

◆ VPH NEWS ◆

Circulation 117

December 1996

Deric Bareford - Life Vice President

Congratulations to Deric Bareford on his election at the AGM as a Life Vice President, joining just ten others who have been recognized with the highest club honour over our 70-year existence. Although Deric couldn't be available, he did write that it was "impossible to relate my feelings adequately at the news." Well, Deric, in actual fact, this honour should probably have been accorded to you perhaps as long ago as a quarter of a century. Sorry for the delay. Nevertheless, well done, mate! In the next VPH News, I'll include Deric's bio to bring newcomers up-to-date with someone who Ron Iron described, at the AGM, as an "athletic god" during the 1940s and 1950s. Deric celebrates 50 years as a Victoria Park Harrier during 1997. For the rest of the AGM, the new committee for 1996/7 was elected with the results appearing on page 11. We welcome newcomers Annie Gammon, Richard Bruce, Dan Henderson, Tony Lashmar, and Richard Martin to the fold and look forward to their contributions to make ours a stronger club. Those who were re-elected to the committee have done a great job over the past year, but, in particular, two individuals received warm and genuine applause when they re-accepted their positions, those being Club Treasurer, Gerry Franey, and Social Secretary, Les Vialls. Both are highly regarded by all for the work they do and we hope to benefit from their efforts for many years to come. It was good to see Jack and Ted Flowers agreeing to remain as joint Club Presidents for a second year. Like Deric, they too will shortly be celebrating 50 years with VPH. And lets not forget to convey many thanks to Ron Iron and Chris Miel for auditing



Joe Loboda, Club Road & Cross Country Secretary and All-round Club Stalwart

our books. For the first time in a long while, we finally had some awards presented. Richard Newbold gave presentations to those who made a significant contribution in the Chingford & District League and the Assembly League. Also, Roger Daniels donated a trophy recognizing the most-improved male and female athletes. Gary Luff and Liz Kempster were selected as the first two recipients. All in all, a very productive AGM.

Club Christmas Party, 19 Dec

Dear Current Club Members,

Thursday, 19 December is the VPH Xmas Party. The Club **needs you** to be there. Bring your wives, husbands, girlfriends, boyfriends. Get the tickets from Les as soon as possible. He really needs to have a good count of how many will be attending so he can prepare the right amount of food. Wayne

Dear John Anstey, Deric Bareford, Roy Custance, John Daniels, Pete Faley, Jack & Ted Flowers, Ron Iron, Keith Lowe, Lawrie Peter, Jack Sanderson, John Schollhammer, and Jeff Smith,

It's Club Christmas Party time

VPH World Wide Web Site

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

again. You all showed up last year and I think you'll agree that it was a very special time for all of us. Please make that extra effort to come along again to make another great evening. Wayne

Dear Les & Georgina Austin, Ty Gibbons, Mike Gonzales, Chris Jones, Lee Kohn, Steve Mahon, Roger Pearson, Mike Quanne, Alan Barber, Bob Dann, George Dodd, Mick Harding, Garry Ormes, and Garry Walker,

Come and join in with the above-mentioned guests from last year's party. I'm looking forward to seeing you. It's definitely worth the effort. Wayne

To All Those I Didn't Mention,

I didn't mention you because I don't think you'll be at the club that evening, but if you are, I'll buy your first drink. Wayne

To All—If you're not in regular contact with the club, and you'll be attending the Xmas Party, let me know so I can pass a headcount on to Les. I'm Wayne DuBose, 41 Ansley Way, St Ives, Cambs PE17 4SN (01480 494367). Pay your £3 when you get there.

Subs Are Due Now!

Pay your subs prior to the January 16th committee meeting or incur the VPH Letter of Wrath.

VPH Southern League Campaigns (1989 - 1991)

Southern League Div 5 - 1989

Dream Team Based On All Results

'A' String

100	M. Houghton	11.1
200	M. Houghton	22.5
400	T. Mair	52.0
800	R. Bruce	2:00.1
1500	C. Brogan	4:06.4
5000	C. Brogan	15:00.6
110H	T. Adams	18.8
400H	T. Adams	62.3
3000SC	C. Brogan	9:55.1
LJ	C. White	5.85
HJ	L. Bruce	1.70
TJ	L. Bruce	11.71
PV	D. Daly	2.40
SP	D. Prentice	10.69
DT	C. White	33.28
JT	I. Melin	43.82
HT	C. White	28.34
4x100		45.0
4x400		3:31.6

B' String

100	C. White	11.3
200	C. White	23.1
400	I. Melin	52.3
800	S. Mahon	2:00.9
1500	K. Lowe	4:09.3
5000	A. Wheeler	15:46.1
110H	M. Ashwell	20.6
400H	R. Middleton	64.6
3000SC	L. Kohn	10:02.9
LJ	I. Melin	5.78
HJ	E. Harris	1.65
TJ	R. Middleton	11.31
PV	T.Adams/M. Walsh	2.20
SP	C. White	10.19
DT	D. Prentice	29.98
JT	D. Prentice	40.68
HT	D. Prentice	27.46

Over the six matches, VPH finished 2nd (120 pts), 1st (125.5), 1st (142), 2nd (127.5), 2nd (123), and 3rd (110) with a total of 51 victories. This was the most recent year we were promoted, finishing third overall.

Southern League Div 4 - 1990

Dream Team Based On All Results

'A' String

100	M. Houghton	11.2
200	M. Houghton	22.8
400	E. Harris	51.4
800	S. Mahon	2:01.3
1500	T. Daly	4:13.4
5000	P. Hampshire	15:43.4
110H	T. Adams	18.5
400H	D. Daly	60.9
3000SC	S. Butlin-Smith	10:03.2
LJ	I. Melin	5.87
HJ	L. Bruce	1.80
TJ	L. Bruce	11.82
PV	D. Daly	2.50
SP	D. Prentice	10.64
DT	C. White	32.10
JT	I. Melin	45.88
HT	B. Lincoln	29.44
4x100		45.1
4x400		3:31.0

B' String

100	T. Mair	11.6
200	E. Harris/T. Mair	23.7
400	T. Mair	51.6
800	R. Bruce	2:01.3
1500	S. Mahon	4:14.3
5000	R. Dzikowski	15:59.5
110H	D. Daly	20.0
400H	T. Adams	62.7
3000SC	G. Hart	10:06.6
LJ	L. Bruce	5.80
HJ	D. Daly	1.60
TJ	R. Bruce	11.62
PV	M. Ashwell	2.40
SP	C. Elliott	9.43
DT	D. Prentice	30.18
JT	D. Prentice	38.86
HT	D. Prentice	26.34

Over the six matches, VPH finished 2nd (109.5 pts), 2nd (126), 4th (84), 4th (76.5), 2nd (109.5), and 1st (141) with a total of 30 victories.

Southern League Div 4 - 1991

Dream Team Based On All Results

'A' String

100	M. Houghton	11.4
200	M. Houghton	23.2
400	W. Letman	52.4
800	M. Edmonds	2:00.0
1500	M. Edmonds	4:14.0
5000	P. Hampshire	15:40.0
110H	T. Adams	19.2
400H	D. Daly	60.3
3000SC	G. Hart	10:24.1
LJ	R. Burford	5.76
HJ	R. Burford	1.65
TJ	C. White	11.24
PV	D. Daly	2.50
SP	D. Prentice	11.08
DT	C. White	33.48
JT	D. Prentice	43.46
HT	B. Lincoln	29.80
4x100		45.6
4x400		3:33.1

B' String

100	D. Harris	11.7
200	T. Mair	23.4
400	T. Mair	52.5
800	R. Bruce	2:01.4
1500	R. Bruce	4:15.9
5000	T. O'Neill	16:04.0
110H	D. Daly	20.0
400H	T. Adams	63.5
3000SC	R. Vials	10:44.2
LJ	I. Melin	5.69
HJ	W.Letman/D.Wing	1.60
TJ	D. Daly	11.22
PV	T. Adams	2.30
SP	C. White	10.97
DT	D. Prentice	31.20
JT	I. Melin	42.80
HT	D. Prentice	27.30

Over the six matches, VPH finished 4th (95.5 pts), 5th (94.5), 3rd (118.5), 4th (104), 4th (80), and 3rd (121) with a total of 22 victories.

“No Number Two” by Graeme Tiffany

I've heard it said at VPH that if you can't sprint, you'll end up doing middle distance, and if you can't run middle distance, you'll be more inclined to run a marathon. Where that leaves ultra runners in a hierarchy of what constitutes a good runner, I really don't know. With all this in mind, and a suitably bruised ego, I signed on the dotted line for a race where the winner was expected to take nine hours. The 1996 Lowe Alpine Mountain Marathon (LAMM) was to take place on the 17th and 18th of August in the Lochaber region of Scotland, an area only a mile or two east of Ben Nevis, Britain's highest mountain. The format for this race was similar to that of other mountain marathons. Teams of two are challenged to navigate across wild and unforgiving mountainous terrain for two days, with an enforced overnight camp. Teams must stay in contact with each other throughout and be entirely self-supporting, carrying the obligatory tent, sleeping bag, stove, emergency equipment, and food for the duration. No outside assistance is allowed over the two-day period. Courses range from the novice, walker orientated, "Short", through D, C, B, and A, to a mind-bending Elite course that rarely attracts more than a dozen teams of acknowledged international fell running and orienteering calibre. These guys will cover approximately 60 kilometres, climb upwards of 15,000 feet, and rarely put a foot wrong in navigating around their chosen routes - as always, freely chosen, provided teams check in at a certain number of controls en route. Whilst always aspiring to these heights, one must progress through the ranks, and only by being a true competitor in a given class should you consider moving up. Having trailed in at the end of B class for a few years, but now with a stronger training regime behind me, a friend from West Yorkshire and I prepared for this year's B (approx. 45 km and 12,000 ft) by driving for seven

hours from Leeds to Fort William consuming Danish pastries and vast quantities of water all the way. The LAMM is famous for an idiosyncratic twist. Last year, we had to take a ferry to the Isle of Mull prior to competing. This year, a cable car up 3,000 feet to the Anoch Mor ski area, where we would camp in preparation for our Saturday morning start time, 0843. Competitors are set off at two-minute intervals and guided a short distance to a description issue point. It is only then that course details are given out. Consequently, all planning and decision-making about routes must be done against the clock. At 0843, we were off into the inevitable mist and drizzle. As the navigating member of the pair, I was pleased that we located checkpoint 1, in an isolated craggy area, both quickly and efficiently. Whilst my partner undertook his responsibilities to clip our card, I perused the map which indicated control number 2 as a saddle on a rocky ridge some 5 km away across a massive 45-degree boulder slope. It was hardly surprising that the necessary "hopscotching", from boulder to boulder, meant we arrived on the ridge just over an hour later, following a team we later identified as being on the Elite course. Same procedure, Bob to clip the card, myself to determine the route to control number 3. And so off again. Further ankle-bending contouring, and two stiff climbs later, we dropped down into a gully to locate the necessary stream junction. Then, horror-struck, I listened to Bob asking me if this was checkpoint 2, or 3? He had failed to clip the card at number 2, but maintains he had told me it was the wrong one (each control is marked with two code letters so teams on different courses can correctly identify the checkpoint relevant to their course, rather than another). I had not heard him, and set off assuming everything was OK. For a guy who has a 2.1 in Communication Studies, I was more than a little con-

cerned at his lack of insistence in ensuring I acknowledged this mistake. That evening, we found out the point we were actually looking for was only 400m away. Save for the option of a two-hour return trip to number two, our only alternative was to continue to the finish and accept our obligatory disqualification. Our dejection clearly slowed us a little, but we maintained we had come to run and therefore should do so. A further four hours later, we staggered into the midpoint campsite having ironically navigated faultlessly to all subsequent controls. Our elation at finishing strongly was twinged with rejection, especially as we would have been eighth overnight. The officials sympathised with us, but rules are rules, and the leader board that evening saw the lamentable footer "Team 161 DQ. Reason - No Number Two." By way of consolation, they were happy for us to compete on day two. That evening, we pitched camp in an isolated Scottish valley with 800 other hardy souls and went through the regular routine of eating three pasta meals and tending severely blistered feet and bruised ankles. These camps are a joyous affair with fellow competitors sharing tales of their gruelling exploits that day. I've come to know many of these wizened folk over the years and it's a pleasure to spend an evening with them. The following day, we were relegated to the 8am mass start rather than the leading group's chasing start (for all those less than 3/4 hour adrift). One look at the route that day, given out at 7am, and I recognised that despite a few ferocious climbs, it would be a runner's day. Mountain marathoners talk about "runability," whereby courses are judged by the percentage that is physically runnable. Saturday's courses were generally accepted as having only 40 to 45 percent runability, an indication of the kind of terrain and the amount of climbing, if not scrambling, designed into the route. By contrast, I perceived that 80 percent plus of Sunday was

Committee Meeting Minutes (1935 - 1956)

runable; it never rains but it pours, as they say. Only the grafters would do well today, and we resolved that we would give it our all. Bit by bit, we tracked back those in the chasing start and ran strongly into the finish along a disused railway with only the pig-headed acknowledgement that there's no point training hard if you're not going to race hard to keep you going. I finished in "a right state" as they say in Yorkshire, happy that we were third on the day, only 12 minutes behind the leaders, and, taking into account our indiscretion on day one, would have been fourth overall. Nine hours and forty minutes of running had come to an end, and I felt confident that I had achieved something rather different than those who insist on running around a track like headless chickens. I've been asked to organise a short, introductory orienteering competition, but don't worry it won't take ten hours to complete, and won't involve a 1500 mile round trip to do it. It will however challenge those who can only run - can you think and run?! Watch this space and club notice boards for further details.

Committee Meeting Minutes 1935-1956

13 Aug 35 (Held at University Club, Victoria Park Square)

New Member - Alf Pearson

11 Aug 36

World Record Walk - In view of P. Binnard's recent success of lowering the World Record 1000 (Editor's Note: next word indecipherable) (unofficial), it was agreed that a small presentation be made to him in the form of a cup suitably engraved.

AGM, 6 Oct 36

Proposed by T. Brooks, Seconded by J. Jagot that A.E.H. Coombes be elected as a Club Auditor. Carried unanimously.

AGM, 5 Oct 37

Mr Curtis asked that his name be withdrawn from consideration for Honorary

Secretary, whereupon George Hemsworth was elected unanimously. Upon being put to a vote, Mr John H. Turner was elected Track Vice Captain.

6 Sep 38

The winner of the points trophy was W. Pittman, 2nd - F. Plumm. The club had great pleasure in recording our Chairman S.S. Yarrow Esq. for finishing second in the Marathon at the European Championships.

10 Sep 39 (Emergency Meeting held at Victoria Park Track)

Owing to outbreak of war, all members to be notified that club activities shall cease until further notice.

4 Apr 46 (First meet since WWII ended)

It was agreed that Secretary communicate with the Press regarding the recommencing of Club activity.

2 May 46

The meeting commenced by Chairman reading out a list of names of members who had died during the war.

22 May 46

New member - G. Everson

27 Jun 46

New member - G. L. Iden (2nd claim)

20 Nov 46

Honorary Secretary spoke of W. Safford's illness and proposed that 100 cigarettes be sent. This was agreed to.

AGM, 23 Oct 46

Election of Officers

Track Secretary - C. Fowles

Track Captain - F. Plumm

Cross-Country Captain - J. Turner

7 May 47

New member - D. Bareford

Chairman remarked that Mr Fowles' absence from the club until October would be keenly felt and that we were certainly losing one of our first class runners. F. Plumm agreed to act as Track Secretary during Mr Fowles' absence.

29 Sep 47

Sullivan Trophy - A. Slade reported on meeting of subcommittee and of its failing to agree, but that selection had been narrowed down to D. Carpenter and L.

Lait. Proposed F. Fuller Seconded A. Slade that a vote be taken to decide between merits of both individuals. Upon a vote being taken, Carpenter received 6 votes to Lait's 4. Thus, Carpenter became the first holder of the Trophy. L. Lait asked permission that he be first to congratulate Carpenter. Track Secretary commented upon the L.C.C. finals; D. Bareford 2nd in the 100 and 220 yds, L. Lait 3rd in the 880 just outside 2 minutes, F. Plumm 3rd in the mile.

AGM, 22 Oct 47

A new honour was instituted, that of Life Vice President. It was agreed that H.J. Peck and E.C. Wiseman be elected as Life Vice Presidents.

22 Mar 50

Mr Earwaker replied that VPH still hopes to have their own headquarters one day.

21 Mar 51

Proposed A. Wood Seconded G. Hemsworth that a Building Fund be instituted for the provision of funds for the building of a hall for the use of members.

10 Jun 52

The club 10 mile championship resulted in a win for G.L. Iden in 53:16 which was a new club record. E. Flowers 2nd 54:27 which also beat the existing record. J. Flowers 3rd 56:15.

14 Jul 52

F. Fuller, Honorary Cross Country Secretary, reported fully on Geoff Iden's marathon run in the Polytechnic event. This was the main reason for his being selected to represent Great Britain at the Olympic Games.

15 Aug 52

Chairman, E. Murnane, congratulated Geoff Iden on behalf of the club for his excellent performance at Helsinki (his time hadn't been bettered by any English or Commonwealth athlete for this event).

AGM, 22 Oct 52

A plaque was presented to G.L. Iden for successfully retaining the Sullivan Trophy for the third year.

George Hart Wins Finsbury Park 5K Series Vets Title

2 Feb 53

Senior 10 mile club champs: G. Iden 1st 56:49. This was a record. (Editor's Note: that last sentence appears to contradict the 10 Jun 52 entry).

7 Feb 53

D. Bareford was successful in winning the Middlesex Pentathlon for the fourth successive year, scoring a record number of points. He was also 5th in the AAA Decathlon and 3rd in the Southern Decathlon held in conjunction. Sullivan Trophy awarded to K. Rouse. A.A. Cooper Points Trophy won by D. J. West

AGM, 28 Oct 53

Proposed R.C. Everson Seconded G. Hemsworth that M.F. Smith be elected as a Life Vice President. Agreed. (Editor's Note: Who's he? He doesn't appear in the list published in a recent club magazine. This means there have been 11 Life Vice Presidents with Harry Peck and Ernie Wiseman as the first two and D. Bareford as the eleventh).

14 Jun 54

A. Pattison won the County 6 miles in record time. VPH were second in the County medley relay. D. Bareford was third in the AAA Decathlon Champs.

9 Sep 54

VPH 4x880 yds in the Joe Louis Trophy in 7:50.8 (Editor's Note: that's an average of 1:57 per each of the four athletes over an 800 metre distance).

AGM, 27 Oct 54

Mr. F. Smith, Life Vice President, recently died. Proposed Mr. L. Binfield Seconded Mr. E. Murnane that a presentation be made to Mr A. Slade for 20 years service as Club Handicapper.

2 May 55

New members-T.A.Bland, A.G.Howlett

6 Jun 55

New members - C. Milton, R. Iron

3 Oct 55

Sullivan Trophy - As the appointed subcommittee could come to no decision, the selection was made by the General Committee and the two following members were selected - D. Bare-

ford and G. Iden, each to hold the trophy for six months. New member - H. Joseph.

5 Mar 56

New member - Youth - Len Williams Mr Les Williams expressed his regret that R. Iron was unable to compete in the national Youth Championships owing to the car arriving too late after a series of mishaps.

9 Apr 56

New member - H. Tabberer. Mr Fuller mentioned the brilliant performances of R. Iron in the three Association of Boys Clubs Cross Country races.

Sweatshop Finsbury Park 5K Series

20 Aug 96

In the fourth and last of this series of races, George Hart finished second in the Vets category in 16:31 and won the overall Vets title. Congratulations, George! In the same race, Annie Gammon placed third in the Ladies section in 20:36.

Barking Park 5K, 26 Aug 96

3rd Liz Kempster 21:28

Surrey Quays 10K

23rd Liz Kempster 43:28

31st Annie Gammon 44:00

Park and Locks Handicap, 31 Aug 96

	H'cap	Actual
1st Mick Wheeler	31:17	28:17
2nd Annie Gammon	31:57	28:27
3rd Andy McCourt	32:44	28:14
4th Ian Robinson	37:51	37:51

(went off course)

Assembly League, Forbanks 2.8M

5 Sep 96

After finishing third overall in last year's league, eight points behind the winners, VPH set a target of finishing second this year. Thanks to the General Committee approving the hiring of a coach, and thanks to Andy McCourt for driving it, we fielded a 15-person team on this occasion to help us reach our goal. How significant

was this arranged transportation? Consider the previous four races at Forbanks when we fielded teams of 8, 6, 5, and 8. Good decision, VPH! Times for VPH men runners were generally down compared to the previous race at Forbanks with only Pete Eldridge (1 sec) and Tony Lashmar (8 secs) showing slight improvement. Pete, after leading the B team in four consecutive races, then leading the A team in the fifth race, was back to leading the B team once again by finishing as fifth VPH'er. After leading the club home in races 2 and 3, then being struck with illness for the next two races, Richard Newbold was back to his team-leading ways. Our final position of second overall just four points behind Kent, with the B team also finishing second, was admirable. On the Ladies' side, Liz Kempster led the team home in a new VPH Club Record (her first). Our Ladies surpassed all expectations by finishing third for the year in their league debut.

1	B. Lee (Kent)	14:13
11	R. Newbold	15:00
18	T. O'Neill	15:20
19	R. Onslow	15:22
23	G. Hart	15:30
24	P. Eldridge	15:32
48	T. Lashmar	16:31
58	G. Tiffany	17:06
61	B. Underwood	17:13
69	A. McCourt	18:00
73	B. Xidhas	18:14
89	M. Wheeler	19:06
124 finishers, including 20 ladies		

Ladies Results

1	M. Pannett (Dul)	17:01
7	L. Kempster	19:29
9	H. Robson	19:59
14	N. Thomas	22:12
19	S. Loudon	25:13

A Team Results (11 teams)

1	Kent	13
2	Dulwich	53
3	VPH	71

VPH Finish As Assembly League Runners-Up

4	Stock Exchange	76
5	Dartford	121

B Team Results (7 teams)

1	Dulwich	98
2	Kent	101
3	VPH	191
4	Dartford	192

Ladies Team Results (7 teams)

1	Dulwich	6
2	Dulwich 'B'	20
3	VPH	30
4	Dulwich 'C'	36

Final Positions After 6 Races

A Team (12 teams)

1	Kent	85
2	VPH	81
3	Dulwich	79
4	Cambridge	74
5	Stock Exchange	66

B Team (8 teams)

1	Dulwich	86
2	VPH	80
3	Kent	76

Ladies (9 teams)

1	Dulwich	59
2	Kent	48
3	VPH	32
4	Eton Manor	26
5	Dulwich 'B'	18
6	Dartford	12
7	VPH 'B'	8

Individual Men

1	B. Lee (Kent)	137
8	R. Newbold	86
13	T. O'Neill	51

Individual Ladies

1	M. Pannett (Dul)	50
5	L. Kempster	18
6=	A. Gammon	13

'A' Team Scorers (and # of times)

R. Newbold	4
T. O'Neill	4
J. Roche	4

G. Hart	4
I. Njuguna	3
R. Onslow	2
P. Eldridge*	1
G. Rutten	1
D. Wing	1

'B' Team Scorers (and # of times)

P. Eldridge*	5
T. Lashmar	5
G. Luff	2
R. Vials	2
J. Loboda	1
R. Newbold	1
T. O'Neill	1
T. Daly	1
G. Walker	1
J. George	1
G. Tiffany	1
B. Underwood	1

* Pete was the only VPH'er to score in all six races.

Southern League Divisions VPH Occupied Since Entering League

1969 - 4	1983 - 3 (Joint **)
1970 - 4	1984 - 2
1971 - 4	1985 - 2 (—)
1972 - 4	1986 - 3
1973 - 4	1987 - 3 (—)
1974 - 4 (**)	1988 - 4 (—)
1975 - 3 (**)	1989 - 5 (* 3rd)
1976 - 2 (**)	1990 - 4
1977 - 1	1991 - 4
1978 - 1 (—)	1992 - 4 (—)
1979 - 2 (—)	1993 - 5 (10th)
1980 - 3	1994 - 5 (16th)
1981 - 3	1995 - 5 (11th)
1982 - 3	1996 - 5 (16th)
** (Champs)	— (Relegated)
*(Promoted)	

During the 70's, there were only 4 divisions. We were undefeated in 1975 and 1976, and, during 1977, we beat the eventual Division 1 Champions.

Chingford League Relay Highams Park, 14 Sep 96

As defending league champions, we got off to a slow start in this 6x2.25 mile relay. Whereas the corresponding race

last season saw VPH within ten seconds of victory, this race was much harder going. A very long 1995/6 season, several injuries, bouts of illness, and key absences of personnel have left the Harrier's squad somewhat jaded. New-comer Richard Onslow led the team off and was in second place at the top of the big hill, but was overtaken by several runners on the long descent. The first leg is usually the most competitive with many teams selecting their fastest athletes and it was to Richard's credit that he held on for eighth place. Next up was Team Captain Terry O'Neill who gained two places as he ran the fastest leg of the day for the Club. George Rutten continued his excellent return from shin splints with an identical time to Richard Onslow to maintain the Harriers' challenge at the front of the field. Gary Luff and John George covered legs 4 and 5 before a below-par Richard Newbold brought VPH home in seventh place (sixth in the Chingford League), just failing to catch Walthamstow. Jim Roche pulled out a splendid run for the B team despite not having run for six weeks and he was well supported by Joe Loboda and Andy McCourt. Regrettably, the B team was incomplete and was awarded ninth B team.

1st Haringey	73:34
6th Walthamstow	77:35
7th VPH	77:42

A Team

Leg 1 R. Onslow	12:41
Leg 2 T. O'Neill	12:21
Leg 3 G. Rutten	12:41
Leg 4 G. Luff	14:02
Leg 5 J. George	13:33
Leg 6 R. Newbold	12:24

B Team

Leg 1 A. McCourt	15:04
Leg 2 J. Loboda	14:14
Leg 3 J. Roche	13:35
Leg 4 J. Loboda	14:46
Leg 5 G. Rutten	13:34
Leg 6 D. Marchant	12:32 (Thurrock)

Richard Newbold Wins Club Mile Champs

Flowers' Mile Road Race Champs 19 Sep 96

A combination of very unwelcome conditions and an over-distance course conspired to give slower times than usual. Breaking quickly from the start was teenager Boyd Underwood making good use of his 400m speed, closely followed by defending champion, Richard Newbold. Into the first turn and Newbold pulled into the lead with Richard Onslow passing Boyd in his effort to latch onto Richard N. Richard N. opened up a gap around the back with Richard O. chasing hard, pursued in turn by George Rutten. By the finish, Richard N. was nine seconds ahead of Richard O. (Editor's Note: Thank goodness Richard Bruce and Richard Martin weren't running) followed home by George Rutten with George Hart in fourth place. On this day, Team Richard beat Team George. In the women's race, Liz Kempster continued her good form ahead of Hanna Robson with Annie Gammon third.

1st	Richard Newbold	4:55
2nd	Richard Onslow	5:04
3rd	George Rutten	5:07
4th	George Hart	5:09
5th	Pete Eldridge	5:12
6th	Jim Roche	5:16
7th	Boyd Underwood	5:20
8th	Tony Lashmar	5:39
9th	Joe Loboda	5:43
10th	Billy Xidhas	5:53
11th	Andy McCourt	5:56
12th	Dan Henderson	6:06
13th	Liz Kempster	6:15
14th	Hanna Robson	6:25
15th	Annie Gammon	6:38
16th	Maxim Jr	7:28

80 metres added to the course from previous years.

Park and Locks Handicap, 21 Sep 96

	H'cap	Actual
1st	Ian Robinson	31:52? 31:52
2nd	Hanna Robson	30:39 28:09
3rd	Andy McCourt	31:52 27:52

Wimbledon 1/2 Marathon, 22 Sep 96

17	G. Rutten	77:58
104	T. Lashmar	88:13
(1,165 finishers)		

1st VPH "O" Competition, 26 Sep 96 (by Graeme Tiffany)

As expected, the first VPH Orienteering Competition produced some interesting, if not surprising, results. As bears testament to the sport of orienteering, the thinking runners ruled the day. Speed around the Park versus the guile of ex-servicemen proved no contest. Tony Lashmar and Mick Wheeler came out on top, just pipping soon-to-be-veteran Richard Onslow. The wisdom that comes with age was similarly demonstrated by third-placed Chris Lawn. Youth, impetuosity, impending senility, and the creativity of the female mind accounted for the minor places. (Yes, it's proven that the narrow, limited, rational nature of the male brain is actually better for map reading than the diversity, creativity, and emotionality displayed by that of the female). The Eldridge brothers displayed all of the above, but were unable to respond to the challenge of a notable, if sneaky, checkpoint. Thirteen members of the club took part, twelve of whom expressed further interest in this most fascinating of activities. The second VPH "O" competition will take place early in the new year; maybe some of our more senior members might like to demonstrate the attributes that come with age?

VPH's first orienteering competition invited competitors to visit as many controls as possible (maximum 20) in 45 minutes. Thereafter, penalties were incurred. Where total controls were the same, position was determined by the fastest time.

	Total Controls
1	Lashmar/Wheeler(39:19) 19
2	R. Onslow (39:28) 19
3	C. Lawn (40:34) 19

4	M. & P. Eldridge (37:35)	18
5	I. Robertson (38:52)	17
6	H. Robson (40:57)	17
7	Sophia (45:30)	16
8	A. Gammon (49:06)	14
9	McCourt/Xidhas(56:00)	3
10	R. Daniels (52:00)	-3

Hunts AC Meeting, St Ives, 28 Sep 96

W. DuBose: HJ - 1.50; HT - 20.36 (PB)

Chingford League 5K, Eastway, 1 Oct 96

VPH women showed how it should be done as they won the opening fixture of the experimental women's section of the Chingford League. Team Captain Hanna Robson led the team as third woman home with Liz Kempster, Annie Gammon, and newcomer Anne McDonald supporting well. The Harriers men's team showed a marked improvement to their previous league fixture with the A team in third place and the B team fourth. A slower than usual start showed VPH second-claim runner Danny Wing at the front with Richard Onslow and the fast-starting Peter Eldridge also prominent. Halfway up the second hill, Richard Newbold joined his two team-mates in the chasing group as the pace began to increase. Richard N. gradually worked his way through the field and joined up with the disintegrating leading group at the start of the last lap. Richard N. passed Danny Wing, running for Woodford Green, at the bell and started a long run for home, finishing in a respectable 11th position with Danny two places back. Encouragement from George Rutten on the last lap gave Richard Onslow the confidence to outspurt a Muswell Hill athlete at the finish to give him 20th position. The results moved the A team up from 6th to 4th in the League standings.

1	P. Northrop (Enfield)	15:38
11	R. Newbold	16:14
20	R. Onslow	16:36
22	G. Rutten	16:42
26	T. O'Neill	16:52

Newbold Wins 3 1/2 Mile Club Championships

27 P. Eldridge	16:56
49 T. Lashmar	17:55
52 J. George	17:59
68 J. Loboda	18:15
70 G. Luff	18:15
80 R. Vials	18:28
110 A. McCourt	19:48
121 H. Robson (L3)	20:49
125 M. Wheeler	21:17
133 L. Kempster (L5)	21:45
136 A. Gammon (L6)	22:00
151 A. McDonald (L12)	24:44
(161 finishers)	

'A' Teams (12 teams)	
1 Haringey	112
2 Woodford Green	136
3 VPH	155
4 Barnet	163
5 Muswell Hill	174
6 Orion	241

'B' Teams (11 teams)	
1 Muswell Hill	435
4 VPH	505

Vets Teams (12 teams)	
1 Barnet	135
11 VPH	377

Ladies Teams (6 teams)	
1 VPH	26
2 Orion	39
3 Loughton	41

League Positions After 2 Races

'A' Teams	
1 Haringey	24
2 Barnet	20
3 Muswell Hill	18
4 VPH	17
5 Orion	16
6 Woodford Green	15

'B' Teams	
1 Muswell Hill	22
6 VPH	14

Vets Teams	
1 Barnet	23
11 VPH	5

Club 3.5 Mile Champs, VP, 5 Oct 96

The Arthur Coombes Trophy Race

A stiff pair of legs and an impressive turn of speed from Richard Onslow in a 300m session on the preceding Thursday were sufficient to dictate the race tactics of defending champion Richard Newbold. Straight from the start, Richard N. went to the front and no-one followed his fast pace. By the apex, he had opened up a useful lead built up to over 20 seconds by the end of the figure eight. Despite the fast early pace and the windy conditions, Richard N. maintained his lead from Richard O. to gain a hat-trick of victories in this event to follow his hat-trick of victories in the Flowers' Road Mile Championship. Third runner home was veteran George Hart with Tony Lashmar in fourth place and Joe Loboda fifth. The small field was matched in numbers by spectating Club members and their support was gratefully welcomed by the race competitors who appeared to be running five separate time trials.

	First	Last	Finish
	2.5M	Mile	Time
1st R. Newbold	13:01	5:26	18:27
2nd R. Onslow	13:26	5:28	18:54
3rd G. Hart	13:59	5:41	19:40
4th T. Lashmar	14:21	5:48	20:09
5th J. Loboda	15:23	6:15	21:38

Veterans AC 4.8M,

Wimbledon Common, 5 Oct 96

1st T. Ulliot (Vets)	26:04
2nd T. O'Neill (VPH)	26:23

Chingford League 5 3/4M X-C

Loughton, 12 Oct 96

(by Richard Newbold)

The solar eclipse may have been hidden by clouds but a warm and hazy day greeted the hardcore of the Victoria Park Harriers Cross Country Team at Loughton. This season saw a longer course than last year with an additional lap of the playing fields which strung the field out before crossing the bridge to the field section. The underfoot con-

ditions were exceedingly hard and only the brave or foolish dared to wear spikes (12 out of the first 14). With Richard Onslow carrying an injury sustained during training on Thursday night and several key team members absent, the 'A' team was significantly under-strength. However, solid performances by Tony Lashmar, Graeme Tiffany and Joe Loboda brought the team home in fifth place on the day to maintain fourth position in the league table. Leading Harrier was Richard Newbold who despite feeling less than 100% came home in a respectable 14th place, chased home by George Rutten who scored an excellent 19th position. George Hart pulled out another good run in 21st and Richard Onslow came home in 29th position which was impressive given his niggling injury. Leading woman was Annie Gammon as fifth lady home with Liz Kempster sixth lady to give the four-woman team second place despite lacking half a team! This leaves them in second position in the experimental Women's League.

1 I. Campbell (WG)	29:53
14 R. Newbold	31:42
19 G. Rutten	32:16
29 R. Onslow	33:26
26 A. Lashmar	35:38
75 G. Tiffany	36:00
79 J. Loboda	36:10
80 M. Joyce (Orion) (L1)	36:10
110 A. McCourt	38:41
141 A. Gammon (L5)	41:49
146 L. Kempster (L6)	42:22
(169 finishers)	

'A' Teams (12 teams)	
1 Haringey	83
2 Barnet	144
3 Muswell Hill	178
4 Trent Park	207
5 VPH	226

'B' Teams (11 teams)	
1 Muswell Hill	381
9 VPH	868

Ladies Team Tops For VPH!

Vets Teams (12 teams)	
1 Haringey	97
11 VPH	471

Ladies Teams (5 teams)	
1 Orion	21
2 VPH	41

League Positions After 3 Races

'A' Teams	
1 Haringey	36
2 Barnet	31
3 Muswell Hill	28
4 VPH	25

'B' Teams	
1 Muswell Hill	34
6 VPH	18

Vets Teams	
1 Haringey	35
11 VPH	7

Ladies Teams (after 2 races) - 6 teams

1= VPH & Orion	23
3 Loughton	18

Metropolitan League Women's 2.5M X-C, Welwyn Garden City, 19 Oct 96

23 Hanna Robson	20:19
-----------------	-------

(63 finishers)

London Colleges League 5M

Parliament Hill Fields, 23 Oct 96

13 R. Newbold (QMW)	28:36
---------------------	-------

Chingford League, Eastway, 5K 5 Nov 96 (by Richard Newbold)

Despite the attractions of Bonfire Night, nearly 170 runners completed the testing 5k race at the Eastway Cycle Circuit. Windy conditions were expected to slow the field at the start and this was very much the case despite the race attracting the strongest field yet for any of the Chingford League fixtures. By the end of the first lap, the leaders had picked up the pace to break up the field. About fifteen runners separated from the rest of the competitors who were left strung out along the circuit. Having been unable to go with the pace, leading

Harrier and newly appointed Team Captain Richard Newbold, set about chasing the pack down and overtook former Harrier Danny Wing who tucked in behind Richard. Despite the vociferous support of numerous members of his family, Danny was unable to re-pass Newbold who picked up a place on the run-in to finish a respectable 13th. Winner on the night was another former Harrier representing Woodford Green, Larry Mangleshot, with two further Woodford runners occupying the other "medal" positions. Next scorer for VPH was the consistent Peter Eldridge closely followed by George Hart and George Rutten. The absence of Richard Onslow with a back injury and Terry O'Neill through work commitments cost the 'A' Team a possible second place on the night. However, the return of Barry McKenna after his exploits in the Canadian Rockies was heartening and he should be race-fit again fairly soon. Tony Lashmar continued his recent improvement with an excellent 50th position to complete the scoring six which gained third place on the night to move up to equal points with third-placed Muswell Hill in the League Table. Joe Loboda and veteran Ron Vials were the first finishers for the 'B' team with Steve Butlin-Smith the surprise third scorer. Steve was back in Harriers colours for the first time in six years after having led a lifestyle that he described as not being conducive to running. He's currently trying to get fit enough to run under 3 hours in the London Marathon in order to raise money for the neo-natal facilities at the Whittington Hospital and hopefully a bit of training with VPH will help him on his way. Vets Andy McCourt and Gerry Franey and young field-eventer David Johnson completed the 'B' Team. However, it was the VPH Women's team which had the best of the night with a stunning win to move them five points clear in the Women's Table. Leading Harrier was Hanna Robson, fourth lady, with Ladies'

Captain Annie Gammon fifth lady, one second ahead of Liz Kempster, sixth lady finisher. This is an excellent reward for all the hard work that Hanna has put in to organising the Women's Section which also competes in the Metropolitan League.

1 L. Mangleshot (WG)	15:02
13 R. Newbold	16:04
29 P. Eldridge	16:50
32 George Hart	16:58
35 G. Rutten	17:08
48 B. McKenna	17:38
50 T. Lashmar	17:42
61 J. Loboda	17:58
68 R. Vials	18:04
104 S. Butlin-Smith	19:36
108 A. McCourt	19:49
123 H. Robson (L4)	21:00
129 G. Franey	21:33
141 A. Gammon (L5)	21:50
146 L. Kempster (L6)	21:51

'A' Teams (12 teams)	
1 Woodford Green	43
2 Haringey	168
3 VPH	207

'B' Teams (11 teams)	
1 Woodford Green	249
6 VPH	602

Ladies Teams (7 teams)	
1 VPH	36
2 Epping R	47

League Positions After 4 Races

'A' Teams	
1 Haringey	47
2 Barnet	40
3 Muswell Hill	35
3 VPH	35

'B' Teams	
1 Muswell Hill	43
6 VPH	25

Ladies Teams (after 3 races) - 9 teams

1 VPH	35
2 Orion	30

Letters to the Editor

Dear Wayne,

Thanks for sending the VPH News over the last few issues. They have brought me up-to-date with what's happening at the "Park" and vice the 70th Anniversary Dinner which we enjoyed immensely and renewed old acquaintances dating back, in some cases, 35 years!! The reason I haven't written before is that I keep meaning to dig out some old editions of the VPH News that I have somewhere although I guess you have most of them from Gordon Everson. For the real enthusiasts, I have copies of Athletics Weekly 1960 - 1983 if someone else wants to insulate their loft (the price started at 1/3d and ended up at 48p...so much for inflation). Keep up the good work, Wayne, and I look forward to seeing you some time. I have enclosed a cheque for Honorary Membership and a small donation and look forward to reading the next magazine. I was the Distribution Manager in the long distant past, i.e., I stapled the copies together, then addressed and posted same and attempted to sell the rest at the club. Do the active athletes still buy one between six and pass it around as they did in my day or maybe you have made it easier by making it free with the subscription? Very best regards, Vic Potter

Dear Vic,

Thank you for your £25 donation on top of the honorary subscription fee. It all helps. Please get around to digging out your old club magazines. Alan Howlett has promised me numbers 29-65 and also 88 and 90. If you have prior to number 29, I want them. Although Gordon Everson has them, he has had all his magazines bound in a leather binder and is obviously proud of his products. He's not likely to give them up and I don't blame him. Therefore, I'm seeking other avenues. By the way, the magazines used to be called The Victoria Park Harrier in those days. Like yourself, we have tons of Athletics

Weekly in the committee room mostly from the 1973 - 1980 era. I guess they too provide some sort of insulation. Production and distribution of the Club Magazine goes something like this: I create the magazine on my computer at home using Microsoft Publisher. I then print out the pages on my laser printer. Next, I take the magazine to the printers at RAF Alconbury who have all copies ready the next working day. Back at home on my computer, I print out an address label for every single eligible recipient of the magazine. The pages I receive back from the printers aren't collated so I have seven or eight piles to sort through. Last time, it took me six hours to collate, staple, apply label, staple again after folding in half, and apply stamps. Depending on the date, I might handcarry certain magazines to the Club on committee meeting nights. In that way, I can hand them out to the individuals present and save money on stamps. If the committee meeting is weeks away, I'll mail the lot out. Total cost of the last magazine production and distribution was £120. In answer to your question, everybody receives a magazine free and in most cases receives it through the post or directly from me at the clubhouse. Regards, Wayne

Dear Wayne

I was sorting out some old Club magazines. Unfortunately, I don't have any editions that you were asking for in a recent club magazine. I did come across my Club Rule Book and a couple of fixture cards (enclosed). On a personal note, I'm struggling with an achilles tendon injury at the moment. My running is obviously restricted but I'm working on my upper body strength. I'm hoping to secure a place in the Southern League team next season in the javelin. To this end, I went to W.H. Smith's to get a copy of Mick Hill's "How to Throw a Javelin." Unfortunately, they didn't have this video.

They did have a video by Damon Hill, so, in desperation, I bought that. I'm not sure if it's helping my aspirations towards javelin throwing, but I've had two speeding tickets so far. Our neighbours, the Schumachers, aren't impressed. I think the medication is wearing off, so I had better go and lie down. Best Wishes, Garry Walker
P.S. Please pass enclosed cheque to Club Treasurer. Thanks.

Dear Garry,

Get well soon (mentally and physically) and many thanks for your generous £40 donation. Regards, Wayne

Dear Wayne,

It was a pleasure to attend the 70th Anniversary Dinner and I must say it was a night I will never forget. To be back at one's roots, to be confronted by faces to which it was sometimes difficult to put a name to, to be with friends and club buddies of yesteryear was like something out of "This Is Your Life." For myself, having lived in Switzerland for 34 years, the food, the venue, the toastmasters, and particularly the music at the end of the evening made it an event filled with emotion and one that I will long cherish. There was just one sad aspect to the evening - it passed too quickly! I stayed on in London for a further week and was very pleased to enjoy a lunch with Madeline and Bernie Skeels, and a dinner with Iris and Danny Callaghan. Somehow it seemed possible that the clock had stopped and I had never been away from such nice people. When I returned home I had difficulties in settling down - the first time ever in over 34 years! Yes, I for one am looking forward to the 75th. I was very interested to read the article by Messrs Luff, Newbold, and Underwood and somehow their sentiments are so similar to those I had in the fifties: history repeats itself. If the spirit of the evening of June 1st, 1996 could be captured by the younger members of VPH,

Club Objectives

then I think the club can look forward to a brighter future. I hope so anyway and wish L, N, and U every success in their quests. Your sincerely, Ken Prevost

Dear Ken,

What a wonderful letter. It makes me especially envious I couldn't attend the 70th Anniversary Dinner. By the way, I remember when you use to send Christmas cards to the Club with a family photo enclosed. Wayne

The following is electronic mail sent by Boyd Underwood, currently at Newcastle University, to Richard Newbold:

Dear Richard,

I'm writing this first thing Wednesday morning feeling in a pretty bad way because last night I made another attempt to get back into my athletics training by going back to Gateshead Stadium. Myself and a girl from my hall went in the hope of joining the university's sessions but when we found that we couldn't find anyone from the university, we decided to try and find an independent coach instead. We have both joined a "triple jump" group but at this time of the year all the training is based upon circuits, endurance training, weights, and the like. I don't think I've ever trained so hard in my life - these guys add a totally new dimension to the word "serious." Whereas I could get away with about 10 minutes warming-up time at Mile End, over here, it's nothing less than 30 minutes and they want you to work for every second of those 30 minutes. Last night, we did three sets of three bounding up the stadium steps, which I didn't exactly take too kindly to. If this carries on, I think I'm going to have superhuman qualities by March (ever seen someone run 400m in under 40 seconds???). Then, because it was raining, we went into the sports centre for a 30-minutes GRUELLING circuit training session. I woke up this morning almost totally unable to move. I still should be

pleased that I'm back into the swing again even if it's about one hundred times as hard as I expected. On top of all this, my new coach gave us some diet and nutrition sheets telling me what I must eat and what I mustn't (no beer!?) - I've actually made a conscious effort this morning - I had no idea that Weetabix tasted so awful and as for 3 slices of that brown toast..... Yours Nutritionally, Boyd
P.S. I hope you're all working as hard as I am (or not, if you've got any sense)

Dear All,

Nice to continue to receive VPH News. Enclosed is a donation to club funds. Regards, Henry Tabberer

Dear Henry,

Thank you indeed for your very generous £40. That represents £1 for every year since you first joined VPH. Best Wishes, Wayne

London Colleges League 5.4M

Richmond Park, 6 Nov 96

10 R. Newbold (QMW) 29:05

VPH Committee Members 1996/7

Chairman - Peter Spencer
Hon Secretary - Graeme Tiffany
Hon Treasurer - Gerry Franey
Ladies Secretary - Hanna Robson
Social Secretary - Les Vialls
Press Officer - Richard Newbold
Ladies Captain - Annie Gammon
Road & X-C Secretary - Joe Loboda
Track Secretary - Richard Bruce
Road&X-C Captain - Richard Newbold
Track Captain - Richard Bruce
Club Handicapper - Colin Reid
Coaching Secretary - John Daniels
Membership Secretary - Frank Massingham
Junior Captain - Dan Henderson
General Member - Wayne DuBose
General Member - Ron Iron
General Member - Tony Lashmar
General Member - Richard Martin
Trustee - Danny Parsons
Trustee - Pat Franey

Club Objectives 1996

At the start of 1996, I established some arbitrary objectives for VPH. How did year?

1. Win the Mob Match (Achieved)

(Missed that one—we won it)

3. Place 2nd in Assembly League

4. Place top 10 in Southern League
(Failed - placed 16th)

(Didn't track this one, but I don't think it was a significant objective)

(201 runners thanks to Joe Loboda's herculean publicity efforts)

(@14 Nov, we have 93)

8. Subs: '94(£1447) '95(£2227) '96 ?

9. Donations: '95 (£280) '96 ?
('96 - £240)

('96 - £454)

11. Social: '94(£1014) '95(£1152) '96 ?

12. 200 guests 70th Anniversary Dinner
(150 guests, but this was not by any

Club Objectives 1997

1. Place top 10 in Southern League

3. 100 active members

4. Donations: '95 (£280) '96 (£240)

5. 100 Club: '94(£402) '95(£408) '96(£454)

6. Social: '94(£1014) '95(£1152) '96(£1290)

7. Let me know other objectives

Where Are They?

Although Albert Pattison and Danny Callaghan attended our 70th Anniversary Dinner, I never had their addresses. Can somebody please provide this information to me? I'd like to send them a Club magazine. Thanks, Wayne

Club Track & Field Rankings 1996

100

D. Kosoko	11.5
W. Letman	12.0
C. Mensah (J)	12.6
M. Eldridge (V)	14.1

200

D. Kosoko	23.6
W. Letman	24.6
B. Underwood (J)	24.7
C. Mensah (J)	25.7
C. Lawn (V)	29.0

400

B. Underwood (J)	54.2
G. Luff	56.0
C. Lawn (V)	62.6
D. Henderson (J)	63.5

800

G. Luff	2:05.1
I. Njuguna	2:15.9
J. Roche	2:18.9
J. Loboda	2:20.1
B. Underwood (J)	2:21.2

1500

J. Roche	4:35.4
G. Luff	4:35.5
J. George	4:39.8
T. Lashmar	4:53.5
K. Lowe (V)	4:57.3
D. Johnson (J)	6:03.6

3000

T. O'Neill (V)	9:39.5
----------------	--------

5000

R. Newbold	16:05.7
J. Roche	16:44.1
T. O'Neill (V)	16:44.9
P. Eldridge	16:59.2
G. Hart (V)	18:23.8
S. Eldridge	18:27.9

110H

W. DuBose (V)	18.9
R. Newbold	21.0
J. Chapman	21.3
M. Eldridge	21.8

400H

I. Njuguna	61.5
R. Newbold	64.1
B. Underwood	65.2
D. Henderson	72.2
J. Chapman	74.4
T. O'Neill	75.4
M. Eldridge	75.7
P. Eldridge	76.0

3000SC

I. Njuguna	10:21.5
T. O'Neill	10:28.1
J. Laboda	11:25
T. Lashmar	11:59.8

LJ

L. Bruce	5.86
R. Bruce	5.61
B. Underwood (J)	5.54
J. Chapman	5.37
S. Wilson (J)	4.93
R. Newbold	4.82
D. Johnson (J)	3.64

HJ

L. Bruce	1.70
R. Bruce	1.65
J. Chapman	1.60
W. DuBose (V)	1.50
S. Wilson (J)	1.50
D. Henderson (J)	1.40
R. Newbold	1.40
B. Underwood (J)	1.40
D. Johnson (J)	1.10

PV

W. DuBose (V)	3.40
M. Fitzgibbon (V)	2.80
M. Eldridge	2.20
P. Eldridge	0.85

TJ

B. Underwood (J)	11.90
R. Bruce	11.50
L. Bruce	11.28
J. Chapman	10.89
D. Henderson (J)	10.40
R. Newbold	9.62

SP

W. DuBose (V)	11.09
R. Bruce	8.77
J. Chapman	8.48
C. Carter	8.44
M. Eldridge	6.77
B. Underwood (J)	6.65

DT

W. DuBose (V)	33.82
R. Bruce	26.20
M. Fitzgibbon (V)	17.36
S. Mahon	17.22
J. Chapman	15.08
B. Underwood (J)	15.06
M. Eldridge	14.24

JT

W. DuBose (V)	49.62
R. Bruce	28.64
J. Chapman	26.96
M. Fitzgibbon (V)	25.28
B. Underwood (J)	21.28
S. Wilson (J)	13.24
M. Eldridge	12.82

HT

R. Bruce	27.68
W. DuBose (V)	20.36
C. Carter	19.72
M. Fitzgibbon (V)	17.48
S. Mahon	16.56
J. Chapman	14.90
M. Eldridge	14.02
P. Eldridge	13.90

Hanna Robson Club Multi-Record Holder

Club Record Updates

Thanks to George Hart, Terry Adams, and Roger Daniels for giving me piles of information from the lost years (1986-1993). I was able to discover club records of which I was previously unaware. They include Steve Mahon running 1:53.7 for the 800m in the Southern League in 1987 (also a Club Junior Record), Chris Brogan running 9:33.3 in the 3000SC in the Southern League in 1987 (Club Record and Southern League Record), Chris Brogan running 15:14 in the Chingford League at Eastway, Steve Mahon running 14:15 on the Assembly League Forbanks course in 1988, and Chris Brogan running 1:47:46 in the Club 20M Champs in 1989.

VPH Ladies Club Records

Assembly League Records:

VP 3.5M H. Robson 22:37 (94)
 B'heath 5K A. Gammon 21:13 (95)
 Forbanks 2.8M L. Kempster 19:29 (96)

Chingford League Records:

Eastway 5K H. Robson 19:55 (93)
 Epp. For. 5M X-C H. Robson 37:33 (95)
 Alex. Pk. 5M X-C H. Robson 34:11 (95)

Trent Pk 5M X-C H. Robson 33:25 (96)
 Victoria Park 5M H. Robson 32:36 (96)
 Loughton 5.75M X-C A. Gammon 41:49 (96)

Metropolitan League Records:

Welwyn Garden City 2.5M X-C
 H. Robson 20:19 (96)

Club Championship Records:

1M Road H. Robson 5:48 (95)
 10M H. Robson 68:36 (95)
 20M A. Gammon 2:22:16 (96)
 5M X-C H. Robson 37:49 (96)

Other:

VP Open 5M A. Gammon 31:52 (96)
 Marathon A. Gammon 3:18 (96)

VPH Membership Rolls

	<u>1996</u>	<u>1959</u>
Senior Members	55	74
Junior Members	02	90
Lady Members	05	00
Second-Claim Members	02	08
Honorary Members	05	17
Life Members	<u>24</u>	<u>16</u>
TOTAL	93	205

Dates To Mark on Your Calendar Now!

- 1 Nov Annual Subs Due!
- 7 Dec Club Kids' Xmas Party (£3)
 (@ 14 Nov, 50 children slated to attend)
- 19 Dec Club Xmas Party (£3)

VPH Road-Running and Cross-Country Fixtures 1996/7

- 7 Dec Ware Cup (incl. 5M XC Club Champs) at Loughton
- 28 Dec Chingford League at Trent Park
- 7 Jan Mob Match at Well St Common
- 11 Jan 10M Club Champs at Vict Pk
- 18 Jan Chingford League - Highams Pk
- 25 Jan SEAA XC (incl. 10M XC Club Champs) at Parliament Hill
- 8 Feb N. of the Thames (incl. 7.5M XC Club Champs) at Ruislip
- 15 Feb Chingford League at Vict Pk
- 25 Feb Chingford League at Eastway
- 2 Mar 20M Club Champs at Vict Pk
- 8 Mar English XC Champs at Havant
- 13 Apr London Marathon

VPH Track & Field Fixtures 1997

- 3 May Southern League
- 17 May Southern League
- 31 May Southern League
- June Club Championships
 (after a six-year absence)
- 5 Jul Southern League
- 26 Jul Southern League
- 16 Aug Southern League

Thanks to the VPH Working Party

Many thanks to the following for putting in several hours on 26 October to clean, tidy, get rid of rubbish, etc., etc, and generally making VPH HQ a nicer place to visit: Gerry Franey, Joe

Loboda, Richard Newbold, Pippa Robinson, Frank Massingham, Peter Spencer, Tony Lashmar, Les Vialls, Linda Vialls, Danny Vialls, Jay Vialls, Andy McCourt, and Roger Daniels.

Who's On E-Mail?

Wayne DuBose, Richard Newbold, Gary Ormes, and Boyd Underwood. Who else? Let me know at :
 dubose@enterprise.net

Victoria Park Distances

According to John Anstey, the measured distances in Victoria Park are:
 1 mile course - 60 yds short
 1.5 miles loop - 12 yds over
 3.5 miles course - 108 yds short
 5 miles course - 96 yds short

Congratulations to Coach Con Milton

In the 20 November issue of Athletics Weekly, the following appeared on former VPH runner and current VPH Honorary Member, Con Milton: "Most satisfied coach at the Margate International? Step forward Con Milton of Borough of Hounslow AC. His quartet of U20 finished second team, ahead of all the international selections except the Republic of Ireland."



Richard Bruce, Club Track Captain and Our #1 Hammer Thrower

One More Try (Last One, I Promise)

Dear Les & Georgina Austin, Roy Cus-
tance, Lawrie Peter, Jack Sanderson,
Jeff Smith, Ty Gibbons, Mike Gonzales,
Chris Jones, Lee Kohn, Steve Mahon,
Roger Pearson, Mike Quanne, Dennis
Boston, Robbie Cornell, Keith Drayton,
Herbie Joseph, George McMillan, Euge
Murnane, Alan Rees, Bernie Skeels,
John Sullivan, Dick Tudhope, John Wa-
terson, and Les Williams,

I've hacked VPH News subscrip-
tions down from 169 to 117, dropping
those no longer interested. I was con-
sidering not sending you this magazine
since you didn't express further interest
after my last appeal for you to join VPH
as Honorary Members (or even regular
members). However, since you've ei-
ther written to me or attended last
year's Xmas Party or the 70th Anniver-
sary Dinner, I felt obliged to check just
one more time. Of the 25 of you, I
personally know 15 of you. Yes, Robbie
Cornell, I've even met you. You gave
me some javelin instruction back in
1970. Anyway, I'd hate to lose touch
with any of you. Hopefully, you'll be



Hanna Robson, Ladies Secretary and
Holder of 10 Club Records

prompted into action after this letter to
you. If I don't hear from you this time
(by 16 Jan 97 Committee Meeting), I
promise not to disturb you anymore.
Wayne

**North of the Thames Junior, 8km,
Sharrards Wood, Welwyn Garden
City, 17 Nov 96**

12th R.Newbold	29:13
39th Tony Lashmar	31:04
80th Joe Loboda	
93rd Andy McCourt	
(approx. 150 finishers)	

**London Colleges League, Wimbledon
Common 5.5M, 20 Nov 96**

12 Richard Newbold (QMW) 34:21

**London X-C Champs, 6 miles
Parliament Hill, 23 Nov 96**

136th Joe Loboda 38:01 (262 finishers)
On this day, supporters outnumbered
runners, with Roger Daniels, George
Hart, Richard Newbold, and Pippa
Robinson cheering Joe on.

Addresses of Old Members

In the last magazine, I promised to
include the addresses of all older mem-
bers so you can all keep in touch with
one other. I'm still finalizing this list
and will definitely include the addresses
next time. By the way, nobody ever
objected to me about including their
addresses in VPH News.

Next Club Magazine

I'll be looking to publish during the first
week in April. Send your letters, arti-
cles, etc., to me by mid-March. See
you.

VPH NEWS

**Victoria Park Harriers
St Augustine's Hall
Cadogan Terrace
Hackney
London, E9 5EG**

