

# ❖ VPH NEWS ❖

Circulation 150

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May 2000

## DuBose Wins UK Title; VPH Easily Wins Mob Match and Retains Physical Shield for Fourth Year in a Row

### Dates to Remember

#### 2000

- 15 Jun 5000m Club Track Champs, VP
- 17 Jun Club Jumble Sale, VPH HQ
- 13 Jul One Mile Track Champs, VP
- 23 Jul London Chest Hospital Run, VP
- 27 Jul 800m Club Track Champs, VP
- 1 Aug Orion 10x1 Mile Relay
- 5 Aug Club BBQ, VPH HQ

### Southern League Dates

Numbers in brackets represent last year's position and division.

#### **Division 4 - VPH (8-4)**

**6 May** Colchester (Colchester & Tendring (15-4), Enfield & Haringey (1-5), Puma TVH (11-4), Andover (6-4))

**3 June** Bannister Stadium, Harrow (Harrow (7-4), Wessex & Bath (2-5), Brentwood (14-4), Havant (22-3))

**24 June** Finsbury Park (St Albans (16-4), Dacorum & Tring (17-4), Wycombe Phoenix (23-3), Chiltern (5-5))

**8 July** Kingston (Serpentine (19-4), Overton (18-4), Harlow (20-4), Bedford (4-5))

**22 July** Reading (Reading (24-3), Tunbridge Wells & Langton (12-4), Salisbury (21-4), Tower Hamlets (13-4))

**5 Aug** Mile End (Southampton City (25-3), North Devon (3-5), Colchester (21-3), Diss (10-4))

#### **Division 6E - VPH (8-7)**

**6 May** Milton Keynes (Milton Keynes (6-6), Thurrock (23-7), Dagenham (14-7), Peterborough (15-6))

**3 June** Finsbury Park (North London (21-7), Trent Park (9-6), Highgate (13-6))

**24 June** Finsbury Park (Biggleswade (10-7), Loughton (12-7), Walthamstow (18-6))



A small contingent of Victoria Park Harriers before the annual Mob Match between Victoria Park Harriers and local rivals Eton Manor, which we won by a 275 point margin!

**8 July** Cricklefields (Pitsea (17-7), Bexley (16-6), Swale (15-7), Norwich (5-7))

**22 July** Hemel Hempstead (Biggleswade (10-7), Muswell Hill (19-7), Chelmsford (14-6), N. Herts (25-6))

**5 Aug** Mile End (Eton Manor (new), Southend (24-6), W. Norfolk (23-5), Dagenham 88 (14-7))

### Assembly League Dates

- 11 May Victoria Park
- 8 Jun Dulwich Pk or Brockwell Pk
- 6 Jul Forbanks
- 10 Aug Victoria Park
- 7 Sep Forbanks

### February 100 Club Winners

- Les Vials £50
- Gary Bagnall £20
- John Green £10

### March 100 Club Winners

- Len Williams £50
- Buster Boulter £20
- Bob Dann £10

If you aren't a 100 Club member, see Gerry Franey. It's only £2 a month.

### End of an Era

George Dodd, our chief timekeeper for the past 15 years or so has announced his intention to retire from his position. We wish George all the best for the future.

### Committee Posts Filled

We welcome to the committee our new Ladies Captain, Janice Cartwright. Thanks to Paul McKinley for stepping in as Membership Recruiter.

### Realrunner.com Club of the Month

If you're on the 'Net, check out [www.realrunner.com](http://www.realrunner.com) (or you can connect to it through our web site [www.vph.org.uk](http://www.vph.org.uk)) and see that we have been selected as their Club of the Month. Thanks to Paul McKinley for marketing us so well and to Rich Newbold for writing a condensed VPH history for the web site. As a result of this selection, we qualify for £1,000 of sports equipment from Realrunner.com.

### 75th year

Just over seven months to go until our 75th anniversary year begins and about a year to go until our Anniversary Dinner.

# Jim Roche Runs His Fastest Ever At Eastway

## English National XC Champs 12K, Stowe School, 26 Feb 00

222	J. Roche	46:56
288	G. Bennett	47:38
451	T. Lashmar	49:46
469	G. Faulds	49:58
640	G. Bagnall	51:58
684	T. Mitchell-Smith	52:29
766	M. Penman	53:33
919	D. Robinson	55:40
1261	P. McKinley	62:35

(1,418 finishers)

Six-man Team Results (122 teams)  
45th - VPH

Nine-man Team Results (51 teams)  
27th - VPH

## British Veterans Athletics Federation Indoor Championships, Birmingham, 26 Feb 00

M45 Pentathlon	
1st Wayne DuBose	3251
2nd J. Ratcliff	2860
3rd J. Fricke	2660

Wayne's individual marks were:

60 metre hurdles - 10.38 (1st)	692 pts
long jump - 5.13 (2nd)	626 pts
shot putt - 10.67 (1st)	643 pts
high jump - 1.51 (1st=)	619 pts
1000m - 3:17.44 (2nd)	671 pts

Wayne's score ranks him about 9th on the all-time UK M45 rankings.

## Bury St Edmunds 1/2 Marathon, 27 Feb 00

Tony Lashmar came 86th in a field of 961 at Bury St. Edmunds in a time of 77:45. The day after the National!

## Chingford League 5K, Eastway, 7 Mar 00

Victoria Park Harriers continued their strong finish to the season with a powerful overall team performance at Eastway. The Men's 'A' team led the way with a clear 3rd place, to follow up the fourth place at Trent Park and third place at Victoria Park in the two previous fixtures. The revitalised Women's team claimed 4th position on the night, ahead of local rivals Eton Manor, the team's best place for two seasons. The Men's 'B' team also gained a splendid third place and the

Men's Veteran's team had a good fourth place finish to round off an excellent night. First runner home for the Harriers was Jim Roche in a scorching 16:05, a new personal best time by 13 seconds. Jim led the race at the halfway point, in front of a cagey field, and held onto sixth place out of over 180 finishers. Jim's run, his best ever position in a Chingford League race, helped him to consolidate his 5th place in the individual standings, close behind former Harrier Larry Mangleshot. Second runner home was Gordon Faulds who started slowly before racing through the field on laps two and three to take 24th place, just outside 17 minutes, but taking 12 seconds off his best. Gordon's performance moved him up to fifth place in the veteran's individual standings. Tony Lashmar was third home for the Harriers, fading to 27th place after a very fast start to the race, with Richard Newbold a further 18 seconds behind in 34th place in his first Chingford League appearance since the Higham's Park Relay. Closing up for the 'A' team were Gary Bagnall in 44th position, one second and two places ahead of Terry O'Neill. Close behind was Richard Bruce, nipping under 18 minutes, in 47th position as leading 'B' team performer. Tim Mitchell-Smith (improving his PB by a whopping 63 seconds) and Mike Penman (taking an even whoppier 73 seconds off his best) continued their recent good form with 52nd and 56th place finishes, respectively. The remaining three scorers for the 'B' team were veterans Dave Robinson, Les Vialls and Peter Wright in 86th, 87th, and 90th positions. Sprinter Terry Beackon continued his good winter, improving his best by 11 seconds in 97th place, with Tim Amor, Paul McKinley (PB by 49 seconds), and Gerry Franey all finishing within five places slightly further back. Leading female finisher was Laura Bano in 151st overall (L18), one place ahead of Caroline Jackson (PB by 11 seconds), with Annie Gammon not far behind in 156th (L21). Closing up the team was Cecile Brugnoli (L28), just ahead of Polly Fitch (L29). The women's performance gave them not only a narrow victory over Eton Manor but

moved them 7 points clear of Woodford Green & Essex Ladies in the overall standings.

Individual results

6	J. Roche	16:05 PB
22	G. Faulds	17:01 PB
27	T. Lashmar	17:07
34	R. Newbold	17:25
44	G. Bagnall	17:49
46	T. O'Neill	17:50
47	R. Bruce	17:59
52	T. Mitchell-Smith	18:27 PB
56	M. Penman	18:36 PB
86	D. Robinson	19:29*
87	L. Vialls	19:29
90	P. Wright	19:37*
97	T. Beackon	20:07 PB
112	T. Amor	20:49
114	P. McKinley	20:52 PB
116	G. Franey	20:59
151	L. Bano (L18)	23:08*
152	C. Jackson (L19)	23:19 PB
156	A. Gammon (L21)	23:47
168	C. Brugnoli (L28)	25:09*
169	P. Fitch (L29)	25:15*

\* First time running on this course

A Team Result (11 teams)

3 VPH 181

B Team Result (10 teams)

3 VPH 418

Vets Team Result (11 teams)

4 VPH 243

Womens Team Result (10 teams)

4 VPH 86

Final League Standings

A Team

7 VPH 55

B Team

8 VPH 37

Vets Team

9 VPH 39

Womens Team

9 VPH 25

Individual Standings

Men

5 J. Roche 109

Vets

5 G. Faulds 32

The last three fixtures of 2000 saw the Club's fortunes recover considerably after a very poor start to the season. At the Higham's Park Relay, the men struggled to even field a team, although one more solid performer would

## Tony Lashmar Retains 20M Championship

probably have seen them snatch 4th position rather than the 8th place they did record. The Higham's Park Relay was a disaster on another front with regular 'A' team performer Richard Newbold tearing a calf muscle, the first of two serious injuries he suffered this winter, which saw him limited to comeback appearances in the Ware Cup, Mob Match, and the final Eastway race. In addition, Graham Bennett was absent for the first half of the season with a stress fracture, Terry O'Neill, team captain of our 1996 championship team, made only two fleeting appearances in VPH colours, Mike Penman missed a chunk of the season with achilles tendon problems, and Alastair McCall, who showed tremendous form at the Victoria Park Chingford League race on his comeback to competitive running, had to have a hernia operation, which may prevent him racing this summer. With more regular appearances from those athletes, the Club could mount a serious Chingford League challenge in 2000/2001, especially as runaway leaders Muswell Hill appear likely to concentrate on the Met League following their merger with North London AC. The Club has much to be proud of with a huge win in the Ware Cup and fantastic turn-outs at the Mob Match and the last two Chingford League fixtures. New Team Captain Tim Mitchell-Smith is due a lot of credit for getting a tremendous team spirit going. The Tuesday night track sessions have also attracted a regular group of attendees, the majority of whom have seen considerable improvements in their racing performances. Leading individual and runaway Boswell League winner has been Jim Roche, but other big improvements have been seen from Gary Bagnall and Tim Mitchell-Smith. The formation of a competitive women's team has been a great achievement and considerable credit should be given to Les Vialls and Paul McKinley for their efforts on Tuesday nights. Of the recent enquiries to the Club, most have been from potential women members. In fact, we'd quite like some more men to come along as well! All in all, the winter has shown

moments of good team performance and considerable individual success. There's plenty for us all to build on for the summer and for next winter.

### Club 20M Champs, 12 Mar 00

(by Mike Penman)

It's probably the club's quirkiest road-race. Eight laps of the figure-of-eight...you \*#£\$@%! what? And it excites no-less idiosyncratic behaviour from those who tackle it. For many, a 'toe-dip' of a few token laps is taste enough of the formidable mind-bender it is. I approached it at once with great trepidation and masochistic relish, and so it was on a fine spring Sunday morning.

A chipper, chirpy group of surprising number turned out for the event, and a few photos were taken before leery grins turned to purposeful grimaces. Jim Roche set us off, and my anxiety had to be transformed into action. In addition to this being a litmus test of my readiness for the London Marathon, there was a medal to retain, or perhaps even improve the colour of. Finding the front of the field by first bend were Tony Lashmar, Gary Bagnall and me, with Tim Mitchell-Smith following closely. Early indications were that it could be one of those days you never dare expect, but greet with delight and amazement, when your legs feel springy and strong – mine did.

I'd never before imagined following so closely behind Tony in a race over any distance, but here I was holding him at a gap I felt I could realistically reel him in from. The sun beamed brighter and hotter as laps accumulated, and with relief I registered that I was almost ten miles into the race as I basked in the day and the occasion. It reminded me of what a therapeutic, amazing activity running can be, and that this is why I do it. The expectation that at any time Gary or Tim could surge by me was tempered by the knowledge that, halfway through the race they still hadn't, and Tony was still distinctly visible ahead.

The best strategy from here seemed to be to remain at this safe distance from Tony. Much closer and I'd have to take him on; much further from him and I

could lose what felt like an increasingly secure 'silver'. Ah! The race was going so well – practically running itself for me, the repeated figure-of-eights a pleasantly mesmerising meditation. Then, Tony's distinctive 'workhorse' figure seemed to be pulling further away, as he turned off past St Marks Gate, and I couldn't see him. But I was on the path to the tennis courts, wasn't I? So how could he not be visible? The tennis courts seemed suddenly to be at an unfamiliar angle and distance from this turn-off; the path was too narrow; there was sudden deadly silence; my heart-beat felt like a pile-driver; blind panic, then the devastating sight of Gary haring towards the tennis court on the proper path, me realising I was by the cinder track! Reflecting on this now, the image that occurs to me that most closely parallels the moment is the scene in the film version of 'Oliver' where Fagin's treasure chest falls from its plinth and he's left clawing desperately at jewels being sucked into an oblivion of oozing mud.

Instinctively, I sprinted (as much as I can ever sprint) toward the St Marks Gate path, feeling lactic acid born of panic more than physical exertion, building up rapidly in my legs. A strong impulse to quit the race was overcome by the realisation that, though Gary had passed me now, Tim, somewhat unexpectedly, hadn't. The defence of last year's medal was still a reasonable prospect to warrant a continued chase. As I again saw Jim, who was this time peering at his watch with a slightly open-mouthed, blank gaze, then Les, Jerry, Paul, I anticipated their 'Oh, well, Mick started out OK but died a death – too fast a start, I s'pose' thoughts and felt compelled to put them in the picture. But the reality was more stupid and inexplicable than if I had run out of steam. Nonetheless, I spent several laps like someone who'd caught too much of the sun, accosting a miscellaneous and slightly random selection of persons with shouts of 'I went off course!' or, more readily appreciated, perhaps, by those who heard it 'I've gone wrong'!

That ridiculous error definitely sapped

# Jim Roche Wins Club 7.5M XC

energy from my legs, and powers of concentration, and heralded a fading in the latter stages of the race that I may have staved off had it not happened. But I finished third, leaving those that greeted me home in the unusual predicament of wondering whether to congratulate or commiserate. I now remember the race fondly, and set PBs for 5, 10, half-marathon and 20 miles within the one race, and ponder it in the spirit of Zen with the question to which there is no answer and every answer: 'How do you know if you've had a good run?'

Editor's addendum

Gary Bagnall - PB by 5:48!

Mike Penman - PB by 7:20!!

Paul McKinley - PB by 29:35!!!!

Each split time represent 2.5 miles.

1 Tony Lashmar (14:42 29:40 44:45 60:00 75:26 91:07 1:47:30 **2:04:59**)  
 2 Gary Bagnall (14:53 30:17 45:50 61:26 77:13 93:15 1:49:41 **2:07:48 PB**)  
 3 Mike Penman (14:51 30:02 45:18 60:54 78:41 95:06 1:51:48 **2:09:02 PB**)  
 4 Dave Robinson (18:21 36:03 54:04 71:57 89:33 107:28 2:05:50 **2:22:30\***)  
 5 Les Vialls (18:21 36:03 54:04 71:57 89:33 107:28 2:05:50 **2:23:27**)  
 6 Paul McKinley (18:24 36:07 54:08 72:40 92:10 112:25 2:14:21 **2:34:04 PB**)  
 7 Laura Bano (19:07 38:10 57:16 76:14 95:18 114:47 2:14:54 **2:34:46\***)  
 \* First time running the event.

DNF

Mick Wheeler 18:28 37:06 55:24 73:25 94:20 1:54:47  
 Tim Mitchell-Smith 15:53 32:32 49:14 66:03 83:24  
 Gerry Franey 18:21 36:03 54:04 71:57  
 Terry Beackon 17:48 36:07 54:58 73:18  
 Scott Shaw 18:28 37:06 55:32  
 Annie Gammon 18:48 38:02 57:17  
 Roger Daniels 29:09 55:49 89:07

## Men's 7.5M XC Champs & Women's 5M XC Race, Woodford Golf Course, 18 Mar 00

Jim Roche confirmed his dominance of the VPH Cross-Country team with a

victory by over three minutes from Tony Lashmar at Woodford Golf Course.

The race had increased significance as the last round of the 1999/2000 Boswell League and Gary Bagnall's fourth-place finish was sufficient to keep him two points ahead of Tony to take the silver medal behind runaway winner Jim. The day also saw a 5-mile race for women with Bronwen Weekes coming home in a solid 43:59, with Janice Cartwright unfortunately having to withdraw at halfway with an injury. The course was a bewildering mixture of hard, baked mud and several Paschendaele-style bogs, which saw all the runners come home caked in mud, especially those who were unfortunate enough to fall over. From the start, Jim set the pace, with Tony elbowing his way to the front, much to the consternation of the rest of the field. After a mile, these two were well clear and running together before Tony slipped and fell on a muddy section, much to the amusement of Richard Newbold and Gary Bagnall who were following seventy yards or so behind. When Richard reached that section of mud, the smile was wiped off his face as he too fell headlong into a particularly nasty section. On approaching the Chingford crossing, Richard gradually pulled away from Gary, much to his surprise, and by the end of the lap, Jim was a clear first, with Tony an isolated second, Richard third and Gary fourth. A minute or so further back, an interesting battle was developing with Tim Mitchell-Smith leading Dave Robinson and Peter Wright. Unfortunately for Tim, his liquid intake on St.Patrick's Day had been mainly Guinness and he began to fade, with Dave taking the lead of that bunch and Pete also moving up the field. At the end of the second lap, Jim's lead had extended out to 1:41 and he relaxed, but Tony's lead over Richard had been cut by a second and Richard had also built up a healthy minute cushion over Gary. Les Vialls managed to close within 12 seconds of Tim at the end of the lap, but Tim rallied somewhat on the last lap to hold Les off. Jim came home a clear winner with Tony second. Richard faded badly on the last

lap as a lack of stamina and the effects of an early morning 30-minute run plus marking the course with Jim began to take their toll. By contrast, Dave Robinson ran with almost metronomic consistency with splits of 17:35, 17:25, and 17:25 to take 5th place behind Gary, with Pete in 6th. Thanks to Doug and Phyllis Roche for timekeeping and for helping with marking the course, and to John Daniels for his support.

1 J. Roche (14:55, 30:08, **45:18**)  
 2 T. Lashmar (15:18, 31:49, **48:34**)  
 3 R. Newbold (15:52, 32:21, **49:30**)  
 4 G. Bagnall (16:14, 33:21, **50:16**)  
 5 D. Robinson (17:35, 35:00, **52:25**)  
 6 P. Wright (17:35, 35:35, **53:59**)  
 7 T. Mitchell-Smith (17:27, 36:00, **54:17**)  
 8 L. Vialls (18:02, 36:12, **54:44**)

Women (5M)

1 B. Weekes (21:49, **43:59**)  
 DNF J. Cartwright 29:28 (inj.)

## Club 2.9M Handicap Race, Well Street Common, 23 Mar 00

Tim Mitchell-Smith won the March Handicap at Well Street with a quick injection of pace on the run-in, which took him away from Tony Lashmar over the last 150 yards. Tim received a fairly generous handicap as his legs were sore from his marathon training and this was enough to keep a flying Tony at bay. Tony started off twenty seconds behind his hare, Richard Newbold, and had caught him by halfway and gained a 30-yard lead at one point. By the finish, Richard had closed down to record the same race time as Tony, with Jerry French and Jim Roche both close behind as the first five came home within 10 seconds of each other. Tony was rewarded with 15:35, a new personal best by 15 seconds over his Mob Match time, which sets him up for a good run at the Physical Shield. Through some bizarre wormhole in the time-space continuum (called being set off too early), Jim Roche managed to beat Gerry Franey even though Gerry beat his handicap time by 11 seconds and Jim missed his by five seconds - no letting people off early please, Mr. Handicapper! Of the other competitors, Janice Cartwright

# Physical Shield Dynasty!

was unlucky to arrive just as the first runners were starting, otherwise her run, which bettered her estimated time by 1:14, would have been sufficient for a handsome win of around 45 seconds.

		<u>Actual</u>	<u>H/C</u>
1	T. Mitchell-Smith	17:32	18:32
2	T. Lashmar	15:35PB	18:35
3	R. Newbold	15:55	18:35
4	J. French	17:41*	18:41
5	J. Roche	15:12	19:05
6	G. Franey	18:49	18:49
7	D. Robinson	17:49	19:12
8	N. Hardwick	18:16*	19:16
9	M. Wheeler	19:59	19:59
10	P. McKinley	19:20PB	20:20
11	J. Cartwright	25:46	17:46*

## Physical Shield Road Relay, Loughton, 28 Mar 00

VPH won the Physical Shield for a fourth successive year, with their biggest ever winning margin of 2:32. The Club's success didn't end there with Graham Bennett recording the fastest time of the night, 8:40, and more surprisingly the 'B' team coming home in a clear second place. The much vaunted challenge by Orion's "crack squad" failed to materialise, in fact they were remarkably poor. This was ironic considering the write-up last year's race gained in their Club magazine, where they grudgingly acknowledged our win but criticised us for "failing to field more than one full team". This year, we managed three full teams and would have fielded three-and-a-half men's teams if Peter Snell had arrived before the flying Paul McKinley had finished leg 1 for the 'D' team. The VPH women's team was represented by three athletes and hopefully next year they'll manage at least one complete team. The 'A' team leg selection was designed to get a fast start, gain the lead and keep it. This is exactly what happened. By the top of the first hill, Jim Roche had 20 yards on Walthamstow's Danny Rose and the 'B' team's Richard Bruce. By halfway, Jim had extended his lead and he continued to stretch out over the second lap. Richard faded a little after a 4:32 first lap, but came home in third place, giving Richard Newbold Walthamstow

to chase. Peter Wright got the 'C' team off to a terrific start as he was tracked by Paul McKinley for most of the first lap. For the women's team, Caroline Jackson was lead runner battling away with Eton Manor ladies up the hills, which she later described as being far less challenging than expected. While Graham was further extending the 'A' team lead on Leg 2, Richard Newbold had moved the 'B' team into 2nd place, passing Walthamstow's second leg runner on the hill of their first lap. Terry Beackon continued the solid progress of the 'C' team, with Janice Cartwright returning to good form for the Women's team after her injury-hit Club Cross Country Championships. Richard came under increasing pressure from Eton Manor's Michael Cates, who'd brought his team up to third place, but managed to hold him off to give Tim Mitchell-Smith a small advantage at the start of leg 3. Tim powered away from Eton Manor's third runner, showing tremendous form. For the 'C' team, Dave Robinson had a strong third leg, recording that team's second quickest time of the day, only three seconds behind lead leg runner Pete Wright. Louise Guthrie, running in her first ever race for the Club, completed the women's contingent and ran so hard that even her teeth hurt! Gordon Faulds and Tony Lashmar ran in splendid isolation on legs 3 and 4 for the 'A' team, to bring the club home first. Mike Penman clocked a sub-10 minute leg to hold onto second place for the 'B' team to round off a successful week, for him, as he'd taken a huge chunk off his half-marathon PB at Wilmslow (80:15) the previous weekend. Gerry Franey, shot up the first hill at an incredible rate and rounded off the 'C' team to bring them home in 7th position, to complete an excellent evening's work for the Club.

### **A Team**

J. Roche	8:47
G. Bennett	8:40
G. Faulds	9:15
T. Lashmar	9:07
	35:49 (1st)

### **B Team**

R. Bruce	9:20
R. Newbold	9:15
T. Mitchell-Smith	9:51
M. Penman	9:55
	38:21 (2nd)

### **C Team**

P. Wright	10:16
T. Beackon	9:48
D. Robinson	10:19
G. Franey	11:15
	41:30 (7th)

### **D Team**

P. McKiney	10:53
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### **Womens Team**

C. Jackson	12:41
J. Cartwright	15:27
L. Guthrie	

16 full teams finished the race which has been run since 1938. Prior to 1997, we won it in 1982 over a different course.

### Physical Shield Winning Teams '97-'99

1997	
R. Newbold	8:34
J. Greenwell	8:46
J. Roche	9:01
J. Loboda	9:52
	36:13
1998	
T. Lashmar	9:09
J. Greenwell	8:47
J. Roche	8:52
R. Newbold	8:58
	35:46
1999	
T. Lashmar	9:03
G. Bennett	8:48
P. Eldridge	9:29
R. Newbold	9:02
	36:22

## VPH Open 5, 1 Apr 00 (by R. Newbold)

The long-running Victoria Park Harriers' Open Five Mile Race attracted its highest quality field for nearly ten years

# VPH Open 5 - Perhaps The Best Ever

as seven runners beat the course record set in 1999 by Salford's Larry Matthews. What was the source of the East End Club's success in attracting top performers from the domestic and international scenes? Well, perhaps a £200 bonus for a new course record had something to do with it. The race got off to a brisk start and by the 3/4 mile mark, the leaders were down to a bunch of nine. By two miles, things had changed dramatically, with four runners breaking clear: former 1990 European 5000m silver medallist Gary Staines, 1999 National Cross Country runner-up Barry Royden, Ilford AC's fast-starting Kenyan athlete Amin Koikoi, and Andy Coleman of Enfield, who remained tucked in behind the first three. Trailing these were some quality runners including Czech steeplechase international Jiri Soptenko, who was probably regretting his winning run at the Serpentine 5K the day before. Royden put in a surge, which dislodged Koikoi but not Staines or Coleman. Coming down towards the final turn, Coleman opened up a 10m lead with a decisive break. Staines and Royden both put in strong finishes but couldn't catch the young Enfield athlete as he swept through the line to take exactly a minute off the old course record with a splendid 23:42. Staines gained second place five seconds later, with Royden also breaking 24 minutes in third place.

Leading woman was Dartford Harriers Andrea Green and at halfway she too looked to be within striking distance of the women's course record of 27:47. Unfortunately, she slowed slightly on the second lap but still recorded a good 28:02 to win the women's race by over a minute from Anna Solly-Critchlow, with Melanie Ellis in third place.

In the veterans' categories, V40 Alan Camp from Cambridge Harriers was a comfortable winner, with V50 John Willoughby from QPH second veteran home. In the team competition, Cambridge Harriers won the men's race, with Muswell Hill & North London (MHNL) second and Eton Manor AC third, whilst in the women's competition, MHNL were clear winners with Orion Harriers second.

The day also saw four junior races, with notable performances coming from Elliot Ashby (Cambridge Harriers) in winning the U13 Boys' mile in 5:43, Iskender Ibrahim's 2-minute victory in the U15 boys 2.5 miles and 11-year-old Camilla Mussington's win in the U15 Girls' 2-mile race.

E-mail from: richard newbold  
Sent: Monday, April 03, 2000 11:48 AM  
To: Wayne.DuBose@ramstein.af.mil; major@tcarr15.freemove.co.uk

Hi Gents,  
Here are the results of this year's Open 5. We had seven runners break the old record, which shows the benefit of having the £200 on offer. I should imagine we'll get a pretty good write-up in Athletics Weekly, especially as Gary Staines and Barry Royden both ran under 24 minutes but were still beaten. Thanks for coming down, Major. Your presence always gives me a lot of confidence that the finishing funnel will work properly. I thought that we were very quick this year, as the awards were probably done about 10 minutes after the last finisher was home and there were still people in the changing rooms. Everything went pretty smoothly. Peter Saw from the SEAA/Middlesex was there and said that Middlesex would like to put on their 10K Road Champs in the Park in 2001. It would probably be in September. I think there's a measured 10K course that we could use but I'll be finding out if it's a good course. I've not done the totting up yet but hopefully we'll be close to breaking even - 158 finishers plus some who paid but didn't appear - offset against £200 bonus, £410 in prizes, £90 in medals and postage/photocopying costs. I think we'll have to put the price up by £1 next year if we don't get sponsorship. Rich.

\*\*\*\*\*  
(Editor's Notes) Here's an example of some of the feedback we had for this year's Open 5 race (e-mailed to the reviews page of RealRunner.com)

Victoria Park 5: It was the first time that I have run the event and would

class it as one of the better races. The park course is excellent and completely traffic free and flat, it's certainly a PB course. Entry on the day was very well organised and hot showers, tea and donuts rounded off a good Saturday afternoons racing. It is certainly one to put in next year's diary. Definitely a GOLD. Tony Hopkins West 4 Harriers

\*\*\*\*\*  
From: sam\_pullan@yahoo.com  
To: races@realrunner.com  
Sent: Friday, April 14, 2000 9:30 AM  
Subject: Victoria Park 5

To whom it may concern,  
I recently ran this excellent five-mile race, hosted by Victoria Park Harriers. A top quality field: the first seven runners went under the old course record of 24:42, and the new record is now 23:42. The course is a flat, fast two laps and there are separate races for juniors. Prizes were awarded in all the usual categories, plus a £200 bonus for the winner as he (Andy Coleman) broke the record. There were refreshments on sale afterwards (sandwiches, bagels, doughnuts, tea, coffee etc.) plus a bar. It was well-marshalled, well-organised, well-run in every way - an excellent race all round. Thoroughly recommended.

\*\*\*\*\*  
Result  
1 A. Coleman (Enf & Har) 23:42  
2 G. Staines (SLH) 23:47  
3 B. Royden (Medway) 23:50  
4 A. Koikoi (Ilford) 24:20  
5 J. Soptenko (Spartak Prague) 24:25  
6 G. Williams (Medway) 24:31  
7 G. Bishop (Boxhill) 24:35  
8 S. Snow (Highgate) 24:49  
18 T. Lashmar (VPH) 27:27  
27 G. Faulds (VPH) 28:21  
30 T. O'Neill (VPH) 28:51  
119 R. Beechey (L-VPH) 37:24  
130 A. Gammon (L-VPH) 38:41  
134 D. Christie (VPH) 39:24

**Docklands Half Marathon, 2 Apr 00**  
From: Tim Mitchell-Smith  
<Timm@Addisonlee.co.uk>  
To: 'richard newbold'  
<r.j.newbold@qmw.ac.uk>  
Cc: Wayne DuBose (E-mail)

## Great Start to the Assembly League

<dubose@enterprise.net>; Graham Bennett  
(E-mail)  
<g.bennett@surrey.ac.uk  
Sent: Tuesday, April 04, 2000 5:43 PM

I won't be over at the track tonight (sensible pre-marathon taper gives me a great excuse to go to the pub and watch Real Madrid vs Man Utd!!). Well done on Saturday (Open 5). I thought it went superbly. I heard a lot of comments from people about how much they enjoyed the day and would be recommending next year's race. The quality of the top end of the field can only help us sell next year's event as well. All in all, a great day. I don't know whether anyone filled you in on the disaster that was the Docklands Half, but the organisational problems only go to emphasise how well Saturday was organised. Basically, the race was declared void after most of the leaders (including Gary Bagnall who was about 20th and well on for 78/79 mins) went off course for the second time at about 12 miles. Dreadful, but at least you could say that it's impossible in a race of this size to have a marshall on every street corner - although you would expect a marshall and/or signs at a major roundabout which I believe was where they turned off course). What I found inexcusable was the fact that the leaders were allowed to go off course for the first time as they left the stadium!! How basic is it to get them to turn left out of the car park? Apparently, the lead car shot out of the car park too far ahead, only to get stuck in traffic, so the leaders didn't initially see it. Good job that Roger Daniels was amongst the spectators on the corner and was able to re-direct people back on track. Luckily, I managed to avoid that cock-up; my major gripe was the siting of the mile markers. Why, oh why, do organisers bother putting out markers if they're not going to put them in the right place? Going by the markers I apparently ran miles 6, 7, 8, & 9 in 8:03, 6:07, 5:08 (not bad given that my 1500m PB is 4:59!) and 7:16. Now I don't claim to be the world's best at consistent pacing but all the same....!! Anyway, I ultimately arrived home as first Harrier in 85:37 (my second best ever, so hardly a bad run), closely

followed by Dave Robinson in about 86:00. Poor old Gary eventually trailed in (after about 14.5 miles!) in about 87 minutes with Gerry French, Nick Hardwick, and Les Vialls all around 1:28ish. Beyond this, my memory gets sketchy, obviously there are no official results to refer to! Paul McKinley ran about 95:00 (PB by about 10 mins!), Mick Wheeler was about 98:00, and Terry Beackon looked remarkably fresh as he came in just in front of Frank Bruno in about 1:44. The team was completed by good runs from Polly Fitch and Cecile Brugnoli. Despite all the problems, we were generally pretty happy as a team with our day (except for poor Gary) and looking forward to getting back to the Tiger for a celebratory orange juice (or two). Then the chaos really began! There was one exit from the car park onto a dual carriageway. Not too many people seemed to want to stop to let people out, and in terms of marshalling, there were two kids on the gate who didn't really know what they were supposed to do. Ultimately, we got so fed up with waiting that we took matters into our own hands. Luckily, my jacket was predominantly yellow, so I looked semi-official at least. I took on police duties, marched out into the road and spent half an hour stopping the traffic to let people out of the car park. With particularly spirited help from Mick Wheeler, Les Vialls, and some other runner, we managed to get the car park pretty clear despite numerous death threats, stand up rows, and a few incidents where I nearly got run over!! Fair to say, I became pretty unpopular with one lane of traffic, but very popular with the guys in the car park! Just lucky there was no requirement to evacuate the area in a hurry, 'cos there would have been chaos. Really does bring it home to you how successful most events we get involved in are. Tim

### **Assembly League 5K, Blackheath, 6 Apr 00**

From: Tim Mitchell-Smith  
<Timm@Addisonlee.co.uk>  
To: 'richard newbold'  
<r.j.newbold@qmw.ac.uk>  
Cc: Wayne DuBose (E-mail)

Just thought I'd let you know we had an excellent turnout and performance last night to open our Assembly League season. We left before official results were announced so I'm afraid details are a bit sketchy. I assume Tom will forward the official results to you shortly. In a surprisingly small field, I believe our A team was probably just edged out into second place by Kent. Jim Roche scored a best ever result, finishing second with a PB, and Graham's time (ahead of Michael Cates again) represented his best for about 12 years I think he said. There were also a number of other PB's further down the field.

Don't think I've done anyone an injustice by missing them out. If I have, I apologise. Do you realise that if we'd had Tony, Gordon & yourself running, I'd have only made the 'C' team with a big PB (44 secs off last year's time)? That's got to be good news for the team. Have a good weekend, Tim

#### Race Report (by R. Newbold)

Victoria Park Harriers got off to a cracking start in this year's Assembly League with both men's teams finishing in clear second places. In addition, the women got off to their best start for years with a solid 5th place, which certainly gives them something to build upon, especially with the second fixture being held in Victoria Park. Leading performer was once again Jim Roche who jumped into another class with a tremendous 15:39, slicing 44 seconds from his previous best time over the Blackheath course. (Editor's note: Jim's time was only 8 seconds slower than his coach, Rich Newbold, ran in 1993). Jim couldn't quite keep in touch with the leader on lap 3, but was 11 seconds clear of third for a tremendous 2nd position, the best individual performance by a Harrier since Chris Brogan dominated the League in the late 1980s. Second home for the Club was Graham Bennett in sixth place, who also dipped under the 16-minute barrier. This was the first time that two club members had broken

## Tony Lashmar Runs 2 Marathons on Successive Weekends!

16 minutes at Blackheath since Richard Newbold and Keith Lowe did so back in 1993. Gary Bagnall returned to his best form, after the stresses of moving home, to finish in 11th place and also break 17 minutes for 5K for the first time (PB by 63 secs), with Pete Eldridge closing up the 'A' team with a solid 20th place finish. Leading home the 'B' team was Mike Penman in 22nd place, with a tremendous 17:43, a PB by some considerable margin (84 secs), with Tim Mitchell-Smith in 25th recording an excellent 17:51, also quicker than his road PB (by 43 secs). Closing up for the team were John George in 28th and veteran Les Austin in 30th place. The Club had a tremendous turnout with Dave Robinson, Les Vialls, Nick Hardwick, and sprinter Daniel Christie all appearing and helping to push the opposition down. The Club also managed to field two female competitors, with Caroline Jackson finishing as 7th woman and Cecile Brugnoli 10th female finisher. One more runner would probably have seen the team nip past Kent AC for fourth.

1	J. Mays (Kent)	15:34
2	J. Roche	15:39 PB
6	G. Bennett	15:58*
11	G. Bagnall	16:59 PB
20	P. Eldridge	17:29
(best of 16:38 since 1995)		
22	M. Penman	17:43 PB
25	T. Mitchell-Smith	17:51 PB
28	J. George	18:02
(best of 17:31 since 1995)		
30	L. Austin	18:10
(best of 17:45 since 1995)		
36	D. Robinson	18:31*
39	L. Vialls	18:38
(best time from May 1995 onwards)		
43	N. Hardwick	19:09*
65	D. Christie	21:48*
71	C. Jackson (L7)	22:46*
75	C. Brugnoli	24:12*
R. Daniels (DNF)		

\* First time running this course

### A Team Results

1	Kent	16
2	VPH	39
3	Eton Manor	74

### B Team Results

1	Kent	64
2	VPH	105
3	Eton Manor	171

### Women's Team Results

1	Dulwich	6
2	Eton Manor	27
3	Dulwich B	27
4	Kent	31
5	VPH	32
6	Eton Manor B	43

### Paris Marathon, 9 Apr 00

874th Tony Lashmar 2:54:55 (start line to finish line). 27,510 finishers.

### London Marathon, 16 Apr 00

E-mail from: richard newbold  
Sent: 17 April 2000 09:35  
To: paul.mckinley@bigfoot.com  
Cc: timm@addisonlee.co.uk  
Subject: how are the legs?

Hi Gents,

So how are you doing today? Here are some splits (10K, 20K, Half Marathon, 30K, 40K, Marathon) from the London Marathon website. Rich

#### Men's Race

**817th** Mike Penman (39:12, —, —, 2:01:36, 2:45:41, **2:55:41**)  
**1,601st** Tim Mitchell-Smith 42:39, —, —, 2:10:52, 2:57:08, **3:06:39**)  
**1,610th** Tony Lashmar (39:07, —, —, 2:01:12, 2:55:33, **3:06:48**)  
**4,094th** Les Vialls (51:56, 1:40:21, 1:45:40, 2:29:06, 3:19:31, **3:29:58**)  
**7,511th** P. McKinley (57:04, 1:49:52, 1:55:39, 2:43:12, 3:40:28, **3:52:08**)

#### Ladies' Race

**3,277th** Anna Mahtani (44:33, 2:19:20, 2:26:25, 3:26:28, 4:36:11, **4:50:27**)  
**3,684th** Laila Ziabari (68:57, 2:10:49, 2:17:34, 3:21:26, 4:42:23, **4:57:45**)

(31,542 finishers)

----- Original Message -----

From: Tim Mitchell-Smith  
<Timm@Addisonlee.co.uk>  
To: 'richard newbold'  
<r.j.newbold@qmw.ac.uk>  
Sent: Monday, April 17, 2000 1:12 PM  
Subject: RE: how are the legs?

Rich,

Thanks for the results. I actually bought the Times this morning, expecting to see the first few thousand results - and for some reason, they haven't done it this year. Typical! The legs are feeling a bit stiff and sore, but no injury problems as far as I can tell. Part of the problem is that a few of us went down to The Tiger in the evening to celebrate Paul's birthday - and have a post-Marathon celebration. I ended up being drunk enough to spend half the night dancing away very badly, and it's fair to say that the pain in my head is probably disguising some of the pain in my legs (I didn't get in until 2 am - okay for the rest of the lightweights - they'd booked the day off work!!).

As for the run, well, it went according to plan for about 4 miles before the wheels fell off. I stuck with a friend from Lincolnshire until then but, when we got separated at a drink station, I started to drop back a little, and started feeling horrible (bloated, bit sickly). In fact, I felt pretty rotten all the way through to about 15 miles which was psychologically disturbing.

I remember thinking when I got to the 6-mile marker that my plan had been to go hard for 20 miles and hang on for the last 6 - but the reality would be that I'd pushed for 6 and had to hang for the last 20!! Not a pleasant thought. Luckily, I had a much better spell between 15 and 21, before the lack of real long-distance work caught up with me and I had to just grit my teeth and hang on for the last 5. I was gutted not to even get close to sub-3.00, but it still represents a PB (3:06:09 net time, compared to 3:06:49 net last year). I think I would possibly have failed to achieve that if I hadn't come across a certain Mr Lashmar on Birdcage Walk. I went past him, he wasn't having it and flew back past me, but I hung in and got him again with about 400m to go and managed to sprint away from him. You have to respect the man though - 2:55 and 3:06 on successive weekends is some achievement (although you have to wonder why in God's name he

## London Marathon Achievements for VPH'ers

attempted it!!). Incidentally, we both finished about 3 minutes in front of Michael Cates who flew round the first half but blew up really badly in the later stages. Mike Penman had a fabulous run and just confirmed what superb form he's in. He's oozing confidence right now. And Les and Paul had every reason to be proud of their times. I'm delighted that Laila made it round. We weren't actually sure, 'cos we didn't see her, but I think Roger said last night that he'd spotted her running. I'm not sure whether the other possible runners (Joe Loboda, Dave Robinson, Grant Williams) were out there - I've not seen any of them for a while. And I think I remember hearing someone say that they thought they saw Anna Mahtani on the course, although I don't know whether or not that's true. As you can imagine, I won't be over the track tomorrow, but I'm hoping to be capable of a run in the handicap on Thursday, so I'll see you then. Tim

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From: Paul McKinley

To: r.j.newbold@qmw.ac.uk;  
dubose@enterprise.net

Sent: Monday, April 17, 2000 10:53PM  
Subject: RE: how are the legs?

Hi Rich & Wayne,

Quads are sore but I'm surprisingly OK. I had the best day of my life since losing my virginity! My unofficial time was 3:48:19. I was very pleased with this, though I was targeting 3:40 (Wayne's original prediction!) I didn't really hit the wall, but from only eight miles, my legs and feet started hurting. This gradually got worse, with a sharp increase at about 20 miles. The cause of this was, I think, two things. Firstly, I couldn't run at my natural pace because of the sheer number of runners in front of me. This meant I was running more heavily on my feet. I was meant to be in pen 8, but moved forward to the front of pen 4. I should have pushed on to pen 3! Secondly, despite buying two pairs of shoes to run London in, both proved to be unsuitable. In the end, I went back to my good, (very) old Asics 130's. Bearing in mind I ran the last two club 20's in them, and everything in between, including Great North and

Docklands Half Marathons, you can imagine how little support was left in them. This is what left me with sore legs and feet. The new shoes I got four weeks ago give me a blister on my right foot. This would have left me limping. At least with the old 130's, both feet hurt evenly, so I didn't run round in circles! Had it not been for these two factors, I honestly think I would have got 3:40, if not better! The day itself was fantastic. I wore patches on my vest with my name and "33 today" written on them. I must have been wished Happy Birthday by 2000+ people. The crowd was fantastic! I felt very emotional as I came down the Mall to the finish. I think I would have been in tears but for having to smile and thank people for their good wishes! One of the (pretty) girls at a water station said Happy Birthday and when I looked back and asked where my birthday kiss was, she replied "Come back and I'll give you one!" I thought "That's very nice of you to offer, but a kiss will do fine!" :) I also wore a patch with the VPH URL and Hotmail E-mail address. Who knows, we may get a response. Ever looking for publicity, I made sure that the Capital FM DJ saw me and gave me a mention on air. I know he repeated my number and said "33 today - Happy Birthday, Paul.", but I was too far to hear if he mentioned VPH. I also made sure that whenever I passed a camera (TV or otherwise), I had a pouch of Liquid Power in my hand, with the label outwards. You never know, they may wish to use it for publicity. In the evening, I went to The Tiger for a drink and was delighted when Tim, Gary, Mike, Roger, and Tony arrived to help me and my family celebrate my birthday. As if that were not enough, a little later, Janice, Louise, and Anita arrived! We had a great time. We were guests of honour. Congratulations came from all sides for all the Marathoners. The DJ also made a point of mentioning us on a regular basis, getting a great round of applause each time. It was almost as big a buzz as the event itself. The pub landlady also laid on food for us - free of charge. Great people! Anyway, must go now.

Regards, Paul

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The following appeared on the VPH Web Site:

Entry by Anna Mahtani on Mon Apr 17  
Paul Hey, guess what? I did the marathon in the end!!! Not very fast though, but I did it! I hope yours went brilliantly. I looked out for you all, but didn't see you. Can I come to VPH again, or has my membership expired?  
Anna Mahtani

Entry by Paul McKinley (VPH Website manager) on Mon Apr 17 12:37

Hey Anna - FANTASTIC!! Why didn't you let us know you were running after all? - you little rotter! You missed my birthday party after, too! Can you come back to VPH? - just try and stay away! We have a 5-mile handicap this Thursday in the Park, see you there! I have just got your result from the London Marathon website, 4:50:27 is a very respectable time - well done!

Entry by Paul McKinley (VPH Website manager) on Mon Apr 17 12:43

By the way Anna, Roger Daniels saw you running yesterday. He could not remember your name, but he described you as "the dark-haired girl with the beautiful smile."

Entry by Ian Robinson on Sun Apr 16  
Nice site Paul. I hope your club appreciates the effort you put in to publicise Victoria Park Harriers. There are times when it looks like there isn't a running-related site on the net that hasn't got either a link here or a comment from you on the bulletin board. You deserve a medal, mate. Whilst on the subject of shiny things on the end of ribbons I hope your first London Marathon went according to plan and that you enjoyed it as much as I did.

### **Club ~5M Handicap Race, 20 Apr 00**

Mick Wheeler won the April handicap with ease, thanks to some generous handicapping. Mick had been delegated by Handicapper Andy McCourt to show Laura Bano the route and, after taking

# Jim Roche Captures Boswell League Title

her round for one lap, he pushed on for a convincing 29-second victory from Tim Mitchell-Smith. Tim and Tony

were both recovering from their marathon exploits, although Tony seemed to have recovered less well from his double-marathon effort than Tim had from 'only' running the London.

Starting from scratch for the first time in a while was Richard Newbold who has made a steady return to fitness. Richard was rather surprised that he was starting 30 seconds after Gary Bagnall following Gary's barrier-breaking performance in the Assembly League at Blackheath but the handicapper's decision is law. Gary and Tony started together and ran side by side for the first half of the first lap before Gary began to pull away. Richard caught Tony just before halfway, but was already struggling as he'd undoubtedly started too fast in his efforts to catch him and Gary. As Gary passed the track for the second time, Richard was close enough for Gary to hear his breathing, but that was as close as he got. By the Apex, Gary had extended his lead back to around eight seconds and Richard's challenge vanished soon afterwards with

the onset of a stitch. Gary maintained his form over the closing half mile to record a solid 28:08, two seconds faster than Richard who sounded like he was in agony over the closing stages. Thanks to Andy McCourt for setting the handicap and timing it.

	<u>HC</u>	<u>Actual</u>
1 Mick Wheeler	38:47	36:17
2 Tim Mitchell-Smith	39:16	31:16
3 Laura Bano	39:58	37:28
4 Gary Bagnall	40:08	28:08
5 Rich Newbold	40:40	28:10
6 Tony Lashmar	42:50	30:50

## Boswell League Final Standings

1 J. Roche	277 (357)
2 G. Bagnall	247 (279)
3 T. Lashmar	245 (300)
4 M. Penman	193 (200)
5 P. McKinley	178 (208)
6 T. Mitchell-Smith	165 (180)
7 G. Faulds	154 (171)

8 D. Robinson	121
9 G. Bennett	109
10 P. Wright	87
11 L. Vialls	71
12 R. Newbold	66
13 R. Vialls	59
14 J. George	43
15 T. Beackon	39
16 G. Williams	37
16 A. McCall	37
18 P. Eldridge	34
19 R. Bruce	33
20 T. Adams	31
20 G. Franey	31
20 T. O'Neill	31
23 P. Snell	27
24 J. French	25
25 R. Martin	14
25 D. Henderson	14
27 J. Loboda	13
28 S. Shaw	11
29 James Schollhammer	10
30 T. Amor	7
30 Jeff Schollhammer	7
32 M. Wheeler	6
32 N. Robinson	6
34 D. Brown	3
35 W. DuBose	2

Congrats to Jim Roche on securing his first Boswell League title. You'll notice larger points in brackets for the first seven runners. These represent points for all races. Actual scoring consists of 3 out of 4 Road Champs, 2 out of 3 X-C Champs, 6 out of 7 Chingford League races, and 3 out of 5 in the Other category. Obviously the top seven ran and scored in more races than could be counted. By adding up all points, you have the total participation points by VPH runners. Here's how participation has fared over the last four years:

1997 2,014 points (27 runners)
1998 2,153 points (27 runners)
1999 2,205 points (33 runners)
2000 2,669 points (34 runners)

Tim, as Road & Cross-Country Captain, do you think you can get VPH to reach 3,000 points next season?

<u>Wayne DuBose's</u>					
<u>Southern League Career</u>					
<u>Year</u>	<u>Matches</u>	<u>Events</u>	<u>Wins</u>	<u>Points</u>	<u>Div</u>
1971*	2	11	0	7	4

1972**	4	20	1	46	4
1973	3	14	2	47	4
1974	4	19	11	85	4
1975	6	32	<b>20</b>	131	3
1976	6	34	17	<b>140</b>	2
1977	6	29	6	97	1
1979	3	14	4	48	2
1980	6	33	8	110	3
1981	5	28	3	82	3
1982	3	11	5	42	3
1983	6	29	12	114	3
1984	6	32	3	100	2
1985	1	6	2	20	2
1986	1	4	1	15	3
1993	6	37	11	<b>140</b>	5
1994	4	21	10	83	5
1995	5	30	17	128	5
1996	4	23	5	67	5
1997	6	29	10	121	5
1998	6	32	18	138.5	5
1999	6	<b>39</b>	6	130	4
-----					
	99	527	172	1891.5	

\* 9 events with positions unknown

\*\* 3 events with positions unknown

In order to quickly reach 100 Southern League matches, it would be necessary to compete for 17 straight years without missing a single match until the 17th season. You might think that Wayne must surely hold the Club record for most matches, but you'd be wrong. Between 1973 - 1996, Keith Lowe competed in 118 matches. Keith has yet to review his training/competition logs for the period 1971 - 1974, although I confirmed that he competed in 7 of the 8 matches in 1973 and 1974. Wayne and Keith were able to produce these kind of statistics based on good record-keeping. Are **you** keeping a written log of your competitors?

E-mail from: Paul McKinley  
 <paul.mckinley@btinternet.com  
 To: richard newbold  
 <r.j.newbold@qmw.ac.uk  
 Cc: <dubose@enterprise.net  
 Sent: Tuesday, March 21, 2000

Hi Rich & Wayne,  
 I just checked the new VPH Website Guestbook and found this message:

Entry by Chris Brogan on Mon Mar 20  
 I found your website very nostalgic. It

# Keith Lowe - Six-time Club 10,000m Champion

was also nice to see that some familiar names are still at the Club. Good luck with the Open 5. I'll try to pop in next time I'm in London. Best Wishes to everyone, Chris

12 Mar 00

Dear Wayne,

This is a little late, but I wish to give my thanks to the way Les and friends (or is it Les & Co. Ltd.) put on such a great party atmosphere at the Christmas Party. I only intended staying till 9:30, but left at midnight (way past my bedtime!!). The food was marvellous.

I would also like to congratulate Richard Newbold and the great coaching work he is doing at Mile End Stadium every Tuesday night with between 10 - 15 members including three ladies turning up. The results recently by Tony, Jim, and others show that the coaching and training are going well. Yours sincerely, Roger Daniels

## Club Track & Field Champs, Mile End Stadium, Saturday, 27 May 00

Order of events (starts at 10:00 am)

- 3000m Steeplechase
- 100m
- Long Jump
- Shot Putt
- Javelin Throw
- Triple Jump
- 200m
- Discus Throw
- Pole Vault
- Hammer Throw
- High Jump
- 1500m

Four jumps allowed in the Long Jump and Triple Jump. Four throws allowed in all the throws.

Pentathlon consists of Long Jump, Javelin Throw, 200m, Discus Throw, and 1500m. The best mark achieved in the first three rounds of the long jump, javelin throw, and discus throw individual championship events count towards the pentathlon.

These events are for men and women. There has to be at least three competitors to constitute a

championship.

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8 May 2000

Dear Wayne--Thanks for sending me the latest copy of VPH News. It's great for keeping up with what's happening at the Club. On Page 8 of VPH News, you printed the 3 Mile & 5000m track Club Championships and had a few gaps. I can't find anything for 1988, 1990, and 1992-1998, but, according to my records, the 1987 result was as follows:

1st	Andy	Wheeler	16:05
2nd	Lee	Kohn	16:30
3rd	Les	Austin	17:29
4th	Steve	Guy	18:04

(Editor's Note: All members should fill in the gap in their last VPH News Pg 8)

Last week, I looked at the Club web site. It has come on a lot since I last looked at it and is now excellent. Well done to all involved. Dodgy picture of you though. Enclose is a cheque for £12 to cover my associate membership. I was hoping to come over and run the Assembly League this week, but that won't be possible. I'm running quite a bit now, but only at moderate pace and I still have pains in my knees after each run.

I attend the London Hospital each week for physiotherapy and have loads of exercises to do each day. My problems are mainly muscular, but I may also need to have an operation on my right foot and they think I might have a cyst behind my left knee. At least I'm finally getting some treatment. If I carry on improving over the next month, I'll definitely come over for an Assembly League race in the Park or on a Thursday night for one of the handicap runs. I'm glad to see Keith Lowe came down for the run in December. I do miss the old crowd. I know we have the 75th anniversary coming up and hopefully loads of people will make the effort to get together, but how about the Club having a day designed to bring older and ex-members back together. It could be on a weekend and involve some form of party and perhaps a mixture of races such as handicap runs or relay/parlauf. We could mix in the older/ex-runners with some of the current members. Just an idea and I would be willing to help

organise it if I had access to people's addresses. Best wishes to everyone for the track season. Take care, Lee Kohn

Hi Lee--Thanks for sending cheque to cover membership fees. Hopefully, this will inspire other Associate Members receiving VPH News to do likewise (I'm at 41 Ansley Way, St Ives, CAMBS PE27 6SN). Thanks for checking out the 5000m gaps. There will always be a gap for all club track & field championships from 1992 - 1996 as not a single one was contested. We have Paul McKinley to thank for re-energizing the VPH web site ([www.vph.org.uk](http://www.vph.org.uk)). He has done a fantastic job. I hope you'll be able to return successfully to the running scene. There's always room for you. As far as Club Day next year goes, we plan to have a 75 x 400 metres relay race to symbolise our 75 years. We want to have 75 different club members running. It doesn't matter how long it takes each runner. After that, a club photo, followed by a social. More to come as we get closer. Thanks for volunteering to help. Lee, hope to see you soon, Wayne

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Editor's Note: I spoke to Lee on the phone the day after I received his letter and asked if he had further results from the VPH "Dark Ages (1986 - 1993)." He provided the following updates:  
 1987 200m Club Champ - W. Slater 26.0 (VPH News dd. Mar 98 pg 10)  
 1987 400m Club Champ - M. Holgate 54.5 (VPH News dd. Nov 98 pg 7)  
 1987 800m Club Champ - S. Mahon 2:03.8 (VPH News dd. Mar 98 pg 10)  
 1987 5000m Club Champs - A. Wheeler 16:05 (VPH News dd. Feb 2000 pg 8)

## Victoria Park Track

If you want an idea of what the old running track is like these days, check out web site: [http://www.runtrackdir.com/uk/london\(vp\).htm](http://www.runtrackdir.com/uk/london(vp).htm)

## Help Needed

We need help with organising the following meetings. You don't need to

be qualified, just willing to pitch in.

- 27 May Club Champs, Mile End 10:00 - 5:30
- 17 Jun Club Jumble Sale
- 24 Jun Southern League Match, Finsbury Park, 1:00 - 5:30 (A & B teams)
- 23 Jul London Chest Hospital Fun Run, Victoria Park
- 5 Aug Southern League Match, Mile End, 1:00 - 5:30 (A & B teams)

If you have one or more of these dates available, please turn out and make the occasions memorable ones for all.

**All-Time Senior Track & Field**

**Club Championship Records**

100	M. McFarlane	11.1	(1975)
200	B. Allen	22.8	(1981)
400	A. Gibbons	50.1	(1969)
800	A. Barber	1:55.2	(1970)
	(1:56.0 880y)		
Mile	A. Pattison	4:13.1	(1957)
5000	M. Qanne	14:40.8	(1969)
	(14:10.8 3 miles)		
	M. Qanne	15:12.8	(1973)
	(5000 proper)		
10000	M. Qanne	32:22.0	(1977)

110H	V. Bramble	17.4	(1977)
400H	W. DuBose	57.4	(1975 & 6)
3000SC	P. Read	9:55.7	(1981)
LJ	K. Richards	6.66	(1983)
HJ	D. Alexander	1.90	(1976)
TJ	R. Young	13.28	(1975)
PV	M. Wheeler	2.20	(1999)
SP	T. Bland	13.23	(1957)
DT	T. Bland	42.51	(1959)
JT (old)	W. DuBose	55.12	(1976)
JT (new)	W. DuBose	43.64	(1997)
HT	B. Lincoln	29.20	(1989)
Pent	W. DuBose	3150	(1975)

(old javelin)  
 W. DuBose 2390 (1997)  
 (new javelin)

**Editor's Comments**

Winning the Mob Match, winning the Physical Shield, second in the first Assembly League race, 20 women runners at VPH as fully paid-up members. I'm getting ahead of myself here, but we also won our first Southern League match miraculously. How's the



**London Marathon Post Celebration: Tony Lashmar, Mike Penman, Paul McKinley, and Tim Mitchell-Smith**

**VPH NEWS**

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

