



Eton Manor A.C.

Established 1913

Affiliated to A.A.A. 1920

Life President: George Smith

Issue 18 June 2000

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 CM162AT

Mens Captain + Track & Field:
Steve Adams
2, Elmwood Court
112, Goldsmith Rd
Leyton E10

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

Ladies Captain + Track & Field
Sec: Pam Ackland-Snow
23, Longfellow Rd
Walthamstow E17

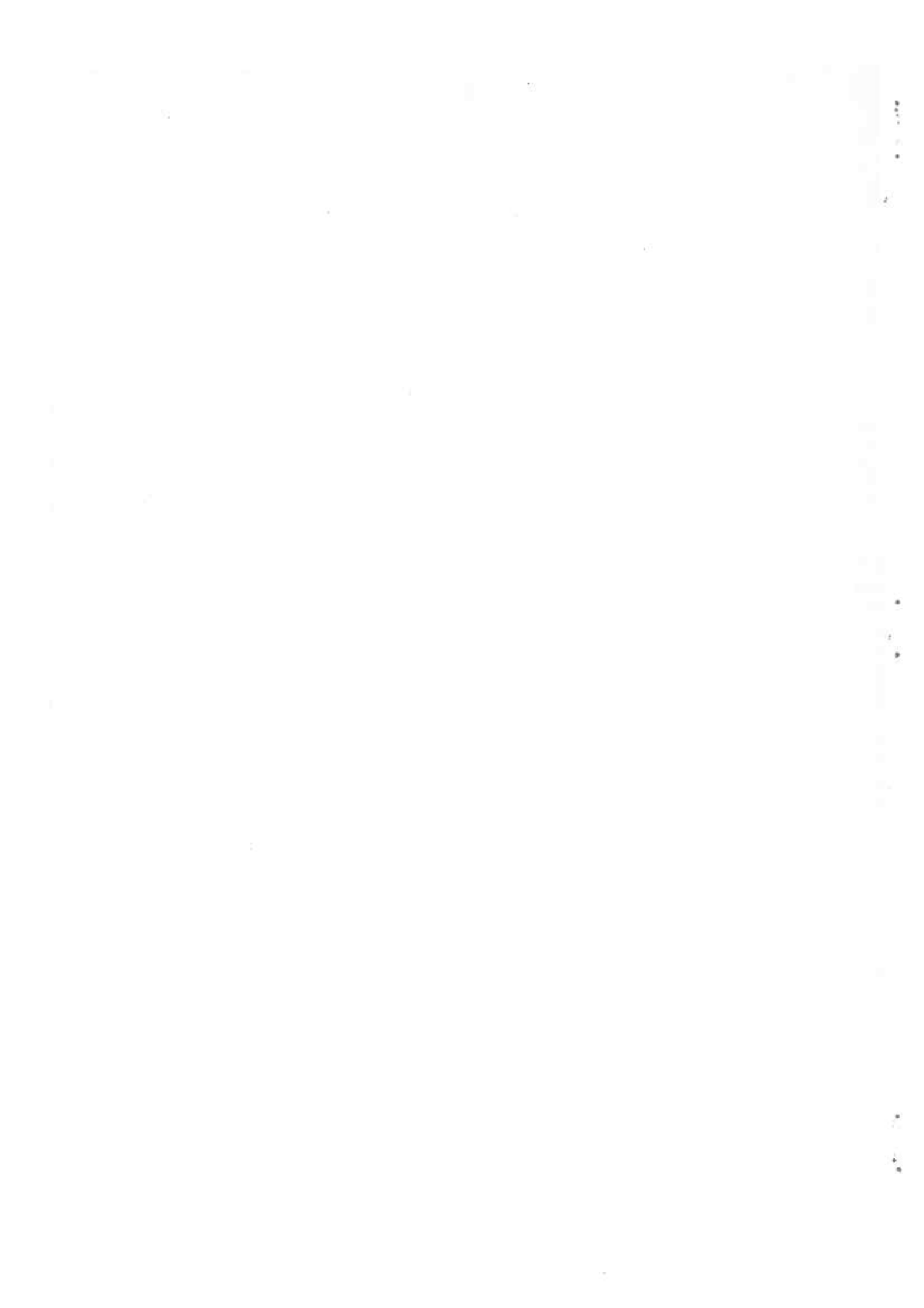
The Gazette is produced with the aim of promoting all of the clubs activities, whether it's running or social events. If you have any suggestions for improving your Gazette, then please let the editor have details. He is only too willing to adjust the layout, or incorporate adverts etc.

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 in.



The Gazette

The running club for one & all



THE GAZETTE

BACK ON TRACK

Hi folks, It's me again, your friendly Gazette Editor.

I'm pleased to say that I am now reaching my correct deadlines.

This is the 18th gazette to come off the press, and I hope that you all still get pleasure from reading it.



Lets have some more effort from you though. Get that pen out, and **VOLUNTEER** to do a race report. **DON'T** wait to be asked. Those that did contribute, well done.

Don't forget, we can put adverts in, or any other articles. Your help will make the Gazette even better.

Many thanks.

Steve

THE CLUBHOUSE NEW CHANGING/SHOWERS



Great news. Most of the work is done. We have received a further grant, which has helped us to purchase some sports training equipment. On display at club house, and being put into good use by coach, Peter Gandy already. We will be purchasing further equipment in the coming months.

There are further developments with respect to Sports in the L.B.W.F also.

We have been attending a couple of meetings with the local HATS scheme, and football in the community programme, and things are happening regarding Ive Farm Pavilion and Running Track. I will keep you posted of developments. Also, the council are going through a reorganisation at present, and the rest of the Cottage may become available to us!. Don't hold your breath on timescales though.

Keep watching this space.



RACE ATTENDANCES

We continue to do well, but like all things, there is always room for improvement.

At the beginning of each season, we give members a fixture card to help them plan in races.

GET THEIR HELP

This works well most of the time, but we also have CAPTAINS, namely Steve Adams and Pam Ackland-Snow. It's there job to get you to the races. Please ask them if you want to know when the next race is, or how to get there. That's what they are there for.



The Men's Track and Field League has got up and running, with the club competing well in it's first three meetings. Halfway through the season, we are lying just above mid table. Not bad after an absence of about seven years.

We still need volunteers for these meets to help officiate, as we can't compete without this help. **Ask Pam for information.**

Those that volunteered at The A.G.M, remember you did so. Don't let the club down.

Those that have helped to date.

MANY MANY THANKS.



CLUB CLOTHING

If you require any club clothing, see Tom Everitt for vests or Steve Beckett for sweat tops/tee shirts.

The prices are as follows:-

Short sleeve "T" shirts	£6
Sweat Tops	£10.50
Mesh running vest	£10.50
Cotton running vest	£8

DO YOUR BIT!

Try to wear club clothing on club nights, as a large crowd of us going for a run in the club colours gets us more attention/notice.

This hopefully will lead to new members.



NEW MEMBERS & Youngsters sessions

The kids section has been started, and is going flying colours with Peter Gandy doing a great job of coaching and motivating, along with the help of Michelle Norwood, Neil LeSurf, Roger Payne and Jill Saunders.

It seems to be developing the way the club would like, getting the mums and dads involved as well. Some even donning their running togs to have a go themselves.



LETS DO IT!

Lets make this a real success story.

FANCY COACHING

Anyone else interested in taking coaching courses, please let Steve Beckett know. We can help with the finances, and you never know, you may find this is your way to make an impact on the club?

SENIOR MEMBER RECRUITMENT

Recruitment to the club, senior wise, is creeping along, but further help from members would be appreciated. To help spread the word, there are a few hundred leaflets in a box by the signing in book.

If you could take a few and put through some local letterboxes, this will help.

Late results that are early!!!!

CLUB GRADED I MILE IVE FARM TUESDAY 15TH JUNE 2000

RACE 1

1	M.Cates	5.17
2	S.Adams	5.23
3	I.Lambert	5.24
4	K.Riviere	5.32
5	S.Jackson	5.37
6	M.Fitzgibbon	6.07

RACE 2

1	p.Brandon	5.45
2	G.Sayer	5.53
3	T.Everitt	5.54
4	J.Few	6.01
5	P.C.Smith	6.02
6	S.Beckett	6.20
7	M.Holloway	6.34
8	R.Payne	6.51
9	M.Kashniri	7.50

RACE 3

1	C.Davis	6.45
2	Z.Woodward	6.47
3	S.Ackland	6.54
4	L.Casey	7.06
5	G.Brannan	7.08
6	L.Bear	7.09
7	R.Jagger	7.24
8	K.Merritt	7.34
9	C.Watson	7.52
10	T.Persighetti	7.53
11	L.Merry	8.06
12	S.Linklett	10.17

much appreciated. Steve and Pam had been on their feet all day at the Track and Field meeting the day before, so didn't enter this 10k. However, they got up a bit of steam jogging back round the course to shout The Manor on, particularly when jogging up the downhill parts of the course.

Last years impressive course record of 33:05 wasn't matched this year, but Thurrock Harriers took the team prize again. First in for The Manor was Paul Brandon, having an excellent run and showing his true potential now for both the 5k and 10k distance. He puts his recent improvement down to cycling to work. John Few put it down to stimulants and the fact that he, himself, had been blocked in at the start of the race, and by a car later on, and also drank an unfamiliar isotonic drink just before the race, all of which resulted in him being more than a minute down on last years time.

The reality of course, was that Paul just put in a better performance. He beat last years time of 45:43 by more than three minutes. Well done Paul. Keep it going.

Teresa Persighetti also put in a good run, knocking over three minutes off the time of her last 10k, and that, unlike Horndon, a flat course. Well done Teresa. The only way is up. Peaking of which, if she can come in still smiling, as she did at the hill finish at Horndon, there's even more potential there.

Report by JF

RACE RESULT

1	C.Hardy	Thurrock	33.49
2	G.Wiseman	Thurrock	33.55
3	D.Tullett	Veg.Cyc& Athletics	34.11
50	P.Brandon	E.Manor	42.26
67	J.Few	"	43.50
238	T.Persighetti	"	56.57

280 finishers – last place 69:52

Horndon on The Hill 10k Sunday 25th June 2000

A village Festival atmosphere at Horndon on The Hill was the background to this friendly 10k. The weather was fine- not too hot or chilly. Three runners from eton Manor showed the flag at this event, with Steve Beckett and Pam Ackland-Snow coming down to offer support which was

Eton Manor Mob Match v Victoria Park Harriers Tuesday 4th January 2000-01-18

GOOD TURNOUT, SHAME ABOUT THE RESULT

We had a good turn out tonight, in this annual battle with local rivals Victoria Park Harriers.

Alas, it was not to be our night. The Park beating us by a score margin of 292 points to 567.

We did however maintain the recent years achievement of getting lots of people out to race, and this year, although fewer numbers was no exception.

In the race itself, Steve Beckett surprised a few people by storming off with Michael Cates. He led quite a few of the Manor-ites to the first bend, but the wheels came off shortly after this, and he eventually struggled round somewhat adrift of some of his usual club rivals. Still, there's always another race!

Michael Cates was the overall race winner, beating his pal from the Park Jim Roche quite comfortably. Jim, how ever did do a pb. Great run Michael.

MIND THE GAP

We did miss out on the next positions though, with our next scorer being Paul Cates in 8th, followed by Steve Jackson 9th and Keith Adams 11th.

There was a further gap to next scorer Steve Adams in 19th place, and then a whole pack of us, led by Tom Everitt, with several other club members trying to kill themselves to beat the old boy in. Still, it was Tom who prevailed yet again, beating the BOYS in a sprint for the line..

Great run Tom.

On the ladies front, or should that be women's, Becky Griffiths led the team home, after battling it out with Sacha Ackland all the way round. Their times of 20:44 and 20:52 gave them 38th and 40th overall places tonight.

Next home for the girl's were Gail Brannan and Kate Merritt, battling for the clubs honour against The Parks ladies section.

Well done to all that turned out, including Gail's partner Pete. He slogged his way round with Gail, only to out sprint her at the finish. Gail was mightily impressed, take it from me.

Report by SB

Tonight's Race result

1	M.Cates	Eton Manor	14.43
2	J.Roche	V.P.H.	15.14
3	A.Lashmar	V.P.H.	15.43
8	P.Cates	Eton Manor	16.26
9	S.Jackson	"	16.45
11	K.Adams	"	17.04
19	S.Adams	"	17.52
22	T.Everitt	" v65	18.03
23	I.Lambert	" v40	18.10
24	G.Sayer	" v55	18.11
26	J.Few	" v55	18.23
31	P.Brandon	"	19.09
32	P.C.Smith	"	19.15
33	A.Frost	" v	19.17
36	N.Richard	" v	19.43
37	S.Beckett	" v45	20.20
38	B.Griffiths	" L	20.44
39	R.Payne	" v45	20.48
40	S.Ackland	" L	20.52
44	T.P.Smith	" v	21.31
45	G.Brannan	" L	21.45
49	K.Merritt	" L	24.02

Team race result 20 to score

1	V.P.H	292
2	Eton Manor	567

.....

Essex Cross Country Championships Sunday 9th January Mistley

Tom Everitt told me there were only a few short sharp hills on this course. Well, I have to report, he got it wrong again.

Is it two or three laps??

This was one of the toughest races I have done for some time, and to be quite honest, I didn't think I was going to finish. As I came past the officials at the end of the first of what I was told was a three lap course, I looked at my watch and it told me I'd been running for over thirty minutes. Not bad for a digital watch. How many of you have a talking watch?? There can't be another two laps to go I thought. So I asked one of the officials, and he said there was till two laps to go. I won't say what I said, as it would be offensive, but I wasn't in a happy frame of mind. Still, I plugged around, and halfway round the second lap, it was confirmed to me that this was to be the final lap, not one more, so off I set to chase people down. Although not catching many up, I did feel better now I new I was nearly home. Hopefully, the others in our team didn't share the same experience.

Michael Cates led the manor home in 28th place, beating a lot of local runners in the process.

Second home was Keith Adams, who seems to be going from strength to strength at present. His time of 51.26 gave him 91st placing. Third scorer was Tom Everitt in 107th position. The old boy is still rocking and rolling at 65.

Next home was Ian Lambert, still suffering and not as fit as he was. Hopefully the fitness returns quickly for him.

Final two scoring places were fought out in a sprint finish, with Steve Adams pipping Glyn Sayer by a mere 1 second.

Last in for the club, but not least was yours truly, Steve Beckett. Roll on next year. Lets hope they can find a real tester of a course.

Moving on to the ladies race. Only three made it to the start line, so they weren't going to complete a team. Still, those that did run did the club proud. At least we took part, whereas the likes of local rivals Orion Harriers didn't even have a runner. Their men's section didn't have a complete team either. Which goes to show how well our club is progressing.

Gail Brannan led the ladies home in 51st spot, followed by Kate Merritt in 58th and Pam Ackland-Snow in 63rd.

Pam also took a pearler early on, so did well to complete the gruelling course.

Considering how bad all three felt before even setting off for the race, I cannot express how the club should thank them. Especially Kate, who only turned up at the club to drop some spikes off for either Becky or Linda Mack should they decide to run. As it turned out, they didn't run, but she did.

Well done girls.

Report by SB

Men's Race Result 7 miles

1	N.Wetheridge	Basildon	36.18
2	R.Gould	Trafford	39.30
3	S.Sterling	Basildon	40.19
28	M.Cates	Eton Manor	43.45
91	K.Adams	"	51.26
107	T.Everitt	" v65	53.03
118	I Lambert	" v40	55.03
123	S.Adams	"	55.59
124	G.Sayer	"v55	56.00
140	S.Beckett	" v45	60.29

Team Results 6 to score

1	Chelmsford a.c.	114
2	Colchester Harriers	126
3	Woodford Grn & E.Ladies	186
4	Havering	201
5	Ilford	240
6	Springfield Striders	258
7	Thurrock Harriers	292
8	Colchester Harriers "B"	338
9	Southend a.c.	523
10	Harlow r.c.	543
11	Springfield striders "B"	574
12	Eton Manor	591
13	Dagenham '88 Runners	601
14	Tiptree r.r.	643

Team of twelve to finish

1	Verlea	351
2	Hillingdon a.c.	660
3	Eton Manor a.c.	786

Results continued.....

**Essex Cross Country
Championships
Sunday 9th January
Mistley continued.....**

Ladies Race Result 5.3 miles

1	D.Sullivan	Havering M.	35.44
2	R.Eddy	Colchester & T	35.46
3	D.Harmse	Havering M.	36.12
51	G.Brannan	Eton Manor	50.43
58	K.Merritt	"	54.59
63	P.Ackland-Snow	"	57.51

The ladies were one runner short to complete a team, but those that did run did the club credit.



That reminds me of that song,

**Who's the talk dark stranger there?
No, not the one in the front.**



JOKE JOKE JOKE JOKE JOKE JOKE JOKE

Naughty, but funny!!

This guy has always dreamed of owning a Harley Davidson. One day, he has finally saved up enough money, so he goes down to the dealer. After he picks out the perfect bike, the dealer tells him about an old bikers trick that will keep the chrome on his new bike free from rust.

The dealer tells him that all he has to do is to keep a jar of Vaseline handy and put it on the chrome before it rains and everything will be fine.

He happily pays for the bike and leaves.

A few months later, the man meets a woman and falls in love. She asks him to come home and meet her parents over dinner. He readily accepts and the date is set. At the appointed time, he picks her up on his Harley and they ride to her parents house. Before they go in, she tells him that they have a family tradition that whoever speaks first after dinner must do the dishes.

After a delicious dinner, everyone sits in silence waiting for the first person to break the silence and get stuck with doing the dishes.

After a long fifteen minutes, the young man decides to speed things up, so he reaches over and kisses his girlfriend in front of her family. NO one says a word.

Emboldened, he slips his hand inside her blouse and fondles her breasts. Still no one says a word.

Finally, he throws her on the table and has sex with her in front of every one. No one says a word.

Now, he is getting desperate, so he grabs her mother and throws her across the table. They have even wilder sex. Still no one speaks.

By now, he is thinking what to do next when he hears thunder in the distance.

His first thought is to protect the chrome on his Harley, so he gets his jacket, reaches in the pocket and pills out his jar of Vaseline.

With that, the father says, "OK, dammit, I'll do the dishes".



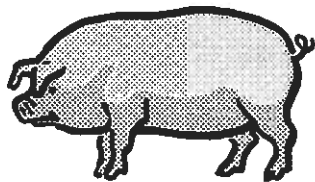
Chingford League race Trent Park Saturday 15th January 2000

Mud was the order of the day for this tough course. It didn't help the fact that the park authorities were laying new drainage in, so quite a bit of the course round the fields at the back were churned up badly.

In the race itself, Michael Cates had a blinder to come home in 7th overall place, better than he's done recently. I think he was quite pleased himself.

Second scorer was Paul cates, who clocked 31.39 for 37th placing, followed by Steve Jackson in 53rd, and Keith adams in fourth. A matter of twenty five seconds separating this pair. Final two scorers in the "A" team were Steve Adams and Tom Everitt, with Steve out sprinting Tom in the latter stages to beat him in by 18 seconds.

The "B" team was led in by Ian Lambert, definitely off the boil at present, chased home hard by the ever young short-cut Few, and fast improving school leturer, Adrian Frost. These were supported by Glyn Sayer, Paul Smith and Nugent Richard. Poor old Nugent managed to get round today without loosing his shoes. A miracle in these muddy conditions in itself.



Chauvinist pig

In the ladies team event, Becky Griffiths was our leading runner, although both her and Sacha Ackland were given the exact same time. This pair gave Mark Holloway a fright on the way round. When he saw them on his shoulder, his words were flippin- eck, and off he scooted. Apparently, he didn't want to get beat by our ladies?? Is that chauvinistic or what??

Saur-kraut

Final scorers for the ladies were Gail Brannan and Kate Merritt. Gail had to contend with Brian Smith most of the way round, and apparently he didn't mention Germany once. Can this be true??

Report by SB

Today's men's race result

1	H. Webb	Muswell Hill	28.00
2	C. Michael	Trent Park	28.21
3	M. Fone	Enf. & Haringey	28.23
7	M. Cates	Eton Manor	28.32
37	P. Cates	"	31.39
53	S. Jackson	"	32.53
61	K. Adams	"	33.18
71	S. Adams	"	34.04
78	T. Everitt	" v65	34.22
93	I. Lambert	" v40	35.15
99	J. Few	" v55	35.57
107	A. Frost	" v40	36.25
108	G. Sayer	" v55	36.47
126	P. C. Smith	"	38.09
128	N. Richard	" v40	38.27
136	S. Beckett	" v45	39.05
138	P. Brandon	"	39.10
144	M. Holloway	"	39.57
146	P. Gandy	"	40.02
147	B. Griffiths	" L12	40.04
148	S. Ackland	" L13	40.04
161	G. Brannan	" L20	43.00
162	B. Smith	" v45	43.03
173	K. Merritt	" L26	45.13
177	P. A. Snow	" L29	53.27
179	G. North	" v50	57.26

Today's "A" team placing

1	Muswell Hill	63
2	Barnet	121
3	Orion	148
4	V.P.H.	182
5	Trent Park	244
6	Enfield & Haringey	274
7	Eton Manor	307
8	Walthamstow	398
9	Loughton	723
10	Woodford Grn & Essex Ladies	742
11	Loughton	635

Today's "B" team placing

1	Muswell Hill	259
2	Barnet	267
3	Orion	274
5	Eton Manor	661

Today's Vet's teams

1	Barnet	126
2	Orion	134
3	Enfield & Haringey	271
5	Eton Manor	377

Results continued.....

Today's Ladies teams

1	Muswell Hill	23
2	Orion	35
3	Trent Park	49
4	Eton Manor	71

League positions after 6 races

"A" team

1	Muswell Hill	68
2	Enfield & Haringey	60
3	Orion	57
4	Woodford Grn & Essex Ladies	53
5	Barnet	50
6	Trent Park	47
7	V.P.H.	35
8	Eton Manor	34
9	Walthamstow	25
10	Loughton	18
11	Verlea	9

"B" team

1	Orion	68
2	Muswell Hill	63
3	Barnet	58
7	Eton Manor	39

Veterans team

1	Barnet	67
2	Orion	62
3	Woodford Grn & Essex Ladies	62
6	Eton Manor	40

Ladies team

1	Orion	66
2	Eton Manor	57
3	Trent Park	56
4	Muswell Hill	55
5	Loughton	38
6	Enfield & Haringey	31
7	Barnet	18
8	Woodford Grn & Essex Ladies	18
9	V.P.H.	11
10	Verlea	7

JOKE JOKE JOKE JOKE JOKE JOKE

Naughty, but worth a laugh.

This story takes place in a Christian school.

The teacher asks the question, "What part of your body gets to heaven first"?

Three students put their hands up to answer, Jenny, Jim and little Johnny at the back.

The teacher thinks to herself, "I don't want to call Johnny because he will say something perverted", so she picks on Jenny first.

She says "I think it's your head gets to heaven first, cos you have to be smart". The teacher then calls on Jim, who says "I think its your heart gets to heaven first, cos you've gotta have a good heart".

Finally, Johnny is the only one with his hand still up. She picks him and he says, "I think it's your feets that gets to heaven first".

The relieved teacher asks him, "why on earth do you think it's your feet that get to heaven first"?

Johnny say's, cos I walked into my mom and dads room last night, and my mums legs were straight up in the air, and she was shouting, "Oh God, I'm coming".



Think of a punch line, and give to the editor. The best one will win a tee shirt.

Senior North of the Thames Cross Country Championships Saturday 22nd January 2000 Ealing

This was to be our retention of the Essex Cup, won last year with extreme effort at Ruislip. Alas, it was not meant to be. Three of us got stuck in traffic on the infamous North Circular. We did arrive in time for the race, but couldn't find the start. When we eventually did, we started ten minutes or more behind the field, and in the end, conceded that the Cup was gone. Our fourth one not to make the start line turned round in frustration half way there. Not a very good day.

In the race itself, seen from a spectators point of view, Michael Cates ran a blinder to come home in 19th place in a time of 44.23. He was followed home by brother Paul in 47th spot with 49.17.

Further down the field, Steve Adams and Tom Everitt battled it out, with Steve just nudging Tom out by 27 seconds. They clocked 52.07 and 52.34 respectively.

Final two scorers, only six for team placings today, were John Few and Paul Smith. They battled it out most of the way round, with John coming home in 75th spot, and Paul in 80th. Well done lads

Our last two finishers were Glyn Sayer, under the weather with flu, and lastly Mark Holloway. Poor old Mark. I persuaded him to run to get the team of twelve, and when he saw that I wasn't even running, he must have been a bit surprised. Still, he did run, and with the aid of Nugent Richard running by his side, kept on gamely to clock 59.49 for this 110000 metre course.

As for Nugent, myself and Adrian Mole, neigh, Frost, I think we were all angry with ourselves, but at least both Adrian and Nugent had a run round. As for me, I was just so P!!! off, I wanted to go home. Still. There's always next year.

CONFUSED. WELL SO WAS I!

In the ladies race, there was also a bit of confusion. On Thursday before the race, none were running, then on the day, both Kate Merritt and Becky Griffiths turned up. Kate actually did run, but Becky decided to watch instead. Well done Kate for taking part anyway.

Report by SB

Race Result

1	M.Flannery	Woodford Grn	29.08
2	P.Jenkins	Puma TVH v	29.10
3	G.Reynolds	Ilford	29.14
15	M.Cates	Eton Manor	30.04
45	P.Cates	"	32.54
48	S.Jackson	"	33.47
51	I.Lambert	" v	33.59
62	K.Adams	"	34.33
72	S.Golding	" v	35.36
74	T.Everitt	" v	35.56
80	G.Sayer	" v	37.22
83	J.Few	" v	37.35
94	S.Beckett	" v	39.06
100	P.Brandon	"	41.50
104	A.Frost	" v	43.29
105	R.Payne	" v	43.42

Team Results 6 to score

1	Shaftesbury Barnet Harriers	25
2	Harrow a.c.	49
3	Woodford Grn & E.Ladies	70
4	London Irish	94
5	Hillingdon a.c.	104
6	Puma TVH	130
7	Verlea a.c.	135
8	Eton Manor a.c.	153
9	Queens Park Harriers	181
10	V.P.H.	182
11	Barnet & District a.c.	231
12	Enfield & Haringey a.c.	237
13	Loughton a.c.	291

Team of twelve to finish

Verlea	351
Hillingdon a.c.	660
Eton Manor a.c.	786

.....

Chingford League race Victoria Park Saturday 5th February 2000

Sadly, we were missing both Michael and Paul Cates along with Keith Adams today, so final league positions were going to be affected.

On the day though, there were several good performances.

First home for the "A" team was Steve Adams. His time of 29.33 gave him 61st place on the day, some twenty seconds or so in front of Ian Lambert, who scored second place for the club after finishing 70th.

Bob Pitcher was third scorer, followed at some interval by Steve Jackson, who suffered some sort of stomach problem whilst leading the clubs runners home. He did recover enough though to come home in 85th place. Final two scorers in the "A" team were Tom Everitt and John Few.

The "B" team was led home today by Adrian Frost, who is trying to get himself fit enough to break the 1 hour thirty minute barrier for a half marathon. Looks like the training is going well. He clocked 32.22 for 123rd place, twenty seconds or so ahead of Glyn Sayer in 131st. This pair were chased hard by another one getting fitter by the race, Paul, TAKE A BEATH, or should that be LAST GASP, Brandon. Yet again, a fine run from Paul saw him home in 139th place, a mere twenty seconds behind Glyn.

Fourth scorer for the "B" team was yours truly, Steve Beckett, who had a personal battle with Judy Marchant, making a rare appearance for the club nowadays. She out battled me along the final half mile or so. Well done Judy. Just behind us came Roger Payne who clocked a pb in 171st place. Final scorer for the men was Mick Fitzgibbon. He clawed his way round in what was for him a pw 36.39. Mind you, he hasn't been training all that hard, so that may account for this slow time.

Moving on to the ladies team, as said earlier Judy Marchant was first home in 168th place with a time of 34.59. She was 15th lady scorer today. Second scorer was Sacha Acknad, who is running very well at the moment. She chased Judy hard all the way, and did well to finish a mere one minute behind her. She clocked 35.59, yet another pb I believe to come home 17th lady on the day.

Supporting these today were Rachel Jagger, Kate Merritt, a very unfit Linda Bear and Theresa Persighetti, who finished 32nd lady, 34th, 39th and 41st respectively.

It also has to be said that we were, alas, also short on the ladies team today, with no Pam Ackland-Snow, out after a fall, Linda Mack, Becky Griffiths or Gail Brannan, so well done to all that competed to keep the flag flying for the club.

Report by SB

Today's men's race result

1	M.Armstrong	Guest	24.26
2	L.Mangleshot	Woodford	24.53
3	J.Kilsby	Guest	25.07
61	S.Adams	Eton Manor	29.33
70	I.Lambert	" v	29.54
74	R.Pitcher	" v	30.01
85	S.Jackson	"	30.35
107	T.Everitt	" v65	31.17
114	J.Few	" v55	31.43
123	A.Frost	" v40	32.22
131	G.Sayer	" v55	32.59
139	P.Brandon	"	33.19
168	J.Marchant	" L15	34.59
169	S.Beckett	" v	35.18
171	R.Payne	" v	35.42
175	S.Ackland	" L17	35.59
181	M.Fitzgibbon	" v50	36.39
204	R.Jagger	" L32	40.36
206	K.Merritt	" L34	40.39
211	L.Bear	" L39	42.17
213	T.Persighetti	" L41	42.54

Today's "A" team placing

1	Muswell Hill	105
2	Orion	178
3	V.P.H.	194
4	Enfield & Haringey	214
5	Verlea	214
6	Barnet	217
7	Woodford Grn & E.Ladies	268
8	Walthamstow	371
9	Trent Park	464
10	Eton Manor	511
11	Loughton	672

Results continued.....

Todays "B" team placing

1	Muswell Hill	299
2	Orion	301
3	Barnet	492
6	Eton Manor	914

Todays Vet's teams

1	Orion	139
2	Barnet	179
3	Woodford Grn & E.Ladies	221
8	Eton Manor	365

Todays Ladies teams

1	Barnet	30
2	Muswell Hill	43
3	Orion	71
6	Eton Manor	98

League positions after 7 races

"A" team

1	Muswell Hill	80
2	Enfield & Haringey	69
3	Orion	68
4	Woodford Grn & E.Ladies	59
5	Barnet	57
6	Trent Park	51
7	V.P.H.	45
8	Eton Manor	37
9	Walthamstow	30
10	Loughton	20
11	Verlea	17

"B" team

1	Orion	79
2	Muswell Hill	75
3	Barnet	68
6	Eton Manor	47

Veterans team

1	Barnet	78
2	Orion	74
3	Woodford Grn & Essex Ladies	72
6	Eton Manor	45

Ladies team

1	Orion	76
2	Muswell Hill	66
3	Eton Manor	64
4	Trent Park	62
5	Loughton	41
6	Enfield & Haringey	35
7	Barnet	30
8	Woodford Grn & Essex Ladies	18
9	V.P.H.	16
10	Verlea	15

INSTRUCTIONS FOR LIFE

This is what the Dalai Lama had to say on the millennium, all it takes is a few seconds to read and think.

1. Take into account great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: respect for self, Respect for others and Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realise you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good honourable life/ Then, when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to share immortality.
15. Be gentle with the earth.
16. Once a year, go some place you've never been be.
17. Remember that the best relationship is the one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

National Cross Country Results Stowe 26 February 2000

Match Report

A large contingent of local runners made their way to Stowe in Buckinghamshire for this years national, the course was in the grounds of a National Park and was very scenic with impressive buildings and large areas to cater for the crowds.

Yet again we managed to complete a mens team which is no mean feat but before I mention the race itself I must give the background to how we managed to get six finishers. With myself out of action for the race we had to rely on all six of our team attending and finishing, with the race less than 20 minutes away Keith was "somewhere on the motorway". With the race about to start he was "at the entrance", how did we survive before mobile phones? I was standing in the car park with vest & number already pinned and as Keith screeched to a halt he managed in a nano second to put the vest on and change into spikes and hared off to the start line just a few minutes after the gun with adrenalin pumping. As team dogsbody I duly parked his car - I shall come to this after the match report.

To see a race with nearly 1500 runners is a great sight and the leaders quickly came and went in this 7 mile two lap undulating course. Michael Cates had a good run and must be pleased with his placing, Steve had a strong run and made ground throughout the race with Ian a very respectable 974th place. Keith had sprinted like a maniac to catch up and paid for this in the later stages, nevertheless, he was less than two minutes behind Ian at the end and had a great run. John "shortcut" Few had another solid run with Glyn completing our team. We are officially the 109th best team in the country.

There were a lot of local runners and performance of the day was Jim Roche who finished 222nd, he must have been pleased with that run. On the team front VPH pipped Orion but Woodford Green showed that they are the strongest local club.

In the ladies race it was good to see Steph back and she produced a very good run to finish in 216th position, the other finisher for the Manor was a friend of Stephanie's. The course was very demanding and I felt very tired just watching everyone run round so I can sympathise with Sasha who was unable to complete the course.

Now to the interesting bit, after the race I was congratulating everyone when Keith said " can I have my mobile phone and wallet back?" I responded with "what mobile phone/wallet?". Apparently Keith had left them on the car roof before sprinting into the sunset and I had not heard him tell me . There followed a frantic search and rush to the officials before a lady from Stowe school confirmed they had been handed in, so all's well that ends well. I can say that this job is far too stressful, it is much easier just to turn up and run.

Finally myself, Glyn and Michael with some Orion runners stayed overnight in the market town of Brackley, which was good fun and rounded off a thoroughly enjoyable weekend. Senior Men result

Report by Steve Adams

ESSEX ROAD RELAYS SATURDAY 11TH MARCH, CHELMSFORD

Men's "A" team result

I.Lambert	21.58
S.Adams	22.29
N.Pitcher	22.13
P.Cates	20.57
M.Cates	20.05
K.Adams	22.23

Men's veterans result

T.Everitt	23.12
R.Pitcher	22.05
G.Sayer	24.43
J.Few	23.58

NATION CROSS COUNTRY CHAMPIONSHIPS RESULT

Race results

Name	Position	Time	Club
G Tromans	1	40.19	Coventry Godiva
I Hudspith	2	40.42	Morpeth AC
R Birchall	3	40.51	Birchfield Harriers
M.Cates	316	48.01	Eton Manor
Steve Jackson	879	55.13	Eton Manor
Ian Lambert	974	56.29	Eton Manor
Keith Adams	1084	58.16	Eton Manor
John Few	1200	60.31	Eton Manor
Glyn Sayer	1298	64.14	Eton Manor
Other local runners			
Jim Roche	222	46.56	VPH
Richard Newbold	288	47.38	VPH
Paul Filler	386	48.52	Orion
Andy Vince	446	49.40	Orion
Tony Lashmare	451	49.46	Orion
Quinn Broadbent	480	50.04	Orion
Dave Brock	563	51.06	Orion
Jim Dawson	680	52.26	Orion
Belgium Guest	744	53.19	Orion (cheats)
Jim Whiffen	821	54.21	Loughton
Kevin Wood	910	55.29	Dulwich
Paul Cressy	916	55.36	Orion
Mick Wells	1055	57.50	Orion
Peter Deadman	1138	59.13	Orion
John Hart	1157	59.38	Loughton
P Young	1219	61.05	Loughton
John Clark	1248	62.04	Orion

1418 runners finished.

Team Event

Position	Club	Points
1	Tipton	141
2	Morpeth AC	190
3	Birchfield	260
38	W/Green	2310
45	VPH	2738
53	Orion	3281
72	Trent Park	4118
93	Dulwich	5075
109	Eton Manor	5734

Senior Ladies result

T Krzywicki	1	27.21	Charnwood
Steph Baxter	216	36.09	Eton Manor
Steph's friend!	284	38.31	Eton Manor

397 runners finished.

122 teams completed.

**CHINGFORD LEAGUE
5K EASTWAY
TUESDAY 7TH MARCH 2000**

Tonight's Race Result

1	L.Mangleshot	W'grn & E.L	15.48
2	S.Maxwell	" "	15.55
3	R.McCormick	Trent Park	15.56
16	M.Cates	E.Manor	16.36
57	S.Jackson	"	18.37
59	I.Lambert	" v	18.40
62	R.Pitcher	"	18.42
77	K.Adams	"	19.06
79	S.Adams	"	19.10
93	T.Everitt	" v65	19.55
103	J.Few	" v55	20.27
107	P.C.Smith	"	20.36
110	A.Frost	" v	20.46
111	G.Sayer	" v55	20.48
125	P.Gandy	"	21.33
130	P.Brandon	"	21.54
134	M.Holloway	"	22.10
135	N.Richard	"v	22.12
136	M.Fitzgibbon	" v50	22.13
145	S.Ackland	" L14	22.36
149	R.Payne	" v45	22.59
155	B.Griffiths	" L20	23.35
162	G.Brannan	" L24	24.17
174	P.A-Snow	" L30	26.01
175	L.Bear	" L31	26.03
177	T.Persighetti	" L33	26.29
179	K.Merritt	" L35	

Tonight's "A" team result

1	Muswell Hill	75
2	Woodford Grn & E.Ladies	103
3	V.P.H.	181
9	Eton Manor	350

Tonight's "B" team result

1	Muswell Hill	217
2	Orion	369
3	V.P.H.	418
4	Eton Manor	649

Tonight's "Vet's" team result

1	Woodford Grn & E.Ladies	134
2	Orion	148
3	Barnet	164
5	Eton Manor	317

Tonight's womens team result

1	Muswell Hill	23
2	Verlea	26
3	Orion	52
5	Eton Manor	88

Men's Final "A" team table

1	Muswell Hill	92
2	Enfield & Haringey	77
3	Orion	77
4	Woodford Grn & E.Ladies	70
5	Barnet	63
6	Trent Park	58
7	V.P.H.	55
8	Eton Manor	41
9	Walthamstow	33
10	Loughton	22
11	Verlea	22

Men's Final "B" team table

1	Orion	90
2	Muswell Hill	87
3	Barnet	76
4	Enfield & Haringey	64
5	Trent Park	58
6	Eton Manor	56
7	Woodford Grn & E.Ladies	53
8	V.P.H.	37
9	Loughton	26
10	Walthamstow	17
11	Verlea	10

Men's Final "Vets" team table

1	Barnet	88
2	Orion	85
3	Woodford Grn & E.Ladies	84
4	Enfield & Haringey	65
5	Trent Park	60
6	Eton Manor	53
7	Loughton	44
8	Muswell Hill	39
9	V.P.H.	39
10	Walthamstow	32
11	Verlea	21

Final Ladies team table

1	Orion	86
2	Muswell Hill	78
3	Eton Manor	72
4	Trent Park	67
5	Loughton	47
6	Enfield & Haringey	39
7	Barnet	30
8	Verlea	26
9	V.P.H.	25
10	Woodford Grn & E.Ladies	18

.....

**PHYSICAL SHIELD RELAYS, LOUGHTON,
THURSDAY 28 MARCH 2000**

A great turnout for the club tonight. We fielded four men's and two ladies teams. Better than all the other clubs for yet another year.

Paul Cates led off the "A" team clocking 9.38 and handing over to brother Michael, who ran dead on 9 minutes. This pair were ably supported by Bob Pitcher who ran 10.04 and Ian Lambert who clocked 10.15.

On the night, Steve Adams was close to getting in the A's, but team selection for relays is always tough. Hence he had to settle for fastest scorer in the "B" team. His time matched that of Ian Lambert though. A matter of two seconds covered the second, third and fourth scorers in this team. Paul Smith came out ahead of Tom Everitt and John Few.

One of the best runs from the men was Adrian Frost in the "C" team, who recorded 10.48, a time which should have seen him in the "B" team. Alas, yet again a tough decision made by the team selector. Does his job get any easier. You bet your life not.

Moving on to the ladies. Which I am always ably and happy to do!!!

Gail Brannan led the "A" team off, running a sound 12.59, and handing over to new member, Zoe Woodward, making her debut for the club

I think Zoe must have wondered what she let herself in for here tonight. We've got to run up that hill twice? Are you sure about that? These were the polite questions/comments. Still, she donned her racing togs, and legged it round to record 13.21. I think there's a lot of improvement to come here. Well done Zoe.

Third home was Linda Bear, who, still smiling at the end, clocked a commendable 13.01. Perhaps she'll get back to her fitness of last year soon, now that she has started training again?

Final scorer, running the anchor leg, was Sacha Achland. Her time of 12.18 was yet another pb I believe, and was the fastest leg for the club tonight.

The ladies "B" team was one runner short, but good runs from Kate Merritt, Theresa Persighetti and Pam Ackland-Snow saw them in the thick of the action all the way round.

Well done to all that took part, and to those of you that did this race for the first time, don't be put off. It gets harder next time!!!! Or at least it seems so.

Report by SB

MENS RESULTS

1	V.P.H	35.44		
2	V.P.H 'B'	38.21		
3	Eton Manor	38.57	P Cates	9.38
			M Cates	9.00
			R Pitcher	10.04
			I Lambert	10.15
4	Orion	39.30		
5	Walthamstow	40.51		
10	Eton Manor 'B'	43.32	S Adams	10.15
			P Smith	11.04
			J Few	11.07
			T Everitt	11.06
11	Eton Manor 'C'	44.43	G Sayer	10.58
			M Fitzgibbon	11.25
			P Gandy	11.32
			A Frost	10.48
12	Eton Manor 'D'	46.40	M Holloway	11.37
			P Brandon	11.00
			R Payne	11.55
			S Beckett	12.08
	Also		M Kashmiri	16.46

LADIES RESULTS

2	Eton Manor	51.39	Gail Brannen	12.59
			Zoe Woodward	13.21
			Linda Bear	13.01
			Sacha Ackland	12.18
	Also		Kate Merritt	14.16
			Theresa Persighetti	14.02
			Pam Ackland-Snow	13.41



WINTER APPEARANCE CUPS 1999/2000

The men's competition this year saw two runners competing in all scoring races for a maximum total points.

Remarkably, Glyn Sayer, adding to last years winning performance, thus going through two Winter seasons without missing a scoring race. Well done Glyn.

Sharing this years success was our new mister consistent, John Few. Well done to you also.

The final table was as follows:-

1=	J.Few	78
1=	G.Sayer	78
3	I.Lambert	69
4	M.Cates	68
5=	S.Jackson	66
5=	T.Everitt	66
7	S.Adams	63
8	S.Beckett	61
9	P.Cates	60
10	K.Adams	59
11	P.Brandon	57
12	R.Payne	55
13	M.Fitzgibbon	54.5
14	A.Frost	43
15	M.Holloway	41
16	R.Pitcher	40
17	P.C.Smith	39
18	G.Smith	38.5
19	N.Richard	38
20	P.Gandy	32
21=	F.Cattell	16
21=	B.Smith	16

15 races possible for a maximum 78 points

Staying free of viruses and injuries does have some say in this competition, so other runners might have made all the scoring races, but for these reasons. The next four in the table, Ian Lambert, Michael cates, Steve Jackson and Tom Everitt all only missed two races. Also, Steve Adams, Steve Beckett and Paul Cates missed just three races.

Several others missed out due to arriving after a race started.

So come on lads, give this a go next Winter season. Basically all you have to do is turn out (EARLY) and finish!!!!

Make this your target for 2000/2001.

The ladies winner was Kate Merritt, who only missed one race, followed by Pam Ackland-Snow, who missed two. Sacha Acklnad was third, having missed just three.

Honourable mentions also to Gail Brannan and new member Theresa Persighetti in her first ever year of competing for the club, and completing six races.

The final table was as follows:-

1	K,Merritt	69
2	P.Ackland-Snow	62
3	S.Ackland	58
4	G.Brannan	48
5	T.Persighetti	32
6=	R.Jagger	26
6=	B.Griffiths	26
6=	L.Bear	26
9	J.Marchant	12
10	S.Linklett	10

14 races possible for a maximum 73 points

The same comment as applies for the men re - injuries and viruses also applies for the ladies.

Pam Ackland-Snow was a major sufferer this year.

Let's hope everyone can make this their challenge for the coming season.

Congratulations to Kate, John and doubly to Glyn, on an outstanding achievement.

.....

**1st Assembly League
Race - Blackheath
Thursday 6th April 2000**

The first race of the new season got off to a flyer for the club. The field was depleted by the fact that several runners from various clubs were probably saving themselves for the London Marathon, but take nothing away from our result. You can't win if you don't take part. Although not winning, it was our highest team placing for some years.

POOR RUN

Michael had not such a good run tonight, hence his finishing place of Eighth. He would probably have won, as the actual race winner Jim Roche is normally beaten by Michael. Alas, this wasn't to be, and Michael had to settle for a mediocre run by his standards.

Second home for the club was Paul Cates in 19th place with a time of 17:25. Apparently, he and Steve Jackson, along with Ian Lambert battled it out all the way round, but Paul proved to be the stronger, with Steve out sprinting Ian for the final "A" team position.

Second home in the "B" team after Ian was Steve Adams, who got the better of brother Keith for the first time in a little spell.

ROGER THE ROBBER FLYS

Another good run to mention for the men was Roger Payne, who smashed his PB, and in doing so took a massive eighteen points in the handicap table. This will take some pegging back. Well done Roger.

I think the handicapper will have your measure now, eh what!!!

NOT A LOT

The ladies team were a little short on numbers tonight, but they all did the club proud. Sacha Ackland led them home, in a PB time, chased hard all the way by Zoe Woodward, making her debut race for the club. Well done both of you. I believe we will see a few battles here during the coming months.

Final scorer in the "A" team was Kate Merritt, who got the upper hand on Teresa Persighetti tonight. This was a hard fought race for both of them, and once again, I can visualise a few more hard fought races coming up.

Well done to all others who competed tonight, and also to Peter Gandy who turned out to shout us on.

Race report by SB

Tonight's race result

1	J.Mays	Kent A.C.	15.34
2	J.Roche	V.P.H.	15.39
3	M.Healey	Kent A.C.	15.50
8	M.Cates	Eton Manor	16.19
19	P.Cates	"	17.25
23	S.Jackson	"	17.45
24	I.Lambert	"	17.47
35	S.Adams	"	18.30
41	K.Adams	"	18.54
45	T.Everitt	"	19.12
50	J.Few	"	19.36
53	P.C.Smith	"	19.44
57	P.Brandon	"	20.06
59	N.Richard	"	20.22
60	G.Sayer	"	20.29
61	M.Fitzgibbon	"	20.33
63	M.Holloway	"	20.50
67	R.Payne	"	21.54
69	S.Beckett	"	22.11
70	S.Ackland	" L6	22.32
73	Z.Woodward	" L11	23.13
77	K.Merritt	" L12	25.32
78	T.Persighetti	" L13	25.57

Tonight's "A" team placing

1	Kent A.C.	16
2	V.P.H.	39
3	Eton Manor	74
4	Dulwich Runners	109
5	Dartford	121
6	Stock Exchange	122
7	Ravensbourne	153
8	Cambridge Harriers	182
9	Forbanks	325
10	Davis Langden & E	326

Tonight's "B" team placing

1	Kent A.C.	64
2	V.P.H.	105
3	Eton Manor	171
4	Dartford	239
5	Ravensbourne	244

Tonight's Ladies teams

1	Dulwich runners	6
2	Eton Manor	27
3	Dulwich Rnrs B	27
4	Kent A.C.	31
5	V.P.H.	32
6	Eton Manor B	43
7	Ravensbourne	44



**1st Men's Southern League
Track and field
Walthamstow
Saturday 6th May 2000**

What an occasion. Six years in the wilderness, and finally, here we were again. Back doing track and field athletics. Today was to be the beginning. What was round the corner no one knew. What I, and many others knew was that we had to start from the bottom. Whatever the result from today, we were back on the ladder, competing, and that was all that counts for the present. Many were, and indeed, felt, that it had to be a club effort, and that all members that supported the resumption of track and field at the A.G.M. this year had to make an effort to turn out and support everyone on the day.

I am pleased to say this was the case. A full turnout, not only of competitors and officials, but also supporters..... we were off. The race was on. Now for the finish line!!!!!!!

I won't spend too long talking of the events today, as time is pressing. What I will say is that the right spirit was shown by several members. Notably Musse, who had goes at several of the field events, Peter Gandy, who's performance in both the hurdle race's were something else, and Paul Brandon, who was supposed to have competed in the 100 meters sprint. Although standing by the start line, he managed to miss the start. How you may ask? Only Paul can tell you that. Still, we had a laugh about it afterwards. I don't think it will happen again, will it Paul?

I should take time to mention the helpers today, because taking part as a competitor wouldn't be possible without the time keepers etc. So many thanks to Kate Merritt, Pam Ackland-Snow, Graham North, Sarah and Paul Linklett and anyone else who helped out. Well done.

Today's results

400 meters hurles	A string	K.Adams	3 rd	77.5
	B string	P.Gandy	2 nd	71.7
100 metres	A string		1 st	11.9
	B string		na	
800 meters	A String	M.Cates	1 st	2.07.2
	B string	P.Cates	2 nd	2.15.3
5000 metres	A string	I.Lambert	2 nd	18.46.8
	B string	S.Adams	2 nd	19.52.1

400 metres	A string	A.Vince	3 rd	59.9
	B string	P.Brandon	3 rd	66.8
110 metres hurdles	A string	K.Lewis	3 rd	26.8
	B string	P.Gandy	3 rd	23.8
200 meters	A string		1 st	24.3
	B string	A.Vince	2 nd	26.7
1500 metres	A string	P.Filler	2 nd	4.31.8
	B string	P.Cates	2 nd	4.49.3
4 x 100 relay		Team	1 st	46.8
3000 steeple chase	A string	M.Cates	1 st	10.44.0
	B string	K.Adams	2 nd	12.35.2
4 x 400 relay		Team	3 rd	4.05.8
Hammer	A string	M.Kashmiri	4 th	11.10
	B string	P.C.Smith	4 th	9.26
Javelin	A string	K.Lewis	1 st	46.29
	B string	P.Cates	4 th	16.42
Shot put	A string	P.Cates	4 th	7.06
	B string	P.C.Smith	4 th	6.53
Discus	A string	P.C.Smith	4 th	15.73
	B string	M.Kashmiri	4 th	10.57
High Jump	A string	D.Lawal	2 nd	1.70
	B string	P.Gandy	3 rd	1.10
Pole vault	A string	K.Adams	3 rd	2.20
	B string	K.Lewis	2 nd	2.20
Long Jump	A string	G.Sanoga	2 nd	6.32
	B string	P.Brandon	3 rd	4.22
Triple Jump	A string	G.Sanoga	2 nd	12.27
	B String	P.Gandy	3 rd	9.23

Well done everyone and thanks for your support.



Snapshots from our return to track and field athletics at Walthamstow on Saturday 6th May 2000.



Club members enjoying the heat wave on this scorcher of a day.

Ian Lambert contests the 1500 metres at Walthamstow.



“Ok, I’ll do the “B” string pole vault if Keith Adams doesn’t want to” says Tom Everitt.

Guess what’s wrong with this statement?

Tonight's "A" team placing

1	Stock exchange	32
2	V.P.H.	45
3	Kent A.C.	45
4	Eton Manor	70
5	Dulwich Runners	113
6	Dartford	129
7	Cambridge Harriers	186
8	Imperial Colledge	197
9	London P.O.	241
10	Ravensbourne	252
11	Davis L & E	350

Tonight's "B" team placing

1	V.P.H.	129
2	Kent A.C.	159
3	Eton Manor	175
4	Stock Exchange	220
5	Ravensbourne	329

Tonight's Ladies teams

1	Dulwich runners	6
2	V.P.H.	22
3	Eton Manor	34
4	Kent A.C.	36
5	V.P.H. "B"	42
6	Eton Manor B	51
7	Dulwich Runners "B"	58

"A" team placing after 2 races

1	Kent A.C.	22
2	V.P.H.	22
3	Eton Manor	19
4	Stock Exchange	19
5	Dulwich Runners	17

"B" team placing after 2 races

1	Kent A.C.	23
2	V.P.H.	23
3	Eton Manor	20
4	Dartford	16
5	Ravensbourne	16

Ladies team placing after 2 races

1	Dulwich Runners	24
2	Eton Manor	21
3	V.P.H.	19
4	Kent A.C.	18
5	Dulwich Runners "B"	17
6	Eton Manor "B"	13

**CLUB GRADED 800 METRES
IVE FARM
TUESDAY 16TH MAY 2000**

There was a good turn out for this training night inter-club race. Run at the Ive Farm , times were going to be a bit down on those run on all weather tracks because of the Farm's cinder track.

Still, there were some well satisfied runners afterwards, which goes to show you don't need all weather surfaces to get a pb. Although to be fair, it does help???

Well done everyone. Lets see what you do next time around.

Race 1

M.Cates	2.19
P.Cates	2.24
S.Adams	2.29
K.Adams	2.30
S.Jackson	2.31
I.Lambert	3.32
M.Fitzgibbon	2.35

Race 2

P.Brandon	2.35
A.frost	2.40
P.Gandy	2.42
J.Few	2.48
P.C.Smith	2.56
R.Payne	2.59
M.Holloway	3.01
M.Kashmiri	3.37

Race 3

S.Ackland	3.13
G.Brannan	3.24
P.Ackland-Snow	3.38
K.Merritt	3.41
T.Persighetti	3.44
C.Watson	3.46
S.Linklett	4.49



England Euro 2000 jokes.

Q: Why aren't the England football team allowed to own a dog?
 A: Because they can't hold on to a lead.

Q: Why is the England team different from the Millenium bridge?
 A: You can't walk all over the Millenium bridge.

Q: Why is the England team different from an episode of Mastermind?
 A: You get passes on Mastermind.

Q: What's the difference between the England team and a tea bag?
 A: The tea bag stays in the cup longer.

Q: What's the difference between a packet of sellotape and Phil Neville?
 A: One's a glue less kit.

Oxo were going to bring out a Euro 2000 commemorative cube, painted red, white and blue, in honour of the England squad. But it was a laughing stock and crumbled in the box.

Last night at 9:28 BST, scientists at the British Geological Survey recorded an earthquake measuring 4.7 on the Richter Scale. The tremor, which was detectable throughout the world, had its epicentre in England and is thought to have been caused by 21 million people shouting the word w*nker simultaneously.



"Disorder in the Court."

The following are genuine questions and answers given in court cases. What a laugh!!!!

Q: What is your date of birth?
 A: July fifteenth.
 Q: What year?
 A: Every year

Q: What gear were you in at the moment of the impact?
 A: Gucci sweats and Reeboks.

Q: This myasthenia gravis, does it affect your memory at all?
 A: Yes.
 Q: And in what ways does it affect your memory?
 A: I forget.
 Q: You forget. Can you give us an example of something that you've forgotten?

Q: How old is your son, the one living with you.
 A: Thirty-eight or thirty-five, I can't remember which.
 Q: How long has he lived with you?
 A: Forty-five years.

Q: And where was the location of the accident?
 A: Approximately milepost 499.
 Q: And where is milepost 499?
 A: Probably between milepost 498 and 500.

Q: Sir, what is your IQ?
 A: Well, I can see pretty well, I think.

Q: Do you know if your daughter has ever been involved in voodoo or the occult?
 A: We both do.
 Q: Voodoo?
 A: We do.
 Q: You do?
 A: Yes, voodoo.

Q: Trooper, when you stopped the defendant, were your red and blue lights flashing?
 A: Yes.
 Q: Did the defendant say anything when she got out of her car?
 A: Yes, sir.
 Q: What did she say?
 A: What disco am I at? (Must have been a blond)

Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

"Disorder in the Court." continued...
The questions just get dafter.

Q: The youngest son, the twenty-year old, how old is he?

Q: Were you present when your picture was taken?

Q: So the date of conception (of the baby) was August 8th?

A: Yes.

Q: And what were you doing at that time?

Q: She had three children, right?

A: Yes.

Q: How many were boys?

A: None.

Q: Were there any girls?

Q: You say the stairs went down to the basement?

A: Yes.

Q: And these stairs, did they go up also?

Q: How was your first marriage terminated?

A: By death.

Q: And by whose death was it terminated?

Q: Can you describe the individual?

A: He was about medium height and had a beard.

Q: Was this a male, or a female?

Q: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

A: No, this is how I dress when I go to work.

Q: Doctor, how many autopsies have you performed on dead people?

A: All my autopsies are performed on dead people.

Q: All your responses must be oral, OK? What school did you go to?

A: Oral.

Q: Do you recall the time that you examined the body?

A: The autopsy started around 8:30 p.m.

Q: And Mr. Dennington was dead at the time?

A: No, he was sitting on the table wondering why I was doing an autopsy.

Q: Are you qualified to give a urine sample?

This one's a gem.

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No.

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No.

Q: So, then it is possible that the patient was alive when you began the autopsy?

A: No.

Q: How can you be so sure, Doctor?

A: Because his brain was sitting on my desk in a jar.

Q: But could the patient have still been alive nevertheless?

A: Yes, it is possible that he could have been alive and practising law somewhere.

As the saying goes, That's all folks.....

.....

**DOCKLANDS LIGHT RAILWAY
5 MILE ROAD RACE
ISLE OF DOGS
SUNDAY 14TH MAY 2000**

Eighteen runners from the club supported this annual race, managed by Dan Denham, one of the clubs older, as defined in time, not age, members.

RECORD RACE NUMBERS

This was a magnificent result for Dan, as numbers had increased by nearly three hundred percent from previous years. Well done Dan.

In the race itself, Michael Cates was our leading scorer(I bet you didn't guess that?). he clocked 27.08 for third place, a mere 12 seconds behind the winner. "I wasn't running to form" was Michael's comment afterwards, stating that he should have won. Alas, he didn't, so next year we expect Michael!!

Second man home was Ian Lambert, who beat off Steve Jackson, Steve and Keith Adams along with Paul Cates to take this spot. A compact thirty four seconds separated this quartet at the finish.

**VETS PACK
(OR SHOULD THIS BE BRAT PACK)**

Further down the field our veteran men section packed the mid order placings, with Tom Everitt(14th)holding off John Few(24th), Glyn Sayer(25th), Nugent Richard (31st)and Peter Kearsy(41st) in that order.

THERE'S A TURNUP FOR THE BOOKS

There was a surprise in the ladies race, as Sacha Ackland dropped out before halfway feeling ill("I had my breakfast too late", she told us afterwards). This left the door open for Gail Brannan to lead our girls home.

She clocked a very respectable 37:50 for the five mile course, and was egged on by yours truly, who kept telling her to keep going, as Sacha had not got passed her yet. We didn't know that she wasn't still in the race, so the egging on did the trick, but Gail got to the finish line to find Sacha sitting on the wall. She told me later that Sacha must have run a blinder, as she didn't remember her passing us at any stage. I'm not certain what she thought when she saw her at the end, but flabbergasted comes to mind!.

Well done anyway gail. Was this a pb?

Moving on, and the second lady in for the club was Kate Merritt, who had to fend off both Pam Ackland-Snow and Theresa Persighetti, with only twenty three seconds covering them at the line. It must have been hard work for all of them, bearing in mind they are all running at about the same standard at present. They alternate who wins at present, so until they cross the line, the knives are out.

Last but not least, final mention to Musse and Sarah. This pair are having personal battles to get fit, and it seems to be paying off. Musse clocked 45:55, whilst Sarah ran a cracker to record 56:52, a pb I think? I'll have to check though.

Well done everyone for supporting Dan's annual race. Look forward to next year.

Report by SB

Race result

1	R.McCormick	Trent Park	25.56
2	B.Rankilor	U/a	27.06
3	M.Cates	Eton Manor	27.08
5	I.Lambert	" v40	29.00
7	S.Jackson	"	30.39
8	S.Adams	"	30.44
10	K.Adams	"	31.05
11	P.Cates	"	31.13
14	T.Everitt	" v65	31.33
24	J.Few	" v55	33.14
25	G.Sayer	" v55	33.29
31	N.Richard	" v40	34.15
41	P.Kearsy	" v65	35.26
59	G.Brannan	" L	37.50
61	S.Beckett	" v45	37.53
100	K.Merritt	" L	42.35
101	P.A-Snow	" L	42.45
102	T.Persighetti	" L	42.58
116	M.Kashmiri	"	45.55
149	S.Linklett	" L	56.52



