

❖ VPH & THAC NEWS ❖

Circulation 275

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www.vphthac.org.uk

January 2004

VPH&THAC Women Win Ware Cup

Winter Schedule

2004

Jan 3 Middlesex County Cross Country Champs, Cranford
 Jan 6 Mob Match v Eton Manor, Well St
 Jan 10 Met League, Wormwood Scrubbs
 Jan 17 Chingford League, Orion (Seniors only)
 Jan 24 Southern XC Champs, Parliament Hill (incl. Club 10m XC Champs)
 Jan 31 Met League, Welwyn Garden City
 Feb 7 Club 10M Road Champs incl. Margaret Muller Memorial Run, Vic.Pk.
 Feb 14 Chingford League, Victoria Park
 Feb 21 National XC, Leeds
 Feb 28 North of the Thames Jr (Men 8k, Women 6k)
 Mar 2 Chingford League, Eastway
 Mar 6 Mike Penman Memorial Mob Match (10k), Victoria Park
 Mar 20 Club 20M Road Champs, Victoria Park
 Mar 27 Open 5, Victoria Park (in 2003, the 3rd fastest time in the UK was run in the Park)
 Mar 31 Physical Shield Road Relay, Loughton
 Apr 4 SEAA 12-stage(men)/6-stage (women) relays, Milton Keynes
 Apr 18 London Marathon, Blackheath
 Apr 24 National 12-stage relays, Sutton Coldfield
 **Club Handicap races held on the last Thursday of each month.

Track and Field Schedule 2004

Apr 10 Women's Alpha-Beta Trophies Meet, Haringey (11 am)
 Apr 24 Women's Southern League
 May 1 Men's Southern League - Havering (A), Watford (B)
 May 22 Men's Southern League - Mile End (A&B)
 May 22 Women's Southern League
 Jun 5 Women's Southern League (may be deleted due to 5-match regional

reorganisation)

Jun 26 Men's Southern League - Salisbury (A), Colchester (B)
 Jul 3 Women's Southern League
 Jul 10 Men's Southern League - Bournemouth (A), Walthamstow (B)
 Jul 31 Men's Southern League - Cricklefields (A), Stevenage (B)
 Aug 7 Women's Southern League
 Aug 14 Men's Southern League (Div 1 only) - Haringey (A)
 Sep 11 Women's Southern League

Summary of Achievements

- Lourens Malan wins Middlesex Decathlon Championships
- Women win Ware Cup
- Symone Belle, Rikki Fifton, Richard Alleyne, Pato Bangura, Jerome Paul, Jahangir Samad, Daniel Gibbons, Danielle Dallenger, and Millie Zah make national track & field rankings

100 Club Winners

1st - £50; 2nd - £20, 3rd - £10
 September winners: 1st George Hart; 2nd John Daniels; 3rd Doug Roche
 October winners: 1st John Daniels; 2nd Ray Russo; 3rd Frank Massingham
 November winners: 1st Doug Roche; 2nd Sally Weddell; 3rd Colin Reid

See Gerry Franey for details about joining or grab a 100 Club standing order form at the bar. £2 monthly.

Annual Subscriptions

Annual subscriptions represent a significant part of the Club's finances and have been due for the past two months. Please help us out here by paying now. Either give your money to Alf, Terry, or Jane at the track or to Tim at the clubhouse. Alternatively, mail a cheque to Tim (his address appears on the back page).

Ages 11-17	£5
Ages 18-19	£10
Ages 20+	£70
Student & Unemployed	£20
OAP	£50
Associate Members	£20

All The Above Categories Except Associate Members:

- Can compete in league competition
- Can compete in Club Championships
- Can use all training facilities at Club HQ, Cadogan Terrace

Associate Members:

- Can compete in league competition
- **CANNOT** compete in Club Championships (nor can 2nd claim)
- **CANNOT** use training facilities at Club HQ, Cadogan Terrace



Sally Weddell, London Marathon 2003

Christopher Zah and Louise Blake - Athlete of the Day Winners

Open Meet, Newham, 24 Aug 03

Athlete of the Day - Christopher Zah

U11 Boys

Christopher Zah LJ 2.86 (2), 75H

13.45 (3) PB

U13 Boys

Andrew Ali LJ 3.78 PB, JT 20.08 (3) PB

Ashley Wilson 100 13.59 (3), 200 28.1

Reece Regis 100 14.35 PB, 200 29.72 PB

U15 Boys

Michael Richards LJ 4.40, DT 22.70

PB, SP 8.63

Elliott Joseph DT 25.16 (3), SP 8.50 (2)

Thomas Crosbie 400 56.8 (1)

Fuad Osman 800 2:13.11 (1), 1500

4:47.5 (1), HJ 1.60

Saul Poind (Carl Pond?) 800 2:21.34 (2)

U17 Youths

Wayne Jones LJ 5.28, 100 12.59

Alex Babb 100 11.76 (3), 200 23.80

(2) PB, 400 54.39 PB

Cymon Gibbons 100 11.75 (2)

Peter Ball 400 57.4

James Foley 1500 5:00.7 (1), 800

2:19.60 (2)

U13 Girls

Millie Zah LJ 4.10 (1), 100 14.38 (3),

200 30.12

U15 Girls

Elizabeth Ali LJ 4.51 (1), 100 13.82 (3)

Louise Blake SP 8.27 (1), JT 21.57

(1), DT 16.78

U17 Girls

Amanda Ranger LJ 4.73 (2) PB, 100

13.34 (2), 200 28.71 (2)

Denise Paul LJ 3.87 PB, 100 15.73,

200 33.4

Johnelle Gibbons 100 13.29 (1)

Marie Ayoola 100 13.56 (3)

Karenate Songhoron DT 29.00 (1), SP

9.30 (1)

Open Meet, Colchester, 29 Aug 03

Athlete of the Day - Louise Blake

U11 Boys

Christopher Zah 75H 14.9, LJ 2.71

U13 Boys

Ashley Wilson 100 13.6 (3), 200 28.0

(3), HJ 1.25 (1=)

Reece Regis 100 14.4 PB, LJ 4.03 PB

Andrew Ali JT 18.00 (3), LJ 3.68

U15 Boys

Michael Richards LJ 4.34, SP 8.86,

DT 20.36

Elliot Joseph DT 23.30, SP 10.47 PB

Jayden Ali 200 29.1, 80H, 13.7 PB

Jerome Paul LJ 5.59 (2), 400 56.7 (1)

Carl Paul 80H 12.5 (3)

Saul Poind (Carl Pond?) 800 2:15.0 (2) PB

Fuad Osman 1500 4:34.2 (1), HJ 1.55 (2)

Thomas Crosby 400 57.3 (3)

Daniel Gibbons 100 11.8

U17 Youths

James Foley 800 2:21.2

Cymon Gibbons 100 11.8

Peter Bell 400 56.4 PB

Wayne Jones LJ 5.49 PB

Darren Clark U20? 400 61.4, LJ 5.04

U13 Girls

Millie Zah 75H 11.9 (1) =PB, LJ 3.88 (1)

U15 Girls

Elizabeth Ali LJ 4.54, 200 28.1, 100 13.7

Sareena Robinson LJ 4.68 (3), HJ 1.45

(1), 75H 13.7 (3)

Louise Blake DT 18.75 (1), SP 8.51 (1) PB

U17 Girls

Karenate Songhoron DT 28.38 (2), SP

9.20 (2)

Amanda Ranger 100 13.4, 200 28.4, LJ

5.12 (1) PB

Johnelle Gibbons 100 13.2 (1), 200 27.1 (2)

Marie Ayoola 100 13.7, 200 28.7

Women's Southern League,

Southend, 6 Sep 03

Seniors

100 J Gibbons 13.1 (2) A Ranger 13.8 (1)

200 A Ranger 28.6 (1) E Nassuna 31.8 (2)

1500 L Bishop 5:32.2 (2) L B.Burgess

5:51.9 (2)

3000 L B.Burgess 12:35.3 (2)

100H A Fake 25.6 (3)

400H A Fake 96.2 (2)

4x100 54.5 (1)

LJ A Ranger 5.09 (1) K Oyenuga 4.17 (1)

HJ J Gibbons 1.45 (2) A Fake 1.25 (3)

TJ E Owen 10.09 (2) L Ojetola 9.26 (1)

PV C Whittaker 1.90 (2) A C Markiewicz

1.90 (1)

SP K Oyenuga 7.01 (2) A C Markiewicz

5.25 (3)

DT E Nassuna 15.60 (5) A C Markiewicz

11.35 (5)

JT A C Markiewicz 15.86 (5) K Oyenuga

12.58 (3)

HT A C Markiewicz 16.12 (4) A Fake 11.80 (2)

Under 17

80H L Ojetola 17.4 (1)

300H C Whittaker 56.5 (1)

Under 15

100 E Ali 14.2 (1) M Zah 15.1 (2)

200 P Shakes Drayton 27.3 (2) M Zah 31.9 (3)

800 P Shakes Drayton 2:38.1 (1)

75H M Zah 13.7 (1)

JT E Ali 7.45 (4) P Shakes Drayton 4.54 (2)

LJ (non-scoring) E. Ali 4.96 PB

Match Results

Barnet 132

VPH&THAC 109

Harlow 98

Ryston 76

Watford 71

Final League Standings

Barnet 765

Loughton 711.5

Wycombe 705.5

Southend 679.5

VPH&THAC 603.5

Flowers Road Mile Champs,

Victoria Park, 18 Sep 03

Senior Men

1. Tim Grose 4:46 **G**

2. Terry Beackon 4:54 **S**

3. Tony Lashmar 5:00 **B**

4. Richard Newbold 5:07

5. Dave Shortridge 5:07

6. Tony MacDowall 5:24

7. Miklos Toth 5:31

8. Tony Bunbury 5:40

9. Lee Bruce 5:44

10. Chris Lancaster 5:54

11. Mark Sutton 5:57

12. Martin Acquilina 5:59

13. Gary Deathridge 6:00

14. Dave Robinson 6:00

15. Joe Loboda 6:02

16. Jon Mail 6:03

17. Tim Amor 6:04

18. Andrzej Gujbotowicz 7:32

19. Dave Leigh 7:38

20. Ray Russo 8:33

U15 Boys

1. Jamie Barber 6:08 **G**

Senior Women

1. Jane Willdigg 6:28 **G**

(6th all-time)

2. Oona Ball 6:32 **S**

(8th all-time)

3. Rachel Bower 6:41 **B**

(12th= all-time)

4. Anna Fake 6:44

5. Alice Bell 6:54

(16th all-time)

6. Paula Orton 6:58

(17th all-time)

7. Smeera Bhatti 7:10

(18th all-time)

8. Pats McGrogan 7:14

(20th all-time)

9. Jo Sargent 7:16

(21st= all-time)

10. Nicola Maguire 9:29

Lourens Malan - Middlesex Decathlon Champ!

Herne Hill Harriers Open Meet, Tooting Bec, 20 Sep 03

800 Tim Grose 2:04.3 (2)

From Anthony Bunbury
Great North Run Half Marathon
Results, Newcastle South Shields

Hi Folks,

The Club's participants at this year's Great North Run on 21 Sep 03 were Sumi, Patricia and David Shortridge. Sumi ran most of the way with her other half (also named David) but couldn't hold back her natural instincts and took off and left him towards the end. Patricia had a good strong run making sure she enjoyed the atmosphere as usual. David Shortridge had time to interface with the spectators - such natural talent in abundance. Their race results were as follows:

987 David Shortridge 1:33:41 (1:29:30)
3,723 Sumi Mendis 1:41:26 (1:47:00)
16,949 Pats McGrogan 2:17:38 (2:06:00)
(Time in parentheses are from start line to finish line.)

On behalf of all club members who know Pat, I take this opportunity to wish Pat's mum who arrived in the UK today a wonderful holiday. Kind Regards, Anthony Bunbury

Club 2.9MHandicap, Well St Common, 25 Sep 03

	<u>H'cap</u>	<u>Actual</u>
1 Sean Lawlor	25:33	19:33*
2 Declan Phelan	27:31	21:01*
3 Lee Bruce	27:40	21:10*
4 Sumi Mendis (10 th = all-time)	27:42	21:12*
5 Alison Marrs (17 th all-time)	27:47	21:47*
6 Jamie Barber	28:37	22:07*
7 Tony Bunbury	28:39	18:39PB
8 Mike Wheeler	28:44	22:14
9 Pats McGrogan (24 th all-time)	28:59	22:59*
10 Oona Ball (21 st all-time)	29:14	22:44*
11 Paula Weddell	29:15	29:15*
12 Dave Webb	29:21	22:51
13 Jo Sargent	29:35	23:05
14 Alice Bell (22 nd all-time)	29:56	22:56PB
15 Sally Weddell	30:00	27:00

16 Xanthe Pitt	30:00	24:00PB
17 Dave Leigh	30:08	26:08*
18 Paula Orton	30:13	23:13PB (25 th all-time)
19 Gary Deathridge	30:29	19:29
20 Peter McH DeClare	30:38	19:08
21 David Shortridge	30:50	18:20
22 Dave Robinson Sr	30:59	19:29
23 Andre Gajbutowicz	31:19	24:49*
24 Katy Denny	31:55	25:55

SoEAA 6-Stage Road Relay, Aldershot, 27 Sep 03

We were a little slower than last year (51 secs) and 3 places worse but not a bad effort. Notable that we improved position each leg and were arguably the most consistent team. Reckon we had our best 6 out on the day even if some (me in particular not very fit!). Only possible other is Tony Lashmar but he would not have made a significant difference. Standard was pretty identical to last year. London Heathside were 31st this year in 2:01:29. Last year we were 31st, just 3 secs slower. (Tim Grose reports)

34th VPH&THAC A Team - 2:02:23

		Pos
Tom Carrick	20:05	46
Jim Roche	20:24	44
Gordon Faulds	20:57	43
Laurence Curley	20:10	38
Jon Cullom	20:33	36
Tim Grose	20:14	34

VPH&THAC B Team

Graham Bennett	22:46	80
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From: Gordon Faulds
To: "Tim Grose" <tim@timgrose.com>
Sent: Tuesday, September 30, 2003

Tim-Thanks for results and pics. Pleased to have run a reasonable leg on Saturday. Would have liked to have been about 30 seconds faster. I went through halfway in 10.13! All in all, a solid team performance. Very pleased with my race at Braunton on Sunday off about two hours grabbed sleep in the Motorway service car park!

Taunton 10K, 28 Sep 03

6th place 35:30 1st M45

I don't know how that time squares up to Saturday's run. All I know is I had to work and keep positive every metre of

the race. Thanks again. See you at Eastway if not before. Best wishes, Gordon

Berlin Marathon, 28 Sep 03

206 th Tony Lashmar	2:41:23
8,080 th Elaine Battson	3:39:21
10,998 th Terry Beackon	3:49:37

Middlesex Decathlon, Watford, 27/8 Sep 03

1st Lourens Malan 4855 (CHAMPION)

Lourens Malan won the Middlesex Decathlon with 4855 points, despite only just recovering from a serious back injury and having done no training. He also came fourth in the overall competition as it was a joint Middlesex, Herts, Essex and open competition. Well done and another Middlesex gold medallist! (Anna Fake reports)

From: Lourens Malan
Sent: Tuesday, September 30, 2003
I tried this time to do as little as possible and conserve energy so I could just finish the competition. It went like this:

100m;12.32(589) / LJ; 5.51(483) / SP;
9.36(447) / HJ; 1.57(441) / 400m;
54.65(613)---total = 2573 after day 1

110H; 17.96(528) / DT; 27.44(414) PB
/ PV; 3.20(406) / JT; 38.65(423) /
1500m; 5:08.72(511)---total = 4855

It was very hard work though. I don't think I have ever been so unfit. The 400m almost killed me. Good news though; I am still in one piece
c ya later, Lovens

From: "Anna Fake" Sent: Wednesday, October 01, 2003 5:27 PM

Wayne.

I told Lourens to email you his results, the man is amazing! He couldn't walk two weeks before the decathlon and then came fourth in the whole competition and first in Middlesex. Unbelievable!

Jim Roche Leads Us Home At Woodford And Loughton

Chingford League 5K, Eastway, 7 Oct 03

Men	
4 Tom Carrick	16:16
7 Jim Roche	16:25
15 Tony Lashmar	16:55
34 Richard Bruce	18:00
40 Terry Beackon	18:21
42 Tim Mitchell-Smith	18:26
45 Mick Cairns	18:32
49 David Shortridge	18:42
76 Gary Deathridge	20:02
78 Dave Robinson Sr	20:05
84 Gerry Franey	20:27
92 Mark Sutton	20:40
93 Declan Phelan	20:41
94 Tony Bunbury	20:43
103 Miklos Toth	21:07
128 Mike Wheeler	22:41
142 Simon Butler	23:49
143 Dave Webb	23:54
146 Andrzej Gajbutowicz	25:00
150 Patrick Fenn	26:57
152 David Leigh	27:32
155 Ray Russo	27:34
(155 finishers)	

Women	
4 Georgia Wood	20:00
12 Sumi Mendis	21:50
(7th all-time club rankings)	
17 Kristi Hutton	22:44
20 Oona Ball	22:58
(14th all-time)	
27 Alice Bell	24:06
(19th all-time)	
34 Agnes Collen	24:52
(25th= all-time)	
42 Pats McGrogan	25:45
43 Paula Orton	25:51
48 Emma Corbett	27:04
52 Phillippa Cockman	27:15
63 Paula Weddell	29:08
(65 finishers)	

U17 Youths (2M)	
2 nd Jack Taylot	12:01

U15 Boys	
15th Jamie Barber	13:27

Men's A Team - 142 pts (4th)

Men's B Team - 437 pts (3rd)

Women's Team - 53 pts (2nd)

After 2 races

Men's A Team - 12 pts (5th of 9 teams)

Men's B Team - 15 pts (3rd of 9 teams)

Women's Team - 9 pts (6th of 8 teams)

Metropolitan League, Woodford, 11 Oct 03

Our debut in the Met League.

Men	
10 Jim Roche	27:52
17 Tom Carrick	28:29
40 Laurence Curley	29:37
41 Jon Cullom	29:39
49 Gordon Faulds	30:19
51 Tony Lashmar	30:22
72 Rich Newbold	31:33
87 Graham Bennett	32:18
96 Tim Mitchell-Smith	32:47
108 Mick Cairns	33:11
114 Richard Bruce	33:30
115 Terry Beackon	33:35
124 David Shortridge	34:04
211 Mike Wheeler	40:59
224 Patrick Fenn	45:04
(230 finishers)	

Teams (12 to score) (20 teams)

Woodford Green & ELAC	2443
London Heathside	2203
Ealing & SMAC	2083
VPH&THAC	1972

Women (6 to score) (17 teams)

64 Sarah Johnsen	18:36
76 Anna Fake	19:16
80 Elaine Battson	19:31
90 Cecile Brugnoli	20:43
(99 finishers)	

15th VPH&THAC 90

U17 Youths (2.5M)	
9 th Fuad Osman	13:50

Chingford League, Loughton, 18 Oct 03

Men	
3 Jim Roche	35:46
4 Tom Carrick	35:46
13 Gordon Faulds	37:23
35 Richard Bruce	39:40
47 Mick Cairns	41:12
58 Tim Mitchell-Smith	41:54
61 David Shortridge	42:01
111 Tony Bunbury	46:17
116 Gerry Franey	46:36
131 S. Prior	48:16
133 Mike Wheeler	48:27
157 Dave Leigh	60:07
(159 finishers)	

**"The Will to Win is Nothing Without
the Will to Prepare"**

Women

6 Georgia Wood	46:30
13 Kristi Hutton	48:19
21 Oona Ball	50:41
25 Sarah Johnsen	51:22
31 Elaine Battson	53:21
38 Anna Fake	55:36
(50 finishers)	

U15 Boys (4500m)

13 J Barber	19:45
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Men's A Team	4 th	160 pts
Men's B Team	7 th	794 pts
Women's A Team	3 rd	61 pts

Overall (after 3 races)

Men's A Team	5 th	19 pts
Men's B Team	3 rd	19 pts
Women's A Team	5 th	17 pts

Club 3.5M Champs, 25 Oct 03

Congratulations to Tim Grose on retaining his title, to Nicola Bryan on winning her first championship in the 6th best ever time at the club, and to Jack Taylor and Fuad Osman who picked up golds in the younger categories. 14-year-old Fuad would have placed 4th in the men's race!

Senior Men

Tim Grose	18:20 G
Jim Roche	18:30 S
James Waters	18:32 B
Dave Shortridge	20:56
Mick Cairns	21:19
Tim Mitchell-Smith	21:41
Gary Deathridge	23:11
Lee Bruce	23:59
Mike Wheeler	24:58
Alistair Bailey	25:46

Senior Women

Nicola Bryan	24:11 G
(6th= best all-time)	
Sarah Johnsen	24:58 S
Elaine Battson	26:21 B
Anna Fake	28:49
Pats McGrogan	30:25
Paula Weddell	31:08

U17 Men

Jack Taylor	20:56 G
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U15 Boys

Fuad Osman	20:23 G
Jamie Barber	25:24 S

Congrats to Lara Orija on Completing NY Marathon

AGM, 30 Oct 03

Election of Directors (at least 1/3 of the Board must stand for re-election or stand down each year)

Election: Cate Boyle

Election: Sarah Johnsen

Election: Chris Zah

Election (after previously being co-opted onto the Board) – Jane Silvester

Re-election – Tim Mitchell-Smith

New Board Composition

Chair - Terry Adams

Secretary - Brenda Puech

Director of Finance/Men's Road & Cross Country - Tim Mitchell-Smith

Director of Public Relations - Sarah Johnsen

Director of Facilities - Gary Bagnall

Director of Men's Track & Field - Chris Zah

Director of Women's Track & Field - **Vacant**

Director of Youth Track & Field - Jane Silvester

Director of Women's Road & Cross Country - Cate Boyle

Director of Youth Road & Cross Country/Youth Development - Pete Snell

Director of Coaching - Alf Vickers

Director of Officials - Rich Newbold

Director of Entertainment - Darren Stobbart

Veronica McCabe stepped down after two years as Secretary. Thanks, Veronica. Wayne DuBose stepped down after nine years in various posts.

Other Elections

President – Wayne DuBose

Vice President - Tim Mitchell-Smith

Life Member - Gerry Franey

Life Member - Kelvin Richards

Metropolitan League, Ruislip Woods, 1 Nov 03

16 Jim Roche	28:50
41 Jon Cullom	30:15
53 Tom Carrick	30:59
62 Tony Lashmar	31:35
72 Graham Bennett	32:04
78 Richard Bruce	32:25
102 David Shortridge	33:43
138 Garry Walker	36:12
186 Mick Cairns	39:38
206 Rich Newbold	41:11

207 Alistair Bailey 41:20

208 Lee Bruce 41:37

Team Race - 10th 1400 pts

After 2 Races - 5th 3372 pts

New York City Marathon, 2 Nov 03

Lara Orija 6:49:00 (6:32:20 from the start line). Well done, Lara!

Stevenage Half Marathon, 2 Nov 03

Pos	Time	Name
Men		
64	1:30:55	Terry Beackon
169	1:42:45	Mikcos Toth
206	1:45:42	Michael Wheeler
228	1:47:49	Steven Bage
231	1:48:07	Anthony Bunbury
351	2:01:59	David Webb
406	2:29:32	David Leigh
Women		
56	1:55:00	Joanna Sargent
97	2:06:57	Patricia McGrogan

Exploring Suburbia - a Journey through the Rain (by Jo Sargent)
 Sunday 2nd November. A relatively ordinary day. Unless you happened to be amongst a small number of individuals from VPH&THAC. For, on the rainiest day of the year so far, along with x other nutters, we set out to conquer the Stevenage ½. The clubhouse was the agreed meeting point. The time 8.45 am. It was from here where myself, Dave the Bus Driver, Geordie Steve, Pats and friend Jacqui, plus Dave "Man of a Certain Age" Webb met our chauffeur and fellow runner Tony B. By this point in time, it had already been raining for the past two hours so a quick jog to Tony's car was required. And I must say both myself and Pats were rather impressed by our mode of transport – a flashy silver 5 seater. And so our journey into suburbia began. It was during this journey that we learnt that Jacqui and Geordie Steve were truly insane. For they were both intending to purchase their numbers for the race when we got there, the pouring rain at this point obviously being of no concern. Whereas the rest of us, well we were only really at the clubhouse as we had promised Tony we would be, and of course poor Tony couldn't pull out as he had kindly agreed to be our

chauffeur. In other words, if this was an ordinary Sunday then I doubt many of us would have made the regular 9.30am run. We also learnt, in the temporary warmth, that Dave the Bus Driver had only finished work at 5:30 that morning, thus having less than 2 hours kip, and the furthest he'd ever run before was 6 miles. Also, that Jacqui was slightly worried of the affect the rain might have on her hair. Not that she was vain of course. But only the other day she'd used some hair dye, the type that washes out. And with the rain not letting up, well would her cap offer enough protection? During our ride towards Stevenage, we received a call from Mik to clarify directions. It was only on our return that I discovered Miklos to be one our new members and not Micky Wheeler. For naively, I had assumed that Mick had reluctantly realised that his views against all these yuppies infiltrating the East End weren't getting him anywhere, so if you can't beat them then why not join them. Hence, the slight alteration of name. We arrived with less than 20 minutes to spare where we met up with Mik. Umbrellas were definitely requested on our walk towards the hall where we quickly changed before the organisers ordered us to brave the increasingly wet and windy world outside. At 10:30 am prompt, we were off. The first ten minutes was accompanied by lots of laughter – most of it hysterical. By this time, we already resembled severely drowned rats. Then all went silent as each of us seemed to become increasingly preoccupied in our own world, namely questioning our sanity. And to think we were paying for this experience. How we all completed the course I shall never know. Only that by the time the finish line loomed, many of us surprised ourselves by not collapsing from pure exhaustion. All I can say is that the medals we received were well deserved. And by the way, the rain decided to miraculously stop when the last competitor came through. So, what of the results? Well, first to finish was Terry Beacon, with an impressive 1:30. Next in was Miklos, the dentist, scoring a time of 1:42. Mik, having not run a ½ marathon since 1998, now looks to be back on track, finishing in 1:45.

Kath Gundersen Leads Women's Team To Ware Cup Victory

Geordie Steve and Tony weren't far behind though with times of 1:47 and 1:48 respectively, followed by a ready to collapse Jo at 1.55. Special congratulations to Jacqui who, in her second ½ marathon, knocked 10 minutes of her PB with an impressive 2 hours. And yes her hair dye did run. Also to the two Daves for completing their first ever half's. And believe me guys, after the conditions we had on this day, any other race is going to be easy. Thankfully, they seem not to be deterred. Dave Webb, who finished in 2.02, has set himself a goal to run a 2 hour half then never again. Whereas Dave the Bus Driver, the one who went to bed at 5.30am, finished in 2.29, and is keeping his fingers crossed for a place in the marathon. Not forgetting Pats of course – finishing in 2.06. And the only woman I've ever met to have ran 4 marathons – go girl! And last but not least special thanks must go to our darling Roger who bravely experienced the torrential conditions to cheer us all on. The same too for our chauffeur Tony. So if they're more merrier than usual in the bar this Thursday then please forgive them for the drinks are on us.

Chingford League 5K, Eastway, 4 Nov 03

Men	
3 Tom Carrick	16:01
(17th all-time)	
9 Jim Roche	16:35
20 Tony Lashmar	17:15
40 Tim Mitchell-Smith	18:16
42 Dave Shortridge	18:39
44 Mick Cairns	18:46
56 Ron Vials	19:11
60 John George	19:18
64 Terry Beackon	19:26
76 Gary Deathridge	19:44
77 Declan Phelan	19:46
82 Miklos Toth	19:56
88 Simon Proctor	20:11
115 Lee Bruce	21:26
116 Gary Walker	21:28
119 Mike Wheeler	21:42
132 D. Sprange	22:26
144 Aaron Pelligrini	23:47
148 Andy Gajbutowicz	24:21

U15 Boys (2M)	
16 Jamie Barber	13:11

U17 Men (2M)	
3 Jack Taylor	11:36
Women	
8 Nicola Bryan	21:02
(5th all-time)	
9 Georgia Wood	21:13
15 Sumi Mendis	21:39
(8th all-time)	
18 Kristi Hutton	22:13
25 Elaine Battson	23:10
27 Jane Willdigg	23:29
(20th all-time)	
39 Pats McGrogan	24:59
41 Zoe Gower	25:10
42 Jillian Watt	25:11
43 Paula Orton	25:15
47 Brenda Puech	26:11
55 Philippa Cockman	28:05
63 Jo Sargent	28:55

Men's A Team - 4th 158
Men's B Team - 3rd 430
Women's Team - 3rd 50
After 4 races
Men's A Team - 5th 26
Men's B Team - 3rd 27
Women's Team - 4th 25

Rainforest 10k, Victoria Park, 9 Nov 03

14 David Shortridge	39:02
104 Diane Shields	45:12
(3rd all-time)	
153 Simon Prior	47:08
155 Elaine Battson	47:14
303 Pats McGrogan	52:35
464 David Leigh	57:30
573 Paula Weddell	61:26
674 Nicola Maguire	70:56
(705 finishers)	

From: Ambika Sahay
Sent: 10 November 2003
To: Timothy Mitchell-Smith
Subject: Thank You

Hi Tim,
I just wanted to say a big THANK YOU to you and everybody at VPH&THAC. You guys have been a real star! The event went off really smoothly, thanks to your efforts. I hope you have recovered from yesterday! I am barely getting myself back together. This was one of the biggest events we at the Rainforest Foundation have ever organised! When I was at the water

station, Rob just tapped me on my shoulder to look back at the number of runners that passed by! I was amazed....there was a swamp of runners and it felt really good. I hope you have that same sense of achievement because it's what you have done.....got hundreds of runners to enjoy a good 10k run! Once again thank you for all your help. Cheers, Ambika Sahay
The Rainforest Foundation

Ware Cup, Loughton, 15 Nov 03

1. Danny Rose (Walthamstow)	
	28:31
2. Jim Roche	
	28:41
6. Tony Lashmar	
	29:15
8. Gordon Faulds	
	30:53
10. Dave Shortridge	
	31:37
13. Mick Cairns	
	32:19
25. Kath Gundersen	
	34:20(L1)
31. Alistair Bailey	
	36:04
33. Garry Walker	
	36:21
34. Sumi Mendis	
	36:32(L2)
43. Sarah Johnsen	
	38:30(L6)
52. Elaine Battson	
	40:36(L11)
53. Oona Ball	
	40:49(L12)
60. Anna Fake	
	42:55(L18)

Men's Team (6 to score):

1. Walthamstow	53
2. VPH & THAC	70
3. Eton Manor	71
4. Loughton	123

Women's Team (4 to score):

1. VPH & THAC	154
2. Loughton	165
3. Eton Manor	203

London XC Champs, Parliament Hill, 22 Nov 03 (Mick Cairns reports)

A total of 11 club runners braved the first rainy Saturday of the XC season to run in the London Champs at Parliament Hill. First off were the women over 5k with Nicola Bryan leading home Sumi Mendis and then Elaine Battson. They passed on some useful info to us guys about the course, mainly to watch out for cracks which had appeared during the long hot summer - remember that? This proved to be good advice but as the race wore on, these became harder to spot as my specs continually steamed up/got

Dave Leigh Runs PB To Win Well Street Common Race

covered in rain and mud (should invest in some of those Elton John numbers). Tony Lashmar inevitably led the team home in 35th place, followed by Jon Cullom, Graham Bennett, David Shortridge, Mick Cairns, Terry Beackon, and Pete Wright. That's my last XC race for the year as I'm heading for sunnier climes at the weekend. See you all in the New Year!

Men (10k)

35 Tony Lashmar	35:21
44 Jon Cullom	36:09
72 Graham Bennett	37:58
91 David Shortridge	39:24
104 Mick Cairns	39:58
127 Terry Beackon	42:01
141 Peter Wright	42:57
Team result (4 to score)	12th 242 pts

Women (5k)

39 Nicola Bryan	22:36
46 Sumi Mendis	22:53
73 Elaine Battson	25:38

Tim Grose Gets Bored On Holiday

On 25 November, on a very wet day in Poole, Tim Grose decided to go for a long run. Four hours and five minutes and 30 miles later, Tim stopped. He described himself later as "a little stiff!"

Club 2.9M Handicap, Well St Common, 27 Nov 03

As well as Kath Gunderson, Sumi Mendis, and Jane Willdigg entering our all-time rankings list, 16-year-old Jack Taylor ran exceptionally well.

	<u>H'cap</u>	<u>Actual</u>
1 Dave Leigh	25:04	23:04 PB
2 Jon Mail	25:05	23:05
3 Jack Taylor	25:57	16:57*
4 Alison Marrs	26:02	26:02
5 Nick Robinson	26:10	19:10
6 Jamie Barber	26:14	20:14 PB
7 Declan Phelan	26:15	19:15 PB
8 Sumi Mendis	26:20	19:20 PB
(5th all-time)		
9 Tim Sevitt	26:25	21:25*
10 Dan Sprange	26:30	19:30*
11 Jane Willdigg	26:33	22:33 PB
(22nd all-time)		
12 Russ Russo	27:09	27:09 PB
13 Kath Gunderson	27:12	19:12*
(3rd all-time)		
14 Bjorn Strehl	27:19	19:19*
15 Tony Lashmar	27:33	16:03

16 Dave Webb	27:48	21:48
17 Brenda Puech	27:55	24:55 PB
18 Gary Deathridge	27:58	18:58
19 Terry Beackon	28:12	16:42
20 Paul Johnston	28:12	22:12
21 Pat Fenn	28:16	24:16 PB
22 Jenny Costelloe	28:50	24:50*
23 Pats McGrogan	28:50	23:50
24 Nicola Maguire	31:57	31:57*

**Metropolitan League,
Horsenden Hill, 29 Nov 03**

38 T. Lashmar	29:36
47 J. Cullom	29:56
77 J. Roche	31:11
80 T. Mitchell-Smith	31:15
89 R. Bruce	31:32
97 J. Bly	31:47
110 D. Shortridge	32:33
133 T. Beackon	33:52
166 G. Deathridge	35:35
187 G. Walker	36:57
190 A. Bailey	37:23
202 M. Toth	37:59
224 L. Bruce	40:07
236 A. Gajbutowicz	44:16
(241 finishers)	
Team Result	1,488 pts (7 th)
After 3 Races (20 teams)	4,860 pts (6 th)

Senior Women

24 K. Gunderson	15:24
42 N. Bryan	16:17
52 S. Mendis	16:33
89 E. Battson	19:10

(97 finishers)

Team Result	186 pts (12 th)
After 3 Races (19 teams)	276 pts (15 th)

U17 Men

36 th J. Barber	17:18
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Club XC Champs, Woodford Green, 6 Dec 03

Congrats to all the stalwarts who turned out for the Club XC event and particularly to the trophy/medal winners. Special thanks should go to Tim Mitchell-Smith and Jim Roche. Tim was fully prepared to officiate rather than run (in spite of being desperate to retain his medal) and was only reprieved with a minute to go! (Editor's Note: Many thanks to Barbara McHugh DeClare for officiating). Every year, Jim very unselfishly gets out really early and runs the entire course, marking the route with flour and tape!!

My only complaint is that in spite of expending huge amounts of energy as he carries four bags of flour marking the course, Jim still comes back and wins the event!! To my mind, the Club XC Champs is the essence of XC running - the eccentricity of the sight of a small group of runners, silhouetted and shivering on the start line, never mind running through the mud, epitomises what it's all about! Well done to everyone. (Peter McHugh DeClare reports)

Sr Men 5 Miles

1. Jim Roche	14:47/29:45G
2. Tony Lashmar	14:49/29:58S
3. Tim Mitchell-Smith	15:43/32:04B
4. Dave Shortridge	15:53/32:12
5. Peter McHugh DeClare	17:20/35:09
6. Ron Vialls	17:28/35:17
7. Miklos Toth	17:49/37:07
8. Terry Beackon	16:44/38:05

Sr Women 2.5 Miles XC Champs

1. Nicola Bryan	17:50 G
2. Diane Shields	19:46 S
3. Elaine Battson	21:13 B

U17 Men 2.5 Miles XC Champs

1. Jack Taylor	15:17 G
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U15 Boys 2.5 Miles XC Champs

1. Jamie Barber	19:06 G
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Luton Marathon, 7 Dec 03

Well done to Jon Cullom who won a silver medal for finishing second in the Hertfordshire Marathon Champs, on his debut for the distance, in a time of 2:54:59. The race was run over what sounded like a very tough course. Overall, Jon came 15th out of 316 finishers. (Jim Roche reports)

Chingford League, Hackney Marshes, 13 Dec 03

16 Richard Bruce	29:03
31 Tim Mitchell-Smith	30:22
32 Dave Shortridge	30:32
50 Terry Beackon	31:52
72 Peter Wright	32:23
88 Alistair Bailey	34:34
92 Garry Walker	34:48
103 Dan Sprange	36:13
113 Lee Bruce	36:58
114 Gregory Close	37:01
(127 finishers)	

Nine Club Members Make National Rankings!

Men's A Team - 5th 299 pts
After 5 races - 5th 32 pts
Men's B Team - 6th 817 pts
After 5 races - 3rd 32 pts

32 Anna Fake 43:04
(43 finishers)

Women's Team - 7th 161 pts
After 5 races - 4th 29 pts

Girls U13 (3000m)

16 S. Wells 15:25
20 J. Bullman 18:09
22 A. Ullah No time
23 D. McKerr No time

Boys U13 (3000m)

12 S. Leighton 14:03
15 J. Potticary 14:19

Boys U15 (4500m)

1 F Osman 18:16
11 J. Barber 21:48
13 G. Davies 21:56
15 P. Coneely 22:19
16 A. Khalil 23:27

Great Barford Half Marathon, 14 Dec 03

Nineteen club members took part in this year's Great Barford Half Marathon. Is this a club record for a half marathon not being hosted by the club? It's clearly a record for VPH & THAC but is it also a record for the club before amalgamation? A big thanks to Roger Daniels (great support), and Peter and Barbara McHugh DeClare for providing needed support just before the crest of the last hill and taking photos. Last but not least, Tim for pacing Sumi and Diane to great times. (Anthony Bunbury reports)

We shivered along in the chilly winds, bravely battling up hill and down dale across the Bedfordshire countryside from mile sign to mile sign. But the views were stunning, the support and marshalling friendly, and the wintry weather made the post-run country pub re-fueling session that much more enjoyable. From the Special Mentions department - we had three half marathon first timers: Oona, Phillipa and Declan (!). Brenda was in good form despite the after-effects of the Greenwich Cyclists Celidh, Tim had raced in Saturday's cross country five

miler, and Tony L crossed in 7th place - our very own hero. Well done to all, and big thanks to Roger and the drivers. (Pats McGrogan reports)

7th Tony Lashmar 76:49
149th Declan Phelan 93:44
225th Sumi Mendis 97:29
226th Miklos Toth 97:29
239th Steve Bage 98:02
305th Diane Shields 1:41:24
306th Tim Mitchell-Smith 1:41:28
324th Anthony Bunbury 1:42:30
559th Jo Sargent 1:52:23
578th Oona Ball 1:53:18
664th Pats McGrogan 1:56:28
809th Debbie Bowler 2:03:47
810th Paula Orton 2:03:47
861st Brenda Puech 2:07:36
884th Dave Webb 2:09:52
907th Philippa Cockman 2:14:22
919th Kate Denny 2:17:07
938th David Leigh 2:21:35
(973 finishers)

North of the Thames Sr 11k race (incl. Club 7.5M XC Champs), Alexandra Palace, 20 Dec 03

Tim M-S reports - A fairly small field for the North Of Thames Sr XC champs on Saturday. A combination of injury, illness and the lure of Xmas shopping meant that there were only 118 finishers on the day. It's a shame because they missed a race that had all the ingredients for classic cross country - driving rain, biting wind, horrendous hill climbs, suicidal descents and a monumental hangover! The race (nominally 11k) was being used to stage our Club 7.5M XC champs although in hindsight it seemed well short of that distance, probably nearer 6 miles in truth. Congratulations to Tony Lashmar who led the 9-strong VPTH contingent home to win the club title. Tim Mitchell-Smith fought off the after-effects of Alison Marrs' leaving do to take silver with Dave Shortridge holding off Simon Perham for the bronze medal. The 6-to-score team came home in 8th place, but with an extra 3 runners we would have had a very real chance of winning the 12-to-score Middlesex Cup which went instead to Serpentine. Well done to all who braved the conditions. Special thanks to Barbara McHugh DeClare for vital support halfway up THAT hill!

30. Tony Lashmar 34:53 **G**
57. Tim Mitchell-Smith 37:37 **S**
67. Dave Shortridge 38:48 **B**
68. Simon Perham 38:59
73. Terry Beackon 39:31
77. Peter McHugh DeClare 39:59
94. Gary Deathridge 42:59
105. Lee Bruce 45:54
108. Tony Bunbury 46:45

UK Rankings 2003

Senior Women

Symone Belle - 100 11.92 (22nd), 100H 13.53 (7th=), LJ 5.99 (15th)

Senior Men

Rikki Fifton

100 10.68/10.59w (44th)

200 21.09 (19th)

Gibril "Pato" Bangura

100 10.49 (foreign athlete. Would rank 16th=)

200 21.62 (foreign athlete. Would rank 48th=)

Richard Alleyne

110H 14.00 (11th)

U20 Women

Symone Belle

100 11.92 (8th)

100H 13.53 (1st)

LJ 5.99 (3rd overall, but 1st not counting wind-assisted jumps)

*Symone was one of eight nominated by Athletics Weekly as the Best British Young Female Athlete.

U20 Men

100 Rikki Fifton 10.68/10.59w (8th)

100 Gibril Bangura 10.49 (foreign athlete. Would rank 2nd=)

200 Rikki Fifton 21.09 (3rd)

200 Gibril Bangura 21.62 (foreign athlete. Would rank 14th)

U15 Boys

TJ Jerome Paul 12.25 (13th)

100m

Jahangir Samad 11.50 (8th), Daniel

Gibbons 11.54 (11th)

U13 Girls

75 Danielle Dallenger 10.2 (11th =)

(Only just realised that Danielle's time is a new club record by a whole second)

70H Millie Zah 11.8 (10th)

In Athletics Weekly's UK Merit Rankings 200, Richard Alleyne ranked 9th in the Senior 110H and Symone Belle ranked 9th in the Senior 100H. Regretfully, Richard has since joined Woodford Green & Essex Ladies AC.

Our Very Best Men Track & Field Stars

Track & Field Top 10 Rankings 2003

MEN					
100		Fuad Osman	4:32.1	Richard Newbold	10:14.7
Gibril Bangura	10.49	Tony MacDowall	4:32.7i	Jon Collum	10:26.3
Rikki Fifton	10.59w	Terry Beackon	4:33.4	Gordon Faulds	10:34.3
Chris Musa	10.98			Colin Oxlade	11:24.9
Tunde Balogun	11.07	3000		Tony Lashmar	11:35.8
Kylon Collins	11.4	Tim Grose	8:59.42	Terry Beackon	11:46.4
Cymon Gibbons	11.4	Graham Bennett	9:08.3	Jack Taylor	11:47.4
Jahangir Samad	11.50	Tony MacDowall	10:27.78	Tim Mitchell-Smith	12:00.7
Daniel Gibbons	11.54	Fuad Osman	10:41.8		
Jason Dwaah	11.60	C. Longbottom	12:20.5	LJ	
Arnold Duah	11.6			Abdul Buhari	6.54
Dean Kosoko	11.6	5000		Marc Malone	6.24
		Sam Pullan	15:36.01	Lourens Malan	6.01
200		Tim Grose	15:51.29	Lee Bruce	5.88
Rikki Fifton	21.09	Graham Bennett	16:35.2	Jerome Paul	5.78
Gibril Bangura	21.62	Jim Roche	16:41.36	Randal Porter	5.68
Chris Musa	22.5	Tony Lashmar	16:41.4	Alex Duah	5.53
Kylon Collins	22.59	James Waters	16:58.1	Simon Butler	5.50
Darren Robinson	23.02	Rich Newbold	17:18.1	Jahangir Samad	5.49
Abdul Buhari	23.4	Damian Manning	17:24.1	Wayne Jones	5.49
Jason Dwaah	23.6	Tim Mitchell-Smith	19:14.4		
Lourens Malan	23.6			HJ	
Jahangir Samad	23.68	10000		Marc Malone	1.85
Tunde Balogun	23.7	Tim Grose	33:20.8	Alex Babb	1.80
		Jon Cullom	35:18.8	Lee Bruce	1.80
400		Jim Roche	35:20.3	Lourens Malan	1.65
Rikki Fifton	49.2	Tony Lashmar	36:12.3	Simon Butler	1.65
Shaun Alley	52.15	Ron Vials	38:29.4	Fuad Osman	1.60
Lourens Malan	52.4			Hashim Goodsir	1.60
Alex Babb	54.39	110H		Carl Paul	1.55
Terry Beackon	54.9	Richard Alleyne	14.00	Wayne Jones	1.50
Eniola Oluwasanya	55.2	Darren Robinson	16.0	Randal Porter	1.48
Danny Pond	55.5	Michael Owusu	17.1		
Jerome Paul	55.6	Lourens Malan	17.1	TJ	
Thomas Crosbie	56.3	Richard Saunders	18.6	Melt Devos	13.52
Peter Ball	56.4	Randal Porter	19.5	Lourens Malan	12.37
		Tony MacDowall	22.7	Abdul Buhari	12.35
800		Richard Newbold	23.0	Jerome Paul	12.25
Richard Bruce	2:00.87	Terry Beackon	23.4	Lee Bruce	11.93
Tim Grose	2:01.4	Dave Shortridge	26.4	Wayne Jones	11.78
Terry Beackon	2:04.7			Randal Porter	11.14
Graham Bennett	2:09.8	400H		Marc Malone	11.10
Lourens Malan	2:10.7	Darren Robinson	55.95	Simon Butler	10.91
Victor Oderinde	2:11.3	Richard Alleyne	56.0	Danny Pond	10.37
David Shortridge	2:11.62	Lourens Malan	59.4		
Fuad Osman	2:12.0	Richard Saunders	60.5	PV	
Gordon Faulds	2:12.7	Terry Beackon	67.5	Lourens Malan	3.20
Thomas Crosbie	2:13.1	Richard Newbold	68.2	Jayden Ali	2.90
		Jayden Ali	69.0	Mike Wheeler	2.80
1500		Darren Clark	74.5	Wayne DuBose	2.40
Tim Grose	4:05.04	Dave Shortridge	75.0	Randal Porter	2.22
Graham Bennett	4:12.7	Tim Mitchell-Smith	81.2	Terry Adams	2.20
Laurence Curley	4:18.94			Darren Clark	2.20
Tom Carrick	4:19.2	2000SC		Terry Beackon	1.90
Jon Cullom	4:25.39	Tim Grose	6:34.2	Jonathan Browne	1.60
Gordon Faulds	4:29.6			Tim Mitchell-Smith	1.50
Jim Roche	4:30.6	3000SC			
		Tim Grose	9:56.97		
		Laurence Curley	10:12.65		

Our Very Best Women Track & Field Stars

SP		200		400H	
Randall Porter	11.31	Perri Shakes-Drayton	26.16	Sarah Johnsen	88.0
Tony Alexander	10.79	Johnelle Gibbons	27.1	Anna Fake	89.8
Wayne DuBose	10.59	Elizabeth Ali	27.4		
Lourens Malan	9.81	Marie Ayoola	27.9	3000SC	
Kelvin Richards	8.91	Amander Ranger	28.4	Sarah Johnsen	15:23.6
Mike Wheeler	8.38	Maame Agyeman-Duah	29.2	Anna Fake	17:38.1
Terry Beackon	8.04	Caryl Whittaker	29.4		
Shams Ghali	7.81	Raquel Feeley	29.6	LJ	
Tony MacDowall	7.40	Danielle Dallenger	30.0	Symone Belle	5.99
Ian McGilloway	5.82	Millie Zah	30.12	Amanda Ranger	5.12
				Elizabeth Ali	4.96
DT		300		Sareena Robinson	4.80
Tony Alexander	33.41	Zerlina Agyeman-Duah	45.6	Caryl Whittaker	4.54
Wayne DuBose	31.99	Caryl Whittaker	48.5	Louise Blake	4.51
Randal Porter	27.88			Millie Zah	4.22
Lourens Malan	27.44	400		Kari Oyenuga	4.20
Kelvin Richards	23.99	Patricia Asante	64.5	Jasmine Chukwu-onu	3.91
Richard Bruce	22.63	Zerlina Agyeman-Duah	64.9	Zerlina Agyeman-Duah	3.82
Terry Beackon	20.45	Michelle Bishop	68.1		
Shams Ghali	19.73	Sarah Johnsen	69.8	HJ	
Mike Wheeler	19.27	Anna Fake	74.9	Symone Belle	1.55
Garry Walker	16.99	Elaine Battson	87.0	Sareena Robinson	1.50
				Johnelle Gibbons	1.45
JT		800		Rebecca Peterkin-Belle	1.44
Wayne DuBose	44.08	Perri Shakes-Drayton	2:25.6	Jasmine Chukwu-onu	1.31
(28th year ranked first)		Michelle Bishop	2:31.2	Louise Blake	1.30
Lourens Malan	43.30	Lorraine Bishop	2:34.7	Taytum Steele-Hinds	1.25
Randal Porter	36.09	Zerlina Agyeman-Duah	2:39.3	Caryl Whittaker	1.25
Tony Alexander	35.91	Sarah Johnsen	2:39.5	Sarah Johnsen	1.25
Kelvin Richards	32.66	Millie Zah	2:52.6	Anna Fake	1.25
Darren Clark	27.00	Anna Fake	2:58.3		
Mike Wheeler	26.65	Maxime Salter-George	3:01.0	TJ	
Terry Beackon	23.33			E Owen	10.09
Tim Mitchell-Smith	16.23			Zerlina Agyeman-Duah	9.49
		1500		L Ojetola	9.26
HT		Lorraine Bishop	5:32.2	Sarah Johnsen	8.09
Tony Alexander	38.76	Lydia Bruce-Burgess	5:40.1	Cecile Brugnoli	6.80
Richard Bruce	27.49	Sarah Johnsen	6:09.1	Anna Fake	6.77
Shams Ghali	21.76	Cecile Brugnoli	6:11.0	Marie Ayoola	5.60
Kelvin Richards	21.12	Anna Fake	6:30.0		
Randal Porter	19.91	Maxime Salter-George	6:33.7	PV	
Mike Wheeler	19.61	Zerlina Agyeman-Duah	7:03.7	Aude-Claire Markiewicz	2.00
Lourens Malan	18.46			Caryl Whittaker	1.90
Terry Beackon	15.24	3000		Anna Fake	1.70
Wayne DuBose	13.75	Georgia Wood	11:53.8		
Tim Mitchell-Smith	11.69	Lydia Bruce-Burgess	12:15.8	SP	
		Sarah Johnsen	12:46.3	Banke Olofinjana	9.42
		Cecile Brugnoli	13:47.6	Karenate Songhoron	9.30
WOMEN				Louise Blake	8.51
100		5000		Jamie Dallenger	7.11
Symone Belle	11.92	Sarah Johnsen	22:25	Kari Oyenuga	7.01
Johnelle Gibbons	13.1	Anna Fake	29:16	Sarah Johnsen	6.68
Elizabeth Ali	13.2			Zerlina Agyeman-Duah	6.00
Amander Ranger	13.34	100H		Anna Fake	5.79
Marie Ayoola	13.4	Symone Belle	13.53	Marie Ayoola	5.70
Maame Agyeman-Duah	13.7	Sarah Johnsen	22.9	Aude-Claire Markiewicz	5.25
Danielle Dallenger	13.8	Anna Fake	23.0		
Raquel Feeley	13.9				
Zerlina Agyeman-Duah	14.0	300H			
Charlotte Mensah	14.1	Caryl Whittaker	50.46		

Athletes From The Past Remembered

DT

Karenate Songhoron	33.67
Banke Olofinjana	24.00
K. Joseph	22.84
Jamie Dallenger	20.49
Louise Blake	19.15
Elizabeth Nassuna	15.60
Anna Fake	14.01
Aude-Claire Markewicz	13.25
Lydia Bruce-Burgess	11.43
Katy Denny	11.05

JT

Banke Olofinjana	25.84
Louise Blake	21.57
Aude-Claire Markewicz	15.86
Patricia Asante	15.11
Kari Oyenuga	12.58
Jamie Dallenger	12.55
Sarah Johnsen	11.97
Anna Fake	11.80
Marie Ayoola	11.74
Clare Chapman	10.89

HT

Karenate Songhoron	24.25
Aude-Claire Markewicz	16.34
Sarah Johnsen	14.85
Anna Fake	12.55

20 Sep 03

Dear Wayne,

Received the last mag and read the sad news about Jack Flowers. I immediately wrote to Ted. I told him that he and Ted were not just members of VPH, they WERE VPH and always would be. I could write a complete book on them both for I joined the club from the RAF in 1953 and they were the yardstick for everyone to emulate. Reading an account of the London to Brighton relay in 1962 (we finished 17th out of the top 20 clubs in the country), I realised that Jack had run in the 7th leg beating his previous time by 23 seconds. The startling fact, that I have only just realised, is that Jack was 46 years old! To run in that sort of company at that age was truly remarkable. I find it very reassuring that the present day club members appreciate Jack & Ted so much. Also reading the club magazine, I realise that the club is in good hands. It seems that the sport of athletics still attracts the best kind of individual.

Ted's new address by the way is:

Rossetti Lodge
3 Sea View Road
Birchington, Kent
CT7 9LB

Please write to him and show he's not forgotten.

Bob Long
Forge Cottage
12 D'Arcy Road
Tolleshunt Knights
Tiptree, Nr Colchester, Essex
CO5 0RP

PS Wayne, please show my address so that my old team mates can get in touch, especially Pete Potter who probably still has bad dreams of the awful breathing noise I sometimes used to make in distance races on the track.

From: "Skegg John"

Sent: Monday, September 22, 2003

My father - Stanley Skegg- a member of VPH in the early 50's will be 70 in October. I would be grateful for any information anecdotes relating to his athletic performances as a sprinter and long jumper. Yours, John Skegg

From: "Wayne DuBose"

To: "Skegg John"

Sent: Friday, September 26, 2003

Hi John,

I had an enjoyable time putting together your Dad's history with the club. All credit to a gentleman named Gordon Everson who maintained excellent records which have passed down through the ages. In fact, Gordon is a Life Member of the club to this day. Below is my proposed letter from the club in celebration of your Dad's birthday. I'm happy to print this out on VPH letterhead or you can use the information below as you see fit. If the former, please send me your address.

Best wishes, Wayne

To all those fortunate enough to be at Stan's birthday celebration, At the age of 16, Stan Skegg was accepted as a Victoria Park Harrier at the monthly committee meeting which took place on 19 July 1950 and during his five seasons with the club made a significant impact. In Gordon Everson's

history of the Harriers, he describes Stan in 1951 as "cheerful and cherubic", but that didn't stop Stan from winning the London Junior Long Jump Championship that year, also setting a Club Junior Long Jump Championship record with 20' 2 ½" (6.16), and winning the Club Junior 100 yards title in 10.8 seconds as well. He also showed versatility and maturity by finishing 3rd in the Senior Long Jump, 2nd in the Junior 220 yards race, and 3rd in the Junior Javelin. By the end of the summer of 1952, although still only 18, Stan had long jumped 20'4 ¼" (6.21) and was ranked as the 8th best ever long jumper at VPH in its 26-year history and also the 2nd best ever Junior jumper. 1953 proved to be a great sprinting year for Stan and I quote from club magazines of the time:

"Alex Meyer Trophy at Victoria Park, 27 June 1953

On weekend leave from the Army, Stan Skegg helped out in the 100 yards and long jump and made us realise how much we could do with his regular assistance."

"Farringdon and Burgess Trophies at Southall, 18 July 1953

Stan Skegg equalled the track record with an astounding 10.3 for the 100 yards."

This time made Stan the 3rd equal fastest ever 100 yard sprinter at Victoria Park Harriers, only two-tenth of a second behind the fastest club sprinter ever. That same year, Stan ran the 220 yards in 23.8 seconds, making him the 6th equal best 220 yard runner in the then 27-year history of the club. Prior to the merger of Victoria Park Harriers and Tower Hamlets Athletics Club in 2001, an all-time rankings list was created for all the Victoria Park Harriers track and field events during its 75-year history. Stan made that list in the short sprint and consequently will be ranked for eternity. Victoria Park Harriers wishes Stan Skegg, a loyal club member of the 50's and one of the club's very best sprinters, a very, very happy 70th birthday. Wayne DuBose, Director of Public Relation

Joe Loboda Is A Father! Congratulations!

From: "Evelyn Skegg"
 To: <dubose@enterprise.net>
 Sent: Tuesday, November 04, 2003
 Subject: Stan's 70th

Wayne--John has passed your correspondence to me regarding all you did for Stan's 70th birthday. What you did really made the occasion for him. I have never seen him so overcome. I know he would like to thank you himself and send a couple of photographs. If you could let me have an address he will contact you himself. Thank you so much, Evelyn Skegg

10 Nov 03

Dear Wayne,

Whilst I have never met you, I feel somehow that you probably know as much about me or rather the events of my youth at VPH as anyone. Let me say straight away that I am most grateful to you for what you did to help my son John and family to make my 70th a very memorable day, especially the history of my time with the club. I have been, in a loose way, in contact with Gordon Everson, which came about through bowls. He belongs to a club in Brentwood and I was with a club in Ongar and our clubs had an annual friendly match. Although at first I didn't recognise him, through conversation during one of the games, our common interest became clear and then I realised who Gordon was, not forgetting his father who was also an active member of VPH. Without boring you with too much detail, may I relate to you the sequence of events at the restaurant where we, the family, celebrated my 70th. The evening flowed enjoyably with the wine and good food going down very well, when John spoke with much effect, mentioning some of the times he and his sister Janette had spent in their youth and through to teenagers in the family home. All of this I found very touching. He then highlighted the time I had spent in athletics. Now this came as a surprise, as I did not expand on this during their time as children. To my amazement, he then produced your record of my time with the club and the details of times and distances achieved during those years (some of the names I



Stan Skegg 2003

remember very clearly). John, not being one to lose an opportunity to increase the drama, and seeing that I was totally knocked out by the production of the history you had put together, and seeing I was speechless, held up a VPH vest with blue sash and badge, which if I was knocked out up to then, tipped me over. It's a long time since a lump has come to my throat, and I must confess without any shame, a tear welled up in my eye. I am indeed very grateful to you for the time you spend keeping a record of events of the club and its members and long may you bring happiness to past members.

Sincerely, Stan Skegg
 Cona-Mychas
 Stondon Massey
 Brentwood, Essex
 CM15 0ER

Joe Loboda Is A Father!!!!

Mon Oct 27, 2003

Huge congratulations to Joe and Claire on the birth of baby Elizabeth last Friday. She weighed in at 7lb 2oz and according to Joe has 'runners legs'! Mother and baby are doing well. Joe promises to be over at the club very soon so we'll get a chance to wet the baby's head.

Terry Adams Reflects

Two years ago, I offered to manage the Men's track & field team following our merger. I knew most of the athletes from both sides of the new club and as one of the strongest advocates of the merger felt I owed the club a year in the job. I'd secretly expected us to do very well and anticipated promotion from Division 3. We actually won every match and ran away as champions by a comfortable margin. Although our athletes all got along well right from the start, we were still wearing the vests of the two original clubs and scratching around for four in the same colours when it came to the relays. The B team boys actually fell foul of this rule by getting disqualified in the 4x100 at the first fixture. A hard lesson learned. I felt this first season hadn't fully cemented the relationship between both sides and that perhaps there was still a small element of two camps so I decided to stay on for another year. As we went into the 2003 season, we were proudly wearing our new colours after the long journey to Barnstable in Devon for the first fixture. The home club had been promoted with us the year before and were obviously going to be strong opponents at their own track. In addition, the opposition included Newham & Essex Beagles and Ashford who were also among the strongest teams in the division. Fortunately, we'd managed to take virtually our strongest team as a result of a major logistics operation and the aid of some sponsorship for an overnight stay. After a hard fought day, we found ourselves well in front before the steeplechase but our premier distance man Tim Grose was involved in a dispute following the race due to a miscount of the laps by the officials. Having won the race, Tim was naturally annoyed to find himself disqualified and was putting his case to the officials when an athlete from another club attempted to intimidate him by poking his nose in with personal insults. Before I could intervene, I was beaten to the mark by a group of our young sprinters and jumpers who made the guy very aware that they weren't going to allow anyone to bully one of their team mates. This was when I knew that

Marc Malone Went "Above And Beyond The Call Of Duty"

the merger had worked and that we were a true team. It remains my proudest moment in my 2 years as A team manager. This first win gave us a flying start and the other divisional front runners were playing catch up as the season ran its course and we held our top spot despite losing some of our star performers to representative duties for several matches. As we went into the final fixture at Portsmouth, we were already promoted but needed to finish at least second to snatch the championship. Looking at the list of athletes who weren't available in the days leading up to the fixture, we were worried as we were very short of jumpers. I feared the worst but was amazed to find that Marc Malone had made the journey even though he was flying out on holiday that same day from London. Despite a niggling injury, Marc covered 3 events before dashing off to catch a train back to London to get his luggage and try to meet the flight. Marc's actions, beyond the call of duty, ensured that we finished 2nd and clinched the title. Thankfully, Marc also made the flight! Maybe we didn't have as strong a squad in depth as some of the bigger clubs in the division but we deserved the title because of the team spirit of our athletes. Being team manager can be a very unrewarding task with 'precious' athletes letting you down at the last minute with imaginary injuries but this was not the case with our team. Many of our best performers were prepared to cover extra events when needed for the good of the club. I can't overstate how much easier this makes it for the manager. This great attitude was again evident when we made our first entry to the BAL Cup with a mixed team. For various reasons, we found ourselves with only three female athletes at the track on the day and I silently thought to myself that we'd put the day down to experience. I hadn't reckoned with the girls' determination not to let the side down. They covered almost all the events between them and the points they picked up meant that we gained second place on the day and progressed to the semi-final. Thanks to all those of you who've made the last two years such a success. I'm very proud to have been part of it.

Southern League Stats 2003

Men's A Team			
Points (no. of events in brackets)			
Lourens Malan	81.5	(27)	
Wayne DuBose	51	(16)	
(+ 4 pts scored from 1 B match event)			
Tony Alexander	49	(17)	
Tim Grose	46	(12)	
Darren Robinson	44	(9)	
Marc Malone	44	(14)	
Abdul Buhari	40	(10)	
Lee Bruce	36	(10)	
Richard Bruce	35	(9)	
Richard Alleyne	35	(7)	
Rikki Fifton	34	(7)	
Graham Bennett	31	(7)	
Kylon Collins	24	(5)	
(+ 8 pts scored from 2 B match events)			
Gibril Bangura	20	(4)	
No. of Matches Competed In (6 max)			
Tony Alexander	6		
Tim Grose	6		
Marc Malone	6		
Lourens Malan	6		
Graham Bennett	6		
Rikki Fifton	5		
Richard Bruce	5		
Lee Bruce	5		
Wayne DuBose	4	(+ 1 B)	
Sam Pullan	4		
Richard Alleyne	4		
Rich Newbold	4	(+ 2 B)	
Darren Robinson	4		
Abdul Buhari	4		
Jim Roche	3	(+ 1 B)	
Wins	<u>A</u>	<u>B</u>	
Rikki Fifton	6	0	
Richard Alleyne	5	2	
Darren Robinson	4	4	
Gibril Bangura	4	0	
Lourens Malan	3	2	
Abdul Buhari	2	2	
Sam Pullan	2	0	
Kylon Collins	1	3	
Chris Musa	1	2	
Tim Grose	1	1	
Jon Cullom	1	1	
Rich Newbold	1	1	
Men's B Team			
Points (no. of events in brackets)			
Randal Porter	63	(22)	
(+14 pts scored from 4 A match events)			
Darren Clark	63	(27)	
Mike Wheeler	58	(19)	
(+ 2 pts scored from 1 A match event)			
Richard Saunders	48	(12)	
(+ 5 pts scored from 1 A match event)			

Tony MacDowall	38	(11)	
Simon Butler	34	(11)	
David Shortridge	31	(12)	
Keith Simpson-Porter	23	(6)	
Tony Lashmar	23	(5)	
(+ 8 pts scored from 2 A match events)			
Richard Newbold	22	(6)	
(+19 pts scored from 6 A match events)			
Colin Oxlade	21	(5)	
James Waters	21	(5)	
(+ 8 pts scored from 2 A match events)			
Terry Beackon	18	(5)	
(+14 pts scored from 4 A match events)			
Gordon Faulds	13	(4)	
(+ 9 pts scored from 2 A match events)			
No. of Matches Competed In (6 max)			
David Shortridge	6		
Darren Clark	6		
Colin Oxlade	5		
James Waters	4	(+ 2 A)	
Damian Manning	4		
Gordon Faulds	4		
Richard Saunders	4	(+ 1 A)	
Tony MacDowall	4		
Randal Porter	4	(+ 1 A)	
Mike Wheeler	4	(+ 1 A)	
Tony Lashmar	3	(+ 2 A)	
Wins	<u>A</u>	<u>B</u>	
Richard Saunders	4	0	
James Waters	2	1	
Simon Butler	2	1	
Tony Lashmar	2	1	
Keith Simpson-Porter	2	0	
Richard Newbold	2	0	
Michael Owusu	1	1	
Chris Musa	1	0	
Mike Wheeler	1	0	
Randal Porter	1	0	
Terry Beackon	1	0	
Women's Team			
Points (no. of events in brackets)			
Anna Fake	63	(18)	
Caryl Whittaker	54	(14)	
Millie Zah	45	(11)	
Louise Blake	36	(9)	
Elizabeth Ali	34	(9)	
Perri Shakes-Drayton	31	(7)	
Symone Belle	29.5	(8)	
Aude-Claire Markiewicz	29	(9)	
Sarah Johnsen	28	(8)	
Zerlina Duah	24	(7)	
Amanda Ranger	24	(5)	
Lorraine Bishop	23	(5)	
Karenate Songhoron	23	(6)	
Maxime Salter-George	22	(7)	
Lydia Bruce-Burgess	21	(7)	

Anna's Triathlon

No. of Matches Competed In (5 max)

Anna Fake	5
Caryl Whittaker	5
Lydia Bruce-Burgess	5
Millie Zah	4
Elizabeth Ali	4
AC Markiewicz	4
Lorraine Bishop	4
Louise Blake	3
Perri Shakes-Drayton	3
Sarah Johnsen	3
Zerlina Duah	3
Maxime Salter-George	3
Cecile Brugnoli	3
Elizabeth Nassuna	3
Michelle Bishop	3

Wins

	<u>A</u>	<u>B</u>
Elizabeth Ali	7	0
Louise Blake	6	0
Symone Belle	6	0
Caryl Whittaker	5	3
Perri Shakes-Drayton	5	0
Anna Fake	4	4
Millie Zah	4	3
Karenate Songhoron	3	0
Aude-Claire Markiewicz	2	2
Amanda Ranger	2	2
Sareena Robinson	2	1
Banke Olofinjana	2	0

Tim Mitchell-Smith's Club Responsibilities

All Club Directors have a lot of responsibility. Obtained through very innocent means, and printed entirely without Tim's permission, here's what he does for the club:

- Maintaining club finance details
- Oversee ACDF pay
- Collect subs at Cadogan Terrace
- Men's Road & Cross Country
- Boswall League
- Lead sessions Tuesday & Thursday
- Organise Club Champs awards
- Organise the Open 5
- Organise The Rainforest 10K
- Organise the RNLI 5k
- Help with other races
- Handicap race organiser
- Try to outdrink everyone in the bar on Thursday nights

VPH&THAC Members Guild

I would like to invite any current or former member who would be interested in getting in touch with old club friends and periodically meeting up with them on a social basis, to contact me:

Major Carr
4 Cousin Fields
Bromley Cross,
Bolton, BL7 9YQ

Initially, I am preparing a register of all those interested and to help offset admin and other costs, would appreciate if a donation of £5 could accompany your letter (payable to myself). These funds will be also be used to help organise future functions. If you know of other former members who would appreciate being kept in touch, can you please let me have their address. Many Thanks, Major

Wormwood Scrubs Triathlon In Aid of The Children's Wish Foundation

(by Anna Fake)

One quiet day in August the email came through..."Fancy a Challenge" the header said, so I read on...." a team of 3 probation officers will be taking part in a triathlon at Wormwood Scrubs, each team will have to complete a total of a 31.2 mile row, a 116.4 mile cycle and a 26.2 mile run all on machinery within the prison gym..."...that sounds like fun, I thought, and before I knew it my name was down, I was on the team and months of training lay ahead.

This had been a bad year for me in terms of injury and training. Tendonitis in the knee that just wouldn't go away meant that I couldn't do any real training, so much of my summer was spent watching the pole vaulters train rather than join in with them. All of you who've been injured know how frustrating it is not being able to join in but at the same time, not being able to stay away. It was only at the end of the athletics season that my knee started feeling better and I thought I'd be ready for some training again and what better way to start than to train for a triathlon as gruelling and challenging as this...one problem, I hadn't been on a rowing machine for more than 10 minutes before, hate cycling machines

and as for treadmills - can't compare with running on the open roads!

For the four months leading up to the triathlon, many of my free evenings were spent at Cadogan Terrace battling away on the rowing machine. I started off slowly with 1 mile and each week built up my distance by a mile. The sense of satisfaction as each week I added another mile to my total was second to none. Admittedly, I would be in so much pain each time I got off the rowers that my legs would be shaking uncontrollably, but I would always have a massive grin on my face.

My cycling training involved cycling to and from work everyday, trying to race myself each time. Doing this everyday really got my muscles working, although cycling on the roads is nothing compared to cycling on a bike. Again, those of you who use the gym will have seen me spend onwards of 45 minutes at a time pedalling away on the bike at Cadogan terrace, sweat pouring off my face, normally singing my heart out to the radio.

The running training was the hardest for me. If one event was going to aggravate my knee injury again, it was going to be the running. Not having access to a treadmill also meant that all my training was done outside. Sunday mornings were my running mornings either running around the park or heading up towards Tower Bridge for an hour or so each time.

By October I was confident that individually I could complete each of the disciplines, but putting them all together was going to be a different story. Three weeks before the triathlon I did my hardest training session by completing half the triathlon back to back, with a five mile run followed immediately by five miles on the rowing machine and then an hour on the exercise bike. Having finished this I knew I could do it...bring it on!

November 27th dawned and getting up bright and early I headed off to Wormwood Scrubs for a 9am start. As I was poised on the rowing machine

Young Athletes Club Records (There To Be Broken)

waiting for the gun to go all sorts of feelings were going through my head, the most common thought being "why on earth did I think this would be fun?" As the gun went off and I started rowing all thoughts like that flew out of my head and for 81minutes and 23 seconds I relentlessly worked away on the rowers. The sense of satisfaction in completing it was unbelievable and I managed it 10 minutes faster than in my training.

After the rowing was a break while my two team mates completed their rowing and then it was on the bikes which were broken down into two sections. The first section of 31.12miles took me 63minutes and 2 seconds and all I could do was concentrate on keeping the bike going at around 100rpm. Mentally the second bike section was the hardest. Having already done the same distance 2 hours earlier having to get back on and do it all again was psychologically demoralising, but again, by concentrating on staying at 100rpm I managed the second bike section only 43seconds slower than my first effort in 63mins and 45 seconds.

And then came the run.... By this stage the muscles in my legs were burning, physically and mentally I was exhausted and never has 8.74 miles seemed longer - especially when you're not actually going anywhere. Looking around me all the other competitors (all men with the exception of one other probation officer) obviously felt the same, the looks of pain on each of our faces said it all. I completed this last section in 94minutes and 51 seconds. The slowest it's ever taken me to run that distance, but the feeling of finishing made it all worth it.

This triathlon was the most gruelling, challenging and demanding event that I have ever done, all in all it took me 5 hours, 1 minute and 12 seconds. It required not only physical strength but determination and will power. I loved every minute of it. I'm going to have to go back next year to break the 5 hour barrier!

All the money raised from this event will go to the Children's Wish

Foundation. A massive thanks to all who sponsored me, and if you still want to sponsor me that would be great. I can normally be found at Cadogan Terrace on Thursdays. All donations much appreciated! Thank you. Anna

VPH & THAC Young Men's Track and Field Records

U17

100 Rikki Fifton	10.56 (2001)
200 Mike McFarlane	21.4 (1976)
Rikki Fifton	21.67 (2001)
300 Mike McFarlane	36.0 (1976)
400 Steve Payne	51.3 (1972)
David James	51.3 (1975)
600 George Hayden	86.8 (1976)
800 Audley Johnson	1:57.8 (1969)
1000 George Hayden	2:43.8 (1976)
Mile George Kicks	4:21.7 (1963)
2000 George Hayden	6:22.0 (1975)
3000 Steve Mahon	8:58.8 (1986)
5000 Wayne DuBose	18:33.2 (1971)
10000 Paul Tempan	39:48.0 (1978)
100H Alan Uzomah	13.76 (1987)
110H (42") Dave Baptiste	17.7 (1974)
110H (39") Joe Joseph	17.0 (1993)
400H Dave Baptiste	60.0 (1974)
1500SC Jack Taylor	5:17.2 (2003)
3000SC Mike Gonzales	11:01.0 (1977)
LJ Roy McKenzie	6.70 (1977)
HJ Henderson Pierre	1.80 (1978)
Alex Babb	1.80 (2003)
TJ Henry Chambers	14.23 (1978)
PV Barry Flowers	3.05 (1957)
SP (7.26kg) Alex Wood	9.04 (2002)
SP (6.25kg) Peter Jones	11.96 (1957)
SP (5.00kg) Simon Guye	13.90 (1980)
DT (2.00kg) John Meredith	34.98 (1980)
DT (1.75kg) John Meredith	38.48 (1980)
DT (1.50kg) John Meredith	41.28 (1980)
JT (800g) Wayne DuBose	46.74 (1971)
JT (700g) Denis St Croix	52.36 (1980)
HT (7.26kg) John Morrow	29.16 (1977)
HT (5.00kg) Neil Taylor	36.70 (1988)

U15

100 Chris Musa	11.18 (2001)
200 Rikki Fifton	22.9 (1999)
300 Leslie Mars	41.6 (1977)
400 Darren Ovey	53.8 (1978)
600 George Hayden	95.1 (1974)
800 George Hayden	2:05.5 (1974)
1000 Simon Crisp	3:09.9 (1977)
Mile Chris Jones	4:48.0 (1966)
3000 David Reilly	10:15.8 (1987)
80H Chris Musa	10.73 (2001)
100H Alan Uzomah	15.0 (1985)
LJ Chris Erskine	6.42 (1988)
HJ Henderson Pierre	1.80 (1978)
TJ Jerome Paul	12.25 (2003)
PV Jayden Ali	2.90 (2003)
SP (4.00kg) Tony Lee	12.78 (1977)
DT (2.00kg) John Morrow	24.60 (1976)
DT (1.25kg) Henry Chambers	35.52 (1977)
JT (800g) Roger Pearson	36.30 (1976)
JT (600g) Denis St Croix	42.42 (1978)
HT (4.00kg) Neil Taylor	26.52 (1986)

U13

100 Chris Musa	12.5 (1999)
200 Chris Musa	25.8 (1999)
400 Errol Mann	65.4 (1978)
800 Tony Mint	2:24.4 (1979)
1500 Tony Mint	4:47.7 (1979)
75H Peter Dempsey	16.1 (1979)
80H Chris Musa	13.59 (1999)
LJ Adrian Allen	4.89 (1989)
HJ Duane Joseph	1.46 (1991)
PV Jonathan Browne	1.60 (2003)
SP (3.25kg) Chris N'Tende	7.09 (1988)
DT (1.00kg) Neil Tracey	19.84 (1988)
JT (400g) Chris N'Tende	22.00 (1988)

VPH & THAC Young Men's Club Track and Field Championship Records

U17

100 Mike McFarlane	11.1 (1975)
200 Mike McFarlane	23.0 (1976)
400 Wayne Campbell	53.4 (1976)
880y Danny Callaghan	2:00.8 (1959)
Mile George Kicks	4:27.0 (1963)
LJ Wayne Jones	5.12 (2003)
HJ John Richardson	1.60 (1977)
Hashim Goodsir	1.60 (2003)
TJ Wayne Jones	11.24 (2003)
SP (5.00kg) Wayne Jones	8.29 (2003)
DT (1.50kg) Dave Langman	33.74 (1975)

U15

100 Mike McFarlane	11.8 (1974)
200 Wayne Campbell	25.6 (1975)
400 Audley Johnson	56.1 (1967)
800 Fuad Osman	2:12.0 (2003)
1500 Fuad Osman	4:32.3 (2003)
Mile Chris Jones	4:53.3 (1966)
3000 Paul Tempan	10:46.6 (1976)
400H Jayden Ali	69.0 (2003)
LJ Tony Corbett	5.20 (1975)
HJ John Richardson	1.60 (1977)
Fuad Osman	1.60 (2003)
TJ Mike Poly	9.89 (1966)
PV Jayden Ali	2.90 (2003)
SP (4.00kg) Jayden Ali	9.55 (2003)
DT (1.25kg) Keir Apperley	24.12 (1975)
JT (600g) Jerome Paul	24.89 (2003)
Pentathlon Michael Richards	847 (2003)
(LJ-4.03, JT- 19.00, 200-31.8, DT-21.30, 1500-7:27.0)	

U13

HJ Ashley Wilson	1.40 (2003)
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VPH & THAC Young Men's Relay Records

U17

4x100 Neville Douglas, Colin Francis, Mike McFarlane, Dave James	43.94 (1975)
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All of our young athletes in the U13, U15, and U17 age brackets for 2004 should carefully examine these records and decide which ones to aim for. In some instances, we have many events in club championships waiting to be competed in for the first time. Best of luck in the upcoming track and field season. In the next magazine, the young ladies records will appear.

VPH&THAC To Conquer North Pole For Terminally Ill Children

Club Vice President and resident nutcase Tim Mitchell-Smith is set to embark on his latest, and craziest, escapade in April in an attempt to raise thousands of pounds for the Dreams Come True charity.

Tim will be competing in one of the world's most extreme marathons, the North Pole Arctic Marathon, on Easter Saturday. The race is not run on land – instead it will be run in extreme sub-zero temperatures on the Arctic ice floes, with a mere 6 to 12 feet of frozen water separating competitors from 12,000 feet of Arctic Ocean.

Not entirely surprisingly, Tim is not expecting to break the 3 hour barrier for the first time in this, his tenth marathon. Instead he's aiming for a more realistic goal - "to get round, enjoy what will be a fantastic experience in crazy conditions, and fly the club colours at the top of the world – the Geographic North Pole - while at the same time raising a significant sum of money for such a worthy cause."

Each year, Dreams Come True Charity

aims to bring a smile to the faces of hundreds of children and young adults who are suffering from serious or terminal illness, by giving them the chance to turn their dreams into reality. That may be experiencing the magic of Disney, or swimming with dolphins, or perhaps more practical measures to improve quality of life such as providing a specially adapted bed. For some it's the simpler things in life: a trip to Butlins and the seaside, or even for one little boy, the chance to see bananas growing on a real tree.

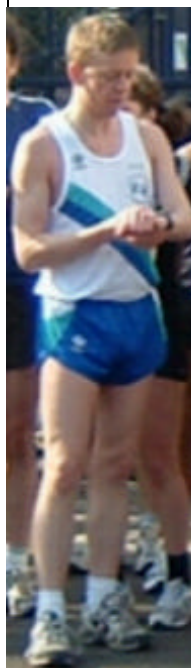
Tim's hope is to raise a minimum of £5,000 for the charity. Obviously much of this will have to be raised via corporate sponsorship and if anybody is able to help with suggestions of companies that may be worth approaching he's keen to hear from you. Perhaps your own employers would relish the chance to see their own branding make it to the top of the world!

To make a donation via the internet

visit Tim's page on <http://www.justgiving.com/tims-crazy-run>

Alternatively, contact Tim directly on 07789-072547 or post a cheque to him at 11 Grenville House, 39 Arbery Road, London E3 5DQ

www.npmarathon.com for full details



**"A single person can make a difference, and every person should try."
John F. Kennedy**

VPH & THAC NEWS

Victoria Park Harriers & Tower Hamlets AC

c/o Wayne DuBose

41 Ansley Way

St Ives, Cambs

PE27 6SN