

❖ VPH NEWS ❖

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Opening Assembly League and Southern League Wins

Being a participating member of Victoria Park Harriers is pretty much like being on an eternal roller coaster. First, we're up because we win the Men's Chingford and District League title after 31 years and membership seems to be going well, then we're down because we don't win anything and membership is falling, then we're up because the Ladies win their version of the Chingford and District League, then we're down because Tower Hamlets Council hits us with a £3,100 rates bill. As we go to print, I would say that we're in the upward phase of the rollercoaster ride. Not only did we win the opening race of the Assembly League and, after four races, are jointly first, not only did we win the opening Southern League match, our first win in four years, and also the fourth match for good measure, not only did club track and field championships return after six years, but also Gerry Franey did his magic to persuade the Council to return us our 100% charity status and thereby not be liable for the huge rates bill. Our status remains good until April 1998 when it will come under review annually from that point onwards. When the December issue of VPH News comes out, I wonder which part of the rollercoaster ride we'll be on? In the Southern League, Team Captain, Richard Bruce has worked hard at getting out the strongest team for each match. How are we doing? Well, after four matches and with two to go, we're still in with a shot at promotion. The last time we talked in those terms was eight years ago. In 1994, we won 33 events in Southern League competition, in 1995, we won 34, and last year, we won 35 times. After completing two-thirds of the matches, we've won 41



Les Vialls, Social Secretary and Building Maintenance Manager Extraordinaire

times. In our last promotion year of 1989, we won 51 times over all six matches. Well done to our track and field athletes. Our last meet is at Haringey on 16 August and following the meet, the athletes will return to the Clubhouse for Les Vialls' annual VPH barbeque. Les is staking his reputation on this being the best Club BBQ ever. I urge you to come along to say "well done" to our successful Southern League athletes and Assembly League middle-distance runners, to mix socially with Eton Manor AC members who are invited, to say goodbye to Graeme Tiffany, our Honorary Secretary, who's off to college, to eat good food, to later dance to DJ-provided music, but most importantly, to tell Les Vialls that we appreciate his enormous efforts as Social Secretary. For a measly £5, come along to show your support for Les. Starts at 7:00pm. For those of you who were expecting an "Evening of Honour" to recognise those who've been with VPH for 50 years, we decided that a BBQ might not be the most appropriate forum. We will instead arrange a dinner at Sutton House, a

VPH World Wide Web Site

<http://newton.biochem.bms.qmw.ac.uk/wwwfolder/people/rich/vph.htm>

16th century National Trust House located in Homerton. The dinner will be in the early spring and full details will appear in December's issue. Sutton House is also the venue where Richard Newbold will be getting married to Pippa Robinson next month. Early congratulations to the both of them. Richard has been hard at work on the VPH World Wide Web site and, in a recent 11-day period, the VPH web page was accessed by 90 different visitors from such exotic countries as Venezuela, Hungary, Australia, USA, and South Africa. If you haven't seen it yet, try your local library who may have access to the Internet. Bring along the address shown above. Congratulations to Joe Loboda who was re-elected as Road and Cross-Country Secretary for the third year and also to Jim Roche, who enters Club politics for the first time ever, as our new Road and Cross-Country Captain. Thanks to both of you for stepping up to the task. Nobody thought about it at the time, but the June committee meeting was Jim's first ever. Joe and Jim both responded to Graeme Tiffany's suggestion to set up a table at the 12 July TUC Festival at VP in the hope of recruiting more membership. The three of them were also joined by Richard Newbold, Mick Wheeler, Tony Lashmar, Annie Gammon, Gavin Stewart, Wayne and Lorraine DuBose, and Andy McCourt. No word on how successful they were in the membership drive, but in terms of solidarity, team spirit, and camaraderie, VPH were clear winners. (continued on back page)

VPH Victorious in First Assembly League Race

Assembly League 2.8M Forbanks, 3 Apr 97

VPH continued its winning ways with a clear 7-point victory over Dulwich Runners in the first fixture of the highly competitive Assembly League at Forbanks, Beckenham. Very windy conditions slowed the field considerably, enabling Richard Newbold to tuck in with the leading group despite feeling stiff and tired after a hard track session two days before. After a fairly quick start, Jim Roche also found that he was tired and, as he struggled in the middle section of the race, was caught by Tony Lashmar who was having his best run for the Harriers in a League race. Jim pulled away from Tony at the finish but Tony is looking in excellent form. Leading Harrier on the day was Richard Newbold who was closely followed by veteran Terry O'Neill in seventh position, Jim Roche in eleventh place, and Tony Lashmar, producing his best ever finishing position for the Harriers, in 14th place (PB by 41 seconds) completing the 'A' team which won the team event from Dulwich Runners and the Stock Exchange. Second-claim runner Les Austin, in 33rd position, led home the 'B' team with good support from Joe Loboda, 39th, Boyd Underwood, 50th, and Andy McCourt in 53rd position. Les Vialls appeared to have shrugged off the worst of a bout of 'flu in 59th place with Graeme Tiffany and Mick Wheeler also showing determined runs following recent illness and injury respectively.

1	B. Lee (Kent)	14:31
5	R. Newbold	14:56
7	T. O'Neill	15:20
11	J. Roche	15:36
14	T. Lashmar	15:50
33	L. Austin	16:31
39	J. Loboda	16:49
50	B. Underwood	17:30
53	A. McCourt	17:45
63	G. Tiffany	18:20
70	M. Wheeler	19:15

Team Results

'A'		
1	VPH	37
2	Dulwich Runners	44
3	Stock Exchange	55
4	Kent	76
5	Dartford	111
6	Forbanks	112
7	Cambridge	123
8	Eton Manor	136
9	Blackheath	256
10	Eltham	269
11	D, L, & E	349

'B' (7 teams)

1	Dulwich	86
2	Stock Exchange	130
3	VPH	175
4	Eton Manor	253

London Marathon, 13 Apr 97

1416th	Barry McKenna	2-59-07
1461th	Les Austin	2-59-30
3527th	Tony Lashmar	3-17-00
	Graeme Tiffany	3-25-00
	Terry Adams	3-36-55
	Liz Kempster	3-52-34

Watford Open Meet, 16 Apr 97

300m 'C' race W. DuBose 39.9 (6th)
Wayne was timed at 24.91 at 200 metres before crawling the final 100 metres in 15 seconds. His time was a new Club Vets record, beating the previously unknown record of 40.6 established by John Daniels on 7 July, 1971 at Victoria Park track.

Battersea Park Open Meet, 19 Apr 97

Richard Newbold's opening race of the 1997 track season showed that he has a long way to go before he regains the form which made him so successful in 1993. Windy conditions and a lack of recent track race experience led Richard to start cautiously and he found himself right at the back of the field in the 800m at Battersea Park. A sustained effort into the wind over the third 200m wasn't enough to bring Richard back into contact with the leaders and at

650m, his legs filled with lactic acid and his last 100m was painfully slow. In the end, Richard had to settle for 2-08.0, a disappointing time but it gives him plenty of ideas about how his training should develop. Splits: 200m - 31, 400m - 63, 600m - 94.

VPH Open 5, 26 Apr 97

Almost 200 runners competed in the Victoria Park Open 5 and associated Junior races in Victoria Park. Winner of the main race was L. McKeivitt of Wirral AC with 24:54, setting the standard over the new course. The women's section was won by V. Edwards of Brunel University in 30:28. Leading Victoria Park Harrier was veteran Terry O'Neill in 28th position with 27:45. In the junior races, Harlow RC provided winners in both U14 Boys and U14 Girls Races but St. Paul's Way School provided the U16 boys winner, Afsar Uddin. Leading local contenders in the U14 Girls Race were Chloe Williams of Cardinal Pole in 4th place and Denise McLoughlin of Langdon Park in 6th position. In the U14 Boys Race, Sean O'Shea of St. Bonaventures, in 5th place, and Daniel Brown and Nathan Brown of Cardinal Pole in 6th and 7th positions were the leading local runners.

VPH Individuals

28	T. O'Neill	27:45
34	J. Roche	28:22
37	K. Lowe	28:31
56	T. Lashmar	30:02
64	J. George	30:33
81	L. Kohn	32:05
83	A. McCourt	32:19
84	G. Stewart	32:21
89	T. Kehoe	32:48
118	G. Ormes	36:38
137	T. Flowers	41:47
(140 finishers)		

Linford Christie Stadium Open Meet, 27 Apr 97

If a week's a long time in politics, then

VPH Victorious in First Southern League Match

eight days is a very long time in athletics as Richard Newbold broke his 800m PB, with 2-05.4, improving his time at Battersea Park by 2.6 seconds. With a little more confidence, Richard could have gone even faster but after the previous week's last 100m, he ran very conservatively. This was a very pleasing result given the pressure of co-organising the Open 5 the previous day. Split: 400m - 62.



Peter Eldridge

Assembly League 5K, Blackheath
1 May 97

The demands of running two League fixtures in three days cost VPH the sole ownership of the Assembly League as two points separated the Harriers from beating new joint-leaders Dulwich Runners. With Team Captain Richard Newbold aiming to save himself for the 800m in the opening Southern League fixture at Mile End and Dulwich Runners making this event into their Club 5k championship, the Harriers were bound to find things tough but strong running from the heart of the team almost proved sufficient. Early to the front were the fast-starting Peter Eldridge and more suprisingly Tony Lashmar, closely followed by Terry O'Neill and Jim Roche. After the first large hill, Terry moved ahead with Pete, Jim, and Richard Newbold running together close behind in the teens of the main field. Tony faded slightly after his brave start but rallied again to maintain

his position in the twenties as the pace picked up. Terry held his position with the following three Harriers working together in an impressive show of team running. At the end of the second lap, the heat and humidity were beginning to tell but gentle encouragement by Team Captain, Richard Newbold, spurred Jim and Pete on as they raced against one of Dulwich's 'A' team runners. The Dulwich Runner seemed intent on catching Terry O'Neill but some chat and a few surges followed by slowing the pace down by Newbold seemed to put a stop to that. After the last hill, Jim picked up the pace and Richard was content to keep the Dulwich Runner in check until another fast finisher necessitated a sharp-finishing burst which carried him past Roche at the end. Pete Eldridge completed the 'A' team holding off another couple of Dulwich Runners but it wasn't quite enough in the end and the Harriers had to settle for third place on the night. Tony Lashmar continued his recent good form as leading 'B' string runner with able support from Les Austin and John George. Joe Loboda suffered breathing problems with the poor air quality but, along with Andy McCourt, Les Vialls and Mick Wheeler, completed a good showing from the Club. Thanks too for support from Graeme Tiffany and Roger Daniels. Despite his efforts in saving himself for Saturday, Richard felt pretty rough during the 800m, indicating that he was either under the weather or hadn't recovered sufficiently after Thursday's race, so perhaps it would have been better to go for broke and hope after all!

1	L. Reilly (Kent)	15:42
12	T. O'Neill	16:34
13	R. Newbold	16:36
14	J. Roche	16:37
17	P. Eldridge	16:47
24	T. Lashmar	17:12 (29-sec PB)
41	L. Austin	17:59
44	J. George	18:03
59	A. McCourt	18:57

69	J. Loboda	19:42
??	L. Vialls	19:57
76	M. Wheeler	20:13

A Team Results (12 teams)

1	Kent	41
2	Dulwich	54
3	VPH	56
4	Cambridge	62

B Team Results (8 teams)

1	Dulwich	107
2	VPH	168
3	Cambridge	248
4	Kent	270

Positions After 2 Races

A Team (13 teams)

1=	VPH	28
1=	Dulwich	28
3	Kent	27
4	Stock Exch.	24

B Team (9 teams)

1	Dulwich	30
2	VPH	27
3	Stock Exch.	24
4	Eton Manor	23

Southern League, Mile End,

3 May 96

Based on last year's final standings, we went into this match ranked as the last-placed team (if you count promoted teams as on the way up). Well, what a difference a year makes (or at least nine months) as we proved by upsetting the form book with an emphatic 12-point victory at Mile End Stadium to start our 1997 Southern League campaign. This was our first League win for four years. The Harriers notched up 9 victories but it was the huge number of second places (15) which clinched victory from Paddock Wood. Top points scorer for the Harriers was Wayne DuBose who set up the afternoon with a victory in the first race, the 400m hurdles. As the front runner completely fell to pieces down the home straight, Wayne simply maintained form to win by two seconds. Just

Hat-trick of Victories for Boyd Underwood

prior, Wayne putt the shot 11.01 (not bad going for one who hadn't done weight training for 18 months nor touched a shot in nine months) and threw a PB in the hammer. Unfortunately, he suffered a serious hamstring injury in the pole vault which restricted his efforts in his remaining events. Despite this, he managed a win in the javelin off a two-stride run-up as well as second places in the pole vault and discus (possibly a PB standing throw). The return of Lee Bruce to the team and the recovery of brother and Team Captain Richard from the achilles injury that plagued him last season saw a resurgence of the Club in the jumps. Lee won the high jump with a clearance of 1.75m (best VPH mark since Lee himself cleared 1.80 seven years ago) and gained second places in the long and triple jumps and 'B' string 100m. Richard was active in all the throws, gaining a new PB in the javelin (31.46m) and a second place in the 'B' string high jump as well as appearing in both relays. Last season's top scorer in the Southern League, Boyd Underwood, had another excellent afternoon gaining wins in the 'B' string long jump, triple jump, 200m and placing second in the 400m with a new PB of 53.7 seconds. Well done to 17-year-old Danny Henderson who chopped 1.5 seconds off his 400H best from last year and who was thrown into the 110H and debuted with a fine 22.4 seconds for third place, just 0.2 seconds from victory. We finished off with a rare win in the sprint relay. Thanks to George Dodd, Garry Walker, and Mick Wheeler for officiating.

100'A' W. Letman 12.4 (2)
 100'B' L. Bruce 12.4 (2)
 200'A' W. Letman 25.9 (5)
 200'B' B. Underwood 25.0 (1)
 400'A' B. Underwood 53.7 (2) PB
 400'B' T. Kehoe 59.2 (4)
 800'A' R. Newbold 2:07.4 (5)
 800'B' J. Roche 2:18.2 (2)

1500'A' R. Newbold 4:28.9 (2)
 1500'B' J. Roche 4:46.4 (2)
 5000'A' P. Eldridge 17:21.6 (2)
 5000'B' T. Lashmar 17:31.8 (2)
 110H'A' R. Newbold 21.5 (3)
 110H'B' D. Henderson 22.4 (3)
 400H'A' W. DuBose 63.5 (1)
 400H'B' D. Henderson 70.7 (3) PB
 3000SC'A' R. Newbold 10:21.4 (1)
 3000SC'B' J. Loboda 11:41.4 (1)
 4x100 48.4 (1)
 4x400 3:59.5 (5)
 LJ'A' L. Bruce 5.74 (2)
 LJ'B' B. Underwood 5.69 (1)
 HJ'A' L. Bruce 1.75 (1)
 HJ'B' R. Bruce 1.60 (2)
 TJ'A' L. Bruce 11.63 (2)
 TJ'B' B. Underwood 11.46 (1)
 PV'A' W. DuBose 2.85 (2)
 PV'B' M. Fitzgibbon 2.65 (2)
 SP'A' W. DuBose 11.01 (2)
 SP'B' R. Bruce 8.26 (4)
 DT'A' W. DuBose 27.96 (3)
 DT'B' R. Bruce 22.46 (4)
 JT'A' W. DuBose 45.84 (1)
 JT'B' R. Bruce 31.46 (4) PB
 HT'A' R. Bruce 27.96 (3)
 HT'B' W. DuBose 21.26 (2) PB

1st VPH	131
2nd Paddock Wood	119
3rd Fleet & Crookham	110
4th Hastings	108
5th Invicta	61

Summary of Achievements

In the space of less than ten weeks, we won the Ladies' Chingford League, the Physical Shield, the first Assembly League race, and the first Southern League match.

Southern League, Colchester, 17 May 96

Victoria Park Harriers pushed League leaders Colchester Harriers very hard as they achieved second place at the second Southern League fixture at Colchester. This leaves the Harriers in fifth place in Division Five, with nine out of a possible ten points, their best start to a

Southern League campaign since 1993. The Harriers notched up thirteen individual victories and even more impressively didn't have a single fifth-place finish in any of the events despite a fiercely competitive meeting. Top point scorer for VPH was Team Captain Richard Bruce with a staggering 24 points from six events, including wins in the 'A' string high jump and 'B' string pole vault as well as second places in the 'B' string discus and 400m. Wayne DuBose was once again a high scorer for the Harriers in the field events gaining a hat-trick of victories in the 'A' string discus, shot, and pole vault (needed one vault only) and second place in the javelin. His hamstring injury prevented him from appearing in the hurdles. Lee Bruce continued his excellent form of 1997 with wins in the 'A' string long jump (longest jump by a Harrier since 1986!), 'B' string high jump (such is the competition between the Bruce Brothers that Lee was mortified to discover that even though he could have jumped much higher, Richard had won the 'A' string and Lee had won the 'B' string so there was no point in jumping higher) and the triple jump where he recorded a personal best effort of 12.23m for another 'A' string win, as well as a win in the 'B' string 100m. Teenager Boyd Underwood won the 'A' string 400m and 'B' string long jump as well as gaining second places in the 'B' string triple jump and 200m. The strength of the Harriers field events competitors at this meeting was emphasised in the jumps with a total of seven wins and one second place as the team came within inches of an unprecedented clean sweep. Richard Newbold also had a busy afternoon with five track races including a 17-second victory in the 3000m steeplechase. Mick Wheeler made an encouraging debut for the Harriers track and field team with second place in the 'B' string shot and third place in the 'B' string hammer. Youngster Danny Henderson notched

Two Hurdle PB's for Young Danny Henderson

up his first-ever track win with a victory in the 'B' string 110m hurdles and second place in the 'B' string 400m hurdles, both in new personal best times by 1.0 and 1.5 seconds respectively. Thanks to George Dodd, Garry Ormes, Gary Walker, and Dave Johnson for their invaluable assistance in officiating.

- 100'A' W. Letman 12.5 (4)
- 100'B' L. Bruce 12.4 (1)
- 200'A' W. Letman 25.4 (4)
- 200'B' B. Underwood 25.4 (2)
- 400'A' B. Underwood 54.7 (1)
- 400'B' R. Bruce 55.9 (2)
- 800'A' R. Newbold 2:06.1 (3)
- 800'B' J. Loboda 2:26.7 (4)
- 1500'A' R. Newbold 4:22.7 (2)
- 1500'B' J. Roche 4:54.7 (2)
- 5000'A' T. Lashmar 17:38.2 (3)
- 5000'B' J. Roche 17:42.6 (2)
- 110H'A' R. Newbold 22.9 (4)
- 110H'B' D. Henderson 21.4 (1) PB
- 400H'A' R. Newbold 63.9 (3)
- 400H'B' D. Henderson 69.2 (2) PB
- 3000SC'A' R. Newbold 10:13.4 (1)
- 3000SC'B' J. Loboda 11:39.7 (2)
- 4x100 47.7 (3)
- 4x400 4:27.2 (4)
- LJ'A' L. Bruce 5.96 (1)
- LJ'B' B. Underwood 5.46 (1)
- HJ'A' R. Bruce 1.65 (1)
- HJ'B' L. Bruce 1.60 (1)
- TJ'A' L. Bruce 12.23 (1) PB
- TJ'B' B. Underwood 11.52 (2)
- PV'A' W. DuBose 2.60 (1)
- PV'B' R. Bruce 2.40 (1)
- SP'A' W. DuBose 10.98 (1)
- SP'B' M. Wheeler 8.37 (2)
- DT'A' W. DuBose 32.34 (1)
- DT'B' R. Bruce 24.44 (2)
- JT'A' W. DuBose 45.00 (2)
- JT'B' R. Bruce 27.20 (4)
- HT'A' R. Bruce 26.90 (2)
- HT'B' M. Wheeler 16.26 (3)

- 1st Colchester 155
- 2nd VPH 140
- 3rd Southend 99.5
- 4th Eastbourne 73
- 5th Hercules Wimbledon 45.5



Wayne DuBose

Southern League, Enfield, 31 May 97
(by Richard Newbold)

The first of this season's promotion battles saw Victoria Park Harriers fighting right down to the last throw of the final event to keep their hopes of promotion alive. Wayne DuBose was the Harriers' star performer with wins in the 'A' string shot and javelin as well as second places in the pole vault and hammer but it was his last throw in the final event, the discus, which took him ahead of the Barnet athlete lifting the Harriers to third place on the day, only three points behind hosts Enfield. This leaves Victoria Park Harriers in sixth position, only one place outside the promotion spots at the halfway point in the league campaign. Lee Bruce continued with his impressive form of 1997 by setting or equalling his PB in all three jumping events. He was second in the high jump with the same height as the winner (1.80m - no Harrier has jumped higher since 1979), second in the long jump with a lifetime best of 6.47m (no Harrier has jumped further since 1984), and finished off with a 12.29 win in the triple jump. Boyd Underwood battled against tonsillitis to gain second places in the 'B' string long (PB!) and triple jumps, as well as recording an excellent time in the 4x400m relay. Richard Bruce gained equal first place in the 'B' string high

jump and second place in the 'B' string pole vault in another busy afternoon. The return of Dean Kosoko to the 4x100m after a prolonged absence due to illness prompted a season's best for the Harriers' quartet despite the strong wind with 47.6 seconds for second place. Terry O'Neill made his first appearance for the Club on the track and set a new leading time for the 5000m with 16:56.7 for second place. Richard Newbold found the combination of the wind and Barnet's Dave Willcock far too strong in the 1500m and was pleased with 2nd place after a tactical fourth place in the 800m paid off. Richard posted a good time for the steeplechase despite the wind but found himself with his worst-ever Southern League finish in this event, 3rd, as the fresh legs of Enfield's steeplechaser proved the stronger at the finish. Edward Pederson opened his throwing career at VPH with solid performances in the discus and javelin and Danny Henderson continued in his improvement with new personal bests in both hurdles races.

- 100'A' W. Letman 12.5 (4)
- 100'B' D. Kosoko 11.5 (3)
- 200'A' W. Letman 25.0 (4)
- 200'B' D. Kosoko 24.1 (2)
- 400'A' B. Underwood 55.7 (3)
- 400'B' R. Bruce 57.1 (3)
- 800'A' R. Newbold 2:15.6 (4)
- 800'B' T. Lashmar 2:26.9 (4)
- 1500'A' R. Newbold 4:26.8 (2)
- 1500'B' T. Lashmar 4:56.0 (4)
- 5000'A' T. O'Neill 16:56.7 (2)
- 5000'B' T. Lashmar 17:58.4 (3)
- 110H'A' L. Bruce 22.0 (4)
- 110H'B' D. Henderson 21.1 (4) PB
- 400H'A' R. Newbold 65.6 (4)
- 400H'B' D. Henderson 68.5 (2) PB
- 3000SC'A' R. Newbold 10:14.8 (3)
- 3000SC'B' T. O'Neill 11:02.6 (3)
- 4x100 47.6 (2) (B. Underwood, L. Bruce, W. Letman, D. Kosoko)
- 4x400 4:08.7 (4) (B. Underwood, L. Bruce, W. Letman, R. Bruce)

Three Jumping Personal Bests for Lee Bruce

LJ'A' L. Bruce 6.47 (2) PB
 LJ'B' B. Underwood 5.81 (2) PB
 HJ'A' L. Bruce 1.80 (2=) =PB
 HJ'B' R. Bruce 1.65 (1=)
 TJ'A' L. Bruce 12.29 (1) PB
 TJ'B' B. Underwood 11.51 (2)
 PV'A' W. DuBose 3.20 (2)
 PV'B' R. Bruce 2.40 (2)
 SP'A' W. DuBose 10.70 (1)
 SP'B' M. Wheeler 8.02 (3)
 DT'A' W. DuBose 33.74 (2)
 DT'B' E. Pedersson 26.14 (2)
 JT'A' W. DuBose 49.10 (1)
 JT'B' E. Pedersson 27.68 (3)
 HT'A' R. Bruce 27.76 (3)
 HT'B' W. DuBose 24.70 (2)

1st St Albans 145
 2nd Enfield 122
 3rd VPH 119
 4th Barnet 118
 5th Bracknell (didn't appear)

Open Meet, Finsbury Park, 3 Jun 97

Richard Newbold 1500 4:18.7

Assembly League 3.5M, Victoria Park, 5 June 97

Third place in the third race of the six-race Assembly Road Racing League series saw Victoria Park Harriers Men's team maintain its strong challenge at the top of the League and the Harriers are now only one point behind new League leaders Kent AC. The Harriers Women's team went one place better



Ted Flowers

with second place to move up to fifth in their League. VPH had little trouble overcoming Dulwich Runners this time despite the absence of new Team Captain Jim Roche, on holiday in Ireland. However, both Kent AC and the Stock Exchange managed four scorers in the top ten finishers and also managed to score well in the 'B' team competition, showing considerable strength in depth. Currently, VPH has a three-point lead over the Stock Exchange in the 'A' team competition but considerable effort will be needed to hold onto second position. Leading Harrier was Richard Newbold in seventh place with a good time of 17-52 for the 3.5 mile course despite the oppressively humid conditions. This was Richard's best Assembly League performance in the Park for a couple of years and perhaps he has finally put the illness problems of 1996 behind him. Peter Eldridge followed close behind in 13th place with another impressive performance. The return of George Hart in VPH colours saw him gain 16th place despite suffering from a cold, with Terry O'Neill bravely running home in 20th position still suffering from severe jet lag after a flight back from the USA that morning. Tony Lashmar was the leading 'B' team runner in 26th position, improving his previous best time by 26 seconds. The other 'B' team scorers were John George in 40th, showing improvement from the Blackheath race, with Les Austin two seconds further back in 41st position. The Harriers packed out the forties with the fast-improving Graeme Tiffany in 43rd, Keith Lowe, 45th, and Ron Vials, 47th. Leading female competitor for VPH was Hanna Robson in 5th, 79th overall, with Liz Kempster 8th female finisher and Tania Coleman 11th.

1 J. Houston (Kent) 17:16
 7 R. Newbold 17:52
 13 P. Eldridge 18:53
 16 G. Hart 19:03
 20 T. O'Neill 19:17

26 T. Lashmar 19:36
 40 J. George 20:20
 41 L. Austin 20:22
 43 G. Tiffany 20:30 (97-sec PB)
 45 K. Lowe 20:38
 47 R. Vials 21:01
 55 A. McCourt 21:27
 70 N. Gray 22:28
 79 H. Robson (L5) 23:27
 81 M. Wheeler 23:43
 89 L. Kempster (L8) 25:19
 99 T. Coleman (L11) 27:47
 100 R. Daniels 27:48
 102 E. Flowers 29:27

A Team Results (10 teams)

1 Kent 21
 2 Stock Exchange 25
 3 VPH 56
 4 Dulwich 73

B Team Results (7 teams)

1 Stock Exchange 99
 2 Kent 121
 3 Dulwich 128
 4 VPH 150

Ladies Team Results (6 teams)

1 Dulwich 6
 2 VPH 24
 3 Eton Manor 26
 4 Dulwich 'B' 34

Positions After 3 Races

A Team (13 teams)

1 Kent 42
 2 VPH 41
 3 Dulwich 40
 4 Stock Exchange 38
 5 Dartford 31

B Team (9 teams)

1 Dulwich 43
 2 Stock Exchange 39
 3 VPH 39
 4 Kent 37

Ladies Team (6 Teams)

1 Dulwich 30
 5 VPH 15

Newbold Wins Club 800m Title

Club 800m Champs, VP, 19 Jun 97

A sodden cinder track with numerous large puddles across the inside lane slowed the competitors in the first Victoria Park Harriers' Track Championship of 1997. In fact, this was the first club track and field championship race since 1991. Into an early lead went Richard Newbold, closely followed by Jim Roche and Tony Lashmar but by the bell, Richard had opened up a four second gap with a split-time of 63 seconds. Sustained running pulled Newbold further ahead to leave him 12 seconds clear of second-placed Jim Roche at the finish. The closest fought battle was for third place where Graeme Tiffany passed Tony Lashmar on the run-in to snatch third place and to win the handicap competition. Many thanks to Andy McCourt, and Ted and Jack Flowers for officiating.

Handicap

1 R. Newbold	2:10	2:10 (3rd)
2 J. Roche	2:22	2:07 (2nd)
3 G. Tiffany	2:26	2:04 (1st)
4 T. Lashmar	2:27	2:14 (4th)
dnf C. Lawn		(guest)



Winston Letman

Club Track & Field Championships,

Mile End Stadium, 21 Jun 97

In his first VPH track and field championship competition in 13 years, Wayne DuBose gained three wins and moved to within one Club Championship win of equalling Deric Bareford's all-time record of 54 titles. Clear wins in the

javelin and discus set up Wayne's victory in the prestigious pentathlon competition, which comprises of the long jump, javelin, 200m, discus, and 1500m. However, most pleasing was his bronze medal in the 200m which showed that he's back in the track form he showed earlier in the season before his hamstring injury. In addition, Wayne gained second place in the hammer. Richard Bruce pushed Wayne all afternoon, winning the hammer and gaining silver medals in the pentathlon, discus, javelin, and a bronze medal in the long jump. Third place in the pentathlon was gained by Boyd Underwood who won the 100m and 200m Championships as well as picking up a silver medal in the long jump and bronze medals in the discus, 1500m, and hammer. Lee Bruce won the long jump with a best of 6.23m and picked up silver medals in both sprints, recording the same time as winner Underwood in the 200m. Richard Newbold continued his domination of the middle-distance races with clear wins in the steeplechase and 1500m, although the strong wind prevented fast times. Garry Ormes returned to competition after a 17-year absence and picked up a bronze medal in the javelin but a calf injury prevented him from participating in his main event, the sprints. Jim Roche and Tony Lashmar won silver medals in the 1500m and steeplechase respectively and were among a large band of athletes who set personal bests in events they wouldn't normally have the opportunity to attempt. Many thanks to Lorraine DuBose and Pippa Robinson for officiating on a meteorologically unpleasant afternoon.

100 'A' Race

1st	B. Underwood	12.2
2nd	L. Bruce	12.4
3rd	W. Letman	12.5
4th	R. Bruce	13.1
guest	R. Porter	(sub 12.0)

100 'B' Race

1st	W. DuBose	12.9
2nd	R. Newbold	13.6
3rd	T. Lashmar	15.7
4th	J. Roche	16.2

200 'A' Race

1st	B. Underwood	24.2
2nd	L. Bruce	24.2
3rd	W. DuBose	24.7
4th	W. Letman	24.7
5th	R. Bruce	25.1
guest	R. Porter	24.6

200 'B' Race

1st	R. Newbold	26.6
2nd	T. Lashmar	30.7
3rd	J. Roche	31.4
4th	J. Loboda	34.4
guest	C. Lawn	28.8

1500

1st	R. Newbold	4:28
2nd	J. Roche	4:51
3rd	B. Underwood	4:54
4th	R. Bruce	4:56
5th	T. Lashmar	5:04
6th	W. DuBose	5:10
dnf	L. Bruce, G. Ormes	

3000SC

1st	R. Newbold	10:24.2
2nd	T. Lashmar	12:15.8
disq	J. Roche	
dnf	W. DuBose, G. Ormes, R. Bruce, L. Bruce, W. Letman	

Long Jump

1st	L. Bruce	6.23
2nd	B. Underwood	5.63
3rd	R. Bruce	5.58
4th	W. DuBose	4.91
5th	R. Newbold	4.80
6th	W. Letman	4.54
7th	G. Ormes	4.17
8th	T. Lashmar	3.16
9th	J. Roche	2.87
guest	R. Porter	5.87

Discus

1st	W. DuBose	27.48
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VPH Equal 1st in Assembly League After 4 Races

2nd	R. Bruce	26.38
3rd	B. Underwood	18.74
4th	L. Bruce	18.31
5th	R. Newbold	15.80
6th	G. Ormes	15.60
7th	J. Loboda	12.70
8th	T. Lashmar	11.52
9th	J. Roche	10.75
guest	C. Lawn	15.85

Javelin

1st	W. DuBose	43.64
2nd	R. Bruce	28.16
3rd	G. Ormes	26.96
4th	B. Underwood	26.12
5th	R. Newbold	17.94
6th	L. Bruce	16.82
7th	T. Lashmar	10.48
8th	J. Roche	7.90

Hammer

1st	R. Bruce	25.00
2nd	W. DuBose	22.82
3rd	B. Underwood	14.90
4th	L. Bruce	14.28
5th	R. Newbold	11.84
6th	G. Ormes	10.34
7th	T. Lashmar	6.64
8th	J. Roche	4.74

Pentathlon

1st	W. DuBose	2390
2nd	R. Bruce	2326
3rd	B. Underwood	2251
4th	R. Newbold	1891
5th	L. Bruce	1650
6th	T. Lashmar	978
7th	J. Roche	944
8th	G. Ormes	702

Mile Track Champs, VP, 26 Jun 97

Even worse torrential rain than for the 800m champs prevented use of Victoria Park track as the cinders were almost all covered with water, with only about twenty yards of the 400m loop not submerged. This necessitated the use of the "rollercoaster" grass track which isn't known for its regularity or smoothness. Into an early lead went Richard Newbold, followed by Jim Roche, Tony

Lashmar and Graeme Tiffany. These positions remained constant throughout the first two laps, with Richard opening up an eight-second lead. At this point, Graeme began to tail off after passing the 800m point within four seconds of his 800m PB. Jim continued to lead the chase, opening a three-second lead over Tony at the bell. As Richard slowed after his initial fast pace, Jim picked up to come home only 13 seconds behind a tired-looking Newbold, who seemed distinctly below par. Tony followed soon after and his third place gained him victory in the handicap competition, two seconds ahead of Jim. Many thanks to Andy McCourt and Roger Daniels for officiating. Handicap organised by Richard Newbold.

Handicap

1	R. Newbold	4:49	4:49 (3rd)
2	J. Roche	5:02	4:39 (2nd)
3	T. Lashmar	5:08	4:37 (1st)
4	G. Tiffany	5:22	4:51 (4th)
5	C. Lawn	6:18	5:23 (6th) guest
6	R. Martin	6:32	5:17 (5th)

Assembly League, Blackheath, 3 Jul 97

Victoria Park Harriers gained a share of first place in the Assembly Road Racing League after the fourth fixture of the six-race series. The Harriers' chance to take an overall lead was prevented by several Harriers' athletes needing to save their best running for the Southern League fixture two days later. Leading Harrier on the night was Richard Newbold who eased himself into a very comfortable fifth place, running well within himself. Veteran Terry O'Neill and Team Captain Jimmy Roche followed close behind in 12th and 15th positions respectively with Tony Lashmar fourth 'A' team scorer in 25th position to bring the team home in 4th place on the night, only two places behind third placed and new fellow League leaders Dulwich Runners AC. Leading 'B' team runner was John George in 38th place, with support from Ron Vialls, 51st, Andy McCourt, 54th,

Garry Walker, 68th, and Mike Wheeler, 82nd.

1	M. Cates (EM)	15:36
5	R. Newbold	16:05
12	T. O'Neill	16:35
15	J. Roche	16:39
25	T. Lashmar	17:17
38	J. George	18:11
51	R. Vialls	18:46
54	A. McCourt	18:54
68	G. Walker	19:57
82	M. Wheeler	20:41

A Team Results (11 teams)

1	Stock Exch.	42
2	Cambridge	46
3	Dulwich	55
4	VPH	57
5	Dartford	80

B Team Results

1	Dulwich	102
4	VPH	211

Positions After 4 Races

A Team (13 teams)

1=	VPH	53
1=	Stock Exch.	53
1=	Dulwich	53
4	Kent	51
5	Dartford	42

B Team (10 teams)

1	Dulwich	58
2	Stock Exch.	52
3	VPH	51
4	Eton Manor	45

Ladies Team (7 Teams)

1	Dulwich	40
5	VPH	15

Individual Standings

1	M. Bumstead (SE)	88
2	M. Cates (EM)	86
3	B. Lee (Kent)	84
4	B. Hutchinson (Kent)	82
5	R. Newbold (VPH)	74
6	S. Smythe (Dul)	61
7	T. O'Neill (VPH)	53

Harriers Gain Second Southern League Win, Best LJ/TJ Combo in 20 Years, Most Event Wins in the 90's!

Southern League, Welwyn Garden City, 5 Jul 97

Coming into this meet, we knew that in order to remain in promotion contention, nothing less than a win would suffice. To encourage us, we had a good cheering section consisting of, among others, John Anstey, Garry Walker, Garry Ormes, and Major Carr. We got the start we needed with the first result of the day—a win in the 'A' string shot putt with Wayne DuBose achieving a season's best. Boyd Underwood followed suit with a good win in the 400 hurdles 'B' race, finishing strongly in 63.2. This was Boyd's return to hurdling after a three-year gap. From there, we just continued to pile up the wins and the points. Our middle-distance runners enjoyed what may be a first-ever for VPH when, amongst them, Richard Newbold, Jon Greenwell, Terry O'Neill, Jim Roche, and Tony Lashmar swept both strings of the 1500, 5000, and 3000 steeplechase. In the 1500, Richard and Jon (making his League debut) looked particularly impressive as they detached themselves from the rest of the field with 300 metres to go and continued to pull away right to the finishing line. As it turned out, this was the race that sealed the match for us. Verlea had been chomping at our heels for most of the day, but by the end of the 1500, we had gained 10 points to their 2 points. Not to be outdone, Terry came up with the double, winning the 5000 and then following up with the gruelling 'chase. Well done to Tony who chopped 39.4 seconds from his best 3000SC set last year. Jim Roche ran strongly to break 17 minutes for the first time this year—excellent running in the hot conditions. Another group of athletes to rise to the occasion was the jumpers. In the long jump, high jump, and triple jump, our four athletes attained three wins and three seconds. For the first time in 20 years (yes, twenty years!), we had not just two long jumpers over 6 metres, but also two

triple jumpers over 12 metres. Lee Bruce, our top all-round jumper, was amazed to find himself relegated to 'B' string duty in the long jump and triple jump. This was because Boyd surpassed himself by raising his LJ PB by 37 centimetres and newcomer Randall Porter elevated himself to the top of the Club rankings in the TJ with a 12.32 effort. I feel the need to re-emphasize that it has been 20 years since we had a 6-metre long jumper and a 12-metre triple jumper representing us in the 'B' string! Lee was rewarded with wins the 'A' string high jump and the 'B' string long jump. During his busy afternoon, he also managed to knock 1.4 seconds off his 110m hurdles best when finishing third in the 'B' string race. Team Captain, Richard Bruce, contributed to the jumping success with a win in the 'B' string high jump. Over to the sprinters, who said "Hey, let us in on this winning thing." And so it proved with Dean Kosoko running to an easy double victory in the 'A' string 100 and 200. Dean continues to be the Club's "Fastest Man Alive." Randall and Winston Letman ran strong to finish as runners-up in the 'B' string sprints. Dean, Randall, and Winston teamed up with Boyd to win the 4x100 relay with the Club's fastest time since 1991. After his shot putt victory, Wayne ran into difficulties when attempting to do the pole vault and the hammer throw simultaneously. Due to the hammer circle being some distance from the track, Wayne had to wait past the start of the hammer competition to take his first pole vault attempt. Unfortunately, he failed on his first attempt at his opening height of 3.00 metres, but had no choice but to jog the couple minutes to the hammer circle. Fortunately, he hadn't missed his first throw. Unfortunately, his first throw was a foul. He had to wait for his second-round throw and just hope the pole vault height wouldn't get out of reach. He took a safe throw of 19+ metres and really had no choice but

to abandoned the competition to focus on the vault. By the time he returned, the height had risen to 3.20 metres for which he was allowed two attempts. He cleared on the first, but at the next height, he significantly redamaged his hamstrings. As at the Mile End meet, Wayne was reduced to one or two strides in his javelin run-up. However, before injuring himself, he had gotten a throw out which would eventually place him second. Over to the discus and Wayne held the lead for the first two rounds with 30.16 metres. While he was away timing the 4x400 splits, the Verlea athlete tossed one out to 31.74. Suitably inspired with the VPH 4x400 unexpected result, he returned for the fourth round and achieved 32.20 metres to regain the lead. The Verlea athlete threw between 31.50 - 31.90 with his last three throw and Wayne's victory was secured. The 4x400 result was a pleasant surprise for the Club. Usually, with many of the athletes covering many events, there's always some reluctance to step forward for this event. With just minutes to go before the start, we had no team. But Richard Bruce did his Team Captain thing, and, lo and behold, we had a relay squad. Boyd got the team off to a solid start and handed off to Jon who, despite being a distance runner, kept the team within striking distance. He handed the baton over to Lee Bruce who proceeded to run four seconds faster than his two previous attempts this year. On the last leg, we had the unusual sight of VPH being in the lead. Randall Porter ran a gutsy race and held the lead until 50 metres to go before having to give way to the more experienced 400m runners. Although we ended up third, with the same time as the runners-up, it was nonetheless an excellent team effort. Overall, we won 15 times, which is our record during the 1990s.

100'A' D. Kosoko 11.8 (1)

100'B' R. Porter 12.2 (2)

Letters to the Editor

200'A' D. Kosoko 24.0 (1)
 200'B' W. Letman 25.0 (2)
 400'A' B. Underwood 54.4 (3)
 400'B' R. Bruce 55.8 (3)
 800'A' R. Newbold 2:07.2 (5)
 800'B' J. Greenwell 2:08.0 (2)
 1500'A' R. Newbold 4:20.2 (1)
 1500'B' J. Greenwell 4:22.7 (1)
 5000'A' T. O'Neill 16:49.4 (1)
 5000'B' J. Roche 16:59.0 (1)
 110H'A' R. Newbold 21.7 (5)
 110H'B' L. Bruce 20.6 (3)
 400H'A' R. Newbold 65.1 (3)
 400H'B' B. Underwood 63.2 (1)
 3000SC'A' T. O'Neill 10:56.1 (1)
 3000SC'B' T. Lashmar 11:20.4 (1)
 4x100 46.2 (1) (B. Underwood, R. Porter, W. Letman, D. Kosoko)
 4x400 3:45.8 (B. Underwood - 55.3, J. Greenwell - 59.0, L. Bruce - 56.4, R. Porter - 55.1)
 LJ'A' B. Underwood 6.18 (2) PB
 LJ'B' L. Bruce 6.13 (1)
 HJ'A' L. Bruce 1.80 (1) =PB
 HJ'B' R. Bruce 1.65 (1)
 TJ'A' R. Porter 12.32 (2)
 TJ'B' L. Bruce 12.15 (1)
 PV'A' W. DuBose 3.20 (2)
 PV'B' M. Fitzgibbon 2.40 (3)
 SP'A' W. DuBose 11.06 (1)
 SP'B' R. Bruce 8.32 (4)
 DT'A' W. DuBose 32.20 (1)
 DT'B' R. Bruce 24.18 (3)
 JT'A' W. DuBose 42.40 (2)
 JT'B' R. Bruce 28.68 (3)
 HT'A' R. Bruce 26.68 (4)
 HT'B' W. DuBose 19.47 (3)

1st VPH	140
2nd Verlea	125
3rd Basingstoke	97
4th W. Norfolk	92
5th Dacorum & Tring	72

Letters to the Editor

Dear Wayne,

I enjoy reading the magazine. Your snippet about the application forms is curious. Why only one or two? I should have expected them all to be

together. You'll see Ernie Dunster (Editor's Note: I mentioned I didn't know Ernie in the last VPH News) crops up in in club magazine #28 dated April 1955. We were contemporaries and I never quite understood why he didn't make the breakthrough expected. Ernie was 6' tall, "raw-boned", and every inch an athlete. He was strong and gutsy; impressive in every way and, although he lacked sprinting speed, he ran well on track, road, and cross-country. His studies probably didn't allow Ernie to train as much as he should and when he entered the Customs Service, was moved to Scotland and I think he may still be there in retirement. I liked him a lot and it would be nice if he could be enticed to the August 16 50-year gathering. In the drafts of the club history, you'll find mention of several people who cropped up in the last magazine. Among them was Fred Plumm. Fred was a really good fellow to have around—always smiling and optimistic. In November 1948, I ran in the North of the Thames Cross-Country Champs at Woodford. It was my first cross-country race as a Senior and against inter-club competition. I went off too fast and "hung on" from about 400 yards! With about 800 yards to go, I was out on my feet and then a cheery voice said, "Hello, Gordon. Keep going. It isn't far now." It was Freddie who then put his arm through mine and literally, well almost, carried me for several hundred yards, got me going on my own, and then strode away to finish in, I think, about 15th place. How many people would sacrifice their placing in such a manner—none that I ever met other than Freddie Plumm. There was an example which is comparable on the track. In, I think, 1949, the Middlesex Champs were held on a grass track somewhere, I imagine, like Southgate. Deric Bareford reached the final of the 100 yards and when he drew for lanes found himself with the worst lane, so soaking that

water lay on it in places. One of Deric's opponents saw what Deric had drawn and then picked the best lane. Knowing Deric was a real contender, while he didn't rate his chances, he swapped lanes! Regards, Gordon Everson

Dear Gordon,

I'm glad you enjoy reading VPH News. I consider that quite a compliment coming from the VPH Editor from 1953 - 1969. The two application forms I mentioned in the last magazine had gotten separated from the rest of the forms. There are literally hundreds of forms which, thanks to Roger Daniels, are now completely alphabetised. Thanks, Roger. Gordon, I really appreciate you "putting some meat" on to the names Ernie Dunster and Freddie Plumm. It captures what might otherwise be lost forever. As I've mentioned to you previously, I'm really looking forward to your history of VPH. I've read several chapters and I can see that it expresses very well the first 50 years of VPH. Finally, thank you for your extraordinary donation of £50. Wayne

Dear All at VPH,

Thanks for VPH News. Your last "Letters to the Editor" contained a letter from Fred Plumm. I first met Fred in Mayesbrook Park, Barking. He was a coach to Essex Ladies, I believe. After my discharge from the RAF in the 1950's, I lived in Hackney but was told by the AAA that Essex Beagles was my nearest club. Fred put me right and I was introduced to VPH. It's nice to hear from him again but I wonder does he remember? Nice to see the profile of Deric Bareford. Please find enclosed a cheque to help the Club out with its financial challenges. Regards to everyone at VPH. Henry Tabberer

Dear Henry,

You've reinforced what Gordon had to say about Fred. Thanks for your very generous donation of £40. Wayne

Bareford vs DuBose - Day 2 in Decathlon

Hypothetical Decathlon-Bareford vs DuBose - Based on PBs (Day Two)

At the start of the second day, Deric Bareford had a very comfortable lead of 244 points over Wayne DuBose. Nevertheless, he was well aware of his upcoming weak events for which he rarely trained. In the first event, as VPH record holder, Wayne beat Deric to the tape by a full second, 16.4 to 17.4. That represented a 103-point gain by Wayne, reducing the deficit down to 131 points. But Deric rose to the occasion in the discus hurling the platter out to 38.20. Wayne clung on grimly reaching 37.58. Deric had gained 12 points and stretched his lead to 143 points. In the next event, the pole vault, Wayne made a dramatic move and switched from the fiber glass pole to the metal pole. Although he would have cleared 3.82 metres (a club record) with the fibre glass pole, he drew on his age-16 metal pole PB and cleared 2.64 metres. Deric who only ever had the opportunity to use metal poles responded with a 3.12 metre clearance. For the second event in a row, he extended his lead, now with a 256-point margin. However, Wayne's trump card came in the javelin. As #2 thrower of all-time at VPH behind John Ferrary, Wayne unleashed 61.14 metres on his third throw while Deric could only manage 40.90 metres. Wayne scored 755 points for this effort and Deric gained 455. For the first time, in this penultimate event, Wayne had taken the lead, albeit a marginal one of 44 points. Deric knew what he had to do in the 1500. He took it out hard and passed the first lap in 65 seconds. Wayne was hanging on grimly with a 67-second lap. Deric continued to pile on the pressure covering two laps in 2:12. Wayne was now four seconds behind. Over the third lap, Deric slowed to 70 seconds, but nevertheless Wayne lost a further second and was now five seconds behind. Deric ran his heart out over the last 300 metres and completed the 1500 metres in the stupendous time of 4:16.8. Wayne came in

just over six seconds behind finishing in 4:23.2. While both men lay exhausted on the ground, officials quickly consulted the scoring tables. Deric's time gave him 834 points while Wayne earned 790. Amazingly, their scores were exactly the same - 6441 points! As a fitting end to their two-days' effort, Deric and Wayne jogged a lap of honour.....slowly.

Dear Wayne,

Many thanks for the latest edition of the club mag. I enclose a donation which I fear is somewhat overdue. I'm glad that the Garro-Jones Cup has returned to the fold, especially so as I finally won this at the eleventh attempt. It would have been the 12th only I missed most of 1964. If this is some sort of record, then it's about time someone broke it! Major Garro-Jones, later Lord Trefgarne, was a patron of the club along with Major Villiers of the Manor. If I remember rightly, the mile trophy has a Latin motto which I was unable to translate, and it might be illuminating if one of the more classical of the members were able to do so. Regards, Alan Howlett

Dear Alan,

First of all, VPH thanks you for your donation. Much appreciated. By the way, you addressed your letter to 4 Ansley Way, instead of 41 Ansley Way. By a stroke of luck, the occupants of #4 (who live a quarter of a mile from me) are new acquaintances of mine so they knew who Wayne DuBose was on the envelope. The Latin inscription on the Garro-Jones Mile Trophy reads "QUAE FUIT DURUM PATI MEMINISSE DULCE EST." The literal translation is "QUAE what FUIT was DURUM hard PATI to endure MEMINISSE memory DULCE sweet EST is." and a translation is "It is sweet to look back upon what was hard to endure". Good words for the mile champion. I must pass on credit for the translation to

Peter Dunn, a parent of a young athlete at Huntingdonshire AC. I went into the club hut by the St Ives track and casually threw out the question to about six people, "Does anyone here translate Latin?" Peter, who works at Cambridge University Library, raised his hand, took the phrase to work and, within two days, I had the answer. Boyd Underwood also had a go at translating the piece, but I misplaced his effort and didn't have time to track it down before publishing this edition of VPH News. Alan, I thought you might be interested to re-read your famous victory in the mile in 1966. Regards, Wayne

Quote from The Victoria Park Harrier #92 dd. July 66 "It is extremely rare that a runner spends ten years in the sport before he makes his big breakthrough, but that has been the extraordinary experience of Alan Howlett. Alan has always been a good runner but now he is a very good one and his performances of late have shown a consistency he never had before. Which all goes to show that this could happen to YOU.

Quote from The Victoria Park Harrier #93 dd. February 1967:

Club Champs Meeting, VP, 6 Jul 66

From the gun, Alan Howlett led his opponents with the intention of burning off all comers in the Senior Mile championship. A first lap of 62 seconds spreadeagled the field and at the half mile (2:08) only George Kicks and John Anstey were staying the pace. It was expected that John would soon be dropping away but at the bell (3:16.5), all three were still locked together and if Alan's stride was shortening, George and John too showed signs of strain. With a furlong to go, it was still anyone's race but although Alan had forced the running for every yard of the way, he proved to have the most in hand and he shot away to come home with 20 yards to spare in 4:19.7. A splendid and well-deserved victory.

AGM Minutes 1996

AGM Minutes, 31 Oct 96

1. The meeting started at 7:30 pm.
2. Apologies: Deric Bareford, Ken Rouse, Ron Vialls, Albert Rowley, George Hart, Terry Green, Frank Massingham, Colin Reid, and Roger Brooks.
3. The minutes of last year's AGM minutes were read out and approved.
4. Matters arising from the minutes: a) The possible Tower Hamlets Council takeover of the club HQ did not take place. Peter Spencer phoned the Council on a number of occasions without receiving any reply. b) Ted and Jack Flowers to remain joint Club Presidents for a second year.
5. Secretary's Report: Membership up (currently 60 plus 24 Life Members). Some youngsters coming through - at any one time, there are between 6 - 12 kids training at the club. Expanding Ladies Section. They compete in the Metropolitan League and are currently joint top in the Chingford League.
6. Track and Field Report: Still in 5th Division of the Southern League. We started and finished well in the Southern League. Special thanks to all club members who officiated. Six teenagers were in our team for the last meeting. To keep these teenagers at the club, we need coaching. Roger Daniels has recently attended a coaching course. Subcommittee on coaching to be set up. Indoor shot and discus purchased. Gary Luff has moved to Ipswich and therefore left the club. British Athletics Federation meeting proposed £15 a year fee for all runners — this isn't considered a good idea. Open 5 course to be measured so that the race can be a certified course.
7. Road and Country: Chingford League Champs. More officials needed. Over 200 runners took part in this year's Open 5. Plans to make next year's race bigger including junior races. Men won the Chingford League this year. Paper on coaching produced by Richard Newbold, Boyd Underwood,

and Gary Luff. Graeme Tiffany and Richard Newbold to follow up.

8. Treasurer's Report: Main account £3,102.02 Social Account £6,870.44 Balance down £250 on last year. Subscriptions remained the same as last year. Large expenditure on Open 5. Main account has recently been moved to a high-interest account. Accounts only show one month's interest of this. The cottage continues to be the major income - £4,282 in the last year. We are still owed £1,800 on the cottage by the Council. John Daniels and Gerry Franey still pursuing. On expenditure and maintenance, we paid out £4,639 of which part was for the repair to the roof (£2,588). Also, locks and fire exit signs had to be bought to satisfy the London Fire Brigade. On the social account, the bar takings continue to rise. The Christmas Party made £100 and the Children's Xmas Party made £14. However, the BBQ lost £150. The report was proposed for acceptance by Mike Eldridge and seconded by Vinnie O'Kane.

9. Election of Officers: Deric Bareford was recommended for Life Vice-President. It was reported that it was a surprise that Deric had not been made one before as many of his contributions to the Club were made some time ago. He joined the Club in 1947. His list of achievements include National Decathlon Championship runner-up, won 54 Club Championships (most ever by a club member), and is a Trust Member. Ron Iron gave a speech of support saying that Deric may possibly be the best athlete the Club has ever had. He was proposed for Life Vice President by Wayne DuBose and seconded by Andy McCourt. Elected unanimously.

Position: General Secretary
 Nominee: Graeme Tiffany
 Proposer: Joe Loboda
 Secunder: Richard Newbold

Position: Honorary Treasurer
 Nominee: Gerry Franey
 Proposer: Mick Eldridge
 Secunder: John Daniels

Position: Road & X-C Secretary
 Nominee: Joe Loboda
 Proposer: Richard Newbold
 Secunder: Hanna Robson

Position: Track Captain
 Nominee: Richard Bruce
 Proposer: Mick Eldridge
 Secunder: Joe Loboda

Position: Track Secretary
 Nominee: Richard Newbold
 Proposer: Andy McCourt
 Secunder: Wayne DuBose

Position: Ladies Secretary
 Nominee: Hanna Robson
 Proposer: Annie Gammon
 Secunder: Les Vialls

Position: Ladies Captain
 Nominee: Annie Gammon
 Proposer: Hanna Robson
 Secunder: Les Vialls

Position: Social Secretary
 Nominee: Les Vialls
 Proposer: Hanna Robson
 Secunder: Andy McCourt

Position: Handicapper
 Nominee: Colin Reid
 Proposer: Mike Eldridge
 Secunder: Pat Franey

Position: Press Officer
 Nominee: Richard Newbold
 Proposer: Mick Eldridge
 Secunder: Les Vialls

Position: Junior Captain
 Nominee: Dan Henderson
 Proposer: Andy McCourt
 Secunder: Mick Eldridge

Committee Meeting Minutes 1973-1988 Missing!

Position: Trustees
 Nominee: Danny Parsons, Pat Franey
 Proposer: Andy McCourt
 Seconder: Mick Eldridge

Position: Auditors
 Nominee: Ron Iron, Chris Miele
 Proposer: Les Vialls
 Seconder: Andy McCourt

Position: Membership Secretary
 Nominee: Frank Massingham
 Proposer: Peter Spencer
 Seconder: John George

Position: Coaching Secretary
 Nominee: John Daniels
 Proposer: Ron Iron
 Seconder: Mick Eldridge

Wayne DuBose, Peter Spencer, Richard Martin, Tony Lashmar, and Ron Iron were proposed as General Committee Members en bloc by Joe Loboda and seconded by Pat Franey.

10. AOB: Club Bar to close at 11:00pm. Children's Xmas Party 7 December, Main Party on 19 Dec. There was a presentation of medals for the Chingford League win and for the A and B teams coming second in the Assembly League. Special award made by Roger Daniels for most-improved male and female club runners. The choices, made by Roger, were Gary Luff and Liz Kempster.

11. Meeting closed at 8:41.

Southern League Div 5 - 1993

Dream Team Based On All Results
 'A' String

100	D. Kosoko	11.7
200	D. Kosoko	24.1
400	D. Wing	51.6
800	M. Edmonds	2:01.6
1500	R. Newbold	4:10.0
5000	K. Lowe	15:58.7
110H	A. Watt	19.2
400H	W. DuBose	60.5
3000SC	R. Newbold	9:44.6

LJ	L. Bruce	5.86
HJ	R. Bruce	1.74
TJ	R. Bruce	12.37
PV	W. DuBose	3.40
SP	W. DuBose	11.34
DT	W. DuBose	33.60
JT	W. DuBose	47.86
HT	R. Bruce	25.32
4x100		46.5
4x400		3:33.1

B' String

100	W. Letman	12.0
200	A. Watt	24.5
400	R. Bruce	54.5
800	L. John	2:03.7
1500	L. John	4:20.7
5000	T. O'Neill	16:51.8
110H	W. DuBose	19.4
400H	A.. Watt	60.9
3000SC	K. Lowe	10:21.5
LJ	D. Kosoko	5.76
HJ	L. Bruce	1.70
	D. Wing	1.70
TJ	A. Watt	11.87
PV	M. Eldridge	2.40
SP	C. Miele	8.37
DT	R. Bruce	24.82
JT	A. Watt	43.34*
*(achieved same mark in 3 matches)		
HT	W. DuBose	19.02

In 1993, Wayne DuBose returned to regular Southern League competition after nine years' absence, Keith Lowe broke John Daniels' 20-year-old Club 800 Vets Record, we had 43 event wins, and VPH won two matches that year (our last victories before this season), Meetings were at Horsham, Andover, Mile End, Guildford, Crawley, and Mile End.

Committee Mtg Minutes 1973 - 88

Since the committee meeting minutes books (1973 - 1988) weren't in the committee room, I presumed the previous Minutes Secretary held them. I now find this isn't the case, so this means 15 years of club history is gone. Does anyone know of their whereabouts?

Proposed Amendments to Club Rules

1. The name of the club shall be Victoria Park Harriers. (OK)
2. The object of the club shall be to promote amateur athletics and to provide facilities for the social activities allied to them. (OK)
3. The club colours shall be a white vest or blouse with a blue sash from right shoulder to left side. Club colours must be worn when representing the club. (OK)
4. Every applicant for membership must be an amateur as defined by the A.A.A. and the W.A.A.A., must be at least 11 years of age, and shall sign an agreement to abide by the rules of the club. (OK) Application forms for membership must be accompanied by the appropriate fee before being submitted to the management committee for election. (OK) The names of all applicants must be posted on the club notice board at least two days before election. (DELETE) Membership will be granted only at the discretion of the management committee. (OK) Life membership may be awarded to any member upon completion of 21 years continuous membership or for outstanding service to the club as approved by members at an Annual General Meeting. (OK)
5. The annual subscriptions shall be agreed at the AGM and the amount displayed on the club notice board and payable from the 1st November each year. (OK)
6. Any members whose annual subscription is more than three months in arrears will have their name posted on the club notice board. If after a further one month the subscription is still unpaid they shall be notified to appear before the management committee who will decide upon the necessary action to be taken. (CHANGE TO: By the January committee meeting, the Membership Secretary will post a list of all paid members (as well as Life Members and Life Vice Presidents) and unpaid mem-

Club Rule Change Proposals

bers on the notice boards. Any member whose annual subscription is still outstanding by the February committee meeting shall be notified in writing by the General Secretary and an additional 25 percent of the outstanding dues will be added. If, by the March committee meeting, the subscription is still unpaid, the management committee will decide upon the necessary course of action to be taken.)

7. Should any member's conduct render it necessary, he or she may be expelled from the club membership by a vote of not less than 3/4's majority at the usual monthly meeting of the management committee, all of whom must be officially notified of any such intention. (OK) The name and address of any person expelled shall be sent to the Secretary of the A.A.A. or of the W.A.A.A. and shall be entered by such officer in a book (called the BLACK BOOK) kept for that purpose. Any person whose name is so entered, shall be debarred from competition in any meeting held under A.A.A. or W.A.A.A. laws until the liability causing such expulsion shall have been discharged. (DELETE)

8. Each member shall be provided with a membership card and a copy of the rules. (CHANGE TO: The Membership Secretary will provide each new member with a membership card and a copy of the club rules.)

9. Any member wishing to resign shall give notice in writing to the Honorary General Secretary on or before 1 November or, by default, shall be liable for the ensuing year's subscription, but a member may resign at any time if clear on the club books. The Honorary General Secretary shall acknowledge such resignation within 14 days. (OK)

10. All entries for club championships or handicap events shall be made to the Club Handicapper at least three days before the day of the event. Appropriate fees must be paid on or before the day of competition. First-claim members only are eligible to compete in the club

championships. Late entries start from the scratch mark. (CHANGE to: Only fully paid-up, first-claim members are eligible to compete in club championships and handicap events. Athletes must declare to the Club Handicapper their intention to compete in handicap events at least seven days prior to competition. Late entries start from scratch.)

11. The minimum number of entries for club championships or handicaps shall be three, and prizes/medals shall be awarded thus:-

One for three or four competitors

Two for five to seven competitors

Three for eight competitors or over (OK)

12. A member must be available to compete at least three times per season in order to become eligible to receive a medal for a club championship. Any variation of this rule due to special circumstances shall be left to the discretion of the appropriate sub-committee. (CHANGE to: To be eligible to receive a club championship medal, an athlete must have represented the club sufficiently as recommended by the road and cross-country captain and/or the track captain and approved by the committee.)

13. Nominations for President must be made in writing by 30th September to the Honorary General Secretary. (OK) The nominations will be considered by the management committee and short-listed candidates will be submitted to the A.G.M. for election, such office to be held for one year. (OK) He or she shall not become eligible for re-election as President until a period of five years has elapsed since the end of his or her last year of office. (DELETE) Vice Presidents and Life Vice Presidents shall be elected at the A.G.M. from nominations made in writing to the Honorary General Secretary at least seven days prior to the date of the A.G.M., such nominations to be approved by the management committee who may also make further nominations

as it may consider to be appropriate. (CHANGE to: Vice Presidents and Life Vice Presidents shall be elected at the AGM from nominations made in writing by 30th September to the Honorary General Secretary. All nominations must be approved by the committee who may make further nominations as it may consider to be appropriate.) The office of Vice President to be held for one year. (OK)

14. The management of the club shall be vested in the Honorary General Secretary, the Honorary Treasurer, Honorary Track Secretary and Cross Country and Coaching Secretaries, Track and Cross Country Captains, Ladies Section Secretary, Junior and Ladies Section Captains, Social Secretary, Press Officer, Club Handicapper, Membership Secretary, two Trustees, Young Athletes Team Manager, and six members. A quorum shall consist of at least eight members attending and entitled to vote. (CHANGE to: The management of the club shall be vested in the General Secretary, Treasurer, Track Secretary, Road

and Cross Country Secretary, Coaching Secretary, Track Captain, Road and Cross Country Captain, Ladies Secretary, Ladies Captain, Junior Captain, Social Secretary, Press Officer, Club Handicapper, Membership Secretary, Trustee, Junior Manager, Club Magazine Editor, Membership Recruiter, Clubhouse Maintenance Manager, and six general members. A quorum shall consist of at least eight members attending and entitled to vote.)

15. President, Trustees, past Presidents and Life Members may attend meetings of committee, but only the President, immediate past President and Life Vice Presidents may vote. (CHANGE to: President, Life Vice Presidents, Trustees, and Life Members may attend committee meetings, but only the President and Life Vice Presidents may vote.)

16. All officers with the exception of those mentioned in Rule 17 shall be

More Club Rule Change Proposals

elected by ballot at the Annual General Meeting and shall hold office for one year from the end of the meeting at which they are elected. They shall be eligible for re-election and shall be first claim members of the club. (OK)

17. Road and Cross Country officers shall be elected at a general meeting called for that purpose and held in May. They shall be elected by ballot and shall hold office for one year until the end of the next such meeting. They shall all be eligible for re-election and shall be first claim members of the club. (OK)

18. The Annual General Meeting of the club shall be called first in October of each year. A quorum shall consist of 20 members. At least 14 days notice of such meeting shall be given by the Hon. General Secretary. Any member wishing to propose a motion at such a meeting shall give notice in writing to the Hon. General Secretary at least seven days before the date of that meeting. The Hon. General Secretary shall give notice of the agenda, including notices of motions, alterations to club rules and of the club accounts to be presented thereof. (CHANGE "shall be called first in October" to "shall be held in October.")

19. An Extraordinary General Meeting of the club shall be called at the written request of not less than 12 members. The object of such a meeting shall be stated in writing and shall be lodged with the Hon. General Secretary at least 24 days prior to the date of the meeting. No other business shall be conducted at the meeting at which 24 shall form a quorum. (CHANGE to: 14 days)

20. The management committee shall meet at monthly intervals at such time and place as may be agreed upon. (CHANGE to: "The management committee shall meet at monthly intervals.") The Hon. General Secretary shall give notice to each member of the committee at least 7 days before each meeting, giving time, place, and agenda. (DELETE and put in Secretary's Job Description).

21. The management committee shall constitute sub-committees from its members and in particular shall constitute a wine committee. The powers and functions of these sub-committees shall be such as the management committee shall, from time to time, determine. (DELETE: The committee is going to constitute a sub-committee whether this rules exists or not.)

22. All the funds of the club shall be used for the amateur activities of its members. An account shall be opened with such banker as may be approved by the management committee in the name Victoria Park Harriers. Specimen signatures of four members entitled to sign and endorse cheques shall be forwarded to the bank manager and all cheques shall bear the signatures of two of the specified four members. The state of the club finances shall be reported to management committee at its monthly meeting. Auditors will be appointed at the Annual General Meeting of the club who shall audit the accounts for the club year ended 30th of September. The Annual Report and Accounts duly audited shall be placed before the Annual General Meeting of the club. (OK)

23. The club rooms will be open for the use of members from 5:30 pm until 9:30 pm Monday to Thursday, from 9:00 am until 2:00 pm Sunday, and at such times as may be decided by the management committee. All members and visitors must be off the premises at the time fixed for closing. (OK)

24. In accordance with the provisions of the Licensing Act 1964, the hours during which intoxicating liquor may be supplied shall be during the agreed opening hours of the club where they conform to the aforementioned provisions, these being 5:30 pm to 11:00 pm weekdays and 12:00 pm to 2:00 pm on Sundays. Such times may be varied only subject to the approval of the Licensing Authority. (OK)

25. All member of Victoria Park Harriers of the age 18 years and over shall be

entitled to purchase alcoholic liquor, but only during the permitted hours and subject to the first minimum period of two days membership. (DELETE--This is law anyway)

26. Members of visiting teams and other visitors can share the same privilege provided only that they are made honorary members of the club for that day, and that their names have previously been posted on the main notice boards for a minimum of 48 hours. Members may introduce friends, but all such visitors shall sign the visitors book. (OK)

27. Members or visitors are not permitted to bring intoxicating liquor into the club bar. (OK)

28. Singing in the club bar is not allowed except as part of an organised activity. (DELETE)

29. Under no circumstances will visitors be allowed to purchase alcoholic liquors on the premises except where the conditions of rule 26 are observed. (OK)

30. Members must not interfere in any way with the duties of a club official or bar steward. Any complaints, recommendations, or requests for service should be made to the Hon. General Secretary in writing, stating clearly the nature of the complaint, recommendation, or request, and giving the name or names of the member or members making the request, complaint, or recommendation. (DELETE)

31. The club will not hold itself responsible for the loss of, or damage to, any personal property. (OK)

32. No betting, the writing of betting slips, gambling, drunkenness, bad language, or disorderly conduct of any kind shall be permitted within the club bar. Any member or visitor required to leave the premises by any officer of the club, or bar steward, for suspected infringement of these rules shall do so promptly and remain a non-user of the premises until the reason for such request has been considered by the management

Is There a Need to Remeasure Open 5 Course?

committee. (OK)

33. Any member of the management committee shall have the power to refuse admission to any part of the premises to anyone whose condition it is felt justifies such exclusion, or to serve at the bar anyone whose condition it is felt warrants such refusal. (OK)

34. No property may be taken from the club premises without the prior permission of the management committee. (OK)

35. No animals are allowed in the club rooms. Prams are only permitted in club rooms or club bar with permission of a club official or bar steward where appropriate. Bikes are permitted only in club rooms outside of the bar with permission of a club official. (DELETE)

36. Any damage or breakage must be reported immediately to a member of the management committee. (OK)

37. No notice may be displayed on notice boards without the permission of the management committee. (DELETE)

38. Alteration to the rules shall be made only at the Annual General Meeting of the club, and any such alteration shall have effect only if approved by a majority of members present at such a meeting. (OK)

39. All properties, chattels, trophies belonging to the club shall be vested in the Trustees, to be held by them for the members of the club, according to the rules of the club. (DELETE and place in Trustee Job Description)

40. The management committee shall have power to decide upon any question not provided for in these rules. (OK)

41. The income and property of the club shall be applied solely towards the promotion of its objectives and no portion thereof shall be paid or transferred directly or indirectly by way of dividend, bonus, or otherwise howsoever by way of profit to members of the club except for reasonable and proper remuneration. On dissolution of the club after satisfaction of all its debts and liabilities any property or assets whatsoever remaining shall not be paid or

transferred among members, but shall be given or transferred to some charitable body or to a voluntary body with similar objectives as the club's and which prohibit the distribution of its income and property among its members for reasonable and proper remuneration. (OK)

Add the following rule: "The Club Magazine Editor is mandated to produce at least two magazines per year covering, as a minimum, all League and club championship results."

These rule change proposals are designed to align the Club Rules with current conditions. If you truly have objections to any of these proposals, which have already been subjected to committee scrutiny, let a committee member know immediately. Otherwise, the AGM will last until the early hours of the following morning.

Dates to Mark on Your Calendar Now

26 Jul	Southern League (Perivale)
7 Aug	Assembly League (VP)
16 Aug	Southern League (Haringey)
16 Aug	Club BBQ (VPH HQ)
26 Aug	Road Mile Champs (VP)
4 Sep	Assembly League (Forbanks)
13 Sep	Chingford League Relay (Highams Park)
30 Sep	Chingford League (Eastway)
11 Oct	Chingford League (Chingford)
23 Oct	Annual General Meeting
4 Nov	Chingford League (Eastway)
6 Dec	Children's Xmas Party
18 Dec	Club Xmas Party
27 Dec	Chingford League (Alexandra Palace)
1998	
17 Jan	Chingford League (Trent Park)
7 Feb	Chingford League (VP)
24 Feb	Chingford League (Eastway)

VPH "100 Club"

Winners

January - L. Vialls

February - J. George

March - B. Blackie

April - K. Lowe

May - M. Eldridge

Members

1. J. Lock	31. B. Deverell
2. L. Williams	32. M. Eldridge
3. S. Guy	33. W. DuBose
4. T. Clifford	34. S. Hart
5. G. Stewart	35. L. Vialls
6. J. Daniels	36. P. Franey
7. J. Smith	37. R. Iron
8. R. Newbold	38. M. Reid
9. G. Franey	39. VACANT
10. T. Brennan	40. T. O'Neil
11. M. Reid	41. D. Parsons
12. M. Carr	42. K. Lowe
13. J. George	43. M. Carr
14. K. Lowe	44. G. Hart
15. L. Vialls	45. C. Reid
16. J. Anstey	46. R. Iron
17. F. Massingham	47. P. Franey
18. D. Judge	48. T. Brennan
19. T. Berryman	49. P. Eldridge
20. B. Deverell	50. J. Daniels
21. B. Blackie	51. VACANT
22. R. Clark	52. G. Dodd
23. G. Dodd	53. J. Loboda
24. M. Gonzales	54. T. Green
25. B. Franey	55. J. Green
26. K. Wing	56. R. Curle
27. R. Daniels	57. R. Brooks
28. A. Rowley	58. J. Dick
29. P. Spencer	59. T. Adams
30. A. Lowe	

If your name isn't listed, please think hard about taking part. £2 per month will get you in on the action. Contact Ron Iron for details. Ron wants to fill #39 and #51 right away.

Is There a Need to Remeasure the VPH Open 5 Course? (by John Anstey)

Back in the mists of time, or was it 1965, Tower Hamlets Council decreed that there would be an Open athletics meeting at Victoria Park track and asked VPH to organise it. It was also

Deric Bareford, Unknown World Record Holder

suggested that a road race be staged, thus the VPH Open 5 was born. The course chosen was the 2 x figure-of-eight course which had been used for Chingford League races and I believe it also was used for the trial race to choose the VPH squad for the old London-to-Brighton Relay. It was also known that this course was short of an exact '5'. In preparation for this year's Open 5, VPH hired an official to measure the course and establish an exact five-mile course. But do we really now have an exact '5'? I'm not so sure, and I intend to present a discussion which I hope will convince the Committee that a remeasurement of the course would be to the Club's benefit. During the mid-70's, we proposed to stage a 50th Anniversary road relay around Victoria Park, and we thought the '2 mile' lap, i.e., the figure-of-eight without the middle road, would be just the job. The late Arthur Coombes decided that he would measure the course, obtained a surveyor's wheel and came up with the measurement that showed the course to be 140 yards short of 2 miles. At my request, he also measured the middle road, and from this information, I concluded the 1.5 mile loop was 12 yards over, and the mile lap was 60 yards short, making one figure-of-eight lap 48 yards short; therefore, the '5' was 96 yards short. A few years later, Colm Kerrigan, VPH member and a school teacher, and one other, measured the actual figure-of-eight course. They used a different surveyors wheel, walked the course in one go, and presented their findings to me in metres. On converting this foreign measurement to good old British yards, feet, and inches, I was amazed to find the two readings were within a yard of each other. Two measurements, made by different people, different apparatus, and using different methods arrived at virtually the same distance. After the recent official measurement was made, Keith Lowe and Andy McCourt measured the course yet again with an unused wheel found in the committee room

and came within one yard of the 96 yards short measurements. If the 'new' distance is correct, it has repercussions on our road club championships, these being 1, 3½, 10 and 20 miles. For years, I kept records of our races, including club championships as I was the club handicapper, and over the years I don't recall much to make me doubt that the time of the 3½ would be 2 minutes longer than an equivalent 5000m. For our 10, which is about 600 yards short of a true 10 (finishing line 100 yards beyond the start), a two-minute differential also applied. To support this, I recall Alan Barber running about 17:20 for an Assembly League race shortly after having run about 15:20 for the 5000m on the track. Keith Lowe finished third in our 10 mile championship in just under 51 minutes, and shortly afterward ran 52:50 for the flat Nene Valley 10. Hence, an almost two-minute differential. In 1976, I ran 54:02 for a 10, went through 10 in 55:12 in a half marathon and ran 52:30 for our '10'. This would mean, based on the remeasurement of the course, that my 52:30 is worth only 55:30 for a true 10. Again drawing on my own records, in the 50th relay that started all this, I ran 9:22 for the short 2-mile course, 1 second faster than Mike Quanne, who of course at his best would have left me trailing in his wake. Nevertheless, he was still running reasonable well, and I was running fairly good at this time. This, if you believe Arthur, converts to about 9:05 pace for 3000m. That would have been okay but not great, as I had, during that period, been through 3000m of a 5000m track race in about 9:06. The new distance pushes my time to 9:16 pace for 3000m, barely 5-minute miling. It would be interesting to compare other runners' performances in the Park to other venues, so please give your records a whirl. Based on the old measurement (96 yards short), refer to the "Old" column for the differential between your

best 5000m time on the track and your 3.5m time in the Park. Based on the new measurement (256 yards short), refer to the "New" column for the differentials. Which one is more accurate?

Distance	Old	New
5000m-3.5 miles	2:00	2:25
Club 10-Exact	102:00	3:00

Concentrating on measuring techniques, VPH News reported last time that the bike was calibrated on a cycle track, but is it possible that the cycle track is inaccurately measured? Even big events such as the London Marathon can lead to doubts about officially measured distances. In the men's race this year, after running the previous five miles at about 4:53 miling, the winner quickened to 4:39 for the mile between 25 and 26, but covered the final "385 yards" at only 5:20 pace. Liz McColgan, however, after running 5:40's, suddenly sped up to 4:41, and then slowed to 5:20 over the last stretch. Although the men could have run 4:39 at this stage of the race, it's highly unlikely that the women really ran 4:41. The official measurer of the London Marathon was also the measurer of our course. If a remeasurement showed the course to be only 96 yards short, our course would be about 25 seconds faster than the current measurement. That 25 seconds may attract even more runners to future Open 5's. Hopefully, the information I've presented here will place some element of doubt on the validity of the recent measurement.

Deric Bareford - World Record Holder?

In Athletics Weekly dd. 10 August, 1963, a result quietly resides on pg 24. It shows that in the Vets AC Champs at Battersea Park, Deric Bareford won the M40 100 yards in 10.3 and the 220 yards in 22.4. What is not reported is that Deric's 220 yard time should have been hailed as a Vets World Record! Talking of Annie, she and Gavin are

expecting a baby in September/October. Congratulations! With Hanna Robson departing for the States for at least a year, we're looking a bit thin in the Ladies section. However, Annie has declared her intention to start pounding the roads as soon as possible after the birth. The next big fundraiser for VPH is the London Chest Hospital race being held in Victoria Park on 27 July. The Hospital approached us about organising the race for them and we're expecting a few hundred runners to eat our food and drink our drink after the race. So if you're not busy that day and want to help out a good cause, here's your chance. In terms of sheer numbers, this will be bigger than the Open 5, so every helper counts. Everyone also counts when it comes to the Annual General Meeting. This year's AGM is scheduled for 23 October. As usual, the need for committee members is always there. If you're interested in making a difference, step forward and identify yourself. As the saying goes, "If you're not part of the solution, you're part of the prob-

lem." One person who may be missing from the AGM is John Daniels. Earlier this year, John had a hip replacement operation and then found he had thrombosis. If you'd like to drop him a line, he lives at 1 Almonds Avenue, Buckhurst Hill, Essex. John is our Vets record-holder for the 400 metres and triple jump, organised last year's 70th Anniversary dinner, was a regular attendee at committee meetings, and we miss him. Get well soon, John. Our other class Vet, Deric Bareford turns 75 in November. I sent a copy out of a page of this past week's Athletics Weekly to Deric because it contained the results of the British Vets National Championships. I reckon Deric could emerge from his 20-odd years of retirement and win the national discus title. Richard Newbold talked to him recently and Deric has agreed to provide some discus coaching to all those interested. Perhaps he can toss the discus in training at the same time. By the way, when Richard talked to him, Deric kindly donated a 2kg discus. Thanks, Deric.

nated a 2kg discus. Thanks, Deric. This past three months, I only received three letters to the editor. I hope you'll all consider writing occasionally to relive some past VPH memories. Remember, once your thoughts are captured in VPH News, they basically become a matter of historical record. There has been some good stories written over the past couple of years. Please get things on paper so they can be figuratively "written in stone." The next club magazine will appear during early December, but don't leave it that late. All recipients of VPH News must be either fully paid-up members or Life Members. I've been sending some club magazines out to a few of you in the hope that you'll come aboard. Some of you haven't. I urge you to join us so that this issue isn't your last link with Victoria Park Harriers. OK, that's VPH news for now. Eighteen pages worth is a new record. Don't worry, we won't put AGM Minutes and Club Rules in very often. Hope you enjoyed it. I'm rejoining the VPH rollercoaster ride.

VPH NEWS

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Cadogan Terrace
Hackney
London, E9 5EG

