

❖ VPH NEWS ❖

Circulation 187

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August 2001

Southern League Promotion!!

Congratulations, Southern League Promotion Team!!!

Our Southern League Division 4E team gave VPH one of the best 75th birthday presents possible by securing promotion to Division 3. Way to go!!! Report to appear in the next edition.

75th Anniversary Dinner, Saturday, 8 Sept 01 (6:00 for 6:30 til midnight)

Here's the last notification for tickets for our 75th Anniversary Dinner. Don't miss this once-in-a-lifetime opportunity. Although the majority of attendees are current runners, we're also going to have Harriers representing every decade all the way back to the 1930's. If you can imagine this, one VPH'er who'll be there joined the Club before Jesse Owens ever won his four gold medals at the 1936 Olympic Games at Berlin. John Turner has been a member for 65 years! This function is from 6:00 until midnight and we intend to ensure that everybody enjoys themselves. That means the speeches will be very short and the opportunity to mingle will be more than ample. Plus we'll have a highly recommended band to entertain us during the evening. Just to remind you, the function is being held at:

Chigwell Manor Hall
144 Manor Road
Chigwell, Essex IG7 5PX

The price of a ticket is £30 and there are still a fair number of tickets for sale. So if you want to bring your friends, that won't be a problem. The absolute deadline for getting your money in is 1 September. So send your cheque payable to Victoria Park Harriers to:

Wayne DuBose
41 Ansley Way
St Ives, Cambs PE27 6SN
Alternatively, you should pass your money onto Les Vialls or Sally Weddell



at the bar by Thursday, 30 August. Call me (Wayne) at 01480 494367 if you have questions. I urge you not to miss this wonderful opportunity. Otherwise, you'll be kicking yourself for years to come. See you there!! P.S. We'll also be presenting a quite prestigious award to an unsuspecting individual that evening. P.P.S. I'd really like to see Gordon Everson, Dennis Boston, Jimmy Joyce, Dennis West, Con Milton, Albert Pattison, Jeff Smith, Danny Callaghan, Mike Quanne and their respective guests to attend. Who can persuade them to do so?

New Club Coaches

Congratulations to Lydia Bruce-Burgess and Aude-Claire Markiewicz on qualifying as Level 1 Coaches.

Who Was That Man?

At our 75x400m relay held on Saturday, 19 May, a gentleman took many group photos. He was with someone from the Harriers. Who was he? We need to know as he may have the best VPH group photos. Please contact me at 01480 494367 if you know who he is.

Dates to Remember

6 Sep Assembly League (Forbanks)
8 Sep 75th Anniversary Dinner
9 Sep Dash in the Park, Victoria Pk 1pm
16 Sep Middlesex 10K Champs, Vic. Pk.
20 Sep Club Road Mile Champs (7:00)
22 Sep Ching. League 6x3M Relay, Highams Park (2:30)
29 Sep Southern Men's 6-Stage Relay, Aldershot
2 Oct Chingford League, Eastway
13 Oct 3.5M Club Champs (11:00)
20 Oct Chingford League 5M XC, Loughton (2:30)
27 Oct Club 5M XC Champs, Woodford (11:00)
6 Nov Chingford League, Eastway (7:45)
10 Nov North London XC Champs
17 Nov North of the Thames Jr XC Champs (incorp. Club 7.5M XC)
24 Nov London XC Champs, Parliament Hill (incorp. last year's postponed Southern Men's Vets XC Champs!!)
1 Dec Ware Cup
15 Dec Ching. League 5M XC, Trent Pk
29 Dec Chingford League 5M XC, Highams Park
5 Jan Middlesex XC Champs
8 Jan Mob Match, Well Street Common
19 Jan North of the Thames Sr XC Champs
26 Jan Southern XC Champs, Parl. Hill
2 Feb Chingford League, Victoria Park
9 Feb Club 10M Road Champs
23 Feb National XC Champs, Bristol
5 Mar Chingford League, Eastway
9 Mar Southern Men's Vets XC Champs, Maidenhead
17 Mar Club 20M Champs
26 Mar Physical Shield
6 Apr VPH Open 5 (to be confirmed)
**Club Handicap races held on the last Thursday of each month

Three PB's for Dave Robinson

Southern League Div 4E, Sutcliffe Park, 2 Jun 01

On a blustery, but sunny day, VPH's 15-man team came away with their second consecutive league victory. The superiority of VPH over the other teams was evident with 16 events wins (11 of which were B string), only 7 events out of 36 finishing outside the top two positions, and, most importantly, 10 different runners covering the 400, 800, 1500, 5000, and 3000SC. We welcomed back Dean Kosoko in his first races of the season as he went straight to the top of the VPH rankings in the two sprint races. He later led off the sprint relay as he, Randal Porter, Richard Tufft, and Terry Beackon cruised to an easy first place. As well as being part of the winning sprint relay team, Randal had a great day elsewhere, gaining double personal bests in the 200 and 400. His drama came in the javelin competition where he had two no throws, before gently lobbing his third throw out to ensure he scored a point or two. As it turned out, Randal scraped through as last qualifier for three extra throws. Using this piece of luck to his advantage, he pulled out the winning B string throw in the sixth and last round. In the middle distance events, we were overwhelmingly dominant, sweeping the 800, 1500, 5000, and 3000SC. In the 800, Simon Middleton was a revelation as he improved by 10 seconds from the last match (and 3 seconds from a recent open race) to win comfortably. His pacing was superb as he let the leader storm off before finally reeling him in. Aply backing Simon up was Alastair McCall who picked up the B string win and was just 0.6 from his best. In the 1500, while Gordon Faulds started off cautiously, Jon Cullom went straight into the lead. Jon was tracked by a rival athlete for 2 ¾ laps and it seemed like he might lose out in a sprint finish. However, Jon didn't wait for the finish. He piled on the pressure with a lap to go and broke his rival. Although using different tactics, Gordon was equally successful as he paced himself well to pass his main competitor a couple of laps out. Jim Roche and Tony Lashmar followed suit by winning their 5000m races by huge margins. Despite very windy

conditions, Tony was only 0.6 from his PB. Likewise for Rich Newbold and Gary Bagnall in the steeplechase who were never threatened by their fellow competitors. Again, despite the wind, Gary managed to lop 0.1 off his best time. At the start of the day, Rich secured his first win in the B string 400m hurdles. In the A string long hurdles race, Dave Robinson ran an excellent 61.9 for second place and then proceeded to reel off PB after PB; first in the high jump where he added 10 cm to his best, then over to the 110m hurdles where he reduced his PB by 0.8, and finally onto the triple jump where he added 14 cms to his previous longest jump. Also securing a lifetime best was Richard Tufft who added 23 cms to his best shot putt distance and once again shunted Wayne DuBose into the B string. Wayne's consolation was in picking up the B string win. Richard also established his best in the hammer throw in winning the B string event as well as securing win #2 in the B string discus throw. Terry Beackon had success on the track and in the field when running the fastest 4x400m relay leg and also equalling his best in the high jump. Mark Topham won his second pole vault B string event out of two matches and went on to give Alastair a scare in the 800m where Mark ran as a guest. Although Wayne DuBose didn't have a particularly good day in competition (season's bests in the discus and hammer was about it on this day), he was more than compensated when he recognised and talked at length to former British international Joan Allison. Joan competed in the 1968 and 1972 Olympics in the 800 and 1500 and won silver medals in the 1970 and 1974 Commonwealth Games. For those who remember her, she still looks marvellous. Many thanks to Garry & Paul Walker, John Daniels, Pete Faley, Roger Daniels, and Major Carr for officiating and supporting.

100A D. Kosoko 11.6 (2)
100B R. Tufft 12.4 (3)
200A D. Kosoko 24.0 (2)
200B R. Porter 24.2 (2) PB
400A R. Porter 54.4 (2) PB
400B T. Beackon 56.6 (2)
800A S. Middleton 2:01.0 (1)

800B A. McCall 2:08.7 (1)
1500A J. Cullom 4:26.2 (1)
1500B G. Faulds 4:36.8 (1)
5000A J. Roche 16:02.6 (1)
5000B T. Lashmar 16:35.2 (1)
110HA D. Robinson 19.1 (2) PB
110HB R. Newbold 21.3 (2)
400HA D. Robinson 61.9 (2)
400HB R. Newbold 67.2 (1)
3000SCA R. Newbold 10:10.9 (1)
3000SCB G. Bagnall 10:29.0 (1) PB
4x100 D. Kosoko, R. Porter, R. Tufft, T. Beackon 48.4 (1)
4x400 S. Middleton 57.0, T. Beackon 55.6, A. McCall 57.8, D. Robinson 59.1 - 3:49.5 (1)
LJA R. Porter 5.46 (4)
LJB R. Tufft 4.76 (3)
HJA D. Robinson 1.60 (2) PB
HJB T. Beackon 1.50 (2) =PB
TJA R. Porter 11.60 (3)
TJB D. Robinson 11.14 (3) PB
PVA W. DuBose 2.80 (3=)
PVB M. Topham 2.60 (1)
SPA R. Tufft 10.55 (2) PB
SPB W. DuBose 10.17 (1)
DTA W. DuBose 32.08 (2)
DTB R. Tufft 27.30 (1)
JTA W. DuBose 39.98 (3)
JTB R. Porter 32.01 (1)
HTA W. DuBose 24.47 (2)
HTB R. Tufft 21.50 (1) PB

1st Victoria Park Harriers 151.5
2nd Ryston 133.5
3rd Eastbourne 83
4th St Albans 67
5th London AC 15

Southern League Div 5E, Cricklefield, 2 Jun 01

From: Michael Wheeler
To: Wayne DuBose
Sent: Saturday, June 02, 2001

Wayne,
Pole Vault 1st= A C. Murtagh 2.40.
2nd B M. Wheeler 1.30 (totally lacked confidence on the day and couldn't clear 2 metres)
High Jump 3rd A L. Malan 1.40 (Lourens missed out on 1.50 due to other events including the 400m hurdles which he really pushed himself on, and wasn't really recovered fully for a concentrated effort at jumping.
Hammer 1st A P. Murtagh 18.91 (middle Murtagh brother, first time

Lourens Malan Picks Up Three Wins At Cricklefields

competing. Big guy and will no doubt improve). 2nd B L. Malan 17.47. (Lourens was running back and forth across the stadium to compete in both the high jump and hammer. This probably affected both performances.

Long Jump 1st A J. Schollhammer (wish he'd get a shorter name) 5.36. 1st B L. Malan 5.11.

400m Hurdles 2nd A L. Malan 65.2 seconds (Just beaten despite learning to jump the first few hurdles - will get faster) 2nd B M. Wheeler 85.2 seconds (I begged and pleaded for someone else to do it).

800m 4th A P. McKinley 2:39.9 (Paul, like me, reluctantly covered this event). 3rd B M. Wheeler 2:44.3 (I begged and pleaded for someone else to do it).

Javelin 2nd A J. Schollhammer 36.91 (he also made the most spectacular shortest throw of the day -maybe 3m - and said not to tell his Dad).

1st L. Malan 33.61

Shot 1st A L. Malan 9.80 (this was in fact his first event of the day, and he was very pleased with this to say the least. Apparently, a female friend of his just happens to be the Springbok National champion and is giving him tips). 2nd P. Murtagh 7.13 (I and others could have beaten this, but I had to know and he will surely improve).

Triple jump 2nd A C. Murtagh 10.38 1st B M. Wheeler 9.52 (I looked forward to this one even though it hurts like hell. I'm sure that tape measure was coming up short on my jumps).

400m 2nd A J. Shollhammer 61.1 (quite an impressive first run despite carrying too much weight).

3rd B C. Murtagh 65.4 (reluctantly filled a gap.....very well).

110m hurdles 3rd A L. Malan 20.8 seconds (the one you had been waiting for. I only caught the end of this race and he was very close to second - 17.4, 20.6, 20.8. I think he enjoyed it and "I wasn't even out of breath" afterwards. Will be better next time).

Discus 2nd A C. Murtagh 25.94 2nd B M. Murtagh 17 14 (I was reluctant to let Mike do this event on previous results, but he convinced me otherwise and proved himself).

1500m 2nd A M. Penman 5:10.1 minutes (Take note, this was a PB for Mike). 2nd B L. Austin 5:25.4 minutes.

4x100m 2nd 53.0 L. Malan, M. Murtagh, G. Ormes, J. Schollhammer. 4x400m 2nd and last to Chelmsford by too far to mention. P. McKinley, M. Wheeler, J. Schollhammer, L. Malan who entertained everyone by dipping on the line despite being 3/4 lap behind.

We managed to cover 34 events with only 10 competitors and even managed to officiate the shot putt and discus. Throughout the day, it was a two-horse race between us and Chelmsford (Peterborough never turned up). Chelmsford won 10 A string events and 8 B string events including every race apart from the 100 (2nd A) and the 200 (last A & B).

100A M. Murtagh 14.0 (3)

100B G. Ormes 13.7 (3)

200A L. Malan 26.6 (2)

200B Jeff Schollhammer 26.8 (2)

400A Jeff Schollhammer 61.1 (2)

400B C. Murtagh 65.4 (3)

800A P. McKinley 2:39.9 (4)

800B M. Wheeler 2:43.3 (3)

1500A M. Penman 5:10.1 (2) PB

1500B L. Austin 5:25.4 (2)

5000A M. Penman 18:36.9 (2) PB

5000B L. Austin 19:05.7 (2)

110HA L. Malan 20.8 (3)

110HB no competitor

400HA L. Malan 65.2 (2) PB

400HB M. Wheeler 85.2 (2)

3000SCA P. McKinley 13:09.5 (2)

3000SCB no competitor

4x100 L. Malan, M. Murtagh, G.

Ormes, Jeff Schollhammer 53.0 (2)

4x400 P. McKinley, M. Wheeler, Jeff

Schollhammer, L. Malan (2)

LJA Jeff Schollhammer 5.36 (1)

LJB L. Malan 5.11 (1)

HJA L. Malan 1.40 (3)

HJB M. Murtagh 1.00 (3)

TJA C. Murtagh 10.38 (2)

TJB M. Wheeler 9.52 (1)

PVA C. Murtagh 2.40 (1)=PB

PVB M. Wheeler 1.30 (2)

SPA L. Malan 9.80 (1)

SPB P. Murtagh 7.13 (2)

DTA C. Murtagh 25.94 (2) PB

DTB M. Murtagh 17.14 (2)

JTA Jeff Schollhammer 36.91 (2) PB

JTB L. Malan 33.61 (1) PB

HTA P. Murtagh 18.91 (1)

HTB L. Malan 17.47 (2)

Chelmsford 156.5

VPH 130.5

Dagenham 88 Runners 101

Thurrock 15

Peterborough did not appear

From: Dave Robinson

Sent: Wednesday, June 06, 2001

Subject: University of London Athletics Championships, Tooting Bec, Wednesday 6th June

Wayne--Simon and I did the ULU champ's earlier this evening. Conditions weren't ideal (it has now been wet, windy and cold at four champs in a row).

Simon Middleton (Bart's)

800m 2:04.6 5th

Dave Robinson

400H 61.4 3rd PB

110H 18.8 3rd PB

3000SC 11:21 6th

Simon's race was probably the most competitive of the evening with two internationals leading the way. Unfortunately, Imperial College probably lost the match - mainly due to the presence of Andy Hennessey for UCL who competed in every track event but the 100, coming second in only the 400, 200 and 110H. Dave

Assembly League 5K, Brockwell Park, 7 Jun 01

Another solid rather than spectacular Assembly League display. The 'A' team

finished 3rd behind hosts Dulwich Runners and the Stock Exchange. Jim was 2nd (breaking his club record from last year by 6 seconds), Tony 9th, Gordon Faulds 16th and Eddie Thomas 17th. The 'B' team went 1 better, 2nd behind Dulwich, who supplied about a third of the field of 130. Gary was 19th, Mike Penman 37th, Mark Sutton 38th and Dave Robinson Sr 40th. The women (Georgia 14th (reducing last year's inaugural club record by 4:08), Cecile 17th, new member Maura Regan 24th) were 6th. Overall league positions remain unchanged - 4th, 3rd, 4th respectively. The 'A' team are just 3

Georgia Pettipher and Jim Roche Set New Club Records

points behind overall leaders Kent AC and the 'B' team 2 points behind 'B' section leaders Dulwich Runners so we could still win both sections.

Notable performances included Gordon's 16th - obviously over his injury and improving all the time, George Csaszi, 51st in 19:39, closing in on the likes of Mike Penman, and Paul McKinley, 66th in 20:31, closing in on the likes of me! Nice to see old members like Garry Walker (sorry, Garry) back and competing as enthusiastically as ever. We were the 2nd best represented club with 23 runners - not bad considering it's a fair distance from the East End and it clashed with the General Election.

The evening was marred by a gang of youths who apparently tried to knock the lead cyclist off his bike and got in a punch up with some of the competitors during the race. Things haven't changed - 20 years ago I was in the same place, sloggng uphill through ankle deep mud towards the back of a Surrey League cross country race. My efforts attracted the attention of a group of kids who ran beside me shouting "Oi! Mate! You look f***ing knackered!" Of course, nothing like that would EVER happen in the genteel surroundings of Victoria Park! (Pete Wright reports)

| | | |
|-----|-------------------------|---------|
| 1 | M. Boucher (Imp. Coll.) | 15:55 |
| 2 | J. Roche | 16:02PB |
| 9 | A. Lashmar | 16:50PB |
| 16 | G. Faulds | 17:09* |
| 17 | E. Thomas | 17:12* |
| 19 | G. Bagnall | 17:21 |
| 37 | M. Penman | 18:39 |
| PB | | |
| 38 | M. Sutton | 18:46* |
| 40 | D. Robinson Sr | 18:55* |
| 44 | P. McHugh DeClare | 19:05* |
| 51 | G. Csaszi | 19:39* |
| 54 | T. Mitchell-Smith | 19:49 |
| 59 | S. Perham | 20:08* |
| 62 | P. Wright | 20:12* |
| 66 | P. McKinley | 20:31 |
| PB | | |
| 70 | G. Walker | 20:40* |
| 95 | P. Johnstone | 22:32* |
| 109 | D. Stobbart | 23:53* |

Women

| | | |
|----|-----------------------|--------|
| 1 | A. Fletcher (Dulwich) | 17:46 |
| 14 | G. Pettipher | 22:55* |
| 17 | C. Brugnoli | 23:14* |
| 24 | M. Regan | 25:12* |
| 28 | A. Fake | 25:50* |
| 29 | L. Bruce-Burgess | 26:48* |

* First time over this course

Mens 'A'

1.Dulwich 33, 2 Stock Exchange 34, 3 VPH 44, 4 Kent AC 68 (9 teams)

Mens 'B'

1 Dulwich 85, 2 VPH 134 (6 teams)

Women

1 Dulwich 8, 2 Kent AC 23, 3 Dulwich 'B' 24, 4 Eton Manor 48, 5 Dulwich 'C' 50, 6 VPH 55 (12 teams)

Overall

'A' 1.Kent AC 33 points, 2 Stock Exchange 32, 3 Dulwich 31 4 VPH 30 (11 teams)

'B' 1. Dulwich 32 points, 2 Kent AC 31, 3 VPH 30 (7 teams)

Women 1. Kent AC 30 points, 2= Eton Manor, Dulwich 29, 4 VPH 26 (9Teams)

Individuals

1 M.Boucher 72 points 2 J.Roche (VPH) 70, 3 M.Stevens 52

M50 1 M.Mann 27 points, 2 W.Laws 20, 3 P.McHugh de Clare (VPH) 19

Club T&F Championships, Mile End, 9 Jun 01

Star performer of our second helping of club championships was 15-year-old Cai Lewis who won gold medals in the Senior Women's long jump, high jump, and shot putt with relative ease. Cai also ran a solo 100m hurdles race and became the first VPH female to take part in a pole vault competition. On the men's side, out of the five events, four athletes came away with smiling faces and a gold medal each. Dave Robinson came away with the most by winning the 110m hurdles and the 400m hurdles. In the latter event, Lourens Malan was level with Dave until the final hurdle before running out of steam. Dave had further success when, while guesting in

the women's long jump, hit the board perfectly to sail out to a new PB. Back to Lourens and, although he flagged a bit in the homestraight of the 400m hurdles, he still managed to take over a second from his best. Lourens also scored a PB when finishing second to Dave in the 110m hurdles. He finally gained his revenge over Dave when beating him in the high jump. It was close though as both cleared the same height. Lourens won a further medal when placing second in the pole vault with his third PB of the day. Winner of the pole vault, and winning his 72nd Senior Club title, was Wayne DuBose who added 10 cms to the Club Championship Record. In the last race of the day, the 3000m steeplechase, Richard Newbold's intention was to drag Gary Bagnall to a new personal best. Although Rich had already used up some energy by running his season's best in the 400m hurdles, as well as running in the 110m hurdles, the sun was out and the wind was down. As the gun went off, Rich went straight into the lead with Gary tagging close behind. For 4 1/2 laps, they ran in tandem before Gary started to slip off the pace. With Rich's pacing duties done, he started to put the necessary daylight between he and Gary to ensure the victory. By the finish, Rich had established an eight-second gap winning in a very useful 10:10.8. But the revelation of this race was Gary who chopped a huge 10 seconds from his best which places him 12th on the VPH all-time rankings (Rich already ranks 3rd all-time). Gaining the bronze medal in this event was Eddie Thomas who, running this event for the first time, covered the distance in a very creditable sub-11:00 time. The most amazing fact of the day was that it didn't rain!!

110H

| | |
|-----------------|---------|
| 1st D. Robinson | 19.4 G |
| 2nd L. Malan | 20.4 PB |
| 3rd R. Newbold | 21.5 |

400H

| | |
|-----------------|---------|
| 1st D. Robinson | 63.0 G |
| 2nd L. Malan | 64.2 PB |
| 3rd R. Newbold | 66.0 |

Rich Newbold Breaks 10:00 in 'Chase After 8-Year Gap

3000SC

| | | |
|-------------------------|---------|----------|
| 1st R. Newbold | 10:10.8 | G |
| 2nd G. Bagnall (ran PB) | 10:19.1 | S |
| 3rd E. Thomas | 10:56.9 | B |
| 4th J. Loboda | 12:37.4 | |
| 5th L. Malan | 13:21.5 | |
| 6th G. Csaszi | 13:48.7 | |
| W. DuBose, D. Robinson | DNF | |

HJ

| | | |
|--------------------------|------|----------|
| 1st L. Malan | 1.52 | G |
| 2nd D. Robinson | 1.52 | S |
| 3rd W. DuBose | 1.37 | B |
| 4th R. Newbold | 1.27 | |
| 5th G. Bagnall | 1.17 | |
| 6th= J. Loboda/G. Csaszi | 1.17 | |
| 8th T. Mitchell-Smith | 0.97 | |

PV

| | | |
|------------------------------|------|----------|
| 1st W. DuBose | 2.40 | G |
| 2nd L. Malan | 2.20 | S |
| 3rd M. Wheeler | 1.40 | |
| 4th D. Robinson | 1.40 | |
| 5th R. Newbold | 1.20 | |
| G. Csaszi, T. Mitchell-Smith | nhc | |

| | | |
|-------------------------------|------|--|
| C. Lewis (guest) | 1.00 | |
| Inaugural Club Women's Record | | |

100H (W) (33")

| | | |
|--------------|------|--|
| 1st C. Lewis | 24.3 | |
|--------------|------|--|

LJ (W)

| | | |
|----------------------|------|----------|
| 1st C. Lewis | 3.92 | G |
| 2nd A. Markiewicz | 3.28 | |
| 3rd L. Bruce-Burgess | 2.88 | |
| 4th J. Sargent | 1.95 | |

| | | |
|------------------------|------|-----------|
| D. Robinson Jr (guest) | 5.58 | PB |
| L. Malan (guest) | 4.82 | |

HJ (W)

| | | |
|------------------------------|------|----------|
| 1st C. Lewis | 1.27 | G |
| 2nd A. Markiewicz | 1.07 | |
| J. Sargent, L. Bruce-Burgess | nhc | |

SP (W)

| | | |
|----------------------|------|----------|
| 1st C. Lewis | 6.86 | G |
| 2nd A. Markiewicz | 5.50 | |
| 3rd L. Bruce-Burgess | 4.77 | |
| 4th J. Sargent | 3.06 | |

Southend Half Marathon, 10 Jun 01

| | | |
|-------------------------------------|---------|-----------------|
| 1st Geoffrey Day (Great Bentley RC) | 1:10:34 | (course record) |
| 50th Mick Cairns | 1:25:20 | (18th Vet) |
| 77th Dave Robinson | 1:28:06 | (9th Vet in |

M45 - 34th Vet overall)

| | |
|-------------------------------|---------|
| 98th George Csaszi | 1:30:11 |
| 162nd Tim Mitchell-Smith | 1:35:46 |
| 602nd Lydia Bruce-Burgess | 2:02:32 |
| (94th woman) PB by 28 minutes | |
| (747 finishers) | |

Team result (4 to score): 10th of 60

Everyone did really well though on a very breezy day. The weather fluctuated between blazing sun and hailstones! Hard work but a good, well marshalled half. Well done everyone - a fine performance. (Tim Mitchell-Smith reports)

Open Meet, Finsbury Park, 11 Jun 01

1500m

| | |
|-----------------------|--------|
| 1st T. Grose (Logica) | 4:19.8 |
| 2nd J. Cullom | 4:24.5 |
| 3rd J. Roche | 4:25.7 |
| 4th E. Thomas | 4:30.6 |
| 5th G. Bagnall | 4:33.9 |

Vets AC 5.2M Champs,

Battersea Park, 12 Jun 01

| | |
|----------------|-------|
| 1st T. O'Neill | 30:44 |
|----------------|-------|

Southern Counties Championships,

Haringey, 16-17 Jun 01

(Rich Newbold reports)

| | | |
|--------------------------------|----------|---------------------------------|
| 3000m Steeplechase - R.Newbold | 9:59.28 | (15th of 16) |
| 5000m 14. J.Roche | 15:42.80 | PB (14th of 17 starters) |

My chase was a case of running at the same time as the rest of the field, but not in the same race. I went through the 7-lap-to-go marker in 43 secs, which is about 3-4 seconds faster than ideal for me. At this point, I was already 10 yards down on the next runner. After another couple of laps, I was 30-40 yards down, but still well ahead of schedule. Jim Roche was down watching and encouraging me 'to close the gap'. However, I knew I was already going a little too quickly, so didn't follow his instructions! With three laps to go, I clocked 5:58, so still inside 9:55 schedule. However, I was slowing a bit by then, although I was rapidly catching four of the runners who'd followed the early pace, picking

up Mike Boucher (who beat Jim to win the last Assembly League and me at the Middlesex Champs) with 600m to go and getting within a second of the next runner.

Good to break 10:00 again after eight years absence. I don't think that's quite as well as I might run this year, as I'd done two hard sessions last week (Tuesday and Thursday) and am still suffering from the cold I've had since the Middlesex Champs.

Jim's run was a far better one than his previous PB run at Battersea last year, as there wasn't a bunch running at an appropriate pace for him to follow. Tim Grose was just off the back of the bunch through the first four laps in 4:48, with Jim 10-15 yards down. He picked Tim up with 2-1/2 laps to go, but Tim was able to sit in and kicked with 300m to go. Good to see that Jim kept the gap down to only two seconds, a better finishing response than at the Middlesex Champs or recent Finsbury Park 1500m. If Jim can get the right race with athletes running at 15:30 pace he could still slice another 10 seconds off his PB.

Summer Parks League 10K, Headstone Manor Recreation Ground, 17 Jun 01

Men

| | | |
|-------------------------|-------|-----------|
| 2nd Tony Lashmar | 34:43 | PB |
| 22nd George Csaszi | 40:36 | |
| 26th Tim Mitchell-Smith | 41:04 | PB |
| 72nd Paul Johnston | 48:50 | |
| 73rd Pete Snell | 49:22 | |

Ladies

| | | |
|----------------------|-------|--|
| 32nd Veronica McCabe | 56:34 | |
|----------------------|-------|--|

Junior (3K)

| | | |
|------------------|-------|--|
| 3rd Leon Russell | 11:43 | |
| 4th Ben Drew | 13:09 | |

Relay (approx 400m legs)

| | |
|--------------------|-------|
| Pete Snell | 86.49 |
| Tony Lashmar | 68.12 |
| Paul Johnston | 69.80 |
| Leon Russell | 75.58 |
| Ben Drew | 79.55 |
| Tim Mitchell-Smith | 65.73 |

(Overall 7:25.27 - 4th of 5 teams, but this time will be handicapped in the final results due to age categories of

Wayne Sets New Club Vets Record in Hammer

runners.)

Rich - it may be worth letting Leon & Ben know that although all the juniors run together in one race, there are separate awards over the 4-race season for each different yearly age group. I think the qualification for an award is to have run either 2 or 3 of the 4 races. It looked to me as though the 2 boys who beat Leon - just, in a great race which he led until near the end - were probably older than him, so both lads could have a real chance of winning their respective age category for the season if they turn out for the remaining 2 races. Hopefully they both enjoyed themselves, they seemed to, and both ran very impressively.

All round a good fun day, hopefully we'll be able to enter a few more people for the next run, in Victoria Park, next month. (Tim Mitchell-Smith reports).

Open Meet, Battersea, 20 Jun 01

3000m

| | |
|-------------------------|---------|
| 1 K. Nash (Belgrave) | 8:31.94 |
| 4 T. Grose (Ealing S&M) | 9:14.16 |
| 5 J. Roche | 9:21.08 |
| 6 J. Cullom | 9:36.95 |

Southern League Div 4E, Watford, 23 Jun 01

On a day blessed with almost perfect weather, VPH produced 13 victories leading to their third match win in a row. There were so many excellent performances, it's hard to know where to start. How about the field events at the beginning for a change. Having a great day in the field was Wayne DuBose. Starting off in the hammer throw, he had a titanic struggle with first-time A teamer and teammate, Jeff Schollhammer. With Wayne opening with a 22m throw in the first round, Jeff immediately popped one out to 25m. In the third round, Wayne responded with 26.10m. Both made it through to the final six for an extra three throws. In the fourth round, Jeff's brute strength and a double turn in the circle saw him reaching 26.99m, an improvement of nearly 2 metres and beyond Wayne's personal best. After a foul in the fifth round, Wayne rose to

the occasion with a new PB and Club Vets record of 27.11m, less than six inches ahead of Jeff. Jeff didn't improve with his last throw, but had the consolation of not only gaining a PB, but also winning the B string. Wayne also produced his season's best in the shot putt and the discus both times in the final round. In the shot, his last-round effort brought him up from third place to first and put him back on top of the club rankings ahead of Richard Tufft (who was in America on this day). His discus best fell 1.5m short of winning. With the javelin and pole vault events on at the same time, Wayne

found himself traversing between the two events. The officials were very sympathetic and gave him as much leeway as possible when he was caught in one event and his name was being called out for the other. Fortunately, this didn't detract too much as he won the javelin, achieving his winning throw in the second round, and cleared his season's best (a height no other VPH'er has ever cleared) in the pole vault. After gaining thirds in the two hurdles races, Dave Robinson really came into his own when he scored a double victory in the B string long jump and triple jump. Away from the field, and Dean Kosoko secured our first track win of the day when he won the 100m A string race by just about the skin of his teeth. It was that close (although the timekeepers managed to separate Dean from the runner-up by 1/10 of a second). In the 400m, Randal Porter took it out hard and was leading into the homestraight. He ran out of steam to finish 4th, but he did record his best-ever time for the distance. The 800m was a cracker of a race over the last lap as Simon Middleton was one of three to go by the bell in 64 seconds. Although finishing third, he covered the final 400m in under 59 seconds. A little further back, Alastair McCall finished as runner-up in the B string race in a new personal best time. Some credit must go to his Dad who was there to cheer his son on. After excelling in the Division 5E B team, Lourens Malan was called up for A team duty and duly made the hurdles races his own by winning the B string 400m hurdles in a

PB and also setting a new PB in the short hurdles B string race. In the middle-distance races, once again Jim Roche starred. Allowing others to lead the race for the first 8 1/2 laps, Jim then burst away with a mile to go and no one could live with him as he came home a very comfortable winner just outside 16 minutes. Behind him, Tony Lashmar was running the 5000m race of his life as he once again improved on his best time. Run in hot conditions, Tony is probably due for a sub 16:30 run very shortly. Jim Roche returned later to finish second in the 1500m in his best time of the year and less than two seconds from his all-time best. What was particularly impressive was that, although Jim had already run the 5000m and although he was up against the Watford athlete who had earlier outkicked Simon in the 800, that didn't stop Jim from trying for the win. Holding the lead until the homestraight, Jim never settled for second place until the finish line. In the B string, Gordon Faulds improved by over 11 seconds from his last Southern League outing to win for the second match in a row. From the middle part of the day onwards, there was some concern on VPH's part that the home team Watford were very close for comfort. With about eight events to go, Watford were just one point behind. However, VPH's strength in depth came through at the end. After the 4x100m, where Terry Beackon anchored the team to victory in its best time of the year, our steeplechase duo of Richard Newbold and Gary Bagnall toed the starting line for the first time on the day. This was in contrast to other club's athletes who were being forced to double up from other middle distance races. Needless to say, Rich and Gary ran out easy winners with Rich's sub-10:00 clocking a very impressive solo effort. Of course, there were several excellent VPH runs on this day, but my favourite was seeing Randal Porter taking the baton on the last leg of the 4x400m. He had a slight lead on the Watford athlete who seemed to be biding his time. Even the Watford supporters standing nearby were under the same impression and expected to see their man come through. I was getting ready to make

Mike Wheeler Secures Club's Sole Win At Luton

my "you may have won the relay, but we won the match" speech, when, at the 200m point, Randal put in a burst of speed which saw him open up a five-metre gap. And try as he might, the Watford runner could not close the gap with any significance. Randal's last 50 metres was run on sheer guts and, as he crossed the line in first place, I had nothing but admiration for the tactics he had injected into the race. Way to go, Randal! Way to go, VPH. Three wins out of three.

100A D. Kosoko 11.8 (1)
 100B R. Porter 12.0 (2)
 200A D. Kosoko 24.2 (2)
 200B T. Beackon 25.7 (3)
 400A R. Porter 54.3 (4) PB
 400B T. Beackon 55.4 (3)
 800A S. Middleton 2:02.7 (3)
 800B A. McCall 2:07.6 (2) PB
 1500A J. Roche 4:22.0 (2)
 1500B G. Faulds 4:25.4 (1)
 5000A J. Roche 16:00.5 (1)
 5000B T. Lashmar 16:33.6 (2) PB
 110HA D. Robinson 20.3 (3)
 110HB L. Malan 20.0 (2) PB
 400HA D. Robinson 62.0 (3)
 400HB L. Malan 63.3 (1) PB
 3000SCA R. Newbold 9:59.9 (1)
 3000SCB G. Bagnall 10:32.2 (1)
 4x100 D. Kosoko, R. Porter, S. Middleton, T. Beackon 46.9 (1)
 4x400 S. Middleton 54.6, T. Beackon 56.3, A. McCall 55.6, R. Porter 54.1 - 3:40.6 (1)
 LJA R. Porter 5.47 (5)
 LJB D. Robinson 5.31 (1)
 HJA L. Malan 1.55 (3)
 HJB D. Robinson 1.55 (2)
 TJA R. Porter 11.61 (5)
 TJB D. Robinson 11.01 (1)
 PVA W. DuBose 3.25 (2)
 PVB M. Topham 2.60 (3)
 SPA W. DuBose 10.76 (1)
 SPB Jeff Schollhammer 8.65 (3)
 DTA W. DuBose 32.31(2)
 DTB Jeff Schollhammer 24.02 (3)
 JTA W. DuBose 45.08 (1)
 JTB Jeff Schollhammer 28.19 (5)
 HTA W. DuBose 27.11 (4) PB
 HTB Jeff Schollhammer 26.99 (1) PB

1st VPH 135
 2nd Watford 126
 3rd Dartford 102
 4th Hertford & Ware 98

5th Hastings 72

Southern League Div 5E, Luton, 23 Jun 01

Performances of the day.....Eddie Thomas taking out two runners along the finishing straight to finish 4 seconds behind the winner. Mike Penman knocking another 6 seconds off his personal best in the 5000m and 5 seconds off his 1500m PB.

Rip Van Winkle of the day.....Paul Johnston competing in seven events on his first outing. He must have slept well that night.

Bottle job of the day.....me. The memories of two weeks ago were still fresh enough to make me throw the pole down in disgust with myself, and give up before even attempting 2.40 metres. (Mike Wheeler reports)

Editor's Note: Mike was still the only victor of the day for VPH... in this event.

100A M. Murtagh 13.3 (5) PB
 100B P. Johnston 14.5 (4)
 200A M. Murtagh 28.3 (5) PB
 200B P. Johnston 30.2 (5)
 400A T. Mitchell-Smith 68.1 (5)
 400B P. Johnston 66.5 (5)
 800A E. Thomas 2:10.3 (2)
 800B P. Johnston 2:37.2 (4)
 1500A E. Thomas 4:34.1 (2)
 1500B M. Penman 5:04.9 (2) PB
 5000A M. Penman 18:30.1 (4) PB
 5000B no competitor
 110HA no competitor
 110HB no competitor
 400HA T. Mitchell-Smith 83.2 (5)
 400HB M. Wheeler 88.3 (3)
 3000SCA T. Mitchell-Smith 12:50.6 (2)
 3000SCA no competitor
 4x100 M. Wheeler, M. Murtagh, C. Murtagh, P. Johnston 55.0 (5)
 4x400 M. Penman, C. Murtagh, T. Mitchell-Smith, E. Thomas 4:38.1 (5)
 LJA M. Wheeler 4.81 (5)
 LJB P. Johnston 4.12 (5)
 HJA M. Murtagh 1.30 (5)
 HJB C. Murtagh 1.30 (5)
 TJA C. Murtagh 9.96 (4)
 TJB M. Wheeler 9.17 (4)
 PVA C. Murtagh 2.40 (2) =PB
 PVB M. Wheeler 2.20 (1)
 SPA M. Wheeler 7.86 (3)

SPB P. Johnston 6.00 (3)
 DTA C. Murtagh 23.83 (3)
 DTB M. Murtagh 16.64 (2)
 JTA M. Wheeler 25.99 (4)
 JTB C. Murtagh 19.68 (2)
 HTA M. Wheeler 15.91 (4)
 HTB C. Murtagh 11.08 (4)

Luton 164
 Bexley 115
 Biggleswade 76
 VPH 73
 Loughton 69

Borehamwood 1/2 Marathon, 24 Jun 01

23rd Peter McHugh De Clare (3rd V50) 87:29
 49th Mark Sutton 93:36
 125th Tim Mitchell-Smith 1:44:44 (389 finishers)

Club Champs, Mile End, 27 Jun 01

In the 400m, we had 9 men and 5 ladies so we split into 3 races. The men's A race featured a good close battle between Simon, Randal, Terry & Alastair with Simon pulling clear in the later stages for gold. In the B race, Lourens strode away very impressively to record an excellent time in quite windy conditions. The ladies race featured a pretty tight battle between Annie and Georgia - Annie made the early pace but Georgia was on her shoulder coming off the final bend and looking strong. In the end, Annie dug in and managed to just hold on to her advantage to take gold. We held a single 5000m race with 12 men and 5 ladies starting. From the start, Tony led the way with Eddie and Gary happy to sit on his shoulder and let him do the work. These three soon opened a gap on Gordon in 4th who in turn was striding away from the chasing pack. Behind Gordon there was a good battle between Mike Penman and James Waters. James made the early running, only to be overtaken by Mike after about 4 laps. But Mike couldn't get away and James dug in, picked up the pace and pulled away from Mike in the later stages. At the bell, the leading three were still together despite various efforts being made to split the pack up. Coming off the final bend, it was clear that the fastest kick would take gold which made Eddie a slight favourite, and he showed an incredible turn of

Annie Gammon--Double Club Champion

pace to sprint home for a comfortable victory.

We had a slight problem in the ladies race. We only had John Schollhammer and Dave Robinson trying to keep an eye on the race and record the number of laps that each runner had done - no mean feat in a field of 17. Unfortunately, Annie, who was a good 200m clear of Georgia at the time, received the wrong call and finished a lap early. She had the race easily in the bag and would have been perfectly comfortable to do the extra 400m if she hadn't been told that she was on her last lap. Obviously though her time can't stand. After much discussion - and with the full agreement of both ladies - we agreed that the only fair way to resolve the situation was to award Annie the victory and gold medal, but record Georgia's time as the winning time and new club champs record. Thanks to all who turned out to help and support. (Tim Mitchell-Smith reports)

Men's 400m 'A'

| | |
|--------------------|---------|
| Simon Middleton | 53.2 G |
| Randal Porter | 55.1 S |
| Terry Beackon | 55.1 B |
| Alastair McCall | 55.7 PB |
| Dave Robinson (Jr) | 57.8 |
| Gordon Faulds | 58.5 |

Men's 400m 'B'

| | |
|----------------|------|
| Lourens Malan | 56.3 |
| Richard Martin | 66.1 |
| Mick Cairns | 67.4 |

Ladies 400m

| | |
|------------------------|--------|
| Annie Gammon | 75.9 G |
| Georgia Pettipher | 77.1 S |
| Aude-Claire Markiewicz | 84.2 |
| Janice Cartwright | 1:44.8 |
| Lydia Bruce-Burgess | DNF |

Men's 5000m

| | |
|--------------------|---------|
| Eddie Thomas | 16:58 G |
| Gary Bagnall | 17:01 S |
| Tony Lashmar | 17:05 B |
| Gordon Faulds | 17:36 |
| James Waters | 18:08 |
| Mike Penman | 18:33 |
| James Kennedy | 18:44 |
| Mick Cairns | 19:27 |
| Tim Mitchell-Smith | 19:30 |

| | |
|-----------------|-------|
| George Csaszi | 20:12 |
| Richard Martin | 20:56 |
| Darren Stobbart | 23:47 |

Ladies 5000m

| | |
|------------------------|-----------|
| Annie Gammon | No Time G |
| Georgia Pettipher | 23:20 S |
| Aude-Claire Markiewicz | DNF |
| Janice Cartwright | DNF |
| Lydia Bruce-Burgess | DNF |

Club Open 5M Handicap Race,

28 Jun 01

| | | | |
|----|----------------|-------|---------|
| 1 | E. Beaufrere | 41:49 | 41:49* |
| 2 | F. Bray | 42:07 | 34:07 |
| 3 | L. Malan | 42:52 | 35:52* |
| 4 | P. McHugh | 44:54 | 31:09 |
| 5 | G. Walker | 45:08 | 34:23 |
| 6 | T. Lashmar | 45:27 | 28:27 |
| 7 | D. Robinson Sr | 45:35 | 31:50 |
| 8 | A. Fake | 45:38 | 42:38* |
| 9 | G. Prince | 45:38 | 42:38* |
| 10 | V. McCabe | 45:45 | 45:45PB |
| 11 | P. Johnston | 45:47 | 37:47 |
| 12 | G. Deathridge | 46:00 | 35:15 |
| 13 | A. Markiewicz | 46:03 | 46:03PB |
| 14 | M. Cairns | 46:13 | 32:28 |
| 15 | G. Franey | 46:39 | 35:08* |
| 16 | G. Csaszi | 46:46 | 33:01 |
| 17 | L. Ashby | 47:08 | 47:08* |
| 18 | D. Stobbart | 47:48 | 40:48 |
| 19 | A. Eddy | 47:59 | 47:59 |
| 20 | P. Scammell | 49:27 | 49:27* |
| 21 | K. Neal | 53:31 | 53:31* |
| 22 | D. Dickens | 58:07 | 58:07* |

* First time over this course

Thanks to Cecile Brugnoli for timekeeping and to Roger Daniels and Sally Weddell for marshalling, necessary since so many had never run the course before.

Orion 10, 1 Jul 01

| | | |
|----|------------|-------|
| 6 | T. Lashmar | 59:14 |
| 11 | J. Roche | 61:04 |
| 22 | J. Kennedy | 65:15 |
| 28 | M. Penman | 67:03 |
| 37 | G. Csaszi | 68:09 |
| 39 | M. Cairns | 68:25 |
| 63 | R. Martin | 72:53 |

TEAM RESULTS MEN (3 to score)

| | |
|-----------|--------|
| 1st Orion | 15 pts |
| 2nd VPH | 39 pts |

Cross Du Mont Blanc, France

1 Jul 01

Starting from Chamonix, France, 23km run, altitude range from 1050m - 2035m.

650 Des Rhule (Kent AC) 2:57:45
660 Tim Mitchell-Smith 2:58:36
1072 Lydia Bruce-Burgess 4:14:13
1076 finished within the allowed time (4hrs 30) but plenty more were still out there!

The words to adequately describe this race fail me. Yes it's very tough, potentially hazardous - it's almost entirely run on narrow mountain trails strewn with rocks/tree roots and to the side there's plenty of potential for a serious fall - and it's at altitude so breathing becomes steadily more difficult, but it was a fabulous experience. The scenery is awesome. Every time it began to hurt I just paused briefly and gazed around - you race up the opposite side of the valley to Mont Blanc - and just felt privileged to be taking part. It was one of those occasions where you realise that running is not only about PBs and competition but also about the simple joy of taking part. I would have no hesitation in going back and running again. If you don't try something like this at least once in life you'll have missed out - big time! Tim

Southern League Div 4E,

Mile End, 7 Jul 01

The unstoppable machine called Victoria Park Harriers continued its relentless march towards promotion to Division 3 with its fourth match victory in a row. This time it was at Mile End Stadium (where we played hosts) and for the first time since competing together in the same league (last six years), we finally beat our local rivals Tower Hamlets AC. On this occasion, our middle-distance runners, our throwers, and our pole vaulters stood out with 15 wins and 2 seconds out of a possible 18 events. That's impressive! However, our first win of the day on the track came from Lourens Malan in the 400m hurdles. Starting cautiously as usual, Lourens was once again able to storm down the finishing straight for a comfortable victory. He took over a second off his

Alastair McCall Runs His Fastest-Ever 800 Metres

personal best. Lourens later took the runner-up spot in the sprint hurdles race, gaining yet another PB, this time by half a second. He also recorded a new best while running in a guest 200m. Our first A string track win of the day came from Simon Middleton in the 800m. After cruising behind the leader for 600 metres, Simon accelerated to build up a quick lead which he extended with every step down the home straight. Not to be outdone, Alastair McCall won the B string race. Alastair had a slightly tougher race, but responded admirably to record his best ever time. Towards the end of the match, we were only four points ahead of Tower Hamlets AC, but with the 1500m and 3000m steeplechase still to come, we knew our fate was in good hands. In the 1500m, Gordon Faulds was first across the line with his best time of the year, with Jim Roche, already having run a sub-16 minute 5000m (Tony Lashmar won the B string), right behind him as they secured two victories for the club. In Jim's 5000m run, he decided to go hell for leather and stick with a Colchester athlete who Jim knew to be a lot faster than him. Jim was timed at 4:26.5 at 1500m and at 9:20.6 at 3000m, faster than his personal best time. Reinforcing our lead even more, Richard Newbold, running his third sub-10 minutes 'chase of the year, and Gary Bagnall wrapped up both strings of this race and made it mathematically impossible for us to be caught with the 4x400m relay still to come. The sprinters, although not getting the higher placings, still ran with great distinction. While Dean Kosoko was running his fastest 100m for a few years, Randal Porter was setting a new personal best in the B string. Randal later equalled his best time in the 400m. Towards the end of the day, Randal, along with Dean, Simon Middleton, and Terry Beackon, ran the Club's fastest sprint relay time of the year. Remove Dean, add Alastair McCall, and the same team completed the 4x400m relay in 3:38.3, VPH's best since running 3:33.1 in 1993. The throwers had a field day, if you pardon the pun, with six wins out of eight. Richard Tufft had a great day

achieving a personal best in the shot putt and also claiming the A string win. Richard picked up a win in the B string discus throw and also added over two metres to his best-ever hammer throw distance. Richard's shot putt and hammer throw marks place him well in the VPH all-time top 25 rankings. Wayne DuBose enjoyed another successful day by winning the A string pole vault (taking just one vault due to poor weather conditions), discus throw, and javelin, as well as the B string shot putt and hammer throw. Wayne was ably backed up in the pole vault by Mark Topham who easily won the B string with his best distance of the year. Mark went on to win an 800m race as a guest runner. One of our gutsy heroes of the day was Dave Robinson. Dave had the long jump, 400m hurdles and high jump running simultaneously and it wasn't surprising that his 400m hurdles race suffered. He looked knackered as he went to his blocks and took about half a second to even stand up from his crouch start. Dave was five metres down on the Blackheath hurdler after 100m and it was a mark of his grit and determination that he came back and caught him on the run in. Later, Dave came back and recorded a new PB in the triple jump. Four match wins out of four. Two to go.

100A D. Kosoko 11.5 (4)
 100B R. Porter 11.7 (3) PB
 200A D. Kosoko 24.1 (4)
 200B K. Porter DQ
 400A R. Porter 54.3 (4) =PB
 400B T. Beackon 55.5 (3)
 800A S. Middleton 2:05.7 (1)
 800B A. McCall 2:07.5 (1) PB
 1500A G. Faulds 4:22.4 (1)
 1500B J. Roche 4:22.7 (1)
 5000A J. Roche 15:55.7 (2)
 5000B T. Lashmar 16:34.8 (1)
 110HA D. Robinson 18.9 (2)
 110HB L. Malan 19.5 (2) PB
 400HA D. Robinson 64.5 (2)
 400HB L. Malan 62.0 (1) PB
 3000SCA R. Newbold 9:59.5 (1)
 3000SCB G. Bagnall 10:39.8 (1)
 4x100 D. Kosoko, R. Porter, S. Middleton, T. Beackon 46.8 (2)
 4x400 R. Porter 56.0, T. Beackon 54.2, A. McCall 55.2, S. Middleton 52.9 - 3:38.3 (2)

LJA D. Robinson 5.56 (4)
 LJB R. Porter 5.33 (3)
 HJA L. Malan 1.55 (4)
 HJB D. Robinson 1.55 (2)
 TJA R. Porter 11.50 (3)
 TJB D. Robinson 11.27 (3) PB
 PVA W. DuBose 2.80 (1)
 PVB M. Topham 2.80 (1)
 SPA R. Tufft 10.71 (1)
 SPB W. DuBose 10.28 (1)
 DTA W. DuBose 31.25 (1)
 DTB R. Tufft 24.45 (1)
 JTA W. DuBose 41.97 (1)
 JTB L. Malan 31.51 (2)
 HTA R. Tufft 23.93 (4) PB
 HTB W. DuBose 23.45 (1)

| | |
|-------------------|------|
| 1st VPH | 139 |
| 2nd Tower Hamlets | 123 |
| 3rd Blackheath | 98.5 |
| 4th Colchester | 97.5 |
| 5th Ashford | 74 |

Southern League Div 5E, Mile End, 7 Jul 01

A good turnout of 14 VPH'ers, including the three Murtagh brothers, celebrated their first B team victory of the season winning handily over Peterborough by a huge 25 points and accumulating an impressive ten event wins along the way. The Murtaghs were really to the fore of things with Mike setting personal bests in the 100m, 200m, and discus, Pete picking up a personal best and the B string win in the hammer throw, and Chris equalling his best height ever to win the A string pole vault. Darren Stobbart made his first appearance in the Southern League and rewarded himself with a B string win and a personal best in the shot putt and a new best in the javelin. Meanwhile, Mike Wheeler was going one better with two B string first places in the triple jump and pole vault as well as his furthest ever leap in the long jump. Competing in a mere ten events, Jeff Schollhammer's best achievement came in the B string discus which he won with a mark not too far from his best. Jeff was also involved in a small fracas when, during the second leg of the 4x400m relay, someone asked where the VPH 3rd leg runner was. As it turns out, Jeff was standing helplessly at the discus circle with spikes in hand.

Sarah Johnsen Leads VPH Ladies at Forbanks

Selected anchor leg, Eddie Thomas, took over third leg duties, giving Jeff the time to slip on spikes and run the last leg. Eddie had already displayed previous heroics when winning the A string 5000m, lopping over 30 seconds from his best, and beating VPH A team runner, Tony Lashmar, in the process. Eddie later went on to get the runner-up spot in the A string 1500m in a time just a fraction of a second outside his best. In the middle distance races, VPH picked up three valuable B string wins with Pete Wright (who actually turned up to spectate and was press-ganged into service) in the 1500m, Les Austin in the 5000m, and Joe Loboda in the 3000m steeplechase.

100A Jeff Schollhammer 12.6 (4)
 100B M. Murtagh 13.1 (3) PB
 200A Jeff Schollhammer 27.3 (4)
 200B M. Murtagh 27.1 (3) PB
 200 (guest) L. Malan 25.4 (2) PB
 200 (guest) M. Topham 26.2
 400A Jeff Schollhammer 61.7 (3)
 400B G. Csaszsi 72.0 (4)
 800A G. Csaszsi 2:30.4 (4)
 800B T. Mitchell-Smith 2:33.4 (2)
 800 (guest) M. Topham 2:14.9 (1)
 1500A E. Thomas 4:31.1 (2)
 1500B P. Wright 5:09.1 (1)
 5000A E. Thomas 16:21.4 (1) PB
 5000B L. Austin 18:33.1 (1)
 110HA no competitor
 110HB no competitor
 400HA T. Mitchell-Smith 86.5 (2)
 3000SCA T. Mitchell-Smith 12:16.8 (2)
 3000SCB J. Loboda 12:56.1 (1)
 4x100 DQ
 4x400 M. Cairns 67.6, G. Csaszsi 67.6, E. Thomas 64.0, Jeff Schollhammer 64.5 - 4:23.7 (2)
 LJA M. Wheeler 5.07 (2) PB
 LJB Jeff Schollhammer 5.05 (2)
 HJA C. Murtagh 1.30 (3)
 HJB M. Murtagh 1.00 (2)
 TJA C. Murtagh 10.59 (2)
 TJB M. Wheeler 9.66 (1)
 PVA C. Murtagh 2.40 (1) =PB
 PVB M. Wheeler 2.20 (1)
 SPA Jeff Schollhammer 8.97 (2)
 SPB D. Stobbart 8.83 (1) PB
 DTA C. Murtagh 25.39 (2)
 DTB Jeff Schollhammer 25.08 (1)
 DT (guest) M. Murtagh 17.75 PB
 JTA D. Stobbart 32.03 (2) PB
 JTB Jeff Schollhammer 27.89 (2)

HTA Jeff Schollhammer 23.70 (2)
 HTB P. Murtagh 19.50 (1) PB

1st VPH 126
 2nd Peterborough 101
 3rd Biggleswade 80
 4th Tonbridge 43
 5th West Norfolk didn't appear

Mile End Support, 7 Jul 01

Apart from 16 VPH'ers in the A team and 13 VPH'ers in the B team, there was also 18 VPH officials/supporters and I'd like to take this opportunity to acknowledge them and thank them. Thanks tons for making this a highly successful day.

OFFICIALS/SUPPORTERS

Sally Weddell, Janice Cartwright, Louise Guthrie, Tracy Harding, Graham Bennett, Roger Daniels, John George, Paul Johnston, Dave Robinson Sr, Peter Snell, Doug Roche, Len Williams, Terry Adams, Lydia Bruce-Burgess, Cecile Brugnoli, Anna Fake, Georgina Austin, Major Carr, Garry Walker, Keith Mussington

Along with Dan O'Sullivan, Jo Sargent, Jacqueline Baker, Georgia Pettipher, and Averil Lockhart, who joined us at the post-match barbeque, VPH had a total of 54 members out on the day!

Assembly League, Forbanks, 12 Jul 01

1 H.Dias (Kent AC) 14:14
 5 J.Roche 14:33
 14 A.Lashmar 15:24
 15 E.Thomas 15:24*
 18 G.Bagnall 15:36
 46 D.Robinson Sr 17:03 PB
 47 P.McHugh DeClare 17:09*
 51 M.Cairns 17:26
 54 T.Michell-Smith 17:28
 56 M.Penman 17:31
 63 F.Bray 18:08*
 74 G.Walker 18:53
 88 P.Snell 21:00*
 90 (L8) S.Johnsen 21:09*
 91 (L9) G.Pettipher 21:25*
 96 (L11) C.Brugnoli 21:50PB
 104(L15) T.Harding 24:50 PB
 110 (15 women) finished.

'A' (9 teams)
 1 Kent AC 21points; 2 Stock Ex 39; 3 VPH 52

Women

1 Dulwich 9 points; 2 Kent AC 17; 3 Eton Manor 26; 4 VPH 28; 5 Dulwich 'B' 42; 6 VPH 'B' 51; 7 Eton Manor 'B' 52

'B' (7teams)

1 Kent AC 90 points; 2 Dulwich 109; 3 Stock Ex 132; 4 VPH 198

Overall (11 teams)

1 Kent AC 45 points; 2 Stock Ex 43; 3= VPH 40 & Dulwich 40; 5 E. Manor 31;

'B' team

1= Dulwich 45 points; 2 Kent AC 43; 3 VPH 41; 4= E. Manor & Stock Ex 34;

Individuals

1. M.Boucher 94 points
 2 J.Roche 91
 3 M.Cates 65

Southern League Div 4E, Sutcliffe Park, 21 Jul 01

Such is our strength this year in Division 4E, that we knew before the match started that we were going to win. The only question was by how much. Despite very windy conditions, there were some excellent marks recorded by VPH'ers, and we ended up placing first in 21 events, accumulating a score of 157 points, and winning by the huge margin of 46 points. As usual, we showed very strong in the B string events, winning 13 out of a possible 17. Lourens Malan had his usual glut of personal bests, totalling four in all. He started the ball rolling on the track with an emphatic win in the 400m hurdles A string race. Not only did he break his record, but he also leapfrogged over Dave Robinson in the club rankings. Lourens followed this up with wins in the 110H B race and, with his last throw of the competition, the B string shot putt. He also had a field day in the field, setting or equalling his bests in the high jump, the discus (by 6 metres), and the javelin. His individual points contribution was a very impressive 27. Although Dave Robinson lost his #1 club status in the 400m hurdles, he nevertheless won the B string race just 0.4 secs slower than Lourens, as

Gary Bagnall Wins Fifth Consecutive 'Chase

well as the B strings high jump and triple jump. Despite running into a strong headwind, he still managed to equal his best 110m hurdles time. In the sprints, Dean Kosoko and a much-welcomed-back Keith Porter swept the 100m races. Dean went on to surprise by firstly competing in the 4x400m, and secondly running the best VPH time. Earlier, Dean and Keith teamed up with Terry Beackon and Randal Porter to equal the club's best time of the season in the 4x100m relay. Randal had a storming day, winning the 200m and long jump B string competitions, and further consolidating his position at the top of the club triple jump rankings. As usual, our middle-distance boys kept the winning flag flying with Simon Middleton, Alastair McCall, Jim Roche, Tony Lashmar, Richard Newbold, and Gary Bagnall clean-sweeping the 800, 5000, and 3000m steeplechase. Simon made small work of a runner who had run 4:07 for 1500 last year, while Jim Roche almost beat the Division One winner who shared the same race. Rich's time in the 'chase was quite remarkable in view of the fact that he had been violently ill during the night (caught a bug from his young son). It's gotten to the point where we take Gary's B string 'chase victory for granted. Well done, Gary! In the 1500m, we welcomed Eddie Thomas, competing for the A team for the first time ever. He responded well by running his best time of the season. Behind him, Gordon Faulds, like Rich and not feeling well, cruised to win the B string. Mark Topham had a satisfying day by winning the B string pole vault and entering the club top 10 rankings for 2001 in the 1500m after competing as a guest runner. Wayne DuBose also had a very satisfying day with three A string victories in the pole vault (on his third and final attempt), shot putt (by over a metre), and discus. He was heading for a comfortable win in the javelin when a fellow competitor improved his PB by five metres to snatch the win in the last round. Five match wins out of five. Congratulations, team! Many thanks to Garry & Paul Walker, John Schollhammer, John Daniels, Roger Daniels, and Louren's young lady for coming along to support

and assist.

- 100A D. Kosoko 12.0 (1)
- 100B K. Porter 12.2 (1)
- 200A D. Kosoko 24.5 (2)
- 200B R. Porter 24.6 (1)
- 400A S. Middleton 55.6 (3)
- 400B T. Beackon 55.7 (2)
- 800A S. Middleton 2:04.8 (1)
- 800B A. McCall 2:10.6 (1)
- 1500A E. Thomas 4:27.7 (3)
- 1500B G. Faulds 4:31.8 (1)
- 1500 (guest) M. Topham 4:34.6
- 5000A J. Roche 15:47.5 (1)
- 5000B T. Lashmar 16:57.4 (1)
- 110HA D. Robinson 18.8 (2)
- 110HB L. Malan 20.0 (1)
- 400HA L. Malan 61.2 (1) PB
- 400HB D. Robinson 61.6 (1)
- 3000SCA R. Newbold 10:01.9 (1)
- 3000SCB G. Bagnall 10:39.9 (1)
- 4x100 D. Kosoko, R. Porter, K. Porter, T. Beackon 46.8 (2)
- 4x400 M Topham 58.1, D. Kosoko 57.2, K. Porter 59.9, L. Malan 57.4 - 3:52.6 (2)
- LJA D. Robinson 5.53 (3)
- LJB R. Porter 5.46 (1)
- HJA L. Malan 1.60 (3)
- HJB D. Robinson 1.50 (1)
- TJA R. Porter 11.68 (2)
- TJB D. Robinson 10.84 (1)
- PVA W. DuBose 3.20 (1)
- PVB M. Topham 2.80 (1)
- SPA W. DuBose 10.18 (1)
- SPB L. Malan 9.19 (1)
- DTA W. DuBose 29.80 (1)
- DTB L. Malan 24.14 (3)
- JTA W. DuBose 42.23 (2)
- JTB L. Malan 34.26 (2) PB
- HTA W. DuBose 23.55 (3)
- HTB L. Malan 16.32 (4)

| | |
|------------------|-----|
| 1st VPH | 157 |
| 2nd West Suffolk | 111 |
| 3rd Paddock Wood | 90 |
| 4th Invicta | 69 |
| 5th Barnet | 65 |

Southern League Div 5E, Walthamstow, 21 Jul 01

Brothers Mike and Chris Murtagh acquitted themselves very well at this match by each attaining three personal bests. Mike achieved his in the 100, 200 (equalled) and discus, while Chris beat his previous marks in the long

jump, 400m, and pole vault. In the vault, Team Manager Mike Wheeler had to employ delaying tactics as Chris hadn't turned up when the competition started. Mike stalled and held this event for as long as he could, asking for the heights to be checked and noting the unevenness of the bar, and, starting from the lowest height, hoping Chris would hurry up and turn up. He finally arrived in the middle of 2.40 metres and, after getting changed, scraped over without any form of practice. Chris went on to do a PB of 2.60 metres! In the 4x400m relay, Mike Murtagh should have followed his brother Chris but they only had one pair of spikes between them and they needed time to change so Mike Wheeler ran in-between on the second leg. Anchor leg, Tim Mitchell-Smith had just finished the steeplechase prior to this event. A big thanks to Tim, who now knows what it feels like to cover multiple events (he probably slept well that night). This in no way detracts from the participation of Les Austin, Mike Penman, and Pete Murtagh who also played their part to the best of their ability. Eton Manor were 0.5 points behind before the last event (4x400), but they beat us into last by nearly half a lap. It's a shame we didn't beat Eton Manor on the day especially as it was their own meeting and fielded far more competitors than us. But I did manage to rope quite a few in for the BBQ. (Mike Wheeler reports)

| Events covered | by..... |
|----------------|---------|
| M. Wheeler | 9 |
| C. Murtagh | 9 |
| T. M. Smith | 8 |
| M. Murtagh | 6 |
| P. Murtagh | 3 |
| L. Austin | 3 |
| M. Penman | 2 |

- 100A M. Murtagh 13.0 (4) PB
- 100B T. Mitchell-Smith 14.5 (3)
- 200A M. Murtagh 27.1 (3) = PB
- 200B C. Murtagh 28.0 (3)
- 400A C. Murtagh 63.5 (4) PB
- 400B T. Mitchell-Smith 67.4 (4)
- 800A T. Mitchell-Smith 2:35.9 (4)
- 800B L. Austin 2:45.3 (4)

Chris and Mike Murtagh Set Six PB's

1500A M. Penman 5:09.3 (4)
 1500B L. Austin 5:16.2 (4)
 5000A M. Penman 18:38.3 (4)
 5000B L. Austin 18:54.7 (3)
 110HA T. Mitchell-Smith 30.1 (3)
 110HB no competitor
 400HA T. Mitchell-Smith 78.7 (4)
 400HB M. Wheeler 82.4 (3)
 3000SCA T. Mitchell-Smith 12:35.1 (4)
 3000SCB no competitor
 4x100 C. Murtagh, M. Murtagh, M. Wheeler, T. Mitchell-Smith. 55.0
 4x400 C. Murtagh (64.6), M. Wheeler (65.8), M. Murtagh (64.7), T. M. Smith (69.8) 4:24.9 (4)
 LJA C. Murtagh 5.17 (3) PB
 LJB M. Wheeler 4.85 (3)
 HJA M. Murtagh 1.00 (3)
 HJB C. Murtagh 1.00 (3)
 TJA C. Murtagh 10.62 (3)
 TJB M. Wheeler 9.54 (3)
 PVA C. Murtagh 2.60 (3) PB
 PVB M. Wheeler 2.20 (3)
 SPA M. Wheeler 8.48 (3) PB
 SPB P. Murtagh 6.49 (4)
 DTA C. Murtagh 25.10 (3) PB
 DTB M. Murtagh 18.72 (2) PB
 JTA M. Wheeler 27.38 (4)
 JTB P. Murtagh 24.61 (3)
 HTA P. Murtagh (4)
 HTB M. Wheeler (4)

| | |
|----------------------|-------|
| Luton | 170.5 |
| Horsham Blue Star | 139 |
| Eton Manor | 90 |
| VPH | 87.5 |
| Medway didn't appear | |

From: "Tim Mitchell-Smith"
 Sent: Tuesday, July 24, 2001
 Subject: Summer Parks League

Wayne,
 For your info, the runners on Sunday were Jim Roche, Tony Lashmar, Gary Bagnall, Peter McHugh DeClare, James Kennedy, George Csaszi, Mike Penman, Richard Martin, Jane Roche, Jo Sargent, Lynn Ashby, Sally Weddell, Leon Russell, Ben Drew & George Martin (hope I haven't missed anyone!) Times weren't recorded.

Our two relay teams were Tony, Gary, Jim, Mike Murtagh, Me & Mick Cairns then Leon, Ben, Aude-Claire, Lydia, Pete Snell & Roger Daniels. You've never witnessed anything quite like

Roger's anchor leg for victory in the B relay. It was hilarious and had us all tearing our hair out as he nearly managed to snatch defeat after taking off with a lead of over half a lap. But he rallied for the finish and just crossed the line in front to huge cheers. Non-running helpers were Doreen, Barbara, Debs Handforth, Rachel Massey, and Judith Burns.

Results for the series are apparently being put up on the Serpentine website: www.serpentine.org.uk although I don't know how promptly. Tim

Club Mile Champs, Mile End, 25 Jul 01

11 athletes took the line for the start of the 2001 1 mile club championship. Veteran Gordon Faulds took the lead with conviction setting a testing pace from the gun. At 400 metres the leaders' pace was brisk at 63 seconds, however, Gordon eased off over the next 200m allowing the pursuing trio of Jim Roche, Eddie Thomas and Simon Middleton to regroup behind him. With 1000m to go, Jim Roche took the lead and the halfway was reached in a more modest 2:15. As Jim began to ease away from a now-tiring Gordon, Eddie moved forward to track him. Moving into the back straight, the leading two were now more than 10 metres clear of Gordon and Simon. Then, with less than 500m to go, Simon stepped off the track, an already inflamed achilles tendon forcing him to retire from the race. Jim led the field into the last lap closely followed by Eddie, both 20 metres clear of the rest of the field who were now evenly spread out by the searing early pace. Jim tried to shake Eddie, as the two runners approached the final bend, but the decision to keep pace with the fast initial lap had taken the sting out of his acceleration and Eddie chose his moment, as they entered the finishing straight, to take the lead and win his second club championship race this season. Thanks to Roger Daniels & Paul Johnston for officiating. (Gordon Faulds reports)

| | |
|------------------|-----------------|
| 1. Eddie Thomas | 4:41.9 G |
| 2. Jim Roche | 4:43.5 S |
| 3. Gordon Faulds | 4:56.1 B |
| 4. Gary Bagnall | 5:01.0 |

| | |
|-----------------------|--------|
| 5. Tony Lashmar | 5:04.5 |
| 6. Lourens Malan | 5:14.9 |
| 7. James Waters | 5:15.5 |
| 8. Mike Penman | 5:29.2 |
| 9. Tim Mitchell-Smith | 5:38.0 |
| 10. Cecile Brugnoli | 7:03.7 |
| DNF Simon Middleton | |

Club Open 5M Course Handicap, 26 Jul 01

Not a bad turnout - particularly considering that this was the fourth race in 6 days! Congratulations go out to Jo Sargent for winning the race in a new PB (that qualifies as 7th in the all time top ten) and to Gary Bagnall who was fastest on the night. Nice to see Annie run the second fastest-ever ladies time (behind her own record) despite not feeling well. The handicapping seemed to work quite well, most people came in pretty close together (and yes, the handicapper will be having a stern word with himself about the dodgy time he put himself down for!). Thanks go to Mick Wheeler, Lydia Bruce-Burgess, Louise Guthrie, and Roger Daniels for officiating & supporting on the night. (Tim Mitchell-Smith reports)

| | <u>H'cap</u> | <u>Actual</u> |
|---------------------|--------------|---------------|
| 1 J. Sargent | 43:30 | 43:30 PB |
| 2 T. Mitchell-Smith | 43:50 | 31:50 PB |
| 3 M. Collins | 44:41 | 44:41* |
| 4 S. Perham | 44:43 | 33:43* |
| 5 G. Deathridge | 44:49 | 34:49 |
| 6 P. McHugh DeClare | 44:50 | 30:50 PB |
| 7 G. Walker | 45:03 | 34:18 |
| 8 M. Allen | 45:25 | 35:25* |
| 9 G. Bagnall | 45:27 | 29:42 |
| 10 G. Tiffany | 45:32 | 33:32* |
| 11 A. Markiewicz | 45:44 | 45:44 PB |
| 12 A. Gammon | 46:00 | 36:00 |
| 13. R. Martin | 46:02 | 34:02* |
| 14 T. Trowbridge | 47:02 | 47:02* |
| 15 T. Amor | 48:15 | 37:15* |
| 16 K. Whelan | 50:41 | 50:41* |

From: Randal Porter
 Sent: Monday, July 30
 Subject: Herne Hill Harriers Open Meet/ Walthamstow, Saturday

Hi Wayne--Alex made his debut in VPH club colours yesterday in the U15

Jo Sargent Wins 5M Handicap Race

boys race. Please give him a plug in the club 'zine.

R Porter 400 B race (3rd from 8) 54:30

R Porter 200 (3rd from 5) 25:00

A Simpson-Porter 100 U15 (4th from

6) 13:00 - It Begins!

Regards, Randal

Club 800m Champs, Mile End, 1 Aug 01

Disappointing turnout. I think on reflection maybe Wednesday nights aren't great for these race, although the track is certainly clear and easy to use. The feedback I've had - particularly from ladies following last week's race - is that a lot of people schedule Tuesdays and Thursdays for training with Wednesday as an easy/social day. In some cases, there's a danger of not getting away from the club - for instance, Aude-Claire helped out and ran a relay leg at the Summer Parks League on Sunday 22nd, trained at Walthamstow track Monday, the club Tuesday, ran a PB in the handicap on Thursday and took her coaching course on Sunday. She really didn't want to fit in the Wednesday as well, not entirely surprisingly. Similarly, Gary Bagnall ran his 4th race in 6 days in the handicap. Also, we're still in the middle of the holiday season which has affected the turnout a little bit.

That said, those that turned up put on a good race. At 7:45, we had four male runners plus Lydia - who was more interested in helping out than racing - with four spectators. We decided to run men only, borrowing Roger Daniels for the first few yards to give us five starters. Lourens took off like a bullet with Terry tucked in about 10 metres behind, Gary a further 10 metres back and myself just about holding off Roger! By the end of the first lap, the gap hadn't reduced at all and Lourens still appeared to be running very freely. Gary had dropped back quite a bit though and ultimately pulled up at the 500m point - no injury problem, just one of those nights. Lourens maintained his pace until about 650m, then Terry's extra experience showed as he timed his kick beautifully and

produced one of those famous Beackon sprints for the line. In the end, he won comfortably in a new PB by 0.4 second from last year. I was left kicking myself that I didn't bully the other three spectators (Simon Middleton - sensibly taking care with his leg with Saturday in mind, Dave Robinson Sr, and Mike Penman - out for at least a week or so with a very dodgy toe) into starting. I could have taken a glorious bronze medal - not that my run particularly merited one!

By this time, Judith Burns & Maura Regan had arrived so poor old Lydia was shaken out of the comfort zone and bullied into a ladies race. I cruised around as a guest in the race which was decided in the first 10 metres as Maura shot out ahead leaving Lydia comfortably clear of Judith. Maura's form was quite impressive, and she held her pace well despite running alone and won by a massive margin.

For some reason I was hyped up enough by now to turn the night into a training session so I ended up running another three 800m reps off a 2-minute recovery. I probably deserved the strange looks I got from everyone! Still I was quite pleased. It ended up being 1 rep at 800m pace, 1 at 5k pace and then 3 at mile pace. So I felt virtuous at least! (Tim Mitchell-Smith reports)

| | |
|--------------------|-------------|
| Terry Beackon | 2:06.9 PB G |
| Lourens Malan | 2:11.5 S |
| Tim Mitchell-Smith | 2:32.7 |
| Gary Bagnall | DNF |
| Roger Daniels | DNF |

| | |
|---------------------|----------|
| Maura Regan | 2:52.9 G |
| Lydia Bruce-Burgess | 3:28.2 |
| Judith Burns | 3:51.9 |

Appears on the Loughton AC Website

March 25th saw an organisational success for Loughton A.C. The Race Walking Association had planned to hold its 50k Mens Championship and 5k Women's Championship round a lap on army ground at Colchester. (50k is a marathon plus 5 miles for anyone who hasn't gone metric.) Foot and mouth disease and the recent bomb in London made the Army apprehensive of

strangers on its land and at short notice the R.W.A. had to cancel the event or find another venue. Your editor got the permission of Victoria Park Harriers (who had planned a club championship on that day which they moved to March 24th), officials from Tower Hamlets (who look after Victoria Park) and, most importantly, **Les Vials** (who provides refreshments at VPH club house) to hold the event there on the original date.

Appears in June 2001 Edition of National Masters News (The official Veterans World and U.S. publication)

"Back in the East End of London, Mike Boyles, who recently turned 40, finished third in the **long-established Victoria Park 5 Mile** in 24:57. Pam Jones, who will move into the W70 age category, got around the zigzag course in a fast 37:33."

From: "Jonathan Cullom"
<jon_cullom@yahoo.com>
Sent: Thursday, July 05, 2001 8:15 PM

Wayne-I'm back in the States til the end of September and want to thank you and everybody else for your kind reception and for being such a great club. Look forward to seeing everyone in the fall for 'cross. Jon

From: "Russell Sandbach"
To: "Richard Newbold \ (E-mail)"
Subject: Old Ford Primary School Sports Day
Date: Thu, 19 Jul 2001

Dear Richard,
Just a short note to once again, through you, thank all the members of the Harriers who gave up their free time on Tuesday to help at the sports day in Victoria Park, this is especially pertinent to those who came at lunch time and only helped with the tidying up as we'd sent the kids home. I know the school was also very pleased with the contribution the Harriers made and they have asked me to express their gratitude to you although I suspect that they might be writing to you themselves.

"the Harriers were seen as being very professional and organised"

The event went fine for a first attempt and such a big school but as with all events improvements could be made and we hope as a Trust to produce some notes to suggest improvements for future years within the next few weeks that I will share with you then.

Lastly let me share with you various comments that were made to me by the individual teachers, BPT staff and other helpers that we had on the day, generally these cantered around the fact that members of **the Harriers were seen as being very professional and organised** in their approach to the work that needed doing and were always willing to do any task that was asked of them. If we can be of any help in the future, either myself as an individual or as the Trust itself, please do not hesitate to get back in touch with me. Russell Sandbach

Hi Wayne,

Nice thank you letter from Russell. For VPH News, those attending the event from VPH were: Gary Bagnall, Lydia-Bruce Burgess, Judith Burns, Cecile Brugnoli, Jim Roche, Rich Newbold, Mike Wheeler, Damian Manning, Peter Snell and Gordon Faulds. Cheers, Rich

From: Harry Tempan

To: Wayne DuBose

Sent: Wednesday, July 18, 2001

Hi Wayne,

Thanks for all your efforts with the 75th Anniversary relay run. It was great to meet old friends not seen for so long and to see you had the support of so many young and active members. Thanks also for the latest magazine and the write-up. I must sadly deny the over 55 record of 4:23.3 secs for 1500 metres as I have never achieved that time in my life. My personal best was 4:27.3 at the Essex Champs in 1979 a week before my 54th birthday. I have twice pointed out this error to BVAFF officials. My best over 55 time was 4:29.95 at Brighton when I won the European 1500 at 59 in 1984. Best wishes to you and all at VPH, Harry

From: Pam Ackland-Snow

To: 'richard newbold'

Date: Wed, 18 Jul 2001

I think everyone enjoyed themselves. Lydia fell at the first hurdle in the 100m hurdles and didn't finish although she was OK. Sally had a go at the javelin and shot, and Aude-Clair at the discus and long jump. She came over to Walthamstow with us on Monday to practice the discus, and long jump. I know that she would really like to work on the 200m as well. She was going to do it on Saturday, but at the last moment backed out because Cai wanted to do it. Cecile did long jump, 1500m and 4x100 relay and Anna the 400m and 4x400 relay. Claire Walker also came along with her Mum and Dad, Garry. She did the U15 shot & long jump and finished second in both, although Steve reckoned she definitely had the best technique, she seemed to enjoy herself too. Our last meeting is on 1st September at Ashford. Pam

From: Pam Ackland-Snow

To: "Richard Newbold (E-mail 2)"

Hi Richard--Just to update you on Cai's results. Steve has posted the results on our web page, but not all the names and participants match up at the moment, due to last-minute changes.

High Jump - 1st - 1.40

200m - 4th - 32.3

Bye for now, Pam (Eton Manor AC)

Best VPH Southern League Performances Since 1994

100A K. Porter/D. Kosoko 11.5 (2000/1997)

100B D. Kosoko 11.6 (2000)

200A D. Kosoko 23.6 (1996)

200B K. Porter/D. Kosoko 23.7 (2000)

400A D. Wing 53.0 (1994)

400B R./L. Bruce 54.4 (1999)

800A M. Edmunds 2:01.0 (1994)

800B G. Bennett 2:04.8 (2000)

1500A G. Bennett 4:13.2 (2000)

1500B J. Roche 4:21.8 (1995)

5000A A. Wheeler 15:42.6 (1995)

5000B J. Roche 15:51.1 (2001)

110HA D. Robinson 18.2 (2001)

110HB L. Malan 18.5 (2001)

400HA L. Malan 60.5 (2001)

400HB D. Robinson 61.4 (2001)

3000SCA R. Newbold 9:59.5 (2001)

3000SCB G. Bagnall 10:18.3 (2001)

LJA L. Bruce 6.47 (1997)

LJB B. Underwood 6.18 (1997)

HJA L. Bruce 1.80 (1999)

HJB R. Bruce 1.70 (1998)

TJA R. Porter 12.55 (1997)

TJB R. Porter 12.42 (1998)

PVA W. DuBose 3.40 (1999)

PVB M. Topham 3.00 (2000)

SPA W. DuBose 11.65 (1995)

SPB R. Tufft 10.72 (2001)

DTA W. DuBose 35.57 (2000)

DTB R. Tufft 28.99 (2001)

JTA W. DuBose 50.52 (1995)

JTB R. Porter 39.89 (2000)

HTA R. Bruce 32.40 (1999)

HTB Jeff Schollhammer 26.99 (2001)

24 Jul 01

Dear Wayne--I have seen some great performances in the past few weeks which have been a privilege to watch. The Club Championship 5000m in which Tony Lashmar led all the way until the last lap with Eddie Thomas and Gary Bagnall sitting in all the way. Gary went for it off the last bend, then Eddie showed great sprinting speed to win. Also the Club 400m Champs in which Simon knocked about two seconds off his best to win in 53.4. We have now won five consecutive league matches. Will we win our 6th? I hope so. Last Sunday, I was at Crystal Palace to watch a triathlon for the first time and Tony Lashmar, Mick Cairns, Pete Snell, Sally Weddell, Judith Burns, and Laura Bano all did well. It's great to hear about our ladies joining Eton Manor this year on the track. I enclose a copy of a letter I've had from Hanna Robson. It's really pleasing to hear from her. All the best, Roger Daniels

Hi Roger and Gang--Well, I know it's been AGES so will fill you all in. I'm getting married on 15 September, here in New York. My Mum, Dad, family, etc. are all coming over so am very excited about that. His name is John Vasquez. Born and raised in the Bronx, N.Y. Met him running and cycling in Central Park. Have been together for 3 1/2 years, so about time we tied the knot and settled down. I'm still not able to run!! Two years now!! Two very bad knees, two operations later. Am just starting to ride my bike again. Luckily have been able to lift weights and swim

VPH Ladies Tackle Southern League

with upper body so in fair shape. Am still doing physio. Have gone back to school to get an Advanced Masters in Orthopaedic Medicine. Am thankfully halfway through. Am really enjoying life in the USA, so have decided to stay. Got my green card, just waiting for citizenship now. Think about you guys every now and then. Well, stay well, fit and healthy. Take care all. Hi to everyone. Love, Hanna

260 Seaman Apt # B7
New York, New York 10034 USA

Girlie Athletics/Athletics au Feminin (by Cecile Brugnoli and Louise Guthrie)

Southern League Div 4, Enfield, 23 Jun 01 (VPH Ladies competing under Eton Manor Colours)

Our first venture into the tough world of competitive athletics at Enfield on 23rd June gave us a bit of a shock. We were certainly not prepared for these nubile 17-year old girls from Tonbridge (or other equally scary teams...). But realising there was no turning back, we decided to face them in the name of VPH and to "make the best of it". So, many thanks to Kelly, Georgia and Aude-Claire who stood firm in the face of adversity. As I couldn't compete on the day, I helped Pam (Eton Manor Team Manager) as her assistant. This was not an easy job. Not only do you have to find 2 volunteers for each event (16 in total), you have to make sure that everybody registers in time before the event. It involves a lot of running around and getting totally stressed out (especially if you have no idea that the 100m, 200m, 400m and 1500m races all start at different points on the track!). Highlights of the day were two PBs: Georgia took nearly ten seconds off her best 1500m and Aude-Claire improved her discus performance by 92cm. We knew that Kelly was a very good long distance runner but she also proved to be a very good short distance athlete by being A string competitor for three tough events. And a special brownie point to Aude-Claire for competing in the high jump to get the team a much needed point.

100A K. May 17.0
100B G. Pettipher 17.5

200A K. May 35.7
400A K. May 79.3
1500A G. Pettipher 6:06.2 (PB)
LJA AC. Markiewicz 3.27
DTA AC. Markiewicz 14.82 (PB)

Southern League, Div 4, Enfield, 14 Jul 01 (VPH Ladies competing under Eton Manor Colours)

We came slightly better prepared for our second appearance on the Division 4 scene. Although Kelly and Georgia couldn't make it, VPH ladies were there in force. Present were Anna, Aude-Claire, Cai, Lydia, Sally, myself and Gary Walker's daughter Claire, competing in the under-15 category. The team managed to cover many more events than at the previous meeting and as a result, we finished 3rd in the match, in front of Tower Hamlets. We knew now from experience how fierce the competition was going to be, so we just enjoyed the day and got a few PBs on the way. Cai did very well in the two events she competed in, especially the high jump where she won the event. Claire proved to be following in the steps of her father by showing her talents as an athlete and finishing second in both events in which she took part. Lydia and Sally were holding off a little bit because they were planning to do the Crystal Palace triathlon the next day. I'm saying 'planning' because Lydia had an attempt at the 100m hurdles which ended in a bit of a disaster. As Lydia was facing the first hurdle, it suddenly rose up and tripped her into an almost-fatal fall. She hurt her wrist and was unable to cycle the next day and couldn't do the triathlon (good news is that now everything is back to normal). Sally improved her discus performance by 2.32m. Aude-Claire felt a bit weak on the day after having celebrated Bastille Day the night before, but she still managed to add a few centimetres to her long jump PB. Anna was a good A string competitor at the 400m and a very reasonable B string for the high jump. She also ran a leg of the 4x400m with the Eton Manor Ladies. I was very pleased at improving my 1500m by 19.1 seconds. I was helped a lot by Sacha (A string runner from Eton Manor) who pulled me along. As a little treat, I also ran one leg of the

4x100m which was quite fun.

200A C. Lewis 32.3
200B L. Bruce-Burgess 38.5
400A A. Fake 86.9
1500A C. Brugnoli 6:14.6 (PB)
LJA C. Brugnoli 3.67 (PB)
LJB AC. Markiewicz 3.31 (PB)
HJA C. Lewis 1.40
HJB A. Fake 1.20
SPA S. Weddell 4.47
DTA AC. Markiewicz 11.82
DTB S. Weddell 10.02 (PB)
JTB S. Weddell 7.32

Under 15s

SPA C. Walker 6.14 (2)
DTA C. Walker 16.94 (2)

Please note: Next and last meeting will be held in Ashford on Saturday 1st September. Contact me (Cecile) if you're interested in competing.

100 Club Winners

June

1st Prize - J. Roche (£50)
2nd Prize - G. Hart (£20)
3rd Prize - G. Bagnall (£10)

July

1st Prize - P. Franey (£50)
2nd Prize - J. Daniels (£20)
3rd Prize - T. Lashmar (£10)

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VPH NEWS

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