

# ❖ VPH NEWS ❖

Circulation 163

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## Happy 75th, VPH!

### Dates to Remember

3 Feb - Chingford League, Victoria Park  
10 Feb - Club 10M Champs  
24 Feb - Nat'l 7.5M XC Champs, Durham  
6 Mar - Chingford League, Eastway  
10 Mar - 7.5M XC Champs, WG, 10:30  
18 Mar - Uxbridge Half Marathon  
25 Mar - 20M Road Champs  
31 Mar - Shot Putt/Long Jump Training Clinic, Mile End (see back page)  
14 Apr - VPH Open 5  
22 Apr - London Marathon  
28 Apr - Club Track & Field Champs, Mile End  
5 May - Southern League  
12 May - County Track Champs  
13 May - Trefgarne Trophy  
19 May - VPH's 75x400 Anniversary Relay, Victoria Park  
2 Jun - Southern League  
23 Jun - Southern League  
7 Jul - Southern League  
15 Jul - London Chest Hospital Fun Run  
21 Jul - Southern League  
4 Aug - Southern League  
4 Aug - VPH Annual BBQ, VPH HQ  
8 Sep - 75th Anniversary Dinner

### Southern League (Div 4E)

**5 May at Enfield** (Enfield & Haringey, Colchester & Tendring, Verlea, Highgate) - Double  
**2 June at Sutcliffe Park** (London AC, Eastbourne, St Albans, Ryston Runners) - Double  
**23 June at Watford** (Watford, Dartford, Hertford & Ware, Hastings) - Joint SWL  
**7 July at Mile End** (Colchester H., Tower Hamlets, Ashford, Blackheath) - Double  
**21 July at Sutcliffe Park** (Invicta, Paddock Wood, Barnet, West Suffolk) - Double  
**4 August at Walthamstow** (Walthamstow, Kent AC, Tunbridge Wells & L., Harlow) - Single  
**Southern League (Div 5E)**  
**5 May at Hoo, Kent** (Swale, Hay



Harriers, Southend, Bexley) - Double  
**2 June at Ilford** (Dagenham 88, Thurrock, Chelmsford, Peterborough) - Double  
**23 June at Luton** (Luton, Bexley, Loughton, Biggleswade) - Single  
**7 July at Mile End** (Tonbridge, Peterborough, Biggleswade, West Norfolk) - Double  
**21 July at Walthamstow** (Eton Manor, Medway, Luton, Horsham) - Double  
**4 August at Hoo, Kent** (Medway, London H., Trent Park Trotters, Loughton) - Double

### 75th Anniversary 75x400 Relay

On Saturday, 19 May, starting at 3:00 pm, we're going to have probably the last ever event at Victoria Park track. In honour of our 75th anniversary, we're going to hold a 75x400 metre relay. That means we need 75 members. I need people to let me know that they're definitely going run it so we'll know for sure that we have 75 present. It doesn't matter how fast or how slow you run the lap. You can walk. Time isn't relevant. The 75 VPH'ers are what really counts. I'm going to have a sign-up sheet so that we can arrange the order of running. So you absolutely must let me know that you'll be there that day. E-mail me (dubose@enterprise.net), write to me (41 Ansley Way, St Ives, Cambs, PE27 6SN), call me (01480 494367), or catch me at the club on committee meeting

night. We intend to get good local press coverage. At some point during the day, we're going to have a Club photo. Be there. Be part of VPH history. The Club photo lasts forever. After the relay and photo, back to the Clubhouse for a celebratory social evening. Don't miss it. So far, Major Carr and myself are down for the relay. Who else?

### 75th Anniversary Dinner Saturday, 8 Sept 2001 (6:00 for 6:30 til midnight)

OK, here's the big one. The main event of 2001. After much research by many, Chigwell Manor Hall was found to be the best for value and the best for availability. We've paid £1,000 deposit. Here's the catch. There's space for 170 people. Club membership is currently at 165. That doesn't include wives, husbands, boyfriends, girlfriends. What this all means is that this grand occasion is going to be limited to those members (plus guest) who pay by 1 June (£30 per ticket) and then followed by anyone else after 1 June who wishes to attend. Basically, this has got to be a first come, first serve event. So what I'll say to you is "Send me your money now." (continued on page 15)

### "There's No Athletics Club in Hackney"

For readers of VPH News, this may be a rather puzzling statement, but as far as the Amateur Athletic Association of England (AAAE) is concerned, Victoria Park Harriers isn't an athletics club! Yes, rather a shock, isn't it? So after such a stunning blow to our pride, where does this leave our Club and what's our future? See **p12**

# Superb Bronze Medal For Jim Roche in North London XC Champs

## Chingford League 5K, Eastway, 7 Nov 00

After the mud of Loughton, the League returned to the firm road surface of its favourite haunt for the 4th fixture. A total of 17 members opted for the race over a warm evening in front of the TV. This was nearly double the Loughton turnout, but well below the count of 28 for the October race at the same venue.

Jim Roche led the scoring, whistling round the three and a bit laps in a typically fast time of 16:06 to finish 3<sup>rd</sup> – a victory surely cannot be far away. Tony Lashmar was 14<sup>th</sup> in 17 minutes dead followed by Gary Bagnall, 26<sup>th</sup> in 17:42 and Gordon Faulds, 28<sup>th</sup> in 17:50. The paucity of ‘stars’ on the night gave Mike Penman and non-hurdling Dave Robinson the chance to score for the ‘A’ team. Both duly obliged with fine runs, Mike finishing 48<sup>th</sup> in 18:38 and Dave 59<sup>th</sup> in 18:59 giving the team a total of 178 points to finish 3<sup>rd</sup> on the night.

The ‘B’ team was led home by tracksuit clad newcomer Damian Manning in 81<sup>st</sup>. Damian was heading off for a 4<sup>th</sup> lap at the end of the race and had to be shepherded towards the finishing funnel by observant marshals –someone to watch in future. He narrowly beat Peter Wright (who could not have run a fourth lap to save his life) and the fast closing Terry Beackon to 82<sup>nd</sup> and 83<sup>rd</sup> places respectively. Tim Amor, Paul Johnston and Peter Snell completed the team in 115<sup>th</sup>, 122<sup>nd</sup> and 130<sup>th</sup> places to gain 4<sup>th</sup> ‘B’ place on the night.

The consistently fast running of Gordon and the ever improving form of non-hurdling Dave Robinson might lead one to suppose we are on for a good placing in the Veterans’ competition. Not a bit of it. Gordon was 6<sup>th</sup> Vet home and Dave 25<sup>th</sup> with all but one of the 10 competitors between Dave (59<sup>th</sup> overall) and Mike (48<sup>th</sup> overall) being veterans! Our next two scoring 40-somethings (Peter Wright and Peter Snell) managed to get beaten by an over 60s runner from Enfield and Haringey. This is either inspiring or depressing depending on your point of view. Anyway, we don't possess the strength

in depth of other veterans teams and we finished 7<sup>th</sup> in the vets competition.

The 4-to-score women's team was led by Cecile Brugnoli in 19<sup>th</sup> place, improving her PB by 20 seconds to 24:21. She was followed by Veronica McCabe, Debra Bowler and Tracy Harding in 44<sup>th</sup>, 45<sup>th</sup> and 47<sup>th</sup> place, a commendable effort as all but Cecile are new to both the club and to running.

The other highlight of the night was watching the race winner clock up several fast post-race laps during our warm-down jog (before running home to Hertfordshire maybe?). That, presumably, is why he's the winner. (Peter Wright reports.)

1	A. Holt (Verlea)	15:56
2	P. Branston (Guest)	15:59
3	J. Roche	16:06
14	T. Lashmar	17:00
26	G. Bagnall	17:42
28	G. Faulds	17:50
48	M. Penman	18:38
59	D. Robinson (V)	18:59 PB
81	D. Manning	19:50*
82	P. Wright	19:51
83	T. Beackon	19:52 PB
115	T. Amor	21:30
122	P. Johnston	21:57
130	P. Snell	22:08
L19	C. Brugnoli	24:21 PB
L44	V. McCabe	30:16*
L45	D. Bowler	30:16*
L47	T. Harding	31:00
L48	S. Weddell	34:41 PB

\* First time over this course

### Teams 'A'

1	Orion	82
2	Barnet	111
3	VPH	178
4	Eton Manor	214

11 teams finished

### 'B'

1	Orion	201
4	VPH	613

8 teams finished

### Veterans

1	Orion	90
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7	VPH	299
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11 teams finished

### Women

1	Orion	33
11	VPH	155

12 teams finished

## North London 8K XC Champs, Kingsbury, 11 Nov 00

3rd	J. Roche	28:30
14th	T. Lashmar	30:10
28th	G. Faulds	30:57
38th	G. Bennett	33:14
43rd	D. Robinson (V)	

## North of the Thames Senior 11K XC Champs, Wormwood Scrubs, 18 Nov 00

Just 4 members made the long trek to West London for this race, 2 short of a scoring team. This was a pity as 3 of the 4 produced fine runs which, with 2 or 3 other runners, could well have produced a victory on the day.

The awful autumn weather had reduced the Scrubs to a morass and the normally fast course became a long, exhausting trudge through the mud. Jim continued his fine form to finish 5<sup>th</sup>, a great position in this high standard regional race. Tony and Gary had an epic battle on the last lap culminating in a sprint finish through the puddles with Tony holding off Gary for 22<sup>nd</sup> and 23<sup>rd</sup> respectively. Pete struggled around to finish in 75<sup>th</sup> place, battling with several Eton Manor runners en route.

There are trophies in this race for 6 and 12 man teams (men being the operative word unfortunately); we should definitely go for at least one next year. (Peter Wright reports)

1st	J. Trapmore	42:17
5th	J. Roche	43:22
22nd	T. Lashmar	48:01
23rd	G. Bagnall	48:02
75th	P. Wright	unknown; it was getting dark though!

## London 6M XC Champs, Parliament Hill, 25 Nov 00

Aficionados of the deceptively gentle sounding Parliament Hill Fields will know how hard the 3 mile circuit is – the many uphill are followed by

## Top 10 Team Finish in London XC Champs

muddy descents which never allow a full recovery before the next uphill starts again. The only easy bit of the course is the downhill finish when you're desperately trying to stave off the 800 meter runner on your shoulder anyway. Even on the best of days this is a very tough course and Saturday November 25<sup>th</sup> was not the best of days.

The 10 VPH'ers arrived to be greeted by a freezing wind and torrential rain which made warming up essential to avoid hypothermia. The Junior races were cancelled because the organisers couldn't get insurance cover (strange but true) and the women were the first to go in the epic conditions. There was a lot of enthusiasm for this race in the Women's Section but unfortunately it was voiced after Jim had entered our teams so our interest in this race was purely academic. Still, there's always next year.

The rain stopped and the wind dropped for the start of the men's race. This was the cue for mass stripping down to vests and shorts for the start, a mistake as the heavens opened and the wind picked up again as we disappeared over the first hill, leaving the writer (at least) thoroughly cold, wet and miserable for most of the race. He eventually finished 9<sup>th</sup> VPH'er in 180<sup>th</sup> position, a disappointing finish on a good day for the club overall.

Leading the 4-to-score team was – surprise, surprise - Jim Roche who was 16<sup>th</sup> in 35:13, once again a fine placing in a high standard race, although Jim sounded slightly disappointed with this afterwards. Tony Lashmar won his battle with Richard Newbold to finish 39<sup>th</sup> in 37:12, with Richard one behind in 37:18. Gordon Faulds completed the 'A' team in 50<sup>th</sup> place (37:59) to give us 9<sup>th</sup> out of 46 teams on the day – the highest VPH position for many years.

Further down the field, Mike Penman continued his fine form to finish 72<sup>nd</sup> in 39:42, the first 'B' team runner home. He was followed by the 2 Dave Robinsons who finished in 97<sup>th</sup> and 98<sup>th</sup> with the the younger Dave outsprinting his counterpart on the line. Fourth for

the 'B' team was Tim Michell-Smith who finished 123<sup>rd</sup> in 42:35. This was very impressive considering (a) he had a dodgy hip and (b) a hangover, (c) he'd run a Marathon 20 days before and (d) he took his Team Captain duties seriously, shouting encouragement to other team members on the way round!

The 10 were completed by veterans Peter Wright (180<sup>th</sup>) and Peter Snell (221<sup>st</sup>) who finished with plenty of vocal encouragement from Tim. Both Peters contributed to the Vets 8<sup>th</sup> place from 18, the club's best Vets placing in this event.

The final 3 finishers then joined the rest of the team attempting to thaw out in the changing rooms. We all agreed how miserable the weather was, how terrible we felt and how we were looking forward to the next race!

The 'A' team, as stated already, finished 9<sup>th</sup> and the 'B' team 21<sup>st</sup> out of the 46 teams. Both results are encouraging especially as several runners felt they had 'off' days and ran below their abilities. This is a prestigious championship and other clubs were obviously going for it judging by the turnout at the top end of the field (although, as an ex-South Londoner, I was surprised by the lack of interest from South of the River. A 'London Championships' without Blackheath, Belgrave and Thames Hare and Hounds? – very strange!). We should also be encouraged by London Irish A.C.'s 2<sup>nd</sup> place in the team competition – this shows what can be done by small clubs in these times of mergers and 'super clubs'.

Our next race on Parliament Hill is the Southern Championships on January 26<sup>th</sup> – 3 laps! I can hardly wait. (Peter Wright reports.)

1. N.Francis (Shaftesbury)	32:08
16 J.Roche	35:13
39 T.Lashmar	37:12
40 R.Newbold	37:18
50. G.Faulds (V)	37:59
72. M.Penman	39:42
97. D.Robinson	41:25
98 D.Robinson (V)	41:29

123 T.Mitchell-Smith	42:35
180 P.Wright (V)	45:53
221 P.Snell (V)	51:32
239 finished	

Teams (46 teams finished)

1. Highgate Harriers	32 points
9. VPH 'A'	145 points
21 VPH 'B'	390 points

Veterans (18 teams finished)

1. Barnet	
8 VPH	

### Ware Cup 5M XC, Loughton, 9 Dec 00

VPH's women's section was out in force for the Ware Cup, providing six of the Club's thirteen runners in this long standing (1933) cross country trophy fixture. After last year's success, with the Club managing seven out of the first ten finishers on its way to winning the trophy, expectations weren't quite so high this year with just retention of the trophy the target. Everyone arrived very promptly, thanks to an internet-based chinese whisper that suggested that a 2pm start was likely. In fact, there was a 3pm start, and on arrival at Loughton's clubhouse we found it all locked up. The team then split two ways - those keen enough to walk the course, and those intent of finding the nearest coffee or pub and sitting in the warm. In the end, the latter may well have been the more sensible strategy as flooding necessitated a change from the normal course route, and so no real advantage was gained from traipsing through the fields with water up to your knees. At the gun, Jim Roche set the pace, with Rich Newbold tucking in behind and these two had a 15 yard lead, over nine-times winner Danny Rose from Walthamstow, on the run-up to the bridge. Once over the bridge, the course followed the river bank, allegedly to make running easier but soon the runners found themselves plunging into deep sections and wobbling precariously on the bank of the raging torrent that is the normally gentle River Roding. As the route headed back towards the normal course, a large flooded section was reached and

# Jim Roche Leads VPH To Ware Cup Victory!

the leading runners plunged in up to shorts height. For the taller male runners, this was somewhat bracing but for anyone under 5'6" the water must have been waist-deep. The route then headed for a gate at the bottom of the small uphill section. Jim led through here, but less and less of him became visible above water before he plunged headlong into and then under the water. Fortunately, Rich was able to avoid standing on him and, with a gap to the main field, Jim was able to pick himself up and carry on, shivering with cold. At this point, Rich took over the pace, trying to maintain the lead over the 3rd placed Rose whilst not dropping the clearly shocked Jim. By the top of the hill, the VPH pair still maintained a 10-second lead, which they gradually increased over the lap. Rich had the novelty of leading Jim round for more than 15 minutes before Jim had revived sufficiently to think about winning the race. By the end of lap 2, Jim was setting the pace and, with a strong surge at the beginning of lap 3, broke away from Rich, gradually increasing his lead with every stride. At the finish, Jim was about 100 yards clear, to win for the second consecutive year, with Rich a clear 2nd place. Close behind came three more Harriers with Gary Bagnall continuing his strong return to form, after his holiday, in 4th place and Simon Middleton making an excellent debut for the team in 5th position. Next home was Mike Penman in a brilliant 6th place. Mike had spent much of the race tracking Eton Manor's Peter Cates and was covered from head to toe with mud that Cates had kicked up. However, Mike made his move to drop his opponent and was rewarded with his best-ever finish in any inter-club race he has run for the Harriers. Closing up for the Harriers was Mick Cairns in 11th place, who just managed to hold Dave Robinson off at the finish. Another intra-Club battle came between Laura Bano, in her first-ever cross country race, and Pete Snell. Laura held the advantage early on but Pete's an expert cross country runner and as Laura's normally elegant style was degraded by the conditions, Pete worked his way through the field to gain 36th position, with Laura first

VPH woman home in 39th. Another VPH woman in gleaming spikes was Cecile Brugnoli, whose size 3 and a half shoes when armed with brand new 15mm spikes looked absolutely lethal. Close behind Cecile was debutante Lydia Bruce-Burgess in a pair of shoes at least a size too small, but she seemed to be moving pretty well in spite of this. The Harriers other three female athletes: Lousie, Tracy, and Sally had all experienced the course in the Chingford League race last month but were back for more watery Loughton cross-country fun (?) this time, probably enjoying this race more than the last. We won the team race quite comfortably in the end, despite missing 4 of the 6 man team that won in 1999. Seven in the top 12 places was almost as good as last year's effort and the Ware Cup returns to Cadogan Terrace for another 12 months. (Richard Newbold reports.)

1 Jim Roche	30:10
2 Rich Newbold	30:37
4 Gary Bagnall	31:29
5 Simon Middleton	32:14
6 Mike Penman	33:43
11 Mick Cairns	34:28
12 Dave Robinson V45	34:29
36 Pete Snell V45	41:22
39 Laura Bano	42:00
48 Cecile Brugnoli	45:46
51 Lydia Bruce-Burgess	47:21
58 Louise Guthrie	57:33
59 Tracy Harding	61:42
60 Sally Weddell	66:42

## Team Positions Men

1. VPH	29
2. Eton Manor AC	78
3. Walthamstow AC	90
4. Loughton AC	164

## Women

1. Loughton	134
2. Eton Manor	185
3. VPH	196

## Club 3.5M Handicap Race, 14 Dec 00, Well St Common

1 J. Roche	20:28 (15:58)
2 G. Deathridge	20:31 (20:01)*
3 G. Bagnall	20:50 (16:20)PB
4 T. Lashmar	21:00 (16:30)

5 S. Perham	22:30 (18:00)*
6 P. Wright	22:34 (18:34)
7 M. Fitzgibbon	22:39 (19:29)
8 R. Newbold	22:45 (16:00)
9 C. Brugnoli	23:10 (22:10)*
10 P. Johnston	23:13 (22:15)*
11 Lydia Bruce-Burgess	23:34 (23:34)*
12 D. Christie	DNF

(Actual times in parentheses)

\* First time over course

## Chingford League 4.5MXC, Claybury, 16 Dec 00

Another ridiculously muddy course although this week there was no 'raging brown torrent' to negotiate and only a slight possibility of Jim drowning in the ankle deep water at the bottom of the first hill. The Woodford Green hosts must have felt sorry for us as they shortened each of the 3 laps by about 200 yards and finished the race at the bottom, not the top, of the final hill. A clash with the Essex Junior and Veterans Championships also meant most other clubs put out below strength teams and the field was down to about 150 runners.

The VPH contingent was also slightly low at 14 runners, 11 men and 3 women, which left us 1 short of both a scoring 'B' team and a scoring womens team. The women's effort was further weakened by Laura Bano's withdrawal through injury after just one lap, leaving Louise and Janice to carry the torch in 26<sup>th</sup> and 27<sup>th</sup> places. Cecile, laid low with 'flu, came to watch but had unfortunately left her spikes at home so she couldn't make up the numbers.

The first six men home included a number of newish faces and improved performances from the older ones. Relative newcomer Dave Robinson concluded a fine first year with the club by finishing 44th in 30:35 – Dave is now a regular scorer for the 'A' team. Mike Penman continued his bid for the Most Improved Runner Award by finishing 33<sup>rd</sup> in 29:17, just behind new member Simon Middleton in 30<sup>th</sup> (28:49). Gary Bagnall and Tony Lashmar ran typically fine races to finish 26<sup>th</sup> (28:03) and 19<sup>th</sup> (27:25) respectively whilst Jim excelled even

# Jim Roche Storms To First Ever Chingford League Win

by his own high standards to finish as the first runner from the participating clubs in 26:14, only beaten by two guests. This gave us third place on the day, a fine effort considering many of our regular fast runners were missing and an inspiration to the rest of us. The third team place also ensured we retained third place in the League.

The second string was led home by Tim in 46<sup>th</sup>, just 2 places and 6 seconds behind Dave. Pete Wright was 25 places further down in 33:46, about 45 seconds ahead of Dave's son Nick in 78<sup>th</sup>. Pete Snell (96<sup>th</sup>) and Paul Johnson (103<sup>rd</sup>) completed the scoring 5. Despite the lack of a 6<sup>th</sup> scorer, the club finished as the third 'B' team and overall the 'B' team are maintaining a mid-table 5<sup>th</sup> position. (Peter Wright reports)

1	R. Malseed (guest)	25:44
2	M. Muir (guest)	26:08
3	J. Roche	26:14
19	A. Lashmar	27:25
26	G. Bagnall	28:03
30	S. Middleton	28:49
33	M. Penman	29:17
44	D. Robinson (V45)	30:35
46	T. Mitchell-Smith	30:41
71	P. Wright (V)	33:46
78	N. Robinson	34:30
96	P. Snell (V45)	37:32
103	P. Johnston	38:53
W26	L.Guthrie	48:37
W27	J.Cartwright	50:27

#### Teams (11 teams finished)

1 Barnet	93 points
3 VPH	155

#### 'B' teams (8 teams finished)

1 Barnet 'B'	247 points
3 VPH 'B'	508

#### Vets teams (11 teams finished)

1 Barnet	83 points
6 VPH	325

#### Womens teams (9 teams finished)

1 Orion	40 points
9 VPH	111

#### Overall standings after 5 races

'A' (11 teams)	
1 Barnet	58 points

3 VPH	48
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#### 'B' (10 teams)

1 Orion	59 points
5 VPH	41

#### Vets (11 teams)

1Barnet	56 points
7=VPH	30

#### Women (13 teams)

1 Orion	59 points
9 VPH	16

#### Mens individual

1 A.Holt (Verlea)	95 points
4 J.Roche	72 points

### Chingford League 5M XC, Trent Park, 30 Dec 00

The author of this report followed the example of about half the regular cross country squad by going away for the New Year weekend. Those that remained were struck down by 'flu, colds and Christmas-induced gout so we had a very low turnout for this race - only 7 runners made the trip to snowy Trent Park, the lowest turnout for a League race this season.

The absentees missed a great run by Jim Roche. After a string of third and second places, he skated over the ice and snow to finish first in 28:41, 25 seconds clear of second placed A.Holt of Verlea. This fine performance moves Jim up to second in the individual League rankings just behind Mr. Holt. Second scorer was Mike Penman, 25th in 31:01. This was an equally impressive performance, Mike's best placing in the Chingford League and an inspiration to us middle (or back) of the pack runners. In an exclusive interview given to this reporter at the Christmas Party, Mike attributed his success to regular attendance at Richard's track sessions on Tuesday night - a good example for the rest of us.

As if that wasn't enough, Mike also joins the exclusive ranks of the "I've beaten Tony Lashmar" Club. Tony, to be fair, was suffering from flu and probably should have been in bed - he finished 28th in 31:18, just one place

and one second ahead of fellow sufferer Gary Bagnall. The scoring 6 were completed by non-hurdling Dave Robinson, 57th in 33:48, and John George, 64th in 34:08. Pete Snell was 7th man home, 144th out of 158 finishers.

The absence of the rest of us meant we finished 5th out of 11 teams (cue references to Henry V, Agincourt and few brave souls) but this was good enough to maintain our 3rd place in the League with just 2 races to go. (Peter Wright reports)

1	J.Roche	28:41
25	M.Penman	31:01
28	A.Lashmar	31:18
29	G.Bagnall	31:19
57	D.Robinson (V)	33:48
64	J.George	34:08
144	P.Snell	44:58

**(Editor's Note - Has a VPH'er won a Chingford League race before?)**

#### Team Results

"A" 1. Woodford 72, 2. Barnet 77, 3. Orion 158, 4. Verlea 172, **5. VPH 204**, 6. E Manor 280, 7. Walthamstow 295, 8. Trent Pk 313, 9. L Heathside 385, 10. Enfield 423, 11. Loughton 750.

#### League Positions after 6 races:

"A" 1. Barnet 69, 2. Orion 64, **3. VPH 56**, 4. Woodford 50 5. E Manor 44, 6. Enfield 41, 7. Trent Pk 35, 8. Walthamstow 31, 9. Verlea 29, 10. L Heathside 24, 11 Loughton 17.

"B" 1. Orion 70, 2. Barnet 67, 3. E Manor 51, 4. Trent Pk 50, **5. VPH 45**, 6. Woodford 39, 7. Walthamstow 33, 8. Enfield 32, 9. Loughton 17, 10. Verlea 7.

"Vets" 1. Barnet 68, 2. Orion 66, 3. Trent Pk 51, 4. Woodford 47, 5. Loughton 37, 6. E Manor 36, 7. Walthamstow 35, 8. Enfield 34, **9. VPH 32**, 10. L Heathside 32, 11. Verlea 22.

"Women" 1. Orion 71, 2. Loughton 57, =3. Barnet & Trent Pk 54, 5. Eton Manor 52, 6. Orion B 45, 7. Woodford 25, 8. E Manor B 21, =**9. VPH & Loughton B 16**

### Mob Match, Well St

# Mob Match Victory By The Skin Of Our Teeth

## Common, 2 Jan 01

Over the last year, I've detected a certain arrogance in our attitude to neighbouring clubs. VPH, it's assumed, is on the way up, leaving the small local clubs behind for greater things. I'm not sure where this attitude comes from – there are always plenty of Eton Manor, Loughton and Walthamstow vests in my bit of the race – but it should be well and truly buried by Richard's article elsewhere and by the result of this match. We won but, as Wellington said after Waterloo, 'it was a damn close run thing' and reveals there isn't much of a quality gap between us and our near neighbours after all.

There was some confusion over the start time with pre-race estimates varying between 6:45 and 7:30. The race eventually got underway at about 7:50. This was fortunate for us as most of the latecomers were VPH and they were crucial to the outcome of the match. The front of the race quickly developed into the expected battle between Michael Cates of Eton Manor and Jim Roche. Jim, however, was saving his powder for Saturday's County Championships and Michael cantered away for an easy victory in 15:17, with Jim just keeping ahead of Tony Lashmar to finish second in 16:09. Eton Manor runners occupied the next four slots pushing Graham Bennett and Mike Penman into 8<sup>th</sup> and 9<sup>th</sup>. Then two more Eton Manor runners - things were looking dicey for us with just 4 men home out of 11. Dave Robinson, John George and Mick Cairns evened things up a bit followed by Peter Wright in 16<sup>th</sup>. On lap 2, Peter overtook the four Eton Manor runners who finished in 17<sup>th</sup> to 20<sup>th</sup> slots, an example of the middle of the pack battles that determine the outcome of Mob Matches. 20 home and just 8 of them from VPH! Fortunately, however, we packed well in the 20s and low 30s and it was this that eventually secured victory on the night following several anguished recounts to rival the US Presidential Election. Special mention to Annie Gammon who was first lady home out of the two clubs.

Many thanks to Jane Roche, flu struck Gary Bagnall, pavement struck Tim Mitchell-Smith and the many helpers from Eton Manor who came along to support and help out with those recounts. Thanks also to Ken Adams from Eton Manor who sportingly pointed out that the scores are based on the smaller team's numbers minus 2 – it would have been a dead heat otherwise! (Peter Wright reports)

1. M. Cates (EM) 15:17
2. J. Roche 16:05
3. T. Lashmar 16:09
8. G. Bennett 16:57
9. M. Penman 17:03 PB
12. D. Robinson (V) 17:30 PB
13. J. George 17:34
14. M. Cairns 18:08\*
16. P. Wright 18:21
20. T. Adams 18:45
22. G. Deathridge 18:53 PB
23. N. Robinson 19:23
24. J. Loboda 19:31
26. A. Gammon 19:49 (L1)
27. L. Vials 19:50
29. W. DuBose 20:08
30. P. Snell 20:26
31. P. McKinley 20:32
33. P. Johnston 21:12 PB
34. M. Wheeler 21:40
36. G. Pettipher 21:50\* (L4)
39. D. Stobbart 22:29\*
42. K. Day 23:41\* (L8)
47. D. Dickens 28:28\* (L12)
48. R. Daniels 30:28
49. S. Wilton 30:29\*

\* First time over this course

VPH = 25 runners, EM = 24 runners. 22 to score

VPH = 493 points EM = 497 points

## Middlesex County 7.5M XC Champs, Horsenden Hill, 6 Jan 01

For the third time this winter, we were one short of a scoring 6 for a Championship race. This is a pity - it's good to see 'Victoria Park Harriers' in the team results and it reminds the rest of the athletics world (including AAA Development Officers) that we do exist. It's frustrating to be just one runner short of a team, doubly frustrating at Horsenden Hill because for various reasons Rich N, Tim and Pete W were

all there but not competing. Let's hope we get a full team out for the remaining Championship races including the Southern and the National.

Even by the standards of this miserable wet winter, this was an extremely tough, muddy course. The author found himself sinking into the mud up to his ankles just standing there as a spectator and the start area was off limits to anyone not wearing spikes or Wellingtons. The boys and girls races run earlier in the day had churned the ground up nicely for the Women's race which saw Louise Guthrie and Janice Cartwright make their Championship debuts. They couldn't have chosen a harder place to start with the tough going added to the traditional high standards of the County Championship. Louise finished in 64<sup>th</sup> and Janice in 65<sup>th</sup>, the first VPH women representatives for a few years.

Of course, the Women churned the ground up some more for the Men's race. Jim got off to a good start on the first of the 4 laps and was up with the leaders at the end of lap 1. The leading group included quite a few internationals including eventual winner Sam Haughian and runner up John Downes. The pace was too much even for Jim and he dropped off (reassuring to know he can suffer just like the rest of us) to finish 19<sup>th</sup> and earn himself a Middlesex vest for the second consecutive year. His time was 6 minutes down on a previous time over the same course, another indication of the tough conditions.

I was struck, as a spectator, by the numbers of vests from just a handful of clubs in the first 25 or 30 runners - about half of them came from 3 clubs. One of them (London Irish) attract a few top flight Irish exiles but I'm sure the rest is down to well run clubs with good coaches and a positive environment for nurturing young athletes. This is what we should be building at VPH. As Steve Cram said when musing on the reason Tyneside produced scores of top distance runners in the 70s and 80s "It's not something they put in the water".

## Jim Roche, Tony Lashmar, and Gary Bagnall Gain Middlesex Vests

Slightly further down the field, normal order was restored with the evergreen Tony Lashmar finishing 43<sup>rd</sup> in 53:56 (earning a Middlesex vest), just ahead of Gary Bagnall (49<sup>th</sup> in 54:28 and also earning a Middlesex vest) and Mike Penman – 58<sup>th</sup> in 55:45. Mike finished 101<sup>st</sup> last year – another indication of his improved form, although he was disappointed at not hanging onto Gary and Tony. Next year, he'll be disappointed because he didn't beat Jim. 5<sup>th</sup> man home was Dave Robinson (or D.Robinson (1951) as he was called in the official results) in 90<sup>th</sup>. With a sixth scorer, I reckon we would have finished 7<sup>th</sup> or 8<sup>th</sup> from 13 teams in the Senior Race but unfortunately VPH did not feature in the team results at all. (Peter Wright reports)

1. S.Haughian	45:30
19. J.Roche	50:50
43. A.Lashmar	53:56
49. G.Bagnall	54:28
58. M.Penman	55:45
90. D.Robinson (V)	60:27

(161 finished)

### Women

64. J.Cartwright	61:23
65. L.Guthrie	65:12

### Sefton Brancker & SEAX Trophies,

#### 5.5M, RAF Halton, 17 Jan 01

6. J. Roche	33:00
28. T. Lashmar	36:22
30. G. Bagnall	37:01

(All three represented Middlesex.)

### Club 3.5M Handicap Race,

#### 18 Jan 01, Well St Common

Congratulations to the fastest on the night, Tony Lashmar, all the more so considering that it came the day after making his debut for Middlesex. And well done to everyone who took part, but some of you should be warned - and you know who you are! - you won't find me such a soft touch setting the times next month!!!! Tim

1. Deborah Handforth	30.22 (30.22)*
2. Aileen Rabbitte	30.23 (30.23)*
3. Joanna Sargent	30.46 (26.46)*
4. Tracy Harding	31.10 (27.10)*
5. Veronica McCabe	31.35 (25.35)*
6. Paul Johnston	31.49 (19.49)PB
7. Judith Burns	31.51 (25.51)*

8. Steve Wilton	31.56 (27.56)PB
9. Dave Robinson	32.02 (18.02)*
10. Debbie Bowler	32.20 (26.20)*
11. Mick Wheeler	32.24 (20.24)
12. Tony Lashmar	32.28 (16.13)
13. Damian Manning	32.38 (16.58)*
14. Gary Deathridge	32.39 (19.39)
15. Mick Cairns	32.40 (17.10)PB
16. Darren Stobart	32.41 (22.11)PB
17. Dave Robinson (V)	32.42 (17.12)PB
18. Francis Bray	32.43 (18.43)*
19. Cecile Brugnoli	32.45 (22.15)*
20. Mike Penman	32.46 (18.16)
21. Aude-Claire Markiewicz	32.51 (32.51)*
22. Rachel Massey	32.52 (32.52)*
23. Tim Amor	33.02 (19.02)*
24. Georgia Pettipher	33.20 (21.50)=PB
25. Mark Sutton	33.23 (18.08)*
26. Tim Mitchell-Smith	33.25 (17.45)
27. Peter McHugh	33.35 (18.20)*
28. Peter Wright	33.42 (18.42)

(Actual times in parentheses)

\* First time over this course

### North of the Thames Senior 5M XC Champs, Trent Park, 20 Jan 01

"Due to traffic conditions we didn't arrive until 2 mins before the women's race was due to start. I leapt out of the car and left the girls getting ready while I begged and pleaded with the starters for even just a minute's grace, but to no avail. Sadly all 5 of them missed the start. However, huge amounts of credit is due to each of them who refused to be put off by this - and bear in mind that three of them were making their debut over the country. They all set off as soon as possible. Georgia and Jo missed the leaders by about 1 minute but still completed the full course, albeit some way behind the field, a very brave effort. Louise turned up a few minutes later and ran an abbreviated course (managing to get ahead of Georgia & Jo on the way by virtue of a reduced first lap). Debbie and Sally arrived a full 13 minutes after the main field had set off but were still determined to run and insisted that they wanted to do the full course. In the end, they accepted the starter's advice and left out the smaller first field to get closer to everyone else. Thanks are due to the stewards who didn't disqualify anyone and recorded a finishing position and time for all of them.

"The men arrived anticipating a 2:45 start and got a bit of a shock when they discovered the race was due to start at 2:30. There was no time for a sensible warm-up - and in some cases no time to

even change into spikes! The ground was treacherous - badly rutted but frozen solid, with a picturesque covering of frost. A real ankle twister. Under the circumstances, we all set off relatively carefully - this race was an injury waiting to happen. Tony settled in quickly towards the front of the pack and was rewarded with an excellent run for a superb 10th place. Overall the team did reasonably well - our 4 scorers were all within the top 56, although unfortunately I didn't get team placings. Men's times hadn't been announced by the time we left either."

Tim Mitchell-Smith reports.

**Ladies:** 46 L. Guthrie 36:03 (short course), 47 G. Pettipher 38.24, 48 J. Sargent 38.47, 50 D. Bowler 41:23, 51 S. Weddell 50:27

**Men:** 10 T. Lashmar 27:45, 42 T. Mitchell-Smith, 51 M. Penman, 56 M. Cairns, 61 D. Robinson (Sr) 120 P. Johnston **Men's Team Result** - 12th

### Sportshall, Bethnal Green, 20 Jan 01

Whilst a majority of VPH'ers braved the hard ground over at Trent Park, Paul McKinley, Dave Robinson (Jr), Gordon Faulds, Anita Britt and Janice Cartwright helped out at Bethnal Green Technology Centre for an indoor sportshall athletics event.

The event which was between five different boroughs took place for under-11 boys and girls and included competitors from Tower Hamlets and Newham.

As judges, we were involved in helping out the old hands at measuring, recording times/distances and generally guiding the participants in their events such as triple jump, indoor javelin, sitting throw and chest throw, obstacle/relay races etc. It was great watching them, seeing the enthusiasm on their faces and hearing the cheering, and it made me realise how important it is to maintain their interest in sport and give them further direction along with gentle encouragement.

I can safely say that we also enjoyed ourselves and that once we had got to

# Our Junior 4x100 Club Record Is Still The UK Record!

grips with the fact that the white result sheets were for the boys and the pink ones for the girls (a couple of us weren't aware of this!), we had a go at things ourselves. Anita got coaching in the triple jump and became quite proficient at it, whilst some of the rest of us tried out our balancing skills on one leg stood on the floor beam (a narrow piece of metal!) managing a maximum of 5 seconds! Paul kept mentioning that he wanted to do the obstacle course, but I'm not sure whether he would have been as sprightly through those tunnels...

It certainly emphasised the importance of VPH being involved at community level and the need to get a coach organised for juniors, so that younger talent can be brought on. Definitely an event we should take part in every year, as I think our help was appreciated. (Janice Cartwright reports)

## Club Triple Jump Champions

1972 W. DuBose	11.45
1973 F. Gaynes	12.75
1974 W. DuBose	12.14
<b>1975 R. Young</b>	<b>13.28</b>
1976 F. Gaynes	13.07
1977 T. Griffiths	12.03
1978 K. Richards	10.98
1979 W. DuBose	10.97
1980 G. Anderson	12.73
1981 G. Anderson	11.66
1982 K. Richards	12.18
1983 G. Anderson	11.96
1984 Not held	?
1985 N. Edwards	12.09
1986 Not held	?
1987 S. Mahon	11.09
1988 Not held	?
1989 Not held	?
1990 - 91 Not held	?
1992 - 99 Not held	?
2000 W. DuBose	10.15

## Southern League Promotion Team 2001

Going strictly by last year's rankings, the 2001 A team would look like this:

100 - K. Porter, D. Kosoko  
 200 - K. Porter, D. Kosoko  
 400 - R. Porter, T. Beackon  
 800 - R. Bruce, G. Bennett  
 1500 - G. Bennett, J. Roche

5000 - J. Roche, T. Lashmar  
 110H - L. Bruce, D. Robinson  
 400H - D. Robinson, W. DuBose  
 3000SC - R. Newbold, G. Bagnall  
 LJ - L. Bruce, K. Porter  
 HJ - L. Bruce, R. Bruce  
 TJ - L. Bruce, R. Porter  
 PV - W. DuBose, M. Topham  
 SP - W. DuBose, R. Porter  
 DT - W. DuBose, C. Vialls  
 JT - W. DuBose, R. Porter  
 HT - W. DuBose, Jeff Schollhammer  
 Of course, there are too many variables to ever suggest that this will be the exact team composition for 2001. The point here is that, if your name isn't on here and you're aiming high, you must put in the winter's work to succeed.

## VPH Germany Trip 1956

To those of you who remember the article I published about VPH's 1956 trip to Germany and Switzerland, please check out:

[http://homepages.enterprise.net/dubose/vph/GE\\_trip.htm](http://homepages.enterprise.net/dubose/vph/GE_trip.htm)

on the Internet. Click on the bolded, underlined words within the story and you'll see photographs of the trip.

## Club Track Relay Records

### Senior

4x100 (P. Tapper, H. Boatswain, M. McFarlane, V. Bramble) - 41.3 (1976)

4x200 (W. Cairncross, C. Carpenter, J. Hill, S. Cannell) - 1:32.6 (1938)

4x400 (T. Griffiths-52.9, V. Bramble-50.8, C. Richardson-49.6, D. King-48.6) - 3:21.9 (1977)

4x880yds (J. Medhurst-1:58.1, K. Rouse - 1:57.9, G. Everson - 1:58.9, F. Millward - 1:55.9) - 7:50.8 (1954)

Medley Relay (V. Bramble (200), M. McFarlane (200), D. King (400), G. Hayden (800)) - 3:32.1 (1976)

### Junior

4x100 (P. Tapper, H. Boatswain, M. McFarlane, V. Bramble) - 41.3 (1976) - Still a UK Club Junior Record!

4x400 (D. Baptiste, D. James, C.

Richardson, D. King) - 3:28.0 (1976)

Medley Relay (V. Bramble (200), M. McFarlane (200), D. King (400), G. Hayden (800)) - 3:32.1 (1976)

### Youth

4x100 (N. Douglas, C. Francis, M. McFarlane, D. James) - 43.94 (1975)

## VPH Objectives 2000

Here's last year's objectives and how we fared:

1. 150 members, including Life Members (currently 138)  
-- 161 @ 17 December 2000
2. Promotion from Southern League (Div 4)  
-- Missed this by the skin of our teeth.
3. Attract 200 runners to VPH Open 5  
-- No matter how well we market this race, we can't seem to reach this target, although the quality of last year's race was outstanding.
4. Have 25 VPH'ers running in the Mob Match (as Road & Cross-Country Captain, this is your target, Tim)  
-- 32 runners! Well done, Tim.
5. Generate £25,000 in income.  
-- If we didn't have a non-rent payer in the cottage, we'd have met this target.

## VPH Goals 2001

1. Open 5 participation: 200 in main race, more than 40 kids in junior races.
2. Under-20 membership: Double figures for competitors by end of 2001.
3. Women participation: Complete women's team fielded in all league fixtures and membership up to 40.
4. Assembly League: Top-3 finish in 'A' and 'B' men's competitions.
5. Win Chingford League Relay 2001.
6. Southern League - Promotion!

## Letters to the Editor

From: "ARI RAMANATHAN"  
 <ari.ramanathan@usa.net>  
 To: "Wayne DuBose"  
 Sent: Wednesday, November 22, 2000

Hi Wayne,

## Famous VPH Boys Relay Win in 1968

Thanks for keeping me on your distribution list. All is going pretty well back in Aotearoa (New Zealand). Haven't been running much, quite busy at work at the moment working about 60 hours per week trying to do a software rollout to our district offices. Been playing badminton a couple a times a week and going to gym occasionally - no freezing run at the Eastway cycle track. It's 24 degrees here and I'm looking forward to summer when it arrives. Please give my regards to everybody at the club. Ari

Dear Wayne,

Have just received another copy of VPH

News for which I thank the club. See it is time to pay up once again, so enclosed, please find fifteen of the best! I was very happy to read the letter from Ken Rouse concerning his meet up with Eugie Murnane, and I was even happier to see from the photo, and to read, how well Eugie is keeping, and the same appears to go for his wife Gwen. So at the risk of boring all the younger members of the club, I would nevertheless like to add just a few personal comments concerning Eugie. I first met Eugie in 1948 at the Park and he was still extremely quick and agile over the hurdles, which he set up on the grass inside the track and hurdled just to keep fit. He was one of the first to give me any coaching, and knowing of his achievements, I looked up to him with much respect. I can only reiterate what Ken said regarding Eugie and Matt Mosley whom I regard as being the elder statesmen establishing the club at its present HQ. And when Eugie was at the club helping out, Gwen was not far away either making her contribution. Ken is probably right, Eugie could well be the oldest living VPH member, and how nice it would be if he and Gwen could be present at the 75th anniversary later in the year. Kindest regards, Ken Prevost

Dear Ken--Although Eugie hasn't been a member of VPH since the '60's, I still send him VPH News as a mark of respect for the wonderful work he did for VPH.



**Winning VPH Boys Relay Team 1968 (L-R Steve Bristow, Keith Lowe, Garry Walker, Chris Jones, Audley Johnson)**

Dear Wayne--Many thanks for sending the VPH Newsletter. I'm pleased that the club is doing well. My club up here - Liverpool Pembroke and Sefton - is also doing well. I'm kept busy with coaching hurdles and high jump. I've given up on decathlon. Tonight, I'm off to Preston to hear words of wisdom from David Moorcroft and Max Jones. I'm enclosing a cheque for £30 to renew my membership. Best Wishes, Les Williams

Dear Wayne,

Thank you for keeping in touch. I've enclosed a photo of the successful VPH Boys road running team which won the 1968 VPH Boys Road Relay. I found this and other VPH-related photos/press cuttings during a clear out. As you can see, there are some familiar names/faces in the team. Among these finds were some battered examples of when I competed, including an out-of-focus black & white one of a considerably slimmer me breaking 2 minutes (1:59.6) in a Junior ½ mile at

Eton Manor in August 1958 and also a badly torn, somewhat formal portrait of the London-to-Brighton relay team which received the Best Performance medal earlier that year, again including some familiar faces. If you want to produce memorabilia page(s) at any time, I'll see if I can get reproductions made. Congratulations on your UK Veterans titles. Regards, Robin Cornell

Hi Robin,

Thanks for your congratulations and also for the photo of the Boys relay team. Funnily enough, of the handful of photos which are on display in the committee room, that happens to be one of them. It's probably been on display for 30 years now. As you know, the team consisted of Steve Bristow, Keith Lowe, Garry Walker, Chris Jones, and Audley Johnson. Keith and Garry are Life Members, and Garry is also on the Trust; Life Member John Anstey keeps in touch with Chris Jones who I saw at John's barbeque a couple

## Remembering Life Member Fred Plumm

of summers ago. Chris holds the Club's Boys Mile Record with 4:53.3 (still standing after 34 years). Audley Johnson holds the Youth 800m record with 1:57.8 (still standing after 31 years). Keith Lowe holds the Club Veterans Records for the 800m, 1500m, 3000m, and 5000m. Steve and Audley completely vanished from the VPH scene. Regards your memorabilia, I always encourage older members to pass on some of the VPH history that they have, if only as a copy.  
Regards, Wayne

From The Victoria Park Harrier club magazine #96 August 1968 VPH Boys Relay, Victoria Park, 6 April 1968 "Our boys rounded off a great season when they won our own trophy for the first time since it was inaugurated in 1959. Keith Lowe, the youngest in the team, was launched on the opening leg and he ran a most plucky race to put us 8th (7:44). Chris Jones stormed through the field and with a fine time of 7:11 sent Garry Walker off lying 3rd. Garry could not make any impression on the leaders but we were more securely 3rd after his circuit of 7:39. Audley Johnson went off at a tremendous pace and after a mile was in the lead, but conscious that we needed a lead of substance he pressed on to clock 7:10 (4th fastest of the day) and give Steve Bristow a lead of some 150 yards. Going off in the lead on the last lap can panic the most experienced runners, but Steve kept his head and strode his lonely way to come home with a comfortable margin in hand (7:26) to the delighted cheers of all VPH supporters.

Teams:

1	VPH	37:15
2	TVH	37:33
3	Luton	37:42
4	Woodford Green	37:51
5	Hornsey	38:02
6	Belgrave	38:21"

Dear Wayne,

Some sorry news. Freddy Plumm passed away on December 23rd. Although Fred joined the Club as a junior in August 1935, in those days we didn't have enough juniors to run

separate races and it wasn't until 1938-9 that he made a name for himself as a reliable all-rounder. On the track, he usually ran middle distances, but he did take the Senior 440 yards title (53.6 seconds) in 1939. On the road and cross country, he was 4th or 5th scorer and then came the war. Fred ran no more until 1946. When he came home, I was one of a handful of chaps around whom inter-club teams were built. It was Fred who signed me up on 22 May 1946. He was Track Captain in 1947-8, but, in 65 years membership, never held any other position. In the North of the Thames Inter-team of 1948, I ran with Fred in the VPH team and went off too fast. With a mile to go, Fred came past me. I then slowed to a jog and he could see what a bad state I was in. Stopping for a few yards until I was level, he tried to get me going. I couldn't respond to his "come on, Gordon...not far now", and so he put his right arm under my left arm and half carried me for some 400 yards by which time I had got a few useful breaths. But Fred did little serious running himself after 1949. He was now in his thirties and took up a bit of coaching. Strangely, he began to coach field events, an area in which he had no active experience. No one at VPH seemed very keen on field events and the bulk of his youngsters were members of Essex Ladies who trained at Victoria Park, Ilford, and Woodford. It wasn't long before one or two Ilford girls joined Fred's small "school" and then it was noticed that an Essex LAC high jumper, who shall be nameless, had found a way into Fred's affection. Then came a crushing blow. Miss H----- suddenly married another VPH member and went off with him to Africa. Fred was so devastated, he rarely came to the VP track again, but he threw himself into coaching the members of Essex Ladies and Ilford for another 50 years! But Fred always retained his VPH membership and attended our 70th Anniversary Dinner. He never married but he was always upbeat and optimistic so that his girls were supremely confident.

At a bowls meeting in 1999, I was playing for the Brentwood District League against the Metropolitan Police

and Goodmayes and was amazed when Bryan Hicks walked into the dressing room, looking absolutely as he did in the years 1956 - 60 when he made a place in our London to Brighton Team.

The previous year, I found myself playing for my club, Central Essex B.C., against Ongar B.C. and that my opposite number was a fellow over 6' and with much less hair than I have. He turned out to be Stan Skegg who won Essex colours as a Junior and was a very promising sprinter-long jumper. Later, I saw him again at the Harlow indoor bowler centre when Vic Potter also came along. Please keep me informed about the Anniversary Dinner. I enclose a donation of £50. Best wishes to all, Gordon Everson

Dear Gordon,

Many thanks for your generous donation as well as the photo (above) which includes Freddie Plumm. Amazingly, in the Club's 75-year history, only 13 members have ever been elected as Life Vice President and your photo captures four of them (Harry Marshall, Jack & Ted Flowers, and Albert Abrahams) and also our greatest ever Olympian Geoff Iden who finished 9th in the 1952 Olympic Marathon in Helsinki. I should also mention to our newer members that you're also one of the elite 13 Life Vice President.

Regards, Wayne

5 Jan 01

Dear Wayne-It's such a long time since I last wrote or contacted you, no excuse!! But I have been on quite a globe-trotting year that would take too long to explain. However, Gordon and Peggy Everson and myself represented VPH at Freddie Plumm's funeral (cremation) at which hordes of ex-athletes attended. Have recently forwarded a letter to Ronnie Irons (via the Club) to do with the Crown & Manor Old Boys Association. It contained a club photo of him, plus a mention.

Having spent several years with the Italian Ski Federation, will be giving up

## VPH History At Its Finest

my connection on an official basis. I'm on a 'high' as my grandson has made the National team which coincided with my niece's daughter gaining two international vests in water skiing. On a sad note, one of our 'old boys' Keith Drayton is in a bad way with leukemia. Still keep in touch occasionally with Bernie Skeels, Alan Rees, John Waterson, Cliff Fowles, Johnny Sullivan, Danny Callaghan, Jimmy Joyce, and forward your great newsletters after avidly digesting them. In conclusion Wayne, no doubt that your family and your good self are all fit and well. My sincerest best wishes to you and to those at 'The Park' who may have known me. Deric Bareford

Dear Deric--Great to hear from you and also to have talked to you on the phone. Again, for our newer members, Deric is another of the elite 13 Life Vice Presidents. The only other surviving Life Vice President who hasn't been mentioned is Major Carr who celebrated his 20th wedding anniversary with Sue in January and is also very active via electronic mail with VPH matters. (Again for the benefit of our newer readers, Deric is regarded by many as Victoria Park Harriers' greatest ever athlete, having won a place medal in the National Decathlon Championship). See you later in the year, Deric. Regards, Wayne

Dear Gerry (Franey)--On behalf of Fred Plumm's family and his friends at Ilford AC, I would like to express, very much, our appreciation of the beautiful floral tribute that was received for Fred. Gardening was one of many passions he seemed to have, and flowers in particular he loved, so the many tributes



**Start of the VPH 1948-49 Cross Country Season (L-R Harry Marshall, George Cummings, ?, ?, Jack Flowers, Don Wilson, ?, Ted Flowers, Geoff Iden, Albert Abrahams, Jimmy Saint, Charles Bryant, Freddy Plumm)**

that arrived helped brightened a sad occasion. In many ways, his heart was still with VPH. I believe he joined the Club in 1935/6 and was given advice and training by a Harry Peck, a man he greatly respected. He once told the tale of how he and Harry went to the White City for a big athletics meeting. Fred fancied the current 1-Mile champion (not sure who that was) but to Fred's disgust, Harry selected a weedy looking fellow who wore glasses, and said to Fred, "just watch his finishing speed." Fred was a life-long fan of Sydney Wooderson from that time on! He couldn't believe his eyes that day!! Was sorry I didn't see you at the funeral and I understand the Flowers brothers were also there, plus John Turner. I must admit I hadn't expected to be whisked away to the crematorium quite so quickly. Anyway, I think we gave him a good send off. We estimate that close to 200 people filled the church and possibly 150 at the crematorium. I guess there will be many people who will miss him greatly. Could I ask a favour? Would you send

your newsletter to me as I too would like to keep in touch for Fred's sake. Please advise me regarding cost or whatever Fred used to donate. Will keep the tradition alive! Kind Regards, Alec Tiffin

### **"Shape Up or Die"**

On December 14th, Richard Newbold arranged a meeting at the Clubhouse with the new AAA's Development Officer for London, David Reader. Rich went into the meeting hopeful that that VPH would be seen as a progressive club, very much on the rise after some difficult years. With strong performances on track and road in 2000 and with the possibility of a track being built on Hackney Marshes, his optimism was high. However, Rich's hopes of being given some top tips of how to keep VPH on an upward trend were dented when it became apparent how VPH is viewed by the athletics establishment. Read on and you'll see what was impressed upon us.

# Time For Change

Rich's aims when arranging the meeting were to find methods of gaining funding for VPH, and to help improve the athletic opportunities for its membership. These laudable aims are still possible. However, for VPH to benefit from the funds available we must change the way we operate quite dramatically.

Funding will be targeted to those clubs that:

1. Provide a suitable environment for developing athletes.
2. Actively promote athletics in their local area and provide a resource for the local community.

From next year (2001), Centres of Excellence are being set up throughout the country. These are based at clubs who are doing a good job already, with forward-looking plans of how to improve the service they already provide. The nearest one to VPH will be at Terrance McMillan Stadium, home of Newham & Essex Beagles (NEB). A NEB coach is already employed by the local council to look after their mini-marathon training. This is the thin edge of the wedge that is going to open up the mass recruitment of 'our' local talent by NEB. This will be done with the approval of the AAA because NEB provides a full range of athletics training for nurturing developing athletes.

So, what can VPH do to compete? Well, with our current set-up, NOTHING.

In the opinion of the AAA, and it's their opinion that counts, VPH has very little to offer any prospective athletes. The sooner we realise that, the better. It is very much MAKE or BREAK time, and we have to decide what we want our Club to be before we get left behind.

There are two choices:

1. Continue as we are and wither away, becoming purely a social club with running as a side issue.
2. Change our whole approach and return to being a proper athletics club.

However, this can't be done without a lot of commitment from our current membership. This doesn't mean we shouldn't have a social side to the club. In fact, it is the social side that can provide greater cohesion and greater commitment to the team. However, the pursuit of athletic achievement has to be the primary aim.

So, to summarise:

- VPH has a hell of a long way to go before we are thought of as a proper athletics club.
- In our current format, we'll NEVER get the grants we so desperately need to refurbish the clubhouse.
- The AAA will GIVE local talent to other clubs.
- We have to be seen to be actively participating in the local community.
- We have to provide a suitable athletics training environment.

So, the time has come to think long and hard about where we want VPH to be in 5 or 10 years' time. If we want to remain as an athletics club, then we have to completely change our outlook and be prepared to work hard to retain an athletics club in the East End. This might necessitate mergers or closer co-operation with other local clubs. However, without considerable input from all of us, VPH will either fade away as an athletics club or become merely the insignificant little social club it is already perceived as being. Rich.

## **BEHIND THE MODESTY SCREEN**

(By Louise Guthrie)

We are all pleased when new females join the VPH ranks. But they need sound advice when they embark upon their VPH careers (even about running). Girls, we want you to run as many races as possible. Train whenever you can. We want you to do hill reps on the Eastway in the pitch black and pouring rain. We want you to be out freezing on Hackney Marshes on Sunday morning when everyone else is still warm in bed. Because the more you do it, the more you will enjoy it. Honestly. And just think how much easier it will all be in

the spring.....

But it is also important to strike a fine balance between regular training and recovery time. Take Cécile Brugnoli as an example. Cécile has shown superb condition over the last year because she has managed to strike a perfect balance. Running is among her top priorities – naturally. But she knows when not to push herself too hard, as her email correspondence shows: “Did you go running on Sunday morning? I’m afraid I didn’t. My excuse is that I am a bit scared of over-training, it doesn’t take much. She goes on to say: “I stayed at the other party until 4.40 am and my mother was kind enough to call me at 1.30 pm on Sunday to wake me up.”

Another important aspect of VPH Training For Life is how to handle Thursday bar nights. After Thursday night training, remember to “Rehydrate before you Dehydrate”. Drink plenty of water before ordering your first beer. It’s easy to forget. (I have been there many times.) Okay, so you don’t *have* to dehydrate. New female club members (and more established but staid and sober ones) usually have a quick drink, then do the sensible thing and disappear. This is sound practice. But some of us never learn and stay late habitually (usually Janice Cartwright, Cécile and myself). So we have got used to those male foibles which manifest themselves in the course of the evening. Just in case you *are* planning on staying around, this is what you can expect:

In the early stages, Mick Wheeler remains elusive. He projects an air of mystery (often by smoking a cigarette in a far corner). Mick does not like to appear *too* available. Well, not to anybody apart from Tony Lashmar, that is. Tony, however, starts to show signs of wanting to leave fairly early on. We have grown to expect Mick’s cry: “Don’t go, Tony, oh DON’T go.....” while Tony lingers tantalisingly in the doorway, poised ready to flit off into the night. He seems to enjoy the act of leaving more than time spent actually *in* the bar. Tony makes a dramatic exit

## More At VPH Than Just Running

only to reappear seconds later to see what effect his departure has had. He will only leave the premises for real when he has stirred Mick into an emotional frenzy. What the precise nature of the relationship *is* between Messrs Lashmar and Wheeler we cannot say with any certainty. Perhaps we are better off not knowing. As the night progresses, you will notice that Les Vialls gets more philosophical. Paul McKinley's tales become a little more complicated. Tim Mitchell-Smith gets louder. Mike Penman often occupies the same spot in the far corner. In early December, he seemed to have formed some kind of attachment to a photograph there. He was observed several times gazing abstractedly at it. Closer investigation revealed it to be an action shot of himself competing in the Great North Run. The picture was moved to another spot in order to allow Mike to circulate more.

Us women who stay late at the bar have been accused of "turning the air blue". We are not sure that this is entirely justified. It is unclear who drags the conversation down to a base level. However, if choice phrases are being bandied around, we sanitise the dialogue to a linguistic exercise by insisting that they are repeated in foreign languages.

Conversation never runs dry. Someone always manages to come up with a stimulating or mind-broadening topic (unless "Miss World" happens to be on TV.) On one memorable occasion, Mick informed us that when a sample of crocodile's blood was analysed, the thirteenth component was found to consist of antibodies which are resistant to all known strains of bacteria. This has really changed our perspective on life.

But enough of the bar. On to cross-country. It can take a while to psyche yourself up to take the plunge. As recent recruit Veronica McCabe says: "Still have to get my head around the idea of X-Country and I have no spikes." This is quite common in the early stages. Do not be discouraged.

When Sally Weddell, Tracy Harding and I made our cross-country debut in Loughton last October, our names appeared in the local press for the first time. We were described in the East London Advertiser as "a threadbare women's team." Maybe not THE most glowing of terms, but we didn't *ever* expect to see our names in print under the heading "ATHLETICS". We were massively impressed (even if no-one else was).

Encouraged by the favourable press coverage, we three revisited Loughton for the Ware Cup in early December. We had a fuller team, with Laura Bano, Cécile Brugnoli and Lydia Bruce-Burgess all making their Debuts-through-the-Mud for VPH. Lydia struggled around in her sister's size-too-small spikes. Laura was elegant, even in studs. And Cécile.....well Cécile meant business. She had, with the assistance of Jim Roche, got hold of a vicious-looking set of size 15 spikes. The effect of oversized spikes on her petite frame was not quite as fetching as *that* garter. It didn't encourage as many propositions en route. But these were not the gently sloping autumnal vineyards of Bordeaux. This was water-logged Loughton in winter.

And we were still only a novice team. The more "experienced" half of us had only ever done this once for the club. Still, the ground was familiar (vaguely). We had plenty of time to survey it. Due to a feat of collective mismanagement, we had arrived on the scene an hour and twenty minutes early. The fields were awash. A whole new array of pools and ponds had appeared. Puddles had burst their banks. While Jim Roche and Richard Newbold filled time by walking the course (a redundant exercise, as the route was subsequently changed), Sally and I spent the interim more profitably (we felt) by loading up on carbohydrates at a local village fête.

We all conquered that course. But the women's cross-country team was thinner on the ground later that month in Claybury for the Chingford League. Sally and Tracy had prior engagements. Cécile was full of cold, but assigned herself the role of team photographer.

La Belle Brugnoli placed herself strategically at some of the worst points of the course, lens poised, for once (sadistically) enjoying the role of spectator. Laura, our best hope, got injured and had to pull out. That left us totally "threadbare", with only myself and Janice to struggle round. Cécile captured the sheer indignity of it all on camera.

In retrospect, Loughton had the most luxurious facilities. I assumed hot showers and cups of tea were bog-standard. Not so, be warned. At Claybury, "facilities" means pick yourself a bush or a tree. Having expected at least a trickle of clean water, I had taken a complete change of clothing. But there's no way to clean up at Claybury. (Tim Mitchell-Smith's bottle of soapy water was an object of envy). You can do no more than scrape eroded soil from your person. Then replace your top layers of clothing, change your shoes and someone might offer you a lift home.

The strain of events at Claybury was compounded by having Tony Lashmar (bless him) as my chauffeur. Once safely (!) back at VPH clubhouse, I scrambled thankfully out of Tony's car. I was still in disarray, and a tad shaken by his erratic motoring style. As I stumbled onto the pavement with my kit-bag, my redundant change of clean underwear fell out. Some of the men's team had just arrived back and were gathered around. "You've dropped something," one of them remarked. I felt I had to explain: "My knickers." I said. Tony rolled his eyes up to the heavens: "What do you EXPECT from women?" Mr. Lashmar has been getting far too impertinent recently.

But don't let any of this put you off cross-country. Once you have tried it, you will be hooked. Let's face it, we all go back for more. Well, Janice and I did - in early January for the Middlesex Champs in Ruislip. This time the ground had the consistency of liquid cement. In retrospect those water-logged courses at Loughton and Claybury seemed very lightweight. But Janice is tougher than she looks.

# Coverage In The London Evening Standard

Even the lack of facilities at Claybury hadn't put her off. She came along equipped with a bottle of fairy-liquid solution. But this time we had the luxury of long hot showers..... Try it, you'll love it.

## London Evening Standard, 3 Jan 01

"Any club that can count comedian Lee Hurst as a past member (it was a long time ago - he had hair then) should be good for a few laughs. But the Hackney-based club has a serious side too. Former GB sprinter Mike McFarlane, now Dwain Chambers' coach, starred for the club in the late Seventies. Club president and veteran Wayne DuBose, holder of three national decathlon titles, is the pick of the current athletes. Vice-President and steeplechaser Richard Newbold said: "Our members range from an 85-year-old East Ender born and bred, and still competing, to twenty-something whiz kids and everything in between." The 75-year-old club competes at road racing and cross country. Last year their top men's track and field team were sixth in Division Four of the Southern League."

## Track Manager John Schollhammer Speaks

Track Athletes--I need to have your contact information so I can keep in touch with you during the course of our 2001 athletics campaign. I have all of your addresses, but could I also have your home phone number, work phone number, mobile phone number, and e-mail address. Also, I need to know whether you'll be unavailable for any Southern League matches. Please pass this information on to me either by phoning me at 07944 591194, writing to 3 Freeborne Gardens, Rainham, Essex RM13 7PR, or e-mailing Jeffrey.Schollhammer@eslo.co.uk.

Also, I plan to conduct a training clinic at Mile End Stadium on Saturday, 31 March starting at 1:30 pm. I'll be covering the long jump and the shot putt. This is a great opportunity for you to dust off the cobwebs in preparation for the following month's club championships as well as Southern

League matches.

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From: "Dr Graham Bennett"  
<G.Bennett@surrey.ac.uk>  
Sent: Friday, January 05, 2001 4:52 PM

Wayne--British University Students Association Marathon was in 1998 incorporated within London. I was at Nottingham University and not a member of any other club. My time was 2:43:47. When people ask me what I achieved while at Notts, that's what I tell them! Actually, the main reason for deciding to do a PhD was because I'd seen previous results and thought it was the only chance I had of ever winning anything! As regards what I said the other day about contracts, I've just been offered another 2 1/2 years here to finish off someone else's work who is leaving. Problem is for the next 6 months I have to do both jobs! See you, Graham.

Dear Graham--You have my total sympathy for having to do two jobs and my total satisfaction to know you'll be here for another couple of seasons. Well done on your British University Students title from a couple of years ago. For those of you who don't know, Graham is our top 1500m runner, has the most elegant running style I've ever seen, and continues to compete for us despite living in Surrey. Thank you so much, Graham. Look forward to seeing you on the track this year. Regards, Wayne

## VPH's Southern League Best Performances Over The Past SEVEN Seasons Achieved in 2000

100A	Keith Porter	11.5 (equalled)
100B	Dean Kosoko	11.6
200B	Dean Kosoko	23.7
800B	Graham Bennett	2:04.8
1500A	Graham Bennett	4:13.2
PVA	Mark Topham	3.00 (equalled)
DTA	Wayne DuBose	35.57
JTB	Randal Porter	39.89

From: "richard newbold"  
<r.j.newbold@qmw.ac.uk>  
Sent: Thursday, January 25, 2001  
Subject: website award

I missed this when it happened last month, but here's some recognition for all the hard work that Paul and Wayne have been putting in on the VPH website and list of Club records. Take a look at:

<http://www.gbrathletics.com/club.htm>

You might also like to take a look at:

<http://www.gbrathletics.com/baweb.htm>

on the same site. You'll spot one of our number just ahead of Jonathan Edwards..... that heroic triple jumping in the Southern League must have paid-off!! ;) Rich.

Editor's Note: The first web site shows VPH being selected as the British Athletics Club web site of the month. The second web site shows Wayne DuBose gaining a mention by virtue of his holding a British record, Junior Pentathlon (using senior implements).

From: "DuBose, Wayne F"  
To: "richard newbold"  
<r.j.newbold@qmw.ac.uk>  
Sent: Thursday, January 25, 2001

Rich--I can't put any more of my stuff in VPH News. I'm overexposed. Wayne

From: richard newbold  
Sent: Thursday, January 25, 2001  
To: DuBose, Wayne F

Now Wayne, I feel that I should have a quiet word to our President in my humble capacity as a Vice President of slightly higher than Dan Quayle ability. As our leading athlete, you cannot be overexposed. Remember that VPH News also goes out to outside bodies and by reminding them of at least one VPH athlete's status in British Athletics, you'll be doing something to raise the profile of VPH with the local council, etc. Okay, so some of your contemporaries may groan, but the rest of us will merely doff our caps and acknowledge your greatness! Your three National Titles were rather underexposed on both the VPH website and VPH News - we have to make more of our achievements. Rich

# Keith Porter - VPH's Sprint King

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Thanks, Rich. Wayne

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## Membership Secretary

### Gerry Franey Speaks

Subscriptions were due on the 1st November 2000. I would ask everybody who has not paid to pay myself or Les Vials at VPH HQ immediately or, if not, you can post your cheque to:

Gerry Franey  
8 Borders Lane  
Loughton  
Essex IG10 3QU

If your subscriptions are not paid by 31 February 2001, under Club rules, an additional 25% will be added. Please, therefore get your cheques to me right away. Gerry

### Pay Subs By Standing Order

HSBC

20 Electric Parade, George Lane  
Woodford London E18 2LX

Account Name: Victoria Park Harriers

Account No: 71086820

Sort Code: 40-06-23

£5 per month. Or get a form from Gerry.

## 100 Club Winners

Sept - 1st J. Iron (£50) 2nd G. Hart (£20) 3rd. C. Franey (£10)

Oct - 1st V. O'Kane (£50) 2nd M.

Penman (£20) 3rd J. Loboda (£10)

Nov - 1st J. Smith (£50) 2nd P.

McKinley (£20) 3rd Les Williams (£10)

Dec - 1st J. Schollhammer £100 (John

returned £50 as a donation) 2nd G.

Bagnall £50 3rd P. Spencer £20

Jan - 1st C. Reid (£50) 2nd D. Judge

(£20) 3rd B. Dann (£10)

## VPH Statistics as Provided to SEAA

U13 Boys	2
U15 Boys	2
Junior Men	2
Senior Men	37
Veterans	24
U15 Girls	1
Senior Women	19
Veteran Women	16
Qualified Officials	1
Ungraded Officials	1

Qualified Coaches	3
Unqualified Coaches	1
Others	56
TOTAL	165

### VPH 75th Anniversary Dinner

(continued from front page)

The location is:

Chigwell Manor Hall  
144 Manor Road  
Chigwell, Essex IG7 5PX  
Tel: 020 8500 2432  
e-mail: manorhall@compuserve.com

This will be a formal dress occasion. Don't miss it. It's going to be some night!

### Thanks to Danny Parsons

In lieu of paying subs, which, as a Life Member, he doesn't have to, Danny Parsons donated £60 to VPH. Thanks, Danny

### Missing Bicycle Helmet

Can someone please let Mike Penman know where his missing red Trek bicycle helmet has gone.

### John Daniels--Past VPH

#### National Champion

Although Wayne DuBose may be the current M45 British Veterans Pentathlon champion, our very own John Daniels can lay claim to being the very first champion in this event. Over the weekend of 16-17 July, 1977, at Copthall Stadium, Barnett, John comfortably became National Champion by beating C. Knowles by nearly 400 points. John's marks were as follows:

200 - 26.2
Long Jump - 4.80
Shot Putt - 8.46
110m Hurdles - 21.0
1500m - 5:08.8

1st John Daniels (VPH)	2,492
2nd C. W. Knowles	2,098
3rd Aylesbury athlete	1,822

Well done, John! So, according to the response I received when I asked which VPH'ers had been national champs, it

would seem that John was our first!!

That same year, John travelled to Gothenberg, Sweden to take part in the World Veterans Track & Field Championships. Once again taking part in the M45 Pentathlon, John achieved the following marks:

200 - 25.7
Javelin - 35.46
Long Jump - 4.83
Discus - 24.58
1500m - 5:04.8

Dear Wayne--I think VPH is in the beginning of exciting times with a record turnout at handicap races of 28-29 and training on Tuesdays at Mile End of approx. 15, Thursdays 15 to 20 and Sundays of between 10 - 20 with men and women training together. Long may these times continue. Yours sincerely, Roger Daniels

Dear Roger--You're right. A great way to start our 75th Year. Happy Birthday, VPH! Wayne



**Harry Peck,  
Founder of VPH  
in 1926 (photo  
taken in 1950)**

## **VPH NEWS**

**Victoria Park Harriers  
c/o 41 Ansley Way  
St Ives, Cambs  
PE27 6SN**

