

# VPH & THAC NEWS

Circulation 262

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September 2003

## Men's Southern League Champs and Young Athletes League Champs

### Winter Schedule

Oct 7 Chingford League, Eastway (7pm)  
Oct 11 Met League, Woodford  
Oct 18 Chingford League, Loughton  
Oct 25 Arthur Coombes 3.5M Road Champs, Victoria Park  
Nov 1 Met League, Ruislip  
Nov 4 Chingford League, Eastway  
Nov 9 Rainforest 10k, Victoria Park  
Nov 15 Ware Cup, Loughton  
Nov 22 London XC Champs  
Nov 29 Met League, Horsenden Hill  
Dec 6 Club 5M XC Champs, Woodford  
Dec 13 Chingford League, Eton Manor  
Dec 20 North of the Thames 12k race (incl. Club 7.5M XC Champs)

### **2004**

Jan 3 Ching. League, Orion (Seniors only)  
Jan 6 Mob Match v Eton Manor Well St  
Jan 10 Met League, Wormwood Scrubbs  
Jan 24 Southern XC Champs, Parliament Hill (incl. Club 10m XC Champs)  
Jan 31 Met League (venue tbc)  
Feb 7 Middlesex XC Champs  
Feb 14 Chingford League, Victoria Park  
Feb 21 National XC, Leeds  
Feb 28 North of the Thames 8k race  
Mar 2 Chingford League, Eastway  
Mar 31 Physical Shield Road Relay, Loughton  
Apr 18 London Marathon, Blackheath  
\*\*Club Handicap races held on the last Thursday of each month.

### **FOLLOWING DATES TO BE CONFIRMED**

Mar 6 Mike Penman Memorial Mob Match (10k), Victoria Park  
Mar 13 Club 10M Club Champs incl. Margaret Muller Memorial Run, Vic Pk  
Mar 20 Club 20M Road Champs, Victoria Park  
Apr 4 SEAA 12-stage relays, Milton Keynes  
Apr 24 National 12-stage relays, Birmingham



**Terry Beackon in 800m Action**

### Summary of Achievements

- Men's Southern League Division 2 Champions!
- Young Athletes League Southern Division 2 East Champions!
- Symone Belle wins silver medal at U20 European Champs while Rikki Fifton excels in 4th place in 200m final (21.09)
- Pato Bangura wins silver in U20 National 100m Champs while Rikki Fifton picks up silver in U20 200m
- Richard Alleyne places 5th in Senior AAA 110H final, runs 14.00 club record, wins U23 international race, sets Southern League divisional record
- Georgia Wood wins European

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

Triathlon Champs silver medal and wins Assembly League women's title

- Millie Zah wins two London Schools titles
- Daniel Gibbons, Jerome Paul, Jayden Ali, Perri Shakes-Drayton, and Sareena Robinson represent the South of England

### 100 Club Winners

1st - £50; 2nd - £20, 3rd - £10

May winners: 1st Ron Iron; 2nd Frank Massingham; 3rd Len Williams

Jun winners: 1st Bob Dann; 2nd Mike Penman Memorial Fund; 3rd Colin Reid

Jul winners: 1st John George; 2nd S. Hart; 3rd Bob Franey

Aug winners: 1st Janice Cartwright; 2nd Doug Roche; 3rd John Anstey

See Gerry Franey for details about joining or grab a 100 Club standing order form at the bar. £2 monthly.

### Editorial

This has been a momentous track season in our second year as a merged club. You've read in the previous article of all of our achievements this year. Particularly impressive is the number of club track and field records set by our athletes. 55 in all!! As the men and youths go up into the next Division of their leagues, they must all prepare for much stronger competition. Put in a good winter's training and come out at a new level. With 87 female members at VPH&THAC, we have the potential for a women's championship team. Hopefully, 2004 will be the year that they pull it all together. The road season is just underway and we look forward to our first season in the Met League which offers a higher level of competition. The Chingford League offers good competition for our fledgling runners, but we need to expose ourselves to competing with the big boys and girls. This winter, train hard and run hard.

## Georgia Wins European Silver; Millie Wins London Schools Titles

### Open Meet, Stoke, 17 Jun 03

3000 Graham Bennett 9:08.3 (3)

### European Triathlon Championships, Carlsbad, Czech Republic, 21 Jun 03

Congratulations to Georgia Wood, the youngest finisher in the field, who won the silver medal in the European Triathlon Championships (20 - 24 age group), held in Carlsbad, Czech Republic. Georgia swapped the daily high heart rate of the patients at the London Chest Hospital for her own on the challenging course in Carlsbad. The population of the hill-based thermal spa resort is often frequented by Germans, most of whom are at the opposite end of the spectrum to the hundreds of triathletes that descended into the town for the four-day gathering. In the run up to the event, the town swarmed with lycra-clad athletes in national triathlon attire. Qualifying for these championships for the GB age group team was done either based on achievements at events held around the country or, in Georgia's case, by competing at the World Championships in Cancun, Mexico last year. As the herd of athletes began carbo-loading before the event, Georgia unfortunately got progressively ill as the big day approached. An eleventh hour decision (well, 6:55 am on the morning of competition) was made to participate in the event. Clutching a painful cramping stomach, she completed the 3 lap, 1.5K swim, and surprisingly pulled out an unexpected fast swim. After a sprint to the bike and a decision to carry on racing, she set off on her bike to tackle the 7 laps of the 40-kilometre bike course. Each lap consisted of a 24% hill, 500m in height paved with huge cobblestones. This certainly identified those who had put in a good winter's training on the bike. At this point, Georgia was struggling to keep down the fluids, and had dug into valuable reserves needed for the run. Into the second transition area in the centre of town and off on the four-lap run course. Running is usually Georgia's strongest event, but little did she know at the start that it would take her almost twice as long as

normal as the illness took hold. By this stage, the support from the GB team was enormous and even the commentator joined in over the tannoy to aid her through the pain barriers and complete the 10k course. After what seemed like an eternity (three hours after starting the race), she crossed the finish line to a roar of GB support... and was quickly escorted to the medical tent. Apart from her medal, Georgia was also presented with a cobble from the hill on the bike course for bravery by the team manager. Georgia would like to give a massive thanks to the Club for its kind and generous support which contributed to her taking part in these championships.

### London Schools Championships (Year 7), Tooting Bec, 24 Jun 03

70H Millie Zah 12.0 (1) 11.8 in heat  
LJ Millie Zah 4.19 (1)

### Open Meet, Battersea, 25 Jun 03

3000SC Tim Grose 9:56.97 (3)

### RAF Champs, Cosford, 25 Jun 03

400H Darren Robinson 55.95 (2)

### Open 5M Handicap, Victoria Park, 26 Jun 03

	<u>H'cap</u>	<u>Actual</u>
1 Oona Ball	43:48	43:48
2 Jo Sargent (13th All-Time)	45:09	39:09 PB
3 Rachel Bower (14th All-Time)	45:14	39:14
4 Brenda Puech	45:26	43:56
5 Tony Bunbury	45:38	35:38 PB
6 Veronica McCabe	45:58	45:58
7 Dave Robinson Sr	45:55	33:55
8 Sophie Critchlow	46:07	46:07 PB
9 Peter McH DeClare	46:10	32:10
10 Sarah Johnsen (7th All-Time)	46:15	37:15 PB
11 Debbie Bowler	46:27	45:27 PB
12 Tony Lashmar	46:56	28:56
13 Mark Sutton	47:27	35:27
14 Paula Orton	47:36	41:36
15 Jude Bly	48:01	30:01
16 Gary Deathridge	49:22	37:22
17= Tracey	51:15	50:15
17= Jade	51:15	50:15

### Southern League Div 2, Haringey, 28 Jun 03

With many of our very best athletes on call at the U20 AAA Champs and others

unavailable, we were always going to be in damage limitation mode. And so it proved as we finally lost our first Southern League match as a merged club after nine consecutive wins. Matters weren't helped that our hammer throwers didn't know that the competition started earlier than scheduled. Arriving in time for the sixth round, Wayne talked the officials into letting he and Lourens have one throw each. The very poor distances merely reflect the fear of getting no throws. However, we were never going to get our best throwers to the circle in time as Tony Alexander went to the wrong track, the Haringey Dog Track, and Richard Bruce's lady was feeling decidedly unwell in the latter stages of her pregnancy so Richard had to remain with her until she recovered. Before the match, Wayne had the opportunity to talk to Mike MacFarlane (recent coach to Dwain Chambers and current coach to #1 British woman sprinter Joyce Maduaka). Mike belonged to Victoria Park Harriers from 1974 - 78 and still holds several club records. The last time Wayne and Mike talked was in 1977. Later in the day, Wayne came up against Greg Richards in the shot putt. Greg (coach to Dean Macey) and Wayne competed together in a junior international decathlon against France in 1974. That was the last time they had talked. Although Greg finished his decathlon career with 7,700+ points, Wayne reminded him that he (Wayne) had a 100% record against him (Greg) in the decathlon (twice). Wayne didn't talk to Alastair Campbell, Tony Blair's spin doctor, who was also there watching his son compete. That would have been less exciting. Our very young sprint boys, who were deputising for our very experienced and fast sprint men, did themselves extremely proud. Chris Musa and Kylon Collins swept the 100m races while Kylon went to third in this year's club 200m rankings with a new PB. With Chris damaging his hamstring during the 100 (and almost pulling up during the race), Kylon teamed up with Marc Malone, Darren Robinson, and young Ben Chukwu-onu (making his A team debut) to narrowly miss winning the 4x100m relay, finishing just six-

# Darren Clark Sets Two PB's

hundredth of a second behind the winner. For my money, Darren Robinson was the Man of the Match as he took second in the 400H (behind the 54-second winner), moved to 3<sup>rd</sup> on the all-time club rankings in the 110m hurdles, won the 200m B race just 10 minutes after his hurdles effort, and finished off with a leg of the sprint relay. Well done, Darren! Another revelation this season, Shaun Alley, entered the 400m A race with a best of 53.5 but seemed to be out of sorts as he finished well behind the first two finishers. Little did we realise at that moment that the winner was running low 49's and Shaun was knocking almost a second and a half from his best! Over to our middle distance men and they performed with great distinction. Tim Grose secured his best 800/1500 combined result of the season with a 1<sup>st</sup> and a 2<sup>nd</sup>. In the 800, Richard Bruce backed up Tim's 2<sup>nd</sup> place with a very confident piece of running and a very strong finish. More to come from Richard as he returns from injury. In the 1500m, Tim got his revenge over his 800m conqueror by taking it out with 400m to go. Graham Bennett produced the goods in the B string with an easy win. In the 5000m, Sam Pullan ran a very gutsy race in very hot conditions and did everything possible to win, but was just pipped at the line. Nevertheless, Sam strengthened his position as the club's best 5000m runner with his first sub-16 minute clocking this year. In the 3000m steeplechase, Laurence Curley, despite diving head first into the water towards the end of the race, chopped a huge 16 seconds off his PB to just get beaten on the line but still become the Club's 11<sup>th</sup> best ever 'chaser. The field event of interest was the javelin where Lourens Malan opened with a huge PB of 43.30 to consolidate his place as the 6<sup>th</sup> best javelin thrower of all time using the new implement (in place since 1986). This throw leap-frogged him over Wayne in this year's club rankings. Lourens couldn't come near this in the remaining five throws as his technique came a little unstuck, but Wayne, sufficiently motivated after seeing Lourens' effort, had a series of 39.84, 40.19, 42.18, 42.21, NT, before

unleashing 43.11 with his final throw. With Lourens improving all the time, Wayne's run of 27 years as the number one thrower in the club (end of year rankings) may be coming to an end. The last few competitions between them should be interesting. Thanks to Gary Bagnall, Gary Walker, Anna Fake, Roger Daniels, Dave Robinson Jr, and Aude-Claire Markiewicz for helping with the officiating and to Jane Silvester for driving the athletes to and from the competition. Even after this loss, we're still top of the league. And with some of Enfield & Haringey's athletes being prepped in this match for their club's next British Athletics League match, they will therefore no longer be eligible to compete in the Southern League so their bid for the championship title may be stifled. But we face tough competition in our next match at Mile End when we'll be up against two teams in the top 5. We need to be at our best to have a shot at the title. See you there.

- 100A Chris Musa 11.2 (1)
- 100B Kylon Collins 11.5 (1)
- 200A Kylon Collins 22.59 (2) PB
- 200B Darren Robinson 23.02 (1)
- 400A Shaun Alley 52.15 (3)
- 400B Terry Beackon 55.5 (3)
- 800A Tim Grose 2:02.41 (2)
- 800B Richard Bruce 2:04.4 (1)
- 1500A Tim Grose 4:11.5 (1)
- 1500B Graham Bennett 4:15.5 (1)
- 5000A Sam Pullam 15:45.1 (2)
- 5000B James Waters 17:40.3 (2)
- 110HA Darren Robinson 16.0 (1) PB
- 110HB Lourens Malan 18.6 (2)
- 400HA Darren Robinson 59.4 (2)
- 400HB Rich Newbold 68.5 (4)
- 3000SCA Laurence Curley 10:12.65 (2)
- 3000SCB Rich Newbold 10:45.02 (2)
- 4x100 Marc Malone, Darren Robinson, Ben Chukwu-onu, Kylon Collins 45.23 (2)
- 4x400 Ben Chukwu-onu 56.71, Shaun Alley 53.45, Terry Beackon 54.09, Tim Grose 56.83 - 3:41.08
- LJA Lee Bruce 5.88 (3)
- LJB Marc Malone 5.13 (4)
- HJA Lee Bruce 1.80 (3)
- HJB Marc Malone 1.70 (3)
- TJA Lee Bruce 11.93 (3)
- TJB Marc Malone 10.95 (4)
- PVA Lourens Malan 3.00 (3)
- PVB Wayne DuBose 2.40 (2)
- SPA Tony Alexander 10.79 (4)

- SPB Wayne DuBose 10.01 (2)
- DTA Tony Alexander 27.02 (5)
- DTB Wayne DuBose 26.25 (3)
- JTA Lourens Malan 43.30 (3) PB
- JTB Wayne DuBose 43.11 (1)
- HTA Wayne DuBose 13.75 (5)
- HTB Lourens Malan 13.53 (5)

Enfield & Haringey	138
VPH&THAC	126
London Heathside	110
Hastings	95
Belgrave	60

## Southern League Div 4E, Canterbury, 28 Jun 03

On behalf of all of us, I would like to say well done to everyone who competed today. Due to a severely depleted side, everyone put themselves forward to fill positions that aren't usually empty, and performed with distinction. And despite this depletion, we weren't that many points away from a win which would have kept us in contention for promotion. To name any outstanding performances would detract from each individual's spiritual contribution, but I guess Darren would like me to mention his two PB's (Mike Wheeler reports)

- 100A Simon Butler 13.0 (4)
- 100B Dave Shortridge 12.8 (2)
- 200A Simon Butler DNF (torn hamstring)
- 200B Richard Saunders 25.7 (2)
- 400A Dave Shortridge 59.7 (3)
- 400B Darren Clark 62.1 (3)
- 800A Tony MacDowall 2.15.9 (4)
- 800B Dave Shortridge 2.29.1 (4)
- 1500A Gordon Faulds 4.32.7 (2)
- 1500B Tony MacDowall 4.50.9 (4)
- 5000A Tony Lashmar 16.42.7 (1)
- 5000B Damien Manning 18.16.2 (2)
- 110HA Richard Saunders 18.6 (2)
- 110HB Tony MacDowall 22.7 (1)
- 400HA Richards Saunders 60.5 (1)
- 400HB Darren Clark 76.1 (2) PB
- 3000SCA Colin Oxlade 11.25.1 (2)
- 3000SCB Tony Lashmar 11.35.8 (2)
- 4x100 50.1 (3)
- 4x400 Richard S 57.1, Gordon F 58.2, Darren C 60.96, Dave S 57.9 - 3.53.3 (3)
- LJA Simon Butler 5.44 (3)
- LJB Richard Saunders 5.22 (2)
- HJA Simon Butler 1.55 (1)
- HJB Darren Clark 1.40 (2) PB

# Pato and Rikki Bring Home National Silver

TJA Simon Butler 10.52 (3)  
 TJB Darren Clark 10.06 (2)  
 PVA Mike Wheeler 2.80 (1)  
 PVB Darren Clark 1.30 (2)  
 HTA Mike Wheeler 15.45 (3)  
 HTB Tony MacDowall 9.26 (3)  
 JTA Darren Clark 24.05 (4)  
 JTB Mike Wheeler 23.74 (3)  
 SPA Mike Wheeler 8.38 (3)  
 SPB Tony MacDowall 7.40 (3)  
 JTA Mike Wheeler 19.27 (4)  
 DTB Tony MacDowall 15.99 (2)

1st Invicta 129  
 2nd Southend 123  
 3rd VPHTHAC 122  
 4th Colchester 107

## AAA U20/23 Champs, Bedford, 28-9 Jun 03

Congratulations to Pato Bangura and Rikki Fifton for picking up silver medals at the Junior National Champs. Pato set a new club Junior and Senior sprint record.

U20 Men's 100m Final  
 Pato Bangura 10.49 (2) **Club Record**  
 U20 Men's 100m Semi-Final  
 Rikki Fifton 10.59w (5th)  
 U20 Men's 200m Final  
 Rikki Fifton 21.99 (2nd) 21.46 ht PB  
 U23 Men's 110H  
 Richard Alleyne 14.43 (4th) ws -1.8  
 14.28 ht

## Young Athletes League, Mile End, 29 Jun 03

### U13 Girls

75 T. Steele 11.2 (2) J. Chukwu-onu  
 11.7 (2)  
 150 R. Feeley 20.8 (1)  
 800 M. Zah 2:52.6 (3) M. Salter-  
 George 3.01.0 (2)  
 70H M. Zah 12.3 (1) M. Salter-George  
 23.8 (2)  
 HJ J. Chukwu-onu 1.30 (2) T. Steele  
 1.25 (1)  
 LJ M. Salter-George 3.10 (5)  
 SP T. Steele 5.73 (3)  
 4x100 VPH&THAC 59.0 (1)  
**U15 Girls**  
 100 E. Ali 13.3 (3) N. Duah 13.7 (2)  
 200 N. Duah 31.4 (4)  
 LJ E. Ali 4.49 (3) N. Duah 3.31 (4)  
 SP L. Blake 7.81 (1)  
 DT L. Blake 17.78 (2)  
 4x100 VPH&THAC 54.9 (2)

### U17 Women

300 Z. Duah 46.6 (2)  
 800 Z. Duah 2:51.9 (2)  
 1500 Z. Duah 7:03.7 (3)  
 SP Z. Duah 6.00 (3)  
 4x100 VPH&THAC 56.2 (2)

### U13 Boys

100 E. Kelchen 13.7 (1)  
 200 R. Bishop 30.7 (2) R. Regis 31.4(1)  
 800 R. Bishop (3) A. Ali (4)  
 1500 J. Brind 5:55 (3).4 R. Elliott  
 6:09.4 (2)  
 LJ A. Ali 3.68 (4) J. Brind 3.28 (2)  
 SP A. Wilson 8.90 (1)  
 4x100 VPH&THAC 60.0 (3)

### U15 Boys

100 D. Gibbons 11.8 (1) C. Paul 13.1 (1)  
 200 D. Gibbons 25.9 (1)  
 400 J. Paul 56.3 (1) T. Crosbie 56.3 (1)  
 800 S. Poinde 2:20.7 (1)  
 1500 A. Caraballo 4:51.6 (1)  
 3000 F. Osman 10:41.8 (1)  
 80H C. Paul 12.8 (1) J.Ali 13.9 (1)  
 HJ C. Paul 1.55 (1) T. Crosbie 1.40 (1)  
 PV J.Ali 2.50 (1)  
 LJ J. Paul 5.77 (1) M. Richards 4.40 (1)  
 SP E. Joseph 9.41 (2) D. Griffiths 6.48 (1)  
 DT E. Joseph 23.27 (2)  
 HT J. Ali 18.78 (3) M. Richards 18.10 (1)  
 JT D. Griffiths 18.65 (3)  
 4x100 VPH&THAC 51.4 (1)  
 4x400 VPH&THAC 4.04.5 (1)

### U17 Men

100 B. Chukwu-onu 11.9 (1) A.  
 Simpson 12.4 (1)  
 200 B. Chukwu-onu 23.9 (1) A. Duah  
 24.3 (1)  
 400 P. Ball 57.0 (2)  
 800 V. Oderinde 2:11.6 (3) J. Foley  
 2:20.6 (2)  
 1500 V. Oderinde 4:57.0 (4) C.  
 Longbottom 6:09.1 (2)  
 3000 C. Longbottom 12:20.5 (2)  
 LJ A. Duah 5.53 (2)  
 TJ W. Jones 11.15 (2) J. Foley 9.82 (1)  
 JT C. Longbottom 18.71 (3)  
 4x100 VPH&THAC 47.9 (1)  
 4x400 VPH&THAC 3:52.7 (1)

1 VPH&THAC 408  
 2 Thurrock 324  
 3 Invicta 273  
 4 London Heathside 263  
 5 Eton Manor 248  
 6 Ilford 229

## Young Athletes League Southern Division 2 East Champions 2003

### Final Standings

**VPH&THAC 1570.5 (22)**  
 Thurrock 1375.5 (19)  
 London Heathside 1082 (16)  
 Invicta East Kent 1052 (15)  
 Eton Manor 675 (7)  
 Ilford 634 (5)

## Assembly League, Dome, 3 Jul 03

Unlucky performance by the women's team. Although they finished 4th they were within a whisker off of 2nd place - just 4pts separating Dulwich in 2nd place, Eton Manor 3rd and ourselves.

1st H. Hardy (St Exch) 15:31  
 6th Tom Carrick 16:13  
 14th Tony Lashmar 16:37  
 26th Jude Bly 17:40  
 33rd Terry Beackon 17:59  
 45th Tim Mitchell-Smith 18:37  
 50th Ian McGilloway 18:54  
 53rd Dave Shortridge 19:09  
 70th Georgia Wood 20:07 (L3)  
 86th Tony Bunbury 21:10  
 100th Sarah Johnsen 21:51 (L12)  
 114th Elaine Battson 22:17 (L19)  
 123rd Georgia Pettipher 22:59 (L24)  
 125th Cecile Brugnoli 2 3:25 (L25)  
 132nd Dave Webb 24:32  
 136th Len Williams 24:57  
 138th Pats McGrogan 25:12 (L32)  
 141st Brenda Puech 25:31 (L34)  
 144th Debbie Bowler 25:53 (L36)  
 145th Louise Guthrie 26:01 (L37)  
 147th Sophie Critchlow 26:32 (L39)  
 149th Veronica McCabe 27:15 (L40)  
 150th Jacqueline Kemp 27:47 (L41)

### On The Night:

Men's A 4th, Men's B 5th, Women 4th  
 After 4 Races:

Men's A 5th, Men's B 5th, Women 5th  
 Individual Women:

**1. Georgia Wood 33pts**, 2. N Pantaja  
 22pts, 3. R Tabor 21pts

## Women's Southern League, Mile End, 5 Jul 03

If we separate the Seniors from the Under 15's, we would have won the match. As it was, we could not cope with the number of missing athletes at our home meeting. An excellent pole vault from Caryl Whittaker, a welcome return to Patricia Asante in the 400 and

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

# Rikki and Symone Represent Great Britain in Italy

Karenate Songhoron in the throws and well done to all those who amased points by covering events. (Alf Vickers reports)

## Seniors

- 100A Charlotte Mensah 14.1 (2)
- 100B Elizabeth Nassuna 14.5 (2)
- 200A Marian Shasanya 30.5 (2)
- 200B Elizabeth Nassuna 31.3 (2)
- 400A Patricia Asante 64.5 (1)
- 400B Zerlina Duah 67.0 (1)
- 800A Sarah Johnsen 2:47.8 (3)
- 1500A Lydia Bruce-Burgess 5:40.1 (3)
- 1500B Cecile Brugnoli 6:14.6 (2)
- 3000A Lydia Bruce-Burgess 12:15.8 (3)
- 3000B Sarah Johnsen 12:46.3 (2)
- 100HA Anna Fake 24.8 (1)
- 100HB Sarah Johnsen 30.2 (1)
- 400HA Anna Fake 93.8 (1)
- HJA Anna Fake 1.20 (2)
- PVA Caryl Whittaker 1.90 (1)
- PVB Anna Fake 1.00 (1)
- LJA Caryl Whittaker 4.50 (1)
- LJB Zerlina Duah 3.82 (2)
- TJA Zerlina Duah 9.49 (1)
- TJB Cecile Brugnoli 6.80 (1)
- SPA Karenate Songhoron 8.61 (2)
- SPB Sarah Johnsen 6.66 (2)
- DTA Karenate Songhoron 30.70 (1)
- DTB Anna Fake 9.68 (3)
- JTA Patricia Asante 15.11 (3)
- JTB Cecile Brugnoli 8.26 (3)
- HTA Karenate Songhoron 24.25 (1)
- 4x100 56.5 (2)
- 4x400 5:06.1 (2)

## U17

- 300HA Caryl Whittaker 52.2 (1)

## U15

- 100A Elizabeth Ali 13.4 (1)
- 200A Elizabeth Ali 27.4 (1)
- 800A Maxime Salter-George 3:02.2 (2)
- 75HA Louise Blake 15.8 (2)
- 75HB Maxime Salter-George 19.0 (1)
- HJA Maxime Salter-George 0.90 (3)
- LJA Elizabeth Ali 4.59 (2)
- SPA Louise Blake 8.10 (1)
- DTA Louise Blake 18.71 (1)

Cambridge & Colebridge 137  
 VPH&THAC 117  
 Eton Manor 96

## U20 International, Nove, Italy, 5 Jul 03

Rikki Fifton and Symone Belle boosted their hopes of selection for the European Junior Championships in

Finland with winning performances in Italy. They represented Great Britain under 20s against Italy and Poland in a meeting that gave the athletes a last chance to catch the eye of the selectors before they name the squad bound for Finland. Symone seized her opportunity in style by winning the 100m hurdles in a United Kingdom 'A' qualifying time of 13.75 which was the fourth fastest time by an U20 athlete in Europe this year. Rikki beat the UK 'B' standard for the second successive week, winning in the 6th fastest U20 in Europe this year. (Paul Janko reports)

- 200 (-1.4): 1. Fifton (GBR) 21.46
- 100H (0.0): 1. Belle (GBR) 13.75

## CLUB RECORD

### Open Meeting, Watford, 5 Jul 03

- 1500 Tim Grose 4:05.04 (11th)

### Summer Parks League 10K, Victoria Park, 6 Jul 03

- Garry Walker 43:10
- Tony Bunbury 45:56
- Cate Boyle 48:41
- Jo Sargent 48:55
- Pat McGrogan 54:51

All of these times in this fairly new road distance at the Park make the club all-time rankings. Go the website to see where you rank.

### English Schools, Sheffield, 11-12 Jul 03

- Junior Boys 100 Semi-Final D. Gibbons 11.54 (9th)
- Junior Boys 200 Jahangir Samad 23.68 (5th)
- Senior Boys 100 Heat Tunde Balogun 11.45 (7th)
- Junior Girls 200 Heat Perri Shakes Drayton 26.69 (5th)

**From:** Tim Grose

**Sent:** Sunday, July 13, 2003 1:43 PM

Claygate Country 5, Claygate, Surrey, 13 Jul 03  
 1st T Grose 27:29

Not too be outdone by our sprinters! 5th win in last 6 years and 3rd in a row. I won by about 30 seconds.

## Men's Southern League Div 2, Mile End, 12 Jul 03

The sweet smell of success came once again to VPH&THAC on a very hot summer's day as we put to bed two of the top five clubs in the division by winning over half the events (19 in all). With one match to go, promotion to Division 1 is assured and promotion as champions is a strong possibility. Highlights of the day must go to Richard Alleyne who broke the Division 2 sprint hurdles record by 0.2 secs and his own club Southern League record by 0.3 secs and also to Rikki Fifton who clipped 0.1 secs from Danny King's 27-year-old club Southern League record and over a second from his own personal best to win the A race from strong opposition and also to go 2<sup>nd</sup> in the Club's all-time rankings. Richard teamed up with Darren Robinson for the clean sweep of both hurdles races (110H and 400H). Apart from his divisional record, Richard also set a new PB in the longer hurdles distance and went a clear third on the club's all-time rankings while Darren equalled his best in the 110H B race. Also up to the task, Pato Bangura and Kylon Collins cleaned up in both sprints with the kind of displays that made you laugh at their margin of victories. Pato and Kylon later linked up with Richard Alleyne and Abdul Buhari for a very comfortable win and sub-44.0 clocking in the sprint relay. Although only finishing 2<sup>nd</sup> in the longer relay, the four-man team of Kylon Collins, Ibrahim Mansaray, Abdul Buhari, and Darren Robinson did have the distinction of running the fastest 4x400 time since the two clubs combined. Our middle-distance runners also racked up the points. In the 800 B race, Richard Bruce bided his time until the last 80 metres before piling it on for a very easy victory. He was almost falling over himself trying to slow down and stay behind the leader up to that point. Tim Grose was unusually not having the best of days and for once Graham Bennett got the better of him in the 1500. The end result was that Tim won the B string event. Once again, gutsy Sam Pullan paced himself well for a convincing win in the 5000m in very hot conditions.

# Richard Alleyne Sets Southern League Record

Having said that, Rich Newbold brushed the heat aside as he showed technical superiority over his main opponent and a much faster finish in the home straight as he knocked half a minute from his yearly best in the steeplechase and reminded us that he is still a force to be reckoned with. Gordon Faulds, making his A team debut this season, also ran well for a useful sub-11 minute clocking and a B string victory. In the jumps department, Abdul Buhari grabbed the long jump A string win while Marc Malone earned himself B string wins in the long and high jumps. The throwers as usual performed heroically. Despite having a very important engagement to attend, Tony Alexander convinced his family to detour via Mile End so that he could take part in the hammer throw. Thanks much, Tony. His efforts set up Richard Bruce nicely for a season's best and the B string win. In the shot putt, Lourens Malan excelled with a PB in the shot putt, while Wayne DuBose added 27 cm to his season's best. The javelin was to be a renewal of Lourens' and Wayne's rivalry for the club's number one spot. Unfortunately, Lourens sustained a shoulder injury and was only able to produce one valid throw for points before withdrawing. For the moment, in his 121<sup>st</sup> Southern League match (a club record), Wayne was able to get himself back to the top of the rankings by 78 cms. Once Lourens has healed and knowing his will to succeed, there'll be more to come. Thanks to the following for their assistance in making this a great day: Anna Fake, Major Carr, Rich Newbold, Mike Eldridge, Garry Walker, Terry Adams, Gary Bagnall, Tim Mitchell-Smith, Roger Daniels, Mike Wheeler (photographer) and Doug Roche. Portsmouth, here we come!

100A Pato Bangura 11.2 (1)  
100B Kylon Collins 11.7 (1)  
200A Pato Bangura 22.3 (1)  
200B Kylon Collins 23.1 (1)  
400A Rikki Fifton 49.2 (1)

### Club Southern League Record & PB

400B Victor Overinde 58.3 (3)  
800A Tim Grose 2:03.1 (3)  
800B Richard Bruce 2:05.5 (1)  
1500A Graham Bennett 4:12.7 (3)

1500B Tim Grose 4:22.8 (1)  
5000A Sam Pullan 15:55.0 (1)  
5000B James Waters 17:38.5 (2)  
110HA Richard Alleyne 14.4 (1)

### Division 2 Record

110HB Darren Robinson 16.0 (1) =PB  
400HA Darren Robinson 56.7 (1)  
400HB Richard Alleyne 56.0 (1) PB  
3000SCA Richard Newbold 10:14.7 (1)  
3000SCB Gordon Faulds 10:52.9 (2)  
4x100 R. Alleyne, K. Collins, Abdul Buhari, P. Bangura 43.9 (1)  
4x400 K. Collins 54.9, Ibrahim Mansaray 51.8, A. Buhari 53.7, D. Robinson 52.0 - 3:32.4 (2)  
LJA Abdul Buhari 6.30 (1)  
LJB Marc Malone 6.19 (1)  
HJA Lee Bruce 1.80 (3)  
HJB Marc Malone 1.75 (1)  
TJA Abdul Buhari 11.28 (4)  
TJB Marc Malone 11.10 (4)  
PVA Lourens Malan 3.00 (3)  
PVB Mike Wheeler 2.60 (4)  
SPA Wayne DuBose 10.59 (2)  
SPB Lourens Malan 9.81 (2) PB  
DTA Wayne DuBose 29.06 (4)  
DTB Richard Bruce 22.63 (4)  
JTA Wayne DuBose 44.08 (3)  
JTB Lourens Malan 34.58 (3)  
HTA Tony Alexander 31.88 (3)  
HTB Richard Bruce 27.49 (1)

VPH&THAC	144
Bexley	124.5
Thurrock	117
WG&EL	112.5
Oxford	didn't appear

### Men's Southern League Div 4E, Mile End, 12 Jul 03

Our B team acquitted themselves well with some solid performances. In the 100m B race, Jason Dwaah ran out a comfortable winner while in the 1500m, Tom Carrick and Jim Roche teamed up in the 1500m for the clean sweep, with Tom clipping half a second from his BAL Cup effort. Another event domination was in the pole vault where Terry Adams won the A string and Darren Clark followed suit with a PB height (by over two feet) in the B string. His ever enthusiastic presence was further rewarded with another three PBs in the javelin, 400m hurdles, and triple jump (equal). Also competing in the pole vault as a guest, 12-year-old Jonathan Browne (Darren

Robinson's brother) took part in his first ever pole vault competition and established a new U13 Boys record. In the throws, Randal Porter finally rediscovered his ability to throw the javelin and added over 10 metres to his season's best. All in all, a good team balance with our experienced athletes and eight teenagers taking part.

100A Keith Porter-Simpson 12.0 (2)  
100B Jason Dwaah 12.1 (1)  
200A Keith Porter-Simpson 24.7 (3)  
200B Darren Clark 26.8 (3)  
400A Eniola Oluwasanya 55.2 (4)  
400B David Shortridge 59.2 (3)  
800A Terry Beackon 2:04.7 (2)  
800B David Shortridge 2:12.0 (3)  
800 guests Victor Overinde 2:11.3; F. Osman 2:22.4  
1500A Tom Carrick 4:21.7 (1)  
1500B Jim Roche 4:30.6 (1)  
5000A Damian Manning 18:00.4 (2)  
5000B Tim Mitchell-Smith 19:14.4 (2)  
110HA Richard Saunders 19.4 (2)  
110HB No competitor  
400HA Richard Saunders 62.2 (2)  
400HB Darren Clark 74.5 (3) PB  
3000SCA Colin Oxlade 11:34.1 (2)  
3000SCB Jack Taylor 11:47.4 (2)  
4x100 K. Simpson-Porter, D. Clark, T. Beackon, J. Dwaah 48.6 (3)  
4x400 R. Saunders 56.7, D. Clark 59.9, D. Shortridge 58.0, T. Beackon 54.6 - 3:49.2 (3)  
LJA Richard Saunders 4.79 (4)  
LJB Darren Clark 4.62 (3)  
HJA Terry Beackon 1.45 (4)  
HJB Darren Clark 1.00 (3)  
TJA Darren Clark 10.11 (4) =PB  
TJB No competitor  
PVA Terry Adams 2.20 (1)  
PVB Darren Clark 2.00 (1) PB  
PV guest Jonathan Browne 1.60  
**(Inaugural U13 Club Record)**  
SPA Randal Porter 10.82 (2)  
SPB Shams Ghali 7.65 (2)  
DTA Randal Porter 25.70 (3)  
DTB Terry Beackon 18.17 (2)  
JTA Randal Porter 36.09 (2)  
JTB Darren Clark 27.00 (2) PB  
HTA Shams Ghali 20.81 (3)  
HTB Randal Porter 17.34 (3)

Barnet	145
Stevenage	144
VPH&THAC	121
St Albans	26

## Our Young Athletes Do The Business At Mile End

### On This Day on 16 Jul 03

- Darren Robinson ran 56.00 for 400H and 16.06 for 110H at the Inter Services Championships.
- Tanya and Richard Bruce announced the birth of Maizy at 0006 weighing in at 6lb 13oz.

### BAL Gold Cup Semi-Final, Copthall, 19 Jul 03

We entered this competition to expose ourselves to the realities of going up against the best clubs in England. By finishing 7th with 127 points, we have now established the baseline for future improvement.

#### **Men**

- 100 Rikki Fifton 11.1 (2)
- 200 Kylon Collins 23.6 (5)
- 400 Lourens Malan 52.6 (6)
- 800 Richard Bruce 2:01.9 (3)
- 1500 Tim Grose 4:09.0 (4)
- 5000 Graham Bennett 16:35.2 (4)
- 10000 Jim Roche 35:20.3 (5)
- 110H Richard Alleyne 14.6 (2)
- 400H Darren Robinson 58.0 (6)
- 3000SC Gordon Faulds 10:52.1 (6)
- 4x100 DNS
- 4x400 Dave Shortridge, Tim Grose, Lourens Malan, Graham Bennett 3:54.0 (8)
- LJ Marc Malone 5.62 (7)
- HJ Lourens Malan 1.60 (5)
- TJ Lourens Malan 12.37 (5) PB
- PV Mike Wheeler 2.80 (4)
- SP Wayne DuBose 10.17 (5)
- DT Wayne DuBose 31.99 (4)
- JT Wayne DuBose 39.70 (7)
- HT Richard Bruce 25.76 (7)

#### **Women**

- 100 Symone Belle 12.4 (1)
- 200 Elizabeth Nassuna 30.6 (7)
- 400 Elaine Battson 87.0 (7)
- 800 Sarah Johnsen 2:39.5 (8)
- 1500 Lydia Bruce-Burgess 5:41.0 (8)
- 3000 Georgia Wood 11:53.8 (7)
- 100H no competitor
- 400H Anna Fake 89.8 (7) PB
- 4x100 66.2 (6)
- 4x400 5:21.1 (6)
- LJ Symone Belle 5.69 (3)
- HJ Symone Belle 1.50 (3)
- TJ no competitor
- PV Anna Fake 1.70 (6)
- SP Karenate Songhoron 8.92 (7)
- DT Karenate Songhoron 33.67 (4) PB
- JT Clare Chapman 10.89 (7)
- HT Karenate Songhoron 16.26 (7)

### Young Athletes League, Mile End, 20 Jul 03

Terry Adams reports: This is to thank all those who came to Mile End Stadium on Sunday to help officiate and run the meeting. Our youngsters did very well on the day. We also had very much the 'A' team out in terms of those helping. Special thanks to Garry Walker, Clare, Anna, Rich N, Tim M-S, Gary Bagnall, Aude-Claire, Lourens, Alf, Dennis and Kim Ali, Graham Bennett, Chris Zah, Jane, Mick W, Kelvin and anyone I've forgotten who helped make the meeting such a success and enjoyable to run. You really make a difference!

Pete Snell reports: Next year, we'll be competing with Newham & Essex Beagles and Woodford Green, both of whom have well-established youth teams. A very good result for our first year of entering a mixed (boys and girls) team. That success has only been possible through the support of coaches, parents and teachers. Particular mention must go to Kelvin Richards and Chris Zah as enthusiastic coaches and team managers, to Dennis Ali, the coolest and most accurate timekeeper in Middlesex and to Shaun Purcell of Cardinal Pole School who has assisted at two meetings and positively encourages his athletes to benefit from the competition and coaching the Club provides. Saturday's meeting was a close run thing as we played leapfrog with Thurrock throughout the day. It was our unbeaten boys under 15 and under 17 relay teams who finally put the outcome beyond doubt.

Rich Newbold reports: Sunday proved beyond doubt that the merger between Tower Hamlets AC and Victoria Park Harriers was a great idea that is working wonderfully. While Rikki and Symone would have made the GB team for the European Junior Championships without a merger, it's 99% certain that neither of the old clubs could have organised a meeting like Sunday's Young Athletes' League fixture at Mile End and won it. It required lots of keen and dedicated young athletes and almost as many keen and dedicated officials and helpers. Congratulations to Terry Adams for pulling out all the stops and getting so many Club members down to

help. I've not been to a home T&F meeting where I've had so little to do and been able to watch so much of the action. Special thanks should also go to Joy and Ivor Wiggett, two of North London's stalwarts who played such key roles. The meeting got off to a great start with the solid preparatory work carried out by Trevor and his team at Mile End Stadium. This was followed-up with more pre-event work by Terry and Anna, sorting out the plethora of throwing implements required for such a complicated event. It's this unseen work that can really make all the difference. After that, I can't comment as I went gallivanting off to Mile End Park for a couple of hours of fun. However, when I came back, everything was running smoothly, there were helpers everywhere, Garry Walker had a results team (!!!) beavering away, and I had severe difficulty finding anything constructive to do! As for the performances on the track and in the field, events that caught my eye included the boys 4x400m relay where our U15 and U17 quartets battled it out with the lead changing on each leg. There were also some very good 4x100m performances by both our boys' and girls' teams. Given my own particular event bias, I was also deeply impressed by Fuad's hard-won 1500m win and by Jack Taylor's solo run in the 1500m steeplechase, the latter being a possible Club Record. Congratulations to the team for their efforts over the season and to the management team of Jane, Chris and Kelvin for all the persuading, cajoling and encouragement they've given the athletes during the year. Also a big pat on the back to Pete for his continued enthusiasm and not least for bringing such an able helper as Clare!

Wayne DuBose reports: Jayden's PV 2.80 is a new Boys U15 Club record, beating his previous record by 10 cm.

<b>Match Result</b>	
VPH&THAC	448.5
Thurrock	428.5
Invicta	293
London Heathside	234
Eton Manor	180
Ilford	176

# Symone Captures European Silver Medal!

## U13 Boys

100 A. Wilson 13.1 (1), R. Regis 14.4 (2)  
 200 A. Wilson 27.8 (1), T. Orilonishe 33.1 (4)  
 800 R. Bishop 2:49.5 (3), A. Ali 3:18.2 (3)  
 1500 J. Brind 5:58.2 (3)  
 LJ R. Regis 4.00 (4), R. Bishop 3.46 (2)  
 4 x 100 VPH&THAC 3 58.6 (3)

## U15 Boys

100 J. Samadi 11.6 (1) D. Gibbons 12.3 (2)  
 200 D. Gibbons 24.7 (1) T. Akimyenii 28.2 (1)  
 400 T. Crosbie 56.7 (1)  
 800 S. Poinde 2.20.1 (1) O. Abdinasir DQ  
 1500 O. Abdinasir 4.35.2 (1)  
 80H C. Paul 12.3 (1)  
 HJ J. Ali 1.35 (3) E. Joseph 1.35 (1)  
 PV J. Ali 2.80 (1)  
 LJ J. Paul 5.77 (1) M. Richards 4.26 (3)  
 SP E. Joseph 8.15 (2)  
 DT W. Thomas 21.75 (2) E. Joseph 18.17 (1)  
 HT M. Richards 20.37 (3) D. Griffiths 15.92 (2)  
 JT D. Griffiths 26.43 (3)  
 4 x 100 VPHTHAC 49.4 (1)  
 4 x 400 VPHTHAC 4.07.8 (1)

## U17 Men

100 A. Duah 11.6 (1) B. Chukwu-Onu 11.7 (1)  
 200 A. Babb 24.0 (1)  
 400 S. Alley 52.9 (1) L. Tapping 59.9 (2)  
 800 V. Oderinde 2:12.9 (2) J. Foley 2:20.1 (1)  
 1500 V. Oderinde 4:50.3 (3) J. Foley 5.05.7 (1)  
 1500SC J. Taylor 5.17.2 (1)  
 HJ A. Babb 1.70 (2=) W. Jones 1.50 (2)  
 LJ A. Babb 5.28 (3)  
 TJ W. Jones 11.78 (1) J. Foley 9.38 (1)  
 4 x 100 VPHTHAC 48.3 (1)  
 4 x 400 VPHTHAC 3.58.2 (1)

## U13 Girls

75 D. Dallenger 10.2 (1) J. Chukwu-Onu 11.6 (3)  
 800 M. Salter-George 3.05.2 (4)  
 70H M. Zah 12.1 (1) M. Salter-George 16.8 (2)  
 HJ J. Chukwu-Onu 1.31 (1) M. Salter-George 1.10 (2)  
 LJ M. Zah 4.06 (1) J. Chukwu-Onu 3.64 (1)

## U15 Girls

100 E. Ali 13.5 (3)  
 200 P. Drayton 26.7 (1) M. Duah 29.2 (3)  
 800 P. Drayton 2.33.1 (1)  
 75H R. Belle 13.5 (2) S. Robinson 13.4 (1)  
 HJ R. Belle 1.44 (1) S. Robinson 1.38 (1)  
 LJ E. Ali 4.56 (2) S. Robinson 4.48 (1)  
 SP L. Blake 8.07 (2) J. Dallenger 7.11 (1)

DT J. Dallenger 20.49 (1) L. Blake 17.45 (2)  
 JT L. Blake 15.78 (2) J. Dallenger 12.55 (2)  
 4 x 100 VPHTHAC 53.1 (1)

## U17 Women

100 M. Ayoola 13.5 (1)  
 200 M. Ayoola 27.9 (1) Z. Duah 30.1 (1)  
 300 Z. Duah 45.6 (1)  
 800 Z. Duah 2.47.6 (2)  
 JT M. Ayoola 11.74 (3)

## Final Standings

**1st VPH&THAC 1570.5 (22)**  
 2nd Thurrock 1375.5 (19); 3rd London Heathside 1082 (16); 4th Invicta East Kent 1052 (15); 5th Eton Manor 675 (7); 6th Ilford 634 (5)

## Club 5000m Champs, Battersea, 23 Jul 03

Sam Pullan 15:36.01 (running as guest)  
 Tim Grose 15:51.29 **G**  
 Jim Roche 16:41.36 **S**

From: "Richard Bruce"

Sent: Sunday, July 27, 2003

Ran 800m season's best in a gale at Finsbury Park today. 2nd in **2:00.87**. Nice to see electronic timing and photo finishes despite poor turnout. First lap 57.5, then I died up the back straight, into the wind. Regards, Richard Bruce

## European U20 Champs, Tampere, Finland, 24 - 27 Jul 03

Symone and Rikki did us proud at the U20 European Championships with Symone taking home two silver medals as she also ran in sprint relay heats. Women's 100H Symone Belle 13.53\* (2nd) **CLUB RECORD**; 13.60ht (2nd) \* 10th on UK U20 all-time rankings Men's 200m Rikki Fifton 21.09\* (4th) PB; 21.56 in heat (1st) \* 26th= on UK U20 all-time rankings Both have one more year as Juniors!!

## AAA Senior Champs, Birmingham, 25 - 7 Jul 03

Superb hurdling by Richard Alleyne saw him come oh so close to a 13.xx clocking for the sprint hurdles with a place in the final of the national champs as well as a new club record. 110H Final Richard Alleyne 14.10 (5th) -0.9 ws; 14.00 (2nd) in heats -1.9ws **CLUB RECORD**

## Club Champs, Mile End, 26 Jul 03

A good day's club athletics with Tim Grose setting a new 1500m championship record and Lourens Malan picking up the pentathlon title for the second year in a row.

Long Jump (Pentathlon event only)

### Senior Men

Lourens Malan 5.82  
 Kelvin Richards 5.09  
 Terry Beackon 4.64  
 Tim Mitchell-Smith 4.11

### U15 Boys

Michael Richards 4.03  
Senior Women  
 Cecile Brugnoli 3.17  
 Anna Fake 2.78

Javelin (Club Champs and Pent. event)

### Senior Men

Wayne DuBose 40.67 **G**  
 Lourens Malan 35.25 **S** (Best of 29.94 for pentathlon)  
 Kelvin Richards 32.66 **B**  
 Terry Beackon 23.33  
 Tim Mitchell-Smith 16.23 **PB**

### U15 Boys

Jerome Paul 24.89 **G**  
 Michael Richards 19.66 **S** (Best of 19.00 for pentathlon)  
Senior Women  
 Anna Fake 10.11 **G** (Best of 9.30 for pentathlon) **CLUB CHAMPS REC**  
 Cecile Brugnoli 7.73 **S**

200 (Club Champs and Pent. event)

### Senior Men

Lourens Malan 23.6 **G**  
 Terry Beackon 25.2 **S**  
 Kelvin Richards 26.4 **B**  
 Tim Mitchell-Smith 29.4 =**PB**

### U15 Boys

Osman Abdinasir 26.9 **G**  
 Michael Richards 31.8 **S**  
Senior Women  
 Anna Fake 31.8 **G**  
 Cecile Brugnoli 34.9 **S**

Discus (Club Champs and Pent. event)

### Senior Men

Wayne DuBose 28.98 **G**  
 Lourens Malan 27.04 **S** **PB** (Best of 24.01 for pentathlon)  
 Kelvin Richards 22.48 **B**  
 Terry Beackon 20.45  
 Garry Walker 16.99  
 Tim Mitchell-Smith 13.14

## Richard Alleyne Wins in His First International

U15 Boys

Michael Richards 22.36 G (Best of 21.30 for pentathlon)

Osman Abdinasir 20.29 S

Jerome Paul 18.98 B

Senior Women

Anna Fake 13.81 G (Best of 13.50 for pentathlon)

Cecile Brugnoli 10.33 S

1500 (Club Champs and Pent. event)

Senior Men

Tim Grose 4:11.4 G

**CLUB CHAMPS RECORD**

Gordon Faulds 4:29.6 (guest)

Osman Abdinasir 4:32.3 S

Terry Beackon 4:33.4 B PB

Lourens Malan 4:39.2

James Waters 4:39.8

David Shortridge 4:52.9

Tim Mitchell-Smith 5:02.3

Jon Mail 6:10.1

Kelvin Richards 6:28.0

U15 Boys

Osman Abdinasir 4:32.3 G

**INAUGURAL CLUB CHAMP REC**

Michael Richards 7:27.0 S

Senior Women

Cecile Brugnoli 6:11.0 G

**CLUB CHAMPS RECORD**

Anna Fake 6:30.0 S

Pentathlon

Senior Men

Lourens Malan 2645 G PB

Terry Beackon 2092 S PB

Kelvin Richards 1692 B

Tim Mitchell-Smith 1301 =PB!

U15 Boys

Michael Richards 847 G

**INAUGURAL CLUB CHAMP REC**

Senior Women

Anna Fake 838 G

**INAUGURAL CLUB CHAMP REC**

Cecile Brugnoli 719 S

**London Chest Hospital 3k/10k,  
Victoria Park, 27 Jul 03**

10k

132nd Elaine Battson 46:25 (2nd in F35-45 category)

179th Alison Marrs 49:04 (19th in FU35 category)

370th Ray Russo 65:15 (33rd in M50-60 category)

3k (all ages)

1st Leon Russell 11:05

3rd Alfie Jackson 11:46

**Open 5M Handicap, Victoria Park,**

**31 Jul 03**

	<u>H'cap</u>	<u>Actual</u>
1 Kacey Harrison	45:03	37:03 *

(5th all-time subject to joining)

2 Gary Deathridge	46:31	34:31
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3 Tony Bunbury	47:12	35:12 PB
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4 Dave Robinson Sr	47:50	33:50
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5 Denise Lewis	47:52	44:52
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6 Tony Lashmar	48:09	29:09
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7 Dave Webb	48:38	40:38
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8 Brenda Puech	48:45	43:45
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9 Paula Orton	48:50	43:50
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10 Garry Walker	48:54	34:54
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11 Jane Willdigg	50:13	47:13
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**Loughborough International**

**Development Match, 31 Jul 03**

'A' Final - Richard Alleyne 14.09 (7th) (14.07 in heats - 3rd)

**U23 International, Ashford, 2 Aug 03**

Congrats to Richard Alleyne on picking up his first GB international vest against France (and winning!).

110H R. Alleyne 14.28/-2.1ws (1st)

**Men's Southern League Div 2,**

**Portsmouth, 2 Aug 03**

Division 2 Champions!! But what a way to do it. Athletic aficionados from the early 80's will recall a well-known 1500m race in Europe where an American pacemaker, Tom Byers, set off at a ferocious pace in order to drag the likes of Steve Ovett and other world class runners to fast times. Nobody went with the pace and futher and futher Tom pulled away. On the last lap, Ovett and company woke up and started chasing Byers in earnest. Down the home straight to the finishing line, Byers was treading water big time as the other closed down to surely claim victory over him. Somehow, the unheralded American held it together and flopped over the line to claim a famous victory. And so it was for VPH&THAC. After winning the Division 3 title last year, there were those who thought a top 10 finish in Division 2 this year was possible. Very few dared talk aloud about promotion to Division 1, and nobody even thought of winning the title. However, at the first match, we won with a larger points score than anyone else and took an early lead at the top of the table. From there,

we extended our lead over the next two matches and held a useful two-point lead over the chasing teams. In match 4, Enfield beat us and the race for the title was on. We won match 5 and held a slim one-point lead over Enfield and Milton Keynes as we headed to Portsmouth for the final and deciding match against Milton Keynes. We were in the uncomfortable position of missing Pato Bangura, Sam Pullan, Lee Bruce, Abdul Buhari, Darren Robinson, and Richard Alleyne (who got called up for his first ever international. Way to go, Richard). This represented a significant reduction in team strength. Nevertheless, even if we finished last, we would still gain promotion to Division One. But when you've held the lead for so long, you want to hold on for the victory. We gained some comfort that we could finish second on the day as long as Milton Keynes didn't beat us by 60 points and as long as Enfield didn't score 40 points more than us in their match. However, we had to finish 2<sup>nd</sup> but midway through the afternoon, we received a nasty shock when we realised that, while Milton Keynes held a lead over us, Royal Navy was just four points behind. Third place and therefore losing the title loomed! However, a strong finish in the latter events pushed us well clear of Navy and, by the end of the match, 21.5 points behind Milton Keynes who tied us on league points (28) for the season. With Enfield losing their last match and with Milton Keynes not having accumulating an additional 38.5 match points over the course of season (which isn't a whole lot), Victoria Park Harriers & Tower Hamlets AC flopped over the finishing line to win the Divisional crown for the second year in a row, for the second year of its merged existence. It was a special group of athletes (and officials..Alf Vickers and Roger Daniels) from our club who endured in excess of five hours of travel to and from Portsmouth on the day (8 1/2 hours if you're silly enough to live in Cambridgeshire). There were many great performances on the day. Rikki Fifton easily won the 100m by perhaps 10 metres and was superbly backed up by Chris Musa and Kylon Collins who picked up all the wins in the remaining three sprints. Such was their margins

## Southern League Champions

of victory each time, that it's a fact there were really only three true sprinters in the stadium on that day. These three teamed up with Shaun Alley to win the sprint relay with the safest changeovers probably ever seen. The time was slow but the 5 points were in the bag. Having finished 4<sup>th</sup> in the European Junior 200m final in Finland the weekend before, Rikki really didn't have to run the 400m. He could have dictated the terms of his competitive interest and ran perhaps one spint and one relay. But he saw the team need to score points and he ran the long sprint. You're a gem, Rikki! Young Shaun Alley, hopefully inspired by Rikki's performance, bravely stormed off in the B race, gained a huge lead over the first 300m, and, despite losing lots of ground to the opposition down the home straight, held on for the win. A season's best by Tom Carrick in the 1500m B race to back up Tim Grose's 2<sup>nd</sup> place in the A race, a discus performance by Tony Alexander which propelled him to the top of the club rankings, Graham Bennett running 5000m despite an excruciating ankle injury which has now put him out for the season, and Gordon Fauld's best ever time for the steeplechase for our club were all instrumental in holding our position in the match. For my money, there were three special heroes on the day. Lourens Malan was the first. With our hurdlers and jumpers not available, Lourens moved in the fill the gap. However, not only did Lourens cover eight events, he had the audacity to achieve personal bests in three of them! The second was Rich Newbold who shouldn't have been competing with his leg injury. Nevertheless, he ran hurdles and relay races where there was literally nobody else to cover the events. A real team player! Finally, and in my mind, amazingly, there was Marc Malone who originally had no intention of competing due to injury until learning of the club's lack of jumpers. Not only did Marc travel the three hours to Portsmouth with the rest of the team, not only did he jump in pain (after taking aspirin provided by Wayne), Marc also jumped on a train back to London after his events were over so he could get to Stansted Airport in time to

fly off on holiday. Words can only fail to describe what he did for our club at Portsmouth. If heart, courage, and team spirit are indicators of how we're going to do in Division 1, then we're going to do well. See you up there.

100A Rikki Fifton 10.9 (1)  
 100B Chris Musa 11.3 (1)  
 200A Kylon Collins 22.6 (1)  
 200B Chris Musa 23.2 (1)  
 400A Rikki Fifton 51.0 (2)  
 400B Shaun Alley 52.7 (1)  
 800A Richard Bruce 2:02.0 (2)  
 800B Tim Grose 2:01.6 (3)  
 1500A Tim Grose 4:17.5 (2)  
 1500B Tom Carrick 4:19.2 (2) PB  
 5000A Tony Lashmar 16:41.4 (4)  
 5000B Graham Bennett 17:32.8 (2)  
 110HA Lourens Malan 17.2 (2) PB  
 110HB Richard Newbold 23.0 (4)  
 400HA Lourens Malan 59.4 (2) PB  
 400HB Richard Newbold 68.2 (5)  
 3000SCA Gordon Faulds 10:34.3 (2)  
 3000SCB Laurence Curley 10:36.3 (2)  
 4x100 Shaun Alley, Chris Musa, Kylon Collins, Rikki Fifton 45.8 (1)  
 4x400 Tim Grose 56.9, Tom Carrick 57.8, Lourens Malan 57.0, Richard Newbold 60.6 = 3:52.3 (4)  
 LJA Lourens Malan 6.01 (4) PB  
 LJB Marc Malone 5.64 (4)  
 HJA Marc Malone 1.80 (2)  
 HJB Lourens Malan 1.60 (3=)  
 TJA Lourens Malan 11.68 (4)  
 TJB Marc Malone 9.77 (4)  
 PVA Lourens Malan 2.80 (2)  
 PVB Wayne DuBose 2.40 (2)  
 SPA Tony Alexander 10.62 (3)  
 SPB Wayne DuBose 10.38 (2)  
 DTA Tony Alexander 33.41 (4)  
 DTB Wayne DuBose 27.84 (4)  
 JTA Lourens Malan 39.41 (4)  
 JTB Wayne DuBose 38.78 (2)  
 HTA Tony Alexander 35.46 (4)  
 HTB Richard Bruce 24.39 (3)

Milton Keynes 142  
 VPH&THAC 120.5  
 Royal Navy 108  
 Bracknell 88.5  
 Herts Phoenix 68

### Final Division 2 League Standings

<b>1st VPH &amp; THAC</b>	<b>810</b>	<b>28</b>
2nd Milton Keynes	771.5	28
3rd Enfield & Haringey	766.5	27
4th Newh & Essx Beagles	759	25
5th Tonbridge	723	24

From Mike Wheeler CHAMPIONS!!! Hope I'm not too premature with that title because it was hot off the press when I received it. Large congrats to all who competed and just as importantly, supported (officials, managers, drivers, etc.) our Div 2 team this season. Yet another top of the division victory. I'm beginning to wonder if Wayne's forecast that the club will represent GB in the next Olympics may just come true. I'm going down to the bookies on Monday to get a price. Well done all, Mike

### Men's Southern League Div 4E, Ware, 2 Aug 03

100A D. Kosoko 11.6 (2)  
 100B J. Dwaah 11.8 (2)  
 200A D. Clark 27.1 (5)  
 200B A. Simpson-Porter 25.0 (2)  
 400A D. Clark 60.7 (5)  
 400B J. Foley 59.5 (4)  
 800A D. Shortridge 2:13.2 (5)  
 800B J. Foley 2:21.4 (4)  
 1500A D. Shortridge 4:49.0 (5)  
 1500B J. Foley 5:18.4 (5)  
 5000A J. Waters 17:20.6 (3)  
 5000B D. Manning 18:34.8 (3)  
 110HA R. Porter 19.5 (4) PB  
 110HB No competitor  
 400HA D. Clark 74.5 (5) =PB  
 400HB No competitor  
 3000SCA C. Oxlade 11:44.9 (3)  
 3000SCB J. Waters 12:40.2 (3)  
 4x100 K. Simpson-Porter, A. Simpson Porter, D. Kosoko, J. Dwaah - 46.8 (3)  
 4x400 D. Clark, K. Simpson-Porter, D. Kosoko, D. Shortridge - 3:49.1 (4)  
 SPA R. Porter 10.61 (2)  
 SPB K. Richards 8.91 (3)  
 HTA R. Porter 18.51(4)  
 HTB K. Richards 21.12 (3)  
 DTA K. Richards 23.99 (4)  
 DTB R. Porter 21.19 (4)  
 JTA R. Porter 34.42 (3)  
 JTB K. Richards 23.06 (3)  
 LJA K. Richards 5.43 (5)  
 LJB W. Jones 5.30 (1)  
 TJA W. Jones 11.28 (3)  
 TJB R. Porter 11.14 (2)  
 HJA D. Clark 1.4 (5)  
 HJB W. Jones 1.4 (3)  
 PVA/B No contest-equipment unsafe

Blackheath	158
Harlow	132
VPH&THAC	90
Walthamstow	85
London Heathside	63

# Tony Bunbury Leads Club Home in Half Marathon

## Assembly League 3.5M, Victoria Park, 7 Aug 03

1. A Weir (St. Exch)	17:38
3. T Carrick	18:09 (25th all-time)
11. A. Lashmar	19:03
17. G. Faulds	19:20
19. P. Hampshire	19:34
26. R. Newbold	20:01
31. R. Bruce	20:21
35. C. Simpson	20:45
37. M. Cairns	20:56
44. L. Austin	21:38
45. D. Shortridge	21:40
52. J. George	21:59
61. G. Deathridge	22:42
63. G. Wood	23:00 (L2)
68. A. Bunbury	23:26
75. M. Sutton	24:11
81. S. Johnsen	24:51 (L8) (7th all-time)
90. S. Mendis	25:40 (L14) (10th all-time)
95. R. Baker	26:29 (L17) (17th All-Time subject to joining)
104. D. Webb	27:43
108. D. O'Sullivan	28:40
110. B. Puech	29:49 (L24)
111. P. Orton	30:10 (L25)
116. P. McGrogan	31:20 (L29)

Men's A - 3rd  
Men's B - 2nd  
Women's A - 2nd  
Women's B - 9th (2nd B Team)

## Womens Southern League, Barn Elms, Richmond, 9 Aug 03

U15

100 Maame Duah	13.9 (2) Millie Zah
14.5 (1)	
200 Perri Drayton	26.3 (1) Maame Duah
30.4 (1)	
800 Perri Drayton	2:43.6 (1)
75H Millie Zah	1st 12.8 (1) Serena Robinson
1st 13.6 (1)	
4x100 Duah, Blake, Robinson, Drayton	55.3 (1)
High Jump Serena Robinson	1.50 (1)
Long Jump Serena Robinson	4.74 (1)
Millie Zah	3.81 (1)
Shot Louise Blake	8.44 (1)
Discus Louise Blake	18.47 (1)
Javelin Louise Blake	18.74 (1)

### Seniors

100 Marie Ayoola	13.7 (3) Amander Ranger
13.4 (1)	
200 Johnelle Gibbons	28.7 (3)

Amander Ranger	29.4 (2)
400 Zerlina Duah	64.9 (2)
800 Michele Bishop	2:33.3 (3) Lorraine Bishop
2:35.3 (1)	
1500 Lorraine Bishop	5:50.3 (2) Cecile Brugnoli
6:20.0 (2)	
3000 Lydia B. Burgess	12:33.7 (2) Sarah Johnsen
13:19.8 (1)	
100H Anna Fake	25.2 (1)
400H Sarah Johnsen	88.3 (2) Anna Fake
94.5 (1)	
4x100 Nassuna, Gibbons, Ayoola, Ranger	55.1 (1)
4x400 Johnsen, M. Bishop, Brugnoli, Markewicz.	5:06.7 (2)
Pole Vault Anna Fake	3rd 1.70 (3)
Caryl Whittaker	1.70 (2)
High Jump Caryl Whittaker	1st 1.25 (1)
Anna Fake	1.20 (1)
Long Jump Caryl Whittaker	2nd 4.21 (2) Kari Oyenuga
4.20 (1)	
Triple Jump Zerlina Duah	9.07 (2)
Shot Karenate Songhoron	8.73 (2)
Discus Karenate Songhoron	1st 30.41 (1) Aude C Markewicz
13.25 (2)	
Javelin Sarah Johnsen	2nd 11.97 (2)
Aude C Markewicz	11.95 (1)
Hammer Karenate Songhoron	18.64 (3)
Non Scoring 100 Johnelle Gibbons	13.5
Elizabeth Nassuna	14.5

Wycombe	160
VPTH	143
Hillingdon	59
Ilford	30

## 800m Club Champs, Mile End, 13 Aug 03

### Senior Men

Tim Grose	2:02.3 G
Terry Beackon	2:07.3 S
Lourens Malan	2:10.7 B
Gordon Faulds	2:12.7

### Senior Women

Sarah Johnsen	2:42.8 G
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### **CLUB CHAMPS RECORD**

Anna Fake	2:58.3 S
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### U17 Men

James Foley	2:20.0 G
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### U15 Boys

Osman Abdinasir	2:12.0 G
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**CLUB CHAMPS RECORD** (beating George Hayden's 29-year-old record by over five seconds!)

Congratulations to all and thanks to Roger Daniels for his help officiating.

From Alf Vickers

Fri Aug 15 2003

Symone has been in Belgium this week running in senior competitions. In the first on Wednesday (13th), she recorded 13.74 (5th) in the 100 hurdles and today (15th) she ran 13.70 (3rd). These are her 3rd and 4th best times. She also took part in the long jump, finishing second in **5.99** metres, a season's best.

From: Anthony Bunbury

Sent: 18 August 2003

To: Timothy Mitchell-Smith

Subject: Runners Quest Hackney Marsh Half Marathon

Hi Tim,

The Mbrace Runners Quest Hackney Half Marathon went well. The event was well organised - all club members commented how friendly and encouraging the marshals and organisers were. A goody bag, medal and certificate topped it off. They even managed to get the weather right this year - maybe that was just luck.

From Pats McGrogan:

Burning down the house! Tony (the flying) Bunbury clocked a PB of 1:39 this morning at the Hackney Marsh Half Marathon. Is this man unstoppable? Well done also to Brenda, Casey, Sumi, Elaine, Jacqueline, Jo, and the lovely Roger who cheered us through all six laps and had enough energy left to hand out kisses at the finish line. A super friendly and well organised event and a good day for us all.

## Runners Quest Hackney Marsh Half Marathon, 17 Aug 03

18th Anthony Bunbury	1:39:17
26th Sumi Mendis	1:45:26
32nd Elaine Battson	1:49:12
37th Joanna Sargent	1:50:46
59th Brenda Puech	2:01:41
60th Pats McGrogan	2:01:45

## Club Champs, Mile End, 20 Aug 03

The men's 400m race was great to watch with Terry Beackon taking the early lead but then in true Lourens' style, Mr Malan thundered past in the last 200m to secure the title. Osman had a good race but unfortunately for

## Sarah Johnsen Picks Up 11 Club Championship Golds in 2003!

Darren, tight leg muscles meant that he hobbled the last 100m. The game plan in the ladies race was that I'd chase after Sarah and she'd run away from me. Seemed to work as we both secured PB's. Thanks to everyone for all the help and support, Roger, Tony L, Pat and friend...and thanks as well to the boys who stayed to cheer us on in the 5,000m. Special thanks to Osman for keeping me company on the last three laps! (Anna Fake reports)

### Senior Men 400m

1. Lourens Malan 53.9 **G**
2. Terry Beackon 55.7 **S**
3. Darren Clarke 83.9 **B**

### U15 Men 400m

1. Osman Abdinasir 59.3 **G**

### Senior Women 400

1. Sarah Johnsen 69.8 (PB) **G**  
**CLUB CHAMPS RECORD**
2. Anna Fake 74.9 (PB) **S**

### Senior Ladies 5,000m

1. Sarah Johnsen 22:25 **G**  
**CLUB CHAMPS RECORD**
2. Anna Fake 29:16 **S**

### Club Champs, Mile End, 23 Aug 03

Thanks to everyone who helped out, particularly Dennis, Roger and Terry, and to Sally, Lydia, Tony and Pats for supporting. It was good to see so many juniors turning out for the club champs. Unfortunately, the senior men and junior and senior women were slightly lacking. (Anna Fake reports)

### U15 100

1. Jayden Ali 12.7 **G**
2. Osman Abdinasir 13.3 **S**
3. Ashley Wilson 13.6 **B**
4. Elliott Joseph 13.7
5. Michael Richards 14.6

### U17 100

1. Wayne Jones 12.6 **G**
2. Hashim Goodsir 12.7 **S**

### Senior 100

1. Jason Dwaah 11.6 **G**
2. Lourens Malan 11.8 **S**
3. Terry Beackon 12.8 **B**
4. Darren Clarke 12.9

5. Gordon Faulds 13.1
6. Ian McGilloway 14.0

### Senior Women

1. Sarah Johnsen 14.7 **G**
2. Anna Fake 15.7 **S**

### Long Jump

#### Senior Men

1. Lourens Malan 5.94 **G**
2. Terry Beackon 4.77 **S**
3. Ian McGilloway 4.25 **B**

#### Senior Women

1. Sarah Johnsen 3.85 **G**
2. Anna Fake 3.24 **S**

### U20 Men

1. Darren Clarke 5.35 **G**
2. Hashim Goodsir 5.06 **S**

### U17 Men

1. Wayne Jones 5.12 **G**

### U15 Men

1. Jayden Ali 5.04 **G**
2. Osman Abdinasir 5.02 **S**
3. Michael Richards 4.70 **B**
4. Ashley Wilson 4.63

### High Jump

#### Senior Men

1. Lourens Malan 1.65 **G**
2. Osman Abdinasir 1.60 **S**
3. Hashim Goodsir 1.60 **B**
4. Wayne Jones 1.50
5. Terry Beackon 1.40
6. Ashley Wilson 1.40
7. Jayden Ali 1.35
8. Elliott Joseph 1.35
9. Darren Clarke 1.30
10. Ian McGilloway 1.30
11. Michael Richards 1.25

### U20 Men

1. Darren Clark 1.30 **G**

### U17 Men

1. Hashim Goodsir 1.60 **G** **EQUALS**  
**26-YR OLD U17 CHAMPS REC**
2. Wayne Jones 1.50 **S**

### U15 Boys

1. Osman Abdinasir 1.60 **G**
2. Jayden Ali 1.35 **S**
3. Elliott Joseph 1.35 **B**

### U13 Boys

1. Ashley Wilson 1.40 **G** **INAUGURAL**  
**U13 CLUB CHAMPS RECORD**

### Senior Women

1. Sarah Johnsen 1.25 **G**
2. Anna Fake 1.15 **S**

### Shot Putt

#### Senior Men (7.26kg)

1. Tony Alexander 10.30 **G**
2. Lourens Malan 9.01 **S**
3. Terry Beackon 8.04 **B**
4. Ian McGilloway 5.82

#### Senior Women (4kg)

1. Sarah Johnsen 6.30 **G**
2. Anna Fake 5.53 **S**

### U20 Men (5kg)

1. Darren Clarke 7.05 **G**

### U17 Men (4kg)

1. Wayne Jones 8.29 **G** **INAUGURAL**  
**U17 CLUB CHAMPS RECORD**

### U15 Boys (3.25kg)

1. Jayden Ali 9.55 **G** **INAUGURAL U15**  
**CLUB CHAMPS RECORD**
2. Ashley Wilson 9.14 **S**
3. Michael Richards 8.81 **B**
4. Elliott Joseph 8.40

### Triple Jump

#### Senior Men

1. Lourens Malan 11.67 **G**
2. Terry Beackon 9.48 **S**

### U20 Men

1. Darren Clarke 9.50 **G**  
**INAUGURAL U20 CLUB CHAMPS**  
**RECORD**

### U17 Men

1. Wayne Jones 11.24 **G**  
**INAUGURAL U17 CLUB CHAMPS**  
**RECORD**

### U15 Men

1. Osman Abdinasir 9.79 **G**
2. Michael Richards 9.37 **S**
3. Ashley Jones 9.42 **B**

### Senior Women

1. Sarah Johnsen 8.09 **G**  
**CLUB CHAMPS RECORD**
2. Anna Fake 6.77 **S**

# Lourens Malan Beats 29-Year-Old Club Record

Mile  
 Senior Men  
 1. Terry Beackon 5:15.9 **G**  
 2. Osman Abdinasir 5:17.7 **S**  
 3. Ian McGilloway 5:31.7 **B**  
 DNF Hashim Goodsir

Senior Women  
 1. Sarah Johnsen 6:15.6 **G**  
**CLUB CHAMPS RECORD**  
 DNF Anna Fake

## SEAA U20 & U15 Inter-County Match, Abingdon, 24 Aug 03

U20 Men  
 100 Rikki Fifton 10.87 (2)  
 200 ht R. Fifton 21.80 (2) ws -3.2mps  
 U15 Boys  
 100 Daniel Gibbons 11.74 (2)  
 400 Jerome Paul 58.08 (6th ht)  
 PV Jayden Ali 2.50 (6)  
 U15 Girls  
 200 Perri Shakes-Drayton 26.27 (3)  
 LJ Sareena Robinson 4.80 (6)

## Colchester & Tendring Open, 25 Aug 03

U15 Boys  
 400 Jerome Paul 56.7 (1)  
 1500 Osman Abdinasir 4:34.2 (1)  
 80H Carl Paul 12.5 (3)  
 LJ Jerome Paul 5.59 (2)  
 HJ Osman Abdinasir 1.55 (1)  
 U13 Boys  
 100 Ashley Wilson 13.6 (3)  
 200 Ashley Wilson 28.0 (3)  
 HJ Ashley Wilson 1.45 (2=)  
 U17 Girls  
 SP Karenate Songhoron 9.20 (2)  
 DT Karenate Songhoron 28.38 (2)  
 U15 Girls  
 LJ Sareena Robinson 4.68 (3)  
 HJ Sareena Robinson 1.45 (1)  
 U13 Girls  
 70H Millie Zah 11.9 (1)

## Open 5M Handicap, Victoria Park, 28 Aug 03

	<u>H'cap</u>	<u>Actual</u>
1 Andrzej Gajbutowicz	42:05	42:05 *
2 Georgia Pettipher	43:08	40:08
3 Oona Ball	43:54	40:54 <b>PB</b>
(20th All-Time)		
4 Brenda Puech	44:23	41:23 <b>PB</b>
(21st= All-Time)		
5 Pats McGrogan	44:23	41:23 *
(21st= All-Time)		
6 Alison Marrs	44:27	40:27 <b>PB</b>

(18th All-Time)  
 7 Tim Amor 45:46 35:46  
 8 Tony Lashmar 45:48 28:48  
 9 Mark Sutton 45:52 35:52  
 10 Veronica McCabe 45:54 45:54  
 11 Jamie Barber 46:02 40:02 \*  
 12 Tony Bunbury 46:04 35:04 **PB**  
 13 Mike Wheeler 46:11 40:11  
 14 Katy Denny 46:14 46:14 **PB**  
 15 Terry Beackon 46:20 29:50 **PB**  
 16 Gary Deathridge 46:34 34:34  
 17 Peter McH. DeClare 47:15 32:15  
 18 Paula Orton 47:31 43:31  
 19 Annie Gammon 48:07 38:07  
 20 Dave Leigh 48:14 48:14 \*  
 21 Lee Bruce 49:44 39:44 \*

## Club Champs, Mile End, 30 Aug 03

400m Hurdles  
 Race 1  
 1st Lourens Malan 62.5 **G**  
 2nd Richard Saunders 63.4 **S**  
 3rd Terry Beackon 67.5 **B**  
 4th Dave Shortridge 75.0  
 5th Darren Clark 75.2 **G (U20)**

## **INAUGURAL U20 CLUB CHAMPS RECORD**

Race 2  
 1st Jayden Ali 69.0 **G (U15)**  
**INAUGURAL U15 CLUB CHAMPS RECORD**  
 2nd Tim Mitchell-Smith 81.2  
 3rd Sarah Johnsen 88.0 **G**  
**INAUGURAL SR WOMEN CLUB CHAMPS RECORD**  
 4th Anna Fake 96.5 **S**  
 DNF Terry Adams

Senior Men 110m Hurdles  
 1st Lourens Malan 17.1 **G**  
**CLUB CHAMPS RECORD** (beat Vernon Bramble's 29-year-old record by 0.3 secs)  
 2nd Terry Beackon 23.4 **S**  
 3rd Dave Shortridge 26.4 **B**

Senior Women 100m Hurdles  
 Jayden Ali 15.8 (guest)  
 Darren Clark 18.9 (guest)  
 Sarah Johnsen 22.9 **G**  
**INAUGURAL SR WOMEN CLUB CHAMPS REC**  
 Anna Fake 23.0 **S**

Pole Vault  
 Lourens Malan 3.00 **G**  
 Jayden Ali 2.90 **S in SR MEN & G in U15 (CLUB U15 REC &**

## **INAUGURAL U15 CLUB CHAMPS REC)**

Terry Adams 2.20 **B**  
 Darren Clark 2.20 (U20)  
**G in U20 (INAUGURAL U20 CLUB CHAMPS REC)**  
 Terry Beackon 1.90  
 Tim Mitchell-Smith 1.50

1st= Anna Fake 1.70 **G**  
 1st= Aude-Claire Markiewicz 1.70 **G**

## 3000M S/C

Senior Men  
 Terry Beackon 11:46.4 **G**  
 Tim Mitchell-Smith 12:00.7 **S**  
 Lourens Malan 12:01.5 **B**  
 James Waters 12:08.7  
 Dave Shortridge 12:38.2

Senior Women  
 Sarah Johnsen 15:23.6 **G**  
 Anna Fake 17:38.1 **S**

## Hammer Throw

Shams Ghali 21.76 **G**  
 Lourens Malan 18.46 **S**  
 Terry Beackon 15.24 **B**  
 Tim Mitchell-Smith 11.69

U20 Hammer  
 Darren Clark 10.89 **G**

U15 Hammer  
 Jayden Ali 23.93 **G**

Sr Women's Hammer  
 Aude-Claire Markiewicz 16.34 **G**  
**CLUB CHAMPS RECORD**  
 Sarah Johnsen 14.85 **S**  
 Anna Fake 12.55 **B**

From: Terry Beackon  
 Sent: 03 September 2003  
 To: Tim Grose

The steeplechase went really well for me on Saturday - James Waters had a slight lead on me for a couple of laps - I just tucked in behind for a while then started to pull away due to his unorthodox barrier approach! I quite enjoyed my first attempt at this event, not too bad a time considering having done the two hurdles events beforehand Hope your 800 goes well tonight!!  
 Terry

# Georgia Wins Assembly League Title

From: Tim Grose

Sent: 04 September 2003

To: Terry Beackon

Well done Terry. Tough afternoon for sure by the sound of it! Another 2:01 for me tonight at Watford! Last 3 800s 2:01.52, 2:01.4 (Horsham mid Aug), 2:01.6 (Portsmouth) so consistent if not the sub-2 looking for. What with a recent cold and holiday, been off the track for a few weeks. Only a 60 1st lap today. Cheers, Tim

From: Tim Grose

Sent: Thursday, September 04, 2003

Regards track races only 2:01.52 tonight for 5th at Watford (Wed 3rd) with Dave Shortridge running a PB of 2:11.62 and ones at Horsham 2:01.4, 57.1, 4:23.9 on Sun Aug 14th to add. Came 3rd in 800 A race, 6th/6 400 B race, 2nd 1500. tonight my 1st race since Horsham. Horsham is current season's best, tonight 2nd best, last SML 2:01.6 3rd - all very consistent if not spectacular. Oh, there was a BMC 1500 at Solihull Wed 6th Aug 4:06.26 (2nd best this year)

## U20 Inter Regional Match, Watford 31 Aug 03

Rikki and Symone represented the South of England.

Men 100 Metres +0.9 m/s

3 Rikki Fifton 10.88

Men 200 Metres +0.03 m/s

3 Rikki Fifton 22.03

Women 100 Metres Hurdles +1.2 m/s

1 Symone Belle 14.18

From: Tim Grose

Sent: Sunday, September 07, 2003

I nearly got beat by a woman in 800 today at Barn Elms (London). I set off averagely fast and Lucy Vaughan inched past down back straight and I was back in 5th or so. I then perked up and headed towards the front and led through bell in mid-58. Was still leading with 50m to go when did a dying swan impresssion and Eddie Bayne of Heathside came past, 2:01.9 - 2:02.2. Lucy was just behind in 2:03.5 which is a season's best for her unless I missed something last week. For me, although less than a second outside my SB, was only 5th best time this year. Seem to stuck on 2:01 this year.

From: Peter McHugh

To: Wayne DuBose

Sent: Thursday, September 11, 2003

Subject: Bristol Half Marathon

Hi Wayne,

Tony Lashmar's official time was 75:40 for what was a really outstanding position of 37th (10,000 entrants, 6,770 starters). This was a PB for him by about 50 secs. He also achieved a 10 mile PB in 57 minutes. Tony is really flying at the moment but there is yet more to come. With a few changes to his training schedule, I think he'll soon get down to circa 2:35 for the marathon although probably not in his next event in Berlin later this month. My official time was 86.04 but I don't yet have the overall position (other than a long way down the field!). I was 7th in over 50's as I don't think that there was a 55 age group. Thanks for your interest. Hope you are well. Best regards, Peter

## Assembly League 2.8M, Forbanks, 4 Sep 03

7. Jim Roche 15:10

16. Jude Bly 15:59 (14th all-time)

26. Terry Beackon 16:33 (19th all-time)

31. Tim Mitchell-Smith 16:42

34. Mick Cairns 16:53 (23rd all-time)

52. Georgia Wood 18:13 (L4)

75. Sarah Johnsen 19:47 (L10) (4th all-time)

112. Pats McGrogan 23:12 (L25) (14th all-time)

114. Brenda Puech 23:38 (L26) (15th all-time)

Ran off-course - Ray Russo (same old criticism about lack of course markers or marshall's I'm afraid. Seen it happen too many times at Forbanks now. Tim

Men's A 6th

Men's B 7th

Women's A 3rd

Women's B 9th (4th B Team)

Final Positions

Men's A 5th

Men's B 5th

Women's A 4th

Women's B 11th (4th B Team)

## **Women's League Champion -** **Georgia Wood**

Men's 5th Place Tom Carrick

## Chingford League Relay 6x2.25M, Highams Park, 13 Sep 03

Jim Roche 13:56

Tony Lashmar 12:24

(Just 4 seconds from all-time rankings)

Gordon Faulds 12:37

Terry Beackon 13:48

Ian McGilloway 13:43

Rich Newbold 13:08

79:36 (6th)

Osman Abdinasir 13:23

M. Toth 15:19

Tim Mitchell-Smith 14:13

Gerry Franey 15:24

Tony MacDowall 14:46

Terry Beackon 14:18

87:23 (12th)

## Middlesex County & Open 10K Road, Victoria Park, 14 Sep 03

Overall Mddx

8th Tony Lashmar 35:06 7M

28th Osman Abdinasir 39:35 Guest  
(Ranks 11th all-time)

40th Terry Beackon 41:24 26M

56th Dave Shortridge 44:28 35M

71th Elaine Battson 49:01 8W

78th Pats McGrogan 51:42 9W

(Ranks 8th all-time)

From: Tim Grose

Sent: Monday, September 15, 2003

I had a good 800 at Southampton on Sunday coming 2nd (and winning a medal!) but frustratingly was just 0.3 outside SB with a 2:01.7 yet this was my 4th best time this year. I've now got 7 clockings within a second of 2:01.4!

I was in 3rd through bell in 59 and running quite strongly. Bit of a breeze up home straight so wasn't the fastest of days. With 200 to go Iskender Ibrahim of LH came past but it was not decisive and retook him and the good vet Steve Lowe of WSEH (2:01 last week apparently) into the home straight and was quite strong up it to leave the others trailing. Think 3rd was 2:03 or so. Was holding the winner Russell Osborn but he was comfortably clear in 2:00.2. Considering he's done 1:56 this year, pleased to be that close. Also pleased to get revenge on Eddie Bayne of LH who edged me last week. This time he was never really in it and did 2:05.

Cheers, Tim

## When Aude-Claire Met Svetlana

### Annual General Meeting,

**Thursday 30th October 2003**

This date is something that all members of VPH&THAC should be focusing upon. It is the date of the Annual General Meeting, which will provide members with their opportunity to change the Club, elect officers and acknowledge the achievements of their peers. Any members interested in joining the Board of Directors should contact Club Secretary Veronica McCabe for details of what is involved and how to submit their application. The AGM provides the opportunity to create Life-Members and Life Vice-Presidents of the Club. These titles are rewards for long and dedicated service on behalf of VPH&THAC and the two former athletics clubs from which it was created. The titles are not given automatically but are assessed according to the consistency and depth of an individual's contribution to Club life. The names of any nominees, with their date of joining and a summary of their efforts and achievements should be passed to the Secretary for scrutiny by the Board. As well as the Life awards, VPH&THAC can also elect a Club President and Vice-Presidents. Again, the names of any nominees should be given in writing to the Club Secretary for the Board's assessment. Finally, all VPH&THAC members have the opportunity to submit suggestions for Rule Changes. These should be passed to the Club Secretary. Queries should be directed to [info@vphthac.org.uk](mailto:info@vphthac.org.uk) or via any of the current Board of Directors: Terry Adams, Gary Bagnall, Wayne DuBose, Veronica McCabe, Richard Newbold, Tim Mitchell-Smith, Jane Silvester, Peter Snell, Darren Stobbart and Alf Vickers.

From: Aude Claire Markiewicz  
Sent: Monday, August 11, 2003  
Wayne,

Here is a photo of my new friend, pole vault champion Svetlana Feofanova. I met her at the Norwich Union British Grand Prix Meeting at Crystal Palace on Friday. Simply amazing, I still can't believe it. She unfortunately didn't win the competition and came second. She failed the 4.83 height against her fellow Russian competitor. She was rather



**Aude-Claire Markiewicz and Svetlana Feofanova, World Pole Vault Champion**

upset as she probably wanted to do another world record and get her title back (that she totally deserves in my view). After her event, I saw her disappearing behind the stands and guessed she was going to the Ladies. After a lot of hesitation and without really thinking, I decided I was going to see her. I followed her and saw her talking to her manager in Russian. They were like arguing and she was crying, I think. Like two well-trained paparazzis, I came back with my favourite photographer Gary Bagnall. Thanks to Tony Bunbury who lent to us his camera. Gary took pictures and we had a chat with her. She is very modest and friendly and doesn't speak very good English (who am I to say that, hey?). I was like a 15-year-old girl meeting her favourite pop star, imagine... I was so excited and impressed that I didn't even think of asking sensible questions like how she started pole vault, what was her training like, etc.). I only managed to say how fantastic she was and that to me, she is the world champion of all times and will be again very soon (Editor's Note: Svetlana did indeed win the World Championships a few weeks later). We cheered her up and we did put a smile on her face! I also told her that I was doing pole vault and that she gave me inspiration. She said she'll be in Paris.

I just cannot wait to see her there. When we came back to our seats, Tony Bunbury, Tony Lashmar, Jim Roche and Roger laughed at me when they saw the state of me. She did make my day!!! Cheers, Aude-Claire

Hi Wayne,

I was sorting out some stuff last week and came across my first training diary. Here are a few extracts:

Tue, 11 Oct 77 - 6 miles road with Wayne, Steve, & Pete

Thur, 20 Oct 77 - 10 miles road with Wayne & Tony

Mon, 24 Oct 77 - 10 miles road with Wayne

Thur, 3 Nov 77 - 8.5 miles road with Wayne, Keith, John, Ron, & Colm

Tue, 8 Nov 77 - 10 miles road with Wayne

Mon, 14 Nov 77 - 10 miles road with Wayne

Tue, 15 Nov 77 - 10 miles road with Wayne & Dave

Mon, 28 Nov 77 - 10 miles road with Wayne & Mike

You used to do some mileage in those days, didn't you!!! Cheers, Take Care, Lee Kohn

Dear Lee--So how come you appear in our all-time top 25 in road races and I don't :-). Cheers, Wayne

31 Aug 03

Dear Wayne,

I wish to congratulate those of the Men's Southern League A team and all others on becoming champions of Division 2 and promotion to Division 1..really great. Also, in the club championships I believe we have some new champions, so well done. It is also really great to have such large turnouts for barbeques, handicap races, other races, and working parties. Well done also to them. I look forward with bated breath for greater things to come. Yours, Roger

PS What about a 24-hour fundraising relay run at the old Park track or round the Park mile loop getting individual and company sponsorship?

15 Sep 03

Dear Wayne,

Thanks again for VPH&THAC News. With Jack Flowers passing away, we have lost a gentleman of the old school. Rich Newbold mentioned in Jack's funeral report that he had been talkin to an old member of the Club whose name he couldn't remember. His name was Albert Cottingham. The bit about the 1960 10M XC Championship race brought back



**VPH&THAC Clubhouse Headquarters**

memories of crossing the River Ching when in flood on this particular day I had decided to use a solid-looking log in the middle to enable me to cross. Unfortunately, when I used the log in the race, it was anything but solid. It spun round when I stepped on it, leaving me in mid-river, wet and with three

up as a member of our charitable company.

All the best, Wayne

From: "PAUL JANKO"

Sent: August 16, 2003

I would like to express my thanks to all club members who contacted me over the death of my mother. It has been greatly appreciated. Paul

more laps to go. I enclose a donation to the club. Regards to everyone, Henry Tabberer

Dear Henry, Many thanks for your very generous £ 5 0 donation and thanks for signing

## VPH & THAC NEWS

**Victoria Park Harriers & Tower Hamlets AC**

c/o Wayne DuBose

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St Ives, Cambs

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