

◆ VPH NEWS ◆

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72 Years and Holding

Although VPH hasn't been through a vintage period since the last magazine, there's still much to be pleased about. We started the year off on a good note by comfortably beating Eton Manor in our annual Mob Match. In the last two races of the Chingford League, we signed off with two second-place team results and our ladies finished as runners-up for the season. We even managed to field our first team in the National Cross Country Championships in about six years. We now enter the athletics season with the expectation of fielding two teams in the Southern League's Division 5 and Division 8. I ask all potential athletes to make yourselves available for the six dates listed on page 10. Failure to raise sufficient numbers for the Division 8 team every time will lead to the withdrawal of our B team in 1999. Hope to see you all out on the track. Here are some very important Club dates for you to consider turning out for:

Saturday, 11 April

This is Open 5 day at Victoria Park. As you know, this is the one showcase event for the Club. We need all the help we can get on that day. Starts at 1:00.

Saturday, 2 May

On this day, the club Southern League Division 8 team is travelling to Southampton while the Division 5 team is co-hosting the meeting at Mile End Stadium. If you're not competing on either of the two teams, we urgently need you to help out. It was a little bit embarrassing last year when we didn't have the numbers to properly host and organise the meeting.

Saturday, 6 June

I'll call this Beano Day. We're hiring a big coach to transport both Division 5



Pete Faley, Life Member and Part-Time Coach for VPH

and Division 8 teams to Portsmouth. There'll be plenty of seats for family, friends, and guests. Let's all show up to compete, officiate, or support, and then have a good old club celebration on the way home. VPH will pay for the coach. No charge to individuals.

Saturday, 18 July

The Club Dinner and Dance. This is the big one. After a two-year rest, we're all reuniting for another wonderful, nostalgic evening. This year, we're at The Viceroy, a very classy venue in Crutched Friars (that's the name of the street) within easy walking distance of Fenchurch Street, Aldgate, and Tower Hill Stations. The cost of the tickets will remain as at two years ago at £25. We'll need money by 12 June. So mark your calendars right now and send off the money as soon as possible. Either give the money to a committee member or mail to Wayne DuBose, 41 Ansley Way, St Ives, Cambs PE17 4SN. Call Wayne at 01480 494367 if you have questions. Don't look for further notification of this event. This is it.

Saturday, 15 August

This is Club BBQ evening, held at 7:00 pm at VPH HQ after our two Southern League teams return from their final

VPH World Wide Web Site

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

meets of the year at Sutcliffe Park and Crawley. Last year was a gala event with a huge turnout and lots of dancing to music provided by a DJ. Estimated cost will be £5 per person. This is one of the two events (Xmas party is the other) where the Club can say thanks to Les Vialls, our Social Secretary, for his outstanding work by simply turning up. Les doesn't ask for thanks, just participation at his two events.

Auntie Beeb Pays a Visit

Thanks to some behind-the-scenes work by Andy McCourt, the BBC were enticed over to VPH HQ for possible location shots for a comedy series called "In the Red." The Beeb were suitably impressed with HQ and filmed scenes with Stephen Fry and John Bird (one of the two older gentlemen in the Rory Bremner Show) in the hall and coming out of the never-used entrance near the table tennis room. In the show, scheduled for our viewing pleasure on 25 May, our clubhouse will appear to be a church in, I think, King's Lynn. Richard Wilson of One Foot in the Grave was also present but wasn't spotted acting in any scenes. We got £400 from the BBC for using our HQ with the promise of future possible location shots. As the catering truck never made it, Andy came to the rescue and served refreshments to the stars.

Subs Past Due!

Pay your subs to Frank Massingham or any other committee member. £62.50 for regular members or £12.50 for honorary/associate members.

Newbold Wins 3.5M Champs for the Fourth Time

Assembly League, Forbanks 2.8M, 4 Sep 97

Terry O'Neill and Pete Eldridge ran their fastest times since I started tracking this race back in September 1994 and Jim Roche took 6 secs off his PB. Our 11 runners was our equal highest number in this race in the past 3 years.

1	L. Reilly (Kent)	14:21
9	T. O'Neill	15:06
13	J. Roche	15:14 PB
21	P. Eldridge	15:25
43	A. Lashmar	16:20
52	J. George	16:37
54	L. Austin	16:39
74	D. Beard	17:51
76	G. Walker	17:56
78	N. Gray	18:07
122	P. Beaufriere	23:04
125	E. Flowers	24:22
(127 finished)		

A Team Results

6	VPH	81
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B Team Results

5	VPH	223
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Final Positions After 6 Races

A Team (13 teams)

1	Stock Exchange	81
2	Kent	81
3	Dulwich	78
4	VPH	74
5	Dartford	63

B Team (10 teams)

1	Dulwich	87
2	Stock Exchange	79
3	VPH	74
4	Eton Manor	66

Ladies

6	VPH	20
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Individual

5	R. Newbold	85
8	T. O'Neill	71

North of the Thames Jr. 5M X-C Champs, Kingsbury, 15 Nov 97

Alan Sogaard overcame the handicap of a badly blistered heel to gain an excellent 11th place in the first championship race of the cross-country season. Further down the field, Richard Newbold and Tony Lashmar battled it out with Richard's faster finish carrying him past Tony in the home straight into 34th position, beating Tony by two seconds and two places. Jim Roche battled hard for 82nd place with Terry Adams and Andy McCourt coming home in 99th and 109th places, respectively.

11	A. Sogaard	27:46
34	R. Newbold	28:46
36	T. Lashmar	28:48
82	J. Roche	32:40
99	T. Adams	33:54
109	A. McCourt	35:41

London 6M X-C Champs, Parliament Hill, 22 Nov 97

Alan Sogaard was once again Victoria Park Harriers' leading athlete when he finished in 40th place out of a field of nearly 400 in the London Championships at Parliament Hill. In the early stages of the race, Alan was up with the leaders, but slipped back through the field as the extremely testing conditions took their toll upon him. Long-distance specialist Tony Lashmar pulled out a very determined performance for 70th position, gaining revenge for his previous week's defeat over Richard Newbold, who finished a tired-looking 75th. Andy McCourt and Peter Snell had their own private race with Andy coming out on top. In the team competition, the Harriers finished a highly respectable 27th out of 65 teams.

40	A. Sogaard	34:14
70	T. Lashmar	35:32
75	R. Newbold	35:47
274	A. McCourt	44:29
288	P. Snell	45:28

Arthur Coombes 3.5M Road Champs, VP, 29 Nov 97

Richard Newbold showed a further return towards form as he picked up an unprecedented fourth successive title following a controlled victory in this year's Arthur Coombes 3½ Mile Road Championship. The early pace was made by Joe Loboda who led to the Falcon and Firkin with Tony Lashmar and Richard Newbold following closely behind. By the tennis courts, Tony had moved into the lead, closely followed by defending champion Newbold. At Gunmakers Gate, despite running into a strong headwind, Richard gradually increased the pace and Tony was unable to counter this move. By the apex, Richard had gained a small lead which progressively increased as the runners ran east. At the end of the figure-of-eight, Richard had acquired a comfortable cushion between himself and Tony which he further increased by the finish. Tony came home in a clear second place with Joe third and Jim in fourth place. Jim Roche's dramatic loss of form has finally been diagnosed as severe anaemia and he has started a course of iron supplements which will hopefully resolve his problem. Unfortunately, it'll take a few weeks for this to happen but at least the cause of his recent (for him) poor runs has been discovered. Thanks to George Dodd and Roger Daniels for timekeeping and officiating.

	<u>2.5M</u>	<u>3.5M</u>	
1	R. Newbold	13:22	18:58
2	T. Lashmar	13:46	19:37
3	J. Loboda	15:42	22:13
4	J. Roche		23:04
5	R. Daniels	DNF	

Ware Cup 5M XC, Loughton, 6 Dec 97

The Ware Cup was once again run over the traditional course at Loughton but with a couple of changes which took the three VPH representatives by surprise; emphasising the advantages of arriving early and walking the course. A very

VPH Regain Mob Match Bragging Rights

large field boosted by the huge turnout from Eton Manor (do all their Club members race?) raced away across the playing fields with Richard Newbold and Tony Lashmar flying the VPH colours towards the front of the leading bunch. Across the bridge and round the first gate and Richard and Tony had settled down into top ten places as the pace picked up. On arrival at the gate into the back field, the first of the slight changes to the course became apparent in the form of a five-bar gate and a kissing gate at the side. As the leaders queued up to negotiate the kissing-gate, Richard (rather inelegantly) climbed the five-bar gate to move up into third place behind Walthamstow's Danny Rose and Rob Patterson. Having negotiated the uphill stretch of the back field, the runners headed downhill towards the next gate where they were confronted by some rather startled bullocks. The leading pair caused the beasts even more consternation resulting in the demented animals charging towards the third place runner. Richard, in third place, avoided the stampeding bullocks with a dramatic sprint for the nearby gate and a mad scramble over. After that, the race was far more calm with Richard being passed by a couple of runners over the next two laps to slip back to fifth place with Tony one place behind. Jim managed his best performance for a while in 14th place, having had a poor start due to the bottleneck created by the unexpected gates.

5	R. Newbold	29:53
6	T. Lashmar	30:26
14	J. Roche	32:32

Middlesex County AA X-C 12K Champs, Uxbridge, 13 Dec 97

70	T. Lashmar	44:14
153	J. Loboda	51:43
167	A. McCourt	53:15

(183 finishers)

Witham Boxing Day 5

Garry Ormes 37:01 (36:13 PB)

Chingford League 5M X-C, Alexandra Palace, 27 Dec 97

Team Captain Jimmy Roche led home the Victoria Park Harriers' Men's Team in the latest round of the Chingford Cross Country League held at Alexandra Palace. After a long lean spell, brought on by a bout of anaemia, Jim pulled out his second highest-ever finish for 13th position edging out Terry O'Neill by one place. From the start, Roche was in the chasing bunch closely followed by Tony Lashmar. Both athletes made light work of the steep climb up to the Palace with Richard Newbold and Terry O'Neill further back down the field. After a rapid descent down the precipitous downhill section, Newbold and O'Neill had made up some of the lost ground but Roche pulled away again on the muddy wooded section. After the second lap, Terry had moved up into the second scoring position for the Harriers alongside Jim with Richard and Tony in close contention further back down the field. Up the third climb, Jim pulled away again and, despite a concerted effort by Terry at the finish, came home as the Harriers' leading runner on the day. A fast last 200m from Richard pulled him past Tony for 18th position with Tony two seconds and one place back. Swedish runner Mikael Holopainen with an excellent run for 88th position and New Zealander Harry Ramanathan in 108th place completed the team which gained 6th to maintain the Harriers' challenge in the League. Leading female Harrier was Liz Kempster as 6th lady finisher to bring her up to third place in the individual women's standings.

13	J. Roche	29:32
14	T. O'Neill	29:32
18	R. Newbold	30:00
19	T. Lashmar	30:02

88	M. Holopainen	35:34
108	H. Ramanathan	37:23
130	L. Kempster (L6)	40:40
137	J. Mercey (L10)	42:07

A Teams

1	Orion	148
2	Muswell Hill	153
3	Haringey	165
4	Barnet	194
5	Walthamstow	251
6	VPH	260

Ladies Teams

1	Eton Manor	31
2	Muswell Hill	38
3	Trent Park	43
4	VPH	54

League Positions After 5 Races 'A' Teams (12 teams)

1	Haringey	70
2	Orion	62
3	Walthamstow	57
4	Barnet	55
5	Muswell Hill	53
6	VPH	53

'B' Teams

1	Orion	75
2	Barnet	59
3	Trent Park	55
9	VPH	37

Ladies Teams (6 teams)

1	Eton Manor	73
2	VPH	61
3	Loughton	45

VPH vs. Eton Manor AC Mob Match 2.9M, 6 Jan 98, Well Street Common

Victoria Park Harriers opened 1998 with a convincing victory over local rivals Eton Manor AC in the annual Mob Match held at Well Street Common. This year's Harriers' team had probably the largest age range ever for the event with 17-year-old Noel Gray and 80-year-old Jack Flowers as the youngest and oldest team members. From the gun, VPH team captain Jimmy Roche raced into the lead with a

Roche Captures Ten Mile Club Championship

crowd of other VPH athletes in close support. By the end of the first lap, VPH occupied the first three places with Richard Newbold and Shropshire county representative Jon Greenwell joining Roche at the head of the field. The three Harriers gradually pulled away from the pack over the second lap but, by halfway around the last lap, another surge by Roche had gained him a significant lead over second-place Newbold with Greenwell dropping back towards the chasing group. With half-a-mile to go, Roche appeared to have an unassailable lead but teammate Newbold began to pull him back and with 400 metres to go the gap had reduced to twenty-five yards. A final sprint carried Newbold past Roche yards before the line to gain Richard the winning position for the third time in four years. Nevertheless, Jim still ran a superb race, hacking 17 seconds off his PB set last year. With Jon Greenwell in fourth position, Terry O'Neill in fifth place, Peter Eldridge in sixth place, and Tony Lashmar in seventh position, VPH finished six in the top seven places, with Mikael Holopainen producing his best performance yet for the team, close behind in ninth place. First woman home was the Harriers' Annie Gammon in her first appearance for the team since having a baby in October. In last year's race, Annie covered the distance in 19:39 which, as far as I can tell, is a Club record. Sorry for taking a year to figure that one out, Annie. Seventy-eight-year-old Ted Flowers closed in the VPH team with fortieth place to give the team an excellent start to the new year with victory by 318 points to 352. Also encouraging was the good turnout of 19 VPH'ers. This compares with 10 in 1995, 13 in 1996, and 8 last year. Two of the more unusual runners for the Club were sprinter-types Garry Ormes, making his Mob Match debut, and Wayne DuBose who last finished this race (or any night-time race for

that matter) in 1976 when he covered the distance in 16:17. Thanks to Roger Daniels and Liz Kempster for officiating.

1	R. Newbold	15:14
2	J. Roche	15:15
4	J. Greenwell	15:40
5	T. O'Neill	15:44
6	P. Eldridge	15:55
7	T. Lashmar	16:14
9	M. Holopainen	17:04
14	J. Loboda	17:52
19	N. Gray (J)	18:26
20	A. McCourt	18:27
22	A. Ramanathan	19:07
25	G. Ormes	20:00
26	M. Wheeler	20:04
27	W. DuBose	20:07
28	P. Snell	20:38
31	P. Beaufrere	21:17
32	A. Gammon (L1)	21:30
40	T. Flowers	25:26
43	J. Flowers	34:02

Club 10M Champs, VP, 10 Jan 98

Jimmy Roche won his first Victoria Park Harriers' Road Championship in one of the most exciting races seen in Victoria Park for years. With last year's champion, Richard Newbold, and long-distance specialists, Terry O'Neill and Tony Lashmar, it was an extremely competitive field on paper and so it proved with a blistering first lap of just over ten-and-a-half minutes with all the expected contenders bunched together. Despite the shock of hearing such a quick split-time, Jim pushed on again forcing the pace up towards the Falcon and Firkin. Richard then took over the lead for the next two miles, but after that, the race was increasingly controlled by Jim and Terry. By the end of the second of the five laps, Lashmar had slipped off the pace to leave Roche, O'Neill, and Newbold to battle for the medals. Both Terry and Jim put in testing surges which had Richard hanging on and looking increasingly tired. None of their efforts to break away were

successful until the bell when Jim launched a long run for home. Terry waved Richard past but neither athlete was able to respond to Jim's initial move and, although both chased hard, Jim maintained his form and had a comfortable cushion with a mile to go. Richard finally broke away from Terry just after the apex, but made little impression on the leader with Jim coming home 13 seconds clear in the very impressive time of 53-57. Newbold beat his previous best by over a minute but had to be content with second place on the day with 54-10. Terry was a further 10 seconds back with an impressive 54-20 in a new Club O45 record, taking 41 seconds from Ted Flowers' record. Tony, in fourth place, improved his previous best by 5:18 and was chased home by veteran Ron Vialls who had his best run since his injury problems of recent years. Mikael Holopainen had another terrific run in sixth position and Mick Wheeler beat his own predicted time by five minutes, cutting 8 minutes from his best, to show he's getting in shape for the London Marathon later this year. The first three would have won any of the last three 10M champs such was the pace this year. Thanks to Roger Daniels for timekeeping and to the large number of spectators who came to support the runners.

1	J. Roche	53:57
	(10:33, 21:17, 32:08, 43:05, 53:57)	
2	R. Newbold	54:10
	(10:33, 21:17, 32:08, 43:07, 54:10)	
3	T. O'Neill	54:20
	(10:33, 21:17, 32:08, 43:05, 54:20)	
4	T. Lashmar	57:53
	(10:57, 22:37, 34:31, 46:17, 57:53)	
5	R. Vialls	58:33
	(11:30, 23:11, 34:53, 46:44, 58:33)	
6	M. Holopainen	62:44
	(12:33, 25:13, 38:12, 50:04, 62:44)	
7	J. Loboda	66:19
	(12:33, 25:33, 38:47, 52:37, 66:19)	
8	A. McCourt	67:04
	(13:25, 26:58, 40:33, 53:52, 67:04)	

Jim Roche's Top Form Continues

9 M. Wheeler	70:04
(14:41, 28:25, 42:20, 56:20, 70:04)	
10 A. Gammon	80:07
(16:15, 32:29, 48:41, 64:54, 80:07)	

**Chingford League 5M X-C,
Trent Park, 17 Jan 97**

Buster Boulter made his VPH and competitive debuts over the very testing Trent Park Cross Country course at the age of 50 and came within 20 seconds of scoring for the Harriers 'A' team. However, Ari Ramanathan came home as the Harriers' sixth scorer for the second consecutive Chingford League race as the 'A' team came home in 9th place to slip back to 7th in the league table. In terms of the leading Harriers' finishing positions, the race was almost determined in the opening 200 yards with the somewhat short-sighted Richard Newbold finding himself on the wrong side of a drainage ditch and expanse of Paschendale-style mud as the huge field spread out across the course. By the time he'd negotiated this obstacle and a couple of fallen runners, Jim Roche and Jon Greenwell were away with the leading bunch. Richard pulled back most of the ground over the first lap but by the time the race headed out onto the hilly sections, the gap was still about 30 yards and he then began to slip back. Jon and Jim battled it out round the course with Jon coming onto Jim's shoulder on several occasions only for Jim to increase his effort and pull away again. At the end, Jim came home in the top 20 once again with Jon and Richard making it into the top 25. Tony Lashmar pulled out another solid run in 40th place, a strong performance given the size (over 200 runners) and quality of the field. Mikael Holopainen improved once again, coming home in 62nd place, and moving him up a class. Our only female runner, Liz Kempster in 10th place in the women's race consolidated her fourth place in the individual standings and the team's second place in the Women's League.

19 J. Roche	28:38
21 J. Greenwell	28:48
24 R. Newbold	28:57
40 T. Lashmar	30:14
62 M. Holopainen	31:22
149 A. Ramanathan	36:51
155 B. Boulter	37:09
176 L. Kempster (L10)	39:51

A Teams

1 Muswell Hill	113
2 Haringey	173
3 Barnet	205
9 VPH	315

B Teams

1 Muswell Hill	232
2 Orion	400
3 Barnet	424
9 VPH	1190

Ladies Teams

1 Muswell Hill	25
2 Trent Park	27
3 Barnet	69
7 VPH	97

League Positions After 6 Races

'A' Teams (12 teams)

1 Haringey	84
2 Orion	74
3= Barnet	68
3= Muswell Hill	68
7 VPH	60

'B' Teams

1 Orion	89
2 Barnet	72
3 Trent Park	67
9 VPH	44

Ladies Teams (6 teams)

1 Eton Manor	84
2 VPH	70
3 Loughton	57

South Of England 9M X-C Champs,

Parliament Hill, 31 Jan 98

(incorporating VPH X-C Champs)

Jim Roche produced his highest ever finish at the South of England Cross

Country Championships (357th in 1995, 264th in 1997) to lead the Victoria Park Harriers' Men's Team to 41st place overall. Jim's performance also gained him the Harriers' Ten Mile Cross Country Championship to match his recent championship win on the road. At the start, the VPH team lined up next to favourites for the team competition Blackheath and confidence was obviously high as Tony Lashmar side-stepped convention and the form book by standing in fourth place in their pen. At the maroon, Jim and Jon got very quick starts and shot up the hill chased by the rest of the Harriers' contingent and about a thousand other runners. As Jim's pace settled down, Jon picked his up, surging over the second hill and into the lead in the Club's Ten Mile Cross Country Championship which was being run concurrently, as has been the habit of recent years. Close behind Jim and running comfortably at the time, was former champion Richard Newbold who after a steady start had pulled his team-mates back and was running in about 170th place. However, by the end of the second lap, everything had changed as Richard slipped back through the field suffering from an debilitating stitch and Jon's early challenge faded as the distance and terrain took their toll. Jim proved the strongest on the day to come home in 197th position, with Jon in 289th place and Richard, virtually bent double due to his persistent stitch, in 315th position. Tony Lashmar and Mikael Holopainen had their own separate battle with Lashmar producing a strong finish to come home in 378th place with the fast-improving Swede two seconds behind in 379th position. Both runners could be very proud of their excellent performances. Peter Snell, running on one of his favourite courses, brought home the scoring six for his first appearance in the 'A' team with 927th place, ahead of fellow veteran Andy McCourt who finished in 949th place. Despite Tony's efforts to out-psych the

Newbold Gains Revenge Over Roche

opposition, Blackheath were winners once again but VPH managed a respectable top half finish in the team competition.

197 J. Roche	53:07
289 J. Greenwell	55:03
315 R. Newbold	55:43
378 T. Lashmar	56:58
379 M. Holopainen	57:00
927 P. Snell	69:13
949 A. McCourt	70:05
(1041 finishers)	

Team result (6 to score)

1 Blackheath	109
41 VPH	2489
(84 teams completed)	

Chingford League 5M, Victoria Park, 7 Feb 98

Victoria Park Harriers Men's team surged back into the top six of the Chingford League following an excellent team performance, for second place, in the latest fixture at Victoria Park. This gives the Harriers the chance of moving up to a very respectable fifth position if they can beat Walthamstow by two or more places at the final fixture at the Eastway. Harriers' Team Captain Jimmy Roche had an excellent start and led the field of 200 runners over the first half-mile, much to the surprise of the rest of the runners and to Jim himself as he "felt very comfortable" despite leaving Larry Mangleshot trailing in his wake. However, the shock of being ten yards clear of a good quality field caused some doubts in Jim's mind and when the course changed direction into a strong headwind, the leading group caught and passed him. After a further mile, a gap began to open between Jim and the leading runners and at this point Richard Newbold overtook Jim to lead the Harriers' team. Despite Richard's vocal encouragement, Jim was unable to cover the break and Richard opened up

a small gap. Suffering from a stitch for the second consecutive race, Richard still managed to keep his lead over Jim over the remaining lap and a half and was the first Harrier home in 14th position, his best performance this season. Jim continued his recent strong performances with 16th place with Terry O'Neill in an impressive 26th position considering he'd only finished a course of antibiotics the previous day. Tony Lashmar and Peter Eldridge battled it out all round the course with Tony in 29th place just holding off Pete, in 30th place, with a strong sprint along the finishing straight. Barry McKenna made a welcome return in Harriers' colours with 48th position to close up the Harriers' 'A' Team, eight points ahead of third-placed Barnet. This was a brilliant performance from Barry, whose training has suffered since qualifying as a doctor in the summer, and who had worked 122 hours in the week before the race. Barry's appearance made a crucial difference to the team performance with Mikael Holopainen succumbing to another niggling injury just before the race and Jon Greenwell being absent at the British Students Championships. The 'B' Team was led home by the fast-improving Richard Martin in 104th position with veterans Andy McCourt and Buster Boulter in 125th and 128th places respectively and Mick Wheeler in 146th position. Annie Gammon continued her comeback with a solid 18th position in the largest women's competition in the league's history. Many thanks to Joe Loboda for marshalling the races with great support from Ted and Jack Flowers and Mikael Holopainen; to George Dodd for timekeeping; to Les and Danny Vialls for their sterling work in the bar and tea room (along with Joe); to Buster Boulter and Andy McCourt for general organisation on the day, and to Dave Boulter for helping to clear up the hall.

14 R. Newbold	26:12
16 J. Roche	26:22
26 T. O'Neill	27:14
29 T. Lashmar	27:34
30 P. Eldridge	27:34
48 B. McKenna	28:40
104 R. Martin	31:19
125 A. McCourt	32:35
128 B. Boulter	32:54
146 M. Wheeler	34:14
175 A. Gammon (L18)	36:42

A Teams

1 Muswell Hill	67
2 VPH	163
3 Barnet	171
4 Orion	181

B Teams

1 Muswell Hill	236
2 Orion	359
3 Barnet	398
4 Eton Manor	674
7 VPH	903

Ladies Teams

1 Muswell Hill	21
2 Barnet	29
3 Eton Manor	66
4 Orion	89
9 VPH	120

League Positions After 7 Races

'A' Teams (12 teams)

1 Haringey	94
2 Orion	86
3 Muswell Hill	83
4 Barnet	81
5 Walthamstow	76
6 VPH	74

'B' Teams

1 Orion	103
2 Barnet	85
3 Muswell Hill	79
9 VPH	53

Ladies Teams

1 Eton Manor	97
2 VPH	78
3 Muswell Hill	72

VPH Finish Strongly in Chingford League

North of the Thames Senior 7.5M X-C Champs, Claybury, 14 Feb 98

(incorporating VPH 7.5M X-C Champs)

A little knowledge was an exceedingly helpful thing for Richard Newbold and those who chose to listen to him before the start of the race; the warm and rain-free period having dried the course to a state where racing flats or track spikes would have been the best choice of footwear. Richard and others wore their normal trainers and didn't suffer from sore feet like many of the less well informed or brave runners. At the start, Jim Roche led the Harriers contingent as the field plunged down the opening hill with Richard and Tony a short way back. After half a mile, Tony came up onto Richard's shoulder but, after the first large hill, had dropped back slightly as the runners emerged onto one of the rock-hard downhill sections. After the first full lap, Richard had pulled himself closer to Jim and, by the middle of the second lap, was looking ominously easy on his shoulder. Into the woods, Richard made his move and quickly opened up a lead over Jim on a long uphill section. Over the remaining lap and a half, Richard gradually pulled away to finish in 26th place, 31 seconds ahead of Jim in 30th place to retain the Club 7.5 Mile Cross Country Championship. Tony came home in 59th place, his running restricted by sore feet caused by his spikes. Mick Wheeler came home in 123rd position, not enjoying the heat which was amazing for a mid-winter day. In the women's race, Annie Gammon finished in a very respectable 25th position as she continues her comeback. Thanks to Andy McCourt, Mikael Holopainen, and John Daniels for their very vocal support.

26 R. Newbold	41:14
30 J. Roche	41:45
59 T. Lashmar	45:18
126 M. Wheeler	53:44

Women's Race 6000m	
25 A. Gammon	31:15

Chingford League 5K, Eastway, 24 Feb 98

A strong showing by the Harriers' 'A' team at the front of the field highlighted our continued quality if not quantity of athletes running in Club colours. Jon Greenwell and Jim Roche led the charge in the early stages with Richard Newbold, Terry O'Neill, Tony Lashmar, and Pete Eldridge all towards the front of the field. After the first lap, Jon had consolidated his position within the chasing group with Jim and Richard about twenty yards back. At the beginning of the last lap, Jon's group upped the tempo to carry them clear of Richard and Jim. At the bell, Richard passed Jim and their relative positions stayed the same until the finish with Jon and Jim recording personal best times, by 22 seconds and 13 seconds respectively, and Richard recording his best time of the season. Terry O'Neill battled hard despite never enjoying the Eastway to come home as fourth scorer with Tony Lashmar knocking 34 seconds off his best and dipping under 17 minutes for the first time to hold off Pete Eldridge for the second consecutive Chingford League race. Peter Snell improved his best by 16 seconds and Danny Hendersom took a whopping 98 seconds off his PB.

11 J. Greenwell	16:04 PB
14 R. Newbold	16:10
20 J. Roche	16:18 PB
27 T. O'Neill	16:41
33 T. Lashmar	16:55 PB
34 P. Eldridge	16:57
103 J. Loboda	19:33
125 P. Snell	21:04 PB
128 M. Wheeler	21:16 (=PB)
140 L. Kempster (L6)	22:32
141 D. Henderson	22:38 PB

A Teams	
1 Muswell Hill	103
2 VPH	139
3 Haringey	171
4 Woodford Green	173

B Teams	
1 Muswell Hill	291
2 Orion	386
3 Trent Park	551
7 VPH	833

Ladies Teams	
1 Eton Manor	40
2 Woodford Green	53
3 Loughton	65
7 VPH	72

Final League Positions

'A' Teams (12 teams)	
1 Haringey	107
2 Muswell Hill	98
3 Orion	97
4 Barnet	90
5 VPH	88
6 Walthamstow	84
7 Trent Park	77
8 Enfield	66
9 Woodford Green	60
10 Eton Manor	58
11 Loughton	44
12 Epping Runners	20

'B' Teams (11 teams)	
1 Orion	117
2 Barnet	95
3 Muswell Hill	94
9 VPH	62

Ladies Teams (9 teams)	
1 Eton Manor	112
2 VPH	88
3 Muswell Hill	84

Vets Teams	
1 Barnet	115
10 VPH	34

VPH A Team Positions After Each of the 8 Chingford and District League Races

6th, 6th, 8th, 1st, 6th, 9th, 2nd, 2nd

Chingford League Analysis (by Richard Newbold)

Victoria Park Harriers' men's team continued their recent run of good form with their second consecutive second

VPH Ladies Finish 2nd in Chingford League

place in the last Chingford League race of the 1997/8 season. This performance pulled the 'A' Team past Walthamstow in the League Table for a highly creditable 5th place overall. On the night, Muswell Hill were winners once again, but their non-appearance in the relay race in September meant that they couldn't catch runaway leaders Haringey who notched up their second consecutive title. In the women's competition, Eton Manor were convincing champions with a very consistent performance over the season underpinned by their ability to get out more than one team in each race. Surprisingly, Victoria Park Harriers' Women's Team were runners-up despite never fielding a full team of three athletes. However, thanks to the League scoring system and the appearance of a Harrier in every race, an amazing second place was gained. This was mainly down to the efforts of Liz Kempster who came fourth in the women's individual standings. This season saw the Men's team achieve their first race win since possibly 1986 and two second places, but also a couple of relatively poor team performances, notably 9th positions at Alexandra Palace and Trent Park. These results are a result of our dwindling squad of competitive athletes. If a couple of athletes are ill, on holiday, injured or unfit, then the 'A' team struggles to close within the top 50 places which is essential if we're to be competitive. However, as worrying was the general lack of competitors of all standards which saw us fail to complete a 'B' team or Women's team in any of this season's fixtures. One can't compare us with a dynamic club like Muswell Hill or Barnet, but perhaps a comparison with our local rivals Eton Manor will emphasise how far we've slipped and the importance of participation. Eton Manor no longer have a track team and therefore will find it difficult to attract younger athletes, but they've managed to pick up joggers and have turned them into racers. Not top quality athletes, but people

who enjoy running and who turn out in their club's colours regularly. As a result, they beat us in the 'B' team, Veterans, and Women's categories, and have a packed clubhouse and great club spirit as well. This should give us all something to think about before next season.

Club 5M X-C Champs, Woodford, 28 Feb 98

Strong winds, overnight rain, and the smallest possible field didn't prevent the 1997/8 Five Mile Cross Country Championships from seeing another exciting finish, with the winners of the past three VPH Five Mile Cross Country Championships battling it out over almost the traditional course at Woodford. Over the first lap, the runners shared the pace setting and, at the bell, reached in 15-25, were running side by side. However, over the remaining lap, the real race began in earnest with Jim Roche applying surges to attempt to rid himself of known fast-finisher Richard Newbold. Avoiding the golf course fairway, the runners ran down through the woods, with Richard slipping ahead. Up the short rise and through the heavy mud on the way to the road section, Richard continued to hold pole position with Jim just a yard behind. Richard eased his way around the pavement section before entering the woods for the homeward part of the course and it was at this point that Jim produced another burst to gain a yard and the lead. Richard had to fight hard to maintain contact with Jim, the slippery underfoot conditions being better suited to Jim's studs than Richard's trainers. Over the brook and Jim had a three-yard lead and this extended to almost five yards by the top of the hill, with Richard not being able to respond. Over the medieval field system at the edge of the golf course, Richard began to close up on Jim, with the thick grass suiting him better. Up the long muddy drag and Jim still held the lead with

Richard maintaining close contact and with 200 yards to go Richard was on Jim's shoulder and asked if he wanted to "share it?". Jim responded with "No, it's a race, isn't it?" at which point Richard kicked for home, gaining five yards over the car park section to win by two seconds. Many thanks to George Dodd for starting and timing the race.

1	R. Newbold	30:46
2	J. Roche	30:48
(3 starters)		

English National 14.2K X-C Champs, Roundhay Park, Leeds, 14 Mar 98

Astonishingly dry conditions and a golf course-like surface greeted the runners at Leeds despite two weeks of continuous rain. This necessitated some desperate changes in spikes before the race with Joe Loboda in a brand new pair of slipper-like spikes being one of the few athletes who didn't complain of blisters afterwards. At the start, Jim Roche led the Harriers into the melee and soon found himself engaging in combat with a Coventry Godiva Harrier who seemed to take exception to Jim's vest. However, after the bottleneck of a 180-degree turn after 600 yards, things calmed down with Richard Newbold passing Jim and getting into his running despite being afflicted by a heavy cold. The major feature of the course is the dreaded "Hill 60", so-called because it is supposedly 60 degrees to the vertical. There were several nasty descents and ascents to negotiate before this point but the hill was certainly a bit of a shock, even after having walked that part of the course. Spectators were lined along the sides like at a Tour de France climb and the runners needed the encouragement to keep running with the top not being visible due to the steepness and slight bend. Once negotiated, the pace hotted up again and by the half-way point Jim came onto a very tired Richard's shoulder as the two Harriers swept past the fast-fading Michael Cates of Eton Manor. Jim pulled away

Terry O'Neill Claims 20M Club Champs

from Richard as the latter suffered from a stitch and began to succumb to the effects of his cold. To add further insult, Richard pulled a muscle in his groin on the last lap; in the end, it was the only bit of pulling anyone did all weekend. At the finish, Jim had scored his best-ever National finish with 449th place with Bob, a friend of Graeme Tiffany's, coming in 520th under the guise of John George, and Richard not far behind in 525th place. Tony Lashmar was the next Harrier home in 759th place with his experiment of a full English breakfast after a huge meal at Graeme's parents' house the night before not providing him with quite the rocket fuel he required. Joe and Graeme enjoyed their days out in 1456th and 1499th places respectively with Peter Snell coming home in 1579th place with the expectation of appearing on the TV coverage rather more frequently than the rest as winner Dominic Bannister had overtaken him at a particularly scenic moment.

449	J. Roche	54:43
520	Bob	55:33
525	R. Newbold	55:36
759	T. Lashmar	58:16
1456	J. Loboda	67:52
1499	G. Tiffany	69:13
1579	P. Snell	72:46
(1661 finishers)		

Team Result
97th VPH 5177 (147 teams completed)

Evening Report

Despite all their best attempts and chat-up lines, Victoria Park Harriers came away with high marks for effort but low marks for success in the pubs and night-clubs of Leeds. However, good entertainment was had by all, especially those attached Harriers who were able to offer encouragement from the sidelines. Team Captain Jim Roche led the line as he had done in the race itself with Tony Lashmar showing more

speed at spotting unattached young women in the evening than he had at running during the race.

Return Home Report

The glorious return to the East End ended just north of Nottingham when Jim's taxi's cooling system decided to fail and after two visits by the AA (which Jim had fortunately joined two days before) and a period on the hard shoulder, we found ourselves waiting outside Coalville for an AA tow truck to take us home. Eventually, after a change of trucks, we came home after a nine-hour return journey looking forward to next year's race.

Club 20M Champs, VP, 22 Mar 98

Cool but bright conditions greeted the runners at the start of the race but by the finish, the warming sunshine wasn't quite what a tired Harrier needed. Terry O'Neill won his first Championship of the year, defeating last season's champion and much-improved athlete Tony Lashmar, in an excellent tactical display. Consistently comfortable lap times were recorded by both athletes up until the fifteen mile mark; however, on the penultimate lap, Terry recorded a time about a minute faster than any of the preceding five laps to open up a 20-second lap at the bell. Tony couldn't pull this back on the last lap with Terry running out a clear winner and Tony in silver medal position, having taking precisely six minutes off his PB. Ari Ramanathan and Mick Wheeler were locked together all the way round to take joint 3rd place and the bronze medal(s) despite slowing dramatically on the last couple of laps. Old-stager Andy McCourt also seemed to be slipping back with Buster Boulter getting consistently faster but a swift last lap by Andy held Buster off at the finish. Thanks to George Dodd for timekeeping, and to Life Vice Presidents Jack and Ted Flowers, and Jim Roche and Richard Martin for their support.

- 1st T. O'Neill (16:02, 32:40, 49:29, 1:06:08, 1:22:47, 1:39:25, 1:55:00, **2:10:28**)
- 2nd T. Lashmar (16:02, 32:40, 49:29, 1:06:08, 1:22:47, 1:39:25, 1:55:20, **2:11:50**)
- 3rd=M. Wheeler (18:21, 36:38, 54:49, 1:12:59, 1:31:15, 1:49:49, 2:09:17, **2:30:32**)
- 3rd=A. Ramanathan (18:21, 36:38, 54:49, 1:12:59, 1:31:15, 1:49:49, 2:09:17, **2:30:32**)
- 5th A. McCourt (18:29, 37:46, 56:54, 75:49, 95:16, 1:54:50, 2:14:40, **2:33:26**)
- 6th B. Boulter (19:30, 38:40, 58:35, 78:09, 97:37, 1:56:58, 2:15:16, **2:34:30**)
- DNF A. Gammon (19:30, 39:27, 61:28, 80:38)
- DNF V. O'Kane (19:30, 38:40, 58:35, 78:07)
- DNF K. Lamerton (19:30, 38:40)
- DNF R. Daniels (22:10, 46:58)
- DNF M. Holopainen (18:32)

Boswell League Final Standings 1997/8

Maximum score - 340; in brackets is last year's position/last year's score

1	R. Newbold	321 (1/297)
2	J. Roche	300 (5/165)
3	T. Lashmar	286 (2/255)
4	J. Loboda	137 (3/221)
5	A. McCourt	128 (4/188)
6	T. O'Neill	126 (9/76)
7	J. Greenwell	96 (14/36)
8	P. Snell	88 (19/26)
9	M. Wheeler	86.5 (15/31)
10	P. Eldridge	83 (6/103)
11	A. Sogaard	77
12	M. Holopainen	77
13	N. Boese	59
14	A. Ramanathan	57.5
15	B. Boulter	41
16	N. Gray	38 (18/29)
17	T. Adams	29
18	R. Martin	25 (13/45)
19	D. Henderson	24 (26/9)
20	R. Vialls	16 (20/24)
21	B. McKenna	15 (12/52)
22	J. George	15 (15/31)
23	G. Ormes	9
24	W. DuBose	7
25	P. Beaufriere	5
26	T. Flowers	4
27	J. Flowers	3

Richard Newbold Clinches Boswell League

The Boswell League is Victoria Park Harriers Winter League competition for its male members. The competition is named after 1980's Club stalwart Eddie Boswell (he hasn't died, it's "always" been named after him) and is awarded to the Victoria Park Harrier who attains the most points (first VPH runner received 20 points, the next 19, etc., per race) over the whole winter season, which stretches from September to March. Each athlete can afford to miss one race in the Chingford League, one race in club champs, and one race in the remainder of races and still not affect his maximum score. Highest new entry this year for a current member is Mikael Holopainen who enters the charts at number 12. Congratulations to Richard Newbold who wins for the fourth year in succession.

Southern League Dates

2 May	Mile End (Div 5)
	Southampton (Div 8)
16 May	Milton Keynes (Div 5)
	Abingdon (Div 8)
6 Jun	Portsmouth (Div 5 & 8)
4 Jul	Battersea Park (Div 5)
	Finsbury Park (Div 8)
25 Jul	Aldershot (Div 5)
	Tonbridge (Div 8)
15 Aug	Sutcliffe Park (Div 5)
	Crawley (Div 8)

Assembly League Dates

2 Apr	Blackheath (7:15)
7 May	Victoria Park (7:15)
4 Jun	Forbanks (7:15)
2 Jul	Victoria Park (7:15)
6 Aug	Blackheath (7:15)
3 Sep	Forbanks (7:00)

VPH 200m Champions

(220 yards 1950 - 1968; 200 metres 1969 - onwards)	
1950	D. Bareford 23.4
1951	F. Newberry 23.8
1952	D. Bareford 23.3

1953	F. Newberry	23.8
1954	D. Bareford	24.3
1955	D. Bareford	23.8
1956	S. Wilson	23.6
1957	L. Logan	23.4
1958	L. Logan	24.3
1959	K. Prevost	24.7
1960	T. Stanton	24.6
1961	P. Kerslake	23.2
1962	B. Skeels	23.8
1963	P. Kerslake	23.9
1964	B. Skeels	23.5
1965	T. Gibbons	23.9
1966	T. Gibbons	23.7
1967	T. Gibbons	23.4
1968	T. Gibbons	23.5

(200 metres)

1969	Not Held	
1970	?	
1971	J. Schollhammer	26.2
1972	A. Barber	23.7
1973	S. Payne	23.8
1974	W. DuBose	23.1
1975	T. Gibbons	23.1
1976	V. Bramble	23.2
1977	Vacant	
1978	Vacant	
1979	?	
1980	B. Allen	25.0
1981	B. Allen	22.8
1982	G. Anderson	23.6
1983	M. Holgate	25.0
1984	M. Holgate	23.6
1985	M. Holgate	24.3
1986	?	
1987	?	
1988	T. Mair	24.2
1989	Vacant	
1990	D. Daly	23.8
1991	M. Houghton	23.0
1992 - 1996	Vacant	
1997	B. Underwood	24.2

Dear Andy, Z Team, and VPH,

Hello Everyone. I know it has taken a while to make contact but I've been overwhelmed with NY and trying to get myself settled. I eventually managed to find an apartment and get a social security number after endless

hassles, so I now have an address to which you can write. I've joined the New York Road Runners Club (NYRRC). Thousands of members! Biggest club in the world! I've been around Central Park. I thought it would be as flat as a pancake like VPH, but no. There are hills in New York. It's beautiful running around Central Park at night as you get a fantastic view of New York's high rise buildings like you get in the movies. There are 6-mile, 5-mile, 4-mile, and 3-mile loops that are interesting. At the moment, it's fun and exciting, but I can soon see that it will become monotonous as running "Park and Locks." It's rather sad, but I'm missing Tuesday nights doing faartlek on the Marshes or Hill reps at the Eastway. I never thought I'd hear myself saying that. I've been here 3 weeks and already have run in 2 races. The first was a 5-mile race for Thanksgiving. It was tough—hilly and worse than a Club 5-miler. I managed to get round in 35:18 which I was pleased with. I was 32nd female to finish! Yes, loads of women, and 14th in age 20-29. Next, I did a cross-country race in Van Courtland Park, a huge park, extremely hilly. It was all gravel/cinder pathways through the woods. Not like Epping Forest. No mud or need to wear spikes but it certainly made you realise the importance of hill training. It was a 15K race, and I was pleased to finish in 70 minutes. I later found out I was 4th female and 1st in 20-29 years. There is certainly no shortage of races over here. All are £4 to enter and you get a T-shirt at every race. They are all done by the NYRRC and well organised. I've decided to do the New York Marathon in November next year so if anyone is interested (I know it's a long way off), get in touch and we can arrange something nearer the time. On to something different—Has Annie had her baby (I know she has by now). But was it a boy/girl and how are they? Also who's winning the Chingford League? Has

Hanna Robson Taking NYC By Storm!

George smiled recently? Has Roger learned any new jokes? How is Harrier the cat? Has Mike Eldridge opened his new pub? Fill me in on the details as it's fun to know what's happening over there. Write soon, Happy Running, Love, Hanna Robson
117 Seaman Ave Apt #1A
New York, NY 10034 USA
Tel: (212) 569 5530

Happy Christmas & New Year, It was good to see a few faces down at the Club. I hope 1998 is a good year for VPH. Wish I could have stayed longer in the UK and not only for a decent pint! Thanks for the trophy and the letter, Richard. Watch out next time for my return which will be in 98/99. If I'm not fit, I'll be good at darts (Tiger Tavern mob). Hope all the parties went well over Xmas and the Franey's weren't sick everywhere. If Steve Mahon comes back, hope the wedding went well. If the Danes are still there, dress them up as Rudolphs for the pantomime season. Andy McCourt told me he's shouting the beers New Years Eve. Something about Jock tradition. Hello Ronnie, you'll be able to pass me every run now. Jim, take a night off from cabbage. All the best. Thinking of you as I'm on the beach (in Australia), Andy Wheeler XXX P.S. It's really stinking hot and I'm in the air-conditioning.

Dear Wayne,

We really enjoy receiving the VPH News and keeping up to date with news of the Club. Hope the Club has a successful 1998 season. Yours sincerely, Madeline & Bernie Skeels

Dear Madeline and Bernie,

Good to hear from you for the first time. Glad to hear you enjoy the magazine. I see from the previous page that you were Club 200m Champ in 1962 and 1964. There's a photograph of you in the committee room giving the competitive eye to John Schollhammer just prior to the start of a race at Victoria

Park. Regards, Wayne P.S. Bernie, here's the reports on your two victories:

14 May 1962 "Paul Kerslake found he had delayed his return to athletics for too long to be able to cope with such fit characters as Bernard Skeels and Danny Collingwood in the 220 yards championship, and in a desperate finish, Bernie got home by a short yard in 23.8s."

10 June 1964 "Both furlongs (senior and junior) were run as straight finals and in neither case was the ultimate winner long in doubt. Bernard Skeels ran powerfully to hit the straight with a clear advantage and went on to win by 4 yards in 23.5."

Dear Wayne,

I enjoy reading about the Club and I can still remember what you look like, although it has been a few years!! I would say at least 30!! All the Best, Mick Harding

Dear Mick,

Great to hear from you. I can remember what you looked like also. Although it definitely hasn't been 30 years. My 30 years with VPH comes in August next year. We probably met last in the early 70's. Still, it's been a while. We must meet up at one of the upcoming VPH social events. Regards, Wayne

P.S. By the way, Mick, I haven't changed one bit since you last saw me.

Hi,

I started my second career as a "distance" runner (that's anything over 200 metres!) on 11 May 1982. Today (11 Feb 98), I completed my 4,000th mile!! I know that's not a lot, but they have all been run fast against the clock (I know it's wrong, but I just can't stop it). Garry (GAZ) Ormes

Dear All, Happy New Year,

Well, it's me again. I'm now

pretty much settled in the Big Apple, and ready and eager to start 1998 and make it an excellent year. I hope you're all well and injury-free and, if you're doing the London Marathon, then getting those long Sunday runs in. I still miss going up and down the canal. You don't realise how spoilt you are until you don't have something. I'm still making my way around Central Park a few times a week. I've managed to scout out some runs near to where I live so that's good as it means I don't have to take the tube downtown to another park. I've been holding the field at bay over here. VPH has got a good reputation thanks to me constantly repeating that I was running before I arrived out here. "Gosh, you're real fast!!" is the most common saying. I did a 10K not so long ago--hilly and windy, but even with a hangover I managed 42:42 so was proud of myself. 2nd place in my age group. Last race I did was a 20K--two laps around Central Park. It was freezing cold, but bright and sunny. It was the weekend before Xmas so there were loads of people out in Central Park cheering us all on so that was great. I did 1.5 hours, again I was first in my age group and 4th lady overall. This weekend (4 Jan), I'm doing a five-miler in the park. I had a great New Years Eve. Fiona, my flatmate, arrived from England and we went to a party and then to Central Park to watch the annual midnight run. Over 6,000 people ran the 5K course. It was freezing cold watching so God knows how they felt. While they were running, there was a huge firework display. The sounds of the bangs were intensified as they echoed off the highrise buildings. It was a great experience. We also tried to get down to 42nd Street and Time Square but there were so many police and roadblocks that it was impossible. We then decided to go back to the original party, warm up, and have another beer!! Good idea, hey! Please can someone keep me updated on what's happening at your end. Maybe send me

Final Word on the 5-Mile Course Measurement

the old newsletters or something. Thank you Roger for my Xmas card. No, I'm not challenging Liz McCoghlan just yet. What's happened to Annie and Liz? Are they still about? Well take care all of you. Speak to you soon. Write soon, Hanna

E-mail from Terry O'Neill 16 Mar 98
Wayne,

I hope to make it to Barnet for the 3,000m, unless London Marathon training gets in the way. I ran a course best at the Vets AC 4.8 mile cross country at Wimbledon on Saturday, beating my 3-year-old best by 14 seconds, and beating my best this year by 45 seconds. I won by 31 seconds in the second fastest time this year. Grenville Tuck ran 15 seconds faster in November. My training with Frank Horwill's group of youngsters at Battersea track has gotten me down to 5x1 mile reps in 5 mins dead, with 60 seconds recovery. That in turn gave me a 54:20 Club 10 (does that equate to a 56min dead measured 10?). See you soon, I hope. Regards, Terry

Hi Terry,

I don't know what your Club 10 equates to in terms of an actual 10, but I can tell you that, according to VPH News dated January 1996, you beat Ted Flowers' O-45 record of 55:01.

Dear Andy,

Well I can't believe how I am on a good streak. I did a 20-miler around Central Park and had a good strong finish in 2:25 (PB). I was absolutely delighted. I had been hoping to do 7:30's per mile all the way, but felt good and kept it steady all the way (7:15's per mile). My shins were sore for the next two weeks so I had to have a complete rest. My next race was the Brooklyn 1/2 marathon. It started at 8:00 am and it was a way from home so I was up at 5:00 am to get the tube and taxi there. I had a good race finishing in 92 mins (7:01 mile pace) for another PB. Well you lot must be getting pretty

close to London Marathon Day now. Not long to go. I hope you're all still going strong and that none of you have become injured. The weather here has been really mild so we've been able to do lots of good running. I'm hoping to do a marathon sometime in the summer and then the New York Marathon in November. I missed the cross-country season. There aren't the facilities here. It's all been dug up and covered in concrete. Would be nice to go to Trent Park or Parliament Hill and get all muddy. There's a New York Road Runners magazine that comes out monthly and I received a good write-up in it. I've brought the women's open team back up into the rankings which has been good fun and motivated me to go out after work and put in a good session. It's a bit of a drag as I have to travel for about 45 minutes to get to the clubhouse, but it has been worth it. Not as easy as getting to VPH! So are you all saving to come out and visit? Take care. Hi to everyone. Keep running, Hanna

Jim Wilhelmy Is Out There

I received Jim's business card from a mutual acquaintance who met him at a dinner in Essex. Jim is a Prudential branch manager in Romford. He first competed for VPH in 1965 when, as a youth, he long-jumped 6.02 metres. Jim last competed for us at the Ingrebourne Trophy at Upminster in 1971 where he covered the 110H in 17.2 and triple-jumped 12.33 metres. One of VPH's top-notch all-rounders. His daughter, Sarah is the top British junior sprinter who came 2nd in the UK indoor senior 200m championship race in 23.54 secs and later won an U20 international race against Germany and France.

Winter Fixture Card 1997/8

Many thanks to Richard Newbold for reintroducing the fixture cards which had disappeared from the Club for a number of years. A nice touch includ-

ing the list of existing Life Vice Presidents: Gordon Everson, Major Carr, Deric Bareford, Jack Flowers, and Ted Flowers.

100 Club 1997

Winners

Jan	L. Vials (£60)
Feb	J. George (£60)
Mar	B. Blackie (£60)
Apr	K. Lowe (£60)
May	M. Eldridge (£60)
Jun	B. Deverell (£60)
Jul	J. Daniels (£60)
Aug	M. Carr (£60)
Sep	C. Reid (£60)
Oct	J. George (£60)
Nov	B. Deverell (£100) F. Massingham (£50) K. Lowe (£25)
Dec	S. Guy (£60)

After paying out £835 prize money, VPH made £579 for its coffers in 1997. This compares with £489 the previous year. Les Vials started his year when I picked his number to win the January prize. I guess he wins it every January. Major Carr picked up the February prize. I guess he wins every six months.

"New" Open 5 Distance Was "Wrong"

To say the Open 5 distance was "wrong" is strictly a matter of interpretation. Basically, it all depends upon what one considers the Open 5 course to be. For course measurement purposes, this involves the shortest possible distance between the start and the finish covering the prescribed route. This should be the ideal path to take, as no distance runners want to run further than they have to. How long one makes the course is therefore dependent upon the "racing line" and the better the racer then the shorter the route and conversely the less tightly one adheres to the "racing line," the further one will run. It's the course measurers' job to make sure that no athlete can run less than the prescribed distance without cheating and therefore they endeavour

VPH Not Just Linked to BBC (ITV Also)

to measure the shortest route around the course. This is necessary for record purposes as was proved last year at Welwyn Garden City when World's Best and British Best times were set for "5 miles" only for the course to be declared 8 yards too short. To this end, a 1 in a 1000 error factor should be added to make the course slightly too long, i.e., for 5 miles (8800 yards), a course should be made 8.8 yards too long, in case a subsequent measurer (record breaking courses have to be re-measured) produces a dramatically shorter measurement. Last February, Mike Tomlins, Secretary of the RRC Course Measurers Association (the body that measures all courses for the BAF and AAA), measured the "figure-of-eight" and found it to be about 128 and-a-half yards short per lap, i.e., to make the Open 5 a proper full 5 miles, we needed to add about 257 yards to the 2 laps. This was considerably further than the "traditional VPH accepted shortfall" of 48 yards per lap and questions were raised about the accuracy of the new measurement. In response to these concerns, it was decided to re-measure the course to ensure that we hadn't made the Open 5 too long. I approached Mike Tomlins, a daunting proposition as the request for re-measurement suggested that we doubted his competency, and whilst obviously a little affronted, he recommended that another course measurer did a measurement and we could then compare his distance from 1997 with the 1998 measurement. Mike Tomlins recommended that Hugh Jones would be a suitable candidate for doing the measurement for two main reasons:

1. Hugh has experience at course measurement: he's measured about 40 courses in his new vocation as a course measurer.
2. His reputation as a former world-class athlete (London Marathon winner and British Olympic representative) would mean that he'd be someone

whose expertise the membership at VPH could respect (anyone who's been interested in athletics knows that Hugh has been there and done it all where distance running is concerned). However, one point that Mike Tomlins did make was that Hugh Jones' running experience would probably make his racing-line shortest route shorter than that taken by Mike himself, i.e., the Open 5 course might have to be made even longer. So at 8a.m. on a fortunately bright March Sunday morning, I met Hugh Jones and Mike Tomlins, and we set off to re-measure the course. Both of them had separately calibrated their measuring devices over different known distances (one in Hampstead, one in Hyde Park) and would independently ride the course to determine the distance of one lap. After covering the route, Hugh and Mike did their separate calculations and Hugh revealed his measurement for one lap of the figure-of-eight course as being about 133 yards short of 2.5 miles. Mike then turned over his notepad and showed his calculations that gave two laps as being about 266 yards short. The new measurement of the course has now added almost 9 yards to last year's version (or close to 1 in 1000). Therefore, we could have relied on the 1997 course measurement as being sufficiently accurate. The reason for the tiny difference between this year's measurement and last year's is probably just the slightly tighter line taken by Hugh Jones around some of the bends. Given that three separate measurements of the figure-of-eight have yielded that the distance is approximately 130 yards short of 2.5 miles, I think we can safely say that we now have a genuine 5-mile course. Therefore, I propose that we put this matter behind us and try to arrange a race that will attract a quality field to record the fast times that will make the Victoria Park Harriers' Open 5 the race that athletes want to compete in. Richard J. Newbold, March 1998

Combination Lock Changes

Once this magazine is distributed, all three combination locks at the Club will be changed. So memorize these numbers and then burn this magazine (no, don't, I'm just kidding.)

HALL COMBO 1-4-5

BACK DOOR AND WEIGHTS ROOM COMBOS 5-4-1

Errata

Well, looks like errata has reared its ugly head again. In the last VPH News dated November 1997, I reported that Richard Newbold finished 3rd at the Haringey Southern League meet. In fact, he finished 2nd. I also picked on Richard when I put him at the top of the year's rankings with 10:14.8. It should have been 10:13.4. Please go back and adjust your magazines.

Mick Eldridge on ITV

As I was channel surfing a few Sundays ago, I stumbled across the Michael Barrymore game show and spotted Mick Eldridge as one of the contestants. I had switched channels just in time to see Mick and his teammate beat the opposing team and earn the right to compete for the big money. Mick and his friend had 60 seconds to guess four celebrities based on clues given by Michael Barrymore. It took them 54 seconds to get the first three names so they only had six seconds to guess the final name. They somehow managed to do it, earning over £15,000 for their troubles. I saw Mick run over to the audience and give his wife a big hug. I'm assured by Gerry Franey that Mick's half of the prize money has been suitably allocated so I guess I won't bother writing a VPH begging letter. Well done, Mick. By the way, back in August, Mick held a fundraiser at his pub, The Perserverance in Bethnal Green (he is the publican), and raised £140 which he donated to VPH with the stipulation the money be spent on running spikes. Mick Eldridge is a class act.

Pete Faley's Training Sessions

Pete has conducted four monthly training sessions since December. Athletes who have gained from his expertise include Richard Newbold, Roger Daniel, Dave Johnson, Wayne DuBose, Jim Roche, Randal Porter, Dean Kosoko, Richard Bruce, Danny Vialls, Danny Henderson, Tony Lashmar, and Dolph Beard. John Schollhammer has also been turning up to lend a hand. Pete's next coaching appearance is tentatively scheduled for Thursday, 23 April starting at 7:30.



Pete Faley trying to convince Jim Roche to give up distance running and become a shot putter

Southern League Shield 1983

The last time we won a Southern League title was in 1983 when we shared first place with Basildon AC. Basildon held the shield for the first six months and we've held the shield for the following 15 years. Yes, Richard Newbold recently stumbled across this shield. I guess the Southern League organizers never noticed. I wonder who of you out there knows the story behind us still having this shield?

Bill Rowlands

I received word from John Daniels that Bill Rowlands recently passed away. Bill was the Victoria Park track groundskeeper during the 60s and 70s. John attended the funeral and Club President Wayne DuBose sent his widow a letter of condolence.

Thank You

There are many Harriers to say thanks to all the time and I apologise if I have neglected to acknowledge your fine

work, but here's a sampling:

Thanks to Danny Vialls for donating a bike to the Club to be used for pacing in races such as the Open 5.

Thanks to Joe Loboda, who has had to step down as Road and XC Secretary due to work commitments. Over the past few years, Joe did a fine job, particularly in organising the Open 5.

Thanks to Jim Roche for stepping forward to take Joe's place as Secretary.

Thanks to Richard Bruce who, also due to work commitments, has had to step down as Track Captain. Last year, Richard was a main part of the reason that we had our best showing in the Southern League for many years.

Thanks to Richard Newbold who wrote every single race reports which appear in this edition of VPH News.

Thanks to Andy McCourt for putting in many hours working on the garden and also for taking care of the BBC team.

“Success comes to the person who fails, but never to the one who quits.”

VPH NEWS

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