

# ◆ VPH NEWS ◆

Circulation 150

April 1996

## Chingford League Champs!

**S**uccess breeds success as the saying goes. And so it goes for Victoria Park Harriers. After an absence of 31 years, the huge Chingford and District League Shield once again resides at St Augustine's Hall, Club Headquarters. A superb sustained effort by the Club's distance runners saw us winning the title very comfortably from the likes of Woodford Green, Haringey, Enfield, and Barnet. This is a great birthday present for the Club to give itself in our 70th year. Congratulations all round! Individual success was also very much in abundance. After sharing the Chingford and District League Vets Individual Title last year, Terry O'Neill was a clear winner on this occasion. In addition, George Hart was selected to run for Middlesex and Kelvin Wing used his stamina and strength, hopefully some of it gained from training at VPH, to win an ABA title. Prior to all of these achievements, the Club started off the New Year in style by beating out Eton Manor in the annual Mob Match. All of this was nicely rounded off during the January to April period, when we hosted an outstanding VPH Open 5 attracting over 200 runners. We continue to ride on the crest of the wave of success for two reasons: good runners and good administrators. In any club, you really won't get far if you don't have a balance of both. Although we don't have the organizational genius of a Major Carr readily available on the Committee or the kind of distance runner like Mike Quanne who ran 23:29 for 5 miles at



Richard Newbold, seen here in the Chingford League 5M at Victoria Park, was the only Harrier to score for the 'A' team in all eight races.

Victoria Park a quarter of a century ago, what we do have now is a strength in depth that hasn't been around the Club for quite a few years. There are more people now willing to do more things to set the Club in the right direction. For example, there were 17 members helping out at the Open 5. There are more runners willing to turn out for more races. I believe there's a general philosophy pervading the Club which goes along the lines of "Talk's cheap, action speaks louder than words." A Major Carr or a Mike Quanne would always be nice, but a lot of people who are willing to act instead of talk is a perfectly acceptable situation.

Our next two challenges are the Assembly League and the Southern League. I have no doubt that we'll do fine in the Assembly League. In fact, our Club Objective is to finish second in this league which may, hopefully, turn out to be an easy goal. We'll know for sure by the last race on 5 September. However, the Southern

League is a different kettle of fish. With the main focus of the Club very much on road running and cross-country nowadays, track and field has very much taken a back seat. This is nobody's fault in particular. Over the last several years, a changing of the guard (committee members) has removed almost all trace of a track and field mentality to the point where there's not a lot of interest or knowledge on that side of our sport. I should imagine that the summer road running league (Assembly League) is also partially responsible for shifting the Club emphasis away from T&F. The question is "Should there be a re-emphasis on T&F?" I can't say for sure that the answer is a resounding YES. With club championships and club handicaps no longer with us, VPH is committed to a solitary six T&F meetings per year. I know the committee members, in their hearts, want a good T&F program and would support it in any way possible, but without that person or persons committed to making it happen, it won't. Personally, I sure would like to see some past members reappear and take up the challenge. Until that time, all my Club records are safe. WFD

### VPH 70th Anniversary Dinner

On an extraordinary positive note, the Anniversary Dinner is generating much enthusiasm. To the list of invitees mentioned in the last club magazine, add these names: Les Austin, Dennis Boston, John Dicks, Ron Ettridge, Tommy Green, Herbie Joseph, Alan Lester, George McMillan, Eugene Murnane, Freddie Plumm, Vic Potter, Albert Rowley, Pete Seabrook, Harry Tempan, and John Turner. John

# VPH Wins Mob Match, Hart Gains Middlesex Vest

## Chingford League 5M X-C

### Alexandra Palace, 16 Dec 95

(by Richard Newbold)

Despite the absence of star performers Andy Wheeler and Jim Roche, VPH retained second position in the League with second place on the day behind a very strong Haringey squad. In freezing conditions, the runners stormed across the fields towards the huge hill dominating the darkening skyline. Early to show for the Harriers was Terry O'Neill closely followed by Richard Newbold and Barry McKenna. Richard showed the greatest climbing ability, but was overhauled on the descent by Terry who led the team at the end of the first lap. Over the last two laps, Richard again showed the greatest affinity for the steep uphill stretches, gradually opening up a gap over his teammates. A sprint finish saw Richard gain a place to finish 9th with Terry and Barry McKenna following closely behind in 12th and 14th. Excellent supporting performances from George Hart, Paul Costas, and John George closed the 'A' team within the first 32 in a field of 127, maintaining the Club's strong challenge at the top of the League. Hanna Robson was the winner of the Ladies section with teammate Liz Kempster in 2nd place. Results in previous magazine.

## VPH 5-Mile Club H'Cap, 21 Dec 95

After a long absence from the Club, Steve Mahon showed up unexpectedly to take the Christmas handicap.

### Actual Times

|    |                 |              |
|----|-----------------|--------------|
| 1  | S. Mahon        | 29:01        |
| 2  | J. Green        | 35:55        |
| 3  | H. Robson (L)   | 31:58        |
| 4  | R. Newbold      | <b>25:37</b> |
| 5  | R. Martin       | 31:30        |
| 6  | G. Luff         | 27:01        |
| 7  | T. Green        | 50:54        |
| 8  | T. Adams        | 30:46        |
| 9  | L. Kempster (L) | 34:40        |
| 10 | G. Tiffany      | 29:43        |
| 11 | E. Myers        | 31:26        |
| 12 | A. Gammon (L)   | 32:40        |

|    |              |       |
|----|--------------|-------|
| 13 | A. McCourt   | 32:48 |
| 14 | A. Wheeler   | 26:24 |
| 15 | R. Collier   | 53:37 |
| 16 | R. Brooks    | 53:37 |
| 17 | P. Hampshire | 28:42 |
| 18 | G. French    | 33:04 |

## London X-C Champs, Parliament

### Hill, 25 Nov 95

|     |                    |       |
|-----|--------------------|-------|
| 1   | S. Snow (Highgate) | 30:14 |
| 67  | George Rutten      | 34:29 |
| 131 | J. Loboda          | 37:09 |

(279 finishers)

## Mob Match vs Eton Manor (2.9M),

### Well Street Common, 2 Jan 96

(by Richard Newbold)

The first event of 1996 saw VPH distance runners in fine fettle despite the detrimental effects of Christmas and New Year festivities. Fielding a team with possibly the greatest age range ever (18 - 79) against local rivals, Eton Manor, the Harriers were out to avenge a sequence of defeats in this annual fixture. Showing at the front over the early stages were Terry O'Neill and Pete Eldridge for the Harriers and Paul Filler of Eton Manor, but a tight first bend and a nifty piece of footwork gave Richard Newbold a chance to open up a small gap. At the end of the first lap, Richard had gained a five-second lead, with Terry and Pete in close support. At the end of the three-lap race, Richard came home comfortably in front and brilliant packing by the Harriers runners gave them victory with three in the first four and seven in the top nine. Pete avenged his run at Alexandra Palace, where illness had taken its toll, with an excellent fourth. It was also good to see Jim Roche return to competitive running after his injury problems. Thanks also to George Dodd for time-keeping.

|   |                 |       |
|---|-----------------|-------|
| 1 | Richard Newbold | 15:01 |
| 3 | Terry O'Neill   | 15:21 |
| 4 | Pete Eldridge   | 15:51 |
| 6 | Paul Costas     | 16:06 |
| 7 | George Hart     | 16:16 |

|    |                |       |
|----|----------------|-------|
| 8  | Jim Roche      | 16:27 |
| 9  | Joe Loboda     | 16:33 |
| 16 | Gerry French   | 17:58 |
| 17 | Boyd Underwood | 18:28 |
| 18 | Gerry Franey   | 18:30 |
| 21 | Andy McCourt   | 19:25 |
| 25 | Ted Flowers    | 24:12 |
| 26 | Jack Flowers   | 31:17 |

VPH - 135 Eton Manor - 169  
(Club Objective #1 for 1996 achieved)

## George Hart Gains Middlesex Vest

Due to his super run in the Middlesex Cross-Country Championships the previous month, George Hart was selected to run for the Middlesex Vets team against RAF Halton, RAF Vets, and Civil Service Vets in a 10K X-C race held at Wendover on 6 Jan. Although results aren't available, we congratulate George on gaining his Middlesex vest.

## Very Important Club Dates 1996

|         |                             |
|---------|-----------------------------|
| 2 May   | Assembly League (B'heath)   |
| 4 May   | Southern League (Horsham)   |
| 10 May  | VPH 10 Mile Champs (VP)     |
| 18 May  | Southern League (Mile End)  |
| 1 Jun   | 70th Anniversary Dinner     |
| 6 Jun   | Assembly League (VP)        |
| 22 Jun  | Southern League (Southend)  |
| 4 July  | Assembly League (B'heath)   |
| 13 July | Southern League (Thurrock)  |
| 1 Aug   | Assembly League (VP)        |
| 3 Aug   | Southern League (Worthing)  |
| 10 Aug  | VPH BBQ (3:00) £3.00        |
| 17 Aug  | Southern League (Oxford)    |
| 5 Sep   | Assembly League (Forbanks)  |
| 7 Dec   | Club Kid's Xmas Party £3.00 |
| 19 Dec  | Club Xmas Party £3.00       |

Assembly League starts at 7:00pm

Southern League starts at 1:00pm

We've booked a coach to the Worthing Southern League departing from the Club Headquarters at 9:30 a.m. on 3 August at a cost of £5. Please make an extra special effort to help fill this 45-seater and come for a great day out!

## VPH So Close To Winning Chingford Relay, But Go Top Of League

**Chingford League Road Relay,**  
**Highams Park, 13 Jan 96**  
**(by Richard Newbold)**

VPH came within seconds of winning the latest round of the Chingford League at Highams Park. Despite several runners being below par due to illness and injury, the Club's competitive desire to win this 6x2 1/4 mile race almost carried them through, but in the end we had to settle for second place behind Barnet & District. The performance was helped by the non-appearance of Orion and Enfield and incomplete teams representing Haringey and home club, Woodford Green. The excellent points scored by the Club moved us into the premier position in the league with three races left to run. Barry McKenna gave the Harriers an excellent start, coming in fourth on the first leg, competing against some of the strongest runners. Excellent legs from George Rutten and George Hart brought the Club through in a good position as most other clubs used up their best athletes. Leg four by Phil Hampshire and a determined run from Gary Luff set up Richard Newbold in third place behind Barnet and Muswell Hill. Richard overhauled the Muswell Hill runner within a mile, but by the time he was informed of the proximity of the Barnet runner his legs were buckling due to the fierce pace he'd set up the big hill. The Barnet runner held on over the final half-mile winning by eight seconds with the Harriers a very clear second. To Richard's credit, he pulled back 91 seconds on the Barnet runner and ended up with the third fastest leg of the day. The Club also fielded a second team which put in some strong performances with Jim Roche's return to form continuing with his fine run on leg four.

|               |       |
|---------------|-------|
| 'A' Team      |       |
| Barry McKenna | 12:38 |
| George Rutten | 12:44 |
| George Hart   | 12:49 |

|                 |             |
|-----------------|-------------|
| Phil Hampshire  | 13:33       |
| Gary Luff       | 12:57       |
| Richard Newbold | 12:05       |
| <hr/>           |             |
| Overall Time    | 70:46 (2nd) |

|                |             |
|----------------|-------------|
| 'B' Team       |             |
| Joe Loboda     | 13:17       |
| Richard Martin | 14:45       |
| Andy McCourt   | 15:36       |
| Jim Roche      | 12:46       |
| George Rutten  | 13:14       |
| Barry McKenna  | 13:16       |
| <hr/>          |             |
| Overall Time   | 82:54 (6th) |

'A' Teams (10 teams)

- 1 Barnet
- 2 VPH
- 3 Muswell Hill
- 4 Walthamstow
- 5 Eton Manor
- 6 Loughton
- 7 Trent Park
- 8 Epping R
- 9 Haringey
- 10 Woodford

'B' Teams (4 teams)

- 4 VPH

League Positions After 5 Races

|            |    |
|------------|----|
| 'A' Teams  |    |
| 1 VPH      | 56 |
| 2 Haringey | 55 |
| 3 Barnet   | 52 |
| 4 Enfield  | 39 |

|           |    |
|-----------|----|
| 'B' Teams |    |
| 1 VPH     | 55 |
| 2 Barnet  | 54 |
| 3 Orion   | 45 |

|            |    |
|------------|----|
| Vets Teams |    |
| 8 VPH      | 32 |

**Chingford League 5M X-C,**  
**Trent Park, 20 Jan 96**  
**(by Richard Newbold)**

A grey, overcast day and a fiercely chilling easterly wind provided testing

conditions over the hilly 5-mile Trent Park course in the latest fixture of the Chingford League. The large field (170+ runners) set off at a steady pace into the biting wind with Richard Newbold leading the Harriers team through at the end of the first lap, followed closely by Jim Roche, Terry O'Neill, and George Rutten. The hilly course and the lack of a full winter's competition took its toll on Jim, still building up his fitness following a series of injuries, as he slipped back from the leading group. At the end of the second lap, George Rutten flew past Terry O'Neill before discovering he had another lap still to run! Richard dug in around the last lap, but didn't quite have the strength to put in a strong finish and came home tenth, just behind a group of three runners. Terry O'Neill pulled out another excellent performance as he outkicked George Rutten in the last quarter of a mile to finish 17th, and increased his lead in the individual Vets title race. The fast-improving George finished just two places behind. A gutsy run by Jim Roche brought him home in 25th place, followed by a storming run from Joe Loboda for 30th place, showing that the responsibilities of being our new X-C Secretary seem to have given his running a real boost. George Hart completed the scoring six in 40th position to give the Harriers 'A' team a total of 141. Hanna Robson continued her run of good form and improvement, finishing as the leading lady, ably supported by Liz Kempster. Richard Martin and Andy McCourt put in typically determined runs for the 'B' team, and a special mention must go to John George who missed the start by nine minutes, due to horrendous traffic, but still managed to catch six runners, despite running virtually all of the race on his own. When the results were announced, it was confirmed that the Harriers had continued their exceptional form of 1996 notching up another second place with arch-rivals

## Roche Leads Club Home in North of the Thames Race

Woodford Green winners on the day. Barnet and District were third and thus the Harriers avenged their narrow defeat of the previous week. Significantly, Haringey could only finish ninth despite having four runners in the top ten, including the individual points leader. Their lack of six runners (a complete team) cost them dearly under the league points scoring scheme. This result has consolidated VPH's position at the top of the league and, with only two races remaining, we're in a strong position to win the Chingford League for only the second time in its 40-year history. VPH entered the league in the 1963-4 season and won it the following season. Two more strong finishes in the Victoria Park 5-mile race and the last Eastway 5,000m race are vital in order to bring the championship home to Cadogan Terrace. However, these two races are always extremely competitive and the Club's athletes will have to be at the top of their form to pull off overall victory. Mass participation by the Club's runners and as many supporters as possible would be vital in order for us to win. Our splendid achievements to date are a reflection of VPH's strength in depth and commitment to this competition against nationally rated and far larger clubs such as Haringey, Woodford Green, and the Borough of Enfield. Toughts at the top!!!

|                 |                      |       |
|-----------------|----------------------|-------|
| 1               | A. Coleman (Enfield) | 25:36 |
| 10              | R. Newbold           | 27:13 |
| 17              | T. O'Neill           | 27:51 |
| 19              | G. Rutten            | 28:03 |
| 25              | J. Roche             | 28:40 |
| 30              | J. Loboda            | 29:06 |
| 40              | G. Hart              | 29:38 |
| 107             | H. Robson (L1)       | 33:25 |
| 114             | R. Martin            | 33:56 |
| 136             | A. McCourt           | 35:24 |
| 155             | L. Kempster (L4)     | 37:34 |
| 166             | J. George            | 40:58 |
| (172 finishers) |                      |       |

|                             |                |     |
|-----------------------------|----------------|-----|
| <b>'A' Teams (12 teams)</b> |                |     |
| 1                           | Woodford Green | 117 |
| 2                           | VPH            | 141 |
| 3                           | Barnet         | 145 |
| 4                           | Muswell Hill   | 175 |

|                             |        |     |
|-----------------------------|--------|-----|
| <b>'B' Teams (10 teams)</b> |        |     |
| 1                           | Barnet | 380 |
| 10                          | VPH    | 935 |

|                              |        |     |
|------------------------------|--------|-----|
| <b>Vets Teams (12 teams)</b> |        |     |
| 1                            | Barnet | 109 |
| 9                            | VPH    | 366 |

### League Positions After 6 Races

|                  |                |    |
|------------------|----------------|----|
| <b>'A' Teams</b> |                |    |
| 1                | VPH            | 68 |
| 2                | Barnet         | 63 |
| 3                | Haringey       | 60 |
| 4                | Woodford Green | 51 |

|                  |            |    |
|------------------|------------|----|
| <b>'B' Teams</b> |            |    |
| 1                | Barnet     | 67 |
| 2                | VPH        | 59 |
| 3                | Orion      | 56 |
| 4                | Trent Park | 48 |

|                   |            |    |
|-------------------|------------|----|
| <b>Vets Teams</b> |            |    |
| 1                 | Barnet     | 78 |
| 8                 | Eton Manor | 38 |
| 9                 | VPH        | 37 |

|                         |                |     |
|-------------------------|----------------|-----|
| <b>Individual Title</b> |                |     |
| 1                       | M. Smith (Har) | 123 |
| 4                       | R. Newbold     | 72  |

|                              |                 |    |
|------------------------------|-----------------|----|
| <b>Vets Individual Title</b> |                 |    |
| 1                            | T. O'Neill      | 38 |
| 2                            | L. O'Hare (Bar) | 31 |

### London College League, 5M, Trent Park, 24 Jan 96

|  |             |       |
|--|-------------|-------|
| 1  | Winner      | 25:40 |
| 6  | R. Newbold* | 27:20 |
| *representing Queen Mary & Westfield College |             |       |

### Guildford 5.2 Miles

|   |            |       |
|---|------------|-------|
| 1 | Winner     | 29:17 |
| 9 | R. Newbold | 31:37 |

### South of England AA 15K X-C

#### Champs, Parliament Hill, 27 Jan 96

|                                |                 |       |
|--------------------------------|-----------------|-------|
| <b>Also Club 10M XC Champs</b> |                 |       |
| 1                              | Winner          | 43:01 |
| 168                            | R. Newbold      | 50:02 |
| 201                            | G. Rutten       | 50:42 |
| 219                            | T. O'Neill      | 51:00 |
| 258                            | B. McKenna      | 51:47 |
| 308                            | G. Luff         | 52:50 |
| 444                            | J. Loboda       | 55:16 |
| 479                            | J. George       | 55:56 |
| 591                            | G. Hart (?)     | 58:07 |
| 593                            | M. Eldridge (?) | 58:08 |
| 830                            | A. McCourt      | 62:49 |

(1003 finishers)

VPH finished 23rd out of 84 teams with 1,598 points (six scorers).

### North of the Thames X-C Team Race

#### Wormwood Scrubs, 10 Feb 96

|     |            |       |
|-----|------------|-------|
| 26  | J. Roche   | 38:28 |
| 44  | J. Loboda  | 40:13 |
| 50  | G. Luff    | 40:22 |
| 57  | I. Njuguna | 41:15 |
| 100 | R. Martin  | 45:44 |
| 103 | G. French  | 46:29 |

(124 finishers)

VPH finished 8th with 380 points (six scorers).

### Chingford League, 5 Miles,

#### Victoria Park, 17 Feb 96

|     |                |       |
|-----|----------------|-------|
| 1   | Winner         | 23:10 |
| 9   | R. Newbold     | 25:15 |
| 22  | J. Roche       | 26:27 |
| 23  | B. McKenna     | 26:29 |
| 24  | G. Rutten      | 26:29 |
| 28  | G. Hart        | 26:43 |
| 32  | T. O'Neill     | 26:50 |
| 38  | P. Eldridge    | 27:07 |
| 50  | J. Loboda      | 27:35 |
| 57  | P. Costas      | 27:56 |
| 62  | I. Njuguna     | 28:08 |
| 68  | P. Hampshire   | 28:37 |
| 72  | J. George      | 28:44 |
| 88  | L. Vialls      | 29:37 |
| 91  | K. Lowe        | 29:50 |
| 101 | R. Martin      | 30:24 |
| 102 | G. French      | 30:26 |
| 137 | H. Robson (L2) | 32:36 |
| 173 | E. Flowers     | 41:30 |
| 174 | J. Flowers     | 52:50 |

# Chingford League Title Returns To Us After 31 Years

'A' Teams (12 teams)

|            |     |
|------------|-----|
| 1 Enfield  | 133 |
| 2 VPH      | 138 |
| 3 Woodford | 189 |
| 4 Barnet   | 197 |

'B' Teams (10 teams)

|          |     |
|----------|-----|
| 1 VPH    | 347 |
| 2 Barnet | 348 |

Vets Teams (12 teams)

|           |     |
|-----------|-----|
| 1 Enfield | 204 |
| 2 Barnet  | 208 |
| 3 VPH     | 239 |

League Positions After 7 Races

'A' Teams

|                  |    |
|------------------|----|
| 1 VPH            | 80 |
| 2 Barnet         | 73 |
| 3 Haringey       | 68 |
| 4 Woodford Green | 62 |

'B' Teams

|          |    |
|----------|----|
| 1 Barnet | 78 |
| 2 VPH    | 72 |
| 3 Orion  | 64 |

Vets Teams

|              |    |
|--------------|----|
| 1 Barnet     | 90 |
| 7 VPH        | 48 |
| 8 Eton Manor | 43 |

Individual Title

|                  |     |
|------------------|-----|
| 1 M. Smith (Har) | 147 |
| 4 R. Newbold     | 90  |

Vets Individual Title

|                     |    |
|---------------------|----|
| 1 T. O'Neill        | 42 |
| 2 D. Willcock (Bar) | 32 |
| 3 L. O'Hare (Bar)   | 31 |

**VPH 5-Mile Club H'Cap 22 Feb 96**  
 Congrats to Ronnie Curle on winning the handicap race. Frank Massingham and Roger Brooks deadheaded for the Roger Daniels DNF Trophy.

|                   |  |       |
|-------------------|--|-------|
| Actual Times      |  |       |
| 1 R. Curle        |  | 48:27 |
| 2 J. Green        |  | 34:32 |
| 3 D. Wing (Guest) |  | 26:13 |

|               |       |
|---------------|-------|
| 4 R. Daniels  | 38:31 |
| 5 L. Kempster | 34:48 |
| 6 A. McCourt  | 33:18 |
| 7 H. Robson   | 32:43 |
| 8 P. Eldridge | 30:52 |
| 9 G. Luff     | 29:02 |
| 10 A. Rowley  | 43:37 |

**42nd Chingford Road Relay,  
5x3.5M, 24 Feb 96**

|             |       |
|-------------|-------|
| 1 Havering  | 88:29 |
| 9 Verlea    | 95:19 |
| 10 VPH      | 96:37 |
| 11 Thurrock | 98:12 |

VPH Legs

|                     |       |
|---------------------|-------|
| 1 J. Roche (11th)   | 18:23 |
| 2 I. Njuguna (11th) | 19:31 |
| 3 G. Hart (10th)    | 19:24 |
| 4 J. Loboda (10th)  | 19:30 |
| 5 G. Luff (10th)    | 19:49 |

**Chingford League 5K, Eastway,  
27 Feb 96**

Congratulations to VPH for winning the League title and to Terry O'Neill for winning the individual Vet's title.

|                      |       |
|----------------------|-------|
| 1 L. Mangleshot (WG) | 15:22 |
| 5 R. Newbold         | 15:44 |
| 16 T. O'Neill        | 16:25 |
| 18 J. Roche          | 16:31 |
| 21 G. Rutten         | 16:38 |
| 24 G. Luff           | 16:43 |
| 25 B. McKenna        | 16:43 |
| 26 G. Hart           | 16:44 |
| 28 P. Eldridge       | 16:49 |
| 34 J. Loboda         | 17:04 |
| 35 I. Njuguna        | 17:06 |
| 50 P. Costas         | 17:26 |
| 53 P. Hampshire      | 17:35 |
| 58 J. George         | 17:51 |
| 76 L. Vialls         | 18:33 |
| 84 R. Bruce          | 18:49 |
| 106 H. Robson (L4)   | 20:03 |
| 125 A. Gammon (L5)   | 20:44 |
| 140 L. Kempster (L8) | 21:39 |

'A' Teams (12 teams)

|                  |     |
|------------------|-----|
| 1 Woodford Green | 77  |
| 2 VPH            | 109 |

|               |     |
|---------------|-----|
| 3 Walthamstow | 154 |
|---------------|-----|

'B' Teams (10 teams)

|          |     |
|----------|-----|
| 1 VPH    | 226 |
| 2 Barnet | 364 |

Vets Teams (12 teams)

|          |     |
|----------|-----|
| 1 Barnet | 160 |
| 4 VPH    | 269 |

Final League Positions

|              |           |
|--------------|-----------|
| <b>1 VPH</b> | <b>92</b> |
| 2 Barnet     | 83        |
| 3 Woodford   | 75        |
| 4 Haringey   | 72        |
| 5 Enfield    | 70        |

'B' Teams

|          |    |
|----------|----|
| 1 Barnet | 90 |
| 2 VPH    | 85 |
| 3 Orion  | 73 |

Vets Teams

|          |     |
|----------|-----|
| 1 Barnet | 103 |
| 6 VPH    | 58  |

Individual Title

|                 |     |
|-----------------|-----|
| 1 D. Rose (Wal) | 148 |
| 4 R. Newbold    | 111 |

Vets Individual Title

|                           |
|---------------------------|
| <b>1 Terry O'Neill 52</b> |
| 2 D. Willcock (Bar) 41    |

(Club Objective #2 for 1996 exceeded!)

**Chingford League Analysis**

Throughout the 8-race league, VPH never won a single race. But whereas other clubs yo-yo'ed from 1st to 9th, we remained consistent, finishing 2nd on 6 occasions and 4th twice. Richard Newbold, Barry McKenna, and Andy Wheeler were the only runners to score exclusively in the 'A' team. There were a total of 20 runners who scored on either the 'A' team or the 'B' team. Richard Newbold, George Hart, and Joe Loboda were the only scorers to compete in all eight races.

# Newbold Tops For VPH in Nationals

## 'A' Team Scorers (and # of times)

|                 |   |
|-----------------|---|
| Richard Newbold | 8 |
| Barry McKenna   | 7 |
| Terry O'Neill   | 6 |
| George Hart     | 5 |
| Gary Luff       | 4 |
| Jim Roche       | 4 |
| George Rutten   | 4 |
| Andy Wheeler    | 3 |
| Pete Eldridge   | 2 |
| Phil Hampshire  | 2 |
| John George     | 1 |
| Joe Loboda      | 1 |
| Paul Costas     | 1 |

## 'B' Team Scorers (and # of times)

|                |   |
|----------------|---|
| Joe Loboda     | 7 |
| John George    | 4 |
| George Rutten  | 3 |
| George Hart    | 3 |
| Pete Eldridge  | 3 |
| Les Vials      | 2 |
| Richard Martin | 2 |
| Andy McCourt   | 2 |
| Paul Costas    | 2 |
| Isaac Njuguna  | 2 |
| Phil Hampshire | 2 |
| Gary Luff      | 1 |
| Graeme Tiffany | 1 |
| Terry O'Neill  | 1 |
| Mick Eldridge  | 1 |
| Jim Roche      | 1 |
| Chris Hollis   | 1 |

## Thinking Track by Richard Newbold

Thinking about the coming summer, we're still short of 100m - 800m runners and I should imagine having a few more jumpers and throwers would enable greater concentration on a few events, which would be welcomed. In this, perhaps speculating to accumulate may be necessary. If the Club did spend money on leaflets for libraries, sports centres, community centres, etc., we would get some of the money back in subscriptions and having some athletes would be more than enough compensation for a £500 outlay. The other fact that has caught my mind is the Club's shift towards Tower Hamlets

now that the Club is within Tower Hamlets' boundary. There are, as far as I know, no other clubs within Hackney and the nearest other clubs are North London in Finsbury Park (~ 5 miles away) and Highgate and Haringey which are far to the north of us. Therefore, we have a large population to recruit from. I realise that track and field isn't as attractive to youngsters as TV, etc., but we only have to pick up a half-dozen to make a real difference to the team. I should have thought that there might be a few 18-25 year olds interested in a bit of athletic competition out there but just unaware of VPH and just needing a little push to get involved.

## "100 Club" Members

J. Lock, D. Davis, S. Guy, T. Clifford, P. Hampshire, J. Daniels, J. Smith, R. Newbold, G. Franey, T. Brennan, M. Reid, M. Carr, J. George, K. Lowe, L. Vials, J. Anstey, F. Massingham, D. Judge, T. Berriman, K. Rouse, B. Blackie, R. Clark, G. Dodd, M. Gonzales, B. Franey, K. Wing, R. Daniels, A. Rowley, P. Spencer, A. Lowe, K. Rouse, M. Eldridge, D. Eagles, S. Hart, L. Vials, P. Franey, R. Irons, M. Reid, J. Edmonds, T. O'Neill, D. Parsons, K. Lowe, M. Carr, G. Hart, C. Reid, R. Iron, A. McCourt, T. Brennan, P. Eldridge, J. Daniels, D. Eagles, G. Dodd, J. Loboda, T. Green, J. Green, R. Curle, R. Brooks, J. Dicks

Want to take part? Contact Ron Iron.  
January Winner - Roger Daniels  
February Winner - Bob Blackie  
March Winner - Jeff Smith

## Assembly League Items of Interest

The Assembly League was formed in 1976 and is therefore celebrating its 20th anniversary this year. We seem to be pretty good at winning leagues during their anniversaries, particularly when it's our anniversary, so hopefully we can pull this one off later in the year. VPH joined the league in 1980 and took

the 'B' Team title the same year. The following year, we were runners-up in the 'A' Team title. Since then, we've won the 'B' Team title twice more in 1983 and 1988. In the last 2 years, we've placed 2nd and 3rd in the 'A' Team champs. Chris Brogan has been the Club's big success winning the individual title in 1986, 1987, and 1989. He won a total of 8 races, placing him 3rd behind the all-time winner, Jim Goldring, who won 19 times.

## Course Records

Blackheath - 14:23

VP - 16:23

Forbanks - 13:47

## VPH Course Records

Blackheath - 14:54 (C. Brogan 1987)

VP - 16:39 (C. Brogan 1987)

Forbanks - 14:18 (Steve Mahon 1986)

## Additions to 1995 T&F Rankings

Add Richard Newbold 800 - 2:05.6 and change R. Bruce 12.8 to R. Newbold in the 100m. This also changes the result of the Southern League 100m at Oxford, where it should be Newbold, not Bruce.

## Indoor Shot Sought

Could somebody please tell me where VPH can get an indoor shot? We in the Committee cannot figure this one out.

## London Colleges League 10K,

### Battersea Park, 28 Feb 96

|                     |       |
|---------------------|-------|
| 1st Winner          | 30:21 |
| 8th Richard Newbold | 31:31 |

## National X-C Champs, 14K,

### Newark, 9 Mar 96

|                |       |
|----------------|-------|
| 1 Winner       | 40:35 |
| 428 R. Newbold | 47:49 |
| 472 T. O'Neill | 48:13 |
| 544 J. Roche   | 48:52 |
| 640 G. Hart    | 49:42 |
| 845 J. Loboda  | 51:17 |
| 1251 J. George | 54:53 |

(1954 finishers)

VPH finished 67th out of 175 clubs

## Les Lait and Euge Murnane Reminisce

Dear Wayne,

Very many thanks for VPH News which makes nice and interesting reading and to know that there remains such enthusiasm and competitive spirit amongst all members of a club of which I was always proud to be a member and to wear the club colours. My introduction to VPH was during 1935/36 when I was in the 4 x 110 yds East London Schools Relay Squad and trained at VPH track under the East London Schools athletic coach, Mr Hughes. During 1936, I was approached by a man in a flat cap who told me that he was Mr Harry Peck, the VPH coach, who had watched me train with the squad on several occasions and asked me if I would like to become a member of VPH with my father's approval. My father and I met Mr Peck at a later date and it was agreed that I join, but a snag occurred. Mr Wally Stokes, the treasurer of VPH at the time (his daughter Katie was an English international runner), pointed out that the rules of entry at that time was 15 years and as I was only 14, I would have to wait until I was 15. Being full of enthusiasm at that time, I actually joined VPH as a member on my 15th birthday, 6 April, 1937. During my first two years with VPH, I continued with 100's and 220's and the occasional 440, but didn't show the potential as a sprinter as forecast as a schoolboy, but at 17 years, I entered an 880 yd handicap for the first time at VPH track and won by a street. Eddie Sears of Essex Beagles and a 2nd Claim member to VPH saw me run, approached me after the race, and said, "Son, you're a born half-miler, forget sprinting, take my advice and train for 880 yards." As Eddie was the Essex 880 yds champion at the time, I thought his advice worth consideration and this was confirmed by Harry Peck. Over the years, Eddie's advice proved correct and I achieved successes in many 880 yd major events including 2nd in the S. Rhodesian

Championships in 1945 during my service with the RAF and received my international vest when selected to run for S. Rhodesia against S. Africa at Bulawayo in 1945 finishing 3rd in the 880. My later achievements included the Middlesex 880 title and a 880 yd finalist at the AAA Championships at White City in 1948 finishing 5th and, as VPH records show, I ran for the Club for many years. My latest achievement was in April 1991 when I trained and ran the London Marathon at the age of 69 years in a time of 4:39:36. I was encouraged to run the London Marathon by my son Christopher who is a reasonably good marathon runner (best time 2:51). Although I have now hung up my running shoes, I keep fit walking, cycling, and the more leisurely sport of outdoor bowling and play for my local club during the summer season, and I'm also involved in village activities and now consider myself a real country "bumpkin." Bramfield is a lovely village 3 miles from Hutford with a bus service only three times a week and as I don't have a car now I get plenty of walking exercise. I'm looking forward to the Club's 70th on the 1st June and hope one or two of my family will be able to accompany me. In the meantime, every success to VPH during 1996 and I look forward to meeting you and past members of VPH on the 1st June. Yours sincerely, Les Lait

Dear Wayne,

I was very pleased to receive 'VPH News' and found its contents most interesting and would congratulate you on your own personal efforts in its production. Quite professional if I may say so without infringing your amateur status. You ask for recollections of the early days and as my connection with the Club began in 1927, I feel it is incumbent upon me to pass this information on to the members. Firstly, it was founded by two men, Harry Peck whose name is incorrectly spelt in the

magazine and Ernie Wiseman. It consisted, at that time, very largely of second claim members and was already making a local reputation by providing a free entertainment of very well run athletic meetings to crowds of one to two thousand people who were often two or three deep down the 100 yards straight and spread right around the track. This was at a time of course of the great depression when nobody had any money to spend on leisure and very few had work. Before the meeting, we had to put down strings for the lanes in the 100 yds and I helped to do this although I was not a member. The star of the meeting was Billy Simmonds of the Poly, an even time sprinter and, as most of the Club races at that time were handicaps, he provided a very strong base of 10 seconds from which to handicap the sprints and I am sure that this is what gave the incentive to the development of the Club's first major breakthrough and where we were a force to be reckoned with. The names of Jackie Hill, Little, Cairncross, Earwaker come readily to mind in the relays and it has carried on over the years. Reverting to the founding years, at that same time, two separate groups of lads had got together and each had formed their own rival clubs. The Globe Harriers were old scholars of Globe Road School and included Tommy Whyman, Jackie Hill, Bill Earwaker and our secretary for many, many years, George Hemsworth. They soon decided to throw in their lot with VPH and they all became first claim and provided the nucleus of the Club as we now know it. The other group, of which I was a member, formed the Bethnal Green Men's Institute Harriers and consisted of lads who lived in Sutton's Buildings - the home of Harry Peck. It was soon apparent that we too were in difficulties and needed more scope than BGMI could provide and that club, too, was wound up. As I was intending to run 120 yds hurdles, the Park at that

## Gordon Everson Reminisces

time was also unable to provide the competition I would need as they ran in nothing where hurdles were included and I must confess that it was to meet my requirements that we joined Surrey AC as first claim with VPH second claim later on. This group included Frank Fuller, Alf Fuller, Fairy Knight, and Puddy Smith all of whom paid a big part in the Park's development. People outside the actual runners whose names I think will jog the memories of some of the older members are Harry Payne and Bill Collier who both provided massage in the dressing room and Wally the park-keeper who ruled the track with a rod of iron and not forgetting dear Harry Marshall, the transient interest of whose son in athletics led him to become a helper for the rest of his life. Who can remember our cross country dressing room at the Napier Arms in Mrs ???'s back room, returning from our run smothered in mud and there was Harry with sleeves rolled up, dishing out the hot water he had boiled up. The documentation of the Club's post war years has I know been well maintained by Gordon Everson and I would not presume to enlarge on that but I may be able to contribute a little on the acquisition of the Club Headquarters as I was Chairman at that time and was personally involved. The Club had created a "Development Fund" with a vague idea that one day, perhaps, we might require money for developing the Club assets e.g. special equipment and it would give us the ability to raise any money required. At that time, as I recall, we were told that there was fifty to sixty pounds in the Fund and, even though the project proposed was obviously going into some thousands, a special meeting held at the Backyard Club enthusiastically supported that we should proceed with a view to purchase should the terms and price be acceptable. Fred (Mac) Mosely negotiated with the Church Commissioners for an acceptable price

and a special meeting was held at the H.Q. in the garden on a Sunday morning where a vote was taken that we proceed and the contract was signed. To raise the money I contacted the Mayors of all the local boroughs from whom we drew our membership and invited all of them to a Club dinner where the opportunity was taken to obtain their support and financial help. I was helped in this task by the Mayor of Bethnal Green, a lovely lady, who shamed most of the others into promising their help. Armed with this and other guarantees, chiefly personal, Mac negotiated a loan of sufficient size to cover the purchase. He also provided all the legal charges involved in a deal of this size. Tommy Whyman undertook a survey of the building and did the work required which was quite considerable. Lady Trefgarne provided a very large and beautiful table and chairs (House of Lords red leather upholstery) as a memorial to her husband who, as Captain Garro-Jones, had been our Patron since the Club began. We have a committee room many large corporations might well envy. As is often the case, many of those most vociferous in committing the Club to such a Herculean task as obtaining and running a Headquarters such as ours, "slid silently into the night" when the difficulties arose but the club spirit at that time reached an all time high and I hope this still prevails. Best Wishes To You All, Yours Sincerely, Euge Murnane

\*\*\*\*\*

The following are excerpts from a series of letters written by Gordon Everson, who many of the older members will know as the Club Historian up to the mid-70s:

I have spent many hours, days, weeks in writing a history of VPH 1926 - 1975. History is a subject which has always been with me. Probably my interest was

bred into me by my father who was like-minded. We both joined VPH in 1946. Soon, I was in the RAF and my father became an essential part of the Club administration while I was away. He got to know most of our pre-war members and was conscious that even then we were quickly losing people who were taking their first-hand knowledge with them. Consequently, in 1952, he started to write to various people asking them to commit their memories of the past to paper. We were both on the committee and George Hemsworth, who had sole charge of all surviving minutes books and records passed them to me so that I could trawl through them and make note of matters which I considered ought to be preserved for a future book on the history of the Club. I had started recording in a leather-bound book all our results of track, road, and cross-country from 1946 and putting this into the proposed, one day, Club history, meant I was typing to record too much and soon filled two exercise books. Then, at the end of 1952, we started a Club magazine and this was used as a permanent record. Thus, I could put my leather-bound book aside. Meanwhile, Dick (my father Richard E.) was having a mixed response to his appeals for information. Most were unable or unwilling to get down to putting pen to paper but luckily some chaps settled their conscience by sending us old programmes, annual reports, photos, etc. How fortunate it is that they did so for I now have all but one year of Annual Reports, programmes going back to 1927, pre-war photos, newspaper cuttings, and members' letters of memories of their youth, fixture lists 1928 - 1970, and complete results. When you consider that by 1952, VPH was in only its 26th year and that all activities had been suspended for five years, our foresight surprises me! In the early 1970s, we made moves to put all this in some order with the possibility of producing a VPH history

## In the 70-Year History of VPH, Only 9 Members Have Ever Been Selected As Life Vice Presidents

to celebrate our 50th anniversary. I got down to the task and passed chapters to Arthur Coombes to be typed up but I found real practical difficulties in that a continuous narrative was boring and never-ending. At that time, I could not see how I could deal with the problem in a short period. I fell behind, Arthur seemed to lose enthusiasm and concerns about cost together meant that the effort fizzled out. Then, two years ago, Ken Rouse got me going again with the thought that it was sad to imagine the names and efforts of so many people being lost and forgotten. It cannot be a mere sketch and with the intention of bringing in as many names as possible I set to work as follows:

|            |  |
|------------|--|
|            | “Victoria Park Harriers 1926 - 1975, the History of an East London Athletics Club” |
| Chapter 1  | In the Beginning (1926-8)  |
| Chapter 2  | The Thriving Thirties  |
| Chapter 3  | Revival and Happy Days (1946 - 1960)   |
| Chapter 4  | Years of Uncertainty (1961 - 1975)   |
| Chapter 5  | Men Who Were the Club (Officials)  |
| Chapter 6  | Speedsters (100 - 440)   |
| Chapter 7  | Those Who Ran Slower, But Further (880 - Mar)                                      |
| Chapter 8  | Field Eventers   |
| Chapter 9  | Social Happenings  |
| Chapter 10 | Our Headquarters   |
| Chapter 11 | Club Magazines   |
| Chapter 12 | Epilogue   |

I would hope to list all club championships and champions and officials. These have been compiled. I also have all-time ranking lists. I have completed Chapters 1 - 6 and 10 - 11. I am partly through 7. I passed these on to Ken to have them typed up but unfortunately only kept for myself a sketchy record of what I have written. I have become aware that on Chapter 7, I am getting wordier and need to check on what I have already written. I have therefore asked Ken to send back to me my completed chapters so that I can get going again. All credit to Graeme

Tiffany in his attempt to reconstruct those early years of VPH, but he missed the mark in certain areas. The Backyard Club was not enjoyed by us until the winter of 1947-8. During pre-war years and in the 1946-7 winter, we were at the Eton Mission at Hackney Wick and Lord Trefgarne was not really involved in acquiring the St Augustine's Hall premises. I became a member on 25 May 1946, my father, who with George Hemsworth were the giants in VPH history, joined 9 August 1946 and my brother Alan, on 12 June 1950. Incidentally, Alan, who ran mostly as a Junior and won the Junior Javelin, gave up running to take up shooting (.22 rifle target shooting). He did better at that, representing England on a dozen occasions and Great Britain three or four times. In 1995, he acted as Vice Captain of the England team and will be Captain in 1996. I am glad to see Alan Howlett is in touch. At his best, Alan was brilliant over 3 miles on road and track and pretty nifty over 1 mile yet when he first came to us, his build was so frail, he scarcely seemed worth a second glance. I even remember his debut (well, almost) in an impromptu 880 one evening under Eton Manor Club floodlights. The Manor had just had the 1948 Olympic track relaid at Hackney Wick and Major Villiers, the force behind the Manor and also our Patron, wanted to see it used seriously. So those of us training for the next (1956) season organised two 880s on the spot - one Junior and one Senior. Alan, I think, either won or nearly won the Junior race. For several years, he ran our football pontoon money raiser and that needed dedication! You mention Life Members. I am sorry to see all sight seems to have been lost of Life Vice Presidents, the highest honour of all and received only for exceptional and long-time service to VPH. I was most pleased to be so honoured in 1976. The position was introduced in 1948. The list is as follows:

### VPH Life Vice Presidents

**E.C. Wiseman** - Joined 9 Oct 26; Hon. Sec 1927-8; Club Official until early 50s; Elected 1948; Died 1976

**H.J. Peck** - Founder member; Treasurer 1931-3; Club Timekeeper 1926-50; Auditor 1935; Died 1965

**G. Hemsworth, B.E.M.** - Joined 15 Aug 32; Hon Gen Sec 1937 - 68 (missed just one year); President 1958-9; Elected 1956; Died 1968

**H. Marshall** - Joined 1932; President 1958-9, Official 1934-63; Elected 1962; Died 1965

**R.C. Everson** - Joined 8 Aug 46; Asst Gen Sec 1947, 1960-5, 1968-70; President 1956-7 and 1969-70; Track Sec 1947-56; Auditor 1971-4; Club Timekeeper 1947-79; Elected 1966; Died 1985

**A. Abrahams** - Joined 5 May 36; President 1956-60; Official 1950-70; Died 1974

**A. Coombes** - Joined 4 Jun 34; Middlesex Youth 220 Champ 1936; President 1965-6 and 1973-4; Asst Gen Sec 1948; Treasurer 1964-70; Auditor 1936-64 and 70-76; Elected 1975; Died 1992

**G. Everson** - Joined 25 May 46; London Junior 440 Champ 1946; VPH Senior 880 Champ 1952 and 1956; Club Track Captain 1951 - 6; Track Sec 1957-70; Club Magazine Editor 1952-69; President 1964-5; Official until 1974; Elected 1976

**M. Carr** - Joined 1968; Held many positions between 1970 - 1990; Hon. Gen. Secretary; Hon. Treasurer; Social Secretary; Press Officer; Without doubt, Mr VPH of the 70s and 80s; currently a Club Trustee; Elected 1991/2

I think that had the honour been observed in recent years, the following would have been elected:

**D. Bareford** - Deric never held any office but his support as an athlete over so many years and his behind-the-scenes support has been exemplary.

## Club Trophies, Past and Present

K.J. Rouse - Ken was second to none in running for VPH on all surfaces and he has served on the Committee one way or another for many, many years.

Ted and Jack Flowers - Club runners for nearly 50 years!

R.Iron, J. Anstey - same as Ken Rouse  
 What about honouring them now but don't cheapen it by electing all and sundry. In your "Founding Members" list in the last magazine, note that it's Harry Peck, not Pick and Englefield, not Inglefield Rd. I knew Jimmy Bell who died in Cape Town, S.A. in 1988 or 1992. I also met Bill Duncombe, Arthur Slade, and Harry Peck. They too died long ago and I am pretty sure all are now deceased. Bill was one of those who supplied me with various items. I am relieved to learn that the Club Minutes have not been lost. Do all survive? (Editor's Note: All survive, except for the period Oct 32 - Sep 34). And what about our trophies? How many do we have now? (Editor's Note: Look further on in the magazine for a list of surviving and missing trophies). By the way, Wayne, don't regret not meeting any founding members at the 1976 Dinner...there weren't any present. Referring to offices of distinction, there are three. **Life Membership** is automatically bestowed upon any person who is a paid up member for 21 unbroken years. Apparently, it has been bestowed earlier upon members who achieved some distinction. I don't recall this happening but recognise it might have been given to Geoff Iden upon reaching the British International Team. If this was the case, I can only say I do not think it should be awarded other than for 21 years service and if it is given upon a member being chosen to represent Great Britain then it ought not be an automatic thing. **Vice Presidents** are elected for 12 months at the AGM upon recommendation of the Committee. This distinction is given

only after a member has given considerable service to the Club as an official/athlete, but not only as an athlete. I would expect 7 - 10 years to be put in before consideration. However, if someone came to us not as an athlete or official but benefited VPH by aiding financially or materially, he might be made a Vice President, but Vice Presidents are re-elected at each AGM and if such a person drifted away or did nothing more of consequence, he would be dropped from the list of those re-elected. **Life Vice President** is the absolute distinction awarded after many years in recognition of long and exceptional service in official positions. This is not awarded for athletic ability alone. You can tell from the list on the previous page that no one was elected easily....The inaugural appearance for VPH in the Chingford League was on 19 Oct 1963 at Enfield....Geoff Iden holds the Club record for the marathon running 2:25:51 on 16 June 1956 in the Polytechnic Marathon. He finished ninth in that race, with the winner covering the distance in 2:21....VPH came 3rd in the 4x110 relay in the 1937 AAA Championships. Regards, Gordon Everson (Editor's Note: If any of this reads choppy, it's not Gordon's fault. I've attempted to combine the essence of three of his letters into one).

### Club Trophies, Past and Present **Club Championship Trophies Still In Our Possession:**

Senior Men 100 (R. Moore Challenge Cup) instituted 1928  
 Senior Men 400 (Major Nathan Challenge Cup) instituted 1933  
 Senior Men 800 (Victoria Cup - presented by Social Committee) instituted 1933  
 Senior Men 800 - Separate Trophy undated  
 Senior Men 3 Miles (Squire Yarrow Challenge Cup) instituted 1935  
 Senior Men Pentathlon (George

Hemsworth Challenge Cup) inst. 1953  
 Senior Men Long Jump (A.A. Cooper Challenge Cup) inst. 1937  
 Senior Men High Jump (L. Binfield Challenge Bowl) inst. 1947  
 5M X-C (MacDonald Memorial Trophy) inst. 1928  
 5M X-C - Separate Trophy undated  
 7.5M/10M X-C (Coronation Cup) inst. 1937  
 Junior Men 200 (Station Officer Charles Fisher Challenge Trophy) inst. 1956  
 Junior Men 400 (S.W. Cannell Challenge Trophy) inst. 1947  
 Junior Men 800 (Charlotte Baker Memorial Trophy) inst. 1938  
 Junior Men One Mile (Arthur Cornish Challenge Cup) inst. 1938  
 Youth 400 (Arthur Villiers Challenge Cup) inst. 1958  
 Youth 800 (Harry Peck Trophy) inst. 1955  
 Boys One Mile (Harry Marshall Challenge Cup) inst. 1966  
 Senior Ladies 100 (Alf Gillett Trophy) inst. 1961  
 Senior Ladies 200 (E. Dunn Trophy) inst. 1962  
 Other trophies we hold include the British Legion Challenge Trophy (of Legion and Ingrebourne fame) which we won in 1976 and presumably haven't gotten around to returning to Havering AC just yet, Abrahams 5M Open Road Team Cup, Suresnes-Hackney 1962 Trophy, Lady Trefgarne Trophy, Newlands Park Road Relay Trophy, Annual Trophy Match Senior Section VPH 1957 Trophy, and, most interesting, a trophy dated 1902 which Harry Peck received for winning the 100 yards handicap in the Polytechnic Sports Meeting.

### **Club Championship Trophies No Longer in Our Possession:**

Senior Men 200 (James Brown Memorial Cup) inst. 1950  
 Senior Men One Mile (Garro-Jones Challenge Trophy) inst. 1928

# All-Time VPH Track & Field Records

7.5/10M X-C (Jeffsue Challenge Cup) inst. 1951  
 10M Road Championship Challenge Cup; inst. 1949  
 Junior Men 100 (Major Walters Trophy) inst. 1935  
 Junior Men Long Jump (A. Goddard Trophy) inst. 1938  
 Junior Men 5M X-C (Victus Trophy) inst. 1948  
 Youth One Mile (E.C. Wiseman Challenge Cup) inst. 1963  
 Sullivan Trophy (awarded for most meritorious performance(s) of the year) inst. 1947  
 Sandy Cooper Trophy (awarded for the most points scored in Club handicap events) inst. 1947  
 If you know of their whereabouts, please make arrangements for their immediate return.....yes, I know.....wishful thinking.

Dear Wayne,

Further to my recent letter regarding VPH activities during the past years, I don't think I mentioned the role my father, Alfred Henry Lait, played as Treasurer for VPH for many years before he passed on in July 1958. The following appeared in the local paper:

**Big Loss to VPH**

Friends and supporters of the Victoria Park Harriers will regret to hear of the death of Mr A.H. Lait who served the Club for many years as Honorary Treasurer. He passed away on Tuesday, 29 July, after a long illness. The funeral took place at Manor Park on Saturday. Mr Lait was a sprinter during his early days, but did not run for VPH. Through his son Leslie who during the years 1946-56 was one of the Club's outstanding runners, he became interested in the administrative side of the Club. He was soon persuaded to look after the Club's finances and during his periods of office as treasurer the Club funds grew considerably. He

was an ideal man for the job, most painstaking, and his integrity was outstanding. Mr Les Williams, secretary of the Club, paid this tribute, "Mr Lait was a most upright man with a generous nature. He never had a bad word for anybody, and was always cheerful and smiling. We shall all miss him very much. And so has passed a gentleman. He leaves behind him a widow and two married sons."  
 Yours sincerely, Les Lait

Dear Les,

By coincidence, my grandfather also had the same first names as your father (surname Smithers), also passed away in 1958, and is also buried in Manor Park. Wayne

**Updated Life Membership Roll**

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

The total would be 26 if I could establish contact with Harry Tempan, Geoff Iden, or Freddie Plumm. John Turner gave me a phone call recently. He has the most Positive Mental Attitude I have ever known of a man in his eighties. Despite two strokes last year, he talks of training for next year's London Marathon. I asked John if he were a Life Member and he said he was not. However, John, having since checked the records, I can tell you that you definitely are. John beats out Les Lait as having joined VPH the furthest back. He joined on 2 June, 1936, two months before Jessie Owens won his four Olympic gold medals at the Berlin Olympic Games! John was Track Vice-Captain in 1938, Assistant Press Secretary in 1948, and Auditor in 1955.

**All-Time VPH Track&Field Records**

(Code: s=Senior Implement, j=Junior Implement, e=Electric Timing, h1=42", h2=39", #=Old Javelin, n=New Javelin)

|        |                   |         |
|--------|-------------------|---------|
| Boys   |                   |         |
| 100    | M. McFarlane(74)  | 11.7    |
|        | L. Mars(77)       | 11.7    |
| 200    | M. McFarlane(74)  | 23.5    |
| 300    | L. Mars(77)       | 41.6    |
| 400    | A. Johnson(67)    | 54.6    |
| 600    | G. Hayden(74)     | 95.1    |
| 800    | G. Hayden(74)     | 2:05.5  |
| 1500   | C. Jones(66)      | 4:26.7  |
| 3000   | P. Tempan(77)     | 10:27.0 |
| LJ     | A. Corbett(75)    | 5.20    |
| HJ     | J. Richardson(77) | 1.60    |
| TJ     | R. McKenzie(75)   | 11.35   |
| DT     | K. Apperley(75)   | 24.12   |
| JT(s#) | R. Pearson(76)    | 36.30   |

Youths

|         |                  |         |
|---------|------------------|---------|
| 100     | M. McFarlane(76) | 10.7    |
| 200     | M. McFarlane(76) | 21.4    |
| 300     | M. McFarlane(76) | 36.0    |
| 400     | S. Payne(72)     | 51.3    |
| 600     | G. Hayden(76)    | 86.8    |
| 800     | A. Johnson(69)   | 1:57.8  |
| 1000    | M. Gonzales(77)  | 2:43.9  |
| 1500    | G. Kicks(63)     | 4:01.5  |
| 2000    | G. Hayden(75)    | 6:22.0  |
| 3000    | M. Gonzales(77)  | 9:12.0  |
|         | S. Mahon(86)     | 9:12.0  |
| 5000    | W. DuBose(71)    | 18:33.0 |
| 10000   | P. Tempan(78)    | 39:48.0 |
| 110H(h) | D. Baptiste(74)  | 17.7    |
| 400H    | D. Baptiste(74)  | 60.0    |
| 3000SC  | M. Gonzales(77)  | 11:01.0 |
| LJ      | R. McKenzie(77)  | 6.70    |
| HJ      | K. Young(56)     | 1.73    |
| PV      | W. DuBose(71)    | 2.64    |
| SP(j)   | D. Stevens(57)   | 11.10   |
| DT(s)   | J. Meredith(80)  | 34.98   |
| JT(s#)  | W. DuBose(73)    | 48.97   |
| HT(s)   | J. Morrow(77)    | 29.16   |

Junior

|     |                  |        |
|-----|------------------|--------|
| 100 | M. McFarlane(78) | 10.4   |
| 200 | M. McFarlane(78) | 20.97e |
| 300 | S. Payne(74)     | 35.4   |
| 400 | D. King(76)      | 48.14  |

## Kelvin Wing — ABA Champ!

|   |                    |         |
|---|--------------------|---------|
| 600   | A. Barber(67)      | 82.0    |
| 800   | L. Mangleshot(82)  | 1:54.5  |
| 1000  | K. Lowe(71)        | 2:37.4  |
| 1500  | M. Gonzales(79)    | 3:56.4  |
| 2000  | G. Hayden(75)      | 6:22.0  |
| 3000  | G. Kicks(64)       | 8:36.2  |
| 5000  | C. Jones(70)       | 15:22.0 |
| 10000   | E. Charlemagne(74) | 37:04.0 |
| 110H(h1)  | W. DuBose(74)      | 16.9    |
| 110H(h2)  | W. DuBose(74)      | 16.5    |
| 400H  | C. Richardson(77)  | 54.6    |
| 3000SC  | M. Gonzales(77)    | 11:01.0 |
| LJ  | V. Bramble(75)     | 7.11    |
| HJ  | H. Boatswain(76)   | 1.90    |
| TJ  | F. Gaynes(76)      | 14.45   |
| PV  | W. DuBose(74)      | 3.51    |
| SP(s)   | W. DuBose(74)      | 11.40   |
| SP(j)   | W. Cox(66)         | 13.49   |
| DT(s)   | D. Alexander(74)   | 35.84   |
| DT(j)   | J. Meredith(80)    | 38.48   |
| JT(s#)  | J. Ferrary(67)     | 57.02   |
| HT(s)   | J. Morrow(78)      | 35.98   |
| Pent(s)   | W. DuBose(74)      | 3112    |
| (LJ - 5.74, JT- 54.82, 200 - 23.5, DT - 30.49, 1500 - 4:32.2)   |                    |         |
| Dec   | W. DuBose(74)      | 6031    |
| (100-11.7, LJ-5.85, SP-10.99, HJ - 1.60, 400 - 52.0, 110H - 16.9, DT - 35.54, PV - 3.40, JT - 54.66, 1500 - 4:27.8) |                    |         |

### Senior

|        |                   |         |
|--------|-------------------|---------|
| 100    | M. McFarlane(78)  | 10.4    |
| 200    | M. McFarlane(78)  | 20.97e  |
| 300    | D. King(77)       | 35.1    |
| 400    | D. King(76)       | 48.14e  |
| 600    | D. King(77)       | 81.8    |
| 800    | L. Mangleshot(84) | 1:51.5  |
| 1000   | M. Quanne(71)     | 2:34.6  |
| 1500   | A. Pattison(57)   | 3:49.9  |
| 2000   | J. Anstey(70)     | 5:41.6  |
| 3000   | A. Pattison(57)   | 8:15.4  |
| 5000   | A. Pattison(57)   | 14:18.6 |
| 10000  | M. Quanne(70)     | 30:01.0 |
| Mar    | G. Iden (56)      | 2:25:51 |
| 110H   | W. DuBose(76)     | 16.4    |
| 400H   | C. Richardson(77) | 54.6    |
| 3000SC | C. Brogan(87)     | 9:29.6  |
| LJ     | V. Bramble(75)    | 7.11    |
| HJ     | D. Alexander(79)  | 2.02    |
| TJ     | R. Young(75)      | 14.50   |
| PV     | W. DuBose(76)     | 3.82    |

|   |                |       |
|---|----------------|-------|
| SP  | T. Bland(59)   | 14.12 |
| DT  | T. Bland(59)   | 44.27 |
| JT(#)   | J. Ferrary(69) | 65.43 |
| JT(n)   | W. DuBose(95)  | 51.14 |
| HT  | J. Morrow(83)  | 38.36 |
| Pent  | W. DuBose(75)  | 3150  |
| (LJ-5.83, JT-52.81, 200-23.6, DT-34.21, 1500-4:34.5)  |                |       |
| Dec   | W. DuBose(76)  | 6151  |
| (100-11.6, LJ-6.30, SP-11.18, HJ-1.68, 400-51.9, 110H-16.6, DT-36.24, PV-3.45, JT-53.50, 1500-4:43.5) |                |       |

### All-Time VPH Track Relay Records

4x100 (Sr/Jr) - 41.3 (1976) (P. Tapper, M. McFarlane, H. Boatswain, V. Bramble)  
 4x100(Youth)-43.94-1975 (N. Douglas, G. Ormes, M. McFarlane, D. James)  
 4x200 (Sr)-1:32.6-1938(W. Cairncross, C. Carpenter, J. Hill, S. Cannell)  
 4x400 (Sr) - 3:21.9 (1977) (T. Griffith-52.9, V. Bramble-50.8, C. Richardson-49.6, D. King-48.6)  
 4x400 (Jr) - 3:28.0 (1976) (D. Baptiste, D. James, C. Richardson, D. King)  
 4x800 (Sr) - 7:47.6 (1954) (J. Medhurst, K. Rouse, G. Everson, F. Millward)  
 Medley Relay - 3:32.1 (1976) V. Bramble (200), M. McFarlane (200), D. King (400), G. Hayden (800)

### Appeal for Club Mags

I appeal to you all to lend me, copy for me, or donate to me Club Magazines which I don't have for VPH posterity. Many thanks to Lawrie Peter for lending me #66 (dated 1959) - #97 (dated 1969), with the exceptions of #88 and #90. I ask the rest of you to please make a big effort to let me have what you have what I don't have. There's also a massive gap between Oct 86 and Jan 95. Hopefully somebody was doing magazines during that time. All Club Magazines will eventually be held in the Committee Room. Please go right now and dig into your pile of magazines in your attic or wherever they may be. Here are the ones I have: Gordon Everson's Magazines #66-#87, #89,

#91-#97, (Post-Gordon Everson Era) Oct 69, Dec 69, Jan 70, Feb 70, Apr 70, Jun 70, Jul 70, Aug 70, Dec 70, Feb 71, May 71, Jun 71, Dec 71, Apr 72, Jul 72, Nov 72, Apr 73, May 73, Jul 73, Nov 73, Jan 74, Mar 74, May 74, Jun 74, Aug 74, Major Carr Issue #1, Feb 75, May 75, Aug 75, Jan 76, Apr 76, Jan 77, Apr 77, Jul 77, Jan 78, Apr 78, Jul 78, Oct 78, Jan 79, May 79, Nov 79, Jan 80, May 80, Jul 80, Oct 80, Not Dated- Approx Jan 81, Apr 81, Oct 81, Jan 82, Spring 82, Jul 82, Jan 83, May 83, Oct 83, Jan 84, May 84, Oct 84, Jan 85, Jul 85, Nov 85, Mar 86, Oct 86, Roger Daniels Edition-Approx Feb 92, Jan 95, May 95, Sep 95, Jan 96. Send to Wayne DuBose, 41 Ansley Way, St Ives, Cambs, PE17 4SN. Or bring them along to 70th Anniversary Dinner.

### Kelvin Wing — ABA Champ

Congratulations to 22-year-old club member Kelvin Wing who won the Amateur Boxing Association lightweight national crown. He now represents England in a multi-national tournament in Liverpool in May.

### Club 20 Mile Road Champs, Victoria Park, 17 Mar 96

|              |                 |
|--------------|-----------------|
| 1 G. Hart    | 2:02:22 (60:47) |
| 2 L. Loboda  | 2:09:12 (64:32) |
| 3 J. George  | 2:09:21 (64:25) |
| 4 T. Lashmar | 2:21:21 (71:25) |
| 5 L. Vials   | 2:21:26 (71:25) |
| 6 A. Gammon  | 2:22:16 (71:25) |

(10 mile time in parentheses)

In a repeat finish of last year, George Hart retained his 20-mile title with Joe Loboda once again finishing second. The difference this year was that George's winning margin came down from over 28 minutes to less than 7.

### Last Years Results:

|               |         |
|---------------|---------|
| 1 George Hart | 2:03:59 |
| 2 Joe Loboda  | 2:32:19 |

Whereas there were only two finishers in 1995, this year saw that number triple to six, with 14 starters. By completing

# VPH Open 5 A Resounding Success!

the course, Annie Gammon became the first lady to do so and thereby established the inaugural Club Ladies 20 Mile record. Well done, Annie! A surprise entrant was Life Member Garry Walker who retired after five miles while in third place, covering the distance in 32:00.

**Club 5 Mile X-C Champs, Woodford, 23 Mar 96**

In conditions described by the runners as atrocious, guest runner, Isaac Njuguna, led from start to finish over the very sticky, water-logged course, beating Club Champion, Jim Roche, by 28 seconds. Newcomer, Tony Lashmar, joined a list of others from the past who have gotten lost on the course, after covering the first lap in 16:57. Favourite Richard Newbold retired with a leg injury on the first lap. Hanna Robson established a new Club Ladies Record.

- 1 Isaac Njuguna (gst) 30:16 (14:53)
- 2 Jim Roche 30:44 (15:00)
- 3 Gary Luff 33:45 (16:33)
- 4 Joe Loboda 33:49 (16:33)
- 5 Hanna Robson 37:49 (18:52)
- 6 Les Vialls 37:49 (18:51)

Halfway time in parentheses.

Dear Wayne,

Please find enclosed my £25 for the 70th Anniversary Dinner. I've been looking at the Club rankings for 1995. I can't believe the times you're doing. Are you a Vet yet? How old are you now for goodness sake?!? I don't recall you running that much faster as a youth! All the best for now. See you in June.

M i k e

Quanne

Dear Mike,

Somehow I've become 41 years old although I don't look a day older since you last saw me over 20 years ago. Well, maybe a couple days older. Here's my PB's compared to 1995 with the year achieved in parentheses:

|           |             |        |
|-----------|-------------|--------|
| 100       | 11.6 (76)   | 12.5   |
| 200       | 23.1 (74)   | 24.84  |
| 400       | 49.8 (76)   | 55.7   |
| 1500      | 4:23.2 (81) | 4:59.2 |
| 110H      | 16.4 (76)   | 18.3   |
| 400H      | 56.4 (76)   | 61.9   |
| LJ        | 6.30 (76)   | 5.46   |
| HJ        | 1.75 (79)   | 1.62   |
| PV        | 3.82 (76)   | 3.50   |
| SP        | 12.03 (80)  | 11.65  |
| DT        | 37.58 (75)  | 33.34  |
| JT        | 61.14 (76)  | 51.14  |
| Decathlon | 6151 (76)   | 4897   |

My other PB's include 800 - 2:00.1 (73), 5000 - 16:58 (81), 10000 - 37:13 (81), 3000SC - 10:28.7 (81), TJ - 12.14 (74), 5M - 27:22 (81), 10M - 58:12 (81), 20M - 2:12 (75). I seem to have held form in the field event performances over the years since, with my 1995 marks, I would have made our 1977 Southern League Division One team in the Discus, Javelin, and Pole Vault (and almost the Shot). Apologies to all for this little bit of self-indulgence. Wayne

**VPH Open 5, Victoria Park, 13 Apr 96**

In what is considered the Club's showcase piece to the nation, we had really shifted gears over the past few months to make this day succeed. Even the weather was on our side considering it was snowing on the Friday and dull and overcast on the Sunday. On race day, the sun was out in force, as were the runners and Club organizers. Joe Loboda, in his role as Road & Cross-Country Secretary, had been a driving force in publicising the race through running magazines, local papers, mailshots, and handing leaflets out at races. I'm sure, if it were possible, he would have advertised the race on the News at Ten. He, and the rest of those in the Club who helped, were rewarded with an entry in excess of 200 (Club Objective #6 for 1996 exceeded!). Congratulations, Joe!! In one capacity or another, VPH had 36 members present, including 14 committee

members, 4 of whom are Life Members, along with another 4 Life Members. Thanks must go to all of the following for making this day happen:

Canteen & Bar: Les Vialls, Jimmy Edmonds, Andy McCourt, Hanna Robson, Frank Massingham, Gerry Franey

Registration: Wayne & Lorraine DuBose, Ron Iron, Hanna Robson, Richard Newbold

Course Officials: Major Carr, Roger Daniels, George Dodd, Tom Daly, Jack Flowers (who turned 80 on 15 April), Clare Bojczuk (as the time recorder, I think Clare had the most stressful job)

Results: Wayne and Lorraine DuBose

When I saw runners hailing from Portsmouth and Exeter, I asked them if they had travelled to London for other reasons besides the race. "No," was the reply. When I asked how people knew of the race (to determine advertising effectiveness), many simply replied, "I just know. It's an annual thing." Many thanks to Major Carr for enduring a 12-hour round trip journey to help out. That's one of the reasons he's a Life Vice President. Out on the race course, Richard Newbold once again led VPH home, with a further 14 Club members behind him. Richard was not feeling all that great and after the race seriously believed he had run over 27 minutes. It must be wonderful to be off your best and still run 25:49. Further down the field, we saw Annie Gammon beating Hanna Robson for the first time, covering the distance in a new Club Ladies course record of 31:52, over three minutes faster than Annie ran last year. A welcome reappearance was made by Lee Kohn who was more than pleased that he managed to complete five miles. At the awards presentation, raffle prizes were given out with three bottles of spirits being selected ahead of a sweatshirt autographed by Sebastian Coe. Sacrilege!! VPH, pat yourselves on the back for a job well done.

|                 |                      |       |
|-----------------|----------------------|-------|
| 1               | Amin Koikai (Ilford) | 24:23 |
| 24              | Richard Newbold      | 25:49 |
| 36              | Terry O'Neill        | 26:22 |
| 39              | George Hart          | 26:34 |
| 52              | Pete Eldridge        | 27:18 |
| 64              | Chris Hollis         | 28:20 |
| 84              | Tony Lashmar         | 29:40 |
| 93              | Ronny Vialls         | 30:10 |
| 103             | Graeme Tiffany       | 30:50 |
| 120             | Annie Gammon         | 31:52 |
| 126             | Lee Kohn             | 32:20 |
| 129             | Hanna Robson         | 32:43 |
| 139             | Scott Shaw           | 33:28 |
| 142             | Alan Campbell        | 33:46 |
| 146             | Liz Kempster         | 34:29 |
| 178             | Ted Flowers          | 40:31 |
| (201 finishers) |                      |       |

**Farewell Andy Wheeler**

The Club bids farewell to Andy Wheeler who has returned to Australia. Andy will be sorely missed by VPH. After being the Club's best 5000m runner during last year's Southern League campaign, he also led VPH in each of the first two Chingford League races. A recent post card from Andy suggests we won't see him again for a

very long time. Good luck, Andy, we wish you well.



Jim Roche, seen here in the Chingford League 5M at Victoria Park, was this year's Club 5 Mile Cross-Country Champion.

**VPH 70th Anniversary Dinner**  
**(continued from Page 1)**

the 201st applicant. Get your money in as early as possible. The last day to do so is 1 May since John must pay the restaurant by 7 May. Plan to put your cheque in the post by 29 April. Mail to

John Daniels, 1 Almonds Avenue, Buckhurst Hill, Essex. If you've already sent your cheque to Deric or Wayne, don't worry, it'll find its way to John. For those who have paid a deposit, the same deadline applies. John is ordering a meat (not beef) dinner, unless you put in a specific request for a vegetarian meal when you send off your money. Remember, 7:00 for 7:30 at the Saddle & Sirloin, Chesterfield House, Rood Lane, London, EC3 (off Fenchurch Street). So far, the furthest travelling to the dinner is Euge Murnane (from Cornwall), but Major and Sue Carr and Keith Lowe aren't too far behind (Manchester). The longest surviving member attending is John Turner who joined VPH in 1936. Close behind is Les Lait who joined a year later. We hope to have a special guest for the evening and, on top of that, a message from the Queen will be read out. Don't miss this wonderful opportunity. Remember to bring cameras. Please send me photos to place in the archives.

**VPH NEWS**

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

Place stamp here

*Inside This Issue*

*Chingford League Champions*

*Les Lait, Gordon Everson, Euge Murnane*

*VPH Win Mob Match*

*All-Time Club Track and Field Records*