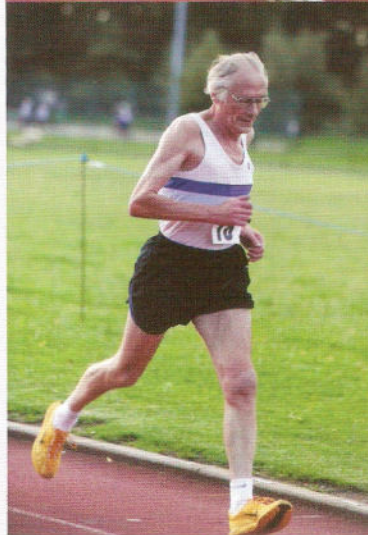
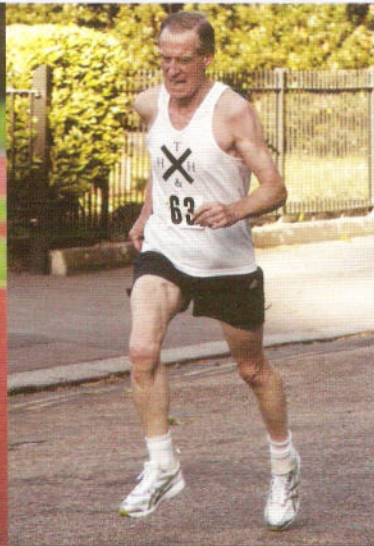


Veterans Athletic Club

Newsletter October 2008



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Officers of the Veterans AC, established 1931

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Delegate to BMAF/VAAofE	Ron Franklin	
Vice Presidents	<i>none</i>	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	

AGM Report

It was pleasing to see four members, in addition to six Committee members, present.

The Secretary, making his report, said we were still short of volunteers to help in our activities.

Treasurer reported a good year financially for the Club with a healthy surplus and was congratulated by the President.

President Dennis Williams was re-elected for one year and Officers were re-appointed en bloc.

Chris Flint, expressing the regret of the Race Walking community for not supporting VAC councils, offered himself as Walking Secretary, for one year. He was proposed by Cecil Gittins and seconded by Mike May. At the same time appreciation was expressed for recent work by John Hall.

A vote of thanks to T&F Secretary for his work was proposed and passed. Peter Torre also told the meeting that he appreciated the Battersea Road series.

VAC was not 'London area' specifically it was asserted.

Subscription for 1st Claim Members was debated. Those present at AGM had no hesitation in supporting the Committee's proposal of £20 for 1st Claim Members, £15 for second claim, due October.

Committee meeting 11 Sep

The Committee ruled that a VAC meeting at Lee Valley in February '09 would have status of championship and be held with EVAC and BMAF Pentathlon. Objection was made that it would entail having indoor championships annually. Maurice Doogan assured the meeting that any loss would be covered by BMAF and any profit >

shared between VAC, EVAC and BMAF. A vote was 9 in favour 1 against. Secretary said he was willing to take entries.

A new form for Subs renewal created by Membership Secretary was discussed; it would be a radical step forward and would allow members to correct the club they belong to if needed.

The award of medals at T&F champs was brought up but standards were considered to be an over burdensome approach.

The newly elected Walk Secretary proposed resurrecting the Lester Cup handicap competition.

It was agreed that Life Membership should be offered to Don Turner, a senior VAC official.

Recognition of Officials at T&F Champs

Starter Maurice Joyce **Track Referee** Ron Hopcroft. **Field Ref** Rex Bale. **Walk Ref** Cecil Gittins. **Chief T/keeper** Gittins. **Marksman** Dave Barrington, Any del Nevo. **Seedings** Jeremy Hemming.

Timekeepers Stuart Bennett, John Brett, Nigel Harding. **Photo finish** Sport Systems, Don & Mrs Anderson. **Track Judges** David Davies, Jack FitzGerald. **Field Judges** Nigel Bongers, Graham Pullen, Ron Franklin, Colin Oxlade, Peter Barber, Carole Munn, Peter Clark, Lorraine Gomes, Jaran Finn, Lesley Richardson.

Meeting Director Bob Belmore. **Entries** same. **Office** Belmore, Joe Aspinall, Ken Crooke, Walter Wesley, Peter Mulholland, Bill O'Connor. **Programme, photos, Results** Hemming. **Officials' lunches** Alison Jones. **St John Ambulance** attendance. Thanks to Venue staff

at 10,000m Champs

David Davies, Don Turner, George Richardson, Dennis Williams, Don Anderson, Cecil Gittins, Stuart Bennett, John Brett, Maurice Joyce, Lap scoring: Steve Charlton, Cliff Hide, Martin Wilson, David Jones, Vernon Martin, Mrs Batchelor, Andy Murray, Joe Aspinall, Richard Wisdom, Maureen Farmer. Appreciation of the Battersea staff Gary, Mandy, Vilma and Jimmy..

Cross Country

The objective is to have at least one home race per month, from Caesar's Well on Wimbledon Common. Belgrave Hall is our HQ for Numbers, facilities and excellent teas, by Brian. Registration on course is not encouraged except for League at Parkside. Our first fixture is 4 Oct.

The Xmas holiday date is completely new but the vets Match at Loughton is long standing. South of Thames is for first claim members to run in our team.

We were asked to host the League in February and have agreed, with assistance by Full-On-Tri.

I'd like to remind League team Members that the first match is important, to get team spirit up and running. We need 10 good men and true to score although there's no limit to Members running. We are joined by Full-On-Tri and Collingwood, promoted, plus old friends W4 and Sutton Runners on descent from Div II, while Walton and Woking go up.

Tadworth host the first meet, for both Leagues, at new venue, Nork Park, near Banstead, which is not so well known. This is a chance for you techie Satnavers or see our researched details on the back page. Date is 11 Oct.

Vernon Martin is hoping for good support by Ladies, to compete in this tough and popular ladies-only competition. He needs 5 to score, but with no limit to our runners. The big field of Div I with II makes over 200 runners.

Road

I'm glad to say that fine event the Epsom 10 continues with our 10 Miles Champs incorporated, around the famous Downs thanks to hosts Epsom and Ewell Hrs; please use loose entry form enclosed.

Race Walkers

The discipline has Enfield and Belgrave meets to look forward to again.

News and views



5,000m
second
race at
KM

Track and Field Champs

Entries were good and the day had near 80% attendance, thank you. We appreciate your support, an excellent level of fulfilment. Did the Olympics inspire you!

Then 10,000 metres was blessed with strong attendance by officials, who were supported by individuals doing lap scoring, members and friends.

The cards matched the officials' recording in every case we looked at but of course that is not always so and in those cases, the cards can be invaluable.

Feedback was positive and appreciative for both champs and much appreciated by recipients.

Last minute International candidates should apply to C.D. below, or Editor, as soon as possible. Selection meeting is 4 October at Mansfield. See back page.

Championship Bests at KMDW CB Performances were achieved, aided by the electronic timing and photo finish of Sports Systems, in person of Don Anderson and his wife. When we helped them pack up we were impressed by the amount of equipment and cables. Well done, the professionals!

The number of CBPs was well down at 12 but this was inevitable as standards have been improving all the time. Those who got one did well and at least we will have fewer pot hunters coming.

The processing of records in general and one CBP in particular has caused us concern. That's because mistakes and omissions

have been made and we have little idea how to remedy it, beyond the old school report jest 'must try harder'.

There's no direct or computerised link between results and lists of records, and very seldom do members send them in. However on page 9 we publish some all-time best perfs in a case where a member heard about his record being listed, somewhere out there, and has asked that it be published.

Claims for British records require paperwork which is troublesome to do after the day, so likely athletes should equip themselves with the forms and get them signed up at once. From BMAF website.

Attendance Trophy leading scores

- 10 Michael Johnson
- 9 DS Williams,
- 7 E Bartlett, C Hide,
- 6 J Aspinall, P McDuell, M Cook, T O'Neill, H Middleton, D Hoben
- 5 S Bennett, S Lightman, J May, B Hercocck, J Godbeer, C Collins, R Tomlinson, C Lawton
- ... from 150 names

Ice breakers

Tim Ellis, Mike Bradley, Carole Wisdom, Les Presland, Richard Hammerson, Jeff Prestridge, Jaran Finn, Mike Scammell, Mark Archer, Alice Campbell, Pete Crockford, F Marismari, Sarah Stanton, Robert Lowe, Frank Ward, Chris Privett, Alison Duke. You came, we saw, and you conquered.

New Members

Robert Lowe(K&P)
Michael Scammell(Belgrave)
Sarah Rudd(Newbury AC)
Fario Marismari(Herc Wim)
Peter Crockford(Heathside)
Angela Kikugawa
Amanda Jones
Mike Bradley(Watford)
Christopher Burgon
Les Presland(AFD)
Jaran Finn(Serp)
Alice Campbell(Croydon)

= w e l c o m e =

Letters

I have had a very good 74th year so far with five seconds in Vets AC Champs: Over 70 CC, 5M Road, 5K track(best time for two years), and 10K track (best time for four years). Is this a record?

Thanks to all the officials who make this possible; I hope I will not keep them waiting too long at Caesar's Well!

Yours in sport *Brian Shave*

I have a stack of athletic magazines

Firstly I have some 11 *VETERIS* magazines for years of 1978-79 *Marathon and Distance Runner* for '82 to '86 = 16

Athletics Today '85 to '91 = 14

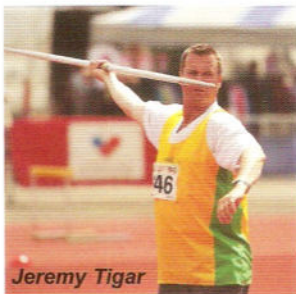
Athletics Monthly '80 to '82 = 19!

I also have would you believe *Jogging Magazine* which became *Runners World* from 1979 to date, with very few gaps, may be 350

Contact me at my email address: john@moiler.com or phone 01483 417151 Godalming.

Deadline is middle October as my wife and I are going to Australia to visit our son.
Kind Regards

John Geoghegan



Jeremy Tigar

On a day that started wet for the early hammer but soon became warm and sunny, there was a solid turnout in the throws. Pride of place must go to the four athletes achieving championship best performances. Hamilton Thomas (M70 38.93m) and Peter Barber (M75 35.97m) in the hammer, Marie Grant-Stevens (W75 14.80m) in the discus and Ashley Fox (M65 37.27m) in the javelin.

Also a special mention goes to Jenny Piercy (W50), Vilma Thompson (W55) and myself (M45), who won all four throws in their age groups.

In the women's hammer Joanne Davison (W40 Guest) had an excellent throw of 44.71m, and there were wins for Yvonne Jacobs (W35), Jenny, Vilma and Rosemary Hutton (W60), who we knew formerly as Alexander. In the men's hammer Hamilton and Peter's CBPs were followed by fine throws from Mike Small (M50 44.10m Guest) and Chris Melliush (M60 46.50m). Robert Lowe (M40), Francis Thomason (M55), myself and John Gilbert (M65) were winners of respective age groups.

The women's shot produced double digit, 10m plus throws from Sue Lawrence (W35 10.10m Guest) and Vilma (W55 10.62). Other age group winners were Jaqui Reid (W40), Alice Campbell (W45), Jenny, Liz Sissons (W60) and Marie. The men saw Mike Small throw 13.41m. Then Brian Slaughter (M50), Tony Richards

The Throws – sorted by Tony Tipping

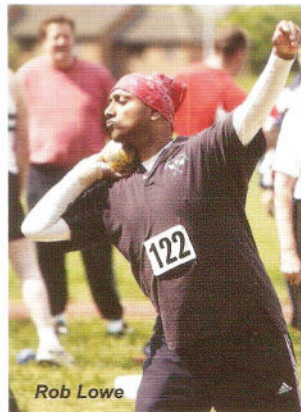
(M55), myself and Peter Virgo (M60) throw well over 11m. Other winners were Robert, Norman Rice (M65), Gordon Hickey (M70) and Cliff Taylor (M75).

Sue lit up the women's discus with 37.22m (W35) and other good performances came from Vilma (24.55m) and Barbara Terry (W60 21.63m Guest). Jaqui, Alice, Jenny and Marie (CBP) were the other age group winners. Outstanding men's throws came from the versatile Mike (44.78m), with both Peter Virgo (36.27m) and myself (35.31m) throwing over 35m. John Buckingham (M40), John Gilbert, Hamilton and Phil McEvoy (M70) won the other age groups.

In the men's javelin specialist Ashley Fox's CBP was almost matched by Jeremy Tigar's 48.52m (M40) which was only 4cm short of the record. Both Vilma (24.51) and Liz launched the spear over 25m, ably supported by Jaqui and Jenny.

Still with javelin, I got my fourth win of the day while other gold medallists were Keith Seldon (M50), Tony, David Kuester (M60) and Gordon.

Tony Tipping



Rob Lowe

Ed Simpson

The late starter who caught up

"Edmond, there's a hill behind where you live. Have a quick walk up it every day. It will help your cholesterol." The words of a colleague about 15 years ago. I took the advice. After a while it seemed a bit time consuming to walk the flat bit prior to the hill, so I started jogging that bit. This progressed to running up most of the hill, taking about 7 minutes. Next step, I changed to running a road course for 10-12 minutes and felt very smug. The cholesterol improved too.

1996. Family holiday in a Yorkshire cottage. The owner lived next door and was a fell runner. My son-in-law and I were impressed by this guy who did half hour runs and arrived back dripping with sweat. It inspired us to run for that length of time, something which had not even occurred to us. The rest is history, my running history.

I worked out a 4 mile course at home, and used that until I was confident about it. Then time to join Folkestone Athletic Club, as it was then called. A friend from church was already a member. Also someone who used to work in my bank, who soon noticed I had a competitive streak. I mention all these things because they illustrate the value of personal influences.

For the life of me I cannot recall what possessed me to venture to VAC, but I vividly

remember the occasion. I had omitted to take a pair of shorts and Bob Belmore produced a pair from the back of his car. He also kindly took me to meet Richard Pitcairn-Knowles. I did 11.29 in the 3,000m that evening but Richard, about three years older, beat me by 15 seconds.

1999 was perhaps the big year. I was desperately hungry to break 40 mins for the 10k. On a cold February day I did 40.14 and was tad disappointed. At the beginning of June we were on holiday in the Cotswolds, cunningly planned so that I would be there for the Cheltenham 10k. It was five days before my 62nd birthday, and a nice evening for running. I felt it was now or never. As I approached the finish line the timekeeper was counting out "45, 46". Oh no, surely not 40.46, I thought. I was so chuffed to find it was 39.46. In fact I did three races under 40 mins within a few weeks, and one the following year.

What drove me to indulge in national races or BVAf as it was in those days? Again I have no recollection of a reason, but I just have a feeling Richard PK may have had something to do with it. The summer track championship was at the Meadowbank Stadium in Edinburgh. It had hosted the Commonwealth Games over a decade before, and had just been refurbished. In those days the 10,000m was on the Saturday, and the 5,000m on the Sunday. I set off to follow RPK and after a few laps decided to pass him and go for it. Much to my surprise it got me the



bronze medal. To this day getting a medal at a championships is still very special. Maybe it is simply a tangible record of the achievement.

The next day I had no idea how I would get on in the '5' having just done the '10'. It turned out to be a historic race, but not because I got the Silver in a PB of 19:15. Willy Marshall and I ran shoulder to shoulder for many laps and I managed to beat him on the final lap. Willy set an M70 British record. Another Scot, the late Gordon Porteous, set an M85 world record. Even more amazing, five years later I ran with Gordon at Birmingham when he set a world M90 record.

2002 saw the European championships in Finland and I took part coming 10th and 11th in the two distance races. 2004 was Potsdam and I have certificates for placing 7th M65 in each race. It was also one of my earliest tries at 1500m. I was 4th in my heat and last in the final. One chap failed to turn up and another dropped out so I was 13th. >P6

Glory, glory days for Bob

Most of the newer members of Veterans AC will recognise Bob Belmore as the driving force behind the racing activities of the club whether it be road, track or cross-country. If an event needs arranging, Bob becomes a dynamo in his efforts to ensure a smooth running programme.

What these members might not be aware of is that even in his later days as a competitive runner, Bob was up there with the best of them and October 2nd will see the 20th anniversary of arguably his greatest ever track performance, although he was as much at home over road and country.

It was on that day at Reading in 1988, just 10 days prior to his 61st birthday that Bob clocked a stunning 5,000m track time of 17:27.8, which at the time was the fastest ever by an M60 athlete, and still good enough to stand proudly as the seventh quickest ever in the current British all-time listings for that category.

Trailing behind Bob in that all-time listing are the likes of Willie Marshall, Les Presland and Bill Stoddart, considered by many to be among the veteran greats.

Interestingly, sitting in third place in that 5,000m list is the late Laurie O'Hara, a former Veterans AC stalwart and winner of World Veteran titles in his heyday, who clocked 17:10.9 in winning the 1992 BVAF Championships at Hendon.

Pete Mulholland



Ed Simpson continued A running friend who must have a bucketful of gold medals confided "There's nothing beats winning". Fairly obvious but nicely put. My first gold was as a new M65 in the Indoor 3,000m at Kelvin Hall in 2003. Perhaps some of the capable runners did not fancy a winter weekend in Glasgow. The problem was their's – the medal was mine. It remained lonely until I turned 70. Was this to be a new opportunity?

There's a saying that every runner wants to do a marathon. In my family we add to that a fell race, because I did one a few years back, with horrible consequences – I could hardly move for several days. Last September the BMAF marathon was in the New Forest event, which was fairly convenient for me, and I thought my northern challengers might think it a long way from home.

So this was to be my marathon. Frank Shorter, the famous American marathoner, had a saying "If you train too little you won't make the finish. If you train too hard you won't make the start." So I aimed to train between the extremes. It turned out I was the only M70 and was handed the medal a few yards past the finish. I was pleased with 3 hours 47 on a hilly course, and I beat everybody over 61. But I had a knee problem for the next nine months or so! I am not going to Anglesey to defend my title!

Gold number two was the 3,000m Indoors at Lee Valley in March. Number three was 10,000m track at Oxford in pouring rain with the track awash. Number four in this twelve months was the 1500m at Alexander Stadium Birmingham in 6.01. I had run 6.05 for a bronze at the Indoors, so was happy with the improvement, but sad I was outside the 6 min barrier. For that reason I ran at the VAC Champs and was delighted to win in 5.55.

Is there a moral to this tale? Probably not. Start serious running at 59. Be blessed by those who encourage, advise and join in. Especially VAC member Peter Morgan, who trains with me and knocks on my door by 6.30 on a Sunday morning and any other morning that we plan. There is nothing beats running and nothing beats winning.



Track awash

#	Perf	Name	AG	Age	DOB	Club	Venue	Date
1	16:24.0	Steve James	V60	60	10.03.38	Southport	Ormskirk	6.06.98
2	16:48.40	Andrew Brown	V60	61	11.12.32	Ayr		11.06.94
3	17:10.9	Laurie O'Hara	V60	60	18.06.32	Belgrave	Hendon	18.07.92
4	17:17.3	Gerry Spink	V60	60	17.05.31	Bingley	Leeds	14.07.91
5	17:26.9	Eric Appleby	V60	60	10.07.32	Heaton	Hendon	18.07.92
6	17:27.68	Maurice Morrell	V60	60	18.02.33	Wirral	Jarrow	17.07.93
7	17:27.8	Bob Belmore	V60	60	13.10.27	Veterans	Reading	2.10.88
8	17:31.5	Willie Marshall	V60	61	12.12.27	Motherwell	Stockport	4.06.89
9	17:34.18	Les Presland	V60	61	25.09.39	Aldershot	Brisbane, AUS	7.07.01
10	17:37.5	Bill Stoddart	V60	60	02.05.31		Grangemouth	29.06.91

Dave Cox

interview by
Pete Mulholland



1966 was a memorable year in the annals of English sport, for that was the year when Alf Ramseys men won the football's World Cup. However, for Dave Cox, then a 12-year-old self admitted wiry little kid, it was even more memorable as it was that year he became a member of Woodford Green Athletic Club.

"Cross-country running was compulsory at school (George Monoux, E17) admitted Dave, and I did well".

So good was his running form that honours for the Essex County school teams soon followed, before later going on to represent his county as both Junior and senior level.

"I used to finish third in the Met League (cross-country) in the under-17 race", added Dave, "usually behind Julian Goater and John Davies, two athletes who respectively went on to win a National (senior) cross-country title and a Commonwealth steeplechase silver medal."

Now, 42 years later, Dave competes with as much enthusiasm as those early days and with a keenness that recently saw him take M55 Veterans AC championship honours in both the 5km Road Champs and the 10,000m track champs, although as he admits, "I'm not too keen on track running since in my 40s it resulted in hamstring problems".

The 10,000m winning time of 35:17.2, sits proudly at the top of this year's British rankings, a position also

occupied by his 5km time of 16:49 run in Hyde Park a little over two weeks after his Veterans AC win over the distance.

Earlier in the year, he closed his M50 account by winning both the British Masters 10,000m and the Veterans AC 5-mile Championship.

If proof be needed of his hectic racing profile, the current *Athletic Data* listings show that Dave has raced some 32 times this year in what could be described as his Anno Mirabilis.

Other impressive times recorded by Dave this year include a 10k in 34:55 and a 58:58 10-miles, which puts him 4th and 5th respectively in the current M55 ranking lists. With the likes of Martin Rees, Mike Hager and Nigel Gates being the dominating players in the M55 category, life isn't easy.

A perusal of Dave's training diaries, which he has diligently maintained from the age of 17, would tell you that he was a bit of a class act at his peak, which he admits, "was between the ages of 27 and 34". A period that saw him run 10 miles in 49:26, a half-marathon in 65:42 plus a 2:24 marathon.

"I did that time on my marathon debut at Harlow, but in spite of running the London a few times, I never beat it".

As with many an athlete in those days, Dave's training was pretty basic. "It was usually done with a weekly mileage of around 70 miles,

and was centred around a long run at the weekend with interval work of say 6x1-mile and 20x400m". These days he is content with a maximum weekly total of some 35 miles.

More recently Dave has reignited his love affair with Norway, a country where in his student days he went backpacking and at times worked on a farm there.

"I had just turned 50 when my wife (Felicity, aka Flick) suggested a return to Norway and we had a great time just walking and staying at hostels and cabins and now go every year".

Unsurprisingly, the lure of competition plays a part, with the Oslo City Centre 10k being a featured event but in the event, luck, or bad luck as the case might be, rears its head.

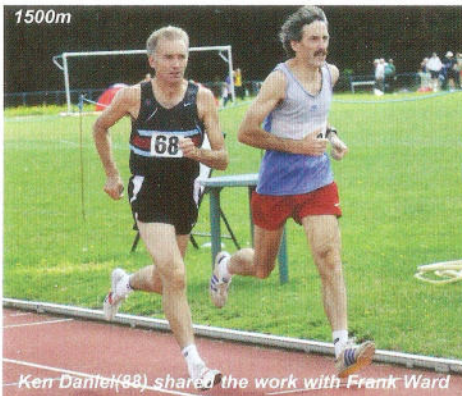
"In 2004 I had to miss the race because of hamstring problems incurred just before the event," relates Dave. "This year, in April, I found that with three minutes to the off I had left my recording chip in the changing rooms meaning that my time was unrecorded and according to my watch I did 34:37, easily my fastest time for some years".

The main target for Dave this year was to gain selection for the International Cross Country, to be held at Swansea, having been a member of the winning M50 English team at Dublin in 2005 and Falkirk in 2006.

"One of the key pointers for selection was the BMAF 10k Champs at Prestwold Hall in June," explained Dave. "Although I was fourth M50 home I beat all of the M55s so my chances of selection were looking good".

However, recent developments have now put this aim on hold as a urinary infection which involves using a catheter has brought Dave's running activities to a halt.

At time of writing, a visit to the hospital was pending for the purposes of a biopsy leaving a philosophical Dave to admit, "Whatever the result it looks like the end of running for a while, but I'm confident I will be back in the New Year".



Ken Daniel(68) shared the work with Frank Ward

Hurdles

Barry Ferguson got the track off to good start with smooth hurdling and followed up with flat gold.

Sprints

In the sprints Pat Logan scored a double of day's bests for the third year, no mean feat in this arena. Thanks to photo finish he got 11.95, nice figures, whereas with manual it would have been 12.0.

200m changed matters since M40 had the race to themselves.. Milton Macintosh took it in 25.6 as Andy Hunt edged Barrington King and Mark Cook for the silver. Later Andy came good in the super testing 400 as Milton had to give best.

M50 produced fine 200 and 400s. First Brian Matthews took the 100 from a super leaning Eddie Costley. In the 2 he was edged by Brian Slaughter by 6 hundredths. The decathlete had been



Pat Logan

a close second in 800m and he also medalled in Pole and Long Jumps.

The Over 50 400 made a rare veteran contest when five men entered the straight together, Eddie Costley still ahead. He looked across to judge Brian Matthews with good cause because the Worthing man has the strength for 400 as well speed. Brian pulled away to win in 60.7.

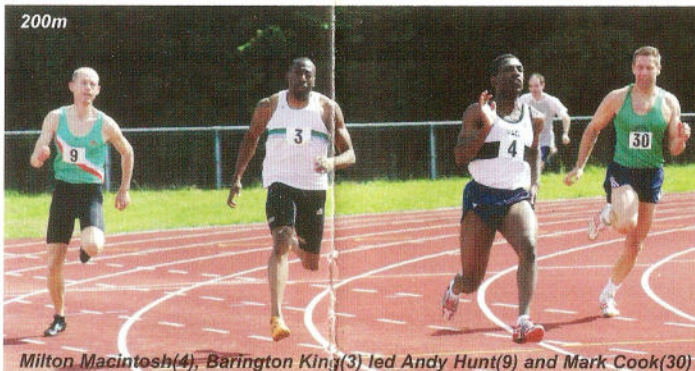
Then Phil Bell challenged Costley as Tim Carter raced Paul Wignall for 55 gold.

Kerstin King was outstanding once again in women's 100m. That was divided into two races so Joan Trimble enjoyed a win, which possibly she deserved after being unable to contest the last midweek and bid for Gibson Cup. Kerry Scudder, who had been off for a long while, managed a fair second to Kerstin, and got consolation in the 200.

M60 class was also very competitive with a trio of Epsom athletes challenged by guest Vic Novell from the Solent, who almost won at Birmingham. Ken Smeeth asserted his speed in the 100, 13.24, as Terry Bissett chose to wait for 200. There he had made up the stagger as three came into the straight level and went ahead commandingly, while Novell passed Smeeth into second. David Whittaker was the third Epsom sprinter in the M60.

At first sight it was a little surprising that Harry Tempan, a UK middle distance champion in our memory, was in the sprints but he soon showed us why. After sharp performances in the 1 and 2 his forté was the 4. With Derek Wardle and the women showing him the way Harry achieved 83.79. This is an outdoor record 10 seconds better than the previous 1994 BR. But it came at a price. Although he passed the line in style he came down with a crashing fall which left him with a bruised shoulder and need of treatment.

New champions at VAC Games



Milton Macintosh(4), Barrington King(3) led Andy Hunt(9) and Mark Cook(30)

Commenting, Secretary Belmore says "I'm afraid and I've said it before, older athletes are liable to fall; their legs may give way on them when fatigue kicks in, quite differently to younger vets. So be warned, my friends."

John Godbeer is an ex-walker sprinter who does well; he made claims to the J Hare Cup for Over 70 100 though his 200 was better.

Middle and further Distance

The 800 metres were close races. Steve McDuell led the first race with Richard Tomlinson tucked in and made a determined effort to hold on. Only in the last 50 yards did the experienced Richard get past by a couple of feet. Clare Elms led the other race with



Les Presland and Jacqui Reid

Frank Ward and Brian Slaughter right with her, in about 1:10 at the bell. At the line Ward had gone three metres clear of Slaughter with Elms only two metres back. Ward's time of 2:16.41 was a personal best.

Richard Tomlinson and Frank Ward were the big men, both making doubles of 8' and 15'.

Ken Daniel, a serious middle distance athlete, focussed on 1500, and took M55 again, a little quicker than last year. Likewise Terry O'Neill, who trains in a group at Battersea, chose the 5 and raced Steve Smythe. Steve helps Clare Elms and makes a big contribution to athletics all round.

A new M35 member, Jaran Finn, took baptism in 1500 and we're glad to say came back for more in 10,000.

In 1500m Clare won the Women and Older Men race comfortably from Mike Mann who shared the lead and was the 1st in his new class of 60. John Garber, third, was the 1st 65 leading Jacqui Reid the second woman, one who can produce speed as well as stamina. Then nine more took the test over the classic distance, some reported elsewhere.

For some reason 5,000m is less popular than 5K Road and it certainly troubled organisers debating where to make the split, when younger men were fewer than the Over 60 runners.

So the younger race was thin but Clare Elms was allowed to run in it which helped. Tim Ellis ran out the winner in 17:38 after taking the lead at half way. The Basingstoke member has

taken a while to show but has made a good start.

Clare's time was modest but quicker than the Women's race. Later we were pleased to see her fill 1st 40, 15th all, in the big Adidas Womens 5k road race, with 17:14.

Anna Critchlow was clear winner of the second race where Mike Mann, first 60 again, stoutly played his part in second place. John Denyer from Sevenoaks was under 20 mins for 60 silver.

But John Batchelor was race third for first 65 in 18:40. Making his VAC debut Les Presland, the long time Aldershot man who is in an all-time list on page 7, took silver of 65s.

Second woman was Margaret Moody who seems to be running into a line of form in time for international candidacy. Jacqui Reid, next, seemed to benefit from doing fewer races than previously, with 21:28.

Pauline Rich, up from the coast, ran well to clock 23:05, which was better than she did at Ljubljana, Euro Vets.

Next came Joe Cleverly, who has come back well from injury this year.

Then Joe Aspinall, from the numbers desk, and often a willing helper, won 70 gold, before going off mountain walking in Scotland.

3,000m Walk

Mark Easton, 45, was winner and clearly in the fast class at 13:48. If he had hopes of adding to his M40 Best mark he was facing the extreme level in the 13:39 of Derek Cross of Verlea. Cross wasn't around long but made sure he left his mark.

Diane Bradley and Carl Lawton battled for second place, doubtless helping her improve her own mark from last year. Now it's 15:52.3 for W45, which looks like lasting well.

Dave Stevens, sixth, from the town of Steyning, where else, is an everpresent in supervets and now first 70.

Francis Thomson, or FT to his fans,



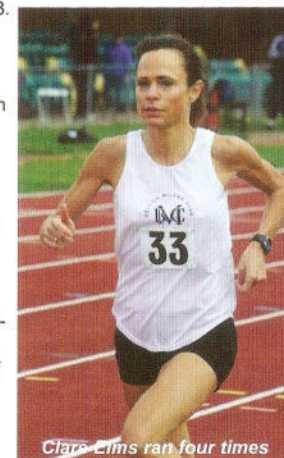
Geoffrey F east won 100m dash from Cliff Taylor and Harry Tempan

on a slightly toned-down set of events, enjoys relief in heel and toe, we suspect, and keeps inside a 19 min range.

Pole Vault

The ill health of Alf Woods and previous loss of Jim Day meant a drop in the vaulters. But expert Mick Goodall was present once again and made the highest clearance, 3.35m, or 11 feet.

New member Alison Duke set a new best all woman's Club mark of 2.30m cleared and CBP in W40. Alison is another athlete from Worthing. Alan Easey improved 5cm from '07.



Clare Elms ran four times

High Jump

John Buckingham cleared the greatest height of 1.60m, apart from guest Mark Roach.

Brian Slaughter, decathlete, favoured this over the flat jumps and maintained 1.45, same as last year.

Mick Goodall dispensed with his trusty pole, went afoot to the bar and cleared 1.45m.

Remarkable as being a distance runner doing High Jump, if not in a race at the time, we assume, versatile Jacqui Reid made a clearance, higher than last year, at 1.15m or 3'9" imperial.

Then guest Sarah Rudd from Newbury did 1.40m. Newbury AC >p10

I chose 1500 by Cecilia Morrison

My entry to VAC this year was for 800 and 1500m. I was to decide on the day which race to enter. It would not be both. Middle Distance running is new to me. Having only taken up competitive running in 2001 when I was 61 years old, I concentrated on half marathons and 10ks with a couple of marathons thrown in for good measure. I latterly ran quite a few 5ks and found that I quite liked this distance. Then I discovered track racing. I ran my first 1500m in 2004, and loved both the track and the distance. But it wasn't until the VAC last year when I ran 1500m just for fun and found that without any specific training for this distance to my surprise I had set a CBP.



I decided to concentrate on this distance together with 5k for a while to see what I could achieve. At the BMAF in Birmingham 2008, I had stiff competition in 1500 which helped me win a Gold Medal and a time of 6:04.98. This was 1.28 secs off the British Record for my age group and a pb of 9 secs. Of course I then had my mind set on breaking this record. My next chance would be in Ljubljana at the European. But the opportunity didn't work out, as

the race became very tactical and I missed out on gold by one sec and was a few seconds off the record I so badly wanted.

So the VAC Champs was to be the next time I would have a chance to run my favourite distance. I knew I was capable of the time I needed to better, 6:03.70. I was really looking forward to the occasion. But life has a mind of its own and the week previous to the Championships both my husband and I were struck down with a gastric bug. I was recovered by the day of the race though.

The conditions for the VAC Championships were pretty perfect and the trees around Kingswood Stadium shelter the track from any stiff breezes. It is a track that I like.

I lined up for the race after a good warm up and a number of strides. We were off and my first lap was on target but after that my race went downhill. The next two laps felt a struggle, the short illness had obviously taken it out of me, and I knew any chance of that British Record has gone out of the window. I pulled out all the stops for the last lap and was on target too, but the middle two were not up to scratch and I finished in a disappointing 6:07.6. Still it was a CBP, bettering my previous year's time by just over 6 seconds. This was to be my only consolation.

I will of course have another go next year, but I will be a year older and the chance of achieving my goal gets slimmer. However, I have really enjoyed having a 'go'!

Right, Brian Matthews(8), Eddie Costley(20), Phil Bell(10), Tim Carter(14) and Paul Wignall(37) in 50/55 400m



Vic Novell(36), Ken Smeeth(11), Terry Bissett(12) and Derek Wardle(29) in 200m

>from page 9 Newbury club is home to sprinters Kerry and David Elderfield and Sean Burke too.

Last but not least Emily McMahon, who declined a solo run at hurdles, equalled the CBP of 1.20m

Long Jump

Traffic problems had delayed John Shepherd so he missed the chance to race Pat Logan once again but still got through in time for this. His 5.95m was the day's longest leap and close to the 6 metre CB he must have been after.

Despite being at the same time as 200m, Brian Matthews fitted this in and took M50 gold.

Specialist jumper Allan Cheers did well in 60 class with 4.40m. Next was a thrower who has an athletics history, David Kuester, from Bicester.

Guest Joanne Regan, 35, was longest jumping lady with 4.59 but Alison Duke who had done PV was best of Club with 4.32. Then Sara Rudd, 3.98, Mandy Jones, 3.91, and Emily 3.87 were travelling a bit in the 'not as easy as it looks' event. Age being such a leveller in the jumps we call Geoff Feast, out to 3.13 at 75.



- Hammer** W35 Yvonne Jacobs 38 29.08. W40 1 Joanne Davison(G) 44 44.71, 2 Jaqui Reid 42 13.25. W50 Jenny Piercy 53 30.30, 2 Sigrid Roberts 51 29.92. W55 1 Vilma Thompson 56 30.10, 2 Linda Harrison 57 18.38, 3 Jacqui Obeney-Williams 16.72. W60 1 Rosemarie Hutton 61 31.36, 2 Elizabeth Sissons 64 28.27, 3 Barbara Terry(G) 61 25.82. M40 142 Robert Lowe 42 17.28. M45 Tony Tipping 46 37.34. M50 1 Mike Small(G) 54 44.10, 2 Keith Seldon 50 31.19. M55 Francis Thomason 59 11.65. M60 1 Christopher Melluish 64 46.50, 2 David Kuester 64 32.30, 3 Richard Jegou(G) 63 29.51. M65 1 John Gilbert 65 32.70, 2 Brian Harlick 25.59, 3 William Hudson 67 24.93, 4 Peter Shevlane 68 24.52. M70 1 Hamilton Thomas 71 38.93 (CBP), 2 Gordon Hickey 74 25.26. M75 1 Peter Barber 75 35.97(CBP), 2 Phil McEvoy 76 34.71, 3 Jaroslav Hanus 78 28.73, 4 Cliff Taylor 76 26.72.
- Shot Putt** W35 1 Sue Lawrence(G) 37 10.10, 2 Jacobs 5.17. W40 Reid 42 5.13. W45 Alice Campbell 45 5.20. W50 1 Piercy 7.57, 2 Roberts 6.50. W55 1 Vilma Thompson 56 10.62 (CBP), 2 Harrison 5.62, 3 Obeney-Williams 5.46. W60 1 Sissons 9.90, 2 Terry(G) 8.68. W75 Marie Grant-Stevens 76 6.09. M40 1 Robert Lowe 42 8.11, 2 Eric Campbell 44 5.67. M45 1 Tony Tipping 46 11.46, 2 Ian Mackett 47 6.05. M50 1 Mike Small(G) 54 13.41, 2 Brian Slaughter 51 11.07, 3 Keith Seldon 50 9.72, 4 Paul Williams 50 6.08. M55 1 Anthony Richards 59 11.01, 2 Francis Thomason 59 5.53. M60 1 Peter Virgo 63 11.20, 2 Jegou(G) 10.51, 3 Kuester 10.04, 4 John Donaghey 60 9.45, 5 William O'Connor 63 7.00. M65 1 Norman Rice 65 10.00, 2 Gilbert 9.81, 3 Hudson 8.94, 4 Shevlane 8.04. M70 1 Hickey 10.16, 2 Thomas 71 9.00, 3 Barrie Strange 73 8.68. M75 1 Taylor 8.89, 2 Hanus 8.75, 3 Barber 7.13.
- Discus** W35 1 Lawrence(G) 37.22, 2 Jacobs 17.62. W40 Reid 14.72. W45 Campbell 14.46. W50 Piercy 19.04, 2 Roberts 16.69. W55 1 Thompson 24.55, 2 Harrison 13.90, 3 Obeney-Williams 12.76. W60 1 Terry(G) 21.63, 2 Sissons 19.61. W75 Marie Grant-Stevens 76 14.80 (CBP). M40 1 John Buckingham 41 32.40, 2 Lowe 42 20.76. M45 1 Tipping 35.31, 2 Fario Marismari 45 26.76, 3 Ian Mackett 47 14.80. M60 1 Virgo 36.27, 2 Donaghey 33.40, 3 Jegou(G) 30.65, 4 Kuester 64 27.95. M65 1 Gilbert 33.82, 2 Harlick 32.64, 3 Hudson 31.40, 4 John Curtin 65 29.77, 5 Shevlane 25.98. M70 1 Thomas 32.09, 2 Hickey 29.08, 3 Barrie Strange 73 23.13. M75 1 McEvoy 24.35, 2 Hanus 24.29, 3 Barber 23.42, 4 Taylor 21.24.
- Javelin** W40 Reid 14.77. W50 1 Piercy 17.40, 2 Roberts 12.79. W55 1 Thompson 24.51, 2 Harrison 12.49, 3 Obeney-Williams 11.97. W60 1 Sissons 21.68, 2 Terry(G) 19.61. M40 1 Jeremy Tigar 43 48.52, 2 Lowe 25.49. M45 Tipping 37.19. M50 1 Keith Seldon 50 40.37, 2 Small(G) 39.89. M55 1 Anthony Richards 59 33.79, 2 Francis Thomason 59 9.73. M60 1 David Kuester 64 34.93, 2 John Donaghey 60 26.23, 3 William O'Connor 18.19. M65 1 Ashley Fox 65 37.27(CBP), 2 John Gilbert 65 25.86, 3 Brian Harlick 66 25.85. M70 Gordon Hickey 74 25.73.
- Pole Vault** M45 Alan Easey 45 3.20. M50 Slaughter 2.80. M55 Michael Goodall 58 3.35. M65 Harlick 2.70. W40 Alison Duke 43 2.30(CBP)
- High Jump** M40 1 Mark Roach(G) 1.65, 2 Buckingham 1.60. M45 Ian Mackett 47 1.15. M50 1 Brian Slaughter 51 1.45, 2 Seldon 1.35. M55 Michael Goodall 58 1.45. M65 Harlick 66 1.15. M75 Taylor 76 1.10. W40 Reid 1.15. W40 Sarah Rudd(G) 40 1.40. W45 Amanda Jones 46 1.25. W55 Emily McMahon 58 1.20 (=CBP).
- Long Jump** M40 Buckingham 41 5.71. M45 1 John Shepherd 46 5.95, 2 Dave Shields 47 4.75, 3 Mackett 2.79. M50 Brian Matthews 51 4.66, 2 Seldon 50 3.88, 3 Peter Morgan 53 3.87. M60 1 Allan Cheers 64 4.40, 2 David Kuester 64 3.80. M75 Geoffrey Feast 76 3.13. W35 1 Joanne Regan(G) 39 4.59, 2 Sarah Wells 39 3.55. W40 1 Alison Duke 43 4.32, 2 Sarah Rudd 40 3.98. W45 1 Amanda Jones 46 3.91, 2 Alice Campbell(G) 45 2.40. W55 1 Emily McMahon 58 3.87, 2 Fiona Argent 55 3.27, 3 Linda Harrison 57 2.60.
- Triple Jump** M45 Dave Shields 47 10.35. M55 Francis Thomason 59 5.99. M60 Allan Cheers 64 9.64. M65 Norman Rice 65 8.5 (CBP). W35 Joanne Regan(G) 39 9.34. W40 Sarah Rudd 40 7.92. W55 Linda Harrison 57 5.68.
- Hurdles** M65 Barry Ferguson 66 16.46(CBP).
- 100m** M45 1 Patrick Logan 48 11.95, 2 Fario Marismari 45 13.77. M40 1 Barrington King 42 12.28, 2 Milton McIntosh 42 12.39, 3 Andy Hunt 41 13.07. M50 1 Brian Matthews 51 13.08, 2 Philip Bell 54 13.38, 3 Peter Morgan 53 14.22, 4 Paul Williams 50 20.18. M55 1 Tim Carter 55 13.92, 2 Alan Perry 55 14.13. M60 1 Ken Smeeth 63 13.24, 2 Victor Novell(G) 63 13.38, 3 David Whittaker 64 14.99, 4 John Donaghey 60 15.69. M65 1 Barry Ferguson 66 14.18, 2 Charles Isetts 66 14.45, 3 Allan Sowden 68 16.63. M70 John Godbeer 73 16.76. M75 1 Geoffrey Feast 76 17.18, 2 Cliff Taylor 76 18.47. M80 1 Harry Tempan 83 17.90, 2 Lewis Lilliman 83 32.22. W35 Joanne Regan(G) ??? 39 14.42. W40 Jaqui Reid 42 16.33. W45 1 Kirstin King 46 13.36, 2 Kerry Scudder 47 14.51. W50 Joan Trimble 53 14.68. W55 1 Emily McMahon 58 15.14, 2 Fiona Argent 55 15.78.
- 200m** M40 1 McIntosh 25.67, 2 Hunt 26.22, 3 B King 26.26, 4 Mark Cook 41 26.27, 5 Mark Archer 42 34.14. M45 1 Logan 24.92, 2 Marismari 28.28. M50 1 Slaughter 26.53, 2 Matthews 26.59, 3 Philip Bell 27.16, 4 Eddie Costley 54 27.38, 5 Morgan 28.06, 6 Williams 41.90. M55 1 Carter 28.26, 2 Perry 29.60. M60 1 Terry Bissett 64 27.30, 2 Novell(G) 27.47, 3 Smeeth 27.75, 4 Derek Wardle 64 28.01, 5 Whittaker 30.89, 6 Cashel Riordan 61 32.11, 7 Wm O'Connor 63 37.17. M65 Sowden 33.39. M70 Godbeer 37.37. M80 Tempan 38.16. W35 Jacobs 37.71. W45 1 Scudder 29.78, 2 Campbell 45 52.55. W50 Trimble 30.39. W55 Fiona Argent 55 33.02.
- 400m** M40 1 Hunt 57.1, 2 McIntosh 58.72, 3 Eric Campbell 44 65.35, 4 Archer 77.01. M45 1 Easey 45 61.71, 2 Mackett 74.08. M50 1 Matthews 60.7, 2 Costley 62.21, 3 Bell 62.75, 4 Williams 113.65. M55 1 Carter 63.02, 2 Paul Wignall 55 65.63. M60 1 Wardle 63.47, 2 O'Connor 85.83. M65 John Garber 66 72.57. W35 Sarah Wells 39 70.07. W40 Clare Elms 44 66.10. M80 Harry Tempan 83 83.79(CBP)
- 800m** M35 Jaran Finn 35 2:16.37. M40 1 Richard Tomlinson 40 2:11.20, 2 Stephen McDuell 43 2:11.35, 3 Campbell 2:37.76, 4 M Archer 3:00.34. M45 1 Andy Gannaway 45 2:18.81, 2 Neil Taylor 49 2:24.12. M50 1 Frank Ward 50 2:16.41, 2 Brian Slaughter 51 2:16.89, 3 James Wallace 51 2:29.25. M60 1 Wardle 61 2:25.40, 2 Michael Mann 60 2:25.90, 3 O'Connor 63 3:14.72. M75 Taylor 4:10.35. W40 1 Elms 2:17.29, 2 Reid 2:40.85. W45 Diane Farmer(G) 49 2:53.47
- 1500m** M40 Tomlinson 4:40.62. M50 1 Ward 50 4:44.97, 2 Terry O'Neill 50 5:01.91, 3 Steve Smythe 50 5:14.20, 4 Wallace 5:14.93. M55 1 Ken Daniel 58 4:52.43, 2 Cliff Hide 56 5:33.48, 3 Maurice Marchant 59 5:55.1. M60 1 Mann 60 5:05.62, 2 Alan Davidson 61 5:52.2, 3 Dennis Williams 62 6:13.1, 4 William O'Connor 63 6:49.4, 5 Edwin Bartlett 64 7:23.9. M65 Garber 5:35.4. M70 Edmond Simpson 71 5:55.4. M75 Eric Shirley(G) 79 7:22.9. W40 1 Elms 44 5:04.1, 2 Reid 42 5:39.5. W45 Farmer(G) 5:48.0. W55 Margaret Moody 59 5:59.8. W65 Cecilia Morrison 68 6:07.6 (CBP)
- 5,000m race** 1 M40 John Kilroe 41 20:48.32. M45 Tim Ellis 48 17:38.31. M50 1 Nigel Burnell 50 18:49.39, 2 Smythe 50 19:45.35. M55 Thomason 59 24:13.94. W40 Elms 44 17:55.63. **5,000m race** 2 M60 1 Mann 60 18:29.83, 2 John Denyer 60 19:43.76, 3 Alan Davidson 61 22:00.28, 4 Edwin Bartlett 64 27:35.49. M65 1 John Batchelor 67 18:40.63, 2 Les Presland 68 20:36.29. M70 1 Joe Aspinall 70 23:35.08, 2 Brian Shave 74 24:43.84. M75 Joe Cleverly 75 23:07.04. M80 Ron Franklin 80 33:47.50. W40 1 Anna Critchlow 40 18:15.75, 2 Reid 42 21:28.04, 3 Nichola Atkins 44 21:40.65. W55 Moody 21:11.98. W60 Pauline Rich 63 23:05.19
- 3,000m Race Walk** 1 Mark Easton 45 13:48.7, 2 Diane Bradley W46 15:52(CBP), 3 Carl Lawton 60 16:06.7, 4 Shaun Lightman 65 16:58.2, 5 Helen Middleton W45 17:07.2, 6 Dave Stevens 72 18:43.0, 7 Thomason 19:11.7, 8 Ivor Groves 49 20:10.8, 9 David Hoben 55 20:37.2, 10 Keith Walker 60 20:44.3, 11 John May 77 21:31.3, 12 Harvey Jaquest 81 25:05.3, 13 Jack FitzGerald 85 28:49.2(CBP)

My Beijing Olympics Diary, by Mike May

11 August Day 1-2 London Heathrow to Beijing via Hong Kong. I find my roommate Graham at the Heathrow departure gate (single room supplements for two weeks can really mount up, so it pays to be flexible about sharing a room), and chat to Mike Fleet, also in our Centresport Tours/BASC group. I don't sleep too well on the flights. Beijing's new airport is very impressive, in size and efficiency. Our hotel Redwall is just round the corner from the Forbidden City.

Day 3 I join the group's tours to the Imperial Summer Palace; it's very beautiful, next to a large, man-made lake, full of dragon prowed ferries. Alongside is the longest corridor in the world, with 14,000 paintings on its wooden panels and Mike Fleet takes photos of everything. Then a rickshaw ride into the Hutongs (alleys) and lunch in someone's home, after which the hardier among us tackle the Forbidden City, which is magnificent and goes on forever. At dinner with Mike Fleet in Sichuan Hotpot we get the ordering wrong and end up with a lot more than we bargained for; a 10 yuan (13 to £1) bowl of soup turns out to be a meal in itself. Food in Beijing is excellent value, and the £200 of currency I brought out lasts most of the trip, though hotel draught beer prices are similar to London.

Day 4 At Olympic Park as I don't have a ticket for that day I can't go through security into the Park. Then souvenir hunting and come out of Olympic Flagship Store to find it pouring. After a wait, I start mall-hopping and presently a kindly old Chinese gentleman offers to share his umbrella the rest of the way. The Chinese are very friendly even when vocabulary is limited.

Day 5 Athletics starts with 9am morning session. All my tickets are in Tier 3, i.e. the highest, of the Bird's Nest. I have an uncluttered view, though I need my binoculars to identify athletes on the other side of the stadium, and the GB kit is not very distinctive, e.g. from the French, but some people in lower tiers with more expensive seats have their view cluttered by hammer cages, TV cameras etc. Food in Olympic Park is limited, and there is a ban on bringing in your own food and drink. Getting through the queues for security checks can take 20-30 minutes and have to be endured twice a day if you have morning and evening tickets, as there is a limited amount to do in the Park. Apart from snack kiosks, the only place to have lunch is McDonalds!!! Stayed for the Women's 10,000m, and returned by Subway. I got to bed very late, and have to get up early for the next morning session so lack of sleep is the theme of the whole trip.

Day 6 Highlight is Usain Bolt's 100m. Disappointment was Kelly Sotherton, flat in her best events though did unusually well in the Javelin. She must have lost too much fitness to her illness.

Day 7 Watch women's marathon on TV over breakfast as Paula Radcliffe finishes, but had lost too much training. See three British men qualify for the High Jump final, and the Jamaican women do a clean sweep of the 100m medals.

Day 8 Up early to catch mens' 400m heats and the Triple Jump and 200m. But the Hurdles is disappointing when Liu Xiang pulls out; it had been spread over 4 days, so as many Chinese could see him compete as possible. When Robles eventually won, his medal ceremony was held very late when the stadium was emptying. But we have another WR from Yelana Isinbayeva – what a great showwoman – and a huge roar erupts when she makes it on the third attempt.

Day 9 By now we were wondering if GB would get any Track and Field medals, but thankfully Christine Ohurogu won the 400m, and Germaine Mason got High Jump silver. Also British girls got to final in 200m, Javelin and Long Jump did well so it ended as a good day.

Day 10 To Beijing Zoo to see the Pandas before Bolt did his 200m and Tasha Danvers' bronze in 400mH.

Day 11 I follow the Decathlon but a main disappointment is the men's 4 x 100m fiasco.

Day 12 Awde does better on day 2 of Decathlon, eventually finishing 21st. 4 x 100m women are knocked out of race (literally) by Jamaicans. There is a thrilling finish to the men's Pole Vault, and Usain anchors Jamaica to another World Record in sprint relay.

Day 13 At Temple of Heaven first, we come out via a portico, where there are people singing and dancing, and others playing cards and Majong. In the evening, we have good competitions to watch but both GB 4x400 teams don't quite make it to the rostrum.

Day 14 Go into Jinshang Park to north of Forbidden City and climb hill to get view and again find more singers and dancers, and poets/reciters accompanying themselves on maracas. Closing Ceremony seen over dinner in hotel where some elderly Brits are not very impressed with London 2012 contribution.

Day 15 Tour to Great Wall at Mutianyu (access by chair lift), followed by banquet with Beijing Duck.

Day 16 26 August. Fly home via Hong Kong.

12 August, 5K Champs Battersea Park

1 Victor Maughn(HHH)	46	1 16:44	†
2 David Cox(WGEL)	55	1 16:59	†
3 Richard Tomlinson(ESM)	40	1 17:02	
4 Anna Critchlow(W4)	40	1 18:09	†
5 Gareth Jones(Oxf)	62	1 18:38	
6 Terry O'Neill(Bel)	55	2 18:48	
7 John Batchelor(Ilf)	67	1 18:51	†
8 Julian Spencer-Wood(Kent)	57	3 18:53	
9 Stuart McIntyre(RPR)	60	2 18:54	
10 Tim Kelly(L Ir)	54	1 18:56	
11 Cain Bradley(Ton)	48	2 19:03	
12 Steve McDuell(HW)	43	2 19:16	
13 Stu Littlewood(HW)	56	19:48	
14 Rob Sargent(Lou)	54	2 19:58	
15 Alison Brownhill(W4)	W45	1 20:00	
16 Les Presland(AFD)	68	2 20:04	
17 Michael Johnson(THH)	65	3 20:23	
18 Richard Hammerson(RRR)	66	20:50	
19 Jacqui Reid(Met Pol)	W42	2 20:53	
20 Jeff Prestridge(Serp)	49	3 21:00	
21 Sean Dillon(L Ir)(G)	54	2 21:16	
22 Alan Davidson(HasB)	61	3 21:26	
23 Martin Lippitt(Trent)	55	22:39	
24 Joe Cleverly(NEIJ)	75	1 23:10	
25 Dennis Williams(HW)	62	23:13	
26 Joe Aspinall(VAC)	70	1 23:36	
27 Brian Shave(RRR)	74	2 24:38	
28 Ann Bath(26.2)	W60	1 24:39	
29 Ken Tuson(VAC)	70	3 24:40	
30 Pam Jones(Ilf)	W72	1 24:56	†
31 Anne Lippitt(Trent)	W53	1 25:39	
32 Ed Bartlett(VAC)	64	25:44	
33 Cliff Collins(L Irish)	72	25:46	
34 Peter Torre(SB)	66	26:11	
35 Alistair Jackson(VAC)	65	26:56	
36 Mike Browne(VAC)	77	2 28:23	
37 Kevin Burnett(SOC)	69	31:23	

VAC 5M Road Race Walk

1 Arthur Thomson(VAC)	72	1 45:10	
2 Carl Lawton(Bel)	60	1 45:27	
3 Diane Bradley(Ton)	W46	1 45:28	
4 Shaun Lightman(SWC)	65	1 45:38	
5 Mike Scammell(Bel)	53	1 47:05	
6 Mark Culshaw(Bel)(G)	40	1 47:49	
7 Helen Middleton(Leics)	W45	47:50	
8 Mike Harran(HHH)(G)	70	49:13	
9 Paul King(Bel)	57	1 49:24	
10 Peter Hannell(SWC)	65	49:39	
11 Chris Flint(L Vid)	62	50:43	
12 Bernie Hercock(E&H)	71	56:33	
15 David Hoben(SWC)	65	56:40	
14 John May(L Vid)	75	1 62:19	

Officials

C Gittins, S Bennett, R Belmore, J Hemming, D Williams, C Hide

VAC Age group records achieved: symbol †

No Walk records are listed because none have ever been established.

Race Walk: the new Secretary Chris Flint will be pleased to hear from you by email at his home which is listed in Officers, p2.

Road Secretary Bob Belmore, 01428 654749



Battersea Road July, August 08

5K Champs is popular, much more than 5,000m track so perhaps it deserved fine conditions. Global warming or no, have you noticed there hasn't been a really hot night at Battersea for years. Over the series Michael Johnson and Cliff Collins did the full hand of five, 'ever present' Dennis Williams scored minus one, while Cox, Stu Littlewood the new 55, Ed Bartlett the improver, rolled out four runs apiece.

Speedy Vic Maughn added to his tally of two CC titles with a smooth win in the August 5K Championships. Vic also reset Ken Daniel's old Eastway mark by 3 secs. Eastway was a tough, odd course but a bit special, in sight of the Olympics site at Stratford.

The second this time, David Cox, was close to his younger rival at one lap and so bettered Liam O'Hare's best of '04.

The next, Richard Tomlinson, who has moved up to M40 improved over last year which is how new 'cub' vets go.

Anna Critchlow's 18:09 seemed to be achieved with a bit to spare but is a good performance too.

In Race Walking Mark Easton maintains his eminence while Arthur Thomson showed he is still a force to be reckoned with, taking the July 5M outright. That night the first four walkers were within half a minute, and the next three inside a minute, making a cracking contest.

Full fivers David Hoben and Bernie Hercock carried on their private scrap right the way through the series and we make the score "Hoben 3, Hercock 2" and "Queen of the South 1, Dunfermline Athletic nil"!

29 July, Battersea park		
1 David Cox(WGEL)	55	1 27:56
2 Michael Johnson(THH)	65	1 33:51
3 Ian Mursell(VAC)	56	34:56
4 Anna Garnier(THH)	W53	1 34:59
5 Jacqui Reid(Met Pol)	W42	1 35:27
6 Mike Harran(HHH)(G)	70	1 38:01
7 Martin Lippitt(Trent)	55	38:07
8 Dina Francis(KP)	W48	1 38:32
9 Mark Archer(VAC)	41	40:42
10 Julia Gristwood(ESM)W49	40:54	
11 Cliff Collins(L Irish)	72	2 42:23
12 Ed Bartlett(VAC)	64	1 43:39
13 Anne Lippitt(Trent)	W53	1 44:25
14 Peter Torre(SB)	66	45:41
15 Mike Browne(VAC)	77	1 49:23

VAC 5M Road Race Walk

1 Mark Easton(SWC)	44	1 38:49
2 Ian Richards	60	1 42:10
3 Steve Uttley(Ilf)	45	1 44:32
4 Richard Brown(SWVAC)	60	46:23
5 Carl Lawton(Bel)	60	46:33
6 Mike Scammell(Bel)	53	1 46:52
7 Shaun Lightman(SWC)	65	1 47:34
8 Mike Hinton(Ilf)	67	47:59
9 Paul King(Bel)	57	1 48:33
10 Chris Flint(L Vid)	62	48:37
11 Peter Hannell(SWC)	65	50:02
12 Lawrence Dordoy(Ilf)	52	51:56
13 Peter Crane(SWC)	63	52:45
14 Ron Powell(E&H)	70	1 54:37
15 David Hoben(SWC)	65	55:10
16 Bernie Hercock(E&H)	71	1 56:12
17 Kevin Burnett(SWC)	68	64:26

Ofcls: C Gittins, D Turner, S Bennett, R Belmore,



St Mary's meet

100m	age	time
1 Simon Chapple(SMR)	18	11.7
2 Ifeanyi Chima(SMR)	16	11.7
3 Paul Lavender (E&E)	52	12.4
4 Gary Palmer(SMR)	41	12.4

Race 2

1 Jaedon Cooke(SMR)	13	12.9
2 Stephen McDuell(HW)	43	13.1
3 Mike May(KP)	47	13.2
4 Phil Bell(Harr)	54	13.2

Race 3

1 Joe Angliss(SMR)	14	13.0
2 Ken Smeeth(E&E)	63	13.2
3 Paul Wignall(HW)	55	13.6
4 David Whittaker(E&E)	64	14.9

Race 4

1 Mike Martineau(B&B)	62	15.3
2 John Godbeer(Cam H)	73	16.5
3 Cliff Taylor(VAC)	76	17.5
4 Kevin Burnett(SOC)	69	18.1

Gibson: 1 McDuell, 2= Smeeth, Bell, 4= Palmer, Wignall, Godbeer, Lavender

200m

1 Gary Palmer(SMR)	41	25.4
2 Stephen McDuell(HW)	43	26.4
3 Phil Bell(Harr)	54	26.6
4 Mike May(KP)	47	26.9
5 Ken Smeeth(E&E)	63	27.6

Race 2

1 Paul Wignall(HW)	55	28.2
2 David Whittaker(E&E)	64	30.0
3 Mike Martineau(B&B)	62	32.0

Gibson: 1 May, 2= McDuell, Bell, 4 Wignall, 5 Palmer

400m

1 Mark Baker(HW)	47	55.5
2 Julian Spencer-Wood(Kt)	57	61.7
3 Stephen McDuell(HW)	43	64.2
4 Phil Bell(Harr)	54	66.6
5 Paul Wignall(HW)	55	67.0
6 Mike May(KP)	47	70.8
7 Mike Martineau(B&B)	62	76.9

Duncan McClean Over 60 Cup: MM

Gibson 1 Baker, 2 Spencer-Wood, 3 Bell, 4 McDuell, 5 Wignall

1 Mile

1 Clare Elms(Cam)	W44	1 5:00.3
2 Steve Smythe(Dul R)	50	1 5:54.7
3 Cliff Hide (Serp)	56	1 5:55.1
4 Andy Murray(Dul R)	55	5:57.1
5 Steve Edwards(Serp)	51	5:58.0
6 N Richards(Dul R)	W38	1 6:00.5
7 Michael Johnson(THH)	66	1 6:09.8
8 Dan Maskell(VAC)	60	1 6:20.8
9 Dennis Williams(HW)	62	6:31.9
10 Margt Moody(VAC)	W59	1 6:33.5
11 Joe Aspinall(VAC)	70	1 7:20.2

3,000m

1 Victor Maughn(HHH)	46	1 9:57.0
2 Dan Pescod(HW)	37	1 10:42.4
3 Nicky Atkins(K&P)	W44	12:20.5
4 Margt Moody(VAC)	W59	1 12:30.2



Mark Baker

**coming in to
PB 55.5**



Dennis gives the Mile Cup to Clare Elms

GIBSON CUP: final result

33.5	P Bell
27	M May
26.5	J Trimble
25	S McDuell
19	G Palmer
17	M Cook
14	P Wignall
12.5	D Whittaker
11.5	G Walcott
10	C Isetts, and 14 more
9.5	J Godbeer
9	T Carter
8	D Barrington
7.5	J Shepherd
6	M Baker, R Hyde, P Morgan
5.5	K Smeeth
5	C Riordan, J Spencer-Wood
4	M Martineau, P Williams
2.5	B King, A Sowden
2	M Brown J Greenwood, C Taylor
1.5	P Lavender. 1 K Burnett

We thank St Mary's College and Richmond and Twickenham AC for their cooperation and the pleasant facilities.

The venue is different to other tracks, possibly thanks to the spacious field adjoining as well as the young students. Young athletes came in our sprints and also had 800m races, not recorded.

Gibson Cup was completed but without the previous leader Joan Trimble away with family. Mike May scored 6 points in 200m but Phil Bel, who has run in all 12 events, ended with a strong 400 and a score in each race. That gave him 13 over May's 8 on the day. McDuell, Palmer, equal fastest vet, Trimble and Wignall who all did well, ran in 6 out of the 12 races.

Mark Baker set off fast in the well contested 400m and held on for a PB, certainly recent PB, and best of his six under 56,

so consistent, this year.

In the annual Mile Clare Elms made it look easy but should be close to top in UK with her 5:00.3. After Steve Smythe the next four Andy, Cliff Steve and Dulwich guest were in real earnest till Cliff Hide found the most.

Club strip for the League

Official Kit – Polyester sheen singlets with embroidered VAC

Womens - sizes 32/34", 34/36",

38/40": £16.00

Mens - sizes 36/38", 38/40", 42/44",

46" £16.00

Plus P&P 65p.

Cheques payable

'Veterans AC'

contact **Douglas**

Maughan: tel work 020

8752 1010 or

at **Belgrave Hall** on CC days

douglassports@kirkman.demon.co.uk

Douglas Sports, 9 Acton Hill Mews,

310-328 Uxbridge Rd, London W3 9QN

All proceeds go to Club funds



10,000m Champs 3 Sept 08



Steve Smythe(22) had a lead from Mike Bradley

Race 1 Older Men & Women

1 Anna Critchlow 40 W40 1	37:33.0
2 John Batchelor 67 M65 1	38:37.1
3 Michael Johnson 66 M65 2	42:07.6
4 Les Presland 65 M65 3	42:20.0
5 Tony Farmer 61 M60 1	42:28.1
6 Lynn Wilson 51 W50 1	42:45.1
7 Margaret Moody 59 W55 1	43:58.7
8 Leon Goldsack 43 M40 1	46:55.2
9 Michael Miller 70 M70 1	46:59.3
10 Francis Thomason 59 M55	50:06.4
11 Brian Shave 74 M70 2	50:22.6
12 Pamela Jones 72 W70 1	51:49.4
13 Mike Morfey 65 M65	53:43.8
14 Edwin Bartlett 64 M60 2	54:00.0
15 Carole Wisdom 50 W50 2	56:05.8

16 Mike Browne 77 M75 1 59:43.2

Race 2 Men 50 - 64

1 David Cox 55 M55 1	35:17.2
2 Peter Crockford 50 M50 1	36:44.9
3 Liam O'Hare 60 M60 1	37:24.9
4 Steve Smythe 50 M50 2	37:35.6
5 Mike Bradley 51 M50 3	37:39.8
6 Jaran Finn 35 M35 1	39:08.1
7 Stewart McIntyre 60 M60 2	40:04.3
8 Martin Brasher 55 M55 2	41:32.7
9 Rob Sargent 54 M50	41:44.7
10 Andy Murray 55 M55 3	42:47.4

McDowell Trophy awarded to Dave Cox
VAC Record W70 Pam Jones 51:49.4

The club appreciates the strong muster of officials and faultless set of results judged and timed. Not to mention the performances of the runners who completed the testing event. It was hoped to split the entry into even races but like the 5,000 didn't fall that way.

Anna Critchlow went out fast and was well clear at one lap, with John Batchelor next. Said she "I haven't run one before; it's remorseless!" Not a bad start though if you consider Anna was in top 20 of all women list, Jo Pavey first, and 2nd 40.

Tall Tony Farmer was in a duel with not so tall Lynn Wilson with the order changing. Finally Farmer was only 17 secs ahead of Lynn, encouraged by her partner Martin, at the end. Tony had won this race in 2005 so it seems to be habit forming.

Then 1st W55 was a confident Margaret Moody, next.

A notable duel was Michael Johnson from Les Presland; they ran in Indian file most of the way. For once the man who sat in was not the winner because Michael moved away late and got the silver. But Les's time was nearer to John Batchelor relative to Kingsmeadow 5'. In 5K national list they are now fourth and sixth.



Lyn Wilson and Tony Farmer lead Michael Johnson and Les Presland(!)

John for his part was satisfied with his run in 38:37 for race second and 65 gold. It made him top 65, above Bingley's Mike Smith.

Liam O'Hare, who has a history in this event, flew in from Spain that afternoon, ready to race. After early second he yielded to younger Pete Crockford but clocked 37:24.9 which seems to be improvement on his overseas times in the sun. Come again, son.

Crockford is a new member from London Heathside making his debut here and certainly improving on his estimate time.

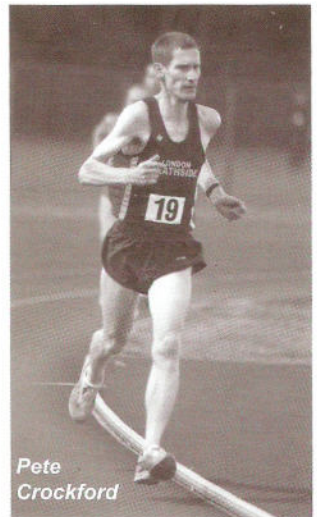
Leon Goldsack was back after an operation and going well.

Michael Miller of Hillingdon was in good shape to be first 70, from another very fit septuag, Brian

Shave, now sporting the Reading RR vest.

Pam Jones put a W70 mark into the book with her 51:49.4, making a neat set with her road pair, 5.0M and 5K, all achieved this year.

Eight members had run the event before such as Martin Brasher, up from Nailsea, Bristol for the Civil Service, and the durable Rob Sargent from Essex, which must prove something.



Pete Crockford



Fixtures



VAC distance

- Sat 4 Oct VAC CC Wimbledon Common 2.30
- Sat 11 Oct Surrey League Wmn 12.15, Men 3pm
Nork Park, HQ Methodist Hall, The Drive,
Banstead. GR 2359 and see below
- Sat 1 Nov Loughton AC Inter Club 2.30 VAC team
- Sat 8 Nov Surrey Lg Women 12.15, Men 3pm
Lightwater Country Park, Bagshot or M3 Junc 3
- Sat 15 Nov South of Thames 5M Lloyd Park
- Sun 16 Nov EPSOM 10M Road with VAC Champs
- Sat 29 Nov VAC CC Wimbledon Common 2.30
- Sat 13 Dec VAC CC Inter Club with HW, 2pm
- 20 Dec South of Thames 7M Belgrave Hall
- Sat 27 Dec VAC CC Wimbledon Common 2.30

- Sat 10 Jan Surrey Lg Div III Lloyd Park 2.30pm
- Sat 10 Jan Surrey Wmns Lg Farthing Downs *note 12pm*
- Sat 17 Jan VAC CC Champs M&W Wimbdon 2.30
- Sat 7 Feb Surrey Lg Div III Wimbledon (VAC) 3pm
- Sat 7 Feb Surrey Womens Leag Lloyd Park 12.15pm
- Sat 28 Feb VAC CC Wimbledon 2.30 tbc
- Sat 28 Mar VAC CC Wimbledon 2.30 tbc

Eligibility for CC Leagues, Men and Women teams:
1st claim member of VAC, or 2nd Claim to VAC and
not member of any club competing in Surrey Lg.
Road / CC Secretary Bob Belmore 01428 654749.
Womens' Mngr Vernon Martin 01494-443344.

Race Walking

- Sat 11 Oct VAC 5K Walk Champs Enfield 2pm
- Sat 22 Nov 7M Walk Champs, Belgrave Hall 2pm
Secretary Chris Flint email bettychrisrf@hotmail.com

National / International 2008-09

- 21 Sep Marathon ANGLESEY
- 4 Oct Cross Country Relays MANSFIELD and
Selection Meeting after
- 15 Nov International CC SWANSEA
Candidates for England team apply *asap*
Charlie Dickinson, 20 Broadhinton Rd, London
SW4 0LU; tel 7720 1062; email editor below
- 7/8 Mar Indoor T&F& Full throws LEE
VALLEY
- 21 Mar CC RUTHIN Denbighshire, N Wales

Other races and veteran 08 -09

- 18 Oct Surrey Co Vets CC Richmond Park Wmn 6K
2.30pm, Men 10K 3pm. HQ Petersham;
enter Don Turner 40 Rosedale Rd, Stoneleigh,
Epsom Sy KT 17 2JH. 8393 8950. cd 14 Oct
- 8 Jan Surrey County CC Champs Lloyd Park
- 21 Feb National CC, Parliament Hill
- 22 Feb VAC Indoor Championships Lee Valley with
EVAC and BMAF Pentathlon
- 7 Mar Croydon H Inter Club CC Lloyd Park VAC
Team
- 26 Apr London Marathon. Rejected apply to Secretary

Welcome to Wimbledon
Where the Wombles roam

VAC N/L October 2008

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Assistant Bob Belmore
Print & mail JKB & Wellington Press, Sutton

Wimbledon Cross Country, HQ at Belgrave Hall,
Denmark Rd, SW19. Parking restrictions. Full facilities,
good refreshments; jog to start, allow 15 mins.
Course at Caesar's Well, 3 laps 5.8 miles. Marshalls
wanted. Fee £3. Sketch maps.

Nork Park twixt A240 and A217 and Banstead &
Burgh Heath, sketch map available, see website.

Enfield Walks at Queen Elizabeth Stdm, Donkey
Lane, Enfield Middx. GR 340973.

Loughton AC, South View Rd, Loughton Essex;
sketch map from Editor possible.