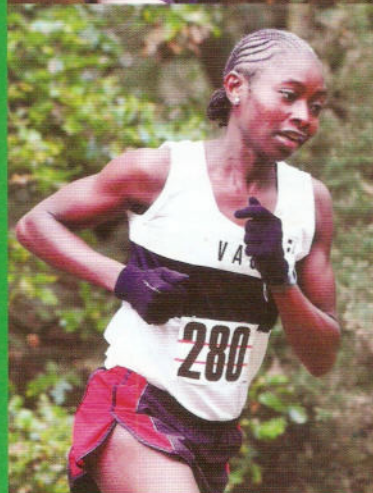
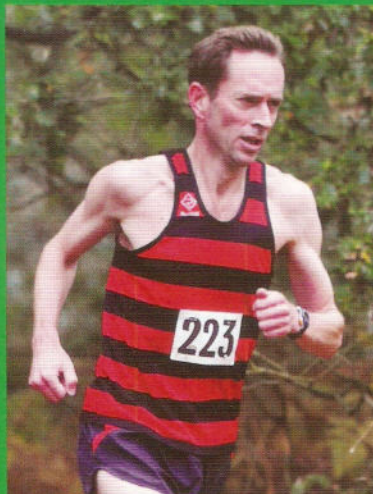


Veterans Athletic Club

Newsletter December 2010



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Officers of the Veterans AC

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Past President attending Committee	Cecil Gittins	

Committee news

In Members' welfare it was heard that Pat Mead had died and silence was observed. But news of Geoff Harold was a little better though he was still in hospital.

Membership Secretary proposed sending newsletter to senior ex-members who would like to keep in touch and this was approved.

The Treasurer reported that the new Paypal facility had made a good start.

It was agreed that Life Members previously approved in Committee were in order, namely Gittins, Belmore and Hemming.

T&F Sec, not present but submitting his report, expected a similar pattern for next year but a north London meet was in mind.



Ros Tabor

So Willesden was commended with a caution about its Field facilities; meanwhile the Treasurer liked Rosenheim League.

At Lee Valley Indoors, it was said the club would man the registration desk.

Road Sec expressed thanks to Hercules for hosting our 10K Champs at Wimbledon.

As previous Officials Secretary he said he had met with Ros Tabor and accepted her offer to work as Officials Sec in due course.

As CC Sec he wrote that the first race on a new date had better support and had been won in a near record time, by Keith Newton.

He said the Surrey League match at Nork Park was a near disaster with VAC team of only seven, last. But better was a win for VAC in a record field at Loughton Vets.

The Club will host the final League Meeting it was confirmed.

It was agreed the Club did not approve of a VAC group page on Facebook and the creator of it would be asked to take it down.

CC Sec asked for an update on trophies, not returned, and prior to Cross Country Champs.

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

Next Committee: 13 January.

VAC Cross Country Champs, 22 January
will take entries on the day, £4
Medals to 1–2–3 in 5 year groups
Records maintained
Photos and full report

A Merry Christmas to all our Readers

Change of Club

Members should be reminded that there are rules in operation by UKA with regard to changing clubs, and it is advisable to ensure that the full rules are adhered to.

To change club a member must resign from all open clubs, unless changing to a second claim club.

This may save difficulties between clubs.

Facebook

We live in the age of electronic communications so its likely only a few members haven't heard of Facebook.

Facebook is a social site where people can post messages. It's hugely popular world wide with millions of users but naturally snags and abuse arise.

An enthusiast recently created a VAC Group page. It had taken standard information from the Club website and had a Discussion section where ideas, results and reports could be posted.

Some were signed up as Members but they were not Members of the Club, only of the Group page.

Also it was said by expert that a VAC page could be misused to plant hostile material and therefore would need 'moderating' as the jargon goes.

A tool for hacking into Facebook has also been heard of and we receive spam from it so there is security risk.

At all events the VAC Committee didn't have enthusiasm for it, and the creator agreed to take it down.

More is less

Although there is a lot of electronic going on we dont get so much from Members on Newsletter desk. Emails are quick but they are soon left behind in the huge numbers and the odd

New and Views

names some people give themselves.

Calls for volunteers fall on deaf ears mostly – thank you, Ros and Andy – but we've some ideas for a press gang.

Way back there used to be members who sent in their results. The late Ron Jeans of Bulford often wrote in.

But not now. As the opportunities have widened out so members have become more distant.

Take the Surrey League for instance. At one point there was a strong nucleus of half a dozen who always ran. They have melted away and we had only six or seven all told in the first matches, with inevitable result.

Happening to Vets

The Surrey Vets CC was questioned because the word Veterans had been changed to Masters. But on the day Vets seemed to be the popular word and the results were sent out headed as such.

Now shall we see Surrey Vets T&F, the meaningful title, as we say.

It was pointed out by a learned legal member that in UK Rules of Competition 'Veteran' is used with Fell Running so the term has acceptability with that body, as might be expected.

We intend to propose an amendment to UK Rules.

Les Brown Memorial Trophy

12	Peter Hannell
11	Cecil Gittins, Kevin Burnett,
10	Stewart Bennett,
8	Ed Bartlett, Dave Hoben, Mike May
7	Chris Flint, Julia Gristwood
6	Cliff Hide, Don Turner, Mick Barlow, Paul King, Joe Aspinall, Ann Bath
5	Helen Middleton, Mike Hinton, Anne Lippitt, Martin Lippitt, John Godbeer, Fiona Bishop, Phil Bell, Art Thomson, Ron Powell, Bill O'Connor, Sean Pender, and

22 members on 4 at 27 November

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

Created and maintained by Bob Belmore to recognise your participation.



10K Road Champs Wimbledon 3 October

The 100 strong new race drew 15 VAC members

Early leaders:

**Ben Whitby(191), Ben Moreau(482) 4th, F Thompson(104)
5th Ryan McLeod(Tipt) 1st**

Nigel Burnell is a road running specialist but it's doubtful if he expected to be first all vets and go home with a hundred pounds in his pocket. The Geoff Moulden race, promoted by Hercules, suffered a clash with a Dulwich race but was well funded and organised.

Burnell's win was a nice reward for the fitness enthusiast; his partner teaches swimming and they enjoy holidays at Lanzarote.

Hugh Saxby is consistent; he had another good run for second vet and 1st 55 and was credited with an event best. However although a 10K has been run for many years it was deemed a new course by Hercules and so the records do not go back far.

The early order in the park was Saxby, Gray and Burnell with Anna Garnier second woman. Further back came RPK and Bill O'Connor ahead of Brian Shave.

But out on the road Burnell moved steadily away from the veterans as Saxby and Carey Gray, over from Oxford, followed.

An outstanding run was that of Joe Cleverly who was sixth all vet in little over 50 minutes. Steve Charlton has run 46 at 75 on track but the course now had a hill twice which Joe

called "very steep". He is not a frequent racer but when he does he seems to mean business.

Richard Solomons, of Highgate, came through for fourth vet and 1st 60, racing Anna Garnier, the first vet lady.

Making late progress, lively Ann Bath was 2nd lady in VAC.



Joe Cleverly in the road

1 Ryan McLeod (Tipton)	31:10
2 Ben Whitby(WSEH)	31:27
3 Paskar Owor(Bel)	31:31
16 Rose Nicholson(Wok) Sen Lady	38:57
<u>VAC</u>	
15 Nigel Burnell(VAC) M50 1	38:36
19 Hugh Saxby(HW) M55 1	39:33
23 Carey Gray(Bingley H) M50 2	40:00
34 Richard Solomons(Highgate) M60 1	44:30
36 Anna Garnier(THH) W55 1	44:32
68 Joe Cleverly(New Elt) M75 1	50:16
77 Rich Hammerson(Reading RR) M65 1	53:33
78 Ann Bath(26.2 RC) W60 1	54:02
84 Dennis Williams(HW) M60 2	55:17
90 Carole Wisdom(VAC) W50 1	56:08
94 Richard Pit-Knowles(S'oaks) M75 2	56:45
97 Wm O'Connor(QPH) M65 2	57:35
101 Edwin Bartlett(VAC) M65 3	60:02
104 Derek Porter(VAC) M70 1	68:12
105 Lionel Mann(Bel) M70 2	82:26



Nigel and Hugh after finish on the track

Anna Garnier

The late starter who got there anyway
Interview by Pete Mulholland

Since taking up the art of running at the age of 51, Anna Garnier has since discovered an enthusiasm for the sport comparable to a teenager, competing and training with a regularity that has seen her arrive as one of the leading W55 competitors on the National scene – with County and Championship titles, records and personal bests consistently being added to her CV.

Perhaps raising a family of three, being the wife of a government officer and running her own catering company had a lot to say in the matter but she is now well and truly making up for lost time.

Ironically, much of her time was spent supporting her children turn out in their own sporting activities.

"Our family were sport mad" she says - with Eleanor (27), representing England at lacrosse, George (24), currently enjoying success as a triathlete, and James (19), a former Berkshire Schools medallist and owner of a 50.68 400m while representing Oxford University earlier this year.

Athletic activities didn't meet with approval from Anna's parents who she describes as strict. "When I was at Bedford High School I couldn't take part in after-school athletics because I was told to come

straight home." However, she admitted to "Running around and jumping over hedges in our garden with my two sisters," adding, "It was quite dangerous but we were all tomboys!"

At the age of 11, Anna was placed in a 'really bad' boarding school where athletics wasn't on the agenda although she owns to playing netball, tennis, squash, lacrosse and rounders.

The school however did compete in the annual Round North Norfolk Cliff Relay. "I really enjoyed that," she admitted.

"My parents discouraged me from going to university," said Anna, "so I then spent four years as a secretary."

At the age of 22, Anna did finally attend university but left after a year owing to the death of her father.

Now fast forward to 2001 when Anna ran the first of her two London Marathons. "I'd always run everywhere for fitness as I didn't like walking and decided to run in London for charity," she recalls. "Don't remember the time, but it was rubbish. I also ran it in 2003 but got a blister at six miles."



"I then decided to start some proper training," Anna said, "and ran four to five days a week, about 30 miles, and then the Shakespeare Half Marathon."

Soon after, Anna met Thames Hare and Hounds member Michael Johnson at a wine tasting session, as you do, and he stirred her latent running ambitions as the pair began to train together and more importantly convinced her to become a member of his club in 2005 at the age of 49.

"I was only semi-serious before then," admitted Anna who later that year went on to win numerous race honours as a W50 with times for 10km of 41:58 and for Half Marathon of 95:19: serious wasn't the word!

More training and sporadic racing followed in 2006 to log a number of W50 wins but it was the following year, when



competing in the Veterans AC champs at Battersea Park in 42:21.3 in September. This was not only the fastest W55 time in the UK this year but it also sits proudly in ninth place in the UK all-time ranks for that category.

On the track Anna is regularly amending Hercules Wimbledon and Veterans AC age records, with new club marks on the road also being set for the latter. Yet she considers "I probably under-train in order to avoid injuries as much as possible and I really try to listen to my body

and do a lot of stretching."

joining Hercules Wimbledon and Veterans AC that Anna discovered the joys of track racing, to such an extent she now declares the 800m to be her favourite racing distance.

Even more so after earlier this year winning the BMAF Indoor Championships over that distance and ahead of Nancy Hitchmough – who went on to win the European Veterans 800.

Anna recalls. "I had psyched myself up to beat Nancy and when the bell went so did I and went ahead. I don't know where that (final 200m sprint) came from."

Anna has also made her mark over 10,000m when

and do a lot of stretching."

However, like most runners of a certain age, Anna has suffered her share of injuries so then it's down to the gym for a workout and often a dip in the pool.

Anna is of the old school in that she declares "I love to race and feel lost at a weekend where there isn't one," plus she carries out a good old fashioned and no-nonsense training regime as shown in a typical schedule.

Sunday: 60 to 90min run, seeking out the hills

Monday: rest.

Tuesday: track session

Wednesday: 6-mile pack-run with Thames H&H

Anna Garnier, contnd

Thursday: intervals on grass

Friday: rest

Saturday: race

The racing and training is skillfully woven around her busy domestic and business lifestyle and more so this year that saw the death of her mother-in-law and a move of house to a village in Rutland. "A great place for training as it's on top of a hill," she says, relishing the opportunity of some tough training runs.

Keeping the winter workload nicely bubbling over, Anna since last season has been the Thames Hare & Hounds Women's Cross Country Captain. "It's hard work but very satisfying," she admits, "and it was great for the club to win the Surrey Ladies League: even more so after we were almost relegated the previous year."

With most veteran runners, it's often a case of 'the older I get, the faster I used to run' but in Anna's case, having started relatively late in life, there is more to come – injuries permitting. "I'm hoping to run a fast half marathon sometime in the future," she says, "but I'll forget about the marathon as it takes up too much time to train for. My main aim is the European Veterans Indoors at Ghent (Belgium) in March next year."

Added to time spent running, Anna leads a more than busy life but it appears that she lives up to the principles of her Thames' President John Bryant who has been quoted, "My feeling is that any day I am too busy to run that I am too busy."

Belgrave & VAC 7M Walk, 27 Nov at Wimbledon Parkside Gardens

1. F.Reis Ilford	50 54:29
2. T.Jones Steyn	58:29 VAC 54 1
3. S.Uttley Ilf	58:45 VAC 53
4. P.Ryan Ilf	61:59 VAC 56 1
6. S.Pender Enf&H	67:35 VAC 57
7. P.King Belg	68:55 VAC 59
8. P.Hannell SWC	69:39 VAC 68 1
9. M.Noel Belg	69:48 VAC W47 1
11. C.Flint LVID	70:02 VAC 65
15. D.Hoben SWC	78:00 VAC 58

19 Started: I.Richards DQ

Secretary Chris Flint writes
Although it was a cold day which may have contributed to the low turnout it was good to have a quality field with three walkers well within the hour.

The VAC thank Belgrave Harriers, Carl Lawton, for allowing us to incorporate our championship in their Open race, and to the officials who bore the cold without complaint.

A keen contest developed in the Wimbledon Village side roads, writes Editor. Conditions were bracing enough for woolly headware to be in fashion but not excessively cold as one DQ and several changes of order occurred.

Francisco Reis of Ilford, and Portugal, led throughout and made a convincing win, drawing steadily away from Ian Richards.

But the leading veteran, aged 62, was giving away 10 years. Sources do not give rankings for RaceWalk but the winner's time is longer than last year, at least.

On lap 4 Ian Richards was 49s behind but he then suffered disqualification, in the northern sector it would seem.

Steve Uttley who had been third early on was joined by Trevor Jones on lap 3. The former Hillingdon athlete, who now lives on the coast, is not surprisingly a



Maureen Noel

Race Walking



Paul King and Peter Hannell at Temple

Steyning member. So coming up the hill past the Temple he was on his way to first VAC, on a time 43 secs faster than last year.

A minute behind this pair came Peter Ryan. Then Sean Pender was competing solo.

Peter Hannell and Paul King followed side by side, enjoying the full width of the tarmac in traffic-free Calonne Road.

On Lap 4 David Sharpe still held his early advantage over Chris Flint with Maureen Noel next, closing the gap to 10 yards.

By the penultimate lap the Belgrave and only lady, Maureen Noel, had come through to pass Flint. Walk Sec was closer to her than in 10,000 track last April however, the renewal of which he later announced as 27 April 2011.

David Sharpe though had dropped away 50 yards while David Hoben shaved his '09 mark.

Race director Carl Lawton was assisted by the Cassidys, Paul Warburton, Pam Ficken and others including Sean Lightman.

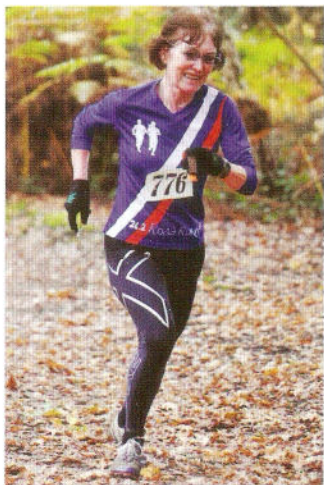


Chris Flint and Dave Sharpe(2)



Terry Eakin(774) and Jim Wallace(273) pass the big tree

VAC 23 October
 The new date was popular as 24 mustered at Wimbledon. Keith Newton took the lead at once and was 5 metres clear of Bill Gristwood by the big pine trees and 82 secs ahead by top of the hill. There the Windmiler pair of Terry Eakin and Jim Wallace



Ann Bath starts the hill

came together. Terry was first 60 in race third, before he went to Dublin, for 5th M60 in a quality field. Then Stephanie Robson, for Hercules, was lead woman from Ola Balme, with Richard Solomons there, but stopped after two laps, on 25:27. Guest Mick Tabor, brother of Ros, from Wales, who was first 55 on the day admitted the course was a tough one. The Dulwich party were in really hot form such as Ola, Andy Murray and Graham Laylee, all faster than last year, and Ros Tabor in training for Dublin. Richard Hammerson was ahead of Dan Maskell, making a welcome comeback from ill health. Further Windmilers were big John Carter racing Keith Drake. Then Mandy Brown held Ann Bath with Nina Pinkerton another chopping minutes off her last time. Two 75s out were Jeffrey Gordon, the lawyer, >

Cross Country on the Common

King Keith

Since winning my first cross country race in 1975, this has been my favourite form of running. There was no shortage of talent within my county, Sussex, with Steve Ovett being the idol of many (he was also quite useful on the track), and the best British cross country runner I have seen, Tim Hutchings, provided further inspiration. Whilst most of us can only dream of their prolific achievements, our sport is one that embraces genius alongside us mere mortals.

I was delighted with my run on 23 October, which I considered to be my best cross country performance since finishing 4th in the county senior championships in January '09.

The VAC course was, as always, honest and testing, with some surface water but not a lot of mud.

With laps of 10.20, 10.28 and 10.26, I felt I was running strongly throughout, and was very pleased to finish within 19 seconds of my one other run on this course in 2004. It hopefully paves the way for a decent winter.

Keith Newton

Veterans 5 mile Inter Club CC, Loughton A 6 November 2010			
1. Gary Bagnall (VPH) 35	29:34		
2. John Wallis (WGEL) 45	30:31	What a turnout! This	
3. Bill Gristwood (VAC) 50	31:01	was a record field by a	
5. Steve Norris (VAC) 40	31:27	long way. If it gets any	
8. Lee Benjamin (VAC) 50	33:19	bigger, we'll have to	
11. Steve Plested (VAC) 55	33:57	introduce qualifying	
20. Lorna Gaffney (Lou) W40	35:37	standards!	
30. Martin Evans (VPH) 60	37:36	For the first time,	
38. Vic Wilson (VAC) 0	42:39	Veterans AC turned up	
59. Dennis Smith (VAC) 60	43:55	in force, and they were	
60. Charlie Crump (VAC) 70	44:06	rewarded with their first	
64. Tom Everitt (Eton) 75	44:36	ever team victory in this	
67. Julia Gristwood (VAC) W50	45:40	long-running fixture.	
69. Glyn Sayer (Eton) 65	46:44	Team manager Bob	
71. Cliff Warren (Lou) 45	47:11	Belmore was equally	
76. Kevin Burnett (VAC) 70	55:42	delighted.	
1. Veterans AC (3, 5, 8, 11) 27		George Richardson	
2. WG/EL (2, 7, 13, 19) 41			



Bill Gristwood at fairway

VAC 20 November

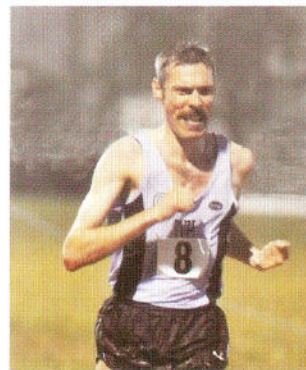
November used to be the best day pre-New Year but a clash with London CC at Hampstead wasn't ideal. However despite a dank day times were rather good as the course drained off well.

Bill Gristwood always goes hard and despite running alone took half a minute off his October time. As did Glen Morgan who was second and partner Julia.

On the steep slope on the golf fairway we'd hoped some might take it like scree runners. It wasn't to be but like good spirit everyone went down smoothly.

Nicky Atkins, who was going to Epsom 10 the next day, admitted her family wondered at her enthusiasm sometimes but said she just kept on doing her thing.

Dennis Smith is making good comeback after injury



Steve Norris, second VAC at Loughton

>and Belgrave's Alan Lane.

But lets applaud Keith Newton for a superb run. He virtually equalled the 31:12 M45 record by Mike Boyle. Some remember Mike's run in the champs of 2005 as the best piece of front running till then. We're glad the Herne Hill vets are in this series with Maughan, treble champion, Geoff Jerwood and more – all red and black.



Mandy Brown

Surrey League

Div III/IV Nork Park 3 Oct 2010

1 John Gilbert (Kent)	28:44
2 Jim Savage (Kent)	30:10
3 John Hamblen(Walton)	31:01

VAC

27 Bill Gristwood	V50	34:39
59 Ron Vials	V50	39:18
65 Kieron Fennelly	V50	40:28
73 Paul Townsend		41:19
74 Ralph Hyde		41:21
83 Martin Evans		45:20
84 Rich Hammerson	V60	46:22

1 Kent 98, 2 Runny 330, 3 Walton 345, 4 West 4 456, 5 Croydon 504.5, 6 BA 511, 7 Elmbridge 516.5, 8 Holland 650.5, 9 VAC 683.5

This was the day Kent AC arrived in Div 3 in all their strength. The effect was clear when Bill Gristwood on good form found himself 20 places lower than he's accustomed to.

Kent leader John Gilbert signalled his class when he was later the outright winner of South Of Thames 5M in November. In support there James Connor of Kent was fourth.

At Nork new member of VAC team Paul Townsend made an excellent debut. He got the best of a rattling sprint to the line with a Lingfield and our Ralph Hyde, the tall presence from Met Police.

There seemed to be short turnout in other clubs while several of our regular team members were prevented with if not actual sick notes at least that common visitor 'The injury'. We wonder if they would say "Health is what I'm always drinking to before I fall down"?

If so, we can do no worse than offer one: "Eat yeast and shoe polish – then you'll rise and shine."

Know that? Well, if you get better in your Christmas crackers pass them along, please.

League Div 3, Match 2, Lloyd Park 13 Nov

1-2-3 are the same as Nork in times of 27:38 – 29:01 – 29:39

VAC

38 35 Glen Morgan	34:54
66 59 Robert Treadwell	37:04
76 67 Liam O'Hare	38:52
83 72 Paul Browning	40:08
90 78 Paul Townsend	41:28
94 79 Dan Maskell	42:54

Teams 1 Kent 79, 2 Walton 404, 3 Elm 412, 4 W4 432, 5 Runny 439, 6 BA 449, 7 Croy 546, 8 Holland 592, 9 VAC 742.

Standgs 1 Kent 177, 2 Walton 749, 3 Runny 769, 4 W4 888, 5 Elm 928.5, 6 BA 960, 7 Croy 1050.5, 8 Holl 1242.5, 9 VAC 1425.5

Here Glen Morgan made a welcome return on the same score as last year. Then Bob Treadwell, who had been off with illness, was down the field but keeping future potential. Jet-setter Liam O'Hare wasn't at Dublin so checked in for us. Back with solid runs were Paul Browning and Dan Maskell. Finally, who'd bet the course at Lloyd Park was 'equal' to the Nork but Paul Townsend's run on almost the same time seems to prove it.

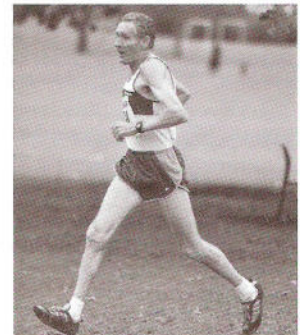
East Surrey League, 30 Oct Lloyd Park

VAC 53 Paul Townsend 40:59, 75 Dan Maskell 45:30, 87 Paddy Clark 53:40

Teams 1 HHH a 44, 2 Herc Wim a 51, 3 SOC a 54, 20 VAC.



Paul Townsend and Ralph Hyde(514)



Bob Treadwell

Cross Country results

VAC CC 23 October 2010

1 Keith Newton(HHH)	45	1	31:14
2 Bill Gristwood(ESM)	51	1	36:35
3 Terry Eakin(N Down)	61	1	36:42
4 Glen Morgan(VAC)	48		36:56
5 Mick Tabor(Les Croup)(G)57			37:40
6 Jim Wallace(WW)	53		38:10
7 Ola Balme(Dul R)	W43	1	38:44
8 Richard Solomons(High)63			39:29
9 Andy Murray(Dul R)	57	1	39:45
10 Gerry Smith(E&E)	60		41:30
11 Ros Tabor(Dul R)	W61	1	42:01
12 Graham Laylee(Dul R)	53		42:50
13 Rich Hammerson(Read)65	1		46:21
14 Dan Maskell(VAC)	62		47:11
15 John Carter(WW)(G)	66		47:38
16 Keith Drake(WW)	62		47:58
17 Mandy Brown(26.2)	W55	1	48:40
18 Ann Bath(26.2)	W60		49:56
19 Eric Campbell(Cro)	43	1	50:42
20 Paul Tibbs(WW)(G)	53		51:19
21 Nina Pinkerton(SLH)	W59		51:58
22 Julia Gristwood(ESM)	W51	1	52:38
23 Jeffrey Gordon(THH)	76	1	59:17
24 Alan Lane(Bel)	75		59:38
2 laps			
Stephanie Robson(HW)	W38		25:27
Stephanie Burchill(Dul R)W54			33:21

Letter

I thought it was about time I let you know I am still 'alive', although not active sportwise.

I have been under doctors and hospital since 2007 with prostate cancer and have had three ops. I am feeling fitter now and when allowed will hope to get some sort of training under way.

It is amazing that despite staying fit, eating right, not smoking and just social drinking you are not immune to illness or problems.

I'd like to be remembered to a lot of good pals within the vets framework.

kindest wishes to you all,

Vic Goulter, Woking

VAC CC 20 November 2010

1 Bill Gristwood(ESM)	51	36:01
2 Glen Morgan(VAC)	48	36:37
3 Jim Wallace(WW)	53	38:25
4 Ros Tabor(Dul R)	W61	42:48
5 Nicky Atkins(KP)	46	46:04
6 R Hornshaw(HW)(g)	W30	49:33
7 Ann Bath(26.2)	W60	50:21
8 Dennis Smith(VAC)	61	51:18
9 Julia Gristwood(ESM)	W51	51:38
2 laps		
Stephanie Burchill(Dul R)W54		34:29

International Dublin 13 November results by VAC members

Race positions are given, not age group

M40 25 Stuart Major(Eng) 28:33 Eng team gold

M55 42 David Cox(Eng) 31:54 Team silver

M60 48 Terry Eakin(NI) 32:41 5th,
51 Mike Mann 32:55 7th Team gold.

M65 8 Peter Giles(Eng) 25:58 Team gold

M70 29 Ed Simpson(Eng) 30:06 Team silver

W45 5 Clare Elms(Eng) 22:31 Team gold,
Individual silver

W60 79 R Tabor(Eng) 26:56 Team gold,
Individual silver.

111 Ann Bath(Sco) 33:09 Team bronze.

W65 113 M FitzGerald(Irl) 33:31 Team gold.

New King Cole

Worry no more about diet when you take up running; eat what you like, drink what you fancy (a *little* of what you fancy!) and be as merry a soul as any King Cole. Dropping a stone or more of weight is much better done by running than by any other method, and it is permanent... thanks to the changes in metabolism that running creates.

Sylvester Stein

Officials duties at VAC winter:

6 R Belmore, 3 P Mulholland, P Hannell,
J Hemming, 2 M May

1 C Gittins, P Clark, W Gristwood, S Charlton,
C Lawton, C Flint, P Cassidy, P Wilson, A Lane.

Secretary Ros Tabor 020 7701 2546.

Thank you Officials: without you nothing



Alison Brownhill leads near the pond

This event enjoys such good conditions the weather people ought to send Inspectors. So once again the fortunate veterans of Surrey found themselves competing hard over the short turf and sandy paths of Richmond Park.

Although you might say it's the same old names again, it isn't really since research shows few return to defend their titles next year, while overall 40% return in men and 30% in women.

In his first veteran year Stuart Major won convincingly, running for his new club, Thames Hare. After coming down the big ride with club-mate David Symons, he was in front by the ponds and had a minute spare at the end.

Thames Hare is a club in a strong ascendant; they easily won the M40 team. Their women won too by a close call with Dorking Mole Valley, prior to a Surrey Womens League win. This is under the captaincy of Anna Garnier, our profile story on p5.

Peter Lee is well there in his first vet year, now just ahead of campaigner Vic Maughn who keeps high fitness.

First 55 was Hugh Saxby

who looks unchallenged in this class in the district.

Only a minute on however Mike Mann was the clear 60 gold, ahead of 1500m man Andy del Nevo this time.

The women mustered 70 with many dab hands and had sunshine for best effect.

Ruth Hutton seems to have come to a prime which she held in the Epsom Ten also, leading another who knows 'every blade of grass' in the park, Susanna Harrison.

Our member was as far back as 5th on lap 2 at the ponds so must have come through on the final uphill slopes, not a common tactic in cross country.

A Dublin pointer was Ros Tabor's 60 gold.



Stuart Major

Surrey Vets

150 strong
in Richmond
Park
16 October

Women

1 R Hutton SLH	24:45	45 1
VAC		
2 S Harrison Wok	24:53	45 2
7 S Robson HW	25:12	
13 P Major THH	26:03	
18 L Ionascu DMV	26:25	
22 L Haines WW	26:43	
23 A Carpenter THH	26:55	50 3
24 A Brownhill W4	27:04	
27 S Allen HHH	27:20	
30 R Tabor Dul R	27:39	60 1
34 M Statham Holl	28:09	55 2
35 N Atkins KP	28:12	
60 D Francis KP	32:00	
62 A Bath 26.2RC	32:04	
63 F Bishop AFD	32:10	
66 L Bowcott WW	33:07	
67 M Brown 26:2	33:56	
68 N Pinkerton SLH	33:51	

Teams W35-44 1 THH 16, 2 DMV 20, 3 HHH 29, 4 Ran 37, 5 SLH 39.

Men VAC

1 S Major THH	33:56	40 1
2 D Symons THH	35:00	40 2
6 P Lee HW	35:53	
8 V Maughn HHH	36:26	45 3
11 R Dzikowski (NS)	37:08	
15 M Boyle HHH	37:40	
20 H Saxby HW	38:49	55 1
22 M Mann DulR	39:31	60 1
29 A del Nevo	40:26	
34 J Dillow Cro	41:19	55 3
41 S Mcintyre RPR	42:05	60 2
43 A Murray Dul R	42:26	
44 S Badgery HW	42:29	
45 V Pauzers HHH	42:44	
48 C Oxlade Cro	43:37	
49 D Betts HW	43:44	
51 T Morris HW	44:02	
56 M Sharp HW	44:59	
71 A Davidson VAC	48:45	
72 D Williams HW	49:47	
73 D Walsh THH	50:56	
75 D Wilson HHH	51:47	
83 K Burnett SOC	67:56	70 2

Teams 40-49 1 THH 8, 2 HHH 23, 3 SLH 28, 4 HW 33, 5 Ran 46, 6 DMV 53.

M50 1 SLH 14, 2 Ran 15, 3 Croy 39

M60+ 1 HW 19, 2 SLH 15, 3 Ran 26



Cliff Hide

How a normal distance runner was always a sprinter at heart

3:24 was his mark, without full training. Yet always the shorter distances suited him best such as 5Km where he could produce a sprint finish and gain a place or two.

At 50 he started track and joined Serpentine for the SCV league, doing

Cliff, who prefers competition to going for a time, won a 400 outright in '09 and was a close 2nd to Phil Bell in Champs 400.

In the current year he was the surprise winner of the VAC Gibson Cup for handicaps, pictured, with a late run of points. His best scores came from 14.7 and 29.9 marks out of 7 races while only Mike May ran 8.

As if to answer a question set by Barbara Fee in the last newsletter Cliff proves how listening to your body, and your fast twitch fibres, shows you the way to go.

Cliff Hide is a good club man and supporter as well as one of our best runners.

He is always prepared to help and do a job if he's unable to run in his chosen event, be it judging at the line or humble but still valuable marshal at a distant corner.

Cliff is our second photographer and recently had a picture published by *Athletics Weekly* magazine.

Back in the 60s he was school champion at 200 and 400 metres and competed in the South London Schools.

Then in the 70s and 80s when he restarted the trend was very much to distance running. He joined LRRC, the precursor of Serpentine, where John Walker smoothed his way into the sport. His first proper club he says was Vets AC and he did road, all distances up to marathon where

3' and 5' but being more successful at sprints. He didn't want the 'what could have been' scenario to apply so he trained with a sprinter, Simon Baird, one of the best age-wise in that club. Then Cliff caught the judge's eye at 400 and had times of 14.2, 29.7 and 67, at age 58.

He recalls 2005 5K Road gold in VAC and a couple of good 5Ks on track, around 18:50. In the last two years he hasn't been over 3,000m on track except for Portugal this year. In the 17.5Km there Cliff achieved constant pacing on 5Km segments "because I can judge pace well" and ended with 88 minutes. So that ticked his distance run for a while.



Cliff won 200 at Wimbledon Park

Members excel at Algarve Challenge

With results decided on age grading, Vets AC members took five of the first six places, writes *Steve Smythe*.

Michael Mann retained his title though did try and ease through the last 17.5km event to save himself for the Vets International in Dublin. He succeeded, helped by Ros Tabor also not being flat out as she too prepared for Ireland, where she was a notable second to Angela Copson.

Martyn Rouse wasn't at his best but was third while Andy Murray and Cliff Hide also competed well to make the top six. Dave Brooks' best run came in the 10km trail race where by running his fastest 10km for three years, he easily won the Handicap while Alastair Jackson won the Handicap in the Mile.

Challenge goers used the excellent facilities that Britain's senior athletes use at Monte Gordo in preparation for the major Champs, with a great track and training routes through the Algarve Forest beside a long sandy beach.

Next year the Milhas de Guardiana will be run the other way from Portugal to Spain.

For training in Portugal contact Track & Field Tours 01277 354377 – ftours@aol.com.

Monte Gordo

1 Michael Mann(M60) 3350 (19:21 5km XC, 39:44 Trail 10km, 5:30.9 1M, 73:50 17.5km road);
2 Ros Tabor (W60) 3344 (22:10, 46:100, 6:17.4, 82:22); 3 Martyn Rouse (M60) 3228 (20:47, 42:45, 5:47.8, 76:16); 5 Andy Murray (M55) 3012 (20:20, 42:35, 5:57.5, 76:43) 6 Cliff Hide (M55) 2731 (23:03, 48:20, 6:13.2, 88:00); 8 Dave Brooks (M65) 2289 (32:09, 55:30, 9:54.7, 1:51:25)

Competed in first 3 events: Alan Davidson (22:18. 47:14, 6:25.8), Alastair Jackson (31:42, 67:00, 8:53.4), Competed in 17.5km: Steve Smythe 73:51

Twitch and Train

Our small, friendly group of runners, who made very good company enjoyed 22–24C sunshine and superb hotel apartments.

Prior to race days I visited the Castro Marim nature reserve where flamingoes, storks and other birds move among the many lakes as they are dried for salt extraction and re-filled.

A trip on the antiquated



*Andy Murray, Dave Mansbridge, Ros Tabor, Mike Mann and Martyn Rouse
Photo by Cliff Hide*

Algarve railway with its 40 year-old diesel trains trundling through the countryside was a must – after all I am a life railway man.

The three races repeated for me a frequent event at home of chasing Ros Tabor and I told Ros I only recognised her from the back!

Alan Davidson

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 AC' contact **Douglas Maughan**: tel work 020 8752 1010

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Epsom 10

VAC highlight was Cavell's 4th placing as 316 ran in dry cold and wind



Gareth Cavell after a quiet start in 11th place produced a fast final mile of 5:11 to place 4th overall and 1st veteran. He attributed improving his time by two minutes to training with Woodford Green AC, in his home district and where his son goes.

Our second was Peter Lee who was sixth vet. Although the organiser declared it was a relief to have seniors in the first three places we see almost half of the first 50 are veterans.

Event ace Susanna Harrison, in a good time of 67:25, was second 45 to Ruth Hutton, who had won the recent Surrey Vets.

Ron Vialls, 58, also did well to be VAC first O50.

While many made a cautious start and improved later in the race one who started quickly, Alan Dolton, (5) in pic, improved his time well to 68:33.

Marion Jakeman, the race expert, was listed as event W60 2nd with 82:33, close to her VAC Best.

Richard Pitcairn-Knowles writes "I had a thrilling race against the clock! I really had to try and push over the last mile, gently downhill in 6:54, to finish under 90 minutes and qualify for the Shield but I had only just over a minute to spare with 88:54. I was amazed to find my time was exactly the same as last year, 88:54! That must be more unlikely than a hole-in-one at golf."

M60s were bunched as regulars Graham Ball and Gerry Smith led Paul Townsend from East Grinstead. While first 70 was John C Thomas, from the Midlands whose membership was new.

Nerves were natural for first timer Barbara Rossouw, from South Africa, but good fortune sent her Alan Lane. They had keen competition together much of the way and finished in good style.

- 1 56:17 Ben Evans (Guilf&G)
 - 2 56:59 Justin Phillips (AFD)
 - 3 56:59 Anthony Jackson(Stragg)
- VAC placings and medals
- 4 57:34 Gareth Cavell (VAC) M40 1
 - 14 60:42 Peter Lee (HW) M40 2
 - 50 67:25 Susanna Harrison (Wok) W45 1
 - 54 68:02 Ronald Vialls (Barking) M50 1
 - 66 68:33 Alan Dolton (SOC) M50 2
 - 68 69:05 Graham Ball (WW) M60 1
 - 72 69:47 Gerald Smith (E&E) H M60 2
 - 99 73:10 Paul Townsend(VAC) M60 3
 - 117 75:02 John C Thomas(Corby) M70 1
 - 151 78:21 Nichola Atkins (K&P) W45 2
 - 171 79:47 Rich Hammerson (Read RR) M65 1
 - 190 82:33 Marion Jakeman (E&E) W60 2
 - 249 88:54 Richard Pit-Knowles(S'oak) M75 1
 - 292 99:59 David Earl (VAC) M75 2
 - 293 100:33 Alan Lane (Belg)M75 3
 - 294 100:38 Barbara Rossouw(VAC) W50 1
- C White Shield: Richard Pitcairn-Knowles.
 Officials Bob Belmore, Peter Hannell (Pres),
 Jeremy Hemming. Appreciation of the facilities
 is expressed to Epsom & Ewell Harriers.



Barbara and Alan took their mugs



Susanna Harrison



Fixtures



VAC Events

- Sat 11 Dec Surrey League Div 3 LIGHTWATER COUNTRY PARK 2.30pm
 Sat 18 Dec South of Thames 7.5M CC COULSDON SLH HQ 2pm start
 Sat 1 Jan LAURISTON 5M ROAD MT M&W 2pm, The Causeway SW19
 Sat 22 Jan VAC 5.5M CC Champs M&W 2.30pm; HQ Belgrave Hall. Medals 1-2-3 all gps; Fee £4. Cups to Dennis Williams, address p2.
 Sat 5 Feb Surrey Leag Div III WIMBLEDON West Place SW19 org VAC 3pm. YAs 2.30
 Sun 13 Feb VAC Indoors with BMAF Pentathlon LEE VALLEY; form on website
 Sat 19 Feb VAC 5.5M CC WIMBLEDON 2.30pm. HQ Belgrave Hall
 Sat 5 Mar Croydon Hs Inter Club CC 2.30pm LLOYD PARK VAC Team M&W
 Sat 19 Mar VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall
 Sat 26 Mar E Surrey Leag WIMBLEDON Relay 3x2M 2.30pm Lauriston Cottage

Officials: we need Technical Officials and Marshalls for 22 Jan and 5 Feb especially. If you can come, please notify in advance to Bob Belmore tel 01428 654749.

VAC, National & International

- 13 Feb VAC Indoors with BM Pentathlon
LEE VALLEY form to be on website
 26-27 Feb BM Indoor T&F LEE VALLEY
 12 Mar CC LUTON
 16-20 Mar EURO Vets Indoors GENT Belgium
 13-15 May EURO Vets Non-stadia
THIONVILLE France
 21 May Relays SUTTON PARK
 6-17 Jul WMAF T&F SACRAMENTO CA

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, or a veteran who has not competed for any club in Surrey League this season.

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

VAC further dates

- Th 7 Apr E Surrey Leag Road, West Ewell
 13 Apr VAC Track Battersea with Serpentine RC
 19 Apr VAC 5M Road & Walk Battersea 7pm
 27 Apr VAC & Counties 10,000m Walk, Heavy Weight, Lap Hurdles Battersea

Other

- 16 Jan Perch XII Nonsuch Park 10.30am
 19 Feb National CC ALTON TOWERS

Lightwater Country Park

M3 Junction 3 to A322, 1st right into village + signs

VAC NIL December 2010

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