

❖ VPH NEWS ❖

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May 1998

Southern League Team Top of the Table; Assembly League Team Lying Third

Key VPH Dates

Thur, 4 Jun Assembly League, Forbanks
Sat, 6 June S'thern League, Portsmouth
Thur, 2 Jul Assembly League, Vict. Pk.
Thur, 2 Jul Last Day for Dinner Tickets
Sat, 4 Jul S'thern L'gue, Battersea Park
Sat, 4 Jul S'thern League, Deangate
Sat, 18 Jul Club Dinner and Dance
Sat, 25 Jul Southern League, Aldershot
Sat, 25 Jul Southern League, Tonbridge
Thur, 6 Aug Assembly League, B'heath
Sat, 15 Aug S'thern L'gue, Sutcliffe Pk
Sat, 15 Aug S'thern L'gue, Finsbury Pk
Sat, 15 Aug Club BBQ (7pm/£5)
Thur, 3 Sep Assembly L'gue, Forbanks

On Sat, 6 June, our Southern League A & B teams are travelling to Portsmouth. The coach departs at precisely 9:30 am from the Clubhouse (no charge). If you plan on travelling in the 54-seater, you must get your name on the sign-up sheet in the hall. We expect a big turnout of athletes, family, and friends. On Thursday, 2 July, we're hosting the Assembly League at Victoria Park. This is also the absolute last day to procure your tickets for the Club Dinner and Dance. The organiser for this function is Albert Rowley who can be reached at 01702 558389. On Saturday, 18 July, we're having our Dinner and Dance at The Viceroy in Crutched Friars near Fenchurch Street, Aldgate, and Tower Hill Stations. Cost is £25 per person. Guests of Honors will be Jack and Ted Flowers who have been active club members for over 50 years. Don't miss this great opportunity to rub shoulders with VPH's past and present. On Saturday, 15 August, after our two Southern League teams have returned from their final battle of the season, Les Vials will be hosting the annual club barbeque starting at 7:00pm.



Hopefully, we'll have much to celebrate that night.

Heating Repair Bill Burns Club Funds

The Club finally took the plunge and paid £4,000 to have heating installed in the hall. This represent 1/3 of our bank balance. Donations and 100 Club participation gratefully encouraged.

Leaders of Men

Congratulations and thanks to Randal Porter for stepping forward as Track Captain and Jim Roche for signing up as Road & X-C Secretary *and* Captain.

Errata

Thanks to Garry Ormes for catching discrepancies in VPH News. He spotted that although Randal Porter ran 25.0, he didn't appear in the club rankings. Randal should have ranked sixth. Also, Garry noted that Boyd Underwood should have ranked third in last year's triple jump rankings with 11.52m, and not 11.51m as listed.

100 Club

With huge expenses raining down upon us, we can use the financial support of all club members. Enclosed in this magazine are two forms to join the 100 Club. One is to submit a one-time payment to cover a year and the other is to set up a standing order. To keep Victoria Park Harriers alive,

VPH World Wide Web Site

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

consider getting involved in this fundraiser.

Newbold Leaves Moorcroft and Chataway Standing

(By Richard Newbold)

(the title refers to my getting up from the front row and walking out, past 200+ people with "Victoria Park Harriers" clearly emblazoned on the back of my T-shirt and a pair of spikes hanging from the back of my rucksack.)

Some of you may have read an article by David Powell in The Times on Wednesday May 20th: "Pascoe takes gamble on fast track to revival" and be under the impression that the whole of British athletics is united behind the moves to set up a new governing body. Sadly, this isn't quite the case and if the article's author had attended one of the roadshows, like I did on VPH's behalf, rather than a carefully orchestrated press conference, he might have seen some of the internal problems that the brave new image of UK athletics is up against.

UK Athletics '98 Roadshow, Central Club, Great Russell St., London W1, 17 May 98

The great, the good, the bitter, and the twisted figures who make up the Southeast section of the British athletics (dysfunctional) family turned up to hear about the ideas for a new governing body to take over from the defunct and largely unlamented British Athletics Federation

Could this be your last VPH News?

Pay your subs or join VPH.
£62.50 for regular members or
£12.50 for honorary/associate
members. Students pay half-price.

Lashmar, Greenwell, Roche, and Newbold Retain Physical Shield!

British Vet's National Champs, Lloyd Park, Croydon, 28 Mar 98

M45 (10km+)11th Terry O'Neill 37:28

Chingford Road Relay (5x3.5M), 29 Mar 98

Consistency was the name of the game as Victoria Park Harriers' men's team produced a solid team performance in the Chingford Road Relay. Which athletes ran which legs was partly ruled by the fact that Tony got lost last year, so we thought that he'd have more chance of staying on course with the rest of the field on leg 1. This seemed to benefit Tony's running as he brought the team home in sixth place, although we were somewhat isolated from the leaders. Almost completely solo runs by Jim Roche and Richard Newbold meant the team remained in the same position after legs 2 and 3, but Jon Greenwell pulled the Harriers' team up into fifth place on leg 4. Despite the efforts of Thurrock Harriers last leg runner, Team Captain Jimmy Roche, running his second leg of the day, held Thurrock off on the final leg to gain fifth position overall. All the team seemed rather weary after their various 10-mile exploits the day before: Jim, Tony and Rich on a training run and Jon after taking on former Tour de France Yellow Jersey winner Sean Yates in a time trial (Yates won, but Jon's 22-minute cycling effort was a new PB by almost 2 minutes and emphasises how fit he is at present).

T. Lashmar	19:06
J. Roche	19:08
R. Newbold	18:59
J. Greenwell	18:54
J. Roche	19:23

Physical Shield Relay, Loughton, 31 Mar 98

For the second year running, Victoria Park Harriers men's team showed considerable speed with a comprehensive victory in the Physical Shield 4 x 1.75M Road Relay at Loughton. With Richard Newbold barely arriving before the start, after a hectic day in the lab, it

was up to Tony Lashmar to take on the big guns on leg 1 and, at the top of the first hill, he was shoulder to shoulder with Eton Manor's Michael Cates and Orion's Paul Filler. However, Cates' class showed on the downhill stretch and he pulled away from Tony; however, a dogged performance from the much-improved Harrier saw him 15 yards ahead of Filler after the second ascent. On the downhill run, Filler's fast finish pulled him past Tony, but a determined run by Tony brought the Harriers home in close contention in third place with Eton Manor AC clear leaders over 100m ahead. Eton Manor had their second best runner on Leg 2, but, even with the handicap of already having trained that day, Jon Greenwell pulled back the lead and, by the top of the second hill, the Harriers had a clear lead. Jon's strong run gave him the second fastest time of the evening. Team Captain Jimmy Roche launched into the third leg like a man possessed and still looked full of running after his first lap. His legs buckled slightly on the second ascent, but he more than consolidated our lead on leg 3 with the third fastest time of the evening to leave Richard Newbold with a comfortable lead at the beginning of the final leg. Newbold, out of sorts following the Nationals, maintained the Harriers' momentum, recording the fourth fastest time overall to bring VPH home over a minute clear of Orion Harriers with Eton Manor third. The winning Harriers team ran 27 seconds faster than their winning time last year. The Harriers two-man 'B' team was also prominent at the start with strong runs from Joe Loboda and Pete Eldridge, despite his recent bout of hayfever.

Individual Splits

A. Lashmar	9:09
J. Greenwell	8:47
J. Roche	8:52
R. Newbold	8:58

Team Result

1	VPH	35:46
2	Orion	37:37
3	Eton Manor	37:40

Assembly League 5K, Blackheath, 2 Apr 98

Victoria Park Harriers got off to a strong start in this year's Assembly Road Racing League with third place in the opening fixture at Blackheath. Leading the line for the Harriers was the rejuvenated Terry O'Neill who has gained a new lease of speed and enthusiasm after several months' hard work with Frank Horwill's training group at Battersea Park. Prominent for the Harriers over the early stages was Team Captain Jim Roche with Richard Newbold and Terry pulling through the field to join him at the end of the first lap. By the end of the second lap, Richard had faded somewhat, Terry and Jim were still locked together, but leading for the Harriers was Jon Greenwell who had surged impressively despite having already trained that morning. However, Jon's morning exploits and too much orange drink made their presence felt and he had to slow over the last lap. Over the run in, Terry held off Jim by two seconds to finish in 12th place, running his fastest time out of his last seven attempts on this course, with Jim taking 11 seconds off his best. Leading home the 'B' team was Tony Lashmar in 23rd position with Les Austin 39th and Andy McCourt 71st. Even with an incomplete team, this gave the 'B' team fourth place in their section to keep alive their challenge in the League. Sole female representative for the Harriers was Liz Kempster, who was third in the Women's section for an overall position of 83rd. This was a very impressive showing for the team considering it was the third race in five days for Jim, Jon, Richard, and Tony after the Chingford Road Relay and the glory of winning the Physical Shield once again.

1	B. Reynolds (SE)	15:43
12	T. O'Neill (1st M45)	16:21
13	J. Roche	16:23 (PB)
14	J. Greenwell	16:26
17	R. Newbold	16:34
23	T. Lashmar	16:51 (PB)
39	L. Austin	17:53
71	A. McCourt	19:55
83	L. Kempster (L3)	21:31

Ormes Throws Personal Best in Javelin

A Teams (12 teams)

1 Kent	22
2 Stock Exch	37
3 VPH	56
4 Dulwich	82

B Teams (7 teams)

4 VPH	233
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Ladies Teams

4 VPH	23
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Open Meeting, Cophall

Stadium, Barnet, 4 Apr 97

Hi Chaps, thought I'd just drop you a line to let you know how the meet went on Saturday. I got there at 1.00 pm (2-1/2 hour journey), I looked around for all the VPH'ers but couldn't find any. It was a horrible day, cold and very windy, so I assumed they'd all been scared off! The meet wasn't well attended or organised. Decided to watch the 100m races before getting changed. Saw a VPH vest - it was Randal Porter, he ran **12.1**. He wasn't pleased with this, but on reflection decided it wasn't too bad considering the gusting wind and not having used starting blocks. It turned out that Randal and I were the only two from VPH who had turned up. By 2.30, I was warmed up and ready for my event, but there were no officials available so I had to wait until 3.15 before it could start. I was the only Senior male in the Javelin. By this time, the wind was getting worse and I was starting to get a bit fed up. My first throw was 25.63m - rubbish! My second appeared to be better, but the wind blew it far over to the right and it landed outside the sector - no throw. At this point, Randal strolled over to me to see how things were going. I told him I was ticked off and wanted to go home!! He gave me a pep talk and said he was sure I could do 30m today - I said no way. My third throw was 27.05m. Chatting to Randal after this, I mentioned that I hadn't been told how many throws I was getting (thinking it would be 4 or 6). He said he'd find out for me. When he returned he said it was only 3 throws each but he had requested that I be given one more as I was the only Senior

there - they agreed. On my final throw, I managed to do **30.25m PB**. I couldn't believe it!! By this time, Randal was still waiting to be called for the Triple Jump (it should have started at 3.30). We were told that a female international jumper had entered but refused to participate because she considered the take-off board to be unsafe and dangerous. It was inspected and the triple jump was cancelled at 4.30!! Poor Randal - he'd been waiting for 3 hours. Be seeing you, Garry Ormes

VPH Open 5, 11 Apr 98

Despite the rain, the date (the Saturday of the Easter holiday), the presence of several big prize money races that weekend, and the lack of a key organiser until six weeks before the day, this year's Open 5 was a fair success. There were problems, but the majority of these should be rectifiable and the race organisers have already made a list of 25 improvements for next year's race. There was a low turnout for the junior's races (everyone who ran gained a medal!) but the Girl's U13 race saw a very impressive performance from local runner Magdalena Powell with a time of 5-30 for the mile. Powell was sixth in her age group at the National Cross Country Championships, but despite living a minute away from the Park, sadly runs for Woodford Green. The race conditions weren't ideal with rain in the early afternoon and a tremendous wind ruling out the chance of a fast winning time. The Open 5 was won by Inter Counties 20 Mile Champion Sam Mully from Ilford AC. The Kenyan athlete is the brother of Ilford's other Kenyan distance runner Amin Koikai who won the race two years ago. By halfway, Sam was well clear and eventually came home over a minute ahead of former Harrier Ray Dzikowski who now runs for Woodford Green. The leading current Harrier was the resurgent Terry O'Neill in fifth place. Terry had made a brave attempt at gaining fourth place with a solo break, but was caught by a chasing bunch towards the end. His performance gained him second veteran's prize and the VPH Shield for the first Harrier home. The second Harrier

first Harrier home. The second Harrier to finish was Annie Gammon in 103rd position in 38:26 with Ted Flowers coming home in 126th position (45:32). The men's field wasn't particularly strong although there were three clubs in contention for the team prize. This was more than compensated for by the quality of the women's race which saw five women get under the existing course record (30:28). First woman home was Debbie Percival from Medway AC in 27-47, for 7th place overall, with Mary O'Connor from New Zealand coming home in 11th place in a time of 28-02. O'Connor was twice runner-up in the London Marathon in the 1980's. The day didn't run completely smoothly, however, with about eight runners sent off-course on their second lap. Unfortunately, they weren't turned round by the next marshal they ran past and ended up running an extra mile. An apology was made by the Club afterwards and reimbursement was offered to those involved. This offer was taken up by three runners. The organisers have recognised the shortcomings that led to this error and have promised to take steps to avoid a repeat next year.

Men

1 S. Mully (Ilford)	25:24
2 R. Dzikowski (WG)	26:47
3 M. Hurley (Weston)	27:03
4 S. Smythe (Dulwich)	27:39 (M40)
5 T. O'Neill (VPH)	27:40 (M40)

Women

1 D. Percival (Medway)	27:47 (Rec)
2 M. O'Connor (NZ)	28:02
3 L. Hollick (Shaftsbury)	29:09
4 A. Fletcher (Dulwich)	29:38
5 L. Watson (GEC Av.)	29:49

Many thanks to Roger Daniels, Mikael Holopainen, Tony Lashmar, Joe Loboda, Andy McCourt, Richard Newbold, Ari Ramanathan, Jim Roche, Les Vialls, Mick Wheeler, Pippa Newbold, Danny Vialls, Major Carr, George Dodd, Wayne DuBose, Jack Flowers, Mrs Boulter, and Mrs. O'Kane for their assistance in organising the race as well as providing behind-the-scenes support.

Richard Bruce Wins 4 As VPH Takes First Southern League Match

Vets AC Meeting, Battersea Park, 15 Apr 98

1500 - Terry O'Neill 4:29.4 (1st)
5000 - Terry O'Neill 16:51.5 (1st)

Vets AC 5.2M, Battersea Park, 21 Apr 98

As reported in Athletics Weekly, "Terry O'Neill (winner in 28:04) continued his rich vein of form with a fine win from two regular front runners in these races."

London Marathon, 26 Apr 98

Victoria Park Harriers fielded seven runners in this year's London Marathon with all of them beating the four-hour mark despite being soaked by the torrential downpour not suffered by the race winners. Leading the Harriers' contingent home was Barry McKenna in 2,665th place in a time of 3:15. Next home was the much-improved Richard Martin who recorded a new personal best time for the distance, with John George, Buster Boulter, and Mick Wheeler all coming home within five minutes of this time. Buster's and Mick's efforts were particularly noteworthy as this marked their first attempts at the distance. 51-year-old marathon debutant Boulter remarked that "he wished he had taken up the sport 20 years ago". Veteran Andy McCourt and debutant Ari Ramanathan struggled hard over the demanding distance and were also rewarded with sub-four-hour clockings.

2665 B. McKenna 3:15:03
3944 R. Martin 3:25:01
4175 J. George 3:26:21
4858 M. Wheeler 3:29:53
7463 A. McCourt 3:43:34
9787 A. Ramanathan 3:54:13
(29,924 finishers)

Southern Counties Vets AC League, Battersea, 27 Apr 98

1500 (M40) 2nd T. O'Neill 4:24.4

Southern League Division 5, Mile End, 2 May 98

VPH opened its Southern League campaign with an emphatic win on home

turf. The margin of victory (30 points) is the largest since at least 1993 and probably dates further back than even five years ago. It's hard to believe I can use this term, but we won this meeting with "strength in depth," winning 11 of the 18 "B" string events to go along with our 7 "A" string victories. The number of firsts (18) beats last year's best of 16 in one match and once again you have to go back half a decade or more for a better performance. Such was the quality effort of the team that 11 of the 15 athletes finished in first place in at least one event. If we had gotten the baton all the way around in the 4x100, we would have won that race, and the count would have been 13 of the 15 athletes in the top position. With such a classy display, there's much to commend. Our distance runners acquitted themselves well with clean sweeps in the 1500 by Jon Greenwell and Richard Newbold (their wins came after placing second and first respectively in the 800 earlier in the day) and in the 3000SC by Terry O'Neill and Tony Lashmar. Tony slashed over 18 seconds off of his best set last year. Terry ran 22 seconds faster than 1997, but was still disappointed with his time. There's more to come from Terry yet this season. After discovering that Danny Henderson hadn't trained much this winter, Track Captain Randal Porter gave young Danny ample opportunity to work out, having him run the 200, 400, 400H, and 110H. Danny was rewarded for his herculean efforts with a gutsy win in the sprint hurdles, covering the distance 1.2 seconds faster than the corresponding race last year and only 0.6 seconds outside his best. Well done, Danny! He was last seen lying semi-comatose in the stands. Talking of not training, the Bruce brothers have honed top performance from zero training down to a fine art. Between the two of them, they accounted for one-third of the Club's 18 victories, with Richard winning a very impressive four events: 400m "B" (from the outside lane), high jump "B" clearing a PB of 1.70m, discus "B" with a PB by a metre, and the hammer throw "A" with a distance just 20 centimetres below his all-time best

20 centimetres below his all-time best set in 1995. In this same meeting last year, Richard high jumped 1.60m, threw the discus 22.46m, and the hammer 27.96m. His brother, Lee, also did us proud starting with a 1.80m victory in the high jump "A" and an easy win in the triple jump "B". Although "only" placing second in the long jump, he was still 42 cm ahead of the same meet last year as he produced our first 6m jump of the year. Lee showed true team spirit by running the 110m hurdles and anchoring the 4x400, not easy events when you haven't trained for them. Randal Porter had a solid day with wins in the triple jump "A" and long jump "B" and a sub-12.0 100 metres. There were good runs from Jim Roche and Pete Eldridge in the 5000m with Pete running nine seconds faster than last year for second place. Although Winston Letman's positions didn't reflect his effort, if compared to his runs exactly a year ago, he was 0.1 faster in the 100m and 0.5 faster in the 200m. A good start to the season for Winston. Wayne DuBose had decided earlier in the year that he would start training for field events when the clocks went forward and the warm days started on either Tuesdays or Thursdays. Since he was still waiting for that day to come, he went into the meet not having touched a shot, discus, hammer, or vaulting pole in nine months. It showed. He was over two feet below his best from last year in the shot putt and worse was that he couldn't bend the pole to clear his usual heights in the pole vault. Nevertheless, his 2.40m clearance in the pole vault was sufficient for tying for first in the "B" string with Mick Fitzgibbon seizing the opportunity to share equal first place in the "A" string. Wayne's sole "A" string victory came in the javelin where he took the lead in the third round and held off the challenge of three other athletes who were all hovering around the 42m - 44m range. This represented Wayne's 150th victory in his Southern League career. Congratulations to newcomer Steve Holmes who easily disposed of the opposition in the "B" string shot putt with a fine putt of close to 10m. Top

Rebirth of the VPH Southern League B Team

scorers reaching double digits included Wayne with 25 points, Richard Bruce 23, Lee Bruce 17, Randal Porter 13, Danny Henderson 10, and Richard Newbold 10. We were extremely grateful to Garry Walker who was our only official in this VPH-co-hosted meet.

- 100'A' R. Porter 11.9 (3)
- 100'B' W. Letman 12.3 (5)
- 200'A' W. Letman 25.4 (4)
- 200'B' D. Henderson 30.0 (5)
- 400'A' D. Henderson 67.9 (5)
- 400'B' R. Bruce 56.4 (1)
- 800'A' J. Greenwell 2:08.6 (2)
- 800'B' R. Newbold 2:09.3 (1)
- 1500'A' J. Greenwell 4:25.6 (1)
- 1500'B' R. Newbold 4:30.3 (1)
- 5000'A' J. Roche 17:07.3 (3)
- 5000'B' P. Eldridge 17:12.6 (2)
- 110H'A' L. Bruce 21.0 (3)
- 110H'B' D. Henderson 21.2 (1)
- 400H'A' W. DuBose 64.3 (2)
- 400H'B' D. Henderson 73.5 (3)
- 3000SC'A' T. O'Neill 10:34.0 (1)
- 3000SC'B' T. Lashmar 11:02.3 (1)
- 4x100 disq.
- 4x400 R. Newbold (59.4), D. Kosoko (55.6), J. Greenwell (60.2), L. Bruce (63.6) - 3:58.8 (3)
- LJ'A' L. Bruce 6.16 (2)
- LJ'B' R. Porter 5.74 (1)
- HJ'A' L. Bruce 1.80 (1)
- HJ'B' R. Bruce 1.70 (1) PB
- TJ'A' R. Porter 12.30 (1)
- TJ'B' L. Bruce 11.61 (1)
- PV'A' M. Fitzgibbon 2.60 (1=)
- PV'B' W. DuBose 2.40 (1=)
- SP'A' W. DuBose 10.34 (3)
- SP'B' S. Holmes 9.89 (1)
- DT'A' W. DuBose 29.75 (2)
- DT'B' R. Bruce 28.03 (1) PB
- JT'A' W. DuBose 45.13 (1)
- JT'B' R. Bruce 29.01 (3)
- HT'A' R. Bruce 31.10 (1)
- HT'B' W. DuBose 20.24 (2)

Match Result	
1st VPH	138.5
2nd West Norfolk	108.5
3rd Worthing	104
4th Dartford	91.5
5th Ealing	83.5

Southern League Division 8, Southampton, 2 May 98

We welcome the return of our B team which last graced VPH over a decade ago. With the first meeting a fair distance away, there was concern that we may not get a team to travel so far. All was well as seven athletes came together to form our new team. And they performed well to finish 5th of the 10 teams that make up Division 8. The main reason for creating this team is to give competition opportunities to those who are up-and-coming. A good example is Dave Johnson whose hammer throw of 16.88 (his first-ever hammer competition) wouldn't quite get him into the A team, but would have ranked him third at the Club in 1997. Well done to Pete Faley who returned to track competition after many years to actually win his heat of the 200m. Best performance of the day went to Ron Vialls' son, Chris, who threw the javelin further than our A team "B" string and placed as the equal highest VPH'er (along with his Dad) on the day finishing in third place. Talking of better performances than the A team, our Division 8 side currently has the better sprint relay time since the A team was disqualified. Congratulations also to Dolph Beard, who covered six events on the day. As you can see from the "no competitors" in five events below, there's plenty of opportunity for others to take part. Nevertheless, a good start all round!

Another Write-Up

The Victoria Park Harriers' Southern League Division 8 team got off to a solid start with a commendable fifth position in their opening fixture. The team provides junior athletes with a way of bridging the gap between school and Club athletics. It also provides a more relaxed and more fun outlet for the athletic talents of older and less experienced competitors than the highly competitive Division 5 VPH team experiences. A top performer in the field was teenager Dave Johnson who recorded excellent throws in the discus (21.03m) and hammer (16.88m) in his throwing debut for the Club. Chris Vialls returned to the sport after several years

absence to record a throw of 29.94m in the javelin, a distance which beat the distance achieved by the Harriers' Division 5 'B' string thrower on the same day. Dolph Beard had a very busy day competing in four individual events and both relays. Veteran campaigners Ron and Les Vialls performed well in the middle distance events with fellow veteran Pete Faley showing considerable speed in the 200m, clocking 28.5 seconds.

- 100 D. Beard 13.5 (5)
- 200 P. Faley 28.5 (5)
- 400 D. Beard 63.8 (5)
- 800 L. Vialls 2:49.4 (6)
- 1500 D. Beard 4:58.9 (6)
- 5000 R. Vialls 18:30.6 (7)
- 110H no competitor
- 400H no competitor
- 3000SC R. Vialls 11:57.9 (3)
- 4x100 (A. Peterson, C. Vialls, P. Faley, D. Beard) 58.4 (5)
- 4x400 (P. Faley, D. Beard, L. Vialls, R. Vialls) 4:52.2 (4)
- LJ D. Beard 3.04 (8)
- HJ no competitor
- TJ C. Vialls 8.00 (5)
- PV no competitor
- SP no competitor
- DT D. Johnson 21.03 (5)
- JT C. Vialls 29.94 (3)
- HT D. Johnson 16.88 (5)

1st Team Solent	166
2nd Isle of Wight	159
3rd Maidenhead	127
4th North London	102
5th VPH	82
6th Tonbridge	70
7th Witney RR	57
8th Paddock Wood	35
9th Oxford	13
Chichester didn't show	

Assembly League, Vic. Pk., 7 May 98

A stunning team performance had Victoria Park Harriers' supporters overcome for words as the 'A' and 'B' teams secured second places in the latest round of the Assembly League. With a strong westerly wind, the start was relatively slow with the more experienced runners tucking-in until reaching the turn by the Falcon and Firkin. Leading

VPH Wins Southern League Match #2 and 2nd in Assembly League Race

by example for the Harriers was Team Captain Jimmy Roche with four other Harriers close behind in the main group. By the end of the mile-loop, Terry O'Neill was leading the Harriers' charge with Jim, Richard Newbold, and Tony Lashmar running just behind, much to the surprise of Ron Iron who sounded extremely impressed by this packing. Running towards the apex, Terry O'Neill pulled away from his teammates with Richard Newbold, suffering from a cold, feeling tightness across his chest which caused him to ease off. By the apex, Terry had 10 seconds on Richard and Jim who were running side-by-side. At the turn up towards St. Mark's Gate, the two chasing Harriers appeared to be closing on the tiring O'Neill, but Terry still had a comfortable cushion at the final turn which proved sufficient as he came home in 8th position, an excellent reward for committed running over the middle of the race. Richard pulled away from Jim over the last half-mile to come home in 9th place with Jim in 10th (knocking two seconds off his best set in 1995) and Tony in 16th place. Tony demolished his PB for the course by 42 seconds to get under 19 minutes for the first time. Pete Eldridge was first scorer for the 'B' team having run a solo race after not quite bridging the gap to the leaders on the run to the apex. John George appeared to have recovered from his tough run in the Marathon to come home in 37th place with Ron Vialls and Les Austin bringing home the team in 44th and 45th places, respectively. Social Secretary Les Vialls returned to the action with a solid 69th position and Mick Wheeler (taking 40 seconds off his best) out-paced Graeme Tiffany in their own particular battle with Joe Loboda's efforts being hampered by his meeting a friend and stopping for a chat! Veteran campaigners Roger Daniels and Ted Flowers were the other Harriers' competitors in the Men's section while for the women, Annie Gammon continued her comeback with 5th place in the Women's Section with Georgina Austin in 10th place. Many thanks to Andy

McCourt, Mick Fitzgibbon, and Garry Walker for officiating.

1	J. Moores (Kent)	17:33
8	T. O'Neill	18:30
9	R. Newbold	18:36
10	J. Roche	18:40 PB
16	T. Lashmar	18:54 PB
25	P. Eldridge	19:27
37	J. George	20:07
44	R. Vialls	20:29
45	L. Austin	20:32
69	L. Vialls	21:42
77	M. Wheeler	22:27 PB
78	G. Tiffany	22:31
82	J. Loboda	23:13
93	A. Gammon (L5)	24:37
106	G. Austin (L10)	27:06
113	R. Daniels	29:01
116	T. Flowers	29:21

A Teams

1	Kent	34
2	VPH	43
3	Stock Exchange	44
4	Dulwich	68

B Teams

1	Kent	124
4	VPH	151
3	Stock Exchange	163
4	Dulwich	164

Ladies Teams

4	VPH	36
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League Positions After 2 Races

A Teams (12 teams)

1	Kent	30
2	Stock Exchange	27
3	VPH	27
4	Dulwich	24

B Teams (9 teams)

1	Kent	30
2	Dulwich	26
3	Stock Exchange	26
4	VPH	26
5	Eton Manor	22

Ladies Teams (7 teams)

4	VPH	14
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Vets AC Meet, Kingsmeadow, 13 May 98

3000m T. O'Neill 9:27.2 (2)

Richmond Half-Marathon, 17 May 98

Richmond Half-Marathon, 17 May 98

3rd Terry O'Neill 77:08 (1st Vet)

(9 seconds behind runner-up.)

Southern League Division 5, Milton

Keynes, 16 May 98

By winning its second match in a row, VPH has gotten off to its best start in the Southern League in 22 years. With five athletes missing from the first match, and with Boyd Underwood still out injured, there was some concern that GEC Avionics, who had won big in their first match, might prove too strong on the day. However, with 8 A string and 8 B string victories by our 13-man team, we ran out easy winners, never being headed throughout the whole match. Like the last league match, there were many stars on this occasion as well. Richard Newbold, who had to add the gruelling 3000m steeplechase to his repertoire due to unavailable distance runners, got better as the day went by. After placing third in the 800m, he went one better in the 1500m, and, after a very short break, decimated the opposition in the steeplechase, winning by over 200 metres. Also admirably churning out laps on this hot day was Jim Roche who placed second in the A string 5000m just three seconds from his best and also Tony Lashmar who won the B string steeplechase for the second match in a row. Jim later ran the 1500m while Tony had already covered the 5000m. Andy McCourt, who was on duty as our bus driver and field events judge, was also commandeered into service in the 800m. Many thanks, Andy! Danny Henderson, relieved to hear that he wasn't required to repeat the last meet by running four races, responded superbly by covering the 400m hurdles 3.4 seconds faster than last time, but even better, setting a personal best (the only one by a Harrier all day) in the 110m hurdles, chopping 0.2 seconds from last year's time. Once again, Lee and Richard Bruce made significant contributions to the VPH effort. Between them, they covered 10 events, won 4 of them, and scored a total of 40 points. This time, it was Lee's turn to snare the most number of victories, pulling out wins in the A

DuBose Picks Up Five Victories at Milton Keynes

string high jump, B string 110m hurdles, and B string triple jump. However, Richard gained some satisfaction by winning the B string high jump and scoring 21 points in his events, two more than Lee. Team Captain Randal Porter had another solid day by triple jumping over 12 metres, winning the B string long jump, and contributing the fastest leg in the 4x400m relay. Dean Kosoko returned impressively to the sprint races by winning the B string 100m and holding on to cross the line first in the A string 200m. We welcomed two newcomers to the team who both put on impressive displays in their events. Julius Olusegun ran a strong 100m race and finished the day with good legs in the relays, while Mark Topham pleasantly surprised us with an easy win in the A string pole vault. Big winner of the match was Wayne DuBose who had an up-and-down kind of day, but still came away with five victories. With no training under his belt for two weeks due to hamstring injuries in both legs, he started off tentatively in the pole vault, clearing the easy height of 2.40m, just to be on the safe side. He then moved over to the shot putt circle, where his first putt went slightly over 10 metres. With just three minutes to go before his 400m hurdles race, he managed to send his second putt out to 10.69m. Wayne then proceeded to cautiously cover the 10-hurdle one-lap distance. Although feeling a twinge in his hamstring, he coasted around to secure two points and then immediately found that he was being called by both the shot putt and pole vault judges. He told both he had no energy to do anything at that stage and the competitions proceeded. Wayne stood by the shot putt area and stayed just long enough, without taking further part, to hear that he had won with his second putt. Back at the pole vault, he discovered that if he vaulted no further, Mark Topham would win the A string and he would win the B string. Wayne did have his full complement of attempts since this also represented his second training session at the event (both Southern League meetings), but was unable to get his run-up right and failed all three

times. Upon reflection, his 2.40m attempt was a wise move. The hammer throw immediately followed and Wayne surprised himself by coming within three centimetres of his PB to win the B string. Next up was the javelin, where he improved his season's best by over a metre to secure yet another win, but also managed to injure his groin. Nevertheless, Wayne recorded his fifth win when he was just about able to rotate in the discus circle, going over 30 metres for the first time this year. Wayne finished as top club scorer of the day on 27 points. In the 4x100m relay, the Club kept up its new tradition by getting disqualified for the second meet in a row. Once again, we probably would have won this race. To their credit, the sprint relay squad declared that they would do the 4x400m to atone for their failure to complete the sprint relay. In a very exciting race, we saw Randal Porter, Dean Kosoko, and Winston Letman build up a comfortable lead for Julius Olusegun. Bearing in mind that none of these athletes are really 400m specialists, this was all quite impressive. However, on the last leg, it was obvious that the anchor leg on one of the opposing teams was a specialist and he was rapidly eating into Julius's lead. Fortunately, although Julius was hurting in the home straight, he held on to win by five metres. Atonement! Many thanks to Garry Walker and family for coming out to support us. Garry and his two youngsters even acted as officials in the javelin. Before the meet, Wayne stated that whoever won this match would probably win the divisional championship title. Stay tuned.

100'A' J. Olusegun 11.8 (2)
 100'B' D. Kosoko 12.2 (1)
 200'A' D. Kosoko 24.5 (1)
 200'B' W. Letman 26.4 (3)
 400'A' R. Bruce 56.7 (3)
 400'B' M. Topham 66.2 (4)
 800'A' R. Newbold 2:07.8 (3)
 800'B' A. McCourt 2:57.5 (5)
 1500'A' R. Newbold 4:24.9 (2)
 1500'B' J. Roche 4:44.8 (3)
 5000'A' J. Roche 16:47.6 (2)
 5000'B' T. Lashmar 17:23.8 (2)
 110H'A' D. Henderson 20.4 (3) PB

110H'B' L. Bruce 21.8 (1)
 400H'A' W. DuBose 67.6 (4)
 400H'B' D. Henderson 70.1 (2)
 3000SC'A' R. Newbold 10:22.7 (1)
 3000SC'B' T. Lashmar 11:24.5 (1)
 4x100 disq.
 4x400 R. Porter (54.3), D. Kosoko (55.3), W. Letman (60.8), J. Olusegun (56.6) - 3:47.0 (1)
 LJ'A' L. Bruce 5.87 (2)
 LJ'B' R. Porter 5.63 (1)
 HJ'A' L. Bruce 1.65 (1)
 HJ'B' R. Bruce 1.55 (1)
 TJ'A' R. Porter 12.16 (2)
 TJ'B' L. Bruce 11.87 (1)
 PV'A' M. Topham 2.80 (1)
 PV'B' W. DuBose 2.40 (1)
 SP'A' W. DuBose 10.69 (1)
 SP'B' R. Bruce 8.58 (2)
 DT'A' W. DuBose 30.69 (1)
 DT'B' R. Bruce 22.89 (2)
 JT'A' W. DuBose 46.48 (1)
 JT'B' R. Bruce 27.96 (5)
 HT'A' R. Bruce 27.31 (3)
 HT'B' W. DuBose 24.67 (1)

1st VPH	141*
2nd GEC Avionics	120
3rd Chiltern	112
4th London Irish	86
5th Southend	73

*highest score since at least 1993, but probably 1990 when we also scored 141

Southern League Division 8, Southampton, 16 May 98

For the second match in a row, our Division 8 team acquitted themselves well. This time, only five athletes took on the long journey back to Southampton, but this compared favourably with three teams who didn't show up at all and two clubs who fielded teams of one. Our fabulous five had plenty to be proud of by the end of the day. Dolph Beard took on the lion's share of events, competing in seven altogether, including the 3000m steeplechase and both relays! Congratulations to Danny Vialls who took part in his first-ever athletic competition, the shot putt (this is one of the benefits of having a Division 8 team). Young Pete Faley continues to impress, running the 200m faster than the first

Southern League B Team In Promotion Position

match and hurling the javelin out to a very respectable distance of over 30 metres, to rank him second in the Club so far this year. With that throw, Pete achieved the highest placing by a VPH'er also equalled by Dave Johnson who PB'ed in the hammer throw. Mikael Holopainen made his track debut for the Harriers scoring valuable points in both the 800m and 1500m. Perhaps the B team's greatest claim to fame is that, after two matches, they continue to field the best sprint relay team in the club, knocking over three seconds off their Match 1 effort. At the end of the day, the team finished in a respectable 5th, and lies in 4th place overall in league standings.

100 D. Beard 13.8 (4)
 200 P. Faley 28.2 (4)
 400 D. Beard 64.0 (4)
 800 M. Holopainen 2:21.8 (4)
 1500 M. Holopainen 4:59.7 (4)
 5000 L. Vialls DNF
 110H no competitor
 400H D. Beard 91.8 (5)
 3000SC D. Beard 14:38.3 (3)
 4x100 55.1 (5)
 4x400 4:46.3 (5)
 LJ D. Johnson 3.90 (4)
 HJ D. Beard 1.20 (4)
 TJ no competitor
 PV no competitor
 SP D. Vialls 6.07 (5)
 DT P. Faley 19.84 (4)
 JT P. Faley 30.97 (3)
 HT D. Johnson 17.66 (3) PB

1st Team Solent	169
2nd Isle of Wight	166
3rd North London	147
4th Witney Road Runners	127
5th VPH	104
6th Paddock	43
7th Chichester	16

Maidenhead, Oxford, and Tonbridge didn't show.

Committee Meeting Minutes 1974 - 1988

7 Jun 74: New members - M. McFarland (age 14), G.R. Ormes (age 15).

5 Jul 74: New member - G. W. Dodd (age 46). Wayne DuBose 3rd in Nat'l Junior Decathlon at Wolverhampton.

1 Nov 74: New member - Lee Hurst

(age 12) (Editor's Note: From "They Think It's All Over").

3 Oct 75: New member - June Herbert (age 23) (Editor's Note: John Anstey's wife. June, we have no record of you resigning from the Club. You owe 22 years worth of subs). Sullivan Trophy jointly awarded to D. King and M. McFarlane (Editor's Note: This may have been the last time this trophy was awarded.)

9 Jul 76: Tower Hamlets Sports Council wish to start a new athletics club in East London.

27 Oct 76 (AGM): Life Vice Presidents: Gordon Everson and Alf Pearson. (Editor's Note: Alf is a newly discovered LVP. There are now 14 identified LVPs in VPH history.) Life Members: Henry Tabberer and Alan Howlett.

6 Oct 78 (AGM): President: Mr Pete Faley; Life Vice Presidents: Mr D.H. Bareford and Ted & Jack Flowers.

5 Dec 80: New member: Joe Loboda (age 18)

6 Mar 81: New member: David Boulter (age 39)

10 Apr 81: The London Marathon could clash with the Open 5 next year according to the proposed date. Club will write to the organizers in hopes that this may be avoided.

6 Jan 84: The formation of an inter-club winter league was proposed by Ron Vialls and seconded by Terry O'Neill. It will be carried out by the road and cross-country secretary and will be run on a points system. A perpetual trophy will be awarded to the league champion engraved with name and year, plus a gold medal. Silver and bronze medal to 2nd and 3rd. The score to be kept up by the secretary who will forward copies to club magazine editor for ratification and publication. Motion carried.

12 Apr 85: Eddie Boswell has proposed that the course for the Open 5 and Chingford & District race be measured to an accurate 5 miles for the future. The matter to be discussed further at next meeting.

3 May 85: The decision regarding the distance of the Open 5 has been deferred until the Winter AGM. Eddie Boswell to arrange meeting.

to arrange meeting.

7 Mar 86: Special congratulations were given to our victory in the last Chingford League meeting of the season at Eastway on March 4th. The team finished with the same points score as Haringey but were given the decision because our last scoring member closed in ahead of the Haringey runner. The team finished the season in second place overall.

10 Nov 88 (AGM): Proposed Major Carr and seconded Ken Rouse minimum committee attendance for a quorum be reduced to 6. Proposal carried.

Letters to the Editor

Dear Wayne,

Many thanks for the newsletters and translations, although I'm not sure if the race report made me feel any younger or even older than I usually do! I enclose a donation. I'm glad that Bob Long has made contact. Bob and I were close rivals in the late '50s and more than once pulled or pushed each other to a PB. The enclosed cuttings show the start of the London to Brighton relay in 1958 or 59 (Editor's Note: VPH first competed in this race in October 1958) and a mile race in the Park in 1956. The latter lineup includes Pete Potter, Gordon Everson, Stuart Day, Bob Long, and Dennis West. You will notice in the match report that the shot is still referred to as the "weight." I was sorry to read about Bill Rowlands, whom I first met in 1954, the year before I joined, when he was assistant to Wally Sapsford. In those days, the track dressing rooms were without lights which made it awkward in the evenings. The frequent dearth of hot water didn't help either. I believe it was Bill, whose son Tony later became a member, who informed the Club that the hall was for sale. Regards, Alan Howlett

Dear Alan,

As usual, thank you very much for your donation and also for the newspaper clippings you enclosed.

Take Care, Wayne

Sixty Years of VPH Long Jump Champions

VPH Long Jump Champions

1937	S. Cannell	6.37
1938	S. Cannell	6.05
1939	W. Forder	5.93
1947	S. Rawlins	6.02
1948	D. Bareford	6.07
1949	D. Bareford	6.23
1950	D. Bareford	6.32
1951	E. Hagger	6.35
1952	D. Buxcey	6.51
1953	J. O'Donoghue	5.95
1954	D. Bareford	6.27
1955	L. Logan	6.31
1956	D. Bareford	6.17
1957	S. Wilson	6.22
1958	K. Davies	6.17
1959	D. Bareford	5.93
1960	D. Bareford	5.97
1961	D. Bareford	6.16
1962	D. Collingwood	6.32
1963	D. Collingwood	6.32
1964	G. Buchanan	6.16
1966	D. Collingwood	6.25
1967	S. Smellie	5.81
1968	J. Wilhelmy	6.50
1972	A. Barber	5.97
1973	W. DuBose	5.87
1974	V. Bramble	5.93
1975	F. Gaynes	6.09
1976	W. DuBose	6.21
1977	K. Richards	5.70
1978	G. Anderson	5.29
1979	G. Anderson	5.22
1980	R. Pearson	5.96
1983	K. Richards	6.66
1984	K. Richards	6.45
1989	I. Melin	5.61
1997	L. Bruce	6.23

Whose Job Is It?

At last year's AGM, I proposed a position be created which focused on getting new members into the Club. Someone remarked that there was no need for such a position as we should all be considered recruiters. "This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but No-

body realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!" Author Unknown

UK Athletics '98 Roadshow (Continued from Page 1)

collapsed at the end of last year with huge debts. To present the case for a new organisation was former 5000m world record holder Dave Moorcroft, who took over as Chief Executive of the BAF two weeks before the receivers were called in, and management consultant Alison O'Neill. Ms O'Neill had been provided free of charge by the insolvency administrators of BAF to help decide what the sport needs and eventually to set the processes working which will resurrect a governing body for our sport. Also present was the remarkably red-headed Chris Chataway who is chairman of UK Athletics '98, the group set up to give continuity and suggest the changes that will be introduced. Even before the presentation began, one of the "old guard" rose to his feet and questioned the legality of the work being done. Sir Arthur Gold, President of the AAA of England, believed that because UK Athletics '98 has not been appointed by the sport's constituent bodies, i.e. the SEAA, Midland Counties, Scotland AA, etc., it had no mandate to decide how the sport should be organised. Legally this might be true but given the unprecedented nature of the collapse of BAF and the desperate need for its replacement by something more effective, any professional assessment of the sport must be welcomed. Some people would argue that BAF and its forerunner BAAB haven't been a great success and that we would be better off without some distant body deciding from on high what happens to us. After all, the BAF left us with huge debts (despite the amazingly successful late 1970s - 1980s, a period when athletics seemed to dominate the TV schedules), damaging internal feuds, and an unfashionable sport in turmoil which few sponsors would want to touch with a bargepole. Athletics, under the old regime, appeared to have no clear idea

of where it wanted to go or how to drag itself into the public eye for the right reasons. However, British athletics does need a governing body. Primarily because without one, the International Amateur Athletics Federation (IAAF) will not let British athletes compete in international competitions such as the World Championships and the Olympics. There are other, less immediate reasons why athletics needs a co-ordinating body and these and how the new UK-wide organisation should be organised was the subject of a lengthy presentation by Ms. O'Neill. The main speaker could hardly have contrasted with her audience more strongly: a young woman, with good presentation skills attempting to bring consensus and carry the broad swathe of opinion with her, rather than getting bogged down over individual points, important to a very small number of people. Ms. O'Neill was also determined to highlight the good points from the past but also suggest that there was a better way of doing things in the future. As well as business experience, Alison O'Neill has also been an international cross-country runner, so she cares about the sport rather than merely thinking of it as just another business, like ball bearings! The audience was largely composed of men, the vast majority of whom wouldn't have been wearing a vest and shorts on the previous day and hardly reflected the cutting-edge of competitive athletics in the South East. However, what the audience did have in abundance was huge experience in athletics: competition, coaching, organisation and development, and crucially in creating their aggressive attitude, a worry that all their efforts over the years were being either ignored, underestimated, or denigrated. This became even more evident when the question session began at the end. So, what is the new proposal for the re-structuring of the sport, who's going to pay for it, and where will VPH be in the bright new scheme? Basically, the central pillars of the new organisation scheme can be simplified into four key points:

1. A President will be elected by Clubs.

2. The President will select three other people to work with him/her. This group will appoint the (paid) officers of the organisation. Selection will be based on merit, achievement, and track record, and not merely on time served.

3. The administration of the sport will be divided into three sections:

(a) Elite: UK teams, National teams, etc

(b) Competition: Leagues, Champs, etc.

(c) Development: coaching, recruiting, etc

4. All these sections will be organised in smaller regions, i.e. nine for England rather than the three which currently exist, to bring the support and the athletes closer together.

All of these ideas are laudable and many of them build on the strong points that already exist within the regions. However, the very short time which UK Athletics '98 has to consult, plan, and implement its ideas (about nine months) has meant that they've been unable to talk to everyone who believes they should have a say. Unfortunately, I had to leave during the fourth question (I'd already spent over four hours at the SEAA AGM and the Roadshow) so I

may have missed questions from the more supportive members of the audience. However, the first few questions showed how much distrust and anger has been built up by the old regime and how individuals who've put enormous amounts of unpaid effort over a long period of time feel that they've been bypassed. This included the Secretary of the Road Running Commission who felt his part of the sport had been sidelined and perhaps more familiar to VPH members, Les Golding OBE, former England Team Manager, SEAA Life-President, etc. It appeared that Dave Moorcroft wasn't aware of who Les was, but those of us who compete in the South are more surprised if we don't see Les at a cross-country race or track meeting as he makes those long journeys up from the Kent coast. Les Golding is the epitome of the golden era of athletics, a man who has spent more time devoted to the sport than most but who wonders how his sport can have sunk so low. He asked where all the money that must have been earned from television rights,

etc. has gone. Although he appears to have developed a conspiracy theory regarding the administration of the defunct BAF, his vast experience should not be discounted and hopefully, through the greater consultation opportunities included in the new structure, both he and us should have the chance to have our demands and suggestions heard. Overall, I was impressed. Dave Moorcroft came across far more strongly than he does on the television. It does take bottle to stand in front of 200 people who (think they) know all there is to know about athletics. I'm hopeful that athletics will gain a higher profile and will be better administered. The main questions I feel are important but weren't covered are:

1. How can athletics compete with the more fashionable sports?

2. With even less time devoted in schools to sport, will even fewer youngsters take up any sport?

These two points must be tackled by a strong UK Athletics organisation and hopefully that is what we'll have in the New Year.

VPH NEWS

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