| | | | |
|-----------------------|-------|--------------|------|
| Mary Davies(Serp) W35 | 27.83 | <u>42.0%</u> | 7.55 |
| Brian Harlick(E&E) 70 | 31.93 | | 9.60 |
| Kevin Burnett(SOC) 73 | 18.38 | | 6.39 |
| Tony McGahan(Serp) 60 | 23.30 | <u>37.8%</u> | 8.00 |
| David Harris (HW) 38 | | | 6.56 |
| David Hinds(Serp) 61 | | <u>37.3%</u> | 6.61 |

Hammer

Shot

Apologies were made for lack of a time keeper on part of VAC which was understood kindly by Serpentine.

Four clear wins by David Harris were a good night's work, as were Richard Taylor(Serp)'s six runs.

Gibson points: 20 Harris, 10 Bell, Sowden, 9 Hinds, Carter, 3 Hide.

Rosenheim League 2 May Kingston

100m

| | | |
|---------------------|------------|-------------|
| | <u>age</u> | <u>time</u> |
| 1 Mark Cook(G&G) | 45 | 13.5 |
| 2 Steve McDuell(HW) | 47 | 13.9 |
| 3 Mark Butler(E&E) | 51 | 13.9 |
| 4 Cliff Hide(Serp) | 60 | 15.0 |

200m

| | | |
|---------------------|----|------|
| 1 Mark Cook(G&G) | 45 | 27.3 |
| 2 Steve McDuell(HW) | 47 | 29.8 |
| 3 Cliff Hide(Serp) | 60 | 31.1 |

Gibson points Cook 3& 6 = 9, McDuell 6&4 = 10, Butler 5, Hide 4&5 = 9. Conditions cold. Top marks day as Mark Cook won and Mark Butler got a run in before his Olympics stint.

6 June West London Stadium

Race Walk 3,000m 1 Francisco Reis 50 14:30:63, 2 M Noel(Bel) W45 17:53:55, 3 C Flint(SWC) M65 18:40:16, 4 S Pender(E&H) M55 19:12:91

100m Race 2: 3 Andrew Gordon 37 12.3. Race 3: 1 Nick Lauder 42 12.8, 2 Rob Allen 50 12.89, 3 A Ross(G) 60 13.33, 4 Sholto Douglas-Home 49 13.69, 8 Phil Bell 50 14.77. Race 4: 2 Chris Griffith 35 14.23, 4 Alan Perry 60 14.75, 5 Cliff Hide 60 14.76. **200m**, Race 3: 6 Milton McIntosh 46 26.99, Race 4: 1 Lauder 26.40, 2 Ross(G) 26.52. Race 5: 2 Griffith 36 29.01, 4 Perry 31.04.

800m Open Race 1: 3 Noel Hall 50 2:15.68, 8 Lisa Webb W46 2:31.36, Race 2 Milton McIntosh 45 2:30.41.

3,000m 12 Tony Pamphillon 53 10:08.53, 22 Andrea Sanders-Reece W56 12:22.93. This was a full Open Mtg organised by Thames Valley Hs.

Gibson Cup Handicap Points after July

24 D Harris, 20 C Hide 15.5 A Perry 11 P Bell, N Lauder 10 A Sowden S McDuell
9 C Isetts, T Carter M Cook, D Hinds

mid week Track continued

11 July Willesden Sports Centre

Race Walk 3000m 1 Reiss 14:08, 2 Steve Allen(Bar) 15.38, 3 Richard Wild(Manx H) 16:16, 4 P Hannell 17.40, 5 C Flint 18:31, 6 D Hoben 20.36.

100m R2 2 Rohan Samuel 11.83. R3 1 David Harris 12.48, 4 Stuart White 13.39, 5 Paul Wignall 14.11, 6 Chuck Isetts 14.59. R4 1 Perry 14.52, 2 Cliff Hide 14.63, 3 Mike May 15.59, 4 Michael Stainton(Serp) 15.72. R6 2 Rohan Samuel 11.70,

200m R2 3 White 27.09, R3 1 Wignall 29.11, 2 Hide 29.95, 3 Isetts 30.11, 4 Perry 31.41, 5 May 32.65.

400m R1 Stainton 61.06.98. R2 1 Harris 57.96, 2 White 61.05.23.

3,000m 1 L Webb 11:32.1, 2 Sanders-Reece 12:14.38

Gibson: 9 Isetts, 7 White, Hide, Perry, 4 Harris, Wignall, 3 May, Samuel

8.5 C Griffith, 7 S White, 5 M Butler 4.5 A Gordon, 4 P Wignall 3 M May, M McIntosh, R Samuel, 2.5 S Douglas-Home 1 Rob Allen.

Olympics Story from p15 seems to be an integral part of the presentation of high profile athletics events nowadays. We would rather have some intelligent commentary, or even silences, but maybe we are showing our age.

The action started at 7pm, full-on into the heptathlon shot, women's discus and 100m heats. This was followed by the men's long jump and 1500m heats and the 200m of the heptathlon.

Every British athlete attracted massive cheers. It was especially fantastic to see Jessica Ennis performing in 200m, on her way to her wonderful gold medal.

It was good to see up-and-coming Ross Murray in 1500m, backed up by an old favourite, Andy Baddeley.

But the highlight of the evening was the women's 10,000m. The African women were awesome, but it was

also a delight to see Jo Pavey and Julia Bleasdale mixing it with them, only falling off the pace with six laps to go when the Africans changed gear. Even then, they didn't lose touch. The crowd gave them the loudest, craziest support on on each and every lap.

Tirunesh Dibaba of Ethiopia, the defending champion, and still only 26, blazed away from Kenya's Sally Kipyego and Vivian Cheruiyot to win emphatically with a time of 30:20.76. Jo, a vet at 38, sprinted away from Julia on the run-in to finish in a PB 30:53.20 with Julia on 30:55.63. They finished a magnificent 7th and 8th behind five Africans and a Bahraini. Then it was rewarding for the crowd to see Jo and Julia carrying the Union Flag round the track.

It finished around 10.10pm. Despite the huge numbers of spectators it was simple to

leave the stadium and walk back to West Ham, a massive, slow-moving, patient, good-humoured crowd snaking through the night. Those volunteers were on their step ladders, saying goodbye and telling us they loved us all. We made the last train with ease.

The whole experience of going to the Olympics was fantastic. Our abiding memories will be of vast numbers of good humoured people, adults and children, many supporting Team GB, gathering together to enjoy the best in athletics and other Olympic Sports, the great achievement in creating the Park and in running the whole Olympic event with such great efficiency, effectiveness and good humour, and finally the great performances by our wonderful athletes.

Maggie and Martin

Road continued from p8

with Anna Garnier in VAC table. This was only the second time a woman won this race outright, since Carol Bowker in '07.

Roger Green, of Woodford Green, was first man by a minute from Dave Betts, both in 60 class. This is the dominant group, faster than 50 and 55, and having more runners.

Hercules' Dave Betts produced a sprint finish to hold off Ian Mursell as the gold-red club owned three. Dave will be a lead motor cyclist in Olympics marathon, we hear.

Two new lady members were Carol Jones, of Ealing, third, and Alison Purnell, both making good beginnings.

You might think newcomers would run more often to get to know it but in fact it's old connoisseurs like Dennis Williams and Ed Bartlett, with five apiece, who keep on coming.

We acknowledge Tom Richards and Karl Lawton as our trusty main Officials.

Les Brown Attendance trophy

9 J Aspinall

7 K Burnett, D Williams, D Hoben, C Flint

5 B Hercock, E Bartlett, Peter Hannell, P King

4 A Sanders-Reece, R Powell, C Hide, K Tuson, J Gristwood,

3 S Allen(Ilford), P Bell, J Hall, M May, M Noel, I Richards, K Lawton and thirty more

Horwich and BMAF 5K 17 June

| | |
|---|--------|
| 1s Man Chris Fell(Ross'dale) | 15:51 |
| 1s Woman Sara Harris(L Eaton) | 17:15 |
| [M45 3 Roger Alsop(HHH) | 16:22] |
| M70 2 John Batchelor(Ilf) | 20:32 |
| M75 2 Ed Simpson(Overton) | 23:21 |
| W75 1 Pam Jones(Ilf) | 26:23 |
| Recession was biting hard as only four travelled north, against 12 last year. | |

Wit and wisdom of our Man in a Black Cab

"Football ain't an Olympic sport anyway.....those tossers don't strain every fibre of their body for one moment.....4 years of graft, sacrifice, won't see an Olympic athlete pissed up in some night club.....ever"
"Having missed the track cycling, just seen it on catch up.... Team GB are absolutely stunning...what an inspiration to anyone doing sport at whatever level.....I reckon football, tennis etc could learn a lot from these guys 'n gals.....the way they prepare for the big stage...awesome".
"Team GB warming up nicely.....Hoy and the lovely Pendleton to go later"
"Why weren't our rowers given the choice of

lanes....they had wasted time.....cost them the gold"
"Glover/Stanning.....awe-some....Team GB is off and running".

"Forget the hype and the pressure Team GB...settle down and do what you're good at.....what got you here.....them golds 'll come"

From Facebook

News in brief

Epsom 10 on 18 Nov will be as last year, we're told. So expect entry form in next Newsletter, October, for the long lasting character race.

And some character runners if there are any around.

Correction wanted: I think that I beat the M60 Discus record at the 2010 Champs with 40.47m. Tony Richards

International

Stormont Park, seat of Northern Ireland government, is a few miles out of Belfast. N Ireland VAA organise a strong event.

- English candidates apply by 29 Sept to Charlie Dickinson, at 20 Broadhinton Rd SW4 0LU, for selection on 6 Oct.
- Pdf Form is from website bvaf.org.uk - Fixtures - International, with Criteria. Download, print, complete and post to Charlie by 29 Sep, and, as backup since Charlie could be in Canada, also to hemming@dircon.co.uk
- If not online ask Editor to post form.
- It's best to claim recent data such as: CC Bath, Derby T&F, Horwich, VAC track 10,000, and recent 10Ks, for men. Also comparative performances against other candidates.
- Expect strong competition for a place with possible exception of older women
- Give yourself best pitch on paperwork.

Olympics story

by Maggie and Martin of Holland Sports AC

Along with millions of others we enthusiastically applied for tickets – not just for athletics but for other events like diving, swimming, track cycling, artistic gymnastics and BMX cycling. The potential impact on our finances if we actually got all of them – despite going for the cheapest ones – didn't bear thinking about. But, we told ourselves, this was, after all, a once-in-a-lifetime opportunity and, besides, we might not get all the tickets we'd applied for.

In the event, warnings of massive public demand made us very nervous about whether we'd actually get any tickets at all. We waited and waited. Finally we discovered that we'd been debited by the organisers, but only enough for just one event. Which one? Bound to be diving, we said. But to our delight we found that we had been allocated tickets for the first evening session of athletics, with two rounds of the heptathlon, the women's 10,000m final and heats of 1500m. We had a full year to relish our good fortune.

The big day came. With eager anticipation we caught the train to Victoria and – to avoid congestion at Stratford – a tube to West Ham. The large crowd that left West Ham to make its way along the footpath to the Olympic Park was happy and enthusiastic, spurred on and encouraged by the army of games volunteers dressed in their purple and red kit, some like beach lifeguards sitting high on step ladders with megaphones cheerfully wishing everyone a good time.

At the Olympic Park we found that we had to go through airline-style security checks before entering, but unlike at airports the process was streamlined, efficient, and friendly. Inside, the Park was vast, with signposts advising 10, 20 or even 30 minute walking times between venues. There were huge crowds – we learnt later that there had been 221,000 people there. Simply moving around the Park was difficult. It was like a rush-hour station concourse magnified to an

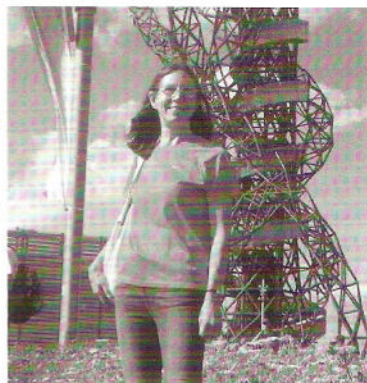
huge scale. But ultimately it was deeply impressive to see so many people, all so happy and good-humoured, and so many flying the flag for Team GB.

It was a marvel that such a wonderful park, with all its arenas and walkways, had been created from a derelict and contaminated east London site. Even the River Lee and its tributaries had been transformed and tastefully exploited to form a natural feature. Hillides were bedecked with meadows of wild flowers – colourful drifts of beautiful cornflowers, daisies and marigolds grew wild.

But the Olympic Park also had something of the atmosphere of a sporting theme park, an impression reinforced by the presence of high profile corporate sponsors Coca Cola and McDonald's (four restaurants, including one claimed to be the largest McDonald's in the world!). Fortunately, there were alternatives, although there were long queues everywhere for food and refreshments.

The time came to take our seats in the Olympic stadium. This was a magnificent arena, full to the brim with some 80,000 people. We'd been walking through the park keeping an eye out – rather optimistically perhaps – for people we knew. Amazingly, we found ourselves two seats away from two friends from Striders of Croydon.

We were high up in the cheapest seats, yet had great views of the entire track and were in the best place to see the shot and long jump. The atmosphere was fantastic and we took part in the surprisingly rousing Mexican Waves. The only real negative was the incessant high-energy pop music which >p13





5,000 start at VAC Champs



www.vetsac.org.uk

VAC T&F

15 Aug VAC Track Battersea Park 7pm
100, 1 Mile, 200m, 5,000m, 400m inc McLean
O60 Cup. 7pm Hammer foll by Shot

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

5 Sep 10,000m Champs Battersea track

6.30pm. 2 / 3 races. Recorders required

9 Sep Inter Area match SOLIHULL for VAC
team apply p.bell5@sky.com

27 Oct 5K Road Walk Champs Bexley (Cam Hrs)
2pm

10 Nov 7M Road Walk Champs, Enfield (E&H AC)
1pm

VAC distance: Road and CC

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

7 Oct Perseverance 10K Champs incpg VAC Champs
WIMBLEDON PARK – £300 voucher prizes; see
also herculeswimbledonac.org.uk

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

13 Oct SURREY VETERANS CC

27 Oct East Surrey Leag CC LLOYD PARK

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

18 Nov EPSOM 10M with VAC Champs: form Octbr

20 Nov Surrey Leag IV ROUNDSHAW DOWNS 3pm.

24 Nov South of Thames 5M REIGATE PARK tbc

15 Dec South of Thames Champs RICHMOND tbc

12 Jan Surrey League IV CRANFORD 2.30pm

19 Jan VAC Champs M&W WIMBLEDON 2.30pm

9 Feb Surrey Lg Div IV WIMBLEDON COMMON
hosted by VAC

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

16-25 Aug Euro Vets T&F ZITTAU et al

7 Oct Half Mara KIRTKINTILLOCH Glasgow

14 Oct 10K Road ASHFORD Kent

10–11 Sep Decathlon, Heptathlon HORSPATH Oxon

28 Oct 10M TIPTREE Essex

16 Oct Marathon ABINGDON Oxon

10 Nov International CC BELFAST see p14.

17 Nov CC Relays DERBY tbc

19-24 Mar Euro Vets Indoor etc SAN SEBASTIAN

24-26 May Euro Vets Non-stadia UPICE Czech'kia

16-27 Oct 2013 WORLD Games Brazil Porto Allegre

Officials for T&F Champs

Technical officials have been mailed.

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

Call Ros Tabor 0207 7012546 or Bob Belmore

Other veteran

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

15–16 Sep KENT Vets T&F & Open; enter online at
KCAA. Sec B Ferguson 18 Bearsted Rise, SE4 1RQ

Meet directions and details

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

VAC N/L August 2012

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Print & mailing Wellington Press, Sutton