

❖ VPH NEWS ❖

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August 1999

Southern League Achievements Set Us Up For 2000

Dates To Put On Your Calendar

1999

- 11 Sep Chingford League Relay
 - 16 Sep Club 1-Mile Road Champs
 - 23 Sep Club 5M H'cap Race
 - 25 Sep Bow People's Trust Dash In The Park
 - 25 Sep Southern 6-Stage Relay
 - 5 Oct Chingford League, Eastway
 - 16 Oct 3.5M Club Champs
 - 23 Oct Chingford League, Loughton
 - 28 Oct AGM (official notification)
 - 30 Oct 5M XC Club Champs
 - 1 Nov Subs due
 - 9 Nov Chingford League, Eastway
 - 13 Nov Inter Club Vets Race
 - 20 Nov North of the Thames Junior
 - 27 Nov London XC Champs
 - 27 Nov Ware Cup
 - 4 Dec Children's Xmas Party
 - 4 Dec 10M Club Champs
 - 11 Dec Club Xmas Party
 - 18 Dec Chingford League, Claybury
- 2000
- 4 Jan Mob Match
 - 8 Jan Middlesex XC Champs
 - 15 Jan Chingford League, Trent Park
 - 22 Jan North of the Thames Senior (incl. 10M XC Club Champs)
 - 29 Jan SEAA XC Champ, Parliament Hill (incl. 7.5M XC Club Champs)
 - 5 Feb Chingford League, Vict. Pk.
 - 26 Feb Nat'l XC Champs, Stowe
 - 7 Mar Chingford League, Eastway
 - 12 Mar 20M Road Club Champs
 - 28 Mar Physical Shield Relay
 - 1 Apr Open 5
 - 16 Apr London Marathon

Back in July, I went over 30 years with Victoria Park Harriers. I'm not going to reminisce about the past as I'm too busy with the future. Suffice to say that it's been a real pleasure and, I'm sure, will continue to be so.

**Tony Lashmar,
On His Way To A Big Personal Best In This Year's London Marathon**



Next Year

Another track season has come to a close and, although we didn't reach the heights of last year, we did show that, in both Division 4 and Division 7 of the Southern League, we will be forces to be reckoned with in 2000. Can you believe that 46 different athletes competed for us in the A and B teams this year. That's totally amazing! As we will be vying for promotion next year, all I ask of those athletes who'll be competing is to AIM HIGH! If you're in the B team, aim for the A team. If you're in the A team, aim to improve your personal bests. Don't be satisfied with anything less than raising your standard to a new level. Put in a hard winter's training and be the best that you can be.

Membership

VPH is doing really well with membership lately. In the last six months, we've had 31 new members join our club. This brings us up to 110 paying members and 23 Life Members.

VPH World Wide Web Site
www.bigfoot.com/~vph

Obviously, we can only thrive as a club with a healthy membership. Each of you should do your little bit by encouraging anybody to come along to check us out. Remember, the first two weeks are free for newcomers. Help make our club even better by recruiting new members.

Subscriptions

As I'm also the Treasurer these days, I'm very aware of the immense costs involved in maintaining our headquarters building. This past year, Les Vialls has overseen an aggressive renovation project to give us a building we can be more proud of. This has costs many thousands of pounds, and will continue to do so. Our HQ is the essence of the Club and has to be maintained to a reasonable level. In recent weeks, we have found that we need to insure the building to the tune of £702,000 as opposed to the £150,000 cover that we currently have. Guess what? That means more expense. Therefore, at the upcoming AGM, we must all insist on raising our annual subscriptions. If we settle on £55, then that works out to £1.06 per week. On 1 November, you have (cont. on page 16)

Richard Newbold Leads Way In First Assembly League Race

Assembly League 5K, Blackheath, 8 Apr 99 (Race 1)

Victoria Park Harriers made a solid start to the Assembly Road Racing League with fourth place finishes for its 'A' and 'B' teams at Blackheath. However, it was the Stock Exchange who showed amazing strength in depth with their 'B' team beating all the 'A' teams except their own and Kent AC. Kent AC also proved very strong, but Dulwich Runners only just pipped us for third place. Fastest starter for the Harriers was Team Captain Jimmy Roche who was up in the leading bunch over the first lap, clocking his first mile in just over 4:45. However, this proved a little too quick and Jim gradually came back to the chasing group. Next to try his hand was Tony Lashmar who went berserk at the beginning of the second lap. Tony's rapid injection of pace carried him up towards the leaders before he too began to fade, a little more control and race tactics perhaps being required. Richard Newbold who maintained a steady pace from the start, hampered by a bad stitch, eventually found himself as the team's leading runner at the beginning of the third lap. As the pace picked up over the last half mile, Richard felt unable to change pace and lost several places, with Jimmy Roche catching Richard just before the finish. However, with 150 metres left, Richard made one last effort, which carried him past Jim to take 14th place with Jim only one place and one second behind. Tony, along with Pete Eldridge, completed the 'A' team in 21st and 22nd places, respectively, with Tony being pulled along by a couple of Dulwich Runners to hold off Pete's strong finish over the last half-mile. Leading 'B' team runner was Gary Bagnall, finishing two tantalising seconds over 18 minutes, closely followed by veteran Les Austin and Tim Mitchell-Smith. Completing the 'B' team was Mike Penman, who knocked 46 seconds off his previous best time, recorded last season. Joe Loboda made his return to Harriers' colours, after missing most of the winter, to take 69th position with Mick Wheeler and Paul McKinley taking 75th and 79th places respectively. Georgina Austin was our

sole female representative, taking 11th place in the women's category.

14	R. Newbold	16:37
15	J. Roche	16:38
21	T. Lashmar	16:55
22	P. Eldridge	17:01
38	G. Bagnall	18:02*
42	L. Austin	18:16
47	T. Mitchell-Smith	18:34*
56	M. Penman	19:07 PB
69	J. Loboda	20:19
75	M. Wheeler	21:10
79	P. McKinley	21:29*
93	G. Austin (L11)	24:50

* First time over this course

A Teams (11 teams)

1	Stock Exch.	12
2	Kent AC	47
3	Dulwich	65
4	VPH	72
5	Eton Manor	124

B Teams (6 teams)

1	Stock Exch.	56
2	Kent AC	121
3	Dulwich	140
4	VPH	183
5	Eton Manor	206

Watford Open Meet, 11 Apr 99

HT	R. Bruce	29.78
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Kinnaird Trophy Meet, Kingston, 17 Apr 99

2000SC R. Newbold 6:37.2 (3rd)

London Marathon, 18 Apr 99

This year saw six VPH'ers complete this prestigious event with newcomer Graham Bennett leading the way. At the halfway point, Graham was only a few seconds behind Steve Cram, but alleges that it was Cram's annoying habit of speaking to the radio and TV on his mobile phone during the race that made him drop back a bit over the latter stages. Nevertheless, Graham's time was a PB by three minutes. Tony Lashmar said that he felt full of energy at the finish and never did hit the wall. He didn't realise that he'd been slowing in the second half - obviously needs his pacemakers all the way round. However, he still managed to knock 27 minutes off his previous best! Mike Penman and

Tim Mitchell-Smith both set new bests, with Tim knocking over an hour off his previous best. He was so full of energy at the finish that he managed a celebratory dance. Gary Bagnall enjoyed his run but ran out of energy over the latter stages despite taking on the energy drinks provided. However, he beat the time he was hoping for (3:10/3:15) and so was pleased with his marathon debut. Henry Murdoch had an excellent debut performance, especially as it came off only three training sessions per week. (31,562 starters).

Graham Bennett 10K - 36:36; 1/2 way - 77:35, final - 2:40:51 (259th) PB

Tony Lashmar 10K - 39:53; 1/2 way - 83:12; final - 2:53:09 (798th) PB

Mike Penman 10K - 44:12; 1/2 way - 90:45; final - 3:07:23 (1946th) PB

Tim Mitchell-Smith 10K - 45:14; 1/2 way - 93:15; final - 3:08.23 (2044th) PB

Gary Bagnall 10K - 44:09; 1/2 way - 91:00; final - 3:08:52 (2088th)*

Henry Murdoch 10K - 55:42; 1/2 way - 1:48:44; final - 3:36:43 (5794th)*

* First time over the marathon distance

Vets AC 5.2M, Battersea Park, 20 Apr 99

3	T. O'Neill	30:35
13	R. Vialls	33:49

Club 5M Handicap Race, 22 Apr 99

Schollhammer wins! That's the first time for quite a while that those words have been used in a headline in VPH News, but this time it refers to VPH legend John's son James who won the April 5-mile handicap race at his first attempt over the 2 x figure-of-eight course. Jimmy Roche recorded the fastest time of the night, with 27:08, beating marathon runner Tony Lashmar by a little over 30 seconds, followed by third quickest of the night, veteran Les Vialls.

1	James Schollhammer	34:37
2	T. Adams	34:59

Julius Olusegun and Randal Porter Achieve Bests in First Southern League Match

3	L. Vialls	36:19
4	T. Lashmar	36:33
5	Vanessa Potts	37:22
6	J. Roche	37:28
7	M. Wheeler	38:01
8	A. Ramanathan	38:48
9	T. Mitchell-Smith	39:41

Actual Times

1	J. Roche	27:28
2	T. Lashmar	28:03
3	L. Vialls	30:19
4	T. Mitchell-Smith	31:11
5	J. Schollhammer	33:37
6	T. Adams	33:59
7	M. Wheeler	34:31
8	V. Potts	37:22
9	A. Ramanathan	38:48

Southern League (Div 4), Bury St Edmunds, 1 May 99

In the last magazine, I reported that we'd been out of Division 4 for 10 years. In fact, we'd only spent six seasons in Division 5, having been relegated from the higher division at the end of 1992. In our first match of 1999, we were really up against it, competing against Diss AC who had just missed out on promotion from Division 4 last year by one spot, and also GEC Avionics who we knew would turn out a strong team in preparation for their first British League match. In the end, GEC Avionics won very comfortably by 27 points. The focus of attention lie in the battle for second place between Diss and ourselves. We didn't get off to the best of starts when, in the very first event, Wayne DuBose had three no-throws in the hammer competition. He said at the time that he hoped this loss of probably three points wouldn't come back to haunt him by the end of the day. Fortunately, Wayne had a banner day in several of his other events. He quickly followed up his disaster in the hammer with a victory in the shot putt, winning by over a metre with a throw he hadn't bettered since 1995. From there, he cleared 3.30m in the pole vault for second spot, vaulting higher than either the 1997 or 1998 seasons. He also finished in the runner-up position in the javelin with a throw over two metres better than last year. Backing up Wayne in the pole vault, Mark

Topham picked up on his winning ways from last year to comfortably win the B string. Our best success in the field events came in the long jump where Lee Bruce and Randal Porter jumped 6.37m and 6.10m respectively. Lee's jump was better than anything he did last year and just 10 cm. from his all-time best set in 1997. Randal improved his personal best by 15 cm for a win in the B string. In the sprints department, we had a fair measure of success with Julius Olusegun running a PB in the A string 100m and Dean Kosoko gaining runner-up spot in the B string. Julius's and Dean's aggregate time of 23.4 is our team's fastest since before 1994. A great start to the season! In the 200m, Dean covered the distance in 24.0, a time he hadn't bettered since 1996, while Randal stormed to an excellent second place in the B string. Dean's and Randal's combined time of 48.7 was last beaten in 1994 when Tony O'Connor and Winston Letman totalled 48.6 seconds at Basildon. The point here is that we currently have our best sprint team for some years. Over to the middle-distance boys and newcomer Graham Bennett strode majestically to victory in the 5000m, winning in a time of 16:18.6, the fastest in the club since 1996. Not to be outdone, Jim Roche ran out an easy winner in the B string with a very useful sub-17 minute clocking. With just two events of the match remaining (3000SC and 4x400m), we were dead level on points with Diss as we both vied for second place. Before the start of the 'chase, Wayne was horrified to see that his lack of points in the hammer throw might indeed come back to haunt him. Fortunately, Richard Newbold and Tony Lashmar both ran magnificently to put VPH in the runner-up driver's seat. Richard covered the distance in 10:12.9, his fastest since 1995, while Tony took over three seconds off his PB as both he and Richard gained eight very valuable points. With Diss only earning four points in the 'chase, and with only four teams in the final event (4x400m), VPH only had to get the baton around to beat Diss. Not content to take the easy path, the VPH relay runners gave it their best shot, finishing in second place just ahead of Diss. What a great start to the

season. At this time, Randal's talking promotion, while Wayne's still talking top 10.

- 100'A' J. Olusegun 11.6 (3) PB
- 100'B' D. Kosoko 11.8 (2)
- 200'A' D. Kosoko 24.0 (4)
- 200'B' R. Porter 24.7 (2)
- 400'A' R. Bruce 55.0 (5)
- 400'B' J. Olusegun 58.9 (4)
- 800'A' J. Greenwell 2:09.2 (4)
- 800'B' T. Lashmar 2:20.0 (3)
- 1500'A' J. Greenwell 4:23.6 (3)
- 1500'B' M. Topham 4:46.5 (3)
- 5000'A' G. Bennett 16:18.6 (1)
- 5000'B' J. Roche 16:50.6 (1)
- 110H'A' D. Henderson 21.7 (3)
- 110H'B' R. Newbold 22.0 (3)
- 400H'A' R. Newbold 66.5 (5)
- 400H'B' D. Henderson 73.5 (4)
- 3000SC'A' R. Newbold 10:12.9 (2)
- 3000SC'B' T. Lashmar 10:58.9 (2) PB
- 4x100 (D. Kosoko, J. Olusegun, R. Porter, D. Henderson) 48.0 (3)
- 4x400 G. Bennett (59.0), L. Bruce (54.4), R. Bruce (55.1), W. DuBose (55.9) - 3:44.4 (2)
- LJ'A' L. Bruce 6.37 (2)
- LJ'B' R. Porter 6.10 (1) PB
- HJ'A' L. Bruce 1.70 (2)
- HJ'B' R. Bruce 1.60 (2)
- TJ'A' R. Porter 11.69 (3)
- TJ'B' L. Bruce 11.55 (2)
- PV'A' W. DuBose 3.30 (2)
- PV'B' M. Topham 2.70 (1)
- SP'A' W. DuBose 11.09 (1)
- SP'B' R. Bruce 8.33 (3)
- DT'A' W. DuBose 29.16 (2)
- DT'B' R. Bruce 24.65 (2)
- JT'A' W. DuBose 48.91 (2)
- JT'B' R. Bruce 28.51 (3)
- HT'A' R. Bruce 29.18 (3)
- HT'B' W. DuBose NT (-)

1st	GEC Avionics	147
2nd	VPH	120
3rd	Diss	115
4th	Tonbridge Wells	101
5th	Luton	31

Southern League (Div 7), Battersea Park, 1 May 99

Victoria Park Harriers' Division 7 Southern League team got off to a flying start with a tremendous victory at Battersea Park, defeating a strong Herne Hill team thanks to a very solid perfor-

B Team Secures First Win In Division 7!!

mance by the teams' field event athletes. Leading points scorers for the Harriers was Mick Wheeler with 23 points, which included wins in the 'B' string 400m hurdles and pole vault. Close behind was debutant Dave Robinson who gained 21 points from only four events, including clear wins in the 'A' string 400m hurdles and 'B' string 800m and second place in the 'A' string high jump. Other winners for the Harriers included a clean sweep in the steeplechase where track debutant Gary Bagnall and Joe Loboda were clear winners. Dolph Beard comfortably won the 'B' string high jump and veteran Garry Ormes made his first appearance on the winners' rostrum in a Southern League match since 1978 with first place in the 'B' string javelin. Throwers Shams Ghali, Chris Vialls, Steve Davenport and Danny Vialls also scored valuable points as did Mick Fitzgibbon who gained second place in the pole vault with a clearance of 2.60m and Les Austin and John George who gained second places in the 5000m.

100'A' D. Beard 14.0 (5)
 100'B' D. Christie 14.0 (3)
 200'A' M. Wheeler 27.4 (4)
 200'B' P. McKinley 31.0 (3)
 400'A' D. Beard 61.3 (3)
 400'B' M. Fitzgibbon 63.7 (3)
 800'A' J. Loboda 2:39.0 (4)
 800'B' D. Robinson 2:19.5 (1)
 1500'A' G. Bagnall 4:54.0 (4)
 1500'B' R. Onslow 5:06.9 (2)
 5000'A' L. Austin 18:14.0 (2)
 5000'B' J. George 18:37.3 (2)
 110H'A' D. Robinson 22.7 (3)
 110H'B' R. Onslow (disq.)
 400H'A' D. Robinson 66.9 (1)
 400H'B' M. Wheeler 77.2 (1)
 3000SC'A' G. Bagnall 11:48.9 (1)
 3000SC'B' J. Loboda 13:10.8 (1)
 4x100 Disq.
 4x400 4:23.4 (2)
 LJ'A' M. Wheeler 5:03 (3)
 LJ'B' D. Vialls 3.24 (3)
 HJ'A' D. Robinson 1.50 (2)
 HJ'B' D. Beard 1.30 (1)
 TJ'A' M. Wheeler 9.57 (3)
 TJ'B' D. Vialls 7.64 (3)
 PV'A' M. Fitzgibbon 2.60 (2)
 PV'B' M. Wheeler 1.20 (1)

SP'A' S. Ghali 8.55 (2)
 SP'B' D. Vialls 6.38 (3)
 DT'A' C. Vialls 21.18 (4)
 DT'B' S. Ghali 18.15 (3)
 JT'A' C. Vialls 33.36 (2)
 JT'B' G. Ormes 29.92 (1)
 HT'A' S. Ghali 20.08 (2)
 HT'B' S. Davenport 18.97 (2)

1st VPH	156
2nd Herne Hill Harriers	153
3rd Swale Combined	126
4th Pitsea Runners	89
5th Belgrave	41

Assembly League 2.9M, Forbanks, 6 May 99 (Race 2)

Victoria Park Harriers continued its solid start to the Assembly Road Racing League with two further fourth place finishes for its 'A' and 'B' teams at Forbanks. However, despite the Harriers fielding a very strong team, we were unable to improve our league position. This race saw yet another variant on the Forbanks' course with the finish in the park at the base of the final hill rather than up the hill itself as has been the norm in recent years. This finish combined with the "new" start meant that whichever VPH athlete finished first would set a new course best by a Harrier to join those set by Steve Mahon and Richard Newbold over the other two known variants. From the start, Jon Greenwell, Graham Bennett, Jim Roche, and Tony Lashmar were challenging in the leading bunch and up the first hill it was Jon who led the Harriers' charge. On the downhill section, Jon opened up to be part of the leading bunch with Richard Newbold leading the chasing bunch after gaining ground with a fast descent. After a mile and a half, Jon began to fade and Richard gradually closed down on him, passing Jon at around the 2-mile mark. Behind these two, Graham Bennett and Tony Lashmar were continually exchanging positions, as Jim Roche also began to fade. The run-in through the park seemed far longer and harder than the normally feared uphill finish and with most runners not knowing where the finish line was, sprint finishes were a last-minute affair. First home for the Harriers was Richard Newbold in 14:52

to take 11th place, having lost a couple of places over the last half-mile as he tired. Jon Greenwell came home soon after, just failing to break 15 minutes in 15th position, with Graham Bennett in 18th place holding off Tony Lashmar, who produced one of his best-ever performances in 20th position and removing 10 seconds from his personal best. Jim Roche came home as the first 'B' team scorer in 23rd place, a dip in form which was later found to be the result of a recurrence of the anaemia which blighted his winter in 1997/8. John George produced a cracking run for 30th place, wiping out the disappointment of a relatively poor run in the Southern League match at Battersea. Alastair McCall returned to VPH colours for the first time since January to gain 42nd place ahead of Tim Mitchell-Smith (who knocked 75 seconds off his best) and Mike Penman who came 62nd and 72nd respectively. Ron Vialls who's currently nursing an injury was close behind in 76th position with Mick Wheeler 89th. Unluckiest Harrier of the day was Ted Flowers who took a wrong turning on the unmarshalled course and went well off course. Ted was found, just before it got dark, by Jim Roche and Roger Daniels who drove the course by minibus (taking a wrong turning themselves). The housing estates that make up the course are very tricky and several times in recent years the leaders have missed turns and it will be suggested to the League organisers that they would be well advised to provide some markings, arrows, or marshals to avoid this type of problem happening in the future. Thanks to Jack Flowers and Roger Daniels for their support.

11 R. Newbold	14:52
15 J. Greenwell	15:03
18 G. Bennett	15:14*
20 T. Lashmar	15:18 PB
23 J. Roche	15:32
30 J. George	15:52
42 A. McCall	16:22*
62 T. Mitchell-Smith	17:00 PB
72 M. Penman	17:33*
76 R. Vialls	17:45
89 M. Wheeler	18:32

DNF E. Flowers

* First time run over course

Four Wins For Randal Porter

Team Results

A Teams (11 teams)

1	Stock Exch.	23
2	Kent AC	43
3	Dulwich	46
4	VPH	64

B Teams (8 teams)

1	Stock Exch.	79
2	Dulwich	114
3	Kent	156
4	VPH	157

League Positions After 2 Races

A Teams

1	Stock Exch.	24
2	Kent AC	22
3	Dulwich	20
4	VPH	18

B Teams

1	Stock Exch.	24
2	Dulwich	21
3	Kent AC	21
4	VPH	18

Vets AC Meet, Kingston, 12 May 99

3000 T. O'Neill 9:56.2 (3)

Southern League (Div 4), Colchester, 15 May 99

With Crawley AC, who finished 8th in this division last year, not sending a team, this was a two-horse race between Stevenage AC and ourselves. That we ended up finishing second by only 7 points made for an exciting match, and also gave the VPH team great confidence in their standing in this division. On the track, Richard Newbold got the ball rolling by improving his 400H time from the last match by almost a second. In the B race, Wayne DuBose covered the distance in a club-leading time of 64.6 seconds. The rest of the day was smothered with excellent results from the runners. Even without the services of Julius Olusegun, Randall Porter and Dean Kosoko cleaned up in the sprints department with four impressive wins over the 100m and 200m. Randall had a banner day by also winning the B string long and triple jumps. In the 400m, Richard Bruce was very pleased

to duck under 55 seconds for the first time this year, especially considering the windy conditions. He consolidated his success by throwing a PB in the hammer throw, jumping his best of the season in the high jump, and adding over half a metre to his shot putt effort from the last match. We gained a new runner in the shape of Mark Fitzgerald who started off in the 800m very ambitiously, covering the first lap in 60-61 seconds. Although he tailed off on this occasion, his times will improve over the course of the season. Graham Bennett had a great day, running the 5000m seven seconds faster than the last match and then following that up with a 4:18.6 clocking in the 1500. I wonder when we last had a 1500/5000 double with such times? Graham's 1500m effort nicely set up Jon Greenwell for a win in the B string. The only PB of the day on the track came from Tony Lashmar who knocked over three seconds from his steeplechase best which he set two weeks ago. And this after having run the 5000m earlier in the day. Lee Bruce had his usual strong day finishing second in four events and setting himself up as the club's number one in the 110 metre hurdles and the triple jump to go along with the long and high jump leads he already had. His high jump effort of 1.75m was his best so far in this still early season. He completed the day with the club's leading 400m relay leg of 1999 with 54.3 secs. Wayne DuBose also had a strong day in the field, winning the pole vault, getting over 30 metres in the discus for the first time this year, and not repeating his three no-throws in the hammer from the Bury St Edmunds match. He finished the day as VPH's highest scorer with 21 points. Backing up Wayne in the javelin was Garry Ormes who was just short of the 30 metre mark. After this great result for VPH, Randal's still talking promotion, while Wayne's talking top eight.

100'A' R. Porter 12.3 (1)
 100'B' D. Kosoko 12.1 (1)
 200'A' D. Kosoko 24.6 (1)
 200'B' R. Porter 24.8 (1)
 400'A' R. Bruce 54.6 (3)

400'B' M. Topham 58.2 (3)
 800'A' M. Fitzgerald 2:10.0 (3)
 800'B' J. Greenwell 2:13.3 (3)
 1500'A' G. Bennett 4:18.6 (2)
 1500'B' J. Greenwell 4:26.5 (1)
 5000'A' G. Bennett 16:11.9 (3)
 5000'B' T. Lashmar 17:00.0 (2)
 110H'A' D. Henderson 22.0 (4)
 110H'B' L. Bruce 20.5 (2)
 400H'A' R. Newbold 65.7 (3)
 400H'B' W. DuBose 64.6 (3)
 3000SC'A' R. Newbold 10:23.9 (2)
 3000SC'B' T. Lashmar 10:55.3 (1) PB
 4x100 (L. Bruce, R. Bruce, R. Porter, D. Kosoko) 46.1 (2)
 4x400 R. Bruce (57.9), L. Bruce (54.3), M. Fitzgerald (56.4), M. Topham (59.1) - 3:47.7 (3)
 LJ'A' L. Bruce 6.25 (2)
 LJ'B' R. Porter 5.60 (1)
 HJ'A' L. Bruce 1.75 (2)
 HJ'B' R. Bruce 1.65 (2)
 TJ'A' L. Bruce 11.98 (2)
 TJ'B' R. Porter 11.55 (1)
 PV'A' W. DuBose 3.00 (1)
 PV'B' M. Topham 2.60 (1)
 SP'A' W. DuBose 10.64 (2)
 SP'B' R. Bruce 8.80 (3)
 DT'A' W. DuBose 31.82 (3)
 DT'B' R. Bruce 25.29 (3)
 JT'A' W. DuBose 42.12 (3)
 JT'B' G. Ormes 29.84 (3)
 HT'A' R. Bruce 32.40 (2) PB
 HT'B' W. DuBose 22.39 (3)

1st Stevenage 145
 2nd VPH 138
 3rd Colchester & Tendring 116
 4th London 95
 Crawley didn't show

Southern League (Div 7), Isle of Wight, 15 May 99

100'A' J. Schollhammer 13.1 (4)
 100'B' D. Christie 14.1 (4)
 200'A' J. Schollhammer 27.2 (4)
 200'B' P. McKinley 30.5 (4)
 400'A' D. Beard 62.4 (3)
 400'B' D. Christie 74.1 (4)
 800'A' D. Beard 2:19.7 (4)
 800'B' M. Fitzgibbon 2:27.8 (1)
 1500'A' M. Penman 5:34.8 (5)
 1500'B' R. Vials 5:11.7 (2)
 5000'A' T. Mitchell-Smith 17:46 (4)
 5000'B' M. Penman 19:04.2 (1)
 110H'A' D. Robinson 22.2 (2)

Tony Lashmar Leads Assembly League Team With New Best

110H'B' Vacant	
400H'A' D. Robinson 65.5 (3) PB	
400H'B' M. Wheeler 76.3 (3)	
3000SC'A' D. Robinson 11:42.7 (2)	
3000SC'B' T. Mitchell-Smith 12:24.6 (2)	
4x100 55.0 (4)	
4x400 4:20.0 (3)	
LJ'A' J. Schollhammer 5.54 (3)	
LJ'B' M. Wheeler 4.70 (2)	
HJ'A' D. Robinson 1.50 (2) =PB	
HJ'B' D. Beard 1.35 (3) PB	
TJ'A' J. Schollhammer 10.91 (2)	
TJ'B' M. Wheeler 9.99 (1)	
PV'A' M. Fitzgibbon 2.60 (1)	
PV'B' M. Wheeler 2.00 (1)	
SP'A' D. Vialls 6.86 (4)	
SP'B' P. McKinley 6.40 (3)	
DT'A' C. Vialls 22.03 (4)	
DT'B' R. Vialls 14.66 (2)	
JT'A' C. Vialls 31.58 (3)	
JT'B' R. Vialls 21.58 (3)	
HT'A' C. Vialls 15.90 (3)	
HT'B' D. Vialls 12.82 (3)	

1st Isle of Wight	184
2nd Team Solent	148
3rd VPH	146
4th Chichester	89
5th Queen's Pk Harr.	42

Club 5M Handicap Race, 20 May 99

1 T. Flowers	44:22
2 R. Vialls	51:03
3 P. Eldridge	51:26
4 T. Mitchell-Smith	51:26
5 Jeff Schollhammer	51:40
6 T. Lashmar	51:47
7 James Schollhammer	51:53
8= A. Ramanathan	52:07
8= A. McCourt	52:07
10 M. Penman	52:10
11 R. Onslow	52:18
12 J. Roche	52:31
13 A. McCall	52:36
14 G. Walker	52:44
15 G. Franey	53:14
16 J. Loboda	53:26

Actual Times

1 T. Lashmar	27:47
2 P. Eldridge	28:26
3 J. Roche	28:31
4 R. Onslow	29:48
5 R. Vialls	30:03
6 A. McCall	30:06
7 T. Mitchell-Smith	30:34

8 M. Penman	31:10
9 G. Franey	32:14
10 James Schollhammer	32:23
11 G. Walker	33:14
12 J. Loboda	33:56
13 Jeff Schollhammer	34:40
14= A. Ramanathan	35:07
14= A. McCourt	35:07
16 T. Flowers	44:22

Docklands Light Railway 8K, Isle of Dogs, 23 May 99

3rd T.Lashmar	28:04
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Assembly League 3.5M, Victoria Park, 3 June 99 (Race 3)

A weakened VPH team miraculously pulled out the Club's best result so far in this league to take third place in both the 'A' and 'B' team competitions. Leading runner for VPH was Tony Lashmar who recorded a PB (by 3 seconds) of 18:51 for 10th position, with Pete Eldridge clocking an excellent 19:19 for 15th.. Jim Roche, whose form has dipped since the doctors took him off iron supplements, battled round for a highly creditable 21st place, with Les Austin completing the 'A' team in 29th place, ten seconds and three positions ahead of Alastair McCall. Tim Mitchell-Smith maintained his run of good form with 45th position (and a PB by 39 seconds) with newcomer P. Alexander and streamlined shotputter Steve Holmes closing up the 'B' team in 52nd and 53rd places respectively. Mike Penman also nipped inside the first 60 (improving by 34 seconds), with James Schollhammer just outside. Joe Loboda continued his comeback, pipping Richard Martin by a second and one place in 68th position. The next close intra-club battle saw Garry Walker leading home the ever-improving Paul McKinley (by 1:54) and Jeff Schollhammer, with four seconds covering all three athletes. John Schollhammer came back to competition in VPH colours after a few years gap, coming home a couple of places ahead of the ever-competitive Ted Flowers.

10 T. Lashmar	18:51PB
15 P. Eldridge	19:19
21 J. Roche	19:44

29 L. Austin	20:05
32 A. McCall	20:15*
45 T. Mitchell-Smith	20:51 PB
52 P. Alexander	21:19*
53 S. Holmes	21:20*
58 M. Penman	21:42 PB
61 James Schollhammer	22:04*
68 J. Loboda	22:41
69 R. Martin	22:42
76 G. Walker	23:31
77 P. McKinley	23:33 PB
78 Jeff Schollhammer	23:35*
93 I. Robinson	25:10*
110 John Schollhammer	29:48
112 T. Flowers	30:29

* First time run over course

Team Results

A Teams (11 teams)

1 Stock Exch.	19
2 Dartford	62
3 VPH	75

B Teams (8 teams)

1 Stock Exch.	68
2 Dulwich	152
3 VPH	182

League Positions After 3 Races

A Teams

1 Stock Exch.	36
2 Dulwich R.	29
3 Kent	28
4 VPH	28

B Teams

1 Stock Exch.	36
2 Dulwich R.	32
3 VPH	28

Southern League (Div 4), Mile End, 5 June 99

VPH turned back the clock as the club continued its wonderful improvement by winning its first Division 4 match since the 1990 season. Having ranked 16th in Division 5 as recently as three years ago, VPH is currently positioned 35 places higher. Once again, team effort was the key. The field event competitors had an outstanding day, winning 6 of the 16 events and placing as runner-up in 8 others. Strangely enough, Lee Bruce filled the other two events and could only finish 4th and 3rd in the long jump and triple jump respec-

Mark Topham Continues Pole Vault Winning Ways

tively with excellent distances of over 6 metres and over 12 metres. These kind of measurements usually win the events. Lee's triple jump mark extended his lead at the top of the VPH rankings. He more than made up for the low positions by winning the A string high jump, which equalled his best of the season, and the B string 110m hurdles, knocking 0.3 seconds from his time set at the last match. Lee was ably backed up by brother Richard in the field who won the B string high jump and the B string discus throw. Richard was most satisfied with his 400m time of 54.4 in finishing 3rd and in his 4x400 split of 54.3 when anchoring the relay team to its fastest time of the season. Also doing well inside the track was Mark Topham who cleared his best height of the season in the pole vault, easily winning the B string, and to Steve Holmes who produced the best B string mark this year in the shot putt. The Club's only double A string winner of the day was Wayne DuBose who initially had a very cramped timetable. He was able to get off one putt of the shot before dashing over to the start of the 400m hurdles. Although Wayne didn't realise the significance at the time, this shot putt attempt represented his 500th individual event in Southern League competition! As this was his 96th match, Wayne has averaged over 5 individual events per meet during his career which started back in 1971. After placing 3rd in the long hurdles race with the Club's best time of the year, Wayne returned to have one more putt which turned out to be a no throw. Fortunately, his first attempt held out for victory. In a tremendous tussle in the javelin, in which the lead changed hands six times, Wayne managed to have the last word to win by over two metres. This was his 170th career win in the Southern League. Over to the track and, although we only picked up one B string win, the spirit and effort was no less willing. For my money, hero of the day was Richard Newbold who had been unwell in the days leading up to the meet. In spite of this, Rich sensed the importance of the points and ran himself ragged in the 800m, 1500m, and finished off with

valuable runner-up points in the 3000m steeplechase. Team spirit at its greatest! Dean Kosoko had also suffered from illness and turned up for the meet with a cold. Fortunately, this didn't stop him from covering the 100/200m in very useful times of 12.0/24.0. Newly recruited by Randall Porter, Yinka Lawal pleasantly surprised all of us by covering the lap distance in 55.8 seconds. He later followed up with a similar time in the 4x400 relay. Danny Henderson is slowly returning to form, chopping close to a second from his best this season in the 110m hurdles. After halfway in the season, we are in 6th place overall, with the top 5 going up. With yet another superb result for VPH, Randal's still talking promotion, while Wayne's talking top six.

- 100'A' J. Olusegun 11.7 (2)
- 100'B' D. Kosoko 12.0 (3)
- 200'A' D. Kosoko 24.0 (2)
- 200'B' R. Porter 25.3 (4)
- 400'A' R. Bruce 54.4 (3)
- 400'B' Y. Lawal 55.8 (2)
- 800'A' M. Fitzgerald 2:10.4 (4)
- 800'B' J. Greenwell 2:12.7 (3)
- 1500'A' R. Newbold 4:28.1 (3)
- 1500'B' J. Greenwell 4:41.6 (3)
- 5000'A' T. Lashmar 17:01.5 (2)
- 5000'B' J. Greenwell 17:02.6 (2)
- 110H'A' D. Henderson 20.9 (4)
- 110H'B' L. Bruce 20.2 (1)
- 400H'A' W. DuBose 63.5 (3)
- 400H'B' D. Henderson 70.1 (3)
- 3000SC'A' R. Newbold 10:41.8 (2)
- 3000SC'B' T. Lashmar 11:08.6 (2)
- 4x100 (L. Bruce, R. Porter, D. Kosoko, J. Olusegun) 45.7 (2)
- 4x400 R. Fitzgerald (58.2), Y. Lawal (55.8), L. Bruce (54.6), R. Bruce (54.3) - 3:42.9 (3)
- LJ'A' L. Bruce 6.07 (4)
- LJ'B' R. Porter 5.58 (2)
- HJ'A' L. Bruce 1.75 (1)
- HJ'B' R. Bruce 1.60 (1)
- TJ'A' L. Bruce 12.29 (3)
- TJ'B' R. Porter 11.59 (2)
- PV'A' W. DuBose 3.00 (2)
- PV'B' M. Topham 2.80 (1)
- SP'A' W. DuBose 10.43 (1)
- SP'B' S. Holmes 9.06 (2)
- DT'A' W. DuBose 31.50 (2)
- DT'B' R. Bruce 27.58 (1)
- JT'A' W. DuBose 47.50 (1)

- JT'B' R. Bruce 27.44 (2)
- HT'A' R. Bruce 28.28 (2)
- HT'B' W. DuBose 22.24 (2)

1st VPH	133
2nd Andover	123
3rd Puma TVH	111
4th Dacorum & Tring	100
5th Serpentine	63

Southern League (Div 7), Hoo, Kent, 5 June 99

Victoria Park Harriers' 'B' team moved into the promotion places in Division 7 of the Southern League after finishing second in a very competitive third match at Deangate. At the halfway stage, the team is in fourth place but there are still ten clubs in contention for the five promotion spots. Dave Robinson and James Schollhammer were the pick of the track athletes, with Robinson winning the 400m hurdles in a season's best time of 64.8 seconds as well as finishing second in the flat 400m, on his way to scoring 19 points in the match, all in the 'A' string. James Schollhammer's best track performance came in the 200m where he finished second, clipping over a second from the time he recorded in the previous match. He also placed second in the long jump and gained two third places in the triple jump and 100m, to score 17 points, once again all in the 'A' string. The Harriers' other track winner was Ron Vialls in the 'B' string steeplechase, backing up Garry Bagnall's second place in the 'A' string. Garry missed out on first place by a mere two seconds, improving his time from Battersea despite having missed a few weeks' training with a bruised heel. Les Austin and Tim Mitchell-Smith scored valuable points in the 5000m and Tim later paired up with Team Manager Les Vialls in the 1500m. In the field, Mick Fitzgibbon won the pole vault for the second successive meeting, with good performances also produced by Chris Vialls in the javelin, discus, and hammer, and by Shams Ghali in the shot and discus. However, special mention should go to Jeff Schollhammer who had a brilliant debut for the Club, finishing second in the 'A' string shot putt with a throw of 8.94m, only losing first

Wayne DuBose, All-time Club Championship Leader

place in the last round, combined with impressive times in the 400m and 800m. Thanks to Pete Faley, Jeff Smith, Mike Penman, Roger Daniels, John Schollhammer, and Garry Walker for officiating.

100'A' James Schollhammer 13.2 (3)
 100'B' D. Christie 14.1 (3)
 200'A' James Schollhammer 26.1 (2)
 200'B' P. McKinley 30.5 (4)
 400'A' D. Robinson 57.7 (2)
 400'B' Jeff Schollhammer 59.1 (2)
 800'A' J. Loboda 2:34.2 (4)
 800'B' Jeff Schollhammer 2:21.7 (3)
 1500'A' T. Mitchell-Smith 5:05.4 (4)
 1500'B' L. Vialls 5:20.2 (3)
 5000'A' L. Austin 18:11.9 (3)
 5000'B' T. Mitchell-Smith 18:58.8 (2)
 110H'A' D. Robinson 22.5 (4)
 110H'B' no competitor
 400H'A' D. Robinson 64.8 (1)
 400H'B' R. Vialls 75.5 (3)
 3000SC'A' G. Bagnall 11:44.5 (2)
 3000SC'B' R. Vialls 11:58.4 (1)
 4x100 53.4 (2)
 4x400 4-17.9 (2)
 LJ'A' James Schollhammer 5.43 (2)
 LJ'B' D. Vialls 3.30 (5)
 HJ'A' D. Robinson 1.45 (2)
 HJ'B' P. McKinley 1.00 (3)
 TJ'A' James Schollhammer 10.17 (3)
 TJ'B' D. Vialls 7.41 (4)
 PV'A' M. Fitzgibbon 2.40 (1=)
 PV'B' no competitor
 SP'A' Jeff Schollhammer 8.94 (2)
 SP'B' S. Ghali 8.36 (2)
 DT'A' C. Vialls 25.31 (3)
 DT'B' S. Ghali 21.28 (2)
 JT'A' C. Vialls 29.26 (3)
 JT'B' G. Ormes 27.44 (2)
 HT'A' C. Vialls 18.03 (4)
 HT'B' S. Ghali NT

1st Holland Sports	183.5
2nd VPH	141.5
3rd Dacorum & Tring	132.5
4th Chichester Runners	108
5th Hillingdon	105.5

VPH Club Track and Field Championship Day, Mile End, 12 June 1999

Club track and field championships once again returned to Victoria Park Harriers with an excellent turnout of 15 athletes vying for medals at Mile End Stadium. The first event of the day was the 3000 metres steeplechase and

Richard Newbold showed why he has been the Club's best over the past half-decade, winning by well over a minute. Ron Vialls chopped 14 seconds off his best this year to claim the silver medal from Gary Bagnall who placed third. Finishing just outside the medals, Tim Mitchell-Smith managed to improve his best by 17 seconds. The next race up was the 100m where Randall Porter won by almost five metres. Filling the other medal positions were the Schollhammer brothers, James and Jeff, who are proving to be two emerging forces in the Club. Randall also secured the gold medal in the 200 metres with a personal best of 24.4 seconds. He scored the hat-trick by winning the long jump and completed his day by achieving a personal best in the shot putt with a heave in excess of nine metres. By the time the high jump started, the heavens had opened up and it was Danny Henderson who handled the wet conditions best, showing that he has more potential in this event. Danny achieved further recognition by being the only athlete on the day attempting to commit murder. First, in the discus, he nearly hit Ted Flowers when throwing it out of the sector and, later in the day, he attempted to throw the hammer among a crowd of his fellow competitors. Also competing in the throws, Wayne DuBose dominated by winning the full set to include the shot putt, discus, javelin, and hammer throw. His distance in the discus was his best of the season and the Club's best so far this year. By the time he competed in the javelin, he was carrying an injury to his right arm and was able to get off just one valid throw and that was 13 metres down on his Southern League mark of just seven days earlier. He didn't have it all his own way in the hammer throw as first Jeff Schollhammer and then John Schollhammer led over the first two rounds. Wayne finally put it together in the third round to take the lead for good. The ever-popular John Schollhammer held on to win the silver medal, probably his first championship prize in a quarter of a century. He took great pleasure in pushing his son Jeff into third place. With Wayne's victory in the pentathlon, winning by almost 500 points, he took away five

almost 500 points, he took away five championship gold medals on the day. These five wins propelled him to the top of the all-time VPH Track & Field Championship list with a total of 58 titles, surpassing the previous record of 54 held by Deric Bareford who won his last championship in 1973. Wayne had to wait many years to achieve this record as, for a variety of reasons, he hadn't had the opportunity to compete in club championships for 13 of the last 15 seasons. Out of interest, second and third place pentathlon finishers, James and Jeff Schollhammer, weren't even born when Wayne first won this event in 1972. Over to the pole vault, and Mick Wheeler managed to win the first-ever pole vault club championship, thus establishing a club championship record. Unfortunately, on Mick's last attempt, he fell off the bedding and hit his arm heavily into the surrounding concrete. It was thought at first that Mick had broken his arm, but it eventually turned out to be a dislocation. All credit to Mick that he was able to crack a few jokes, even though in obvious pain. A man's man!! The final event, the 1500 metres, saw a four-horse race over the first few laps before Alastair McCall showed a good turn of speed to convincingly pull away to win by almost six seconds. Memorable moments on this day focused heavily on the javelin. Mike Penman, in probably his first-ever attempt at the event, had several goes at self-decapitation, while Alastair McCall, who had registered all no-throws leading up to the last round, decided on a safety throw in order to score some pentathlon points. Alastair's throw was so safe that he did indeed get in a valid throw. Unfortunately, the distance achieved didn't score any points. All in all, this was an excellent day of camaraderie with athletes getting the rare opportunity to compete in events that they would normally never get the chance to otherwise. Everyone was a winner on this day!

100

1	R. Porter	11.8 G
2	James Schollhammer	12.3 S
3	Jeff Schollhammer	12.5 B
4	R. Newbold	13.5

Alastair McCall, Club 1500m Champion

<p>4 R. Newbold 13.5 5 D. Henderson 13.9 6 G. Bagnall 14.5 7 P. McKinley NT DNF W. DuBose</p> <p>200 (Race 1) 1 A. McCall 27.2 2 R. Vials 29.8 3 T. Mitchell-Smith 30.0 4 L. Vials 32.8 5 D. Vials 33.0</p> <p>(Race 2) 1 R. Porter 24.4 G 2 W. DuBose 25.1 S 3 James Schollhammer 26.0 B 4 Jeff Schollhammer 26.5 5 D. Henderson 27.8</p> <p>1500 1 A. McCall 4:57.2 G 2 R. Vials 5:03 S 3 T. Mitchell-Smith 5:03 B 4 James Schollhammer 5:06 5 W. DuBose 5:11 6 L. Vials 5:17 7 Jeff Schollhammer 5:22 8 P. McKinley 5:50 9 D. Henderson 6:38</p> <p>3000SC 1 R. Newbold 10:32.7G 2 R. Vials 11:44.2S 3 G. Bagnall 11:53.1B 4 T. Mitchell-Smith 12:09.6 5 P. McKinley 13:42.0 3 non-finishers</p> <p>Long Jump 1 R. Porter 5.43 G 2 James Schollhammer 5.21 S 3 W. DuBose 5.18 B 4 Jeff Schollhammer 4.73 5 D. Henderson 4.53 6 T. Mitchell-Smith 4.13 7 R. Newbold 4.12 8 R. Vials 4.05 9 D. Vials 3.67 10 G. Bagnall 3.60 11 M. Penman 3.33 12 A. McCall 3.33 13 P. McKinley 3.24</p>	<p>High Jump 1 D. Henderson 1.45 G 2 W. DuBose 1.35 S 3 M. Wheeler 1.25 B 4 P. McKinley 1.25 5 R. Vials 1.25 6= M. Penman 1.10 6= T. Mitchell-Smith 1.10 6= Jeff Schollhammer 1.10 9 John Schollhammer 1.10</p> <p>Pole Vault 1 M. Wheeler 2.20 G 2 R. Vials 1.80 S 3 P. McKinley 1.20 4 T. Mitchell-Smith 1.20 L. Vials, Jeff Schollhammer NHC</p> <p>Shot Putt 1 W. DuBose 10.31 G 2 R. Porter 9.05 S 3 Jeff Schollhammer 8.42 B 4 M. Wheeler 8.32 5 John Schollhammer 7.82 6 D. Henderson 6.94 7 D. Vials 6.53 8 James Schollhammer 6.40 9 P. McKinley 6.39 10 L. Vials 5.91 11 M. Penman 5.61 12 A. McCall 5.44 13 R. Vials 5.31 14 T. Mitchell-Smith 4.96</p> <p>Discus Throw 1 W. DuBose 32.12 G 2 Jeff Schollhammer 23.35 S 3 R. Porter 20.05 B 4 John Schollhammer 17.42 5 R. Vials 17.09 6 R. Newbold 16.13 7 James Schollhammer 15.47 8 M. Penman 15.26 9 L. Vials 14.77 10 M. Wheeler 14.28 11 D. Henderson 14.22 12 G. Bagnall 14.15 13 D. Vials 13.98 14 T. Mitchell-Smith 13.65</p> <p>Javelin Throw 1 W. DuBose 34.56 G 2 M. Wheeler 29.31 S 3 Jeff Schollhammer 27.87 B 4 R. Porter 26.90 5 John Schollhammer 26.22</p>	<p>6 James Schollhammer 23.21 7 R. Vials 19.74 8 D. Henderson 17.46 9 R. Newbold 16.84 10 L. Vials 16.43 11 T. Mitchell-Smith 15.49 12 D. Vials 8.17 13 A. McCall 6.42 14 P. McKinley NT</p> <p>Hammer Throw 1 W. DuBose 21.80 G 2 John Schollhammer 17.52 S 3 Jeff Schollhammer 16.45 B 4 M. Wheeler 14.55 5 D. Vials 14.17 6 P. McKinley 12.20 7 J. Schollhammer 11.81 8 L. Vials 10.30 9 R. Vials 9.62 10 D. Henderson 8.60</p> <p>Pentathlon 1 W. DuBose 2336 G 2 James Schollhammer 1847 S 3 Jeff Schollhammer 1823 B 4 R. Porter 1654 5 R. Vials 1397 6 T. Mitchell-Smith 1301 7 A. McCall 1263 8 D. Henderson 1102 9 L. Vials 882 10 P. McKinley 749 11 D. Vials 577</p> <p>Club 5M Handicap Race, 17 Jun 99 1 T. Adams 44:12 2 T. Flowers 44:17 3 T. Mitchell-Smith 44:19 4 A. McCourt 44:33 5 M. Penman 44:41 6 T. Lashmar 45:10 7 Jeff Schollhammer 45:36 8 S. Shaw 45:40 9 J. West 45:46 10 P. McKinley 46:03 11 C. Spradbury 47:26 12 P. Eldridge 48:16</p> <p>Actual Times 1 T. Lashmar 13:33/27:49 2 T. Mitchell-Smith 14:47/30:19 3 M. Penman 15:27/31:11 4 P. Eldridge 15:09/31:46 5 T. Adams 16:08/32:12 6 Jeff Schollhammer 16:21/33:36 7 S. Shaw 16:36/33:40</p>
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Double Victory For Lee Bruce

8	J. West	16:38/33:46
9	P. McKinley	17:06/34:03
10	A. McCourt	17:25/34:33
11	C. Spradbury	17:27/37:26
12	T. Flowers	21:30/44:17

Southern League (Division 4), Eton, 26 June 99

After a run of nine Southern League matches where we had finished in either first or second place, our streak finally came to an end when we finished in third place just 7.5 points behind runners-up Salisbury. With the absence of Richard Bruce, who was not well, and also Jon Greenwell, we knew that it was going to be a tough day. This may turn out to be the match where we lost our chance at following up last year's promotion with a similar result, but the betting is good that we'll go up next year. In spite of our lowest placing since August 1997, there were still many outstanding individual performances. In the sprints department, Dean Kosoko and Julius Olusegun teamed up to cover the 100/200 metres in probably the fastest combined time for many years. Julius was running his first 200 metres for VPH and, despite having initial reservations about the distance, was very pleased with the final result. In the 400 metres, Mark Fitzgerald ran a well-paced race to cover the one-lap race in a respectable 55.6. Mark also ran well in the 800 metres, breaking 2:10 for the first time. Back to the 400 metres B string, and Lee Bruce, who was called in as a last-minute replacement for his ailing brother, ran the first 300 metres very conservatively before unleashing an impressive flat-out sprint. He just failed to catch the winner, but still ran the equal fastest time by a Harrier this year (coincidentally the same time as brother Richard). This was an heroic effort as Lee had previously spiked his leg during the high jump and required medical attention. He did go on to win the high jump (our only individual A string victory of the day), cleared 6.13 metres in the long jump, and, to top off a great day, won the B string triple jump with a distance of over 12 metres. In the 1500 metres, Graham Bennett showed no sign of the leg injury which

kept him out of the last Southern League match, finishing in the Club's best time of the year (4:16.0) and the best time since 1995 when Richard Newbold ran 4:13.6. In the B string, on this occasion, Richard had a very rough time. Fortunately, he had started the day by running his best time this year in the 400 metre hurdles and finished off by placing a gutsy second in the 3000 metre steeplechase. The temperature of about 75 degrees Fahrenheit was ideal for the sprinters and field eventers, but quite unbearable for our distance boys. All credit to Tony Lashmar, Jim Roche, and Richard for covering the uncomfortable distances. Track Captain Randal Porter, who had considered not competing due to illness until he was told that Richard Bruce was unavailable, found himself in the unusual position of taking part in three throwing events. He totally surprised himself and the rest of the team by improving his best in the shot putt, set two weeks previous, by almost 1.50 metres. His distance of 10.46 metres was the best B string effort by a VPH'er since 1990. In the triple jump, after several lack-lustred efforts in the low 11-metre range, Randal became an inspired man and bounded out to an impressive 12.32 metres. Also in the field, special thanks goes to Garry Ormes who turned out for the A team at extremely short notice. He was well satisfied with his javelin mark of just below 30 metres. Our only other field event winner, besides Lee's high jump and triple jump firsts, was Mark Topham who once again gained the B string pole vault top spot. Our only individual track winner of the day was Wayne DuBose who crossed the line first in the B string 110 metre hurdles. His time of 18.9 seconds hadn't been bettered by a Club athlete since 1995 when he himself ran 18.3. This was an impressive effort as Wayne hadn't been over the hurdles for three years and stepped in as a replacement for Danny Henderson who was vacationing in America. Earlier, Wayne placed second in the 400 metre hurdles with his best time also since 1995. This was only the start of what turned out to be one of his finest Southern League multi-event performances. Similar to his races, he also returned shot putt and pole vault

marks not bettered by himself or other Harriers for four years. Incredibly, he tossed the discus out to 34.22 metres, just 20 centimetres short of Deric Bareford's Club Vet's record, and his best since 1983!! Wayne also had a season's best in the hammer throw and cleared a couple of heights in the high jump before having to abandon it due to two other events going on simultaneously. He started very tenuously in the javelin throw as he was carrying an injury to his arm which had restricted him to just 34 metres in the club championships two weeks earlier. Wayne's first throw of 31 metres was probably his worst ever and reaffirmed that his injury was still very much intact. His second throw was only a few metres further. Realising that the intense pain after each throw would go away after a couple of minutes, he decided to go for it and managed to unleash a more respectable 41.63 metres. Such was the intensity of the pain, he withdrew from further throwing immediately. Nevertheless, as mentioned, the day was going spectacularly well for him and, on several occasions, he was heard to say, "Don't let this day end." With Lee out of action due to his spiking, Wayne took over sprint relay duties and ran the opening leg for team. Superb legs by Randal, Dean, and Julius saw the team win by inches in an excellent 45.9 seconds. In the final event of the day, four volunteers were rounded up to run the 4x400 metres relay. Solid runs by Mark Fitzgerald, Mark Topham, and Graham Bennett put anchor leg Wayne in a safe third place. Wayne, competing in his tenth event of the day, held his position by running his best split since 1993. Although we didn't get the team result we were looking for, we got many satisfying individual performances which augurs well for 2000.

100'A' D. Kosoko 11.7 (3)
 100'B' J. Olusegun 11.7 (3)
 200'A' D. Kosoko 24.3 (4)
 200'B' J. Olusegun 24.2 (3)
 400'A' M. Fitzgerald 55.6 (3)
 400'B' L. Bruce 54.4 (2)
 800'A' M. Fitzgerald 2:08.7 (5) PB
 800'B' M. Topham 2:17.8 (5)
 1500'A' G. Bennett 4:16.0 (3)

Jeff & James Schollhammer Excel At Ashford

1500'B' R. Newbold 4:30.7 (4)
 5000'A' T. Lashmar 17:08.8 (4)
 5000'B' J. Roche 17:56.2 (3)
 110H'A' L. Bruce 21.1 (3)
 110H'B' W. DuBose 18.9 (1)
 400H'A' W. DuBose 62.2 (2)
 400H'B' R. Newbold 65.5 (3)
 3000SC'A' R. Newbold 10:44.3 (2)
 3000SC'B' T. Lashmar 11:12.2 (2)
 4x100 W. DuBose, R. Porter, D. Kosoko, J. Olusegun 45.9 (1)
 4x400 M. Fitzgerald 56.7, M. Topham 57.2, G. Bennett 56.9, W. DuBose 55.3 - 3:46.1 (3)
 LJ'A' L. Bruce 6.13 (3)
 LJ'B' R. Porter 5.09 (3)
 HJ'A' L. Bruce 1.70 (1)
 HJ'B' W. DuBose 1.45 (3)
 TJ'A' R. Porter 12.32 (2)
 TJ'B' L. Bruce 12.05 (1)
 PV'A' W. DuBose 3.40 (2)
 PV'B' M. Topham 2.60 (1)
 SP'A' W. DuBose 11.25 (2)
 SP'B' R. Porter 10.46 (2) PB
 DT'A' W. DuBose 34.22 (3)
 DT'B' R. Porter 24.92 (2)
 JT'A' W. DuBose 41.63 (3)
 JT'B' G. Ormes 29.80 (4)
 HT'A' W. DuBose 23.27 (5)
 HT'B' R. Porter 12.06 (4)

Windsor, Slough, & Eton 142.5
 Salisbury 124.5
 VPH 117
 Overton 85
 Brentwood 61

Southern League (Division 7), Ashford, Kent, 26 June 99

Jeff and James Schollhammer were the stars of the show as Victoria Park Harriers' 'B' team finished second in their latest match at Ashford. This keeps the team very much up in the leading promotion-chasing bunch with two fixtures remaining. With the high-scoring Dave Robinson, Mick Wheeler, and Mick Fitzgibbon missing, some new and familiar names appeared in some unexpected events, but once again Les' boys worked hard, racking up good points all afternoon. Jeff scored a formidable 28 points (6 pts for a win), which included a win in the 'B' string javelin and second places in the discus and javelin and he also appeared in the

200m, 400m, and 800m. The 'A' team, struggling due to the absence of Richard Bruce, had wanted to "borrow" Jeff for the afternoon but fortunately for the 'B' team, he decided to travel to Bromley. However, by next season, the 'A' team selectors might not take no for an answer, if he continues to progress so well. Not to be outdone by his little brother, James performed well in the triple jump, winning the 'A' string with 10.75m as well as recording a sound 5.32m in the long jump and 26.4 seconds in the 200m. The two later combined with debutant Terry Beackon and Daniel Christie to record the fastest time of the year for the team in the 4x100m relay. They were also in action in the 4x400m with Dolph Beard and Alastair McCall, as the team broke 4 minutes for the first time this season. The Harriers scored particularly well over the hurdles with Tim Mitchell-Smith winning the 'B' string 110m and 400m hurdles at his first ever attempt. One training session at Mile End had provided Tim with all the confidence he required to tackle the 3'6" hurdles and he looked smooth over the early flight before his teammates' encouragement made him lose concentration and fluidity. Ron Vialls also picked up good points in the 'A' string hurdles as well as winning the 'B' string steeplechase and appearing in the pole vault. Gary Bagnall scored the team's only 'A' string track win of the day as he hacked 20 seconds from his personal best in the steeplechase. Excellent tactics saw Gary tracking the long-time leader before sweeping past at the finish for victory by nearly five seconds. The Harriers' other success on the track came from Mike Penman in the 5000m, where he won the 'B' string, with veteran Les Austin finishing third in the 'A' string. Another impressive debut on the track came from Alastair McCall in the 1500m where he recorded 4:40.6 for third position, over 15 seconds faster than his time two weeks earlier at the Club Championships. In the field, Team Schollhammer-Vialls was much in force, with Chris Vialls gaining two second places in the 'A' string javelin and discus. Another notable performance came from teenager Danny Vialls in the hammer, with a best throw

of 17.54m. Hopefully, he'll edge closer to 20 metres in the next two meetings. Another well-deserved win came from Paul McKinley in the 'B' string pole vault. Just having the bottle to give the vault a go deserves everyone's applause.
 100'A' T. Beackon 13.0 (3)
 100'B' D. Christie 13.9 (3)
 200'A' James Schollhammer 26.4 (3)
 200'B' Jeff Schollhammer 27.4 (3)
 400'A' Jeff Schollhammer 60.9 (3)
 400'B' D. Beard 64.7 (3)
 800'A' D. Beard 2:28.1 (3)
 800'B' Jeff Schollhammer 2:20.8 (3)
 1500'A' A. McCall 4:40.6 (3)
 1500'B' T. Mitchell-Smith 4:59.9 (2)
 5000'A' L. Austin 18:25.3 (3)
 5000'B' M. Penman 19:24.2 (1)
 110H'A' R. Vialls 24.4 (2)
 110H'B' T. Mitchell-Smith 26.9 (1)
 400H'A' R. Vialls 72.3 (2)
 400H'B' T. Mitchell-Smith 73.7 (1)
 3000SC'A' G. Bagnall 11:22.8 (1)
 3000SC'B' R. Vialls 11:36.3 (1)
 4x100 Jeff Schollhammer, James Schollhammer, Terry Beackon, Daniel Christie 52.2 (3)
 4x400 Jeff Schollhammer, James Schollhammer, Dolph Beard, Alastair McCall 3:57.1 (3)
 LJ'A' James Schollhammer 5.32 (3)
 LJ'B' M. Murtagh 4.20 (3)
 HJ'A' M. Murtagh 1.35 (2)
 HJ'B' D. Beard 1.35 (2)
 TJ'A' James Schollhammer 10.75 (1)
 TJ'B' D. Vialls 7.67 (4)
 PV'A' R. Vialls 1.00 (3=)
 PV'B' P. McKinley 1.00 (1)
 SP'A' P. McKinley 6.57 (3)
 SP'B' D. Vialls 6.44 (3)
 DT'A' C. Vialls 24.45 (2)
 DT'B' Jeff Schollhammer 21.71 (2)
 JT'A' C. Vialls 31.21 (2)
 JT'B' Jeff Schollhammer 24.55 (1)
 HT'A' Jeff Schollhammer 21.34 (2)
 HT'B' D. Vialls 17.54 (2)

Ashford	181
VPH	168.5
Thurrock	164.5
Paddock Wood	55
Tonbridge	no show

Guest 200m	
1. Terry Beackon	27.8
2. Daniel Christie	28.7
3. Paul McKinley	30.4

Impressive Win For Graham Bennett in the 1500m

Assembly League 2.9M, Forbanks, 8 Jul 99 (Race 4)

11 T. Lashmar	15:14
(PB by 14 secs)	
16 J. Roche	15:20
21 D. Pearce	15:30*
27 P. Eldridge	15:44
43 T. Walton	16:26*
44 G. Bagnall	16:28*
56 M. Penman	17:22
(PB by 11 secs)	
78 G. Walker	18:39
96 T. Beackon	19:55*
97 A. Ramanathan	20:06

* First time run over course

Team Results

A Teams (11 teams)

1 Stock Exch.	24
2 Kent AC	27
3 Dulwich	70
4 VPH	75

B Teams (9 teams)

1 Stock Exch.	90
5 VPH	221

League Positions After 4 Races

A Teams (11 teams)

1 Stock Exch.	48
2 Dulwich R.	39
3 Kent	39
4 VPH	37
5 Dartford	32

B Teams

1 Stock Exch.	48
4 VPH	36
5 Eton Manor	35

Southern League (Division 4), Great Yarmouth, 10 Jul 99

Once again, for a variety of quite reasonable excuses, we were without our strongest team. And once again, we showed that we lack the strength in depth necessary to cover absences. In spite of our lowest finish of the year, there were some bright moments. Perhaps our star performer of the day was Graham Bennett who gave us our only A string victory. In very windy conditions, he continually piled on the pressure over the first three laps of the 1500 metres until the last athlete, able to cling to him, finally cracked with 350

metres to go. Earlier, Graham had run the fastest 800 metres by a VPH'er this year and later contributed a spirited leg in the longer relay. We had two other wins on the day, both coming in the B string. First up was Dean Kosoko, who did well to break 12.0 seconds for the 100 metres while running into the wind. He later teamed up with Lee Bruce, Randal Porter, and Julius Olusegun to run the Club's fastest sprint relay of the year. Our other B string victory came in the 400 metres where Mark Fitzgerald took off like a rocket and was well up after just 50 metres. So well up, in fact, that Wayne DuBose, who started watching the race after about 50 metres, didn't spot Mark in the outside lane because he was so far in front, and believed that VPH didn't field a runner. Mark held on well for a comfortable victory. Earlier, Mark had the unfortunate experience of running his fastest time of the year in the 800 metres, but still finishing in last place. Another notable performance came from Jim Roche, recovering from a recent illness, who improved his 5000m from the last match by an impressive 54 seconds. Jim is well on the road to recovery. For once, the field eventers had a quiet day. In the high jump, Lee Bruce cleared the Club's best of the year. Perhaps the most interesting field event for VPH was in the hammer throw where Wayne DuBose added close to metre to his personal best, improving his Club Vets record, while Randal threw 5.63 metres further than his initiation to the event in the previous Southern League match. No promotion this year, but, on the positive side, we're contemplating it in 2000.

100'A' J. Olusegun	12.0 (4)
100'B' D. Kosoko	11.9 (1)
200'A' D. Kosoko	24.7 (4)
200'B' J. Olusegun	25.2 (3)
400'A' L. Bruce	56.2 (5)
400'B' M. Fitzgerald	56.3 (1)
800'A' M. Fitzgerald	2:07.6 (5) PB
800'B' G. Bennett	2:05.9 (3)
1500'A' G. Bennett	4:19.3 (1)
1500'B' R. Newbold	4:29.6 (2)
5000'A' T. Lashmar	17:00.9 (3)
5000'B' J. Roche	17:02.2 (3)

110H'A' W. DuBose	19.3 (4)
110H'B' D. Henderson	20.9 (2)
400H'A' R. Newbold	69.4 (4)
400H'B' D. Henderson	71.4 (4)
3000SC'A' R. Newbold	10:40.6 (2)
3000SC'B' T. Lashmar	11:19.7 (2)
4x100 L. Bruce, R. Porter, D. Kosoko, J. Olusegun	45.7 (3)
4x400 M. Fitzgerald	57.8, R. Porter 54.3, G. Bennett 57.8, W. DuBose 55.5 - 3:45.7 (3)
LJ'A' L. Bruce	5.95 (5)
LJ'B' R. Porter	5.18 (5)
HJ'A' L. Bruce	1.80 (2)
HJ'B' D. Henderson	1.50 (4)
TJ'A' R. Porter	11.67 (4)
TJ'B' L. Bruce	11.51 (2)
PV'A' W. DuBose	3.20 (2=)
PV'B' P. McKinley	nhc
SP'A' W. DuBose	10.40 (3)
SP'B' R. Porter	8.90 (3)
DT'A' W. DuBose	33.39 (2)
DT'B' R. Porter	24.89 (3)
JT'A' W. DuBose	28.14 (4)
JT'B' R. Porter	22.83 (5)
HT'A' W. DuBose	25.52 (3) PB
HT'B' R. Porter	17.69 (3)

Great Yarmouth	133
Chichester	119.5
Harrow	109
VPH	100.5
St Albans	62

Southern League (Division 7), Finsbury Park, 10 Jul 99

100'A' Jeff Schollhammer	13.5 (4)
100'B' D. Christie	DNS
200'A' Jeff Schollhammer	27.5 (4)
200'B' D. Christie	28.7 (5)
400'A' D. Robinson	60.8 (4)
400'B' Jeff Schollhammer	59.5 (2)
800'A' D. Robinson	2:28.7 (5)
800'B' T. Mitchell-Smith	2:24.4 (5)
1500'A' G. Bagnall	4:58.4 (5)
1500'B' T. Mitchell-Smith	5:05.2 (3)
5000'A' M. Penman	19:40.1 (4)
5000'B' J. West	20:20 (4)
110H'A' D. Robinson	23.4 (2)
110H'B' R. Vials	25.1 (1)
400H'A' D. Robinson	66.6 (3)
400H'B' R. Vials	76.1 (4)
3000SC'A' G. Bagnall	11:36.4 (2)
3000SC'B' R. Vials	11:40.8 (2)
4x100 (D. Christie, Jeff Schollhammer, L. Vials, D. Robinson)	55.2 (4)

Ron Vialls Gets Two Wins At Finsbury Park

4x400 (D. Robinson (58.3), D. Christie (70.9), Jeff Schollhammer (61.2), G. Bagnall (63.0)) 4-14.4 (4)
 LJ'A' Jeff Schollhammer 4.52 (2)
 LJ'B' D. Vialls 3.13 (4)
HJ'A' D. Robinson 1.50 (1)
 HJ'B' R. Vialls 1.30 (2)
 TJ'A' S. Davenport 9.66 (2)
 TJ'B' D. Vialls 7.49 (3)
 PV'A' M. Fitzgibbon 2.40 (2)
PV'B' R. Vialls 1.20 (1=)
 SP'A' C. Vialls 8.62 (3)
 SP'B' Jeff Schollhammer 8.49 (3)
 DT'A' C. Vialls 25.71 (3)
 DT'B' Jeff Schollhammer 22.35 (3)
 JT'A' C. Vialls 32.58 (2)
 JT'B' G. Ormes 27.91 (2)
 HT'A' S. Davenport 21.45 (3)
 HT'B' D. Vialls 17.29 (2)

Norwich	194
VPH	142
Bracknell	116
Muswell Hill	107
North London	87
Walton did not show	

Club 5M Handicap Race, 22 Jul 99

1 C. Bradbery	35:45
2 M. Penman	37:30
3 P. McKinley	37:53
4 T. Lashmar	38:19
5 G. Bagnall	39:23
6 A. McCourt	39:32
7 A. McCall	29:31
8 R. Martin	46:51

Actual Times

1 T. Lashmar	13:31/27:29
2 G. Bagnall	14:29/29:23
3 A. McCall	14:39/29:31
4 M. Penman	15:07/31:00
5 R. Martin	16:35/33:51
6 P. McKinley	17:24/34:23
7 C. Spradbery	17:35/35:45
8 A. McCourt	17:45/36:32

Southern League (Division 4), Mile End, 31 Jul 99

Victoria Park Harriers confirmed a top-ten finish in Division 4 of the Southern League, meeting the target they set themselves for their first season back in the division. Impressive track performances came from Wayne DuBose in

the 400m hurdles as he set a new Club Vets record (beating his own record by 0.3 seconds from 1995) and Dean Kosoko in the 200m, who finally broke 24.0 seconds this year. The star of the show was Graham Bennett who won his 'B' string 800m by over one hundred metres before running away from the field in the 1500m to win the 'A' string. Tony Lashmar also had a successful afternoon, clocking a personal best in the 5000m, where Jim Roche was the 'B' string winner, before winning the 'B' string steeplechase, where Richard Newbold won the 'A' string. Both VPH steeplechasers lapped all the other competitors in the process. In the field, Wayne DuBose was the Harriers' only winner, in the 'B' string pole vault, with Mark Topham recording a season's best clearance of 3.00m to take second place in the 'A' string. Wayne performed consistently well all afternoon, ably supported by Randal Porter who had a field day, recording personal bests in the discus, javelin, and hammer. Danny Henderson had a busy afternoon, deputising for Lee Bruce in the jumps, including clearing 1.50m in the high jump. Both VPH relay teams achieved close second places and show great potential for next season. Hopefully, the team will be able to build on this year's solid performance. At the end of the day, if we had scored just six points (two third places) in the high jump and 400 B string events (where we scored none), not only would we have won the match, but we would have finished sixth overall for the year. Bring on 2000!!

100'A' D. Kosoko 11.8 (2)
 100'B' J. Olusegun 12.1 (2)
 200'A' D. Kosoko 23.9 (2)
 200'B' ? 24.6 (1)
 400'A' M. Fitzgerald 56.1 (5)
 400'B' D. Christie DNF
 800'A' M. Fitzgerald 2:08.1 (2)
 800'B' G. Bennett 2:08.6 (1)
 1500'A' G. Bennett 4:14.8 (1)
 1500'B' R. Newbold 4:35.8 (2)
 5000'A' T. Lashmar 16:50.2 (2) PB
 5000'B' J. Roche 17:01.4 (1)
 110H'A' W. DuBose 20.6 (3)

110H'B' D. Henderson 20.7 (3)
 400H'A' W. DuBose 61.6 (2)
 400H'B' R. Newbold 67.9 (2)
 3000SC'A' R. Newbold 10:53.9 (1)
 3000SC'B' T. Lashmar 11:20.7 (1)
 4x100 ?, R. Porter, D. Kosoko, J. Olusegun - 47.0 (2)
 4x400 M. Fitzgerald 58.0, D. Kosoko 54.8, R. Porter 55.0, G. Bennett 55.7 - 3:43.5 (2)
 LJ'A' R. Porter 5.65 (4)
 LJ'B' D. Henderson 4.71 (5)
 HJ'A' D. Henderson 1.50 (4)
 HJ'B' W. DuBose nhc
 TJ'A' R. Porter 11.37 (2)
 TJ'B' D. Henderson 10.25 (4)
 PV'A' M. Topham 3.00 (2)
 PV'B' W. DuBose 2.60 (1)
 SP'A' W. DuBose 10.67 (3)
 SP'B' R. Porter 8.85 (3)
 DT'A' W. DuBose 30.41 (4)
 DT'B' R. Porter 25.65 (3) PB
 JT'A' W. DuBose 42.96 (2)
 JT'B' R. Porter 32.29 (4) PB
 HT'A' W. DuBose 24.12 (4)
 HT'B' R. Porter 19.68 (3) PB

Harlow	124
Tower Hamlets AC	123
VPH	119
Hertford & Ware	91
Haywards Heath	60

Final League Table

	Match Points	League Points
1st WSE	861	30
2nd GEC Avion.	857	28
3rd Stevenage	837.5	27
4th Chichester	799.5	26
5th Gt Yarmouth	789.5	26
6th Andover	728.5	23
7th Harrow	692.5	22
8th VPH	727.5	21
13th T. Hamlets	634	18
(25 clubs)		

VPH Southern League

Division 4 End-of-Season Statistics

VPH Competitors Per Match
 13 - 13 - 14 - 12 - 11 - 13
 (19 different athletes this year, 21 in 1998, 21 in 1997, 28 in 1996, 28 in 1995, 26 in 1994)

Division 4 Team Finished In Top Ten

Victories Per Match
5 - 10 - 7 - 5 - 3 - 7 = 37

Placings in Southern League 1999

First Places 37 - 17%
Second Places 70 - 32%
Third Places 65 - 30%
Fourth Places 28 - 13%
Fifth Places 12 - 6%
No Score 4 - 2%

(This is not bad at all. In our first season in Division 4, we placed in the top three in 79% of the events and in the top two in almost half of all events.)

Individual Match Appearances (6 max)

W. DuBose 6
D. Kosoko 6
T. Lashmar 6
R. Newbold 6
R. Porter 6
G. Bennett 5
L. Bruce 5
M. Fitzgerald 5
D. Henderson 5
J. Olusegun 5
M. Topham 5
J. Roche 4
R. Bruce 3
J. Greenwell 3

Most Events Competed In (excl. relays)

W. DuBose 39 PB
R. Porter 27 PB
L. Bruce 20
R. Bruce 16
R. Newbold 17
D. Henderson 12
T. Lashmar 12
D. Kosoko 12
G. Bennett 8
M. Fitzgerald 8
M. Topham 8
J. Olusegun 8
J. Greenwell 6
J. Roche 4

Points Scored

W. DuBose 129.5
R. Porter 91
L. Bruce 73
R. Newbold 57
R. Bruce 56
T. Lashmar 46
D. Kosoko 43
G. Bennett 33

M. Topham 31
D. Henderson 28
J. Olusegun 24
M. Fitzgerald 20
J. Greenwell 20
J. Roche 16

Individual Victories This Year

	A	B
W. DuBose	4	2
G. Bennett	3	1
L. Bruce	2	2
R. Porter	1	4
D. Kosoko	1	2
M. Topham	0	4
T. Lashmar	0	2
J. Roche	0	2
R. Bruce	0	2
R. Newbold	1	0
M. Fitzgerald	0	1
J. Greenwell	0	1
200m runner	0	1

TOTALS 12 24
(Plus 1 relay victory in the 4x100)

VPH Dream A Team Based On 1999 Match Results (bolded indicates best or equal best mark over the past 6 seasons) 'A' String

100	J. Olusegun	11.6
200	D. Kosoko	23.9
400	R. & L. Bruce	54.4
800	G. Bennett	2:05.9
1500	G. Bennett	4:14.8
5000	G. Bennett	16:11.9
110H	W. DuBose	18.9
400H	W. DuBose	61.6
3000SC	R. Newbold	10:12.9
LJ	L. Bruce	6.37
HJ	L. Bruce	1.80
TJ	R. Porter	12.32
PV	W. DuBose	3.40
SP	W. DuBose	11.25
DT	W. DuBose	34.22
JT	W. DuBose	48.91
HT	R. Bruce	32.40
4x100	L. Bruce, R. Porter, D. Kosoko, J. Olusegun	- 45.7 (twice)
4x400 (best 4 splits)	D. Kosoko - 54.8, L. Bruce - 54.3, R. Bruce - 54.3, R. Porter - 54.3	= 3:37.7

B' String

100	D. Kosoko	11.7
200	J. Olusegun	24.2

400	R. & L. Bruce	54.4
800	M. Fitzgerald	2:07.6
1500	J. Greenwell	4:23.6
5000	T. Lashmar	16:50.2
110H	L. Bruce	20.2
400H	R. Newbold	65.5
3000SC	T. Lashmar	10:55.3
LJ	R. Porter	6.10
HJ	R. Bruce	1.65
TJ	L. Bruce	12.29
PV	M. Topham	3.00
SP	R. Porter	10.46
DT	R. Bruce	27.58
JT	R. Porter	32.29
HT	W. DuBose	25.52

Southern League (Division 7), Mile End, 31 Jul 99

Victoria Park Harriers' 'B' team rounded off an excellent season with a solid third place at Mile End. This performance gave them eighth place out of 26 teams, a splendid effort in their first season in the division. The leading performances of the day came from Chris Vialls in the javelin and Dave Robinson in the 400m hurdles. Vialls' best throw of 36.63 moved him into a clear second place in the VPH rankings, suggesting that promotion to the VPH 'A' team can't be far away. Likewise, Robinson's 64.6 second clocking in the 400m hurdles moved him into contention for an 'A' team place after his first season at the event. Other strong track performances came from Alastair McCall in the 800m, recording an excellent 2-13.1, where he just lost out on the dip and from Gary Bagnall and veteran Ron Vialls in the steeplechase, with Vialls winning the 'B' string. The team's only other win came from Garry Ormes in the javelin who won the 'B' string with a new personal best throw of 31.85m. Jeff and James Schollhammer racked up the points for the team on the track and the field with Mick Fitzgibbon producing another fine effort in the pole vault. Two excellent debuts came from G. Bergonzi in the 400m and C. Murtagh in the 110m hurdles and the triple jump, where he cleared over 11m in his first serious competition.

100'A' James Schollhammer 13.2 (5)
100'B' T. Beackon 13.6 (4)

Chris Vialls Sends Out Javelin To Furthest Distance

200'A' James Schollhammer 26.9 (5)
200'B' T. Beakon 27.4 (3)
400'A' G. Berzoni 58.9 (3)
400'B' Jeff Schollhammer 59.0 (4)
800'A' A. McCall 2:13.1 (2)
800'B' J. Loboda 2:34.9 (2)
1500'A' A. McCall 4:45.9 (3)
1500'B' L. Vialls 5:17.4 (5)
5000'A' G. Bagnall 18:01.6 (3)
5000'B' M. Penman 19:25.6 (4)
110H'A' D. Robinson 22.1 (5)
110H'B' C. Murtagh 23.6 (2)
400H'A' D. Robinson 64.6 (2) PB
400H'B' R. Vialls 76.6 (3)
3000SC'A' G. Bagnall 11:13.9 (3) PB
3000SC'B' R. Vialls 11:27.7 (1)
4x100 52.2 (3)
4x400 G. Berzoni (59.9), James Schollhammer (59.3), A. McCall (59.6), Jeff Schollhammer (57.4) - 3:56.2 (3)
LJA' M. Murtagh 3.95 (4)
LJB' P. McKinley 3.67 (4)
HJA' D. Robinson 1.50 (3)
HJB' M. Murtagh 1.40 (3)
TJA' C. Murtagh 11.11 (3)
TJB' James Schollhammer 10.06 (2)
PVA' M. Fitzgibbon 2.60 (2)
PVB' P. McKinley 1.00 (2=)
SPA' Jeff Schollhammer 9.12 (2) PB
SPB' D. Vialls 6.79 (3)
DTA' C. Vialls 25.77 (3) PB
DTB' Jeff Schollhammer 23.93 (2) PB
JTA' C. Vialls 36.63 (2) PB
JTB' G. Ormes 31.85 (1) PB
HTA' S. Davenport 22.36 (2) PB
HTB' Jeff Schollhammer 21.82 (2) PB

Richmond & Twickenham	190
Oxford City	151
VPH	146.5
Loughton	113
Dagenham '88	90.5

Final League Table

	Match Points	League Points
1st Isle of Wight	1104.5	35
2nd Holland Sprt	1052	34
3rd Herne Hill H	995	33
4th R'mond & T	1028.5	32
5th Norwich	1009.5	32
6th Ashford	998.5	30
7th Team Solent	971.5	29
8th VPH	899.5	29
(26 clubs)		

Division 7 End-of-Season Stats

VPH Competitors Per Match
16 - 12 - 16 - 15 - 13 - 19
(28 different athletes)

Victories Per Match
8 - 5 - 3 - 8 - 3 - 2 = 29 (In 1998, the B team had 3 wins, all by Mick Fitzgibbon)

Placings in Southern League 1999

First Places	29 - 13%
Second Places	64 - 30%
Third Places	70 - 33%
Fourth Places	35 - 16%
Fifth Places	11 - 5%
No Score	7 - 3%

Individual Match Appearances (6 max)

D. Vialls	6
C. Vialls	6
D. Christie	5
P. McKinley	5
M. Fitzgibbon	5
D. Robinson	5
G. Bagnall	5
R. Vialls	5
G. Ormes	4
James Schollhammer	4
Jeff Schollhammer	4
M. Penman	4
T. Mitchell-Smith	4
D. Beard	3
J. Loboda	3
L. Austin	3
S. Davenport	3
M. Wheeler	2
S. Ghali	2
L. Vialls	2
T. Beackon	2
A. McCall	2
M. Murtagh	2
R. Onslow	1
J. George	1
J. West	1
G. Berzoni	1
C. Murtagh	1

Most Events Competed In (excl. relays)

D. Robinson	20
Jeff Schollhammer	19
R. Vialls	15
C. Vialls	15
James Schollhammer	14
D. Vialls	14
M. Wheeler	9
T. Mitchell-Smith	9

D. Beard	9
P. McKinley	9
G. Bagnall	8
M. Fitzgibbon	7
D. Christie	7

Points Scored

D. Robinson	70
Jeff Schollhammer	65
R. Vialls	59
C. Vialls	47
James Schollhammer	42
D. Vialls	38
M. Wheeler	35
T. Mitchell-Smith	30
M. Fitzgibbon	29.5
D. Beard	27
G. Bagnall	27
P. McKinley	26.5

Individual Victories This Year

	A	B
D. Robinson	3	1
M. Fitzgibbon	2	1
G. Bagnall	2	0
James Schollhammer	1	0
R. Vialls	0	5
M. Wheeler	0	4
G. Ormes	0	2
M. Penman	0	2
T. Mitchell-Smith	0	2
Jeff Schollhammer	0	1
D. Beard	0	1
P. McKinley	0	1
J. Loboda	0	1

TOTALS 8 21

VPH Dream B Team Based On 1999

Match Results

'A' String

100	T. Beackon	13.0
200	James Schollhamer	26.1
400	D. Robinson	57.2
800	A. McCall	2:13.1
1500	A. McCall	4:40.6
5000	T. Mitchell-Smith	17:46.0
110H	D. Robinson	22.1
400H	D. Robinson	64.6*
3000SC	G. Bagnall	11:13.9
LJ	James Schollhammer	5.54
HJ	D. Robinson	1.50
TJ	C. Murtagh	11.11
PV	M. Fitzgibbon	2.60
SP	Jeff Schollhammer	9.12
DT	C. Vialls	25.77

Dave Robinson, Most 'A' String Wins In B Team

JT	C. Vialls	36.63*
HT	S. Davenport	22.36
4x100	52.2	
4x400 (best 4 splits)	James Schollhammer - 59.3, G. Berzoni - 58.9, Jeff Schollhammer - 57.4, D. Robinson	57.2 = 3:52.8

* Better mark than A team's B string

B' String

100	James Schollhammer	13.1
200	Jeff Schollhammer	27.4
200	T. Beackon	27.4
200	M. Wheeler	27.4
400	G. Berzoni	58.9
800	D. Robinson	2:19.5
1500	G. Bagnall	4:54.0
5000	G. Bagnall	18:01.6
110H	C. Murtagh	23.6
400H	R. Vialls	72.3
3000SC	R. Vialls	11:27.7
LJ	M. Wheeler	5.03
HJ	M. Murtagh	1.40
TJ	James Schollhammer	10.91
PV	M. Wheeler	2.00
SP	C. Vialls	8.62
DT	Jeff Schollhammer	23.93
JT	G. Ormes	31.85
HT	Jeff Schollhammer	21.82

Letters to the Editor

Dear Wayne--Many thanks for sending me the copy of VPH News for April 1999. I thoroughly enjoyed reading the letters from Con, Vic, and Ken. It certainly brought back memories. Have you found out who the unknown athlete was in the photograph, standing between Con Milton and Bert Cottingham? You may be interested to know that Ulick O'Connor became an Irish Senator. He also wrote an article for the Observer about transporting a pole around

Europe. I also have a book written by him. He was quite a character. I was pleased to see the M4 Strategy prepared by Richard Newbold and yourself. The key to its successful implementation is manpower so I hope there are plenty of volunteers around to carry it through. I appear to be behind with my subs and therefore enclose a cheque to bring me up to date. Keep up the good work. Best Wishes, Les Williams

Dear Les--Good to hear from you. See the letter below from Alan Howlett who believes he has identified the unknown athlete. Thanks for sending the cheque. Best Wishes, Wayne

Dear Wayne--A belated thank you, plus donation, for the latest newsletter. I enjoyed reading the reminiscences about the German tour, although I didn't go myself and can scarcely remember the return visit in 1957. Incidentally, I believe the athlete in question in the photograph, between Con Milton and Bert Cottingham, is Bill Pepper. Regards, Alan Howlett

Dear Alan--Many thanks for identifying the athlete and for your donation. Best Wishes, Wayne

At the Club Champs at Mile End on 5 June, Mick Wheeler severely damaged his arm while winning the pole vault. So much so, that he was carted off by the ambulance. You'll have read the full report on a previous page. As one who is self-employed, and heavily relies on the use of his arms, this wasn't a good situation. I believe it was Mick's good friend, Ari Ramanathan, who decided that a whip-round would be a nice gesture. And so it was. Here's Mick's card which he posted on the notice board.

"I would like to thank all the club members who displayed amazing generosity last Thursday (17 June). This was totally unexpected; hence, my temporary ingratitude, but very gratefully received. It's at times like this that I wish I had more arms to damage - - ha, ha! I would also like to thank everybody for their words of concern and encouragement. It's more appreciated than I let on. It just serves to remind me that this is more than just a top athletics/running club. Once again, many, many thanks! Mick "Z-team Div 7" Wheeler
P.S. Will you stop telling me to rest my arm. You know it's just a ploy to slow up my return to kick your arses!

The Editor--In your recent VPH News, you asked for suggestions for the 2001 Club 75th anniversary.

1. History of VPH 1926 - 2001: As you know, Gordon Everson has written 1926 to 1975 (the first 50 years).
2. Overseas trip - Germany in 2001: You mention in the "News" the trip we did in 1956. Could we not go again to Germany? Ken Rouse

Dear Ken--Many thanks for your suggestions. Richard Newbold and I (and hopefully some others) are going to attempt to write about the period from 1976 onwards. It won't be easy. We will have a publication ready in two years time. The trip to Germany in 1956 must have been wonderful. If anyone out there is interested in making this suggestion happen, please step forward. Wayne

Wayne DuBose, British Record Holder

As Wayne was perusing through a track stats web site, he stumbled across the fact that he's the British Record Holder for the Junior Pentathlon (using senior implements). He had been the record holder for 25 years without ever knowing it. Check out:

<http://members.aol.com/martinrix2/mb20.htm>

PENTATHLON (Senior implements)
3112 Wayne DuBose Jul 1974
LJ - 5.74 JT - 54.82 200 - 23.5
DT - 30.48 1500 - 4:32.2

Cont. from Page 1

your first opportunity to pay for your 1999/2000 subs. Please set yourself a target of paying your subs during this month. You wouldn't believe how much unnecessary time and expense is wasted in order to extract subscriptions from some people. After 10 months, there are still two people who haven't paid up. We need all of your monies when they become due and, for cash flow purposes, we need the money in November. If you don't pay by the February committee meeting, then the club rules allow us to add 25% on. Don't wait until then. If you prefer to spread out the cost, then you can pay annual subs by direct debit at £5 per month. Set up to reach Victoria Park Harriers, account number 71086820,

John Anstey Found Under Carpet

HSBC (formerly Midland Bank), 20 Electric Parade, George Lane, Woodford, London, E18 2LX, sorting code 40-06-23. Starting month is November. Please help your club with prompt payment.

Committee Membership

Over the last few years, I've noticed a strange phenomenon of members allowing themselves to be elected onto the committee and then hardly ever taking part. As I haven't talked to those who do this, I'm not sure why it happens. All I'll say here is that those members who do show up regularly for committee meetings routinely go above and beyond the call of duty. We want others who can be so dedicated to join the committee. At the AGM, please consider very carefully if you're willing to put in some time to move this club forward.

Nostalgia

- While Richard Martin was helping his mother pull up carpet at her place in Poplar, he was confronted on the underneath with an old newspaper and a picture of John Anstey in a club vest staring at him. Turned out to be an East London Advertiser dated 1 Aug 1975.
- At the last Southern League match at Mile End, Ron Iron and John Daniels came along to support, and Ron brought Paul Kerslake and his wife along. Paul was Club 220 yards champion in 1961 and 1963. He has rejoined the Club as an Associate Member.
- Recently, John Anstey invited me over this his house in Welwyn Garden City for a barbeque. While there, I met up with VPH'ers Bob Dann (who I hadn't seen in over a year), Chris Jones (who I hadn't seen in six years), Alan Barber (who I hadn't seen in 15 years), and Mick Harding (who I hadn't seen in about 27 years). Mick says hi to all those who remember him.

75th Anniversary

There are now just 16 months until our 75th anniversary year and about 21 months until our anniversary dinner.

Annual Club Barbeque

After the last Southern League meeting, on 31 July, when both the A and B teams competed at Mile End Stadium, we all headed back to Club HQ to enjoy our now ritual Club BBQ. To say it was a rousing success would be an understatement. With 74 attendees enjoying the food and music and soaking up the atmosphere, we just couldn't fail. After Wayne DuBose handed out club championship medals for the past year, all club members (about 40) took part in a karaoke extravaganza, singing, at the top of their lungs, New York, New York and My Way. Frank Sinatra would surely have been proud of us. A great night was had by all.

London Chest Hospital Race, 18 Jul 99

Once again, VPH members were heavily involved in the organisation of this event. With 15 VPH'ers giving up a few hours of their time to help out the local community, this was deemed a rousing success.

Bow People's Trust Dash In The Park, 25 Sep 99

Just like the London Chest Hospital race, here's another opportunity to volunteer community service. If you don't see a notice advertising this event, please make enquiries at the Club. With these two events, VPH is really making a name for itself in the local area. And obviously this is also good public relations for us as well. If you can, help out.

Advertising VPH

We always need to advertise the club when we can. Whenever possible, you should wear your VPH vest, t-shirt, or-sweatshirt when training. If you don't have one of these items to wear, you should approach Les Vialls and buy one. The incentive to wear one during the

Club handicap races is that you don't automatically have one minute added to your handicap time.

Coaching

Richard Newbold will commence organised coaching at Mile End Stadium on Tuesdays starting in September. He'll coach juniors at 6:00 pm and seniors at 7:00 pm.

Christmas Parties

Only three months to go until the Christmas festivities begin. On 4 December, Les will once again host the Children's Christmas Party. So start letting the youngsters know what to look forward to on that date. On Saturday, 11 December, we're going to have a Club Christmas Party in the Bar. This will be a ticket-only affair and will be limited to just 40 people. There will be Les's usual spread of good food as well as a disco and karaoke. Your best bet is to put £6 into Les's hand right now in order to secure your place. For those of you who favour the Thursday night Christmas gathering, Les has said that he will organise one if he has people willing to help out. So if you're keen on this event happening, offer your services to Les as soon as possible.

East London's Fastest Footballer

Over the decades, I've seen this touted as a way for VPH to get some publicity and perhaps recruit some new members. However, I've never seen it actually take place. So, it's with pleasure that I acknowledge the efforts of Richard Newbold in making this a reality. Now the truth of the matter is that it wasn't well supported probably as it was out of season for footballers, but nevertheless, we received great publicity from the Hackney Gazette and we also signed up the winner of the race as a member of the Club. He's already competed in Southern and Assembly League competition. Well done, Richard. Action is everything!

Head of Tower Hamlets Recreation

Another of Richard's initiatives was to invite the Head of the Tower Hamlets Council Recreation Department over to the club. The gentleman in question paid a visit in June and was impressed with our operation. If nothing else, we have our toe in the door.

Grant and Rates

Through the administrative efforts of Wayne DuBose and Richard Newbold, we secured a £2,000 grant and 100% rates relief from Tower Hamlets Council. If we had to pay full rates, it would amount to in excess of £3,000 per year.

Apologies

My sincere apologies for a lot of blank space at the end of this magazine. You see, last week, my printer finally packed in, after five years of faithful service. And that was just as I was trying to print this VPH News. I have ordered a part which will bring it back to life; however, I have to order it from the States and it's going to take a couple of weeks. In the meantime, I purchased a

colour inkjet printer. Fortunately, it was very easy to set up and I was able to start printing right away. Unfortunately, because it's a different printer than the one I was using when I finished this magazine initially, what has happened is that the print setup has significantly

changed. This means that words that I thought would appear on a particular page have now shifted on to the next page. What you may find is that some headlines on the various pages may not match up with what's written below. As it's now 9:30 at night, I don't want to start once again re-editing this magazine. I really just need to print it out so I can get it to the printers, so I can get lots of copies made, so I can mail them



Tim Mitchell-Smith in the London Marathon

off to you, so you can keep up-to-date with what's been happening at VPH and what is scheduled to happen in the very near future. So once again apologies for the blank space. Hey, hold on, I think all the white empty space is fast disappearing so maybe I should retract my apology after all. Nah, I'll leave it in as you've had to endure my space-filling babble. Ta-ta.

VPH NEWS

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