



# Eton Manor A.C.

Established 1913

Affiliated to A.A.A. 1920

Life President: George

Issue 20 April 2001

## 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

Men's Track & Field captain:  
Steve Adams  
13, Lena Kennedy Close  
Highams Park  
Chingford E4 9EZ

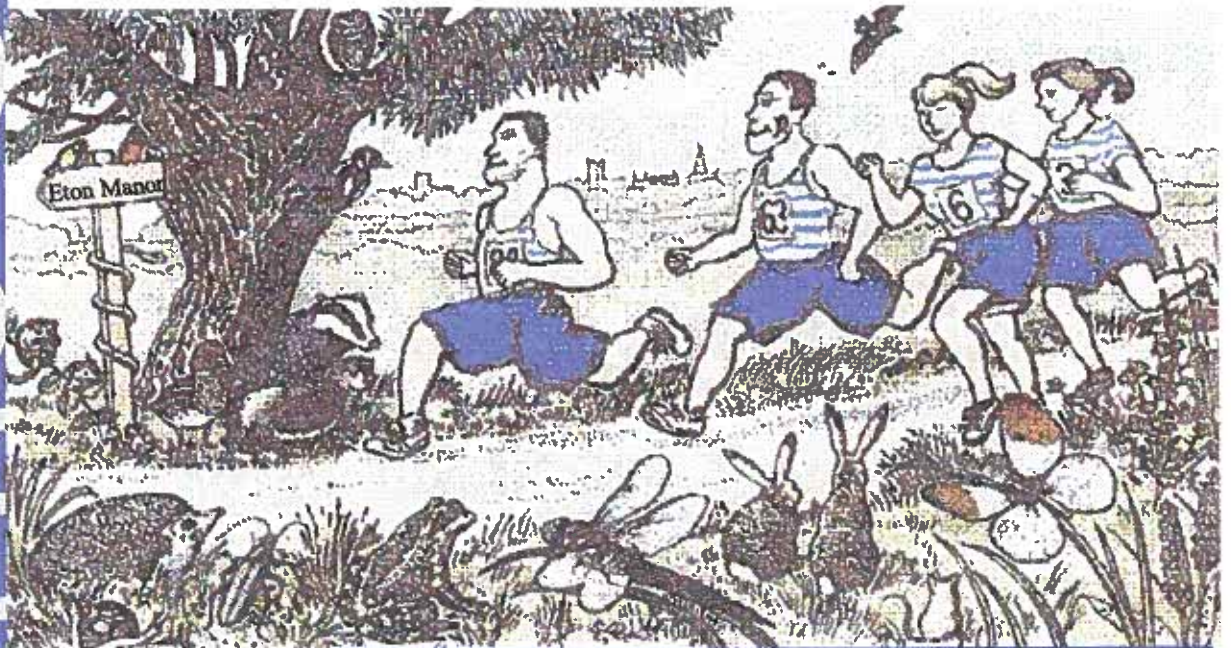
Road Running Sec &  
Men's Captain:  
Tom Everitt  
25, Chadwick Rd  
Leytonstone E11

Women's 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 will be published twice yearly, in April and September, 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.

The Gazette is now back on tracks, But, and this is a big But, I still need YOU to do write ups.

PLEASE PLEASE PLEASE



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



The next phase has started. The kitchen is underway. Nearly complete in fact as I pen this note. Also, we have had a couple of flood lights put up outside. These were meant to light up the car park at the side of the club house. Unfortunately, the councils electrical contactors cocked it up. Hence, they do nothing to help us at all. I will keep you posted on this.

Tom Everitt has promised to do the painting in the kitchen by the way, so watch 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 **Tom Everitt** 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. Most of the time, a few of us meet at the club to go to races together. This helps out as well.

This Summer



A special note for the Women's section.

The team events rely on good turnouts. This year the women's teams are entered in the Southern league track and field. The club needs all of your help to get this going.

Get your spikes out, or, if you don't want to compete, how about helping to officiate. I will be running a short course to show willing helpers what they can do to help at these meetings.

I will put a notice up on the notice board. Look out for it.

**Be there for the Club.** Help your section be a better success than last year.

Those that have been turning out, to date, well done, and keep it going.

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 more new members.

**FANCY COACHING**

Anyone else interested in taking coaching courses, or even track and field judging, time keeping etc, please let Steve Beckett know.

The club will pay for anyone wishing to do coaching courses, and you never know, you may find this is your way to make an impact on the club?

**SENIOR MEMBERS 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.**

Also, there are business cards available. Come on, give a few cards out.

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

**PLEASE** take some and help out. This really will help. It isn't a waste of time, and will only cost you an hour or so. Or, perhaps you can get your kids to help.

**Youngsters sessions**

We start these again on 3<sup>rd</sup> April 2001. This year though, we cannot let them close for the winter.

Every effort must be made to ensure that the kids section is now permanent. If you can help out at the 6:30 sessions, please let Peter Gandy know, or just turn up. Help is always welcomed.

As for lighting. This will be sorted for next winter. Perhaps even use of an indoor hall may be possible. I will keep you posted.

**Club members photo**

On **Tuesday May 15<sup>th</sup>**, a club photo shoot will take place at the clubhouse. Please be there for 7:15pm latest so that we can get the photo shoot done before training. **Also, please wear your club colours, ie, singlet, tee shirt or sweat top.** It would be much appreciated if everyone makes the effort to be there, as it is a club photo.

Your help in this matter will be most welcome. **Please be there.**

## Chingford League - race 5 5 mile cross country - Claybury Saturday 16<sup>th</sup> December 2000

It's not usually possible to write a race report from the finishing position of 140<sup>th</sup>, but as this was a 3-circuits route I was lapped by over half our men's team, and of course all the other front runners.

The runner who presumably steamed into eventual first place was well ahead of anyone else when I sidestepped the tail wind as he passed. He was so far in front at that stage it was possible to speculate he was on a particularly enthusiastic solo training run.

The first Eton Manor runner to zip past was Michael Cates - not a great surprise there, although I was well impressed that he had sufficient breath to say hello as he passed. Next along was Paul Cates, head down and looking determined, with a gap before Steve Jackson strode by equally vigorously. Keith Adams provided an impromptu cabaret, singing "Mud, mud, glorious mud" as he sloshed happily (?) onwards. I only recognized Ian Lambert's flying heels, possibly because of the interesting mud veneer he was wearing, a makeover style not as yet featured on BBC TV's "Looking Good," and captured so evocatively on camera at the end of the race.

Last of our front group witnessed was Steve Adams, not in such fine voice as his brother, but coping with the terrain just as efficiently. I can also report, with great relief, that none of our 'gentlemen' were witnessed in the unseemly act of vigorous dribbling, a disturbing runners' characteristic I'd not noted before.

The offending runners had dripping jowls like the Hounds of the Baskervilles...

Elsewhere on the course, the finish times for the eight other Eton Manor runners showed quite a wide range of race paces, so if there was any competitive spirit alive beyond the desire to stay vertical it must have been targeted on members of other clubs. The steward at the start greeted us with the news that the course began by descending the hill "and then straight through the water feature." This turned out to be a temporary lake, so characteristic of this year's aquatic cross country season. The entire course was a combination of mud slides, soggy bits, bleak views and murderous brambles.

Graham North did a spectacular aqua-planing across a puddle quite early in the race, and showed his usual grit by pressing on regardless to a soggy finish.

The scratches on Kate Merritt's arms at the end looked like she'd had an encounter with a passing lion. A senior member of another club asked me where Tom Everitt was: he had not bottled out, but was in a Vet's race elsewhere that day.

A cracking Saturday afternoon out, eh? Well done to everyone for tackling the challenging conditions, and special thanks to Steve and Pam for cheering us on through thick (mud) and thin (lakes).

Report by Teresa P.

Race results follow.....

**Chingford League - race 5  
5 mile cross country -  
Claybury  
Saturday 16<sup>th</sup> December 2000**

**Todays men's result**

1	R.Malseed	Guest	25.44
2	M.Muir	Guest	26.08
3	J.Roche	VPH	26.14
32	M.Cates	E.Manor	29.08
37	P.Cates	"	29.44
47	S.Jackson	"	30.44
52	K.Adams	"	31.08
57	I.Lambert	" v	31.29
62	S.Adams	"	32.06
88	J.Few	" v55	35.58
93	M.Edwards	" v45	37.00
108	R.Payne	" v45	42.39
111	S.Beckett	" v45	44.14
113	G.North	" v50	51.13

**Todays Women's result**

1	M.Hoyle	Barnet	31.06
2	H.Stubb	W'Gm & EL	33.54
3	J.Williams	Orion	34.28
13	S.Ackland	E.Manor	39.41
17	K.Merritt	"	41.38
22	G.Brannan	"	43.28
28	T.Persighetti	"	50.29

**Todays Men's "A" team places**

1	Barnet	93
2	Orion	143
3	VPH	155
6	Eton Manor	287

**Todays Men's "B" team places**

1	Barnet	247
2	Orion	366
3	VPH	508
5	Eton Manor	627

**Todays Men's veterans team places**

1	Barnet	83
2	Orion	225
3	Loughton	241
8	Eton Manor	346

**Todays Women's team places**

1	Orion	40
2	Trent Park	42
3	Barnet	49
6	Eton Manor	80

**League tables after 5 races**

**Men's "A" team**

1	Barnet	58
2	Orion	54
3	VPH	48
6	Eton Manor	37

**Men's "B" team**

1	Orion	59
2	Barnet	55
3	Eton Manor	42

**Men's veterans team**

1	Barnet	56
2	Orion	55
3	Trent Park	42
7	Eton Manor	30

**Women's team**

1	Orion	59
2	Loughton	48
3	Trent Park	46
5	Eton Manor	42

Ian Lambert, seen posing for the camera after his trip. I wonder who's doing the washing tonight?



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**BATON RELAY –  
Tuesday 19<sup>TH</sup> December 2000**

It was nice to see old members John Bowles and Janet Dejesus pay us a visit for the annual Xmas event. John having a 2hr 27min London Marathon to his credit and Janet being our first and only lady member in the late 1970's.

The rain kept away for the race and with 3 teams less than last year the nine first leg runners, mainly the ladies, got under way. All going flat out, it went pretty much as expected, Carol Davis handing over first for 'Baba-Bings' (don't ask) 22 seconds ahead of 'Ack & Jacks' Sacha Ackland, then 13 seconds later 'PG Tips' Zoe Woodward. The next five teams spread over a one-minute span only RH Pos's Graham North who

sweated blood for his 12.26 clocking (sorry Nosh).

Steve Beckett held the lead for Baba-Bings with Glyn Sayer moving PG Tips up to second place only one second adrift, Ack and Jacks dropping to third with Roger Payne just 38 seconds back. Mick Fitzgibbon (mind that car) the fastest second leg runner making up RH Pos's leeway slightly.

With the fastest boys champing at the bit for the last leg, PG Tips's Peter Gandy immediately stormed past Baba-Bings's Tom Everitt up the hill to go into the lead and maintain this to the finish. Ack & Jacks's Steve Jackson catching Tom at the mile marker for second place, Tom just holding on for third place team. There were only 38 seconds separating the next four

teams, Saints, Lambertinis, Chevies and Hot Dogs in that order.

Second claimer Micky Wells for 'Musfargos', despite a slight detour en route to look at the new school, came home a minute later.

The fastest man on the night, Michael Cates, pulled a further one and a half minutes of RH Pos's leeway down to just three minutes.

Many thanks to the officials on the night, Pam Ackland-Snow, Paul Smith, Brian Last and Joan Everitt.

The post buffet was soon devoured, Jean Smith's hotdogs a great success, and rounded off with a few or more pints in the Wakefield.

Report by Tom Everitt

1 PG Tips	22.32	Z Woodward (3)	8.19	G Sayer (2)	7.18	P Gandy (1)	6.55
2 Ack & Jacks	22.45	S Ackland (2)	8.06	R Payne (3)	8.09	S Jackson (2)	6.30
3 Baba Bings	22.50	C Davis (1)	7.44	S Beckett (1)	7.52	T Everitt (3)	7.14
4 Saints	22.58	T Persighetti (7)	9.08	J Few (5)	7.17	S Adams (4)	6.33
5 Lambertinis	22.59	G Brannan (4)	8.37	N LeSurf (4)	7.46	I Lambert (5)	6.36
6 Chevies	23.03	K Merritt (5)	8.52	H Dupreez (6)	8.02	P Cates (6)	6.09
7 Hotdogs	23.36	G Smith (8)	9.21	M Holloway (7)	7.39	K Adams (7)	6.36
8 Musfargo	24.31	M Kashmiri (6)	9.05	B Griffiths (8)	8.21	M Wells (8)	7.18
9 RH Pos	25.38	G North (9)	12.26	M Fitzgibbon (9)	7.16	M Cates (9)	5.56

**Fastest:**

<b>Men</b>	1 M Cates	5.56	<b>Ladies</b>	1 C Davis	7.44
	2 P Cates	6.09		2 S Ackland	8.06
	3 S Jackson	6.30		3 Z Woodward	8.19



**THE OLDIES ARE THE BEST!!!!!!**

**T**ired of constantly being broke, and stuck in an unhappy marriage, a young husband decided to solve both problems by taking out a large insurance policy on his wife (with himself as the beneficiary), and arranging to have her killed.

A "friend of a friend" put him in touch with a nefarious underworld-figure, who went by the name of "Artie."

Artie explained to the husband that his going price for snuffing out a spouse was 5,000 quid.

The husband said he was willing to pay that amount, but that he wouldn't have any cash on hand until he could collect his wife's insurance money.

Artie insisted on being paid SOMETHING up front.

The man opened up his wallet, displaying the single pound coin that rested inside.

Artie sighed, rolled his eyes, and reluctantly agreed to accept the quid as down payment for the dirty deed.

A few days later, Artie followed the man's wife to the local Sainsbury's.

There, he surprised her in the produce department, and proceeded to strangle her with his gloved hands.

As the poor unsuspecting woman drew her last breath, and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the scene.

Unwilling to leave any witnesses behind, Artie had no choice but to strangle the produce manager as well.

Unknown to Artie, the entire proceedings were captured by hidden Camera's and observed by the store's security guard, who immediately called the police.

Artie was caught and arrested before he could leave the store.

Under intense questioning at the police station, Artie revealed The sordid plan, including his financial arrangements with the hapless husband.

And that is why, the next day in the newspaper, the headline declared:

> > > > (It's a beauty)> > > > (wait for it)> > > >

> > > > "ARTIE CHOKES TWO FOR A POUND AT SAINSBURY'S."

**Naughty, but nice!**

Joke Of The Day

The teacher walks into the room. There are two little girls and one little boy. The teacher turns to the first little girl and says "I have something round and soft in this pocket. Can you tell me what it is?" The little girl says, "it's an apple." The teacher says no, that's wrong, but I like the way you think."

So she turns to the other little girl and says, "I have something hard and round in this pocket. Can you tell me what it is?" and the little girl says, "it's an orange." The teacher says no that's wrong, but I like the way you think."

Then she turns to the little boy and says, "I'm not going to ask you, because every time I ask you something, you always come back with something dirty."

The little boy says, "Okay, I have something round, hard, and it has a head on it in my pocket. Can you tell me what it is?" and the teacher said, "see I told you would say something dirty, but, ok, what is it?"

The little boy said, "it's a quarter, but I like the way you think."



## Chingford League race 6 5 mile x/c Trent Park Saturday 30<sup>th</sup> December 2000

Given the proximity to Christmas and New Year it was impressive that twenty-three athletes from Eton Manor lined up at the start of this sixth race in the Chingford League winter series. What was even more impressive was that people were able to negotiate the car park, which had turned into an ice rink!

The race took place several days after a fall of snow that took many people by surprise — which in itself would have been fine but unfortunately the course had frozen over by the time we got there in particularly uncompromising and pointless peaks apart from the thin veneer of ice which cunningly concealed the ploughed muddy areas. As John Few commented, one really needed to change shoes several times throughout, eg: from studs to spikes to flats back to spikes back to studs and then probably finish off with some kitten heeled mules for good measure.

However I digress and after all this is meant to be a serious race report. So I can report then that the race was won by J Roche from Victoria Park Harriers by a commanding margin of twenty five seconds. Perhaps if the car park hadn't been so icy he could have been carried shoulder high around it.

Michael Cates led the Manor home in 11<sup>th</sup> place with brother Paul in 34<sup>th</sup> place. The rest of the men contributed to a 6<sup>th</sup> Men's 'A' team placing overall with Keith Adams in 44<sup>th</sup> place followed by Steve Adams in 59<sup>th</sup> place then Steve Jackson in 65<sup>th</sup> place and Ian Lambert chasing him home in 67<sup>th</sup> place. Paul Brandon was a respectable 87<sup>th</sup> place showing probably a fraction of his true potential but then I think he was slightly distracted that day by the recent purchase of a new Ford Mondeo.

Glyn Sayer, Tom Everitt and John Few in 97<sup>th</sup>, 99<sup>th</sup> and 105<sup>th</sup> place showed the depth the club has in the vet age groups although I must say I have always felt that the American term 'master' is more flattering. Then again call me old fashioned...

Mike Edwards, our resident sports masseur, was 112<sup>th</sup> with Mick Fitzgibbon in 120<sup>th</sup> place.

Now the women! It was great to have Judy Marchant lead us to a third placed team ranking with her 126<sup>th</sup> place. Hopefully we will see more of Judy later this year as she does boost our team ranking.

I was 130<sup>th</sup> and there wasn't a moment during the entire race when I didn't wish that I had joined the rest of my family at Hackney Empire to see the pantomime 'Mother Goose'. Seeing a former east-enders actress playing the part of a Principal boy and slapping her thigh shouting out "What no Dick!" had to be better than this, but as my mother always would say less character building.

Sacha Ackland was 134<sup>th</sup> with Steve Beckett, still troubled by injury, in 137<sup>th</sup> place. Roger Payne was 144<sup>th</sup> with Kate Merritt in 145<sup>th</sup>. Gail Brannan came in 147<sup>th</sup> and Teresa Perighetti gamely completed our squad in 157<sup>th</sup> spot.

Gail should get a special mention for falling over and completing the course with a gashed knee. Luckily (for her) I was able to give her the benefit of my extensive nursing experience by sending her directly to the St Johns Ambulance van parked up the top.

Just as I was putting on my things after the race a guy in his 50's approached me who I didn't immediately recognise. He then told me his name and I realised that he was a former patient who I had nursed through a very serious illness eleven years previously and here he was looking amazing and confounding all the statistics for long term survivors of this particular disease.

So I'm glad now I ran at Trent Park on 30

December 2000

WELL DONE EVERYONE WHO TOOK PART

Report by Carole Davis

Race results follow.....

**Chingford League race 6**  
**5 mile x/c Trent Park**  
**Saturday 30<sup>th</sup> December 2000**

**Todays race result**

1	J.Roche	VPH	28.41
2	A.Holt	Verlea	29.06
3	L.Mangleshot	W'Grn & EL	29.28
11	M.Cates	E.Manor	30.03
34	P.Cates	"	32.01
44	K.Adams	"	33.13
59	S.Adams	"	33.52
65	S.Jackson	"	34.26
67	i.Lambert	"	34.45
87	P.Brandon	"	36.40
97	G.Sayer	" v55	37.54
99	T.Everitt	" v65	37.55
105	J.Few	" v55	38.35
112	M.Edwards	" v45	39.40
120	M.Fitzgibbon	" v50	40.17
126	J.Marchant	" L8	41.13
130	C.Davis	" L9	42.22
134	S.Ackland	" L11	43.00
137	S.Beckett	" v45	43.34
144	R.Payne	" v45	44.59
145	K.Merritt	" L17	45.06
147	G.Brannan	" L18	45.47
157	T.Persighetti	" L28	52.13

**Todays Men's "A" team places**

1	W'Grn & E.Ladies	72
2	Barnet	77
3	Orion	158
6	Eton Manor	280

**Todays Men's "B" team places**

1	Barnet	219
2	Orion	288
3	W'Grn & E.Ladies	476
4	Eton Manor	620

**Todays Men's veterans team places**

1	Barnet	51
2	Orion	114
3	W'Grn & E.Ladies	156
7	Eton Manor	368

**Todays Women's team places**

1	Orion	35
2	Barnet	36
3	Eton Manor	45

**League tables after 6 races**

**Men's "A" team**

1	Barnet	69
2	Orion	64
3	VPH	56
5	Eton Manor	44

**Men's "B" team**

1	Orion	70
2	Barnet	67
3	Eton Manor	51

**Men's veterans team**

1	Barnet	68
2	Orion	66
3	Trent Park Trotters	51
6	Eton Manor	36

**Women's team**

1	Orion	71
2	Loughton	57
3	Barnet	54
5	Eton Manor	52



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## Mob Match v V.P.H. Tuesday 3<sup>rd</sup> January 2000

### Match result

VPH = 25 runners, EM = 24 runners. 22 to score

VPH = 493 points  
EM = 497 points

### Mob Match Results

1.	M. Cates	EM	15:17
2.	J. Roche	VPH	16:05
3.	T. Lashmar	VPH	16:09
4.	P. Cates	EM	16:16
5.	D. Brock	EM	16:21
6.	I. Lambert	EM	16:48
7.	S. Jackson	EM	16:52
8.	G. Bennett	VPH	16:57
9.	M. Penman	VPH	17:03
10.	K. Adams	EM	17:14
11.	S. Adams	EM	17:28
12.	D. Robinson	VPH	17:30
13.	J. George	VPH	17:34
14.	M. Cairns	VPH	18:08
15.	P. Brandon	EM	18:15
16.	P. Wright	VPH	18:21
17.	M. Wells	EM	18:33
18.	C. McDonagh	EM	18:40
19.	G. Sayer	EM	18:44
20.	T. Adams	VPH	18:45
21.	J. Few	EM	18:47
22.	G. Deathridge	VPH	18:53
23.	N. Robinson	VPH	19:23
24.	J. Laboda	VPH	19:31
25.	M. Fitz	EM	19:36
26.	A. Gammon	VPH	19:49 (L1)
27.	L. Vials	VPH	19:50
28.	C. Davis	EM	19:51 (L2)
29.	W. Dubose	VPH	20:08
30.	P. Snell	VPH	20:26
31.	P. McKinley	VPH	20:32
32.	S. Ackland	EM	21:06 (L3)
33.	P. Johnston	VPH	21:12
34.	M. Wheeler	VPH	21:40
35.	R. Payne	EM	21:49
36.	G. Pettipher	VPH	21:50 (L4)
37.	Z. Woodward	EM	22:18 (L5)
38.	S. Beckett	EM	22:24
39.	D. Stobbart	VPH	22:29
40.	G. Brannan	EM	22:40 (L6)
41.	L. Merry	EM	23:30 (L7)
42.	K. May	VPH	23:41 (L8)
43.	K. Merritt	EM	24:15 (L9)
44.	T. Persighetti	EM	24:36(L10)
45.	C. Watson	EM	25:04(L11)
46.	M. Kashir	EM	27:38
47.	D. Dickens	VPH	28:28(L12)
48.	R. Daniels	VPH	30:28
49.	S. Wilton	VPH	30:29



Now we know how Al Gore felt in the American election. Should we challenge this one in the courts ? Losing by 4 points out of nearly 1000. Recount ! (we did) Recount again (we did again). Still losing. “###@##%\*\*”!!!! Time to concede gracefully !

All jokes aside a contest as close as this is what sport is really about, making each losing team’s competitor look at their own performance and think “what if?” (If I had run 20 seconds quicker we would have drawn). Each winner gains the sense of achievement, wherever in the field they finished.

I won’t go through all of the individual names, you have the results with this report to do that. Michael Cates won, we had 7 of the top 11, Carol Davis missed being first lady by a mere 2 seconds among other good performances.

In true sporting style we stayed on at the VPH clubhouse for a few sorrow drowning cans, before retreating to the Drum to lick our wounds. Nothing much left to say really – Oh, except if Tom had run instead of watching Tottenham we would have won easily .....

Report by K.Adams



## ESSEX CROSS COUNTRY CHAMPIONSHIP 6<sup>TH</sup> January 2001 CLAYBURY

This five mile women's event (two laps) and seven and a half mile men's event (three laps) was completed without major casualties.

This was a great blessing, (along with the sunshine through the afternoon) since one of the St John's Ambulance staff said there was no way they would be able to get their ambulance through the mud on the field. The course was considerably more wet and sticky than our Assembly League visit in December and included the waterlogged field which had been excluded from the December race.

Our women's team found their five miles tough but survivable and were heartily glad not to have to complete the third circuit that all the blokes had to stagger round. Sacha Ackland and Zoe Woodward took first Eton Manor women's places, with Zoe claiming embarrassment at not having been able to "really run" because of the exceptionally wet conditions underfoot. (And I could swear I heard Sacha say "I used to hate cross country, but I quite like it now...") Kate Merritt, as is often the case at the start of a race, looked gloomy and resigned to a muddy fate. She then steamed off with elbows pumping, never to be seen again before the finish line by the rest of the team, Christina Watson and Teresa Persighetti, alternating round the course for the privilege of being last but two in the final placings. (It's our first cross country season – perhaps scope for improvement yet?).

Zoe's comments on the state of the course were echoed by a smiling Michael Cates, who said "That was a waste of time - I stopped trying to run after the first mile," though you wouldn't guess it from his finishing place. Paul Cates, Keith Adams, Steve Jackson, Steve Adams and Ian Lambert hammered in next, looking tight lipped and stoic. Paul did a particularly impressive, doubled up in agony totter out of the finisher's funnel. Steve A. took the prize for the most mud coating on the largest possible surface area of skin. Steve Beckett unfortunately had to pull out during his second lap, the difficult conditions proving too much for the injury he was still recovering from. Well done, Steve, for giving it a go. The regular Manor mid life midfielders, Tom Everitt, Glyn Sayer and John Few, kept that order through each of their circuits, with John gaining a lead to the finish over younger gun Mike Edwards.

Mike looks keen to move up the field, and set a good example of his day job by doing some cool down stretches at the end of the race.

Tom strode away calmly from the funnel, saying this was his last County cross country, although some of his team mates reckoned he may have said that before. As final team member in, Roger Payne looked done in but not defeated.

Talking of useful things to do at the end of a race, the sight of Michael savaging a ham sandwich in Woodford Green's club house, Ian being equally severe with a Mars Bar, and Zoe recognizing the signs that John looked a touch peaky over his cup of un-sugared tea, were useful reminders that maybe very lean runners in particular need to take note of the "Runner's Handbook" advice to refuel no more than fifteen minutes after the finish of a difficult or long race. So pop some sports drink, fruit or cereal energy bars, bread, or dried fruit in your kit bag, and avoid that nasty plummeting blood sugar levels sensation!

Report by Teresa P.

### Today's Men's race result

1	N.Wetherbridge	Basildon	39.44
2	N.Bangs	Thurrock	41.19
3	T.Bartrum	Colchester	41.40
57	M.Cates	Eton manor	49.04
66	P.Cates	"	49.37
94	K.Adams	"	52.21
100	S.Jackson	"	52.51
106	S.Adams	"	53.52
110	I.Lambert	"	54.20
123	S.Donoghue	"	55.49
144	G.Sayer	"	58.25
151	T.Everitt	"	60.07
153	J.Few	"	60.22
154	M.Edwards	"	61.12
173	R.Paynes	"	72.52

Men's team position Eton Manor A = 11<sup>th</sup> 533pts  
B = 21<sup>st</sup> 898 pts

### Today's women's race result

1	D.Sullivan	Havering	31.33
2	R.Eddy	Colch & Tend	32.36
3	J.Sullivan	Havering	32.58
49	S.Ackland	Eton manor	43.37
56	Z.woodward	"	46.56
60	K.Merritt	"	47.56
66	T.Perisghetti	"	55.04
67	C.Watson	"	55.25

Women's team position 12<sup>th</sup> = 231pts

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**North of the Thames  
Cross country Championships  
Trent Park  
Saturday 20<sup>th</sup> January 2001**

With the last Chingford League race at Trent Park just three weeks previous still fresh in everyone's mind, everyone was dreading another 5 miles of deep, sticky mud. But what a difference with the really cold snap, the ground frozen hard for most of the course made it dangerously rutted in many places, causing many runners to start off a lot more cautiously than usual.

This being the case, with Michael Cates picking his way round for 22<sup>nd</sup> place enabling brother Paul to get within 9 seconds and 4 places, the closest since boyhood days when the positions were reversed. Having a good battle with Paul was second claimer Dave Brock just 8 seconds back in 27<sup>th</sup>, then the Adams battle, with Keith the current champion 44<sup>th</sup>, about a minute ahead of Steve.

High on mileage for the London Marathon, Steve Jackson, probably feeling this in his racing at present, but still managing a respectable 66<sup>th</sup> placing.

Next, the usual trio doing battle, Tom Everitt, John Few and Glyn Sayer. Tom going off slightly quicker but eventually overhauled by John, with Glyn suffering with the conditions trailing the others a minute adrift.

Roger Payne tiptoed over the treacherous ground for 126<sup>th</sup> and Graham courageously completing the course at a faster pace than his previous North of the Thames. These performances enabled us to finish a good 7<sup>th</sup> team of the 15 that took part.

The ladies raced over a shorter but equally difficult course and for much of the race the first three were in very close contention, with Sacha, 36<sup>th</sup>, just easing away from Gail, slightly on the second lap at the bottom of the course.

Kate hung in well, putting in her usual strong cross-country performance, and Teresa ran a steady race to bring the team home.

Full marks to them all for turning out in such rotten conditions.

Report by T.Everitt

**Today's men's race result**

1	E.Dejonge	Soft.Barnet	25.08
2	A.Bowden	Harrow	25.47
3	P.Simons	Soft.Barnet	26.10
22	M.Cates	Eton manor	28.40
26	P.Cates	"	28.49
27	D.Brock	"	28.57
44	K.Adams	"	30.46
58	S.Adams	"	31.36
66	S.Jackson	"	32.01
104	T.Everitt	"	35.26
108	J.Few	"	35.48
113	G.Sayer	"	36.52
126	R.Payne	"	42.38
129	G.North	"	50.12

**Men's team result 4 to score/  
15 teams completed**

1	Shaftesbury Barnet	17
2	Serpentine Running Club	78
3	Thurrock Harriers	78
7	Eton Manor A.C.	119
10	Victoria Park Harriers	159
11	Loughton	225

**Sammy Lambert Cup 8 to score**

1	Serpentine Running Club	249
2	Hillingdon A.C.	396
3	Ealing Southall & Middlesex	400
6	Eton Manor A.C.	455

**Today's women's race result**

1	C Raydon	Shaftesbury/Barnet	24.05
2	S Murphy	Shaftesbury/Barnet	24.50
3	H Hoyle	Barnet & Dist	26.32
36	S Ackland	Eton Manor	33.05
38	G Brannan	Eton Manor	33.42
39	K Merritt	Eton Manor	33.46
49	T Persighetti	Eton Manor	39.36

**Women's team result**

1.	Shaftesbury Barnet Harriers	25 points
2.	London Heathside	38 points
3.	Barnet & District	61 points
4.	Serpentine Running Club	70 Points
5.	Thurrock Harriers	104 points
6.	Hillingdon AC	132 points
7.	Eton Manor AC	162 points
8.	Victoria Park Harriers	191 points

**South of England  
Cross country championships  
Parliament Hill  
Saturday 27<sup>th</sup> January 2001**

A bright sunny day greeted the Manor as we turned up for the annual South of England championship. A bit misleading this though, as the going was diabolical. Mud was the order of the day, yet again, and as our team members were soon to find out, it was going to be another almighty slog just to get round.

As the women's race started early, 1:50 to be precise, I suppose it may be logical to think the conditions may have been better for them. I think not. Judy Marchant was first home for the club, in a time of 50:23 for 203<sup>rd</sup> place. This was way down on her time of last year, but maybe it was due to the conditions. Chasing Judy hard today was Sacha Ackland, who finished a mere 62seconds adrift. This gave her 220<sup>th</sup> place.

Third scorer was Gail Brannan, regaining some of her fitness as part of her marathon training. She recorded 55:36 for 259<sup>th</sup> place. Gail was chased hard all the way round by Kate Merritt, who recorded 57:41 for 275<sup>th</sup> place. Well done Kate. Not bad after a bender of a night out, not getting home till 10:30am this morning. I wish I could do it. Ah, but them days are long gone. A cup of cocoa and a curl up in front of the fire is the order of the day nowadays. Still, I amble on. Back to the race.

Final scorer today for the club was Teresa Persighetti in 302<sup>nd</sup> place. I was taking photo's on the course today, and as she approached me down a steep hill, I prepared to shoot. "No photographs" she shouted. "What about autographs" a passer by quickly responded. And they say you can't enjoy your running!. By the way, Teresa clocked a very fine time of 61:41. well done Teresa. And she still had her scarf on.

In the men's race, we were a little light on numbers. Many people finding the thought of nine miles daunting to say the least. Still, those that did run did the club proud.

Michael Cates had a jog round to clock 67:00 for 272<sup>nd</sup> place. Seems to me he wasn't killing himself today, though just completing nine mile makes me feel quirky.

Second home was Steve Jackson, who put in a storming round, again, a London Marathon entrant looking to build on his stamina.

He recorded 72:06 for 446<sup>th</sup> place. Jacko was chased by Steve Adams, yet another on the marathon training trail. He was a little way off Jacko today, but seemed to have a good run. His time of 75:56 gave him 541<sup>st</sup> place.

Final finisher for the club today was old stalwart Glyn Sayer. I don't think Glyn was particularly enjoying his run today, and this is reflected in his time. Way down on what he is capable of doing. To be honest, after we saw him towards the end of the second of three 3 mile laps, we all thought he might drop out. But in true Manor spirit, he completed the course. Well done Glyn.

Due to only having four runners, the Manor did not have a complete team in the men's race.

Report by S.B the 1<sup>st</sup>

**Today's men's race result**

1	N.Francis	Shaft.Barnet	52.13
2	S.Haughian	Hounslow	52.14
3	J.Downes	London Irish	52.15
272	M.Cates	Eton manor	67.00
446	S.Jackson	"	72.06
541	S.Adams	"	74.56
821	G.Sayer	"	90.10

**Today's women's race result**

1	H.Yelling	Hounslow	33.59
2	A.Newport	Basingstoke	34.15
3	L.Yelling	Bedford & Cnty	34.59
203	J.Marchant	Eton manor	50.23
220	S.Ackland	"	51.25
259	G.Brannan	"	55.36
275	K.Merritt	"	57.41
301	T.Persighetti	"	61.41

**Women's Team result 26<sup>th</sup> place from 42 teams which completed.** Orion harriers and Loughton did not complete teams, and we beat other local rivals Victoria Park. Well done Girls.

**Sadly, incomplete men's team.**

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Southern Cross Country Championships  
Parliament Hill, January 27<sup>th</sup> 2001



Can anyone tell me how Glyn Sayer, above, could have stayed so clean?



Michael Cates having a jog (or should that be slog) round the 9 mile course.



Steve Jackson powers his way round the undulating and extremely muddy course.



Steve Adams in his leery shorts. By the end though you couldn't tell the difference.







**Chingford League  
5 mile road race  
Saturday 3<sup>rd</sup> February 2001  
Victoria Park**



Rachel Jagger and Kate Merritt lead Georgina from Orion heading out on lap two.

**Today's race result**

1	M.Griffin	Woodford Gm	25.13
2	J.Roche	V.P.H.	25.39
3	L.Mangleshot	Woodford Gm	25.44
16	M.Cates	Eton Manor	27.03
23	P.Catse	"	27.39
48	I.Lambert	" v	29.02
63	K.Adams	"	29.51
80	S.Jackson	"	30.33
95	S.Donoghue	"	31.26
97	N.Pitcher	"	31.30
105	R.Pitcher	" v45	32.01
109	J.Few	" v55	32.20
110	M.Edwards	" v45	32.25
113	T.Everitt	" v65	32.46
115	G.Sayer	" v55	32.55
176	N.Richard	" v	37.11
180	Z.Woodward	" L27	37.55
181	R.Payne	" v45	38.10
193	K.Merritt	" L32	41.35
194	R.Jagger	" L33	41.35

**Today's Men's "A" team places**

1	Barnet	117
2	Woodford Green & E.Ladies	143
3	V.P.H.	153
6	Eton Manor	325

**Today's Men's "B" team places**

1	Orion	282
2	Barnet	336
3	V.P.H.	431
5	Eton Manor	649

**Today's Men's veterans team places**

1	Orion	113
2	Barnet	159
3	Woodford Green & E.Ladies	186
8	Eton Manor	372

**Today's Women's team places**

1	Barnet	33
2	Orion	49
3	Loughton	57
8	Eton Manor	135

**League tables after 7 races**

**Men's "A" team**

1	Barnet	81
2	Orion	73
3	V.P.H.	66
5	Eton Manor	51

**Men's "B" team**

1	Orion	82
2	Barnet	78
3	Eton Manor	59

**Men's veterans team**

1	Barnet	79
2	Orion	78
3	Trent Park trotters	58
5	Eton Manor	41

**Women's team**

1	Orion	82
2	Loughton	67
3	Barnet	66
5	Eton Manor	57

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**MANOR WORLDWIDE**

Eton Manor vests race in some far flung places. This photo shows Andy Palmer completing the Perth Marathon in Western Australia.



Andy was a member in the mid-seventies, when our youngsters had many successes in the National and London Federation of Boys Clubs events, alongside other members Paul Cates, Mike Dodkin, John Kearsy, the Warren and Robert's brothers.

In a visit to this country in November 2000, he met up with several of the older members for a drink and chat, and also attempted to race at Loughton in the Ware Cup. Unfortunately he could not find the venue in the wilds of Epping Forest.

Andy still does the occasional race but mainly concentrates on triathlons, and is looking forward to becoming a veteran in the near future.

Report by Tom Everitt.

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**English National Cross Country  
Saturday 24<sup>th</sup> February 2001  
Durham**

Once again The Manor were well represented in far-flung fields. Not too far this time though. Durham, in the far reaches of northern England being the venue.

Most from the club travelled up over night and stayed in a local hostelry. Steph Baxter, on the other hand, travelled slightly further. Belgium, to be exact. She must love the sport!

Not being present, I can't give you a write up on the race itself, but what I can say is that if members can make the effort to do these races, it makes me proud to be a member of the same club. One(notice the snob tongue) doesn't travel all this way without having a sense of obligation, duty, whatever you want to call it, to the club.

Well done to all of you.

SB

**Men's race result**

1	SM.Openshaw	Birchfield	36.52
2	S.Haughian	Hounslow	36.54
3	W.Farquharson	Mansfield	37.30
435	M.Cates	Eton Manor	46.00
684	S.Jackson	"	49.14
755	K.Adams	"	50.19
984	S.Adams	"	54.28
1122	G.Sayer	"	58.01

**1227 finishers**

**Women's race result**

1	L.Yelling	Bedford	28.08
2	A.Newport	Basingstoke	28.35
3	H.Yelling	Hounslow	29.01
173	S.Baxter	Eton Manor	37.29
235	J.Marchant	"	40.01
270	S.Ackland	"	41.49

**336 finishers**

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**Today's men's result**

1	S.Maxwell	W'Grn & E.L.	15.52
2	J.Roche	V.P.H.	15.54
3	M.Shore	Guest	15.55
8	M.Cates	E.Manor	16.30
17	P.Cates	"	17.04
47	I.Lambert	" v	18.11
55	S.Jackson	"	18.36
65	K.Adams	"	19.01
74	C.McDonagh	V45	19.42
79	S.Adams	"	19.44
93	R.Pitcher	" v45	20.14
94	P.Brandon	"	20.15
101	T.Everitt	" v65	20.32
108	G.Sayer	" v55	20.44
109	J.Few	" v55	20.46
130	M.Fitzgibbon	" v50	21.44
135	N.Richard	" v45	22.02
158	Z.Woodward	" L22	23.47
160	G.Rowland	"	24.07
161	G.Brannan	" L24	24.10
169	A.Ruffy	"	24.52
171	S.Beckett	" v45	25.11
172	L.Merry	" L28	25.24
181	T.Persighetti	" L34	26.44
182	C.Watson	" L35	26.45
184	P.Smith	" v45	27.00
185	K.Merritt	" L37	27.06
186	M.Kashmiri	"	27.09
191	M.Emmins	" L42	28.36
200	G.North	" v50	30.34

**Final League tables 2000/01**

**Men's "A" team**

1	Barnet	92
2	Orion	84
3	VPH	79
5	Eton Manor	58

**Men's "B" team**

1	Orion	94
2	Barnet	88
3	Eton Manor	68

**Men's veterans team**

1	Barnet	91
2	Orion	89
3	W'Grn & E.Ladies	67
5	Eton Manor	49

**Women's team**

1	Orion	95
2	Loughton	81
3	Barnet	78
5	Eton Manor	66
9	Eton Manor "B"	23

**Today's Men's "A" team places**

1	V.P.H.	95
2	Barnet	109
3	Orion	133
6	Eton Manor	266

**Today's Men's "B" team places**

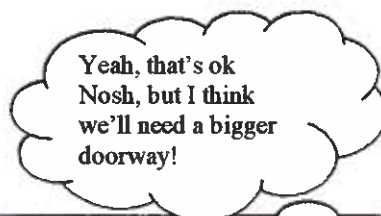
1	Orion	253
2	V.P.H.	295
3	Barnet	394
4	Eton Manor	584

**Today's Men's veterans team places**

1	Barnet	110
2	Orion	124
3	W'Grn & E.Ladies	245
5	Eton Manor	315

**Today's Women's team places**

1	Loughton	47
2	Orion	49
3	Trent Park	70
6	Eton Manor	108



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## Physical Shield – Loughton Tues. 27<sup>th</sup> March 2001

This being the last chance for individuals to pick up points for the winter appearance championship ensured we had a good turnout for the event.

Unfortunately due to a misunderstanding amongst the race recorders all the individual timings were not available.

Our teams performed admirably in the race despite the absence of Michael (working) and several others of the first choice runners having minor setbacks during the previous week.

Paul Cates got the 'A' team off to a good start in 5<sup>th</sup> place with our fastest leg of the evening, and Ian Lambert dropped one place with our other sub 10 min timing. Steve Jackson and Keith Adams having steady runs to give us a finishing place of 7<sup>th</sup>.

Peter Gandy got the 'B' team under way, 15<sup>th</sup> place, ably assisted by Neil and Bob Pitcher and team fastest Paul Brandon to finish 12<sup>th</sup>.

The 'C' team comprised of the old boys led off by John Few, 16<sup>th</sup>, Mick Fitzgibbon, Glyn Sayer, the fastest, and brought home by Tom Everitt, 15<sup>th</sup>.

Mark Holloway started the 'D' team in 19<sup>th</sup> and, good to see the return to racing of one of our youngsters of previous years, David Offord competing again. This team was completed by our two new boys, Gavin Rowland and Andy Ruffy, finishing 19<sup>th</sup>.

The 'E' Team led off by Roger Payne 22<sup>nd</sup> and completed with Steve Beckett, Graham North and our oldest competitor and President, George Smith, maintaining our 22<sup>nd</sup> place.

The ladies had two teams on the night. Claire Carvello got them off to an excellent start, just behind our men's 'B' and 'C' teams for 17<sup>th</sup>, Carol Davis holding this place next, then Gail Brannan and Zoe Woodward completing in 20<sup>th</sup>.

Our second ladies team comprising Teresa Persighetti, Christine Watson, Kate Merritt and Pam Ackland-Snow had their own battle with our men's 'E' team and Loughton ladies 'B' team, just missing out on the run in to finish 24<sup>th</sup>.

Report by T.Everitt

### To-nights race results

Men team 1		Men team 2	
P. Cates	9.11	P. Gandy	10.57
I. Lambert	9.40	N. Pitcher	10.36
S. Jackson	10.09	R. Pitcher	10.45
K. Adams	10.28	P. Brandon	10.30

Men team 3		Men team 4	
M. Holloway	11.50	R. Payne	12.51
D. Offord	11.58	S. Beckett	13.04
A. Ruffy	11.48	G. North	16.05
G. Rowland	12.01	G. Smith	14.38

Women team 1		Women team 2	
C. Carvello	11.27	T. Persighetti	14.20
C. Davis	11.58	C. Watson	
G. Brannan	12.49	K. Merritt	
Z. Woodward	13.25	P. Ackland-Snow	

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..... We think you'll like this one.

An English teacher was explaining to his students the concept of gender association in the English language.

He noted how hurricanes at one time were given only female names, and how ships and planes were usually referred to as "she."

One of the students raised her hand and asked, "What gender is a computer?"

The teacher wasn't certain. So he divided the class into two groups' males in one, females in the other, and asked them to decide if a computer should be masculine or feminine.

Both groups were asked to give four reasons for their recommendations.

The group of women concluded that computers should be referred to as masculine because:

1. In order to get their attention, you have to turn them on.
2. They have a lot of data but are still clueless.
3. They are supposed to help you solve your problems, but half the time, they ARE the problem.
4. As soon as you commit to one, you realize that, if you had waited a little longer, you could have had a better model.

**The gender- war continues**

The men, on the other hand, decided that computers should definitely be referred to as feminine because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even your smallest mistakes are stored in long-term memory for later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

**Winter Appearance Championships**

This year's event went the distance. Coming into the final counting event, Keith Adams and Roger Payne, both with 100% turnouts, predictably appeared at Loughton to do battle, thus becoming joint champions. The competition is to encourage members to turn out for the club and boost our race numbers, so, everyone is eligible. All it requires is to turn up and race. Not quite that easy though, occasional work commitments, holidays and injuries, are all hazards to avoid. Bearing this in mind, it makes Keith and Roger's performances more remarkable.

Other excellent efforts for the club were John Few, third, and last years winner Glyn Sayers, fourth, both only missing one race. Paul Cates and Steve Jackson only missed three, another notable effort.

The ladies event was again won by Kate Merritt, only missing one race, a magnificent performance over the last two years. Teresa Persighetti and Gail Brannan missed just two races, also giving the club excellent support.

Well done everyone that made the effort.

Men's table			Women's table		
1	R. Payne	80	1	K. Merritt	70
=	K. Adams	80	2	T. Persighetti	60
3	J. Few	76	3	G. Brannan	58
4	G. Sayer	74	4	C. Watson	48
5	P. Cates	69	5	Z. Woodward	46
6	S. Jackson	68	6	C. Davis	41
7	I. Lambert	64	=	S. Ackland	41
8	T. Everitt	61	8	P. Ackland-Snow	23
9	S. Adams	60	9	C. Carvello	16
10	M. Fitzgibbon	57	=	L. Bear	16
11	M. Cates	52	=	L. Merry	16
12	G. North	51			
13	P. Brandon	50			
14	S. Beckett	47			
15	R. Pitcher	44			
16	N. Pitcher	38			
17	M. Holloway	36			
18	N. Richard	29			
19	P. Gandy	24			
20	M. Kashmiri	22			

