

VAC Annual General Meeting

Thursday 2 October 2025

Cross Country Report, 2024 - 2025

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

VAC's Cross Country Championships took place in fine weather on Wimbledon Common in January. There were 73 finishers on a course shortened by tree-felling around the Queensmere pond. David Sharman (M40) of Wimbledon Windmilers was the winner followed by VAC's Rich Berry who was awarded the trophy for the club's Men's Champion. Clare Elms (W60) was the first woman and won the trophy for VAC's Women's Champion. The 2026 championships will take place on the same course on 17 January.

Surrey Cross Country League

The four men's and women's matches were held at the same venues, generating lots of mutual support and good team spirit. Thanks go to Paddy Clark and Helen Davies, the team managers, who organised and supported the teams, making everyone feel welcome and valued.

In the **men's Surrey League**, VAC fielded full teams of ten scorers in each of the four matches. In two of the matches, VAC also had full teams of 10 in the B team competition. Overall, VAC finished a pleasing fourth in Division Four, demonstrating the quality of VAC's Masters team, comprising runners who were mostly in their fifties and sixties.

Thank you to the 35 men who played a part in VAC's successful season. Seven of them ran in all four matches and six ran in three of the matches. In the League's age category awards, VAC's M55-64 runners dominated the season's rankings with the top three places going to Peter Lee, Malcolm Davies and Duncan Haughey. Duncan was the leading M60 in the list. In the M65+ rankings, Chris Lee was top of the list, finishing fourth or better in each of his four races.

In the **women's Surrey League**, after four matches VAC was 9th out of 15 clubs in Division 2, one position higher than last year. Thank you to the 20 women who ran for VAC. Everyone scored in either the A or B teams. Ramona Thevenet and Vera Blei ran in all four matches. Eight women ran in three of them. Lucy Woolhouse (W60) topped the list in the Surrey League's Over 55 category in the age group rankings. Ros Tabor (W70) was third in the Over 65 rankings.

The **British Masters Cross Country Championships** were held at Tollcross Park, Glasgow in March. Four VAC members made the trip. Maggie Statham-Berry won the W70 Gold medal.

During the season, VAC was represented in the **East Surrey League**, the **South of the Thames** races and the **South of England Masters Championships**. Also, many more of VAC's members ran for their first claim clubs in these events.

The annual **British & Irish Masters CC International** match took place near Belfast in Northern Ireland in November 2024. Seventeen VAC members were spread throughout the highly competitive races and eight of them won medals. Clare Elms was awarded two Gold medals for her individual W60 win and England's W60 team win. Chris Blackburn was second in the M50-64 race and won the M50 Silver and the team Silver. 2025's international match will be hosted by England in Leeds in November. Twenty nine VAC members applied for selection for the England team and 15 competed in the trial race in September.

Maggie Statham-Berry

VAC Entries Secretary

1 October 2025