

ETON MANOR ATHLETICS CLUB

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Bellinge
Herne Bay
Kent

Established 1913
Affiliated to A.A.A. 1920

Headquarters :-
Ns Farm Running Track
Villiers Close
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Gazette



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CLUB MAILBAG

To all club members,

please find enclosed an up to date copy of the clubs membership list, and 1st issue of club gazette. I hope that this will be of some use to you in the future. It is the intention of the club to forward any updates of names & addresses on a six monthly basis, or as required. It will none the less be updated every year from now on, and I must apologise for not doing so in the past.

On another point of interest, it is my intention to run this six monthly gazette, which will include various race results and other points of interest. I think that the club needs something along these lines to help keep members informed of activities etc. that are going on, along with results lists and write ups on events.

Anyone wishing to donate items to be included, whatever they may be, could you please let me have them as soon as possible. I hope to be able to publish the first one in June 1991, so an immediate response will be much appreciated.

Don't forget, the articles can be on anything, serious or otherwise. So get cracking and put pen to paper and forward them to me, Steve Beckett at my home address.

On a more serious note, I have been in consultation with Waltham Forest Council regarding our training facilities at Ive Farm and am pleased to let everyone know that the talks seem to be going well. It would appear that due to a reshuffle in the council, Ive Farm now comes under Sports and Recreation as opposed to previously when it was under Education. The person that is responsible for the facilities is Mr Chris Denny. He works for the Southern Neighbourhood Services based at Cathall Leisure Centre, Cathall road, Leytonstone, E.11 4LA.

He says he will do everything he can for us, and that for the time being, things will remain unaltered. However, as you may or may not have been aware, Waltham Forest is in the process of negotiating a land development at the back of the club involving the tower blocks etc. It would appear that there is a possibility of a sports ground development taking place at Ive Farm, which hopefully will benefit OUR club. Obviously this is only speculation at the moment, but we live in hope. I have proffered a couple of suggestions to Mr Denny, something along the lines of what Horsham A.C. have managed to gain from their particular council. If you haven't been there to see, I will give further information if required. Needless to say, it would be very nice to get anything along those lines.

Obviously I am flying high with regards to what we would like to see happen, but you loose nothing in asking, and at the end of the day it remains to be seen what comes out of it.

Anyway, that's enough of my day dreaming, I'll keep you informed of further developments. Don't forget your part now, and let me have some articles to get OUR magazine going.



ETON MANOR ATHLETIC CLUB'S 50 YEARS

AN EXTRACT FROM INTERNATIONAL SPORT FELLOWSHIP BULLETIN DATED 1972

To equate a Boys Club with the international Sports Fellowship may appear iniquitous but since none other than our worthy President has bridged this sizeable gap I trust these notes will be of interest.

Bill Child - though his rotund figure might give doubt - was one of our first sprinters. It is said that from little acorns giant oaks grow and this can be said of Eton Manor Boys Club. For over the course of half a century one has seen a growth from boys activities to clubs in almost all branches of sport which have produced internationals and top performers in their particular sphere.

Boxing: Fred Grace, Harry and Fred Mallin, Ben West, Laurie Gold, Dough Golding and Eddie Willard;

Football: Jim Lewis, Bert Brown and Len Willis;

Rugby: Tony Janaway;

Tennis: Bob Stone and Reg Kaley;

Swimming: Ted Lusty and Ken Fennell;

Athletics: Bob Mitchell, Stan Thomson, Harry Bentley, Drexel Cox, Nat Fisher and Mal Absolom to name but a few.

The original club was the brain child of the late Gerald Wellesley (grandson of the Duke of Wellington) who in 1912 acquired an old dairy farm in Hackney Wick, and with the help of a number of old Etonians built the club which also gave an interest to lads over the age of 18, an age at which most other boys clubs ceased to operate. In the years that followed they also acquired some partially filled-in pits on Hackney Marsh and established a sports ground most aptly named the "Wilderness" which in the course of time became a ground of some thirty-two acres catering for all sports and one of the finest in the country.

This all, unhappily came to an end in 1967 when the head of the Trust formed in later years to run the club, decided to direct its funds to other activities. The giant oak now felled had already sown again its acorns and most of the sections of the old Eton Manor Clubs are now functioning, each as a separate entity raising its own cash to finance its operations. They are however not in isolation as an Association has been formed with a small club house where members of the various clubs can meet to chat over a drink and so retain something of the old Manor spirit.

The athletic club of which it has been my privilege to be Hon. Secretary for 44 years was affiliated to the A.A.A. in 1920. In those days our activities were confined to competition with Clubs of the London Federation for Working Boys but in this early period our first star emerged in the late Bob Mitchell - a policeman with K Division. Bob was the Met. Police Cross Country Champion for nine consecutive years and was also Essex County A.A.A. champion at 880 yards and one mile.

In 1925 the first Open Sports meeting was held at the grounds with gold medals being presented as prizes. The Track was marked out on the grass, the lanes for the 100 yards stringed and pegged as was the custom in those days. Echelon staggers were not in being and all races from 220 yards upwards started from a straight line. Elbows were used to order and the devil took care of his own. There were no graded officials in those days but amongst the list of judges for the meeting were such men as Gerald Wellesley, Arthur Villiers, Geoffrey Gilby, Eric Liddel, Pat Howarth, Francis Wetherby and Edward Cadogan. These gentlemen who in later years were well known in various walks of life were then young men just down from Oxford University, they lived in a house adjoining the club in Hackney Wick from whence they proceeded by the old North London Railway to business in the city each day, returning each evening to help run the club. It was about this time that they engaged a professional trainer, one Alf Pirie for the "Harriers" as the Athletic Club was then known. Alf's real vocation was that of a boxing trainer and as such he served the Hon. Artillery Company for many years. With us lads however his methods lacked the finesse and know how of today. A rub down with flesh gloves, which were like a pair of scrubbing brushes, then get out and run was his philosophy, but somehow it worked and we began to take interest and to seek competition above the level of Boys Clubs.

In 1928 Mr Hugo Fleury, an Oxford Blue at 880 yards, joined our band of helpers and from him we learnt a new concept of running. No longer did we play the cat and mouse game and rely on a sprint for home but learnt to fluctuate our pace, to test our opponent and to strike if we thought he was having a bad patch.

In 1930 Mr. Fleury left for America, but before leaving he introduced Mr Donald Bateson, Eton's mile champion to us, who carried on the good work of developing the club.

At the same time Alf Pirie was replaced by a new professional, Bob Mulliner. Bob came from the R.A.F. where he had been a member of the Star Cross-country team which included Sam Ferris and the late Reggie Thomas. He was still a strong runner and would work with the lads on road and country and eventually proved an efficient starter at our track meetings. Mr Bateson was followed by two new friends from Oxford, Mr Kenneth Crosley and Mr Hamilton-Kerr. The former interested in Beagling so helped the road and country runners whilst Mr Hamilton-Kerr, who had been second string to D.G. Lowe at Oxford and who had held the south African all comers record at 49 secs for the 440 yards, was a natural help for the track men. Again we developed fresh interests and under their guidance, a track team which was able to compete with purely athletic clubs. These two young men then turned to politics and won the then dual seat at Oldham. Mr. Crosley unhappily lost his life in a plane disaster over the North Sea in the early thirties. Mr. Hamilton-Kerr later switched to Cambridge, a constituency he represented in Parliament for many years and was knighted for his services.

In 1936 Eton Manor acquired a football pitch adjacent to the grounds that had been used by a semi-professional team attached to the local public house. In addition to renovating the pitch for our football team which was then embarking into senior amateur football, a running track was laid round the perimeter. We were now amongst the elite, for at that time there were only thirty nine cinder tracks in the country.

At the same time there came to Eton Manor three men who brought about the transformation of the athletic club, Peter Ward, Sandy Duncan, and Jack Horsfall. They introduced a new revolutionary theme of training, warming up was no longer two or three sprints to stretch the legs before a race but a sustained period of slow jogging and exercises. They brought along to training sessions such men as Jack Lovelock and Alan Pennington, in order that the boys could endeavour to model themselves on these fine athletes. With this help we progressed to a strength which enabled us to compete against most clubs in the country. Stan Thomson and Harry Bentley became our first finalists in A.A.A. championships, then held at Stamford Bridge. Charlie Forder was placed 2nd in the A.A.A. Junior 100 yards and Laurie Ferguson ranked with the best Junior Javelin throwers.

This advancement was curtailed with the outbreak of world war two, members were scattered across the globe but contact by outposts was set up by kind friends in Egypt, Palestine, India, Kenya and South Africa and from these came reports of continued successes by our members in the territories they were serving.

In common with most clubs, a number of our promising youngsters lost their lives in the struggle before their potential was fulfilled.

On our return at the end of hostilities we found half the track covered by Army hutments which remained in being until the end of 1948, when the track was relaid, although not in a true shape. In fact the circumference resembled that of an egg. Whilst this work was in progress we made do with a track marked out on grass, and quickly, with the help of Sandy Duncan re-established ourselves and held our first open meeting since 1925. Included in this meeting were some Olympic trials in which Dorothy Manley and Fellowship member Sylvia Disley (nee Cheesman) participated.

1951 saw another step forward with a series of FIRSTS. The FIRST floodlit athletic meeting, the FIRST raised landing area for High Jump and Pole Vault, the FIRST all weather take offs for jumpers, the FIRST Graded meetings and the FIRST Floodlit meeting confined solely to star junior athletes. Some of our innovations may have been antiquated by today's standards but we were pioneers of what today is an accepted necessity. In spite of the shape of the track and Hellfire Corner (as the first bend became known), our Floodlit meetings drew the cream of the athletes of that era. MacDonald Bailey, Roger Bannister, John Disley, John Savage, Brian Shenton and Clay Gibbs, to name but a few. Whilst from our Junior Meetings many youngsters have graduated to International Honours, Rita Ridley (nee Lincoln) is one well known to Fellowship members. Within the club the reformation continued, Derek Cox became our first A.A.A. Champion, winning the high jump and gaining 4th place in the Long Jump at the Vancouver Empire Games. Dave Mitchell won the A.A.A. Junior Hammer championship, whilst away from the arena a number of senior members made time to serve on various associations and so help athletics in general whilst still serving the club, which had been their training ground. Today we no longer have the facilities to produce a team as in the past, we lack the requirements for most field events but thanks to the London Borough of Waltham Forest Council we have the use of a cinder track and a home.

Thus we are able to assist a large number of young athletes who have already made their name in local and national schools championships, County and Boys clubs athletics, with some gaining county and area recognition.

With a nucleus of old members plus the help from some enthusiastic parents the work and encouragement of our Fairy-Godfathers of the past is not lost and Eton Manor A.C. still enjoys the respect and comradeship of the athletic fraternity. Long may it continue.

LES GOLDING

VARIOUS RACE RESULTS FOLLOW

* Denotes 2nd Claim Eton Manor Member

Chingford League Sat 29th December 1990
5 Mile cross country Highams Park

1) L.Mangleshot	Gst	24.59
2) D.Grover	Har	25.06
3) J.Wallis	Gst	25.19
16) P.Filler	* Ori	26.36
23) M.Cates	Eton M	27.03
27) P.Hurley	(V) * Ori	27.14
46) A.Eccles	(V) * Ori	28.15
48) R.Warner	* Ori	28.28
64) T.Everitt	(V55) Eton M	29.01
66) S.Manning	(V) * Trent	29.03
68) P.Cates	Eton M	29.06
83) M.O'Connell	* Ori	30.02
105) A.Phillips	(V) * Ori	31.15
111) G.Sayer	(V45) Eton M	31.43
120) M.Fitzgibbon	(V) Eton M	32.18
125) G.Smith	(V60) Eton M	32.31
132) R.Alburey	Eton M	33.14
135) M.Stanley	(V45) Eton M	33.53
149) S.Beckett	Eton M	37.31
157) P.Hards-Nichols	Eton M	40.25
158) B.Leighton	Eton M	43.51

Chingford League Sat 19th January 1991
5 Mile Cross Country Alexandra Park

1) S.Crabb	Enf	24.14
2) M.Barnes	Enf	24.31
3) J.Dullforce	Enf	24.58
21) M.Cates	Eton M	27.14
56) R.Warner	* Ori	29.23
77) P.Dressy	(V) * Ori	30.14
85) S.Flinn	Eton M	30.40
95) T.Everitt	(V55) Eton M	31.00
121) A.Phillips	(V) * Ori	31.58
137) M.Fitzgibbon	(V) Eton M	32.53
159) M.Stanley	(V) Eton M	36.00
166) S.Beckett	Eton M	38.31

Chingford League Tuesday 5th March 1991
5K Road Race - Eastway

1) K.Cullen	Gst	14.37
2) J.Dullforce	Enf	14.54
3) M.Moughton	Gst	14.55
18) M.Cates	Eton M	15.50
20) P.Filler	* Ori	15.51
33) P.Hurley	(V) * Ori	16.36
48) R.Warner	* Ori	16.59
56) A.Eccles	(V) * Ori	17.06
91) S.Manning	(V) * Ori	17.57
98) T.Everitt	(V55) Eton M	18.08
130) P.Kearsey	(V55) Eton M	19.33
131) G.Smith	(V60) Eton M	19.39
133) G.Sayer	(V45) Eton M	19.49
140) M.Fitzgibbon	(V) Eton M	20.51
141) S.Beckett	Eton M	21.06
142) D.Walton	(V) Eton M	21.09
146) M.Stanley	(V) Eton M	21.58

Chingford League Tuesday 5th March 1991
Boys/Colts 2 miles Road Race - Eastway

17) R.Marks	Eton M	12.56
28) B.Bambridge	Eton M	13.29
41) L.Blackwell	Eton M	15.11

Essex County 6 x 3.25 Miles Road Relays
Saturday 2nd March 1991 - Chelmsford

1) Chelmsford A.C.	100.12		
2) Woodford Green A.C.	103.37		
3) Newham & Essex Beagles	103.59		
20) Orion Harriers	115.52		
P.Filler	17.53	D.Warner	19.45
P.Darby	21.23	R.Warner	19.02
N.White	18.56	A.Eccles	18.53
35) Eton Manor A.C.	129.11		
M.Cates	17.31	G.Smith	21.57
T.Everitt	20.21	S.Beckett	23.56
M.Fitzgibbon	21.41	G.Sayer	23.45

Fastest Laps

1) D.Laughlin	Chelmsford A.C.	15.42
2) J.Gentry	Newham & Essex	16.14
3) K.Cullen	Chelmsford A.C.	16.20

Fastest Vets Laps

1) D.Balthasar	Southend-on Sea A.C.	17.06
2) S.Sear	Woodford Green A.C.	17.30
3) H.Emerton	Colchester & Tendring	17.30

Chingford Road Relays 5 x 3.5 miles
Saturday 9th March 1991

A Team	
M.Cates	18.14
P.Cates	19.47
M.Fitzgibbon (V)	21.32
S.Fenton	21.58
T.Everitt (V55)	20.05

B Team	
G.Sayer	21.34
M.Stanley	23.33
S.Manning (V) *	19.58
No 4th or 5th Leg Runner	

Physical Shield Road Relays 4 x 1.75 Miles
Tuesday 26th March 1991 - Loughton

A Team	
P.Cates	9.24
M.Cates	8.26
G.Smith (V60)	10.40
T.Everitt (V55)	10.01

B Team	
D.Walton (V)	10.33
G.Sayer (V45)	10.49
S.Beckett	11.07
M.Stanley (V)	11.08

Overall fastest leg was Michael Cates with a splendid run to help the A Team into 2nd Team place. Also having a good run was Michael's brother Paul, resuming running after several years absence, but obviously still retaining some of his old sparkle. New boy Dave Walton also showed a bit of zest for the B Team, having only one of his few races since starting running for the club, he ran hard all the way to record yet another victory "time wise", over your's truly. Still, I'll get my own back soon. There's always another race.

Well done everyone, and lets keep it going.

Roding Valley Half Marathon
Sunday 10th March 1991 - Woodford

Once again this was a tough testing race. Run over the usual 2 laps round Woodford Green, a field of over 776 runners took to the streets. First home for the Manor was Michael Cates, having what he described as an easy training run. This he may have been doing?.. but you have to say that according to his time & position in the race, you wouldn't think so. Well done Michael. Also having a good run was George Smith. He finished in 221st position to pick up the first over sixties prize. Amongst the others from the club running was Ali Hussain, who got up from his death bed to compete. What a hero! Well done to him as well, as he got round very well under the circumstances.

1) J.Gentry	Newham & E.B	1hr06mins33secs
2) P.Barr	Basildon A.C.	1hr06mins55secs
3) J.Knibb	Boro D Enf	1hr08mins36secs
33) M.Cates	Eton Manor	1hr16mins07secs
37) R.Warner	Orion	* 1hr16mins24secs
42) P.Hurley (V)	Orion	* 1hr16mins48secs
55) A.Eccles (V)	Orion	* 1hr17mins53secs
221) G.Smith (V60)	Eton Manor	1hr31mins29secs
334) S.Beckett	Eton Manor	1hr37mins43secs
369) D.Walton (V)	Eton Manor	1hr39mins29secs
476) A.Hussain	Eton Manor	1hr42mins03secs

Victoria Park Harriers Open 5 Mile Road Race
Saturday 23rd March 1991

1) R.Denmark	Gateshead	22.31(cr)
2) C.Reitz	Omega A.C.	22.52
3) b.Roydon	Medway A.C.	22.59
130) G.Smith (V60)	Eton Manor	30.52
150) D.Walton (V)	Eton Manor	32.44
151) M.stanley (V)	Eton Manor	32.51
155) S.Beckett	Eton Manor	33.08

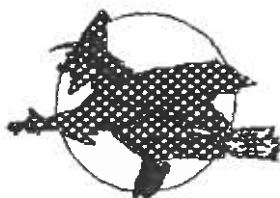
On what turned out to be a very fast run race over the usual 5 Mile course(96yds short), It was a shame that more of our club members did not take part. None the less, George Smith flew the colours yet again, taking the over sixties first place as well as being the first man home. Well done again George..

Back down the field, Dave Walton was getting the better of myself & Mick Stanley yet again. Mind you, this time Mickey S. made him work all the way to the finish. Better luck next time Mick..

Assembly League 2.9 mile Road Race
Thursday 11th April 1991 - Beckenham

1) J.Moores	Kent A.C.	14.01
2) J.Carnell	Camb.H.	14.08
3) P.Page	Camb.H.	14.19
36) T.Everitt	Eton.M.	16.26
45) R.Alburey	Eton.M.	17.14
50) M.Fitzgibbon	Eton.M.	17.41
53) G.Sayer	Eton.M.	17.59
57) D.Walton	Eton.M.	18.29
59) S.Beckett	Eton.M.	18.53
61) M.Stanley	Eton.M.	19.04
67) C.Bell	Eton.M.	20.18
70) S.Adams	Eton.M.	20.51
71) K.Adams	Eton.M.	20.54
73) P.Hards-Nicholls	Eton.M.	21.27
74) S.Saffer	Eton.M.	21.43

As can be seen from the results, our club was well represented for the first league race. With one or two new faces making their first appearances in these competitive races for the club, it was heartening to see everyone putting up a stout performance. With no Michael Cates to lead us home, it was left to that stout hearted veteran Tommy Everitt to lead the team in. No doubt the stories will ring around for some time about the times people did or did not achieve, but at the end of the day it has to be said that it is a team race and having a big turnout for all these races can do nothing but help us to improve the clubs position in the league. I would just like to say well done to the new members for their effort, and to say that if they keep on with the training, they will no doubt smash these times today when we return to Beckenham later in the year. Watch out for those results.



WITCH WAY DID
THEY GO

Assembly League 5K Road Race

Thursday 9th May 1991 - Blackheath

1) J.Moores		Kent A.C.	14.52
2) P.Chase		Wood/6st	15.12
3) P.Pape		Camb H	15.19
8) M.Cates		Eton M	15.36
27) D.Moy		Eton M	16.21
36) A.Eccles	V40	Eton M	16.53
45) M.D'Connell		Eton M	17.35
49) R.Alburey		Eton M	17.51
59) P.Kearsey	V55	Eton M	18.36
60) T.Everitt	V55	Eton M	18.37
61) W.Chapman	V40	Eton M	18.53
67) M.Stanley	V45	Eton M	19.44
70) S.Beckett		Eton M	20.06
72) A.Hussain		Eton M	20.11
75) D.Walton	V40	Eton M	20.27
76) C.		Eton M	20.39
79) S.Adams		Eton M	21.20
82) K.Adams		Eton M	21.46
83) S.Saffer		Eton M	22.20

The second race of the league saw the club increase the numbers of members running from the first race, which can't be a bad thing. Well done everyone, lets keep it going.

Yet again it was Michael Cates leading us home, and it came as no surprise that he smashed his PB. This time round though he had new members Dean Moy and Tony Eccles chasing him hard, which no doubt helped to spur him on. Both Dean and Tony clocked good times over the usual undulating course, and these were then followed home by Mick O'Connell to complete our "A" team. No doubt all will be looking to better themselves next time round.

Our "B" team was led in by stalwart Roger Alburey, who was chasing up Mick O'Connell as hard as he could. No doubt when he's fit it'll be a little bit closer next time around. Roger was followed in by vets Peter Kearsey, Tom Everitt and Bill Chapman, who were having their own battle behind Roger to see who was to be second man in for the "B" team. Peter must obviously be doing some sprint training on the quiet..eh Pete.

Following in behind the last man in the "B" team came the real race as far as some of us would like to think. Mick Stanley, Steve Beckett, Ali Hussain, Dave Walton (running for Hermes today), Chis , Steve Adams, Kieth Adams and Steve Saffer. Mick Stanley came out on top today, but remember lads, there's always tomorrow.

Isle of Wight Easter Runs -28th March to 2nd April 1991

As usual at this time of year, the club had its Easter break/come racing week-end. This being our first at the Isle of Wight venue, we did not know what to expect. With our smallest party for some time, only ten people taking advantage of an early season break, we set off to have a good week-end. And it was. The hotel was very good, as was the food and liquid beverages. The scenery was fantastic, whether viewed whilst out on our walks or from the car driving to and from the races. There were also plenty of gift shops to hunt down if that's your aim.

Getting on to the serious things, I must say that both the races that we were taking part in this year were very testing, although they were also very good courses. The first was the Newport to Ryde 7 mile Road Race. This starts off with most of the first mile up hill, followed by the next mostly down. The course undulates for most of the rest except for the stretch up through Havenstreet, and then finishes on a rise up to Ryde High school playing field. Our first man home in this race was Paul Filler, who having run hard all the way suddenly found he was in a mass sprint for the line, at which he managed to dip one guy but was himself dipped by two others, with only one second covering all 4 of them. Stout stuff eh!. Paul was followed in by Michael Cates who in turned was chased in by Peter Coventry to help take the Third Placed Team Prize. Back down the field messrs Mick Fitzgibbon, Glyn Sayer and Anthony Armytage were all having their own battle, with Mick winning the day from Anthony by a mere 4 seconds. (it could have been further said Mick in the post race interview), and Glyn dropping back slightly to finish 20 seconds further behind. Having a workman like run behind these came Steve Beckett and Peter Hards-Nicholls who both achieved the target times they were aiming for, and Peter also managing to out-sprint a couple of lads to the finish. Well done Peter!

Newport to Ryde 7 Mile Road Race

1) D.Rixon	Cardiff A.C.	36.03
2) R.Large	So'ton A.C.	36.35
3) N.Bemmill	So'ton A.C.	36.59
8) P.Filler	Eton M A.C.	37.58
13) M.Cates	Eton M A.C.	38.54
21) P.Coventry	Eton M A.C.	42.09
49) M.Fitzgibbon	Eton M A.C.	47.27
51) A.Armytage	Eton M A.C.	47.31
53) G.Sayer	Eton M A.C.	47.51
69) S.Beckett	Eton M A.C.	51.00
100) P.Hards-Nicholls	Eton M A.C.	57.59

Team Result - 3 to score Combined Times

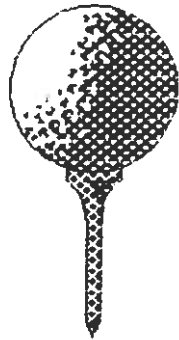
1) Ryde Harriers	1hr 53mins 28secs
2) So'ton City A.C.	1hr 58mins 12secs
3) Eton Manor A.C.	1hr 59mins 01secs

West Wight Three Hills Race - 7 Miles

1) R.Large	So'ton A.C.	48.58
2) P.Filler	Eton M A.C.	48.58
3) D.Perkins	Ryde Harriers	47.16
5) M.Cates	Eton M A.C.	47.37
11) P.Coventry	Eton M A.C.	51.20
28) A.Armytage	Eton M A.C.	57.45
35) G.Sayer	Eton M A.C.	59.30
37) M.Fitzgibbon	Eton M A.C.	61.06
39) S.Beckett	Eton M A.C.	62.48
53) P.Hards-Nicholls	Eton M A.C.	70.00

Team Result - 3 to score Combined Times

1) Ryde Harriers	2hr 25mins 14secs
2) Eton Manor A.C.	2hr 25mins 55secs
3) Ryde Harriers	2hr 34mins 28secs



HOWZABOUT THAT THEN!

Isle of Wight Eton Manor Golf Tournament 1991.

On the Easter Golf front it would appear that Mick Fitz. had all the answers. Peter Coventry felt that he was in with a shout of winning this year, but alas it was not to be. Setting off in three groups of three, some of us felt that we might be in with a shout against our various opposition, but alarm bells were soon ringing as the balls began to fly everywhere barring where they should. Although there were one or two fairly amazing shots, it has to be said there were no Nick Faldo's playing this year. Anthony Armytage thought the player power of Peter Nichols was astounding, even to the point of questioning his little nudge shots. (Pete thought no one saw his mis-hit) but Anthony must have eyes at the back of his head, because he did. Peter was none the less our better on the day, while playing behind us were Paul Filler, Michael Cates and Glyn Sayer. To say these are not golfers is an understatement. As luck would have it, our group in front of there's only had to stay on the fairway to be safe, if you get the picture. NO offence lads, but get some practice in for next year. Well done to Mick on winning yet again..

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Isle of Wight Easter Runs - Continued

The second race of the week-end was the West Wight 3 Hills Race, run over 7 miles of gravel tracks, paths and roads. This has to be seen to be believed. If your after a testing race, this could be it for you. To start off with the course isn't too bad, but

any thoughts of it being easy soon disappear as you begin to wind your way out of Freshwater where the race starts & finishes.

The first climb starts after about a quarter of a mile, with the first major hill at about two miles. This takes you up through Totland and then on towards Headon Hill, which eventually leads on down towards Alum Bay..not bad going down at this point, but as you pass through the car park at Alum Bay itself you begin to notice whats in store for you. Up ahead in the near distance you can see those runners that happen to be in front of you. Are they running one asks oneself, or am I right in thinking that they all seem to be walking. (mountaineering more like it.)

This up ahead happens to be the 3rd hill, straight up to Tennyson Down (named after that well known poet). This as you can imagine is a straight up climb to the top. As always at the most difficult point of the races, there they were, those ever faithful spectators giving you the verbals. Like :- you're nearly there! or keep it going, don't stop! etc. Well believe me, at this particular point, the last thing most of us were capable of doing was to keep going, least ways not without a short break or walk. Admittedly some did (Paul Filler & Michael Cates to name but two from our group). But personally speaking I only stopped to take in the fantastic view from halfway up the cliffs. (thats my excuse anyway).

As can be seen from the results, the "A" team did better in this race, taking 2nd place team overall..Paul Filler leading them home in 2nd place, followed by Michael Cates then Peter Coventry, Peter seemingly getting fitter as we went through the week-end.

Back behind these came the deadly trio, Mick Fitz, Anthony Armytage and Glyn Sayer. Alas from Micks point of view there was to be no repeat of the first race antics. Anthony coming out the better from Glyn and then Mick. (I put it all into the first race was Mick's post race comment, and besides,if I keep beating them people will begin to suspect i'm on the iron tablets!

Back down the field was your's truly followed by Peter Nicholls, who's comment after the race was, that was tough! Yardley Hill will hold no fears for him from now on. Well done Pete..

#####

Once again the track season is upon us. This being the first match of the season, it's not surprising that everyone was a bit ring rusty. Still, a fighting third place and 3 match points has got to be a better start than we had in 1990.

Good performances by Brad & Martin Clack in the throwing events would appear to have helped us significantly today, along with Keith Lewis winning the javelin with the very first throw of the competition. Well done lads.

On the track scene it would appear that the runners were encountering difficulties of all sorts.

Firstly new lads Tony Eccles and Phil Hurley missed the start of the 5000 metres and had to make up over 100 metres just to get in the same race as everyone else. And to top this we had two disqualifications, Colin Bell in the 100 metres and Kevin Warren in the high hurdles.

It would appear from Les Golding that Colin would have been better off in a boxing match rather than a sprint race..(just a case of lane wandering) ie..Colin fancied someone elses lane ..but then it was Collins first ever venture onto the track, and I don't think he'll make the same mistake again.

And as for Kevin.. well he was leading the high hurdles race up to the second last flight when his legs went to jelly. He clouted the second last and finally ended up kicking the last one down..tut.tut. Kevin.. In front of all those judges..remember the rules.

Another name to mention here is Kieth Adams, who turned up to have a go at anything required, and did well by having a go at the long & triple jump as well as the high jump. Well done Kieth.

As you were probably aware, our best man Steve Beckett!! was tied up in officiating, So he let Cliff Warren stand in for him in several events, to which end Steve would like to thank Clifford, but would also like to suggest Cliff does some training as Steve thinks he could have problems when Steve gets fit.. Eh Cliff.

Getting back to the serious side again, we had two of our new boys competing in the 3000 metres steeple chase. Dean Moy making his first appearance for the club was joined by Tony Eccles attempting what is commonly known as the suicide double, having already competed in the 5000 mtrs.

Dean had a good crack at the event, but I think he now realises that getting over the barriers isn't easy by any means. The same must be said for Tony, although credit to both of them, it was again their first attempt at the event.

I think Tony will now realise why not many people attempt his notorious double, but at least him had a go..which is what its all about. You lose nothing in the attempt. Well done Tony & Dean.

I would like to mention Steve Saffer at this point, because he also came along to help out, but ended up doing a couple of events, which I believe he now realises aren't as easy as they were when he was younger..but again you have to admire anyone who is willing to have a go, and who knows, if you keep the training going Steve, you will no doubt want to have further attempts at track racing..

On signing off this match write up, I would like to take this opportunity to thank all who helped out, be they competitors, measurers, markers or pushing the tea trolley round, these meetings can't take place without YOU. Well done..

If I have not mentioned you personally this time, I apologise, and will endeavour to see you get a mention next time around. Give me a nudge just in case though.

As a special word of thanks, I must mention my wife ALEX, who I know most, if not all of you know. She spent the whole afternoon compiling the results etc, which is not an easy job at the best of times, but to her credit she soldiered on through all the interruptions and rows to produce the results on time and also give updated commentary during the course of the afternoon. WELL DONE ALEX.

LET'S KEEP IT GOING THROUGH THE SEASON EVERYONE.

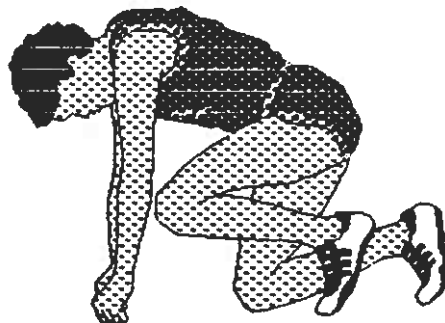
SOUTHERN LEAGUE DIV 5
SAT 4TH MAY 1991 - WALTHAMSTOW

400 metres hurdles		
A string	R.Pitcher	73.10 secs
B string	R.Alburey	80.10 secs
100 metres		
A string	Disq.	
B string	C.Warren	12.10 secs
800 metres		
A string	M.Cates	2.04.6 secs
B string	P.Filler	2.06.3 secs
5000 metres		
A string	A.Eccles	17.19.0 secs
B String	P.Hurley	17.44.4 secs
400 metres		
A string	C.Warren	55.40 secs
B string	R.Pitcher	63.50 secs
110 metres hurdles		
A string	K.Lewis	29.10 secs
B string	Disq.	
200 metres		
A string	C.Bell	25.80 secs
B string	A.Wellar	28.00 secs
1500 metres		
A string	P.Filler	4.20.2 secs
B string	M.Cates	4.30.6 secs
4 x 100 metres relay		
K.Warren S.Saffer		
A.Wellar C.Bell		53.30 secs
3000 metres steeplechase		
A string	D.Moy	11.26.2 secs
B string	A.Eccles	11.41.8 secs
4 x 400 metres relay		
C.Warren 57.9 secs M.Cates 58.0 secs		
A.Wellar 64.4 secs S.Saffer 73.5 secs		
Team Time 4.13.8 secs		
High jump		
A string	C.Warren	1.50 metres
B string	K.Adams	1.20 metres
Long jump		
A string	C.Warren	5.58 metres
B string	K.Adams	4.59 metres

Pole vault		
A string	M.Fitzgibbon	1.20 metres
B string	S.Beckett	1.20 metres
Triple jump		
A string	C.Warren	10.50 metres
B string	K.Adams	10.39 metres
Hammer throw		
A string	B.Clack	32.50 metres
B string	M.Clack	28.72 metres
Javelin throw		
A string	K.Lewis	47.54 metres
B string	B.Clack	31.40 metres
Shot put		
A String	B.Clack	9.20 metres
B string	M.Clack	8.06 metres
Discus throw		
A string	B.Clack	26.80 metres
B string	K.Adams	21.98 metres

OVERALL MATCH RESULT

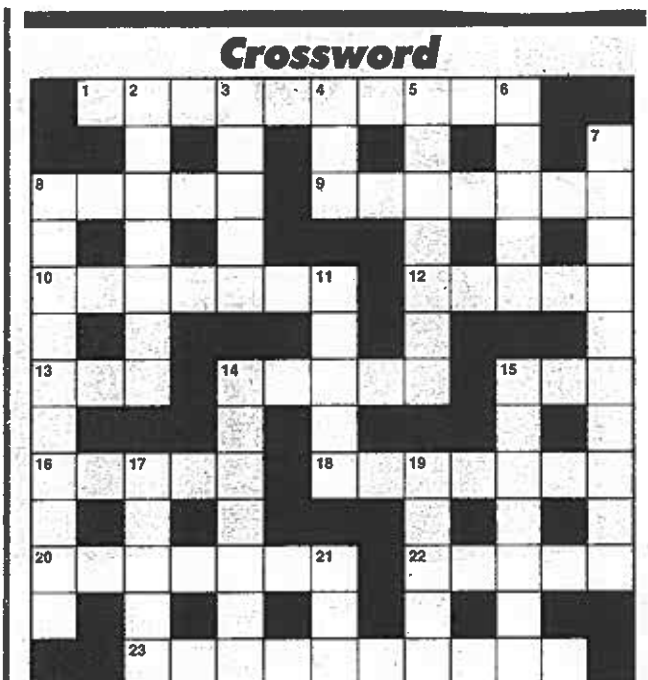
1) Belgrave	150 points
2) GEC Avionics	136.5 points
3) Eton Manor	113.5 points
4) Loughton	72 points



GET SET FOR A WIN

ENTER THE ETON MANOR CROSS WORD NOW AND WIN YOURSELF A CLUB TEE SHIRT.

All you have to do is complete the crossword below and return your entry to me, Steve Beckett, at my home address as soon as possible. The first correct solution to be received will win one of the clubs new tee shirts. So put pen to paper now and have a go.. The winner will be announced in the next gazette, but whoever wins will know immediately.



- | | |
|---|--|
| Across | Down |
| 1 Thick vegetable soup with pasta (10) | 2 Keep away from others (7) |
| 8 Having no money (5) | 3 Alter in order to improve (5) |
| 9 Title of the kings of ancient Egypt (7) | 4 Sharp point (3) |
| 10 Pupil staying at school (7) | 5 The art of public speaking (7) |
| 12 Atlantic or Pacific for instance (5) | 6 Try to escape without meeting (5) |
| 13 Make a claim in court (3) | 7 Cluster of lights (10) |
| 14 Not very important (5) | 8 Someone to watch when parents go out (4-6) |
| 15 You might have to pay it for a service (3) | 11 It puts a number in proportion (5) |
| 16 Someone very big (5) | 14 An old person has it to live on (7) |
| 18 Art of folding paper (7) | 15 Knock to the ground and crush (7) |
| 20 Likely to arouse one's feelings (7) | 17 One of those that get together for a bite (5) |
| 22 Fisherman saint (5) | 19 Urge forward (5) |
| 23 Remote or undeveloped area (10) | 21 Small hole for a hook (3) |

CLUB EXCHANGE AND MART

Have you anything that you want to buy, sell or exchange?

Then why not advertise it in the clubs gazette, or if, the response is good, we could produce a newsletter to help members to advertise items.

continued..

The reason for suggesting this is that it would appear that several people are interested in computers, records, cassettes etc., amongst other things..so why not advertise within the club. You never know, you might find something you've been looking for for ages, and remember, it won't cost you a penny. So put pen to paper and let me have details A.S.A.P..

Send this to me, Steve Beckett at my home address.

CLUB CLOTHING

If you need a new running vest or are interested in a sweat shirt or tee shirt (long or short sleeved), then here's who to contact. Peter Kearsey, Tom Everitt or Steve Beckett. Any of these can get you what you want, all you have to do is ask. The prices are as follows..

- | | |
|--------------------------|---------|
| Running Vests | = 8.50 |
| Short sleeved tee shirts | = 4.50 |
| Long sleeved tee shirts | = 6.50 |
| Sweat shirts | = 8.25 |
| Club badges | = 10.50 |

All the above articles are at cost price and are very good value, so if you are thinking of buying anything, get in quick just in case of price rises.

INTER CLUB COMPETITIONS

Before you say it, YES, I know that we are a running club, but that doesn't mean to say we can't be interested in other forms of competition.

If you've any thoughts or ideas, why not put them forward to see if anyone else is interested too. I for one am interested in snooker and pool, and know of others who are also, so perhaps someone could organise a competition in these events..

If so, then write to me, Steve Beckett at my home address and I'll circulate it to all club members to test for response. Hope to here from some of you soon..

**SOUTHERN LEAGUE MATCH 2 REPORT
WALTHAMSTON 25TH MAY 1991**

Once again the Southern League meetings are with us, and again we seemed doomed to struggle.

This being the second meeting of the season we were all hoping for a better result, but alas it was not to be.

Firstly our Clifford went down with a bug, and then the lads that went on the training week with the Orion in Dorset failed to turn up on time. This leaves you with the feeling that we're not destined for Division 3 this year. Never the less, all those that did turn up on time put a lot of effort in to try to gain as many points as necessary, and I would like to thank them all here and now for their effort. At the end of the day you can only do your best, and I feel sure that this was the case today.

Once again it was Brad & Martin Clack leading the way in the points battle. As usual, they were in there fighting for every point, their most successful event being the heavier vet again where between them they picked up 9 out of 10 points. Well done lads.

On the track scene we struggled to gain points, but that does not mean to say that the effort wasn't there. In the 200 metres, Colin Bell succeeded in running the whole distance in his own lane to finish in a time of 25.4 secs, which was his PB. Well done Colin, he was joined in this event by Kevin Warren, who ran 25.4 secs in a very hard fought battle to the line. Both Kevin and Colin also competed in the Long Jump and managed to pick up 8 out of 10 points here, which was most valuable to us on the day. Keep up the good work fellas.

Making his debut for the club in the 100 metres was Said Razzul, who fought all the way to the line with John Clark from Chelmsford A.C., an ex member of Eton Manor from the past. Said is only a youth so it is a credit to him that he came along and helped us out on the day. He also competed in the triple jump and the 4 x 100 relay team.. Well done to Said.

As a point of interest, Phil Hurley managed to start the 5000 metres this time with the rest of the field (remember the first meeting this year?). Any way, he got his act together this time and along with Dean Nov put up a reasonable performance. Dean was having his first attempt at the 5000 metres on the track and I think he will undoubtedly improve on his performance to day.

In the 400 metre hurdles, Bob Pitcher and Kevin Warren took on all comers. Bob managed to secure a

better time than in the first meeting this year, and was just touched off for 2nd place on the line. Kevin also had a good race and secured a 3rd place comfortably. Well done to you lads also..

The Steele Chase saw Kevin Selby making his seasonal debut, and after a slow start he soon found his pace and no doubt will come on for this race. He was joined by Tony Eccles, who no doubt found that in his 2nd attempt at the event that he is gaining a little more confidence at the barriers. Well done to both of you.

In the 1500 metres, both Paul Fuller and Michael Cates won their respective races very comfortably, but alas these were a couple of our stalwarts that turned up late for the meeting and therefore missed the 800 metres, in which I'm sure they could probably also have won both races. Hopefully everyone will be on time for the next meeting on the 29th June 1991.

Once again that demon called time and space has crept up on me, but before I sign off, I must pay a thank you to Roger Warner, Billy Chapman, Steve Fenton, Mick Fitzgibbon and Mick Stanley for officiating for the Club. If I've missed you in the mentions, I hope to give you a mention next time around.

THANK YOU EVERYONE FOR YOUR TIME AND EFFORT. IT IS APPRECIATED.

COACHING FOR THE YOUNGSTERS.

If you or someone you know is interested in doing half an hours coaching with the kids on Tuesday and/or Thursday evenings at the Club, it would be very much appreciated. I know its your own time and I also know that you want to do your own training, but it has to be said that we need a little, NO, a lot more input to encourage any of the young lads that come over to the club. They are left to fend for themselves to a large degree at the moment, but we should try to change this, and as quickly as possible.

Waltham Forest council, namely Chris Denny, whom I mentioned in one of my earlier write ups, have promised us quite a bit of equipment in the near future, so to justify this I think we should put in some more effort with the kids. If anyone is interested or willing to help, please let me know so that we can organise a meeting to plan out some sort of approach to training/coaching. We can also get plenty of help/guidance if required from the S.C.A.A.A. etc. **SO HAVE A THINK, CAN YOU HELP OUT ?**

SOUTHERN LEAGUE MATCH 2
WALTHAMSTOW 25TH MAY 1991

200 Metres
A string C. Bell 25.4 secs
B string K. Warren 26.4 secs

1500 Metres
A string P. Filler 4.14.7
B string M. Cates 4.18.0

4 x 100 Metres Relay
K. Warren S. Razaul
C. Bell A. Weller 51.7 secs

3000 Metres Steeple Chase
A string K. Selby 10.47.9
B string A. Eccles 11.26.3

4 x 400 Metres Relay
P. Filler M. Cates
A. Weller R. Pitcher 5.13.7

400 Meters Hurdles
A string R. Pitcher 70.0 secs
B string K. Warren 71.3 secs

100 Metres
A string C. Bell 12.3 secs
B string S. Razaul 13.6 secs

800 Metres
A string A. Eccles 2.20.7
B string R. Pitcher 2.29.9

5000 Metres
A string D. Moy 16.39.7
B string P. Hurley 17.25.2

400 Metres
A string A. Weller 61.3 secs
B string R. Pitcher 62.7 secs

110 Meters Hurdles
A string K. Warren 22.1 secs
B string No competitor

Long Jump
A string K. Warren 5.49 mtrs
B string C. Bell 5.49 mtrs

High Jump
A string C. Bell 1.20 mtrs
B string K. Warren 1.20 mtrs

Pole Vault
A string S. Beckett 2.10 mtrs
B string No Competitor

Triple Jump
A string K. Warren 10.56 mtrs
B string S. Razaul -

Hammer Throw
A string B. Clack 30.38 mtrs
B string M. Clack 29.04 mtrs

Javelin Throw
A string B. Clack 28.60 mtrs
B string M. Clack 24.18 mtrs

Shot Put
A string B. Clack 9.00 mtrs
B string M. Clack 7.45 mtrs

Discus Throw
A string B. Clack 26.00 mtrs
B string S. Beckett 14.08 mtrs

OVERALL MATCH RESULT

1st Salisbury 144 Pts
2nd Worthing 128 Pts
3rd Chelmsford 104.5 Pts
4th Eton Manor 77.5 Pts
5th South London Harriers 66 Pts

FORTHCOMING EVENTS..

Saturday 7th September 1991 -
Tynedale 10 mile road race.

Anyone interested in doing this race should let either Steve Beckett or Paul Filler know. Some of us did this race in 1990, and some had to just watch. This year most of the same people are thinking of going again, so if you want to join us let us know A.S.P.

Easter Break 1992 - Isle of Wight.

Once again the Easter Break arrangements are with me, and to try to make life a little easier this year, I am notifying everyone early. The 1991 trip was very successful and I hope that 1992 will be just as good. If you are interested in coming next year, then please, can I have a deposit from you of 50.00 per person by November the 30th 1991. To give you some idea of the cost for next year, this years trip cost approximately 180.00. This included Hotel accommodation for 5 nights half board, Car ferries and race entries for both events over the week-end. The hotel was very good, but if you want to do it cheaper, I will always look up for self-catering accommodation if I am told well enough in advance.

Remember, it is hard enough to organise these trips when everything goes well, so your co-operation to organise it early would be very gratefully received. If you require further information, please give me a ring, Steve Beckett on 081-552-5224 and I'll gladly oblige.

Look forward to hearing from you all..

DO YOU RECOGNISE THE FOLLOWING PEOPLE ?
WHAT'S MORE TO THE POINT, DO THEY RECOGNISE THEMSELVES ? Sorry, but there are no prizes for guessing their identity, but I thought some of you might like some nostalgic look backs. For those who remember the pictures, can you remember the occasions at which they were taken.. Those were the days eh !!

