

# VPH AND THAC NEWS

Circulation 250

dubose@enterprise.net

www.vphthac.org.uk

July 2002

## Our Ascent Continues!

### Dates to Remember

30 Jun Young Athletes League - Canterbury  
3 Jul Sefton Brancker/SEAX Trophies, Watford  
4 Jul Assembly League 5K, Dulwich Pk  
6 Jul Women's Southern Lge, Mile End  
10 Jul - 800 Club Champs  
12-13 Jul English Schools Champs, Nottingham  
13 Jul Men's Southern League (A - Milton Keynes; B - Ware)  
14 Jul London Chest Hospital Fun Run  
20 Jul Club Champs Day for sprint hurdles, long hurdles, 3000SC, PV, and women's events from 20 April  
21 Jul Summer Parks League 10k, Vict. Park  
21 Jul Young Athletes League - Chelmsford  
27 Jul Women's Southern Lge, Dartford  
28 Jul U13 Inter Counties, Kingston  
3 Aug Men's Southern League (A - Mile End; B - Mile End)  
3 Aug Club Annual BBQ at Club HQ  
8 Aug Assembly League 3.5M, Vic. Pk.  
10-11 Aug U15, U17 AAA Champs, Crystal Palace  
11 Aug Summer Parks League 5M, Battersea  
14 Aug 200 and 5000 Club Champs  
24 Aug Pentathlon and 1500 Club Champs  
5 Sep Assembly League 2.9M, Forbanks  
7 Sep Women's Southern League, Southend  
15 Sep Middlesex County 10K Road Champs & Young Athletes Relay, VP  
28 Sep 6-Stage Relay, Aldershot  
10 Nov Rainforest 10K, Victoria Park  
\*\*Club Handicap races held on the last Thursday of each month.

Many thanks to Terry Adams and his company First Freight for paying £385 for the cost of the coach to King's Lynn.

### 100 Club Winners

April winners

1st prize Brian Deverell - £50  
2nd prize Len Williams - £20  
3rd prize Jeff Smith - £10

May Winners

1st prize A. Lowe - £50  
2nd prize Gary Bagnall - £20  
3rd prize Bob Dann - £10

June winners

1st prize Major Carr - £50  
2nd prize Sue Franey - £20  
3rd prize Pat Franey - £10

See Gerry Franey for details of how to take part. It costs £2 per month.

Gerry's e-mail is:  
gerald@franey2.fsnet.co.uk

### Annual Club Barbeque

The highly successful annual barbeque date has been changed from 17 August to 3 August. This is to coincide with the double Southern League match at Mile End which features both our Men's A and B teams. We'd like to have a BBQ which also celebrates the end of the women's Southern League season, but with a final match of 7 September at Southend, we may be pushing our luck in terms of weather. So, the BBQ on 3 August will begin as soon as club members can find their way from the track over to Hackney Wick. I don't have details of the price of a ticket yet, but don't let that be a barrier to you coming along and having a great time. Let's all make a date to first of all cheer on the men's teams at Mile End and then celebrate afterwards. Ask Terry Adams, Rich Newbold, or Mike Wheeler at the track for details or ask in the bar at the Cadogan Terrace HQ. Let's celebrate the smart move we made of merging.

### Club Championships

Under "Dates to Remember" are the dates for club championships. These championships are open to all fully paid-up first claim members of VPH&THAC. All the T&F champs are held at Mile End. All age groups have champs provided there are at least three competitors in an age group. Don't miss out on winning medals. Ask, if not sure.

### Summary of Achievements

- Women's T&F team finishes 3rd in the Beta Trophy meet
- Women's Southern League team beats the league leaders in the 3rd match
- Men's Southern League A team has four wins out of four so far
- Boy's Young Athlete's League team established
- VPH&THAC hosts the Middlesex Track & Field Champs
- Symone Belle wins three Middlesex County titles, setting new championship bests in two
- Abdul Buhari, Banke Olofinjana, Amy Clough, Michael Richards also win Middlesex County titles
- Symone Belle wins the South of England U20 100H title and wins bronze in the Senior race
- Richard Alleyne wins South of England U20 110H title and wins silver in U20 AAA championships
- Rikki Fifton and Symone Belle compete in the Commonwealth Games trials
- Rikki Fifton selected for U20 international in Italy
- Jim Roche wins Middlesex Half Marathon Championship
- Pete Snell secures £1,500 for VPH&THAC from UK Athletics for coaching and publicity

**"A single person can make a difference, and every person should try." JFK**

## VPH&THAC Ladies Track & Field Team Places 3rd in Beta Trophy

### Assembly League, Forbanks, 4 Apr 02

5 G. Bennett	14:53
11 J. Roche	15:19
20 T. Lashmar	15:39
32 T. Mitchell-Smith	16:28
39 G. Deathridge	16:51*
44 D. Shortridge	17:03*
48 P. McHugh DeClare	17:11
51 M. Cairns	17:22
67 J. George	18:32
81 L. Bruce-Burgess (L5)	19:51*
83 T. Rider	20:03*

(110 finishers) \* First time

A team - 4th (67 pts)  
B team - 3rd (175 pts)  
Women's team - 5th (47 pts)

### Hercules & Wimbledon Open Meeting, Crystal Palace, 7 Apr 02

The Club's youngsters continued their good start to the season at this major young athletes meeting at Crystal Palace. Millie Zah produced two personal bests in the under 13 sprints with 15.0 in 100m and 30.9 in 200m. Elizabeth Ali also produced new bests in both under 15 sprints recording 13.9 in 100m and 28.5 in 200m. In the boys events, Chris Musa just missed the medals in the under 17 sprints running 11.4 and 23.1, both seasons bests. There were personal bests for Daniel Gibbons with 12.3 in 100m and 25.4 in 200m; Khalid Agyemang 13.2 in 100m and 27.5 in 200m; Ben Chukwu-onu 12.4 in 100m; and Cymon Gibbons in the under 17 100m with 11.5. (Paul Janko reports)

#### OTHER RESULTS:

Michael Richards - 100 - 14.8, LJ - 3.92; Ben Chukwu-onu - 200 - 25.6; Andrew Ali LJ - 3.10, 1500 - 6:34.2; Leon Russell - HJ - 1.35, 1500 - 4:57.2; Sam Guttman-Hancocks - HJ - 1.40; Chekaila McCollins - 100 - 14.0, LJ - 4.11; Rochelle Richards - 200 - 35.9; Elizabeth Ali - LJ - 4.12; Sarah Anibaba - LJ - 4.13; Cai Lewis - HJ - 1.35; Marie Ayoola SP - 5.13

### London Marathon, 14 Apr 02

I was so emotional on the day, completely absorbed in the whole event. Next time (yes I would do it again) I could perhaps concentrate on my

running a bit more; stopped and chatted to club members twice, my husband and stepdaughter twice, two colleagues from work, and another good friend and his family, again TWICE and I had a pee break - what a fab day.....Tracy Harding

Pos.	Name	Time
660	L. Curley	2:53:38
2,224	F. Bray	3:11:40
3,265	M. Cairns	3:20:08
4,670	M. Sutton	3:28:54
6,822	G. Deathridge	3:40:22
6,913	M. Parsons	3:40:48
9,031	M. Guthrie	3:49:30
10,647	D. Shortridge	3:55:10
11,958	G. Pettipher	3:59:35
14,653	K. May	4:11:10
15,203	K. Day	4:13:39
15,338	R. Martin	4:14:10
16,439	J. Sargent	4:18:22
21,428	D. O'Sullivan	4:37:33
25,905	M. Regan	4:57:55
28,223	T. Trowbridge	5:14:40
28,896	V. McCabe	5:20:33
30,948	T. Harding	5:47:18

### 36<sup>th</sup> Alpha & Beta Invitation Trophies Meeting, Haringey, 20 Apr 02

Congratulations to our ladies team who finished an unexpected 3rd overall out of 8 teams. After this fine result, we can expect a similar invitation next year.

#### Senior Women

100A - Symone Belle	12.32 (1)
100B - Banke Olofinjana	12.61 (1)
200A - Banke Olofinjana	25.52 (2)
200B - Patricia Asante	27.81 (5)
400A - Anique Dublin	61.69 (3)
400B - Marian Shasuaya	69.03 (5)
800A - Michelle Bishop	2:35.01 (5)
800B - Patricia Asante	2:37.92 (2)
1500A - Lorraine Bishop	5:37.0 (6)
1500B - Annie Gammon	5:49.6 (3) PB
100HA - Symone Belle	14.26 (2) PB
100HB - No competitor	
4x100 Disq.	after winning in 51.3
LJA - Symone Belle	5.66 (1)
LJB - Sarah Anibaba	3.89 (2)
HJA - No competitor	
HJB - No competitor	
SPA - Banke Olofinjana	9.75 (3)
SPB - No competitor	
DTA - Karenata Sognhoron	25.65 (3)
DTB - No competitor	
JTA - Banke Olofinjana	28.72 (4)
JTB - Patricia Asante	21.41 (3)

#### Senior Women's Match

1 <sup>st</sup> Stevenage & North Herts	185
2 <sup>nd</sup> Dacorum & Tring	171
3 <sup>rd</sup> Oxford City	129
4 <sup>th</sup> VPH & THAC	122
5 <sup>th</sup> Bracknell	89

(8 teams)

#### U17

4x100 55.6 (3)

#### U15

100A - Chekaila McCollins	13.82 (3)
100B - Raquel Feeley	14.84 (3) PB
200A - Elizabeth Ali	28.65 (3)
200B - Caryl Whittaker	30.2 (3)
800A - Louise Blake	2:56.08 (6) PB
800B - No competitor	
1500A - No competitor	
1500B - No competitor	
75HA - Rebecca Peterkin Belle	13.91(5) PB
75HB - Millie Zah	14.0 (1) PB
4x100	57.99 (5)
LJA - Elizabeth Ali	4.11 (4)
LJB - Chekaila McCollins	3.85 (4)
HJA - Rebecca Peterkin Belle	1.35 (5) PB
HJB - No competitor	
SPA - Louise Blake	5.62 (6) PB
SPB - No competitor	
DTA - No competitor	
DTB - No competitor	

#### U15 Match

1 <sup>st</sup> Dacorum & Tring	155
2 <sup>nd</sup> Stevenage & North Herts	134
3 <sup>rd</sup> Bromley	109
4 <sup>th</sup> Newham & Essex Beagles	80
5 <sup>th</sup> VPH&THAC	72
6 <sup>th</sup> Bracknell	60

(8 teams)

#### Beta Trophy Overall Match Results (Combined Senior Women & U15)

1 <sup>st</sup> Dacorum & Tring	326
2 <sup>nd</sup> Stevenage & Herts	319
3 <sup>rd</sup> VPH&THAC	194
4 <sup>th</sup> Oxford City	175

(8 teams)

### Men's Club Champs, Mile End, 20 Apr 02

In the first club championships under the auspices of VPH & THAC, this meeting was held in glorious weather with a huge turnout of a few dozen youths who took part in 100m, high jump, and foam javelin throwing. Well done to Pete Snell for generating this

**Darren Robinson, Abdul Buhari, and Alex Simpson-Porter Win Club Sprint Titles**

great number of youngsters. The start of a new era began and this was exemplified in the Senior Men's 100 metre final. Over the past decade, the fastest 100 metres run by a VPH'er was 11.5. In this race, 11.5 would have got you equal fifth place! Congratulations to Darren Robinson who just pipped Chris Musa, both being timed at 11.1 seconds, which equalled Mike McFarlane's championship performance from 1975. Spare a thought for Toleme Ezekiel who ran 11.3 but wasn't able to get amongst the medals. The next generation of sprinters was strutting their stuff in the Under 15 Boys 100 metre final which Alex Simpson-Porter (Randal's son) won in 12.1, just holding off Ben Chukwu-onu. In the Senior Men's Mile, Tim Grose, running in his first club track championship at VPH&THAC, ran easily behind Eddie Thomas until accelerating away with 450 metres to go. His 65.5-second last lap was sufficient to beat Eddie by almost five seconds and is the quickest winning time since 1989. Well done to James Waters who just ducked under 5 minutes to claim the bronze medal. Out in the field, Wayne DuBose swept to his 73<sup>rd</sup>, 74<sup>th</sup>, and 75<sup>th</sup> Senior titles in the shot putt, discus, and javelin. His clean sweep of throwing titles was denied by Alex Wood. Alex, just 16 years old, having joined the club the same day, beat Wayne in the hammer throw by just under a metre. Alex had already picked up the bronze medal in the Senior Men's shot putt championship event. The jumps produced some quality marks. In the long jump, Abdul Buhari, after winning the Junior 100m and placing third in the Senior 100m in 11.2, finally secured Senior gold by long jumping out to 6.31m to equal his best. In the same event, Kelvin Richards snatched the bronze medal with a new Club Veteran's record of 5.74m, an improvement over Wayne's record by almost a foot. Perhaps the most thrilling competition of the day came in the Senior Men's High Jump. With a best of 1.80m, Marc Malone should have expected an easy passage to first place over Lourens Malan whose best was a full 20 cms lower. As we all know in athletics, you can never select

the winner purely on personal bests alone. While Marc ended up with 1.70m, Lourens jumped like a man possessed, achieving four personal bests, and winning the gold medal with a height of 1.73m. In the final jumping event of the day, the triple jump, Lourens added yet another gold medal to his collection. However, he didn't have the longest jump of the competition, as Yamila Aldama happened to be training at the track and was invited by Wayne to take part in the competition. For those of you who don't know her, Yamila finished 4<sup>th</sup> in the last Olympics and 2<sup>nd</sup> in the 1999 World Championships. Having given birth, this was her first competition since the Olympics. While her running down the runway wasn't particularly fast, she bounded into the pit as though she were part kangaroo, part gazelle. It was very impressive to watch as she cleared 13.25m. And so the first event took place under the combined banner of Victoria Park Harriers and Tower Hamlets AC. Much more to come! Many thanks to all those who came along to help including Sarah Johnsen, Dan O'Sullivan, Lydia Bruce-Burgess, Roger Daniels, Paul Johnston, Gary Bagnall, Mike Penman, Terry Adams, and others.

Results

Boys (U15) 100m Final

1 <sup>st</sup> Alex Simpson-Porter	12.1 G
2 <sup>nd</sup> Ben Chukwu-onu	12.2
3 <sup>rd</sup> Khalid Agyemang	13.0

Juniors (U20) 100m Final\*

1 <sup>st</sup> Abdul Buhari	11.5 G
2 <sup>nd</sup> Chris Musa	11.6 S
3 <sup>rd</sup> Keith Porter	11.6
4 <sup>th</sup> Alex Porter	12.5
5 <sup>th</sup> Khalid Agyemang	13.2
6 <sup>th</sup> Darren Clark	13.5

\*also represented Senior Men's 100m semi-final

Senior Men 100m (2<sup>nd</sup> semi-final)

1 <sup>st</sup> Darren Robinson	11.6
2 <sup>nd</sup> Toleme Ezekiel	11.9
3 <sup>rd</sup> Marc Malone	12.0
4 <sup>th</sup> Lourens Malan	12.3
5 <sup>th</sup> Terry Beackon	12.8
6 <sup>th</sup> Saeed Afsharpour	14.3

Senior Men 100m Final

1 <sup>st</sup> Darren Robinson	11.1 G
2 <sup>nd</sup> Chris Musa	11.1 S
3 <sup>rd</sup> Abdul Buhari	11.2 B
4 <sup>th</sup> Toleme Ezekiel	11.3
5 <sup>th</sup> Marc Malone	11.5
6 <sup>th</sup> Keith Porter	11.6
7 <sup>th</sup> Lourens Malan	12.0

Men's Mile

1 <sup>st</sup> Tim Grose	4:36.5 G
2 <sup>nd</sup> Eddie Thomas	4:41.2 S
3 <sup>rd</sup> James Waters	4:59.9 B
4 <sup>th</sup> Tony Lashmar	5:02.4
5 <sup>th</sup> David Shortridge	5:24.9
6 <sup>th</sup> James Hall	5:30.0
7 <sup>th</sup> Darren Clark	5:31.5
8 <sup>th</sup> Mick Cairns	5:33.2
9 <sup>th</sup> Lydia Bruce-Burgess (guest)	6:23.4
10 <sup>th</sup> Sarah Johnsen (guest)	6:24.5

Men's Long Jump

1 <sup>st</sup> Abdul Buhari	6.31 =PB G
2 <sup>nd</sup> Marc Malone	5.96 S
3 <sup>rd</sup> Kelvin Richards (Club Vets Record)	5.74 B
4 <sup>th</sup> Lourens Malan	5.71
5 <sup>th</sup> Terry Beackon	5.29
6 <sup>th</sup> David Robinson	5.28
7 <sup>th</sup> Chris Murtagh	5.15
8 <sup>th</sup> Eddie Thomas	4.90
9 <sup>th</sup> David Shortridge	4.19
10 <sup>th</sup> Yama Hashimi	3.55

Men's High Jump

1 <sup>st</sup> Lourens Malan	1.73 PB G
2 <sup>nd</sup> Marc Malone	1.70 S
3 <sup>rd</sup> Dave Robinson	1.55 B
4 <sup>th</sup> Terry Beackon	1.50
5 <sup>th</sup> Chris Murtagh	1.45
6 <sup>th</sup> Darren Clark	1.35
7 <sup>th</sup> Davis Shortridge	1.25
8 <sup>th</sup> Tony Lashmar	1.04

Men's Triple Jump

1 <sup>st</sup> Lourens Malan	11.98 G
2 <sup>nd</sup> Randal Porter	11.65 S
3 <sup>rd</sup> Dave Robinson	11.50 =PB
4 <sup>th</sup> Chris Murtagh	11.03
5 <sup>th</sup> Terry Beackon	10.25
6 <sup>th</sup> Mike Wheeler	10.09
7 <sup>th</sup> Darren Clark	9.85

Yamila Aldama (female guest) 13.25 (She jumped 14.54 two months later)

## Aude-Claire Markiewicz Sets 3 PB's in Southern League

<b>Men's Shot Putt</b>	
1 <sup>st</sup> Wayne DuBose	10.19 G
2 <sup>nd</sup> Randal Porter	9.45 S
3 <sup>rd</sup> Alex Wood	9.04 B
4 <sup>th</sup> Lourens Malan	8.63
5 <sup>th</sup> Shams Ghali	8.58
6 <sup>th</sup> Terry Beackon	7.86
7 <sup>th</sup> Chris Murtagh	6.96
8 <sup>th</sup> Yama Hashimi	6.75
9 <sup>th</sup> David Shortridge	5.84

<b>Men's Discus</b>	
1 <sup>st</sup> Wayne DuBose	28.55 G
2 <sup>nd</sup> Lourens Malan	24.92 S
3 <sup>rd</sup> Randal Porter	23.09
4 <sup>th</sup> Terry Beackon	20.79
5 <sup>th</sup> Mike Wheeler	NT
Darren Clark (guest - 1kg)	16.55

<b>Men's Javelin</b>	
1 <sup>st</sup> Wayne DuBose	36.49 G
2 <sup>nd</sup> Lourens Malan	33.09 S
3 <sup>rd</sup> Randal Porter	31.09
4 <sup>th</sup> Alex Wood	27.27
5 <sup>th</sup> Mike Wheeler	24.20
6 <sup>th</sup> Terry Beackon	17.57
Darren Clark (guest 700g)	17.73

<b>Men's Hammer</b>	
1 <sup>st</sup> Alex Wood	26.48 G
2 <sup>nd</sup> Wayne DuBose	25.51 S
3 <sup>rd</sup> Lourens Malan	19.35 B
4 <sup>th</sup> Mike Wheeler	17.76
5 <sup>th</sup> Terry Beackon	13.74
6 <sup>th</sup> Chris Murtagh	11.94
7 <sup>th</sup> Dan O'Sullivan	11.82
8 <sup>th</sup> Darren Clark	4.38

From: Timothy Mitchell-Smith  
Sent: Friday, April 26, 2002  
Subject: Handicap Results

Morning Wayne,  
Had a handicap in the park last night. Good turnout in lovely conditions. Thanks to Roger, Mark Fraser, Aude-Claire & Anna Fake for helping to officiate. You'll notice new names. Harriet who won has been coming along for a couple of months and I'm not sure if she joined up so I'll follow up on that on Tuesday. Incidentally, her time was good enough to break into the ladies top ten. I love this time of year. There's that post marathon, start of the warm weather, positive feel to the Park with stacks of new runners about for us to tap into....Tim

### Club Open 5 Handicap Race, 25 Apr 02

	<u>H/C</u>	<u>Actual</u>
1 Harriet Warden	42:02	42:02*
2 Mike Wheeler	43:00	39:00*
3 Phil Miller	43:23	39:23*
4 Tom Wrzesien	43:39	34:39*
5 Paul Birchall	43:39	34:39*
6 Simon Perham	43:54	34:54
7 Kathy Whelan	44:22	44:22 PB
8 Barbara McHugh DeClare	44:42	44:42 PB
9 Tim Mitchell-Smith	44:43	31:13 PB
10 Warren Squires	44:56	31:56*
11 Dave Robinson Sr	44:57	31:57
12 Martin Danaher	45:02	38:02*
13 Tom Rider	45:02	38:02*
14 Dave Shortridge	45:07	31:37
15 Tony Lashmar	45:13	29:13
16 Mick Cairns	45:21	32:21
17 Peter McH. DeClare	45:41	32:11
18 Mark Sutton	46:20	32:50
19 Gary Deathridge	46:24	32:54
20 Fiona MacDonald	46:48	45:33
21 John Mail	46:48	42:48
22 Katy Lord	46:53	46:53

\* First time over this course

### Women's Southern League (Div 3), Medway, 27 Apr 02

(by Martyn Herman East End Life)

Victoria Park Harriers and Tower Hamlets AC began their league season with a creditable second place in the women's Southern League at Medway. There were some tremendous results on the day as the club was narrowly beaten into first place by West Suffolk. With team captain Banke Olofinjana restricted to the relay and javelin because of illness, her teammates rallied behind her to push West Suffolk all the way. Symone Belle continued her impressive early-season form with victories in both sprints, the hurdles and the long jump before anchoring the relay team. Not to be outdone, her 12-year-old sister Rebecca recorded a personal best in the 75m hurdles. Personal bests were also set by Amy Clough in the triple jump, Cecile Brugnoli and Aude-Claire Markiewicz in the triple jump and shot putt, discus and javelin respectively, Sarah Anibaba in the 80m hurdles and 300m hurdles and Michelle Bishop in the 200m. Michelle was joined by Patricia Asante, Marian Shasanya and sister Lorraine in winning the 4 x 400m relay. Scheduling problems left Caryl

Whittaker with an almost impossible task as all three of her under-15 events, the B long jump, the B 200m and the high jump, happened in a 20-minute spell. However, she responded magnificently with two first places. Elizabeth Ali also had a superb afternoon, winning both sprints convincingly and the long jump with a new personal best. Other juniors in top form were Louise Blake in the shot putt, javelin and 800m, Millie Zah in the shot putt and Chekaila McCollins in 100m. Both 4 x 100m relays were won by VPH&THAC.

#### Seniors

100A Symone Belle 12.7 (1)  
100B Mary Ayoola 14.1 (3)  
100 n/s Elizabeth Nassuna 15.6  
200A Symone Belle 26.3 (1)  
200B Michelle Bishop 31.1 (2) PB  
400A Patricia Asante 63.1 (2)  
400B Marian Shasanya 68.7 (2)  
800A Polona Kulovec 2:45.8 (3)  
800B Michelle Bishop 2:37.1 (2)  
1500A Lorraine Bishop 5:39.8 (3)  
1500B Cecile Brugnoli 6:19.2 (3)  
3000A Cecile Brugnoli 13:10.4 (5)  
3000B No competitor  
100HA Symone Belle 14.9 (1)  
100HB No competitor  
400HA No competitor  
400HB No competitor  
4x100 VPH&THAC 52.3 (1)  
4x400 VPH&THAC 4:07.7 (1)  
LJA Symone Belle 5.44 (1)  
LJB Sarah Anibaba 3.83 (4)  
HJA No competitor  
HJB No competitor  
TJA Amy Clough 8.05 (2) PB  
TJB Cecile Brugnoli 7.35 (2) PB  
PVA No competitor  
PVB No competitor  
SPA Karenate Songhoron 8.80 (1) PB  
SPB Aude-Claire Markiewicz 5.88 (2) PB  
DTA Karenate Songhoron 25.53 (1)  
DTB Aude-Claire Markiewicz 15.21 (3) PB  
JTA Banke Olofinjana 26.80 (2)  
JTB Aude-Claire Markiewicz 11.98 (2) PB  
HTA No competitor  
HTB No competitor

#### U17

80HA Sarah Anibaba 20.2 (3) PB  
80HB No competitor  
300HA Sarah Anibaba 54.1 (2) PB  
300HB No competitor

## Elizabeth Ali and Chekaila McCollins Win Southern League 100m Races

U15

100A Elizabeth Ali 14.1 (1)  
 100B Chekaila McCollins 13.8 (1) PB  
 100 n/s Rebecca Peterkin Belle 14.8  
 100 n/s Millie Zah 15.3  
 200A Elizabeth Ali 29.3 (1)  
 200B Caryl Whittaker 30.4 (1)  
 800A Louise Blake 2:55.4 (4) PB  
 800B No competitor  
 75HA Rebecca Peterkin Belle 13.8 (3) PB  
 75HB Millie Zah 14.8 (2)  
 4x100 VPH&THAC 56.4 (1)  
 LJA Elizabeth Ali 4.39 (1) PB  
 LJB Caryl Whittaker 4.11 (1) PB  
 HJA Caryl Whittaker 1.30 (3)  
 HJB Rebecca Peterkin Belle 1.25 (2)  
 SPA Louise Blake 6.66 (3) PB  
 SPB Millie Zah 4.50 (4) PB  
 DTA No competitor  
 DTB No competitor  
 JTA Louise Blake 11.95 (3) PB  
 JTB No competitor

1st West Suffolk	190
2nd VPH&THAC	163
3rd Bexley	131
4th Medway	124
5th Watford	109

### Assembly League, The Dome, 2 May 02

Men

15 J. Waters	16:48
19 T. Lashmar	17:01
48 P. McHugh DeClare	18:25
51 T. Mitchell-Smith	18:30
53 L. Austin	18:35
56 J. George	18:38
59 T. Wrcescien	18:42
60 G. Deathridge	18:45
66 D. Robinson	19:06
72 P. Birchall	19:31
73 S. Perham	19:35
96 D. O'Sullivan	21:32
99 T. Rider	21:36
102 P. Miller	22:25
105 M. Wheeler	23:27
106 G. Prince	23:27
108 J.Mail	24:11

Women's Report (by Louise Guthrie)

Lydia Bruce-Burgess was happy to be first home of the VPH&THAC women, even if she wasn't over-the-moon with her own performance. "I was miles behind my usual rival from Kent AC" she said "and it definitely wasn't a PB." However, she was glad just to have got round the course, as she felt "slightly anaemic". She admits "I nearly went to

bed instead of racing." Well done there Lydia. The course itself was inviting - a nice flat out-and-back course which ran along the Thames for the main part. Barbara McHugh DeClare admitted to having set off too fast and by the time she hit the turn (which seemed a very long 2.5 km), she was suffering unduly. Even the distractions of the ever-changing scenery along the towpath did not ease the pain. She concentrated on trying to ascertain "whether the metal sculpture above me was really a tree full of birds or was I hallucinating by that stage...." At this point, Cathy Whelan, who knows how to pace herself, managed to overtake Barbara, who followed gratefully as Cathy pulled her on. Barbara was also helped on her way by husband Peter, who having finished the race, kindly returned to pick up her remains and run the last 500m with her. Peter told her to "dig in", proclaiming "You can catch her!" Barbara's protestations of being on the point of dying only illicit a response of "Don't be a wimp, you haven't even been SICK yet." No sympathy there then. Tracy Harding scored a little personal victory, managing to outspurt "The Nike Bird" from Dulwich Runners over the last 200 metres. Sally Weddell, having just shed a cold, arrived last to a rapturous reception.

Women

8 L. Bruce-Burgess	21:10
24 K. Whelan	27:03
25 B. McHugh DeClare	27:07
27 T. Harding	27:52
29 S. Weddell	34:20

Men's & Women's Team Results

Men's A team - 5th 133 pts  
 Men's B. team - 3rd 228 pts  
 Women's team - 6th 57 pts

After 2 Races

Men's A team - 4th 13 pts  
 Men's B team - 3rd 16 pts  
 Women's team - 6th 11 pts

### Men's Southern League Div 3, Basildon, 4 May 02

On a windy, sometimes chilly, afternoon in Basildon, the combined efforts of the former VPH and former THAC produced its first match win in

its new home of Division 3. Big points scorers of the day were our middle distance boys who swept the 5000m and 3000m steeplechase. Sam Pullan ran out an easy winner in the A string 5000m, while Jim Roche did likewise in the B string. Both were well satisfied with their sub-16:00 clockings, particularly in windy conditions in their first track race of the season. In the 'chase, Rich Newbold dominated proceedings, while Gordon Faulds turned up the speed in the home straight to hold off his B string rival for 1st place. By the start of the 'chase, Thurrock were breathing down our necks, but by fielding only one runner (who finished 3rd), combined with our gaining the full ten points, their challenge effectively ended. Making his track debut for VPH&THAC, Tim Grose finished 3rd in the 800m A race with a very useful even-paced 2:04.1, while in the 1500m, he found himself up against a current AAA's senior 1500m finalist. Choosing the sensible option by not following through a 59-second first lap, Tim pulled out a 63-second final lap to finish a clear 2nd and secure a total of seven valuable points on the day. The speed merchants were also not to be denied. Although 16-year-old Rikki Fifton pulled up with leg problems in the A string 100m after leading by 3 - 4 metres at the halfway mark, Richard Alleyne was a comfortable winner in the B string. In the longer sprint, 17-year-old Abdul Buhari equalled his best 200m with a 23.2 clocking. Abdul also equalled his best long jump in winning the A string long jump. He has now jumped 6.31 last year and twice this year. Marc Malone ably backed up Abdul as the pair clean-swept the long jump. Later in the day, Abdul and Marc teamed up with Richard Alleyne and Darren Robinson to eke out a narrow win in the sprint relay, receiving the same time as the runners-up. The very basic baton exchanges suggests much more faster times as the season progresses. Earlier, Darren started off the club's track season by winning the A string 400m hurdles despite still suffering the after-effects of flu. Richard Alleyne also added to his 100m win with a superb 14.9 clocking

# Sam Pullan & Jim Roche Cruise To Easy 5000m Wins

in the A string 110H. In the field, Lourens Malan continued to build up his PB count by adding two feet to his pole vault best as he easily won the B string and later claimed a personal best in the 200m. In the hammer throw, Wayne DuBose, after introducing a second, very raw turn into his technique, set a club vets record and PB, adding almost three feet to his previous best set last year. Ominously for Wayne, A stringer Tony Alexander, who threw over three metres further than Wayne, turns 40 in two months time. Overall, a great start to the season with promotion to Division 2 a strong possibility. Thanks to Paul McKinley, Roger Daniels, Aude-Claire Markiewicz, Gary Bagnall, Alf Vickers, Kelvin Richards, and Team Manager Terry Adams for their valuable contributions to making this a highly successful day.

100A Rikki Fifton DNF  
 100B Richard Alleyne 11.3 (1)  
 200A Abdul Buhari 23.2 (2) =PB  
 200B Lourens Malan 24.3 (3) PB  
 400A Darren Robinson 53.9 (3)  
 400B Tony McDowall 58.3 (4)  
 800A Tim Grose 2:04.1 (3)  
 800B Tony McDowall 2:12.2 (3)  
 1500A Tim Grose 4:24.1 (2)  
 1500B Jon Cullom 4:28.4 (2)  
 5000A Sam Pullan 15:49.3 (1)  
 5000B Jim Roche 15:57.3 (1)  
 110HA Richard Alleyne 14.9 (1)  
 110HB David Robinson 18.5 (2)  
 400HA Darren Robinson 58.3 (1)  
 400HB David Robinson 63.1 (2)  
 3000SCA Richard Newbold 10:15.0 (1)  
 3000SCB Gordon Faulds 11:06.2 (1)  
 4 x 100 (Marc Malone, Richard Alleyne, Abdul Buhari, Darren Robinson) 45.9 (1)  
 4 x 400 (Abdul Buhari, Lourens Malan, Marc Malone, Darren Robinson) 3:43.5 (2)  
 LJA Abdul Buhari 6.31 (1) =PB  
 LJB Marc Malone 5.75 (1)  
 HJA Marc Malone 1.60 (5)  
 HJB Lourens Malan 1.55 (5)  
 TJA Lourens Malan 11.55 (4)  
 TJB Marc Malone 11.10 (5)  
 PVA Wayne DuBose 3.10 (2)  
 PVB Lourens Malan 2.80 (1) PB  
 SPA Wayne DuBose 9.98 (2)  
 SPB Tony Alexander 8.98 (3)  
 DTA Wayne DuBose 30.66 (3)

DTB Tony Alexander 28.04 (2)  
 JTA Wayne DuBose 40.67 (3)  
 JTB Tony Alexander 35.75 (3)  
 HTA Tony Alexander 31.53 (3)  
 HTB Wayne DuBose 27.97 (2) PB

1st VPH&THAC	132 pts
2nd Thurrock	118
3rd Reading	99.5
4th Harrow	92
5th Newbury	87

## Men's Southern League Div 4E, Colchester, 4 May 02

(by Mike Wheeler)

Eleven of us travelled by bus on the day with Matteus following in his car (did he know something), and Graham Bennett meeting us down there. This totalled 13 competitors for Randal and Mike Penman to play about with, twice as many as I had at the first event last year. During the course of the day, Richard Bruce turned up in good time to cover the 800m, closely followed by Roland who was prepared to have a go at anything.....literally. Finally, David Shortridge, having finished his day's work, arrived, relieving Tony of a reluctant 1500m. David also ably assisted with the 400m relay. Graham, who had picked up a slight injury at the previous Thursday's Assembly League race, was grateful he wasn't needed on the day. But we were grateful he'd travelled from the other side of London just in case. Garry Walker and son Paul also chose to come and watch the lower division compete on the day, and thankfully wrote some results down. Unfortunately, the day was slightly marred by jobsworth refereeing. Didn't see the first disqualification, but the second one was down to the different colour vests. It would have been nice of someone who knew (and there wasn't many of them), to point out that the relay had to be in the same colours. After all, we had been competing as and when all day long without complaint, and thought nothing of it. It was pointed out that if we had been at the start on time it would have been mentioned, but the whole day was running at least 20 minutes late and there were very few event tannoy calls. It's a shame they didn't put as much effort into their timekeeping. They

admittedly had Mike Penman at least twelve seconds adrift of his actual time (deduct 12 seconds) in the 5000 metres, which just happens to be a PB by 50 seconds in his case. For those of you who don't know, our minibus suffered a terminal brake failure less than a mile into our journey on the way home. This catastrophe didn't compare to the aggravation in trying to be recovered back home. Big thanks to Tony Lashmar whose AA policy eventually recovered us when Tower Hamlets Community Transport's recovery service couldn't. (Tip for drivers; break down near public transport terminus and abandon bus). I didn't get home until 11.30 pm on the night, and I understand quite a few of the others hadn't been home much before that.

100A Chris Musa 11.5 (1)  
 100B Matteus (two false starts)  
 200A Chris Musa 23.1 (2)  
 200B Keith Simpson-Porter 25.3 (2)  
 400A Darren Clark 64.1 (5)  
 400B Roland Lyons 74.5 (3)  
 800A Richard Bruce 2:06.8 (2)  
 800B Colin Oxlade 2:35.0 (3)  
 1500A Dave Shortridge 4:54.5 (4)  
 1500B Darren Clark 5:14.0 (3)  
 5000A Tony Lashmar 17:00.0 (3)  
 5000B Mike Penman 17:33.0 (3) PB  
 110HA No competitor  
 110HB No competitor  
 400HA Darren Clark (DQ)  
 400HB Mike Wheeler 87.3 (3)  
 3000SCA Colin Oxlade 12:00.0 (3)  
 3000SCB Rowland Lyons no time (2)  
 4 x 100 DQ      4 x 400 4:14.0 (3)  
 LJA Alex Simpson-Porter 5.60 (4)  
 LJB Chris Murtagh 5.17 (3) =PB  
 HJA Darren Clark 1.10 (5)\*  
 HJB Chris Murtagh 1.40 (2)\*  
 TJA Randal Porter 11.02 (4)  
 TJB Chris Murtagh 10.87 (2)  
 PVA Chris Murtagh 2.40 (3)  
 PVB Mike Wheeler 2.40 (3) =PB  
 SPA Randal Porter 9.47 (2)  
 SPB Alex Wood 9.21 (1) PB  
 DTA Chris Murtagh 25.63 (3)  
 DTB Alex Wood 20.12 (2)  
 JTA Randal Porter 35.43 (4)  
 JTB Alex Wood 28.86 (3) PB  
 HTA Alex Wood 25.92 (3)  
 HTB Shams Ghali 18.14 (4)  
 \*Even though Chris jumped higher than Darren, this is how it was scored.

# Symone Belle, Middlesex Champion Three Times

**B Team Result**

1st Blackheath	147
2nd Colchester Harriers	117
3rd VPH&THAC	99
4th St Albans	63
5th Invicta	42

From: Tim Grose

Sent: Tuesday, May 07, 2002

Just back from **9:03.22 for 3000m** at Millfield. Through halfway in 4:22 - better than Saturday! Running on my own all way round so guess that didn't help. Oh well, certainly one club season's best and arguably two if you count the 1500 split!!! 5:58 2K. Rather outclassed here and only beat one person (finished 19th)! Tim

**Summer Parks League, Perivale 5M, 5 May 02**

The knock-on effect on the mini-bus breaking down for the previous day's Southern League B team was that there was no way to transport the masses to Perivale. In the event, three souls made their own way there. Well done.

4th Tony Lashmar	28:50
12th Tim Mitchell-Smith	31:22
42nd Phil Miller	38:14

**Young Athletes League, Haringey, 5 May 02**  
(by Pete Snell)

The Club entered its first ever boys team in the Young Athletes League (formerly the McDonald's League). Until now, under 15 girls have been able to compete in the Southern Women's League, but there has been no league competition for under 17 boys. The League brings national recognition for participants and allows them to obtain badges recognising attainment of national standards. We knew it would be a challenge to cover all three age categories but felt we had to give it a go to attract the best local young athletes. The pioneers from the Club were not at all outclassed thanks in no small part to developing links with Cardinal Pole school in Hackney who have an extensive youth athletics programme. One benefit of League competition is every member of the team contributes to the final result and

the best scores are not limited to those who win their events. The bravest competitors were the under-13 team, most of whom joined the Club having been involved in the Awards For All programme the Club ran in nine local schools through the spring term. Although as much as three years younger than other competitors, they would have bravely covered all the events in their age group - if they had not missed the start of the 200 meters. Babitola Orilinishi and Shuman Miah deserve particular praise for completing the 1500 meters even though they had never run that distance before. Saddiqui Ghoni came second on the "B" string long jump, which he had practiced for the first time the previous day, with a distance of 3.37 metres. The other under-13 competitors Ali Hoque and Fokrul Islam both made valuable contributions to the overall points tally. We can only imagine how well they would have done if they had been as old as the other teams. The Young Athletes League does offer a chance for every participant to contribute to the team total score. In events where our athletes come first in A string events, they are bound to do well but this is a minority of events. The overall team score depends on us being able to cover all the events.

4th VPH&THAC 94 points

**U13**

100'A' B. Orilonishi	17.0 (4)
100'B' S. Ghoni	17.3 (3)
800'A' S. Marriot-Dixon	2:47.2 (3)
800'B' A. Moque	3:38.8 (4)
1500'A' B. Orilonishi	7:18.1 (3)
1500'B' S. Miah	7:18.7 (1)
LJ'A' S. Marriot-Dixon	4.04 (1)
LJ'B' S. Ghoni	3.37 (2)
SP'A' S. Miah	4.52 (4)
4x100 B. Orilonishi, S. Ghoni, A. Moque, F. Islam	68.1 (3)

**U15**

100'A' A. Babb	12.3 (1)
100'B' E. Oppong Yeboam	12.9 (1)
200'A' A. Babb	24.8 (2)
200'B' E. Oppong Yeboam	26.1 (2)
400'A' T. Crosbie	63.0 (2)
400'B' S. Guttman-Hancocks	65.3 (1)
800'A' V. Oderinde	2:25.1 (3)
800'B' D. Lewis	2:54.6 (4)
1500'A' A. Caraballo	5:29.4 (4)

80H'A' P. Clarke	16.5 (4)
80H'B' T. Crosbie	16.7 (2)
LJ'A' E. Oppone	4.99 (2)
LJ'B' S. Guttman-Hancocks	4.45 (1)
HJ'A' A. Babb	1.55 (1)
HJ'B' D. Clarke	1.30 (3)
SP'A' M. Fadairo	8.26 (1)
SP'B' D. Lewis	6.27 (2)
DT'A' M. Fadairo	19.94 (4)
DT'B' E. Demirkol	13.48 (4)
JT'A' V. Oderinde	28.13 (1)
JT'B' E. Demirkol	23.30 (1)
4x100 S. Guttman-Hancocks, E. Oppong Yeboam, V. Oderinde, A. Babb	52.2 (2)

**U17**

400'A' F. Akinyisola	58.4 (1)
SP'A' A. Wood	10.47 (3)
SP'B' A. Wood	33.16 (1)

**Canary Wharf Group Middlesex County Champs, Mile End, 11 May 02**

It was very fitting that 17-year-old Symone Belle, a member of the Canary Wharf Hurdles Group, should be the star performer at the Canary Wharf Group Middlesex County Athletics Championships held at Mile End Stadium. The first major athletics meeting to be held in the Borough for nearly 40 years attracted 600 athletes, the best entry for almost ten years. Top coaches and international athletes competing and spectating made it a magnificent day. Symone set two new Championship Best Performances in the under 20 age group, winning the 100m in a new personal best time and following it up by clearing over six metres to win the long jump. She completed her day by setting a new personal best in the 100m hurdles. The long jump and 100m hurdles are the best under 20 performances in the UK so far this year. In other events, Victoria Park Harriers and Tower Hamlets AC athletes showed excellent early season form. For many of the younger athletes, it was their first major Championships. Abdul Buhari won the under 20 long jump with a new personal best of 6.48m and Banke Olofinjana won the senior women's long jump. Banke also took third place in the 200m and was fourth in the 100m. Amy Clough won her first ever title, with a personal best, when winning the under 17 triple jump. Silver medal places

## Michael Richards Wins Middlesex Title in New Record

were gained by Cai Lewis in under 17 high jump; Karenate Songhoron in the under 17 shot putt; Darren Robinson in 400m hurdles; Serena Robinson with a personal best in the under 15 high jump; Chekaila McCollins with a personal best in the under 15 long jump; Alex Wood in the under 17 shot putt and, with a massive new personal best, in the hammer; Alex Simpson-Porter in the under 15 long jump; and Richard Alleyne in under 20 110m hurdles. Bronze medal places were gained by Sarah Anibaba in the under 17 300m hurdles; Lourens Malan in the Senior 400m hurdles; Elizabeth Ali with a personal best in under 15 long jump; Patricia Asante with a personal best in the senior ladies 400m; and Ben Chukwu-ono with a personal best in the under 15 200m. Other personal bests were set by Sarah Anibaba in the long jump; Elizabeth Ali in both sprints; Chekaila McCollins with an almost half second improvement in the 100m; Caryl Whittaker in the long jump; and Ben Chukwu-ono in 100m. Unluckiest athlete was Chris Musa who injured himself in winning his 100m heat in 11.3. Injury prevented Rikki Fifton from competing. (Paul Janko reports)

### Under 15 Girls

100m Final  
Chekaila McCollins 13.5 (8th)  
(13.4 in heat PB)  
100m Heats  
Elizabeth Ali 13.8 PB  
Serena Robinson 14.2 PB  
L. Browne 14.6  
200m Final  
Elizabeth Ali 28.6 (6th)  
(28.5 in heat =PB)  
200m Heats  
Caryl Whittaker 29.5  
L. Browne 30.5  
800m Final  
Louise Blake 2:58.7 (7)  
LJ  
Chekaila McCollins 4.55 (2nd) PB  
Elizabeth Ali 4.52 (3rd) PB  
Caryl Whittaker 4.36 (5th) PB  
Louise Blake 4.30 (6th) PB  
HJ  
Sarena Robinson 1.40 (2nd) PB

### Under 17 Women

300m Hurdles Final Sarah Anibaba 53.4 (3rd) PB

LJ Sarak Anibaba 4.59 (4) PB  
HJ Cai Lewis 1.43 (2nd)  
TJ Amy Clough 8.68 (1st) PB  
SP Karenate Songhoron 8.62 (2nd)  
SP Amy Clough 6.23 (4th)

### Under 20 Women

100m Final  
Symone Belle 12.0 (1st) CBP/PB  
Anique Dublin 12.7 (4th) PB  
100m Hurdles Final Symone Belle 14.0 (1st) CBP/PB  
LJ Symone Belle 6.01 (1st) CBP

### Senior Women

100m Final Banke Olofinjana 12.5 (4th)  
200m Final  
Banke Olofinjana 25.5 (3rd)  
Patricia Asante 26.7 (5th) PB  
Marian Shasanya 30.0 (7th)  
400m Final  
Patricia Asante 61.3 (3rd) PB  
Marian Shasanya 68.0 (8th) PB  
LJ Banke Olofinjana 4.89 (1st)

### Under 15 Boys

100m Final Alex Simpson-Porter 12.3 (5th)  
100m Heat Ben Chukwu-Onu 12.3  
200m Final Ben Chukwu-Ono 24.8 (3rd) (24.6 in heat - PB)  
1500m Final A.Jackson 4:53.4 (5th) PB  
LJ Alex Simpson Porter 5.64 (2nd)

### Under 17 Boys

100m Heats  
Chris Musa 11.3 (1st) - injured in heat  
Kwame Peters 12.7  
LJ  
D. Fox-Huxley 5.32 (4th)  
Kwame Peters 3.38 (6th)  
SP Alex Wood 11.32 (2nd) PB  
HT Alex Wood 35.69 (2nd) PB

### Under 20 Men

100m Final Abdul Buhari 11.7 (5th)  
200m Final Abdul Buhari 23.1 (5th) PB; same time as 3rd and 4th  
110m Hurdles Final Richard Alleyne 15.3 (2nd)  
LJ Abdul Buhari 6.48 (1st) PB

### Senior Men

200m Final Darren Robinson 23.4 (8th)  
800m Heats  
Tim Grose 2:05.6  
Tony McDowell 2:18.0  
5000m Final Jim Roche 16:18.8 (6th)  
400m Hurdles Final

Darren Robinson 57.0 (2nd)  
Lourens Malan 60.4 (3rd)  
David Robinson 64.8 (4th)  
Pole Vault Chris Murtagh 2.70 PB

### Middlesex County Under 13

#### Championships, Perivale, 12 May 02

The youngest VPH&THAC athletes performed well at the Middlesex County under 13 Athletics Championships held at the Perivale track. In the girls events, MILLIE ZAH took the silver medal in the 70m hurdles in a personal best time and was also under the previous championship best performance, as was third placer REBECCA PETERKIN BELLE. In the boys events, MICHAEL RICHARDS won the shot putt with a new championship best performance and also took the silver medal in the long jump, defeating last year's winner ANDREW ALI. ANDREW finished second in the shot putt and third in the 1500m. (Paul Janko reports)

### Under 13 Girls

100 Rebecca Peterkin-Belle 14.8,  
Raquel Feeley 14.9  
200 Raquel Feeley 31.0, Millie Zah 31.5, Rebecca Peterkin-Belle 31.6  
70H Final  
Millie Zah 12.3 (2)  
Rebecca Peterkin-Belle 12.9 (3)  
LJ Millie Zah 3.70

### Under 13 Boys

100 Michael Richards 14.6, Andrew Ali 16.0, Jay Peters 17.5  
200 J. Baldwin 31.1  
800 T. Baldwin 2:47.1  
1500 Final  
Andrew Ali 6:39.0 (3)  
LJ Final  
Michael Richards 4.20 (2)  
Also Andrew Ali 3.36, Jay Peters 3.06  
SP Final  
Michael Richards 7.52 (1) CBP  
Andrew Ali 4.44 (2)

From: "Terry Adams"

Sent: Monday, May 13, 2002 8:37 AM

Subject: MIDDX. CHAMPS

Just a note of interest. Among the spectators at the Middlesex Champs was 23-year-old Phillips Oduwu (6th in last Olympic TJ) who started out with THAC. He was obviously really pleased to be back and spent a lot of time with

## Tim Grose Wins 800/1500 Double At Barn Elms

those of us who were his first coaches and teammates. When he was talking to me, some other UK international athletes who knew him well came up to talk and he said, "This is HOME, the first track I ever saw." He's a really nice guy and it's great to see that his success hasn't changed him. Mind you, he's HUGE compared to when I coached him. Although Phillips spends most of his time out of the country, he has been helping the teacher at his old school (Raines) with athletics coaching and presentation of prizes etc. This might be an area we could follow up and perhaps come to some sort of arrangement with Raines. They put quite a number of youngsters into the Middlesex Champs so are obviously interested in athletics. If Pete Snell has funding and needs help with the young athletes meetings, my experience is that young teachers could usually do with some extra money and if they could get paid helping in their hobby, it might be the answer to Pete's challenges. Terry P.S. Phillip's coach was there (John Herbert) as was Ron Roddan and a host of other top line international coaches, P.P.S. Hopefully, we can keep people like Phillips and Aisha Hansen (who also belonged to THAC in her younger day) now that we have a better structure than the one that Phillips and Aisha left us for to find elsewhere.

### **Southern League Div 3, Barn Elms, 18 May 02**

Before the meeting ever started, there was a small amount of panic as we became aware that one of the Mile End track staff (where we were meeting) told Richard Alleyne, our top sprint hurdler, that we had already departed in the mini-bus for the match. In fact, what the staff member had seen was the B team taking off for Watford. In his previous experiences, the staff member had never come across an A and a B team before, and therefore presumed he'd seen the A team depart. Despite dashing to Mile End tube station and making many (and I mean many) mobile phone calls, we had to give up and finally departed 40 minutes late. The knock-on effect was that, after battling heavy London traffic, the majority of the team arrived with just

15 minutes to the start of the match. Without Richard Alleyne, or Rikki Fifton who was still recovering from injury, or Tony Alexander, our top hammer thrower, and up against North Devon who had posted the biggest score out of the first matches two weeks earlier, there was a certain amount of doubt as to whether or not we could pull off our second consecutive team win. In the event, we ran out easy 14-point winners (at one point, having a 19-point lead with five events to go) scoring 149 points to North Devon's 135. Our strength in depth was measured by finishing 1<sup>st</sup> or 2<sup>nd</sup> in 29 of the 36 events. On this occasion, all of our 14 individual victories came from the middle-distance runners, hurdlers, and jumpers. In the 800 and 1500, Tim Grose completely dominated proceedings with emphatic wins in both A strings of the 800 and 1500, finishing off the latter event with a 60-second last lap. In Tim's long and distinguished career, this was the first time he'd ever won both A strings in these events. Backing up Tim in the 1500, Eddie Thomas won the B string as the 2nd finisher out of all A and B string runners. Thirty minutes later, Eddie talked the track judge into allowing him to guest in the 3000m steeplechase. While Rich Newbold achieved his second consecutive Southern League 'chase win of the season, Eddie finished just 10 seconds behind, reducing his PB by 26 seconds. In the 5000, Sam Pullan and Jim Roche repeated their efforts from the last match by once again sweeping the A and B strings. Sam's sub-16 minute time was particularly impressive in view of the strong winds. Over to the hurdles, and Darren Robinson opened our account on the track with a sub-60 second win, with Dave Robinson securing the B string win. Dave followed this up with an A string win in the 110m hurdles. Dave's two wins were most impressive due to the fact that he had suffered from a swollen ankle due to an insect bite in the days leading up to the meet. Lourens Malan very easily backed up Dave with the B string sprint hurdles win which went very nicely with his pole vault B string first place in yet another PB of 3.00m. In the past two weeks, Lourens has raised his best by 80 cms (or 2'8").

Such is Lourens' swift improvement, that Wayne DuBose had to clear his season's best of 3.20m to stay slightly ahead of his up-and-coming teammate. Over to the jumps and Lee Bruce caused quite a stir by high jumping 1.85 metres to notch not only a win, but also a new PB...and this after not competing or training for track and field for the past couple of years! Marc Malone got the B string win and then added over a foot to this best long jump this year to record his first win over Abdul Buhari, although strictly speaking Abdul was in a different competition in the B string which he won with a fine 6.21m. Not having fielded our strongest team yet, and with two wins out of two, the feeling is that promotion is very much on the cards.

- 100A Abdul Buhari 11.2 (2)
- 100B Marc Malone 11.7 (3)
- 200A Darren Robinson 23.0 (2)
- 200B Abdul Buhari 23.2 (2)
- 400A Carey Simon 53.5 (3)
- 400B Terry Beackon 56.0 (2)
- 800A Tim Grose 2:03.2 (1)
- 800B Richard Bruce 2:09.4 (2)
- 1500A Tim Grose 4:24.0 (1)
- 1500B Eddie Thomas 4:27.1 (1)
- 5000A Sam Pullan 15:56.3 (1)
- 5000B Jim Roche 16:09.3 (1)
- 110HA Dave Robinson 18.4 (1)
- 110HB Lourens Malan 19.2 (1)
- 400HA Darren Robinson 59.1 (1)
- 400HB David Robinson 62.5 (1)
- 3000SCA Richard Newbold 10:20.2 (1)
- 3000SCB Gordon Faulds 11:07.6 (2)
- Guest Eddie Thomas 10:30.6 (2) PB
- 4 x 100 Lourens Malan, Abdul Buhari, Marc Malone, Darren Robinson 45.7 (2)
- 4 x 400 Carey Simon 53.9, Abdul Buhari 55.4, Terry Beackon 55.3, Darren Robinson 53.3 - 3:38.9 (2)
- LJA Marc Malone 6.30 (2)
- LJB Abdul Buhari 6.21 (1)
- HJA Lee Bruce 1.85 (1) PB
- HJB Marc Malone 1.65 (1)
- TJA Lee Bruce 12.32 (2)
- TJB Marc Malone 11.68 (2)
- PVA Wayne DuBose 3.20 (2)
- PVB Lourens Malan 3.00 (1) PB
- SPA Wayne DuBose 10.74 (2)
- SPB Richard Tufft 10.37 (2)
- DTA Wayne DuBose 31.04 (4)
- DTB Richard Tufft 25.60 (3)
- JTA Wayne DuBose 45.14 (3)
- JTB Richard Tufft 4.63 (4)

## Keith Simpson-Porter and Chris Murtagh Pick Up Wins At Watford

HTA Richard Tufft 23.74 (3)  
HTB Wayne DuBose 23.39 (2)

1st VPH&THAC 149 pts  
2nd North Devon 135  
3rd Richmond 110  
4th Wessex & Bath 106  
Great Yarmouth did not show

### Men's Southern League Division 4E, Watford, 18 May 02

(Mike Wheeler reports)

Due to a depleted team through injuries, the Watford meet was never going to be easy. Even the presence of Jon Cullom, Dean Kosoko and Tony MacDowall was not going to be enough to cover the absence of Mateus, Chris Musa, and especially Alex Wood in the throwing events where we were particularly exposed. High expectations from Chris Murtagh and I in the pole vault after recent coaching never really materialised. Chris was easily getting high enough but was unable to control his flight, probably due to a lack of a target when training over at Mile End stadium. My niggling injury that I sustained at the end of training last Thursday developed even further, forcing me to pull out at 2.60m and setting me up for an overall depressing day. Other notable performances that I observed on the day were Dean Kosoko just being pipped on the line for second in a very closely fought race, Tony Lashmar seemingly having a good 5000 at Mike Penman's expense, and Jon Cullom showing his potential as a steeplechaser. Graham Bennett's time in the 1500 disguised the fact that he had actually had to get up off the floor after being severely cut up by another runner on the first lap. Not only was the other runner disqualified and pulled out whilst the race was in progress, but Graham had to make up a good 50 metres to get back to the field. The only winners on the day were Keith Simpson-Porter in the B-string 100 with a time of 11.9 seconds and Chris Murtagh in the B string triple jump with 11.09m. Thanks to Tony MacDowall for compiling these results.

(Randal Porter reports)

The B team struggled to pick up points in a very competitive meeting which

saw us up against some strong competition, especially in the field. Highgate, Dartford, Watford, St Albans made us work for every point. The first event was the pole vault where Chris Murtagh cleared 2.60m for 3rd place in the A string, whilst Mike Wheeler scored good points in coming 2<sup>nd</sup> in the B string, clearing 2.40. Meanwhile, Randal Porter was busy running between the long jump and the hammer. 5.43m in the long jump was good enough for 3<sup>rd</sup> place in the A string, however 17.40 did not impress in the hammer, but at least secured a point in the A string; injured junior athlete, Alex Wood was sorely missed. In the high jump, Michael Murtagh and Darren Clark both claimed 4<sup>th</sup> place with 1.45m and 1.30m respectively. Randal Porter and Mike Wheeler then found themselves a little out of their depth in the javelin, then the shot putt. Both only managed one point each, Randal in the A 30.30m, Mike in the B event, 23.21m. They then repeated their double dosage of one point each in a quality shot competition, throwing 9.26 and 7.90 respectively. The 100 metres sprint saw a welcome change from the low scoring. First of all, Dean Kosoko announced his return to the team with a useful 2<sup>nd</sup> place, losing by the thickness of a vest to the Watford runner. In the B race, Keith Simpson-Porter finally got an injury free race under his belt winning in impressive style with 11.9, without fully turning on the gas. He looked relaxed and lean. Fast times are sure to come. Tony Lashmar and Mike Penman found it tough going in the 5k. Both finished in 4<sup>th</sup> place with times of 16:39.7 and 17:52.9 respectively. Before the start, I asked Mike what his race plan was going to be. *"To stick as close to Tony as possible,"* was his measured response. As the race progressed, this plan clearly failed to materialise as Tony pushed after the front runners, leaving Mike behind to gut it out through to the finish for two precious points. At this point, VPH & THAC were staring down the barrel of a last place. We had fallen behind the pack, and double 5<sup>th</sup> places in the 200m did not help. Keith and Dean were both spooked by some twinges in their hamstrings and abstained. Mike Wheeler gave us the comic relief of the

day. When I was scratching around for stand-ins, he asked *"so what's wrong with Dean and Keith"* *"Oh they've got twinges in the hamstrings"* was my sheepish reply. *"Twinges in their hamstrings."* I sensed indignation in his voice. *"My back's gone, my arms dropping off, I've done my knee, and I'm falling to bloody pieces, and they've got twinges in their hamstrings, bloody marvellous."* Darren Clark and David Shortridge (both had earlier ran well in their respective middle distance races) were the brave volunteers to stand in. David ran 26.3, Darren ran 27.2. The A string 800 metres was a good race and Tony MacDowall ran well but fell behind the pace at 500 metres. He rallied towards the end and closed the gap on 4<sup>th</sup> place just failing to catch him. The performance of the day was definitely that of Graham Bennett in the 1500 metres. He was spiked on the 1<sup>st</sup> lap and then towards the end of the same lap was cut up and took a tumble. By the time he had rolled over, regained his composure, and got back into his stride, he was 50 metres down. However, he didn't give up or panic. He gradually reeled the pack in. I didn't see the finish as I was busy sorting out some officiating problems, but I was astounded to discover that Graham had bravely battled back to claim 2<sup>nd</sup> place. *"When the going gets tough the tough get going."* In the triple jump, Chris Murtagh was jumping well and recorded over 11 metres twice. In fact, he was leading the A string jumper Randal Porter from the 1<sup>st</sup> round until the final jump of the competition when Randal improved from 10.86 to 11.36, to go from last to 2<sup>nd</sup> in the A string. The injury decimated 4 x 100 metres relay team got the baton round for 4<sup>th</sup> place and the longer relay acquitted themselves well with 3<sup>rd</sup> place. Although the B team had a fair size squad, injuries and too many non-specialist competing for a point meant that we struggled to be competitive. We need a good performance at the next meeting to pull away from the relegation zone.

100A Dean Kosoko 12.0 (2)  
100B Keith Simpson-Porter 11.9 (1)  
200A Dave Shortridge 26.3 (5)  
200B Darren Clark 27.2 (5)

# Four Wins For Banke Olofinjana at Parliament Hill

400A Tony MacDowall 59.8 (5)  
 400B Graham Bennett 58.4 (3)  
 800A Tony MacDowall 2:10.3 (4)  
 800B Graham Bennett 2:09.1 (3)  
 800 (Guest) David Shortridge 2:13.0  
 1500A Graham Bennett 4:31.6 (2)  
 1500B Darren Clark 5:14.1 (3)  
 3000SCA Jon Cullom 10:54.1 (2)  
 3000SCB Colin Oxlade 11:41.8 (2)  
 5000A Tony Lashmar 16:39.7 (4)  
 5000B Mike Penman 17:52.9 (2)  
 110H No competitors  
 400HA Jon Cullom 75.3 (4)  
 400HB Colin Oxlade 84.5 (5)  
 4x100 Dave Shortridge, Randall Porter, Mike Murtagh, Keith Simpson-Porter 49.4 (4)  
 4x400 Darren Clark 63.29, Graham Bennett 58.31, John Cullom 63.41, Tony MacDowall 58.13 = 4:03.2 (3)  
 LJA Randall Porter 5.43 (3)  
 LJB Darren Clark 4.63 (5)  
 HJA Chris Murtagh 1.45 (4)  
 HJB Darren Clark 1.30 (4)  
 TJA Randal Porter 11.35 (2)  
 TJB Chris Murtagh 11.09 (1)  
 PVA Chris Murtagh 2.60 (3)  
 PVB Mike Wheeler 2.40 (2)  
 SPA Randal Porter 9.26 (5)  
 SPB Mike Wheeler 7.90 (5)  
 DTA Chris Murtagh 24.81 (5)  
 DTB Mike Murtagh 18.88 (5)  
 JTA Randal Porter 30.38 (5)  
 JTB Mike Wheeler 23.21 (5)  
 HTA Randal Porter 17.40 (5)  
 HTB Mike Wheeler 16.60 (4)

Watford	140
Highgate	115.5
Harlow	110
VPH&THAC	79.5
Dartford	75

## Women's Southern League Div 3, 18 May 02, Parliament Hill

Senior  
 100A B.Olofinjana 12.7 (1)  
 100B M. Ayoola 14.3 (2)  
 200A B. Olofinjana 25.6 (1)  
 200B M. Ayoola 29.5 (2)  
 400A M. Bishop 68.1 (2)  
 400B L. Bishop 68.6 (3)  
 800A M. Bishop 2:39.9 (3)  
 800B L. Bishop 2:41.8 (1)  
 3000 L. Bruce-Burgess 12:45.7 (3)  
 4x100 57.9 (3)  
 LJA B.Olofinjana 5.18 (1)  
 LJB S. Anibaba 3.95 (1)  
 TJA A. Clough 8.85 (4) PB

PVA A. Fake 1.20 (3)  
 PVB A. Markiewicz 1.20 (3)  
 PV (guest) C. Whittaker 1.30  
 SPA B.Olofinjana 9.99 (1)  
 SPB K. Songhoron 8.69 (1)  
 DT K. Songhoron 31.43 (1) PB  
 DTB A. Markiewicz 13.84 (5)  
 JTA B. Olofinjana 24.03 (1)  
 HTA K. Songhoron 19.53 (2)

U15  
 100A C. McCollins 14.4 (3)  
 100B E. Ali 14.5 (2)  
 200A E. Ali 28.8 (3)  
 200B C. Whittaker 31.0 (3)  
 800A L. Blake 2:57.2 (1)  
 75HA R. Peterkin-Belle 15.0 (2)  
 75HB M. Zah 14.1 (1)  
 HJA R. Peterkin-Belle 1.20 (3)  
 HJB C. Whittaker 1.15 (1)  
 LJA E. Ali 4.37 (2)  
 LJB C. McCollins 4.16 (1)  
 4x100 55.3 (2)

U17  
 300H S. Anibaba 55.4 (1)

Non-Scoring  
 100 L. Brown 15.7, R. Feeley 15.7, M. Zah 16.1, L. Blake 14.8  
 4x100 60.6

Loughton	176
Ipswich	174
VPH&THAC	135.5
Haywards Heath	123.5
Queens Park	75

## Boy's Young Athletes League, Basildon, 19 May 02

4th VPH&THAC 81 points

U13  
 100'A Michael Richards 13.7 (1)  
 100'B' Samson Odelowo 15.8 (3)  
 200'A' Sadiqui Ghoni 36.5 (4)  
 200'B' Salam Abudus 38.6 (2)  
 200 non-scoring F. Baldwin 32.8, Fokrul Islam 35.5, Shuman Miah 38.7  
 800'A' Simeon Marriot-Dixon 2:39.8 (2)  
 800'B' Fokrul Islam 3:26.5 (2)  
 1500'A' Terry Baldwin 5:50.8 (3)  
 1500'B' Andrew Ali 6:05.7 (2)  
 LJ'A' Michael Richards 4.17 (2)  
 LJ'B' JJ Peters 3.21 (3)  
 SP'A' Michael Richards 7.54 (1)  
 SP'B' Shuman Miah 4.40 (3)  
 4x100 Simeon Marriot-Dixon, Samson Odelowo, Andrew Ali, Terry Baldwin

58.8 (2)  
 4x100 non-scoring Fokrul Islam, Shuman Miah, Salam Abudus, Sadiqui Ghoni 68.0

U15  
 100'A' Khalid Agyemang 13.4 (2)  
 100'B' Jerome Paul 14.3 (3)  
 200'A' Ben Chukwu-ona 25.4 (1)  
 200'B' Alex Bbb 25.7 (1)  
 800'A' Sam Guttman-Hancocks 3:15.0 (4)  
 1500'A' Jerome Paul 5:16.3 (4)  
 HJ'A' Alex Babb 1.70 (1)  
 LJ'A' Sam Guttman-Hancocks 4.67 (4)  
 LJ'B' Carl Paul 4.60 (1)  
 DT'A' Michael Fairairo 20.01 (4)  
 JT'A' Michael Fairairo ?? (4)  
 4x100 Khalid Agyemang, Alex Babb, Ben Chukwu-ona, Jerome Paul 51.1 (1)  
 4x400 S. Guttman-Hancocks, Carl Paul, Jerome Paul, Alex Babb 4:23.2 (2)

U17  
 400'A' Femi Akinyisola 56.4 (4)  
 HJ'A' Femi Akinyisola 1.60 (3)  
 SP'A' Alex Wood 10.80 (2)  
 HT'A' Alex Wood 32.92 (2)  
 JT'A' Alex Wood 28.87 (2)

## Ranelagh Richmond Half Marathon, 19 May 02

Winner - P. Buckley (unattch)	73:10
18th - Tony Lashmar	83:10
22nd - Peter McHugh deClare (3rd V50)	83:50
42nd - Tim Mitchell-Smith	88:33
46th - Simon Perham	89:25
67th - Mark Sutton	92:25
87th - Francis Bray	94:37
(335 finishers)	

## Club Champs 400 & 10,000 Mile End, 22 May 02

(Tim Grose reports)  
 7:30 pm Tim Grose 2nd 400m 58.4 (1st Terry Beackon 55.9)  
 7:45 pm Tim Grose 1st 10,000m 33:49 (2nd Jim Roche 33:53)  
 Second VPH&THAC championship for me and a silver so now 2 Golds, 1 Silver, 1 Bronze + 2 4ths in 6 starts. Well, a flat-out 400 is an interesting warm up for the 10K, but felt I had to at least make Terry work for his club championship - certainly many are harder to medal in than in county championships. However, I was very rather ruing this impetuous decision

## Symone Belle and Richard Alleyne Win South of England Titles

after just 800m of the 10K when Jim was miles up the track closely pursued by James. I was further concerned when after a mile I had already started to slip off my intended 80s/lap pace. However, I was maintaining a reasonable rhythm and caught James after six laps although by this time Jim was almost 100m ahead and seemingly heading for an easy victory. It was however the steeplechase barrier halfway down the home straight that was to prove vital in this race as after about 10 laps I realised Jim was no longer get further ahead because each time I was passing the barrier Jim was crossing the start/finish line. 5K came and went with Jim at 16:46 and myself at 17:00. Then, after a few more laps, I realised that I was actually starting to pull back the deficit, although only by a few metres each lap. This was a very useful thing to focus on and slowly but surely the gap closed until, with 3 1/2 laps to go, got onto Jim's shoulder for the first time. Jim tried very hard to shake me off and almost succeeded but I figured if I could wait until the last lap then I ought to be able to outkick him. Regrettably for the gallant Jim this is exactly what happened as with 275m to go, I strided past and held on to win by the remarkably small gap of just 4 seconds. Third was Tony in 35:45. Checking back, this 33:49 is actually a PB for me by one second! I ran 33:50 in my only other ever track 10K way back in 1990 at the University Championships at Antrim when I got lapped three times by Ian Hamer who ran under 29 minutes. Very humbling as I recall. I have of course run faster than tonight on the road but a track PB is a track PB. Ironically, also that day in 1990, I ran a 400 in the relay much later on in the day and recorded my best ever split of 52.5, so 12 years on the 400 and 10000 double is still a fruitful one for me! Many thanks to Tim Mitchell-Smith and Gary Bagnall for time-keeping and recording how far everybody had run. Cheers, Tim

### 400m

1st Terry Beackon	55.9 G
2nd Tim Grose	58.4 S
3rd Alistair McCall	58.9 B
4th Tony MacDowall	59.6

5th Darren Clark	64.3
6th Francis Bray	72.9
7th Sarah Johnsen	74.9
DNF Mike Penman	
DNF Colin Oxlade	

### 10,000m

1st Tim Grose	33:49 G
2nd Jim Roche	33:53 S
3rd Tony Lashmar	35:45 B
4th James Waters	36:52
5th Mike Penman	37:27
6th Colin Oxlade	38:28
7th Dave Shortridge	41:28
8th Francis Bray	42:46
9th Phil Miller	46:52

### SEAA Champs, Watford,

#### 25-26 May 02

U20 Women's 100H Symone Belle	14.12 (1st) (13.99w in heat)
U20 Womens's LJ S. Belle	5.37 (3rd)
U20 Men's 110H Richard Alleyne	14.67 (1st)
U17 Boy's 100 Chris Musa	11.1 (2nd in heat; qualified for final but withdrew through injury)
U15 Boy's 200 Sean Alley	24.11 (3rd)

### Club Open 5M H/C Race, 30 May 02

	<u>H/C</u>	<u>Actual</u>
1 Brian Corbett	43:11	31:41*
2 Graham Prince	43:37	40:07 PB
3 Paul Birchall	44:31	33:01PB
4 Peter McHugh	44:54	30:54
5 Mick Cairns	45:41	31:41
6 Tony Lashmar	45:45	28:45
7 Tim Amor	45:53	37:08PB
8 Gary Deathridge	46:00	32:00
9 Dave Robinson Sr	46:03	32:03
10 Kathy Whelan	46:23	46:23
11 Phil Miller	46:25	38:25 PB
12 T. Mitchell-Smith	46:38	31:38
13 Garry Walker	46:41	35:11
14 Sarah Johnsen	46:48	38:03*

### SEAA Senior Champs,

#### Watford, 1-2 Jun 02

Senior Women's 100H Symone Belle	14.0 (3rd) (13.96 PB in heat; wind +0.4 - <b>CLUB RECORD</b> )
U17 Women's DT Karenate Songhorn	32.09 PB (8th)
Sr Men 110H Richard Alleyne	15.20 (4th in heat)
Sr Men Darren Robinson	56.0 PB (6th in heat)

### Boys Young Athletes League,

#### Ashford, 2 Jun 02

1st Newham & Essex	250
2nd VPH&THAC	133
3rd Bexley	110

### U13

100'A' S. Odelowo	13.5 (1)
100'B' T. Baldwin	15.3 (1)
200'A' B. Orilonishe	34.0 (3)
200'B' S. Abudus	35.6 (2)
800'A' S. M-Dixon	2:49.0 (2)
800'B' S. Miah	3:24.5 (2)
1500'A' S. Abadus	7:15.4 (2)
4x100 S. M. Dixon, B. Orilonishe, T. Baldwin, S. Odelowo	59.8 (1)
LJ'A' S. Marriet	3.76 (2)
LJ'B' B. Tola	3.49 (2)
SP'A' S. Odelowo	8.53 (1)
SP'B' S. Miah	4.54 (1)

### U15

100'A' A. Babb	12.4 (2)
100'B' C. Prosper	13.1 (2)
200'A' A. Babb	24.4 (1)
200'B' J. Paul	28.3 (2)
800'A' V. Operindey	2:19.5 (1)
800'B' A. Caraballo	2:41.7 (2)
1500'A' A. Caraballo	5:17.4 (2)
4x100 51.1 disq?	
4x400 disq.	
LJ'A' V. Oderinde	4.78 (2)
LJ'B' J. Paul	4.48 (1)
HJ'A' A. Babb	1.70 (1)
DT'A' C. Prosper	23.11 (2)
DT'B' M. Fadairo	17.51 (1)
JT'A' F. Demirkol	22.92 (3)
JT'B' M. Fadairo	14.11 (3)
U17	
800'A' G. Ogundana	3:04.4 (3)
1500'A' G. Ogudana	6:00.3 (3)
SP'A' A. Wood	10.74 (1)
DT'A' A. Wood	34.53 (1)
DT'B' G. Ogundana	19.67 (1)
JT'A' A. Wood	28.64 (3)
HT'A' A. Wood	33.82 (1)

### BMC Races, Wythenshawe Park, Manchester, 3 Jun 02

In a British Milers Club-sponsored meet, **Tim Grose** finished 7th in the 6th **1500m** race in **4:07.83**, his best time for 2 years and the club's best since 1989.

# Our Ladies Beat Southern League Leaders!

## Women's Southern League, King's Lynn, 8 Jun 02

(Editor's Note - We received late breaking news that, after a recount and after Paul Janko's report was submitted, our ladies team was adjudged to be the winners, but I left the report as is so that you can read the follow-on comments). :

VPH&THAC ladies team only lost by two points to league leaders Tonbridge at their latest Women's Southern League meeting in King's Lynn. Injuries meant some athletes having to take part in not their first choice events. The all round team performance was superb and a number of athletes produced some excellent times and distances. In the senior ladies, KARENATE SONGHORON added 4 metres to her best in the hammer, set a new PB in the shot putt and won her specialist event, the discus. PATRICIA ASANTE recorded a sprint double with a PB in 100m; MICHELLE BISHOP and twin sister LARRAINE both completed 400m and 800m doubles; BANKE OLOFINJANA wasn't able to compete on the track but won the B string shot and discus and took second places in the A javelin and B hammer; SYMONE BELLE, who won the South of England U20 100m hurdles last week, won the 100m, long jump and equalled her PB in winning the high jump. ANNA FAKE and CECILE BRUGNOLI kept the teamwork going with good runs in the distance events while ANNA and AUDE-CLAIRE MARKIEWICZ got good points and set new personal bests in the pole vault. In under 15 events, ELIZABETH ALI produced two excellent performances in the 200m and long jump; MILLIE ZAH smashed her personal best in the 75 metre hurdles; LOUISE BLAKE set a new personal best in the 800m and equalled her best in shot putt. SERENA ROBINSON set new personal bests in 100m and high jump; RAQUEL FEELEY and CLAIRE WALKER set a new best in 100m and discus respectively; while CARYL WHITTAKER won the B shot with a PB and performed brilliantly in the 200m and long jump. (Paul Janko reports)

### Senior Ladies

100A Symone Belle 12.4 (1)  
 100B Patricia Asante 13.7 (1)  
 200A Patricia Asante 27.1 (1)  
 200B No competitor  
 400A Michelle Bishop 68.4 (1)  
 400B Lorraine Bishop 68.8 (1)  
 800A Michelle Bishop 2:37.8 (1)  
 800B Lorraine Bishop 2:37.8 (1)  
 1500A Cecile Brugnoli 6:06.4 (3)  
 1500B Anna Fake 7:02.0 (2)  
 3000A Anna Fake 14:15.0 (2)  
 3000B No competitor  
 4x100 55.8 (2)  
 4x400 5:35.2 (3)  
 LJA Symone Belle 5.68 (1)  
 LJB Cai Lewis 3.99 (3)  
 HJA Symone Belle 1.55 (1)  
 HJB Cai Lewis 1.30 (2)  
 TJA Cecile Brugnoli 7.20 (4)  
 TJB No competitor  
 PVA Aude-Claire Markiewicz 1.50 (3)  
 PVB Anna Fake 1.40 (2)  
 SPA Karenate Songhoron 8.85 (2)  
 SPB Banke Olofinjama 8.84 (1)  
 DTA Karenate Songhoron 28.86 (1)  
 DTB Banke Olofinjana 25.29 (1)  
 JTA Banke Olofinjana 29.68 (2)  
 JTB Patricia Asante 14.75 (3)  
 HTA Karenate Songhoron 23.00 (1)  
 HTB Banke Olofinjana 17.99 (2)  
 4x100 56.3 (2)

### U15 Girls

100A Elizabeth Ali 14.0 (3)  
 100B Serena Robinson 14.2 (2)  
 100 n/s - Raquel Feeley 14.5, Mille Zah 15.0, Rebecca Peterkin-Belle 15.0  
 200A Elizabeth Ali 28.2 (2)  
 200B Caryl Whittaker 28.7 (2)  
 800A Louise Blake 2:55.2 (2)  
 800B No competitor  
 75mHA Millie Zah 13.5 (2)  
 75mHB Rebecca Peterkin-Belle 14.8 (1)  
 LJA Elizabeth Ali 4.50 (2)  
 LJB Caryl Whittaker 4.29 (2)  
 LJ n/s Millie Zah 3.88, Serena Robinson 4.29, Rebecca Peterkin-Belle 3.97  
 HJA Serena Robinson 1.45 (2)  
 HJB Rebecca Peterkin-Belle 1.30 (1)  
 SPA Louise Blake 6.66 (4)  
 SPB Caryl Whittaker 6.24 (1)  
 DTA Claire Walker 18.84 (2)  
 DTB No competitor  
 JTA Louise Blake 15.35 (3)  
 JTB No competitor

### Initial (and Incorrect) Team Result

1 Tonbridge	174
2 VPH&THAC	172
3 Ryston	146
4 Eton Manor	96
5 St Albans	91

From: Alf Vickers  
 Sent: Wednesday, June 12, 2002  
 Subject: Late development

Corrected result from Women's Southern League means that the result now reads:

1 VPH&THAC	175
2 Tonbridge	171
3 Ryston	146
4 Eton Manor	96
5 St Albans	91

From: Aude Markiewicz  
 Sent: 12 June 2002  
 Subject: King's Lynn: WE WON !!!!

Dear all,  
 I have just been advised that we VPH&THAC finally won the Women's Southern League match from last Saturday 8th June in King's Lynn. Congratulations. It gives me another occasion to tell you how much it is important for you lot to come and participate in these meetings. We won because people made the effort and brought points. And I just like thinking that the victory has been possible thanks to our 4x400m relay: Louise Guthrie (who only came over to cheer us on), Anna Fake, Cecile Brugnoli, and myself had a go, just for fun as we said, and gave 3 precious points leading to the victory. Well done girls! No excuse not to be a winner on the next meeting - Mile End - 6th July.  
 See you soon, Aude-Claire

From: GUTHRIE, Louise  
 Sent: Wednesday, June 12, 2002

Yeah, good job I just happened to be wearing trainers and slacks (as opposed to my usual stilleto heels and fishnets.) And thanks to Paul McKinley, who offered to sacrifice his shorts (this was not necessary). It all seems to have worked out for the best....

## Darren Robinson Takes 400m Hurdles At King's Lynn

### Men's Southern League Div 3, King's Lynn, 8 Jun 02

We're now at three wins out of three and have already beaten those teams who currently lie in second and third places in the league table. Darren Robinson got us off to a great start with a convincing win in the 400m hurdles A race. Darren later went to the top of the Club rankings when running 53.2 for the flat 400m. In the sprints, we welcomed Rikki Fifton who completed his first outdoor track race for our newly merged club and, indeed, his first race since February due to injury. Seemingly effortlessly, Rikki cruised to a very easy 200m win, covering the distance in an excellent 22.1. Rikki was superbly backed up by Abdul Buhari who won the 200m B race and by Toleme Ezekiel who won the 100 B race. Those three sprinters later teamed up with Marc Malone to win the sprint relay in a fast 44.2. Marc had previous success in winning the long jump with a season's best and also triple jumping his furthest of the year as well. Abdul Buhari added to his winning ways by claiming first in the B string long jump. Thanks to Lee Bruce for driving his black taxi all the way to King's Lynn from Islington in order to take part in the high jump and triple jump (and resisting the urge to pick up fares along the way). Amazingly, Lee was rewarded by jumping exactly the same distances for the two events as he did at the previous Southern League match. Our middle distance men were also having a highly successful day. Convincing wins by Tim Grose in the 1500, Sam Pullan in the 5000 (running an impressive last lap of 67 against Reynolds of Tonbridge who has clocked 15:40 this year and who was 35th in this year's SEAA XC Champs), and Rich Newbold in the 3000m steeplechase contributed to VPH&THAC piling on the points. Tim covered his last lap in the 1500 in 60 seconds, and this after running his season's best in the 800m. Graham Bennett also did his year's best in the 800m, but was then forced to gallantly run the 1500 in a very slow time due to a recurring injury which has probably put him out for the season. Our all-rounder Lourens Malan once again

piled up the PB's by knocking 1.4 secs off his best 400m, going below 18.0 for the 110H for the first time, and equalling his pole vault best. Lourens managed to beat Wayne in the vault on countback. Wayne was grumbling only slightly as he was forced to accept the B string win. Wayne finally picked up his first A string win of the year in the javelin. Pulling out his best throw in the fifth round, the previous leader wasn't aware of what Wayne had done. At the end of the competition, he came up to Garry Walker who had been officiating and asked him who came second. "You did." Garry said, with great satisfaction. Wayne saw his reign as Club Vets hammer throw record holder come to an end when newcomer Graham Burns threw an excellent 34.15m. With the women's team travelling with the men's A team on the coach, this was a great day for team spirit. Roll on Div. Two!

100A Abdul Buhari 11.6 (2)  
100B Toleme Ezekiel 11.5 (1)  
200A Rikki Rifton 22.1 (1)  
200B Abdul Buhari 23.3 (1)  
400A Darren Robinson 53.2 (3)  
400B Lourens Malan 54.9 (3)  
800A Tim Grose 2:02.7 (3)  
800B Graham Bennett 2:07.6 (2)  
1500A Tim Grose 4:12.2 (1)  
1500B Graham Bennett 4:49.9 (3)  
5000A Sam Pullan 15:52.6 (1)  
5000B Tony Lashmar 16:47.5 (2)  
110HA Dave Robinson 18.3 (3)  
110H Lourens Malan 17.8 (2)  
400HA Darren Robinson 57.1 (1)  
400HB Dave Robinson 63.1 (4)  
3000SCA Rich Newbold 10:13.0 (1)  
3000SCB Dave Robinson 11:44.6 (2)  
4x100 Marc Malone, Toleme Ezekiel, Abdul Buhari, Rikki Fifton 44.2 (1)  
4x400 Marc Malone 56.5, Lourens Malan 54.7, Abdul Buhari 55.7, Rikki Fifton 52.7 - 3:39.6 (3)  
LJA Marc Malone 6.34 (1)  
LJB Abdul Buhari 6.24 (1)  
HJA Lee Bruce 1.85 (2)  
HJB Marc Malone 1.65 (2)  
TJA Lee Bruce 12.32 (2)  
TJB Marc Malone 11.85 (2)  
PVA Lourens Malan 3.00 (2)  
PVB Wayne DuBose 3.00 (1)  
SPA Wayne DuBose 10.76 (2)  
SPB Tony Alexander 9.95 (2)  
DTA Wayne DuBose 30.11 (3)

DTB Graham Burns 28.15 (3)  
JTA Wayne DuBose 43.20 (1)  
JTB Tony Alexander 34.45 (3)  
HTA Graham Burns 34.15 (2) Club Vets Record  
HTB Tony Alexander 28.15 (3)

VPH&THAC	144
Tonbridge	133
Ryton	100
Hercules Wimbledon	84
Kent (last year's Div 4 Champs)	74

### Men's Southern League B Team, Walthamstow, 8 Jun 02

(Randal Porter reports)

Walthamstow isn't the venue to be competing at in bad weather. There's absolutely no shelter, and you guessed it, it rained. The same thing happened during the last meeting of the 2001 season. It absolutely pelted down and practically everyone in the stadium huddled into the small officials hut to seek refuge from the deluge. This time around, it was a poorly organised event that ran behind schedule and lacked, (as seems to be the norm with Southern league events), officials. However, the meeting was very competitive and VPH & THAC had to work hard to score points. Randal Porter got the team off to a reasonable start when he added 20 cms to his season's best in the shot putt with 9.65m which placed him 3<sup>rd</sup> overall. Newcomer, Remo (a Swiss bobsleigher who looks and sounds like Arnold Schwarzenegger) won the B string event with 9.35m after falling out of the circle on his first two attempts. Meanwhile, U15 Alexander Simpson-Porter placed 2<sup>nd</sup> overall in the long jump with 5.53m, 10 cms behind the first placed athlete. Remo, though only jumping 4.60m, still made it through to the final six jumps. In the short sprint, Keith Simpson-Porter reacted best to the gun, his pick-up took him clear of the field; however, he was caught in the last couple of strides and finished 2<sup>nd</sup> in 11.9, the winner being accredited with 11.8 secs. However, in the B string event, his younger brother Alexander shook the sand off from the long jump pit, and dominated from start to finish, leaving the field trailing in his wake, winning in 12.1. A very welcome 9 points out of a possible 10. Another

# Jim Roche, Middlesex Champion

newcomer to the team was an American named Art Castle. He does just about everything. He threw the hammer, ran the 400 hurdles, fell on the crown of the final bend, picked himself up and still managed to finish ahead of another runner. He competed in the high jump, was going well, but lost the plot a little bit after finishing 2<sup>nd</sup> in the 400 metres. He returned to the high jump competition, but failed to improve on his best jump. A super effort from a man who is sure to become a very useful multi-event squad member. Tony McDowall gave his usual gutsy display in the 800 metres, and later picked up a very useful 3<sup>rd</sup> in the B string 200 metres. Keith Porter ran a blistering bend in the A string event and came into the straight with clear daylight between him and the rest of the field. His momentum carried him to 160; however, his lack of speed endurance work took its toll and the same guy who had pipped him in the shorter sprint repeated the feat. Keith had run really well and his time of 24.5 secs is a season's best. We sorely missed Tony Lashmar in the distance events. Without our best runners, those that were left were stretched and struggled to keep up with the pace. In the triple jump, Chris Murtagh struggled to repeat the last meeting's performance of leaping over the 11 metres mark. However, he found himself erroneously in third place in the A string event when a judge marked his jump of 10.50 as 11.50. Needless to say, in true sporting style, he owned up. Randal placed 3<sup>rd</sup> in the A string event with a best of 11.56. The highlight of the day came in the men's 4 x 100. All the relay runners were kept waiting for several minutes before the start as the race was delayed for some reason. This all added to the tension. One relay runner was heard muttering "this is a bit like the Olympics." Dean Kosoko who had been hampered by a slight leg injury during the week phoned Randal on his mobile to say he would be able to make the relay after all, so we expected to do well because we now had four sub-12.0 second sprinters. What made it more special was that it was a family affair as the Simpson-Porter brothers Keith & Alex, teamed up with their dad Randal. Alex ran a powerful bend and,

after a slick changeover with Randal, VPH & THAC was in front. Randal extended the lead and, after another good change over to Dean, we were way up. Dean improved the lead to such an extent that the race was over and the others teams were running for minor places. Even a laboured changeover to last leg runner Keith did not impede us as Keith majestically strode away. Our winning time was 46.7 seconds is the best time by the B team since it re-emerged four years ago. I loved Mike Wheeler's comment, "It's nice to see us win something in style." Randal and Keith later joined David and Tony McDowall in the 4 x 400. Like the 4x100, both matches were combined; hence, there were eight teams running. Randal, who had officially retired from 400s, was talked into making up the numbers. Fearful of running out of steam, he took it very easy over the first 200. He then accelerated from 200 and took the team from 7<sup>th</sup> to 3<sup>rd</sup>; storming down the straight, he closed the gap on the first two and handed over to David Shortridge. David ran an even-paced 400, keeping VPH & THAC in contention. Tony McDowall maintained good form and pulled us to 2<sup>nd</sup> place. Keith on the last leg ran a steady first 200 following the advice of Team Captain Randal; meanwhile, the Walthamstow last leg runner had made up eight metres on VPH & THAC and added five metres to their lead. Mike Wheeler was very concerned, as were all the squad members. However, Keith was running to a plan and turned on the gas, passing the Walthamstow athlete coming into the home straight. He gainfully held onto the lead over Walthamstow and brought VPH & THAC home in 2<sup>nd</sup> place in 3:53.0. Unfortunately, we weren't able to organise somebody to get the splits. All in all, the VPH & THAC B team was competitive, without challenging the leaders. We finished 4<sup>th</sup> overall with 99 points, just 2 points behind the 3<sup>rd</sup> placed team. That's 7 points from 3 matches. 14 /15 points will probably be enough to avoid going down.

- 100A Keith Porter 11.9 (2)
- 100B Alex Porter 12.1 (1)
- 200A Keith Porter 24.5 (2)

- 200B Tony Macdowall 26.6 (3)
- 400A Dave Shortridge 57.6 (4)
- 400B Art Castle 58.7 (2)
- 800A Tony Macdowall 2:11.5 (3)
- 800B Darren Clark 2:24.7 (3)
- 1500A Dave Shortridge 4:55.5 (4)
- 1500B Darren Clark 5:01.0 (4)
- 5000A Mike Penman 17:51.6 (4)
- 5000B Colin Oxlade 18:23.3 (3)
- 110HA Art Castle 22.9 (4)
- 110HB No competitor
- 400HA Art Castle 69.6 (3)
- 400HB Colin Oxlade 86.0 (3)
- 3000SCA Colin Oxlade 11.39.2 (4)
- 3000SCB No competitor
- 4x100 Alex Porter, Randal Porter, Dean Kosoko, Keith Porter 46.7 (1)
- 4x400 Randal Porter, Dave Shortridge, Tony Macdowall, Keith Porter 3:53.0 (2)
- LJA Alex Porter 5.53 (3)
- LJB Remo Wuethrich 4.65 (3)
- HJA Chris Murtagh 1.50 (4)
- HJB Art Castle 1.50 (3)
- TJA Randal Porter 11.58 (3)
- TJB Chris Murtagh 10.80 (1)
- PVA Chris Murtagh 2.60 (3)
- PVB Mike Wheeler 2.60 (2) PB
- SPA Randal Porter 9.65 (3)
- SPB Remo Wuethrich 9.41 (1)
- DTA Chris Murtagh 22.05 (5)
- DTB Art Castle 19.86 (5)
- JTA Randal Porter 34.66 (4)
- JTB Remo Wuethrich 26.96 (3)
- HTA Randal Porter 19.83 (5)
- HTB Art Castle 17.95 (3)

Chelmsford	149
Walthamstow	123
Ashford	108.5
VPH&THAC	101
Dacorum & Tring	47.5

**Middlesex Half Marathon Championship, Hillingdon, 9 Jun 02**

Congratulations to Jim Roche who won the Middlesex County Half Marathon title in 72:41, also placing 9th in the Hillingdon Half Marathon which was run concurrently. Also UK Inter-Counties/South of England Champs.

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From: Garry Walker  
 Sent: Thursday, June 13, 2002  
 Subject: Club Champs 12th June 2002

Only three Senior Ladies turned up to compete for the long jump and shot putt titles (no U15s at all).

## Rikki Fifton and Symone Belle Compete in Commonwealth Games Trials

### Long Jump Result

1 Aude-Claire Markiewicz	2.94 G
2 Anna Fake	2.70
3 Lydia Bruce-Burgess	2.44

The shot putt was abandoned after two rounds (Aude-Claire and Anna had both thrown 5.57) as all three ladies decided to offer to officiate at the BMC races after the announcer worriedly said, "VPH has promised to provide officials but there don't seem to be any". When we heard that, we decided that the reputation of the club needed to be upheld and the shot putt was abandoned. If I had known earlier that the ladies were going to be officials for the BMC, we could have started the events 10 minutes earlier and would probably have got finished. The comment was made that these champs need to be better publicised, as many members (particularly youngsters) do not have access to the internet. Regards, Garry

### BMC/AAA London Middle Distance Series, Mile End, 12 Jun 02

Men 800 David Shortridge 2:16.7 (5)  
Men 800 Eddie Thomas 2:04.9 (3) PB  
Men 1500 Tim Grose 4:12.8 (8)

### Assembly League 3.5M, VP, 13 Jun 02

Men	
5 E. Thomas	18:06 PB
11 J. Cullom	18:43 PB
12 T. Lashmar	18:47
25 T. O'Neill	19:47
37 G. Deathridge	20:52 PB
38 T. Mitchell-Smith	20:54
?? P. McHugh DeClare	21:03
(Pete's efforts were omitted from results)	
43 M. Cairns	21:05
44 D. Shortridge	21:14 PB
47 D. Robinson	21:31
48 S. Perham	21:45
52 M. Sutton	22:08
64 T. Amor	24:35
76 K. Knight	32:21*

\* First time over this course

Women's Report (by Louise Guthrie)  
Annie Gammon was the first lady home for VPH&THAC. Georgia Pettipher came second, a great effort considering it was her post-marathon debut. Georgia had a lot of trouble trying to reel in Lydia over the first mile. They were running pretty much neck-and-

neck until Lydia had to drop out due to her old ankle injury. That left Georgia to try and up the pace to catch up with Annie. Says Georgia: "Oddly enough, the gap just got wider and wider....." Cécile Brugnoli was the next lady through the finishing line. She was unsure what time she was aiming for until Louise Guthrie told her to go for 26 minutes (Louise being more familiar with Cécile's race times than Cécile) - Cécile obliged with 26.14. Sarah Leipziger followed her in. Next to finish was Paula Orton in her first ever race for the club. "I enjoyed my first race, although I started off too quickly and as a result I had to slow down quite a lot, otherwise I don't think I would have made it round. I guess you just have to learn how to pace yourself." Paula definitely shows great promise. Louise lost sight of Paula about halfway through the race. And on approaching the home-stretch, Louise started to wonder why she hadn't been overtaken by Anna Fake. Sure enough, there was a rumbling from behind, as Anna started to pick up some speed for her usual sprint finish. This was enough to give Louise a stitch. She bowed to the inevitable as Anna overtook. Tim Mitchell-Smith hollered at Louise to chase down Anna. This spurred Anna on to a better sprint finish. She (mistakenly) thought that Louise was chasing close and hard behind. Anna came in a full 20 seconds before Louise. Fiona MacDonald was next to finish. She was pleased to clock in at just under 30 minutes - that made the pain worthwhile. Veronica McCabe, who has been nudging back to form cautiously since the marathon, came through next. Barbara McHugh DeClare followed Veronica in. Barbara's verdict on the race was: "The great idea of having another glass of wine at 2:30 came back to haunt me at around 7.30." But, in retrospect, she was happy to have taken part (!). There was a little bit of doubt as to whether Janice Cartwright, who has semi-retired from running over the last month or two, would show up. But Janice kept her promise, and arrived on a bike five minutes before the race (with a pair of sorbothane insole and a yellow duster strapped to the back - it is unclear what

the duster was for). Tim managed to part Janice from her bike and force a race number on her. Says Janice: "Having not run for over two months, I was just glad to get round the course without walking and I caught up a couple of places. Glad to have done it and will be back for more, I promise." Make sure you *are*, Janice. Sarah Cave completed the ladies section and says she "really enjoyed the race".

### Women

6 A. Gammon	24:14
10 G. Pettipher	25:25 =PB
11 C. Brugnoli	26:14
12 S. Leipziger	26:58*
17 P. Orton	27:59*
19 A. Fake	29:07 PB
20 L. Guthrie	29:27 PB (by 80 secs)
22 F. MacDonald	29:58*
23 V. McCabe	31:11
25 B. McHugh DeClare	31:58*
26 J. Cartwright	32:03
28 S. Cave	32:21*

\* First time over this course

Men's A team - 2nd 25 pts  
Men's B team - 3rd 162 pts  
Women's A team - 3rd 27 pts  
Women's B team - 5th 48 pts  
Women's C team - 8th 65 pts  
Women's D team - 10th 79 pts

### After 3 Races

Men's A team - 3rd= 22 pts  
Men's B team - 3rd 24 pts  
Women's team - 4th 19 pts

### English Commonwealth Trials, Manchester, 15 Jun 02

Congratulations to Rikki Fifton (2 days short of his 17th birthday) and to 17-year-old Symone Belle for being at a standard where they can compete with distinction at the Commonwealth Games trials. In four years time, when the trials come around again, they'll both be age 21!

Men's 100m - R. Fifton 11.04  
(5th in heat)  
Women's 100H - Symone Belle 14.18  
(7th in heat)

# Pete McHugh DeClare Wins Half Marathon Trophy

From: Mick Cairns  
 Sent: 17 June 2002  
 To: Timothy Mitchell-Smith  
 Subject: Southend Half Marathon

Tim--87.46, not sure about the place yet. About 2 1/2 mins slower than last year, quite humid tho'. Well organized again, only downside was local Tory MP Teddy Taylor handing out the medals! The results are now up on the Southend Half Marathon web site, finished 36th/555 overall, 10th M40. I posted a reply on the club website giving other winning times, which were slower than last year (winner about 4 mins down), forgot to put the winning women's time up but it was 93.45, which was 6 mins down on last year, Peter at his best would have been very close to the winning V50 time. See you later, Mick Cairns

From: "Timothy Mitchell-Smith"  
 To: "Wayne Dubose (E-mail)"  
 Sent: Thursday, June 20, 2002

Wayne--Dave Robinson was runner up in the V50 category at the Brandon Forest Half Marathon on the 2nd June. Sally Weddell and Lara Orija both finished the St Albans Half on Sunday. Tim

From: "PAUL JANKO"  
 Sent: Wednesday, June 19, 2002

Karenate Songhoron won the London Schools Discus title with 32.67 (PB) at Battersea Park on Saturday.

**Summer Parks League, Headstone Manor nr Harrow, 16 Jun 02**

Yesterday was another low key but successful day, with 6 adults and three juniors competing. In the 10K Tony had a storming run to finish 4th (narrowly pipped for third place in the closing stages) in around 35 - 36 minutes. I was 15th in what embarrassingly is actually a sizeable PB and first time under 40 minutes - 39:27 (in my defence the only three 10Ks I've previously run have all fallen at a bad time). Mark Sutton came home in 22nd place in around 41 minutes, with a good battle between Jon Mail and Pete Snell going the way of Jon - they finished 47th & 48th respectively in

49:16 and 49:35. Clare Neely finished 23rd lady. The juniors ran very well in the 3k race - Fokrul Islam (age 11) finishing 29th, Jack Van Den Berg (age 12) finishing 33rd and Joanna Van Den Berg (age 9) running her heart out to finish 11th girl. Those results will later be graded into age categories so they will effectively all finish higher. We then put together a mixed relay team with Fokrul and Jack joining myself, Tony, Jon and Mark to make up the winning team.

Times (approx 450m laps)

Tony	1:27.58	(1:27.58)
Fokrul	1:56.68	(3:24.26)
Jack	1:58.93	(5:23.19)
Mark	1:33.94	(6:57.13)
Jon	1:32.81	(8:29.94)
Tim	1:22.57	(9:52.51)

Regards, Tim

From: Peter McHugh DeClare  
 Date: 18/06/2002  
 Subject: Woodhall Spa Half Marathon

Dear Wayne,  
 Many thanks for your interest. My finishing position was 10th overall. In terms of time it was far too slow at 84 mins but it certainly was a very, very hot day. I actually won the V50 category but somehow they gave me the V55 prize. It didn't seem worth correcting them on the basis that I was only one day younger than V55!! More info: Tim's call to fame on this event was that (possibly caused by too many beers the night before), he apparently tried to drop out and sat down at the drinks station at the 6-mile point. He thought that he could nip back to the finish - bad move as he found out that he was equidistant from the start and finish! He eventually continued on and finished strongly - as only Tim can! Given the above, we think that the club should have a special award made - shaped like a chair - namely the "Tim's Chair Award". Suggest that it's given to Tim this year but thereafter, each year, to the most appropriate "Almost DNF of the year"!!! Alternatively, at our annual Dinner and Dance event, just make Tim come up for a special award and hand him a regular chair (maybe one with no seat?). Best regards, P

From: Timothy Mitchell-Smith  
 Sent: Monday, June 24, 2002

Hi Wayne,  
 At yesterday's Borehamwood Half Marathon, Pete McHugh DeClare won a trophy for being first Vet overall. He ran 83:16. Second man home was Simon Perham in 89:03 and I was third in 89:59 (thanks to a hellish sprint finish against the clock!). Mark Sutton closed the team in in 1:37 approx. I'm not sure about the team result (4 to score) other than that we didn't win!  
 Tim

From: Francis Bray  
 Sent: 24 June 2002  
 To: TMitchellsmith@citysprint.co.uk

Hi Tim--I did Blackpool Half Marathon yesterday in 92 mins, and have just seen the results on the web showing me 1hr 43mins! Francis

**Men's Southern League, Walton, 22 Jun 02**

Despite a two-hour journey by both the main bulk of the team travelling across London from Mile End and Wayne DuBose who was travelling with the Huntingdonshire AC team from Cambridgeshire (where he lives), VPH&THAC athletes shook off any ill effects of their travels to score a major match victory, its fourth in a row. First up to bat were Lourens Malan and Wayne DuBose who had the nightmare of running to either end of the track to do hammer throw and pole vault and having to change from spikes to flats each time. To compound matters, the pole vault official would give no leeway in terms of additional time. The ultimate effects of this were firstly Wayne starting off with two no throws in the hammer before settling on a very safe throw and Lourens clearing way below his best in the pole vault. Fortunately, both managed to put these disasters behind them and perform well. Wayne set season's bests in the shot putt, discus, and pole vault which consolidated his lead at the top of the club rankings in each of these events. He also took the lead in the javelin in the fifth round before the earlier leader snatched it back with his final throw.

## Randal Porter Launches Shot To New PB

During the discus competition, an official approached Wayne and asked him if he'd competed in the early Seventies. Wayne said he had at which point the official said that he and Wayne had been part of the same team that travelled to Holland in 1973. Wayne recognised him immediately as Peter Matthews from the Met Police. The funny thing was that Wayne and Peter only ever met each other that one weekend. According to Wayne, it was a weekend never to be forgotten as the team had a great time. Anyway, Lourens had an even more successful day as he won the B strings of the 110m and 400m hurdles and the javelin, all three coming in personal bests. The middle distance runners were simply awesome as they had a complete sweep of the 800m, 1500m, 5000m, and 3000m steeplechase. Tim Grose pulled off an excellent 800/1500 double, with his best time of the year in the 800 and his third Southern League 1500m win of the year (out of four). Richard Bruce backed Tim in the 800m after taking off down the back straight and holding on nicely for the win with his best time of the year. After comfortably winning the 5000 A race, Sam Pullan doubled up in the 1500 and won the B race, emerging as the Club's second-ranked runner of the season so far. Jim Roche claimed a very easy win in the 5000m B race. In the steeplechase, we saw Rich Newbold cruise to his 11th consecutive Southern League 'chase victory while, just 12 seconds behind, Jon Cullom lowered his best by 30 seconds in winning the B string. In the jumps, Marc Malone finally cleared the kind of high jump heights that we would expect from him. His 1.80m clearance was good enough to push Lee Bruce into the B string category which meant that Lee got to claim the B string win. Marc also won the B string long jump with Abdul taking the A string just 4 centimetres further. Abdul went on to take the B string 200m, following Toleme Ezekiel's 100m B string win. A special thanks to Tony MacDowall for turning out for the A team at short notice and covering the 400m and 400m hurdles after Darren Robinson and Dave Robinson both called in sick. In the 400m A string race, Carey Simon went to the top of the club

rankings for the first time by running a solid 52.8. He later contributed the fastest 4x400m relay leg with a split of 51.6 seconds! Over the sprint hurdles, Richard Alleyne's smooth hurdling style took him to a convincing win. Later, Richard teamed up with Marc, Toleme, and Rikki Fifton to win by some 30 metres. Overall, we had 18 wins on the day and emerged with a huge 23.5-point match victory!

100A R. Fifton 11.3 (2)  
 100B T. Ezekiel 11.6 (1)  
 200A R. Fifton 23.3 (2)  
 200B A. Buhari 23.5 (1)  
 400A C. Simon 52.8 (3)  
 400B T. MacDowall 59.6 (3)  
 800A T. Grose 2:01.5 (1)  
 800B R. Bruce 2:06.4 (1)  
 1500A T. Grose 4:17.4 (1)  
 1500B S. Pullan 4:18.9 (1)  
 5000A S. Pullan 15:48.6 (1)  
 5000B J. Roche 16:01.2 (1)  
 110HA R. Alleyne 15.1 (1)  
 110HB L. Malan 17.7 (1)  
 400HA T. MacDowall 67.0 (3)  
 400HB L. Malan 59.3 (1)  
 3000SCA R. Newbold 10:15.6 (1)  
 3000SCB J. Cullom 10:27.1 (1)  
 4x100 M. Malone, R. Alleyne, T. Ezekiel, R. Fifton 45.0 (1)  
 4x400 R. Bruce 55.1, C. Simon 51.6, M. Malone 53.9, A. Buhari 57.1 - 3:37.6 (2)  
 LJA A. Buhari 6.31 (1)  
 LJB M. Malone 6.27 (1)  
 HJA M. Malone 1.80 (2)  
 HJB L. Bruce 1.80 (1)  
 TJA L. Bruce 11.77 (2)  
 TJB M. Malone 11.56 (2)  
 PVA W. DuBose 3.30 (2)  
 PVB L. Malan 2.60 (2)  
 SPA W. DuBose 10.86 (3)  
 SPB L. Malan 9.12 (3)  
 DTA W. DuBose 31.23 (3)  
 DTB L. Malan 23.82 (4)  
 JTA W. DuBose 44.53 (2)  
 JTB L. Malan 35.49 (1)  
 HTA W. DuBose 17.47 (4)  
 HTB L. Malan 17.15 (4)

VPH&THAC	150
Huntingdonshire	126.5
Walton	122
Met Police	89.5
Braintree didn't show	

### Div 4, Southern League, Horsham, 22<sup>nd</sup> June 2002

The B team found itself somewhat depleted due to a combination of injuries, call ups to the A team and athletes having to work. Were it not for the internet, it would have been a very demoralising drive to Horsham with just 6 competitors. However, two Americans passing through London for a few days, decided that they fancied a bit of track and field, hence Derek DeCicco and Wayne Stigney became honorary VPH & THAC competitors for the day and between them amassed 21 points. They had looked up VPH on the web and, through contact with Richard Newbold, ended up at Mile End, willing to try out anything. Just what the doctor ordered in the circumstances. When David Shortridge turned up at Horsham, the team now had 9 athletes, so we could at least be competitive. The day started well and temporarily VPH & THAC were leading the competition, albeit after one event. In the shot, Randal went over the 10 meter mark three times setting two PBs in the process. This was the first time he had exceeded this mark in two years. His 10.71 being good enough for 2<sup>nd</sup> place in the A string. There seems to be a correlation between how loud Randal Porter shouts and how far the putt goes. And a few heads were turned in this particular competition to see what all the noise was about. The winning throw was 12.00 metres by a huge Luton athlete. Wayne Stigney, a rather large American fellow, won the B string with a putt of 9.80 metres. Meanwhile Mike Wheeler was grinding it out in the pole vault. His 2:40 was good enough for 2<sup>nd</sup> place. With only 3 men in the B string contest, Derek DeCicco only had to clear 1 metre for 3 points. Randal and Dean found the pace very hot in the sprints. The A string race was won in 11.1 with Randal trailing 5<sup>th</sup> in 12.0. Dean Kosoko despite a bad stumble at the start in the B string race, went one better finishing 4<sup>th</sup> in a time of 12.2. Juggling events, Randal, who competed in 10 throughout the day, only registered one legal long jump, 5.04 which didn't challenge and placed him 8<sup>th</sup> overall, Darren Clarke was 10<sup>th</sup> with his 4.63. While this was happening, it

## Richard Alleyne Wins National Champs Silver Medal

was sad to see the 400 hurdles underway without a VPH & THAC competitor. Especially as the standard was low and easy points were up for grabs. The same thing happened with the steeplechase and high hurdles. If we had just two people in any of these six races we would have finished 4<sup>th</sup> as opposed to 5<sup>th</sup>, even if they both came last. While we were missing points opportunities in the 400 hurdles, Darren Clark and Mike wheeler were limited to one point each in the high jump with clearances of 1.30. By now, the penny now dropped that we were getting out butts kicked. The race of the day was probably the 800 metres. Derek Decicco is a sub 2 minute runner. However he has not been training and was running in trainers. So we didn't know what to expect. He started off slow and stayed at the back of the field for 360 metres. He then put in an impressive burst for 140 metres and moved from 5<sup>th</sup> to 1<sup>st</sup>. He then seemed to struggle and got caught with 200 to go. It looked like the whole field was going to catch him, but halfway round the final bend, he found a second wind and held on easily for 2<sup>nd</sup> place in 2:07.8, with pumps on! The winning time was 2:03:2. He later confessed to feeling worn out after a couple of days of sightseeing and being on his feet all day. Before long, Derek was at it again in the 400 metres A string, 4<sup>th</sup> place 58:2, backed up by another "I'll have a go hero" Dave Shortridge, who also finished 4<sup>th</sup> in the B string in 59:8. We super appreciate the way that Dave, habitually, makes his own way to meetings after work on Saturdays. Randal then combined the triple jump with the 200 metres and the discus. Despite equalling his seasons best of 11.65, he could only manage 5<sup>th</sup>, being pipped by the 4<sup>th</sup> placed athlete by 1 cm. This happened while he was running the A string 200 metres. Although he finished 4<sup>th</sup>, he was pleased because 24.7 was not too shabby off the back of zero speed endurance work. A few minutes earlier, he also managed 3<sup>rd</sup> place in the discus B string event with 21.26 metres. Wayne Stigney moved himself into the club rankings with a throw of 27.79 metres placing 4<sup>th</sup> in the A string. Earlier, Wayne had moved into second in the javelin rankings with

a throw of 37.88 metres. This throw also meant that Randal's mediocre 31.92 was good enough for 2<sup>nd</sup> in the B string event. Our most successful track event of the day was the 5000 metres. The race was won in 16:14.9. Tony Lashmar placed 2<sup>nd</sup> in 16:58.2. Meanwhile, Mike Penman who finished 3<sup>rd</sup> overall, won the B string race in 18:05.0. VPH & THAC tried hard in both relays, but failed to make an impression trailing 5<sup>th</sup> in both races. Despite the disappointment of bringing up the rear for successive meetings, it was a real pleasure competing at the Horsham Blue Star Track. It was the best organised event that yours truly has ever participated in. We were regularly kept updated with not only the match scores, but also the results. Further more, each team was given completed match results neatly collated, before we left. This made a real change from having to scramble around looking for the results on the notice board. We made sure that we thanked the Horham officials before we left and expressed how impressed we were. Once we reached Mile End Stadium, after what had been a long and hot day, we said our good-byes to our American friends. Derek and Wayne were a couple of nice guys, and it was sad to see them walk off into the sunset with their backpacks, probably never to be seen again in a VPH & THAC vest. They'll forever remain etched in our memories as a couple of have-a-go heroes! (Randal Porter reports)

100A R. Porter 12.0 (5)  
 100B D. Kosoko 12.2 (4)  
 200A R. Porter 24.7 (4)  
 200B No competitor  
 400A D. Decicco 58.2 (4)  
 400B D. Shortridge 59.8 (4)  
 800A D. Decicco 2:07.8 (2)  
 800B D. Shortridge 2:16.1 (3)  
 1500A T. Lashmar 4:44.7 (3)  
 1500B D. Clark 4:59.3 (4)  
 5000A T. Lashmar 16:58.2 (2)  
 5000B M. Penman 18:05.0 (1)  
 110H A no competitor B no competitor  
 400H A no competitor B no competitor  
 3000S/C A no competitor B no competitor  
 4x100m R. Porter, D.Shortridge?, D.Kosoko, D.Decicco 49.4 (5)

4x400m R.Porter (59.2), D.Clarke (62.75), D.Decicco (56.8), D.Shortridge (60.45) 3.59.2 (5)  
 LJA R. Porter 5.04 (5)  
 LJB D. Clark 4.63 (5)  
 HJA D. Clark 1.30 (5)  
 HJB M. Wheeler 1.30 (5)  
 TJA R. Porter 11.65 (5)  
 TJB D. Clark 9.63 (4)  
 PVA M. Wheeler 2.40 (2)  
 PVB D. Decicco 1.00 (3)  
 SPA R. Porter 10.71 (2)  
 SPB W. Stickney 9.80 (1)  
 DTA W. Stickney 27.79 (4)  
 DTB R. Porter 21.26 (3)  
 JTA W. Stickney 37.88 (3)  
 JTB R. Porter 31.92 (3)  
 HTA W. Stickney 22.10 (4)  
 HTB R. Porter 18.42 (3)

Luton	128
Horsham	124
Barnet	99.5
Enfield & H.	73.5
VPH & TH	72

From: "Randal Porter"  
 To: <Dubose@enterprise.net>  
 Sent: Monday, June 24, 2002 2:53 PM  
 Subject: Match report & Alex result

Hi Wayne,  
**Alexander Simpson-Porter** won the Gold medal at the Boys Club London Youth Games U/15. He **jumped 5.70** and set a new championship record. The previous record of 5.60 had stood for 12 years. He has qualified for the national final in Wales on July 14th. Regards Rp

**BMC Race, Watford, 26 Jun 02**  
 Tim Grose 800 D Race 2:03.07 (6)

**From:** Alf Vickers  
**Sent:** Saturday, June 30, 2002  
**Subject:** AAA under 20's

Richard Alleyne set a new PB of 14.59w when taking the silver in the under 20 110 metre hurdles. Symone Belle won her 100 metre hurdles heat in 14.20 but had to withdraw from the final with hamstring problems. Rikki Fifton returned to something like normal form with a 10.91 heat win followed by a hand timed 10.8 in the semi final; in the final, a bad start along with running out

## Rikki Fifton Picked For GB International

of steam meant a 7th placed 11.0 hand timed. but better than we could hope for and another two weeks will see a big improvement. Later, Rikki Fifton was notified of his selection for the Under 20 match in Italy this Saturday in the 4x100m relay. Richard Alleyne, who ran for Barbados but has changed to GB, was denied the chance to run for GB this weekend by Barbados refusing permission.

From: Mick Cairns  
Sent: 03 July 2002 12:41  
To: Timothy Mitchell-Smith  
Subject: Rutland tri results

Tim-- Tom Wrzesien and I competed on Sunday in the Rutland Triathlon results below:

Tom Wrzesien  
43rd Senior out of 99/154th overall  
Swim time 35:23  
Bike Time 1:15:51  
Run Time 42:21  
Final Time 2:33:35

Mick Cairns  
5th Vet out of 43/ 51st overall  
Swim time 30:17  
Bike time 1:19:41  
Run time 0:37:22  
Final time 2:27:20

We're both competing at London on 11 August. See you soon, Mick

### Letters to the Editor

19 Apr 02

Dear Wayne--A quick look back to the 12-Stage Relay. I just wanted to add a very big well done to the three runners who made the journey: Tim Grose, Rich Newbold, and Graham Bennett. Their enthusiasm for athletics is fantastic and they are and were a credit to VPH&THAC. This club is really going forward; the sky really is the limit! I have never known the club to be this ambitious in all my 11 years as a member. Regards, Jim Roche

From: "Anna Fake"  
Sent: Thursday, April 25, 2002

Hi Wayne,  
Call me a sentimental old fool, but I was just looking at my calendar and

realised it was almost a year ago since I first joined the club. And in answer to your plea for more articles for VPH&THAC News, I penned my thoughts about the club down. I really do go on a bit, but if you have a spare column that needs filling, feel free to use my corny ramblings.  
Anna

Sunday 3<sup>rd</sup> June 2001 will always have a special place in my heart. Not only was it the day when another crop circle was found, this time in Barrowden, Leicestershire (later found to be a hoax), not only was it the day that 'Atlantis – The Lost Empire' premiered in Hollywood, and not only was it the last weekend before the General Election. It was also the first time I popped my head round the door of the Victoria Park Harriers clubhouse. I remember it well, it was a warm Sunday morning and I'd deliberately stayed in the night before to prepare myself for the early morning run, unbeknownst to me however, the rest of the club had gone out partying the night before. When I turned up at the club (when I finally worked out where the entrance was!), I was greeted by the sight of Roger with a broom in hand and a dustbin bag full of empty bottles and cans with the distinct whiff of spilled lager in the air. Not to be put off, I pottered along for a gentle jog down the canal to Hackney Marshes following some of those club members that either a) had the wonderful ability to not suffer from hangovers or b) hadn't gone out the night before. I came back glowing after the run and decided that I'd have to come back on the Tuesday to see what it was really like. Tuesday came and I nervously hovered outside the door waiting to be let in. When the door swung open, I distinctly remember Tracy Harding's beaming face welcoming me in with open arms. I felt at ease immediately and Tracy was raving about the club, about running and about cross country. I thought immediately that I'm going to love this place; everyone was so friendly, but I also remember thinking to myself, "wow, these people are serious, there's no way I'll be down here three times a week – I'm not that dedicated. Races? Nah, not for me. And cross country -

no way". Quite how I ended up at Herne Hill for my first Assembly League race that very Thursday - just four days after I popped my head round the door, still baffles me. It probably has something to do with Tim's persuasiveness, the enthusiasm from Tracy or perhaps the promise of a drink in the bar afterwards, but all I do know is I forfeited my vote in the election to run in that race. And while I'm thinking about it, if you ever have the good fortune to run that course, don't listen to Tim when he says "It's flat, would I lie to you?" I think we all know the answer to that one! A year later and I'm still here and still enjoying it just as much if not more. I've run roughly 20 races for the club, (half of which were cross country!), numerous club handicaps, 3 10k's and 2 half marathons. When I joined, I could just about run 3 miles comfortably. I've developed a competitive edge that I never knew I had and I've even started subscribing to Runner's World. I'm now the person you see at bus stops stretching, I'm the person who does knee strengthening exercises under my desk at work and I'm the person who will spend hours in Boots or Superdrug pouring over bottles and cans of ice sprays, heat-enhancing creams and muscle relief gels. But it's not just the running, it's not just the bar and it's not just the wonderful location that make VPH&THAC such a great running club – it's the people. Everyone is so welcoming, helpful and enthusiastic. Long may it last and here's to another great year. Thank you.

### Appreciation Card from Les Lait

Dear Wayne--I'm communicating with my son Mike on the happy occasion of my 80th birthday. I was overwhelmed to watch on video the presentation of a VPH vest and letter by Richard Newbold to my son at VPH cinder track where I spent many happy years. I celebrated my 80th with my family on a surprise visit to the Isle of Wight. Once again, many thanks for your part in contributing to the happiness of my 80th. Regards, Les Lait  
Editor's Note: Les is a Life Member and finished 5th in the AAA Senior 800m championship race in 1948.

# Richard Bruce Sets Club Record - 13 Years Late!

## From Paul McKinley

Hi all--Those of you who buy the Hackney Gazette, East London Advertiser, East End Life etc., will have noticed over the last couple of months, that VPH&THAC athletes of all shapes and sizes have been featuring heavily in the sports pages of these publications. This is thanks to a number of people, such as Wayne DuBose, Alf Vickers, Richard Newbold and others who write the reports, but also to one key person, Mr Paul Janko. Paul has taken on the task of submitting reports of VPH&THAC exploits to several local publications and he is doing a very, very fine job of it. Paul also compiles results and writes reports himself, too! Thank you Paul, your work is very highly regarded and much appreciated. I have been asked by a number of VPH&THAC members to pass on their thanks too. Praise must also go to the VPH&THAC athletes and their coaches, without whom we would have nothing to report! Keep up the good work! If you take part in a VPH&THAC event that you feel is worthy of publication in the local press, write a short report to go with the results and e-mail it to Paul Janko, who will endeavour to get it published. Be aware however that the editor of the publication has the final veto on what goes in and what does not, there are no guarantees! Remember, if no one writes a report, then your event will not be reported, it is as simple as that! Reports do not have to be works of art, in fact, short and sweet is better for newspaper publication. Read existing reports and you will get some ideas. Cheers all, Paul McKinley, Director of PR

From: Richard Bruce  
Sent: 26 May 2002 13:17

I ran a 1000m race in 87/88 at Bromley. It was a Nike Invitation Grand Prix and I was 4th behind Matt Yates in the Youths or Juniors. Not sure whether I was VPH or Highgate at the time. Any idea where I can find the results of that race? Cheers, Richard Bruce

From: Wayne DuBose  
Sent: 03 June 2002

Just returned from Majorca last night. No warm weather training, but at least lots of warm weather. I have Lee Kohn's training and racing log which he maintained meticulously while coaching Richard from 1987 - 1989. I can confirm that on 17 August 1988, Richard Bruce ran the 1000m in 2:32.9 at Bromley. Now, as this represents a club record for junior and senior, the next question is "Was Richard Bruce a first-claim club member on 17 August 1988 or was he still first claim to Highgate?". A reference in the committee meeting minutes of 4 December 1987 shows "R. Bruce now becomes 1st Claim." Belated congratulations (by 13+ years) Richard on breaking Mike Quanne's and Keith Lowe's club records! Wayne

23 Jun 02

Hi Wayne--In the past few weeks, I've been watching an amazing change. Two of our young ladies, Aude-Claire and Anna, have been training for the pole vault and enjoying it so much. The enthusiasm they show is great. Well done to them and to Terry Adams, Lourens, Mike W., and Chris M. for helping them. Roger Daniels

From: Pete Wright  
Sent: Wednesday, June 26, 2002  
To: Gary Bagnall  
Subject: Working Party this Sunday

Hi Gary--How's life? I haven't seen anybody from the club for ages so I'd like to come along to this. I'm looking after our new baby Conor for the day so I'm incapacitated as far as the working party goes but if I turn up around 1 or 2 p.m. hopefully I'll meet up with some of you. My training is ticking over but I haven't raced for months. Pete

From: Terry Adams  
Sent: Wednesday, June 26, 2002

Hi Wayne--You should see Tues & Thurs nights at the stadium. Everywhere you look, there are kids working in different groups. Last night, there were certainly more than 100

participants. We have a new coach who works for the MoD in London during the week and has started to work with throws. Two teachers from (St Pauls Way?) came along with a group of kids last night including throwers and this new coach (Chris ..... - a 30 plus metre discus thrower himself) was working with the throwers and the other kids went to various other groups. I didn't think to give Chris an application form but will next time I see him. Although he's not a qualified coach yet he's interested in taking the course and we'll give him details. He lives outside London at the weekend. Chris Murtagh couldn't compete at the weekend due to a family christening but he's OK for the next meeting. Art had something else planned for that weekend but he's going to try to change it. He's mad for track and field and is going to extend his stay in the UK so he can stay involved! Mike W was also there and is still positive. Coaches working at the track for us last night included Chris Zah, Dennis Ali, Alf Vickers, Kelvin Richards, Chine, Lourens, myself, the new guy Chris & Mike Wheeler helping while training himself. Although Richard N was away, his group sorted themselves out (maybe Jim set the session). All in all we're on the up! Best regards, Terry

## Abingdon Marathon (incorporating Middlesex County Champs). 20 Oct 02

Where Tilsley Park, Dunmore Road, Abingdon, Oxfordshire OX14 1PU. 26 miles 385 yards (AAA/ RRC measured) Incorporating: Oxfordshire County Championship, Berkshire County Championship, SCVAC Marathon Championship, R.R.C. Marathon Championship. The mainly flat, RRC measured course consists of one short and one longer loop with the start and finish at the Tilsley Park Athletics Track. Each mile is accurately marked, with water stations positioned approximately every 3 miles - orange squash and sponges are also available at some of the water stations. Tilsley Park is situated on Dunmore Road, Abingdon Oxfordshire. Whilst there is ample parking available both at Tilsley and nearby, cars cannot be left at the track overnight. There are excellent changing facilities here with a limited number of

lockers available for use (20 pence refundable). Categories - Individual 1st, 2nd and 3rd in both male and female. L35 1st, 2nd and 3rd. M40 1st, 2nd and 3rd. L45 1st M50 1st L55 1st M60 1st. First men's team (4 finishers) First Ladies team (3 finishers) Individual: M, M40, M50, M60, M70, / L, L35, L45, L55, L65. Digital clocks are normally mounted upon the lead car and at the finish. Times are called and recorded at both the half-way point and finish. Medical cover is provided throughout the race both on the course and at the finish. All finishers will receive a marathon medal. Lucky runners who are caught by our camera on the finishing line will have their free photo included in the results pack. For an application form contact Abingdon Marathon, PO Box 57, Abingdon, Oxfordshire, OX13 6XR or e-mail danny849@hotmail.com

**Cottage for Rent in Victoria Park**

Fancy living in Victoria Park next door to your favourite athletics club? The splendid Victorian St Augustine's Cottage is now available to rent Recently refurbished; 2 bedrooms, large lounge and separate dining room, modern kitchen and

large bathroom, gas central heating, Magnificent views over Victoria Park. Available furnished or unfurnished. Would suit a couple or friends sharing. Rent £1,200 per month, plus bills. Available mid-August. Negotiable to £1,000 per month for club members willing to take on limited responsibilities. Please contact Gary Bagnall, Wayne DuBose or Richard Newbold for further details.

**BMC Races, Eton, 3 Jul 02**

Congratulations to **Tim Grose** who became the new club's first sub-2 minute **800m** runner, covering the distance in **1:59.27**.

**Club Event Leaders @ 4 July 2002**

**SENIOR WOMEN**

100 Symone Belle 12.0  
200 Banke Olofinjana 25.5  
400 Patricia Asante 61.3  
800 Michelle Bishop 2:35.01  
1500 Lorraine Bishop 5:37.0  
3000 Lydia Bruce-Burgess 12:45.7  
100H Symone Belle 13.96  
400H Nobody

Long Jump Symone Belle 6.05  
High Jump Symone Belle 1.55  
Triple Jump Amy Clough 8.85  
Pole Vault Aude-Claire Markiewicz 1.50  
Shot Putt Banke Olofinjana 9.99  
Discus Karenata Songhoron 32.08  
Javelin Banke Olofinjana 29.68  
Hammer Karenata Songhoron 23.00

**SENIOR MEN**

100 Rikki Fifton 10.8/10.91  
200 Rikki Fifton 22.1  
400 Carey Simon 52.8  
800 Tim Grose 1:59.27  
1500 Tim Grose 4:07.83  
5000 Sam Pullan 15:48.6  
110H Richard Alleyne 14.70  
400H Darren Robinson 56.0  
3000SC Richard Newbold 10:13.0  
Long Jump Abdul Buhari 6.48  
High Jump Lee Bruce 1.85  
Triple Jump Lee Bruce 12.32  
Pole Vault Wayne DuBose 3.30  
Shot Putt Wayne DuBose 10.86  
Discus Wayne DuBose 31.23  
Javelin Wayne DuBose 45.14  
Hammer Graham Burns 34.15

\*\*\*Will they all be at the top of the list by September? That's up to you!\*\*\*

## VPH & THAC NEWS

**Victoria Park Harriers & Tower Hamlets AC**

c/o Wayne DuBose

41 Ansley Way

St Ives, Cambs

PE27 6SN