



Eton Manor A.C.

Established 1913

Affiliated to A.A.A. 1920

Life President: George Smith

Issue 27 April 2004

Your Club Representatives

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Men's Track & Field contact:
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25, Chadwick Rd
Leytonstone E11

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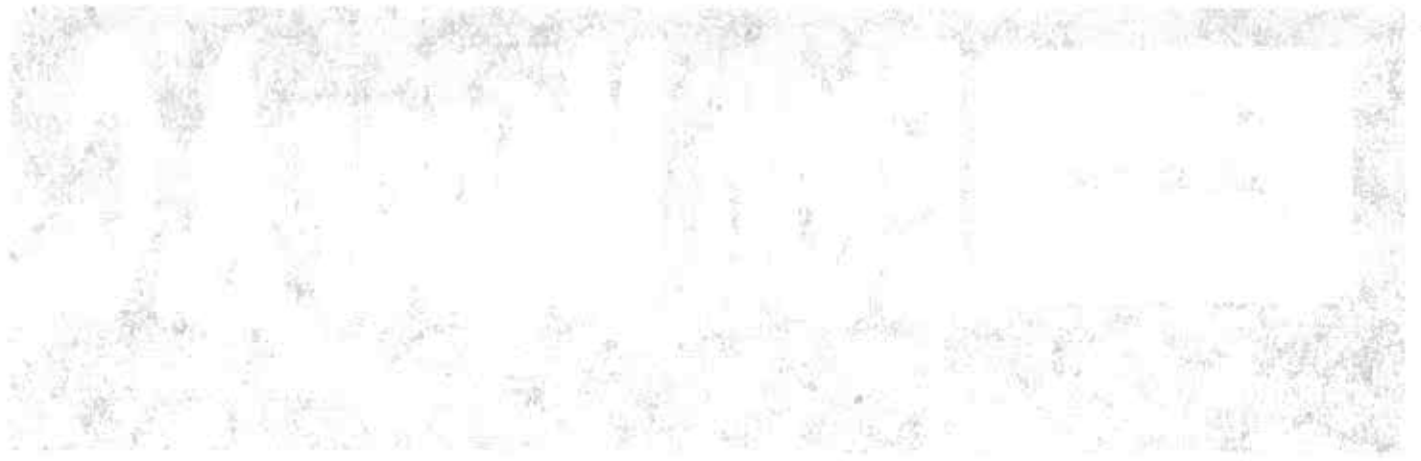
The Gazette is produced with the aim of promoting all of the clubs activities, whether it's running or social events. If you have any suggestions for improving your Gazette, then please let the editor have details. He is only too willing to adjust the layout, or incorporate adverts etc.

The Gazette will be published twice yearly, in May 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



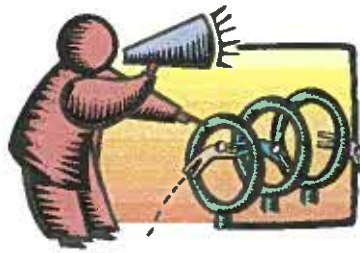
The running club for one & all



THE GAZETTE

Due to changes within the club, the gazette is a little sparse this time around. Hence you will only find the winter race results. There will only be write ups for various events if one of **YOU** does it. The editor can't do it all for you. Come on, get your pen out and volunteer to do a small write up for your next race.

get there. That's what they are there for.



This Summer.

We will be competing in The Southern League men's and women's and girl's Track and Field. It will be a combined team for the seniors with Walthamstow A.C. and Orion Harriers. We need volunteers for these meets to help officiate, as we can't compete without this help. Ask Pam or Steve Beckett for information.

At the A.G.M. we voted to have the combined teams as all clubs are struggling. Due to this, there is a bit more emphasis on the club to muck in. **Please help if you can.** It makes for a better club, and publicises our activities better.

colours gets us more attention/notice. This hopefully will lead to new members. **DO YOUR BIT!**

NEW MEMBERS

We will be starting a new campaign to recruit new members this Spring. This will start the first week in April, if not sooner. Any ideas you may have to help recruit new members, please speak to one of your committee members. Their names are on the front of The Gazette. Your help here would be very much appreciated.



LETS DO IT!

Lets increase our numbers and make it a success. **With your help, it will be.**

COACHING

If you would like to be involved in coaching, please let Steve Beckett know and he will arrange course, and the club will fund costs.

For those of you that have already done the level 1 UKA course, please contact Steve or Pam to help out. That's the reason you took the course, and your help would be very much appreciated. We would like to start coaching at the clubhouse Saturday mornings and Tuesday eves, so let us know if you can help out.

THE CLUBHOUSE



Still no solid news on the club house. We have been waiting for nearly 9 months at time of printing to hear back from Philip Toye, LBWF planning officer. He seems to be reluctant to give us any details for planning, but there are still the options mentioned in previous updates. If anyone has any suggestions, or wants to be involved in discussions, please contact Steve Beckett. 077476-41748 or at etonmanor@aol.com

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

Try to wear club clothing on club nights, as a large crowd of us going for a run in the club

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. This works well most of the time, but we also have CAPTAINS, namely Tom Everitt and Christina Watson. It's their job to get you to the races. Please ask them if you want to know when the next race is, or how to

**Chingford League Relays
Highams Park
Sat 13th Sept 2003**

Men's team result

1	Barnet & District	75.16		
2	Walthamstow	76.27		
3	Enfield	76.31		
10	Eton Manor	84.59	I.Lambert	13.27
			M.Cates	12.46
			K.Fordham	14.37
			J.Few	15.13
			S.Adams	14.32
			R.Alburey	14.24
	Also ran		T.Everitt	15.37
			S.Jackson	15.25
			G.Sayer	16.14

Women's team result

1	Barnet & District	59.32		
2	Loughton	65.38		
3	Orion	67.27		
7	Eton Manor	77.56	S.Ackland	18.21
			G.Brannan	18.07
			C.Watson	19.02
			T.Persighetti	22.26

**Chingford League
Eastway
Tuesday 7th October 2003**

1	M.Shore	Guest	15.20
2	R.Gamble	Barnet	15.58
3	A.Gelle	Enf & Har	16.14
32	Ian Lambert	E.Manor	17.43
36	Paul Cates	E.Manor	17.59
63	Steve Adams	E.Manor	19.06
66	Paul Brandon	E.Manor	19.19
70	Roger Alburey	E.Manor	19.24
89	Michael Cates	E.Manor	20.13
100	Carl McDonagh	E.Manor	20.35
109	Steve Jackson	E.Manor	20.53
122	Tom Everitt	E.Manor	21.15
136	Glyn Sayer	E.Manor	21.53
141	Dave Palmer	E.Manor	22.08
147	Zoe Woodward	E.Manor L16	22.30
153	Clare Wagh	E.Manor L19	22.45
159	Selina Staines	E.Manor L21	23.00
178	Becky Griffiths	E.Manor L29	24.20
180	Jaqui Bushby	E.Manor L30	24.26
185	Christina Watson	E.Manor L35	24.53

Men's A team

1	Barnet	43
2	Enf & Har	116
3	Orion	120
7	Eton Manor	283

Men's B team

1	Barnet	192
2	Orion	276
3	VPH & Th	437
6	Eton Manor	621

Women's team

1	Barnet	12
2	VPH & Th	53
3	Enf & Har	55
6	Eton Manor	85

**Chingford League
Loughton
Sat 18th October 2003**

1	R.Gamble	Barnet	34.50
2	R.McCormick	Barnet	35.42
3	J.Roche	VPH & Th	35.46
9	Michael Cates	E.Manor	36.50
30	Ian Lambert	E.Manor	39.10
44	Paul Cates	E.Manor	40.30
45	Keith Fordham	E.Manor	40.43
50	Steve Adams	E.Manor	41.27
74	D.Wrighton	E.Manor	43.04
76	Paul Brandon	E.Manor	43.09
83	Keith Adams	E.Manor	43.46
84	Steve Golding	E.Manor	43.52
102	Roger Alburey	E.Manor	44.59
124	J.Linathan	E.Manor	46.42
126	Tom Everitt	E.Manor	46.51
148	Glyn Sayer	E.Manor	48.47
149	Zoe Woodward	E.Manor L13	48.49
164	Mick Fitzgibbon	E.Manor	50.38
169	Clare Wagh	E.Manor L22	50.50
175	Jaqui Bushby	E.Manor L26	52.26
182	Gail Brannan	E.Manor L31	53.23
184	Becky Griffiths	E.Manor L32	53.52
192	Steve Beckett	E.Manor	55.17
196	Christina Watson	E.Manor L40	56.22
206	Theresa Persighetti	E.Manor L47	63.16
208	Patrick Smith	E.Manor	67.37

Men's A team

1	Barnet	42
2	Orion	139
3	Walthamstow	140
6	Eton Manor	253

Men's B team

1	Barnet	247
2	Orion	271
3	Eton Manor	601

Men's Vet team

1	Barnet	43
2	Orion	85
3	Wford & EL	93
5	Eton Manor	260

Women's team

1	Barnet	10
2	Orion	36
3	VPH & Th	61
7	Eton Manor	93

Women's vets team

1	Barnet	37
2	Orion	77
3	Eton Manor	103

Tables after 3 races

Men's A team

1	Barnet	30
2	Orion	24
3	Walthamstow	23
7	Eton Manor	13

Men's B team

1	Barnet	28
2	Orion	28
3	VPH & Th	19
6	Eton Manor	17

Men's Vet team

1	Barnet	30
2	Orion	27
3	Eton Manor	20

Women's team

1	Barnet	30
2	Orion	24
3	Loughton	22
4	Eton Manor	17

Women's vets team

1	Barnet	30
2	Orion	26
3	Eton Manor	23

Chingford League
Eastway
Tuesday 4th November 2003

1	R.gamble	Barnet	15.56
2	R.McCormick	Barnet	15.58
3	T.Carrick	VPH & Th	16.01
6	Michael Cates	E.Manor	16.26
26	Ian Lambert	E.Manor	17.36
32	Paul Cates	E.Manor	17.54
34	K.Fordham	E.Manor	17.56
58	Andy Ruffy	E.Manor	19.10
60	Paul Brandon	E.Manor	19.12
70	Roger Alburey	E.Manor	19.30
73	Keith Adams	E.Manor	19.34
81	John Few	E.Manor	19.48
84	Steve Jackson	E.Manor	19.56
87	Carl McDonagh	E.Manor	19.59
113	Dave Palmer	E.Manor	21.04
125	Tom Everitt	E.Manor	21.23
147	Glyn Sayer	E.Manor	22.15
151	Bob Pitcher	E.Manor	22.22
160	Zoe Woodward	E.Manor L23	22.53
171	Sacha Ackland	E.Manor L28	23.32
175	Mick Fitzgibon	E.Manor	23.51
182	Jaqui Bushby	E.Manor L35	24.08
190	Gail Brannan	E.Manor L40	25.05
197	Christina Watson	E.Manor L45	25.45

Men's A team

1	Barnet	41
2	Walthamstow	93
3	Orion	113
5	Eton Manor	216

Men's B team

1	Barnet	248
2	Orion	272
3	VPH & Th	430
4	Eton Manor	508

Men's vets team

1	Barnet	24
2	Orion	64
3	Eton Manor	209

Women's team

1	Barnet	12
2	Orion	41
3	VPH & Th	50
6	Eton Manor	124

Women's vets team

1	Orion	47
2	Barnet	56
3	Trent Park	116
4	Eton Manor	143

**Inter club mob match 5 mile cross country
Highams Park Saturday 20th December 2003**

1	D.Rose	Walthamstow		26.20
2	Michael Cates	Eton Manor		26.35
3	P.Filler	Orion	V	26.40
14	Ian Lambert	Eton Manor	V45	28.51
23	Steve Adams	Eton Manor		31.29
26	Steve Jackson	Eton Manor		32.02
27	John Few	Eton Manor	V60	32.02
37	Selina Staines	Eton Manor	L2	34.14
41	Andy Ruffy	Eton Manor		34.35
44	Tom Everitt	Eton Manor	V65	34.59
45	Zoe Woodward	Eton Manor	L4	35.45
46	Glyn Sayer	Eton Manor	V60	35.59
49	Sacha Ackland	Eton Manor	L6	37.15
50	Mick Fitzgibbon	Eton Manor	V66	37.53
51	Clare Wagh	Eton Manor	L7	38.21
53	Gail Brannan	Eton Manor	L8	39.13
55	Christina Watson	Eton Manor	L10	42.36
57	Theresa Persighetti	Eton Manor	L12	44.36

**Match results
Men 6 to score**

1	Orion	46
2	Walthamstow	71
3	Eton Manor	129

Women

1	Eton Manor	37
2	Orion	42

**Chingford League
Juniors and seniors cross
country races
Leyton
13th December 2003**

Hi everyone. I thought I would take this opportunity to do my first write up for the gazette this time round, by doing it for our own races, held from our club house.

This is yet another first for the club, many of which have taken part since the inception of our ladies and

more recently junior teams. This was never going to be easy to carry through, but with the help and good will of members, I believe it was a roaring success (apart from the mess).

The junior races went off with out a hitch, albeit 15 minutes late due to a local club thinking the 1st race was a 1:30pm start instead of 1pm. Other than this, we have had great feed back from all other clubs, and officials alike. This vogues well for holding future

races. There was over 40 runners in 2 of the junior races, but very few for the under 17 men's race. In the seniors, over 170 finished the race, low by to-days Chingford league races, but probably due to this being the last weekend before Xmas.

I would like to take this opportunity to thank all those that helped out with marshalling, in the canteen, course measuring and

Continued.....

marking out and also cleaning up the following day. Without this help, we could not have held these races.

In the senior men's race. Michael Cates was first home in 12th place with a time of 28:29, followed by Ian Lambert 27th (30:02), Paul Cates 40th (31:12), Steve Adams 74th (33:19) Steve Jackson 81st (33:40) and sixth scorer Adrain Frost 85th (34:04)

The mens B team was depleted today, with the likes of Tom Everitt overseeing this race, and missing from the scoring team. In the women's race, Selina Staines is still making rapid headway and took 16th place with a time of 36:39, chased home by Zoe Woodward 21st (37:56), Sacha Ackland 25th (39:08) and finally Gail Brannan 28th (40:50).

The women's B team was completed by Jaqui Bushby, Becky Griffiths, Christina Watson and last but not least Theresa Persighetti. This was an excellent turnout for the ladies. Well done to all of you.

report
Steve Beckett

Today's Race result

1	R.Gamble	Barnet	26.44
2	R.McCormick	Barnet	27.08
3	A.Kelleher	Barnet	27.22
12	M.Cates	Eton Manor	28.29
27	I.Lambert	" v	30.02
40	P.Cates	" v	31.12
74	S.Adams	"	33.19
81	S.Jackson	"	33.40
85	A.Frost	" v	34.04
87	J.Few	" v60	34.21
107	G.Sayer	" v60	33.32
126	Selina Staines	" L16	36.39
136	Zoe Woodward	" L21	37.56
150	Sacha Ackland	" L25	39.06
154	Gail Brannan	" L28	40.50
156	Jaqui Bushby	" L30	41.18
160	Becky Griffiths	" L33	43.42
162	Christina Watson	" L35	44.59
165	Theresa Persighetti	" L38	47.37

Today's Seniors team results

Men's A team result

1	Barnet	87
2	Orion	106
3	Walthamstow	155
7	Eton Manor	319

Men's B team result

1	Orion	214
2	Barnet	324
3	Walthamstow	636
7	Eton Manor	878

Men's Vet Team

1	Orion	54
2	Barnet	78
3	Woodford Grn & EL	110
6	Eton Manor	239

Women's team

1	Barnet	17
2	Orion	36
3	Enfield & Haringey	39
6	Eton Manor	90

Women's Vet team

1	Barnet	38
2	Orion	78
3	Eton Manor	112

Senior's Team positions after 5 races

Men's A team result

1	Barnet	50
2	Orion	41
3	Walthamstow	40
6	Eton Manor	23

Men's B team result

1	Orion	47
2	Barnet	47
3	VPH & TH	32
4	Eton Manor	28

Men's Vet Team

1	Orion	49
2	Barnet	46
3	Eton Manor	33

Women's team

1	Barnet	50
2	Orion	42
3	Loughton	34
5	Eton Manor	27

Women's Vet team

1	Barnet	49
2	Orion	43
3	Eton Manor	39



**Chingford League 5 mile cross country
Saturday 17th January 2004 – Chingford**

1	R.Gamble	Barnet	27.19	
2	R.McCormick	Barnet	27.47	V
3	D.Rose	Walthamstow	28.15	
9	Michael Cates	Eton Manor	28.53	
31	Ian Lambert	Eton Manor	31.27	V
36	Paul Cates	Eton Manor	31.54	V
50	Andy Ruffy	Eton Manor	33.15	
54	Steve Jackson	Eton Manor	33.35	
58	Steve Adams	Eton Manor	33.46	
60	Paul Brandon	Eton Manor	33.53	
71	Adrian Frost	Eton Manor	34.49	V45
86	John Few	Eton Manor	35.39	V60
118	Tom Everitt	Eton Manor	38.03	V65
125	Zoe Woodward	Eton Manor	38.47	L16 v
128	Claire Wagh	Eton Manor	39.05	L17
149	Sacha Ackland	Eton Manor	40.42	L28
159	Mick Fitzgibbon	Eton Manor	41.46	V55
171	Gail Brannan	Eton Manor	44.23	L38 v
184	Christina Watson	Eton Manor	50.00	L46 v
185	Theresa Persighetti	Eton Manor	51.31	L47 v

Today's Men A team result

1	Barnet	40
2	Walthamstow	108
3	Orion	115
4	Eton Manor	238

Today's Women team result

1	Barnet	22
2	Orion	62
3	Loughton	69
5	Eton Manor	99

Men B team

1	Orion	57
2	Barnet	53
3	Trent Park	36
5	Eton Manor	34

Today's Men B team result

1	Orion	257
2	Barnet	311
3	Trent Park	588
5	Eton Manor	684

Today's Women vet team result

1	Barnet	69
2	Orion	92
3	Loughton	124
4	Eton Manor	147

Men vet team

1	Barnet	59
2	Orion	55
3	Eton Manor	39

Today's Men vet team result

1	Barnet	32
2	Orion	85
3	Woodford G & EL	151
5	Eton Manor	224

**Chingford League
Team positions after 6
races**

Men A team

1	Barnet	60
2	Orion	49
3	Walthamstow	49
6	Eton Manor	30

Women team

1	Barnet	60
2	Orion	51
3	Loughton	42
5	Eton Manor	33

Women vet team

1	Barnet	59
2	Orion	52
3	Eton Manor	46

**Southern Counties Cross Country
Championships
Parliament Hill Saturday 24th
January 2004**

Men's race result 9 miles

1	H.Lubb	Bedford	47.14
179	Michael cates	Eton Manor	55.49
546	Streve Adams	Eton Manor	66.41
561	Keith Adams	Eton Manor	67.00
626	Adrian Frost	Eton Manor	69.08

Women's race result 5 miles

1	L.Damen	Bournemouth	31.03
198	Claire Waugh	Eton Manor	44.27
216	Sacha Ackland	Eton Manor	45.23
233	Becky Griffiths	Eton Manor	46.29

Becky at Parliament Hill, heading home in a good time of 46:29 for 233rd place.



Clare on her way to 198th place at Parliament Hill



**Chingford League 5 mile road race
Saturday 14th February 2004
Victoria Park**

1	R.Gamble	Barnet	24.50	
2	N.Aliout	Guest	25.03	
3	R.McCormick	Barnet	25.29	
5	Michael Cates	E Manor	25.39	
34	Ian Lambert	E Manor	27.59	V45
66	Steve Adams	E Manor	30.14	
68	Paul Brandon	E Manor	30.18	
70	Keith Adams	E Manor	30.36	
86	John Few	E Manor	31.45	V60
97	Adrian Frost	E Manor	32.20	V45
124	Tom Everitt	E Manor	33.48	V65
148	Clare Wagh	E Manor	35.41	L13
150	Sacha Ackland	E Manor	35.49	L14
151	Zoe Woodward	E Manor	35.54	L15
152	Glyn Sayer	E Manor	35.55	V60
178	Jaqui Bushby	E Manor	39.41	L26
181	Paula Steere	E Manor	39.49	L29
187	Tracey Maloney	E Manor	40.50	L33
188	Steve Beckett	E Manor	41.03	V50
195	Christina Watson	E Manor	43.53	L40
196	Theresa Persighetti	E Manor	46.30	L41
197	Patrick Smith	E Manor	50.03	V50

Today's Men's A team result

1	Barnet	45
2	Orion	150
3	Walthamstow	176
6	Eton Manor	341

Today's Men's B team result

1	Barnet	199
2	Orion	263
3	Trent Park	572
7	Eton Manor	968

Today's Women's team result

1	Barnet	28
2	Orion	42
3	Trent Park	58
4	Eton Manor	68

Today's Men's Vets team result

1	Barnet	25
2	Wgrn & EL	94
3	Orion	98
7	Eton Manor	350

Today's Women's Vets team result

1	Barnet	17
2	Loughton	106
3	Eton Manor	110

Team positions after 7 races**Men's A team**

1	Barnet	70
2	Orion	58
3	Walthamstow	57
6	Eton Manor	35

Men's B team

1	Orion	66
2	Barnet	63
3	Trent Park	44
5	Eton Manor	38

Women's team

1	Barnet	70
2	Orion	60
3	Loughton	48
4	Eton Manor	40

Men's Vets team

1	Barnet	69
2	Orion	63
3	WGrn & EL	44
4	Eton Manor	43

Women's Vets team

1	Barnet	69
2	Orion	59
3	Eton Manor	54

Chingford League East-way 2nd March 2004

A good turnout for the final Chingford League race of the season. 16 men and 7 women making the start.

The outcome of a good turnout being good team position's on the night, with the men A team taking 4th place, the B 5th and Vets 3rd, with the women 6th and their vets team 3rd.

Individual performance was Michael Cates, whose 4th place gave him 5th overall for the season.. John Few was 1st over 60's, whilst new recruit Delininius Wilken was our 3rd team scorer.. Also Dave Palmer knocked over half a minute off his previous best.

First woman scorer was Becky Griffiths, who knocked over one minute off her previous best, and there were also pb's for Sacha Ackland and Clair Wagh. Jaqui Bushby completed the womens team.

Report by Tom Everitt

Tonight's men A team result

1	Barnet	76
2	Orion	89
3	Walthamstow	151
4	Eton Manor	204

Tonight's men B team result

1	Orion	208
2	Barnet	316
3	VPH & TH	525
5	Eton Manor	637

Tonight's men Vets team result

1	Barnet	52
2	Orion	68
3	Eton Manor	242

Tonight's women team result

1	Barnet	16
2	Orion	51
3	Trent Park	57
6	Eton Manor	86

Tonight's Women vet team result

1	Barnet	60
2	Trent Park	105
3	Eton Manor	130

Today's race results

1	R.McCormick	Barnet	15.50	
2	R.Gamble	Barnet	15.58	
3	M.Shashi	Walthamstow	16.14	
4	Michael Cates	Eton Manor	16.15	
25	Ian Lambert	Eton Manor	17.44	V45
28	Dinus Wilken	Eton Manor	17.48	
35	Paul Cates	Eton Manor	18.02	V
53	Andy Ruffy	Eton Manor	18.53	
59	Steve Adams	Eton Manor	19.05	
78	John Few	Eton Manor	19.55	V60
87	Steve Jackson	Eton Manor	20.12	
93	Dave Palmer	Eton Manor	20.23	
105	Adrian Frost	Eton Manor	20.45	V45
125	Becky Griffiths	Eton Manor	21.22	L16
132	Tom Everitt	Eton Manor	21.50	V65
139	Sacha Ackland	Eton Manor	22.13	L20
141	Clare Wagh	Eton Manor	22.20	L21
144	Glyn Sayer	Eton Manor	22.32	V60
154	Bob Pitcher	Eton Manor	23.39	V45
159	Jaqui Bushby	Eton Manor	24.09	L29
170	M.Rees	Eton Manor	24.50	
171	Chris Grace	Eton Manor	24.53	V
173	Gail Brannan	Eton Manor	25.08	L36
177	Traci Maloney	Eton Manor	25.28	L38
188	Christina Watson	Eton Manor	28.11	L48
197	Patrick Smith	Eton Manor	31.45	V50

FINAL TEAM PLACINGS 2003/4

Final men A team result

1	Barnet	80
2	Orion	67
3	Walthamstow	65
6	Eton Manor	42

Final men B team result

1	Orion	76
2	Barnet	72
3	Walthamstow	50
6	Eton Manor	44

Final men vet team result

1	Barnet	79
2	Orion	72
3	Eton Manor	51

Final women team result

1	Barnet	80
2	Orion	69
3	Loughton	54
5	Eton Manor	45

Final women vet team result

1	Barnet	79
2	Orion	65
3	Eton Manor	62

**Michael Penman memorial mob match
10k Victoria Park 6th March 2004**

Results

1	T.Grose	VPH & TH	33.05	
2	M.Flannerly	Orion	33.18	
3	N.Shasha	Walthamstow	33.51	
19	Ian Lambert	Eton Manor	37.57	V45
28	John Few	Eton Manor	40.47	V60
34	Adrian Frost	Eton Manor	41.48	V45
43	Steve Jackson	Eton Manor	43.28	
44	Becky Griffiths	Eton Manor	43.29	L2
45	Tom Everitt	Eton Manor	43.29	V65
54	Roger Alburey	Eton Manor	45.34	V45
59	Clare Wagh	Eton Manor	46.59	L4
60	Glyn Sayer	Eton Manor	47.23	V60
63	Sacha Ackland	Eton Manor	47.52	L6
71	Jaqui Bushby	Eton Manor	49.21	L9

Match Result

1	Orion	115
2	VPH & TH	172
3	Walthamstow	272
4	Eton Manor	453

Physical Shield Road Relays Tuesday 30th March 2004 Loughton

Team pos	Club	Name	Time
1	Orion	Team time	35.38
2	VPH & Th	Team time	39.03
3	Orion B	Team time	39.30
4	Eton Manor men A	A.Ruffy	10.04
		Ian Lambert	9.56
		Paul Cates	9.48
		Paul Brandon	10.17
		Team time	40.05
7	Eton Manor men B	Keith Adams	10.18
		Steve Adams	10.46
		John Few	10.56
		Adrian Frost	11.13
		Team time	43.13
12	Eton Manor women	Jaqui Bushby	12.46
3 rd women		Becky Griffiths	12.04
		Sacha Ackland	12.13
		Zoe Woodward	13.08
		Team Time	50.11
16	Eton Manor/Orion combination		
7 th women		Gail Brannan	13.40
		Christina Watson	15.39
		Helen Eaton	17.02
		J.Obenev	16.26
		Team Time	62.47
Non complete	Eton Manor men C	Glyn sayer	12.01
		Steve Beckett	13.49
		Tom Everitt	12.57

A reasonable turnout for this annual event saw the Manor take 4th team place. This, without our hero, Michael Cates, who was resting after competing for Essex for the inter-county Half Marathon Championships. This achievement by Michael was a first for our men for donkey's years. If anyone knows how many let me know and I will publish it. **Well done Michael.**

Back to the race, and Paul Cates was fastest leg for the men in a time of 9.48, just pipping Ian Lambert by 6 seconds, with 3rd fastest going to Andy Ruffy with 10.04. Not sure if Andy got lost on this one (seems to be a habit at present), cos if he did, his time would have been exceptional.

In the Women's race, Becky Griffiths took the honours from Sacha Ackland and Jaqui Bushby. Becky and Sacha have been having a few tussles lately, and seems like the scores are fairly even at present. The London is coming though, and all their training has really been geared to this, so watch this space to see who comes out ahead.

Congratulations to Orion for their win.

Report by Steve Beckett

Winter 2003/4 Grand Prix results

Winter Grand Prix

This award is given for the man and woman who compete in the most competitive club races during the winter season. This seasons winner being Ian Lambert with an impressive 100% turnout, and therefore obtaining a maximum 73 points. It was all square up to the final race, Michael Cates just failing a last minute fitness test in the Physical Shields Relay at Loughton. Good support by Steve Adams, Glyn Sayer and Tom Everitt, all only missing one race for joint third place, followed by John Few and Paul Cates miss two and three respectively.

Women's captain, Christina Watson, set a good example for first place, competing in several races when not at her best, and only missing one race. Good support from Zoe Woodward, second, and Gail Brannan, third. Other notable efforts, Sasha Ackland, Jacqui Bushby and Clare Wagh.

13 RACES – 73 POINTS

MEN			WOMEN		
1	I. Lambert	13/73	1	C. Watson	12/68
2	M. Cates	12/68	2	Z. Woodward	11/61
3	S. Adams	12/67	3	G. Brannan	10/57
=	G. Sayer	12/67	4	S. Ackland	10/56
=	T. Everitt	12/67	5	J. Bushby	9/51
6	J. Few	11/61	6	C. Wagh	8/44
7	P Cates	10/56	7	T. Persighetti	7/40
8	S. Jackson	8/47	8	B. Griffiths	7/39
9	P. Brandon	8/44	9	S. Staines	6/32
=	A. Frost	8/44			
11	A. Ruffy	8/43			
12	M. Fitzgibbon	8/41			

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Walthamstow Vet's and Pre-Vet's race Highams Park Sat 11th April 2004

1	D.Cox	WG & EL	V50	24.03
2	D.Rose	Walthamstow	PV	24.29
3	S.Surridge	Walthamstow	V	25.09
4	Ian Lambert	Eton Manor	V45	26.08
5	Andy Ruffy	Eton Manor	PV	28.29
6	John Few	Eton Manor	V60	28.33
10	Tom Everitt	Eton Manor	V65	30.55

A small field for this local race saw the club take 1st team place, albeit it from these small numbers. However, there is some sadness to this. Due to the small turnout, the likely hood this will be the last time this race is held, unless another club comes forward to run it. Watch this space. In the race, not much to report, other than the fact Andy (Mr need a compass man) Ruffy got lost yet again. Giving John Few a chance to close up behind him whilst he asked for directions. Hence the closeness of times, although to be fair, John is in sparkling form at present. Must be all that weight he has to carry around? Well done all that took part.

Report by Steve Beckett

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WHAT U CAN DO WITH VODKA

1. To remove a bandage painlessly, saturate the bandage with vodka. The solvent dissolves the adhesive.
2. To clean the caulking around bathtubs and showers, fill a trigger-spray bottle with vodka, spray the caulking, let set five minutes and wash clean. The alcohol in the vodka kills mould and mildew.
3. To clean your eyeglasses, simply wipe the lenses with a soft, clean cloth dampened with vodka. The alcohol in the vodka cleans the glass and kills germs.
4. Prolong the life of razors by filling a cup with vodka and letting your safety razor blade soak in the alcohol after shaving. The vodka disinfects the blade and prevents rusting.
5. Spray vodka on vomit stains, scrub with a brush, then blot dry.
6. Using a cotton ball, apply vodka to your face as an astringent to cleanse the skin and tighten pores.
7. Add a jigger of vodka to a 1/2ounce bottle of shampoo. The alcohol cleanses the scalp, removes toxins from hair, and stimulates the growth of healthy hair.
8. Fill a sixteen-ounce trigger-spray bottle with vodka and spray bees or wasps to kill them.
9. Pour one-half cup vodka and one-half cup water in a Ziplock freezer bag, and freeze for a slushy, re-freezable ice pack for aches, pain, or black eyes.
10. Fill a clean, used mayonnaise jar with freshly packed lavender flowers, fill the jar with vodka, seal the lid tightly and set in the sun for three days. Strain liquid through a coffee filter, then apply the tincture to aches and pains.
11. Make your own mouthwash by mixing nine tablespoons powered cinnamon with one cup vodka. Seal in an airtight container for two weeks. Strain through a coffee filter. Mix with warm water and rinse your mouth. Don't swallow.
12. Using a q-tip, apply vodka to a cold sore to help it dry out.
13. If a blister opens, pour vodka over the raw skin as a local anesthetic that also disinfects the exposed dermis.
14. To treat dandruff, mix one cup vodka with two teaspoons crushed rosemary, let sit for two days, strain through a coffee filter and massage into your scalp and let dry.
15. To treat an earache put a few drops of vodka in your ear. Let set for a few minutes. Then drain. The vodka will kill the bacteria that is causing pain in your ear.
16. To relieve a fever, use a washcloth to rub vodka on your chest and >back as a liniment.
17. To cure foot odor, wash your feet with vodka.
18. Vodka will disinfect and alleviate a jellyfish sting.
19. To remove cigarette smoke in your home or office mix one part vodka and three parts water and spray the clothing, then launder and let dry.
20. Pour vodka over an area affected with poison ivy to remove the urushiol oil from your skin.
21. Swish a shot of vodka over an aching tooth. Allow your gums to absorb! some of the alcohol to numb the pain.

After reading this, can you believe that some people drink the stuff?

London Marathon 2004 result

Race No & Finish Position	Name	Time	(Gender Posn)
210 (194)	Michael J. Cates	2:40:00	GB M18
3576 (3267)	Keith J. Adams	3:24:16	GB M18
5157(540)	Rebeka A Griffiths	3:32.32	GB W35
6990 (825)	Claire U. Wagh	3:43:53	GB W18
7096(845)	Judy C Marchant	3:44.19	GB W45
7626 (6704)	Steven M. Adams	3:46:41	GB M40
12265(10432)	John S Geaney	4:04.40	GB M18
12118 (1790)	Sacha M. Ackland	4:04:03	GB W18
21916 (4465)	Christina M. Watson	4:45:15	GB W45

An ecstatic Christina Watson waves to the crowd



Great run from Christina, who ran all the race after 5 miles with blisters

THE HISTORY OF THE COUNTY OF ...

The first part of the history of the county of ... is ...
 The second part of the history of the county of ... is ...
 The third part of the history of the county of ... is ...
 The fourth part of the history of the county of ... is ...
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 The ninth part of the history of the county of ... is ...
 The tenth part of the history of the county of ... is ...

