

Veterans Athletic Club

Newsletter October 2007



Above: Darrell Smith, Stuart McLay(28), Martin Miller (23) • Keith Newton(129) • Pat Logan(1), John Shepherd(3) •

Wally Franklyn(5)
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Enc: Subscription, Epsom 10 form

Officers of the Veterans AC

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Committee Chair	Dennis Williams	020 8543 6112
Secretary	Dennis Williams	020 8543 6112
Treasurer	Mike May ACA	020 8946 8965
Membership Sec	Phil Bell	phil@bell-computer-services.co.uk
Officials Sec	Bob Belmore	
CC Sec, Road Sec	Bob Belmore	League Manager – 01428 654749
Track & Field Sec	Bob Belmore	
Walking Sec	vacant	
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Minute Sec	Ron Franklin	
Delegate to Federation	Ron Franklin	
Auditor	Simon Ingall	
Past President attending Committee	Cecil Gittins	

AGM Report

The minutes of last AGM were approved. Arising, it was confirmed that Ron Hopcroft had been awarded Life Membership. But Don Turner had declined to accept the Welling Trophy.

Audited annual accounts had been presented at Committee in July and were now approved. A vote of thanks to the Treasurer Michael May was passed.

Resignation of Membership Secretary, Geoff Mellor who had gone to the USA to join his wife, was discussed.

Then a nomination of Philip Bell as the new Membership Secretary was accepted with thanks.

Officers listed above were voted in en bloc. There are three vacancies for Vice Presidents.

The cost of room hire at Union Jack Club was discussed but it was felt to be comparable with other places and will continue.

A proposal by Newsletter Editor that members who held office in the higher Federation should not be eligible to vote in VAC AGM was defeated by 2 votes to 1.

Committee meeting following

Treasurer reported £1,000 of subs had been banked in current year; VAofE fee had been paid and medals worth £1,000 had been bought.

Expense to Newsletter Editor of £450 for replacement IT items was approved.

Cross Country dates were announced, with the usual request for Officials and Marshalls.

Membership – new Secretary

Meet Phil Bell, who takes up post as Membership Secretary. He's a familiar among our track athletes and a talented sprint competitor in VAC, the higher levels and the Civil Service.

While professionally he is an IT freelance consultant.

Phil will take your subscriptions, which are unchanged at £15, on the form, and enquiries, at his home address

Philip Bell, 117 Cairnfield Avenue, London NW2 7JH.

Please note, it's not clear what forwarding was arranged by previous Sec Geoff Mellor so any mail sent to him since late August may not have been received.



Recognition of Officials at T&F Champs

Starter Ivor Wiggett **Track Referee** Ron Hopcroft. **Field Ref** Rex Bale. **Walk Ref** Cecil Gittins. **Chief T/keeper** Gittins. **Marksman** Dave Barrington. **Seedings** Jeremy Hemming. **Timekeepers** Maurice Joyce, Stuart Bennett, Don Anderson, Nigel Harding Sean Burke. **Track Judges** David Davies, Jack FitzGerald. **Field Judges** Nigel Bongers, Graham Pullen, Garry Capon, Caroline Powell, Ron Franklin, Kevin Burnett, Colin Oxlade. **Assisting** John Webster. **Meeting Director** Bob Belmore. **Entries** same. **Office** Belmore, Jones, Burke, Williams. **Programme, acknowledgement, numbers, photos** Hemming. **Officials' lunches** Alison Jones. **Results** Hemming. **St John Ambulance.**

At 10,000m Champs

Chief Judge David Davies, Mike May, Dave Barrington, George Richardson, Dennis Williams. **Timekeepers** Don Anderson, Cecil Gittins, Maurice Joyce, Stuart Bennett, Jack FitzGerald, Chas Brown, Cliff Hide, Joe Aspinall, Steve Smythe. **Director** Bob Belmore.

Hearty thanks to all our skilled officials

World Games

Members have clearly done very well at the World games in Riccione but we have not attempted to report them in a comprehensive way. We only have Martin Duff's reports in AW to go on so from these we've added key facts to our T&F report. Accordingly we ask Walkers, Relay teams and others to be patient and wait for the full job in the Federation magazine.

Kingsmeadow

The Club champs results were sent to Athletics Weekly on the Tuesday but unusually took three weeks to get in print. But they were on VAC website little more than a day after.

For those who asked about electronic timing we can say that enquiries about it were made.

The attendance at Kingsmeadow was 75% of those entered. Also a healthy profit was achieved, in what is the club's main fund raising occasion.

Officials are credited on page 2 including those who produced a clean result in 10,000m track.

Money matters

Meanwhile the cost of IT provision, so necessary in present times, for membership, newsletter, print and website is largely born by individuals or their jobs, in this "low cost sport". For example our excellent website is provided free of charge by member Mike Peel so we should be duly grateful.

The 10,000 Walk at Battersea was supported by the counties with cash so that helped cover.

The new nuisance is bounced cheque but he is around and of course no use to club finances and extra work too. It might be better to go the whole hog and

News and views

simply ask for Life Membership.

Credits

Thanks is definitely due to Geoff Mellor who, whatever differences we may have had, shouldered the heavy load of subscriptions and membership for ten long years. And brought passion and loyalty to his work.

Also we recognise Liam O'Hare, our previous Track Secretary, who on occasion took drastic decisions. He has moved to Spain but happily still pays us a visit and runs as well as ever.

Walking Secretary Mike Croft duly completed a further year in office and retired so a new organiser is now wanted for this important post. While any figure minded person could resuscitate the Lester Cup. The 7M has been set for Belgrave Hall while the 5K was already lined up at Enfield.

Postal politeness

Tidy ways in club process now extend to envelopes. So if you send an entry in the new 'large letter' size with only a first class 34p stamp a surcharge will be due and very likely collection from depot as well. So please don't go larger than a 9x6 envelope; if you wish the limit is 240 x 165 mm or nearer 9.5 x 6.5". While SAEs are still a help to the club secretaries.

Addressing matters too and some of you we can safely say are a bit careless about handwriting your own addresses. As well as scribbling you often leave out Postal Town, content with just a 'Little Brixton'. This means we then look them up because wrong address is still a main cause of mail failure.

Almost half of you have email addresses tho they change a good bit but here is one we like - fothers@hotmail.com.

Belfast

It's unfortunate after Italy that the International selection meeting is early, since candidates are on the thin side as we go to press, with closing date at 2 October.

Doing it

Ice breakers included V Wilson, B Evans, A Hunt, G Reddington, D Pescod, G Lee, D Shields, A Tipping, M Bazire, N Taylor, M Abrahams, S Badgery, A Akim, C Edwards, D Chambers, Y Jacobs, K King, A Critchlow, L Parsons, N Hall, D Bradley, L Bowers, L Harrison, C Donald, A del Nevo. You guys did it!

Peter Giles recommends comprehensive gait analysis by Profeet in Fulham. Contact 020 7736 0046 or info@profeet.co.uk

Obituary

An outstanding veteran missing from Kingsmeadow was Jim Day, who had died suddenly in July. The 50 years Blackheath member was a specialist in Pole Vault and jumping events and indeed set a best performance in VAC last year.

The winter game

Our Cross Country resumes on the usual Caesar's Well course with the Surrey League events set around the county. VAC Women's team makes comeback in the women-only league; their meets are at 12.15pm, nb.

We ask for full support of the teams and a good send off in the opening meets. It's 10 to score for Men and 5 for Women, with all standards welcome. Team Manager would be pleased to know your intentions. He is of course Bob Belmore on 01428 654749.



Nigel Burnell(72) leads Colin Oxlade(194) in 5,000m

Sprints

Pat Logan was the fastest man at 100m again, in a fine set-to with John Shepherd where Pat's unwavering impulsion yielded 12.1 against a slight wind. Said John "I've been racing Pat all year and that was my best run against him".

Wally Franklyn who trebled magnificently set CBP in 200, 25.1, edging Charlie Williams mark, and 56.4 in 400. That removed Tony Churchill who was a World champ in 1987.

Despite muscles twinges David Elderfield likewise stayed on to best the 400 figure commandingly. Leading by an incredible 50 metres at the bend he just kept going so his 52.9 improved another



Sean Burke holds Richard Tomlinson in 800m

old mark of 1986. In Italy his 52.21 took the World gold.

Predictably Kirstin King led all the way in womens' 100m. Then superbly doubled in Italy in 12.96 and 26.22.

Kerry Scudder had compensation in 200m, well ahead in 29.1, while in the Worlds she gained an "exciting" relay bronze. Then Fiona Argent, Anne Nelson and Lesley Parsons had a close fight for the minor VAC medals with Mary Axtell well there.

The M40 100 was very level before Milton McIntosh gained a narrow lead close home from Barrington King and Glen Reddington.

At the 200 Gary Palmer was a new threat as he edged McIntosh by a tenth in yet another sharp contest.

Epsom & Ewell were the colour of M60 200 where Terry Bissett got the nod over Ken Smeeth with David Whittaker fourth.

Evergreen Chuck Isetts, 65, had to out-lean Alan Long in the 100 but was easy in 200.

A new member up for Italy was Don Chambers. He took the M70 sprints from John Godbeer, and also the flat jumps with 8.21 CBP in triple.

Sylvester Stein chalked up another year in 100m, ahead of Lewis Lilliman, and was reported, along with Al Sowden by Alastair Aitken to the Highgate paper.

Middle distance

The M35/40 800m was a very close race. Gannaway led at the bell, with the rest in close order. Then in the straight Burke held onto his advantage over Tomlinson with the two men almost touching.

Keith Newton made a front running display in 1500 for 4:20.8 and told us

"It was good to stretch my legs in a shorter race than normal for me. Keeping leg

speed seems to be one of the greatest challenges for vets, and racing under distance is one way of militating against what appears to be an ongoing deterioration of the 'fast twitch' fibres!

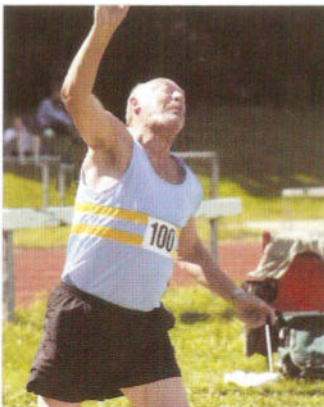
The event was well organised and to time, and conducted in the usual convivial atmosphere one associates with vets events."

In M55 a convincing Ken Daniel repeated his '06 win, going clear of Mike Mann on the last lap for 4:54, making a double with his 800m.

A sunny Champs at Kingsmeadow

Anna Critchlow was well matched by Gareth Jones for her 5:00 win with three more ladies. There Cecilia Morrison set a new Best with 6:13.5.

Harry Tempan, aged 82, ran a splendid 6:30.1 which challenges the previous national



Peter Virgo's shot put

best of 6:39.4 by Gordon Porteous at Jarrow in '95. But sadly a claim wasn't lodged with the form and signatures.

Nigel Burnell following on the 10,000m gained the first 5,000 from Colin Oxlade and Liam O'Hare, who was first 55.

Gareth Jones had compensation from earlier efforts as he dominated the second 5' in 18:02, good enough for second in the younger race. Five ladies were headed



L-R M40: Brad Evans, Glen Reddington, Andy Hunt, Barrington King, Milton McIntosh, Steve McDuell

which is surely the longest throw recorded in VAC. He had turned 40 this year and exploited the World vets with bronze in the Hammer and Weight Pentathlon and silver in Weight, 17.31.

Chris Melluish, though not at his British level, was close to Champs Best with 48.40. Then Phil McEvoy, 75, who enjoys no benefit from height, achieved 35.31.

Rosemarie Alexander, up from Dorset, set W60 Best in her hammer speciality with 32.70.

In Shot Put Camilla Thrush and Vilma Thompson both had the same 10.64m measured. While long time name Marie Grant-Stevens went in uncharted territory for CBP.

In the big 60 age pool, Peter Virgo, from the Windsor club, held Ken Prior and Norman Rice with 11.45. Then Gordon Hickey improved the Best for M70 to 10.45.

Way in front with 14.89 was Mark Wiseman, an M35 guest. He threw 52.57 in Discus, an event best too.

The senior Discus pool was big where Virgo, Brian Harlick, 65, Jaroslav Hanus, 75, and Barrie Strange, 70, headed their groups.

Liz Sissons had the best figures, 25.99, in womens' Javelin, with the wind behind. Jeremy Tigar doing only one event led the men with 48.56, worth M40 script if he had membership,

while new Tony Tipping, later named at the Kent Vets, led the 45s.

M60 javelin specialist Ashley Fox, 37.05, had competition from David Kuester at 34.93. Then versatile Gordon Daborn, after hurdles and sprints, set a Best for M75 with 24.76m.



Ken Daniel, Mike Mann and Noel Hall in 1500m

by Alison Jones who had a surprise win in 21:46. Our nursing expert added all round care with the officials' lunches.

Walk

Trevor Jones was under 15 mins here and in the process gave a lead to Diane Bradley who set an impressive CBP for W45 with 16:05.7. Stylish Anne Belchambers was second lady while multi-eventer Francis Thomas won 55 class in 19:02.

Jumps

Decathlete Brian Slaughter did seven events, ahead of Italy where he had the silver on 7087, and now was best in Long Jump at 5.26m.

New M45 Dave Shields doubled the flats with 10.09 triple. There M60s Alan Cheers, 9.69, and Norman Rice were next.

Pole Vault was popular where wiry Mick Goodhall, 57, having a fine year, topped all with 3.51m.

New member Ayamba Akim cleared 1.60 in High Jump, the best recent mark in VAC. Later she gained the bronze in Italy.

Throws

Outstanding was Steve Sammut's 59.71 in Hammer,

T&F Champs 07

M35 100m B Evans 12.6, 200m Evans 25.7(CBP).
800m 1 S Burke 2:11.3(CBP), 2 R Tomlinson 2:11.6.
1500 Tomlinson 4:37.1(CBP).

5000m D Pescod 18:30.0(CBP). HT G Cook(G) 48.97. SP/DT M Wiseman(G) 14.89/ 52.57.

M40 M McIntosh 12.4, 2 B King 2.5, 3 G Reddington 12.5, 4 A Hunt 13.0, 5 S McDuell 13.8. 200m 1 G Palmer 25.1, 2 McIntosh 25.2, 3 R Murkin 28.1. 400m A Hunt 55.6, 2 R Hyde 55.3, 3 McIntosh 84.1. 800m 1 A Gannaway 2:12.3, 2 G Lee 2:15.4, 3 L Goldsack 3:04.6. 1500 1 K Newton 4:20.8, 2 J Kilroe 5:11.6. 5000 L Goldsack 24:53.4. HJ Palmer 1.65. LJ D Shields 4.65. PV 1 A Easey 3.10(CBP), 2 Murkin 2.40. HT S Sammut 59.71(CBP), 2 W Clarke 44.7. SP 1 Sammut 11.79, 2 C Edwards 9.74. DT Sammut 37.39, 2 Shields 23.31. JT 1 J Tigar(G) 48.56, 2 Sammut 35.95, 3 Murkin 26.29.

M45 100m 1 P Logan 12.1, 2 J Shepherd 12.3, 3 M Bazire 12.5, 4 M May 13.7, 5 P Williams 18.2. 200m 1 Logan 24.2, 2 Shepherd 24.9, 3 Bazire 25.6, 4 May 27.9, 5 Williams 38.6. 400m 4 Williams 102.8. 800m 1 N Hall 2:13.2, 2 N Taylor 2:15.8, 1 Mackett 2:33. 1500 Hall 4:59.6. 5000 1 N Burnell 17:57.2, 2 C Oxlade 18:11.1. 3K Walk I Groves 19:54.8, 2 G Macdonald 19:44.2. PV W Martin(G) 3.10. TJ D Shields 10.09. HT 1 A Tipping 37.54, 2 S Head 23.51. SP 1 Head 11.31, 2 Tipping 11.09, 3 P Williams 5.43. DT Tipping 34.49. JT Tipping 36.79, 2 Bazire 28.60.

M50 100mH B Slaughter 16.3. 100m 1 D Elderfield 12.2, 2 B Matthews 13.4, 3 D Minn 13.6, 4 T Carter 14.2. 200m 1 Elderfield 24.1, 2 J Browne 26.0, 3 E Costley 27.6, 4 Carter 27.7, 5 A Perry 30.5. 400 1 Elderfield 52.9(CBP), 2 Carter 61.8, 3 Costley 62.3, 4 Matthews 74.2. 1500m 1 R Ewen 5:05.2, 2 M Abrahams 5:08.3. 5000 Ewen 19:06.8. 3K Walk T Jones 14:54.8. PV/HJ/LJ Slaughter 2.90/ 1.45/ 5.26. SP/DT Slaughter 11.89 /38.94.

M55 100m 1 W Franklyn 12.4, 2 M Maisey 13.4, 3 P Kennedy 14.7. 200m 1 Franklyn 25.1(CBP), 2 Kennedy 28.8, 3 J Spencer-Wood 29.5. 400m 1 Franklyn 56.4(CBP), 2 Kennedy 61.4, 3 Spencer-Wood 62.7, 4 K Daniel 63.8. 800m 1 K Daniel 2:18.9, 2 Spencer-Wood 2:21.8, 3 M Mann 2:22.6, 4 C Hide 2:42.4. 1500 1 Daniel 4:54.7, 2 Mann 4:56.4, 3 Spencer-Wood 5:16.7, 5,000 L O'hare 18:14.0, 2 R Vials 19:19.7, 3 D Maskell 21:06.5, 3 K Walker 24:02.9, 3 F Thomason 24:04.1. Walk Thomason 19:02.1. PV / HJ M Goodall 3.51/ 1.45. Thomason TJ 5.65. HT /SP/DT / JT 11.50/ 6.09/ 15.55/ 11.53.

M60 100m 1 K Smeeth 13.3, 2 D Whittaker 14.7. 200m 1 T Bissett 25.1(CBP), 2 Smeeth 27.1, 3 G Maher(Au) 30.2, 4 Whittaker 30.6. 400m 1 M Miller(non score) 65.9, 2 Whittaker 72.4. 800m 1 Miller 2:23.8, 2 G Jones 2:31.8. 1500m G Jones 5:03.4, 2 Miller 5:09.6, 3 E Bartlett 7:08.0. 5000 1 Jones 18:02.7, 2 S Badgery 18:43.5, 3 M Kortenaar 21:13.9, 4 D Williams 22:41.3, 5 Bartlett 27:15.1. 3K Walk 1 S Lightman 16:54.0, 2 C Riordan 22:37.3. PV J Bradley(G) 3.00. HJ A Cheers 1.25. LJ M Martineau 2.84. TJ Cheers 9.69, 2 N Rice 8.63. HT 1 C Melluish 48.40, 2 K Prior 42.02, 3 D Kuester 28.16, 4 R Jegou(G) 31.52. SP 1 P Virgo 11.45, 2 Jegou(G) 10.66, 3 Prior 10.57, 4 Rice 10.47, 5 Kuester 10.05, 6 C Edwards 9.74, 7 Melluish 9.22. DT 1 Virgo 34.69, 2 Prior 34.67, 3 Melluish 31.10, 4 Jegou(G) 31.00, 5 Kuester 30.24, 6 J Curtin 29.73, 7 Edwards 23.97. JT A Fox 37.05, 2 Kuester 34.93, 3 Edwards 28.57.

M65 100mH J Webster 24.5. 100m 1 C Isett 14.0, 2 A Long 14.0, 3 C Sheldon 14.5, 4 A Sowden 15.8, 5 K Burnett 17.6. 200m 1 Isett 29.2, 2 Sheldon 29.3, 3 Sowden 32.6, 4 Burnett 36.6. HJ B Harlick 1.20. LJ 1 A Long 4.22, 2 Webster 3.64. HT 1 Webster 34.51, n-score P Shevlane 28.71, 2 Burnett 18.86. SP 1 Harlick 8.72, 2 Shevlane 7.92, 3 Burnett 6.52. DT 1 Harlick 29.16, Shevlane 27.15, 2 Burnett 20.54, 3 Webster 19.92. JT 1 B Harlick 24.91, 2 Webster 24.90, 3 K Burnett 17.49.

M70 80mH D Chambers 14.4(CBP). 100m 1 Chambers 14.5, 2 J Godbeer 16.0, 3 C Sheppard 16.7, 4 C McArthur 17.8. 200 1 Chambers 30.9, 2 Godbeer 41.1. 400/800m 1 A Kimber 76.8/2:52.7, 2 J Cullingham 91.2/ 3:28.4. 1500m 1 Cullingham 6:39.2, 2 B Shave 6:45.7, 3 G Richardson 7:19.5, 5,000m Shave 25:30.2. 3K Walk D Stevens 18:28.1. HJ C Taylor 1.05m. LJ/TJ 1 Chambers 3.98/8.21(CBP), 2 Sheppard 3.54/7.37. HT G Hickey 23.00. SP Hickey 10.45(CBP), 2 Chambers 9.90, 3 Strange 9.24. DT 1 Strange 28.77, 2 Hickey 26.91. JT Hickey 27.52.

M75 80mH G Daborn 19.1(CBP). 100m 1 G Feast 16.6, 2 G Daborn 17.1, 3 C Taylor 18.1. 200 1 G Daborn 37.1, 2 G Feast 39.9, 3 C Taylor 40.7. 5000 R Franklin 34:18.5. 3K Walk J May 22:11.6. LJ 1 Feast 3.13, 2 Taylor 2.97. HT 1 P McEvoy 35.31(CBP), 2 J Hanus 29.15. SP 1 Hanus 8.88, 2 Taylor 8.95, 3 A Woods 7.56. DT 1 Hanus 25.83, 2 McEvoy 25.31. JT G Daborn 24.76(CBP), 2 Cliff Taylor 20.08.

W35 100/200/400m Y Jacobs 16.5/36.6/98.2. 1500 A Critchlow 5:00.9. HJ A Akim 1.60. HT/SP/DT/JT C Thrush 37.60/10.64/31.03(CBP)/25.90. Y Jacobs 25.28/ 6.68/18.19 /14.08.

W40 100/1500/5000 J Reid 16.6/6:06.3, 5,000m 1 N Atkins 22:10.3, 2 Reid 23:07.6. Reid HJ 1.10. HT/SP/DT/JT 13.82/5.29/14.05/16.27

W45 100m K King 13.1(CBP), 2 K Scudder 14.2. 200m 1 Scudder 29.1, 2 L Parsons 32.0. 400m Parsons 73.0. 5,000 1 A Jones 21:46.7, 2 F Bishop 25:10.8. 3Kw D Bradley 16:05.7(CBP), 2 Bishop 18:38.1

W50 200m 1 F Argent 31.7. 400/800m 1 J Searle 70.9/2:44.0, 2 Argent 72.2/2:49.0. 1500m L Bowers 5:39.4. 5,000 S Burchill 25:38.4. 3Kw 1 A Belchambers 17:27.9, 2 H Fenton 18:41.7. LJ Argent 3.39. HT 1 J Piercy 30.85/19.16, 2 Jacqueline Obeney-Williams 16.97/13.06. JT Obeney-Williams 11.67.

W55 80mH E McMahon 14.8(CBP). 100m McMahon 15.0, 2 A Nelson 15.4, 200 Nelson 31.9. TJ L Harrison 5.14. HT/SP/DT/JT V Thompson 29.12/10.64/22.32/22.82. Harrison 18.43/5.45/14.76 / 13.48.

W60 HT R Alexander 32.70(CBP), 2 L Sissons 26.37. DT/JT 1 Sissons 19.14/25.99.

W75 M Grant-Stevens SP/DT 6.37(CBP) /14.56(CBP).



David Elderfield

2.90/ 1.45/ 5.26. SP/DT



Martin Brasher and Jacki Reid, winners in Race 1

10,000m Track Champs

In the second race at Battersea on 8 August, Stuart McClay sat on the shoulder of Darrel Smith, running steady 80s, till the end. Then McClay's surge rapidly took him clear on a 68 sec last lap, to 33:41, which is top ten UK level. But we hope Smith will join VAC.

Glen Morgan finally held off Nigel Burnell by just 4 seconds after a fine contest for the 45 spot. Julian Spencer-Wood, the first 55, led Gareth Jones, 61, for five laps but Gareth kept a steady pace on 90 secs.

Vic Wilson and Rob Sargent next were encouraged by this to try for the International. But a grand home ground duel was Martin Miller v Michael Johnson. Always close, Johnson, giving five years, passed Miller in mid race only to be pulled back on the last lap. Both vets had 'new in class' energy to draw on.

Martin Brasher ran in the first race because he had a long travel and, after Jacki Reid led out, on her way



Glen Morgan(33) and Nigel Burnell(34) on lap 10

Race 1

1 M Brasher(RRC)	54	42:51.6
2 D Maskell(VAC)	59	43:34.4
3 A Davidson(Has B)	60	43:53.9
4 S Charlton(VAC)	80	46:10.5 †
5 J Reid(Met Pol)	W40	46:13.8
6 P Heffernan(TWwels)	73	47:30.0
7 W O'Connor(QPH)	62	48:29.7
8 D Brooks(Thurr)	65	49:47.4
9 F Thomason(Mets)	58	50:53.0
10 B Shave(HHH)	73	51:10.7
11 L Goldsack(VAC)	42	52:08.7
12 E Bartlett(VAC)	63	53:43.7
R Franklin(Bar)	79	65:01.7

Race 2

1 S McClay(Serp)	43	33:41.1
2 D Smith(Ton)(G)	40	33:52.3
3 G Morgan(SLH)	45	37:11.8
4 N Burnell(VAC)	49	37:15.5
5 G Jones(Oxf C)	61	37:44.5
6 J Spcr-Wood(Kent)	56	39:29.3
7 V Wilson(WGEL)	62	40:21.3
8 R Sargent(Lough)	53	40:51.2
9 M Miller(HW)	60	41:39.2
10 M Johnson(THH)	65	41:42.1
11 A Dolton(SOC)	50	43:19.6

† Club best age performance

to much quicker figures this year, made 105s with a 98 last lap. After a quick opening five Dan Maskell was steady for the 55 gold, as Alan Davidson was to the 60 honour.

Record setting still, Steve Charlton, after the early burn off, ran steady 1:51s for a new British record, over his Birmingham 47:01.6 and better than his VAC M75. Regular Pat Heffernan improved on his '06, which was against the tendency, as had Rob Sargent. The Officials, see p2, answered the call with good effect and their cards have helped analysis.

St Mary's College, Teddington 1 August

100m 1 R Hyde(MetPol) 44 12.2 2 D Minn(VAC) 50 13.1, 3 S McDuell(Trent) 42 13.1, 4 C James (StM)(G) 13.1, 5 P Bell(Harr) 53 13.6. **Race 2**, 1 C Isetts(KP) 65 13.9, 2 K Scudder(Newb) W46 13.9 3 R White(STM)(G) - 14.0, 4 D Whittaker(E&E) 63 14.3, 5 J Garber(HHH) 65 15.7, 6 J Godbeer(Cam H) 72 16.5. **Race 3**, 1 M Martineau(Black) 61 15, 2 D Barrington(KP) 66 16.0, 3 4 K Burnett(SOC) 68 17.4 Gibson 1 = Scudder and Martineau, 3 Whittaker, 4= Hyde, Burnett, 5 McDuell. **200m** 1 J Shepherd(Enf) 45 24.7, 2 Hyde 25.3, 3 Bell 27.1, 4 McDuell 27.2. **R2** 1 N Hall(SIM) 26.8, 2 M May(KP) 46 26.9, 3 Isetts 28.7, 4 Scudder 29.3, 5 G Greenwood(VAC) 60 30.4. **R3** 1 Whittaker 29.6 2 Martineau 30.9, 3 J Garber(HHH) 65 31.9, 4 Barrington 33.2. Gibson: 1 Whittaker, 2 May, 3 Scudder, 4 Greenwood, 5 Martineau.

800m St Mary's race, 3 R Tomlinson(ESM) 39 2:13.6, 4 N Hall(SIM) 40 2:16.5, 5 N Taylor(VAC) 48 2:18.9, 7 S McDuell(VAC) 42 2:24.3

1 Mile 1 Tomlinson 5:11.2, 2 M Mann(HHH) 59 5:12.1, 3 A del Nevo(Dacm) 40 5:19.5, 4 Martin Miller(HW) 60 5:37.6, 5 Garber 5:48.5, 6 C Hide(Serp) 55 5:53.9, 7 D Maskell(VAC) 59 6:03.6, 8 S Edwards(Serp) 50 6:26.0.

3,000m 1 J Batchelor(If) 66 10:57.0, 2 M Johnson(THH) 65 12:02.7, 3 P Jeffries(VAC) 55 14:18.8.

Throws K Burnett Javelin 19.20. Shot Putt 6.48.

Given a six lane track, the new venue was good and post mortems went to the bar. In the Cup Mike Martineau sprang winning times as Phil Bell suffered flat runs.

Battersea 5.0M Road 14 Aug 07

1 M Baron(Harr) 48 1 29:28, 2 C Donald(M'head) W45 1 31:33, 3 V Wilson(WGEL) 62 1 32:02, 4 C Bowker(Rdg RR) W47 2 32:15, 5 R Howells(ESM) 54 1 32:20, 6 L Wilson (ESM) W50 1 33:00, 7 C Rayner(W4) 55 1 33:25, 8 M Johnson(THH) 65 1 33:45, 9 E Fitzmaurice(VAC) 50 2 34:06, 10 S Dillon(L Irish)(G) 57 35:06, 11 I Mursell(VAC) 55 2 35:20, 12 M Rayner(W4) W56 1 35:33, 13 C Hide(Serp) 55 3 35:51, 14 Mick Miller(Hill) 69 2 36:03, 15 D Williams(HW) 62 2 39:55, 16 K Tuson(VAC) 71 1 42:24, 17 C Collins(L Irish) 71 2 42:41, 18 E Bartlett(VAC) 62 3 43:23, 19 A Lippitt(Trent) W52 2 44:08, 20 P Torre(SB) 65 3 44:37, 21 A Jackson(VAC) 64 45:12

Dark conditions were lightened by the return of Mike Baron and first run of Clare Donald. Both placed second in the series table as Vic Wilson made a strong debut in 60.

VAC 5M Road Race Walk 1 T Jones 50 1 41:58, 2 J Hall 58 1 43:09, 3 A Thomson 71 1 43:32, 4 S Uttley 45 1 44:10, 5 M Culshaw(G) 48:26, 6 M Harran 69 48:56, 7 P Hannell 64 1 49:10, 8 C Flint 62 2 49:22, 9 M Hinton 66 1 49:56, 10 P King 56 2 51:03, 11 S Lightman 64 3 52:32, 12 M Barmbrook(G) 64 54:55, 13 B Hercocok 70 2 55:35, 14 D Hoben 54 2 58:55, 15 K Livermore 74 3 60:07.

Gibson Cup final scores

29.75 M Martineau, 27.75 P Bell, 25 K Scudder, 20 M May, 17 S McDuell, 15 D Whittaker, 14 G Walcott, 13.5 J Greenwood, 12.5 G Kitchener, 11.5 C Isetts, 9 J Godbeer, 8.75 G Palmer, J Trimble, 7 A Sowden, 6.75 D Wardle, 6.25 D Barrington, 6 R Bartlett, J Garber, 5.5 P Williams, 5 T Bissett, P Wignall, and 13 more.



Fixtures



VAC Cross Country & Distance

- Sat 6 Oct VAC CC Wimbledon HQ Belgrave Hall start 2.30pm
- Sat 13 Oct Surrey Leag Div III/IV, EPSOM DOWNS 3pm
Sat 13 Oct Surrey Womens Leag ESHER 12.15pm. West End Lane between A244 and A307; meet near garden centre.
- Sat 10 Nov Surrey Leagues CRANFORD (BA) Womens Leag 12.15 – Men 3pm
- Sat 10 Nov Loughton Inter Club CC 2.30 VAC team. South View Rd Loughton. U'grnd Central line
- Sat 17 Nov South of Thames 5M Team PETERSHAM 2pm. VAC M&W 1st claim team: R Belmore
- Sat 24 Nov VAC CC Wimbledon 2.30 HQ Belgrave Hall, Denmark Rd SW19
- Sat 8 Dec Inter Club CC with HW, Wimbledon VAC course 2pm. VAC Team. HQ Belgrave Hall
- Sat 15 Dec South of Thames Champs 7.5M Nork Park BANSTEAD 2pm. VAC M&W Team
- Sat 22 Dec VAC CC Wimbledon 2.30 HQ Belgrave Hall, Denmark Rd SW19.

- Sat 12 Jan Surrey Lg Div III LLOYD PARK 2.30pm
Sat 12 Jan Surrey Womens Lg REIGATE 12.15pm
- Sat 19 Jan VAC CC Champs M&W Wimbledon 2.30pm
- Sat 9 Feb Surrey Lg Div III Wimbledon PARKSIDE 3pm. Prom by VAC, Officials, marshalls wanted
- Sat 9 Feb Surrey Womens Leag PETERSHAM 12.15pm
- Sat 16 Feb VAC CC WIMBLEDON 2.30
- Sat Mar VAC To be announced

Meet directions and details

VAC CC: HQ at Belgrave Hall, Denmark Rd, SW19. Parking restrictions. Full facilities, good teas; jog to start, allow 15 mins. Course at Caesar's Well, 3 laps 5.8 miles. Marshalls wanted. Fee £3.

Epsom Downs at Tattenham Corner car park.

Cranford: M4 Junc 3, exit for Heathrow; first left in High St, then left/ahead to the BA Centre on right with parking and facilities. Short walk to CC Cranford Park. From Piccadilly line Hounslow West walk to A312, then first right, 2 miles.

Eligibility Surrey CC League: 1st claim member of VAC, or 2nd Claim to VAC and not a competing member of any club

National and International 2007-08

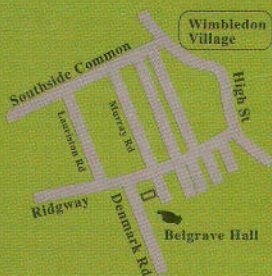
- 14 Oct 10M Road TADLEY Basingstoke 10am. www.raceentry.co.uk £12 cd 13 Oct
- 17 Nov International CC BELFAST. cd 4 Oct to Charlie Dickinson 0207 720 1062
- 17-22 Mar World Indoors Clermont-Ferrand FraJul
- 23-Aug 4 Euro Veterans T&F LJUBLJANA Slovenia

Road

- 13 Oct 5K Walk VAC Champs ENFIELD 2pm
- 24 Nov Belgrave 7M Walk with VAC Champs 2pm; Belgrave Hall, SW11.
- 18 Nov EPSOM 10M with VAC champs: 930am at Epsom Downs; form enc, £7.50, close date 10 Nov.

Other races and veteran

- 20 Oct Surrey Co Vets CC Petersham 2.30; Maurice Joyce, entries Don Turner
- 13 April London Marathon. Rejected also Secretary D Williams for club place.



Belgrave Hall, Denmark Rd SW19, parking metered, trains Wimbledon, walk 15 mins. Buses from Putney, Wimbledon.

VAC N/L October 2007

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