

VPH AND THAC NEWS

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April 2002

Symone Belle Wins National Titles; Rikki Fifton Represents England; VPH&THAC Retains Physical Shield and Men's Open 5 Team Trophy

Dates to Remember

27 Apr Women's Southern Lge, Medway
2 May Assembly League 5K, The Dome
4 May Men's Southern League
(A - Basildon; B - Colchester)
5 May Young Athletes League - Enfield
11 May County Champs, Mile End
(Hosted by VPH&THAC)
12 May U13 County Champs, Perivale
18 May Men/Women Southern League
(A - Barn Elms, London; B - Watford;
W - Watford)
19 May Young Athletes League -
Basildon
22 May - 400 and 10000 Club Champs
25 May SEAA U20, U17, U15 Champs
1 Jun SEAA Senior Championships
2 Jun Young Athletes League - Ashford
8 Jun Men's/Women's Southern League
(A&W - King's Lynn); B-Walthamstow)
12 Jun BMC Races, Mile End
(Hosted by VPH&THAC)
13 Jun Assembly League 3.5M, Vic. Pk.
15 Jun County Schools Champs
19 June - 200 and 5000 Club Champs
22 Jun Men's Southern League
(A - Walton; B - Horsham)
28-30 Jun AAA Jr/U23 Champs, Bedford
30 Jun Young Athletes League -
Canterbury
3 Jul Sefton Brancker/SEAX Trophies,
Watford
4 Jul Assembly League 5K, Dulwich Pk
6 Jul Women's Southern Lge, Mile End
10 Jul - 800 Club Champs
12-13 Jul English Schools Champs,
Nottingham
13 Jul Men's Southern League
(A - Milton Keynes; B - Ware)
14 Jul London Chest Hospital Fun Run
20 Jul Club Champs Day for sprint
hurdles, long hurdles, 3000SC, PV, and
Overspill field events and women's
events from 20 Apr
21 Jul Young Athletes League - Chelmsford
27 Jul Women's Southern Lge, Dartford
28 Jul U13 Inter Counties, Kingston

3 Aug Men's Southern League
(A - Mile End; B - Mile End)
8 Aug Assembly League 3.5M, Vic. Pk.
10-11 Aug U15, U17 AAA Champs,
Crystal Palace
17 Aug VPH&THAC Family BBQ,
Vic. Pk.
24 Aug Pentathlon and 1500 Club
Champs
5 Sep Assembly League 2.9M,
Forbanks
7 Sep Women's Southern League,
Southend
15 Sep Middlesex County 10K Road
Champs & Young Athletes Relay, VP
28 Sep 6-Stage Relay, Aldershot
10 Nov Rainforest 10K, Victoria Park
**Club Handicap races held on the
last Thursday of each month.

100 Club Prizes

January - J. Daniels £50, P. Franey
£20, T. Flowers £10
February - R. Daniels £50, G. Hart
£20, B. Franey £10
March - Les Williams £50, D. Judge
£20, Darren Stobbart £10
Help the Club by taking part in this
very inexpensive fundraiser (£2 per
month). See Gerry Franey for details.

Erratum From the February Issue

In the third column on the front page
at the bottom, some of you were
missing the last line of the following:
"Peter Snell secures £20,000 grant
from London Marathon to go towards
renovation of clubhouse."

Circuit Training

Every Monday, Terry Adams conducts
circuit training at VPH&THAC HQ,
Cadogan Terrace. This is excellent
cross training which you should try at
least once. All are welcome to show
up at 6:30 for warm up.

Quiz Night, Club HQ, Thur, 9 May

The Club Social Committee will be
hosting another of their popular quiz
nights starting at around 8:00 pm. All
who are reading this are invited to turn
up and take part.

Congratulations to Pete Snell

On achieving his Coaching Level 2
status for jumps, young athletes, sprints,
and throws.

Summary of Achievements

- Symone Belle wins National U20
Long Jump and 60m hurdles titles and
competes for England and for GB.
- Rikki Fifton competes for England.
- We win the Physical Shield for the
sixth year in succession.
- We win the Men's Open 5 Team
Trophy for the second year in a row.

VPH&THAC News Contributions

Many thanks to Francis Bray, Tim
Grose, Alf Vickers, Rich Newbold,
Tracy Harding, Mike Penman, Paul
Janko, Graham Bennett, Gordon Faulds,
and many more for their contributions to
making this club magazine. Teamwork!
Any club member is always welcome to
write an article for the club magazine.
Go for it!

Track & Field Season Starts

The season is just about upon us and
there is much hope for both the men's
and women's track teams as well as our
youths and juniors in performing well
this year. I ask all of you to turn out at
every opportunity whether it be as a
competitor, official, or supporter. Your
involvement will be much appreciated.
Good luck this summer!

**"A single person can make a difference,
and every person should try." JFK**

Sportshall Victories By Elizabeth Ali and Michael Richards

Middlesex County AA Sportshall, Bridge Park Leisure Centre, 20 Jan 02

Under 11 Girls

2 Lap Races - Race 3 - 2nd Raquel Feeley 28.2; 3rd Millie Zah 28.3
Obstacle Races - Race 2 - VPH & THAC (U/13) - 93.3 (Overall 1st)
Standing LJ - 8th Millie Zah 1.72
Speed Bounce (# achieved in 20 secs)
2nd Millie Zah 51

Under 11 Boys

2 Lap Races - Race 7 - 2nd Andrew Ali 29.2
4 x 2 Lap Relay - Race 2 - 3rd VPH & THAC 2:08.3
Standing LJ - 15th (of 35) Andrew Ali 1.64

Under 13 Girls

2 Lap Races - Race 3 - 1st Louise Blake 26.8 (3rd fastest overall); Race 4
2nd Elizabeth Ali 26.3 (2nd fastest overall); 3rd Sareena Robinson 27.1
4 Lap Races - Race 1 - 1st Elizabeth Ali 58.5 (overall fastest); 3rd Louise Blake 61.1

Obstacle Relay -

VPH & THAC 92.6 (fastest time)
4 x 2 Lap Relays - Race 3 - VPH & THAC 1:50.8 (2nd fastest time)

Long Jump (19 competitors)

2nd Elizabeth Ali 2.10m

4th Louise Blake 2.04m

7th Sareena Robinson 1.88m

Vertical Jump (15 competitors)

3rd = Louise Blake 43cm

3rd = Sareena Robinson 43cm

11th Elizabeth Ali 37cm

Standing Triple Jump (11 competitors)

3rd Elizabeth Ali 5.68m

4th Louise Blake 5.64m

Under 13 Boys

Standing Long Jump - Michael Richards 1.76m (1st)

Under 15 Girls

2 Lap Races

Race 3 - 4th Caryl Whittaker 28.6

4 Lap Race

3rd Caryl Whittaker 60.3 (3rd fastest time)

4 x 2 Lap Relay - VPH/THAC (U/13) 1:48.7 (2nd fastest time)

Vertical Jump

5th Caryl Whittaker 47cm

Standing LJ 5th Caryl Whittaker 2.02m

Speed Bounce (Number achieved in 30 seconds) - 7th Caryl Whittaker 51

Open Meeting, Crystal Palace Indoor Track, 2 Feb 02

VPH&THAC's junior athletes enjoyed a successful trip to the indoor track at Crystal Palace, with several netting personal bests. The warm, dry and wind-free conditions made a change for both competitors and spectators from the chilly and damp environs of Mile End Stadium where coach Kelvin Richards normally takes the athletes through their paces on Tuesday and Thursday evenings. Kelvin was particularly pleased with the quality of the performances given that most of the training the athletes have managed outdoors this winter hasn't been speed orientated. Undoubtedly, there'll be a lot more to come when things warm up this summer. VPH&THAC will be entering girls' and boys' teams in league competition for the first time this summer and all potential U13 to U17 athletes will be welcome at the regular training sessions for juniors at Mile End Stadium. Please contact Richard Newbold for further details on 020 7254 4546 or rich@steeplechase.org.uk

60m

U13 Girls - Millie Zah 9.3; Leah Browne 9.3; Raquel Feeley 9.5

U15 Girls - Chekaila McCollins 8.8; Elizabeth Ali 8.9; Caryl Whittaker 9.0; Louise Blake 9.4

U13 Boys - Michael Richards 9.2; Andrew Ali 10.2

U15 Boys - Khalid Agyemang 8.2; Levi Tapping 8.2

Long Jump

U20 Men - Abdul Buhari 6.12; Kwame Peters 4.25

U17 Girls - Cai Lewis 4.00; Sarah Anibaba 3.96; Amy Clough 3.53

U15 Girls - Elizabeth Ali 3.76; Louise Blake 3.70

U13 Girls - Millie Zah 3.59

U13 Boys - Andrew Ali 3.33

Triple Jump

U20 Men - Darren Clark 9.10

High Jump

U17 Girls - Cai Lewis 1.40; Sarah Anibaba 1.30

U15 Girls - Caryl Whittaker 1.20

Essex 20, Rochford, 3 Feb 02

(by Francis Bray)

Despite the strong winds of Saturday, they had died down to a "strong breeze" on the Beaufort scale by the time the race started. The course is mildly undulating and I had set a target of 2:30 (7:30 per mile pace) considering the furthest I had done this year was the Benfleet 15 the weekend before. However, as Benfleet was a multi-terrain course, I was confident enough that the benefits of running through thick mud and rain (Parliament Hill is for wimps!) would be enough to see me through a 20 mile road race. I didn't get carried away at the start and kept a good pace whilst people were overtaking me; however, the first mile marker came in at 6:38 [-:/-. I slowed down, but soon realised that even after slowing down, I was still beating 7:30 mileage (5 miles - 35:00, 10 miles - 71:01). At this stage, I knew I wasn't going to run a negative split, but felt a PB was on barring a major disaster. Thankfully, the strong winds and the rain stayed away for the entire race, and whilst being overtaken several times between 0 and 10 miles, I was beginning to return the compliment on those who had gone strongly too early. This included a chap who "cheated" early on; everyone had clearly been told not to cut corners, but he was constantly doing so obviously hoping people would copy him. Nobody did so whilst I was in range, so if he was disqualified, it's his own fault. On passing 15 miles (1:48), I was conscious of running in near-term new territory and just remaining focused on keeping my pace. I was also conscious just how quickly 10 - 18 miles passed, but I began to visibly tire at 18 and did my first 7:30 mile here to 19, but was able to force the pace a little to overtake someone near the line, in the process preventing someone from overtaking me. If I hadn't heard rapidly increasing footfalls behind me for the last ½ mile, I would have been slower than 7:30 for that last mile. Anyway, I finished in 2:24:16, faster than any of my 20 mile races last year (actually there was only one official race, the rest were training runs) and compares to the 2:26 at the 20-mile mark in the London Marathon last year, which bodes well. There was one swizz though; the race advert

Eddie Thomas and Annie Gammon Win 10M Club Champs

clearly stated medals, but when I had returned to compos mentis after taking my recovery water, I noticed there were no people giving medals out. I asked an official who said there weren't any, unless you were doing the Essex championships, and then you would have to finish in the top 3! Not even a t-shirt, unless you bought one. [:-) Very poor, but overall I was happy with the time, which is what counts most at the end of the day.

Club 10M Road Champs, 9 Feb 02

(by Tim Grose)

This year's VPH & now THAC men's 10 mile road club championship proved to be extremely close, with the leading three runners all still together until half way round the last of the 5 laps of Victoria Park that comprise the course. A healthy 28 club members, male and female, toed the line and at just after 10:30 were sent on their way by the Club Chairman & President, Richard Newbold, accompanied by the Club's youngest member, his 2-year-old son, Jack. Ten miles is a long way to race and the talk in the changing rooms was of which shoes would be most appropriate, how best to pace oneself and most importantly had that ferocious wind of last week eased off at all. With the defending champion and last year's runaway winner Jim Roche absent through injury but now thankfully back in light training, the race was wide open with at least five runners in with a realistic chance. It was thus not surprising that for the first lap, all five (Tony Lashmar and Gary Bagnall - last year's other medallists, winner of the recent Mob Match Eddie Thomas and recent joiners Laurence Curley and Tim Grose), were all together as they passed the clubhouse to complete the slightly longer opening lap so as to ensure that the course was an exact 10. Having been cleared to run for VPH in November after a protracted saga seemingly fought out in the letters pages of Athletics Weekly, Tim Grose celebrated this momentous event by promptly falling ill and missing five weeks training! Tim had thus only just made his debut for VPH&THAC the previous week in the Chingford League fixture and after a cautious start had

made a solid if hardly spectacular debut in 22nd and 4th club scorer - some way behind Tony and Laurence and only two seconds ahead of Gary with Eddie a non-starter. In this race, Tim tried the opposite tactics and plonked himself in the lead and tried to run away from everyone. At the apex turn on every lap, he would try sprinting off in an attempt to break the resolve of his followers, only to find that three of them were still following like limpets, Gary having dropped off. Lap after lap went by with Tim in the lead followed almost stride for stride by Eddie and Laurence with Tony still hanging on. Tim continued his surges but was getting more and more tired but at least succeeded in dropping Tony during the fourth lap. As the "bell" was passed, the leading three were together with Gary staging a good comeback and catching Tony for fourth. The wind, although fairly breezy, was not as bad as the previous week and was only really noticeable on the stretch between the track and the apex. It was at this point that Laurence decided to try and make a long break for home. Tim initially covered it but soon realised the effort of leading and still building up his fitness had taken its toll and a gap opened. Initially, Eddie continued to follow Tim but quickly realised he was tracking the wrong person and sped after Laurence. Tim was now all over the place but safe enough in third but the battle for the title was still nip and tuck with Laurence trying desperately to get a gap to hold off Eddie's good finishing pace. Try as he may, Laurence couldn't get a decisive gap and as the two entered the long finishing straight, Eddie was able to do enough to take his first 10M champs in 58:33 with Laurence 7 secs behind and then Tim finishing in 59:28 for a debut PB, the latter two both taking their first club medal. Gary Bagnall had a strong finish to overhaul Tony for 4th and is now looking forward to circling Victoria Park goodness knows how many times to defend his 20 mile title next month where the battle with Tony will surely be re-engaged and who knows perhaps also with some unlikely 20 milers as well! Thanks to Rich, Aude-Claire, Anita, Roger and assorted

friends for officiating.

Men

- 1 E. Thomas 14:06, 25:11, 36:29, 47:54, **58:33 G**
- 2 L. Curley 14:06, 25:11, 36:29, 47:54, **58:40 S**
- 3 T. Grose 14:06, 25:11, 36:29, 47:54, **59:28 B**
- 4 G. Bagnall 14:12, 25:44, 37:21, 49:02, **60:32**
- 5 T. Lashmar 14:06, 25:11, 36:39, 48:57, **61:14**
- 6 M. Penman 14:30, 26:15, 38:12, 50:17, **62:13**
- 7 P. McHugh DeClare 14:30, 26:18, 38:17, 50:33, **62:47**
- 8 T. Mitchell-Smith 15:13, 27:36, 40:39, 53:25, **65:56**
- 9 M. Sutton 15:07, 27:36, 40:50, 53:54, **66:56**
- 10 P. Wright 16:11, 28:55, 41:44, 54:27, **67:07**
- 11 M. Cairns 15:41, 28:38, 41:44, 54:53, **68:03**
- 12 F. Bray 16:31, 29:48, 43:32, 56:59, **69:54**
- 13 D. Shortridge 17:20, 30:57, 44:39, 58:16, **71:12**
- 14 G. Deathridge 16:35, 30:31, 44:35, 58:16, **71:33**
- 15 M. Parsons 16:57, 30:57, 45:50, 60:13, **73:43**
- 16 J. Bygrave 17:32, 31:47, 46:13, 60:30, **74:54**
- 17 G. Walker 17:22, 30:57, 44:39, 59:10, **75:31**
- 18 T. Adams 17:42, 32:22, 47:48, 63:50, **79:06**
- 19 P. Johnston 19:01, 34:32, 49:28, 64:31, **79:11**
- DNF J. Waters 14:06

Women

- 1 A. Gammon 17:22, 31:32, 45:59, 60:13, **74:34 G**
- 2 J. Roche 21:58, 39:26, 56:22, 73:31, **90:22 S**
- 3 K. Lord 21:58, 40:16, 58:41, 77:52, **96:28 B**
- 4 A. Fake 21:58, 40:14, 58:41, 78:27, **99:13**
- 5 L. Orija 26:42, 48:20, 71:12, 94:47, **1:58:30**
- 6 S. Weddell 27:25, 50:10, 72:54, 96:50, **1:59:33**
- DNF M. Chambers 21:58, 39:53, 58:16
- DNF B. McHugh DeClare

Symone Belle Wins Two Gold Medal At U20 National Champs

From: Alf Vickers

Sent: Sunday, February 10, 2002

Subject: Home International, Cardiff

Today, despite hitting the fourth hurdle and nearly falling, Symone Belle recorded a new personal best of 8.65 secs in the 60m hurdles in this Under-20 International for England and still finished first. Rikki Fifton was selected but was unable to run through injury. They're both at Cardiff next week for the GB International. Alf

U20 Indoor International, Cardiff, 16 Feb 02

Symone Belle ran a PB for 60m hurdles in 8.63 despite a bad back, but couldn't take part in the next race despite what was written in Athletics Weekly. Rikki Fifton returned to fitness running 6.95 and 7.03 for 60m. Alf

English National XC Champs, Ashton Court, Bristol, 23 Feb 02

Saturday morning in Bristol saw bright skies, cool conditions but a worryingly strong wind at the very exposed Ashton Court venue. However, underfoot conditions looked absolutely brilliant with wide expanses of springy, well drained turf in huge contrast to the bog that was Parliament Hill Fields for the Southern Champs. Rich Newbold had travelled up with Sam Pullan and the St.Albans team and had time to watch a couple of the races before the countdown to the senior women's race began. With 20 minutes before the start, a phone conversation with Tim Mitchell-Smith revealed that Sarah Johnsen had the race numbers and was 'near the start' with the rest of the team '5 minutes away'. Fifteen minutes later and the field began to congregate in the pens, Rich hadn't spotted Sarah and worryingly the rest of the team hadn't yet appeared either suddenly, Sarah appeared. Well, she'd undoubtedly been there all the time but it wasn't until she took off a fleece to reveal the club vest that Rich spotted her. Rich picked up Sarah's bags and phoned Tim to say that he'd be stood by Pen 64 with the race numbers. A few minutes later, Lydia appeared and Rich handed her a number. Seconds later, she'd

pinned one corner and was facing the wrong way when the gun went. Sadly, Janice didn't make it to the start line in time to be even facing the wrong way. As for the race, well Liz Yelling went shooting off into the lead and Lydia and Sarah battled away against an increasingly bitter wind. After a difficult start, not helped by facing the wrong way and having a loosely attached number, Lydia began to progress through the field and gradually made inroads into the lead of 'The Witch', a runner from Serpentine who normally haunts Lydia in championship cross countries. Coming into the finishing straight with Lydia having just edged past and despite almost bending double into the wind, Lydia held off her rival by three seconds for 222nd place. One hundred seconds further back, Sarah was having a solid run maintaining her position pretty well throughout the race for a highly creditable 272nd place finish. With the Nationals coming to Parliament Hill in 2003, we should see a scoring VPH&THAC team and hopefully one that arrives in plenty of time for the start, too! In the men's race, we again failed to field a full team, with several athletes either coming back from injury, coming down with injury, or not feeling fit enough to race on the National stage. Another cause of runners' non-appearances was that several of our non-English runners believed they were unable to score for the team and hence didn't travel. In fact, they could have run and scored but wouldn't have been eligible for individual medals. Hopefully, this information will be made clear to our membership well before next year's race. Leading the team from the start was Eddie Thomas, who looked far from comfortable during the race, suffering from trapped wind and also finding it difficult to breathe in the freezing conditions endured by the men. The conditions deteriorated as the race progressed with a blizzard and high winds driving horizontal snow and sleet into the runners' (and spectators') eyes. Eddie recorded a highly creditable 264th position, 30 places ahead of regular training partner Martin Shore of Westbury Harriers who has won three of the Chingford League races this winter.

Second home for the Club was Mike Penman, racking up another high score in the Boswall League, in 552nd with Tim Mitchell-Smith in 696th place, and David Shortridge 842nd. David was a revelation in this race, starting slowly and working his way through the field rather than his usual breakneck dash and subsequent fade. Unfortunately for him, conditions conspired against a good finishing position on this occasion but these tactics will undoubtedly prove successful in future races. So, we didn't manage to field a full team in any race but, on the positive side, we took almost as many supporters as competitors (Gary Bagnall, Tony Lashmar, Janice Cartwright, Rich Newbold and Eddie's girlfriend Wendy) and for once it was almost tougher being a spectator than racing, almost. While the majority of the VPH&THAC contingent returned straight to London, Rich stayed on to drink, drink, and drink again, visit a very dodgy night club and stay in an even more dodgy B&B, but then, isn't that all part of going to the National? (Rich Newbold reports)

Womens 8k

222 L. Bruce-Burgess	37:49
272 S. Johnsen	39:29
(384 finishers)	

Mens 12k

264 E. Thomas	46:20
552 M. Penman	50:14
696 T. Mitchell-Smith	51:53
842 D. Shortridge	54:29
(1220 finishers)	

From: Alf Vickers

Sent: Sunday, February 24, 2002

Richard Alleyne ran 14.90 for the 110m hurdles (3'6") in Barbados.

AAA U20 Indoor Champs, Birmingham, 23-24 Feb 02

AW reports - "Symone Belle produced a slick display of hurdling to win the U20 women's 60m hurdles in 8.58, adding to the three AAA indoor gold medals she has won in younger age groups."

Alf Vickers reports - Symone Belle strikes twice - gold in the long jump 5.94 metres, gold in the hurdles with a

Darren Clark, Leon Russell, and Alfie Jackson Selected For London Mini Marathon

new PB of 8.58 secs despite ongoing back problems (physiotherapist after every event or heat). Rikki Fifton, short of work after injury, reached the final of the 60 metres. Won his heat in 7.1. 6th in final in 7.02. Injured again in the 200 metres.

**Club 2.9M Handicap Race,
Well St Common, 28 Feb 02**

	<u>H/C</u>	<u>Actual</u>
1 M. Fraser	22:33	18:33 PB
2 T. Rider	24:17	20:47 PB
3 C. Brugnoli	24:47	22:47
4 P. Orton	24:52	24:52*
5 M. Danaher	25:02	21:02 PB
6 M. Parsons	25:06	18:36 PB
7 G. Deathridge	25:09	18:09
8 M. Penman	25:41	16:41
9 T. Mitchell-Smith	26:20	17:20
10 D. Shortridge	26:51	17:21 PB
11 P. McH. DeClare	26:55	17:25
12 M. Sutton	27:03	17:33
13 S. Perham	28:44	19:14
14 M. Townend	29:45	20:15*

* First time over this course

From: "Richard Newbold"
Sent: Friday, March 01, 2002
VPH&THAC helped out at two athletic events in two days at the end of February, the final London Colleges League race and AGM and the Tower Hamlets Mini Marathon Trials. The LCL event took place in Victoria Park and was won by Junior National XC Champion Lee McCash, with over 100 athletes taking part. The cold and hungry students made light work of the refreshments supplied by the Club and we turned a tidy £85 profit thanks to the hard work of Jim and Doug Roche and Rich Newbold who had also acted as race marshals. The following day, the Club helped out with the Mini Marathon trials at Mile End Stadium, with Jim Roche and Jon Cullom acting as race marshals and Richard Newbold acting as hare in all four 2.5 mile races. Rich complained that his legs were getting stiff during the opening three races but they were well stretched when it came to the combined U17 and U15 races where Harriers Darren Clark, Leon Russell and Alfie Jackson were appearing. Sixteen-year-old Darren produced an electrifying opening half mile within the stadium and led from

gun to tape to win the U17 category. Leon (13) took a comfortable 2nd place overall as the first U15 to finish, and he looks to be over the back problems that have seen his training curtailed since Christmas. The more cautious-starting Alfie (13) was second U15 home and 3rd overall, well clear of the fourth place runner. Hopefully, their fellow competitors will see that being a member of this Club and undertaking regular training has its advantages!

Combined U17 and U15 race (~2.5M)

1. Darren Clark 14:29
2. Leon Russell 15:00
3. Alfie Jackson 15:12

All 3 boys will now be appearing in the London Mini Marathon on April 14th.

Chingford League 5K, Eastway, 5 Mar 02

(Two new queens and the return of the king)

The last round of the 2001/2 edition of the Chingford League saw two new queens of VPH&THAC distance running crowned and the welcome return to competition of last year's king. Anna Fake wrapped up the women's Boswall League, showing considerable grit and determination as she pushed herself round the hilly Eastway course to make mathematically certain of her victory with one race still outstanding, the Club 20 Mile Champs. Given that Anna's been suffering from continued leg problems since the Middlesex XC Champs this was a tremendous effort and she has overcome pain and discomfort that would have seen other runners give up several races ago. The second newly crowned Club Queen was Lydia Bruce-Burgess, as she became our team leader at Eastway as 12th female finisher home. Lydia has improved dramatically since being diagnosed with anaemia and has made steady in-roads into our normal number 1, Annie Gammon's lead over her during recent races. With Annie picking up an injury after the Club 10 and being restricted in her recent training, Lydia took full advantage on the night to finish over a minute clear. The women's team closed up with Polly Fitch and Barbara McHugh DeClare to take 5th place on the night for an overall finish of 6th. For the men's team, it was good to see

Jim Roche back after missing almost two months after tearing an inter-costal muscle (ribs) whilst suffering from a bad cough in December. Jim had taken things very steadily in his 4 week gradual return to training, with one session at 10 mile pace, the only 'up-tempo' effort he'd had since mid-December. Eastway was a 'fitness test' as prescribed by his coach who reckoned a top-10 finish and sub 16:30 clocking was on the cards. Jim obliged with an 8th place finish and 16:23, finishing 8 seconds behind Eddie Thomas who came home in 6th place. Third scorer for the 'A' team was Graham Bennett who continues to make excellent progress in his comeback, with a lack of background contributing to him fading over the third lap. Fourth scorer was Rich Newbold who trotted round at a relatively sedate pace to protect a tight hamstring and gain 21st place. Tim Grose ran round for fifth place, struggling considerably after racking up over 4 and a half hours of running the previous weekend. James Waters had another excellent run to close up the team with 30th position, leading to a total score of 105. This gave the team its second consecutive 2nd place behind runaway league leaders Barnet. However, with several runners not at their best and numerous notable absentees (Laurence Curley, Jon Cullom, Gary Bagnall, Tony Lashmar and Tony MacDowall), the men look likely to provide a strong showing next season. Leading home the 'B' team was Boswall League leader Mike Penman with a new PB, with Tim Mitchell-Smith also racking up a sub-18 minute PB 6 places but only three seconds behind. Next home for the 'B' team was Gordon Faulds in 59th position who continues to make progress with each race, followed closely by Terry Beackon in 61st, David Shortridge in 65th place and Gary Deathridge in 68th place, all breaking 19 minutes. This gave the 'B' team a very solid 3rd place on the night behind Barnet and Orion, and a respectable 4th place in the overall standings. Shortly afterwards came Mick Cairns and Peter McHugh DeClare, the latter suffering the after effects of a weekend half marathon and

Lydia Bruce-Burgess Leads the Way with Huge PB!

a 12 miler the day before, with newcomer Mark Fraser in 89th place also making the top 100 quite comfortably. In the younger age groups, we only had two representatives this time but they both managed good finishing positions, with Darren Clark hacking a huge chunk off his PB to clock 11:41 for a 4th place in the U17 race, with Alfie Jackson finishing 5th in the U15 race for an overall 10th place despite missing more races than he appeared in. Next season will see Darren move up into the senior races as an U20 but Alfie and training partners Leon Russell and Sam Guttman-Hancocks have another year in the U15 age group. So, 3rd (Men's 'A'), 4th (Men's 'B') and 5th place (Women) finishes give the Club a respectable if fairly unspectacular result in this year's Chingford League. By contrast, Barnet & District, who we comprehensively demolished on the track last summer, managed an unprecedented clean-sweep of every category (incl. the vets). With a relatively young team (by CL standards), we're not likely to challenge them in the vets category in the near future but with four men finishing in top-10 positions during the season and a whole host of regular top-30 finishers, we should push them more strongly with a little more luck. With the women's section having reached 63 members, we should also see a continued improvement in the women's league as athletes continue to develop. (Rich Newbold reports)

6th	Eddie Thomas	16:15PB
8th	Jim Roche	16:23
17th	Graham Bennett	16:50PB
21st	Richard Newbold	16:58
22nd	Tim Grose	17:15*
30th	James Waters	17:32PB
38th	Mike Penman	17:52PB
44th	Tim Mitchell-Smith	17:56PB
59th	Gordon Faulds	18:37
61st	Terry Beackon	18:44
65th	Dave Shortridge	18:49PB
68th	Gary Deathridge	18:58
72nd	Mick Cairns	19:03
78th	Peter McHugh DeClare	19:13
84th	Mike Parsons	19:28PB
89th	Mark Fraser	19:37*
121st	Lydia Bruce-Burgess L12	21:09PB (PB by 4:28!)
143rd	Annie Gammon L20	22:15
145th	Martin Danaher	22:20*

180th	Polly Fitch L42	26:44
192nd	Jason Thompson	27:22*
199th	Barbara McHugh DeClare L49	29:03
204th	Anna Fake L54	33:41

* First time over this course

Team Results

A – 1st Barnet 46, 2nd VPH&THAC 105, 3rd Orion 159 (11 teams)

B – 1st Barnet 175, 2nd Orion 302, 3rd VPH&THAC 335 (9 teams)

Vets – 1st Barnet 64, 7th VPH&THAC 414 (7 teams)

Women – 1st Barnet 22, 5th VPH&THAC 89, 14th VPH&THAC 'B' 217 (14 teams)

Overall/Final Standings

A – 1st Barnet 95, 2nd Orion 86, 3rd VPH&THAC 78 (11 teams)

B – 4th VPH&THAC 61 (11 teams)

Vets – 10th VPH&THAC 32 (11 teams)

Women – VPH&THAC 6th (10 teams)

Male Individual Overall

5 J Roche 102

U15 Boys - 5. A Jackson 13:12

Team - 3. VPH&THAC 30 (10 points)

U17 Boys- 4. D Clark 11:41 (52-sec PB)

Team - 3. VPH&THAC 25 (10 points)

Final team positions (after 7 races)

Overall Results

U15 Girls

5. VPH&THAC 9 points (59)

U13 Boys

7. VPH&THAC 24 points (297)

U15 Boys

4. VPH&THAC 37 points (143)

Final individuals (after 7 races)

10. A Jackson (VPH/TH) 29

U17 Boys

Final team positions (after 7 races)

4. VPH&THAC 30 points (87)

A Couple of Brasses from Hastings...

(by Tracy Harding)

Has the heading caught your eye? Then read on to find out how you too can own a brass, but first you must tackle the hills and inclines of the Hastings Half Marathon. Tracy Trowbridge and I decided that as part of our pre-London Marathon training we would have a go at this interesting seaside course. With the first 8 miles rising from 20m (66ft) to 140m (459ft) above sea level, it looked like we had placed all our hill efforts together in this 13.1 miler.

Setting off on Saturday March 16th we caught the train from London Bridge to Warrior Square. On arrival, we realised whilst hanging halfway out the carriage doors, that there were two Warrior Squares and we did not want the first, so we had to bundle back on fast with the "tutting" of all those other passengers looking at us. Then we took a wrong turn out of the right station and started to wander up a hill which both our noses were touching; it was that steep. As I glanced across to Tracy I smiled, "This is a good omen, ain't it? Can you see the top yet?" Rearranging our little map, we tried to get our bearings and a nice man shouted "do you need help?" – he was filthy, scuffed white shoes and flares, clutching what appeared to be his whole life's belongings in a plastic carrier bag and teeth you would need a pumice stone to clean. I want you to get the picture here because he then said, "You here for the race tomorrow?" and when we nodded, he said, "I'm going to be one of the First Aiders and I will look out for you, are you lost?" I cringed and walked quickly on, leaving Tracy to ask where the road was we wanted; he was very polite though and took us there himself and waved us on. We never did see him again. Arriving at the B&B, we were signed in and allocated room 9. We followed a nice little lady to our comfortable room, which overlooked the garden, dropped our bags off and went for a walk along the Promenade. Through pouring rain and some chilly cross winds, we walked the length of St Leonards to Hastings Old Town, something which came in very handy the next day. The Italian Way provided our minestrone soup, pasta and coffee fuelling and off we trundled back to our room. We passed some interesting sites along the way; The G Spot, JRs and Visions, but by 9.30 pm we were fast asleep and never ventured into any of these establishments...honest. After breakfast, we spoke to some other resident runners who commented on my running vest. It turned out they were from Orion and arrived the previous night after a 10-mile X-Country event. I asked if they had run this one before and they rolled their eyes and said they had; we were not to set off too fast as

Congrats to Tracy Trowbridge and Tracy Harding on Completing Tough Hastings Half-Marathon

the long incline between 3 and 6 is a toughie. Oh My God!

Sunday was beautiful, clear blue skies and a light cool breeze. We walked west along the sea front to the start, which was about a mile. Tracy had brought along two bin liners which were great but for one thing, we had no holes for our heads, I quickly cut these out so we both resembled someone (or something) out of The Flintstones. Very fetching. I cannot say much about the first half of this actual race. I would urge you to view the web page for the hills, but thanks to Richard, Gary and Danny for pointing out to me some weeks before that this wouldn't be easy; they were right. But we both finished and didn't stop once. Having walked the last three miles the previous night, I knew roughly when to step up a gear without the dreaded "gone too soon" feeling.

Tracy had already gone ahead of me at the six mile post and I just kept going; the slice of orange at mile 10 was heaven and, with the sun beating down, I could see the sea! As I rounded the Crazy Golf course, mile 11 was painted on the ground and I was alongside the beach. I was tired and my knees hurt, the uphill were awful and the steep downhill were just as bad. In the distance, I could see the Pier and knew the end was just beyond and when I heard the loud speaker announcing those who were crossing the line, I looked up at the clock and put my foot down to finish – 2:23:34 officially (2:22:02 unofficial)... (Tracy got home at 2:12 unofficially).

Sticky buns, diluted orange squash, a broad smile and of course A Brass: all helped to end a good mornings work. Walking back up the hill, aptly named London Road, to the B&B, the hard climbs were beginning to show signs on the hamstrings as I could just make it back up to room 9. After lots more stretching, a warm shower and some moisturising/massage, I managed to relax. And look forward to the next event.... The London here I come (and no, I don't mean the hospital; I hope I don't). Tracy H

Club 20M Champs, Victoria Park, 17 Mar 02

(by Mike Penman)

So, it was time for 'the twenty' again - the club race that stands alone in its own mythological mist, like some old castle on a far-off hill. All play in the sunlit meadows of laps 1,2,3,4 sometime in their club career; a few less venture up to the uncertain steepes of 5 & 6; the haunted heights of 7 & 8 are the lone province of masochists, madmen and....people training for the London Marathon. There were 22 starters, as far as I know, lined up at the Royal Inn. Jim set us off in his inimitably droll, deadpan manner, as though we might have been out for a stroll in the park, and the field strung out from the initial clump of bodies from the word 'go'. With defending champion Gary Bagnall and several-time previous winner Tony Lashmar absent from the field through injury, and Laurence making his debut on the course, I found myself at the front. That positioning wasn't altogether incidental, as I started out with a big (too big?) wish-list. Richard Newbold was running with two restraining devices - the intention to run only half the race, and a heart-rate monitor with a pre-determined limit to keep to. That still allowed him a damned competitive pace, but I declined his offer of assistance. Laurence looked disarmingly relaxed as he accompanied Richard and I for 9+ miles, then picked up slightly to take the race on. I haven't mentioned Pete McHugh DeClare, because he was close enough behind me that he felt more like my uncomfortable shadow than another body. 10 miles is a 'watershed' in the 20 - it's halfway, you know! And whilst it's a formality for those going the whole hog, it's a fair indicator of the sort of run you're likely to have. If one feels lively after 10 miles, it's a tonic; if not, it's a threatening menace! It saw the dropping out of reassuring human company in the form of Richard, then later Les Vialls and Gerry Franey. At 12 miles, James Waters, who had run a seriously competitive race until now, called it a day. Defending ladies' champion Judith Burns, without the imperative of an imminent marathon, stepped off the tarmac, as did Barbara

McHugh DeClare; they had both looked disarmingly at ease and unruffled until stopping. Tim Grose can't have been serious about racing this race, surely? He just can't, because his whole demeanour said that he was out for his usual, leisurely Sunday run (though that often lasts 2 hours), and he'd never really sweated over anything like this distance before. He headed the chasing pack, with an independence that suggests he might have been keeping his options open in a fascinating experiment, though he didn't manage to shake Mark Sutton's footfalls until mile 9ish. Distinct pairings had formed behind him - Tim Mitchell-Smith & Francis Bray; marathon 'debs' Mark Fraser & Michael Parsons; Dan O'Sullivan and Karen Day who was by now setting last years' ladies club record teetering, with Dave Shortridge and newcomer Tony close by. Perhaps a few special mentions should be made at this point: first one Maura Regan, who missed the start of the race but in fact ran the entire 'former 20' course, having begun from the clubhouse. Her performance bodes well for the marathon, her having put in such a gutsy effort without the company of the field to start with. Next special mention, Dave Shortridge. Dave has won acclaim for his starting pace in races, having probably scared John Downes over the first 400m of the Middlesex X-Country Championships with his take-off speed. Today, it happened after mile 10, until which he had averaged 20 minutes for each 2.5 mile lap. It had become uncomfortably hot by now, but Dave stuck in a lap of 15.55 from nowhere. This undoubtedly undid him somewhat as he had looked so cool and easy, but after mile 15 steadily began cooking in the sun, and lactic acid of his super-split. He dropped out at some point after 18 miles and was helped into the men's changing room looking as Jim Peters had looked after his famously disappointing marathon finish at the 1954 Commonwealth Games. A brave run, Dave - as well to have learned that painful lesson before the marathon. Mile 15, and Laurence had gained a tormenting gap whereby he was still catchable, but only with immense and immediate effort, after which he

Physical Shield Victory No. 6!

wouldn't have been holdable and I'd have blown my legs off! Disconcerting to me were small details, such as the sight of him up ahead casually but significantly deviating from his line of travel to drop his watercup into the rubbish bin, when I was taking mine from gasping lips and dropping it to the ground. I began to lose hope of reeling him in, and lose even more hope of him 'dying' to any degree, notwithstanding Jim's shouts of 'You can still 'ave 'im, Mike', and similar from Gary. Next lap, and I knew Laurence had won, having superbly maintained pace - even restrained himself because of a calf niggle. Laps 6 & 7 really seem to be the ones that bite. Lap 8, and Jim & Jane, then Gary were now again reminding me of the fact that Peter McHugh DeClare's's experience and tenacity had gained him frightening ground, and for several minutes, I decided that whoever would pass me could, and I'd settle for just finishing the race. But the physical turn at the apex was accompanied by a psychological turn, and continually refreshing my cooking head with the reminder that I'd only a dog-leg mile to run enabled me to shore up the 2nd place I'd started to settle for on lap 6. Congratulations, Laurence, on a shrewdly judged and coolly executed race. Your record's intact, Gary, but shine your armour for next year! The report loses the adrenalin of my recollection 'from the field' now, but the following finishers represent some remarkable 'firsts' and near-misses: Peter McHugh DeClare, up there and scary (in the best possible way, Pete) at almost 55 years young; Tim Grose, for showing himself that there's a serious marathon in him if he ever tries for it; an under-trained Tim M-S, and Francis and Mark for pushing themselves past him and holding him off; relative newcomers Mark Fraser and Michael Parsons looking solid for their first marathon; newcomer Tony and Dan O'Sullivan, who also ran stoic races under their own steam from lap 6; and last but by no means least, Karen Day - a new women's champion and record holder by nearly 31 minutes, despite a lonely final 5 miles. A fabulous run. The race was seamlessly organised by Jim Roche and Gary Bagnall, ably assisted by Terry Adams,

Micks Wheeler & Cairns, Aude-Claire, Jane and Roger, without whose encouragement and refreshment it would have been even more bloody uncomfortable than it was! Roll on the next one!

Women

10M 20M

K. Day 84:47 3:02:12 G
(New record)
DNF J. Burns and B. McHugh DeClare

Men

10M 20M

L. Curley 62:10 2:05:46 G
M. Penman 62:30 2:10:28 S
P. McHugh DeClare 63:40 2:11:30 B
T. Grose 66:30 2:15:53
F. Bray 72:16 2:26:42
M. Sutton 68:08 2:28:21
T. Mitchell-Smith 72:14 2:29:18
M. Fraser 75:45 2:34:07
M. Parsons 75:45 2:37:00
Tom ? 80:55 2:47:11
D. O'Sullivan 83:29 2:54:04

DNF

S. Perham 17.5M - 2:06:30
D. Shortridge 17.5M - 2:27:00
J. Waters 12.5M - 81:18
R. Newbold 10M - 61:53
L. Vialls 10M - 76:56
G. Franey 10M - 77:28
P. Johnstone 5M - 41:54

From: "Tim Grose"

Sent: Sunday, March 17, 2002 4:54 PM
Subject: RE: Club 20 Mile

Just got home. Could not get my eyes open on the train and I've cancelled my evening function as am too knackered.

From: "Tim Grose"

<timgrose@britishmilersclub.com>
Sent: Sunday, March 17, 2002 5:19 PM
Subject: RE: Club 20 Mile

My daziness is lessening - slowly!
About to get in the bath. Hope I can get out...

Physical Shield, Loughton 26 Mar 02,

Six wins in a row!

(by Rich Newbold)

In 1997, VPH made its first appearance in the Physical Shield Road Relay after

being absent for many years; it won. Every year we've returned and Orion Harriers have tried to win the shield back. On three occasions, they've come very close and last year saw the final VPH quartet set a new course record holding off a very talented Orion 'Junior' team. This year's preparation of the inaugural VPH&THAC teams didn't go very smoothly with Eddie Thomas picking up shin splints, Jon Cullom off delivering lambs as part of his veterinary course, and Tony Lashmar and Gary Bagnall both missing with groin strains. However, we had a team that included the holder of the fastest ever leg (Tim Grose 8:31), the VPH club record holder and 2nd fastest leg of all time (Rich Newbold 8:34), the holder of the third fastest ever leg (Graham Bennett 8:40) and Jim Roche (best 8:42). However, all these runners had suffered from disrupted winters and weren't quite on top form but it was hoped that experience would carry us through. On leg 1, Jim opened up but was closely tracked by Orion teenager James Young (who'd clocked 4:12 for 1500m last summer and who had come a very respectable 4th place at the Highams Park Chingford League match). The very speedy Young edged past Jim at the top of the second climb and moved away on the final descent to give Orion a lead of around 5 seconds. Off for Orion on leg 2 was the fast veteran Paul Filler but he was rapidly overtaken by Tim Grose, running as a first-claimer this year after appearing for the 'B' team as a second-claimer last season. Tim gained a 25m lead but Filler dug in and held the gap round the remainder of the course as Tim's lack of speedwork in recent weeks, due to illness, showed itself. Graham took over with a small lead and zipped round the first lap looking relaxed but fast with Orion's runner just behind. However, Graham had saved plenty for the second lap and opened up a significant gap to give Rich Newbold a useful cushion over the Chingford club. Rich pushed fairly hard over the first lap with Orion's Andy Vince holding the gap before pushing very hard up the second hill to stretch the lead out to over 100m, which he retained to the finish. Graham was the star of the show, clocking the fastest time of the

VPH&THAC Men Win Open 5 Team Trophy

night with 8:42, doing the damage with a superbly judged third leg. The very consistent nature of the team, with all four runners clocking below 9 minutes, saw the course record broken for the second consecutive year (this time by 9 seconds). With more luck next winter, we could see that time revised by a further 30-45 seconds. The Club also fielded two more complete men's teams and part of a women's team and part of a 'junior' team. The 'B' team finished a very creditable 4th, with the 'C' team an excellent 5th place ahead of both Walthamstow's and Loughton's 'A' teams. The early legs saw a real tussle between the two teams, with 'B' teamer Terry Beackon only passing the fast-starting Tim Mitchell-Smith on the second downhill section. On leg 2, the impetuous youth of Mike Penman (38) came up against the wise head of Gordon Faulds with Mike aiming to blast past Gordon over the opening lap. Gordon kept himself in check before drifting ahead over the second lap, showing a definite return towards the kind of form we've come to expect from him. On legs 3 and 4, Tony MacDowall and Damian Manning, for the 'B' team, pulled away from Gary Deathridge and teenager Darren Clark running for the 'C' team, and made inroads into 3rd placed Eton Manor's lead before running out of road. This race also saw the appearance of two 13 year olds, Alfie Jackson and Leon Russell. Both lads acquitted themselves well, finishing far ahead of the leading women's teams and should take this good form into their next major challenge, the London Mini:Marathon on April 14th. Sadly, the VPH&THAC women could only field three runners at this fixture, and hence didn't complete a team. Leading off was Janice Cartwright who looked very strong on the hills, with Cecile Brugnoli running the Club's fastest leg to consolidate the teams's position before Louise Guthrie brought the team up by two places on leg 3. How were the teeth this year, Lou? Thanks to Ron Vialls and Gerry Franey for turning out to support.

A Team

Leg 1 J. Roche 8:58 (8:58) 2nd
 Leg 2 T. Grose 8:50 (17:48) 1st

Leg 3 G. Bennett 8:42 (26:30) 1st
 Leg 4 R. Newbold 8:51 (35:21) 1st

B Team

Leg 1 T. Beackon 9:32 (9:32) 4th
 Leg 2 G. Faulds 9:32 (19:04) 4th
 Leg 3 T. MacDowall 9:44 (28:48) 4th
 Leg 4 D. Manning 9:38 (38:26) 4th

C Team

Leg 1 T. Mitchell-Smith 9:38 (9:38) 6th
 Leg 2 M. Penman 9:34 (19:12) 5th
 Leg 3 G. Deathridge 10:10 (29:22) 5th
 Leg 4 D. Clark 10:30 (39:52) 5th

Ladies

Leg 1 J. Cartwright 14:46 (14:46) 18th
 Leg 2 C. Brugnoli 12:46 (27:32) 18th
 Leg 3 L. Guthrie 14:20 (41:52) 16th
 No Leg 4

Juniors

Leg 1 Alfie Jackson 11:06 (11:06) 11th
 Leg 2 Leon Russell 10:42 (21:48) 11th
 No Legs 3 & 4

Open 5, VP, 30 Mar 02

Congratulations to Tim Mitchell-Smith on his first Open 5 as Race Director. And congratulations to the VPH&THAC Men's team for retaining the team trophy. Altogether, 202 runners took part.

- 1 Neil Davison (N. N'folk) M1 26:13
- 9 Sam Pullan M7 27:07
- 10 Graham Bennett M8 27:08*
- 12 Tim Grose M9 27:38*
- 13 Eddie Thomas M10 27:40*
- 21 Richard Newbold M16 28:35*
- 27 Gordon Faulds M45-3rd 29:26*
- 31 Tony Lashmar M20 29:42
- 32 Sandra Andreou (WG) W1 29:44
- 33 Mike Penman M21 29:52
- 34 James Waters M22 29:56
- 38 Peter McH. DeClare M50-2nd 30:24PB
- 42 David Shortridge M25 30:46*
- 46 Damian Manning M27 31:06*
- 54 Gary Deathridge M31 31:16
(PB by 2:10) Way to go, Gary!
- 57 Mark Sutton M32 31:28
- 67 Mark Fraser M35 32:11*
- 74 George Csaszi M38 32:35PB
- 77 Simon Perham M39 32:55
- 108 Lydia Bruce-Burgess W10 35:22PB
(154 finishers)

* First time over this course

Under 15 Boys 3k
 1 Leon Russell 11:09
 2 Sam Guttman-Hancock 12:42

Carifta Games Champs, Nassau, Bahamas, 1 Apr 02

U20 110 Metre Hurdles (Wind: 0.5)
 3 Alleyne, Richard Barbados 14.87

Chelmsford AC Open, Melbourne Park, 1 Apr 02

(by Paul Janko)

The club got the new track season off to a great start at this meet. Elizabeth Ali was the star performer with a PB in the 200m with 28.5. She then went on to collect a bronze medal in the long jump with 4.29m, almost half a metre better than her previous PB. In the U20 age group, Abdul Buhari won the 100m in 12.2, set a best in the 200m with 23.2, and took the silver medal in the long jump with 5.92m. In the U17 age group, Chris Musa took the silver medal in the 100m with 11.9 and a bronze medal in the 200m with 23.2. In the U13 age group, Michael Richards took silver in the long jump with 3.95 and bronze in the 200m with 3.95. In other events, PB's were set by Amy Clough in the long jump, Caryl Whittaker in the 200m and long jump, Kwame Peters in the 200m, Khalid Aguemani in the 200m, Jay Peters in the 800m, and Daniel Morris in the 80m, 150m, and long jump.

U17 Girls

Sarah Anibaba LJ - 4.20
 Marie Ayoola 100m - 14.8
 Amy Clough LJ - 4.05 PB
 Cai Lewis 800 - 3:13.7; HJ - 1.40

U15 Girls

Caryl Whittaker 200m - 29.6; LJ - 3.95
 Chekaila McCollins 100m - 14.8; LJ - 3.73

U13 Girls

Elizabeth Ali 200m - 28.5 PB; LJ - 4.29 PB

U20 Men

Abdul Buhari 100m - 12.2; 200m - 23.2
 PB; LJ - 5.92

U17 Boys

Chris Musa 100m - 11.9; 200m - 23.2
 Kwame Peters 100m - 13.2; 200m - 25.0

U15 Boys

Jayden Ali 100m - 14.6; LJ - 4.21
 Daniel Gibbons 100m - 13.4
 Khalid Agyemang 100m - 13.6; 200m - 27.6
 Levi Tapping 200m - 25.2

Jay Peters Runs New Personal Best in 800m

U13 Boys

Michael Richards 200 - 30.9; LJ - 3.95

Jay Peters 800m - 2:59.1 PB

Andrew Ali 1500 - 6:30.9; LJ - 3.45

U11

Daniel Morris 80m - 13.3 PB; 150m

24.5 PB; LJ - 3.42 PB

SEAA 12 Stage Relays, Milton Keynes, 7 Apr 02

(by Rich Newbold)

Five days before the event, VPH&THAC had a team but by Sunday morning there were only three runners at Milton Keynes to fly our Club's colours, which was very sad indeed. Nevertheless, Tim Grose, Graham Bennett and Richard Newbold decided that this was an opportunity not to be missed and thus travelled to Milton Keynes in order to compete in the South's most prestigious endurance event of the year and made the quick trip up the M1 to Milton Keynes. The three runners were rewarded with taking part in a big event with a whole host of top athletes turning out for their clubs - Paul Evans for Belgrave (fastest long leg of the day) and Olympian Kris Bowditch for Newham & Essex Beagles (2nd fastest long leg) in whose team he was joined by recent European Indoor 1500m bronze medallist Michael East who clocked the fastest short leg of the day. Graham led off for the team on the traditionally tough opening leg where most teams field their strongest runners. He turned in a strong performance (157th fastest of the day) to set up Tim Grose for leg 2. Tim pulled us up by three places but didn't have as good a run as he'd hoped but was a highly creditable 101st fastest on the day (29th fastest on his leg). Rich Newbold sped off on his long leg and suffered on the run home into the wind, losing out to runners from Barnet and Heathside but picking off Woodford Green whilst gaining one place overall (34th fastest on his leg, 187th fastest on the day). Graham then set off with a vengeance on his second leg of the day, carving through the field as he pulled back three more places taking the team to its highest position of the day (33rd/55 starters) with a very impressive 19:09 clocking that pulled us back past Barnet and Heathside. On his second

outing Tim really suffered and with the long run out round the back of the lake he lost more time than Graham or Rich did on their second (and short) legs of the day. Rich also found it very difficult on his second leg, going through the opening mile about 20 seconds slower than he had done on his 5-mile leg. He lost one more place with the team finishing 37th at the end of leg 6 but still ahead of Heathside and the host club, a terrific effort from the threesome. The event is a great day out and one that the three runners would recommend to everyone at the Club to aspire to taking part in - there's a women's 6-stage relay over the 'short' leg lap that takes place at the same time. If we can field a men's team that can average 30 minutes for the long legs and 20 minutes for the short legs we'd come around 45th. Given that Graham, Rich and Tim managed to do this even on their second legs of the day would suggest that VPH&THAC has the athletes to do this with ease. In fact a more realistic target given the talent we possess would be to average better than 19:30 and 28:30, taking us to inside 4:45 for the whole event, which would see us nip into the top 30. For male members, we're looking for people who reckon they can manage sub-32 for 5 miles or sub-20 minutes for 5k. Add in the speedy boys like Jim, Jon and Eddie who'll clock more like 26 minutes and 16 minutes for those distances and you can see how this will enable us to manage the rule of thumb '6 minute a mile average' that is recommended for this event. It may contain the elite but it's certainly not about elitism, more about team spirit and getting a team on the start line. Hopefully, we can make amends and field two teams in the 6-stage relays in September and get a good team out in next year's event. Tim Grose and Gordon Faulds have volunteered to organise the teams for these relays in future.

Leg 1 - G. Bennett 27:22 (40th)

Leg 2 - T. Grose 18:40 (37th)

Leg 3 - R. Newbold 27:52 (36th)

Leg 4 - G. Bennett 19:09 (33rd)

Leg 5 - T. Grose 29:47 (36th)

Leg 6 - R. Newbold 19:37 (37th)

From Tim Grose:

I have done the SEAA 12 stage relays regularly during my 15 years or so as a senior. In my first race when it was held at Wimbledon, I was awestruck by the sight of Steve Ovett and Seb Coe racing the same course as me albeit a tad quicker! But this is not an elite only event. In those days, Ovett was a member of Phoenix who only had three runners of real quality (himself, Mark Rowland and Johan Boakes) but the rest were no great shakes so when Ovett started his leg, he was in an unaccustomed position in the bottom half of the field. This event is the ultimate in club team competition, a team with one superstar will help but will always get beaten by a team of 12 good and true and so it proved as after Phoenix had aired their "big guns" they slipped down through the field again. Sadly, the days when Olympic champions graced the event are gone but the spirit of the event lives on and it still provides a chance for everyone to brush shoulders with the best of the day whilst at the same time racing one's peers and being able to compare one's performance with others both on the day and in previous years. After a few venue changes, it now seems to have found a permanent base at the Open University in Milton Keynes where the whole event takes on traffic-free paths around the campus. Another thing that strikes me about the 12 stage is the camaraderie of the event. Just as you are starting to flag on some remote part of the course, a "come-on, Tim" always seems to appear and more often from not from somebody not even in your own club. As the event takes over 4 hours to complete even for the winners, there is much time to catch up with running friends you haven't seen for a while and also even get to know your own team mates better! The 6 stage is similar and is traditionally always held at another traffic-free venue - Rushmoor Arena near Aldershot at the end of September. I would strongly recommend both events to all club members. Everyone can run and if need be we can enter B teams and there is also a 6 stage women's race in

Graham Bennett Gains Three Places in 12-Stage Relay On His Second Run Of The Day

conjunction with the men's 12 stage. It is even worth coming just to watch as one rarely gets a chance to see the region's best athletes this close up and even better there's no knee-deep mud!!! We will contact directly people nearer the time but please keep a note in your diaries - Men's 6 stage Sat 28th Sept. We have a whole year to the next 12 stage but it's usually held in early April. Cheers, Tim

Date: Tue, 9 Apr 2002
 From: Dr Graham Bennett
 <G.Bennett@surrey.ac.uk>

Despite a disappointing long leg (being in 15th place at 2 miles on the opening leg was a tad too fast!!! and resulted in a very painful further 3 miles and the loss of 25 places), I found the event to be one of the best organised I have ever attended. Despite catering for 800 athletes over 5 hours in two events, the officials and marshals remained jovial and friendly. The change-over area was especially well organised with the officials spotting incoming runners and calling the next runner forward for their leg. You ran into the finish at one side of the road while your outgoing runner was started by the official at the other side. This meant that there was no jostling for position and no collisions! which often spoils relay events. It allowed you to relax and even time your own leg. Milton Keynes AC and the SEAA must be congratulated for such a well run event. This left plenty of opportunity to wander round the greenways which made up the course watching the rest of the race, feast at the BBQ, and chat to fellow runners in a much more relaxed manner than I often find at many races. Even Paul Evans was jogging round chatting happily - I'll never forget the look on his face when he thought he had missed his leg. Graham.

 Gordon Faulds ponders:
 There is a tide in the affairs of men,
 Which, taken at the flood, leads on to
 fortune;
 Omitted, all the voyage of their life
 Is bound in shallows and in miseries
 WILLIAM SHAKESPEARE (Julius
 Caesar)

I have been involved in athletics since I was 13 years old when I was first selected to represent my school in the Borough championships at 800 metres. In a 'soft' Borough I came second and was selected to represent them in the County school championships where I finished 9th out of 10, only just beating the boy who had beaten me the week before in the Borough championships. From this point on I was hooked, I didn't like being at the back and I wanted to improve, I wanted to win. Gradually, when I learned how to train effectively and plan my races, I began to win occasionally, and sometimes it was good enough just to compete, to gain experience at the more significant events on the athletics calendar. 32 years on I have had some of my most memorable life-enhancing moments in competitive athletics. I have also experienced some of the most disappointing and frustrating feelings, when I have either been sidelined by injury, or absurdly failed to qualify for some event for which I had been training for months. Last weekend (April 6/7) I experienced one of these all-time lows, when I was contacted on Saturday afternoon to be told that VPH&THAC would not be sending a team to the Southern Counties 12 stage road relay on the following day Sunday 7 April. I have been a member of Victoria Park since 1998 when I began running and competing again after several years out of the sport. I have been a member of 4 other clubs in my running years, Solihull AC, Birchfield Harriers, Milton Keynes AC and Thames Valley Harriers. All of these clubs regarded the regional 12 stage road relays, held annually between the end of the cross country season and the beginning of the track season, to be the most important club event for middle distance runners in the annual fixture list. A team was always submitted. Why is it then that after last weekend I am left with the impression that for a lot of people at Victoria Park this event generates little enthusiasm and holds no significance? We experience an effervescence of communications, rallying calls and support networking for events like; The London Marathon (a 'just around the corner' long distance race which certainly represents a

challenge for the individual competitor but as a team event, as a club event....?). The Mob Match (a 'very nearby' short road race around Well Street Common, against a local club). The Ware Cup (a 'just up the road' cross country race, against local clubs). The Loughton Relays (a 'just up the road' road relay, against the same local clubs that we compete against all winter). All of this is excellent and good team building. Why then in the week preceding the Southern Counties 12 stage relay was there only one email referring to it? Not everyone has email, however, I personally received no phone calls and no information was forthcoming about where exactly the event was, what time it was, and what the tentative running order might be. I don't seek to blame individuals because it doesn't take us forward, positively. This missed opportunity was not any one person's fault, it was a consequence of a malaise, perhaps a pre-condition; lack of familiarity with the event itself; however, most particularly, it was a breakdown in communication. As if to emphasise the point I am making, it is not the first time this has happened, VPH similarly scratched the team for the 2001 6-stage road relay, last autumn. Does VPH&THAC wish to maintain this fatalistic 'village mentality' approach to major regional and national level competition? Or are we as a club prepared to set about planning for significant competitions with more focus, organisation, enthusiasm and vitality and, if necessary, take an incomplete team. Some of us may be prepared to run a second leg in wigs and false beards, if that is what it takes to complete a team? The 12-stage relay is too important an event to just shrug off and dismiss in the way it was last weekend. Personally, I am on the gentle downhill slope of my competitive running career in which I have run for Scotland as a Youth, the Midland Counties as a Junior, and, later on, for Buckinghamshire and Milton Keynes AC as a senior. All I wanted last weekend was to represent my club at an event that is one of only three in the year, which holds such charisma and significance. The 12-Stage Relay is the one event in the year when runners who never make the scoring 1st team

Next Year For Sure!

can gain a place in the team. In addition to this, because of the unique nature of the event, everyone can share, as both competitor and spectator, in the fortunes, the camaraderie and the excitement of such a prestigious event, as well as watching the top athletes and meeting up with old friends. This competition offers such a strong incentive to aspire to participate in and making the team was what got me running again back in February, after an injured and dejected winter season. The very nature of relays often encourages the individual competitors to exceed expectations, a mixture of mutual responsibility and the vocal support of all the other team members dotted around the course. I am bitterly disappointed that what had been a definite team at the Open 5 the week before and had dwindled to 'a certain 10 athletes', seven days later, was pulled from this event for the lack of another two. We are a club in transition and the most effective way of bringing disparate energies and agendas together and building real team spirit is to focus on those events in the fixture list which will meaningfully achieve that aim. Bear in mind however that it takes more than the will and motivational skills of one individual to generate the momentum to compete in an event like this. There needs to be a consensus, perhaps some recognition of the wonderful experience we are missing by not participating. As individual members, we need to speak up more, ask questions and take on a little more personal responsibility for communication; there is this illusion that 'someone' is looking after things, organising things. At VPH&THAC, it is the same few people who have to do everything; as member, we need to realise they sometimes need our help and cooperation, even if it is just picking up a phone, keeping informed or vocally offering support. I know those two places could have been filled and VPH&THAC could have completed a full team. I believe plans are being put in place to ensure that we field a full team on the next occasion. From what I have read this week the words of the three VPH&THAC athletes who travelled to the event and

competed exhaustively for the club provide a graphic account of what the rest of us missed out on. Fellow middle distance runners of VPH&THAC, it is time to wake up to our potential 'as a team' and catch the tide. Moments of significance once missed can never be revisited. Gordon Faulds

Letters to the Editor

From: Richard Newbold
Sent: Thursday, February 21, 2002
Subject: missing result

Wayne, I just spotted Jon Cullom's absence from the 20 Oct 01 Loughton XC results in the Dec 01 VPH&THAC News. Jon was a magnificent 8th in 33:21. This may well have been the first time the Club had managed to get three runners in the top 10 in a Chingford League race since Loughton 1995, where Jim and I were 9th and 10th behind Andy Wheeler (I'd have been ahead of Jim that day if it hadn't been for blistered feet - that's my excuse anyway!). Regards, Rich

From: "John Anstey"
Sent: Monday, February 25, 2002
Subject: Keith Lowe Stats

Wayne--Keith ran 70:56 on 6.4.86 at the Canvey 1/2M but there was always a doubt about the distances at Canvey (Dave West ran sub 2:30), so Keith also gave 71:13 in the East London 1/2M on 27.5.84. His best 10 was the Nene Valley in 52:58 on 5.12.82. Best marathon was 2:33:12 in the London on 21.4.85 in which he went through 20M in 1:53. Keith still has a control problem with his language when discussing the Club 20 champ record being 2:04 when sub 1:50's were done on the old course: short or not, the time don't begin to compare. John

From: "Len Williams"
Sent: Monday, February 25, 2002

Dear Wayne--Thanks for the club mag. I was very interested in the records to attack section. John Anstey was a little bit out with the record for the old ten mile course. The record is 50:10 and was set in 1957 by Albert Pattison. My

best of 50:20 was set in the early 60's with splits of 12:25, 24:55, 37:33, 50:20, Mike Quanne was second (12:25, 25:09, 38:31, 51:45) and Ronnie Irons third (12:57, 26:07, 39:30, 53:14). I can't beat John's open 10 mile times, but I have found a 54:31 in the CWS 10 at Chigwell in June 1963 and a 54:55 at Maidenhead in April 1963. My only half marathon was in the Romford in 1964 when I recorded 73:24 for 9th position behind a winning time of 69:34. Regards, Len

From: "Len Williams"
Sent: Wednesday, February 27, 2002
Subject: 10 Mile course records

Wayne--While I would never argue with the keeper of club records, I don't think that Mike Quanne's sub 50 min 10 miles were recorded on the course that went into both parks finishing on the track. We stopped using this course in 1964/5? and started using a new course in the one park. Of course, I might be wrong but I would not like to deny Albert Pattison another club course record. Regards, Len

From: "Wayne DuBose"
To: "Len Williams"
Date: Sun, 3 Mar 200

Hi Len--I'm presuming the 10m course was changed due to traffic. And we've changed it again to raise the distance from 9.5 miles to 10 miles. I wonder what the accurate distance of the original course was? Regards, Wayne

From: "Len Williams"
Sent: Monday, March 04, 2002

Dear Wayne--With regard to the old 10 mile course, it was closed down because of traffic as you suggest. The race started in the road at the end of the track past gunmakers, across the main road and round the top end of the park past the boating lake. The lap was completed by coming back down the middle road to the start. The 4th and final lap finished on the track. Regards, Len

Well Done To Paul McKinley On Web Site Of The Month!

From: "John Anstey"
Sent: Monday, March 04, 2002
Subject: 10 Mile course records

Wayne--Len is correct, the old course covered both sides of the Park. We had to change it because of the danger crossing Grove Road twice per lap. I'm not sure what the old record was, but I seem to remember a time in the 50's (sub 51). Our new 10 (5 laps) was 600 yds short (on the old course measurement) because the timekeepers walked down a certain amount per lap, finishing where the bushes start. Mike's 48:21 probably was equal to the old record, assuming that the old course was an exact 10. One year, I rode a bike round the course following Pat which could have been the record run! The reason that we never went to 4 x figure of 8s for the new 10 was because some of the slower runners said that they could be lapped on the mile lap. Can you believe it, we go for a course that we know is well short rather than a course we thought was only slightly shorter so as not to embarrass a few slower runners! If the course is not 48 yards per figure of 8 short as per recent measurements, it is difficult to calculate the exact distance of the 5 laps because only Arthur measured the course in such a way that we would know. Based on a proportionate method, the 5 laps would be some 900 yards short so Pat's record must be best. The 900 yard distance is one of the reasons I find the new course measurement hard to believe, this makes the difference on pace nearly 3 mins, yet so many times people had run within 2 mins of a recent open 10, and on much harder courses. John

20 Feb 02

Dear Wayne--Many thanks for the VPH & THAC magazine, and have avidly digested same. The amalgamation can only be good for all members, and budding young athletes in the East End; all praise for those responsible in activating the merger, in retrospect, long overdue. Delighted to see Alf Vickers name crop up. I was very friendly with Alf many years ago when he was mainly the leading light with a very successful soccer squad. If you read this, Alf, I hope to catch up with

you!!! Apart from a Club's athletics performances, I have always maintained that a most important part of a club's activities and success is the social aspect, and Darren Stobbart's latest venture in organising a comedy night is a great idea. In conclusion, Wayne, even more power to your elbow and, who knows, you could rival Athletics Weekly. The future certainly looks bright!! Best Wishes, Deric Bareford

KEITH DRAYTON

Keith was a Club member some 50 years ago. He was a useful athlete in the sprints, more importantly, he was a loyal member. After a long illness, he passed away on 22 Dec 01 and I represented the Club at his funeral, wherein, at the reading, VPH was mentioned. Obviously, most of the members would not have known Keith, but I felt I should notify you. DB

From: "Tim Mitchell-Smith"
Sent: Tuesday, March 05, 2002
Subject: Victoria Park Open 5

I was looking at the February edition of Runners World last night. They had a review of the UK's top 100 races in 2001. Anyone else noticed that we came in at no. 52 overall and 4th in the 5 mile race category? Tim

From: "Deborah Handforth"
Sent: Friday, March 08, 2002

Greetings from Delhi! The curry is wonderful! May it stay so. Debs

From: Lynn Ashby
Sent: 11 March 2002 17:23
To: Tim Mitchell-Smith
Subject: will you have us back??!

Hi Tim!

How are you? I'm fine, although very busy at work :- (Well, after having toured round every running club in north London (well, something like that....) Sam (Balkwill) and I have come to the irrefutable conclusion that VPH far surpasses any other club in terms of enjoyment, friendliness, and, of course, the quality of the coaching! So, the question is....will you welcome two renegade former members back into the

fold??!! It is quite a long way for both of us to come (especially in rush hour!), but we're hoping that as we've both got our cars here in London we'll be able to take it in turns doing the driving. We've been running with London Heathside for a couple of weeks, but, although it's much closer for both of us, it's just not the same as those Tuesday training sessions at VPH! So, we were hoping to give it a try driving to VPH.....would that be ok? Lynn

From: <paul@mckinleys.co.uk>
Sent: Friday, March 15, 2002

Hi all,
Website is currently "Website of the Month" on the sportcom.co.uk website. This website is a source of information for just about every sport in the UK. It is a well established website which has some good sponsors. We have already seen a good number of visitors to our website coming from this page. Paul

From: "Gary Bagnall"
<GBagnall@hsb.co.uk>
Sent: Monday, March 25, 2002
Subject: Working Party on Sunday

Hi there,
A big thank you to all those who turned out on Sunday to spend a lovely day in the sunshine in the garden. We also did some work between the tea, bagels and donuts. We had record numbers for recent times with the following 21 people attending; Mick Wheeler, Sally, Annie Gammon and daughter, Anna, Aude-Claire, Cecile, Barbara and Peter McHugh DeClare, Richard, Jim, Mark Fraser, Terry Adams, Fiona, Sham Ghali and friend (sorry I haven't got the name yet) (Editor's note: Might be Saeed), Janice, Louise, Anita, Pete Snell and Paul Johnstone. I don't think I missed anyone. Special thanks to Mike W. who was still there at 5 o'clock, up a ladder in the dark in the men's showers fixing a light, having spent the rest of the day jet cleaning the grime from the walls. I hope you all notice the difference; tell Mike you do at least. Terry Adams for removing the ivy from the cottage with a Stanley knife (until Mike advised him a saw would be more

Mike Wheeler Misses Out On Champagne

efficient), cleaning the gym and lots of other stuff. We also questioned the shiny new nature of Terry's tool box. We celebrated the day in style by polishing off a bottle of Moët & Chandon Champagne.... found by me in the undergrowth on Cadogan Terrace. Sham, to everyone's amazement, wiped off the mud, let the cork fly and guzzled it down from the bottle. Barbara McHugh DeClare confirmed it was the real McCoy and not the remains of a frustrated toilet queue at one of the parties. It was a great day and we achieved a great deal. You can now see the cottage and the garden looks superb. How we managed to fill another 40 bin bags is beyond me! Well done everyone. Gary

From: Michael Wheeler
Sent: Monday, March 25, 2002
Subject: Re: Working Party on Sunday

I believe Roger was in attendance for some time, Gal. Whilst we all did as much as we are capable of on the day (sic, dig (sic)), I would just like to mention the fact that Mark Fraser eventually arrived from New Southgate in North London, suffering appalling traffic conditions enroute. This is the first I've heard of a bottle of champagne! So whilst I was suffering acute claustrophobia, freezing cold and soaking wet, you guys were all outside celebrating our nice clean showers. I see where we're coming from now, Gal. Unfortunately, whilst every attendees' contribution was greatly appreciated, it still wasn't enough. There will no doubt be more "working parties" in the very near future and hopefully a few more members will attend and have the opportunity to meet other members in a very friendly atmosphere and see what a great club you've joined..... Oops, sorry. Had a slight flashback then. Well, I've got to go now, the jacket's being buckled and the medication is getting loaded. Joking aside, a big thanks to everyone who made the effort to sacrifice their Sunday for the benefit of the club. Mike X

From: <paul@mckinleys.co.uk>
Done...Hopefully that will get us more hits with the SEAA website. Next time

you send round an email (and perhaps in the next club mag)...could you encourage members to visit SEAA website via our link? Thing is, as I understand it, those who have already clicked the link won't be counted again (i.e. it only counts new visitors) but we do have a lot of new members who probably have not clicked the link. The advantage that Milton Keynes AC have is that the website is hosted by the Open University, in which website building is part of many courses. Those taking such courses are probably encouraged to visit these OU-hosted websites and see how they work (i.e. follow the links) as part of their course. Cheers, Paul

From: "Peter Snell"
<peter.snell@virgin.net>
To: "Zac@heathside"
<zac@cgsystems.co.uk>
Sent: Sunday, March 17, 2002
Subject: School youth development programme

Congratulation on your outstanding success on Saturday. Comments on next Saturday will follow once I've thought about a possible programme. Please phone the East London Advertiser journalist tomorrow. Press article should cover...Children from 9 Tower Hamlets schools attended Mile End Stadium on 16 March as part of a 6-week athletics development programme funded by Awards For All lottery programme and organised by coaches from Victoria Park Harriers and Tower Hamlets AC. VPH&THAC are seeking funding to expand the programme to all Tower Hamlets schools in the near future. In the meantime, children from 8 to 17 who want to improve their running, throwing and jumping skills can find out more by phoning Pete Snell, the Director of Youth Development, on 079 4117 9129. Thanks, Pete

From: "Deborah Handforth"
Sent: Thursday, March 28, 2002
Subject: Nepal - Kathmandu - city of my birth!

Hi Wayne,
Finished our three weeks in India - Shimla/Dehli/Agra/Varanassi/Kolkata

Darjeeling - and have just done a 15 hour bus ride from the Indian border to get to Kathmandu. That was a marathon and a half! Was born here around 25 1/2 years ago. Today is Holi and outside everyone is getting covered in coloured powder and water - tourists especially. I'm afraid I'm a coward so plan to stay indoors! Glad to hear the club's doing well! Debs

Excerpt From Trent Park Athletics Club Magazine

Chingford League Race at Victoria Park
"We met up with everyone else in the old hall and what a relief to have somewhere warm and dry to get changed and have a pre-race chat. Jill summed up the women's changing rooms as 'walking into someone's front room' what with gas fire going (all three grills on!) and the rug on the floor in front of it. The course is a flat, tarmac figure of eight run twice, which totals just under 5 miles (give or take 100/200 metres depending on who you listen to)."

The Jack Petchey Foundation

The Jack Petchey Foundation is a Grant Making Trust that supports clubs, schools, groups, communities and projects that work with young people in East London and west Sussex. The key objective of this Trust is to help young people to find their feet in life and build up their self esteem. Three of the main methods of grant support are:

1. Achievement Awards
2. Project Grants
3. Leaders Awards

Achievement Awards (£1M allocated in 2001) Given to young people (age 11-25) who make a wholehearted contribution to their club. The recipient is given a framed Certificate of Achievement to keep and £200 to spend on their club. Examples include Loren, 13, of East Ham, a member of Newham Swimming Club, who won the award and used her money to buy special track suits for her club. Also, at Dagenham, Boxing Club, Liam and his mates have put their awards towards floor mats, leather skipping ropes, punch bags, and medicine balls.

Project Grants (£1.5M allocated in 2001) - These grants are usually

Anna Fake & Mike Penman - Boswall League Champions

between £500 and £50,000. The grants can be for capital schemes, training projects, youth development. Applicants must raise at least 50% of costs of a project from other sources.

Leaders Awards (£50,000 allocated in 2001) - These awards are given to adults who have demonstrated, in an outstanding way, an ability to encourage and motivate young people in East London. Award winners will be presented with a gilt medallion and given a cheque for £1,000 to be spent on a club project of their choice. Contact Wayne if you want further details.

Club Pentathlon Champions

1953 - 1972 (100y, HJ, SP, JT, 880y)

1953 D. Bareford	???
1954 D. Bareford	2,613 (rec)
(100y - 10.9, HJ - 1.62, SP - 9.60, JT - 40.04, 880y - 2:02.1)	
1955 D. Bareford	2503
1956 D. Bareford	2390
1957 D. Bareford	2387
1958 K. Prevost	2246
1959 D. Bareford	2254
1960 D. Bareford	2194
1961 D. Collingwood	2368
1962 D. Collingwood	2373
1963 B. Skeels	2204
1964 D. Collingwood	2350
1965 Not held	
1966 D. Collingwood	2255
1967 J. Anstey	2261
1968 Not held (although John Anstey's name is inscribed on the George Hemsworth Pentathlon Championship Trophy, both John and I are sure that the Pentathlon wasn't held in 1968.)	
1969 Not held	
1970 Not completed	
1971 J. Wilhelmy	2530
1972 W. DuBose	2411

1973 - current (LJ, JT, 200, DT, 1500)

1973 W. DuBose	2616
1974 W. DuBose	2993
1975 W. DuBose	3044/3150
(LJ - 5.83, JT - 52.81, 200 - 23.6, DT - 34.21, 1500 - 4:34.5) 3044 used 1962 scoring tables; 3150 uses current tables	
1976 W. DuBose	3013
1977 W. DuBose	2626
1978 K. Richards	2267
1979 W. DuBose	2482
1980 W. DuBose	2900

1981 W. DuBose	2775
1982 R. Pearson	2382
1983 W. DuBose	2558
(SP, not JT)	
1984 W. DuBose	2697
(HJ and SP, not DT and JT)	
1985 - 7 Not held	
1988 I. Melin	2352
(HJ and SP, not DT and JT)	
1989 - 96 Not held	
1997 W. DuBose	2390
1998 Not held	
1999 W. DuBose	2336
2000 W. DuBose	2143
2001 T. Beackon	2000

While researching the Club Pentathlon Champions through the decades, I came across some information on Deric Bareford, some of which I knew, some I didn't. Deric was Middlesex Pentathlon Champion five times between 1950 - 1955 (he was injured in 1954). What I didn't know was that the events contested in his County competitions were not the same as the events in our Club Championships of that time, but were indeed exactly the same five events that we contest today. Back then, they even ran the metric distances in the Pentathlon, instead of imperial, which is very surprising considering Britain didn't convert to metric races regularly until the early 70's. Deric's best score, using today's tables, was 3,032 which at the time was a County Championship Record. He reached this score with the following: Long Jump - 6.13, Javelin - 39.92, 200 - 23.5, Discus - 33.02, 1500 - 4:27.0. In addition, after placing 5th in 1953, Deric won a bronze medal and a silver medal in the AAA National Decathlon Championships in 1954 and 1955, respectively. Again, using today's scoring tables, all three of Deric's decathlons were in the 5,200+ range with his best being 5,294 points (in 1955) which consisted of: 100 - 12.0, Long Jump - 6.67, Shot Putt - 9.29, High Jump - 1.67, 400 - 52.9, 110m Hurdles - 18.9, Discus - 31.34, Pole Vault - 2.28, Javelin - 40.50, 1500 - 4:28.4.

Newly Discovered Champion

Alan Barber won the Senior 100m in 1969 in 12.0. If you happen to have the November 1997 edition of VPH News,

turn to page 6 and make the necessary update.

Boswall League 2001/2 Final Standings

Women

1 A. Fake	261	G
2 L. Bruce-Burgess	231	S
3 C. Brugnoli	182	B
4 A. Gammon	179	
5 S. Johnsen	147	
6 J. Roche	110	
7 K. Lord	103	
8 B. McHugh DeClare	95	
9 S. Weddell	81	
10 D. Dickens	80	
11 K. Whelan	73	
12 G. Pettipher	58	
13 J. Sargent	55	
14 K. May	52	
15 A. Markiewicz	50	
16 V. McCabe	36	
17 M. Regan	34	
18 P. Fitch	33	
19 C. Eydes	31	
20 T. Harding	26	
21 J. Cartwright	24	
22 T. Trowbridge	23	
23 L. Orija	22	
24 K. Day	20	
25 L. Ashby	15	
26 D. Bowler	10	
27 S. Hewitt-Jones	9	
28 S. Balkwill	8	
TOTAL	2065	

Men

M. Penman	268	G
T. Mitchell-Smith	245	S
E. Thomas	236	B
J. Roche	236	B
G. Bagnall	217	
R. Newbold	178	
P. McHugh DeClare	175	
T. Lashmar	173	
J. Cullom	150	
D. Shortridge	135	
L. Curley	110	
D. Robinson Sr	102	
G. Deathridge	102	
J. Waters	93	
M. Cairns	88	
T. Grose	85	
T. MacDowall	64	
M. Sutton	62	
T. Beackon	54	
P. Snell	52	

P. Wright	45	<u>Men</u>	victory in 9:30.1 (8:50 3000), winning by nearly 100 yards. What an magnificent one-day achievement!
G. Bennett	40	1997 2,014 points (27 runners)	
F. Bray	40	1998 2,153 points (27 runners)	
S. Perham	38	1999 2,205 points (33 runners)	
M. Parsons	38	2000 2,669 points (34 runners)	
D. Manning	35	2001 3,273 points (48 runners)	
G. Franey	35	2002 3,401 points (49 runners)	
P. Johnston	33		<u>Open 5 Mile Top 10 (1997 - 2002)</u>
J. George	27	<u>Women</u>	<u>Women</u>
D. O'Sullivan	20	1997 439 points (6 runners)	1 Annie Gammon 33:15 (2001)
R. Martin	19	1998 199 points (3 runners)	2 Lydia Bruce-Burgess 35:22 (2002)
G. Faulds	18	1999 196 points (3 runners)	3 Georgia Pettipher 37:10 (2001)
M. Fraser	18	2000 356 points (10 runners)	4 Ruth Beechey 37:24 (2000)
L. Malan	16	2001 1,443 points (21 runners)	5 Cecile Brugnoli 38:00 (2001)
D. Roche	15	2002 2,065 points (28 runners)	6 Maura Regan 38:44 (2001)
A. Jackson	14		7 Kelly May 39:25 (2001)
D. Robinson Jr	14		8 Emma Beaufrere 41:49 (2001)
T. Adams	13		9 Anna Fake 42:38 (2001)
L. Austin	12		10 Jo Sargent 43:11 (2001)
J. Bygrave	9		<u>Men</u>
J. Hall	6		1 Jim Roche 26:17 (2001)
S. Wilton	5		2 Graham Bennett 27:08 (2002)
C. Murtagh	4		3 Tony Lashmar 27:19 (2001)
G. Walker	4		4 Tim Grose 27:38 (2002)
M. Danaher	4		5 Eddie Thomas 27:40 (2002)
J. Thompson	3		5 Jon Cullom 27:40 (2001)
T. Wright	3		5 Terry O'Neill 27:40 (1998)
M. Abrahams	2		8 Gary Bagnall 27:55 (2001)
D. Stobbart	1		9 Gordon Faulds 28:21 (2000)
TOTAL	3401		10 Keith Lowe 28:31 (1997)
		<u>7 May, 1957</u>	
		On this day, 45 years ago, Albert 'Pat' Pattison, who passed away seven months ago, had perhaps one of the finest club running days ever. After a long and awkward journey to Bethune Park, and on a very cold, very wet, and very windy day, Pat won the 880 yards in 1:59.0 (800m - 1:58.2) for a new track record, then was able to jog the last 20 yards of the mile to win in 4:27 (4:07 1500), and finally warm down with a 2 mile	

VPH & THAC NEWS

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 c/o 41 Ansley Way
 St Ives, Cambs
 PE27 6SN