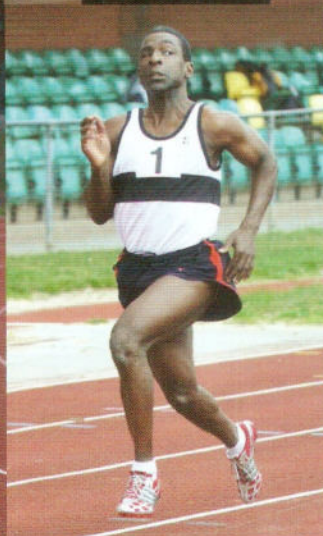
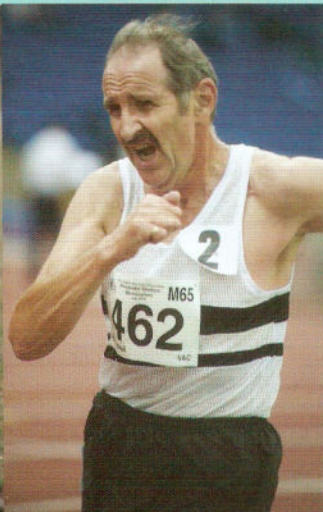
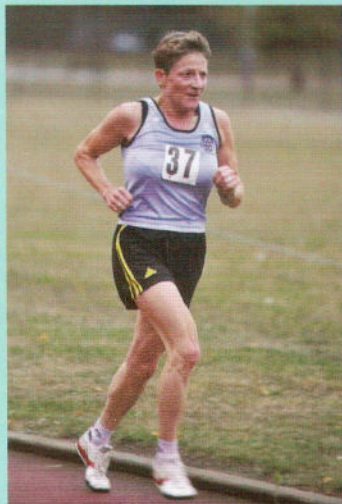


Veterans Athletic Club

Newsletter October 2009



p2	Notice of AGM –	8/9	T&F Champs report	15	Road races
Officers		10	T&F continued	16	Fixtures
3	News and views	11	T&F results	Pictures above: Ros Tabor(37);	
4	10,000m	12	Treasurer's float	Peter Hannell(462); Milton	
5, 6	Margaret Moody	13	Liam O'Hare	McIntosh(1) and Gary Palmer(12)	
7	Inter Area T&F	14	Walking; St Mary's		

Officers of the Veterans AC, established 1931

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Vice Presidents	Mike May, Philip Bell	
Past President at Committee	Cecil Gittins	
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Webmaster	Michael Peel	mike@mikepeel.co.uk

Report of AGM 17 September

Peter Hannell was proposed by Bob Belmore and elected as President and welcomed. He told the Meeting that he competed VAC champs when first a vet and kept on. He has office in Surrey Walking Club but will be glad to also contribute to VAC.

Maurice Doogan said it would be possible for VAC to have its 10,000m track in the Horspath meeting. However the offer was not taken up.

Cashel Riordan proposed re-election of officers en bloc. In relation to officers who inevitably are ageing it was suggested that possible candidates might be identified and canvassed.

Mike May and Phil Bell were elected to be Vice Presidents.

Maurice Doogan made reply to the Open letter to Chairman of BMAF in last Newsletter, saying it was directed at him, and that the undisclosed mailing list he used was such for data protection reasons. He declared that BMAF was not responsible for the International CC and photographic rights which was down to local countries annually.

A member asked that two laps at CC should be accepted/recorded, while the standard distance is three laps, which was agreed.

Committee meeting after AGM

It was heard that Pat Heffernan whose life had been at risk at T&F Champs had been transferred to Brompton Hospital on this same day. Members who came to his aid were acknowledged; see page 3.

It was agreed in response to Membership Sec's request that the membership and subs process should employ a PO Box address.

Individual carry sheets of the newsletter ought to bear the subscription amount due it was agreed.

It was asked if the club should affiliate to Rosenheim League.

Indoor champs at Lee Valley were offered by M Doogan and accepted, for 24 Jan.

Kent AC's application to join Surrey Mens League was heard, with no approval expressed.

Editor asserted his own membership database needed update data.

Agreed that Webmaster is recognised as a Club officer.

'Matters arising' from July were carried forward to November Committee.

Pat Heffernan competed 1500m a VAC T&F Champs, and won the gold medal for M75.

Unfortunately he collapsed after jogging back to the start area with RPK and John Cullingham. He was admitted in Intensive Care at Kingston Hospital, by ambulance, care of St John. We understand after about two days under sedation he remained in care at Kingston. Later he moved to Brompton Hospital SW3 for further treatment of his condition. He had previously had heart bypass surgery and its understood he has improved.

Immediate resuscitation was provided urgently at the track by competitor Debbie Singleton, who may have saved his life, together with S Johns. Richard Pitcairn-Knowles, Yvonne Jacobs and others were there too.

Bob Belmore, Ed Bartlett and Richard are providing contact between Pat, his family and home in Paddock Wood.

Pat's wife and family have expressed their wish to thank St John and everybody for their help and kind thoughts.

News and Views

The new President is a long time member of the Club. Peter Hannell was introduced to running by Mike Peel in Blackheath Harriers, and soon competed in VAC's Walk Champs and became a race walker. There he gained a reputation as a fast starter. For example of his speed he won the 3,000m champs in 1985 in 13:46.

Les Brown Appearance trophy

Holder D Maskell; current scores

11 Cecil Gittins

10 Cliff Hide

9 Kevin Burnett

8 Alan Davidson

7 Ed Bartlett, Stu Bennett,

Dennis Williams, Gary Palmer, Joe Aspinall

6 Mike May, Chris Flint, Dave Hoben, Mike Hinton, John Godbeer, Peter Hannell

5 Peter Crane, Helen Middleton, Mike Johnson, Bernard Hercock, Sean Pender, Carl Lawton, Ken Tuson, Paul King, Ann Lippitt, Martin Lippitt, Andy Murray, Paul Williams

and 19 at 4

For some reason we joined Facebook and to our surprise found several VAC members there. To the Wall, friends – is that how it goes? We're just beginners but it seems like another way to drop a line or pass on good news – perhaps you like those long white stockings – and show your face.

Surrey League
There are changes in the League and the programme, nb December match.

The first event at British Air Concorde Club for Cranford Park is on 10 Oct at 3pm.

Available members should muster if possible, due to some advised as not available, and to offset memory lapse known for some reason to spook the first match; it counts as much as the last.

Sweat Shop sponsorship means 15% discount if you present your race number within one week, or online from link on club website. This also means new numbers each time.

December match is changed please note. Epsom Downs is off because of Oddballs being unable to book the venue, but we feel stronger efforts to find another venue might have been made.

As a result it's been announced that the December match will be at Lloyd Park and it will be hosted by Kent AC; see below. Div 2 will remain there too. So running order will be 1pm Div 3&4; 2pm combined YAs; 2.30 Div 2 as original.

You will want to know the clubs in Div 3 are BA, Clapham Chasers, Elmbridge, Epsom Oddballs, Holland, Runnymede, VAC, 26.2 RC and Woking.

New clubs in Div 4 are Kent AC, which calls for explanation, and Sutton & District.

Application by Kent AC was made in June on the basis that Kent League had ceased to exist, and we understand also that Kent members felt Surrey Lg offered better competition and less travelling for them. As indication of Kent AC's strength we see they placed 3rd in Kent Co CC, behind Medway and Tonbridge. Surprisingly, Kent AC have also affiliated to Surrey Co AA.

Response by Surrey clubs has not been unanimously in favour. Furthermore a second submission of opinion was not sought after it was known Kent League had not ceased to exist and had a 2009 programme, and more debate was refused. Further it was declared there had been a 'vote' or 'voting' when there had only been expressions of opinion by email and no naming of those in favour. So no proper vote was held, we assert, and we are not alone.

Ratification of Kent AC's application to join will be sought at AGM in March, along with Sutton and District who were in previously. So Div 4 clubs' promotions may be uncertain until the AGM.

Other effects of these decisions will be going to Lloyd Park two months running, or three if you count county champs, and no cross-support with Ladies League in December.

February Match venue is still to be confirmed.

10,000m Track champs 2 Sept Battersea



1 Ros Tabor(Dul R)	W60	1	44:07.0 †
2 Michael Johnson(THH)	65	1	44:44.1
3 Alan Davidson(Liss)	60	2	45:11.8
4 Jacqui Reid(Met Pol)	W40	1	45:14.3
5 Margaret Moody(VAC)	W60	2	45:34.8
6 Nichola Atkins(KP)	W45	1	49:11.1
7 Leon Goldsack(VAC)	40	3	49:23.0
8 Ann Bath(26.2)	W60	3	49:38.7
9 Keith Walker(E&E)	60	3	50:00.2
10 Fran Thomason(Metros)	60		52:46.6
11 Edwin Bartlett(VAC)	65	2	52:52.4

† VAC Age group best time

Chief Judge Don Turner, Barry Saunders. T-kprs Cecil >

Entries were taken in advance and the races graded. Thus Alan Davidson, despite another good run, is awarded 2nd 60 because Liam O'Hare was faster, in the second race. It's the most practical way of doing it, it's felt.

In the Women and older race Jacqui Reid led off at a brisk pace. Then after 4 laps Moody and Tabor were next, before Davidson,



Johnson, Goldsack and Atkins.

Ros Tabor took the lead at lap 10 as Jacqui slowed and convincingly increased the gap. It was good to see the Dulwich durable who is a byword for consistency and turning out tasting her power of one. Well, if they must coin these newspeak names we may as well make use of them.

Ros's 44:07 easily set a new best time in VAC which also presently showed as first UK in W60 rankings, at Powerof10. She usually surfaces in the first five or six and 'previously' had the top mark at 55 given as well. We have to say the wealth of data on the site is breathtaking. Michael Johnson



R1 on lap 12: Michael Johnson(39), Alan Davidson, Francis Thomason(25) from Nicky Atkins(31) and Margaret Moody

Race 2: Stephen Norris(8), Dave Cox and Gareth Cavell(7)

Race 2

1 David Cox(WGEL)	55	1	35:02.5
2 Gareth Cavell(VAC)	40	1	35:18.5
3 Stephen Norris(TVH)	40	2	35:44.3
4 Liam O'Hare(BarDis)	60	1	38:36.5
5 Andy Murray(Dul R)	55	2	41:49.3
6 Rob Sargent(Lou)	55	3	42:30.1
7 Jeff Prestridge(Serp)	50	1	43:27.9
8 George Wallace(VAC)	50	2	45:48.4

Gittins, Stewart Bennett, George Richardson. Lapscorers: Cliff Hide, Mike May, Vernon Martin, Joe Aspinall, John Batchelor, Sam Banton. Starter Maurice Joyce. Meeting Dir Bob Belmore. Clock Don Anderson.

made late progress but couldn't catch the leader tho his presence paid compliment to the winner.

Times were often modest with light rain coming on but Ed Bartlett, despite being a back marker, nearly caught FT and bettered his own 2008 time.

Ann Bath went on to run Thanet Marathon on the Sunday and get a BMAF gold medal. Which was well deserved tho we could see it coming in the pictures – tea leaves have competition these days. Only thing uncertain is if she took her bike.

The umbrellas were up for the 'fast race' with rain falling steadily as Dave Cox went straight to the front. The winner from last year had company only for > page 13

Margaret Moody

*Now it can be told –
from registered disabled to
fastest in VAC*

I can be really grateful to an enthusiastic newly qualified teacher who set me on my athletic career. As a podgy 12 year old she encouraged me to take up the javelin and cross-train with the 880 yards. Well, it was the latter that I excelled in, making the National Rankings as an intermediate.

Cross country was a new thing for girls back in the '60s so to compete and win the Middlesex Schools was great. I was encouraged to join the local athletic club, Ruislip & Northwood AC, and eventually after the merger with Finchley Harriers it was Hillingdon AC. Which I competed regularly for, dragging my husband-to-be all over the country.

I competed until 1969 when I got married and started a family but then Netball became my sport. It was fast and the game would be over in an hour – no hanging around for hours at tracks. This I did for the next 10 years until I watched the Wycombe Half Marathon in 1981 and thought I could run that.

So I joined Handy Cross Joggers and my friendship and training with Vernon Martin began. I couldn't wait for the next half marathon so decided a full marathon was

the next best thing. It was the start of a lot of training as my entry to the London Marathon had been accepted.

I finished the London with a lot of support from fellow runners as I had a very painful knee for the last 13 miles. I

crossed the line in 3 hours 42 but then St Johns' took over and a wheelchair was very much welcomed. After a visit to hospital the next day I was told I would need treatment and possibly an operation. Treatment didn't go as well as expected because bacteria had got inside my knee joint.

After several more operations and a long stay in hospital I was registered disabled! The blue badge arrived in the post but I was not going to be beaten – I wanted to run. I sent in an entry for the Hyde Park Fun Run and then told my physio-therapist. She couldn't believe it but was very supportive because at this stage I couldn't walk without crutches so there was a lot of work to be done.

The day I walked unaided



across the hospital gym was unforgettable as everyone stopped to encourage me – I got there and there was no way those crutches would be coming home with me.

I then had three weeks at Farnham Park Rehabilitation Centre and was well on the way to the race. I did manage to run 3 miles and get a silver certificate which was unbelievable as I had been told that within 10 years I would be in a wheelchair. The day I sent back my blue badge was wonderful – I was not going to be disabled.

My chocolate Labradors, Ella and Cleo have been present at many races and Cleo, now 10, has done many training runs with me. Unfortunately arthritis has reduced her to mostly >p6 walking now so Mandy, a

Margaret Moody continued



retired Guide Dog for the Blind, now comes running with me. She particularly likes a long run which incorporates the river!

I would describe myself as an ultra runner having competed many 40 mile, 80 and even a 100 mile race. I enjoy running off road as times are not so essential but the company and scenery are what make the events. As I have got older I have got stronger, not always pain free, but I always say listen to your body! In recent years I have got faster; it might be because I enjoy my running and if I do a good time then it was meant to be.

This year I started off badly, collected a foot injury and had to defer from the London but since then I have done well in several local races. Hopefully I can look forward to many more years of running, making lots of friends and visiting different venues.

During my non-running era I managed to have five children, none of which have taken up running competitively. Three run to keep fit and will run with mum on holiday if mum will go slowly. I think the day any of them beat me I might 'think' about hanging up my running shoes – but not yet!!

Club Records

Margaret holds the Club best time for 5 miles Road with 34:54 for W60 this year.

While before that she recorded 34:00 for W55 in 2004.

So these are the dry statistics which bear out her encouraging claim to be running faster as she gets older. This has been in competition with Marion Rayner, Ros Tabor and

Jane Georghiou, all class acts themselves. To mention a classic encounter, VAC CC in 2007 saw just five seconds separating Marion and Margaret.

National level Margaret competed an exceptional race this year when she travelled to Birmingham to race world record-setting Angela Copson and long time champion Janette Stevenson. In a

race to remember, Margaret ended with the 5,000 metres bronze in 21:02 while fourth was member Pauline Rich, nearly overlooked but another star in that firmament.

World games Overseas may be out but when World Vets came to Gateshead we recall Margaret did the marathon.

Editor

Jumps at T&F

Pole Vault was first off with nine competitors. Alison Duke was the only woman but after two failures at the mark she was able to clear 2.60m, which was a 30cm improvement on her own CBP of last year.

The principal men were clearing between 3.00 and 3.40 metres. So Mick Goodall finally ended at 3.40 after nine attempts as Dave Blunt failed at an ambitious 3.55 after securing 3.35 in seven attempts.

Brian Slaughter and Alan Easey finished at 3.20 and 3.00, while elders Brian Harlick, 67, and Don Chambers, 72, achieved 2.50 and 2m respectively.

High Jump also had good business with 15 and one of the best competitions ever we would imagine. But the highest coming last meant Amanda Ayamba Akim had to jump

completely alone. She did achieve 1.70, which was a 5cm raise in the CBP. But less than her best since in UK Womens Leag for WGEL she achieved 1.78m which is 2nd 35 in UK.

The old CBP since '94 was by Jenny Brown who was top veteran a long while. Sad to report she was badly hurt in a car ramming from behind.

Slaughter and Blunt both took gold medals in HJ with 1.50m, Brian's being equal CBP. But Richard Buckingham, 42, cleared 1.55 in four attempts.

Brian Slaughter was out to 5.43m in Long Jump, from his six events, and best of day. In M45 Alan Easey recorded 4.95 ahead of Dave Shields who had day's best at Triple with 9.80.

Once again a CBP at Triple was set by Allan Cheers, 65, who passed up LJ and sprint and achieved 9.50, a whole metre better. *Editor*

How VAC went to Inter Area at Solihull

For the first time the Club accepted an invitation to participate in the Inter-area match on 16 Aug, reports Mike May.

Trying to ascertain potential competitors amid the distraction of the World Masters Champs a week before meant that team managers Phil Bell and Mike May didn't get the requests to participate out until later than we would have liked, so that we lost some to other races and to overlapping club SCVAC. However we managed to put out a team of 7 men and 1 woman, that came 7th of 10 clubs.

To take our lady first, Anna Garnier only had time to do one event, the 1500m, but came 2nd in 5.22.8. Her points added to the men placed us 7th in the combined Mens and Womens score. In Mens' VAC was also 7th.

In mens' our most successful athlete was Derek Wardle, who won the M60-69 400m (61.7) and came 2nd in both the 100m (14.1) and 200m (28.2) in age group. Our other M60 Walter Wessely took care of the 800m (5th in 2.51.4), 1500m (5th in 5.56.8) and 3,000m (5th 13.10.7).

Sadly we had no M50-59 after Phil Bell succumbed to migraine

The team's scores at Solihull

M35-49 110mH 2 G Reddington 18.2 9pts
 100m M35 3 P Logan 11.9 8pts
 200m 4 Logan 24.5 7pts
 400m 5 G Palmer 56.5 8pts
 800m M35 7 A Gannaway 2:11.8 4pts
 2000kmW 4 M May 18:28.2 7pts
 3000m 9 Gannaway 10:45.9 2pts
M60 100m M60 1 Wardle 14.1 10pts. 200m
 2 Wardle 28.2 9pts
 400m 3 Wardle 61.7 8pts
 800m 5 W Wessely 2:51.4 6pts
 1500m Wessely 5:56.8 6pts
 3000m 5 Wessely 13:10.7 6pts
Women
 1500m 2 A Garnier 5:52.8 9pts
Field
M35 DT 8 M May 7.71 3pts
 JT 9 Palmer 21.10 2pts
 SP 7 Palmer 8.06 4pts
 HJ 6 Palmer 1.55 5pts Team: 7 VAC of 10

and did not travel but in M35-49 age group we had five. Glen Reddington came 2nd in the 110 hurdles as Pat Logan stormed to an 11.9 win in first heat of 100; after second heat he ended with the points for 3rd overall. Pat was also 4th in the 200m in 24.5.

In the 400m Gary Palmer was up against the M35 World silver medalist, but sensibly ran his own race to finish 3rd in 56.5. Gary also went for extensive point gathering in the field, coming 6th in the High Jump in 1.55, and also getting points for us in Shot and Javelin.

Team manager Mike May also practiced judicious point gathering, such as 3 for a token discus, and embarked on his first race



Andy

walk (after it became clear we would not have a relay team) scoring 7 for 4th in age group.



Andy Gannaway, who had matched his World Masters' time when 7th in the 800m, also opted to do another event once we abandoned medley relay, completing 3,000m in 10.45.9.

As soon as we know the date for next year we'll put the news on the club website, and publicise in newsletter in the aim of getting a lot more members out. Although there's only one athlete per event per age group, there were plenty of events available including five medley relays. They consisted of 200-200-400 and 800 legs, so giving opportunities to both sprinters and middle distance runners.

Medical Tags, advert quote

"How will they know your medical history?"

"Especially as most patients are transported to the hospital alone, without anyone to discuss possible life-saving medical history.

"By wearing your medical data near your main pulse points, your neck or wrist, the item is more easily noticed by emergency staff. This is often the only way of telling the medics what they need to know

Medicaltags I.D. Inside range for Sport allows you to keep these details on you at all times, whatever your sport. A Joggers item is an ID wrist band

- Highly reflective, using 3M Scotchlite® reflective material
- ID card is kept discreetly within the Sport wristband
- Can be used as a watch strap or with certain types of heart rate monitors"

And many others

Information from website
medicaltags.co.uk



Ros Tabor(83), Walter Wessely, Michael Elwell(112), Alan Davidson(76) and Pat Heffernan in second group of 1500m

Middle distance

The 800m first race had cut up badly but Andy Gannaway, Keith Ewing and Louise Ionascu made a fair race to start the main programme. Gannaway who has won this before and had gone to Solihull to represent VAC in the Inter Area found several metres in the last lap. Louise certainly needed competition.

Over 55 was the next race but largely Over 60. Derek Wardle who had the pace to



Andy del Nevo

win at 400 had Mike Mann, who had stamina for 5,000m, both at Birmingham, as rival. Wardle's speed prevailed but Mann had the 1500 to come.

The third, Ed Connolly, had won the 800 in West London stadium days.

In 1500m all ran together. After one lap Andy del Nevo led Ken Daniel, who prefers this distance, and Mike Mann in a close trio.

So the winner by four seconds was Del Nevo. He had run cross countries in the winter and the fitness paid off.

Mike Mann, second, on 4:57, was first of three 60s with Ken Daniel, 1500 specialist close. Mann has had a strong season, winning the national title with 4:54 and ranking top 60 in UK. So lay off from full time work may have been helpful.

Another often prominent this year, Alan Davidson, got the silver, ahead of Walter Wessely who caught the eye. He had a dust up with Michael Sawyer and Ros Tabor. Amazingly all three were given the same time, 5:56.3, but no

Track champs at Kingston with 14 hard to find CBPs

doubt were confidently separated by that very dapper judge Ron Hopcroft. As back up, Cliff Hide took a camera.

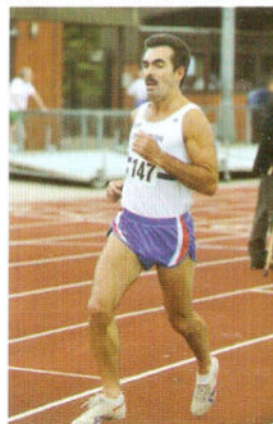
Sawyer was first 70, also in 5k, but mixing with 60s so we will watch his progress a while.

From the West Midlands, new member Michael Elwell, made a good debut with 55 silver.

Steve Charlton, 82, was making a cautious return to competition after quite an absence.

Behind him Richard Pitcairn-Knowles, followed through from the June road with fellow Kent man Ed Bartlett.

Tim Ellis won M45 5,000m again in 17:20. Then new Julian Dillow held Nigel Burnell



Julian Dillow

and Mike Bradley, all sub 19 in 50 class. Liam O'Hare in fifth gave Peter Hamilton 40 seconds.

The second race was full enough but Anna Critchlow, 18:17.5, would have been second in the first so a fully graded race split would be logical.



Lesley Hopkins

In 3,000m Walk Mark Easton clocked 13:59.1, holding his M45 top rank. Helen Middleton was second and first woman before Fiona Bishop, who also ran 5km. Third was Peter Hannell, the first 65, holding Carl Lawton. Jack FitzGerald, 86, was the oldest person competing.

Sprints

Milton McIntosh drew away from Barrington King in the last sector of the 100m for 12.1, best time of the day. At 200m 45s raced with the 40s so Milton was challenged now by Robert Allen, 47, and Andy Hunt.

Glen Eddington and Robert Allen raced the 45 & 50 100m, Glen pulling away powerfully from Rob for 12.5.

Dennis Minn was 1st M50. M55 and 65 was very competitive with old rivals John Browne and Wally Franklyn up

front. John made the better start and led all the way for 12.4, while Terry Bissett was right in the thick for 1st 65 on 13.4.

Lesley Hopkins was favourite for the women's 100 but Kerry Scudder, taking a chance with a plantar, needed St John. Sue Dassie was next for the 55 while the surprise packet was Brenda Fee. She was bang on target for CBPs in all three sprints of W60.

Mary Axtell has kept right on and took two golds.

Irrepressible Aussie member Don Chambers dominated the 70+ but Charlie Williams' best was intact. Geoff Feast keeps very fit and held our 50s friend Paul Williams and Kevin Burnett.

400m is unpredictable as to who will stay for it but M40 had two dedicated entries. New name John McCabe, 50, led off the stagger but lap specialist Gary Palmer, 42, pulled him back by a couple of metres, in 56.3. Then Andy Hunt from Worthing held Brian Slaughter, of Eastbourne, in fourth. It's *Sussex by the Sea!*



Wally Franklyn(7), John Browne(3)

Wally Franklyn, 60.4, had compensation majestically holding David Hayward in the older race.

Like a few here Jacqui Reid is a multi-eventer, who takes in running events. So without hesitation she added 400 to her 5,000m for a clear first ahead of older multi-athlete, Don Chambers. As guest Diane Farmer found a race with Brenda Fee. Last but not least Ken Crooke, 81, was clapped in by his many friends. *See throws report on p10.*



Chilling: Nicky Atkins, Jacqui Reid and Anna Critchlow

Throws at T&F Champs

In Hammer Chris Melluish was outstanding. His 44.93 was longest of the day by far and CBP in M65 which Chris became in July. Then Hamilton Thomas and Peter Barber, the nearest to a best, were the next men.

Debbie Singleton led the women with 29.79 from Liz Sissons 28.72. Francis Thomason, not dismayed by these big acts, threw his implement outside the cage and collected another gold.

Shot Putt found three men over 12m led by Stephen Head from Essex with

12.49, then Tony Tipping, who won all the M45 throws, on 12.02 and Tony Richards 12.37.

Keith Seldon is a newer name in this write up, in Discus, the ancient heavy disc, narrowly before Head with 30.43 to 29.96.

While longest spins were those of Tony Richards, who we believe is a specialist, with 37.68 in M60 class, and fourth ranked in UK 60.

Two CBPs were achieved on the distaff side, in this skilled event, by Debbie with 29.79, a huge 4 metres better, and Liz with 22.46,

again a big lift.

Jeremy Tigar came for the javelin solely and achieved 47.79m with a light wind behind. That was less than a metre short of his own CBP of '07 and the longest of day.

Big David Kuester, from Bicester, easy one, threw Javelin almost 35m, from five events including a very fair 3.87 Long Jump.

Nigel Bongers now filled the role of Field Referee with solid support from clubmate Graham Pullen, Lorraine Gomes and competitors too. *cont p6*

Recognition of Officials at both T&F Champs

Starter Ivor Wiggett **Track Referee** Ron Hopcroft. **Field Ref** Nigel Bongers. **Walk Ref and Chief T'keeper** Cecil Gittins. **Marksman** Martin Goodway. **Seedings** Jeremy Hemming. **Timekeepers** Stuart Bennett, Mike Smith. **Track Judges** Jack FitzGerald, Jack Rutherford, Kyle Treherne. **Field Judges** Graham Pullen, Peter Barber, Dave Sharp, Peter Clark, Lorraine Gomes, Sam Banton. **Entries, Meeting Director, Windgauge** Bob Belmore. **Office** Jeremy Hemming, Joe Aspinall, Walter Wessely, Peter Mulholland (results). **Presentations** Dennis Williams, Ron Franklin. **Programme, Photos,** Hemming. **Officials' lunches** Alison Jones. **St John Ambulance** attendance. **Announcer** Alastair Aitken. Thanks to Kingsmeadow staff.

At 10,000m Champs

Chief Judge Don Turner, Barry Saunders, **Timekeepers** Cecil Gittins, George Richardson, Stuart Bennett, Maurice Joyce. Clock Don Anderson. **Lap scoring:** Steve Charlton, Cliff Hide, Vernon Martin, Andy Murray, Joe Aspinall, Mike May, Samantha Banton. Appreciation of the **Battersea staff** Gary, Mandy, Vilma and Jimmy is expressed.

T&F continued: Women's Results

W35

800: 1 Louise Ionascu 2:28.7
High Jump: 1 Amanda Ayamba Akim 1.70 (CBP)
Shot/DT/HT/JT: 1 Yvonne Jacobs 5.57/ Jacobs 17.70 /
Yvonne Jacobs 27.48 / Jacobs 13.57

W40

400m: 1 Jacqui Reid 76.1
5000m: 1 Anna Critchlow 18:17.5; 2 Jacqui Reid 21:35.8
High Jump: 1 Sarah Rudd 1.35
Pole Vault: 1 Alison Duke 2.60 (CBP). Long Jump: 1 Duke 4.21; 2 Rudd 3.79
Triple Jump: 1 Rudd 8.22. Javelin: 1 Reid 12.54

W45

100m (+ 0.1): 1 Lesley Hopkins 14.3; 2 Kerry Scudder 15.1
200m (-3.9): 1 Hopkins 28.9; 2 Alice Campbell 54.7
5000m: 1 Nicky Atkins 22:53.8. 3000m Walk: 1 Helen Middleton 17:09.9
Long Jump: 1 Campbell 2.20. SP / DT: Campbell 6.41 /
Campbell 12.32

W50

100m (+0.1): 1 Diane Farmer(g) 16.8. 400m: 1 Farmer 81.4
80m Hurdles (nwr): 1 Farmer 19.6
5000m: 1 Anne Lippitt 23:45.5; 2 Fiona Bishop 24:02.5
3000m Walk: 1 Bishop 18:24.3
Long Jump: 1 Farmer 3.48. SP: 1 Farmer 5.84

Discus: 1 Debbie Singleton 26.61(CBP). HT Singleton 29.79
W55

100m (+0.1): 1 Sue Dassie 15.7. 200m (-3.9): Dassie 33.5
Shot: 1 Dassie 8.72; 2 Fiona Argent 6.57
Discus: 1 Dassie 18.57. Javelin: 1 Argent 14.88

W60

100m / 200 / 400m (+0.1): 1 Brenda Fee 16.0 (CBP). 200m (-3.9): Fee 33.9 (CBP). 400m: Fee 80.9 (CBP)
800m: 1 Ros Tabor 2:56.4. 1500m: 1 Tabor 5:56.3 (CBP)
5000m: 1 Ann Bath 24:20.6
Shot / DT / HT / JT: 1 Barbara Terry(g) 8.63/ Terry 22.04 /
Terry 25.45 / Terry 16.60

W65

100m (+0.1): 1 Mary Axtell 16.5. 200m (-3.9): Axtell 36.4
Shot / DT / HT / JT: 1 Liz Sissons 9.61(CBP) / Sissons 22.48
(CBP) / Sissons 28.72 / Sissons 23.80.

W75

Shot / DT: 1 Marie Grant-Stevens 5.67. Grant-Stevens 14.23

Results by Pete Mulholland

Result were enabled to website on 31 August by Mike Peel, from his travels at Cusco in the Peruvian Andes.

Photos were up on 30 August

*Statistics: 118 competed from 167 entered = 71%
14 CBPs were recorded*

VAC TRACK & FIELD CHAMPS August 30 2009, Kingsmeadow Stadium, Kingston**M40**

100m (+0.7): 1 Milton McIntosh 12.1; 2 Barrington King 12.4; 3 Andy Hunt 13.0
 200m (nwr): 1 McIntosh 25.1; 2 Hunt 26.0; 3 King 26.5
 400m: 1 Gary Palmer 56.3; 2 Hunt 57.9; 3 McIntosh 65.2; 4 Andy Del Nevo 66.2
 800m: 1 Eric Campbell 2:51.7 1500m: 1 Del Nevo 4:53.8 5000m: 1 Eric Campbell 25:43.6
 High Jump: 1 Richard Buckingham 1.55; 2 Peter Evans 1.40. Pole Vault: 1 Del Nevo 2.40
 Shot: 1 Evans 9.07; 2 Campbell 6.43. Discus: 1 Peter Evans 25.66. HT: 1 Campbell 15.21
 JT: 1 Jeremy Tigar 47.79; 2 Evans 25.78

M45

100m (+1.3): 1 Glen Reddington 12.5; 2 Robert Allen 12.7; 3 Alan Easey 13.6; 4 Mike May 13.9
 200m (nwr): 1 Allen 25.6; 2 May 28.5. 800m: 1 Andy Gannaway 2:13.5; 2 Keith Ewing 2:14.6; 3 Ian Mackett 2:53.0.
 5000m: 1 Tim Ellis 17:20.0; 2 Marc Hope 25:48.6
 3000m Walk: 1 Mark Easton 13:59.1
 HJ: 1 Robert Lowe 1.15. PV 1 Easey 3.00 LJ: 1 Easey 4.95; 2 Dave Shields 4.53; 3 Lowe 3.74. TJ Dave Shields 9.80
 Shot: 1 Tony Tipping 12.02; 2 Lowe 7.14 DT: 1 Tipping 37.28; 2 Shields 21.73; 3 Lowe 21.69; 4 Mackett 13.21
 HT: 1 Tipping 38.15; 2 Allen 30.79; 3 Lowe 22.00; 4 Sean Butler 21.57. Javelin: 1 Tipping 38.12; 2 Lowe 27.64

M50

100m (+1.3): 1 Dennis Minn 13.3; 2 Chris Richards 14.2; 3 Paul Williams 18.0
 200m (nwr): 1 Brian Slaughter 26.2; 2 Minn 26.9; 3 Richards 29.4; 4 Williams 38.4
 400m: 1 John McCabe 56.7; 2 Slaughter 61.0; 3 Peter Morgan 73.4; 4 Williams 101.2. 100mH(nwr): 1 Slaughter 16.0.
 5000m: 1 Julian Dillow 18:19.5; 2 Nigel Burnell 18:27.7; 3 Mike Bradley 18:46.5
 HJ: 1 Slaughter 1.50 (=CBP); 2 Keith Seldon 1.30. PV 1 Slaughter 3.20. LJ 1 Slaughter 5.43; 2 Peter Morgan 3.83
 TJ: 1 Richards 9.08
 Shot: 1 Stephen Head 12.49; 2 Seldon 9.89; 3 Williams 6.27. DT 1 Seldon 30.43; 2 Head 29.96
 HT: 1 Seldon 29.72; 2 Head 26.32. JT 1 Seldon 38.78; 2 Morgan 25.34

M55

100m (+1.2): 1 John Browne 12.4; 2 Wally Franklyn 12.6; 3 Eddie Costley 13.3; 4 Tim Carter 13.6; 5 Geoffrey Kitchener 13.7; 6 Alan Perry 14.7
 200m (-1.8): 1 Franklyn 27.2; 2 Carter 27.7; 3 Costley 27.9; 4 Kitchener 28.1; 5 Perry 30.6. 400m: 1 Franklyn 60.4; 2 Carter 62.4; 3 Costley 64.0. 800m: 1 Michael Elwell 2:55.2. 1500m: 1 Ken Daniel 5:00.5; 2 Elwell 5:58.0
 5000m: 1 Andy Murray 20:05.4; 2 Elwell 23:57.6
 100m Hurdles (nwr): 1 Kitchener 20.1. 3000m Walk: 1 Sean Pender 18:21.3
 High Jump: 1 David Blunt 1.50; 2 Michael Goodall 1.40. PV: 1 Goodall 3.40; 2 Blunt 3.35. LJ: 1 Kitchener 3.79
 Hammer: 1 Jack Rutherford 28.55; 2 Sean Pender 12.59

M60

200m (-1.8): 1 Derek Wardle 28.2
 400m: 1 David Hayward 61.8; 2 Walter Wessely 79.4
 800m: 1 Wardle 2:23.0; 2 Michael Mann 2:29.0; 3 Ed Connelly 2:35.9; 4 Wessely 2:54.1
 1500m: 1 Michael Mann 4:57.2; 2 Alan Davidson 5:53.9; 3 Wessely 5:56.3
 5000m: 1 Liam O'Hare 18:49.2; 2 Peter Hamilton 19:28.6; 3 Davidson 21:56.3; 4 Dan Maskell 22:17.4; 5 Francis Thomason 25:27.1
 3000m Walk: 1 Carl Lawton 17:55.8; 2 Thomason 19:52.6
 HJ/LJ/TJ: 1 Thomason 0.80/ 1.90 / 5.41.
 Shot: 1 Anthony Richards 12.37; 2 Thomason 5.77. DT: 1 Richards 37.68; 2 John Donaghey 34.50; 3 Thomason 16.19
 Hammer: 1 Thomason 14.51. Javelin: 1 Anthony Richards 33.39; 2 Thomason 13.30

M65

100m (+1.2)/200m(-1.8) 1 Terry Bissett 13.4/27.3(CBP); 2 David Whittaker 14.8/31.2
 1500m: 1 Edwin Bartlett 7:06.7. 5000m: 1 Peter Giles 19:21.5; 2 Bartlett 25:55.7; 3 Anthony Merritt 26:14.2
 3000m Walk: 1 Peter Hannel 17:24.9
 HJ: 1 Allan Cheers 1.30; 2 Brian Harlick 1.20. PV: 1 Brian Harlick 2.50. LJ 1 David Kuester 3.87
 Triple Jump: 1 Cheers 9.50 (CBP); 2 Norman Rice 8.02
 Shot: 1 Kuester 10.68; 2 Rice 9.93; 3 Harlick 9.18; 4 Christopher Melluish 9.00; 5 Peter Shevlane 7.48
 Discus: 1 Harlick 32.06; 2 John Curtin 31.15; 3 Kuester 30.08; 4 Shevlane 29.78; 5 Melluish 29.04
 HT: 1 Melluish 44.93 (CBP); 2 Kuester 34.62; 3 Harlick 30.10; 4 Shevlane 28.30. JT: 1 Kuester 34.95; 2 Harlick 26.22

M70

100m/200m (nwr): 1 Don Chambers 14.9/31.5; 2 Dave Whitton 16.7/38.0; 3 Kevin Burnett 18.3/38.7.
 400m: 1 Chambers 80.6. 80m Hurdles(nwr): 1 Chambers 14.4 (CBP); 2 John Webster 19.6
 1500m: 1 Michael Sawyer 5:56.3. 5000m: 1 Sawyer 23:36.5; 2 Joe Aspinall 24:05. 3000 Walk: 1 Dave Stevens 19:38.3
 HJ: 1 Whitton 1.10. PV: 1 Chambers 2.00; 2 Webster 1.80. LJ: 1 Chambers 3.83; 2 Colin Sheppard 3.43; 3 Webster 3.26
 TJ: 1 Chambers 8.15; 2 Webster 7.37; 3 Sheppard 6.30
 Shot: 1 Chambers 9.58; 2 Burnett 7.06. DT 1 Hamilton Thomas 28.12; 2 Webster 25.80; 3 Burnett 19.67
 Hammer: 1 Thomas 35.54; 2 Webster 35.00; 3 Burnett 20.09. Javelin 1 Webster 26.58; 2 Burnett 17.44

M75

100m (nwr): 1 Geoffrey Feast 17.2; 2 Cliff Taylor 17.6. 200m(nwr): 1 Feast 36.9; 2 Taylor 39.9; 3 John Cullingham 43.1
 400m/800m: 1 John Cullingham 100.4 / 3:47.9.
 1500m: 1 Pat Heffernan 6:24.1; 2 Richard Pitcairn-Knowles 6:52.5; 3 Cullingham 8:00.2
 5000m: 1 Brian Shave 24:44.3; 2 Pitcairn-Knowles 24:56.9. 3000m Walk: 1 John May 21:52.4.
 High Jump: 1 Taylor 1.10. LJ 1 Feast 3.08
 Shot: 1 Gordon Hickey 10.24; 2 Taylor 9.00; 3 Jaroslav Hanus 8.01; 4 N Fullick(G) 6.87; 5 Peter Barber 6.86
 Discus: 1 Peter Barber 25.09; 2 Hickey 24.05; 3 Hanus 21.15; 4 Norman Fullick (guest) 17.49
 Hammer: 1 Peter Barber 34.46; 2 Hanus 27.34; 3 Taylor 26:45; 4 Hickey 21.80. Javelin: 1 Hickey 22.39

M80

400m: 1 Ken Croke 128.9. 800m: 1 Eric Shirley(g) 3:32.3
 1500m: 1 Steve Charlton 6:46.5. 5000m: 1 Ron Hale 30:18.0. **M85** 3000m Walk: 1 Jack Fitzgerald 30:03.0

Floating an idea

It has been suggested by Treasurer Mike May that an idea for VAC might be to join the Rosenheim League in the summer.

- It would reduce the risk to the Club if current T&F officials are not in the saddle.
- It would reduce the cost of hiring tracks or sharing the cost of track hire.
- Dwindling support by distance runners represents a threat to VAC club meets but Ros Leag could provide larger fields for distance runners to compete in. Field events likewise.
- And possibly allow non-scoring races to continue for the Club such as VAC sprints, for Gibson Cup.
- Should help with officials.
- On the other hand there's the question of competing against younger athletes; it's not part of the general scheme that VAC members are to compete with YAs just as we prefer not to have them in VAC events.

- Club aspects of VAC meets would be lost.

Members are asked to respond by writing to Editor by post or email; see address on last page, or to Mike himself.

In relation to BMAF 10,000m it's suggested that if possible separation of its new date from VAC's long-standing date in early September would be helpful.

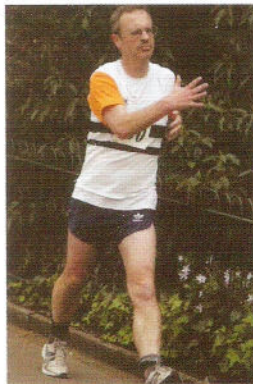
Lester Cup winner

Dave Hoben, right, is from Croydon and has been a member for two seasons.

He is not shy of doing events so improvement is on the cards and he has every chance to win handicaps.

The cup is a nice traditional goblet so he can toast his success in style!

Come again, Dave



Dave Cox's saga from success to hospital and back again

I'd just been hospitalised with my prostate problem, exactly a year ago when Pete Mulholland concluded his VAC Newsletter interview. That was a good story – on the Wednesday night, I'd done the VAC 10000m track, no problems. Thursday was my wife's birthday, and we were going to see Mama Mia. All the guys at the office had predicted it would be ghastly – all the women said I'd love it. Felt a bit unwell during the day, and distinctly ill when we emerged from the cinema. The next day F could tell the office we'd seen the film, and I was now in hospital!

I was fortunate that the problem was an infection rather than a growth, cancerous or not, which would have meant surgery. But the biopsy was one of the most uncomfortable experiences of my life.

Having a catheter in for 10 weeks meant no exercise, and it took a long while to regain any sort of form. Age, I guess. By May things were improving, and WGEL placed a good 5th in M50s at the Sutton Relays. We hadn't entered teams for a few years and this was a kind of 10th anniversary of when we'd started medalling in the M40s. The big relays are some of the best days – you run, you support your clubmates, ups and downs. Woodford are lucky to have the enthusiasm and organisation of Terry McCarthy (another Vets AC man) behind our Senior and Vets distance squads.

A big bonus this last year has been my son catching the running bug, and we race together every month or so. He's come from 47 to 39 min for 10k in the last 15 months, and I'm calculating just how long before he's pacing me rather than the other way round!

Also enjoyed a couple of longer off-road races: the Orion 15 in my beloved Epping Forest, and Round-the-Island (Mersea) race; that's my natural bias towards stamina!. Often contemplate a marathon again – my last was in 1986 – but scared more mileage would lead to injury and take over my life, which obsession with running already dominates. My body has coped with 6 days a week, 30–40 miles, much of this commuting back from work along the Regent's Canal. Now one of my main aims each year is to try for an England vest in the International CC in November, and securing the M55 10K road title at Magor Marsh was an encouraging step (you can only beat those who turn up!) Barring the unexpected... there is an open-air screening of Mama Mia tonight!

from David Cox in Epping

10,000 continued a while but was in such good form he clipped 15 seconds from his '08, and got top rank in UK 55. Clearly he was pleased with his win and has given us a story about his last from down to up again year, on page 12.

Gareth Cavell, the VAC ten mile winner, was only 16 secs off the winner and held off an unknown quantity in new member Stephen Norris. The very tall TVH man became a vet in June so he made a useful start in VAC.

Liam O'Hare took 4th place. He has a great history in this event and was yet another as top UK – M60. He was in London from Spain for a few weeks but tells of some very different runs he made out there, in his story on page 12. It's good not everyone who departs for Spain is lost to the sport at home.

Andy Murray clipped his previous time leading world traveller Rob Sargent and journalist Jeff Prestridge, a familiar at 5M Road this year, who collected the 50 gold.

By the end rain heavier than known in recent memory drove all before it. So anthems and attitudes were dispensed with at medal giving in the little hut.

Immaculate recording by our esteemed officials and the invaluable personal lap scorers meant all could go home promptly, not that any needed telling. The benefit of the cards is recording when each lap has been run by the athlete and so providing certainty that the full number of laps have been completed, which is commonly what can go wrong. Individual lap times could have been faulty though the care taken in writing was excellent. Here are some points

Leon Goldsack: you were fast on the first six laps before you settled.

Francis Thomason: you were around 2:05 and ended with 1:58.

Ros Tabor: your laps were 2 minus 13 or 1:47 mostly but your last was 1:38.

Ann Bath: You averaged 2:04 and your lap times were exactly 2 mins from laps 11 to 15. So self clocking for you was tailor made.

Gareth Cavell: after the first in 1:22 you were close to 1:25 or 1:24 except your last lap was 1:20.

The time caller gives a first guide before the clock's visual record makes an easy check for those with arithmetic e.g. 2 minus 12, or 1:48, which was 45:00 overall. While race 2 winner was on 1 plus 24, to keep his arithmetic churning.

Post-race, wild extravagance with champagne may not be the fashion in foot racing but then pit stops and tyre changes are rather non-essential for those with 'the fitness'.

Snakes alive! says Liam

Unfortunately, it has been a quiet year so far on the running front. I injured my soleus in January (running on a beach in Cuba so no sympathy there, I guess) and did not get the all-clear to start training again until May, just when races were starting to become scarce. The registration in Andalucia includes insurance for injuries so I had excellent treatment which included three scans and 10 sessions of electro-magnetic and massage.

From mid-June onwards, we went out at 7.30am to avoid the heat. One morning in June we had a bit of extra exercise. A 1m long snake appeared out of the undergrowth and shot across our path directly underfoot. It was step on him or jump so we jumped. I do not know how we did not step on him. A few days later we saw another one but this was was 10m ahead so no problem. Fortunately it only happened twice, otherwise we would have had to think about running somewhere else.

On 6 June I did my first evening race of the summer, 8km in Herrera. I had to settle for 30:01 which left me 54th and 5th M50. At 3:45 per km, it was an improvement on my 3:50 per km in the Surrey Vets 5,000m two weeks earlier (19:20, M60 gold) so I felt I was moving in the right direction.

On 17 June we set off at 6:45 to drive 180km to La Calahorra for an uphill half-marathon in Granada province. La Calahorra is 1180m above sea level (Snowdon is 1087m up) and we climbed 850m to take us up to 2030m. (Ben Nevis is 1344m high). It was uphill virtually the whole way, the first 13km on mountain paths and the last 8km on the main road in blazing sunshine. It was a tough race, won in 1:35 and I was pleased with 1:52 for 19th overall and 1st M55. In a bar afterwards we were chatting to a local who was very impressed that we had run all the way as it is 12km by road.

Back in the UK briefly, I did the Wimbledon Common 5km (19:26) and VAC 5 Champs (31:19) before my next Saturday race, 7.1km at Coripe on 4 July. Coripe (pop 1,400) is a bit out of the way and it took 90 minutes bus and a 45 minute taxi ride to get there. We stayed two nights and had a great time. On the evening of the race, people were still arriving for their evening meal at 23:45. The race was two laps around the village, including a trip through the olive groves and we passed the 7km point maybe 150m before the finish. I managed 27:28 for 21st overall and 4th M45, the highest age-group.

Since then it has been training runs, hopefully to get in shape for the autumn.

from Liam O'Hare in Spain

Track at St Mary's 5 August

100m	age	time
1 Pat Logan(KP)	49	12.2
2 Gary Palmer(SMR)	42	12.4
3 Mark Cook(G&G)	42	13.1
Race 2		
1 Jaedon Cooke(SMR)(G)	14	12.3
2 Mark Butler(E&E)	48	13.0
3 Fario Marismari(E&E)	46	13.3
4 Chuck Isetts(KP)	67	14.0
5 Dylan Rubini(SMR)(G)	U13	14.6
6 John Godbeer(Cam H)	74	16.7

Gibson: 1= Butler, Isetts & Godbeer, 4 Palmer, 5 Marismari

200m		
1 Pat Logan(KP)	49	25.0
2 Gary Palmer(SMR)	42	25.2
3 Mark Butler(E&E)	48	26.3
4 Mark Cook(G&G)	42	26.4
5 Fario Marismari(E&E)	46	28.4

Race 2		
1 Chuck Isetts(KP)	67	29.2
2 David Whittaker(E&E)	65	29.9

Gibson: 1 Palmer, 2 Whittaker, 3= Logan & Butler, 5 Isetts
Keen sprinting by Logan and Palmer was a highlight.

400m		
1 Mark Butler(E&E)	47	59.5
2 Jessica Reifer(SMR)(G)	W35	61.3
3 David Whittaker(E&E)	65	74.0

Gibson: Whittaker, Butler
Duncan McClean O60 Trophy won by David Whittaker

1 Mile		
1 Cliff Hide(Serp)	57	5:58.8
2 Les Presland(AFD)	69	6:16.0
3 Alan Davidson(Liss)	62	6:26.1
4 Joe Aspinall(VAC)	71	7:00.3

Les Presland ran for a time for International selection.

3,000m		
8 Alan Davidson(Liss)	62	12:42.3

Throws	Discus	Shot
Sami Mzru(SMR) (G)	28.32	
Alex Brandimarti(Serp)(G) 35	27.18	10.83
Tony Tipping(Cam H) 47	38.14	12.07
Neil Griffin(WSEH) 60	49.89	13.38
John Curtin(SMR) 66	29.66	
Chuck Isetts(KP) 67		6.45
Bill Hudson(BMH) 68	30.59	8.85
Kevin Burnett(SOC) 70	20.23	7.01

Gibson Cup final scores

25.5 M Butler
22.25 G Palmer, 19.5 J Godbeer, 18.75 D Whittaker, 18.5 C Isetts, 17.5 J Trimble, 14 M Cook, 13.5 P Bell, 13 M May
10.5 F Marismari, 10 D Wardie, 9.75 P Williams, 9 McDuell,
8.5 Kitchener, 8 Hayward, Carter, 6 Sowden, 5.25 Hyde, 5 Baker, Shepherd, McIntosh, 3 Wignall, 2 Burnett, Bissett, Barrington, 1 B King, Vassiliou, Hall.*

Cup winner Mark Butler works as the statistician for BBC TV and during Berlin World Games he was often quoted with key facts broadcast by Steve Cram and Paul Dickenson.

But he managed to run as well. In a media 800m, he tells us, he almost won his heat in 2:22.4. So look out for more from Mark in next VAC newsletter.

Race Walking report



Paul King's following in Battersea Park

In my first year as VAC's Walking Secretary I am pleased to report to AGM that a full series of races has been held including 5K, 7M, 10,000m with Counties and Battersea 5m Series with champs. In the latter there were 34 competitors, some of whom completed all five races. The regular judges were Cecil Gittins and Stewart Bennett with Don Turner timekeeping.

Now the G Lester Cup based on handicap has been reintroduced after a gap of four years. Carl Lawton is handicapper and I'm most grateful for his involvement. The Cup was first awarded in 1962 and has been won by many distinguished race walkers and club men. The winner is David Hoben with 173 points.

Further scores are M Hinton(5 races) and P King 159(5), B Hercock 158(5), C Flint 154(5), P Crane 142(4), P Hannell 132(4), S Pender 127(4), F Bishop 123(4), H Middleton 105(3).

In summary, a good year and the hope is for a greater turn out and participation in the forthcoming year. There is also a need to ensure that participants are paid up members of the VAC. *Chris Flint*

VAC 5M Road Race Walk	28 July	11 Aug
Steve Allen(If) 51	45:22	44:55
Sandra Brown(SWC) W60		45:58
Carl Lawton(Bel) 61	47:47	
Peter Hannell(SWC) 66	49:05	50:00
Mike Hinton(If) 68	49:25	50:07
Peter Crane(SWC) 67	49:36	
Paul King(Bel) 58	50:59	50:34
Sean Pender(Enf) 56	51:11	
Chris Flint(L Vid) 64	51:13	51:51
Jon May(Enf)(G) 58	54:00	
Fiona Bishop(Wok) W50		55:05
Dave Hoben(SWC) 56	56:57	56:03
Bernie Hercock(E&H) 72	58:10	60:54
Kathy Crilley(G) W60		61:44
D Williams(G) 58		68:22
2 laps Jack FitzGerald(S&D) 85		'56:59'

VAC Road

	5K 28 July	5M 11 Aug
Vic Maughan(HHH)	47 1	16:38†
Richard Tomlinson(ESM)	41 1	16:53
David Cox (WGEL)	56	28:18
Gareth Cavell(VAC)	41 2	17:13
Mick Barlow(Kent)	43 2	17:50
David Kitcher(Dartford H)	51 1	18:05
Terry Eakin(WW)	55	29:37
Roger Green(WGEL)	61 1	19:49
Terry O'Neill(Bel)	55	31:23
Jim Wallace(WW)	51	33:03
Derek Wardle(WSEH)	62 2	33:20
Jeff Prestridge(Serp)	53 2	20:30
Gareth Jones(Oxf C)	63 3	20:38
Tom Morris(HW)	51 3	20:46
Margaret Moody(VAC)	W60 1	20:55
Michael Johnson(THH)	67 1	21:09
Alan Davidson(Liss)	62 1	21:11
Martin Evans(VPH)	58 1	21:20
Harry Corbett(Bel)	51	21:32
Dan Maskell(VAC)	61	21:46
Andy Davidson(SLH)	52	21:46
Joe Aspinall(VAC)	71 1	22:17
Steve Charlton(VAC)	82 1	22:53
Ann Bath(26.2)	W60 2	23:20
Pat Heffernan(Padd W)	75 1	23:24
Brian Shave(HHH)	75 2	23:54
Dennis Williams(HW)	63	24:08
Ken Tuson(VAC)	72 2	24:16
Joe Cleverly(N Eit)	75	24:30
Martin Lippitt(Trent P)	56	25:25
Ed Bartlett(VAC)	65 2	25:45
Dennis Williams(HW)	63	41:59
Mike Morfey(VAC)	65	42:09
Peter Torre(SB)	67 3	42:24
Lionel Mann(Bel)	68	44:11
Ann Lippitt(Trent P)	W54	45:24
Kevin Burnett(SOC)	70 3	47:21
Lesley Ann Young(Dul P)	W58 1	49:15
John Hay(B&H)	83 2	52:14
		52:17
		36:23

Vic Maughn, 47, not only repeated his 2008 win but, helped by keen competition, improved his record time by 6 secs. Vic's versatility, allied to evident fitness, extends to middle distance track for Herne Hill, and to cross country where he is the three times VAC champion. Tomlinson, striving to race the leader, asserted his place as third man in a season where younger veterans have pressed their claims.

As if responding to our call for young vets, new members were prominent in the July short one. So David Kitcher, 51, came to the first corner as high as fourth placed with Gareth Cavell in fifth. Gareth, 41, new to the Battersea series, had been the 10M winner on his debut at Epsom. But finally Mick Barlow, 43, of Kent AC, came through to fourth, holding Kitcher who gained the 50 gold.

60 class was hot as Roger Green drew away from Derek Wardle and Gareth Jones who suffered an off day. Green is in Woodford Green club and town so was yet another from the eastern side.

Batting for the 50 silver were two northsiders, Jeff Prestridge and Tom Morris.



Vic Maughn leads Mick Barlow and Rich Tomlinson

Then Margaret Moody, with an inspired run, was the first woman, holding off Michael Johnson, the first 65.

A new member who went out fast but found himself yielding ground was Martin Evans, of VPH; all the same the 55 medal was his.

The three oldest classes were closely packed as Joe Aspinall, 71, led Stephen Charlton, 82, in his first appearance for two years, after an injury spell, and Pat Heffernan, 75. Then Brian Shave and Ken Tuson were close behind.

Receiving his medal Peter Torre spoke up for the organisers. Ann Bath was second woman, a hint to the recent Thanet Marathon, where she found herself second in the BMAF, clocking 3:56.

In the August race David Cox ran from Victoria station as "the simplest way to get here" and clocked 28:18 or second fastest of series, at 56. In his letter on page 12 he tells how he came back from a nasty affliction a year ago with tow-path runs home and 30-40 mile weeks.

The full hand of five runs was claimed by always fit ex-walker Ken Tuson, Ed Bartlett, whose progress is clear to see, and "I don't train" Kevin Burnett. Whether you believe that or not, a spin off for Kevin at track was a sweet 200m.



Harry Corbett(1), Roger Green and Martin Evans(26)



Fixtures



www.vetsac.org.uk

	VAC distance: CC and Road	Sat 12 Dec	Surrey League Div 3/4 Lloyd Park 1pm. Ladies Petersham 12noon
Sat 3 Oct	VAC CC Wimbledon Common 2.30	Sat 19 Dec	South of Thames 7M WIMBLEDON
Sat 10 Oct	Surrey League Div III British Air CRANFORD 3pm. Ladies Reigate 12noon	Sat 2 Jan	Herc Wim LAURISTON 5M Road
Sat 31 Oct	East Surrey Leag Lloyd Pk M&W 5M 3pm	Sat 16 Jan	VAC Champs M&W Wimbledon 2.30pm
Sat 7 Nov	LOUGHTON AC Inter Club 2.30 VAC teams	Sat 6 Feb	Surrey Lg WAV'LEY/ HASLEMERE tbc Ladies Wimbledon 12noon.
Sat 14 Nov	Surrey Lg LLOYD PARK 3pm. Ladies Denbies Ranmore Common 12pm	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.	
Sat 21 Nov	VAC CC WIMBLEDON 2.30		
Sun 22 Nov	EPSOM 10M 9.30am with VAC		
Sat 28 Nov	South of Thames 5M SPARROWS DEN		

National and International

11 Oct	10M PORTLAND
1 Nov	Half Mara STEVENAGE
14 Nov	International CC BIRMINGHAM Candidates to apply by 30 Sep to Charlie Dickinson; tel 0171 720 1062.
13 Mar	CC Stormont BELFAST
27-28 Mar	Indoors LEE VALLEY

Meet directions and details.

Wimbledon HQ Belgrave Hall, Denmark Rd, SW19 parking restrictions · full facilities and refreshments · club clothing · jog to start at Caesar's Well · CC is 3 laps 5.8 miles · marshalls wanted · fee £3.

Loughton AC from South View Rd Loughton

Epsom 10 at Epsom Downs racecourse.

Cranford: Br Airways Concorde Club at High St, close to M4 Junc 3: TW5 9PQ or GR 109778 · Map at www.BAClubs.com/contact. Walk to course in Cranford Park.

Lloyd Park Croydon Coombe Rd A212 with tram-link stop at course.

Race Walking

10 Oct	Enfield with VAC 5K Champs Lea Valley Stadium 2pm £2
28 Nov	Belgrave and VAC 7M Walk Champs, Belgrave Hall start 1pm
Sec Chris Flint: bettychris@hotmail.com	

Other

17 Oct	Surrey Vets CC PETERSHAM
24 Jan	VAC INDOOR CHAMPS, LVS with EVAC, Pentathlon
30 Jan	SEAA CC Champs Parliament Hill

Epsom 10 enter form on website, or enter on plain paper by 16 Nov with
Fee £10 + £1 VAC = £11. State Name, Sex, Age on day, Address, 1st claim Club, VAC No, Phone No. Send with 9x6 SAE to Don Turner, 40 Rosedale Rd, STONELEIGH KT17 2JH.

VAC N/L October 2009
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