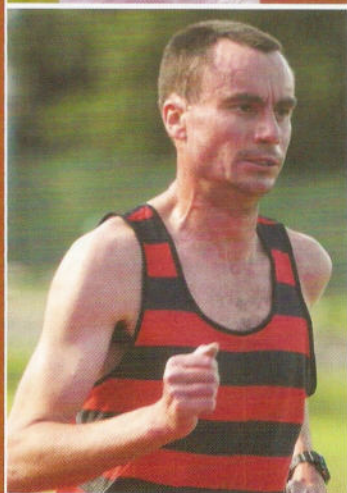
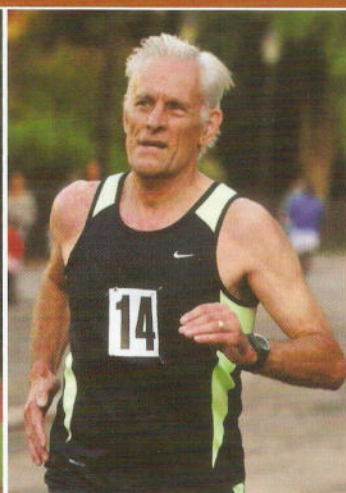
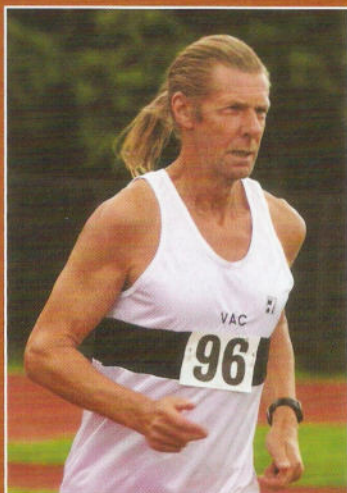


Veterans Athletic Club

Newsletter October 2011



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7	Inter Area T&F	<u>Carry sheet: Subs, Epsom 10 forms</u>		Reece and Andy Weir	

Officers of the Veterans AC, established 1931

President	Michael May	mike.may@blueyonder.co.uk
Committee Chair	Dennis Williams	dennis.williams@hotmail.com
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Assistant Membership Sec	—	
Road Secretary	Bob Belmore	01428 654749
T&F Secretary	ditto	
Officials Secretary	Ros Tabor	ros@28kerfield.freeserve.co.uk
Walking Secretary	Chris Flint	bettychrisrf@hotmail.com
Newsletter and Press Officer	Jeremy Hemming	hemming@dircon.co.uk
CC Secretary	Bob Belmore	01428 654749
CC League Manager	ditto	
Trophy Steward	Dennis Williams	
Delegate to BMAF/VAAofE	Ron Franklin	
Vice Presidents	Philip Bell, Chris Flint	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	
Webmaster	Michael Peel	mike@mikepeel.co.uk

AGM of Veterans AC, 22 September 11

It was nice to see club members attending AGM including Mike Mann, Andrea Sanders-Reece, Mike Peel along with messrs Hannell, Burnet, Doogan, Franklin, Gittins, Bell, May, Tabor and Hemming. A vote of thanks was proposed to outgoing President Peter Hannell who took the chair in absence of the club Secretary, to recognise the contribution he had made in attending VAC events on almost every occasion over two years and making the presentations to members. At the same time he kept up his own keen competition in race walking.

In reply he thanked the Committee and assured the AGM that other officers had played a big part in running the club.

Mike Peel was proposed to be an Honourary Member to recognise his work as Webmaster. He replied that everyone can contribute to the website.

From the floor Kevin Burnett proposed Ron Franklin for Life Member which was seconded by Phil Bell.

Presenting the audited Accounts, with copies available and here printed on page 6, Hon Treasurer, who was the newly installed President, reviewed fees and capitation paid, and said that payment of subs by some members using Paypal had proved successful. Announcing a profit for the year of £417 he said a rise in subscription was not necessary at present.

The Officers were elected en bloc to continue in their existing posts by unanimous vote.

A new post of Assistant Membership Secretary was proposed by Newsletter Editor with regard to recruitment and enrollment and was agreed. The meeting heard that Member Nick Lauder from Enfield had said

he would like to be involved in club circles.

The provision of Vice Presidents needed to be addressed, said Kevin Burnett, while Editor asked that Life Members be included in such review.

In Other Business, Maurice Doogan told the meeting about the Federation's online Membership System for its clubs. It would hold membership data of athletes, record subscriptions, and provide an integrated entry system for BMAF and Overseas events. Viv Oliver who leads the development of the system, also in use elsewhere, had described the move as taking the Federation's capability to another level and this was endorsed by Membership Secretary, speaking as an IT professional.

At Committee immediately after AGM, illness of Stuart Bennett in hospital was reported while the loss of Pat Green was heard with regret.

Officials Sec was thanked for her first year in office. P Bell took the opportunity of saying that he thought the T&F Champs had achieved a high standard and made a good meeting. He also confirmed value of his PO Box Address and brought a recent batch of new members.

T&F Sec in a report called the T&F Champs an excellent day with officials in quantity, but in 5K Road Champs wondered at the younger members missing.

C Gittins thought that starter pistols such as that used at August mid week meet may not require police approval.

Next meeting is 10 November; other dates are Jan 12, Mar 13, May 10, July 12 and Sep 13.

News and Views

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 thanks to the gravel soil of the Common. The Conservators keep the Common in superb condition, and CC Secretary and his helpers mark the course well for you to follow.

Members may like to know, parking meters have been installed in Clifton Road, says Doug Maughan, our kit man.

Membership System

A new Federation Membership System was outlined to the AGM in Other Business by Maurice Doogan and Phil Bell. No hand-out was available so we rely on our own notes in reporting this.

Only referred to as an idea previously, the system will particularly aim to improve entry process at higher levels which are said to be very burdensome.

Now members who enter a national event without being paid up will find the system stops them.

But against that a step forward will be members' ability to access their account and update themselves, we acknowledge.

The idea refers to Paypal as the obvious way of paying online and we can endorse that system from our use of it in photo sales.

It will be a big challenge for people without computers however and before long without cheque books.

Paper entries will still be provided for but at additional cost, it was thought.

New facilities may come about for Mr Citizen's needs; like buying tickets at a station with cash

in a ticket machine, as well as using a computer in a library.

It was assured there will be no loss of autonomy for VAC which already has good systems in place, though no acknowledgement of that was heard.

The big online system will entail cost. No hint of how much was given but our Membership Sec, will be in touch with the developer, Viv Oliver, a top veteran sprinter, to learn more.

The message seemed to assume acceptance as of right and a vote was not called for.

So roll on the brave new world of personal computing with its user names, passwording, obscure instructions, lack of printed manuals, costly system upgrades, and ever present Nigerian emails and spam. At least no one tried to tell us being online was the best thing since sliced bread.

It was all done perfectly well and for larger numbers in nation-



Tony Tuohy received McDowell trophy for 10,000m from Peter Hannell, outgoing President

al events with manual systems. Like motor cars anything new these days has to be loaded up with technology and clever ideas and take up twice as much space and cost treble.

Shortage of M40s and 45s has been a concern but Membership Sec thought it was down to athletes' having a big choice of events rather than pressures arising from the recession.

Les Brown Appearance trophy Holder Peter Hannell scores at 11 Sep

- 9 P Hannell
- 8 S Pender
- 7 Aspinall, D Hercock, D Hoben, E Bartlett, C Flint, C Hide, Alan Davidson, R Tomlinson
- 6 D Williams, K Burnett, S Charlton, M May, Steve Allen, R Tabor
- 5 R Powell, D Delaney, C Gittins, R Pitcairn-Knowles, J May, D Wardle
- 4 D Barrington, J Batchelor, C Collins M Easton, P King, A Murray, K Tuson, T O'Neill, J Gristwood, A Sanders-Reece, R Hammerson.

Compiler Bob Belmore says 211 Members have been taking part, during April to March season.

Walkers are prominent, 11 in the top 34, reflecting their enthusiasm and commitment. But country runners, your turn beckons.

New Members since April

V2749	Winston McFarlane	E&H
V2750	Tanya Edmonson	Utopia Rs
V2751	Dave Wilson	HHH
V2752	Liz Stocker	VAC
V2753	Matthew Rudd	Serpentine
V2754	James Nokes	VAC
V2755	Robert Shephard	E&E
V2756	David Minter	VAC
V2757	Eric Shirley	Hillingdon
V2758	David Child	Kent AC
V2759	David Delaney	SWC
V2760	Trevor Lake	VAC
V2761	Charles Scouler	Winchester
V2762	David Orchard	HW
V2762	Jane Nodder	Mornington
V2764	David Hinds	Serpentine
V2765	Grace Wu	Serpentine
V2766	Jackie Perrin	Reading RR
V2767	Martin Perrin	Reading RR
V2768	Christo' Griffith	E&E
V2769	Matt Williams	Serp
V2770	Andrew Gordon	K&P
V2771	Stephen Millar	VAC
V2772	Terry Fowler	Garden City
V2773	Paul Dickenson	Dacorun
V2774	David Peters	HHH
V2775	David Glendover	Invicta EK
V2776	Owen Cullum	E&H
V2777	Ian Johnston	Shettles
V2778	Stuart Channon	Walton
V2779	Adele Stach-Kevitch	NEB
V2780	Ian Lamont	Croydon
V2781	Carol Jones	ESM
V2782	Susan Yeomans	Watford
V2783	David Harris	HW

Welcome

10,000m Track Champs, 7 Sept 2011 Battersea



Right:
Tony Tuohy's sprint catches Ian Johnston in the last 30 metres.

Left:
Colin Oxlade(9) was first 50. Mick Bradley led Oxlade early on but from the fourth lap the Croydon man drew away.



Race 1

1 Tony Tuohy(Dul R) 49	M45.1	34:29.7
2 Ian Johnston(Shettle) 43	M40.1	34:30.4
3 Rich Tomlinson(M&M) 43	M40.2	35:21.8
4 David Cox(WGEL) 58	M55.1	35:25.7
5 Colin Oxlade(Cro) 52	M50.1	37:29.9
6 Mick Bradley(Watfd) 54	M50.2	38:05.5
7 Terry O'Neill(Bel) 58	M55.2	39:07.2
8 John Cook(G) M50		39:07.3
9 Liam O'Hare(Bar) 63	M60.1	39:21.4
10 Gareth Jones(Ox C) 65	M65.1	41:13.7
11 Andy Murray(Dul R) 58	M55.3	41:38.5

Ian Johnston led away from the start with Tony Tuohy on his heels. After Richard Tomlinson had moved up to third and Colin Oxlade into fifth the order was maintained in the way the race finished. Johnston forced the pace in front and looked well in command as Tuohy followed nine seconds behind him. The Dulwich had finished in front of the Scot in the 5,000 ten days before but a late challenge has seldom if ever been successful in this race.

With 300 to go however, Tuohy made his effort but Johnston, recovering from injury this year, held on desperately. Tuohy with all the stops out, in lane 3, produced a power finish to catch the leader 30m from the line and go clear. Read 'Tony Tuohy' at end.

Dave Cox, who was running solo, took the M55 gold for the fourth year running and improved his last year time. This was great consistency, despite having a severe illness a few year's back. He was encouraged by son Robbo, who filled a card as well.

First 50, a confident Colin Oxlade was a couple of places up on last year to race 5th. With height advantage he held off Mick Bradley, from Watford.

Race 2

1 Paul Sanderson(G&G) 56	M55.2	38:23.2
2 Bill Fraser(Hails)(G) 59		42:13.0
3 Rob Sargent(Lought) 57		43:42.2
4 Jeff Prestridge(Serp) 52	M 50.3	44:18.2
5 Ros Tabor(Dul R) 62	W60.1	44:24.2
6 Avril Riddell (Morn) 57	W55.1	46:00.4
7 Jane Nodder(Morn) 53	W50.1	46:06.4
8 Alan Davidson(Liss) 64	M60.2	46:46.1
9 Rich Hammerson(RR) 69	M65.2	47:48.6
10 Rex Bale(Poole R) 65	M65.3	47:55.7
11 Dennis Williams(HW) 65		48:49.5
12 Stephen Charlton(VAC) 84	M80.1	49:13.9
13 Fran Thomason(Metros) 62	M60.3	50:21.1
14 Rich Pit-Knowles(S'oaks) 78	M75.1	52:36.8
15 Angela Kikugawa(HW) 49	W45.1	53:39.5
16 Brian Shave(Read RR) 77	M75.2	56:00.0
17 Ed Bartlett(VAC) 67		57:02.0

Race specialist Liam O'Hare was another four timer taking the 60 gold each time.

Next was Gareth Jones, now 65, who took that class with a useful 41:13. Andy Murray was next.

Race 2

This race was for those above 42 minutes but the winner's rating was well out; Paul Sanderson entered as sub 44 mins which meant he should have gone in the first race. After Bill Fraser led for two laps Paul took the lead and dominated a race in which groups tended to form and stay together.

A back to form Rob Sargent was third but the medals had gone in Race 1.

There was a keen duel between Jeff Prestridge, 52, and Ros Tabor where Jeff led till lap 10 when Ros went past him for the next 11 laps, before Jeff took it



Ros Tabor and Jeff Prestridge

up for the last four.

Ros was hoping to hit her record at just over 40 minutes but found herself adrift by 17 seconds. All the same she has done a hat trick of first 60s in this race and has had a very good year. At Sacramento she won the World cross

country and on track lost only to Angela Copson. She ran a sub 44 in June.

A Mornington Chasers pair, from North London, Avril Riddell and Jane Nodder, made a good start in VAC taking the 55 and 50s, only 6 secs apart.

In 60s Alan Davidson was probably surprised to collect the silver but he was well clear of hardy Francis Thomason who in fact had a good run. These veterans have been there and done it but they still come back for more.

The 65s had a hard battle. Dennis Williams led Richard Hammerson for much of the race till Rex Bale came through, disputing the 65 minor medals in this close encounter.

The same position in every lap was how Steve Charlton, 84, ran for sub 50 minutes, VAC first 80, and top UK ranking. The other 80s in 10K rankings are Wm Davies and Derek Howarth. But happily Steve has found a spell of injury-free running.

Richard Pitcairn-Knowles duly won M75 from Brian Shave with new member Angela Kikugawa, the W45, and Ed Bartlett, running well.

The Officials did a first class job, delivering clean results straightaway. This made for prompt medals,



Rex Bale(20), Paul Sanderson(17), Brian Shave(31)

which helped members go home without a delay.

Tony Tuohy writes

2011 has indeed been a good year. I turned 49 in July but have still managed to improve each year since I started running again four years ago after a ten year gap. In fact I've got PBs this year in all distances from 1500m to half marathon, although I most want to improve at 1500, 5k and 10k.

This is the first year I've felt competitive enough to enter BMAF Champs and there my best races were winning bronzes in the 1500m and 3000m, both PBs, at the Indoor Champs.

Then in May I went to Thionville for the European Vets 10k Champs and placed 12th M45 with 34.31 on a very hot day, just five secs short of my PB from a few months earlier. So I was very pleased with that, and really enjoyed the big race atmosphere.

Officials at 10,000m Champs

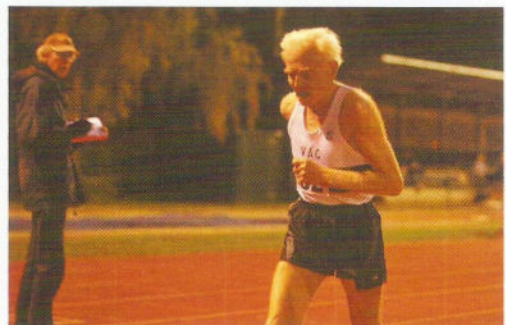
Chief Judges David Barrington, Tom Richards, Mike May.

Timekeepers Cecil Gittins, George Richardson, David Kitcher. **Starter** Maurice Joyce. **Presents** Peter Hannell.

Lap cards: C Hide, J Batchelor, A Murray, I Isherwood, W O'Connor, R Cox, R Bale, Mrs R Pitcairn-Knowles, D Williams, Mrs Cook. **Secretary** R Belmore.



Three wise men, Richards, May and Barrington



David Kitcher records as Steve Charlton goes by

Veterans Athletic Club Income and Expenditure Account for year ended 31 May 2011

Income	2011	2010	Expenditure	2011	2010
Subscriptions & donations	£10,290	£9,469	<u>Affiliation Fees</u>	£	£
Add Subs brought forward	1,255	2,055	Surrey CC League	77	75
Less Subs for future years	-1,065	-1,255	Surrey AA	35	30
	10,480	10,269	S of England AA	-	10
Surplus on clothing sales	56	deficit	England Athletics (note 3)	748	608
Interest received	3	3	Eng Ath Masters Assoc	308	300
Surplus on Club champs	1,450	1,164	BMAF (note 1)	2,272	2,400
Surplus on misc races	703	(128)		3,940	3,423
			Newsletter	7,050	6,512
			Loss on clothing sales	surplus	9
			Admin expenses	580	569
			Room hire	675	640
			Bank charges	30	4
			Surplus income	417	151
	<u>£12,692</u>	<u>£11,308</u>		<u>£12,692</u>	<u>£11,308</u>

Balance sheet as at 31 May 2011

<u>Assets</u>	2011	2010	<u>Liabilities and reserves</u>	2011	2010
Bank Current A/C	4,367	5,180	<u>Prepaid income and accruals</u>		
Deposit A/C	3,901	3,899	Subs in advance(note 2)	1,065	1,255
Paypal etc	253	-	Track hire April/May	-	43
Cash & Cheqs await banking	395	430	Accrual: Eng Ath levy prepayment		117
Cash float	10	10	Accrual: Belgrave Hall re CC	300	300
<u>Stock</u>			Accrual: Battersea Road prepayment		78
Clothing	213	552	<u>General reserve</u>		
Medals	1,750	2,215	Brought forward	10,657	10,506
Debtor: BMAF re Indoor Champs	369	-			
Prepayments: Track Hire	537	75	Surplus (Deficit) for year	417	151
Prepayments: affiliation fees	7	47		<u>£12,439</u>	<u>12,450</u>
Prepayments: England Athletics	617	42			
	<u>£12,349</u>	<u>12,450</u>			

Treasurer's Report

1) Membership increased to total at 31 May 11 of 763; the levy is £4.50 so BMAF fees are £3,434 and EAMA £382.

2) A significant number of members pay for more than one year in advance, and I am carrying this forward to the

Auditor's Report

I have examined the above Income and Expenditure Account for year ended 31 May 2011 and the Balance Sheet as at

years to which it relates.

3) The sub due to England Athletics consists of £50 a year club affiliation plus £5 a head on 1st claim members.

Michael May, Hon Treasurer,

that date, and certify that they are in agreement with the books and records of the Veterans Athletic Club.

Simon Ingall, Hon Auditor, 18 September 2011

Other results BMAF Half Mara Leek Staffs 21.8.11

52 R Pitt(THH) M55 2 1:33.51, 186 P Giles(HW) M65 4 1:52.04, 290 M Elwell (Cobra) 60 2:07.59

Decathlon Horspath 10.9.11

M40 2 R Buckingham 4671 total
100m 12.84 593pts / LJ 5.48 580 / SP 10.17 565 / DT 35.78 652pts.
M45 7 A Easey 4284
100m 13.35 574pts, LJ 5.20m 587, 400m 62.73 528.

20K Walk Warwick Uni 20.8.11

3 I Richards M60 1 1:09:01, 4 S Uttley M50 1 1:16:12, 9 S Pender M55 2 1:33:50. Women D Bradley 1 all W45 1:17:25 W45 2 M Noel 1:26:01. Team 1 Ilford 5:54:21.

30K Walk Warwick Uni 21.8.11

3 I Richards M60 1 2:49:37, 9 S Pender M55 2 3:26:29 Wmn 1 M Noel 13:15:45. Team 1 Ilford 9:26:56.

VAC had 17 competing at Solihull in "Inter Area"

This year a team largely made up of members who had not attended the previous two Inter Area matches came 7th in the men's match and 8th in the women's match, writes Mike May, Team Manager.

Sadly our women's team consisted of only four ladies, but they scored enough to ensure that our joint team came 7th, of 9. We had Fiona Argent, competing in the W50-59 100m and Long Jump, Jenny Piercy who came 3rd in the W50-59 Pole Vault, Angela Morgan who did the W50-59 Shot (joint 4th) and Discus (4th). Finally Stephanie Robson did the W35-49 800m and 1500m, but sadly succumbed to injury before the 3,000m.

On the men's side we had good representation in the M35-49 and M60 track events, but virtually no field eventers, so we did well to come 7th.

Our M50 team consisted of Mike Vassiliou, who did the 100m (coming 3rd), 200m (coming 2nd) and 400m (coming 1st), and then in the M35-49 Medley Relay ran one of the 200m legs. Tim Ellis came 6th in the 3000m – in a hailstorm!

Your team manager point gathered in the M50 Walk and Shot Putt, but had picked up a minor injury at Wimbledon and was unable to sprint. I got Nick Lauder to point gather in the Shot but otherwise our points came from the track.

In the M35-49 age group, Glen Reddington came 4th in the 110m hurdles, Rohan Samuel was 3rd in the 100m, Nick Lauder 7th in the 200m, Draco Mkpa 3rd in the 400m, David Hoben (M55) 4th in the Walk, and Paul Lemmon 6th in



Rohan Samuel, 11.6, was second fastest sprinter of day to Darren Scot.



Fiona Argent

both the 1500m and the 3,000m (in the aforementioned hailstorm).

In M60-69 age group, Derek Wardle came 2nd in the 400m and 3rd in the 200m, Chuck Isetts was 6th in the 100m, club president Peter Hannell 3rd in the Walk, while Ed Connolly came 5th in the 800m. Walter Wessely took care of the 1500m and the 3,000m (being 7th in both). The day was rounded off by the Medley Relay, where we managed to put a mixed age-group team into the M35-49 event consisting of Draco Mkpa (400m), Nick Lauder (200m), Mike Vassiliou (M50) (200m) and Paul Lemmon (800m) and came 4th.

Because of the Olympics, next year's event is likely to be in September. Watch out for the date.



Paul Lemmon, left

VAC at Solihull: selected results

Derek Wardle 200m/400m 28.5, 62.5.

Mike May SP 3.97.

Walter Wessely 1500 6:02.9, 3,000m 13:06.6.

Paul Lemmon 1500m 4:47.9.

2Km Walk Peter Hannell 11:148.6.

Women

Fiona Argent 100m 18.0 / LJ 2.79

Stephanie Robson 800m 3:58.8, 1500m 5:26.4.

Jenny Piercy Pole Vault 1.60.

Angela Morgan SP 7.87, HT 29.10.

Teams: 1 SCVAC 734, 2 MMAC 731.5, 3 EVAC 688, 4 WMAA 560, 5 NVAC 479, 6 SWVAC 340, 7 VAC 183.5 of 9 teams.

Members of VAC in the Southern Counties team were G Kitchener, T Tipping, C Oxlade, R Powell, S Allen, T Bissett, P Logan, K Daniel, D Wilcock, A Haines, T Eades, J Trimble, E McMahon, S Yeomans, L Sissons, and A Kimber.



200m: Bissett(14) won from Kitchener(12), Wardle(17), Hinds(20) with Riordan(54), Whittaker(23) and Isetts(21)

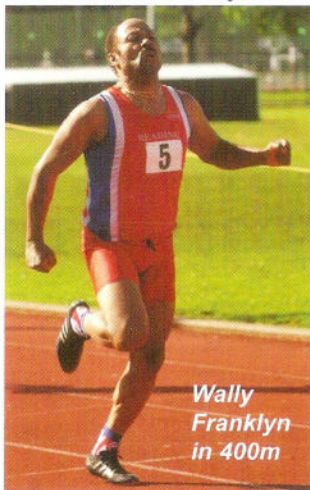
Middle distance

Keith Ewing doubled the 800 and 1500 races, for all ages, an achievement all the more rare for his being 50.

Ewing is having a good season, improving his time for both middle distances by 10 seconds or more, to head the M50 rankings. At National T&F he won 1500 clearly.

His best is 2:05 but his 2:08 this day set a new CBP, while he also collected a Shield. The previous best 2:09 was by Stephen Warzee, a leading Surrey athlete in the '90s.

Two 45s took him on in 800m, Steve McDuell and Noel Hall. Noel, last year's



Wally Franklyn in 400m

winner specialises in the half mile but the rest were half a minute away.

Mike Mann won M60 class of 800 in a close race with Peter Giles, M65.

In 1500 Ewing eased slightly, being well clear. Then Ken Daniel who specialises in 1500 headed Mann and five more in a useful 5:01.

Ros Tabor chose 800 for her 2:51 CBP clocking and kindly worked as track judge thereafter.

New member John Rose made a good start by taking the 800 M70 gold before ending with a 400, not a common combo for an older vet but perfectly logical.

The first 80 year old taking the track was Olympian Eric Shirley. It seems to be a hard distance for the supervets since he was the only one doing 800 in 2011 UK and he had run the Indoors as well.

Yasmin Giles ran both races enthusiastically.

5,000m

A highlight of the meeting was the contest between Andy Weir and half a dozen good men in the fast race. After Tony Tuohy led the first two laps, Weir front ran the rest for 16:18, one of the best races

Battersea Track champs

16 CBPs were set or equalled

of the day and a welcome boost for the 5,000 classic.

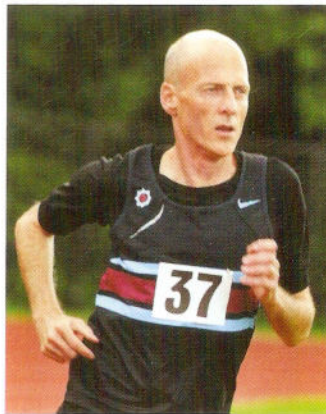
Tim Ellis was in fifth place much of the race till surging in the last three laps to gain second in 16:34, and first 50.

Ian Johnston was second till passed by Tuohy on the last lap, a hint to the 10,000 when it was much closer.

The other Herne Hill, Mick Boyle, ended second 50 in 5th place after early prominence, but clear of Colin Oxlade.

First 60 was Charlie Dickinson who typically made progress in the second half and was half a minute up on Liam O'Hare.

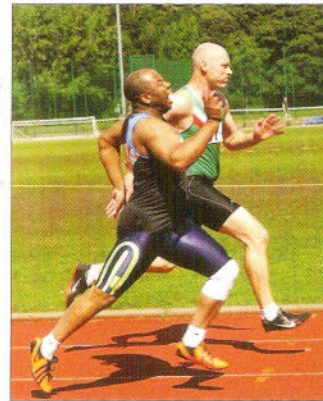
New comer Jackie Perrin from



Keith Ewing

Reading RR dropped back in laps 2 to 7 before recovering in the last four laps. She was fastest lady on the day with 18:57, and her promising run ranked 3rd UK W45.

The M65 plus and Women race or over 20 minutes as it turned out was ideal for John



Buckingham held Gordon in 200

Batchelor, cruising to 20:18.

First woman, Andrea Sanders-Reece, was focussed on the CBP by Margaret Moody, and advanced it to 20:49.

The third, Dennis Williams, won M65 from Richard Hammerson as Steve Charlton, 84, took fifth place.

Pauline Rich, from the coast, with W65 CBP, RPK, and Angela Kikugawa were golds as Brian Shave and Ed Bartlett proved track stamina.

Race Walk

Mark Easton dominated the 3,000m which is the shortest Walk offered in VAC.

Walkers known for early speed, M65s Shaun Lightman and Peter Hannell, were prominent after Steve Allen, 53, was second. Ron Powell was edged by Sean Pender by one second in mid race and Francis Thomason was competitive as second 60.



1500m race

Sprints

100 metres had a big entry and saw the older men go first.

A historical note was struck when Charlie Williams, our Trinidadian expert, now 80, made a rare appearance, after being a regular on officials' stands. He proved to be in very good shape and doubled the over 70 races in style, with 15.5 at 80.

Alan Sowden and Geoff Feast, who have raced down the years, followed.

Womens 100 and 200 were doubled by Joan Trimble, from K&P and Chuck Isetts' squad. Sue Wisdom and Shirley Rowbotham were closely matched, with Shirley lasting out the 200 better.

M65 and 60 produced a well contested 200 where Terry Bissett was tested by Geoff Kitchener and Derek Wardle, driving Terry close to his own CBP of '09. Kitchener had won the 100 while new member David Hinds went sub 30.

Wally Franklyn, 59, won the 100 from Tim Carter and ran 61 in the 400. Next year he may attempt the oldest CBP, the 1983 13 dead of Les Williams, the Welsh rugby star.

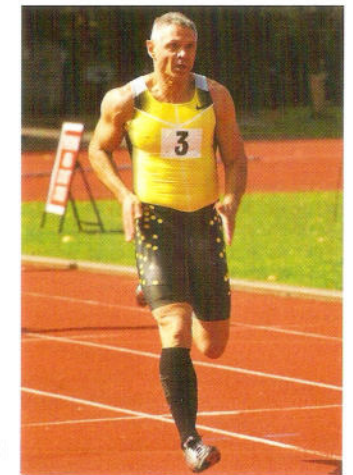
Michael Vassiliou was dominant in the M50 sprints. He had been fifth at Sacramento World

in 200, 0.7 behind Pat Logan who was silver to USA's Sullivan. Mike was also a World finalist in 400m, with Kermit Bentham, as he declined the 100.

It fell out in M45 class that from 10 entries only Barrington King started, with a 13.2 100.

M40 decathlete Richard Buckingham held off Andrew Gordon in a close 100. Then Richard went to High Jump for the best of day 1.50, Discus 35.89. In multi event at Oxford he was second with 4576 pts.

A close 200 was Nick Lauder versus Mark Cook with the Enfield man winning by 0.4s, the very same as at Willesden.



Mike Vassiliou

More Sprints at Battersea

400m was seeded for two races. In the under M60, Gary Palmer had saved himself for this and went out hard to clock 56.4. In his first year at Decathlon Gary placed a fourth recently with 4196 points. Now he showed the way to a new member with a plan.

David Harris, 37, of Hercules Wimbledon, envisaged decathlon when he duly completed 10 events at the Champs. Pick would be his Long Jump 4.95m, the best of day, and second in 1500m with 4:58. Later he did the Surrey Decathlon for 3227 points.

Francis Thomason as usual went for quantity with 11 events and did well in Walk and Discus.

In the other 400 David Hinds, who has made a move from distance running to sprint, and Fiona Argent had well deserved wins.

Throws in the Champs

In **Hammer** Liz Sissons threw 27.45.

Chris Melluish, keeping his edge, led M65 at 35.34.

Longest of day was M50 Chris Privett's first throw 46.94, well clear of M45 Tony Tipping's 38.85. New member from Invicta EK, like John Gilbert, David Glendower may have been pleasantly surprised to claim a medal but he was the only 40 entered.

Popular Shot had Vilma Thompson, of the stadium staff, longest with 10.90. While Sissons wrote a CBP with 9.84 in W65. Ever present Marie Grant-Stevens duly set a CBP for W75, with a 2Kg Shot.

M65s were far out with 11.10 by Peter Virgo the best ball.

Third Pool had five over 10 with Privett longest as his 12.07 was closely followed by Stephen Head's 11.91, Tipping's 11.61 and Tony Richards's 11.39.

Discus Long timer Brian Harlick led the second Pool with 32.93 from John Gilbert's 30.64. Here Peter Shevlane came in for M70 best 25.80 off first throw.

Longest spin was that of M50 Privett with 40.83, a clear reach over two younger mens' 35ms.

Javelin Sissons as usual led the women's pool with 24.93 in good conditions. While another wizard of the spear, David Kuester, from Bicester, showed the older men the way with 32.29.

Privett v Tipping was close in Pool 3, just 34 cms difference at 37.69 with Keith Seldon close on 36.83.

Vault attracted experts as Alan Easey led the men with 3.20 and Dave Orchard cleared 2.85. First lady Sue Yeomans got 2.50 from Alison Duke and Teresa Eades on 2.30, the latter also CBP in **High Jump**.

11 competitors in the vertical saw Buckingham and Orchard highest at 1.50 and 1.45m.

David Johnson, 55, doubled Long with 10.46 best-of-day **Triple** – he is 4th ranked M55 UK. In Triple almost everyone had a gold medal and long timer Colin Sheppard set CBP in 75 with 6.61. Meanwhile in the **Long**, Harris reached 4.95, the first M35 CBP.

Recognition of Officials at T&F Champs

President Peter Hannell. **Starter** Ivor Wiggitt **Field Ref** Nigel Bongers. **Walk Ref** and **Chief T'keeper** Cecil Gittins. **Track Referee** Tom Richards. **Photofinish** Don Anderson. **Marksman** Maurice Joyce. **Seedings** Jeremy Hemming. **Timekeepers** Peter Mulholland, David Kitcher, Nigel Harding, Barry Ferguson. **Track Judges** Ros Tabor, Mike May. **Field Judges** Graham Pullen, Lorraine Gomes, Dave Sharp, Rex Bale, Peter Barber. **Entries, Meeting Director** Bob Belmore. **Office** Jeremy Hemming, Joe Aspinall, Walter Wessely, Ian Isherwood. **Presentations** Hannell. **Programme** Hemming. **Officials' lunches** Alison Jones. **Appreciation** Thanks to Jimmy and Vilma of Battersea staff.

DISCUS continued M40 1 Richard Buckingham 35.89, 2 Glendower 19.67
M35 Harris 19.38

JAVELIN

W65 Sissons 24.93. W55 1Thompson 24.18, 2 Argent 12.67.
M70 1 Webster 28.28, 2 Burnett 15.56.

M65 1 Kuester 32.29, 2 Gilbert 26.36, 3 Harlick 25.45, 4 O'Connor 16.65.

M60 Thomason 5.83. M50 1 Privett 37.69, 2 Seldon 36.83.
M45 Tipping 37.35.

POLE VAULT

W55 Susan Yeomans 2.50.

W50 Teresa Eades 2.30 =(CBP).

W45 1 Alison Duke 2.30, 2 Maria Newton 2.10.

M65 Harlick 2.10. M50 Orchard 2.85.

M45 Alan Easey 3.20. M40 Andrew Del Nevo 2.40.

M35 1 Harris 2.20, 2 Ian Lamont 2.20.

HIGH JUMP

W60 Emily McMahon 1.15=(CBP)

W50 Teresa Eades 1.30 (CBP)

M65 1 Allan Cheers 1.20, 2 Brian Harlick 1.00.

M60 1 Geoffrey Kitchener 1.35, 2 Thomason 0.85.

M50 1 Dave Orchard 1.45, 2 Keith Seldon 1.30.

M40 1 Richard Buckingham 1.50, 2 Eric Campbell 1.05.

M35 David Harris 1.35.

LONG JUMP

W60 Emily McMahon 3.55 (CBP)

W55 Susan Yeomans 3.93.

W50 Teresa Eades 3.96.

W45 Alison Duke 4.06

M80 Geoffrey Feast 2.89 (CBP)

M75 Colin Sheppard 3.36

M70 John Webster 3.18

M65 1 David Kuester 3.31, 2 John Gilbert 2.97

M60 Geoffrey Kitchener 3.73, 2 Francis Thomason 2.21.

M55 David Johnson 4.55.

M50 1 Dave Shields 4.45, 2 Keith Seldon 3.39.

M45 Alan Easey 4.88.

M40 Eric Campbell 4.05

M35 David Harris 4.95.

TRIPLE JUMP

W55 Susan Yeomans 8.10 (CBP)

W50 Teresa Eades 8.78(CBP)

W40 Lesley Richardson(G) 7.66.

M75 Colin Sheppard 6.61 (CBP).

M70 John Webster 6.99.

M65 1 Norman Rice 8.26, 2 John Gilbert 6.79.

M60 Francis Thomason 4.39

M55 David Johnson 10.46.

M50 Dave Shields 9.91.

Hurdles

110m M35 David Harris 23.40
 100m M50 Dave Orchard 18.55; M60 Geoff Kitchener
 20.40; M65 Barry Ferguson 17.56.
 80m W55 Fiona Argent 18.54.

100m

M80 Charlie Williams 15.57(CBP), Feast 17.60.
 M70 1 Allan Sowden 16.45, 2 Kevin Burnett 19.94.
 M65 1 Terry Bissett 13.92, 2 Chuck Isetts 14.71, 3 David
 Whittaker 15.38
 M60 1 Kitchener 13.82, 2 David Hinds 14.59, 3 Cashel
 Riordan 16.16, 4 Thomason 26.90
 M55 Wally Franklyn 12.76, 2 Tim Carter 13.96, 3 Cliff
 Hide 14.72.
 M50 Michael Vassiliou 12.43, 2 Robert Shephard 13.22, 3
 Mike May 15.32, 4 Paul Williams 26.71.
 M45 Barrington King 13.20
 M40 1 Richard Buckingham 12.59, 2 Nick Lauder 12.75,
 3 Trevor Lake 17.05.
 M35 1 Andrew Gordon 12.65, 2 Harris 13.36.
 W40 Shirley Rowbotham 15.24.
 W50 1 Sue Wisdom 12.07, 2 Teresa Eades 15.81.
 W55 1 Joan Trimble 14.57, 2 Anne Nelson 16.44.
 W60 Emily McMahon 16.04.

200m

M80 C Williams 33.8(CBP), 2 Feast 38.3.
 M75 Richard Pitcairn-Knowles 40.2.
 M70 1 Sowden 34.3, 2 Burnett 41.7. (manual)
 M65 1 Bissett 27.53, 2 Isetts 30.61, 3 Whittaker 31.51,
 M60 1 Kitchener 28.20, 2 Derek Wardle 28.27, 3 Hinds
 29.61, 4 Riordan 30.11.
 M55 Franklyn 26.83, 2 Carter 28.35, 3 Philip Bell 28.40, 4
 Hide 30.15.
 M50 Vassiliou 24.73, 2 Shephard 27.07, 3 Paul Williams
 56.26.
 M40 1 Lauder 25.97, 2 Mark Cook 26.39, 3 Lake 35.16.
 W40 Rowbotham 31.40. W45 Alice Campbell 54.32.
 W50 Wisdom 31.60, W55 1 Trimble 30.17, 2 Nelson
 34.58, 3 Argent 34.75.

400m

M75 Pitcairn-Knowles 1:35.64
 M70 John Rose 1:32.50
 M65 Wm O'Connor 1:42.62.
 M60 Hinds 1:11.25, Thomason 1:40.39.
 M55 Franklyn 1:01.26, 2 Bell 1:06.85.
 M50 Williams 2:34.2 (manual)
 M40 Gary Palmer 56.42, 2 Lauder 1:02.47
 M35 Harris 1:01.22.
 W55 Argent 1:22.21

800m

M80 Eric Shirley 3:41.62.
 M70 Rose 3:30.87.
 M65 Peter Giles 2:40.92, 2 O'Connor 4:01.55
 M60 Mike Mann 2:38.00
 M50 Keith Ewing 2:08.10(CBP).
 M45 Stephen McDuell 2:09.65, 2 Noel Hall 2:18.37.
 W60 Ros Tabor 2:51.92(CBP). W45 Yasmin Giles 3:49.89.

1500m

M65 1 Peter Giles 5:44.64 2 Edwin Bartlett 7:41.91.
 M60 1 Ken Daniel 5:01.98, 2 Mann 5:18.70, 3 Alan
 Davidson 6:19.06.
 M50 Ewing 4:27.40.
 M40 Andy Del Nevo 5:13.27.
 M35 Harris 4:58.14.
 W45 Yasmin Giles 7:50.84.

3,000m Race Walk

M80 John May 23:42.31.
 M75 Ron Powell 18:58.04,
 2 Dave Stevens 19:45.79.
 M70 Bernard Hercock 21:50.52.
 M65 1 Shaun Lightman 17:11.71, 2 Peter Hannell
 17:47.73, 3 Sean Pender 18:57.17
 M60 Stephen Holliday 19:14.37, 2 Thomason 20:18.15.
 M50 Steve Allen 16:56.92.
 M45 Mark Easton 14:11.95

5,000m M65+ and Women

M80 Stephen Charlton 23:57.20(CBP)
 M75 1 Pitcairn-Knowles 24:43.08, 2 Brian Shave 26:40.71
 M70 John Batchelor 20:18.14.
 M65 1 Dennis Williams 23:02.32, 2 Richard Hammerson
 23:26.88, 3 Edwin Bartlett 28:22.47.
 W65 Pauline Rich 24:38.21
 W55 Andrea Sanders-Reece 20:49.12(CBP)
 W45 Angela Kikugawa 25:09.30

Race 2 Under 65 men

M60 1 Charles Dickinson 18:44.24, 2 Liam O'Hare
 19:18.53, 3 Davidson 22:33.53, 4 Thomason 25:27.57.
 M55 1 Julian Dillow 19:07.26, 2 Andy Murray 19:50.78.
 M50 1 Tim Ellis 16:34.03, 2 Mick Boyle 16:49.55, 3 Colin
 Oxlade 18:17.24
 M45 Tony Tuohy 16:38.39
 M40 1 Andy Weir 16:19.03, 2 Ian Johnston(Shettleston)
 16:41.81.
 W45 Jackie Perrin 18:57.37.
HAMMER
 W65 Elizabeth Sissons 27.45
 W55 Vilma Thompson 31.58
 W50 Angela Morgan 28.55
 M80 Jaroslav Hanus 25.66 (CBP)
 M75 Peter Barber 27.86
 M70 1 Peter Shevlane 30.97, 2 Kevin Burnett 18.83.
 M65 1 Christopher Melluish 35.34, 2 David Kuester 31.50,
 3 John Gilbert 31.14, 4 Brian Harlick 39.30.
 M60 1 Anthony Richards 28.47, 2 Fra Thomason 13.92
 M50 1 Chris Privett 46.94, 2 Dave Orchard 30.90, 3 Keith
 Seldon 29.38, 4 Stephen Head 24.56.
 M45 Tony Tipping 38.85
 M40 David Glendower 23.00

SHOT PUTT

W75 Marie Grant-Stevens 6.53
 W65 E Sissons 9.84(CBP). W55 Thompson 10.90
 W50 Morgan 8.14. W45 Alice Campbell 5.58
 M80 Hanus 7.35. M75 Barber 6.29
 M70 1 Shevlane 7.1 8.39, 2 Burnett 6.21
 M65 1 Peter Virgo 11.10, 2 Kuester 9.95, 3 Gilbert 9.82, 4
 Norman Rice 9.51, 5 Harlick 8.78, 6 W O'Connor 7.89.
 M60 1 Richards 11.39, 2 Thomason 4.98.
 M50 1 Privett 12.07, 2 S Head 11.91, 3 Orchard 10.42, 4
 Seldon 9.38, 5 Paul Williams 4.68
 M45 Tipping 11.61.
 M40 David Glendower 7.21. M35 David Harris 7.11
DISCUS
 W65 Sissons 22.05. W55 Thompson 26.05
 W45 1 Maria Newton 20.86, 2 Alice Campbell 12.33
 M75 Barber 20.63.
 M70 1 Shevlane 25.80, 2 Webster 21.43, 3 Burnett 17.65.
 M65 1 Harlick 32.93, 2 Gilbert 30.64, 3 Virgo 29.85, 4
 Melluish 28.81, 5 Kuester 28.18.
 M60 1 Thomason 14.13.
 M50 1 Privett 40.83, 2 Orchard 29.74, 3 Seldon 27.40
 M45 Tipping 35.48.

continued p10

VAC 5M Road Walks		26 Jul	16 Aug
Mark Easton(SWC)	49	40:50	39:45
Ian Richards(Stey)	63		39:59
Peter Ryan(If)	57		44:06
Steve Uttley(If)	54	49:35	46:01
Steve Allen(Bar)(G)	53		46:04
Mike Harran(SWC)(G)	73	50:07	48:75
Stewart Bennett(Worth)(G)			48:54
Maureen Noel(Bel)	W47	1	49:29
Chris Flint(SWC)	66	51:19	50:13
Sean Pender(E&H)	58	50:13	50:15
Peter Hannell(SWC)	68	50:24	51:14
Paul King(Bel)	55		53:21
Glen Keegan(HHH)(G)			58:51
David Hoben(SWC)	58	56:46	59:32
Barbara Edlin(E&H)	W65	58:54	
Bernard Hercock(SWC)	74	63:26	62:49
Kevin Burnett(SOC)	72	64:04	
Ken Livermore(E&H)	78		66:35

The two elite walkers showed how to do it as Mark Easton improved his last year's best by three secs to 39:45 while Ian Richards snicked under 40 with a 39:59. Easton also won the 3K in T&F Champs.

Sean Pender, with a fairly tight set, Chris Flint or 'el secretario', and old rivals Dave Hoben and Bernie Hercock ticked all the boxes with max fives.

Sole woman in table above, Maureen Noel, had one comp, but an improving sub 50 time.

Few had closely matched times but Paul King made a good group, as they say in rifle shooting, with his first three, inside 20 secs of time.

Result of Lester Cup in 5M Walk Series, Battersea handicapped by Carl Lawton

- 1 C.Flnt 86 (5) comps
 - 2 S.Pender 68 (5)
 - 3 M.Harran 67 (4),
 - 4 B.Hercock 67 (5), 5 D.Hoben 60 (5), 6 S.Allen(If) 47 (3), 7 PKing 46 (4), 8 J.May 45 (3),
 - 9 I.Thompson 40(3), 10 P.Hannell 38 (3) & 16 others.
- Total in competition 26: 22 men and 4 ladies.

Carl says "a regrettable reduction in numbers took place in the series, down from last year's 35 to 26".

Hammersmith Riverside Yacht H'cap, 30 Aug 11

	net	actual	#
1 Mick Harran	29:06	25:51	10
2 Andy Ruffy	29:35	21:50	3
3 Joe Aspinall	29:38	24:53	8
4 Peter Udell	29:39	27:24	14
5 Alan Howard	29:52	27:24	11
6 Robbie Cox	30:09	18:39	1
7 Dave Cox	30:129	18:42	2
8 Ray Wilmott	30:17	25:32	9
9 Dan Maskell	30:25	23:25	6
10 Bob How	30:27	26:27	13
11 Alastair Jackson	30:30	30:45	16

Race Walking



Steve Uttley(W) and Mark Easton(EE) in the August race

Belgrave 7M Walk will not be held this year, due to costs, we're told, but a Cambridge Hs 5K (last time won by Steve Uttley 25:34) and Enfield 7M at Lee Valley have been confirmed; see back page. Both are champs.



Carl Lawton, centre, judging with Mrs Livermore

12 Alan Davidson	30:31	23:46	7
13 Dennis Smith	30:38	31:08	17
14 Peter Dry	30:43	21:58	4
15 Kevin Burnett	30:53	33:53	19
16 Rod Newing	31:29	31:15	12
17 Ed Bartlett	31:30	31:15	18
18 Richard Evans	33:08	22:08	9
19 Francis Thomason	31:56	29:11	15
20 Peter Torre	37:14	37:44	20

Fastest: 1 R Cox 18:39, 2 D Cox 18:42, 3 A Ruffy 21:50. Mick Harran held off a challenge from Joe Aspinall and a late charge from Andy Ruffy writes Francis Thomason, organiser, of 12 Beresteade Rd, W6 9NP. Next race 25 October, Rutland Grove W6, 12.30.

Surrey CC League, by Team Manager Bob

Our first event is at Lightwater Country Park, near Bagshot but may be past by the time you get this. A main point is to make a good Club start because some of you seem to forget Match 1 – we get a strong turn out for the final event especially when we are hosting, which we wont be this season, but the points you score on the first day are just as good as the last; you could say they are worth double.

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. You'll be running for a team in beautiful country races with many vets. A sign of the Surrey League's popularity is the number of ethnic runners trying the British way of life!

Members should wear a VAC vest.

We're glad to hear Gareth Cavell is fit to run.

It's 10 to score but don't count on the others; 20 are better. And its a free run, of course.

Woking, Dulwich Park, Lingfield, Collingwood, Epsom Oddballs, Waverley, Holland Sport and VAC make up Div IV.



Hard winter coming? Here's a Surrey League race on a snowy day at Wimbledon

Letter from Michael Browne

Michael in New Zealand has sent us this cutting "He's known as Methuselah to his running mates, so it was no surprise when Michael won the 80-plus title in the NZ Road Champs on Wellington waterfront. He set an impressive time of 67:21 for the 10K.

Wife Jenny has kept an eagle eye on her husband since he turned 80. Age hasn't slowed him down much, despite loss of sight in his left eye. He still goes for a run three times a week around Point Jerningham from his home in Newtown.

But he had a crash running down Mt Victoria and after a brain scan at AandE the hospital told him 'That is good. We could not find anything there at all.' But Mrs Brown has said cross country is strictly out of bounds. "

Michael will be back next year at Battersea Park.

Battersea Road Runs Ranked Table 2011 – measured distances

	Apr 19	May 31	Jun 14	Jul 26	Aug 16		Apr 19	May 31	Jun 14	Jul 26	Aug 16
Josh Painter(B&H)	36		27:59			Ros Tabor(Dul R)	W62		36:11		
Richard Tomlinson(ESM)	42	28:16	28:37	28:13		Jeff Prestridge(Serp)	53	37:48		36:34	
Terry Fowler(WGC)	48			28:46		Dan Maskell(VAC)	63	36:59		36:40	
Dave Cox(WGEL)	56	28:47				Dennis Williams(HW)	64	40:37	39:29	40:29	37:14
Tony Pamphillon(WGEL)	50		29:10			Alan Davidson(Liss)	62	37:25		37:28	21:52
Nigel Burnell(VAC)	50		29:57			Michael Elwell(Cobra)	60			37:16	21:56
Mick Barlow(Kent)	44	31:28				Richard Hammerson(Red)	68	37:51			22:54
Bernie Pritchett(WGEL)	W44		32:07	31:42	18:41	Dave Wilson(HHH)	63	38:50	38:59		
Terry O'Neill(Bel)	58	32:52	31:48		18:55	Martin Wilson(ESM)	60		39:04		
Catherine Shelley(Serp)	W47			19:43		Martin Lippitt(Trent PT)	57	40:48			23:51
Richard Solomons(High)	63		32:40	19:45		Joe Cleverly(N EIT)	78				24:10
Gareth Jones(Ox)	65			19:48		Joe Aspinall(VAC)	79	42:04	41:05		24:12
Pippa Major(THH)	W46			19:52		Steve Charlton(VAC)	84		41:53	41:00	41:04
Carol Bowker(Read R)	W51	33:48	32:49		21:19	Tom Everitt(Eton)	76				24:58
John Batchelor(Ilf)	70	33:10				Richard Pit-Knowles	78		43:32	43:52	25:16
Anthony Packham(SB)	59		33:39		20:31	Sue Lambert(Serp)	W70				41:09
Andy Murray(Dul R)	58			34:14		Julia Gristwood(ESM)	W51	42:36	42:59	41:59	25:54
Lyn Wilson(ESM)	W54	34:42			20:24	Angela Kikugawa(HW)	W49				42:24
Andrea Sdrs-Reece(Morn)W55				20:49		Steph Burchill(Dul R)	W55				26:11
Tom Morris(HW)	53		35:02			Cliff Collins(L Ir)	73	44:42	43:14	44:12	26:14
Roger Green(WGEL)	60		35:05			Ian Isherwood(HW)	59				26:35
Ian Mursell(VAC)	59	35:57		35:18		Ken Tuson(VAC)	73	43:51	43:26	43:19	26:46
Peter Crowhurst(B&H)	61		35:23			Ann Bath(26.2)	W62		44:08		42:56
Derek Wardle(WSEH)	64			35:33	21:10	Brian Shave(Read RR)	77				27:11
Carol Bowker(Read RR)	W50			21:19		Ed Bartlett(VAC)	66	48:44	45:52	45:22	47:37
Martin Evans(VPH)	60		35:37		21:36	Anne Lippitt(Trent)	W56				29:27
Ron Sargent(Lou)	57		35:46			John Cullingham (Rd RR)	78			31:29	
Bill Fraser(Hailsham)	59	35:55				Mike Morley(VAC)	67		46:47		
						Kevin Burnett(SOC)	71	54:59			32:31
						Peter Torre(SB)	69				34:26

Carol Bowker's 32:49 is a W50 age record

VAC Track Wimbledon Park 3 Aug

100m

	<i>age</i>	<i>time</i>
1 Andrew Gordon(KP)	37	12.6
2 Paul Lavender(EE)	55	12.7
3 Robert Shephard(E&E)	50	13.0
3 Stuart White(HW)	49	13.2
5 David Harris(HW)	37	13.5

Race 2

1 Mike May(KP)	50	13.9
2 Derek Wardle(WSEH)	64	14.0
3 Joan Trimble(KP)	W56	14.2
4 Chuck Isetts(KP)	69	14.8
5 Michael Stainton(Serp)	50	15.5

Race 3

1 Cliff Hide(Serp)	59	14.3
2 David Hinds(Serp)	60	14.3
3 Sue Wisdom(E&E)	W49	14.8
4 Sue Dassistie(E&E)	W58	14.8

Race 4

1 Cashel Riordan(KP)	64	15.0
2 David Whittaker(E&E)	65	15.2
3 Anne Nelson(E&E)	W59	15.9
4 David Barrington(KP)	70	17.0

200m

1 Mark Giraud(HW)(G)	38	24.7
2 Andrew Gordon(KP)	37	26.2
3 Robert Shephard(E&E)	52	26.7
4 David Harris(HW)	37	27.8
5 Mike May(KP)	50	29.4

Race 2

1 Terry Bissett(E&E)	67	28.1
2 Charles Griffith(E&E)(G)	35	28.3
3 Derek Wardle(WSEH)	64	28.4
4 Phil Bell(Harr)	57	28.6
5 Joan Trimble(KP)	W56	30.7

Race 3

1 Cliff Hide(Serp)	59	30.0
2 Chuck Isetts(KP)	69	30.3
3 David Hinds(Serp)	60	30.7
4 Sue Wisdom(E&E)	W49	31.7

Race 4

1 Cashel Riordan(KP)	64	31.2
2 David Whittaker(E&E)	65	31.8
3 Anne Nelson(E&E)	W59	34.1
4 David Barrington(KP)	70	36.7

One Mile

1 Richard Tomlinson(M&M)	43	4:54.1
2 Steve McDuell(HW)	46	5:05.0
3 Bill Arbury(EE)	46	5:30.8
4 Lisa Webb(SB)	W45	5:34.5
5 Andrea Sanders-Reece(Morn)	W55	6:14.3
6 Alan Davidson(Liss)	64	6:38.7
7 Joe Aspinall(VAC)	73	7:18.2
8 Angela Kikugawa(HW)	W49	7:30.2

400m

1 David Harris(HW)	37	61.3
2 Stuart White(HW)	49	63.1
3 Phil Bell(Harr)	57	66.6
4 Dave Orchard(HW)	51	67.4
5 Cliff Hide(Serp)	59	69.3



The Mile is a traditional VAC event

The gates had not been opened but Members were patient while it was sorted out. Sprints were very competitive, especially 200m Race 2, partly thanks to very good support by 10 strong Epsom & Ewell club. New members Andrew Gordon and David Hinds, new to sprinting, made promising starts while Paul Lavender was resurgent and Cliff Hide showed his Gibsons were no fluke. Mile isn't ranked but Richard Tomlinson's easy 4:54 was best in VAC for at least six years. Longest throwers were Dave Orchard and Liz Sissons.

The Gibson Cup has been won again to Cliff Hide, the holder. Final scores

C Hide	35.4
M May	31.9
T Carter	22.5

C Isetts 14.5, M Butler 12, J Trimble 11, D Whittaker 10.5, S Wisdom 10, & 27 others. Cliff like Mike May ran maximum 11 times and had three seconds in handicap.

400m Race 2

1 Mike May (KP)	50	69.1
2 David Hinds(Serp)	60	70.3
3 Mike Stainton(Serp)	50	71.6
4 Andrea Sanders-Reece(Morn)W55		78.6
5 David Barrington(KP)	70	83.3

D McLean O60 hcp Trophy won by D Barrington

	DISCUS		SHOT	
Liz Sissons(E&E) W67	1kg	21.30	3kg	10.03
Sue Dassistie(E&E) W55	2	19.71	3	8.88
David Harris(HW) 37	2	19.96	7.26	7.29
Dave Orchard(HW) 50	1.5	31.84	6	10.87
John Webster(HW) 70	1	20.65	4	7.26
Kevin Burnett(SOC) 70	1	20.03	4	6.41

5K VAC Champs 16 Aug '11

1 Rupert Holden(G)	43	18:02
2 Bernie Pritchett(WGEL)	W44 1	18:41
3 Terry O'Neill(Bel)	58 1	18:55
4 Catherine Shelley(Serp)	W47 1	19:43
5 Richard Solomons(High)	64 1	19:45
6 Gareth Jones(Ox City)	65 1	19:48
7 Pippa Major(THH)	W46 2	19:52
8 Andy Murray(Dul R)	58 2	20:24
9 Tony Packham(SB)(G)	59	20:31
10 Andrea Sanders-Reece(Morn)	W55 1	20:49
11 Derek Wardle(WSEH)	64 2	21:10
12 Carol Bowker(Read RR)	W51 1	21:19
13 Martin Evans(VPH)	60 3	21:36
14 Alan Davidson(Liss)	64	21:52
15 Neil Woodruff(Read Jog)(G)	44	21:54
16 Michael Elwell(Cobra)	60	21:56
17 Dennis Williams(HW)	65 2	22:40
18 Sean Dillon(G)	60	22:41
19 Rich Hammerson(Read RR)	69 3	22:54
20 Martin Lippitt(Trent PT)	58 3	23:51
21 Joe Cleverly(New Elt)	78 1	24:10
22 Joe Aspinall(VAC)	73 1	24:12
23 Steve Charlton(VAC)	84 1	24:21
24 Tom Everitt(Eton M)	76 2	24:58
25 Rich Pitcairn-Knowles(S'oaks)	75 3	25:16
26 Sue Lambert(Serp)	W70 1	25:36
27 Julia Gristwood(ESM)	W52 2	25:54
28 Steph Burchill(Dul R)	W55 2	26:11
29 Cliff Collins(VAC)	75	26:14
30 Ian Isherwood(HW)	59	26:35
31 Ken Tuson(VAC)	75	26:46
32 Brian Shave(Read RR)	77	27:11
33 Ed Bartlett(VAC)	67	28:40
34 Anne Lippitt(Trent PT)	W56 3	29:27
35 John Cullingham(Read RR)	78	31:29
36 Kevin Burnett(SOC)	72 2	32:31
37 Peter Torre(SB)	69	34:26

The distance was a short 5K, as a consequence of the lamp post numbers having been painted over.

Young vets were two only and they were guests but it's hoped the winner, Rupert Holden, will join.

First VAC was Bernie Pritchett of Woodford Green who ran well for a useful 18:41, which anchors her as first lady and eighth in VAC Table.

It was good to see that Terry O'Neill is back in form and this day was first VAC man, at 58! He runs the Park with Charlie Dickinson's group.



Formation running – three 75s with Joe Cleverly(41) Tom Everitt and Richard Pitcairn-Knowles

Cath Shelly, of Serpentine, is another who trains here and she was third VAC, first W45, just ahead of Richard Solomons and Gareth Jones, who is up in 65s now.

5K has become popular of late and one benefit is runners being closely bunched for competitive racing. So Pippa Major, in Thames Hare colours, was right in the thick on her ice breaking run with VAC.

Fourth woman, Andrea Sanders-Reece was the first Mornington Chaser to sign in VAC since which two more have followed. Mornington Crescent is in Camden and also that radio game once presided over by Humphrey Lyttelton. "We're playing Rule 4" he would intone to cheers from insiders who were in on the joke.

Among eight women Carol Bowker, the first 50, was making a welcome return from injury.

Versatile Derek Wardle mixes a distance run in with serious 200 / 400s. Old school sprinters like Byron Gray would have run a mile from such a practice but theories come and go so we'd like to hear your ideas on that great issue – speed.

Third in 60 group, Martin Evans from Victoria Park has been a strong recruit to the series.

Michael Elwell, the next 60, found travelling by coach a good way to come down from W Mids.

First 75, Joe Cleverly not only won his group but also the 70 one when he held off Joe Aspinall by a few metres. While Steve Charlton, 84, mixed it with his juniors when he caught Tom Everitt on the second lap.

Sue Lambert was in sight of Pam Jones's W70 best, as she led the next two ladies.

Dennis Williams, the Battersea expert, with a huge tally in this series, and Ed Bartlett ran all five times. Then with fours came Steve Charlton, Julia Gristwood, Cliff Collins and ever present Ken Tuson as Alan 'Hammersmith' Davidson slipped to threes.

So despite economic recession and barring the 40/45 men, a bare three strong, the Battersea Road series held up tolerably well. See you 2012.



Fixtures



www.vetsac.org.uk

VAC distance

- 8 Oct Surrey League Div IV LIGHTWATER COUNTRY PARK. GR 242589
- 22 Oct VAC CC WIMBLEDON COMMON M&W 2.30. HQ Belgrave Hall
- 29 Oct East Surrey Leag LLOYD PARK M&W 3pm
- 5 Nov LOUGHTON AC Vets Inter Club M&W CC 2.30 VAC teams
- 12 Nov Surrey Lg IV EPSOM DOWNS 3pm.
- 19 Nov VAC CC WIMBLEDON M&W 2.30pm
- 20 Nov EPSOM 10M Road 9.30am with VAC; enter form on address Carry Sheet

- 26 Nov South of Thames 5M NORK PARK tbc
- 10 Dec VAC and Herc Wim INTER CLUB CC
- 17 Dec South of Thames ROEHAMPTON 7.5M
- 31 Dec Herc Wim LAURISTON MT 5Mile 2pm
- 14 Jan Surrey League IV SUTTON tbc
- 21 Jan VAC Champs M&W WIMBLEDON 2.30pm
- 11 Feb Surrey Lg IV LLOYD PARK 2.30

VAC Feb and March dates to be 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

- 26 Nov International CC Bellahouston Park GLASGOW; apply by 2 Oct to Charlie Dickinson; tel 0207 720 1062.
- 16 Oct Marathon ABINGDON
- 25 Mar Vets Cross Country BATH UNI
- 3-8 Apr '12 World Indoors JVASKYLA, Finland
- 16-25 Aug Euro Vets T&F ZITTAU Germany et al
- 24 Jul-4 Aug '13 World Masters Porto Alegre BRAZIL

Walking and Other

- 15 Oct Surrey Veterans CC PETERSHAM enter Don Turner. Course from Pembroke Lodge; Ranelagh HQ after
- 22 Oct 5K Road Walk Champs with Cambridge Hs 5K BEXLEY
- 12 Nov 7M Walk Champs with Enfield Open 7 LEA VALLEY
- 7 Jan Surrey CO CC DENBIES VINEYARD
- 28 Jan SEAA CC Champs BRIGHTON
- 25 Feb NATIONAL CC Parliament Hill NW3

Meet directions and details.

Lightwater M3 Junc 3. and off Old Guildford Rd GU18 5RG

Loughton meadows from South View Rd, Loughton IG10 3LG

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

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

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 2011

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