

# THE ETON MANOR REPORTER



*The newsletter of Eton Manor A.C. (Senior Section)*

**May 2008**

## **The cross country season is over and luckily we lost very few members on the courses**

results and action photos inside

## **Editorial**

Welcome to the third edition of the Reporter. The cross-country season is over and luckily we lost very few members on the courses; most have come back more or less intact.

Survivors can look forward to a summer season when we might hope for moderate weather, neither baking like 2006 nor wet like 2007. This year's summer theme might turn out to be high winds, of course, but there's nothing like variety.

Once again a lot of people have pitched in with help where it was needed to keep the club on an even keel; thanks are especially due to Tom and Joan who continue to put in a lot of effort behind the scenes (and with the tea and biscuits/cakes front of stage). Both Tom and Joan have also put in much effort to make the club house habitable after rain got into the building. Particularly noteworthy is all the painting Joan has

done on the interior walls with paint donated by Ian Lambert. The club house is looking quite 'posh'.

To remind you that the Committee members are: Christina Adams (Women's Captain), Trevor East, Keith Adams (Treasurer), Steve Adams (Men's Captain and Track and Field contact), Steve Dunn (General Secretary), Tom Everitt (Road Running and Cross Country

***We are getting into the season of firm tarmac, high humidity, unrelenting sunshine and hopefully, no coughing and wheezing or stomach bugs***

Secretary), Steve Beckett (Junior Team Officer). And don't forget that our website is also a source of discussion and race reports and worth accessing if you are on the web.

In this issue are reports of Manor competitors engaged in what can only be described as an unremit-

ting hard slog, up slippery hillsides, through boggy marsh, treacherous rutted fields, accompanied by rain, hail, snow and biting cold winds. Not only this but virulent cold, 'flu and gastric viruses hit the general population in November and December and this knocked a few of our runners out of competition. (Among others Ian Lambert, Steve Beckett, Sasha Ackland and I had colds

and viral chest infections lasting for many weeks, instead of the usual few days and Steve Dunn has had a prolonged layoff due to a gastric virus). Well, now we are getting into the season of lovely firm tarmac, high humidity, unrelenting sunshine and hopefully, no coughing

and wheezing or stomach bugs.

The majority of race reports are mine but thanks are due to Tom Everitt and Keith Adams for also contributing write-ups for this edition. Usually I am in Assembly League and Chingford League races, slogging it out desperately somewhere in the middle of the pack. If I am not there at all and no one else has contributed a race report, I do try to pick up the tenor of races from conversations by others who took part. This has been particularly the case this season where I have spent a good deal of time coughing and wheezing rather than running. Please contribute reports if you can. The editor of Loughton's club magazine has said it took fifty four issues of the magazine before his own contributions got down to less than fifty per cent.

First off in this edition, the Assembly League Handicap results and then the season began with the first Chingford League race at Loughton. I felt a bit guilty about not being there, having run away to sea (the Southend 10K), particularly as our numbers were down. But I hope I made up for it by appearing at the 'Ally Pally' ready to do or die (more dying than doing, I'm afraid).

*John Few*

## Assembly League Handicap 2007

The handicap is based on athletes pitting their speed against the handicapper's estimated time for each of the three courses. This involves six races of which the best five count for the final score.

Paul Brandon came out on top, posting five scores of twelve or more points. Joint second were Michael Cates and Trevor East, Trevor finishing with a late run by improving on all his first three races. Andy Ruffy finished a close fourth doing just the minimum five races.

The women's winner was a runaway victory for Christina Adams despite having to miss the last race of the season. Zoe Woodward, with just four races, finished second overall and Gail Brannan, with five races, finishing in third spot.

So on your toes everyone for 2008 and give the handicapper a bashing!

Tom Everitt

### Men

1.	P. Brandon	69/6
2.	M. Cates	66/5
=	T. East	66/6
4.	A. Ruffy	63/5
5.	J. Few	62/6
6.	A. Frost	60/6
7.	S. Adams	54/5
8.	I. Lambert	47/4
9.	N. Ruffy	43/3
10.	P. Cates	41/4
11.	M. Eames	38/3
12.	T. Everitt	31/3
13.	S. Dunn	30/4
14.	A. Duncan	27/3
15.	G. Sayer	25/4
16.	K. Adams	24/3

### Women

1.	C. Adams	58/5
2.	Z. Woodward	51/4
3.	G. Brannan	50/5
4.	T. Persighetti	40/4
5.	D. Patterson	39/4
=	J. Roche N/S	39/3
7.	S. Ackland	29/4
8.	P. Steere	28/4

## Chingford League, Loughton 6<sup>th</sup> October 2007

Paul Cates did well in this race leading the Manor in. And Zoe Woodward achieved 4<sup>th</sup> women's placing. Keith Adams kept ahead of Andy Ruffy and Martin Hockey in this one and then he went ahead and did the Southend 10K the following day, also with a respectable time (42.51). Well done our treasurer! Made me feel a bit of a wimp though for dodging the Loughton race in favour of the Southend outing.

### Results:

1.	Richard McCormick	Bar.	35.54
2.	Matt Flannelly	Wood.	37.03
3.	Richard Kingsnorth	Orion	37.16
4.	Jack Stroud	Orion	37.34
5.	Grant Ramsey	Bar.	37.39
31.	Paul Cates	EM	40.43
45.	Ian Lambert	EM	42.54
54.	Steve Adams	EM	44.39
76.	Keith Adams	EM	46.21
4 <sup>th</sup> W	Zoe Woodward	EM	46.37
89.	Martin Hockey	EM	48.34
91.	Andy Ruffy	EM	48.59
17 <sup>th</sup> W	Steph Baxter	EM	50.51
31 <sup>st</sup> W	Gail Brannan	EM	56.45
35 <sup>th</sup> W	Christina Watson	EM	58.33
110	Glyn Sayer	EM	58.43
39 <sup>th</sup> W	Rachel Brittle	EM	60.55

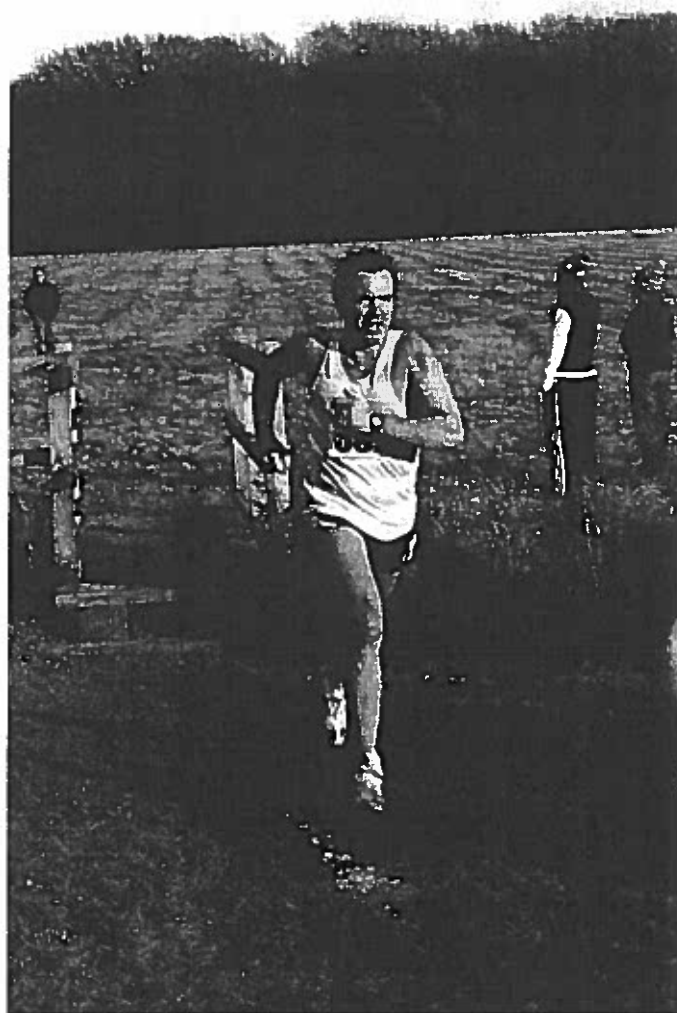
Teams (Eton Manor, places in 10 teams) Mens A 8<sup>th</sup> Mens B 8<sup>th</sup> Womens 5<sup>th</sup> Womens Vets 3<sup>rd</sup>

## Chingford League, Alexandra Park, Saturday 27<sup>th</sup> October 2007

This cross country outing was billed as a nine kilometre (5 ½ mile) race including running the infamous hill three times. At the last minute it was decided to make it more like a 4 mile race with only two runs up the hill, but what a hill!!! It was one of those hills that seem fairly innocuous at first but which works its way into your legs and lungs very soon after beginning the ascent. I notice that running up this hill three times has embedded itself in the memories of people who have done the course before and most cannot remember much about the remainder of the course. However, apart from being let off the third attempt on the North face of the



Christina's runaway victory and Paul Brandon, Assembly League handicap winners



Eiger, the weather too was merciful, being mild and calm and with only a slight misty drizzle at times. The ground was firm underfoot.

First Manor runner in was Alan Duncan getting well out in front, with good support from Adrian Frost (as usual putting in one of his outstanding performances, though we had the expected complete collapse at the end). Steve Adams was only a second behind (and looking as fresh as a daisy when he came in), then in quick succession: Steve Dunn, Andy Ruffy, John Few and Martin Hockey all ably backed up by Glyn Sayer. Sacha Ackland and Rachel Brittle made good efforts in representing the women. Tom Everitt kept to his official duties and provided support on the course but was not running due to injury. He usefully reminded us as we ran round that we only had to go up the hill twice and warned us of the unexpected nearness of the finish line



Adrian Frost, Alexandria Park, 27 Oct 2007

#### Results:

1.	Grant Ramsey	Barnet	23.17
2.	Ben Nagy	Barnet	23.22
3.	Tony Lashmar	VPH	23.25
4.	Jim Roach	Woodford	23.43
5.	Arber Baci	Enfield	23.57
6.	Larry Mangelshot M40	Woodford	24.06
28.	Alan Duncan M40	EM	25.52
69.	Adrian Frost M40	EM	28.28
70.	Steve Adams M40	EM	28.29
82.	Steve Dunn	EM	29.08
84.	Andy Ruffy M40	EM	29.16
101.	John Few M50	EM	30.42
105.	Martin Hockey	EM	31.17
128.	Glyn Sayer M50	EM	35.51
33W	Sasha Ackland	EM	36.09
42W	Rachel Brittle	EM	39.55

Teams (of 10) Men's A 7<sup>th</sup> Men's B 7<sup>th</sup> Men's Vets. 5<sup>th</sup>

## This is really interesting

While reading that well known literary classic 'Making Calcium Interesting' by Graham Chapman of Python fame, my attention drifted and I started to consider the way Runners World Magazine tries so hard month in and month out to try and make 'running interesting'.

In this endeavour, Runners World has a lot of articles about things you can buy. Like all pastimes, there is the allure of the 'kit', the accessories, the magic toys with which we can build up a kind of composite of ourselves as runners. There is the top of the range, wicking, breathable, windproof, waterproof, running jacket. And there is that amazing facility of being able to zip the sleeves off when it gets a bit warmer to end up with something vaguely French and vaguely edible, called a gilet. And there are the myriad varieties of shoes which every year arrive with significant advances in protection or in cushioning so you think your present trainers have slipped into the dark ages.

On top of this is the dietary advice. If you are careful enough to eat all the recommended foods you should be able to avoid all known diseases and maybe live forever. At least you should be able to get to be very old and still be on your feet even if you no longer know the name of the prime minister.

Then there are the articles about how running has redeemed people's lives. 'I was on a life support machine with terminal heart failure. Marge, my adoring wife, read me an article from Runners World as I slipped in and out of consciousness and the part of the article I managed to catch inspired me so much I decided there and then not to take my illness lying down and in a moment of clarity I discharged myself. Although my breathing was a bit laboured at first, I ran straight through the hospital grounds barefoot, managed to get home (about a 10K) and never looked back. Now I run marathons every week (sometimes twice a week) and have never been so fit'.

*If you eat all the recommended foods you should be able to avoid all known diseases and maybe live forever.*

I am not knocking achievement or the brave souls who have overcome adversity. But sometimes the repetition can be a bit dire. Running is often enjoyable and even interesting but some of the time running can be just plain boring – on those days it's a slog, it's hard work, you're out of breath, you're cold, wet, you're covered in mud or you're baking hot, you keep repeating the same old phrases about 'how tough the course is' (races are always tougher than the one before) and there are the time honoured references to various well-known 'hills' with their malevolent gradients, which exist with the sole aim of slowing you down to a pathetic grovelling crawl to the top.

As I type this my latest Runners World has just come through the door. I'll take a peek, just in case there is something I haven't heard before that's really interesting. By the way there was a short chapter on 'calcium' in Graham Chapman's book which, I am sure he would have agreed (had he still been with us) is the work of a raving lunatic and not very interesting to boot.

John Few

Vets interclub 6 mile cross country Loughton,  
10<sup>th</sup> November 2007

The experience and dogged determination of our veteran runners had a real impact in this cross country outing and our men's team came in first place. Paul Cates set the agenda by coming in second with Danny Rose of Walthamstow getting to the finish only thirteen seconds ahead. Ian Lambert placed 5<sup>th</sup> with Adrian Frost doing one of his good runs coming in close behind at 6<sup>th</sup> place. An excellent effort by Zoe, putting in her usual good performance as our first woman in and third woman in the race as a whole.

Results:

1.	D. Rose	Walthamstow	34.24
2.	P. Cates	EM	34.37
3.	T. Babbs	Loughton	34.56
4.	M. Rolfe	Loughton	35.22
5.	I. Lambert	EM	35.46
6.	A. Frost	EM	37.26
9.	A. Ruffy	EM	38.55
15.	Z. Woodward	EM	40.15
21.	C. Wagh	EM	43.02
27.	P. Steere	EM	46.40
29.	G. Brannan	EM	47.38
30.	G. Sayer	EM	48.21
33.	R. Brittle	EM	51.58

Team result: men 1<sup>st</sup> of four teams, women 2<sup>nd</sup> of two teams.

Multi-Mob Match cross country, Chingford,  
17<sup>th</sup> November 2007

This was a tough challenge but an interesting course of 6 ½ miles through Epping Forest. Alan Duncan did a good job to come in 10<sup>th</sup> in this race of over a hundred runners, with Paul Cates (despite taking a tumble) not far behind. Adrian Frost kept well up in the field as usual with Steve Adams on his tail. Zoe Woodward was our first woman in, ably backed up by Paula Steere, Christina Adams, Gail Brannan and Rachel Brittle. Orion came out on top filling the first seven places in the race with the Manor coming second.

Results:

1.	K. Murphy	Orion	38.14
2.	M. Flannely	Orion	39.15
3.	D. Moses	Orion	39.21
4.	G. Ramsey	Orion	39.46
5.	R. O'Sullivan	Orion	39.56
6.	A. Thorpe	Orion	40.47
10.	A. Duncan	EM	42.18
14.	P. Cates	EM	42.51
20.	I. Lambert	EM	43.41
32.	A. Frost	EM	45.43
35.	S. Adams	EM	46.33
40.	A. Ruffy	EM	47.08
53.	Z. Woodward	EM	49.20
67.	D. Tyson	EM	51.19
71.	S. Dunn	EM	52.39
85.	P. Steere	EM	56.47
94.	C. Adams	EM	59.34
96.	G. Sayer	EM	59.54

97.	S. Ackland	EM	59.58
98.	G. Brannan	EM	60.04
101.	R. Brittle	EM	65.07

Match result

OH 103 EM 617 SS 629 12 to score

OH 2410

Others 2670 53 to score

Essex Vets. Cross-country 5 mile race at Lambourne  
End, Chigwell, 1<sup>st</sup> December 2007

A fine bright day for this race run on a course which many members were unfamiliar with. Despite the 'hill' (which was manageable, though a trifle long) the course was relatively undemanding and, despite some torrential rain the day before, was quite firm under foot.

The first cohort of the women runners together with the over fifties men encountered an early difficulty on this course when runners were brought to a near standstill as they bunched at a narrow exit from the first field into the forest. Warnings were passed to the second men's team, due to run an hour later, about getting well ahead at the beginning to avoid being trapped crossing into the forest. As a result of all this advice, Adrian Frost did a spectacular sprint start which nearly got him to the front of the entire field in the first few minutes.

Paul Cates was also having an excellent run (despite a fall at a bridge) and led the Manor in. Paul Brandon supported him by falling over too, so the other Paul wouldn't feel left out. Ian Lambert put in a good effort to come in first for the Manor in the 50 plus race.

Zoe Woodward led the Manor in for the women in a good time of 38.38 and in the top quarter of the field; the rest of the team staked out positions through the pack and gave a good Manor presence.

**Adrian Frost did a spectacular sprint start which nearly got him to the front of the entire field in the first few minutes**

The day was rounded off in the evening with the Eton Manor Christmas do at The Plough which went very well. Thanks are due to everyone who helped make it a success, particularly Steve and Christina Adams who did much of the organising.

Results:

Veteran men (40 plus)

1.	P. Dobson	Springfield	29.23
2.	P. Spowage	Colchester	29.26
3.	M. Bland	Havering	30.05
4.	I. Campbell	Ilford	30.22
5.	M. Bridgeland	Chelmsford	30.24
6.	C. Lewin	Colchester	30.30
24.	P. Cates	EM	32.41
53.	A. Frost	EM	35.16
55.	A. Ruffy	EM	35.35
59.	P. Brandon	EM	35.47
66.	S. Adams	EM	36.38
81.	S. Deville	EM	41.28

Team position 9<sup>th</sup> of 13

### Veteran Men (50 plus)

1.	D. Cox	Woodford	31.46
2.	D. Butler	Billericay	31.52
3.	A. Butler	Thrift Green	31.56
4.	S. Williams	Thurrock	33.00
5.	M. Bumstead	Thurrock	33.17
6.	A. Catton	Ilford	33.21
10.	I. Lambert	EM	34.01
49.	J. Few	EM	39.17
92.	G. Sayer	EM	45.07

No team placing

### Women

1.	G. Dawson	Basildon	34.34
2.	W. King	Chelmsford	34.59
3.	J. Baker	Chelmsford	35.20
4.	A. Oakman	Chelmsford	35.53
5.	L. Gaffney	Loughton	36.31
6.	T. Woodyard	Springfield	36.42
21.	Z. Woodward	EM	38.38
40.	S. Baxter	EM	42.58
51.	P. Steere	EM	44.16
64.	C. Adams	EM	45.47
68.	G. Brannan	EM	46.58
74.	R. Brittle	EM	49.40

Team position 9<sup>th</sup> of 13

### Ware Cup, Loughton, 8<sup>th</sup> December 2007

Although I could not be at this race, I have it on good authority that the weather was ideal for a cross country event, 'heavy rain throughout with icy, near gale force winds and a slippery mud bath of a course' (courtesy of Orion's website). Paul Cates, obviously used to adverse weather, came in 5<sup>th</sup>. Well done Paul. Paula Steere, having been spurred on by a someone calling out to Glyn Sayer (who was right behind her) increased the gap between herself and Glyn by a good half a minute before getting to the finish line. Supporters please note this and shout out to Paula as she runs past 'come on Glyn' (even if he isn't actually in the race) as this seems to markedly improve her performance.

#### Results:

1.	Jeremy Gold	Victoria Park	33.36
2.	Tony Lashmar	Victoria Park	33.54
3.	Ben Hall	Orion	34.39
4.	Colin Read	Walthamstow	35.16
5.	Paul Cates	EM	35.51
6.	Bill Parker	Victoria Park	36.09
15.	Ian Lambert	EM	38.17
16.	Adrian Frost	EM	38.29
23.	Andy Ruffy	EM	39.34
27.	Steve Adams	EM	40.48
49.	Paula Steere	EM	48.18
50.	Glyn Sayer	EM	48.52
53.	Gail Brannan	EM	50.24
56.	Christina Adams	EM	52.18
59.	Rachel Brittle	EM	53.24

Mens team result: 2<sup>nd</sup> of 5.

Womens team result: 3<sup>rd</sup> of 3.

### Chingford League, Highams Park 5m cross country, 15<sup>th</sup> December 2007

Quite good conditions for this race but illness (and the illness of family members) kept our numbers down, at least on the men's side. Alan Duncan led the Manor to the finish line in under 30 minutes with a fair sprinkling of Manor runners at minute intervals with Glyn Sayer followed by Mike Eames herding club members in.

Stephanie Baxter led the Manor in for the women with a respectable 35.35 time with a good effort from the rest of the team getting us 3<sup>rd</sup>. place in the women's vet team results.

#### Results:

##### Men

1.	Shaun Collins	Enfield	25.00
2.	Harold Wyber	Woodford	25.12
3.	Alex Cornwall	Guest	25.16
4.	Ronny Spark	Guest	25.16
5.	Daire Brennan	Enfield	25.48
47.	Alan Duncan	EM	29.44
69.	Andy Ruffy	EM	31.27
83.	Steve Adams	EM	32.20
93.	Steve Dunn	EM	33.08
103.	Simon Deville	EM	34.13
124.	Glyn Sayer	EM	38.37
128.	Mike Eames	EM	39.57

##### Women

1.	Diana Kennedy	Woodford	30.01
2.	Katherine Gundersen	Woodford	30.55
3.	Jo Singer	Victoria Pk.	31.20
4.	Lorna Gaffney	Loughton	31.39
5.	Nina Anderson	Guest	31.49
6.	Claire Thurgood	Orion	31.58
19.	Stephanie Baxter	EM	35.35
32.	Paula Steere	EM	37.58
35.	Sacha Ackland	EM	38.59
40.	Christina Adams	EM	39.39
44.	Gail Brannan	EM	40.34
47.	Rachel Brittle	EM	44.34
48.	Teresa Persighetti	EM	45.45

Teams: A men: 9<sup>th</sup> of 9 teams, B men: 8<sup>th</sup> of 8 teams, Men's Vets: 6<sup>th</sup> of 9 teams. Senior women: 6<sup>th</sup> of 8 teams, Women's Vets: 3<sup>rd</sup> of 7 teams.

### Top of the Pops Baton Relay, 18<sup>th</sup> December 2007

On a dry but cold night nine complete teams toed the line for this annual event. The first leg got underway with the usual battle to get their team off to a good start. This honour went to Paula Steere with a PB to bring home Girls Allowed for an early lead fourteen seconds ahead of new boy, John Bromley for Vet, Vet, Vet with Glyn Sayer third for Led Zimmerlin. An excellent run for our sole junior, and on the night young Ilayda Aktas helped to bring home the Beat Alls in sixth place. Good runs also for first timer Rachel Brittle and Patrick Robinson also clocking a PB to bring home Live Ade in fourth.

The second leg got underway with teams intent on improving their positions or consolidating, notably Ade Frost taking Live Ade into the lead. Another good run

from new boy Simon Deville holding second place for Vet, Vet, Vet and Steph Baxter dropping Girls Allowed to third place despite covering second fastest women's time on the night – no PB's on this leg though.

Third leg saw Trevor East, despite not feeling 100% but clocking a PB to bring home Live Ade to top the charts – getting to be a habit this Ade and Trev – will have to break you up next year. Alan Duncan slightly slower than last year but fast enough to hold second

**The second leg got underway with teams intent on improving their positions**

spot for Vet, Vet, Vet. Ian Lambert clocking the same time as Alan enabled him to move East 17 into third spot. Zoe Woodward with the fastest women's time on the night holding fourth spot for Girls Allowed. Paula Steere sportingly ran her second stint to enable The Beat Alls to finish a team. Sorry again Dave for the mishap on the second leg, thus causing you to run a lone solo leg – but well done on clocking the third fastest time on the night – certainly was Chase and Dave.

Thanks again to the officials especially on such a cold night – Peter Kearsley, Pam Ackland-Snow and non racers John Few and Steve Dunn. A nice little tuck in after and pleasantly washed down with Joan's mulled wine and the annual visit to The Hare and Hounds for a pint, although only a few making this – perhaps the strength of the mulled wine affecting numbers.

*Report by Tom Everitt*

Results:

Pos.	Team	Time	Leg 1	Leg 2	Leg 3
1.	Live Ade	22.09	P. Robinson 8.40	A. Frost 7.05	T. East 6.24
2.	Vet-Vet-Vet	22.47	J. Bromley 8.31	S. Deville 7.32	A. Duncan 6.44
3.	East 17	23.12	T. Persighetti 9.32	A. Ruffy 6.56	I. Lambert 6.44
4.	Girls Allowed	23.37	P. Steere 8.17	S. Baxter 7.51	Z. Woodward 7.29
5.	Adam Antlers	24.14	C. Adams 8.45	M. Eames 8.02	S. Adams 7.27
6.	UB V40	24.32	G. Brannan 9.24	S. Ackland 8.42	P. Cates 6.26
7.	Led Zimmerlin	24.44	G. Sayer 8.39	T. Everitt 9.11	P. Brandon 6.45
8.	The Beat Alls	28.46	I. Aktas 8.55	K. Bromley 10.56	P. Steere 8.55
9.	Chase & Dave	29.35	R. Brittle 9.42	N. Ruffy 13.15	D. Brock 6.38

Fastest 1<sup>st</sup> T. East 6.24      2<sup>nd</sup> P. Cates 6.26      3<sup>rd</sup> Dave Brock 6.38  
 Women 1<sup>st</sup> Z. Woodward 7.29      2<sup>nd</sup> S. Baxter 7.51      3<sup>rd</sup> P. Steere 8.17

Inter-club VPH & TH v Eton Manor AC. 2.9m, Homerton, 8<sup>th</sup> January 2008

Couldn't quite get enough runners to challenge Victoria Park this time but we had a good showing at the front of the field, Paul Cates and Ian Lambert coming in sixth and seventh respectively with Dave Brock, Alan Duncan and Trevor East not far behind. A good run by Steve Dunn in 17.41 and our women keeping five VPH runners to the back of the field with Zoe Woodward in her usual position leading our team in. An excellent effort, too, by Alison Goodlad with her first race for the club. Our under 13 years representative Y. Kikanka did well in 34<sup>th</sup> position with a great time of 18.39, ably backed up by our under 15 years competitor Ilayda Aktas in 78<sup>th</sup> position.

Results:

1.	D. Allcock	VPH	15.10
2.	A. Lashmar	VPH	15.42
3.	T. Mitchell Smith	VPH	16.36
4.	B. Parker	VPH	16.44
5.	M. Harrison	VPH	16.46
6.	P. Cates	EM	16.47
7.	I. Lambert	EM	16.51
11.	D. Brock	EM	17.05
12.	A. Duncan	EM	17.12
14.	T. East	EM	17.16
21.	S. Dunn	EM	17.41
25.	W. Bennett	EM	17.58
27.	A. Ruffy	EM	18.02



A happy Gail Brannon (above) and Ian Lambert (left) at Trent Park (race report on page 7)

Essex Cross Country Championships, Basildon, 5<sup>th</sup> January 2008

Mainly due to illness we only managed three male runners out for this event and no women. Paul Cates led the Manor in at 54.02 with good support from Steves Dunn and Adams. Woodford Green won the team prize.

Results:

1.	G. Riddell	Basildon	44.53
2.	A. Livingstone	Thurrock	44.59
3.	A. Mussett	Colchester	45.47
4.	S. Sterling	Newham	46.56
5.	K. Murphy	Woodford	47.02
6.	C. Bloomfield	Billericay	47.13
59.	P. Cates	EM	54.02
112.	S. Dunn	EM	60.50
125.	S. Adams	EM	63.52

34.	Y. Kikanka U/13	EM	18.39
35.	A. Frost	EM	18.48
36.	S. Adams	EM	18.59
42.	Z. Woodward	EM	19.39
45.	N. Ruffy	EM	19.50
57.	P. Steere	EM	21.44
68.	M. Eames	EM	22.26
69.	S. Ackland	EM	22.30
74.	G. Brannan	EM	23.00
75.	T. Everitt	EM	23.27
77.	C. Adams	EM	23.51
78.	I. Aktas U/15	EM	24.06
82.	R. Brittle	EM	25.00
84.	A. Goodlad	EM	25.21

Chingford League, Trent Park 5m Cross Country,  
12<sup>th</sup> January 2008

By all accounts this course, which is muddy even when it is dry, was even muddier than usual. So credit to all the Manor team members who turned out and particularly to Zoe Woodward for her fantastic effort in coming in fourth. Zoe beat Claire Thurgood of Orion (who from my own experience of trying to keep up with her is no slouch) by more than half a minute. Although Ian Lambert did not get one of his best times here, I know only too well what an effort he must have made while still carrying the dreaded extended cold bug which has put my own racing on hold. Paul Cates made his usual appearance at the front of the Manor runners with Alan Duncan a few seconds behind him. Well done everyone for turning out for this muddy event and supporting the Manor.

Results:

Senior Men

1.	Dave Wardle	Woodford	26.37
2.	David Farqhar	Woodford	27.13
3.	Daire Brennan	Enfield	28.44
4.	Alex Cornwall	Guest	28.51
5.	Richard McCormick	Barnet	28.59
6.	Arber Baci	Enfield	29.36
24.	Paul Cates	EM	31.53
28.	Alan Duncan	EM	32.02
70.	Ian Lambert	EM	35.21
77.	Steve Dunn	EM	35.50
124.	Glyn Sayer	EM	43.25

Women

1.	Lisa Elmore	Trent Park	32.44
2.	Lorna Gaffney	Loughton	35.18
3.	Christine Inch	Orion	36.37
4.	Zoe Woodward	EM	37.00
5.	Shannon Pearce	Guest	37.02
6.	Claire Thurgood	Orion	37.37
25.	Paula Steere	EM	42.23
36.	Sacha Ackland	EM	44.37
38.	Gail Brannan	EM	45.38
40.	Rachel Brittle	EM	48.45
44.	Allison Goodlad	EM	53.24

Under 13 yrs. Girls:

10.	G. Green	EM	14.36
11.	I. Adams	EM	15.33

Team results: Senior men (A team)	7 <sup>th</sup> of 10.
Vet. Men	6 <sup>th</sup> of 10.
Senior women	5 <sup>th</sup> of 7.
Vet. Women	2 <sup>nd</sup> of 6.
Under 13 girls	4 <sup>th</sup> of 4.

Chingford League 8K road race, Victoria Park,  
16<sup>th</sup> February 2008

A sunny afternoon for this race but not a full house as far as runners go, with some off with the dreaded Winter cold bug. Tom Everitt gamely gave the race a go but had to pull out with his injury. Otherwise, good performances with Ian Lambert leading us in and an outstanding run from our general secretary, Steve Dunn with Adrian Frost on his tail. Andy Ruffy followed close behind and as you can see from his expression in the photograph he had a sudden insight into the absurdity of running round a public park in a striped vest. Nik Ruffy seemed to be going well too. Our new member Sharon Boliste did fantastically well as first woman in for the Manor at 32.35, well done Sharon. Less than 30 seconds later, there was the usual good performance from Zoe Woodward. Sacha Ackland also made a good effort despite saying she wasn't going to race this one as she had only just recovered from a layoff due to the usual suspect (the dreaded cold bug). Gail Brannan twisted her knee as a result of allegedly trying to re-tie her shoelaces whilst still running. She needs a bit more work on this highly innovative technique though. Don't try this at home folks.

Results:

Men

1.	Ed Messer	GST	25.17
2.	Shaun Collins	Enfield	25.19
3.	Richard McCormick	Barnet	25.26
4.	Jack Stroud	Orion	26.07
5.	Tony Lashmar	VPH	26.11
6.	Ray Marriot	GST	26.15
33.	Ian Lambert	EM	28.58
44.	Steve Dunn	EM	29.54
52.	Adrian Frost	EM	30.37
59.	Andy Ruffy	EM	31.19
61.	Steve Adams	EM	31.37
92.	Nik Ruffy	EM	34.13
94.	Simon Deville	EM	34.33
109.	Mike Eames	EM	36.53
114.	Glyn Sayer	EM	38.40

Women

1.	Diana Kennedy	Woodford	29.23
2.	Natalie Kipps	Orion	29.28
3.	Nina Anderson	GST	30.12
4.	Claire Thurgood	Orion	31.22
5.	Nicola Proud	Barnet	31.43
6.	Gabrielle Brooks	Loughton	32.29
7.	Sharon Boliste	EM	32.35
9.	Zoe Woodward	EM	33.02
24.	Stephanie Baxter	EM	35.51
50.	Sasha Ackland	EM	39.03
53.	Rachel Brittle	EM	41.53
54.	Gail Brannan	EM	41.54
58.	Allison Goodlad	EM	43.41
60.	Teresa Persighetti	EM	45.30



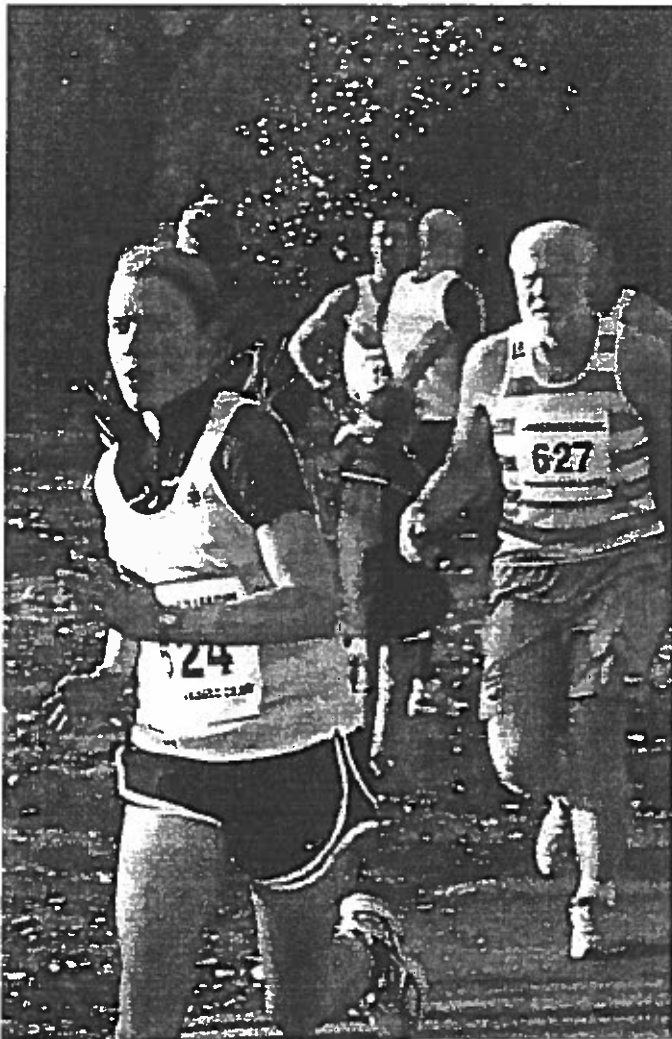
Team results (10 teams)

Men's A team: 7<sup>th</sup>

Men's B team: 6<sup>th</sup>

Women's team: 5<sup>th</sup>

Women's vets: 5<sup>th</sup>



Sharon Bollste, Victoria Park, 16 February 2008

Roding Valley Half-marathon, 9<sup>th</sup> March 2008

Eton Manor showed what it could do in this race with Trevor East putting in an amazing effort to come in 8<sup>th</sup> (in a field of 522 runners) with an impressive time of 1:22:45. Well done Trev - a real champion. Andrea Valcher, new guy at the club, did well coming in at 1:32.39 followed by Andy Ruffy at 1:33:56, with Patrick Robinson backing them up.

Mention should be made of Buster Martin who at 101 years achieved the half-marathon world record for his age group in this event (5:13). He would have been faster if he hadn't stopped for a pee, a bacon sandwich and indulged in what he termed 'beer breaks'. Still he

**Mention should be made of Buster Martin who at 101 years achieved the half-marathon world record**

could afford to, there weren't many other challengers. The way our membership is aging, Eton Manor might have a few challengers for this title in the years ahead.

Results:

1.	Anton Van Zyl	Shaftesbury	1.14.00
2.	Malcolm Muir	Ilford	1.14.13
3.	CJ Shepherd	Woodford	1.18.48
4.	Julian Lings	Steel City Striders	1.19.09
5.	Paul Todd	Benfleet	1.19.26
6.	John Knight	Met. Police	1.20.58
8.	Trevor East	EM	1.22.45
58.	Andrea Valcher	EM	1.32.39
64.	Andy Ruffy	EM	1.33.56
405.	Patrick Robinson	EM	2.10.30

Mike Penman 10K Victoria Park, Saturday 8<sup>th</sup> March 2008

Ian Lambert came in first for the Manor in this event with a creditable time of 38.02. Our new member, Sharon Boliste made a good impression too, coming in second lady with Zoe Woodward a mere 16 seconds behind her. Although we missed out on the team placings to Victoria Park and Orion, a good effort was put in by all Manor runners throughout the race particularly considering the blustery conditions.

Results:

1.	B. Powell	Guest	31.55
2.	P. Martelletti	VPH	33.27
3.	B. Fairhall	VPH	34.52
4.	D. Cox	Guest	35.00
5.	S. Joyce	Orion	35.27
6.	T. Grose	VPH	35.52
14.	I. Lambert	EM	38.02
30.	A. Ruffy	EM	41.53
34. (L2)	S. Boliste	EM	42.37
36. (L3)	Z. Woodward	EM	42.53
43.	N. Ruffy	EM	45.19
50.	M. Eames	EM	47.55
60. (L14)	R. Brittle	EM	55.05
61. (L15)	H. Vine	EM	63.47



Andy Ruffy, Victoria Park, 16 February 2008

**Jan Bowman:** Early in March we became aware that the secretary of the Chingford League, Jan Bowman, had suffered an accident on her scooter and had a serious neck injury which means a prolonged hospital stay. The Trent Park Relays on the 15<sup>th</sup> March were cancelled and at the time of writing we are hoping for positive news about Jan's health.



## Cyprus 10K road race, 16<sup>th</sup> March 2008

Joan and myself were invited along as guests and friends to Christina's 50<sup>th</sup> birthday celebrations with her family, to be held in Cyprus in mid March where there just happened to be a 10K, half-marathon and full marathon taking place.

We journeyed out on Wednesday and arrived in blazing sunshine and the temperature in the early seventies— we expected it to be better than at home but this was a bonus; certainly begs thought for a club trip next year (anyone interested?).

With the races not being held until Sunday and Christina's birthday on the Monday, we had to manage four lunch and evening sessions of controlled drinking to survive. This we nearly accomplished although many calls of 'pint of Keo, local brandy and coke, ouzo no ice, water separate' were heard at various times of the day and evening.

The running trio all opted for the 10K race but myself, being already unfit, then taking a tumble on an early morning training run – not connected to previous para-

**Christina had finished first in her age group (45-49), a day before her fiftieth birthday!**

graph (honest), was probably not going to participate.

After a couple of days walking and taking the medicine, I decided on Saturday morning I would definitely run next day. We made our way down to the harbour for a 9.30 am start on what was to be the hottest and still-est day so far. The race, an out and back course pass-



Tom, Christina and Steve in Cyprus



Steve holding out against the sun and the heat

ing our accommodation at the 2K and 4K points where members of Chris's family were there to give us support. Being this type of course we were able to see each others progress after passing the turning point.

Steve had a good early position just off the leading pack and holding in until about 8K when the effort and heat started to take its toll – but still hanging in for a respectable 17<sup>th</sup> position in 43.11.

Christina and myself were toiling away about midfield with about a minute between us and this is how it stayed until the finish with me in 54<sup>th</sup> at 54.10 and Christina at 55.20.

We hung about for the presentation and it was really pleasing to see that Christina had finished first in her age group (45-49), a day before her fiftieth birthday! I picked up third place in the 70 plus group. Unfortunately Steve was unable to get amongst the trophies in a high quality vets field.

Now on to the serious stuff, Chris's birthday and the final evening – but that's another story or stories.

Tom Everitt

## Physical Shield Relays, Loughton, 25<sup>th</sup> March 2008

On a dull but not too cold evening we had a good turnout for our final winter fixture at Loughton. Fielding three men's and one women's team amongst the thirteen taking part on the night.

On the first leg, Paul Cates got us off to a good start coming in second place which we held until the finish with a storming PB by Trevor East on the final leg. The 'B' team were led off by Andrea Valcher (having his first club run) coming home in sixth position which was again maintained until the finish. Our 'C' team was led off by Andy Ruffy who finished seventh but we were unable to hold this and finished in ninth place.

Our women's team finished twelfth overall and fourth women's team with Zoe Woodward leading, supported by Paula Steere, Gail Brannan and Christina Adams.

No more PBs on the night but good runs from Ian Lambert (fastest V50) and John Few (fastest V60).

Race report by Tom Everitt

**Results:**

P. Cates	9.36	A. Valcher	10.19	A. Ruffy	10.49	Z. Woodward	11.25
I. Lambert	10.06	A. Frost	11.45	J. Few	11.39	P. Steere	12.53
A. Duncan	10.13	S. Adams	11.11	G. Sayer	13.53	G. Brannan	14.24
T. East	<u>9.24</u>	K. Adams	<u>10.55</u>	T. Everitt	<u>14.13</u>	C. Adams	<u>15.01</u>
	39.19		44.10		50.34		53.43

# ORION 15, Sunday March 29 2008

*'We came, we saw, some conquered and all survived.....'*

A select band of lunatic Manorites tackled this monster of a race : Paul Cates, Alan Duncan, Ian Lambert, Keith and Steve Adams for the men, Zoe Woodward the lone warrior for the ladies.



Where's your club vest Adams?

Even the Orion website acknowledged that conditions were 'challenging' this year, and that competitors may like to consider donning flippers instead of shoes.

For the uninitiated, this is nothing short of a beast of a course, although old-timers might (justifiably) argue that it is now a little easier without the loop on the other side of the M25 and more so because some of the horse rides have been considerably upgraded in recent years. Even so, there is no shortage of mud and hills (think names like 'pole hill', 'the switchbacks' and 'the gulley' for a hint) and this is not a race for the unpre-

pared. There was a real sense of trepidation in the changing rooms before, especially among those who knew the course. Ignorance could be a blessing.

I traveled to the race with my second claim club, Billericay Striders, and got there nice and early in time for a chat with some of the Orion guys who I hadn't seen in quite some while; grabbing some last minute hints and tips from



Paul "hard \*!\$%^" Cates in action

seasoned marathoners like Stuart Manning and Al Dicken and tucking into a few cups of tea. All so quickly we were on the start line getting last minute instructions from Dave Brock and BANG!, we were away!

Even the downhill stretch from the Royal Forest Hotel to the edge of the forest was pretty wet, in fact when I went to look at my watch for the first time it was mud covered and I had to clean it to read it.....

At the sharp-end the race was won convincingly by Crispian Bloomfield of



Don't talk to him Alan, he's from the park.....

Billericay Striders, who broke 90 minutes in 'challenging' conditions. Sub 6 minute miling on that? Billericay also got two other runners near enough to the front to claim the senior mens' prize. The first in for the manor were, unsurpris-



Judging by the lack of mud and abundance of smiles, this is Steve and Zoe near the start.....

ingly, Paul Cates and Alan Duncan. Paul apparently had quite a decent battle with the Billericay guys, leaving one to comment

what a hard \*\*\*\*\* he had been to beat! Ian Lambert completed the 'A' team with a solid run, and with our 'A' team all being vets this was enough to secure a bit of silverware, First veterans team.

Back in my neck of the

woods Zoe and Steve set off a bit quicker than I did. By about 3 miles Steve was ahead of us and I caught Zoe who may have started a little quickly. As the race progressed I realised I was catching Steve and eventually passed him on the climb to High

Beech between 8 and 9 miles, a rare occasion for me to get by him on an uphill stretch. From there we stayed in that order,

although Zoe did catch Steve again before he found a little more, and all 3 of us were just the wrong side of 2 hours.

The gully felt ridiculously hard this year, even when walking. I wore my new Garmin toy for the race and here is the elevation profile of the course, which explains why.....

In the changing room afterwards I went to take off my socks and my legs were so muddy I couldn't find the tops of them.....

A word for the organisers, marshals and supporters. As always the race was flawlessly organised, the course superbly marshaled and there was lots of support out on the course on what wasn't the nicest of days to be out there. It really does make a difference.

I'm now hoping that hasn't taken too much out of me ahead of London.....

*Report by Keith Adams*

**Results:**

- 1 Crispian Bloomfield BIL M 89.54
  - 2 Malcolm Muir ILF M 92.17
  - 3 Bertie Powell WG M 93.4
  - 20 Paul Cates EM M V40 108.32 10th V
  - 21 Alan Duncan EM M V40 109.03 11th V
  - 44 Ian Lambert EM M V50 116.34 23rd V
  - 64 Keith Adams EM M 120.57
  - 69 Steve Adams EM M V40 122.21 40th V
  - 72 Zoe Woodward EM F V35 122.54 42nd V 7th F
  - 188 Finished (cut-off 9 miles/90 minutes enforced)
- First Men's team: Billericay Striders  
 First Ladies team: Springfield Striders  
 First Men's Vet team: Eton Manor

Photos (borrowed from [www.orionharriers.org.uk](http://www.orionharriers.org.uk))

Winter Grand Prix 07/08

This year's Grand Prix consisted of a possible eleven races. No one managed a maximum turn out but the two winners both managed ten of the races each.

Race appearances are of great importance to the club as it ensures we have complete teams in league and championship races.

Rachel Brittle set a good example in her first season of club competition completing ten races, closely followed by Gail Brannan with nine and Zoe Woodward with eight.

The men's winner was Andy Ruffy also with ten out of eleven – luckily not many Saturday races clashing with West Ham's home fixtures. Joint second place was held by Ian Lambert, Steve Adams and Glyn Sayer, all completing nine races.

*Tom Everitt*

<u>Men</u>		<u>Women</u>	
A. Ruffy	58 pts (10)	Rachel Brittle	58 (10)
I. Lambert	52 (9)	Gail Brannan	52 (9)
S. Adams	52 (9)	Zoe Woodward	46 (8)
G. Sayer	52 (9)	Christina Adams	40 (7)
P. Cates	40 (7)	Paula Steere	40 (7)
A. Duncan	40 (7)	Sasha Ackland	40 (7)
A. Frost	40 (7)	Steph. Baxter	22 (4)
S. Dunn	36 (6)	Allison Goodlad	18 (3)



And this is not.....Ian stormin' to the finish



Sacha and Paula hard at work marshalling

## Classifieds

Club members who offer services

**External and interior painting and decorating**

*Ian Lambert*  
07971 708 421

**Sports massage**

*Paula Steere*  
020 8503 6632

*Eton Manor A.C. Est. 1913, affiliated to A.A.A. 1920*

*Life President: George Smith*

*Clubhouse: The Cottage, 3 Marsh Lane, Leyton, E10 7EL  
www.eton-manor.com*

*Training nights: Tuesday and Thursday 7.15 for 7.30 (other times by arrangement)*

*This edition edited by John Few, typeset by Paula Steere*

## National Cross Country Championships



Alton Towers provided a picturesque setting for the Nationals in March. Left, the Eton Manor women's team, and below, the other reason to run: the social side.



