
❖ VPH NEWS ❖

May 1995

Quantity Abounds, Quality Will Continue To Improve

As we enter the track and field season, there's plenty of positives to reflect upon and much to look forward to. But first of all, let's get the bad stuff out of the way. CLUBHOUSE ROOF and MOB MATCH! Okay, on to the good stuff. The road running season has been a great success for the club. The club 5-mile handicaps are a tremendous lure for our distance runners. Since December, 37 different club members have participated in this event. Many thanks to Colin Reid for setting the handicaps and to George Dodd for time-keeping. In team competition, VPH excelled by placing third in the final Chingford League race and finishing fourth (of 12 clubs) for the season, yielding only to the might of Woodford Green, Orion, and Haringey. On the individual side, Richard Newbold claimed second overall in the Chingford League individual title, with Terry O'Neill grabbing equal first place in the Vets category. In the VPH Open 5, we were able to show off our organizational talents. Although the London marathon was run the following day, we still managed to attract a respectable 109 runners. To help make this run smoothly, there were at least 12 club members and one wife each doing their bit to make the race a resounding success. All around, VPH should be pleased with the road-running season. Although early in the season, Wayne DuBose has gotten the club's athletics season off to a flying start by winning the United Kingdom Vets Indoor Pentathlon Champion title with a score which would have placed him second in the similar United States championship event. Additionally, he



Cheers to the upcoming track season. We're hoping to improve on last year's effort of 17th place in the 5th Division of the Southern League

has set a new club Vets pole vault record of 3.50 meters. To those of you reading this magazine who don't routinely turn out to support the club, we encourage you to show up at least once to say hello. In particular, why not turn up at the August 19th Southern League meet to be held at Welwyn Garden City? See you there! We still have a long way to go in athletics, but at least there's a positive attitude in the air. What we need most is a coach or two. If you want to bask in the glory of others (and that's no bad thing), take up coaching. It's a rewarding venture. Let a committee member know, because the club would be more than willing to pay costs towards coaching courses. By the way, at VPH, a qualified coach would be considered something approaching a god. At least think about it. On the management side of things, we continue to get a really good turn out at committee meetings. Since November, we have

“The work of the individual still remains the spark that moves mankind forward”—
Igor Sikorsky

11 attendees per meeting. A perfect attendance would put us at 15. On the resource side, many thanks to Garry Walker and Henry Tabberer for each sending a significant donation to the club treasury. As you all can imagine, funds are always one of the main factors in running a club with every little bit counting. Not only that, but donations send a strong signal that non-active members are still interested in the club and therefore are interested in receiving club magazines. Speaking of donations, a special thanks to Mick Eldridge for giving a rowing machine and a cycling machine to the club. To complete the editorial, here's a list of goals for VPH to shoot for in the future:

Road Running

1. Win the Mob Match 1996.
2. Place 3rd in the Chingford League in 1996, or a stronger 4th than 1995 (less than 12 points behind 3rd place and less than 28 points behind 1st place)

Track and Field

1. Improve on Southern League position from 1994 (17th).
2. Average 20 attendees per Southern League meet including athletes, officials, and supporters.
3. Reinstitute some club championships

Management

1. Attract 200+ runners for VPH Open 5 in 1996.
2. Have 100 paid members and active life members by April 1996.
3. Have two trained coaches and 10 athletes under age 20 by 1997 track season.
4. Completely redecorate/renovate the interior of the club house by 2000.

Newbold Leads Team In All Scratch Races, But Can't Win Handicap Race

Chingford League, Eastway 5K 4 Oct 94

1st C. Brogan (WG)	15:25
6th Richard Newbold	15:43
20 Terry O'Neill	16:32
23 Pete Eldridge	16:40
28 George Rutten	16:49
29 George Hart	17:02
30 Barry McKenna	17:03
52 Ron Vialls	17:39
56 Mick Eldridge	18:00
61 Joe Roche	18:11
103 Gerry Franey	19:55
107 Andy McCourt	20:08
114 R. Martin	20:54
117 Hanna Robson	21:12

Chingford League 5M X-C Claybury/Woodford 15 Oct 94

1st M. Smith (Har)	24:32
4th Richard Newbold	24:52
19 Terry O'Neill (V)	26:06
24 George Rutten	26:37
64 John George	29:09
121 R. Collier	32:33
129 R. Martin (V)	33:16

'A' Teams	
1st Haringey	110
9th VPH	358

London X-C Champs, Parliament Hill, 26 Nov 94

26th Richard Newbold	32:14
71st George Hart	34:23
74th George Rutten	34:29

Ware Cup, 3 Dec 94

4th George Hart	31:18
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Middlesex X-C Champs, Horsenden Hill, Ealing 10 Dec 94

(163 runners)

1st S. Rayner (indiv.)	42:42
22 Richard Newbold	46:14
46 Terry O'Neill	48:35
67 George Hart	50:37

(5-Mile Club Handicap, 15 Dec 94

Peter Spencer won his second 5-mile handicap leading all the way. Guest runner, Chris Brogan, ran the fastest time of the night with the fastest Harrier being Richard Newbold.

	(H'cap)(Act)	
1st Peter Spencer	46:46	41:55
2nd Tom Berriman	46:53	35:53
3rd Chris Brogan (g)	47:40	24:30
4th Danny Wing (g)	47:56	25:56
5th Richard Newbold	47:59	24:49
6th John Crowe (g)	48:13	29:32
7th Pat Franey	48:25	32:55
8th T. McCombe	48:35	30:00
9th Robert Collier	48:41	31:20
10 Albert Rowley	48:44	38:44
11 Roger Daniels	48:56	35:32
12 Andy Smith	49:03	31:47
13 Susan Crowe (g)	49:31	37:51
14 George Hart	49:35	28:01
15 Ronnie Curle	50:02	50:02
16 Richard Martin	51:55	35:52

Turkey Trot 10K, Hyde Park, 27 Dec 94

1st J. Harrison (B' hth)	30:42
11th Terry O'Neill	36:27

Chingford League 5 3/4M X-C Trent Park 31 Dec 94

1st M. Smith (Har)	32:52
6th Richard Newbold	33:57
16 Terry O'Neill	34:53
30 George Hart	36:39
131 Joe Loboda	43:20

Team

1st Orion	159
11 VPH	507

League Position (after 5 races)

1 Woodford Green	61 points
2 Orion	60
3 Haringey	53
4 Enfield	44
5 Barnet	41

6 Walthamstow	39
7 VPH	38
8 Trent Park	32
9 Muswell Hill	30
10 Eton Manor	26
11 Loughton	15
12 North London	07
13 Tower Hamlets	03

Individuals League

1 M. Smith (Har)	98 points
2 D. Rose (Wal)	89
3 Richard Newbold	81

Vets League

1 D. Willcock (Bar)	40 points
2 Terry O'Neill	36
3 L. O'Hare (Bar)	24

(162 runners)

New Years Day 10K, Victoria Park

1st John Wheeler (Leeds)	31:44
2nd Hugh Jones (Rane)	31:45
3rd Ron Vialls	36:33

Mob Match (VPH vs Eton Manor) Well Street Common, 3 Jan 95

1 R. Newbold	14:57
2 M. Cates(EM)	15:12
3 D. Wing	15:26
4 G. Hart	16:07
6 R. Vialls	16:27
13 J. Roche	17:24
16 M. Eldridge	18:22
17 J. Laboda	18:34
19 A. McCourt	18:59
23 E. Flowers	24:20
24 R. Daniels	24:23

Team (8 to score)

1st Eton Manor	64 points
2nd VPH	79

McKenna Wins 5-Mile Handicap Race

5-Mile Club Handicap, 19 Jan 95

1	Barry McKenna	26:40
2	George Rutten	27:28
3	Albert Rowley	37:26
4	Pat Franey	32:31
5	Bob Franey	32:57
6	Kyran McCourt	35:31
7	Peter Eldridge	27:34
8	Richard Newbold	25:26
9	Gerry Franey	30:58
10	Frank Massingham	47:07
11	Danny Wing (g)	26:54
12	Terry O'Neill	27:37
13	Helen Lancaster	38:54
14	Andy McCourt	32:43
15	Peter Spencer	43:43
16	Roger Daniels	37:58
	Terry Green, Hester Slattery	DNF

(Actual times posted, h'cap times not available)

What better time than now to introduce Richard Newbold's experiences at the back of the pack.

Coming Up From Behind (by Richard Newbold)

The most basic essence of the Handicap is that everyone has a fair chance of winning, regardless of their age or natural ability. However, as anyone who has ever run one of these events knows, this is never quite the case. Seasoned observers of the world's most (in)famous race, the Grand National, will no doubt have noticed that each year there is **not** a blanket finish with the whole field covered by a few seconds. This is perhaps fortunate for Peter O'Sullivan and his ilk but indicates that those punters daft enough to have a bet are being severely stitched up. The more observant of you may gently suggest that the vagaries of horse racing and the general chaos of the Grand National in particular make the handicapping more difficult for this race. However, in response to this, it must be said that the form of all runners is well documented and that

they run on nice turf rather than the potholed byways of Bow in the dark.

The aspect of the Handicap which illicit the greatest number of complaints and general moaning is the handicap given to each runner. No one ever admits to having been given an adequate start and those runners starting later always complain that everyone else has been given too great a headstart. How should the handicaps be calculated? Are personal bests, seasonal bests, or any old number plucked out of the air going to give everyone an equal opportunity to finish first?probably not. The only way we'll get a halfway fair race is if we **all** do a few. After all, it is a bit of semi-serious fun and an excellent way of engendering some real club spirit. After all, everyone enjoys the handicap when it's over.

In his autobiography, "The First Four Minutes," Roger Bannister described the dispiriting feeling of starting from scratch in an 880 yards handicap and seeing the whole field strung out ahead of him. He ought to have tried five miles around Victoria Park in the dark, when you don't see anyone at all for 20 minutes, for a true feeling of despair. He also never experienced the feeling of being the person with the greatest handicap and having the whole field chasing you down like a pack of hounds upon a hare. And who says being in the middle of the field is any easier, being both chaser and prey at the same time?

Despite all the drawbacks, handicap racing can be a real spur to runners of all abilities to perform to the best of their own ability. In addition, it can make those "star" athletes, who normally look so easy, work a bit. The classic example of this being Sidney Wooderson's World Record for the mile (4:06), set before WWII, during a handicap race at a time when no one could

So when the next handicap comes along, have a go. Enjoy it and if you're unlucky or having a bad day, I'll see you out there.

Top Tips for Running a VPH Handicap

1. Hide your true ability in the weeks before the handicap. This will ensure a better handicap than you need. Be careful though, doing too well in one handicap will result in the handicapper adding "a bit of weight to you."

2. Slip the handicapper a few quid, compliment him upon his sartorial elegance, sexual dynamism, etc., or buy him a drink or three. You never know it might work.

3. If you start at any position other than scratch, wear as dark clothing as possible. Cover all visible skin with boot polish and if you're thin on top, wear a hat. This will minimise the reflections from street lights and render you almost invisible to pursuants and hence make it harder for them to chase you. Also, never look back (see 5).

4. Try to start off with other runners. This will make your run much easier and you can share the pace. This is exceptionally beneficial if it is windy but beware of potholes, kerbs, litter, and lamp posts, i.e., look where you are going.

5. If going off scratch, it's time not to win. You'll have no one to run with and more than likely someone will be on their second lap before you've started your first! Otherwise, wear bright-coloured clothing (maybe carry a light) so anyone looking back will see you chasing them down. Audible breathing and loud spitting will also probably demoralise anyone ahead.

Please share **your** handicap tactics!

Newbold Continues To Lead Team In All Scratch Races, But Still Can't Win Handicap Race

Chingford League 5M X-C

Epping Forest, 21 Jan 95

1st M. Barnes (Enf)	26:19
8th Richard Newbold	28:39
24 George Rutten	30:31 (21?)
31 Terry O'Neill	31:08
32 George Hart	31:14
42 Jimmy Roche	32:08
54 John George	33:01
107 Joe Laboda	36:50
118 Hanna Robson	37:33
140 Richard Martin	41:16
148 Kyran McCourt	44:18
149 Helen Lancaster	44:26

(152 Finishers)

'A' Teams (11 teams)

1. Woodford Green	99 points
2. Haringey	108
3. Enfield	115
4. Orion	185
5. VPH	191
6. Barnet	213

'A' Teams (after 6 races - 13 teams)

1. Woodford Green	74 points
2. Orion	70
3. Haringey	65
4. Enfield	55
5. Barnet	49
6. VPH	47
7. Walthamstow	45

'B' Teams (10 teams)

1. Orion	342 points
9. VPH	854

'B' Teams (after 6 races - 11 teams)

1. Orion	72 points
8. VPH	37

Vets Teams (11 teams)

1. Barnet	168 points
11. VPH	490 points

Vets Teams (after 6 races - 12 teams)

1. Barnet	76 points
8. VPH	35 points

Individuals League

2. R. Newbold	100
3. P. Branson (Wal)	100
4. D. Rose (Wal)	099

Vets League

1. D. Willcock (Bar)	49 points
2. T. O'Neill	44
3. L. O'Hare (Bar)	26

South of England 9M. X-C Champs

Parliament Hill, 28 Jan 95

1. D. Bannister (SB)	46:43
105. Richard Newbold	52:57
236. George Rutten	56:26
264. Terry O'Neill	56:54
357. Jimmy Roche	58:43
430. George Hart	60:11

Athletics East Chingford League

Victoria Park 5M, 11 Feb 95

1. Larry Mangleshot (WG)	24:42
5. Richard Newbold	25:21
20. Barry McKenna	26:49
25. George Rutten	27:33
39. Terry O'Neill	28:09
40. Jimmy Roche	28:10
123. Hanna Robson (F)	33:42
128. Bob Franey	33:56
129. Gerry Franey	33:58
135. Richard Martin	34:40
146. Helen Lancaster (F)	39:47
147. Roger Daniels	39:56

'A' Teams (13 teams)

1. Woodford Green	102 points
2. Orion	145
3. VPH	152

'A' Teams (after 7 races)

1. Woodford Green	87 points
2. Orion	82
3. Haringey	68
4. Enfield	61
5. Barnet	59
6. VPH	58

Individuals League

1. M. Smith (Har)	142 points
2. Richard Newbold	123
3. D. Rose (Wal)	121

Vets League

1. Terry O'Neill	50 points
2. D. Willcock (Bar)	49
3. L. O'Hare (Bar)	26

VPH 5-Mile Handicap, 16 Feb 95

	h'cap	actual
1. T. O'Neill	49:22	26:57
2. L. Vialls	49:32	35:01
3. J. Roche	50:24	27:59
4. H. Lancaster(F)	50:42	39:35
5. P. Franey	50:43	33:12
6. K. Wing	51:00	31:05
7. R. Newbold	51:03	25:50
8. R. Martin	51:07	33:24
9. D. Wing (guest)	51:10	27:04
10. G. Hart	51:15	28:07
11. P. Eldridge	51:17	28:27
12. A. McCourt	51:25	32:35
13. J. Laboda	51:28	31:33
14. P. Spencer	51:30	43:23
15. T. Berriman	51:31	36:18
16. A. Rowley	52:03	39:27
17. R. Cabby	58:40	58:40
18. H. Slattery (F)	58:40	58:40
19. R. Daniels	DNF	

Thanks to Colin Reid for setting handicaps and to George Dodd for timekeeping.

London Colleges League, Battersea Park 10K, 22 Feb 95

1st A. Marriot	31:05
? Richard Newbold	32:32

Chingford Relays (5x3.6m),

Chingford, 25 Feb 95

4th Richard Newbold	17:47
6th Terry O'Neill	18:54
6th George Hart	19:16
7th Jim Roche	19:57
7th George Rutten	19:19
OVERALL	95:04
WINNERS Chelmsford AC	84:40

O'Neill and Newbold Triumph in Chingford League

Athletics East Chingford League 5K, Eastway, 28 Feb 95

Congratulations to Richard Newbold who finished second in the overall individual title and to Terry O'Neill placing first equal in the Vets Category.

4	Richard Newbold	16:03
14	Terry O'Neill	17:00
19	Barry McKenna	17:23
20	Pete Eldridge	17:26
31	George Hart	17:41
32	Joe Roche	17:44
78	Gerry Franey	19:43
93	Hanna Robson	20:31
101	Andy McCourt	20:55
109	Richard Martin	21:20

122 runners

'A' Teams (12 teams)

1	Haringey	83 points
2	Orion	117
3	VPH	120

Final League Standings

1	Woodford Green	97 points
2	Orion	94
3	Haringey	81
4	VPH	69
5	Barnet	66
6	Enfield	66
7	Walthamstow	61
8	Trent Park	53
9	Muswell Hill	46
10	Eton Manor	44
11	Loughton	26
12	Tower Hamlets	09

Individual Title

1	M. Smith (Har)	167 points
2	Richard Newbold	145
3	D. Rose (Wal)	144
4	P. Filler (Orion)	129

Vets Title

1=	Terry O'Neill	58 points
1=	D. Willcock (Bar)	58
3	R. Bannister (WG)	29
4	L. O'Hare (Bar)	26

South of England AA Vet Men's Championships, Havant, 4 Mar 95

1st	Julian Goater (SB)	37:21
18th	Terry O'Neill	41:27

Club 10M Road Championships Victoria Park, 5 Mar 95

Congratulations to the Flying Dutchman, George Rutten, who picked up his first VPH championship title, having been a member for just one year. George Hart and Jimmy Roche shared the lead with Rutten, all covering the first lap (2 miles) in 11:00, but Rutten was able to pull away over the remaining distance by maintaining a good even-paced tempo. Many thanks to George Dodd for timekeeping.

1st	George Rutten	55:58
	(11:00, 22:12, 33:26, 44:41)	
2nd	George Hart	57:25
	(11:00, 22:22, 33:59, 45:41)	
3rd	Jimmy Roche	57:50
	(11:00, 22:35, 34:16, 46:04)	
4th	D. Brooks (Guest)	61:29
	(12:19, 24:34, 36:48, 49:18)	
5th	Gerry Franey	64:30
	(12:48, 26:08, 38:55, 51:34)	
6th	Joe Laboda	65:14
	(12:30, 25:32, 38:45, 51:56)	
7th	Andy McCourt	68:36
	(13:21, 27:04, 41:02, 54:41)	
8th	Hanna Robson (F)	68:36
	(13:07, 26:41, 40:18, 54:3?)	
9th	D. Roche	71:31
	(14:13, 28:26, 42:44, 56:59)	
10th	J. Hughes	74:46
	(14:32, 29:45, 44:57, 60:06)	

Assembly League Dates

1 June	Victoria Park
6 July	Blackheath
3 Aug	Victoria Park
7 Sep	Forbanks, Beckenham, Kent

Memories by Jimmy Edmonds

I remember last season on a very wet and miserable day at Newham Stadium out of the mist and gloom stepped a shadowy figure wearing a school cap and a blazer with a gun in each hand. "Crumbs," I thought, it's that beastly school boy, Billy Bunter. But it turned out to be our very own Frank Massingham. As the official starter, Frank ("Mr Massingham to you lot") soon got things underway. Unfortunately, Frank shot himself in the foot with the recall gun after starting one of the ladies' races. But just like John Wayne, Frank showed "True Grit" and hopped his way through the rest of the races. Good on yer, Mr Massingham!!

Southern League 1995

May 6 Southend (Southend, Great Yarmouth, Colchester, Guildford)

June 3 Watford (Watford, Salisbury, Thurrock, Aldershot)

July 1 Oxford (Oxford, Medway, Luton, Eastbourne)

July 22 Bournemouth (B'mouth, Hillingdon, Worthing, Gravesend)

Aug 5 Crawley (Crawley, Fleet, Serpentine, Stevenage)

Aug 19 Welwyn Garden City (Verlea, Bracknell, West Norfolk, Basingstoke)

Henry Tabberer Sends Greetings

"Dear Wayne,

It was nice to receive a copy of VPH news out of the blue a few days ago. I'm afraid the names that appear in the newsletter are unknown to me (apart of course from yourself and Ron Irons) but it is a long while since I was in Cadogan Terrace and club headquarters. I moved just over a year

Club All-Time Records

ago to Thorpe Bay and I work in Billerica. I have some old Club magazines of the 1950s, 60s, and 70s era. I sometimes come across these and the memories come flooding back. I have enclosed a donation of L20. Perhaps you will forward the cheque to the Treasurer when convenient. Yours etc., Henry F. Tabberer”

(Thanks, Henry. Hope to see you next year at the VPH 70th Anniversary Reunion).

(I received the next article at the March Committee Meeting, a bit late as far as being newsworthy, but entertaining nonetheless)

“The Final Furlong”
by Mick Eldridge

On 29 September 1994, the Club 5M Handicaps started again. Firm favorites at 6 to 4 on was Richard Newbold going off scratch, with the fancied dark horse, Kelvin Wing, at 7 to 2 down from 10 to 1. The bookie laughed all the way to the bank when an unknown quantity in Rob Collier steamed home in a time of 33:54. There were allegations of knobbling and Mick Eldridge, in a charge which he firmly denies, was blamed for getting Newbold drunk the night before. There were only seven seconds splitting 2nd, 3rd, and 4th positions and a stewards enquiry was held. After a replay, it was decided George Hart didn’t interfere with Danny Wing in the last furlong. The only fillie in the race, Hanna Robson, came home in fifth position and was disappointed the organizer of the race didn’t run as there’s nothing better for her than beating Andy McCourt. As Barry McKenna put it, “It’s not the winning that counts, it’s seeing the look on the losers’ face.”

Mob Match VPH All-Time Top Ten
Well Street Common

- | | |
|--------------------------|-------|
| 1. Larry Mangleshot (87) | 13:58 |
| 2. S. Butlin-Smith (87) | 14:02 |
| 3. Chris Brogan (89) | 14:09 |
| 4. Mike Gonzales (80) | 14:24 |
| 4. Des O’Donnell (85) | 14:24 |
| 6. Phil Hampshire (86) | 14:31 |
| 7. Steve Mahon (87) | 14:36 |
| 8. Keith Lowe (85) | 14:42 |
| 9. Pete Read (83) | 14:43 |
| 10. D. Carthy (89) | 14:44 |

ERRATA

Many thanks to eagle-eyed John Anstey who spotted the deliberate mistakes in the last newsletter. He points out that in the Vets Club records, Alf Patterson should read Albert Patterson. He also corrected me when I said we won 14 consecutive Southern League matches between 1974 and 1977. In fact, it was 15 victories in a row. Finally, I stated we would have won our second match in 1977 if we hadn’t dropped the baton in the 4x400 relay. More correctly, we would have finished 1st equal with North London. Thanks, John.

United Kingdom Vets Indoor
Pentathlon Championships
Don Valley Stadium, Sheffield, 5 Mar 95

Age 40 - 44	
1st Wayne DuBose	3179 points
60m Hurdles	9.7 secs
Long Jump	5.08
Shot Putt	11.00
High Jump	1.62
1000m	3:04.3

Deepest Sympathies

Our deepest sympathies go to Deric Bareford whose wife, Marie, passed away recently.

VPH All-Time Road & X-C Records

Chingford League - Eastway
- Des O’Donnell 15:18 1984

Chingford League X-C - Trent Park
- Keith Lowe 26:53 1985

Chingford Relay
- Mike Quanne 16:33 1966

Walthamstow Relay
- Des O’Donnell 11:20 1985

Assembly League - Blackheath
- Des O’Donnell 15:02 1985

Mob Match - Well St. Common
- Larry Mangleshot 13:58 1987

Victoria Park 5M
- Mike Quanne 23:29 1971

5M X-C Champs
- Mike Quanne 25:44 19??

Club 3.5M Champs
- Des O’Donnell 16:53 1985

Club 10M Champs
- Mike Quanne 48:21 1970

Club 10M X-C Champs
- Larry Mangleshot 55:18 1983

Club 20M Champs
- Chris Brogan 1:51:55 1985

Romford 1/2 Marathon
- John Anstey 73:07 1977

Apart from Larry Mangleshot’s 1987 record, I’ve gathered the remaining records from a 1985 document. If these records have been broken since, I wouldn’t know about them. So if nobody points out any mistakes I’ve made in the above list, they will enter into eternity as the correct ones.

Hart Romps Home to 20-Mile Club Championship Victory

VPH 70th Anniversary Reunion

We're going to go all out and have a significant reunion of as many old club members as we can contact. We're looking at holding the reunion around the March/April 1996 timeframe somewhere in London. To make this work well, I need addresses of lots of old club members. I have some, but not that many. If you have addresses of any old club members, please mail them to me right away. Presume I have no addresses at all and send me all you have to:

Wayne DuBose
41 Ansley Way
St Ives, Cambs PE17 4SN

Garry Walker Sends Greetings

Hi Wayne,

It was good to see you and all the other geriatrics at the club last week. I said that I would let you have my address so you can send club magazines, money, abusive letters, etc. I had intended to stay longer at the club on Saturday but then _____ asked me to stay for a _____ and if there's one thing guaranteed to make me leave the area, it's the prospect of a _____ with _____ . Enough of this garbage, I am enclosing a small donation to club funds which I am sure you will pass to Treasurer (whoever that may be).

Best Wishes, Garry

Hi Garry,

Likewise it was good to see you. Did you see Jim Carpenter in the race? He was one of the few that responded to our advert in the local newspaper. John Anstey was also there, but only after you left. He **did** manage to

get roped into the _____ with _____ which you were _____ to _____. Anstey, Lowe, and Walker all at the same venue on the same day. All we were missing was Alan Barber. Of course you saw John Daniels, George Dodd, Ron Iron, Ken Rouse, Major Carr, and myself. Do you realize we all represent very close to 300 years of membership to VPH? That's 9 people with club association ranging from 22 years to 46 years. It's comforting to know that the name VPH and a club house can retain the loyalty of individuals through so many years. Anyway, enough of this nostalgia. Thanks for the money. Yes, I did pass it on to the treasurer. His name is Gerry Franey and you'll be pleased to hear that he's a very good treasurer. Your money will be safely accounted for. Hope to see you at the 70th Reunion. Regards, Wayne

Victoria Park Harriers Life Members

John Anstey
Alan Barber
Deric Bareford
Major Carr
John Daniels
George Dodd
Wayne DuBose
Gordon Everson
Pete Faley
Jack Flowers
Ted Flowers
Ron Iron
Danny Parsons
Ken Rouse
Garry Walker

This list is taken from the current VPH records faithfully maintained by Frank Massingham. If there are any additions of past members, let Frank or I know.

VPH 5-Mile Handicap, 9 Mar 95

	h'cap	actual
1. Roger Brooks	51:29	51:29
2. Ronnie Curle	56:32	46:20
3. Ted Flowers	56:37	39:52
4. Hanna Robson	57:42	31:49
5. Terry O'Neill	57:59	26:02
6. Bob Franey	58:31	32:38
7. Kelvin Wing	58:48	31:03
8. Gerry Franey	58:52	30:05
9. Richard Martin	58:59	32:34
10.C. McManneman	59:17	35:38
11. Andy McCourt	59:20	31:42
12. Jim Roche	59:49	28:54
13. Danny Wing	60:52	27:54
14. Roger Daniels	61:00	37:34
15. Keith Lowe	61:14	28:16
16. Jack Flowers	62:19	53:41
Pat Franey	DNF	

Roger Brooks, a new member of the 5 o/c club, led all the way to take advantage of his one-time-only generous handicap. He placed nearly five minutes ahead of Ronnie Curle with 76-year-old Ted Flowers finishing in third. Congrats to Hanna on her personal best. Handicapper: Colin Reid
Timekeeper: George Dodd

English X-C Champs (9 miles) Luton, 11 Mar 95

258th	Richard Newbold	51:16
505th	Terry O'Neill	54:09
828th	George Hart	57:05
829th	Jim Roche	57:06

Club 20M Championship, 19 Mar 95

1st George Hart (15:20, 30:39, 46:10, 61:36, 77:10, 92:35, 1:48:04, **2:03:59**)

2nd Joe Laboda (15:54, 32:32, 49:15, 66:08, 83:41, 1:44:49, 2:07:18, **2:32:19**)

Jim Roche, D. Brooks, Les Vialls, Andy

McCourt, Danny Vialls (DNF)
VPH Open 5, 1 Apr 95

Due to injuries and the London Marathon the next day, the club runners weren't out in force; however, there were plenty of club volunteers to ensure a smooth event for 109 runners, with the winners R. Campbell (Chelmsford) 24:34 and L. Morton (Westbury) 27:00 claiming top honors in the mens and ladies sections.

- 33rd Keith Lowe 27:52
- 70th Joe Loboda 31:34
- 72nd Les Vialls 32:15
- 76th Richard Martin 33:03
- 80th Andy McCourt 33:28
- 85th C. McManneman 34:28
- 90th A. Gammon (L) 34:57
- 105th Roger Daniels 43:09

London Marathon, 2 Apr 95

- 446th George Hart 2:44:32
- 554th George Rutten 2:46:46
- 701st Terry O'Neill 2:49:45

3726thA. Wheeler 3:19:42
Open Meeting, Peterborough, 2 Apr 95

Pole Vault Wayne DuBose 3.50
 Club Vets Record

Assembly League, Forbanks, Kent, 2.8 miles, 6 Apr 95

- 6th Richard Newbold 14:36
- 22nd Terry O'Neill 15:25
- 60th L. Austin (??) 17:06
- 73rd Gerry Franey 17:50
- 76th C. McManneman 17:52
- 106th Bob Franey 19:51

A Team - 6th B Team - 9th
 (120 runners)

Well done to Richard for a good position and to Terry for running just four days after the London Marathon.

VPH 5-Mile Handicap, 20 Apr 95

Congratulations to Les Vialls on his

victory, returning to the running fold after an absence of eight years.

		H'cap	Actual
1st	L. Vialls	55:30	31:51
2nd	S. Crowe (g)	57:07	40:22
3rd	C. Hollis	57:36	28:43
4th	J. Laboda	57:58	30:51
5th	J. Green	58:40	41:55
6th	R. Martin	58:46	32:31
7th	A. Gammon (L)	59:10	35:31
8th	P. Eldridge	59:32	28:04
9th	D. Wing (g)	59:45	28:17
10th	J. Crowe (g)	59:50	31:15
11th	B. Underwood	59:59	31:24
12th	T. Flowers	60:07	41:19
13th	R. Collier	60:25	32:52
14th	T. McCombe(L)	60:26	31:51
15th	A. McCourt	61:26	33:58
16th	J. Flowers	61:57	56:57
17th	R. Daniels	DNF	

The next issue will appear after the track season has ended, probably during mid-October. If you find this magazine is too results and statistics ori-

VPH NEWS

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 - Road & X-C Results*
 - Assembly League & Southern League Dates*
 - Correspondence From Old Members*
 - Club All-Time Records*
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