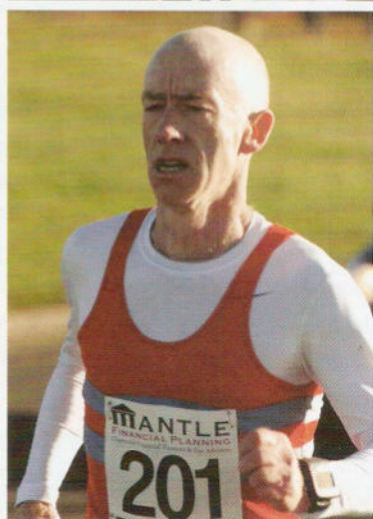
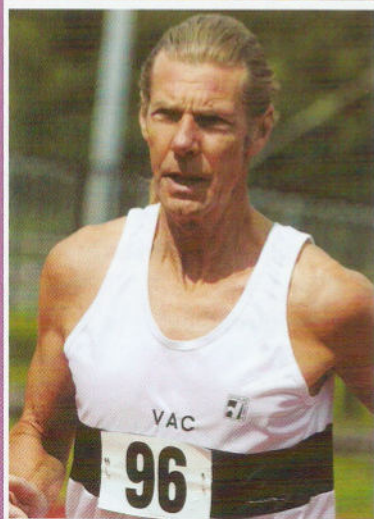
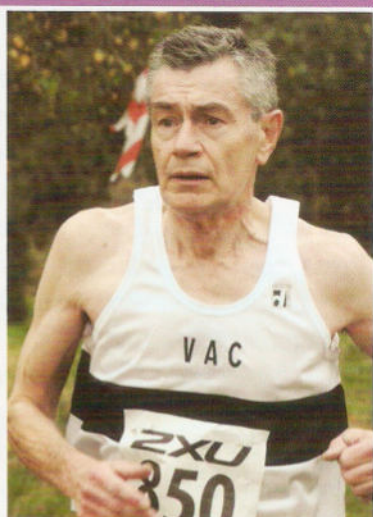
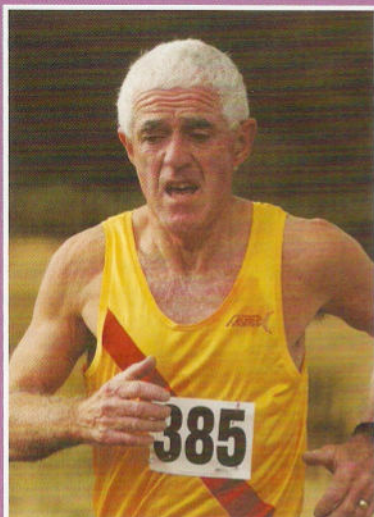
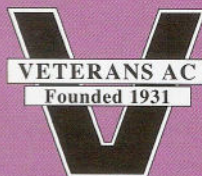


# Veterans Athletic Club

## Newsletter December 2012



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16	Fixtures

Pictures: L-R Dave Betts(385),  
Walter Wessely, Tony Tuohy(201)  
and Peter Giles(96)

## **Officers of the Veterans AC, established 1931**

President	Michael May	mike.may@blueyonder.co.uk
Committee Chair	Dennis Williams	dennis.williams@hotmail.com
Minute Secretary	Ros Tabor	ros@28kerfield.freemove.co.uk
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Treasurer	Michael May	mike.may@blueyonder.co.uk
Membership Sec	Phil Bell	phil@bell-computer-services.co.uk
Assistant Membership Sec	Peter Kennedy	pkennedy@datchet.plus.com
Road Secretary	Bob Belmore	01428 654749
T&F Secretary	Bob Belmore	01428 654749
Officials Secretary	Ros Tabor	ros@28Kerfield.freemove.co.uk
Walking Secretary	David Hoben	David.Hoben@mottmac.com
Newsletter / Press	Jeremy Hemming	hemming@dircon.co.uk
CC Secretary	Bob Belmore	01428 654749
CC League Manager	<i>ditto</i>	01428 654749
Trophy Steward	Dennis Williams	
Delegate to BMAF/VAAofE	Michael May	
Vice Presidents	<i>Phil Bell, Chris Flint</i>	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	

### **November Committee**

In Members' Welfare it was heard that Stewart Bennett had died.

The Treasurer reported his flow of funds since last year end. In relation to track hire expense of £1717, Treasurer advised that a surplus had come from T&F Champs but not a sufficient one to cover losses on other events.

An encouraging informal meeting at Montague Pike PH in W1 was reported as intending to build team spirit and involvement of athletes, it is thought principally sprinters.

With regard to the major increase in Levy by England Athletics it was said that action in response was delayed in advance of the latter's AGM.

Next Committee 10 January

### **Kissing, for those with computers**

It is increasingly common for material in emails to be sent as attachment. This may seem smart but it may not be well understood that attachments are not certain to be usable in the receiver's system, depending on the software. So it is better to put the message in the body of the email in the direct way, without unnecessary to-do. Or, remember KISS 'Keep it simple, stupid'.

Postal address for subs: Membership Sec, PO Box 65760, LONDON NW2 6JN

## New day dawns for Sprinters



### Entries into Club CC Champs 19 Jan will be taken on the day at Belgrave Hall till 2pm.

This event enjoys local standing, is a milestone in VAC so good support is counted on and advance entry is not imposed.

To pay entry in advance to avoid parking fees, please send a £4 cheque for VAC to Editor, 7 Emmerton Court, Wynter St, SW11 2DJ.

Renovation at the Hall will be an attraction.

Notwithstanding the above, CC Secretary, having reviewed attendances, feels unwilling to commit to a **VAC CC in March**. He therefore asks any members or clubs prepared to provide entries, for 9th or 23rd March, in reasonable numbers, to get in touch with him.

Course workers for **Surrey League 9th Feb** on the Common are a definite need. Please inform Bob, 01428 654749, or [hemming@dircon.co.uk](mailto:hemming@dircon.co.uk)

In Surrey League our VAC team gained a place last time – well done, boys! But new

### Les Brown Attendance trophy scores

- 14 J Aspinall
- 10 K Burnett, D Williams, A Sanders-Reece
- 9 D Hoben
- 8 E Bartlett, P Hannell, C Flint,
- 7 T Tuohy, D Hercock, M May
- 5 B Hercock, E Bartlett, Peter Hannell
- 6 P King, R Pitcairn-Knowles
- 5 R Powell, C Hide, K Tuson, J Gristwood, B Shave, S Allen(If), R Vials
- 4 L Webb, A Thomson, P Jones, S Charlton, C Lawton, P Major, M Mann
- 3 P Bell, J Hall, M Noel, C Collins, W Wessely, P Clark, I Richards, S Lightman, N Lauder, C Riordan... *compiled by Bob Belmore*

## Notices

**Sprinters Get-together at Lea Valley saw L-R Michael Vassiliou, Mike May, Alan Perry, Nick Lauder, Wendy Guild, Steve Allen, Mike Jones, Pat Logan in blue, Nick Logan, and Alan Carter. Story p5.**

Leaguers are needed to make a full team, and support the class runners.

Cranford, 12 Jan, 2.30, alongside Heathrow, is a flat course, if that's an inducement.

London Marathon places in VAC's gift will go to Michael Morfeý and Jane Georghiou.

Veterans AC has resources of know how in depth, not only from athletes of all levels but also coaches and business people. So will they now step forward to address current issues in the hour of need.

Support for monthly distance runs has dwindled to vanishing point in the face of 'free' Park Runs and the glamour of travel jaunts. Sprint could be light at the end of the tunnel so perhaps 'Take up Sprinting' ought to be in your New Year resolutions. After all 100 metres can be practiced running for a bus.

Please note, preferred style for **Results**

1 Steven Uttley(If) 55                      25:38

Note, 1 2 not 1st 2nd; Club in brackets abbreviated; race time has colon : and avoid use of spaces for tabbing; we delete spaces.

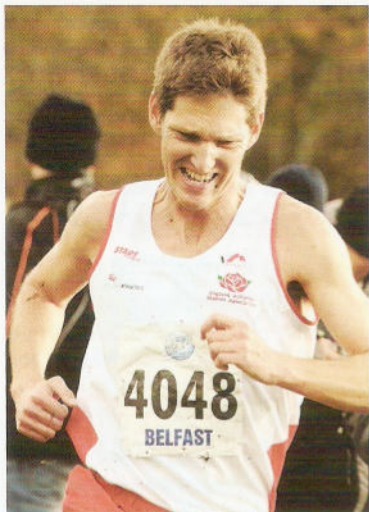


**Santa says** 'If you are good, train hard over Christmas, turn-up and run in a VAC race, he will put your name up on his special website for all the world to see!

Ask your children/guardian/carer to check:

[www.vetsac.org.uk](http://www.vetsac.org.uk)

## Belfast International, 10 November



**Stuart Major**

### M35+ 8km

1 Andy Morgan-Lee Eng M40	26:55
2 Ciaran Doherty IR M35	26:59
3 Stephen Duncan NI M40	27:00
27 Stuart Major Eng M40	28:07
49 Ian Johnston Sco M40	28:48

### M50 8km

1 Graeme Saker Eng M50	27:20
56 Terry Eakin N Irl M60	32:24

### W35 6K

1 Clare Martin Eng W35	21:21
5 Fiona Matheson Sco W50	22:03
68 Julia Armstrong Eng W50	25:20
102 Jane Georghiou Eng W60 3	26:30
153 Pauline Rich Eng W65	31:01
163 Ann Bath Sco W60	34:55



**Pauline Rich in centre**

The course had been moved from Stormont, seat of government, on account of flooded ground. The new venue was Queen's University playing fields in SW Belfast where a complex trail with small gradients dealt with objections that the course might be dull.

The premier men's race had intense competition by M40/45 vets from all five countries.

So Stuart Major's 11th English placing, in a flow of Scottish and Irish men, was harder won than the bare figures suggest. See how VAC's 10,000 champ Ian Johnston (Sco) didn't come through till 49th.

M35s, after the Irish star Ciaran Doherty was 2nd, didn't show before tenth.

The Women's race leaders were in a peak class. Well done to

W60 Jane Georghiou as our sole medal. Then

Julia Armstrong was 9th 50 on maiden run as long time England teamer Pauline Rich was 6th 65, with Alan in support.

Ros Tabor sadly didn't get the call but in Open Race was 10th woman. While trusty partner Andy did the Belfast Park Run as well as the Open. There should be a badge for the faithful partners too.

N Ireland's Deon McNeilly, who was 3rd in M50 main race, came out again to win the Open.

Dies anybody remember the unbeatable Tommy Murray, the Glasgow manual worker? He won the main race at Falkirk 2001 and the Open too. He wasn't seen again but it was a good way to go. There's history in this race which sweeps it along.

Tadworth's Hazel Imeson was 125th for NI W55.

We saw that name Tuohy again but in Belfast it was Irish and a female!



**Julia Armstrong**

## **Sprinting 0 to 10 metres a four hour session. Story by Nick Lauder**

Whilst being the oldest Vets club is something to be proud of, a few of our members met up in October as they wanted to make sure that it isn't the main thing we are known for.

These members talked about ways of how to improve Vets AC as a club, and its approach so that our annual fee is not seen as giving little more than a licence to compete. It was thought it would best to get members together on a more regular basis. It was also felt that organising members along a 'squad' based approach, would be a positive development so that like-minded members could meet others who they could identify with, and also help one another to meet their training goals.

Several sprinters – Nick Lauder/Mike May/Phil Bell – agreed to arrange a trial Sprinters 'Get-together' where members who were interested in sprints could meet up and train together. If this was successful, more sprint-based Vets AC 'Event days' could be held and the 'squad' model could be rolled out across other event groups if there were members willing to organise sessions for their own discipline e.g. for Walking, Jumps, Throws, and Distance.

Additionally, Phil Bell (p.bell5@sky.com) has sent out a survey to find out the events that members like to compete in, whether they would like to represent the club in either of the Inter Area matches in 2012, and, importantly, how they would like to contribute to the club.

Saturday 1st December saw Vets AC hold a first trial Sprinters 'Get-together' at Lee Valley Athletics Centre which was entitled 'Starts, 0–10m'. The morning saw the central 60m track taken over by fourteen 'older' ath-



**Nick Lauder**

letes much to the surprise of some of the younger regulars such as sprint talents Jodie Williams and Olympic cauldron-lighter, Desirée Henry.

The session began at 9am, with athletes getting into small groups, and taking turns to be photographed in their usual 'Set' position from their right side, left side, front and rear using a High Definition camera. The photos were then compared to a technical model, Asafa Powell. The athletes and the rest of the group discussed what was 'Good' about the current 'Set' position, what could be 'Better' and 'How' that could be achieved. Each athlete was then photographed again, this time, in their improved 'Set' position.

High Speed video footage was then taken of each athlete accelerating from a block start to 10m. This was repeated several times with cameras shooting from both sides and in front. The 0–10m section had cone markers at every 1m point. This meant that stride lengths and relative speed > p6

## Sprint skills continued

One hundred and forty photos/videos later, Nick Lauder, who arranged and organised the morning's session, led a review of some of the footage.

Kinovea, a free sports analysis software, was used by Nick to show the sprinters how they could easily and quickly confirm if they were achieving their target foot placements as well as relative speed, stride lengths, torso and shin angles.

A demonstration of the key features of Kinovea included slow-motion frame-by-frame review, and how to add reference lines and angles. Athletes were encouraged to analyse their own performances using the 'Good', 'Better', 'How'



**Pitching in with comments were Mike May, Alan Perry, Nick Lauder, Phil Bell and Steve Allen**

which had begun at 9am, didn't finish until 1.15pm.

It wasn't just the Vets AC members who were impressed

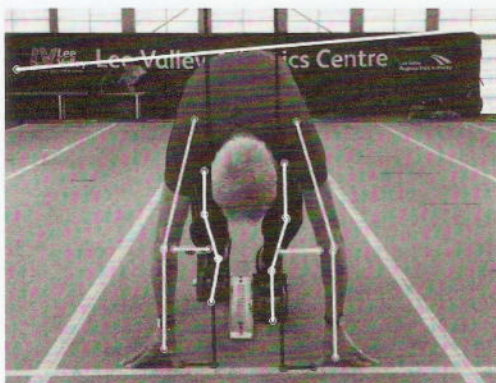
though. I have also received positive comments from other coaches and athletes who were at LVAC on Saturday. The aforementioned Jodie Williams apparently told her coach, John Denford, that she didn't

believe him when he told her how old some of the Vets AC group were – we're not sure if she thought that they were older or younger though!

The 'Sprint Squad' agreed to meet up again, with the next session focused on 'Indoor Event Preparation' and will

most likely take place on Sat 12 Jan; venue to be confirmed.

If you are interested in coming along to the next 'Sprinters Get-together', or organising similar sessions for the interest of your own discipline, please mail Nick at [n.lauder@btopenworld.com](mailto:n.lauder@btopenworld.com)



**Video image with Kinovea markings**

approach. Then the rest of the group pitched in with comments of their own. The footage was shared the next day via a freeware sharing site called Dropbox.

The day went very well, so much so that the session

Club official kit	
Polytex singlets with VAC lettering	
<b>Womens</b> sizes 32/34, 34/36", 38/40"	at £16.00.
<b>Mens</b> sizes 36/38", 38/40", 42/44", 46"	at £16.00
<b>Plus</b> P&P £1.80p	
<b>Ties</b> £2.50 + P&P £1.35	
Cheque pay 'Veterans AC'	
<b>Doug Maughan VAC</b> High Prestwick Cottage, Prestwick Lane, CHIDDINGFOLD Sy GU8 4XP	
<a href="mailto:info@douglassports.co.uk">info@douglassports.co.uk</a>	
Tel: 01428 661 918	
<b>All proceeds go to Club funds</b>	





**Arthur Thomson,  
10 years 7 mile  
winner**

**Sec's Report**

The VAC 5k championships held by Cambridge Hs at Bexley had a full house of our members, helping the host club to a rare turnout of

nearly forty. Steve Uttley from Ilford AC was the fastest from VAC and came fourth in the over-all race.

Next was the VAC 7m champs, now hosted by Enfield AC at their Lee Valley road course. Once again a full house of 18 members participated with Trevor Jones of Steyning getting under the hour in 59.16, and Belgrave's John Hall (63.50) and Enfield's supervet Arthur Thompson (64.58) only a little outside the hour.



**Heel 'n toe of Steve Allen**

Future events listed in the back page include a possible new one, entitled London Indoor Games.

Walk Secretary says "use it as warm up for the veteran meets".

**Focus of Maureen Noel**



**RACE WALK**

Many members went home without medals, and recorded times very little different from 2011, such is the durability of walkers. The ladies fared well; Maureen Noel from Belgrave first home in 69.04, with Hillingdon members Anne Belchambers and Jo Miles battling out the next places.

Award of the Lester Cup was made to the ever present Paul King. *David Hoben*

**VAC 5Km Walk Champ Cam Hs  
BEXLEY 27 Oct 2012**

1	Steven Uttley	M55 Ilford	25.38
2	Shaun Lightman	M65 SWC	29.25
3	Ron Penfold	M70 Steyning	29.40
4	Paul King	M60 Belgrave	30.10
5	John Hall	M60 Belgrave	30.18
6	Alan O'Rawe	M70 Ilford	30.28
7	Chris Flint	M65 SWC	31.27
8	Sean Pender	M55 E&H	31.55
9	Dave Delaney	M70 Surrey WC	33.27
10	Bernie Hercock	M75 E&H	38.56
	Dan Maskell	M60 DQ	

**VAC 7M Walk Champ, E&H Open  
LEA VALLEY 10 Nov 2012**

W45	1st. Maureen Noel (Belg)	69.04
W55	1 Anne Belchambers(Steyn)	75.24
	2 Jo Miles (Hilling)	77.34
M50	1 Steve Allen (Ilford)	67.57
M55	1 Trevor Jones (Steyn)	59.16
	2 Steve Uttley (Ilford)	59.39
	3 Sean Pender (E&H)	71.06
M60	1 John Hall (Belgr)	63.50
	2 Andy Cox (Hilling)	66.49
	3 Paul King (Belgrave)	69.01
M65	1 Shaun Lightman(SWC)	67.09
	2 Chris Flint (WC)	70.55
M70	1 Ron Penfold(Steyn)	67.38
	2 Alan O'Rawe (Ilford)	71.02
	3 Dave Delaney (SWC)	76.56
M75	1 Arthur Thomson(E&H)	64.58
	2 Dave Stevens (Steyn)	79.02
	3 Bernie Hercock (E&H)	90.59

# Loughton Vets Inter Club

## 3 November

### A longer race?

Not quite as big a turnout as last year, but still impressive. Although the above ground conditions were pretty good for November, either the going underfoot, or perhaps a longer race distance today, meant that most times were two or three minutes down on last year.

As you will see, it was a close womens' team race with only two points separating second to fourth.

I hope we will hold next year's race on a similar date.

Thanks to all for supporting the fixture.

*George Richardson*

Dave Cox who had this meet close to home was first O50 by two minutes.

In third place over the rural water meadows Neil Crisp was first 45, a similar placing with Cox to the longer Tiptree 10.

A returner from last year was Steve Plested, now the first 60 man.



Then versatile Andrea Sanders-Reece was fifth woman and first over 55.

Dianne Crisp, running all these east

side races, came in as eighth lady and first 50.

Rob Sargent was in there with good reason; he's coaching too.

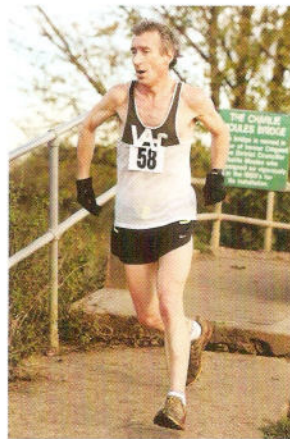
CC seems right for a mountain man, such as Joe Aspinall, the first 70. Next was Woodford's long timer Charlie Crump, left, who agreed to run for VAC.

Pam Jones, below, enjoyed herself at the finish, popping a neat Mobot at the line.



Victoria Park provided both the first man and woman in Gary Bagnell, who led all the way, and Jo Singer, well up at 9th.

VAC has six members in the Hackney club but we could use a few more artists from the quarter.



**A Cox with no boat. Dave ran the bridge over River Roding**

1. Gary Bagnell (VPH/TH)	40	30:27	
2. Dave Cox (Vets AC)	55	31:26	
3. Neil Crisp (Vets AC)	45	32:20	
4. Glen Gedling (Orion)	40	33:22	
5. Paul Cates (Eton Manr)	50	33:42	
6. Abdel Bidar (VPH/TH)	40	33:52	
7. Dave Daugirda (Eton)	50	34:05	
8. Craig Veall (Loughton)	50	34:32	
9. Jo Singer (VPH/TH)	W35	34:44	W1
13. Steve Plested (Vets)	60	36:14	
14. Bill Bennett (Orion)	55	36:22	
23. Andrea Sdrs-Reese(VAC)	W55	37:48	W5
27. Dianne Crisp (Ilford)	W50	38:33	W8
29. Lorna Gaffney (Lou)	W45	38:59	W9
31. Rob Sargent (Vets)	55	39:05	
46. Sally Gillam (Ilford)	W50	44:01	W16
47. Robert Maggio (Eton)	65	44:16	
48. Joe Aspinall (Vets AC)	70	44:25	
52. Charlie Crump (Vets)	75	47:01	
53. Pam Jones (Ilford)	W75	47:09	W19
54. Rachel Brittle (Eton)	W45	47:39	
60. Alison Wells (Eton)	W35	56:12	W23

### Men's teams (four a side)

1. Eton Manor	37 pts (5, 7, 10, 15)
2. Veterans AC	49 (2, 3, 13, 31)
3. Orion Harriers	58 (4, 12, 14, 28)
4. Loughton AC	193 (8, 18, 25, 42)
5. Vict Park/Tower H	118 (1, 6, 50, 61)

### Women's teams (four a side)

1. Victoria Park/Tower	r35 (1, 7, 9, 18)
2. Loughton AC	45 (2, 8, 12, 23)
3. Eton Manor	46 (3, 10, 14, 19)
4. Ilford AC	47 (6, 11, 13, 17)
5. Orion Harriers	55 (4, 15, 16, 20) •



**R-L Slemeck, Painter and Davis, green, meet the descent to the woods**

The Inter Club race had beautiful warmth and sunlight with a dry common to run on.

So it was disappointing that only two contender vets, who had travelled from Brighton, and two journey men signed in for our Club, and there was no point in scoring teams.

Race Winner Fred Slemeck, who lead all the way, is a young man from Leeds Uni who has raced widely. In the last Surrey CC for example he was 17th, and he ranks 13th in U23 10,000.

While the Welshman in second never let the



**Tom Cheetham(247), David Gold(279), Fran Clarke and 1st woman Lisa Crow(257)**



**Stephanie Burchill**

winner get away.

From Brighton, Josh Painter was always in the hunt and in mid race almost caught up to the leader. Then he finally ended third and first vet.

Josh appears to cover a full range of distances with ability. He was 7th in Sussex League in 2012 while in VAC he won the 2011 5M Road champs from Richard Tomlinson.

# Herc Wim and VAC

## 8 December

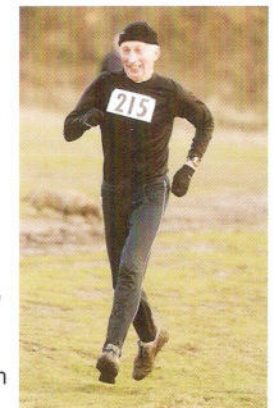
1 Fred Slemeck (Herc Wim)	29:02
2 James Davis (Herc Wim)	29:09
3 Josh Painter (Vets AC) M35	29:26
6 Stuart Fraser (Herc Wim) M45	30:38
7 Peter Lee (Herc Wim) M45	31:06
14 Frank Wood (Herc Wim) M45	36:10
21 Martin Miller (Herc Wim) M65	38:57
24 Peter Crowhurst Vets AC M60	43:09
25 Stuart Littlewood(Herc Wim) M60	43:09
27 Dennis Williams (Herc Wim) M65	44:22
29 Stephanie Burchill (Vets AC) W55	47:58
30 Brian Shave (Vets AC) M75	56:07

Hercules members over 35 are listed as also being members of Vets AC.

Results by Pete Mulholland. Marshall Paddy Clark. Race HQ Lauriston Cottage.

Cottage afterwards for tea and chat with Tom Pollak, David Beard, Maurice Sharp – son Matthew had been 6th at Ashford – Lisa Crow, Dennis Williams and others who had been on the course, like Dave Betts.

So a convivial close with a hint to Christmas.



**Brian Shave**

Stuart Fraser, a recent joiner, made a strong finish ahead of Peter Lee.

Dave Clarke was there to see his partner Fran finish as second woman.

After Martin Miller, 65, still keeping a bit of form, big Peter Crowhurst did well to be 1st 60.

There was a welcome in the snug at Lauriston





## Surrey League Div 4

**Richard Batchelor and  
Bob Treadwell, left, at  
Roundshaw Downs.  
Photo Darrin Ormston, Sutton Rs**

At Lightwater, Richard Batchelor proved he was the low scoring front runner we needed. Coming from Oxford, Carey Gray was an excellent second with the next two well at home on the Berkshire gradients and gravels. Before Richard and Brian, from Reading, swept the rearguard.

Roundshaw, near Beddington, was tricky to find but proved to have grass a'plenty. Richard

Batchelor in second place was a minute closer to 'the Bishop' as Bob Treadwell stepped in to be top 60. The team is strong on age so we are definitely looking for more newbies to come and join the spearhead. No question though, the back end scores proved welcome since our 371 moved VAC up a whole place. So well done to Maurice, Paddy and Joe on their first outings.



**Carey Gray raced in at Lightwater**

### Lightwater 20 Oct 2012 Div 4

1	Stephen Bishop(Holl)	M40	29:36
	<u>VAC</u>		
2	Richard Batchelor(VAC)	Sen	31:15
20	Carey Gray(VAC)	M50	35:17
37	Kieron Fennelly(VAC)	M50	39:25
49	Walter Wessely(VAC)	M60	41:21
67	Richard Hammerson(VAC)	M60	49:44
70	Brian Shave(VAC)	M60	57:06

Age groups are League classes

**Div 4:** 1 26.2 RRC 121; 2 Holland 241; 3 Epsom Odd 307; 4 British Air 398.5; 5 Lingfield 427; 6 Vets AC 489; 7 Dulwich Park 510.5

### Roundshaw 10 Nov 2012 Div 4

1	Stephen Bishop (Holl)	M40	28:04
	<u>VAC</u>		
2	Richard Batchelor	Sen	28:33
18	Bob Treadwell	M60	33:00
22	Carey Gray	M50	33:19
45	Maurice Marchant	M60	38:27
48	Paddy Clark	M60	41:35
49	Joe Aspinall	M70	41:57

**Div 4 standings:** 1 26.2 RRC 121(247); 2 Holland Sports 241(467.5); 3 Epsom Oddballs 318(325); 4 British Airways 384(782.5); 5 Vets AC 371.5(857.5); 6 Lingfield RC 458(885); 7 Dulwich Park 535.5(1049).  
Next match BA Cranford 12 Jan, 2.30pm, nb earlier time.

# Results from Ashford, Tiptree, S o Thames

The Ashford Givaudan 10K was a huge success with nearly 900 runners to fill the Julie Rose, right. In the 26th running Ashford AC had the services of race managers Nice Work, and sponsors Givaudan plc and Ashford Hotel.

Vets AC members may ask why the Club has not been in any big race like this in recent time, unless it's supposed the old club has endless right to life.

And BMAF for having two road champs in two weeks within 50 miles.

Vets did very well as many vet leaders travelled from afar. Notably Julie Briggs W40 was the race first woman while first man Jeff Pyrah was an M40 but lacked registration. Then Michael Aldridge was third but the race had no 35 class, as the eighth and 1s 50 Graeme Saker went right on to a British Isles title at Belfast.

Tony Tuohy excelled for 2nd 50 in both Champs, and was only 8 secs behind at Tiptree, ranking in top 20. Despite 10M being long, the flat Essex lanes may have suited the Dulwich man.

From the English Channel were Martyn Rouse, a welcome returner, and Ken Saffery.

But biggest traveller to Tiptree must have been Richard Pitt, from Wells, Somerset.

The Crisps made the most of these east side affairs, supporting Ilford AC to win the M45 team.



**Richard Pitt**

A cheer broke out at the presentations when it was realised Pam Jones had beaten the 75 men as well as the women. It's those Romford Essex girls!

No doubt her coach Rob Sargent deserves credit too for her recent successes.

## **South of Thames CC Reigate Priory 24 Nov**

189 Dan Maskell	44:00
201 Paddy Clark	46:50



## **Ashford & BMAF 10K 14 Oct**

11 Tony Tuohy 2d 50	34:45
17 Richard Tomlinson	35:10
25 Kevin Newell	35:41
36 Stevie Philcox	35:42
37 Neil Crisp	36:55
93 Mike Mann	39:51
108 Peter Giles 3d 65	40:26
128 Colin Oxlade	41:22
135 Martyn Rouse	41:29
160 Andy Murray	42:12
207 Ros Tabor 2d 60	43:48
233 Rob Sargent	44:43
290 Ken Saffery	46:32
313 Maurice Marchant	48:10
416 Edmund Simpson	49:36
466 Yasmin Giles	51:03
500 Peter Morgan	52:01
530 Joe Cleverly 1s 75	52:56
547 Pam Jones	53:19
614 Ed Bartlett	54:58
624 Gary MacDonald	55:03
720 Rich Pitcn-Knowles	58:06
868 Derek Nutley	<i>ntr</i>

## **Tiptree & BMAF 10, 28 Oct**

15 Tony Tuohy	58:15
28 David Cox	60:08
34 Neil Crisp	61:27
59 Richard Pitt	65:10
145 Dianne Crisp	74:29
157 Rob Sargent	75:32
343 Pam Jones	89:25



## Surrey Vets CC Richmond Park 13 Oct

*As the storm clouds gather Stephen Knight(389) and Louise Ionascu(32) lead in mid race with Anna Garnier behind.*

*Below, Zoe West, the 40 gold*

### Women & M60+

1 Helen Taranowski 1s 35	23:14
6 Zoe West 1s 40	25:04
8 Mike Mann 1s 60	25:13
9 Susannah Harrison	25:17
13 Steph Robson	25:33
15 Pippa Major	25:46
20 Louise Ionascu	26:17
24 Anna Garnier 1s 55	26:32
26 Estle Viljoen	26:38
27 Steve Knight	26:41
36 Jim Brown	27:19
43 Jo Quantrill	28:03
51 Maggie Statham	28:47
55 Sarah Allen	29:25
60 Keith Spacie 1s 75	29:55
70 Dennis Williams	30:26
72 Alan Davidson	30:32
80 Angela Kikugawa	32:04
93 Ian Isherwood	37:06
94 Brian Shave	37:16
98 Kevin Burnett	42:22
<u>W35-44</u> HHH 16, 2 Ran 26, 3 HW 26	
<u>W45+</u> 1 SLH 20, 2 Strag 21, 3 THH 22	
<u>M60</u> 1 Ran 15, 2 HW 30, 3 HHH 31, 4 SLH	

The sun still shone as the new West 4 female with bottom age won easily.

As M60s ran with the women Mike Mann was there, a hint to Epsom 10. But Susannah Harrison, close to him this day, like Louise Ionascu and Jo Quantrill, was faster than 2011. She also held Steph Robson and Pippa Major in the competitive first 20 sector. Steve Knight, also with autumn form had a bronze.

Herne Hill didn't close in their ladies team till the 31st placer but that was enough. SLH owed their one point W45 team win to race third Sue Macdonald.

The rain came during the second race when Stuart Major, in training for Belfast, won comfortably – a minute faster than 2011, and a 1 point for Thames Hare's unbeatable team.

Andy del Nevo was a top rater that way at 4 mins off, possibly keeping his Solihull form.

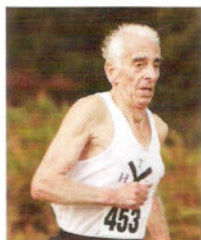
On a close matching from last year were Andy Murray and Colin Oxlade, with the Dulwich man just best this time.

At Ranelagh clubhouse, we ask can't the parking be paid for?



### M40-59

1 Stuart Major	34:00
6 Peter Lee	36:11
7 David Symons	36:43
15 Mark Tennyson	38:35
23 Peter Kennedy	39:37
28 Paul Lemmon	40:32
32 Andy Del Nevo	40:58
39 Paul Sanderson	41:52
52 Steve McDuel	43:55
54 Valdis Pauzers	44:15
57 Andy Murray	44:26
58 Colin Oxlade	44:37
61 Julian Dillow	44:46
66 Tom Morris	46:28
67 Keith Brown	46:34
69 Don Anderson	47:52
79 Tomo Kikugawa	53:18
<u>Team 40-49</u> 1 THH 11, 2 SLH 19, 3 Strag 32, HW 44, G&G 49, Ran 53, EpOdd 66	
<u>50-59</u> SLH 9, Ran 13, HHH 38, DMV 39, HW 58	



**In the top age group Keith Spacie scored once again**

# Epsom 10

18 Nov 2012



**Mike Mann(1) had Phyllis Flynn (Strag), 1st W50, and Jason Blair(266), 53rd, alongside as the race went down into Langley Vale.**

Tony Tuohy was fourth in the first mile and tells us: "I'm always more suited to fast flat courses, so suffered up the hills before halfway – especially after covering the first downhill mile with the leaders in 5:07! However the second half was more to my liking and I ended up with a decent negative split. I was pleased enough with that as 10 miles is considerably over my favourite distances."

Steve Smythe was race 3rd 50 as over50s showed how the tough race suited their stamina and experience.

First race 60 was Mike Mann, of Dulwich. He was six minutes ahead of the next 60, who did not enjoy membership of a vets club. Mike does a lot of running and like Tuohy, Giles and Kennedy, in these pages, is good at middle distance too, so well done that 'man'!

Ros Tabor excelled to be first VAC on the distaff side. The term is horse jargon for female, because as you know when spinning women ply their distaff sticks. Ros no doubt benefits from spinning her overseas races.

Clare Wyngard and Jo Quantrill took golds while Marion Jakeman has good Epsom 'ten'dency here. Then RPK, who started in a bin bag, had a great sub 100 run as the next David Earl equalled his last year time to a second, in level with Mick the-Hillingdon Miller!



**Paul Townsend (121), of East Grinstead, unusually found no Shield challengers older than himself with under 90 figures. Yet the escutcheon is a nice trophy to bring home.**

1 Pat Wright(Tad)	55:58
26 Rose Nicholson(Wok)	64:15

## VAC

6 Tony Tuohy(Dul R)	50	58:45
22 Steve Smythe(Dul)	50	63:53
25 Phil Gall(SLH)	40	64:13
76 Michael Mann(Dul)	60	70:07
81 Andy Murray(Dul)	55	70:26
96 Ros Tabor(Dul)	W60	72:55
122 Keith Brown(Croy)	55	75:51
132 Clare Wyngard(Dul)	W50	76:51
135 Jo Quantrill(SLH)	W55	77:00
142 Paul Townsend(VAC)	65	78:01
212 Marion Jakeman(EE)	W60	86:36
262 Rich Pit-Knowles(S'oak)	75	96:47
277 David Earl(VAC)	75	102:11
279 Michael Miller(Hill)	70	102:11
280 David Brooks(VAC)	70	104:15
286 Alan Lane(Bel)	75	108:46

Chalky White Shield for oldest finisher under 90 mins is due to Paul Townsend.

Teams: Epsom&Ewell men beat Dulwich by one point, as Woking took the women's.

Said expert organiser David Clarke "We are proud to keep the tradition of the Epsom 10 alive as many mainstay races have fallen by the wayside". Support by Mantell Financial Planning was acknowledged while next year is looked forward to as the 50th running.

## Let's hear it for Dulwich Runners

Every year Dulwich have club champs over a range of distances and one of them is 10M. Epsom proved a successful alternative to the Cabbage Patch 10 for the 2011, with 36 Dulwich Runners taking part. In 2012 This meant around one in nine of the competitors were from the club.

Tony Tuohy led the way. In his first year as a M50, he has been setting PBs and he was the first M50 in the race in sixth place in 58:45 and first Dulwich Runner ahead of another Vet, Charlie Lound.

M50 Steve Smythe, M60 Mike Mann, M55 Andy Murray, W60 Ros Tabor and W50 Clare Wyngard all won Veterans AC medals.

In the Dulwich club Champs, which is decided on age grading, Ros Tabor's 72:55 at age 63 was the winner scoring 938 points, or 93.8% based on current age grading table. Tuohy scored 875 in second while another W60 Claire Steward was third on 853 points.

As second woman Alexie Shaw produced the best non vet performance by a Dulwich, only a few sec-



**Steve Smythe, Coach in Dulwich Rs**

onds behind the winner.

*Steve Smythe*

### Algarve Challenge, November 7-11

This low key event has always been well supported by VAC members and that was again the case in 2012. There are four races in the Monte Gordo area which is a runners' paradise with runs through the Algarve national forest and along the beach. The track has been the base for the British athletics team for recent camps including the Olympics.

Former winner Ros Tabor led the way after the first two events, a 5km cross-country and the track mile, but she was unable to complete the challenge as she had decided to run at the Vets International at



*VAC Mile had three Dulwich athletes:  
Mike Mann, nearest, Tony Tuohy & Clare Elms.*

Belfast, where she was a reserve for England W60. In the end sadly she didn't get called for the team. Former Challenge winner, Mike Mann, injured his back badly in the first race and was unable to take part in the other three events.

In Tabor and Mann's absence, the leading Veterans AC member was Martyn Rouse. The former national champion had his best position since the event has become decided on age grading but wasn't quite able to match M45 Dave Mansbridge of Telford.

The M65's performances were 21:43 in the tough 5km cross-country, 6:10.5 for the track mile, 44:18 for the 10km trail handicap and then 77:37 for the 11 mile Milhas de Guardiania, run from Spain to Portugal.

VAC members in the top 10 were: 2nd Martyn Rouse 3169; 3 Steve Smythe 3092; 5 Alan Davidson 2758; 7 Cliff Hide 2696; 8 Dennis Williams 2582; 10 Alastair Jackson 2282, with David Brooks 11th.

Details of 2013 Algarve Challenge, likely to be in November and with the 11 mile run from Portugal to Spain will be available from Track and Field Tours – official travel agents for international masters events.

Steve Smythe

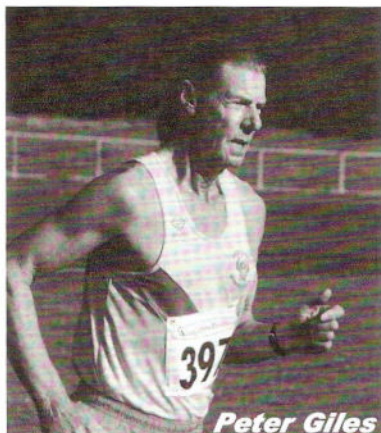
### Correspondent Alan Davidson also writes:

Steve Smythe marked out the 5K cross country in heavy rain but it was dry when I got round in 23:54.

My one Mile track time trial at Vila Real was not so good – on 6:54.

And then the 10k, pine forest trails and potholed roads, was graced by sun and 49:14 was okay for me.

Finally the 17.5k Milhas de Guadiana road race was 10k of hell followed by 7.5k of bliss! 10k uphill out of Ayamonte, Spain was into a gale force wind; then it was gusty crossing the Portugal border on the Guadiana bridge before being blown downhill across the causeway. I ran 1:30 and was delighted my taped-up achilles survived four races.



**Peter Giles**

Despite every advantage, it was very disappointing to have only 63 there. The old story of too many events in the South East allowing runners to pick and choose.

So VAC had only one man under 60. All credit nevertheless to Peter Giles who has the speed to medal at middle distance. On the flat Ashford course a week later he gained the BMAF bronze on 40:26. Now his 41:09 was an age best on the course, Hercules tell us.

While his partner Yasmin looked good, improving on her run here a year ago.

Pippa Major was a good second woman and first vet from four others.

Challenging Giles, Peter Kennedy

closed from half a minute behind on lap 2 to just 8 seconds. So this was a match between national vet contenders at middle distance.

Taking a run while he could, was Bill Neely, in 41 minutes, international editor on



**Yasmin Giles**

# Perseverance 10K

promoted by Hercules Wimbledon,

Wimbledon Park 7 Oct 2012



1 Paskar Owor(Bel)	Sen	33:39
9 Peter Collins(HW)	M40	39:48
18 Kirsty Harnett(CI Chas)	Sen W	42:22
<u>VAC</u>		
14 Peter Giles(HW)	65	41:09
16 Peter Kennedy(WSEH)	60	41:17
19 Ron Vialls(Barking)	60	42:25
21 Pippa Major(THH)	W45	42:46
26 Jim Brown(Wok)	60	44:02
29 Steve Knight(HHH)	60	45:23
32 Alison Purnell(WH)	W45	46:40
41 Maggie Statham(Oxted)	W55	48:51
50 Angela Kikugawa(HW)	W45	53:56
51 Tomo Kikugawa(HW)	50	54:52
52 Yasmin Giles(VAC)	W45	54:54
55 Ed Bartlett(VAC)	60	57:19



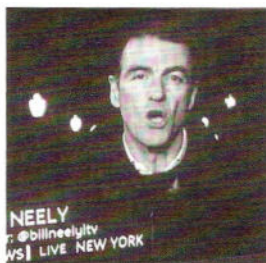
**Peter Kennedy**

*News at Ten.*

Hurricane Sandy in USA was his next job.

Winner Paskar Owor, from Uganda, has a scholarship to Roehampton Uni, aiming for a Masters in sports management.

Richmond is where Race Director Richard Xerri operates Perseverance clinic for physio' and other therapies.





# Fixtures



www.vetsac.org.uk

## VAC distance: Road and CC

29 Dec Herc Wm Multi Terrain 5M West Place SW19 2pm

12 Jan Surrey League IV CRANFORD 2.30pm  
Full Facilities at BA Concorde Club, Crane  
Lodge Rd, CRANFORD Mdx TW5 9PQ

19 Jan VAC CC Champs M&W WIMBLEDON 2.30pm  
HQ at Belgrave Hall, Denmark Rd SW19

2 Feb East Surrey Leag Relays WIMBLEDON West  
Place SW19 2.30pm

9 Feb Surrey Ladies Leag Denbies Vineyard 12noon

9 Feb Surrey League Div IV WIMBLEDON Common  
3pm, organised by Vets AC

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

Road / CC Secretary Bob Belmore 01428 654749.  
VAC CC HQ at Belgrave Hall, Denmark Rd SW19; jog  
to start Caesar's Well.

## VAC T&F

**24 Feb 13 Indoors LEA VALLEY with BMAF  
Pentathlon and EVAC, via BMAF  
online entry or paper to M  
Doogan; nb state VAC member**

**7 Apr Inter Area Indoor T&F LEA VALLEY**  
for VAC Team apply  
n.lauder@btopenworld.com

21 Jul Inter Area T&F SOLIHULL

## National and International

17 Feb 10M Road Lytchett Manor, Poole

9-10 Mar BMAF main Indoor T&F LEA VALLEY

19-24 Mar Euro Vets Indoor etc SAN SEBASTIAN Sp

10 Mar Half Mara LYDD Kent

16 Mar CC Herrington Country Park SUNDERLAND \*

18 May Road Relays SUTTON PARK B'ham

23-26 May Euro Vets Non-Stadia UPICE Czech Rep

23 Jun Pentath, 10K Track Walk, Wm Run HORSPATH

28 Jul Decathlon, 10K Men run HORSPATH Oxford

18 Aug 10K Road Pollok Park GLASGOW

14-15 Sep tbc T&F Champs Alexander Stdm B'HAM

16-27 Oct WORLD Games Porto Alegre Brazil

27 Oct Marathon NEWCASTLE

15-24 Aug 2014 Euro Vets T&F IZMIR Turkey

## Walking

19 Jan Enfield Leag 5M QE Stadium 1pm

27 Jan London Indoor 3K Lea Valley 9.30am

3 Feb London Walks 10K Victoria Park 1pm  
pref enter to Peter.Cassidy@btinternet.com

17 Feb Walk with SCVAC Indoor Lea Valley

Secretary David.Hoben@mottmac.com

## Other veteran

4 Apr E Surrey Leag Road WEST EWELL

21 Apr Virgin LONDON MARATHON

\* Herrington Country Park is not Silksworth but is  
known for open-air concert site, off A183; has website

VAC N/L December 2012

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