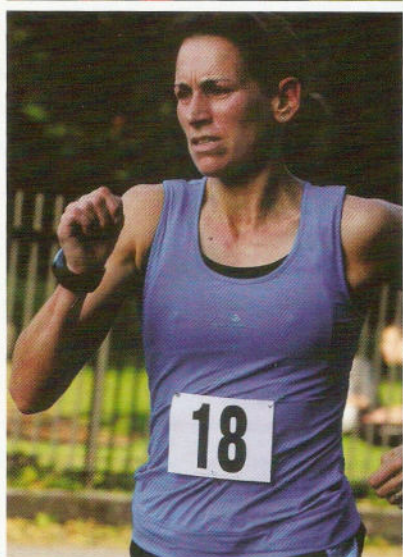
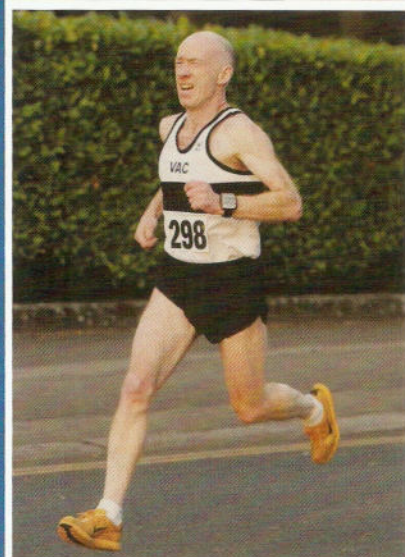
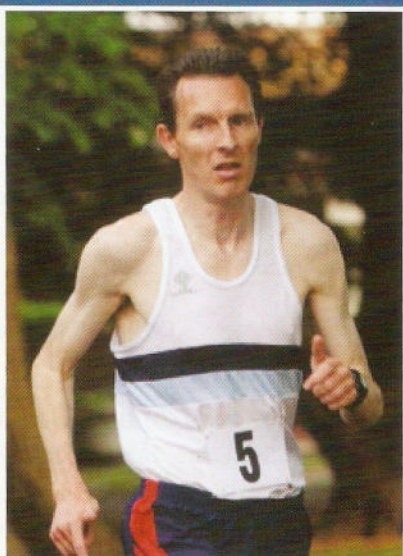
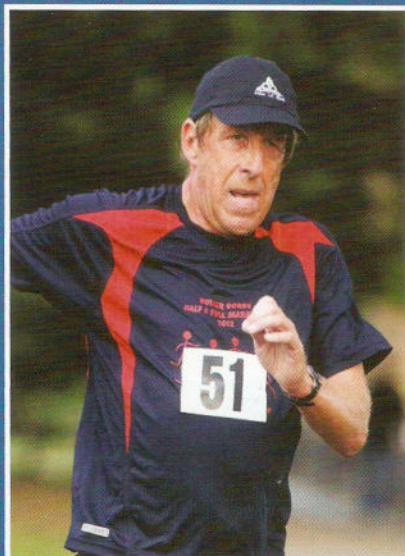


# Veterans Athletic Club

## Newsletter August 2013



Above L-R: Peter Ryan(51),  
Stephen Philcox, Victoria Carter  
and Tony Tuohy(298)  
p2 AGM and Officers  
3 News & Views

4/5 Road 5M report  
6/7 Inter Area Solihull  
8 Inter Area continued  
9 Lee Valley Inter Area

10 Perseverance 10K form  
11 Race Walking  
12 Fixtures  
Enc: T&F Enter form

## Current Officers of the Veterans AC

President	Michael May	
Committee Chair	Dennis Williams	<dennis.williams@hotmail.com>
General Secretary	Dennis Williams	020 8543 6112
Treasurer	Mike May	mike.may@blueyonder.co.uk
Membership Sec	Peter Kennedy	pkennedy@datchet.plus.com
Track & Field Sec	Phil Bell	p.bell5@sky.com
Officials Sec	Ros Tabor	0207 701 2546. ros@28kerfield.freesevice.co.uk
Road Running Sec	Jeremy Hemming	hemming@dircon.co.uk
Cross Country Sec	<i>vacant</i>	
Surrey League Manager	Paddy Clark	paddyclark@hotmail.com
Walking Sec	David Hoben	david.hoben@mottmac.com
Newsletter, Press Officer	Jeremy Hemming	hemming@dircon.co.uk; 020 8871 9989
Minute Sec	Ros Tabor	
Delegate to Federation	Michael May	
Website manager	Mike Peel	mike@mikepeel.co.uk
Clothing supplier	Douglas Maughan	info@douglassports.co.uk
Auditor	Simon Ingall	

### **Notice of Annual General Meeting of Veterans AC**

7pm Thurs 12 September 2013, at 1901 Arts Club, 7 Exton St, London SE1 8UE

#### Agenda

- Item 1 Minutes of 2012 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 from 1 Oct to be £18 plus applicable EA fee
- Item 6 Appointment of President. Nomination of the Committee is Phil Bell

<p>Item 7 Election of Officers:</p> <ul style="list-style-type: none"> <li>• Membership Secretary</li> <li>• Cross Country Secretary</li> <li>• Track &amp; Field Secretary</li> <li>• Road Running Secretary</li> <li>• Newsletter Editor and Press Officer</li> <li>• Entries Secretary</li> </ul>	<p>The following are understood to remain in Office:</p> <p>General Secretary, Treasurer, Membership Secretary, Race Walking Secretary, Officials &amp; Minutes Secretary, Surrey League Team Manager, and BMAF Delegate</p>
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- Item 8 Election of Vice Presidents. D Hoben, P Kennedy and C Flint are nominated
- Item 9 Confirmation of Auditor, S Ingall
- Item 10 Any other business
- Item 11 Date of next meeting.

# News and views

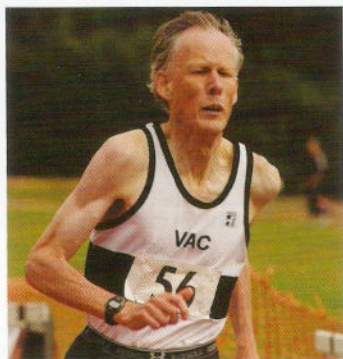
Peter Kennedy, Secretary for **Online Systems**, advises:

The AREG system is live so members can put in their details there, and hundreds of people are doing subs and entries that way.

However no one is forced to use the new system; paper will still do the job.

Naturally there have been glitches but happily Peter is doing all he can with the issues.

The hope is, there could be more legs on starts down the line.



*Peter Kennedy*

The VAC T&F Champs are open to BMAF registered vets; specially for the BMAF and World T&F dates in September. It could help the club when VAC entries may only be average and there is the cost of Photo Finish.

Members may like to encourage friends in BMAF to enter. For those travelling Battersea is very central and it has a new surface.

Road has held up well and Tony Tuohy is again top o'the table, with 27:40, the best time for 5 years.

The Gibson Cup, for points on handicaps, is not being awarded because there haven't been mid week events. It's suggested that instead of traditional judgement handicaps ratings against best in age group could be calculated.

## Surrey League

### Statement by Paddy Clark

I'm taking over for the time being the Vets AC team management for the Surrey League from Bob Belmore, who's been having a run of poor health. It's only a small part of what Bob's been doing over the years for Vets, and the tasks that need to be picked up in his absence serve as a reminder of the gratitude the club owes him.



Our turnout in the leagues has fallen off in the last couple of years, so let me take this opportunity of reminding you of the benefits to be had from these Saturday afternoon outings. They're well-run, hassle-free races with no entry fees, and with most of them you can get quite a decent tea afterwards if you want. They're held on days when basically nothing else is happening so they provide a good alternative to sitting around watching another sport.

For those who want a fast run, there's some useful competition at the front, particularly as the races are run jointly with Division 3, but for those who've slowed down a bit there's still a fair amount of company near the back. There's the added bonus of a good chance of ending up in Jeremy's online picture gallery.

Unfortunately there can be a problem for second-claim runners. If your first-claim club competes in the Surrey League, you can only run for them, not Vets. We've tried to get this rule changed, but to no avail so far.

The first Surrey League is at Lightwater on October 19 at 3pm. I'd like to be able to put in the team declaration ten minutes before the start, particularly if I'm running myself. Hope to see you there.

My phone is 01428 682064, mobile 07929 723508 (preferably for use only on race day) and email is PaddyClark@hotmail.com

The Attendance Trophy is also dead in the water, in the absence of Bob. Is there anybody to take that on because it is a nice trophy and credits every runner and official.

No CC Sec till the AGM is serious but a new captain might consider changing the course and attracting more runners.

Our Road races haven't been on Power of Ten, because, Steve Smythe tells us, they only list races with a Run Britain licence, which would be a cost. So, as Carol Jones found, when you get a PB at VAC 5 it does not get marked up. Concerned members can make their point to Secretary Dennis Williams, for the Committee to discuss.

### Editor Vacancy

I am relinquishing my post as Editor in the near future. I may have done it far too long but for me it's been a grand journey. I also appreciated working with Bob Belmore. His knowledge of the sport was far reaching and he was willing to come to my place for joint sessions or talk on the phone any time.

That's a tip for the next Editor – get a peer pal. So he or she can peer at your work!

I must acknowledge a computer bought for me by the club from EBay. It was a long process but the IMac is an advance and seems to have been a good buy. Many thanks.

## 18 June 5M Champs

New name Stephen Philcox did not wait for a lead on his first run; he came past 10 yards ahead of David Symons and increased his lead to half a minute at the end.

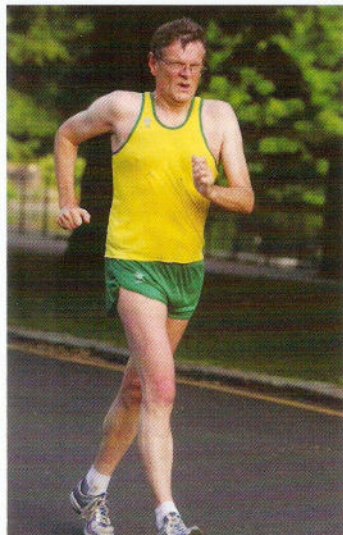
Stephen, 47, has been running and winning a large number of Park Runs and in road races in Essex such as Southend 10K Classic as first veteran.

David Symons, 44, has also enjoyed success in Park Runs and was third, first veteran, in a marathon in Cologne, not to mention tenth in Surrey League Div 1 last season.

The next two places were filled by Ravens. Their club was founded by City insurance men, who naturally sport a raven on black and white colours. That was Simon Phillips and Rupert Holden, both M45, and we hope to see them again.

First lady was Victoria Carter of Serpentine, who took the high place of fifth in the race. She had won at Edinburgh Half Marathon, and other races such as the Last Friday 5K. Running alone she clocked 32:11, similar class to that of Bernie Pritchett in 2011.

Essex influence burned on as



*Race walker Steve Allen of Barnet*



*Dennis Williams, Richard Hammerson, Martin Wilson and Nicola Hopkinson coming up on the shaded side*

Stephen Parker of Ilford took 1st 55 in 6th place.

But the west side story was consistent Carol Jones in 7th place for 2nd lady and W55 gold.

Older men came up when Peter Crowhurst from Brighton was a strong first 60 in 9th.

Then ever present Alan Davidson was first 65.

Pursuing him was Maggie Statham for first W60, and the third Ilford, Rob Sargent. Maggie holds good form without a heavy strike rate.

Then incredibly the four pictured above seemed to like their own company; they stayed in the same block, finishing in places 14 to 17. You couldn't make it up.

Championship pace spread right down the race so that many gained a quicker time, such as Carol Jones, Peter Crowhurst, Dennis Williams, Alan Davidson, and Reading Road's Richard Hammerson. Brian Shave, second oldest to RPK at 80, took a silver.

## 7 May

David Kitcher made a well timed reappearance here to run out winner by a whole minute as older athletes dominated.

Local resident and educationalist Ian Mursell keeps up annual presence and lead the 60s.

Two mid 70 rivals had a scrap when Cliff Collins, for Ireland, clashed with Joe Aspinall, the Scottish mountain man. The Irish prevailed but only by seconds.

## 16 April

It was a time trial for Tony Tuohy who flew round in 27:40. That was race best time for five years and his own pb of two. His Indoor races and close 2nd in VAC CC Champs led up to this powerful show.

If there was a prize for most level series then Maureen FitzGerald, an Emerald one, would likely get it. Best of three came early for Edwin Bartlett, from Kent. He must have longevity genes, as a lasting member for more than a decade.

Attendance Trophy was presented to the clear winner Joe Aspinall,.

# Battersea 5M

23 July

After the heat wave had passed its peak the Park was much less in use but a pleasant evening was enjoyed, albeit with slower times, and with a distinct Essex flavour.

Victoria Carter, on a training run, was the first lady race winner since Carol Bowker in 2007.

Paul Browning gained a lift in the Table of three places.

While a new name, John McKim from Ealing, came in as third 45 in series.

Against the trend Ian Mursell was quicker by half a minute.

Like Malcolm Legg, who seems none the worse for a move to Essex.

Ninth finisher, Mick Harran set a challenge to Cliff Collins, first 75 in the series.

Maureen FitzGerald improved about a minute for her best to date 44:19. Cool!

While regular Ken Tuson made the trip from distant Clacton.

## Obituary: Jack FitzGerald

Jack was a pillar of veterans athletics. When Sylvester Stein founded *Veterans Athletics* paper in the '80s Jack was his right hand man and source of knowledge on the sector.

Under Jack's direction the first BMAF Half Marathon enjoyed an entry unthinkable today, in four figures. While locally he organised the Mitcham 25k races, for his old club.

As competitor he was winning VAC M70 class at Battersea 5 in 1993 off 38 mins. while in his 60s he ran the London Marathon in 3:20.

Recently he had to change to the Walk to keep competing, until a few years ago.

Jack was modest to a fault, seldom speaking of his war experiences in the RAF for instance.

But he found huge satisfaction in working for athletics. In that sphere his personal qualities of clear thinking, allied to great vigour and sense of humour, enjoyed full opportunity and respect.



# Road Races

*This post race group was Martin Wilson, Maggie Statham and Cliff Collins*

**Battersea Running ranked Table 2013**

	16 Apr	7May	18 Jun	23 July
Tony Tuohy(Dul R)50	27:40			
Stephen Philcox(If) 47			28:04	
David Symons(THH) 44			28:31	
Simon Phillips(Ravens) 48		29:47		
Rao Mansukhani(Serp) 42	29:49			
David Kitcher(Cam H) 55		31:37		
Victoria Carter(Serp) W41			32:11	32:37
Paul Lemmon(Heath) 50		32:47		
John Batchelor(If) 72	34:57	34:22		
And Sndrs-Reece(Morn) W57		34:50		
Tom Morris(HW) 54		35:14		
Carol Jones(ESM)W55	36:26	36:30	35:13	36:50
John McKim(ESM) 48				35:17
Paul Browning(VAC) 53	36:05			35:22
Philip McCubbins(Serp) 54	36:57			
Peter Crowhurst(B&H) 63	36:57	38:09	36:00	
Ian Mursell(VAC) 61		37:04		36:32
Alan Davidson(Liss) 65	38:27		37:12	
Maggie Statham(Holl)W60			37:23	
Rob Sargent(If) 55			37:50	
Dennis Williams(HW)67	41:58	40:53	39:32	42:11
Rich Hammerson(RR) 71		40:52	39:41	
Martin Wilson(ESM) 62			39:53	
Nicola Hopkinson(If) W50			39:54	
Geo Wallace(VAC) 57		41:39		
Walter Wessely(WSEH) 66				42:30
Joe Aspinall(VAC)74	42:55	42:43		
Julia Gristwood(ESM)W53	--			
Cliff Collins(VAC) 75		43:17	42:50	43:26
Malcolm Legg(VAC)70	43:44	44:13		42:51
Mick Harran(HHH) 75				43:14
Julia Gristwood(ESM) W54				43:49
Maur FitzGerald(TVH)W70	45:08	45:36	45:23	44:19
Ann Bath(26.2) W64				45:47
Ed Bartlett(VAC)67	45:49	49:55	47:36	47:05
Brian Shave(Read)79			48:44	
Ken Tuson(VAC) 74				52:16
Peter Torre(Serp) 71	55:54			
Rich Pitcairn-Knowles(S'oak)80			56:50	
Kevin Burnett(SOC)73			58:32	
<b>Totals</b>	<b>14</b>	<b>16</b>	<b>24</b>	<b>14</b>



**Lisa Webb won the 1500**

## Inter Area Match Solihull 21 July 2013

24 members responded to the call for the Match near Birmingham. Relative coolness blessed the ever growing competition, where more area clubs took part such as a raid by the Welsh Masters. Proof of the standard was that British records were set.

VAC did well on Track with six wins but had few members in the Field.



**Alwyn Lombard**



**Cara Oliver**

Lisa Webb W35 1500 1  
5:04.58

Rachel Waters W35 100 3  
14.34. 200 5 30.24.

Cara Oliver W35 400 2  
68.02. 86.23.

Anna Critchlow W35 3000 1  
10:43.27.

Joan Trimble W50 100 4  
14.79. 200 5 31.47.

Ann Bath W60 800 4  
4:00.78. 1500 7 51.68. 3000  
4 16:17.37.



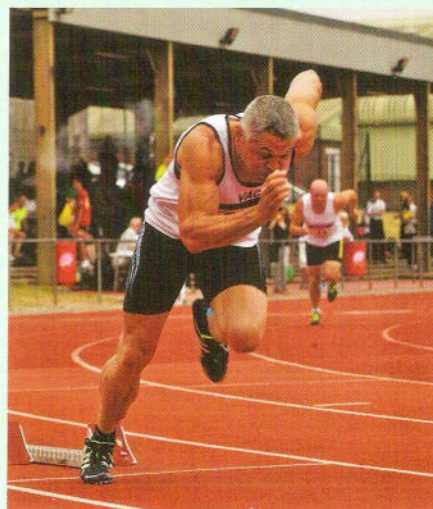
**Frank Hudson**

### Match Result

**Match** 1 Midland M 505.5,  
2 Southern Counties 423,  
3 Wales 417.5, 4 Eastern  
361, 5 Vets AC 245, 6  
South West 82, 7 N  
Ireland 46.

**Men** 1 MM 284, 2 Wales  
241, 3 SCV 216, 4 VAC  
180, 5 EVAC 149, 6 SWV  
82, 7 NI 46.

**Women** 1 MM 221.5, 2  
EVAC 212, 3 SCV 207, 4  
Wales 176.5, 5 VAC 65.



**Mike Vassiliou, 400 gold**



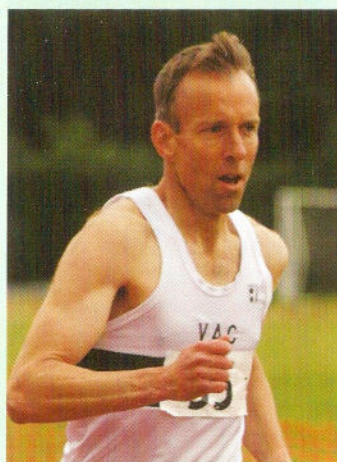
**Anna Critchlow**

Alwyn Lombard M35 110mH 2 17.52. HJ  
2 1.70. TJ 3 10.76.

Stuart Channon M35 100 2 11.75. 200 3  
23.89.

Nick Lauder M35 400 4 58.28.

Frank Hudson M35 800 4 2:24.37. 1500 6  
4:52.12.



**Andy Gannaway**

**Alastair Ross  
won 100m  
from Glyn  
Sutton left**



Paul Lemmon M35 3000 6 10:44.64.

David Burrell M35 DT 2 33.77. HT 2 39.47. JT 3 36.26.

Pat Logan M 50 200 1 24. 54. LJ 5 4.07.

Rob Allen M50 100 2 12.48.

Andy Gannaway M50 800 3 2:14.73.



**Good finish by Pat  
Logan in 200**

Carey Gray M50 1500 5 5:25.13.  
3000 5 11:47.08.

Mike May M50 2k Walk 5 17:30.37

Mike Vassiliou M50 400 1 56.18

Alastair Ross M60 100 1 12.42.  
200 1 25.44. LJ 3 4.45.

Peter Kennedy M60 3 2:25.12.

Mike Mann M60 3000 4 11:13.45.

Sean Lightman M60 Walk 1  
11:47.70,

Tony Casey M70 400 5 95.21. 800  
4 3:57.8. SP 5 5.51.



**Sean Lightman**



*Rob Allen bore the baton in 200 leg*

## Inter Area continued



*Stuart Channon ran pure 200*

The entry was larger than 2012 with five major teams and a small one, writes Editor. But there were many changes of personnel; VAC lost several top scorers of last year but found replacements. This was the same for all areas but geography seems to be a killer factor. Midlands in their home area mustered a big team in contrast to a small one at Lee Valley. A surprise was Wales, far from home but proving community spirit by placing a close third. See too how the teams which had women squads almost equal to their men's, which was Midlands and SCV, were dominant.

Alastair Ross had achilles trouble; after wins at 100 and 200, he ran the Relay in trainers and still did a fast 200, along with Rob Allen, above, to give VAC the silver.

Team captain, with a heavy desk at home no doubt, Nick Lauder, lower left, was pleased to gain a PB in 400.

From Oxford, cross country man Carey Gray, right, ran both distance races.

Lisa Webb, with family along, gave us a great start to the day in 1500. Then Anna Critchlow matched it later with her 3,000 win. What a double that was.

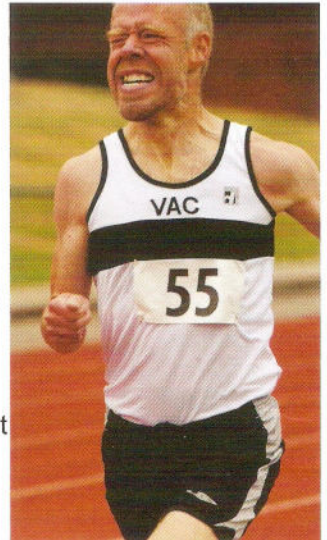
While Ann Bath, the Scottish lassie, ran all three distance races for us.

In M50 200 it was Pat Logan's trademark end of race lean that clinched it.

While new members Alwyn Lombard, a jumper, and Frank Hudson, distance, got off to fine starts.

Peter Kennedy, who first ran an 800, said the Medley Relay was a memorable way to end the day. He was in VAC M60s and when they won, beating the Midlands, it was a great thrill and highlight of the day for him.

Such are the joys of Relays.



**Inter Area Indoors Match  
Lee Valley 7 April 2013**

**60m** M35 3 R Samuel 7.55  
M50 4 R Allen 7.87  
M60 4 D Wardle 9.04  
M70 1 A Long 8.88  
W35 3 H Channon 8.27  
**200m** M35 2 A Bellis 23.8  
M50 5 M May 30.8  
M60 4 D Wardle 29.4  
**400m** M35 2 Bellis 51.9  
3 D Elderfield 56.5  
M60 2 Wardle 64.6  
M70 2 A Sowden 84.8  
W35 2 L Webb 67.3  
W50 3 A Garnier 77.1  
**800m** M35 2 Gannaway 2:18.7  
M60 2 E Connolly 2:29.8  
M70 1 J Batchelor 2:48.5  
W35 3 C Oliver 2:32.3  
W50 3 A Sanders-Reece 2:50.0  
W60 3 R Tabor 2:56.1  
**1500m** M50 2 T Tuohy 4:34.0  
M60 3 P Kennedy 4:56.6  
W35 1 A Critchlow 5:03.5  
2 L Webb 5:03.6  
W50 3 Sanders-Reece 5:39.7  
**3000m** M35 2 I Johnston 9:29.7  
M50 1 Tuohy 9:43.6  
M60 3 M Mann 11:30.1  
M70 1 Batchelor 12:01.7  
W35 1 J Locker 10:19.99  
2 Critchlow 11:04.3  
W50 Garnier 12:27.8  
**60mH** M50 3 Ley 10.9



**Jo Locker  
won  
3,000m at  
Lee Valley**

**2000m Walk**  
M35 2 P Hannell 11:47.4  
M50 2 S Lightman 11:22.2  
**High Jump M50**  
4 Ley 1.45  
W35 4 M Newton 1.10  
W60 1 E McMahon 1.14  
**Pole Vault M50**  
3 Ley 2.50  
W35 3 Newton 2.20  
**Long Jump**  
M35 2 S Channon 5.66  
M70 1 A Long 4.08  
W35 1 H Channon 5.09  
W50 4 F Argent 2.95  
**Triple Jump** W35 4 Newton 7.35  
**Shot Putt** M35 5 N Lauder 5.93  
M50 4 Ley 9.47  
M60 2 A Richards 11.97  
3 D Kuester 9.70  
M70 K Burnett 6.39  
W60 1 L Sissons 8.97,  
2 McMahon 7.12, 4 F Argent 6.66.  
**Relay, 4 legs**  
M35 2 VAC 4:20.4.  
M50 3 VAC 4:14.5  
M60 2 VAC 5:02.4.  
W35 1 VAC 4:34.2.  
W60 3 VAC 6:00.8.



**VAC Relay team: Andy Gannaway, Nick Lauder,  
Stuart Channon and Ed Connolly**

This was the first Inter Area match held Indoors and was a good fun kind of occasion. Vets AC moved up to third overall as the Midlands made scant effort away from base.

**Result**

1 SCVAC 413, 2 EVAC 351,  
3 VAC 271, 4 MMAC 215,  
5 NIMAA 47, 6 SWVAC 39.



**Peter Ley did four events**

**HORWICH Lancs BMAF 5K Road Champs 16 June**

1	15:16	Mark Johnson	V40	Mansfield
2	15:19	Chris Greenwood	V35	Kent
3	15:21	Kerry-Liam Wilson	V40	Cambuslang
14	16:11	Guy Bracken	V50	N Shields Poly/VAANE
27	16:43	Mike Hager	V60	Tipton
29	16:51	Tony Tuohy	V50	Dulwich/Veterans
44	17:21	Roger Alsop	V45	Salford/Edinburgh/NVAC
54	17:49	Louise Rudd	W35	Stockport/Lytham/NVAC
96	20:08	Les Haynes	V70	Bingley Hs/NVAC
101	20:34	John Batchelor	V70	Ilford/Veterans
128	22:25	Steve James	V75	Southport/NVAC
134	22:39	Dot Fellows	W65	Cannock & Stafford
144	24:15	Edmond Simpson	V75	Overton/Veterans
147	24:29	Pauline Rich	W65	Worthing St/Veterans
152	43:06	Arthur Walsham	V80	Salford H/NVAC



Enter online at [www.herculeswimbledonac.org.uk](http://www.herculeswimbledonac.org.uk)

# PERSEVERANCE WIMBLEDON PARK 10KM RUN

RAISING MONEY FOR



INCORPORATING VETERANS AC 10K CHAMPIONSHIPS  
IN MEMORY OF GEOFF MOULDEN



Hosted by Hercules Wimbledon Athletics Club • Sunday 6th October 2013 •  
Start Time: 9.30am • Wimbledon Park Arena, SW19 7HX

- ★ MEASURED COURSE
- ★ ONLINE ENTRIES
- ★ EXTENSIVE PRIZE LIST
- ★ CHANGING FACILITIES
- ★ REFRESHMENTS
- ★ RACE MOMENTO
- ★ TRACK START & FINISH
- ★ 10% TO WIMBLEDON GUILD

Hercules Wimbledon AC are pleased to welcome you to the 53rd running of this event. Prepare to do battle with an undulating 10 km course on roads and footpaths in and around Wimbledon Park. Athletes will find keen competition at the head of the race but in accordance with its friendly tradition entries will be welcomed from runners of all abilities.

**Prizes:** Extensive. See website.

**Entry Fees:**

£ 15.00 Licensed UK athletics club (includes £2.00 discount)

£ 17.00 Non-affiliated to an athletics club

£ 20.00 On the day (pending limit of 500 not reached) See website

SPONSORED BY



**UP & RUNNING**

Enter online at [www.herculeswimbledonac.org.uk](http://www.herculeswimbledonac.org.uk)

Closing date for postal entries - 29th Sept 2013

Minimum age: 15 years of age on day of race

ADDRESS \_\_\_\_\_ MALE  FEMALE   
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
POSTCODE \_\_\_\_\_ UKA CLUB (IF APPLICABLE) \_\_\_\_\_  
LICENCE NO \_\_\_\_\_  
HOME No \_\_\_\_\_ VETS AC CHAMPIONSHIP?  MEMBER No \_\_\_\_\_  
MOBILE No \_\_\_\_\_  
EMAIL \_\_\_\_\_ office use \_\_\_\_\_

Data Protection: Your details will be stored on computer for purposes of race administration/results production and supporting sponsors only. Your name, age and finishing time may be published on the internet but no other personal or contact details.

Please enter me for The Perseverance Wimbledon Park Ten KM. A signed entry form will be considered as an acceptance of the governing rules of UK Athletics and a declaration that you are an amateur, are aged over 15, will compete on foot and run entirely at your own risk. No dogs or following cycles. Unfortunately this race is not suitable for wheelchair athletes.

I enclose a cheque for £ \_\_\_\_\_ made payable to **Wimbledon Park 10km c/o Sport Systems Ltd**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Under 18? Parent/guardian signature \_\_\_\_\_

**PLEASE RETURN TO: Wimbledon Park 10km, c/o Sport Systems Ltd, Regency House, 61 Walton Street, Walton-on-the-Hill, TADWORTH, Surrey KT20 7RZ.**

Contact details: [enquiries@sportssystems.co.uk](mailto:enquiries@sportssystems.co.uk)

## VAC and Counties 10.000m Race Walk Champs

Tooting 24 April

1 F Deuter(Hill)(g)33	47:53.5	Middx	
2 S Allen(Barn)(g)56	55:02.6		Herts
3 J Hall(Bel)64	55:40.3	Middx	
4 A Thomson(E&H)77	59:32.1		Herts
5 M Noel(Bel)W49	60:56.2	Middx	
6 A Cox(Hill)60	61:30.2	Middx	
7 P King(Bel)62	63:12.5		Surrey
8 C Flint(SAQ)68	63:39.4		Surrey
9 D Maskell(VAC)	65	67:01.7	
10 S Pender(E&H)59	1	67:06.6	Middx
11 D Delaney(SAQ)71	1	69:03.5	Surrey
12 R Powell(E&H)76		69:28.2	Middx
13 Jon May(E&H)(g)60		73:03.0	Middx
14 D Hoben(SWC)60		73:22.9	Surrey
15 K Burnett(SWC)73		80:53.7	Surrey
16 B Hercocock(E&H)76		83:48.3	Middx
Ian Richards(Stey)	65	DQ	

### 3,000m

1 K Newton(HHH)	50	1 9:46.4,	2 J Wallace(Wind)	55	1
11:17.7,	3 M Mann(HHH)	64	1 11:24.0,	4 J Batchelor(If)	72
1 11:478.9,	5 C Shelley (Serp)W48	1	12:07.5,	6 R	
Tabor(Dul)	W63	1 12:28.2,	7 G Laylee(Dul R)	56	12:48.5,
8 D Williams(HW)	67	1 13:54.8,	9 A Bath(26.2)	W64	15:46.8

### Officials RaceWalk Judge John Powell

Time Keepers / Judges Don Turner, Tom Richards, Mike Croft, Cliff Hide, Ros Tabor, Dennis Williams. The Officials under Don Turner, supported by individual score cards, produced an immaculate Result.

With Battersea Track still unready, Tooting greeted a field double that of 2012 and proved an excellent venue.

The winner aside, John Hall led Steve Allen until the late stages, improving his time in the process. Art Thomson, 77, in a lonely third place, excelled in beating a dozen walkers younger than himself. Maureen Noel, next, was the stylish first under 50 of either sex. New form was found by Andy Cox of Hillingdon to claim the 60 gold, clear of Paul King and Chris Flint, 68, the first Surrey men. Dan Maskell, of Sussex and usually a runner, won a close set to with Sean Pender first 55, and has found his new discipline good for combating injury and keeping competitive. Dave Delaney, a Surrey man, had 70 gold, holding challenge by Ron Powell, 76, of Middlesex. Secretary Dave Hoben was matched against Jon May of same age.

### Club kit

#### For the League, 1st claim, and general use

Official Kit: Polytec vests with VAC lettering embroidered

**Women sizes** 32/34", 34/36", 38/40" – £16.00.

**Men sizes** 36/38", 38/40", 42/44", 46" – £16.00

Plus P&P £1.80

Ties £2.50 + P&P £1.35

Cheques pay 'Veterans AC'

info@douglassports.co.uk

Tel work 07976 218 286

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*All proceeds go to Club funds*



## Race Walking 5M Road 2013

	19 Apr	7 May	18 Jun	23 Jul
Ian Richards(Stey)	65	37:42		38:03
Fabian Deuter (Hill)(g)		38:08		
Julian Iglesias	50			42:57
Peter Ryan(If)	59		44:00	44:19
Steve Allen(Barnet)(g)	56	45:00	45:27	46:51
Shaun Lightman(SWC)	70	46:07	46:02	48:02
Ken Bobbett(Hill)(g)	68	47:12		47:23
Andy Cox(Hill)	60	49:12	49:26	47:24
Arthur Thomson(E&H)	76	47:32		
Stewart Bennett(If)	54	48:22	48:10	
Sabina Brown(Bel)	W43			48:21
John Hall(Bel)	64			48:22
Paul King(Bel)	61	50:25		50:43
Peter Hannell(SWC)70		50:28	51:40	51:24
Dan Maskell(VAC)	65			51:29
Chris Flint(SWC)	68	52:06		51:59
Dan Maskell(VAC)	65	53:28		54:42
Sean Pender(E&H)	59	53:36		52:32
David Delaney(SWC)	71	55:43		
Ron Powell(E&H)	76	56:08		56:59
David Delaney(SWC)	71	56:27	56:27	59:12
Dave Hoben(SWC)	60	57:35	58:32	59:25
John Brock(S'end)	63			57:44
Sandra Campbell(Dart)	W406:05			
Bernie Hercocock(E&H)	76	61:08		68:48
Kevin Burnett(SOC)	73		65:21	
Jon May(SWVC)	83			69:08

The VAC 5 mile championships was won not unexpectedly by World Veteran Ian Richards of Steyning AC. There was a modest turnout of 15 members, including Dan Maskell of VAC who continues to lop minutes off his times as he climbs towards ten minute miling. *David Hoben*

### International CC candidates

It's confirmed Cardiff is the chosen venue.

- Blackweir Fields, near Bute Park is likely to be a flat course. English team is in Mercure Holland House hotel and both are central.

- English candidates apply by 29 Sept to Jeremy Hemming, 7 Emmerton Court, SW11 2DJ, for selection day on 6 Oct.

- Pdf Form is from website bvaf.org.uk – Fixtures – International, with Criteria. Download, print and post it to SW11 by 29 Sep. If digital send to hemming@dircon.co.uk. I will confirm getting it.

- You can also ask Editor to post a form to you.

- It's best to claim recent data such as CC Sunderland, T&F B'ham, 5K Road Horwich, VAC 10,000, and recent men 10Ks, women 5ks and +.

- Comparative performances against other candidates are also worth stating.

- Expect strong competition for a place with possible exception of older women.

- The selection meeting is no pushover so at least give yourself best pitch on paperwork.



VAC 100m in 2007

# Fixtures



## VAC T&F

Sun 25 Aug VAC T&F Champs Millenium Stdm Battersea.

Wed 4 Sep VAC 10,000m Track Champs Kingston 6.30

Entry for both on form enclosed or online by 12 Aug.  
Guest entry by BMAF registered athletes is promoted as part of run up to the national event in September.

## VAC Cross Country & Distance

Sun 6 Oct Herc Wim Perseverance 10K Road 9.30am  
Wimbledon Park, with VAC Champs Enter online at [www.herculeswimbledonac.org.uk](http://www.herculeswimbledonac.org.uk); or use form on page 10; closes 29 September

Sat 19 Oct Surrey Leag Div 3/4, LIGHTWATER 3pm, org by Woking. VAC Team Manager Paddy Clark writes on page 3  
Surrey Womens Leag FYI is also at Lightwater

Sat 9 Nov Surrey League Div 3/4  
ROUNDSHAW DOWNS (Collingwood & Sutton R) 3pm

Sat 9 Nov LOUGHTON Inter Club CC 2.30 South View Rd Loughton. Org by George Richardson. VAC team.

Sat 17 Nov South of Thames 5M Team PETERSHAM 2pm. VAC M&W 1st claim team

Sun 17 Nov 50th EPSOM TEN Road Race with VAC Champs

Sat 30 Nov HW Inter Club CC, HW course Wimbledon 2pm. VAC take part with Team

Sat 14 or 21 Dec South of Thames 7.5M Champs. VAC Team

Sat 28 Dec HW 5M Multi Terrain Wimbledon 2pm

Sat 11 Jan Surrey Lg Div IV ELMBRIDGE Rs 2.30pm nb

Sat 8 Feb Surrey Leag Div 3 NEWLANDS CORNER 3pm

### Meet directions and details.

VAC CC: HQ at Belgrave Hall, Denmark Rd, SW19.  
Parking restrictions. Full facilities, tea bar; jog to start, allow 15 mins. Course to be confirmed, **3 laps 5.8 miles.**  
Marshalls wanted. Fee £4.

LIGHTWATER Country Park near M3 Junc 3, off A322 Woking Road. Train to Bagshot; walk 1 mile.

ROUNDSHAW DOWNS, Beddington; in area of Mollison Drive, Imperial Way etc, GR 306635. Park local roads. Busses 154, 157, S4. Waddon rail Station

LOUGHTON South View Rd GR431954. Central line to Loughton, walk ten minutes. Park in road free.

## National and International 2013-14

18 Aug 10K Road POLLOK Country Park Glasgow

14-15 Sep T&F Champs Alexander Stdm  
BIRMINGHAM

16-27 Oct World T&F Porto Alegre BRAZIL

27 Oct Marathon NEWCASTLE

16 Nov International CC CARDIFF Blackweir

23 Nov CC Relays DERBY

23-30 Mar 2014 World Indoors BUDAPEST

22-31 Aug 2014 Euro Vets IZMIR Turkey

## Walking

21 Sep 3 mile/6 mile Jack Fitzgerald Open Memorial Walks (2pm) Tilgate Park, Crawley

26 Oct Bexley/VAC 5K Champs Cambridge H 2pm

9 Nov Enfield/VAC 7M Walk Champ, Lee Valley 1pm

## Other races and veteran

12 Oct Surrey Co Vets CC Petersham 2.30; Don Turner

October London Mara closes; forms in run shops.  
Rejected may apply to Sec D Williams for a club place.

## VAC N/L August 2013

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photos by Editor; for current website pl enquire  
Print JKB / Wellington Press Sutton 0208 641 4848

**Directions** Battersea Park Busses 137, 44. Trains Battersea Park and Victoria. Car parking charged £5. Millenium Stadium in N East corner.

Belgrave Hall Denmark Road SW19. Trains to Wimbledon walk 15 mins. Busses from Putney and Wimbledon to Ridgeway.