

❖ VPH NEWS ❖

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Southern League Champs!

After a gap of 15 years, we can once again proclaim ourselves as Southern League Champions. After a perfect "6 wins out of 6" season, we venture into Division 4 with lots of confidence. Our experiment with a Division 8 team was also a total success with them gaining promotion as well. I won't go into a lot of detail here as it's all well covered on the inside pages. I will say that I was constantly challenged with finding new ways to continually report that we won an event. "Victory", "first place", and "win" were used a total of 94 times for the A team this season.



Track Captain Randal Porter On His Way To 400m Victory at Portsmouth

finish down to one point for the 20th VPH'er. These points are accumulated throughout the season. You can afford to miss a small number of races per category and still receive equal consideration as if you ran all possible races. At the end of the season, the top three points scorers receive medals. The first race to score points is the One Mile Road Race Champs on 17 Sept. A score chart will be posted so all can follow the progress of this competition.

Annual General Meeting

This year's AGM is scheduled for Thursday, 22 October at 7:45pm in the Clubhouse bar. This is the official notification to all members.

Pay Your Subs By Direct Debit

You can now pay annual subs by direct debit at £5 per month. Set up to reach "Victoria Park Harriers", account no. 71086820, Midland Bank, 20 Electric Parade, George Lane, Woodford, London, E18 2LX, sorting code 40-06-23. Starting month is November.

100 Club Winners

Mar/Apr P. Spencer
May M. Gonzales
(I'll print the 100 Club winners from June to September in the November

VPH World Wide Web Site

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

issue of VPH News.)

Happy Birthday, VPH

VPH's official birthdate is 28 Aug 1926.

Errata/Updates

Mar 98 VPH News (pg 2) - Although Richard Newbold won the Arthur Coombes 3.5M Trophy (instituted in 1984) for an unprecedented fourth time, John Anstey hold the record for the most consecutive wins with five achieved from 1973 - 1977.

Mar 98 VPH News (pg 10) - Add 220 champ for 1958 L. Logan 24.3

May 98 VPH News (pg 2) - Add "23rd T. Lashmar 16:51 (PB)" at Assembly League 2 April Blackheath

May 98 VPH News (pg 9) - Add LJ Champ for 1969 J. Ferrary 5.62

Harry Tempan's Record Beaten

Athletics Weekly reported that Harlow's Nat Fisher ran 4:33.0 to beat the UK M60 1500m record of 4:36.04 previously held by our very own Harry Tempan.

Track Captain's Tips For Successful Winter Training (by Randal Porter)

If you follow these golden rules, you'll have a great season next year and collectively we'll kick some Southern League Division 4 butt.

1. **Decide now when to start winter training.** It's very easy to procrastinate and, before you know it, winter is over and you've missed a golden opportunity to increase fitness and power. (cont'd on

Key VPH Dates

Thur, 17 Sep Club 1M Road Champs
Sat, 26 Sep Southern 6-Stage Relay
Tue, 29 Sep Chingford League, Eastway
Tue, 16 Oct Chingford L'gue, Loughton
Thur, 22 Oct AGM, VPH HQ
Sat, 24 Oct Club 3.5M Champs
Tue, 3 Nov Chingford League, Eastway
Sat, 5 Dec Ware Cup
Sat, 12 Dec Kids Xmas Party, VPH HQ
Sat, 19 Dec Chingford L'gue, Highams Pk
Sat, 19 Dec Xmas Party, VPH HQ
Tue, 5 Jan Mob Match vs Eton Manor
Sat, 16 Jan Chingford L'gue, Trent Pk
Sat, 20 Feb Chingford L'gue, Vict. Park
Tue, 2 Mar Chingford League, Eastway
Tue, 30 Mar Physical Shield, Loughton

Boswell League

For those of you unfamiliar with this club competition, here's a short summary. Over the course of the winter, VPH competes in about 20 races. In the Boswell League, these are grouped into three categories: Chingford League, Club Championships, and Other. For each race you run in, you receive points. Twenty points for the first VPH'er to

Club Membership Fees

£50 for regular members
(students pay half-price)
or £10 for honorary/associate members. (due 1 November)

Bests For Tony Lashmar and Mick Wheeler in Assembly League

Assembly League 2.9M, Forbanks, 4 June 98

Well done to Tony Lashmar who took 15 seconds off his personal best and to Mick Wheeler who crushed his best, set in the corresponding race last year, by 63 seconds.

1	J. Moores (Kent)	14:14
10	T. O'Neill	15:10
16	T. Lashmar	15:35 PB
46	R. Vialls	17:01
68	A. McCourt	18:01
70	M. Wheeler	18:12 PB
79	G. Franey	18:47
84	A. Ramanathan	19:04

A Teams (12 teams)

1	Kent	20
7	VPH	150

B Teams (8 teams)

1	Kent	82
6	VPH	348

League Positions After 3 Races

A Teams (12 teams)

1	Kent	45
2	Stock Exchange	41
3	Dulwich Runners	37
4	VPH	36
5	Dartford	31

B Teams (10 teams)

1	Kent	45
2	Dulwich Runners	40
3	Stock Exchange	39
4	VPH	36
5	Eton Manor	33

Ladies Teams (9 teams)

1	Dulwich	27
4	VPH	14

Individuals

1	L. Reilly (Kent)	72
7	T. O'Neill	48

Southern League Division 5, Portsmouth, 6 June 98

Talk about a close call. With erroneous information given out by the announcer, we believed we had an unassailable lead going into the last event,

the 4x400m relay. Further erroneous information had us eventually winning the match by just one point. By the time the Athletic Weekly results came out, our margin of victory had stretched to six points. If Chichester had won the 4x400m relay and we had been disqualified, we would have lost this meet. Fortunately, we came out the better with many heroic efforts over the five-hour meet. The scene was set at VPH HQ when 39 men, women, and children boarded the coach to embark on the 2.5-hour journey. This strength in numbers included the 12-man A team and 9-man B team. In the 100m sprint, Dean Kosoko ran to second place, equalling the fastest time by a VPH'er this year. Team Captain Randal Porter really inspired with a very gutsy run in the 400m B race. With a narrow lead coming in the home straight, he barely held on and collapsed in a heap of jelly at the end. By the time we arrived back home at 8:30, he still hadn't completely recovered from the exertion of that race. Fortunately, Randal had previously won the B string long jump, pulled out some clutch triple jumping to set up the B string win for Lee Bruce, and teamed up with Winston Letman, Lee Bruce, and anchor man Dean Kosoko to finally complete a sprint relay after not finishing on two previous attempts. Jon Greenwell was in sparkling form, setting a PB in the 1500m (by 0.8 secs). Another of Jon's major contributions was pointing out that we had been given one less point in the 800m than we should have received. Jon and Richard Newbold put a huge effort into the last lap of the 1500m where the Chichester A runner was winning with their B runner threatening to overtake both Jon and Richard. Fortunately, they held on to prevent yet another opportunity for a Chichester match victory. For my money, Richard was track hero of the day. He started off with the 400m hurdles, then the 800m, ran his fastest 1500m this year which was absolutely vital, and, knowing the tightness of match points between us and Chichester, put his tired body on the starting line of the 3000m steeplechase. With Jim Roche and Terry O'Neill unavail-

able, Tony Lashmar took on both the 5000m (running a PB) and the 3000m steeplechase to gain very valuable points. We welcomed Ron Vialls who stepped out from his Division 8 team role to help out in the 5000m. Thanks, Ron. Danny Henderson continued to impress in the sprint hurdles by setting a PB for the second match in succession. Let's talk about field events. This match has to be the best display of VPH jumping and throwing since perhaps the early 1980's. In terms of quantitative measurement, out of the 16 events in the field, we won 11 and placed second in 5. As usual, Lee and Richard Bruce really cleaned up with a total of six wins between them. Apart from first-place finishes in the A string high jump and B string triple jump, Lee also took honours in the 110m hurdles B race. Not to mention running in both relays. Brother Richard got his wins in the A string hammer, B string high jump, and B string discus. He ran in the long relay as well as the 400m in his best time this season and was mighty pleased with going over 30 metres in the javelin. For the first time this season, Richard beat out Wayne DuBose as the Club's top point scorer on the day, 26 points to 24. Fact of the matter is that there are some team members who are absolutely indispensable to the team. Richard and Lee are definitely two of them. Wayne DuBose had another outstanding day gaining A string wins in the shot putt, discus, javelin, and pole vault. The pole vault competition was particularly interesting with Wayne, due to injury and work-related travelling, still unable to find the time to practice this event. Once again, he started very cautiously coming in at 2.20m, clearing that, and 2.40m, using the metal pole technique. At 2.60, he needed all three attempts to gain some semblance of technique to clear the height. With his involvement in other events, he returned when the bar was at 3.00m. His vaulting compatriot, Mark Topham who finished at 2.60m, let him know that a clearance at this height would gain victories for the both of them. Wayne's first attempt resulted in his knocking the bar off with

Mick Fitzgibbon Picks Up First Win For B Team

his feet as he was rising upwards. He set the uprights back and cleared easily on his second attempt. Unfortunately, the wind blew the pole into the bar, dislodging it for a failure. On his third and final attempt, he once again cleared easily and, this time, threw his pole very hard away from the bar to ensure a clearance. If mental energy had anything to do with it, then Mark's urgings did the trick. With the javelin about to start, Wayne deferred further attempts at higher heights. As the coach departed, Randal addressed the team and supporters with a very upbeat end-of-match speech. Highly impressive. Many thanks to Andy McCourt and two young ladies who travelled with us for helping out with officiating. Three match wins in a row!! GO TEAM!!!!

100'A' D. Kosoko 11.8 (2)
 100'B' W. Letman 12.6 (3)
 200'A' D. Kosoko 24.5 (2)
 200'B' W. Letman 26.0 (4)
 400'A' R. Bruce 55.7 (3)
 400'B' R. Porter 55.7 (1)
 800'A' R. Newbold 2:07.9 (3)
 800'B' J. Greenwell 2:10.4 (2)
 1500'A' R. Newbold 4:21.5 (2)
 1500'B' J. Greenwell 4:21.9 (1) PB
 5000'A' T. Lashmar 17:19.0 (4) PB
 5000'B' R. Vialls 18:31.3 (3)
 110H'A' D. Henderson 20.2 (3) PB
 110H'B' L. Bruce 20.7 (1)
 400H'A' R. Newbold 69.8 (4)
 400H'B' D. Henderson 73.4 (3)
 3000SC'A' R. Newbold 10:33.2 (3)
 3000SC'B' T. Lashmar 11:29.0 (2)
 4x100 (W. Letman, L. Bruce, R. Porter, D. Kosoko) 47.3 (3)
 4x400 R. Bruce (56.4), L. Bruce (59.0), W. Letman (63.3), M. Topham (60.4) - 3:59.1 (3)
 LJ'A' L. Bruce 6.03 (2)
 LJ'B' R. Porter 5.78 (1)
 HJ'A' L. Bruce 1.75 (1)
 HJ'B' R. Bruce 1.60 (1)
 TJ'A' R. Porter 11.93 (2)
 TJ'B' L. Bruce 11.78 (1)
 PV'A' W. DuBose 3.00 (1)
 PV'B' M. Topham 2.60 (1)
 SP'A' W. DuBose 10.69 (1)
 SP'B' R. Bruce 8.73 (2)
 DT'A' W. DuBose 29.76 (1)

DT'B' R. Bruce 27.50 (1)
 JT'A' W. DuBose 42.02 (1)
 JT'B' R. Bruce 30.40 (2)
 HT'A' R. Bruce 29.78 (1)
 HT'B' W. DuBose 22.88 (2)

Match Result

1st VPH	143
2nd Chichester	137
3rd Enfield	103.5
4th Bournemouth	86.5
5th Verlea	43

Southern League Division 8, Portsmouth, 6 June 98

A pleasantly surprising nine athletes turned out for this third match in Division 8 with many good results. Our B team picked up its first individual win of the season with Mick Fitzgibbon doing the honours in the pole vault. His victory meant VPH won all three pole vault competitions on the day. Mick finished off the day by running the fastest leg in the 4x400m relay. Pete Faley was only fractionally down on his 200m running and javelin throwing from the last meet. Dolph Beard had a very satisfying day, setting PBs in both the 400m and high jump. Danny Vialls was also smiling when he added 71 cms (well over two feet) to his best shot putt. Not to be outdone, Dave Johnson showed his future potential for the hammer throw when he added nearly four metres to his best. With a good winter's coaching, we should see Dave in the A team next year. Mick "Mr Versatility" Wheeler showed that running the 100m, triple jumping, completing the 3000m steeplechase, and finishing off with the anchor leg in the sprint relay is really no big deal. Most impressive. Another who was willing to give it a go was Ari Ramanathan, who warmed up for both relays by running in the 5000m. In the longer relay, he teamed up with Mick Fitzgibbon, Les Vialls, and Dolph Beard to hack 12 seconds from their previous best time. The one athlete to complete an event with a better mark than the A team was Mikael Holopainen who ran the 400m hurdles over a second faster than our Division 5 B string runner. Mikael also went on to finish the 1500m in the best VPH time in Division 8 this

in the best VPH time in Division 8 this year. An excellent job by Team Manager Les Vialls for putting this group together. Les also took the time out to cover the non-scoring 1500m in a very respectable time. Let it be whispered that VPH B team is one of only five teams who can be considered for the 5 promotion spots to Division 7. The challenge in Div 7 is the addition of the B string (another 17 slots to fill).

100 M. Wheeler 13.9 (6)
 200 P. Faley 28.3 (6)
 400 D. Beard 62.2 (6) PB
 800 L. Vialls 2:46.7 (9)
 1500M. Holopainen 4:49.4 (6)
 Non-scorer: L. Vialls 5:27.2
 5000 A. Ramanathan 20:50.4 (9)
 110H no competitor
 400H M. Holopainen 72.2 (3)
 3000SC M. Wheeler 13:25.4 (6)
 4x100 (M. Holopainen, A. Ramanathan, Dolph Beard, M. Wheeler) 57.6 (3)
 4x400 (M. Fitzgibbon (64.0), A. Ramanathan (73.1), L. Vialls (72.1), D. Beard (65.1)) - 4:34.3 (5)
 LJ D. Johnson 3.38 (9)
 HJ D. Beard 1.30 (4=) PB
 TJ M. Wheeler 8.64 (4)
 PV M. Fitzgibbon 2.60 (1)
 SP D. Vialls 6.78 (6) PB
 DT D. Johnson 19.04 (7)
 JT P. Faley 29.98 (5)
 HT D. Johnson 21.38 (4) PB

1st Isle of Wight	172.5
2nd Team Solent	141.5
3rd Tonbridge	115
4th Chichester Runners	110.5
5th Witney Road Runners	94
6th Maidenhead	92.5
7th VPH	90.5
8th Paddock Wood	54
9th North London	43.5
10th Oxford City	14

Vets AC Meet, Battersea Park, 10 June 98

5000m -T. O'Neill 16:21.0 (2nd)

Open Meeting, Watford, 24 June 98
 400m R. Bruce 55.4 (2)

Hat-trick of Wins For Randal Porter

Flyaround 5M, Perivale, 1 July 98

Garry Ormes 35:45 PB

Assembly League 3.5M, Victoria Park, 2 July 98

While the Southern League teams are riding high on a wave of success not seen at the Club for over 20 years, Victoria Park Harriers' showing in the Assembly Road Racing League has suffered. A combination of lack of numbers and a deliberate concentration on athletics by certain key athletes has weakened our Club's usual strong challenge. In the latest race, the Club was only able to manage fifth on the day, one place behind Eton Manor AC. However, if there hadn't been the confusion over the race venue, the Harriers' team would have beaten our local rivals with Tony Lashmar and John George among the athletes who turned up at Blackheath. On a positive note, Tony's absence from this race certainly helped his performances on the track at Battersea Park two days later (see following article). Leading Harrier was Terry O'Neill in 11th place with Pete Eldridge running close to his best time for 19th position. The next Harrier finisher was debutant Mike Penman in 49th place with Mick Wheeler and Andy McCourt close behind in 54th and 55th places respectively. This leaves the 'A' team and the 'B' team with overall 4th places.

1	O. Arif (Guest)	17:45
11	T. O'Neill	18:44
19	P. Eldridge	19:12
49	M. Penman	22:16
54	M. Wheeler	22:28
55	A. McCourt	22:34

A Teams (10 teams)

1	Kent	29
2	Dulwich Runners	43
3	Stock Exchange	67
4	Eton Manor	103
5	VPH	133
6	Cambridge H.	142
7	Ravensbourne	207

B Teams (6 teams)

1	Kent	60
2	Dulwich Runners	106
3	Eton Manor	175
4	Stock Exchange	212
5	VPH	325
6	Ravensbourne	340

League Positions After 4 Races

A Teams (12 teams)

1	Kent	60
2	Stock Exchange	54
3	Dulwich Runners	51
4	VPH	47
5	Eton Manor	41

B Teams (10 teams)

1	Kent	60
2	Dulwich Runners	53
3	Stock Exchange	52
4	VPH	47
5	Eton Manor	46

Ladies Teams (9 teams)

5	VPH	14
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Southern League Division 5, Battersea Park, 4 July 98

As the USA celebrated Independence Day, Victoria Park Harriers stormed to its fourth consecutive match victory as the Club continued its battle for independence from Division 5. The 14-man army, led by Track Captain Randal Porter, presented a strong front which proved impenetrable by the opposition. Biggest point scorers of the day were the jumpers with a total of six wins out of eight. Randal was our only hat-trick winner at this match with an excellent triple jump of 12.42, a long jump PB of 5.95m, and a win in the 400m B race. Brothers Bruce (Lee and Richard) swept the high jump competitions, while Lee cleared 12 metres in the triple jump for the first time this year to claim his second victory of the day. Richard had the galling experience of running his best 400m time for many years (and the Club's best time this year) only to finish in last place, our only 5th place finish. Richard didn't let that deter him as he finished the day scoring 18 points over five events. The remaining jumping win went to Wayne DuBose in the pole vault who cleared the winning height on

vault who cleared the winning height on his third and final attempt. Failure would have pushed him into second. Wayne scored his second victory in the javelin (and his fourth javelin win out of four matches), coming through in the fifth round to win by just over a metre. Congratulations to Garry Ormes who returned to Southern League competition after a 19-year absence and promptly rewarded himself with a javelin PB. On the track, we saw our first 100m double victory since goodness knows when as Dean Kosoko and Julius Olusegun showed clean pairs of heels to their opponents. Julius's time of 11.7 seconds marks him as the Club's fastest runner so far this season. Not to be outdone in going to the top of club rankings, Dean covered the 200m in the Club's fastest time this year. Julius and Dean later teamed up with Randal and Winston Letman to secure VPH's first sprint relay victory of the year. As usual, our distance runners gained solid points with Richard Newbold scoring double figures (11 points) over the 400m hurdles, 800, and 1500. Jon Greenwell finished close behind Richard in the 1500 for 2nd place in the B race, having previously run the strength-sapping 800m. Distance revelation of the match was Tony Lashmar who took a whopping 25 seconds off of his 5000 best for a B string victory and later followed that up with a win in the B string 3000m steeplechase. In this latter race, Tony was tripped and fell with a large thump just before the first barrier in the steeplechase. He picked himself up and gave chase but, by that time, the lead runners were already long gone; otherwise, Tony might have been able to tag onto them and record a faster time in the chase as well. Nevertheless, way to go, Tony!! Terry O'Neill also completed the gruelling 5000/3000SC double in what could be his best ever combination time. I couldn't find another instance of Terry running a sub-17, sub-11 at any other Southern League meeting. The VPH Army continues to roll! Many thanks to Major Carr, Garry Walker, and Roger Daniels for officiating and supporting. 100'A' D. Kosoko 11.9 (1)

Mick Wheeler, Man of the Match

100'B' J. Olusegun 11.7 (1)
 200'A' D. Kosoko 24.4 (3)
 200'B' W. Letman 26.0 (4)
 400'A' R. Bruce 54.6 (5)
 400'B' R. Porter 57.2 (1)
 800'A' J. Greenwell 2:10.2 (3)
 800'B' R. Newbold 2:12.5 (2)
 1500'A' R. Newbold 4:23.8 (2)
 1500'B' J. Greenwell 4:24.5 (2)
 5000'A' T. O'Neill 16:42.0 (2)
 5000'B' T. Lashmar 16:53.9 (1) PB
 110H'A' L. Bruce 20.4 (3)
 110H'B' D. Henderson 20.4 (3)
 400H'A' R. Newbold 67.9 (3)
 400H'B' D. Henderson 69.1 (3)
 3000SC'A' T. O'Neill 10:52.1 (2)
 3000SC'B' T. Lashmar 11:18.0 (1)
 4x100 (W. Letman, J. Olusegun, R. Porter, D. Kosoko) 46.6 (1)
 4x400 L. Bruce (57.4), R. Bruce (54.4), M. Topham (59.2), R. Porter (56.9) - 3:47.9 (2)
 LJ'A' L. Bruce 5.96 (2)
 LJ'B' R. Porter 5.95 (1) PB
 HJ'A' L. Bruce 1.80 (1)
 HJ'B' R. Bruce 1.65 (1)
 TJ'A' R. Porter 12.42 (1)
 TJ'B' L. Bruce 12.05 (1)
 PV'A' W. DuBose 2.80 (1)
 PV'B' M. Topham 2.40 (3)
 SP'A' W. DuBose 10.20 (3)
 SP'B' R. Bruce 8.66 (2)
 DT'A' W. DuBose 30.90 (3)
 DT'B' R. Bruce 26.05 (2)
 JT'A' W. DuBose 46.06 (1)
 JT'B' G. Ormes 30.48 (4)
 HT'A' R. Bruce 28.67 (2)
 HT'B' W. DuBose 23.00 (2)

Match Result

1st VPH	141
2nd Dacorun & Tring	123
3rd Paddock Wood	96
4th Serpentine	91
5th Basingstoke	82

Southern League Division 8, Deangate, 4 July 98

On the same day our Division 5 team won their fourth consecutive match, our Division 8 team achieved its highest position of the year, finishing the match in third place. There were good performances all round from the 7-man team. On the track, Ronny Vialls knocked 25 seconds off his season's best 3000m

steeplechase to establish himself firmly as VPH's #1 Division 8 chaser. As a warm-up, Ronny had previously competed in the 400m hurdles and the 800m. Our other dedicated runner, John George, ran the team's fastest 5000m this year, taking over 6 seconds off of Ronny's time from 2 May at Southampton. Dolph Beard also had a very satisfying day, equalling his best in the high jump and slashing a half-second off his 400m best. Dolph later teamed up with Ronny, John, and Mick Wheeler in the 4x400m relay, finishing third in a season's best by over 12 seconds. Out in the field, Danny Vialls established his best in his first-ever long jump competition and also achieved the equal highest placing by a VPH'er when coming third in the shot putt. Dave Johnson was in top form, placing third in the hammer throw, competing in his first-ever javelin throw competition, and, best of all, adding over two feet to his discus best. VPH's Man of the Match was surely Mick Wheeler who ran a PB in the 100m, set a VPH Div 8 season's best in the 200m (his first-ever), took part in his inaugural pole vault competition, added over two feet to his triple jump best, and, for good measure, contributed to both relays. With two matches remaining, our Div 8 team has a great chance of finishing third for the season.

100 M. Wheeler 13.8 (5) PB
 200 M. Wheeler 27.9 (4)
 400 D. Beard 61.7 (4) PB
 800 R. Vialls 2:33.1 (5)
 1500 J. George 4:58.2 (4)
 5000 J. George 18:24.0 (6)
 110H no competitor
 400H R. Vialls 78.6 (4)
 3000SC R. Vialls 11:32.3 (4)
 4x100 (D. Johnson, D. Beard, M. Wheeler, J. George) 56.3 (4)
 4x400 (J. George, M. Wheeler, R. Vialls, D. Beard) - 4:22.1 (3)
 LJ D. Vialls 3.24 (5)
 HJ D. Beard 1.30 (4) =PB
 TJ M. Wheeler 9.29 (5) PB
 PV M. Wheeler 2.40 (3)
 SP D. Vialls 6.66 (3)
 DT D. Johnson 21.75 (4) PB
 JT D. Johnson 20.83 (5)

JT D. Johnson 20.83 (5)
 HT D. Johnson 21.14 (3)

Match Result

1st Isle of Wight	170
2nd Team Solent	164
3rd VPH	123
4th North London	120
5th Tonbridge	110
6th Paddock Wood	98

Position After Four Matches (10 teams)

1st Isle of Wight	38 (667.5)
2nd Team Solent	38 (640.5)
3rd North London	24 (412.5)
4th VPH	24 (399.5)
5th Tonbridge	19 (295)

Club Dinner & Dance, Viceroy Restaurant, Crutched Friars, London, 18 July 98

This was an excellent Saturday evening out with all 70 guests having a great time at this first-class restaurant. After the cocktail hour, all sat down for dinner with Wayne DuBose (Club President) and his wife Lorraine, Guests of Honour and Life Vice Presidents Jack and Ted Flowers, and Life Vice President Major Carr with his wife Sue seated at the Head Table. After dinner, Major gave a talk from the heart reflecting on VPH's past. Wayne took the floor from there and started by asking all club members to stand. He then proceeded through the decades, asking members to sit down if they joined in the 90's, 80's, 70's, 60's, and 50's. By this time, only Jack and Ted were still standing. They received a rousing cheer and came forward to be presented with their plaques commemorating 50 years with VPH. They both pledged their continued support to the Club. Wayne then presented club championship medals and trophies to Richard Newbold, Tony Lashmar, Jim Roche, Andy McCourt, and himself. After a short State of the Union address from Wayne, the DJ took over from there and the floor was packed with dancers from the very first record. Many thanks to Albert and Maureen Rowley for organising a highly successful evening.

Danny Henderson Sets Hurdling PB Number 3

Southern League Division 5, Bracknell, 25 July 98

With a fifth consecutive match victory, VPH continued its relentless march towards its first undefeated season since 1976. With a resounding 27.5-point victory, we re-enforced our reputation as the division's best club. Actually, we got off to an unusually slow start to the match and were trailing Eastbourne after seven events. From there, however, we went into overdrive and piled on the points for the remainder of the match. Track Captain Randal Porter led by example with his second hat-trick of victories in a row. In the 100m, Randal stormed to a 5-metre win, equalling his best time of the year. From there, he wrapped up huge wins in the B string long and triple jumps. The most impressive performance of the day occurred when Randal teamed up with Winston Letman, Julius Olusegun, and Dean Kosoko to win the sprint relay by nearly two seconds, recording the fastest time by a VPH team since a 45.1 clocking in 1990 and also the fastest time in Division 5 this year. Dean notched up an individual first place finish when winning the 200m by over a second in the Club's fastest time of the year. In the B string 200m, we welcomed back Boyd Underwood who had been out with a back injury. Boyd showed no sign of his lengthy absence from athletics as he stormed to victory by a full second. Over the sprint hurdles, Danny Henderson sped to an easy win, setting his third hurdling PB of the year, but missing his first sub-20.0 clocking by the narrowest of margins. In the A string 110m hurdles, Lee Bruce ran his season's best just failing by inches to snatch first place. He made up for that by securing his fifth consecutive high jump victory and by soaring out to the Club's best long jump distance this year, pulling himself up from fourth place to the runner-up position in the latter stages of the event. Lee also impressed in the 4x400m relay as he continued to improve his split time, having started the season seven seconds slower than this effort. Brother Richard had a great day of competition

gaining 18 points for the Club, one more than Brother Lee. Richard started his day's campaign by improving his two-year old PB in the shot putt by nearly four inches. Like Lee, Richard won his string of the high jump and, also like Lee, he recorded the same time as another athlete, this time in the 400m where he equalled his season's best. In the middle-distance events, workhorse Richard Newbold gained 11 points over the 800m, 1500m, and 3000m steeplechase. In the 800m, Richard appeared to be heading for third place with 300 metres to go. However, with a really gutsy effort, he pulled back the second-place runner from Fleet & Crookham to record his fastest time of the year. Tony Lashmar had another satisfying day at the track, taking nine seconds off of his 800m best and winning the B string 3000m steeplechase by almost a full minute. Also over the distances, Jon Greenwell scored big with a personal best in the 5000m by some 14 seconds and a convincing 14-second win in the 1500m B string race. For a club with no pole vault facilities, VPH has a fine tradition in this particular event. Wayne DuBose and Mark Topham teamed up to very easily gain wins number 8 and 9 out of the 10 competitions this season. Wayne finally got his technique down as he cleared 3.20m, the Club's best for 1998, while Mark achieved the best B string effort of the season. Although Wayne incurred his first javelin loss in the Division, he made up for it with a last round victory in the discus, coming from third position. As a side note, Richard Bruce passed on the following conversation he had with a Barnet official who was taking names for the shot putt event. Richard: That's W. DuBose and R. Bruce.

Barnet Official: Is that Wayne DuBose?
Richard: Yes.

Barnet Official: Wayne has been the bane of Barnet Athletics Club for 40 years now.

100'A' J. Olusegun 11.8 (2)
100'B' R. Porter 11.9 (1)
200'A' D. Kosoko 24.1 (1)
200'B' B. Underwood 24.7 (1)

200'B' B. Underwood 24.7 (1)
400'A' R. Bruce 54.6 (3)
400'B' M. Topham 59.4 (4)
800'A' R. Newbold 2:07.0 (2)
800'B' T. Lashmar 2:17.9 (3) PB
1500'A' R. Newbold 4:26.7 (3)
1500'B' J. Greenwell 4:37.8 (1)
5000'A' J. Greenwell 16:27.6 (2) PB
5000'B' J. Roche 17:08.8 (2)
110H'A' L. Bruce 20.3 (2)
110H'B' D. Henderson 20.0 (1) PB
400H'A' D. Henderson 68.8 (5)
400H'B' B. Underwood 68.9 (2)
3000SC'A' R. Newbold 10:39.5 (2)
3000SC'B' T. Lashmar 11:06.5 (1)
4x100 (W. Letman, J. Olusegun, R. Porter, D. Kosoko) 45.4 (1)
4x400 L. Bruce (56.6), W. Letman (57.3), B. Underwood (57.2), D. Henderson (71.0) - 4:02.1 (4)
LJ'A' L. Bruce 6.26 (2)
LJ'B' R. Porter 5.90 (1)
HJ'A' L. Bruce 1.65 (1)
HJ'B' R. Bruce 1.55 (1)
TJ'A' L. Bruce 12.02 (2)
TJ'B' R. Porter 11.78 (1)
PV'A' W. DuBose 3.20 (1)
PV'B' M. Topham 2.80 (1)
SP'A' W. DuBose 10.21 (3)
SP'B' R. Bruce 8.86 (2) PB
DT'A' W. DuBose 33.34 (1)
DT'B' R. Bruce 25.53 (3)
JT'A' W. DuBose 44.63 (2)
JT'B' G. Ormes 27.82 (4)
HT'A' R. Bruce 28.57 (3)
HT'B' W. DuBose 18.18 (3)

Match Result

1st VPH	142
2nd Eastbourne Rovers	114.5
3rd Barnet & District	107
4th Fleet & Crookham	100.5
5th Hastings	70

Southern League Division 8, Tonbridge, 25 July 98

Our B team kept this fine track season going on a positive note by finishing fourth on the day, but moving into third place in the overall standings. Our largest contingent to date, consisting of ten competing athletes, filled every single event, including the 110m hurdles for the first time (Way to go, Ron!), to

Jon Greenwell Leads Team Home In New PB

gain a significant place above North London. As is becoming the norm for him, Mick Wheeler had yet another excellent day, placing third in both sprints, adding one foot to his triple jump best, and running in both relay teams. In the sprint relay, he linked up with Dolph Beard, Chris Vialls, and Dave Johnson to run the team's fastest time this year. Mikael Holopainen, who travelled from Oxford the day before in order to compete, was rewarded with a new best in the 400m hurdles. John George repeated his efforts of the previous match by running both the 1500m and the 5000m. This time around, he ran even quicker, covering the 1500m four seconds faster than at Deangate and running the 5000m in the team's best time this season. As mentioned before, no B team member had previously taken on the challenge of the 110m hurdles. With Ron Vialls as the team's main steeplechaser, he was deemed to be the one most likely to reach the end of the sprint hurdle race without incurring permanent injury. He easily cleared all ten hurdles to finish in third place, gaining seven valuable points. The jumps department was also a great success for VPH. Apart from Mick Wheeler's PB in the triple jump, Danny Vialls added over one foot to his long jump best, Dolph Beard equalled his high jump PB, and Mick Fitzgibbon secured the Club's only victory of the day with a season-equalling best of 2.60m. In the throwing events, Dave Johnson had a field day by placing third in both the hammer and the discus throws with distances in excess of 20 metres, as well as setting a personal best in the javelin. With Dave throwing as a non-scorer in the javelin, it was up to Pete Faley to produce the team's best distance of the year, clearing over 31 metres. However, it was non-scorer Chris Vialls who achieved the Club's longest distance of the day at this meet when throwing the javelin out past the 33-metre mark.

100 M. Wheeler 14.2 (5)
 200 M. Wheeler 28.4 (5)
 400 D. Beard 62.5 (6)

800 M. Holopainen 2:29.1 (7)
 1500 J. George 4:54.1 (6)
 5000 J. George 18:22.4 (8)
 110H R. Vialls 24.6 (3)
 400H M. Holopainen 71.1 (5) PB
 3000SC R. Vialls 11:40.5 (5)
 4x100 (D. Johnson, D. Beard, M. Wheeler, C. Vialls) 54.7 (4)
 4x400 (M. Fitzgibbon, M. Wheeler, M. Holopainen, D. Beard) - 4:22.8 (4)
 LJ D. Vialls 3.56 (7) PB
 HJ D. Beard 1.30 (5) =PB
 TJ M. Wheeler 9.59 (5) PB
 PV M. Fitzgibbon 2.60 (1)
 SP D. Vialls 6.70 (5)
 DT D. Johnson 21.32 (4)
 JT P. Faley 31.28 (4)
 Non-scorer: C. Vialls 33.70 PB
 Non-scorer: D. Johnson 21.45 PB
 HT D. Johnson 20.02 (3)

Match Result (8 teams competed)
 1st Isle of Wight 169
 2nd Team Solent 157.5
 3rd Tonbridge 155.5
 4th VPH 117
 5th North London 101.5

Position After Five Matches (10 teams)
 1st Isle of Wight 48 (836.5)
 2nd Team Solent 47 (798)
 3rd VPH 31 (516.5)
 4th North London 30 (514)
 5th Tonbridge 27 (450.5)

Assembly League 5K, Blackheath, 6 Aug 98

Congratulations to Jon Greenwell who continued his outstanding season by hacking 12 seconds off his PB set back in April. Not to be outdone, Mick Wheeler took 59 seconds of his best which he established last year.

1 J. Goldring (SE) 16:01
 5 J. Greenwell 16:14 (PB)
 19 T. Lashmar 16:58
 31 P. Eldridge 17:19
 42 T. O'Neill 17:43
 46 R. Vialls 17:55
 52 L. Austin 18:13
 72 M. Wheeler 19:14 (PB)
 80 A. McCourt 19:43
 84 M. Penman 19:53
 95 A. Foster 20:42

95 A. Foster 20:42
 96 J. Loboda 20:43
 109 A. Gammon (L8) 21:45
 112 P. Snell 22:05
 133 E. Flowers 27:17
 135 R. Daniels 27:40
 (140 finishers)

A Teams (12 teams)
 1 Kent 34
 2 Stock Exchange 36
 3 Dulwich Runners 48
 4 Cambridge 66
 5 VPH 97
 6 Dartford 136

B Teams (8 teams)
 1 Dulwich 99
 5 VPH 250

Ladies Teams (8 teams)
 1 Dulwich 6
 5 VPH 50

League Positions After 5 Races
 A Teams (12 teams)
 1 Kent 75
 2 Stock Exchange 68
 3 Dulwich Runners 64
 4 VPH 58
 5 Cambridge 51

B Teams (10 teams)
 1 Kent 74
 4 VPH 58

Ladies Teams (10 teams)
 1 Dulwich Runners 47
 6 VPH 19

Individuals
 1 L. Reilly (Kent) 97
 8 T. O'Neill 64

Southern League Division 5, Sutcliffe Park, 15 August 98

Victoria Park Harriers finished the season in awesome style with a totally dominant victory. We knew for sure we were going to win when, on the way to the meet in the van, Tony Lashmar spotted a license plate containing the letters VPH. Leading from the very first event, we went on to record our most wins of the season (19), our largest margin of victory (38 points), and our

Man of the Match, Lee Bruce

highest points total this year (151 points). With only vague records from earlier years, I can't actually find another match in VPH history where we scored higher. With six match wins out of six, we equalled the undefeated VPH teams of 1975 and 1976, who won Division 3 and 2 titles in those years. Since those glory years, VPH were also co-champions of Division 3 in 1983 and were promoted to Division 4 in 1989 after finishing third. In 1992, we were relegated back to Division 5 and have been there for the past six seasons. This year's unbeaten run puts us back in Division 4 with hope of further success next year. In this match, Wayne DuBose and Richard Bruce established the tone of the match with a clean sweep in the very first event, the shot putt. Wayne went on to a hat-trick of victories, easily winning the A string discus and also the B string hammer throw (after starting with two no throws, both which saw the hammer stuck in the upper reaches of the netting). In the last event of the day, Richard added a B string discus win to his tally. As the distance of his winning throw was announced, we were somewhat perplexed when three people from Ryston Runners whooped with joy. They soon let us know that Richard's throw had pushed the Plymouth thrower into second place, giving Ryston second place overall in the match by just one point. In between the shot putt and discus throw events, Richard competed in four other events, finishing the 400m just 0.1 outside his best this year despite a significant stumble at the start of the race, throwing over 30 metres in the hammer throw, and reaching the furthest distance of the season for the B string javelin with a throw less than a metre from his best. His only slight disappointment was losing the B string high jump on countback after a 5-match winning streak. Nevertheless, he was the Club's top scorer of the day with 25 points. "Man of the Match" Lee Bruce shared no such disappointment in the high jump as he won the A string to become our only undefeated athlete in

an event over the course of the six-match season. Suitably inspired by his unique accomplishment, Lee followed up with the A string long jump victory before adding a highly impressive 25 centimetres to his PB in the triple jump. This jump also took him to the top of the Club rankings for 1998. The only three-time A string winner of the day, Lee once again reduced his 4x400 relay split with a gutsy first-leg effort. More on that race later. With Randal Porter winning both B strings of the long jump and triple jump, and with Mark Topham placing second in the B string pole vault, VPH's field event team emphasised its domination by winning 10 events and finishing second in the remaining 6 events. Our tracksters were equally up to the task. In the sprints department, after Dean Kosoko equalled his best time of the season by placing second in the A string 100m, Julius Olusegun also equalled his best time in winning the B string sprint. Boyd Underwood, still cautiously recovering from a back injury, won the B string 200m for the second match in a row and literally strolled the last 50 metres of the B string 400m hurdles for the easiest track win of the day. Most acrobatic VPH'er of the day was Danny Henderson who hit a hurdle mid-race, did a side somersault, immediately got up, and still finished second in the race. He must have been showing off to his parents who turned up to give their support. Also supporting us, as well as officiating, was Roger Daniels, Garry Walker and his son Paul, and Major Carr who, for the second time this year, took on the six-hour journey from Bolton. As usual, our middle-distance runners had to work the hardest. With only three of the usual runners available, Andy McCourt was soon press-ganged into action and, for the second match this season, found himself representing the A team, this time in the 5000m. While Andy lapped two runners on his way to picking up three valuable points, his race compatriot, Jon Greenwell, put in a supreme effort and, despite the heat, still knocked 0.6 seconds off his PB. Jon later provided the setting for a great 1500m race. After leading the race by up to 20 metres

After leading the race by up to 20 metres for the first three laps, Jon was overtaken by two opponents with 300 metres to go. Refusing to give in, he fought back to regain the lead at the beginning of the home straight with a group of runners massing behind for the sprint finish. Richard Newbold, who had been loitering 20 metres back in fourth place for most of the race, decided it was time to make his move and, running out in lane three, flew past all the runners to victory with Jon coming home a close third, and winning the 'B' string by ten seconds. During a day which also saw Richard complete the 800m, at the start of the match, just 0.1 seconds away from his season's best, he finished off the day with a huge win in the 3000m steeplechase, romping to victory by 80 seconds. Rich gave total credit to his wife, Pippa, who had ordered him to win. Perhaps we could use Pippa as a team manager next year. Also in the 'chase, Tony Lashmar ably backed Richard up with a B string win, 65 seconds ahead of his nearest opponent. Like Richard, Tony had run in the 800m earlier in the day. After leading through the first lap in 64 seconds, he held on to record a PB by 1.6 seconds. The relays really personified the Club's magificence and team spirit this year. In the sprint relay, Winston Letman, who had previously announced this would be his last-ever competitive season, got the team off to a great start, with the remaining trio of Julius, Randal, and Dean chewing up the opposition to win by a margin in excess of 20 metres. In the final track race of the day, Lee, Dean, and Boyd gave Wayne a two-metre lead as he took over the last leg of the 4x400m relay. Coming into the home straight, it was obviously going to be a close race. With VPH teammates voiciferously cheering Wayne on, although buckling heavily over the last few metres, he managed to win by inches, with the team recording the Club's best time this year. Later on in the evening at the Club BBQ, Winston (who had given an emotional, heart-felt farewell speech to his teammates at the end of the match) was still trying to regain his voice after yelling

VPH Cleansweep Final 8 Events To Cleansweep League

himself hoarse during that race. As soon as the race was over, Wayne donned his specially made t-shirt proclaiming VPH as Divisional Champs. Previously, with eight events to go, Jon had calculated that we needed to win all remaining events in order to get the magic 150 points. Well, what better motivation for Jon to provide. As it turned out, the 4x400m relay victory represented our sixth race win out of the six final races of the day. Coupled with clean sweeps in the final two field events, the triple jump and discus, if any of the other teams ever entertained the thought of beating us by the end of the day, that idea was heavily quashed. What a way to finish! What a team! What a year!

- 100'A' D. Kosoko 11.8 (2)
- 100'B' J. Olusegun 11.7 (1)
- 200'A' W. Letman 25.6 (5)
- 200'B' B. Underwood 24.9 (1)
- 400'A' R. Bruce 54.7 (3)
- 400'B' M. Topham 58.7 (2)
- 800'A' R. Newbold 2:07.1 (4)
- 800'B' T. Lashmar 2:16.3 (4) PB
- 1500'A' R. Newbold 4:25.5 (1)
- 1500'B' J. Greenwell 4:26.1 (1)
- 5000'A' J. Greenwell 16:27.0 (3) PB
- 5000'B' A. McCourt 21:01.8 (3)
- 110H'A' L. Bruce 22.0 (2)
- 110H'B' D. Henderson 22.5 (2)
- 400H'A' D. Henderson 69.6 (4)
- 400H'B' B. Underwood 69.5 (1)
- 3000SC'A' R. Newbold 10:37.2 (1)
- 3000SC'B' T. Lashmar 11:17.6 (1)
- 4x100 (W. Letman, J. Olusegun, R. Porter, D. Kosoko) 45.8 (1)
- 4x400 L. Bruce (55.9), D. Kosoko (54.9), B. Underwood (56.5), W. DuBose (56.8) - 3:44.1 (1)
- LJ'A' L. Bruce 6.14 (1)
- LJ'B' R. Porter 5.74 (1)
- HJ'A' L. Bruce 1.80 (1)
- HJ'B' R. Bruce 1.65 (2)
- TJ'A' L. Bruce 12.54 (1) PB
- TJ'B' R. Porter 11.85 (1)
- PV'A' W. DuBose 2.80 (2)
- PV'B' M. Topham 2.60 (2)
- SP'A' W. DuBose 10.59 (1)
- SP'B' R. Bruce 8.73 (1)
- DT'A' W. DuBose 32.55 (1)
- DT'B' R. Bruce 26.20 (1)
- JT'A' W. DuBose 40.68 (2)

- JT'B' R. Bruce 30.72 (2)
- HT'A' R. Bruce 30.42 (2)
- HT'B' W. DuBose 21.90 (1)

Match Result

1st VPH	151
2nd Ryston Runners	113
3rd Plymouth	112
4th Bexley	79
5th Dorchester	61

As an aside, while VPH were celebrating as champions, the Bexley match referee came over and threw our team off the infield citing the celebrations as disruptive to the discus competition. Guess which team was getting demoted to Division 6 that day?

Final League Positions (after 6 matches)

1st VPH	30 (856.5)
2nd GEC Avionics	28 (799)
3rd Dacorum & Tring	24 (754)
4th Chichester Runners	23 (780)
5th Serpentine	22 (656)

VPH Competitors Per Match
 15 - 13 - 12 - 14 - 15 - 14
 (21 different athletes this year, 21 in 1997, 28 in 1996, 28 in 1995, 26 in 1994)

Victories Per Match
 18 - 16 - 14 - 13 - 14 - 19 = 94!!!
 (59 - '97, 35 - '96, 34 - '95, 33 - '94)

Placings in Southern League 1998
 (1997 placings in brackets)

First Places	94 - 44% (59)
Second Places	57 - 26% (67)
Third Places	41 - 19% (42)
Fourth Places	14 - 6% (34)
Fifth Places	8 - 4% (12)
Disqualifications	2 - 1% (2)

Individual Match Appearances (6 max)

L. Bruce	6
R. Bruce	6
W. DuBose	6
D. Henderson	6
D. Kosoko	6
T. Lashmar	6
W. Letman	6
R. Newbold	6
R. Porter	6
J. Greenwell	5

J. Greenwell	5
M. Topham	5
J. Olusegun	4
J. Roche	3
A. McCourt	2
T. O'Neill	2
G. Ormes	2
B. Underwood	2
P. Eldridge	1
M. Fitzgibbon	1
S. Holmes	1
R. Vialls	1

Most Events Completed In (excl. relays)

R. Bruce	33
W. DuBose	32
L. Bruce	24
R. Newbold	18
R. Porter	16
D. Henderson	14
T. Lashmar	11
J. Greenwell	10
D. Kosoko	8
M. Topham	8
W. Letman	7
J. Olusegun	4
J. Roche	4
B. Underwood	4
T. O'Neill	3
A. McCourt	2
G. Ormes	2
P. Eldridge	1
M. Fitzgibbon	1
S. Holmes	1
R. Vialls	1

Points Scored

W. DuBose	138.5
R. Bruce	131
L. Bruce	108
R. Porter	76
R. Newbold	68
T. Lashmar	45
J. Greenwell	42
D. Henderson	41
D. Kosoko	35
M. Topham	30
B. Underwood	19
J. Olusegun	18
W. Letman	14
J. Roche	14
T. O'Neill	13
S. Holmes	5
M. Fitzgibbon	4.5
P. Eldridge	4
A. McCourt	4

Ronny Vials Achieves Highest Track Finish

A. McCourt	4
G. Ormes	4
R. Vials	3

Individual Victories This Year

	A	B
W. DuBose	14	4
L. Bruce	8	6
R. Newbold	3	2
D. Kosoko	3	1
R. Porter	2	11
R. Bruce	2	10
J. Greenwell	1	3
M. Topham	1	2
M. Fitzgibbon	1	0
T. O'Neill	1	0
T. Lashmar	0	6
B. Underwood	0	3
D. Henderson	0	2
J. Olusegun	0	2
S. Holmes	0	1

TOTALS 36 53

(Add to this 2 wins in the 4x100 and 3 wins in the 4x400. In 1997, 12 athletes won 57 times; in 1996, 12 athletes won 35 times; in 1995, 8 athletes won 34 times.)

VPH Dream A Team Based On 1998 Match Results (Bolded indicates best mark over the past five seasons)

'A' String

100	J. Olusegun	11.7
200	D. Kosoko	24.1
400	R. Bruce	54.6
800	R. Newbold	2:07.0
1500	R. Newbold	4:21.5
5000	J. Greenwell	16:27.0
110H	D. Henderson	20.0
400H	W. DuBose	64.3
3000SC	R. Newbold	10:22.7
LJ	L. Bruce	6.26
HJ	L. Bruce	1.80
TJ	L. Bruce	12.54
PV	W. DuBose	3.20
SP	W. DuBose	10.69
DT	W. DuBose	33.34
JT	W. DuBose	46.48
HT	R. Bruce	31.10
4x100	W. Letman, J. Olusegun, R. Porter, D. Kosoko	45.4
4x400 (best 4 splits)	B. Underwood - 56.5, L. Bruce - 55.9, R. Bruce - 54.4,	

R. Porter - 54.3 = 3:41.1

B' String

100	D. Kosoko	11.8
200	B. Underwood	24.7
400	R. Porter	55.7
800	J. Greenwell	2:08.6
1500	J. Greenwell	4:21.9
5000	T. O'Neill	16:42.0
110H	L. Bruce	20.3
400H	R. Newbold	67.9
3000SC	T. O'Neill	10:34.0
LJ	R. Porter	5.95
HJ	R. Bruce	1.70
TJ	R. Porter	12.42
PV	M. Topham	2.80
SP	S. Holmes	9.89
DT	R. Bruce	28.03
JT	R. Bruce	30.72
HT	W. DuBose	24.67

Southern League Division 8, Finsbury Park, 15 August 98

In a great finish to the season, our B team travelled the short distance to Finsbury Park and ended the day with their highest team score of the year (129 points). This put them in fourth place overall, thus securing one of the promotion spots. Division 7 up next! As usual, there were plenty of useful performances. All bolded results represent the best by a B teamer in each of the events this year. There were 11 out of 19 altogether, showing that the team saved the best for last. Mick Wheeler had a great day, chopping half-a-second from his 100m best, adding over a metre to his triple jump PB, as well as entering new territory in the 400m hurdles. With Les Austin covering the 5000m in the team's fastest time this year (by 18 seconds), this allowed Ron Vials to run just one event, the 3000m steeplechase, and, by placing second, finish as the highest VPH'er in a running event this season. Top points scorer Dolph Beard was a mere one-tenth of a second from his 400m PB, but had the distinction of running the team's fastest 800m this year. In the high jump, Dolph equalled his best for the fourth consecutive match. Pete Faley returned from injury to equal his season's best in the 200m.

Like Ron and Les, John George had the luxury of running just one race. He responded superbly by covering the 1500m 14 seconds faster than any other B teamer over the six matches. In the final running event, the 4x400m relay, the lads took a massive 11 seconds off their best this year in placing third. Over in the field, all our athletes acquitted themselves well. Danny Vials not only added 16 cm to his shot putt PB, but he also equalled his best in the long jump. Dave Johnson set two personal bests, and two B team bests, first of all adding over 2 metres to his hammer throwing and then following up with a 43 cm improvement in the discus throw. Once again, Chris Vials chucked the javelin over 30 metres. Our only winner of the day was Mick Fitzgibbon who once again won the pole vault. His record in the B team this year was "competed at 3 matches in 3 individual events and won 3 times." Well done, Mick. For a team which was put together with the understanding that it was to be a fun season, our B teamers did us proud. The challenge next season will be to cover both A and B strings as the team moves into the next division. Team members should start looking out to recruit new athletes to cover 36 events next year, versus the 19 events this year.

100 M. Wheeler 13.4 (4)
200 P. Faley 28.2 (5)
400 D. Beard 61.8 (4)
800 D. Beard 2:18.0 (4)
1500 J. George 4:38.9 (3)
5000 L. Austin 18:05.5 (8)
110H no competitor
400H M. Wheeler 77.8 (4)
3000SC R. Vials 11:28.2 (2)
4x100 55.5 (4)
4x400 4:11.5 (3)
LJ D. Vials 3.56 (5) =PB
HJ D. Beard 1.30 (5) =PB
TJ M. Wheeler 10.52 (3) PB
PV M. Fitzgibbon 2.40 (1)
SP D. Vials 6.94 (5) PB
DT D. Johnson 22.18 (5) PB
JT C. Vials 30.78 (4)
HT D. Johnson 23.40 (3) PB

Les Vialls - Social Organiser Extraordinaire!

Match Result (5 teams competed)

1st Isle of Wight	178
2nd Team Solent	160
3rd North London	138
4th VPH	129
5th Maidenhead	128

Final League Positions (after 6 matches)

1st Isle of Wight	58 (1014.5)
2nd Team Solent	56 (858)
3rd North London	38 (652)
4th VPH	38 (645.5)
5th Tonbridge	27 (450.5)

Individual Match Appearances (6 max)

D. Beard	6
D. Johnson	6
D. Vialls	5
P. Faley	5
M. Wheeler	4
R. Vialls	4
M. Fitzgibbon	3
L. Vialls	3
C. Vialls	3
M. Holopainen	3
J. George	3
A. Ramanathan	1
L. Austin	1

Most Events Competed In (excl. relays)

D. Beard	18
D. Johnson	14
M. Wheeler	13
R. Vialls	8
D. Vialls	8
P. Faley	8
M. Holopainen	6
J. George	5
M. Fitzgibbon	3
L. Vialls	3
C. Vialls	2
A. Ramanathan	1
L. Austin	1

Points Scored (10 points for 1st place, 1 point for 10th place)

D. Beard	112
D. Johnson	90
M. Wheeler	84
R. Vialls	55
P. Faley	52
D. Vialls	47
M. Holopainen	37
M. Fitzgibbon	30

J. George	28
C. Vialls	15
L. Vialls	7
L. Austin	6
A. Ramanathan	2

Individual Victories This Year
M. Fitzgibbon 3

VPH Dream B Team Based On 1998 Match Results

100	M. Wheeler	13.4
200	M. Wheeler	27.9
400	D. Beard	61.7
800	D. Beard	2:18.0
1500	J. George	4:38.9
5000	L. Austin	18:05.5
110H	R. Vialls	24.6
400H	M. Holopainen	71.1
3000SC	R. Vialls	11:28.2
4x100		54.7
4x400		4:11.5
LJ	D. Johnson	3.90
HJ	D. Beard	1.30
TJ	M. Wheeler	10.52
PV	M. Fitzgibbon	2.60
SP	D. Vialls	6.94
DT	D. Johnson	22.18
JT	P. Faley	31.28
HT	D. Johnson	23.40

Annual VPH BBO, 15 Aug 1998

The Club Barbeque at VPH HQ was once again a resounding success with 60 in attendance basking in the afterglow of Southern League triumph from earlier in the day. This Les Vialls-organised function once again showed that Les is the Club's Social Master. With Joe "Le Chef" Loboda concocting his wares in the kitchen, ably assisted by Clare, with Mick Wheeler sweating over the charcoal-filled grill, and with Linda Vialls, Danny Vialls, and Andy McCourt pitching in, the event couldn't help but succeed. Les introduced a new angle this year, by hiring a DJ complete with karaoke equipment. While many showed they could competently sing, others at least had athletics to fall back on. With great food, drink, entertainment, and wonderful weather, Les pulled off another masterpiece. Well done, Team Vialls!

Colchester Open Meet, 31 August 98

Colchester Open Meet, 31 August 98

Javelin - Garry Ormes 28.63

Assembly League 2.9M, Forbanks, 3 September 98
(by Richard Newbold)

Victoria Park Harriers' Women's Team provided the best finish from the Club in the final fixture of the Assembly Road Racing League at Forbanks with an excellent second place on the night, ahead of local rivals Eton Manor AC. Annie Gammon continued her steady return to form as sixth female finisher with team mate Liz Kempster in 7th position, with both close enough during the middle of the race to have a chat. Closing up for the team was newcomer Katy Trickey with an excellent 12th place finish in her racing debut in Harriers colours. The Harriers' Men's team had another solid fourth place finish to consolidate their hold on fourth position in the League, with the 'B' team also holding on to fourth place overall in their category despite being pipped by Eton Manor on the night. In the race, a fresh-looking Tony Lashmar got off to a swift start and was safely in the leading bunch up the first hill. Thirty yards back was a less-than-happy Richard Newbold whose week of rest (more accurately a holiday in Brugges during which he depleted Belgium beer-stocks in a quite heroic manner) didn't seem to have done him much good. Close behind Richard at this stage was the adventurous Ron Vialls who has clearly been reinvigorated by his strong performances on the track for both the Division 5 and Division 8 teams. With half a mile to go, Richard had closed Tony's lead to a matter of yards but another effort by Tony pulled him almost ten yards clear at the final turn. Richard dug in and, spurred on by a fast finisher from Forbanks AC, passed Tony on the hill to finish as first Harrier. Tony was rewarded for his brave piece of front running with a personal best by 7 seconds and an excellent 16th place finish, one position behind Richard. John George, also coming into form after an encouraging return to the track, in 27th place and veteran Ron Vialls in 35th

Richard Newbold, First For VPH

place and veteran Ron Vialls in 35th position were the other 'A' Team scorers. Leading home the 'B' team was the fast-improving Mick Wheeler in 55th position (chopping 22 seconds from his PB) with close support from Garry Walker, newcomer Tim Mitchell-Smith, and veteran Andy McCourt. The race also saw debut appearances for Grant Williams and Paul McKinley who finished in 94th and 106th places respectively. Roger Daniels and super-vet Ted Flowers also performed well despite the humid conditions and all the team were grateful for the support given by Jack Flowers. The most encouraging item to note from the evening was that the 16-seater minibus was full to overflowing (on its return, we had one team member sitting on the floor as all the seats were full). VPH has seen a recent upsurge in membership and enquiries about the Club, many which have come from our association with Bow People's Trust and the associated publicity, as well as adverts in Hackney Today, the press coverage following our track and field success, and web surfers to our worldwide web site. The road racing section of the summer has been greatly overshadowed by our amazingly successful efforts on the track. This has been partly due to the continued fixture clashes that seem to result in half the races occurring two days before Southern League meetings and the resulting reluctance of several key members of the Men's Team to race hard in an Assembly League fixture when there's the track on a Saturday. This is understandable as many of the athletes have to double-up on the track (I think I averaged three track races per meeting this season). Unfortunately, we don't have the strength in depth that we enjoyed even three years ago and I think that although we could beat Dulwich and hence gain third place we aren't going to be challenging either the Stock Exchange or Kent AC (undefeated this season) in the near future. The women's team showed in the last race that they are competitive in this league but once again it's lack of numbers rather than lack of talent

which is the problem. The winter season also offers the opportunity for ALL VPH club members to compete, whatever their standard. There will probably be about 20 different races over the winter that a keen Harrier could enter, from the daunting 9 miles of the English National Cross Country Championships to the far-from-daunting run around Well Street Common which is the annual mob match vs. Eton Manor. Whoever you are, give it a go, and feel the pride associated with wearing a white vest with a diagonal blue stripe (the stripe is definitely of the go-faster variety) and find out how much fun running for the team can be.

15 R. Newbold	15:21
16 T. Lashmar	15:28 PB
27 J. George	16:05
35 R. Vialls	16:24
55 M. Wheeler	17:50 PB
57 G. Walker	18:02
60 T. Mitchell-Smith	18:15
64 A. McCourt	18:28
82 A. Gammon (L6)	19:46
87 L. Kempster (L7)	20:00
94 G. Williams	20:43
101 K. Trickey (L12)	21:30
106 P. McKinley	22:35
112 R. Daniels	23:51
117 E. Flowers	25:34

A Teams (12 teams)

1 Kent	10
2 Stock Exchange	55
3 Dulwich Runners	66
4 VPH	93
5 Dartford	100

B Teams (7 teams)

1 Kent	45
2 Dulwich Runners	129
3 Stock Exchange	153
4 Eton Manor	230
5 VPH	236

Ladies Teams (8 teams)

1 Dulwich Runners	8
2 VPH	25
3 Eton Manor	27
4 Kent AC	30
5 Eton Manor B	45

Final League Table (6 Races)

Final League Table (6 Races)

A Teams (12 teams)

1 Kent	90
2 Stock Exchange	82
3 Dulwich Runners	77
4 VPH	70
5 Eton Manor	60

B Teams (10 teams)

1 Kent	89
2 Dulwich Runners	82
3 Stock Exchange	78
4 VPH	69
5 Eton Manor	68

Ladies Teams (9 teams)

5 VPH	28
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Dear Andy and VPH,

Well, at the moment, I'm sitting on the subway on my way back from collecting my race number for the 5K race in Central Park tomorrow. I can't believe that I wasn't at the London Marathon cheering you all on. That must be the first one I've missed in the last 8 years!! However, I was thinking of you all. As you can probably see from the enclosed pledge form, I've decided to do the Boston-to-New York bicycle ride. Yes, 275 miles. Yes, I know it's a long way, and No I haven't completely lost my head, or at least not yet. I went out for my first long ride and well it almost killed me. I thought breaking in a new pair of running shoes was sometimes painful, but, believe me, breaking in a new saddle is 100 times worse. Luckily, it's getting easier. So I had better update you all on the running front. Well, I'm running the best I've done for a long time and hopefully this will continue for the summer season. I did the Spring Lake 5 miler 3 weeks ago. Had a blinding race, finishing in 34:16 and placing 27th out of 3,000. Next, I did the Avon Mini-Marathon 10K in Central Park this weekend and had another amazing race. I took 2 minutes off of my current 10K time from 42:40 to 40:11. I was absolutely ecstatic. That's under 6:30 miling. I ended up finishing 7th in my age group and 33rd out of over 6,000 women. It was a women's only race. As they say, some days you just have a good run.

Hanna Robson Runs 87:15 Half-Marathon

I've entered the New York Marathon but don't know if I've been accepted yet. I know that if any of you are interested, then you have to go with Mike Gratton Tours to get an entry. So why not think about it? Well, I'm going to sign off here as I'm the next stop. If any of you would like to sponsor me, then don't hesitate. Take Care. Happy Running. Love, Hanna Robson

Wayne,

I wrote a letter to Dave Moorcroft regarding my observations of the BAF Roadshow I attended, including a copy of my VPH News Article. He replied with a standard letter but also added a handwritten postscript (see below). The contents of the letter show that Dave Moorcroft did actually read my letter personally, which is nice. Richard Newbold

24th June 1998

BAF Ltd. (In Administration)
Birmingham.

Dear Richard,

Thank you very much for your feedback letter relating to the emerging proposals for athletics in this country. We have had many letters such as yours offering support and opinions on all aspects of the proposals. These letters are being collated and they form a vital part of the consultation process. Although my reply to your detailed letter is only brief, I hope you can appreciate how grateful I am for the time and trouble you have taken. Best wishes. Yours sincerely,
David Moorcroft, Chief Executive

p.s. Richard, Thanks for your comments and the article for the club newsletter. Your article is a good summary of what happened and I appreciate the observations you made. Just a couple of points. Allison wasn't appointed or paid for by the administrators. She wrote to me offering to help. Also, I have known Les Golding for many years. Thanks again, Dave.

Dear Mr Massingham,

According to the March VPH News, I am in order in sending my cheque for £25 to you. I find the "News" very interesting. I think the Club has a great chance of "72 Years and Holding." I think that's a great headline. I am one of the pre-war members. 1935, I think. I am also a Life Member. Remember me to Jack & Ted. Great to read they are still going strong and still running. Wonderful! I wish the Club all the best on the track this year. I really enjoyed reading Hanna Robson's letters from America. Sounds a great girl and a fine runner. All the best, Fred Plumm

Dear Fred,

Many thanks for your donation. Two of Hanna's "Letters from America" to read in this issue. In the next VPH News edition coming out in November, you'll see your name in the list of 400m Club Champions, having won the title in 1939. Your time would rank you number one in the club this year. Regards, Wayne

13 July 1998 To You All at VPH,

I hope you're all well and congratulations to all those who completed the London Marathon, and those that didn't do it, congratulations in the Chingford League and the track races so far. Sorry it's taken me so long to write back, but, as some of you may have seen in my last letter, I've got rather a lot on my plate. Why? Well, I've decided that I'm definitely going to do the New York Marathon, so I've started my marathon training and, since this is the first one I've ever done, I'm only now realising just how much time it takes in getting in those long runs, speedwork, and recovery runs. Thankfully, my running has been coming on tremendously and I feel like I'm running the best I've ever done. I recently competed in the Avon Mini-Marathon 10K race for women only and finished 33rd out of over 6,000 runners in 40:15. Then I did a 5K in Central Park the following week and finished 2nd lady in 19:05. My targets are to break 40 for 10K and 19 for 5K and 1:30 for the 1/2 marathon tomorrow. Next, I signed up to take part in the

Boston-to-New York cycle ride. 275 miles in 3 days. So if I'm not in my running shorts, then I'm in my cycling shorts and peddling the streets of New York and New Jersey. Last Friday, it was a 40-mile bike ride and 6-mile run, Saturday a 13-mile run, and then Sunday a 70-mile bike ride!! So the pattern is work, eat, run, eat, ride, eat, sleep! But it's great fun and I can't wait to come back to VPH and maybe do the Park and Locks handicap race. Roger, thank you very much for the post card from Toronto. Sorry it was under such unhappy circumstances that you were back in Canada and I wish you well. Annie, great to see you back and running again in the Chingford League. Nice to see also that there are some other women running. Have you painted the women's changing rooms yet? Les? Richard Newbold, it must be your wedding soon. If it has happened. congratulations, if not, then good luck and all the best. (Editor's Note: Hanna, Richard and Pippa got married on 30 August 1997). LATE-BREAKING NEWS - 1/2 marathon yesterday. Did 87:15, PB by 5 minutes from 92:00. Well, take care and I'll write again, Hanna Robson, 117 Seaman Ave., Apartment 1A, New York, NY 10034 USA

Dear Friends from VPH,

Thank you so much for once again supporting the recent London Chest Hospital Fun Run and I hope that you enjoyed the day as much as we did. You know we couldn't have done it without your hard work. I'm delighted to tell you that with your help, we made over £1,000 on the day for our Intensive Care Monitors Appeal and with pledges, we expect that to increase considerably. As you know, the success of these events is dependent on the continued support of everyone concerned so thank you again. Yours sincerely, Jas Pye, London Chest Hospital Appeals Secretary

Wayne,

Just a short note to say "Congratulations" to the track team for becoming Southern League Division 5

Champions. Let's hope next season proves just as successful. I enclose a donation to club funds. Best Wishes, Garry Walker

Dear Garry,

First of all, let me thank you for turning out for four of the six meetings to be one of our officials. If you hadn't been there, it's quite possible that some of our athletes would have had to have been distracted away from competition to help officiate. You were very much part of the team. Thanks indeed for your very generous donation of £50. Wayne

Dear Wayne,

Thanks again for VPH News, since receiving the May issue, I've been trying to find time to write a few lines. I took early retirement (six months early) in June. I still seem to have plenty of things to do and although it has been said before, "I don't know how I found time to work." Looking through my memorabilia, I came across my collection of club spoons, older members will

remember the engraved spoons that were given for representing the club. When I joined VPH, one spoon equalled six appearances which was later increased to 10 appearances. I also found some club magazines of the 1950/60 era that brought back some memories. I enclose a donation to VPH. Regards to everyone, Henry Tabberer

Dear Henry, Good luck in your retirement. Thank you for your £40 donation. Regards, Wayne

Captain's Tips (cont'd from page 1)

2. **Have a structure to your training schedule.** Very simplified, mine looks like this:

Oct - Dec	Weights/circuits (Sundays)
	Weights (Thursdays)
Jan - Feb	Endurance (Sundays)
	Endurance (winding sessions)
(Thur)	
Mar	Bounding (Sundays)
	Track work (300s) (Thursdays)
Apr	Speed work (Sundays)
May - Aug	Bounding (Sundays)
	Variable (Thursdays)

3. **Be consistent.** Twice a week training over a few months is far more effective

than 3-4 times over a few weeks, and you're less likely to get injured.

4. **Condition yourself before you hit those hard "eyeballs out" sessions.** Swimming, cycling, and long-distance jogs are a great way to prepare your body for the stresses that hard training will put on it.

5. **Warm up thoroughly.** Especially in the bleak mid-winter weeks. Not being able to train due to injury is the most frustrating feeling in the universe.

6. **Stay in contact with your teammates.** One of my favourite biblical proverbs is "as iron sharpens iron, so one man sharpens another."

7. **Think about what you want to achieve next season and set goals.** I'm a great believer in motivational books. "Slaying the Dragon" by Michael Johnson (publisher Piatkus) is easy reading and has given me great direction.

Finally, I'm qualified in resistance training, so please don't hesitate to phone me at 0181 833-4539 if you need any training tips. GOOD LUCK! See you next season. Randal

VPH NEWS

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