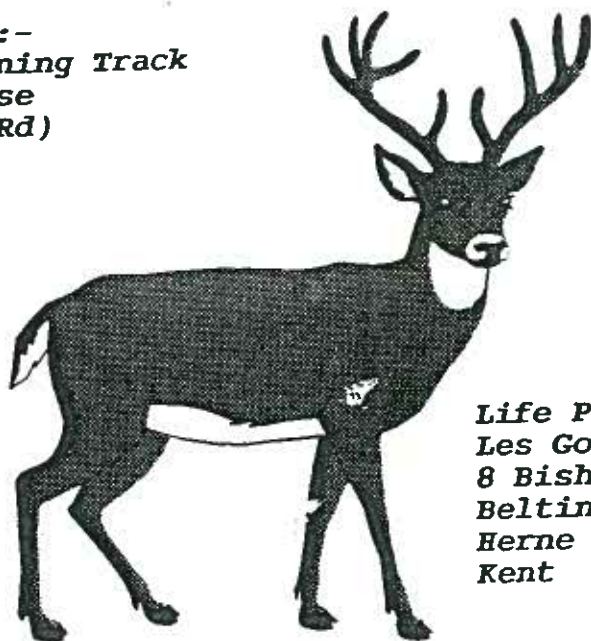


# ETON MANOR ATHLETICS CLUB

Established 1913

Affiliated to A.A.A. 1920

**Headquarters:-**  
Ive Farm Running Track  
Villiers Close  
(off Church Rd)  
Leyton  
London E10



**Life President:-**  
Les Golding  
8 Bishopstone Drive  
Beltinge  
Herne Bay  
Kent

## GAZETTE

**Cross County Sec:-**  
George Smith  
32 Raven Rd  
Billericay  
Essex CM12 0AJ

**Hon. Gen. Sec:-**  
Steve Beckett  
23 Naseby Rd  
Clayhall  
Ilford  
Essex IG5 0NW

**Road Running Sec:-**  
Tom Everitt  
25 Chadwick Rd  
Leytonstone  
London E11

**Hon. Treasurer:-**  
Peter Kearsay  
156 Portway  
Newham  
London E15

ISSUE No. 4  
DECEMBER 1992

**Track & Field Sec:-**  
Steve Fenton  
8 Thetford Place  
Wash Rd  
Laindon, Essex



## CLUB MAILBAG



### 1992 TRACK AND FIELD SUMMARY

Well everyone, the summer is now over, and, with quite a bit of hard work, we've managed to produce a good Southern League final position, although, to be fair, I think that most of us felt that we should have won promotion this year. Still, you can only work with the tools you've got, and I'm afraid to say that with poor turnouts and lack of commitment, promotion was always going to be hard. Having said that though, we came through with a flourish at the end of the season, and if we can sustain that into next year, who knows what we can do. Many thanks to all those that took part this year, and hope to see you all next season.

### CLUB REFURBISHMENT NEWS

On the CLUB refurbishment front, work has already started. It has taken the council a long time, but perhaps they are getting their act together now. The Afro-Caribbean Society will be responsible for managing the Facilities at Ive Farm as from September 1992, and no doubt this will herald a few changes. What these changes will be I do not know yet, but rest assured, they could mean big changes in the way we use the CLUB changing facilities etc, and how much it costs. Due to this new arrangement, the hiring costs have gone up to between £40/50 per calendar month. We will obviously need to raise more funds, and are looking to collect £4 per month app'x from all first claim members, but would also appreciate any contributions by second claim members as well. Further information will be circulated when we know more details. Your help in paying your subscriptions, and the monthly payments will be most appreciated.

yours.. Steve Beckett.

### CLUB GAZETTE NEWS

On the Gazette front, I am now receiving more articles to Publish, and there seems to be a growing response. Don't let the flow dry up though. It's essential to keep the interest going. Many thanks to all those that have sent in articles, and to those that haven't, now's your chance. Get your pen out and start writing. Any thing will do, whether its jokes, fun, sport or advertising. Let me have them as soon as possible, so I get time to type them up. Don't forget, I can do graphics as well, or colour photo's if you like. Think about it seriously. ITS YOUR GAZETTE...

### EASTER RUNS 1993 ISLE OF WIGHT



I am now in the process of booking the annual Easter runs, and need definite confirmation if you are interested in coming this year. For those that are definite, could you please let me have a deposit of £30.00 A.S.A.P. please. For anyone wanting more information, please give me a call anytime.

### REMAINING WINTER FIXTURES 1992/1993

#### JANUARY

Sat 2nd	Chingford Lge 5 x/c	Highams Pk	3.00pm
Tue 5th	Mob Match V Victoria Pk	Victoria Pk	7.45pm
Sat 16th	Southern x/c 9 miles	Maidstone	
Sat 23rd	Chingford Lge 5 x/c	Trent Park	3.00pm
Sat 30th	North Of the Thames	to be arranged	

#### FEBRUARY

Sat 20th	Chingford Lge 5 road	Victoria Pk	3.00pm
Sun 21st	Roding Valley Half Mar.	Woodford	9.30am
Sat 27th	National x/c 9 miles	Parlia.Hill	

#### MARCH

Tue 2nd	Chingford Lge 5K	Easyway	8.00pm
Sat 6th	Essex Road Relays	Chelmsford	1.30pm
Sat 13th	Essex 20 mile road race	Chelmsford	2.00pm
Sat 13th	Chingford road relays	Chingford	3.00pm































#### APRIL

Sat 10th	Walthamstow vets/pre-vets	Highams Pk	3.00pm
----------	---------------------------	------------	--------

JUST AN ADDED BIT OF FUN. DO YOU KNOW YOUR ROAD SIGNS?

IF YOU DO, THE FOLLOWING STORY MAY INTEREST YOU.

WARNING.. THIS IS ADULT MATERIAL ONLY!!

					
One day whilst out walking	I saw a woman lying down	My head spun	And my heart caught fire	I needed a shower	So I took her home
					
She said she was on the pill	She opened one leg	and then the other	My reaction was spontaneous	When she was ready	I put it in
					
She asked me to slow down	We tried several positions	to add some spark	I suggested a friend	She said "no way"	After a lot of coming and going
					
I reached the point of no return	She complimented me on my size	and weight	I reckoned she wasn't a virgin	Suddenly she shouted	She'd lied about the pill
					
My excitement died	9 months on she rang me	from the hospital	I was now a father	My world's collapsed	I'm on my bike

HOPE YOU ENJOYED THE TALE...MERRY XMAS.

**ORION 10 MILE ROAD RACE  
SUNDAY 5TH JULY 1992 CHINGFORD**

Not a particularly big field for this annual race, but none the less, it still takes the same amount of effort to complete the course. With only three from our club competing today, it was obviously essential that we all tried to finish. This we duly did, with Steve Flinn being the first man home in a time of 66mins and 22secs. Steve wasn't too pleased with his run here, but to be honest, it was quite warm and this isn't the easiest of courses, with Dors hill at 8 miles, and various other hills to negotiate beforehand. Still, he wasn't to be consoled.

Next man home was your's truly. Still suffering from a virus, I was determined to finish, and believe you me, it was a gruelling run for me today. I was followed home today by Keith Adams, although today, it was at a discreet distance. Keith was obviously having a tough time of it on the course. Still, it's all good training Keith, and no doubt you'll be there orabouts at the next 10 miler.

Well done to all those second claim members who competed today as well.

report by:-  
Steve Beckett

**RACE RESULT**

1)	S.Sear		Woodford Grn	53.36
2)	G.Webb		Ilford	53.56
3)	B.Sewel		Thurrock	54.04
4)	P.Filler	*	Orion	54.15
12)	A.Eccles	V	* Orion	56.12
27)	B.Read	V50	* Orion	61.06
52)	A.Dickin	V50	* Orion	66.07
54)	S.Flinn		Eton Manor	66.22
55)	G.Lunn	V	* Orion	66.07
94)	S.Beckett	V	Eton Manor	72.03
125)	K.Adams		Eton Manor	79.21

\*\*\*\*\*

**A VIEW FROM THE REAR**

As the better runners amongst you charge off at the front, have you ever wondered what it's like for the less gifted runner who is left floundering at the rear. We thought we'd take this opportunity to enlighten you.

It's a typical Tuesday assembly league race, and the mass of runners are congregated around the start line, Invariably, a green tinged cloud mushrooms upwards and gently wafts to the back. Is this dust from the track? Is it radioactive fall-out? No such luck, just last nights curry.

The gun goes for the start and we're off-usually

twenty seconds behind the leaders, but we're off. Your lungs are bursting and your eyes are streaming, not through exertion of running, but from holding your breath (see previous paragraph). You now start running into a stange humid climatic enviroment. It's a beautiful sunny day, but it's started to rain. What is the cause of the downpour? Are the green lumpy bits a clue? I think we should be told.

Anyway, we're off into the first mile. Those perfect Svelte running machines have started to battle it out for those all important last ten places. You find yourself positioned behind a 20 stone athlete whose shorts gradually start to slide down to his knees, revealing an ideal place to park a mountain bike. However, no matter how hard you turn on the turbo drive, you still haven't passed him at the first mile stage.

We are now into the second mile of this three an a half mile race. Halfway into this stage and some generous soul has laid on some entertainment. An assortment of revealing and highly compromising polaroids have drifted across the course. You front runners charging along at warp factor 10 would have missed these artistic delights, however, us travelling at Max factor get a good butchers.

Through the second mile mark and everyone seems concerned as to whether it's opening time, as they all seem to be looking at their watches. Into the third mile, by which time the likes of Moores and Cates have finished, showered and tucked up in bed with a mug of cocoa. However, for us hardy souls, we start our pre-defined race tactics and jockey for position for that all important last mile and a half. Invariably at this stage, the Zola Budd of the course starts the Los Angeles Olympics weaving tactic- bouncing from one side of the course to the other and causing more pile ups than the M25 in rush hour.

You know you have reached the last half mile, as runners are coming at you from the opposite direction doing their warm down jogs. This is one of the true delights of being at the rear, a crowd at the finish. By the time we arrive, virtually everyone else has finished, so they can cheer(Jeer?) on their Club tailenders. This partisan support whips us into a frenzy of activity, tired legs go into hyper-drive and you spint for the finish-finally managing to get round your 20 stone pace setting athlete. All too soon it's over. You've finished, and collapsed in a heap on the grass verge, checking your watch for the all important time. Thank God for that, they're open!

Pelham and Abbot

\*\*\*\*\*

**4th ASSEMBLY LEAGUE RACE-  
BLACKHEATH-THURSDAY 9TH JULY 1992**

No Michael Cates or Tom Everitt tonight, and just one second claim runner, namely Clive Mills, to bolster the team. Still, we did manage to field twelve runners none the less, and that maintains our consistency for competitors competing in each race this year.

On the race front itself, it was Steve Flinn who led the Club home tonight, recording a fine 16mins 34secs in doing so. It was a long way back to our second scoring man tonight, young Neil Pitcher. He had a battle all the way round with his dad Bob, and Glyn Sayer, but won this race in no uncertain fashion. Glyn just managed to edge Bob back to 4th scoring position, but it must have been close, as there was only 15 seconds between all three of them. Well done lads.

On the "B" team front, it was Chris Bamforth who led the team home, just holding off Pete Kearsley on the run for the line. Chris is running out of his skin at the moment, so it is good to see him turning the training into results in the races. Pete just failed to catch Chris by 5 seconds, but still ran a good race to come home in 19mins and 3secs.

Third man home for the "B" team was Cliff( yes, you can read ) Warren. this was a surprise turnout by Cliff, but well appreciated tonight. His time of 19mins and 12secs brought him home just behind the Father In-Law. Not a bad run, eh Cliff!.

Fourth scoring man for the "B" team tonight was Keith Adams, who got the better of Wai Ming Pang for this honour, although no doubt it was a hard race anyway, because hot on there heels came Clive Mills and Steve Adams. Still, Keith won this battle tonight, but no doubt the others will be looking for revenge in the forth coming races. Well done to you all.

Bringing home the Club tonight was my hero, your's truly, and I must say that I don't mind this position, so long as the rest of you continue to improve your positions in these races. Well done to all those that took part tonight.

report by:-  
Steve Beckett.

**RACE RESULT**

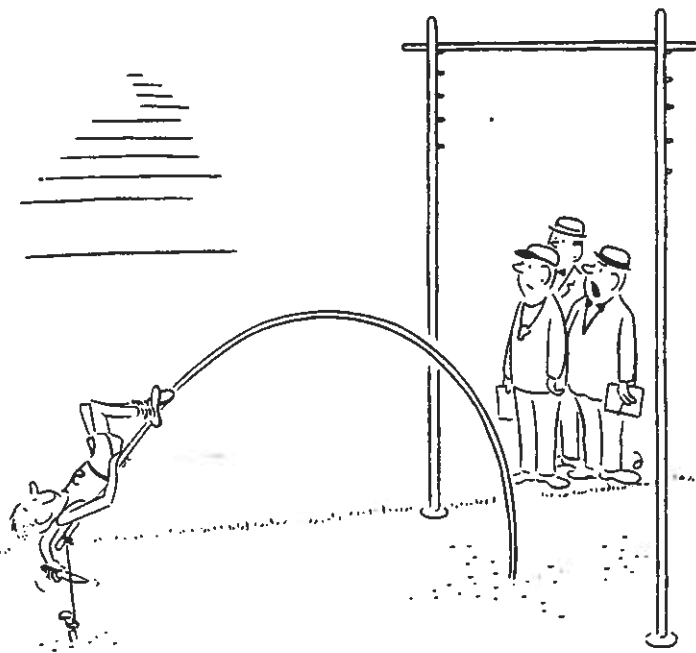
1) J.Moores	Kent	15.02
2) K.Pike	"	15.41
3) R.Thompson	LPR	14.42

20) S.Flinn	Eton Manor	16.34
45) N.Pitcher	" "	18.03
47) G.Sayer V45	" "	18.10
49) R.Pitcher	" "	18.18
59) C.Bamforth	" "	18.58
61) P.Kearsley V55	" "	19.03
62) C.Warren	" "	19.12
68) K.Adams	" "	19.42
69) W.M.Pang	" "	19.52
72) C.Mills	" "	20.11
73) S.Adams	" "	20.13
75) S.Beckett V	" "	20.45

**TEAM POSITIONS AFTER 4 RACES**

"A" Teams		"B" Teams	
1) Kent A.C	28pts	1) Kent A.C.	55pts
2) Cambridge.H.	22pts	2) Cambridge H.	49pts
3) V.P.H.	17pts	3) Eton Manor	45pts
4) Eton Manor	16pts	4) Stock Exchange	33pts
5) Blackheath	11pts	5) V.P.H.	33pts
6) Dartford	11pts	6) Dartford	29pts
7) Forbanks	7pts	7) Forbanks	25pts
		8) Westminster	17pts
		9) Blackheath	13pts
		10) LPR	8pts

\*\*\*\*\*  
**MICKY FITZ AND KEITH ADAMS, HERE SEEN AT A RECENT TRAINING SESSION FOR THE 1993 TRACK SEASON!!!!!!!**



Get the rule book!

4th SOUTHERN LEAGUE TACK MEETING  
SATURDAY 11TH JULY 1992 - WOKING

The day didn't start very well with half the team caught in a 9 mile traffic jam on the M25 and atrocious weather conditions with high winds and rain. Despite this, the hard-core team members performed commendably well by finishing 3rd on the day.

The delay on the motorway meant that our pole vaulters, Mick Fitz and Keith Adams missed their event. It was a pity because the heights achieved by our opponents were within easy reach of our two boys.

This didn't affect Keith Adams's appetite, who committed himself to the task of covering any event that was without an Eton Manor competitor. Keith started with the arduous 400 metres hurdles, and despite his 2 minute warm up due to the late arrival, finished a good 3rd to collect 3 valuable points. Credit also to Bob Pitcher who managed a good time despite the weather conditions, and also picked up a further 3 points.

Next up was the 100 metres- an event not normally associated with Keith "Kool" Adams. But he was seen sprinting? towards the start to allow his name to be put forward in the "B" string race. Again Keith ran strongly, producing his best time in the event in 5 years and picked up a further 3 points. Cliff Warren had a hard battle with a Verlea runner and was just pipped into 2nd place in the "A" sting race.

Next for Keith was the 110metres hurdles- an event that is only for the brave. The customary KA smile was evident as he cleared the last hurdle to pick up yet another 3 points. Credit also to the "B" string runner Phil Barlow who had only turned up with the intention of competing in the high jump, but found himself with the task of clearing 10 "high jumps", interspersed with sprinting like mad. DONT ASK THE EDITOR WHAT INTERSPERSED MEANS, HE'S ONLY THE TYPIST.

The 800 metres saw Pitcher family represent the Manor, with dad Robert just beating son Neil by just over a second, although they were competing in different races. In the 5000 metres, Glyn Sayer and Clive "steeplechase" Mills performed admirably in the bad conditions to pick up 5 points between them.

Meanwhile, in the field events, the Clack brothers were performing in their normal consistent fashion by picking up very good points in the hammer throw, discus and javelin. With 4 second places and a couple of third positions, they amassed an amazing 25 points between them.

In the High Jump, Philip Barlow won the "A" string

with a leap of 1.65metres, a full 10cm ahead of his nearest competitor. In the Triple jump, Clifford Warren won the "A" string with a jump of 11.80metres, but it was Keith Adams who stole the show by winning the "B" string by a clear 40cm. The Long Jump was also won by Cliff, but a very good performance picked up a further 3 points for Philip Barlow.

Back on the track, Cliff just managed to fight off a strong challenge from a Verlea runner to win the 200metres "A" string by 1/10th of a second. Tenths of a second were forgotten when our "B" string athlete settled in his blocks. A hush fell upon the packed stadium as S.Beckett raised his back to the set position.. then BANG, the starter sent the runners on their way. (due to a technical fault, the remainder of the race cannot be reported on.) but Steve managed a creditable 3rd to pick up 3 points.

Fine brave performances in the 1500 metres and the Steeple Chase, especially in the worsening weather conditions, enabled Glyn, Bob, Keith and Steve to collect further important points.

Lastly, the Relays. In the 4 x 100metres, a cruel marshals decision robbed the Manor of 2nd place when it was deemed that KA over ran the changeover box on the last leg. The fact that KA could hardly walk let alone run at this stage in his eventful day indicates the accuracy of this decision. The 4 x 400 metres saw the Manor arrive safely home in 2nd place.

A most eventful day out if ever we've had one, was everyones post meeting comments.

report by:-  
Cliff Warren.

RESULTS

400 Hurdles	A string	R.Pitcher	75.2	3rd
	B string	K.Adams	73.9	3rd
100 metres	A string	C.Warren	12.5	2nd
	B string	K.Adams	13.6	2nd
800 metres	A string	N.Pitcher	2.24.2	3rd
	B string	R.Pitcher	2.23.1	3rd
5000 mtres	A string	G.Sayer	19.23.4	4th
	B string	C.Mills	20.13.3	3rd
400 metres	A string	C.Warren	55.2	1st
	B string	M.Fitzgibbon	62.6	2nd
110 hurdles	A string	K.Adams	24.5	3rd
	B string	P.Barlow	21.9	2nd
200 metres	A string	C.Warren	24.9	1st
	B string	S.Adams	28.5	3rd

4th SOUTHERN LEAGUE TACK MEETING  
SATURDAY 11th JULY 1992 - WOKING

1500 metres	A string	G.Sayer	5.05.7	4th
	B string	S.Beckett	5.30.5	4th
4 x 100 relay				disq.
3000 s/chse	A string	R.Pitcher	11.30.6	3rd
	B string	S.Beckett	12.57.6	2nd
4 x 400 relay			4.08.0	2nd
Long Jump	A string	C.Warren	5.63	1st
	B string	P.Barlow	4.85	3rd
High Jump	A string	P.Barlow	1.65	1st
	B string	N.Pitcher	1.20	3rd
Pole Vault	A string			did not
	B string			complete
Triple jump	A string	C.Warren	11.80	1st
	B string	K.Adams	10.57	1st
Hammer	A string	B.Clack	32.62	2nd
	B string	M.Clack	28.10	2nd
Javelin	A string	B.Clack	26.60	3rd
	B string	M.Clack	18.58	3rd
Shot	A string	B.Clack	8.93	3rd
	B string	R.Pitcher	5.41	3rd
Discus	A string	B.Clack	28.18	2nd
	B string	M.Clack	20.22	2nd

MATCH RESULT

1st Verlea	156.0 pts
2nd Gravesend	129.0 pts
3rd Eton Manor	119.0 pts
4th Biggleswade	18.0 pts

\*\*\*\*\*

5th SOUTHERN LEAGUE TACK MEETING  
SATURDAY 1ST AUGUST 1992 - WEST LONDON

This meeting was the second to last of the 1992 season, and with Team Solent, QPH and Muswell Hill competing, winning was always going to be difficult.

Despite injuries and the absence of some key team members, the turnout was quite reasonable, perhaps due to the sunshine?

On the track we were missing our sprinters?, and the best result of the day was maximum points in the 5000 metres with Paul Filler( despite heavy mileage training ), and Glyn (watch that left hook) Sayer.

In the 1500 metres, an off colour Michael Cates "just jogged round" for second "A" string, nearly beaten by Dave Norris (just back from injury) who finished first "B" string. - Better watch out Michael?

Clifford (ten events) Warren ran 100M - 12.65, 200M - 24.8, 400M - 52.6, but such was the strength of the opposition that these performances only earned him third place "A" string points. New lad Philip Barlow ran a super 20.8 in the 110M high hurdles, in only his second attempt, for second place "A" string. No doubt with a bit of focused training this event could be his speciality.

Dave Norris in the 400M flat and Bob Pitcher in the 400 hurdles both ran hard to secure valuable third places, with Bob having to battle an opponent all the way to the tape!

In the field events, we were weakened by the absence of Martin Clack. Micky Fitzgibbon stepped into his shoes to win the "B" string Hammer, and also covered the Shot, Discus and the Javelin. Mick, along with Keith Adams, also scored maximum points in the Pole Vault competition, with vaults of 2.80 & 2.60 metres respectively. Brad Clack produced his usual dependable performances and Phil Barlow again performed excellently in the High Jump, with a second place "A" string and a PB to boot of 1.75 metres.

For my mind though, the day had two finale's.

The first was the anticipation of the Clive ( Kip Tanui) Mills Steeplechase, this after seeing his hurdling effort six weeks previously. Most of "THE MANOR" waited eagerly by the water jump to witness the impending disaster. However, young Clive (nee KIP to his friends), performed creditably, until lap six with an up to the neck entry. Well done anyway Clive, for scoring valuable points in an event that most of the knockers wouldn't dare to enter, and for giving us a laugh along the way.

The GRAND FINALE came in the 4 x 400 metres relay final leg. Chris ( don't worry, I've got it all under control ) Bamforth was pulled in by an opposition runner with the points situation for third overall Team place desperately close. After having a 50 to 60 metre lead on the last leg, this rapidly disintegrated on the run for the line, but Chris hung on by the skin of his teeth to help clinch Third team place in the relay and also THE MATCH. Well done Chris, but don't cut it so fine next time. Our hearts couldn't take the strain again.

Results follow..

report by:-

THE POISON PEN..



5th SOUTHERN LEAGUE TACK MEETING  
SATURDAY 1ST AUGUST 1992 - WEST LONDON

Discus A string E.Clack 27.62 3rd  
B string M.Clack 24.46 1st

RESULTS

MATCH RESULT

400 Hurdles	A string	R.Pitcher	72.0	4th
	B string	K.Adams	71.5	3rd
100 metres	A string	P.Weston	12.4	4th
	B string	C.Warren	12.9	3rd
800 metres	A string	M.Cates	2.08.4	2nd
	B string	M.Dar	2.15.6	4th
5000 metres	A string	P.Filler	15.54.3	1st
	B string	G.Sayer	19.06.7	4th
400 metres	A string	C.Warren	53.5	2nd
	B string	M.Dar	58.4	5th
110 hurdles	A string	K.Warren	21.5	5th
	B string	K.Adams	23.7	4th
200 metres	A string	P.Weston	25.5	4th
	B string	K.Warren	26.5	5th
1500 metres	A string	P.Filler	4.20.7	4th
	B string	R.Pitcher	4.56.5	5th
4 x 100 relay			52.0	4th
3000 s/chse	A string	M.Cates	10.15.3	1st
	B string	K.Adams	14.01.1	4th
4 x 400 relay	C.Warren	M.Darris	3.54.8	4th
	M.Cates	P.Weston		
Long Jump	A string	N.Bishop	5.50	4th
	B string	K.Adams	4.85	5th
High Jump	A string	N.Bishop	1.70	3rd
	B string	P.Barlow	1.60	2nd
Pole Vault	A string	K.Adams	2.60	2nd
	B string	S.Beckett	no height	
Triple jump	A string	C.Warren	12.02	2nd
	B string	K.Warren	10.44	3rd
Hammer	A string	B.Clack	31.34	2nd
	B string	M.Clack	30.38	1st
Javelin	A string	M.Cleck	29.56	4th
	B string	B.Clack	22.94	4th
Shot	A string	B.Clack	8.62	3rd
	B string	M.Clack	7.50	3rd

1st Thurrock	138.0 pts
2nd Chelmsford	106.0 pts
3rd Kingston & Poly	100.0 pts
4th Eton Manor	96.0 pts
5th Herne Hill Harriers	87.0 pts

\*\*\*\*\*

ELAINE ATKINS  
PHYSIOTHERAPY  
PRACTICE



PROMPT TREATMENT AND ADVICE FOR  
SPORTS INJURIES, BACK AND NECK PROBLEMS  
AND OTHER PAINFUL CONDITIONS.

FOR FURTHER INFORMATION AND APPOINTMENTS  
PLEASE RING 091 554 0475.  
154 HIGH ROAD, WOODFORD GREEN, ESSEX.

ORION 10 x 1 MILE RELAYS  
TUESDAY 4TH AUGUST 1992

With a turnout of 17 tonight, it was our best effort for some time, and to cap it all, our "A" team achieved a PB this year.

Michael Cates led the "A" team off, and recorded a very good time of 4mins 57secs to bring us home in 2nd team place. Michael handed over to brother Paul, making yet another seasonal appearance in this event. He clocked a time of 5mins 47secs, which was pretty good for someone who hasn't run for nearly a year. Third man off was young Neil Pitcher. Neil is growing with stature every time he runs. Tonight was no exception, and a time of 5mins 38secs was his reward. Cliff Warren took over the reins on the 4th leg, and ran his legs off to try to sustain the impetus gained early on. Cliff then handed over to Bob Pitcher. Bob was doggedly trying to beat Neil's time, and keep the teams position up amongst the leaders as well. His time of 5mins 45 secs was just behind Neils, but a good run none the less.

Glyn Sayer took over from Bob, and ran his usual hard race, finishing in a time of 5mins 47secs. Chris Bamforth took over on the 7th leg, followed by Keith Adams. Rivalry over the Club is good at the moment, and Chris, along with Keith Adams on the 8th leg both clocked under 6 minutes. Penultimate leg went to Steve Flinn, who ran a blinder to come home in a time of 5mins 28sec. Last leg glory went to old timer Tom (Hit Man) Everitt. Tom's time of 5mins 42 secs was a bit slower than he'd hoped for, but was still very good. Well done to all the "A" team.

Moving on to the "B" team, we were 3 men light to finish off, so one or two of us had to run second legs. Steve Beckett led off, and ran 6mins 13secs, followed by Pete Kearsley, with a time of 6 mins 19secs. Pete's not over keen on the country now, so quite a good run by him tonight considering this fact.

Third man off was George Smith, making his long awaited comeback after an absence of nearly a year. His time of 6mins 08secs reflects on his abilities to retain form after such a long absence. Well done George. Fourth man off was Steve Adams, followed by Mick Fitzgibbon. Steve Adams is having his own personal battles with brother Keith, and believe you me, there's not a lot in it at the moment. Watch this space for further developments in the clash of the brothers...

Next off for the "B" team was Ted Warren. Ted turns up for these "FUN RUNS" as he calls them, and never ceases to amaze us with his performances. Thanks for having a go Ted..

After Ted, we had to double up, with Steve Beckett, Michael Cates and Neil Pitcher running second legs to finish the "B" team.

All in all, a good all round performance. Perhaps we can do another team PB next year.

TEAM RESULTS

1) Woodford Green "A"	51.48
2) Orion Harriers "A"	52.37
3) Victoria Park	55.28

ETON MANOR "A" TEAM

1) M.Cates	4.57	2) P.Cates	5.37
3) N.Pitcher	5.38	4) C.Warren	5.34
5) R.Pitcher	5.45	6) G.Sayer	5.47
7) C.Bamforth	5.59	8) K.Adams	5.59
9) S.Flinn	5.28	10) T.Everitt	5.42
Total= 56.26 6th place			

ETON MANOR "B" TEAM

1) S.Beckett	6.13	2) P.Kearsley	6.19
3) S.Adams	6.08	4) M.Fitzgibbon	6.20
5) G.Smith	7.05	6) S.Fenton	6.13
7) E.Warren	7.34	8) S.Beckett	6.17
9) M.Cates	5.15	10) N.Pitcher	5.53
Total = 63.17 12th place			

\*\*\*\*\*

5th ASSEMBLY LEAGUE RACE 3.5 MILES  
THURSDAY 6TH AUGUST 1992- VICTORIA PARK

This was one of the smallest fields of the season, I suppose due to the Olympics on TV. Still, from our clubs point of view, we had quite a good turnout numbers wise, with 10 taking part.

First man home was, YES, you've guessed it, Michael, ( I Feel ill) Cates. His time of 17mins 50secs brought him home in 6th place overall, and well deserved at that. Second man home for the club was Steve Flinn, running a very useful 17mins 46secs to come home in 13th place overall. Well done Steve. Next home for the "A" team was Tom Everitt, displaying all his usual flare, but this time hotly pursued by Glyn(Watch that Left Hook Sayer). Glyn was having his best run for some time, and I think Tom must have had a shock seeing him so close. Good to see you back in some sort of form Glyn..

On the "B" team front, Pete Kearsley ran his usual reliable race to come home in 45th place. He was followed by Keith Adams, Chris Bamforth, Steve Beckett, Steve Adams and Clive mills, all fighting to be in the "B" scoring team. Keith won this battle, followed closely by Chris, who got the better of Steve Beckett by just 2 seconds tonight. Just behind these came Clive and Steve Adams, who both ran hard to try and overhaul those in front, but had to settle for just missing out tonight. Well done anyway lads.

RACE RESULT

1) J.Moores		Kent A.C.	17.14
2) J.Barker		LPR	17.35
3) B.Lee		Kent A.C.	17.36
6) M.Cates		Eton Manor	17.50
13) S.Flinn		" "	18.46
27) T.Everitt	V55	" "	19.47
28) G.Sayer	V45	" "	20.00
45) P.Kearsley	V55	" "	21.22
48) K.Adams		" "	22.12
50) C.Bamforth		" "	22.31
51) S.Beckett	V	" "	22.33
54) C.Mills		" "	22.44
55) S.Adams		" "	23.02

TEAM POSITIONS AFTER 5 RACES

"A" team 4th "B" team 3rd

\*\*\*\*\*

6th SOUTHERN LEAGUE TACK MEETING  
SATURDAY 15th AUGUST 1992 - TONBRIDGE

We had a good turnout for the final match of the season at Tonbridge, which provided sunny weather and excellent facilities.

A good overall performance secured second place behind Aldershot, with several notable performances.

Robin Ford, making his Club debut, competed in 5 events, collecting many valuable points in both the relays and a closely fought 3rd place in the 100 metres individual event.

Philip Barlow won the "A" string high Jump and also achieved yet another PB in winning the "A" string 110 metres hurdles, with Keith Adams finishing second place "B" string, giving us our first 9 pointer in this event for some years. Keith was also third in the 400 metres hurdles, with a PB of 69 seconds.

Clifford Warren once again proved that there is no substitute for hard training (I don't know who wrote this, but are we talking about the same Clifford?). He won both the 100 and 200 metres "A" string and the Triple Jump "A" string, as well as coming second in the Long Jump and 400 metres.

Paul Filler achieved an equal PB in the 5000 metres, finishing second place "A" string. He was joined in this event by Roger Warner who finished third place "B" string.

On the field we again performed well, with Mick Fitzgibbon winning the "A" string pole Vault, and the Clack brothers also amassing a high number of points in their usual throwing events. Keith Lewis, appearing in his first meeting of the season, also performed well, finishing 3rd "B" string in the Discus, 2nd "B" string in the High Jump and winning the "A" string Javelin.

Without doubt the most entertaining race of the meeting was the Steeplechase, with ETON MANOR'S legendary Michael Cates storming home in first place. ( That will be 5.00 please Michael! ). However, Clive (Kip Tanui) Mills became the peoples hero by attempting a Double Somersault with Pike at the water jump, and still managed to finish with a PB in a time of 13mins 10secs. He is now off for his Winter training with coaches Christopher Snode and Jaques Cousteau!.

report by:-

S.Adams.

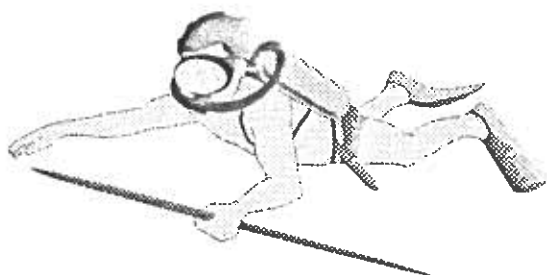
RESULTS

400 Hurdles	A string	K.Adams	69.0	3rd
	B string	S.Adams	75.1	5th
100 metres	A string	C.Warren	11.9	1st
	B string	R.Ford	12.8	3rd
800 metres	A string	M.Cates	2.05.8	2nd
	B string	R.Ford	2.16.4	4th
5000 metres	A string	P.Filler	15.43.7	2nd
	B string	R.Warner	17.54.1	3rd
400 metres	A string	C.Warren	54.1	2nd
	B string	R.Ford	59.7	4th
110 hurdles	A string	P.Barlow	19.5	1st
	B string	K.Adams	22.0	2nd
200 metres	A string	C.Warren	24.0	1st
	B string	S.Adams	26.8	4th
1500 metres	A string	M.Cates	4.26.3	3rd
	B string	A.Weller	4.53.5	4th
4 x 100 relay			51.0	3rd
3000 s/chse	A string	M.Cates	10.13.2	1st
	B string	C.Mills	13.10.7	5th
4 x 400 relay	C.Warren A.Weller M.Cates M.Fitzgibbon		3.58.1	4th
Long Jump	A string	C.Warren	5.75	2nd
	B string	K.Adams	5.10	2nd
High Jump	A string	P.Barlow	1.70	1st
	B string	K.Lewis	1.60	2nd
Pole Vault	A string	M.Fitzgibbon	2.75	2nd
	B string	K.Adams	2.30	2nd
Triple jump	A string	C.Warren	11.54	1st
	B string	K.Adams	10.38	2nd
Hammer	A string	B.Clack	32.04	2nd
	B string	M.Clack	30.92	1st
Javelin	A string	K.Lewis	45.88	1st
	B string	B.Clack	33.38	2nd
Shot	A string	B.Clack	9.27	4th
	B string	M.Clack	7.15	4th
Discus	A string	B.Clack	26.60	3rd
	B string	K.Lewis	20.38	3rd

6TH SOUTHERN LEAGUE MATCH  
SATURDAY 15TH AUGUST 1992 - TONBRIDGE

MATCH RESULT

1st Aldershot F & D	130.0 pts
2nd Eton Manor	125.0 pts
3rd Winchester	96.0 pts
4th Tonbridge	93.0 pts
5th Milton Keynes	86.0 pts



Clive Mills, taking the water jump in his stride!!

\*\*\*\*\*

SOUTHERN LEAGUE DIVISION 6 FINAL TABLE

	League Points	Match Points
1) Team Solent	28	836.5
2) Queens Park Harriers	27	787.5
3) Maidenhead	26	798.5
4) Thurrock	25	797
5) Aldershot Farnham & D	25	764
6) Verlea	25	748
7) GEC Avionics	21	691
8) Gravesend	21	659
9) Eton Manor	20	687
10) Kingston & Poly.	20	684
11) Chelmsford	19	678
12) Hercules Wimbledon	18	675
13) Milton Keynes	18	660
14) Muswell Hill	17	671
15) Ealing & Southall	17	657
16) Winchester	16	541.5
17) Cambridge Harriers	15	602
18) Herne Hill Harriers	12	545.5
19) South London Harriers	12	536.5
20) Redhill & Surrey Bgles.	10	456
21) Loughton	8	429
22) Tonbridge	8	330
23) Biggleswade	8	174

\*\*\*\*\*

CLUB 5.5 MILE YACHT HANDICAP  
TUESDAY 18TH AUGUST 1992- IVE FARN

Not many turned out for this now annual event, but for those that did, it was as usual a very competitive race.

As usual, Tom Everitts handicapping was very good, as can be seen from the results. First off was George Smith, making his long awaited return to competition after nearly a year off. George was followed off by Dave Walton, also returning to competition after a lay off. Dave chased him all the way round, hotly pursued by Steve Adams, Wai Ming Pang and Steve Beckett. As the race hotted up, Cliff Warren came into the reckoning, followed closely by Pete Kearsay.

As the main bunch of us began to group up across the marshes, George was setting sail for home, now being hotly chased by Wai Ming Pang. As the field left the marshes and started heading home, Tom Everitt, who started scratch man, began motoring through the feild. All the rest of us were beginning to tire, but refused to accept defeat. Tom eventually worked his way throught to finish 3rd place overall, having overtaken Pete kearsey near the finish. Further down the feild, Cliff Warren was beginning to tire, but dug deep to hold off Steve Adams and Steve beckett, the three of us failing to pull Dave Walton back in. It was a great race though, and hopefully a few more will turn out for this freindly event next year. Well done to all that took part tonight, and a special thanks to Julie Warren and Mick Fitzgibbon for doing the time keeping for us.

report by:-  
Steve Beckett.

RACE RESULT

		H'cap	Actual
1) G.Smith	36.18	0.00	36.18
2) W.M.Pang	36.22	2.45	33.37
3) T.Everitt	36.26	5.30	30.56
4) P.Kearsay	36.42	3.30	33.12
5) D.Walton	37.02	0.30	36.32
6) C.Warren	37.22	3.15	34.07
7) S.Adams	37.33	2.15	35.18
8) S.Beckett	37.43	3.00	34.43

\*\*\*\*\*

6th ASSEMBLY LEAGUE RACE-  
BECKENHAM-THURSDAY 3RD SEPTEMBER 1992

Here we are at the end of the 1992 Assembly Road Race League, and in what has turned out to be our best overall performance, both "A" and "B" team, for many a year.

To top it all tonight, we had a very good turn out with twelve competitors.

Michael Cates was first in for the club tonight, although tonight he did not have it all his own way as Dave Norris pressed him hard all the way round. Dave is just returning from an injury, so his run was all the more better. Both Michael's and Dave's times were very good as well, with Michael producing 14mins 35secs to come home in 6th place overall, and Dave recording 14mins 52secs to come home in 11th place.

To add spice to Michael's run, he also ended up with 4th place overall for the 6 races with 102pts to pick up an individual medal. Well done Michael.

Third scoring man for the "A" team was Tom Everitt, running his now familiar steady race. He was followed home by Glyn Sayer, who seems to be making steady improvement on the fitness line.

On the "B" team front, there was always going to be competition for places here, and it was Keith Adams who won the day here, although he was tiring rapidly in the closing stages, having gone off hard at the start. Still, he managed to hold on, chased home by Wai Ming Pang, who blew up badly after going off hard at the start. Next man home for the "B" team was Pete Kearsey. He chased both Wai and Keith all the way round, and at one point looked as if he would overhaul both of them near the finish. Still, this wasn't to be, and he had to settle for 3rd "B" team place tonight.

A little further behind these came Clive Mills, Steve Adams and Steve Beckett, all trying hard to pull Keith Adams back in. This was in vain though, and Clive won the battle for the honour of finishing fourth in the "B" team tonight. Still, it has to be said that PB's were in abundance tonight, with Keith and Steve Adams along with Clive Mills smashing there previous best times here. Obviously the training is beginning to come out in the races. Well done to all three of you.

Eleventh man home tonight was Mick Fitzgibbon. Mick was making his seasonal debut in the races, having been of with a gammy foot, and also lack of training. Still, that didn't stop him getting a flier up the big hill at the start. His effort was short lived tonight though, but he's definitely getting back to fitness,

and it is good to see. Well done Mick. Following Mick home tonight was Dan Denham, also making his seasonal debut. Dan has been off for along time as well, so it was nice to see him turning up for tonight's race. Not a bad run either Dan, considering the lack of fitness. Keep it going now Dan, and get back in amongst the foray.

On a final point of interest, Clive Mills, as a second Claim Member, surpassed us all by taking part in all six races this year, the only one to do so. No prizes Clive, but the effort is appreciated by all.

report by:-  
Steve Beckett.

RACE RESULT

1)	S.Bell	Camb.H	14.17
2)	P.Haley	"	14.17
3)	M.Bumstead	Stock.Exch.	14.28
6)	M.Cates	Eton Manor	14.35
11)	D.Norris	" "	14.52
35)	T.Everitt	V50	16.14
47)	G.Sayer	V45	17.07
53)	K.Adams	" "	17.39
55)	W.M.Pang	" "	17.44
58)	P.Kearsey	V55	17.52
64)	C.Mills	" "	18.11
65)	S.Adams	" "	18.26
66)	S.Beckett	V	18.40
72)	M.Fitzgibbon	V	20.26
74)	D.Denham	V50	21.32

FINAL TEAM POSITIONS AFTER 6 RACES

"A" Teams		"B" Teams	
1)	Kent A.C. 40pts	1)	Kent A.C. 81pts
2)	Cambridge.H. 34pts	2)	Cambridge H. 76pts
3)	V.P.H. 27pts	3)	Eton Manor 67pts
4)	Eton Manor 23pts	4)	V.P.H. 55pts
5)	Blackheath 17pts	5)	Forbanks 34pts
6)	Dartford 16pts	6)	Stock Exchange 33pts
7)	Forbanks 10pts	7)	Dartford 29pts
		8)	Blackheath 26pts
		9)	L.P.R. 17pts
		10)	Westminster 17pts

INDIVIDUAL RESULTS

1)	B.Lee	Kent A.C.	120pts
2)	M.Bumstead	Stock Exch.	111pts
3)	S.Smythe	Camb. H.	105pts
4)	M.Cates	Eton Manor	102pts
12)	D.Norris	Eton Manor	48pts

\*\*\*\*\*

1st CHINGFORD LEAGUE RACE-  
EASTWAY-TUESDAY 6TH OCTOBER 1992

With our winter league upon us once again, and only a turnout of 9 due to injuries, holidays etc, it was obvious we were not going to get off to a flying start. Nine fit runners that is, but special thanks to George Smith for putting in an appearance ensuring we supplied our quota of officials on what must have been a very difficult night for them due to the floodlights failing outside the start/finish area.

In very windy conditions, the race got under way with Michael Cates our only runner up with the leading pack early on, but fading slightly, though still finishing a well placed 12th. It was very pleasing to see our next scorer young Neil Pitcher in his first senior league race run a very sensible race to finish in a creditable 70th place, and just in front of experienced campaigner Tom Everitt in 75th, who was closely followed by the even more experienced Glyn Sayer in 79th place.

Steve and Keith Adams completed the "A" team, having a battle royal to finish 126th and 127th, with Steve coming out on top by two seconds, but both beating their previous best for the course.

"B" team points were scored despite having only three running. Steve Beckett 131st, Mick Fitzgibbon 145th and Dave Walton 148th, also enabling us to complete a Vets team in 7th place. Well done lads.

RACE RESULT

1)	J.Sear	Woodford.Gr	15.34
2)	S.Read	Enfield	15.37
3)	J.Wallis	Woodford Gr	15.40
4)	P.Filler	* Orion	15.41
12)	M.Cates	Eton Manor	16.03
16)	D.Norris	* Orion	16.19
23)	D.Moy	* "	16.36
29)	A.Eccles	V * "	16.48
38)	P.Hurley	V * "	17.00
57)	S.Manning	V * Trent P.T.	17.41
70)	N.Pitcher	Eton Manor	18.01
73)	K.Selby	V * Orion	18.03
75)	T.Everitt	V55 Eton Manor	18.04
79)	G.Sayer	V45 " "	18.16
126)	S.Adams	" "	19.52
127)	K.Adams	" "	19.54
131)	S.Beckett	V " "	20.08
135)	A.Armytage	* Orion	20.23
137)	C.Mills	* "	20.28
145)	M.Fitzgibbon	V Eton Manor	21.33
148)	D.Walton	V " "	22.02

continued..

TEAM POSITIONS AFTER 1 RACE

"A" Teams		"B" Teams		
1)	Woodford Grn	14pts	1) Orion	14pts
2)	Walthamstow	13pts	2) Walthamstow	13pts
3)	Orion	12pts	11) Eton Manor	4pts
12)	Eton Manor	23pts		
Vets Teams				
1)	Orion	14pts		
2)	Enfield	13pts		
7)	Eton Manor	8pts		

BOYS/GIRLS RACE - 2 MILES

With 93 runners taking part, it made David Moody's 31st place an excellent performance, and his time of 13 mins 04 secs his best yet. Next home was Jonathon Prosper in 57th, followed by Marlon Bravi in 61st place, both in their first race for the Club. Well done boys.

RACE RESULT

1)	R.Smith	Haringey	11.09
31)	D.Moody	Eton Manor	13.04
57)	J.Prospier	Eton Manor	13.59
61)	M.Bravi	Eton Manor	14.10

TEAM POSITION AFTER RACE 1 8TH

report by

Tom Everitt.

\*\*\*\*\*

10 THINGS YOU NEED FOR RUNNING AT ETON MANOR

- 1) A telescope to see Michael Cates for when he is running in the distance.
- 2) A magnifying glass to see him side on when you're next to him.
- 3) A plastic surgeon to repair the burns from using the showers.
- 4) A crate of wine for Mrs's Beckett & Pitcher at Track meetings (and any other time).
- 5) A fetish for sticking plaster over your nipples.
- 6) An understanding wife to peel it off later.
- 7) Meat and two veg for Keith Adams to stuff down the front of his lycra shorts.
- 8) Stinging nettles and an Alsatian dog to beat Wai Ming Pang.
- 9) Steroids.
- 10) Beer, Beer and more Beer.

Felham and Abbot..

\*\*\*\*\*

INGATESTONE 5 MILE ROAD RACE  
SUNDAY 11TH OCTOBER 1992

It was one of those Sunday mornings after the night before. You know the feeling. The only cure is a good long lie in, a great big fried breakfast and then down the pub for a hair of the dog.

Unfortunately, none of this was to be, thanks to a weak moment after training on Thursday night, and the silky smooth talking of Steve (old man of the woods) Beckett. The result of which was an early trek over to Ilford to be picked up by Keith Adams and the youthful and spritely Tom Everitt for a five mile race in Ingatestone.

A half hour drive up the A12 and we're there. The town centre is overrun (pun- get it) by runners of all shapes and sizes. I need to find the changing rooms so I asked the OMW the following:-

Me "Steve, where are the changing rooms?"  
OMW "Behind the estate agents"  
Me " In that building behind the rather seedy and exceptionally smelly public toilet?"  
OMW "No Chris, the changing rooms are the public toilet."  
Oh the joys of Amateur Athletics!!

After changing in Dave Walton's car, I joined everybody for the warm up. It was a good turn out with over 230 entrants, mainly from clubs in Essex and north London. Eton Manor had enough runners to make up two teams. It was a cold day, with very little wind and no rain (at least not until we had finished). The circular course started in the town centre and then it was all country roads, with no traffic. It was slightly undulating with a few hills, particularly in the second mile, however, no real nasties. It didn't start and finish in the same place- so if you are thinking of running it next year, look out.

I could give you full details of the results, but you can get those from the attached table. What I will do is mention some highlights. For me, the main one was everyone running for EM finished in under 35 minutes, which bearing in mind the cross section of runners, showed a good team effort. The overall winner was J.Gentry(24.51) which was a course record. Michael cates (26.23) was first in for EM in 9th place. Neil Pitcher(30.15) was third for EM, but first of the unders 20's age group, and an excellent 59th overall. Isn't it about time he got a girlfriend to slow him down a bit!!

Messr's Adams (32.23), Beckett(32.42) and Bamforth (32.58) paced each other around the course and looked

like having a fair old battle, but into the fourth mile Keith pulled away, and was fifth man home for EM. Last man home for the club was Dave Walton, who shouted out as he crossed the line "where's Archie". We wondered what he was going on about and if perhaps he had stopped off halfway round to munch on some exotic fungi growing in a farmer's field. He later explained that he usually gets beaten by Archie and that this was the first time in a while that he had been able to get his own back- so Dave looks like getting back to form.

I haven't mentioned Glyn, mainly because I can't think of anything rude to say about him.

A small proviso on the official results supplied, there is a question mark as to whether we all slipped a place. Everybody enjoyed the race, and I look forward to running it next year- hangover or no hangover.

report by:-

Chris Bamforth

RACE RESULT

1) J.Gentry		Newham & EB	24.51 (record)
2) P.Barr		Basildon	25.07
3) A.Catton		Ilford	25.15
9) M.Cates		Eton Manor	26.23
44) T.Everitt	V55	" "	29.34
59) N.Pitcher		" "	30.15
73) G.Sayer	V	" "	30.53
95) K.adams		" "	32.23
101) S.Beckett	V	" "	32.42
108) C.Bamforth		" "	32.58
127) D.Walton	V	" "	34.29



IT LOOKS AS IF WE WILL ALL NEED ONE OF THESE SOON TO SEE YOUNG NEIL IN THE FUTURE.

\*\*\*\*\*

2nd CHINGFORD LEAGUE RACE-  
LOUGHTON-SATURDAY 17TH OCTOBER 1992

10 THINGS THEY DIDN'T SAY

RACE RESULT

1)	I. Mangleshot	Woodford.Gr	29.14
2)	J. Kilsby	Haringey	29.22
3)	J. Sear	Woodford Gr	29.51
9)	P. Filler	* Orion	30.34
29)	P. Hurley	V *	32.24
30)	D. Moy	* "	32.32
51)	K. Selby	V *	33.57
54)	N. Pitcher	Eton Manor	34.14
62)	T. Everitt	V55 Eton Manor	34.32
92)	G. Sayer	V45 " "	35.57
105)	R. Warner	* Orion	36.22
125)	R. Pitcher	Eton Manor	37.21
129)	K. Adams	" "	37.34
163)	C. Mills	* Orion	40.12
145)	D. Walton	V Eton manor	41.45

- 1) I feel great (M.Cates).
- 2) What's a Physio??? (D.Walton).
- 3) Lycra!! - never heard of it (K.Adams)
- 4) Sorry, I'm too busy to do that now (S.Beckett).
- 5) Slow down lads, lets wait for the stragglers (T.Everitt)
- 6) No thanks, two pints are enough for me (M.Fitzgibbon).
- 7) What time are we meeting for training (C.????).
- 8) I bought a new Tee-shirt (C.Mills).
- 9) I don't need a lift, thanks all the same lads, I'll get a mini cab. (G.Sayer)
- 10) I scored last night (S.Adams).

Pelham and Abbot..

\*\*\*\*\*

WAI MING PANG TAKES THE SPOILS

Wai Ming is the lucky winner of the July 1992 numbers puzzle quiz. Well done Wai.

The winning entry was as follows...

TEAM RESULTS

"A" Teams		"B" Teams	
1)	Woodford Grn 62pts	1)	Woodford grn 176pts
2)	Haringey 84pts	2)	Orion 461pts
3)	Walthamstow 172pts		Eton Manor no team
4)	Orion 223pts		
11)	Eton Manor 635pts		

Vets Teams

1)	Orion	205pts
2)	Woodford Grn	298pts
9)	Eton Manor	513pts

TEAM POSITIONS AFTER 2 RACES

"A" Teams		"B" Teams	
1)	Woodford Grn 28pts	1)	Orion 27pts
2)	Walthamstow 25pts	2)	Woodford Grn 26pts
3)	Orion 23pts	12)	Eton Manor 4pts
11)	Eton Manor 7pts		

Vets Teams

1)	Orion	28pts
2)	Enfield	25pts
7)	Eton Manor	14pts

	6	8	7	7	1	5	1	1	9	9	3		
1	3			3	8	3	8	9		6	3		
5	2	1	3	7	6	0	4	1	7	0	9	1	
3			1		2	2	6	4			5		
9	0	3	8	9	7	6	7	5	9	1	5	5	
2	9		7		8	0	3	2	6		4		
7	2	0	6	8	8	6	2	1	0	4	5	5	4
	5		4			5	3	1		6		2	
6	8	9	3	5	0	2	9	3	4	5	7	6	2
7		8		0		4	7	8	3	1		0	
8	9	1	5	4	4	6	3	2	2	0	1	9	
5			9		7	6	8		0			3	
1	4	8	6	1	6	2	2	9	1	3	3	5	
4		5			2	9	0	8	1		0	4	
	9	8	6	2	0	7	7	1	5	3	7		

The numbers listed below fit the pattern, it is up to you to decide where they go. One number has been inserted to give you a start.

3 numbers	5 numbers	6 numbers	7 numbers			
136	531	11993	50491	148616	521376	2104554
165	620	14520	68771	153927	530260	6893502
194	643	29081	71337	209354	678514	7206886
217	710	32198	71978	291335	759155	9345762
226	768	38389	86524	315544	766207	
258	603	43209	98620	322019	891544	
303	831			417091	903897	
390	858					
465	960					
478	981					
526						

\*\*\*\*\*

completed by Wai Pany



3RD CHINGFORD LEAGUE RACE-  
EASTWAY -TUESDAY 3RD NOVEMBER 1992

RACE RESULT

Well, we've reached the halfway point of the Chingford League races already, and by the time you've read this report, Christmas will be here.

On what turned out to be a mildish night yet again, the Manor turned in another reasonable performance, although we have missed having Steve Flinn in at the front end. Still, it has to be said that I think we have a suitable replacement coming through in the Guise of Neil Pitcher.

Yet another PB for young Neil was the order of the day, and to top that he was second man home by a long shot, chasing home Michael(I jogged round) Cates.

Third scoring man was Tom Everitt, chased hard all the way by Glyn Sayer and Bob Pitcher, with only 33 seconds separating the three of them.

The shortest of gaps then to Alec Mcfarlane, making his debut in these races for the Manor. Not a bad run either, first time out. Well done Alec.

That completed the "A" team, and the battle for the "B" team places was just as aggressive. Yet another newcomer, G.Meeks, made the first scoring place here. This was another good run, and many thanks to Steve Adams for persuading both newcomers into joining the Club. New recruits is what we desperately need. Second man home was Pete kearsey, making his Chingford League debut for the season. He was chased all the way round by that dynamic duo Steve and Keith Adams, and also your's truly. Steve got the better of both myself and Keith tonight, also clocking a PB in the process. It was a great race all the way round between us all.

Final scoring man for the "B" team was Chris Bamforth. Chris has been missing a bit of training lately, and this left him open to Clive Mills from Orion to beat him. Chris's post race comment was, quote" I don't mind the Adams's beating me, but I'll have to do something about Clive taking my scalp as well" end quote.. Final man in for the Manor was Mick Fitzgibbon, still struggling to find his form. Keep at it Mick. It'll come.

Last mention to George Smith, yet again making the effort to turn out and officiate for the club. Many thanks from us all George. Hope to see you competing in these races soon.

report by  
Steve Beckett.

1)	I.Mangleshot		Woodford.Gr	15.12
2)	P.Filler	*	Orion	15.33
3)	S.Read		Enfield	15.35
19)	M.Cates		Eton Manor	16.17
29)	P.Hurley	V	* Orion	16.49
40)	A.Eccles	V	* "	17.07
50)	P.Cressy	V	* "	17.30
53)	N.Pitcher		Eton Manor	17.34
74)	S.Manning	V	* Trent P.T.	17.59
78)	T.Everitt	V55	Eton Manor	18.01
85)	G.Sayer	V	Eton Manor	18.10
96)	R.Pitcher		Eton Manor	18.34
98)	A.McFarlane		" "	18.35
106)	G.Meeks		" "	18.54
125)	P.Kearsey	V55	Eton manor	19.32
128)	S.Adams		" "	19.43
130)	A.Armytage		* Orion	19.48
132)	S.Beckett	V	Eton Manor	19.59
135)	K.Adams		" "	20.05
138)	C.Mills		* Orion	20.16
141)	C.Bamforth		Eton Manor	20.29
151)	M.Fitzgibbon	V	" "	21.49

TEAM RESULTS

"A" Teams		"B" Teams	
1)	Haringey 115pts	1)	Enfield 483pts
2)	Woodford grn 117pts	2)	Orion 493pts
3)	Enfield 121pts	3)	Walthamstow 512pts
5)	Orion 173pts	10)	Eton Manor 767pts
11)	Eton Manor 429pts		

Vets Teams	
1)	Orion 199pts
2)	Enfield 229pts
8)	Eton Manor 420pts

TEAM POSITIONS AFTER 3 RACES

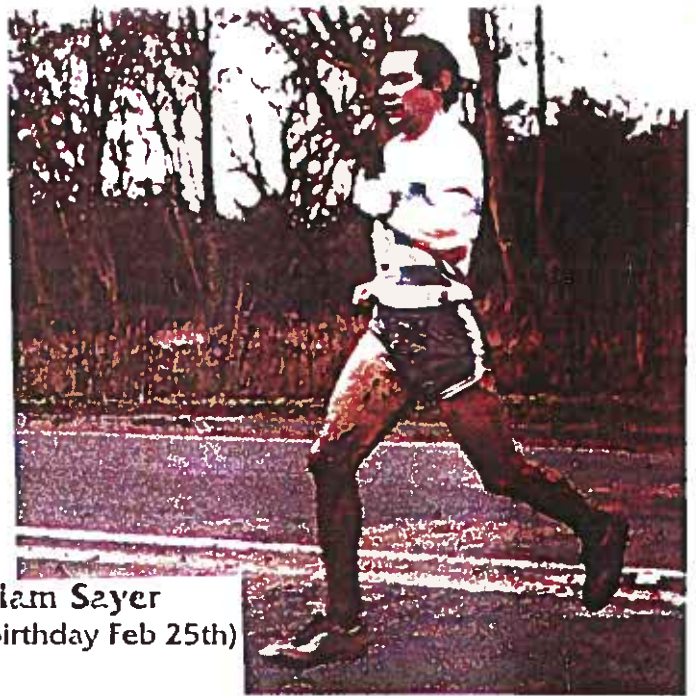
"A" Teams		"B" Teams	
1)	Woodford Grn 41pts	1)	Orion 40pts
2)	Walthamstow 36pts	2)	Walthamstow 37pts
3)	Orion 33pts	11)	Eton Manor 9pts
11)	Eton Manor 11pts		

Vets Teams	
1)	Orion 42pts
2)	Enfield 38pts
8)	Eton Manor 21pts

\*\*\*\*\*

# Lion Manor AC ATHLETE PROFILE



FULL NAME : Glyn William Sayer  
 AGE : 49 Years (Birthday Feb 25th)  
 WEIGHT : 9 Stone

FAVOURITE DRINK : Fruit Juice  
 FAVOURITE FOOD : White Fish  
 FOOD DISLIKE : Tinned Tomatoes  
 FAVOURITE SWEET : Any type of Gateaux  
 FAV. HOLIDAY LOCATION : Lake District  
 FAV. TV PROGRAM : Sport, Cartoons  
 FAV MUSIC : Pop  
 FAVOURITE FILM : Butch Cassidy & The Sundance Kid  
 FAVOURITE BOOK : Sea Odyssey by Triston Jones  
 FAV. FOOTBALL TEAM : Leyton Orient  
 FAV. CRICKET TEAM : Essex  
 OTHER HOBBIES : Watching TV  
 JOB : Taxi Driver

Glyn, Last seen in  
 the Orion 15 in 1985.  
 I Bet this brings back  
 memories Glyn!!!

## PERSONAL BEST PERFORMANCES:

100m : 12.5  
 200m : 27.0  
 400m : 58.0  
 800m : 2.04.9  
 1500m : 4.09.0  
 110H : -  
 400H : -  
 3000m s/c : -  
 3000m : 8.52.0  
 5000m : 16.22.0  
 10000m : 34.30

### ROAD

3 Miles/5000m : 15.59  
 Miles : 25.20  
 10 Miles : 55.05  
 Half Marathon : 77.17  
 Marathon : -

Long Jump : -  
 Triple Jump : -  
 Pole Vault : -  
 Hammer Throw : 15 metres  
 Javelin Throw : 31 metres  
 Discus Throw : -

(compiled by C Warren)

**VETS INTER CLUB RELAYS 4 x 2 MILES  
SATURDAY 7TH NOVEMBER 1992- CLAYBURY**

The Manor fielded two vets mixed age teams in these relays for over 40's and over 50's teams on a cold and wet afternoon at Claybury

On the first leg the "A" team was brought home in 4th place by Tom Everitt in 11.44, with Mick Fitzgibbon bringing the "B" team home in 10th place in 13.07.

Glyn Sayer dropped one place on the second leg for the "A" team, recording a time of 12.32, whilst a welcome return of Tony Cox for the "B" team saw him drop two places to come home in 14.30.

Both teams held their places on the third legs, with Steve Beckett having an excellent run to record 12.47 for the "A" team, and Mick Stanley coming home in 14.51 for the "B" team.

The final leg saw Pete Kearsey finishing in 5th place overall for the "A" team with George Smith continuing his come back with 13.45 for the second fastest over 60's time on the day.

Well done to all those for taking part.  
report by

T.Everitt

"A" Team		"B" Team	
T.Everitt	11.44	M.Fitzgibbon	13.07
G.Sayer	12.32	A.Cox	14.30
S.Beckett	12.47	M.Stanley	14.51
P.Kearsey	13.33	G.Smith	13.45

**RACE RESULT**

1) Havering	o/40s	45.34
2) Woodford	o/40s	46.15
3) Havering	o/50s	49.03
5) Eton Manor "A"	40s/50s	50.36
12) Eton Manor "B"	40s/50s	56.13

\*\*\*\*\*

**ESSEX COUNTY VETS CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY, 14TH NOVEMBER 1992 - CLAYBURY**

Having run the local vets relays the week before over the same course, we all knew what to expect conditions wise, but that did not detract from the fact that it was very cold, and was threatening rain all day. Still, we did have a full over 40s team, and Tom Everitt along with George Smith competing in the over 50s.

In the over 50s, Tom set out as ever up front with the

leading group, and was still in contention for an individual medal for most of the way, but in the end had to settle for a hard fought 6th place in a time of 29.30. Still, it was a very good run all the same Tom. Chasing Tom home in the over 50s was George Smith, just back from a years absence through injury. This didn't seem to deter him though. I was jogging round the reverse way, going up the far side of the course when I saw George, and believe you me, he has lost none of his determination or grit. He was eyeballs out with a few other runners all the way to the line, coming home in a very respectable 33.44 to finish 3rd over 60s on the day. Well done George.

In the over 40s race, we managed to field a team this year, all though it was touch and go because Mick Fitz was the last one to show up. Still, he did and the whole team ran well.

Glyn was first man home in a time of 30.45, followed by Steve Beckett, at a little more respectable distance this time according to Glyn. Steve had a battle to get past Micky Fitzgibbon today, with Mick blasting off at the start, determined to get a flier, which he duly did. Still, these fast starts usually catch you out, and this was no exception. Still, he hung on in there all the way to come home in a very reasonable time of 33.37, with Steve just in front in a time of 33.02

Final scoring man home was Dave (Big Boy ) Walton, chasing both Mick and Steve all the way until finally tiring near the end, but still recording a very respectable time of 37.12. Well done Dave.

report by :-

Steve Beckett

<u>Over 50s Race</u>		<u>Over 40s Race</u>	
6th T.Everitt	29.30	56th G.Sayer	30.45
38th G.Smith	33.44	85th S.Beckett	33.02
		95th M.Fitzgibbon	33.37
		116th D.Walton	37.12

**TEAM RESULT**

No Team	1) Thurrock	42pts
	2) Woodford Grn	50pts
	3) Orion H.	63pts
	19) Eton Manor	351pts

\*\*\*\*\*

# THE WARE CUP- SATURDAY 5TH DECEMBER 1992 - LOUGHTON.



Next home was Steve beckett, having once again to work hard all the way round to beat off Micky Fitz who is definitely getting fitter. Next time perhaps Mick. Well done anyway.

Chasing up hard behind Mick came Dave (Big Boy) Walton. He gave his all as usual, but like most of the runners today, was left floundering in the conditions. He did say that he was having trouble with the Cows in the field today, but don't ask me what he meant by that. Good run anyway Dave, and keep it going, the fitness is steadily returning.

report by:-

S.Beckett

results follow..

## THE MANOR WIN THE WARE CUP

**Shock..Horror..Worry Worry..** Can this be true. YES It's magnificent, isn't it. Great news just before the new year. The Manor has won this trophy for the first time in nearly thirty years, so far as we can work out! Anyway, it's nearly thirty years since our name was on **THE CUP**. Yes, there is even a cup that has shown up. Obviously been misplaced, someone said. Still, its been found, and our name will be the first recorded for that 30 years or so. Well done to all those that made this possible.

### THE RACE

With all the rain we've had lately, it wasn't surprising to find the going soft underfoot. Mind you, I think soft was being a bit fair on Mother Nature. I'd go so far as to say it was a Bog. The whole area was flooded. Still, that's what cross country running is all about. Danny Rose of Walthamstow won the race fairly easily, although I think Michael Cates would have been a bit closer had he been fully fit. As it was, Michael had to settle for second place in a time of 32.09, just two seconds in front of Dean Moy, who is also just back from injury, and judging by the way he went today, there is plenty of improvement to come. These two were in turn pressed hard all the way round by Kevin Selby, Yet another returning from injury. Well done lads for leading the team to victory today.

Fourth scorer for the Manor today was young Neil Pitcher. What another cracker he ran. Not exactly built for strength, Neil ploughed through the mud to record a respectable time of 33.11 to come home in 10th place overall. Well done Neil.

Next man home was that old stalwart, Tom Everitt, running a very game 34.04 to come home in 18th place. He was followed in by Bob Pitcher and the fast finishing Glyn Sayer. Bob went off hard at the start, whereas Glyn went off at his usual stroll pace. Having said that, he very nearly caught Bob at the finish, there being a very rapidly diminishing 1 second between them at the line. Bobs post race comment was..( I had him well covered, plenty in the locker if I needed it!!! ). Glyns post race comment..( Bobs skinnier than me, hence he was able to squeeze past the barb wire fencing a lot quicker than me !!! ). You can make your own mind up who was telling the truth. Needless to say, the placings speak for themselves. Great battle anyway lads.

### RACE RESULT

1)	D.Rose	Walthamstow	30.47
2)	M.Cates	Eton Manor	32.09
3)	D.Moy	" "	32.11
4)	K.Selby	" "	32.25
10)	N.Pitcher	" "	33.11
18)	T.Everitt	V50	34.04
25)	R.Pitcher	" "	35.55
26)	G.Sayer	V	35.56
31)	S.Beckett	V	38.23
32)	M.Fitzgibbon	V	39.14
35)	D.Waiton	V	40.49

### TEAM RESULT

1)	Eton Manor	61pts
2)	Walthamstow	67pts
3)	Loughton	83pts
4)	Victoria Park Harriers	94pts

\*\*\*\*\*

### CLUB CLOTHING

The Clubs stocks of tee shirts etc. are rapidly diminishing, so if you require anything, still at 1990 prices, let me no as soon as possible. The prices are as follows..

Short sleeved tee shirts	£4.50
Long " " "	£6.50
Sweat shirts	£8.25
Running vests	£7.00

Get in quick before the re-order has to go in, at 1993 prices.

\*\*\*\*\*

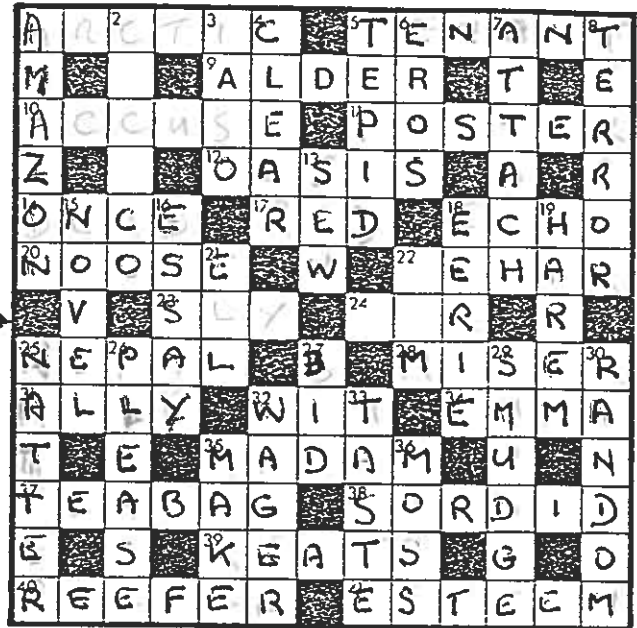
# Dilemma

TWO STRAIGHT CROSSWORDS – BUT THEIR CLUES HAVE BEEN MIXED UP

You have to decide which clue belongs to which pattern, but two words have been entered to give you a start.

## ACROSS

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 Narrow passage               | 1 Bitterly cold             |
| 5 Air journey                  | 5 Rent-payer                |
| 9 Riverside tree               | 9 Infantry weapon           |
| 10 Consign                     | 10 Make accusation          |
| 11 Billboard notice            | 11 Breathe in               |
| 12 Desert waterhole            | 12 Distort, angle           |
| 14 Deceased                    | 14 Formerly                 |
| 17 Scarlet                     | 17 Hen's produce            |
| 18 Voice reflection            | 18 Thrash                   |
| 20 Choose by vote              | 20 Hangman's coil           |
| 22 <i>Merry Widow</i> composer | 22 Foolish                  |
| 23 Base                        | 23 Devious                  |
| 24 Large                       | 24 Long-nosed fish          |
| 25 Himalayan kingdom           | 25 Of the sun               |
|                                | 28 Money hoarder            |
| 28 Chuck, cast                 | 31 Idiot, twerp             |
| 31 Friendly nation             | 32 Sharp humour             |
| 32 Crisp lettuce               | 34 Jane Austen heroine      |
| 34 Carry                       | 35 Extra payment            |
| 35 Woman's courtesy title      | 37 Single cuppa maker (3-3) |
| 37 One or the other            | 38 Seamy, grubby            |
| 38 Powerful                    | 39 Front of jacket          |
| 39 Ode-writer                  | 40 Amble                    |
| 40 Marijuana cigarette         | 41 High repute              |
| 41 Cad, villain                |                             |



## DOWN

- |                              |                              |
|------------------------------|------------------------------|
| 1 Hand scythe                | 1 Mightiest river            |
| 2 Isolated                   | 2 Tough fabric               |
| 3 Writer, ———                | 3 Othello's false lieutenant |
| 4 Unobscured                 | 4 Name of film or book       |
| 5 Lukewarm                   | 5 Throw hard                 |
| 6 Pre-Easter fast            | 6 Greek Cupid                |
| 7 Stony paving               | 7 Join, connect              |
| 8 Extreme fear               | 8 International agreement    |
| 13 Stitch                    | 13 Time of life              |
| 15 Fiction work              | 15 Permit                    |
| 16 Showy display             | 16 Composition               |
| 18 Weird                     | 18 Loop in rope              |
| 19 Muslim women's quarters   | 19 Apportion                 |
| 21 Dartmoor outcrop          | 21 Cloth measure             |
| 22 Beat soundly              | 22 Take a chair              |
| 25 Tension                   | 25 Talk constantly           |
| 26 Crude bed                 | 26 Delight, satisfy          |
| 27 Auction offer             | 27 Male child                |
| 29 Smear blot                | 29 Gnawing creature          |
| 30 Turmoil, confusion        | 30 Uncontrolled              |
| 32 Bet                       | 32 Reef material             |
| 33 Discernment               | 33 Smashing, marvellous      |
| 35 Church-tower clanger      | 35 Create                    |
| 36 Unaccompanied performance | 36 Damp-place vegetation     |



Yes, you've guessed it, it's quiz time again, so get your thinking caps on. A brand spanking new Tee Shirt is on offer yet again, but don't let me down again. Let's have a few more entries this time. On this occasion, the draw will be made at the first track meeting in May. So you've plenty of time to put pen to paper. Get cracking, and have a go. Remember, it's all about showing interest! Entries to Steve Beckett at my home address as usual.

# Handwritten Title

Handwritten notes in the top left section, including a list of items and some calculations.

Handwritten notes in the bottom right section, including a list of items and some calculations.