

VAC Annual General Meeting

Monday 11 September 2023

Cross Country Secretary's Report

2022 - 2023

VAC offered a full programme of cross country opportunities for Masters' competition.

VAC's Cross Country Championships took place in fine, but cold, weather on Wimbledon Common in January. There were 76 finishers. Richard McDowell (M40) successfully retained his title of VAC's Men's Champion. Nikki Sturzaker (W45) was the women's champion. The 2024 championships will take place on the same course, probably in January.

In the men's section of the **Surrey Cross Country League**, VAC fielded full teams of ten scorers in the four Division Four matches. In two of the matches, we had over twenty men and achieved high placings in the B team competition. Twenty-eight men ran in VAC's team during the season and five of them ran in all four matches. In the final standings, VAC achieved an excellent 5th place out of the Division's 14 clubs. A decision to increase the sizes of Divisions 1,2 and 3 to ten clubs meant that four clubs were promoted from Division 4 to Division 3, so VAC just missed out, but next season VAC will be aiming for promotion. In the age-category awards, Richard Twedde won the M60+ trophy, with Vic Maughn in second place.

Thanks go to Paddy Clark, the team manager, who mustered the team and provided shelter and support with dedication and good humour at each match, as well as being a willing helper with marshalling and recording.

The women's section of the **Surrey Cross Country League** welcomed the return of a VAC women's team after an absence of ten years. The men's and women's matches were held at the same venues, generating fantastic team spirit and lots of mutual support. There were full scoring teams at each of the four fixtures and pleasing results. The Team Manager, Helen Davies, did a fantastic job organising and supporting the team, as well as competing strongly in every fixture and achieving second place in the W50 category. Lucy Woolhouse, also an ever-present, won the League's W60 trophy. Overall, VAC was an excellent 10th out of the 29 clubs in Division Two. Next season the division will be split into Div 2 and Div 3. VAC will be in Div 2, a great reward for the new team.

VAC was pleased to host the **EMAA Inter Area Cross Country Challenge** within an East Surrey League fixture at Lloyd Park in March. 42 VAC members turned out in force to reclaim the winner's trophy which we last held in 2016.

The **British Masters Cross Country Championships** was held at Wallsend in the north east. Eleven VAC members made the trip. Clare Elms won the W55 Gold medal, two others won a Silver and a Bronze and there were three fourth places.

During the season, VAC was represented in the **East Surrey League, the Loughton Vets Inter-Club** challenge, the **South of the Thames** races and the **South of England Masters Championships**. Also, many more of our members ran for their first claim clubs in these events.

After two years of postponements, the annual **British & Irish Masters CC International** match finally took place in Ireland in November 2022. Eighteen VAC members were selected to represent their home nations. Clare Elms (W55) and Peter Giles (M75) won Gold medals in their age groups and three others won Silver or Bronze medals. VAC members also contributed to their nation's team scores in each age group and were rewarded by team medals. 2023's match will be hosted by Scotland at Tollcross Park, Glasgow, in November. We are promoting the selection race for the England team in October and hope that many VAC members will be selected for their national teams.

Maggie Statham-Berry

VAC Entries Secretary

9 September 2023