

Veterans Athletic Club

Newsletter December 2009



Above: Estlé Viljoen – Gareth	5	Gareth Cavell	12	Surrey Vets CC
Cavell (127) – Marion Jakeman	6	Epsom 10	13	Terry Eakin
– Bill Gristwood	7	Walking	14	Results
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Officers of the Veterans AC

President	Peter Hannell	HannellPC@aol.com
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	01428 654749
CC Sec, Road Sec	Bob Belmore	League Manager – 01428 654749
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 at Committee	Cecil Gittins	

Committee news

It was recorded that one member had supported the idea of VAC joining Rosenheim League.

Treasurer reported that BMAF fees were half paid, and that recent events had made a surplus of £840. Also that a stock of medals would be purchased shortly.

The Walk Sec reported that from Enfield 5K he had received a net receipt of £52.

CC Sec announced that he had agreed to take on the last Surrey League match in Div 3/4 since Epsom Oddballs had declined. He had planned a variation on the Belgrave course, to start and finish near West Place, or Fox and Grapes PH, where there is a convenient open space.

Committee meeting dates to be in Union Jack Club and similar to 2009 were announced.

Support for VAC team in Surrey League was slightly down but the club's presence had been felt in the East Surrey League in addition, a new step.

London Marathon applications for club places had been received by General Secretary from Peter Freeman and another, for three places given by London Marathon.

A suggestion by a member to consider having the Newsletter online instead of printed and posted was heard but did not

gain approval.

Six new members for adoption were compiled from recent listing.

It was heard from Membership Sec that use of PO Box Number for subs and letters was working well. Also that the reduction in mail volume coming into the Secretary's house was appreciated by his family.

BMAF policy on age groups was conveyed to the meeting.

Next Committees: 8 Jan and 12 March.

Your club

Members are reminded that stopping a cheque from banking causes a charge to be raised against the Club. Our Treasurer wishes to point out that it is your club, and any member wanting to stop a cheque would do better to ask Treasurer for a refund.

Style of Results

Please adopt this style where possible:

Place – Forename or Initial – Name – Club – Age – Age place for 1st – Time as mm:ss

Use tabs, never multiple spaces; use abbreviation of Club; avoid Attachments unless long.

CC/T&F Sec is not online and so would appreciate receiving updated telephone numbers.

New Members

Paul Townsend VAC	Pippa Major SLH
David Betts Herc Wim	Peter Cambridge VAC
	Welcome!

News and Views

Dear Jeremy,

I would like to reply to your open letter to me in the August issue of VAC newsletter and the earlier comments on the EAMA question in the April issue.

The change of name to English Athletics Masters Association was decided by a vote at its AGM / delegates' meeting. Three clubs did not attend, North-East, North and Isle of Man. By writing that their absence could be explained by their 'thinking that they had no chance against the insiders' you seem to be suggesting that these clubs would have voted against the change. The position is that these clubs rarely send delegates to EAMA and BMAF meetings.

The SCVAC committee did not leave me as their delegate to vote as I thought fit, but voted in favour of the name change and sent me to the delegates meeting to vote accordingly.

As a last point on this article, VAC were invited to the Inter Area match. As the meeting organiser I invited them and they came and competed. Scotland, Wales and Northern Ireland were there as well, but clearly not to 'make up' for VAC's absence.

Moving to the August letter, I don't agree that the term 'masters' has been 'forced down our throats excessively'.

Maurice Doogan's addressless mailing list is at the request of the athletes who do not wish their email addresses to be made public. In his letters Maurice does not send out propaganda, but valuable information and advice for athletes on national and international fixtures, hotel accommodation and other relevant matters.

I hope that this clarifies things.

Yours sincerely,

Arthur Kimber.

Editor

It is contended the matter of athletes' details is unsatisfactory and calls for review of the ownership and governance of the data.

It is not clear whether data given or collected is available to other interested parties, who might in parliamentary terms be termed

opposition. In the event of any issue we imagine that the opposition would expect the same access as the government or federation officers.

As well as the volunteered email addresses is there not possibility of further data which has not been expressly approved being collected? For instance entry forms have a place for Email address without a caution or conditions attached and that could be collected as a separate set.

Re three clubs, it was stated that NVAC intended to vote against the name change but rep Alex Rowe was unable to travel.

Re Inter Area Match, please note that the invitation should be sent to T&F Secretary, not to General Sec of VAC.

As a matter of record, a paper about photographic rights was also presented.

Jeremy Hemming

It suggested that Members entering Indoor Champs may like to tick VAC only, to secure publicity for the Club.

In Attendance scores Bob Belmore points out that it's clear racewalkers are prominent, proving their dedication and loyalty. We do enjoy excellent support from certain runners too but some more wouldn't go amiss.

In Surrey League Div 3 & 4 smooth process of Results is still not assured. We'd like to know when and where to look for them on Sunday and not have a big chase around.

A year ago M40s were invited to tell us about their aims but no one replied. We think however that competition in this group has picked up – see Gareth Cavell's story on p5 – and was always there on track and sprint. Mature athletes who hit the deck running at 40, as Nigel Gates and Alastair Ross did, are rare and many take a year or two to find their feet in veteran competition.

While M35 is another matter. There are half a dozen M35s in VAC and they have competed perhaps six times in a year, total, so except for one or two who have come through to 40, 35s aren't big.

New members might bear in mind that plenty of help and advice could be had by attending meets, and speaking to old hands.

International CC

14 November

by course reporter

The big event of the Vets' winter calendar was held at a very wet and windy Birmingham.

Debbie Walters from Birchfield easily defended her overall women's title. A fast starter, she immediately hit the front and proceeded to move further away in the race as rain and wind lashed the runners throughout.

In W45 Clare Elms didn't quite have the endurance, after a summer of injury, to match W45 winner O'Sullivan on the final lap, but was a close third.

W60 phenomenon Angela Copson took gold by exactly two minutes from VAC's evenly matched pair. Margaret Moody mounted a strong last lap challenge after Ros Tabor had started quickly but settled for third place. This trio gave England a clean sweep.

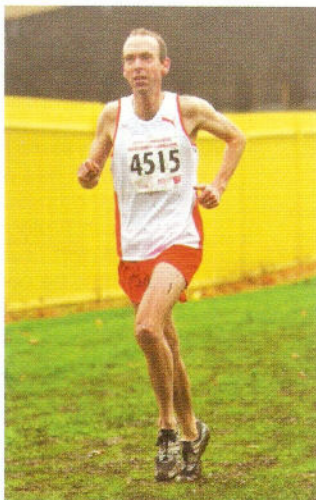
Ann Bath was first 60, o'er the border, with Sandra Hughes, of SLH, supporting.

Newcomer to the event, Lesley Bowcott had a splendid win in W65 class despite a cold and less experience at this level.

Then Pam Jones, 70, kept up her record of scoring in an age group below her own.



Margaret Moody takes a slope



Ben Reynolds, by the stadium

M65 was competitive where Peter Giles was a solid second English for a team gold.

Tough Fred Gibbs held his 70 title where Les Presland, second, had prepared well with warm weather racing in Australia, like Bowcott. With Ed Simpson, now a regular England teamer.

Mike Hager maintained his remarkable eminence in M50 class. The 59 year-old Tipton star may have been giving away nine years to some but he duly won his fourth M55 gold and ninth title in this event.

He said "I like to start fast and it was a cracking first half but I was pleased to keep going strongly".

England won M50 team gold but lost out in M55 to Ireland and again in M60 to Wales. This race resembled a track event with the leading trio watching each other and seemingly only racing flat out on the final lap. The strongest finisher was Griff Owens of north Wales who Terry Eakin (NI) pushed all the way on the last lap. With Wales' Sandy Johnstone taking third England had no individual medal.

M40 holder Tim Hartley, who had been 32nd in the National,

VAC Placings, Men over 35

7 B Reynolds (Eng) M45 2 29:09
57 P Lemmon (Eng) M45 31:44
M50+

48 T Eakin (NI) M60 2 34:56
53 L O'Hare (Rep I) M60 35:17
54 M Mann (Eng) M60 35:38

M65+

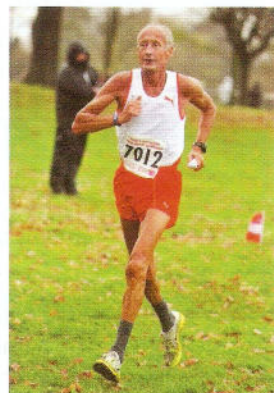
4 P Giles (Eng) M65 27:00
13 L Presland (Eng) M70 2 28:33
21 E Simpson (Eng) M70 30:37

Women

9 C Elms (Eng) W45 3 24:41
72 M Moody (Eng) W60 2 29:24
74 R Tabor (Eng) W60 3 29:31
102 L Bowcott (Eng) W65 1 33:57
108 A Bath (Sco) W60 34:44
112 P Jones (Eng) W65 35:04
110 S Hughes (Sco) W60 35:42
119 M FitzGerald (Rep I) W65 38:08

Open race

2 M Deasy W45 25:12



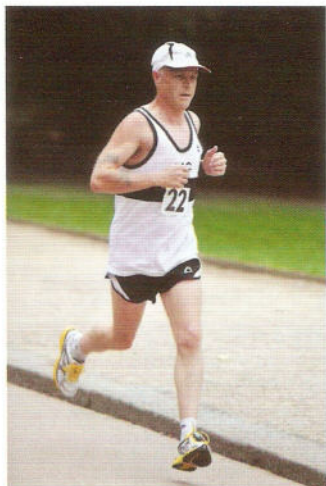
Well focused Les Presland

proved a worthy champion.

The M45 winner, Brecon farmer Austin Davies, took gold by half a minute from Ben Reynolds, who for contrast is a City worker. In 7th place he was VAC's fastest man and lead England to another team win. Keith Newton had withdrawn due to injury.

England conceded five titles to Wales and Republic of Ireland.

In Open race Margaret Deasy, getting no call from reserves, ran and finished second female.



Gareth Cavell

The self taught runner from Essex, and Epsom, has made a sure start

Gareth started running at 40. He found out about VAC on line and got signed up in mid 2008.

He ran the Epsom 10 in November and made a very good start, first VAC in 57:54, clear of the second 40 by nearly a minute.

This year he repeated his win though slower by a minute, at 59:17. The conditions were adverse with a strong wind but his performance was better than the trend of 3 or 4 minutes slower than last year. Gareth wore a heart rate monitor which he found a bit distracting. When he got used to it he ran the second half two minutes quicker than the more uphill first half.

Since then Gareth ran the South of Thames 5M at Sparrow's Den. He rates it the hardest race he has done and he found the standard set by the young seniors a bit of a shock. But ran the last mile in five and a half minutes.

Gareth started running at 40. He had been a cab driver

for seven years and he had his share of celebrities 'in the back of my cab', no less than Michael Caine, Piers Morgan and Hugh Grant. But he was putting on weight. He tried jogging and swimming and then found VAC website on the internet. For his first race he entered a half marathon in Brentwood and happily it was a good experience: he finished 31st.

In VAC 5Km road Champs he was tested by top VAC M40/45 men and was third when Vic Maughan won from Richard Tomlinson. Gareth found himself caught by the early pace before he ended 20 secs back in 17:13, ahead of Mick Barlow and useful runners.

His first track race was VAC 10,000m Champs where he raced top vet Dave Cox, new member Stephen Morris and Liam O'Hare, under floodlights and strong rain – some baptism. Dave was in unstoppable form but Gareth ran well to be second in 35:18.5, useful figures for a first track run.

While waiting he found Ros Tabor's run inspiring.

His background is not an athletics one and his family may think 40 is a bit old to be running. He was brought up

in Epsom and apprenticed to the racing stable of Ron Smythe, like his father who had been in Walter Nightingall's. Gareth completed the training of the British Racing School in Newmarket and is still light enough to be a jockey at 8 stone 7. Every year the traditional Derby day on the Hill is an occasion he enjoys with his wife, and thousands of Londoners. In athletics, links to horse racing aren't spoken of much but we've met a few veterans at the races, says Editor, who did a bit himself.

Remarkably Gareth is self taught. In his training he does a weekly tempo run of 3–4 miles, and intervals from quarter mile to one mile for his speed, and uses a golf course for off-road running. He doesn't have a coach but gleans hints and tips from books.

Running for VAC in the League, Gareth has been the anchor man this season. At Cranford and at Lloyd Park he was first home in team, coming League Div 3 third at Croydon, and he has enjoyed the extra dimension of being part of the group.

We shall follow his progress in sport with interest and wish him the very best of luck.

Epsom 10

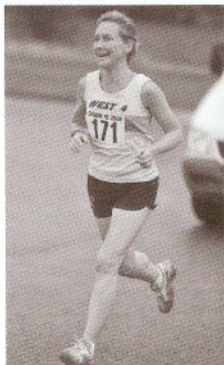


Claire Donald, second right, leads Ron Vialls, Brownhill, Harrison and Newton in early groups past The Queen's Stand

Disappointment has been felt that more Members did not enter the race.

There were no paper forms in newsletter as would have been usual. But without the subs form, which is now part of the carrier sheet, the cost of printing would have been £100 which was felt to be not cost-effective. So there was entry form on line at vetsac site and plain paper entry by post was offered too.

So, sadly, technology has once again been negative. We tried to be thrifty but should we print everything to put it in your hand, regardless of cost?



All downhill, Alison Brownhill

Claire Donald ran very well to be second all women and first VAC and against the day's pattern set a W50 record of 68:29. That improved Ros Tabor's 70:43.

Adverse conditions of wind and rain kept times slow, often 3 or 4 minutes longer than last year.

Said Richard Hammerson "That last mile seemed to go on forever, running on tired legs with the very strong wind blowing across the downs pushing you towards the other side of the road and head on in finishing straight".

It's horses for courses at the Downs so Susanna

1s W C Collyer 64:14

VAC placings

11 Gareth Cavell (VAC)	M40 1	59:17
28 Claire Donald (Purple P)	W50 1	68:29
38 107 Ronald Vialls (Barking)	M55 1	67:55
47 Susanna Harrison (Woking)	W45 1	68:57
53 Gerry Smith (E&E)	M55 2	70:07
59 Alison Brownhill (W4)	W45 2	70:52
69 Alan Dolton (Striders)	M50 1	72:28
99 Rich Hammerson (Read RR)	M65 1	76:27
153 Ann Bath (26.2)	W60 1	84:56
159 Marion Jakeman (E&E)	W60 2	85:50
185 Richard Pit-Knowles (Sev'ks)	M75 1	88:54
193 Keith Walker (E&E)	M60 1	90:23
229 George Frogley (VAC) late	M70 1	12:40
231 John Hanscomb (Ranelagh)	M70 1	118.29

C White Shield, oldest under 90 mins, awarded to Richard Pitcaim-Knowles

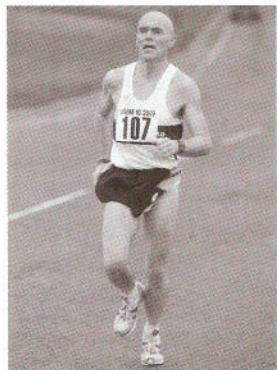
Officials Bob Belmore, Peter Hannell (President), Jeremy Hemming photos

Harrison and Marion Jakeman both gained fourth golds, while Epsom's Gerry Smith was there again too.

Said Ann Bath "I was very pleased to catch Marion at 7M and beat her as she beat me by 2 minutes last year. Even us 'slower' oldies are still highly competitive!"

An ice-breaker was George Frogley while John Hanscomb was an answer to the time trials – a lost soul recovered.

Finally thank you Epsom & Ewell Harriers; it's so right you keep this favourite going.



The lonely road of Ron Vialls

Belgrave & VAC 7M Walk
28 Nov 09

1 Darrell Stone(Stey) M40	51:12
2 Trevor Jones (Stey) M50 1	59:12
3 Ian Richards (Stey) M60 1	59:47
4 Peter Ryan (Ilf) M55 1	61:42
5 Stephen Uttley(Ilif)	62:01
6 Estlé Viljoen (HW) W35 1	62:03
8 Helen Middleton(E&H) W45 1	66:01
9 Sean Lightman (SWC) M65 1	66:34
10 Ron Penfold (Stey) M65 2	67:05
11 Art Thomson (E&H) M70 1	67:43
12 Carl Lawton(Bel) M60 2	68:14
13 Paul King(Bel) M55 2	68:23
16 Peter Hannell (SWC) M60 3	69:57
17 Maureen Noel(Bel) W45 2	70:06
18 John Hall(Bel) M60	70:34
20 Sean Pender (e&h) M55 3	72:01
21 Fiona Bishop(AFD) W50 1	73:35
22 Peter Crane (SWC) M60	74:13
23 Ann Bellchamber(Stey) W55 1	74:43
24 Gary McDonald(SWC) M50 2	75:48
26 Ron Powell (E&H) M70 2	77:16
28 Dave Hoben (SWC) M55	78:37
29 Bernie Hercock (E&H) M75	81:08

Teams: 1 Steyning, 2 Ilford, 3 Belgrave, 4 Enfield, 5 Surrey WC, 6 Steyning B
Spot Prize: Peter Cassidy, 70 this day.

VAC 5K Champs Lee Valley 10 Oct

1 Peter Ryan	55	25:49
2 Andy Cox Hilling 55	28:01	
3 Sean Lightman	65	28:12
4 Arthur Thompson	70	28:46
5 Steve Allen Ilf	50	28:56
6 Peter Hannell	65	29:23
7 Helen Middleton	W45	29:34
8 Carl Lawton	60	29:46
9 Sean Pender	55	29:53
10 Chris Flint Lon Vids	60	30:50
11 Garry McDonald	50	30:51
12 Ron Penfold	65	30:59
13 Fiona Bishop	W50	31:47
14 Peter Crane	60	32:15
15 Ron Powell	70	33:19
16 Alan O'Rawe Southend	65	33:28
17 Jo Miles Hilling	W50	33:32
18 Dave Stevens Steyn	70	33:37
19 Dave Hoben	55	33:40
20 Bernie Hercock	70	35:04
21 Doug Fotheringham Bel	75	35:34
22 Maureen Spelman AFD W70		36:19
23 Barbara Edlin Enf Har	W60	37:46
24 Jack FitzGerald SWC	80	43:50

Other clubs as above

Race Walking



Ian Richards and Carl Lawton(241) in Wimbledon 7M

Report by Peter Hannell

The last, but probably most historic 7 miles of the autumn was held by Belgrave Harriers in Wimbledon Village although the size of field at 30 was only a tenth of what it was 30 years ago when the top clubs in England would travel to London. Some still came from 60 miles who were not put off by the very steep hills since heavy traffic has forced the organisers onto a circuit curving sharply down towards the All England Tennis and back up. The effect on most times is a depression of at least a minute and this affected the very fast winner, Darrell Stone of Steyning, who still managed a time just over 51 minutes. The weather conditions were surprisingly dry, sunny and calm – if only because the conditions on both preceding and succeeding days were exactly the reverse!

The race incorporated VAC Champs and most of the competitors were of veteran age. The steep hills naturally affected the fittest and fastest the least although this was confounded by VAC's David Hoben who despite being down the field had the best relative performance with a time hardly any slower than on recent, much flatter courses – at least one person seemed to enjoy the hills! The gradient in some places is such that only the youngest have the strength and flexibility to comply with the ideal racewalking style. The competitors were fairly evenly spread so all had the benefit of competition ahead of them even if some of us felt they were always going away.

For several years the organisers – almost entirely Carl Lawton – have told us that this will be the last Belgrave 7 due to more traffic and less numbers and this time was no exception but we can all hope.



Peter Crowhurst, Walter Wessely and Dan Maskell tackle the hill

Cross Country on Wimbledon Common

ence, along with Harry Corbett, split them up later in the race.

Still with Hercules, Tom Morris led Chas Rayner till the long striding West 4 man came by on lap three.

The Ranelagh hound is a rare breed these days but Alan Howard knows the scent and was first 70, ahead of senior Ted Kimber.

The general standard of fitness keeps at a very high level but illness can stop runners in their tracks. Such a case was Dennis Smith who resumed this day after a malady and an interval of four or five years. The once regular VAC member comes up from Deal and we were delighted to welcome him back.

3 October

Bill Gristwood took care of this race and stopped the clock right in his usual range.

Dan Maskell had the novel role of finishing third but as good as that, had a quick time, coming home a minute faster than last season.

Racing Dan was a new member, Paul Field, from central London, who made a prompt start.

Also newly enrolled was Peter Crowhurst who got away from Walter Wessely after lap one.

While Ann Bath, who had International in her prospect, and no conflict with cycling in the winter, achieved a fast time too.

VAC 21 November

There was a surprise when the race was won by Mick Barlow whose top takings have been at road.

After lying third in the first lap he made the classic move, a surge on the hill, on the final lap, to come away by 50 yards at the funnel.

In a previous encounter Ray had been the one in front when he came on the VAC scene and won 5 mile Road Champs in 2007.

Again the year before Mick

had Dave Cox to pursue in the 5K medal race.

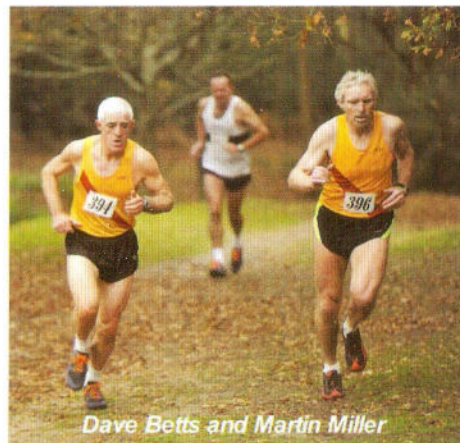
While in February this year Mick made the trip from Tonbridge in snowy conditions to support VAC team in a vital League race at the Common. So now the Common said "well done passing go, here is a special steep escalator card for use whenever you choose".

In the first lap Ray Dzikowski came off the hill 12 secs ahead of Bill Gristwood, with Barlow 20 yards back.

Terry Eakin came a minute behind the leader with fellow Windmiler Jim Wallace.

Hercules men out were led by Hugh Saxby, newly signed Dave Betts and Martin 'Golden' Miller.

Michael Nouch, asserting Belgrave pres-



Dave Betts and Martin Miller

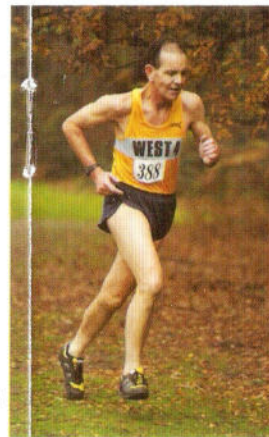


Bill Gristwood, Tony Harran, Jim Wallace(38), Terry Eakin and Ray Dzikowski(403).

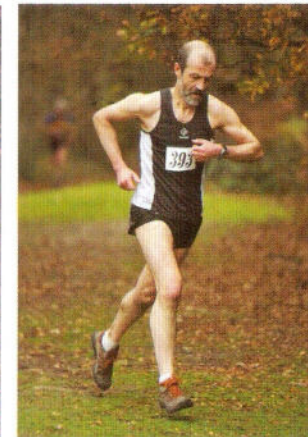
Woodford Green report that Essex Vets CC was held last week at Hainault Forest on a new course. In women, Bernie Pritchett gained a competitive bronze medal against younger women. As a result of recovering her form she has been invited to spend three nights in New York running a Masters' Mile in January, with tribute for Coghlan's famous run in Madison Square Garden possibly. After which she will go to Canada for the World Masters Indoor Champs, with a mike packed no doubt.

Dave Cox, 56, and Richard Holland ran most of the 50s race in 4th and 5th as Woodford Green took the gold with 23 points to Chelmsford's 26.

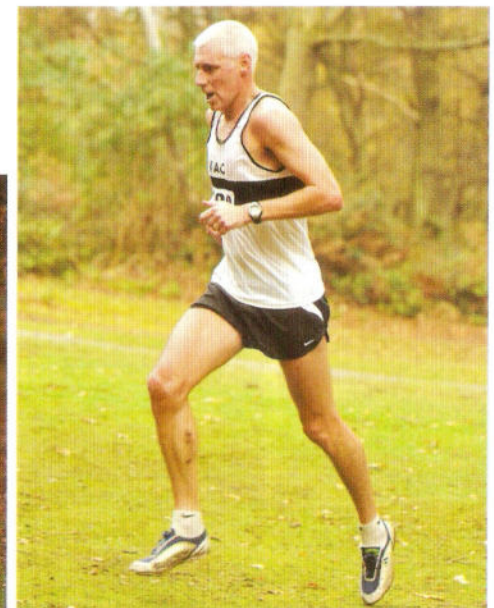
Tony Pamphilon and Terry McCarthy both started moderately before carving through the field together-



Chas Rayner



Martin Spence



Mick Barlow at top o'the hill

Essex, and Sussex, Vets latest

er until Pamphilon pulled through to 12th. It was great to see former county M40 champion Pamphilon achieve this place on no hard training following a 4-year absence with a mystery fatigue-type condition.

Terry McCarthy, team manager, was 15th with M60s Roger Green 39th and Vic Wilson 61st.

The M40 race has less report except that Ray Dzikowski is credited with a very useful 11th.

Sussex Masters CC Horsham 6 Dec

M40 1 Keith Newton (b&h) 36:26

O50 8 Tom Ulliott (b&h) 41:44

O60 7 Martin Miller (Chich) 46:41

20 Martin Duff (AFD) 53:21

W45 1 Cathy Ulliott (b&h) 27:29

28 Ann Belchambers(Worth) 37:27

Surrey League team scores

Surrey League Div III 10 October BA Cranford Park

1 James Ellis(Clapham)	26:22
2 Mike Bruce (Elm)	27:05
3 Justin Mitchell(Wok)	27:29

VAC

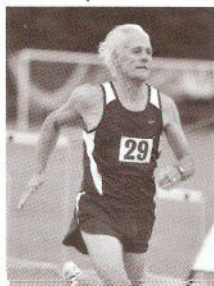
8 Gareth Cavell	28:22
16 Richard Tweddle	29:46
23 Bob Treadwell	30:24
60 Derek Wardle	33:15
65 Kieron Fennelly	34:24
67 Paul Field	34:34
78 Dan Maskell	36:10
79 Walter Wessely	36:12
83 George Wallace	36:58

Match 1 Clapham Chasers 226, 2 Elmbridge 239, 3 26.2 RC 373, 4 BAC 430, 5 Runnymede 435, 6 Holland Sp 505, 7 VAC 568, 8 Woking 587, 9 Epsom Oddballs 732
Our first Surrey League strike made a firm start, even missing a tenth scorer and several regulars.

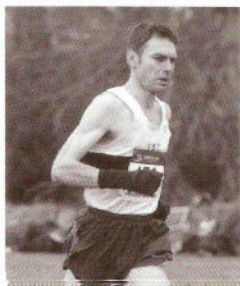
Gareth Cavell, in his first league run, ran well to finish 8th, 15th overall, and lead the VAC team. His effort gave him fifth vet in Div 3 among prominent younger seniors.

Experts Richard Tweddle and Bob Treadwell were well there. Derek Wardle, our mid distance track man, led the middle order followed by Kieron Fennelly from Sandhurst and a welcome new member, Paul Field, from inner London.

Regulars Dan Maskell and new lad George Wallace along with Walter Wessely made up the team less one. That scored us a moderate 7th place.



Derek Wardle



Richard Tweddle



Dan Maskell



Bob Treadwell

Surrey League Div III 14 Nov Lloyd Park Race winner's time 29:58

VAC

3 Gareth Cavell	32:56
7 Bill Gristwood	33:38
11 Richard Tweddle	34:14
14 Bob Treadwell	34:35
67 Nick Crocker	39:31
72 Paul Browning	40:36
85 Richard Hammerson	43:35
86 George Wallace	43:39
87 Dan Maskell	44:24

Match: 1st 26.2RC 238, 2 Clapham 336, 3 Elmbridge 411 pts, 4 Runnymede 456, 5 Holland Sp 463, 6 Woking 487, 7 BA 492.5, 8 Vets 521.5, 9 Epsom Oddballs 690

Standings: 1 Clapham 562, 2 26.2 RC 611, 3 Elmbridge 650, 4 Runny 891, 5 BA 922.5, 6 Holland Sp 968, 7 Woking 1074, 8 Vets 1089.5, 9 Epsom Oddballs 1422 pts.

Gareth Cavell led the team again but achieved a rise to 3rd in Div 3.

Bill Gristwood, back to strengthen team, in 7th, along with Richard Tweddle, 11th, and Bob Treadwell, 14th, all these placed high. Team would have been first on 4-to-score.

There was a big gap to Nick Crocker, back from injury, who was 67th while a welcome new member, Paul Browning, in his first outing finished 72nd.

However, with several members off, we only managed to finish 8th. So more support is definitely needed for the last match on 6 Feb to avoid relegation.

The Wimbledon start area is moved a short way to West Place, near Fox & Grapes, so see you all there. *Team Manager*

Cross Country results

21 Nov Wimbledon

1 Mick Barlow Kent AC	40	34:02
2 Ray Dzikowski West4	45	34:20
3 Bill Gristwood ESM	50	34:32
4 Tony Harran HHH	45	36:11
5 Terry Eakin Wimb Wind	60	36:14
6 Hugh Saxby HW	55	36:25
7 Glen Morgan VAC	45	36:41
8 Jim Wallace Wimb Wind	50	38:06
9 Dave Betts HW	60	39:49
10 Mick Nouch Bel	55	39:54
11 Martin Miller HW	60	40:35
12 Chas Rayner West4	55	40:49
13 Tom Morris HW	50	41:01
14 Martin Spence VAC	55	41:44
15 Ros Tabor Dul R	60	42:50
16 Harry Corbett Bel	50	44:27
17 Andy Davidson SLH	50	45:21
18 Alan Howard Ranelagh	70	46:54
19 Steve Edwards Serp	50	47:11
20 Ted Kimber Barnet	65	47:41
21 David Denton SOC	45	48:33
22 Ann Bath 26.2 RC	W60	49:06
23 Dennis Smith VAC	60	50:23
24 Julia Gristwood ESM	W50	50:38

VAC CC Records at 2007

Caesar's Well 5.8 miles

M40	M Critchlow	1.2001	30:10
M45	M Boyle	1.2005	31:12
M50	C Dickinson	1.2000	32:24
M55	C Dickinson	1.2004	33:10
M60	P Giles	2.2005	36:50
M65	K Spacie	1.2000	36:52
M70	K Spacie	11.2005	38:58
M75	S Charlton	1.2005	41:32
M80	R Dare	1.2007	51:32
W35	C Pauzers	1.2001	36:01
W40	C Pauzers	1.2007	37:31
W45	M Statham	1.2000	35:57
W50	J Georghiou	1.2004	37:54
W55	R Tabor	1.2005	40:09
W60	L Bowcott	1.2005	46:59
W65	P Jones	1.2001	45:33
W70	P Jones	1.2007	49:28

3 Oct VAC 5.8M CC Wimbledon

1 Bill Gristwood(ESM)	59	1	34:43
2 Andy del Nevo(Cro)	40	1	39:12
3 Dan Maskell (VAC)	61	1	41:59
4 Paul Field(VAC)	54	1	42:09
5 Peter Crowhurst(VAC)	59		42:57
6 Walter Wessely(WSEH)	63		43:59
7 Andy Davidson(SLH)	52		46:49
8 Ann Bath(26.2)	W61	1	47:08
9 Mike Morfey(VAC)	66	1	55:43
2 laps			
Julia Gristwood(ESM)	W50		35:17

South Of Thames 5M Team Race 28 Nov

Sparrows Den, Kent, org Blackheath & Bromley VAC placings

36 Gareth Cavell 31:03

162 George Wallace 41:20

Teams (4) 1 Kent 24, 2 AFD 53, 3 E&E 58.

Wmn 1 Dul R 23, 2 SLH 26, 3 HHH 61.

Loughton Vets CC 7 Nov 09

1. D Rose (Walthamstow)	40	31:36
2. Q Isufaj (Eton Manor)	45	32:30
3. M Rolfe (Loughton)	45	33:18
7. I Lambert (Eton Manor)	50	34:41
15. D Maskell (Vets/Orion)	60	38:29
18. L Austin (Vets/Orion)	60	39:52
25. S Edwards (Vets/Orion)	50	43:28
26. G Sayer (Eton Manor)	65	44:36

32 ran. **Teams** (scoring 4)

1 Eton Manor 18, 2 Loughton 36, 3

Walthamstow 53, 4 Vets AC/Orion 73.

Apologies to our visitors for smell in the changing rooms. It arose from the previous night's rain, which caused the drainage system, both in Clubhouse and close to the normal start, to overflow. At least we had a beautiful early November day, and the course was not too heavy.

The distance was only just over 5 miles (5.05 miles) I was told, off a pedometer.

George Richardson

Never mind and many thanks, George, for your fixture and the good organisation and facilities.



Anna Garnier was dry

Surrey Vets

17 October
Richmond
Park



Andy Weir's last lap

Take a date set in stone in a prime period, as fine a course as could be wished for, decorated with noble mammals, noisy with shrill and gay birds, then the Surrey Vets attracts 150 runners and possibly deserves to have 1050 when you add in the expert officials and ready teas served in best village fete tradition. All that is needed is a Countess or a pop star to cut the ribbon and a band or two, Peter Giles for refer, and it could be blown apart by more success and replaced by a time trial.

But there were some changes. Dorking MV improved on last year to win the ladies 35 team thanks to an unmole-like performance by the first Suzanne, or Suzanne Wood, a young mother with child afoot, at least in the hall. She clocked 24:11.

The other Suzanne was VAC member Susanna Harrison, who is a model of consistency here and at Epsom.

Thames Hare, no 'hounds' allowed in a deer park but boatswomen all, managed a neat swop in the 50s. Anna Garnier moved up to take W55 as Alison Carpenter came in for W50.

In 60s Jane Davies is less of a frequent flyer here but was close by with the 'wee Scottish lassies' Ann Bath and Sandra Hughes next. See page 4.

SLH had remarkable success; their Men's teams made a sweep, with two 6 scores, packing in the first 30, and one Women's.

Thames's Andy Weir and Dave Symons, both VAC, led to the White House, a second ahead of a Ranelagh group. Symons held Weir to 5 seconds at the Ponds second time but extended it to 15 at the end by Sidmouth Wood.

Mark Tennyson, 11th, was holding to previous form. But Terry O'Neill came in for a medal in 55 group, perhaps a nod to training with Charlie Dickinson's group. As did Stewart McIntyre of Reigate.

With good times on the fast ground we see Steve Knight, Peter Giles, the first 65, Maurice Sharp, Alan Turner and Dennis Williams, all of Hercules, and Brian of the Hill, who 'shaved' his time in first 75.



Ann Bath

Women

1 S Wood DMV	40 1	24:11
2 J Cleghorn Strag	40 2	24:26
3 P Major SLH	40 3	24:29
9 S Harrison Wok	45 2	25:17
11 L Ionascu DMV	35	25:26
15 A Garnier THH	55 1	25:51
19 A Carpenter THH	50 1	26:17
25 J Davies E&E	60 1	27:10
31 M Statham Holl	55 2	27:39
40 A Bath 26.2R	60 2	30:36
49 S Hughes SLH	60 3	33:27

Team W35 1 DMV 15, 2 SLH 23, 3 Stragglers 29,

W45 1 SLH 18, 2 Stragglers 24, 3 Woking 26

Men

1 A Weir THH	40 1	34:24
2 David Symons THH	40 2	34:39
3 V Maughn HHH	45 1	35:22
5 R Dzikowski W4H	guest	35:58
11 M Tennyson G&G		36:51
30 T O'Neill Bel	55 3	39:27
33 R Ewen SOC		39:48
35 B Attwell SLH		40:07
38 S Mcintyre RPR	60 3	40:55
36 A del Nevo Cro		41:12
41 S Knight HHH		41:10
43 C Oxlade Cro		41:18
45 P Giles THH	65 1	41:58
51 M Miller HW		43:00
54 M Nouch Bel		43:17
55 T Morris HW		43:23
56 C Rayner W4		43:29
57 J Brown Wok		43:34
62 M Sharp HW		44:17
64 K Fennelly VAC		44:32
71 G Bradbury HW		46:23
73 H Corbett Bel		47:13
77 A Davidson Liss		47:33
78 A Turner HW		47:48
86 M Berry Holl		51:24
88 D Williams HW		53:34
90 B Shave HH	75 1	54:32
94 A Lane Bel	75 2	61:25

Team M40 1 SLH 26, 2 G&G 31, 3 HHH 32, 4 Ran 40, 5 HW 45

M50 1 SLH 6, 2 Ran 26, 3 DMV 32

M60+ 1 SLH 6, 2 HW 16, 3 HHH 35



Terry didn't do sport at school. At age 9 he was badly injured after being knocked down by a car and could not do sport until he was nearly 30 years old. He then joined the 9th Old Boys AC, one of the top clubs in Northern Ireland. His first club run was with Derek Graham, who had just ran 3 miles in 13:15 in the race that Ron Clarke set the world record. Terry turned back to the clubhouse after 200 metres, totally exhausted, and was nearly put off running completely.

But inspired by running friend Jim Johnston he started to train with long slow distance. His partner was Pat O'Driscoll, the other NI vet in VAC. Terry did the first Dublin Marathon in 1980 and the first London in 1981 when there were only two or three thousand in it. He ran alongside Jimmy Saville the whole way; in those days, Jimmy was a decent runner as well as being famous.

The marathon boom had given Terry an appetite for racing and he started to race every weekend. "That's a dif-

Terry Eakin

The visitor who stayed led his Northern Ireland team at the International

ference between Northern Ireland and London", he remarks. "I'm now a member of three running clubs and in fact joining VAC was at first a way to find more races". Terry has recently retired and now plans to spend a lot more time at his Southfields flat in London. He trains on the Common, with the Windmilers. And also uses Richmond Park, the local track at Wimbledon Park and has plenty of races to choose from. His choice of club prompted a crack from Pete Mulholland "you could have joined a running club!"

Terry is fascinated by challenges and is amazed by guys like Dennis Williams and Alan Davidson who have both done 150 races in a year.

Second M60 in the recent masters CC International has been a great highlight recently. At Perry Barr after Malcolm Renyard dropped back, Terry was neck and neck on the last lap with winner Griff Owens till 200m to go, but finished eight seconds down. "So I need to work on my speed", he admits.

There are unusual aspects to Terry's regime. He's a vegetarian with a penchant for wholemeal pasta and chopped tomatoes, which he has nearly every day. He likes to sleep for two hours in the afternoon and insists that it is a healthy thing to do.

He races track as well as distance and the Irish records are a natural target for him. For 1500m in M60 the figure is 4:59.0, little different to Terry's own 4:59.5 though there is competition looming and he may target the 1500m Irish record at the VAC's April meet.

Eamonn Coghlan showed the way with a World record, as the first veteran 4 minute miler at 41 – note, no 40yo has run a '4', Terry tells us – while Jim McNamara, an Olympian at Montreal, holds the M50/55 records. But the younger 1500m records in Ireland have been well beyond Terry and others.

Over here he mentions the late Laurie O'Hara as being a real class runner and lately Michael Mann who was his rival at Euro Vets Aarhus last summer. But perhaps Terry's greatest admiration is for another Irish high mileage veteran, Liam O'Hare, who ran 2:48 in London at 57.

Terry's aim is to remain injury and illness free as long as possible; he has never been badly injured since he started running in 1979. His Belfast friend John McKeag ran in this year's Masters CC aged 87 and didn't come last!

But Terry lives for running and he says the sport attracts some of the friendliest people you could ever hope to meet.

Results

BMAF Portland 10M 11 Oct

From report by Mel James.

Most of the age groups were well contested, the O70 men producing the closest finish with only 22 seconds between Edmond Simpson and first placer Rex Legge (Poole). Although the course was undulating, the feedback from the athletes was very favourable – everybody seemed to enjoy competing there.

VAC

24 Gareth Jones Oxfld	M60 2	1:06:19
27 Tom Ulliott B&H	M50	1:07:02
33 Cathy Ulliott B&H	W45 3	1:08:21
44 Alan Rich Worthing	M55	1:12:39
54 Rex Bale Poole	M60	1:14:56
57 Edmond Simpson	M70 2	1:15:35
74 Pauline Rich Serp	W60 2	1:27:01



Tom Ulliott at the Bill

Racewalking: although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. Stride length is reduced, so to achieve competitive speeds, racewalkers must attain **cadence** rates comparable to those achieved by Olympic 400 metre runners.

Wikipedia

Any bird watchers present could see late departing migrants down at the Bill, such as swallows, and early arriving twitchers, such as BBC Autumn Watchers.

BMAF Half Mara Stevenage 1 Nov

Tom Ulliott B&H	M50	1:28:45
Cathy Ulliott B&H	W45	1:29:45
Michael Miller Hilling	M70	1:56:35
Ann Bath 26.2	W60 2	1:58:12
Pam Jones Ilford	W70 1	1:59:27

Les Brown Memorial Trophy

One point for a run, or official's job, but not including some main officials and League races.

Scored by Bob Belmore with aim of recognising your participation.

Holder Dan Maskell
points after 29 Nov

12 Cecil Gittins

11 Cliff Hide

9 Kevin Burnett

8 Alan Davidson, Mike May, Dennis Williams, Peter Hannell

7 Ed Bartlett, Stu Bennett, Gary Palmer, Joe Aspinall,

Chris Flint, Dave Hoben, Peter Crane, Helen Middleton, Bernard Hercock, Sean Pender, Carl Lawton, Ken Tuson, Ann Bath,

6 Paul King, Mike Hinton, John Godbeer, Dan Maskell, 6 Steve Charlton,

5 Mike Johnson, Ann Lippitt, Martin Lippitt, Andy Murray, Paul Williams, Andy Davidson, Fiona Bishop, Ros Tabor, Harry Corbett

20 at 4
Final event 20 March.

Official duties

Cecil Gittins, Ron Hopcroft, Mike May, Steve Charlton, Chas Brown, Bill Clapham, Josie Kimber, Paddy Clark, Peter Hannell, Bob Belmore, Jeremy Hemming, Peter Mulholland, Carl Lawton, Cliff Hide, Dennis Williams



Chas Brown, marshall

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

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

All proceeds go to Club funds

Trophies, when available, may be claimed, or alternatively you can ask for a photo of yourself with it. Price £3 or £5, from Editor.



Your usual XI Media Maratón Tierra y Olivo, reports Liam

We were back in Spain in time for a race in a nearby town, Archidona, on Friday 16 October at 20:00. This was a tricky race, 3 laps around the narrow twisting streets in the dark. The distance was about 6 km and I finished 2nd M55 in 25:38.62 (note the accurate timing!) and 54 of 165 overall. 4:16 per km shows it wasn't an easy course.

Two days later it was back to a more usual journey. On Sunday 18 October we left at 7:30 to travel 120 km to Sevilla province for the XII Marchena-Paradas half-marathon. We started near the edge of Marchena and headed out along the main road to Paradas, 8 km away, did 2km round Marchena before heading back for a final 5km around the town. It was quite hilly and I felt the effects of the previous race in the later stages. I finished 68th of 595 for 1st M55 in 1:26:47 (4:06 per km).



Liam, at Perry Barr

Another early start (7:00) meant a longer journey to Sevilla province on Sunday 8 November for the XI Media Maratón Tierra y Olivo in Dos Hermanas, a dormitory town of Sevilla. This popular race with a limit of 1200 was fully subscribed. It was a fairly flat course, mainly on closed-off dual carriageway, with just a few hills but they can

come as a surprise when you have been running on the flat for several km. I was happy with 83rd of 1074 finishers in 1:21:45 (3:52 per km) which left me 5th M50, the highest age-group. At the finish we were given a small back-pack with a T-shirt, running shorts and vest as well as drinks and snacks so I could see why it is so popular, especially with a €3 entry fee. I covered my costs as I picked up a €6 prize as well.

A brief trip back to the UK for the International Cross Country at Perry Barr where I was pleasantly surprised to be selected as I hadn't run the trial in Dublin. Wet, windy and muddy was a

All go at Algarve with Alan

The only problem in doing the Track and Field Tours Algarve Running Challenge was taking 5 hours by train from Haslemere to Gatwick when a tree fell on the line.

There was sunshine aplenty (21–23°C) every day for the very well organised, very enjoyable eight days with four races and a friendly bunch of runners based at Monte Gordo, including Ros, Dennis, Cliff and Mike Mann. Firstly a 1 mile track time trial at the splendid Vila Real facility with a strong headwind (6.18: 1.35/1.35/1.37/1.31). Next 7k pine forest trails/beach (with another headwind and a choice of wet sand or fine dry sand) in 37.58.

Lagos CC Portuguese League 5 lap (5k) race was an undulating twisty course on a hard trail: 22.33: 4.32/4.29/4.34/4.31/4.27. To end off we had a fun 5x1 mile parlauf on sandy trails at Vila Real, paired embarrassingly with Steve Smythe who flew round his 3 laps while I did a more sedate 7.19 and 7.30.

Spare time included dips in the warm(ish) sea, visiting the nearby nature reserves (flamingoes etc) and travelling on the cheap and cheerful, antiquated – well, he was a career rail man – local rail line. Some warm sunshine in November was very welcome – a pity that more runners didn't come to enjoy this excellent trip.

Ed: where was the publicity?

shock to my system but I was pleased to be the first Irish M60 home, probably because some of the top guys were missing. The first six M60s were covered by just 29 seconds! Unfortunately, I was 6th, one second behind 5th and two behind the 4th while in contrast to last year's team gold, this year we were last!

At presentations I had good chat with VAC medallists Terry Eakin, Mike Mann, Ros Tabor and Peter Giles.



Alan Davidson
in Surrey Vets CC



Fixtures



- Sat 19 Dec South of Thames 7.5M CC Wimbledon Common 2pm HQ Belgrave Hall
- Sat 2 Jan LAURISTON 5M Road by invitation of HW 2pm; numbers Lauriston Cottage.
- Sat 16 Jan VAC 5.5M CC Champs M&W with Hercules Wimbledon AC 2.30pm HQ Belgrave Hall. Medals 1-2-3 all gps; trophies to be returned to Dennis Williams, address p2. Marshalls required.
- Sat 24 Jan VAC Indoor Champs LEE VALLEY + EVAC & BM Pentathlon; see BMAF website; or SAE to Doogan VAC, 5 Stadium Street, SW10 0PU. Closes 7 Jan.
- Sat 6 Feb Surrey Leag Div 3/4 WIMBLEDON. New start at Fox & Grapes org by VAC 3pm. Support see page 3. YA 2.30. Surrey Womens Lg WIMBLEDON Common, org Windmilers 12pm
- Sat 13 Feb East Surrey League CC Relay M&W WIMBLEDON 2.30. 4x2M relay
- Sat 27 Feb VAC 5.5M CC WIMBLEDON 2.30pm. HQ Belgrave Hall
- Sat 20 Mar VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall
- Officials: we need Technical Officials and Marshalls for 16 Jan and 6 Feb especially.

VAC, National & International 2008

- 1-6 Mar World Indoors KAMLOOPS Canada
- 13 Mar CC STORMONT N Ireland
- 27-28 Mar BMAF Indoor T&F LEE VALLEY
- 18 April Marathon FORT WILLIAM
- 15 May Relays SUTTON PARK
- 20 June 5K Road HORWICH
- 31 Jul - 1 Aug T&F BIRMINGHAM
- 15-24 JUL Euro Vets T&F HUNGARY

Directions for VAC Wimbledon HQ Belgrave Hall, Denmark Rd, SW19, parking restrictions · full facilities and refreshments · club clothing · jog to start at Caesar's Well · CC 3 laps 5.8 miles · marshalls wanted · fee £3. 'Cottage' is in Lauriston Road at Common end.

Cross country details

VAC CC / Road Sec / Team Mgr Bob Belmore
01428 654749.

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 Summer dates, provisional

- 7 Apr VAC Track meet Battersea 7pm tbc
- 13 Apr VAC 5M Road & Walk Battersea 7pm tbc
- 28 Apr VAC & Counties 10,000m Walk Battersea

Other

- 20 Feb National CC Leeds
- 25 Apr London Marathon
- May tbc Surrey Co Vet T&F Kingsmeadow

VAC N/L December 2009

Editor Jeremy Hemming 7 Emmerton Court
Wynter St, SW11 2TZ - 020 8871 9989
hemming@dircon.co.uk - photos by Editor
Assistant Bob Belmore

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