

VAC AGM: 18 SEPTEMBER 2017

TRACK AND FIELD SECRETARY'S REPORT

VAC members compete indoors and outdoors in regional, national and international events.

The events which we organised ourselves in 2017 were the indoor championships at Lee Valley, (held jointly with EVAC), and the outdoor championships at Kingsmeadow, (held jointly with SCVAC). As the events were both held in conjunction with other associations we were able to provide good competition for athletes. We awarded medals for 1st, 2nd and 3rd places regardless of standards achieved.

We also sent teams to the inter-area matches both indoor and outdoor. The teams were organised by Nick Lauder who generated a good team atmosphere.

International Masters' events are open to members of all abilities. They enjoy hard competition in a variety of places, meeting up with old rivals, and finding new ones. In 2017 we had members competing at the World Indoor Masters' Championships in Daegu in March, and the European Masters' Outdoor Championships in Aarhus in August. Many of our members were medallists at both events.

Results are posted promptly on the VAC and BMAF websites and then later in the VAC newsletter.

To cater for members' interests, a pole vaulting coaching session for Masters athletes has been set up with Allan Williams at the London Pole vault Academy, Sutton Arena. This is in addition to the sprint coaching with Nick Lauder.

Ros Tabor

18 September 2017