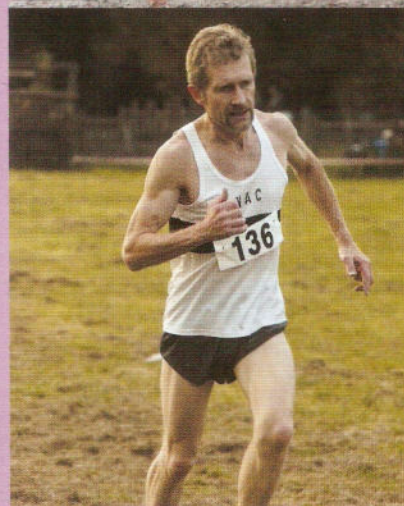


# Veterans Athletic Club

## Newsletter December 2007



Above: Bill Gristwood and Ray	4	International report	11	CC results
Dzikowski • Bob Treadwell(126) •	5	David Barrington story	11	CC results
Graham Ball(424) • Kieron	6	Epsom 10	12	Surrey Vets CC
Fennelly(136)	7	Walking	14	Liam O'Hare
p2 Officers, Committee	8/9	CC Reports	15	Algarve Challenge
3 Bell mini profile	10	Surrey League	16	Fixtures

## Officers of the Veterans AC

President	Dennis Williams	82 Prince George's Av, London SW20 8BH
Committee Chair	Dennis Williams	020 8543 6112
Secretary	Dennis Williams	020 8543 6112
Treasurer	Mike May ACA	020 8946 8965
Membership Sec	Phil Bell	phil@bell-computer-services.co.uk
Officials Sec	Bob Belmore	
CC Sec, Road Sec	Bob Belmore	League Manager – 01428 654749
Walking Sec	<i>vacant</i>	
Newsletter, Press Officer	Jeremy Hemming	hemming@dircon.co.uk; 0208 871 9989
Minute Sec, Delegate	Ron Franklin	0208 376 8452
Auditor	Simon Ingall	
Past President attending Committee	Cecil Gittins	

### Committee news

It was stated that the Club had been listed as veteran club to put on a marathon for the Federation. It was said that the Club's interest naturally centred on the London Marathon which was the dominant event in the South East.

The Abingdon race was mentioned as having fulfilled this role in 2006. It was thought to have been cancelled this year but research was needed.

Next Committees: 10 Jan and 13 March.

### **VAC Website**

Most results have been posted promptly and it can surely be said the VAC site is a bit ahead of many sites.

The form to enable members to report their first claim club has been removed. It worked and the information sent in was recorded but unfortunately it came to the attention of persons, shall we say not having the best interests of the club at heart.

Believe it or not the form was used to send us advertising material or viruses. It's a sad fact that there are intelligent life forms out there who do not have enough to do and apply their abilities in perverted directions; we believe the word is hacking. At the same time we saw a notice on another

club's website that they were getting the same trouble. As a result the form was removed by webmaster Mike Peel, although the change of details one has stayed.

The form was not a complete success because first claim Members of VAC, without membership of an other club, seldom used it. Was the sticking point the question 'do you compete?'. Because, dare we say, a member who did not in fact compete might possibly be reluctant to say so.

The point however was important because it ticked the Club's liability to pay a capitation fee to higher level on their account: if they did compete the Club was liable to pay for them; if they didn't there wasn't liability, as we understand it.

But such members appeared to have generally shied off because we only recall one first claim member who made a return with 'I do not compete'.

The rest could be more open with us, we feel.

Alternatively if they had acquired, or had all along, another club, possibly a local jogging club, then they should declare that because it would relieve us of the necessity of paying a fee on their account. We are not the Bank of England.

It's hoped this point can be addressed when the Membership operation has settled in.

*Jeremy Hemming*

## News

### Brown Memorial Trophy

The concept has been nurtured by Bob Belmore with aim of recognising your participation. It is scored by one point for a run, or officials job, but not including the regular officials.

after 8 Dec

- 13 D Maskell
- 12 C Hyde, D Williams
- 8 S Edwards, M May
- 6 P Hannell, J Godbeer, A Lippitt, J Aspinall, R Franklin, M Johnson, K Tuson, A Thomson, R Powell, A Jackson, J Gristwood
- 5 P Bell, C Collins, Martin Miller, C Isetts, K Burnett, John May, P Crane, K Livermore, J Batchelor, C Flint ...

### Information technology

IT is increasingly important in recording athletics and club work though the cost is hardly covered in the case of VAC's old style finances. It's probably true that much club work is done on business or government IT facilities but in this club two of our major officials have no IT whatsoever. For them "I'm on the train" by text may be the only hope.

Your Editor replaced a basic Epson inkjet printer with a Samsung laser, chosen as the only one which would run on Mac OS 8.6.

The price was modest but weeks passed before the software needs were sorted. Printer utility was the key item; it was hidden in system

## Philip Bell New Membership Sec opens his CV

I've been involved in athletics of one shape or another since the age of seven. I competed regularly for schools in Kent and Norfolk where I moved in 1968.

Then I was selected to run 100m in All England Schools 1970 and 1972.

I continued the passion into College, representing BPSA (British Polytechnics Sports Assocn) in 1978.

After leaving college and then marriage and children I took up road running not very successfully though. I competed twice in the London Marathon before being encouraged to join Shaftesbury Barnet. There I got back on the track, first in graded meetings and then in vets athletics.

I became Membership

Secretary of Shaftesbury Barnet and organised the Vets Team. In recent times have competed regularly in many of the Masters Champs

gaining two gold medals in relay at European Vets T&F in Denmark, 2004, and then indoors in Sweden 2005 as well as the Gibson Cup at home in between.

I became a regular competitor at the VAC where I feel only too honoured to assist. Masters athletics and Vets AC in particular has provided my athletics with a new lease of life as well as meeting many great people with a similar outlook on life. They say life begins at 40; how true that was and now many have the same opportunity at 35.



all along but there were no instructions.

It took umpteen phone calls by a progress chaser in Viking Direct before the manufacturers got their heads round it. All for VAC economy, you see.

Now it's good to have an IT pro joining, in the person of Phil Bell. He is deep in databases so your subs should be well booked, at least until 'computer error' pops up!

Correction: VAC T&F Champs  
M80 Harry Tempan 800m

3:08.9(CBP)

1500m 1 Tempan 6:30.1(CBP),

2 Derek Funnell 8:58.8.

### Deaths

We are sorry to report the sad loss of John Portsmore. The Fleet and Crookham member was a good distance runner, a member of VAC Surrey League team and likeable individual.

From Barnet, Betty Forster's death was reported, following husband Laurie Forster who had died four years earlier.

Also Alan Everett.

It may be in the nature of things but there seem to have been a lot of losses lately. Take care, chaps!

# Stormont International

by course reporter

Veterans AC had 10 members compete in Belfast in the British and Irish International at Stormont and all of them won either a team or individual medal.

The top male performance came from Herne Hill Harrier Ian Lockett. Only 8th going into the final lap of the M35-49 race he ran a stunning last lap passing quality runners such as Bashir Hussain and Stewy Bell to finish second overall to Scotland's Bobby Quinn.

Lockett timed 28:00 for the race which was just over 8km and he led England to an easy team victory in the M40 class.



Iain Lockett

Hercules Wimbledon's Steve Badgery was a late addition to the M60 team and he came 10th in a non scoring position in 34:18 as again the England team won.

John Batchelor was another in a winning team. The M65 Ilford athlete finished 4th in his age



John Batchelor, in the mixed race, passes in front of Stormont Castle and Parliament

category and was the third England scorer with the 26:26 for the 6k distance.

Not all Vets AC runners competed for England and Terry Eakin was 11th and second Northern Ireland scorer, as his M55 team finished third in the only male category that England didn't win.

The top women's Vets AC performance came from Margaret Deasy.

Second overall last year she went off quickly and was in the leading group amongst numerous senior internationals. She faded slightly on the last lap and lost the W40 gold to teammate Sharon Orridge but was still the clear silver in 24:00.

In this event England gained their only 1-2-3-4 of the meeting and in 4th was newcomer Clare Elms running in her first major cross-country. She was with Orridge until the onset of the last lap but faded probably due to stomach problems.

There was one other Vets AC individual medallist and that was Jane Georghiou in the W55s. She was only 11 seconds down on winner Zina Marchant but ended up third as England gained another clean sweep of the medals.

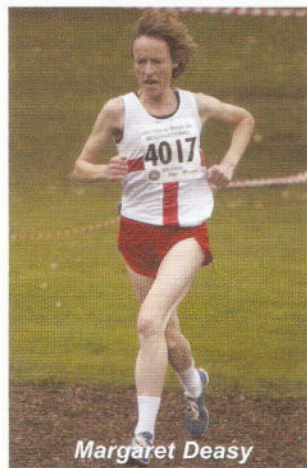
Scotland took third in the W55s and their third and final

sixer and final English scorer in the W60s.

Pam Jones has won a number of medals over the years in this event but now a W70 she is still competing in the W65 category and she finished a fine fourth and was the second England team scorer in an event that Wales gained a narrow one point victory.

in the open race, Ros Tabor who was unlucky to be a reserve in the W55s, beat CC champion Sue James and was quicker than the fourth English 55 in the main race.

Your Editor was entrusted by NIVAA, whose brilliant organisation helped so much, to take the team and action photos; ref p8.



Margaret Deasy



# Dave Barrington

**Hurdler of distinction who has put a lot back in the sport**

Hurdler, ever present athletics competitor and facilitator of distinction, David Barrington has been a good friend to VAC for as long as most of us can remember.

In the '80s Dave hosted a Sunday Poly Stadium gathering which VAC members came to for sprints and a distance, informal and cool.

These days he is our skilled Marksman at VAC track champs in August as well as holding more serious jobs in the Kingston and Poly club and local leagues.

Way back, it was in his first school that his interest was kindled, where the headmaster was keen.

Then at 17 he was winning hurdles titles in the Midlands and ran at the old White City.

David had the essential hurdles skills to take him into top 10 in rankings and competition with such as David Hemery and John Cooper.

Hemery won Olympic gold at Mexico in '68 and Cooper

was silver at Tokyo Olympics in '64. Hemery was also remarkable for his innovation of either leading leg; he ran 13 strides between flights in 440 Hurdles or 14s if necessary while David was at 15s, maybe 17s. Later the all-conquering Ed Moses could do 13s.

But David beat Hemery and Cooper in Midland Champs in '62 before the latter moved into Loughborough with such as Robbie Brightwell and Peter Warden and became a semi-pro.

Into work in Barclays Bank David won a silver in AAA Junior 200mH which was a common distance formerly.

At 21 selection came from AAA and for Midland/area teams.

At 27 he was named for an International race in 400mH at the hallowed White City stadium, now BBC territory – a bit daunting, he recalls – but the nearest he came to an international vest was

carded as a reserve for England.

However that was the year his best times came, 15.4 at 110H and 53.7 at 400mH.

In between he had dropped rugby and started CC and run an 800 in 1:54.

David's' 880 running helped with stamina for 400mH and besides was another field he could achieve in, including handicap races. One-lap hurdles were infrequent in the Midlands, only three or four in a season but in London you could get one a week. He moved in 1968 and joined Polytechnic.

More medals in his young days were AAA relay golds. Notable was club 4x880, still a record at 7:28.4 when North Staffs club had a power team and Dave had to do a run-off for last place.

At 30 he took on a job, the Poly's Cross Country team and also started to coach as a natural development. In the National CC he recalls the notorious Sutton Coldfield of '72. "I nearly froze to death and it took half an hour to get my kit off and warm stuff on".



Glen Morgan again first VAC

The popular Epsom 10 attracted nearly 230 this year, incorporating our own Club Championships according to established tradition.

25 Members completed the tough hilly course from an entry of 32, down a little this time, I see, writes *Bob Belmore*.

Yet again it seems our more mature men and women were braving the elements with many younger men deciding not to test their stamina.

Although conditions were dry, a cold biting wind chilled everybody including the brave officials who stuck to their task recording all who finished.

Epsom and Ewell Harriers were able to award prizes quickly to the leading runners and winners after they came in. But without shelter for our claimants to wait in, the Club medals were for giving later.

As often the case here, with no pun intended, it was horses for courses when Glen Morgan M45 and Sue Harrison W40 both recorded their second wins in the undulating one lapper.

While Fiona Bishop and Marion Jakeman scored class wins for the third time.

Despite windy conditions quite a few improved their

figures on last year.

In this way Graham Ball was nine secs faster, and Nick Crocker, "who's running much better", says Team Manager, was more than two mins up.

As too were David Walsh and Pat Heffernan who had both run track 10,000 this year; there seems to be some connection there.

If the Shield were present Pat would shape up for it as being 73 years and under 90 mins, older than Ken Tuson who's 71.

Keith Brown was another quick one, not to be confused with Keith Walker of the host club who did a lot better for his 90 minutes.

Roadman Rouse, fresh from the Algarve racing, was first 60. We were glad to see him back on the course where he set the 45 record at 54:18 no less.

The close second 60 was new name Vic Wilson, who had run the Newtown 10K, and Epsom not Belfast.

Susanna Harrison was outright first woman by 48 seconds.

But membership of the second was not verified.

Marion Jakeman flew the primrose flag with her W55.

Then Gerry Smith, an Epsom salt, beat 70 mins.

Peter Chittenden was an ice breaker and got the VAC 65 gold – not a bad way to start in.

The judges waited on for Ray Wilmot, lateish, but keeping at it good humouredly to the end.

Finally lets recognise lead Officials David Clarke, Don Turner and John Cock.

## Epsom 10

Vets AC 10M Championship Race, Epsom Downs, 18 November 2007

1 P Sanger(EE)	56:44
2 P Bal(SLH)	57:12
3 B Makuwa	59:00

### VAC

10 G Morgan(SLH)	M45	1	63:21
16 G Ball(WW)	M55	1	65:19
18 M Rouse(Inv)	M60	1	66:05
20 V Wilson(WGEL)	M60	2	66:38
25 S Harrison(Wok)	W40	1	67:19
29 M Oldham(Wok)(G)	W35	1	68:07
38 K Brown(Croy)	M50	1	68:45
46 G Smith(EE)	M55	2	69:33
53 N Crocker(VAC)	M45	2	70:04
57 M Sharp(HW)	M60	3	70:33
97 D Walsh(THH)	M60		76:46
129 F Bishop(AFD)	W45	1	81:25
133 M Jakeman(EE)	W55	1	82:09
142 P Chittenden(RRC)	M65	1	84:08
135 P Heffernan(Padd)	M70	1	82:51
146 K Tuson(VAC)	M70	2	84:42
173 K Walker(EE)	M55	3	90:31
176 D Earl(VAC)	M70	3	91:12
182 H Burgess(VAC)	M60		91:55
185 J Gordon(THH)(G)	M70		92:52
189 A Lane(Bel)	M70	3	93:50
199 P Torre(SB)	M65	2	95:16
229 R Wilmot(VAC)	M70		128:24



Susannah Harrison, in Surrey Vets

# Race Walking

## 5K Walk Enfield 8 Oct 06

### VAC Champs

3 Chris Cattano (Ilford AC) 24.59

### VAC

4 Phil Williams (Enfield & H AC)	25.31
5 Stephen Crane (Surrey WC)	25.41
6 Steve Uttley (Ilford AC)	26.16
8 Steve Allen Ilford AC)	26.59
9 Dave Kates (Ilford AC)	27.05
12 John Hall (Belgrave H)	28.09
14 Andrew Cox (Hillingdon AC)	28.18
15 Amos Seddon (Enfield & H AC)	28.28
17 Sean Lightman (Surrey WC)	28.51
19 Ron Penfold (Steyning AC)	28.58
46 Bill Sutherland (Ilford AC)	36.05
23 Anne Belchambers (Hillingdon)	29.37
24 Mike Hinton Ilford AC)	29.58
25 Jon May (Enfield & H AC)	30.27
26 Chris Flint (London Vids)	30.35
27 Maureen Noel (Belgrave H)	30.51
28 Ken Ballam (Enfield & H AC)	31.05
29 Steve Holliday (Medway)	31.26
30 Fiona Bishop (AF&D)	31.35
31 Ron Powell (Enfield & H AC)	31.42
33 Doug Fotheringham (Belg)	32.34
34 Ivor Groves (Kent AC)	32.47
37 Maureen Spelman (AF&D)	33.05
40 Peter Crane (Surrey WC)	33.40
42 Jo Miles (Hillingdon AC)	34.00
45 Bernie Hercock (E& H AC)	34.46
48 Ken Livermore (E& H AC)	37.21
51 Harvey Jaquest (E& H AC)	43.55

*In the absence of Walking Secretary, ages and Membership have not been applied.*



**Paul Nihil presented to Trevor Jones at Belgrave 7M**

## Belgrave 7M with VAC Champs, Wimbledon Parkside 24 Nov 07

1 J Ball (Stey)			55:05
<u>VAC</u>			
2 T Jones (Hill)	51	1	59:39
3 J Hall (Bel)	58	1	62:44
4 D Kates (Ilf)	59	2	62:56
5 A Thomson (N Herts)	70	1	63:14
8 R Penfold (Stey)	66	1	65:30
11 S Allen (Ilf)	49	1	67:35
12 P King (Bel)	56	3	67:42
13 M Hinton (Ilf)	65	2	67:45
14 C Flint (L Vid)	62	1	68:18
17 M Noel: (Bel)	W40	1	69:55
18 G McDonald (VAC)	50	2	72:09
19 R Powell (Enf)	70	2	72:11
20 D Stevens (Stey)	70	3	72:51
21 B Hercock (Enf)	70		80:11
22 S Lightman (SWC)	60	2	82:11

The Essex Walker kindly put out notice of VAC's vacancy, or need of a person to organise the VAC programme. It was clear and convincing with benefit of being impartial. But we have heard nothing. So in desperation here is a job description

- To agree dates, organise judges or officials and do results. Battersea road races are booked by Road Secretary while officials at SW11 often come of their own accord. Cup handicapping has lapsed but is an option for an enthusiast.

- The classic 10,000m track needs lap judge / timekeepers.
- August track champs is processed by the T&F Sec except for a Walk judge being needed
- 5K and 7M VAC champs are partly organised by others at Enfield and Belgrave but they might like a hand.
- Age group records at Battersea 5M are being compiled by Arthur Thomson
- Report to VAC Committee as needed.



**Martin Newton(121), Clare Grima(114) and Mike Laflin(119) on first lap**

## VAC Inter club Vic-Ray duel

Grima inching ahead of the men.

At two laps after 21 mins Halman was clear by seven seconds from Aly but the pair were still coming up the centre

Edwards came up past Walsh.

On lap three Saxby, a VAC but running for his first club, Herc Wim, had gained a minute on Sutton's Newton.

Harry Tempan, 80, showed the way to two and did 54:09.

So this year Hercules, who had their club champs in the event, were the ample winners in the team scoring, by 94 to the Vets 240, and we heard were duly hospitable in Lauriston Cottage.

### 28 November

A most exceptional duel at the head of the race took place when Vic Maughan led his South London friend Ray Marriott all the way to the



**Dave Walsh(710) led Keith Spacie and Terry Eakin with Steve Edwards next**

of the ditch and crossing late. Gristwood was now fourth, half a minute back but holding Dzikowski, see cover picture. Ray had been the VAC 5M champion at Battersea in the summer after which he went abroad.

A close file was Oates, from Bank of England, and three Hercules, Peter Giles, in a Thames vest for warmth, Frank Wood and Dave Betts.

Another Thames Hare, Dave Walsh, led Terry Eakin and Keith Spacie. Then Edwards was going well, a few metres back, followed by Jean Taylor, who is prepared for anything with a back pack.

The winner, Halman, was impressive covering the ground in a powerful yet economic style and always holding the younger Aly.

Gristwood was steadily going away from Dzikowski.

Similarly Spacie had to yield to the younger Eakin, as

### Inter Club with Hercules Wimbledon 8 December

Five formed a lead group immediately with Mike Halman, Belal Aly, Hugh Saxby and Adam Przedzrymirski with Bill Gristwood and Ray Dzikowski next.

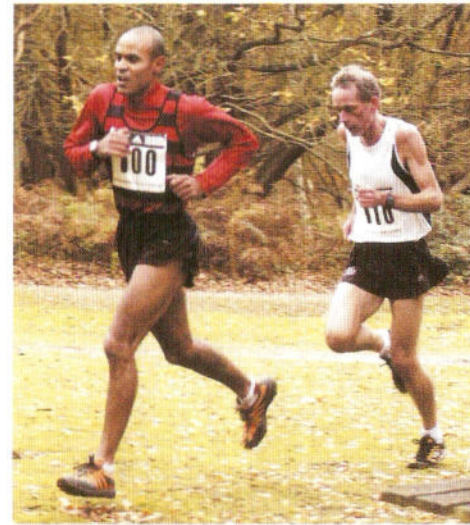
But where was the pronunciation unit when they were needed.

At top of hill first time Gristwood came up in the lead from Dzikowski with Saxby close so it was looking like another Gristwood day.

But six secs later the fast seniors came up, Aly and Halman in that order in the centre ditch of the horse ride.

It's thought the leaders didn't know the course and had been misdirected by a marshal at the bottom of the football field. While Trehern was next, staying on the trail.

Then the trio in picture above came up with Clare



**Vic Maughn lead Ray Marriott on 24 Nov**

season best time of 32:13.

Marriott's time was 32:14 which was faster than Charlie Dickinson's VAC best 50 time, but sadly Marriott was a guest so the mark isn't recorded.

The third was Glen Morgan, two minutes off, as Maskell, seventh, and

having a big year, headed the 55s.

A competitive half dozen women were led by Jo Quantrill who is finding a degree of success these days.

Evergreen Ros Tabor was a good second and faster than before while Clare Wyngard brought along the second lot.

### 6 October

Bill Gristwood made a kind of a prophesy when he covered the course in 34:08, the same as two meets later. While Saxby was pretty equal.

Athletic Ola Balme set the current best ladies' time of 39:09 and headed the Dulwich five.

Of whom Andy Murray led the men.

Middle distancer Peter Kennedy, third, ran faster than his 2006s.

Finally, now is the time to get ready for the Champs, all you Vet members.

### Loughton Vets Inter Club CC 5.6M 10 November

1 D Rose (M40) (WGEL)	34:24
2 P Cates(M45) (Eton M)	34:37
3 T Babbs(M40) (Lough)	34:56
5 I Lambert (M50) (Eton M)	35:46
7 L Gaffney (Lough) W35	38:20
8 L Austin (M50) (Orion)	38:40
11 R Sargent(50) (Loughton)	39:18
12 D Maskell (M55) (VAC)	39:22
34 D Brooks (V65) (VAC)	62:05

Men's Teams (scoring four-a-side)

1 Eton Manor 22, 2 Loughton 34,  
3 Orion / Vets AC 52, 4 Walthamstow 63

The course had to be lengthened to avoid a locked gate, making the race longer than normal, or 5.6M.

You will see that there were incomplete teams from Orion Harriers and Vets AC, so a "composite" team was used.

*George Richardson*

### Essex Vets CC Chigwell Row 1 Dec

M40	
14 R Dzikowski(WGEL)	31.52
M50	
1 D Cox(WGEL)	31.45
25 V Wilson	36.32
36 L Austin(Orion)	37.44
37 R Sargent(Lou)	37.53
67 L Parrott(HMB) 70 1	40.55
Women	
34 A Bent(Pit)	41.20
56 P Jones(If) W65	44.48

### Sussex Vets CC Lancing 8 Dec

M50 9 T Ulliott(B&H)	42.48
M60 6 Martin Miller (Chich)	45.42
60 7 D Maskell(Craw)	47.18
W40 C Ulliott(B&H)	31.26

*results by Martin Duff*



*Hugh Saxby*



*Ros Tabor*



# Surrey League

## Div III/IV 10 Nov 07 CRANFORD 3pm

Pos	Div III		Cat	Time
1	John Hamblen	Walt	S	26:48
2	James Harvey	Walt	S	27:05
3	David Dixon	BAC	S	28:13

### VAC

6	Bill Gristwood	VAC	V	28:22
8	Richard Tomlinson	VAC	V	29:05
18	Bob Treadwell	VAC	V	29:33
25	Sean Burke	VAC	V	30:01
37	Noel Hall	VAC	V	31:30
40	John Batchelor	VAC	V	31:46
50	Nick Crocker	VAC	V	32:47
60	Kieron Fennelly	VAC	V	33:42
72	Steve Edwards	VAC	V	35:54
81	Walter Wessely	VAC	V	37:47

non scoring Member

103 Alistair Jackson VAC V 43:52

Teams 1 Walton 261, 2 BA 263, 3 Woking 387, 4

Vets AC 397, 5 Runnymede 425, 6 Croydon H

536.5, 7 26.2 RC 587.5, 8 Tadworth 592, 9 Epsom

Odd 646.

Standings 1 Walton 561, 2 BA 720, 3 Woking 741, 4

Runnymede 826, 5 VAC 975, 6 26.2RC 1058.5, 7

EpOdd 1082, 8 Croy 1104.5, 9 Tadworth 1122.

## Surrey Womens League Cranford 12 noon

1	Fiona Love(G&G)	21:39
2	Anna Lovene(Wok)	21:43
3	Estle Viljoen(HW)	V 22:10

### VAC

17	Lynn Wilson	23:53
63	Pauline Rich	28:26
94	Eila Mansfield	31:06

Teams Div II 1 Woking 67, 2 Fullon Tri 104, 3

Sutton R120, 4 SOC 155, 5 26.2 206, 6 G&G 224,

7 Walton 230, 8 HW 256, 9 FOT B 283, .... 18 VAC

432, . 277 ran

Standings 1 Woking 126, 2 Sutton 207, 3 SOC

322, 4 Walton 382, 5 FOT 390 ... 17 VAC 873.

Ladies Asst Mnger Vernon Martin 01494 443344



Richard Tomlinson(126)



Nick Crocker

## Div III/IV 13 Oct 07 EPSOM

1	J Hamblen Walt	S	26:11
2	S Blake Wok	S	27:36
2	J Harvey Walt	S	28:03

Pictures: Steve Edwards is at the races

Below: Eila Mansfield right

Lyn Wilson left

Dan Maskell



### VAC

7	6 Bill Gristwood	VAC	
V			29:42
19	17 Bob Treadwell	VAC	V 30:31
43	41 John Batchelor	VAC	V 33:04
53	50 Nick Crocker	VAC	V 33:59
59	56 Keiron Fennelly	VAC	V 34:33
70	67 Dan Maskell	VAC	V 35:17
86	79 Steve Edwards	VAC	V 37:20
101	86 Tony Austin	VAC	V 40:16
103	87 Pat Collins	VAC	V 40:48
115	89 Alistair Jackson	VAC	V 46:13

non scoring Members

116 Dennis Devey VAC V 48:35

Match 1 Walton 300, 2 Woking 354, 3 Runny 401, 4

Epsom Odballs 436, 5 BA 457, 6 26.2 RC 471,

7 Tadworth 530, 8 Croydon H 568, 9 Vets AC 578.

## Surrey Womens League 13 Oct, West End Lane

1	Catherine Bryson(Belg)	27:15
2	Claire Elms(Dul R)	27:31
3	L Watson(Strag)	27:44
4	E Bailey(WW)	27:50
5	A Critchlow(W4)	27:51
6	M Synott-Wells(Ran)	27:52

### VAC

136	(40) Margaret Moody	34:58
185	(63) Julia Gristwood	37:51
208	(76) Eila Mansfield	38:09

Teams Div II 1 Woking 59, 2

Sutton R 87, 3 Waverley 148, 4

Walton 152, 5 Lingfield 166, 6 SOC 167, 7 G&G, 8

26.2 223 ... 18 VAC 441, of 28 teams. 277 ran

Team Manager Bob Belmore 01428 654749. See

more report page 11.



## Cross Country results

**Veterans AC Inter Club 5.5 miles** Incorporating Lauriston RC & Hercules Wimbledon AC Championships Wimbledon Common December 8, 2007

1 Mike Halman HW		32:40
2 Belal Aly HW		33:07
3 Adam Przedzimirski HW		33:52
4 Bill Gristwood VAC	45	34:08
5 Ray Dzikowski VAC	40	34:28
6 Hugh Saxby HW	M50	34:38
9 Claire Grima HW	SW	37:39
10 Peter Giles HW	60	37:42
23 Terry Eakin VAC	55	42:27
25 Keith Spacie VAC	70	43:28
26 Steve Edwards VAC	50	43:28
27 Dave Walsh VAC	60	44:11
30 Jean Taylor Wimb	W50	46:30
32 Julia Gristwood VAC	W45	48:57
35 Harry Tempam VAC	80	54:09
36 Alistair Jackson VAC	50	54:28
37 Alan Lane VAC	70	56:44

**MATCH (10-to-score) 1 Hercules Wimbledon AC**

94 (1, 2, 3, 6, 9, 10, 11, 15, 16, 21)

**2 Veterans AC 240** (4, 5, 23, 25, 26, 27, 30, 32, 33, 35)

**MATCH (3-to-score)**

1 Hercules Wimbledon AC 6 (1, 2, 3)

2 Sutton Runners 28 (7, 8, 13)

3 Veterans AC 32 (4, 5, 23)

4 Bank of England AC 54 (14, 18, 22)

**Lauriston RC Champs: 1 Hugh Saxby, 2 Dave Betts, 3**

**Gerry O'Connor, 4 Mike Laffin, 5 Eric Blackmore**

**Hercules Wim Champs Men 1 Halman, 2 Aly, 3 Przedzimirski, 4 Saxby, 5 Giles, Women 1 Grima, 2 Hornshaw**

### VAC 5.8M CC Wimbledon 24 Nov

1 V Maughn(HHH)	45	1	32:13
2 R Marriott(SLH)(G)	50	1	32:14
3 G Morgan(SLH)	45		36:15
4 A del Nevo(Croy)	40		37:15
5 N Crocker(VAC)	45		39:01
6 S Doochan(Laur)(G)	50		40:30
7 D Maskell(VAC)	55	1	40:52
8 J Quantrill(SLH)	W50	1	40:55
9 R Tabor(Dul R)	W55	1	41:15
10 A Davidson(SLH)	60	1	41:30
11 G Bradbury(SLH)	60		42:18
12 J Brown(Wok)	55		42:35
13 S Edwards(Serp)	50		42:42
14 A Austin(VAC)	50		44:17
15 C Wyngarde(Dul R)	W45	1	45:35
16 J Taylor(WW)(G)	W50		46:02
17 S Allen(HHH)	W40	1	46:39
18 E Kimber(Bar)	65	1	47:31
19 S Burchill(Dul R)	W50		49:10
20 B Shave(HHH)	70	1	49:14
21 C Shortt(EE)	55		49:48
22 A Jackson(VAC)	60		52:39

**Officials** D Turner, D Williams, R Belmore, J Hemming, C Brown, S Charlton, P Clark, W Clapham, J Kimber, A Murray.

### 6 Oct VAC 5.8M CC Wimbledon

1 W Gristwood (ESM)	45	34:08
2 H Saxby(HW)	50	34:47
3 P Kennedy(WSEH)	55	35:42
4 J Batchelor(Ilf)	65	37:43
5 N Crocker(VAC)	45	38:44
6 O Balme(Dul R)	W40	39:09
7 A Murray(Dul R)	50	40:20
8 D Maskell(VAC)	55	40:29
9 G Laylee(Dul R)	50	41:29
10 R Tabor (Dul R)	W55	41:30
11 S Edwards (Serp)	50	42:19
12 A Austin (VAC)	50	43:23
13 N Atkins(KP)	W40	45:08
14 D Denton(SOC)	45	45:41
15 B Shave(HHH)	70	50:36
16 B Imber(Dul R)	60	51:17
17 A Jackson(VAC)	60	53:15
18 D Devey(Cove)	70	56:04

**Officials** D Turner, R Hopcroft, P Mulholland, R Belmore, P Clark, W Clapham, Julia Gristwood, S Charlton.

**8 Dec** Belmore, Mulholland, Sharp, D Williams,

Hemming, S Charlton, J Roberts, HercWim x2, P Clark M Joyce.

### South of Thames 5M CC Petersham 17 Nov

121 D Maskell(VAC) 40:12

### Surrey League report

Thanks and well done to all, new and old, who supported the Club at Cranford, alongside Heathrow.

Lynn Wilson led our ladies home in Div II hinting to her Ealing clubmates Bill Gristwood and Richard Tomlinson for more in the Mens at 3pm. They were well supported by evergreen Bob Treadwell and then west siders Sean Burke, new Noel Hall and Kieron Fennelly. In contrast John Batchelor made the trip from Essex as Nick Crocker, Steve Edwards and Jacko Jackson came up from Sussex, and Pauline Rich from the coast. Then Eila covered the Wycombe flank, with Vernon.

Our offensive took the Men into a creditable fourth in match and a safer fifth in standings as the Ladies inched up a place in Div II.

A VAC gathering board was christened at Esher, made by Vernon Martin our High Wycombe guardsman. All three ladies ran well despite difficulty at the ditch. A similar situation arose at Cranford's stream for the women but was averted in time for the men's race. Said Bob Treadwell "Oh, that's cross country, doing a stream".



**Jim Wallace (26) led Peter Giles and Graham Ball (424)**

Runners enjoyed a warm afternoon and fast ground over the challenging Richmond Park course, where the county veterans rendezvous exerts its magic writes *Charlie Dickinson*.

Paul Doyle won the men's race but the performance of the day came from Ray Marriott in second. He turned 50 last summer and now chased Paul all the way. Earlier in the race Ray had already drawn clear of Barry Attwell by the time they reached the lakes on the first lap at which point Barry pulled up, injured, thus spoiling the anticipated clash of the M50 titons.

Vic Maughan ran well for third place ahead of Mark Tennyson.



**Keith Spacie, first 70**

## Surrey Vets

17 October Richmond Park

Steve Badgery headed the M60s by a minute and was later called up for the England team in Belfast.

Further down a below par Keith Spacie still won the M70 by 10 minutes.

Pippa Major pulled clear of Estlé Viljoen, the W35 winner, on the second lap and proved a popular winner of a more exciting race in 23:49.

It was good to see Jo Quantrill pick up a gold in W50 while Ros Tabor ran her usual strong race to win class.

"And, oh yes, the white socks!" After three years of calf muscle tears I have reduced my mileage to 25 per week and bought compression socks. Time well tell.

I had quite a good run and was pleased to win my first gold here for nine years, in a long 10K.



**Ray Marriott**

### Women

1 P Major slh	23:49
2 E Viljoen hw	23:56
8 J Ray dmv 45 2	24:42
9 O Balme dr 40	25:27
16 J Quantrill slh w50 1	26:27
22 R Tabor dr 55 1	27:10
31 N Atkins kp 40	28:11
34 L Ionascu dmv 35	28:21
37 S Allen hhh 40	28:26
50 N Murphy kp 40	31:24
51 L Bowcott WW 60 1	31:46
52 S Burchill dr 50	31:52
55 A Bath 26:2rc 55	32:29
56 S Hughes slh w60 2	34:18
<b>Teams</b> W35-40 1 SLH 8, 2	
Stragglers 20, 3 DMV 20	
W45+ 1 Dorking MV 10, 2 SLH	
17, 3 Wimbledon Windmilers 30	

### Men

1 P Doyle ran 40	34:24
2 R Marriott slh 50 1	34:36
3 V Maughn hhh 44 1	35:02
4 M Tennyson g&g 40 2	35:12
16 C Dickinson bel 55 1	37:38
19 S Ingall hw 50	38:30
26 G Ball ww 55 3	39:26
27 S Badgery hw 60 1	39:30
28 C Oxlade cro 45	39:35
30 M Mann dr 55	39:57
42 P Giles thh 60 3	40:56
49 A del Nevo cro 40	41:09
54 J Wallace ww 50	41:27
58 N Crocker vac 45	42:13
66 M Sharp hw 60	42:52
72 K Spacie thh 70 1	42:51
73 A Murray dr 50	44:11
75 T Morris hw 45	44:20
79 G Bradbury slh 65 2	45:03
82 A Turner hw 60	45:23
83 D Anderson bel 50	45:41
86 S Edwards vac 50	46:26
87 A Davidson has b 60	46:33
88 A Austin slh 50	46:36
89 V Pauzers hhh 50	46:46
93 D Williams hw 60	47:36
94 D Walsh thh 60	47:46
99 I Isherwood hw 55	50:49
107 B Shave hhh 70 2	53:28
109 B Imber dr 60	55:23
112 A Stone bel 65	52:26
113 A Lane bell 70	58:20
<b>Teams</b> M40 1 Ranelagh 18, 2	
SLH 22, 3 G&G 37	
M50 1 South London H 11, 2	
Herc Wim 222, 3 Dorking MV 30	
M60 1 Herc Wim 13, 2 SLH 24,	
3 Thames HH 29	



High hurdles:  
David  
Barrington, 51,  
at Birmingham  
Vets T&F 1991

## New Members

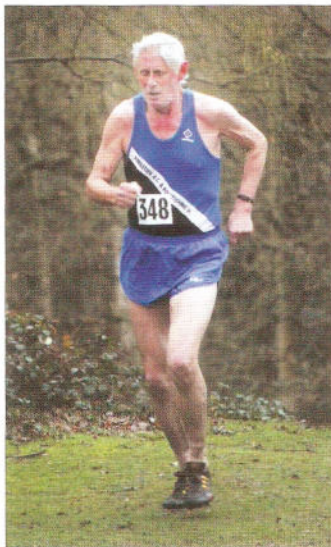
Linda Harrison(Croy)  
Dan Pescod(HW)  
Colin Oxlade(Lee Valley)  
Stephen Badgery(HW)  
Nick Mace(VAC)  
Juliet Rowe(VAC)  
Ben Reynolds(THH)  
John Donaghey (Bexley AC)  
Iain Lockett(HHH)  
Ola Balme(Dul R)  
Charlotte Cutler

**= w e l c o m e =**

### Officials

Ron Hopcroft, Don Turner, Ron Franklin, Bob Belmore, Jeremy Hemming, Peter Mulholland, John Batchelor, Mike Morfey, Margaret Statham, Cliff Hide, Julia Gristwood, Paddy Clark, Maurice Sharp, Dennis Williams, Maurice Joyce, Steve Charlton, Charles Brown, Bill Clapham, José Kimber, Andy Murray

*Members who enabled for many*



*Running CC: the Alumni race at Wimbledon on 8 December*

"Can older people take up hurdles?" we asked. "Not so much" was David's opinion; "you loose the rhythm and you must have good suppleness. And remember if you try the alternative leading leg you still have to bring your trailing leg over cleanly."

General Secretary of Kingston and Poly is how many know Dave; he was elected in 1975 when he says "I actually put my hand up!" but at the same time he was knocking out solid hurdles and 800s.

David has a passion for athletics, for all disciplines, not just track, and his high purpose is to be a British League Team Manager.

"After all" he says, "BAL is the pinnacle of what most athletes do and the place

where 75 per cent want to be in the team."

David ran his first National League match in '69.

Last season K&P had their best summer and finished fourth in National 3 division, one place off promotion.

David has been Secretary of K&P 32 years but doesn't make great claim of it. The practicality we know from his work as VAC Marksman applies.

David will be there, a visible presence, calling clearly to expectant athletes – giving them all the assurance they need.

### Barrington's VAC marks

M50	400mH	69.1	'95
M55	400mH	70.7	'96
	400mH	72.1	'97
M60	300mH	51.5	'02
	300mH	53.5	'04

## Eight months in Spain

Liam O'Hare has done bureaucracy, heat, long trips and won a bit

We have settled in well in Antequera but are still coming to terms with Spanish bureaucracy which affects all aspects of life here. Technically, to race in Spain you need to be registered with the Federation via a very detailed application form.

They want to know absolutely everything about you, including your weight, height, shoe size and the name of your trainer. You also have to supply copies of your residence permit, registration with the local authority, a letter of authorisation from your home federation and a photograph.

I did not see any races listed during the summer, presumably due to the high temperatures. Fortunately, fixtures in Andalucia started to appear again in September.

I went to Cordoba for a 10k on 22 September 2007. The race started (late) at 21:00 and it was still 27° and very humid. There was a 5k at the same time and the start was very congested so it took a long time to get into the rhythm I was looking for. Parts of the route were unlit so it was difficult to go at the speed you would like. The upshot was my worst time since the 1980s, 38:34, but good enough for 1st M50. However, it had a very positive outcome in that a local runner here in Antequera saw the results on the Internet and invited me to join Club Gedysa Comarcal Antequera.

My first race with the new club was on Sunday 11 November, the XI Subida al

Puerto del Viento in Ronda which is about 80 km away. I had been planning to spend the previous night there but I got a lift both ways on the day. We spoke Spanish on the way out and English on the way back and we both felt that we had learned something.

The course is longer than a half-marathon at 22.6km. It is out up and back down with a total climb of about 400m so negative splits are a distinct possibility. I went up 11.3 km in 50:05, round the traffic cone and back down in 43:18 to finish 18th (5th vet) in 1:33:23. This resulted in a trophy for 1st M50 and a quarter-page spread in the local paper.

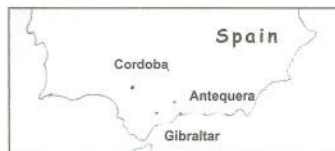
I have started running with a few local lads in their 20s who do a bit of running but have never raced. They practise their English as I practise my Spanish. They were very keen to know every detail of the race. When I mentioned that I had won my age-group (they had never heard of that), one said "What are you, 76?". It had not crossed his mind that he was struggling to keep up with someone whom he thought was 50 years older!

For the record, I move up to M60 in May 2008 – in the UK and Ireland. There does not seem to be a M60 category here so I can look forward to eternal youth as an M50 here.

There is virtually no such thing as a local race so that a round trip of 150 km is probably going to be the norm, with a short journey being 100km to Malaga and back. However, this is all part of the crack and I shall have to spend the occasional week-end away to race and see a new place.



In Battersea Park



### Club kit

for the League, 1st claim, and general  
Official Kit – Polyester sheen singlets  
with VAC lettering

Womens sizes 32/34 old design.  
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,

Ties £2.50 + 35p

Cheques pay  
'Veterans Athletic  
Club'



contact Douglas Maughan:

tel work 020 8752 1010

or at Belgrave Hall on CC days

[douglassports@kirkman.demon.co.uk](mailto:douglassports@kirkman.demon.co.uk)

Douglas Sports, 9 Acton Hill Mews,  
310–328 Uxbridge Rd, W3 9QN.

All proceeds go to Club funds

# Algarve Challenge

report by Steve Smythe

**Steve Smythe(67), Clare Elms, Martin Rouse(85) and Martin Miller, behind**

Veterans AC athletes did well at the second Algarve Challenge. They didn't manage to retain their team title this year but that was only because the second and third placed athletes, Steve Smythe and Clare Elms, were running for their first claim club, Dulwich Runners, who won the overall team title.

Telford's Dave Mansbridge won the overall challenge, held on the eastern side of the Portuguese coast, which consisted of a 8K cross-country, a one mile track race, a 6K beach race and a 10 mile road race. He timed 1:54:03 for the 20 miles.

Elms just missed out on second place but she won the overall women's Challenge in 2:03:17, which gave her victory by nearly 45 minutes. She finished third overall in the cross-country and beach race but her best came in the Mile, where her 5:04.9 was a personal best and went top of the UK Masters ranking for 2007.

Her final race was the X Milhas do Guadiana, a 10 mile event from Portugal to Spain across the Guadiana river. She finished third women in that behind two top Russians though struggled in the heat in the last few miles in 62:04.

Martyn Rouse led the overall Vets AC team, finishing third man overall, an excellent performance for the M60 from Invicta East Kent AC. His best performances were in the Beach race where he led for the first half, and the 10 mile where he was first M60 in the 500 strong field with 63:31. He timed 2:08:28 for the overall event.



Stephanie Burchill finished fourth overall woman and first in W50 with 3:01:17.

Other VAC athletes who competed in the challenge were Martin Miller (7th, 2nd M60, 2:23:09), Cliff Hyde (9th overall, 1st M50, 2:32:38), Stephen Edwards (10th, 2nd M50, 2:34:10), David Brooks (14th 2:52:25), Dennis Williams (18th, 3:01:39) and Alistair Jackson (24th 3:10:22)

Ros Tabor just competed in the Beach race where she was 3rd overall and first W50 in 28:35, and in the 10 mile she was first over 45 woman in 71:42. Andy Murray also competed in both races and was first M50 in the 'Beach'.

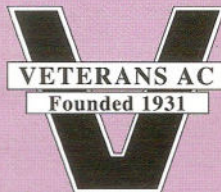
Next year's event should be held at the same weekend though for those who can't make the whole week, the 10 miles, unusually spanning two countries, is well worth a weekend visit. The race gives you your time overall position and category position within seconds of finishing on a piece of paper and all runners get a quality t-shirt, medal, and well stocked goody bag for a very small fee.

Facilities in the area are superb and Vila Real San Antonio and Monte Gordo are increasingly popular for warm weather training – the British team used it as a holding camp in the 1999 Worlds. The track is excellent, with a new indoor facility; there is a cross-country close by as well as forest trails and an excellent beach

Contact Track & Field Tours (01277 354 377)  
[www.trackandfield.co.uk](http://www.trackandfield.co.uk) or email  
[tftours@aol.com](mailto:tftours@aol.com).



# Fixtures



## VAC Cross Country

- Sat 12 Jan Surrey League Div III LLOYD PARK org Cro. 2.30pm  
Surrey Womens League REIGATE 12.15pm
- Sat 19 Jan VAC 5.5M CC Champs M&W 2.30pm; HQ Belgrave Hall. Medals 1-2-3 all gps; Cups to be returned to Dennis Williams, address p2.
- Sat 9 Feb Surrey Leag Div III WIMBLEDON PARKSIDE org VAC 3pm (YA 2.30)  
Surrey Womens Lg PETERSHAM Richmond Park 12.15pm
- Sat 16 Feb VAC 5.5M CC WIMBLEDON 2.30pm. HQ Belgrave Hall
- Sat 1 Mar Croydon Hs Inter Club CC 2.30 Lloyd Park – VAC team
- Sat 15 Mar VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall

Officials: we need Technical Officials and Marshalls for 19 Jan and 9 Feb. If you are able, please notify in advance to Bob Belmore tel 01428 654749.

## Vets National & International 2008

- 2 Feb SOE V CC Ruislip close 22 Jan
- 23-24 Feb Indoors LEE VALLEY
- 17-22 Mar World Indoors CL FERRAND Fra
- 29 Mar CC BANBURY w SCVAC cd 10.3
- 29-31 May Euro Non-Stadm DENMARK
- 17 May Relays SUTTON PARK
- 25 May 10,000m, Pentathlon, Walks
- 14 Jun Interland ASHFORD
- 22 Jun 5K Road HORWICH Lancs
- 28-29 Jul T&F BIRMINGHAM

## Meet directions and details

Home CC HQ at Belgrave Hall, Denmark Rd, SW19. Parking restrictions. Full facilities, refreshments; jog to start at Caesar's Well 15 mins. Course 3 laps 5.8 miles. Marshalls wanted. Fee £3.

**Eligibility for Surrey CC League:** 1st claim member of VAC, or 2nd Claim to VAC and not a competing member of any club in Surrey League.

VAC CC and Road Sec/Team Mgr Bob Belmore 01428 654749. Ladies Vernon Martin 01494 443344

## VAC Summer dates, provisional

- 9 Apr VAC Track meet Battersea 7pm tbc
- 22 Apr VAC 5M Road & Walk Battersea 7pm tbc
- 30 Apr VAC & Counties 10,000m Walk Battersea

## Other

- 23 Feb ECCU National CC Alton Towers
- 13 Apr London Marathon
- 31 May Surrey Co Vet T&F Kingsmeadow

## Directions Lloyd Park

Tramlink train stops at Lloyd Park, South Croydon. See A-Z: Combe Rd/A212, or walk from E Croydon station to Ranmore Av.

Reigate Priory Park is near town centre, off A217. Also walking distance from station down the hill.

VAC N/L December 2007

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