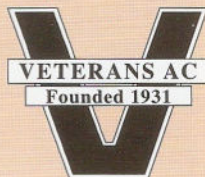


Veterans Athletic Club

Newsletter October 2010



2 AGM – Officers
3 News and views
4 10,000m
5 Chuck Isetts
6 Members Say
7 Inter Area T&F

8/9 T&F Champs report
10 T&F continued
11 T&F results
12 Surrey League
13 10,000

14 Walking; Wimbdn Track
15 5K Road
16 Fixtures

Pictures above: Diane Bradley,
Gareth Cavell(11), Martin Garrett
and Ian Johnston(2)

Officers of the Veterans AC, established 1931

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Report of AGM 9 September 2010

Nine members were present: D Williams, P Hannell, M May, R Franklin, J Hemming, C Gittins, P Torre, R Tabor and A Murray.

The minutes of last AGM were accepted.

A General Report by Hon Secretary had appeared in last newsletter, p3.

Hon Treasurer presented the accounts which were amended since the previous version. He told the meeting that summer meetings, termed 'open' in AW, and cross country events had incurred loss and the Inter Area had drawn a fee of £75 but income from Indoor Champs was there for a welcome boost. He did not consider a rise in subscription was needed this year but might arise in 2011. Membership was slightly increased so the Club was just about break-even even.

A new development was a Paypal account, access to which would be on the website.

Secretary commented that affiliations we pay amounted to a lot, nearly one third of income.

The President Peter Hannell would continue in office, which was warmly applauded.

Existing officers were offered for re-election en bloc and R Tabor proposed they be accepted. C Gittins expressed caution about the age of some officers.

C Flint was elected to Vice President.

Three Members listed to be Life Members in the previous meeting were not tabled in the meeting.

Offering their services to help were R Tabor and A Murray, of Dulwich Runners, present in the meeting.

P Torre said he was glad his work on outside events had been noted in Newsletter.

It was agreed to avoid specifying an exact date for the next AGM in order to retain flexibility, around

10,000m Champs for instance, but the month of September was spoken for by Secretary.

Committee Meeting, after AGM

Members Welfare item said little improvement could be reported for Geoff Harrold. However Dan Maskell is recovering, Bernie Hercock is active along with Pat Heffernan, in 10,000m. Kerry Scudder had undergone operation for cancer and some members had contacted her.

Treasurer declared the funds at £3,898, deposit, and £2,650, current account.

Problems which occurred at Kingsmeadow, which led to the champs being rebooked at Battersea, were outlined.

Support by members at midweek meets was described as low but at the two recent Track Champs support had been good.

Walk 5K Road date was hoped to be at SWC in December, but this has since been queried.

Road 10K Champs would be the Club's next event on 3 October, with attractive prize money, while Cross Country dates of 20 November and 5 February were confirmed.

To encourage entries for Epsom 10 Membership Sec should be asked to consider entry form on the Address/Renewal carry sheet.

Newsletter Editor expressed appreciation for Club's contribution to £123 cost of a laser printer.

Past President, attending Committee, C Gittins, said due to health problems he was afraid the meetings might see less of him from now on.

Webmanager Mike Peel has kept our results and fixtures on site very promptly, it was agreed.

News and Views

Les Brown Appearance trophy

Holder C Gittins.

current scores

10 Cecil Gittins, Kevin Burnett, Stewart Bennett,

9 Alan Davidson, Peter Hannell

8 Dennis Williams

7 Ed Bartlett, Dave Hoben, Mike May

6 Chris Flint, Cliff Hide Don Turner, Mick Barlow,

5 Helen Middleton, Mike Hinton, Paul King, Anne Lippitt, Martin Lippitt, John Godbeer, Fiona Bishop, Phil Bell, Art Thomson, Ron Powell, John Godbeer and 19 on 4 at 9 September.

Compiler Bob Belmore notes that walkers and officials have been prominent during his period but the summer has been peak walk season and now with winter drawing on the cross country men can start catching up.

A feature of the summer writes *Editor* was been the Steve Allens affair. Steve Allen Ilford we know well but now there is Steve Allen Barnet, and also a Steve Allen Harrow. He is a sprinter so we should be able to get him on both feet off the ground rule but how to tell the walking ones is troubling. One is tall and wears a card in his cap saying "I'm a guest, don't sub me" so we can look the other way. Then the 'old Steve Allen', Ilford, drives a taxi but of course never stops when you need him, and is liable to turn runner and take you for a

fast ten miles, with extras.

To add to the confusion if it looks like raining Kevin Burnett is sure to switch from walk to run, and feisty Fiona Bishop is unpredictable, going from walk to run freely and even up to Wolverhampton to run.

Talking of which we note the British Masters have not got the age group results of 10K Road out a week later.

However an item on their website called 'How to compete in International Championships' is aimed at beginners and worth mentioning in this big travel year; see website News page.

We see more Masters trouble. The Surrey Veterans Cross Country is listed as Surrey Masters Cross Country on county website and the yellow Athletic News.

We were not expecting this. After protesting informally about the equivalent Track and Field event in May, we saw that listed as Veterans in Power of 10.

The Cross Country in October has been going a long while, perhaps 30 years or more, and it seems strange to say the least that the accepted title has been abruptly changed, without consultation or explanation.

A senior member of the Ranelagh Hrs, who put it on, commented "this is pathetic; I was a master at ten!"

But we have looked into UKA Rules of Competition. Under Rule 207 Age Groups

we found

Rule VI which states

"Road running events for Masters shall be confined to competitors who are at least 35 years of age on the date of competition."

We make two points

a) this does not refer to Cross Country

b) the converse, namely "events for competitors who are at least 35 years of age shall be Masters events" is not explicit.

We hope legally qualified members would care to express opinion on this matter, and possibly advise us on presenting a proposal for Amendment.

This might simply take the form "Road running events for Veterans and Masters shall be confined to competitors who are at least 35 years of age on the date of competition."

Also we have not done this exercise before and wonder how much supporting material might be appropriate.

Prospects for Cross Country in VAC are unchanged except for dates so we would simply remind members that it is a natural course, with no road surface and seldom any deep mud. This is because the gravel soil of the Common drains well. There is even a spring of water in Caesar's Well though we have yet to see anyone drink from it.

The Conservators keep the Common in superb condition, and our CC Secretary marks out the course beautifully for you to run.

10,000m Track Champs, 8 Sept Battersea



Pictures

Ben Reynolds(1)
Cox and Lee from Barlow
Johnston(2)
from O'Hare

Race 1

1 Ian Johnston(Shett)(G)HertsM40	33:15.1
2 Ben Reynolds(THH)	M45 1 34:08.3
3 Gareth Cavell(VAC)	M40 1 34:44.5
4 Peter Lee(HW)	M40 2 35:39.3
5 David Cox(WGEL)	M55 1 35:43.1
6 Mick Barlow(Ton)	M40 3 36:49.6
7 Colin Oxlade(Croy)	M50 1 37:10.2
8 Hugh Saxby(HW)	M55 2 37:14.2
9 Tony Harran(HHH)(G)	M50 37:33.7
10 Steve Smythe(Cam H)	M50 2 37:40.6
11 Liam O'Hare(Bar)	M60 1 37:48.8
12 William Fraser(Hail)(G)	M55 42:48.6

Three races were planned on a graded basis to have manageable field sizes. This yielded clean results, led by David Barrington with time-keeping by Gittins, Richardson and Kitcher, and Maurice Joyce, starter. It was backed up by card recording by many helpers and friends and use of Time clock lent by Tooting. Medals were awarded in age groups which went across different races as necessary. Said Barrington "excellent turnout; well done!"

Ian Johnston, the race winner, was a guest and in official Veterans Champs requested by Hertfordshire County AA. Born in Hemel Hempstead he is first claim to Shettleston Hrs of Glasgow.

Although he declared himself to be disappointed this was a PB performance by Ben Reynolds and his 34:80 was ranked 2nd M45 UK. He took the early lead and impressively set a brisk pace for six laps. Without the guest he would have had a grand club

Race 2

1 Andy Murray(Dul R)	M55 3 41:52.9
2 Catherine Shelley(Serp)	W45 1 42:19.1
3 Anna Garnier(THH)	W55 1 42:31.3
4 Tom Morris(HW)	M50 3 43:20.2
5 Paul Browning(VAC)	M50 43:29.6
6 Michael Johnson(THH)	M65 1 44:26.6
7 Ros Tabor(Dul R)	W60 1 44:38.7
8 Alan Davidson(Liss)	M60 2 44:50.2
9 Maggie Stacey(26.2)	W40 1 45:14.2
10 Roger Biggs(G)(Herts)	M60 46:16.4
11 Rex Bale(Poole)	M60 3 48:16.2
12 Richard Soer(VAC)	M50 48:50.7
13 Leonard Parrott(Haver)	M75 1 50:25.1

Record: A Garnier CBP W55 42:31.3

win but was at least awarded the McDowell Cup.

Ian Johnston it must be said ran a strong race to win in 33:15.1, never challenged once in the lead. This ranked him 3rd in UK M40.

In race third Gareth Cavell ran steadily to be first 40 in 35:44, a faster time than he did on debut last year. New member Peter Lee ran with David Cox and Mick Barlow early on for a 35:39 clocking.

Cox was helped by Lee with whom he was level for 18 mins to a good time of 35:43 in sixth place; see how he went on to BMAF Road 10K for 35:55, with no placings given as we write.

Supporting David was son Robbie Cox who supplied a loud "Come on, Dad" when needed.

First 50 in 7th was Colin Oxlade, who continued his good sequence by holding off Hugh Saxby, 55, with 1:29s and a 1:24 last lap. Then half a minute on came regular 25-er Steve Smythe. *Cont p13*

Chuck Isetts

The coach speaks about VAC members in his sprint group at Kingston

Veteran athletes, like their senior counterparts, often find it difficult to raise their game after a major championship. Joan Trimble ran exceptionally well at the European Veterans Championships in Hungary, while Pat Logan, only a few days shy of his fiftieth birthday, won silver medals in the 100 and 200 and as icing on the cake won gold in the 4 x 100 relay.

Joan, in the race of her life, took bronze in the W55 100m and a credible 4th in the 200. To cap it off she ran her first 400 since joining my group in the first leg of the W55 4x400 relay. Her team not only won the gold, but set a World Record in the process.

Both Pat and Joan were able to maintain a semblance of their international form at the VAC Championships. Pat, now an M50 won both the 100 and 200 and was the fastest 100m runner across

all age groups by half a second. Joan also won both the 100 and 200 and was the fastest female 100m runner.

Mike May, who is also in my training group, and I ran in Euro Veterans Hungary. I had modest success, getting silvers in both relays.

Unfortunately, due to injury Mike was unable to perform to his ability in either Hungary or the VAC Champs. Before his injury, Mike was the only member of the group to travel to Canada for the world indoor championships. In the M45 60m, he set an age group PB for himself.

Needless to say I am very pleased with the success of the group this summer, with eight medals in Hungary the highlight.

Perhaps our training philosophy played a part. To greatly over simplify, in training we run fast, take long rests, lift heavy in the gym and if necessary turn left.

Less simply, all our training



Pat Logan

runs, which are rarely beyond 150 metres, are done at 95% or more of maximum sprinting speed. Between each run we sit and chat, taking one to two minutes recovery for each second of the training run.

As for turning left, for a sprinter on an outdoor track one left turn means pain, two left turns means extreme pain and more than two left turns is unthinkable.

Now that winter is fast approaching, our eyes are on world travel. The whole group is going to the European indoors in Ghent next March and then to the world outdoor championships in Sacramento next July.

Throws report at T&F Champs

Tony Richards' 40.47 Discus(CBP) looks outstanding. We suppose Tony enjoys best technique allied to an athletic physique. In other words he isn't bulky.

While Chris Melliush's Hammer with four good throws to 44.40 led M65 class as Chris Privett, 50, achieved 46.52.

In Shot, Stephen Head, from Hornchurch, was longest at 12.30. Guests R Jegou, of Wantage, with 10.33 in six strong M65 and Gordon Hickey, 10.17 at 75, were in form. Jumper David Johnson for variety had Shot 9.92 in his series. Ever present

Jaroslav Hanus set M80 CBPs in Shot with 8.32 as well as in Discus, 20.61, a five metre lift.

Keith Seldon was longest Javelin with 37.37 as David Kuester remarkably beat Ashley Fox, who suffered three no-throws, with 34.24. But Kuester has history in the spear, to be told.

Liz Sissons kept up her high standards with Hammer 28.88, Javelin 21.40 and Shot 9.78 (CBP) as pupil Dassie won 55 Gold with 9.27. Also of Epsom, Brian Harlick had Discus 31.44.

While a throws captain might be welcome, Field ref Nigel and his team were definitely appreciated.

Members say



Sue Dassie: Epsom athlete and P Ed teacher
Sue, previously Sue Knight in Mitcham and Sutton, tells us she has come back to the sport, after injury, into Epsom and Ewell.

At E&E she is training with Terry Bissett coaching and Anne Nelson as training buddy and this takes in

sprinting, drills and video.

For Shot, Sue works with Liz Sissons who of course is the expert. Liz and Sue help each other with weight training while Liz has got pleasure from seeing Sue's progress in throws and says there is more to come.

With the technique she has gained Sue has gone under 15 secs for 100m and over 9 metres at Shot.

She is qualified in Physical Education and holds top post at Croydon High School so she works with five year olds right through to adolescents, who can be difficult and troublesome, and on to A level girls on the threshold of a career.

From her standpoint in PE Sue observes the children coming through and sometimes wonders "do they work as hard as we did? Are their inactivity levels too high? And will they achieve what I do?"

Yet the Epsom member sees benefits. "We athletes are doers", she argues. "Sporting girls get positions in school; they learn to juggle things, to make commitments and become

more organised".

With Year 10/11 Sue is teaching them to understand their bodies, and beauty, and become fit for life and hopes she is a model for a healthy balance in life. And trusts some will carry on with sport after they leave.

Our writer also enjoys other athletes' performances, and now knowing the faces says it's good to meet and greet in the Vets Club.

Brenda Fee's reflections

This time last year I had a holiday in Sydney where my daughter lives. At the same time the World Masters Games, IMGA, was being held at the Olympic Stadium. Despite not concentrating on sprints for sometime – my focus had been on 10k Road Races – my daughter convinced me that the Masters Games was an opportunity I shouldn't miss. So, the month before leaving for Oz I changed my trainers for spikes and started to do some last minute track work! I ran in the 100m, 200m and 400m and ended up with a couple of medals round my neck, totally unexpected.

I had caught the sprinting bug again!! On my return I decided to take the track more seriously, found myself a coach and decided to enter some indoor races. The regular training paid dividends and as time passed I found my times improving. It was a good finale to my season and a very pleasant surprise when I achieved three CBPs in the W60 sprints whilst competing in the VAC Champs at Battersea and produced a PB in the 100m. I now have a dilemma, do I continue sprinting or return to road racing as I keep being told by the pundits that I can't combine the two!

Members! Tell us what you think; write or email to Editor, address back page

Hammersmith Riverside Yacht H'cap, 27 July

	<u>net</u>	<u>actual</u>	<u>#</u>
1 Kevin Burnett	28:09	32:54	16
2 Tom Everitt	29:12	27:26	18
3 Harry Tapan	29:41	27:26	12
4 Alan Davidson	29:47	22:47	3
5 Robbie Cox	29:51	19:06	1
6 Ray Willmott	29:54	24:24	6
7 Sean Dillon	29:59	23:17	5
9 Dave Cox	30:09	19:09	2:
10 P Udell	30:10	27:10	11
11 Dennis Williams	30:55	25:50	9

12 Steve Edwards	q31:35	25:05	7
13 Mick Harran	31:54	26:54	10
14 Francis Thomason	31:56	29:11	13
15 Dennis Smith	32:40	31:40	14
16 Ed Bartlett	34:04	32:19	15

Fastest: 1 R Cox 19:06, 2 D Cox 19:09, 3 A Davidson 22:47
Kevin Burnett gave perfect example of how the handicap works, being slowest runner but still first home, says Francis.
Next races 12.30pm 31 Aug, 28 Sep and 26 Oct at Rutland Grove W6.

Details from Francis Thomason, 12 Berestede Rd, London W6 6NP

Double sixes in Inter Area as more women come in at Solihull

We got together a bigger team than last year and improved our positions all through, placing sixth in both genders and overall, reports Mike May.

Despite email we did fail to contact some, possibly because their email address had changed.

The European Champs affected us as some good athletes had got injured or called an end to their season.

None of the men were as successful as our ladies but good results came from Derek Wardle (two 2nds and a 3rd), John Browne (2nd and a 3rd) and from President Peter Hannell and Brian Harlick, both with 2nds.

Robert Allen, Robert Peers, and Mike May covered lots of events in 35-49 as did Phil Bell, Mike Elwell and Walter Wessely in 50s and 60s.

Finally our W50 women, and mixed age group men competed the curiously ordered Medley Relay. That order was 400, 200, 200 and 800 so any club with a weaker 400m runner would find its sprinters too far behind to make any difference before everything hung on the 800m runner.

How the VAC Ladies did!

The Ladies' team, having quintupled from last year, was still small – but very excited and determined to take on the might of the bigger clubs! With only five of us, we were indebted to Brenda Fee who took time out from a family occasion to make her mark on the V60 100m and 400m, taking the honours in each with extremely fast times.

The rest of us (W55s) were in the W50 category. Here our world record holder and European medalist Joan Trimble recorded a 1st place in the 100m, and was only edged by an actual V50 in the 200m. Our middle distance ladies, Carole Wisdom and Anna Garnier gallantly took on the 4', 8', 15' and 3,000 between them. Carole, competing on the track

after a very long gap, still placed 6th in both 800 and 1500m, while Anna had a storming run in the 400 to clock one of the fastest times in W55 age-group this year, placing 3rd, and then going one better in the 3,000.

It was left to me to do what I could in the field events,



Anna Garnier, Joan Trimble, Carole Wisdom, Fiona Argent

with a 4th and 5th place in the high and long jumps, and 6th in the shot, which was a personal best outdoors!

However, our pièce de resistance was in the V50 medley relay. With only four of us left I led off in the 400m, passing to Carole in 4th with Joan making up valuable places over 200m, and Anna maintaining 3rd place over the two laps. We believe we are the first VAC track medley relay team and were enormously proud to have achieved such honours!

So next year, all you other VAC girls out there, we need you! We even discussed at Solihull having a separate ladies' team manager to coordinate /cajole and convince more ladies to take part – you have been warned!

Fiona Argent

VAC at Solihull

Robert Allen 100/200m 12.6, 25.9.

John Browne 12.5, 25.7.

Derek Wardle 13.7, 27.6.

400m Mike May 67.7, Phil Bell 62.9, Wardle 61.3.

800/1500 Robert Peers 2:36.7, 5:18.8. Mike Elwell 3:00.9, 5:55.9.

Walter Wessely 2:51.3, 5:46.4.

2kmW Peter Hannell 11:12.8. May 15:47.1, Elwell 20:19.9.

Allen Discus 22.32, Pole V 2.50, HJ 1.40, Shot 7.45.

Brian Harlick DT 31.83, PV 2.00. May JT 6.42.

Women 100/200 Joan Trimble 14.4 / 30.2. Brenda Fee 15.3 / 400m 73.4.

800/1500 Carole Wisdom 3:32.6 / 7:03.9.

400/3000m Anna Garnier 71.9 / 11:46.2. Fiona Argent SP 6.78 / LJ 3.21 / HJ 1.10.

Teams: 1 SCV 692, 2 MMAC 721.5, 3 WMAA 567, 6 VAC 257 (men 162, women 95), of 10 teams.

Results in brief: BMAF M40 Decathlon

2 John R Buckingham 4455, 4 Gary Palmer 4196. M45 4 Alan Easey 4330



Mike May

Battersea Track champs

endorsed with 21 CBPs



Epsom glee: Liz Sissons, Sue Dassie and Anne Nelson

Middle distance

Winner of the younger men's 800m was Noel Hall who gave Andy Hunt from Worthing two seconds. Noel, of St Mary's, has run 800s in open meetings but includes quicker 400 and 200 in his repertoire.

Mike Mann won an excellent 800 for the older men and women after being tested by in-form Ed Connolly who ran him to half a second. Mike from Dulwich needs no introduction here but Ed, from the Solent has been seen as an 800 specialist since he won



Derek Wardle and Geoff Kitchener

his opening VAC race at West London back in the 80s. The women were led by Jacqui Reid, third, and Ros Tabor, split by regular entrant Walter Wessely.

Over 3 minutes came Arthur Kimber, for 70 gold who held Len Parrott, first 75, making a welcome comeback in VAC champs.

For the classic 1500m event Marksman Martin Goodway called the whole entry in for one race, 18 strong.

Here last year's winner Andy el Nevo repeated his success with a faster time.

The Croydon athlete had done well in National events at Lee Valley indoors and Cardiff, clocking fast times but now made the most of his opportunity to secure an outright win. He set a comfortable pace in front throughout, with the top group following, to end with 4:52.9.

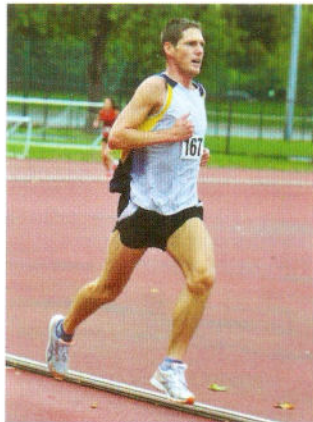
Hugh Saxby, M55

first, concentrating on one race, ran 4:56.5, good against his PB.

The Dulwich pair Steve Smythe and Mike Mann contested third place ahead of country man Jim Wallace.

Another very versatile athlete is John Hall who ran the 1500m for 5:41, M60 silver, before race-walking the 3,000 to be first man, in 15:46.

In 1500 women, after Reid, the main contest was between the closely matched pair Ros Tabor and Margaret Moody. Here predictably Tabor's speed aided perhaps by track training in the Dulwich club prevailed but only by two seconds.

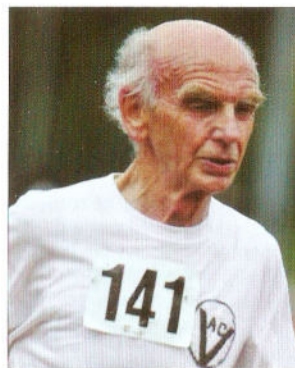


Stuart Major

Bill O'Connor took the 65s as Michael Sawyer the 70s and a recovering Richard Pitcairn-Knowles got silver in M75, ahead of Brian Shave and his RRR mate John Cullingham.

5,000m

New member Stuart Major of Newham EB won this. His top



Harry Tempan

vet ranking had been in M35 3,000m but backing his reputation won the 5,000 first race of 13 runners with 16:14.

He was clear of another new name Tony Tuohy, 45, of Dulwich who dominated the other men, and led first woman Clare Elms.

Clare set a W45 CBP in this hard event of 17:44, bettering Jane Davies's 18:30 of 1996.

One who has been catching the eye lately, Colin Oxlade, won the 50 from three others. Then another Croydon, Julian Dillow, up a class, took the 55 in fifth spot.

There was controversy in the older and women 5,000 about times recorded but great care was taken later to check out the figures exhaustively.

No doubt about the race winner Terry Eakin who, fresh to the race, was clear of Mike Mann.

Margaret Moody was third and her time was finally put at 21:16.8. It was disappointing her true time was lost but she



Clarence Riley(13) led Steve Allen(47) with Alan Easey and Stuart White next in the 100

was well inside the 22:21 CBP of Pam Jones.

Ros Tabor was clearly next and given 21:19.2, ahead of Alan Davidson who had saved his time at 21:52.

In 11th place of 15, Harry Tempan excelled to clock 25:38.1 and finish in good style. Scot Porteous's British 85 age record however stood up while we can recall seeing Harry set a BR at West London back in the '80s.

Fiona Bishop completed a rare double: first W50 in walk 3k and run 5K. Ann Lippitt was only four secs behind her.

Mike Sawyer ran with Fiona much of the way for 70 gold.



Mike Sawyer and Fiona Bishop

3,000m Race Walk

The Walk was very well competed with all 17 finishing. Diane Bradley dominated from the start, a minute clear of John Hall, and clocked 15:28.3, a cut of 37s on her own CBP.

Art Thomson, 74, was third for a Best of 16:33, holding off Helen Middleton on 16:49.

Further golds went to Gary McDonald, 50, Dave Hoben, 55, John May, 75, and diligent President Peter Hannell.

Pole Vault

Wind troubled the ten competitors such that Mick Goodall failed to clear at all. But guest Sue Yeomans was top female with 2.70 metres, leading Alison Duke, 2.60, Maria Newton, 2.50, and Teresa Eades, née May, 2.30, who all set CBPs in this great pool.

Multi-athletes Alan Easey and Brian Slaughter cleared 3.00m before abandoning.

Throws report on page 5
Sprint report on page 10

Sprints at Battersea

Barrington King fulfilled expectation in the M40 holding new man Nick Lauder by a tenth in 100. Then Lauder came good in 'the turn'.

In M45 smart new members Clarence Reilly of Croydon and Steve Allen were a contrast in style as the shorter Reilly impressively surged away from the tall Harrow man. Close for the bronze Alan Easey held off recent recruit Stuart White by just a tenth. In 400 Reilly headed lap expert Gary Palmer.

Justifying the number one card, Pat Logan clocked best time of day, 12.0 secs, with typical attack. Unfortunately the wind guage was not operative.

Traditional John Browne v Wally Franklin duel was lost when Wally sprung an injury at the last moment.

M60 Kitchener v Wardle were two needle races with the Sevenoaks man prevailing. But Wardle got back in Long Jump, 4.72 CBP, saying "I had to do something about it".

Leading the older women's race Joan Trimble, whose improvement in four years has a fast start,

readily clocked 14.3 for best women's 100m time.

Smart new Blackheath members, Maureen Miller and Shirley Rowbotham, dominated W45 and we regret that they were not placed into an all-women 200 – for Miller's 29.2 to test Trimble's 30.4. The blue sky idea has to be a big electronic score board.

Jumps

David Johnson of Reading AC was best Triple with 10.60 for M55 CBP.

Best Long came from super fit Brian Slaughter with 4.90. Brian also did hurdles in a solo run.

Gary Palmer's 1.63 and Teresa Eades' 1.30 topped the 14 strong High Jump card as Emily McMahon carved new territory as first ever W60, 1.15 metres. Nice to see you back, Emily.

Multi-event athletes did not have an event of course but could be recognised. Such as Brian Slaughter, Alan Easey, Gary Palmer, Fiona Argent and the inflexible Francis Thomason. FT did seven with best in the Walk, 20:20. He adds "they all say 'it must be more restful!'".

Recognition of Officials at T&F Champs

President Peter Hannell. **Starter** Ivor Wiggitt **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, John Brett. **Track Judges** Don Turner, David Barrington, also Clerk of Course, and Peter Mulholland. **Field Judges** Graham Pullen, Dave Sharp. **Entries, Meeting Director** Bob Belmore. **Office** Jeremy Hemming. **Joe** Aspinall, **Walter** Wessely. **Presents** Ron Franklin. **Programme** Hemming. **Medical, Officials' lunches** Alison Jones. Thanks to Jimmy of the staff.

At 10,000m Champs

Chief Judge David Barrington, Tom Richards. **Timekeepers** Cecil Gittins, George Richardson, Stuart Bennett, Maurice Joyce(starter), Kyle Barber, Mike May, David Kitcher. **Desk** Joe Aspinall. **Presents** Peter Hannell. **Lap scoring cards:** Cliff Hide, John Batchelor, Andy Murray, Dennis Williams, Ron Franklin, Jaran Finn, Ian Isherwood, Bill O'Connor, Mike Barlow, Mrs Heffernan, Robbie Cox, Mrs Pitcairn-Knowles. Appreciation of support by **Battersea staff** Gary, Vilma and Jimmy.

M65 1 Richard Jegou(G) 10.33, 2 Kuester 9.91, 3 Rice 9.82, 4 Gilbert 9.56, 5 Harlick 8.25.

M70 1 Hamilton Thomas 8.55, 2 P Shevlane 8.32, 3 Burnett 6.88. M75 G Hickey 10.17.

M80 Jaroslav Hanus 8.32 (CBP).

Discus

W40 Maria Newton 24.85. W45 1 Alice Campbell 11.84.

W55 Dassist 18.83.

W65 Liz Sissons 23.06 (CBP). M40 Evans 26.58.

M50 1 Privett 41.81, 2 B Slaughter 34.48, 3 K Seldon 30.29, 4 Head 29.60.

M55 1 Johnson 32.58. M60 1 Richards 40.47, 2 J Donaghey 27.90, 3 Thomason 17.00.

M65 1 John Gilbert 33.41, 2 Harlick 31.44, 3 Jegou(G) 31.11, 4 Kuester 27.69, 5 O'Connor 20.91.

M70 1 Peter Shevlane 25.17, 2 Thomas 24.99, 3 Burnett 16.71. M75 Hickey 24.46.

M80 Jaroslav Hanus 20.61 (CBP).

Javelin

W40 Newton 18.99. W65 Sissons 21.40

M40 Gary Palmer 23.79. M50 Keith Seldon 37.37, 2

Slaughter 32.70, 3 Head 22.51. M55 Peter Morgan 23.53.

M60 Richards 31.56, 2 Thomason 6.32.

M65 1 David Kuester 34.24, 2 A Fox 27.84, 3 Gilbert 25.52, 4 Harlick 22.40, 5 O'Connor 15.34.

M70 John Webster 28.74, 2 Burnett 13.87. M75 Hickey 23.94.

High Jump

W50 Eades (nee May) 1.30 (CBP). W55 Argent 1.10. W60 Emily McMahon 1.15 (CBP)

M40 1 Palmer 1.63, 2 Buckingham 1.55, 3 P Evans 1.45.

M45 Shields 1.25. M50 Slaughter 1.45, 2 Seldon 1.25.

M60 Mick Goodall 1.35, 2 Kitchener 1.30.

M65 1 Cheers 1.25, 2 Harlick 1.10.

Long Jump

W45 1 Alison Duke 4.47, 2 A Campbell 1.99.

W50 Eades (nee May) 3.77. W55 Harrison 2.58.

M40 1 John Buckingham 5.07, 2 Palmer 4.86.

M45 1 Alan Easey 5.31, 2 Riley 5.19, 3 Shields 4.35.

M50 Slaughter 4.90. M55 Johnson 4.83, 2 Morgan 3.84.

M60 1 Derek Wardle 4.72 (CBP), 2 G Kitchener 3.92,

3 Thomason 1.48.

M65 1 Allan Cheers 3.84, 2 Rice 3.49, 3 Kuester 3.31.

M70 Webster 3.13. M75 Colin Sheppard 3.09. 2 Feast 2.77.

Triple Jump

W55 Harrison 5.51. M45 Dave Shields 9.77, 2 C Riley 9.77.

M55 David Johnson 10.60 (CBP). M60 Wardle 9.18.

M65 Rice 8.07. M75 Colin Sheppard 6.04 (CBP).

Pole Vault

M40 del Nevo 2.30. M45 Easey 3.00. M59 Slaughter 3.00.

M65 Harlick 2.30.

W40 Maria Newton 2.50 (CBP). W45 Alison Duke 2.60

(CBP). W50 Teresa Eades (nee May) 2.30 (CBP).

W55 Susan Yeomans(G) 2.70. **21 CBPs recorded**

Hurdles

100mH M50 B Slaughter 16.4. M60 G Kitchener 19.8
 80mH W60 Emily McMahon 15.0 (CBP). W40 2 J Reid 19.7. M70 J Webster 19.9

100 metres

M40 1 Barrington King 12.5, 2 N Lauder 12.6, 3 G Palmer 12.6.
 M45 1 Clarence Riley 12.5, 2 S Allen 12.7, 3 A Easey 13.2, 4 S White 13.3, 5 M May 14.7.
 M50 1 Pat Logan 12.0, 2 A Zammit 12.8, 3 B Matthews 12.8, 4 B Slaughter 13.1.
 M55 1 John Browne 12.6, 2 T Carter 13.8, 3 P Bell 13.8, 4 A Perry 14.6.
 M60 1 Geoff Kitchener 13.5, 2 D Wardle 13.5, 3 F Thomason 22.0. M70 1 Alan Sowden 16.3. M75 G Feast 16.9.
 W40 Shirley Rowbotham 14.9. W45 Maureen Miller 14.4.
 W55 1 Joan Trimble 14.3, 2 S Dassie 15.0, 3 A Nelson 17.3, 4 L Harrison 21.6.
 W60 1 Brenda Fee 15.1 (CBP), 2 McMahon 16.4.

200m

M40 1 Nick Lauder 25.7, 2 M Cook 26.2, 3 A Hunt 26.7, 4 J Buckingham 27.0
 M45 1 C Riley 24.7, 2 S Allen 25.6, 3 S White 26.9, 4 M May 30.2.
 M50 1 P Logan 25.2, 2 B Matthews 26.3, 3 A Zammit 26.6, 4 B Slaughter 27.9.
 M55 1 J Browne 26.3, 2 P Bell 27.8, 3 T Carter 27.9, 4 A Perry 29.6, 5 C Hide 30.2.
 M60 1 G Kitchener 27.7, 2 D Wardle 27.8, 3 C Riordan 31.5, 4 Thomason 63.0. M65 W O'Connor 39.5.
 M70 1 A Sowden 34.5. M75 G Feast 36.0.
 W40 S Rowbotham 30.5. W45 1 M Miller 29.2, 2 A Campbell 58.5. W50 1 Lesley Parsons 33.7, 2 C Wisdom 40.8.
 W55 1 J Trimble 30.4, 2 S Dassie 32.0, 3 A Nelson 34.5. W60 B Fee 31.4 (CBP).

400m

M45 1 C Riley 57.5. M40 1 G Palmer 58.6, 2 Lauder 61.7, 3 E Campbell 103.4.
 M55 1 Tim Carter 62.8, 2 Hide 67.9, 3 Bell 68.0.
 M60 1 Ed Connolly 66.8. M65 O'Connor 97.4. M70 A Kimber 80.2. M75 J Cullingham 100.4.
 W40 Rowbotham 69.8. W45 1 Miller 66.0, 2 A Campbell 164.6.
 W50 Parsons 77.4, 2 C Wisdom 93.8. W55 F Argent 91.2. W60 Brenda Fee 75.6 (CBP).

800m

M40 Andy Hunt 40 2:19.4. M45 Noel Hall 2:17.6, 2 E Campbell 2:51.4. M50 Neil Taylor 2:26.5. M55 Hugh Saxby 2:22.5.
 M60 1 Mike Mann 2:30.5, 2 Connolly 2:31.1, 3 W Wessely 2:57.1.4. M65 Bill O'Connor 3:29.0. M70 1 Arthur Kimber
 3:07.8, 2 K Burnett 4:06.3. M75 1 Len Parrott 75 3:12.4, 2 Cullingham 75 3:52.1. W40 Jacqui Reid 2:51.0.
 W50 Carole Wisdom 3:30.6. W60 Ros Tabor 2:57.9.

1500m

M40 Andy del Nevo 4:52.9. M50 1 Steve Smythe 5:02.5, 2 J Wallace 5:04.6. M55 H Saxby 4:56.5. M60 1 Mann 5:03.9, 2 J
 Hall 5:41.0, 3 Wessely 5:56.1, 4 A Davidson 6:05.8. M65 1 O'Connor 6:57.6, 2 E Bartlett 7:44.4.
 M70 Mike Sawyer 6:13.5. M75 1 Parrott 6:37.9, 2 R Pitcn-Knowles 7:12.9, 3 B Shave 75 7:39.3, 4 Cullingham 75 8:23.8.
 W40 Reid 5:54.6. W60 1 R Tabor 6:02.6, 2 M Moody 6:04.6.

3,000m Walk

W45 1 Diane Bradley 15:28.3 (CBP), 2 H Middleton 16:49.9, 3 M Noel 18:00. W50 Fiona Bishop 18:56.6.
 M50 Gary MacDonald 18:14.5. M55 David Hoben 20:48.4. M60 1 John Hall 15:46.0, 2 I Thomson 19:56.9, 3 Thomason
 20:20.2.
 M65 Peter Hannell 17:21.1. M70 1 Arthur Thomson 16:33.1 (CBP), 2 R Powell 19:31.4, 3 D Stevens 19:50.4, 4 K Burnett
 21:45.6, 5 B Hercock 23:09.5. M75 1 John May 23:06.0, 2 K Livermore 24:42.0.

5,000m M40+

M40 1 Stuart Major 16:14.2, 2 E Campbell 25:17.1. M45 1 Tony Tuohy 45 17:06.8, 2 L Goldsack 45 24:53.6.
 W45 1 Clare Elms 17:44.4 (CBP), 2 C Ulliott 19:23.6. W40 J Reid 22:18.8
 M50 1 Colin Oxlade 18:17.0, 2 N Burnell 50 18:27.9, 3 Smythe 50 19:11.8, 4 T Ulliott 19:13.4.
 M55 Julian Dillow 18:26.1, 2 A Murray 55 19:46.2.

5,000m M60+

M60 1 Terry Eakin 18:14.8, 2 Mann 18:34.8, 3 A Davidson 21:52.0 M65 1 O'Connor 24:29.7, 2 Bartlett 27:50.0.
 M70 M Sawyer 22:10.8. M75 1 Richard Pitcairn-Knowles 26:31.9, 2 Shave 26:31.9. M85 Harry Tempan 25:38.1 (CBP).
 W50 1 Bishop 24:10.5, 2 A Lippitt 24:14.1, 3 S Burchill 26:20.0.
 W60 1 M Moody 21:16.8 (CBP), 2 Tabor 21:19.2, 3 A Bath 25:29.4.

Hammer

W50 Angela Morgan 31.37. W55 Linda Harrison 19.54. W40 Rachel Bayliss 24.68. W65 Liz Sissons 28.88.
 M45 Steve Allen 26.79. M50 1 Chris Privett 46.52, 2 K Seldon 30.84, 34 S Head 25.65.
 M60 1 Tony Richards 28.65, 2 Thomason 14.44.
 M65 1 Chris Melluish 44.40, 2 J Gilbert 34.41, 3 D Kuester 31.96, 4 R Jegou(G) 31.14, 5 B Harlick 29.79.
 M70 1 Hamilton Thomas 32.76, 2 J Webster 31.19, 3 P Shevlane 30.18, 4 Burnett 18.18.
 M75 Gordon Hickey 22.91. M80 Jaroslav Hanus 28.62

Shot

W45 1 Alice Campbell 5.60. W50 Morgan 8.44. W55 Sue Dassie 9.27. W65 Liz Sissons 9.78 (CBP).
 M75 Marie Grant-Stevens 5.60. M40 Peter Evans 8.84. M60 1 Richards 11.87, 2 J Donaghey 9.44, 3 Thomason 8.88. *con-
 tnd page 10*
Shot from p11 M50 1 Stephen Head 12.30, 2 B Slaughter 11.42, 3 K Seldon 10.01. M55 1 David Johnson 9.92.

Surrey League, by Team Manager Bob

- Our first event is at Nork Park, near Banstead. As long as you find it it's a lovely course. The main point though is to make a good Club start. We always get a strong turn out for the final event but the points you score on the first day are just as good as the last. Think about it.
- New members are wanted to strengthen our squad so don't be shy about coming in. If you are pure VAC or if your first club is not in the Surrey League you will be qualified, and we'll be pleased to see you. They are beautiful cross country races with many vets and you'll be running for a team, preferably in club vest. It's an offer you can't refuse!
- Runners must be England Athletics registered.
- It's 10 to score but don't count on others; 20 are better. And it's a free run, of course.
- Div III will be very strong due to Kent AC and Croydon coming up, Walton and West4 coming down so, top runners, you'll get good races and we call on you. To stay in Div III will not be easy but that's our aim.
- The last match will be hosted by VAC at Wimbledon, on 'the Belgrave' course.
- New 2XU sponsors' prizes are for Div 1 only.



At Lloyd Park once again

New Members

Richard Soer	Queens Park
Maureen Miller	Blackheath & Bromley
Tony Tuohy	Dulwich Runners
Angela Morgan	Eastbourne Rovers AC
Stuart Major	Newham & Essex Beagles
Alan Zammit	Pembroke Athleta Malta
Maria Newton	Medway & Maidstone AC

Welcome

Cliff Hide has won the Gibson Cup; well done, Cliff! But he is a distance runner who has returned to his roots in sprinting, so he may still find himself grabbed for Surrey League service now and then!

Battersea Road Runs Ranked Table 2010 – measured course

	Apr 13	May 11	Jun 22	Jul 13	Aug 10		Apr 13	May 11	Jun 22	Jul 13	Aug 10
Dave Symonds(THH)	41	27:42				Les Presland(AFD)	71				36:23
Rich Tomlinson(ESM)	42		28:02	28:24		Jacqui(Met P)	W44				21:58
Gareth Cavell(VAC)	42			28:12	16:49	Marg't Moody(VAC)	W61			36:29	
Dave Cox(WGEL)	56	28:54	28:37		29:00	Rich Hammerson(Rd RR)68					22:04
Mick Barlow(Ton)	44	29:11	29:26	29:2	17:58	Mick Elwell(Cobra)	59			37:01	22:26
Terry Eakin(Lagan)	60				30:03	Dennis Williams(HW)	64	38:23	36:34	37:10	37:31
Tom Ulliott(B&H)	53					Dan Maskell(VAC)	62		37:05		22:58
Cathy Ulliott(B&H)	W46				19:10	Les Austin(Orion)	62			37:20	
Gary Float(If)	43		31:54		18:38	Martin Lippitt(Trent PT)	57	38:41		40:43	23:14
Ron Vials(Barking)	57	32:25				Ann Bath(26.2RC)	W61	40:13	39:09		
Gareth Jones(Oxford)	64				32:26	Dave Wilson(HH)	63				23:44
Cain Bradley(Ton)	50				19:25	Julia Gristwood(ESM)	W51	41:28	41:45	43:36	25:51
Julian Spr-Wood(Kent)	59			33:25	32:58	19:45	Glyn Sayer(Eton M)	67			24:23
Anna Garnier(THH)	W55	33:37		34:02	20:16	Ted Kimber(Bar)	70			41:38	24:53
Tom Morris(HW)	51		33:45		20:42	Cliff Collins(L Ir)	73	44:11	42:11	43:27	26:28
Stu Littlewood(HW)	57	35:17	34:20	33:53	34:06	20:55	Ann Lippitt(Trent PT)	W55	42:13	48:09	25:00
Roger Green(WGEL)	62		34:05	35:11		Sue Lambert(Serp)	W69				25:19
Paul Browning(Beckm)	50		34:12	35:52	34:33		Pam Jones(If)	W73	44:15	43:26	43:40
Jeff Prestridge(Serp)	53	34:27			36:41	Leon Goldsack(VAC)	45			43:28	25:58
Martin Evans(VPH)	59				21:06	Mike Morfey(VAC)	67				26:23
Steve Parker(If)	54				34:40	21:18	Brian Shave(Read RR)	76			26:57
Alan Davidson(Liss)	62	37:11	36:16	35:48	21:21	20:43	Ed Bartlett(VAC)	66	44:17	44:53	48:16
Ian Mursell(VAC)	58		35:08		35:12	20:43	Ken Tuson(VAC)	73			45:18
Chas Rayner(W4)	55		35:11	35:29			Steph Burchill(Dul R)	W54			26:08
Michael Johnson(THH)	68	35:32		36:17			Bill O'Connor(QP)	65		52:12	26:35
Ian Mursell(VAC)	58			35:32			Ian Isherwood(HW)	58			26:47
Peter Crowhurst(VAC)				35:44	35:21		Kevin Burnett(SOC)	70	52:08		32:00
George Wallace(VAC)51					39:15	21:45	Dennis Devey(Cove)	75		52:12	
							Mike Browne(VAC)	79		57:47	53:36
										32:00	

Liam O'Hare has enjoyed whole race triumphs here but now had to be content with first 60, on 37:48, which was far from a bad result though.

Second or over 40 mins race

This concerned those graded over 40 minutes. Estimates or looked-up times proved quite reliable with more running faster than than slower.

Late entry and event novice Anna Garnier was first to strike the front from a group of Morris, Shelley, Browning, Stacey and Murray.

Then Andy Murray led after four laps before the lights came on at 7.30 and he stayed there. But his medal was the 55 bronze because awards went across all races, in light of the seeding policy.

First woman Catherine Shelley was second in 42:19, soon followed by Anna Garnier the first 55.

Cath Shelley told us "Probably the main thing for me was that it was a new

experience as it was my first 10km on a track (the longest I had done before was 3km) so I was not sure what to expect! It was not as monotonous as I had been expecting – I had been concerned that it would get very boring! I was pleased that for most of the time I kept a very steady pace (there was only one or 2 seconds difference for most laps). I slowed down by a few seconds for the last half dozen which I blame on doing my first 10k race in the evening. It was also my first race with VAC and I'm looking forward to doing some more! I'll definitely be doing it again next year!"



Catherine Shelley

A cool sequence of VAC bests in W55 was continued when Anna Garnier ran 42:31, adding to her 5M and 5K best times in VAC, and overcoming her lack of experience in the event. Peter Mulholland soon traced her top ranking in UK from this so we can look forward to her story in the next issue.

Consistent Michael Johnson was 1st 65, as he is in the road table but 18 secs quicker than 2009.

Equally constant Ros Tabor was first 60 again, as an even flow of finishers came through.

Smart 26.2 colours were worn by Maggie Stacey like Ann Bath in the third race, both part of the seven strong female entry. Stacey, first W40, was a fast starter for six laps, by her card.

To conclude this race, Len Parrott was 75 gold on 50:25, probably the top figure in UK.

Third or over 50 minutes race

Race 3

1	Martin Garrett(Sudbury)	M55	46:19.1
2	Dennis Williams(HW)	M60 3	47:58.2
3	Sue Lambert(Serp)	W65 1	51:50.8
4	Ann Bath(26.2 RC)	W60 2	52:18.4
5	William O'Connor(QPH)	M65 2	53:18.8
6	Carole Wisdom(Serp)	W50 1	53:43.1
7	Richard Pit-Knowles(S'Ok)	M75 2	53:56.3
8	Brian Shave(HHH)	M75 3	54:11.3
9	Patrick Heffernan(Padd)	M75	54:37.0
10	Edwin Bartlett(VAC)	M65 3	56:47.0
11	Francis Thomason(Metro)	M60	60:35.8
12	Peter Robinson(Chich R)	M75	74:50.9

Martin Garrett from Wembley proved the winner and ran 46:19 to defy the seeding, after it looked as though Dennis Williams, in the lead early on, could be staging a return to former glories.

First woman here was Sue Lambert, who after a year with injury, now ran strongly to 51:50.

Then Ann Bath was next, racing in with Bill O'Connor. She had recently competed for a GB W60 team in an Edinburgh duathlon, where the hills suited her cycling strength but she narrowly missed the bronze medal.

Carole Wisdom, another Serpie, is having a busy time and was rewarded with the W50 gold.

Though the 75 men came in a pack led by Richard PK and Brian Shave they dispensed with any hand holding finish, as in the 5,000 metres, content to prove their fitness as track distance runners, and collect hard proof.

Next 75 Pat Heffernan has been a regular in this event with a three year sequence as first 70. It shows the 10,000 has its devotees just like the Epsom 10 in a months time. But mainly excellent proof that the Paddock Wood vet was back in rude health, with his partner present and marking his card.

Ed Bartlett, hitting estimate, was bronze in 65s. Dispensation to start early was given to Peter Robinson, 77, who made it in his own time.

Lap judging under David Barrington and the others listed was confident and secure so many took their lap cards home with them.

Selected 10,000m track records

M40	J Estall	31:31.6	4.9.96	W40	M Statham	37:06.4	8.9.93
M45	C Dickinsn	33:25.9	6.9.95	W45	J Georghiou	41:08.0	6.9.00
M50	L O'Hara	33:20.0	31.7.85	W50	P Rich	40:59.4	4.9.96
M55	L O'Hara	34:17	19.7.87	W55	A Garnier	42:31	8.9.10
M60	R Davidson	36:13.0	4.9.96	W60	R Tabor	44:07.0	2.9.09
M65	S Charlton	37:35.0	8.9.93	W65	JM Smith	48:57.7	8.9.93
M75	S Charlton	46:36.7	6.9.90				

Track Wimbledon Park 4 Aug

100m	age	time
1 Kwei Sankofa(HHH)	51	12.2
2 Bobby Cooper(HHH)	48	12.6
3 Stuart White(HW)	48	13.2
4 Mike May(KP)	49	14.7

Race 2

1 Sue Dassie(E&E)	W57	14.8
2 Anne Nelson(E&E)	W58	15.8
3 Mike Martineau(B&B)	64	15.8
4 John Godbeer(Cam H)	75	16.8

Gibson: 6 Godbeer, 4.5 White & Martineau,
2.5 Dassie & Nelson, 1 May

200m

1 Kwei Sankofa(HHH)	51	25.0
2 Bobby Cooper(HHH)	48	25.8
3 Stuart White(HW)	48	27.1
4 Terry Bissett(E&E)	66	27.4
5 Phil Bell(Harr)	56	28.2
6 Mike May(KP)	49	29.9

Race 2

1 Cliff Hide(Serp)	58	29.9
2 Mike Martineau(B&B)	64	33.2
3 Anne Nelson(E&E)	W58	33.7

Gibson: 5.5 White & Hide, 4 Bissett, 3 Nelson,
2 Bell, 1 Martineau, May

400m

1 Kwei Sankofa(HHH)	51	56.3
2 Bobby Cooper(HHH)	48	60.2
3 Stuart White(HW)	48	65.2
4 Phil Bell(Harr)	56	65.3
5 Mike May(KP)	49	68.8

Race 2

1 Mike Abrahams(VAC)	54	66.3
2 Cliff Hide(Serp)	58	67.4
3 Richard Somers(E&E)	65	68.5
4 Mike Mann(HHH)	62	70.2

Somers winner D McClean Cup O60 400 handicap

Gibson: 6 Hide, 5 Abrahams, 4 Somers, 3 Mann, 2
Bell, 1 May & White

One Mile

1 Steve McDuell(HW)	46	5:22.2
2 Mike Mann(HHH)	62	5:24.7

3,000m

1 Nicky Atkins(KP)	W46	12:54.8
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Throws

	SP	Discus
Maria Newton(Med)	W40	7.59 27.75
Sue Dassie(E&E)	W57	8.60 19.79
Liz Sissons(E&E)	W68	9.63 20.93
Kevin Burnett(SOC)	70	7.01 20.41
John Webster(HW)	70	7.55 24.96

Starter P Shilling, T/K C Gittins, S Bennett, M Joyce,
Burnett, D Whittaker, Marksman C Riordan, Field
Burnett, Meeting R Belmore, Hcpr Hemming

Race Walking

*When Paul King
struck the sparks off
Chris Flint
Battersea May race*



Result of Lester Cup

1st equal Peter Hannell and Paul King on 211 (5)

3rd Chris Flint 208 (5)

4th David Hoben 206 (5)

5th Steve Allen (Barnet) 181 (4)

6th Dave Delaney 171 (4)

7th Ron Powell 169 (4)

8th Mike Hinton 163 (4)

Total in competition 35: 30 men and 5 ladies.

The result was always in the balance changing race by race, writes Carl who compiled the scores, and was probably affected by the 100miles the previous weekend in which Chris Flint and Dave Hoben were starters; Chris finished and Dave retired with quite a few miles under his belt.

The Christmas Cup at Surrey Walking Club, writes Chris Flint would be a possible event to incorporate VAC 5km championship. However, Peter Selby of Surrey WC does not feel it is suitable as it tends to be a pre-Christmas festive race and not really appropriate for a championship. Also the South Croydon venue is probably not convenient for anyone north of the Thames, so please await further announcement. At least Belgrave 7, 27 Nov is confirmed as champs.

VAC 5M Road Walk 10 Aug 10

1 Steve Allen(Bar)(G)	54	1	43:51
2 Diane Bradley(Ton)	W48	1	44:19
3 Kelsey Howard(Ton)(G)	W16		45:38
4 Art Thomson(E&H)	74	1	46:20
5 Mike Scammell(Bel)	55	1	47:53
6 Peter Hannell(SWC)	67	1	49:15
7 Paul King(Bel)	59		50:44
8 Ron Powell(E&H)	74		53:30
9 Chris Flint(L Vid)	60	1	54:00
10 Dave Delaney(SWC)(G)	67		54:52
11 David Hoben(SWC)	57		56:09
12 Will Norbert(G)	75	1	56:15

GIBSON CUP Final

27.5 Cliff Hide winner	11 Kitchener, 10 Bissett
20 John Godbeer	9 C Riordan, 8 M Cook
20 Stuart White	7 C Isetts, P Williams,
19 M May, 13.5 P Bell	McDuell, M McIntosh
13 M Martineau, 12 Palmer	5.5 A Nelson, 5 M Abrahams and 12 more

VAC 5Km Road Champs 10 Aug '10

1 Gareth Cavell(VAC)	42	1	16:49
2 Mick Barlow(Ton)	44	2	17:58
3 Gary Float(If)	43	3	18:38
4 Tom Ulliott(B&H)	53	1	19:04
5 Cathy Ulliott(B&H)	W46	1	19:10
6 Cain Bradley(Ton)	50	2	19:25
7 Julian Spr-Wood(Kent)	59	1	19:45
8 Anna Garnier(THH)	W55	1	20:16
9 Brian Dooley(G)	47		20:40
10 Tom Morris(HW)	52	3	20:42
11 Ian Mursell(VAC)	58	2	20:43
12 Stu Littlewood(HW)	58	3	20:55
13 Martin Evans(VPH)	59		21:06
14 Stephen Parker(If)	54		21:18
15 Alan Davidson(Liss)	63	1	21:21
16 Sean Dillon(L Ir)(g)			21:42
17 George Wallace(VAC)	55		21:45
18 Jacqui Reid(Met Pol)	W44	1	21:58
19 Rich Hammerson(Read RR)	68	1	22:04
20 Mick Elwell(Cobra)	59		22:26
21 Nichola Hopkinson(If)	W47		22:42
22 Dennis Williams(HW)	64	2	22:58
23 Martin Lippitt(Trent P)	57		23:14
24 Dave Wilson(HHH)	63	3	23:44
25 Glyn Sayer(Eton M)	67	2	24:23
26 Mike Harran(HHH)(g)	60		24:41
27 Ted Kimber(Bar)	70	1	24:53
28 Anne Lippitt(Trent P)	W55	2	25:00
29 Sue Lambert(Serp)	W69	1	25:19
30 Julia Gristwood(ESM)	W51	1	25:51
31 Leon Goldsack(VAC)	45	1	25:58
32 Steph Burchill(Dul R)	W54	2	26:08
33 Mike Morfey(VAC)	67	3	26:23
34 Cliff Collins(L Ir)	74	2	26:28
35 Bill O'Connor(QPH)	65		26:35
36 Ian Isherwood(HW)	58		26:47
37 Brian Shave(Read RR)	76	1	26:57
38 Ed Bartlett(VAC)	65		27:27
39 Pam Jones(If)	W74	1	27:37
40 Mike Browne(VAC)	79	2	32:00
41 Kevin Burnett(SOC)	71	3	32:00.



Tom and Cathy Ulliott leading from Anna Garnier

With her 19:10 Cathy also equalled the club record from 1997 of Josie Heffernan.

Julian Spencer-Wood, the first 55 in seventh place, was pacemaker for Anna Garnier on the way to her second W55 record. She discovered later that she had improved the 20:41 by Pam Jones in 1995 to 20:16.

Pam herself just failed to run all five but duly collected the W70 medal to delight of Ilfordians and her fans.

Mursell versus Elwell was a mid race set-to where local knowledge possibly helped, round the four turn rectangle in scenic Battersea Park.

George Wallace, from Brixton, had 'been-there and-done-it' traveller Alan Davidson to contend with. Alan got past in lap two to claim the 60 gold so it's been a peak year surely for the Liss man.

Sue Lambert has been making come back after injury but couldn't catch another practised one just ahead, Anne Lippitt.

Picking up a gold by being present was done by Leon Goldsack, now in M45. He travels a good way to join us and is welcome.

Summing up the Battersea Road series

Overall attendance shrugged off recession with a tally level with last year. Five-timers who ran every race were Stu Littlewood and Dennis Williams, both of Hercules Wimbledon, and Ed Bartlett, VAC first claimer. Stu medalled in both champs, Dennis came back to form well while Ed, like a few others, set his best in the first meet.

Four-timers were well known names Pam Jones, of Ilford ilk, Cliff Collins of London Irish, Julia Gristwood, the RaceforLife VIP, journeyman Alan and Mick Barlow, of Tonbridge AC.

The outlook for 10K and 10 Miles champs is fine.

BMAF Goodrich 10K, c/o Wolv&Bilston, 12 Sep

age group 123 not given			
110 A Murray	57	42:00	
35 D Cox	57	35:55	131 R Tabor W62
80 P Giles	66	39:52	164 M Elwell 59
82 T Ulliott	53	39:58	168 F Bishop W51
95 C Ulliott W45	40:32		100 G Shaw 57
			40:58

The field for the popular distance was up by a third over last year and enjoyed good conditions. Old timers may say where are those hot summers as once we had years back, but really they were too hot for racing and we should be grateful.

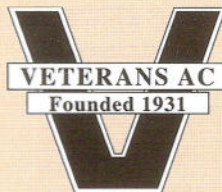
Winner for the second year, Gareth Cavell, took the lead at once from Mick Barlow and new man Gary Float, another Ilford, as they were followed at a respectful distance by the two Ulliotts of Brighton, Anna Garnier, Peter Evans, and Cain Bradley.

Then next group was Parker(If), Morris, Davidson, Elwell, Mursell, Spencer-Wood and Wallace.

Tom and Cathy Ulliott made a raid on the medals with M50 and W45 golds to take back.



Fixtures



www.vetsac.org.uk

VAC distance: CC Saturdays, and two Road	
9 Oct	Surrey League Div III Nork Park (Tadworth AC), The Drive, Near BANSTEAD SM7 1DA. GR 242589
23 Oct	VAC CC WIMBLETON COMMON M&W 2.30. HQ Belgrave Hall
30 Oct	East Surrey Leag Lloyd Pk M&W 5M 3pm
6 Nov	LOUGHTON AC Vets Inter Club M&W CC 2.30 VAC teams
13 Nov	Surrey Lg LLOYD PARK (CroydonH) 3pm.
20 Nov	VAC CC WIMBLETON M&W 2.30pm
Sun 21 Nov	EPSOM 10M Road 9.30am with VAC
27 Nov	South of Thames 5M WIMBLETON M&W 2pm
11 Dec	Surrey Leag Div 3/4 LIGHTWATER COUNTRY PARK (Runnymede) 2.30pm
18 Dec	South of Thames 7.5M M&W SLH HQ COULSDON 2pm
1 Jan	Herc Wim LLAURISTON M&W 5M Road 2pm
22 Jan	VAC Champs M&W WIMBLETON 2.30pm
5 Feb	Surrey Lg WIMBLETON (VAC) 2.30

VAC Feb and March dates in December n/l. Eligibility for CC Leagues, Mens team: 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.

National and International

13 Nov	International CC Santry DUBLIN Apply by 24 Sep to Charlie Dickinson; tel 0207 720 1062.
12 Mar '11	CC Wigmore Valley LUTON
16-20 Mar	Euro Vets Indoors GENT Belgium midway Brugge to Brussels
13-15 May	Euro Vets Non-stadia THIONVILLE Fr, near Luxembourg
6-17 Jul	WMA Games SACRAMENTO CA 75M inland from San Francisco

Meet directions and details

Loughton AC meadows from South View Rd, Loughton IG10 3LG

Lloyd Park Croydon, Coombe Rd A212 with tramlink stop at course.

LIGHTWATER M3 Junc 3, and off Old Guildford Rd GU18 5RG

Epsom 10 at Epsom Downs racecourse KT18 5LQ
Approx post codes are guide for Satnav users

Photos from VAC Champs can be seen at www.imagetogo.net/go/?23063

Race Walking

27 Nov	BELGRAVE and VAC 7M Walk Champs, Belgrave Hall; start 1pm off Marrayat Rd
-	5Km Road Champs to be advised Sec Chris Flint: bettychrisf@hotmail.com

Other

16 Oct	Surrey Veterans CC PETERSHAM enter Don Turner. Course from Pembroke Lodge; Ranelagh HQ after
29 Jan	SEAA CC Champs Parliament Hill

VAC CC Meets Wimbledon Common
HQ Belgrave Hall, Denmark Rd, SW19 4PG for numbers · parking metered · changing, hot showers and tea bar by Brian · prompt results · club clothing · jog to start at Caesar's Well · all natural traditional CC is 3 laps 5.8 miles · marshalls wanted · fee £3.

VAC N/L October 2010

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Print & mailing by Wellington Press, Sutton