



ETON MANOR A.C.

Established 1913 Affiliated to A.A.A. 1920

EDITOR: STEVE BECKETT

Life President : Les Golding O.B.E.

ISSUE 12

MAY 1997

YOUR CLUB REPRESENTATIVES

Gen. Sec: Steve Beckett
23, Naseby Rd
Clayhall
Ilford IG5 ONW

Hon. Treasurer:
Steve Adams
2, Elmwood Court
112, Goldsmith Rd
Leyton E10

Cross Country Sec:
George Smith
32, Raven Lane
Billericay
Essex CM12

Road Running Sec:
Tom Everitt
25, Chadwick Rd
Leytonstone E11

Ladies Captain:
Pam Ackland-Snow
23, Longfellow Rd
Walthamstow E17

Mens Captain:
Keith Adams
90, Albert Rd
Leyton E10

The gazette is produced with the aim to promote all of the Clubs activities. Whether it's running or social events. If you have any suggestions for improving your gazette, then please let the editor have details. He is only too willing to adjust the layout, or incorporate adverts etc. The Gazette is published twice a year, in April and December. Any items for inclusion should be in at least two weeks before the 1st of these months.

The Gazette

INSIDE THIS ISSUE

ALL THE LATEST RACE RESULTS

CLUB CROSSWORD.....WIN A FREE CLUB TEE SHIRT

CARTOONS & WITTISMS



THE RUNNING CLUB FOR ONE & ALL.

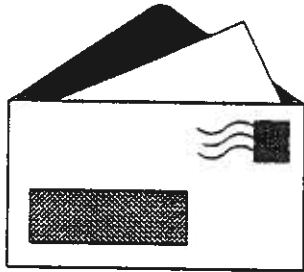
Welcome to all new members of Eton Manor Athletics Club

I hope that you have made yourselves at home, and that you are enjoying not only the running, but the social side of the Club as well.

The new members side is still looking good, but more would be even better. Don't forget, keep plugging your friends & neighbours to come along. Take a few business cards out with you when running, and give them to other runners you may see. Plug the Club whenever & wherever you can. It all helps. See Steve Beckett for business cards or posters if you need them.

That's all for now folks. I'll keep you posted.

CLUB MAILBAG



We have received several letters from old club members wishing to make contact with the club again, and I have printed in this issue of the gazette extracts/or the whole letter, that I received. I hope you enjoy the read, and I will be forwarding a copy of the gazette to them.

THE GAZETTE

The gazette is still going well, but I would like to start to include a couple of colour photo's in future issues. At present, there is no cost to the club. You pay nothing.

To do this will obviously cost money, though not a lot. I was thinking of asking for a donation of say £1.00 to pay for each issue of the gazette. Let me know what you think. An example of what can be done is in previous issue 6, and as you would see, it does enhance the presentation. I used to be able to get this done free, but do not have the access as in old days. Let me know what you think at the A.G.M. or sooner if you have any opinion on this matter. Hope you enjoy the read.

CLUB MEMBERSHIP

We are still going strong, but more needs to be done. I would appreciate any ideas on how to draw people into our club. At present, I give out business cards and put up posters. Perhaps you have some ideas. Let me know A.S.A.P.

FACILITIES UPDATE

The club is thinking of purchasing a multi-gym. Costs approximately £350/400. What are your views. The points being raised in favour are safety/space in clubhouse.

At present, the loose weights are under-used, probably due to the points mentioned earlier. If you have any views, please let one of the clubs representatives know A.S.A.P.

If we are going to purchase them, I would suggest earlier rather than later.

CROSSWORD COMPETITION

Once again, I've included a crossword in the gazette. Come on now, have a go. It's free, and you could win a club tee shirt. Ask Michelle Norwood or Roger Alburey. They won the last one jointly.

Entries in by June 30th please. Draw will be made the following week at the clubhouse from all correct entries.

CLUB HOUSE DECOR.

Do we need a fresh coat of paint. Would a change of colour brighten the place up. If yes, how about organising a paint night. We could have a few beers, and a paint up. Let Steve Beckett know, and we'll organise something. It will only take an hour or two with a few of us, if you decide yes. If not, how about just a beer anyway??

CLUB - GENERAL

Have you any suggestions for the improvement of the club, or how it is run. No matter how trivial your suggestion may seem, it may be important to someone else. Any suggestions in writing to Steve Beckett. Confidentiality for the rude ones is assured.

A.G..M.

This will be held the first Tuesday in October or as near as possible. If you would like to run for one of the clubs posts, or know someone else who would, please let Steve Beckett have their nominations in writing. Any other matters to be raised at the A.G.M. should be received, in writing, by the 15th of September 1997 to ensure inclusion and proper discussion.

NATIONAL

UNION OF

TRACK

STATISTICIANS

Founded 31 January 1958



Chairman: L.J. Crouch

Tamwell House, Crossborough Hill
Basingstoke, Hampshire, RG21 2AG
Home: 01256 462539

Hon Secretary: S.E. Hitchcock

Skara Brae, 2 Chudleigh Close
Bedford, MK40 3AW
Home: 01234 344407 Work: 01908 653610

Hon Treasurer: J.M. Powell

74 Eastmead Avenue
Greenford, Middlesex, UB6 9RG
Home: 081 575 1271

17th April 1997

Mr L. Golding
8 Bishopstone Drive
Beltinge
Herne Bay
Kent

Dear Mr. Golding,

In 1995, the National Union of Track Statisticians created the Cliff Temple Memorial Award, to be given to someone for meritorious service to athletics. In 1995, it was awarded to John Rodda and last year the recipient was Ron Roddan. The NUTS would be very honoured if you would accept the award for 1997.

If you are attending the World Championship Trials in Birmingham, we should be very pleased if you would join us for dinner on Saturday 12th June in the evening in Birmingham; we would then present you with the award.

Yours sincerely,

Shirley Hitchcock

Mrs. Shirley E. Hitchcock
Honorary Secretary
National Union of Track Statisticians

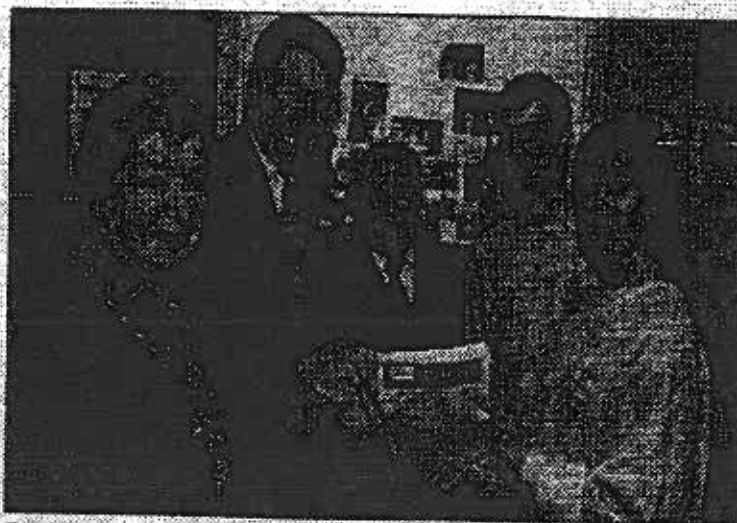
Club members enjoying the first ever barbeque held at the Cottage in late summer 1996



Mayor of Waltham Forest visits the Manor at its Marsh Lane HQ to help boost the clubs status in the local community.

16 GUARDIAN & GAZETTE SERIES, APRIL 3, 1997

WALTHAM FOREST NEWS



The Mayor and Mayoress join Les Golding (centre) and fellow athletics club members to raise more support from the young members of the community.

(LEFT) Waltham Forest Mayor and Mayoress Bob Wheatley and Millie Fisher joined runners from Leyton's Eton Manor Athletics Club recently when founder member Les Golding made a special visit. Former Olympic cross-country team manager Les and the club's organisers are on the lookout for new members for the club, in particular women and children. Eton Manor's Patrick Smith said: "We think that running is an excellent way for more children to get involved in sport."

An older member from Eton Manor's long and distant (no, not that distant) past wrote to me recently to let the club know how he is and what he is getting up to, living .as he does nowadays, in Spain.

I thought I would print this little story he relayed to me, in this issue of the Gazette, because not only does it show the MANOR is known country wide for good sportsmanship & humour, but probably world wide. It also tickled me when I read it. I hope you'll enjoy it too.

He went on to say....

I would like to tell of an experience I had when I visited Erfurt in what was East Germany....On arrival, my German Lady friend introduced me to, among other members of her family, two male cousins, who seemed to me to be very excited over one thing or another.....It would appear, after much prompting from Gerdie, my lady friend, that they would tell the story only if I agreed to help.....A gruesome story it was too; It appears that one of their ancestors was a very famous composer of classical music, and, when he died was buried with all his music, unpublished that is, and his manuscripts were buried with him. But where? For years, the family had tried to find the grave, believing that the unpublished music and the manuscripts would bring in a pretty Pfennig. The reason for the aforementioned excitement was that the two cousins had at last found the mausoleum in which the coffin was to be found.....If I would help them, they would "cut me in" with the spondulics.....As ever, funds were short, so I agreed to help.....They couldn't have picked a worse night to achieve their aim.....Armed with lanterns, picks, shovels, ropes etc., we set off to the cemetery. We duly arrived at this very very old low slung building covered in Ivy type creeper, and in no time had wrenched the iron door open with a jemmy.....The lanterns were lit, and down some stairs we went, with me rather more nervous than the other two.... We came to a door which seemed to have light coming from under it.....candle light? We dusted away a name plate, which I thought said Wolfgang Amadeus something.....I just couldn't read the surname..... Again, the opening of the door held no problems.....Then.....with great excitement entered..... To be confronted by a very very old man with a Quill pen in his hand busily crossing out all the musical notes that he had composed all those years ago.

"What are you doing" said one of the cousins with great agitation,

"Oh" said the old man....."I'm just lying here de-composing"

Doug Hart Esq...

FOREST GATE 10K
WANSTAED FLATS Sunday 1st December 1996

A turnout of eight from the Manor was yet again the biggest we've had in this annual event.

Tom Everitt turned up and entered on the day, so he was first man home. His time of 38.01 gave him 28th overall place.

Next home was Peter Gandy, making his racing debut for the club. His time of 42.15 was a pb, and no doubt there is further improvement to come from Peter.

Chasing Peter hard all the way was Mark Holloway and Steve Beckett. Steve had given a good lead to Mark (the Parot) all the way round, but with 50yds to go, Mark decided to sprint in. Well done Mark. Next home was Fred Cattell in 98th place, and Pam Ackland-Snow in 117th.

Final two home were Paul Brandon, having a first attempt at 10k, and Patrick Smith, now training with the LONDON in mind. Paul finished in 52.42, whilst Patrick clocked 57.22. No doubt both will improve on these performances later on. Well done to all that took part today.

Report by S.B.

1	I.Cambell	W'Green	31.44
2	J.Houston	Kent A.C.	32.07
3	D.Baard	H.H.H	32.26
28	T.Everitt	E.Manor	38.01
57	P.Gandy	"	42.15
61	M.Holloway	"	42.40
63	S.Beckett	"	42.45
98	F.Cattell	"	46.43
117	P.Ackland-Snow	" L	49.54
136	P.Brandon	"	52.42
149	P.Smith	"	57.22

ESSEX A.A.A.COUNTY CROSS
COUNTRY CHAMPIONSHIPS

DANBURY PARK - Saturday 14th Dec. 1996

Eton Manor senior men were led by Michael Cates who recorded a commendable 31.52 in a very fast field this year, with Rob Denmark, the British Olympics contender, winning in a fleet footed 27.53.

Tom Everitt completed in a very fine 36.33 and made light of the wet sticky course.

The other men, Glyn Sayer, Steve Beckett, Mick Fitzgibbon, Fred Cattell and Patrick Smith, finished in 39.26, 41.29, 42.42, 44.36 and 51.31 respectively.

Perhaps the highlight of the day for the Manor was the participation of the ladies, with Pam Ackland-Snow doing the demanding 3.5 miles in 31.00, and Michelle Norwood, taking part for the first time, with a gallant 36.24.

The final word must be that Judy Marchant confounded everyone by missing Danbury Park with her normal expert navigation skills and missed the event.

Next year, with more recruitment effort in the local schools, maybe Eton Manor A.C. will also boast entrants in the under 17 year olds men's and ladies events.

Report by Patrick smith

LADIES RACE RESULT

1	C.Wetherill	Chelmsford	21.56
2	D.Sullivan	Havering	22.43
3	S.Bridger	Thurrock	22.57
42	P.Ackland-Snow	E.Manor	31.00
54	M.Norwood	E.Manor	36.24

MEN'S RACE RESULT

1	R.Denmark	Basildon	27.52
2	A.Mussett	Chelmsford	28.05
3	D.Laughlin	Chelmsford	28.30
45	M.Cates	E.Manor	31.52
123	T.Everitt	E.Manor	36.33
161	G.Sayer	E.Manor	39.26
182	S.Beckett	E.Manor	41.29
186	M.Fitzgibbon	E.Manor	42.42
190	G.Smith	E.Manor	43.42
193	F.Cattell	E.Manor	44.36
197	P.Smith	E.Manor	51.31

Religious quote of the day.

Try Jesus

If you don't like him,

The Devil will always take you back.

BATON HANDICAP- LEYTON

Tuesday 17th December 1996

This was the first ever Baton Handicap for one or two members tonight, and I hope they all enjoyed not only the race, but the apre-tea and cakes provided by Tom & JoanEveritt, Georange & Jean Smith.

Overall winner was that cheeky young chap called Paul Brandon, running himself into the ground to hold off alcomers. His time of 7.52 was good enough on the night to beat the handicapper.

Second home was Michael Cates, who, having started as usual from scratch position, stormed through the field to record 5.37. This was also the fastest leg time.

Third scorer was Glyn Sayer, making his debut at the club. Hopefully, it won't be his last visit.

Wooden spoon went to Steve Beckett, although, to be fair, he was rather under the weather at the time. Brave man, or just foolish, he ran and made up the numbers. Me thinks that's what its about.

On the ladies front, this was the first year with more than one running, and might I add, it was warming to see not just two, but four having a go at this very fast race. No one can fault their endeavour. Winner of the ladies race was Pam Ackland-Snow. Well done ladies. Hopefully, there will be more of you having a go next year.

Again, well done to all that partook tonight, and special thanks to the officials as usual.

report by S.B.

	race time	h'cap	actual time
1 P.Brandon	8.22	0.30	7.52
2 M.Cates	9.57	4.20	5.37
3 G.Sayer	10.07	3.30	6.37
4 T.Everitt	10.11	3.30	6.41
5 F.Cattell	10.12	2.30	7.42
6 D.Reilly	10.13	0.00	10.13
7 P.Gandy	10.19	3.20	6.59
8 R.Pitcher	10.20	3.40	6.40
9 C.McDonagh	10.22	3.30	6.52
10 S.Adams	10.24	3.50	6.34
11 P.Ackland-Snow	10.26	2.00	8.26
12 K.Adams	10.31	3.40	6.51
13 K.Norwood	10.31	2.45	7.46
14 J.Stafford	10.38	2.20	8.18
15 M.Norwood	10.44	1.00	9.44
16 P.Smith	10.55	2.00	8.55
17 J.Marchant	10.57	3.20	7.37
18 S.Beckett	11.05	2.50	8.15

N.P.F.A. NEW YEARS DAY 10K

HYDE PARK - 1st January 1997

As snow began to fall heavily as I drove towards yde Park, the thought of getting out of the car and running a race was as inviting as a visit to the dentist. I began to wonder whether anyone else would turn up to race. However, a large group of runners were already assembling at the start as I arrived; some of them even entering on the day!

I started towards the back of the field, and spent the first of three laps passing runners dressed as if for a polar expedition, in fact, I'm sure that one runner had a sled and a team of Huskies.

By lap two, the field had largely sorted itself out, and I realised that it wasn't going to be the day that I finally broke the fourty minute barrier. In fact, it was probably going to be nearer fourty five minutes.

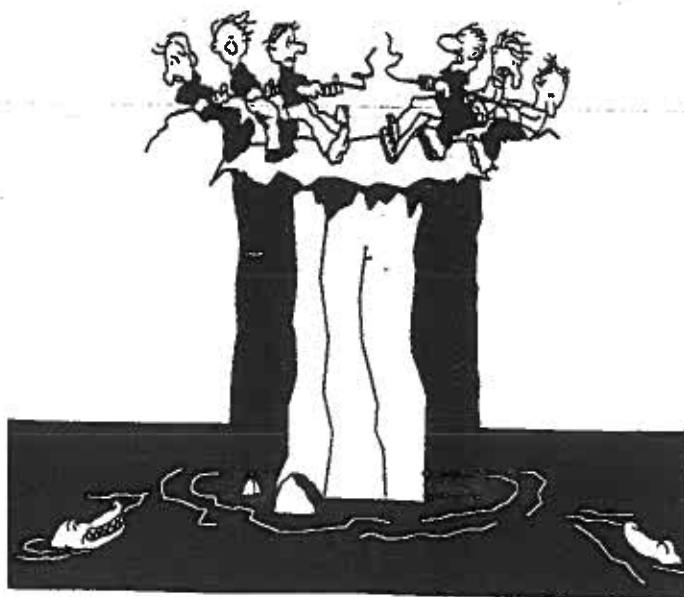
Runners now began to pass me, and I was very pleased to get to the finish line, although less pleased with my finishing time of 42.23, over two minutes short of my best.

Still, there will be plenty of other races, the run had warmed me up well, and there was hot punch and mince pies for all finishers.

Perhaps the race was a good idea after all. I'll probably enter again next year, although my wife and children will want to go to support me again. is another matter.

report by Peter Gandy

Will there be a snappy ending



INTER CLUB MOB MATCH v V.P.H.

Tuesday 7th January 1997 - HOMERTON

Numbers were the order of the day yet again, and thanks to everyone's efforts, we were able to win this annual mob match against THE PARK.

With nineteen running tonight, I thought we were in with a shout, but with mob matches, you never know until the last man (nee, person), has crossed the line.

Bold efforts by Michael Cates, Micky Wells, Steve Adams and Tom Everitt gave us good placings at the front, while the middle order of Mick Fitzgibbon, Neil LeSurf, Peter kearsey and Kevin Norwwod held the heart of our attack together.

The whole thing was rounded off by Paul Brandon, George Smith, Pam Ackland-Snow, Graham North, Linda Bear, Patrick Smith, Michelle Norwood and Jill Saunders.

Well done yet again on a great team performance. That's what mob matches are about.

Report by S.B.

1	M.Cates	E.Manor	14.56
2	J.Roche	V.P.H.	15.32
3	B.McKenna	V.P.H.	16.06
5	M.Wells	E.Manor	17.03
6	S.Adams	"	17.24
7	T.Everitt	"	17.25
8	G.Sayer	"	17.37
11	R.Pitcher	"	17.54
13	M.Fitzgibbon	"	19.30
14	N.LeSurf	"	19.37
16	P.Kearsey	"	19.40
17	K.Norwood	"	19.58
18	S.Beckett	"	20.08
20	P.Brandon	"	21.11
21	G.Smith	"	21.52
22	P.Ackland-Snow	" L	22.16
23	G.North	"	23.17
24	L.Bear	" L	23.36
25	P.Smith	"	24.39
26	M.Noorwood	" L	26.43
27	J.Saunders	" L	26.44

Match Result

- 1) Eton Manor 51
2) V.P.H. 55

NORTH OF THE THAMES CROSS COUNTRY RUISLIP

Saturday 8th February 1997

Our ladies put the mens section to shame here, purely by fielding a team. It was disappointing that we could not field a full mens team, but hopefully we can make up for this next year.

Our ladies captain led the charge today, battling with Jess Stafford and Linda Bear all the way round this gruelling 6000metre course. As they reached the top of the steep climb for the final time, Pam began to push hard for the finish, with Jess hanging in with her. Alas, poor old Linda began to feel the pinch, and dropped back. The final run to the line was won by Pam by just over 50 seconds, with Jess (legless) and Linda(smiler) filling the next two places. Final scorer was Jill Saunders. Jill is still making leaps and bounds forwards in fitness, but I think she could have missed todays race quite easily when she saw the hill for the first time. Still, being the battler she is, she plugged her way round to finish in 46th place, and afterwards said she was glad she did it, but was totally knackered.

In the mens race, Tom Everitt led the Manor home, chased all the way by Glyn Sayer, Steve Beckett and Fred cattell. Tom said after the race that he nearly dropped out after the first lap. No wonder! The mens race was run over basically the same course as the ladies, except that when you got to the top of the hill, they took you down the other side, along a bit and back up. I can tell you, this was not my idea of fun, but if Tom felt the same way, I can't feel disappointed with my run. Fred said he thought the first slope was the hill, but alas, he was wrong as well. That was just the warm up slope.

Well done to everyone who competed today. If by competing in these events we can improve the Club's standing, then I think we should make the effort to attend.

report by S.B.

Ladies Team result

1	K.Jenrick	Highgate	22.40
2	S.Burrows	Highgate	23.39
3	T.Toohey	London Irish	23.49
35	P.Ackland-Snow	E.Manor	31.41
37	J.Stafford	"	31.57
41	L.Bear	"	32.57
46	J.Saunders	"	37.17

CHINGFORD LEAGUE 5MILE ROAD RACE VICTORIA PARK

Saturday 15th February 1997

Nineteen from the Manor competed today, with good performances from many.

First home on the "A" team front was Michael Cates with a time of 25.25 for 8th place overall. Second man today was Steve Adams, recording 29.18 for 60th place, after a dour battle with Tom Everitt, who finished just behind Steve in a time of 29.24 for 62nd place. Fourth scorer for the "A" team was Glyn Sayer, who chased Tom and Steve hard all the way. Not only that, he had to fight off Bob Pitcher in a running battle as well. Glyn finished in 72nd place with 29.57, while Bob clocked 30.07 for 75th place. Final scorer for the "A" team was Roger Alburey, who is beginning to run really well again, and is turning out more regularly now. He clocked 31.07 for 92nd place, leaving the "A" team to finish 8th overall club place today.

The "B" team was led home by Peter Gandy, who is improving with every race since joining the club. His time of 32.17 gave him 109th place, after chasing Roger Alburey for most of the race. Second scorer was Steve Beckett, who recorded 33.32 in 118th place, followed by Peter Kearsley, running on his preferred course. FLAT. He finished just behind Steve in 121st place in a time of 33.53. Fourth scoring place went to Fred Cattell. He knocked up 34.20 for 128th place, after getting the better of Paul Brandon. Paul went off like a rocket at the start, and although tiring, still managed to record a PB of 36.09. There's more to come Paul. Final scorer for the "B" team was Kevin Norwood. Kevin's been suffering with the lurgies for some time, so it was good that he turned out and ran. Although not a brilliant time, that will soon return Kevin. Watch this space!

On to the ladies team, and with six out of a possible seven running, this was yet another example of numbers making a difference. Pam didn't compete today because of ill health, although she did shout everyone on. We finished 3rd and 4th teams today, which helped the ladies into 2nd overall place in the inaugural running of the ladies team races. Judy Marchant was first home for the "A" team in 34.49, followed by Jesse Stafford in 37.27, Linda Bear in 37.35, and Gail Brannan in 37.53. On the "B" team front, Jill Saunders clocked 41.35 for a PB, while Michelle Norwood, yet another suffering from the after effects of the lurgi, clocked 44.49. Well done to you all.

Report by S.B.

results follow.....

Chingford League - Victoria Park result

1	L.Masngleshot	W'Green	24.08
2	D.Preston	Enfield	24.33
3	P.Branston	W'Stow	24.48
8	M.Cates	E.Manor	25.25
60	S.Adams	"	29.18
62	T.Everitt	"	29.24
72	G.Sayer	"	29.57
73	K.Adams	"	29.59
75	R.Pitcher	"	30.07
92	R.Alburey	"	31.07
109	P.Gandy	"	32.17
118	S.Beckett	"	33.32
121	P.Kearsley	"	33.53
128	F.Cattell	"	34.20
131	J.Marchant	" L	34.49
135	P.Brandon	"	36.09
137	K.Norwood	"	36.59
139	J.Stafford	" L	37.27
141	L.Bear	" L	37.35
144	G.Brannan	" L	37.53
147	J.Saunders	" L	41.35
150	M.Norwood	" L	44.49

Team positions for todays race

"A" TEAM	8th
"B" TEAM	5th
VETS TEAM	5th
LADIES "A" TEAM	3rd
LADIES "B" TEAM	4th

Team positions after 7 races

"A" TEAM	10th
"B" TEAM	7th
VETS REAM	7th
LADIES "A" TEAM	2nd
LADIES "B" TEAM	9th

RODING VALLEY HALF MARATHON

Sunday 23rd February 1997 - Woodford

This, to my recollection, was the biggest number of competitors the Manor had fielded for this annual event, so well done to all those that took part.

The weather conditions were more or less ideal for the race, so some good times were expected.

Michael Cates was first home for the club in 28th place overall. His time of 76.56 was a very good performance. He was followed home by Steve Adams in 90th spot with a time of 87.01. Next home, but at some distance was Peter Gandy, who clocked a pb of 95.01 for 178th place, just ahead of Roger Alburey in 193rd spot with a time of 96.18. Well done lads.

Further back in the field, Judy Marchant was storming through the field, overhauling Steve Beckett at the ten mile mark, and still smiling. Unbelievable! Her time was 96.58 for 207th place, which gave her 4th veteran ladies in the Essex AAA championships. Well done Judy. As said earlier, Steve Beckett had been in front of her for most of the way, but lack of training meant the wheels came off earlier than expected. He still clocked 99.17 though, which was quite pleasing to him. Finishing like a rocket behind Steve was Mark Holloway, who went off like a bat out of hell at the start, and was well clear going towards the six mile mark. Alas, his wheels came off as well, but he still finished strongly to record 100.44 in 272nd place. Next home was Fred Cattell, just outside his best time in 108.26, Pam Ackland - Snow in 111.54, yet again, just outside her best, and Paul Brandon, running in his first ever half marathon. His time of 112.53 gave him 439th place, just over 15seconds behind Pam. Well done Paul. Next home were Jess Stafford, yet another running her first half marathon, and Kevin Norwood. These two were running with Jill Saunders for most of the way, and only stretched for home in the last mile or so, so I think Jess could do a lot better in her next venture, if there is one?? They finished in 578th, 579th and 589th places respectively. Final man home for the club was Patrick Smith, who competed the course in 137.58, but said afterwards that he was pleased with his run, and that he felt he would have no problem now with the LONDON! Well, we'll see Patrick.

Overall, a good performance by all, and out of 15 starters, fourteen finished. Poor old Neil LeSurf has had hip problems, and had to drop out at halfway. There's always next year Neil.

report by S.B.

RODING HALF MARATHON RESULT

1	S.Hempstead	N.E.Beagles	1:09:40
2	N.Thatcher	"	1:11:21
3	G.Morris	Harlow R.C.	1:11:44
28	M.Cates	E.Manor	1:16:56
90	S.Adams	"	1:27:01
178	P.Gandy	"	1:35:01
193	R.Alburey	"	1:36:18
207	J.Marchant	" L	1:36:58
249	S.Beckett	"	1:39:17
272	M.Holloway	"	1:40:44
387	F.Cattell	"	1:48:26
429	P.Ackland-Snow	" L	1:51:54
439	P.Brandon	"	1:52:13
578	J.Stafford	" L	2:05:24
579	K.Norwood	"	2:05:25
589	J.Saunders	" L	2:06:40
627	P.Smith	"	2:17:58

FOOD FOR THOUGHT.

*A bell is no bell till you ring it.
A song is no song till you sing it.
And love in your heart, wasn't put
there to stay
Cause love isn't love till you give it
away*

FINAL CHINGFORD LEAGUE 5K

EASTWAY Tuesday 25th February 1997

The final league race of 1996/97 saw the Manor with one of its largest ever turnouts. Twenty three ran tonight, which I think speaks well for itself. Thank you for turning out every one. Yes, I think we are going places. Keep up the effort.

On the "A" team race front, our stalwart Michael Cates finished in 5th place overall with 16.04. Second scorer was Keith Fordham, making a long awaited reappearance. He finished 56th with a time of 18.40. Third scorer was Steve Adams, who just pipped Glyn Sayer on the line, both clocking 18.56 for 64th and 65th places. Fifth man home was Tom Everitt, who again had a ding dong with another Manorite tonight. This time though, it was Bob Pitcher, still improving, but just unable to hold the strong challenge of Tom here. Their times were 19.11 and 19.16 respectively.

The "B" team was led home by Roger Alburey, who finished 74th, with Neil Pitcher, trying to get over his injury, coming home next in 81st place, just 17 seconds behind Roger. Third scorer was Steve Beckett, just ahead of Mark Holloway and Kevin Norwood. They finished in that order in 111th, 116th, and 117th respectively, with Mick Fitzgibbon making the sixth scoring place in 122nd position.

In the ladies race, also incorporating the inaugural running of the Ladies Handicap race, Linda Bear was first home for the "A" team in a time of 23.08, just behind Mick Fitzgibbon. Her position was 124th, which also, to the annoyance of Paul Brandon and Fred Cattell, brought her home in front of them. Second lady home was Jesse Stafford in 131st place with 24.09, followed by Gail Brannan in 132nd spot, and Pam Ackland-Snow in 134th in 24.12 and 24.31 respectively. The ladies "B" team was led in by Jill Saunders in 26.15, yet another PB, followed by Michelle Norwood and Karin Miller, with 30.01 and 31.35 respectively.

Also running tonight was Paul Brandon, Fred Cattell, John Tully and Patrick Smith. All ran really well, with Paul; knocking over 8 minutes off the time he did for the first race here, and John Tully making his club debut in any race.

Well done to everyone tonight, and thank you.

Report by S.B.

results follow.....



Heard from Mystic Meg last night.

She says that that Eton Manor A.C. is going places, and you should all keep up the good work, and keep turning out for the races.

FINAL CHINGFORD LEAGUE RESULT

1	L.Mangleshot	W'Green	15.15
2	D.Preston	Enfield	15.29
3	P.Branston	Walthamstow	15.32
5	M.Cates	E.Manor	16.04
56	K.Fordham	"	18.40
64	S.Adams	"	18.56
65	G.Sayer	"	18.56
70	T.Everitt	"	19.11
71	R.Pitcher	"	19.16
74	R.Alburey	"	19.26
81	N.Pitcher	"	19.43
111	S.Beckett	"	22.05
116	M.Holloway	"	22.21
117	K.Norwood	"	22.24
122	M.Fitzgibbon	"	22.47
124	L.Bear	" L	23.08
125	P.Brandon	"	23.11
127	F.Cattell	"	23.20
131	J.Stafford	" L	24.09
132	G.Brannan	" L	24.12
134	P.Ackland-Snow	" L	24.31
137	J.Saunders	" L	26.15
138	J.Tully	"	26.15
141	P.Smith	"	27.15
142	M.Norwood	" L	30.01
143	K.Miller	" L	31.35

Team positions tonight

A Team	9th
B Team	5th
Vets Team	4th
Ladies team	3rd

Final team league positions

A Team	9th
B Team	7th
Vets Team	7th
Ladies team	2nd

ENGLISH NATIONAL CROSS COUNTRY

HAVANT - Saturday 8th March 1997

A very mild day greeted everyone competing today. The only problem to overcome being the ground conditions. A very soggy, muddy, gooey, tacky sort of going. You get the picture. Typical cross country conditions.

Well, we all persevered, and happily all finished in one piece.

Our senior ladies were first to compete for the club, over a one lap distance of 6000 metres, and a fine performance from both Judy Marchant and Pam Ackland-Snow saw them home in their first ever national. The underfoot conditions as said earlier were bad, but both Judy and Pam slogged it out with the best from England. Their finishing times of 29.13 (267th) and 32.45 (359th) were very respectable, all things considered. Best of all was Pams dive for the line at the finish. This was missed by all from the club, but apparently a few spectators were heard to murmur from the side, "Ah, what a shame, and so close to the finish as well" as Pam slipped over just before the finishing funnel. Me thinks she had given all, and, apparently, was quite knackered. Well done ladies.

On the men's team front, the course was a two lap, 14000 metres, or 9 miles, distance to you and me. Not only this, but twice up a gruelling hill having just turned a corner, and scraped some of the caked on mud off the bottom of your spikes.

First home was Michael Cates, running a cracking race for a time of 56.07 (378th). He was followed today by Tom Everitt, in a time of 63.04 (900th), Steve Adams in 64.59 (1027th) and Glyn Sayer in 68.21 (1205th)

Last two home for the club were Steve Beckett and Mick Fitzgibbon. Both had a hard time today, with Steve clocking 75.43 (1429th), and Mick finishing in 80.31 (1495th).

I think well done is in order here as well, and a couple of pints were downed afterwards to end a gruelling, but enjoyable day out. Roll on next year??????

Eton Manors final team position was 116th with a total of 6071 points, and, dare I say it, beating all of our local clubs to boot.

Report by S.B.

WALTHAMSTOW ROAD RELAYS CHINGFORD - Saturday 12th March 1997

With no vets team competing today, our "A" team was a mixture of what you might say the old and the new - ish.

Michael Cates went off first leg, and stormed round to record 18.08, although not his best ever time. Second leg was Bob Pitcher, who is still getting back to fitness, and clocked an admirable 21.14. Third leg runner Steve Adams just pipped Bob's time in 21.02, whilst Keith Adams could only secure 21.31 on the fourth leg.

Final scorer for the "A" team, and bringing them home in 17th overall team placing was Glyn Sayer in 21.43.

We did not finish a complete "B" team, but Mick Fitzgibbon clocked 23.52, whilst Steve Beckett ran round in a respectable 23.07.

Mean while, back at the ranch, er, sorry, must have been that John Wayne film I was watching last night. I meant to say, meanwhile, in the ladies event, we managed to fill two teams, with great runs from all the girls.

The "A" team was led off by Jesse Stafford, who went off with Gail Brannan running the first leg for the "B" team.

As it happened, there was nothing in it at the finish, both being given the same time of 20.58.

Second for the "A"s was Pam Ackland-Snow, who clocked 21.05, whilst third leg runner Linda Bear ran another blinder to clock 21.04 to bring them home in 11th team place.

Second leg runner for the "B" s was Michelle Norwood, who ran round in a very respectable 24.17, whilst Jill Saunders completed the ladies team by finishing in 14th team place overall with a time of 23.31.

report by S.B.

TEAM RACE RESULTS

MENS "A" TEAM

M.Cates	18.08
R.Pitcher	21.14
S.Adams	21.02
K.Adams	21.31
G.Sayer	21.43

MENS "B" TEAM

M.Fitzgibbon	23.52
S.Beckett	23.07

LADIES "A" TEAM

J.Stafford	20.58
P.Ackland-Snow	21.05
L.Bear	21.04

LADIES "B" TEAM

G.Brannan	20.58
M.Norwood	24.17
J.Saunders	23.31

HASTINGS HALF MARATHON

Sunday 16th March 1997

Just prior to this race, Runners World had published a list of unwritten rules of running; one of which was; in race organisers course descriptions, flat means undulating, undulating means hilly, and hilly means that you'll need crampons and breathing apparatus. The race diary in the same issue described Hastings as HILLY.

Nevertheless, at 10.30 am, a nice but breezy Sunday morning, over 2,500 of us lined up at the start of the race.

The first three miles, which included a couple of short but steep climbs passed well- each of them in 6.50 miling. I was feeling quite good. Two miles, and an uninterrupted climb later, I wasn't. The worse though was now over. By the time that I had reached nine miles, the winner would have been finishing, but I knew that it would be down hill for the next two miles, and then flat along the promenade to the finish.

Slightly less than thirty minutes later, and slowed over the last two miles by the breeze which had strangely turned into a howling gale, I too had finished. I had run slightly slower than in the Roding Valley race, but was pleased with my run. Times were down on the previous year, but I had improved by nearly three minutes and 198 places.

Hastings was the first half marathon that I ran, and I have done it every year since. The course is interesting, the crowd support brilliant, and the race is superbly organised. I was the only Club member to run this year, but I would recommend it to anyone, despite the hills.

report by Peter Gandy

ORION 15 MILE CROSS COUNTRY Saturday 15th March 1997 - Chingford

This was the one that even the experienced vets at Eton Manor A.C. balked at and preferred to leave those fool enough to do this "ball breaking" of all cross country races.

They said the wisest counsel was to leave it alone!

Steve Adams did a very respectable 1:50:00, whilst Steve Beckett and Mark Holloway did 2:08:02 and 2:09:45 respectively, playing out together another chapter in their bitter racing rivalry!!

The running conditions, it has to be admitted, were firm this year, but Goat Hill still felt like the side of Everest to all those that ran up it.

I foolishly ignored all advice, and took part, and ran with two ladies from Hornchurch, until they clicked their heels over the last four miles to leave me last, in two hours 52 minutes.

NEXT YEAR!!!

report by Patrick Smith

RACE RESULT

1	I.Cornford	Shaft.Barnet	1:05:44
2	V.Garner	A.F& Dist.	1:08:28
3	G.Williams	Medway	1:10:58
458	P.Gandy	E.Manor	1:35:13

IS IT THE TRUTH?????????

A man can say anything he pleases in his own home.

Nobody's listening anyway.

*Briarwood
School Lane
Ufford, Woodbridge
Suffolk IP13 6DX*

The Committee Members
Eton Manor Athletic Club
c/o Rackam Animal Feeds and Solid Fuel Merchants
Deben Mills
Wickham Market
Suffolk

07 April 1997

Dear Sirs

Following a conversation with one of your members whilst he was out training on the road between Wickham Market and Easton, I was delighted to know that the Eton Manor Athletic Club was still in existence.

Unfortunately the information gleaned was rather patchy due to the conversation from your member coming in short gasps whilst myself, as a deaf cyclist, was trying to turn my head to lip-read, hearing aids being impossible to cope with on a bicycle (age had to take its toll in some manner).

I used to run for the Manor between 1958 and 1962 when Les Golding was the coach at The Wilderness. I was delighted to hear that Les is still well and that he recently attended a meeting. At the time I was an active member I can remember running with Gerald Hodgson who also attended the same school as myself, John Brooking-Brooking and John Patton.

It would give me great pleasure to make contact with the club again, and I would be grateful if you could send me details of your activities.

I look forward to hearing from you.

Kind regards



David Evans

A Business Development

In the beginning was the Vision
and then came the assumptions
and the assumptions were without substance
and a great darkness fell upon the faces of all the employees
'It is a crock of shit and it stinks' "
and the employees went unto their Supervisors saying
'It is a pail of dung and none may abide the odour thereof' "

and the Supervisors went unto their Managers saying
'It is a container of excrement and it is very strong such as none may abide by it'

and the Managers went unto their General Managers saying
'It contains much of that which aids plant growth and is very strong'

and the General Managers went unto the Managing Director saying
'It promotes growth and is very powerful'

and the Managing Director went unto the Board saying
'This new vision will actively promote the growth and efficiency of the organisation'

and the Board looked upon the Vision
and saw that it was good
and the Vision became Policy

This is how crap is transformed into Business Development

PHYSICAL SHIELD ROAD RELAYS
LOUGHTON - Tuesday 25th March 1997

1st ASSEMBLY LEAGUE RACE
Beckenham - Thursday 3rd April 1997

MENS "A" TEAM

T.Everitt	9.56
R.Pitcher	10.02
K.Adams	10.10
S.Adams	10.04
team total	40.12 5th

MENS "B" TEAM

G.Sayer	9.57
M.Fitzgibbon	11.12
R.Alburey	10.13
P.Gandy	10.29
team total	41.51 7th

MENS "C" TEAM

M.Holloway	11.24
F.Cattell	11.49
N.LeSurf	12.05
J.Tully	13.10
team total	48.28 9th

LADIES TEAM

J.Marchant	11.16
L.Bear	12.05
J.Saunders	13.44
P.A-Snow	12.35
team total	49.40 11th

also, P.Smith 14.10 solo run

As can be seen from the results, we managed to field four full teams, plus a couple of spares, so we should be really pleased with ourselves. With no Michael Cates tonight, the best times were recorded by Tom Everitt and Glyn Sayer, with Tom gaining the upper hand by a mere second. And a hard fought one at that.

Good support from all other team members in the mens race saw us with 5th, 7th and 9th team placings.

The ladies only fielded one team here, but good times from all, and special mention to Jill Saunders for bravely going where only us normally idiotic runners go, ie, up the HILL twice. This was also yet another first for the ladies section, and I think they'll end up with a full set of firsts by the end of the season.

report by S.B.

HAS ANYONE GOT A ROAD MAP ?

Poor old Micheal Cates suffered the worst indignity a runner could face tonight. Whilst leading, he took the wrong route. Not to be denied though, he fought back to gain third place, but was obviously disappointed. He did however, recieve a lot of sympathy, or was that apathy, from the rest of us. I don't know, you try your best, and then this happens. Still, I don't think it will happen again, will it Micheal.

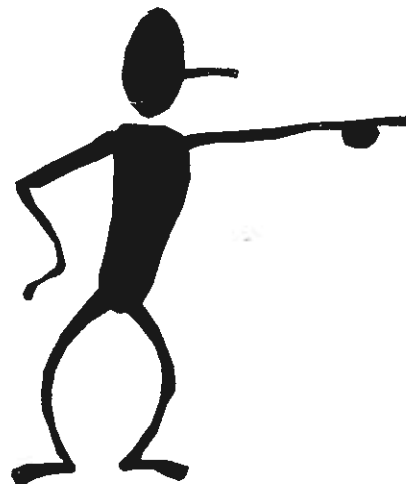
Second man home was Tom Everitt, recording yet another good time of 16.52 for 41st place, just ahead of Steve Adams, Glyn Sayer and Keith Adams. They finished 45th, 47th and 49th respectively.

The "B" team was led in by Peter Gandy, who, after being up with the Adams's for most of the way, tired to finish in 62nd place, less than a minute behind Keith.

Final scorers for the "B" team were Steve Beckett, Mick Fitzgibbon and Fred Cattell.

With just two of our ladies being able to attend tonights race, it was going to be a struggle to do well, but this they did. After a long battle, Jesse Stafford finally got the measure of Pam Ackland-Snow in the final run for the line, Jesse clocking 21.40 (a pb by miles) and Pam 21.53. These positions gave them second ladies team place tonight, and hopefully we'll have a few more out for the next race at Blackheath.

report by S.B.



THEY WENT THAT WAY MICHEAL !!!!

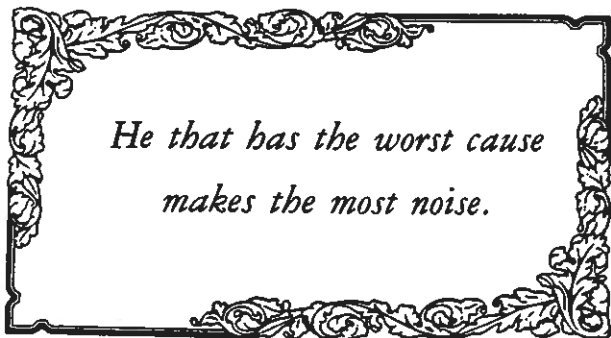
1st Assembly League result- Thursday 3rd April

RACE RESULT

1	B.Lee	Lent	14.31
2	M.Bumstead	Stock	14.42
3	M.Cates	E.Manor	14.48
41	T.Everitt	"	16.52
45	S.Adams	"	17.01
47	G.Sayer	"	17.08
49	K.Adams	"	17.22
62	P.Gandy	"	18.13
69	S.Beckett	"	19.11
73	M.Fitzgibbon	"	19.32
74	F.Cattell	"	19.45
82	J.Stafford	" L	21.40
84	P.Ackland-Snow	" L	21.53
87	P.Smith	"	23.18

LEAGUE POSITIONS AFTER RACE 1 OF 6

"A" TEAM	8TH
"B" TEAM	4TH
LADIES TEAM	2ND



CAN YOU SOLVE THESE
POSED QUESTIONS ?

Every running magazine has a question and answer column, but the questions I always want to know the answers to are never asked. Here are half a dozen. Does anyone know the answers?

- Q1 If nasal strips work so well for long distance runners, why do you never see top Kenyan's wearing them?
- Q2 In races run over metric distances, why are there still mile and not kilometre markers ?
- Q3 Talking of mile markers, why is it that miles al ways coincide with the position of lamp posts ?
- Q4 Why do running magazines always have an article promising a new P.B?
- Q5 And why do I always believe them ?
- Q6 Why is it that when you think you've done a ten mile training run, and then measure it on the map later, it always turns out to have nearer to nine ?

answers on a post card to Peter Gandy Esq.

WALTHAMSTOW VETS/PRE-VETS

Higams Park - Saturday 12th April 1997

With the Londaon to follow on Sunday, there wasn't a big field for this annual event, but the Manor did turn out a few runners. and some even had good runs on this undulating course.

Tom Everitt was first home in 26.47 for 9th place, followed by Glyn Sayer, flashing through the pack after misseing the start, and coming home in 29.26 for 20th place.

This pair were followed in by yours truly, Steve Beckett, who had vowed never to do this tough race again, but in my old age, my memory's obviously going. Steves time was 30.44 and he finished in 27th place. Just behind Steve was Mark Holloway in 28th place with 31.12.

Further down the field, Linda Bear got the better of a see-saw battle with George Smith, stretching away on the final downhill run for home to record 33.13, with Geoarge clocking 33.40. Final scorer today was Pam Ackland-Snow, who suffered altitude problems today. I did say it was a tough course. She ran in strongly though to finish in a time of 36.14.

report by S.B.

LONDON MARATHON

Sunday 13th April 1997

It looks as if the London is becoming a regular warm weather race. Yet again, the sun shone, the crowds were out in there thousands, and yet again us poor old runners were left suffering the usual problems associated with heat

All of the clubs representatives finished today, with exceptional runs being achieved by all. It would be unfair to mention individuals, but take it from me, they all deserve praise. Judy Marchant was first home for the club in a time of 3:41, followed by Gail Brannan and Kevin Norwood, both with 3:57.

Next home were Patrick Smith (Mr easy peasy himself), in 5:10, followed by Jill Saunders in 5:20 and Karen Miller in 5:22.

Karen said this would be her last marathon, but we'll see. She suffered severe knee pains from about twenty miles, so ran well to clock a pb, and who knows what might have been. The temptation may still be too great for her next year !

Meanwhile, Gail Brannan's time was all the more amazing, as she said she was just running round to finish this year, as she'd missed a lot of training. Perhaps there's a clue here for the rest of us.

KEVIN'S got his medal. Just in case you didn't know.

Jill Saunders suffered severe back problems from halfway, so to finish the final thirteen miles was astounding. Will she fancy having another go? You never know.

Judy was a little slower than she wanted to do, but was reasonably happy at the finish. I think she's targeting the Robin Hood marathon in September 1997 if anyone's interested. See Judy for further info.

Last point to mention is, PATRICK, went rather quiet for long spells during the race, and both Jill and myself, who ran with him to thirteen miles, couldn't believe how quiet he was. Maybe something to do with being knackered, eh, or maybe not, depending on whether you speak to Patrick or Jill and me.

Anyway, well done to all that ran today, you can relax now for a few months!

report by S.B.

VICTORIA PARK 5 MILE RACE

Saturday 26th April 1997

With quite a few from the club taking part in the Docklands 5 mile race on Sunday the 27th, only Michael Cates, Steve Beckett and Mark Holloway from the Manor took part today.

Needless to say, Michael was our first man home in a time of 27.17, slow by his standards, but not bad considering his poor state of health. A cold.

Next home was Steve Beckett, stretching ahead of Mark Holloway on the final lap to record a reasonable 33.54, with Mark recording 34.54.

So, no prizes today, but hopefully we'll get some tomorrow.

report by S.B.

DOCKLANDS 5 MILE RACE

Sunday 27th April 1997

With nine from the Club taking part, we were hoping to pick up the odd prize, and this we did.

Overall winner of the race was Michael Cates in a time of 26.55, having led from start to finish.

Next home was Tom Everitt in 7th place, also first vet over 60, with a time of 30.34, followed by Steve Adams in 9th place with 31.16, Glyn Sayer with 31.59 for 13th place and first vet over 50, and Keith Adams, having a poor run for him, in 20th place with a time of 32.45.

Chasing Glyn and Keith all the way was Steve Beckett, who, having raced the day before, tired to finish in 25th spot with a time of 34.59.

Next home was our first lady (no that's not a pun) Pam Ackland-Snow in 40th place with a time of 38.19. This also gave her first lady vet prize. Pam had her usual battle with Jesse Stafford today, and only managed to get the upper hand in the final mile or so, Jesse finishing in a time of 39.10 in 42nd place.

Final finisher for the club was Patrick Smith in 63rd place with a time of 44.48. He did also manage to chat up one or two possible new members on the way round though. Well done Patrick. Take some cards next time though, then you won't have to run all the way round with the girls telling them about the Club.

report by S.B.

**2nd ASSEMBLY LEAGUE RACE
BLACKHEATH
Thursday 1st May 1997**

Ideal weather conditions for the 2nd league race of 1997 saw thirteen from the club taking part tonight.

Picking on one or two outstanding runs from all of the club members would always be hard, but tonight, I think Jesse Stafford and Pam Ackland-Snow deservedly need a special mention. Their battle in most races is usually close, but tonight, even the BBC's photo finish wouldn't have been able to separate them.

From the gun (or shout of GO), whichever you prefer, these two fought out a running duel. Blood sweat & tears. Adrenalin pumping. Hearts thumping. Toe tingling. And that's just me. Well, you know how it is with us writers.

No, but seriously though, these two went at it hammer & tong for the full run of the race, and entering the final fifty metres, you wouldn't have liked to put money on the outcome. As they flashed past the finish line, you couldn't get a fag paper between them. It was that close, both being given the same finishing time of 22.59, and a pb for Pam to boot.

Chasing this pair hard all the way round was Gail Brannan, getting over the marathon now, and beginning to get a bit of sharpness back in those legs. Her time tonight was 23.45.

Alas, we were one short of a team tonight, and could only finish third team overall, but hopefully, we'll make up for this in future races.

Great race girls.

First home for the club's "A" team was Michael Cates, who having led for the best part of two miles, conceded the lead to finish third overall in a time of 15.51.

Second scorer was Glyn Sayer, who, after his usual steady start, crept through the field to clock 18.27, a mere one second ahead of Tom Everitt. Yet another photo finish.

Final scorer was Keith Adams in 18.50.

The "B" team was led home by Peter Gandy, still suffering from some sort of bug picked up over the week-end. He clocked 20.11, just holding off Steve Beckett and Mick Fitzgibbon, with Fred Cattell making the final scoring place in the team.

Further down the field, there were workman like performances from Paul Brandon, Patrick Smith and Graham North.

Well done to all that took part tonight, and please make it to the next race if you've missed this one. We need all members to take part if at all possible.

report by S.B.

2ND ASSEMBLY LEAGUE RACE RESULT

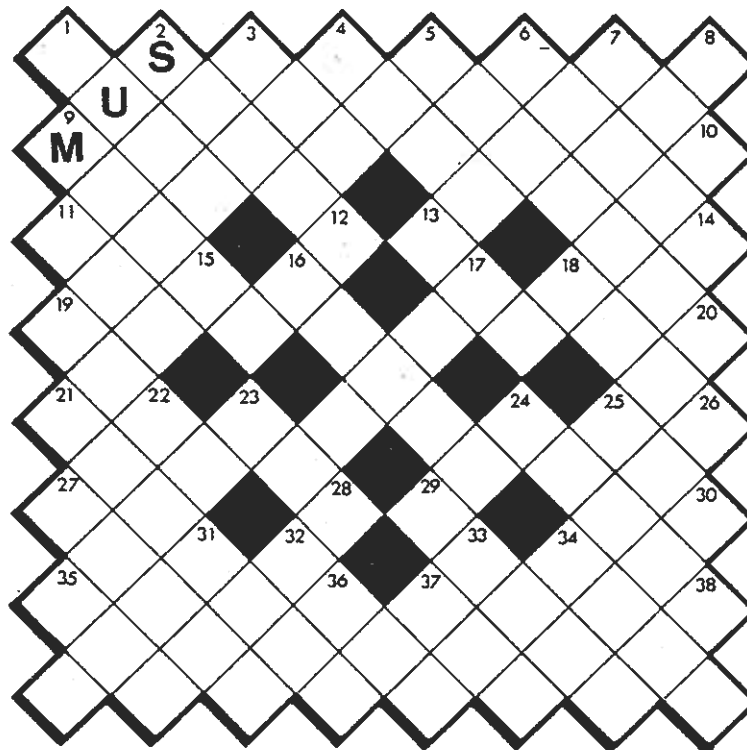
3	M.Cates	Eton Manor	15.51
51	G.Sayer	"	18.27
52	T.Everitt	"	18.28
55	K.Adams	"	18.50
75	P.Gandy	"	20.11
78	S.Beckett	"	20.19
79	M.Fitzgibbon	"	20.28
87	F.Cattell	"	21.28
92	P.Ackland-Snow	" L	22.59
93	J.Stafford	" L	22.59
96	P.Brandon	"	23.24
100	G.Brannan	" L	23.45
104	P.Smith	"	25.06
106	G.North	"	26.03

League	tonights positions	after 2 races
"A" TEAM	6th	7th
"B" TEAM	5th	4th
LADIES TEAM	3rd	2nd

ENTER THE CLUB CROSSWORD, AND WIN YOURSELF A FREE CLUB TEE-SHIRT NOW. Entries in by 30th June please Put your entries in gazette write up holder on wall marked x/word

Criss-Cross

Every solution is entered diagonally, either to the left or to the right, from the square indicating its clue-number.



TO THE RIGHT

- 1 Seventh month
- 2 and 16 Red-coated Christmas visitor (5,5)
- 3 By way of
- 4 At that time
- 5 Christmas novelty
- 6 Permit
- 7 Gentle knock
- 9 Bishop's hat
- 11 Perish
- 13 Sign of sunburn
- 16 See 2 (above)
- 18 Famous public school
- 19 Injure
- 21 Christmas gift
- 23 Busy insect
- 24 Change
- 25 Throw ball gently
- 27 Passage between houses
- 29 Steeple
- 32 Suspend
- 34 Drag along
- 35 Female rabbit
- 37 Conjunction

TO THE LEFT

- 2 Maths problem
- 3 Legally acceptable
- 4 Dickensian character (4,3)
- 5 Talk casually
- 6 Exist
- 7 Machinery
- 8 Body powder
- 10 Voucher
- 12 Top card
- 14 Not dry
- 15 Harvest
- 17 One more time
- 20 Turn round and round
- 22 Wrath
- 23 Improve
- 24 Foolish person
- 26 Zero
- 28 In that place
- 30 Hair-growth on chin
- 31 Pack goods away on ship
- 33 Gasp
- 36 Some
- 38 Regret

