

# ◆ VPH NEWS ◆

Circulation 101

November 1997

## After 50 Years of VPH Membership, Jack and Ted Flowers Are Awarded Life Vice Presidency

This year's Annual General Meeting was dedicated to the 50 years of uninterrupted faithful service that Jack and Ted Flowers have given to Victoria Park Harriers. Firstly, Jack and Ted were each presented with plaques commemorating their half-century with the Club and immediately following the presentation, they were inducted unanimously as VPH's 12th and 13th Life Vice Presidents. No word on which one would be no. 13. The Flowers Brothers thanked the AGM forum and pledged their continued support. Back to the rest of the AGM business and we went through the usual agenda. The mass of rule changes went through with ease thanks to a lot of prior coordination and consultation. Perhaps the most controversial item on the agenda was the committee's proposal to increase subs from £40 to £50. Subs had not been increased for a couple of years and the committee felt the time was ripe. The fact that this new sum works out to be only £0.96 per week swayed enough people to vote in favor of the increase. Based on Ron Iron's proposal at the previous committee meeting that Wayne DuBose be the Club's next President, the AGM wholeheartedly gave its support to this motion. (Editor's Note: I really wanted to put as the main headline "U.S. President at VPH AGM" but Jack and Ted deserved main billing). Roger Daniels selected Boyd Underwood as the most-improved athlete of the year and will present a trophy to Boyd when he returns from university. The election of the committee members saw the departure (through choice) of Peter Spencer, Ron Iron, John Daniels, Annie Gammon, and Colin Reid. Peter Spencer, as Committee Chairman over



the past seven years or so, has done a wonderful job for the Club and we thank him for keeping the running of the Club on track during his reign. Ron Iron retires from committee duties after approximately 20 years and John Daniels has been a stalwart of the committee and the club in general for something approaching 40 years. Thank you gentlemen for your good work. You all made a difference! The other significant change was the retirement of Gerry Franey as Treasurer with those duties being inherited by Wayne DuBose. Gerry has just taken on a heavy workload in his job and cannot devote the time needed to keep tabs on the Club's finances. Fortunately, he agreed to stay on as a general member. We welcome Buster Boulter, Dave Boulter, Vinnie O'Kane, and Albert Rowley to the committee fold. And so ended another AGM with the Club once again intact and ready to face the challenges of 1998. Three weeks later, at the November committee meeting, the new team gathered and there was a distinct long silence as the new Chairman identified himself. Richard Martin was the first to crack and I'm pleased to say that he did a

### VPH World Wide Web Site

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

heck of a good job in presiding over his first meeting. Richard is obviously a natural. I think the main problem with the committee composition is that Richard Newbold has taken on an awesome amount of work to handle through his duties as Club Secretary, Press Officer, Track Secretary, and Club Dinner Organizer. And let's just throw in there that he has been our best distance runner over the past few years. The last thing we want to happen is for Richard to burn out. I ask that all of you help him out as much as possible over the course of the following year, but, more importantly, we need to identify people early who can assume some of his duties at the next AGM. Anyway, just to give you a recap of what has been going on athletically since the July issue of VPH News.... We finished our Southern League campaign with three wins and just one place away from promotion. This was easily our best Southern League adventure in almost a decade. If we can keep this year's athletes, some of whom appeared late in the season, and if we can get all of our top athletes to compete in all six matches, then we'll gain promotion and possibly even lift the championship. Fingers crossed for next summer. What may turn out (continued on back page)

### **Subs Are Due Now!**

Pay your subs to Frank Massingham or any other committee member. £50 for regular members or £10 for honorary/associate members.

## Lee Bruce - Man of the Match in VPH Win

### Vets AC Meet, Battersea Park,

23 Jul 97

3000 (M40) Terry O'Neill 9:38.8 (5th)

### Southern League, Perivale, 26 Jul 97

In miserable rainy conditions, VPH jumpers and the middle-distance runners were the stars of the meet as we clinched our second successive match victory, and our third win out of five. The last time we won three Southern League matches was in 1983 when we were co-champions. We were so close to emulating the last meet when we swept the 1500, 5000, and 3000SC. On this occasion, Richard Newbold, Tony Lashmar, Jim Roche, and Jon Greenwell won five of the six races. Richard started the ball rolling in the 800 B string race as he raced past the opposition with 150 metres to go and pulled away to a comfortable victory. He followed that up with a hard-fought third place in the A string 1500 and, shortly after, finished with a very easy (well, easy from where I was standing) win in the A string 3000SC. Likewise, Tony performed admirably with wins in the B string 3000SC and 5000, chopping 6.3 seconds off his PB in the latter race. Of our five middle-distance victories, none of the races were close, with VPH colours crossing the line in excess of 100 metres each time. Over to the jumpers who, although they didn't achieve the distances of the previous meet which had much better weather conditions, this time improved their positions. Whereas at Welwyn Garden City, our long/triple jumpers won two and placed second in two, this time Lee Bruce (regaining his #1 status) and Boyd Underwood went four for four in the win department. For my money, Lee was the man of the match. Not only did he register two wins in the jumps, but he also clipped 0.8 seconds off his 110H best dipping below 20 seconds for the first time and, to top it all off, ran a storming 55.0 relay leg, 1.4 seconds faster than the last meet. I didn't even

mention Lee's efforts in the high jump and the sprint relay. Richard Bruce, who's clearly enjoying his role as Track Captain, had previously won the B string 400 in 55.8 and is now motivated to train further so his brother isn't showing faster times than him over the one-lap distance by the end of the season. Richard also performed well in the discus as he hit one well to fly out to just 12 cm below his best. Danny Henderson continued his improvement as he hacked a half-second off his best to win the 110H B race. He has now won two of his four races in his first-ever year of high hurdling and has lowered his best by almost two seconds. Dean Kosoko maintained winning form with a 24.0 second 200 metres and was leading by a good margin on the anchor leg of the 4x100 relay when he suffered cramp 40 metres out and was forced to hobble to the finish line in second place. By the middle of the match, with few announcements about team positions, we weren't really sure how we were doing. We had completed quite a few events before our first victory in the B string 800 by Richard Newbold, but could also see that the other four clubs were sharing the victories that we weren't getting. As it turns out, we had our easiest match of the season winning by a clear 26 points. We completed the day with 13 wins, 10 seconds, 9 thirds, 2 fourths (fractions separated those two from third place), and not a single fifth place. Many thanks to Garry Walker for once again officiating and to Mick Wheeler for driving the team minibus.

100'A' D. Kosoko 11.5 (2)  
 100'B' W. Letman 12.3 (3)  
 200'A' D. Kosoko 24.0 (1)  
 200'B' W. Letman 25.2 (4)  
 400'A' B. Underwood 54.8 (2)  
 400'B' R. Bruce 55.8 (1)  
 800'A' J. Greenwell 2:11.1 (3)  
 800'B' R. Newbold 2:08.8 (1)  
 1500'A' R. Newbold 4:20.4 (3)  
 1500'B' J. Greenwell 4:24.2 (1)

5000'A' J. Roche 17:02.8 (1)  
 5000'B' T. Lashmar 17:25.5 (1) PB  
 110H'A' L. Bruce 19.8 (3) PB  
 110H'B' D. Henderson (1) 20.6 PB  
 400H'A' B. Underwood 72.8 (2)  
 400H'B' D. Henderson 71.6 (2)  
 3000SC'A' R. Newbold 10:28.9 (1)  
 3000SC'B' T. Lashmar 11:25.8 (1)  
 4x100 B. Underwood, L. Bruce, W. Letman, D. Kosoko 48.1 (2)  
 4x400 D. Henderson (61.9), J. Greenwell (60.1), L. Bruce (55.0), B. Underwood (57.3) 3:54.3 (3)  
 LJ'A' L. Bruce 6.07 (1)  
 LJ'B' B. Underwood 5.86 (1)  
 HJ'A' L. Bruce 1.75 (3)  
 HJ'B' R. Bruce 1.55 (2)  
 TJ'A' L. Bruce 11.85 (1)  
 TJ'B' B. Underwood 11.31 (1)  
 PV cancelled - vandalised landing bed  
 SP'A' W. DuBose 10.74 (2)  
 SP'B' R. Bruce 8.13 (3)  
 DT'A' W. DuBose 32.10 (2)  
 DT'B' R. Bruce 26.92 (3)  
 JT'A' W. DuBose 45.35 (2)  
 JT'B' R. Bruce 29.48 (2)  
 HT'A' R. Bruce 28.00 (4)  
 HT'B' W. DuBose 20.00 (3)

1st VPH	142
2nd Bexley	116
3rd Peterborough	107
4th Ealing, S&M	89
5th Worthing	76

### Huntingdonshire AC Club Champs,

St Ives, 27 Jul 97

Wayne DuBose (Vets category)

SP - 10.67 (1st)      LJ - 5.27 (1st)

### Assembly League, VP 3.5M, 7 Aug 97

1	L. Reilly (Kent)	17:42
15	R. Newbold	18:48
16	J. Greenwell	18:54
25	T. O'Neill	19:24
40	L. Austin	20:15
42	J. George	20:17
51	G. Tiffany	20:38
64	R. Vialls	21:21
72	A. McCourt	21:41
76	G. Walker	22:16

## Club Misses Promotion By One Position

77 N. Gray	22:21
86 M. Wheeler	23:07
93 H. Robson (L9)	24:00
97 G. Ormes	24:54
109 P. Beaufre	28:23
110 G. Austin (L15)	28:40
113 E. Flowers	29:13

### A Team Results

1 Kent	21
2 Stock Exch	21
3 Cambridge	71
4 Dulwich	84
5 VPH	96

### B Team Results

1 Stock Exch	87
2 Dulwich	132
3 Kent	187
4 VPH	229
5 Eton Manor	231

### Ladies Team Results

1 Dulwich	7
6 VPH	47

### Positions After 5 Races

#### A Team

1 Stock Exch	67
2 Kent	66
3 Dulwich	65
4 VPH	64
5 Dartford	52

#### B Team

1 Dulwich	72
2 Stock Exch	67
3 VPH	63
4 Eton Manor	56

#### Ladies

1 Dulwich	50
5 VPH	20

### Southern League, Haringey, 16 Aug 97

In our final meet of the season, we went up against the top teams in the league with Stevenage ranked 1st, Haringey 2nd, Harrow 4th, VPH 6th, and Ryston 7th. We knew that in order to finish in the top five for the season and thereby guarantee promotion, we had to finish

two places ahead of Harrow. By the end of the day, we didn't reach that target, but we did indeed acquit ourselves well. Against the cream of the crop of Division 5, wins were hard to come by and we ended up with four victories. This put our season's total to 59, 8 more than our promotion year of 1988 (we also won one more match than that year) and 24 more than last year. On the track, our only wins both came in the 3000SC with Richard Newbold (running his fourth race of the day) and Terry O'Neill (after the 5000) performing the clean sweep. Our third win came in the field events where Lee Bruce clinched the B string triple jump. However, the VPH star of this event was Randall Porter who bounded out to 12.55, the furthest by a VPH'er, before this year, since N. Edward jumped 12.63 in 1985. Our final first place went to Wayne DuBose who threw a season's best of 49.68 in the javelin. We were close to a relay victory in the 4x100 when Winston Letman took the baton on the last leg comfortably in second place. With Haringey getting disqualified from a previous exchange, we were heading for an unknowing victory. Alas, poor Winston, after running out of his skin in the 200m B race, pulled a hamstring and, ever mindful of valuable points, was forced to walk to the finishing line. We were more successful in the 4x400. After a solid opening leg by Richard Bruce (who ran a season's best of 55.1 in the individual race), Wayne DuBose took the baton in second place and ran around 55.4 to hand over still in second place. Boyd Underwood ran another strong leg and then gave the stick to Lee Bruce who took off in hot pursuit of the leader. Although he didn't catch up, Lee was timed at 52.7 and the club recorded its fastest time since 1993, running six seconds faster than their previous best this year. Having had four throws in the discus prior to the relay, Wayne entered the circle for his last throw

somewhat depleted of energy. In a scene which wouldn't be out of place in a Rocky film, Pete Faley, who was officiating, looked at Wayne and said "Aggression." Wayne then proceeded to toss the discus out to his furthest distance of the day. Although we ended up in fourth place, we could just have as easily finished in second place. To gauge our standing in the league, a good indicator was the gap on the day between us and 7th-placed Ryston which was immensely in our favour. Many thanks to Major Carr (making his third 10-hour round trip of the year), to Pete Faley and Garry Walker for officiating, and to Mick Wheeler for driving the minibus.

100'A' R. Porter 12.1 (4)  
 100'B' W. Letman 12.3 (3)  
 200'A' R. Porter 25.0 (4)  
 200'B' W. Letman 24.4 (4)  
 400'A' B. Underwood 56.0 (5)  
 400'B' R. Bruce 55.1 (3)  
 800'A' D. Beard 2:15.3 (5)  
 800'B' R. Newbold 2:12.7 (4)  
 1500'A' R. Newbold 4:26.5 (2)  
 1500'B' D. Beard 4:49.0 (5)  
 5000'A' T. O'Neill 16:55.0 (4)  
 5000'B' J. Roche 17:09 (3)  
 110H'A' L. Bruce 20.3 (5)  
 110H'B' D. Henderson 20.7 (5)  
 400H'A' R. Newbold 67.4 (5)  
 400H'B' D. Henderson 72.7 (5)  
 3000SC'A' R. Newbold 10:30.7 (1)  
 3000SC'B' T. O'Neill 11:07.0 (1)  
 4x100 D. Kosoko, B. Underwood, R. Porter, W. Letman - 70.6 (4)  
 4x400 R. Bruce, W. DuBose, B. Underwood, L. Bruce - 3:38.9 (2)  
 LJ'A' L. Bruce 6.25 (2)  
 LJ'B' B. Underwood 5.60 (2)  
 HJ'A' L. Bruce 1.75 (2)  
 HJ'B' R. Bruce 1.65 (3)  
 TJ'A' R. Porter 12.55 (2)  
 TJ'B' L. Bruce 11.91 (1)  
 PV'A' W. DuBose 3.20 (2)  
 PV'B' M. Fitzgibbon 2.40 (2)  
 SP'A' W. DuBose 10.77 (2)  
 SP'B' R. Bruce 8.60 (4)

# Boyd Underwood - 12 Appearances Out of 12

DT'A' W. DuBose	31.62 (2)
DT'B' R. Bruce	25.12 (4)
JT'A' W. DuBose	49.68 (1)
JT'B' R. Bruce	29.80 (3)
HT'A' R. Bruce	28.82 (4)
HT'B' W. DuBose	20.10 (4)

1st Haringey	142
2nd Harrow	112
3rd Stevenage	104
4th VPH	101
5th Ryston	073

Final League Positions (after 6 matches)	
1st Haringey	29 (867.5)
2nd Stevenage	28 (853.5)
3rd Colchester	28 (837.5)
4th Harrow	27 (802)
5th St Albans	26 (818.5)
<b>6th VPH</b>	<b>24 (773)</b>
7th Ryston	21 (668.5)

To get into the top five, and therefore gain promotion, we needed to average 134 points per match. We scored 131, 140, 119, 140, 142, and 101 for an average of 129. Ryston, in 7th place, averaged 111 points.

#### # VPH Competitors Per Match

13 - 11 - 12 - 13 - 11 - 13  
(20 different athletes this year, 28 in 1996, 28 in 1995, 26 in 1994)

#### # Victories Per Match

9 - 13 - 4 - 16\* - 13 - 4  
59 this year, 35 - '96, 34 - '95, 33 - '94  
\* In the July 1997 VPH News, I reported we won 15 events, our record during the 1990s. I forgot to count our relay win.

#### Placings in Southern League 1997

First Places	59 (27%)
Second Places	67 (31%)
Third Places	42 (20%)
Fourth Places	34 (16%)
Fifth Places	12 (6%)

#### Individual Match Appearances (6 max)

B. Underwood	6 (same as 1996)
W. Letman	6
L. Bruce	6
R. Bruce	6
R. Newbold	6
W. DuBose	6
J. Roche	5
T. Lashmar	5
D. Henderson	5
D. Kosoko	4
M. Fitzgibbon	3
T. O'Neill	3
J. Loboda	2
M. Wheeler	2
R. Porter	2
J. Greenwell	2
T. Kehoe	1
P. Eldridge	1
E. Pedersson	1
D. Beard	1

#### Most Events Competed In (excl. relays)

R. Bruce	33
W. DuBose	29
R. Newbold	24-all track events
L. Bruce	24
B. Underwood	20

#### Points Scored

W. DuBose	121
R. Bruce	105.5
L. Bruce	99.5
B. Underwood	83
R. Newbold	76
D. Henderson	32
J. Roche	29
T. Lashmar	29
W. Letman	27
D. Kosoko	26
T. O'Neill	24

#### Individual Victories This Year

	A	B
W. DuBose	10	0
L. Bruce	7	5
R. Newbold	5	1
D. Kosoko	3	0
T. O'Neill	2	1
B. Underwood	1	7
R. Bruce	1	4

J. Roche	1	1
T. Lashmar	0	3
J. Greenwell	0	2
D. Henderson	0	2
J. Loboda	0	1

In 1997, 12 athletes won 57 times; in 1996, 12 athletes won 35 times; in 1995, 8 athletes won 34 times

VPH Dream Team Based On 1997 Match Results (Bolded indicates best mark over the past four seasons)

#### 'A' String

<b>100</b>	<b>D. Kosoko</b>	<b>11.5</b>
200	D. Kosoko	24.0
400	B. Underwood	53.7
800	R. Newbold	2:06.1
1500	R. Newbold	4:20.4
5000	T. O'Neill	16:49.4
110H	L. Bruce	19.8
400H	B. Underwood	63.2
3000SC	R. Newbold	10:13.4
<b>LJ</b>	<b>L. Bruce</b>	<b>6.47</b>
<b>HJ</b>	<b>L. Bruce</b>	<b>1.80</b>
<b>TJ</b>	<b>R. Porter</b>	<b>12.55</b>
PV	W. DuBose	3.20
SP	W. DuBose	11.06
DT	W. DuBose	33.74
JT	W. DuBose	49.68
HT	R. Bruce	28.82
<b>4x100</b>	<b>BU, RP, WL, DK</b>	<b>46.2</b>
<b>4x400</b>	<b>RB, WD, BU, LB</b>	<b>3:38.9</b>

#### B' String

100	R. Porter	12.1
200	W. Letman	24.4
400	R. Bruce	55.1
<b>800</b>	<b>J. Greenwell</b>	<b>2:08.0</b>
1500	J. Greenwell	4:22.7
5000	J. Roche	16:59.0
<b>110H</b>	<b>D. Henderson</b>	<b>20.6</b>
<b>400H</b>	<b>W. DuBose</b>	<b>63.5</b>
3000SC	T. O'Neill	10:56.1
<b>LJ</b>	<b>B. Underwood</b>	<b>6.18</b>
<b>HJ</b>	<b>R. Bruce</b>	<b>1.65</b>
<b>TJ</b>	<b>L. Bruce</b>	<b>12.29</b>
PV	M. Fitzgibbon	2.65
SP	R. Bruce	8.60
DT	R. Bruce	26.92
<b>JT</b>	<b>R. Bruce</b>	<b>31.46</b>
<b>HT</b>	<b>W. DuBose</b>	<b>24.70</b>

# Club Track and Field Rankings 1997

**100**

D. Kosoko	11.5
R. Porter	12.1
B. Underwood	12.2
W. Letman	12.3
L. Bruce	12.4
W. DuBose	12.9
R. Bruce	13.1
R. Newbold	13.6

**200**

D. Kosoko	24.0
B. Underwood	24.2
L. Bruce	24.2
W. Letman	24.4
W. DuBose	24.7
R. Bruce	25.1
R. Newbold	26.6
C. Lawn	28.8

**300**

W. DuBose	39.9
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**400**

B. Underwood	53.7
R. Bruce	55.1
T. Kehoe	59.2
M. Fitzgibbon	62.3
C. Lawn	63.6

**800**

R. Newbold	2:05.4
J. Greenwell	2:08.0
D. Beard	2:15.3
J. Roche	2:18.2
G. Tiffany	2:26.0
T. Lashmar	2:26.9

**1500**

R. Newbold	4:18.7
J. Greenwell	4:22.7
J. Roche	4:46.4
D. Beard	4:49.0
B. Underwood	4:54.0
R. Bruce	4:56.0
T. Lashmar	4:56.0
W. DuBose	5:10.0

**Mile**

R. Newbold	4:49
J. Roche	5:02

T. Lashmar	5:08
G. Tiffany	5:22
C. Lawn	6:18
R. Martin	6:32

**3000**

T. O'Neill	9:38.8
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**5000**

T. O'Neill	16:49.4
J. Roche	16:59.0
P. Eldridge	17:21.6
T. Lashmar	17:25.5

**110H**

L. Bruce	19.8
D. Henderson	20.6
R. Newbold	21.5

**400H**

B. Underwood	63.2
W. DuBose	63.5
R. Newbold	65.6
D. Henderson	68.5

**3000SC**

R. Newbold	10:13.4
T. O'Neill	10:56.1
T. Lashmar	11:20.4
J. Loboda	11:41.4

**LJ**

L. Bruce	6.47
B. Underwood	6.18
R. Bruce	5.58
W. DuBose	5.27
R. Newbold	4.80
W. Letman	4.54
G. Ormes	4.17

**HJ**

L. Bruce	1.80
R. Bruce	1.65

**TJ**

R. Porter	12.55
L. Bruce	12.29
B. Underwood	11.51

**PV**

W. DuBose	3.20
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M. Fitzgibbon	2.65
R. Bruce	2.40

**SP**

W. DuBose	11.06
R. Bruce	8.60
M. Wheeler	8.02

**DT**

W. DuBose	33.74
R. Bruce	26.92
E. Pedersson	26.14
B. Underwood	18.74
L. Bruce	18.31
C. Lawn	15.85
R. Newbold	15.80
G. Ormes	15.60
J. Loboda	12.70
T. Lashmar	11.52
J. Roche	10.75

**JT**

W. DuBose	49.68
R. Bruce	31.46
G. Ormes	29.48
E. Pedersson	27.68
B. Underwood	26.12
R. Newbold	17.94
L. Bruce	16.82
T. Lashmar	10.48
J. Roche	7.90

**HT**

R. Bruce	28.82
W. DuBose	24.70
B. Underwood	14.90
L. Bruce	14.28
R. Newbold	11.84
G. Ormes	10.34
T. Lashmar	6.64
J. Roche	4.74

**Pentathlon**

W. DuBose	2390
R. Bruce	2326
B. Underwood	2251
R. Newbold	1891
L. Bruce	1650
T. Lashmar	978
J. Roche	944
G. Ormes	702

# Richard Newbold Win Road Mile Title Again

## Open Meet, Woodford Green,

**20 Aug 97**

400 - M. Fitzgibbon	62.3
C. Lawn	63.6

## Open Meet, Colchester, 25 Aug 97

JT - Garry Ormes 29.48m (10th) PB  
Garry's four-round series included:  
28.04 PB, 27.48, 28.44 PB, 29.48 PB

## Flowers' Mile Road Champs

**28 Aug 97**

Richard Newbold made it four wins on the trot in the Club Mile Championships in Victoria Park in his last race as a bachelor. After a long hard season, it was unsurprising that there was a poor turnout but on this year's form only Jon Greenwell, of those athletes missing, had posted a fast enough time to stake a claim as being VPH's fastest miler. Richard and Jimmy Roche set the pace from the start with Pete Eldridge close behind, despite having already trained that evening. At the tennis courts, Richard began to apply the pressure and opened up a small gap on Jim which extended to a comfortable cushion by the turn at St. Mark's Gate. By the finish, Richard's lead had extended to 14 seconds from Jim with Pete Eldridge close behind in third. Thanks to Andy McCourt and Roger Daniels for officiating.

1st Richard Newbold	4:44
2nd Jimmy Roche	4:58
3rd Peter Eldridge	5:05

## Deric Bareford Bio Correction

In Deric's biography from a couple of club magazines ago, there was mention of his winning five cups while in the Royal Air Force. In fact, he received only one cup and that was the prestigious Victor Ludorum Trophy. "Five cups" should actually have read "five caps." While in the RAF, Deric represented the RAF in athletics, boxing, cricket, swimming, and football.

## 100 Club Winners

June	B. Deverell
July	J. Daniels
Aug	M. Carr
Sept	C. Reid

If you're interested in helping the Club financially by taking part in the 100 Club (minimum of £2 per month), please contact Ron Iron at VPH HQ on a Thursday evening.

## Dates to Mark on Your Calendar Now

6 Dec	Ware Cup-5M X-C (Loughton)
6 Dec	Children's Xmas Party
18 Dec	Club Xmas Party
27 Dec	Chingford League 5M X-C (Alexandra Palace)

1998	
6 Jan	Mob Match (Well St Common)
17 Jan	Chingford League (Trent Park)
31 Jan	Southern XC Champ(Parl Hill)
7 Feb	N. of the Thames (Claybury)
14 Feb	Chingford League (VP)***
24 Feb	Chingford League (Eastway)
14 Mar	Eng. Nat'l XC Champ (Leeds)
29 Mar	Chingford Road Relay (Ching)
31 Mar	Physical Shield Relay (Lough)
26 Apr	London Marathon
***	Rescheduled from 7 Feb

## VPH Sprint Champions

(100 yards 1928 - 1968; add 0.9 to equate to 100 metres)

1928	T. Griffin	10.6
1929	W. Knight	10.6
1930	J. Kilbey	10.5
1931	W. Little	10.5
1932	W. Little	10.4
1933	J. Hill	10.6
1934	J. Hill	10.4
1935	S. Cannell	10.4
1936	S. Cannell	10.4
1937	S. Cannell	10.4
1938	W. Cairncross	10.6
1939	W. Cairncross	10.7
1940 - 6 WWII era		
1947	D. Bareford	10.7
1948	D. Bareford	10.5
1949	D. Bareford	10.9
1950	F. Baillie	10.3
1951	D. Bareford	10.7

1952	D. Bareford	10.6
1953	J. Turpin	10.7
1954	D. Bareford	10.6
1955	D. Bareford	10.5
1956	S. Wilson	10.7
1957	S. Wilson	10.4
1958	L. Logan	10.8
1959	K. Prevost	11.1
1960	P. Kerslake	10.7
1961	P. Kerslake	10.5
1962	P. Kerslake	10.5
1963	P. Kerslake	10.6
1964	B. Skeels	10.9
1965	Vacant	
1966	Vacant	
1967	T. Gibbons	10.8
1968	T. Gibbons	10.6

(100 metres)

1969	T. Gibbons	?
1970	A. Hyde	?
1971	A. Hyde	11.6
1972	J. Smith	11.7
1973	S. Payne	11.4
1974	J. Isaacs	12.1
1975	M. MacFarlane	11.5**
1976	V. Bramble	11.4
1977	G. Ormes	11.5
1978	J. Smith	11.9
1979	G. Ormes	11.5
1980	W. DuBose	11.9
1981	B. Allen	12.2
1982	G. Anderson	11.6
1983	G. Anderson	12.1
1984	K. Richards	11.66
1985	M. Holgate	12.2
1986	?	
1987	?	
1988	M. Houghton	11.3
1989	?	
1990	?	
1991	M. Houghton	11.4
1992 - 1996	Vacant	
1997	B. Underwood	12.2

\*\* Mike MacFarlane ran 11.1 in his heat (Championship Record)  
Deric Bareford, Ken Prevost, Bernie Skeels, Garry Ormes, Wayne DuBose, and Boyd Underwood, all former sprint champions, are all still club members.

# Richard Martin Selected as Club Chairman

## VPH Committee Members 1997/8

Chairman - Richard Martin  
 General Secretary - Richard Newbold  
 Press Officer - Richard Newbold  
 Track Secretary - Richard Newbold  
 Treasurer - Wayne DuBose  
 Magazine Editor - Wayne DuBose  
 Social Secretary - Les Vialls  
 Clubhouse Maintenance Manager - Les Vialls  
 Road & X-C Secretary - Joe Loboda  
 Road & X-C Captain - Jim Roche  
 Track Captain - Richard Bruce  
 Membership Secretary - Frank Masingham  
 Trustee - Vinny O'Kane  
 Trustee - Dave Boulter  
 General Member - Albert Rowley  
 General Member - Buster Boulter  
 General Member - Tony Lashmar  
 General Member - Richard Martin  
 General Member - Gerry Franey  
 General Member - Mick Wheeler  
 Ladies Secretary - Vacant  
 Ladies Captain - Vacant  
 Handicapper - Vacant  
 Membership Recruiter - Vacant  
 Junior Manager - Vacant  
 Junior Captain - Vacant  
 Coaching Secretary - Vacant

## Club Objectives 1997

At the start of 1997, I set some arbitrary objectives for VPH. How did we do with them over the course of 1997?

1. Place top 10 in Southern League  
 Did that. Well done to Track Captain Richard Bruce and the rest of the team for finishing up in 6th place.
2. Attract 200 runners to VPH Open 5  
 Did that. 201 runners. Well done to Road and Cross Country Secretary Joe Loboda for pushing the publicity.
3. 100 active members  
 No dice. 69 paying members plus 24 life members. We need that one special person to drive membership increase.
4. Donations: '95 (£280) '96 (£240)

Did that. Thanks to all of you who generously donated a total of £455.

5. 100 Club: '94(£402) '95(£408) '96(£454)  
 Did that. £489 for 1997. Thanks to Ron Iron for overseeing the vital 100 Club.

6. Social: '94(£1014) '95(£1152) '96(£1290)  
 Uh-oh. We fell to £747, a drop of over £500. Not for the want of trying by Les Vialls. Thursday nights at the bar is where we win or lose financially. All members should use these facilities as often as is possible.

## Club Objectives 1998

1. Southern League promotion (Div 5)
2. Field a team in all matches (Div 8)
3. Have more senior men track and field championships than 1997 (11)
4. Attract 200 runners to VPH Open 5
5. 100 Paying and Life Members

As you can see, I didn't focus on the financial aspects. If we can achieve Goal #5, that would go some way to meeting financial goals. Don't think for a moment that we don't need your welcome donations, more people joining the 100 Club, and more people using the Club Bar on Thursday nights, because we do.

## Chingford League Relay, Highams Park 6x2.1 miles, 13 Sep 97

1	Haringey	74:26
2	Orion	77:08
3	Barnet	78:18
6	VPH	83:23
15	VPH 'B'	94:20

### Individual Times ('A' Team)

1.	J.Roche	12:26
2.	N.Boese	12:16
3.	D.Beard	13:25
4.	T.Adams	14:39
5.	T.McDowall	15:24
6.	J.Loboda	15:03

### 'B' Team

1.	K.Adams (lady)	20:18
2.	A.McCourt	15:32

3.	N.Boese	13-26
4.	D.Beard	14-54
5.	N.Boese	13-56
6.	T.Adams	16-14

By the way the scoring works, just having one woman on leg 1 gave the women's team second place on the day (behind Eton Manor who had a (full?) team of four). This gave the women's team 14 points - which explains their relatively high position in the league standings even now.

## Chingford League 5K, Eastway 30 Sep 97

Nigel Boese was the leading VPH runner in the first of the straight races of the 1997/8 Chingford League campaign. The giant New Zealander, who runs for Tower Hamlets on the track, came home in 17th position with a strong finish to dip under 17 minutes. Next home for the Harriers was Team Captain Jimmy Roche in 25th place with Pete Eldridge close behind in 29th position. Tony Lashmar continued to show the form that has made him a regular 'A' team scorer with 39th position, three seconds ahead of Richard Newbold, in 41st place, who is getting fit again after some time off at the end of the track season. Closing up for the 'A' team was Joe Loboda in 85th place to give the team 6th position on the night and bringing them up to 5th place overall after two races. VPH's sole female representative was Liz Kempster who was 3rd woman home for third team on the night to maintain 2nd place in the league standings.

17	N. Boese	16:50
25	J. Roche	17:07
29	P. Eldridge	17:20
39	T. Lashmar	17:43
41	R. Newbold	17:46
85	J. Loboda	19:23
111	N. Gray	20:49
121	L. Kempster	21:30
144	D. Henderson	24:16

# First Chingford League Race Victory in ?? Years

‘A’ Teams	
1 Haringey	130
2 Muswell Hill	164
3 Orion	172
4 Barnet	179
5 Walthamstow	190
6 VPH	236

‘B’ Teams	
1 Orion	310
10 VPH	887

Ladies Teams	
1 Orion	16
3 VPH	48

#### League Positions After 2 Races

‘A’ Teams	
1 Haringey	30
2 Orion	27
3 Barnet	25
4 Trent Park	21
5 VPH	20

‘B’ Teams	
1 Orion	30
6 VPH	16

Ladies Teams	
1 Eton Manor	29
2 VPH	27

### Chingford League 5M X-C, Chingford, 11 Oct 97

Rain and thick mud gave the Victoria Park Harriers' Cross Country Team their first taste of winter in the largest field for a Chingford League race for several years (~190). From the gun, Tony Lashmar and Danish debutant Alan Sogaard were the leading Harriers with Jimmy Roche close behind with Richard Newbold a further thirty yards back. On the first lap, Sogaard and Lashmar swapped places with Tony gaining ground on the downhill sections only for Alan to pull him back up the inclines. An out-of-sorts Jimmy Roche began to slip back through the field as the slow-starting New Zealander, Nigel Boese, began his usual

charge through the field. After three-quarters of a lap, Richard Newbold had also caught up with Jim who bravely continued trying as hard as he could knowing that he was still a scorer for the 'A' team. By the finish, Nigel Boese had pulled himself up to 22nd place, an excellent finishing position given the conditions and quality of the field, with Alan Sogaard in 32nd position pulling away, at the finish, from Tony Lashmar in 35th place. Richard Newbold in 41st place, Jimmy Roche in 62nd position, and John George in 70th closed up the 'A' team which gained 8th place on the day. Leading 'B' team runner was Joe Loboda in 109th with Terry Adams and Andy McCourt 122nd and 127th respectively. Peter Snell and Richard Martin both put in strong finishes to hold off challenging runners at the funnel for 146th and 150th positions to give the 'B' team 8th place in their section. VPH's sole female representative, Liz Kempster, was 6th woman home for 160th place overall to maintain the women's challenge in their division where they are currently 2nd.

22 N. Boese	29:03
32 A. Sogaard	29:46
35 T. Lashmar	30:17
41 R. Newbold	30:23
62 J. Roche	31:29
70 J. George	31:58
109 J. Loboda	34:12
122 T. Adams	35:17
146 P. Snell	36:44
150 R. Martin	36:58
160 L. Kempster (L6)	37:54

A	
1. Haringey	98
2. Muswell Hill	145
3. Walthamstow	147
8. VPH	262

B	
1. Orion	361
2. Muswell Hill	415
3. Enfield	586

8. VPH	837
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Women	
1. Muswell Hill	20
2. Eton Manor	41
3. Orion	41
5. VPH	54

#### League Positions After 3 Races

‘A’ Teams	
1. Haringey	45
2. Orion	37
3. Barnet	34
4. Trent Park	33
5. W'stow	33
6. Enfield	29
7. Muswell Hill	28
8. VPH	28
9. Eton Manor	22
10. Loughton	17
11. Woodford G	13
12. Epping	8

‘B’ Teams	
1. Orion	45
2. Barnet	34
3. Enfield	34
7. VPH	24

Ladies' Teams	
1. Eton Manor	43
2. VPH	38
3. Orion	28

### Chingford League 5K, Eastway, 4 Nov 97

In a bizarre turn of events, after VPH had finished 6th, 6th, and 8th in the first three Chingford League races, and were languishing in 8th place overall out of 12 teams, the Club rollercoaster ride took a sharp upturn as VPH recorded an emphatic victory in the latest round of the nine-race series held at the Eastway, Leyton. After the disappointing start to the season, a strong team performance saw the Harriers take the major scalps of top clubs Woodford Green and Haringey. First home for the Harriers was Jon Greenwell, in 11th place, with a new personal best time

# PB Runs By Greenwell, Lashmar, and Gray

over the distance, underlining the form which has seen him selected for the British Duathlon Team for the World Championships in Spain later this year. Nigel Boese and Alan Sogaard battled it out for the Harriers' second spot with the fast-finishing Boese pipping Sogaard on the line for 17th place. Veteran Terry O'Neill, in his first outing for the team this season, had a solid run for the Harriers in 22nd place with the fast-improving Richard Newbold and Tony Lashmar, chopping 13 seconds off his year-old PB, closing the 'A' team up in 26th and 33rd positions respectively. Leading 'B' team runner was Jimmy Roche, who has been battling against a recent loss of form, in 65th position with Joe Loboda in 83rd place, youngster Noel Gray in 92nd place (PB by 19 seconds), veteran Andy McCourt 97th, Peter Snell 110th, and Mick Wheeler 112th. This gave the 'B' team 3rd position on the night, also their best performance this season. First lady home for the Harriers was once again Liz Kempster, in 6th position (124th overall) to retain her hold on fourth place in the women's individual standings.

11. J. Greenwell	16:26 (PB)
17. N. Boese	16:40
18. A. Sogaard	16:40
22. T. O'Neill	16:56
26. R. Newbold	17:06
33. T. Lashmar	17:29 (PB)
65. J. Roche	18:47
83. J. Loboda	19:38
92. N. Gray	20:03 (PB)
97. A. McCourt	20:23
110. P. Snell	21:20
112. M. Wheeler	21:28
124. L. Kempster (L6)	21:52

A' Teams

<b>1 VPH</b>	<b>127</b>
2 Woodford Green	135
3 Walthamstow	148
4 Haringey	155

'B' Teams

1 Orion	376
2 Haringey	430
3 VPH	559
4 Barnet	605

Ladies Teams

1 Eton Manor	34
2 Orion	34
3 Muswell Hill	40
5 VPH	60

League Positions After 4 Races

'A' Teams

1 Haringey	57
2 Orion	47
3 Walthamstow	46
4 Barnet	43
5 VPH	43

'B' Teams

1 Orion	60
2 Barnet	46
3 Trent Park	43
6 VPH	37

Ladies Teams

1 Eton Manor	58
2 VPH	49
3 Orion	42

Editor's Question: Is this our first Chingford League individual race victory since the mid-60s?

**Letter from Graeme Tiffany**

c/o Plas Menai Watersport Centre  
Llanfairisgaer  
Caernarfon  
Gwynedd  
LL55 1VE

Dear VPH,

It's two months since I arrived here having had a frantic time finishing my MA and getting in a week's holiday in France. Since then, life has been nothing other than frantic. I thought I was busy in London, but I don't seem to have a minute here. This only difference is that I'm not stressed. I usually

get up at 7:30 for breakfast at 8-8:30 and from 9:15 to 5, I'm on the water, either canoeing, dinghy sailing, wind-surfing, or sailing the big cruisers. What a life! The main problem is that it gets dark early, making the hills inaccessible, and few of the roads around here have footpaths. Despite this, I've still managed to keep up some semblance of a training regime. The first weekend I was here, I ran the Caernarfon 10K race specifically to get to know a few runners from the locality. I was told that a group trained on a Tuesday evening in a nearby village. I turned up to find a gaggle of runners not really knowing what they were going to do that night—just like VPH. Eventually, and on the basis of having to run a race on the Saturday, they settled for an "easy" run. We set off up a gentle track toward a valley. Within minutes, we left the track and took a direct route up the mountainside. Forty minutes later, with the hill never being less than 1:3 (steeper than Spring Hill), we reached the top. Were it not for the shock of the biting cold wind on the top, I'd have probably puked up. Some easy run! Anyway, it doesn't seem to have done me any harm. I have run two mountain marathons since I got here. The first was in Northern Ireland where I finished 14th in the Elite Class and last week in Northumberland I finished 30th in the A class. I'm now inclined to plan a schedule for next year's Karnimor where only 100 of 2000 compete in the Elite race. If I leave it any longer, I'll be as old as Les and Andy. I trust the cross-country season has started and you lot are finally running on some decent terrain, i.e not road. Hopefully, I can get some interval training partners and work towards the Nationals. At least I'll be able to have a decent pint after that one. I suspect I won't be in London until December at the earliest. I am waiting for my MA results and they're not due until the end of November. I hope I pass as my mother has

# HQ Maintenance Costs Over £6,000 Last Year!

already bought a dress for my graduation! Plas Menai has a bar with draft Cafreys so there has been no excuse for me not to continue drinking. Most of the others on the course are younger than me so I've had to learn the words to the Barbie song. I hope everything is going well at the club and that you've been able to attract new talent. Time to go. All the best, Graeme

## **VPH Membership**

### **First-Claim Members**

Tom Berryman  
 Dave Boulter  
 Buster Boulter  
 Roger Brooks  
 Richard Bruce  
 Chris Burer  
 Eamonn Butler  
 Alan Campbell  
 Rob Collier  
 Ron Curle  
 Roger Daniels  
 John Dicks  
 Jimmy Edmunds  
 Pete Eldridge  
 Gerry Franey  
 Pat Franey  
 Bob Franey  
 Jeremy French  
 Annie Gammon  
 John George  
 Terry Green  
 John Green  
 Jon Greenwell  
 Mick Harding  
 Danny Henderson  
 Tom Kehoe  
 Keith Lamberton  
 Tony Lashmar  
 Danny Linger  
 Joe Loboda  
 Richard Martin  
 Frank Massingham  
 Andy McCourt  
 Chris Miele  
 Richard Newbold  
 Pippa Newbold  
 Vinny O'Kane

Brian O'Loughlin  
 Terry O'Neill  
 Garry Ormes  
 Fred Peters  
 Colin Reid  
 Ian Robertson  
 Doug Roche  
 Jim Roche  
 Prince Rodney  
 Albert Rowley  
 Peter Snell  
 Peter Spencer  
 Boyd Underwood  
 Les Vialls  
 Danny Vialls  
 Ron Vialls  
 Mick Wheeler  
 Kelvin Wing Sr

### **Second-Claim Members**

Terry Adams  
 Les Austin  
 Mick Fitzgibbon  
 Chris Lawn

### **Associate (Honorary) Members**

Robin Cornell  
 Bob Dann  
 Con Milton  
 Vic Potter  
 Ken Prevost  
 Mike Quanne  
 Bernie Skeels  
 Gavin Stewart  
 Dennis West  
 Les Williams

### **Life Members**

John Anstey  
 Alan Barber  
 Deric Bareford  
 Major Carr  
 John Daniels  
 George Dodd  
 Wayne DuBose  
 Gordon Everson  
 Pete Faley  
 Jack Flowers  
 Ted Flowers  
 Alan Howlett  
 Ron Iron

Jimmy Joyce  
 Les Lait  
 Keith Lowe  
 Danny Parsons  
 Fred Plumm  
 Ken Rouse  
 John Schollhammer  
 Henry Tabberer  
 John Turner  
 Garry Walker  
 Len Williams

### **Richard Martin Bumps Into Robert Long**

While staying at his caravan near Maldon, Essex, Richard Martin was having a run with club vest on. He was approached by Robert Long who said he belonged to VPH in the 60s and wants to re-establish a link. Robert is a public relations consultant who lives in Colchester. I'll be sending him this magazine along with an application form.

### **VPH HQ Building Maintenance**

To give you some idea of the cost involved in maintaining VPH HQ, here's some numbers to consider. In the fiscal year ending 30 September, we spent £6,324.15 to maintain St Augustine's Hall. Starting 1 October, we spent £720 for a new boiler in the cottage and £1,100 for new fencing around the whole building. This is definitely an expensive place to maintain. Hopefully, you'll all do your bit by providing the money needed to keep VPH alive.

### **Spring Club Dinner and Dance**

We still haven't finalised on the Club Dinner and Dance to be held in the spring (April?). I'm certain it will be held at Sutton House, Homerton High Street, directly opposite the former Upton House School. It's a 16th Century National Trust House where Richard Newbold married Pippa and also held his reception there. We'll be limited to 80 guests so act quickly when notice is served. I'll notify by mail those who don't regularly appear at the club.

## VPH Enters Southern League Team in Division 8

### Club Summer Barbeque

Directly following the last Southern League at Haringey, the team returned to Club HQ for Les Vialls' annual barbeque. This year, Graeme Tiffany was using it as his farewell to the area and invited a lot of his friends along. In all, there were over 100 barbie-goers on the night. Les and his team put in a lot of work to make the evening a success. His son Danny jealously guarded the entrance way snagging £5 from each person who entered. Mick Wheeler oversaw barbeque operations and managed to generate enough heat on the coals to warm all of Hackney by an extra two degrees and have the outside of all meats nicely cooked within seconds. In the kitchen, Joe Loboda, who's gaining a cooking reputation of epic proportion, slaved away over the stove preparing all sorts of delicacies. Gerry Franey and Graeme also pitched in. The evening finished off nicely with dancing to music provided by a DJ. Well done, Les!

### Southern League (Division 5 and 8)

Yes, athletes, it's true. VPH has committed to a second team in the Southern League. Richard Newbold sent off the monies required to secure our two places. There are many benefits by making this move. Firstly, it gives more people the opportunity to compete in a sport where there's not a whole lot out there for relative beginners. Theoretically, 25 different athletes could compete in our Division 8 team. Secondly, it acts a feeder station for the Division 5 team. In other words, as athletes develop, they can find their way from Division 8. Thirdly, and very importantly, it expands VPH's athletics world which had been shrinking dramatically since 1990. It's now up to members to step forward and prepare for athletic combat. In Division 8 competition, there's only one slot per event, not two as in Division 5. Start to figure out which event you may take part in. To refresh memories, the events include

100m, 200m, 400m, 800m, 1500m, 5000m, 110m hurdles, 400m hurdles, 3000m steeplechase, 4x100m relay, 4x400m relay, long jump, high jump, triple jump, pole vault, shot putt, discus throw, javelin throw, and hammer throw. Which of you are going to do the hurdles, the pole vault, the hammer? Some training is definitely necessary. Although it hasn't been discussed yet, there'll have to be a Division 8 representative who will determine team composition in liaison with Track Captain, Richard Bruce. There'll be athletes who are of Division 5 calibre and athletes who are of Division 8 calibre. There'll also be those on the borderline between both Divisions. That's where it'll be important to work closely together to make sure the right people go to the right league meetings. With Richard Newbold pledging to increase track and field club championships from the 11 we had last year, 1998 promises to be a great season of VPH track and field competition. See you on the track!

### Mob Match (VPH vs Eton Manor)

On Tuesday, 6 January, 1998, VPH takes on Eton Manor in this annual fixture. This is really one event where the Club should come together as a team. Two years ago, during our Chingford League championship season, we easily disposed of Eton Manor, as we did the season before that. However, last year, we were severely embarrassed when we could only field six men and two women. In any small, struggling club, symbolic gestures are sometimes very important. The gesture of competing as a unified club would be compelling and would send a message of hope to the committee members who try to make this club work. If you only run in one race during 1998, make it this one.

### Open 5

We haven't definitely settled on an Open 5 date as of yet. The favored date at this time is 11 April. More to come.

### Assembly League, Forbanks, 4 Sep 97

I haven't got my hands on the results of this last Assembly League race of the year as of yet, but will publish full details in the next magazine. What I do know is that VPH finished 6th on the night and 4th overall for the season out of 13 teams. Jim Roche ran a PB and Terry O'Neill ran his fastest time for four years. Richard Newbold finished as 5th individual overall and Terry O'Neill finished 8th.

### VPH Children's Xmas Party and Club Xmas Party

As usual, Les Vialls is organising his two Christmas functions over at the Club. The first, the Children's Xmas Party, is on Saturday, 6 December. 70 kids attended last year and saw Joe "Santa" Loboda in action. Drag your children, grandchildren, nephews, or kids off the street to this highly enjoyable occasion. On Thursday, 18 December, you can look forward to the main Club Christmas Party. Last year, Les estimates 100 guests showed up. Get in the festive spirit by supporting your club.

### Club Rule Changes

There were a lot of minor club rule changes made at the AGM to bring them into line with current conditions. Many thanks to John Anstey for scrutinizing all the recommended change proposals and making relevant comments where appropriate. Most of his proposals to add, change, delete proposed changes were accepted. Richard Newbold contacted the AAA and discovered that the Black Book, which has been hanging over our heads in our rule book in case we should do something really bad, no longer exists. So that rule is now history. One of the more significant rule changes centers around subscriptions. Subs are due on 1 November (£50 for 1st and 2nd claim members and £10 for honorary (or associate) members). If a member hasn't paid prior to the February committee meet-

ing, an extra 25% is added. This works out to be £12.50 on top of the £50. Now there's an incentive to pay on time. In any case, I think you've all got a feel of the expense involved in running VPH so you should want to pay on time. You can pay your subs to any committee member, but if you're one of those who lives a distance from the club and don't travel to VPH very often, feel free to send it to me: Wayne DuBose (Treasurer), 41 Ansley Way, St Ives, Cambs, PE17 4SN. If for some reason, you have questions, feel free to call me at home (01480 494367).

**Junior 4x100 Still a UK Record**

In a recent edition of Athletics Weekly, there was reference to the fact that our club junior boys 4x100 metres relay record, set in 1976, is still a United Kingdom record. The time of 41.3 was established by Phil Tapper, Mike McFarlane, Hugh Boatswain, and Vernon Bramble. That year, Phil ran 11.5 for the 100m, Mike ran 10.69, Hugh ran 11.1, and Vernon 10.7. If you add these

times together, it comes to 44.0. It's a testament to coach John Isaacs and the talent of his boys that VPH's club junior record remains as the best in the nation 21 years later.

**Club Minutes Reappear**

In the last VPH News, I made mention that the Committee Meeting Minutes for 1973 - 1988 were not in the committee room. I'm happy to report that the book has now mysteriously reappeared. We now have committee meeting minutes from 1927 - 1997 with a two-year gap from 1932 - 1934.

**Editor's Commentary**

**(continued from front page)**

to be a valuable resource in our attempt at athletic improvement is Pete Faley's interest in providing field event and hurdling coaching at least once a month to VPH athletes. Pete's first coaching session is tentatively scheduled for Sunday, 7 December from 11:00 to 2:00. Keep your eyes on the notice board for

confirmation. Adding to our Southern League success, we also won a Chingford League race which is the first that anyone who regularly goes to the Club can remember winning. Even during our championship-winning season two years ago, we never actually won an individual race. With a successful summer BBQ, with upcoming Christmas Parties, with continual improvements to the Club Headquarters, and with much, much more, we definitely have a very viable club with much to offer and much to achieve. The VPH Rollercoaster is still rising! As an aside, I attempted to list as many Club Sprint Champions throughout the Club's history (page 6). The gaps that appear are transition periods between the more well-known Club Editors. Gordon Everson was editor from 1952 - 1969, Wayne DuBose, Major Carr, and John Anstey reigned from 1972 - 1986 (mostly John), and Wayne again from 1993 - 1997. Compare these eras with the gaps. Can anyone out there provide the missing information?

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**VPH NEWS**

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

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