

❖ VPH NEWS ❖

Circulation 140

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November 1999

VPH'ers, Good Luck in 2000

Dates to Remember

1999

- 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

Southern League 2000

- 6 May
- 3 June
- 24 June
- 8 July
- 22 July
- 5 August

OK, athletes, mark these very important dates on your calendars and book your holidays on different dates. Venues are unknown at this time. As usual, annual BBQ will be held on 5 August at VPH HQ.

Annual General Meeting, 28 Oct 99

There was a fairly small turnout for this year's AGM with just 25 in attendance, but those members represent the very core of the Club. The various annual reports were read out with much enthusiasm and optimism present. Particularly impressive was our

Mike Penman, twice winner of Southern League 5000m races in 1999 and newly elected committee member



membership which has risen from 86 in 1997 to 106 in 1998 to 138 this year. The 138 consists of 115 paying members and 23 Life Members. Recruitment of new members is an ongoing process which all of us should participate in at every opportunity.

With no dissent at all, the new subscription rates were unanimously voted in. Effective 1 November, they are:

Associate Members	£12
11-17	£10
18-19	£20
20+	£55

(with only an extra £5 if buying a club vest when joining. Otherwise, £10 if bought at a later date. Graded officials and qualified coaches will receive free membership for the following year based on contributions in their official capacity for the previous year. Those eligible for free membership will be decided at either the September or October committee meeting.)

We voted in changes to the following

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

rules:

Rule 14: Deleted Junior Captain and Track Captain; added Track Team Manager and Fundraiser; reduced six general members down to four. We changed the committee quorum requirement to "A quorum shall consist of six eligible voting positions, and may included the President and Life Vice Presidents." This rule change clarified current procedures and deleted the voting right of the past year's President.
Rule 19: We changed Extraordinary General Meeting attendance requirements from 21 to 20 to match AGM.

New rule: "Only fully paid-up members are entitled to attend AGMs and EGMs. Voting rights are granted to fully paid-up first-claim members aged 18 and above, Life Members, and Associate Members who hold a recognised post within the Club." (As soon as 17-year-old Danny Vials voted in favour of this rule, he was immediately ineligible to participate in further voting. Ironic, isn't it?)

Wayne DuBose presented the Treasurer's Report with some of the highlights as follows: (cont. on pg 8)

Tony Lashmar Leads Team With New Best

Assembly League 3.5M, Victoria Park, 5 Aug 99

Third place for the Men's 'A' team in the latest Assembly League Road Race brought Victoria Park Harriers within one point of third place in the League, with one fixture remaining. The 'B' team also had a good result, picking up fourth place to open up a three-point gap on fifth-placed Eton Manor in their section. The build-up to the race was most notable for a flu-ridden Richard Newbold desperately hoping that a likely fourth scorer for the 'A' team would appear so that he wouldn't have to run. Unfortunately, with Pete Eldridge on holiday and newcomers Dean Pearce and Gordon Faulds absent on holiday and with a back injury, respectively, Richard decided to run to help the team. From the start, Graham Bennett led the Harriers charge and set a very fast pace over the first mile. Just before the mile mark, Graham began to slip back as his lack of distance work, due to a variety of lower leg niggles, caught up with him. By contrast, the Club's recent 5000m runners, Tony Lashmar and Jim Roche, worked their way through the field as the race went on. Also making progress over the second mile was Richard who pulled back on the three leading Harriers and closed to within five yards of them as the race passed the cinder track. Unfortunately, by this time, Richard was having great difficulty breathing and spent more time worrying about attempting to clear his nose than about his running. By the apex, Richard's challenge had faded but Tony's strong running over the latter stages pulled him up to 8th position, once again improving his PB this time by 7 seconds, with Graham five seconds behind in 11th place just holding off 12th-placed Jim by two seconds at the finish. Richard also managed to keep moving fast enough to finish in the top 20 to close up the team. First home for the 'B' team was the ever-improving Gary Bagnall in 27th place, who broke 20 minutes for the first time round the course. In fact, Gary improved by so much in this race that Richard need not have run. Veteran Les Austin and Mike Penman had

solid runs in 48th and 60th places, respectively, but the surprise fourth finisher for the 'B' team was Terry Beackon, who is better known as a 100m/200m runner for the Division 7 Southern League team. Terry recorded an excellent 73rd place finish, one minute ahead of Peter Snell in 81st place. The Harriers also fielded two women athletes, both making their racing debuts for the club. Caroline Jackson, returning to running after a peroneal strain, was the 10th female finisher, showing tremendous fighting spirit as she outkicked an Eton Manor runner at the finish. Also showing great determination was Janice Cartwright, who came home as the 17th female finisher despite suffering the effects of an over-long warm-up.

8	T. Lashmar	18:44 PB
11	G. Bennett	18:50*
12	J. Roche	18:52
18	R. Newbold	19:15
27	G. Bagnall	19:53*
48	L. Austin	20:55
60	M. Penman	21:56
73	T. Beackon	23:31*
81	P. Snell	24:31*
94	C. Jackson L10	26:35*
106	J. Cartwright L17	34:30*

* First time running over this course

Team Results

A Teams (11 teams)

1	Stock Exch.	18
2	Kent AC	29
3	VPH	49
4	Dulwich	85

B Teams (9 teams)

1	Stock Exch.	90
4	VPH	199

Ladies Teams (7 teams)

1	Dulwich	10
5	VPH	46

League Positions After 5 Races

A Teams (11 teams)

1	Stock Exch.	60
2	Kent	50
3	Dulwich R.	48
4	VPH	47
5	Dartford	37

B Teams (9 teams)

1	Stock Exch.	60
4	VPH	45
5	Eton Manor	42

Colchester Open Meeting, 30 Aug 99

Javelin - Garry Ormes 28.97

Chingford League Relays (6x2.1M), Higham's Park, 11 Sep 99

Veteran Roger Daniels found himself promoted from spectator to anchor leg runner as VPH struggled to field a full team in the opening Chingford League fixture. With several absences due to injury and general unavailability, the team missed the opportunity of gaining fourth place and a solid start to the 1999/2000 winter campaign. Lead-off man was team captain Jimmy Roche who came home in the bunch that covered 2nd-8th places in a very competitive first leg, recording 12:49 in the process. Tony Lashmar blasted off on the second leg, passing Orion on the big hill and coming home with the club's fastest clocking of the day, 12:45. In general, times were slow this year with oppressive heat and high humidity restricting performances. Gary Bagnall continued the team's early success, with a very solid 13:12, as did John George on leg 4 handing over to Richard Newbold in fifth place. By the top of the hill, Richard had pulled the team up into fourth position, picking off the Woodford Green athlete at the top of the big hill. Unfortunately, Richard pulled a calf muscle on the downhill section but gritted his teeth and managed to hold onto fourth place. Roger then acquitted himself well to enable the team to finish, which was more than either Walthamstow or Loughton managed. In addition, Roger's appearance also gained three valuable points for the VPH vets team.

Splits

Leg 1	Jim Roche	12:49
Leg 2	Tony Lashmar	12:45
Leg 3	Gary Bagnall	13:12
Leg 4	John George	13:41
Leg 5	Richard Newbold	13:11
Leg 6	Roger Daniels	20:43

Tony Continues Success As Road Mile Champ

Team	
1. Enfield & Haringey	75:18
2. Muswell Hill	76:02
3. Orion Harriers	76:51
8. VPH	86:21

Flowers' Road Mile Champs, Victoria Park, 16 Sep 99

In the absence of five-time champion Richard Newbold, suffering from a calf injury, Tony Lashmar stamped his authority on the field to easily run away with the Flowers' Road Mile Trophy. For the first 400 metres, Tony and Jim Roche were running side by side at the head of the field but, just before the Falcon & Firkin turn, Tony edged ahead and, on passing the cricket nets, had opened up a five-yard lead. He piled on the pace and his lead had opened up to nearly fifty yards by the time the runners appeared from behind the tennis courts. Jim was then caught by Gary Bagnall, which prompted a response from Jim, but another effort by Gary saw him move up into second place. Pete Eldridge, despite already having done a run and weights session, also passed Jim to move into the bronze medal position as Jim faded further. At the finish, a relaxed looking Tony came home eight seconds clear of Gary, with Pete a further six seconds back. Another notable performance came from Tim Mitchell-Smith in fifth place, who has been carrying an injury and trying to build up for the New York Marathon at the same time. Tim's performance was sufficient to give him second place in the handicap competition. Further down the field, Paul McKinley, who has also been carrying a niggling injury since the track season, and Danny Henderson were both happy to break six minutes, Paul's performance being an improvement of nearly half-a-minute on his performance last year. The handicap competition was won by Gary Bagnall, with eight seconds covering the first seven runners.

1	T. Lashmar	4:58 PB
2	G. Bagnall	5:06*
3	P. Eldridge	5:12
4	J. Roche	5:22

5	T. Mitchell-Smith	5:37*
6	G. French	5:39*
7	D. Henderson	5:54 PB
8	P. McKinley	5:59 PB
9	M. Penman	6:05*
10	S. Shaw	6:11*

* First time running over this course

Handicap Times

1	G. Bagnall	4:56
2	T. Mitchell-Smith	4:57
3	T. Lashmar	4:58
4	P. McKinley	4:59
5	P. Eldridge	5:02
6=	G. French	5:04
6=	D. Henderson	5:04
8	S. Shaw	5:16
9	J. Roche	5:19
10	M. Penman	5:20

Club 5M Handicap Race, 23 Sep 99

1	V.Potts	41:28
2	G. Walker	41:40
3	J. Roche	42:09
4	T. Mitchell-Smith	42:15
5	T. Lashmar	43:42

Actual Times

1	T. Lashmar	28:42
2	J. Roche	30:09
3	T. Mitchell-Smith	32:15
4	G. Walker	33:40
5	V. Potts	41:28

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

Once again, Victoria Park Harriers figured strongly in the organisation of this event. Help on the day came from Danny Vialls, Tony Lashmar, Janice Cartwright, Gary Bagnall, Mike Penman, Tim Mitchell-Smith, and Richard Newbold.

One Mile Track Club Champions

1928	J. Bell	4:54
1929	T. Brooks	4:48.6
1930	T. Brooks	4:48
1931	T. Brooks	4:48.6
1932	T. Brooks	4:47
1933	T. Brooks	4:44.4
1934	T. Brooks	4:43
1935	D. Smith	4:43
1936	D. Carpenter	4:37.8
1937	D. Carpenter	4:36.4
1938	T. Whyman	4:40.2

1939	T. Whyman	4:42.8
1947	D. Carpenter	4:38
1948	S. Field	4:36.1
1949	S. Field	4:29
1950	L. Lait	4:46.5
1951	S. Field	4:37.4
1952	F. Millward	4:31.2
1953	K. Rouse	4:21.8
1954	K. Rouse	4:19.5
1955	A. Pattison	4:24.8
1956	A. Pattison	4:22.0
1957	A. Pattison	4:13.1
1958	K. Rouse	4:21.4
1959	S. Day	4:17.7
1960	S. Day	4:16.8
1961	R. Iron	4:18.6
1962	D. Callaghan	4:31.2
1963	G. Kicks	4:21.7
1964	R. Iron	4:21.6
1965	M. Quanne	4:28.6
1966	A. Howlett	4:19.7
1967	M. Quanne	4:22.7
1968	D. Smith	4:30.2
1969	J. Anstey	4:32.8
1970	J. Anstey	4:25.4
1971	M. Quanne	4:19.6
1972	J. Anstey	4:53.0
1973	A. Barber	4:36.5
1974	J. Anstey	4:34.8
1975	J. Anstey	4:30.2
1976	J. Anstey	4:30.4
1977	J. Anstey	4:36.0
1978	K. Lowe	4:45.0
1979	L. Kohn	4:32.0
1980	L. Kohn	4:42.0
1981	M. Gonzales	4:???.?
1982	L. Mangleshot	4:29.0
1983	O. Box	4:38.0
1984	K. Lowe	4:36.8
1985	Not held?	
1986	C. Brogan	4:34.0
1987	C. Brogan	4:35.7
1988	S. Mahon	4:26.0
1989	T. Daly	4:36.0
1990	?	
1991	P. Hampshire	4:38.8
1992 - 1996	Not held	
1997	R. Newbold	4:49.0
1998	Not held	
1999	Not held	

Does anybody have any information about 1981, 1984, 1985, 1987, or 1990?

1999 Track & Field Rankings

<u>100m</u>		G. Bagnall	4:54.0	<u>Long Jump</u>	
J. Olusegun	11.6	T. Mitchell-Smith	4:59.9	L. Bruce	6.37
D. Kosoko	11.7	R. Vials	5:03.0	R. Porter	6.10
R. Porter	11.8	James Schollhammer	5:06.0	James Schollhammer	5.54
James Schollhammer	12.3	R. Onslow	5:06.9	W. DuBose	5.18
Jeff Schollhammer	12.5			M. Wheeler	5.03
T. Beackon	13.0	<u>3000m</u>		Jeff Schollhammer	4.73
R. Newbold	13.5	T. O'Neill	9:56.2	D. Henderson	4.71
D. Henderson	13.9			M. Murtagh	4.20
D. Christie	13.9	<u>5000m</u>		T. Mitchell-Smith	4.13
D. Beard	14.0	G. Bennett	16:11.9	R. Vials	4.05
		T. Lashmar	16:50.2		
<u>200m</u>		J. Roche	16:50.6	<u>High Jump</u>	
D. Kosoko	23.9	J. Greenwell	17:02.6	L. Bruce	1.80
J. Olusegun	24.2	T. Mitchell-Smith	17:46.0	R. Bruce	1.65
R. Porter	24.4	G. Bagnall	18:01.6	D. Robinson	1.50
? (Mile End 31 Jul 99)	24.6	L. Austin	18:11.9	D. Henderson	1.50
W. DuBose	25.1	J. George	18:37.3	W. DuBose	1.45
James Schollhammer	26.0	M. Penman	19:04.2	M. Murtagh	1.40
Jeff Schollhammer	26.5	J. West	20:20.0	D. Beard	1.35
A. McCall	27.2			R. Vials	1.30
M. Wheeler	27.4	<u>110m Hurdles</u>		M. Wheeler	1.25
T. Beackon	27.4	W. DuBose	18.9	P. McKinley	1.25
		L. Bruce	20.2		
<u>400m</u>		D. Henderson	20.7	<u>Triple Jump</u>	
R. Bruce	54.4	R. Newbold	22.0	R. Porter	12.32
L. Bruce	54.4	D. Robinson	22.1	L. Bruce	12.29
M. Fitzgerald	55.6	C. Murtagh	23.6	M. Murtagh	11.11
Y. Lawal	55.8	R. Vials	24.4	James Schollhammer	10.91
D. Robinson	57.7	T. Mitchell-Smith	26.9	D. Henderson	10.25
M. Topham	58.2			M. Wheeler	9.99
J. Olusegun	58.9	<u>400m Hurdles</u>		S. Davenport	9.66
G. Berzoni	58.9	W. DuBose	61.6	D. Vials	7.67
Jeff Schollhammer	59.0	D. Robinson	64.6		
D. Beard	61.3	R. Newbold	65.5	<u>Pole Vault</u>	
		D. Henderson	70.1	W. DuBose	3.40
<u>800m</u>		R. Vials	72.3	M. Topham	3.00
G. Bennett	2:05.9	T. Mitchell-Smith	73.7	M. Fitzgibbon	2.60
M. Fitzgerald	2:07.6	M. Wheeler	76.3	M. Wheeler	2.20
J. Greenwell	2:09.2			R. Vials	1.80
A. McCall	2:13.1	<u>2000m Steeplechase</u>		P. McKinley	1.20
M. Topham	2:17.8	R. Newbold	6:37.2	T. Mitchell-Smith	1.20
D. Robinson	2:19.5				
D. Beard	2:19.7	<u>3000m Steeplechase</u>		<u>Shot Putt</u>	
T. Lashmar	2:20.0	R. Newbold	10:12.9	W. DuBose	11.25
Jeff Schollhammer	2:20.8	T. Lashmar	10:55.3	R. Porter	10.46
T. Mitchell-Smith	2:24.4	G. Bagnall	11:13.9	Jeff Schollhammer	9.12
		R. Vials	11:27.7	S. Holmes	9.06
<u>1500m</u>		D. Robinson	11:42.7	R. Bruce	8.80
G. Bennett	4:14.8	T. Mitchell-Smith	12:09.6	C. Vials	8.62
J. Greenwell	4:23.6	J. Loboda	13:10.8	S. Ghali	8.55
R. Newbold	4:28.1	P. McKinley	13:42.0	M. Wheeler	8.32
A. McCall	4:40.6			John Schollhammer	7.82
M. Topham	4:46.5			D. Henderson	6.94

Jim Roche Wins Club 3.5M Champs

Discus Throw

W. DuBose	34.22
R. Bruce	27.58
C. Vialls	25.77
R. Porter	25.65
Jeff Schollhammer	23.93
S. Ghali	21.28
John Schollhammer	17.42
R. Vialls	17.09
R. Newbold	16.13
James Schollhammer	15.47

Javelin Throw

W. DuBose	48.91
C. Vialls	36.63
R. Porter	32.29
G. Ormes	31.85
M. Wheeler	29.31
R. Bruce	28.51
Jeff Schollhammer	27.87
John Schollhammer	26.22
James Schollhammer	23.21
R. Vialls	21.58

Hammer Throw

R. Bruce	32.40
W. DuBose	25.52
S. Davenport	22.36
Jeff Schollhammer	21.82
S. Ghali	20.08
R. Porter	19.68
C. Vialls	18.03
D. Vialls	17.54
John Schollhammer	17.52
M. Wheeler	14.55

Pentathlon

W. DuBose	2336
James Schollhammer	1847
Jeff Schollhammer	1823
R. Porter	1654
R. Vialls	1397
T. Mitchell-Smith	1301
A. McCall	1263
D. Henderson	1102
L. Vialls	882
P. McKinley	749

**All-Time VPH Youth
Track and Field Records**

100	Mike McFarlane	10.69 (76)
200	Mike McFarlane	21.4 (76)
300	Mike McFarlane	36.0 (76)
400	Steve Payne	51.3 (72)

David James	51.3 (75)
600 George Hayden	86.8 (76)
800 Audley Johnson	1:57.8* (69)
1000 George Hayden	2:43.8 (76)
1500 George Kicks	4:01.5 (63)
	(actually ran 4:21.7 mile)
2000 George Hayden	6:22.0 (75)
3000 Mike Gonzales	9:12.0 (77)
	Steve Mahon 9:12.0 (86)
5000 Wayne DuBose	18:33.2 (71)
10000 Paul Tempan	39:48.0 (78)
110H(42") Dave Baptiste	17.7 (74)
400H Dave Baptiste	60.0 (74)
3000SC Mike Gonzales	11:01.0 (77)
LJ Roy McKenzie	6.70 (77)
HJ Ken Young	1.73 (56)
TJ Roy McKenzie	13.89 (77)
PV Wayne DuBose	2.64 (71)
SP(s) Wayne DuBose	9.35 (72)
SP(j) Peter Jones	11.96 (57)
DT(s) John Meredith	34.98 (80)
DT(j) John Meredith	38.48 (80)
DT(y) John Meredith	41.28 (80)
JT(s) Wayne DuBose	48.97 (72)
HT(s) John Morrow	29.16 (77)

(s=senior implement, j=junior implement y=youth implement)
* subject to verification

Letters to the Editor

Hi Wayne—Just a short note to say thanks for the August edition of VPH News. A good read as always. I enclose a donation of £50 to Club funds. All the best, Garry Walker

Hi Garry—Many thanks for your generous donation. Best wishes, Wayne

Wayne—Thanks for the VPH News—very interesting as usual. I have enclosed a donation and a copy of a newspaper article (German) about one of the two matches we had against the Germans in 1957. Hope you are well. Best Regards, Vic Potter

Vic—Thanks for your generous donation of £50 as well as the article which I shall put with the other VPH memorabilia in the committee room. Best Wishes, Wayne

Hi to you all at VPH--Sorry for the lack of contact over the last six months. Busy and rushed off my feet, but I

hadn't forgotten you all. I've recently moved address:

260 Seaman Ave #B7
New York, NY 10034
ph 212 544 9450
fax 212 569 5530

Sadly, I'm not running at the moment as I had a bad bike accident back in April and damaged my right knee. They're contemplating surgery, but I'm still not sure. If any of you are planning on doing the New York or the Boston Marathon, let me know. Well done with all your efforts with the club. It's great to hear that the club numbers are growing and that the club is continuing to thrive. Well, I'm going to say bye for now. Thanks for the newsletter; it was great to read about your successes. Take care, Love Hanna

Dear All—Thanks very much for the August 99 issue of VPH News as always very interesting. I enclose a donation. Regards to everyone, Henry Tabberer

Dear Henry—Nice to hear from you. Thanks for keeping in touch and for your generous donation. Regards, Wayne

Wayne—I came 2nd in the Club 3.5 Mile Champs. Shame that there were only four of us.

1st	Jim Roche	18:46
2nd	Richard Bruce	21:24
3rd	Gerry Franey	23:19
4th	Paul McKinley	????

'Twas a bright and sunny but fresh day. Jim was gone by the first corner and rarely seen again. He passed the 2.5-mile point in 13:21 and, with a 5:25 last mile, was just six seconds off his PB, despite running on his own for the whole race. In second, Richard Bruce, the Club's leading hammer thrower, passed 2.5 miles in 15:08 and continued to slow down, but managed a spirited finish. In the battle for third, Gerry was able to break Paul at the apex on the

When Phil Met Hanna

opening 2.5-mile lap and was never challenged again. In fourth, Paul capped a busy week which involved the Great North Run the previous Sunday and a set of 6x200 (fast) on the Thursday. Such versatility is essential for the survival of the VPH team. Regards, Richard Bruce

Bruce vs Coe, Middlesex Champs 800m Heats, Enfield 1988ish (by R. Bruce)

Sebastian Coe, still reeling from being drawn inside Richard Bruce in the third heat, was away to a quick and probably false start. How could the then World Record holder have overtaken me after 10 yards when he was two lanes inside? Answer: He could run 1:41.73 for 800m. Coe remained in control for the whole race, keeping just ahead of the pack. Bruce, still a junior, trailed in last, but enjoyed the experience and managed to shake the great man's hand. The concentration on Coe's face before the race was a joy. He was so focused. He did one stride out around the bend before the race and that was enough to inflict defeat on the others. In the final, Coe just held off Richard Lynch of North London, 1:47.6 to 1:48.0.

VPH Strategy Update

Here's an update to VPH Strategy which appeared in the April 1999 edition of VPH News.

1. Membership & Marketing

- Membership Recruiter set objectives
- Recruit someone to take the lead in establishing women's section
- Letter to all women inviting them to run with Les Vialls on Tuesdays
— Les has started with a core of four
- Relations with local press OK. Next press officer to continue good relations with papers and establish rapport with East End Life
- Link VPH web site to Hackney Council (DONE)
- Link VPH web site to community web listing (DONE)
- Link to Mile End Park web site (Ongoing)
- Establish partnership with Tower-

Hamlets Sports Council (Recreation Dept) (R. Newbold currently addressing)

- Establish partnership with Hackney Council (R. Newbold to address in 2000)
- Need youth policy director at VPH
- Mass mailshot (to people living locally in the form of leaflets through the door; in conjunction with the jumble sale to be held March 2000)
- Hand out VPH business cards to prospective members (to be printed in the near future)
- Better incentives to club members to recruit (cut from recruiting three fully paid members to two and advertise in VPH News.)

2. Money

- Create Fundraiser position on the committee (at AGM) (DONE)
- Hire out clubhouse (ONGOING)
- Rent increase (DONE)
- Target local business for Open 5 revenue (Fundraiser's task) - (ONGOING)

3. Maintenance

- Set aggressive renovation schedule
- Seek grants for improvements (new Fundraiser's task)
 - Priorities (once floors are done)
 - Weights room - coat of paint, new mats and mirrors, proper bench/squat apparatus
 - Hall repainting - light and warm "classic" colours
 - Men's changing room - wall to be sorted out (insulated plasterboard on top of existing problem wall?)

This update is to let you know that we continue to move forward.

100 Club Winners

Jan	Len Williams
Feb	Keith Lowe
Mar	Wayne DuBose
Apr	Kelvin Wing
May	Les Williams
Jun	Mike Gonzales
Jul	Terry Green
Aug	Brian Devereaux
Sep	Sue Franey

Letter From America

Hello to you all. Well, the memories came flooding back as I sat down and had dinner with Phil Hampshire here in New York. It's a funny coincidence really. When Phil first moved away from London to Brighton he remembered me talking about the club I used to belong to. Arena 80 AC. So like most runners, he goes and checks it out. The person leading the stretching before the speedwork session just so happened to be my mum. They got chatting and found out I knew Phil from VPH. Phil then joined Phoenix AC and would occasionally bump into my mum at different races. When Phil mentioned he was coming to New York, we said we had to meet up. Well, you've heard about verbal diarrhea. We didn't stop talking the whole night. Names were flooding back into our heads like no tomorrow, Andy McCourt, the Eldridge Brothers, Good old Les, the Five O'clock Boys, the Z Team, how could we forget Roger the Dodger, of course the small women's section, and everyone else who made being part of VPH such fun. The races at the Eastway, the cross countries, the raining nights in the Park and the sunny runs along the canal on a Sunday morning. It was great to think back on the good times and how important it is to have good friends. I hope this finds you all well. Even if I don't write as often as I should, you are in my thoughts. Good luck with the cross countries. Happy Running. Keep in touch. Hanna

Tim Mitchell-Smith's New York Marathon Adventure

As a first time visitor to New York in general, and the NYC Marathon in particular, there were a whole variety of sights, sounds, and experiences that made an impression on me. But my abiding memories are of fighting my way over endless bridges in a biting wind, the incredible support, and the skirt that 6th-placed woman, Anuta Catuna, wore to the awards ceremony!!

The trip began in turmoil on Friday afternoon when a number of us found that we had been upgraded to a different

Tim Mitchell-Smith Starts Spreading the News

hotel after the coach had already dropped us at the wrong one. So, I promptly got my introduction to the delights of travelling in New York taxis. All worked out well though; the hotel was in a prime location, just off Broadway and Times Square and only five minutes from the finish line in Central Park. Most of the rest of that evening was spent queueing outside the registration/exhibition centre to collect race numbers for the International Friendship run on Saturday morning as well as for Sunday.

After a surprisingly successful attempt to get a good night's sleep, we set off from the hotel for a 15-minute walk to the United Nations building, the starting point of the Friendship run. This is a gentle pre-Marathon jog (about 4 miles) through the city for the overseas runners, with the main attraction for me being the fact that you get a free breakfast in Central Park at the end of it. We soon began to realise that this is a major event in its own right though; at every street corner, more and more runners appeared. By halfway, we'd been joined by a huge number of cheering French, dressed in matching outfits and waving huge tri-colours, with a similar number of equally co-ordinated, equally enthusiastic Germans striding along the other side of the street. The buzz had really begun! In the end, there were several thousand gathered in the grounds of the UN, flag waving, cheering and generally having a good time. After a few speeches and presentations, we eventually set off at a very gentle pace and, judging by the number of spectators cheering us on, you'd be forgiven for thinking this was the big event itself. We finished at the same point as the marathon in Central Park and settled down to a surprisingly good breakfast in warm sunshine and a party atmosphere, with a really good feeling about the big day.

Saturday night was spent at the official Pasta Party, watching what was described as a firework display. They were more like Patriot missiles than fireworks, believe me! You couldn't just

hear the fireworks explode - you could feel the shock waves. I also met a very interesting guy who told us all about his experiences running a marathon in the Antarctic and also running the Everest marathon. He almost sold me on the idea - but not quite! I went to bed feeling relaxed, confident and with a target time of 3:15 firmly fixed in my mind.

At 8am the following morning, a lot of the cheerful anticipation had vanished. Temperatures had dropped, a vicious wind had sprung up, I was tired, and in my hypochondriac state, I was sure I'd walked too many miles around the shops the previous afternoon. We still had three hours to wait but had already been dropped at the start on Staten Island, with nothing much to fill the time except queueing for the toilets. Still, you had to admire the humour of the man who had set up all the portaloos directly underneath a sign that said "No Dumping". All too soon the dreaded time arrived though and the battle to find a reasonable position near the start began.

After a quick rendition of the Star Spangled Banner, the cannon fired and we set off. The first two miles are spent crossing the spectacular Verrazano-Narrows Bridge between Staten Island and Brooklyn. The views across the bay from the bridge are breathtaking, although personally I found the icy temperature of the wind whipping off the bay took my breath away far more effectively! Fortunately, once we had cleared the bridge, it warmed up considerably, and I was able to settle down to a comfortable run through Brooklyn. The crowds were out in force, and really knew how to enjoy their day. The noise they generated made running the London Marathon seem like running through a ghost town. I was surprised at how quickly I managed to get into my target pace of 7:15 miling, and despite the size of the pack, I was managing to run quite consistently. There were a few panics though, such as the moment when I thought I'd done a 10-minute mile until I realised I'd missed the 6-mile marker and was actually crossing

the 10km line. In fact, if I had any criticism of the course at all, it would only be that a lot of the mile markers were not very clear.

Halfway and I was feeling pretty good. I was exactly on my target pace and feeling quite comfortable. Then we hit another bridge. It just seemed to crawl up and up endlessly and suddenly the psychological boost that the halfway marker provides felt a bit hollow. Still, every cloud has a silver lining and the downhill stretch into Queens was far more fun. But before I knew it, we'd hit another bridge. The Queensborough Bridge crosses from Queens into Manhattan and is a pig! You hit it at 15 miles, just as I was beginning to feel uncomfortable. It drags on for about a mile and it feels as though you're running on a dual carriageway through an enclosed metal tunnel. The fact that the other side of the carriageway was open to traffic didn't help. But finally, you emerge into the sunlight and turn the corner onto First Avenue to be greeted by a huge cheer, and suddenly it all seems worthwhile.

I found the support along the three-mile stretch of First Avenue an absolute life-saver. I was really beginning to feel the pace, but it was difficult not to run with a smile on my face with the atmosphere that was being generated. At 20 miles, we crossed yet another bridge into the Bronx, the twist this time being that the surface of the bridge was like a cattle grid, and the carpet that had very thoughtfully been laid across it didn't prevent my legs feeling the pain. The most memorable moment in the Bronx came when we ran past a gospel choir in full voice. Again, you couldn't help but smile through the discomfort. By this time, my pace was beginning to fall away, and my target time was beginning to look pretty unlikely. Still, I managed to hold on and once we crossed the Madison Avenue Bridge back into Manhattan, I knew I'd at least make the finish one way or another.

The final three miles are spent running through Central Park - beautiful, but

Women's Training Group Begins

undulating to say the least. The number of times I turned what I felt sure was the final corner for the big finish only to have my hopes dashed was cruel, but eventually the great moment arrived and I managed to put on enough of a sprint to beat the clock - just. My official time was 3:14:56 so I couldn't have cut it much finer.

The aftermath was hellish. It felt like I'd walked another 26 miles by the time I finally reached the kitbag lorry, and what had previously been a five-minute walk back to the hotel seemed to take an eternity. But after a long hot bath, I managed to attend the awards ceremony and disco in the evening. It's amazing the reviving effect a cold beer can have - I was still setting the dance floor alight at 1.30 in the morning. Admittedly, most people seemed to be of the opinion that my stylish moves were actually my legs finally turning to jelly underneath me....

The remainder of the trip was spent as a tourist, with a couple of events laid on by Sports Tours & Dreams Come True and before I knew it, I was at JFK airport on Tuesday night wondering how everyone was doing over at The Eastway. Looking back on it, I had a great time and would recommend New York to any of you marathon runners who get the chance to travel out there. Just beware of those bridges...

Errata

Please go to your specially made VPH News binder and refer to page 7 of the August 1999 edition. Where it says 800'B' J. Greenwell, put R. Newbold instead. Then go to page 14 and, under Most Events Competed In, change R. Newbold from 16 to 17 and J. Greenwell from 7 to 6. Under Points Scored, change R. Newbold from 52 to 57 and J. Greenwell from 23 to 20 (for the sharp-eyed who notice that Rich's points jump by 5 while Jon's drop by 3, Rich's points were added up wrong the first time). Finally, under Individual Victories, change R. Newbold - 0 and 1 to 1 and 0 and change TOTALS from

11 and 25 to 12 and 24. Now place your binder back in its place of honour.

AGM (Cont. from page 1)

In operating VPH from 1 October 1998 to 30 September 1999, we spent almost £20,000. On the expenditure side, we spent over £8,000 to maintain the building and our transportations costs were just short of £1,400. On the income side, our social activities showed a profit of £800, our subscriptions rose from £2,900 to £3,770, our hall hire income rose from £800 to over £2,000. Ron Iron's 100 Club went up from £579 to £823, and donations jumped from £162 to 449 (consider making a donation occasionally). We have £8,102.17 to our name of which £1,870 is marked for renovation of the roof. We're setting aside £170 per month towards a Roof Fund. At this current rate, assuming prices don't rise, we'll have sufficient money in 7 1/2 years.

Committee membership was significantly revamped with the new members having strong backgrounds in athletic and road-running competitions. New members include Tim Mitchell-Smith, Mike Penman, Paul McKinley, and Gary Bagnall. All fairly new, but with strong club ties already. Oldies returning after some years included John Daniels, John Schollhammer, and Gerry Franey. Returnees included Wayne DuBose, Les Vialls, Richard Newbold, Jim Roche, Mick Wheeler, and Andy McCourt. All in all, it's a strong committee.

For their extraordinary efforts in moving the Club forward, Wayne DuBose nominated Les Vialls and Richard Newbold each for the one-year honorary position of Vice President. The membership unanimously voted in favor of this and, after many years, Vice Presidents return to VPH.

VPH 75th Anniversary Year

Thirteen months to go until our big anniversary and about eighteen months until the 75th Anniversary dinner.

Tower Hamlets Community Transport Drivers Desperately Needed

For those who aren't aware, we hire vans at very good rates from Tower Hamlets Community Transport Ltd. to get our athletes from VPH HQ to racing events. The catch is that only qualified drivers are allowed to drive these vans. Currently, only Les Vialls and Jim Roche have passed the necessary test. This has already caused problems when neither were available to drive to a cross-country race recently. In order to qualify, the applicant must take the test on a Wednesday. Get full details from Jim Roche or pass your name on to Les Vialls.

Congratulations!

To Annie Gammon and Gavin Stewart on the birth of their brand-new baby daughter born this month.

Farewell!

To Ari Ramanathan. Ari was only with us for two years, but made an impact as a fervent supporter while here. He even served as a committee member last year. We wish Ari the best of luck as he makes his way back to New Zealand.

Women's Training Night

Les Vialls now has a solid core of ladies training at the Club on Tuesday nights. To accommodate those who can't make the 6:30 run, Les goes out again at 7:00. Ladies, drop by the Club on a Tuesday to check out what's going on.

Monthly Handicap Race

We hold a 5-mile handicap race on the same night as the Committee meeting is held. Any member is welcome to take part. The idea is that, depending on your ability, you are given a headstart over others who are deemed faster runners than you. Theoretically, all competitors should cross the finishing line at the same time. Of course it never works out that way, but that is the intent. It's usually on the second-from-last Thursday of the month, except for December when it'll be on the 16th. In January, it'll be run on the 20th.

Most Club Objectives Met in 1999

Boswell League

Every winter starting with the Club Mile Road Championships and usually finishing with the Club 20M Road Championships, you're automatically in competition for gold, silver, and bronze medals. For those of you unfamiliar with this club competition, here's a short summary. Over the course of the winter, VPH competes in about 20 races. In the Boswell League, these are grouped into three categories: Chingford League, Club Championships, and Other. For each race you run in, you receive points. Twenty points for the first VPH'er to finish down to one point for the 20th VPH'er. These points are accumulated throughout the season. You can afford to miss a small number of races per category and still receive equal consideration as if you ran all possible races. At the end of the season, the top three points scorers receive medals. Last season, newcomer Paul McKinley picked up the bronze medal through the sheer number of races in which he competed.

Club Objectives 1999

Here are the VPH objectives that were set for 1999 and here's how we did:

1. 100 paying members (79 in 1998)
- Achieved - 115 paying members
2. Top 10 in Southern League (Div 4)
- Achieved - finished 8th
3. Field a team in all matches (Div 7)
- Achieved and finished 8th
4. Attract 200 runners to VPH Open 5
- Once again not achieved, but we've been advertising our 2000 race for months now (1 Apr) and we have an address listing of 100 runners who ran last year who we'll be notifying early next year
5. Win the Physical Shield Relay for the third successive time
- Achieved! Well done, team.
6. Win the Mob Match with 20 or more VPH'ers taking part.
- Achieved with exactly 20 runners

As you can see, we achieved 5 of our 6 objectives. VPH had a good year.

Club Objectives 2000

As usual, here's a list of arbitrary goals:

1. 150 members, including Life Members (currently 138)
2. Promotion from Southern League (Div 4)
3. Attract 200 runners to VPH Open 5
4. Have 25 VPH'ers running in the Mob Match (as Road & Cross-Country Captain, this is your target, Tim)
5. Generate £25,000 in income.

I think all the above are useful goals from which the Club can only benefit if we achieve them. As far as membership goes, obviously we should all try to get prospective members into the Club to at least check it out. Remember, the first two weeks are always free. With our best Division 4 Southern League team out in force this past season, we would have finished in 6th place, just one spot from promotion. I think we'll be in a strong position to get into the top five in 2000. I didn't set a target for our Division 7 team as they are likely to get automatic promotion once Division 6 and 7 teams are combined and regionalised. I'm sure we're on the right track to attract 200 runners for our 1 April Open 5. Again, if you have influence to get non-VPH'ers to compete, please use it. Remember, this is our annual showcase event. As far as the Mob Match goes, getting lots of runners out is a symbolic way of showing that we are indeed a running club of some worth. It's only 2.9 miles. As I say every year, if you run in only one race in 2000, get out there and run this one on the 4th of January! Finally, as I have preached many times in VPH News, we need money (and lots of it) to survive. We generated close to £20,000 in 1999. I hope we can increase that by 25% for next year. Good luck in 2000.

Club Mag #84 page 4 dd 1963

When John Anstey visited me recently, we pinpointed his first-ever race to a particular date. I pulled out the relevant club magazine, went to the page in question and found that it was missing. Can anyone make a copy of this page please?

Get Well, George Dodd

George has been in the wars recently and has suffered ill-health when he fell over while walking his dog. George, we wish you a speedy and healthy recovery.

Club Broken Into Three Times

In the space of about three weeks, the clubhouse has been broken into with money, drinks, food, and a safe stolen. The safe was located in disrepair near a gypsy encampment. The size of the windows the thieves climbed through suggests gypsy midgets or perhaps children. Bless their Romany hearts.

Members' Hall Hire

As overseer of hiring the hall, Les Vialls has always been generous when dealing with members. Regrettably, two incidents in recent weeks have led Les to tightening up on the rules. The first incident occurred at a hall-hire function when someone kicked in the shower door and the second involved letting off the fire extinguisher. So effective immediately, club members must pay a deposit of £50 pounds two weeks in advance. The total cost of a member hiring the hall is still only £100 compared to £150 for non-members.

Sponsors Needed

As the first official Club Fundraiser, newly instituted in the club rules, Paul McKinley has attacked this role with a lot of enthusiasm. To assist in his efforts, Paul asks that you let him know of any potential sponsors that might be interested in becoming involved to any degree with VPH.

Richard Newbold's Training Squad

Richard Newbold is building up a nice squad of up to 12 runners who he puts through their paces every Tuesday evening at Mile End Stadium starting at 7:00. If you're interested in joining his squad, just show up at the track at 6:45 and have a word with him. Rich will be more than happy to provide you with the training necessary to prepare you for Track Season 2000.

VPH Kids Christmas Party, VPH HQ, 4 Dec 99

Well, with any luck, this club magazine will arrive in your mail by Saturday, 4 December. If it does, then you'll be aware of a double treat at Club Headquarters. First up will be the Club 10M Road Championship race, followed a little bit later by the annual VPH Kids Xmas Party. This has become an annual event at the club now all thanks to Les and Linda Vials. As of 25 November, there were 46 children scheduled to attend. If you have any spare time on that day, please pop along and perhaps help with the officiating of the race and then go into the hall to help out Les and company as they make this day a very special one for the youngsters.

Club Xmas Party, Club HQ, 11 Dec 99

Well, based on the number of people attending this function, this is going to be a really good night. Les really does



**Wayne DuBose
Club President 2000**

have to limit the number of attendees, so you can't just show up on the night. Please get with him as soon as possible to pay for your tickets and not be disappointed because you left it too late.

Victoria Park Gazette (incorporating the Victoria Park Harriers and Victoria Park Ladies A.C.) dd July 1938

It has now been decided that the Club's day out on August 21st will be held at Southsea, a very delightful resort which

I can personally vouch for, and the cost will be as in previous years, that is 10 shillings per head. A lunch box will be provided, as usual, for sustenance during the journey, and a tea will be arranged for about 5 o'clock in the evening. So far, I am sorry to say, the requests for seats have not been too good, but I expect this has been due to the fact that full particulars had not been issued. However, as everything has now been fixed, I hope members will do their utmost to give this venture their support, and the people who are organising it, their cooperation. We all realise that our lads are not millionaires, and cannot throw ten bobs about, but as I have previously explained, we are only too pleased to take a couple of bob to book a seat, and the balance we will accept in weekly payments, as we did in lots of cases last year. So, if you have any qualms about coming, see one of the committee men and you will soon be put on the right track.

(See you in the next century!! Wayne)

VPH NEWS

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