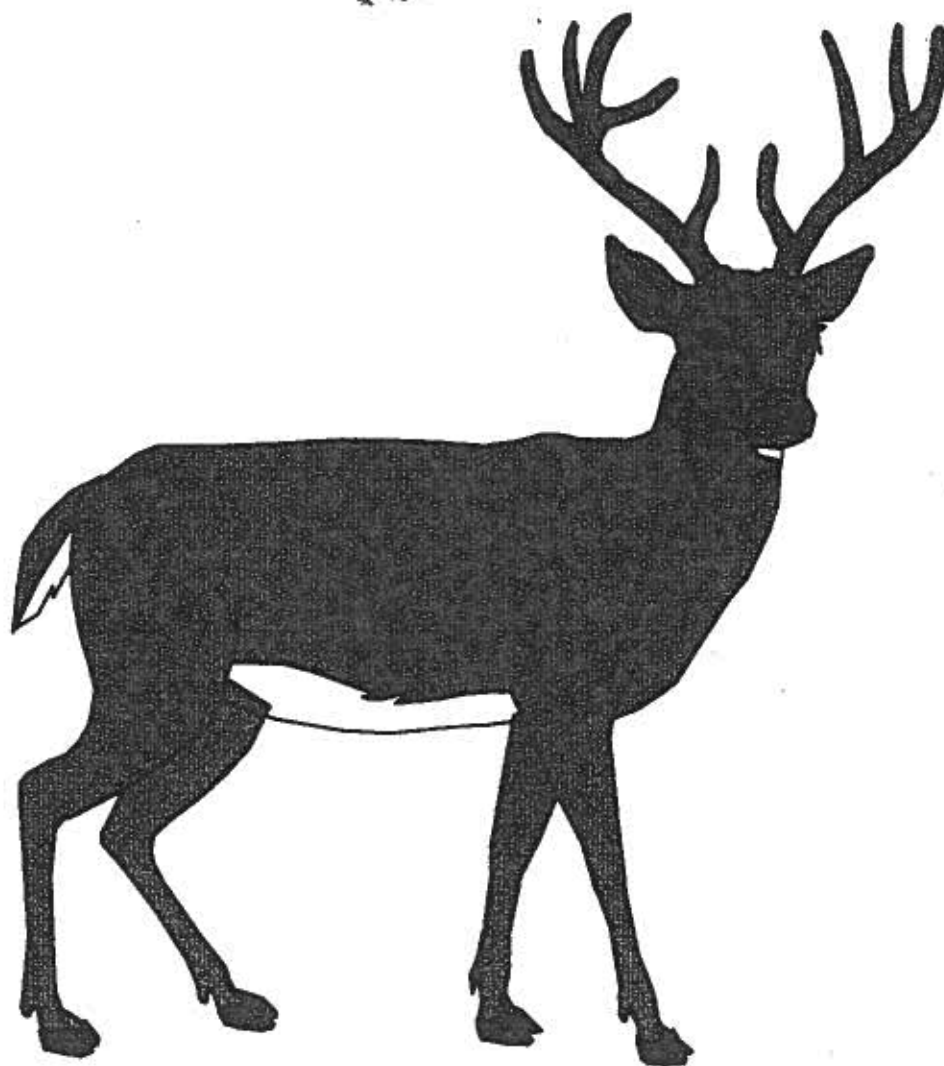


ETON MANOR A.C.

FORMED 1913

AFFILIATED TO A.A.A. 1929

Life president :- Les Golding O.B.E.



The Gazette

Issue 9 DECEMBER 1995

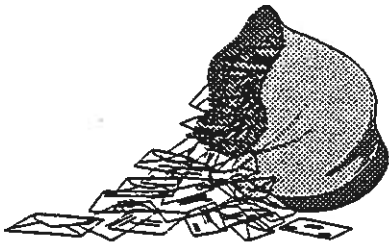
**Cross Country Sec.
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Essex CM12 0AJ**

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Tom Everett
25 Chadwick Rd
Leytonstone E11**

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Steve Adams
2 Elmwood Court
112 Goldsmith Rd
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**Gen. Sec.
Steve Beckett
23 Hasoby Rd
Clayhall
Hford Essex IG5 0WV**





CLUB MAILBAG.

Once again its time for the publication of the clubs bi-annual gazette. I'm a little late in getting it sorted, but as some of you may or may not know, I have been putting our new clubhouse in order. We are now in and established, and are now in receipt of our grant from Waltham Forest, to enable us to finish off the work needed to provide separate showers/ changing room for females, and also a Tea Bar/ weights room etc. I hope to have this finished by December 95. We are almost there. Please, make the effort to come along for the Baton Handicap at Christmas, as this will be our first Christmas in our new HQ. I think you'll be pleasantly surprised at what has been achieved.

On the Gazzete front, a very poor response for articles. I know that most, if not all of you are literate, so a few words of a write up wouldn't go amiss. Come on, it's YOUR gazzete. Put some ideas together.

In the minutes of the first general meeting ever held at The Old Club were penned the following words.. I propose to the membership that we adopt these now as the clubs motto. I would like to hear your views on this.

If The Club is to be a real success, it must rest in the long run with the members themselves..' and those words are as true today as they were over 80 years ago. Magnificent buildings alone cannot make the Club a success. The future is in the hands of the members. Let each one come in order to give as well as to get; to give of his energy, his loyalty and his devotion in return for the privilege of membership.

I did raise this point in the last Gazzete, and as I have had no adverse comments, I will get an enlarged copy and post it on the wall for all to see.

Club Finances/Membership fees.

At the A.G.M. it was agreed that subscriptions for 1996, payable from the 1st of January, would be raised to Twenty pounds per annum, plus a session fee payable on training nights. It would help the club no end if prompt payment could be made, as we are now obliged to pay a weekly rental to L.B.W.Forest. If at all possible, the earlier the payment the better. Cheques/P.O 's made payable to Eton Manor A.C., and given to Steve Adams (Club Treasurer) at your earliest opportunity. Many thanks.

Cubhouse decoration

Any ideas on making our new home more inviting would be welcome. What we do need at present are things like a kettle, any old curtains that you no longer need, and anything else that may be of use. See me, Steve Beckett for more info.

Club Fund raising

We need a regular income to pay our outgoings. A few suggestions would be appreciated. Some already in are organising an open race, say five miles, social functions etc. We also need an organisor. Are you out there? Can you help? Let me, Steve Beckett know A.S.A.P.

**PHYSICAL SHIELD RELAYS
LOUGHTON 28-3-1995**

A good turnout tonight brought us third team place in this annual team relays run at Loughton by Loughton A.C.

We had two full teams of four, and an incomplete third consisting of two runners.

Neil Pitcher was the fastest leg on the night, with only five seconds covering the next fastest leg runners. If you know the course, twice up and down that BIG hill, you know that achieving somewhere near to ten minutes is good going. Well, that's just what a few of the lads did tonight, so I think congratulations are in order. Well done to all who took part.

"A" team result		"B" team result	
1) N.Pitcher	9.35	1) T.Everitt	10.25
2) K.Adams	10.04	2) M.Fitzgibbon	10.46
3) S.Adams	10.02	3) R.Pitcher	10.00
7) G.Sayer	10.05	8) S.Beckett	10.52

Also :- G.Smith 12.51
T.Casey 11.16

**1ST ASSEMBLY LEAGUE RACE
BECKENHAM 6-4-1995**

With the Summer fast approaching, I think most of us were looking for races that would improve our speed and strength over the coming months.

Well, the season got off to a flyer for some, but was a bit of a slog for others. All will be revealed.

First in for the club was our old favourite, yes, you've guessed it, **I DON'T FELL WELL CATES**, who for once was telling the utter truth. His sustained injury is prolonging his absence of fitness, hence his position further down the field than would be expected. Still, his help to push the club's team position was much appreciated. He finished 21st with a time well outside his best of 15.24.

Second scorer was Glyn Sayer. Glyn had to work hard tonight to hold off the sustained challenge of Steve Adams and Tom everitt. The trio finished in that order, completing the

"A" team in 7th place. Not our best of starts, but without some of our regular runners who were unable to make the LONG journey, not a bad effort.

First in for the "B" team was Keith Adams. Both he and brother Steve smashed their PB's tonight, Steve clocking 16.37 and Keith 17.11. Not bad considering both had only a few days before finished the London Marathon.

Second scorer for the "B" team was Chris bamforth. Chris's form is in and out at the moment, but not a bad run none the less. Third scoring place went to Terry casey, who ran a blinder to beat Mick Fitzgibbon, Steve Beckett and mark Holloway. All three of us pushed him all the way, but he went away from us in the end, with Mick taking the fourth scoring place in the "B" team. Great run lads. Mark Holloway ran yet another PB to clock 19.13 on the night.

Last runners in for us tonight were Fred Cattell and Brian Alcock. Both had great runs, with Fred just pipping Brian on the line. Not bad for an Old un. Well done lads. Lets see who comes out on top next time. Should prove interesting reading!!

RACE RESULT

1) E.Southam	Wellcome	13.54
2) G.Stock	Eltham	14.17
3) M.Bumstead	Stock Exchange	14.23
21) M.Cates	Eton Manor	15.24
44) G.Sayer v50	" "	16.18
50) S.Adams	" "	16.37
53) T.Everitt v60	" "	16.47
62) S.Adams	" "	17.11
69) C.Bamforth	" "	17.36
86) T.Casey	" " v50	18.16
89) M.Fitzgibbon	" " v45	18.31
95) S.Beckett v40	" "	18.48
102) M.Holloway	" "	19.13
108) F.Cattell v50	" "	20.07
109) B.Alcock	" "	20.10

"A" team result		"B" team result	
1) Dulwich	120	1) Dulwich	113
2) Cam.H.	128	2) Stock Exc.	214
3) Kent A.C.	131	3) Camb.Har.	241
7) Eton Manor	300	8) Eton Manor	339

**2ND ASSEMBLY LEAGUE RACE
BLACKHEATH 5-5-1995**

**3RD ASSEMBLY LEAGUE RACE
VICTORIA PARK THURSDAY 1-6-1995**

1) E.Southam	Wellcome	15.00
2) A.Camp	Camb.H.	15.14
3) K.Newton	Guest	15.15
13) P.Filler	Eton Manor	16.06
17) D.Norriss	" "	16.19
33) R.Warner	" "	17.07
39) A.Russell	" " v40	17.20
40) G.Sayer	" " v50	17.21
45) M.Cates	" "	17.27
60) S.Adams	" "	17.57
62) M.Wells	" "	18.06
69) T.Everitt	" " v60	18.26
70) Q.Broadbent	" "	18.34
74) K.Adams	" "	18.41
93) C.Mills	" "	19.33
97) S.Beckett	" " v40	19.40
101) T.Casey	Stock Exch. v50	19.52
102) P.Kearsey	Eton Manor v60	19.53
118) S.Wash	" " L	22.03
123) F.Cattell	" " v50	22.23
128) P.Acklamd-Snow	" " L	25.13

1) E.Southam	Wellcome	16.49
2) G.Stock	Eltham Rnrs	17.01
3) J.Houston	Kent A.C.	17.07
10) P.Filler	Eton Manor	17.51
19) M.Cates	" "	18.40
26) N.Pitcher	" "	18.51
33) A.Eccles	v45 " "	19.27
41) G.Sayer	v50 " "	19.49
48) S.Adams	" "	19.59
54) G.Meek	" "	20.20
58) Q.Broadbent	" "	20.36
59) R.Pitcher	v " "	20.37
67) K.Adams	" "	21.00
68) T.Everitt	v60 " "	21.02
75) C.Mills	" "	21.35
86) S.Beckett	v " "	22.12
90) T.Casey	v50 " "	22.28
92) P.Kearsey	v60 " "	22.30
101) M.Holloway	" "	23.13
107) L.Deighton	v50 " "	23.48
113) F.Cattell	v50 " "	24.45
118) P.Acklann-Snow	" " lv40	28.20

"A" team result		"B" team result	
1) Camb.H.	29	1) Camb.H.	99
2) Kent A.C.	77	2) Dulwich	167
3) Dulwich	78	3) Eton Manor	207
5) Eton Manor	102		

"A" team result		"B" team result	
1) Dulwich RR	54	1) V.P.H.	126
2) Camb.H.	58	2) Dulwich RR	134
3) V.P.H.	59	3) Eton Manor	201
5) Eton Manor	88		

TEAM POSITION AFTER 2 RACES

"A" team result		"B" team result	
1) Camb.H.	23	1) Dulwich	23
2) Dulwich	22	2) Camb.H.	22
3) Kent A.C.	21	3) Stock Exch.	17
6) Eton Manor	14	4) Eton Manor	16

"Ladies" Team result

1) Dulwich RR	6
2) Dulwich RR "B"	18
3) Wellcome	24
4) Eton Manor	29

LEAGUE POSITIONS AFTER 3 RACES

"A" team		"B" team	
1) Camb. H.H.	34	1) Dulwich RR	34
1) Dulwich RR	34	2) Camb. H.	31
3) Kent A.C.	30	3) Eton Manor	26
5) Eton Manor	22		
5) Eltham Rnrs	22		

Ladies Team

1) Dulwich RR	36
2) Dulwich RR "B"	31
3) Kent A.C.	21
5) Eton Manor	16

5th ASSEMBLY L'GUE RACE 3.5MILE
VICTORIA PK 5th AUGUST 1995

ORION 10 MILE ROAD RACE
SUNDAY 2ND JULY 1995

1) E.Southam	Wellcome	17.16
2) J.Moores	Kent A.C.	17.26
3) C.Brogan	V.P.H.	17.36
8) P.Filler *	Eton Manor	18.06
28) N.Pitcher	Eton Manor	19.13
36) S.Adams	" "	19.54
41) G.Sayer	" "	19.57
55) R.Pitcher	" "	20.40
69) K.Adams	" "	21.20
83) T.Casey	Stock Exch.	22.23
91) M.Holloway	Eton Manor	22.52
93) S.Beckett	" "	22.54
94) E.Carlisle	" "	22.56
106) L.Deighton	" "	24.24
108) F.Cattell	" "	25.07
110) G.North	" "	26.13
112) P.Ackland-Snow	" "	26.21

1) A.Koikai	Ilford	51.44
2) D.Cox	Woodford Grn	56.18
3) T.Seakins	Colch. Jggrs	56.50
26) S.Adams	Eton Manor	65.25
66) S.Beckett	" "	73.04
81) M.Holloway	" "	74.52

"A" team result		"B" team result	
1) V.P.H.	34	1) V.P.H.	121
2) Dulwich	70	2) Dulwich	131
3) Eltham	107	3) Stock Ex.	220
4) Eton Manor	115	6) Eton Manor	308

Ladies Team result	
1) Dulwich	8
2) Kent	13
3) Eton Manor	14

LEAGUE POSITIONS AFTER 5 RACES

"A" team		"B" team	
1) Dulwich	55	1) Dulwich	56
2) Camb.Har.	50	2) Camb. Har.	47
3) Kent A.C.	50	3) V.P.H.	47
6) Eton Manor	38	4) Eton Manor	42

Ladies Team	
1) Dulwich	60
2) Kent	43
3) Eton Manor	37

THE PRESERVATION OF MAN

*The horse and mule live thirty years
And nothing know of wines and beers
The goat and sheep at twenty die
With never a taste of scotch or rye
The cow drinks water by the ton
And at eighteen it's mostly done
The pig on skim will fatten fast
But all too soon will cease to gasp
The dog at sixteen crashes in
Without the aid of rum or gin
The cat in milk and water soaks
And then in twelve short years it croaks
The modest, sober, bone-dry hen
Lays eggs for noggs, then dies at ten
All animals then, are strictly dry
They sinless live and swiftly die
But sinful, ginful, rum-soaked men
Survive for three score years and ten
And some of us, the mighty few
Stay pickled till we're ninety two
But if throughout your life you've been
A REAL FARM CIDER drinker keen
You'll beat the rest of them with ease
And clock the hundred - on your knees!*

Anon

**ORION 10 x 1 MILE RELAY
TUESDAY 1ST AUGUST 1995**

"A" team result

LEG			
1)	N.Pitcher	Eton Manor	5.09
2)	M.Cates		5.00
3)	G.Meek		5.36
4)	R.Pitcher		5.41
5)	P.Cates		6.00
6)	S.Adams		5.31
7)	C.Warren		5.53
8)	G.Sayer		5.41
9)	K.Fordham		5.51
10)	K.Adams		5.44
		TOTAL TIME	56.06

"B" team result

LEG			
1)	M.Fitzgibbon	Eton Manor	6.21
2)	S.Beckett		6.08
3)	T.Casey		6.29
4)	M.Holloway		6.41
5)	N.Isaacs		6.03
6)	D.Denham		7.23
7)	G.Smith		7.16
8)	F.Cattell		6.45
9)	M.Pitcher		6.25
10)	C.Bamforth		6.18
		TOTAL TIME	65.49

"C" team result

LEG			
1)	G.North	Eton Manor	7.03
2)	M.Torrice		7.00

**ORION 10 x 1MILE RELAY
RUNNING RECORDS & RANKINGS
FOR THE PAST TWO YEARS ARE..**

	1995	1994
1) M.cates	5.00	5.31
2) N.Pitcher	5.09	5.29
3) S.Adams	5.31	5.53
4) G.Meek	5.36	n/r
5) G.Sayer	5.41	5.48
5) R.Pitcher	5.41	5.52
7) K.Adams	5.44	5.50
8) K.Fordham	5.51	n/r
9) C.Warren	5.53	5.49
10) P.Cates	6.00	5.51
11) N.Issacs	6.03	6.31
12) S.Beckett	6.08	6.07
13) C.Bamforth	6.18	5.58
14) M.Fitzgibbon	6.21	5.55
15) M.Pitcher	6.25	n/r
16) T.Casey	6.29	6.47
17) M.Holloway	6.41	6.54
18) F.Cattell	6.45	n/r
19) M.Torrice	7.00	n/r
20) G.North	7.03	n/r
21) G.Smith	7.16	7.26
22) D.Denham	7.23	7.14
23) P.A-Snow	7.29	8.00

Also running tonight was Pam Ackland-Snow, who helped make up a full team for Orion Harriers ladies. Her recorded time was 7.23.

Well done to all those that competed tonight, and hopefully you all enjoyed your runs. This was a PB time for both A and B teams, and who knows, perhaps we can improve on that for 1996!!.

6th ASSEMBLY LEAGUE RACE
2.8 MILE BECKENHAM 7-9- 1995

CLUB ASSEMBLY LEAGUE HANDICAP
Final Positons - best Of 5 results

1) E.Southam	Wellcome	14.03
2) J.Moores	Kent A.C.	14.23
3) R.Foley	Dulwich	14.34
10) M.Cates	Eton Manor	15.04
37) S.Adams	Eton Manor	16.09
41) G.Sayer	" "	16.21
62) K.Adams	" "	17.13
68) T.Everitt	" "	17.13
82) C.Mills	" "	17.58
85) P.Kearsey	" "	18.22
93) T.Casey	Stock Exch.	18.42
97) S.Beckett	Eton Manor	19.07
119) M.Fitzgibbon	" "	21.12

Race number	1	2	3	4	5	6	total
1) S.Adams	11	10	13	9	13	14	61
2) T.Casey	13	10	11	12	12	10	58
3) F.Cattell	12	10	12	14	9	-	57
4) G.Sayer	12	10	9	8	8	11	50=
4) K.Adams	9	10	12	7	10	9	50=
6) S.Beckett	9	12	12	8	8	7	49
7) M.Holloway	9	-	13	10	15	-	47
8) T.Everitt	11	9	8	9	-	8	45
9) C.Mills	-	5	11	10	-	6	32
10) M.Cates	6	-	9	3	-	8	26
11) P.A-Snow	-	3	1	5	10	-	19
12) M.Fitz.	13	-	-	-	-	-	13

"A" team result		"B" Team result	
1) Dulwich	30	1) Dulwich	72
2) Kent A.C.	42	2) Kent A.C.	145
3) V.P.H.	79	3) Wellcome	233
6) Eton Manor	150	6) Eton Manor	332

Congradulations to Steve Adams on winning the Clubs Assembly League Handicap 1995. In only its second year, this is proving to be a very popular event, with everyone making their utmost effort to attend all races. Steve follows in the footsteps of Pam Ackland-Snow, the winner in the inaugural running of this competition in 1994.

Long may it continue..

report by Steve Beckett

FINAL LEAGUE POSITIONS

"A" team		"B" team	
1) Dulwich	67	1) Dulwich	68
2) Kent A.C.	61	2) V.P.H.	52
3) V.P.H.	59	3) Camb.Har.	51
6) Eton Manor	45	4 Eton Manor	49

Ladies Team

1) Dulwich	72
2) Kent	53
3) Dulwich "B"	42
5) Eton Manor	37

CLUB 5 MILE YACHT HANDICAP -
LEYTON - Tuesday 22nd August 1995

		h'cap	actual
1) P.Kearsey	39.21	6.00	33.21
2) K.Fordham	39.42	7.55	31.47
3) P.A-Snow	39.43	0.00	39.43
4) M.Cates	40.17	12.00	28.17
5) S.Adams	40.22	10.00	30.22
6) M.Holloway	40.25	5.50	34.35
7) S.Beckett	40.36	5.50	34.46
8) T.Everitt	40.48	8.45	32.03
9) K.Adams	40.54	8.20	32.34
10) F.Cattell	41.07	2.30	38.37
11) C.bamforth	44.11	7.05	37.06

Fastest laps.	1) M.Cates	28.17
	2) S.Adams	30.22
	3) K.Fordham	31.47

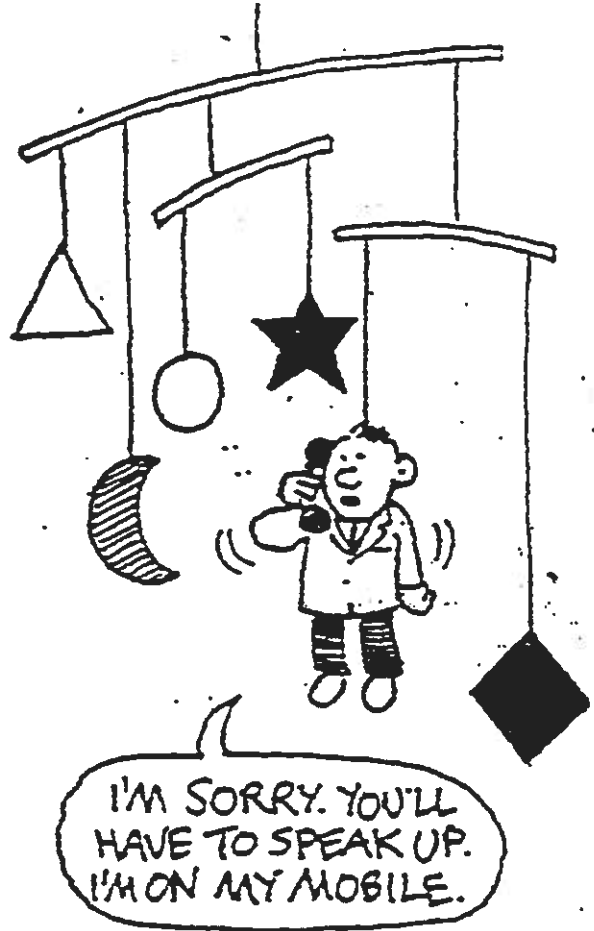
1ST CHINGFORD LEAGUE RACE
EASTWAY TUESDAY 3RD OCT. 1995

1) M.Smith	Haringey	15.28
2) D.Wright	W'Green	15.35
3) D.Rose	Walthamstow	15.37
22) M.Cates	Eton Manor	16.39
58) N.Pitcher	" "	17.49
60) K.Fordham	" "	17.53
69) S.Adams	" "	18.22
77) G.Sayer	" "	18.36
90) T.Everitt	" "	18.59
91) K.Adams	" "	19.03
139) M.Holloway	" "	21.30
156) Pam A-Snow	" "	23.31

"A" team result		"B" team result	
1) W'Green..	80	1) V.P.H.	412
2) Haringey	106	2) Barnet	449
3) Barnet	128	3) Orion	497
9) Eton Manor	376	11) Eton Manor	902

"Vets" Team result	
1) Barnet	125
2) Enfield	202
3) Orion	244
11) Eton Manor	503

Ladies Team	
1) Essex ladies	12
2) Orion	24
3) Orion "B"	50
9) Eton Manor	94



2ND CHINGFORD LEAGUE RACE
LOUGHTON SATURDAY 14TH OCT.1995

Not a big turnout for the club, but good around efforts from those that did partake. First home for the club was Michael Cates, running his usual race, that is to say, blasting off into the lead. He led for some way, but was overhauled as the race progressed, eventually finishing 14th overall. Great run Michael.

Second home on the day was Neil Pitcher, yet another one running a great race, although he felt he should have run a lot better. His time of 31.55 brought him home in 63rd place, not too far in front of old campaigner Tom Everitt. Tom gave chase to Neil all the way round, but had to be content with 74th place in a time of 32.30.

Fourth scorer for the "A" team was Glyn Sayer. Glyn had his now common battle with Tom to see who would get home first. Today though it was Tom's turn, but not without a battle to hold off Glyn, who finished with a rattle some twelve seconds behind him.

Fifth scorer was Steve Golding, making a long awaited comeback race yet again. He must be fit though, for he was not far behind Tom & Glyn, finishing in a time of 32.42 for 100th place overall.

Last man home in the "A" team, but not without bad fortune for the Club, was Steve Beckett. He ran his usual steady race to come home in 129th place with a time of 36.35. I say he was lucky to make the "A" team, but we unfortunately lost Steve Adams and Bob Pitcher shortly after the start, both of whom weren't feeling too good, Steve through a virus, and Bob through injury.

This made our overall team placing a little lower than expected, but we can only improve.

In the "B" team. first man home was Terry Casey, chasing Steve Beckett resolutely from the gun, but unable to overhaul him today. Better luck next time Terry. I think this may have just been a lapse on your training schedule.

Second scorer in the "B" team was Mick Fitzgibbon, who, according to him, had downed at least twenty pints of beer the night before??? Well, all one can say about that is I

think he needs his brain tested. Five miles cross country is one thing, but not after a binge like that. Still, you have to say he did get round without throwing up, which I don't know whether is a good thing or not, but he did score for the Club. Well done Mick.

Last to finish for the club was Pam Ackland-Snow. She is another on the comeback trail, and is getting fitter all the time. Her time of 42.58 was very good, and brought her home in 161st place overall. Not a lot of encouragement goes her way, which is a pity really, for she turns out for all the Club races, and represents us in many open races also. A bit more encouragement in running wouldn't go amiss here, me thinks people. So come on, give her a shout at these races, she deserves it.

Great run Pam. Keep up the training.

1) M.Smith	Haringey	27.11
2) C.Pierson	Haringey	27.16
3) A.Crossman	Haringey	27.28
14) M.Cates	Eton Manor	29.00
63) N.Pitcher	" "	31.55
74) T.Everitt	" "	32.30
75) G.Sayer	" "	32.42
100) S.Golding	" "	34.20
129) S.Beckett	" "	36.35
144) T.Casey	" "	38.49
156) M.Fitzgibbon	" "	40.55
161) Pam A-Snow	" "	42.58

"A" team result		"B" team result	
1) Haringey	67	1) Orion	364
2) V.P.H.	78	2) V.P.H.	371
3) Barnet	153	3) Trent Park	492
10) Eton Manor	455	9) Eton Manor	976

"Vets" Team result	
1) Barnet	122
2) Enfield	170
3) Orion	192
7) Eton Manor	378

**3RD CHINGFORD LEAGUE RACE
EASTWAY TUESDAY 7TH NOV. 1995**

Eton Manor's best result for sometime saw all of our team results superceding expectations. Hopefully this is a sign of better things to come.

Our performances were enhanced by a turnout of fourteen runners, with a surprise turnout of Roger Alburey enhancing our "B" team position. Good to see the old faces turning out again.

On to the race itself, and yet another great run from Michael Cates, who once again set off with the pace, and after a dour battle, succeeded in finishing 19th overall, with a time of 15:58.

Second scorer for the "A" team was Neil Pitcher, running a far better race tonight than in previous races. His hard effort earned him 43rd place in a time of 17.04.

Chasing Neil all the way tonight was Keith Fordham. This is only Keith's second race for the club, his first being here in October. His time tonight was faster, and I still think there is further improvement to come. Great run Keith.

Following this trio home was a cluster of Manorites (if that's the right term). Glyn Sayer, Steve Adams and Tom Everitt had a ding dong battle for most of the race, with all three making the "A" team in that order. Steve's comment after the race, and I quote " If I can't beat an over sixty year old man in a sprint finish, I should give up running". Well, all I can say Steve is that Tom's had many such battles, and the tables could well be turned, so choose your words carefully. You never know!

First home for the "B" team was Keith Adams, chased hard by Bob Pitcher. Bob came out second best tonight, but will strip fitter for the next race Keith, so watch out. Third scorer was Roger Alburey, who, after a slow start, made steady progress to pass several club mates in the middle part of the race. His time of 20.15 gave him 110th place, just ahead of Terry Casey and Steve Beckett. Steve led both for a long way, but had to give best to Roger, and finally Terry on the run to the finish.

Well done lads. I'll work a little harder next time.

Final "B" team place went to Mick Fitzgibbon, with a time of 21.48. This gave him 139th place, way down on his best, but remember, He's still struggling to get fit, and when he does, who knows?

Final finishers for the club, just missing out on team placings were Fred Cattell and Pam Ackland-Snow. This duo also had there own personal battle, with Fred getting the better, but Pam's also getting fitter, and may give him a run for his money next time around. Keep up the good work people.

See you all at the Alley Palley.

report by:- S.B.

RACE RESULTS

1) M.Smith	Haringey	15.19
2) D.Wright	W'Green	15.20
3) P.Scott	Enfield	15.21
19) M.Cates	Eton Manor	15.58
43) N.Pitcher	" "	17.04
62) K.Fordham	" "	17.40
74) G.Sayer	" "	18.18
77) S.Adams	" "	18.22
79) T.Everitt	" "	18.23
89) K.Adams	" "	19.00
94) R.Pitcher	" "	19.16
110) R.Alburey	" "	20.15
116) T.Casey	" "	20.22
118) S.Beckett	" "	20.30
139) M.Fitzgibbon	" "	21.48
150) F.Cattell	" "	22.49
157) Pam A-Snow	" "	23.44

"A" team result		"B" team result	
1) W'Green	79	1) W'Green	198
2) Haringey	106	2) V.P.H.	485
3) Enfield	173	3) Barnet	499
9) Eton Manor	354	6) Eton Manor	902

"Vets" Team result	
1) Barnet	141
2) Orion	264
3) Enfield	292
6) Eton Manor	363

**BISHOPSTORTFORD 10 MILE RACE
SUNDAY 19TH NOVEMBER 1995**

Cold, freezing weather greeted the runners for this testing 10 mile road race.

Run over a different course to the last time I did this race, it was a challenging route, through country lanes, up & down dales, and also through a farm yard.

Not to put too fine a point on it, I think that the three of us that turned up to compete for the club today wished we had stayed in bed in the warm. Still, here we were, on the starting line, all geared up, two tee shirts, club vest, woollen-mittens, scarves, thick socks. Yes, you've guessed it, winter seems to have arrived, and in no uncertain terms as well.

On to the race, and as Mark Holloway has been running well in training, I fully expected to see his back today. The team talk before the gun went was for both he and I, Steve Beckett to run together for the first two to three miles, and then it was everyman for themselves. Well, after the first two, there was no sign of Mark. Had he passed me on my blind side? Did he disappear into the distance? No such thing. He had a gippy tummy, and well, that was the end of his race. I meanwhile shrugged off the cold, and pushed my fitness level to the limit, clocking regular seven minute miles, and finished with a time of 70.03. Not bad for someone not training too hard at present. I was very pleased, and hopefully once my training does pick up, I'll be able to improve my times.

Mark in the meantime, after a pit stop or two, ran in strongly to record 74.25. This is near to his usual times, but really, he should have been quicker based on the training runs he's been doing. Still, you can only do what you can on the day, and it was still a good effort on his part. Well done Mark.

Third person competing for the club was Pam Ackland-Snow. Pam ran a blinder to finish in 81.23. Her time reflects a return to her form, and is a vast improvement on her time for the Welwyn Garden City ten in which she competed in September. She did however comment on the long climb from 6 to 7 miles, with the wind in our faces. I think she had a point here, as most of the people around me seemed to be struggling here as well. It could

be something to do with the fact that it was all up hill, and there was an icy wind blowing strongly against us. Still, that's the fun of running, all conditions, any time. Great days sport, and a well earned rest afterwards. Well done Pam.

By the way, a nice long sleeved tee shirt was given to all finishers, but I think they might have done better giving them out before the start. Just a minor point I thought I'd mention.

report by :- S.B.

FINISHING TIMES

Steve Beckett	Eton Manor	70.03
Mark Holloway	" "	74.25
Pam Ackland-Snow	" "	81.23

**ETON MANOR V ORION MOB MATCH
18TH NOVEMBER 1995- CHINGFORD**

Although this should only be a two club mob match, there were in fact 8 teams taking part. They were, in descending order of importance:- Eton Manor, Milocarians, Bank of England, East London Triathletes, Lea Valley Runners, Pitsea, Epping Runners and Orion.

Due to the Essex Veterans Championships being held the next day, The Eton Manor team consisted of just 5 runners, so a heavy defeat was expected, and that unfortunately is what happened.

Despite the serious lack of athletes, there were some very good performances from those that did turn up.

The course was the usual 10k run that Orion use for this mob match, consisting of hills, forest paths, horse rides and road, but fortunately, not much mud, thereby some very quick times were recorded for the course.

If the mob match had been just Eton Manor versus Orion, then an Eton Manor Athlete would have won the race. (shock, horror, couldn't happen etc.), but due to the other clubs taking part, this Athlete, namely being myself (Michael "I don't feel well" Cates, could only finish 2nd overall, with Gary Greaves of Milocarians winning the race.

Second man home for the club was Neil Pitcher, who seems to be returning to some of the form he showed a couple of years ago. He finished in 20th place overall.

Next man home was Steve Adams in 27th place, whose season continues to be undulating. (Just like the Course).

The real battle, That being for the last club finisher, was between Keith Adams and Bob Pitcher. In the end, only 5 seconds separated them, with Keith finishing 40th and Bob 41st out of the total of 90 runners.

Match report by:-

M.Cates Esq. HA. LF .AC. ID.ER DDT.

RACE RESULT- MATCH 5 TO SCORE

1) G.Greeves	Milocarians	37.41
2) M.Cates	Eton Manor	37.59
3) P.Filler	Orion	38.07
20) N.Pitcher	Eton Manor	42.33
27) S.Adams	" "	43.30
40) K.Adams	" "	45.57
41) R.Pitcher	" " v40	46.02

TEAM RESULT

ORION 42 PTS
ETON MANOR 130 PTS

