



Veterans AC 10000m Championship - Kingsmeadow 8th September 2012

There was quadruple gold for Ilford AC at the VAC 10000m Championship held on a perfect summer night for running at the Kingsmeadow track, near Kingston in Surrey. Kevin Newell took the title in the M35 age group with a fine run in a good time of 36 mins 15.5 secs. John Batchelor was again in superb form winning the M70 category in 42m 53.1s, he is ranked number 1 in the country for his age in this event. Dianne Crisp run the distance for the first time on the track and was rewarded with the gold medal in W50 age group in 45m 43.5s, while the evergreen Pam Jones was only 52 seconds outside the W75 British record with 55m 33.2s as she also won her age category. Hank in the bushes Photos of Kevin, John & Pam in action (sorry, Di)

