

VAC Annual General Meeting

Thursday 2 October 2025

Road Running Report 2024 - 2025

Battersea Park Series

VAC staged a summer series of four successful monthly road races in Battersea Park which included our 5k and 5 mile championships. The series was well supported by members and open entrants. There was a 25% increase in entries compared with the 2024 series although entry numbers varied from race to race (April 5k, 178 entries), (May 5M champs, 127 entries), (June 5k champs, 153 entries), (July 5k, 154 entries). Ben Noad again managed the races and results on the day. This year, because entries were high, we paid for chip timing for each race. This helped to present our races as professional and well organised and enabled us to hold medals' presentations quickly and accurately soon after the finish of the two championship races. Entry fees were maintained at £12 for VAC members, £15 for others. The series made a small loss of £142 overall, largely because of comparatively low entry numbers for the 5 mile race which was the least popular. .

The series also featured the Snow Cup Grand Prix, based on age-graded performances over three races. Nineteen VAC members were eligible. The cup was won by Lucy Woolhouse with a splendid average of 90.43%.

Thanks go to VAC's regular set of timing and recording officials and to the loyal marshals who turned out for each race. The series will resume in 2026.

VAC Road Championships in 2025

VAC's One Mile championship was held at the Westminster Mile on 27 September. Forty-four members took part, the highest ever. Peter Giles set a new M80 British best and Doug Milsom equalled his M85 British best.

The 10-mile championship was held in June within the Dorking 10 road race. It was contested by 22 VAC members. The Ron White shield for the VAC member who gains the highest age-graded score was awarded to Maggie Statham-Berry (W70) whose time translated to an age-graded percentage of 88.45%.

VAC's 10k championships took place in June within the Ranelagh 10k. There were 31 VAC members in the results.

British Masters 5k Championships

For the third time, VAC hosted the national championships in Battersea Park in December 2024. The event was even more popular with 320 entries and 230 runners on the day, including 83 from VAC. The BMAF asked VAC to repeat the event in November as the 2025 Championships. There will be two races. There has been a massive entry of 520, and the races were full in August.

VAC parkruns

Gatherings at selected parkruns provided great opportunities for members to meet up and promote VAC to a wider audience in a different setting. Since last year's AGM, we visited the parkruns at Bromley (8 members present), Morden (18 members) and Roundshaw Downs (14 members). In addition, VAC helped to promote the annual Octogenarian/Nonagenarian parkrun in Bushy Park in July. This year's event, the eighth, attracted a massive 117 participants aged 80 and over. The first to finish was VAC's Peter Giles (M80). VAC's Joe Aspinall recorded the second fastest M85 time.

VAC London Marathon

VAC was allocated one place for the London Marathon in April. About 15 members expressed interest in taking part and Ben Revill's name was drawn from a hat at a committee meeting. Ben duly completed the course, one of at least 57 VAC members to do so.

Maggie Statham-Berry

VAC Entries Secretary

27 September 2025