

# VPH & THAC NEWS

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July 2003

## Middlesex Champions, South of England Champions, International Athletes, Top of Men's Southern League Division Two

### Summer Fixtures 2003

Jul 3 Assembly League, Dome  
Jul 5 Women's Southern League, Mile End  
Jul 6 Summer Parks League, Vict. Park  
Jul 11/12 Eng. Schools, Sheffield  
Jul 12 Men's Southern League, Mile End (A&B)  
Jul 19 BAL Cup S/F, Copthall  
Jul 20 Young Athletes League, Mile End  
Jul 23 Club 5000 Champs, Battersea Pk  
Jul 25/27 AAA Champs, Birmingham  
Jul 26 Club Champs - Pentathlon, Discus, Javelin, 200, 1500m, Mile End  
Jul 27 U13 Inter Counties, Kingston  
Jul 27, London Chest Hospital 10k, VP  
Aug 2 Men's Southern League, Portsmouth (A), Ware (B)  
Aug 7 Assembly League, Victoria Park  
Aug 9 Women's Southern League, Barn Elms, Richmond  
Aug 10 Summer Parks League, Hyde Pk  
Aug 13 Club 800m Champs (all ages), Mile End  
Aug 16/17 AAA U15/U17 Champs, Sheffield  
Aug 16 BAL Cup Final  
Aug 20 Club 400m Champs (all ages), Mile End  
Aug 23 Club Champs - 100m, Mile, Long Jump, Shot Putt, High Jump, Hammer Throw, Triple Jump, Long Jump, Mile End  
Aug 24 Young Athletes Meet, Newham  
Aug 25 Young Athletes Meet, Colchester  
Aug 30 Club Champs - Sprint Hurdles, 400H, 3000SC, Pole Vault - Mile End  
Sep 4 Assembly League, Forbanks  
Sep 6 Women's Southern League, Southend  
Sep 7 Middlesex County Vets T&F Champs, Barn Elms  
Sep 27/8 Mddx County Multi-Events Champs, Watford (incl. club champs)  
\*\*Club Handicap races held on the last Thursday of each month.



**Happy 65th to Roger Daniels**

### Summary of Achievements

- 14 Middlesex County titles with Jerome Paul, Millie Zah, and Symone Belle setting Championship Best Performances
- Symone Belle and Rikki Fifton represent GB U20 at Loughborough
- Reach Golden Jubilee Cup Semi-Final at first attempt
- Top of Men's Southern League Division 2 after four matches
- Jerome Paul and Pato Bangura win South of England Champs in new Club Records

### 100 Club Winners

1st - £50; 2nd - £20, 3rd - £10  
March winners: 1st Les Williams; 2nd Colin Reid; 3rd Terry Adams  
April winners: 1st Brian Deverell; 2nd Sally Weddell; 3rd Gary Bagnall  
See Gerry Franey for details about joining or grab a 100 Club standing order form at the bar. £2 monthly.

### New Coaches

Congratulations to the following for completing the UK Athletics Level 1 Coaching course:  
Marc Malone, Cate Boyle, and Claudine Vickers

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

### Club Championships

The club championships begin on Saturday, 26 July at Mile End track with the pentathlon, discus, javelin, 200m, and 1500m. These championships are open to all fully paid up first claim members. Having retained the records of both VPH and THAC, we can boast of club champions from as far back as 1928. We keep fairly accurate records so virtually all Senior champions' names have been recorded for posterity on our club web site and therefore for eternity (assuming the club lasts that long). Gold, silver, and bronze medals will be awarded for all events, for all age groups, for both male and female even if there's only one competitor in an event. Check out the track notice board, clubhouse hall notice board, or our website to see the club championship records. You may be able to beat some.

### Star:Track, Mile End Stadium, 26 - 29 Aug 03

We're hosting the star:track event at Mile End. This is a fun outdoor summer athletics event where boys & girls ages 8 to 15 take part in a non-competitive scheme which will have a wide range of games and activities designed to improve running, jumping, and throwing skills. Star:track takes place at Mile End Stadium, Rhodeswell Road, E14 from Tuesday, 26 August to Friday, 29 August, starting at 10 am and finishing at 3 pm each day. Cost is £15 for the whole time and must be paid by 21 August. Youngsters should also bring a packed lunch. All youngsters will receive a UK Athletics-supplied goodie bag. For full details, contact star:track organiser Alf Vickers (tel: 07957365756). In order for this to be a success for our club, we need you to pass this information on to all the parents you know with kids of that age.

## Congratulations to Our 12-Stage Runners

### SEAA 12 Stage Relay,

#### Milton Keynes, 5 Apr 03

The 12-stage relay had been a major club target since we dabbled in it last season. However, the excitement and passion was distinctly lacking following the shocking news of Mike Penman's death. It was felt that we should run as a tribute to Mike, especially as he'd been keen to run until he realised his holiday clashed. So it was that the VPH&THAC team members pinned black ribbons to their vests as a mark of respect, with Medway & Maidstone also wearing black ribbons due to the loss of one of their team mates during the previous week. Adding to the general gloom of the team was a cold grey day with a chilling wind which would be in the runners' faces on the second half of each leg. Opening up for the team was Jon Cullom, fresh from his excellent opening leg at the Physical Shield. However, the 12-stage relay is a very different class of race and with the 'odd' legs being the best part of five miles ('even' legs 5.5k), and most teams putting one of their best runners out first, Jon was up against it. However, he performed well bringing us home in 42nd position with a very solid 27:31. Taking over from Jon was Richard Bruce who clocked the equal fastest time by a Harrier for a short leg, with 19:49. However, despite Richard's good run, such was the level of competition, that we actually slipped back to 44th position. Next up was Tim Grose, who'd opted for a long leg to help the team rather than his preferred short leg. The merits of this decision were proved correct as Tim scythed through the field, gaining six places with our fastest long leg of the day, 26:05. Next up was Dave Shortridge, in his first race at this level, who ran a solid leg as the team slipped back slightly to 41st. On the fifth leg, we rolled out another of our 'big guns' with Tom Carrick benefiting from a relatively pollen-free day to run an excellent 26:33, moving us up five places to 36th position. Equalling our fastest short leg of the day on leg 6 was Terry Beackon who held us in 36th place at the halfway mark. Last year, Graham Bennett had the difficult first

leg, this year he had leg 7 and ran a very controlled race moving us up another position to 35th, clocking an excellent 27:05 in the process. Leg 8 saw Ian McGilloway in his second race back from injury. Despite only one competition since October and limited training in recent months, Ian clocked an excellent 20:19 to bring us home 36th. Next up was James Waters on a long leg, with James taking the team up to its highest position of the day 34th with a sub-28 clocking despite being in the middle of a period of very high training. Another Harrier on the comeback trail was Gordon Faulds, making his second relay appearance in recent weeks after a four-and-a-half month lay off. Gordon's experience and natural ability won out against recent lack of training as he maintained our position with a 20:07 split. The team's last long leg of the day fell by default to Rich Newbold and, after the opening mile, it was apparent to both VPH&THAC spectators and Richard that this wasn't going to be a good day. Starting slowly and fading badly wasn't part of the plan but Richard clearly hadn't recovered from a bout of tonsillitis in March. A painful 29:13 was a minute slower than Richard would have hoped for, losing 34th place to Woodford Green and not closing on Ealing to any great extent. Nevertheless, the team did achieve the first target of the day which was to beat the 4:30 pm cut-off, with Richard home with 5 minutes to spare. Closing up for the team was Team Captain Tim Mitchell-Smith. Tim had endured some very difficult days in the run up to the event and it was a testament to his character that he turned out for the team. Taking inspiration from photos of Mike from the Club 20, Tim pulled back almost a minute on Ealing to bring us home in a very respectable 36th position out of the 48 teams that finished. Given that there were 71 teams entered and that the SEAA region comprises of over 700 clubs, this was a very good effort by the Club. With better luck and more competition for places driving up standards, we could see the team improve by several minutes and look for a mid-20s placed finish in 2004, maybe we'll even be in with a shout for the

'most improved team' award in the near future. Also appearing in the event albeit 'in disguise' was Lydia Bruce-Burgess, running for Barnet and District. Lydia clocked 24:35 on leg 5, gaining a place for her second-claim team and more importantly brought another of her excellent cakes along for us to enjoy! Hopefully, next year's event won't clash with the Alpha/Beta Trophy meeting and we'll see a VPH&THAC women's team alongside the men. Many thanks to Gary Bagnall and Aude-Clare Markiewicz for their invaluable support. (Rich Newbold reports)

Long legs 7,978m; Short legs 5,506m

Jon Cullom	27:31
Richard Bruce	19:49
Tim Grose	26:05
David Shortridge	20:51
Tom Carrick	26:33
Terry Beackon	19:49
Graham Bennett	27:05
Ian McGilloway	20:19
James Waters	27:49
Graham Faulds	20:07
Rich Newbold	29:13
Tim Mitchell-Smith	20:57
Overall time	4:46:08

### Beta Trophy, Haringey, 5 Apr 03

Senior Women

100A (-2.5w) Elizabeth Affuna	14.94 (8)
100B (-1.7w) Marie Ayoola	13.93 (4)
200A (-0.4w) Elizabeth Maffusa	31.72 (8)
200B (-2.5w) Marie Ayoola	29.74 (5)
400A	No competitor
400B	No competitor
800A Michelle Bishop	2:34.51 (2)
800B Lorraine Bishop	2:35.60 (2)
1500A	No competitor
1500B	No competitor
100HA	No competitor
100H	No competitor
400HA	No competitor
400HB	No competitor
LJA Caryl Whittaker	4.29 (4)
LJ B	No competitor
HJA Caryl Whittaker	1.25 (2)
HJB	No competitor
SPA Marie Ayoola	5.38 (7)
SPB	No competitor
DTA	No competitor
DTB	No competitor
JTA	No competitor
JTB	No competitor
4x100	57.02 (5)

# Perri Shakes-Drayton Picks Up Two Wins At Beta Trophy

U15 Girls  
 100A Elizabeth Ali 13.78 (5)  
 100B Jazmen Chuckwood 16.38 (6)  
 200A Perri Shakes-Drayton 27.36 (1)  
 200B Jasmin Andrews 33.71 (6)  
 800A Perri Shakes-Drayton 2:31.15 (1)  
 800B No competitor  
 1500A No competitor  
 1500B No competitor  
 75mHA Millie Zah 16.15 (5)  
 75mHB No competitor  
 LJA Elizabeth Ali 4.32 (3)  
 LJB Millie Zah 2.96 (6)  
 HJA No competitor  
 HJB No competitor  
 SPA Louise Blake 7.40 (5)  
 SPB No competitor  
 DTA No competitor  
 DTB No competitor  
 JTA Louise Blake 21.23 (2)  
 JTB No competitor  
 4x100 No team

Team Result  
 1 Herts Phoenix 344  
 6 VPH&THAC 121  
 8 Basildon 13

### Young Athletes Meeting, Crystal Palace, 6 Apr 03

U17 Men  
 Ben Chukwu-onu 100 11.9; 200 26.1  
 James Foley 800 2:31.7  
 U15 Boys  
 Jahangir Samad 100 11.6 (1); 200 24.2 (4) PB; LJ 5.49 (3)  
 Jerome Paul LJ 5.78 (2) PB; 100 13.0  
 Michael Richards LJ 4.18; SP 7.80; JT 17.31  
 Elliott Joseph 100 13.4 PB; JT 14.65 PB  
 Jayden Ali 100 13.2 PB; 200 27.0 PB  
 U17 Women  
 Caryl Whittaker 200 29.4; LJ 4.30  
 U15 Girls  
 Elizabeth Ali 100 13.6; 200 28.2; LJ 4.41  
 Perri Shakes-Drayton 200 26.5 (1); 800 2:33.6  
 Louise Blake SP 7.56 PB; JT 14.64; LJ 4.18  
 U13 Girls  
 Raquel Feeley 100 13.9 (3); 200 29.8 (4)  
 Jasmine Chukwu-onu 100 15.9 PB; 200 33.0 PB

### London Marathon, 13 Apr 03 VPH&THAC salutes our marathoners!

Men  
 289th Tony Lashmar 2:47:20  
 5750th Phil Miller 3:43:47  
 12,551st Terry Adams 4:21:11  
 12,068th Tony Bunbury 4:18:34  
 Women  
 914th Diane Shields 3:50:04  
 1,060th Elaine Battson 3:53:39  
 3,075th Jenny Costelloe 4:31:01  
 4,059th Brenda Puech 4:45:45  
 6,539th Smeera Bhatti 5:33:16  
 7,010th Sally Weddell 5:47:58

### Mini Marathons

Boys  
 U15 Alfie Jackson 17:09 (121<sup>st</sup>)  
 U18 Jack Taylor 15:48 (107<sup>th</sup>)  
 U18 Darren Clark 16:33 (132<sup>nd</sup>)  
 Girls  
 U13 Maxime Salter-George 22:00 (144<sup>th</sup>)

### Chelmsford Open, 19 Apr 03

U20 Men  
 100 Tunde Balogun 11.2 (2)  
 100 Jason Dwaah 11.9  
 200 Jason Dwaah 23.6 PB  
 U17 Boys  
 100 Chris Musa 11.3 (1)  
 100 Arnold Duah 12.7  
 200 Chris Musa 23.0 (1)  
 200 Levi Tapping 25.1 (2) PB  
 200 Darren Clark 25.8  
 800 James Foley 2:19.0 PB  
 U15 Boys  
 100 Jahangir Samad 11.6 (2)  
 100 Elliott Joseph 13.5  
 200 Jahangir Samad 23.7 (2) PB  
 200 Shaun Jackson 33.9 PB  
 400 Thomas Crosbie 59.3 (2)  
 400 Jerome Paul 59.9 (3)  
 800 Thomas Crosbie 2:23.0 (2)  
 LJ Jerome Paul 5.01 (3)  
 LJ Shaun Jackson 3.55 PB  
 PV Jayden Ali 2.70 (2) PB  
 SP Elliott Joseph 9.30  
 SP Michael Richards 7.05  
 SP Ricky Knotts 5.61  
 JT Elliott Joseph 22.70 PB  
 JT Ricky Knotts 14.07

U20 Women  
 200 Elizabeth Nassuna 30.9  
 U17 Girls  
 100 Marie Ayoola 13.7  
 100 Zerlina Duah 14.0

800 Zerlina Duah 2:51.0  
 U15 Girls  
 100 Elizabeth Ali 13.6  
 200 Elizabeth Ali 27.4 (4) PB  
 LJ Elizabeth Ali 4.54 (3)  
 LJ Sareena Robinson 4.41  
 HJ Sarena Robinson 1.45 (2)  
 SP Louise Blake 7.75 PB  
 JT Louise Blake 16.07  
 U13 Girls  
 100 Raquel Feeley 14.2 (2)  
 100 Jasmine Chukwu-onu 15.8 PB  
 200 Raquel Feeley 29.6 (1)  
 200 Jasmine Chukwu-onu 32.2 PB

\*\*\*\*\*

From: Tim Grose  
 Sent: Monday, April 21, 2003

I did a **2000m steeplechase** at Walton today - **6:34.2** (1st of 2 competitors!) Wasn't great and my barrier technique, especially the water jump, was awful as I was stuttering into them. Went off a bit quick as well - 73 for the 1st slightly long lap, although you do miss 2 barriers. Then went 2:30, 3:49, 5:11 so was slowing all the time. Felt like a 3K but only 2/3 of it. That said you still do 5 water jumps in a 2K. Also nowhere track fit yet but it's only April. Just missed my PB - 6:31 in my only other 2 years ago. With better pacing, would have got that. With better technique, 10 secs faster again! Cheers, Tim

### Club Open 5M Handicap Race, 24 Apr 03, Victoria Park

	H'cap	
1 Ray Russo	49:15	49:15 PB
2 Jane Willdigg	52:45	40:45 *
3 Jim Roche	53:32	28:32
4 Sumi Mendis	53:40	38:40 *
5 Tony Lashmar	54:15	29:15
6 Peter McH DeClare	54:17	31:17
7 Georgia Pettipher	54:20	42:20
8 Mick Cairns	54:29	31:29
9 Jude Bly	54:41	29:41
10 Dave Shortridge	54:42	31:42
11 Tony Bunbury	54:51	37:51 =PB
12 Brenda Puech	55:06	43:06 PB
13 Dave Robinson	55:17	33:17
14 Dave Webb	55:44	40:44
15 Simon Perham	55:45	33:45
16 Paula Orton	56:26	41:26 *
17 Veronica McCabe	56:39	48:39
18 Mark Sutton	58:25	36:25

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

## Richard Alleyne and Tony Alexander Break Club Southern League Records

### Southern Women's League Parliament Hill, 26 Apr 03

#### Under 15 Girls

100 Elizabeth Ali 13.8 (1)  
100 Millie Zah 15.0 (2)  
200 Perri Shakes-Drayton 27.7 (1)  
200 Millie Zah 30.7 (2)  
800 Perri Shakes-Drayton 2:32.5 (1)  
75H Maxime Salter-George 19.9 (2) PB  
HJ Louise Blake 1.25 (2)  
LJA Elizabeth Ali 4.67 (1)  
LJB Millie Zah 4.12 (1) PB  
SPA Louise Blake 8.04 (1) PB  
JTA Louise Blake 16.13 (2)

#### Senior Ladies

100 Symone Belle 12.7 (1)  
100 Marie Ayoola 13.9 (1)  
200 Marie Ayoola 28.7 (2)  
200 Elizabeth Nassuna 31.8 (1)  
400 Zerlina Duah 66.3 (2)  
400 Michelle Bishop 68.1 (2)  
800 Michelle Bishop 2:38.7 (2)  
800 Lorraine Bishop 2:39.7 (1)  
3000 Lydia Bruce-Burgess 12:26.8 (2)  
100H Symone Belle 15.4 (1)  
300H(U17) Caryl Whittaker 53.8 (2)PB  
4x100 53.7 (2)  
PVA Aude-Claire Markiewicz 2.00 (1)  
PVB Anna Fake 1.70 (1)  
SPA Banke Olofinjana 9.42 (1)  
HJA Symone Belle 1.55 (2)  
HJA Caryl Whittaker 1.25 (2)  
DTA Banke Olofinjana 24.00 (3)  
LJA Symone Belle 5.59 (1)  
LJA Caryl Whittaker 4.29 (1)  
TJA Zerlina Duah 8.12 (3) PB  
TJA Marie Ayoola 5.60 (2)  
JTA Banke Olofinjana 25.84 (1)

N/S 100 Elizabeth Nassuna 14.9

N/S 100 Maxime Salter-George 17.8

Southend	147
VPH&THAC	115
Loughton	113
Braintree	73

### Lochaber Marathon, 27 Apr 03

104 Peter Wright 3:31:42

### Men's Southern League Division 2, Braunton, Devon, 3 May 03

VPH&THAC got off to a great start in the Men's Southern League Division 2 with an emphatic win by 23.5 points over home team North Devon, not to mention two new club records. That we

were able to field a strong team was very much down to Terry Adams' company who sponsored the Friday night stay for the majority of the athletes. Competing fresh after a 15-minute taxi ride from Barnstaple was much better than the several-hour journey that Gary Bagnall took on the Saturday morning. But a special salute to Gary for doing so in order to help with the officiating. On a persistently cold, windy, and rainy day, the meet started on the track with emphatic wins in the 400m hurdles by first Darren Robinson (55.1 last year) and then Richard Alleyne (56.3 last year). With a 50-metre lead after 250 metres, Richard switched off and literally jogged in, still recording a very useful 61.0. Later, Darren and Richard switched strings in the 110m hurdles race but both still came away with the wins. While Darren ran a personal best, Richard set a Southern League club record and was just 0.1 seconds away from the all-time Division Record. In the 100m sprint, Rikki Fifton led the way for us with a comfortable win with Tunde Balogun taking the B string sprint. Rikki later followed up with a victory in the 400m A race. Abdul Buhari had a very strong all-round day by clearing over 6 metres in the long jump, over 12 metres in the triple jump, and running under 24.0 seconds in the 200m. Abdul later teamed up with Richard, Tunde, and Rikki to win the 4x100m relay. In the throwing events, Tony Alexander had (pardon the pun) a field day by first beating the club master's hammer throw record and then adding over three metres to his best discus throw from last year. Also, in the throws, Lourens Malan secured the B string javelin win. There was also a fair measure of success with our middle distance athletes. Despite very windy conditions, Richard Bruce ran his fastest 800m time for over a decade, improving by 3.3 seconds from last year. In the 1500m, Tim Grose held on for 2nd while Graham finished slightly behind in winning the B string. After a short rest, Tim lined up for the 3000m steeplechase. From the start, the officiating of the race was poor. For starters, the third hurdle wasn't put out on the track until the second lap and whoever was in charge of the lap

counter finally turned it to show 6 laps to go when there was in fact 5. Tim covered the 3000m in first place and stopped while all the others runners carried on to run 3400m. The final resolution put Tim in second place and Jon Cullom in with the B string win. Nevertheless, this was still a comfortable win for us and conveys a strong hope that promotion to Division 1 is a distinct possibility.

100A Rikki Fifton 11.1 (1)  
100B Tunde Balogun 11.2 (1)  
200A Tunde Balogun 23.7 (3)  
200B Abdul Buhari 23.9 (2)  
400A Rikki Fifton 51.4 (1)  
400B Lourens Malan 55.6 (5)  
800A Richard Bruce 2:03.1 (3)  
800B Terry Beackon 2:08.4 (3)  
1500A Tim Grose 4:23.4 (2)  
1500B Graham Bennett 4:24.8 (1)  
5000A Jim Roche 17:00.9 (4)  
5000B Tony Lashmar 17:14.0 (2)  
110HA Richard Alleyne 14.7 (1)  
110HB Darren Robinson 16.6 (1)  
400HA Darren Robinson 59.0 (1)  
400HB Richard Alleyne 61.0 (1)  
3000SCA Tim Grose nt (2)  
3000SCB Jon Cullom nt (1)  
4x100 Alleyne, Balogun, Buhari, Fifton 45.0 (1)  
4x400 R Bruce (54.88), Malone (55.1), Alleyne (52.21), Robinson (52.08) 3.34.2 (4)  
LJA Abdul Buhari 6.20 (2)  
LJB Marc Malone 5.67 (3)  
HJA Lee Bruce 1.75 (3)  
HJB Lourens Malan 1.65 (3)  
TJA Abdul Buhari 12.13 (3)  
TJB Lee Bruce 11.27 (2)  
PVA Wayne DuBose 2.40 (4)  
PVB Lourens Malan 2.40 (2=)  
SPA Tony Alexander 10.31 (3)  
SPB Wayne DuBose 9.43 (3)  
DTA Tony Alexander 31.21 (3)  
DTB Wayne DuBose 28.23 (2)  
JTA Wayne DuBose 37.28 (4)  
JTB Lourens Malan 33.77 (1)  
HTA Tony Alexander 35.56 (2)  
HTB Richard Bruce 25.24 (2)

VPH&THAC	134.5
North Devon	111
Newham & Essex	110
Tonbridge	87.5
Portsmouth	86

**Millie Zah, Sareena Robinson, and Louise Blake Gain Two Wins Each At Haringey**

**Southern Men's League Division**  
**4E, Haringey, 3 May 03**

Victoria Park Harriers & Tower Hamlets AC's Southern Men's League Division 4 East campaign got off to a solid start at New River Stadium. The team managed nine individual victories despite coming up against very strong opposition including Chelmsford and home team Enfield & Haringey. The first event was the pole vault and we came out with six useful points thanks to some aesthetically pleasing vaulting from Mike Wheeler and some 'jumping with a stick' by Team Manager Richard Newbold. The team's first win of the day came from Richard Saunders in the 400m hurdles in an excellent time of 62.9 despite a strong wind. Richard came into the home straight in 2nd place but his strength and determination carried him through over the last two flights. The team didn't have to wait long for their next win with teenager Chris Musa leading from gun to tape in the 100m in 11 seconds dead. Other strong sprinting came from Kylon Collins with 2nd places in the 100m and 200m. The club's other wins on the track came in the long distances. James Waters dominated the 5000m, opening up a 30m lead over the first lap, which he extended to almost 3/4 of a lap on his way to a huge new personal best and his first ever race win. Backing up James was track debutant Damian Manning who won the 'B' string with an excellent tactical race, breaking away from two Enfield athletes with a mile to go. The team's other clean sweep came in the steeplechase with Richard Newbold and Colin Oxlade comfortably winning both their strings. Gritty performances came from David Shortridge in the 800, 400 and 4x400m. Also battling away was Tony MacDowall after a period of injury. Tony got himself into the perfect position to strike in the 800m but, while the mind was willing, lack of recent training meant his body wasn't. The team also had success in the field with Simon Butler winning the high jump and youngster Jerome Paul winning the 'B' string long jump. Simon and Jerome made a very useful double act with Simon being joined by Darren Clark in the high jump, the first

of five appearances on the team sheet for young Darren during the afternoon. In the throws, Randal Porter and Mike Wheeler performed admirably, although Randal's hammer almost ended in disaster when his third throw came off the cage and bounced back into the circle. Fortunately, he was quick-witted enough to side step the steel ball. Randal's discus and shot performances were particularly noteworthy. The team finished off the day with a strong run in the 4x100m relay, with Chris Musa pulling us back into the reckoning with an awesome 3rd leg. We finished with the same time as the race winners which was an excellent effort from a team put together on the day. Finishing off was a solid 3rd place in the 4x400m event where Simon Butler's long legs and experience held off the chasing Hastings athlete on the anchor leg. All in all, a promising start and with a home match at Mile End on the 17th and some more athletes to come back, the 'B' team should have a solid season. Thanks to Garry Walker and Roger Daniels for their invaluable officiating and to Mike Wheeler for driving the van and filling in wherever necessary, just the kind of person every Team Manager needs. (Rich Newbold reports)

- 100A C. Musa 11.0 (1)
- 100B K. Collins 11.4 (2)
- 200A K. Collins 23.0 (2)
- 200B D. Clark 26.6 (3)
- 400A D. Shortridge 57.5 (4)
- 400B D. Clark 60.5 (4)
- 800A D. Shortridge 2:15.0 (4)
- 800B T. MacDowall 2:16.0 (3)
- 1500A G. Faulds 4:47.0 (4)
- 1500B T. MacDowall 4:51.3 (3)
- 5000A J. Waters 16:58.1 (1)
- 5000B D. Manning 17:51.4 (1)
- 110HA R. Saunders 19.3 (3)
- 110HB R. Newbold 27.7 (3)
- 400HA R. Saunders 62.9 (1)
- 400HB R. Newbold 69.6 (4)
- 3000SCA R. Newbold 10:44.8 (1)
- 3))SCB C. Oxlade 11:24.9 (1)
- 4x100m D. Clark, R.Porter, C. Musa, K. Collins 46.5 (2)
- 4x400m R. Saunders, D. Shortridge, D. Clark, S. Butler 3:57.0 (3)
- LJA S. Butler 5.46 (4)

- LJB J. Paul 5.41 (1)
- TJA J. Paul 11.54 (3)
- TJB S. Butler 10.91 (1)
- HJA S. Butler 1.65 (1)
- HJB D. Clark disq.
- PVA M. Wheeler 2.40 (3)
- PVB R. Newbold 1.05 (3)
- HTA M. Wheeler 15.74 (5)
- HTB R. Porter no throw
- JTA R. Porter 23.13 (5)
- JTB M. Wheeler 21.97 (4)
- SPA R. Porter 10.64 (2)
- SPB M. Wheeler 8.29 (3)
- DTA R. Porter 27.88 (4)
- DTB M. Wheeler 17.29 (4)

Chelmsford	123.5
Enfield & Har./VP&TH=	110
Eastbourne	91.5
Hastings	84

**Young Athletes League,**  
**Haringey, 4 May 03**

**U13G**

- 75A Raquel Feeley 10.5 (1)
- 75B Jasmine Chukwu-onu 11.9 (1)
- 150A Danielle Dallanger 21.4 (1)
- 150B Taytum Steele 22.5 (1)
- 800A Maxime Salter-George 3:13.1 (3)
- 1200A Maxime Salter-George 5:26.5 (2)
- 70HA Millie Zah 11.9 (1)
- 70HB Maxime Salter-George 15.2 (1)
- LJA Millie Zah 4.15 (1)
- LJB Jasmine Chukwu-onu 3.27 (1)
- SPA Taytum Steele 5.73 (2)
- SPB Millie Zah 5.54 (2)
- 4x100 disq

**U15G**

- 100A Elizabeth Ali 13.2 (1)
- 100B M. Agyeman-Duah 14.1 (1)
- 200A Perri Shakes-Drayton 27.3 (1)
- 200B M. Agyeman-Duah 32.6 (2)
- 75HA Sareena Robinson 13.3 (2)
- LJA Sareena Robinson 4.72 (1)
- LJB Elizabeth Ali 4.71 (1)
- HJA Sareena Robinson 1.45 (1)
- HJB Louise Blake 1.30 (1)
- SPA Louise Blake 7.73 (1)
- SPB M. Agyeman-Duah 4.11 (3)
- 4x100 53.2 (1)

**U17W**

- 100A Marie Ayoola 13.4 (2)
- 100B G. Samuels 14.8 (2)
- 200A Marie Ayoola 28.4 (2)
- 200B G. Samuels 43.0 (2)
- 300A Zerlina Duah 47.3 (3)
- 300B Caryl Whittaker 48.5 (1)
- 800A Zerlina Duah 2:49.3 (1)

# Graham Bennett and Georgia Wood Lead The Way At The Dome

300HA Caryl Whittaker 53.7 (2)  
 4x100 55.8 (1)  
 LJA Caryl Whittaker 4.36 (4)  
 LJB G. Samuels 3.60 (3)  
 SPA Marie Ayoola 5.70 (2)

## U13B

100A E. Welchar 13.3 (1)  
 100B Tiago Branco 18.7 (2)  
 200A Ayekhele Okomilo 33.2 (3)  
 200B Rajir Pongo 34.6 (1)  
 800 Andrew Ali 2:46.2 (1)  
 800B Robert Bishop 3:06.0 (1)  
 1500A E. Welcher 6:30.8 (4)  
 1500B Josh Smith 6:41.8 (1)  
 LJA Andrew Ali 3.44 (3)  
 LJB Josh Smith 3.33 (1)  
 SPA E. Kelchuve 6.93 (1)  
 SPB Rajir Pongo 6.00 (1)  
 4x100 64.9 (1)

## U15B

100A J. Samad 11.6 (1)  
 100B D. Gibbons 12.0 (1)  
 200A S. Jackson 25.6 (1)  
 200B Samson Odelowo 32.1 (2)  
 400A F. Abdi 59.6 (1)  
 800A Jerome Paul 2:26.3 (2)  
 800B F. Abdi 2:37.0 (1)  
 1500A F. Abdi 5:03.6 (1)  
 1500B A. Carabula 6:04.5 (2)  
 80HA Carl Paul 15.9 (1)  
 LJA Michael Richards 4.48 (3)  
 LJB Shaun Jackson 3.69 (3)  
 PVA Jayden Ali 2.50 (1)  
 SPA Samson Odelowo 8.86 (1)  
 SPB E. Joseph 8.00 (1)  
 DTA M. Richards 19.44 (3)  
 DTB E. Joseph 19.11 (2)  
 JTA Samson Odelowo 16.69 (4)  
 JTB A. Carraballo 13.22 (2)  
 4x100 48.7 (1)

## U17M

100A Cymon Gibbons 11.4 (1)  
 100B Alex Simpson-Porter 12.0 (1)  
 200A Alex Simpson-Porter 24.4 (1)  
 200B Cymon Gibbons 24.6 (1)  
 400A Alex Babb 54.6 (1)  
 400B Danny Pond 55.5 (1)  
 4x100 48.3 (1)  
 4x400 4:23.9 (2)  
 LJA E. Oppong 5.24 (2)  
 HJA Alex Babb 1.80 (1)  
 TJA Danny Pond 10.37  
 SPA C. Prospers 9.56 (2)

**1st VPH&THAC 466;** 2nd London  
 Heathside 297; 3rd Invicta E. Kent 254  
 4th Thurrock 239; 5th Ilford 106;  
 6th Eton Manor 90

## Summer Parks League 10K - Headstone Manor, 4 May 03

Ian McGilloway 38:57 (5th) (PB)  
 Tim Mitchell-Smith 40:50 (15th)  
 Veronica McCabe 59:45 (15thW)

**From:** Tim Grose

**Sent:** Tuesday, May 06, 2003

A new "best" for me last night - best ever performance to come last in a race! **8:59.42 (for 3000)** I was always at the back. Started off with a 70, 2:20 or so but at least for much of the 1st half was tracking another guy so got a bit of help. Started to drift over the back at 1500 at **4:20** (note Wayne - a season's best! Bona fide estimated time as there was a clock at that point). Pleased to hold it reasonably together despite running on my own although obviously slowed. I think I hit the bell needing a 72 to go "under" so found enough to raise my game. Far better to come with an 8:59 than a 9:00 (and no AW appearance!). The B race would actually have probably been better - won in 8:47 with 4 under 9 but at least still say was involved in an 8:11 race. Also was 4 secs quicker than this time last year. Conditions were cold but no wind although it was rather late in the day (gone 9 pm). Think I still had the 1500/chase in my legs a bit. I haven't really done any serious track sharpening yet and last few seasons has shown that I need a few more months of track work to hone my speed so quite encouraged. At the end of the day with some incentive on the last lap and people around I might have been the 10 secs or so quicker that I need to get a pb of 8:49. 4:20 slowly going off the back is a little too much for me at present but given a month or so reckon could continue at that tempo. Cheers, Tim

## Assembly League 5K, The Dome, 8 May 03

1 A Weir (St. Exch) 15:23  
 7 Graham Bennett 16:30  
 29 Tony Lashmar 17:29  
 31 Jude Bly 17:32  
 36 Terry Beackon 17:46  
 47 Ron Vialls 18:19  
 50 Dave Shortridge 18:26  
 56 Tim Mitchell-Smith 18:34  
 59 Mick Cairns 18:44  
 60 Ian McGilloway 18:45

75 John George 19:17  
 80 Georgia Wood 19:40 (L4)  
 102 Jon Mail 20:48  
 131 Sarah Johnsen 22:17 (L19)  
 139 Alison Marrs 22:53 (L22)  
 149 Clare Chapman 23:52 (L27)  
 152 Graham Prince 24:10  
 158 Tony Bunbury 24:40 Started late  
 165 Paula Orton 25:29 (L37)  
 169 Smeera Bhatti 26:08 (L38)  
 173 Veronica McCabe 27:22 (L40)  
 174 Sally Weddell 27:32 (L41)  
 175 Debbie Bowler 27:35 (L42)  
 177 Darren Stobbart 28:20  
 179 Sophie Critchlow 29:28 (L43)  
 180 Pats McGrogan 31:39 (L44)  
 181 Jacqueline Kemp 31:39 (L45)  
 182 Lara Orija 34:00 (L46)

Men's A Team - 6th (9th after 2 races)

Men's B Team - 3rd (8th after 2 races)

Women's A Team - 5th (5th after 2 races)

Women's B Team - 11th (5th B Team) -  
 12th after 2 races (5th B Team)

## Middlesex County Champs, Mile End, 10/11 May 03

The Canary Wharf Group Middlesex County Championships were a great success all round with entries higher than last year as the event was restored to its two-day status. It was also a great chance for our athletes to show their talents and they responded by winning 14 county titles, a host of other medals, and setting the only new championship bests of the meeting. A great performance considering the poor weather conditions. It was fitting that Canary Wharf-sponsored athletes Symone Belle and Millie Zah had good performances. Symone took gold in the 100m hurdles in a new championship best and Millie did the same in the 70m hurdles. Symone also took silver in the 100m in a season's best and Millie won the U13 long jump. In other U13 events, Raquel Feeley and Maxime Salter-George won bronze medals in the 200m and 1500m respectively. In U15 Girls events, Perri Shakes-Drayton ran brilliantly in the 800m to win, smashing her personal best by six seconds. She also took bronze in the 200m. Sareena Robinson excelled in pouring rain to win the high jump and she also took bronze in the long jump. Louise Blake

**Millie Zah, Jerome Paul, Symone Belle Set Championship Best Performances in County Champs**

won silver in the javelin and Elizabeth Ali took bronze in the 100m. In the U17's, Caryl Whittaker won the 300m hurdles in a new PB. Zerlina Duah took silver in the 100m and the 800m while Marie Ayoola won bronze in both sprints. (Paul Janko reports)

U13 Girls

Mille Zah 70mH 12.0 (1) CBP; LJ 4.15 (1)  
Danielle Dallenger 100 13.8 (5)  
Raquel Feeley 100 13.9 (4); 200 30.6 (3)  
Jasmine Chukwu-onu 100 15.9 (5 ht)  
200 33.8 (5)  
Maxime Salter-George 1500 6:36.0 (3)

U15 Girls

Elizabeth Ali 100 13.7 (3) (13.5 ht);  
200 28.1 (3 ht); LJ 4.51 (4)  
Perri Shakes-Drayton 200 27.7 (3)  
(27.1 ht); 800 2:25.6 (1) PB  
K. Joseph DT 22.84 (2)

Louise Blake JT 19.72 (2); LJ 4.51 (5)  
Sareena Robinson LJ 4.52 (3); HJ 1.45 (1)

U17 Women

Caryl Whittaker 300mH 52.2 (1); LJ 4.31 (4)

Zerlina Duah 800 2:39.3 (2); 100 14.0 (2)  
Marie Ayoola 100 14.1 (3); 200 29.3 (3)

U20 Women

Elizabeth Nassuna 100 14.7 (5)

Senior Women

Symone Belle 100 12.1 (2); 100mH 14.2 (1) CBP

In the U13 Boys events, Robert Bishop smashed his personal best in taking bronze in the 800m. Andrew Ali won silver in both sprints. In the U15 Boys, Jerome Paul set a new championship best in winning the triple jump. He also took gold in the 400m and silver in the long jump. Jayden Ali took the club's first-ever male pole vault title and Jahangir Samad stormed to a double in the sprints. Other bronze medals were won by Thomas Crosbie in the 800m, Tunde Taylor in the long jump, and Ali Osman in the 1500m. The U20 Men's sprint title was probably the race of the championships, with three of the top six in the UK against each other. Unfortunately, it was spoiled by false starts which left the fastest sprinters in Tower Hamlets, Rikki Fifton and Monuh Miah (Woodford Green) isolated on the track as two others were disqualified. In the end, Rikki was second and Monuh third in 10.8 and 10.9 respectively. (Editor's Note: A few days later, we signed up

the winner of that race, Pato Bangura). The Senior Men's events saw another Canary Wharf athlete Richard Alleyne win the 110m hurdles. Tim Grose took silver in the steeplechase and Richard Bruce set a season's best in the 800m. (Paul Janko reports)

U13 Boys

Robert Bishop 800 2:35.7 (3) PB  
Andrew Ali 100 16.7 (2); 200 38.4 (2)

U15 Boys

Jayden Ali PV 2.59 (1)  
Jerome Paul TJ 11.91 (1) CBP; 400 55.6 (1); LJ 5.26 (2)

Carl Paul 80mH 13.0 (1)  
Jahangir Samad 100 11.8 (1); 200 25.0 (1)

Daniel Gibbons 100 11.9 (2)  
Thomas Crosbie 800 2:13.1 (3)

Elliot Joseph SP 8.76 (6); DT 25.03 (4)  
Michael Richards SP 8.26 (7); DT 21.13 (5); LJ 3.93 (6)

Tunde Taylor 100 12.4 (4); 200 27.1 (4); LJ 4.85 (3)

Ali Osman 1500 4:47.9 (3)

U17 Men

Cymon Gibbons 100 11.9 (2)  
Alex Babb 100 12.2 (5); 200 25.5 (5)  
(25.4 ht); HJ 1.70 (3)

Alex Simpson-Porter 100 12.4 (4)

Jason Duah 100 12.6 (4 ht)

Shaun Alley 200 24.3 (4)

Levi Tapping 200 26.4 (4)

James Foley 800 2:24.0 (4)

U20 Men

Rikki Fifton 100 10.9 (2) (10.8 ht)

Tunde Balogun 100 11.1 (4)

Kylon Collins 100 11.6 (6 ht)

Abdul Buhari 100 11.7 (6 ht); 200 23.6 (1); LJ 6.33 (2)

Darren Clark 200 27.0 (3); 400 61.2 (5)

Senior Men

Richard Bruce 800 2:01.9 (7 ht)

Tim Grose 3000SC 9:58.0 (2)

Richard Alleyne 110mH 14.5 (1)

Keith Simpson-Porter 200 25.7 (7 ht)

**Southern Men's League Div 2, Guildford, 19 May 03**

After two consecutive promotions, we thought that Division 2 would prove to be a considerable challenge but after two matches of the 2003 campaign, Victoria Park Harriers & Tower Hamlets AC stands on top of the division after two comfortable wins. Undoubtedly, there will be tough matches and our unbeaten streak will definitely be under threat but promotion, which was only a vague

dream at the beginning of the season, is there to be won if we keep turning out solid teams. Preparation for the match wasn't great. In previous seasons, it would have been catastrophic for Wayne DuBose to pull out injured on the eve of competition. It's a measure of how far we've come as a Club since the merger that we managed to cope with his absence. Another injured athlete was Richard Bruce whose impending shin splints prevented him from running the 800m. However, Richard made the trek to Guildford to throw the hammer and scored some very useful points. After two rounds of the hammer, things weren't looking great as Tony Alexander's 2<sup>nd</sup> throw had hit the cage and Richard was concerned that if he did have a decent effort (his PB is 32.40m), he might overtake Tony, preventing Tony from taking three more throws. Richard opted out of round 3 as he didn't think he'd improve or lose any points and this choice proved correct as Tony improved to 33m with his third throw and in the last round popped one out to 38.76m to give us two 2<sup>nd</sup> places on the day. More than that, Tony's distance was a new Club Master's Record and a new Club Southern League Record. Congratulations, Tony! On the track, the opening event was the 400m hurdles. With Darren Robinson injured, Richard Alleyne uncomplainingly filled in once again, running away from the field from the gun and winning by a huge margin in a very comfortable 58.9. The 'B' string was a very different race, partly thanks to the 'B' string runners of Guildford and Dartford running considerably faster than their 'A' string counterparts. Lourens Malan was a distant 3<sup>rd</sup> place at the 200m mark but a big kick with 170m to go saw him pulling back his opponents and taking the last flight in the lead for an exciting victory. Lourens had a busy afternoon, also running the 400m, where he improved by a second from the last meeting, taking 2<sup>nd</sup> in the pole vault and 3<sup>rd</sup> place in the 'B' string javelin, two events that were taking place at the same time, at different ends of the stadium and in heavy rain. Yes, the rain. After the initial sunshine that greeted us at Guildford, the dark clouds arrived, then

## Southern League Men's A Team Gain Win #2

the drizzle and then the rain. This was coupled with a brisk breeze and wasn't much fun, especially as the track doesn't have a stand. The Club's second double win on the track came soon after with debutant Gibril 'Pato' Bangura winning the 100m in a classy 10.7 with Tunde Balogun taking the 'B' string with a good 11.1. Following this was the 800m where Tim Grose made his season's debut over the distance and Graham Bennett his first return to quick running (including training) since injury at King's Lynn last season. In a combined race, the Dartford pairing raced through the bell in 57 seconds with Tim and Graham amongst the string of runners trailing behind. Both of our boys maintained their form far better than most of their opposition, with Tim moving into 2<sup>nd</sup> place overall and Graham also picking up a very handy 4 points in the 'B' string. Following the 800m was the 5000m and we saw a welcome return to the team of Sam Pullan. Despite a difficult week, which saw the birth of Sam and Belinda's son, Riley, and a fall down the stairs (while carrying Riley), Sam was up for the challenge. The 'A' string runners from Cambridge and Guildford set off at a fearsome pace but after a mile Sam had pulled them back, taking a free ride for the second mile before pushing on for a big win. Also performing admirably as the other half of another clean sweep was Jim Roche. Jim sat in for two miles before pushing on to take the 'B' string, improving his time from Braunton by 15 seconds; there'll be more to come. In the field, the Club saw some excellent points scoring from our three jumpers, Abdul Buhari, Marc Malone and Lee Bruce, with an average score of 4 points per event. Abdul crowned their efforts with a win in the triple jump and he also won the 'B' string 200m. The 400m has been an awkward event for us over the last couple of years but we may have found a future star in the form of 15 year old Shaun Alley, who clocked a very encouraging 53.5 for 2<sup>nd</sup> place in the 'B' string on his 'A' team debut. In the throws, Tony Alexander was keeping us in contention with a great all-round display. In the shot and discus, he was ably supported by Randal Porter. Randal had a very busy

afternoon, picking up useful points in the pole vault and winning the 'B' string 110mH, where Richard Alleyne majestically ran away from the field to win the 'A' string under very difficult conditions. The 1500m showed how much effort Tim and Graham had put into the 800m, as both runners were slightly off the pace after two laps. However, we again scored a pleasing 8 points with Graham's gritty running giving him the 'B' string win. After winning all four sprint strings and the 110m hurdles, the 4x100m looked like a banker for us. With four safe changes, the quartet of Alleyne, Bangura, Balogun and Fifton carried the baton round in a season's best clocking of 43.7 with Rikki on the anchor leg running completely clear as he had been on the home straight in the 200m which he'd won by over 10m. As the sprinters finished, the drizzle finally stopped and, ironically for an event where the runners get wet, the steeplechasers even had some sunshine. However, with a strong wind into their faces on the approach to the steeplechase barrier and some slippery barriers, this wasn't an easy race. After two laps, the relatively fresh legs of Jon Cullom and Richard Newbold moved to the front, with Jon coming home a comfortable winner, with Rich in 2<sup>nd</sup> place overall, taking the 'B' string win. With the match won, the last event of the 4x400m wasn't as important as it often is but this didn't stop some hard running by our quartet. A strong opening leg by Marc Malone was followed by another cracking run by Shaun Alley, with Shaun showing great strength down the home straight. On third leg, Randal Porter looked great for the first 300m, holding off a strong runner from Guildford round the home turn. However, down the home straight, Randal's legs went completely and he was 'running on memory' over the last 50m. Abdul Buhari anchored home for 3rd place, leading to a 16-point match victory over the home club. In all, we managed 15 wins, an excellent return. Thanks to Alf Vickers for acting as Team Manager and to Alf, Roger Daniels, Gary Bagnall, Richard Bruce & Jim Roche for their invaluable work officiating in unpleasant conditions. (R. Newbold reports)

100A Gibril Bangura	10.7 (1)
100B Tunde Balogun	11.1 (1)
200ARikki Fifton	22.3 (1)
200B Abdul Buhari	24.4 (1)
400A Lourens Malan	54.9 (3)
400B Shaun Alley	53.5 (2)
800A Tim Grose	2.03.7 (2)
800B Graham Bennett	2.09.8 (2)
1500A Tim Grose	4.23.5 (3)
1500B Graham Bennett	4.26.4 (1)
5000A Sam Pullan	16.04.8 (1)
5000B Jim Roche	16.45.6 (1)
110HA Richard Alleyne	15.0 (1)
110HB Randall Porter	21.0 (1)
400HA Richard Alleyne	58.9 (1)
400HB Lourens Malan	62.3 (1)
3000SCA John Cullom	10.39.4 (1)
3000SCB Rich Newbold	10.53.1 (1)
4x100 Alleyne, Bangura, Balogun, Fifton	43.7 (1)
4x400 Malone, Alley, Porter, Buhari	3:51.3 (3)
PVA Lourens Malan	2.80 (2)
PVB Randall Porter	2.20 (2)
HJA Lee Bruce	1.70 (2)
HJB Marc Malone	1.70 (2)
LJA Marc Malone	6.14 (2)
LJB Abdul Buhari	6.07 (2)
TJA Abdul Buhari	12.35 (1)
TJB Lee Bruce	11.50 (3)
HTA Tony Alexander	38.76 (2)
HTB Richard Bruce	26.48 (2)
SPA Tony Alexander	10.63 (4)
SPB Randall Porter	10.49 (3)
DTA Tony Alexander	31.54 (3)
DTB Randall Porter	25.42 (4)
JTA Tony Alexander	35.91 (4)
JTB Lourens Malan	33.80 (3)
VPH&THAC	146
Guildford	130
Dartford	122
Cambridge & Coleridge	102
Ipswich (did not appear)	0

### **Southern Men's League Div 4, Mile End, 17 May 03**

100A K. Porter	12.0 (1)
100B M. Owusu	12.4 (2)
200A K. Porter	25.1 (1)
200B D. Clark	29.9 (3)
400A T. Salmon	58.6 (3)
400B P. Ball	59.0 (3)
800A T. Beackon	2.07.9 (1)
800B D. Shortridge	2.20.7 (2)
1500A G. Faulds	4.41.8 (3)
1500B T. McDowall	4.47.6 (1)
5000A T. Lashmar	16.58.8 (2)
5000B J. Waters	17.17.3 (1)

## Pato Bangura and Jerome Paul Win South of England Titles

110HA M. Owusu 19.7 (1)  
 110HB R. Saunders 21.1 (1)  
 400HA R. Saunders 62.1 (1)  
 400HA D. Clark DQ  
 3000SCA C. Oxlade 11.38.5 (1)  
 4x100 VPH&THAC 50.3 (3)  
 4x400 VPH&THAC 3.59.3 (3)  
 LJA S. Butler 5.50 (3)  
 LJB D. Clark 4.71 (2)  
 HJA S. Butler 1.55 (3)  
 HJB R. Saunders 1.20 (3)  
 PVA M. Wheeler 2.60 (2)  
 PVB T. Adams 2.20 (3)  
 TJA S. Butler 10.54 (3)  
 TJB J. Foley 9.78 (3)  
 HTA S. Ghali 21.14 (3)  
 HTB M. Wheeler 19.61 (2)  
 JTA M. Wheeler 26.65 (3)  
 JTB T. Beackon 23.24 (3)  
 SPA M. Wheeler 8.38 (3)  
 SPB S. Ghali 7.81 (3)  
 DTA S. Ghali 19.73 (3)  
 DTB D. Robinson Jr 14.22 (3)  
 Non-scorers: 800 Tristan Salmon  
 2.16.9; James Foley 2.30.4;  
 5000 Damian Manning 17.24.1

Diss	146
Paddock Wood	140
VPH&THAC	126
Eton Manor	32

Thanks to all those members who turned up in filthy weather to help us run the men's B team meeting. In our appeal for helpers, we said that only 5 teams would be there. In the event, there were only 4, one of whom had just a single official. Thankfully, our club has so many people willing to give up their time that we got the meeting off successfully and on time. Special thanks to Major, who came all the way from Bolton, Garry Walker, Dave Robinson Jr, Tony Bunbury, Aude-Claire, Anna, Patti, Dennis and Kim Ali. Without you lot, we couldn't have done it. Thanks again - we really appreciate it. Terry Adams

From: Ian McGilloway  
 Sent: Monday, May 19, 2003  
 I ran my first marathon yesterday at Halstead (3.19 and 50 something secs) so don't think I'll be doing too much running this week. Cheers, Ian

### Young Athletes League, Ilford, 18 May 03

U13 Girls  
 75A Taytum Steele 12.2 (3)  
 150A Jasmine Chukwu-onu 21.7 (1)  
 800A Maxime Salter-George 3:23.7 (4)  
 70HA Millie Zah 12.0 (1)  
 70HB Taytum Steele 14.9 (1)  
 LJA Millie Zah 4.12 (1)  
 LJB Jasmine Chukwu-onu 3.88 (1)  
 SPA Taytum Steele 5.40 (2)  
 SPB Millie Zah 5.26 (2)  
U15 Girls  
 100A Elizabeth Ali 14.1 (3)  
 HJA S. Litvinoff 1.20 (2)  
 SPA Louise Blake 8.09 (1)  
 LJA Elizabeth Ali 4.86 (2) PB  
 LJB Louise Blake 4.36 (1)  
 DTA Louise Blake 19.15 (1)  
U17 Women  
 100A Marie Ayoola 14.1 (1)  
 200A Marie Ayoola 28.8 (2)  
 300HA Caryl Whittaker 53.0 (2)  
 SPA Marie Ayoola 5.22 (2)  
 LJA Caryl Whittaker 4.49 (2)  
U13 Boys  
 200A Robert Bishop 34.2 (4)  
 200B Rajiv Pongo 37.9 (3)  
 800A Josh Brind 3:06.3 (4)  
 800B Andrew Ali 3:16.0 (3)  
 1500A Robert Bishop 6:00.9 (3)  
 1500B A. Olsomild 6:07.2 (2)  
 LJA Andrew Ali 3.85 (3)  
 LJB Josh Brind 3.22 (4)  
 SPA Rajiv Pongo 6.27 (2)  
 SPB Tiago Branco 3.93 (3)  
 4x100 68.9 (3)  
U15 Boys  
 100A Jahangir Samad 12.2 (1)  
 200A Jahangir Samad 25.2 (1)  
 200B Jerome Paul 27.7 (1)  
 400A Jerome Paul 58.9 (1)  
 400B Thomas Crosbie 59.4 (1)  
 800A Thomas Crosbie 2:21.5 (2)  
 80HA Carl Paul 13.3 (1)  
 4x100 52.1 (1)  
 LJA Jerome Paul 5.50 (1)  
 LJB Michael Richards 4.53 (1)  
 HJA Carl Paul 1.50 (1)  
 PVA Jayden Ali 2.20 (1)  
 SPA Michael Richards 8.09 (2)  
 DTA Michael Richards 21.60 (2)  
 DTB M. Fadairo 19.82 (1)  
 JTA M. Fadairo 16.21 (4)  
U17 Men  
 800A James Foley 2:24.9 (4)  
 TJA James Foley 9.75 (1)

Thurrock	381
Heathside	283
VPH&THAC	248
Invicta	232
Eton Manor	159
Ilford	131

Points lost by all teams not filling events 1,590!!!

### Middlesex 10,000m Champs (incl. Club Champs), Mile End, 21 May 03

1. Michael Boucher (AFD)	32:41.8
2. Tim Grose	33:20.8 <b>G*</b>
3. Tony Lashmar	36:12.3 <b>S</b>
4. Ron Vialls	38:29.4 <b>B</b>

Tim reports: Bit disappointed with that especially as I didn't really give Mike any sort of race - he got away after a lap and I decided to hold back thinking he might blow out but he didn't. Been feeling a bit jaded of late and given I beat Mike twice in the spring might have been a bit nearer. In retrospect, might have been better to race Mike than my watch as I seemed to lose to both. I was exactly 16:30 at halfway to Mike's 16:10. Rather disappointing turnout and only 3 from VPH&THAC when this was our club champs - well, at least I retained that. In fact, my time was a PB for 10K track - nearly 30 secs off but I have of course done somewhat better on the road. Well, no gimme county titles here. Still looking for my 1st after now 4 2nds, 2 3rds, several 4ths. Cheers, Tim

(Tim's time moved him from 15th equal to 13th on the club's all-time rankings.)

\* Refers to club champs

### South of England U20 Champs, Watford, 24/5 May 03

U15 Boys  
 100 Jahangir Samad 11.50 (2nd) PB  
 200 Jahangir Samad 23.91 (4)  
 LJ Jerome Paul 5.64 (4th)  
 TJ Jerome Paul 12.25 (1st) **CLUB RECORD**  
 PV Jayden Ali 2.40 (3)  
U17 Men  
 Chris Musa 10.98 (5) PB  
U20 Men  
 100 Pato Bangura 10.51 (1) **CLUB RECORD**; Rikki Fifton 10.68 (5)

# Richard Alleyne Breaks Club Sprint Hurdles Record

100ht Tundi Balogun 11.07 PB

## U15 Girls

100 Elizabeth Ali 13.33; 200 Perri Shakes-Drayton 26.16 (6) PB; LJ Elizabeth Ali 4.61; Sareena Robinson 4.61; HJ Sareena Robinson 1.50 PB

## U17 Women

300H Caryl Whittaker 50.46

## Open Decathlon, Woodford Green, 24/5 May

(100, LJ, SP, HJ, 400, 110H, DT, PV, JT, 1500)

13th Lourens Malan; 12.20/612, 5.60/502, 8.74/410, 1.60/464, 54.62/614, 18.24/501, 25.11/369, 2.62/268, 39.52/435 PB, 4:36.30/704 PB = 4879 points PB

14th Randal Porter; 12.00/651, 5.68/519, 11.31/565 PB, 1.48/374, 60.60/393, 20.04/346, 19.98/272, 2.22/183, 25.20/232, 6:18.48/194 = 3729 points

## London Heathside Open, Finsbury Park, 25 May 03

200 (B race) Alex Babb 24.04 (3); 400 (B race) Alex Babb 55.79 (3); 800 Terry Beackon 2:06.28 (2) PB; Jon Cullom 2:17.99 (5); 1500 Laurence Curley 4:18.94 (2); Jon Cullom 4:25.39 (4); 3000 Graham Bennett 9:22.78 (2); Tony MacDowall 10:27.78

## Inter-County Champs, Bedford, 25/6 May 03

Senior 110H Richard Alleyne 14.25 (3) (14.10w 3.0m/s ht) **CLUB RECORD**

## London Business House 5M, Victoria Park, 29 May 03

2 Jim Roche	27:59
6 Tony Lashmar	29:39
10 Mick Cairns	31:48
12 Garry Walker	33:51
13 Georgia Wood (W)	34:04
16 Sumi Mendis (W)	35:28
(4th all-time)	
18 Jon Mail	36:19
20 Anthony Bunbury	37:09
21 Scott Shaw	37:14
23 Elaine Battson (W)	38:24
24 Graham Prince	39:59
25 Cecile Brugnoli (W)	40:33
27 David Wales	41:17
30 Alison Marrs (W)	41:44
(19th all-time)	
31 David Roche	41:52

32 Anna Conway (W) 43:16 (24th all-time, subject to joining)

33 Brenda Puech (W) 43:25

34 Dee Lewis (W) 43:43 (25th all-time)

36 Debbie Bowler (W) 46:46

37 Sophie Critchlow (W) 47:26

## Southern Men's League Division 2, Mile End, 31 May 03

We opened up a two-point gap at the top of Division 2 of the Southern League with our third consecutive victory of the season at Mile End. In a tough match, the Harriers all round strength carried them away from the opposition to win by the huge margin of 34 points. The team managed clean sweeps in both short sprints with Rikki Fifton and Pato Bangura taking the 'A' strings and Tunde Balogun and Abdul Buhari the 'B' strings. In the high hurdles, Richard Alleyne continued his unbeaten run in Southern League competition with Darren Robinson winning the 'B' string. Darren also won the 'A' string 400H event with Richard Saunders winning the 'B' string. Other wins came from the 4x100m relay team, Graham Bennett in the 'B' string 1500m, Laurence Curley in the 'B' string steeplechase and Lee Bruce in the 'B' string high jump and 'B' string triple jump. Other notable performances came from Lourens Malan in the 400m and javelin, where he achieved new personal bests, a 13.52m triple jump from newcomer Melt DeVos and a season's best in the high jump for Marc Malone. (Rich Newbold reports)

100A Rikki Fifton 11.0 (1)

100B Tunde Balogun 11.7 (1)

100 n/s Abdul Buhari 11.7; Toleme Ezekiel 11.9

200A Pato Bangura 22.1 (1)

200B Abdul Buhari 23.4 (1)

400A Lourens Malan 52.4 (1) PB

400B Terry Beackon 54.9 (2)

800A Tim Grose 2:02.0 (3)

800B Terry Beackon 2:08.1 (2)

1500A Tim Grose 4:08.2 (2)

1500B Graham Bennett 4:12.7 (1)

5000A Sam Pullan 16:04.3 (2)

5000B Jim Roche 17:23.6 (2)

110HA Richard Alleyne 15.0 (1)

110HB Darren Robinson 16.5 (1) PB

400HA Darren Robinson 60.4 (1)

400HB Richard Saunders 62.0 (1)

3000SCA Jon Cullom 10:26.3 (3)

3000SCB Laurence Curley 10:28.4 (1)

4x100 Buhari, Fifton, Alleyne, Bangura 44.4 (1)

4x400 Malan 55.2, Malone 54.4, Saunders 56.0, Robinson 54.9 - 3:40.5 (3)

LJA Marc Malone 6.24 (3)

LJB Abdul Buhari 6.09 (3)

HJA Marc Malone 1.85 (3)

HJB Lee Bruce 1.80 (1)

TJA Melt Devos 13.52 (2)

TJB Lee Bruce 11.93 (1)

PVA Lourens Malan 3.00 (3)

PVB Terry Adams 2.05 (3)

SPA Tony Alexander 10.15 (2)

SPB Lourens Malan 9.29 (3)

DTA Tony Alexander 30.37 (2)

DTB Lourens Malan 25.09 (3)

JTA Lourens Malan 40.43 (4) PB

JTB Tony Alexander 35.07 (3)

HTA Tony Alexander 38.00 (2)

HTB Shams Ghali 20.15 (3)

VPH&THAC 139

Bedford 105

Ealing 99

TVH 93

Serpentine 91

Tim Grose: "It has always struck me since joining how well the team is managed. I can't recall ever seeing anybody put into an event "for a point". Great job as ever by Alf, Terry and Rich in rallying and motivating the team. Cheers, Tim"

Sam Pullan: "I'd just like to echo Tim's comments (and his thanks to all concerned) about how well the teams are organised."

Gary Bagnall: "Special thanks to Major Carr who made a second trip in a month down from Bolton!! to referee the match at Mile End. After an initial panic, Major arrived and settled everyone's nerves and ran and scored the meeting like clockwork along with Alf. Thanks Major, you're a star. Thanks to the other club officials Aude-Claire, Anna, Sarah Johnsen and Roger for running the pole vault; newly qualified timekeeper Dennis Ali who spent the whole day sweltering at trackside; John Daniels, John Anstey, Doug Roche and me in the hammer; Terry Adams for starting and Lydia, Mick Cairns and Tony Bunbury for giving great vocal encouragement and other help. Gary"

# Symone Belle Sets New Club Sprint Hurdles Record

## Southern Men's League Division 4E, Bury St.Edmunds, 31 May 03

The Victoria Park Harriers & Tower Hamlets AC's 'B' team took an encouraging 2nd place in a tight match at Bury St.Edmunds, moving up to 8th place in Division 4E. If we'd had a little more luck in the opening two matches, we might have 1.5 more match points and be looking for a top quarter of the table slot! The team's star performer on the day was Randal Porter who amassed 25 points during a busy afternoon, including a win in the shot putt. Other winning performances for the Harriers came from Michael Owusu in the 'A' string 110mH, clean sweeps in the 5000m and the 3000m steeplechase and a 'B' string win in the 100m from Alex Porter. Michael's hurdles win came with a season's best clocking of 17.1 and he was backed up by Randal who recorded a new personal best for 2nd place in the 'B' string as he broke 20 seconds for the first time. Randal probably should have had a win as the 'B' string 'winner' clearly knocked over a flight of his hurdles with both hands. Unfortunately, the overworked officials didn't spot this blatant infringement. The 5000m was run in the blistering heat of the middle of the day but the Club's duo beat both the weather and the opposition for a memorable double. After a slow initial couple of laps, Tony Lashmar took up the lead closely followed by teammate James Waters. After a mile, Tony's injection of pace had dropped not only their opponents but also all the runners from the other match too. Tony remained in the lead but looked uncomfortable in the extreme heat whereas James looked much more relaxed. With a lap to go, James opened up for a significant win from Tony with both Harriers finishing more than half a lap ahead of the opposition. In the steeplechase, Richard Newbold continued in his winning ways to take the 'A' string. Colin Oxlade made his way up through the field to take 2nd overall in the race and the 'B' string by a huge margin. Other notable performances included an injured Wayne DuBose moving to the top of the Club rankings in the javelin with 42.27m. Wayne had turned up to help officiate but after being encouraged to

compete by the team manager thought he might get away with a few standing throws without troubling the injury. Instead, he gradually increased his run-up, recorded two throws over 40m and looks likely to make a welcome return in the BAL Cup match. Mike Wheeler's 2.80m clearance in the pole vault with a new pole was particularly encouraging and, with 4 weeks to rest up his aching knees and get used to the pole, we should see higher things from him in future matches. Mike also gained an excellent 2nd place in the 'B' string shot putt as well as providing good support in the other three throws. Another busy athlete was Darren Clark who recorded personal bests in the triple jump and 400m hurdles and who had to overcome the effects of a wasp sting sustained mid-afternoon. The middle distance runners also performed well with David Shortridge and Tony MacDowall fighting their respective race winners all the way to the line in the 800m races and Gordon Faulds improving once again in the 1500m. Not to be outdone, our young sprint duo of Keith and Alex Simpson-Porter recorded solid times against a headwind in the short sprints. They later combined with Michael Owusu and Randal in the 4x100m. After the opening two legs, we were in the lead but sadly the 2nd change between Randal and Keith ended in disaster with a dropped baton. At the end of a busy day, the 4x400m runners averaged well under 60s per leg and Keith looked like he'd have been particularly lively had he been in closer contention with the race leaders on the anchor leg. Special mention to Mike Wheeler for some of the best minibus driving I've seen and to our officials (Garry Walker, Wayne, Colin and me!) for the excellent work they did while roasting in that sun. Next stop Canterbury in 4 weeks' time, bring your spikes, sun cream and an umbrella. (Rich Newbold reports)

- 100A Keith Porter-Simpson 12.0 (3)
- 100B Alex Porter-Simpson 12.5 (1)
- 200A Keith Porter 24.9 (3)
- 200B Alex Simpson-Porter 25.1 (2)
- 400A David Shortridge 61.4 (4)
- 400B Darren Clark 61.4 (4)
- 800A David Shortridge 2:12.3 (2)
- 800B Tony MacDowall 2:14.9 (2)
- 1500A Gordon Faulds 4:38.5 (2)

- 1500B Tony MacDowall 4:47.0 (2)
- 5000A James Waters 17:10.8 (1)
- 5000B Tony Lashmar 17:20.6 (1)
- 110HA Michael Owusu 17.1 (1)
- 110HB Randal Porter 19.6 (2) PB
- 400HA Rich Newbold 70.7 (2)
- 400HB Darren Clark 78.4 (2)
- 3000SCA Rich Newbold 10:42.0 (1)
- 3000SCB Colin Oxlade 11:26.4 (1)
- 4x100 DQ
- 4x400 David Shortridge 58.6, Tony MacDowall 59.6, Darren Clark 60.1, Keith Porter 58.7 - 3:57.0 (2)
- LJA Randal Porter 5.28 (4)
- LJB Darren Clark 4.70 (4)
- HJA Randal Porter 1.40 (4)
- HJB Michael Owusu inj.
- TJA Randal Porter 10.56 (4)
- TJB Darren Clark 10.11 (3) PB
- PVA Michael Wheeler 2.80 (3)
- PVB Randal Porter 2.20 (3)
- SPA Randal Porter 10.74 (1)
- SPB Mike Wheeler 8.38 (2)
- DTA Randal Porter 24.29 (3)
- DTB Mike Wheeler 18.31 (3)
- JTA Wayne DuBose 42.27 (2)
- JTB Mike Wheeler 20.95 (2)
- HTA Randal Porter 19.91 (2)
- HTB Mike Wheeler 12.84 (3)

W.Suffolk	141
VPH&THAC	123
T.Wells & L	116
Highgate	87

## Bedford International Games. 1 Jun 03

Symone Belle set a new PB and club record of 13.77 when winning the B race in the 100 hurdles. The seeding meant Symone who should have been in the A race won by half a second and would have finished 3rd in the A race. With someone to race, she may have achieved the U20 European Championship qualifying time but fell just 2/100ths outside. Gibril (Pato) Bangura took the scalps of Alan Condon, Jamie Baulch and Mark Hylton when finishing second in the 200 metres 21.62 (wind -2.6) to go to the top of the club rankings. Rikki Fifton finished 2nd in his 100 metres race in 10.79 (wind -1.9). Richard Alleyne won his 110 metre hurdles race in 14.36. (Alf Vickers reports)

# Symone Belle and Rikki Fifton Represent Great Britain

## Assembly League 3.5M, Victoria Park, 5 Jun 03

1st H. Hardy (Stock Exch)	17:42
7th. Tom Carrick	18:34*
13th Jim Roche	18:58
17th Tony Lashmar	19:30
18th Gordon Faulds	19:31*
25th Terry Beackon	19:51 PB
31st Jude Bly	20:08*
35th P. Marr	20:20*
46th Dave Shortridge	21:15
48th Mick Cairns	21:19
57th Peter McHugh DeClare	21:51
79th Georgia Wood (L3)	23:08
80th Tim Mitchell-Smith	23:09
81st Garry Walker	23:18*
92nd Mark Sutton	24:13
96th Scott Shaw	24:22
108th Jon Mail	24:50
109th Tony Bunbury	24:53 PB
121st Gary Deathridge	25:44
123rd Sarah Johnsen (L19)	25:52
126th Cecile Brugnoli (L21)	26:15
130th Georgia Pettipher (L25)	26:49
135th Pats McGrogan(L28)	27:33*
141st Len Williams	28:19
147th Doug Roche	29:16
148th Dee Lewis (L35)	29:18*
149th Smeera Bhatti (L36)	29:24*
152nd Debbie Bowler (L38)	29:43*
157th Sophie Critchlow (L41)	31:05*

\* First time over this course

Well done to all that took part, an excellent turnout and a fine performance. On the night, we were 3rd in the men's A, 2nd in the men's B and 5th in the women's team results. Another fine performance from Georgia Wood means that the ladies individual standings after 3 races are:

- 1st - Georgia 25 points
- 2nd - Pantaja (Kent AC) 22 pts
- 3rd - Pannett (Dulwich) 20 pts

So hang in there for the remaining 3 races, Georgia - the glory is yours for the taking! (Tim Mitchell-Smith reports)

## Women's Southern League Div 4N, Copthall, 7 Jun 03

On a day when so many athletes for so many reasons could not compete, just to field some sort of team was good, to also win the match was something else. While most international athletes with a major meet to run the next day would be resting, Symone Belle

turned up and won three events, setting Club Southern League records in the 100m and long jump. (Alf Vickers reports)

### Seniors

100A Symone Belle	12.2 (1)
200A Caryl Whittaker	30.0 (2)
200B Lorraine Bishop	30.8 (2)
800A Michele Bishop	2.31.2 (2)
800B Lorraine Bishop	2.34.7 (2)
1500A Sarah Johnsen	6.09.1 (2)
1500B Cecile Brugnoli	6.28.9 (2)
3000A Lydia Bruce-Burgess	12.57.7 (3)
3000B Cecile Brugnoli	13.47.6 (2)
100HA Symone Belle	15.2 (1)
4x400 Bishop, Bishop, Johnsen, Brugnoli	5:00.4 (2)
HJA Symone Belle	1.45 (2=)
HJB Caryl Whittaker	1.20 (1)
LJA Symone Belle	5.94 (1)
LJB Caryl Whittaker	4.54 (2)
PVA Aude-Clare Markiewicz	1.30 (1)
PVB Anna Fake	1.00 (1)
SPA Anna Fake	5.79 (3)
SPB Katy Denny	5.08 (3)
DTA Anna Fake	14.01 (3)
DTB Katy Denny	11.05 (3)
JTA Anna Fake	9.32 (3)

### Under 15's

100A Elizabeth Ali	13.6 (1)
100B Danielle Dallenger	14.1 (1)
200A Millie Zah	31.0 (1)
200B Jasmin Chukwu-onu	33.7 (1)
1500A Maxime Salter-George	6.33.7 (2)
75HA Millie Zah	13.0 (1)
75HB Maxime Salter-George	17.0 (1)
LJA Elizabeth Ali	4.71 (1)
LJB Jasmin Chukwu-onu	3.91 (1)
HJA Maxime Salter-George	1.05 (2)
DTA Jamie Dallenger	20.47 (1)
JTA Jamie Dallenger	11.50 (2)
4x100 Zah, Dallenger, Ali, Chukwu-onu	56.4 (1)

VPH&THAC	114 1/2
Highgate	113
Richmond	99 1/2
Biggleswade	4

### Loughborough International, 8 Jun 03

In this match of Loughborough Students v BUSA v GBR Juniors v Scotland v Wales v International Select, we saw Rikki Fifton and Symone Belle representing Great Britain U20's with Symone and Richard Alleyne (running

as a guest) setting new club records. Symone made club history by becoming the first club woman to run under 12 seconds for the 100m. Richard is surely only a few races away from dipping below 14 seconds. Fantastic running!

Men's 100 (B Race) ws -0.2

Rikki Fifton (GB U20) 10.71 (3)

Women's 100 (A Race) ws -0.5

Symone Belle (GB U20) 11.92 (3) **Club Senior Women and U20 Record**

Men's 110H (A Race)

Richard Alleyne (guest) 14.08 (4) **Club Record**

Men's 4x100 GB U20 (incl. R. Fifton) 41.16 (2)

### Open Meet, Battersea, 11 Jun 03

1500 B Race - 2nd Tim Grose 4:10.49;  
4th Graham Bennett 4:17

### Golden Jubilee Cup First Round, Copthall, 15 Jun 03

In our first venture into this combined men's and women's competition, we were a little disheartened when we realised that only three women were going to represent the club in 18 events which was actually mathematically impossible due to a 5-event limitation not to mention being one runner short for the relays. However, we never counted on the heroic stance that Anna, Lydia, and Sarah would take as they divvied up 13 events amongst themselves. This decision to take part in events that they weren't used to or prepared for turned out to be the deciding factor in VPH&THAC qualifying for the semi-final of the BAL Cup as they racked up as many points as they possibly could. Congratulations, ladies. You're all priceless! On the men's side, Jon Cullom was first on the track and, despite soaring temperatures, ran away with an easy 10,000m win and just missed making the club all-time rankings by five seconds. Not to be outdone, the fast guys turned in some fairly classy performances especially with Rikki Fifton claiming the sprint double in 10.8 and 21.8 and Richard Alleyne gaining wins in both hurdles races in 14.3 and 56.4. In the short hurdles event, Richard was crossing the finishing line before the runner-up had even cleared the 9th hurdle.

# We Qualify For Golden Jubilee Cup Semi-Final at First Attempt

Domination! Rikki and Richard later linked up with Marc Malone and Abdul Buhari in the 4x100 to win in a very impressive 43.4. The four relayists were talked into also running the 4x400 and acquitted themselves very well to record 3:33.7 with Rikki running a 50.8 anchor leg. Our remaining victory came in the 3000SC with Tim Grose winning very easily in 10:08.8. A great day all round as we qualified for next month's semi-final.

**Men**

- 100 Rikki Fifton 10.8 (1)
- 200 Rikki Fifton 21.8 (1)
- 400 Lourens Malan 52.9 (5)
- 800 Graham Bennett 2:10.2 (5)
- 1500 Tom Carrick 4:22.4 (4)
- 5000 Rich Newbold 17:18.1 (2)
- 10000 Jon Cullom 35:18.8 (1)
- 110H Richard Alleyne 14.3 (1)
- 400H Richard Alleyne 56.4 (1)
- 3000SC Tim Grose 10:08.8 (1)
- 4x100 Marc Malone, Richard Alleyne, Abdul Buhari, Rikki Fifton 43.4 (1)
- 4x400 Marc Malone 54.9, Abdul Buhari 54.3, Richard Alleyne 53.7, Rikki Fifton 50.8 - 3:33.7 (3)
- LJ Marc Malone 5.89 (4)
- HJ Marc Malone 1.70 (4)
- TJ Abdul Buhari 12.19 (5)
- PV Mick Wheeler 2.80 (2)
- SP Wayne DuBose 10.32 (4)
- DT Lourens Malan 25.92 (4)
- JT Wayne DuBose 42.22 (2)
- HT Lourens Malan 17.90 (4)

**Women**

- 100 Anna Fake 16.0 (3)
- 200 Sarah Johnsen 34.6 (3)
- 400 Anna Fake ? (3)
- 800 Sarah Johnsen 2:53.6 (2)
- 1500 Lydia Bruce-Burgess 5:53.9 (2)
- 3000 Lydia Bruce-Burgess 12:39.9 (3)
- 100H Anna Fake 28.9 (3)
- LJ Sarah Johnsen 3.27 (4)
- TJ Sarah Johnsen 7.07 (5)
- PV Anna Fake 1.10 (2=)
- SP Sarah Johnsen 6.68 (4)
- DT Lydia Bruce-Burgess 11.43 (4)
- JT Anna Fake 10.52 (4)

Herts Phoenix	270
VPH&THAC	206.5
Kingston	169
Aylesbury	160.5
Southend	157

\*First 2 teams qualify for semi-final on 19 July. See you at Cophthall Stadium.

From: Anna.Fake  
 Sent: Tuesday, June 17, 2003  
 Subject: BAL Cup First Round

Hi Wayne,  
 What a great day out. I thoroughly enjoyed myself, the humiliation was far outweighed by the sheer fun of competing in all those events. I can't tell you how much I'm aching today though. I blame it on the final hurdles race - Symone eat your heart out - I loved it, and just for the record, Sarah and Lydia really enjoyed themselves as well! Cheers, Anna

**Joining VPH&THAC Charitable Company Limited by Guarantee**

Our club is now a Charitable Company Limited by Guarantee. There are many financial benefits to having this kind of status. And there are also many rules to follow. One of the rules stipulates that, in order to be a member (must be over 18) eligible to attend AGMs and cast votes, you must sign the following statement:

"I am aged over 18 and am a paid up member of Victoria Park Harriers and Tower Hamlets AC. I hereby apply to become a member of the Victoria Park Harriers and Tower Hamlets AC charitable company and recognise that, if my application is accepted, I could become liable for debts of up to £1.00 (one pound) in the event the company goes into liquidation."

If you are a Director or signed the statement at the last AGM, then you have nothing further to do. If you are under 18, you too have nothing to do. In your case, and in the case of those age 18 and over who don't sign, you're considered Associate Members of the club. The only difference between Company Members and Associate Company Members is that Company Members get to attend and vote at AGMs, are liable for £1.00 (one pound) if we go financially bust, and can become Directors while those who are Associate Company Members can't vote at AGMs, aren't liable for the £1.00 (one pound), and can't become Directors. Personally, I urge of all you aged 18 and over to sign up. The most you can lose is £1.00 (one pound) if we go bankrupt and we're at least a thousand years from that happening. You can do so by

copying the above statement onto a blank piece of paper and signing it (perhaps turn it in with your subs). It doesn't matter how many people sign one piece of paper. Company members will be annotated on the membership listing (with an \*) which is posted at the clubhouse and at the track.

**Running Your Best Marathon**

Looking back at Mike Penman's reports of the Club 20 and looking at the splits from this year's London Marathon made me think about long distance training and racing strategies. Over the next three issues of VPH&THAC News, there will be a three part series, considering different aspects of the event. These will cover the importance of pace judgement; the need for proper aerobic conditioning; and how to carbo-deplete, then carbo-load.

Part 1: Lesson from the Lab  
 Do your homework and you too may manage a Radcliffesque finish in the marathon, don't and you may do a Cates. Paula Radcliffe's fourth 10k in the 2003 London Marathon was her fastest, by contrast Eton Manor AC's Michael Cates' fourth 10k was over 23 minutes slower than his corresponding opening section. By the finish, things had got even worse for Michael and even better for Paula as she was running almost twice as fast as he was on the run in from the Embankment.

10k race splits, 2003 London Marathon  
 Paula R 32:01, 32:27, 32:08, 31:53 (last 2.2k 6:56=31:31 10k pace)  
 Michael C 35:36, 37:24, 41:03, 58:58 (last 2.2k 13:17=60:23 10k pace)

Marathon running should be a largely aerobic activity, with very little contribution coming from other sources after the opening minutes. The muscle contractions your body makes whilst running aerobically are largely fuelled by the breakdown of glycogen (long chains of glucose) stored in the muscle and liver. The metabolism of glycogen produces another chemical ATP, which is required for muscle contraction. As we'll see later, getting the most ATP from the small amount of glycogen you have is very important. It's thought that a typical runner has at most two hours' worth of this invaluable energy source

# Farewell, Jack

available. This is why marathon runners have developed a range of strategies such as 'carbo-loading', 'the diet', etc. to try and provide them with more glycogen. After all, no one can run 26.2 miles in under two hours!! So where does the 'additional energy' required come from? Well, some can be ingested during the run in liquid form but this is limited by how fast the stomach will pass it out to the rest of the body. There's also the problem of how much will be tolerated before cramping and vomiting will occur, especially with emetics like Lucozade Sport! Otherwise, the body has to rely on fat metabolism. Fortunately, even the most twig-like runner has about 4000 hours worth of fat to burn. Unfortunately, this is a low intensity fuel and will only produce sufficient energy for slower running and also requires more oxygen to be metabolised than carbohydrate. This undoubtedly won't do the whole job if you're hoping for sub-7 minute miles when the glycogen runs out. However, there is some good news. Specific training can help increase the proportion of energy supplied by fat metabolism at race speeds, saving some of your glycogen for later. Energy can also be 'saved' by becoming a more efficient runner, especially by doing a lot of training at race pace. In addition, using your brain and maximising the return from what you have, and minimising wastage of energy, can make a considerable difference. So, combine the carbo-load diet, higher than average ability to use fat at marathon speed, and some carbohydrate taken on the run and you should make it to the finish line in relatively good form, albeit still rather tired! However, even your careful preparation can be rendered useless if in the first mile or two you waste your precious fuel and it's probably this which did Michael Cates in. The first thing to avoid is dipping into the anaerobic pathway. Basically, this means not running too fast in the early stages (or mid-race like Dave Shortridge in the 2002 Club 20). The faster you run the greater the proportion of energy that comes from anaerobic metabolism. Essentially, this is when your body isn't able to take in

sufficient oxygen to aerobically metabolise the glycogen and glucose required for the demands made upon it. You're just asking it to work a bit too hard. As a result, your body uses a short-term short cut to provide the additional oomph required. The big problem, in terms of running marathons, is that this is horribly inefficient. Whereas the aerobic system produces 38 molecules of ATP (the energy molecule needed for muscle contractions) per molecule of glucose, the anaerobic system produces a paltry 2. So, this is a very quick way of burning up energy that you'll desperately need later on. As an example, even requiring a tiny 3% of your energy from the anaerobic system will use up 154% of the amount of the precious glucose that you'd use when running completely aerobically. This would happen if you ran at something like your 10 mile pace for the opening 5 miles of the race. Easy enough to do if you've spent a winter racing relatively short distances. With a good taper before the race and a slightly downhill start, it's very easy to feel great and to float along at far too fast a pace. Hence, your fuel supply wouldn't last even 2 hours; it would start running out after about 78 minutes...perhaps even as early as halfway! This ties in very well with the point at which Michael's splits began to slip badly after his ferocious opening burst. So, while we aren't full-time runners like Paula, with a physio on call, and able to sleep for more than 12 hours a day, etc. there are lessons we can all learn to maximise our return on race day. After all, wouldn't we all like to finish strongly rather than wobbling down the Mall after a deeply unpleasant last 10 miles? Thanks to Peter McHugh DeClare, Mick Cairns, Tim Grose and Sam Pullan for their comments and suggestions. In the next issue, "Getting the miles in" by Peter McHugh DeClare and Rich Newbold.

## Jack Flowers (1916 - 2003)

Wayne DuBose  
Mon Apr 28

I received a letter from Ted Flowers today to inform me that Jack passed away last Friday. He had turned 87 just 10 days earlier. Jack first ran for VPH

in 1947 and last ran in the 75th Anniversary 75x400m relay in 2001, an innings of 54 years of athletics.

Rich Newbold

Tue Apr 29

Very sad news and our thoughts go out to Ted. Ted and Jack seemed inseparable and some of my abiding memories of Jack are of him and Ted, in matching stripy rugby shirts, running round Victoria Park on Saturday mornings. We were very proud of Jack and he was a great example to us all, and his exploits featured heavily in any grant application I made to the local council. If there was a VPH-hosted race then Jack and Ted would be down officiating whatever the weather. Their help at the Club Championships during some difficult years for the Club was invaluable. Jack was also a regular competitor in local road races, club handicaps and the Mob Match until very recently when poor health finally curtailed his running career. Jack was also a lively presence at social events, with words of encouragement for us youngsters trying to follow in the illustrious path that he'd set out for us, and numerous anecdotes gained from a lifetime in distance running. Jack was one of only 14 club members elevated to the status of Life Vice-President in its 76-year history, showing how much he contributed to the Club. There can be few Club members who've been in such close contact with the Club for so long, providing us with some much needed continuity and stability. Jack was also very polite in not mentioning that we'd forgotten about his Life Vice-Presidency when we voted him the honour again many years later! He'll be very sadly missed.

**From:** Larry Mangelshot

**Sent:** Tuesday, April 29, 2003

Sorry to hear this news. I can remember many a night in the Park when I'd be bent over struggling to stop myself from throwing up after a hard run - only to look up and see Jack and Ted floating past effortlessly on their way to complete another lap of the park. They were class acts and Jack will be sadly missed. Larry.

## Help the Club; Join the 100 Club

Mike Wheeler: Tue May 6 2003

I would like to contribute to a lasting memorial to another one of the club's major influences during its long history. I'd like to think anyone who committed just a fraction of their life as Jack did to the club, should not be so readily forgotten.

Doug Roche: Wed May 7

I was saddened to hear about the passing of Jack Flowers. I got to know Jack and Ted when I first joined VPH in 1972. My fondest memories of Jack and Ted are of them both running around Victoria Park, side by side, both clad in their rugby shirts, or just walking in the Park whereby I shared many a conversation about their running exploits. I think the only time I saw them apart was in a race! Both Jack and Ted always had time to give advice and share their running experiences with other club runners. They gave valuable advice to help Jimmy when he first joined VPH. Our condolences to Ted at this very sad time. Doug and Jimmy Roche.

Doug Roche: Thu May 8 12:08:46 2003  
Jane has asked me to pass on her condolences regarding Jack Flowers. She said that Michael thought very highly of Jack and Ted for what they had achieved in athletics and the loyalty they had shown over many years to VPH. Jane also recalls how they both seemed to enjoy themselves at the various club functions they attended and in particular on Thursday evenings in the club bar. We will all be thinking of Jack. The Roche Family.

Keith Daley: Fri May 9 2003

I was very saddened to hear of the passing of Jack Flowers. The Flowers brothers typified what athletics was all about. Forget the possible glory for the select few, but remember the fun of mixing with a cross section of people as well as pushing yourself to the limit and just having fun whatever your age.  
Keith

From: Rich Newbold Friday, 9 May 03  
Made the trip out to Margate on what was a pleasantly warm and bright day. Jack's coffin entered to the strains of the Chariots of Fire theme tune and at the

end disappeared behind the curtain to the same melody. I'd sat on the left hand side of the chapel with everyone else on the right, leading some of the other attendees to think that I was either from the funeral directors or a reporter from the local paper. Les Lait's wife June knew she'd seen me somewhere before but couldn't place me - she'd seen me in the video clip I'd made with two of her sons last year for Les' 80th birthday but I probably looked rather different in a suit! Addresses were made by one of Jack and Ted's nieces and one of their nephews, the nephew was Barry Flowers. Barry later told me that his athletic downfall had been Essex Ladies AC who trained at the Victoria Park track. He said he trained hard between 15 and 17 but was badly distracted by the lure of the pretty girls after 17 and didn't do much athletics after that, switching his attentions to football. The Club's flowers were very nice, a mixture of roses, lilies, some blue flowers I didn't recognise and some greenery in a tasteful arrangement. I had a good chat with Les Lait and continued this when I came back on the train with him and his wife. Les was very lively although he's starting to lose his sight. It was amazing hearing how little training he did but I think this was typical of the day. There was a small feature in BMC News on Bill Nankeville's training from the same period and it was remarkably similar. I wonder what he'd have managed with a modern training regime and a synthetic track? I also spoke to another old member whose name I sadly didn't catch who was telling me about working with Ken Prevost to secure the ownership of the Clubhouse. I'll write to Ted and ask who he was. I also had a brief chat with Henry Tabberer and Ron Ethridge. Ted seemed well, if a little distant, and was contemplating starting running again. There's a park about half a mile from the residential home where he's staying, so perhaps he will if the people running the home let him. Rich.

From: "Georgina Austin"  
Sent: Tuesday, June 24, 2003  
Part of our VPH history has gone but the Flower Brothers will always remain in our hearts. Love, Georgina and Les

**Ted Flowers' contact details (Different from last club mag)**

Highbury House  
Residential Care Home  
Shottendane Road  
Margate, Kent CT9 4NA  
Tel: 01843 221600

### 100 Club

VPH&THAC runs a 100 Club draw which costs £2 per month with prizes from January to November set at £50, £20, and £10 and during December £100, £50, and £20. This is a valuable source of income for the Club and a way to help the Club but also with a chance for you to win prizes. The easiest ways to join is to pay by standing order or by cash. For a standing order mandate or more information, please contact Gerry Franey on 07958 401638 or write to him at 20 St Agnes Close, London E9 7HS. You can also get a standing order mandate from behind the bar.

### Errata

In the last magazine on page two, the following appeared: "I can find no 10M XC Champs taking place over the 1960/1 XC season. 1960 S. Day (Jan 61, no Jan 60 entry in mags)" Thanks again to Alan Howlett for providing valuable information (and for making a £50 donation). When I said I could find no entry for the 1960/1 race, what I really meant was the 1959/60 race. The club mag dated Jan/Feb 1960 recorded the North of the Thames XC Champs as having been run on 23 Jan 60. In fact, this was run on 30 Jan 60 and the Club 10M XC Champs was run on 23 Jan 60 (but not recorded in the mag) with the result as follows:

### Club 10M XC Champs, Riggs Retreat, 23 Jan 60

1st Stuart Day, 2nd Alan Howlett, 3rd Vic Potter, 4th Henry Tabberer, DNF Gordon Everson

\*\*All but Stuart remain as club members 43 years later! Please amend the last mag and the 1960 mag accordingly :-)

Alan also picked up on the fact that on pages 12 and 13 of the last club mag, I used Jack's name three times when it should have been Ted's.

**Winter Schedule**

Sep 13 Ching. League Relay, Highams Pk  
 Sep 14 Middlesex 10k (incl. Club 10k Champs) & YA Relays, Victoria Park  
 Sep 18 Flowers Road Mile, Victoria Park  
 Sep 27 SEAA Men's 6-stage relays, Aldershot  
 Sep 28 SEAA Women's 4-stage relays, Aldershot  
 Oct 7 Chingford League, Eastway (7pm)  
 Oct 11 Met League, Woodford  
 Oct 18 Chingford League, Loughton  
 Oct 25 Arthur Coombes 3.5M Road Champs, Victoria Park  
 Nov 1 Met League, Ruislip  
 Nov 4 Chingford League, Eastway  
 Nov 9 Rainforest 10k, Victoria Park  
 Nov 15 Ware Cup, Loughton  
 Nov 22 London XC Champs  
 Nov 29 Met League, Horsenden Hill  
 Dec 6 Club 5M XC Champs, Woodford  
 Dec 13 Chingford League, Eton Manor  
 Dec 20 North of the Thames 12k race (incl. Club 7.5M XC Champs)

**2004**

Jan 3 Ching. League, Orion (Seniors only)  
 Jan 6 Mob Match v Eton Manor Well St  
 Jan 10 Met League, Wormwood Scrubbs  
 Jan 24 Southern XC Champs, Parliament Hill (incl. Club 10m XC Champs)



**Lee Bruce in High Jump Action**

Jan 31 Met League (venue tbc)  
 Feb 7 Middlesex XC Champs

Apr 24 National 12-stage relays, Birmingham

Feb 14 Chingford League, Victoria Park  
 Feb 21 National XC, Leeds  
 Feb 28 North of the Thames 8k race (venue tbc)  
 Mar 2 Chingford League, Eastway  
 Mar 31 Physical Shield Road Relay, Loughton  
 Apr 18 London Marathon, Blackheath

**FOLLOWING DATES TO BE CONFIRMED**

Mar 6 Mike Penman Memorial Mob Match (10k), Victoria Park  
 Mar 13 Club 10M Road Champs incl. Margaret Muller Memorial Run, Victoria Park  
 Mar 20 Club 20M Road Champs, Victoria Park  
 Apr 4 SEAA 12-stage relays, Milton Keynes

**VPH & THAC NEWS**

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