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# ◆ VPH NEWS ◆

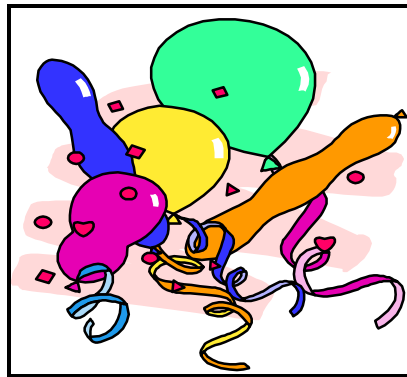
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January 1995

## 1995 Will Be The Start Of Victoria Park Harrier's Ascent

Judging by the two committee meetings following the October AGM, a new sense of enthusiasm and motivation pervades the club. Already, after several years of meetings every two months, the committee has held three meetings since November. Just as encouraging is the attendance with an average of 12 members, plus legitimate apologies for absence. Among the many issues, the committee has discussed obtaining a grant to fix the roof, effective ways to recruit new members, purchasing an indoor shot putt, re-introducing club track and field championships, having annual awards evenings for both the cross-country and road season and the track season, and much more. With Peter Spencer as Chairman, Ron Irons as the Vice Chairman, Gerry Franey as Treasurer, Andy McCourt as Club Secretary, John George as Meeting Recorder, Frank Massingham as Subscriptions Manager, Richard Newbold as Track Secretary, George Hart as Road & Cross-Country Secretary, and Committee Members Colin Reid, Mick Eldridge, Roger Daniels, George Dodd, and Jimmy Edmonds, we have an impressive infrastructure of personnel who'll make a significant positive difference to the management of the club this year. Talking of making a difference, congratulations to Frank Massingham for encouraging everyone to be 100% up-to-date with their subscriptions. Our one weakness lies with our social side. Unfortunately, no one, at this time, is willing to be responsible for the social committee. At the moment, Gerry Franey and Andy McCourt are



***HAVE A HAPPY NEW YEAR.  
AND REMEMBER THAT VPH  
CAN SUCCEED ONLY TO THE  
EXTENT THAT YOU, AS AN  
INDIVIDUAL, WANT IT TO***

the only two who are willing to ensure we at least have the bar open on Thursdays. Thanks, lads. If you can offer your assistance, please step forward. On the brighter side, we've had nine new members join the club during the months of November and December. As you may have noticed, the format for the newsletter is slightly different than in the past. Hope you like it. This newsletter has been composed in Cambridgeshire, many miles from the hallowed grounds of VPH. Therefore, news appearing in these pages can only be as informative as what is received at this location. Three ways to achieve that: (1) Hand your writings to Roger Daniels at the club. (2) Mail your writings to: Wayne DuBose, 41 Ansley Way, St Ives, Cambs, PE17 4SN. Handwritten results or thoughts on a scrap of paper will suffice. (3) Pin your news on the changing room notice board for my attention.

## Southern League 1994 We Survive To Fight Another Day

Jimmy Edmonds reports: To sum up the Southern League for 1994, it was a very brave effort by the Harriers who managed to collect enough points to keep us in Division 5 for another season. We finished 17th of 23 teams in the league. With five going down to Division 6, we were just on the outskirts of diving into unknown territory. As usual, our main weakness was failing to provide the best team possible. Our true potential was shown when we placed second in two of our matches. After that, lack of club athletes saw us falter. It wasn't all gloom and doom with some fine individual performances throughout the season. Wayne DuBose and Richard Bruce, in the field events, collected the lion's share of the points. Mark Edmonds won three of his five contested 800m 'A' string races, showing a lot of guts and determination on each occasion. Keith Lowe, our 41-year old stalwart, gave his all in each 5000m race he ran, winning the 'A' string competition at Deangate in 15:47.9, his fastest time for four years and possibly a club vets record. Terry O'Neill also ran very well winning a 'B' string 5000m in 16:05 at Deangate and following up at Brighton with a win in the 'A' string 3000 steeplechase. Mick Eldridge did well backing Wayne up in the pole vault. Whenever Wayne vaulted in the 'A' string, Mick came up with first or second place. Sprinter Tony O'Connor, was an excellent find for the club, winning five sprint races for us over the season. He also proved himself as a valuable relay runner and jumper. Next year, "Things Can Only Get Better."

## Keith Lowe and Terry O'Neill Set Club Vet Records

June 8th  
Three Harriers took part in an open 3000m at Woodford Green. Keith Lowe set a new club vets record placing third in 9:11. Ronny Vialls completed the distance in 10:17 with Gerry Franey running 11:01.

### Southern League, Deangate, 7 May

On a wet, miserable day, we opened our Southern League campaign. With eight athletes, we covered nearly all events, with some individuals taking part in five or six contests. Despite the overload, we still had three good wins thanks to Winston Leitman in the 100 'A', Keith Lowe in the 5000 'A' (another club vets record), and Terry O'Neill in the 5000 'B'. Keith Lowe also set a new club vets record in the 3000SC. Tony O'Connor making his debut in a VPH vest was just pipped at the post in the 100 'B'. In spite of these excellent individual efforts, we scored just 70 points. (Jimmy Edmond reports)

100A Winston Leitman 12.1 1st  
100B Tony O'Conner 12.2 2nd  
200A W. Leitman 24.5 2nd  
200B T. O'Connor 24.7 3rd  
400A Mark Edmonds 56.7 5th  
400B Phil McDougal 57.7 5th  
800A M. Edmonds 2:01.7 4th  
800B Mick Eldridge 2:18.1 5th  
1500A Keith Lowe 4:25.2 3rd  
1500B T. Daley 4:51.7 3rd  
5000A K. Lowe 15:47.9 1st  
5000B Terry O'Neill 16:05.4 1st  
3000 S/C 'A' K. Lowe 11:00.6 3rd  
3000 S/C 'B' M. Eldridge 12:25.1 2nd  
110H 'A' M. Eldridge 25.1 5th  
110H 'B' T. Daley 5th  
400H 'A' M. Eldridge 78.8 5th  
4x100 48.3 3rd  
4x400 3:53 4th  
HJ 'A' P. McDougal 1.50 5th  
LJ 'A' T. O'Connor 4.36 5th  
LJ 'B' T. Daley 4.25  
PV 'A' M. Edmonds 2.20 3rd  
TJ 'A' P. McDougal 11.01 2nd

HT 'A' K. Lowe 12.74 5th  
HT 'B' Andy McCourt 7.46 5th  
DT 'A' K. Lowe 15.72 5th  
DT 'B' Roger Daniels 11.54 5th  
SP 'A' C. Miel 7.61 5th  
SP 'B' T. Daley 5.46 5th  
JT 'A' T. Daley 10.90 5th  
JT 'B' M. Eldridge 3.84 5th

### *Success Can Come To The Athlete Who Fails, But Not To The One Who Quits!*

### Southern League, Newham, 4 June

Without a full team, VPH put up a super performance to finish second. Richard Bruce was "Man of the Match," piling up points over 9 events, and gaining two wins. In the 800, Mark Edmonds made all the running to ease to a comfortable win. In the sprints, Winston Leitman won his second 100 'A' race in a row, with Tony O'Connor sweeping the 100 and 200 'B' races. He and Winston, combined with Mark and Richard, to each make significant contributions to the two victorious relays teams. Terry O'Neill beat Keith Lowe's 3000SC vets club record by two seconds.

100A Winston Leitman 12.0 1st  
100B Tony O'Conner 12.4 1st  
200A W. Leitman 24.5 2nd  
200B T. O'Connor 24.6 1st  
400A Mark Edmonds 55.9 4th  
400B Phil McDougal 59.9 5th  
800A M. Edmonds 2:04.0 1st  
800B John George 2:16.0 2nd  
1500A Keith Lowe 4:27.0 3rd  
1500B J. George 4:38.0 2nd  
5000A K. Lowe 15:56.6 4th  
5000B Terry O'Neill 16:26.3 3rd  
3000 S/C 'A' T. O'Neill 10:58 5th  
3000 S/C 'B' M. Eldridge 11:49 2nd  
110H 'A' T. Daley 26.1 5th  
110H 'B' M. Eldridge 24.1 2nd

400H 'B' M. Eldridge 77.5 5th  
4x100 R. Bruce, M. Edmonds, T. O'Connor, W. Leitman 48.8 1st  
4x400 R. Bruce (57.5), M. Edmonds (56.7), W. Leitman (55.2), T. O'Connor (54.8) 3:48 1st  
HJ 'A' R. Bruce 1.60 2nd  
HJ 'B' P. McDougal 1.20 2nd  
LJ 'A' R. Bruce 5.48 3rd  
LJ 'B' P. McDougal 5.06 5th  
TJ 'A' R. Bruce 11.28 1st  
TJ 'B' P. McDougal 10.42 1st  
HT 'A' R. Bruce 25.20 2nd  
HT 'B' M. Eldridge 15.40 2nd  
DT 'A' Wayne DuBose 30.16 1st  
DT 'B' R. Bruce 24.64 1st  
SP 'A' W. DuBose 10.82 2nd  
SP 'B' R. Bruce 7.28 4th  
JT 'A' R. Bruce 21.36 4th  
JT 'B' M. Eldridge 21.36 4th

|     |           |            |
|-----|-----------|------------|
| 1st | Aldershot | 121 points |
| 2nd | VPH       | 115 points |

(Jimmy Edmonds reports)

### Southern League, Brighton, 18 June

With a team of nine, VPH were suitably inspired by the presence of Sally Gunnell training just prior to our competition to cover all the events and force their way into second place in the match by the end of the day and into tenth place in the division. Wayne DuBose had the fortune to have a cousin living ten minutes from the stadium and thus took the opportunity to stay there on the Friday night. He had the misfortune to pull a hamstring during his second event, the pole vault, and had to withdraw from the two hurdles races. Heavily bandaged, he continued with the discus and javelin. This was a superb all-round performance with individual wins by team captain Mark Edmonds, Terry O'Neill, Richard Bruce, Mick Eldridge, and Wayne DuBose. We also won the 4x400 with our youngest member, Phil McDougal, covering the lap faster than

# Mick Eldridge Shows Off In Style On Way To Victory

ever, albeit with a running start, in 56.6. Of interest to the crowd was Mick Eldridge who somehow managed to suspend himself over the pole vault bar for an impressive number of seconds before clearing the height. What a show-off! The other sight to behold was that of Joe Loboda attempting suicide on ten separate occasions right in front of the crowd. His attempts were actually in conjunction with the 110H and as he came crashing down each time, he bravely got up to try to secure a point for the club. As a reward for his bravery, the officials disqualified him. No justice in this world. (J. Edmonds reports)

|                  |       |
|------------------|-------|
| 1st Bracknell    | 125.5 |
| 2nd VPH          | 122   |
| 3rd Worthing     | 109   |
| 4th Colchester   | 106   |
| 5th London Irish | 51.5  |

|  |         |       |
|--|---------|-------|
| 100A Winston Leitman   | 12.4    | 4th   |
| 100B Tony O'Connor   | 12.0    | 2nd   |
| 200A W. Leitman  | 25.5    | 5th   |
| 200B T. O'Connor   | 24.5    | 1st   |
| 400A Mick Eldridge   | 63.5    | 5th   |
| 400B Phil McDougal   | 56.7    | 2nd   |
| 800A Mark Edmonds  | 2:01.0  | 1st   |
| 800B John George   | 2:11.2  | 2nd   |
| 1500A M. Edmonds   | 4:25.0  | 3rd   |
| 1500B J. George  | 4:41.0  | 2nd   |
| 5000A Terry O'Neill  | 17:01   | 3rd   |
| 5000B Gerry Franey   | 18:35   | 2nd   |
| 3000 S/C 'A' T. O'Neill  | 11:11.1 | 1st   |
| 3000 S/C 'B' Joe Loboda  | 11:50   | 4th   |
| 110H 'A' J. Loboda   |         | Disq. |
| 110H 'B' M. Eldridge   | 26.7    | 4th   |
| 400H 'A' P. McDougal   | 66.1    | 4th   |
| 400H 'B' M. Eldridge   | 72.8    | 3rd   |
| 4x100 W. Leitman, P. McDougal, R. Bruce, T. O'Connor                               | 48.7    | 3rd   |
| 4x400 M. Edmonds (54.4), P. McDougal (56.6), W. Leitman (58.0), T. O'Connor (55.0) | 3:44    | 1st   |
| HJ 'A' Richard. Bruce  | 1.60    | 1st   |
| HJ 'B' P. McDougal   | 1.50    | 2nd   |
| LJ 'A' R. Bruce  | 5.73    | 1st   |
| LJ 'B' P. McDougal   | 5.02    | 2nd   |

|                     |       |     |
|---------------------|-------|-----|
| TJ 'A' R. Bruce     | 11.80 | 1st |
| TJ 'B' P. McDougal  | 10.11 | 2nd |
| PV 'A' Wayne DuBose | 3.00  | 2nd |
| PV 'B' M. Eldridge  | 2.40  | 1st |
| HT 'A' R. Bruce     | 29.06 | 3rd |
| HT 'B' M. Eldridge  | 14.36 | 4th |
| DT 'A' W. DuBose    | 33.42 | 2nd |
| DT 'B' R. Bruce     | 24.62 | 3rd |
| SP 'A' W. DuBose    | 11.30 | 1st |
| SP 'B' R. Bruce     | 7.71  | 4th |
| JT 'A' W. DuBose    | 46.74 | 2nd |
| JT 'B' R. Bruce     | 27.34 | 4th |

***“The will to win is not nearly as important as the will to train.”***

### Southern League, Basildon, 2 July

Even without a full side, VPH still managed to win six events and finish in third place. Wayne DuBose was “Man of the Match” for the club, winning five events. Wayne, who represented Great Britain as a junior decathlete way way back, used all his skill and experience to gain valuable points for the Harriers to help keep them in Division 5. John George was our other winner in the 1500 ‘B’ race. (J. Edmonds reports)

|                     |     |
|---------------------|-----|
| 1st Tunbridge Wells | 125 |
| 2nd Southend        | 125 |
| 3rd VPH             | 99  |
| 4th West Norfolk    | 93  |
| 5th Guildford       | 91  |

|                      |        |     |
|----------------------|--------|-----|
| 100A Winston Leitman | 12.1   | 3rd |
| 100B Tony O'Connor   | 11.9   | 2nd |
| 200A T. O'Connor     | 24.2   | 3rd |
| 200B W. Leitman      | 24.4   | 5th |
| 400A Danny Wing      | 53.0   | 3rd |
| 400B Phil McDougal   | 56.6   | 2nd |
| 800A Mark Edmonds    | 2:01.6 | 5th |
| 800B John George     | 2:13.4 | 4th |
| 1500A M. Edmonds     | 4:26.6 | 3rd |
| 1500B J. George      | 4:30.5 | 1st |

|   |         |       |
|---|---------|-------|
| 5000A George Hart   | 17:11   | 4th   |
| 5000B Ron Vialls  | 18:     | 2nd   |
| 3000 S/C 'A' G. Hart  | 11:11.3 | 4th   |
| 3000 S/C 'B' Joe Loboda   | 12:33   | 3rd   |
| 110H 'A' Wayne DuBose   | 19.9    | 2nd   |
| 110H 'B' T. Daley   | 27.6    | 5th   |
| 400H 'A' Phil. McDougal   | 66.9    | 4th   |
| 400H 'B' W. DuBose  | 65.7    | 4th   |
| 4x100 D. Wing, P. McDougal, T. O'Connor, W. Leitman                               | 47.7    | 3rd   |
| 4x400 M. Edmonds (55.76), W. Leitman (57.9), D. Wing (53.95), T. O'Connor (53.92) | 3:47.8  | 3rd   |
| HJ 'A' D. Wing  | 1.70    | 2nd   |
| HJ 'B' P. McDougal  | 1.55    | 3rd   |
| LJ 'A' D. Wing  | 4.48    | 5th   |
| LJ 'B' P. McDougal  | 4.49(?) | 3rd   |
| TJ 'A' T. O'Connor  | 11.37   | 3rd   |
| TJ 'B' P. McDougal  | 10.14   | 4th   |
| PV 'A' W. DuBose  | 3.10    | 1st   |
| PV 'B' NO COMPETITOR  |         |       |
| HT 'A' W. DuBose  | 17.72   | 5th   |
| HT 'B' T. Daley   | 5.72    | 5th   |
| DT 'A' W. DuBose  | 33.22   | 1st   |
| DT 'B' T. Daley   | 11.40   | 5th   |
| SP 'A' W. DuBose  | 11.20   | 1st   |
| SP 'B' T. Daley   | 5.56    | (5th) |
| JT 'A' W. DuBose  | 47.71   | 1st   |
| JT 'B' T. Daley   | 10.62   | 5th   |

### Southern League, Battersea, 30 July

A significantly depleted team took on formidable opposition, facing the top three league leaders of Winchester, Horsham, and Andover. Winchester and Horsham were unbeaten in four league meetings, with Andover coming second just once. Yet, in the face of such tough opposition, VPH had two good wins with Mark Edmonds in the 800 ‘A’ race and ever-improving Tony O'Connor in the 100 ‘B’ race. In Mark’s 800, a tactical race developed with the top teams carefully watching each other. Mark made his break at the bell and soon built up a 10 - 20 meter gap which he maintained all the way to the finishing line. Our other winner, Tony, got off to a legitimate flying start out of the blocks leading all the way to

## Magnificent Six Ride Into Welwyn Garden City

Harriers, finishing 3rd in the 400 meters after running an impressive 62.4 to place 3rd in the 400H. Boyd, who also took part in the LJ, TJ, and relay, has plenty of ability and looks a star of the future. Young Phil McDougal, who has made great improvement this year, also looks good for the future. Let's hope we can hold onto both boys! (Jimmy Edmonds reports)

100A Winston Leitman 12.3 4th  
 100B Tony O'Connor 11.7 1st  
 200A T. O'Connor 24.2 3rd  
 200B D. Kosoko 24.2 2nd  
 400A Boyd Underwood 54.9 3rd  
 400B Phil McDougal 57.2 4th  
 800A Mark Edmonds 2:03.6 1st  
 800B Mick Eldridge 2:19.2 5th  
 1500A Keith Lowe 4:25.6 4th  
 1500B M. Edmonds 4:31.6 2nd  
 5000A K. Lowe 16:11.8 2nd  
 5000B Terry O'Neill 17:15 2nd  
 3000 S/C 'A' T. O'Neill 11:22.6 4th  
 3000 S/C 'B' Joe Loboda 11:53.6 3rd  
 110H 'A' M. Eldridge 22.7 4th  
 110H 'B' J. Scanlon 24.8 4th  
 400H 'A' B. Underwood 62.4 3rd  
 400H 'B' P. McDougal 65.6 3rd  
 4x100 Disqualified  
 4x400 M. Edmonds, P. McDougal, B. Underwood, T. O'Connor 3:44.0 5th  
 HJ 'A' T. O'Connor 1.60 5th  
 HJ 'B' P. McDougal 1.40 4th  
 LJ 'A' B. Underwood 5.63 5th  
 LJ 'B' P. McDougal 4.25 4th  
 TJ 'A' T. O'Connor 11.44 4th  
 TJ 'B' B. Underwood 11.57 4th (?)  
 PV 'A' M. Eldridge 2.40 4th  
 PV 'B' M. Edmonds 2.00 5th  
 HT 'A' T. Leigh 13.02 5th  
 HT 'B' NO COMPETITOR  
 DT 'A' K. Lowe 17.14 5th  
 DT 'B' G. Harper 15.26 5th  
 SP 'A' T. Leigh 7.39 5th  
 SP 'B' G. Harper 6.96 4th  
 JT 'A' D. Brown 28.92 5th  
 JT 'B' K. Lawrence 13.42 5th

***"Let's show the b&\*%#@ds!"  
 was the rallying cry by Mick  
 Eldridge inspiring the team out  
 of last place.***

### **Southern League, Welwyn Garden City, 13 August**

Fortunately for Wayne DuBose, he got to stay the previous night at John Anstey's house, a mere five minute drive away. Unfortunately for Wayne, he was one of only six athletes who competed for the club and ended up having to take part in nine events. However, as acting track captain, Mick Eldridge was an inspiration, motivating everyone (all five of us) to get stuck in and get the points. His rallying cry was "Let's show the b#\$%^&ds," although it was never entirely clear who they might be. The Magnificent Six dug deep into their reserves with each athlete covering many events to gain vital points. Wayne had two good wins in the PV and the JT. The brave Harriers were rewarded for their efforts by not coming last, 4th with 77 points (Jimmy Edmonds & WD reports).

100A Richard Bruce 13.5 3rd  
 100B Wayne DuBose 12.7 4th  
 200A R. Bruce 27.0 5th  
 200B Mick Eldridge 29.0 5th  
 400A Joe Loboda 68.6 5th  
 400B M. Eldridge 67.9 5th  
 800A M. Eldridge 2:24.4 5th  
 800B J. Loboda 2:26.3 5th  
 1500A M. Eldridge 5:24.5 5th  
 1500B J. Loboda 5:25.9 5th  
 5000A Andy McCourt 20:24.3 5th  
 5000B Roger Daniels 21:42.2 5th  
 3000 S/C 'A' J. Loboda 11:45.2 4th  
 3000 S/C 'B' M. Eldridge 12:35.1 3rd  
 110H 'A' W. DuBose 19.5 3rd  
 110H 'B' M. Eldridge 22.6 3rd  
 400H 'A' W. DuBose 68.7 4th  
 400H 'B' M. Eldridge 79.4 5th

4x100 Too knackered to enter a team  
 4x400 A. McCourt, J. Loboda, M. Eldridge, W. DuBose 4:35 5th  
 HJ 'A' R. Bruce 1.65 2nd  
 HJ 'B' W. DuBose 1.30 1st  
 LJ 'A' R. Bruce 5.63 4th  
 LJ 'B' M. Eldridge 2.95 5th  
 TJ 'A' R. Bruce 10.88 3rd  
 TJ 'B' M. Eldridge 7.99 3rd  
 PV 'A' W. DuBose 3.40 1st  
 PV 'B' M. Eldridge 2.40 2nd  
 HT 'A' R. Bruce 24.46 4th  
 HT 'B' A. McCourt 18.68(?) 5th  
 DT 'A' W. DuBose 34.20 3rd  
 DT 'B' R. Bruce 24.42 3rd  
 SP 'A' W. DuBose 10.24 4th  
 SP 'B' R. Bruce 7.84 4th  
 JT 'A' W. DuBose 45.20 1st  
 JT 'B' R. Bruce 26.02 3rd

Number of events by each athlete

Mick Eldridge 11  
 Wayne DuBose 9  
 Richard Bruce 9  
 Joe Loboda 5  
 Andy McCourt 2  
 Roger Daniels 1

### **OTHER RESULTS**

Cambridgeshire County Champs,  
 St Ives, Sunday, 15 May  
 400H Wayne DuBose 62.2 1st

USAF Track Meet, Bedford, 11 June  
 DT Wayne DuBose 34.74 3rd  
 JT Wayne DuBose 50.48 2nd  
 PV Wayne DuBose 3.40 1st

If nobody strenuously objects, Wayne would like to claim his javelin result as a club record. The old record on the books was achieved by John Ferrary about 25 years ago measuring over 64 meters. However, it was the old javelin, just like Uwe Hohn's 104.72 meter record. A long way, but no longer acceptable.

# Distance Runners - Runners-Up in Assembly League

## Best Per Event in Southern League

100 Tony O'Connor 11.7  
 200 T. O'Connor, D. Kosoko 24.2  
 400 Danny Wing 53.0  
 800 Mark Edmonds 2:01  
 1500 M. Edmonds 4:25  
 5000 Keith Lowe 15:47.9  
 110H Wayne DuBose 19.5  
 400H Boyd Underwood 62.4  
 3000SC Terry O'Neill 10:58  
 4x100 47.7  
 4x400 3:44.0 (twice)  
 LJ Richard Bruce 5.73  
 HJ D. Wing 1.70  
 TJ R. Bruce 11.80  
 PV W. DuBose 3.40  
 SP W. DuBose 11.30  
 DT W. DuBose 34.20  
 JT W. DuBose 47.71  
 HT R. Bruce 29.06

## Second Best Per Event in S.L.

100 Winston Leitman 12.0  
 200 See Above  
 400 Boyd Underwood 54.9  
 800 John George 2:11.2  
 1500 Keith Lowe 4:25.2  
 5000 Terry O'Neill 16:05.4  
 110H Mick Eldridge 22.6  
 400H Phil McDougal 65.6  
 4x100 48.3  
 4x400 See Above  
 LJ Boyd Underwood 5.63  
 HJ Richard Bruce 1.65  
 TJ B. Underwood 11.57  
 PV M. Eldridge 2.40  
 SP R. Bruce 7.84  
 DT R. Bruce 24.64  
 JT D. Brown 28.93  
 HT Andy McCourt 18.68 (?)  
     W. DuBose 17.72

## Most S.L. Events Competed In (not counting relays)

1st Mick Eldridge 28 events  
 2nd Richard Bruce 23 events  
 3rd Phil McDougal 22 events  
 4th Wayne DuBose 21 events

## Most Southern League Points

1st Wayne DuBose 83 points  
 2nd Richard Bruce 73 points  
 3rd Mick Eldridge 60 points  
 4th Phil McDougal 57 points  
 5th Tony O'Connor 48 points

## Perfect Southern League Attendance

Nobody

## Competed In Five S.L. Meets

Winston Leitman  
 Mark Edmonds  
 Mick Eldridge  
 Phil McDougal  
 Tony O'Connor

## Most S.L. Individual Wins

1st Wayne DuBose 10  
 2nd Richard Bruce 05  
 3rd Tony O'Connor 04  
 4th Mark Edmonds 03  
 5th= Winston Leitman 02  
 5th= Terry O'Neill 02

## Southern League Potential 1995

Over the course of the six Southern Leagues, we had an impressive total of 26 different athletes competing for us. We also achieved 33 individual (10 different athletes) and relay victories for an average of over five wins per match. Similar to last year, when we turned out a halfway decent team, we were always close to winning. Check out the potential A & B string competitors and their marks in the first column of this page. If we can get out a full team six times, we'll easily get promotion. I urge all club athletes, officials, and supporters to mark your calendars right now with the dates of this year's Southern Leagues.

**May 6**

**June 3**

**July 1**

**July 22**

**August 5**

**August 19**

Don't know where they'll be held yet, but at least we can set aside the dates for now.

## Assembly League, V.P. 3.5 Miles

5th Chris Brogan 17:31  
 12th Terry O'Neill 18:37  
 13th B. McKenna 18:38  
 18th P. Eldridge 18:58  
 20th George Hart 19:00  
 33rd Ron Vialls 19:40  
 42nd Danny Wing 20:14  
 68th Hanna Robson (L) 22:37  
 69th Andy McCourt 22:42  
 79th Phil McDougal 23:49  
 86th Roger Daniels 25:21

'A' Team 1st 48 points

'B' Team 2nd 163 points

## Assembly League, Forbanks 2.9 Mile (1 Sep 94)

The Harriers team entered the sixth and final Assembly League match of the season with great expectations. With the club leading Kent by two points, we only needed to finish second to take the championship. Alas, the challenge couldn't be met, with the team finishing up in third place on the day. Although we shared the same points as Kent with the end-of-season totals, they won on countback on the basis of having four runners in the first eight. (Jimmy Edmonds reports)

4th Richard Newbold 14:29  
 11th Keith Lowe 14:54  
 18th Terry O'Neill 15:16  
 22nd George Hart 15:32

# NEWBOLD SWEEPS 1 AND 3.5 MILE CHAMPS

|                  |       |
|------------------|-------|
| 27th P. Eldridge | 15:44 |
| 44th Danny Wing  | 16:34 |
| 55th Joe Loboda  | 17:00 |
| 60th J. Roche    | 17:35 |

## Team Race Positions

|                |     |
|----------------|-----|
| 1st Kent       | 17  |
| 2nd Dulwich    | 46  |
| 3rd VPH        | 55  |
| 4th Eton Manor | 100 |
| 5th Cambridge  | 117 |
| 6th Dartford   | 168 |
| 7th Forbanks   | 306 |
| 8th Blackheath | 391 |

## Final League Positions

|                |    |
|----------------|----|
| 1st Kent       | 42 |
| 2nd VPH        | 42 |
| 3rd Dulwich    | 35 |
| 4th Cambridge  | 31 |
| 5th Eton Manor | 29 |
| 6th Forbanks   | 09 |
| 7th Blackheath | 07 |

## Chingford League 6 x 2.2 Mile Road Relay, Highams Park

We finished a creditable fourth in this tough and hilly relay running against good opposition. Our fastest runner, Richard Newbold, is now coming back to something like his best form after having been plagued by leg injuries last season. (Jimmy Edmonds reports)

### 'A' Team

|                 |       |
|-----------------|-------|
| Danny Wing      | 12:53 |
| Mark Edmonds    | 13:17 |
| Jimmy Roche     | 13:44 |
| Richard Newbold | 11:56 |
| John George     | 13:32 |
| Terry O'Neill   | 12:37 |

### 'B' Team

|              |       |
|--------------|-------|
| Gerry Franey | 14:37 |
| Joe Loboda   | 14:10 |

## VPH Mile Road Champs 22 Sep 94

Eleven Harriers lined up for the mile club championship race in Victoria Park. Richard Newbold went straight into the lead at the gun, setting a very fast pace. He was followed by guest runner, Danny Wing, and veteran, Terry O'Neill. However, with 600 meters to go, Richard cranked up another gear and drew away to win quite comfortably. (Jimmy Edmonds reports)

|                        |      |
|------------------------|------|
| 1st Richard Newbold    | 4:30 |
| 2nd Danny Wing (guest) | 4:45 |
| 3rd Terry O'Neill      | 4:52 |
| 4th George Ruttan      | 4:56 |
| 5th Boyd Underwood     | 5:00 |
| 6th George Hart        | 5:01 |
| 7th Mick Eldridge      | 5:16 |
| 8th Jimmy Roche        | 5:21 |
| 9th Duncan Bews        | 5:26 |
| 10th Richard Martin    | 5:55 |
| 11th Andy McCourt      | 6:05 |

## VPH 3.5 Mile Road Champs, 8 Oct 94

Yet again, it was in-form Richard Newbold who led all the way to win handily. Times in parentheses represent 2.5 mile time, last mile time, and overall time).

|  |
|--|
| 1st R. Newbold (12:29, 5:10, <b>17:39</b> )    |
| 2nd Terry O'Neill (13:12, 5:25, <b>18:37</b> ) |
| 3rd George Hart (13:26, 5:33, <b>18:59</b> )   |
| 4th George Ruttan (13:41, 5:42, <b>19:23</b> ) |
| 5th Jim Roche (14:59, 6:07, <b>21:06</b> )     |
| 6th Gerry Franey (15:03, 6:21, <b>21:24</b> )  |
| 7th Andy McCourt (16:22, 6:38, <b>23:00</b> )  |
| 8th Bob Franey (16:43, 6:52, <b>23:35</b> )    |

## VPH 5-Mile Club Handicap 27 Oct 94

Peter Spencer, one of the senior members of the "Five O'Clock Club," recorded his first win at club level. Congratulations! (Jimmy Edmonds reports)

## H'Cap Actual

|                      |       |       |
|----------------------|-------|-------|
| 1st Peter Spencer    | 44:15 | 44:15 |
| 2nd Robert Collier   | 45:52 | 31:07 |
| 3rd Andy McCourt     | 45:57 | 31:12 |
| 4th Pat Franey       | 46:28 | 32:43 |
| 5th Hanna Robson (L) | 46:37 | 32:52 |
| 6th Frank Massingham | 46:40 | 46:10 |
| 7th Gerry Franey     | 46:44 | 30:59 |
| 8th Richard Martin   | 47:40 | 32:25 |
| 9th Roger Daniels    | 47:44 | 35:14 |
| 10th Peter Eldridge  | 47:48 | 27:18 |
| 11th George Hart     | 47:54 | 26:54 |
| 12th Albert Rowley   | 48:13 | 39:28 |
| 13th Ronnie Curle    | 48:28 | 48:28 |
| 14th Danny Wing      | 48:39 | 27:00 |
| 15th Mick Eldridge   | 48:48 | 29:48 |
| 16th Nicky Simms     | 48:50 | 29:50 |
| 17th Keith Lowe      | 48:55 | 25:55 |
| 18th Tom Berryman    | 49:43 | 35:49 |

## Chingford League, Eastway, 1 Nov

Richard Newbold had another great race, finishing 8th out of 146 runners over this 5,000 meter course. Our Dutch runner, George Ruttan, continues to improve. (Jimmy Edmonds reports)

|                      |       |
|----------------------|-------|
| 8th Richard Newbold  | 15:42 |
| 19th George Ruttan   | 16:26 |
| 22nd Terry O'Neill   | 16:27 |
| 30th George Hart     | 16:45 |
| 31st Peter Eldridge  | 16:47 |
| 36th Barry McKenna   | 17:05 |
| 42nd John George     | 17:23 |
| 75th Mick Eldridge   | 18:25 |
| 98th Gerry Franey    | 19:13 |
| 100th Joe Loboda     | 19:02 |
| 113th Andy McCourt   | 19:51 |
| 116th Robert Collier | 20:08 |
| 122nd Hanna Robson   | 20:33 |

### 'A' Team Results

|                  |     |
|------------------|-----|
| 1 Woodford Green | 72  |
| 2 Orion          | 133 |
| 3 Haringey       | 138 |
| 4 VPH            | 146 |

# ALL-TIME VPH CLUB RECORDS

**'B' Team Results**

|                  |     |
|------------------|-----|
| 1 Woodford Green | 360 |
| 2 Barnet         | 420 |
| 3 VPH            | 466 |
| 4 Orion          | 471 |

**League Standings After 4 Races**

|                  |    |
|------------------|----|
| 1 Woodford Green | 49 |
| 2 Orion          | 47 |
| 3 Haringey       | 46 |
| 4 VPH            | 35 |

**Club 5-Mile Handicap, 18 Nov 94**

|                       | H'Cap | Actual |
|-----------------------|-------|--------|
| 1st Sue Crow (g)      | 39:02 | 39:02  |
| 2nd Phil Hampshire    | 42:04 | 28:04  |
| 3rd John Crow (g)     | 42:17 | 29:47  |
| 4th Teresa McCombe    | 42:43 | 29:53  |
| 5th Patrick Gallagher | 43:20 | 33:50  |
| 6th Albert Rowley     | 43:29 | 38:29  |
| 7th Peter Spence      | 43:37 | 43:37  |
| 8th Peter Eldridge    | 43:42 | 27:12  |
| 9th Gerry Franey      | 43:47 | 30:17  |
| 10th Danny Wing (g)   | 44:18 | 27:48  |
| 11th Tom Berryman     | 44:19 | 34:49  |
| 12th George Hart      | 44:34 | 28:04  |
| 13th Robert Collier   | 44:42 | 31:12  |
| 14th Roger Daniels    | DNF   |        |

\*\*\*\*\*  
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I'm keen to ensure that all of our club performance records are accurately maintained. To get the ball rolling, I'm publishing several lists which I hope some of you statistically-minded types will review and give me any corrections or additions. There's probably plenty of mistakes in the following lists. Please let me know what they are so I can publish a revised list in a subsequent magazine.

**VPH Veteran's Club Records**

|                      |         |
|----------------------|---------|
| 100 Deric Bareford   | 11.2    |
| 200 Deric Bareford   | 22.5    |
| 400 John Daniels     | 53.9    |
| 800 Keith Lowe       | 2:0??.? |
| 1500 Keith Lowe      | 4:???.? |
| 1 mile Harry Tempan  | 4:51.0  |
| 3000 Keith Lowe      | 9:11    |
| 5000 Keith Lowe      | 15:47.9 |
| 10000 Dave West      | 35:07   |
| 3000SC Terry O'Neill | 10:58   |
| Mar Dave West        | 2:42:05 |

Can anybody help me with field events and Keith Lowe's best times since he turned a vet last year? I'm guessing that Tommy Bland and Deric Bareford would feature in the throws and jumps.

**Southern League Club Records**

(Year accomplished in brackets)

|   |         |
|---|---------|
| 100 Mike McFarlane (77)   | 10.6    |
| 200 Mike McFarlane (77)   | 21.6    |
| 400 Danny King (76)   | 49.3    |
| 800 Ernie Charlemagne(78)   |         |
| 1:53.9  |         |
| 1500 Des O'Donnell (85)   | 3:58.0  |
| 5000 Des O'Donnell (85)   | 14:53.3 |
| 110H Wayne DuBose (76)  | 16.4    |
| 400H Colin Richardson (77)  | 56.0    |
| 3000SC Peter Read (83)  | 9:42.9  |
| LJ Kelvin Richards (83)   | 7.08    |
| HJ Del Alexander (79)   | 2.00    |
| TJ Fitzroy Gaines (77)  | 14.13   |
| PV Wayne DuBose (76)  | 3.82    |
| SP Vic Faley (77)   | 12.21   |
| DT Wayne DuBose (75)  | 37.58   |
| JT Wayne DuBose (76)  | 61.14   |
| HT John Morrow (83)   | 37.86   |
| 4x100 Hugh Boatswain, Trevor Griffiths, Phil Tapper, Mike McFarlane (77)  | 43.2    |
| 4x400 Trevor Griffiths, Vernon Bramble, Colin Richardson, Danny King (77) | 3:21.9  |

**Club Championship Records**

**Senior Men**

|                          |         |
|--------------------------|---------|
| 100 (50) Fred Baillie    | 11.3    |
| 200 (81) Brian Allen     | 22.8    |
| 400 (69) Ty Gibbons      | 50.0    |
| 800 (70) Alan Barber     | 1:55.2  |
| 1 Mile (57) Alf Pattison | 4:13.0  |
| 5000 (68) Mike Quanne    | 14:40.8 |
| 10000 (77) Mike Quanne   | 32:22.0 |
| 110H (77) Vernon Bramble | 17.4    |
| 400H (75/6) Wayne DuBose | 57.4    |
| 3000SC (81) Pete Read    | 9:55.7  |
| LJ (83) Kelvin Richards  | 6.66    |
| HJ (76) Del Alexander    | 1.90    |
| TJ (75) Richard Young    | 13.28   |
| SP (57) Tommy Bland      | 13.23   |
| DT (59) Tommy Bland      | 42.51   |
| JT (76) Wayne DuBose     | 55.12   |
| Pent (75) Wayne DuBose   | 3044    |

**OBSERVATIONS**

Looking at the Southern League records, it's hard to imagine that 1977 was the beginning of the end of our golden era of track and field. VPH athletes set 11 S.L. club records that year, with seven of them still remaining. By the end of the first S.L. match in 1977, we had won 14 consecutive league matches, an incredible record. This string of success brought us from Division 4 (lowest division at the time) to Division 1 without interruption. In that first 1977 meet, we even beat the eventual champions. However, we lost the second match by the skin of our teeth and so began our descent from Division 1. It may even be possible to trace our descent to a dropped baton in the 4x400 at that meeting. If we hadn't dropped it, we would have won the relay and the match. We did drop it (Vernon Bramble was the culprit) and the enthusiasm was lost forever. We were so used to winning for so long that we couldn't handle defeat at all. By the way, Danny King ran a gallant 47.7 on the anchor leg and just failed to catch

## Club Record Recollections

the North London runner. Another five yards and Danny would have won. Such is life. An unlikely Southern League club record holder is John Morrow. He certainly did not have the physique of an athlete, and wasn't particular strong or fast. In fact, he was quite small. What he did possess was the good sense to choose an event nobody else was interested in, the hammer throw, and a desire to improve. He used to travel to Woodford Green to receive coaching. I'm glad to see an athlete with his persistence remains immortalized in the club record books. Although not reflected elsewhere, I'm reasonably certain the 4x400 Southern League club record is also a VPH junior record. I wonder if anyone could confirm that? If indeed it is, I should imagine that's as close to an unbeatable record as we shall ever have on our books. Out of interest, the 110H, PV, and JT records I

set were all achieved in the space of ten minutes at Newham. By the way, the javelin record really has to be removed now since it was accomplished with the old-style javelin. Perhaps the 47.71 I threw this year is the new record.

In the club championship records, it's hard to imagine that the records of Fred Baillie in the 100 and Tyrone Gibbons in the 400 survived the onslaught of our gifted black athletes back in the '70s. I was a spectator at the 1970 800 record run by Alan Barber. It was a tremendous race with John Anstey realizing he had to take the sting out of Alan's sprint finish with a fast first lap. John covered that lap in 56 seconds, but Alan was right behind. In the end, John couldn't hold off Alan who won by 0.3. That race was the ultimate for both men as they never improved on those times again. A quarter of a century ago, in

that same race, Keith Lowe finished in last place (4th) in 2:04.8. If I'm not mistaken, Vernon Bramble could not get three strides between hurdles in the 110H. This meant he was taking five strides. Such was his leg speed, that he was still able to run 17.4. Richard Young showed up for one season and then disappeared forever. I question whether he was actually ever a member. Is anyone willing to check membership forms or committee meeting minutes? My listed JT and pentathlon records, like my old S.L. JT record, are no longer valid due to the introduction of new javelins. I'll just list them until new marks are set. Now I know how Uwe Hohn must have felt when the IAAF threw out his mammoth 104 meter throw.

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## VPH NEWS

**Victoria Park Harriers  
St Augustine Hall  
Cadogan Terrace  
Hackney  
London, E9**

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