

# Veterans Athletic Club

## Newsletter December 2008



Above: Susanna Harrison •  
 Barry Attwell(126) • Stephanie  
 Robson and Graham Ball •  
 Trevor Jones(88)  
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 Enc: Lee Valley Indoors form

## Officers of the Veterans AC

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Committee Chair	Dennis Williams	020 8543 6112
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Walking Sec	Chris Flint	bettychrisrf@hotmail.com
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

In Members' welfare it was heard that Peter King had died.

Also that Sylvester Stein had suffered illness and John Taylor of Liss had undergone heart surgery.

In Treasurer's report, it was reported that subscription income was satisfactory.

And that a fresh stock of medals would be ordered while an order for race singlets had been placed.

Discussion of Indoor champs mentioned an entry fee of £4 or thereabouts but little definite was known.

Hire of meeting room for Committee was discussed from point of view of expense. The number attending is small but the location is convenient and the room very good.

With regard to any Federation 10K champs for which the club had been called, outline thinking was reported from two angles. One, that Battersea was a first candidate in as much as it was well known to us and the other that weekends at the Park necessitated a very early start, as seen with Sri Chinmoy races.

Other venues did not come to mind readily while Brockwell Park would incur serious first aid and ambulance charges it was said.

Meanwhile a national vets marathon would

be coming to Thanet in 2009.

Any 10K RaceWalk for BM would tend towards Leicester or Enfield.

The contract with WGT for overseas travel would not be renewed it was said.

London Marathon applications for club places had been received from Liam O'Hare, Mike Morfey and Rob Sargent.

Next Committees: 8 Jan and 12 March.

### VAA of England meeting

From full minutes by Ron Franklin we note, there was discussion of the Selection meeting in October for England team and certain difficulties which arose.

Also discussion of a so-called Inter Area meeting for 2009, possibly T&F in Solihull.

It would seem however that the Horwich 5Ks will not continue next year, due to illness.

### Website

Results have been posted as promptly as possible by Webmaster Michael Peel, who appears himself on the Marathon page. Photos were given.

Altogether the site is simple to use and immediate and the club should be grateful to Mike.

Members might like to suggest to friends, who can browse without any password bother, that the site holds a route to becoming a VAC member.

*Jeremy Hemming*

## Lee Valley Indoors event

The entry form is enclosed, loose. It may be noted that 1500m is the longest distance provided but the BMAF national champs will have 3,000m no doubt.

The main entry fee of £9, then £5, has been questioned. Early discussions in VAC mentioned £5 and £4 as figures close to our champs. Unfortunately the 'official' entry form was not produced until the end of November so that finding £9/£5 was a surprise, in the absence of a budget, and left no time for discussion. This has caused extra work on the newsletter desk, wishing to respect VAC Committee and to moderate the charges for Members, and beyond that may be a portent of organisational problems. Recently Maurice Doogan has resigned BMAF T&F Secretary and EVAC have lost a number of officers and website.

### Surrey League Officials

For the Surrey League on 7 Feb VAC have taken on the organising and take a pride in doing it well. So there is a call for Scorers and Marshalls on Wimbledon Common near Parkside. Please give your name to Bob Belmore in advance; doing this will gain you a point on the Attendance scores not to mention a credit for your lungs.

### Trophy call

This is for the famous Shield, not present and correct at Epsom 10. It's a trophy with a difference, a handsome addition to a living space, a talking point and a nice little number for cleaning when you'd rather stay indoors.

### Young M40s

We'd like to hear from any M40 member to learn about aspirations and needs of that group. Please contact [hemming@dircon.co.uk](mailto:hemming@dircon.co.uk).

We are now informed by Winston Thomas that the financial commitment by BMAF has to be clarified and last year's is still not finished. Also that technical officials will come from Maurice Doogan but admin ones from the clubs, namely VAC and EVAC. Winston will do the timetable.

Dennis Williams is not now taking VAC entries but is the VAC officer for queries. Nor is Bob Belmore, as club T&F, involved.

On the loose form enclosed, Entry Sec unnamed may be common practice but we note the individual is not known to us and has not replied to post. Also you may consider whether to give your email address out.

Administrative Officials are asked for from VAC and EVAC. For this please give your name to our Treasurer [mike.may@blueyonder.co.uk](mailto:mike.may@blueyonder.co.uk) or at 1 Lelliott Court, 2a Edge Hill, LONDON SW19 4LP



### Race Walk Secretary

Chris Flint, left, has attended the latest Walk at Wimbledon, see p7, and club Committee.

The next Championship is Track 10,000m at Battersea. The track has been booked for Wed 29 April with the usual county champs included and the prospect of a fine competition.

### VAA of England

We understand there will be a proposal to change the title of the Veterans AA of England to Masters AA of England.

This body organises English teams for the International CC and the meeting itself when held in England, e.g. Isle of Man 2009. Also Inter area events.

Our Delegate Ron Franklin has declared that VAC will strongly oppose the motion and points out that all the veterans clubs in England are titled 'Veterans' with only exception of the Midlands.

Any views expressed by Members will be passed on to Ron Franklin.

No date or venue for any 10K road race talked about has become firm. Though there is interest in promoting one for Members if not for national which at present does not have one listed. 10K is a popular distance not provided by the Club at present which offers 5M and a well supported 5K. In Battersea Park however 10K Civil Service champs are held.

The VAC races will continue at Battersea Park in 2009, says Road Sec.

# Swansea International

by course reporter

13 Veterans AC members took part in the big Vets cross-country event of the winter at Swansea and all of them won team medals of some colour. England dominated the five-nation contest, winning 13 of 15 events.

Pam Jones was the sole gold medallist. At 72, she became the oldest ever women's champion, winning the W65 event by a remarkable 44 seconds from her team mate Christine Lee. Pam had won the W50 gold, 19 years earlier, and this was her fourth individual title. Pam led the England team to an easy team gold and was delighted with her success.

Taking an individual silver was Jane Davies, who was new to the W60 age group. She finished a minute down on runaway age group winner Angela Copson, as England scored a 1-2-3.

Another to take silver was five times champion Nigel Gates, who closed to within 7 seconds of his illustrious team mate Mike Hager, as England again dominated. The Brighton athlete finished fourth in the combined M50-M60 race.

"Although it was my lowest position in this race, that was then and this is now. I have missed a lot of training and races this year and so I was really pleased with my performance and thoroughly enjoyed the



Jane Davies



Nigel Gates, Bill Foster and Tommy Payne

race" said Nigel.

Keith Newton of Herne Hill Harriers took silver in the M45 age group, with another strong, consistent run. He finished 22



Clare Elms

seconds behind team-mate Daniel Moore, as England went 1-2-3-4.

England weren't as dominant in M40 but last year's runner up Iain Lockett, not in his 2007 form, made the top six to ensure England won. Ben Reynolds, a late addition to the England team, didn't make the scorers, but as all the team, gain a medal, whether they score or not, didn't go home empty handed.

Liam O'Hare, who resides in Spain and is a member of an English vets club, this

one, won team gold for Ireland! Liam was 7th M60 as Ireland inflicted two defeats on the England teams, including M35.

Mike Mann, making his England debut, wasn't on his best cross-country form but was third scorer in the team that came second.

Clare Elms, Mann's Dulwich Runners club-mate fared better in the W40 race, taking individual bronze and being part of an English clean sweep. Elms had injury problems leading up to the race, and was pleased with what she thought was her best cross-country run to date.

Another Dulwich, Andrea Pickup, who lives in the same road as Clare, took a W35 team gold, just; it depended on Andrea beating Ireland's 4th scorer, which she did.

In the same race John Batchelor was fourth in the English M65 team which made a clean sweep. M70 Ed Simpson had a team gold.

Ann Bath competed for Scotland and took a team silver in the W55.

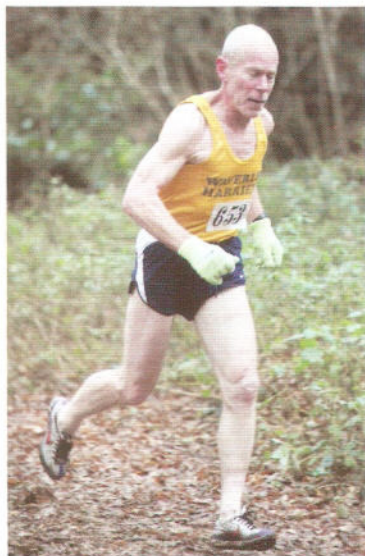
Other VACs won spots as reserves including W55s Jane Georghiou, Ros Tabor and Margaret Moody, M45s Mike Boyle, Julian Critchlow and Stuart McLay, M50 Steve Smythe, M70 Keith Spacie and W60 Pauline Rich. *Results are on page 11.*



Iain Lockett, Bell and Moore

# Paddy Clark

## Hard man of Surrey and BBC



My athletic shortcomings were rumbled by the national coach, John Le Mesurier, when I was 12. My mother, a councillor on the old LCC, had buttonholed him at some official function and convinced him he needed to check out a future world-beater. Down at Wimbledon Park track, I could tell Le Mesurier was unimpressed as I long-jumped 4 feet, could barely reach my knees in a toe-touching exercise, and took for ever to run a lap.

My athletic career was further blighted by my mother when in a moment of playful daftness she challenged me to lift her off the ground – which I did, only to lose my footing and land painfully on my right hip with her on top. The damage was not immediately apparent, but became so a while later as I hurtled round the track in a school relay and my right hip came hurtling out of its socket. I recovered, but it would haunt

me later.

My first cross-country was the Wandsworth district scouts annual event. I was a distant second, and the future international John Bicourt a distant third. Bicourt joined Belgrave and went on to have a distinguished running career. I eventually joined the now defunct Surrey AC and didn't. I'd gone in the hope of finding some training guidance. It seemed to consist mainly of circuit training, which is possibly why I didn't make much impact (65th in the southern youths, 171st in the national) and perhaps why the club fizzled – although it had some good runners at the time like the miler John Snowden and the southern junior champion Dave Gibson.

I drifted away from athletics for a while as other interests intervened. Of the more athletic ones, a couple of years of karate were ended by a few mawashi-geris too many and a recurrence of the hip problem, with a physio predicting a hip replacement by fifty. The hankering remained, though, and I decided my life would not be complete without a marathon under my belt. This was a little before the invention of the London Marathon when the distance was still widely thought to be

intrinsically risky, a notion nurtured by near-death images of Jim Peters. I felt otherwise, and did the Masters and Maidens.

It was about this time that Bob Belmore, who lived up the road in Chiddingfold, founded Waverley Harriers, and my eldest daughter Lucy was showing distance running potential. We both signed up and found ourselves in a thriving group driven by the indefatigable Bob. Lucy reached top 10 placings in national events and a number 2 ranking in the girls 1500 metres. Eventually injury took over and she joined the far too long list of promising youngsters who fell away from the sport. After the Athens Olympics, we read a *Mail* feature on two girls who used to beat Kelly Holmes: it amused us as Lucy had beaten all three.

Shift work at the BBC as a World Service news editor allowed a fair bit of time for training, although the run of four nights that came around every three weeks wasn't ideal. In 1982 Mick Woods devised a fearsome course for the first Farnham Marathon with a diabolical hill right at the end. It was run in a howling gale. Mick won in 2:35 followed by me about two-n-a-half minutes later. >p13



The popular race enjoyed nearly 400 entries, and mostly good conditions for its one lap tour of the Downs.

Club first and second were the youngest men which is as it should be.

Gareth Cavell from Romford who joined in mid year has been running 10Ks and road races. He had a smooth run for his debut and a useful time.

Second, David Symons of Thames Hare is another welcome M40.

The outstanding man possibly was Joe Cleverly who won both the Open 70 and VAC 75 titles. His 78:40 had him nearly four minutes ahead of Pat Heffernan, 82:28, who was first 70 again. Tony Farmer commended



Gareth Cavell, first VAC

Joe's run and said Joe told him "I do not know where that came from!".

Only Steve Charlton has done Epsom in under 80 at age 75, while the Chalkie White Shield for



Joe Cleverly

'oldest under 90 mins' has surely not gone to a 78 min before.

But it was the mid '90s when record setting flourished with Martin Rouse, Tom Everitt, and Ron Higgs as well as SC.

First in race Sue Harrison collected her third club Epsom gold medal when she was also VAC first in a useful 66:54.

Another Downs specialist, Graham Ball, was class first for the third time in four years, just days short of his 60. >p15

## Epsom 10

### Vets AC 10M Champs Epsom Downs, 16 Nov

- 9 57:54 Gareth Cavell VAC M40  
 11 58:46 David Symons THH M40  
 36 66:06 Graham Ball Windmilers M55  
 42 66:54 Susanna Harrison Woking F45  
 61 68:17 Steven Allen Ilford M50  
 64 68:53 Gerry Smith E&E M55  
 78 70:47 Lynn Wilson Ealing SM W50  
 92 72:44 Keith Brown Croydon H M50  
 95 73:02 Rich Hammerson Readg RR M65  
 101 73:32 Tony Farmer Dartford HAC M60  
 124 75:38 John Chamberlain M55  
 133 76:10 Jeff Prestridge Serp RC M45  
 161 78:40 Joe Cleverly New Eltham J M75  
 162 78:43 David Walsh THH M60  
 202 82:05 Marion Jakeman E&E W60  
 205 82:28 Patrick Heffernan Padd Wd M70  
 208 82:39 Leon Goldsack O M40  
 222 84:25 Ken Tuson VAC M70  
 224 84:53 Ann Bath 26.2 RRC F60  
 239 87:44 Keith Walker E&E M60  
 243 88:16 Howard Burgess VAC M60  
 278 94:03 Alan Lane Belgrave M70  
 xxx 95:54 David Earl E&E M70  
 297 53 96:08 Maureen Farmer Dartford W60  
 316 102:09 John Hanscomb Ranelagh M70  
 328 109:13 Peter Torre SBH M65

Epsom photos by Cliff Hide

cliffhide10@aol.com



David Symons(268), Maureen Farmer(53) and David Earl on the road to the finish.

**5K Walk Enfield 11 Oct 08**  
**VAC Champs**

Trevor Jones	50	25:00
John Hall	55	26:29
Steve Allen	50	27:13
Andrew Cox	55	27:18
Arthur Thomson	70	27:28
David Kates	50	27:33
Amos Seddon	65	28:38
Carl Lawton	60	28:47
Mick Hinton	65	29:16
Sean Pender	55	29:48
Paul King	55	29:57
Ron Powell	70	31:16
Gary McDonald	50	31.28
Peter Crane	55	31:33
David Stevens	70	31:37
Ivor Groves	45	33:13
Ken Livermore	75	39:07
Alan Flavell	75	43:27
Harvey Jaquest	80	45:27
Jack Fitzgerald	85	48:51

**Women**

Diane Bradley	W45	26.35
Helen Middleton	W45	28.52
Anne Belchambers	W50	30:34
Fiona Bishop	W45	31:44
Jo Miles	W50	33:19

At the Club's 7 mile Champs held on 22 November in conjunction with the Belgrave Harriers 7 Open there was another good turn out by VAC members and despite the viciously steep hill that had to be negotiated on each of the six laps the performances stood up well, helped by the benign weather conditions: cold, dry and sunny.

Sean Pender had an altercation with a JCB driver who blocked the way at roadworks, and received back comments which have had to be deleted!

Both races were well organised and officials are thanked for attending and supporting the events.

*Chris Flint*

Medals were presented for both races at Belgrave Hall by Dennis Williams and Bob Belmore with John Hall, who is President of Belgrave.

Attendance points were also scored as done at all VAC races.



**Diane Bradley**

## Race Walking



**Esté Viljoen and Steve Allen in Wimbledon 7M**

The Enfield race attracted 25 VAC members from a total of 56, reports Walk Sec, who was unable to get there due to a collision with a Moroccan registered lorry outside Dover that morning. All age groups were well represented and Arthur Thomson's 27.28 reflects a highly creditable performance overall and particularly amongst the VAC. *continued left >*

**Belgrave and VAC Walk 7M Champs**  
**Wimbledon 22 Nov 08**

1 D Stone(Stey)	senr	50:12
2 A Wright(Bel)	senr	54:55
3 T Jones (VAC)	50	56:18
5 E Viljoen (VAC)	W35	60:41
6 J Hall (Bel, VAC)	55	61:48
7 D Bradley(VAC)	W45	61:49
9 S Allen(VAC)	50	64:37
10 A Thomson(VAC)	70	64:45
11 C Lawton(Bel, VAC)	60	65:12
12 H Middleton(VAC)	W45	65:52
13 P King(Bel, VAC)	55	66:30
15 R Penfold(VAC)	65	67:12
17 M Hinton (VAC)	65	67:40
18 C Flint(VAC)	60	67:47
19 M Noel(Bel, VAC)	W45	68:35
22 S Pender (VAC)	55	68:55
23 L Dordoy (VAC)	50	69:42
24 P Hannell (VAC)	65	71:03
25 P Crane (VAC)	60	72:51
26 D Hoben (VAC)	55	77:10
27 B Hercocck (VAC)	70	78:16
28 J FitzGerald (VAC)	85	n/t



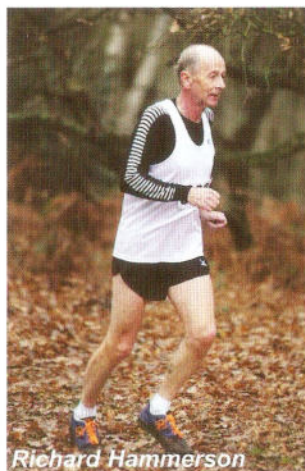
Barry Attwell(608) and Bill Gristwood with guest Craig Purle(604), tackle the hill first time. Tony Harran follows

#### VAC 29 November

Bill Gristwood led off with guest Purle, del Nevo and Attwell next.

Ten minutes later on the steepest part of the hill, Barry Attwell, in the picture above, had joined the front.

Andy del Nevo was half a minute behind. Then came Wallace, Tuck and Ball a minute back.



Richard Hammerson

## Cross Country

keeping in great form.

Andy del Nevo, leading the Croydon contingent, also had a good run in fifth place.

Grenville Tuck came back in emphatic manner but couldn't quite concede 20 years to Stephanie Robson, who joined recently. She made progress through the race on her first run here tho perhaps not unfamiliar since she lives in the area.

Bob Ewen gave a lead to the next woman, Ola Balme, who was finishing well and improved on her previous season's time.

A name from the past was that of Lionel Mann who came with his son Robert, just over 40, and we'd say did well to complete three laps.

#### 4 October

Entry of only 14 was a disappointment to all concerned.

Chief organiser Bob Belmore had risen early to come and mark the course and plant finish stakes, not to mention a preliminary visit to check the trail. So he might be forgiven for wondering it it was all worthwhile.

But October is busy and perhaps the best we can say is that wintry conditions had not yet arrived to whet the appetite for traditional cross.

Bad days have come and gone before so we must hope it was just one of those days.

A hundred for the Champs, to make up, lads?



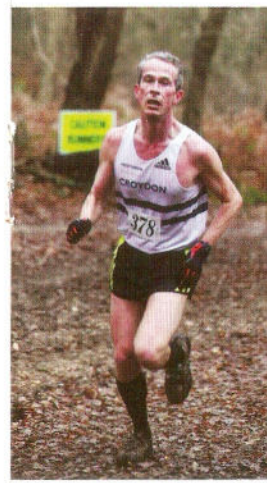
Dry crossing by Steve Plested over the River Roding

#### Loughton Vets Cc

For the first time in a few years, the weather was unkind: a brisk NE wind, 10 degrees Celsius and raining, writes *George Richardson*.

The race was over the usual course. Although a little wet in places, most competitors coped in studs.

This year, it was pleasing to see Julia Gristwood break Vets AC's female



Andy del Nevo

"duck". Perhaps next year we hope there may be a full team of four.

After leaving the home field in fifth place Bill Gristwood took command across the river and won by nearly a minute, writes *Editor*.

Steve Plested, in a close sixth place, was first 55 and second scorer for VAC team.

However Eton Manor AC, who are based in East London, were there in force to score 16.

As were Loughton's ladies who impressed and could consider competing in veterans' Relays.

Dan Maskell was third scorer with a solid run while Kevin Burnett was able to complete at least.

Then heavy rain called for home-ward exits from the snug Loughton cabin.

#### Loughton Vets CC 1 Nov 08

1. Bill Gristwood (Vets AC) M45	30:26
2. Paul Cates (Eton Manor) M40	31:15
3. Ian Lambert (Eton Manor) M50	31:36
4. Alan Duncan (Eton Manor) M40	31:45
5. Voje Kikancan (Eton Manor)	32:20
6. Steve Plested (Vets AC) M55	32:39
7. Andy Ruffy (Eton Manor) M40	32:57
8. Roger Berry (Vets AC) M60	34:03
9. Steve Adams (Eton Manor) M40	34:23
10. Mike Rolfe (Loughton) M45	34:45
11. Lorna Gaffney (Loughton) W35	34:51
12. Jim Whiffin (Loughton) M50	35:38
13. Zoe Woodward (Eton) W40	35:47
14. Ian Hollyer (Loughton) M60	36:48
15. Rolf Horn (Loughton) M40	37:00
16. Gabrielle Brooks (Lou) W35	37:03
17. Dan Maskell (Vets AC) M60	37:20
18. Anne Heeks (Loughton) W45	40:10
19. Jean Hobbs (Loughton) W55	40:56
20. George Georgiou (Lou) M50	41:03
21. Amanda Gibbins (Lou) W35	41:03
22. Christina Adams (Eton) W50	41:20
23. David Hobbs (Loughton) M60	41:48
24. Julia Gristwood (Vets AC) W45	42:01
25. Gail Brennan (Eton Manor) W50	43:33
26. Glyn Sayer (Eton Manor) M65	45:25
27. Jane Hollingsworth (Lou) W35	49:10
28. Michaela Davis (Lou) W35	50:38
29. Kerry Horn (Loughton) W35	53:42
30. Kevin Burnett (Vets AC) M65	54:23

#### Teams

1. Eton Manor (2,3,4,7)	16
2. Vets AC (1, 6, 8, 17)	32
3. Loughton Men (10, 12, 14, 15)	51

Loughton Women (11, 16, 18, 19) 64



Julia Gristwood



Dan Maskell



# Surrey League

## Div III/IV 11 OCT 08 NORK PARK

Pos	Div III	Cat	Time
1	JV Camp	FLT	30:46
2	S HBishop	Hill Sp	31:52
3	B Madsen	W4	32:29

Pos	Div III	Cat	Time
<u>VAC</u>			
7	Bill Gristwood	VAC V	32:51
10	Bob Treadwell	VAC V	33:35
31	John Batchelor	VAC V	35:56
44	Nick Crocker	VAC V	37:19
63	Steve Edwards	VAC V	39:57
67	Les Presland	VAC V	40:15
70	Julian Spencer-Wood	VAC	40:26
81	Richard Hammerson	VAC	42:07
82	Tony Austin	VAC V	42:41
85	Walter Wessely	VAC V	42:55
114	Pat Collins	VAC V	46:22

Teams Teams 1 FOT 185, 2 W4 323, 3 Runny 396, 4 BA 410, 5 Sutton Rs 471, 6 VAC 545, 7 Croydon 573, 8 Holland Sp 575, 9 Epsom Oddballs 617.

## Surrey Womens League Nork Park VAC

43	Margaret Moody V	33:27
85	Julia Gristwood V	33:27
123	Eila Mansfield V	36:14

Teams Div II 1 Epsom&Ewell 38, 2 Clapham Chasers 69, 3 Full-on-Tri 152 .... 18 VAC

After a mixed start, we must prepare harder for the 2nd half of the season, *declares Bob Belmore.*

Although a creditable 6th in the strong Div III at Nork Park, we then drifted to 8th at Lightwater, slipping down to 9th overall, as other teams fluctuated.

Our regular members gave great support at Banstead when Bill Gristwood led the team in 7th, local man Bob Treadwell maintained his high position in 10th with strong back up following from John, Nick and Steve. Julian struggled bravely after a recent flu attack. New members Les Presland and Richard Hammerson added to our middle order. Welcome aboard! Then Tony and Walter fought it out for that vital 10th place.

At Lightwater Country Park we had a change of scenery



John Batchelor



Bill Gristwood

## Div III/IV 8 Nov 08 LIGHTWATER

Pos	Div III	Cat	Time
1	T Mendham	Has B S	28:38
2	J Buchanan	Cro S	28:56
3	N Aitken	Clap S	29:13

### VAC

9	Bob Treadwell	VAC V	31:32
30	Tony Cousins	VAC V	33:35
46	Nick Crocker	VAC V	35:16
47	Alan Moffatt	VAC V	35:18
51	John Batchelor	VAC V	n/t
60	Kieron Fennelly	VAC V	n/t
73	Steve Edwards	VAC V	n/t
84	Dan Maskell	VAC V	40:19
85	Tony Austin	VAC V	41:03

Teams 1 FOT 310, 2= West4 400, 2=

Runnymede 400, 4 Croydon 430, 5 Epsom Oddballs 432, 6 Holland Sp 451, 7 Sutton Rs 485, 8 VAC 575, 9 BA 612.

Standings 1 FOT 495, 2 West4 723, 3 Runnymede 796, 4 Sutton Rs 956, 5 Croydon 1003, 6 BA 1022, 7 Holland Sp 1026, 8 Epsom Oddballs 1049, 9 VAC 1120. (corrected teams)

## Surrey Womens League LIGHTWATER VAC

140	Margaret Moody V	29:47
276	Eila Mansfield V	36:06

Teams Div II 1(1) Clapham 33, 2(2) Full-on-Tri 91, 3(3) Runnymede 154...18(24) VAC 597.

Ladies Asst Mnger Vernon Martin 01494 443344

around the hills of the country park. Dependable Bob, always keen to take on tough terrain, led the team in 10th, in absence of Bill, on Ealing duty. By making welcome returns Tony Cousins and Alan Moffatt, fourth at Cranford in '06 but off with injury since, stiffened the middle order. But despite John, Kieron, Steve, Dan, up from Brighton, and Tony all making the long journey and running well, nine runners meant it was always difficult to score well in the fluctuating matches.

We must go for a lift in the last two matches, coming from more VAC runners at Lloyd Park and Wimbledon Parkside, on 10 Jan and 7 Feb, to stay in Div 3.

Our three women ran well to support the club too, by no means last in the huge Surrey League.



Nick Crocker downhill and Tony Cousins in the gorse



## Cross Country results

### 29 Nov Wimbledon

1 Barry Attwell (SLH)	50	34:18
2 Bill Gristwood(ESM)	49	34:19
3 Tony Harran(HHH)(G)	48	34:22
4 Craig Purle(Cro)(G)	26	34:57
5 Andy del Nevo(Cro)	41	36:52
6 Jim Wallace(WW)	50	37:28
7 Steph Robson(HW)	W36	37:45
8 Gren Tuck(HW)	58	37:53
9 Graham Ball(WW)	60	38:08
10 Bob Ewen(SOC)	53	38:35
11 Ola Balme(Dul R)	W40	38:48
12 Colin Oxlade(Cro)	49	39:42
13 Andy Gardiner(Kent)	53	39:57
14 Robert Mann(Bel)(G)	40	40:07
15 Stephen McDuell(HW)	43	40:29
16 Tom Morris(HW)	50	41:28
17 Paddy Clark(Wav)	63	41:49
18 Steve Edwards(Serp)	51	42:28
19 Dan Maskell(VAC)	61	43:31
20 Rich Hammerson(Rdg RR)	66	43:47
21 Cliff Hide(Serp)	56	45:05
22 Jo Quantrill(SLH)	W50	45:11
23 Martin Lippitt(Trent)	55	45:31
24 Alan Howard(Ran)	72	46:31
25 David Denton(SOC)	46	47:36
26 Ted Kimber(Barnet)	68	48:39
27 Ann Bath(26.2)	W60	49:03
28 Julia Gristwood(ESM)	W49	49:52
29 Eric Campbell Cro)	42	50:13
30 Nina Pinkerton(SLH)	W57	53:27
31 Anne Lippitt(Trent)	53	54:46
32 Alan Lane(Bel)	70	57:39
33 Lionel Mann(Bel)	68	69:31
2 laps		
Ken Crooke	47:52	

**Officials duties at VAC winter:** D Turner 2, R Hopcroft 2, P Mulholland 2, R Belmore 7, P Clark, W Clapham, Julia Gristwood, Vernon Martin 2, C Hide, S Charlton 2, Chas Brown, José Kimber, J Hemming, D Williams 2, M May, C Flint, John May, P Cassidy, P Wilson.

A trophy for Ron Gobey's long role in the Surrey League was subscribed to.

*Thank you Officials: without you nothing*

### 4 Oct VAC 5.8M CC Wimbledon

1 Stuart Fraser (HW, M40, guest)	35:11
2 Bob Ewen (Striders of Croydon, M50)	38:40
3 Alison Brownhill (W4H, W45)	39:06
4 Dave Betts (HW, M55)	39:13
5 Steve McDuell (HW, M40)	41:20
6 Jim Brown (Woking, M55)	43:47
7 Tony Austin (Vets AC, M50)	44:16
8 Mike Morfey (Vets AC, M55)	55:44
9 Eric Campbell (Croydon H, M40)	57:20
4.6 miles (2 laps) D Williams	
M80 Ken Crooke (Croydon H)	49:00

**South of Thames 5M CC Petersham 17 Nov**  
121 D Maskell(VAC) 40:12

### International results by VAC members

M40 (overall position 9) 6 IAIN LOCKETT  
29:11 (England team M40 gold, 3rd scorer)

M40: (19): 11 BEN REYNOLDS 29:59  
(England team M40 gold; 5th non scorer)

M45 (13) 2 KEITH NEWTON 29:26  
(England team M45 gold, 2nd scorer)

M55 (4) 2 NIGEL GATES 30:19 (England  
team M55 gold, 2nd scorer)

M60 (53) 7 LIAM 'OHARE (IRL) 35:49  
(Ireland team M60 gold, 2nd scorer)M60:  
(61) 14 MIKE MANN 36:45 (England team  
M55 silver, 4th scorer)

W35 (25) 11 ANDREA PICKUP 26:04  
(England team W35 gold, 4th (non) scorer)

W40 (5) 3 CLARE ELMS 24:21 (England  
team W40 gold, 3rd scorer)

W55 (127) 15 ANN BATH (SCO) 34:19  
(Scotland team W55 silver, 4th (non) scorer)

W60 (65) 2 JANE DAVIES 28:15 (England  
team W60 gold, 2nd scorer)

W65 (118) 1 PAM JONES 33:12 (England  
team W65 gold, 1st scorer)

M65 (38) 4 JOHN BATCHELOR 26:49  
(England team M65 gold, 4th (non) scorer)

M70 (65) 9 ED SIMPSON 31:46 (England  
team M70 gold, 4th (non) scorer)



**Marriott(374) led Jim Wallace (379) and Attwell(375)**

It's remarkable how often this event enjoys good conditions. So once again the fortunate veterans of Surrey found themselves running over the short turf and sandy paths of Richmond Park in sunshine, with Don Turner to record.

The sizeable womens race had a very familiar pattern as Carol Evans won and spear-headed the SLH ladies team.

Versatility of Estlé Viljoen secured another first three placing as Susannah Harrison led the Woking orange.

Age group winners called were Anna Garnier, known in Battersea Park 5s, for over 50, and Maggie Statham, who turned 55 this year.

Ranelagh Harriers from their power base beside the Park again produced the mens race winner but a different name this time in Darryl McDonald.

Former winner Mark Tennyson was first VAC member and a close 7th.

Barry Attwell although first 50 had a modest race by reference to other VAC runners.

For instance Jim Wallace was nearly two minutes quicker than last year.

## Surrey Vets

18 October  
Richmond  
Park

A few places on came Steve Badgery who had just gained International selection and was close to his '07 time.

Reigate are less seen but Stewart McIntyre was next.

Herne Hill had Steve Knight inside the first 40, pursued by relative newcomer Nick Crocker. Not forgetting John Garber in M65 and Brian Shave over 70.

Coming back were two 60s, Martin Miller, claiming his Surrey qualification, and Peter Giles, in Thames Hare vest, not far apart.

Keith Spacie was the dominant 70 in a race he seldom misses.

A fit Steve Edwards was close relative to all round enthusiast Stephen McDuell who does track and sprint.

Among the persisting tailenders a useful shift came to Ian Isherwood, while tall Alan Lane, pre Epsom, and others were dogged in stamina and will.



**Maggie Statham**

### Women

- 1 C Evans SLH 24:27
- 2 C Graham Stragg 24:33
- 3 Estlé Viljoen HW 24:42
- 8 Susannah Harrison WO 25:20
- 14 L Ioanascu DMV 25:44
- 16 Anna Garnier THH 50 1 26:12
- 24 Maggie Statham Holl 55 1 28:02
- 26 Nicky Atkins KP 28:12
- 30 Sarah Allen HHH 28:30
- 33 Mandy Brown 26:2 28:54
- 39 Marion Jakeman E&E 60 1 29:43
- 44 Fiona Bishop AFD 30:50
- 47 Ann Bath 26.2RC 31:32
- 52 Sandra Hughes SLH 33:25
- 54 Nina Pinkerton SLH 35:10
- Teams W35-44** 1 SLH 12, 2 Woking 29, 3 Dorking MV 30, 4 Stragglers 39, 5 K&P 52, 6 HasB 57

### Men

- 1 Darryl McDonald Ran 35:17
- 2 C Phelan SLH 35:55
- 3 J Dobson HW 36:21
- 7 Mark Tennyson G&G 36:54
- 14 Barry Attwell SLH 50 3 38:10
- 24 Jim Wallace WW 39:41
- 26 Steve Badgery HW 60 1 39:48
- 33 Stuart McIntyre RPR 40:28
- 35 Graham Ball WW 40:54
- 36 Andy del Nevo Cro 40:57
- 38 Steve Knight HHH 41:10
- 41 Nick Crocker VAC 41:22
- 44 Martin Miller HW 41:44
- 47 Peter Giles THH 42:09
- 53 Stephen McDuell HW 43:21
- 56 Keith Spacie THH 70 1 44:00
- 61 Steve Edwards VAC 44:22
- 65 Maurice Sharp HW 44:50
- 75 Alan Turner HW 65 2 48:11
- 76 Martin Berry Holl 48:19
- 77 David Walsh THH 48:38
- 78 John Garber HHH 48:44
- 80 Ian Isherwood HW 49:34
- 85 Brian Shave HH 54:52
- 86 Dennis Williams HW 56:01
- 89 Bernard Imber Dul R 58:47
- 90 Alan Lane Bell 59:27
- 92 Michael Morfey VAC 63:36

**TEAMS 40-49** 1 Ranelagh 15, 2 SLH 21, 3 G&G 34m 4HW 37, 5 DMV 47, 6 Coll 61

**M50** 1 Ranelagh 15, 2 SLH 17, 3 WW 29, 4 HH 4, 5 HW 44:

**M60+** 1 HW 11, 2 THH 19, 3 SLH 20, 4 HHH 43

*Paddy Clark continued*

The miles piled up and the times came down, with a 2:27 in the London Marathon in 1984. I felt I could go quicker, and after a long injury lay-off racked up the mileage and the intervals again as a new vet in 1985. Things seemed to be coming together in the Hog's Back, where I was running a few seconds behind three leading vets of the day – Ogden, Dow and Johnston – when my right hamstring went at the top of the climb at 8 miles.

Flummoxed, I stood there while about ten blokes went past, but with the traffic bearing down (the last 3 miles were along the dual carriage-way those days) I could only see one way back, so started up again, passed ten in 52-something and managed to hold 4th in the vets. The right leg was never quite the same again, although with the help of the left it managed a 2:29 for London in 1987.

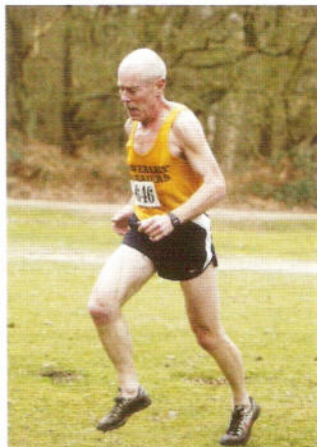
1995 saw me drawing on my north-of-the-border ancestry for a berth in the Scottish M50 team for the international at Malahide near Dublin. True to form, the right leg started playing up and hampering training, but it held up

enough for me to come in as 4th Scot and help the team to a bronze.

Two years later, the World Service commissioned me to do a 15-minute programme on running the Everest Marathon. Athletic disaster was waiting to ambush me – not in the guise of injury this time, but altitude sickness. Up near base camp the day before the event, the medical team concluded I had pulmonary oedema and warned that unless I went down a couple of thousand feet I might die. It was seven miles down the course, and left me wondering what I was going to tell the listeners.

I was surprised to find the contestants who suffered a similar fate included several Gurkhas, who I thought thrived on thin air. They let us join in after the first ten runners had gone through, and I finished by catching all but the first three, who were all Nepalese. Frustratingly, I think I'd have finished first European even if I'd done the whole 26, as the next guy in didn't show for another 20 mins.

Well, it was downhill then, and it's been pretty well downhill ever since, with the constant struggle against the



ravages of time. Sticking to cross-country training (there's a big selection out my way in the Surrey/Sussex borders) and racing – Surrey League, Hampshire League with Winchester for a while, and the good old VAC races – has kept down the impact both of running and of slowing times.

No more road race PWs if I can help it. Many years ago I used to think I'd have long since given up, but not any more. There's something about the camaraderie of those Saturday afternoon races – and a bit of the old competitive buzz. And if the legs really refuse to go, there's always the marshalling ...



*Top right:  
Paddy works  
the good  
ground at top  
o'the hill*

*Left: Ron  
Hopcroft and  
Pete  
Mulholland at  
29 Nov CC*

## **New Members**

Jaran Finn(Serpentine) V0641  
Alice Campbell(Croydon) V2642  
Anthony Silker(VAC) V2643  
Martin Duff(AFD) V2644  
Jane Davies(E&E) V2645

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

# I'm a fan of Indoors, says Peter Hamilton

When there is very small support for an event, what goes through your mind? Good, I should be able to do well today, or, what a shame, I wanted to beat the best there is. I confess to mixed emotions, but I am a fan of indoor running and it is also where I can indulge my "ought to do well here" side.

So why is it that veterans indoor events are not as well supported as they should be? I am talking from a middle distance stance. Could it be the "spotlight" effect, the lack of anonymity that is available in a mass road race? Like all track running there you are in a very exposed and measured environment, with spectators able to chart your every step. Moreover it is a 200 metre track and unless you are to finish within 35/45 seconds of the winner you have

the ignominy of being lapped. Last winter I achieved the first of being lapped in a 1500m race where M35 upwards competed in one event.

Do athletes think that there is a risk of injury on a tighter track, or any track? Certainly at around 80 second speed and above I do not think this is a consideration; I did once fall off a bend many years ago trying to do a 28 second 200!

There is really no reason why even those who consider themselves mainstream cross country runners should not try the indoor circuit, even as a means to an end, say mid winter speed work. One of the features I like most is in mid February the feeling of run-



**A start at Lee Valley with Richard Holland and Richard Tomlinson at far side.**

ning free in singlet and shorts in mild, windless conditions, having most likely been used to at least two layer conditions on the track on Tuesday nights.

There are a number of fixtures coming up after Christmas at Picketts Lock – see BMAF website – to both provide competition and also generate use of a first rate facility. Why not take that plunge and give yourself a new experience this winter and compete indoors?

## Les Brown Memorial Trophy

Is scored by one point for a run, or officials job, but not including the main officials.

Scored by Bob Belmore with aim of recognising your participation.

*points after 29 Nov*

- 12 D Williams
- 10 C Hyde, M Johnson,
- 8 K Burnett, H Middleton, M May, S McDuell
- 7 C Lawton, E Bartlett, B Hercock, D Hoben, D Maskell
- 6 S Edwards, P Bell, J Aspinall, A Thomson, J Gristwood, John May, T O'Neill, Mike Hinton, D Cox, J FitzGerald,
- 5 C Collins, R Tomlinson, S Bennett, P Crane, P Torre, M Cook, K Tuson, J Godbeer, S Lightman, S Littlewood, P Hannell, D Bradley, J Reid, K Croke, P Mulholland.

Holder Dan Maskell

## Subs Ways

**Last newsletter was mailed inside a window envelope**

This may seem dull news but what it doesn't mention is that every member had an individual bill, or Renew Sheet drawn directly from his subscription account. The IT for this was created by Membership Secretary.

As far as we know there were no problems. If so, in light of usual IT needing much rework to get it right, the new procedure must be counted a great success. Or, olé Subs Way!

But don't forget to pay just the same.

## Club Cryer

And if anyone would compose a new call, on the lines we thought of Tarzan, King of the Apes, Editor would love to hear it when these official needs rear their ugly heads. Oh-ladie-ee, ladie-oh, ladle-oh, ladlee-oh-oh; oh no that's the *Sound of Music*.

## Club kit

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

**Womens** sizes 32/34, 34/36",

38/40" new design  
£16.00.

**Mens** sizes new

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

**Plus P&P 65p,**

Cheques pay 'Veterans 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**

## CC Champs history

**40 class** can be empty sometimes but winners have been top man Bob Treadwell, three times, and Camp Road record, and Mick Waine who had two wins. But R Gaine was never again.

Peter Hamilton ran up a hat trick 20 years ago before Charlie Dickinson took him on in a race he remembers well, 1991. Vic Maughn has won twice but Mick Boyle did 30:14, record, in '04.

**45s** vary more but Grenville Tuck had a hat trick and Mick Boyle in a classic run set 31:12 in '06, while in the early '90s, when 120 would run, Stephen Warzee was king.

**M50** is Barry Attwell territory but new man Frank Ward is title holder. Charlie had two, 32:24, Steve Birkin three, Geoff Harrold a couple and peerless Tom Ryan four in a row to '91.

**M55** is similar with Charlie again, 33:10, Geoff twice, Keith Spacie twice, and the late Charlie Walker a hat man. Mike Mann defends the class where like M50 there is always competition in depth.

In **M60** Tom Everitt comes in with four, late Laurie O'Hara did three, late Laurie Forster a hat, Bob Belmore, you know him, a brace, and a certain Steve Charlton enters the lists.

**M65** has a Charlton hat trick, Spacie and Alan Howard doubles and John Batchelor emerges into the sunlight. Way back it was Hillingdon's Dennis Eysers and Basil Nielsen as 'fixtures'.

The great Chris Chataway enters in **M70** with more Charlton and John Taylor of Liss a hat. Spacie can defend title now off a keen 43:25.

**M75** has Charlton two, Ray Dare, and late Ted Rose two and others more modest.

**W35** was Clare Pauzers' twice but some years had no runners at all.

Maggie Statham doubled in **W40** ten years ago but Yvonne Hill of Ranelagh defends on 40:17.

**W45** sees Pauzers back in title but Jean Taylor of Windmilers was smart to bag three, while an earlier hat artiste was Jane Davies.

No question that Jane Georghiou owned **W50** with her unique five in a row, best 34:54.

Then Marion Rayner and she were the ladies who **55ed**, while José Kimber won three.

In **W60** Eila Mansfield had four in a row and Lesley Bowcott, who is here since the '80s, a brace. **W65** is blank here and there but Pam Jones has the best, 45:33, and **W70** to boot.

So the top vets star but there are still many chances for club runners to begolden if not behat.

## Epsom 10 continued

Does the Windmiler doctor have a secret potion?

First 50 was remarkably our Ilford race walker, Steve Allen. Commending the course as "very nice" and doubtless enjoying a degree of freedom with no judges staring he took it all in his stride. Then a week later he was back to heel and toe in 7M Walk.

Then Epsom stalwart Gerry Smith beat 69s this year.

Lynn Wilson improved on her 10,000m form against others in the race for 70:47, only seconds outside the W50 best time by Ros Tabor.

Richard Hammerson, our new Reading RR, was first 65, and best time for seven years.

Another Essex man, Ken 'tuneful' Tuson, led five more 70 stayers, as they say on the turf.

Tony and Maureen Farmer from Dartford H&AC had a rare family double, both taking golds home. Tony told us he found the hills testing but the downhill finish was a reward.

Leon Goldsack, back after illness, seems none the worse.

Presentations being done by David Clarke and Bob Belmore in the new and lavish grandstand was a nice surprise. With credit too to John Cock and Don Turner for process.

The course finished there which was a major upgrade over the Rubbing House hairpin with the start at Tattenham Corner set back in lieu.

Well done the Harriers, say all good men, for keeping the race going through thick and thin.



*Epsom's new colours for Gerry*



*Ann Bath had travelled back from Swansea*



*Howard Burgess of Leatherhead*



# Fixtures



## VAC Cross Country

- Sat 27 Dec VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall
- Sat 10 Jan Surrey League Div III LLOYD PARK org Cro. 2.30pm  
Surrey Womens League COULSDON 12.00pm
- Sat 17 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 7 Feb Surrey Leag Div III WIMBLEDON PARKSIDE org VAC 3pm (YA 2.30)  
Surrey Womens Lg LLOYD PARK 12.15pm
- Sat 28 Feb VAC 5.5M CC WIMBLEDON 2.30pm. HQ Belgrave Hall
- Sat 28 Mar VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall

Officials: we need Technical Officials and Marshalls for 17 Jan and 7 Feb especially. If you can, please notify in advance to Bob Belmore tel 01428 654749.

### 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, National & International**

- 31 Jan SOE Vet CC BIGGLESWADE
- 22 Feb VAC/EVAC/BM Pent Indoors  
LEE VALLEY see form
- 7-8 Mar Indoor T&F LEE VALLEY
- 21 Mar CC RUTHIN N Wales
- 25-29 Mar EURO Indoors ANCONA Italy
- 16 May Relays SUTTON PARK
- 4-5 Jul T&F BIRMINGHAM

### 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.

Farthing Downs is on south east side of Coulsdon, served by A23, Coulsdon station and SLH HQ.

### VAC Summer dates, provisional

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

### **Other**

- 21 Feb National CC Parliament Hill
- 26 Apr London Marathon
- 23 May Surrey Co Vet T&F Kingsmeadow

VAC N/L December 2008

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