

# ❖ VPH NEWS ❖

Circulation 173

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April 2001

## Physical Shield Dynasty!

### Dates to Remember

26 Apr - Club Handicap Race  
28 Apr - VPH T&F Champs, Mile End, 10am  
5 May - Southern League (A-Enfield, B-Hoo)  
6 May - Summer Parks League (Ealing)  
10 May - Assembly League (Victoria Pk)  
12 May - County Track Champs  
19 May - VPH's 75x400 Anniversary Relay  
26 May - Jumble Sale, VPH HQ  
31 May - Club Handicap Race  
2 Jun - Southern League (A-Sutcliffe Park, B-Ilford)  
7 Jun - Assembly League (Brockwell Pk)  
17 Jun - Summer Parks League (Harrow)  
23 Jun - Southern League (A-Watford, B-Luton)  
28 Jun - Club Handicap Race  
7 Jul - Southern League (A&B - Mile End)  
12 Jul - Assembly League (Forbanks)  
15 Jul - London Chest Hospital Fun Run  
21 Jul - Southern League (A-Sutcliffe Park, B-Walthamstow)  
22 Jul - Summer Parks League (Victoria Pk)  
26 Jul - Club Handicap Race  
4 Aug - Southern League (A-Walthamstow, B-Hoo)  
4 Aug - VPH Annual BBQ, VPH HQ  
9 Aug - Assembly League (Victoria Park)  
19 Aug - Summer Parks League (Battersea)  
30 Aug - Club Handicap Race  
6 Sep - Assembly League (Forbanks)  
8 Sep - 75th Anniversary Dinner

Handicap races will now be held on the last Thursday of each month.

### Tour de Hackney

As well as the Assembly League, Southern Men's League, and Summer Parks League - VPH will be hosting its own mini-league this June to celebrate our 75th Anniversary. Four races will be run over a Tour de France format around the parks of Hackney and Tower Hamlets. The runner with the lowest aggregate time over the four legs wins. The whole series will be open entry and there will be 'B' races for

the Clissold Park and Victoria Park dates. Many of the details have yet to be finalised; however, please put the dates below in your diaries:

Tue, 5 Jun - Springfield Park  
Sat, 9 Jun - Clissold Park  
Tue, 12 Jun - Hackney Downs  
Thur, 14 Jun - Victoria Park

Please contact Dave Robinson 020 75956067 with any questions or suggestions.

### 75th Anniversary 75x400 Relay

As advertised in the last club mag, on Saturday, 19 May, starting at 3:00 pm, we're going to have probably the last ever event at Victoria Park track--the 75th anniversary 75x400 metre relay. So far, we have about 30 signed up. Not enough. Just to remind you that I need people to let me know that they're definitely going to run it so we'll know for sure that we have 75 present. It doesn't matter how fast or how slow you run the lap. You can walk. Time isn't relevant. The 75 VPH'ers are what really counts. So you absolutely must let me know that you'll be there that day. Sign up in the Clubhouse, e-mail me (dubose@enterprise.net), write to me (41 Ansley Way, St Ives, Cambs, PE27 6SN), call me (01480 494367). We intend to get good local press coverage. At some point during the day, we're going to have a Club photo. Be there. Be part of VPH history. The Club photo lasts forever. After the relay and photo, back to the Clubhouse for a celebratory social evening. Don't miss it. So far, apart from our current generation of runners taking part, I also have confirmations from Major Carr, Deric Bareford, Garry Walker, Garry Ormes, John Schollhammer, John Anstey, John Daniels, Ron Iron, Harry Tempan, and Lee Kohn. Be there. We need you.

### February 100 Club Winners

1st prize Buster Boulter £50 2nd John Daniels £20 3rd John Dick £10

### Erratum

In the Feb 01 VPH News, on pg 6, should be K. May not K. Day in Mob Match. Also on pg 6, 3rd column, last 2 lines - Switch Louise's and Janice's names to match result at end of report.

### Tower Hamlets Community Transport (THCT) Drivers

For team transportation, we must have qualified drivers. That means taking a written and practical test at THCT. We absolutely need more qualified drivers. See any committee member to get the details. The consequence of nobody stepping forward could mean no team transportation at times. This is one occasion where VPH can't afford for everyone to ignore this request.

### VPH Photos

Everybody--In preparation for the Dinner, we need VPH photos, lots of photos. Deric Bareford, we have no photos of you. Bring some along to the 75x400 relay. Vic Potter, e-mail me. We need the best possible scanned photos of the Germany trip. Richard Newbold has put a lot of photos into a slide show which we're going to see at the Dinner. If you're able, you must see this slide show. It's really good!

### 75th Anniversary Dinner Tickets

I'm ecstatically pleased to announce that all 170 tickets for the 75th Dinner have now been sold. The response has been incredible. Knowing who's going to be there, we're going to have a very, very special night. OK, if you're reading this in a mild state of shock for missing the boat, you're in luck. There are still tickets available. Send your cheques for £30 per person to Wayne DuBose, 41 Ansley Way, St Ives, Cambs, PE27 6SN. After 1 June, tickets will be available to non-club members. Don't leave it that late.

# Tony Lashmar and Laura Bano Win VPH Cross Country Titles

## Southern 9M XC Champs (incorp. Men's Club 10M and Women's Club 5M XC Champs). Parliament Hill, 27 Jan 01

A very impressive headcount of 18 (or 19 including Peter Snell who arrived late and missed the start) contested the Southern this year on Parliament Hill. Regulars will know that the men's race is the longest and hardest event in the VPH cross country calendar – 9 miles or 3 laps of mud and hills which seem nearly as hard going down as they do going up. It was too much for the author who, after one miserable lap, thought “blow this” (or words to that effect) and pulled out. He wasn't the only one – there were dozens of dropouts milling around the start area looking injured or crestfallen by the time the winners came into view. Perhaps the race should be reduced to 12K to bring it into line with other major events, especially as the course is hilly and habitually muddy. Sour grapes maybe but at times it felt more like an endurance test than a race. No less than 7 VPH'ers took part in the women's race over a much more sensible 8 kilometers. All of our 6 team slots were filled so Lydia Bruce-Burgess had to guest for Eton Manor. She returned the favour by finishing 252<sup>nd</sup> and third scorer for our local rivals, helping them to 26<sup>th</sup> in the team positions. She also picked up a Silver in the club championships behind Laura Bano who finished 153<sup>rd</sup> overall. Our next finisher was Cecile Brugnoli, just behind Lydia in 254<sup>th</sup>. The 4-to-score VPH team was completed by Louise Guthrie and Debbie Bowler in 313<sup>th</sup> and 317<sup>th</sup> respectively. Tracy Harding and Sally Weddell finished their first Southern in 323<sup>rd</sup> and 327<sup>th</sup>. We finished 31<sup>st</sup> or 29<sup>th</sup> counting Lydia as a VPH runner – not bad for a section that didn't exist until a year ago. In typical VPH style, the 9-mile men's race served as our 10-mile Club Cross Country Championship. Tony Lashmar had an exceptional run to take the Gold medal and finish 147<sup>th</sup> overall in 62:19 – 5 minutes slower, but 70 places higher than last year! Tony is running really well at the moment, this win coming after a 10<sup>th</sup> in the North of the Thames Junior and a Middlesex vest the

previous week. Pre-race favourite Jim Roche was relegated to Silver by Tony's fine run, finishing 16 seconds behind in 155<sup>th</sup>. Gary Bagnall took bronze, finishing 205<sup>th</sup> in 64:41 with Mike Penman another 100 places back in 67:53. Tim Mitchell-Smith and Dave Robinson (Sr) completed the scoring team fairly close together in 409<sup>th</sup> and 439<sup>th</sup> and we finished 32<sup>nd</sup> out of 75 teams. This was down on last year's team performance, but we were missing 3 or 4 good runners. Indeed, most of those who ran in 2000 improved their finish position by 80 or 90 places this year. Club newcomer Peter McHugh DeClare, running his first Southern for 32 years, finished 563<sup>rd</sup> in 75:37 and Richard Martin battled round to finish 860<sup>th</sup> in 94:23. Paul Johnson, Darren Stobbart, and Peter Wright called it a day on the second lap. (Peter Wright reports)

### Senior Men

1	N. Francis (Shaft. Barnet)	52:13
147	T. Lashmar	62:19 (G)
155	J. Roche	62:35 (S)
205	Gary Bagnall	64:41 (B)
308	Mike Penman	67:53
409	Tim Mitchell-Smith	71:02
439	Dave Robinson (Sr)	71:47
563	Peter McHugh DeClare	75:37
861	Richard Martin	94:23
DNF	Peter Wright	
DNF	Paul Johnston	
DNF	Darren Stobbart.	

### Senior Women

1	H Yelling (Hounslow)	33:58
156	L. Bano	47:16 (G)
255	L. Bruce-Burgess	55:11 (S)
257	C. Brugnoli	55:28
313	L. Guthrie	67:00
317	D. Bowler	69:30
323	T. Harding	74:27
327	S. Weddell	82:42

### "Keep left . . ."

#### Parliament Hill 27<sup>th</sup> January 2001 (by Tracy Harding)

Once at the start, the nerves set in. I tried not to look at the hill in front of me and the lady next to me says “just follow the others around, you won't get lost” – probably not, but a rope around the waist would have been an idea, not knowing how deep the muddy swamps

were going to get. The shot was fired and we were off... The blue of her Hastings AC club vest became a blur as I paced myself on the incline aware of spectators on either side and the cheers from known voices reaching me in waves of encouragement. Without which I doubt I would have made the top. "Keep left", came the instruction at the top as I gasped at the peak and saw the mass of colours already down the other side and turning left along the lake. With two laps of unknown territory in front of me, nothing could be as bad as that mountainous start – could it? Mentally, I tried to keep an even pace and “not too quick” were my thoughts downhill. White tape flickered between bits of wood; marshals stood between mud pools, which I'm sure were grabbing your feet with no real wanting to let go. "Lydia," I cried “I'm right behind you” as she came thundering down the side of me already on her way to the finish. Well, it was true, I was behind her, by a long way I admit but still behind her. Then came Cecile close behind, “Doing well!” she shouts to me and beams that wonderful smile. The high peak loomed for the first time and there was Richard Newbold at the xroads “You're looking strong, keep going.” he shouts after me. Felt like c\*\*p, but didn't have the energy to respond. Ah, is that Mike Wheeler behind the lens? I smiled anyway and then click.... He winked and said I was doing well and to keep left as it was firmer and easier on that side. One lap down and halfway through the second, on the swampy approach to the last peak, a young lad calls after me, “Go on, put ya back into it!” I had to laugh as I saw his mom clump him one on the arm; then, in retaliation, I heard him say, “only trying to encourage ‘er” - bless! In the distance, I could hear Richard's voice calling my name and it felt as though I was being pulled up the last hill. Oh no, the men have just come out of the left hand side and may catch me up – remembering Sally's story of the previous week's encounter when she felt like an extra on the film set of Dinosaur with the action catching up fast – oh no! – I must hurry. There she is – the lady marshall with the big hair –

## Jim Roche Leads Team Home in 2nd Place in Chingford League

flapping her arms and telling me to keep right – oh, that's confusing. I've been leaning to the left all the way around.... I can hear Rachel, Aude-Claire, Janice and Roger..... I've finished.... When's the next one?

### Chingford League ~5M, Victoria Park, 3 Feb 01

I'll start the report with a big 'thank you' to all the club members and long suffering relatives and friends who helped us host this Chingford League fixture. Paul McKinley charmed his mum Barbara and his cousin to work alongside Averil Lockhart, Doreen, and Joe Loboda in the kitchen and behind the bar. Jim Roche, Richard Newbold and Richard Martin marshalled the Junior races before running very well themselves and Cecile Brugnoli, John Daniels and Anita Britt helped out with the senior race. Garry Walker outdid everyone by turning up ages before the first race and marshalling all afternoon. A big thank you to all of them and to any other helpers that I haven't mentioned. Despite this, we were perilously close to being short of help, especially during the Junior races. Jim (our fastest runner) nearly missed his race because no one was available to take over his marshalling duties. Richard N had to grab a passing Barnet member to stand at the apex and Cai missed her race because Rich could not simultaneously be in the Clubhouse organising the Juniors and on the course marshalling them. So, next time, more volunteers please and could they arrive well before the first race kicks off! In the Junior races, 12-year-old Alfie Jackson made a fine comeback to competitive running with an excellent 6th place in the combined U13 boys, U15 girls and U17 girls 2-mile race, to give him 4th place amongst the boys and to continue his strong challenge in the individual standings. However, Cai Lewis, who should have been running in the U15 girls section of the same race, missed the start and ended up running with the U15 and U17 boys instead. The Senior Race over 5 miles saw around 200 runners lining up from the 11 participating clubs. After the major upset in the Southern, Jim

Roche returned to something like his normal form, taking up 2nd place within the first half mile. On the run down to the crossover for the first time, the leader (Woodford Green's latest signing Mark Griffiths) pulled Jim away from the remaining pack and down towards the apex the two leaders opened up a decent cushion on the fifteen or so chasers, which included VPH's Tony Lashmar. Slightly further back at this time were the fast-starting Pete Eldridge, back in Harriers colours for the first time since September, Richard Newbold who was returning after a very disrupted month, and Simon Middleton. After the apex, Griffiths pulled away from Jim, who was still suffering from the stomach bug which so badly affected him at Parliament Hill, leaving Jim an isolated but comfortable second. Also at this time, the chasing bunch began to disintegrate with Tony amongst the three or four runners shelled out of the back. The chasing bunch continued to make inroads into Jim's lead, with Jim having to tackle the strong NW wind on his own but he showed great determination in his isolation and maintained his form well. Tony continued his drift back and by the first crossover of the second lap, Rich had joined him and three other runners on the way out to the apex. Rich tucked himself in behind, sheltering from the wind before hopping across a gap to Orion's Paul Filler who'd made an early run for home. Richard tagged onto Filler and was towed round for another 5 minutes before becoming detached on the final run down to the Falcon and Firkin. However, he'd gained sufficient advantage to hold off the chasing runners to finish 12th, VPH's second scorer behind Jim's excellent 2nd position. Tony came home in 17th place, with Simon fourth scorer in 33rd, with Pete and Gordon Faulds, who worked his way through the field in his first race since injury, in 43rd and 45th places respectively. All in all, a solid 'A' team performance which gave us 3<sup>rd</sup> on the day and leaves us 3<sup>rd</sup> overall in the League. The 'B' team was led home by Tim Mitchell-Smith who equalled his course PB of 29:40 to finish 59<sup>th</sup> overall. He beat long-distance specialist Mike Penman

by 13 seconds and 6 places – I reckon Mike and Tim would dead heat in a 10K race as Tim always beats Mike on the shorter races and Mike always wins the longer ones. Next came John George, 70<sup>th</sup> in 30:10, then veterans Dave Robinson and Peter McHugh in 73<sup>rd</sup> and 78<sup>th</sup> respectively. The 'B' teams points total (431) was enough to earn 3<sup>rd</sup> place for them as well. Notable performances further down the field included Alastair McCall and Terry Beackon who presumably thought the race was a handicap and gave the rest of the field a 45-second headstart. They then worked too hard over the first mile but finished well, Alastair in 30:53 for 86<sup>th</sup> and Terry exactly a minute down in 103<sup>rd</sup>. Annie Gammon continued to show excellent form by leading the women's team home in 32:58, 6<sup>th</sup> woman home. She was backed up by Georgia Pettipher (17<sup>th</sup> in 35:55), Karen May (28<sup>th</sup> in 38:11) and Janice Cartwright (35<sup>th</sup> in 42:27). The women's team finished 6<sup>th</sup>, their best placing despite missing two regular scorers. Jim continues to consolidate his hold on second place in the individual standings, with only his absence from the Loughton race able to keep him off the top spot. Finally, congrats are due to Alastair McCall and wife on the birth of baby son Raphael a few days before the race. (Peter Wright/Richard Newbold reports).

**Individual** 1. M.Griffith (Woodford) 25:13, 2. J.Roche 25:39 **PB**, 12 R.Newbold 26:43, 18 A.Lashmar 27:14, 33 S.Middleton 28:16\* 43 P.Eldridge 28:44, 45 G.Faulds 28:49, 55 (L1) J.King (Heathside) 29:17, 59 T.Mitchell-Smith 29:40 **PB**, 65 M.Penman 29:53 **PB**, 70 J.George 30:10, 73 D.Robinson (V) 30:17 **PB**, 78 P.McHugh 30:30\*, 86 A.McCall 30:53, 90 M.Cairns 31:01\* 103 T.Beackon 31:53, 106 G.Deathridge 32:10\*, 116 (L6) A.Gammon 32:58, 123 T.Adams 33:13, 126 J.Loboda 33:24, 130 R.Martin 33:45, 141 P.McKinley 34:13, 142 M.Wheeler 34:36, 149 P.Johnstone 35:16\*, 161 (L17) G.Pettipher 35:55\*, 182 (L28) K.May 38:11\*, 196 (L35) J.Cartwright 42:27\*, 198 (L37) L.Guthrie 43:12\*, 201 (L39) J.Sergeant

## 5M PB Runs By Jim Roche, Tim Mitchell-Smith, Mike Penman, and Dave Robinson

44:53\*, 204 (L40) A.Rabbitte 48:41\*, 205 (L42) D.Handforth 48:41\*, 206 (L43) S.Weddell 55:15\*

\* First time running course

### Team

**'A'** 1 Barnet 117, 2 Woodford Green 143, 3 VPH 153, 4 Orion 163, 5 Walthamstow 264, 6 Eton Manor 325, 7 Enfield & Haringey 353, 8 Verlea 387, 9 Trent Park 440, 10 Heathside 598, 11 Loughton 673

**'B'** 1 Orion 282, 2 Barnet 336, 3 VPH 431, 4 Woodford Green 445, 5 Eton Manor 649, 6 Trent Park 846, 7 Walthamstow 968, 8 Enfield 1059, 9 Verlea 1068, 10 Loughton 1206

**Women** 1 Barnet 33, 2 Orion 49, 3 Loughton 57, 4 Heathside 60, 5 Trent Park 70, 6 VPH 86, 7 Barnet 'B' 114, 8 Eton Manor 135, 9 Orion 'B' 139, 10 Trent Park 'B' 145, 11 VPH 'B' 160, 12 Loughton 'B' 163

**Vets** 1.Orion 113, 2 Barnet 159, 3 Woodford Green 186, 4.Verlea 214, 5 VPH 319, 6 Trent Park 325, 7 Walthamstow 325, 8 Eton Manor 372, 9 Enfield 444, 10 Loughton 472, 11 Heathside 568

### League positions after 7 races

**'A'** 1 Barnet 81, 2 Orion 73, 3 VPH 66, 4 Woodford Green 61, 5 Eton Manor 51, 6 Enfield 47, 7 Trent Park 39, 8 Walthamstow 39, 9 Verlea 34, 10 Heathside 27, 11 Loughton 19

**'B'** 1 Orion 82, 2 Barnet 78, 3 Eton Manor 59, 4 Trent Park 57, 5 VPH 55, 6 Woodford Green 48, 7 Walthamstow 39, 8 Enfield 37, 9 Loughton 20, 10 Verlea 31

**Women** 1 Orion 82, 2 Loughton 67, 3 Barnet 66, 4 Trent Park 62, 5 Eton Manor 57, 6 Orion 'B' 49, 7 Woddford Green 25, 8 VPH 23, 9 Heathside 22, 10 Eton Manor 'B' 21, 11 Loughton 'B' 17, 12 Barnet 'B' 11, 13 Verlea 6, 14 VPH 'B' 3

**Vets** 1 Barnet 79, 2 Orion 78, 3 Trent Park 58, 4 Woodford Green 57, 5 Eton Manor 41, 6 Walthamstow 41, 7 Loughton 40, 8 VPH 40, 9 Enfield 38, 10 Heathside 34, 11 Verlea 31

Paul McKinley wants to pass on special thanks to his nephew, Michael Murtagh, who was kind enough to hold Paul's bottle of liquid power while he ran in the 5-miler. I'll let Paul explain the rest--"I ran my arse off (considering recent lack of training, etc.) and arrived at the finish gasping for liquid, only to find the little s\*#t drank it!"

### Moan Time (by Rich Newbold)

Team Captains/Secretaries must ensure that we have enough help before the first Junior Race - it would probably be advisable to give people defined tasks beforehand. I was lucky enough to find someone (from Barnet & District) to marshal at the apex. Garry Walker pitched in well before the first race, which is exactly when help is needed. In the end, we would probably have had enough assistance but most of it arrived too late to be of real use. Jim's preparation was far from ideal and he was certainly worried (at about 2:20 pm) that no one was coming to take over from him. This shouldn't be the way we treat our No.1 athlete. Eton Manor provided 3 marshals but only for the main race and then at a very late stage - i.e. long after three of the VPH 'marshals' should have left to warm up. They didn't really pull their weight. The absence of the VPH Junior Manager from the start/clubhouse because he had to marshal the junior races undoubtedly meant that Cai Lewis was not made aware of the prompt start of her race. This was far from ideal.

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

From: "richard newbold"

Subject: road running update

Hi Everyone,

Two bits of news on the road running front:

First the good news - we now have an accurately measured 10K course, which will be used for the final London Colleges' League race in February (Wednesday 21st) and the Middlesex Championships on September 22nd. The course is 3 laps of the '2 mile loop' with the start within 5m of the new 10M start (see below) and finish at the same

place as the 10M/Club '20'. I also have all the 1K splits measured (to within about 30cm accuracy!!!), so these could be useful for training purposes, too. As some of you know, I am likely to be moving house in the summer/autumn, so is there anyone out there who is willing to be the address/contact for entries for the Middlesex Champs? Basically this will involve fielding enquiries, and dealing with entry forms, cheques, etc. As well as the 10K race, there will also be the young athletes' relays, so we'll need to have at least as many people available as for the Open 5 - please make a note in your diaries now (11:30 am). The bad news? Well, I also asked Hugh Jones to measure an accurate 10M course ..... sadly, it is a little longer than the traditional '10' that we all love. The new suggested course is in the opposite direction to the existing course (same direction as Open 5 and Club 20 - opposite to mile and 3.5M) and finishes where the current '20' does, i.e. very close to the Clubhouse. It also includes 5 laps of the '2 mile loop'. However, because the '2 mile' loop is in fact 3049m long (rather than 3218m), we need a rather longer extension than the 100 yards or so that we've had in the past. So, the start will now be back by the Nursery School on the drive that goes from the Falcon and Firkin to the Royal Inn on the Park (~750m straight run down to the new finish). Now this is undoubtedly going to upset a lot of people, but there are good reasons for doing this:

1. It will be a proper 10 - it really should be, shouldn't it?

2. People won't need to go anywhere else to run a proper 10 miler and hence participation in VPH events should improve and over-racing will be reduced. Rich.

At 10:20 PM 2/7/01, you wrote: Rich--Does a new course mean a new record? Wayne

From: "richard newbold"

To: "Wayne DuBose"

Sent: Thursday, February 08, 2001

Subject: Club 10 Mile Road Champs

Yes, it will. It will also provide a better

## Jim Roche and Annie Gammon - Club 10M Champs!

guide to how well people are really running. The old version was ~750m short of 10 miles - about 2.5 to 3 minutes! So, Mike Quanne's amazing 48' something was sadly probably more like a 51 on a proper course. Still very good, but not as fast as one might have supposed. Rich

### 10M Club Champs, VP, 10 Feb 01

Amazing turnout. 33 starters for the club 10 mile champs in the Park! We ran the new measured 10 miler for the first time (the old course was something like half a mile short) so congratulations to Jim and Annie not only for their gold medal winning performances but for new course records! Amazing effort - some of the newer members never believed they could complete a 10-mile race so it was a huge boost to them. A huge vote of thanks to Richard (and Jack!) Newbold, Dave West & Cecile Brugnoli for officiating and general encouragement. Results, with intermediate splits, as follows (note that lap 1 was much longer than all of the other laps, hence the slower times). (Tim Mitchell-Smith reports.)

#### Men

1. Jim Roche (13:06, 23:28, 33:45, 44:07, **54:27**) **Gold**
2. Tony Lashmar (13:35, 24:46, 35:58, 47:12, **58:19**) **Silver**
3. Gary Bagnall (13:52, 25:03, 36:19, 47:42, **58:59**) **Bronze**
4. Damian Manning (14:36, 26:28, 38:25, 50:28, **62:16**)
5. Mike Penman (14:36, 26:28, 38:25, 50:28, **62:22**)
6. Tim Mitchell-Smith (15:11, 27:44, 40:29, 52:59, **65:04**)
7. Mick Cairns (15:28, 27:58, 40:32, 53:04, **65:25**)
8. Dave Robinson (Sr) (15:29, 27:54, 40:32, 53:10, **65:46**)
9. Simon Perham (15:57, 28:31, 41:14, 54:03, **66:50**)
10. Peter Wright (16:11, 29:14, 42:49, 56:32, **69:59**)
11. Gary Deathridge (16:36, 29:50, 43:31, 57:18, **70:48**)
12. Gavin Stewart (16:36, 29:50, 43:31, 57:02, **71:01**)
13. Garry Walker (17:26, 31:02, 44:36, 57:58, **71:06**)
14. Richard Martin (16:51, 30:16,

- 43:59, 58:08, **72:01**)
15. Terry Adams (17:22, 31:14, 45:14, 59:18, **73:14**)
16. Paul McKinley (19:03, 34:05, 48:47, 63:25, **77:24**)
17. Peter Snell (18:55, 33:56, 48:41, 63:24, **78:50**)
18. Paul Johnston (19:46, 34:38, 49:31, 65:31, **81:06**)
19. Steve Wilton (23:11, 41:59, 61:52, 84:37, **1:49:15**)
- DNF Mick Wheeler (19:03, 34:05, 48:47, 62:57, -)
- DNF Roger Daniels (25:43, -, -, -, -)

#### Women

1. Annie Gammon (16:47, 30:25, 43:59, 57:18, **70:41**) **Gold**
2. Laura Bano (17:22, 31:14, 45:14, 59:18, **73:13**) **Silver**
3. Kelly May (19:40, 35:15, 51:00, 66:38, **81:50**) **Bronze**
4. Georgia Pettipher (19:40, 35:15, 51:00, 66:55, **83:25**)
5. Lydia Bruce-Burgess (20:42, 37:12, 53:48, 70:30, **87:06**)
- =6. Fiona MacGregor (21:05, 37:34, 54:07, 71:13, **88:10**)
- =6. Lesley Lorraine (21:05, 37:34, 54:07, 71:13, **88:10**)
8. Joanna Sargent (23:08, 41:53, 60:42, 79:27, **96:59**)
9. Veronica McCabe (23:08, 41:53, 60:42, 79:27, **97:48**)
10. Deidre Dickens (26:43, 47:15, 69:15, 91:47, **1:54:43**)
11. Aileen Rabbitte (26:43, 49:59, 73:09, 95:04, **1:55:35**)
12. Rachel Massey (26:43, 49:59, 73:09, 95:54, **1:59:53**)

### Club 2.9M Handicap Race, Well Street Common, 15 Feb 01

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

From: "Tim Mitchell-Smith"

Sent: Friday, February 16, 2001

Subject: Handicap Results Last Night

OK, guys, it's official. I thought I was being tough on everyone with the times I set last night but you've all scammed me again!! Only 5 people finished outside their handicap time, the worst case of those was only 31 seconds behind the predicted time. Seriously though, well done, an amazing number of you beat your personal bests last

night. If ever you needed evidence of the benefits of the training you've been doing this was it! The only downside is that now you've got a harder handicap next month....! Thanks to John, Tracy, Richard & Wayne for officiating and supporting.

Tim

(The first time below represents how much below (-) or above (+) the runner finished relative to his/her predicted time. The second time represents the runner's actual time.)

1. Rachel Massey -4:16, **28:29** PB
2. Aude-Claire Markiewicz -4:13, **28:32** PB
3. Aileen Rabbitte -3:06, **27:09** PB
4. Deborah Handforth -3:03, **27:12** PB
5. Jon Cullon -1:19, **16:41**\*
6. Veronica McCabe -1:16, **24:14** PB
7. Judith Burns -1:15, **24:15** PB
8. Darren Stobbart -1:15, **20:45** PB
9. Cecile Brugnoli -1:06, **21:54** PB
10. Rob Daly -0:58, **18:32**\*
11. Kelly May -0:47, **21:13** PB
12. Jim Roche -0:43, **15:02** PB
13. Mark Sutton -0:40, **17:20** PB
14. Mick Wheeler -0:35, **19:40**
15. Peter McHugh DeClare -0:30, **17:30** PB
16. Tim Mitchell-Smith -0:29, **16:46** PB
17. Annie Gammon -0:23, **19:07** PB
18. Simon Perham -0:21, **17:39** PB
19. Lydia Bruce-Burgess -0:15, **22:45** PB
20. Steve Wilton -0:11, **27:19** PB
21. Terry Beackon -0:13, **17:32** PB
22. Georgia Pettipher +0:02, **21:32** PB
23. Paul Johnston +0:05, **19:35** PB
24. Tony Lashmar +0:09, **16:24**
25. Roger Daniels +0:24, **30:24**
26. Mike Penman +0:31, **17:46**

DNF Louise Guthrie

DNF Cai Lewis

\* = First time running course.

### English National XC Champs, Maiden Castle, Durham, 24 Feb 01

This year's National Cross Country Championships were a memorable conclusion to a particularly wet and muddy cross country season. The venue - a picturesque city 300 miles from our usual stomping grounds - provided a great excuse for a weekend away and the chance to take in some local sights and beer as well as the race.

No less than 23 VPHers and supporters made the long trip north by train and

## Sally Weddell - Cheered On By 1,227+ Men

car. The weekend began on Friday evening when the group split with the dedicated faction going to the hotel to rest for the race and the less dedicated faction doing a quick tour of Durham Castle and Cathedral, its historic old streets and historic old pubs. We arrived back mid-evening to find the dedicated group ensconced in the hotel bar downing beer like it was going out of fashion. We naturally joined them although at some point the prospect of racing clicked in and we drifted off to our rooms, with Tony and Joe managing to keep reality at bay until 1:30am. Breakfast the following morning was scary. Tucking into sausages and willing away my hangover, I tried to ignore the group of lean, mean racing machines on the next table who nibbled toast and talked about about 'going with the leaders' and 'kicking at the top of the hills'. This, however, was not as disturbing as my encounter with a group of archers just after breakfast (I knew they were archers by their bows and arrows – clever, eh?). They were gathered in a semicircle in the far corner of the lobby with their backs to the world, sitting as still as statues and staring at the wall! I watched for signs of life but gave up after a couple of minutes - I think I'll stick to running. By the time we arrived at the race venue, following another quick zip around Durham tourist spots (we managed to stay out of pubs this time), the Junior races were well under way. None of our Junior members made the long journey to Durham – hardly surprising given the logistics and expense - and the races were dominated by Northern clubs. Aldershot, Farnham & District, who have a very good youth infrastructure, were a notable exception to the rule, with winning teams in several age categories. Just before the start of the women's race, the freezing wind whipped up even more, forcing a few of us to join Jim and Tony in a jog round the course. The various loops zigzagged across a steep hill and the top provided a marvellous panorama of the unfolding race. I'd like to say something incisive about the leaders but I can't remember anything apart from the fact that Liz Yelling has very long legs. Further

down the field, Cecile Brugnoli (who was nearly barred from competing for not being English) was leading the VPH contingent superbly. Cecile, like all the women, was running her first National. She finished 264<sup>th</sup> and pronounced the course 'easy compared to Parliament Hill' (music to my ears at the time)! She was followed by Janice Cartwright (322<sup>nd</sup>) Debbie Bowler (324<sup>th</sup>), Louise Guthrie (329<sup>th</sup>) and Sally Weddell (336<sup>th</sup>). The 4-to-score team finished 37<sup>th</sup>, the first time for many years (or ever?) that we have had a women's team at the National. The start of the men's race (worryingly described as "3 EXTRA LARGE LAPS" in the programme) was one of the highlights of the weekend. I could not better Paul McKinley's description so I'll hand over to him:

"I think my lasting memory of the weekend will be Sally Weddell's finish in the Senior Ladies...With less than a minute to go until the start of the Senior Men's race, a short announcement came over the PA "Race Marshalls, be aware, one runner left on the course." A few seconds later, to a Mexican wave of huge cheers and applause, running from left to right came Sally Weddell, the final lady home in the senior ladies race! As Sally ran across in front of the starting bays containing 1,227+ senior men, all lined up ready for the off, we proudly announced "She's with us!" Sally couldn't have timed it better, and she was gracious enough to give her "audience" a wave as she rounded the corner for the run in! It was no more recognition than Sally deserved, taking on such an arduous task at such an early stage in her running career. That goes for most, if not all, of the ladies team! Great stuff ladies...we're very proud of you!"

Peter continues:

A memorable moment indeed! The start was the usual mad rush, several hundred yards across the only flat section of the course. As we weeded our way up the first hill, I began to pick out familiar vests and faces in the crowd – Orion, Eton Manor, Woodford Green – and was better able to gauge how I'd started (badly). At the top of the hill, Joe

Loboda cruised past me looking very relaxed and in control. I hung on for the rest of the first lap, but Joe was too strong and pulled away, leaving me to my own devices on lap 2. I switched to autopilot and was running along nicely, not too fast and not too slow, when I heard "...and the leaders are well into the final lap..." over the PA.... I was about to get lapped in a 3 lap race! Jim had done this to me in the club 10 but at least that was over 5 laps, getting overtaken over 3 was another dimension entirely. I was so busy thinking about how I could prevent this happening – Block them? Trip them up? - that I hardly noticed the 2<sup>nd</sup> lap pass into the 3<sup>rd</sup>. Hooray! I'd 'beaten' the leaders in my own little race and I could enjoy the commentary on their battle for first place in relative comfort. Up the hills for the last time, passing an Eton Manor runner with his arm in plaster (there's dedication for you), then the long zigzag downhill, another private battle with an Orion runner, picking up the pace on the flat run in, cheers from the women on the last corner and suddenly it was all over. I watched Les, Paul Mc, Pete, Paul J, and Darren finish then returned to base. The faster guys had done well and mostly improved on the previous year – Jim 158<sup>th</sup>, Tony 337<sup>th</sup> and no ill effects from the previous night, Gary 389<sup>th</sup>, Mike 547<sup>th</sup>, Tim 590<sup>th</sup> and Dave 839<sup>th</sup>. After passing me Joe kept his pace well to finish 913<sup>th</sup>; I came in two and a half minutes later in 1011<sup>th</sup>. Les Vialls won his battle with Paul McKinley and closed our 9-to-score team in 1109<sup>th</sup>. Paul finished 15 seconds down in 1117<sup>th</sup>. Pete Snell outkicked Paul Johnston - 1155<sup>th</sup> to Paul's 1157<sup>th</sup> - and Darren came in 1192<sup>nd</sup>. The 6-to-score team was 49<sup>th</sup> out of 108 and the 9-to-score 23<sup>rd</sup> out of 37. Some of our local rivals did better (Heathside 18<sup>th</sup>, Woodford 22<sup>nd</sup>), Kent AC were roughly equal (47<sup>th</sup>), others did worse (Orion 71<sup>st</sup>, Dulwich 79<sup>th</sup>, Trent Park 106<sup>th</sup>) and the rest (including Barnet and Eton Manor) did not have 6 runners. A very successful and enjoyable race and, as Cecile said, it was 'easy compared to Parliament Hill'. The wind picked up, the gloom gathered and the temperature dropped still further. We packed our

## Jim Roche and Cecile Brugnoli Lead Harriers Home at Nationals

bags, finished our tea and began the walk back to Durham. As we walked, the heavens opened and snow fell, whipped into spectacular whorls and patterns by the biting wind – a memorable end to a memorable day. (Pete Wright reports)

### Senior Men (12k)

1 M Openshaw - Birchfield Harriers 36:52, 159 Jim Roche 42:04, 337 Tony Lashmar 44:29, 389 Gary Bagnall 45:15, 547 Mike Penman 47:23, 590 Tim Mitchell-Smith 48:00, 839 Dave Robinson 51:37, 913 Joe Laboda 52:39, 1011 Pete Wright 55:00, 1109 Les Vialls 57:31, 1117 Paul McKinley 57:46, 1155 Pete Snell 59:45, 1157 Paul Johnston 60:01, 1192 Darren Stobbart 62:55, 1227 finishers.

### Team result (6 man)

1 Bingley Harriers 162, 49 VPH 2823 108 teams finished

Team result (9 man) 1 Tipton Harriers 362, 23 VPH 5829, 37 teams finished

### Senior Women

264 Cecile Brugnoli 41:37, 324 Janice Cartwright 49:11, 326 Debbie Bowler 49:36, 331 Louise Guthrie 50:44, 334 Tracy Harding 54:11, 336 Sally Weddell 62:57

### Team result (4 women)

1 Sale Harriers 61, 37 VPH 1237

### Further National Observations (by Paul McKinley)

A great result by Jim...and what a way to spend your birthday!!! There were, in fact, three birthdays over the weekend -- Louise Guthrie, Jim Roche, and Debbie Bowler. Louise's was on Friday and was celebrated on the train on the way up. To a chorus of "Happy Birthday to You", Darren Stobbart produced a cake and candles and we duly embarrassed poor Lou to the best of our ability! Jim and Debbie shared the same birthday, on the Sunday. Unfortunately, Jim travelled home separately as he had his parents with him. Debbie, however, was woken from a pleasant snooze on the train home by Darren popping a bottle of bubbly, which duly sprayed everyone at her table on the train! Fortunately, they

were all VPHers! Debbie was in a state of shock, but had calmed down somewhat by the third bottle of bubbly! Can't wait till next year! Paul

P.S. I feel duty bound to point out that Tony's result came the morning after seven plus pints of beer in the hotel bar, which he eventually left at 1:30am!

**(Does anyone know if we've ever fielded a full women's team at the National XC Champs in previous years?)**

**From:** Darren Stobbart

**Sent:** Tuesday, February 27, 2001

**Subject:** Re: National XC Results

What a set of 'pukka' results and a top weekend had by all...it was wicked! Well done everyone and thanks ...look forward to the photographs and the next weekend away...bubbly and cake should feature more often at VPH. Darren

**From:** tracy.harding@cna-europe.com

**Sent:** 27 February 2001 13:12

One of the many highlights was sitting in Durham Cathedral's cafe on the morning of the race and being asked for our club details. Another runner saw our shirt logo's and mentioned his daughter will be moving to London/Wapping and he was on the look out for a club for her. And would it be alright, on the weekend she moves, if he could join us too for the long Sunday run? - we told him she could certainly join us and gave him a card and parted with a "see you March 11th at 10 then!" Now, ain't that nice?

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

From: Cartwright Janice

Sent: Tuesday, February 27, 2001

Yes, I thought it was great. I think we should all have cards/details on us for such occasions! Aren't runners a friendly bunch?

### Chingford League 5K, Eastway, 6 Mar 01

The club ended the 2000/01 campaign on a high note at Eastway. The venue's proximity and the midweek evening timing usually result in a good turnout

but we exceeded ourselves this time with 30 seniors in a field of over 200. Our results are peppered with personal bests, the 'A' team won against some strong opposition, the 'B' team were second and the women and veterans recorded their highest positions of the season (5<sup>th</sup> and 4<sup>th</sup> respectively). We also had a presence in the Junior races where Alfie Jackson and Cai Lewis both performed well. The evening began with the Junior races. Alfie was 10<sup>th</sup> in his race and 6<sup>th</sup> in his age group. We think he came 2<sup>nd</sup> in the overall standings but these are not yet available. Cai was 29<sup>th</sup> overall in a big field and there were plenty behind her. Again, we're hampered by the lack of official Junior results. There were some strong teams out for the Senior race, particularly from League leaders Barnet and 2<sup>nd</sup> placed Orion, both in contention for the League title. Our prospective top 6 finishers included regulars Jim, Tony and Gary along with returnees Gordon, Graham and Richard, all injured for much of the winter. We were also missing at least two of our faster runners. The race for first place really got going at the start of the final lap when a kick from Jim split the leading group. A second burst coming off the top of the long hill saw the group whittled down to Jim, Woodford Green's 1500 meter runner Stewart Maxwell and guest M.Shore. The three runners stayed together until the uphill to the finish when the Woodford Green man's speed pulled him away to win in 15:52. Jim was second in 15:54 (a PB by 10 seconds), half a minute ahead of Verlea's Andy Holt who topped the season's individual rankings. Jim missed one race because of a wedding, but for this he would comfortably have won the award. First team regulars Tony Lashmar and Gary Bagnall got off to a fast start, both trying to keep their good winter seasons going. These two have enjoyed some epic battles this winter and today Tony emerged victorious, posting a PB of 16:48 to finish 10<sup>th</sup>. Gary faded in lap 2 but nevertheless recorded a best time of 17:02 to come in 15<sup>th</sup>. Richard Newbold, running despite a calf injury, reeled Gary in at halfway and had his sights on Tony until his lack of quality

# VPH Finished Off Chingford League Campaign in Style

training told in the last half mile. Richard nevertheless finished 12<sup>th</sup> in 16:51. Damian Manning, who only joined the club this past winter, provided the real upset of the night. Again starting fast, he kept going to finish 27<sup>th</sup> in 17:29, about 2:20 faster than his debut in November! Damian has been a regular at the track and at races through the winter and is now starting to reap the rewards for his hard work. The 'A' team was rounded off by Veteran Gordon Faulds, returning to form after injury to finish a respectable 29<sup>th</sup>. This gave us a total of 95 points and victory on the night. These fine performances meant Graham Bennett was in the unusual position of coming in as first scorer for the 'B' team. Graham is also returning to racing following a lay off due to kidney stones and he did well to finish 31<sup>st</sup> in 17:41. Another mini battle occurred 20 seconds later when Tim Mitchell Smith outsprinted marathon man Mike Penman on the final hill to finish 45<sup>th</sup> in 18:08, 2 seconds and 1 place ahead of Mike. Both Tim and Mike recorded PBs. Alistair McCall sensibly kept out of this, finishing 6 seconds later in 49<sup>th</sup> and recording another best time of 18:16. Dave Robinson Senior closed in for the 'B' team in 63<sup>rd</sup>. Not to be outdone, he recorded the 9<sup>th</sup> personal best of the night – this is getting monotonous! The 'B' team finished 2<sup>nd</sup> behind Orion who filled no less than 7 of the 8 places ahead of Tim – we'll swap places with them next season. It's only now I've typed this out that I realize how well our faster runners performed on the night. 9 of the 12 scorers recorded PBs and the 3 that didn't were all coming back from injury. Star prize goes to Damian's 2 minutes plus but this should not overshadow the others – 10 seconds off Jim's PB is a big slice for a runner of his ability. The good news continued further down the field. Gary Deathridge finished 75<sup>th</sup> in 19:42 in his first race at the Eastway. Gary moved through the field after a steady start, dropping Peter Wright and overtaking about 20 other runners in laps 2 and 3. Peter cruised round in roughly the same position until the final hill when a closing group forced him into a fast

finish in 88<sup>th</sup> (20:05). The chasing group included new member Rob Daly (90<sup>th</sup> in 20:11). Next came two clubhouse regulars, C. Csaszi (104<sup>th</sup> in 20:37) and Francis Bray (116<sup>th</sup> in 21:07), both in their first races at Eastway. Annie Gammon led the women home in 21:13, 7<sup>th</sup> woman overall. Mick Wheeler closed in the Veterans team in 128<sup>th</sup> place (21:40). The VPH Saga Club had a good night with Gordon's 29<sup>th</sup>, Dave's 63<sup>rd</sup>, Pete's 88<sup>th</sup> and Mick's 128<sup>th</sup> giving a points total of 308 and 4<sup>th</sup> place, 5<sup>th</sup> in the League overall. We should improve on this next season although we're a long way behind the large squads and virtually interchangeable 'A' and Veteran teams of Barnet and Orion. The women's team was completed by Georgia Pettipher (17<sup>th</sup> in 22:47), Fiona McGregor (27<sup>th</sup>, 24:38) and Lydia Bruce-Burgess (31<sup>st</sup>, 26:26), all either making their debuts or recording best times. The women were 5<sup>th</sup> despite missing 2 probable scorers. The personal bests continued with Darren Stobbart (23:33 for 156<sup>th</sup>) and Janice Cartwright (39<sup>th</sup> woman in 27:49). Our results were completed by first timers Chris Murtagh (175<sup>th</sup> in 25:49), Steve Wilton (194<sup>th</sup> in 29:04) and Jo Sargent (47<sup>th</sup> woman, 29:31) and Debbie Bowler (50<sup>th</sup> woman, 35:32) and Sally Weddell (51<sup>st</sup> woman, 35:49). The tally of 30 runners, 9 first timers and 13 personal bests must represent one of the best results in the club's history. The current debate about the future, the clubhouse and the lack of infrastructure should not obscure the fact that the club is attracting many new members and providing the environment to improve the performance of everyone from Jim Roche down. I'm only worried that those of us who didn't record personal bests will be up before the committee to explain why not!

2nd Jim Roche	15:54 PB
10th Tony Lashmar	16:48 PB
12th Richard Newbold	16:51
15th Gary Bagnall	17:02 PB
27th Damian Manning	17:29 PB
29th Gordon Faulds	17:33
31st Graham Bennett	17:41
45th Tim Mitchell-Smith	18:08 PB
46th Mike Penman	18:10 PB

49th Alistair McCall	18:16 PB
61st Terry Beackon	18:50 PB
63rd Dave Robinson (Sr)	18:56 PB
75th Gary Deathridge	19:43*
88th Peter Wright	20:11
90th Rob Daly	20:13*
104th Csongar Csaszi	20:39*
116th Francis Bray	21:13*
118th Annie Gammon	21:19
120th Paul Johnston	21:26 PB
128th Mick Wheeler	21:44
148th Georgia Pettipher	22:57*
156th Darren Stobbart	23:33 PB
166th Fiona MacGregor	24:47 PB
175th Chris Murtagh	25:59*
177th Lydia Bruce-Burgess	26:26*
188th Janice Cartwright	28:19 PB
194th Steve Wilton	29:09*
198th Joanna Sargent	30:34*
202nd Debbie Bowler	35:32
203rd Sally Weddell	35:49

\* First time running course

## Team

### 'A'

1 VPH 95, 2 Barnet 109, 3 Orion 133  
11 teams finished

### 'B'

1 Orion 253, 2 VPH 295, 3 Barnet 394  
9 teams finished

## Women

1 Loughton 47, 5 VPH 84  
9 clubs/ 14 teams finished

## Veterans

1 Barnet 110, 2 Orion 124, 3  
Woodford Green 245, 4 VPH 308  
11 teams finished

## Final League Positions

### 'A' (11 teams)

1 Barnet 92, 2 Orion 84, 3 VPH 79, 4  
Woodford Gn 67, 5 Eton Manor 58, 6  
Enfield & Har 50, 7 Walthamstow 48,  
8 Trent Park 44, 9 Verlea 40, 10  
Heathside 29, 11 Loughton 23

### 'B' (10 teams)

1 Orion 94 points, 2 Barnet 88, 3 Eton  
Manor 68, 4 VPH 66, 5 Trent Park 65

## Women (13 teams)

1 Orion 95, 2 Loughton 81, 3 Barnet  
78, 4 Trent Park 73, 5= Eton Manor  
Orion 'B' 66, 7= VPH, Woodford Gn  
33

## Cecile Brugnoli, Jim Roche, Gary Bagnall, Judith Burns - Club Champs

### Veterans (11 teams)

1 Barnet 91, 2 Orion 89, 3 Woodford Gn 67, 4 Trent Park 64, 5= VPH, Eton Manor 49

### Individuals

1 A.Holt (Verlea) 161 points , 2 J.Roche (VPH) 145, 3 R.McCormick (Trent) 136

### VPH 7.5M/5M XC Champs, Woodford Green, 10 Mar 01

Men (7.5 miles):

1 Jim Roche	49:50	<b>G</b>
2 Gary Bagnall	50:35	<b>S</b>
3 Tony Lashmar	51:25	<b>B</b>
4 Mike Penman	54:43	
5 Jon Cullon	57:00	
6 Pete Snell	76:55	
Tim Mitchell-Smith	DNF	
Darren Stobbart	DNF	
Steve Wilton	DNF	

Women (5 miles):

1 Cecile Brugnoli	48:49	<b>G</b>
2 Lydia Bruce-Burgess	49:25	
3 Sally Weddell	70:71	

### Barcelona Marathon, 18 Mar 01

673th Tim Mitchell-Smith 3:18:46 (1:33:06 1/2 way)

### Club 20M Champs, VP, 25 Mar 01

Another impressive turnout with 23 runners lining up at the new start several hundred yards from the clubhouse. The foot and mouth outbreak had decimated the normally busy half marathon calendar so for many people it was their only chance of a long race before the London Marathon. There were also more immediate concerns – the last opportunity to notch up Boswell League points and the chance of a gold medal greatly enhanced by Jim’s decision to act as timekeeper. Gary, Tony and Mike made their intentions clear from the outset with all 3 covering the first 2.5 mile lap in less than 15 minutes. At this stage the rest of the field were split into several small groups about a minute apart, a pattern which continued for the first two thirds of the race. At the front Tony and Gary maintained 6 minute miles with about 60 meters separating

them. Both were pulling away from the rest, leaving Mike an isolated third. Further down the field positions were swapped quite a bit with some competitors suffering because of a fast start and others sustaining a consistent pace for lap after lap – not easy to do especially when fellow runners are few and far between. By 15 miles the field had reduced to 13 runners. Gary and Tony were neck and neck with the gold medal in their sights. Mike continued to plough a lone furrow in 3rd and Mick Cairns was reeling in Dave Robinson in 5<sup>th</sup> and 4<sup>th</sup> respectively. A couple of minutes down Garry Walker was tracking newcomers Rob Daly and Francis Bray. Damian Manning and Gary Deathridge were next followed by Csongor Czaszi, Paul McKinley and Judith Burns, the only woman left in the race. Lap 7 saw Gary start to pull away from Tony to establish a 12 second lead at the start of lap 8. Tony slowed dramatically on the last lap, probably due to not drinking earlier in the race, leaving Gary to claim gold in 2 hours 4 minutes 4 seconds. Tony lost over a minute on the last lap and finished 2<sup>nd</sup> in 2:05 32 with Mike, third since the first mile, claiming bronze in 2:12:23. Mick Cairns ran a sustained race to overtake Dave Robinson on lap 7 and finish 4<sup>th</sup>. Dave, who had not raced over more than 10 miles since last year’s club 20, finished 2 minutes later. The rest of the field, with an eye on the London Marathon 3 weeks away, finished in the same positions they had occupied for most of the race. The women’s gold medal was claimed by Judith Burns – congratulations to her; she was one of several people who virtually ran the race on their own. Thanks to everyone who turned up to record lap times and generally help; I’m afraid that apart from Jim I don’t know who you are. I was pushed for time that morning but I managed to watch about 10 minutes of the race during a quick run through the Park; apologies to the guy that I thought was Terry Amor, he must have been very confused by my shouts of ‘Come on, Terry!’ (Pete Wright reports)

1 Gary Bagnall 2:04:04 (14:41, 14:58, 15:03, 15:14, 15:25, 15:53, 16:22, 16:28) **G**

2 Tony Lashmar 2:05:32 (14:40, 14:42, 15:08, 15:13, 15:37, 15:53, 16:37, 17:41) **S**  
 3 Mike Penman 2:12:23 (15:01, 16:06, 16:13, 16:42, 16:58, 17:09, 17:08, 17:06) **B**  
 4 Mick Cairns 2:21:45 (17:05, 17:28, 18:04, 18:01, 17:59, 17:49, 17:34, 17:45)  
 5 Dave Robinson Snr 2:23:34 (17:04, 17:16, 17:35, 17:50, 18:04, 18:24, 18:47, 18:34)  
 6 Francis Bray 2:32:04 (17:34, 18:02, 18:29, 18:46, 19:09, 19:16, 19:14, 20:34)  
 7 Rob Daly 2:32:37 (18:00, 18:55, 18:50, 19:00, 19:20, 20:05, 19:06, 19:21)  
 8 Garry Walker 2:35:07 (19:27, 20:03, 19:38, 19:37, 18:42, 19:32, 19:06, 19:21)  
 9 Damian Manning 2:41:58 (18:00, 19:10, 19:42, 20:42, 20:42, 20:52, 20:59, 21:05, 21:28)  
 10 Gary Deathridge 2:42:14 (18:00, 19:10, 19:42, 20:42, 20:42, 20:52, 20:59, 21:05, 21:44)  
 11 Csongor Czaszi 2:47:04 (18:00, 18:55, 18:50, 19:00, 19:33, 21:32, 24:07, 27:07)  
 12 Paul McKinley 2:57:33 (20:27, 19:42, 19:57, 21:05, 21:45, ?, ?, ?)

### Women

1 Judith Burns 3:33:02 (23:49, 25:17, 27:40, ?, ?, ?, ?, ?) **G**

### DNF:

15 miles: Pete Snell, Georgia Pettipher, James ?  
 12.5 miles: Darren Stobbart  
 10 miles: Joe Loboda, Mick Wheeler, Cecile Brugnoli  
 Not known: Lydia Bruce-Burgess, Veronica McCabe, Steve Wilton.

### Physical Shield Relay, Loughton, 27 Mar 01

VPH have won this competition every year since 1997 – 4 successive victories before this year’s race – so the Shield has become part of the furniture at Cadogan Terrace. Maybe that’s why no one remembered to bring it along to last night’s race – cue red faces as we explained our predicament to the race organisers. We should not have worried, however, as a fine run from the

# Club Record in Physical Shield

'A' team ensured the Shield would stay at VPH for another year. I arrived fairly late as usual and was assigned the crucial role of 3<sup>rd</sup> leg for the 'E' team. We actually had 25 runners – 5 mens teams, a women's team and Pete Snell who had to run on his own. This was again an impressive turnout – we've been getting 25 runners plus at races for months now – making VPH the best represented club on the night. This achievement was all the more impressive as the Shield was just 3 days after the club 20. The first leg provided a representative mix of new and old VPHers. Veteran Gordon Faulds started for the 'A' team, heading the field just ahead of relative newcomer Simon Middleton. Alastair MacCall was a few places back for the 'C' team just ahead of fellow established member Tim Mitchell-Smith. The 'E' team was represented by new member Dan O'Sullivan, running his first race for the club, and the women's team was kicked off by Georgia Pettipher who joined a few months ago. At the sharp end Gordon proved he is over his injury, coming in just ahead of a very competitive lead group in exactly 9 minutes. He was followed 5 seconds later by Simon, with Gordon handing over to Jim and Simon to second claimer Tim Grose. Mile End regulars will know Tim and his long legs; these 2 pulled away from the rest of the field with only a runner from Orion for company. Tim won the contest in what we think is a course record time of 8:35 with Jim just 7 seconds down. The battle continued in the 3<sup>rd</sup> leg with Gary and Tony resuming the contest begun at the club 20 on Saturday. Incredibly both recorded PBs - 3 days after racing 20 miles! Tony edged this contest – his 9 minutes dead was 8 seconds faster than Gary – and things were again neck and neck at the handover to the 4<sup>th</sup> leg with just 6 seconds and Orion separating the 'A' and 'B' teams. The final leg was the walking wounded show if you believe the protagonists, Richard Newbold and Graham Bennett (legs, backs, calves, you name it). The restorative powers of a race, however, are well known and little short of miraculous – perhaps they should be available on prescription. Both runners

looked far from injured to me with Richard storming round to clinch victory in 8:48 and Graham (just pipped to 3<sup>rd</sup> by Orion) in 9:11. Graham, to be fair, was increasingly uncomfortable as the leg went on; a fit Graham would certainly have held off the challenge from Orion to record a VPH 1-2, so hats off to him for racing and helping the 'B' team to 3<sup>rd</sup> place. The other teams did well. The 'C' team finished 5<sup>th</sup> with 2 new members and a combined time of 38:29 (less than 10 minute per leg), Tim Mitchell-Smith shook off the after effects of the Barcelona Marathon to record a PB of 9:50 and, with Dave and Nick Robinson and Mike Penman, helped the 'D' team to 10<sup>th</sup> in 40:52, the famous 'E' team eventually finished 4 places down in 44:56 and the women, anchored by a fine run from Kelly May, were 4<sup>th</sup> women's team. (Pete Wright reports)

## Men

1. VPH 'A' 35:30 (Gordon Faulds 9:00 PB, Jim Roche 8:42 PB, Tony Lashmar 9:00 PB, Richard Newbold 8:48)  
3. VPH 'B' 35:59 (Simon Middleton 9:05 First time, Tim Grose 8:35 First time, Gary Bagnall 9:08 PB, Graham Bennett 9:11)  
5. VPH 'C' 38:29 (Alastair McCall, Ben Oakes, Eddie Thomas, Damian Manning)  
10.VPH 'D' 40:52 (Tim Mitchell-Smith 9:50 PB, Dave Robinson (Sr) 10:22, Nick Robinson, Mike Penman)  
14.VPH 'E' 44:56 (Dan O'Sullivan, Darren Stobbart, Peter Wright 10:18, Gary Deathridge)  
Peter Snell also ran on leg 1.

## Women

4. VPH 52:36 (Georgia Pettipher, Audeclaire Markiewicz, Cecile Brugnoli, Kelly May)

## Entry by Nick Pattison on Mon Feb 12 in the VPH Website Guestbook

Dear VPH,  
I have just been browsing your site with my father Albert Pattison. It's amazing to see his records still intact from the fifties. He sends his best wishes to you and the club. Good luck !

From: "P.Kyberd"

To: <paul.mckinley@bigfoot.com>  
Sent: Thursday, February 01, 2001  
Subject: VPH web site - a request

Dear Paul--I got your name from a colleague, Richard Newbold, as the beggetter of the VPH web site. I run for Kent AC and our web site is in dire need of a facelift. VPH was held up as an example of what a club web site should be and, since it was known I knew Rich and he was associated with the web site, I was asked to see if I could get hold of the code which provides the structure for the web site so that it could be modified for our use. So that is the request, could we have a copy of the code for modification and subsequent use on our web site. As an inducement, I could offer you an acknowledgement on the site and a link to the VPH site. Thanks, Paul

## BEHIND THE MODESTY SCREEN

(By Louise Guthrie)

My colleague places a frothy Café Latté on my desk. "You look as if you need this." she says, obviously concerned. You DO look stressed. Are you alright?" I dare not explain to her. It's only 9.30 am on Monday morning. OK, so I'm staring at my PC with an expression that suggests we've just made a fatal error. An error which could bring the entire company into disrepute. But in actual fact it's worse than that. I have just seen the sheer VOLUME of VPH-related emails in my Inbox. I open them as quickly as possible. Try to cast at least a cursory glance over each of them. Looks like there are five emails each on at least four different subjects – (or is it four emails on each of five issues?) Desperately try to absorb the contents. Is that A's reply to B about C, or is that B's reply to D about A? Manage to grasp the threads of three of the main issues. But then I notice the mails are still piling in thick and fast. Does this one here contain any important additional information? Or is it merely A clicking "Reply All" to say: "I quite agree" to the original author. Do we ALL need to know that A agrees with the author? Or is that really only relevant to the author himself? And

## Alf Pattison, Club Mile Record Holder For The Last 44 Years, Sends His Best

does B's opinion really matter to everyone on the distribution list? Or C's opinion for that matter? Would my opinion matter to anyone at ALL? Can't work it out. Now it's B clicking "Reply All" to ask A (and everyone else) to stop clicking "Reply All" when replying..... arrghhhhhh. Don't get me wrong - NO-ONE loves non-work related emails more than I do. I'm always happy to give them priority. And let's face it - we all want to know what's going on at VPH and we all like to have our say sometimes. But I cannot get my head around all this. Not this morning anyway. Not within the 10 minutes I have, with all due conscience, allocated myself for non-work related emails. Well, not before actually having DONE any work, that is. So I sigh, knock back the Latté and admit defeat. I turn my attention to more mundane daily business - work, in fact. Well, not quite. I spend 10 minutes creating a sub-folder for VPH emails and setting up a rule to divert them away from my Inbox ..... It's not that we at VPH are particularly over-zealous about sending emails to all and sundry about absolutely everything. Well, no more than anyone else in the civilised world. It's all merely symptomatic of the technological era we live in. And we are now, as a club, collectively trying to enforce internal rules of email etiquette. We have, by common consent, streamlined our emailage, because we are afraid of becoming slaves to the actual medium rather than the message. So now, if an email from a VPH-member lands in your Inbox, you can rest assured that it's relevant to you. In theory anyway..... But what actually does constitute a happy medium in terms of volume? There have been a few suspiciously quiet spells on the VPH-emailage front of late. Is there something going on that I don't know about? What if someone has forgotten to copy me in? What if they don't actually WANT me to know about it? My email Inbox gives an exciting "Ping" again - Hope it's not work-related.....

### Club Pole Vault Champions

1999 M. Wheeler 2.20

2000 W. DuBose 2.30

### VPH All-Time Road Records

#### Club Championships

"1M" Steve Mahon 4:25 (1986)  
"3.5M" Des O'Donnell 17:08 (1984)  
10M Jim Roche 54:27 (2001)  
20M Gary Bagnall 2:04:04 (2001)

#### Assembly League

Vict Pk "3.5M" Chris Brogan 16:39 (1987)  
Blackheath "5K" Chris Brogan 14:54 (1987)  
Brockwell Park "5K" Jim Roche 16:08 (2000)  
Forbanks "2.8M" Jim Roche 14:26 (2000)

#### Chingford League

Eastway "5K" Chris Brogan 15:14 (1988)  
Vict. Pk "5M" Mike Quanne 23:29 (1971)

#### Other Records

Well St Common "2.9M" Larry Mangleshott 13:58 (1987)  
Open 5 Tony Lashmar 27:27 (2000)

### VPH All-Time Women's Road Records

#### Assembly League Records:

Vict Pk "3.5M" Hanna Robson 22:37 (1994)  
Blackheath "5K" Annie Gammon 21:13 (1995)  
Brockwell Pk "5K" Lesley Lorraine 27:03 (2000)  
Forbanks "2.8M" Liz Kempster 19:29 (1996)

#### Chingford League Records:

Eastway "5K" Hanna Robson 19:55 (1993)  
VP "5M" Annie Gammon 31:52 (1996)

#### Victoria Park Records:

"1M" Hanna Robson 5:48 (1995)  
Open 5 Ruth Beechey 37:24 (2000)  
10M Annie Gammon 70:41 (2001)  
20M Judith Burns 3:33:02 (2001)

#### Other Records:

Marathon Annie Gammon 3:18 (1996)  
Well St. Common "2.9M" A. Gammon 19:07 (2001)

### John Daniels, VPH's First Veteran

#### Athlete On The World Stage

Further to the last club mag which covered John Daniels' veterans athletics career, John dug deep into his memorabilia trunk and dug out the following results:

1. International Veterans T&F Meet,  
Cologne, Germany, 13-14 Sep 1972  
Age 40 - 44  
200 25.2  
400 55.8 (8th best time)  
HJ 1.45 (6th)  
4x100 47.6 (2nd) - ran anchor leg  
4x400 3:37.8 (2nd)

2. First-Ever World Veterans T&F  
Championships, Toronto, 1975  
Age 40-44  
Pentathlon 1,807 points (11th)

3. World Veterans T&F  
Championships, Gothenberg, Sweden, 8  
- 13 Aug 1977 (covered in last mag)  
Age 45-49  
Pentathlon 2,164 points (12th of 31)  
400m heat - 57.2 (5th)

In that same meet in Gothenberg, Harry  
Tempan of VPH finished 6th in the 50-  
54 800 (2:11.9) and 9th in the 1500  
(4:31.9). As lead-off man, Harry won a  
silver medal in the 4x400m relay when  
the British team finished 2nd in 3:53.6.

Dear Wayne,

Again thanks for VPH News,  
another good read. Having just seen the  
VPH website, I must congratulate  
everybody concerned. There seems to  
be pages of information and, to crown it  
all, there are pictures of Jack & Ted  
(Flowers); once again congratulations.  
I hope to make it to the 75th  
Anniversary Dinner later in the year,  
but in the meantime, please find a  
cheque enclosed as a donation.  
Regards, Henry (Tabberer)

**From:** Wayne DuBose

**To:** Henry Tabberer

Hi Henry--Received your donation.  
Thank you very much. Glad you like  
the mag. Regards, Wayne

24 Feb 01

Dear Wayne,

A GOLDEN AGE

Sorting out some old files in my loft the  
other day, I came across numerous  
copies of Athletics Weekly and the  
VPH mag. All dating from the early  
1950's. (I never threw anything away  
with my name in it). About two hours  
later, when I had stopped reading them  
all, I had a severe attack of nostalgia.  
Hence this letter.

There is no doubt that the late 1950's to  
the early 1960's was the golden age of  
road and cross country for VPH. Our  
great performances in the road relays at  
national and local level were all relived  
as I read on with, I admit, a tear in my

# Bob Long's Golden Age

eye (that's age for you!). All the old names came flooding back, Iden, Day, Pattison, Everson, Rouse, Iron, Flowers, Howlett, Curtis, Esson, Boston, Potter, Cornell and many more. We were all very competitive with each other and the success of the club was due, I believe, to the dedication of our club captain Gordon Everson and his deputy Ken Rouse who both led by example. They were both hard and, if you had a crap run, they told you so!

I would love to see all my old team mates again. Therefore, I'm definitely coming to the 75th Dinner in September, so stay alive all of you until then. I promise not to bore you with my three runs in the London Marathon (aged 50+).

Just to emphasise that "Golden Age" tag, one of these old Athletics Weekly mags, dated 1959, reports on the VPH 10 mile road championship. The first six were all inside 53:30! and that speaks for itself. Regards, Robert (Bob) Long

Dear Bob,  
I confirm receipt of your cheque for the Anniversary Dinner as well as your application form and Associate Membership fees. By the way, I have a old photo in my possession of Peter Jones, in a road relay, handing over to a VPH'er with dark hair and glasses. I wonder if that's you? Do you happen to have VPH club magazine numbers 1, 5, 7, and 11? I'm missing those from my collection and would greatly appreciate copies. Looking forward to seeing you later in the year. Wayne

Dear Wayne,  
I always mean to write but never do. Perhaps this will be the first of many. The reason for this letter is to add something to the record list. For your information, there used to be the SAAL relays and perhaps I am a member of a very old club team record. In 1950 at the SAAL relays at Eton Manor, the Junior 4x880 yd team finished 2nd in 8:50. The team was:

Dennis Boston 2:10  
Reg Banks 2:15

Len Parsons 2:14  
Dennis West 2:11

The following year, the junior team again finished 2nd in 8:50.2. The team this time was:

Stan Smith 2:17  
Dennis West 2:10  
Alf Wright 2:14  
Len Parsons 2:09.2

Can we claim the oldest club Junior record?

In 1951, in a medley handicap race held at Watford Festival Sports on a grass track, the junior team finished 2nd from scratch with a time of 3:52. The team was:

Len Parsons 880  
Pete Seabrook 220  
Dave Long 220  
Dennis West 440

I don't have the individual times. Writing of records, where does my 3000 metre steeplechase time of 9:55.6 secs stand. This was accomplished when I finished 2nd in the Middlesex Championships on May 21st, 1955 (long time ago). Robbie Cornell's letter brought back memories. I coached Rob for a number of years during which he became Middlesex 1 mile junior champion. Hope I haven't bored you and will write again with copies of photos, etc. If you want to know what I looked like in my young days, I'm sitting next to Jack Flowers on his right side, my brother is sitting 5 places to my right. Best wishes to VPH and all its members. Yours sincerely, Dennis West

Dear Dennis,  
Here's a clip from the club magazine of your day:

THE VICTORIA PARK HARRIER NO. 30 DATED JUNE 1955  
"Middlesex County Championships - The 3000m steeplechase was a remarkable race. Before halfway, two of the six starters had fallen by the wayside, while Ellis (TVH) and Dunkley (Shaftesbury) held an

advantage of 200 yards over Dennis who was third. At the bell, Ellis looked all over a winner, being some 30 yards clear of Dunkley, but there followed an amazing collapse. The strength seem to completely drain from his body and he stood in the water jump until Dunkley passed him, then he weaved an unsteady path down the track climbing slowly over the remaining obstacles. Even with only 150 yards to go, it appeared certain that he would still come second, but Dennis piled on the pace and, closing the gap hand over fist, caught the semi-conscious Ellis 2 yards from the post in a dramatic finish. Dennis clocked 9:55.6"

Dennis, you must have been very proud that day of your effort. You'll be pleased to know that your time survived as a Club record for 28 years. And it would have ranked #1 at VPH in 2000. Unfortunately, we don't maintain records of 4x880y Junior races so I can't say if it's a record or not. If it is, in fact, a club record, then it will be for eternity as VPH doesn't contest this event anymore. Thanks for sharing your stories. Best wishes, Wayne  
25 Turners Close  
Bramfield nr Hertford  
Herts SG14 2QW

8 Mar 01

Dear Wayne,  
Many thanks for the latest issue of VPH News which I am always pleased to receive. It was sad to read of the passing on of Fred Plumm. Fred joined VPH during 1935 and I followed a year later at the age of 14 years. We both received coaching and advice from the Club Coach Harry Peck and we were both making good progress when the war intervened in September 1939. We were both eventually called up for service in the armed forces and I did not meet Fred again until I returned from RAF service in S. Rhodesia during October 1946 and served under Fred's captaincy during the 1947 track season at Victoria Park cinder track. Fred was liked by all and always had a cheerful smile. On a happier note, I was pleased to read Ken Rouse's report in a previous VPH News issue of his meeting up with

## Dennis West's Steeplechase Club Record Lasted 28 Years

Eugie & Gwen Murnane. Prior to the last war, Eugie was an outstanding hurdler. He served in the RAF during the war years,

and Matt Moseley and himself were the instigators of the successful negotiations with the local authorities resulting in the acquisition of the VPH Headquarters which all VPH members enjoy today. My father Mr A. H. Lait served the Club as Honorary Treasurer for many years until his death from cancer in 1958. Les Williams who was Secretary at the time took over the reigns as Treasurer and proved himself a first class man for the job-most meticulous in every way and devoted in the Club's successfulness and in my opinion did not receive the recognition for his contribution to the Club's financial success. I was pleased to read news of my friend Deric Bareford. We participated in many AAA representative matches together, and Deric was regarded by many as the greatest "All Rounder" the club has produced. Wayne, you mentioned in one

of the VPH News issues that you always

encourage older members of VPH to pass on some of the VPH history that they have. As requested, I've made copies of VPH cuttings of 40/50 years ago which you may find of interest plus other interesting cuttings and invitations (AAA) which you may wish

to retain for the Club's archives. In 1943, while serving in the RAF, I was fortunate to be posted to the London area, and therefore able to continue my athletics career by entering many wartime events during my off duty periods and on some occasions would exchange duties with other RAF personnel in order to compete. In November 1943, I was posted to S. Rhodesia Air Training Group and did not return until the final shutdown of the training camps during October 1946. Therefore, I was again fortunate to have continued my athletic career during my service in S. Rhodesia. I attended the VPH 70th dinner and was looking forward to attending the 75th this year, but unfortunately my prostate problem which I've had for some time has recently showed signs of possible

cancer, and my doctor has suggested an exploratory operation to ascertain whether the seeds of cancer are visible and whether successful treatment or drugs can be administered. Until this can be arranged, which nowadays could be a long wait, I have to take things easy and my travel is restricted especially as I have no car. Bramfield is a nice village (3 miles from Hertford) and I participate in most village activities. I have been great friends of Jack & Ted Flowers for years and they usually visit at Easter time. My athletic career ended in April 1991 when I was 69 years. My son Christopher who is a good marathon runner (2:51) encouraged me to train and run in the London Marathon in April 1991. My local villagers sponsored me and, as my mother (102 years) was in a home for the blind, decided to run in aid of the Guide Dogs for the Blind. I set a target of 5/5 ½ hours and was over the moon when I completed and finished in a time of 4:39:36. I then set myself a target of 4:30 when I became 70 years in 1992, but my doctor warned me not to race against the clock at my age and not to run. I'd previously in 1991 achieved my medal so reluctantly took my doctor's advice. I shall feel a tinge of sadness on Saturday, 19th May when the 75x400m relay in honour of the Club's 75th anniversary is held, coupled with the final curtain coming down on the VPH cinder track which I ran on for many years and which very many happy memories will always remain. I wish the Club well in future years with possibly difficult times ahead and hope VPH will never lose its identity. I convey my kindest greetings to all who may have known me and wish you all a very happy and successful evening for VPH's 75th dinner. I enclose a cheque for £25 as a donation to the Club. Yours sincerely, Les Lait

### World & UK Veteran Combined Event Rankings (Indoor)

In recently published rankings, Wayne DuBose is ranked 24th in the M40 indoor pentathlon and 20th in the M45 indoor pentathlon on the all-time World Rankings. In the same events, he's ranked 13th and 8th respectively on the all-time British rankings.

### Exciting Times at VPH

The forward progression of VPH is rapidly gaining pace, with the production of a long term Development Plan on schedule for presentation for membership approval at the AGM in October. In addition, the Club is also attempting to gain funding for the promotion of athletics for juniors in the local community. This effort is being spearheaded by Peter Snell, with assistance from several VPH Committee members including Club President Wayne DuBose and Club Chairman Rich Newbold. Club members have already had two meetings with representatives of Sport England and the local council and the presentation that Wayne, Peter, and Rich made at the last meeting was greeted with encouragement by the powers that be. However, we have to be seen to be promoting athletics in the community before we stand a chance of gaining the levels of funding we so desperately need to bring our clubhouse up to scratch. The initial target is funding for a part-time Athletics Development Officer for the late spring-summer who'll concentrate on forging links with local schools and youth groups, and promoting athletic events in the Park. Additional funds will also be made available to train Victoria Park Harriers' members to become coaches and officials. There are two main aims of this project:

1. To introduce local youngsters to athletics and create a VPH junior section.
2. To provide VPH with a track record in the promotion of athletics in the local area, enabling us to attract further funding.

The VPH demographic is rather unusual for an athletics club in that we don't have a large membership in the 11-16 age group. It's in our interest to recruit youngsters to provide our senior teams with athletes in the future. In addition, if we are to receive funding for refurbishing the Clubhouse, including the long overdue replacement of the roof, we have to be seen to be a useful community resource, and a club that is

# Calling All Potential Coaches!!

dedicated to widening its membership and providing greater opportunities for participation by all. So, why should you become a club coach? Well for starters, it won't cost a penny. The Club will pay for any member to go on a coaching course provided they are prepared to do some coaching on the Club's behalf on qualification. In the short term, it might provide you with an insight into how you should be training. In addition, the coaching will probably be enjoyable and you will gain vicarious pleasure from the improvement in the people you coach. Oh yes, and don't forget, if you act as a coach for VPH, you'll become exempt from subs for the following year - with all these perks and rewards, what have you got to lose? If all that wasn't enough, in the medium term there is another possibility, and that is that you may well be paid for your efforts. VPH will be applying for grants to coach local youngsters and part of the grant will be to pay coaches. In the short term, this will undoubtedly mean that we'll have to hire outsiders. However, we would naturally wish to pay our own members for these activities as they'll probably have a better feel for the area and how to get the best response from local kids during coaching sessions. However, to be eligible for these coaching positions, the applicants will have to be:

1. Qualified.
2. Have a track record of coaching.
3. Dedicated to VPH.

So, if you would like to be able to coach and earn some money doing something you love, it's time to get qualified. The next batch of Level 1 coaching course are due to take place in May. Please contact VPH Coaching Secretary, Richard Newbold for further details (rich@steeplechase.org.uk, 020 7254 4546). (Editor's Note: Coaching is one area where you can make a difference in people's lives. Sounds dramatic, but it's true.)

### Walthamstow AC Centenary Gala

VPH'ers--Walthamstow AC is celebrating its 100th anniversary this year and has invited VPH (along with

Eton Manor, Loughton, and Orion Harriers) to a gala "fun day" at Waltham Forest track on Sunday, 12 August 2001. Their intent is to stage traditional gala events such as sack races, egg and spoon races, throwing the welly, etc. for athletes and all members of their families. For the serious athlete (over 17), they'll hold handicap races over 100m to one mile. They also have in mind a French boule competition and 12-(or more)-a-side tug-of-war. They request that clubs make their own picnic arrangements and will have facilities available for those who wish to bring portable barbeques along. If you're interested in attending, let a committee member know by 20 April.

Thanks, Wayne

### Boswell League 2001

1 J. Roche	280 <b>G</b>
2 T. Lashmar	265 <b>S</b>
3 G. Bagnall	232 <b>B</b>
4 M. Penman	225
5 D. Robinson (V)	205
6 T. Mitchell-Smith	164
7 R. Newbold	148
8 P. Wright	118
9 M. Cairns	101
10 G. Faulds	97
11 P. Snell	89
12 J. George	72
13 P. Johnston	71
14 G. Bennett	67
15 D. Manning	59
16 S. Middleton	51
17 T. Beackon	51
18 G. Deathridge	46
19 A. McCall	44
20 N. Robinson	37
21 T. Adams	36
22 N. Hardwick	35
23 P. McKinley	33
24 D. Robinson	31
25 D. Stobbart	30
26 J. Laboda	27
27 J. Fregonesi	26
28 L. Vialls	26
29 P. McHugh	24
30 R. Martin	23
31 G. Walker	21
32 R. Daly	20
33 F. Bray	19
34 T. O'Neill	17
35 P. Eldridge	16
36 J. Cullon	16
37 C. Csaszi	15

38 S. Perham	12
39 D. West	11
40 R. Daniels	11
41 T. Amor	11
42 G. Stewart	9
43 R. Porter	9
44 S. Shaw	8
45 W. DuBose	7
46 M. Wheeler	6
47 G. Franey	4
48 S. Wilton	2
TOTAL	3273

#### Women Total Points

1 S. Weddell	170 <b>G</b>
2 L. Guthrie	146 <b>S</b>
3 C. Brugnoli	137 <b>B</b>
4 J. Cartwright	108
5 G. Pettipher	94
6 L. Bruce-Burgess	89
7 D. Bowler	83
8 A. Gammon	80
9 F. MacGregor	72
10 T. Harding	64
11 J. Sargent	62
12 L. Bano	59
13 K. May	54
14 D. Dickens	44
15 J. Baker	34
16 L. Lorraine	33
17 V. McCabe	31
18 A. Rabitte	24
19 J. Burns	20
20 D. Handforth	13
21 R. Massey	9
TOTAL	1443

Congratulations to Jim Roche on retaining the Men's Boswell League title and to Sally Weddell on winning the inaugural Women's title. Here's how the men's participation has fared over the last five years.

1997	2014 points (27 runners)
1998	2153 points (27 runners)
1999	2205 points (33 runners)
2000	2669 points (34 runners)
2001	3273 points (48 runners)

Last year, I set Tim a target of beating 3,000 points for the coming year. No problem! So what do you all think of the increase in the number of runners? Women's Captain for next year (Janice?), here's your target for next season: More than 21 runners and more than 1443 points. For those of you

# Jim Roche Retains Boswell League Title

adding up the numbers, you'll see that 69 VPH'ers ran for the Club this past winter season!!!!

From: "Tim Mitchell-Smith"  
To: "Wayne Dubose (E-mail)"  
Sent: Wednesday, March 28, 2001  
Subject: Final Boswell League Table

Hi Wayne,  
This is the final Boswell League table for the season. I'm really pleased that we cracked the 3000 participation points target as well. I had my doubts for a while, but we've had a string of strong turnouts recently which has been great. Last night was a case in point - I think I heard that the overall field was the largest ever, in no small part down to our 25 runners - compared with just 6 runners in 1999!! Tim

From: "Wayne DuBose"  
To: "Tim Mitchell-Smith"  
Sent: Wednesday, March 28, 2001  
Subject: Final Boswell League Table

Tim--From where I sit, I think you've done a wonderful job this past year. For next season (Sep 2001 - Mar 2002), I hope that you continue as Captain and that you gather up the runners and set good Club targets. From Chingford League relay through to the last Chingford League race, aim high. We have the runners to make a bigger name for ourselves with you captaining us to success. Thanks for contributing to a successful VPH Road & XC season. Regards, Wayne

From: Tim Mitchell-Smith  
To: Wayne DuBose  
Sent: Thursday, March 29, 2001

Thanks for the kind words, Wayne. I don't think it would be very honest of me to claim all the credit for the high turnout that we've had competing this season though. For a start, I tend to work in partnership with Jim Roche in terms of getting people organised so he deserves at least equal credit. And most importantly, it has been down to the excellent attitude of the people we've had at the club this season who want to give up their time and come out and represent VPH. It has been a pleasure

being involved with the team - they've made my job easy! Tim

From: "Tim Mitchell-Smith"  
To: "Wayne Dubose (E-mail)"  
Sent: Friday, March 30, 2001  
Subject: Handicap Results

Hi Wayne,  
A slightly lower turnout for last month's handicap, but given the fact that London was gridlocked due to the tube strike - and of course we'd had two other races in the previous five days - it was still a good showing. An excellent performance by Cai, showing the benefits of Richard's coaching, to win on the night. Tony has really got the bit between his teeth after his disappointment in the Club 20, producing his second PB in three days. Although he did run in his Middlesex vest rather than his VPH vest so maybe I should stitch him up by adding a minute to his time! Excellent PBs also for Cecile, Darren, and Mark with Sally probably having recorded a PB - unfortunately, the only other time she has run the course was in the October handicap when there were no results taken. Quite nice to see that only 4 of the 15 runners were more than a minute either side of the target finishing time of 30 mins. Thanks to Gary Bagnall, John Cullon, & Veronica McCabe for helping me with the officiating. Tim

	<u>H/C</u>	<u>Actual</u>
Cai Lewis	28.26	25.11*
Darren Stobbart	29.15	20:00 PB
Dan O'Sullivan	29.27	19.57*
Tony Lashmar	29.30	15.30 PB
Cecile Brugnoli	29.52	21.42 PB
Mick Cairns	30.03	17.13
Mark Sutton	30.07	17.17 PB
Dave Robinson (Sr)	30.17	17.27
Aileen Rabbittie	30.31	27.16
Gary Deathridge	30.37	19.22
Steve Wilton	30.44	27.29
Sally Weddell	30.48	30.48
Nick Robinson	31.11	19.56
Simon Perham	31.38	19.08
Pete Snell	33.04	23.04

Dear Wayne,  
Happy 75th Anniversary to VPH and I wish both you and the Club a very successful year. I must apologise for

not writing before but I've been trying to pluck up enough courage to volunteer for the 75x400m relay run on 19 May. I've not had a training run for nearly three years, but I think that I could manage a leisurely lap if I'm not too late in putting myself forward. In any case, I'll make every possible effort to be there on the day. I enjoyed looking at Germany trip 1956 and seeing photos of friends from my early days at the Club and also the photo of the VPH 1948-49 cross country team. Were Jack and Ted Flowers ever really as young as that? I wonder if you need any memorabilia to exhibit during this year. I have a copy of Athletics Weekly for 6 Dec 1952 which has a front cover photo at a coaching course that included Deric Bareford, also a photo of Stuart Day leading Albert Pattison in the Club 3 mile championship, probably 1953, and a funny photo of John Daniels with moustache and straw hat. I expect your collection of club mags is complete, but I do have some ancient press cuttings which are a bit worse for wear but readable. I'm sorry to read of the Club's identity crisis with the athletics authorities and I hope that you get the support and results that you deserve and the facilities that Victoria Park athletes really need. Hoping to see you real soon. Very Best Wishes, Harry Tempan

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## **VPH NEWS**

**Victoria Park Harriers**  
**c/o 41 Ansley Way**  
**St Ives, Cambs**  
**PE27 6SN**

