

# ❖ VPH NEWS ❖

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November 1998

## Club Re-elects U.S. President For A Second Term

Yes, Wayne DuBose, American citizen, was selected at the AGM as Club President for a second year. A full listing of this year's committee appears on page 11. I now have several requests and I hope you can accommodate as many as possible:

1. Support the VPH Children's Christmas Party on Saturday, 12 December. It has been a success for some years with Father Christmas in attendance, but numbers have been dwindling. Les has set a target of 25 children for this year's party. If this number isn't met, then he'll discontinue this event. Don't let that happen. Adopt if you have to. Tickets cost £5.

2. Come along to the Club Christmas Party on Saturday, 19 December in the main hall. To get away from the annual Thursday night social, Les is trying something new. Apart from the usual food and drink, he's introducing karaoke and a disco. Bring along your wives, husbands, partners, and friends to make this a festive evening. We'll also have a short medal presentation. Look on page 11 to see if you're one of the medal recipients. Tickets cost £5. Be there.

3. Compete for us on Tuesday, 5 January, 1999, when we take on Eton Manor in the annual Mob Match. This is really one event where the Club should come together as a team. It doesn't matter what your standard of fitness is. If you only run in one race during 1998, make it this one. Race start time 7:45.

4. Pay your subs as soon as possible. We have a substantial cash flow problem at the moment and holding onto your money until you're threatened with expulsion only puts VPH at risk when it comes to bill-paying time. Give your money to Frank Massingham. If you can't find him, then pass it to Les Vials. Your other alternative is to mail a cheque to Wayne DuBose, 41 Ansley

**Richard Bruce, winner of the Club Road Mile Champs 10 years ago in 4:29, is shown here in a 400m race at Portsmouth this year. Richard is the Club's best in 1998 at 400m and the hammer throw.**



Way, St Ives, Cambs PE17 4SN. If you're unclear about what to pay, consult page 7. With the shower boiler effectively dead, your money is urgently needed for the replacement.

5. If you have the motivation and persistence to get this club some lottery money, please step forward. We need you. Money is a lot easier to get now, but not if we don't have someone to do the work necessary.

6. If you're organising a function, consider hiring out the club's main hall. There's good heating in the hall now for those cold Saturday nights. Speak to Les about member discounts.

7. Recruit more club members. We always need more members. As an incentive, if you get three people to join, all paying £50, then you get one year's free membership.

8. We want to attract some quality athletes to our Open 5 by offering prize money if anyone breaks the men's and women's records. How about some of the Life Members or non-competing Associate Members donating so we can achieve our goal?

### Key VPH Dates

Sat, 28 Nov London X-C Champs, P.Hill  
Sat, 5 Dec Ware Cup, Loughton  
Sat, 12 Dec 5M XC Champs, Woodford  
Sat, 12 Dec Kids Xmas Party, VPH HQ  
Sat, 19 Dec Chingford L'gue, Highams Pk  
Sat, 19 Dec Xmas Party, VPH HQ  
Tue, 5 Jan Mob Match vs Eton Manor  
Sat, 9 Jan Middlesex XC Champs  
Sat, 30 Jan Southern XC Champs, P.Hill  
Sat, 16 Jan Chingford L'gue, Trent Pk  
Sat, 6 Feb 10M Road Champs, Vic. Park  
Sat, 13 Feb North of the Thames Sr XC  
Sat, 20 Feb Chingford L'gue, Vict. Park  
Tue, 2 Mar Chingford League, Eastway  
Sat, 13 Mar English XC Champs  
Sat, 20 Mar 20M Road Champs, Vic. Pk.  
Sun, 21 Mar Chingford Road Relays  
Tue, 30 Mar Physical Shield, Loughton  
Sat, 10 Apr VPH Open 5, Victoria Park  
Sun, 18 Apr London Marathon

### Southern League/Club Champs Dates

Southern League fixtures - 1 May, 15 May, 5 June, 26 June, 10 July, and 31 July. Athletes, mark your calendars, rev up your training, and **now** book your holidays. The majority of club track and field champs will be held on either 17 or 24 April at Mile End Stadium.

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

## Gerry Franey Ties The Knot

### Sue and Gerry Franey Wedding, 5 Sep 98

Congratulations to Gerry and Sue who finished first equal in this event.

### Vets AC Champs, Battersea Park, 9 Sep 98

10,000(M40) 2nd T. O'Neill 35:52.2

### Chingford League 6x2.25M Relay, Highams Park, 12 Sep 98

Victoria Park Harriers launched into the 1998/9 cross country season at Highams Park with a solid 6th place finish despite fielding a weakened team. Lead-off man for the 'A' Team was Jon Greenwell, in his first race since returning from the World Duathlon Championships in Germany, where he finished 29th in his age-group (4th for Great Britain). Jon led the field out of the gate but suffered round the back of the course. However, he battled away to come home in a very respectable fourth place, with the Harriers' second fastest time of the day (12:37). Pete Eldridge recorded a very good time on leg 2 considering he had just returned from three weeks holiday and then Tony Lashmar had the worst luck of the day when from out of nowhere a 15-minute hurricane lashed the course. Horizontal rain had everyone at the finish scurrying for cover behind the few trees available, while Tony got extremely cold as he closed the gaps to the teams in third to fifth places. Richard Newbold started his leg quickly in the last dregs of the rainstorm and picked off the Eton Manor 'A' team runner halfway up the big hill (yes, they really were ahead of us, and most of the other teams, for over three legs!). By the top of the hill, the storm had vanished and blazing sunshine quickly roasted those runners who'd slipped on extra layers beneath their vests to keep warm. Richard slowly made ground on the Muswell Hill runner in 4th place and overtook him in the housing estate section. Unfortunately, Richard hadn't the energy to catch the Barnet runner in third position, although we bizarrely recorded the same total elapsed time as

they did at this point, but Richard did record our fastest time of the day with 12:32, before John George took over on leg 5. John put in a very strong run as the competition for the leading places began to hot up before handing over to Joe Loboda who brought the team home for a highly respectable 6th-place finish. The Harriers also managed to field half of a 'B' Team with Ari Ramanathan, Richard Martin, and newcomer Paul McKinley. Ari worked hard on the first leg, overcoming his recent lack of training after touring round Romania, Bulgaria, and Turkey for six weeks. Richard stormed through for the 'B' team's quickest time of the day with Paul McKinley, who had only been at the Club for two weeks, but had already appeared in two of the hilliest races we do, running on leg 3. Thanks to the injured Andy McCourt for driving the minibus and to supporters, Jack and Ted Flowers & Roger Daniels.

#### A Team

J. Greenwell	12:37
P. Eldridge	12:55
T. Lashmar	12:55
R. Newbold	12:32
J. George	13:17
J. Loboda	14:59

#### B Team

A. Ramanathan	15:58
R. Martin	15:18
P. McKinley	17:12

### Dash in the Park, Victoria Park,

#### 13 Sep 98

#### (by R. Newbold)

This Health and Fitness Day event, hosted by VPH and co-organised by us with Bow People's Trust, was a huge success despite the very changeable weather which undoubtedly reduced the numbers of people visiting the event. In all, about 80 local people took

part in the three fun runs and with a large number of friends, families, and supporters also present, this event will have done much to raise the profile of Victoria Park Harriers in the local area. As well as being good for us in terms of public relations, it was also lots of fun for those involved with additional attractions including circus performers, a steel band, masseurs, and a health advice bus. The day worked well thanks to the turnout of a large number of Harriers who helped marshal and timekeep the actual races but especially through the catering masterminded by Pippa Newbold who provided a brilliant spread at amazing value. If for nothing else, the day was worth attending for the food alone: where else could one have got a filled beigel or top quality cake for only 30 pence? Many thanks also to Lorraine DuBose for a huge quantity of incredibly addictive chocolate chip cookies (one small child ate at least a dozen of these!) and to the two ladies who volunteered to help Pippa behind the counter, one of whom had no firm connection with either VPH or Bow People's Trust but whose son happened to be running - generosity indeed. And she had just arrived back from holidaying in Hawaii that very morning. As for the running, there was a splendid performance from young Alfie Jackson, who has been coached by Andy McCourt, taking first place in the mile with a time of 6:01, an excellent piece of running for a 10-year-old. In the



**Ari Ramanathan**  
running the 5000m

# Richard Newbold Makes It Five Mile Wins In A Row



**Tony Lashmar, Winner of 6 Southern League Victories in 1998**

## Flowers' One Mile Road Championship, 17 Sep 98

Richard Newbold made it five consecutive wins out of five appearances in the Flowers' Trophy One Mile Road Club Championship in Victoria Park. In previous seasons, Richard has attempted to dominate the race from

the gun and run the finish out of the other competitors but on this occasion, he found himself on the receiving end of this tactic. From the start, Jon Greenwell set a ferocious pace with Richard Bruce, Tony Lashmar, Lee Bruce, and Peter Eldridge in close contact down to the Falcon and Firkin corner. At this point, Richard N. was having to work very hard to stay in contact and, past the cricket nets, the war of attrition produced by the fast early pace had reduced the leading pack down to two runners: Greenwell and Newbold. By the tennis courts, Richard N. had moved alongside Jon who was beginning to pay for his tactical gamble. Jon's breathing became laboured as Richard N. put him under pressure and by the time Richard had reached the St. Mark's Gate turn, he'd opened up a small but significant lead. Behind the leading two, gaps had opened up with Richard and Lee Bruce, who had both looked ominously easy over the first half of the race, beginning to suffer. Pete Eldridge, who hadn't gone with the early pace, pulled past the Bruce brothers with 700m to go, but Tony Lashmar, in the last of the medal positions, had amassed a large lead over Pete by this stage and the three medal positions looked decided. Jon settled for second place and slowed his pace towards the finish with Tony holding on to third place with a new PB despite a strong finish by Peter Eldridge who came home in fourth place, five seconds behind Tony but also rewarded with a

new PB, clipping one second off his previous best time for the course. Richard and Lee Bruce came home in 5th and 6th positions respectively with Jim Roche, who has just returned from six weeks off with a knee injury, in 7th place. Close behind were Ari Ramanathan in 8th place holding off a determined Paul McKinley, appearing in his third race in the two weeks since he had joined the Club. Veteran Roger Daniels closed up the race in 10th place. Thanks to Andy McCourt and Keith Lowe for officiating and to Jack and Ted Flowers, Ron Iron, and Brian Deverell for their support.

1	R. Newbold	4:41
2	Jon Greenwell	4:53
3	T. Lashmar	4:59 PB
4	P. Eldridge	5:04 PB
5	R. Bruce	5:33
6	L. Bruce	5:54
7	J. Roche	6:04
8	A. Ramanathan	6:27
9	P. McKinley	6:27
10	R. Daniels	7:53

## Chingford League, Eastway 5K, 29 Sep 98

Before the start of the race, there was a very well-respected minute's silence in memory of Jason Lewis (this is an indication of how highly George Dodd is thought of in the world of running and all our thoughts and sympathies are with Janice, Everton, and the family). Victoria Park Harriers were out in force providing eighteen starters in a field of well over 200 runners at the Eastway Cycle Circuit, the largest field in the League's history. Annie Gammon consolidated her strong return to competitive running with an excellent fourth position in the women's section of the Chingford League. Liz Kempster also performed well, with a more than respectable eighth place finish as the Victoria Park Harriers' women's team was rewarded with fifth place on the night. Unfortunately, the women's team's showing in the team competition was hampered by the lack of a third runner once again (perhaps we should pay for

longer runs, Tony Lashmar led through the two-mile point in 10:14, more than two minutes ahead of the first finisher of the 2 Mile Fun Run which was run at the same time as the four mile event. Tony was tracked by Eton Manor's Michael Cates who had originally just popped down to watch. At the end, Cates pulled away from Tony to win by 7 seconds with Tony recording an excellent, given the very windy conditions, 21:09. None of this could have worked without the huge amounts of work put in by Elizabeth Saunders and her team from Bow People's Trust. As well as organising all the side-events and helping on the day, Bow People's Trust was good enough to underwrite the day and VPH couldn't have hosted anything as impressive alone. I think that everyone involved from VPH can be proud of their contribution to a smart and well run event. It was about time that VPH was back at the heart of the local community and hopefully this will be the start of close interactions between VPH and people in the local area. Additional thanks to Wayne DuBose, Andy McCourt, Paul McKinley, Joe Loboda, Jack and Ted Flowers, Ari Ramanathan, Jim Roche, Jon Greenwell, Annie Gammon and Robert, Tony Lashmar, and Roger Daniels for all their much-needed help.

## Sri Chimnoy "International" 2, Battersea Park, 14 Sep 98

6th J. Greenwell 10:31

# Tony Lashmar Finishes Ahead Of 29,380 Runners!

Hanna to fly back!). For the men, at the top of the first hill, Richard Newbold found himself in the unusual position of being the sixth Harrier over the top as the huge field battled its way, literally in some cases, through the early stages. Leading the charge for VPH were Tony Lashmar and Pete Eldridge with Jon Greenwell recovering, after being boxed in, to join the leading group after the main climb of the first lap. By the end of the lap, Richard had pulled himself up into the top 30 positions, just behind Tony, with Pete a little way further back. At this stage, a very relaxed looking Jon was happily ensconced within the leading pack, but, by half way round the second lap, his leg speed had departed and Richard began to reel him in. Richard passed Jon just before the short, sharp hill and gradually pulled away over the rest of the final lap to finish in 18th place with a respectable time of 16-27. Jon grimly forced himself round the last lap for 24th position with a time of 16-46. Tony faded in the latter stages, but had too much of a lead for Pete to catch him, with the two coming home in 33rd and 38th places respectively, with only five seconds between them. Fifth scorer for the 'A' team was the new streamlined and ever-improving Mick Wheeler in yet another PB (by 85 seconds!) with Tim Mitchell-Smith closing up for the team in 119th position in his first outing on the Eastway. Mike Penman led home the 'B' team in 132nd place, a good run after his recent shin-

splints, with Richard Martin (improving his best by 9 seconds set four years ago), Ari Ramanathan and Tim Amor all close behind. Other Harriers on the Eastway included Peter Snell (our only vet on the night), teenage high-hurdler Danny Henderson, and, almost inevitably, Paul McKinley, who's proving to be a determined racer. Thanks to Andy McCourt and Roger Daniels for their much-needed support.

**Individual Results**

18 R. Newbold	16:27
24 J. Greenwell	16:46
33 T. Lashmar	17:11
38 P. Eldridge	17:16
114 M. Wheeler	19:51 PB
119 T. Mitchell-Smith	20:13
132 M. Penman	20:42
134 R. Martin	20:45 PB
139 A. Ramanathan	20:58
141 T. Amor	21:00
146 A. Gammon (L4)	21:06
157 J. McNenerney	21:31
160 L. Kempster (L8)	21:48
163 P. Snell	22:05
175 D. Henderson	22:50
188 P. McKinley	24:08

**Team Results**

<b>A Teams (11 teams)</b>	
9 VPH	346
<b>B Teams (11 teams)</b>	
8 VPH	866
<b>Ladies Teams (11 teams)</b>	
5 VPH	88

**League Positions After 2 Races**

<b>'A' Teams (11 teams)</b>	
7 VPH	11
<b>'B' Teams (11 teams)</b>	
7 VPH	10
<b>Ladies Teams (11 teams)</b>	
6 VPH	8

**Veterans AC 4.8M X-C, Wimbledon Common, 3 October 98**

14 R. Vialls	29:16
23 L. Vialls	31:53

(55 finishers)

**Great North Run, Newcastle to South Shields Half-Marathon, 4 Oct 98**

Tony Lashmar and Mike Penman made the journey north with Tony finishing the race in 302nd place in 78:56 and Mike covering the distance in 95 minutes. There were 29,682 finishers.

**Chingford League, Loughton 6M X-C, 16 Oct 98**

An illness and injury depleted Victoria Park Harriers' Men's Team slipped back to eighth place in the Chingford League table after the third race of the season at Loughton. Tony Lashmar continued his recent run of good form with 29th position out of almost 260 athletes, improving on his finishing place in the previous race. Former Harrier George Hart guested, finishing in 46th, with Gary Bagnall breaking into the top 100 places on his Harriers' debut. Andy McCourt returned from recent injury to finish as the Harriers' surprise third scorer on the day, notching up a useful 18 points in the Boswell League competition in the process. Andy was closely followed home by Annie Gammon and Liz Kempster who came home in 10th and 13th positions, respectively, in the women's section. Paul McKinley maintained his ever-present status for this season with his first taste of cross country and a very solid performance.

**Individual Results**

29 T. Lashmar	36:08
46 G. Hart (gst)	37:23
98 G. Bagnall	40:10
170 A. McCourt	45:01
174 A. Gammon (L10)	45:25
189 L. Kempster (L13)	46:08
198 P. Snell	46:27
224 P. McKinley	48:51
232 J. Nightingale	49:12



**Danny Henderson, VPH's #1 Sprint Hurdler in 1998**

# Newbold Equals Anstey's Record In 3.5M Champs

A Teams	
11 VPH	913
B Teams	
11 VPH	1527
Ladies Teams	
6 VPH	107
League Positions After 3 Races	
'A' Teams (12 teams)	
8 VPH	13
'B' Teams (11 teams)	
9 VPH	12
Ladies Teams (11 teams)	
7 VPH	15

## Arthur Coombes 3.5M Road Champs, Victoria Park, 24 Oct 98

A bout of 'flu, torrential rain, strong winds, an in-form Tony Lashmar, and a run-in with a signpost during training weren't quite sufficient to prevent Richard Newbold from claiming his fifth successive 3.5M road championship in five attempts and equalling John Anstey's long-standing record of consecutive wins in this championship. Horrendous conditions drastically reduced the expected field (based on the number expressing interest in the bar two days earlier) for the trophy race with the timekeepers and supporters cowering beneath an umbrella as the competitors shivered on the start-line. Into the lead from the gun went Tony Lashmar, whose confidence has been boosted by his excellent barrier-breaking performance in the Great North Run, with defending champion Richard Newbold fixed to his shoulder. The westerly winds and driving rain kept the early pace steady as the athletes made their way up towards St. Mark's Gate, with the leading pair running stride for stride. At the Apex, there was nothing in it and so it stayed until the second passing of the tennis courts, at around the two-mile point, where Richard started to open up a small lead which stretched to 10 seconds by the end of the figure-of-eight. Behind the leading two, Tim Mitchell-Smith had overcome the stiffness in his legs to begin to pull away from Mick Wheeler, with Paul McKinley battling away in fifth position. Over the mile loop, Richard extended his lead to a

comfortable 27 seconds, to record 19 minutes exactly, as predicted by new Handicapper Andy McCourt. Tony, removing 10 seconds from his best despite the conditions, picked up the silver medal to take up first place in the Boswell League with a splendid 75 points from four races. Tim Mitchell-Smith came home in third place ahead of Mick Wheeler who has suffered from a lack of training due to recent work commitments. Paul McKinley finished in fifth place with his efforts being rewarded by his move into third place in the Boswell League standings. Thanks to Jack and Ted Flowers, Jim Roche and Andy McCourt for officiating.

	<u>2.5M</u>	<u>3.5M</u>	<u>H'Cap</u>
1 R. Newbold	13:28	19:00	19:00
2 T. Lashmar	13:38	19:27*	19:00
3 T. Mitchell-Smith	15:47	22:01	21:30
4 M. Wheeler	16:17	23:11	21:30
5 P. McKinley	18:08	25:27	25:30

\*PB

## 3.5M Club Champions

1973/4	J. Anstey	17:39*
1974/5	J. Anstey	18:04
1975/6	J. Anstey	17:39
1976/7	J. Anstey	17:56
1977/8	J. Anstey	18:08
1978/9	M. Gonzales	17:35
1979/80	M. Gonzales	17:14
1980/1	M. Gonzales	17:45
1981/2	P. Read	17:49
1982/3	L. Mangleshot	17:27
1983/4	L. Mangleshot	17:10
1984/5	D. O'Donnell	17:08
1985/6	D. O'Donnell	17:13
1986/7	C. Brogan	
1987/8	C. Brogan	
1988/9	C. Brogan	17:16
1989/90	P. Hampshire	17:56

**Mick Wheeler, Southern League B Team's Best Sprinter and triple Jumper, and Jimmy Roche, VPH Road & Cross-Country Captain**



1990/1	T. O'Neill	
1991/2	M. Edmonds	17:58
1992/3	P. Hampshire	18:40
1993/4	K. Lowe	18:38
1994/5	R. Newbold	17:39
1995/6	R. Newbold	15:44**
1996/7	R. Newbold	18:27
1997/8	R. Newbold	18:58
1998/9	R. Newbold	19:00

\* short course

\*\* Eastway course

On page 12 in VPH News dated April 1997, I listed Des O'Donnell as record holder of the Club 3.5M Championships with 16:53 set in 1985. As it happens, he set that time in 1984 in an Assembly League race. His time doesn't even survive as a Club Assembly League record as Chris Brogan ran 16:39 in 1987. Although the fastest time listed above shows Des's time of 17:08 as the Club record, it's highly possible that Chris Brogan ran faster in 1986/7 or 1987/8. Unfortunately, I don't have those details. So unless someone can provide them, then Des's record stands.

## Vets AC & Open Vets 5K,

### Eastway, 25 Oct 98

17th L. Vials 20:07

## Chingford League, Eastway

### 5K, 3 Nov 98

A typically windy night greeted the athletes for the second Eastway race of the season, but the usual entertainment pro-

# Lashmar Leads Boswell League After Five Races



**Lee Bruce Seen Here in the 110m Hurdles Was The Club's Biggest Bouncer in 1998, Ranking First in the Long, High, and Triple Jumps**

Gammon and Liz Kempster ran round as a team for most of the race with Annie coming home in eighth position in the women's section, and Liz just one place behind. Annie's performance helped consolidate her 6th position in the women's individual standings. Thanks to Andy

- 4= A. Gammon 41 (3)
  - 4= A. Ramanathan 41 (3)
  - 6 J. Greenwell 38 (2)
  - 7= L. Kempster 37 (3)
  - 7= G. Bagnall 37 (2)
  - 9 P. Eldridge 34 (2)
  - 10= T. Mitchell-Smith 33 (2)
  - 10= M. Wheeler 33 (2)
- (24 runners in complete table)  
(Number in brackets = # of races run)

## VPH 100 Club

1. J. Lock
2. Les Williams
3. S. Guy
4. T. Clifford
5. G. Stewart
6. J. Daniels
7. J. Smith
8. R. Newbold
9. G. Franey
10. J. Roche
11. M. Reid
12. M. Carr
13. J. George
14. K. Lowe
15. L. Vialls
16. J. Anstey
17. F. Massingham
18. D. Judge
19. T. Berryman
20. B. Deverell
21. B. Blackie
22. M. Eldridge/J. Roche
23. G. Dodd
24. M. Gonzales
25. B. Franey
26. K. Wing
27. R. Daniels
28. A. Rowley
29. P. Spencer
30. A. Lowe
31. B. Deverell
32. M. Eldridge
33. W. DuBose
34. S. Hart
35. L. Vialls
36. P. Franey
37. R. Iron
38. M. Reid
39. R. Dann
40. T. O'Neill
41. D. Parsons
42. K. Lowe
43. M. Carr

vided by local firework displays was sadly lacking this year. Richard Newbold appeared to be coming back into form on the first lap of the race as he tucked in at the back of the leading group which was timed through the first mile at under five minutes. Unfortunately, his return to the sharp end of racing was short-lived as he succumbed to stomach problems on lap two, losing half-a-dozen places and over 200m in the process. Tony Lashmar was also unable to improve upon his time from the first race, just missing dipping below 17 minutes once again, indicating that racing conditions weren't as favourable on this occasion. However, both Richard and Tony improved their finishing positions, coming home in 17th and 26th places respectively. Third runner home was newcomer Gary Bagnall who improved to 68th place from 98th in the Loughton race. Gary looks set to break into the top 50 before too long. Tim Amor showed a huge improvement to finish in the top 100, taking 49 seconds of his previous best over this course, while 110m hurdler Danny Henderson showed an even more dramatic improvement from his last Eastway performance, slicing 107 seconds from his time in the previous race (and 95 seconds from his personal best) whilst coming home in 113th place as the 6th Harriers scorer for the 'A' team. Others reducing their bests over this course included Ari Ramanathan (by 3 seconds) and Paul McKinley (by 83 seconds). Annie

McCourt and Roger Daniels for their support.

- 17 R. Newbold 16:40
- 26 T. Lashmar 17:10
- 68 G. Bagnall 18:51\*
- 100 T. Amor 20:11 PB
- 111 A. Ramanathan 20:55 PB
- 113 D. Henderson 21:03 PB
- 121 A. Gammon (L8) 21:44
- 123 L. Kempster (L9) 21:48
- 137 P. McKinley 22:45 PB

\* First run over this course

A Team  
10 VPH 453

B Team  
11 VPH 962

Ladies Team  
5 VPH 73

League Positions After 4 Races  
'A' Teams (12 teams)  
10 VPH 19

'B' Teams (11 teams)  
9 VPH 17

Ladies Teams (11 teams)  
7 VPH 26

### Boswell League Standings After 5 Races

- 1 T. Lashmar 94 (5)
- 2 R. Newbold 80 (4)
- 3 P. McKinley 58 (5)

## Life Member Fred Plumm—440y Club Champ Before WWII

- 44. G. Hart
- 45. C. Reid
- 46. R. Iron
- 47. P. Franey
- 48. J. Roche
- 49. P. Eldridge
- 50. J. Daniels
- 51. R. Dann
- 52. G. Dodd
- 53. J. Loboda
- 54. T. Green
- 55. J. Green
- 56. R. Curle
- 57. R. Brooks
- 58. J. Dick
- 59. T. Adams
- 60. Len Williams
- 61. M. Eldridge
- 62. Len Williams
- 63. M. Eldridge
- 64. J. Schollhammer
- 65. E. Flowers
- 66. B. Boulter
- 67. J. Flowers
- 68. J. Schollhammer
- 69. M. Harding
- 70. P. Faley
- 71. F. Plumm
- 72. C. Lawn
- 73. V. O'Kane
- 74. B. Spinning
- 75. T. Lashmar
- 76. G. Tiffany

### 1998 Winners

- Jan L. Vialls
- Feb M. Carr
- Mar P. Spencer
- Apr P. Spencer
- May B. Boulter
- Jun M. Gonzales
- Jul R. Brooks
- Aug R. Iron
- Sep R. Gonzales
- Oct P. Franey

Due to increase in participation, monthly prize is now raised to £70. *If you haven't joined yet, see Les Vialls for details.*

### VPH 440y/400m Champions

(440 yards; subtract 0.3 for 400m time)

1933	W. Bartholomew	54.4
1934	W. Bartholomew	52.8
1935	W. Bartholomew	53.8
1936	W. Bartholomew	53.6
1937	C. Carpenter	53.6
1938	G. Robertson	54.0
1939	F. Plumm	53.6
1947	S. Rawlins	54.6
1948	D. Bareford	52.3
1949	D. Ryde	53.5
1950	F. Newberry	52.0
1951	D. Ryde	52.2
1952	D. Bareford	52.8
1953	F. Newberry	51.8
1954	F. Millward	52.3
1955	A. Day	53.8
1956	V. Mear	53.0
1957	V. Mear	52.5
1958	R. Hamill	52.6
1959	R. Iron	53.6
1960	B. Skeels	53.3
1961	B. Skeels	51.3
1962	B. Skeels	52.9
1963	B. Skeels	51.7
1964	D. Collingwood	52.0
1965	D. Collingwood	52.0
1966	J. Schollhammer	52.4
1967	J. Schollhammer	52.5
1968	T. Gibbons	51.9
<b>1969</b>	<b>T. Gibbons</b>	<b>50.4</b>
(400m)		
1970	T. Gibbons	52.6
1971	J. Anstey	52.1
1972	A. Barber	51.8
1973	A. Barber	52.1
1974	W. DuBose	52.1
1975	D. King	50.6
1976	V. Bramble	50.8
1977	Not Held	
1978	Not Held	
1979	S. York	56.7
1980	W. DuBose	52.6
1981	Not Held	
1982	B. Allen	51.2
1983	L. Mangleshot	54.0
1984	R. Middleton	53.5
1985	N. Hosking	55.5
1986	Not Held?	
1987	Martin Holgate	54.5
1988	R. Middleton	55.2
1989	R. Bruce	53.1
1990	Not Held?	
1991	D. Curran	54.2

(1991 was the last year this event held)

### Current Subscription Rates

This is a rough (not all-inclusive) guide of entitlements, depending on what kind of member you are. Yearly membership runs from 1 November to 31 October. If you haven't paid by mid-Feb, add 25%.

#### £50 First-Claim Member (ages 20+)

Can compete in league competition  
Can compete in Club Championships  
Can use all training facilities at VPH

#### £50 Second-Claim Member

Can compete in league competition  
Can use all training facilities at VPH  
Cannot compete in Club Champs

#### £20 First-Claim Member (ages 16-19, students, student nurses, etc.)

Can compete in league competition  
Can compete in Club Championships  
Can use all training facilities at VPH

#### £10 First-Claim Member (ages 11-15)

Can compete in league competition  
Can compete in Club Championships  
Can use all training facilities at VPH

#### £10 Associate Member

Can compete in league competition  
Cannot use training facilities at VPH  
Cannot compete in Club Champs

To recap, you must be a first-claim member to compete in club champs and as an Associate Member, you can compete in Assembly League, Southern League, etc., but you can't use the clubhouse for training and you're not eligible to compete in club championships.

### Did You Know.....???

That the Committee Room was officially opened on 26 September 1962 after having been furnished by the former Lady Trefgarne in memory of her husband, Lord Trefgarne, who was patron to the Club for over 30 years. Many thanks to Gordon Everson for donating a photograph of the opening ceremony. Included in the photograph is former VPH'er Euge Murnane who was heavily responsible for the purchase of our current headquarters. The photograph is now suitably framed and holds a place of honour in the committee room.

## VPH Track & Field Rankings 1998

<p><b><u>100</u></b>  <b>J. Olusegun</b>      <b>11.7</b>  D. Kosoko      11.8  R. Porter      11.9  W. Letman      12.3  M. Wheeler      13.4  D. Beard      13.5</p> <p><b><u>200</u></b>  <b>D. Kosoko</b>      <b>24.1</b>  B. Underwood      24.7  W. Letman      25.4  M. Wheeler      27.9  P. Faley      28.2  D. Henderson      30.0</p> <p><b><u>400</u></b>  <b>R. Bruce</b>      <b>54.6</b>  R. Porter      55.7  M. Topham      58.7  D. Beard      61.7  D. Henderson      67.9</p> <p><b><u>800</u></b>  <b>R. Newbold</b>      <b>2:07.0</b>  J. Greenwell      2:08.6  T. Lashmar      2:16.3  D. Beard      2:18.0  M. Holopainen      2:21.8  R. Vials      2:33.1  L. Vials      2:46.7  A. McCourt      2:57.5</p> <p><b><u>1500</u></b>  <b>R. Newbold</b>      <b>4:21.5</b>  J. Greenwell      4:21.9  T. O'Neill      4:24.4  J. George      4:38.9  J. Roche      4:44.8  M. Holopainen      4:49.4  D. Beard      4:58.9  L. Vials      5:27.2</p>	<p><b><u>3000</u></b>  <b>T. O'Neill</b>      <b>9:27.2</b></p> <p><b><u>5000</u></b>  <b>T. O'Neill</b>      <b>16:21.0</b>  J. Greenwell      16:27.0  J. Roche      16:47.6  T. Lashmar      16:53.9  L. Austin      18:05.5  J. George      18:22.4  R. Vials      18:31.3  A. Ramanathan      20:50.4  A. McCourt      21:01.8</p> <p><b><u>10000</u></b>  <b>T. O'Neill</b>      <b>35:52.2</b></p> <p><b><u>110H</u></b>  <b>D. Henderson</b>      <b>20.0</b>  L. Bruce      20.3  R. Vials      24.6</p> <p><b><u>400H</u></b>  <b>W. DuBose</b>      <b>64.3</b>  R. Newbold      67.9  D. Henderson      68.8  B. Underwood      68.9  M. Holopainen      71.1  M. Wheeler      77.8  R. Vials      78.6  D. Beard      91.8</p> <p><b><u>3000SC</u></b>  <b>R. Newbold</b>      <b>10:22.7</b>  T. O'Neill      10:34.0  T. Lashmar      11:02.3  R. Vials      11:28.2  M. Wheeler      13:25.4  D. Beard      14:38.3</p> <p><b><u>LJ</u></b>  <b>L. Bruce</b>      <b>6.26</b>  R. Porter      5.95  D. Johnson      3.90  D. Vials      3.56</p>	<p>D. Vials      3.56  D. Beard      3.04</p> <p><b><u>HJ</u></b>  <b>L. Bruce</b>      <b>1.80</b>  R. Bruce      1.70  D. Beard      1.30</p> <p><b><u>TJ</u></b>  <b>L. Bruce</b>      <b>12.54</b>  R. Porter      12.42  M. Wheeler      10.52  C. Vials      8.00</p> <p><b><u>PV</u></b>  <b>W. DuBose</b>      <b>3.20</b>  M. Topham      2.80  M. Fitzgibbon      2.60  M. Wheeler      2.40</p> <p><b><u>SP</u></b>  <b>W. DuBose</b>      <b>10.69</b>  S. Holmes      9.89  R. Bruce      8.86  D. Vials      6.94</p> <p><b><u>DT</u></b>  <b>W. DuBose</b>      <b>33.34</b>  R. Bruce      28.03  D. Johnson      22.18  P. Faley      19.84</p> <p><b><u>JT</u></b>  <b>W. DuBose</b>      <b>46.48</b>  C. Vials      33.70  P. Faley      31.28  R. Bruce      30.72  G. Ormes      30.48  D. Johnson      21.45</p> <p><b><u>HT</u></b>  <b>R. Bruce</b>      <b>31.10</b>  W. DuBose      24.67  D. Johnson      23.40</p>
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## Thanks To Buster Boulter For His Fundraising Efforts For Katie Newell

### We Need Coaches!

The South of England Athletic Association is offering Level 1 Coaching Course for beginners. This is the first rung of the coaching ladder and requires attendance at a three-day course, two days on theory work and one on practical elements. This course is on offer at Haringey on 13/14 February 1999 (Theory) and 27 February 1999 (Event Day). See Richard Newbold for full details. So far, Richard, Andy McCourt, and Randal Porter have signed up to attend.

### Club Objectives 1998

Here's how we fared with the arbitrary 1998 objectives I set this time last year:

1. Southern League promotion (Div 5)  
— Promoted as Champions.
2. Field a team in all matches (Div 8)  
— Promoted to Div 7 in fourth place.
3. Have more senior men track and field championships than 1997 (11)  
— None this year. Next April for sure.
4. Attract 200 runners to VPH Open 5  
— Not this year; hopefully in 1999.
5. 100 paying and Life Members  
— Did it...barely. 102 total count.

### Club Objectives 1999

1. 100 paying members (79 in 1998)
2. Top 10 in Southern League (Div 4)
3. Field a team in all matches (Div 7)
4. Attract 200 runners to VPH Open 5
5. Win the Physical Shield Relay for the third successive time.
6. Win the Mob Match with 20 or more VPH'ers taking part.

14 May 1998

Dear Trustees of the Katie Newell Fund,

I enclose two cheques in the sum of £1,507.60 to be forwarded to the "Katie Newell Fund." This money was raised by local people in the area including **Buster Boulter** who ran in last month's London Marathon. Although Buster is now on the wrong side of 50, he completed the course in 3:27 which is some going. As you can imagine, a lot of individual local people wanted to

help Katie after reading about her and seeing her on television. So many contributed to her fund. Although I can't mention all of them individually, I'd like to mention just a few: The Tiger Public House, Fleet Cars, Old Ford School, guests and friends at Kate Rose's 50th birthday party, **Victoria Park Harriers**, plus many individuals. Yours most sincerely, Tower Hamlets Liberal Democrat Councillor Ray Gipson

Dear Wayne,

VPH News is arriving regularly here in Switzerland. It was wonderful to read from the results of the Assembly League 2.9M Forbanks race on 3 September that you have "Flowers" which are "evergreens"! Please pass on my regards to Ted and big brother Jack. Best Wishes, Ken Prevost

Dear Ken, Consider it done! Wayne

Dear VPH,

Well, the weather has finally started to turn a spot colder, so I've had to pack away my VPH vest and pull out the long-sleeve shirt, still supporting VPH of course. To keep you all up to date, I successfully completed the Boston to New York 275-mile Cycle Ride. It was a tremendous experience, and something I'll never forget. Thankfully, all the long rides and endless hours spent cycling around New York and New Jersey paid off as I felt great. I was tempted to do a half marathon the following day, but thought better of it. I'm now counting down the weeks and days to the New York Marathon. Only four weeks to go. Ahh!! I took part in the Donald Trump 5th Avenue mile. Sadly, I didn't get to see Kelly Holmes running, but managed to clock myself another PB for the mile (5:30.1). I was extremely happy with that result. Brought back memories of the VPH annual mile in the Park. Are you still doing that? (Hanna, check out page 3.) Last Sunday (4 October), I completed my last big long run, 20 miles in Central Park. It was extremely well organised. We were split into groups according to the average pace you hoped to keep. I

managed to stay with the 7:30 pace which if all goes to plan should bring me in nicely for a 3:15 marathon with any luck. I can't believe this will be my first one. I've watched you lot train for marathons over the last few years, but never got to do it myself, so now it's my turn. This coming Sunday, I'm going to take part in my first cross-country race of the season. Sadly, it's nothing like Epping Forest, but it is on a gravel path through the woods. Also on a sad note, I don't think my spikes will be making too many more appearances as the courses just aren't like your true British courses. Well, you lot must be getting ready to do the Chingford League 5K at the Eastway. Good luck. I would love to be there with you all, just to remember how horrible it feels, but then how great you feel after when that buzz sets in. Go get 'em! I'm off now to the track at the end of the road to do some 800's. No Pain, No Gain. Well, take care for now, Hanna :) (117 Seaman Ave #1A, New York City, NY 10034 USA)

### Randal Porter's Time-Management Tip

Being very busy with raising a family, working full time, studying part time for a degree, teaching at Sunday school, and attending at least three church meetings a week, I find it a little challenging getting the time to train. I figured out that one evening a week plus very early on Sunday morning before I go to church is about the best I can do. However, to perform to the level I believe I am capable of achieving, I need to be training more often. **SO WHAT'S THE SOLUTION?** Do two things at once! Up until very recently, I've spent 2.5 hours a day sitting in my car driving 12 miles each way from home to my office. However, having obtained a bike, I now cycle to and from work. I figure that the extra aerobic work should do wonders for my in-between events recovery and my 400 meters relay splits. I cycle at least 3 times a week and the 7.5 hours in the saddle has got to be worth at least an extra session every week. So for me, commuting to and from work is now a training session.

## Hanna Runs 3:13 for the Marathon

Dear Andy & VPH,

I've heard of the saying "no pain, no gain", but does it have to feel this bad?!! Well, it's Monday, the day after the New York Marathon and my legs feel like they've been shot in both quads. I'm having a nightmare trying to get up and down the stairs, and even more fun trying to get in and out of the bath. Apart from that, I feel great. I know you're dying to hear how I did so I won't delay any longer. I didn't sleep a wink on Saturday night—tossing and turning. I eventually gave up at 4:00 am and read a magazine to try and take my mind off the big race—no good. Took the bus from 42nd Street provided by NYC Marathon to the start — extremely well organised. Arrived at the start at 8:30 am, wandered about, then vegged out til the start. There were 900 portable toilets supplied for the race. 31,000 people running. Had an amazing start—right up at the front. Did the first 2 miles in 14 minutes dead. 1st mile was slightly uphill to the middle of the Verazano Bridge, 2nd mile downhill. Kept telling myself to slow down, but easier said than done with the crowds pulling you along. 4 miles in 28 minutes. By now, I was getting worried that I'd blown it; the 5th mile in 7:20—much better. 6th in 7:30—dead on. Hooked up with a guy doing 7:30's and we stayed together for the rest of the race. I couldn't believe how good I felt. I had to rest for two weeks before the marathon with a stress fracture of the toe next to my little toe. Thankfully, I didn't have any problems on race day. Felt great all the way around. Eventually reached Central Park for the last 3 miles and decided to give it everything. Easier said than done as it's a hilly finish. Crossed the line in 3:13:07. Overall position 1,707 out of 31,000. 81st female and 31st in age 25-35. No bad for my first marathon!! The course was really enjoyable, but I was concentrating so much that I didn't get to take in the sights as much as I would have liked. The course was pretty flat all the way round, except two big bridges, and the last 3 miles in Central Park. The

weather was just perfect, cool, and not too windy. My Mum did the marathon as well. She also had an extremely good performance. She finished in 3:31:30. Overall female 338, and 6th in her age group. The race was extremely well-organised and supported. My Mum had done the London Marathon many times, but she said she enjoyed this one more as you don't have the lonely stretch in the Isle of Dogs. I'm now going to take it easy for a while and then start planning for the Boston Marathon in April. I would love to come back and do the London Marathon. That would be great. I think the closing date has already passed though. The weather here is starting to turn cold and now the clocks have changed, it's going to be tough getting out every night for a run. But it has to be done. My next goal is to break 3:10 for a marathon. I know I can do it if I put my mind to it. Maybe that will be my New Year's resolution. By the time you get this, you'll have done the Eastway a few times already—Enjoy it. I'm sorry I didn't get in touch with the guy from VPH doing the marathon, but I had my Mum and some other friends staying. A bit hectic. Anyway, write again soon and fill me in. Keep running. Love, Hanna

Dear VPH,

Yep! Here I am on "Adrenalin Avenue!" The New York Marathon was a staggering occasion—not quite literally, luckily. Sights and crowds fantastic. My time on the clock 3:22; by my watch 3:17. Hanna's time 3:13. It was a breeze compared to Thursday's club runs! Looking forward to piling more tedious details on you soon.  
Mike (Penman)

### Club Road Mile Champions

1986 S. Mahon 4:25 (inaugural race)  
1987 ????  
1988 R. Bruce 4:29  
1989 T. Daly 4:36 (might have been track race)  
1990 S. Mahon 4:32 or T. Daly 4:30  
1991 M. Edmonds 4:34  
1992 D. Wing 4:40  
1993 K. Lowe 4:40  
1994 R. Newbold 4:30  
1995 R. Newbold 4:34  
1996 R. Newbold 4:55\*  
1997 R. Newbold 4:44  
1998 R. Newbold 4:41

\* over-distance

Can anyone help me with 1987, 1989, and 1990?

### Haringey Coaching Workshops at White Hart Lane School

SATURDAY 28TH NOVEMBER

10.00 am to 12.00 pm

Sprints, Shot Putt and Hammer

12.30 pm to 2.30 pm

Hurdles, Javelin and Discus

SATURDAY 5TH DECEMBER

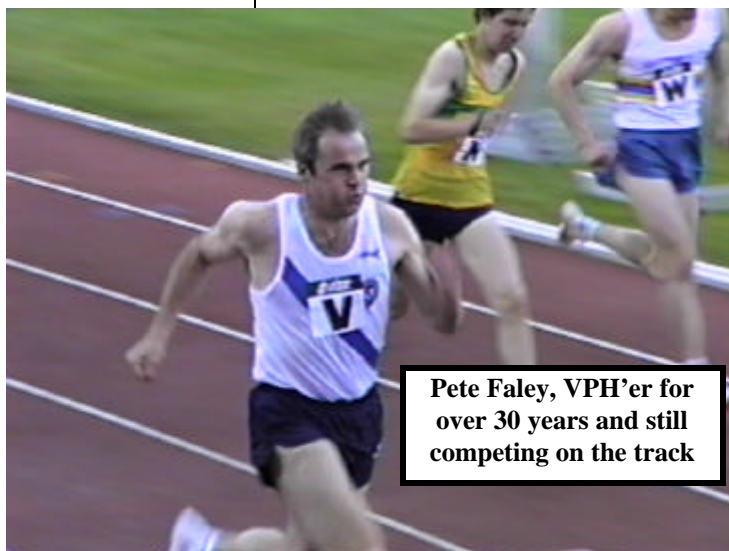
10.00 am to 12.00 pm

High Jump and Long Jump

12.30 pm to 2.30 pm

Pole Vault and Triple Jump

Any athlete interested in receiving some specialised coaching, turn up at any of these training days. There will be a charge of about £3. See Richard Newbold for further details.



**Pete Faley, VPH'er for over 30 years and still competing on the track**

# John Schollhammer Sets Club Record



**Ron Vials was our Southern League B Team's Top 3000m Steeplechaser in 1998**

I gave a complete scrub of all the VPH records recently. Although I can't find verification for some of these records, as a whole, they're a lot more accurate than previous. There were two updates to the records listed here. The first was the inclusion of Mike Quanne's 5000m

the previous year. John Daniels, Gordon Everson, Alan Howlett, Vic Potter, Deric Bareford, and Ken Prevost all competed against the Germans at Eton Manor's track on 13 August 1957. Even though 40 years have passed, all athletes mentioned in this article continue to be members of the club. If any of you gentlemen want to reminisce about these meets, I'll be more than happy to print your story in VPH News.

## Committee Members (1998/9)

Club Secretary	R. Newbold
Track Secretary	R. Newbold
Press Officer	R. Newbold
Treasurer	W. DuBose
Magazine Editor	W. DuBose
Social Secretary	L. Vials
Maintenance Manager	L. Vials
Road & CC Secretary	J. Roche
Road & CC Captain	J. Roche
Track Captain	R. Porter
Handicapper	A. McCourt
Junior Manager	A. McCourt
Membership Secretary	F. Massingham
Awards Manager	V. O'Kane
Recruitment Manager	R. Martin*
General Members	M. Wheeler A. Ramanathan G. Franey B. Boulter T. Green R. Brooks

\* Chairman

## Next Medals Presentation

The following have the option of their Southern League and/or Club Championship medals being presented to them at the Xmas Party on 19 December:

Winston Letman, Danny Henderson, Richard Bruce, Jon Greenwell, Richard Newbold, Pete Eldridge, Lee Bruce, Wayne DuBose, Terry O'Neill, Mick Fitzgibbon, Mark Topham, Ron Vials, Garry Ormes, Boyd Underwood, Garry Walker's son and daughter, Major Carr, Dolph Beard, Dave Johnson, Mick Wheeler, Pete Faley, Mikael Holopainen, John George, Chris Vials, Les Austin, Tony Lashmar, Jim Roche, Joe Loboda, and Richard Martin.

**Pete Faley Coaching Day**

## VPH Senior Track & Field Records

100	M. McFarlane	10.4 (78)
200	M. McFarlane	20.97 (78)
300	D. King	35.1 (77)
400	D. King	48.14 (76)
600	D. King	81.8 (77)
800	L. Mangleshot	1:51.5 (84)
1000	M. Quanne	2:34.6 (71)
1500	A. Pattison	3:49.9 (57)*
2000	J. Anstey	5:41.6 (70)
3000	A. Pattison	8:15.4 (57)**
5000	A. Pattison	14:18.6 (57)***
	M. Quanne	14:33.0 (68)
10000	M. Quanne	30:01.0 (70)
Mar	G. Iden	2:25:51 (56)
110H	W. DuBose	16.4 (76)
400H	C. Richardson	54.6 (77)
3000SC	C. Brogan	9:29.6 (87)****
LJ	V. Bramble	7.11 (75)
HJ	D. Alexander	2.02 (79)
TJ	R. Young	14.50 (75)
PV	W. DuBose	3.82 (76)
SP	T. Bland	14.12 (59)
DT	T. Bland	44.27 (59)
JT(ol)	J. Ferrary	65.43 (69)
JT(ne)	W. DuBose	51.14 (95)
HT	J. Morrow	38.04 (82)
Dec	W. DuBose	6,151 (76)
	(100-11.6, LJ-6.30, SP-11.18, HJ-1.68,	
	400-51.9, 110H-16.6, DT-36.24,	
	PV-3.45, JT-53.50, 1500-4:43.5)	
Pent	W. DuBose	3,150 (75)
	(LJ-5.83, JT-52.81, 200-23.6,	
	DT-34.21, 1500-4:34.5)	
	* 4:09.2 mile	
	** 8:54.4 two-mile	
	*** 13:48.6 three-mile	
	**** Unable to verify at this time	

best. Although it's intrinsically inferior to Albert Pattison's time, the fact is that Mike covered the full distance while Albert didn't. I'll just carry both records on the books. The second update was in the hammer throw where we previously had Johnny Morrow having thrown 38.36 metres in 1983. In fact, his best ever was 38.04 in 1982. Although I won't publish the Junior Club Championship records for some time, I wanted to pass on to John Schollhammer that I managed to get his name in the record books. Previously, we had Danny King as the Junior 400m Club Championship record holder at 50.6 set in 1975. As I came second in that race, I realised that we had run in the Senior race, not the Junior. Further research shows that John Schollhammer ran 51.3 for 440 yards (or 51.0 for 400m) in the 1961 race and is the newly rediscovered record holder. Congratulations, John.

## From Days Gone By

There are two silver plates on display in the committee room. One has the words "Internat Leichtathletik Meeting Basel 1956." After checking the club magazines of the day, I see that this ties in with an athletics tour of Germany which included Ken Rouse, Vic Potter, Ken Prevost, and Jack & Ted Flowers. The other plate which has "KTV Bonn 1957" marked the reciprocal visit by the German team (KTV Sudstern from Bonn) who VPH had competed against

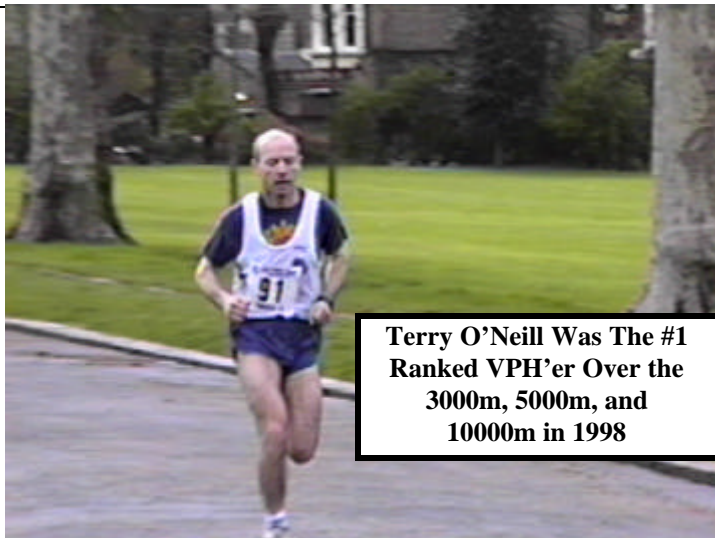
Pete will be at the Club on Thursday, 10 Dec. starting 6:30 - 7:00 pm. Don't miss out on the opportunity to take advantage of his coaching expertise.

### Working Party

Les Vialls put together another working party to tend to the maintenance of the clubhouse. Many thanks to Les, Danny Vialls, Richard Newbold, Jim Roche, Wayne & Lorraine DuBose, Andy McCourt, and Tony Lashmar for spending a few hours and making a difference. If you can afford some time on a Saturday, let Les know. Our clubhouse is as good as we want it to be.

### Stuart Day Reappears

Some of the older members of the Club may remember former VPH'er Stuart Day who recently dropped by Life Vice President Gordon Everson's house for a



**Terry O'Neill Was The #1  
Ranked VPH'er Over the  
3000m, 5000m, and  
10000m in 1998**

pleasant chat. In 1960, Stuart ran the half-mile in 1:57.0, the mile in 4:12.2, and 3 miles in 14:04 (about 14:34 for 5000m). Stuart lives with his wife in Wales nowadays.

### Updates

1. In September's VPH News, Randal Porter offered his assistance in resistance training. His phone number is 0181 533-4539 and not as previously

listed.

2. Also in the last club mag, I hypothesized that the 151 points we scored in the last Southern League meet may have been the highest ever by a VPH team. John Anstey pointed out that on 10 May 1975 at Newham, we scored 166 points which was a Division 3 record at the time. Wayne DuBose won six individual events at this meet and was also on the winning 4x400 relay team.

### Jason Lewis

Andy McCourt and Terry Adams represented VPH at the funeral of Jason Lewis. We sent a wreath with club colours. Jason had been a member of the club as a youth. His parents, Janice and Everton Lewis, were the caretakers prior to Andy. As most of you know, George Dodd was Jason's grandfather. 500+ people attended.

## VPH NEWS

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

