

# ❖ VPH NEWS ❖

Circulation 144

dubose@enterprise.net

February 2000

## Easy Wins in the Ware Cup and Mob Match Jim Roche Selected for Middlesex

### Dates to Remember

#### 2000

26 Feb Nat'l XC Champs, Stowe  
7 Mar Chingford League, Eastway  
12 Mar 20M Road Club Champs  
28 Mar Physical Shield Relay  
1 Apr Open 5  
16 Apr London Marathon  
23 Jul London Chest Hospital Run  
5 Aug Club BBQ

### Southern League Dates

#### Division 4

6 May Colchester  
3 June Bannister Stadium, Harrow  
24 June TBD  
8 July Kingston  
22 July Reading  
5 Aug Mile End

#### Division 6E

6 May Milton Keynes  
3 June Finsbury Park  
24 June TBD  
8 July Cricklefields  
22 July Hemel Hempstead  
5 Aug Mile End

Assembly League dates haven't been received yet, but they're normally the first Thursday from April through to September. However, we're trying to get four of these dates changed as they're too close to Southern League matches. We haven't yet finalised our club track and field championship timetable, but in all probability, it'll be held in May. And don't forget the monthly handicap race which is held on the second-from-last Thursday of each month (same night as committee meetings).

### Success, Success, Success

What a time of achievement we've had over the past couple of months. Apart from membership continuing to rise (we

**Club  
Stalwarts,  
Tony  
Lashmar,  
Andy  
McCourt,  
Wayne  
DuBose, Jim  
Roche, and  
Richard  
Newbold**



now have 18 ladies on our membership rolls), we swept the Ware Cup in December, crushed Eton Manor in the January Mob Match, and proudly saw Jim Roche compete for Middlesex County in the same month. The VPH rollercoaster rises!!

## Rule 40

"VPH is committed to encouraging all members of the community, regardless of race, religion, or gender, to participate in athletics and associated activities, and will not tolerate behaviour amongst club members seen as detrimental to this aim." As a forward-moving club, it's essential that VPH be seen to follow this rule to the letter. Grants from the council depend upon its success, as well as a continued increase in membership. If any member of VPH ever feels that another club member has broken Rule 40, please notify a committee member

immediately. If the allegations are found to be true, the offender's club membership will be terminated forever. Hopefully, nobody will attempt to test the will of the committee. Because, that "nobody" won't win.

### HQ Combination Changes

We're going to change the combos to the building very shortly. So, if the current combos don't work, these will: (main hall 3-2-4); (both doors leading to the weights room 3-4-2).

## Thanks

- To Ron Iron for running the 100 Club for the past 17 years. Ron has now stepped down and Gerry Franey has taken his place. Through Ron's efforts, he raised £825 for club funds in 1999 with a 100 Club membership totalling 74. We also pass on our best wishes as Ron has also just retired from work.
- To Buster Boulter and Vinnie O'Kane who, between hall hire charges and a raffle, passed on a cheque for £445 from their New Year's Eve party at Club HQ.

**VPH World Wide Web Site**  
[www.bigfoot.com/~vph](http://www.bigfoot.com/~vph)

# VPH Win Ware Cup

## Chingford League 5K, Eastway, 5 Oct 99

Although we didn't have a strong team to make a significant impact on the leading clubs, there were some fine individual efforts. With Jim Roche leading the team in 17th place, Tony Lashmar followed closely behind, taking 5 seconds of his best which he set over 1-1/2 years ago. Making an even bigger improvement from just seven months earlier was Gary Bagnall who chopped 74 seconds from his PB. Not to be outdone, Mike Penman improved his best by 53 seconds and Paul McKinley cut over a minute from his best time.

17 J. Roche	16:42
18 T. Lashmar	16:50 PB
25 G. Bagnall	17:25 PB
36 G. Faulds	17:52*
54 R. Vials	18:33
84 M. Penman	19:49 PB
113 R. Martin	21:21
118 P. McKinley	21:41 PB
146 C. Jackson (L18)	24:09*

\* First time competing at Eastway

A Team (VPH 7th 234 pts)  
Vets (VPH 8th 438 pts)  
Ladies (VPH 10th 132 pts)

League Positions After 2 Races  
A Team (VPH 8th 11 pts)

## Great North Run, Newcastle to South Shield 1/2 Marathon, 10 Oct 99

Well done to all the Harriers who made the trip up North. Although Tony Lashmar was almost a minute down on his last-year's effort, he improved his position by 94 places. Mike Penman improved his time from 1998 by over four minutes. Last year, there were almost 30,000 finishers.

208 T. Lashmar	79:54
373 G. Bagnall	83:48
868 M. Penman	90:56
1088 T. Mitchell-Smith	93:08
3982 P. McKinley	1:47:25

## Club 3.5M Champs, V.P., 16 Oct 99

With Richard Newbold not competing in this year's race, there was to be a new champion for the first time since

1994. Hot favourite was Jim Roche whose record in this championship race had not been awe-inspiring having finished 5th in 1994 with 21:06 and 4th in 1997 with 23:04. In the event, Jim ran out a very easy winner, finishing over 2 1/2 minutes ahead of Richard Bruce. Jim was only six seconds away from his best set in 1998. Honourable mention goes to Paul McKinley who reduced his best by 52 seconds.

1 J. Roche	18:46 Gold
2 R. Bruce	21:24
3 G. Franey	23:19
4 P. McKinley	24:35 PB

## Vets AC 5K, Eastway

R. Vials	18:42
L. Vials	20:06

## Chingford League 6M XC, Loughton, 23 Oct 99

15 J. Roche	32:42
33 G. Bagnall	34:41
42 J. George	35:20
100 M. Penman	39:45
117 P. McKinley	41:34

(157 runners)

A Team (VPH 9th 405 pts)  
B Team (VPH no team)  
Vets (VPH 11th 602 pts)  
League Positions After 3 Races  
A Team (VPH 8th 15 pts)  
B Team (VPH 10th 4 pts)  
Vets (VPH 10th 10 pts)

## Club 5M XC Champs, 30 Oct 99

1 J. Roche	29:36 Gold
2 G. Bagnall	32:22 Silver
3 T. Lashmar	34:02 Bronze
4 R. Vials	34:15
5 T. Mitchell-Smith	34:24
6 M. Penman	37:26
7 L. Vials	37:53
8 P. McKinley	39:35
DNF G. Franey	

## Chingford League 5K, Eastway, 9 Nov 99

Once again at Eastway, there were some commendable individual efforts. Jim Roche was the leading VPH'er and was just 10 seconds away from his PB. Gordon Faulds improved his best from last

month by 39 seconds and Gary Bagnall managed to trim two seconds from his best. Paul McKinley ran exactly the same time as last month in equalling his PB, while Caroline Jackson ran well, reducing her best by 39 seconds.

14 J. Roche	16:28
25 T. Lashmar	16:56
27 G. Faulds	17:13 PB
34 G. Bagnall	17:23 PB
100 T. Beackon	20:18*
125 P. Snell	21:24
130 P. McKinley	21:41 =PB
152 C. Jackson (L13)	23:30 PB

(178 runners)

\* First time competing at Eastway

A Team (VPH 8th 326 pts)  
B Team (VPH 10th 1025 pts)  
Vets (VPH 10th 510 pts)  
Ladies (VPH 8th 109 pts)

League Positions After 4 Races

A Team (VPH 8th 20 pts)  
B Team (VPH 10th 6 pts)  
Vets (VPH 10th 13 pts)  
Ladies (VPH 9th 5 pts)

## Club 5M Handicap Race, 18 Nov 99

	H/C	ACTUAL
1 T. Beackon	34:12	(16:46/34:12)
2 R. Newbold	35:38	(14:30/29:23)
3 P. Snell	36:08	(18:02/36:08)
4 G. Bagnall	36:22	(14:40/29:07)
5 T. Lashmar	36:22	(13:53/28:22)
6 T. Adams	38:34	(17:03/34:34)
7 P. McKinley	40:12	(19:37/40:12)

## North of the Thames Junior XC Champs, 20 Nov 99

9 J. Roche	29:33
25 T. Lashmar	31:26
69 M. Penman	35:04
91 P. McKinley	45:49

Team result - VPH (10th)

## Ware Cup 5M XC, Loughton, 27 Nov 99

Veni, vidi, vici! Actually, it was ridiculously easy and we also fielded two complete teams (12 runners) despite the non-showing of quite a few expected runners. Orion Harriers had a mob

## Jim Roche Wins 10M Club Champs

match against Blackheath and so Eton Manor didn't get 3 - 4 second-claim runners out and Michael Cates decided to run for Orion (we were winding up the Eton Manor boys that it was because he didn't want to lose to Jim Roche), so we knew from the start that we just had to get around to win. Walthamstow didn't appear (it clashed with the London Champs, so perhaps they opted for that one instead), so it was us vs. Eton Manor and Loughton with a few guests and a couple of runners from Hertford & Ware. At the start, Jim and Tony Lashmar took the lead closely followed by Gordon Faulds and a guest runner from Thurrock. Richard Newbold nipped into fifth place just before the bridge, with Peter Cates and Gary Bagnall just behind him. On the first hill, Gary pulled up into sixth and Jim and Tony continued to set the pace. Jim began to pull away on the second lap and Tony was caught by Gordon and the Thurrock athlete. Jim pulled away even further on lap three, but Gordon was dropped at the top of the course and Tony couldn't match the Thurrock runner on the downhill section. Jim ran out a comfortable winner with Tony third, Gordon 4th, Richard 5th, Gary 6th, Graham Bennett in 9th, and Tim Mitchell-Smith in 10th (7 in the top 10, 6 to score). Graham's run was very impressive as he had only a week back into training after having had a stress fracture in his heel, and he was running round in trainers. Richard was quite amazed at his own run (off 5 weeks training - longest run 45 minutes, no proper distance sessions at all). He waited for Gary on the first lap but he didn't get back to him and then Richard just moved away despite running well within himself (lack of confidence about his fitness to pick the pace up until halfway round the last lap). Quite surprising because Gary's in the form of his life and looks to be heading towards running 5K in 17 minutes shortly. The race was all very enjoyable - we don't win cross country events very often! Next year's target has to be getting a team in the medal positions at the North of the Thames Junior.

1	J. Roche	29:21
3	T. Lashmar	30:08
4	G. Faulds	30:25
5	R. Newbold	30:53
6	G. Bagnall	31:20
9	G. Bennett	32:44
10	T. Mitchell-Smith	33:18
	R. Vials	33:57
	M. Penman	
	P. McKinley	
	C. Jackson	
	G. Williams	

1st	VPH	28
2nd	Eton Manor	65

### Club 10M Road Champs, Victoria Park, 4 Dec 99

Jim Roche demolished the opposition to take the Club 10 Mile Road Championships for the third year in succession. Jim led from gun to tape with an impressive piece of solo running to record an excellent 54:08 in very windy conditions. Over the first lap, Jim was tracked by Tony Lashmar, but by the end of the lap, Jim had built up a ten-second cushion, which he extended to over three minutes by the finish. Further down the field, there was some impressive running by Gary Bagnall who pulled back to within seconds of Tony at the Apex on the fourth lap before Tony picked up the pace to pull away again for second place and a new PB by 3 seconds. Gary was rewarded with a new personal best time, knocking 75 seconds off his time from last year despite the weather. Tim Mitchell-Smith had a tremendous battle with Peter Wright over the early laps before he pulled away for fourth place and a PB by 69 seconds, with Pete 5th. Our new Dave Robinson (not to be confused with our 400m hurdler) made his Club Championship debut in 6th place, with Terry Adams 7th and a battling Paul McKinley in 8th position. Making cameo appearances were Annie Gammon, returning after the birth of daughter Laura, and Richard Newbold, who was burnt off by Gary Bagnall's mid-race surge. Thanks to Andy McCourt and Roger Daniels for officiating and to Jack and Ted Flowers and Mick Wheeler for their additional support.

1	Jim Roche (10:40, 21:29, 32:21, 43:15, <b>54:08</b> ) Gold
2	Tony Lashmar (10:50, 22:13, 34:01, 45:40, <b>57:14</b> ) PB Silver
3	Gary Bagnall (11:12, 22:43, 34:18, 46:08, <b>57:55</b> ) PB Bronze
4	Tim Mitchell-Smith (12:25, 25:18, 38:12, 50:47, <b>63:06</b> ) PB
5	Peter Wright (12:23, 25:09, 38:10, 51:31, <b>64:46</b> )*
6	Dave Robinson (12:57, 25:50, 39:06, 52:23, <b>65:31</b> )*
7	Terry Adams (12:57, 26:33, 40:05, 53:27, <b>67:13</b> )
8	Paul McKinley (14:20, 29:31, 44:50, 60:15, <b>74:58</b> )
	DNF Richard Newbold (11:12, 22:43, 34:25)
	DNF Annie Gammon (16:11)

\* First time competing in 10M Champs

### Handicap

1	G. Bagnall	-3:55
2	D. Robinson	-2:29
3	J. Roche	-0:37
4	T. Mitchell-Smith	-0:16
5	P. Wright	+0:46
6	T. Lashmar	+1:24
7	P. McKinley	+1:58
8	T. Adams	+2:13

### Club 5M Handicap Race, 16 Dec 99

Keith Lowe came down from Oldham claiming to be hardly ticking over and ran away with the December Handicap, winning by nearly 2 minutes from Terry Beackon. Fastest runner on the night was Jim Roche, over two laps outside the Park including both roundabouts, who was holding back in readiness for the Claybury Chingford League race two days later. Actual times in brackets.

1	Keith Lowe 30:45 (15:13, 30:45)
2	Terry Beackon 32:34 (16:22, 32:34)
3	Dave Robinson 32:44 (15:37, 31:44)
4	Mike Penman 32:47 (15:51, 32:47)
5	Tim Mitchell-Smith 32:59 (15:28, 31:29)
6	Jim Roche 33:59 (14:51, 29:29)

### Chingford League 5M XC, Claybury, 18 Dec 99

Jim Roche confirmed his good form in 1999 with an excellent 10th place over

## VPH Wins Mob Match

a very muddy Claybury course and was less than 20 seconds away from a top 5 finish. Second scorer was Gordon Faulds who has been progressing steadily since missing the end of the summer season with a back injury. In this race, Gordon jumped up a class with a splendid 14th place and we look forward to him joining Jim in the top 10 places by the end of the season. In the absence of Tony Lashmar, suffering from a work-related eye injury, Gary Bagnall produced an excellent run to finish as VPH's 3rd scorer, in 30th. A 15-second improvement would see Gary nip into the top 25. Fourth scorer was marathon-running Team Captain Tim Mitchell-Smith, who picked up a few scalps on his way to 52nd place. Fifth scorer was newcomer Dave Robinson in 76th place, with Mike Penman closing in the team in 86th, a good run considering the amount of training he has missed due to an achilles tendon problem. First home for the 'B' team was ever-improving Paul McKinley, who jumped into the top 100. Joe Loboda returned to the team after a long absence in 107th place, with Pete Snell gaining 121st. Next home was sole female competitor, Caroline Jackson, who was 10th woman home, emphasising her continued improvement, with Grant Williams closing up the whole team with a tremendous sprint to gain a place at the finish.

10 J. Roche	31:19
14 G. Faulds	31:42
30 G. Bagnall	33:27
52 T. Mitchell-Smith	35:53
76 D. Robinson	37:43
86 M. Penman	39:09
97 P. McKinley	40:16
107 J. Loboda	40:57
121 P. Snell	42:15
136 G. Williams	47:57

### Women

10 C. Jackson	47:12
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### Team Result

A Team (VPH 7th 268 pts)
B Team (VPH 8th 739 pts)
Vets (VPH 7th 350 pts)
Ladies (VPH 7th 73 pts)

### Mob Match vs. Eton Manor 2.9M, Well Street Common, 4 Jan 00

VPH are a real mob! Twenty runners in the top 29 places, including an astonishing 15 in the top 20, saw VPH open the year 2000 with a huge win against Eton Manor in the annual mob match at Well Street Common. In all, 32 runners turned out for the Club, a record, by some margin, in recent matches. Full marks to Captain Tim Mitchell-Smith for making a huge effort to get these numbers out. However, there is a downside to this success; some of our Club stalwarts won't have scored any Boswell League points despite performing admirably! Another point to note is the appearance of five VPH women in one fixture. This is certainly better than we've managed for quite a while and with only three runners needed for Chingford League or Assembly League teams and Caroline Jackson not being included within these five, we must have a good chance of fielding a competitive team in the near future. Fastest away was Jim Roche, who set a ferocious pace over the first half-mile. Unfortunately, Jim somewhat overcooked it and, along Gascoyne Road, Eton Manor's Michael Cates strode past into a lead that extended as the race went on. Jim "switched-off" on the last lap, but still managed to record a PB by one second for a clear second place. Third place went to Tony Lashmar, who also paid for the early pace set by Jim as he was almost caught by Graham Bennett at the finish. Graham's performance was all the more impressive considering he has only been back training for a month after recovering from a stress fracture and has had one week where he has been able to train on three consecutive days since the summer. Gordon Faulds, Pete Eldridge, and Gary Bagnall followed in soon after, giving us six out of the first seven finishers. Next home was Richard Newbold, in 10th place, in his first run following a torn right calf muscle, suffered two weeks before Christmas (to go with his torn left calf sustained at Highams Park in September). Chasing Richard was a huge pack of VPH runners, led home by Ron Vials,

with 10 VPH athletes coming home between the 12th and 21st positions. Further back, Joe Loboda, Paul McKinley (taking almost five minutes off his best!), and Pete Snell all produced sub-20 minute performances but didn't make the team. First VPH woman home was Averil Lockhart, ahead of Annie Gammon, who continues her running comeback. Close behind was debutante Anna Mehtani, with Lesley Lorraine and Janice Cartwright completing the female part of the VPH contingent. A special mention should also be given to Roger Daniels who battled against an agonising back injury to complete the team. Thanks to Andy McCourt, Sham Ghali, and John Schollhammer for officiating.

1 M. Cates (EM)	14:43
2 J. Roche	15:14 PB
3 T. Lashmar	15:43 PB
4 G. Bennett	15:46*
5 G. Faulds	16:04*
6 P. Eldridge	16:12
7 G. Bagnall	16:23 PB
10 R. Newbold	16:55
12 R. Vials	17:05
13 J. George	17:14
14 T. Mitchell-Smith	17:19 PB
15 James Schollhammer	17:25*
16 P. Wright	17:29*
17 A. McCall	17:49*
18 M. Penman	17:49*
20 L. Vials	17:55
21 D. Robinson	18:02*
25 T. Beackon	18:15*
27 T. Adams	18:29
28 W. DuBose	18:40
29 N. Robinson	18:47*
30 J. Loboda	18:55
34 P. McKinley	19:25 PB
35 P. Snell	19:35
41 Jeff Schollhammer	20:59*
42 A. Lockhart (L3)	21:25*
43 G. Williams	21:29*
46 A. Gammon (L5)	21:54
47 M. Wheeler	22:19
48 A. Mehtani (L6)	22:19*
50 L. Lorraine (L8)	24:39*
51 J. Cartwright (L9)	25:24*
52 R. Daniels	29:58

\* First time competing in Mob Match  
Team result (20 to score)

1st VPH 292 2nd E.M. 567

# Jim Roche Runs For Middlesex County

## Middlesex AA XC Champs 12K, Ruislip, 8 Jan 00

Jim Roche continued his excellent winter's form into the 21st century with a brilliant top-20 finish in the Middlesex Championships over the challenging Ruislip course. Jim came home in 19th position, less than a minute behind a top-ten place. VPH's success didn't end there, with tight packing by Tony Lashmar 44th, Gary Bagnall 48th, and Gordon Faulds 49th helping to give the Club 8th place overall, taking the scalp of Enfield & Haringey in the process. Mike Penman had a solid run in 101st, with Peter Wright 107th, Terry Adams 136th, Paul McKinley 141st, and Grant Williams in 154th place. Jim's individual performance was good enough to see him selected for Middlesex in the Sefton-Brancker Trophy match vs. the RAF and the Civil Service. Tony, Gary, and Gordon could all be in contention for a vest next year with continued progress through good training.

19	J Roche	44:16
44	T Lashmar	48:17
48	G Bagnall	48:37
49	G Faulds	48:41
101	M Penman	54:04
107	P Wright	54:53
136	T Adams	60:53
141	P McKinley	62:05
154	G Williams	71:26

Team (6 to score)

1	London Irish	48
2	North London AC	119
3	Shaftesbury Barnet H	192
4	Harrow AC	193
5	Puma TVH	256
6	Ealing, Southall, Mx	341
7	Hillingdon	360
8	VPH	368

## Chingford League 5M XC, Trent Park, 15 Jan 00

Jim Roche followed up his top-20 finish in the Middlesex XC Championships with a top ten place in the first Chingford League race of 2000. Jim was ably supported by Graham Bennett and Tony Lashmar, who came home in 16th

and 19th places respectively, with Graham just getting away from Tony on the last hill. Fourth scorer was Gary Bagnall who gained an excellent 33rd position, followed by Team Captain, Tim Mitchell-Smith, whose 40th place was his best-ever finish in a league fixture. Completing the team was Mike Penman in a very solid 66th place to give the VPH 'A' Team 4th place on the day. Veteran Dave Robinson was first home for the 'B' Team in 74th place, four seconds ahead of John George with Paul McKinley finishing in 121st place.

8	J Roche	28:39
16	G Bennett	29:22
19	T Lashmar	29:31
33	G Bagnall	30:59
40	T Mitchell-Smith	31:54
66	M Penman	33:35
74	D Robinson	34:12
76	J George	34:16
121	P McKinley	37:28

Team Result

A Team (VPH 4th 182 pts)  
B Team (VPH 7th 808 pts)

## Club 5M Handicap Race, 20 Jan 00

		<u>Actual</u>
1	G. Bagnall	28:56
2	R. Newbold	30:43
3	T. Mitchell-Smith	30:45
4	M. Penman	31:38
5	D. Robinson	32:32
6	P. McKinley	35:34
7	T. Lashmar	29:20
8	Charlotte (?)	39:07

## Vets AC 6M XC Race,

### Wimbledon Common, 22 Jan 00

8th T. O'Neill 34:11

## Sefton Brancker

### Trophy 5.5M XC, RAF Hal- ton, Wendover, 22 Jan 00

Super congratulations to Jim Roche who was selected to represent Middlesex in this race. Jim finished 18th in 34:06.

## Sportshall Competition,

## Sportshall Competition, Bethnal Green, 22 Jan 00

VPH provided four officials for the North East London heat of the National U11 Sportshall athletics competition held at Bethnal Green. Mike Penman made good use of timekeeping skills honed during last year's Southern League campaign and Richard Newbold's expertise(?) at track judging was rewarded by the added responsibility of ringing the last-lap bell. Tim Mitchell-Smith and Gordon Faulds supervised a host of throwing events, although they missed out on tossing the caber! All four thoroughly enjoyed the day and helped to raise the Club's profile at the same time.

## South of England 9M XC Champs (incl. 10M XC Club Champs), Parliament Hill, 29 Jan 00

Jim Roche continued his phenomenal run of number one placings for VPH with his highest-ever finish in the Southern Championships at Parliament Hill. Jim's 81st position gave him nearly two minutes over Eton Manor's Michael Cates who beat Jim in the Mob Match at the beginning of the month. Jim's performance also gave him the Club 10 Mile Cross Country title, taking the trophy from holder Tony Lashmar who was 3rd VPH finisher in 217th place. In-between the two, taking the silver medal, was Graham Bennett, who continues his strong comeback after a stress fracture of the foot. Graham came through strongly on the last lap overtaking "about 50 runners", to gain 173rd position, showing considerable endurance despite missing half the winter. Just out of the medals this time was Gary Bagnall who finished in 294th position, exactly the same place as in 1999. Although he finished in the same position, Gary took 2:41 off his last year's time with Tony 2:02 faster, Jim a huge 7:04 quicker, but the biggest improvement in terms of both position and time came from Tim Mitchell-Smith, who has hit the form of his life to come home as 6th scorer in 377th place, 8:38 quicker than in 1999 and 267 places higher up the field. The other Harriers

## Jim Roche Wins 10M XC Club Champs

slogging round 9 miles of mud were Terry O'Neill, reappearing in VPH colours for the first time since last year's race in which he pulled a muscle; Alastair McCall, who's showing a sustained return to form over the month; Mike Penman who's making good progress after his achilles tendon problems; and Peter Wright who struggled due to tiredness brought on by work commitments. The team's position was a huge improvement on last year, scoring 1484 points and moving up to 24th out of 82 complete teams as opposed to 42nd/95 in 1999. With a couple of probable team scorers missing from this year's race, we could realistically be looking for a top 20 place finish in 2001.

81 J. Roche	53:35 Gold
173 G. Bennett	56:18 Silver
217 T. Lashmar	57:17 Bronze
294 G. Bagnall	59:29
342 T. O'Neill	60:22
377 T. Mitchell-Smith	61:14
514 M. Penman	64:45
528 A. McCall	65:11
594 G. Faulds	66:41
709 P. Wright	69:32

### Chingford League ~5M, Victoria Park, 5 Feb 00

Nearly 220 runners competed in the 7th round of the Chingford League and all were headed by VPH's Jim Roche as he turned the Apex on the first lap. His coach's words that morning had been to "be up in the leading group but to let the others do the work". However, Jim's current form is such that he now has the confidence to take on all comers. He eventually came home in 9th place, but could have gained 6th position if he'd been able to finish more strongly, something he'll be working on this summer. Good packing in the 20's saw Graham Bennett, Tony Lashmar, and veteran Gordon Faulds finish within ten seconds of each other. With Alastair McCall an excellent 44th position and Tim Mitchell-Smith recording a new PB of 29:41 for 67th position, the team finished third on the day to consolidate 7th position in the League. The 'B' team was once again led home

by veteran Dave Robinson, with fellow vets Peter Wright and Les Vialls close behind. Sprinter Terry Beackon, Gerry French, and Paul McKinley completed the team, which came 4th, with the VPH vets team gaining 5th place, its best position of the season by some way. Such was the number of VPH runners turning out that Gerry Franey, Jeff Schollhammer, and Mick Wheeler didn't score for the 'B' team despite producing solid performances. The Club also fielded a complete women's team with Averil Lockhart the leading finisher as 21st woman home for 187th overall. The team gained 8th place on the day and now has Woodford Green and Essex Ladies within reach with one fixture remaining.

9 J. Roche	25:49
23 G. Bennett	26:44
25 T. Lashmar	26:52
26 G. Faulds	26:54
44 A. McCall	28:29
67 T. Mitchell-Smith	29:41
80 D. Robinson	30:22
90 P. Wright	30:43
92 L. Vialls	30:47
110 T. Beackon	31:30
121 J. French	32:07
125 P. McKinley	32:37
134 G. Franey	33:11
144 Jeff Schollhammer	33:32
151 M. Wheeler	33:55
162 N. Robinson	34:42
182 G. Williams	36:51
187 A. Lockhart (L21)	37:34
199 D. Brown	39:23
202 P. Fitch (L30)	40:26
205 G. Brugnoli (L33)	40:36

#### 'A' Teams

1 Muswell Hill	105
2 Orion	178
3 VPH	194

#### 'B' Teams

4 VPH	618
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#### Vets Teams

5 VPH	288
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#### Womens Teams

8 VPH	128
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Individual Standings (7 races)  
5th J. Roche 89

### Vets AC 5.5M, Wimbledon

#### Common, 12 Feb 00

10th T. O'Neill 33:56  
35th L. Vialls 38:25

### Thursday 17th February Well Street Common, 3M

Club Handicapper Andy McCourt took this month's handicap to Well Street Common and was rewarded by one of the most well-attended events of recent years. In all, sixteen runners took part with Andy and Roger Daniels covering the timekeeping and recording of split-times, etc. Before the race, there were loud claims of "I'm unfit" coming from Mick Wheeler and Richard Newbold, despite both having been seen near Springfield Park at the weekend, moving surprisingly well. Current VPH No.1 Jim Roche also attempted to influence the handicapper and managed to steal a few seconds, which gave him a bit of an advantage over fellow fast boys Tony Lashmar and Gary Bagnall. Most of the handicapping worked well, with the majority of the field forming a long Indian file on the third lap. However, both Mick Wheeler and Richard Newbold appeared to have dramatically overcome their unfitnes to come home in 1st and 2nd places respectively. Fastest individual was Jim Roche, clad in his Middlesex vest, who recorded a scorching 15:07, seven seconds faster than his previous PB set at the Mob Match. Jim was obviously unaffected by the hard track session on Tuesday night which clearly weakened Tony and Gary, to such an extent that their coach (who cunningly didn't do the same session) recorded a slightly quicker time. Other athletes dramatically revising their PBs included Tim Mitchell-Smith, who just failed to break 17 minutes and Dave Robinson who improved by 25 seconds.

#### Actual Times

1 M. Wheeler	19:30
2 R. Newbold	15:53
3 M. Penman	17:10 PB

## Tim Mitchell-Smith Smashes Half-Marathon PB

4	T. Beackon	17:45 PB
5	J. Roche	15:07 PB
6	T. Mitchell-Smith	17:01 PB
7	D. Robinson	17:37 PB
8=	S. Shaw	19:43*
8=	B. Weeks	19:43*
10	L. Vialls	17:46
11	G. Bagnall	16:26
12	T. Lashmar	15:59
13	T. Adams	19:00
14	P. Thorley	21:33*
15	G. Franey	19:25
16	P. Snell	22:35

\* First time over this course

**Sleaford Half Marathon, 20 Feb 00**

T. Mitchell-Smith 83:36 (PB by 4.5 mins)

### **Letters to the Editor**

8 Nov 99

Dear Harriers,

Hope you are all well and the running is even better. I'm still in Africa and having a great time. The weather is about 40°C everyday, a bit too hot for running. We've seen lots of game and done some cool activities such as white water rafting and sand boarding the dunes in Namibia. Take care, Ari Ramathan

9 Nov 99

Dear Mr Secretary,

As from Saturday, 13 November and every Saturday thereafter, I'll purchase a £1.00 lottery ticket. If I'm fortunate enough to win, however big or small, I'll donate half of the winnings to VPH. I feel that if you enter this proposal into the club's newsletter, other members may do the same. I'll be using the same numbers every week. They are 14, 18, 29, 41, 47, 48. Plus, I feel the Club itself should purchase a couple of lottery tickets each week. A big win would help with a lot of building repairs. Yours sincerely, Ron Vialls

Dear Ron,

Thanks for buying lottery tickets on behalf of the Club. VPH won't be buying lottery tickets, but will invest in some Premium Bonds very shortly. Regards, Wayne

3 Dec 99

Dear Wayne,

Many thanks for the usual informative VPH News. Pleased to see that things are progressing well. I enclose a cheque to renew my Associate Membership. Some time ago, I prepared a coaching article on endurance training but did not use it. You might like to have a copy and feel free to print it or pass to Les Vialls or Richard Newbold (or throw it away!). Best wishes, Con Milton, Master Coach

Dear Con,

Your coaching article is being heavily digested by qualified coaches Richard Newbold and Tim Mitchell-Smith as well as Les Vialls.

Regards, Wayne

From: Paul McKinley

[mailto:p\_mckinley@hotmail.com]

Sent: Friday, December 17, 1999

Hi Wayne,

The party (VPH Xmas Party) was a fantastic success!! Great atmosphere, great food, great drink, great singing (OK - the singing wasn't so hot!) and great company - how could it fail?! We sang New York, New York in your honour and yes...we did it our way! The ladies group is up and down at the moment, with Christmas coming up and all. I've decided to join Les on Tuesdays. This way, Les can run with the slower ladies and I can take the pacier ones. I've posted messages all over the Internet inviting London Marathon acceptees to join VPH for Marathon training. We have three new ladies, two of whom have found us this way! They are all good runners and two did the Great North Run this year. Looking promising. I'm going to add a page to my VPH web site this weekend giving details of marathon training at VPH. I'll submit this to search engines under London Marathon training. I'll also set up a training diary online which I'll update each week. About time I started keeping a running diary anyway. All the best. Regards, Paul

Dear Paul,

You've done a marvellous job in exploiting the Internet to the advantage of VPH. Keep up the great work. It's much appreciated.

Regards, Wayne

7 Jan 00

Dear Wayne,

Many thanks for ensuring that the VPH News still reaches me. I always enjoy reading it, and it's particularly nice to come across letters from many of my old contemporaries. Enclosed is my annual subscription. Kindest Regards, Ken Prevost (Switzerland)

Dear Ken,

Glad to hear from you. Hope you're saving up to travel over for the 75th Anniversary Dinner next year.

Regards, Wayne

18 Jan 00

Dear Wayne,

Just a short note to say thanks for VPH News, it's always a good read. Enclosing a cheque for £50 towards Club funds. Sorry to read about Hanna's knee injury, do trust it's now on the mend. All the best, Fred Plumm

Dear Fred,

Thank you so much for your generous donation. I look forward to seeing you for the first time in 2001.

Regards, Wayne

### **100 Club Announcement**

I've taken over running the 100 Club from Ron Iron who is stepping down after a number of years of running a valuable source of income for the Club. In 1999, we made a profit of £825. I'm changing the prize format and will now offer three monthly prizes between January to November of £50, £20, and £10. The Christmas draw will remain the same with winners receiving £100, £50, and £25. If anybody wishes to join or have more numbers, you can pay either by direct debit or cash. I can be contacted on 0958 401638 during the day or see me down at the Club. Gerry Franey

**Ken Rouse, Ron Iron, Alan Howlett, John Anstey**  
**Club 3M/5000m Champs of Yesteryear (and all Life Members)**

**Message from our Social Secretary**

Dear Members,

As you know, the Club was broken into three times with the Children's Christmas Party fund being stolen on one of those occasions. I was very upset by this act, but my heart was warmed when members dug into their pockets and contributed £157. There are too many to name, but you know who you are. I want to take this opportunity to thank you from the bottom of my heart. The Club really does stick together in times of trouble. I'm pleased to say that the Children's Xmas Party was a total success with the entertainment being out of this world. Putting on this party for 65 children was a great way to finish 1999. Les Vialls

**All-Time VPH Boys Track and Field Records**

100	Neville Douglas	11.6 (74)
200	Mike McFarlane	23.5 (74)
300	Leslie Marrs	41.6 (77)
400	Audley Johnson	54.6 (67)
	(actually ran 54.9 for 440 yds)	
600	George Hayden	95.1 (74)
800	George Hayden	2:05.5 (74)
1000	Simon Crisp	3:09.9 (77)
1500	Chris Jones	4:26.7 (66)
	(actually ran 4:48.0 mile)	
3000	Paul Tempan	10:27.0 (77)
LJ	Roy McKenzie	5.54 (75)
HJ	John Richardson	1.60 (77)
TJ	Roy McKenzie	11.35 (75)
DT(s)	John Morrow	24.60 (76)
JT(s)(old)	Roger Pearson	36.30 (76)

(s=senior implement)

**VPH Strategy Update**

1. Membership & Marketing

- a. Membership Recruiter set objectives
- b. Recruit someone to take the lead in establishing a women's section—Les Vialls went out of his way to get the women's section started. We think he's done the job with a fair amount of success. 18 female members so far.
- c. Relations with local press OK. Next press officer to continue good relations with papers and establish rapport with East End Life
- d. Link to Mile End Park web site

(Ongoing)

e. Establish partnership with Tower Hamlets Sports Council (Recreation Dept)—Rich Newbold established a good rapport. We need to continue as we've done over the last year and keep helping out when we can.

f. Establish partnership with Hackney Council—As part of the Open 5 mail-shot, Rich Newbold will contact the local Hackney schools to plant the seed.

g. Need youth policy director at VPH Absolutely vital. This is our biggest failure as a Club.

h. Mass mailshot (to people living locally in the form of leaflets through the door; in conjunction with the jumble sale (Ongoing. Mike Penman to set Jumble Sale date .)

i. Hand out VPH business cards to prospective members (to be printed in the near future)—Cards are being handed out on Sunday mornings.

2. Money

a. Hire out clubhouse (ONGOING)

Income going in the right direction. The Jumble Sale will help promote us as a venue. What we really need is a mid-week user during the day. Even one group using us for a few hours a few days each week would generate a fair amount of money over a year.

b. Target local business for Open 5 revenue (new Fundraiser's task) — (DONE AND ONGOING).

3. Maintenance

a. Set building renovation schedule

Gary Bagnall will have this completed by the end of March. I think we'll be horrified by the amount of work needed and how much it will cost. We'll need some grants to do the work properly.

b. Seek grants for improvements (new Fundraiser's task)—What we need to do is to be a unique resource, to be seen as providing an excellent service, and to have a lot of luck as well.

b. Priorities (once floors are cleaned - FLOORS NOW CLEANED)

i. Weights room - coat of paint, new mats and mirrors, proper bench/squat apparatus—Easily achievable for a relatively small outlay. Some of last year's grant money will pay for a new bench and some new mats. A bright and clean

weights room will be attractive to new members.

ii. Hall repainting - light and warm "classic" colours—More long term this one. There's a bit of work required on the ceiling, etc. before this would be worthwhile.

iii. Men's changing room - wall to be sorted out (insulated plasterboard on top of existing problem wall?)—Another quick and easy task (relatively cheap as well) that'll yield a much more attractive (and healthy) environment. To be combined with repairs to the changing room floor - should be done this year.

**3 Mile/5000m Track Club Champions**

Three Miles (add 30 seconds for 5000 time)

1935	E. Markwick	16:27.6
1936	D. Carpenter	16:04.0
1937	D. Carpenter	15:24.4
1938	D. Carpenter	15:39.1
1939	D. Carpenter	15:44.0
1947	D. Carpenter	16:01.5
1948	G. Iden	15:52.0
1949	D. Carpenter	15:30.0
1950	G. Iden	15:50.0
1951	S. Field	15:26.0
1952	G. Iden	15:14.2
1953	K. Rouse	15:02.0
1954	A. Pattison	14:35.0
1955	S. Day	15:05.6
1956	A. Pattison	14:30.0
1957	A. Pattison	14:13.6
1958	S. Day	14:39.2
1959	S. Day	14:18.4
1960	S. Day	14:31.6
1961	R. Iron	14:41.6
1962	D. Callaghan	14:50.6
1963	R. Iron	14:36.8
1964	R. Iron	14:27.7
1965	M. Quanne	14:49.0
1966	A. Howlett	14:16.4
1967	M. Quanne	14:17.4
1968	B. Boardley	15:28.0
1969	M. Quanne	14:10.8

5000 metres

1970		
1971	Mike Quanne	15:07.0
1972	J. Anstey	16:19.0
1973	M. Quanne	15:12.8
1974	J. Anstey	15:58.0

## Tim Mitchell-Smith, Newly Qualified Coach!

1975	J. Anstey	15:51.8
1976	J. Anstey	15:56.0
1977	M. Quanne	15:20.0
1978	K. Lowe	16:06.0
1979	K. Lowe	15:58.0
1980	J. Anstey	15:54.0
1981	M. Gonzales	15:40.0
1982	K. Lowe	15:54.6
1983	O. Box	15:47.0
1984	D. O'Donnell	15:41.5
1985	D. O'Donnell	15:43.6
1986	D. O'Donnell	15:31.0
1987	?	
1988	Not Held?	
1989	A. Wheeler	16:05.0
1990	?	
1991	P. Hampshire	15:51.0
1992-8	Not Held	
1999	T. Lashmar	

### Blast from the Past

On 26 June 1954, VPH'er Geoff Iden finished 4th in the Polytechnic and AAA Marathon in a time of 2:28:04. He was backed up by Jack Flowers who placed 15th in 2:36:53 and Ted Flowers who finished 22nd in 2:39:35. On this day, VPH finished 2nd in the National team championships and won the Southern team race.

### 100 Club Winners

October - R. Newbold  
 November - G. Franey (£100), L. Vials (£75), M. Carr (£25)  
 December - M. Eldridge/J. Roche  
 January - S. Franey (£50), T. Vials (£20), G. Dodd (£10)

### Congratulations!

To Tim Mitchell-Smith on successful completion of his Level 1 Endurance Coaching course. Rich Newbold is currently in the midst of his Level II course.

### Death, Taxes, and Building Costs

In recent weeks, we've paid £1,410 for shower renovation and repair and another £1,069 to properly insure the building for £702,000. In other words, 44 members' subs were wiped out with the issuance of just two cheques. Dona-

tions always gratefully accepted, not to mention on-time subs (you 45 members know who you are).

### Open 5

We're really hopeful of a good entry for the Open 5 on 1 April this year. The date has been advertised on our web site for many months now. In addition, we're sending flyers to 104 runners who competed last year. Rich Newbold will be writing to local schools advertising the youth races held in conjunction. I should imagine we'll be advertising in newspapers and sports magazines as well. As usual, we need lots of help to make our big event a rousing success. Set this day aside and help out VPH.

### London Chest Hospital Fun Run, 23 Jul 00

This is fast becoming another of our big community service projects where we host a fun run in the Park to help raise money for the hospital. Another date to mark in your diary if you can help out.

### Club BBQ, 5 Aug 00

Definitely mark this on your calendar. After our A and B Southern League teams finish their home match at Mile End Stadium, it's all over to Club HQ for a night of celebration and fun. Medal presentations, karaoke, good food, dancing, and just plain good old camaraderie make this a very special day. Don't miss it. Start off at Mile End to cheer the athletes on.

### VPH 75th Anniversary Year

Eleven months to go until our big anniversary and about sixteen months until the 75th Anniversary dinner.

### Committee Goings-On

Do we have a strong committee this year? You bet. The ideas keep coming and coming. And we have the people to back up their words with actions. The last committee meeting lasted until 11:05 pm which just has to be a Club record. In fact, one that will not be broken as Rich Newbold has promised

to zoom through future agendas. Here's just a few of the ideas being put into action:

- Ongoing VPH business card distribution runs on Sunday mornings where VPH'ers donned in club vests hand out VPH contact information to any new runners they see in the Park in the hope of enticing them into VPH.
- Tim Mitchell-Smith has posted signs at the Victoria Park gates advertising VPH marathon training. He's also posted business cards in local library, Safeways, and a sports shop.
- Mike Penman placed club training information in London magazines (Time Out, Hot Ticket, TNT).
- Mike is also organising a jumble sale in the very near future to be held in the main hall. The intent is to make some money and highlight VPH's existence. We're already collecting goods to sell on the day. If you have contributions, please drop them by. Thursday night is probably best time to do so.
- Hackney Council contacted Paul McKinley and requested they be allowed to link our web site with theirs in order to maximise a youth sports program that they're overseeing. By the way, Tower Hamlets Libraries now has VPH listed in their information databases.
- Mick Wheeler spotted a critical deficiency in our electrical system at Club HQ. This explained why a small part of our committee meetings were held in the dark. Mick has been working closely with the London Electricity Board in order to ensure a safe and efficient electrical distribution system is in place. Mick plans to install a bigger fuse and larger cables in the very near future.
- Gary Bagnall gathered up a bunch of volunteers in recent days to spend a few hours cleaning up the garden and gutters and generally getting rid of junk.
- Les Vials contacted a local college and was able to get an instructor

and students to give the main hall floor an almost brand-new look at just the cost of materials. It looks great!

- John Schollhammer suggested that the Club Summer Outing be reinstated. More to come on this one. It's good to have some older members returning to the committee so they can reapply some of the old good ideas that were lost through the mists of time.
- Gerry Franey has graciously volunteered to be Membership Secretary and has set about his job with vigour, turning over £1,500 to the treasurer after one month's effort.

#### **Club Secretary Vacancy in 8 Months**

Rich Newbold has announced that he intends to step down from the Club Secretary position at the next AGM in eight months. Plenty of time for us to figure out who his successor is. Whoever it is must be organised, be able to write well, and possess great attention to detail. Who knows, it could be you.



**Keith Lowe, Life Member**

#### **Middlesex AA Track & Field Judges Course**

We really need judges in our club desperately. We give free membership to qualified judges who do sufficient work in that capacity. Consult the notice board or see Rich Newbold for details.

#### **Southern League Regionalisation**

At the Southern League AGM, it was decided that Divisions 6 and 7 would combine and be divided into regions. Therefore, our B team finds itself pro-

moted into Division 6 (6E to be precise).

#### **Items from "The Victoria Park Harrier" (Club Mag) Oct-Dec 1959**

"While travelling in a 145 bus after leaving Riggs Retreat some weeks ago, our new President, Albert Abrahams, suffered superficial cuts to his face when some irresponsible lunatic fired upon the bus with a small calibre rifle and shattered a window. Sitting alongside Albert, Jack Flowers escaped injury. Police rendered first aid and searched the nearby forest, but without result. It looks as though to be President of VPH is as hazardous an office as President of the USA."

#### **Club Rankings 1959**

100 yards - 2nd= Deric Bareford (10.8), 5th= Ken Prevost (10.9), 7th= John Schollhammer 11.0

880 yards - 1st Ken Rouse (1:58.6), 2nd Ron Iron (1:58.9), 8th Alan Howlett (2:00.8)

These six athletes are still members of VPH over 40 years after these rankings.

## VPH NEWS

**Victoria Park Harriers  
St Augustine's Hall  
Cadogan Terrace  
Hackney  
London, E9 5EG**

