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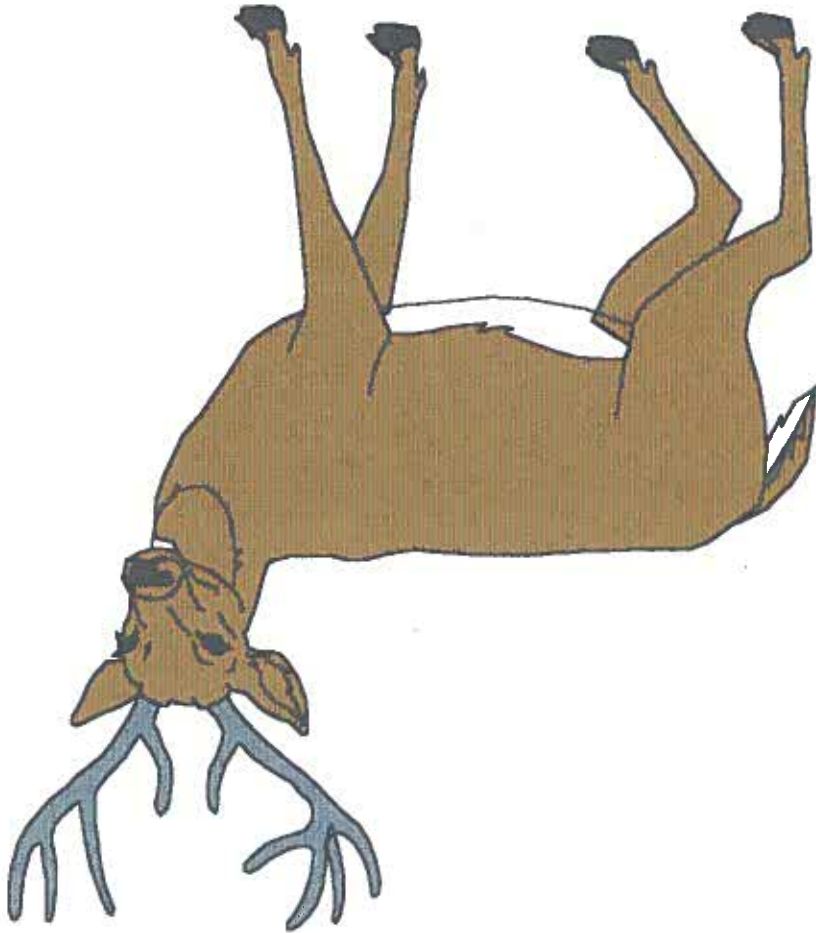
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Tom Evertt
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Essex CM12 0AJ

ISSUE 10 APRIL 1996

THE GAZETTE



Affiliated to A.A.A. 1920

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

Formed 1913

A.C.

ETON MANOR

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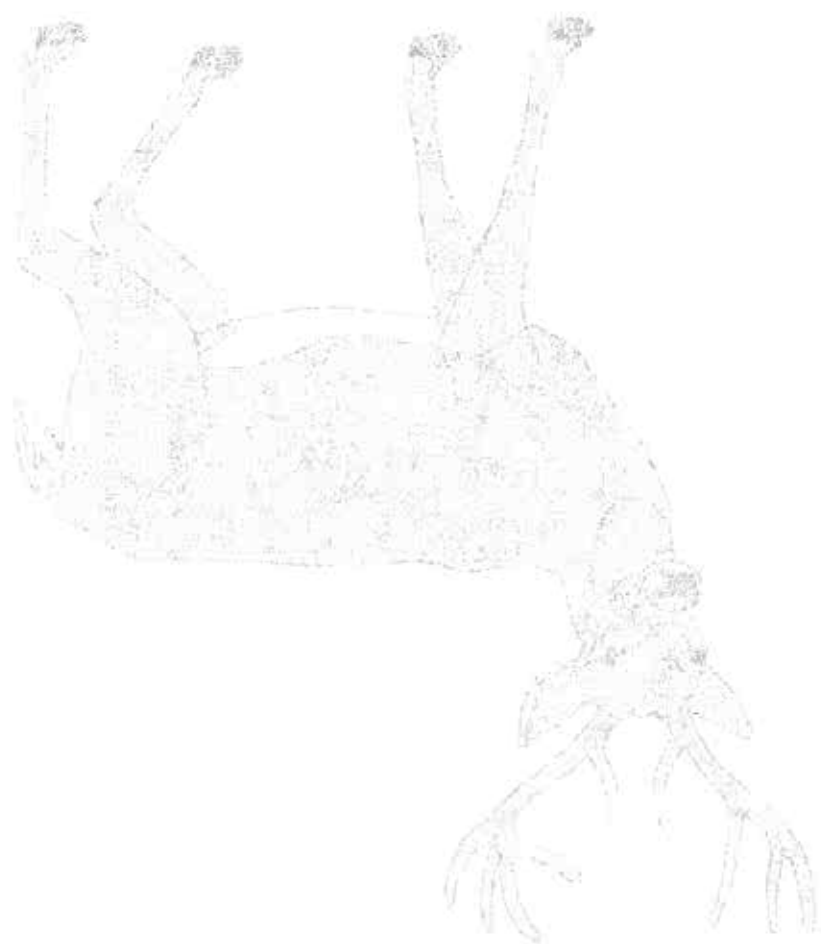
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THE GAZELLE



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W.C.

ELON UNIVERSITY

CLUB NEWS UPDATE.



Well, by the time you receive this 10th edition of our Clubs Gazette, the new club house will be more or less finished. As Secretary, I've been obligated to getting it finished, and getting our membership increased.

Along the way, I suppose I've made a few members disgruntled, and some that feel this way, I apologise, but my objective has been to see the club move into the present, and not linger in the past. I have always had the clubs interest at heart.

In today's economic climate, funding is always going to be a problem, but when pushing for funds, A SHOVE is sometimes what is required. We now pay £20.00 p.a. subscriptions, plus a £1.00 per week running costs.

This means that you can come over and use the Clubhouse as many times per week as you want. IT'S YOUR CHOICE!

If anyone wants a set of keys to take up this option, please see me, Steve Beckett, and I will provide.

We are now moving along well, and membership is gradually increasing. A list of new members follows.

On the competition front, we have enjoyed quite a revival, and things can only get better with the progress of our new members. This year, for the first time that I can recall, we will have a team entered in the Southern twelve stage road relays, to be held at Thurrock on the 31st March 1996. I will keep you informed as to how we do.

PUBLICITY

I have produced some business cards to be given out, and if anyone would care to take a few, and pass to people they may see out and about running, this will help increase interest in the club. I have also produced posters, and if, again, anyone has an outlet to place these, it would be appreciated. Don't forget, the more publicity, the better chance to get new faces at the Club.

Another way to help get the Club recognised is to wear club tee shirts etc. on club training nights. At the AGM in October, it was agreed to wear some form of club clothing on club nights. Lets put this into practice please. We now have some new clothing, of which a list and prices follow. Try to help in this matter if you can. If we all do it, I feel certain we will get more recognition and hence more enquiries about membership.

CLUB COMMITTEE

There is now a Club Committee operating, although to be fair, not as effectively as it should be. We hope to redress this point as we stride forward. Your representatives are as follows.

Tom Everitt Road Running sec.
George Smith Cross Country sec.
Keith Adams Club Captain
Steve Adams Treasurer.
Steve Beckett Gen. sec.

Any problems, or thoughts on the Club and it's progress, please let any one of these persons know.

CLUB GAZETTE



NEW MEMBERS

Neil Lesurt
Kevin Norwood
Danny Kelly
Jesse Stafford
Karen Miller

On behalf of everyone at Eton Manor A.C., may I take this opportunity to welcome you all, and hope that your association with the Club will continue for a long long time.

WELCOME..

CLUB CLOTHING

We now have a new supply of tee shirts, and hopefully, you'll all want one or two. They are cheap, yes, I said cheap. Prices follow.

Short sleeve Tee shirts £6.00 each.
Club running vests £7.50 each.

Also, Coming soon.
Sweat shirts and long sleeve tee shirts. I haven't a price as yet for these, but will keep you posted. Get your order in now.

See Tom Everitt or Steve Beckett for further information.

The gazette is going well. Further articles are always welcome, so, don't forget, put pen to paper at every opportunity. Hope you enjoy the latest edition. There is now an envelope at the club for any articles. Please make use of it, or give them to the editor, Steve Beckett, when you see him.

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STVB BOARD

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STVB COMMITTEE

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STVB BOARD

His funeral was held at Chigwell Cemetery on Thursday the 28th March, and was attended by many of us from the club. I would like to take this opportunity on behalf of all at the club to wish his family our deepest sympathy and regret at his sad loss.

He will be remembered as a good friend and running companion to many at Eton Manor, and Orton Harriers, and was also well known and liked throughout the local area by many other runners and footballers, and will be greatly missed by one and all of us.

LOSS OF A CLOSE FRIEND

It is with great sadness that I have to report the death of Tony Lewis, who passed away in the early hours of Tuesday morning, the 19th March 1996, after a short illness. Tony had been suffering from stomach cancer for a short period, and his sudden death came as a shock to one and all of us.

**ESSEX COUNTY VETS CROSS
COUNTRY CHAMPIONSHIPS
Sunday 19th November 1995
Colchester**

On a day when other races were taking place, there were only a few from the Manor braving the biting cold winds at Colchester.

In the over 40's race, Mick Fitzgibbon was our sole representative. He had a very good run, recording 34.34 to finish 91st overall on the day.

The over 50's saw a turnout of four, with Tom Everitt leading them home just three seconds ahead of Glyn Sayer, finishing 11th and 12th in respectivity. Tom just missed out on being first over sixties when beaten on a run to the line by his old rival Len Parrott from Havering A.C., only going down by seven seconds. Still, a good performance on the day Tom. Well done.

Following Tom and Glyn home in third place for the Club was Terry Casey. He ran yet another great race to come home in 52nd place to record a time of 34.40, just failing to beat the time recorded by Mick in the over 40's race. Final scorer was Fred Cattel. He turned up expecting the race to be tough, and wasn't disappointed. "That was hard", was his comments on seeing us the following week. Being beaten by all those old boys. I'll have to do a bit more training!

Well done to all that represented the Club here.

RESULTS

Over 40's

1) A.Cannon	Ilford	25.26
2) M.Burnstead	Thurrock	25.56
3) D.Cox	W.Green	26.03
91) M.Fitzgibbon	Et.Manor	34.34

Over 50's

1) G.Wooton	Thurrock	27.59
2) D.Lacy	Colchester	28.17
3) P.Dobbs	Thurrock	28.22

11) T.Eventh	Et.Manor	30.38
12) G.Sayer	Et.Manor	30.40
52) T.Casey	Et.Manor	34.40
65) F.Cattel	Et.Manor	38.04

Sweet Music - the sound of Victory

**WARE CUP - LOUGHTON
Saturday 2nd December 1995**

Wini! Wini! Wini! Yes, that's right, we won. What a triumph. Was this to be expected, well, perhaps, but until the race is over, you never know.

Michael Cates led our charge from the front, blasting off in the lead, trying to burn all comers away. Alas, this was not the case, for he was overhauled by Danny Rose of Walthamstow and Terry O'Neill of Victoria Park in the latter stages. Still, his gallant effort was rewarded when we were presented with the Cup after the race. His efforts, along with all those that took part, because it is a team sport, saw us win for the second time in the last four years.

He was chased by Tony Eccles in 7th place, making a long overdue turn out for the Club, along with Quinton Broadbent in 8th place. This pair must have had a battle, for only 10seconds separated them at the end. Just 15seconds further behind came Neil Picher. He is running into a little bit of form again, and was rewarded with 10th place today, in a time of 31.59.

Fifth home for the Club was Steve Adams, recording a time of 32.36 for 13th place. A far better result on this course than his last visit here for the Chingford League race. Well done Steve.

Next home was Tom Eventh, followed very closely(4seconds), by Glyn Sayer, after yet another of their dour battles. Making yet another turnout for the Club was Roger Albury, who seems



to be getting fitter by the day. His run saw him come home in 19th place with a time of 33.35. A mere 28seconds behind Glyn. Could this be an omen for things to come??

Well Done Roger. Keep up the good work. Next home for the club was Chris Bamforth. He seems to also be recovering a bit of form, and ran a great race for 25th place in a time of 36.18.

Chasing up hard on Chris's heels was Terry Casey and Steve Beckett. Terry got the better of Steve here yet again, and had a great sprint to the line with a runner from Loughton. Good run Terry.

Unbeknown to Steve, Anthony Armytage, yet another on the comeback trail, was sprinting down the home straight, only just failing to catch Steve at the line. Great run Anthony, see you at the next Chingford League race.

Final scorer for the club was Pam Ackland-Snow. Her time of 42.46 was a better performance than in the Chingford League race here a few weeks earlier, and her running is also definitely improving. Well done Pam. Keep up the good work.

report by:- S.Beckett

RESULT

1) D.Rose	W'stow	28.35
2) T.O'Neill	V.P.H	28.58
3) M.Cates	Et.Manor	30.03
7) A.Eccles	"	31.34
8) Q.Broadbent	"	31.44
10) N.Picher	"	31.59
13) S.Adams	"	32.36
15) T.Eventh	"	33.03
16) G.Sayer	"	33.07
19) R.Albury	"	33.35
25) C.Bamforth	"	36.18
29) T.Casey	"	36.56
31) S.Beckett	"	37.27
32) A.Armytage	"	37.37
38) P.Ackland-Snow L	"	42.46

TEAM RESULT

1) Etion Manor	56 pts
2) Walthamstow	59
3) Loughton	99
4) V.P.H	144

COUNTRY CROSS COUNTRY
CLAYBURY
 Saturday 9th December 1995

Apart from the fact it was extremely cold conditions were much better than they might have been for this testing course.

The mens team was without Michael Cates, who was obliged to earn a crust, but most of the regulars turned out. Steve Adams was making a very determined run with Tom Everitt in hot pursuit. Glyn Sayer was running a steady race and Roger Allebury was continuing his comeback for the club. Chris Bamforth and Steve Becker spent much of the race in close contention, although Chris did manage to pull away slightly on the third lap. Last man was Fred Cattel who said that two laps would have been bad enough, but three? Still he did finish, and it's always too easy to drop out.

Pam Ackland-Snow ran in the ladies race, and in spite of a fall managed to finish ahead of several people who were beating her a few weeks ago, she was quite pleased with her run.

All in all a hard race, which, as always, seems much better after a hot shower and a few pints.

report by:- P. Ackland-Snow

RACE RESULTS

Mens senior race 7.5 miles

123) S. Adams	49.07
128) T. Everitt	49.15
143) G. Sayer	50.26
174) R. Albury	53.49
179) C. Bamforth	54.32
185) S. Becker	55.12
201) F. Cattel	64.11

Ladies Senior race 5 miles

35) P. Ackland-Snow	41.54
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CHINGFORD LEAGUE - 16th
December 1995 - ALEXANDRA
PALACE

Only a field of eight Manor runners for this event, for a variety of reasons. Chris Bamforth decided to get married today - personally I think this is a bit of an extreme method of avoiding those hills! Bob Pitcher was not fit enough to race today, but provided welcome support, as did Pam Ackland-Snow. Believe me, when it is that cold and the hills that steep every cheer counts.

Michael Cates, complete with "post-flu I don't feel well" comments and dressed more for an arctic expedition than a cross country race still managed to finish first of the squad, in 42nd spot. Neil Pitcher was 50th, 35 seconds behind the mighty Mike Cates. In 75th was Tom Everitt, second V60 on the day. Yours truly, Keith Adams finished 94th, pleasing enough after the colds and chest infection etc of the previous month. Glyn Sayer was 5th "A" team score, 98th place and probably hindered by his cold. Final first teamer (yet again!) was Steve Becker in 107th place, but the times suggest that he must have had a battle with Terry Casey (111th) en-route (again!). Fred Cattel was the final scorer for the Manor in 125th.

Next stop Trent Park!

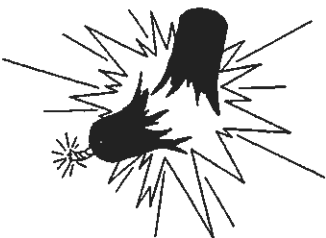
Report By: - Keith Adams.

RESULTS

1) M. Smith	Harrihey	26.34
2) J. Wallis	W.Green	26.42
3) H. Wubben	Guest	26.49
42) M. Cates	El. Manor	30.22
50) N. Pitcher	"	30.57
75) T. Everitt	"	32.35
94) K. Adams	"	33.53
98) G. Sayer	"	34.28
107) S. Becker	"	35.35
111) T. Casey	"	36.14
125) F. Cattel	"	40.52

TEAM RESULTS

A TEAMS	
1) Harrihey	92 pts
2) V.P.H.	123
3) Trent Park	142
7) Orton	237
9) Eton Manor	466
B TEAMS	
8) Eton Manor	748pts
VETS TEAMS	
9) Eton Manor	354pts



THE MOLE IN THE WALL
GANG ??



At the Federal Mole Penitentiary

Keep a watchful eye boys... there's only one way out of them wankers! Every one of them wankers is taking a shite!

**BATON RELAY : TUESDAY
19th DECEMBER 1995**

What weather ! It was one of those nights where you have to agree with those who say "You go running in this ? You're mad !" It follows that the first words must be for the officials - George Smith, Pete Kearsy and Pam Ackland-snow - well done you hardy souls !



The race itself was won by Terry Casey (Alias 'The Cat'), off of a handicap of 45 seconds. He was chased to the line by Micky Fitzgibbon, who was closing him down but ran out of steam in the

run in. He still managed to hold me off (Keith Adams) by a whole second ! Next came Bob Picher and then Steve Beckett in 5th. After this came Steve Adams, Neil Picher and Tom

Everitt with only two seconds separating the trio. The field was completed by Fred Catell and finally Dan Denham.

The evening continued with sausage rolls, crisps, mince pies and cans of beer in the clubhouse, and was rounded off in the Hollybush. Tony Cox (& family) and Michael Cates managed to turn up suitably late to miss the race (on purpose ?) but not the food & drink !

RESULTS

report by:- K. Adams

time h'cap actual

1) T. Casey	7.56	0.45	7.11
2) M. Fitzgibbon	8.01	1.00	7.01
3) K. Adams	8.02	1.30	6.32
4) R. Picher	8.12	1.30	6.42
5) S. Beckett	8.16	1.00	7.16
6) S. Adams	8.19	1.50	6.29
7) N. Picher	8.20	2.00	6.20
8) T. Everitt	8.21	1.30	6.51
9) F. Catell	8.30	0.20	8.10
10) D. Denham	9.00	0.00	9.00

**Mob Match v Victoria Park
Harrers at Homerton
Tuesday 2nd January 1996**

After 4 consecutive victories in this old established mob match with Victoria Park, we finally lost out to the better team on the night.

For the time of the year (always the first Tuesday of the new year), the conditions were very good, mild with no wind or breeze, as in the past when we have had some really inclement weather.

and he, along with Tom Everitt were the only two runners who ran the first race on this course in 1974. Two of the officials on the night, George Smith and Peter Kearsy also both raced in 1974, and with the help of Jean Cox and Pam Ackland-Snow, the Manor provided the bulk of the helpers.

report by :-Tom Everitt

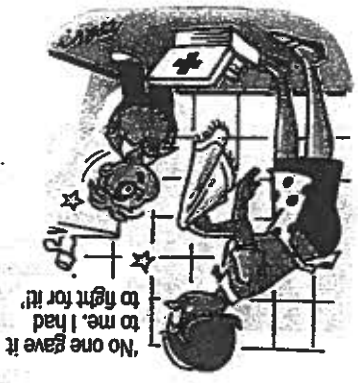
RACE RESULTS

1) R. Newbold	V.P.H.	15.01
2) P. Filler	E. Manor	15.10
3) T. O'Neill	V.P.H.	15.21
5) N. Picher	E. Manor	16.04
10) S. Adams	"	16.57
11) C. Mills	"	17.06
12) G. Sayer	"	17.16
13) K. Adams	"	17.29
14) T. Everitt	"	17.37
15) R. Picher	"	17.52
19) T. Casey	"	18.32
20) S. Beckett	"	18.56
22) M. Fitzgibbon	"	19.40
23) F. Catell	"	20.43
24) A. Cox	"	21.52

Clive Mills recorded a PB by 27 seconds for 11th place, followed by Glyn Sayer, first over 50 in 12th with 17.16, and Keith Adams 13th, seeing off Tom Everitt in 14th place, and recording a PB by 3seconds with a time of 17.29, against Tom's time of 17.37. Then, getting back to fitness, came Bob Picher in 15th place recording a satisfying time of 17.52.

Down to 19th and 20th place, with the now usual duel between Terry Casey and Steve Beckett, with Mr consistent Terry coming out best with 18.32 (18.36 in 1994 and 18.38 in 1994) to Steve's 18.56.

Another Park man came in 21st, thus preventing us from another pack of five. He was followed in by Mick Fitzgibbon(having a good first lap) 22nd with 19.40, a minute faster than last year. Then came the ever



CHINGFORD LEAGUE RELAYS
13 January 1996 - Highams Park

The 'A' team today secured a fifth place in a Chingford League fixture. The best placing for a long time. There were no Orton. Woodford Green or (complete) Hartingey teams, but you can only bear those who set foot on the start line. A windy day meant that times generally seemed a bit down, unlike Neil's lunch which seemed to be coming up a bit after his exertions. Tomato soup for lunch? We think not - we can reveal exclusively in this column that Neil was out on the tiles 'til the wee small hours, lets face it laddie, you just can't get away with it while papa is still a member of the running club and is willing to tell all! As for Mr Pitches senior I would expect that he would be pleased with his performance here, which reverses his fortunes over several other Manories from the Victoria Park mob match less than two weeks previously. Will this comeback be the big one? The individual times follow;

RESULTS

report by: - K. Adams

Neil Pitches	12'58
Michael Cates	12'48
Glyn Sayer V50	14'11
Bob Pitches V40	14'06
Keith Adams	13'57
Steve Adams	13'56
Total	81'56
Roger Albury	14'49
Tom Evertt V60	14'14
Terry Casey V50	15'24
Mick Fitzgibbon V45	15'41
Steve Beckett V40	15'32
No sixth runner	



"That's enough with that arm, I think"

CHINGFORD LEAGUE 5 MILE CROSS COUNTRY - TREAT
PARK Sat. 20th January 1996

1) A. Coleman	Enfield	25.36
2) A. Egan	W. Gm	25.54
3) M. Smith	Har. Gey.	25.57
16) P. Filler	* Orton	27.49
24) M. Cates	E. Manor	28.37
29) Q. Broadbent	* Orton	29.05
45) N. Pitches	E. Manor	29.51
54) R. Warner	* Orton	30.25
67) S. Adams	E. Manor	31.15
69) C. Mills	* Orton	31.19
77) T. Evertt	E. Manor	31.46
79) R. Albury	"	31.51
85) K. Adams	"	32.09
100) R. Pitches	"	33.03
121) G. Sayer	"	34.25
127) A. Armytage	* Orton	34.53
135) M. Fitzgibbon	E. Manor	35.21
139) S. Beckett	"	35.31
144) T. Casey	"	35.58
160) F. Cattell	"	38.44
172) P. Ackland-Snow	"	L. 46.29

SOUTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS
PARLIAMENT HILL
Saturday 27th January 1996

Once again we were able to turn out a team for this tough competitive event, all be it the minimum number of six runners.

On a freezing day, with bone hard underfoot conditions, well over a thousand runners toed the line for the cavalry charge up the first hill.

Our six, all having mediocre runs for some reason or another, except Steve Adams, who took a few new scalps to finish 528th position, close behind a jogging Michael Cates, our first scorer in 519th place.

Third scorer was Tom Evertt (I'm definitely not doing it) in 689th, then Keith Adams just 20seconds behind in 711th position.

Our last two scorers, Glyn Sayer, still struggling a bit in 785th place. Finally nice to see Roger Albury back racing in 916th place, possibly finding the distance a bit of a challenge on his present training. I'll come Roger.

Braver still was Keith Adams' wife

Julie, coming to give us some support on such a cold day. Having heard there were some nice views from the top of the hill---was it worth it Julie?

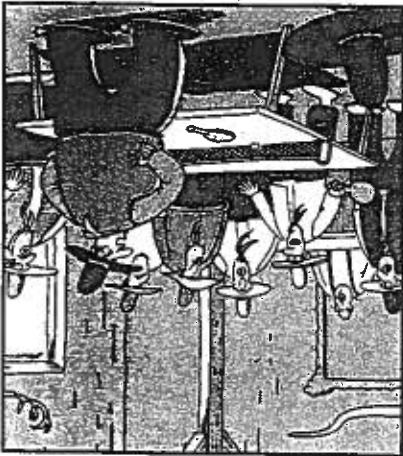
Report by Tom Evertt

RACE RESULT

1) T. Dickenson	Blackheath	43.01
519) M. Cates	E. Manor	56.27
528) S. Adams	"	56.44
689) T. Evertt	"	59.34
711) K. Adams	"	59.55
785) G. Sayer	"	61.10
916) R. Albury	"	65.30

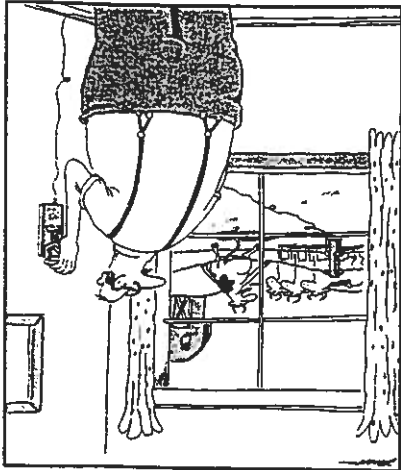
72nd team from 84 complete teams finished.

KEITH ADAMS'S TABLE TENNIS THOUGHTS!!



"Well, kid, ya beat me---and now every punk packin' a paddle and tryin' to make a name for himself will come lookin' for you! ... Welcome to hell, kid."

THE LATEST TWIST IN MAD COW SYNDROME???



"Look, if it was electric, could I do this?"

ESSEX COUNTY 20 MILE ROAD RACE - LANGHAM
Sunday 11th February 1996

"I must want my head examined", I thought to myself as we lined up for the start of this annual event. The County twenty was all of the Manors runners today first attempt, and I think we all did the Club proud.

With over 260 runners, reportedly one of the largest fields for this race in recent years,

the omens were that at least we would have someone to run with if the field spread out. This proved to be the case, and I think most of us ran with various people during this night on marathon slog.

First home for the club was Steve Adams, chasing off in hot pursuit of the main pack.

His time of 2hrs 15.03 gave him 62nd place overall, and augers well for a good run in the LONDON this year.

Next home was myself, Steve Beckett, at a moderate distance behind Steve Adams, but well pleased with my achievement. My time of 2hrs 37.09 saw me home in 172nd place, and boy, was I glad to see the end. Both legs were seized up, and I felt like John Wayne having just got off his Oss. Yes, that bad. Still, I am now glad I did it.

Following hard on my heels was Mark Holloway. "Just think", I said to him as he crossed the finishing line, "if you carry on for another six miles, you've done the marathon". I don't think he appreciated it though. He was literally dying on his feet, although he did have a battle with a few people over the last mile or so. It was a great run Mark, Well done.

Last, but not least, final scorer for the club was Fred Catell. Fred is attempting the LONDON this year also, so was also using this as a guide to his fitness. He ran a blinder, starting off with Mark, but come home in 246th place with a time of 3hrs 9.06. Mind you, at one point, while I was standing on the corner near to the finish, an

ambulance went past, and I thought the old codger had hitched a lift. I could have sworn I saw Fred's face peering through the glass with a big grin on it!

"ONLY JOKING FRED"

No, seriously though, I thought Fred ran a cracker, and should be OK for the big one. Well done all those that competed today.

Report by:- Steve Beckett

RACE RESULT

- 1) A.Koika! Iford 1:51.21
- 2) G.Heslop Chelms' 1:53.54
- 3) M.Bumsted Thurrock 1:55.24
- 62) S.Adams E.Manor 2:15.03
- 172) S.Beckett E.Manor 2:37.09
- 209) M.Holloway " 2:47.55
- 246) F.Catell " 3:09.06

CHINGFORD LEAGUE -
VICTORIA PARK
Saturday 17th February 1996

This race was chosen to commemorate the 40th anniversary of the League and the Founder member Clubs were asked to invite as many past members to run or be present at the event.

Our own response was excellent. Firstly for George Smith, who ran and was second in the first ever race in October 1955, and who finished 163rd in today's race. Also Les Golding, who took part in the second ever race, finishing 61st, and who is still officiating today.

Other old boys in attendance were Nat Fisher, a Great Britain International at 1500metres V Switzerland in 1961, and England at cross country in Belgium, plus many more A.A.A.'s races and County honours for Middlesex. And Ken Hutchin, Essex County cross country Champion in 1974, Inter-Counties rep and winner of 10

Chingford League races between 1964-69.

John Clarke, Ian Lymouth, Ian Lines, Peter Coventry, John Kearsley and Ted Warren. All excellent club performers in the 60's and 70's.

All this, plus an excellent turnout of present day members, 17 in total, including Glyn Sayer, a member since 1958, Tony Cox since 1964, Peter Kearsley since 1971 and Tom Everitt since 1973.

Well done to all those that supported our contribution today, and to all those past members for their roll in the Clubs history.

RESULTS

- 1) J.Gascoyne Ent. 23.10
- 2) M.Smith Har. 24.28
- 3) J.Kilsby Har. 24.29
- * Orion 25.55
- 21) M.Cates E.Manor 26.21
- * Orion 26.55
- 33) N.Pitcher " 26.55
- 56) P.Coventry Gst 27.55
- * Orion 28.28
- 65) C.Mills * Orion 28.28
- 76) S.Adams E.Manor 29.05
- 84) G.Sayer " 29.28
- 97) K.Adams " 30.10
- 99) R.Alburey " 30.17
- 108) R.Pitcher " 30.40
- 111) T.Everitt " 30.52
- * Orion 30.53
- 112) M.Wells * Orion 31.31
- 123) A.Armytage E.Manor 32.38
- 138) T.Casey " 32.55
- 140) P.Kearsey " 33.27
- 143) K.Norwood " 33.43
- 146) S.Beckett " 33.50
- 147) N.Lesurf " 33.57
- 149) M.Fitzgibbon " 36.56
- 164) G.Smith " 37.08
- 165) A.Cox " L 39.15
- 170) Pam A-Snow " 39.50
- 172) J.Clark Gst 39.50

* denotes 2nd claim member

Club Course best times

- M.Absalom 23.12 April 1968
- J.Bowles V40 24.57 April 1980
- G.Smith V50 26.20 April 1979
- G.Smith V60 29.26 Feb. 1989

results continued overleaf...

RODING VALLEY HALE

MARATHON

Sunday, 25th February 1996
WOODFORD

Eight Manories turned up for this gruelling slog over the thirteen miles plus undulating course. With Steve Adams dropping out(cold), it was left to Chris Bamforth to step into his shoes. I'm not sure whether he regretted it or not, but he said round OK, from what he said afterwards.

First scorer for the club was (ME) YES (ME) Steve Beckett. I must admit that I hadn't expected to be, but, when alls said and done, it was a nice feeling. My time of 95.35 was quite pleasing after having competed the previous day at Chingford, so I mustn't grumble. Next home was Roger Albury, first attempt at this distance for some time, and according to Michael Cates who was watching the race from the touch line, he looked quite easy. I would suspect that he could probably have gone a little quicker then, but you can only do what you can on the day.

Third scorer was Kevin Norwood. Kevin has just started with the club, and this was his first attempt at the Half. He ran most of the way in contention with his brother in-law Neil Lescart and Mark Holloway in close contention also. Both Mark and Neil dropped back slightly from half way, but coming in towards the finish, they were neck and neck. As they passed under the motorway with a hundred metres or so to go, Neil just managed to pinch a narrow margin over Mark. It must have been a sight to see. If you run with this pair, you know they don't like to finish behind someone they know, so this battle must have been almighty. Well done to both of you. Their finishing times were 98 and 98.02mins respectively.

Chasing this pair home was Chris Bamforth. As stated earlier, he filled in for Steve Adams, so probably found the distance a bit far today, but good training anyway Chris.

Report continued overleaf.....

TEAM RESULTS

CLUBS LEAGUE POSITIONS
AFTER 7 RACES

"A"		"B"	
1) Enfield	133	1) V.P.H.	347
2) V.P.H.	138	2) Enfield	348
3) Woodford	189	3) Barnet	487
10) E.Manor	410	8) E. Manor	786
VETS			
1) Enfield	204		
2) Barnet	208		
3) V.P.H.	239		
9) Eion Manor	441		

CHINGFORD ROAD RELAYS
Saturday 24th February 1996

Rain rain & yet more rain. Yes, that was the order of the day. But, we runners are a hardy bunch, and the Manor once again managed to field a couple of reasonable teams, one vets and one non-vets(mixture).

In the non vets team, young Neil Picher led the way in the absence of Michael Cates(back ache) and Steve Adams(cold). Neil had a cracking run, clocking 19.24 to bring in the first leg. He was followed out by Keith Adams, who also had a good run, clocking 21.36. Next off was Chris Bamforth, struggling to find earlier good form, but giving battle all the way. Chris's time of 23.24 was reasonable based on the training he's been doing. Fourth scorer was your's truly, Steve Beckett, who, chasing the VETS team fourth man Micky Fitzgibbon, also had to do battle with John Atkinson from Barnet AC. Not that this mattered. It helped to pull me round to a reasonable time, bearing in mind I was to contest the Roding Half Marathon the following day. Final scorer for the Young uns' was George Smith, who, like myself, was drafted in at the last minute to fill the gaps in the Team. George ran a blinder to clock 25.23. He also seems to be getting fitter, and hopefully, we'll see George doing

some of the summer league races as well.

On the vets team front, Glyn Sayer led off, clocking 20.45 to keep the vets in touch with the youngsters!! Next off went Bob Picher, giving everything also to try to keep in touch. Third Leg runner was Tom Evertt. Tom was chasing out Chris Bamforth, and it was anyone's guess as to who would be in first. Alas, it was Tom, overhauling Chris half way round the three mile plus course. This led to Micky Fitzgibbon going out ahead of myself, Steve Beckett, and although I did manage to pull him in, I couldn't get to him, which then left Terry Casey with a strong position over George Smith on the final legs. Terry eventually came in with a strong flourish to clock 23.13, and also to stretch away from George.

report by Steve Beckett.

RESULTS

Non Vets Team		Vets Team	
Neil Picher	19.24	Keith Adams	21.36
Chris Bamforth	23.24	Steve Beckett	23.22
George Smith	25.23		

Vets Team		Non Vets Team	
Glyn Sayer	20.45	Bob Picher	21.21
Tom Evertt	21.24	Mick Fitzgibbon	23.26
Terry Casey	23.13		

The vets also finished 10th overall in the County relays today

Ernie Baines, Hornsey St Mary, was our first Hon. Secretary, and we had no problems with officials, for with timekeepers Lister Hey, Charlie Welch

The Chingford league was founded in the winter season of 1955/56. It was the brainchild of Sam Waller, Hon secretary of Wadham Harriers, who presented the magnificent shield which is our senior trophy today.

THE CHINGFORD LEAGUE - A BRIEF HISTORY

1) A. Kokai	Ilford	67.52
2) P. Simons	Shaftsbury	68.24
3) A. Magnall	Luton Utd	69.21
183) S. Beckett	E. Manor	95.25
203) R. Albury	"	96.32
212) K. Norwood	"	97.10
235) N. Lesurf	"	98.16
236) M. Holloway	"	98.18
261) C. Bamforth	"	99.52
372) F. Cattell	"	108.19
518) Pam A-Snow	"	L 124.03

RESULTS

report by Steve Beckett

Anyway, after getting back on course, she proceeded to try to make up time, but as anyone who's been in this situation before knows, it's a forlorn chase, and just keeping going to finish is hard enough work. Well done Pam. Yet another doing the LONDON, and also training hard.

Anytime. miles an hour. These are desperate times. Pam Ackland-Snow. She was running well coming round to half way, when she was set upon by a bout of the Gippy Tummy. A quick pit stop was required most urgently, which she duly pointed out to the marshals as she raced into Ashton playing fields. No, I'm not dropping out she cried, whizzing past at 90 miles an hour. These are desperate times.

Next home was Fred Cattell, who clocked 108.00, which I believe at the time of typing this is a PB. Well done Fred, the marathon training is coming along nicely.

Southgate Harriers left their home at Broomfield Park for Whitehart Lane, A.C. From our old supporters, Graham Prenguer still travels from seven Oaks in Kent to help out at week-end races, whilst their team

Chingford and Wadham amalgamated to become Walthamstow A.C., from which Brian Hart, who finished 11th in our very first race now assists in time keeping and finalising the results.

Ponders End A.C. and Enfield amalgamated to become Enfield, from which club Roy and Beryl Stratton cover the finish of all races and provide the results.

Field Judge, occasionally turns out in the colours of Enfield.

The League venture has proved to be quite a success and has given us plenty of fun and competition of a not too serious nature, but like all other events of this kind, success lies in the numbers who will have a go rather than the selected few".

We had four races in our first year, with eight clubs competing. Such was the success and enthusiasm that the number increased and is epitomised by a paragraph which appeared in the Chinwag, the then monthly magazine of Eton Manor Clubs. It read:

Len Huggett, Arthur Wooten, Les Overall, along with Judges Alex McDonald, George Cooper, Ken Arbury, Dicky Dove, Alf Pearson, Horace Denton and Les Golding, together with starters G. Hemsworth and Herbie Steam, we were ensured of a well organised event on each occasion.

Les Golding, now residing in the wilds of Kent, with spells of nostalgia, recalls races, when, on occasions, services were required to amass the required six. In spite of his advancing years, Les still manages to attend most races.

copies of results for each race. ensuring that the clubs have printed does a magnificent job for the League, joined the club in the late sixties now officiating today. Tom Evert, who his 60's, is either competing or in our first ever race, and now well in George Smith, who was second home

same strength as in the past. Athletics fought off this move, and are functioning today, although not at the clubs under its umbrella. Fortunately, and also endeavoured to close all the decided to close the grounds at Leyton, 1967, the trustees of the Manor Clubs service to the league. Unhappily in Eton Manor have been members from the start, and have given yeoman

hand to assist. third running for Crown and Manor in the oldest of their trustees, finished ensures a very large field. Ron Irons, from their headquarters, and thus Victoria Park Harriers are always happy to host our five mile road race of fun and competition of a not too serious nature, but like all other events of this kind, success lies in the numbers who will have a go rather than the selected few".

the mantle of Les Overall and ensures that each and every finisher has his/her support since we included girls races in our programme. George Richardson, now our Chief Timekeeper, took over the very early days, and have increased Loughlin A.C. have been with us from distributor.

John Aldins is a great supporter, whilst wife Brenda is our No.1 disc manager Jack Martin is always around to help, although sometimes overwhelmed with the work of his own club.

These eight clubs have been the main stay of the League. In its heyday, we had inter League matches with the Chiltern League, an event which unhappily was dropped due to the difficulty of finding a free Saturday. With the increased heavy traffic and constant road changes, we were forced to dis-continue our evening road runs from various Club's Headquarters, and moved our operations to the Temple Mills cycle track, which, although a little short in distance, has proved an unqualified success, especially with races for the young athletes and the women now included in our programme.

Following the jogging phase, clubs were looking for more serious competition, and we were joined by Otton Harriers and Miuswell Hill. Later, with the outlet of competition for youngsters, we were joined by Woodford Green A.C., and Essex Ladies, in need of road and country competition joined us in the last year, whilst Epping Runners have yet to make their presence felt.

We have had, as already emphasised, 40 really enjoyable years. We hope those who have joined us in the latter part will be with us for the next 40 years, playing their part in the success of this venture.

Article by Lea Golding O.B.E.

**FINAL CHINGFORD LEAGUE
RACE - EASTWAY
Tuesday 27th February 1996**

On what turned out to be quite a reasonable night weather wise, we managed to field fifteen runners, filling all team positions.

As per usual, it was Michael Cates leading our charges from the front, followed this time by young Neil Picher though. Michael's time of 16.17 was his best for some time, but he had to work for it as I said earlier. Young Neil ran a blinder just behind him to come home in 36th place with a time of 17.07. Well done lads. Third scorer for the "A" team was Steve Adams, still running well, having just had a cold. His time of 18.11 gave him 67th place on the

RESULTS

1) L.Manglesh	W.Gm	15.22
2) D.Rose	W'slow	15.30
3) P.Braston	"	15.38
11) P.Fuller	* Otton	16.08
14) M.Cates	E.Manor	16.17
36) N.Picher	"	17.07
47) A.Eccles	* Otton	17.23
54) R.Warner	* Otton	17.40
67) S.Adams	E.Manor	18.11
78) G.Sayer	"	18.35
81) K.Adams	"	18.44
83) T.Eventt	"	18.46
114) T.Casey	"	20.18
118) C.Bamforth	"	20.35
127) N.Lesurf	"	20.46
131) K.Norwood	"	20.51
132) M.Fitzgibbon	"	20.56

Report by Steve Becken.

Fourth scorer for the "A" night. Fourth scorer for the "A" team was old hand Glyn Sayer. He clocked 18.35 for 78th place, just a few seconds ahead of Keith Adams 81st(18.44) and Tom Eventt 83rd(18.46). This trio must have had some sort of ding dong battle on the way round tonight.

First home for the "B" team was Terry Casey, who at present is flying. I understand it's something to do with this special taring he's doing. I'll have to get my spies out to check on him. Great run Terry.

Second home for the "B"'s was Chris Bamforth, still trying to get fit. His time of 30.35 gave him 118th place. He was chased hard all the way round by NEW boy Neil Lesurf, who just failed to hang on to him, but still performed very well. He finished just 11 seconds behind Chris in 127th place. Chasing this pair home was yet another of our new breed, Kevin Norwood (131st), followed by Mick Fitzgibbon(132nd) and Steve Beckett(134th), who was final scorer for the "B" team tonight.

Also running tonight was Fred Catell. Who finished 145th(22.35), George Smith 147th(23.15) and Pam Ackland-Snow 150th(25.02).

Well done to all those that ran, and hopefully we'll keep the Clubs progress, and yes. I do mean progress, going into the 1996 season.

Report by Steve Becken.

FINAL LEAGUE POSITIONS

134) S.Beckett	"	21.03
145) F.Catell	"	22.35
147) G.Smith	"	23.15
150) Pam A-Snow	"	L 25.02

"A" teams

1) V.P.H.	92	Barnet	90
2) Barnet	83	V.P.H.	85
3) Woodford	75	Otton	73
4) Otton	67	E.Manor	54
8) Otton	51	E.Manor	54

"B" Teams

1) Barnet	103
2) Enfield	84
3) Trent Park	77
4) Otton	67
8) E.Manor	48

**ESSEX COUNTY ROAD
RELAYS CHELMSFORD -
Sat 2nd March 1996**

With several of our local Chingford League opponents unable, or unwilling to field teams in the County relay championships, the MANOR were able to field a reasonably strong team, plus travelling manager Tom Eventt.

Michael cates, having a good first leg to bring us in 11th of the 36teams, starting with a time of 18.06 for the 3.3 mile course. Neil Picher losing 2 places on the next leg with 19.41. Old man of the team Glyn sayer dropping two more places with 21.14.

Roger Alburey, ghosting around the 4th leg and maintaining our position with 20.54. Then Steve Adams, dropping one place with a respectable 20.43. The anchor leg was left to veteran Mick Fitzgibbon with 23.22 to finish used in 17th place overall. A good performance lads, well done.

Report by Tom Eventt

results overleaf.....

ETON MANOR OLD BOYS, seen here at Victoria Park on 17th February 1996 to celebrate the 40th year of the Chingford League.

Pictured L-R are, Glyn Sayer, George Smith, Peter Coventry, Tony Cox, Ian Gains, Nat Fisher, Ken Hutchins and Les Golding.

THE OLDUN'S STILL SHINING THROUGH...



ETON MANOR RESULTS

award. Fred recorded a PB, a good performance on this course, while Peter recorded a seasonal best time. Overall winner was P. Simmons of Shaftesbury, in a time of 31.59 report by Tom Everitt.

T. Everitt	38.18
P. Kearsley	43.02
F. Cattell	46.39

BRENT 10K
Sunday 3rd March 1996

Starting outside in Olympic Way, and finishing with a lap inside Wembley Stadium made this 10k a novel and interesting experience, although the course was a little on the tough side, with several steady climbs. Just three of the more ancient members savouring the atmosphere, namely Peter Kearsley, Fred Cattell and Tom Everitt, the latter picking up third over 50's continued.....

ETON MANOR TIMES AS FOLLOWS

M. Cates	18.06 (11th)
N. Pitcher	19.41 (13th)
G. Sayer	21.14 (15th)
R. Albury	20.54 (16th)
S. Adams	20.43 (16th)
M. Fitzgibbon	23.22 (17th)
Overall winners	
Basildon A.C	101.37
Eton Manor 17th	124.00

NATIONAL CROSS COUNTRY CHAMPIONSHIPS
NEWARK - Saturday 9th March 1996

A very disappointing turnout for this event, possibly the highlight of the cross country season, with over 2000 runners weaving their way around the reasonably easy Newark course, unfortunately only four of them from the Manor.

Perhaps nine miles of cross country and the fairly long journey up to Newark being the off putting factor, but with the event scheduled for the South next year, that eliminates one deterrent.

With the good underfoot conditions and flat terrain, it was always going to be a fast pace, the winner being international John Nunnall, flying round the 1400 metre course in 40mins 35seconds (approx 4min 50sec milling).

Michael Cates was our first man home, as usual, having a very respectable run to finish 649th.

Next, probably having quite a good-run was Tom Everitt, 1242nd, followed by Glyn Sayer 1487th and Adams 1529th.

These four were rewarded for their efforts by Hon President Les Golding, who was present at the event in his official capacity, and bought them a pint - Cheers Les.

RESULTS

649th M.Cates	49.47
1242th T.Everitt	54.51
1487th G.Sayer	57.07
1529th S.Adams	57.41

BRITISH VETERANS CROSS COUNTRY CHAMPIONSHIPS
RUGBY - Saturday 17th March 1996

Only Tom Everitt made the journey up to Princethorpe College for the British Veterans Nation Cross Country Championships.

The College is set in the picturesque and Leamington Spa, with a tough 10K course in the grounds.

The events were well supported by the veterans, with 162 finishers in the 40/45 age race, and 177 in the 50/60 age race - Tom finishing 57th overall, and fourth over 60, just missing out on the bronze by three seconds.

report by :- Tom Everitt

RESULTS

1) W.Wadkinson	R & Z	41.54
2) M.Ward	OSW	42.39
3) E.Appleby	Hea	43.01
4) T.Everitt	E. Manor	43.04

PHYSICAL SHIELD RELAYS
Tuesday 26th March 1996 - Loughton

Yet another fine turnout for the club, with twelve running, and one or two of us not quite making the starting line.

On the "A" team front, good runs from all saw them take third team spot tonight, just losing out on second overall placing on the final lap.

The "B" team fared well also, taking 8th team place after a good leg by Keith Adams pushed them into the 8th spot. Kevin Norwood managed to hold on to this position on the final leg.

Draft recruit
 The "C" team saw Pam Ackland-Snow drafted in to make up the fourth leg. She was duly

rewarded with a good run, holding on to bring the team home in 11th place.

The "C" team also saw Neil Lesurt run a blinder on the first leg, chasing Tom Everitt from the "B" team all the way, and just failing to hold on to him at the top of the hill second time around.

Well done to everyone who competed, and apologies for those that missed the race??

RESULTS

"A" TEAM

M.Cates	8.41 (2nd)
N.Pitcher	9.21 (2nd)
S.Adams	10.08 (2nd)
R.Pitcher	10.12 (3rd)

"B" TEAM

T.Everitt	10.34 (10th)
G.Sayer	10.16 (10th)
K.Adams	10.02 (8th)
K.Norwood	11.26 (8th)

"C" TEAM

N.Lesurt	10.46 (11th)
T.Casey	11.29 (12th)
S.Beckett	11.09 (10th)
P.A-Snow	13.18 (11th)



OK! Sound effects: Car Camera

**SOUTHERN COUNTIES
TWELVE STAGE ROAD
RELAY - Sunday 31st March
1996 - Thurrock**

A supreme club performance, getting twelve runners out for the South of England twelve stage road relays at Thurrock on Sunday, March 31st.

Clubs from as far apart as Guernsey, Cornwall, Brighton and Bicester travelled up for this race.

Michael Cates, setting off on the first leg with all the big guns, having a super run to hand over in 44th place out of 65 teams that started.

Inevitably, the second leg was going to be a dropping back exercise, despite an excellent run from Roger Albury for our fastest short leg, bringing us home in 56th place.

Tom Everitt, next long leg, dropping another three places for 59th, then Mick Fitzgibbon, overhauled from Thursday, but underfueled since moving up again to 58th. These were followed by steady legs from Glyn Sayer, Chris Bamforth, Neil Pritchard, Kevin Norwood and Steve Adams maintaining our positions.

Steve Becker, on the short leg 10 having a blinder with our third fastest short leg, and moving us up to 57th, this being our final position, thanks to good runs by Keith Adams and Terry Casey on the final leg. Particularly Terry Casey, who had to fork out a couple of quid for a back massage to enable him to run freely.

Six or seven teams of the original starting line up were unable to field a full twelve, and fell by the wayside.

report by: - Tom Everitt
LONG LEGS

McLees	25.21
T.Everitt	29.41
G.Sayer	29.56
N.Pritchard	28.42
S.Adams	29.29
K.Adams	30.08

SHORT LEGS

R.Albury	16.46
M.Fitzgibbon	18.38
C.Bamforth	17.28
K.Norwood	18.14
S.Becker	17.50
T.Casey	18.05

**A
N EXTRACT FROM
THE 12 STAGE RELAY
PROGRAMME**

WELCOME TO THURROCK

"Can your club find a marshal for the Southern 12 Stage relay, Tom?"

"Find a marshal? It's as much as we can do to field twelve men, but I do want to do the race before I finish. I've never done it before, and I've persuaded the lads to do it this year."

This conversation held at the Essex Road Relays recently says a lot about this event. It says how difficult it is for a club our size to stage this event. It stretches our personnel to its limit. The runner I was talking to is now a 60+ vet, and to do this race, with all its traditions remains a burning ambition for an athlete who has been in the sport for decades. Also, as I've said in previous programmes, getting twelve men to the line is an achievement even for the strongest clubs.

This makes it even more encouraging that for the third year in succession we have seen an increase in the number of teams entering the event, which this year stands at 78.

It will be an exciting race at the front. But it is a race for everybody to enjoy - particularly the likes of Tom Everitt and his Eton Manor squad. We hope they and the other 77 teams involved have a great day. We look forward with pleasure to your company.

D. Staines

READING HALF MARATHON

Sunday 31st March 1996

We must be making some sort of progress, for we also managed to have a runner here on the same day as well.

Neil Lesurf, running here as part of his marathon training, clocked 1hr 46mins 22secs. He was pleased with his run, and feels that there is more progress to come. Well done Neil.

Report by: - Steve Becken

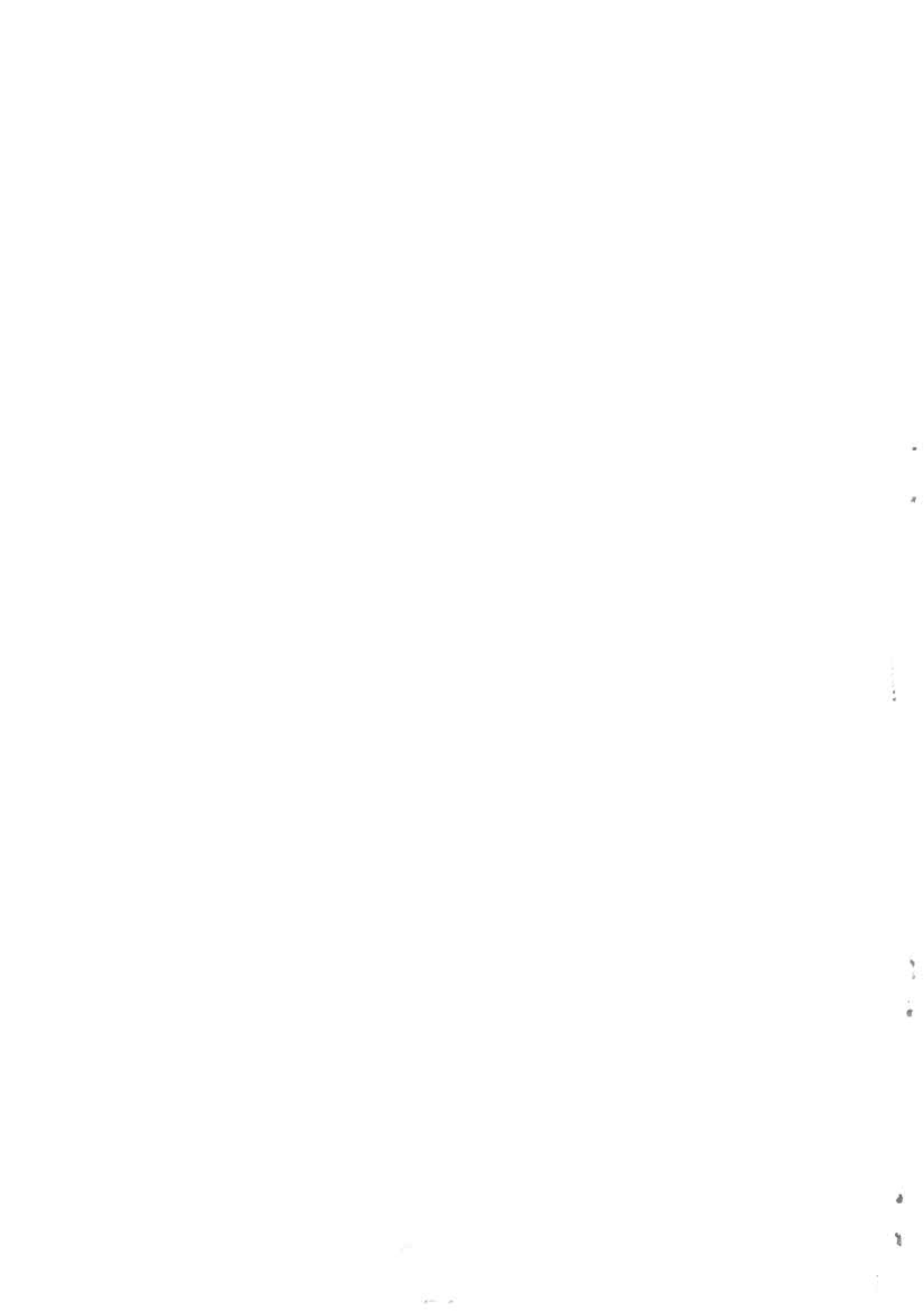
**1017 RADIO, HARLOW 10K
Sunday 31st March 1996**

Although most Club members were contesting the Southern 12 stage relays on the same day, it was good to see that we were also able to field four runners here also.

First home were Jesse Stafford (first ever race) and Fred Catell, who ran together for most of the race. Jesse's time of 53.47 was a cracker. Fred said the course was undulating as well, so that makes the run even better. Well done Jesse.

Following this pair home can Danny Reilly, who clocked 64 minutes, and Karen Miller, who clocked 65 minutes. Both are recent new members, so once again it's encouraging news from the Clubs point of view. Again, well done Karen and Danny.

report by Steve Becken



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