

# ❖ VPH AND THAC NEWS ❖

Circulation 272

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February 2003

## Road & Cross Country and Indoor Track & Field Success in Abundance

### Dates to Remember

8 Feb - Club 10M Road Champs, VP  
22 Feb - Nat'l XC Champ, Parl. Hill  
1 Mar - N. of the Thames Sr XC Champs  
(incl. Ladies 5K XC Champs), Ruislip  
4 Mar - Chingford League, Eastway  
15 Mar - Club 20M Road Champs, VP  
25 Mar - Physical Shield, Loughton  
29 Mar - Open 5, VP  
6 Apr - SEAA 12-Stage Relay, M Keynes  
13 Apr - London Marathon  
\*\*Club Handicap races held on the last  
Thursday of each month.

### Track & Field Dates 2003

Apr 5 Alpha/Beta Trophies, Haringay  
Apr 13 London Marathon  
Apr 26 Women's Southern League  
Apr 27 Young Athlete's League  
May 3 Men's Southern League  
May 4 Young Athletes League  
May 10/11 Middlesex County Champs  
May 17 Men's Southern League  
May 17 Women's Southern League  
May 18 Young Athletes League  
May 21 Club 10,000m Champs, M.End  
May 24/25 SEAA U20 Champs, Watford  
May 31 Men's Southern League  
Jun 1 Young Athletes League  
Jun 7 Women's Southern League  
Jun 15 BAL Cup 1st Round  
Jun 21/22 SEAA Champs, Portsmouth  
Jun 28 Men's Southern League  
Jun 28/9 AAA U20/U23 Champs, Bedford  
Jun 29 Young Athletes League  
Jul 5 Women's Southern League  
Jul 11/12 Eng. Schools Champ, Sheffield  
Jul 12 Men's Southern League  
Jul 19 BAL Cup S/F  
Jul 20 Young Athletes League  
Jul 25/27 AAA Champs, Birmingham  
Jul 26 (tentative) Club Champs -  
Pentathlon, Long Jump, Discus, Javelin,  
1500m - Mile End  
Jul 27 U13 Inter Counties, Kingston  
Aug 2 Men's Southern League  
Aug 9 Women's Southern League



### **Symone Belle, Ranked 1st in the UK in U17 Long Jump 2002 and National Indoor U20 60M Hurdles Champ 2003**

Aug 9/10 AAA U15/U17 Champs  
Aug 16 BAL Cup Final  
Aug 23 Club Champs - 100m, Mile,  
Shot Putt, High Jump, Hammer  
Throw, Triple Jump - Mile End  
Aug 30 Club Champs - Sprint  
Hurdles, 400H, 3000SC, Pole Vault -  
Mile End  
Sep 6 Women's Southern League  
\*\*Club championships for 200m,  
400m, 800m, and 5000m will be held  
on Tuesdays or Thursdays during the  
summer at dates to be determined.

### Erratum

On Page 13, Column 3 of the October  
2002 issue (the last one), Lydia Bruce-  
Burgess's time should be 6:03, not  
6:07.

**"A single person can make a difference,  
and every person should try." JFK**

### 100 Club Winners

1st - £50, 2nd - £20, 3rd - £10  
October winners - 1st Les Vialls; 2nd  
Paul Johnston; 3rd Frank Massingham  
November winners - 1st Ron Iron; 2nd  
Terry Green; 3rd Roger Brooks  
December winners - 1st Gavin Stewart  
£100; 2nd Peter Spencer £50; 3rd Steve  
Guy £20  
\*\*Support the club by spending £2 per  
month on this fundraiser. Contact Gerry  
Franey or Wayne DuBose for details.

### Jack & Ted Flowers

After running for Victoria Park Harriers  
from 1947 to 2001 (54 years!!!), Jack  
and Ted have moved on to their next  
adventure. Their new address is:  
St Mary's Private Residential Home,  
3 Beach Avenue, Birchington  
Kent CT7 9JS (Please drop them a line.)

### New Life Members

Congratulations to Alf Vickers and Paul  
Janko who joined the select ranks of our  
Life Members. This recognition was a  
just reward for their devotion to the  
pursuit of athletics excellence in East  
London over the past 20 years.

### Recent Achievements

3rd North London XC Champs, 2nd  
North of the Thames Inter-team, 1st  
Men's & Women's Ware Cup, Middlesex  
Indoor T&F Champs (Richard Alleyne,  
Symone Belle, Sareena Robinson, Millie  
Zah), South of England Indoor T&F  
Champs (Rikki Fifton, Symone Belle),  
National Senior Rankings for 2002 (R.  
Alleyne, R. Fifton, S. Belle)

### Weights Room

At our Cadogan Terrace HQ, our ladies  
respectfully request that the few stronger  
men in the weights room remove heavy  
weights from bars when finished so that  
the women can use the bars as well.

## Tim Grose Runs Club's Fastest 6-Stage Leg

### SEAA 6-Stage Relay, Rushmoor Arena, Aldershot, 28 Sep 02

VPH&THAC men fielded two very solid teams in this year's Southern 6-stage relay (6k per leg), finishing in 31st and 57th positions out of 91 starters. The 'A' team's time would have been sufficient for a position around 10 places higher in 2001, putting them on the edge of qualification for the National finals (top 20 in each region). Opening the proceedings were Jim Roche and Jon Cullom. Jim had been under the weather over the summer with continued anaemia but was still recording excellent times (5th fastest at Chingford League relay and 73 minutes at the Bristol Half Marathon). However, this was perhaps one race too far and Jim's pained expression from the start seemed to confirm this. By contrast, Jon, who'd spent the second half of the summer in the States, seemed to be slightly fitter than he'd expected and after the opening lap, held a 50m lead over Jim. On the second lap, Jim's grit and determination pulled him through, just passing Jon to hand over to Tim Grose in 55th place. Tim's former teammates at ESM had been winding Tim up when they spotted that their opening leg runner was well ahead of ours. However, this proved to be a very unwise tactic as Tim carved his way through the field, gaining us 16 places, as he recorded our fastest leg of the day with 19:31. Next up was Laurence Curley and he also broke 20 minutes as he ran our second fastest leg of the day to gain us 3 more places. Keeping the forward momentum on leg 4 was Tom Carrick, on his Club debut, who ran just over 20 minutes as he pulled us up five more places to 31st position overall. Completing the sextet were Tony Lashmar and Graham Bennett who had solid runs during the more lonely later legs and kept our position at 31st to round off a successful return to the 6-stage. The 'B' team also returned a solid performance with our position hovering around the late fifties all the way round. Gordon Faulds had the most notable performance, after Jon's opening leg, as he gained four positions on leg 5. To field two good teams was a notable achievement and augurs well for competitions such as the Middlesex

Cross Country, North of the Thames Senior, National Cross Country and the 12-stage relay where strength in depth (9 to 12 runners in scoring teams) is key. There's a role for everyone this winter and medals up for grabs if we keep getting the athletes out. Full results appeared in the last magazine. **A team** 31st 2:01:32; **B team** 57th 2:12:32 (Rich Newbold reports).

### Canary Wharf Group PLC Annual Sports Awards, 7 Oct 02

The Canary Wharf Group PLC Annual Sports Awards 2002 was a glitzy occasion held in the imposing surroundings of Cabot Hall and one that those VPH&THAC members who attended won't forget for a while. On arrival, we were directed to table number 26, handily located at the very far corner of the room, as far from the stage as was possible without being outside. This gave us an inkling that we weren't likely to win "*Team of the Year*". The ceremony opened up with a display by the Ascension Eagles who were a cheerleading troop. Strangely enough, there wasn't a pom-pom in sight and very little co-ordination either; no mention was made of the team(s) they cheerlead for, but the feeling was that they wouldn't receive much help from the sidelines (in fact, they cheerlead for London Knights Ice Hockey Team who've lost their last three games, not that I'm bitter and twisted). Next, the host rattled through nominations for 'Sports Personality of the Year' in which our own Symone Belle was nominated. Given that Symone had won last year, I guess she didn't expect to win this year and with a disabled swimmer from Bethnal Green Sharks having set a shed-load of British, European and World Records, it looked like he'd be favourite (in fact, he did win). Next up was 'Junior Team of the Year' which included a range of football teams, one of whom had won the Inner London Schools 'K' Trophy, which was apparently "*as good as winning the FA Cup*". No wonder none of the Premiership teams seem that bothered with anything outside the Champions League these days.....After that, it was the turn of "*Senior Team of the Year*" and we waited with baited breath for our nomination, and kept on waiting as a

variety of football teams, Bethnal Green Sharks and Millwall Rugby Team, who seemed best known for their "*friendly Clubhouse*" all made appearances. But there was no nomination for Victoria Park Harriers & Tower Hamlets AC. We all looked a bit sheepish and were too embarrassed to ask where our nomination was! As it turned out, there was another category for "*Group of the Year*". No, we don't understand the difference either, and first up for that were the Ascension Eagles. Yes, we were going to be lumped in with a mal-coordinated bunch of cheerleaders. However, it turned out that the Eagles "*had won six British titles and come 4th in the European Championships*" - ever feel you're in the wrong 'sport'? Then came our mention: "*Victoria Park Harriers & Tower Hamlets AC were champions of Division 3 of the Southern League and won all their six matches.*" And that was it..... it didn't sound very impressive and we knew it. Moving from one seemingly mediocre division to a slightly higher division in a seemingly mediocre league. If only the SML went 'Super', 'Premier', 'First', etc. we'd stand a much better chance. Plus, lots of other groups had mentioned individual performances but not us (and with Symone, Rikki Fifton and Richard Alleyne, we've won some top-quality individual medals this season). We'd not even mentioned the Ware Cup or Physical Shield wins - surely on a par with the UEFA Cup and Worthington Cup at the very least? So, that was it, we were going to be duffed up by a load of girls in ra-ra skirts. Up we went onto the stage for our team photo and presentation of a very nice engraved perspex plaque (it reminded me of the medals for this summer's European Athletics Championships). The remaining nominees were read out including Paul Janko's Tower Hamlets Gymnastics Club but it was the cheerleaders who won the prize. After that, there was another display, this time by Paul's gymnasts, who quite frankly would walk the European Cheerleading Championships if they just turned up and made something up on the spot. They were splendid and some of them looked very capable of being converted into pole vaulters too! In addition to the awards for teams and

## Georgia Wood Breaks Club Championship Record

individuals, there were also "Volunteer Awards" for those incredibly hard-working souls who manage teams, coach athletes and generally enable organised sport to exist in our local community. Two club members were nominated for awards. Alf Vickers for his athletics coaching and organising, special note being made of Alf getting the Middlesex Championships to the Borough for the first time (which should be coming back next year as he made such a good job of it). Paul Janko gained recognition for his work promoting gymnastics in the borough. Congratulations to both of them. The other event of note during the evening was the raffle where a signed West Ham football, a snooker cue and £100 were the prizes. Bizarrely enough, the West Ham football was first prize and was won by our Club President Richard Newbold, expect to see it re-appearing in a VPH&THAC raffle at Christmas, not that that should put you off buying a ticket! (R. Newbold reports)

### **Arthur Coombes Memorial 3.5M Road Champs, Victoria Pk, 12 Oct 02**

To breakfast or not to breakfast? Tim Grose won his second Club Championship of the 2002/3 season with an excellent 17:45 clocking to take the Arthur Coombes Plate at a rain-soaked Victoria Park and to go 15th in the club's all-time rankings for this 29-year-old course. Despite the weather, the event attracted a large field, with 26 runners toeing the line. With appalling pre-race conditions, most of the competitors spent their warm-up huddling in the Clubhouse before Tim Mitchell-Smith dragged them outside to pose for some photos then race. Despite cold, wet, and thanks to a good number of fallen leaves, slippery conditions, the runners got off to a flying start with Graham Bennett, Tim Grose, Laurence Curley, Tony Lashmar, James Waters and Dean Scarfe well to the fore. Given his lack of racing experience, Dean's appearance at the front of the field was perhaps unexpected but he looked comfortable and very lively over the opening half mile. On the run up to St. Mark's Gate, it was Graham who was stretching the field out, gaining 15 yards on the

chasing field. However, his appearance at the front of the field was short-lived and about 100 yards past the cinder track, he had to pull up and be sick as his breakfast made a sudden re-appearance. With Graham stepping off the course, it was Tim who took the lead with Laurence in 2nd, Tony 3rd and James 4th. By the apex, Tim had opened up a significant lead of around 60 yards over Laurence with Tony another 50 yards back, and James close on Tony's heels. Gradually closing down on Tony and James was the slow-starting Richard Newbold with Graham having re-started running about 100 yards behind him. By the T-junction, Tim was well clear, with Laurence safely holding 2nd place, but a tough battle for 3rd place was beginning as James moved onto Tony's shoulder putting him under pressure. At the end of the figure-of-eight, Tim was well clear and looking likely to run well under 18 minutes, with Laurence dropping further back, and James and Tony neck and neck for third. 25 yards behind the battle for 3rd place, Richard looked as though he was never quite going to be able to catch Tony and James but as they became engaged in cat-and-mouse tactics along the run down to The Victoria pub, Richard was able to rapidly close the gap and tuck in. After taking a short breather, Richard picked up the pace just after the cricket nets, immediately dropping Tony but not James. With another increase of pace past the tennis courts, Richard managed to open the gap between him and James to move into a definite third place. At the finish, Tim ran out an easy winner by 35 seconds from a tired Laurence, who suffered from a lack of energy undoubtedly brought about by his missing breakfast. Richard held onto 3rd place, nine seconds ahead of James who broke his PB in the process. Tony came home in a solid 5th place, undoubtedly still a bit leggy after his efforts at the Great North Run six days earlier. Graham potted round for 6th place with newcomer Ian McGilloway a very good 7th place to follow up his strong run at the Club Mile where he was 6th. Following close behind was David Shortridge with Mick Cairns coming home in 9th place.

Following Mick home was the fast-starting Dean Scarfe, proving that the 5 o'clock running academy can still turn out good athletes. With a more cautious start and a few more races, Dean could feature strongly in VPH&THAC teams this winter. After Dean, came 4 athletes within 25 seconds with Gary Bagnall holding off Gary Deathridge, and Les Vialls getting his revenge over Gerry Franey. Twenty seconds after Gerry crossed the line came this year's women's champion, Georgia Wood. Although glad of the win, after a niggling injury, Georgia was an agonising two seconds short of Hanna Robson's Club record for the 3.5M course but nevertheless reduced the Championship Record by over three minutes! Gaining the silver medal was Elaine Battson, 43 seconds clear of 3rd placed Cecile Brugnoli with Sarah Johnsen (4th), Anna Fake (5th) and Sally Weddell (6th) all notching up very valuable Boswall League points. The race also saw two junior athletes running a 2.5M course with Vince Scarfe coming home first in a very respectable 18:26. Sadly, the other finisher, Alfie Jackson turned left rather than right at the T-junction and ran about 300m in the wrong direction before being re-directed by some of the leading men coming in the opposite direction. Given that he was ahead of Les Vialls when he went wrong, a sub-16 minute clocking should have been on the cards; maybe next year. Thanks to Tim Mitchell-Smith, Mike Wheeler, Aude-Claire Markiewicz, Roger Daniels, Vinnie O'Kane and Buster Boulter for officiating and supporting in such dismal weather. (Rich Newbold reports)

#### Men

1 Tim Grose	17:45*
2 Laurence Curley	18:20*
3 Rich Newbold	18:49
4 James Waters	18:58 PB
5 Tony Lashmar	19:12
6 Graham Bennett	20:01
7 Ian McGilloway	20:59*
8 Dave Shortridge	21:02 PB
9 Mick Cairns	21:13
10 Dean Scarfe	21:40*
11 Gary Bagnall	21:55
12 Gary Deathridge	22:06

## Sally Weddell Reduces Well St Common PB By Over 2 Minutes

13 Les Vialls	22:17
14 Gerry Franey	22:19
15 Peter McHugh DeClare	23:06
16 Phil Miller	23:44
17 Jon Mail	24:41*
18 Darren Stobbart	28:57

\* First time over this course

### Women

1 Georgia Wood	22:39 PB
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**(Club Championship Record)**

2 Elaine Battson	25:05 PB
3 Cecile Brugnoli	25:48 PB
4 Sarah Johnsen	26:09
5 Anna Fake	26:36 PB
6 Sally Weddell	33:59 PB

### Juniors

1 Vince Scarfe	18:26 G
2 Alfie Jackson	21:10 S

### From:

<Garry.Walker@enfield.gov.uk>

Sent: Tuesday, October 22, 2002

Subject: **Havering 10K, 13.10.2002**

I went to Hornchurch on 13th October to run the 10K road race. During my warm-up jog, I met Len Williams. Although he does not appear to have aged at all, he told me he is now in the over-60s age group. He is running more now and trying to keep himself fitter, since he was told he had a blood-pressure problem. The race itself was held in steady rain but was very well organised and marshalled.

21 G. Walker (2nd M50) 43.06  
79 L. Williams (4th M60) 51.00  
(144 finished) Regards, Garry

### Chingford League 5.5M, Loughton, 19 Oct 02

In 2001, the men managed to score three in the top-10 but still only finish 4th. In 2002, we were missing two of those leading scorers but managed four in the top 10 and closed in by 19th, winning the team race by over 60 points. Leading the charge this time around were Tim Grose, Tom Carrick and Laurence Curley and the three of them spent the afternoon chasing Gamester of Enfield. They didn't catch him but pulled comfortably clear of the rest of the field with Tim getting ahead of Tom in the last half mile as Laurence tailed off slightly. Next home was Jon

Cullom in 10th place, Tony Lashmar close behind in 12th place and Graham Bennett closing up the 'A' team in 19th position to give the team the ultra-low total of 50 points. Leading home the 'B' team was Damian Manning in a splendid 22nd place with veteran Mick Cairns 49th, Gary Bagnall 51st, Dave Shortridge 65th, Ian McGilloway 80th and Tim Mitchell-Smith 83rd, completing the 'B' team which gained an encouraging 2nd place in their section. The men also completed a full vets team with Les Vialls, Gerry Franey and Garry Walker (in his first cross country race for nearly 20 years) scoring along with Mick Cairns.

The VPH&THAC women had a less successful afternoon, with Lydia dropping out whilst in a good position. That left Anna Fake to lead the team home with Elaine Battson finishing in close order. So, after three fixtures the men are well clear at the top of the table with Orion and Barnet not managing to mount an effective challenge as yet. Photos of this race can be found at the Chingford League pages on the ABC website:

<http://www.attwoodbc.co.uk/attwoodbcframe.htm>

(Rich Newbold reports)

2 T Grose	31:22
3 T Carrick	31:23
4 L Curley	31:45
10 J Cullom	32:59
12 A Lashmar	33:03
19 G Bennett	33:47
22 D Manning	34:14
49 M Cairns (M40)	36:34
51 G Bagnall	36:41
65 D Shortridge	37:25
80 I McGilloway	39:12
83 T Mitchell-Smith	39:15
101 L Vialls (M55)	40:28
111 G Franey (M45)	41:07
114 J Mail	41:17
115 G Walker (M50)	41:19
156 A Fake (L26)	46:00
159 E Battson (L28)	46:24
164 D Webb	47:12

### Senior Men "A" Team (10 teams)

1 VPH&THAC	50
2 Orion	113
3 Woodford Green	191
4 Enfield & Haringey	191
5 Barnet	221

### Senior Men "B" Team (9 teams)

1 Orion	249
2 VPH&THAC	350
3 Enfield & Haringey	448
4 Eton Manor	604

### Veteran Men (10 teams)

1 Barnet	49
7 Eton Manor	300
8 VPH&THAC	376

### Ladies Team ( 8 teams)

1 Barnet	31
5 Eton Manor	87
6 VPH&THAC	142

### Middlesex County Marathon Championships, Abingdon, 20 Oct 02

This year, an unattached runner won the men's title in 3:08:33.

### Well St Common 2.9M Handicap Race, 31 Oct 02

	<u>H'cap</u>	<u>Actual</u>
1 Angela Clark	27:53	27:53*
2 Sally Weddell	28:05	28:05 PB
3 Jane Appleton	28:07	23:07*
4 Clare Chapman	28:08	25:08*
5 Amy Ford	28:18	25:18*
6 Kelly Frowen	28:35	28:35*
7 Jon Mail	29:11	20:11*
8 Phil Miller	29:13	19:13*
9 Jane Roche	29:14	26:14
10 Tony Lashmar	29:22	16:07
11 Mick Wheeler	29:28	20:58
12 Mick Cairns	29:36	18:36
13 Dan O'Sullivan	29:47	21:17
14 Mark Sutton	30:25	18:10
15 Gary Deathridge	30:46	18:16

### Club XC Champs, Woodford Golf Course, 2 Nov 02

#### Sr Men - 5 Miles

1. Tony Lashmar	30:50 G
2. Jim Roche	32:51 S
3. Tim Mitchell-Smith	35:05 B
4. Gary Deathridge	36:43
5. Gerry Franey	36:50
6. Les Vialls	36:52
7. Phil Miller	38:13
8. Jon Mail	39:44
9. Dave Webb	45:53

#### Sr Women - 2.5 Miles

1. Lydia Bruce-Burgess	18:15 G
2. Anna Fake	20:37 S
3. Cecile Brugnoli	21:09 B
4. Katy Denny	23:00

# Tony Lashmar and Lydia Bruce-Burgess Win Club XC Champs

5. Paula Orton	24:09
6. Judith Burns	24:20
7. Barbara McHugh DeClare	24:56
8. Sally Weddell	26:12
Off course: Elaine Battson, Sarah Johnsen	

Jr Men (U20) - 5 Miles

1. Darren Clark	44:33 G
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Youth (U17) - 2.5 Miles

1. Alfie Jackson	18:01 G
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**Chingford League 5K, Eastway, 5 Nov 02**

After three consecutive wins, the Harriers' Men's team had opened up a small lead at the top of the table and another majestic display at Eastway confirmed them as the team to beat this season. After four fixtures, the team now has a huge 5-point lead over Orion Harriers and a 10-point lead over last year's winners Barnet. With good turnouts in the December cross country fixtures, we should maintain our domination of the league this season. Despite appalling traffic jams, which prevented Graham Bennett from reaching the start line in time, a large field gathered at Eastway to enjoy a good night's racing and the firework display over East London. At the start, there was the usual rush of bodies and flailing arms, but towards the front were the VPH&THAC trio of Tim Grose, Tom Carrick and debutant Paul Miguel. The opening lap-and-a-bit was relatively sedate but things began to hot up on lap two, with Tim and Tom maintaining their positions at the front but with Paul slipping slightly down the field; well, he is primarily a 400/800 runner and carries more muscle than Tim and Tom put together! At the beginning of lap three, Tim eased away at the front to win very comfortably, to notch up his second win at Eastway and to consolidate his position as leader in the individual standings. Tom held onto third place, a good result after suffering from a severe bout of food poisoning and missing a fair chunk of training. The steady starting Richard Newbold worked his way through the field picking off Paul at the beginning of lap 3. Some vocal encouragement from Rich saw Paul rally and the two of them crept into the top 10. Close

behind was the cold-bound Eddie Thomas who ran a steady but invaluable race for the team with a 13th place finish. Closing up for the 'A' team was James Waters in a very useful 27th position to give us a total of 61 points and a winning margin of over 70 points from Orion Harriers. This was despite having two natural 'A' teamers spectating: Graham Bennett and Tony Lashmar, who'd spent most of Sunday morning in casualty (read about it later in this magazine). Tony wanted to run but with a head held together with super glue and stitches, it wasn't seen as a good idea and he was persuaded to sit it out rather than risking bursting his wounds. Leading home the 'B' team charge was Terry Beackon, showing good form for 36th place, with Mick Cairns in 42nd, Dave Shortridge 50th, Gary Deathridge 52nd, Tim Mitchell-Smith 60th and the welcome return of Mike Penman in 64th position. This excellent packing gave the 'B' team a comfortable win in their section and they're rapidly closing the gap on Eton Manor after failing to field a team in the opening relay. Leading home the women's team was a rejuvenated Lydia Bruce-Burgess, in 10th place, with Annie Gammon 19th female finisher and Elaine Battson and Sarah Leipziger 22nd and 23rd female finishers to give the women's team a highly respectable 5th place finish on the night, which puts them within one point of local rivals Eton Manor in the overall table. Altogether, we've managed to field 11 women, as well as 17 men and, so far this season, we've had over 50 Club members participating in the Chingford League, an excellent record.

**Individual Results**

1 T Grose	16:01
3 T Carrick	16:15
8 P Miguel	16:56*
9 R Newbold	16:57
13 E Thomas	17:01
27 J Waters	17:41
36 T Beackon	18:22 PB
42 M Cairns (M45)	18:45 PB
50 D Shortridge	19:07
52 G Deathridge	19:13
60 T Mitchell-Smith	19:41
64 M Penman	19:48
75 M Sutton (M40)	20:09

84 D Clark	20:27*
91 J Mail	21:01 PB
98 L Bruce-Burgess (L10)	21:16
119 A Gammon (L19)	22:27
123 E Batson (L22)	22:41*
126 S Leipziger (L23)	22:56*
132 M Wheeler (M40)	23:51
148 P Orton (L33)	25:39*
150 D Webb (M40)	25:55*
158 A Ford (L40)	26:33*
159 A Bell (L41)	26:39*
163 S Bhatti (L45)	27:07*
171 A Clarke (L50)	29:26*
173 S Weddell (L52)	29:42 PB
177 K Frowen (L56)	30:36*

\* First time over this course

**Team Results**

**Senior Men "A" Team (10 teams)**

1 VPH&THAC	61
2 Orion	135
3 Barnet	139
4 Woodford Green	172
5 Enfield & Haringay	184
6 Eton Manor	197

**Senior Men "B" Team (9 teams)**

1 VPH&THAC	304
2 Orion	364

**Veteran Men (10 teams)**

8 VPH&THAC	399
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**Ladies Team ( 7 teams)**

5 VPH&THAC	74
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**Overall positions after 4 races**

**Senior Men "A" Team (11 teams)**

1 VPH&THAC	48
2 Orion	43
3 Barnet	38

**Senior Men "B" Team (9 teams)**

4 VPH&THAC	34
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**Veteran Men (10 teams)**

7 VPH&THAC	22
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**Ladies Team (8 teams)**

7 Victoria Park	29
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**North London XC Champs,**

**Ruislip, 9 Nov 02**

The creaking London Transport infrastructure put paid to VPH &THAC's women's team's challenge with only birthday-girl Anna Fake making the start line on time, despite

## Team Bronze in the North London XC Champs

the race organisers being kind enough to delay the start for us. Without the stimulus of intra-club competition, Anna had a lonely run for 38th place. The hard underfoot conditions didn't suit her at all but the small comfort of 20 Boswall League points should help cushion that. The remaining seven VPH&THAC women started with the men, running 2 of the men's 3 laps so at least they got a run out and were able to work out the remaining Boswall League points. As for the men, we fielded a very solid nine runners and fancied our chances of getting a team medal. What we hadn't expected was that Highgate Harriers and Thames Valley Harriers would take the race as seriously as they did. From behind every tree, there seemed to be someone shouting "up the Valley" or cheering for Highgate. In the end, we scored a highly respectable 3rd place finish with solid packing. First home was Tom Carrick in 16th place, followed closely home by Tim Grose in 19th and Laurence Curley in 22nd. Given Laurence's and Tom's recent stomach bugs, this was good running. Fourth scorer was Jon Cullom in 30th place, with Rich Newbold, Tony Lashmar, and Graham Bennett all finishing within yards of each other. Next home was Mark Sutton in 77th place with Jon Mail closing up our efforts in 105th. All in all, a very good effort by everyone. (Rich Newbold reports)

### Women 4M

38. Anna Fake 29:28

### Men 5M

16. Tom Carrick 27:37  
 19. Tim Grose 27:47  
 22. Laurence Curley 28:02  
 30. Jon Cullom 28:51  
 33. Rich Newbold 29:07  
 34. Tony Lashmar 29:09  
 36. Graham Bennett 29:19  
 77. Mark Sutton 34:05  
 105. Jon Mail 37:31

### Teams

1. Highgate 52  
 2. TVH 88  
 3. VPH&THAC 131

### World Triathlon Champs, Cancun, Mexico, 9-10 Nov 02

Congrats to 22-year-old VPH&THAC member Georgia Wood who finished 28th in the Women's Age 20 - 24 Category in the World Triathlon Championships at Cancun, Mexico. From finishing the swim in 26:35 and 45th place, Georgia slipped one place when completing the bike section in 73:52, but she stormed back to gain 17 places by covering the 10k run in 47:00. Her total time, including transitions, was 2:31:08.

From: georgia.wood@talk21.com  
 Sent: 13 November 2002 13:24  
 Subject: Worlds

Hi People,

Well, the forecast for rain on Saturday was definitely wrong! I was in the last wave which set off at 11:15 am. By the time we were running, it was 32 degrees in the shade (not much of it either) and 43 in the sun! I didn't have a great swim; it started OK, but they set the men off five minutes behind, so most of them bashed me into the women, and it was like being in a massive washing machine...nice! The bike just hurt. The course was very technical, which wasn't great as my bike handling skills aren't great, but it was flat and smooth and there was very little wind. By the time I got to the run, I had sworn I would never do a triathlon again. I felt way out of my league as so many people had gone past me. I started to run and then realised that everyone else was suffering too. It was a 2x5k lap and I noticed that the guys coming back were really suffering; a lot of people were walking, some feet were hanging out of bushes and some were passed out on drips on the side of the road. It was unbelievable. For some reason, I could manage a run although slow; the cheering from the crowd really helped, and I overtook a lot of suffering people. I finished 28th out of 71 and was the 4th British girl in my age group to finish. I actually got a PB by 30 secs, but I know, had the conditions been better, everyone including myself could have gone a lot faster. I'm not giving up triathlon, but am going to take it easy for a couple of weeks. I enjoyed the experience loads

and look forward to improving my times next summer. My coach, who I travelled with, couldn't finish the race like a lot of people as he couldn't handle the heat. Thanks for all the good luck e-mails, Georgia

### Rainforest 10k, Victoria Park, 10 Nov 02

12 David Shortridge 39:23\*  
 40 Phil Miller 44:06\*  
 60 Elaine Battson (L5) 46:07 PB  
 284 Lara Orija (L113) 69:35\*  
 287 Cecile Brugnoli (L114) 72:28  
 (Cecile helped a friend finish the race)  
 (294 finishers)

\* First time over this course

From: Ambika Sahay  
 Sent: 11 November 2002 14:25  
 Subject: Thank You

To everyone at VPH&THAC,  
 A BIG Thank You to everyone who helped out at yesterday's Rainforest Foundation 10k Fun Run. We at the Rainforest Foundation really appreciate the time and effort you have put in to make this event a success. Specially since it meant getting up early on a wet Sunday morning! Once again Thank You for your support, Ambika  
 The Rainforest Foundation

### North of the Thames Inter-Team Champs (incl. Club 7.5M XC Champs), Wormwood Scrubs, 16 Nov 02

(Tim Grose reports)

The VP&TH Express marches on. Silver medals for us today in the North of Thames "Junior" XC Champs at Wormwood Scrubs over a nominal 7.5 mile course. Tom was 1st home in 11th, then me 14th, Laurence 16th, Rich 21st with Tony and Damian a few places back. So again, yet another different 6 to form our A team. Harrow won the team but we beat TVH on their home soil who were 3rd. ESM were of course split between here and the Jersey half marathon so didn't feature although they had 1-2-3 in the U15 race. My personal race was average. Been feeling a bit tired of late. Spent most of the race in a ding-dong with Paul Lemmon and was pleased to beat him by a place and record I think my first win in any race over Adrian McGarva. Tom overtook me after about 10 mins and looked to be going well. Laurence

## Silver in North of the Thames Junior; Two Golds in the Ware Cup

was hard on my tail all race but never quite closed the gap. Well, with 3rd last week, 2nd this, surely only 1st will be good enough next week in the Ware Cup! Cheers, Tim

11th Tom Carrick	42:51	<b>G</b>
14th Tim Grose	43:58	<b>S</b>
16th Laurence Curley	44:09	<b>B</b>
21st Rich Newbold	44:59	
23rd Damian Manning	45:38	
24th Tony Lashmar	45:45	
45th Mick Cairns	50:07	
46th Terry Beackon	50:09	
54th Tim Mitchell-Smith	51:40	
62nd Gary Deathridge	53:18	

### Team Result (6 to score)

1st Harrow	88 pts
2nd VPH&THAC	109 pts
3rd TVH	119 pts

### Ware Cup 7.5M, Loughton, 23 Nov 02

(Report by Rich Newbold)

With the first 4 finishers in the men's race and 3 of the first 4 runners in the women's race, VPH&THAC dominated this year's Ware Cup, comfortably winning both sections. We fielded 26 runners, providing almost half the field, with both men and women completing 'B' teams which were 2nd and 3rd in their respective competitions. At the beginning of the season, it was apparent that there was a clash between the London Championships and the Ware Cup and we'd intended to send the top 8 male athletes to the London Champs. However, a combination of the entry forms for the London Championships arriving late and the closing date for entry being extremely early, we weren't able to get a team entered. Eton Manor and Loughton both hoped we'd get a late entry in and offered to support our efforts! As it was, after two hard championship races in successive weeks, having a lower key run out suited us well, with a number of our top runners, including last year's top-2 finishers (Jim Roche and Jon Cullom) opting out. From the gun, the event felt more like a Club Championship with Tim Grose, Tony Lashmar, Graham Bennett, Rich Newbold and Damian Manning running round almost as if on a Sunday run. Heavy rain had caused the River Roding to flood and this

necessitated a change of course from previous years and no one in the leading group had much idea of where they were going, struggling to pick out the orange course markers against a very low sun. After about a mile, a marshal directed us 'round the lake' - well, none of us had ever seen a lake at Loughton before but a couple of hundred yards on and there it was and round we went, getting to a crossroads with neither markings nor marshals. Rich gambled on 'round the lake' as being just that, thinking that we'd been out for a very long time for only halfway round the first of three laps of what we presumed would be a 5 mile race. After 100 yards, the leading group passed a marshal hurrying out to the far end of the course so were relieved to find they were heading in the right direction. Crossing the finishing line for the first time and it became apparent that the race was going to be much longer than 5 miles, with a split of around fourteen-and-a-half minutes suggesting that each lap was closer to two-and-a-half miles rather than one-and-two-thirds. On the second lap, things hotted up when Rich pushed hard down the steep descent from the mound, working across the field and stretching the leading group out on the trip out to the lake. By the turn back home, the leading group was down to a leading pair with Tim tracking Rich. On the approach to the mound, Tim was beginning to impose himself and flew up the steep bank with Rich struggling to keep in touch. After the trip round the waterlogged playing fields, Tim had a 5m lead before the next ascent and opened this out to 10m by the time the steep descent had been negotiated for the final time. On the trip out to the lake, Tim gradually stretched his lead, while Rich was hampered by a stitch, opening up a winning margin of almost half a minute by the end. Behind Rich, another battle was starting as Graham closed up on Tony. Just before the final climb, Graham came past and moved himself into 3rd place as VPH&THAC filled the first four places. Damian Manning managed another solid performance in 7th place, not quite matching up to his stellar performance at Wormwood Scrubs the week before, with Tony MacDowall closing up for the team in 10th position. Leading home

the men's 'B' team was Terry Beackon in 11th place, showing that he's building up his stamina in readiness for a serious assault at 800m this summer. Packing in well came the Harriers' engine room of Mick Cairns, Dave Shortridge, Brendan O'Reilly and Gary Deathridge with Dave Robinson (Sr) completing the scoring six which nicked 2nd place, beating the 'A' teams of Eton Manor, Walthamstow and Loughton. Leading the women home was Georgia Wood encountering rather different conditions from those in her last race, the World Triathlon Champs in Cancun. Georgia came home in an excellent 22nd place overall and was 2nd woman in the race. Backing up Georgia in the four-to-score team were Lydia Bruce-Burgess (3rd female finisher), Sarah Leipziger (4th female finisher) and Elaine Battson (6th female finisher). This gave the women a second consecutive victory in the women's section of the Ware Cup. Furthermore, good packing behind enabled the 'B' team to underscore Eton Manor's 'A' team, with Cate Boyle (L7), Sarah Johnsen (L9), Paula Orton (L12) and Cecile Brugnoli (L13). At the finish, the race organisers admitted that the course was more like 7.5 miles and have said that if they have to use this course again, they'll only make us do two laps rather than three. However, on the plus side, the race had several sections where competitors were running in opposite directions over the same piece of ground, so this course was quite good for mid-race spectating whilst racing.

(Report by Lydia Bruce-Burgess)

What an amazing day for VPH&THAC! With the course changed due to wet conditions, I think everyone thought that they were going to be in for an easy ride, and I don't think any of us anticipated that the alternative course would be 7.5 miles long! And I for one was getting extremely concerned about my time after the first lap and thought either I was running slow or these laps were longer than 1.5 miles. Although the new course was less hilly, this did not make it any easier, some poor girl got enmeshed in a fishing line, I took face-first glide across the mud, and as for that hill - well, some things are best

# Aude-Claire Markiewicz Breaks Club Pole Vault Record

forgotten. For the ladies team, we had a truly momentous day as we had almost an A, B and C team! I think this probably goes down in history as the largest ladies' team we've ever fielded in cross country! So well done ladies (the bribery with cake obviously worked!). On the start line, Georgia Wood (fresh from the world triathlon champs in Mexico) claimed to be unfit due to two weeks rest! I was right to doubt her modesty as she eased her way to an uncatchable position as second lady. I tried unsuccessfully to stick with her and instead stalked Jon Mail for the rest of the race coming 3rd. Scarily close behind was Sarah Leipziger, Elaine Battson, club newcomer Cate Boyle, and last year's Ware Cup winner Sarah Johnsen. Paula Orton and Cecile Brugnoli were neck and neck throughout and Anna Fake was close behind; however, her usual thundering sprint finish was not quite enough this time to catch 'La Frog'. Next in was the ever-smiling Katy Denny and cross-country newcomer Smeera Bhatti who ran fantastically in Sally's lucky spikes! (no, Sally, you can't claim Boswall League points for lending your spikes!!). Well done ladies, tremendous effort! Lydia

1. T Grose	43:46
2. R Newbold	44:14
3. G Bennett	44:37
4. A Lashmar	44:41
7. D Manning	45:41
10. A MacDowall	47:44
11. T Beackon	48:39
14. M Cairns (V40)	49:21
15. D Shortridge	49:23
17. B O'Reilly	51:32
19. G Deathridge	51:37
22. G Wood (L2)	52:05
25. D Robinson (V50)	53:00
27. G Franey (V45)	54:17
28. G Walker (V50)	54:30
32. J Mail	55:48
33. L Bruce-Burgess (L3)	55:51
36. S Leipziger (L4)	58:12
40. E Battson (L6)	60:02
43. C Boyle (L7)	62:10
46. S Johnsen (L9)	64:00
50. P Orton (L12)	64:45
51. C. Brugnoli (L13)	64:58
52. A Fake (L14)	65:02
55. D Webb (V40)	66:32
59. K Denny (L20)	70:48
60. S Bhatti (L21)	71:02

## Mens Teams (scoring 6 a side)

1. VPH&THAC 'A'	27
2. VPH&THAC 'B'	101
3. Eton Manor	108
4. Walthamstow	127
5. Loughton	183

## Ladies Teams (scoring 4 a side)

1. VPH&THAC 'A'	131
2. Loughton	149
3. VPH&THAC 'B'	190
4. Eton Manor	208

From: "Timothy Mitchell-Smith"  
Sent: Friday, November 29, 2002  
Subject: **Club 2.9M Handicap, Well St Common, 28 Nov 02**

Good quality race last night. First home was Sarah Leipziger with a very strong run on her first outing over the course. Her time ranks her 4th on the all-time ladies list with Annie, Lydia and Maura's times all within sight. Title of fastest on the night was a keenly contested battle between Tony Lashmar and James Waters with Tony edging it by the skin of his teeth. James built up a 5-second advantage on the opening lap and they matched each other exactly over lap 2 but in the end Tony just had the legs in the final lap to beat James' time by 3 seconds. For James, consistency is the key. In 4 recorded outings around Well St Common he has run 16:13, 16:16, 16:12 and 16:13. There were 5 PB's on the night and a number of ladies have edged their way into the all-time top 25 listing, including Cate Boyle entering in 12<sup>th</sup> position, Jo Sargent in 14<sup>th</sup>, Alice Bell in 18<sup>th</sup>, Katy Denny in 19<sup>th</sup>, and Amy Ford at 23<sup>rd</sup>, so congratulations to all for a great effort. Notably, Jo Sargent and Jon Mail who asked at the start line if they could set off with a harder handicap than originally planned and promptly both got PB's! Thanks to Roger Daniels for all his help with the officiating. Tim

	<u>H'cap</u>	<u>Actual</u>
1 Sarah Leipziger	23:26	20:26*
2 Louise Guthrie	24:26	24:26 PB
3 Georgia Pettipher	24:32	21:32
4 Cate Boyle	24:36	21:36*
5 Katy Denny	24:39	23:39 PB
6 Smeera Bhatti	24:42	24:42*
7 Xanthe Pitt	24:44	24:44*

8 Amy Ford	25:01	24:01 PB
9 Terry Beackon	25:11	16:41 PB
10 James Waters	25:13	16:13
11 Gary Bagnall	25:25	18:25
12 Alice Bell	25:28	23:28*
13 Jane Roche	25:32	25:32
14 Jo Sargent	25:33	22:33 PB
15 Tony Lashmar	25:55	16:10
16 Mick Cairns	26:08	17:38
17 Veronica McCabe	26:15	26:15
18 Jon Mail	26:27	19:27 PB
19 Gary Deathridge	26:46	18:16
20 Mick Fitzgibbon	26:51	19:51

\* First time over the course

## Middlesex County Indoor Pole Vault Championships, Thames Valley Athletic Centre, Eton, 1 Dec 02

### Senior Ladies Pole Vault

1st Aude-Claire Markiewicz 2.05 **Club Record**

2nd Anna Fake 1.80

"Another Middlesex gold medal to add to the VPH&THAC collection. Well Done Aude! Thanks to Gary and Lourens for the support on the day, and of course to Terry Adams for the support and coaching throughout the season." Anna

## Middlesex County Indoor Track & Field Championships, Thames Valley Athletic Centre, Eton, 8 Dec 02

### Senior Men 60 Metres

4th Richard Alleyne 7.28 (7.23 ht)

### Senior Men 60 Metres Hurdles

**1st Richard Alleyne 8.4**

### Junior Men 60 Metres

2nd Kylon Collins 7.36

### Under 17 Men 60 Metres ('B'Final)

3rd Ben Chukwu-Onu 7.80 (7.79 ht)

### U15 Boys 60 Metres

2nd Jahargir Sunadi 7.70 (7.60 ht)

### Junior Women 60 Metres

**1st Symone Belle 7.79 PB**

### Junior Women 60 Metres Hurdles

**1st Symone Belle 8.8 CBP**

### U17 Women Long Jump

2nd Carol Whittaker 4.11m

### U15 Girls 60 Metres

5th Louise Blake 8.69 (8.63ht)

### 'B'Final

2nd Elizabeth Ali 8.58

### In heats

4th Sareena Robinson 8.94

### U15 Girls High Jump

**1st Sareena Robinson 1.35m**

### U15 Girls Long Jump

## Historic Men's and Women's Team Wins in Chingford League

3rd Louise Blake 4.21m  
 U13 Girls 60 Metres  
 'B' Final  
 1st Raquel Feely 9.02  
 2nd Millie Zah 9.20  
 U13 Girls 60 Metres Hurdles  
**1st Millie Zah 10.4**  
 U13 Girls High Jump  
 2nd Sareena Robinson 1.20m

**Great Barford Half Marathon, 8 Dec 02**

33 Terry Beackon	84:26
206 Jon Mail	1:39:51
209 Lydia Bruce-Burgess	1:40:08
210 Tim Mitchell-Smith	1:40:09
245 Diane Shields	1:42:41
384 Jo Sargent	1:52:25

Just a quick message to congratulate all those who took part in the 1/2 marathon in bleak arctic conditions, cheers to Terry for driving us and to Tim for being an excellent pacemaker. Is anyone else having trouble manoeuvring up and down stairs today? Lydia

Well done to everyone who ran and congratulations to those who got PBs, especially Terry and Lydia who beat their times by over 20 mins. Here's to the next half marathon set of PBs over a flat course in sunny weather. Jon  
 Well done everyone. It was bitterly cold on Sunday when the wind blew and the steady drizzle just made it really miserable. At least you all had some company. I think it was even more grim doing a Sunday steady. Cheers, Rich

Well done to all of you - I remember from last year that it's a particularly nasty course, especially that hill at around 10 miles!! Anna

Yes, I fondly remember that hill, up til that point, Tim was being a fab pacemaker, then as we reached the looming hill, he enthusiastically reminded me how much I enjoy hill running! He was getting his revenge for the previous week's hill session. Lydia

**Chingford League, Highams Park**  
**4.75M XC, 15 Dec 02**

The fifth fixture of the Chingford & District League provided Victoria Park Harriers & Tower Hamlets AC with an unprecedented double victory. The men's team was rewarded with its fifth consecutive victory while the women

won their first ever fixture, beating runaway league leaders Barnet by three points. Leading the Men's Harriers charge from the gun was Tom Carrick and he soon established himself in the leading group which contained several top-quality guest runners. Following behind in the chasing bunch were Tony Lashmar, Jon Cullom, Tony MacDowall, Rich Newbold and Graham Bennett. Also up in the charge up the first hill was the fast-starting Louise Bardsley, fresh from her appearance for Dorset in the Southern Inter Counties Cross Country. As the runners headed down towards the large loop, positions began to settle down although the fast pace continued. Tom maintained his position towards the front of the race with Tony and Jon locked together. Rich, nursing a groin strain, was a short distance behind as he gingerly edged his way round the corners like a little old lady on an icy pavement. By halfway, the leaders had begun to string out and Tom found himself in 4th place with Jon, Tony L, Rich, Graham and Tony Mac occupying the remaining 'A' team positions. At this point, Tim Grose, who'd been suffering from a heavy cold for the last two weeks was languishing in the 40s but was about to make an astonishing move up through the field. On the second lap round the lake, Jon began to edge away from Tony with Rich passing Tony towards the far end of the lap. Graham was also making inroads into Tony's position but it was Tim Grose who made the biggest charge as the fast starters began to fade. On the run in, Tom lost a place to Enfield's fast-finishing Babic but his performance gave him excellent points to support his challenge in the individual standings. Next home for the Harriers was Jon Cullom in 13th place, closely followed by Rich Newbold in 14th, with Tim Grose flashing through to 16th position, gaining eight places on the final small lap round the Park. Tim's aim at "damage limitation" was achieved and although he has relinquished his grip at the top of the individual standings, he kept the deficit down to a single point as Tom moves into pole position with three races remaining. Just behind Tim was Graham with Tony completing the scoring six in 24th position, probably paying for his fast start and from having

too short spikes in his shoes. First home for the 'B' team was the fast-improving Tony MacDowall in 34th place, with Terry Beackon next home in 53rd place, a run that was undoubtedly affected by his huge half marathon PB recorded six days earlier. David Shortridge was next home in 61st with Tim Mitchell-Smith being credited with 70th position, just ahead of Mick Cairns in 71st despite Mick having entered the funnel in about 68th! Closing up for the 'B' team was Mike Penman who ran in what could only be described as a "Paula Radcliffe-style" knee-length sock (just the one mind you and no pigtails!). Perhaps he'd absent-mindedly left it on in readiness for that evening's 'school disco' at the Clubhouse..... Just behind Mike came Gary Deathridge with a fast-finishing Jon Mail holding off an equally fast-finishing Garry Walker. Also working hard for the Club were Mark Sutton and Dave Webb, with Dave sporting a particularly bright new pair of Walshes which were an undoubted improvement on his football boots. The women's team's performance was revelatory. Louise Bardsley's 5th place and Georgia Wood's 9th position were outstanding in the most competitive women's race of the season. Lydia Bruce-Burgess (14th) and Elaine Battson (23rd) provided excellent support as the women achieved the historical mark of their first ever League win over runaway league leaders Barnet. Talk about David and Goliath! Other solid performances in the 20s came from Cate Boyle and Clare Chapman, with Sarah Johnsen and Anna Fake not too far behind. Closing up for the women's contingent were Katy Denny and Sally Weddell on what was an excellent day for VPH&THAC in terms of quality, quantity and team spirit.

Men's Individual results

5th Tom Carrick	25:35
13th Jon Cullom	26:38
14th Richard Newbold	26:45
16th Tim Grose	27:00
17th Graham Bennett	27:02
24th Tony Lashmar	27:15
34th Tony MacDowall	27:51
53rd Terry Beackon	29:18
61st Dave Shortridge	29:56
70th Tim Mitchell-Smith	30:18

# Kathy Whelan Wins At Well Street Common

71st Mick Cairns	30:24
78th Mike Penman	30:43
80th Gary Deathridge	30:50
132nd Jon Mail	33:46
135th Garry Walker	33:57
155th Mark Sutton	35:27
188th Dave Webb	39:08

Team	
1 VPH&THAC	89
2 Orion	157
3 Barnet & District	183

## Overall Standings (5th of 8 events)

1 VPH&THAC	60
2 Orion	54
3 Barnet & District	48

B Team	
1 Orion	279
2 VPH&THAC	367
3 Barnet & District	525

## Standings:

1 Orion	59
2 Barnet & District	47
3 VPH&THAC	45
4 Eton Manor	43

## Individual Men

1st Tom Carrick	90
2nd Tim Grose	89
7th= Rich Newbold	45
7th= Laurence Curley	45

## Women's Individual results

5th Louise Bardsley	31:47
9th Georgia Wood	32:33
14th Lydia Bruce-Burgess	34:05
23rd Elaine Battson	36:42
25th Cate Boyle	37:18
29th Clare Chapman	38:48
30th Sarah Johnsen	38:50
32nd Anna Fake	39:28
41st Katy Denny	43:24
49th Sally Weddell	50:50

Team	
1 VPH&THAC	51
2 Barnet & District	54
3 Trent Park	69

## Overall Standings (5th of 8 events)

1 Barnet & District	59
2 Trent Park	47
3 Enfield & Haringey	47
4 Loughton	45
5 Orion	42
6 VPH&THAC	40

From: "Timothy Mitchell-Smith"  
 Sent: Friday, December 20, 2002  
 Subject: **Club Handicap Race 19/12/02**

Low turnout for the handicap last night due to the party season. But a high quality performance - particularly from Tony and Rich who are both in frightening form at the moment. Congratulations to Jo and Louise who both broke their PB's - told you this handicap lark was fun, Lou - why have you avoided it for so long?! Jo's time sees her move up one place above Anna Mahtani into 13th place on the all-time list. Louise only needs to shave off 1 more second to make the all time top 25. Thanks to Gary, Sally and Roger for their help officiating. Tim

	H'cap	Actual
1 Kathy Whelan	25:39	25:39*
2 Dave Webb	26:43	21:43*
3 Tony Lashmar	26:50	15:35
4 Rich Newbold	26:51	15:36
5 Jo Sargent	26:51	21:51 PB
6 Louise Guthrie	27:16	24:16 PB
7 Mick Cairns	27:29	17:44
8 Gary Deathridge	27:42	18:12
9 Dave Robinson Sr	27:58	18:28
10 Tony Bunbury	28:35	23:35*
11 Lara Orija	30:37	30:37

\* First time over this course

## Chingford League 5M XC, Trent Park, 28 Dec 02

In years gone by, the mid-Christmas fixture has always been a difficult one for the Club and this year was no exception with the women's team dropping from a fabulous win in the preceding fixture to 9th place at Trent Park. Despite a very good turnout, the men's team also found themselves not winning for the first time in the Chingford League this season, even though they closed up their six 'A' team scorers within 18. A large field of almost 200 runners set off across the water-saturated field on the south side of the main drive, with a large leading bunch including a host of Enfield & Haringey middle distance runners. After the opening lap and a half, the leading Harrier was Graham Bennett with Tom Carrick a little further behind in about 10th place, with Tim Grose, Tony Lashmar, Rich Newbold, Jon Cullom and Tony MacDowall slightly further back still. On the large,

undulating and muddy lap, Tom gradually worked his way forwards, joining the chasing group behind the runaway leader Ed Jackson, last year's 4th placer in the Junior Men's Southern XC Championship and a World Cross Country representative for GB last season. Behind Tom, things weren't going VP&TH's way with Barnet's Sean Dixon, tucked in behind and their new signing Richard McCormick and a resurgent Keith Turner hovering around the top 10. However, we had a good bunch of runners in the teens and looked to have done enough to maintain our hold on the top of the table. At the finish, Tom gained a handy 4th place, to consolidate his hold on the individual standings. Next home behind Tom was Tony Lashmar in 14th place, with Rich Newbold 15th, closely followed by Graham Bennett in 16th place, Tony MacDowall in 17th place and Jon Cullom in 18th position. Despite closing in within the top 20, it wasn't enough as Barnet pipped us by six points despite having two scorers in the 20s. One of Barnet's recent signings, who finished in 8th position, hadn't been wearing a club vest and hence we'd missed him whilst doing some running calculations but it was certainly no disgrace losing out to last year's champions on their home course. Despite only coming second, we increased our lead at the top of the table to seven points, from Orion, with only two races remaining. Leading the women's team was Lydia Bruce-Burgess with a tremendous 10th place finish, possibly her best run of the winter, with Elaine Battson 30th female finisher, closely followed by the fast-improving Anna Fake in 34th place. The men's 'B' team scored a solid 3rd place to give a comfortable six point cushion over Eton Manor as we consolidated 4th place overall in the league despite having missed the opening fixture. Leading home the team was Tim Grose still struggling with the after effects of a heavy cold. Backing up Tim were Tim Mitchell-Smith in 67th place, Terry Beackon in 68th place, Gary Deathridge in 77th position, Garry Walker in 107th place and the continually improving Jon Mail in 116th. Gerry Franey, Les Vialls and Dave Webb combined with Garry Walker to take 9th position in the vets

# Rikki Fifton and Symone Belle Win South of England Titles

competition, with Dave's run his best performance over the country for the Club this season. (R. Newbold reports)

4th Tom Carrick	28:18
14th Tony Lashmar	29:41
15th Richard Newbold	29:46
16th Graham Bennett	29:48
17th Tony MacDowall	29:56
18th Jon Cullom	30:02
23rd Tim Grose	30:18
67th Tim Mitchell-Smith	33:48
68th Terry Beackon	33:51
77th Gary Deathridge	34:36
107th Garry Walker	36:48
109th Lydia Bruce-Burgess	36:55 (L10)
116th Jon Mail	37:17
118th Gerry Franey	37:30
121st Les Vialls	37:40
167th Elaine Battson	42:52 (L30)
169th Dave Webb	43:15
172nd Anna Fake	44:00 (L34)

**Men (11 teams)**

1. Barnet	78
2. VP&TH	84
3. Orion	193

**Men's B (9 teams)**

1. Barnet	304
2. Orion	412
3. VP&TH	460
4. Enf & Har	470
5. WGEL	656

**Men's Vets**

9. VP&TH	515
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**Women**

9. VP&TH	127
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**Overall (6 of 8 fixtures)**

**Men (11 teams)**

1. VP&TH	71
2. Orion	64
3. Barnet	60
4. Enf & Har	47

**Men's B (9 teams)**

1. Orion	70
2. Barnet	59
3. VP&TH	55
4. Eton Manor	49

**Men's Vets**

9. VP&TH	30
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**Women (9 teams)**

1. Barnet	71
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2. Trent Park	57
3. Enf & Har	56
4. Loughton	53
5. Orion	49
6. VP&TH	46
7. Eton Manor	40

**Individuals**

1. Tom Carrick	114
3. T. Grose	95
6.= R. Newbold	58

**Cheshire County Champs, The Wirral, 4 Jan 03**

30th Graham Bennett 40:34

**Mob Match, Well St Common, 7 Jan 03**

We comfortably won this annual fixture against the Manor for the 6th year in a row. Although Tom Carrick was the only new entry into our Men's All-Time Top 25, entering at 17th, the women re-wrote the books with six entries. Georgia Wood, in her first run over this course, removed 37 secs from Annie Gammon's record. Sarah Leipziger, Kristi Hutton, Elaine Battson, Anna Fake, and Smeera Bhatti made the all-time rankings at 4th, 7th, 12th, 17th, and 24th respectively. Louise Guthrie and Sally Weddell continue to quietly make progress both running PB's. On the men's side, there were a slew of bests with Tony MacDowall, James Waters, Terry Beackon, Dave Shortridge, and Mick Cairns excelling in that department.

1. Michael Cates (EM)	14:59
2. Tom Carrick	15:12*
3. Rich Newbold	15:24
4. Tony Lashmar	15:36
5. Tony MacDowall	15:37 PB
6. James Waters	15:43 PB
7. Terry Beackon	16:18 PB
11. Tim Mitchell-Smith	17:04
12. Dave Shortridge	17:06 PB
14. Mick Cairns	17:09 PB
15. Mike Penman	17:12
16. J. Cox	17:20
19. Gary Deathridge	17:40
21. Dave Robinson Sr	18:13
22. Gerry Franey	18:21
<b>23. Georgia Wood</b>	<b>18:29* (L1)</b>
24. Jon Mail	18:36 PB
26. Les Vialls	18:59
27. Phil Miller	19:04 PB

30. Joe Loboda	19:19
31. Sarah Leipziger	19:43 (L3) PB
35. Annie Gammon	20:07 (L4)
36. Kristi Hutton	20:41* (L5)
39. Elaine Battson	21:13 (L7) PB
41. Cate Boyle	22:02* (L9)
42. Pete Snell	22:06
43. Dave Webb	22:10
44. Graham Prince	22:13 PB
45. Paul Johnston	22:15
46. Anna Fake	22:17 (L10) PB
47. Jo Sargent	22:25 (L11)
53. Smeera Bhatti	23:37 (L15) PB
54. Tony Bunbury	23:40
55. Louise Guthrie	23:45 (L16) PB
56. Paula Orton	24:35* (L17)
57. Katy Denny	24:42 (L18)
58. Darren Stobbart	24:57
61. Veronica McCabe	25:41 (L21)
62. Jane Roche	25:50 (L22)
63. Aude-Claire Markiewicz	26:28 (L23)
64. Janice Cartwright	26:33 (L24)
65. Sally Weddell	27:41 (L25) PB

(66 finishers) \* 1st time over this course  
1st VPH&THAC 469 2nd E. Manor 761

**South of England Indoor Champs, Bedford, 18 Jan 03**

Senior Men's 60 heats  
Richard Alleyne 7.01

Senior Men's 60H Final  
2nd Richard Alleyne 8.19 (8.06 ht)

Men's U20 60m Final  
**1st Rikki Fifton 6.85 PB**  
4th Kylon Collins 7.08 PB

Women's U20 60M  
Symone Belle 7.71 PB

Women's U20 60H Final  
**1st Symone Belle 8.62**

Boys U15 60m Final  
3rd Jahangir Sunadi 7.72

Boys U15 LJ  
2nd Jerome Paul 5.26 PB

Boys U15 TJ  
3rd Jerome Paul 10.86

Girls U15 60M  
Elizabeth Ali 8.55 PB  
Louise Blake 8.90

Girls U15 LJ  
Louise Blake 4.29

# Symone Belle Ranks 1st in the Nation During 2002

## Middlesex XC Champs, Wormwood Scrubs, 18 Jan 03

### (incl. Women's 8k Club Champs)

For a variety of reasons, the VPH&THAC men's team arrived at the Middx XC champs without Jim Roche, Tim Grose, Tom Carrick, Richard Newbold, Eddie Thomas, Graham Bennet, Laurence Curley and Gordon Faulds. If these eight had provided our entire team for the race, we'd have had a real shout of a medal in the 6-to-score category. So it's a testament to our new-found strength in depth that without any of these guys, we managed to finish runners-up in the 12-to-score category. Jon Cullom led home the 14-strong contingent with an excellent 30th place, closely followed by Tony Lashmar in 33rd. Tony and namesake Tony MacDowall have been virtually inseparable all winter (on and off the mud!) and were it not for an emergency pitstop by Tony M., the 33-second gap between the two would have been virtually non-existent again. Conditions were heavy underfoot, but that didn't stop the top three receiving excellent support from Damian Manning, Terry Beackon and Mike Penman to earn 7th place in the 6-to-score category. Mike's performance was particularly encouraging after a protracted battle against illness and injury. The 12-to-score team was completed by Mick Cairns, Dave Shortridge, Tim Mitchell-Smith, James Waters, Gary Deathridge and Jon Mail. Nice to hear James claiming to enjoy his debut over the mud - next winter, we'll make a real cross country monster out of him! The team was backed up by solid performances from Mark Sutton and Dave Webb. Earlier in the afternoon, the women had competed for the 8K club XC championship as well as county honours. Despite an excellent run from Lydia Bruce-Burgess to finish 24th, she couldn't retain the crown she claimed at Parliament Hill last year as Georgia Wood put on another terrific performance to finish 21st overall and win the gold medal and trophy. Georgia later claimed to have set off too fast and to be suffering from a lack of pace judgement at cross country. In which case, we should all watch out

when she does get it right! Bronze medal went to Elaine Battson who put in another solid run to finish 35th. Behind Elaine, an interesting tussle was developing with Clare Chapman winning out in 45th place, just ahead of Sarah Johnsen in 46th and Anna Fake in 47th, giving the team a very encouraging 7th place overall. At the end of lap one, it had been a four-way scrap but unfortunately Cate Boyle had to retire due to a rib problem sustained in a cycling accident. Meanwhile, Sally Weddell gets stronger with every run as she ably backed the team up in 51st place.

### Women (7th overall)

21 Georgia Wood	34:48	<b>G</b>
24 Lydia Bruce-Burgess	35:55	<b>S</b>
35 Elaine Battson	39:40	<b>B</b>
45 Clare Chapman	41:18	
46 Sarah Johnsen	41:39	
47 Anna Fake	42:44	
51 Sally Weddell	52:32	
DNF Cate Boyle		

### Men (6 to score: 7th; 12 to score: 2nd)

30 Jon Cullom	46:16
33 Tony Lashmar	46:34
40 Tony MacDowall	47:07
50 Damian Manning	48:33
60 Terry Beackon	49:36
72 Mike Penman	51:03
78 Mick Cairns	51:43
82 Dave Shortridge	52:00
84 Tim Mitchell-Smith	52:08
92 James Waters	53:32
105 Gary Deathridge	54:41
119 Jon Mail	57:43
130 Mark Sutton	61:14
138 Dave Webb	66:24

## Veterans AC XC Champs 5.8M, Wimbledon Common, 18 Jan 03

31 Les Vials	39:12
35 Ron Vials	39:22
37 Gerry Franey	39:45

### Senior Women's Club 100m Champs

1962 Pat Turner	13.9*
1963 Pat Turner	13.5*
<b>1964 Pat Turner</b>	<b>13.4*</b>
1967 Pat Marshall	14.2*
2002 Sarah Johnsen	15.2

\* Converted from 100 yards (+1.0)

### Senior Women's Club 200m Champs

1962 Pat Turner	29.5*
1963 Pat Turner	28.5*
1964 Pat Turner	27.6*

### **1974 Ama Aig-Ojehomen 27.5**

2002 Lydia Bruce-Burgess	35.2
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\* Converted from 220 yards (-0.1 secs)

### Senior Women's Club LJ Champs

1962 Pat Day	4.52
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### **1965 Margaret Woodthorpe 4.60**

These are all the Senior Women's Club Championships I can locate.

## National Rankings 2002

### Senior Women

Symone Belle
100 12.0w (hand-timing)
100H 13.96 (22nd=)
LJ 6.05 (13th=)

### Senior Men

Rikki Fifton
100 10.74 (45th=)
200 21.53 (35th)
Richard Alleyne
14.8h/14.87e/14.59w (28th)

### U20 Junior Women

Symone Belle
100 12.0w (hand-timing)
100H 13.96 (4th)
<b>LJ 6.05 (1st)</b>

### U20 Junior Men

Rikki Fifton
100 10.74 (4th=)
200 21.53 (4th)
Richard Alleyne
Ranked in the 'Overseas' category with 14.87/14.59w for 3'6" and 14.41 for 3'3". If you integrate Richard's times along with all the others, he ranks 2nd in the country at both heights.

## BEHIND THE MODESTY SCREEN (with Tony Lashmar)

by Louise Guthrie

Anna and Lydia's recent birthday bash in the "The Quays" pub in Holloway was a fun night. But, unfortunately, the evening did not end happily. Especially not for Tony Lashmar. Instead of going home relaxed and mellow, Tony wound up in hospital. He had to have his eyebrow glued and his lip stitched.

## Tony Scores 20 Boswall League Points For Louise the Saint

How did this happen? "The Quays" closed at 2 am, and the crowds were beginning to leave. We VPH&THACers began to assemble outside. No one had seen Tony for a while. Was he still in the pub? Was he outside? Where was he? In fact, he had gone to the gents, but hadn't come out. Tony was found lying on the toilet floor. The bouncers scooped him up, brought him outside, and sat him on the back steps. He wasn't looking his best. Poor Tony had taken a good knock from somewhere. We'll never know what happened in those few minutes because Tony can't remember, and the rest of us can only speculate. "I went into the gents at the end of the night and the next thing I can remember is being in the ambulance." says Tony. Fortunately the ambulance arrived quickly. Only one person was allowed to accompany the patient. The privilege was mine. As Tony was levered into the ambulance on a trolley, I clambered in behind, thinking: "Well, we have finally gone one better than a taxi. (Maybe next time we can hire a limo.)" Tony was checked over by the ambulance crew before we set off. Fortunately, the nearest hospital was only a couple of minutes drive away. All we had to do was trundle round a few corners. It was fairly undramatic. Much to our disappointment, there was no flashing blue light, and no mad dash through busy traffic. (In retrospect, we'd both have liked a bit more drama...). Tony was ceremoniously wheeled into Whittington A & E department at around 3 am. It was Saturday night, or rather Sunday morning, and A & E was full to bursting. There were unattended bodies lying everywhere. We thought we might be in for a bit of a wait (but we didn't realise how very long this night would turn out to be). The ambulance crew did more routine checks on Tony as we waited for him to be admitted. And finally, what Tony was *really* waiting for arrived - in the shape of a female nurse. The nurse had to question him, as with all head-injury patients, to establish that he still had his bearings:

Nurse: "Where are you, Anthony?"

Tony: "Hospital."

Nurse: "Which hospital, Anthony?"

Tony: "Whittington."

Nurse: "What's your date of birth, Anthony?"

Tony: "23.12.74 - will I be able to run the Eastway on Tuesday?"

Nurse: "Pardon??"

I had to explain the last statement was not the rambling of a concussed patient. Indeed, it showed great presence of mind. The nurse was satisfied. So we were left to wait. And wait..... Meanwhile, back at the ranch, other VPH&THACers were massively concerned about Tony. Jon Mail tried to call me at the hospital. My mobile was switched off. The use of mobiles is not permitted in hospitals. (I was having to go outside to text and make calls.) In the event, this was not an issue for Jon, because he actually called a work colleague called Louise. He asked her how things were with Tony. Louise tried to explain that she was not, in fact, in hospital, but in bed. (As most people are at around 4 am - and not in the mood for social calls). Eventually she got the message through....I called Tony's mum at this ungodly hour and explained he was OK(ish), he just happened to be lying on a trolley in Whittington A & E and, yes, he *would* need a lift home. We carried on waiting....and waiting. Patients who may have been concussed are not supposed to sleep. It was difficult for Tony to stay awake. He kept nodding off. It was difficult for me to keep him awake, because by now I was really flagging too. The empty trolley next to Tony looked really tempting. But we managed to keep each other talking. Tony asked me how he looked. There were no mirrors in the place. (Fortunately for me - because by this time, I felt about 60 and looked about 90.) In any case, Tony wasn't allowed to leave his trolley. I didn't have a hand mirror for him either. However, I did have a reflective silver eye-shadow case, so I polished it, and gave it to him. Tony gazed thoughtfully at his reflection. I assured him his hopes of being in a boy band had not been dashed. Tony livened up when another nurse came to run tests on his heart and circulation. As she stuck various plasters and wires to his chest and legs, he quipped: "My heart is really going now YOU are here doing all this."

Then, as she bent over him, he said to her: "My shirt matches your shirt." Claiming his purple silk shirt matched her blue nursing smock was stretching the point of similarity a bit. When the nurse was out of ear shot, I asked Tony to at least *behave* as if he was poorly while the nurses were in attendance. Tony's mum arrived on the scene at an unearthly hour. Mrs Lashmar offered to give me a lift home once Tony had been seen by a doctor (an event which we hoped was now imminent.) I accepted, because by this time, I could not envisage getting anywhere under my own steam - even if Sunday public transport had started running by now. Luckily, Mrs L was good at keeping awake during a crisis. We chatted and made trips to drinks machines to keep awake. The coffee was foul, but it was warm and wet. But where were the doctors? Nowhere in sight. However, hope springs eternal, and we carried on waiting. Given the circumstances, Tony was remarkably cheerful. The only things he bemoaned were the blood and dirt on his cream trousers, and (repeatedly) the amount of time he had spent ironing his purple silk shirt. "I spent AGES ironing this shirt." he said (several times). Oh, and his mobile phone was missing\*. He had already lost five mobiles. This would be his sixth. [\*In fact, the mobile did turn up later. It was safe with VPH&THAC members.] "But never mind. I scored 20 Boswall League points this morning." said Tony. The day, it seems, was not lost.... By this time, it was broad daylight. As the night staff handed over the baton to the day staff, we thought things might get moving. How wrong we were. One of the nurses assured us that there were only 19 more people for the doctors to see before Tony. We crumpled....We were very hungry by now, and impatient for either the hospital shop or the canteen to open. However, Tony wasn't really supposed to eat before he had seen a doctor. Poor Tony. He hadn't, it transpired, eaten since Saturday lunchtime. Finally, Tony was wheeled into a cubicle, to get ready for doctor to examine him. As the nurses were attending to him, Mrs L and I disappeared to the canteen. Having eaten a rather large cooked breakfast, we came back and described

## Letters to the Editor

it to poor Tony: "Bacon, scrambled egg, beans, sausage...." It seemed like the least we could do. In the meantime the red-headed "sex bomb" had been changed into a rather fetching floral print smock, cut enticingly just above the knee. It clashed with his socks. There was still no doctor in sight, but at least *something* was happening. A trolley of hospital food came past. Tony was actually offered some sustenance. Luckily for him, someone, somewhere had ordained that he could eat (despite not having seen a doctor yet). We decided not to question the medical soundness of that decision. It was good to see him eat. It was bog-standard hospital food, (he offered me his carrots), but at least it was warm. Yet ANOTHER hour had elapsed since he had been wheeled into that cubicle and clad in the alluring smock. And then something amazing happened. The doctor appeared. He did very thorough checks on Tony and seemed reasonably happy. Until he came to measure Tony's pulse. He took so long I began to worry. The doctor looked more and more perplexed. Finally he looked up and said: "Please tell me he is a runner. Because if he's not, something is really wrong. I have never felt a pulse this slow." "That's absolutely fine, doc." I said. "I scored 20 Boswall League points this morning." said Tony. All was well then. Just as the doctor had finished checking over Tony, Tony's elder brother, himself a senior nurse, arrived. He carried out similar tests on his younger brother. Then he offered to drive me home. We left the hospital at 3 pm, just as Tony was going for his x-rays, and to get his stitches done. I couldn't believe I had been in that hospital 12 hours. It was a gruelling night's wait but it had not been miserable. I never heard Tony complain once (apart from the purple silk shirt issue). He is a great spirit....

**From:** Wayne DuBose  
**To:** Tim Mitchell-Smith  
**Sent:** Monday, November 11, 2002  
**Subject:** Mystery Trophies

Tim,  
 I had the day off work today so decided

to spend some time trying to figure out why we have a trophy with "1954 E. Flowers; 1955 G. Iden; 1956 G. Iden" engraved and why we have a trophy with simply "VPH 1982" engraved on it. Here's what I have (which is not definitive). In late 1953, Albert Abrahams donated a trophy to the club to be called the H. & A. Abrahams Trophy and to be contested over a Club 20M Road Championship. The only time I can detect Ted (Edward) Flowers finishing as lead Harrier in a race was at the Southern Counties 20M Road Championship held at Chislehurst in 1954. The following year, the Southern Counties 20M Road Championship was held in conjunction with the Finchley 20 and Geoff Iden was the first VPH finisher. In 1956, Geoff again was first Harrier home in the Finchley 20; however, it included the Middlesex County Championship on this occasion and not the Southern Counties. This series of races is the only ones where I can see a pattern of "1954 E. Flowers; 1955 G. Iden; 1956 G. Iden" although no mention is made in either the club magazines or the committee meeting minutes about those races representing a Club 20M Road Championship. And during that period, there were no other Club 20M Road Champs races mentioned in the very thorough club mags. By the way, the trophy was named in honour of Albert's two brothers, one who died in WWI and the other in WWII. Again, there's no definitive answer for the 1982 trophy. That year, the club won the Loughton Relay, the Forbanks 10M team race, and the Canvey Island Marathon team race. There was no mention in mags or minutes about receiving a trophy. If it appears to be a home-grown club trophy, it can't be for the Open 5 as Basildon won that. We did win the Mob Match. Cheers, Wayne

From: "Andy Osbaldestin"  
 <A.H.Osbaldestin@lboro.ac.uk>  
 Sent: Wednesday, October 16, 2002

Hi Wayne--I have very fond memories from my time with VPH. When I moved to London, I was little more than a good jogger. It may sound pompous, but after training and competing with VPH, I

became an athlete. Furthermore, I have never before or since experienced the camaraderie of the group I was part of. Regarding track and field, I particularly remember one time being part of a four-man team forming a VPH B team in a Southern League event. I don't think we were last! I left in 1985 when I moved to Loughborough joining Charnwood AC in the process. I had some success at cross country, representing Leicestershire a couple of times. My times with VPH were approximately as follows:

800m 2:01

1500m 4:06

I improved at Charnwood:

800m 1:59.7

1500 3:59.9

3000 8:42

5000 15:11

5 miles 24:40 (Victoria Park old course!)

10 miles: 52:50

All the best, Andy

21 Oct 02

Dear Wayne,

Hope you are well. Thanks for the mag. Looking at the rankings, I would have been 'up there' albeit 40 years ago! Give my best to any of my old confederates that are still around. I have enclosed a cheque as prompted for subscriptions which I'm sure the Club will put to good use. Very best wishes, Vic Potter

Dear Vic,

Those confederates of your time who are still members include Deric Bareford, Gordon Everson, Jack Flowers, Ted Flowers, John Daniels, Alan Howlett, Ron Iron, Jimmy Joyce, Les Lait, Ken Rouse, John Schollhammer, Henry Tabberer, Harry Tempan, John Turner, Ken Prevost, and Bernie Skeels.

Best Wishes, Wayne

3 Oct 02

Dear Secretary,

I am writing to you as a past member of Victoria Park Harriers. My competitive days were between 1962 - 68. If you still have the scrapbook up in the committee room at St Augustines Hall, you will probably see me mentioned. It

## Southern League Teams Record 201 Victories In 2002

was in the days of George Hemsworth, Alf Pearson, Ted & Jack Flowers, who I last heard were still active. They were great days. The reason I am writing is that I have recently written a book which is based on Victoria Park during the early sixties. Any characters I have used from those days I have used different surnames, but I am sure reading it they would probably recognise themselves. If anyone at the Club would be interested, I have copies for sale. The book retails at £7.95 but any sold at the Club would be only £5.95 (£2 discount).

Best Wishes,  
 Brian Boardley  
 191 St Peter's Street  
 Lowestoft  
 NR32 2LT  
 Tel: 01502 563591

Lowestoft Newspaper Report:  
 "A local athletics stalwart is proving to be right on track after launching his latest offering this week - a third novel. Waveney Valley Athletics Club's track and field secretary Brian Boardley has written two successful books in the past, but his latest effort, entitled Running Feet, is a bit different as it revolves around his passion for athletics. Mr Boardley, 59, is pictured on the front of the book at the age of 22. The plot is set in London in 1959. After moving to Lowestoft in 1969, the retired civil servant, who also wrote Lowestoft After The Blitz and Five Heroes, has based this book on a romantic thriller. In total, it took him about two years to complete and he is pleased with the final outcome. "It was a challenge and I enjoy challenges," he said.

### Club Senior 110H Record

From: Richard Alleyne  
 To: vickers@tinyonline.co.uk  
 Date: 10 March 2002 02:48  
 Subject: 14.70 sec

Hi Alf!!  
 I ran today and I ran 14.70, And I hit 5 hurdles!! So I qualified for the Carifta Games, will tell U how it goes when I get back!! Richard!

4 Nov 02  
 Dear Wayne--As always, I was pleased

to receive the VPH&THAC News (what a long title) and was impressed to see the progress the club is making. Certainly from the sprints upwards there seems to be a lot of talent. Particularly pleasing was to read that there are now a number of people qualified to coach. This is in my view the key for a successful club. I wish everyone seasonal greetings, and a successful and peaceful New Year.  
 Kind Regards, Ken Prevost (Switzerland)

From: "Timothy Mitchell-Smith"  
 Sent: Monday, December 16, 2002  
 Hi Wayne--Peter & Barbara McHugh DeClare have very kindly donated a new trophy for the Ladies 2.5M XC Champs which has been awarded to Lydia for her win on 2nd Nov. Tim

### Southern League Statistics

#### Men's A Team

Match Placings  
 1st, 1st, 1st, 1st, 1st, 1st

# Victories Per Match  
 11-14-12-18-11-19 = 85

Match Appearances (6 max)	
Lourens Malan	6
Tim Grose	6
Rich Newbold	6
Marc Malone	6
Wayne DuBose	6
Abdul Buhari	5
Darren Robinson	5
Jim Roche	5
Rikki Fifton	4
Richard Alleyne	4
Sam Pullan	4
Dave Robinson	4 (plus 1 B team)
Tony Alexander	4
Lee Bruce	4
Toleme Ezekiel	4
Tony Lashmar	3 (plus 3 B team)
Mike Wheeler	1 (plus 5 B team)

Points Scored (and # events; not relays)	
Wayne DuBose	95 (27)
Lourens Malan	81 (21)
Marc Malone	74 (19)
Abdul Buhari	56 (12)
Tim Grose	51 (12)
Tony Alexander	49 (15)
Darren Robinson	45 (11)
Dave Robinson	41 (11)
Lee Bruce	35 (8)

Jim Roche	31 (7)
Rich Newbold	30 (6)
Richard Alleyne	30 (6)
Eddie Thomas	25 (6)
Sam Pullan	25 (5)
Rikki Fifton	23 (6)
Toleme Ezekiel	18 (4)

#### Individual Victories

	<u>A</u>	<u>B</u>
Tim Grose	6	0
Rich Newbold	5	1
Richard Alleyne	4	2
Sam Pullan	4	1
Darren Robinson	4	0
Abdul Buhari	3	5
Wayne DuBose	3	1
Rikki Fifton	3	0
Lee Bruce	2	1
Marc Malone	1	6
Dave Robinson	1	2
Lourens Malan	0	9
Jim Roche	0	3
Eddie Thomas	0	3
Toleme Ezekiel	0	3

#### Men's B Team

Match Placings  
 3rd, 4th, 4th, 5th, 4th, 1st

# Victories Per Match  
 1-2-4-1-4-16 = 28

Match Appearances (6 max)	
Randal Porter	6
David Shortridge	6
Chris Murtagh	5
Mike Wheeler	5 (plus 1 A team)
Colin Oxlade	5
Darren Clark	5
Tony MacDowall	4 (plus 2 B team)
Mike Penman	4

Points Scored (and # events; not relays)	
Randal Porter	70 (27)
Art Castle	67.5 (19)
Chris Murtagh	58 (19)
Mike Wheeler	29 (11)
Colin Oxlade	28 (10)
Darren Clark	26 (15)
David Shortridge	25 (9)
Tony MacDowall	22 (8)

#### Individual Victories

	<u>A</u>	<u>B</u>
Randal Porter	2	1
Art Castle	1	3
Chris Murtagh	1	2

**Women's Team**

Match Placings  
2nd, 3rd, 1st, 1st, 3rd, 2nd

# Victories Per Match  
17-14-16-19-9-13 = 88

Match Appearances (6 max)

Banke Olofinjana	6
Karenate Songhoron	6
Louise Blake	6
Elizabeth Ali	6
Michelle Bishop	6
Lorraine Bishop	6
Millie Zah	6
A-C Markiewicz	6
Caryl Whittaker	5
Anna Fake	5
Patricia Asante	4
Chekaila McCollins	4
Rebecca Peterkin Belle	4
Mary Ayoola	4
Lydia Bruce-Burgess	4
Amy Clough	4

Points Scored (and # events; not relays)

Banke Olofinkana	98 (21)
Karenate Songhoron	78 (17)
Louise Blake	69 (19)
Elizabeth Ali	65 (16)



**Elizabeth Ali, Outstanding U15 Sprinter and Long Jumper in 2002**

Caryl Whittaker	56 (13)
Symone Belle	54 (11)
Michelle Bishop	43 (11)

Anna Fake	40 (10)
Lorraine Bishop	38 (10)
Patricia Asante	35 (9)
Aude-Claire Markiewicz	31 (9)
Chekaila McCollins	31 (7)
Millie Zah	29 (8)
Sarah Anibaba	28 (7)
Rebecca Peterkin Belle	28 (7)
Mary Ayoola	24 (7)
Lydia Bruce-Burgess	23 (7)

Individual Victories

	A	B
Symone Belle	10	0
Karenate Songhoron	9	4
Banke Olofinjana	8	6
Elizabeth Ali	4	2
Louise Blake	4	1
Michelle Bishop	3	0
Caryl Whittaker	2	5
Patricia Asante	2	2
Sarah Anibaba	2	1
A-C Markiewicz	1	0
B. Abdul	1	0
Chekaila McCollins	0	5
Lorraine Bishop	0	4
Anna Fake	0	3
Millie Zah	0	2
Rebecca Peterkin Belle	0	2
Raquel Feeley	0	1

**VPH & THAC NEWS**

**Victoria Park Harriers & Tower Hamlets AC**

c/o Wayne DuBose

41 Ansley Way

St Ives, Cambs

PE27 6SN