

VPH & THAC NEWS

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April 2003

This Club Magazine is Dedicated to the Memory of Mike Penman

Summer Fixtures 2003

Apr 26 Women's Southern League, Parliament Hill
May 3 Men's Southern League, Braunton (A), Haringey (B)
May 4 Young Athletes League, Haringey
May 4 Summer Parks League, Ealing
May 8 Assembly League, Dome
May 10/11 Middlesex County T&F Champs, Mile End
May 17 Men's Southern League, Guildford (A), Mile End (B)
May 18 Young Athletes League, Ilford
May 21 Club 10,000m Champs, Mile End
May 24/25 SEAA U20 Champs, Watford
May 29 LBH 5M, VP (club mbrs welcome)
May 31 Men's Southern League, Mile End Single Fixture (A), Bury St Edmunds (B)
Jun 1 Summer Parks League, Harrow
Jun 5 Assembly League, Victoria Park
Jun 7 Women's Southern League, Cophthall
Jun 15 BAL Cup 1st Round, Cophthall
Jun 21/22 SEAA Champs, Portsmouth
Jun 28 Men's Southern League, Haringey (A), Canterbury (B)
Jun 28/9 AAA U20/U23 Champs, Bedford
Jun 29 Young Athletes League, Mile End
Jul 3 Assembly League, Dome
Jul 5 Women's Southern League, Mile End
Jul 6 Summer Parks League, Victoria Park
Jul 11/12 Eng. Schools Champ, Sheffield
Jul 12 Men's Southern League, Mile End (A&B)
Jul 19 BAL Cup S/F, Cophthall
Jul 20 Young Athletes League, Mile End
Jul 25/27 AAA Champs, Birmingham
Jul 26 Club Champs - Pentathlon, Discus, Javelin, 1500m, Mile End
Jul 27 U13 Inter Counties, Kingston
Jul 27, London Chest Hospital 10k, VP
Aug 2 Men's Southern League, Portsmouth (A), Ware (B)
Aug 7 Assembly League, Victoria Park
Aug 9 Women's Southern League, Barn Elms, Richmond
Aug 10 Summer Parks League, Hyde Park
Aug 16/17 AAA U15/U17 Champs, Sheffield
Aug 16 BAL Cup Final
Aug 23 Club Champs - 100m, Mile, Long Jump, Shot Putt, High Jump, Hammer Throw, Triple Jump, Long Jump, Mile End
Aug 24 Young Athletes Meet, Newham



Tim Grose
Holder/Co-Holder of 10 Club Records
Our Best Middle Distance Runner

Aug 25 Young Athletes Meet, Colchester
Aug 30 Club Champs - Sprint Hurdles, 400H, 3000SC, Pole Vault - Mile End
Sep 4 Assembly League, Forbanks
Sep 6 Women's Southern League, Southend
Sep 7 Mddx County Vets T&F Champs, Barn Elms
Sep 14 Mddx County 10k Road Champs & Young Athletes Road Relays Victoria Park
Sep 27/8 Mddx County Multi-Events Champs, Watford
**Club championships for 200m, 400m, 800m, and 5000m will be held mid-week during the summer at dates to be determined.
**Club Handicap races held on the last Thursday of each month.

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

Errata

In the Feb 03 VPH News, some of you would have received an edition with Symone Belle (front page photo) ranking 1st in the UK U17 Long Jump for 2002 when in fact it should be U20. On page 15, 3rd column, Tony MacDowall is down as competing in 4 B team matches (plus 2 B team). This should of course be (plus 2 A team).

Summary of Achievements

- Tom Carrick represented Middlesex County in Cross Country
- Symone Belle won U20 UK Indoor 60m Hurdles championship title and represented England at Senior level
- Chingford League Men's Champs
- North of the Thames Sr Team Silver
- Physical Shield Win #7 in a row
- Open 5 Mens/Womens Team Champs

Club Vests and Subs

They go hand-in-hand. 15 May is the final day to receive a club vest for free. You must be up-to-date with your subs. Contact Rich Newbold or Tim Mitchell-Smith.

Editor's Comments

It's a rare occurrence in a club magazine to write of a young man whose life has been cruelly snatched away in the prime of his life. Many of you will know that Mike Penman was tragically killed in Spain while out on a training run. The outpouring of words on the internet and in the newspapers has been a testimony to the great man who was Mike Penman. I knew Mike but I didn't know him well. Putting together the last three pages of this club magazine has been a very sad time for me. I didn't know Mike well, but I wish I had. I can see I missed out. Don't wait until it's too late to acknowledge those special people around you. Do it today. Do it now.

Symone Wins National Crown

Sir Sefton Brancker & SEAX

Trophies, RAF Halton, 15 Jan 03

17th Tom Carrick (Mddx) 34:15

Under 20 AAA Indoor Champs,

Birmingham, 25/26 Jan 03

(by Alf Vickers)

It didn't seem like our new club vest was going to make a glorious debut with Rikki Fifton feeling a slight hamstring twinge and crashing out in the heats of the Under 20 60 metres, along with Kylon Collins who stumbled from the blocks. Rikki's time of 6.85 at the SEAA Champs from a week earlier would have won this National title. Jahangir Samad stepped up in class in the Under 15 boys 60 metres and led the charge to the final with a personal best of 7.56 but another block stumble ended his hopes finishing 4th in the final in 7.60. On to the second day hoping for better but alas although both Rikki and Kylon reached the semi finals of the Under 20 200 metres, a lane 1 draw for Rikki and a slower run from Kylon quickly ended our hopes. Elizabeth Ali, competing in a national championship for the first time, jumped 4.29 metres in the Under 15 girls long jump. Hopes were raised towards the meeting's end when both Jahangir and Symone Belle raced to the finals of their events. Jahangir went on to take the bronze medal in the Boys under 15 200 metres in a PB of 24.54, a great debut and our new club vest finally reached the rostrum. We were now ten minutes from the meeting's end after 14 hours of competition when Symone went to the start line for the final of the Under 20 women's 60 metre hurdles with her main competitor ranked number 1 in the UK last season and also having been to the World Juniors last summer. A false start from Symone had us all thinking the weekend was jinxed or the vests. Away they went and Symone roared to victory in a new best time of 8.47 to go 11th on the National Under 20 all-time list. The club vest made its first visit to the pinnacle.

From UKA Website:

60m hurdles: Symone BELLE (Victoria Park & Tower Hamlets) won her fifth indoor title in a row in her ascent through the age groups. She clocked a personal best of 8.47 to push into

second place Gemma FERGUSSON (North Shields Poly), who also achieved a PB, 8.57. To put Belle's victory into clearer perspective, Fergusson was in the Norwich Union Great Britain & Northern Ireland team at last summer's IAAF World Junior Championships.

U20 Men

60m Rikki Fifton 7.32 (4th in heat)

60m Kylon Collins 7.40 (4th in heat)

200m R. Fifton 22.99 (6th in semi-final)

200m K. Collins 23.27 (6th in s/f)

U15 Boys

60m FINAL Jahangir Samad 7.60 (4th)

(7.56 in heat)

200 FINAL Jahangir Samad 24.54 (3rd)

(24.58 in heat)

U20 Women

60mH FINAL Symone Belle 8.47 (1st)

(8.58 in heat)

U15 Girls

Long Jump Elizabeth Ali 4.29

SoEAA XC Champs, Exmouth,

25 Jan 03 (incorporating Men's

Club 10M XC Champs)

Senior Women

1 S Morris (Bedford & County) 23:29

101 Lydia Bruce-Burgess 28:42

111 Georgia Wood 29:02

125 Sarah Leipziger 29:41

164 Elaine Battson 31:42

184 Sarah Johnsen 32:36

199 Anna Fake 33:20

221 Cecile Brugnoli 35:00

256 Sally Weddell 39:18

266 finishers; 21st team with 499 pts (4 to score)

Senior Men

1 J Downes - London Irish 37:15

133 Tony MacDowall 42:55G

176 Tony Lashmar 43:59S

361 Tim Mitchell-Smith 48:33B

422 Dave Shortridge 49:40

455 Dave Robinson Sr 50:48

527 Jon Mail 53:25

609 Dave Webb 60:25

628 finishers; 46th team with 2068 pts (6 to score)

Club 10-Mile Cross Country Champions

(As engraved on Championship Trophy)

1950 G. Iden (Jan 50)

1951 G. Iden (Jan 51)

1952 G. Iden (Jan 52)

1953 G. Iden (Jan 53)

1954 G. Iden (Jan 54)

1955 G. Iden (Jan 55)

1956 A. Pattison (Jan 56)

1957 S. Day (Jan 57)

1958 S. Day (Jan 58)

1959 S. Day (Jan 59)

I can find no 10M XC Champs taking place over the 1960/1 XC season. Gordon Everson was very meticulous with results in the club mag in those days. If there was no race, which I'm inclined to believe, then prior to 1960, the trophy was engraved with the actual year that the race took place. And from 1960 onwards, the engraving reflected the start of the season, i.e. 1960 actually meant 1960 - 1961.

1960 S. Day (Jan 61, no Jan 60 entry in mags)

1961 V. Potter (Jan 62)

1962 L. Williams (This is incorrect;

Ron Iron won Mar 63)

1963 L. Williams (Feb 64)

1964 M. Quanne (Mar 65)

1965 M. Quanne (Feb 66)

1966 M. Quanne (Feb 67)

1967 J. Anstey (Feb 68)

72-73 K. Lowe (Mar 73)

73-74 Not held

74-75 J. Anstey (Mar 75)

75-76 M. Quanne

76-77 K. Lowe (Feb 77)

77-78 A. Barber (Feb 78)

78-79 R. Iron (Feb 79)

79-80 K. Lowe (Feb 80)

80-81 D. West (Feb 81)

81-82 K. Lowe (Oct 81)

82-83 O. Box (Jan 83)

83-84 L. Mangelshot (Oct 83)

84-85 O. Box (Feb 85)

85-86 K. Lowe (Feb 86)

86-87 C. Brogan (Feb 87)

87-88 T. O'Neill

88-89 C. Brogan (Jan 89)

89-90 T. O'Neill

90-91 P. Hampshire

91-92 ??

92-93 ??

93-94 T O'Neill

94-95 R. Newbold (Jan 95)

95-96 R Newbold (Jan 96)

96-97 T. O'Neill (Jan 97)

97-98 J. Roche (Jan 98)

98-99 A. Lashmar (Jan 99)

99-00 J. Roche (Jan 00)

00-01 A. Lashmar (Jan 01)

01-02 A. Lashmar (Jan 02)

02-03 T. MacDowall (Jan 03)

Tom Carrick Wins Chingford League Race

Chingford League, Victoria Park, 1 Feb 03

(Tony MacDowall reports) A very depleted Men's A team managed to win the Chingford League meeting with 93 points. Orion were 2nd with Barnet 3rd. We gave Barnet payback for beating us at Trent Park just after Christmas. We now have a massive 8-point lead going into the last race at Eastway in four week's time. One more good performance should see us become champions. The men's A team was Tom 1st, Tim 8th, me 12th, James Waters 20th, Tony L 21st and Terry B 31st. The men's B team were second. I ran a new PB by 2:10. Tony

(Tim Grose reports) The VPH&THAC express marches on as our severely depleted men's A team managed another sub-100 points score and was much too strong for the opposition in the latest round of the Chingford League. With only one more fixture remaining, we have built up a massive 8-point lead over second place Orion. One more good performance at Eastway in four weeks time should see us become champs. Well done to everyone who competed, cheered and officiated. Tom won the race by seven seconds and now can only lose the league if he misses the last fixture at Eastway next month. Probably same goes for the team but one theory I won't want to be testing. I was pleased to finish 8th and 39 seconds down on Tom in my first race for a month (and first decent one for 2.5 months after a series of colds). Another good run from Tony MacDowall to come 12th. Good support from Terry Beackon, James, Tony Lashmar. This was also the first outing in a road race for our new kit but why was Rich wearing a girlie top? Answers on a postcard. Oh, and don't tell his missus he had to stop halfway round when not supposed to be running at all but we runners rarely follow sound advice!!! Actually, the best sight for me was Terry Adams opening out over the last 100 metres and keeping the runner behind at bay. I would loved to have seen his "kick" in earnest in his 400H days. Maybe a reprise this summer, Terry??? After all, as we remarked, anybody can run 56 for 400 if they put their mind to it. Cheers, Tim

- | | |
|-------------------------|--------------------|
| 1. Tom Carrick | 25:43* |
| 8. Tim Grose | 26:22 PB |
| 12. Tony MacDowall | 26:34 PB |
| 20. James Waters | 27:04 PB |
| 21. Tony Lashmar | 27:08 |
| 31. Terry Beackon | 27:58 PB |
| 32. Tristan Salmon | 28:02* |
| 35. Damian Manning | 28:23* |
| 36. Richard Newbold | 28:35 |
| 52. Mike Penman | 29:48 |
| 55. Dave Shortridge | 30:04 PB |
| 56. Mick Cairns | 30:15 PB |
| 62. Tim Mitchell-Smith | 30:32 |
| 74. Gary Deathridge | 31:16 |
| 85. Georgia Wood | 31:43 (L6)* |

* First time over this course

Team Placings:

- Men's A: 1st (93 pts)
 Men's B: 2nd (266 pts)
 Vet's: 7th
 Women's A: 3rd (54 pts)
 Women's B: 5th (115 pts - beat Eton Manor A team)

Overall After 7 races:

- Men's A: 1st (83 pts)
 Men's B: 3rd (66 pts)
 Vet's: 9th
 Women: 6th (56 pts)

Individual:

- Tom Carrick 1st (139 pts)
 Tim Grose 3rd (113 pts)

UKA Indoor Series, Birmingham, 1 Feb 03

(by Alf Vickers)

The UKA domestic indoor series got underway with our athletes taking some big scalps and pushing others, no longer the promising under 20's of last season. Richard Alleyne moved his PB over 60m hurdles on to 8.02 to move into 43rd place in the all-time senior list. A bad start in the second race stopped any further progress. Symone

Belle, despite suffering stomach pains, moved her PB over 60m hurdles a fraction to 8.46 with seniors Worsey, Stephens, and Harman in her wake. Rikki Fifton is still affected by a slight strain and unable to perform to his best. Symone's in Cardif for the England match next week.

Women's 60m Hurdles (Race 1)

3rd Symone Belle 8.47 PB

Women's 60m Hurdles (Race 2)

3rd Symone Belle 8.46 PB

Men's 60m - 7th Rikki Fifton 7.04

Men's 60m Hurdles (Race 1)

5th Richard Alleyne 8.02 PB

Men's 60m Hurdles (Race 2)

6th Richard Alleyne 8.22

Club Handicap, Well St Common, 6 Feb 03

Due to the snow and ice last week, the January handicap was held a week later. Undoubted star of the night was Sally Weddell who just goes from strength to strength. Not content with having set a PB in the Mob Match, Sally proceeded to demolish her time by a massive two and a half minutes just one month later. PB's also for Paula, Jane and Sarah mean the all-time top 25 list gets another rewrite. Top two on the night were Steve and Orlena on their first appearances at Cadogan Terrace, hopefully the first of many successes for them in club colours. Perhaps unluckiest on the night was Dave Webb who missed his PB by an agonising 1 second - although Tony Bunbury ran him close, missing out on his best time by 4 seconds. Nice also to see a competitive return by Peter McHugh DeClare after knee problems for the last few months.

	<u>Hcap</u>	<u>Actual</u>
1 Steve Segal	25:01	22:31*
2 Orlena Yee	25:11	22:41*
3 Sally Weddell	25:16	25:16 PB
4 Paula Orton	25:57	23:27 PB
5 Jane Appleton	26:57	22:57 PB
6 Dave Webb	27:14	21:44
7 Sarah Johnsen	27:15	20:45 PB
8 Jim Wallace	27:16	20:46*
9 Tony Bunbury	27:39	23:39
10 P. McHugh DeClare	27:41	18:11
11 Gary Deathridge	27:43	18:13
12 Dave Robinson Sr	27:48	18:18
13 Tony Lashmar	27:59	16:59
14 Ray Russo	28:32	28:32 *

Georgia Wood Breaks Club Champs Record

3 Feb 03

Margaret Muller, a 27-year-old American (not a club member), was fatally stabbed while jogging in Victoria Park. Darren Stobbart, Louise Guthrie, and Tim Mitchell-Smith attended her memorial service. Based on a suggestion by Rich Newbold, Tim spoke with Margaret's sister and said that our club would like to donate a Margaret Muller Memorial Trophy for one of our women's club championship events as a tribute if the family felt it was appropriate. She said she thought it was a wonderful gesture and that Margaret would have been very proud.

Club 10M Road Champs, 8 Feb 03

(Tim Grose reports) Not sure whether it would be appropriate in this piece to mention the tragic events of Monday? We passed near the spot some five times in the race where many floral tributes have been placed. I did find my thoughts wondering how this could have happened. Otherwise, it seemed to be very much business as usual - kids playing football, other runners out training (I hate the word jogger), some rollerbladers, some pushing prams, some walking, some just sitting down to pass the time of day and watch the world go by. This is normally a very peaceful and quiet expanse. Long may it continue.

(Tim Mitchell-Smith reports) After the depressing nature of the preceding week, and the last-minute will it/won't it uncertainty as to whether we'd be able to stage the race, the club 10 mile champs on Saturday morning was a huge success. A sizeable contingent turned out, attracted no doubt by both by the mild conditions and the desire to show that you can run in Victoria Park safely. It was great to see the new club vest out in force, reclaiming our park. Conditions were pretty good - a little blustery on the trek up to the apex, but virtually perfect for the return down the middle path. From the gun, the front of the field quickly grouped into pairs - Tim Grose and Tony Lashmar, Tony MacDowall and James Waters, Terry Beackon and Mike Penman, and Tim Mitchell-Smith & Peter McHugh DeClare. Likewise in the women's race, there was little to choose between Georgia Wood and Kristi Hutton - only

one second separated them at the end of the first lap. Lap 3 was where it all changed as fatigue kicked in. Tony Lashmar began to fall back as Tim strode imperiously on towards another club title - and a course PB into the bargain. Tony MacDowall has been in superb form recently and it showed as he matched Tim's pace virtually identically over the final three laps - actually gaining one second - to storm past his namesake for silver medal. But despite dropping back to third, Tony Lashmar can content himself with an excellent PB. James Waters took 4th place with a gutsy run - agonisingly close to breaking the hour barrier. It will come! Terry Beackon's enforced pitstop on lap 3 cost him any chance of beating Mike Penman while Peter McHugh's surges proved too much for Tim Mitchell-Smith. It was a terrific return by Peter after several weeks out through injury and it's also great to see Mike starting to get back to something approaching top form after his illness. Also running well after a long, long lay off was Ron Vialls who was only finally shaken off by Dave Shorridge in the final lap - in the process, Dave taking some 5 minutes from his PB! Perhaps gutsiest runner of the day though was Jon Mail who only returned from India at midnight but proceeded to drag himself out of bed and complete the course despite having to stop halfway round to be sick!

In the women's race, Georgia paced herself superbly, picking up the pace all the way through to demolish Annie Gammon's course record by more than a minute. That's Georgia's third club record in a month, and there looks to be much more to come! Kristi ran a superb race to pick up the silver medal - and 4th place on the all-time list into the bargain. Only Annie and Laura Bano had run faster prior to Saturday. Another fine run by Sarah Leipciger as she took the bronze medal, having battled all the way around with Terry Adams. Elaine Battson ran a superbly controlled race for fourth place - also gradually increasing the pace all the way through - and declared herself satisfied having already run over to the club as a warm up and still having to run home again - the joys of marathon training! Anna Fake finished the race

with a huge smile, absolutely delighted at completing her longest run since last summer. Not only that, she'd just smashed over 4 minutes off her PB! In every sense, last was not least though. On a day when there were a number of stars, it's questionable whether any shone as bright as Sally Weddell. Sally is fast becoming unrecognisable as she rewrites the form books. After last Saturday's 11-minute PB, there was much laughing and joking about what constituted the new category of "mpb" - a massive personal best. Either way, it wasn't happening on Saturday because Sally was only going to jog round at her long run pace so she could get some idea of exactly how far she's been running in training. 10 miles later Sally had taken 17 minutes off her best time! It's a tribute to the effects of hard work and dedication. Sally - we salute you. You're an inspiration to all and a pleasure to watch.

Women

1 Georgia Wood - Splits 16:49, 13:31, 13:14, 13:06, 12:52, 69:32; Cumulative 16:49, 30:20, 43:34, 56:40, **69:32 (Club Champs Record) * G**

2 Kristi Hutton - Splits 16:50, 13:58, 14:32, 14:45, 13:55, 74:00; Cumulative 16:50, 30:48, 45:20, 60:05, **74:00* S**

3 Sarah Leipciger - Splits 17:52, 14:00, 14:12, 14:33, 15:14, 75:51; Cumulative 17:52, 31:52, 46:04, 60:37, **75:51* B**

4 Elaine Battson - Splits 18:57, 15:03, 14:50, 14:43, 14:31, 78:04; Cumulative 18:57, 34:00, 48:50, 63:33, **78:04***

5 Anna Fake - Splits 22:13, 17:49, 18:27, 19:03, 17:25, 94:57; Cumulative 22:13, 40:02, 58:29, 77:32, **94:57 PB**

6 Sally Weddell - Splits 24:10, 19:39, 19:33, 19:57, 19:22, 102:41; Cumulative 24:10, 43:49, 63:22, 83:19, **1:42:41**

7 Paula Orton - Splits 22:01 16:27 DNF

Men

1 Tim Grose - Splits 13:15, 10:45, 10:49, 10:56, 10:44, 56:29; Cumulative 13:15, 24:00, 34:49, 45:45, **56:29 PB G**

2 Tony MacDowall - Splits 13:48, 10:52, 10:49, 10:55, 10:44, 57:08; Cumulative 13:48, 24:40, 35:29, 46:24, **57:08* S**

3 Tony Lashmar - Splits 13:20, 10:55, 11:06, 11:07, 10:59, 57:27; Cumulative 13:20, 24:15, 35:21, 46:28, **57:27 PB B**

Symone Represents England

4 James Waters - Splits 13:47, 11:10, 11:41, 11:55, 11:37, 60:10; Cumulative 13:47, 24:57, 36:38, 48:33, **60:10***

5 Mike Penman - Splits 14:37, 11:56, 12:05, 12:12, 12:03, 62:53; Cumulative 14:37, 26:33, 38:38, 50:50, **62:53**

6 Terry Beackon - Splits 14:30, 11:47, 13:21, 12:07, 12:04, 63:49; Cumulative 14:30, 26:17, 39:38, 51:45, **63:49***

7 Peter McHugh DeClare - Splits 15:13, 12:22, 12:14, 12:39, 12:37, 65:05; Cumulative 15:13, 27:35, 39:49, 52:28, **65:05**

8 Tim Mitchell-Smith - Splits 15:13, 12:22, 12:49, 12:46, 12:17, 65:27; Cumulative 15:13, 27:35, 40:24, 53:10, **65:27**

9 Dave Shortridge - Splits 15:55, 12:32, 12:38, 12:48, 12:28, 66:21; Cumulative 15:55, 28:27, 41:05, 53:53, **66:21 PB**

10 Ron Vialls - Splits 15:53, 12:32, 12:40, 12:55, 13:00, 67:00; Cumulative 15:53, 28:25, 41:05, 54:00, **67:00***

11 Simon Perham - Splits 15:54, 12:33, 12:38, 13:27, 14:30, 69:02; Cumulative 15:54, 28:27, 41:05, 54:32, **69:02**

12 Gerry Franey - Splits 16:34, 13:11, 13:09, 13:13, 13:08, 69:15; Cumulative 16:34, 29:45, 42:54, 56:07, **69:15***

13 Garry Walker - Splits 17:14, 13:34, 13:50, 13:24, 13:08, 71:10; Cumulative 17:14, 30:48, 44:38, 58:02, **71:10**

14 Terry Adams - Splits 17:52, 14:00, 14:12, 14:28, 15:00, 75:32; Cumulative 17:52, 31:52, 46:04, 60:32, **75:32**

15 Jon Mail - Splits 16:49, 13:31, 14:31, 18:59, 18:00, 81:50; Cumulative 16:49, 30:20, 44:51, 63:50, **81:50***

16 Steve Segal - Splits 20:03, 17:02, 16:20, 16:12, 14:58m 84:35; Cumulative 20:03, 37:05, 53:25, 69:37, **84:35***

17 Dave Webb - Splits 20:34, 16:31, 16:05, 16:18, 15:10, 84:38; Cumulative 20:34, 37:05, 53:10, 69:28, **84:38***

18 Tony Bunbury^ - Splits 24:53, 17:25, 17:31, 17:10, 16:33, 93:32; Cumulative 24:53, 42:18, 59:49, 76:59, **93:32***

^ Tony Bunbury started slightly late. Actual run time 90:00

Windsor Open Meet, Eton, 8 Feb 03

U15 Boys 60m (2 races each)

Michael Richards	9.2, 9.3
Jahangir Sunadi	7.7, 7.6
Ben Chukwu-Onu	8.0, 7.9
Andrew Ali	9.7 PB, 9.8
Carl Paul	8.2, 8.2 PB
Jerome Paul	8.2, 8.2 PB

Thomas Crosbie	8.2 PB, 8.3
U15 Boys Triple Jump	
Jerome Paul	11.59
U15 Girls 60m (2 races each)	
Elizabeth Ali	8.5, 8.5 PB
Louise Blake	8.7, 8.8
Perri Shakes-Drayton	8.4, 8.4 PB
U13 Girls 60m (2 races each)	
Raquel Feeley	9.2, 9.1
Millie Zah	9.0 PB, 9.2
U13 Girls 60m Hurdles (2 races each)	
Millie Zah	10.2 PB, 10.4

International Meet, Cardiff, 9 Feb 03

In the Lansing Linde Severnside Trophy meet which pitted Wales, England, All-Ireland, and an International Select team against each other, Symone Belle had the distinction of competing for England in the Junior event, the Senior event, and also as a guest. Her 60H PB placed her 10th all-time in the Junior 60m hurdles rankings while her guest 60m win in the B race was faster than the English Senior representative in the A race.

Guest 60m 7.60 (1st) PB
 Senior 60mH 8.44 (4th) PB
 U20 4x200 1:40.92 (1st)

English National XC Champs, Parliament Hill, 22 Feb 03

119 Georgia Wood	40:41
140 Lydia Bruce-Burgess	42:03
167 Sarah Leipziger	43:27
271 Claire Chapman	47:35
280 Sarah Johnsen	48:03
300 Anna Fake	49:04
318 Cecile Brugnoli	50:13
384 Sally Weddell	57:59

(397 finishers)
 24th of 43 teams 694 pts (4 to score)

From: "Tim Grose"
 Sent: Saturday, February 22, 2003
 Subject: Nationals

Wayne-I view Tony's performance as his best ever. He certainly shines on these sort of courses. Despite the good weather, conditions were extremely tough and I was knackered by the top of the 1st hill after 2 minutes running! The course had some long drags but more significantly was very soft underfoot and on some hills one's speed was reduced to walking speed. I was reasonably satisfied with my own run, might have wished was a bit nearer to

250th but was going as hard as I could and spent most of the race in ding-dongs with Mike Boucher (who beat me in the LBH/VPTH 5K last summer) and ESM's 3rd scorer Andy Dodd. Unfortunately, both nipped ahead at the end as did Mike Cates of Eton Manor. Things will be different come the summer though!!! We lost to ESM & Barnet in the men's team but one cannot hope to do well in these sort of races with only 3 "A" team runners on show. Time I think to start rallying the troops for the 12-stage. I'll send out an e-mail early next week. Cheers, Tim

249 Tony Lashmar	49:50
317 Tim Grose	51:07
364 Jon Cullom	51:52
589 Terry Beackon	55:41
623 Mike Penman	56:19
678 Mick Cairns	57:19
743 Dave Shortridge	58:32
769 Tim Mitchell-Smith	58:55
781 Dave Robinson Sr	59:05
939 Ron Vialls	62:20
1,033 Jon Mail	64:42

(1,257 finishers)
 49th of 100 teams 2,820 pts (6 to score)
 27th of 40 teams 5,113 pts (9 to score)

Birmingham Games, 23 Feb 03

(Alf Vickers reports)

Another new best for Symone Belle, finishing in fourth place in the senior 60 metre hurdles. Symone moved to joint 7th on the all-time under 20 list with a 8.42 clocking. Rikki Fifton came through without suffering further injury finishing 2nd in both the 60 and 200 metres in modest times of 7.05 and 22.09. Tony MacDowall ran 4.32.7, finishing 5th in his heat of the senior 1500 metres.

Club Handicap, Well St Common, 27 Feb 03

Well done to the seven who ran their fastest ever and in particular to Sarah Leipziger who moved up to 3rd in the all-time rankings and to Paula Orton who consolidated her all-time rankings position at 22nd.

	<u>H'cap</u>	<u>Actual</u>
1 Jane Willdigg	24:15	24:15*
2 Brenda Puech	25:14	25:14*
3 Tony Bunbury	26:12	21:12 PB

Tom Carrick Wins Chingford League Title

4 Jim Wallace	26:20	16:50 PB
5 Jude Bly	26:32	17:02*
6 Heather Ward	26:38	26:38*
7 Dan O'Sullivan	27:00	22:00
8 Patrick Fenn	27:39	24:39*
9 Xanthe Pitt	27:43	24:43 PB
10 Ray Russo	28:04	28:04 PB
11 James Waters	28:07	15:52
12 Sarah Johnsen	28:20	20:50
13 Paula Orton	28:23	23:23 PB
14 Dave Robinson Sr	28:28	17:58
15 Terry Beackon	28:30	16:15 PB
16 Dave Shortridge	28:35	17:20
17 Smeera Bhatti	28:44	23:44
18 Sarah Leipziger	28:47	19:17 PB
19 Paul Johnston	28:48	21:18
20 Veronica McCabe	29:08	26:08
21 Jon Mail	29:09	18:39

* First time over this course

North of the Thames Senior XC Champs (incl. Ladies Club 5K XC Champs), Ruislip, 1 Mar 03

With a rather small but select team, we managed to walk away with the silver team medals at the North of Thames Champs at Ruislip. Tim Grose had his best XC race for some while to come 6th and was pleased to beat quite a few who were ahead at the Nationals. Tony MacDowall was next in 10th and followed shortly after by Graham with Terry Beackon closing out the 4-man team. Tim M-S was an able "reserve". The women were unlucky to just miss out on a team medal as they finished 4th just two points away from bronze. Congrats to Lydia on picking up the club champs gold. (Tim Grose reports)

Women

8th Lydia Bruce-Burgess	27:23 G
10th Sarah Johnsen	29:26 S
15th Anna Fake	30:48 B
17th Paula Orton	32:46

Team (4 to score)

1st TVH	33
2nd Hillingdon	33
3rd Serpentine	48
4th VPH&THAC	50

Men

5th Tim Grose	29:10
10th Tony MacDowall	30:02
13th Graham Bennett	30:35
22nd Terry Beackon	32:24
33rd Tim Mitchell-Smith	33:17



Tony Lashmar bemused as to why everyone is standing around when the bar is open; David Shortridge; Tony MacDowall getting his first look of a team road running award; Tim Grose wondering if Athletics Weekly will print this photo; Rich Newbold; Tim Mitchell-Smith confidently believing his one finger is holding up the plaque; Terry Beackon just seconds away from figuring out how to achieve world peace; and the Chingford League

Team (4 to score)

1st TVH	24
2nd VPH&THAC	50
3rd ES&M	55

Senior National Indoor Champs, Birmingham, 1 Mar 03

Symone Belle continued to excel in the sprint hurdles by moving up to 7th in the all-time U20 rankings with 8.40 for 3rd in the Senior 60m hurdles competition. This put her in the televised final where she placed 5th in 8.42. Congratulations on a superb indoor season!

Chingford League, Eastway, 4 Mar 03

At the end of a long season, the huge Chingford League Shield makes its way to Cadogan Terrace for only the third time in the forty years that we've competed for it. Whereas our last winning season (1995/6) saw us never win a fixture, this season VPH&THAC managed six wins and two second places to win by the massive margin of nine points from Orion Harriers. First off for the Club, during the evening's racing, were junior athletes James Foley and new signing Jack Taylor. On his Chingford League debut, Jack showed excellent form to take 5th place in the

U17 boys' race, a good follow up to a solid 2nd place in the Tower Hamlets Mini Marathon Trials five days before. James went one better in the U15 boys' race, taking 4th position, a very good performance given that he has been concentrating on speedwork in recent months. Leading the Harriers' charge in the senior race were Tim Grose and Tom Carrick. Tim took a solid third place on the night to secure third place in the overall standings. Tom was only one second and one place behind in fourth position, to take the overall title, despite suffering from the ill-effects of a cold. With a brilliantly consistent sequence of 5th, 3rd, 3rd, 5th, 4th, 1st and 4th, Tom easily won the men's individual standings. However, the outstanding individual performance of the night came from Georgia Wood as fourth female finisher, taking herself to the top of the Club's all-time rankings with a time of 19:33 for the testing 5k course, breaking Hanna Robson's 10-year-old record by 22 seconds. Backing up Tim and Tom in the Men's 'A' team, and also breaking 17 minutes, was Jon Cullom in 14th place. Close behind was Tony MacDowall in 19th position, suffering from achilles tendon problems with a weary Tony Lashmar in 21st

Chingford League Champs!

position, undoubtedly affected by his excellent performance in the Bury 20. Closing up the 'A' team on the night was the slow-starting Richard Newbold, who'd been suffering the after effects of an attack of cramp during the night, the only survivor from the last championship winning team to (just about) make it to the final fixture. The women's team also performed admirably on the night with Kristi Hutton in 11th, Elaine Battson 17th and Sarah Johnsen 19th completing the scoring four to take 3rd place on the night and 5th place overall. Leading home the women's 'B' team was Clare Chapman in 20th place, just four seconds behind Sarah, with Cecile Brugnoli in 22nd position as she set a new PB. Leading home the 'B' team was Terry Beackon who was rewarded with a PB despite dying horribly after a fast start. Close behind Terry was Tristan Salmon who also learned about suffering after similarly misjudging the early pace. Closing up for the 'B' team within a half-minute span were Team Captain Tim Mitchell-Smith, Mike Penman, Mick Cairns and Dave Shortridge. On the night, the men's team took 2nd place behind Barnet, with Orion third. In the 'B' team competition, we went one better with the men taking first place on the night to secure a clear third place in the 'B' team table. Also extremely pleasing was the number of VPH&THAC competitors with 37 seniors and 2 juniors finishing. The team picked up the shield to large applause from both their clubmates and the opposing teams, heading off for a mixture of IPA and champagne to celebrate and plan for next season. Congratulations to everyone who, ran supported or helped out during this memorable Chingford League campaign. (Rich Newbold reports)

U15 Boys - 2M - 4. James Foley 12:29
 U17 Boys- 2M - 5. Jack Taylor 12:03

Seniors - 5K

- 1. R. McCormick (Barnet) 16:00
- 3. Tim Grose 16:08
- 4. Tom Carrick 16:09 PB
- 14. Jon Cullom 16:51*
- 19. Tony MacDowall 17:03*
- 21. Tony Lashmar 17:10

- 25. Richard Newbold 17:27
- 32. Terry Beackon 17:46 PB
- 33. Tristan Salmon 17:49*
- 46. Tim Mitchell-Smith 18:29
- 48. Mick Cairns 18:34 PB
- 58. Mike Penman 18:58
- 60. Dave Shortridge 19:01
- 71. Dave Robinson Sr 19:29
- 74. Georgia Wood (L4) 19:33 PB

(Club Record)

- 83. Sharif Eldebs 20:14*
- 84. Darren Clark 20:14 PB
- 88. Jon Mail 20:28 PB
- 101. Mark Sutton 20:55
- 110. Kristi Hutton (L11) 21:14 PB
- 130. Elaine Battson (L17) 22:21 PB
- 133. Sarah Johnsen (L19) 22:32 PB
- 134. Clare Chapman (L20) 22:36 PB
- 140. Cecile Brugnoli (L22) 22:45 PB
- 147. Tony Bunbury 23:12*
- 148. Dave Webb 23:15*
- 149. Paul Johnston 23:18
- 150. Dan O'Sullivan 23:27 PB
- 156. Anna Fake (L29) 24:25 PB
- 161. Jo Sargent (L33) 24:52 PB
- 171. Paula Orton (L42) 25:49
- 181. Patrick Fenn 26:52*
- 182. Alice Bell (L48) 26:58
- 189. Veronica McCabe (L53) 28:28
- 197. Heather Ward (L60) 30:02*
- 198. Ray Russo 30:44*

* First time over this course

Men's A: 2nd on night, **1st in League**

Men's B: 1st on night, 3rd in League

Vets: 8th on night, 9th in League

Women: 3rd on night, 5th in League

Women's B: 6th on night (1st B team)

Individual League placings:

1st Tom Carrick 3rd Tim Grose

2002/3 Men's Chingford League Round-Up

Obviously, we won the Men's Title! Pleasingly, the 'B' team were very competitive in their category. We couldn't really have hoped to do much better. However, we should assess our achievement, learn from it and plan how to improve. This year saw the Chingford League debut of a tremendous acquisition for the Club, the further development of some local talent, and the virtual absence of some of last season's stars. In summary, a bit of a mixed bag but we had just about enough strength in depth to keep our

performances superficially good until the end of the season. Tom Carrick joining from Phoenix AC was a major boost at the start of the season. By current standards, he's a class act and has been the man to watch over the latter part of the season. The early season performances of Laurence Curley were equally stunning. Last season, Laurence appeared in a few races and looked likely to develop into a strong 'A' team performer in 2003. With an increase in training load, he suddenly transformed into a real force, clocking a spectacular 16:03 on his Eastway debut. Sadly, Laurence picked up a series of colds and 'flu and so missed out on the latter part of the season. Hopefully, we'll see him back this spring. We knew that Tim Grose was a quality athlete and that after a good summer (1:59/4:00 for 800m/1500m), he'd be raring to go. However, we probably weren't prepared for the relish with which he tackled Club Championships and some of the minor races despite living in Surrey. Tim was ill in late November to mid-December and this cost him a chance of challenging Tom for the Chingford League title. However, he'd have been hard pushed to match Tom over the mud at Highams Park and Trent Park even if he had been fit. Despite the problems Tim encountered, he still managed an excellent 3rd place in the League's Individual Standings and the fastest relay leg, albeit only one second faster than Laurence's time! The solid 'A' team performers over the season included Tony Lashmar, who only missed out on being ever-present for the 'A' team because he was effectively banned from running by 'the management' following the injuries he sustained in the mystery incident in Holloway. Graham Bennett showed his undoubted class on numerous occasions, although he always seemed to be treading a fine line between running well and injury. Jon Cullom and Rich Newbold also appeared for the 'A' team in at least half of the fixtures, with Jon second home for the Club at Highams Park. Towards the end of the season, another definite name to bio into the 'A' team was Tony MacDowall who made large improvements as the winter went on. Other useful 'A' team

Jon Mail Leads Club Home in Half Marathon

appearances came from James Waters on the road, and one-off cameos from Jim Roche, Paul Miguel, Eddie Thomas, Gordon Faulds and Terry Beackon. It was notable that last year's Nos. 1 & 2, Jim and Eddie, only appeared in two fixtures between them. Imagine how much better we'd have done with either one of them appearing more regularly. Our closest rivals were arguably Barnet and District who finished third in the league, as they were the only team to beat us this season. On their day, they present a formidable team and we were lucky that they rarely fielded anything like their best six in the same race. Second placed Orion Harriers showed tremendous strength in depth, highlighted by their 'B' team triumph, but usually lacked the cutting edge threat at the front that Barnet possess. So, what are the main differences between the win in 2003 over that in 1996? The radically altered personnel involved for one! This is unsurprising as within 18 months of the last Championship win we lost seven 'A' team scorers and the team disintegrated. Apart from the names involved, the next most significant change is the number of points the team scored and the victories. Back in 1996, we won with consistent if unspectacular results, notching up a series of 2nd place finishes but never managing to win a fixture. By contrast, the vintage of 2003 won six of the eight fixtures scoring under 100 points in all the straight races, a magnificent achievement. So is the performance of 2003 better than that of 1996? In terms of wins, most certainly, and you can only beat the competition that you encounter. However, it has to be said that standards in the Chingford League aren't what they were. I wonder how many times that has been said over the years?

The Future: So where does this leave us for next season? Something that has been considered for a while is entering the Metropolitan League. This would provide a far bigger challenge, with 12-to-score in the men's race and 6-to-score in the women's race. The clubs involved are also much stronger, with a few of the clubs that dabble in the Chingford League putting in much more effort in the Met League, *e.g.* Woodford Green, Heathside and Enfield

& Haringey. Add in Highgate Harriers, Thames Valley Harriers, Newham & Essex Beagles and Shaftesbury Barnet Harriers, amongst others and it's instantly clear that this would be a far tougher proposition. So, would we be swamped in the Met League? Not necessarily. If we made a strong effort to get decent teams out for the five Met League fixtures then we would be a solid team although not initially a Championship winning outfit. So, if we wouldn't have much chance of winning, what would be the point? Well, there are four main advantages: (1) Five cross country fixtures that fit in with the rest of the fixtures calendar. (2) Better quality races, with larger fields. (3) More people have a chance of scoring for the team. (4) Men and women race separately over different distances.

Would we give up on the Chingford League? No, we could carry on and dabble like Woodford, Enfield & Haringey, Heathside and Herts Phoenix already do. So, if people fancied an extra race, then they'd be free to have a run in a lower key, less pressurised environment. By contrast, the Team Captains would make an effort to get strong teams out for the Met League races but not chase people up for the Chingford League. I believe that having stronger league competition and regular experience of fielding 12-men and 6-women teams will help us to produce competitive teams in the Trophy and Championship Races including the 12 and 6-stage relays. We can win 12-to-score competitions in the Middlesex and North of the Thames Championships and look to win team medals in a range of other competitions. Rich Newbold, Director of Athletics, rich@steeplechase.org.uk

River Cam 10K, 9 Mar 03

Conditions were tough as we discovered when doing the River Cam 10K. Myself and Terry were also slightly handicapped by the previous night's curry I suspect, but an excellent run by Jane. Approx times: T. Beackon 38:30; T. Mitchell-Smith 40:39; Jane Appleton 50:12 (TMS reports)

Reading Half Marathon, 9 Mar 03

Well done to everyone who joined me yesterday to brave the cold winds and hills in Reading and a big thanks to Tony

Bunbury for driving. Despite a 40-minute delay at the start, the race was well organised with amazing support all around the course. (Jon Mail reports)

Jon Mail	1:38.02 (PB)
Tony Bunbury	1:54.44
Patricia McGrogan	2:08.30
Brenda Puech	2:11.15

Club 20M Champs, Victoria Park, 15 Mar 03

(by Gary Bagnall)

A record(?) 32 men and women lined up at the start line, next to the Royal Inn, on Saturday morning to run the Club 20 Mile Championships. The race ended with massive course records in both the men's and women's races. Last year's men and women champions were missing. Laurence turned up to cheer and hand the trophy back however. A truly welcome return to competition after injury was made by Jim Roche. Many favourable comments from the ladies concerned Jim's new curly perm or is it a natural wave? From the start, Jim Roche, Tim Grose and Tony Lashmar pulled away. Both Tony and Tim were looking for 6-minute miling to try and break 2 hours. Jim had intended to pace them through the first 10 miles. They were closely tracked by Graham Bennett in fourth. Tim, Tony and Jim stayed together for the first 3 laps. On lap 4, Tim and Jim pulled away slightly from Tony. At the apex on lap 4, Jim's calf played up and he had to let Tim pull away. Tim went through 10 miles well ahead of schedule in 58:18. Jim pulled out at 10 with a great time of 58:32. Tony went through halfway in 59:04 with Graham closing the gap on Tony only 24 seconds behind. Graham caught Tony at the clubhouse on lap 5 and then promptly pulled out with a tight quad muscle. The exit of Jim and Graham moved Mike Penman up into the bronze medal position. Mike was followed by James Waters and then Ron Vials having a great run. Ron has only just been back running on a regular basis. In the

**"The Will to Win is Nothing Without
the Will to Prepare"**

Tim Grose and Kristy Hutton Break Club Champs Records

women's race, Lydia led from the start and stayed in the lead for around 8 miles until she had to pull out with an unusual injury. Her knee kept locking up and throwing her leg out. Kristy Hutton and Sarah Leipziger were running together along with Terry Adams. Working together, they gradually closed on Lydia and then took the joint lead when Lydia pulled out. Elaine Battson was running in 3rd position in another group with Tony Bunbury and Ollie Holland. Back in the men's race, after Jim's departure, Tim was left on his own and running freely he doubled his lead over Tony to a minute and a half. By 15 miles, Tim had increased his lead to nearly two and a half minutes and was actually getting quicker all the time. There was no sign of fatigue. Many had thought at this stage, Tony's marathon experience would be paying off, but Tim had obviously prepared well and had been putting in the extra mileage required. It was clear that Tim was going to break 2 hours, the question was by how much? He completed his last 2 laps in equal time and ended up running a negative split in the second half of the race to come home in a magnificent new course record, by over 8 minutes!! of 1:56:08. Tony Lashmar suffered on the last lap by not being able to take any water on board and finished with a silver medal in 2:05:21. Mike Penman took a terrific bronze medal in a time of 2:10:20. (8 seconds quicker than last year's silver winning effort). He should be well pleased with his run after missing many many weeks of training through serious illness. James Waters came home an excellent 4th, followed by the 400m!! runner Terry Beackon, Tim Mitchell-Smith in a race he was pleased with and then Peter Wright who had a nice run in preparation for his Scottish Marathon in a few week's time. In the women's race, Kristy and Sarah were left on their own at 15 miles when Terry Adams 'collapsed'! (his word) through exhaustion. Kristy and Sarah were knocking out 8-minute miles like a metronome and were clearly on course for smashing Karen Day's course record set 12 months earlier of 3.02.12. Going into the final lap together, they were reminded that this was a race and that there could

only be one winner. (I'm not sure this was technically true; remember the first London Marathon, but we wanted to see a battle on the final lap). The two stayed together until the final 1.5 miles, when Kristy made a push for home. Kristy became the Club 20 Champion with a time of 2:42:05, taking over 20 minutes off the course record. Sarah came in less than 2 minutes behind, to take the silver. Elaine Battson took the bronze and become the 3rd woman to break 3 hours and the old course record. Becky Phillips and Patricia McGrogan came in together for 4th and 5th positions with another pairing of Smeera Bhatti and Jenny Costelloe following 4 minutes behind. Sally Wedell continued her renaissance season by finishing her first Club 20 in a splendid 3:39:39. Well done, Sal! Another outstanding performance of the day by Lara Orija to close up the race in a time of 4:31:09. Sally was on hand with the jellybabies or were they winegums and water? Many, many thanks to Barbara and Peter McHugh DeClare for standing out in the cold wind with the stopwatch and Lourens Malan for manning the water station. Thanks also to Jim for marking the course and all the supporters. Apparently, Sally had a fan club dotted around the course at strategic positions.

Men

Tim Grose	1:56:08 PB G
Club Champs Record	
Tony Lashmar	2:05:21 PB S
Mike Penman	2:10:20 PB B
James Waters	2:22:14*
Terry Beackon	2:24:51*
Tim Mitchell-Smith	2:26:28 PB
Peter Wright	2:27:27*
Garry Walker	2:42:05
Ollie Holland	2:48:30*
Tony Bunbury	3:00:46*
DNF J. Mail, J. Roche, G. Bennett (12:5 miles 1:14:31), R Vialls (12:5 miles 1:29:57), T. Adams, P. Fenn	

Women

Kristy Hutton	2:42:05*
Club Champs Record	
Sarah Leipziger	2:43:51*
Elaine Battson	2:51:22*
Becky Phillips	3:25:32*
Patricia McGrogan	3:25:34*
Jenny Costelloe	3:25:15*
Smeera Bhatti	3:29:15*

Sally Weddell	3:39:39*
Lara Orija	4:31:09*
DNF V. McCabe, B. Puech (17.5 miles 3.02.25), A. Fake, L. Haycock, J. Stennard, L. Bruce-Burgess	

Tim Grose reports: Pleased to say it went a lot better than I dared hoped for and won in 1:56:08. Fortunately, Jim Roche wanted to get a hard run in but not do the whole race so he basically paced to me to halfway in 58:18 and we even managed a few ubiquitous jokes about Leyton Orient FC on the way. This 10 felt a lot easier than when I did a 10 miler last month in 56:29 and today my pulse was in the high 150s whereas was in the low 170s in the 10. When Jim dropped out, the real race started for me but fortunately was feeling good and was able to lock into the pace and kept knocking out approx 14:30 for the 2.5 mile laps. I was waiting for the legs to collapse but fortunately never really did although did feel a bit wobbly in last mile but it's easy to keep going when you can see the finish. Not sure how much further I could have gone though. Maybe I should think about doing a marathon next spring but, for me, my thoughts now to turn to a summer of track - probably 1500 and 'chase being main aims. Ran my best 1500 for 10 years last year (4:00.35) but would love to get under 4 again. The steeplechase is all a bit new to me at present but I am only need to improve about 10 secs to 9:43 or so to make the UK Top 100 which is a good aim. In the end, I only had one sip of water after 15 miles and could probably have gone without that but it wasn't that warm (10 deg C or so) so really pretty good conditions for long distance running. I think the most important lesson I've learnt from this experience is to have a rough idea of what pace you want to run and then aim to stick to it throughout but sometimes you can surprise yourself and hold a slighter faster pace than you had imagined. A lot, of course, depends on the weather which was pretty good and not too windy. Cheers, Tim Grose

Sally Weddell reports: I would really like to say a big thanks to everyone who was at the 20 on Saturday. It was really brilliant to have so many people to run with and supporting. Gary Bagnall has

Physical Shield Reign Continues

just been so brilliant this winter - having an injury can be really disheartening but he has turned up all season in all weathers to support and time and generally be a positive influence - I think a lot of club members would agree how much that is appreciated. He even saved the day for Veronica by running back to tell her her car was about to be clamped - hero of the day!! Tim M-S also deserves special mention - after running a hard race and cheering everyone else on the way, he also ran a further lap and a half with Lara to finish - meaning he nearly ran a full marathon! Tim you stand alone - where would we be without you. Thanks to Veronica and Barbara for coming round with me on those 'difficult' laps and everyone who came along to bring water and food and support - although should have finished quicker as didn't get any of Lydia's chocolates or cake - Lyd's cake is too good to last long (hope the injury improves soon, Lyds). Obviously the full event consisted of doing the 20 and then going out for lots of beers in the evening - that should be made into the final Boswall League event - and if you got points for who was the worse for wear at the evening's end then sorry Elaine, the shield should be mine! (congrats on winning it!!)

Mike Penman reports: Just a quick note of wholehearted agreement with Sally's comments about Gary Bagnall. He's been out of action in terms of competitive running for a year or more, save for a few brave outings to test the extent of his recovery. It can't have been easy to stand by and watch so many races that he's been near or at the front of the field of in past years; not least the 'twenty'. It was also great to see Jim Roche leading the race out at a pace that probably set up Tim's new course record (and silvered Tony's gold-tinted spectacles)! We all wish you both well in getting back to top form quickly, and wonder at the present strength of the club that we could win the Chingford League without you both. All the best from us all, Mike

Hastings Half Marathon, 16 Mar 03

158th Mick Cairns 1:26:20
1,205th Clare Chapman 1:50:48
(2,957 finishers)

Havering Mavesbrook Open, 23 Mar 03

100m Boys

U11 Luke Robinson 18.7 PB
U11 Christopher Zah 18.7 PB
U13 Andrew Ali 16.7
U15 Jerome Paul 13.0 PB
U15 Jahangir Samad 12.1 (1st)
U15 Jayden Ali 13.5 PB
U15 Michael Richards 14.7
U17 Ben Chukwu-Onu 12.3 (3rd)
U20 Abdul Buhari 12.0 (3rd)
U20 Darren Clark 13.4

200m Boys

U13 Andrew Ali 35.0
U13 Josh Smith 36.1
U17 Ben Chukwu-Onu 24.7 (2)
U17 Levi Tapping 26.0 (3rd)
U20 Abdul Buhari 25.1

100m Girls

U13 Raquel Feeley 14.1 (1st)
U13 Danielle Dallenber 14.3 (2nd) PB
U13 Jasmine Chukwu-Onu 16.2
U15 Elizabeth Ali 13.6 (2nd)
U17 Maria Ayooola 14.1

200m Girls

U13 Raquel Feeley 29.6 (1)
U13 Danielle Dallenber 30.0 (2) PB
U13 Millie Zah 31.1
U13 Jasmine Chukwu-Onu 34.2
U15 Elizabeth Ali 27.9 (1)

400m Boys

U15 Jerome Paul 57.2 (1st) PB
U15 Thomas Crosbie 58.1 (2nd) PB
U15 Peter Ball 58.6 (3rd)
U20 Darren Clark 59.7

800m Boys

U15 Thomas Crosbie 2:15.9 (1) PB
U15 James Foley 2:26.9

1500 Boys

U13 Josh Smith 5:57.9 PB

70mH Girls

U13 Millie Zah 12.8 (1st)

LJ Boys

U11 Christopher Zah 2.94 (1st) PB
U11 Luke Robinson 2.00 (2nd) PB
U13 Andrew Ali 3.87 (3rd) PB
U15 Jahangir Samad 5.49 (1st) PB
U15 Jerome Paul 5.44 (2nd) PB
U15 Michael Richards 4.45 PB
U20 Abdul Buhari 6.54 (1st)
U20 Darren Clark 4.97

LJ Girls

U13 Millie Zah 4.22 PB
U15 Elizabeth Ali 4.77 (2nd)
U15 Louise Blake 4.20 (3rd)

PV Boys

U15 Jayden Ali 2.30 (1st)

SP Boys

U15 Elliott Joseph 9.20 (1st)

Physical Shield Road Relay,

Loughton, 25 Mar 03

The Club's winning streak in this competition stretched to a mind-boggling seven years in a row with a huge winning margin as last year's course record was broken. The team got off to an excellent start with Jon Cullom breaking 8:50 as he held off Orion's highly experienced and speedy Paul Filler. On leg two, Tom Carrick breezed round, opening up a massive lead that never looked likely to be challenged. Tony Lashmar ran a solid solo third leg before Tim Grose flashed round for the fastest time of the night, clocking 8:34 as the team broke last year's time by six seconds. Tim's time equalled the Club's best-ever split recorded by a first-claim athlete for this race and was magnificent given the lack of opposition he faced. Recording an impressive 3rd position finish was the 'B' team. Terry Beackon struggled on leg 1 but still brought us through in contention for the leading places. Taking leg 2 was Jim Roche in his first competitive outing for the team since September. Jim looked very smooth as he consolidated third position, and looks to be heading back to his best now that his injury worries are receding. Leg 3 also saw the return of another seasoned campaigner with Gordon Faulds back for his first race since suffering injury at Loughton. Gordon paced his effort well leaving Mike Penman to chase home 2nd placed Eton Manor's 'A' team on last leg. The women's team managed a solid 4th place on the night with Cecile Brugnoli and Clare Chapman both breaking Caroline Jackson's Club best time while the women's overall time constitutes the inaugural club record. The men also managed to field two additional teams, with the 'C' team scoring an excellent 5th place overall, with Jude Bly's strong opening leg the best performance from that team. The Club's largely youthful 'D' team scored a solid 8th place finish with Jack Taylor running a noteworthy opening leg. Thanks to Roger, Darren S, Dave W, Paul J, Janice and Sally for their vociferous and very welcome support. (Rich Newbold reports)

Cecile Brugnoli Breaks Club Physical Shield Record

A Team: 1st	
Jon Cullom	8:48
Tom Carrick	8:46
Tony Lashmar	9:07
Tim Grose	8:34
(Equal Club Record)	
Total:	35:15
(Course and Club record)	
B Team: 3rd	
Terry Beackon	9:28
Jim Roche	9:08
Gordon Faulds	9:46
Mike Penman	9:45
Total:	38:07
C Team: 5th	
Jude Bly	9:38
Mick Cairns	10:03
Darren Clark	10:17
Tim Mitchell-Smith	9:57
Total:	39:55
D Team: 8th	
Jack Taylor	10:08
Sam Guttman-Hancock	11:02
Alf Jackson	11:10
Rich Newbold	9:27
Total	41:47
Women: 4th	
Cecile Brugnoli	12:05
(Club Record)	
Clare Chapman	12:25
Jane Roche	14:30
Louise Guthrie	14:30
Total	53:30
(Inaugural Club Road Relay Record)	

Well done to all and huge thanks to Roger, Darren, Dave, Paul, Janice & Sally for enthusiastic support - and to all the drivers who got us there and back. Tim M-S

VPH&THAC Open 5, 29 Mar 03

Senior Men	
1. Julius Kibet (Kenya)	23:21
(Course Record)	
2. Martin Dent (Belgrave)	24:21
3. Steve Clarke (Medway)	25:19
Winning Team VPH&THAC (Sam Pullan, Tim Grose, Graham Bennett, Tom Carrick, Tony Lashmar, Damian Manning)	

Senior Women	
1. Yelena Burykina (Russia)	27:13
(Course Record)	
2. Meredith Pannett (Dulwich)	27:57
3. Kerrie Clarke (Medway)	28:59
Winning Team VPH&THAC (Louise Bardsley, Georgia Wood, Elaine Battson)	

9 Sam Pullan (2nd claim)	26:08
11 Tim Grose	26:13
(Club Record)	
23 Graham Bennett	27:40
27 Tom Carrick	28:08
28 Tony Lashmar	28:10
52 Damian Manning	29:42
66 Dave Shortridge	31:18
68 Ian McGilloway	31:29
69 Terry Beackon	31:33
84 Jack Taylor	32:31
86 Louise Bardsley (2nd claim)	32:34 (L7)
88 Darren Clark	3 2 : 4 3
102 Georgia Wood	33:18 (L12)
107 Gerry Franey	3 3 : 4 8
130 Tim Amor	3 5 : 2 6
150 Elaine Battson	37:20 (L21)
151 Terry Adams	3 7 : 2 0
154 Clare Chapman	37:44 (L22)
159 Tony Bunbury	3 7 : 5 1
180 Dave Webb	3 9 : 2 9
197 Anna Fake	41:34 (L34)
202 Jenny Costelloe	42:06 (L36)
230 Patrick Fenn	4 5 : 3 2
232 Brenda Puech	45:46 (L52)
233 Xanthe Pitt	45:51 (L53)
(184 men, 65 women) plus 35 in youth races for a grand total of 284 competitors.	

Well done to everyone. I think (hope!) a great day was had by all. Huge thanks to the massive legion of helpers that turned out to make the day such a success. Tim Mitchell-Smith

The Open 5 was a brilliant success on Saturday - mainly due to the sterling efforts of Tim Mitchell-Smith who has done the bulk of the large amount of organisation needed. That the races were so smooth running and professional is a reflection of all the hard work and effort he has put in, including time off work and lots of his own time. Certainly the stamina marathon training must have come in handy - Tim, are you training for the 1000 mile race and working on your sleep deprivation? It's lucky for the club that you work as hard on club matters as you do on your partying! Don't worry, I have photographic evidence of him wearing the frou-frou mules! Darren also did a great job on the catering for the race and the party - which was great fun! Sally

Assembly League, Forbanks, 3 Apr 03

In a very low key event, with a turnout of just two runners, both Tom and Georgia make significant impacts on the club all-time rankings. Whereas Tom's efforts put him third in these rankings, Georgia went to the very top with a Paula Radcliffesque performance, taking over two minutes from the old record!

Men	
5th Tom Carrick	14:38
Women	
2nd Georgia Wood	17:22
(Club Record)	

Late Result

While Rich Newbold was writing about Mike Penman's running career, he came across this result and realised that it had never been recorded for posterity: London Colleges League 10k, Victoria Park, 28 Feb 01
6 Jim Roche (Guest) 33:04
37 Mike Penman (Guest) 38:45

"Blast From The Past" Southern League Division 5, Mile End Stadium, June 1993

After an increasingly successful summer, Victoria Park Harriers hosted a home fixture at Mile End Stadium with the hope of a second successive win. The return of multi-eventer Wayne DuBose from the USA had boosted the team hugely and the arrival of steeplechaser Richard Newbold saw the middle distances strengthened. At this meeting, Richard was pencilled in for three events, the 400m hurdles, 110m hurdles and 1500m, which was a fairly normal afternoon's work. The hurdles was a light warm-up. Despite not training for the event, Richard's natural 400m flat speed (53.5 seconds earlier that season) was fair and with an adequate hurdling technique he was able to breeze round in 62.8 seconds for a comfortable 'B' string win. Next up was the 110m hurdles, and this was a rather different challenge. This wasn't helped by a fall during warm-up, when he mis-timed his take-off, hit a hurdle, and landed badly, bruising his lower back. Fortunately, for him, once again Richard was only the 'B' string and with

Belated Congrats to Tim Grose on His 800m Gold

reasonable technique off 5 strides he comfortably won race two with a personal best time of 20.1. Next up was the 1500m. Richard was looking forward to this race, having mainly concentrated on steeplechasing for QMWAC, ULAC, Bucks AA and VPH that season, and was keen to record a new personal best. Despite moving uncomfortably because of his painful back, Richard was in the leading group after 2 laps and as the pace began to slow, he moved up towards the shoulder of the leader. Just as he was alongside leader, the leader spat across the track and hit Richard in the face. Richard responded by glaring across at his opponent and then he was off! With 500m to go, it was a long break for the tape and, as Richard relaxed round the first bend, a Thurrock athlete came onto his shoulder. With 300m to go, an animated Keith Lowe, at trackside, shouted at Richard to "use your kick". Richard responded and increased his pace again. However, his change of pace was matched by the Thurrock runner. Off the final bend and into the straight and they were still neck and neck. With 80 yards to go, the Thurrock runner went again, and gained a foot advantage. With less than 40 yards to go, Richard found an extra gear and pulled past again, leaning into the tall Thurrock runner as his larger rival tried to crowd him out. Richard's sharp elbows and years of playing centre-half paid off as he started to shove his opponent back into lane 2, remembering to dip as he went across the line for a very hard fought win in 4:10.0, a new personal best. So, with a hat-trick of wins, Richard's afternoon should have been over. However, Team Captain Phil Hampshire and Track Secretary Keith Lowe were plotting on the sidelines. Phil told Richard that "the points situation was really tight" and "would you do the steeplechase to help us win the match?". At this point, Keith chipped in saying that "you could just have an easy run round and get us some points". Richard said he would and about 20 minutes later found himself lining up for his fourth race of the day. Richard trotted off and found himself in the lead. After the 1500m, the pace felt

easy. He settled into a rhythm and after a couple of laps the splashes of his competitors in the water jump grew quieter. Running well within himself all the way round but feeling a bit tired, Richard just jogged through the finishing line for win number four and a remarkable time of 9:50.6, only six seconds outside his best. In the end, VPH won the match by over 15 points, so Phil and Keith must have got their sums wrong. However, they gave Richard the opportunity to have his glory day of an unprecedented (for VPH) four individual track wins.

Club 800m Champs, Mile End, 10 Jul 02

(Don't know how it happened, but this article never appeared in the Oct 02 club mag so here it is.)

Well another glorious summer's evening (not). At least it was not raining but as there was a stiff breeze up the home straight, chances of good times were not good. The favourite Tim Grose, fresh from a sub-2:00 800 last week, took up the running from the start but was a little unsure how he would go after a slight hamstring pull the previous evening in a session of 100 sprints. Tim ran a hard first 200 with the wind behind, then eased off slightly to lead by several metres at the bell in 58 seconds. Unbeknown to him, the battle for 2nd place was very close but was soon to lose two of the contenders as both Richard Bruce and Terry Beackon were forced to drop out with injury. In the conditions, the 2nd lap was always likely to be somewhat slower but Tim managed to hold on the lead he had built up on the 1st lap to claim his first 800 club championship. He has now a clean sweep of track distance club championships so far this season after failing to win any on the road or country in the winter but the webmaster of the UK Running Track Directory and British Milers' Club has always found tracks more to his liking! In the end, Eddie held Tim to about 10 metres to record a very solid 2:05.1 and believed to be his 2nd best ever time. In third place and taking a rather surprising bronze medal was the club's virtual decathlete Lourens Malan with 2:06.1 -

an unbelievable time for somebody who basically does next to no running training. Wayne DuBose's club decathlon record set way back in 1976 could well be threatened if Lourens has a serious attempt at the event. There's no denying he has the talent. In 4th place came club newcomer Samater Farah in a very promising 2:06.4. In fact, the increased strength of the club middle distance runners is shown by the fact that Samater's time was better than last year's winner and that Tim's winning time has only been bettered once in the last 16 years and that by a youthful Richard Bruce 11 years ago. Well done to Darren Clark for battling on and to Lydia for being 1st woman. Special thanks to Tim Mitchell-Smith and Terry Adams for a splendid job of getting everybody a time. Tim M-S was last seen circling the track 25 times with David Shortridge who arrived a little late. By the look of their session, the 800 seemed the easier option. Serve Dave right for being late! Cheers, Tim Grose

1 Tim Grose	2:03.5
2 Eddie Thomas	2:05.1
3 Lourens Malan	2:06.1
4 Samater Farah	2:06.4
5 Darren Clark	2:26.9
6 Lydia Bruce-Burgess (guest, honorary man!)	3:01.4
DNF Richard Bruce, Terry Beackon, Mustafa Aden	

Club 20M Champs, 1954 - 1956

Further to my article in the last club mag about a mysterious club champs trophy, Alan Howlett provided the clues necessary to solve the mystery. I was able to work out that the Kent 20M road race was deemed to be the club championship. In the last mag, I got the first race right when I wrote that Jack Flowers was the first club member home at the Southern Counties 20M Road Championship held at Chislehurst. The detail I left out was that this was also the Kent 20. I got the next two years wrong in the last mag when I wrote that Geoff Iden was the first Harrier home in the Finchley 20. In fact, he was the only Harrier home in that race in both years. This wouldn't have constituted a club championship

Elaine Battson, Tony Lashmar, and Tim Grose Win Boswall and Newbold League Golds

race with just one competitor. However, Geoff was first Harrier home in the Kent 20 in 1955 and 1956 with two other Harriers competing both times and thus having sufficient runners to justify a club champs. The AGM's annual report of 1954 and 1955 acknowledges Jack's and Geoff's win, but the report of 1956 doesn't mention Geoff's win (although it mentions every other club championship). In addition, there's no mention in the club magazines of the time that the Kent 20's acted as club championships. It would seem that someone decided that Albert Abrahams' donated trophy had to be used somehow and somehow decided it would be used for the Kent 20. So the definitive answer is that the trophy that Tim Mitchell-Smith was enquiring about which contained three engravings for 1954 - 1956 was the short-lived (at the time) Club 20M champs. Thanks for the clues, Alan

1954 Jack Flowers 1:59:33
 1955 Geoff Iden 1:48:53
 1956 Geoff Iden 1:52:20.6

Boswall League (Final Standings)

1st Elaine Battson 248 **G**
 2nd Anna Fake 244 **S**
 3rd Lydia Bruce-Burgess 215 **B**
 4th Georgia Wood 198
 5th Sarah Johnsen 162
 6th Sally Weddell 158
 7th Cecile Brugnoli 105
 8th Claire Chapman 96
 9th Kristi Hutton 92
 10th Paula Orton 85
 39 club runners 2,513 cumulative points

1st Tony Lashmar 280 **G**
 2nd Tim Grose 273 **S**
 3rd Terry Beackon 191 **B**
 4th Rich Newbold 184
 5th Tim Mitchell-Smith 181
 6th Tom Carrick 177
 7th Tony MacDowall 173
 8th Mick Cairns 173
 9th David Shortridge 162
 10th Graham Bennett 130
 52 club runners 3,623 cumulative points

(Editor's Note: Looks like it was useful to have your first name begin with 'T'!)

Newbold League (Final Standings)

1st Tim Grose 165 **G**
 2nd Tony Lashmar 147 **S**
 3rd Terry Beackon 124 **B**
 4th Graham Bennett 113
 5th Tim Mitchell-Smith 110
 6th Jon Cullom 108
 7th Tom Carrick 93
 8th Laurence Curley 90
 9th Richard Newbold 77
 10th Tony MacDowall 69

Men's Southern League Opponents

Div 2

May 3rd at Braunton - N.Devon, C. Portsmouth, NEB, Tonbridge
 May 17th at Guildford - Guildford, Camb & Coleridge, Ipswich, Dartford
 May 31st at Mile End - Bedford, TVH, ESM, Serpentine

June 28th at Haringey - Lon Heathside, Hastings, Belgrave, Enfield & Haringey
 July 12th at Mile End - Woodford, Bexley, Thurrock, Oxford
 Aug 2nd at Mountbatten - Royal Navy, Herts Phoenix, M. Keynes, Bracknell

Div 4E

May 3rd at Haringey - Enfield & H, Chelmsford, Eastbourne, Hastings
 May 17th at Mile End - Diss, Ashford, Eton Manor, Paddock Wood
 May 31st at Bury St Edmunds - West Suffolk, Herts P, T. Wells & L, Highgate

Jun 28th at Canterbury - Invicta EK, Dartford, Southend, Colchester H
 July 12th at Mile End - Bexley, St Albans, Stevenage NH, Barnet/TP
 Aug 2nd at Ware - Harlow, Walthamstow, Blackheath, London H

100 Club Winners

1st - £50, 2nd - £20, 3rd - £10
 January 1st Sue Franey; 2nd Gary Bagnall; 3rd Pat Franey
 February 1st S. Hart; 2nd Roger Daniels; 3rd Doug Roche/Mike Eldridge
 Support the club by spending £2 per month on this fundraiser. Standing order forms in the bar. Contact Gerry Franey or Wayne DuBose for details.

Sr Women Club Champs Records

100 Pat Turner 13.4 (1964) (12.4 yds)
 200 Ama Aig-Ojehomen 27.5 (1974)
 400 Annie Gammon 75.9 (2001)
 800 Maura Regan 2:52.9 (2001)
 1500 Georgia Pettipher 6:16.1 (2001)
 Mile Lydia Bruce-Burgess 6:31.1(2002)

5000 Georgia Pettipher 23:20.0 (2001)
 LJ Margaret Woodthorpe 4.60 (1965)
 HJ Cai Lewis 1.27 (2001)
 TJ Cecile Brugnoli 7.67 (2002)
 PV Anna Fake 1.85 (2002)
 SP Cai Lewis 6.86 (2001)
 DT Aude-Claire Markiewicz 13.90 (2001)
 JT Anna Fake 9.49 (2002)
 HT Sally Weddell 6.47 (2001)
 (The front page lists champs dates at Mile End. Also check membership list on the notice board. If your subs are paid and you're **not** an Associate Member, you can compete. There are events and medals for all age groups.

Women's Southern League Records

100 Symone Belle 12.4 (2002)
 200 Banke Olofinjana 25.6 (2002)
 400 Patricia Asante 61.3 (2002)
 800 Lorraine Bishop 2:35.8 (2002)
 1500 Lorraine Bishop 5:39.8 (2002)
 3000 Lydia Bruce-Burgess 12:16.5(2002)
 4x100 52.3 (2002)
 4x400 4:40.3 (2002)
 100H Symone Belle 14.9 (2002)
 400H VACANT
 LJ Symone Belle 5.68 (2002)
 HJ Symone Belle 1.55 (2002)
 TJ Amy Clough 8.85 (2002)
 PV Aude-Claire Markiewicz 1.90 (2002)
 SP Banke Olofinjana 9.99 (2002)
 DT Karenate Songhoron 31.43 (2002)
 JT Banke Olofinjana 29.68 (2002)
 HT Karenate Songhoron 26.19 (2002)



James Waters

In Memory of Mike Penman (1964 - 2003)



From: "Timothy Mitchell-Smith"
Sent: Monday, April 07, 2003

It's with the deepest sadness and profound grief that I have to tell you that our great friend Mike Penman was tragically killed in a hit and run accident on Thursday night. He was on holiday with Jane in Malaga at the time. I'm sure all our sympathy, love and support goes to Mike's sister and of course to poor Jane - and indeed to all the Roche family, to whom Mike had truly become a family member - at this awful time. I think I speak for all of you when I say I consider it an honour and privilege to have known Mike and been his friend. He was one of the nicest people I've ever met, so laid back, genuine, intelligent, funny and above all charming. A great guy and a tragic loss. I have spoken to Jane and Jim - they will remain in Spain until probably tomorrow or Wednesday. They are aware of the depth of love and support that is pouring out and have asked me to reassure everyone that they are okay, and really appreciate having such good friends. As soon as I know more regarding funeral arrangements I will let people know. In the interim, if anyone wishes to lay a floral tribute to Mike an area will be made available on the stage in the clubhouse. One final note, that perhaps illustrates how much the club meant to Mike and how much he loved each and every one of you. He was killed while running in his club vest. Rest in peace, Mike. I will miss you like hell, mate. Tim

Mike Penman - The Cadogan Terrace Years

Mike arrived at St. Augustine's Hall in the summer of 1998, joining VPH on the 21st of June. He had a solid background of road running and augmented his fitness with cycling and swimming. He made his debut for the Club at Blackheath in the Assembly League recording a solid 19:53 for 5k before succumbing to shin splints. Mike's next appearance for the Club was at Eastway where he ran 20:42, a time he was eventually to beat by three minutes. Mike's first appearance over the country came at the Ware Cup, where he came home 19th as the VPH team finished a distant 2nd place to Eton Manor. However, fortunes were to rapidly improve for both Mike and the Club. Mike made his first appearances for the Club's 'A' team in the Chingford League at Trent Park and Victoria Park before winning his first Club Championship Medal, a bronze, in the Club 20. Mike followed this up with an improvement of 46 seconds for the Blackheath 5k and a new PB for the marathon with 3:07:23 at London. After the marathon, Mike made regular appearances in the Southern Men's League (SML) 'B' team picking up two wins in the 'B' string 5000m. The winter season of 1999/2000 saw Mike firmly establish himself as a key member of the club's cross country and road running team, with regular appearances in league and championship races which saw him hacking a great chunk off his Eastway PB. Mike's long term targets at the beginning of that season included a sub-3 hour marathon, sub-30 minutes 5 mile and sub 18 minutes 5k, all of which he comfortably achieved over the next few years. Mike's main target that season was the marathon and considerable hard work that winter saw him again winning a bronze medal in the Club 20, improving his previous best by seven minutes despite having taken a wrong turning whilst holding 2nd place. Mike's report of this race in VPH News, and his unfortunate navigational error, makes splendid reading, providing an insight into the psyche of the long distance runner and Mike's ability to laugh at himself. This indication of tremendous form was proved strongly at

the 2000 London Marathon as Mike ran evenly and strongly to smash his PB by almost 12 minutes, recording an official time of 2:55:41 for 817th place, comfortably leading home a very good contingent of fellow Harriers. After the marathon, Mike took a very short break while he organised a fundraising jumble sale for the Club but he was soon back competing on the track including appearances in SML in 4x100m and 4x400m relays. Mike was also a key member of that year's championship winning VPH 'B' team in the Assembly League. The 2000/2001 season saw further progress as Mike chipped away at PBs from 5k to 10 miles. Mike finished just out of the medals in the 10M road and 7.5M & 10M XC championships as the Club continued to make enormous strides in terms of quality and quantity. However, come the Club 20, he was back in the medals, winning another bronze, running alone for the last 19 miles. Mike's London Marathon of 2001 saw a steaming first half, with a 39-minute opening 10k and a halfway split of well under 1:25. Sadly, he wasn't able to maintain this pace, suffering badly over the last six miles. However, Mike's consistency over the whole season saw a further move up the Boswall League standings with a solid fourth place finish which went largely unnoticed at the time but which was merely a taste of things to come the following season. In terms of his prematurely ended running career with Victoria Park Harriers and VPH & THAC, Mike's crowning glory was his win of the Boswall League in 2002. This involved a range of quality performances throughout the season including a PB at Eastway, regular appearances in the Chingford League 'A' Team and coming home 2nd for the Club at the National Cross Country Championships in Bristol. Mike's most memorable race of that season was probably his hard fought silver medal in the Club 20 where he threw down both gauntlets and challenged the rest of the field to follow. Blasting through half way at a pace close to his 10M PB showed Mike's willingness to push himself to the limit, helping him to discover what he was capable of. The 2002 summer season saw Mike take his

In Memory of Mike Penman (1964 - 2003)

excellent endurance onto the track where he was a regular performer for the SML 4E Team, setting a new PB at 5000m. He also recorded an excellent 63:34 for the extremely challenging Orion 10 for a notable 16th place finish. Unfortunately, Mike's running form was ruined by serious illness due to an infection centred upon his ankle. This saw Mike hospitalised and then unable to race for several months. On his comeback in November 2002, Mike slotted straight back into the groove scoring for the 'B' team at Eastway and then Higham's Park with a Paula Radcliffe-style sock making its first appearance to help counter the swelling round his ankle, one of the after effects of his illness. Mike followed these runs with an 'A' team appearance at the Middlesex Cross Country Champs but an astonishingly impressive performance came a month later at Mike's spiritual home, the Club 20. Despite so much missed training, Mike won an excellent bronze medal beating his silver medal-winning run of the previous year by 8 seconds. Next up for Mike was the Physical Shield road relay where he anchored home the 'B' team, his last competitive appearance in club colours. The last time that most of us saw Mike was at the Open 5 where he was helping the event to run smoothly. I can't count the number of times Mike had helped out at events, especially acting as an extremely reliable timekeeper for track events when his steady hand and cool head came to the fore. As well as his running and social input into the Club, Mike also served on the VPH Committee as a General Member making a range of constructive suggestions on those long cold evenings in the Committee Room. Mike's influence upon the training habits of many VPH&THAC members cannot be underestimated, certainly I learnt as much from Mike as he may have from me. Rich Newbold

Mike's Club Championship Medals

Boswall League - Gold 2002; 20M Road - Silver 2002, Bronze 1999, 2000, 2001, 2003; 10M XC Bronze 2002; Team Medals Chingford League Championship Winning Team 2002/3, Assembly League 'B' Team Championship Winning Team 2000

From Tim Mitchell-Smith:

Mike Penman was that rarest breed of man, a truly genuine, caring, gentle guy who was loved by everybody he met. I first met Mike when I arrived nervously at Cadogan Terrace in 1998 to see what life as a running club member was all about. Mike had only recently joined the club himself and, spotting my nerves, made a point of welcoming me and of making me feel at ease. Such was the essence of the man. Over the years, I spent many happy times with Mike, socially, training and racing. I soon discovered that he had immense reserves of inner strength which manifested itself in a variety of ways. Tough track reps, where we slogged it out for supremacy, were always followed with a grin and a "well done". He would thrive on the physical challenge of a tough cross country race or long road race, driving himself through the pain barrier remorselessly. But most noticeably his strength came across in his gentle nature. I've known Mike to be irritated by things but I don't think I ever heard him raise his voice in anger. I've watched Mike bear up to crushing disappointments and ill fortune without ever once losing his cheerful and peaceful demeanor. And I've watched Mike's good humour infect all of those around him at many a social event. Aside from running, Mike was a great lover of music. He came to London in the early 80s and studied the trumpet at the Royal College of Music. Unlike many of his friends, he decided not to become an orchestral musician. Instead, his love of foreign cultures came to the fore and he travelled throughout the world for a few years making many friends on the way. Mike's varied work saw him try his hand as a plasterer and more recently working for Tower Hamlets Council. However, I think it was Mike's love of things outside of work that gave him greatest pleasure. He gave up his free time after work to teach Bangladeshi children English. He loved the arts and regularly attended galleries and exhibitions and went to classical music concerts. Mike loved eating out and was always in different restaurants. He loved extremely hot curries and very ripe French cheese. Mike was a true club man. He loved VPH&THAC and

served proudly on the management committee. Whenever there was a call for volunteers to help stage an event, Mike was one of the first on the scene. And of course whenever there was a club party Mike was only too happy to test the strength of the beer. I don't think there is anyone who knew Mike who has not been enriched in some way by his company. That perhaps is the truest mark of the man. Even those that didn't know Mike for long were proud to call him friend. Mike's legacy is the spirit and humour he shared with us, and the happy memories he leaves us with. For these we should be truly thankful.

Rest in peace, my friend.

From Mike Wheeler:

I don't remember exactly when Mike first joined VPH; he never arrived with a big bang, that just wasn't his style. Instead, he just happened along blending into the club both athletically and socially as though he had always been there. For me he became the reassuring background presence that I knew I could rely on, whether supporting me on the athletics field or at incredibly dull moments in the bar when I knew I could converse with Mike on more than just running.

Mike's running record speaks for itself – and there was a lot more to come. But, for me, just his presence during my year as team manager lifted me. He was someone I knew I could rely on, covering both running events and official duties without having to be asked. Although realising his limitations – I could never convince him to do the 110 hurdles, he was anything but daft – he always fulfilled his obligations. If he could, he would. I knew I could relax a little when Mike was around.

I have lots of memories of Mike during our competitive times together but especially the club championships of '98? As those who were there will testify, watching Mike undertaking anything other than running was hugely entertaining, if not a little dangerous.

This will hopefully continue to be a topic of conversation for a long time to come so I won't elaborate. Oddly enough, images of Mike that do flash through my mind more than his running ability are of him officiating, looking every inch the part with score-sheet in one hand and tape measure in the other.

I find it difficult to find the words to describe Mike's character, but I liked it – a lot. He was unassuming, but never boring. Incredibly interesting, but never overstated. He narrated articulately, and listened intently. He had a vast wealth of experience and intellect to draw from when it came to debating/discussing both matters of importance and trivia. And, whilst not totally unprovokable, he never ever bore a grudge. In fact, Mike and I were often involved in heated discussions on many different subjects due to our political and other inclinations, but we always got on famously immediately afterwards, finding grounds for agreement as the evening ebbed slowly on. It was these marvellous qualities of his that led to our mutual understanding (and I wouldn't deny a little tolerance on his part) of each other that I'm really going to miss. There



Mike

really must be something special about a person who, despite their quiet disposition, has made such an impact on a lot of people. But Mike did, and has. But what makes his passing really sad is that there was so much more to come; I believe he really was just "warming up". In a club environment, Mike was the

consummate club member. The phrase "A gentleman and a scholar" really did exemplify Mike Penman.

Mike's funeral service took place at Bournemouth Crematorium on Wednesday, 23 April. It was a testament to this very special person that 30 club members made the trip from London to Bournemouth to pay their respects, that altogether 100 people attended his funeral, and that teachers from his school from many years ago made the special effort to pay tribute to Mike.

"Our hearts may never touch again
Even the hurt may never mend
Even though you're gone now
and tears are all that's left now
I wouldn't have missed you for the
world."

Quoted by Jane Roche

VPH & THAC NEWS

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c/o Wayne DuBose
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St Ives, Cambs
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