

Veterans Athletic Club

Newsletter

Spring 2018

**Medals for
VAC in
European
Champs**

**Jon Cross
picks up
Marathon
Majors
medal**

**Parkrun
Calling all
over 80's**

**Richard
Weekes In the
Long Jump**



VAC Committee Members: 2017-2018

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Auditor	Graham Laylee	

Veterans Athletic Club was established in 1931 and is affiliated to England Athletics, BMAF, South of England AA, Surrey County AA, the Race Walking Association and the South of the Thames Cross Country Association. We offer athletic competition for men and women aged 35 and over. Cross-country, road, track & field as well as race walking - there is something for everyone. Based in London with members across the South East, we can provide opportunities to compete with other like-minded masters/veterans. The Spring/Summer 2018 fixture list is printed in the newsletter. Please support these events. The newsletter welcomes contributions and events always need volunteers, as well as competitors. If you want to get involved, contact any of the Committee members listed above.

Message from VAC Membership Secretary, Peter Kennedy

Thanks for the renewals received to date – we have had about 20 more than at the same time last year and also almost all of them are now done via OpenTrack, which is so much quicker than processing a cheque.

England Athletics registrations are also due for renewal now, but EA give the clubs three months grace to get them all done. If you are not registered at present however and you wish to compete in VAC or BMAF championships, you need to take action. Check this by looking at your status on the Section E data – if it shows as Red or Amber, then you are not registered at present and be aware that we plan in a few months to make this a hard restriction on competition entries. If you leave your entry to the last minute, then you will find that you don't have time to solve the problem with your registration before the deadline is reached.

One other reminder: as a VAC member you are eligible for the BMAF discounted price of £7.49 per month for Athletics Weekly

(reference BMAF news item in June 2017) and to read Masters Athletics magazine - either online in OpenTrack, where there are all editions since 2013; via the PDF file version which I send out to all members or pay £10 for an annual subscription to the paper copy (4 editions).

There are now opportunities to represent your country in masters athletics – this started with the marathon last year, the 10k at Birmingham this month and the half marathon next year. There will be qualifying races for all these events, and some of them will also be VAC championships. Richard Pitcairn Knowles was winner of the M85 category at the 10k in Birmingham – read the full story as a news item on the BMAF website. There will be more masters participation in the big city races, not just amongst the joggers but as separate races such as the Vitality Masters Mile in the Westminster Mile Festival on 27th May and we will also classify them as VAC championships in order to encourage more club members to participate.

Peter Kennedy

Front and back cover photos are by Tom Phillips at www.tomphillipsphotos.co.uk. Richard Weekes (front) is shown at the Masters Inter-Area Challenge. Ed Roe (back) competes in the 200m at the SCVAC Indoor Championships.

Editor Angela Kikugawa Writes

Hello from Japan! As some of you will know I live here now, but nonetheless will be keeping up my role of editing the newsletter. It's nice to have something that keeps me in touch with the UK running scene and I was particularly pleased this month to get a contribution from Jon Cross about his exploits in the Marathon Majors. Completing this challenge is not easy and to be able to have run all six marathons in under 3 hours is truly remarkable so well done Jon.

It would be great if more members could send contributions, either about the events that we cover already or different events that they have taken part in. In particular I would welcome photographs of events you have attended which can be sent to either me or any committee member who will be happy to pass them on.

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VAC Annual General Meeting: Monday 24 September at 7pm

The VAC 2018 AGM will take place in a meeting room in the Premier Inn, 82-83 Eccleston Square (off Gillingham Street), Victoria, London SW1V 1PS.

The AGM is an opportunity for members to become more involved with the club by standing for election to positions on the Committee, making proposals, asking questions and voting on proposals at the meeting. At the AGM, the Treasurer will present VAC's financial accounts for the year and Committee members will deliver reports on their areas of responsibility.

Please come to the AGM to reflect on VAC's activities and to suggest improvements and/or alternatives. We welcome your feedback and new ideas as these help keep us fresh and appealing. But you don't need to wait for the AGM to do this! Feel free to contact the VAC Secretary and Committee members at any time, especially if you can offer help.

Spring, Summer and Autumn 2018 Fixtures

Refer to the VAC website (www.vetsac.org.uk) for updates and additions.

Date	Organiser	Race/Event	Venue	Entry	Closing Date
Sunday 3 June 2018	Dorking & Mole Valley AC	Dorking Ten VAC Ten Mile Road Championships VAC Members are eligible for VAC medals	Race HQ is at Dorking Rugby Club Pavilion, The Big Field, Brockham, Surrey RH3 7LZ	Single ten mile scenic lap. Details and Online Entry through DMV website.	Online entry closes when race is full. Inform the Entries Sec. if enter.
Saturday 9 June 2018	Hampstead Heath parkrun	5km parkrun Featuring VAC “mob match” gathering.	Hampstead Heath, London NW3 Two courses are used.	Start time: 9am	New runners must pre- register for Barcode
Saturday 9 June 2018	VAC	Jack Fitzgerald Memorial race walks (approx. 3 miles and 6 miles road). RWA Permit, Category “B”.	Tilgate Park. Registration at Tilgate Forest Golf Centre, Titmus Drive, Crawley, RH10 5EU	Start time: 12.30pm Open event in aid of “Help for Heroes”. Enquiries: D. Hoben	See VAC website for entry form. Entries also accepted on the day.
Tuesday 19 June 2018	VAC Runbritain licence and RWA Permit (Category B) Course certified accurate	Battersea Park Series, VAC 5M Championships. 5 mile Masters road race. 3rd 5 mile Open RACE WALK	Battersea Park, London SW11 4NJ Close to Millennium Arena	Start time: 7pm Online entry via BMAF. £4 VAC and BMAF, £5 guests.	Closing date for online entry: 18 June. Entries accepted on the day
Sunday 24 June 2018	South of England Athletic Association and VAC	VAC Track & Field Championships With South of England Masters T&F Championships	Millennium Arena, Battersea Park, London SW11 4NJ	Online entry via BMAF. 100m 200m 400m 800m 1500m sprint H, long H, 2k/3k SC, HJ, PV, LJ, TJ, SP, DT, JT, HT, WT.	Closing date for online entry: 10 June

Saturday 7 July 2018	Bushy parkrun	Usual 5km parkrun, open to all. Featuring Octogenarian gathering and celebration.	Bushy Park Teddington Look out for the sign "80 AND OVER HERE"	Start time: 9am	New runners must pre-register for Barcode
Sunday 8 July 2018	England Athletics Masters Association	England Masters Outdoor Track & Field Inter Area Challenge Events: 100m 200m 400m 800m 1500m 3000m shortH 2km walk, 4 x 100m, LJ HJ TJ PV SP DT JT HT WT	Norman Green Sports Centre, Blossomfield Road, Solihull, West Midlands B91 1NB	Competition for BMAF Area Clubs. Age groups: Men & Women. 35-49 50-59 60-69 70+.	VAC Team selected in advance. Enquiries to VAC Inter-Area Team Manager: Nick Lauder
Tuesday 10 July 2018	VAC Runbritain licence and RWA Permit (Category B)	Battersea Park Series VAC 5km Masters Road Race, includes VAC Champs. Also 5 Mile RACE WALK.	Battersea Park, London SW11 4NJ Close to Millennium Arena	Start time: 7pm Online entry via BMAF. £4 VAC and BMAF, £5 guests.	Closing date for online entry: 9 July. Entries on the day
Tuesday 7 August 2018	VAC Runbritain licence and RWA Permit (Category B)	Battersea Park Series. 5 mile Masters road race. 5th 5 mile Open RACE WALK	Battersea Park, London SW11 4NJ Close to Millennium Arena	Start time: 7pm Online entry via BMAF. £4 VAC and BMAF, £5 guests.	Closing date for online entry: 6 August. Entries on the day
Sat/Sun 25-26 August 2018	BMAF	British Masters Outdoor Track & Field Championships 2018	Alexander Stadium Walsall Rd Perry Barr Birmingham B42 2LR	100m 200m 400m 800m 1500m 5000m shortH longH 3km walk 5km walk SC LJ TJ HJ PV SP DT JT HT WT	Closing date: 12 August Online entry via BMAF Member Login.

Wednesday 19 Sept 2018	VAC	VAC 10,000m track championships Two seeded races.	Millennium Arena, Battersea Park, London SW11 4NJ	1st race: 6.30pm 2nd race: 7.30pm Entry via BMAF OpenTrack.	Closing date: To be announced
Saturday 22 Sept 2018	Gunnersbury parkrun	5km parkrun Featuring VAC “mob match” gathering.	Gunnersbury Park, South Ealing, West London	Start time: 9am	New runners must pre- register for Barcode
Saturday 29 Sept 2018	England Athletics Masters Association Hosted by Eastern Masters Athletic Club	England Masters Inter Area Cross Country Challenge 6km cross country race. Points for first 10 Male and 10 Female club members, based on age- adjusted times.	Nowton Park, Bury Road, Bury St Edmunds, Suffolk IP29 5LU	VAC men’s and women’s teams. Team selection automatic. Individual entry via Member Login at BMAF OpenTrack	Closing date: 16 Sept.
Saturday 13 October 2018	Men’s Surrey League Division 4	Cross Country Race Match 1 (VAC Men’s team)	Venue to be announced.	All VAC men (1st and 2nd claim) are eligible, subject to conditions..	Enter on the day. Advance notice to Paddy Clark VAC vest necessary
Saturday 17 Nov 2018	BMAF and Country Associations of England, Scotland, Wales, N.Ireland and Republic of Ireland	British & Irish Masters International Cross Country Champs.	Swansea South Wales	England team application forms on EAMA website in due course. See VAC website for information.	Closing date to be announced.

For other regional/national/international masters events refer to the [BMAF website](#).

INDOOR ACTION

European Masters Championships Indoors, Madrid 19-24 March 2018



The European Masters Indoor Championships are held every other year, with the World Championships in between, and cover indoor races up to 3k, field events, outdoor 5k, cross country and walks. VAC members that attended in Madrid have reported that the championships were well organised and

well supported by a large Spanish entry. The stadium in use was about 3 miles south west of Madrid city centre and was very modern, with spectator seating and display areas all round. Athletes were given free use of public transport.

There are two further masters champs in Spain this year -European non-stadia (10k and half marathon) in Alicante in May and World track and field, (including some road) in Malaga in September. Any British VAC member can enter and be part of the GB team.

Congratulations to our gold medal winners below and to all our other medal winners and participants.

European Championship VAC Gold Medallists



M90 60m, 200m, 400m Dalbir Singh Deol
M85 1500m, 3000m, 5k xc Richard Pitcairn-Knowles
M65 200m Wally Franklyn
W65 800m, 1500m Ros Tabor (pictured above)
W65 Pole Vault Sue Yeomans
W60 1500m Anna Garnier

M40 400m Gavin Stephens

W40 200m, 400m Susie McLoughlin

W35 800m Fiona de Mauny

Full VAC members' results are available on the website.

England Masters Indoor Inter Area Challenge, Lee Valley, Sunday 4 March 2018



Lucy Bartlett (Photo by Tom Phillips at www.tomphillipsphotos.co.uk)

March saw the largest Vets AC team for many years compete at Lee Valley for the annual Indoor Inter Area match. The team was managed by Nick Lauder and special thanks must go to Michael May whose superb assistance was invaluable.

The final points tally saw VAC's Men's team come third with 169 points and the Women's team come fifth with 131 points. Overall, the VAC team came third with 300 points but most importantly a fine time was had by all who represented Vets AC.

The outdoor Inter Area track and field match is taking place on Sunday 8 July in Solihull. Please let Nick Lauder know by email (n.lauder@btopenworld.com) if you'd like to take part.

VETERANS AC INDOOR CHAMPIONSHIPS, 25 FEBRUARY

Once again our indoor championships were held at the Lee Valley Athletics Centre as part of the South of England championships. This was a well attended meeting ranging from M35/W35s to M85s. Results are available on the BMAF website

Overall team standings after a total of 84 scoring events

Position	Region	Points
1	Midland Masters AC	337.5
2	Southern Counties Vets AC	333
3	VAC	300
4	Eastern Masters AC	299
5	Welsh Masters	264.5
6	South West Vets AC	73

There were some fine individual performances. Lucy Bartlett (pictured above) and Wendy Lewis got the team off to an excellent start achieving second places in both women's 60m Hurdles, whilst Alwyn Lombaard came third in the men's. He added further points with fine High Jump and Triple Jump performances. Debut wins came from John Finke and Sarah Semeraro in the Pole Vault and Tina Howell in the High Jump. Long-standing team member Allan Long also leaped to victory in the Long Jump whilst Angela Bates came third. Other fine Jumps performances were achieved by David Blunt (Pole Vault, Triple Jump & High Jump), Emmanuel Adesina (Long Jump & Triple Jump), Rachel Waters (High Jump), Richard Weekes (Long Jump pictured on the front page) and Patrick Reynolds (Long Jump)

Our distance runners have always performed strongly. This year was no different with excellent wins in the 800m by Aaron Brown (second in the 3000m) and in the 1500m by Anna Garnier, Susan McDonald and Peter Giles (also second in 800m). Alan Camp, Tony Tuohy, Liz Amos and Lisa Webb came second in the 800m, as did Jo Locker in the 1500m. Thirds were gained by Robert Datnow and Gary Ironmonger in the 800m and Rachel Badham in the 3000m. These successes were supported by good runs from Ed Connolly, Steve Roberts and Mike Mann. The 2K Walk saw Maureen Noel finish third with fine performances also by Fiona Bishop, John Ralph and Peter Hannell.

Sprint victories came from Angela Bates and Fiona De Mauny in the 200m and 400m respectively. There were also super-fast second place performances from Jo Flowers (60m & 200m), Angela Bates (60m), Ed Roe (60m & 200m, fourth in 400m), Mark White (60m & 200m), Richard Bloom (400m) and Chris Taplin (400m). Steve Tester came third in both the 60m and 400m. There were also speedy runs from Barry Ferguson, Chuck Isetts, David Hinds, Phil Bell, Rachel Waters and Rory MacFarlane.

The Shot saw wins by Keith Seldon and Ivan Ivanovic, and good performances by Renzo Di Libero and Mike May.

The finale of the match, the 4x100m relays, as always threw up some thrilling battles as the fresh legs of Adrian Day, Alan Perry, Nick Lauder and Peter Kennedy joined the fray. The M50 team brought the baton round in first place whilst there were wonderful second places for the M35, M60, W35 and W50 teams

The combined South of England Masters and VAC Track & Field Championships are taking place on Sunday 24 June at the Millennium Arena in Battersea Park. See the Fixture List for details

Battersea Park's Millennium Arena will once again host VAC's 10,000m championships on Wednesday 19 September. There are two seeded races. If you're a 10k road runner, why not try out the 25 lap track challenge? Everyone is welcome.

CROSS COUNTRY

British & Irish Masters Cross Country Championships, Derry, Northern Ireland, 18 November 2017

This event is held every five years in Northern Ireland, but this was the first time that Derry was the host city. The course, in Gransha Park, was fairly flat but extremely wet.



Sixteen VAC members were selected as either team members or reserves (14 for England and 2 for Scotland). The women and men over 65 ran three laps (6k) and the younger men ran four laps (8k). England was very successful, winning the combined trophy and the men's and women's team gold. Individual and team medals depicted the iconic Derry Peace Bridge constructed in 2011. Ben Reynolds, first M50 is pictured left.

Results for VAC members:		
Tony Macdowall (Scotland)	24 th M35	
Ian Johnston (Scotland)	23 rd M45	
Simon Baines (England)	8 th M45	
Ben Reynolds (England)	1 st M50	Team Gold
Andy Tindall (England)	1 st M55	Team Gold
Alan Camp (England)	3 rd M60	Team Bronze
Peter Giles (England)	2 nd M70	Team Gold
Ange Norris (England)	5 th W55	Team Gold
Anna Garnier (England)	6 th W60	Team Gold
Ros Tabor (England)	2 nd W65	Team Bronze
Jane Georghiou (England)	10 th W65	Team Bronze
Pauline Rich (England)	7 th W70	Team Silver
Lesley Bowcott (England)	10 th W70	Team Silver

Michael Johnson and Mark Cursons ran in the open race. Michael was 1st M75, and Mark was 2nd M55. Victoria Carter (W45) was selected as a reserve for England.

Selection for the 2018 British & Irish Masters Cross Country

England Athletics Masters Association invites all runners who qualify to run for England to apply for selection for the above event which will be held in **Swansea, South Wales on Saturday 17 November, 2018.**

Race Categories are Women 35 to 70+ and Men 35 to 75+ in 5 year age groups. The selectors will look at runners' performances in 2018 in BMAF and EAMA club races, over 5K and 10K on the road, track and country, as well as in other appropriate races. BMAF and EAMA events will give the selectors the opportunity to compare performances of runners against each other.

EAMA will also be looking closely at the results from the **EAMA Inter Area Club Cross Country Challenge** on Saturday 29 September 2018 at Bury St. Edmunds as these will give an up to date idea of form at Cross Country.

Forms and information regarding the requirements will be available on the **BMAF website** with a link to **EAMA** as well as from VAC's club selector who is Mike Mann. mcmann90@yahoo.co.uk

EAMA are, unfortunately, not in a financial position to assist with travelling or hotel expenses. A team vest may be supplied but the rest of the kit required will need to be supplied by the runner.

Selection will take place early in October and all applicants will be informed of the selectors decision as soon after the selection meeting as possible.

VAC Cross Country Championships, 20 January 2018

Fifty runners turned out for the 4.5 mile race on Wimbledon Common in the worst rain that most could remember for VAC's championship races. The course was a challenge with deep puddles, muddy swathes and heavy sand at the top of the horse-ride hill. Our gazebo served as a popular refuge for soaked runners.

Paul Cheetham won the race in a time of 25:31, only 21 seconds short of the M45 course record, set in much more favourable conditions. Fellow M45, Gary Towers, was second, only 19 seconds behind. In third place came Dan Hallam, first M40, in 27:07, closely followed by first M55, Gary Ironmonger, in 27:15. Terry Booth had a great run, finishing 9th to win the M50 Gold medal. Peter Giles was also in good form and in drier conditions would surely have broken his own M70 course record, which he missed by just 18 seconds. Barry Attwell and Mike Mann won the M60 and M65 Golds. Although it wasn't a day for breaking records, a brand new M85 age-group record was posted by Richard Pitcairn-Knowles. His time of 52:30 was faster than his M80 record of 52:46 set in 2016!

For the women, Tracy Galbraith from Eastern Veterans led the way, finishing in a good time of 31:16, taking the W50 Open Gold medal. First for VAC was Lucy Woolhouse, the W55 Gold medallist, in a time of 31:38. Marie Synnott-Wells (W50), Fiona Russell (W45), Maggie Statham (W60) and Lesley Bowcott (W70) all won VAC Gold medals in their age groups. There was an intriguing race amongst the W65s. Penny Forse, Jane Georghiou, Margaret Moody and

Ros Tabor, perhaps, the top middle distance women in the age group nationally, were all together in the race. Penny took the honours, followed by Margaret, then Ros and Jane. Maggie Statham who turns 65 this year was also in the mix. Great competition!



Ros Tabor, Margaret Moody, Fiona Russell, Maggie Statham, Carol Jones, Patricia Thomas

England Masters Inter-Area Cross Country Challenge, Bournemouth, November 2017

This event is beginning to gather momentum. VAC hosted and won the first event in 2016 on Wimbledon Common. South West Veterans AC staged the second edition at the Kings Park Athletic Centre in Boscombe in November of last year.

South West Vets deservedly won the 2017 competition. VAC's teams were a worthy second with fine individual performances which saw VAC runners in first and second places in both the age-graded and absolute results. (In order to calculate final results the times achieved

in the combined men's and women's race are converted to age-graded percentages on which team scores are based.)



Peter Giles won the age-graded competition with a magnificent 90.48%, just ahead of fellow, top-ranked M70, Brian James with 86.86%. VAC's Aaron Brown won the race outright in a time of 25:26, gradually pulling away from Jon Hamblen who finished second in 25:44. The pair is pictured left.

The next event will be hosted by Eastern Masters in Nowton Park, Bury St Edmunds on 29 September 2018. The scoring format will use age-grading as described above. To add some spice to the event, the results will be used as a guide for the selectors of the England team for the British & Irish Masters CC Championship in Swansea in November so if you are applying for the England team, you would be wise to compete at Bury St Edmunds.

VAC needs ten men and ten women for full scoring teams, but there is no limit on numbers. Please join the VAC teams and help us to reclaim the winner's trophy. Entry will be online via OpenTrack.

Men's Surrey League Cross Country

VAC's team fought hard against eleven strong teams in Division Four of the Surrey League in the 2017-18 season. The races are combined with the Division Three races and this produced some big fields of over 300 runners.

The introduction of scoring for "B" teams meant that some of VAC's regular runners reverted to competing for their first claim clubs. Nevertheless, we fielded nearly-full teams for the four matches at Wimbledon Common, Epsom Downs, Roundshaw Downs and Lloyd Park. In the final reckonings, VAC finished 8th overall, with a total score

of 2680.5, tantalisingly close to Elmbridge in 7th, with only 1.5 points difference. In the Surrey League's individual awards, VAC's Gary Ironmonger won the silver medal in the M50 category with four great performances. Carey Gray and Andy Murray also ran in every fixture. Carey hasn't missed a match for seven years, since 2011!



Thanks go to Paddy Clark, the team manager, who marshalled the team, provided the essential practical support and kept spirits high. Weather-wise, Lloyd Park took the prize for the worst conditions, causing the VAC gazebo to take flight in the wind and driving rain, having

sheltered us well throughout the season.

Surrey League Division 4: Final Standings 2017-18

- 1 Collingwood 1300 (promoted)**
- 2 Runnymede Runners 1476 (promoted)**
- 3 Holland Sports 1584.**
- 4 Horley Harriers 1905.**
- 5 Wild Trail Runners 2155.5.**
- 6 Windrush AC 2642.**
- 7 Elmbridge 2679.**
- 8 VAC 2680.5.**
- 9 Lingfield Runners 2936.**
- 10 British Airways 2954.**
- 11 Barnes Runners 3042.**
- 12 Epsom Oddballs 3686.**

For the 2018-19 season, Sutton Runners and Tadworth will join Division 4 following their relegation from Division 3.

VAC Men, please consider running for VAC in next season's Surrey League CC.

First match: Saturday 13 October 2018, venue to be decided

First-claim VAC members are eligible to run for VAC. Also second claim members are allowed to represent VAC as long as they do not compete for their first claim club in any of the season's four Surrey Cross Country League matches in Divisions 1, 2 or 3/4. If you are not needed as a scorer for your 1st claim club, you could provide welcome support for VAC in the slower, but no less competitive, Division 3/4 races (run as one combined race of approximately 5 miles).

Road Running

VAC's 2018 Battersea Park Summer Race Series

Each month from April to August features a Tuesday evening road race and race walk starting at 7pm in Battersea Park. Check the fixture list for dates. All the walks are 5 miles. The road runs are also 5 miles, except July's which is 5km. The races are friendly and welcoming. VAC is a champion of race-walking and is eager to provide competitive opportunities. Walkers of any age (junior, senior, masters) are invited to take part. The road races are for Masters athletes, generating some lively age-group competition. Please join us if you are a runner or walker who likes these distances.

All the races are licensed and held under UKA rules and Race Walking Association permits. Online entry is available through the OpenTrack member login but entries on the day are readily accepted from members and guests.

Please note that the 2019 series will be held on a new course in Battersea Park. To gain permission to stage races in the Park, VAC and all other race promoters will be required by Wandsworth Council to use an approved route, which avoids passing the Peace Pagoda. The route also has the advantage of cutting out North Carriage Drive which is often the busiest part of the Park. VAC will work with the Course Measurers' Association to devise suitable 5 mile and 5km courses which start and finish close to the Millennium Arena. Those of you who have affection for our 5 mile course, which we have used for over 20 years, should come along this summer for one last run on it.

5M Road Race 17 April 2018, Battersea Park



There were 33 finishers for the first fixture on a fine, cool evening. The winner was Simon Baines who dipped under 27 minutes to set a new M45 course record of 26:59. Gary Ironmonger, in fourth place, finally managed to beat Liam O'Hare's longstanding M55 course record. Gary's time of 27:47 was two seconds quicker than Liam's record set in May 2005. Carol Jones was the first woman in a time of 37:57. Penny Elliott's (pictured above) time of 44:28 sends her to the top of runbritain's W75 5M rankings. Race results, including age grading, are on the VAC website.

Battersea Park Road Race Grand Prix

Each month's finishing times are converted to age graded percentages. The member with the best average of three performances will be presented with the Snow Cup. After April's fixture, Gary Ironmonger tops the table with a performance which equates to an age-graded percentage of over 91%. Three performances are needed for the Snow Cup competition.

Age graded Position	April Age Graded %	April Pos.	VAC Member's Name	Age Grp	Club
1	91.06	4	Gary Ironmonger	M55	Herne Hill
2	87.03	1	Simon Baines	M45	THH
3	86.21	27	Penny Elliott	W75	Waverley
4	84.42	2	Paul Cheetham	M45	THH
5	83.66	3	Gary Towers	M45	Eton Man.
6	82.96	13	Terry O'Neill	M65	Belgrave
7	81.85	17	Mike Mann	M65	Dulwich
8	81.20	21	Carol Jones	W60	Eal. S & M
9	81.13	10	Vic Maughn	M55	Herne Hill
10	80.51	5	Dan Madams	M40	Tonbridge
11	77.62	7	Robin Jones	M45	Herne Hill
12	77.29	19	Richard Pitt	M60	THH
13	75.64	8	J. McLoughlin	M40	Walton AC
14	75.24	6	Simon Thompson	M35	Herne Hill
15	74.87	16	Peter Hall	M55	West 4
16	72.95	20	Tony Harran	M55	HHH
17	71.20	18	Lloyd Bevan	M50	Serpentine
18	67.55	24	Martin Wilson	M65	Eal. S & M
19	66.52	31	Joe Aspinall	M75	VAC
20	66.14	33	R. Pitcairn-Knowles	M85	Sevenoaks
21	65.04	26	Sarah Allen	W50	Herne Hill
22	61.60	29	Alan Davidson	M70	Liss RC
23	54.42	32	Ed Bartlett	M70	VAC
24	49.13	30	John Wilks	M50	Herne Hill

* Age grading based on actual age, using World Masters Athletics Road age-grading calculator 2015.

British 100km Championships and Home International, 31 March 2018

Sam Amend, a VAC member and ultra specialist, representing England, won the women's race in this gruelling event which took place over 32 laps of a rural circuit through the Caldicot Levels in south east Wales. Sam's sub 8 hour time of 7:53:57 smashed the previous championship record of 8:00:37 set in 2011. Well done Sam!

BMAF Road Mile Championship (Contribution from Edmond Simpson)

This meeting is organised by Welsh masters and for the past four years BMAF has competed. The venue is the scenic City Hall in Cardiff and the course includes a quarter mile loop around the City Hall block. It is a good race to watch and there is some good commentary.

The 2017 event was held on Saturday 30th September and there were two of us flying the VAC flag. Ros Tabor won Gold in the W65 group in 6.43. In the M80 category my trophy was also Gold in 7.38. Sadly, no others in my group, but I was not last - managing to beat two younger men and a lady.

Race Walking

April was a busy month on the VAC walks calendar, with three well-supported fixtures.

Cecil Gittins Memorial Walks, Cyclopark, Gravesend, 14 April 2018

VAC was pleased to host the third running of this event incorporating the Enfield League and featuring 2.5k/5k/10k/15k road races on a dedicated cycle circuit which in shape and gradients can only be described as a large Scalextric set. The favourable and sunny weather this time took some by surprise! In all there were 39 on the line, with ages ranging from 11 to 85.

A loud round of applause was given by the walkers in the traditional Enfield League way to commemorate the life of Bernie Hercock, president of Enfield & Haringey AC, who had sadly passed away since the last meeting.

Given that the winter was prolonged and there had been a gap in the race calendar, the times achieved were decent. The 15k was won by an in-form Seb Parris (Ilford AC), with runner up spot going to Malcolm Martin (SWC) and third place to Ollie Hopkins (Lewes AC) at his first attempt at this distance. Angela Martin (SWC) put in a gritty performance as the only woman to tackle 15k.

The 10k headline race was won by Portuguese international Francisco Reis (TVH) in 50.45. The runner up was David Crane (SWC) in 52.34 and third place went to Seb Parris (Ilford AC) in 56.57 who went on to complete the 15k. The ladies race was won by 2017 overall Enfield League winner Helen Middleton in 61.29, second place was the ever-improving Melanie Peddle in 63.00, and a pb for Jacqueline Benson (Ashford AC) as she climbed to 65.11. Full results are on the VAC website.

VAC 5M Race Walk, Battersea Park, 17 April 2018



The opening race of the summer series took place in fine dry conditions, with the occasional gust of wind. The times were respectable given that nearly all the field had raced at Gravesend only 3 days before. VAC had a new men's race winner as Seb Parris (left) who had won the VAC 15k at the Gravesend meeting cruised home in 43:26. Seb had already joined VAC in anticipation of turning 35 in May. Melanie Peddle had another good race to be second overall and first lady home in 49:59. The runners in the accompanying race were impressed too!

Name	Cat.	Time
1 Seb Parris (Ilford)	SM	43:26
2 Melanie Peddle (Loughton) (EMAC) (G)	W45	49:59
3 Steve Allen (Barnet) (G)	M60	51:09
4 Maureen Noel (Belgrave)	W50	52:42
5 Shaun Lightman (SWC)	M75	54:44
6 Chris Flint (SWC)	M70	56:22
7 Paul King (Belgrave)	M65	57:09
8 Tom Casserley (Enfield)	M75	58:21
9 David Hoben (SWC)	M65	59:05
10 Peter Hannell (SWC)	M75	59:09

Date for the diary: Jack Fitzgerald Memorial race walks, 9 June 2018, Tilgate Park, Crawley

Open event in aid of “Help for Heroes”. Start time: 12.30pm. Approx. 3 miles and 6 miles road. Registration at Tilgate Forest Golf Centre.

VAC, Surrey, Herts and Middlesex 10k Track Championships, 25 April 2018



The VAC and Counties championships took place in good racing conditions on a cool bright evening. There were 16 finishers. VAC’s Dave Annetts (pictured above) from N Herts RR had an excellent win and also won the Herts champs for the first time. In second place, Ian Richards from Steyning AC had his first race as M70 and achieved an unofficial World Record, with plenty to look forward to in the rest of the year. Penelope Cummings from AFD had an excellent race to become first lady overall and first Surrey lady. The runner up was ever-present Fiona

Bishop from Woking AC who did well despite competing in the London Marathon only 3 days earlier. Full results are on the VAC website.

The London Marathon: 22 April 2018

Over 30 VAC members completed the Marathon in unseasonably hot conditions which foretold slow times and suffering! Nevertheless, there were some great achievements.

The first VAC member to finish was Richard McDowell in 2:27.56, placing him 11th in the M18-39 age category and 15th in the whole non-elite men's race. He was one of the few who ran faster than last year and was rewarded with a PB by over seven minutes. Kent AC's Stuart Beaney was next for VAC in 2:42.25, placing him 25th in the highly competitive M40-44 age group. He was closely followed by clubmate, Robert Laing, in 2:42.35 for 28th place.

On a good day for Kent AC, Victoria Buck was the first VAC woman to finish in 3:12.51, placing her 27th in the similarly highly competitive W40-44 age group. Lynda Hembury achieved a magnificent Number One ranking in the W60-64 age group with a superb time of 3:28.33. Susanna Harrison's time of 3:25.46 placed her fourth in the W55-59 ranking, while Fiona Russell was 10th W45-49 in 3:14.02. For the men, in the M60-64 category, Jon Cross (see article on Page 25) was second in 3:03:46 and Steve Smythe 10th in 3:16:39.

VAC Members at the London Marathon: 22 April 2018

Name	Time	Age Group	Age Grp Pos.	First claim club
Richard McDowell	2:27.56	M18-39	11	Hercules Wimbledon
Stuart Beaney	2:42.25	M40-44	25	Kent AC
Robert Laing	2:42.35	M40-44	28	Kent AC
Tony Macdowall	2:54.55	M18-39	452	Victoria Park Harriers
Jon Cross	3:03.46	M60-64	2	Hart Road Runners
Victoria Buck	3:12.51	W40-44	27	Kent AC
Gavin Mackay	3:12.57	M45-49	276	Petts Wood Runners
Jo Vickers	3:12.58	W18-39	86	SLH
Fiona Russell	3:14.02	W45-49	10	Mornington Chasers
Steve Smythe	3:16.39	M60-64	10	Dulwich Runners

Name (cont)	Time	Age Group	Age Pos	Club.
Chris de Mauny	3:18.17	M18-39	1376	Walton AC
Andre Dahlkamp	3:22.37	M45-49	441	Victoria Park Harriers
David Finch	3:23.44	M45-49	457	Victoria Park Harriers
James Ward	3:24.54	M40-44	712	Herne Hill Harriers
Susanna Harrison	3:25.46	W55-59	4	Guildford & Godalming
Martin White	3:26.02	M18-39	1705	West 4 Harriers
Lynda Hembury	3:28.33	W60-64	1	Tring Running Club
Sebastian Parris	3:37.03	M18-39	2214	Ilford AC
Mark Cawood	3:50.24	M50-54	642	SLH
Dennis Briggs	3:56.42	M40-44	1416	Ilford AC
Jacqui Reid	4:09.56	W50-54	214	Metropolitan Police
Caroline Helder	4:10.47	W55-59	77	Wimbledon Windmilers
Rhiannon Needham	4:22.19	W18-39	2002	Serpentine Runners
Barbara Ralph	4:25.44	W60-64	41	Chiltern Harriers
Fiona Bishop	4:26.43	W55-59	123	Woking AC
Nichola Atkins	4:28.22	W50-54	355	Kingston & Poly Harriers
William Tuson	4:43.53	M40-44	2526	VAC
Ann Bath	5:34.23	W65-69	58	26.2 Road Runners
Bill O'Connor	5:46.09	M70+	108	Queens Park Harriers
David Hoben (walker)	6:26.31	M65-69	229	Surrey Walking Club

VAC's Club place had been won in the ballot by Dave Hoben. As a race-walker, he was on the course for a testing 6 hours 26 seconds, and coped well.

Special congratulations go to Bill O'Connor who is famous as one of the 11 remaining London Marathon "Ever-Presents". He kept up his amazing record and competed for the 38th time, completing the course in 5:46.09. For 2018's marathon, it is reported happily that all the 11 ever-presents started, and all finished.

The VAC members' results have been compiled by scanning the Virgin Money London Marathon results website. Inevitably, we are bound to have missed some members. Apologies if you are not included. Please let Maggie at entries@vetsac.org.uk know your placings, and we will amend the list.

Marathon Majors (by Jon Cross)

Having taken up running in my 50s, I found that I enjoyed running marathons and had a reasonable aptitude for the distance. I had reached a stage where I was always running in the range of 3:05-3:10, so very respectable, but with that 3 hours mark frustratingly close, but seemingly unattainable.

At that stage I became aware of the 6 star award for completing the six World Marathon Majors, and decided that would be an interesting project. I duly got an entry to Boston in April 2015 and in preparation for that I significantly increased my training to give my best shot at finally getting under the magic three hours; all went well and I duly completed the distance in 2:59:02. At that stage I thought that would be a one-off sub 3 marathon.

In September 2015 I competed in the next event on my Marathon Majors list, Berlin. I wasn't really expecting to run 3 hours there, but with a mile to go I could see the 3 hour pacer 200 yards ahead of me, and with the hardest finish of my life crossed under the Brandenburg Gate to reach the finish with 4 seconds to spare - 2:59:56. That set me thinking about whether I could achieve all 6 of the majors under the 3 hour milestone. The following autumn saw #3 on my list, Chicago (Oct 2016). Training went well for that, and this time I managed the 3 hours with a couple of minutes to spare, and came 4th in the V55 category. Being halfway to my target, the ambition was now becoming something of an obsession.

London was next (Apr 2017), and although I faded badly towards the end, I managed to hold on for another 2 hour 59 minute result. Come the summer I hit my 60th birthday and with the benefit of now being a relative youngster in the V60 category it was time for New York (November 2017). That was again a close thing with yet another 02:59 result - but very gratifying to finish 2nd in the V60 category.

So that was five sub-3 marathons recorded (albeit four of them by the narrowest of margins), and all now hinged on Tokyo on 25 Feb 2018. I have never been so nervous before a race, but in the event, all went perfectly - and under ideal running conditions I managed 2:56:44, knocking more than a



minute off my previous PB and also taking 1st place out of the 1400 runners in the V60 category. So, a very gratifying finish to what had been a 3 year project and around 6000 miles of training runs (and rather more air-miles!) – and of course good fortune in avoiding any serious injuries. I am now the proud possessor of the very large World Marathon Major 6-star finisher medal, hanging in the pride of place in the downstairs loo.

So, time to think of the next project - a marathon on every continent seems to be calling!



VAC Mob match at South Norwood parkrun, 17 February 2018



South Norwood parkrun: VAC runners, left to right: Andy Murray, Ros Tabor, William Fordham, John Carter, Mike Mann, Jane Hughes, Jo Quantrill, Maggie Statham, Richard Pitcairn-Knowles

10 VAC members went to this fairly new parkrun in South London for the latest "mob match". The course is 2 laps on stony paths round the country park. It is still quite a small event so we were all able to run freely from the start. There is one small hill on each lap.

Richard Pitcairn-Knowles, Ros Tabor and Maggie Statham set age group records.

We try and choose parkruns from different localities around London, so as many members as possible have a chance to join in. The next event scheduled is Hampstead Heath parkrun on Saturday 9 June.

RESULTS	Pos.	Age G.	Time	Age Grade
Mike Mann	1 st	M65	22.53	76.18%
Ros Tabor	1 st	W65	23.54	90.17%
Andy Murray	2 nd	M60	23.58	69.33%
Maggie Statham	1 st	W60	24.18	83.40%
Bill Fordham	3 rd	M65	24.47	68.33%
Jo Quantrill	2 nd	W60	24.58	78.84%
John Carter	1 st	M70	26.46	69.61%
Jane Hughes	1 st	W55	27.03	68.76%
Sarah Allen	4 th	W50	28.58	60.87%
Richard Pitcairn-Knowles	1 st	M85	33.49	71.86%

Calling all over 80's!



new/young M&W80+ athletes will join the fifteen octogenarians who ran last year to experience once again the party atmosphere. Joined by 1956 & 1960 Olympian Eric Shirley, the Octogenarians recorded good times on this very flat course and, after finishing, were rewarded with a glass of Prosecco and delicious cup-cakes!

It would be very helpful, if you will email George or Richard on froglgeor@aol.com or rppk@btinternet.com so that we know how many glasses and cup-cakes we will need! But, of course, if you decide at the last moment to come, just pick up your bar-code and be there; in the usual spirit of Parkrun you will be very welcome.



Ed Roe, sprinting the 200m at the SCVAC Championships. Ed also competed strongly for VAC in the 60m, 200m, 400m and 4x200m relay at the Inter Area Challenge at Lee Valley.