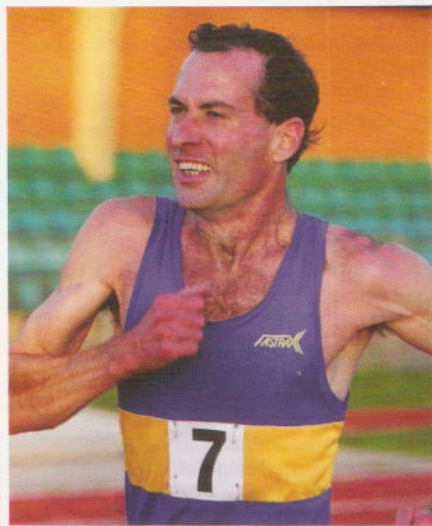
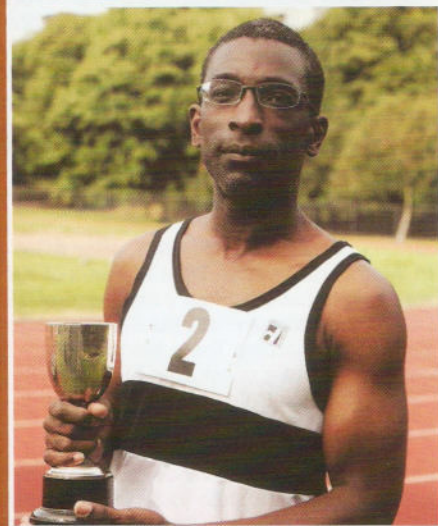
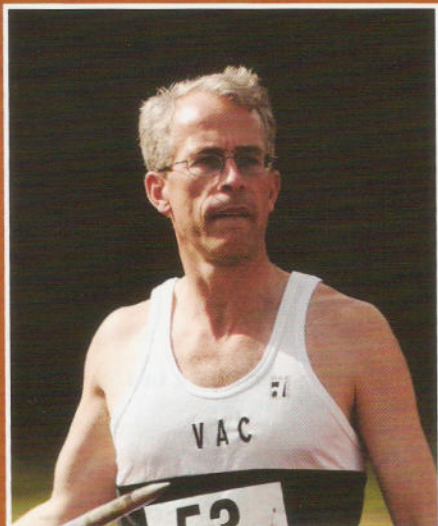


Veterans Athletic Club

Newsletter October 2012



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5	10,000 continued	12	Gamesmaker	Pictures above: Andy del Nevo,	
6	Road Table	13	Inter Area T&F	Carol Jones, Ian Johnston(7),	
7	5K Road Champs			Milton McIntosh(2),	

Officers of the Veterans AC, established 1931

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Vice Presidents	Philip Bell, Chris Flint	
Past President at Committee	Cecil Gittins	
Auditor	Simon Ingall	
Webmaster	Michael Peel	mike@mikepeel.co.uk

Report of AGM 13 September 2012 Increase in Subs passed

Eleven members were present: D Williams, C Gittins, C Flint, M May, J Hemming, P Torre, R Tabor, A Murray, M Doogan, P Kennedy, and D Hoben.

The minutes of last AGM were accepted.

The motion for rise in subscriptions to £18 for 2nd claim and to £23 for 1st claim members was proposed by Peter Torre and seconded by Ros Tabor and passed.

Mike May assented to a second year as President. And also as Treasurer.

Officers were voted for individually.

Dennis Williams, Chairman, was voted in by 7 for to 1 against with 2 abstentions.

Mike May, Treasurer, was re-elected and took up the place of Delegate to BMAF in place of Ron Franklin who retired.

Bob Belmore was re-elected in the CC, inc League manager, Road and T&F Secretary posts.

Also re-elected were Jeremy Hemming as Newsletter Editor and Press Officer,

Ros Tabor, as Officials Sec and as Minute Sec, Simon Ingall as Auditor; these were re-elected.

A communication from Philip Bell of same day was acknowledged in which he declared that he could not function as Membership Sec to full extent. Peter Kennedy, offering his services, was adopted as Assistant Membership Secretary.

David Hoben, as previously noted, was adopted as RaceWalk Sec in place of Chris Flint, resigned.

Phil Bell and Chris Flint were elected as Vice Presidents.

In discussion Chris Flint said that succession planning might be desirable.

Peter Torre had not realised 10,000m had been moved to Kingsmeadow.

Maurice Doogan pointed out that VAC numbers were down at the BMAF T&F Derby.

Mike May informed members of an informal meeting to discuss increasing participation in VAC events. This would be at the Montagu Pike pub in Charing Cross Road at 6.30pm on 10 October.

Chris Flint pointed out that it would be cheaper for committee to meet at the Civil Service Club.

The same said that Walking had mostly stood up well and had enjoyed three extra races. After which a vote of thanks was made to him.

Committee Meeting, after AGM

In 'Members Welfare', Paul Williams of Kent AC was said to have leg injury and need of surgery.

Communications with 2XU Surrey League Secretary regarding Team Manager were discussed without a conclusion being reached.

Field Ref Rex Bale sent a report on the Track and Field Champs and Field Officials.

Ros Tabor spoke in favour of a shorter course in CC, and entry in advance, as helpful to drivers going straight to course to avoid a parking ticket.

Lack of response by Secretary to a member's letter was questioned.

Subscription renewal by Paypal calls for you to unsubscribe and enter your new rate. See vetsac.org.uk

News and Views

It has been asked why in these hard time do we not combine meetings with other clubs but the answer to that is very simple: we do. Since it seems to need an airing however here are the events at which we go in with others.

Serpentine track, three Counties Vets track Walk, Rosenheim Leag, TVH Open, and Willesden track, Hercules Wimbledon 10K Road and two CC meets, Loughton Vets CC, Epsom 10M Road and Surrey League four Cross Countries. A total of 14 events, no less.

But if that's not enough and your club would like to make it 15 or more, please enquire in a persuasive manner to a club officer – see p2.

New Members

Simon Davies(VAC)
Andrea Gaynor (Reading AC)
Anne Brenchley(Med Maids)
Marge Pope (VAC)
Andy Millbank(HHH)
David Greenfield(K&P)
Neil Crisp(Ilford)
Diane Crisp(Ilford)
John Foss (SLH)
Victoria Carter(Serpentine)
Carla Oliver(Dartford)
Chris Ness(Walton)
Michael Bense(Heathside)
Joanne Locker(Walton)
Terence Casey(Leighton)
Baydon Merry(VAC)
Eric Buckle(Marlow Str)
Paul Wilson(VAC)
Don Lawless(Thurrock)
Chris Michael(VAC)
Helen Channon(Walton)
Susan McLoughlin(Walton)
Silas Spencer(VAC)
Craig Timmings(Walton)

Letters

Over the past 65 years of my connections with sport I have enjoyed many favourable words of support and thanks.

And of course a few not so good as most of us have received and accept.

Recently I have had to consider whether to continue supporting VAC and sharing enjoyment with my friends at VAC and League, not forgetting others who have sadly passed away.

Happily at our recent AGM members voted for me to continue.

My sincere thanks to those who have already given their support and friendship at VAC by writing or contacting me.

Bob Belmore

I would just like to record my view as a participant that a big debt of thanks is owed to VAC, especially you and Bob, for laying on so many fixtures, helping keep the League thriving and saving other clubs from considerable effort. Thanks; the efforts are greatly appreciated.

Alan Davidson

Brian Lewis(VAC)
Kevin Newell(Ilford)
Diane Parsons(VAC)
Stuart Beany(Kent)
Peter Morgan(VAC)
Karlis Bricis(SCVAC)
John Sheldrake(VAC)
Tomo Kikugawa(HW)
Jenny Fowler(Serpentine)
Nicola Hopkinson(Ilford)
John Taylor(VAC)

It has been suggested by a long time CC runner that we should hold our races in a similar method to that used by Park Runs. It would provide a shorter race for those who like that, save cost of hall hire, save accounting for entry fees, and allow more time for the great British hobby, you know, shopping.

Against that there would be no income from race fees to set against Officials' costs, and medals, and no social scene after the race for a cuppa with friends. Most of all the Park Runs are well established, including a Wimbledon Common one, and what sense is there in a new one.

Contrariwise CC meets with other clubs are well supported and they are more in the tradition of cross country running. We greatly value the joint meets with Loughton, in a different part of 'London', and Hercules Wimbledon, the two sure survivors.

In memory we see Ranelagh, Thames Hare, Hillingdon, Woodford Green, Cambridge Hs, Blackheath vets and self handicap, Bromley Vets, Rochester Relays, and more with veteran events. While the fair sex had women's races at Tadworth, Copthall, Worthing, and VAC too, of course.

We hope that somehow a new way can be found, and that younger members may play their part to secure a future for this sport.

10,000m Track Champs, 5 Sept Kingsmeadow



R-L Reynolds(12), Johnston, Tuohy, Newell and Boyle, Lap 1

Race 1

1 Ian Johnston	M40 1	33:39.7
2 Ben Reynolds	M45 1	33:59.0
3 Mick Boyle	M50 1	34:37.9
4 Tony Tuohy	M50 2	35:05.7
5 Kevin Newell	M35 1	36:15.5
6 Paul Sanderson	M55 1	38:18.1
7 Colin Oxlade	M50 3	39:16.7
8 Terry O'Neill	M55 2	40:58.8

Exceptional conditions were full sunlight, little wind and air like wine.

Three races were planned on a graded basis to have manageable field sizes, with medals awarded in age groups across different races. In Race 1 nearly all were close to estimate time; over Races 2 and 3 half a dozen were better than or equal to estimate.

Ben Reynolds took the lead and held it for more than 20 laps; he only conceded defeat by 20 secs finally but admitted his training was diluted in the summer.

Ian Johnston has run this race the last three years and now fulfilled his experience of it to win in 33:39, with some satisfaction. His time bettered last year's and he got well clear three laps before the end so no one was going to catch him. His figures made him 5th current UK vet over 40, one place behind another Ian Johnston, at Horspath.

Race 2

1 Bill Fraser	M60 1	41:47.8
2 Bob Ewen	M55 3	41:56.2
3 Andy Murray	M55	42:48.9
4 John Batchelor	M70 1	42:53.1
5 Andrea Sdr-Reece	W55 1	42:58.5
6 Alan Dolton	M55	43:34.9
7 Diane Crisp	W50 1	45:43.5
8 Margaret Statham	W55 2	46:42.5
9 Alan Davidson	M65 1	46:47.1
10 David L Hinds	M60 2	47:31.2
11 John Taylor	M70 2	49:38.6

First 50 was Mick Boyle who ran a steady race, ending barely a minute behind the winner. He and Tony Tuohy, fourth, now stand second and third in UK ranks to one Guy Bracken who ran at Zittau.

In fifth place new member Kevin Newell from Ilford AC made a good start.

Colin Oxlade and Terry O'Neill were level at 36 minutes before the younger man drew away.

Second or over 40 mins race

The race was less dramatic as Bill Fraser, from Hailsham, though never far ahead of Bob Ewen, was in the lead most of the race. Now in M60, Fraser's improvement since 2011 made him sure of a gold.

continued p5 >

10,00m cont

Race 3

1 Dennis Williams	M65 2	49:45.1
2 George Wallace	M55	50:32.4
3 Stephen Charlton	M85 1	51:24.1
4 Angela Kikugawa	W50 2	51:37.3
5 Edwin Bartlett	M65 3	54:48.6
6 Francis Thomason	M60 3	55:07.2
7 Pam Jones	W75 1	55:33.2
8 Brian Shave	M75 1	57:55.7

From page 4 Ewen was correctly seeded into this race and placed third 55 on the night in a strong competition.

Andy Murray, a previous race winner here, was running with Andrea S-R at 10 laps before making late progress to pass John Batchelor into third place.

John was first 70. He had won the BMAF at Horspath which made him a clear first in UK rankings, and now he was ahead of the VAC 65s as well.

Andrea Sanders-Reece is in great form and proved to be first woman, bettering her estimate by more than a minute. 2nd in UK ranks is her mark.

In the popular M55 category Alan Dolton, of Striders, running in mid race clocked a workmanlike 43:34.

Tackling this demanding event for the first time in VAC at any rate was Diane Crisp. She was second lady and held Maggie Statham by a minute.

Alan Davidson does a lot of competition so he knows his facts



Bob Ewen



Pam Jones

and figures; now he improved a bit on his estimate and won the 65 gold.

A sprinter in the race was David Hinds; it's legal!

Race 3

Steve Charlton and Angela Kikugawa were running together till the end when Steve made a final spurt. His 51:24 heads the All Time list for 85s by nearly 4

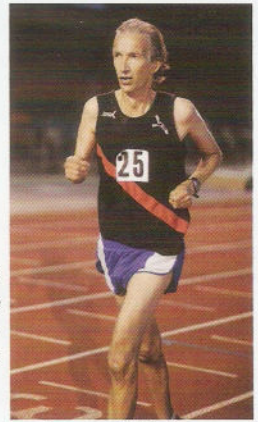
minutes from the famous Scot Gordon Porteous.

Dennis Williams and George Wallace maintained a similar interval at the front, ticking off those gruelling 25 laps in the darkness.

But Ed Bartlett, improving on last year, came past Francis Thomason in the later stages, as both qualified for bronze medals.

Pam Jones kept her form throughout a solo run to finish well. She heads the rankings at 5 miles, 10 miles and 10K.

Full credit to the Officials for a clean set. They were David Barrington, Tom Richards, Cecil Gittins, David Kitcher, Rob Sargent, Maurice Joyce, Starter, Alison Jones Medical, and Bob Belmore, Meet Director.



winner Bill Fraser



Steve and Angela

Ranked Road Tables

	Apr	May	Jun	3 Jul	31 Jul	Aug
M Boyle(HHH)	51					16:34
T Tuohy(Dul R)	49	27:50	28:18			16:48
R Tomlinson(MM)44	28:33					
G Cavell(WGEL)	44			29:18		17:12
S Fraser(HW)	46					17:14
M Barlow(Ton)	44		30:09			
N Crisp(If)	45					18:32
L O'Hare (Bar)	64		31:08			
J Batchelor(If)	71					20:40
R Pitt(THH)	58		32:09			
S McDuell(HW)	47	33:17				
A Garnier(THH) W57	33:31					
P Major(THH) W47			33:47	33:45	33:31	
R Vialls(Bark)	60	34:31	33:57			
A Sanders-Reece W57			34:57		20:53	
R Green(WG)	64			35:14		
I Mursell(VAC)	60		35:22		36:16	
S Parker(If)	54		35:37			21:29
C Jones(ESM) W55				35:55	21:42	
D Crisp(If) W50					22:12	
D Betts(HW)	62			36:13		
R H'merson(RR)	70	37:47				
R Long(Serp)	60	37:56			22:50	
D Hinds(Serp)	61			38:09		
N Hopkinson(If) W49			38:21			
M Marchant(Ton)	63		38:48			
M Lippitt(Trent)	59		40:39			
G Wallace(VAC)	57					24:13
K Hylands(Wat)	64					24:18
D Williams(HW)	66	40:32	38:17	39:31	40:43	40:04
J Gristwood(ESM) W53	41:56	40:45	41:47	41:37		
A Kikugawa(HW) W62						25:06
S Charlton(VAC) 85				41:14		
J Aspinall(VAC)	74		41:26			24:48
C Collins(VAC)	75		42:55	43:34		
P Jones(If) W75			43:03			27:10
E Bartlett(VAC)	67	44:36	44:41	44:05	44:59	46:43
L Parrott(Hav)	76		47:19			
B Shave(RRR)	78					28:45
M Morley(VAC)	68		48:46	48:08		29:12
K Tuson(VAC)	75	49:12		48:36		30:29
R Pitt-Knowles(Soak)	79		52:42			27:27
K Burnett(SOC)	72	55:17	54:12	54:41		33:50
M Browne(VAC)	81		58:07			

Well done to Dennis Williams and Ed Bartlett who did all six. The 5 mile Champs had equal numbers to 2011; for the 5K trip, 29 finished, copying the appeal of Park Runs. New tarmac on most of the circuit was a big plus but many of the top boys of 2011 failed to show so they didn't enjoy it. Was that our doing or the Olympics travel scare? It's said in the end buses had similar loads to normal – only with more pay!

Race Walk 5M

I Richards(Stey)64	39:07	35:57	36:22			
M Easton(SSC)49		40:10	39:53			
P Ryan(If) 58	43:36	43:07				
S Uttley(If) 55						43:50
S Lightman(SWC) 69						43:51
J Hall(Bel) 63						44:10
S Allen(Bar)(g) 55	46:20	45:36		45:34	45:34	
S Allen(If) 54	48:39	46:10		46:14		45:54
A Thomson(EH)76		46:22		46:16	46:43	
P Hannell(SWC)69	49:45		49:52	50:56	50:06	50:05
P King(Bel)61	50:39	51:18	50:59	52:19	51:04	52:42
C Flint(SWC)67	52:46		50:14		51:28	
M Noel(Bel)W45			50:38			
S Pender(EH) 59				51:27		
R Powell(E&H)76	55:02	55:06	55:20	55:07		55:47
D Hoben(SWC)59	57:34	58:00	59:10	58:44	56:10	58:27
D Delaney(SWC)69					57:12	
B Hercock(E&H)76	63:41	63:36	66:10	63:56		66:27
K Burnett(SWC) 72			64:15			
J May(SWC) 81		66:35				

Letters to Editor

Please send letters to 7 Emmerton Court, SW11 2DJ or by email to hemming@dircon.co.uk

Club kit

for the League, 1st claim, and general use

Official Kit – Polytec vests with VAC lettering embroidered

Womens sizes 32/34, 34/36", 38/40" – £16.00.

Mens sizes 36/38", 38/40", 42/44", 46" – £16.00

Plus P&P £1.80

Ties £2.50 + P&P £1.35

Cheques pay 'Veterans AC'
info@douglassports.co.uk
tel work 07976 218 286



Doug Maughan VAC, High Prestwick Cottage, Prestwick Lane, CHIDDINGFOLD Surrey GU8 4XP
All proceeds go to Club funds

VAC 5K Road Champs 21 Aug

1 Mike Boyle(HHH)	51	1	16:34
2 Tony Tuohy(Dul R)	50	2	16:48
3 Gareth Cavell(WGEL)	44	1	17:12
4 Stuart Fraser(HW)	46	1	17:14
5 Neil Crisp(Ilf)	45	2	18:32
6 Doug Buckeridge(g)	56		19:57
7 John Batchelor(Ilf)	71	1	20:40
8 Andrea S-Reece(Morn)	W56	1	20:53
9 Steve Parker(Ilf)	56	1	21:29
10 Carol Jones(ESM)	W55	2	21:42
11 Diane Crisp(Ilf)	W50	1	22:12
12 Richard Long(Serp)	60	1	22:50
13 Geo Wallace(VAC)	57	2	24:13
14 Keith Hylands(Watford)	64	2	24:18
15 Dennis Williams(HW)	66	1	24:40
16 Joe Aspinall(VAC)	74	2	24:48
17 Steve Charlton(VAC)	85	1	24:57
18 Angela Kikugawa(HW)	W62	1	25:06
19 Julia Gristwood(ESM)	W53	2	26:15
20 Michael Johnson(THH)	70	3	26:29
21 Cliff Collins(VAC)	76	1	26:36
22 Maureen FitzGerald(TVH)	W70	1	26:50
23 Pam Jones(Ilf)	W76	1	27:10
24 Rich Pit-Knowles(S'oak)	79	1	27:27
25 Ed Bartlett(VAC)	68	2	27:55
26 Brian Shave(Read RR)	78	1	28:45
27 Mike Morfey(VAC)	69	3	29:12
28 Ken Tuson(VAC)	75	2	30:29
29 Kevin Burnett(SOC)	72		33:50

Record Pam Jones, Steve Charlton set VAC bests
Officials M May, R Belmore, Tom Richards, Carl Lawton T/Kpr, P Torre and C Hide Marshalls.



Neil Crisp

At the end of a lap Battersea ace Tony Tuohy held an advantage of 10 yards over Mick Boyle.

Gareth Cavell was third with a new member from Herc Wim, Stuart Fraser, closing gradually.

At half a minute came the new man from Ilford, Neil Crisp.

As the race spread out, 6th place was guest Doug Buckeridge followed by another Ilford.

This was super vet John Batchelor, the



The 5K start

clear first 70. Not long ago he was the winner here but now graciously admits "It feels just the same but I'm not as quick as I used to be".

Carol Jones, who made her first run in July race, is from Ealing and she was first lady at this point.

Then Andrea Sanders-Reece, of Mornington, who has the course knowledge, came through on the longer last lap.

As we've said before the W55s are a strong

group. Flight leader Anna Garnier made a fly past at Surrey Relays, where her partner's knighthood was spoken of. But she joked, "I'm Lady Gaga".

On her maiden run in VAC, Diane Crisp(Ilf) was first 50.

Next, Richard Long, in Serpentine colours but in fact a Clapham dweller, was first 60.

Ever present Dennis Williams, whose forté is the 5 mile, was clear first 65.

The 24 minute band held 5 runners; here Joe Aspinall got the 70 silver.

Then Steve Charlton performed boldly for club record in 85, at 24:57, and UK top rank in 2012.

Angela Kikugawa, who was to run with Steve much of the way in 10,000m, gained class gold.

It was good to see Michael Johnson, of Thames, not the Olympics expert, make a come back run.

Irish types were Cliff Collins who led the 75s and Maureen FitzGerald for the W70s.

In her group redoubtable Pam Jones, who was also the sole in BMAF 5K, filled in a new club record. Now she was all-sex first, a place ahead of Richard Pitcairn-Knowles, then Brian Shave, up from Reading, and faithful and true Ken Tuson.



Mick Boyle



Sue Wisdom(10) holds off Maureen Miller in 100m

Women's track events were a feature of the day. In 100m Sue Wisdom, made a fast start and held on redoubtably when challenged by Maureen Miller. Was Sue's excellent technique thanks to Epsom coach Terry Bissett, we ask.

In the 200 Miller gained compensation in another good sprint. Euphemia Scott edged Shirley Rowbotham for third as Brenda Fee, 65, beat the next two.

Robert Allen, 50, won a close race with Esa Salminen



Tim Carter at full stride

who is from Finland.

Fastest man in the meet Rohan Samuel held Milton McIntosh comfortably, on 11.99, before the latter took the 200.

400 was competed more strongly than usual and seeding by ability, as we do in 10,000m, would have benefited Derek Wardle and Tim Carter, who was in excellent form.

Peter Kennedy had little test in 800m but the next three, Julian Spencer-Wood, Mike Mann and Peter Giles had to work for the minor medals.

Euphemia was rewarded with the ladies 400.

1500m of Women was a lively contest with the lead changing hands. Such as winner Jenny Fowler passing Lisa Webb, and Lisa Petit racing Jacque Reid, before Andrea Sanders-Reece came through, and Victoria Carter overtaking Grace Wu and Zoe West, who had won the 800.

Multi-event man Andy del Nevo had an easy task to win the Men's 1500 but earlier had cleared 2.80 in Pole Vault, the

Battersea Track champs enjoyed fine weather and support



Epsom's best: Sue Dassie, Anne Nelson and Sue Wisdom

same as expert Mick Goodall. Mick later high jumped 1.35 as



M35 Matt Williams cleared 1.55 (CBP).

Back to 1500m; here spry and smiling Harry Tempan, 87 years of age, ran 7:15.57, a clear British Record claim.

Flamboyant Ayamba Akim, though hoping for better than her 1.65, demonstrated fine technique in High Jump.

Grace Wu, a new member

from Serpentine, came through late to win 5,000m Race 1.

John Batchelor had done most of the work, ahead of Alan Davidson, 1st 65, and Joe Aspinall, 74, while Pam Jones and Steve Charlton duly wrote in new age bests.

In the Walk, Art Thomson, encouraged by Mark Easton in front, for 14:15, recorded 16:17.64, a BR claim, the absence of a Walk Judge may not help.

Hammer ladies was competitive as Liz Sissons conceded defeat by 1 metre to Rosemary Hutton as event expert. Then John Webster notable in technique rather than body mass – he did the Hurdles as well – won M70.

Big Cliff Taylor had a big day; he threw 30.42, with Peter Barber, 75, nearest.

In over 60 Hammer pro Chris Melluish with 33.19 led narrowly from David Kuester.

Over 50 had a sprinter in the pool, with Rob Allen's 27.63.

In always popular Shot Putt Tony Richards topped M60 with 11.58, just more than Head's 11.43 in M50.

Peter Virgo, 65, reached 10.82 while Cliff Taylor, whose height must be an asset in this, put 10.34 for BR claim.

"I've worked on technique", he said, "to offset my age".

Sue Dassie, also a sprinter, had 8.80, second best to Liz's 9.35 as ever-present Marie Grant-Stevens enscribed figures for W80, with her 6.41.

Nowhere does age pull down performance like Jumps. Thus Long Jumper Dave Shields reached 4.48, but was exceeded by M35 Mark Giraud's 5.38.

But Geoff Feast, 81, was longer than Cliff by 33 cms.

In Javelin Liz Sissons was over 22m as John Webster marked the turf at 27.77, and expert David Kuester recorded



Ayamba Akim

32.22 on first trial.

Tall Joe Eastwood, of Walton, guest, recorded 37.44.

Francis Thomason managed only six events this year, possibly best with 6th in Walk.

Entries were possibly a dozen down, due to Euro Vets T&F being on just before, but attendance was good at 80%.

We are grateful for Members' support and good sportsmanship as ever.



Lisa Petit is challenged by Andrea Sanders-Reece



Judges at Kingsmeadow

Officials at Summer meets:

Don Anderson photo finish, Martin Goodway, Ivor Wiggett, and Maurice Joyce Starters, Time Keepers Don Turner, Charlie Williams, Carl Lawton, Jean Brown, Judges and Marshalls Kevin Burnett, Chris Flint, Ros Tabor, Dennis Williams, Peter Torre, Cliff Hide, Kathy Crilley, Joe Aspinall, Ian Isherwood, Tom Morris.

Officials Secretary Ros Tabor, at 28 Kerfield Crescent, London SE5 8SU
ros@28kerfield.freeseve.co.uk
 will be pleased to hear from anybody wishing to learn or obtain qualification.

Surrey League

Eligibility: 1st Claim to VAC; 2nd Claim to VAC and not member of any club competing in the League.

Registered members of VAC aged Over 40 can be welcome providing they do not compete for any other club in Surrey League during the current season; Rule passed at AGM 2012 for benefit of older vets.

Under 40: members of VAC under 40 have been registered with the League at 1st Sept 2012.

Recognition of Officials at T&F Champs

President Mike May. **Starter** Ivor Wiggett. **Marksman** Maurice Joyce. **Field Referee** Rex Bale. **Track Referee** Tom Richards. **Chief Timekeeper** Don Turner, George Richardson, David Kitcher. **Track Judges** Peter Mulholland. **Photo Finish** Don Anderson. **Field Judges** Lorraine Gomes. **Entries, Meeting Director** Bob Belmore. **Office** Jeremy Hemming, Joe Aspinall, Walter Wessely. **Presentations** Mike May. **Programme** J Hemming. **Medical, Officials' lunches** Alison Jones. **Battersea staff:** warm thanks is expressed to Gary Rendell, Jimmy and Vilma.

Club Champs continued; Shot

M60 1 Richards 11.58, 2 Jo Eastwood(g) 10.73, 3 Bricis 9.76, 4 Thomason 5.26.

M50 1 Stephen Head 11.43. M45 Eric Campbell 5.89. M40 Gibbons 7.76.

Discus

W65 1 Sissons 20.23, 2 Terry(g) 19.75. W55 Dassie 17.68.

W45 Alice Campbell 11.88. M80 1 Taylor 17.26.

M75 1 Peter Barber 21.45, 2 Hickey 20.10.

M70 1 Harlick 29.09, 2 Shevlane 24.97, 3 Webster 19.42, 4 Burnett 19.35.

M65 1 Virgo 32.61, 2 Kuester 29.83, 3 Wm O'Connor 19.68.

M60 1 Richards 38.39, 2 Bricis 31.53, 3 Eastwood 30.29.

M55 1 David Johnson 30.02, 2 Peter Morgan 18.80.

M50 1 Head 28.60.

M40 1 Peter Evans 30.34, 2 Gibbons 19.07.

Javelin

W65 1 Sissons 22.20, 2 Terry(g) 17.46.

W55 1 Dassie 13.08, 2 Argent 10.89. W45 A Campbell 5.51.

M80 1 Cliff Taylor 19.71. M75 1 Hickey 20.27.

M70 1 Webster 27.77, 2 Harlick 22.52, 3 Burnett 15.27.

M65 1 Kuester 32.22, 2 Wm O'Connor 15.37.

M60 1 Eastwood 37.44, 2 Richards 34.24, 3 Thomason 14.06.

M55 Morgan 22.05. M50 Head 13.77. M40 Gibbons 22.31.

Pole Vault

M45 Del Nevo 2.80. M55 Tomo Kikugawa 1.60.

M60 Mick Goodall 2.80. M70 1 Webster 2.00, 2 Harlick 2.00.

High Jump

W40 Ayamba Akim 1.65.

M80 Cliff Taylor 1.05 (CBP). M70 1 John Webster 1.10.

M65 Allan Cheers 1.20, 2 Richard Somers 1.15.

M60 Mick Goodall 1.35. M55 Tomo Kikugawa 1.30

M35 Matt Williams 1.55 (CBP).

Long Jump

W45 Alice Campbell 2.16.

M80 Geoffrey Feast 2.82, 2 Cliff Taylor 2.49.

M70 John Webster 3.07.

M65 1 Derek Wardle 4.27, 2 Allan Cheers 3.98, 3 Kuester 3.05.

M60 Francis Thomason 1.45.

M55 Peter Morgan 3.97. M50 Dave Shields 4.48.

M45 Eric Campbell 3.62. M40 Gary Gibbons 4.31.

M35 Mark Giraud 5.38 (CBP)

Triple Jump

M80 Cliff Taylor 5.37 (CBP)(BR). M70 Webster 6.93.

M60 Thomason 4.12. M55 David Johnson 10.40.

M50 Dave Shields 9.49. M40 Gibbons 9.44.

Hurdles W/S +0.7 m/s M70 J Webster 19.88**100m****Women W/S +0.7 m/s** Sue Wisdom W50 14.45, 2 Maureen Miller W45 14.61, 3 Euphemia

Scott W45 15.06, 4 Shirley Rowbotham W45 15.21, 5 Brenda Fee W65 15.63, 6 Sue

Dassie W55 16.27, 7 Anne Nelson W60 16.32

M70+ (+1.1) 1 Geoff Feast M80 18.10, 2 Cliff Taylor M80 18.49, 3 Richard Pitcairn-Knowles M75 19.79, 4 Kevin Burnett M70 20.13.**M55+ (+0.8)** 1 Tom Carter M55 13.82, 2 David Hinds M60 14.66, 3 Peter Morgan M55 14.72, 4 Cliff Hide M60 14.76, 5 Cashel Riordan M65 21.80**M50 (+0.8)** 1 Robert Allen 12.62, 2 Esa Salminen 12.81, 3 Michael May 15.40.**M45 (+0.9)** 1 Rohan Samuel 11.99, 2 Milton McIntosh 12.33, 3 Barrington King 12.95, 4 Trevor Lake 17.0**M35+ (+0.9)** 1 Mark Giraud 12.42, 2 Garry Gibbons M40 13.95**200m****Women** (+01.2) 1 Miller W45 30.03, 2 Wisdom W50 30.35, 3 Scott W45 30.86, 4 Rowbotham W45 31.58, 5 Fee W65 32.72, 6 Victoria Carter W40 33.82, 7 Nelson W60 34.46, 8 Dassie W55 34.85.**M70+ (-0.3)** 1 Feast M80 39.45, 2 Terence Casey M70 41.31, 3 Pit-Knowles M75 41.78, 4 Kevin Burnett M70 42.83.**M60+ (+0.3)** 1 Hide M60 29.97, 2 Hinds M60 30.16, 3 Riordan M65 30.94.**M40+ (+0.1)** 1 McIntosh M45 25.47, 2 Allen M50 25.72, 3 Carter M55 27.72, 4 Gibbons M40 28.35, 5 Paul Hall M40 28.40, 6 May M50 32.62, 7 Lake 37.07.**400m****Women** (+01.2) 1 Euphemia Scott W45 76.34, 2 Andrea Sanders-Reece W55 77.89, 3 Brenda Fee W65 79.48, 4 Jacqueline Reid W45 83.64, 5 Angela Kikugawa W50 101.45.**M65+** 1 Derek Wardle M65 66.92, 2 Alan Sowden M70 77.72, 3 Walter Wessely M65 81.51, 4 Wm O'Connor M65 97.35, 5 Pit-Knowles 97.75, 6 John Cullingham M75 97.86**M55+** 1 Carter 62.85, 2 Peter Kennedy M60 65.97, 3 Julian Spencer-Wood M60 66.52, 5 Hinds M60 76.08.**M40+** 1 McIntosh 62.94, 2 Hall 63.49, 3 Gibbons 66.30, 4 Ian Mackett M50 73.25, 5 May 77.54, 6 Campbell 81.10.**800m****Women and M70+** 1 Zoe West(g) W35 2:40.83, 2 Andrea Sanders-Reece 2:44.95, 3 Jacque' Reid W45 3:01.72, 4 Michael Sawyer M70 3:16.93, 5 Yasmin Giles W50 3:25.06, 6 Len Parrott M75 3:25.82, 7 Brian Shave M75 3:53.37, 9 Terence Casey M70 3:54.63, 9 Cullingham M75 3:59.17.**M50+** 1 Peter Kennedy M60 2:20.57, 2 Julian Spencer-Wood M60 2:31.78, 3 Mike Mann M60 2:32.69, 4 Peter Giles M65 2:37.54, 5 Richard Somers M65 2:45.73, 6 Mackett 2:50.28, 7 Walter Wessely 3:04.05, 8 Wm O'Connor M65 3:36.99.**1500m****Women** 1 Jenny Fowler W35 5:10.76, 2 Lisa Webb W45 5:12.78, 3 Victoria Carter W40 5:14.39, 4 Grace Wu W40 5:14.54, 5 West(g) W35 5:17.09, 6 Sanders-Reece 5:38.00, 7 Lisa Pettit W40 5:41.88, 8 Reid W45 6:22.20, 9 Yasmin Giles W50 7:04.24, 10 Pam Jones W75 7:34.37 (CBP).**Men O45** 1 Andrew del Nevo M45 5:01.47, 2 Mike Mann M60 5:16.78, 3 Giles M65 5:26.76, 4 Wessely 6:05.21, 5 Alan Davidson M65 6:20.80, 6 Sawyer M70 6:40.08, 7 Parrott M75 7:00.79, 8 Harry Tempan M85 7:19.57(BR), 9 Rich PK 7:23.72, 10 Edwin Bartlett M65 7:24.85, 11 Brian Shave M75 8:07.37, 12 Cullingham M75 8:36.33.**5,000m****Women and M70+** 1 Grace Wu W40 20:13.91, 2 John Batchelor M70 20:17.60, 3 Alan Davidson M65 22:43.00, 4 Joe Aspinall 24:51.00, 5 Reid W45 24:54.14, 6 Steve Charlton M85 25:05.82, 7 Angela Kikugawa W50 25:47.60, 8 Jones W75 27:21.86 (CBP), 9 Bartlett M65 27:53.35, 10 Pitcairn-Knowles M75 27:58.10, 11 Brian Shave M75 29:11.45.**Men M40+** 1 Ian Johnston M40 16:32.6, 2 Tony Tuohy M50 16:53.36, 3 Julian Dillow M55 19:33.22, 4 Ron Vialls M60 20:13.65.**3,000m Walk**

1 Mark Easton M45 14:15.63, 2 Arthur Thomson M75 16:17.64 (CBP)(WR), 3 Peter Hannell M65 17:38.08, 4 Dave Stevens M75 20:28.77, 5 David Sutcliffe M75 21:42.07, 6 Thomason 21:48.73, 7 Bernie Hercock M75 22:58.64, 8 John May M80 22:58.68, 9 Ken Livermore M75 23:40.80.

Hammer**Women** W65 1 Rosemary Hutton 29.62 (CBP), 2 Liz Sissons 28.40, 3 Barbara Terry 22.17. W40 Yvonne Jacobs 26.75. M80 1 Cliff Taylor 30.42 (CBP), 2 Jaroslav Hanus 22.48.

M75 1 Peter Barber 27.62, 2 Gordon Hickey 22.61.

M70 1 John Webster 33.62, 2 Brian Harlick 31.32, 3 Peter Shevlane 26.22.

M65 I Chris Melliush 33.19, 2 David Kuester 32.37. M60 1 Tony Richards 29.39, 2 Karlis Bricis 28.70, 3 FT 13.54.

M50 1 Rob Allen 27.63, 2 Stephen Head 26.14.

Shot

W80 Marie Grant-Stevens 6.41 (CBP)

W65 1 Sissons 9.35, 2 Terry(g) 8.65.

W55 Dassie 8.80, 2 Fiona Argent 6.67.

W45 Alice Campbell 5.51.

M80 1 Cliff Taylor 10.34 (CBP)(BR), 2 Hanus 7.12.

M75 1 Gordon Hickey 9.28.

M70 1 Harlick 9.31, 3 Shevlane 8.72, 3 Burnett 6.40, 4 Casey 5.99.

M65 I Peter Virgo 10.82, 2 David Kuester 9.31, 3 Melliush 7.45, 4 O'Connor 6.98. *continued p10*

I was Olympic Gamesmaker

We were first invited to apply for being sport-specific volunteers in July 2010, and I got my email about it as I arrived for the European Veterans Champs. We applied before the main body of volunteers, but those of us likely to be in the stadium were not called for interview until June 2011.

We were interviewed by volunteers who had been trained to interview but not about athletics, and I thought I had not made it through, but in March 2012 I finally heard that I had been accepted, and went to Role Specific training at the stadium in April. There a series of talks and videos (including one with Chris Addison on how to carry out the Gamesmakers' hosting role) briefed us and we picked up our Test Event uniforms for the BUCS championships and had a short tour.

Practice makes perfect

I was invited to be on the Track Team, which would be putting out the hurdles and moving major items like Pole Vault and High Jump beds on and off the Field of Play for both the test event and the Olympics. At the BUCS championships we learnt how regimented the putting out and retrieval of hurdles was going to be, and met our team leaders, chief groundsmen from top stadia

Secret rehearsals

In June I went to venue specific training at the stadium, where we saw Opening Ceremony rehearsals involving hospital beds, and the giant figure of Lord Voldemort, but were asked to keep what we had seen to ourselves, which was fairly easy as it did not make a lot of sense at the time. Just before the games I went back for hurdle placing practice on the Warm-up track where the team leaders tried to work out the best strategies for getting them out and retrieving them quickly.

Seeing the action

At the Games, shifts were quite long, lasting from 7am to 2.30pm, and the evening ones from 4pm until 11pm, but because they were trying to keep

the field of play visible to the camera free of anyone who did not have to be there, most of our tasks apart from the hurdle placing took place before and after competition. So we could see a fair amount of the action from our base in the tunnel near the 1500m start. We could see the home straight, possibly the finish line and the big screen and scoreboard on the second bend. Another duty was winding the net on the hammer/discus cage up or down and I found myself standing on the infield doing this as two heats of the heptathlon 800m went by us.

Super Saturday

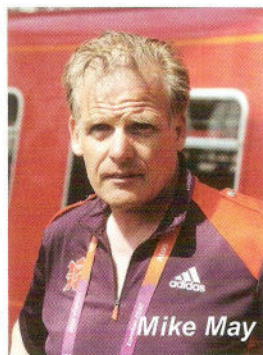
The atmosphere was amazing during the hour when the three British gold medals were won, and I've only felt anything similar as a spectator at the Sydney games when there were two Aussie long jumpers in the final, and during the 5,000m the last Saturday. Our team did not encounter the athletes much, and were discouraged from applauding GB athletes lining up to go out to their heats, as they were 'in the zone'. Our main contacts were the technical officials, and Gamesmakers on access and doping control, and spectators we knew in the stadium who saw us going about our synchronised hurdle placing – the TV cut away to the pundits and interviews while we were in view.

Infield view of the Relays

My other particular memorable day was the Thursday, second day of the Decathlon. During the Decathlon 110 hurdles, I got sent to sit by the finish with one of the clerks of the course, to help right the hurdles between heats. Then while we were removing the High Jump mats from the women's qualification round to finish setting up the Pole Vault, we were stuck on the infield during GB's heat of the 4 x 400 relay qualifier. The roar as heard from infield was overwhelming, especially when Jack Green, who had fallen in his 400 hurdle semi-final, took the lead on the third leg.

Veterans at the Stadium?

Altogether the experience as a Gamesmaker was unforgettable. Roll on the 2017 World Champs, and it wouldn't it be nice if we had a crowd like that for a Vets meet when the stadium reopens.



Inter Area at Solihull 9 Sept 2012 report by Nick Lauder, Team Manager



Closely bunched in 3,000 were Peter Kennedy, Colin Oxlade (25) and Andy del Nevo



Sean Lightman

On Sunday 9th September, whilst the rest of the nation was watching the Paralympics, Solihull Athletics Centre saw a small but fine group of Vets AC men and women take on five other Vets clubs in the Inter Area Challenge match.

The Midlands sunshine encouraged wonderful performances across the team and victories came from Shaun Lightman (2k Walk) and Peter Kennedy (3000m) Shaun was joined in the 2k Walk by Peter Hannell (3rd) and Mike May, who we felt was unfairly disqualified by an over-zealous official as he approached the finishing line. Mike certainly worked hard over the day, gaining precious points in the 400m, 800m and 1500m.

He wasn't the Vets AC member who competed in most events of the day though – that mantle was earned by Andy Del Nevo. Andy showed his range of athletic talents for the club in six events: Discus, Pole Vault, Javelin, Shot, High Jump, and Hammer.



David Kuester – javelin man

The middle distance events saw good representation from both our men and women. Peter Kennedy scored quality second places in the 800m and 1500m,



Star finish by Andy d' Nevo

to National champion Oxlade. Then he won his 3,000m accompanied by Richard Pitcairn-Knowles (3rd), and Michael Sawyer.

Andrea Sanders-Reece, at foot, gained valuable points in the 800 and 1500m, ending the day with a sprint finish in the 3,000m. While Lisa Webb took third place in the 800m.

Andy Del Nevo was joined in the field by specialist throwers Steve Head (Hammer, Shot and Discus) and Dave Kuester (Shot, 3rd, and Javelin), Nick Lauder in Long Jump, Odette McHenry (Hammer 3rd) and Maria Newton (Discus, HJ).

The warm weather was appreciated by our sprinters who managed a good number of points with many third places in the 100m (Rohan Samuel and Steve Allen), 200m (Derek Wardle, Steve and Richard) and 400m (Derek, Richard and Mike.)

Our sole female sprinter was Maria, who admirably took her marks in the 100m swiftly after her exertions in the discus.

A good time was had by all, and the team was rewarded with a comfortable 5th place ahead of SWVAC.



Andrea S-R

Result

1 MMAC 433, 2 EVAC 390.5, 3 SCVAC 344,
4 WMAA 297.5, 5 VAC 113, 6 SWVAC 88.

Midland's win owed much to their ladies scoring 201 points – VAC's foursome only got 24.

Track Battersea Park 15 Aug

Race Walk 3,000m

1 Francisco Reiss(Ilf)(g)	52	13:49.6
2 Steve Allen(Bar)(g)	56	15:23.7
3 Steve Allen(Ilf)	54	16:27.6
4 Sean Lightman(SWC)	69	16:35.5
5 Peter Hannell(SWC)	69	17:45.7
6 Mike Harran(SWC)	74	18:14.9
7 Chris Flint(SWC)	67	18:34.9
8 Dave Hoben(SWC)	59	20:21.04
9 Dave Ainsworth(Ilf)(G)	63	22:34.09

100m

1 David Hinds(Serp)	61	14.9
2 Mike May(KP)	51	15.4
3 Chris Michael(Harr)	49	15.6
4 Cashel Riordan(KP)	65	19.3

200m

1 Mike May(KP)	51	31.4
2 David Hinds(Serp)	61	32.3
3 Cashel Riordan(KP)	65	32.6
4 Tony Casey(Lou)	70	42.6

400m

1 David Hinds(Serp)	61	74.3
2 Mike May(KP)	51	76.3
3 Allan Sowden(High)	72	78.4
4 Tony Casey(Lou)	70	98.0

D McLean Cup O60 hcp won by D Hinds

One Mile

1 Tony Tuohy(Dul R)	50	4:59.02
2 Clare Elms(Dul R)	W48	5:02.05
3 Mike Mann(Dul R)	64	5:35.07
4 Lisa Webb(SB)	W46	5:44.07
5 Andrea S-Reece(Morn)	W56	6:11.05
6 Kevin Burnett(SOC)	73	9:36.09

5,000m

1 Ron Vialls(Bark)	60	20:32.0
2 Jane Nodder(Morn)	W54	21:16.8
3 Dan Maskell(VAC)	64	22:43.0
4 Joe Aspinall(VAC)	74	25:04.9

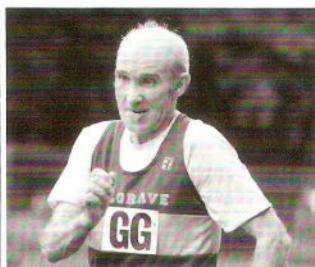
Throws

K Burnett 73	18.92	6.27
T Casey 70	13.19	6.05

Discus

K Burnett 73	18.92	6.27
T Casey 70	13.19	6.05

In the Mile Tony Tuohy made all the running to lead the M50 ranks on Power-of-Ten, with Tim Ellis 2nd. Clare Elms was on his shoulder till the last lap. Then hers and Lisa Webb's figures head the W45 list with Andrea S-Reece second in W55. While Chas Dickinson's 4:56 of 2000 looks to be best all-time in club.



Race Walking

Paul King, deserved winner of the Lester Cup

Result of Lester Cup 2012 scored by Carl Lawton

1. PKing Bels 130 (6)	13. I.Thomson SWC 35 (2)
2. PHannell SWC 105 (5)	14. S.Lightman SWC 23 (1)
3. D.Hoben SWC 100 (6)	15. H.Middleton .H&E 22 (1)
4. R.Powell H&E 92 (5)	16. D.Watts Unatt 21 (1)
5. B.Hercock H&E 86 (5)	17. J.Hall Bels 20 (1)
6. I.Richards Stey 66 (3)	18. S.Utley If 18 (1)
7. S.Allen If 61 (4)	19= S.Pender H&E 17 (1)
8. S.Allen Bar 61 (4)	19= J.May SWC 17 (1)
9. A.Thomson H&E 59 (3)	19= K.Burnett SWC 17 (1)
10. M.Easton SWC 45 (2)	22= M.Harran SWC 16 (1)
11. P.Ryan If 43 (2)	22= M.Noel Bels 16 (1)
12 C.Flnt SWC 41 (2)	24. C.Hobbs Medway 15 (1)
	25. D.Delaney SWC . 12 (1)

From Walking Sec's Report to AGM

A feature of this year's races has been the addition of 3Km Walks at West London and Willesden tracks, and also at Battersea track, which attracted nine walkers. The VAC is playing its part to show case Race Walking to other athletes, especially younger ones, with a view to gaining their interest.

I have enjoyed being Secretary over the past four years and am sure my successor David Hoben will continue to progress Walking development within the VAC calendar. I wish him all success.

Chris Flint

VAC 5M Road Walk 21 Aug 2012

1 Sean Lightman(SWC)	69	1	43:51
2 Steve Allen(Ilf)	54	1	45:54
3 Arthur Thomson(E&H)	76	1	46:43
4 Peter Hannell(SWC)	69		50:05
5 Paul King(Bel)	61	1	52:42
6 Ron Powell(E&H)	76		55:47
7 Dave Hoben(SWC)	59	1	58:27
8 Bernie Hercock(E&H)	76		66:27

24 D Harris	GIBSON CUP
20 C Hide	Final scores
19 D Hinds	
15.5 A Perry	
13 M May	
11 P Bell, N Lauder	
10 A Sowden, S McDuell	
9 C Isetts, C Riordan, T Carter, M Cook	
8.5 C Griffith, 7 S White, 5 M Butler, and seven more	

Veterans Athletic Club draft Income and Expenditure Account for year ended 31 May 2112

<u>Income</u>	<u>2011</u>	<u>2012</u>	<u>Expenditure</u>	<u>2011</u>	<u>2012</u>
Subscriptions & donations	£10,290	£9,639	Affiliation Fees	£	£
Add Subs brought forward	1,255	1,065	CC Leagues	77	97
Less Subs for future years	-1,065	-790	Surrey AA	35	40
	10,480	9,914	England Athletics(note 3)	748	740
Surplus on clothing sales	56	loss	EAMA	308	382
Interest received	3	3	BMAF (note 1)	2,772	3,434
Surplus on Club champs	1,450	420		3,940	4,693
Surplus on misc races	703	37	Loss on clothing sales	surplus	31
			Promotion	-	135
			Newsletter	7,050	7,022
			Admin expenses	580	659
			Room hire	675	655
Deficit of income over expenditure		2,863	Bank charges	30	42
			Surplus income	417	
	£12,692	£13,237		12,692	£13,237

Draft Balance sheet as at 31 May 2012

<u>Assets</u>	<u>2011</u>	<u>2012</u>	<u>Liabilities and reserves</u>	<u>2011</u>	<u>2012</u>
Bank Current A/C	4,367	1,827			
Deposit A/C	3,901	3,904	<u>Prepaid income and accruals</u>		
Paypal A/C	253	467	Subs in advance(note 2)	1,065	790
Cash & Cheqs await banking	395	280	Track hire April/May	-	456
Cash float	10	10	Accrual: Eng Ath levy	prepaid	115
<u>Stock</u>			Accrual: Belgrave Hall re CC	300	-
Clothing	213	421	Accrual Battersea Road	prepaid	138
Medals	1,750	2,442	<u>General reserve</u>		
Debtor – BMAF Indoor champs	389	194	Brought forward	10,657	11,074
Prepayments: Track Hire	537	116			
Prepayments: Affiliation fees	7	7	Surplus (Deficit) for year	417	(2,863)
Prepayments: England Athletics	617	42			
	£12,439	£9,710		£12,439	£9,710

Notes from the Treasurer

- 1) Membership decreased in 2011/12, so our membership at 31 May 2012 is 614, and the levy is £4.50, so our BMAF fees will be £2,763. EAMA will be £307. The BMAF levy increases to £5 from 2013.
- 2) A significant number of members pay for more than one year in advance, and I am carrying this income forward to the years to which it relates.
- 3) The subscription due to England Athletics consists of £50 a year club affiliation and a levy of £5 a head on first claim members.
- 4) In view of the deficit and the increase in BMAF

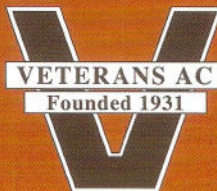
levy from next year, it is essential to increase our subscriptions. I recommend an increase of £3, so first claimers will pay £23 and other members £18 from 1 October 2012.

Michael May, Hon Treasurer

Hon Auditor's Report I have examined the above Income and Expenditure Account for year ended 31 May 2012 and the Balance sheet as at that date and certify that they are in agreement with the books and records of the Veterans Athletic Club.



Fixtures



www.vetsac.org.uk

VAC distance: CC Saturdays, and two Road

- 7 Oct Perseverance 10K Champs incpg VAC Champs WIMBLEDON PARK – fee £10, extensive prizes; see herculeswimbledonac.org.uk
- 13 Oct Surrey Veterans CC RICHMOND PARK – D Turner
- 20 Oct Surrey League Div IV LIGHTWATER Country Park 3pm. (Ladies League 12noon)
- 27 Oct East Surrey Leag CC LLOYD PARK
- 3 Nov LOUGHTON AC Inter Club M&W 2.30 VAC team
- 10 Nov Surrey Leag IV ROUNDSHAW DOWNS 3pm
- 18 Nov EPSOM 10M with VAC Champs: form h/w

- 24 Nov South of Thames 5M REIGATE PRIORITY
 - 8 Dec Hercules Wimbledon / VAC CC, Lauriston Cottage 2pm
 - 15 Dec South of Thames Champs RICHMOND PARK
 - 12 Jan Surrey League IV CRANFORD 2.30pm
 - 19 Jan VAC Champs M&W WIMBLEDON 2.30pm
 - 2 Feb East Surrey Leag Relays WIMBLEDON 2.30pm
 - 9 Feb Surrey League Div IV WIMBLEDON 3pm organised by Vets AC
- Surrey League Eligibility see page 10.
Road / CC Secretary and League Team Manager
Bob Belmore 01428 654749.

National and International

- 14 Oct 10K Road ASHFORD Kent
- 28 Oct 10M TIPTREE Essex
- 10 Nov International CC BELFAST
- 17 Nov CC Relays DERBY tbc
- 2013
- 19-24 Mar Euro Vets Indoor etc SAN SEBASTIAN Sp
- 24-26 May EVAA Non-Stadia Upice Czech Republic
- 16-27 Oct World Games PORTO ALLEGRE Brazil
- 2014
- 15-24 Aug Euro Veterans T&F IZMIR Turkey

Meet directions and details

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

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

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

Photos from VAC Champs can be seen at www.imagetogo.net/go/?26112

Race Walking

- 27 Oct 5Km Road Champs BEXLEY 2pm Cam Hs 58-60 Glenhurst Avenue
- 10 Nov VAC 7M Champs ENFIELD Lee Valley Athletics Centre 1pm
Sec david.hoben@mottmac.com

London Marathon places: apply D Williams, 82 Prince Georges Av, LONDON SW20 8BH

Directions

Roundshaw Downs, Beddington start between Mollison Drive & Link Lane and Hannibal Way & Imperial Way. Busses 154, 157, S4. Park with care on local roads. Grass course, 2 laps 5M. GR306635.

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

VAC N/L October 2012

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