

### 2018-2019 Road Running Report by VAC Entries Secretary

#### Summary

VAC's Summer Series of road races in Battersea Park was well supported by members and guests. The Club's 1 Mile, 10km and 10 Mile road championships were successfully held in conjunction with other races. The parkrun get-togethers attracted small numbers but continued to be appreciated.

#### 1. Battersea Park Series 2019

Attendance at the five races continued its upward trend. In 2019, there were 220 finishers, compared with 199 in 2018, 175 in 2017, 149 in 2016 and 91 in 2015. In particular, the 5km Championship race attracted a record number, with 70 finishers compared with 57 in 2018 and 43 in 2017. There were 126 unique competitors compared with 114 in 2018 and 95 in 2017. The women's 5M course record which had stood since 1997 was well beaten by Clare Elms and was also a W55 British best. The Snow Cup for the member with the best age graded performances over three races was won by Penny Elliott W75 for her average of 92.86%. Thanks go to VAC's regular set of timekeepers, recorders and marshals.

We used the new 5M and 5km courses measured by Hugh Jones based on Wandsworth Council's approved route. The start lines of the courses were in completely different places in the park and the 5M route is clockwise whereas the 5km route is anticlockwise. This caused confusion, despite information and signposting. More importantly, there were concerns that the racers on the 5M clockwise route run directly into the prevailing path of pedestrians, runners, skaters and cyclists, causing a safety hazard, especially on the bends. It is proposed that a new anticlockwise course is devised and measured for the 2020 series. For the 5km race, a mistake was made in laying out the course and unfortunately it was around 50 metres short. This was made known to the competitors and declared to the Power of 10 and runbritain databases.

#### 2. VAC 1 Mile, 10km and 10 Mile Championships in 2019

##### One Mile Championship, Vitality Masters Mile, Westminster, 26 May 2019

At least 60 VAC members took part in the separate men's and women's one mile races, which were also the BMAF championships. In addition to age group medals, salvers were awarded to the first 3 men and women on age grading. The women's silver and bronze salvers were won by VAC members – Clare Elms W55 (103.3 %) and Ros Tabor W65 (94.8%). Clare Elms also broke the W55 world and British best for a road mile with her time of 5:09.

##### 10km Championship, Caterham Rotary 10k, 21 July 2019

The race was chosen for the VAC championships because it had been named as a qualifying race for selection for the England team for this year's Masters CC International. Eighteen members competed for medals. VAC had four runners in the top ten, and seven in the top twenty. Andrew Mitchell was the first VAC finisher and first M50, with a time of 34:57. Tony Tuohy (M55), David Ogden (M60) and Peter Giles (M75) all won their age groups. The first VAC woman was Helen Pool who was also the first W45 in a time of 42:49. Jo Quantrill (W60) and Jane Georghiou (W65) won their age groups.

##### 10 Mile Championship, Dorking 10, 2 June 2019

The race was also the BMAF championships. VAC had at least 22 members running, an increase on last year's eighteen. Matthew Jones (M35), Paul Cheetham (M45), Alice Riddell-Webster (W50), and Jane Georghiou (W65) were BMAF gold medallists. The Ron White Shield, awarded to the member who gains the highest age graded score in the race, was won by Alice Riddell-Webster with a score of 88.4%.

#### 3. VAC "mob" parkruns

An average of seven members ran at the selected parkruns (Hackney Marshes, Old Deer and Clapham Common). These ventures have been on the fixture list for over four years and have featured 15 parkruns in and around London. They are popular with the few members who participate and we do see members who have not previously participated in VAC events. They are judged to be good for promoting VAC. There is no cost to the club and very little organisational effort required.

#### 4. VAC members in the 2019 Virgin Money London Marathon

VAC's affiliation to England Athletics entitles the club to one guaranteed entry. This was awarded to Alan Roberts M55 who posted a creditable 3:55:09. At least 34 VAC members took part. The fastest was Richard McDowell (M40) in a time of 2:23.08, placing him the first Masters (40 and over) athlete in the non-elite men's field. The fastest VAC woman was Jo Locker W40 with a time of 3:00.32. Chris Greenwood was 1st M45 in a fine time of 2:25:50. Congratulations go to VAC's Bill O'Connor who is one of the dwindling band (now 10) of "Ever-Presents". He kept up his amazing record, competing for the 39th time, finishing in 5:33:13.