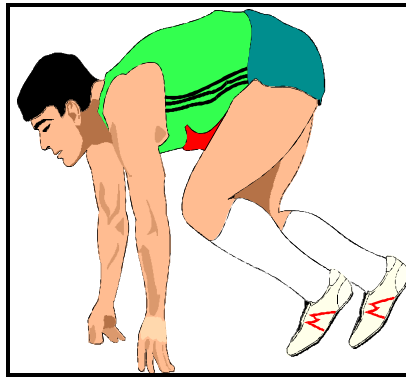


◆ VPH NEWS ◆

September 1995

VPH Shines in Southern League and Assembly League

For those of you who have received a Victoria Park Harriers club magazine out of the blue....Welcome! In case you're wondering what this is all about, please go straight to page 11 and look out for the article with the big, bold print. For the rest of you, I'll report that VPH continues to slowly move up the track and field and road running ladders. In the Southern League, we improved our standing by six places over last year's campaign. There were many fine individual efforts during the six meetings. More importantly, the spirit within the athletics team was noticeably higher than last year. This is very much due to the team management contributions by Mick Eldridge and Richard Newbold. However, we still don't have a promoteable team at this stage. I understand that several youths have joined the club. If the club can nurture these youngsters, we have a chance, but we must ensure we have some sort of viable youth coaching scheme within the club. On the individual side, Wayne DuBose won the United States Vets Pentathlon Championship held in Michigan. He later placed eighth in the World Vets Decathlon. On the road running side, the club has gone from strength to strength in the Assembly League going, over the first five races, from 6th to 4th to 3rd to 2nd to victory in the August race. With only the September race left, VPH has a good shot at finishing second overall. Although Richard Newbold has lost to our second-claim runner, Chris Brogan, and also to Andy Wheeler, he has been consistent throughout the Assembly League series



*On your marks.....get set.....
go VPH in the Southern League
campaign for 1995!*

and, with only one race to go, is in second place in the individual title just three points behind. On behind-the-scenes matters, many thanks to Joe Laboda, Les Vials, Jimmy Edmonds, Gerry Franey, and Andy McCourt for putting in lots of time and effort in making the garden more presentable. These are the little, usually unnoticed, actions which help make a club. On the management side of things, the committee adopted a proposal to create an incentive to recruit new members. It goes like this: If a VPH member recruits three new fully paid members, that VPH member gets a one-year's free subscription. OK, members, grab those newly printed VPH business cards and start handing them out to prospective members. And make sure they mention your name when they sign up. Remember, one of the goals mentioned in the May 95 magazine called for 100 paid members and active life members by April 1996. I'll report on how we're doing next time. Probably 70 or 80

“Actions Speak Louder Than Words”

right now. As you've all probably come to expect now, there will no doubt always be an errata column in this magazine pertaining to a previous edition. On this occasion, there's no exception, so here it is:

ERRATA

VPH Life Members include: John Anstey, Alan Barber, Deric Bareford, Major Carr, John Daniels, George Dodd, Wayne DuBose, Gordon Everson, Pete Faley, Jack Flowers, Ted Flowers, Ron Iron, Danny Parsons, Ken Rouse, Garry Walker, and **KEITH LOWE**.

Yes, I missed out poor Keith last time. Phil Hampshire caught the mistake within two minutes of me handing out the last magazine. Apologies, Keith.

VACANCY ANNOUNCEMENT

Road and Cross-Country Secretary Desperately Needed. Must be willing to say 'yes' when asked if he or she will be the one for the job. Any wives out there want to get involved?

This is my third magazine now and I enjoy putting them together. If you have all three magazines, what you may notice is that I have lots to write about when it comes to track and field, but I only print results of road and cross-country races. This is because I'm present for the athletic meetings, but not the distance races. If you distance runners are pleased to merely read the results of your races in the club magazine, then please do nothing.

Richard Newbold Tops for VPH in 2nd Assembly League Race

Vets AC 5.2 Mile Road Race, Battersea Park, 27 Apr 95

| | |
|-------------------------|-------|
| 1st M. Roath (Woking) | 28:26 |
| 2nd P. Trafil (Medway) | 28:34 |
| 3rd Terry O'Neill (VPH) | 28:52 |
| 4th M. Nouch (Belgrave) | 29:00 |

Assembly League 5K, Blackheath, 4 May 95

| | |
|----------------------|-------|
| 11th Richard Newbold | 15:51 |
| 20th Terry O'Neill | 16:26 |
| 31st Pete Eldridge | 16:59 |
| 36th George Hart | 17:12 |
| 50th John George | 17:31 |
| 64th Les Austin | 18:10 |
| 71st Tom Daly | 18:35 |
| 77th Gerry Franey | 18:48 |
| 78th Les Vialls | 18:52 |
| 108th Bob Franey | 20:18 |

129 runners

'A' Team Results (9 teams)

| | |
|--------------|------------|
| 1 Cambridge | 29 points |
| 2 Kent AC | 77 points |
| 3 Dulwich | 78 points |
| 4 VPH | 98 points |
| 5 Eton Manor | 102 points |
| 6 Eltham | 168 points |

'B' Team Results (10 teams)

| | |
|--------------|------------|
| 1 Cambridge | 99 points |
| 2 Dulwich | 167 points |
| 3 Eton Manor | 207 points |
| 4 VPH | 262 points |
| 5 Dartford | 291 points |

League Position After 2 Races

| | |
|--------------|-----------|
| 'A' Team | |
| 1 Cambridge | 23 points |
| 2 Dulwich | 22 points |
| 3 Kent AC | 21 points |
| 4 VPH | 16 points |
| 5 Eltham | 15 points |
| 6 Eton Manor | 14 points |
| 7 Blackheath | 14 points |
| 8 Dartford | 11 points |
| 9 Forbanks | 8 points |

'B' Team

| | |
|-----------|-----------|
| 1 Dulwich | 23 points |
| 8 VPH | 13 points |

Men's Individual League

| | |
|-----------------------|-----------|
| 1st E. Southam (Well) | 50 points |
| 2nd L. Reilly (Kent) | 44 points |
| 3rd R. Foley (Dul) | 38 points |
| 4th Richard Newbold | 37 points |

Southern League Statistics 1994

To set the stage for the Southern League reports, I did some statistical analyses for the 1994 Southern League campaign in order to compare to this year's challenge. Using decathlon scoring tables, I was able to assign points to each VPH athletes' mark in competition. Here's some of the stats:

1994 Southern League Matches

| | Total Points | Ave Per Event | Position Finished |
|---|--------------|---------------|-------------------|
| 1 | 11,359 | 334 | 5th |
| 2 | 14,402 | 424 | 2nd |
| 3 | 15,427 | 454 | 2nd |
| 4 | 14,889 | 438 | 3rd |
| 5 | 14,400 | 424 | 5th |
| 6 | 11,738 | 345 | 4th |

Our best result (15,427) was the third match at Brighton where we failed to win by just 3 1/2 points. We averaged 13,703 points over all six matches in 1994 and 403 points per event (34 events per meeting). I broke this down further into separate track and field categories, as well as 'A' and 'B' strings:

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 538 | 449 | 493 |
| Field | 398 | 205 | 302 |
| Ave | 472 | 334 | 403 |

This means our track 'A' string athletes gave us our most points, while our 'B' string field event marks yielded our least points. This is to be expected in a

club where the emphasis is on road running. This remark is not intended as a slur on those athletes who fill the void in the 'B' string field events. Unless we have athletes who are dedicated to field events, we must (and will) be grateful to those who are willing to help the club gain valuable points. Come to think of it, I was a 'B' string field eventer last year (in the HJ and HT). Anyway, let's see how we fare against these numbers during 1995.

Southern League, Southend, 6 May 95

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 534 | 418 | 476 |
| Field | 452 | 174 | 313 |
| Ave | 495 | 303 | 399 |

Against last year's averages, we did better in the 'A' string field events mark (452 - 398) and in the combined 'A' and 'B' string field event average (313 - 302). We were only fractionally off last year's 'A' string track mark (534 - 538) as well as the overall average per event (403 - 399). In view of the fact we were missing the potential of Keith Lowe, Terry O'Neill, Winston Leitman, Tony O'Connor, Mark Edmonds, Richard Bruce, Phil Hampshire, George Hart, Dean Kosoko, and George Rutten, the 13 athletes who showed up and competed acquitted themselves well. Perhaps it would be fairer to compare to last year's first match at Deangate:

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 547 | 431 | 489 |
| Field | 247 | 073 | 160 |
| Ave | 406 | 263 | 334 |

Although the running events in the corresponding match last year were a little better, we fielded a much stronger field events unit this year.

Last Year's First Match - 11,359 (5th)
This Year's First Match - 13,578 (4th)

VPH Puts In Best Performance in 2 Years at Watford

Match Report (by Jimmy Edmonds)

With a make-shift team, and on a very hot day (80 degrees), 13 brave Harriers managed to finish in fourth place with 106 points. Wayne DuBose was "Man of the Match" for VPH, winning three 'A' string events. His throw in the javelin was a new club senior, vets, and Southern League club record, beating his last year's mark by four centimetres. Reverting back to four strides between hurdles in the 110H, which he last used in 1973, Wayne ran his fastest time in 11 years. Another concession to old age was his use of the straddle in the high jump due to the flop technique causing extreme pain on the knee joints. Poor old Wayne! Other winners for the club included Richard Newbold in the 400H 'A' and Mick Eldridge in the Pole Vault 'B'. The youngest member of the team, the talented Boyd Underwood, put up a spirited display in the sprinting and jumping events to gain valuable points for us.

| | |
|--------------------------------|-----|
| 1st Great Yarmouth | 134 |
| 2nd Colchester & Tendring | 131 |
| 3rd Southend | 127 |
| 4th VPH | 106 |
| Guildford & Godalming withdrew | |

"Didn't We Have A Lovely Day The
Day We Went To Southend"
(by Mick Eldridge)

Apart from the fact that we finished 4th in our first Southern League meeting (which I think was more because we met some strong opponents than the performance of our team (Editor's Note: Mick was right. The 3 teams in front of us finished the season in 5th, 6th, and 8th places)), we did all have a lovely day. It was great to see so many supporters (about 12) coming along. It was made even more enjoyable when the coach went down to the sea front after the meeting for a small paddle and a large pint. Thanks to Andy McCourt

for staying sober in the face of lager so we could all have a drink (although he more than made up for it when we got back). Thanks to Richard Newbold for coaxing me into swimming in that oil slick at the beach (NOT!). And a special thanks to Keith Lowe for paying for everybody's chips out of his 100 CLUB winnings, even though he wasn't there. Special thanks to our dedicated officials, George Dodd, Andy McCourt, and Roger Daniels.

Results

- 100'A' A. Campbell 14.0 (4)
- 100'B' B. Underwood 12.2 (4)
- 200'A' B. Underwood 24.7 (4)
- 200'B' T. Daly 28.8 (4)
- 400'A' A. Campbell 62.2 (4)
- 400'B' G. Franey 64.4 (4)
- 800'A' R. Newbold 2:7.5 (3)
- 800'B' J. George 2:13.1 (3)
- 1500'A' R. Newbold 4:21.7 (2)
- 1500'B' J. George 4:37.8 (2)
- 5000'A' P. Eldridge 18:39.4 (4)
- 5000'B' L. Vialls 19:29.7 (3)
- 110H'A' W. DuBose 18.7 (1)
- 110H'B' M. Eldridge 22.6 (3)
- 400H'A' R. Newbold 64.8 (1)
- 400H'B' T. Daly 75.5 (3)
- 3000SC'A' R. Newbold 10:20 (2)
- 3000SC'B' J. Laboda 11:49.0 (2)
- 4x100 60.1 (4)
- 4x400 (4)
- LJ'A' B. Underwood 5.70 (2)
- LJ'B' L. Vialls 2.88 (4)
- HJ'A' W. DuBose 1.60 (4)
- HJ'B' A. Campbell 1.20 (4)
- TJ'A' B. Underwood 11.85 (3)
- TJ'B' R. Newbold 9.94 (4)
- PV'A' W. DuBose 2.80 (1)
- PV'B' M. Eldridge 2.20 (1)
- SP'A' W. DuBose 10.96 (3)
- SP'B' P. Eldridge 7.14 (3)
- DT'A' W. DuBose 32.10 (3)
- DT'B' M. Eldridge 16.26 (4)
- JT'A' W. DuBose 50.52 (1)
- JT'B' C. Vialls 17.20 (4)
- HT'A' M. Eldridge 13.02 (4)
- HT'B' A. McCourt 6.72 (4)

Additional Fact - First S.L. Match

Richard Newbold's 1500 and 3000SC, Boyd Underwood's TJ, and Wayne DuBose's 110H and JT were better than any Southern League marks set during 1994 by VPH athletes.

Cambridgeshire County Champs St Ives, 14 May 95

400H Wayne DuBose 62.4 (1st)
PV Wayne DuBose 3.40 (2nd)

Wayne successfully defended his county 400H title. Yes, folks, for the second year in a row, he was the only runner to show up for the event. However, his time represents a new club Vets record.

Southern League, Watford, 3 June 95

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 546 | 454 | 500 |
| Field | 470 | 348 | 409 |
| Ave | 510 | 404 | 457 |

Compared to last year's corresponding match at Newham (finishing 2nd):

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 562 | 480 | 521 |
| Field | 376 | 252 | 314 |
| Ave | 474 | 373 | 424 |

We had a stronger track events team in last year's match, but this year our field events team was far superior. These statistics don't tell the complete story. Although the Watford meeting shows the track runners scored more points than the field eventers per the decathlon tables, the runners averaged 4th place over all races, whereas the field eventers averaged 2nd place.

1995 Southern League Matches (To Date)

| | Total Points | Ave Per Event | Position Finished |
|---|--------------|---------------|-------------------|
| 1 | 13,578 | 399 | 4th |
| 2 | 15,540* | 457 | 3rd |

*Our highest total this year or last year.

DuBose Wins Four Events, Daly Beats Curran In 200

Match Report

In weather completely opposite to the last meeting (in other words—a torrential downpour), a reasonably solid team of 14 VPH'ers travelled to Watford to engage in Southern League battle. Such is the versatility of the club membership that only 7 of the 13 athletes from the first meeting survived the cut to make the team. Although we were missing the services of Boyd Underwood on this occasion, we welcomed the return of Richard Bruce, Keith Lowe, Terry O'Neill, Dean Kosoko, Danny Curran, George Hart, and newcomer Mick Fitzgibbon. The field events saw VPH off to a great start with Wayne DuBose and Mick Fitzgibbon sweeping the 'A' and 'B' PV competitions and Richard Bruce and Mick Fitzgibbon each throwing the hammer further than any VPH 'A' and 'B' stringer in recent memory. For Richard, who has done very little training, his throw was his first time over 30 metres and obviously a personal best. More importantly, the throw of 31.30 places him third on the all-time VPH rankings behind Johnny Morrow - 38.08 (1982) and A. Lester - 33.12 (1964). Well done, Richard! And also congratulations to Mick who not only produced the best 'B' string effort for many years in the hammer, he also did the same in the pole vault, clearing 2.80. Richard, not content to rest on his laurels, also popped out a personal best discus throw and, with only vague data from the past, he was probably only three centimetres away from his PB shot putt distance. Big points scorer in the field was Wayne DuBose who won the 'A' string SP, DT, JT, and PV. With Mick's win in the 'B' PV, these five victories constituted all wins on the day for the club. In last year's corresponding meet, we won 10 events which included six track events. On the track this time around, our best results came in the

two second place finishes provided by Wayne and Mick Eldridge. Mick's time bettered all 110H 'B' string performances by the club over the last two seasons. Well done to Dean Kosoko who achieved respectability in the sprints department with an 11.8 clocking. However, the "Tough of the Track" Trophy (brainchild of Mick Eldridge) was rightly awarded to Danny Curran who ran his heart out in the 200, 400, 400H, and the two relays, recording the fastest split for the club in the 4x400. On this day, Richard Newbold ran the 400 and then promptly announced his retirement from the event, saying he'd run the 400H, the 800, the 1500, the 3000SC, but never again would he run the 400. According to Tom Daly, the biggest news of the day was his clocking a time in the 200 one-tenth faster than Danny Curran. I believe Tom said it was the greatest moment of his life. As the meet was drawing to a close, gaining 100 match points seemed a slight possibility. We had to finish at least 4th in the 4x400 to achieve this score. Mick Eldridge in a moment of passion, inspiration, and madness promised he'd buy drinks for the whole team if we got the 100 points. As the teams got to their marks in the race, only four teams towed the line so Mick didn't even have to wait for the result to know the result. He was buying. By the way, the relay team took third place. Many thanks to George Dodd, Andy McCourt, Roger Daniels, Garry Walker, Terry Vialls, and Denise Daly for officiating and supporting. This meant we reached our goal of 20 athletes, officials, and supporters.

Results

100'A' D. Kosoko 11.8 (3)
 100'B' R. Bruce 12.9 (4)
 200'A' D. Curran 28.3 (5)
 200'B' T. Daly 28.2 (5)
 400'A' R. Newbold 58.0 (5)
 400'B' D. Curran 56.4 (3)

800'A' R. Newbold 2:7.2 (3)
 800'B' T. Daly 2:11.4 (5)
 1500'A' J. George 4:33.7 (5)
 1500'B' G. Franey 4:56.3 (5)
 5000'A' T. O'Neill 16:37.7 (4)
 5000'B' K. Lowe 17:05 (3)
 110H'A' W. DuBose 19.3 (2)
 110H'B' M. Eldridge 22.5 (2)
 400H'A' D. Curran 68.9 (4)
 400H'B' M. Eldridge 75.2 (5)
 3000SC'A' G. Hart 11:01 (4)
 3000SC'B' J. Laboda 11:50 (4)
 4x100 50.5 (4) (10 secs faster than the first match!)
 4x400 D. Curran (57.6), J. George (59.3), K. Lowe 63.1, T. Daly 60.2 - 4:00.3 (3)
 LJ'A' R. Bruce 5.54 (3)
 LJ'B' D. Kosoko 5.24 (3)
 HJ'A' W. DuBose 1.55 (4)
 HJ'B' R. Bruce 1.55 (2)
 TJ'A' D. Curran 10.64 (4)
 TJ'B' R. Bruce 10.62 (2)
 PV'A' W. DuBose 3.00 (1)
 PV'B' M. Fitzgibbon 2.80 (1)
 SP'A' W. DuBose 10.87 (1)
 SP'B' R. Bruce 7.81 (4)
 DT'A' W. DuBose 30.20 (1)
 DT'B' R. Bruce 25.56 (2)
 JT'A' W. DuBose 47.76 (1)
 JT'B' R. Bruce 23.04 (4)
 HT'A' R. Bruce 31.30 (2)
 HT'B' M. Fitzgibbon 19.24 (2)

Additional Fact - Second S.L. Match

Richard Bruce's HT was better than any Southern League marks set during 1994 or 1995 by VPH athletes.

| | |
|----------------------------|-----|
| 1st Salisbury (1)-unbeaten | 131 |
| 2nd Watford (3)-home match | 127 |
| 3rd VPH (4) | 101 |
| 4th Thurrock (3) | 97 |
| 5th Aldershot F&D (2) | 60 |

Numbers in parentheses represent position in first match. We did good. Full marks to Richard Newbold and Mick Eldridge for getting out a good team. On to Oxford!!!

Club Defeats Eastbourne On Last Event Of The Day

Southern League, Oxford, 1 July 95

| | | | |
|-------|------------|------------|-----|
| | 'A' String | 'B' String | Ave |
| Track | 556 | 388 | 472 |
| Field | 502 | 313 | 408 |
| Ave | 530 | 353 | 442 |

Compared to last year's corresponding match at Basildon (finishing 3rd):

| | | | |
|-------|------------|------------|-----|
| | 'A' String | 'B' String | Ave |
| Track | 510 | 484 | 497 |
| Field | 501 | 309 | 405 |
| Ave | 506 | 402 | 454 |

Even with some very useful Harriers missing, VPH travelled to Oxford with the goal of beating Eastbourne for third place. With a total of 11 athletes, 3 officials, and 6 supporters (good to see Garry Walker and family making the journey), we were well represented. We got off to our usual good start when, for the third consecutive meet, we swept both PV strings with Wayne DuBose, equalling his best effort from last year, and Mick Fitzgibbon, doing the honors. From there, moments of inspiration continued throughout the day. Track runner of the meet for us was Richard Newbold who won both the 1500 and the 3000SC in excellent times. Backing Richard up in the 'chase was George Hart who ran 47.6 seconds faster than any previous club 'B' string runner over the past two seasons. After equalling his PB in the first meet, Mick Eldridge reduced that mark by .1 in the second meet, and did the the same again on this occasion. If he continues to improve by the same margin each time, he'll break the existing world record in the fifth Southern League match in the year 2011. Of course, he can't miss any matches. Richard Bruce had a field day, literally, setting PBs in the SP, JT, and DT, winning the 'B' string in the latter. He puts these efforts down to his recent entry into fatherhood. Picking the baby up, putting the baby down, etc., has really developed his arm mus-

DuBose had his best match in many years winning five 'A' string events. His shot putt mark of 11.65 was his best going all the way back to the early 80's when he set a PB of 12.03 (coincidentally at the same location). As the afternoon progressed, our rivals for the day, Eastbourne, always seemed to be a handful of points in front of us. We weren't helped when, through a misunderstanding, we had no runner entered in the 200 'B' race (although I'm jumping ahead here, of the 216 events over the six Southern League meetings, we filled 215 of them). On the plus side, Keith Lowe seriously injured his achilles during the course of his 5000m race. In spite of the pain, he plugged on finishing the distance in his slowest-ever time of 19:20.4. Nevertheless, he gained three vital points for us. For his efforts, he was declared VPH's "Tough of the Track" and is probably out of running for a few months. Thanks for the sacrifice, Keith. As we entered the final event, the discus, we had finally managed to catch up to Eastbourne and were dead level on points. Fortunately, Wayne and Richard rose to the occasion by winning both strings. We ended up beating Eastbourne by 2.5 points for third place.

Results

- 100'A' R. Bruce 12.8 (4)
- 100'B' M. Eldridge 14.2 (4)
- 200'A' M. Fitzgibbon 29.8 (5)
- 200'B' NO ENTRY
- 400'A' S. Clayton 59.4 (4)
- 400'B' D. Curran 60.3 (4)
- 800'A' S. Clayton 2:10.6 (4)
- 800'B' J. Roche 2:16.4 (3)
- 1500'A' R. Newbold 4:13.6 (1)
- 1500'B' J. Roche 4:34.9 (4)
- 5000'A' A. Wheeler 16:33.0 (2)
- 5000'B' K. Lowe 19:20.4 (3)
- 110H'A' W. DuBose 18.8 (1)
- 110H'B' M. Eldridge 22.4 (4)
- 400H'A' R. Newbold 63.2 (3)

- 400H'B' D. Curran 69.0 (4)
- 3000SC'A' R. Newbold 10:05 (1)
- 3000SC'B' G. Hart 11:02.6 (4)
- 4x100 50.9 (4)
- 4x400 S. Clayton, J. Roche, M. Fitzgibbon, D. Curran - 4:07.3 (4)
- LJ'A' R. Bruce 5.82 (2)
- LJ'B' M. Fitzgibbon 3.58 (4)
- HJ'A' R. Bruce 1.55 (4)
- HJ'B' W. DuBose 1.55 (3)
- TJ'A' R. Bruce 11.48 (3)
- TJ'B' D. Curran 10.32 (4)
- PV'A' W. DuBose 3.40 (1)
- PV'B' M. Fitzgibbon 2.60 (1)
- SP'A' W. DuBose 11.65 (1)
- SP'B' R. Bruce 8.09 (4)
- DT'A' W. DuBose 31.48 (1)
- DT'B' R. Bruce 27.04 (1)
- JT'A' W. DuBose 49.36 (1)
- JT'B' R. Bruce 26.6 (3)
- HT'A' R. Bruce 26.10 (3)
- HT'B' M. Fitzgibbon 19.00 (2)

Additional Fact - Third S.L. Match
Richard Newbold's 1500 and 3000SC, Richard Bruce's LJ, and Wayne DuBose's SP were better than any Southern League marks set during 1994 or 1995 by VPH athletes.

Final Result

| | |
|------------------------|-------|
| 1st Luton (1) | 144 |
| 2nd Oxford (9) | 127.5 |
| 3rd VPH (16) | 113.5 |
| 4th Eastbourne (14) | 111 |
| — Medway didn't appear | |

Numbers in parentheses represent position in the league going into this competition. We remained in 16th position after this result with 8 league points and 320.5 total match points.

Decathlon Scoring Tables
1995 Southern League Matches (To Date)

| | Total Points | Ave Per Event | Position Finished |
|---|--------------|---------------|-------------------|
| 1 | 13,578 | 399 | 4th |
| 2 | 15,540 | 457 | 3rd |
| 3 | 15,012 | 442 | 3rd |

Liz Kempster - Winner In First Club Race

VPH 5-Mile Handicap Race, 25 May 95

(Jimmy Edmonds reports)

Liz Kempster, a new club member, won the handicap race in her very first race for the club. Liz, who only took up running a year ago, ran on strongly for a comfortable victory from a field of 16 runners. Well done to Annie Gammon who ran a personal best.

| | H'cap | Actual |
|---------------------|-------|--------|
| 1 Liz Kempster | 38:30 | 37:30 |
| 2 Eddie Carlyle | 42:06 | 34:36 |
| 3 Annie Gammon | 44:30 | 34:30 |
| 4 Boyd Underwood | 44:45 | 31:15 |
| 5 Albert Rowley | 45:01 | 41:01 |
| 6 Gerry Franey | 45:05 | 30:35 |
| 7 Andy McCourt | 45:22 | 34:22 |
| 8 Joe Laboda | 45:24 | 31:25 |
| 9 Pete Eldridge | 45:40 | 28:40 |
| 10 Richard Bruce | 45:55 | 32:25 |
| 11 Peter Spencer | 46:02 | 45:02 |
| 12 Rob Collier | 46:19 | 32:49 |
| 13 John Crow | 46:52 | 32:07 |
| 14 Theresa McCombie | 47:29 | 32:44 |
| 15 Roger Daniels | 47:50 | 40:20 |
| Hester Slattery | DNF | |

Assembly League 3.5 Miles, Victoria Park, 1 June 95

| | |
|-------------------|-------|
| 7 Chris Brogan | 17:46 |
| 9 Richard Newbold | 17:49 |
| 21 Barry McKenna | 18:43 |
| 22 Terry O'Neill | 18:44 |
| 23 Pete Eldridge | 18:45 |
| 27 Keith Lowe | 18:52 |
| 30 George Hart | 19:56 |
| 46 Phil Hampshire | 19:56 |
| 52 Les Austin | 20:14 |
| 60 Joe Laboda | 20:39 |
| 65 Gerry Franey | 20:51 |
| 69 Richard Bruce | 21:03 |
| 79 Richard Martin | 21:42 |
| 84 Rob Collier | 22:00 |
| 85 Mick Eldridge | 22:08 |
| 91 Bob Franey | 22:28 |
| 116 Roger Daniels | 26:09 |

| 'A' Teams | 'B' Teams |
|--------------|------------------|
| 1 Dulwich 54 | 1 VPH 126 |
| 2 Camb H 58 | 2 Dulwich 134 |
| 3 VPH 59 | 3 Eton Manor 201 |

| After 3 Races | Individual |
|---------------|---------------------|
| 1 Camb H 34 | 1 E. Southam (W) 75 |
| 2 Dulwich 34 | 2 R. Newbold 55 |
| 3 Kent 30 | 3 R. Foley (Dul) 54 |
| 4 VPH 26 | W = Wellcome |

Vets AC Champs, 5.2 Miles, Battersea Park, 27 June 95

| | |
|------------------|-------|
| 1 P. Tomms (B&H) | 28:09 |
| 5 Terry O'Neill | 29:37 |

Jack Flowers M75 course record of 45:19 set in 1991 was beaten.

Orion 10 Mile Road Race, Chingford, 2 Jul 95

| | |
|-----------------|-------|
| 28 J. Laboda | 66:05 |
| 55 B. Underwood | 71:18 |
| 58 G. Franey | 72:10 |
| 59 L. Vialls | 72:10 |
| 68 R. Franey | 73:16 |
| 78 J. French | 74:29 |
| 97 A. McCourt | 77:40 |
| 111 L. Kempster | 80:58 |
| 129 J. Edmonds | 86:50 |
| 131 E. Carlyle | 88:35 |
| 142 R. Daniels | 94:09 |

VPH finished 9th out of 25 teams

United States Masters Track and Field Championships, Lansing, Michigan, 5 July 95

| | |
|--------------------------|------|
| Pentathlon (40-44) | |
| 1st Wayne DuBose | 3174 |
| 2nd Jeff Watry | 3133 |
| 3rd Russell Jacquet-Acea | 2720 |

Wayne's marks: LJ - 5.46 (club Vet's record), JT - 51.14 (2' downhill drop), 200 - 24.84, DT - 29.28, 1500 - 5:04.35

Assembly League 5K, Blackheath, 6 July 95

| | |
|-----------------|------------|
| 4 R. Newbold | 15:42 |
| 8 A. Wheeler | 16:02 |
| 19 T. O'Neill | 16:43 |
| 25 J. Roche | 16:56 |
| 40 L. Austin | 17:45 |
| 50 J. Laboda | 18:19 |
| 54 B. Underwood | 18:30 |
| 60 L. Vialls | 18:45 |
| 70 G. Franey | 19:15 |
| 81 R. Franey | 19:58 (PB) |
| 85 J. French | 20:03 |
| 92 E. Carlisle | 20:49 |
| 95 A. Gammon | 21:13 |

1st - Kent AC 2nd - VPH

After 4 Races

| 'A' Teams | 'B' Teams |
|--------------|---------------|
| 1 Dulwich 44 | 1 Dulwich 45 |
| 2 Camb 43 | 2 Camb 39 |
| 3 Kent 42 | 3 E. Manor 35 |
| 4 VPH 37 | 4 VPH 35 |

VPH Ladies 7th 9 points

Individuals

| | |
|--------------|----|
| 1 E. Southam | 75 |
| 2 R. Newbold | 74 |
| 2 R. Foley | 74 |

Vets AC 5.2 Mile Road Race, Battersea Park, 11 July 95

| | |
|---------------------|-------|
| 1 B. Adams (A'deen) | 29:19 |
| 2 Terry O'Neill | 29:44 |

World Masters Track and Field Championships, Buffalo, New York, 13-14 July 95

Decathlon (40-44)
8th (of 48) Wayne DuBose 4876

Wayne's marks: 100-13.04, LJ-5.29, SP-10.07, HJ-1.58, 400-57.43 (15th after 1st day - 2344), 110H (39")-17.66 (club Vet's record), DT-31.14, PV-3.20, JT-48.72, 1500-5:08.44 (2nd day-2532)

Without DuBose and Newbold, VPH Comes Oh, So Close!

Southern League, Bournemouth, 22 July 95

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 542 | 433 | 488 |
| Field | 425 | 339 | 382 |
| Ave | 487 | 389 | 438 |

Compared to last year's corresponding match at Brighton (finishing 2nd):

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 602 | 493 | 548 |
| Field | 449 | 181 | 315 |
| Ave | 530 | 346 | 438 |

With Wayne DuBose, the club's big field events points scorer, away in the United States, and with Richard Newbold, the club's big track events points scorer, also missing, VPH athletes had to raise their game to a new level in order to acquit themselves honorably. By the end of the day, we finished just two points out of second place, a magnificent achievement. Club management set the ball rolling by laying on a 45-seat coach to transport all interested parties on a very long trip down to Bournemouth. As it turned out, close to 40 folks showed up, including 13 athletes ready to do battle. This gesture by the club goes a long way to creating much-needed good-will, that indefinable factor which has a great say in the ups and downs of any club. Club performance of the meet went to Dean Kosoko who provided VPH with its only win of the day, a 200 victory in 23.9. He backed that with a solid 11.7 seconds for second in the 100m. Over the "sticks," Mick Eldridge and newcomer Jay Chapman were in good form. In the 400H, Mick finished last season with a 77.5 best. His best this season prior to this meet was 75.2. In inspired fashion, Mick chopped 3.7 secs from his best, recording 71.5. Although Jay didn't run as fast, he did have the satisfaction of finishing in a higher place.

Both returned later in the day for the 110H. Mick, who was obviously tired of bringing his 110H PB down by 0.1 at a time, hacked a huge 1.2 seconds off his best in finishing second. Not to be outdone, Jay also finished second and also recorded 21.2. This time represents the best 'B' string effort over the last two seasons. Over to the field events, and we saw some very useful performances. Another newcomer, Tony Bullen, participated in all four throwing events, with his best effort in the shot putt. His 10 metre plus performance is the second best distance, by some way, after Wayne's, in recent VPH memory. Let's hope we can retain Tony's interest for next summer. The big points scorer for the club during this meet was Richard Bruce who took part in six individual events (and one relay), scoring 20 points. He was rewarded with a PB in the javelin. Not far behind was teenager, Boyd Underwood, who scored 18 points in five individual events. He also took part in both relays. Statistically, we didn't win this meeting, but Mick Eldridge will tell you the enthusiasm displayed by the athletes on this day put VPH as winners in a different category...Club Spirit. Up the Park!!

Results

| |
|--------------------------------|
| 100'A' D. Kosoko 11.7 (2) |
| 100'B' B. Underwood 12.5 (2) |
| 200'A' D. Kosoko 23.9 (1) |
| 200'B' B. Underwood 25.4 (2) |
| 400'A' M. Fitzgibbon 60.5 (4) |
| 400'B' B. Underwood 63.3 (4) |
| 800'A' J. Roche 2:14.1 (4) |
| 800'B' J. Laboda 2:23.4 (4) |
| 1500'A' J. Roche 4:30.2 (2) |
| 1500'B' A. Wheeler 4:35.6 (2) |
| 5000'A' A. Wheeler 16:22.5 (2) |
| 5000'B' L. Vialls 18:46.8 (3) |
| 110H'A' M. Eldridge 21.2 (2) |
| 110H'B' J. Chapman 21.2 (2) |
| 400H'A' M. Eldridge 71.5 (4) |
| 400H'B' J. Chapman 73.3 (2) |

| |
|--|
| 3000SC'A' J. Laboda 11:27.6 (4) |
| 3000SC'B' J. French 13:09.8 (4) |
| 4x100 49.0 (4) |
| 4x400 B. Underwood (59.2), M. Fitzgibbon (61.9), J. Chapman (60.0), J. Roche (65.5) - 4:06.3 (4) |
| LJ'A' B. Underwood 5.66 (2) |
| LJ'B' R. Bruce 5.52 (2) |
| HJ'A' R. Bruce 1.65 (2) |
| HJ'B' J. Chapman 1.50 (2=) |
| TJ'A' B. Underwood 11.78 (2) |
| TJ'B' R. Bruce 11.38 (2) |
| PV'A' M. Fitzgibbon 2.60 (3) |
| PV'B' M. Eldridge 2.20 (3) |
| SP'A' A. Bullen 10.16 (2) |
| SP'B' T. Lee 7.34 (3) |
| DT'A' R. Bruce 26.00 (3) |
| DT'B' A. Bullen 24.44 (4) |
| JT'A' R. Bruce 28.94 (4) |
| JT'B' A. Bullen 27.64 (3) |
| HT'A' R. Bruce 25.56 (3) |
| HT'B' A. Bullen 16.68 (4) |

Additional Facts - Fourth S.L. Match
Dean Kosoko's 200 time was better than any Southern League mark set during 1994 or 1995 by VPH athletes. His 100 time equalled last year's best effort.

| | |
|---------------------------|-------|
| 1st Bournemouth (1) | 172 |
| 2nd Worthing (20) | 115.5 |
| 3rd VPH (14) | 113.5 |
| 4th Hillingdon (16) | 97 |
| — Gravesend didn't appear | |

Numbers in parentheses represent position in the league **after** this competition. We're in 14th position after this result with 11 league points and 434 total match points, averaging 108.5 points per match.

| Decathlon Scoring Tables | | | |
|--|--------------|---------------|-------------------|
| 1995 Southern League Matches (To Date) | | | |
| | Total Points | Ave Per Event | Position Finished |
| 1 | 13,578 | 399 | 4th |
| 2 | 15,540 | 457 | 3rd |
| 3 | 15,012 | 442 | 3rd |

VPH - Big Winners in Assembly League

Assembly League 3.5 Mile Race, Victoria Park, 3 August 95

| | | |
|----|-------------|-------|
| 3 | C. Brogan | 17:36 |
| 4 | A. Wheeler | 17:51 |
| 6 | R. Newbold | 17:57 |
| 21 | J. Roche | 18:42 |
| 24 | P. Eldridge | 18:52 |
| 25 | B. McKenna | 18:52 |
| 26 | T. O'Neill | 19:03 |
| 46 | L. Austin | 20:04 |
| 59 | L. Vials | 20:45 |
| 94 | E. Carlisle | 22:56 |
| 95 | J. French | 23:03 |
| 96 | J. Laboda | 23:04 |

Team Results

| 'A' Teams | | 'B' Teams | |
|-----------|----|-----------|-----|
| 1 VPH | 34 | 1 VPH | 121 |
| 2 Dulwich | 70 | 2 Dulwich | 131 |

After 5 Races

| 'A' Team | | 'B' Team | |
|-----------|----|------------|----|
| 1 Dulwich | 55 | 1 Dulwich | 56 |
| 2 Camb | 50 | 2 Camb | 47 |
| 3 Kent | 50 | 3 VPH | 47 |
| 4 VPH | 49 | 4 E. Manor | 42 |

Individual

| | |
|-------------------------|-----|
| 1 E. Southam (Wellcome) | 100 |
| 2 R. Newbold | 97 |

Southern League, Crawley, 5 Aug 95

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 568 | 452 | 510 |
| Field | 495 | 354 | 424 |
| Ave | 533 | 406 | 470 |

Compared to last year's corresponding match at Battersea (finishing 5th):

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 586 | 521 | 553 |
| Field | 333 | 222 | 278 |
| Ave | 467 | 380 | 424 |

A team of 13 athletes and 3 officials travelled to Crawley with the goal of finishing at least 3rd. For the fourth

time this season, we started off with a PV sweep with Wayne DuBose and Mick Fitzgibbon doing the honors. Wayne, just back from 30 days holiday in the States, and somewhat rusty, only cleared his opening height on the third attempt. He went through the same predicament in the high jump at exactly the same time. Fortunately, he cleared in both cases, and, as it turns out, these clearances were as vital as every point gained by VPH at this meet. Once again, the 110H turned out to be a good points scorer for us. With Wayne running his best time since the early eighties and with Mick Eldridge slicing one of his famous one-tenth seconds from his PB, the club gathered in eight points. Mick's time was the best 'B' string effort over the past two seasons. Once again, Mick reduced his 400H PB, dropping from 71.5 to 70.9. Unfortunately, Richard Newbold had not recovered from food-poisoning and he saw limited action on this day, although 400H and 1500 wouldn't be limited action for most. Our best track success of the day came in the 5000 where Andy Wheeler, on quite a hot day, ran a storming race to win in an impressive 15:42.6. He was ably backed up by George Hart who secured his first Southern League victory this year. Our latest field events find, Tony Bullen, earned his place on the team by tossing the hammer out to 21.52, the best 'B' string mark for a few years. As the meeting progressed, it was apparent we would be doing battle with Fleet for second place. Fleet seemed to hold a slight edge on us for most of the day, but with a weak Fleet 3000SC entry and an excellent 10:55.8 effort by Terry O'Neill, we put ourselves in striking distance. The fight for second place came down to the final event, the discus, with Fleet and VPH tied. Wayne tossed out his season's best to beat the Fleet thrower into second place. The Fleet 'B' stringer reversed the

tables and we finished tied for second. We could so easily have lost. Tony Bullen's third and final throw put him just four centimetres past third place. 4 cm less and we would have been pushed into third overall. Thanks for rising to the challenge, Tony. A great team effort all around and our best result this year!

Results

| | | |
|-----------|--|-------------|
| 100'A' | D. Kosoko | 11.9 (2) |
| 100'B' | J. Chapman | 13.2 (5) |
| 200'A' | D. Kosoko | 24.1 (3) |
| 200'B' | J. Chapman | 28.8 (5) |
| 400'A' | J. George | 71.4 (5) |
| 400'B' | J. Laboda | 62.7 (5) |
| 800'A' | J. Roche | 2:15.4 (3) |
| 800'B' | J. George | 2:19.2 (4) |
| 1500'A' | R. Newbold | 4:22.4 (4) |
| 1500'B' | J. Roche | 4:29.1 (4) |
| 5000'A' | A. Wheeler | 15:42.6 (1) |
| 5000'B' | G. Hart | 16:55.3 (1) |
| 110H'A' | W. DuBose | 18.3 (2) |
| 110H'B' | M. Eldridge | 21.1 (2) |
| 400H'A' | R. Newbold | 64.2 (3) |
| 400H'B' | M. Eldridge | 70.9 (3) |
| 3000SC'A' | T. O'Neill | 10:55.8 (3) |
| 3000SC'B' | J. Laboda | 11:29.9 (2) |
| 4x100 | D. Kosoka, W. DuBose, R. Bruce, J. Chapman | 48.5 (3) |
| 4x400 | ? | (5) |
| LJ'A' | R. Bruce | 5.78 (2) |
| LJ'B' | D. Kosoka or J. Chapman | 5.08 (2) |
| HJ'A' | R. Bruce | 1.65 (2) |
| HJ'B' | W. DuBose | 1.50 (2) |
| TJ'A' | R. Bruce | 11.47 (2) |
| TJ'B' | J. Chapman | 10.91 (2) |
| PV'A' | W. DuBose | 3.20 (1) |
| PV'B' | M. Fitzgibbon | 2.60 (1) |
| SP'A' | W. DuBose | 10.63 (3) |
| SP'B' | A. Bullen | 8.95 (2) |
| DT'A' | W. DuBose | 33.34 (1) |
| DT'B' | A. Bullen | 22.62 (2) |
| JT'A' | W. DuBose | 46.18 (2) |
| JT'B' | R. Bruce | 27.62 (3) |
| HT'A' | R. Bruce | 25.98 (3) |
| HT'B' | A. Bullen | 21.52 (2) |

Additional Facts - Fifth S.L. Match

Club Finishes Just Eight Points From Southern League Victory

| | |
|----------------------|-----|
| 1st Serpentine (3) | 152 |
| 2= VPH (14) | 120 |
| 2= Fleet (17) | 120 |
| 4th Crawley (23) | 76 |
| 5th Stevenage (10)!! | 62 |

Numbers in parentheses represent position in the league **before** this competition. After this result, we're now in 13th position with 14.5 league points and 554 total match points, averaging 111 points per match.

Decathlon Scoring Tables

1995 Southern League Matches (To Date)

| | Total Points | Ave Per Event | Position Finished |
|---|--------------|---------------|-------------------|
| 1 | 13,578 | 399 | 4th |
| 2 | 15,540 | 457 | 3rd |
| 3 | 15,012 | 442 | 3rd |
| 4 | 14,890 | 438 | 3rd |
| 5 | 15,966* | 470 | 2nd= |

* Our best score this year or last

Southern League, Welwyn Garden City, 19 Aug 95

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 601 | 496 | 548 |
| Field | 485 | 372 | 428 |
| Ave | 546 | 437 | 492 |

Compared to last year's corresponding match at Welwyn Garden City (finishing 4th):

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|-----|
| Track | 420 | 281 | 350 |
| Field | 483 | 196 | 339 |
| Ave | 467 | 241 | 345 |

Over the last two seasons, the club bests are as follows:

| | 'A' String | 'B' String | Ave |
|-------|------------|------------|---------|
| Track | 602(94) | 521(94) | 553(94) |
| Field | 502(95) | 372(95) | 428(95) |
| Ave | 546(95) | 437(95) | 492(95) |

Check out how many occurred during

this last meeting.

This time a year ago, six participants took part including Wayne DuBose, Richard Bruce, Mick Eldridge, Joe Laboda, Andy McCourt, and Roger Daniels. On that occasion, we managed to avoid last place by a few points. This time, with just 10 athletes, we came within eight points of victory! One number really tells the story. If you refer to the Decathlon Scoring Tables, you'll see we scored our highest ever points total over the 34 events from this past two seasons. There were many class results for us at this match. We had three clean sweeps in the 5000 (2nd sweep in a row), DT (2nd sweep this year), and PV (5th sweep this year). In addition, we equalled our most number of wins, 9, which we also did in the third match. Wayne DuBose set the ball rolling when he secured a one centimetre victory with his last shot putt of the competition. To quote, "It's not the winning that counts, it's seeing the look on loser's face." Such cruelty. After the SP, Richard Newbold persuaded a reluctant Wayne to run the 400H reasoning that no-one else in the club could even high jump a hurdle. He obliged by running the best 'B' string effort this year. Fortunately for us, Richard Bruce got his brother, Lee, out to compete. The Bruce Brothers stormed into town racking up 35 points between them. While Lee set club bests this season for the LJ and HJ, Richard contributed with two victories. They combined with Wayne and Dean Kosoko to run the best 4x100 over the past two seasons (even besting a team with Winston Leitman and Tony O'Connor). Dean continued as the club's fastest human with an 11.5 clocking in the 100 and a win in the 200. Terry O'Neill first ran the 200 and later lopped 6 secs from Keith Lowe's club Vet's record in the 3000SC. Just as good was Jim Roche's 1500 PB **AFTER** running the 400 and 800!

Although Mick Eldridge wasn't available to present the "Tough of the Track" award, my vote would have gone to Richard Newbold who ran the 110H, 400H, 4x400 relay leg, 1500, and 5000! A close second was Andy Wheeler who ran the 800 and then, in the very next race on the track, won the 5000! It was great to see John Anstey, Major Carr, Pete Faley, and Bob & Pam Dann, not to mention Pat, Andy, and a young Australian lady whose name I never caught.

| | | |
|-----------|---|-------------|
| 100'A' | D. Kosoko | 11.5 (2) |
| 100'B' | L. Bruce | 12.2 (2) |
| 200'A' | D. Kosoko | 24.0 (1) |
| 200'B' | T. O'Neill | 28.8 (4) |
| 400'A' | J. Roche | 62.7 (4) |
| 400'B' | J. Laboda | 64.4 (4) |
| 800'A' | J. Roche | 2:12.2 (5) |
| 800'B' | A. Wheeler | 2:15.4 (4) |
| 1500'A' | R. Newbold | 4:21.3 (4) |
| 1500'B' | J. Roche | 4:21.8 (3) |
| 5000'A' | A. Wheeler | 16:05.3 (1) |
| 5000'B' | R. Newbold | 16:13.1 (1) |
| 110H'A' | W. DuBose | 18.6 (2) |
| 110H'B' | R. Newbold | 21.8 (2) |
| 400H'A' | R. Newbold | 64.9 (4) |
| 400H'B' | W. DuBose | 63.6 (3) |
| 3000SC'A' | T. O'Neill | 10:25.4 (3) |
| 3000SC'B' | J. Laboda | 11:35.9 (2) |
| 4x100 | D. Kosoko, W. DuBose, R. Bruce, L. Bruce | 47.2 (3) |
| 4x400 | Richard Newbold, Jim Roche, Lee Bruce (?), Andy Wheeler | (4) |
| LJ'A' | L. Bruce | 5.91 (3) |
| LJ'B' | R. Bruce | 5.69 (3) |
| HJ'A' | L. Bruce | 1.70 (2) |
| HJ'B' | R. Bruce | 1.60 (1) |
| TJ'A' | L. Bruce | 11.55 (3) |
| TJ'B' | R. Bruce | 11.54 (2) |
| PV'A' | W. DuBose | 3.10 (1) |
| PV'B' | M. Fitzgibbon | 2.60 (1) |
| SP'A' | W. DuBose | 10.69 (1) |
| SP'B' | R. Bruce | 7.32 (5) |
| DT'A' | W. DuBose | 32.94 (1) |
| DT'B' | R. Bruce | 25.00 (1) |
| JT'A' | W. DuBose | 46.02 (2) |
| JT'B' | R. Bruce | 26.79 (4) |

Southern League 1995 Statistical Analysis

Additional Facts - Sixth S.L. Match
Dean Kosoko's 100, Lee Bruce's LJ, and the 4x100 relay time were better than any Southern League marks set during 1994 or 1995 by VPH athletes. Lee's HJ equalled last year's beat effort.

| | |
|-----------------------|-------|
| 1st Basingstoke (10) | 128 |
| 2nd Verlea (7) | 127 |
| 3rd VPH (13) | 120 |
| 4th West Norfolk (12) | 100.5 |
| 5th Bracknell (21) | 56.5 |

Numbers in parentheses represent position in the league **before** this competition. After this result, we finished in 11th position (17th last year) with 18 league points and 674 total match points, averaging 112 points per match. Promotion would have required 138 points. Maybe next year.

Decathlon Scoring Tables

1995 Southern League Matches

| | Total Points | Ave Per Event | Position Finished |
|---|--------------|---------------|-------------------|
| 1 | 13,578 | 399 | 4th |
| 2 | 15,540 | 457 | 3rd |
| 3 | 15,012 | 442 | 3rd |
| 4 | 14,890 | 438 | 3rd |
| 5 | 15,966 | 470 | 2nd= |
| 6 | 16,722 * | 492 | 3rd |

* Our best score this year or last
(Averaged 15,285-1995, 13,703-1994)

Taking all six meetings into account, here's the average mark per event with the average position.

| | 'A' | 'B' |
|--------|------------|-------------|
| 100 | 12.3 (3) | 12.9 (4) |
| 200 | 25.8 (3) | 28.0 (4) |
| 400 | 62.4 (4) | 61.9 (4) |
| 800 | 2:11.2 (4) | 2:16.5 (4) |
| 1500 | 4:23.8(3) | 4:35.9(3) |
| 5000 | 16:40.1(2) | 17:58.4(3) |
| 110H | 19.2 (2) | 21.9 (3) |
| 400H | 66.3 (3) | 71.3 (3) |
| 3000SC | 10:42.5(3) | 11:49.6 (3) |
| 4x100 | 51.0 (4) | |

| | | |
|-------|-----------|-----------|
| 4x400 | — (4) | |
| LJ | 5.74 (2) | 4.67 (3) |
| HJ | 1.62 (3) | 1.48 (2) |
| TJ | 11.46 (3) | 10.79 (3) |
| PV | 3.02 (1) | 2.50 (1) |
| SP | 10.83 (2) | 7.78 (4) |
| DT | 31.01 (2) | 23.49 (2) |
| JT | 44.80 (2) | 24.82 (4) |
| HT | 23.63 (3) | 16.99 (3) |

Competitors Per Match
13 - 14 - 11 - 13 - 14 - 10
28 different competitors this year, 26 last year

Victories Per Match
5 - 5 - 9 - 1 - 5 - 9
34 this year, 33 last year

Most Individual Appearances

| | |
|---------------|---|
| M. Fitzgibbon | 5 |
| J. Laboda | 5 |
| M. Eldridge | 5 |
| R. Bruce | 5 |
| R. Newbold | 5 |
| W. DuBose | 5 |
| D. Kosoko | 4 |
| J. Roche | 4 |
| A. Wheeler | 4 |

Most Events Competed In (not relays)

| | |
|---------------|----|
| R. Bruce | 34 |
| W. DuBose | 30 |
| R. Newbold | 16 |
| M. Eldridge | 13 |
| M. Fitzgibbon | 11 |
| D. Kosoko | 9 |
| J. Roche | 9 |
| B. Underwood | 9 |
| J. Laboda | 8 |
| A. Bullen | 7 |
| D. Curran | 7 |
| A. Wheeler | 6 |

Most Points Scored

| | |
|---------------|-----|
| W. DuBose | 128 |
| R. Bruce | 108 |
| R. Newbold | 53 |
| M. Fitzgibbon | 39 |

| | |
|--------------|----|
| M. Eldridge | 37 |
| D. Kosoko | 35 |
| B. Underwood | 29 |
| A. Wheeler | 24 |
| A. Bullen | 23 |
| J. Roche | 22 |
| J. Laboda | 20 |

All Victories This Year (34)

| | A | B |
|---------------|----|---|
| W. DuBose | 17 | 0 |
| R. Newbold | 3 | 1 |
| D. Kosoko | 2 | 0 |
| A. Wheeler | 2 | 0 |
| M. Fitzgibbon | 0 | 4 |
| R. Bruce | 0 | 3 |
| M. Eldridge | 0 | 1 |
| G. Hart | 0 | 1 |

VPH Dream Team

(Based Purely On Match Results With Last Year's Best Marks in Brackets)

'A' String

| | | |
|--------|--------------|-----------------|
| 100 | D. Kosoko | 11.5 (11.7) |
| 200 | D. Kosoko | 23.9 (24.2) |
| 400 | D. Curran | 56.4 (53.0) |
| 800 | R. Newbold | 2:7.2 (2:01) |
| 1500 | R. Newbold | 4:13.6 (4:25) |
| 5000 | A. Wheeler | 15:42.6 (15:48) |
| 110H | W. DuBose | 18.3 (19.5) |
| 400H | R. Newbold | 63.2 (62.4) |
| 3000SC | R. Newbold | 10:05 (10:58) |
| LJ | L. Bruce | 5.91 (5.73) |
| HJ | L. Bruce | 1.70 (1.70) |
| TJ | B. Underwood | 11.85 (11.80) |
| PV | W. DuBose | 3.40 (3.40) |
| SP | W. DuBose | 11.65 (11.30) |
| DT | W. DuBose | 33.34 (33.42) |
| JT | W. DuBose | 50.52 (47.71) |
| HT | R. Bruce | 31.30 (29.06) |
| 4x100 | DK,WD,RB.LB | 47.2 (47.7) |

B' String

| | | |
|------|--------------|------------------|
| 100 | L. Bruce | 12.2 (12.0) |
| 200 | B. Underwood | 24.7 (24.2) |
| 400 | R. Newbold | 58.0 (54.9) |
| 800 | S. Clayton | 2:10.6(2:11.2) |
| 1500 | J. Roche | 4:21.8 (4:25.2) |
| 5000 | R.Newbold | 16:13.1(16:05.4) |

VPH All-Time Vets Club Records

| | | |
|----|---------------|--------------|
| LJ | R. Bruce | 5.82 (5.63) |
| HJ | R. Bruce | 1.65 (1.65) |
| TJ | L. Bruce | 11.55(11.57) |
| PV | M. Fitzgibbon | 2.80 (2.40) |
| SP | A. Bullen | 10.16 (7.84) |
| DT | R. Bruce | 27.04(24.64) |
| JT | R. Bruce | 28.94(28.93) |
| HT | A. Bullen | 21.52(17.72) |

Richard Newbold is going to have to train a lot harder over the winter if he's going to run the 400, 800, 1500, 5000, 400H, and 3000SC in every match!

Dream Team Decathlon Scores

| | | | |
|-------|------------|------------|-----|
| | ‘A’ String | ‘B’ String | Ave |
| Track | 664 | 584 | 624 |
| Field | 543 | 424 | 483 |
| Ave | 607 | 508 | 558 |

This would give us a total decathlon score of 18,960 compared to our best one-match effort of 16,722.

Southern League Commentary

Since last year, the club has come a long, long way. The enthusiasm was maintained all the way through. Thanks to Richard Newbold and Mick Eldridge, we always had the numbers to field a team. Mick's idea to bring along a large banner proclaiming "VPH - Toughs of the Track" was a brilliant idea. His "Tough of the Track" award was also good thinking. At the start of the season, VPH had two goals—to improve over last year's 17th place and to average 20 athletes, officials, and spectators per match. We achieved both by finishing 11th and averaging over 22 interested folks per match. Next year, we must aim for a higher position and more people, especially supporters. If you examine the numbers, you see a lot of positives; however, they also show up areas for significant improvement. There can be no denying that we are very weak in the 400 and 800, and after Dean in the sprints, we desperately need sub-12.0/24.0 runners. Our greatest incentive for next year is the fact that

Tower Hamlets join us in Division Five. Up to now, we have declared ourselves to be "East London's Premier Athletics Club." Well, guess what? Next year, we're going to have to prove it. Here's some of the marks achieved by Tower Hamlets this year:

100 - 11.3, 200 - 23.1, 400 - 53.3, 800 - 2:06, 110H - 18.3, 400H - 61.6, 3000SC - 10:05.1, 4x100 - 46.0, 4x400 - 3:39.3, LJ - 6.31, HJ - 1.70, TJ - 12.23, SP - 10.72, DT - 29.86, JT - 45.56, HT - 35.34. Those are some fairly impressive times and distances.

Compared to our bests, they beat us in ten events, we win four events, and there are two events tied. This isn't their best marks, just a few results from Southern League competition. We're going to have to raise our level significantly and also hope their 'B' string back-up is weaker than ours. For now, let's glow in the improvement we showed over the course of the six meetings. There's life in this old club yet!

VPH 70th Anniversary Reunion

We're still shooting for the March/April 1996 timeframe to hold our reunion. Here's the list of invitees so far:

All current club members, Deric Bareford, Major Carr, John Schollhammer, Pete Faley, Jeff Smith, Les Williams, Lenny Williams, Cliff Fowles, John Sullivan, Keith Drayton, Les Logan, Sid Primack, Stan Fields, Jack Sanderson, Bernie Skeels, Henry Tabberer, Dick Tudhope, Garry Walker, Dennis West, John Anstey, Alan Barber, Olly Box, Terry Brennan, Steve

Butlin-Smith, Jim Carpenter, Roy Custance, John Daniels, Bob Dann, Gordon Everson, Jack Flowers, Ted Flowers, Ty Gibbons, Mike Gonzales, Alan Howlett, Ron Iron, Colm Kerrigan, Lee Kohn, Keith Lowe, Con Milton, Roger Pearson, Ken Rouse.

This list constitutes the names of past VPH'ers whose addresses I have. If you know of other names and addresses, please send them right away to:

Wayne DuBose
41 Ansley Way
St Ives, Cambs PE17 4SN

VPH All-Time Vets Records

| | | |
|--|----------------|---------|
| 100 | Deric Bareford | 11.2 |
| 200 | Deric Bareford | 22.5 |
| 400 | John Daniels | 53.9 |
| 800 | Keith Lowe | 2:05.2 |
| 1500 | Keith Lowe | 4:13.3 |
| 3000 | Keith Lowe | 9:05.3 |
| 5000 | Keith Lowe | 15:47.9 |
| 10000 | Dave West | 35:07 |
| Mar | Dave West | 2:42:05 |
| 110H(39") | Wayne DuBose | 17.66 |
| 110H(42") | Wayne DuBose | 18.3 |
| 400H | Wayne DuBose | 62.4 |
| 3000SC | Terry O'Neill | 10:25.4 |
| LJ | Wayne DuBose | 5.46 |
| HJ | Wayne DuBose | 1.62 |
| PV | Wayne DuBose | 3.50 |
| SP(16lb) | Wayne DuBose | 11.65 |
| DT(2kg) | Wayne DuBose | 33.34 |
| JT(800g) | Wayne DuBose | 50.52 |
| Pent | Wayne DuBose | 2690 |
| (LJ - 5.46, JT - 51.14, 200 - 24.84, DT - DT, 29.28, 1500 - 5:04.35) | | |
| Dec | Wayne DuBose | 4876 |
| (100-13.04, LJ-5.29, SP-10.07, HJ-1.58, 400-57.43, 110H -17.66, DT-31.14, PV-3.20, JT-48.72, 1500-5:08.44) | | |

These are the records based on information available to me. If anyone has corrections, please let me know so the appropriate person can be

recognised. I don't know of any vets TJ or HT marks.

Committee Meeting Attendance
(9 meetings held Nov 94 - Jul 95)

| | |
|------------------|---|
| Gerry Franey | 9 |
| Roger Daniels | 9 |
| Wayne DuBose | 8 |
| Andy McCourt | 8 |
| Colin Reid | 7 |
| John George | 7 |
| Ron Iron | 6 |
| Frank Massingham | 6 |
| Mick Eldridge | 6 |
| Peter Spencer | 6 |
| Jimmy Edmonds | 5 |
| Richard Newbold | 5 |
| Terry O'Neill | 4 |
| George Dodd | 3 |
| Hanna Robson | 2 |

Ave. # attendees per meeting - 10
Attendance % over all meetings - 67%

Open Letter to Those Aspiring to Be
Committee Mbrs at the October A.G.M.

Dear Club Members,
We're reaching an era in the club's history where our decisions and our efforts will determine the very existence of VPH. I call upon you to stand for election to the committee with the following objectives in mind:

- 1) Aim for a perfect attendance. Of course that's not possible, but aim for it. Make going one Thursday each month to the club your main priority.
- 2) Get involved in the discussions that are raised during each meeting. Sitting quietly month after month doesn't benefit the club and it doesn't benefit yourself either. You could do the same thing sitting at home in front of the TV.
- 3) Come away from each meeting with at least one action item for which you're personally responsible. Committees are usually famous for getting very little achieved, but if each person said, "Here's what I'll do by the next meeting," we'd be in really good shape.

4) Come to the meetings with ideas. Rather than attending meetings to see what business is being generated by others, generate business yourself. The club can only progress with new ideas.

The club still has a very long way to go to achieve the glory days of the past, but it isn't an unachievable goal. I know of clubs which have succeeded due to a single person's drive. The "Power of One" can be a mighty tool. But if we can't have that "One," we can at least synergize from the power of many. We must all do our part, we must continue to improve where possible, we mustn't be content with the status quo, we must aim for excellence. You, as a potential committee member for 1995/6, have the possibilities in your hands to make a difference. When you attend the AGM, raise your hand and say that you want to be on the committee because you're prepared to make that difference, not just because you find the social aspects appealing. If that's the case, we're

VPH NEWS

Victoria Park Harriers
St Augustines Hall
Cadogan Terrace
Hackney
London, E9 5EG

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