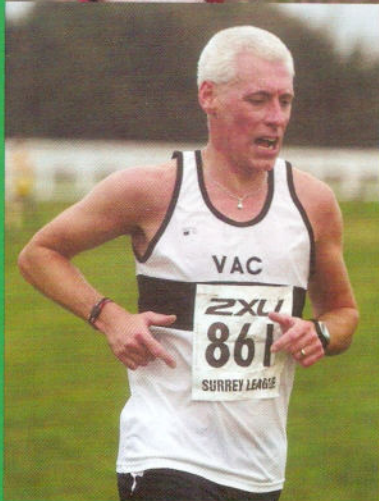
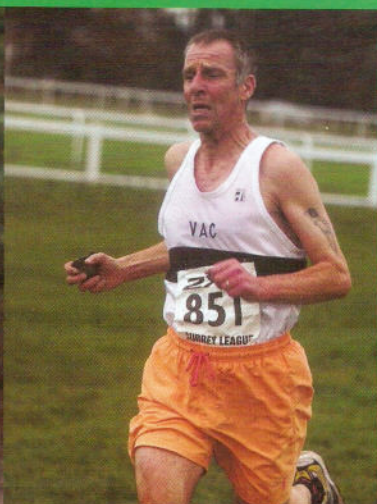
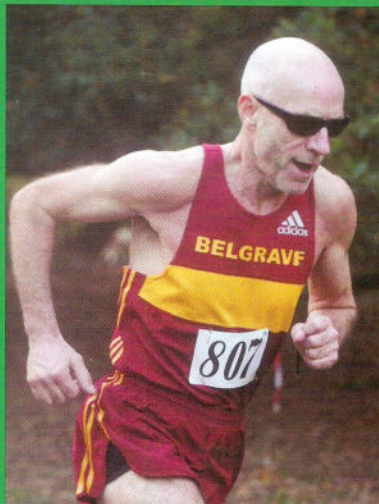


Veterans Athletic Club

Newsletter December 2011



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Photos above: Terry O'Neill(807),
Dan Maskell(851)
Bob Treadwell, Mick Bariow(861)

Officers of the Veterans AC

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Walking Sec	Chris Flint	bettychrisrf@hotmail.com
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Committee news

Regarding a membership system for the whole Federation the Treasurer considered that the cost of it appeared to be high, while General Secretary expressed reservations about the need for such a development.

Race Walk Sec reported that 5K and 7M Champs had been held at Cambridge Hs and at Enfield, and asked for dates ahead.

Secretary said he had three places for London Marathon and rejection slips should be attached when applying.

Officials Secretary said CC meets had been covered and asked for more dates.

CC Sec said in his report that the Surrey League match at Lightwater had disappointing support despite major reminders by phone or email. But a good response came at Loughton where VAC team was second in another record field. He emphasised how important Marshalls were on CC course.

Track Sec said he thought 2012 meets would follow same lines as before including the new one of Willesden.

It was heard that two Officers met with Arthur Kimber, Chairman of BMAF and of SCVAC, and raised concerns about VAC's share in the recruitment market.

It was agreed In VAC Committee to pursue recruitment in the new year.

This Committee was before the proposed

new format for VAC Indoor Champs was known.
Next Committee: 12 January.

New Members

Simon Davies (VAC) V2784

Andrea Gaynor (Reading AC) V2785

Anne Brenchley (Medway & Maidstone) V2786

Club kit

for the League, 1st claim, and general use

Official Kit – Polytec vests with VAC lettering embroidered

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

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

Plus P&P £1.80

Cheques pay 'Veterans AC'

contact **Doug Maughan**

info@douglassports.co.uk

tel work 07976 218 286

DOUGLAS SPORTS 9 Acton Hill Mews,
310–328 Uxbridge Road, London W3 9QN

or at **Belgrave Hall** on CC days

All proceeds go to Club funds



News and Views

A Merry Christmas to all our Readers

Letter

Again thank you and Bob for keeping VAC going - you are both always there! VAC was the original vets club when I joined before the regional clubs started and I fear that younger vets tend to join the regional club nowadays and maybe that is why you had only eight at the XC on Saturday, which must be a record low turnout?

Come to think of it there were very few SCVAC members running at Epsom too, so where is everybody?

I tend to trip and fall over more as I age and so am reluctant to do XC but have enjoyed some good runs at Wimbledon in the past.

Thanks again
Richard P-K.

OLYMPICS

Dates are given for information and your feedback

25 July to 12 August the Olympic Games
28-29 July Olympic Cycle Races,

The Mall to Box Hill and return

1 Aug Olympic Cycle Time Trial from
Hampton Court

28 Jul to 5 Aug Olympic Tennis Wimbledon

Please give us feedback if you know that any of these may affect our events or roads and rail; thank you.

Reply to hemming@dircon.co.uk

Indoors

As a disclaimer, VAC was not able to give its agreement to the arrangements for 19 Feb since they were not known in last Committee.

Give order

Is Vets AC a regional club or a non-regional club as RPK has suggested? To say it's a non-regional club makes little sense these days and in practice VAC acts as a regional club. It has the history of being the national club originally since 1931 and has kept that name but it actually operates in London, Middx, Surrey and Essex, for a start. The truly regional clubs are Wales, Scotland and N Ireland where the region is clear but the writer must be referring to SCVAC, EVAC and others where the name includes a region.

The troublesome one in our case is the so-called Southern Counties Veterans club. There are in fact 20 counties in the south of England but can the SCVAC claim that it operates in more than half a dozen of them?

It may generate recruitment from anywhere in the whole South of England where applicants like the idea of 'Southern' whatever and don't want to trouble themselves finding out about Veterans AC.

Southern is a powerful concept; much of the wealth and power of the country is in the south; Southern bullshit sells.

Veterans AC is 'southern'; as are the Eastern and South Western clubs and a bit of Midlands too no doubt. So what about the unclear Southern Counties, absorbing recruits from anywhere, not to mention pulling out the stops for so-called Inter Area?

In horse racing sloppy nomenclature wouldn't wash. Horse names have to be registered and approved by Wetherbys with their pedigrees established and markings noted.

In contrast athletics has a million rules, administered by amateurs, some almost in care homes, and a top body which doesn't want to know about troublesome matters.

Isn't it time this was cleaned up and good order brought in.



Alan Camp in mid race with water everywhere

British & Irish International



Keith Newton, sixth in M45

Rain, wind and water at Glasgow

In unusually difficult conditions, the down slope of the big hill proved hazardous as a number fell..

One who was well prepared, wearing a hat, Clare Elms, was only half a minute behind W45 class winner in 15th and won a team gold medal.

Durable Margaret Moody recovered from a bump on the hill to become our sole individual medallist, as well as team gold, in the clean sweeping W60 team.

A team gold in W55 was due to Jane Georghiou too. In W60 Ros Tabor tells us

"I fell on the steep downhill on the first lap - not the only one there because John Batchelor fell right behind me, and knocked into Margaret. I got up as soon as I could and carried on, so I don't really know how much it affected me. Certainly I was covered in mud from head to toe down one side, and my forehead still feels tender if I touch it. More than anything I was angry that I was not able to give the race my best, as I had been focussing on it. Also went very slowly on that downhill second time round!"

Although back in mens' race 30s, Keith Newton collected a team gold with England 45s, as VAC best man.

Presentations at the dinner missed nobody, *cont p7*,

Women

- 1 Claire Martin (F35) England 21:42
- 2 Caroline Betmead (F40) England 21:51
- 3 Lesley Chisholm (F35) Scotland 22:02
- 15 Clare Elms (F45 4th) England 22:34
- 69 Jane Georghiou (F55 4th) England 26:49
- 82 Margaret Moody (F60 3rd) England 27:42
- 85 Ros Tabor (F60 4th) England 28:04
- 109 Pauline Rich (F65 5th) England 31:56
- 120 Maureen Fitzgerald (F65 8th) Ireland 34:48
- 123 Ann Bath (F60 15th) Scotland 35:41

Men over 35

- 1 Peter Matthews (M40) Ireland 24:54
- 2 Austin Davies (M45) Wales 25:24
- 3 Ciaran Doherty (M35) Ireland 25:45
- 33 Keith Newton (M45 6th) England 27:22
- 46 Julian Critchlow (M50 5th) England 27:53
- 70 Keith Ewing (M50 9th) England 28:29
- 113 Alan Camp (M55 9th) England 30:04
- 148 Terry Eakin (M60 12th) N Ireland 33:02

Men over 65

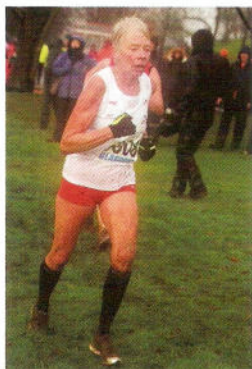
- 1 Malcolm Renyard (M65) England 23:54

Men over 70

- 1 Peter Covey (M70) England 26:42
- 26 John Batchelor (M70 7th) England 28:47

Open race

- Women 4 Bernie Pritchett W40 26:07
 Charlie Dickinson M60 3 24:35.



Margaret Moody



Clare Elms



Ros Tabor, racing Lou Lyness on lap 2

Paul Sanderson

The longest finishing straight

One of the longest finishing straights – you see the famous racecourse stands some 3/4 mile away and just hang on and count down the metres. Krzysztof immediately behind me said I looked strong – I'm obviously very good at concealing my feelings!

So a tough course and a satisfying time for me. Perhaps my best since the days when running under 6 minute miles was routine – that's at least 20 years ago! And good to get a VAC over 55 gold medal. But it wasn't a good first mile due to cutting it just about as fine as possible to get to the start. And then probably too much effort up the long hills in the first four miles. Thankfully the rest of the race is a little less hilly – just as well!

What next? With a bit more time at weekends these days I'm certainly enjoying my running. A bit of a cliché perhaps but when you're getting towards your late 50s it's good to still run injury free after a lifetime of pounding the roads and countryside with varying degrees of intensity. With this in mind I think I'll give the road races a rest for

a while and concentrate on the off-road events.

The challenge now is to keep fit during the festive season before the X-country races start in earnest in

January. This will be difficult because my preferred way of keeping fit these days is sitting down on two wheels rather than running. So we'll have to resort to pounding the streets in the dark – not very inviting!

My first claim club, Guildford & Godalming, is aiming to finish a team in all the major x-country championships. Finishing the National at Parliament Hill Fields – without falling in the mud – now that really will be a challenge!



John Gilmour

The World Vet Champion, now 92, has written to Bob Belmore and tells us he still manages a 30 minute morning jog. He visits his wife in nursing home and finds time to coach his group of athletes.

John has been honoured as 1st Individual Veteran in the Australian Sports Hall of Fame; also the West Australian Marathon Club 10K is named after him.

A VAC Newsletter is enjoyed by him and others 'down under' and world wide.

We are not only London and Surrey! *Bob Belmore*

Also 92, on Christmas Day, will be Sylvester Stein.

He tells us he has run 100m recently and was encouraged by his self-timed sprint. Is there anyone in his age and performance range, which is 20 secs plus, who would like to run with him?

Name the year, on page 6: answer 2000. Shows R-L M Moody, M Rayner and R Tabor.

My Glasgow Parkrun was good. It was in Pollok Park in the SW of the city about two miles from Bellahouston, so I did get back in time for Ros' race. The Parkrun had two laps on tarmac paths into woods so quite sheltered but with a few puddles underfoot – a better option than the open race! About 160 runners took part.

Andy Murray, Dulwich

Cliff Hide

Good to see Cliff had a photo published in Athletics Weekly. We always need some more artists and poets on the newsletter so lets see your work please, you creative home workers.



Can you name the year? See p5

The story of VAC Cross Country Champs

Last years result was 1st Vic Maughn in 33:16, with Clare Donald 1st woman in 37:48.

The fastest times recorded on the present course have been Clare Donald's 37:48 and Mark Critchlow's 30:19 in 2001, the first year at Caesar's Well.

Mark Critchlow's outstanding 30:19 remains the record time to this day but sad to say he is unlikely to run again.

Others present then included Clare Pauzers, Sir Christopher Chataway, Keith Spacie and the flying Fin, Eila Mansfield.

Going back to the very first years we find Laurie O'Hara in 1986, winning of course because he was 'a legend in his lifetime'. Then irrepressible Charlie Walker topped the 55s three years on the trot, Harry Tempan got the 60s and a regular, Dennis Eyers, the 65s, when Hillingdon AC turned out a good few.

In '87 Maurice Sharp was a beginner vet. Tom Ryan was the notable winner, coming straight from a road gang in London and winning coolly with a late hill challenge.

Although the final path is level enough no one gets past anyone at that stage.

1988 saw the Peter Hamilton era dawn when he hit 25s, that's 25:37 on the Camp Road shorter course. He gave the race a definite lift with a hat track before Charlie

Dickinson took him on in '91. In a memorable affair the Belgrave man held Steve Warzee by just two seconds as the Guildford vet set M45 best to 25:46.

In '92 Geoff Harrold had the M50 best time of 25:53, while Laurie Forster completed a hatrick in M60; sadly both are no longer with us. Steve Charlton came in aged 65 to run up his hat trick, it seems to be a pattern, best 29:30.

County champ Bob Treadwell was persuaded to grace the proceedings in '93 and duly set the M40 record on old course at 24:43, a gain of nearly a minute.

LOH meant a new name in '94: Liam O'Hare, as the M45.

Paul Toms, of BA, was a one year wonder in '95, pursued by Ken Daniel. Keith Spacie was the 55.

'96 was a true vintage year as Bob Treadwell got his third title, Grenville Tuck kicked off a hat trick in 45s and Laurie O'Hara had his third win, now in 60s. Minor winners were Steve Birkin, good for three years, Ray Davidson and Derek Thomas, all class vets.

There was change in '97 when Mick Wayne put Woking on the plot with 25:54 and Steve Charlton set an 'impossible' record in M70

Real Cross Country

with 31:39.

Geoff Jerwood, Herne Hill's Facebook voice, made a race win in 1999, challenged by ever present Gren Tuck whose title year was yet to come.

In 2000 R Gaine of Romford was a oncer as was P Brown but Tom Everitt was notching a fourth age title.

Our ending at Wilberforce School meant a move away from testy golfers to the privacy of Caesar's Well.

Top club over the new course's 10 years has clearly been Herne Hill with Mick Boyle, 30:14, and 31:12, best 45, and Vic Maughn, a remarkable five times an age winner, best 32:15.

We cant leave out Bill Gristwood; his year was 2003.

Women

At '87 Camp Road, artist Sara Cawkwell was a three-timer and Maggie Statham in the full flush of her national status set record for W40 of 28:24.

One slot up Jane Davies did the same in 45s, 29:54, Pauline Rich in 50s with 31:59, and Eila Mansfield in 60s with 37:27. But age is not always kind to the fair sex in their later years.

For multiplicity who can beat Jane Georghiou, nine times class winner from 45 to 55, and three times 1st woman with best 37:54 in 2004. Our well travelled hill runner just does it!

Ros Tabor, Margaret Moody, singles, and Ola Balme, 39:19, Alison Brownhill, 38:05, twicers, are the recent stars.

Cue for diary entry: 21 Jan

VAC 5KM WALKING CHAMPIONSHIPS
Saturday 22 October 2011

W50
1st Diane Bradley Tonbridge 27.20
M60
1st Carl Lawton Belgrave H 32.24
2nd Steve Holliday Cam H 33.36
M65
1st Shaun Lightman SWC 29.39
2nd Peter Hannell SWC 30.31
3rd Chris Flint SWC 30.52
M70
1st Ron Penfold Steyning AC 28.59
2nd Bernie Hercock E&H AC 37.02



**Sean Lightman in
 Battersea 10,000m**

Glasgow> certainly not Julian Critchlow and Keith Ewing, called out for M50 team golds. Julian, who is now with Harrow AC, had a fair run for M50 fifth, heading VAC track leader Keith by half a minute.

John Batchelor took a fall on the descent and called it dangerous; it was steep with wet leaves which were slippery. Rival Fred Gibbs also came down but 70 winner Peter Covey had the skills of a mountain runner and stayed on his feet.

Fatal lack of tentage at the ground, a 'dangerous' course, difficulties in the hotel, lack of local transport, lack of team get-together, and a forgettable dinner were negatives on this occasion.

So we wonder if the Scots have become increasingly hostile toward the 'auld enemie', now they have a Parliament.

Race Walking



**Carl Lawton
 in Marryat
 Road
 Wimbledon
 for 7M race**

VAC 7 MILES RACEWALK CHAMPIONSHIP
Saturday 12 November 2011

**(Held in Conjunction with Enfield & Haringey
 AC 7 Miles Open)**

Age Group 45 (Women)

1st. Ann Belchambers	71.20
2nd. Jo Miles (Hillingdon AC)	74.50

Age Group 50 (Men)

1st. Steve Allen (Ilford AC)	68.09
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Age Group 55 (Men)

1st. Trevor Jones (Steyning AC)	59.36
2nd. Andy Cox (Hillingdon AC)	66.35

Age Group 60 (Men)

1st. Dave Kates (Ilford AC)	66.52
2nd. Paul King (Belgrave H)	71.11

Age Group 65 (Men)

1st. Shaun Lightman (Surrey WC)	67.00
2nd. Peter Hannell (Surrey WC)	69.23
3rd. Chris Flint (Surrey WC)	70.29

Age Group 70 (Men)

1st. Ron Penfold (Steyning AC)	67.28
2nd. Alan O'Rawe (Ilford AC)	71.17

Age Group 75 (Men)

1st. Arthur Thomson (Enfield AC)	64.53
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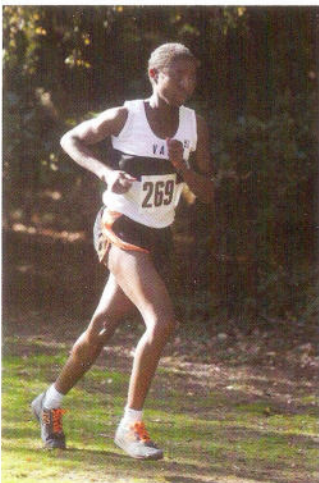
Terry O'Neill leads Mick Barlow in November race

VAC 22 October

Terry Eakin, Ola Balme and Bill Gristwood lead the race out in beautiful conditions.

After one lap Glen Morgan had the lead from Bill, Terry and Ola while more ladies were led by Julia Gristwood.

On lap 2 Terry Eakin was on course coming up the hill but on lap 3 marshalling at the top



Improving Ola Balme, 1st lady

Cross Country on the Common

VAC 19 November

Although the field was small there was a good race at the front as Terry O'Neill was matched with Mick Barlow, the VAC League anchor.

Terry has told newsletter

"I had no niggles, back injuries, calf tears or ailments to worry about (a problem for the last three years), I'm as fit as I've been for some time, it was a lovely day for running, I'd taken it easy for the previous Vets AC CC, so I thought I might as well give it a blast.

Bottom of the hill on the first lap I suddenly realised that Mike Barlow's foot-steps could no longer be heard so I decided to press on, and then to hold on. I enjoyed it, even the pain!" Terry's 36:26 looks to top six in season's Table.

Paddy Clark is mending well, now in mid race, after his knee op, heading keen Dave Wilson, and Dennis Smith, now under 50 mins.

Frank Gander, of Belgrave, 77, had a good run, 4 seconds faster than his 2010. So Belgrave had two, front and last, nice one.

of the hill was uncertain. There most unfortunately Terry Eakin went straight on, lost his way and his chance for the lead. That is a rare mishap but it does underline the need for marshalls.

Glen duly came in first in 37:24; he has had a good streak also winning at Lloyd Park. Then Ola Balme was second at 38:36, improving on her '10, going easy.

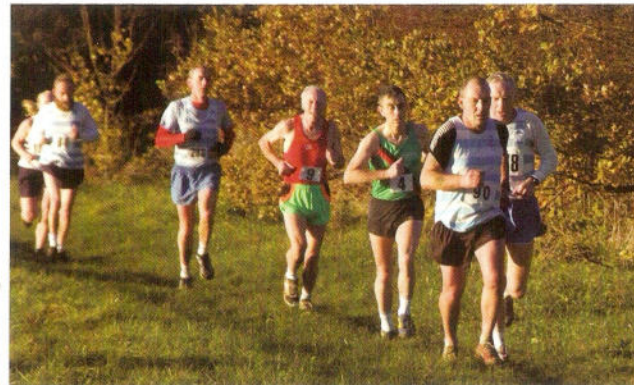
The other Terry, Terry O'Neill, was third and first over 50 as Bill Gristwood retired.

Andy Murray had a good run for 39:01 in fourth, strong on the hill and quicker than last year.

Second woman, Andrea Sanders-Reece, looks to be an ace rival to Jane Georghiou in the January Champs, with similar ability.

Ros Tabor, in training for Glasgow, was close to her best time of last year.

Likewise Julia Gristwood was in the middle of her range, holding Steph Burchill.



Runners cross the river meadows at Loughton

Veterans 5 mile Inter Club CC, Loughton AC, 5 Nov 11

- 1. Spencer Hemsted (VAC) 40 28:59
- 2. Dave Barrett (Orion) 40 29:41
- 3. Ray Dzikowski (VAC) 45 30:30
- 10. Bill Gristwood (VAC) 50 32:27
- 14. Ian Lambert (Eton Manor) 50 33:10
- 18. Paul Stockings (VAC) 50 34:04
- 24. John Batchelor (VAC) 70 35:45
- 34. Dan Maskell (VAC) 60 37:52
- 38. Victor Wilson (VAC) 65 38:35
- 41. P Clark (VAC) 60 39:16
- 51. Sally Gillam (Orion) W45 41:41
- 56. Ted Kimber (AC) 70 43:06
- 58. Julia Gristwood (VAC) W50 43:17
- 61. Dennis Smith (VAC) 60 43:52
- 66. Charlie Crump (VAC) 75 46:29 76 ran

Men's teams (four a side)

- 1. Orion Harriers 26 points (2, 7, 8, 9)
- 2. Vets AC 32 (1, 3, 10, 18)
- 3. Eton Manor AC 40 (5, 6, 14, 15)
- 4. Loughton AC 112 (20, 22, 25, 45)
- 5. ex Walthamstow AC 114 (11, 13, 28, 62)
- 6. Victoria Park/Tower H 124 (4, 30, 40, 50)

Women's teams (four a side)

- 1 Loughton 23 , 2 Orion 31, 3 Victoria Park/Tower H 38, 4 Eton Manor 50. results by George Richardson VAC Team Manager Bob Belmore.

Meeting Director George Richardson writes: We were very lucky with the weather: no rain, no wind, mild for November. And the surface was still firm, despite recent heavy rain.

We almost reached last year's record field (78), and the winner was over half a minute quicker than Gary Bagnall's time last year. It is a pretty accurate 5-mile course, so any time below 30 minutes for an all-vets race is good. As you will see from the results, it was the final farewell from the Walthamstow members who have now joined Orion, following disbanding of the Club. Ed: Photo taken at 2004 race.

After Munich, by George A Sheehan

Sport, wrote Baron de Coubertin, in his *Ode to Sport* is the delight of the Gods, a distillation of life, a source of beauty, justice, honor, progress and peace. The institutionalisation of sport in the modern Olympic Games, he thought, would act to develop character and sportsmanship, something to be desired by every man.

"Few who have been touched by the spirit of the Olympics can forget it" writes Professor Howell Maxwell. "It leaves a mark on all who have experienced its magic".

That magic, the critics would have us believe was missing at Munich. I doubt it. We had, if anything, the greatest athletic meets ever held. In mens' track, three of the most challenging events – intermediate hurdles, 10,000 metres and the decathlon – were won in world record performances.

Athletes honoured the Olympics by their feats of speed and skill and endurance. Behind each of the record setters were hundreds and thousands like them, enduring denial and deprivation and pain and fatigue in their pursuit of Olympic gold.

So did the Olympics fail? No, the Games went on. They went on because this bitter murderous violence is exactly why we need the Olympic Games. And we will continue to need the Olympics until we can accept the definition of a hero as one who is willing to die for a cause but not to kill for it.

"Our aim" said Avery Brundage, "is to set standards; standards of decency, standards of sport and standards of life".



Derek Wardle takes the long downhill

Div IV, Lightwater 8 Oct 2011

- 1 Lee Kemp(Waverley) 28:12
- 2 Steve Bishop(Holland) 29:42
- 3 Gilbert Grundy(Woking) 29:59

VAC

- 18 Nick Crocker M50 35:58
- 30 Derek Wardle M60 38:56
- 37 Dan Maskell M60 40:00
- 40 Walter Wessely M60 40:37
- 50 Richard Hammerson M60 43:49
- 61 Brian Shave M60 53:26



Nick Crocker left and Walter Wessely ran the heath

Teams Div 4: 1 Woking 127, 2 Holland 266, 3 Epsom Oddballs 344, 4 Collingwood 401, 5 Waverley 529, 6 Lingfield 525.5, 7 Veterans AC 531, 8 Dulwich Park 572.

The team could have done with the 40s but it didn't prevent Nick Crocker making a good run on his return, after travelling from Crawley. Members said the gravelly surfaces were unusually dry and hard as Ladies League also came and had Dulwich Runners out in force.

Surrey League

Div 4 Epsom Downs 12 Nov 11

- 1 Gilbert Grundy(Woking) 28:24
- 2 Steve Bishop(Holland) M40 28:40
- 3 Neil Reissland(Coll) M40 29:00

VAC

- 12 Mick Barlow(VAC) M40 31:47
- 26 Bob Treadwell(VAC) M50 3d 34:32
- 40 John Batchelor(VAC) M60 36:04
- 45 Paul Browning(VAC) M50 36:41
- 54 Dan Maskell(VAC) M60 38:07
- 55 Keiron Fennelly(VAC) M50 38:11

Teams Div 4 1 Woking 127, 2 Holland 266, 3 Epsom Oddballs 344, 4 Collingwood 401, 5 Waverley 529, 6 Lingfield 525.5, 7 Veterans AC 531, 8 Dulwich Park 572.

Standings after 2, Div 4

1 Woking 301, 2 Holland 529, 3 Collingwood 654, 4 Epsom Odd 776, 5 Dulwich P 949, 6 Vets 1052, 7 Lingfield 1075, 8 Waverley 1134. Mick Barlow banged in in a low score to lift our overall place. Bob Treadwell returned to the fray in good shape but after his train was held up by a loony Dan Maskell only just made it. Photos below.

East Surrey League, 29 Oct Lloyd Park

VAC 27 Glen Morgan 32.52, 33 Mick Barlow 33.30, 40 Bill Gristwood 34.09, 76 Dan Maskell 38.30, 84 Paddy Clark 40.56, 99 Richard Hammerson 43.58, 104 Julia Gristwood 46.05

Teams (4): 1 HHH 14, 2 Epsom 56, 3 Striders 60... 12 Vets AC 176, 27 Vets AC B 287



John Batchelor(856) – Paul Townsend's sprint

Cross Country and other results

VAC 22 October 11

1 Glen Morgan(VAC)	49	1	37:24
2 Ola Balme (Dul R)	W44	1	38:36
3 Terry O'Neill(Bel)	59	1	38:47
4 Andy Murray(Dul R)	58		39:01
5 Stephen McDuell(HW)	46		40:02
6 Richard Solomons(High)	64	1	40:48
7 A Sanders-Reece(Morn)	W56	1	41:16
8 Pete Marsh (VAC)	61		41:27
9 Jim Brown(Wok)	62		41:46
10 Terry Eakin(NDAC)	62		42:04
11 Ros Tabor(Dul R)	W62	1	42:33
12 Dan Maskell(VAC)	63		43:40
13 Ted Kimber(Barnet)	71	1	50:29
14 Julia Gristwood(ESM)	W52	1	51:42
15 Steph Burchill(Dul R)	W55		51:58
16 Brian Shave(HHH)	76	1	58:26
17 Alan Lane(Bel)	77		63:42

2 laps

Bill Gristwood 25:25

Nina Pinkerton 37:16

VAC 19 November

1 Terry O'Neill(Bel)	59		36:26
2 Mick Barlow(Ton)	45		36:55
3 Pete Marsh(Bel)	60		41:42
4 Ros Tabor(Dul R)	W62		42:06
5 Paddy Clark(Wav)	66		45:24
6 Dave Wilson(HHH)	65		46:52
7 Dennis Smith(VAC)	62		49:52
8 Julia Gristwood(ESM)	W52		50:25
9 Frank Gander(Bel)	77		52:22

Two laps

Steph Burchill(Dul R) W55 35:01

Officials duties at VAC winter:

4 R Belmore, 3 J Hemming,
1 P Mulholland, S Charlton, M May,
Officials Sec Ros Tabor 020 7701 2546.

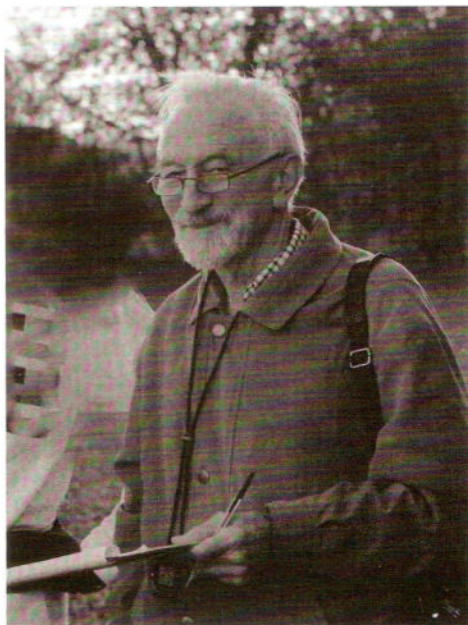
Thank you all; without you it aint official

Ealing, Southall Middx AC 5M Road, 4 Dec 11

1 Mike Cummings(HHH)	26:09
2 Sean Renfer(PTVH)	26:18
3 Robert Wilson(ESM)	26:35
1s vet Nigel Rackham (Metro)	27:21
74 And' Sanders-Reece(Morn) W55	35:03
79 Martin Garrett(Sudbury) M50	35:28
113 Jacqui Reid(Met Pol) W45	38:07
159 Dennis Williams(HW) M65	41:49
160 Ted Kimber(Bar) M70	41:52

Andrea Sanders-Reece set an Over 50 womens' course record. Her 35:03 was Age Graded 85.31%, 3rd Age Grade in race.

Several past and present members enjoyed the upgraded facilities and track at Perivale on Sunday morning, reports Road Sec Bob Belmore.



Loughton's mastermind, George Richardson



Marie Synott-Wells leading

Huge numbers came to the park walking, driving, stalking the deer, filling the car parks and even running. For once the Ranelagh HQ car park was policed too.

Marie Synott-Wells dominated the Women Vets race with a faster time than Ruth Hutton last year as Reigate's Natalie Wilson was runner up. Anna Garnier, first 55, almost equalled her time

of 2009 and with Pippa Major helped Thames Hare to their team win. Dorking MV's hot 17, 18, 19 trio gained the second club team.

Herne Hill were pulsating as their new vet, Brian Wilder, won the mens' race. He was always ahead of last year's winner Stewart Major who held Dave Symons again for second place, as Thames overwhelmed SLH for team medals. Other Hills were Mick Boyle, who won 50 class comfortably, while Steve Knight was 1st 60, with team medals, ahead of Stewart McIntyre. In the hot 45 class green Guildford's Mark Tennyson was fifth.

While the names may look familiar few in fact run consecutive years; for example Keith Spacie was back after some years absence but now first in 75, just ahead of Dave Wilson. Consistent Brian Shave got the silver.



Stuart Major from Plumpton(269) and Robinson(271)

Surrey Veterans CC in brilliant autumn sunshine

Women, VAC

1 Marie Synott-Wells Ran	45	24:19
7 Pippa Major THH	45	25:14
8 Pam lanella SLH	50	25:26
13 Anna Garnier THH	55	25:54
14 Susannah Harrison Wok	45	26:01
19 Louise Ionascu DMV	40	26:26
22 Ros Tabor Dul R	60	27:06
27 Sarah Allen HHH	45	27:47
32 Jo Quantrill SLH	55	28:11
49 Olia Inak-Price Wok	55	32:53
51 Stephanie Burchill DuLR	55	33:23
54 Nina Pinkerton SLH	60	39:30
<u>Teams W35-44</u> 1 THH 9, 2 DMV 21, 3 HHH 22, 4 SLH 42, 5 K&P 44		
<u>W45+</u> 1 SLH 7, 2 Woking 14, 3 DMV 30, 4 Tadworth 60		

Men

1 Brian Wilder HHH	40	33:54
2 Stuart Major THH	40	35:06
3 Dave Symons THH	40	35:11
5 Mick Boyle HHH	50	35:32
6 Ray Dzikowski W4H	Gst	36:06
12 Mark Tennyson G&G	45	37:50
26 Dan Pescod THH	40	39:00
30 Paul Sanderson G&G	55	39:37
31 Barry Attwell SLH	55	39:47
34 Richard Pitt THH		40:09
36 Terry O'Neill Bel	55	40:47
43 Colin Oxlade Cro	50	41:57
45 Andy Murray Dul R	55	42:15
46 Steve Knight HHH	60	42:22
51 Stewart McIntyre RPR	60	43:25
53 Jim Brown Wok	60	43:55
57 David Betts HW	60	44:27
60 Peter Marsh Bel	60	45:02
61 Andy del Nevo Cro	40	45:07
51 Tom Morris HW	50	45:21
56 Maurice Sharp HW	65	45:59
73 Keith Spacie THH	75	50:10
74 Dave Wilson HHH	65	50:14
75 Alan Davidson VAC	60	50:21
86 Brian Shave HHH	75	60:36
86 Kevin Burnett SOC	70	71:06

Teams 40-49 1 THH 9, 2 SLH 26, 3 G&G 45, 4 Ranelagh 60.

M50 1 SLH 11, 2 Ranelagh 25, 3 THH 42.

M60+ 1 SLH 22, 2 Ranelagh 24, 3 HHH 28, 4 Tadworth 32.

Total ran 140 women and men



Marie Synott-Wells and Paul Sanderson head downhill

Race winners

1 Justin West (Stragglers)		55:31
2 John Collins (Westbury H)	55:52	
3 Gilbert Grundy(Woking)		58:02
1st Woman Alexie Shaw(Dul R)		63:08

VAC

17 Paul Sanderson(G&G)	57 1	62:37
29 Liam O'Hare(Bar)	60 1	64:39
51 Marie Synott-Wells(Ran)	W45 1	66:50
58 Graham Ball(WW)	60 2	67:37
62 Susanna Harrison(Wok)	W45 3	67:53
73 Andy Murray(Dul R)	55	69:49
75 Gerry Smith(E&E)	60 3	69:55
104 Zoe Ashcroft(26.2)	W35	73:32
123 Paul Townsend(VAC)	60	75:45
136 Rich Hammerson(Rd RR)	65 2	77:09
138 Jo Quantrill(SLH)	W55 2	77:17
215 Mick Miller(Hill)	73 1	88:13
253 David Earl(VAC)	75 1	102:12
266 Alan Lane(Bel)	75 3	104:25
262 Rich Pit-Knowles(S'oak)	75 2	104:44
269 David Brooks(Thurr)	70 2	109:10

VAC Officials Sec Bob Belmore, Judge Ros Tabor



Liam O'Hare emerges from the fog

48th Epsom 10

As fog disrupted flights at low lying Heathrow, high Epsom Downs was in bright sunshine.

Looking at whole race, Paul Sanderson was 1st M55, and 6th veteran in 17th place. This showed his 10,000 win was no fluke as he has written for us, on page 5.

First 60 in race Liam O'Hare had Geoff Newton, 65, as nearest pursuer. Despite the hard course well travelled Liam improved his UK ranking to 15, while the Tadworth man has been taking every chance since he turned 65.

Epsom experts Graham Ball, faster than 2010, and Gerry Smith gained our next medals.

"Three French Hens", since it's Christmas, were there as fourth woman Marie Synott-Wells held off regulars Phyllis Flynn and Susannah Harrison in a needle W45 competition. Marie of course had been first in Surrey Vets CC; see p12.

Jo Quantrill was back from injury to be race 2nd W55.

Hillingdon's Mick Miller was race 2nd M70 and clearly VAC Shield winner as oldest, he was 73, under 90 minutes. Mick has a long history in our club, winning Battersea 5s in the '70s.

The old and bold M75 class had plenty of takers with David Earl, 2nd in race, followed by Alan Lane and Richard Pitcairn-Knowles making a keen VAC affair.

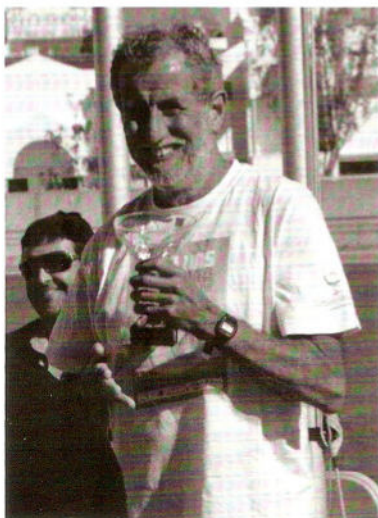
VAC medals were 'weighed in' at the jockey's Weighing Room by Bob Belmore, with help of Ros Tabor and your racing Editor.

Entry form had been printed on your mailing 'carry sheet' so that was a saving, over a separate entry form.

It's your Algarve again!

The usual friendly bunch gathered but not the usual weather for Track&Field Tours Algarve Running Challenge at Monte Gordo, Portugal writes Alan Davidson. Races and organisation were excellent thanks to Steve Smythe of *Athletics Weekly*.

The previous week had 22°C sunshine everyday with the freak exception of a tornado that struck and damaged Faro airport terminal while farcical organisation at the airport meant instead of walking 50 yards from the baggage hall to the front it was a coach from the back. While other drivers left straight away our hot crowded coach waited 30 mins for an escort car to take us the five minute trip to the front of the terminal!



No complaints from Mike Mann



Photos by Cliff Hide

Ros Tabor and Clare Elms, centre, with their prizes

The weather broke dramatically for the 3 lap 5k pine forest race on sandy trails while thunder, lightning and torrential rain even flooded the sand. I myself had a woeful 27.01 and could just about see my way round the course! A black cloud for Portugal but luckily Algarve had breezy sunny weather for the track 1 mile (6:41).

The 10k forest trail race mainly on sandy, stony paths took place in cloudy conditions (48:10). On a walk in the Castro Marim nature reserve I saw flamingoes, stork, hoopoes, hare etc but in chilly but sunny conditions I had to plough through mud of Parliament Hill proportions!

The Guadiana 10.75 mile race had 614 finishers (only 49 women) and was hard work for most of the first 7k as the steady climb past Castro Marim was into an exposed 15mph wind. Thankfully once over the bridge into Spain we had a tailwind, sun on our backs

and a new flat finish to the race. I enjoyed the crowd support in Ayamonte and also unsolicited for the last 4k. Firstly two Portuguese runners ran alongside encouraging me and then when they dropped back another took over and he ran either beside me or ahead of me urging me on and when we hit the adverse wind on the back straight of the finishing stadium he shielded me from the wind! I thanked him for his support; I was 417th in 1:26.10.

Clare Elms of Dulwich Runners was first lady in 1:07.53.

On a final train ride through the countryside when travelling fast downhill the train still had all the doors open, perhaps not covered by EU safety regulations!

Leaving the warm sun of the Algarve for Gatwick drizzle, I had as always enjoyed this trip; my recent injury niggles had survived the four races with physio help, and I saw they'd even got the roof back on Faro airport!

Alan Davidson

G Moulden 10K Road Champs 2 Oct

	<u>age</u>	<u>#</u>	<u>time</u>
1 Paskar Owor (Bel)	Sen		32:42
2 Basil Wallace(HHH)	Sen		36:00
3 Lucy McAlister(THH)	SW		36:06
<u>VAC Championships</u>			
8 Paul Sanderson(G&G)	56	1	39:00
9 Nigel Burnell(VAC)	53	1	39:14
15 Steve Knight(HHH)	61	1	43:13
20 Anna Garnier(THH)	W57	1	44:40
24 Dave Betts(HW)	61	2	45:53
28 Maurice Sharp(HW)(G)	66	1	47:38
31 Rich Hammerson(Read RR)	69	2	51:01
35 Dennis Williams(HW)	65	3	52:42
42 Keith Walker(E&E)	60	3	63:38
43 Yasmin Giles(VAC)	W49	1	64:39
Officials R Belmore VAC Secretary, P Mulholland			



Sanderson and Burnell, level on lap 1



Anna Garnier

It was a pity that the entry was low when the conditions were fine but other events were easy to find and apparently drew off M40 veterans.

Paul Sanderson held the challenge by last year's winner Nigel Burnell. Times were modest in warm conditions but they were well clear of the other vets who were all over sixty.

However Anna Garnier, coming back from eye treatment and holiday abroad, supported the event with a good run.

Steve Knight was a strong first 60 while Richard Hammerson and Dennis Williams both improved on last year figures.

A post race gathering was addressed by David Littlewood MBE, the top Technical Official, and treated to refreshments in the new Hercules facility.

Proposed VAC Indoor Champs with BMAF South of England Champs

Events 60 200 400 800 1500 3000 60 Hurdles Long Jump, Triple Jump, Pole Vault, High Jump, Shot. Commencing 1200; last event 1800hrs.

Online entry is the preferred system; closing date 5th Feb. Paper entrants apply to M Doogan, 5 Stadium Street, London SW10 0PU by 21 Jan, no later, with SAE.

Awards: 1st 3 VAC members in age group in each event will be eligible for VAC champs medals, and from overall position can also gain unofficial South of England Masters title in their event.

VAC, SCVAC, EVAC and SWVAC paid up members are deemed South Of England.

Indoor walk is being included in the SCVAC champs at Lee Valley on 11 March.

VAC Secretary is Mike May via mike.may@blueyonder.co.uk.
Meeting Secretary is Maurice Doogan, BMAF T&F Secretary



Fixtures



VAC Events

- Sat 18 Dec South of Thames 7.5M CC COULSDON SLH HQ 2pm start
- Sat 31 Dec LAURISTON 5M ROAD MT M&W 2pm, The Causeway SW19
- Sat 21 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 4 Feb E Surrey Leag WIMBLEDON Relay 3x2M 2.30pm Lauriston Cottage
- Sat 11 Feb Surrey Leag Div IV LLOYD PARK
- Sun 19 Feb VAC Indoors with BMAF/SoE LEE VALLEY; form online; see page 15
- Sat 3 Mar Croydon Hs Inter Club CC 2.30pm LLOYD PARK VAC Team M&W
- Sat 17 Mar VAC 5.5M CC WIMBLEDON 2.30pm, HQ Belgrave Hall

Officials: we need Technical Officials and Marshalls for 21 Jan especially. If you can come, please notify in advance to Bob Belmore tel 01428 654749.

National & International 2012

- 5 Feb BMAF Pentathlon SHEFFIELD
- 19 Feb BMAF SoE Indoors LEE VALLEY
- 17-18 Mar BMAF Indoors LEE VALLEY
- 25 Mar CC BATH UNIVERSITY
- 3-8 April WORLD INDOORS Finland
- 12 May Relays SUTTON PARK
- 27 May Pent, Track 10,000m HORSPATH
- 21-22 July T&F DERBY
- 25 Jul - 12 Aug OLYMPIC GAMES
- 16-25 Aug EURO VETS T&F Germany etc

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 £4/£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

- .. Apr E Surrey Leag Road, West Ewell tbc
- 11 Apr VAC Track Battersea with Serpentine RC
- 17 Apr VAC 5M Road & Walk Battersea 7pm
- 25 Apr VAC & Counties 10,000m Walk, Heavy Weight, Lap Hurdles Battersea 6.45pm
- 25 Aug VAC T&F Champs Battersea tbc
- 5 Sep VAC 10,000 Run Battersea

Other

- 25 Feb National CC PARLIAMENT HILL
- 22 Apr London Marathon

VAC N/L December 2011

Editor Jeremy Hemming hemming@dircon.co.uk - photos by Editor
Assistant Editor Bob Belmore

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