



# Eton Manor A.C.

Established 1913

Affiliated to A.A.A. 1920

Life President: George Smith

Issue 16 June 1999

## Your Club Representatives

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

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

Hon Treasurer:  
Keith Adams  
16, Chantry Way  
Billericay  
Essex CM162 AT

Mens Captain:  
Steve Adams  
2, Elmwood Court  
112, Goldsmith Rd  
Leyton E10

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

Ladies Captain:  
Sacha Ackland  
105A, Montague Rd  
Leytonstone E11

The Gazette is produced with the aim of promoting 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 yearly, in June and December, and any items for inclusion should be in at least two weeks before the 1st of these months. Don't forget, put pen to paper and have a go at a write up for one of the races in which you've competed



The running club for one & all

The Gazette



**THE GAZETTE**

Well, it's that time again, and yes, I once again plead with you all. Please put pen to paper and do a write up or article for YOUR gazette.

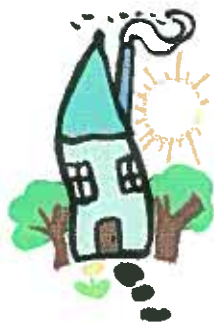


The article can be on any subject/topic you care to name. If you could do a write up for a race, don't be shy, just SHOUT out that you'd like to do so. It'll only take a few minutes of your time, so, remember, VOLUNTEER, just once please.

**CLUBHOUSE UPDATE**

**GOOD NEWS**

We go forward at last.



Work begins in earnest at the end of July, completion 2 to 3 weeks.

We have successfully acquired a couple of small grants, one from Lea Bridge Gateway Community Group funding, and one from Waltham Forest Small

Community Groups. This will enable us to do the necessary work ie, new showers/changing rooms & toilets for both male and female changing rooms.

It will also leave us space for the weight training equipment, not seen for over a year. Also, Kate is placing a second multi-gym at the clubs disposal. So make use of it.

**RACE**



**ATTENDANCES.**

Well done everyone for your efforts over the past months. We are still getting regular turnouts of twenty to thirty plus runners at each race, which is very commendable. We had a very successful winter season, although the ladies lost their Chingford League Trophy they won last year.

Let's keep up the good work, and hope we can win a trophy or two this year.

**ESSEX COUNTY 10K ROAD RACE CHAMPION**

On the Ladies front, as the gazette goes to post, special mention to Noeleen Porter, who won this title at Herongate on Sunday 11<sup>th</sup> July.

**Congratulations Noeleen**

**CLUB CLOTHING**

We have in stock tee shirts, sweat tops and singlets for sale.

Prices are as follows:-

- Short sleeve tee shirt £6.00
- Sweat tops £10.50
- Mesh running vest £10.50
- Cotton running vest £8.00

If you would like to purchase any of these garments, see Tom Everitt or Steve Beckett on club nights.

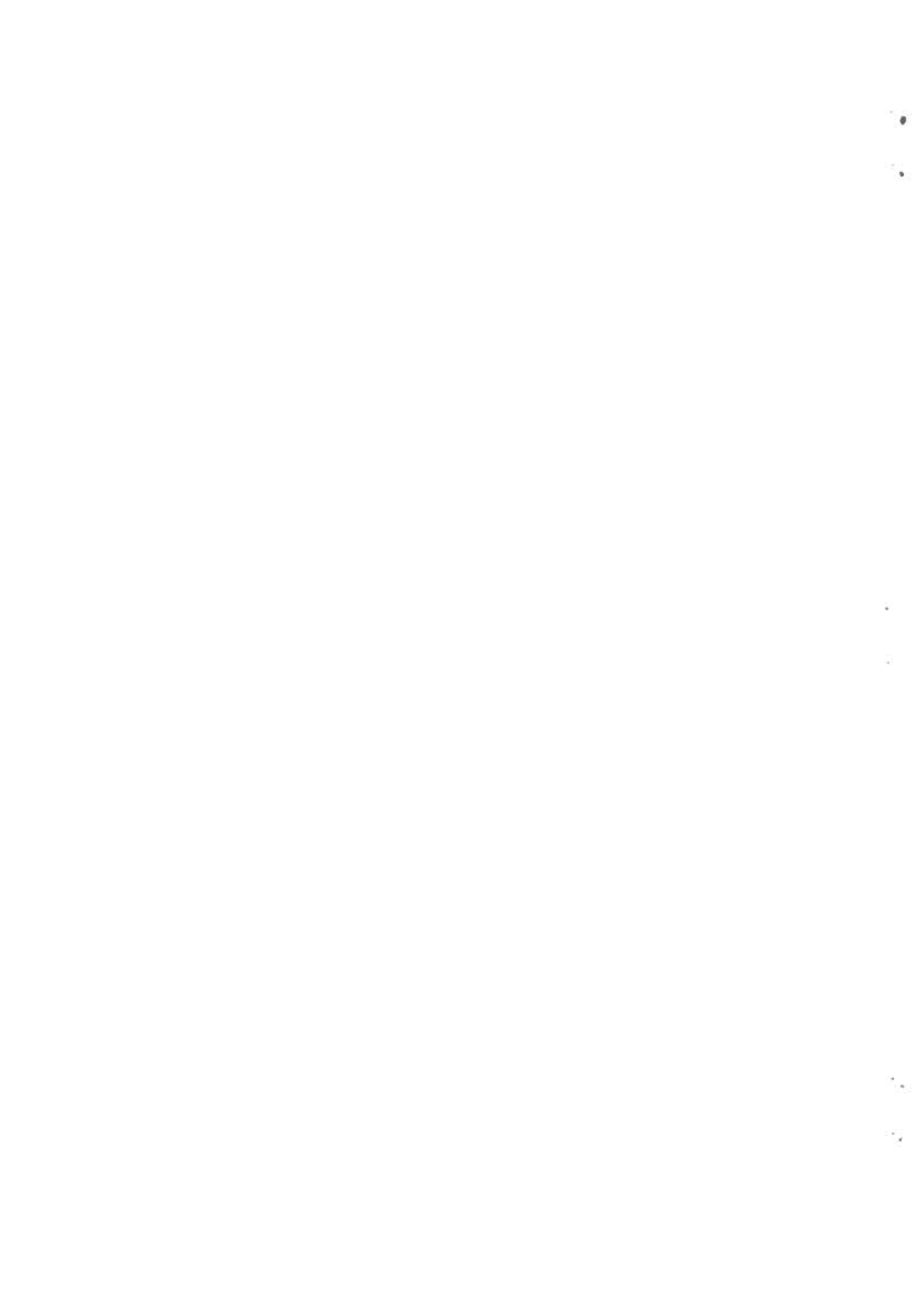
**NEW MEMBERS**

On behalf of everyone at the club, welcome if you've just joined. We hope that you are enjoying yourselves, and getting fitter to boot. If you have any problems, don't be afraid to speak to any of your representatives, whose names are on the front of the gazette or fixture card. We are here to help you. Good luck and good running.

**CLUB TRAINING NIGHTS**

It was unanimously agreed at all A.G.M's that everyone would make the effort to wear a club tee /sweat shirt on club nights.

PLEASE make the effort to do so. It helps to get the club noticed and bring in new members.



**Chingford League  
Higams Park  
Saturday 19<sup>th</sup> December 1998**

**D**ull, damp and dreary. But enough about the reporter, let's talk about the race! The weather was indeed not that great, but even this close to Christmas we still fielded 15 athletes. Good stuff! The course was slightly different (longer?) than previous years due to the bridge near the boathouse being closed.

Michael Cates has obviously not yet overdone the festive cheer, with a fine 5<sup>th</sup> place both on the day and in the overall standings.

Unfortunately you have to look all the way down to 62<sup>nd</sup> for the next manorite, Neil Pitcher, closely followed by Ian Lambert. At regular intervals finished Steve Adams, Tom Everitt and then myself. Close finish of the day goes to the battle between Steve Jackson and Bob Pitcher, Steve prevailing but both athletes being given the same time. Next was Paul Smith and then another tight finish with Steph Baxter beating Peter Gandy by a whole second. Shame on you Steph! – How could you do that to your coach? After all he's done for you as well! Oh well, it's a dog eat dog world.

An under the weather Glyn Sayer maintained his ever-present streak this season, and just edged old rival Mick Fitzgibbon in the process. Gail Brannon and Pam Ackland-Snow completed the Manor line up, although unfortunately the ladies team was still shy of a full scoring team. Hopefully this will prove unusual.

Report by K. Adams

**Today's race result**

1	P.Northrop	Enfield	25.49
2	A.Huckson	Gst	26.01
3	J.Knibb	Enfield	26.15
5	M.Cates	E.Manor	26.33
62	N.Pitcher	"	30.27
66	I.Lambert	"	30.40
79	S.Adams	"	31.13
88	T.Everitt	"	31.52
103	K.Adams	"	32.42
113	S.Jackson	"	33.14
114	R.Pitcher	"	31.14
118	P.C.Smith	"	33.31
120	S.Baxter	"	33.54 L2
121	P.Gandy	"	33.55
149	M.Fitzgibbon	"	36.18

179	G.Brannan	"	40.05 L17
197	P.A-Snow	"	48.47 L29

**Mens "A" team result**

1	Enfield	71
2	Muswell Hill	134
3	Woodford Grn	167
4	Barnet	195
5	Orion	198
6	Haringey	239
7	Trent Park	287
8	V.P.H.	331
9	Eton Manor	403
10	Walthamstow	438
11	Loughton	689

**Mens "B" team result**

1	Muswell hill	309
2	Orion	374
3	Barnet	449
4	Enfield	574
5	Trent Park	671
6	Eton manor	762

**Mens Vets team result**

1	Barnet	135
2	Woodford Grm	187
3	Orion	250
9	Eton Manor	415

**Ladies Team result**

1	Orion	36
2	Trent Park	43
3	Muswell Hill	62
4	Loughton	69
5	Woodford Grm	75
6	Orion B	79
7	Eton Manor	79

**League Positions after 5 races**

Men's "A" team	8 <sup>th</sup>
Men's "B" team	4 <sup>th</sup>
Men's vets team	6 <sup>th</sup>
Ladies	3 <sup>rd</sup>

**Individuals table**

Men's	M.Cates	5 <sup>th</sup>
Ladies	S.Baxter	1 <sup>st</sup>
	N.Porter	3 <sup>rd</sup>

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**BATON RELAY 3 X 2K  
TUES. 22 DECEMBER '98**

Thankfully it turned out a dry, mild evening for the annual pre Christmas club event, not so much for the runners but mainly for the officials, namely Joan Everitt, Jean Smith, Brian Last, Peter Kearsy and Steve Beckett, thank you one and all.

After a bit of late reshuffling of teams due to people putting their names down to run and then not letting us know their change of plans or non-participation. Seven teams line up for the start, four pre-selected and three made up on the night thus incurring time handicaps, plus Patrick running a solo leg. This by the way was three teams less that last year.

There were some good battles on the first leg mainly due to all the teams running their slowest runner. Patrick Smith (solo) just dipping Sacha Ackland (Sachettes) to record the same time 8.32. Second team in, (Sixtyniners) sporting the oldest runner on the night, our president George Smith 16 seconds adrift, another 10seconds to third placed (Spam & Co) Pam Ackland-Snow 8.58. Fourth team in (Northerners) led by Graham North 9.08 being chased by (Nicola's Nomads), nice to see Nicola Ackland-Snow doing only her third race and recording 9.36. Sixth and seventh teams (Lambertinis) Jill Saunders 9.40 and (Futiles) Michelle Norwood 9.45, both getting back to fitness for the future longer races and having a good contest.

Second leg saw the handicapped (Spam & Co) move in to first position, Peter Gandy having a good run with 6.48 and Paul Smith keeping

(Sixtyniners) in second spot with 7.07, with brother Brian Smith 7.41 dropping (Sachettes) down to third. Mick Fitzgibbon maintaining fourth place with his usual 7.07 for (Northerners) and Tom Everitt moving (Lambertinis) up one place for fifth place. Declan Quirke now getting a few races under his belt and showing steady improvement running 7.06 placing (Nicola's Nomads) sixth, finally John Few with a speedy 7.18 keeping (Futiles) in touch for the final leg.

With only one minute separating all seven teams and the speed boys champing at the bit, the third leg got under way. (Spam & Co) handicapped 1 min 40 sec. already in the lead had fastest man Michael Cates trying to offset the handicap, running an excellent 5.47 but failing by 23 seconds. Brother Paul Cates maintaining second place for (Sixtyniners) handicapped 1min 15 sec. With second fastest on the night 6.14. Steve Jackson taking off third for (Sachettes) and holding the position with 6.43 which with no handicap was good enough to win the spoils on the night. Ian Lambert with the third fastest time 6.36 moving the 30 sec. Handicapped (Lambertinis) up to fourth place. Next in (Nicola's Nomads) with Keith Adams 6.46 pulling back (Northerners) Glyn Sayers suffering slightly with 30 sec. Flu clocking 7.18. Final team in (Futiles) Steve Adams a respectable 6.45 pipping brother Keith by 1 sec.

An enjoyable buffet was soon polished off before proceeding down the pub for the inquest and a few well earned beers.

Report by Tom Everitt.

Sachettes	1	S.Ackland	8.32	B.Smith	7.41	S.Jackson	6.43	22.56
Spam & Co.	2	P.Ackland-Snow	8.58	P.Gandy	6.48	M.Cates	5.47	23.13
Sixtyniners	3	G.Smith	8.48	P.C.Smith	7.07	P.Cates	6.14	23.24
Nicolas nomads	4	N.Ackland-Snow	9.36	D.Quirke	7.06	K.Adams	6.46	23.28
Northerners	5	G.North	9.08	M.Fitzgibbon	7.07	G.Sayer	7.18	23.33
Lambertinis	6	J.Saunders	9.40	T.Everitt	6.51	I.Lambert	6.36	23.37
Fewtiles	7	M.Norwood	9.45	J.Few	7.18	S.Adams	6.45	23.48

<b>Fastest legs - men</b>	M.Cates	5.47	<b>Ladies</b>	S.Ackland	8.32
	P.Cates	6.14		P.A-Snow	8.58
	I.Lambert	6.36		N.A-Snow	9.36

Also ran P.Smith 8.32

**HOW THEY RAN 20 YEARS AGO 1978.**

G.Sayer 6.04	T.Everitt 6.05	M.Fitzgibbon 6.17	G.Smith 6.32	P.Cates 6.36
S.Beckett 6.32	P.Kearsy 7.01	K.Adams 8.10	M.Cates 8.34	

<b>Club Fastest</b>	<b>Men</b>	J.Kearsy 5.45	<b>Ladies</b>	J.DeJesus 7.53
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**Mob Match V**  
**Victoria Park Harriers.**  
**Tuesday, 5<sup>th</sup> January 1999.**

**F**or the new members to competitive running, a mob match is a race between clubs allowing as many runners as possible to compete. They date back to the days when there were not as many organised races, and clubs had to arrange as many additional races as possible, to help fill their fixtures for the season. Because everyone taking part is a scoring number they are usually quite competitive. This one versus Victoria Park Harriers has been held every January for approximately forty years.

Today's race involved 22 from Eton Manor and 20 Victoria Park Harriers, so we agreed on 19 to score, plus for us, Pete Kearsley, Steve Beckett and Simon Spinks officiating.

Unfortunately Steve Adams arriving late due to work commitments just swaying the result in favour of VPH. with only 3 Manorites in the first 10 getting the Park set for their victory. Of these Michael Cates winning the race by a comfortable 50 seconds, with brother Paul 5<sup>th</sup> having a very good run to see off Keith Fordham in 8<sup>th</sup>. We pulled back a bit of ground by having 7 in the next 10 places, namely Paul Smith with a PB beating in Tom Everitt and followed in by our reliable second claimer Micky Wells and coach Peter Gandy. Then Steve Jackson and Glyn Sayer 16<sup>th</sup> and 17<sup>th</sup>, Steve having lost a fair bit of ground with a bout of stomach cramp on the second lap but gamely carrying on. 19<sup>th</sup> the ever improving John Few having a good-un. A better run from Micky Fitzgibbon holding off the next 5 Harriers for 21<sup>st</sup>. Next a good bit of packing for our first 3 ladies. Jess Stafford having her last run for the club before returning home to Ireland 27<sup>th</sup> – Jess will be sorely missed by the ladies section, followed by Linda Bear and Gail Brannan (not to Ireland), 28<sup>th</sup> and 29<sup>th</sup>. Another quickly improving newcomer, 30<sup>th</sup>, Ian Cochran, then ladies captain Sacha Ackland 32<sup>nd</sup>, our good olden George Smith giving it a go – but not the oldest on parade today thanks to the appearance of the remarkable 80 year old Flower brothers of VPH. Pam Ackland-Snow 34<sup>th</sup>, and Kate Merritt having few hours off from the pub 36<sup>th</sup> and Jill Saunders on her comeback next 37<sup>th</sup>. Julianne Mulholland having her first attempt with a number on 40<sup>th</sup> and Sarah Linklett toughing it out and completing our scoring team – well done all.

**Tonight's race result**

1	M.Cates	E.Manor	15.00
2	A.Lasmar	VPH	15.50
3	R.Newbold	VPH	15.56
5	P.Cates	E.Manor	16.27
8	K.Fordham	"	16.40
11	P.C.Smith	"	17.48
12	T.Everitt	" V60	17.50
13	M.Wells	"	18.04
14	P.Gandy	"	18.18
16	S.Jackson	"	18.30
17	G.Sayer	" V55	18.34
19	J.Few	" V50	18.40
21	M.Fitzgibbon	" V50	19.22
27	J.Stafford	"	20.25 L2
28	L.Bear	" V40	20.25 L3
29	G.Brannan	" V45	20.59 L4
30	I.Cochrane	"	23.13
32	S.Ackland	"	23.22 L6
33	G.Smith	" V65	23.44
34	P.A-Snow	" V45	23.46 L7
36	K.Merritt	"	25.27 L8
37	J.Saunders	"	26.15 L9
40	J.Mulholland	"	30.54 L10
41	S.Linklett	"	33.14 L11

**Match result**

- |               |     |
|---------------|-----|
| 1) VPH        | 357 |
| 2) Eton Manor | 386 |

**25 years ago 1974**

4 <sup>th</sup>	G.Smith	15.35
10 <sup>th</sup>	P.Kearsley	16.34
13 <sup>th</sup>	T.Everitt	16.52

12 to score

- |               |     |
|---------------|-----|
| 1) V.P.H.     | 123 |
| 2) Eton manor | 185 |

report by T.Everitt

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## Essex Cross-Country championships, Claybury Saturday Jan 9<sup>th</sup> 1999

### WHAT, NO SPIKES?

"I haven't got any spikes. Do you think I'll be OK in flats?"

Classic question from Linda Bear before the start of the county champs – the rest of us busily screwing in extra quagmire-length spikes even as she spoke.

"Oh yes, you'll be fine. Shouldn't make any real difference" said Steve Beckett. What you could call a Bear-faced lie.

In fact Linda miraculously got round the 2-lap mud-bath at Claybury without falling over – with the help of a friendly race-marshall who (reluctantly) bounced her back on course when she slid downhill helplessly into his arms (one of those romantic moments).

### Good grief

Gail came to grief – despite spikes – but bravely carried on and finished well.

Pam put her nightmare performance at Higham's Park firmly behind her and had a good race here as 3<sup>rd</sup> scorer. And it was great to see Jill back in action after being out so many weeks with health problems.

I think all of us women were happy with the day out (highpoint for me was the chance to add to my tee-shirt collection) – except poor Judy, who missed the start. This is so agonising - and it takes a brave person to stay around and keep smiling as Judy did, when you just want to go home and cry.

The men weren't in general so happy with their runs (they did have to do an extra lap, of course), with the odd exception. Michael pushed on hard right the way round but was passed by 4 or 5 runners close to the end, to his annoyance. Afterwards he was more philosophical – and realised he'd done pretty well.

It was good getting a chance to see the men's race separately and to marvel at the awesome superiority of Nick Wetheridge and Eamonn Martin - the 2 Basildon runners who were miles clear of the rest of the field.

### LINDAS CHAT UP LINES?

We all gathered at a particularly muddy corner to cheer (leaving Linda chatting up yet another race-marshall. Is it those fluorescent uniforms that attract her??). The sudden sight of us there proved too much for several runners, including our own Paul Cates - who crashed spectacularly into a thorn-bush – and Micky Fitz. Ian Lamberts did a neat piece of hurdling to avoid a body in front of him. Really it was that sort of race – loads of injuries and drop-outs.

Steve Adams had a good run, determinedly tracking Ian all the way round, and finishing pretty close. Ian did well to turn out, still being below-par from various illnesses.

Paul Smith had a lousy run – let's not mince words.

But we all finished intact – though a tad dirtier than we started.

In the evening we all said goodbye to Jess – and wish her well in Dublin. She'll be back, says Steve. So we all hope.

Report by SB the second

#### Men's race result

1	N.Netheridge	Basildon	38.42
2	E.Martin	Basildon	39.32
3	J.Mills	Chelmsford	41.25
28	M.Cates	E.Manor	44.13
89	P.Cates	E.Manor	50.17
115	I.Lambert	E.Manor	52.59
116	S.Adams	E.Manor	53.02
125	T.Everitt	E.Manor	53.36
137	K.Adams	E.Manor	54.48
149	P.C.Smith	E.Manor	56.16
153	R.Pitcher	E.Manor	56.48
162	G.Sayer	E.Manor	57.32
175	M.Fitzgibbon	E.Manor	60.04

#### Men's team placing 15<sup>th</sup> with 606 points

#### Ladies race result

1	J.Sullivan	Havering	31.33
2	G.Greenhalgh	Colch & Tend	31.38
3	D.Harmse	Havering	32.44
21	S.Baxter	E.Manor	36.39
60	G.Brannan	E.Manor	43.54
65	P.A.Snow	E.Manor	46.01
66	L.Bear	E.Manor	46.28
73	J.Saunders	E.Manor	52.23

#### Ladies team placing 9<sup>th</sup> with 212 points



## Chingford League Trent Park Saturday 16<sup>th</sup> January 1999

Having run this course for quite some years now, it was obvious by talk in the pub leading up to race day that many people were not looking forward to slogging it out round this gruelling course. It would appear that most remember the previous race here when mud was hard to avoid, and several people lost their spikes in the glue pot at the top of the hill.

Well, their fears were well founded. The mud was there yet again, but to add insult to injury, they ran us over a different route on the other side of the road. And to make things worse, it was MUDDIER. Yes, you'd better believe it, MUDDIER.

To be fair to all that partook, they put 110% into completing the course, let alone winning anything.

### TOP HONOUR

I won't dwell on valour and bravery and all that stuff, but suffice to say, looking at the results, top honour must go to Noeleen Porter, who, having said she would jog round (Where have I heard that before?), she proceeded to beat all the men in bar Michael Cates. Great run Noeleen.

Michael Cates had his usual good run by his standards, coming home in eleventh overall place in a time of 31:27. Chasing him home in the "A" team were Steve Jackson (Obviously loves the mud), Steve Adams, Ian Lambert, Tom Everitt and finally Keith Adams. There must have been some rare old tussles going on, with a mere one second dividing the two Steve's, whilst a diminishing five seconds separated Ian and Tom.

### LACK OF LADY MEMBERS?

In the ladies race, Steph Baxter grappled with the muddy conditions to clock 39:27 for sixth lady placing today; followed home by final lady competitor for the club Sacha Ackland who recorded 49:01 for 195<sup>th</sup> spot. Alas, we did not finish a fourth runner, so this drastically affected our team position. Lets hope we can rectify this in the next races girls. Your help is always needed in these team events.

### WAS IT A BIRD OR WAS IT A PLANE?

Before signing off, I must mention Roger Alburey and that flying loop the loop he did on the final down hill section. "Spectacular" Roger, would be an understatement. It gave me a laugh anyway, and no doubts anyone else who witnessed it.

That's all folks. See you at the next meet.

Report by S.B.

### Today's race results

1	A.Arrand	Barnet	28.35
2	P.Northrop	Enfield	30.09
3	P.Branston	Guest	30.12
11	M.Cates	E.Manor	31.27
77	N.Porter	"	36.11 L1
81	S.Jackson	"	36.28
82	S.Adams	"	36.29
94	I.Lambert	"	37.14
96	T.Everitt	"	37.19
101	K.Adams	"	37.44
116	G.Sayer	"	38.48
123	P.Gandy	"	39.19
124	S.Baxter	"	39.27 L6
126	P.C.Smith	"	39.36
133	J.Few	"	39.56
154	N.Richard	"	41.52
159	M.Fitzgibbon	"	42.18
189	S.Spinks	"	47.17
191	R.Alburey	"	47.40
194	S.Beckett	"	48.49
195	S.Ackland	"	49.01 L21
201	G.North	"	51.19
205	P.Smith	"	52.33

### Today's "A" team result

1	M.Hill	85
2	Barnet	117
3	Enfield	181
4	Orion	198
5	W.Green	207
6	Haringey	214
7	T.Park	225
8	V.P.H.	261
9	E.Manor	465
10	W'stow	570
11	Loughton	876

Results continued .....

Chingford League Trent Park 16<sup>th</sup> January  
continued.....

**Todays Vet's team result**

1	Barnet	122
2	W'Green	136
3	Haringey	195
4	T.Park	292
5	Orion	298
6	Enfield	385
7	E.Manor	439
8	Loughton	501
9	M.Hill	577
10	W'stow	626

**Todays Ladies team result**

1	Orion	26
2	T.Park	45
3	E.Manor	57
4	M.Hill	62
5	Orion "B"	65
6	Enfield	92
7	V.P.H.	97
8	T.Park "B"	106
9	Loughton	115

**League positions after 6 races**

Men's "A" team	9 <sup>th</sup>
Men's "B" team	5 <sup>th</sup>
Vet's team	7 <sup>th</sup>
Ladies team	3 <sup>rd</sup>

**Individuals table**

Men	M.Cates	4 <sup>th</sup>
Ladies	S.Baxter	2 <sup>nd</sup> =
	N.Porter	2 <sup>nd</sup> =

**WELL KNOWN RUNNING  
TERMS EXPLAINED**

A) INTERVAL TRAINING: This behaviour is indulged in by the real enthusiast who finds it difficult to rest from training, even while at the theatre. It is particularly embarrassing to the spouses or partners of these runners when the runner suddenly removes his or her outer garb, sometimes for quite a formal nature, and then starts running across the upper circle to the consternation and incredulity of those members of the audience that remain seated. Those who are returning from the bar are somewhat startled by this as well, often thinking that, for a change, they have been given far more gin than tonic in their G & T.

The runner invariably coughs his or her way through the second half because of the exertion, so ruining what would have otherwise have been an inspiring cultural evening.

B) FARTLEK: Runners frequently see this word in written form, but barely utter it for fear of ridicule or misunderstanding. Nobody is quite sure what it means, since there is no direct translation from its Scandinavian origins. However, it does mean something suddenly and without warning(well the word hints at this doesn't it) and in running it means sudden bursts of intense speed alternating with recovery periods of almost comatose behaviour. It is said to increase speed and stamina.

These witticisms were sent to you by short cut  
FEW



**South of England  
Cross country Championship  
Parliament Hill Fields  
Saturday 30<sup>th</sup> January 1999**

Waltham Forest were well represented by Eton Manor a.c. at this annual event, run over a muddy and hilly 9 miles for the men's race and 5 miles for the ladies.

Eton Manor's ladies had a tremendous result, with Noeleen Porter leading the team home in 31<sup>st</sup> place (from a field of over 400), with a time of 37:30 for this gruelling 2 lap course.

The race was run in gruelling conditions, with the mud clinging to your spikes, making the effort to lift your feet from the quagmire even harder.

Chasing Noeleen home in 110<sup>th</sup> place was Steph Baxter, who, after a mild bout of flu, did well to finish today.

Third scorer for the club was Judy Marchant, who was making a belated reappearance this season. Her time of 45:07 gave her 180<sup>th</sup> place.

Final team scorer was Sacha Ackland, who is not one to be put off by mud, but certainly had second thoughts before the start of today's race. She clocked a respectable 50:40 for 274<sup>th</sup> place.

In the men's race, run over three 3-mile laps, over 1000 runners started out on this demanding course. Michael Cates was first home for the club in 162<sup>nd</sup> place, followed by Carl McDonagh(532<sup>nd</sup>), Steve Adams (593<sup>rd</sup>), Ian Lambert (698<sup>th</sup>), Steve Jackson (712<sup>th</sup>), and final team scorer Keith Adams in 726<sup>th</sup> place.

Peter Gandy nearly dropped out, but with moral support from fellow club mates dotted around the course shouting him on, plugged on to finish 823<sup>rd</sup> place.

There were also good runs from new member Nugent Richard (926<sup>th</sup>) and John Few (937<sup>th</sup>), whilst the clubs old timers, Tom Everitt(aged over 65) and Glyn Sayer also finishing well up the field.

Report by S.B.

**Ladies result**

1	H.Yelling	Hounslow	32.53
2	S.McGeorge	Br.& Hove	33.17
3	S.Morris	Hert & ware	33.50
31	N.Porter	E.Manor	37.23
110	S.Baxter	"	41.53
180	J.Marchant	"	45.10
273	S.Ackland	"	50.44

<b>Ladies team result</b>	Eton Manor	21 <sup>st</sup>
	Trent Park	39 <sup>th</sup>
	Orion	41 <sup>st</sup>

**43 teams completed**

**Men's result**

162	M.Cates	E.Manor	58.34
533	C.McDonagh	"	67.23
594	S.Adams	"	69.02
699	I.Lambert	"	71.05
713	S.Jackson	"	71.32
727	K.Adams	"	72.10
740	T.Everitt	"	72.32
824	P.Gandy	"	75.58
840	G.Sayer	"	76.25
925	N.Richard	"	81.19
939	J.Few	"	82.13

**Men's Team result**

1)	Blackheath Harriers	190 points
2)	Highgate Harriers	204
3)	Bedford & County	256
65)	Eton Manor	3428

**95 teams completed**



## FASTEXT

Before joining Eton Manor I had no idea I could run faster than jogging pace. But I was encouraged to enter races and became this strange blue and white striped creature with long thin legs and blue and green cushioned feet.

The problem now is to run faster. I have encountered this mysterious phenomenon when being overtaken by the faster runners in the club (and competitors from other clubs) that despite apparently having similar leg length and stride and the same pace, I still get overtaken. I have tried to increase my pace until my legs are almost a blur but the overtaking runner still gets past me. I put this all down to aerodynamics – shape of the chest wall, inclination of the nose, air resistance of the knees, aerofoil qualities of the armpits and other subtle but crucial physical advantages which my fellow runners are endowed with.

These factors may put me at a slight advantage when there is a strong following wind since none of the aerodynamic qualities are so vital to faster runners unless they are running into the wind or the air is relatively calm. Of course, when I am running into a headwind the slight aerodynamic disadvantages I suffer then become devastating – a headwind is a disaster in race terms.

Wind will vary according to the direction of the course at any one time. For me a straight course with a following wind and preferably with a slight downhill slope is definitely likely to lead to my fastest times. In my particular case I am going to be considerably disadvantaged by circular courses when I may encounter headwinds and particularly if these occur on hills.

Of course it is not all down to aerodynamics. There is psychology too. I've wondered whether those runners who storm past me not only have the aforementioned built-in aerodynamic advantages but also have psychological mechanisms which I lack. I am thinking here of determination, persistence, suicidal tendencies and such like. I have attempted to work on this by entering cross-country races during the muddy season as I was told this builds not only physical strength and stamina but also strength of mind. These experiences just seemed like the Somme without the bullets and I just wanted to run away to a nice bit of concrete pavement.

Well there is nothing you can do about natural aerodynamic potential, apart from plastic surgery, so I will just have to resort to a reliance on speed and hill training to increase running pace and this of course, rather unfairly I think, takes real and regular physical effort.

John Few

**North of the Thames Cross -  
Country Championship  
Saturday 13<sup>th</sup> February 1999 –  
Ruislip**

**Essex Cup Triumph**

**W**e had great hopes when setting out for this race to win the Essex Cup, a trophy awarded by the North of The Thames Cross Country Championship for the first Essex Club to finish there twelfth runner.

We were not to be disappointed, although to be fair, we did struggle to get our twelfth man home. Alas, that poor sole was me. I ran to make the runners up to twelve, but perhaps that was a poor error in judgement. I did pay for it afterwards.

That aside though, it proved that with a bit of determination, there are bits of silverware to be had. If we make the effort, who knows what may be?

**TOUGH CONDITIONS**

This seven mile course is probably one of the hardest we as a club do, and I would gladly forsake it if possible. I don't know why, but most of the run seems to be uphill, and muddy to boot. Perhaps this is a good enough reason.

With no Michael and Paul Cates, or Steve Adams, it was left to Carl McDonough to lead the club home to cup triumph. His time of 46.26 gave him 43<sup>rd</sup> place overall. Chasing him home was Ian Lambert, in close contact with Keith Adams. This pair had a battle all the way round, coming home 50<sup>th</sup> and 55<sup>th</sup> respectively, a small matter of sixteen seconds separating them after seven miles.

Our next finishers were in a heap one after the other, with Steve Jackson getting the better of Tom Everitt, Peter Gandy and Glyn Sayer. I also think this is the first time Peter has beaten Glyn. Correct me if I am wrong.

Further down the field, John Few and Nugent were going at it hammer and tong (Racing I mean). I don't know. Some peoples minds?. Anyway, getting back to the plot. As I said, they were having a right real battle all the way round, with the lead changing several times. Alas, the final change was the last, but there was still only a matter of seconds separating

them at the line. Next time Nugent, MAYBE, JUST MAYBE? (Where have I heard that before?)

Final mention to Paul Brandon and Brian Smith who gallantly turned out to help the team today. I do know Brian enjoyed the run, I'm not so sure about Paul. Perhaps you'd better ask him.

Last but not least, we would have had a ladies team competing, but due to traffic conditions, they missed the start, but thanks to Jill Saunders, Pam Ackland-Snow and Sacha Ackland for running round the course shouting everyone on. It definitely got me round. Cheers.

Report by S.B.

**Today's race result**

1	S.Kennick	L.Irish	38.00
2	S.Murray	L.Irish	38.26
3	N.Mitchel	NLAC	38.27
43	C.McDonagh V	E.Manor	46.26
48	I.Lambert V	"	47.40
50	K.Adams	"	47.56
55	S.Jackson	"	49.31
57	T.Everitt V	"	49.50
62	P.Gandy	"	51.12
67	G.Sayer V	"	52.34
72	J.Few V	"	54.42
74	N.Richards	"	55.09
79	P.Brandon	"	58.52
82	B.Smith V	"	64.05
83	S.Beckett V	"	69.17

**Team result**

1	L.Irish	73
2	NLAC	140
3	Hillingdon AC	164
4	Barnet & District	249
5	Eton Manor	313

**12 to Score –  
Essex Cup winners  
Eton Manor A.C.**

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**Chingford League 5 miles  
Victoria Park  
Saturday 20<sup>th</sup> February 1999**

Wacko Jacko promises me we'll get his write up by the end of the year.

The only trouble is he didn't say which year!

**Tonights race result**

1	P.Northrop	Enfield	24.57
2	L.Mangleshot	W'Green	25.01
3	J.Lindgren	Mus. Hill	25.15
12	M.Cates	E.Manor	25.58
43	P.Cates	"	28.41
67	N.Pitcher	"	29.41
70	S.Adams	"	29.43
73	S.Jackson	"	29.52
89	K.Adams	"	30.27
102	R.Pitcher V	"	31.29
103	t.Everitt V60	"	31.30
109	G.Sayer V55	"	31.58
114	J.Few V50	"	32.13
119	N.Watson V	"	32.34
125	P.Gandy	"	32.45
139	N.Richard V	"	33.59
145	P.Brandon	"	34.32
158	M.Fitzgibbon V50	"	35.41
161	J.Marchant L10	"	35.44
165	S.Beckett V45	"	35.54
187	I.Cochrane	"	39.14
192	P-A-Snow L25	"	41.01
193	G.Smith V70	"	41.56
197	J.saunders L28	"	44.43

**Tonight's Men's "A"Team result**

1	M.Hill	73
2	W'green	101
3	Enfield	195
7	E.Manor	348

**Tonight's Men's "B"Team result**

1	M.Hill	210
2	Barnet	418
3	Orion	468
5	E.Manor	672

**Men's Vet's Team result**

1	W'Green	60
2	Barnet	119
3	Enfield	227
9	E.Manor	428

**Tonight's Ladies Team result**

1	M.Hill	18
2	Orion	34
3	Barnet	63
6	E.Manor	93

**League positions after 7 races**

**Men's "A"Team**

1	M.Hill	86
2	W'green	82
3	Barnet	79
7	E.Manor	43

**Men's "B"Team**

1	Orion	89
2	Barnet	84
3	M.Hill	76
5	E.Manor	70

**Men's Vet's Team**

1	Barnet	94
2	W'Green	88
3	Orion	79
7	E.Manor	52

**Ladies Team**

1	Orion	91
2	Trent Park	82
3	E.Manor	78

**Individuals table**

**Men** M.Cates 3<sup>rd</sup>

**Ladies** S.Baxter = 2<sup>nd</sup>  
N.Porter = 2<sup>nd</sup>



## Final Chingford League Race Eastway Tuesday 2<sup>nd</sup> March 1999

**W**ith strong winds and torrential downpours this was going to be a tough nights racing, and so it proved in most runners times.

First home was Michael Cates in a time of 16.32 with Paul Cates winning that little battle in (18.36) with Noelene Porter (18.20) and Ian Lambert (18.26) hard on his heels.

A brilliant run by Noelene, splitting Paul and Ian with a PB and second lady overall. Next home was a returning to form Keith Adams, closely followed by Tom Everitt and Paul Smith, completing the A team, with Steve Jackson, first home for the B team followed by Peter Gandy, Glynn Sayer, John Few, Mick Fitzgibbon and Nugent Richard.

Well done to the rest of the club members who ran on what was a pretty awful night.

Report by Ian Lambert

### Tonight's result

1	T.Dover	Guest	15.40
2	P.Northrop	Enfield	15.59
3	J.Lindgren	Mus. Hill	16.04
10	M.Cates	E.Manor	16.32
39	P.Cates	"	18.07
44	N.Porter	" L2	18.20
54	I.Lambert	"	18.36
74	K.Adams	"	19.22
84	T.Everitt	"	19.45
89	P.C.Smith	"	20.06
93	S.Jackson	"	20.22
98	P.Gandy	"	20.32
101	G.sayer	"	20.43
105	J.Few	"	21.07
112	M.Fitzgibbon	"	21.31
120	N.Richard	"	22.02
128	P.Brandon	"	22.33
146	N.LeSurf	"	24.09
153	R.Jagger	" L21	25.42
154	P.A.Snow	" L22	26.09
155	S.Beckett	"	26.09
156	R.Payne	"	26.14
163	P.Smith	"	28.45

### Tonight's "A" team result

1	Mus.Hill	71
2	Trent Park	147
3	Orion	177
4	Barnet	201
5	Enfield	232
6	Haringey	343
7	Eton Manor	350
8	Walthamstow	358
9	V.P.H.	449
10	W'Green	527
11	Loughton	650

### Tonight's "B" team result

1	Mus.Hill	212
2	Orion	427
3	Barnet	452
4	Trent Park	492
5	Eton Manor	637
6	Enfield	780
7	Walthamstow	810
9	Loughton	987

### Tonight's Vet's team result

1	Barnet	118
2	Orion	212
3	Enfield	222
4	W'Green	224
5	Trent Park	277
6	Haringey	300
7	Eton Manor	344
8	Loughton	370
9	Walthamstow	441
10	M.Hill	479
11	V.P.H.	641

### Tonight's ladies team result

1	M.Hill	25
2	Orion	35
3	Trent Park	52
4	Orion "B"	66
5	Eton Manor	73
6	Loughton	82

Final League Positions follow

**Chingford League 1998/99  
Final league positions**

**Men's "A" team**

1	M.Hill	101
2	Barnet	91
3	Orion	90
7	Eton Manor	52

**Men's "B" team**

1	Orion	103
2	Barnet	97
3	M.Hill	83
5	Eton Manor	81

**Men's "Vet" team**

1	Barnet	109
2	W'Green	100
3	Orion	93
7	Eton Manor	61

**Ladies team**

1	Orion	105
2	Trent Park	95
3	Eton Manor	89

	<b>Individuals</b>	
<b>Men</b>	<b>M.Cates</b>	<b>3<sup>rd</sup></b>
<b>Ladies</b>	<b>N.Porter</b>	<b>2<sup>nd</sup> =</b>
	<b>S.Baxter</b>	<b>2<sup>nd</sup> =</b>

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**I know I asked Ian to do a short write up, so I can't complain, so don't you either.**



**A WOMANS RANDOM THOUGHTS**

**S**kinny people piss me off! Especially when they say things like, "You know, sometimes I just forget to eat".

Now I've forgotten my address, my mother's maiden name, and my keys. But I've never forgotten to eat. You have to be a special kind of stupid to forget to eat.

A friend of mine confused her valium with her birth control pills. She had 14 kids, but she doesn't give a damn.

They keep telling us to get in touch with our bodies. Mine isn't all that communicative, but I heard from it the other day after I said, "Body, how'd you like to go to the six o'clock class in vigorous toning?" Clear as a bell my body said, "Listen bitch...do it and die."

The trouble with some women is they get all excited about nothing (and then they marry him).

I read this article that said the typical symptoms of stress are eating too much, smoking too much, drinking too much, driving too fast, and impluse buying. Are they kidding? This is my idea of a perfect day.

"If men can run the world, why can't they stop wearing neckties? How intelligent is it to start the day by tying a noose around your neck?"

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Team-mate, Steph Baxter was 2<sup>nd</sup> scorer - just inside the top 200. She reported: "Noeleen has improved with every race throughout the winter - but her performance today is a real breakthrough. She is now no doubt one of the best runners in Essex - with only a couple of the Havering girls ahead of her here. In fact she is now beating nearly all of Eton Manor's men! She has gone from being top 40 in the Southern to top 50 out of the whole country in the space of 6 weeks. She's a tremendous competitor and a great team-runner. We're all really proud of her."

3<sup>rd</sup> and 4<sup>th</sup> scorers Judy Marchant and Gail Brannan, both training for the London marathon, found the flat, firm 5 mile course a bit too fast for their liking - but both ran on gamely. 5<sup>th</sup> lady home was team-captain Sacha Ackland - very happy with the strong showing from the ladies team.

The men were without many of their best runners, but nevertheless completed a team. Michael Cates - also training hard for next month's London marathon, and coming back from illness - ran on bravely to finish 518<sup>th</sup> out of nearly 2000 men. Steve Jackson and champion vet Tom Everett were second and third scorers, both just outside the top 1000. Steve Adams, Glynn Sayer and Keith Adams completed the team.

Report by S.B the second

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### WINTER APPEARANCE CHALLENGE

**T**his competition is to encourage members to support the races that are most beneficial to the club.

For the men spanning sixteen races spread over the winter season, avoidance of injuries and viruses is helpful.

Consequently Glyn Sayer's winning effort with a maximum turnout was an excellent achievement, running a couple of races even though he wasn't at his most healthiest.

Also, very good efforts by second and third places Peter Gandy and Steve Jackson, both of whom only missed one race each.

These were followed closely by Keith Adams and Ian Lambert who only missed two each.

The next three in order were Michael Cates, Tom Everitt and John Few, who all missed only three races.

The overall ladies winner Pam Ackland-Snow showed the way by only missing one race, caused by a virus. She was followed in second place by Gail Brannan (last years winner), with minor honours going to Jesse Stafford and Steph Baxter who were both regular members, but unfortunately moved out of the area during the season.

Awards to the winners will be made at the club one mile handicap race, run from the club house, in June. Please try to be there if you can. The awards are well earn't and a good show by the club at the presentation would show our gratitude for their efforts over the past season.

### MEN'S FINAL TABLE

1	G.Sayer	79(max)
2	P.Gandy	75
3	S.Jackson	73
4	K.Adams	71
5	I.Lambert	64
6	M.Cates	67
7	T.Everitt	65
8	J.Few	63
9	S.adams	61
10	P.Cates	59
11	M.Fitzgibbon	57
12	P.C.Smith	53
13	N.Richard	50
14	S.Beckett	48

### LADIES FINAL TABLE

1	P.A-Snow	69(max75)
2	G.Brannan	50
3=	S.Baxter	36
3=	J.Stafford	36
5=	N.Porter	34
5=	K.Merritt	34
7	S.Ackland	33
8	J.Saunders	27

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**Physical shield Relays  
Loughton Tuesday 30<sup>th</sup> March 1999**

Yet another outstanding turnout from the club saw six teams fielded in this annual road relay. Although the relay legs are short, almost certainly shorter than the advertised 3 Km, anyone who had run the race before knew that it would be tough, with two laps of lung burning climbing and body jarring descents.

There were good performances recorded in all the teams. The 'A' team, without Michael Cates who was nursing an injury, finished third overall; helped by sub 10 minute legs from Ian Lambert and Paul Cates. The 'B' team and Vets team fought a close battle throughout the race. Keith Adams ran a fine opening leg, but was only about 50 yards ahead of Glyn Sayer who was maintaining his record of competing in every one of the club's winter fixtures. The gap stayed constant over the second leg, and closed over the third where I could hear Tom's breathing getting louder and louder all the way up the last hill. Paul Smith increased the lead again on the anchor leg, but finished less than 30 seconds in front of Mick Fitzgibbon who had the consolation of bringing the Vets team home first.

In the other mens teams there were fine runs from Nugent Richard and John Few who ran times separated by only one second, and Paul Brandon who broke the eleven minute barrier.

This year we only fielded one ladies team. Consistent runs all round brought them home in third place with Gail Brannan, now recovered from flu, running her leg in under thirteen minutes.

The good thing about relays like this is the support that is given by those who have already run or are yet to run. The bad thing is that for everyone on the later legs, there has been a procession of runners finishing their legs gasping for air and loudly complaining how tough it was - or was that just me that did that?

Report by Peter Gandy

**Eton Manor "A" team 3<sup>rd</sup> overall**

Leg	Name	Time
1	I.Lambert	9.52
2	N.Pitcher	10.16
3	P.Cates	9.41
4	K.Fordham	10.16
Total team time		40.05

**Eton Manor "B" team 6<sup>th</sup> overall**

Leg	Name	Time
1	K.Adams	10.18
2	S.Adams	10.47
3	P.Gandy	10.37
4	P.C.Smith	10.47
Total team time		42.29

**Eton Manor "C" team & Vets team 7<sup>th</sup>**

Leg	Name	Time
1	G.Sayer	10.36
2	R.Pitcher	10.47
3	T.Everitt	10.25
4	M.Fitzgibbon	11.08
Total team time		42.56

**Eton Manor "D" team 10<sup>th</sup> overall**

Leg	Name	Time
1	N.Richard	11.13
2	J.Few	11.14
3	B.Smith	12.05
4	N.LeSurf	11.41
Total team time		46.13

**Eton Manor "E" team 13<sup>th</sup> overall**

Leg	Name	Time
1	M.Holloway	12.17
2	P.Brandon	10.56
3	R.Payne	13.19
4	G.Smith	14.18
Total team time		50.50

**Eton Manor ladies team 14<sup>th</sup> overall  
3<sup>rd</sup> ladies team**

Leg	Name	Time
1	G.Brannan	12.49
2	J.Saunders	13.57
3	K.Merritt	14.32
4	P.A-Snow	13.34
Total team time		54.52

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# 1st ASSEMBLY LEAGUE, 5K BLACKHEATH Thursday 8th April 1999

A perfect spring evening saw the start of this years Assembly league. Twenty one of us made the journey south of the river to run here, certainly the most that have done this during my time in the club. Many were rewarded with fine runs and good times; with eleven going under twenty minutes.

Michael Cates, who won this fixture in 1997, was hampered by a slight injury to lead us home in eleventh place. He was joined in the 'A' team by brother Paul, in a fine 17 minutes 38, Ian Lambert in 18 minutes dead, and Steve Jackson who sliced a huge amount from his PB with a time of 18 minutes 31.

Steve needed this run as four club runners fought a tense battle over the entire 3 laps. Steve Adams, Tom Everitt, and Keith Adams pushed him all the way. At the finish a mere 13 seconds and five places covered them. The 'B' team was completed by Paul Smith who ran a strong last mile to finish in 19 minutes 32.

Paul too had been part of an intra club battle. He came past me with just over a lap to go and we both went past Mick Fitzgibbon and Glynn Sayer. We then became a target for John Few, beating even Steve Jackson for the amount his PB improved, and Nugent Richard who had the biggest improvement of all.

Paul Brandon too had a good run tonight, he was credited with 20 minutes 45, which was a PB, although nowhere near as fast as he timed himself. I think Paul's timing was the correct one as I saw him only seconds after I had crossed the line and wasn't even sure that I had beaten him.

Steve Beckett ran his first race for a few months tonight, after injury. His time as expected was well down on his best, but nevertheless was a fine comeback. Welcome back Steve!

The ladies team was led home by Linda Davies in her first race for the club. Her time of 24 minutes 48 brought her in two places and four seconds ahead of Pam Ackland-Snow. One place further back came Sacha Ackland who completed the scorers.

Backed up ably by Kate Merritt, they started their campaign with third place.

A fine start then for the club, both in quantity and quality but not one that we can't improve on in the subsequent fixtures. Roll on Beckenham next month.

Report by Peter Gandy

## Tonight's race result

1	G.Sykes	St.Exch.	15.24
2	A.Weir	St.Exch	15.43
3	G.Garner	St.Exch.	15.56
11	M.Cates	E.Manor	16.27
31	P.Cates	"	17.38
36	I.Lambert	"	18.00
46	S.Jackson	"	18.31
48	S.Adams	"	18.37
49	T.Everitt	"	18.38
50	K.Adams	"	18.44
59	P.C.Smith	"	19.32
61	P.Gandy	"	19.41
62	G.Sayer	"	19.42
65	J.Few	"	19.48
68	N.Richard	"	20.16
70	M.Fitzgibbon	"	20.24
72	P.Brandon	"	20.45
88	S.Beckett	"	23.08
90	R.Paynes	"	24.01
92	L.Davies	" L10	24.48
94	P.A-Snow	" L12	24.52
95	S.Ackland	" L13	25.23
100	M.Holloway	"	26.17
101	K.Merritt	" L16	26.17

## Tonights men's "A" team result

1	Stock Echange	12
2	Kent A.C.	47
3	Dulwich Runners	65
4	V.P.H.	72
5	E.Manor	124
6	Dartford	161
7	Camb.Harriers	236
8	Ravensbourne	258
9	London P.O.	316
10	Davies langden & Ev	371
11	Forbanks	372

Results continued.....

**Tonight's men's "B" team result**

1	Stock Exchange	56
2	Kent A.C.	121
3	Dulwich Runners	140
4	V.P.H.	183
5	E.Manor	206
6	Ravensbourne	384

**Tonight's ladies team result**

1	Dulwich Runners	9
2	Dulwich Runners "B"	21
3	E.Manor	33
4	Kent A.C.	40
5	Stock Exch.	40
6	Dartford	47
7	Dulwich Runners "C"	48
8	E.Manor "B"	48
9	Ravensbourne	56

**Q.** Why are men like lawn mowers?

**A.** They're hard to get started, emit foul smells and don't work half the time.

**Q.** What's the difference between a new bloke and a new dog?

**A.** The dog only takes a few months to train.

**Q.** Why are blond jokes so short?

**A.** So men can remember them.

**Q.** Man. "want a quickie?"

**A.** Woman "as opposed to what".

**MEN JOKES**

**Q.** Why do Black widow spiders kill their mates after mating?

**A.** To stop the snoring before it starts.

**Q.** Why don't men have mid-life crises?

**A.** Because they're stuck in adolescence.

**Q.** How does a man show he's planning for the future?

**A.** He buys two cases of beer instead of one.

**Q.** What makes men chase women they have no intention of marrying?

**A.** The same reason dogs chase cars they have no intention of driving.

**TOMMY COOPER JOKES**

And the back of the man's anorak was leaping up and down, and people were throwing money to him. I said, "do you earn a living doing that"/, and he replied, "yes, it's a livelihood".

"So I got home and the phone was ringing. I picked it up and said, "Who's speaking please?" and a voice said "you are".

"So I rang up a local building firm and said "I want a skip outside my house". He said "I'm not stopping you".

"Apparently 1 in 5 people in the world are Chinese. And there are five people in my family. So it mustbe one of them. It's either my mum or my dad, or my brother Colin, or my younger brother Ho-Cha-Chu, but I think it's Colin".

## 2<sup>nd</sup> Assembly League Beckenham Thursday 6<sup>th</sup> May 1999

The club fielded nineteen runners for the second race of the season, with astounding runs from several club members.

### NEW COURSE RECORD

I don't think anyone will begrudge first mention to Noeleen Porter, who seems to be going from strength to strength. Her time tonight of 16.06 was a course record, albeit that the course tonight was slightly different to the usual one. We finished in the park, instead of on the long up hill finish. That apart, the time she clocked would have been a record anyway. Well done Noeleen.

Still on the ladies section, Gail Brannan was second home in ninth place with a time of 21.27, followed in the final team spot by new member Linda Davis, making her debut. Her time of 22.09 gave her tenth ladies place, a mere one second ahead of Sacha Ackland, who in turn was chased in by Pam Ackland-Snow and Kate Merritt, who brought home the "B" team.

### NO, AFTER YOU SIR

In the men's race, MR POLITE, Michael Cates, stopped at the entrance to the park and waved in the next three runners, who all finished ahead of him. Some say silly bugger, but I think that most agreed it was a true gesture of sportsmanship, as the first three runners had taken the wrong route whilst just ahead of him. This was truly a glimpse of what the sport is really about.

Besides that, who wants to win anyway? No, don't answer that.

Second male scorer was Steve Jackson, who clocked a pb of 16.26 for 44<sup>th</sup> place, along with beating Ian Lambert(51<sup>st</sup>) and Steve Adams(53<sup>rd</sup>) for the "A" team placings.

In the "B" team race, old timer, or should that be old codger, Tommy Everitt, led them in 58<sup>th</sup> place with a time of 16.48, missing out on another "A" team place by a mere five seconds. Apparently, Steve Adams out sprinted the old bugger and dipped for the line. Tom can't dip, cos he wouldn't get up again.

Tom was followed in by Keith Adams, Glyn Sayer and finally Short cut Few, or Johnny boy to his mates. John has the knack of beating people who he shouldn't, according to Paul Smith. Alas, Paul just mist out on the scoring places, as Johnny dipped him by two seconds, again in a sprint for the line. Me thinks Paul is still sulking over this one. Will he live it down. Beaten by short cut. Well I never!

Just behind Paul Smith came Mick Fitzgibbon and Mr half a lap Brandon(Paul). Paul is steadily getting fitter and his times are coming down quickly now, hence his nick- name.

Final finishers for the club, but not least, were Steve Beckett and Roger the dodger Payne. Both of them are just returning from injury, and improvement will come. Hopefully sooner rather than later.

Well done to all that took part tonight, and let's hope it continues at Victoria Park for the next race.

Report by SB

### TONIGHTS RACE RESULT

1	G.sykes	Stock Exch.	14.18
2	G.Garner	Stock Exch.	14.19
3	S.Loach	Dulwich Rnr	14.24
4	M.Cates	E.Manor	14.25
36	N.Porter	" L1	16.06
44	S.Jackson	"	16.26
51	I.Lambert	"	16.41
53	S.adams	"	16.43
58	T.Everitt	"	16.48
65	K.Adams	"	17.06
71	G.Sayer	"	17.32
80	J.Few	"	18.00
81	P.C.Smith	"	18.00
86	M.Fitzgibbon	"	18.07
87	P.Brandon	"	18.18
109	S.Beckett	"	19.59
114	G.Brannan	"	21.27
116	L.Davis	" L10	22.09
117	S.Ackland	" L11	22.10
118	P.A-Snow	" L12	22.36
119	R.Payne	"	22.40
121	K.Merritt	" L13	24.01

Results continued overleaf.....

**League positions tonight "A" team**

1	Stock Exchange	23
2	Kent a.c.	43
3	Dulwich Runners	46
4	V.P.H.	64
5	Dartford	109
6	Camb.Harriers	138
7	Eton Manor	145
8	Ravensbourne	292
9	Forbanks	320
10	Davis Langden & Everest	441
11	London P.O.	472

**League positions tonight "B" team**

1	Stock Exchange	79
2	Dulwich Runners	114
3	Kent a.c.	156
4	V.P.H.	157
5	Eton Manor	247
6	Dartford	293
7	Camb.Harriers	346
8	Ravensbourne	362

**League positions tonight Ladies team**

1	Dulwich Runners	9
2	Dulwich Runners B	20
3	Eton Manor	20
4	Kent a.c.	34
5	Eton Manor B	36

**League positions after 2 races**

**Mens "A" team**

1	Stock exchange	24
2	Kent a.c.	22
3	Dulwich Runners	20
4	V.P.H.	18
5	Dartford	15
6	Eton Manor	14

**Mens "B" team**

1	Stock exchange	24
2	Dulwich Runners	21
3	Kent a.c.	21
4	V.P.H.	18
5	Eton Manor B	16

**Ladies team**

1	Dulwich Runners	24
2	Dulwich Runners B	22
3	Eton Manor	20
4	Kent a.c.	18
5	Eton Manor B	13



Michael Cates, seen on his way to a good time (Not according to his standards though) in the 1999 London Marathon.

## Extract from the Eton Manor Chin-wag July 1949

100yds W.A. Turner, 2<sup>nd</sup>  
 220yds D.J. Hart 2<sup>nd</sup>  
 440yds S.L. Thomson 3<sup>rd</sup>  
 880yds G.E. Smith 3<sup>rd</sup>  
 Mile:-  
 High Jump D.R. Cox 2<sup>nd</sup> 5ft 5 in  
 Long Jump P. Hiscock 3<sup>rd</sup> u/p  
 Shot J.F. Perkins 3<sup>rd</sup> 33ft 11½in

1<sup>st</sup> Highgate Harriers 21pts, 2<sup>nd</sup> Eton  
 Manor 15pts, 3<sup>rd</sup> Victoria Park Harriers  
 and Shaftesbury Harriers 13pts, 5<sup>th</sup>  
 Southgate Harriers 10pts, 6<sup>th</sup>  
 Woodford Green A.C. 7pts.

Junior 100yds, R.W. Jones 2<sup>nd</sup>  
 Youth's Long jump, R.P. Dawney 3<sup>rd</sup>  
 Open 100yds, D.J. Hart 2<sup>nd</sup>,  
 W.A. Turner 3<sup>rd</sup>

We were very pleased to see George Smith run such a fine 880 yards. George is a real clubite, a grand lad; but the improvements he has shown since returning from the Forces has shaken even his best pals. He was, before, a useful miler; but cross-country in Germany and strict application to his training this summer has worked wonders; and to run so close to such fine athletes as R. Morley and L. Lait gives promise that he might reach greater heights yet. Here is a boy after Harry Bentley's own heart. What a pity Harry has now finished and can help George only with advice, valuable as that may be.

Derek Cox too requires a big hand. He has learnt the Western roll since last year, but only after compelling himself to listen to advice and carry on when he, personally, thought he could never learn the new style. Perseverance has brought its reward, and Derek can now aspire to bigger things. He is a natural athlete; a fine jumper and a more than useful exponent of the Shot.

Now to the Fed. We have the Preliminaries behind us and all is set for the Finals. We seemed dogged by bad luck prior to the preliminaries. Firstly, the date clashed with the Essex Schools Championships. This lost us the services of Harry Osborne, last years 220 Junior champion. Also of Paul Hiscock in the relay, as he had to appear in the Bank's Championships. Evans, our best Junior 880, could not get away as his mother was ill; Miles, the reverse was on holiday; Len Strange dropped a box on his foot two days before; Jack Halfpenny could not get leave. So we had a bad start; but Ransom and Prodrick qualified for the Finals of the 220 Junior; Ryan the 440 Junior; Myers the 880 Senior; Clyndes the Mile; Dawney the High Jump (Junior); Dawney and Langham the Long Jump (Junior); Hiscock the Long Jump (Senior); Cox and Harris the High Jump (Senior). The jumps were held on evenings at the Duke of York's H.Q.

The one Final decided was the 120 yards Hurdles. Norman Harris won his heat easily, and had a great struggle in the Final with a Fairbairn boy before he got home by a yard in the record time of 16.5 sec's. Ron Turner was 3<sup>rd</sup>.

Our prospects for the Finals? Well Fairbairn are weaker but we anticipate strong opposition from Crown and Manor and Brockley. Brockley's boys are nearly all Herne Hill Harriers. My guess is that we shall have six possible winners in the five jumps and the 100 Senior, and places or near winners in the 220 Junior, 440 Junior and 2 Miles.

Reading this afterwards you can see how near this forecast has been.

"AJAX"

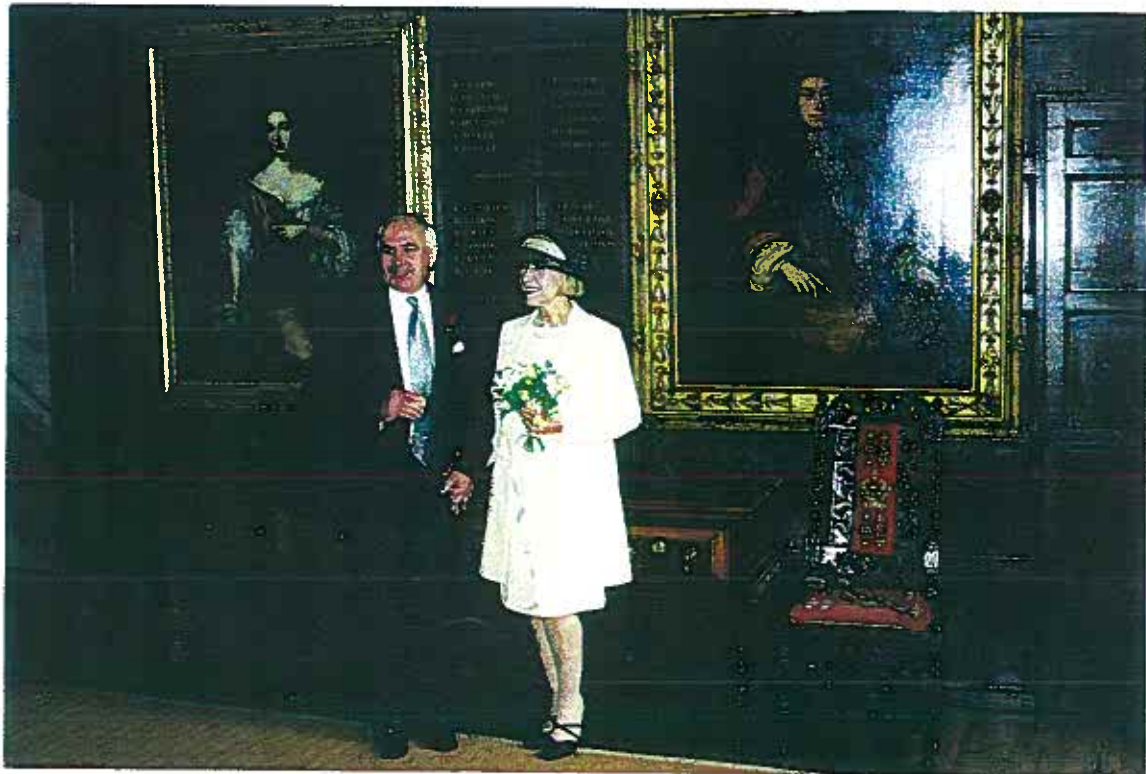
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## Wedding Bells the order of the day.



Eton Manor's Patrick and Claudia, pictured on their wedding day at Walthamstow Registry Office, Grove Road in March 1999.



Eton Manor's Karin and Jim, pictured on their wedding day at Sutton House on the 6th May 1999.



## BACK MARKERS

The first issue of 'Chin-Wag', the magazine of the Eton Manor Boys' and Old Boys' Clubs, was published in March, 1913. From the outset it contained notes and reports of the activities of the athletes who, to the outside world, were known as Eton Manor Athletic Club but, internally, were usually referred to as the 'Harriers'. Many of the contributors shielded their identities with pen-names, or used only their initials, but Les Golding and K.S. (Sandy) Duncan, who between them wrote most of the post-war reports, always signed in full. The first ever report came from 'John Peel'. Then there was 'Onlooker' (1915), 'A.S.H.' (1935) and 'The Rep.' (1946). From the late nineteen-forties we had 'Ajax'; 'Strider' and 'Sprint and Stride' were around in 1950. There was occasional input from 'Wooden Spoon', rumoured to be one of two people who were both renowned for their 'stirring' but it was, in fact, someone who, by then, often occupied the wooden spoon position, at the back of the pack - "making sure all the stragglers were all right".

These extracts from past "Harriers Notes", spanning 45 years, make interesting reading and confirm that, whilst much has changed, a lot is still the same.

No.1: March, 1913 On February 26th we went to Rugby (Boys' Club) . Here we were undefeated. We cannot give the order, as the judges were unable to separate the competitors."

No.30: July, 1915 "Federation Sports - Owing to the fact that so many of our members are playing the 'greater game of war', we have lost three of the cups that have adorned the bar for the past twelve months....A splendid effort by W. King captured the quarter-mile senior trophy, in 1 min. 1<sup>2</sup>/<sub>5</sub> secs."

No.264: June, 1935 "MID-YEAR GENERAL MEETING....Les Golding reported the attendance at social runs is not nearly as good as it should be. Outstanding performances last winter were - 6th in the Southern Counties C-C Champs. (F. Mann 5th); 1st and 2nd places Essex Junior taken by F. Mann and L. Clempson. Mulliner's (speaking) time was kept strictly to five minutes so he did not say much."

No.300: October, 1938 "Boys' Club Annual General Meeting....Les Golding was the first speaker, telling us about the Harriers....Considering the facilities offered, good achievements were expected and members must take more advantage of the help and advice given them....results of the cross-country races were somewhat disappointing. We are fortunate to have the valuable assistance and advice of Mr. P.D. Ward and Mr. K.S. Duncan, themselves athletes of great distinction."

"The Harriers A.G.M. fixed for September 27th was cancelled owing to the crisis."

No.314: March, 1946 "The return match at Fairbairn was undecided as the first four runners went off the course....Sid Morley had a hard tussle with Vare, with the Fairbairn boy winning by a yard at the Fairbairn front entrance which happened to be off the course....Then at the correct winning post we saw George Smith arrive behind three Fairbairn boys."

No.315: April, 1946 "Once again a Manor team rose to the big occasion, when our lads won the Federation Cross Country race....1st: Eton Manor - 26 points; 2nd: Fairbairn House - 31 points; 3rd: Dockhead - 38 points....Individual: 1st: Ron Bridges; 7th: Fred Field; 8th: Sid Morley; 10th: Bob Anderson; also - George Smith, Bob Seward."

No.466: November, 1958 "Thirty juniors (under 16) contested the House Comp. road race....led home by Keith Baker....and Glyn Sayer, battling all the way, sixth....The following week we received Wadham Harriers....This time it was Glyn Sayer's turn, running second he returned 7 mins. 52 secs., an improvement of 26 seconds."

"Wooden Spoon"

FROM ROY HAYES

CHACTON

