

# VAC AGM: 18 SEPTEMBER 2017

## 2016-2017 Road Running Report by VAC Entries Secretary

### Summary

VAC offered competitive opportunities to members through the Battersea Park summer series of monthly races and the VAC 10k and 10 Mile championships, held in conjunction with other races. In addition, VAC members gathered at selected parkruns to meet each other and to promote the club.

#### 1. Battersea Park Series 2017

The five races, including the 5km and 5 Mile VAC championship races, attracted higher numbers of entrants than previous years. The relaunch of the series with a UKA Licence, extensive promotion and this year's Snow Cup initiative seems to have been effective. Thanks go to VAC's regular set of officials, to Dennis Williams for setting up the course and to Mick Barlow, the UKA Race Adjudicator, for his advice and assistance.

#### Statistics

Total number of finishers in 2017:	175 (149 in 2016, 91 in 2015)
Number of guest finishers in 2017:	41 (32 in 2016, 9 in 2015)
Total number of individuals competing in 2017:	95 (98 in 2016, 54 in 2015)
April 2017, 5 Mile race:	27 (24 in 2016, 17 in 2015)
May 2017, 5 Mile race:	33 (15 in 2016, 12 in 2015)
June 2017, 5 Mile race, VAC 5M Championships:	42 (37 in 2016, 18 in 2015)
July 2017, 5Km race, VAC 5Km Championships:	43 (45 in 2016, 30 in 2015)
August 2017, 5 Mile race:	30 (28 in 2016, 14 in 2015)

#### Snow Cup Competition

An annual Grand Prix has been introduced to reward the VAC member with the highest average of his/her best three age-graded performances in the series. Nineteen members did the necessary three races. The winner was Brian James M70 who will be awarded the Snow Cup for his average of 87.91%.

#### 2. VAC 10 Mile and 10km Championships

**VAC's 2016 10 Mile Championship** was again held within the Epsom 10 in November, although the Committee had unsuccessfully looked for alternatives. The date clashed with other events and the race does not appeal to enough VAC members to make it viable as a championship. Nine VAC members competed in the 2016 race. This was two less than the previous year and again prompted the Committee to look elsewhere. As a consequence, we have selected the London Velopark 10 Mile race on 30 September. However, entries have been slow. It could be that the 10 mile distance does not appeal to VAC members, except when it is incorporated into bigger championships such as the BMAF 10 Mile Champs.

**VAC's 2017 10km Championship** was held within the BMAF's 10k Championships at Cyclopark, Gravesend in April. It was pleasing that 36 VAC members took part. There were commendable results from VAC members, including six Gold medal winners in the BMAF championships and M45 Silver team medals for a VAC team of first claimers. No decision has yet been made about the host race and date/venue for the 2018 VAC 10km championships.

#### 3. VAC parkruns

An average of eight members ran at each of the 2016 and 2017 selected parkruns (Mile End, Osterley Park and Highbury Fields). These ventures have been on the fixture list for three years, taking in nine 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 worthwhile in terms of promoting VAC. There is no cost to the club and very little organisational effort required.

#### 4. VAC members in the 2017 Virgin London Marathon (VLM)

VAC's affiliation to England Athletics entitles the club to one guaranteed entry to the Virgin London Marathon. For 2017 this entry was awarded to David Earl but unfortunately he picked up an injury and has deferred his place to 2018. At least 31 VAC members took part. The fastest was Thomas Payn (M35) in a time of 2:22:19, placing him 13th in the M18 – 39 age category. The fastest VAC woman was Ange Norris whose time of 3:08:29 placed her 3rd in the W55 age group.

**Maggie Statham**

**VAC Entries Secretary**

**18 September 2017**