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**VEGPATCH**

The Newsletter of the Vegetarian  
Cycling and Athletics Club

Editor: **Guy Riddell**

Winter 2013



## VCAC Committee

Several committee members have resigned since the last AGM. Our president and the incumbent committee members would like to place on record his thanks to them for all of the hard work they undertook on behalf of the club, in some cases over many years and in many different roles.

**The current committee members and their roles are as follows:**

<b>President</b>	Mike Stanton	
<b>General Secretary</b>	Mark Tozer	
<b>Treasurer/Membership</b>	Sharon Hammond	
<b>Events/Athletics/Multisport Secretary</b>	Dave Anderson	
<b>Cycling Secretary</b>	Mark Scothern	
<b>Membership Secretary</b>	Ant Walker	
<b>Newsletter Secretary</b>	Guy Riddell	
<b>Clothing Secretary</b>	Melanie Riddell	
<b>Website</b>	Nik Windle	
<b>Other Committee</b>	David Keeler, Sophia Howard.	

Details of recent results, forthcoming events and an active forum where members can discuss all things to do with Vegetarianism, Cycling, Athletics, and any other sporting activities undertaken can be found at our website. If you have never used it before you'll need to sign up, but don't worry, it is very straightforward.

<http://vegetariancac.org/>

Also, for those who prefer (and many do) we are also on facebook, simply type in the search 'Vegetarian Cycling and Athletics Club' or follow the link below:

<https://www.facebook.com/VegetarianCyclingandAthleticClub?ref=hl>

## **125 years of the VCAC.**

The first official meeting of the Vegetarian Cycling & Athletic Club took place in October 1888 in the Central Vegetarian Restaurant, St Bride Street, London. That means that this is our 125th Anniversary year. We'd like to do some things to celebrate the fact and also that, according to the International Vegetarian Union, we are the second oldest continuously running vegetarian organisation in the world in modern times.

The two suggestions so far are these:

- pick out two or three events to target, to try and get a meet up of a few members - trying to get a mix in location
- produce an item to commemorate the event

In terms of events, the suggestions have been the Bearbrook 10k, Kirbymoorside 10k or Kirklees though that's just provisional, and there are a ton of races to choose from. If you have any ideas, or a recommendation of a great event, then let us know!

One of the options knocked about for a commemorative item is to get a custom Buff made in green and gold, with the club logo. We've spoken to the people at Buff, who can make them, with a price that varies on the number purchased. If you've not come across Buffs before, they're woven tubes treated with silver (so they don't pong) that can be used as a hat, a bandana, a neck warmer, a hair band, or a host of things. They're useful to shove in a pocket or a bag just in case, and (from experience) just the thing to cover your face if you have an unexpected hail-storm.

If we order 50, then they will work out at around £11 each, or if we could reach 75 it would drop to £9 and so on, so we're asking members to let us know whether they'd be interested in having one, two or ten. If we get enough interest, we'll get an order underway. Drop the Clothing Secretary a line if you'd like one (or more).

## **Cycling Secretary.**

Hello and a happy new year. I hope you have managed to get out and about on your bikes over the festive period, dodging the rain, gale force winds and floods.

Let me introduce myself I am Mark Scothern I am the new cycling secretary I am a lifelong cyclist. Back in the day I spent a period of time on the track and the road. Now I'm a veteran time trial rider. However the Velodrome opening in Derby may prompt me to dig out the dusty track bike from the back of the shed. In our club there are various types of riders from racing to touring I am keen to know what you have all been up to. Send me your times and results and any stories you wish to share. It's good to know what each other have been doing and even better to meet up and ride together.

This season I am going to ride the medium gear time trial league. The VC and AC have a long history of doing well in this event. One name that spring to mind is Dave Keeler a great exponent of this type of racing. Although I won't quite reach his Calibre I am certainly going to be hopping on my turbo trainer at every opportunity, well in between reading the 'Morrissey' autobiography I got for Christmas. I wish you all well this season and look forward to seeing how you have all got on.

**Editor – next Vegpatch we are hoping to put a bit more of a spotlight on our cycling members**

**Take a look at this photo of a barometer**

Inscription reads "Vegetarian CC | 50 miles unpaced | 2 hours 50 mins | WF Newman | on | Gloucester roads | June 28th 1901."

William Frederick Newman a 3rd generation vegetarian who lived 'til he was 84, and must have been a strong cyclist considering the weight of bikes over 100 years ago.



## First Marathon!

I'm sure we all remember our first attempt at pretty much any race distance, but for a runner surely the first marathon must stand out as something special. Here, Emily Collinge describes her first Marathon experience:



When my shins started bothering me in late spring 2012, I was actually quite relieved; no one could argue that I was crying off the upcoming marathon for anything other than a valid reason. I duly deferred my entry to October's Venice Marathon, postponing it to October 2013 but never quite believing that I'd really do it.

Then of course, the re-entry time came around in March this year. At that point I was in the 'love' phase of my love-hate relationship with running so happily paid another 8 euros. I then proceeded to fall out of love with running (happens all the time) until I met a guy when I was cycling l'Etape du Tour this July. Wanting to impress him, I told him I was doing the marathon.

I'm 25 and have ran regularly since I was 10. I grew up watching my parents charge round muddy fields and rain-drenched roads. They have both done a fair number of marathons, both of them with times I never thought I'd manage, 3.30 and 3.18 respectively. They were both mildly surprised when I said I had entered a marathon, concerned about my age and endurance - my training has been rather inconsistent for the past 7 years. It wasn't until I went back to my

parent's in mid-August that my training for the marathon really began.

So, fast-forward to October, we fly out Venice early and head up to the mountains. It's a wonderful few days for my boyfriend who goes out running in the hills. Choosing to err on the cautious side, I limit myself to a jog around the village, touching every bit of wood in sight.

Marathon day comes and I board the bus to the startline with an old running friend from Tyne Bridge Harriers. Rather regretting his offer of accompanying me on the run as he is forced to listen to my incessant whines, he puts in his earphones and tries to focus. I'm so nervous; the toilet queues are ridiculous, the bag drop a free-for-all. I don't feel capable of running 26 miles so phoned my dad in tears. My training had been a bit erratic and I hadn't run further than 18 miles, nor had I done any long runs at race pace.

Eventually, the guns goes and we follow what is essentially one road into Venice with some minor detours around Mestre. It's tough going but my friend keeps a keen eye on his watch, assuring me

that it's all going to plan, that I'm running well and looking strong. The plan was originally to aim for 3 hours 5 minutes but I secretly hoped for 2.52 although I never said that aloud for fear of disappointment. The crowds line the streets and, thanks to the wonderful Italian grammar, I can tell when people shout for me. Each time the cheering comes, the temptation to speed up is overwhelming but my friend keeps reminding me to remain consistent.

Around 28km my quads start to seize up. We run through a park with a number of gentle inclines. I am in such pain but hear the announcer stating my name – a good sign, this surely meant I was in a good position.

Kilometres 33 to 38 were across the famous bridge to Venice itself. The island, bathed in mist, seemed impossible to reach and the sight of other stronger

runners falling by the wayside did not help my motivation. Knowing that my boyfriend was poised with his camera on the immediate other side of the bridge helped. Once on the island there are 14 bridges to cross. Steep ramps had been put in place to avoid the steps but each ramp felt like a mountain and descending the bridges was agony.

The crowds grew in size and the cheers multiplied in intensity. I've never ever ran through such a mass of people all cheering for me. I finished in 2.52.33 as my legs buckled under me. Thanks to my friend, our kilometre splits could not have been more consistent. The next three days were slightly embarrassing as I hobbled around Italy, each curb causing great distress to my legs, but the pride I felt in having actually achieved that time is insurmountable. I have no idea where the willpower came from as it is not something I thought I possessed.

## **Pursued by Angry Bees!**

From the sublime to the.....different. One of our members David Anderson, writes a very amusing blog about his running experiences. Here is a little excerpt for your enjoyment.....

[Blackhill Parkrun](#) posted: 17/11/2013

Where I live, I've always assumed that either Newcastle or Gateshead Parkruns are my nearest. I've run to the Newcastle one before, and it was around 9 miles. So far so good.

However, in idly scanning the Parkrun website\* I noticed one at Blackhill. I knew that was about where I am, as the Blackhill Bounders running club are from round here, so I looked it up on the map.

Blackhill, it turns out, is about 7 miles from my house, in Consett and pretty easy to get to. So, I decided I'd have a look and see what it was like.

The first time, last week, I arrived as the run started, so my later lack of knowing where to run, or where they'd hidden the finish is no-one's fault but my own. Perhaps an arrow at the last turn marked "Finish" would have helped, but then again so would have asking before I started running (had I turned up in time, so we see it's down to me again).

I went back yesterday, turned up a little earlier and knew which way to go. These were all good things.

the hillside, back into the park and across the top to come back to the lovely descent\*\* to the bandstand. Do that twice more, and then when you get back here the next time, turn left rather than right and sprint\*\*\* back towards the park gates – the finish is on the bit of grass just by the gates.

They're on to the 19th event, and seem to be getting into their stride – if someone had shouted out maybe five minutes before the start to see if there were any new people who needed directions (which I've seen at Whitley and Riverside runs, but not at others – I think it's a good idea) then I think the organisation would be pretty much perfect.

The route has one small loop, then three long loops. The first one is designed to fool you into thinking that it's a nice easy run, up the hill from the start which is pretty gentle, then peel right, down a lovely descent and back by the bandstand to pretty much the start. Lovely.

Three longer loops then? Back up the hill, but turn off left half way up, back down to the bottom on the path and then out of the park and past the allotments, running mildly uphill. Once you get to the top of the allotments, let's have a steeper hill with a bank/steps choice at the top. Gravel and some earth on the hill, so a little bit of mud if it's wet, but this is the bit that'll get your heart rate up. Top of the hill, right and along



**Me, starting on the descent – look at my happy little face... (look Ma, I'm floating!)**

This is not a PB\*\*\*\* course. It has hills. If you want a PB, then I'd recommend Whitley Bay – it's flat and fun, much like a chocolate pancake. However, Blackhill's got character and that counts for a lot. Because it's not a straightforward "how fast can you run for 5km?" course, you pass people and they pass you back. One chap passed me on the uphill a couple of times and I passed him on the descent. I have no idea which of us came in first, but it was fun.

I'm not usually a fan of laps, but this one works, and it was lovely to see folk who knew each other where the faster runner was lapping the slower one and offering some encouragement as they went past.

If you've got kids who want to run, this looks like a good venue too – there were more children running this than I think I've seen at any other Parkrun – there were also folk with prams (not sure if they were running) and a couple of people with dogs taking part.

There was a good mix of people and ability – I'm no speedy runner, but I managed 24th this time and 23rd the week before. I was maybe a minute or two slower than I'd usually expect for this distance, and a good three minutes off my overall Parkrun PB, but I wasn't going all-out to kill myself in the process like I was then (and I wasn't chasing Mr Richie's trainers speeding away like I was when I ran my fastest Parkrun at Whitley).

Afterwards, the people in the Bowling Club were putting on tea and coffee for Children in Need – I would have gone if I'd hadn't needed to get away for an appointment. That kind of connection with the other park users is important. I remember being shocked at another Parkrun that the lady in the cafe there only ever gets runners coming in to use her toilet. Doesn't send the right message.

In short, if you're anywhere near Blackhill, I'd say give it a go – even if it's just to have a pop at a hillier-than-average Parkrun. I'll be back when I can.

\*This isn't entirely true, I've never just gone to their pages for "a bit of a look" – that would be weird, like "just having a flip through the Yellow Pages", not that you get them anymore... I'm just not sure what I was doing on their website at the time.

\*\*I keep saying it's lovely because it's about the right incline that gets my legs pinwheeling to keep up, but not so much that I'm about to trip myself over. In short, in the two times I've done this run I've made up places on this descent because other people are keeping their brains engaged. And I'm no downhill runner, in case you're thinking I might be...

\*\*\*Assuming you've got any sprint left in you, by this point I was knackered.

\*\*\*\*PB = ~~Persimmon Migration~~ ~~Persimmon Migration~~, ~~Persimmon Migration~~ sorry, no, it's Personal Best, or if you're American then it's PR which is Personal Record, I think, but I'm not sure, as I'm not. I only found out last night that a Persimmon is actually a type of fruit, and not a marsupial at all. No wonder the pet shops banned me...

Should you wish to read more, please go to <http://pursuedbyangrybees.wordpress.com/>

**Vegetarian Cycling & Athletic Club**  
**Annual General Meeting**  
**Willen Pavilion, Willen,**  
**Milton Keynes**  
**Sunday 03 November 2013, 1200-1415**

**Minutes of the Meeting**

**Members Present:** Steve Wigglesworth, Steve Coote, Sophia Howard, Keith Hammond, Sharon Hammond, Manuel Corriente, Stephen Wells

**1. Chair for the meeting – Keith Hammond;** Proposed Steve Coote, Seconded Sharon Hammond

**2. Apologies:** Mike Stanton, Dave Keeler, John Morris, Noel Molland, Sarah Molland, Heather Dancey, Rod Paris, Guy Riddell, Ant Walker, Peter Simpson, Mark Tozer

**3. Approve minutes of 2012 AGM –** Proposed K. Hammond, seconded by S.Howard

**4. Reports of Officers and other post-holders.**

Written reports were received from the General Secretary, Treasurer, Athletics Secretary, Cycling Secretary, Multi-Sport Secretary, Membership Secretary and Website Editor. Verbal reports were received from the Clothing Secretary and Newsletter Editor.

It was felt that more prominence should have been given to the efforts of Rob Dickinson. Not only was Rob the inspiration for our participation as a club in the Lakes & Lancs SpoCo League but he has also put in some excellent solo performances in Cycling Time Trials. His sub-hour 25 miler and PB of 20:51 for a ten amongst them.

News of some individuals' efforts that appeared in the Sports Secretaries summaries came as something of a surprise to some present. Felt that this should have been made available earlier to others for inclusion in the Newsletter or on the website, and that we needed to be more active with our communication about such things so we can celebrate the achievements of a wider section of the membership rather than just those who communicate directly through writing articles etc.

The Clothing Sec has made two small purchases of clothing during the year, one from Impsport and one from Fastrax. The latter has only just become due for payment

The Treasurer's Report was proposed by Keith Hammond and seconded by Steve Coote.

**5. Election of Officers, committee members and other post-holders**

Posts and holders as elected at the 2011 AGM as below:

<b>Position</b>	<b>Nomination</b>	<b>Proposed</b>	<b>Seconded</b>
President (as of 2010)	Mike Stanton	K.Hammond	S. Howard
General Secretary	Steve Coote	K.Hammond	S.Wigglesworth
Treasurer	Sharon Hammond	K. Hammond	S. Howard
Cycling Secretary	Noel Molland	S.Hammond	S.Howard
Athletic Secretary	Keith Hammond	M.Stanton	S.Howard
Newsletter Editor	Guy Riddell	S.Coote	K.Hammond
Race Results Secretary	David Anderson TE	K. Hammond	S.Hammond
Events Diary	David Anderson TE	K.Hammond	S.Hammond
Membership Secretary	Ant Walker	S. Hammond	S. Coote
Multi-sport Secretary	vacant		
Website Manager	Steve Coote	K. Hammond	S. Howard
History & Archive	Peter Simpson	K.Hammond	S. Howard

Records/Handbook	Manuel Corriente	S.Howard	S. Hammond
Clothing Secretary	Steve Coote	S.Howard	K.Hammond
Club Welfare Officer	Neil Molland	K. Hammond	S.Howard
Communications	Sarah Molland	N.Molland	S.Hammond
Committee 1	Steve Wigglesworth	K.Hammond	S.Howard
Committee 2	Manuel Corriente	K. Hammond	S. Coote
Committee 3	David Anderson TE	K.Hammond	S.Coote
Committee 4	Sophia Howard	S.Hammond	S.Wigglesworth

Dave Keeler was proposed by K.Hammond and Seconded by S.Howard. Steve Coote to contact and see whether he wishes to take up this place. In addition, Mark Tozer was co-opted onto the committee (Proposed S. Coote, Seconded K.Hammond).

A discussion took place about the role of Communications Officer since at the heart of it was that Sarah should take on primary responsibility for our facebook and twitter pages. Unfortunately, the Mollands being expected at the meeting but not being able to travel at short notice, the exact nature of any further aspects of the role had not been sorted out in advance. Steve Coote to discuss with Sarah. The committee has also further decided that Sarah Molland should be on the committee to give her full access to discussions and decisions in her new role.

## 6. Proposals

- i. Associations for 2012/13 are British Cycling, Cycling Time Trials, England Athletics (includes affiliation to English Cross Country Association, Fell Runners Association, Amateur Athletics Association of England, UK Athletics) and British Triathlon Federation.  
Affiliations for the CTT and BTF fall due in the months immediately prior to our AGMs each year. Provisional agreement was given for the cycling secretary to affiliate to the CTT when it becomes due in 2015.

It no longer seems possible for clubs to affiliate to the British Triathlon Federation without paying for insurance. This increases the cost from £35 to £105. Steve Coote did make the committee aware of this likelihood last year and being unable to find a way round it asked the committee for their ruling for the year 2013-14. After discussion, it was agreed to re-affiliate.

As this will become due prior to next year's AGM a wider discussion of the merits of continuing to affiliate took place. Two members had directly said that their decision to join the VCAC was substantially affected by our being affiliated to the relevant running, cycling and multisport governing bodies, and that this is a definite selling point. It would also be difficult, if we were not to affiliate, for members to enter some key races as VCAC athletes and so have their affiliation listed in the results. This would be unfortunate given the prominence of some of our members in the result listings as detailed in the Multisport Secretary's report. Finally, as the club continues to make a profit without any increase in our subscription fees, it was decided to continue affiliation in future years, subject to the regular annual review of affiliations.

A discussion about our individual EA affiliation rates came up several times during the meeting. I have summarised it under AOB

- ii. The proposal to bring the fees for overseas members' subscriptions into line with those for UK members was agreed. Whilst there may once have been a point to the different rates, given postal charges of sending out newsletters etc., these days effectively all communication is done by email with no added charges.
- iii. Given the lack of certainty about whether an allowance for p&p had ever been factored into the cost of clothing when our prices were originally set, and that we feel the advertising of people being in club colours far outweighs any small cost, it was decided that the VCAC will absorb any cost of mailing out clothing. The Clothing Secretary to keep a tally of outgoings in this regard for reimbursement by the Treasurer.
- iv. The management of our facebook and twitter pages has been somewhat problematic of late. A, now former, member took over running our facebook page and set up a twitter feed to which it is linked. Essentially, this means that anything posted on the one is automatically reproduced on the other – albeit in truncated form in the case of twitter. The former member was eventually contacted and

agreed to be taken off as a manager of the facebook page, with Steve Coote, David Anderson TE and Sarah Molland now equally installed as managers to ensure continuation should one or more quit. Despite further contact we have been unable to obtain the password for the twitter account that was set up and so ultimately do not have control of what is published there, nor have the option of editing or deleting anything directly posted there. Steve will try again to get this but in the meantime the option of unlinking the two accounts through the facebook side will be investigated with the thought that we could always set up a different twitter page, with the old one, hopefully, sinking through lack of new content. Steve Coote has largely handed over the updating of the facebook page to Sarah Molland, though he and David both have the ability to post as the VCAC admin and may do so occasionally with updates from specific areas of expertise to ensure more prominence than postings under their own names.

**7. Henry Light Trust Fund** – Funds continue to be available to be applied for sporting purposes by members and others. One grant to help a member participate in a championship race was made during the year. Over £5,000 is invested to provide income with a further £4,000 held from which grants are paid.

#### **8. Any Other Business –**

**a)** As Athletic Secretary, Keith asked to clarify the rules for those applying for the club London Marathon place. None of our rules are set in stone in that if only one person were to apply we would sooner give it to them almost irrespective than leave it unused, but in general applicants should have tried and failed to get in through the regular ballot and not have been allocated our club's place in the last three years. Further more weight will be given to applicants who been unsuccessful in getting our club place in the last three years and who are willing to commit to wearing our club's kit on the day.

A debate relating to EA more generally cropped up several times during the meeting so is summarised here. Specific to this it was about whether being an EA individual affiliate should be a qualifying criterion given that our being allocated one or more places is subject to how many such affiliates we have. While we thought this could be a tie-breaker in the case of two otherwise equal candidates we decided not to go formally down this road.

The more general debate was about how few EA individual affiliates we had, and whether we should be seeking to encourage more given that, amongst other things, any increase in London marathon club places is subject to us having more individual affiliates. The decline in such affiliation would seem a fairly difficult task to reverse given that we currently have 36 affiliates, with eleven current members who were affiliated in 2012 not choosing to do so under the VCAC name in 2013. In part, at least, this was due to 2013 being the year in which the affiliation fee doubled from £5 to £10, and irrespective of one's views on this more generally it may simply be that those who may have expected to get their money back in reduced race entry fees simply decided it wasn't worth it on that ground alone. Opinions varied about how relevant EA was to road running club members, whether that really mattered given they are the overarching body for athletics, and whether any increase in funding derived from the increase in affiliation fees would be spent wisely.

**b)** The possibility of our AGM going virtual was again raised, not in an attempt to immediately institute it but just to keep it in our minds. No decisive desire for change came out of last year's discussion with opinions fairly split (we did ask Stephen Wells who travelled over from Lincoln for this year's AGM, who suggested he was more inclined to make an effort for a real AGM and meet people than he would be to take part in a virtual one). There was a feeling that at some point some version of a remote AGM may become inevitable but that we were reluctant to hasten it since the AGM is one of the few times when several members do get together. A decision was taken to try to ensure more races that might encourage members to get together be publicised in advance (the 2014 Bearbrook 10km being a case in point as it has previously attracted eight or nine members) but even so often people aren't in the best mindset to discuss club business immediately after a run or may need to get home rather than do another hour or two.

**9. Date and place of next AGM** – We did not wish to rule out the possibility of holding the AGM somewhere other than in Milton Keynes in 2014. We have therefore decided to leave it open for others to

bring forward suggestions by the end of January, though with the caveat that anyone bringing forward the suggestion must be willing to deal with the booking of a suitable meeting room at a reasonable price. Failing any such materialising, Sharon said she would be happy to re-book Willen Pavillion for November 2<sup>nd</sup> 2014.

**10. Dates of Committee meetings** – The Committee are not currently holding formal meetings and will continue to use the committee only container of the forum to discuss matters as they arise.

Steve Coote, General Secretary 11/11/13