

◆ VPH NEWS ◆

Circulation 169

August 1996

VPH Looks to the Future

By all accounts, the 70th Anniversary Dinner was a resounding success with 150 in attendance. Deric Bareford writes about the function later in this magazine. The lion's share of the work needed to pull this off successfully was done by John Daniels. On behalf of the club, thank you, John, for an excellent job. Another successful social event was the annual club barbeque organised by social secretary, Les Vialls, on 10 August. With over 30 members and friends gobbling down the steaks as fast as Andy McCourt could grill them, the day went by very pleasantly.

Richard Newbold, Gary Luff, and Boyd Underwood have written a discourse as they see VPH's future. Their arguments are well thought out, as are their proposals for change. All organisations stagnate without fresh ideas constantly being introduced. They've provided valid food for thought. Digest their comments carefully.

Don't think for a moment however that things are standing still. There are many positive actions occurring. We have at least six members who are scheduled to attend the Basic Coaching course. We've purchased two sets of starting blocks for training and competition and will be buying indoor shot putts in the near future. VPH now has its very own World Wide Web site (details in this magazine) which means anybody with an Internet connection on this planet can learn about this club. More photographs are appearing in VPH News by way of digital technology. The committee has approved hiring transportation for all road and cross-country league races to



Teenager Boyd Underwood was our top Southern League points scorer for 1996

avoid not producing a team on the day due to limited personal transportation (it happened!). Les Vialls and his team are slowly but surely making their way around the club house providing maintenance and aesthetical improvements where necessary. His target at the moment is the main hall.

On the running side, our Ladies continue to grow in numbers, producing quality results along the way. In the Assembly League, we'll reach our Club Objective of finishing at least second overall and, with any luck, we could even pull off our first win. Through a series of work-related travel, illness, and injury, we could rarely get near our best Southern League team, but we completed the season with a 2nd-place finish fielding a team which included several athletes under age 20. See you at the AGM.

Dates To Mark on Your Calendar Now!

- 31 Oct AGM (8:00pm) - VPH HQ
(this is the formal notification)
- 1 Nov Annual Subs Due!
- 7 Dec Club Kids' Xmas Party (£3)
- 19 Dec Club Xmas Party (£3)

Join Us!

On page 14 of this edition, I've listed all 24 Life Members and all 60 active, paid up members. This article is aimed at the remaining 85 recipients of VPH News. If you've let your membership lapse in recent years, rejoin us. We're not going to charge you for the time you were away. If you're from a different era or otherwise, but want to remain in touch, fill out the enclosed membership form and send just £10 (annual fee) to become an honorary member or £40 if you want to become a first or second-claim member and use the facilities. Mail the form and check to Victoria Park Harriers, St Augustine's Hall, Cadogan Terrace, Hackney, London, E9 5EG. There's many reasons you should become a member. The main reason is that you'd be part of a club with a proud heritage. We may not be at the top, but we've had our successes along the way, and we're in the process of building a management and running team for the future. The second reason is that you'd continue to be updated with all the happenings and reminiscences through the club magazine, VPH News. The third reason is that we can use the money as well as your spiritual support. With all sorts of expenditures to maintain the club headquarters, not to mention our need to spend for the future, every penny counts. If you're not one of the 84 Life Members or active members, I urge you to fill out the form today and mail it off. It will become effective 1 November 1996. If you choose not to become part of Victoria Park Harriers, then it is with sad regret that I say goodbye to you. For those who join, I hope to see you before the 75th Anniversary Dinner in 2001!

Richard Bruce Gains Three Wins

Assembly League, Forbanks 2.8M

11 Apr 96

After finishing 2nd and 3rd in the Assembly League over the past couple of seasons, we have high hopes of winning the Assembly League for the first time ever, especially after our successful Chingford League campaign. In this first of a six-race season, we acquitted ourselves well with a 2nd-place finish out of the nine clubs competing. This compares favorably with last year's corresponding effort which saw the A team finish 6th and the B team place 9th.

1	B. Lee (Kent)	14:23
5	D. Wing	14:39
6	R. Newbold	14:46
12	G. Hart	15:19
13	J. Roche	15:20
20	P. Eldridge	15:33
30	G. Luff	15:57
33	T. Daly	16:01
43	T. Lashmar	16:39
91 finishers		

A Team Results (9 teams)

1	Kent	26
2	VPH	36
3	Dulwich	51

B Team Results (7 teams)

1	VPH	126
2	Dulwich	136
3	Kent	142

Assembly League, Blackheath 5K

2 May 96

Congratulations to our four-man A team on winning the second race in the Assembly League series. Although Richard Newbold was slower than his last year's efforts, he still comfortably led the team home in 4th place. Behind him, Terry O'Neill, Jim Roche, and Pete Eldridge improved by 2, 22, and 21 seconds respectively from 1995. Our Kenyan runner, Isaac Njuguna, also ran solidly as our third scorer. Garry Walker continued his return to the racing scene.

1	L. Reilly (Kent)	15:29
4	R. Newbold	16:08
6	T. O'Neill	16:24
9	I. Njuguna	16:26
14	J. Roche	16:34
16	P. Eldridge	16:38
61	G. Walker	19:38
87 finishers		

A Team Results (11 teams)

1	VPH	33
2	Cambridge	57
3	Dulwich	62

B Team Results (7 teams)

1	Dulwich	100
2	Stock Exchange	162
6	VPH	253

Positions After 2 Races

A Team (12 teams)

1	VPH	29
2	Kent	27
3	Cambridge	26
4	Dulwich	26
5	Stock Exchange	22

B Team (7 teams)

1	Dulwich	29
2	Stock Exchange	25
3	VPH	25
4	Dartford	24

Individuals

1	A. Camp (Camb)	48
2	B. Lee (Kent)	43
3	R. Newbold	42
9	J. Roche	25

Southern League (Div 5), Horsham

4 May 96

After finishing 11th last year, VPH has the goal of maintaining or surpassing that position this year. Our opponents in this match included a newly promoted team, Haywards Heath, a newly relegated team, Hercules Wimbledon, and last year's 9th and 13th place finishers, Basingstoke and Eastbourne. On the surface, we were going to finish 2nd, 3rd, or 4th depending on the vari-

ous team strengths and assuming Haywards Heath, as a promoted side, was going from strength to strength. As events transpired, Haywards Heath did win and we were comfortably second by almost 40 points. This was a quality performance by VPH with 12 victories, certainly our most over the last few years. This was also the case with our final points tally of 134 and four clean sweeps in the 3000SC, pole vault, triple jump, and shot putt. Top honours go to Richard Bruce who achieved three victories (including his first A string win for two years) and was the club's highest points scorer of the day with 28. Richard also tossed out a PB in the shot putt. Special mention must also go to Boyd Underwood who also scored a hat-trick of victories, these being his first-ever wins in Southern League competition. Boyd set PBs in the 200 (equal) and 400 (by 0.7). Wayne DuBose surprised himself with the most A string victories of the day for the club winning the shot putt and pole vault with quite useful marks. Wayne and Mick Fitzgibbon continue to dominate the pole vault, clean sweeping again, having done so four times out of four last year. Richard Newbold ran out an easy winner in the 5000, running a PB by 8 seconds not long after covering the 400m hurdles. Well done to Terry O'Neill and Isaac Njuguna on winning both strings of the 3000m steeplechase. Of course Isaac was going to win in his introduction to the event...he's Kenyan! Quote of the day goes to Gary Luff who ran his first-ever track race, the 800, "Officials must think 800m runners are ignorant if they have to ring the bell indicating one lap to go." Now that's a different perspective on something we seasoned runners take for granted. On the way home, I was told the following was part of Andy Wheeler's interview for emigrating to Australia. "Mr Wheeler, do you have a criminal record?" to which Andy replied, "I didn't know you still needed one." The old ones are still the best.

Annie Gammon Establishes Club Assembly League Record

Results

100'A' W. Letman 12.3 (3)
 100'B' M. Fitzgibbon 14.1 (5)
 200'A' W. Letman 25.5 (5)
 200'B' B. Underwood 24.7 (1) =PB
 400'A' B. Underwood 54.2 (2) PB
 400'B' G. Luff 56.0 (2)
 800'A' G. Luff 2:05.1 (2)
 800'B' I. Njuguna 2:15.9 (2)
 1500'A' G. Luff 4:35.5 (3)
 1500'B' J. Roche 4:46.0 (2)
 5000'A' R. Newbold 16:05.7 (1) PB
 5000'B' J. Roche 16:44.1 (2)
 110H'A' R. Newbold 22.1 (4)
 110H'B' M. Eldridge 31.9 (3) Fell
 400H'A' R. Newbold 64.1 (3)
 400H'B' M. Eldridge 75.7 (4)
 3000SC'A' T. O'Neill 10:35.8 (1)
 3000SC'B' I. Njuguna 10:51.2 (1)
 4x100 W. Letman, Wayne DuBose, B. Underwood, Richard Bruce 47.7 (2)
 4x400 R. Bruce (57.5), B. Underwood (54.9), J. Roche (66.2), G. Luff (57.8) - 3:56.4 (3)
 LJ'A' R. Bruce 5.61 (3)
 LJ'B' B. Underwood 5.30 (1)
 HJ'A' R. Bruce 1.65 (2)
 HJ'B' B. Underwood 1.40 (5)
 TJ'A' R. Bruce 11.50 (1)
 TJ'B' B. Underwood 11.44 (1)
 PV'A' W. DuBose 3.40 (1)
 PV'B' M. Fitzgibbon 2.60 (1)
 SP'A' W. DuBose 11.09 (1)
 SP'B' R. Bruce 8.77 (1) PB
 DT'A' W. DuBose 30.16 (3)
 DT'B' R. Bruce 26.20 (1)
 JT'A' W. DuBose 46.46 (2)
 JT'B' R. Bruce 28.02 (3)
 HT'A' R. Bruce 27.68 (3)
 HT'B' M. Fitzgibbon 17.48 (2)

Overall Team Results

1st Haywards Heath	147
2nd VPH	134
3rd Eastbourne	95
4th Hercules Wimbledon	73
5th Basingstoke	52

 J.L. L.C.B.

Southern League, Mile End,

18 May 96

In the previous match, here's how we and today's opponents fared:

Thames Valley Harriers	136	1st
Invicta East Kent	137	2nd
VPH	134	2nd
Barnet & District	102	4th
Hillingdon	084	4th

Based purely on the numbers above, we should have been vying for second spot. However, with Wayne DuBose and Richard Newbold not available, this would be a tougher proposition. By the final event, the 13-man VPH team acquitted itself well finishing just 9 points behind surprise 2nd-place Barnet, but beating Invicta East Kent. On this occasion, victories were a bit harder to come by. Terry O'Neill and Isaac Njuguna excelled by sweeping the 3000SC for the second meet in a row and Mick Fitzgibbon picked up his first-ever A string win in the pole vault, deputizing well for the absent Wayne.

100'A' D. Kosoko 11.8 (3)
 100'B' W. Letman 12.0 (2)
 200'A' D. Kosoko 24.4 (3)
 200'B' W. Letman 24.6 (2)
 400'A' G. Luff 56.9 (3)
 400'B' B. Underwood 55.9 (2)
 800'A' G. Luff 2:12.4 (3)
 800'B' B. Underwood 2:21.2 (2)
 1500'A' J. Roche 4:44.4 (3)
 1500'B' G. Luff 5:02.7 (3)
 5000'A' J. Roche 16:52.6 (3)
 5000'B' P. Eldridge 16:59.2 (2) PB
 110H'A' M. Eldridge 22.1 (4)
 110H'B' J. Chapman 21.3 (2)
 400H'A' J. Chapman 74.4 (5)
 400H'B' P. Eldridge 76.0 (5)
 3000SC'A' T. O'Neill 10:28.1 (1)
 3000SC'B' I. Njuguna 10:56.9 (1)
 4x100 W. Letman, D. Kosoko, L. Bruce, B. Underwood 47.7 (2)
 4x400 G. Luff, J. Loboda, J. Chapman, B. Underwood - 4:01.7 (3)
 LJ'A' L. Bruce 5.86 (2)
 LJ'B' J. Chapman 5.14 (3)

HJ'A' L. Bruce 1.70 (3)
 HJ'B' J. Chapman 1.60 (2)
 TJ'A' L. Bruce 11.28 (4)
 TJ'B' B. Underwood 10.55 (4)
 PV'A' M. Fitzgibbon 2.60 (1)
 PV'B' M. Eldridge 2.20 (2)
 SP'A' J. Chapman 8.07 (5)
 SP'B' R. Bruce 7.93 (3)
 DT'A' R. Bruce 22.30 (5)
 DT'B' M. Fitzgibbon 17.36 (4)
 JT'A' R. Bruce 28.64 (5)
 JT'B' J. Chapman 26.30 (5)
 HT'A' R. Bruce 26.24 (4)
 HT'B' M. Fitzgibbon 17.48 (3)

1st TVH	134
2nd Barnet	116
3rd VPH	107
4th Invicta	105
5th Hillingdon	43

Assembly League, VP 3.5M, 6 Jun 96
by Richard Newbold

Searing heat and illness weakened the VPH A team in the third round of the Assembly League, but with 24 runners in club colours, including 7 ladies, it was a successful evening overall. First to show for the Harriers were Isaac Njuguna and Pete Eldridge who were soon joined at the front of the race by Joe Loboda. Further back in the leading group were Terry O'Neill, Jim Roche, and George Hart. After 3/4 of a mile, Richard Newbold had steadily worked his way through the field and, after an unusually cautious start, led the team at the end of the first lap. Positions stayed fairly constant around the figure-of-eight course as the heat and early pace took their toll. Out of our scorers, only George Hart was able to run faster than last year, shaving 48 seconds off his 1995 time. Richard led the A team for the second time, while Pete Eldridge led the B team for the third consecutive race. The welcome surprise of the night was VPH fielding a 7-woman team, ably led home by Annie Gammon in fifth place who established the inaugural Ladies' Club record for this course.

Boyd Underwood - Man of the Match!

1	J. Houston (Kent)	17:15
(3rd different Kent runner to win this year)		
10	R. Newbold	18:30
18	J. Roche	18:54
19	I. Njuguna	19:00
22	G. Hart	19:08
25	P. Eldridge	19:22
27	T. O'Neill	19:29
33	J. George	20:01
40	T. Lashmar	20:27
41	G. Luff	20:32
51	L. Austin	21:02
57	J. Loboda	21:31
63	G. Tiffany	22:07
69	G. Stewart	22:17
73	G. Walker	22:26
92	R. Daniels	27:19
97	T. Flowers	29:00
99	J. Flowers	32:24
99 finishers, including ladies		

Ladies Results

1	M. Pannett (Dul)	21:42
5	A. Gammon	24:17
6	L. Kempster	25:10
7	J. Mercie	26:11
8	H. Smith	27:05
9	S. Webb	28:05
10	T. Coleman	28:22
11	G. Austin	29:47

A Team Results (11 teams)

1	Kent	22
2	Cambridge	35
3	Stock Exchange	47
4	VPH	69
5	Dulwich	72
6	Eton Manor	128

B Team Results (7 teams)

1	Kent	122
2	VPH	125
3	Dulwich	127
4	Cambridge	191

Ladies Team Results (4 teams)

1	Dulwich	06
2	VPH 'A'	18
3	VPH 'B'	27
4	Kent	28

Positions After 3 Races

A Team (12 teams)		
1	Kent	42
2	VPH	41
3	Cambridge	40
4	Dulwich	37
5	Stock Exchange	35

B Team (7 teams)

1	Dulwich	42
2	VPH	39
3	Kent	37

Ladies (7 teams)

1	Dulwich	29
2	Kent	25
3	VPH	9
4	Dulwich 'B'	9
5	VPH 'B'	8

Individuals

1	A. Camp (Camb)	72
2	B. Lee (Kent)	64
3	R. Newbold	58
9	J. Roche	33

Southern League, Southend, 22 Jun 96

Previous Form (after 2 matches)

7th Verlea	8 pts (241)
8th VPH	7 pts (241)
10th Stevenage	7 pts (227.5)
13th Southend	6 pts (233)
16th Hastings	5 pts (207.5)

With our strongest team, we would have entered this meeting with thoughts of victory. However, this was far from our best team. Not only was Wayne still away in the United States, not only was Richard Newbold still suffering from a strength-sapping virus and unable to compete in his main running events, but we had also lost Richard Bruce to an achilles heel injury. Our field events scoring bore the brunt of DuBose's and Bruce's absence, averaging last place in all 16 competitions. Things looked a lot brighter on the track with six victories out of the 18 individual races, including a 3000SC clean sweep for the third League match in succession. In this

race, Isaac Njuguna knocked over 25 seconds off his best time with Joe Loboda reducing his best by 2.6 seconds. Isaac previously revealed potential over the 400m hurdles by placing 2nd in 63.0. Although not at his best at the moment, Richard Newbold ran the 110m hurdles, covering the distance the second fastest, behind Wayne, over the past three seasons. In just his 3rd Southern League competition ever, Gary Luff joined the ranks of the A string winners, placing first in the 800m. Dean Kosoko was able to add a 100m A string victory to his list, on top of the two 200m A string wins last year. Well done to John George who turned out for the club to secure victory in the B string 1500. Man of the Match belongs to Boyd Underwood who competed in ten events and still managed to win the B string 400.

100'A'	D. Kosoko	11.7 (1)
100'B'	W. Letman	12.3 (3)
200'A'	D. Kosoko	24.3 (2)
200'B'	W. Letman	25.4 (2)
400'A'	G. Luff	56.1 (4)
400'B'	B. Underwood	55.1 (1)
800'A'	G. Luff	2:7.0 (1)
800'B'	J. Loboda	2:22.6 (5)
1500'A'	G. Luff	4:39.3 (3)
1500'B'	J. George	4:39.8 (1)
5000'A'	P. Eldridge	18:13.8 (4)
5000'B'	G. Hart	18:23.8 (4)
110H'A'	R. Newbold	21.0 (4)
110H'B'	M. Eldridge	22.4 (5)
400H'A'	B. Underwood	65.2 (3)
400H'B'	I. Njuguna	63.0 (2)
3000SC'A'	I. Njuguna	10:25.7 (1)
3000SC'B'	J. Loboda	11:25.0 (1)
4x100	(G. Luff, B. Underwood, W. Letman, D. Kosoko)	- 48.1 (3)
4x400	B. Underwood (55.4), W. Letman (56.9), D. Kosoko (55.1), G. Luff (57.1)	- 3:44.5 (3)
LJ'A'	B. Underwood	5.37 (5)
LJ'B'	R. Newbold	4.82 (4)
HJ'A'	B. Underwood	1.40 (5)
HJ'B'	R. Newbold	1.40 (3=)
TJ'A'	B. Underwood	10.89 (5)

Isaac Njuguna Leads Us Home In Assembly League

TJ'B' R. Newbold	9.62 (5)
PV'A' M. Eldridge	2.60 (4)
PV'B' P. Eldridge	0.85 (5)
SP'A' M. Eldridge	6.77 (5)
SP'B' B. Underwood	6.65 (5)
DT'A' B. Underwood	15.06 (5)
DT'B' M. Eldridge	14.24 (5)
JT'A' B. Underwood	21.28 (5)
JT'B' M. Eldridge	12.82 (5)
HT'A' P. Eldridge	13.90 (5)
HT'B' M. Eldridge	10.76 (5)

1st Southend	130.5
2nd Hastings	113
3rd Stevenage	111.5
4th Verlea	97.5
5th VPH	86.5

An analysis after 3 matches shows that on the track, we're the 8th best club out of 25, 13th in the jumps, and 22nd in the throws.

Vets AC Champs, 5.2M, Battersea
25 Jun 96

M40	
Winner	27:01
4th T. O'Neill	28:52
5th G. Hart	29:07

Assembly League, Blackheath 5K
4 Jul 96

Once again, we finished in fourth place but managed to hold on to overall second place, albeit now tied with Cambridge. With a healthy Richard Newbold, we would have finished second without question, but that's how it goes in the running game. Isaac Njuguna had the honour of leading the club home for the first time ever by finishing in 9th place. George Hart was the only VPH'er to show timed improvement from the past three races at Blackheath, running 15 seconds faster than last year. For the fourth race in a row, Pete Eldridge led the B team runners. Annie Gammon was our first lady home finishing fourth in 21:15, an inaugural Ladies' Club Record.

1 D. Awil (Kent)	15:31
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(4th different Kent runner to win this year)

9 I. Njuguna	16:30
14 J. Roche	16:39
19 T. O'Neill	16:57
20 G. Hart	16:57
23 P. Eldridge	17:09
33 T. Lashmar	17:41
35 R. Vialls	17:42
38 G. Luff	17:56
57 J. French	19:07
60 A. McCourt	19:33
62 G. Walker	19:37

90 finishers, including ladies

Ladies Results

1 M. Loftus (Dul)	19:33
4 A. Gammon	21:15
5 L. Kempster	21:16

A Team Results (11 teams)

1 Kent	14
2 Dulwich	56
3 Cambridge	60
4 VPH	62
5 Dartford	107

B Team Results (8 teams)

1 Dulwich	107
2 Kent	117
3 VPH	129
4 Cambridge	226

Ladies Team Results (4 teams)

1 Dulwich	11
2 VPH 'A'	17
3 Kent	18
4 Eton Manor	22

Positions After 4 Races

A Team (12 teams)

1 Kent	57
2 VPH	53
3 Cambridge	53
4 Dulwich	51
5 Stock Exchange	45

B Team (8 teams)

1 Dulwich	57
2 VPH	52
3 Kent	51

Ladies (7 teams)

1 Dulwich	39
2 Kent	33
3 VPH	18
4 Eton Manor	14
5 Dulwich 'B'	9
6 VPH 'B'	8
7 Forbanks	6

Individual Men

1 B. Lee (Kent)	88
2 A. Camp (Camb)	72
7 R. Newbold	58

Individual Ladies

1 M. Pannett (Dul)	30
5 A. Gammon	13
7 L. Kempster	11

Southern League, Thurrock, 13 Jul 96

Previous Form (after 3 matches)

2nd Tower Hamlets	15 pts (397)
4th Thurrock	13 pts (387)
12th Dacorum & Tring	10pts (315.5)
13th West Norfolk	10pts (311.5)
15th VPH	8pts (327.5)

A quick glance at the form chart, coupled with the fact that we were short a couple of Richards (I'm sure there's a joke in there somewhere)...Newbold and Bruce, suggested that we were heading for last place in this meeting. Matters were made worse by the fact that we didn't pick up our first win in the meeting until quite late when Boyd Underwood took the B string 200, his 5th victory of the season. However, a solid eight 2nd place finishes on the track, coupled with 2 wins on the field, allowed us to squeak by West Norfolk at the end of the day. On the track, Isaac Njuguna continued his relentless improvement finishing as runner-up with personal bests in both the 400m hurdles and the 3000m steeplechase. In the field events, Jay Chapman competed in seven events and was rewarded with 3rd place in the B string triple jump and also a couple of personal bests in the shot putt (previous best - 8.07) and the javelin (previous best - 26.30). Having

Isaac - Club 10 Mile Champ!

just returned from two months and no training in the States, Wayne DuBose had a day of highs and lows. He started off by straining a groin in the shot putt, followed that by no heighting in the pole vault, and completed his hat-trick by falling in the 110m hurdles. Fortunately, his competitive juices finally began to flow as he secured victory in the javelin with his final throw (over a Tower Hamlets athlete) and followed that up with a discus victory in what he didn't realize at the time was a new Club Vets record, beating his last year's mark by 48 centimetres. For his return from the dregs of athletics performance, Mick Eldridge awarded him the Tough of the Track award.

100'A' D. Kosoko 12.1 (2)
 100'B' M. Fitzgibbon 14.8 (5)
 200'A' D. Kosoko 24.5 (2)
 200'B' B. Underwood 24.8 (1)
 400'A' B. Underwood 54.9 (3)
 400'B' G. Luff 56.9 (2)
 800'A' G. Luff 2:7.2 (5)
 800'B' J. Roche 2:18.9 (5)
 1500'A' J. Roche 4:35.4 (2)
 1500'B' T. Lashmar 5:37.0 (5)
 5000'A' P. Eldridge 17:39.2 (2)
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 110H'A' W. DuBose 28.6 (5) Fell
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 400H'A' I. Njuguna 61.5 (2) PB
 400H'B' T. O'Neill 75.4 (5)
 3000SC'A' I. Njuguna 10:21.5 (2) PB
 3000SC'B' T. Lashmar 11:59.8 (3)
 4x100 G. Luff, B. Underwood, W. DuBose, D. Kosoko - 48.5 (4)
 4x400 B. Underwood (54.83), G. Luff (56.91), D. Kosoko (54.80), M. Fitzgibbon (62.61) - 3:49.2 (4)
 LJ'A' J. Chapman 5.37 (5)
 LJ'B' B. Underwood 5.21 (3)
 HJ'A' J. Chapman 1.55 (5)
 HJ'B' W. DuBose 1.40 (4)
 TJ'A' B. Underwood 11.43 (4)
 TJ'B' J. Chapman 10.89 (3)
 PV'A' M. Fitzgibbon 2.80 (3)
 PV'B' W. DuBose NHC (-)

SP'A' W. DuBose 10.56 (3)
 SP'B' J. Chapman 8.48 (4) PB
 DT'A' W. DuBose 33.82 (1)
 DT'B' J. Chapman 15.08 (5)
 JT'A' W. DuBose 49.62 (1)
 JT'B' J. Chapman 26.96 (4) PB
 HT'A' M. Fitzgibbon 15.78 (5)
 HT'B' J. Chapman 14.90 (4)

1st Tower Hamlets	113
2nd Thurrock	111
2nd Dacorum & Tring	111
4th VPH	091
5th West Norfolk	089

Club 10 Mile Road Championship 21 Jul 96

Congratulations to Isaac Njuguna who won his first club championship ahead of defending champion, George Rutten. This had a true flavour of international running with the Kenyan finishing ahead of the Dutchman. Newcomer Richard Onslow ran well for 3rd place with Joe Loboda covering the distance 1:41 faster than last year.

1st Isaac Njuguna	(11:31, 22:52, 34:21, 45:52, 57:06)
2nd George Rutten	(11:33, 23:13, 34:42, 46:08, 58:01)
3rd Richard Onslow	(11:33, 23:22, 35:32, 47:56, 60:14)
4th Joe Loboda	(11:39, 24:44, 38:02, 50:58, 63:33)
5th Tony Lashmar	(11:39, 23:38, 37:00, 50:48, 63:51)
6th Graeme Tiffany	(11:40, 24:52, 38:13, 51:51, 65:23)
7th M. Wheeler	(14:26, 30:00, 46:16, 62:44, 78:03)
DNF Andy McCourt	(13:11, 26:43)
DNF Roger Daniels	(14:33, 33:46)

Sweatshop 5K, Finsbury Park, 23 Jul 96

1st A. Aden (WG)	15:30
8th George Hart (VPH)	17:24

Vets AC Meet, Battersea, 24 Jul 96

3000 Terry O'Neill 9:39.7 (3rd)

Ilford 5M, 24 Jul 96

1st Winner	24:49
14th Isaac Njuguna (hilly course)	28:35

Assembly League, VP 3.5M, 1 Aug 96 by Richard Newbold

A VPH team without Jim Roche, Isaac Njuguna, George Hart, Barry McKenna, and Gary Luff, and with Richard Newbold still recovering from illness, wouldn't normally be expected to do well in the highly competitive Assembly Road Racing League, but those athletes who were competing more than made up for their teammates' absences with a double victory in the fifth fixture of the six-race series. Early to show for the Harriers were the fast-starting Peter Eldridge and Team Captain Terry O'Neill, followed closely by George Rutten and newcomer Richard Onslow, with Joe Loboda and Richard Newbold further back. At the apex, Peter and Terry opened up a small gap over George and Richard O. with Richard N. slowly making his way through the field. At the finish, Peter came home as the first Harrier in ninth position, his best ever finish (and finally breaking away from being first B team runner on his fifth attempt), with Terry O'Neill tenth, the fast-finishing Richard Onslow eleventh and George Rutten twelfth, with only eleven seconds separating the four 'A' team scorers. The 'A' team won the team competition by 14 points from Dulwich Runners with league leaders Kent AC relegated to third on the day. This leaves VPH two points behind Kent AC with one race remaining. Steady running by Richard Newbold gained him three places in the last half-mile including two of Dulwich Runners' 'A' Team scorers to give him an encouraging thirteenth position in his first race back after a prolonged lay-off due to a viral infection. Veteran Ron Vialls put in an excellent run in 24th position in his first race back after a serious foot injury with Joe Loboda 28th and Tony Lashmar 29th completing the

Dean Kosoko Wins Sprint In Southern League

'B' team which also won from Dulwich Runners, consolidating our second place in the 'B' team competition. In the ladies' section, Liz Kempster moved up into fifth position in the individual standings, removing 9 seconds from Annie Gammon's club league course record. The ladies' team retain 3rd place ahead of rivals Eton Manor.

1	M. Bumstead (SE)	17:42
(finally, a non-Kent runner won)		
9	P. Eldridge	18:47
10	T. O'Neill	18:50
11	R. Onslow	18:56
12	G. Rutten	18:58
13	R. Newbold	19:00
24	R. Vials	19:46
28	J. Loboda	19:59
29	T. Lashmar	20:02
76	M. Wheeler	24:15
83	R. Daniels	26:14

Ladies Results

1	M. Pannett (Dul)	20:42
8	L. Kempster	24:08

A Team Results

1	VPH	42
2	Dulwich	56
3	Kent	63

B Team Results

1	VPH	94
2	Dulwich	99
3	Eton Manor	164

Ladies Team Results

1	Dulwich	7
5	VPH	36

Positions After 5 Races

A Team (12 teams)

1	Kent	70
2	VPH	68
3	Cambridge	65
4	Dulwich	65

B Team (8 teams)

1	Dulwich	71
2	VPH	67

3	Kent	62
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Ladies (7 teams)

1	Dulwich	49
2	Kent	42
3	VPH	24
4	Eton Manor	22

Southern League, Worthing, 3 Aug 96

Previous Form (after 4 matches)

8th Fleet & Crookham	14.5pts (447.5)
16th VPH	10.0pts (418.5)
17th Ealing	10.0pts (397.5)
18th Worthing	9.5pts (412.5)
19th Bracknell	8.0pts (332.0)

Continuing to lack the services of Richard Newbold and Richard Bruce, last place seemed a distinct possibility going into this meeting. However, once again, with some solid placings (four wins, six 2nd places, and 11 3rd places), we managed to keep out of the basement position. Isaac Njuguna got us off to a winning start in the 400m hurdles A race. Judging his race well, he overtook the leader who faltered at the first hurdle in the home straight. In the very next A race, the 100m, Dean Kosoko, doubled his Southern League sprint victories this year with a good win. This was despite false starting at the first attempt and stumbling on the second. Dean finished off his day nicely with a 53.17 leg in the 4x400. Terry O'Neill made a fine contribution by first placing as runner-up in the 5000 A race, and then winning the 3000SC B race. Tony Lashmar continued his improvement by taking a massive 43.5 seconds off his best for the 1500 and Keith Lowe, who came to London to attend christenings but was commandeered for Southern League duties, was pleasantly surprised at breaking 5 minutes in the same race. In the field events, star of the day was Boyd Underwood who, after leading through the start of five rounds in the triple jump, found himself in second place by the end of the round. His

competitive spirit was evident as he bounded to a new personal best and victory, number six of the season for him. We welcomed two 16-year-old youngsters into the mix, Dave Johnson (son of Johnny Johnson, club member of the 1970s) and Dan Henderson. Dan did well to place 3rd in the triple jump with 10.40. Wayne DuBose was having one of his flattest days over the past four seasons. This was the first meet in three years in which he didn't pick up at least one victory. He had his opportunity in the pole vault, but no-heighted for the second meet in succession. His clearance would have got us overall second place on the day, instead of the eventual fourth place. If nothing else, the fact that we were so close shows that, with the right mix of athletes, we have a halfway decent team. Tough of the Track award went to Isaac Njuguna.

100'A'	D. Kosoko	11.6 (1)
100'B'	W. Letman	12.2 (3)
200'A'	W. Letman	25.1 (4)
200'B'	B. Underwood	25.0 (3)
400'A'	B. Underwood	54.8 (3)
400'B'	G. Luff	56.8 (3)
800'A'	G. Luff	2:9.8 (3)
800'B'	J. Loboda	2:20.1 (4)
1500'A'	T. Lashmar	4:53.5 (5)
1500'B'	K. Lowe	4:57.3 (3)
5000'A'	T. O'Neill	16:44.9 (2)
5000'B'	S. Eldridge	18:27.9 (4)
110H'A'	W. DuBose	19.7 (3)
110H'B'	M. Eldridge	21.8 (2)
400H'A'	I. Njuguna	62.4 (1)
400H'B'	M. Eldridge	76.9 (4)
3000SC'A'	I. Njuguna	10:26.1 (2)
3000SC'B'	T. O'Neill	11:08.9 (1)
4x100	W. DuBose, B. Underwood, W. Letman, D. Kosoko	- 47.2 (3)
4x400	B. Underwood (56.68), W. Letman (58.38), D. Kosoko (53.17), G. Luff (56.59)	- 3:45.0 (4)
LJ'A'	B. Underwood	5.52 (3)
LJ'B'	D. Johnson	3.64 (5)
HJ'A'	D. Henderson	1.40 (5)
HJ'B'	D. Johnson	1.10 (3=)
TJ'A'	B. Underwood	11.90 (1) PB

Mick Eldridge Gains First Ever 110m Hurdle Win

TJ'B' D. Henderson 10.40 (3)
 PV'A' M. Fitzgibbon 2.60 (2)
 PV'B' W. DuBose NHC (-)
 SP'A' W. DuBose 10.45 (2)
 SP'B' C. Carter 8.44 (4)
 DT'A' W. DuBose 29.78 (4)
 DT'B' M. Fitzgibbon 16.88 (4)
 JT'A' W. DuBose 46.10 (2)
 JT'B' M. Fitzgibbon 25.28 (5)
 HT'A' C. Carter 19.72 (5)
 HT'B' M. Fitzgibbon 16.74 (4)

1st Fleet & Crookham	129.5
2nd Worthing & District	102
3rd Ealing, Southall, & Mddsx	99.5
4th VPH	98.5
5th Bracknell	96.5

Sweatshop 5K, Finsbury Park, 6 Aug 96

SM 1st A. Aden (WG) 15:23
 M40 1st George Hart (VPH) 17:55

Orion 10 x 1 Mile Relay, 6 Aug 96

Gary Luff (5:32), George Rutten (5:34), Isaac Njuguna (5:21), R. Newbold (5:21), T. Lashmar (5:51), Richard ? (5:32), G. Luff (5:32), G. Rutten (5:35), I. Njuguna (5:31), R. Newbold (5:23)
 Team finished 5th in 55:12

Woodford Green Open Meet, 14 Aug 96

200m Chris Lawn 29.0
 400m Chris Lawn 62.6

Vets AC Meet, Battersea Pk, 14 Aug 96

3000m Terry O'Neill 9:39.5 (1st)

Southern League, Abingdon, 17 Aug 96

Previous Form (after 5 matches)
 7th Oxford 19pts (584.5)
 10th Bexley Borough 17pts (590.5)
 17th VPH 12pts (517.0)
 21st Medway 9pts (396.5)
 25th Plymouth 7pts (297.0)

With Winston Letman, Isaac Njuguna, Mick Fitzgibbon, Richard and Lee Bruce, and Jim Roche not available, we thought we still would have a good shot at third place if we filled all the events. We got off to a great start with Richard

Newbold, still lacking fitness due to recent illness, winning the 400 hurdles A string race. He was ably backed up by young 16-year-old Danny Henderson who placed runner-up in the B race. In Dean Kosoko's 100m race, the starter's recall pistol went off so soon after his starting pistol that four of the five sprinters didn't realise a recall had occurred and raced the complete distance with Dean crossing the line first. They were allowed a brief respite while the B string race took place. Fortunately, Dean was able to carry his form (and stamina) into the second race which he also won in the fastest time in the club this year. He followed up later in the day with another convincing win in the 200, again with the best time of the year by a VPH athlete. Mick Eldridge continued our winning ways by gaining his first-ever 110m hurdle victory. Well done, Mick! Joe Loboda ran a gutsy race in the 800m. Although not gifted with natural speed, he put everything he had into it and was up with the leaders with 200 to go. He died a horrible death over the last furlong, but as the saying goes, "Better to have tried and died, then not tried at all." For his next 100% "give it everything" effort, Joe was in a titanic struggle with another runner in the 3000 steeplechase B race. That Joe's opponent was tagging behind him seemed to indicate Joe might lose down the home straight, but he dug in hard and held off his opponent to gain his second 3000SC B string win of the year. If we had our Tough of the Track trophy still, my vote would have gone to Joe. However, in the previous match, Isaac Njuguna was selected as Tough of the Track and received the trophy to hold. Unfortunately, I don't think anybody ever explained to him that the trophy must be handed in by the next Southern League meeting. Not only that, but his visa ran out three days before this match, and he had to return to his native homeland. The trophy probably

sits on a Kenyan mantelpiece as you read this. We hope Isaac will be able to return, but we're not sure. In the field events, as Keith Lowe had been commandeered to represent the club at the previous match, so it was for visiting Steve Mahon. Steve was introduced to the hammer throw and the discus on this day. Steve asked me if his 1:53.9 for 800m set in 1988 in the Southern Counties Championships was a club junior record. I explained that the period from mid 1986 to early 1994 are the "Dark Ages" of the club's history with very few results available for that period. To assist in that area, Terry Adams kindly gave me Southern League results for 1988. Steve is going to dig into his records to get all the necessary information. His time, if confirmed, does indeed beat Larry Mangleshot's 1:54.5 record. Boyd Underwood gained yet another victory this year with a good leap in the triple jump. Third time lucky for Wayne DuBose who cleared a height in the pole vault after no-heighting in the previous two meetings. Wayne returned to his winning ways in the javelin. Two important things happened in this meeting for VPH. Firstly, we finished second beating tenth-placer Bexley even though we were missing the six athletes mentioned in the first sentence. This result will give us a certain impetus for next year. More importantly, we fielded six teenagers: Boyd Underwood, Dave Johnson, Dan Henderson, Shatner Wilson, Chris Mensah, and Simon Shiels. With the right nurturing and the right training, these lads represent our future. Whoever takes responsibility for their well-being in the club is also taking responsibility for how well we do in track and field from next year onwards.

100'A' D. Kosoko 11.5 (1)
 100'B' C. Mensah 12.6 (3)
 200'A' D. Kosoko 23.6 (1)
 200'B' C. Mensah 25.7 (4)

Boyd Underwood - Top Southern League Scorer

400'A' B. Underwood 55.7 (2)
 400'B' D. Henderson 63.5 (3)
 800'A' G. Luff 2:13.7 (3)
 800'B' J. Loboda 2:21.8 (4)
 1500'A' G. Luff 4:36.7 (2)
 1500'B' D. Johnson 6:03.6 (4)
 5000'A' R. Newbold 16:52.8 (3)
 5000'B' T. O'Neill 16:56.8 (2)
 110H'A' W. DuBose 18.9 (2)
 110H'B' M. Eldridge 22.4 (1)
 400H'A' R. Newbold 66.1 (1)
 400H'B' D. Henderson 72.2 (2)
 3000SC'A' T. O'Neill 11:04.7 (2)
 3000SC'B' J. Loboda 11:32.2 (1)
 4x100 B. Underwood, C. Mensah, S. Shiels, D. Kosoko - 50.6 (3)
 4x400 B. Underwood (56.41), C. Mensah (64.35), S. Wilson (61.00), G. Luff (59.00) - 4:00.7 (3)
 LJ'A' B. Underwood 5.54 (2)
 LJ'B' S. Wilson 4.93 (2)
 HJ'A' S. Wilson 1.50 (3)
 HJ'B' D. Johnson 1.00 (2=)
 TJ'A' B. Underwood 11.74 (1)
 TJ'B' D. Henderson 9.36 (3)
 PV'A' W. DuBose 3.20 (2)
 PV'B' M. Eldridge 2.20 (2)
 SP'A' W. DuBose 10.75 (2)
 SP'B' M. Eldridge 6.31 (5)
 DT'A' W. DuBose 32.54 (2)
 DT'B' S. Mahon 17.22 (3)
 JT'A' W. DuBose 45.60 (1)
 JT'B' S. Wilson 13.24 (5)
 HT'A' S. Mahon 16.56 (4)
 HT'B' M. Eldridge 14.02 (4)

1st Oxford 144
 2nd VPH 124.5
 3rd Bexley Borough 117.5
 4th Medway 77.5
 5th Plymouth 48.5

Final Positions
 1st Thames Valley Harriers 30 (800)
 2nd Tower Hamlets 29 (803)
 16th VPH 16 (641.5)

To get fifth place, and therefore promotion, we needed to average 121.4 points per match. Our three best results gave us an average score of 121.8.

Southern League Summary

Taking all six meetings into account, here's the average mark per event with the average position and comparing to last year as well.

	<u>1996 'A'</u>	<u>1995 'A'</u>
100	11.8 (2)	12.3 (3)
200	24.6 (3)	25.8 (3)
400	55.4 (3)	62.4 (4)
800	2:9.2 (3)	2:11.2 (4)
1500	4:40.8 (3)	4:23.8 (3)
5000	17:04.8 (3)	16:40.1 (2)
110H	22.1 (4)	19.2 (2)
400H	65.6 (3)	66.3 (3)
3000SC	10:33.7 (2)	10:42.5(3)
4x100	48.3 (3)	51.0 (4)
4x400	3:52.9 (3)	— (4)
LJ	5.55 (3)	5.74 (2)
HJ	1.53 (4)	1.62 (3)
TJ	11.46 (3)	11.46 (3)
PV	2.87 (2)	3.02 (1)
SP	9.61 (3)	10.83 (2)
DT	27.28 (3)	31.01 (2)
JT	39.62 (3)	44.80 (2)
HT	19.98 (4)	23.63 (3)

	<u>1996 'B'</u>	<u>1995 'B'</u>
100	13.0 (4)	12.9 (4)
200	25.0 (3)	28.0 (4)
400	57.4 (2)	61.9 (4)
800	2:20.1 (4)	2:16.5 (4)
1500	5:11.1 (3)	4:35.9 (3)
5000	17:31.9 (3)	17:58.4(3)
110H	23.8 (3)	21.9 (3)
400H	73.2 (4)	71.3 (3)
3000SC	11:09 (1)	11:49.6 (3)
LJ	4.84 (3)	4.67 (3)
HJ	1.32 (3)	1.48 (2)
TJ	10.37 (3)	10.79 (3)
PV	1.31 (3)	2.50 (1)
SP	7.76 (4)	7.78 (4)
DT	17.83 (4)	23.49 (2)
JT	22.10 (5)	24.82 (4)
HT	15.23 (4)	16.99 (3)

Competitors Per Match
 11 - 14 - 11 - 12 - 16 - 14
 (28 different competitors this year, 28 in 1995, 26 in 1994)
 # Victories Per Match

12 - 3 - 6 - 3 - 4 - 7
 35 this year, 34 in 1995, 33 in 1994

Most Individual Appearances (6 max)

Boyd Underwood	6
Gary Luff	6
Mick Eldridge	6
Isaac Njuguna	5
Terry O'Neill	5
Dean Kosoko	5
Winston Letman	4
Mick Fitzgibbon	4
Wayne DuBose	4
Joe Loboda	4

Most Events Competed In (incl. relays)

	<u>1996</u>	<u>1995</u>
B. Underwood	39	9
G. Luff	23	0
W. DuBose	23	30
D. Kosoko	17	9
M. Eldridge	17	13
W. Letman	14	0
J. Chapman	14	9
M. Fitzgibbon	14	11
R. Bruce	13	34
R. Newbold	9	16
I. Njuguna	9	0
T. O'Neill	8	4
J. Roche	7	9
P. Eldridge	6	2
J. Loboda	6	8

Most Points Scored 1996 1995

B. Underwood	84	29
W. DuBose	67	128
G. Luff	48	0
I. Njuguna	40	0
D. Kosoko	38	35
M. Eldridge	38	37
R. Bruce	35	108
M. Fitzgibbon	33	39
T. O'Neill	32	10
R. Newbold	26	53
J. Chapman	26	22
W. Letman	24	0
J. Roche	19	22
J. Loboda	15	20
P. Eldridge	12	5

(Points gained in relays not used)

All Victories This Year (35)

12 VPH'ers Win In Southern League During 1996

	A	B
W. DuBose	5	0
D. Kosoko	4	0
B. Underwood	2	5
I. Njuguna	2	2
T. O'Neill	2	1
R. Newbold	2	0
R. Bruce	1	2
M. Fitzgibbon	1	1
G. Luff	1	0
J. Loboda	0	2
M. Eldridge	0	1
J. George	0	1

Last year, 8 athletes won 34 times.

VPH Dream Team Based On 1996 Match Results (Bolded indicates best mark over past three seasons)

'A' String

100	D. Kosoko	11.5
200	D. Kosoko	23.6
400	B. Underwood	54.2
800	G. Luff	2:05.1
1500	J. Roche	4:35.4
5000	R. Newbold	16:05.7
110H	W. DuBose	18.9
400H	I. Njuguna	61.5
3000SC	I. Njuguna	10:21.5
LJ	L. Bruce	5.86
HJ	L. Bruce	1.70
TJ	B. Underwood	11.90
PV	W. DuBose	3.40
SP	W. DuBose	11.09
DT	W. DuBose	33.82
JT	W. DuBose	49.62
HT	R. Bruce	27.68
4x100	WD, BU, WL, DK	47.2
4x400	BU (54.2), WL (56.9), GL (56.0), DK (53.17) -	3:40.27

(400 times are bests over whole season)

B' String

100	W. Letman	12.0
200	W. Letman	24.6
400	G. Luff	56.0
800	I. Njuguna	2:15.9
1500	G. Luff	4:35.5
5000	J. Roche	16:44.1
110H	R. Newbold	21.0
400H	R. Newbold	64.1
3000SC	T. O'Neill	10:28.1
LJ	R. Bruce	5.61

HJ	R. Bruce	1.65
TJ	R. Bruce	11.50
PV	M. Fitzgibbon	2.80
SP	R. Bruce	8.77
DT	R. Bruce	26.20
JT	R. Bruce	28.64
HT	C. Carter	19.72

Let there be no doubt about it...Richard Bruce's presence was sorely missed after the second Southern League meeting. Get well, Richard.

What's the Future for Victoria Park Harriers?

The club's performances in the Southern League have something of a Jekyll and Hyde quality about them. Our position after three League matches in Division Five (15th out of 25) belies our very good position with respect to the track (8th), as opposed to our relatively poor performances in the field. Admittedly, with Wayne DuBose, the Bruce brothers, Mick Fitzgibbon and Jay Chapman, we do have a potentially good field side. However, absence of these key team members, as occurred at Southend-on-Sea, reveals our complete lack of strength in depth. Wayne in particular competes in so many events that with the possibility of his being posted back to the States, we're in imminent danger of further decline.

Should the club continue to enter a team in the Southern League? The answer to this depends on the level at which we compete. If the club continues in Division Five, and has no realistic aspiration to reach a higher position, then the answer is *no*. The problem is that many of our athletes are not competing at a level which reflects their ability. This season the average winning time for the 400m, in Division 5, is 53.7 whilst that in Division 4 is 52.2 and this is the sort of time that Boyd Underwood will be running next season. In a similar vein, the fast improving Gary Luff will require the

additional challenge of the higher division in order to keep up the momentum of his first track season. In addition, we have several middle distance athletes capable of performing at a higher level, including Terry O'Neill, Isaac Njuguna, Jim Roche and Richard Newbold. Three clean sweeps in the steeplechase in the first three meetings, without an appearance by our fastest athlete, are clear enough evidence.

Any athlete wanting to improve needs the spur given by quality competition and while open meetings are useful, they are no real substitute for a race that really matters. Some people may believe that this seems to be putting too much emphasis on the track; after all, we do well in the Chingford Cross Country League and the Assembly Road Racing League. Nevertheless, a good track side is vital to our success on the roads and over the country as this year's Assembly League results confirm. We can't compete with an average team from Kent A.C., let alone their strongest, because we don't have enough athletes capable of making the top ten. We stand half a chance if Danny Wing turns out as a second-claim runner, in much the same way as we used to stand a chance of winning if Chris Brogan or Larry Mangleshot did the same. All three are great runners who've left the club in order to improve their running. There have been complaints about Danny going to Woodford Green, but his move was understandable. There aren't sufficient athletes of high enough quality for him to train with at Victoria Park anymore. Woodford Green has a good coaching set-up and offers the opportunity of competition in the British League as well as Division One of the Southern League. Woodford also offers participation in two cross country leagues and the 12-stage relays and hence is attractive to any athlete wishing to improve.

“The Way Forward”

While we compete at a low level and offer little in the way of coaching, it's difficult to attract quality athletes. When a friend of Richard Newbold's rang him up to ask about a club to join in London, Richard felt obliged to direct him towards other clubs rather than Victoria Park and so we missed out on an athlete who finished in the top 60 of the Southern Counties Cross Country Champs. If we had the set-up we need, Richard would have tried his hardest to bring this or any other athlete here.

Track and field athletics should be the main activity of the club and not the side issue it is at present. No one wants us to give up on the track, least of all the athletes themselves, but we must improve the track and field side in order to win the Chingford League more than once every 31 years. The question is, how? We need to recruit more athletes, including field event competitors. This requires effort and planning:

- 1. Raise the profile of the club**
- 2. Forge links with local youth clubs and schools**
- 3. Organise a coaching scheme and implement regular training sessions**
- 4. Arrange low key races, school races, and introductory events**
- 5. Talk to Tower Hamlets and Hackney Councils to discover how we can help each other**

We should use direct advertising via the local press focused on particular events. To this end, we could perhaps institute competitions such as “East London's strongest person/fastest person.” This would be an open challenge to unattached athletes, in a variety of age and sex categories, to compete for small prizes and free membership (for one year) of

the club. The format would be a 150m sprint for the fastest person and shot putt for the strongest. We could also incorporate a mile race and a jump too and approach local businesses for sponsorship and get press coverage.

Race organisation and competition in general will gain us vital publicity but also gives athletes essential goals; this is especially important if we are to attract young athletes and keep them interested. At present, our age profile is alarming. Currently, we have one athlete under twenty and only a handful still in their twenties. From time to time, people do drop into the club and join, but these have been more than outweighed by those who drift away. It is paramount that we have a constant stream of new competitors joining the team and that we continually revitalise our squad. In addition, healthy competition would drive people to greater achievement and avoid the necessity of people competing in more than one or two events each in the Southern League.

The question of school age athletics is complicated and needs a fairer hearing than we gave it at last year's AGM. We need to be in contact with local schools, but we must have something to offer them. School Hall Athletics in the winter for U11, U13 and U15 boys and girls and the Young Athletes' Track and Field Leagues, in the summer, provide athletic competition all year round. In addition, there are opportunities for cross country races in the Chingford League and in Schools races in and around London. Both Orion and Loughton organise schools races and are able to choose which juniors they approach, such is the interest. One possibility would be to hire Mile End Track: exclusive hire for one evening a week for a whole year would cost £1500. The club could invite local schools to come down and provide coaching with the help of teachers and parents. Gary Luff has discussed this

possibility with one school and they are “very interested.” We could establish a young athletes' team under the VPH banner and this would lead, in time, to more athletes at the senior level. However, we need to be fully committed to organising training for these children and this brings us to the question of coaching.

The British Athletic Federation says that “any club worth its salt must have coaching in running, the jumps, and throws.” Currently, we don't really have any and just muddle by with athletes doing what they feel like rather than following any planned routine. The benefits of coaching can be observed for those athletes who regularly train at Mile End Stadium under Terry Adams or John Sullivan but we don't have anyone doing a similar job for us. So how can we get coaching? We should encourage club members to take the Club Coach Grade 1 badge (basic coaching). This option is very cheap but will not provide us with the expertise we need *now* for the technical events. Therefore, we also need to hire coaches for throws, jumps, and hurdles at least.

Ideally, we would employ one highly experienced chief coach for two hours per week in winter and four hours per week in the summer with two other club coaches in the summer months for when demand is greatest. Assuming a pay rate of £15 p.h. for the senior coach and £10 p.h. for the club coaches, this would come to a total of about £3000 p.a.. To this, the cost of advertising and the extra equipment required - throwing implements, starting blocks, etc. must be added but much of this vital investment is a one-off expense. Therefore, it is proposed that we should immediately form a sub-committee to initiate and supervise this coaching scheme.

So how can a club of only 60 members afford all this? Currently, the income from the cottage is £4450 and this could fairly be raised to £5000. A

Newbold and Boyd Achieve Academic Excellence

rent of £100 *per* week for a detached house on the edge of Victoria Park is a bargain by any standards. The intention of the Trust which gave us St. Augustine's Hall was to promote participation in athletic sports by the local populace and the income gained from the cottage should be used to this end. We also have an income from subscriptions of well over £2000. The current annual subscription could be increased to £50, with concessions paying £25. This would still provide outstanding value for money (less than £1 per week, *i.e.* still less than a pint) and increase club income by £500 at current membership levels. However, we would increase membership by providing additional facilities and therefore money invested in coaching will give a financial return as well as improve results on the track.

We don't believe the club will be liable for all of this additional expense. The role of the club in assisting school sport and in improving the opportunities for local people should gain us assistance from the local councils. Also, with the City and Docklands being right on our doorstep, we should be looking for sponsorship and financial aid. We should form another sub-committee to bring funds into the club. Despite all the excellent work which has been carried out recently, the clubhouse remains a drain on our finances and doesn't provide a particularly welcoming environment. We should make more effort to attract money for its refurbishment enabling more opportunities for hiring it out at those times when it isn't required by the club, thus providing an additional source of income.

Therefore, we must:

- **Attract more athletes to the club**
- **Build links with local schools**
- **Organise coaching**
- **Raise the profile of the club**
- **Improve the facilities available**
- **Seek more funding/ sponsorship**

This article is intended to air the subject of the future of Victoria Park Harriers. Response and positive suggestions of how we can halt the club's decline are eagerly sought.

Gary Luff, Richard Newbold,
Boyd Underwood

(Ed. Note: Congratulations to Richard who recently earned his Doctorate in Biochemistry and to Boyd who received 2 A's and a B in his A Levels.)

Letters to the Editor

Dear Wayne,

I was delighted to receive VPH News in January out of the blue, bringing back old times when I was a member in the late fifties. I can confirm the statement in Alan Howlett's letter that Geoff Iden's date of birth, as given in the article in the East London Advertiser, was October 8, 1914, for I wrote the article. Similar articles on Geoff's retirement, also by me, appeared around the same time (September 1957) in the Hackney Gazette and Athletics Weekly. I was very sad to read of the death of John Flint, aged 56. I knew John very well and found him a very likeable lad. As most members know, he became a PE teacher and moved to Wirral in the Liverpool area. About nine years ago, in May 1987, when I was the deputy editor of the Hackney Gazette, I published an old photo (enclosed) of the VPH team leaving Bethnal Green way back in 1958 to run in the Ilford Road Relay. John was in the photo and his mother sent a cutting to him. In response, he wrote to me saying how pleased he was to see the old photo. He was obviously still the nice lad I knew many years earlier. I am now 66 and retired (after 30 years in journalism). I happily live in Westcliff-on-Sea, near Southend, with my son residing in the same area. Best wishes to all who may remember me. Yours sincerely, George

McMillan

Note from the editor: In his day, George was Editor of the Islington Chronicle, Haringey Weekly Herald, and Hackney Echo, television critic for the Hackney Gazette and Camden Chronicle, magazine journalist in the Daily Mirror group, and Deputy Press Officer at the Royal British Legion National Headquarters.

Dear Wayne,

In answer to your plea concerning an indoor shot, I enclose a copy of a page from a catalog that I use. Best Wishes, Len Williams

Dear Len,

Many thanks for your response. We'll be ordering shortly. Regards, Wayne

Dear Wayne,

Thank you for the latest newsletter in which I see you want some old club magazines. You can have numbers 29-65, and also 88 and 90. You may be amused by the enclosed 1956 cutting I came across. The line up is Pete Potter, Les Williams, Ken Rouse, Brian Gillingham, Con Milton, Bill Pepper, Bert Cottingham, Ken Prevost, Barry Flowers, and sprinter John Sullivan (not the ex-North London, current Woodford Green coach). Les Williams was training me at this time. I remember the half-mile mentioned by Gordon Everson although I think it was an ordinary inter-club senior race. I never ran as a junior except over the country. My very first race was a half-mile handicap at the Park where I was off the same mark as Eddie Sears. I remember Eddie giving me a few tips before the gun and saying that he was only trying to gain some speed and intended dropping out at a certain point, which he did. The race was won by Dennis Boston. Later in the season, I ran as a non-scoring extra in a mile,

Message from Queen Elizabeth II

and had the honour of being beaten by Deric Bareford among others! Regards, Alan Howlett

Dear Wayne,

As a point of interest, I've found from my records that we have a member, Jimmy Joyce, who joined VPH on 9 March, 1934. He attended the 70th anniversary dinner. Jimmy was a very good member who ran mainly 440 yards. I've checked my records of some hundreds of former members and can't find any surviving member before Jimmy. Keep well. Sincere Regards, Deric Bareford

Hi Wayne,

Thanks very much for your letter and also the copies of VPH News. I thoroughly enjoyed reading them. You mentioned you think the last time I represented VPH was on 23 Jun 79, when I pulled my hamstring near the finish of the 100m in a Southern League meeting at Norwich (though still managed to finish 2nd). I've checked my own records and it appears you are correct - well done! You're also correct when you say we met at the Trefgarne Trophy on 23 Apr 78. Did you know that in the 4x100, I ran the 3rd leg and handed over to you but our changeover got us disqualified! (must have been your fault!) However, this wasn't the last time we met. On 16 Aug 80, you competed in a Southern League meeting at Erith and I went along to support. A couple of weeks later, on 31 Aug 80, I competed against you in the Club Pentathlon. You won with 2,900 points and I finished 6th with 1,765 (not too bad, I suppose, considering I hadn't done any training). I think this was the last time I competed in track & field and also the last time we met. I really enjoyed going through all my old records and diaries, though it does seem I spent most of my time injured. I notice in your list of all-time VPH records that I get a mention as part of

the 4x100 Youth Relay Squad. I've checked my 1995 diary and found I wasn't in that squad! On 14 Jun 75, the squad of G. Ormes, N. Douglas, M. McFarlane, and D. James represented Hackney in the London Championships at Crystal Palace. We ran a championship best performance of 44.2 in the heats, but Mike hurt his foot and we only came 2nd in the final in 44.6. The winners did 44.3 so our record stood. If I remember correctly, you were there supporting us that day. On 20 Jul 75, the squad of N. Douglas, G. Ormes, C. Francis, and D. James won the SCAA Youth title in 45.3 at West London Stadium. On 26 Jul 75, I went on holiday and this is the day the squad of N. Douglas, C. Francis, M. McFarlane, and D. James set the VPH Youth Record. I have it in my diary as 43.93, though you have it as 43.94. Finally, on 13 Sep 75, the squad of C. Francis, G. Ormes, M. McFarlane, and D. James won the Hammersmith Youth Relay in 45.7. I was also in the squad which had won this title the year before. Not a bad era for VPH Youth sprinting! Nowadays, I do distance running to keep fit, having covered the half-marathon in 98:32 in 1986. Two years ago, I even ran in the London Marathon, but my preparation was totally inadequate, and I'm too embarrassed to tell you my time! I see I've just missed a VPH Reunion. I hope it went OK. I can't make the Club Barbeque, but I may be able to make the Worthing trip (Editor's Note: Gary did make it). Keep running, Garry Ormes
P.S. For your records, I joined 28 May 1974

Dear Wayne,

The 70th Anniversary 'DO' was a resounding success. The speech for the Club was given by Con Milton, the contents of which were quite entertaining and to the point. The response came from Ronnie Iron, who dealt with the various decades as

suggested by you. An additional speech came from Ken Prevost who came over from Switzerland. I had not intended to say anything, but to my great surprise, amongst his memoirs and cuttings, Ken had found a cutting from one of the national newspapers, and presented me with a facsimile drawn and framed by himself from the photograph that I didn't even know about in 1949 showing me finishing second to E. McDonald Bailey. I found this quite emotional and trust that I didn't show this, and of course had then to say a few words. Wayne, without wishing to burden you too much, would it be a good idea at some time to issue through the magazine, a list of all the Veterans' addresses in order for those wishing to do so being able to make occasional contact, if so, I may probably be able to supply addresses that you don't already have. Best Wishes, Deric Bareford

Dear Deric,

I'll be happy to print the relevant addresses in the next club magazine. If anybody doesn't want his address published, please drop me a quick note to Wayne DuBose, 41 Ansley Way, St Ives, Cambs PE17 4SN.
Regards, Wayne

Dear Mr DuBose,

I am commanded by The Queen to thank you and all members of the East London Athletics Club, Victoria Park Harriers, for your kind message of loyal greetings, sent on the occasion of your seventieth Anniversary Dinner. Her Majesty much appreciated this message and sends her good wishes to all concerned. Yours sincerely, Simon Gimson, Buckingham Palace

Dear Victoria Park Harriers (Past and Present),

If I had been able to attend the 70th Anniversary Dinner, here's what I would have conveyed to you all:
Thank you for being here on this very

Annie Gammon & Liz Kempster - First VPH Ladies To Run Marathon

special evening. Why is it special? It's special because together you represent seven decades of the Club's eight-decade history. It's special because together you cumulatively represent over 2,000 years of VPH experience and memories. I highly encourage the more recent members to meet with and shake the hands of those who **were** the Club in years past. Over the years, the Club has gone through good times and bad times. There have been attempts to join forces with other clubs, to move from our headquarters to other facilities, and even to introduce new sports. Despite these initiatives, and in an age when athletic club amalgamations are becoming commonplace, Victoria Park Harriers has endured. Why is this? It's because all of you, in some large way or in some small way, have contributed to the making and the maintaining of the Club. Over the past year, I've researched lots of material on VPH. I've read of your exploits. I've seen photographs of you in action. In my eyes, you're all heroes. I'm proud to know that you past members represented us so well and I'm proud to tell you that today's members are continuing to carry the torch of success. If there's one comment I can make with absolute certainty, it's this: "I wouldn't trade my 27 years with VPH for anything in the world." A toast to Victoria Park Harriers, may it continue to endure! WD

Many Thanks

Many thanks to Les Vialls, Andy McCourt, Jimmy Edmonds, Joe Loboda, and Tony Lashmar for painting the floor in the Ladies' showers as well as for fixing the WCs and tiles, fixing the Gents' door, and putting up a mirror. Many thanks to Les, Andy, Roger Daniels, and Graeme Tiffany for their excellent work in painting and restoring the back of the main hall. Many thanks to John Daniels for donating a water heater.

Many thanks to Pat Franey and his daughter Louise for helping out at the Bar for four hours at the Open 5.

Munich and London Marathon

I have sketchy information (from a postcard) of Annie Gammon running 3:18 in the Munich Marathon, with Liz Kempster running the same race in 3:42. I need full details (exact time and date) so we can enter Annie's as a new club record. If anyone ran the London marathon, I have no details. If you want to have your results recorded for posterity in the magazine, let me know.

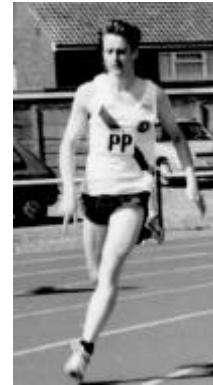
Life Members

John Anstey, Alan Barber, Deric Bareford, Major Carr, John Daniels, George Dodd, Wayne DuBose, Gordon Everson, Pete Faley, Jack & Ted Flowers, Alan Howlett, Ron Iron, Jimmy Joyce, Les Lait, Keith Lowe, Danny Parsons, Freddie Plumm, Ken Rouse, John Schollhammer, Henry Tabberer, John Turner, Garry Walker, and Len Williams

Active Members (@ 8 Aug 96)

Terry Adams (2nd claim), Terry Bale, Tony Balogun, Thomas Berryman, R. Blackie, Clare Bojczuk, David Boulter, Roger Brooks, Richard Bruce, Alan Campbell, Rob Collier, Ronald Curle, Roger Daniels, John Dicks, Jimmy Edmunds, Mick Eldridge, Pete Eldridge, Gerry Franey, Pat Franey, Bob Franey, Jeremy French, Annie Gammon, John George, Terry Green, John Green, Phil Hampshire, Mark Harris, George Hart, Liz Kempster, Keith Lamberton, Tony Lashmar, Chris Lawn, Joe Loboda, Gary Luff, Richard Martin, Frank Massingham, Andy McCourt, Barry McKenna, Chris Miele, Richard Newbold, Isaac Njuguna, Brian O'Loughlin, Terry O'Neill, Patrick Quinn, Colin Reid, Hanna Robson, Jim Roche, D. Roche, Prince Rodney, Albert Rowley, George Rutten, Colin Sims, Peter Spencer, Graeme Tiffany, Boyd

Underwood, Les Vialls, Danny Vialls, Ron Vialls, Danny Wing (2nd claim), and Kelvin Wing



Gary Luff
VPH's Top 800m Runner

Committee Meeting Attendance (8 meetings from Nov 95 - Aug 96)

Andy McCourt	8
Roger Daniels	8
Les Vialls	8
Colin Reid	8
Wayne DuBose	7
Joe Loboda	7
Gerry Franey	6
Hanna Robson	6
Ron Iron	6
John Daniels	6
Peter Spencer	5
Frank Massingham	5
Richard Newbold	5
John George	4
George Dodd	4
Jimmy Edmonds	4 (resigned)
Graeme Tiffany (8/96)	1 (coopted)
Mick Eldridge	1
Terry O'Neill	0

Harry Tempan - British Record Holder

As of 9 Jan 96, Harry Tempan was still the British Indoor record holder for the 800 (M65) at 2:24:82 and the 1500 (M65) at 4:53:03.

Located Trophies

7.5/10M X-C (Jeffsue Challenge Cup) inst. 1951 (Richard Newbold was

VPH Has A World Wide Web Site

holding as reigning champion); 10M Road Championship Challenge Cup inst. 1949 (locked away in a strongbox. Must be valuable).

Still Missing Trophies

Senior Men 200 (James Brown Memorial Cup) inst. 1950; Senior Men One Mile (Garro-Jones Challenge Trophy) inst. 1928; Junior Men 100 (Major Walters Trophy) inst. 1935; Junior Men Long Jump (A. Goddard Trophy) inst. 1938; Junior Men 5M X-C (Victus Trophy) inst. 1948; Youth One Mile (E.C. Wiseman Challenge Cup) inst. 1963; Sullivan Trophy (awarded for most meritorious performance(s) of the year) inst. 1947; Sandy Cooper Trophy (awarded for the most points scored in Club handicap events) inst. 1947. Does anyone have any clues at all of their whereabouts?

They Think It's All Over

A few months ago, as I was watching the TV sports quiz show, "They Think It's All Over," the bald comedian, Lee Hurst, made reference to Victoria Park Athletics Club. At that point, I looked at him very closely and remembered him being at VPH around 1973. There's a group photo in the committee room with Lee included (with lots of blond hair aged 12 or so). When I went to the old application forms (there are hundreds), by an amazing coincidence, his was the very first one on top.

70th Anniversary Dinner Attendees

1 Jun 96

Mr & Mrs John Turner, Mr & Mrs Fred Plumm, Jack Flowers, Ted Flowers, Mr & Mrs Les Williams, Mr & Mrs Gordon Everson, Alan Everson, Mr & Mrs Dennis Boston, Mr & Mrs Ken Rouse, Mr & Mrs Les Lait, Mr & Mrs Vic Potter, Mr & Mrs Pat Quinn, Mr & Mrs Vincent O'Kane, Mr & Mrs Danny Parsons, Mr & Mrs Brian O'Loughlin, Mr & Mrs Dave Boulter, Mr Keith Lamberton & guests, Andy McCourt,

Hanna Robson, Annie Gammon, Tony Lashmar, Mr & Mrs Colin Reid, Mr & Mrs Frank Massingham, Mr & Mrs John Green, Mr & Mrs Terry Green, Mr & Mrs Pete Spencer, Mr & Mrs Arthur Rowley, Mr & Mrs R. Downs, Mr & Mrs Roger Brooks, Mr & Mrs Rob Collier, Mr & Mrs Richard Bruce, Mr & Mrs Terry O'Neill, Richard Newbold & Pippa Robinson, Deric Bareford, Keith Drayton, Mr & Mrs Jimmy Joyce, Mr & Mrs Alan Rees, Mr & Mrs Dennis West, Bernie Skeels & guests, Mr & Mrs John Waterson, Mr & Mrs John Sullivan, Mr & Mrs Con Milton, Mr & Mrs Len Williams, Mr & Mrs Albert Pattison, Mr & Mrs John Daniels, Mr & Mrs Ty Gibbons, Mr & Mrs D. Stearns, Mr & Mrs Robbie Cornell, Mr & Mrs Alan Barber, Mr & Mrs Jeff Smith, Mr & Mrs Bob Dann, Mr & Mrs John Schollhammer, Mr & Mrs Danny Callaghan, Mr & Mrs Chris Jones, Mr & Mrs Ken Prevost, Mr & Mrs J. Armstrong, Mr & Mrs Roger Pearson, Mr & Mrs Mick Harding, Mr & Mrs Lawrie Peter, Mike Quanne, Mr & Mrs John Anstey, Bob Franey & guests, Gerry Franey & guest, Les Vials & guest, Ron Iron & guest, B. Deverill & guest, Mr & Mrs Herbie Joseph, Mr & Mrs Les Austin, Mr & Mrs Lee Kohn, Mr & Mrs Roy Custance, Roger Daniels, Mr & Mrs Mike Gonzales, Mr & Mrs Terry Adams, Jimmy Edmonds, Mr & Mrs Richard Martin



VP

H

Isaac Njuguna
Our Very Own Kenyan Steeplechaser

World Wide Web Page

Check out our new WWW page on the Internet. The address is:
<http://newton.biochem.bms.qmw.ac.uk/wwwfolder/people/rich/vph.htm>
Many thanks to Richard Newbold for creating it. It looks very impressive.

VPH Enters the Coaching Scene

The club is getting serious about having qualified coaches available. Mick Eldridge, Richard Newbold, Roger Daniels, Andy McCourt, Gary Luff, and Hanna Robson are slated to attend the basic coaching course on the weekend of 19/20 October followed by either 2 or 16 November. All courses are at Haringey. If you too are interested in gaining a basic qualification at this time, please contact Richard Newbold at the club.

We Need More Officials

The Middlesex County AA is holding the following courses at Hillingdon AC, Bury Street, Ruislip, Middlesex commencing at 7:15 pm:
Mon, 30 Sep Field Judging Part 1
Mon, 30 Sep Timekeeping
Mon, 14 Oct Starter & Marksman
Mon, 14 Oct Field Judging Part 2
Mon, 21 Oct Track Judging
Mon, 21 Oct Road (all phases)
Mon, 28 Oct Written Tests
Contact Andy McCourt, Club Secretary, if you're interested. Or contact directly: Dave Jessop, 3, The Dell, Chalfont St Peter, Bucks, SL9 0JA Tel: 01494 875260. We need officials.

Chingford League Dates

14 or 23 Sep Walthamstow Relay
Tue, 1 Oct Eastway
Sat, 12 Oct Loughton
Sat, 12 Oct League 40th Anniversary Social, Muswell Hill Club HQ, Hornsey (date and location to be confirmed)
Tue, 5 Nov Eastway
Sat, 28 Dec Trent Park
Sat, 15 Feb Victoria Park
Tue, 25 Feb Eastway

Letter Printed In Athletics Weekly
8 May 96

“Is it not about time we only consider BAF permit/measured courses for the purposes of road rankings or best performances? Each week, there are many results listed in AW for various road races around the UK, but how many of them are accurate? Road races, unlike track events, will always present problems when comparing times and performances due to the varied types of courses, terrain, weather conditions, etc. but at least we should make some effort to ensure the course is actually the distance stated. For example, the Victoria Park 5 and the Seaford 10K are both known by many to be short. But whereas the Victoria Park 5 is not used for ranking purposes, the Seaford 10K is. The Victoria Park 5 is probably closer to five miles than the Seaford 10K is to 6.2 miles. I do not wish to degrade the performances of the athletes in these races, but surely they would gain more satisfaction knowing they had competed on an accurate course.

As a country with a very high standard of course measurers, surely we should try to lead the way. Brendan Carter, Lewes, East Sussex”

Response from the VPH Committee: The Club is now taking steps to have the course accurately measured and certified.



Dean Kosoko, VPH's Fastest Human

Letter Printed In Athletics Weekly
21 Aug 96

“I agree with David Coleman’s remarks

during the closing ceremony in Atlanta. The Olympics are becoming too unwieldy. The IOC are to include new sports for the 2000 Games but I really believe they should be pruned before darts, shove ha’penny, and snakes and ladders are included and the Olympic Games spread over three months instead of two weeks. Roger Daniels, London E3”

Next Magazine (December)

The next VPH News will be out by mid-December. If you wish to have an article included, please mail it to me by 1 December. In the December issue, I plan to print all addresses of past members with the exception of those who don’t wish theirs advertised, the Club Track and Field rankings for 1996, our newly elected Committee who’ll be picked based on his or her desire to improve the Club, and results of the final Assembly League race. By the way, all photographs appearing in this magazine are courtesy of Richard Newbold and his digital camera.

VPH NEWS

Victoria Park Harriers
St Augustine’s Hall
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