

# ◆ VPH NEWS ◆

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April 1997

## Ladies Capture Chingford League!

Congratulations to the VPH ladies team which captured the inaugural Ladies Chingford League title. Consistently good finishes by Liz Kempster and Annie Gammon with the occasional appearance by the injury-hit Hanna Robson were sufficient to gain them a clear victory in the League, eight points ahead of Eton Manor. This season also saw Liz and Annie's debuts in the Southern Counties Championships at Parliament Hill, their first race at this level of competition. All in all, the winter was extremely successful for the ladies, but, as with the men, their performances are over-reliant on a few crucial team members and new recruits would not go amiss. Although the men didn't retain the Chingford League title, they did salvage some success by winning the Physical Shield (page 7). The next step is to make a competitive challenge in the Assembly Road Racing League which begins this month. The news on the running front was quite good, but the news on the financial front was disheartening to say the least. Tower Hamlets Borough Council has partially withdrawn our charity status, making us liable to pay £3,100 rates every year starting 1 April 1997. This is an incredible amount of money for a small club such as ours. Nevertheless, we will survive, but only if we pull together as a team. To help us towards the goal of reaching this sum every year, the Club asks that you consider joining the "100 Club." The "100 Club" is, in a sense, a mini-lottery and has been going for many years. Ron Iron is the administrator for this fundraiser. Each month, a name is randomly drawn from all the "100 Club" members (there are currently about 50 or so). The winner



Tony Lashmar, Club 20-Mile Champion, 1997

receives £60. During December, three winners are selected receiving £100, £50, and £25. Enclosed in this magazine is a standing order authority. Please fill it out and take it to your bank. You can pay as little as £2 for 1 chance, or perhaps you would consider contributing £10 for 5 chances each month. Every little bit helps. The Club can only continue to operate if the money exists to pay to Tower Hamlets. I urge you to consider that £2 or £10 or whatever is an insignificant amount of money in your life, but could have a dramatic effect on the future of this club. Think hard about it, please.

VPH is going through a mini-crisis at the moment in terms of membership and participation. What's the worst that could happen? The Club could become defunct. Here's what **all** of you **must** do to ensure our survival:

- Recruit more members (age 18-30)
- Participate or officiate
- Donate your time
- Donate your money
- Find sponsors for us
- Don't presume others will do it
- Don't be part of the generation that allows VPH to disappear

### VPH World Wide Web Site

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

### Southern League Fixtures - 1997

We finished in 16th position last year. Other teams' 1996 final positions are in brackets.

3 May (at Mile End) vs Hastings (12th), Paddock Wood (promoted), Fleet & Crookham (6th), Invicta (15th)  
Prediction: Optimistic (3rd), Pessimistic (5th)

17 May (at Colchester) vs Colchester (promoted), Southend (8th), Eastbourne (19th), Hercules (23rd)  
Prediction: 3rd

31 May (at Enfield) vs Enfield (demoted), Barnet (10th), Bracknell (20th), St Albans (promoted)  
Prediction: 3rd

5 Jul (at Welwyn) vs Verlea (13th), Dacorum & Tring (7th), Basingstoke (21st), West Norfolk (18th)  
Prediction: (3rd)

26 Jul (at Perivale) vs Ealing SM (17th), Bexley (11th), Peterborough (demoted), Worthing (14th)  
Prediction: Optimistic (1st) Pessimistic (3rd)

16 Aug (at Haringey) vs Haringey (promoted), Stevenage (9th), Ryston R. (promoted), Old Gaytonians (promoted)  
Prediction: 5th

If my predictions hold out, we'll finish optimistically with 17 points which would put us in 13th or 14th (based on 1996 results) or pessimistically with 14 points which would put us in 18th (based on 1996 results). Let's hope we can rise above the challenge. Some of these locations are very convenient. Hope to see supporters at some of them.

# O'Neill Leads Club Home in Chingford League

## Ware Cup, 5.25M, Loughton, 7 Dec 96

This race included the Club 5 Mile Cross Country Championships due to severe fixture congestion. Unfortunately, no-one had forseen the clash with the children's Xmas party which reduced our showing to four men and two women (six to score in the Ware Cup competition). First to the front in the race was VPH Cross Country Captain Richard Newbold, closely followed by four-time race winner Danny Rose of Walthamstow and Eton Manor second-claim runner Quintin Broadbent. After the bridge, Newbold and Rose broke away to run the farm field loop together with Broadbent falling back rapidly to be caught by the more cautious starting Jim Roche. After a long lay-off due to injury, this was Jim's first race in VPH colours since the beginning of October and the weights he'd been doing seemed to have helped maintain a good base of fitness. Newbold and Rose exchanged the lead several times over the first lap with Rose leading into the second lap by inches. However, it was here that Rose injected a burst of pace that Newbold struggled to match. At the end of the hill, Rose had gained 20 yards which he stretched out to 50 yards by the end of the lap. With Newbold developing a stitch on the third lap and Rose maintaining his form, the places remained the same to the finish. After the race, Rose was less than happy with his fifth consecutive victory in this event as he'd had to work hard for his win, which gave some heart to Richard with the upcoming Middlesex Championships on the 14th. Jim Roche lacked the confidence to break away from Broadbent during the race and lacked the speed required for a fast finish, settling for a very impressive fourth place. As long as he can remain injury-free, he should be back in top form very shortly. Next VPH runner home was veteran Andy McCourt in 22nd place with veteran Peter Snell 25th. The other two scorers were Liz Kempster in 30th place

and winner of VPH's Women's 5-Mile Championship ahead of Nicky Thomas in 35th, who was running her first cross-country race since school.

1	Danny Rose (Wal)	28:04
2	Richard Newbold	28:22
4	Jim Roche	29:47
22	Andy McCourt	35:08
25	Peter Snell	36:18
30	Liz Kempster (L)	37:38
35	Nicky Thomas (L)	39:08

### Team Results

1	Walthamstow	54
2	Eton Manor	66
3	Loughton	94
4	VPH	118

## Middlesex 7.5M X-C Champs, 14 Dec 96

Clear blue skies and freezing conditions greeted the four VPH athletes who travelled across to scenic Wormwood Scrubs for the County Championships. With very hard going and a large field, the race was expected to be pretty fast at the front. With Terry O'Neill recovering from knee problems, Richard Newbold with a heavy cold, Gary Luff concentrating on trackwork, and Joe Loboda not having put together consistent training, we weren't expecting to feature prominently but those athletes taking part performed to the best of their abilities on the day, and two were later rewarded with call-ups to run for Middlesex against the RAF and Civil Service. Richard Newbold was our leading runner in 36th place and could possibly have done better but for suffering once again from a stitch, severely restricting his efforts over the 2nd and 3rd laps.

1	Eric Southam (Highgate)	34:38
36	R. Newbold	38:16
64	T. O'Neill	40:04
124	G. Luff	44:10
148	J. Loboda	46:06

## Vets AC 4.8M, 21 Dec 96

5	T. O'Neill	27:17
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## Chingford League

### Trent Park 5.5M X-C, 28 Dec 96

15	T. O'Neill	30:10
22	J. Roche	31:10
53	S. Butlin-Smith	34:16
55	T. Lashmar	34:19
56	J. George	34:25
68	J. Loboda	35:23
95	A. McCourt	37:09
111	L. Kempster (L2)	39:39
114	A. Gammon (L3)	39:47
121	R. Martin	40:55
127	J. Mercie (L5)	41:49

(133 finishers)

### 'A' Teams (12 teams)

1	Haringey	76
9	VPH	269

### 'B' Teams (11 teams)

8	VPH	752
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### Vets Teams (11 teams)

11	VPH	378
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### Ladies Teams (5 teams)

<b>1</b>	<b>VPH</b>	<b>10</b>
2	Orion	17

### League Positions After 5 Races

#### 'A' Teams

1	Haringey	59
2	Barnet	51
3	Muswell Hill	45
4	VPH	39
5	Orion	38
6	Woodford Green	37

#### Ladies Teams (9 teams)

<b>1</b>	<b>VPH</b>	<b>45</b>
2	Orion	39
3	Loughton	34

#### Individual Men

1	D. Rose (Wal)	86
12	R. Newbold	41

#### Individual Vets

1	D. Willcock(Bar)	39
6	G. Hart	17
6	T. O'Neill	17

# O'Neill and Newbold Run for Middlesex

## Mob Match vs Eton Manor, 7 Jan 97

An exceedingly poor turnout by Victoria Park Harriers was only beaten in the embarrassment stakes by their inability to open the bar to victorious guests Eton Manor after this traditional opener to the New Year. Many athletes had excuses but, after wins in 1995 and 1996, this was a very poor showing by the Club. Quickly into his stride was Eton Manor's Michael Cates, fresh from his third place at Trent Park, as he stamped his authority on the race. With two-times previous winner Richard Newbold "taking it easy" due to a race for Middlesex the next day, it was up to Jim Roche and Barry McKenna to defend VPH's reputation. By the end of the first lap, Cates had opened up a significant lead of over 15 seconds but towards the end of the second lap his pace had slowed and Jim Roche began to close him down. Cates upped the tempo and pulled away to get under the 15 minute barrier for a comfortable win. Jim maintained his good form to record an excellent personal best with 15-30. Barry ran steadily in an isolated third place with Richard Newbold surging between a pair of lamp posts on the last lap to give VPH three in the first four. VPH's honour was saved thanks to the appearance of Annie Gammon and Liz Kempster who brought the number of VPH competitors up to a sad-looking eight. Thanks to George Dodd, Terry Adams, and Roger Daniels for officiating and support.

### Men

1	M. Cates (EM)	14:56
2	J. Roche	15:32
3	B. McKenna	16:06
4	R. Newbold	16:57
9	J. Loboda	17:46
10	N. Gray	17:50
12	A. McCourt	18:05

### Women

1	A. Gammon	19:39
2	L. Kempster	20:42

### Team Result

1st Eton Manor - 51    2nd VPH - 55

## VPH Runners Gain Middlesex Vests, 8 Jan 97

Team Captain Richard Newbold and former Team Captain Terry O'Neill both ran for Middlesex in the Sefton-Breacker Cross-Country match versus the RAF and the Civil Service. Richard competed for the Senior Men's team which came second behind the RAF, while Terry was a member of the victorious Middlesex Veterans team. Both athletes have previously gained county vests on the track: Terry for Surrey and Richard for Buckinghamshire, both competing in the steeplechase. Both athletes were born in other counties: Terry in Gateshead, Co. Durham, and Richard in Wolverhampton, Staffordshire, and therefore are eligible by birth to compete for another county and thus gain a third county vest should they show the ability and inclination.

## Club 10M Road Champs, VP, 11 Jan 97

Despite a relatively late start, the ice and snow lay thick and treacherous across three-quarters of the 2 mile circuit which those hardy Harriers would have to cover five times in the Club 10 Mile Road Championships. Despite the appalling conditions underfoot and worries about the runners' safety, it was decided to go ahead with the race, and spectators, officials, and competitors found themselves witness to some fine racing. Into a tentative lead from the start was Richard Newbold, closely followed by the rest of the field as they nervously approached the first corner. This was safely negotiated and, as long as care and a touch of commonsense was applied, even the iciest turns didn't prove too much of a hazard at a much reduced speed. The field soon settled down, with Richard out on his own and with two separate battles developing behind: Joe Loboda and Tony Lashmar for second and third positions and Graeme Tiffany and Andy McCourt for fourth and fifth places. At the end of the first lap, Richard had opened up a

sizeable lead with Joe and Tony running together, ahead of Graeme and Andy. However, by the end of the second lap Graeme had pulled away from Andy but Joe and Tony were still running together, with the second place changing hands several times. Richard had now settled into a steady pace which he was to maintain to the finish but behind him Joe had opened up a small lead over Tony with a lap to go. Richard thought he was going to come home in just under 55 minutes but had forgotten to allow for the long run in at the finish which makes the last lap 100 yards longer and had to settle with 55-16 which was a good time given the conditions. Next runner home was Joe who maintained his lead over Tony on the final lap, with Graeme fourth and Andy fifth. Many thanks to George Dodd for timekeeping and to Jack and Ted Flowers and Roger Daniels for the support despite the cold. Photographs were taken by Mick Wheeler.

- 1st Richard Newbold (10:49, 21:55, 32:58, 44:02, **55:16**)
- 2nd Joe Loboda (12:13, 24:46, 37:29, 50:12, **63:05**)
- 3rd Tony Lashmar (12:13, 24:46, 37:29, 50:18, **63:11**)
- 4th Graeme Tiffany (13:42, 27:14, 40:36, 54:15, **68:25**)
- 5th Andy McCourt (13:42, 27:45, 41:27, 55:16, **69:16**)

## Chingford League, 5M, Highams Park, 18 Jan 97

Victoria Park Harriers' Men's 'A' team came within one point of winning the latest round of the Chingford League with an impressive return to form at Higham's Park. The race saw the return of many athletes and the appearance of a new talent in Bart's medical student Jon Greenwell who was VPH's second scorer on the day in 20th place. Of the 'A' team from Trent Park, only Jim Roche survived although Terry O'Neill, absent from this race, would have been

## Just One Point From Chingford League Victory

a more than useful addition to the team. The race itself got off to a cautious start up the hill in the Park itself before a drastic change in pace on the descent. Early to show for the Harriers was Richard Newbold who seemed to be making a good recovery from his most recent bout of illness, providing he keeps away from the ale! Also prominent was Jim Roche, confident after his excellent Mob Match performance and with plenty of support at his "home" venue. Jim came onto Richard's shoulder after three-quarters of a mile with both runners just outside the top ten. However, good packing was to prove the key as a whole host of Muswell Hill and Woodford Green athletes were also present in the leading bunch. After a relatively cautious start, Jon Greenwell worked his way through the field and, after the second lake circuit, positions had settled down. Barry McKenna pulled back on Jim but couldn't quite catch him at the finish to gain 25th place, one place behind, with George Hart and Peter Eldridge completing the scoring six in 30th and 33rd places respectively. In the end, one more place would have gained us a win, something we never achieved in our League Championship win last season, but in the end Muswell Hill's packing in the teens won them the team competition. Victoria Park Harriers finally managed to field a complete 'B' team on a Saturday with Tony Lashmar leading the team home with Graeme Tiffany recording a solid 84th position, Joe Loboda 92nd, Andy McCourt 114th, Mike Wheeler 128th, and Peter Snell 140th. Liz Kempster was our only lady competitor and finished second in the women's section, but due to a poor turnout of female athletes, this was enough to increase VPH's lead at the top of the Women's League to 14 points!

1	P. Branston (Waltham)	24:15
9	R. Newbold	25:35

20	J. Greenwell	26:08
24	J. Roche	26:28
25	B. McKenna	26:31
30	G. Hart	26:56
33	P. Eldridge	27:05
61	T. Lashmar	28:39
84	G. Tiffany	29:50
92	J. Loboda	30:41
114	A. McCourt	31:52
128	M. Wheeler	33:10
140	P. Snell	33:49
146	L. Kempster (L2)	35:02

### 'A' Teams (12 teams)

1	Muswell Hill	140
2	VPH	141
3	Woodford Green	150

### 'B' Teams (11 teams)

5	VPH	619
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### Vets Teams

10	VPH	448
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### Ladies Teams

1	Eton Manor	12
2	Muswell Hill	13
3	VPH	14

### League Positions After 6 Races

#### 'A' Teams

1	Haringey	68
2	Barnet	57
3	Muswell Hill	57
4	VPH	50
5	Woodford Green	47

#### 'B' Teams

1	Orion	66
6	VPH	38

#### Ladies Teams (9 teams)

<b>1</b>	<b>VPH</b>	<b>53</b>
2	Orion	39
3	Eton Manor	37

### South of England AA Cross-Country Championships, Parliament Hill Field, 25 Jan 97 (incorporating VPH Championships)

224	T. O'Neill	52:59
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244	R. Newbold	53:19
264	J. Roche	53:44
445	T. Lashmar	56:49
479	G. Hart	57:15

(700 finishers)

### North of the Thames 11K, Ruislip **8 Feb 97**

Richard Newbold was Victoria Park Harriers leading runner at the North of the Thames Cross Country Championships held over a very hilly course at Ruislip and won the club's Coronation Cup for his pains. This race incorporated the Victoria Park Harriers 7.5 Mile Cross Country Championships and it was probably only the thought of winning another piece of silverware that kept Richard going in the latter stages. After a steady start, Richard settled down into about fortieth place before suffering a painful stitch which prevented him from running quickly, especially on the numerous downhill stretches, and he slipped back through the field to finish 55th. Tony Lashmar had a good run for 76th position and clearly enjoyed the testing nature of the hilly course. Steve Buttlings-Smith with sore knees and Joe Laboda with 'flu also suffered in their efforts for VPH with Steve just holding off Joe at the finish. However, with Steve not having joined VPH as a first claim member, Joe took third place in the Club Championship.

1	C.Low (Shaftesbury)	36-34
55	R. Newbold	42:41
76	T. Lashmar	45:04
123	S. Buttlings-Smith	49:42
128	J. Loboda	50:15

### Chingford League 4 Miles 1504 Yards, Victoria Park, 15 Feb 97

Bright sunshine greeted the large field which assembled in Victoria Park for the latest round of the Chingford League. Early to show for the Harriers was the fast-starting Pete Eldridge with Richard Newbold and Jim Roche in close contention at the back of the lead-

## Ladies Maintain Lead In Chingford League

ing bunch. Over the next mile, the field was strung out as Larry Mangleshot and Preston of Enfield picked up the pace. At halfway, Richard had tucked himself in a bunch comprising of five Woodford Green and two Muswell Hill runners and he held himself back until the apex despite feeling comfortable, the first time this season that he has not felt tired from the outset of a league race. At the apex, the group broke apart with Richard holding his own in 12th place, the position he held until the finish. Jim Roche was our next scorer in 25th position showing few ill-effects after his recent bout of flu with Pete Eldridge close behind in 27th place despite an upset stomach. Next scorer, in 33rd place, was newcomer Jon Greenwell who was a little tired after a 3-hour track session at Herne Hill Cycle Track that morning. Close behind for his first top 40 position in the Chingford League was Tony Lashmar, showing that those interval sessions are paying off, with George Rutten completing the 'A' team in 39th position, an excellent run considering his training has been sporadic since his new job. Leading 'B' team runner was Richard Martin with a terrific finishing burst to gain 100th place with Gerry Franey and Les Vialls starting their comebacks with encouraging runs in 105th and 106th places respectively. On the day, VPH 'A' team were third despite missing star performers Terry O'Neill and Barry McKenna. This maintains us in fourth place although Woodford Green, winners on the day in both 'A' and 'B' categories, are now only one point behind. The Ladies' team didn't have any representatives on the day, but still hold onto first place in their league. Their lead is now down to six points but their expected reappearance at the Eastway in the final fixture should ensure victory. Thanks to all those Harriers who helped on the day: Pat Franey, Danny Vialls, Gerry French, Peter Spencer, Mick Eldridge, Roger Daniels, and George Dodd. Spe-

cial thanks should go to Andy McCourt and Joe Loboda who both gave up their opportunities to run in order to help with the organisation on the day. In addition, Jack and Ted Flowers were invaluable in helping to marshal the course by the children's play area - the queue for the ice-cream van was so large, it was almost blocking the whole route!

1	L. Mangleshot (WG)	24:08
12	R. Newbold	25:42
25	J. Roche	26:39
27	P. Eldridge	26:50
33	J. Greenwell	27:23
37	T. Lashmar	27:38
39	G. Rutten	27:41
100	R. Martin	31:42
105	G. Franey	32:04
106	L. Vialls	32:04

### Team Results

'A'		
1.	Woodford Gn.	53
2.	Muswell Hill	130
3.	VPH	173
4.	Barnet	215
5.	Orion	242
6.	Haringey	251
7.	Walthamstow	260

'B'		
1.	Woodford Gn.	221
2.	Muswell Hill	320
3.	Orion	489
6.	VPH	764

### Overall League Positions after 7 races

'A' (12 teams)		
1.	Haringey	75
2.	Muswell Hill	68
3.	Barnet	66
4.	VPH	60
5.	Woodford	59
6.	Orion	54

'B' (11 teams)		
1.	Orion	76
2.	Muswell Hill	75
3.	Barnet	65

4.	Haringey	53
5.	Woodford	52
6.	VPH	45
7.	Eton Manor	40

### Individuals

1.	P. Branston	Wal	133
2.	D. Rose	Wal	132
3.	M. Cates	E. Man	105
4.	R. McCormick	T. Pk.	94
5.	D. Willcock	Bar	87
6.	R. Newbold	VPH	74

### Ladies Team (11 teams)

<b>1. VPH</b>	<b>53</b>
2. Eton Manor	47
3. Loughton	42

### London Colleges 5.2M, Guildford, 12 Feb 97

10	R. Newbold	32:00
16	J. Greenwell	33:29

### Chingford League, Eastway 5K, 25 Feb 97

A warm but windy night greeted the runners in the final round of the Chingford League at the pitch-black Eastway Cycle Circuit. The Victoria Park Harriers mens team already knew they weren't going to hold onto the title they won last season, but there were high hopes for the womens team to win their section. Early to show for the Harriers was the fast-starting Pete Eldridge who looked very relaxed at the front with Richard Newbold and Jim Roche in close contention at the back of the leading bunch. Richard was running with a quadricep strain suffered the previous day during a downhill strides session and was restricted in his ability to run quickly, especially on the downhill sections which made up the majority of the course. Richard and Jim passed Pete going up the largest hill on the first lap, but by the end of the first lap, Pete had re-passed Jim. Richard gradually picked his way through the field, but lost a couple of places on the run-in as he lacked the confidence to attempt a fast finish. Pete maintained his position for an excellent 21st position with a tired Jim in 25th probably affected by

## Tony Lashmar - Club 20M Champ!

his passing his last bit of the Knowledge that morning. Tony Lashmar continued his recent run of good form in 41st place with Keith Lowe in 60th and Joe Loboda in 62nd as the last VPH 'A' team runner. Unfortunately, this was only good enough for seventh place on the night and, with Woodford Green winning again, we slipped back to fifth place in the League. However, given our recent losses of quality runners and lack of availability of many of our athletes, we can't complain too much. Indeed, at Highams Park, we were only one point from winning. Hopefully, a more ordered training regime will benefit our existing runners, but we certainly need to recruit more good runners to replace the much-missed George Hart, Gary Luff, and George Rutten. The ladies team held onto first place in their league with another splendid victory to leave them 8 points clear of second-placed Eton Manor. Liz Kempster was our leading runner and was second lady on the night with Annie Gammon third and Hanna Robson sixth despite having an arm in plaster following a snowboarding accident.

1	L. Mangleshot (WG)	15:15
11	R. Newbold	16:25
21	P. Eldridge	16:57
25	J. Roche	17:14
41	T. Lashmar	18:04
60	K. Lowe	18:44
62	J.Loboda	18:52
86	A. McCourt	19:54
91	N. Gray	20:22
103	M. Wheeler	21:16
105	L. Kempster (L)	21:25
114	A. Gammon (L)	22:18
123	H. Robson (L)	22:52

### Team Results

'A'		
1.	Woodford Gn.	98
2.	Trent Park	171
3.	Muswell Hill	174
4.	Walthamstow	176
5.	Haringey	177

6.	Orion	198
7.	VPH	220
8.	Barnet	253

'B'		
1.	Woodford Gn.	401
7.	VPH	711

'Ladies'		
1.	VPH	11
2.	Epping	24
3.	Eton Manor	28

### Final League Positions after 8 races

'A' (12 teams)		
1.	Haringey	83
2.	Muswell Hill	78
3.=	Barnet	71
3.=	Woodford Green	71
5.	VPH	66
6.	Orion	61

'B' (11 teams)		
1.	Orion	87
6.	VPH	51
7.	Eton Manor	48

### Ladies Team (11 teams)

<b>1.</b>	<b>VPH</b>	<b>65</b>
2.	Eton Manor	57
3.	Loughton	50
4.	Orion	39

### Individuals

1.	P. Branston	Walth	156
2.	D. Rose	Walth	154
3.	M. Cates	E. Man	126
4.	R. McCormick	Tr. Pk.	107
5.	D. Willcock	Barnet	103
6.	R.Newbold	VPH	89

### London Colleges 10K, Battersea Park, 26 Feb 97

7	R. Newbold	33:25
12	J. Greenwell	34:18

### Club 20 Mile Road Championships Victoria Park, 2 Mar 97

Almost ideal conditions greeted the 11 competitors in the 20-Mile Road Championships with only a slight breeze to

slow the runners' progress. The majority of the runners in the field weren't committed to running the full distance, but treated the event as a long Sunday morning run. However, their presence added to the event which would otherwise have suffered from a small field. Jim Roche, Richard Newbold, and Ron Vialls led the field in the early stages while Tony Lashmar was the leading athlete known to be aiming for the full distance. Tony looked relaxed, but a very slow split for the fifth lap saw chasing runners Andy McCourt and Terry Adams close down considerably. However, the reason for this was later confirmed as being due to an unscheduled "pit-stop" due to a call of nature and, once back into his running, Tony returned to his original pace and pulled away once again. Andy McCourt finally broke away from Terry Adams towards the end of lap 7 as the distance and pace of the second and third laps began to tell. Andy eventually pulled ahead by two minutes over the last lap. Fourth finisher and third in the Championship (Terry is only second-claim and therefore ineligible) was Richard Martin with a very determined run.

1	Tony Lashmar	2:17:50
2	Andy McCourt	2:26:25
3	Richard Martin	2:35:46
	Terry Adams (guest)	2:28:10

### London University 5000 metres, Tooting Bec, 5 Mar 97

1st	Jon Greenwell	16:41
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### English National X-C Champs Havant 14K, 8 Mar 97

With Team Captain Richard Newbold and Secretary Joe Loboda absent with colds, there was some confusion with collecting numbers as our team became split up with the odd shuttle bus system at Havant. However, all was right in the end with leading Harriers Tony Lashmar and Jim Roche being reunited with their teammates, and their numbers,

# Harriers Win the Physical Shield!

moments before the start. Conditions underfoot were described as appalling, with the mud six inches deep over most of the course and nearer knee deep in places. The only good running was near the finish and on the uphill stretches. Distance men Tony Lashmar and Graeme Tiffany certainly adapted to the conditions and their greater strength showed as they pulled out good runs for 664th and 813th positions respectively. Tony was our leading runner on the day, but Graeme's run was perhaps the best for the Harriers on the day, given his recent form, and suggests that he's recovering the fitness he lost during his trip to Colombia in December. Jim Roche found it hard going, especially after a 13-hour shift on the previous day, and had to settle for a disappointing, for him, 695th place finish. Veteran Andy McCourt was our other competitor in 1330th.

664	Tony Lashmar	60:09
695	Jim Roche	60:34
813	Graeme Tiffany	62:01
1330	Andy McCourt	71:30

(1529 finishers)

### Chingford Road Relay 5x 3.5M Saturday 22 Mar 97

A weakened VPH team found it hard going at the high-quality Chingford Road Relay but were rewarded with a finish in the top half of the field. Lead-off runner was Jim Roche who found himself running against George Hart who was appearing in a Chelmsford vest for the first time since his resignation from VPH. We'll certainly miss George and we all wish him well with his new club and life in Chelmsford. Unfortunately for us, it was George who had the brilliant run with Jim finding the hilly course tough going this year. On leg two, Richard carved his way through the middle of the field, pulling back eight places to take VPH up to 9th position. VPH slipped back through the field on legs three and four before a determined run by Joe Loboda pulled us

back up to finish 15th out of 35 teams, despite taking a wrong turn into the car park before the finish. Overall, this was a good team performance given the very limited number of Club members who wanted to compete.

Jim Roche	19-20	17th
Richard Newbold	18-22	9th
Tony Lashmar	21-02	15th
Andy McCourt	22-31	19th
Joe Loboda	21-18	15th

### Physical Shield, 4 x 3000m, Loughton 25 Mar 97

Winners are grinners and the VPH team came back from Loughton smiling from ear to ear after an emphatic victory in the Physical Shield Road Relay. The Harriers 'A' team led from gun to tape and never looked like being headed despite all the efforts of holders Orion who had won for the previous four seasons. Lead-off runner was Richard Newbold who led the field at a terrific pace up the hill and by the time he reached the top, the pursuing runners had dropped away out of earshot. A very fast descent brought Richard through clear and another fast lap gave the Harriers a solid lead with Richard recording the fastest lap of the evening with 8-34. This was extended by impressive solo running from Jon Greenwell, who pulled way from Orion's fastest man, to record the second fastest lap of the day with 8-46, handing over to Jim Roche with the Harriers out of sight of the following Orion runner. Jim flew round the course looking far more comfortable than at the Chingford Road Relay, further extending our lead to give Joe, on the last leg, a comfortable cushion. Joe gave a typically gritty run, bringing the Harriers home with 40 seconds to spare over Orion to bring the Shield back to Cadogan Terrace. The Harriers 'B' team had a flying start from newcomer Tom Kehoe in sixth position, but sadly no-one was there for him to hand over to. This was definitely a missed oppor-

tunity for those who didn't come especially for the sight of Joe receiving the Shield in the Loughton changing rooms dressed only in a T-shirt. Fortunately, he didn't raise the shield above his head in celebration!

<b>'A' Team</b>		
Richard Newbold	8-34	1st
Jon Greenwell	8-46	1st
Jim Roche	9-01	1st
Joe Loboda	9-52	1st

<b>'B' Team</b>	
Tom Kehoe	10-11 6th

### Boswell League Final Standings 1996/7

1. R. Newbold	297 (max 380)
2. T. Lashmar	255
3. J. Loboda	221
4. A. McCourt	188
5. J. Roche	165
6. P. Eldridge	103
7. G. Rutten	87
8. G. Hart	85
9. T. O'Neill	76
10. R. Onslow	75
11. G. Tiffany	64
12. B. McKenna	52
13. R. Martin	45
14. J. Greenwell	36
15. M. Wheeler	31
15. J. George	31
17. G. Luff	30
18. N. Gray	29
19. P. Snell	26
20. R. Vialls	24
20. G. Franey	24
22. K. Lowe	16
23. B. Underwood	14
24. L. Vialls	12
25. B. Xidhas	11
26. D. Henderson	9
27. Maxim	8

The Boswell League is Victoria Park Harriers Winter League competition for its male members. The competition is named after 1980's Club stalwart Eddie Boswell (he hasn't died, it's "always" been named after him) and is awarded

## Newbold Wins Boswell League Yet Again!

to the Victoria Park Harrier who attains the most points (first VPH runner received 20 points, the next 19, etc., per race) over the whole winter season, which stretches from September to March. This season saw a new format for the competition with all races except relays counting towards the league. These included the Chingford League, Mob Match, County Championships, Club Championships, Southern, National, North of the Thames, and the Ware Cup. Winner for the last three seasons has been Richard Newbold.

### New 5 Mile Course Saturday April 26th 1997

After years of debate, the VPH Management Committee has decided to break with tradition and have the Open Five course measured and adjusted to be an exact and certified five miles. This move is likely to prove somewhat controversial and perhaps a little unpopular with those runners who've supported the race over the years but we believe that everyone would like to know that their time corresponds to a genuine '5' rather than 4 miles 1504 yards (256 yards short). We will, of course, mark a line where the old course finished so that those "old stagers" can compare their times with those of previous years! As well as altering the distance, the new course has a different start and finish position to improve spectating and provide a straight run in at the finish. However, the essential nature of the race will remain as always a two-lap race over a figure-of-eight course in the flat and traffic-free eastern section of Victoria Park. The new start is close to the Falcon and Firkin Pub nr. The Queen's Gate Entrance to the Park and, after two laps of the course, the finish is opposite where the altar of St. Augustine's Church used to be. This is 256 yards further down the avenue that leads from the Queen's Gate towards the Victoria Park Harriers' Clubhouse at St. Augustine's Hall. The junior races will

also finish at the same point and will comprise of:

- Junior Girls (11-13) 1 Mile (1:15 pm)
- Junior Boys (11-13) 1 Mile (1:30 pm)
- Inter Girls (14-16) 2 Miles (1:45 pm)
- Inter Boys (14-16) 2.5 Miles (2:15 pm)
- Senior Race (16+) 5 Miles (2:45 pm)

Entry Fees: Seniors (Affiliated - £4; Non-affiliated £5; On the day £4-50/£5-50)—Juniors (£1 per runner; team of six - £5; additional teams £3)

For further details or entry form contact: Richard Newbold, Flat 5, The Sporting Life, 19, Three Colts Lane, Bethnal Green London E2 6JL (0171-729 8234)

In order to get the five-mile accuracy, Mike Tomlins, the course measurer, went around twice and was within less than half-a-yard on the two circuits. His bicycle had a counter on it that corresponded to eight digits per yard and he was within one digit (i.e. much less than half-a-yard) over the two trips around. Mike had calibrated his bicycle on a known cycle racing circuit the day before and has wide experience of course measurement - he's on call for the London Marathon, etc., and recently trained Hugh Jones (former London Marathon winner) in the art of Course Measurement. He's also Secretary of the Road Racing Commission and therefore is probably as good as they get! His bike has solid tyres and the temperature for the calibration was very close to that when we measured it. Here's the bottom line—since he's a Grade One measurer, this means the Open 5 course is now suitable for national records (and world records, for that matter!).

### Where Is He?

Thanks to Ken Prevost and Bernie Skeels for both providing Danny Callaghan's address. Still no sign of Albert Pattison's address???

### Who Else Is On E-Mail?

Wayne DuBose, Richard Newbold, Garry Ormes, Boyd Underwood, Terry O'Neill, Annie Gammon, Richard Bruce, Bob and Pam Dann. Who else? Let me know at: [dubose@enterprise.net](mailto:dubose@enterprise.net)

### Letters to the Editor

Dear Wayne,

Thanks so much for the VPH News. I thoroughly enjoy reading it and think you do a really great job. No, you don't know me. I am one of those older members you like to hear from. I am Fred Plumm and joined in May 1935. Went into the forces in June 1939 for 6 months militia training. Glad to come out OK in Jan. 1946, so I attended the opening meeting of April 1946. Because of the heavy bombing of the East End, most of the members no longer lived around the Park, like we all did prior to the War. Anyway, we all agreed to help all we could, to get 'The Park' on its feet again. We were lucky that George Hemsworth was still around to take up his duties once again as Club Secretary. Without George and his know-how, I doubt we would have managed. Anyway, I remember I became Captain of Track and for a period combined it with Track Secretary. I remained Captain till 1950 - 51, when by now the Club had quite a few very keen young VPH members, who would carry on the Club in the true 'Park' tradition. I am sure Gordon Everson became Captain, helped by his friend and training companion, Ken Rouse. Deric Bareford was now a force in the Club, so it was all set to take off. You know the rest of the story, it did take off, it was a success, and then again time takes over, but reading the VPH News, I think the success story is due to start again. Euge Murnane captured the magic of the Park pre-war in the April issue. He mentioned everyone, Cairncross won County 100 and Stan Cannell the Southern 200 - Bill Earwaker played a

# Deric Bareford, All-Time VPH Great

very big part during the late 1940's. The strings in the 100 yards were a nightmare, my first race was 100 in strings. I was 16 at the time against Arthur Coombes (he could go a bit). I soon retired from sprinting and ran 440 and 880. I remember my fastest 660 ever was a time trial against Euge Murnane who just got the better of me. Euge was the winner of the Southern 440 yds hurdles, a really fine athlete. For the record, Wayne, I joined May 1935. I think Deric has a note of it. Find enclosed cheque. All the best, Fred Plumm

Dear Fred,

I'm glad you enjoy reading VPH News. Of course what makes it readable is when someone like yourself writes an interesting letter. I find it amazing to be writing to someone who joined VPH over 60 years ago and was a Life Member over 40 years ago. The pleasure is all mine. Thanks for your generous £25 donation. Best Wishes, Wayne

Dear Wayne,

Thank you for the December edition of VPH News and for remembering my giving you javelin instruction in 1970. I'm not sure I remember 1970 anymore and as my knowledge of javelin technique still doesn't extend into two lessons and as I could never lift the implement off the ground let alone throw it, I would not pretend to have been in anyway responsible for what you have achieved since then. Please thank those members who organised the 70th Anniversary Dinner, especially Johnny Daniels who was my and Ruth's host. It was a great success! I derived considerable comfort from discovering that I'm not the only 'old boy' whose knees are a bit crunchy. It was also good to see Deric and former greats Ronnie Iron and Danny Callaghan, amongst others. Along with my old coach Dennis West who spent so much of his own time encouraging me to train. I would like to remain on the

VPH News mailing list, especially as I'm moving to Hackney in the New Year and may get to visit the Park from time to time. I couldn't find out what the various subscription rates are so please find a donation/subscription to meet expenses, etc. Regards, Robin Cornell

Dear Robin,

Glad to have you on board as an honorary member (or associate member at the latest term goes). Also thanks for the £10 donation. When you move to Hackney, let me know your address so I know where to continue sending you VPH News.

## **Deric H. Bareford** **(Athlete Extraordinaire and Life Vice President)**

(written by Life Vice President Dick Everson in 1967, with minor modifications by W. DuBose to bring it up to 1996)

Born in Poplar in November 1922, it was almost impossible for Deric to avoid becoming an athlete for his brother was a member of the Polytechnic Harriers and the family lived next door to Danny Jacobs (Herne Hill Harriers), who captained the British team at the Olympic Games at Stockholm in 1912. The war interfered with Deric's early career and he served with the RAF from 1941 to 1946, mainly in the African theatre of operations, but he still managed to get in some athletics and in 1946 won the RAF Victor Ludorum trophy. When he first appeared at the Victoria Park track in the spring of 1947, it took some weeks for the information to filter through that this magnificently endowed and obviously experienced and class athlete was in fact unattached. You can imagine the delight of officials when Deric put his signature to a VPH membership form. Deric had won his first medal some 14 years before when at the age of ten he had finished third in the under-14 East

London Schools Championship and it wasn't long before he was adding to his collection of five RAF cups for he soon captured the club 100 yards and high jump titles. The 1947 season was one of athletic reconstruction - clubs were struggling to reorganise after a war which had scattered officials, records, and trophies, but by 1948, things were in full swing. VPH instituted a large number of new championships and Deric promptly set out to get his name on as many as possible. In that year, he retained the sprint and high jump and long jump titles and the newly instituted 220 yards championships. Working for the GPO qualified Deric for the civil service championship and he took both sprint titles, a double which he repeated when the London AC championships were held at the end of the 1948 season. In 1949, he captured the Middlesex sprint title and was runner-up in the furlong, performances which led to his selection for the AAA. Injuries handicapped Deric in 1950, although not sufficiently to prevent him annexing four club championships and the Middlesex pentathlon title, but in 1951 he came second in the Southern 100 yards and was favourite to win the furlong when he had the misfortune to pull a muscle. However, he retained his County pentathlon crown even though he could only (!) boast two club titles. In 1952, he brought his number back to four, again took the County pentathlon, was third in the Southern decathlon, runner-up in the Middlesex 440 yards, and winner of the London AA long jump. Turning more and more to the decathlon in 1953, Deric reached a new peak by taking the bronze medal in the AAA championships. For one reason and another, his club pot hunt was limited to the discus, a championship which only evaded him for three years between 1950 and 1964. In 1955, he reached the high tide in his career when he was runner-up in the AAA Decathlon, although in the Southern, he had only been able to get

# VPH All-Time Club Records

home 3rd. The Middlesex pentathlon was by now practically a foregone conclusion but this was the last occasion he was to take home the trophy. The year also saw him reach a new peak in the club championship field for he secured five 1st place medals and at the end of the season was awarded the Sullivan trophy jointly with Geoff Iden for the most meritorious performance of the year. From then onwards, Deric decided that an all-rounder meant what it said and he tried almost everything...road races, road relays, and even the Middlesex Cross Country championship. How many can claim a County sprint medal and to have ground out 7 1/2 miles over the county country course? By dabbling in everything, it naturally meant giving up any ideas of major individual honors, but with his happy-go-lucky nature, there can be no doubt that the mid-50's were the most enjoyable years of Deric's athletics life for the pressure was off...and who likes pressure? His name may have disappeared from the newspapers, but he still played havoc with the VPH championships for in 1955 he again captured five titles. This was the last occasion a track championship fell to him, but the field events continued to fall thick and fast and even as recently as 1973, Deric held the discus title. He amassed the staggering number of 54 club championship with the first coming in 1947 and the last in 1973 (age 50). His club representation statistics were outstanding. When competing for VPH, Deric won no fewer than 32 100 yard races, 20 furlongs, 8 long jumps, 4 high jumps, and 10 discus contests. He twice won triple jump and javelin contests and once took a 440. On 29 occasions, he was a member of a winning VPH relay team. He turned out for the club in the 100, 220, 440, 880, long jump, high jump, triple jump, pole vault, hammer, shot, discus, and javelin. Deric won club titles at 100 (7), 220 (5), 440 (2), high jump (10), long jump (8), shot (1),

discus (14), and pentathlon (7). He also had a place medal over 880 yards. In one afternoon, during a match with the Metropolitan Police at Imber Court, Deric took part in the 100, 220, 110 and 220 relay, medley relay, shot, discus, hammer, javelin, long jump, and high jump - 11 events in all! In 1963, he joined the Veterans AC and promptly annexed their 100 and 220 championships. Deric lives in Woodford and runs Triangle Sports in Hackney. Alas, his remarkable collection of trophies was decimated when over 40 cups and medals were stolen from his home in 1965. In 1972 and 1973, age 50-plus, Deric once again returned to competition, capturing victory in the club discus championship both years. In 1996, Deric was recognized for his lifetime achievements with the Club being honoured with the position of Life Vice President, only the 11th to be so recognised. Deric has some wonderful memories to sustain him and those who saw him in his prime will never forget the sight of the superbly built athlete using his raking stride to full advantage around the old dusty bends of the Victoria Park track!

## VPH Ladies Club Records

### Assembly League Records:

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

### Chingford League Records:

Eastway 5K H. Robson 19:55 (93)  
Epping Forest 5M X-C H. Robson 37:33 (95)  
Alex. Pk. 5M X-C H. Robson 34:11 (95)  
Trent Pk 5M X-C H. Robson 33:25 (96)  
Trent Pk 5.5M X-C A. Gammon 39:39 (96)  
Victoria Park 5M H. Robson 32:36 (96)  
Loughton 5.75M X-C A. Gammon 41:49 (96)  
Highams Pk 5M X-C L. Kempster 35:02(97)

### Metropolitan League Records:

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

### Club Championship Records:

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

### Other:

VP Open 5M A. Gammon 31:52 (96)  
Marathon A. Gammon 3:18 (96)  
Mob Match A. Gammon 19:39 (97)

## 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
1000	S. Crisp(77)	3:09.9
1500	C. Jones(66)	4:26.7
3000	P. Tempan(77)	10:27.0
LJ	R. McKenzie(75)	5.54
HJ	J. Richardson(77)	1.60
TJ	R. McKenzie(75)	11.35
DT(s)	J. Morrow(76)	24.60
JT(s#)	R. Pearson(76)	36.30

### Youths

100	M. McFarlane(76)	10.69
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	G. Hayden(76)	2:43.8
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)	18:33.2
10000	P. Tempan(78)	39:48.0
110H(h1)	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

# Four Alf Pattison Records 40-Years Old!

TJ	R. McKenzie(77)	13.89
PV	W. DuBose(71)	2.64
SP(s)	W. DuBose (72)	9.35
SP(j)	D. Stevens(57)	11.10
DT(s)	J. Meredith(80)	34.98
JT(s#)	W. DuBose(72)	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
600	A. Barber(67)	82.0
800	S. Mahon (87)	1:53.7
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, C. Francis, 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)

**Club Championship Records**

Senior		
100	F. Baillie	11.3 (50)
200	B. Allen	22.8 (81)
400	A. Gibbons	50.0 (69)

800	A. Barber	1:55.2 (70)
Mile	A. Pattison	4:13.0 (57)
5000	M. Quanne	14:40.8 (68)
10000	M. Quanne	32:22.0 (77)
110H	V. Bramble	17.4 (77)
400H	W. DuBose	57.4(75&76)
3000SC	P. Read	9:55.7 (81)
LJ	K. Richards	6.66 (83)
HJ	D. Alexander	1.90 (76)
TJ	R. Young	13.28 (75)
SP	T. Bland	13.23 (57)
DT	T. Bland	42.51 (59)
JT	W. DuBose	55.12 (76)
HT	B. Lincoln	28.85 (91)
Pent	W. DuBose	3150 (75)
(1985 tables)		

**Junior**

100	P. Tapper	11.3 (75)
	M. McFarlane	11.3 (75)
200	D. King	23.0 (75)
400	D. King	50.6 (75)
800	D. Callaghan	1:57.6 (61)
Mile	G. Kicks	4:28.2 (64)
LJ	D. Collingwood	6.35 (61)
HJ	S. Smellie	1.75 (66)
	H. Boatswain	1.75 (76)
SP	W. Cox	13.49 (66)
DT	J. Meredith	38.48 (80)
JT	W. DuBose	48.79 (73)

**Youth**

100	M. McFarlane	11.1 (75)
200	M. McFarlane	23.0 (76)
400	W. Campbell	53.4 (76)
800	D. Callaghan	2:00.0 (59)
Mile	G. Kicks	4:27.0 (63)
LJ	D. Collingwood	6.35 (61)
HJ	J. Richardson	1.60 (77)
DT	D. Langman	33.74 (75)

**Boys**

100	M. McFarlane	11.8 (74)
200	W. Campbell	25.6 (75)
400	A. Johnson	56.1 (66)
800	G. Hayden	2:17.1 (74)
Mile	C. Jones	4:53.3 (66)
3000	P. Tempan	10:46.6 (76)
LJ	A. Corbett	5.20 (75)
HJ	J. Richardson	1.60 (77)
TJ	M. Poly	9.89 (66)
DT	K. Apperley	24.12 (75)

## Bareford Holds Most Club Champs Ever

### Southern League Records

100	M. McFarlane	10.6 (77)
200	M. McFarlane	21.6 (77)
400	D. King	49.3 (76)
800	S. Mahon	1:53.7 (87)
1500	D. O'Donnell	3:58.0 (85)
5000	D. O'Donnell	14:55.3 (85)
110H	W. DuBose	16.4 (76)
400H	C. Richardson	56.0 (77)
3000SC	C. Brogan	9:33.3 (87)
LJ	K. Richards	7.08 (83)
HJ	D. Alexander	2.00 (79)
TJ	F. Gaynes	14.13 (77)
PV	W. DuBose	3.82 (76)
SP	V. Faley	12.21 (77)
DT	W. DuBose	37.58 (75)
JT(old)	W. DuBose	61.14 (76)
JT(new)	W. DuBose	50.52 (95)
HT	J. Morrow	37.86 (83)
4x100	H. Boatswain T. Griffiths P. Tapper V. Bramble	43.2 (77)
4x400	T. Griffiths V. Bramble C. Richardson D. King	3:21.9 (77)

### VPH All-Time Vets Records

100	Deric Bareford (63)	11.2
200	Deric Bareford (63)	22.5
400	John Daniels (71)	53.8
800	Keith Lowe (93)	2:05.2
1500	Keith Lowe (93)	4:13.3
3000	Keith Lowe (93)	9:05.3
5000	Keith Lowe (94)	15:47.9
10000	Terry O'Neill (95)	34:05.7
Mar	Geoff Iden (56)	2:25:51
110H(39")	Wayne DuBose(95)	17.66
110H(42")	Wayne DuBose(95)	18.3
200H	Wayne DuBose(95)	27.7
400H	Wayne DuBose(95)	61.9
3000SC	Terry O'Neill (95)	10:25.4
LJ	Wayne DuBose(95)	5.46
HJ	Wayne DuBose(95)	1.62
TJ	John Daniels(72)	10.39
PV	Wayne DuBose(95)	3.50
SP(16lb)	Wayne DuBose(95)	11.65
DT(2kg)	Deric Bareford(63)	34.42
JT(800g)	Wayne DuBose(95)	51.14
HT	Wayne DuBose(96)	20.36

Pent Wayne DuBose(95) 2690  
(LJ - 5.46, JT - 51.14, 200 - 24.84, DT - DT, 29.28, 1500 - 5:04.35)  
Dec Wayne DuBose(95) 4892  
(100-12.5, LJ-5.30, SP-10.94, HJ-1.57, 400-56.1, 110H-18.8 (42"), DT-31.98, PV-3.00, JT-47.38, 1500-4:59.2)

### VPH All-Time Road & X-C Records

Club Championships  
5M X-C - Mike Quanne 25:44 (??)  
3.5M - Des O'Donnell 16:53 (85)  
10M - Mike Quanne 48:21(70)  
10M X-C - L. Mangleshot 55:18 (83)  
20M - Chris Brogan 1:47:46 (89)

Assembly League  
Blackheath - Chris Brogan 14:54 (87)  
Victoria Pk - Chris Brogan 16:39 (87)  
Forbanks - Steve Mahon 14:15 (88)

Chingford League  
Eastway - Chris Brogan 15:14 (88)

Chingford League X-C  
Trent Park - Keith Lowe 26:53 (85)

Relays  
Chingford - Mike Quanne 16:33 (66)  
Walthamstow - Des O'Donnell 11:20 (85)

Mob Match-Larry Mangleshot 13:58 (87)  
Vict. Park 5M Mike Quanne 23:29 (71)

### Bareford Reclaims Club Vets Record in Tremendous Tussle with DuBose

In a mighty statistical battle between Deric Bareford and Wayne DuBose, Deric managed to reclaim the club Vets discus record. In round one, Wayne was typing Deric's bio into this magazine and saw that Deric was born in November 1922. In round two, Wayne grabbed a club magazine from 1964 which stated that Deric won the club discus champs that year with a throw of 110'10 1/2". A quick check of the conversion tables showed that Wayne had a slight edge over Deric with a throw of 33.82 vs 33.78. In round three, Wayne consulted the club maga-

zine of 1963 and saw Deric pull out the club championship winning throw of 112'11". This converted to 34.42 metres and the competition was over. Deric had edged Wayne to claim his third club veterans record.

### VPH Track & Field Championship Titles

1st Deric Bareford 54 (1947 - 1973)  
2nd Wayne DuBose 50 (1970 - 1984)  
As you read the following, focus only on the fact that Deric was half-a-century old—Between 1971 and 1974, Deric and Wayne met in club championships on seven occasions. During this time, Wayne went from age 16 to 19, while Deric went from age 48 - 51. The competitions were all throwing: discus (3), shot putt (3), and javelin (1).  
1971 Javelin Wayne 1st Deric 2nd  
1972 Discus Deric 1st Wayne 3rd  
1972 Shot Putt Wayne 2nd Deric 4th  
1973 Discus Deric 1st Wayne 3rd (Deric's final medal. Champion at 50!)  
1973 Shot Putt Wayne 2nd Deric 4th  
1974 Shot Putt Wayne 1st Deric 3rd  
1974 Discus Wayne 1st Deric 4th

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

On day one, with Deric the acknowledged sprinter of the two, he was expected to jump out to an early lead and held up to expectation. On the 'b' of the bang, Deric got a clean start and easily pulled away from Wayne winning by a clear eight metres. Deric's time of 10.8 earned him 852 points, while Wayne had to settle for 11.6 seconds and 683 points. In the next event, Deric, utilizing his far superior speed, leapt out to 6.67 metres (736 points) while Wayne managed 6.30 metres (652 points). After only two events, Deric had a commanding 253 point lead. In the shot putt, Wayne managed to claw some points back putting the metal ball out to 12.03 metres (608 points), while Deric hurled the shot out to the 10.97 metre mark for 544 points. At this point, Deric still maintained a strong 189 point

# 1929 Cup Still in Existence at VPH HQ

lead. He quickly gained a further 68-point advantage when he cleared 1.83 metres (653 points) in the high jump to Wayne's 1.75 metres (585). Deric showed that the scissors style was still very effective over Wayne's Fosbury flop technique. Deric now led by 257 points. In the final event of the day, the 400 metres, both runners ran magnificently, but Wayne just managed to hold off Deric by covering the distance in 49.8 seconds (817 points) to Deric's 50.3 (794 points). After completion of the first day, Deric led comfortably with 3,579 points to Wayne's 3,345 points. (Day two in the next VPH News)

### Committee Mtg Minutes (7 Feb 1929)

"Our President, R. Moore Esq., having generously presented us in the past, when the Club was in difficulties, with a sum of money in lieu of proposed Cup, it was proposed by E. Wiseman and seconded by H. Peck that a Cup be procured and named 'The Moore Cup' to be presented for 100 yards Champs, the value to be approximately £5-5-0. Carried. (Editor's Note: That trophy is currently on display at the clubhouse).

### Southern League Div 4 - 1988

Dream Team Based On All Results

'A' String

100	D. Kosoko	11.5
200	M. Houghton	23.7
400	T. Mair	52.5
800	R. Bruce	2:00.7
1500	K. Lowe	4:08.0
5000	C. Brogan	15:12.6
110H	T. Adams	20.5
400H	R. Middleton	64.2
3000SC	C. Brogan	9:55.0
LJ	I. Melin	5.90
HJ	L. Bruce	1.55
TJ	G. Anderson	11.64
PV	J. Daniels(age 56)	2.10
SP	D. Prentice	11.30
DT	D. Prentice	29.74
JT	I. Melin	46.18
HT	D. Prentice	24.92
4x100		45.1

4x400		3:31.9
B' String		
100	M. Houghton	11.6
200	M. Houghton	23.7
400	R. Bruce	52.8
800	L. Kohn	2:02.0
1500	S. Mahon	4:09.6
5000	G. Hart	16:32.2
110H	M. Gonzales	22.6
400H	T. Adams	65.6
3000SC	R. Vialls	10:40.7
LJ	G. Anderson	5.74
HJ	R. Bruce	1.50
	M. Gonzales	1.50
	D. Prentice	1.50
TJ	E. Harris	11.55
PV	T. Murray	1.66
SP	T. Adams	8.86
DT	J. Daniels(age 57)	22.96
JT	D. Prentice	41.52
HT	T. Adams	19.88

Over the last four matches, VPH finished 4th (93.5 pts), 4th (108), 5th (96), and 4th (81 pts). As with 1987, 1988 was a relegation year.

### Club Paperwork Rummaging

As I continue my never-ending rummaging through the masses of paperwork dumped in the committee room over the last uncountable years, I stumbled across Dennis West's application form. Dennis joined 15 August, 1949 and his membership was proposed by Dick Everson. I also found an application form for Ernest Dunster dated 5 May 1946. I don't know Ernie, but the proposer's signature was Harry Peck's, who I now know was the founding member of Victoria Park Harriers.

### Older Members' Addresses

A couple of magazines ago, I promised to list the addresses of our veteran members so you could all swap Christmas cards. Since nobody objected to theirs being listed, here they are:

1. John Anstey, 38 The Wade, Welwyn Garden City, Herts AL7 4LG

2. Alan Barber, 68 Mungo Park Road, Rainham, Essex RM13 7PD
3. Deric Bareford, 4 Highfield Road, Woodford Bridge, Essex IG8 8JA
4. Danny Callaghan, 33 Lambton Road, Islington, London N19 3QJ
5. Major Carr, 4 Cousin Fields, Bromley Cross, Bolton BL7 9YQ
6. Robin Cornell, 89 Queen Alexandra Mansions, Judd St, London WC1H 9DP
7. John Daniels, 1 Almonds Avenue, Buckhurst Hill, Essex
8. Bob Dann, 27 Westly Wood, Welwyn Garden City, Herts AL7 1QN
9. Gordon Everson, 111 Station Road, West Horndon, Brentwood, Essex CM13 3NB
10. Pete Faley, 37 Aveling Park Road, London E17 4N7
11. Jack & Ted Flowers, 64 Wilmer House, Daling Way, Bow, London E3 5NN
12. Mick Harding, 57 Redriff Road, Colliers Row, Romford, Essex RM7 8HD
13. Alan Howlett, 107 Manor Road, Dagenham, Essex RM10 8BE
14. Jimmy Joyce, 25 Sheringham Avenue, Oakwood, Southgate, London N14
15. Les Lait, 25 Turners Close, Bramfield, nr Hertford, Herts SG14 2QW
16. Con Milton, 20 Seaton Drive, Ashford, Middlesex TW15 3ET
17. Freddie Plumm, 56 Dunkeld Road, Dagenham, Essex RM8 2PT
18. Vic Potter, 25 Priory Avenue, Old Harlow, Essex CM17 0HJ
19. Ken Prevost, Beckenburgstrasse 10, 8212 Neuhausen am Rheinflall, Switzerland
20. Mike Quanne, 75 Dartmouth Park Road, London NW5
21. John Schollhammer, 3 Freeborne Gardens, Rainham, Essex RM13 7PR
22. Bernie Skeels, 11 Ladymeade, Ilminster, Somerset TA19 0EA
23. Henry Tabberer, 101 Broadclyst Gardens, Thorpe Bay, Essex, SS1 3QU
24. John Turner, 93 Beehive Lane, Ilford, Essex IG1 3RN

# Speed Training is a Must!!!

25. Garry Walker, 40 Newbury Road, Ilford, Essex IG2 7HD

26. Dennis West, 5 Wynchgate, Southgate, London N14 6PP

27. Len Williams, 45 Limerick Gardens, Upminster, Essex RM14 1HZ

28. Les Williams, 3 Bleasdale Close, Ormskirk, Lancs L39 6RU

If I missed your address off and you want the rest of the running gang to know, let me know.

## Many Thanks To

- Richard Newbold for obtaining the metal emblem and putting it on the Chingford League Shield to acknowledge us as champions of 1996. He also tacked on the emblem for 1965 which had been left off. We need to win more often so we can get in the habit of putting on even more winning emblems.
- Steve Mahon for returning our equal oldest trophy, the Garro-Jones Challenge Trophy, instituted in 1928, for the Senior Men's One Mile championship race. Steve had won it several years before.
- Alan Howlett for giving me club magazines dating back to 1955. I believe I have all club magazines with the exception of #1 - #28 which Gordon Everson has said I can get photocopies of from him when I meet up with him.

## Fred Smith - Life Vice President (1953)

In the last VPH News, I asked who Fred Smith was who'd been elected as Life Vice President at 1953's AGM. Gordon Everson phoned me and we had a pleasant chat about VPH, including Fred. Fred had been a club stalwart for many years, usually in an officiating capacity. He's credited with securing the club trophies during WWII. When it was known he was dying, Dick Everson and George Hemsworth were determined to reward him with what he deserved, and nominated him for the Club's highest honour. He died before the next AGM.

## Thinking Aloud

### (by Richard Newbold)

It's the end of the 1996/7 Cross Country Season and a young(ish) man's mind turns to the track....but before we forget about Cross Country for another six months, we should think about our achievements this season and our aims for the next. In 1996, the Chingford League Shield came back to Cadogan Terrace after an absence of 31 years, but this year's winners were Haringey with VPH back in fifth position in the league table. There are two obvious reasons why this happened: we didn't run fast enough or often enough. The question is: How can we change this for the 1997/8 season? First of all, we must train hard and race hard. There aren't many VPH club members who can say that they're consistently pushing themselves in training. While it's extremely sensible to know your body's limitations and to ease down when you feel under the weather, and I know this better than most after the last nine months, there seemed to be a lack of desire to improve amongst the majority of us at the beginning of the season. This was despite the confidence boost provided by our best distance running results for several years with the Chingford League win and second places for the 'A' and 'B' teams in the Assembly League. An important part of this desire to improve must be to set aims which should be achieved as part of a well thought out plan. If you look in your back issues of VPH News, you'll see the perfect example of this in Wayne's Aims for VPH for the last few seasons. Of course, the best laid plans can go wrong but the goals we set ourselves can be adjusted as circumstance demands. At VPH this season, there didn't appear to be many athletes who set themselves achievable goals during the winter and I think that it showed in our training and our results. The only time that people seem to think properly about their training is

when the London Marathon comes around, but this is far too late for the majority of the important races which VPH should be competing in: Cross Country Leagues, and County and Southern Counties Cross Country Championships. However, there are signs that training for racing is becoming more important at VPH. Hanna's training schedule for the women/Z-team was an excellent example of how to set yourself sessions to fit around a busy racing schedule. Having fixed sessions also meant that the temptation, and tendency (at this Club especially), to have an easy session or steady run were avoided. Everyone remembers evenings when they've come down to the Club expecting a good session only to find out that it has been watered down into something that'll do nobody any good. We must banish these evenings for good. I have a very strong belief in the benefits of speed endurance training and specific speedwork. While there are those athletes who appear to flourish on a diet of steady running, it's highly likely that they would have even greater success with an increase in quality over quantity. Even athletes who wish to run well at the marathon will benefit from some speed endurance work, especially in the period up to the Southern Counties Championships in January. To this end, we've started to have organised training sessions on Thursday evenings. These will develop under Ron Iron's and John Daniels' supervision to provide structure to the training of all our competitive athletes. For next season, I want to promote three quality sessions each week on Tuesday and Thursday evenings and those Saturday mornings when we're not racing. The Saturday sessions will be designed to enable speedwork to be done in spikes on grass and in daylight. These will maximise development of speed endurance and hopefully minimise the wear and tear on those taking part. They'll also make racing in spikes more comfortable and

## Andy Osbaldestin Reminisces

ease the transition between the cross country and track seasons. The Thursday sessions will be predominantly at the Eastway or Spring Hill - to improve strength, speed and style, while the Tuesday sessions will be either at Mile End track or from Cadogan Terrace. Therefore, an example of training for a member of the men's team might be:

Monday :Steady 6m run,circuit training

Tuesday : Speed work (e.g. 400m repetitions, short recovery), replaced by 2 minute runs if racing on Saturday

Wednesday: Steady run (7 miles)

Thursday: Hills (relaxed 200/300m reps if racing on Saturday)

Friday: Rest

Saturday: 6 x 3 minutes (90 secs recovery) or race

Sunday: Long easy run (90 minutes)

Plus some weight training to supplement this. Total ~45 miles.

The women's races in the Metropolitan League and Championship Races are considerably shorter than the men's races and therefore the steady runs will be shorter but the speedwork is possibly even more important. The other key to improvement of the results next season will be the recruitment of more runners than we lose. This remains a problem which must be addressed. So, what did we achieve in 1996/1997? Highlight of the season was definitely the women's team winning the Chingford League. Hopefully, they'll be able to use this success to launch themselves into a full season's competition in the Met. League. For the men, it was a hard season with the loss of so many of our winning team of 1996: George Hart and George Rutten to Chelmsford, Gary Luff to Ipswich, Phil Hampshire to Brighton, Andy Wheeler returning to Australia, and Isacc Njuguna going home to Kenya. However, two of our current athletes did gain Middlesex vests and at Highams Park we came within one point of winning a fixture in the Chingford League, so we have achievements to build upon. What goals should we set ourselves for next

season?

Men:

1. We should aim for lots of participation in league fixtures and club championships. It should be possible for us to field 12 men at each Chingford League race. Victoria Park Harriers exists to promote competitive athletics. This should be an aspiration for us all and not just a minority. To encourage greater participation in club championships, we shall re-introduce a handicap competition within each championship so that everyone has the opportunity to compete and hopefully win.

2. We should try to field as strong a team as possible at the three main events of the season: County Championships, Southern Counties Championships, and the Nationals.

3. We should attempt to be placed in the team competition of the North of the Thames Junior Championships. This is a reasonable aspiration. We have the athletes to score six in the top 30 in this race and this would give us a chance of getting in the medals - it would be nice to be barred from this race!

4. Lastly, we should make a concerted effort to win the Ware Cup.

Women:

1. Field a team at the Southern Counties Championships and the Nationals.

2. Participate in all races within the Metropolitan League.

Everyone:

All Club members should be encouraged to participate in the Mob Match vs. Eton Manor A.C., regardless of perceived standard. This race is for everyone who holds a VPH membership card. Many Club members trained on the evening that this race was run this year. If you were one of these, then why not use the Mob Match as your training run in 1998? Hopefully, all of these aims and fixed training schedules will help us improve as a team and individually. I hope that they'll help raise morale at the Club and that increased team spirit

will show benefits in increased participation and better results for 1997/8. So when do I expect to see the Chingford League Shield back at Cadogan Terrace? Well, the 1996/7 season is over and we still have the Shield but that's another story!

Dear Richard,

Thanks very much indeed for your e-mail. On Steve's prompting I have had a look at the VPH web page already, but thanks for pointing it out to me all the same. After finishing my PhD at Nottingham in 1983, I got a 2-year postdoc position at QMW. (QMC as it was then.) I first of all got a dingy room in a house behind Hackney Town Hall, but soon found a brilliant house-share in Terrace Rd virtually next to Tesco in Well St, just the other side of Well St Common from Victoria Park. The very first weekend in London, I ran in a 10k in Victoria Park organised by VPH and asked about the club and training. I went along to training during the next week and never looked back. The following two years were to be some of the most enjoyable of my life. Tom Gill was the first person I spoke to at the Club and he was a big mate of Chris Barnett who was a maths lecturer at Imperial and a real VPH stalwart (at the time, he lived in Bethnal Green). This gave me a natural entry point into VPH life. Beforehand, as a student, I was a keen orienteer and (not too successful) fell runner. I also did some "mad" events such as a 100k road race, lots of Karrimor Mountain Marathons, and the Bob Graham Round in the Lakes. For the first time in my life, I started doing interval work. (I already had stamina to spare but no speed). I soon discovered I was actually quite quick in relation to people who would comfortably beat me over 10 miles or half marathon. I had some brilliant training sessions with Keith Lowe, Eddie Boswell, Phil Hampshire, Chris Brogan, Terry O'Neill, and others under the supervision of Jim Carpenter.

Winter evenings on the Eastway, the Triangle, Hackney Marshes, Spring Hill etc were fantastic. Larry Mangleshot was a cut above the rest of us and was leaving to join North London. Des O'Donnell (a former junior Irish international?) moved into the area next door to me (!) and was a great asset to the Club. I used to go on a lot of the Sunday runs with Dave West too. Major Carr and Ron Irons were club stalwarts in those days. I also remember George Hart, Ronny Vialls, Dave Carthy, and Colin Sims well. What made life complete was the social part of the club though! I can honestly say that the guys were "diamond geezers" despite the presence of a few rough stones. I was pleased to see that the Flowers brothers are still going strong, and also pleased to see that Eddie Boswell has been honoured by having the League named after him. It is things like this that make VPH what it is. The Assembly League is a brilliant setup and I loved those summer evening short road races. I also enjoyed all the

clubs own championships. These are a vital part of the fabric of the club. In my time at VPH, I ran my first-ever track races. In my first-ever 1500, I ran 4:20 and within a year this was down to 4:03. If only I'd started this as a kid! I remember on one occasion just four of us doing every event for the athletics B team! Highlights of my time there include a mass trip to Newcastle to do the National Cross Country Champs. After my postdoc was up (1985), I was lucky to get a permanent job here at Loughborough. I joined Charnwood AC which is a complete contrast to VPH. No social cohesion to speak of. However, I did get in with a very serious group. More running, less beer. I came back to VPH to run in the next Open 5 and did 24:41 (short course). I "jogged" round a 10 mile race in 52:50, and ran 3:59.9 for 1500. After three or four glory years of cross-country and track, I got a few bad injuries and never really got back to competitive fitness. I have put on a bit of weight and at present have not run for

six months. I would like to see the club magazine. I remember Wayne DuBose who was a great guy and a valuable asset being a decathlete. I would also like to ask if anyone there knows the whereabouts of Tom Gill who went "missing" soon after I left. Regards from me to any of the people I mention who are still there. Best wishes, Andy Osbaldestin, 259 Park Road, Loughborough, Leics LE11 2HF

**Assembly League Schedule**

- 3 April Forbanks
- 1 May Blackheath
- 5 June Victoria Park
- 3 July Blackheath
- 7 Aug Victoria Park
- 4 Sept Forbanks  
(7:15 pm start)

**Evening of Honour**

Although I don't have full details as I go to press, I ask you to set aside 16 August eve as VPH intends to honour those who have been with the Club for 50 years. More to follow.

**VPH NEWS**

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

