

THE ETON MANOR REPORTER



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

May 2009

Eton Manor International: Berlin, New York, Barcelona

see inside for details

Editorial

At the beginning of the season back in September, the people taking a long term interest in the club house finally gained entry through a boarded up window accessible from the roof. Being fully tooled up with an adjustable spanner they were not deterred by the pipe runs to the showers which were in their way and managed to take these apart in order to gain access, taking time to turn the water off as well. Having kicked down the door to our changing rooms they obviously found nothing of value and we hope that this will stop further interest. The Council sent Boris the Builder in to secure the boarded up window and it was thanks to Steve Beckett that the pipe work was promptly reconnected.

As we came to the end of March 2009 there was yet another spout of water coming from the front of the building where a mains pipe had been vandalised. This is now repaired.

In September the club committee had sent a let-

ter to the Council warning that with the various attacks on the building it was only a matter of time before someone got into the club house. The Council applied for funding for improvements to Marsh Lane Fields, but this was not successful.

Once again thanks are due to Tom and Joan and everybody who has helped out with all the little tasks that ensure the club runs smoothly. It is also thanks to Steve Beckett for organising and carrying out the re-laying of the men's

shower floor back in October/November. Ian, Paul C., Tom, Teresa, Pam and John pitched in to help at various stages. Also back in October, Keith Adams updated our website - so it's thanks to our treasurer for all his work on this.

During this season we have been treated to some very cold weather, particularly in January and the

early part of February, and this has made some of our cross country experiences more akin to ice skating than the usual mud sliding adventure. Possibly the coldest January and February for some years failed to deter Manor runners from getting out and taking part in races (although we had an unprecedented cancellation of the Chingford League Victoria Park Race in February due to icy conditions). As we arrive at the beginning of the summer season it is nice to be training and racing in

more comfortable weather as well as to be able to see the development of the Olympic site and the Stadium on our Big Breakfast run.

On the subject of racing for the club Eton Manor has been known to have a good representation at the front end of races (the old Docklands Light Railway Five, for example) but

generally, only a few of us get near the sharp end of the majority of races, so our major strength as a club is in representation (i.e. numbers of runners we can get out). This is important for pushing our way up the team placings. It is quite satisfying to have a good spread of Manor runners in all the sectors of a race where even well back we usually manage to keep runners from other clubs behind us (sometimes with devastating results - see race report for the Ware Cup on the 22nd November). And in racing we are in the business of challenging ourselves as much as other runners when trying to improve our times.

If you can it is worth looking at our website as a source of alternative and contemporary comments and reports on races which are usually written a few days after a race. Race reports in the Reporter function more as an archive. These will have results which show the first six runners together with all the Eton Manor runners who participated. However, if requested and/or to vary the input a bit website reports, can be transferred to the magazine and, where necessary, results added. I will try to record all the League races in the magazine as a minimum. Race reports or other comment, as ever, very welcome.

**Being fully tooled up with
an adjustable spanner they
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pipe runs to the showers**

Summer Assembly League Handicap

This competition involves the six summer league races of which the five best performances score. Runners attempt to attain or better their given handicap times.

The women's competition was a runaway win for Alison Goodlad in her first competitive season, improving with each race and obtaining a massive seventy four points for her five best races. Also a good season for Teresa in second place with 52 points.

The men's competition was a much closer affair with Adrian Frost coming up top dog with 71 points; Andy Ruffy 2nd with 63 and Glyn getting in the running with 62.

1. Alison Goodlad	74 (5)	1. Adrian Frost	71 (5)
2. Teresa Persighetti	52 (5)	2. Andy Ruffy	63 (5)
3. Zoe Woodward	50 (5)	3. Glyn Sayer	62 (5)
4. Sharon Bolister	46 (4)	4. Steve Adams	60 (5)
5. Gail Brannan	41 (4)	5. Ian Lambert	57 (5)
= Paula Steere	41 (4)	6. John Few	52 (5)
7. Christina Adams	30 (4)	7. Paul Cates	49 (4)
		8. Michael Cates	48 (5)
		9. Patrick Robinson	41 (4)
		= Trevor East	41 (3)

Tom Everitt

Chingford League, Highams Park 5 mile Cross Country, Saturday 20th September 2008

There was a moderate turn out for the first Chingford League event of the season which took place in warm summer conditions and with the going as dry as a bone. There was a bit of headwind as we came down the slope of the field but this probably made the three ascents slightly easier (though I didn't notice this myself). There were some notable Manor performances in this race particularly from Adrian Frost, Sharon Bolister (who was fourth woman) and Zoe Woodward, but everyone put in a good effort and this also helped us get fourth in the team placings for men and women vets.

Results:

1.	Jack Stroud	Orion	25.37
2.	Jim Roche	WG	25.40
3.	Richard McCormick	Bar	25.46
4.	Grant Ramsey	Bar	26.08
5.	Daniel Moses	Orion	26.31
6.	Daire Brennan	E & H	26.37
26.	Michael Cates	EM	28.07
29.	Paul Cates	EM	28.21
41.	Ian Lambert	EM	29.26
53.	Adrian Frost	EM	30.07
65.	Sharon Bolister	EM	31.04
83.	Zoe Woodward	EM	32.26
113.	John Few	EM	34.13
139.	Glyn Sayer	EM	38.00
141.	Paula Steere	EM	38.22
151.	Gail Brannan	EM	41.45
158.	Teresa Persighetti	EM	47.05

161 Finished the race

Teams: places out of 10 teams: Men A 8th, Men B 8th, Men Vets. 4th, Women 6th, Women Vets. 4th.

The Berlin Marathon, September 2008

It was perfect running weather for this event which saw 40,827 runners competing on a fast flat course.

Well done to Sharon Bolister who put in a very impressive performance with an excellent time of 3hrs 07mins 26secs.

Also at this event Haile Gebrselassie became the first man to run the marathon in under 2hrs.4mins. He broke his own record of 2hrs.04mins.26secs. achieved at Berlin in 2007 by finishing this year's Marathon in 2hrs.03mins.59secs.

Chingford League, Alexandra Palace 5 mile Cross Country, Saturday 18th October 2008

A pleasant sunny day and firm footing greeted us for the second Chingford League cross country outing at Alexandra Palace. Although the announcement at the beginning of the race didn't get through to all of us, I did pick up the phrase 'three tough laps' which I assumed (correctly as it turned out) to be a euphemistic reference to the need to run up 'the hill' three times.

Notable performances from Simon Deville at 33.51, now getting into his stride, and Sharon Bolister who was 7th woman in. Adrian Frost rather alarmed Alan Duncan into renewed effort by coming a bit too close to him during the race. But everyone deserves a medal for getting round this course at all.

Results, Men:

1.	Shaun Collins	Enfield	26.02
2.	Jack Stroud	Orion	26.58
3.	Daniel Moses	Orion	27.18
4.	Ben Hall	Orion	27.24
5.	Grant Ramsey	Barnet	27.28
6.	Patric Wallis	Vic. Park	27.39
29.	Michael Cates	EM	29.33
32.	Paul Cates	EM	29.52
47.	Ian Lambert	EM	30.55
49.	Alan Duncan	EM	31.04
52.	Adrian Frost	EM	31.30
61.	Andy Ruffy	EM	32.11
80.	Steve Adams	EM	33.07
89.	Simon Deville	EM	33.51
112.	John Few	EM	35.52
129.	Steve Dunn	EM	39.05

Women:

1.	Erica Brown	Vic. Park	32.01
2.	Natalie Kipps	Orion	32.13
3.	Caroline Real	Loughton	32.38
4.	Nicola Proud	Barnet	32.56
5.	Claire Thurgood	Orion	33.12
6.	Sharon McHugh	Enfield	33.22
7.	Sharon Bolister	EM	33.30
13.	Zoe Woodward	EM	34.58
35.	Paula Steere	EM	39.16
40.	Clare Wagh	EM	39.34
52.	Christina Adams	EM	41.53
56.	Gail Brannan	EM	43.39
61.	Teresa Persighetti	EM	49.12

Teams: Men A 6th. of 10; Men B 6th. of 9; Men Vets 4th. of 10; Sen. Women. 7th. of 8; Vet. Women. 7th. of 7.

Vets. Interclub 5 mile Cross Country, Loughton, Sat. 1st November 2008

Although not ideal conditions with a chilly wind and rain, Manor runners managed to fill up many of the front running places with Paul Cates leading in the men and Zoe Woodward the women. Everyone deserves praise for braving the weather and ensuring the Manor had such an impressive presence in this race in which we were first in the team results.

Results:

1.	Bill Gristwood	Vets AC	30.26
2.	Paul Cates	EM	31.15
3.	Ian Lambert	EM	31.36
4.	Alan Duncan	EM	31.45
5.	Voje Kikanka	EM guest	32.20
6.	Steve Plested	Vets AC	32.39
7.	Andy Ruffy	EM	32.57
9.	Steve Adams	EM	34.23
13.	Zoe Woodward	EM	35.47
22.	Christina Adams	EM	41.20
25.	Gail Brennan	EM	43.33
26.	Glyn Sayer	EM	45.25

New York Marathon 2nd Nov 2008

Congratulations to Manor runner Alison Goodlad for finishing this course in a creditable 3.47.28 running on behalf of the charity SCOPE. Paula Radcliffe had a good run too, coming in as first woman, leading the pack from the start and breaking away completely at about the 2 hr. mark. Her time was 2.23.55.

Race report Stebbing 10: 9/11/08

This race came highly recommended by Sacha Ackland as being her favourite race so a 'must be done' we thought! Eton Manorites present were, Christina Adams (me!!) Paula Steere, Steve Adams, Steve Dunn, Paul Brandon, Paul Cates, Ian Lambert and Michael Cates. There were quite a few Orion faces there too, so the usual suspects basically. Not a bad turnout! No pressure on me but I was given my number by Sharon Bolister, first thing I did when I got there was to tell them I had her number, well it made sense eh?? I have to say that both Paula and I had zero expectations, really, in fact could we even get round 10??? I sort of egged Paula on so I suggested we run together and obviously if one or the other was having a blinder away we go!!

Well we set off, after a minute silence due to Remembrance day, both a little chilly though not quite as bad as Steve A in his little vest and goose pimples bigger than his biceps..... Don't go there!!!

Immediately we both sensed what a nice course it was and how good we were feeling, a nice steady pace was how we described it! We soon started picking people off one by one and making our way up the field. Steve Bunce of Orion caught up with us at about the 2nd mile, yes he was using this as a training run, and commented on how metronomic we both looked, I thanked him and waited till mile 7 before saying to Paula, what does metronomic mean?? Really I did!

We reached half way in 43.45, now I thought my pb

was 85 mins, 5 years ago at Sidcup, Paula said her's was 86, so I don't think either of us really thought that would happen, 90 mins would do we said.... Got to say between 7 and 8 miles Paula and I were pretty quiet and just doing it as they say! Wind and hills sort of taking it out of us a bit.

Something happened after the 8th mile, we just started to pick up the pace both really strong, we did both have our moments though. With half a mile to go I still didn't really know what kind of time we were on for, ¼ of a mile and I was wheezing, Paula said 'Come on Christina'. That was enough, we crossed the line in 85.49 (start to finish time not gun time). Paula was so chuffed and we were both shocked to have got a pb for Paula and a massive negative split, oh yes the negative split again!! It wasn't till later that I discovered that my previous best was actually 85.58 so double pb!! The Cates battle was won by Michael today. Definitely will be back to do that one again, a lovely course and great marshalling! Thanks to Sharon for my number.

Positions:

28th	Michael Cates	1.02.33
31st	Paul Cates	1.03.06
47th	Ian Lambert	1.04.59
74th	Steve Dunn	1.07.28
81st	Steve Adams	1.08.37
101st	Paul Brandon	1.09.50
322nd	Christina Adams	1.26.02
323rd	Paula Steere	1.26.02

Race report by Christina Adams

14th November 2008

Commiserations to our runners who are having a frustrating time of it because of being unable to run at the moment. Tom, Trevor, Sharon, Rachel, and Martin are those we are aware of. We are all hoping they are back on form soon.

Congratulations to Dave and Sacha on the birth of their daughter: Poppy Abigail.

Ware Cup 5m Cross Country, Loughton, Saturday 22nd November 2008

A sunny day with rapidly dropping temperatures greeted us for this outing at Loughton. This was the 75th anniversary of the Ware Cup with Orion joining us for the first time. This is a nice course: round the first field and three laps over the other side of the bridge – a predictable and negotiable course which makes it easy to pace yourself. There was some bunching at the first bridge cross-over (recovery for some, frustrating for others) as we encounter the bridge too early in the race for runners to be strung out very much. Poppy (see

above) came along to the race today and was duly admired in her baby rucksack.

A little down on the women's side, though, with only three runners; Paula was off with a cold and we have some injured runners at the moment. Teresa was running unusually fast in the race but because her shoe laces came undone a couple of times she allowed one of the opposition from VPH to creep past her and she then had to catch her up and overtake her again. This apparently spurred the other runner into constantly renewing her effort to get past Teresa. At the end as Teresa shot to the finish line ahead of her, the challenger following her in, then keeled over in a state of total collapse. This shows what happens when Vicky Park try and outwit the Manor!

On the men's team Paul Cates had an outstanding run and just edged ahead of Michael for 6th place and Adrian Frost pushed up the field as usual frightening Dave Brock by finishing only two seconds behind him.

Results:

1.	Harold Wyber	Orion	28.33
2.	Tony Lashmer	VPH	28.52
3.	Martin McLean	Wal.	29.02
4.	Ben Hall	Orion	29.11
5.	Rob Birchley	VPH	30.01
6.	Paul Cates	EM	30.04
7.	Michael Cates	EM	30.13
16.	Ian Lambert	EM	31.38
19.	Dave Brock	EM	32.02
20.	Adrian Frost	EM	32.04
28.	Andy Ruffy	EM	33.00
30.	Paul Brandon	EM	33.12
44.	Steve Adams	EM	34.44
53.	John Few	EM	35.58
55.	Zoe Woodward	EM	36.15
86.	Christina Adams	EM	41.51
90.	Glyn Sayer	EM	43.35
94.	Teresa Persighetti	EM	48.24

98 runners finished

Teams: Men 3rd. of 5 teams. Women 3rd. of 4 teams.

26th November 2008

Teresa and I attended an Olympic Stakeholders Workshop at the Score Project. The planners seemed to have a good handle on the woes of Leyton and Leytonstone and their relationship to the new Olympic development and other projects at Stratford. In particular they had become aware of the poor transport infrastructure and problems with accessibility (and visibility) of open spaces but wanted more in-depth local knowledge of the area to refine their analysis. For example, we alerted the team to the importance of our bridge access to Hackney Marsh'.

At that stage planning proposals were only general and didn't yet impact directly on the Eton Manor clubhouse site. But they seemed to be going in the right direction particularly if they took on board the comments of participants for better pedestrian and cycle access across the region; better public transport into and out of Stratford; improved connections between residential areas and open spaces and less dispersed and

uncoordinated development of industrial areas, to name but a few topics discussed. The planning consultants were clear that the area needed to benefit from the expansion of Stratford and not be swamped by it. The consultation process is to continue.

John Few

Orion mob match 6 1/4 miles Cross Country Saturday 29th November 2008

The traditional end of year mob match took place at Orion. A number of clubs participated to make up three teams, Orion, Dulwich and a combined team from the rest. We were a little light at the front end due to illness, but still had 10 runners facing the cold conditions. The course was the traditional 6.25 miles, through lots of mud and a real sting in the tale with the final mile including Paradise and Yardley Hill. The conditions were tough with the mud being of a particular sticky nature with a tendency to make a fantastic glooping sound when trying to pull one leg in front of the other.

According to Michael he had a lonely run with a large gap to the runner ahead and another large gap to the runner behind. He was probably missing Paul who has been in competition with Michael all winter. Adrian had an absolute stormer finishing second combined runner, not sure what Adrian's secret is but he is in the form of his life at the moment. Andy also ran very well.

I was pleased with my run although was thinking of all the places I would rather be when running up Yardley with my "friendly competitors" Roger Green, Roger Berry, Dave Milner and Tony Maru all alongside with less than half a mile to go. My natural desire to get to the bar first, saw me squeak home on this occasion.

Next runner home was Zoe who was pleased with her run. She was followed by John and Glyn. Christina has been running well over recent weeks and was looking forward to another good run, unfortunately she took a heavy tumble around the mile mark. Being the trouper she is, Christina did not even think about turning back but completed the course fuelled on adrenalin and pizza from the night before! Gail was next in for the Manor. Unfortunately Teresa and another runner did not complete the course. It's quite complicated and needs a lot of trail paper and marshals. Hopefully Teresa enjoyed the scenic route through Epping Forest and was not confined to the course route like the rest of us!

The final result was a narrow win for the combined side over Orion with Dulwich in third place. Finally 8 of us represented Eton Manor at the Orion Quiz which raised around a £1,000 towards the cost of their new building. We put up a decent show finishing 3 points behind the winners.

Report by Steve Adams

Results:

1.	Colin Reid	combined	44.18
2.	Charles Lound	Dul.	44.20
3.	Neil Daniels	Dul.	44.27
4.	Michael Cates	com.	45.54
5.	Tim Wright	Orion	46.33
6.	Gerry Shaw	Orion	46.51
9.	Adrian Frost	com.	48.03

12.	Andy Ruffy	com.	48.46
19.	Steve Adams	com.	50.15
30.	Zoe Woodward	com.	53.16
43.	John Few	com.	58.21
58.	Glyn Sayer	com.	65.25
61.	Christina Adams	com.	66.30
62.	Gail Brannan	com.	67.24

Teams:	1. combined team	447
	2. Orion	509
	3. Dulwich	534

Essex vets 5 mile Cross Country, Claybury, Saturday 6th December 2008

It was a pleasant sunny day for this event. The race was run as usual with the over 50s men together with the women at 12.00 on the five mile three lap course and senior men over 40 at 1.00 on the same course but with an extra shorter circuit. The hill through the forest remains on the course to ensure none of us got too carried away. The water feature which is usually there just after the start was absent (though there was plenty of mud) so drainage on the course must have improved somehow. Adrian Frost did very well at 15th. place and led the Manor men in for the 50 plus event (with Ian Lambert throwing up during the race) and Zoe Woodward led in our women's team. Paul Cates led us in for the 40 plus event but had a slippery time of it on the downhills even with spikes. He told me that Zoe had had no such trouble with her spikes which were much longer.

How do you know beforehand how long your spikes should be for a particular course? Because this has caused me such anguish in the past I have gone over to studs (Adidas Swoops). They were fine on this course but who knows what they will be like on even more challenging courses – it's a big worry!

The event was followed by the Eton Manor/Orion Christmas Party at Chingford Cricket Club which was much enjoyed. Well done to Steve and Christina for organising this event.

Results:

Vet. Men 50 plus

1.	M. Bridgeland	Chelmsford	29.35
2.	C. Brogan	Woodford	30.51
3.	A. Butler	Thrift Gr.	30.59
4.	K. Wilkinson	Chelmsford	31.08
5.	M. Bond	Colchester	31.16
6.	D. Wright	Colchester	31.18
15.	A. Frost	EM	33.23
17.	I. Lambert	EM	33.43
43.	J. Few	EM	37.36
69.	G. Sayer	EM	44.21

Team result 8th of nine teams

Women

1.	B. Pritchett	Woodford	32.48
2.	L. Higgs	Colchester	33.45
3.	C. Stunt	Benfleet	33.54
4.	T. Woodyard	Springfield	34.14
5.	D. Morley	Colchester	34.24
6.	W. King	Chelmsford	34.30

18.	Z. Woodward	EM	37.11
50.	G. Brannan	EM	45.04
55.	C. Adams	EM	46.26
59.	T. Persighetti	EM	52.27

Team result 9th of ten teams

Vet. Men 40 plus

1.	P. Dobson	Springfield	33.51
2.	M. Bland	Havering	34.11
3.	G. Chandler	Springfield	34.28
4.	P. Spowage	Colchester	34.44
5.	A. Smalls	Colchester	35.16
6.	I. Campbell	Ilford	35.26
21.	P. Cates	EM	38.05
48.	A. Ruffy	EM	41.47
51.	S. Adams	EM	42.34

No team entry

The New Eastway!!!

Tuesday 9th December 2008, Eastway replacement at Hog Hill, Hainault

Well well well, what can I say?? It was cold for sure, Michael Cates ran in his long johns twas so cold!! I have to say I was not in the new Eastway! Steve and I got there pretty sharp and had a look around the club house. Very nice, pristine. Eton Manor had Steve, me, Gail, Michael, Ian, Adrian and the lovely Glyn!! Gail and I popped out for a small loop to see what it was all about. My goodness there is a tough hill! All I could be heard saying after that was 'Oh Dear', and then I was told we had to do it 4 times!!! Oh dear oh dear!!! One small loop followed by two full circuits.

Anyway, like Eastway they took us down to the bottom of the hill to start with, Gail me and Jean Hobbs chatted, the usual stuff, we must be mad etc. Anyway I spotted a shooting star, Jean said that's lucky!! Well I realised that maybe I would win..... Ha ha!! No, Jean and I decided it meant I would finish! By the top of the hill everyone had left me behind!! Oh dear I said again,

Michael Cates ran in his long johns twas so cold

it will be one of those nights! Once I started the first full circuit and realised I had done the hill twice already I eased into it and passed Glyn. All you could see was white blobs in the distance, we all had light tops on as it was pretty dark. Like Eastway. The large circuit takes you right out on a long loop and back to the hill again, round that full circuit and up the hill fourth time for the finish. I have never heard myself to make such a noise finishing a race! Steve said he had a good run, but I think most said their times were slower than Eastway, garmin clocked 3.19, so possibly a tad long?

I have to say most of us seemed to quite like this course correct me anyone if that's wrong??? I really enjoyed it in that strange running masochistic way! You got to do this one boys and girls!!! **Christina Adams.**

I did enjoy it, as an O's fan you get used to enjoyment through pain. Steve Adams.

Results:

1 Richard McCormick	M V BAR 17.16
2 Ben Hall	M S ORI 18.04
3 Andrew Kelleher	M V BAR 18.15
5 Neil McGoun	M S ORI 18.35
6 Michael Cates	M S EM 18.40
9 Kevin Julian	M V ORI 19.02
13 Dave Brock	M V ORI 19.33
14 Ian Lambert	M W EM 20.18
15 Bill Bennett	M W ORI 20.39
16 Steve Adams	M V EM 20.52
17 Adrian Frost	M W EM 20.53
19 David Milner	M W ORI 21.06
21 Tim Wright	M S ORI 21.25
22 Graham Hall	M V ORI 21.55
23 Warwick Barton	M W ORI 22.01
25 Breege Nordin	F W ORI 22.05
30 Stewart Grace	M S ORI 23.45
32 Katy Brett	M S ORI 24.22
43 Chris Adams	F W EM 26.43
44 Gail Brannan	F W EM 27.22
45 Glyn Sayer	M W EM 28.29
46 Caroline Wadley	F W ORI 36.42

46 finished

Editors note: Undaunted by the prospect of a cycle ride along the A12 on a freezing winter's evening, Adrian managed to get to this venue by bike, though he and his bike got a lift back with Glyn. It would take two buses and a tube journey, or a bus, a tube and a one and a half mile walk there and back from Fairlop station to get to Hog Hill by public transport (if you were, for example, going from The Drum). There may need to be some discussion about pooling transport if we are to field a full team to this venue, including those without a car.

Club 1M Baton Relay and Buffet, Tue 16th December 2008

After the usual last minute reshuffling of teams the race got underway about ten minutes late. As the first leg came into view it was clear that U/13 Georgia Green was going to bring the 'Younguns' into a useful lead from 'Rinty's Racers' Christina Adams, 'Swiss Family's' Patrick Robinson and 'Cattlehand's' Paula Steere, virtually handing over together. Molly Cooper's 'Coddlers' bringing up the rear just one minute behind Omar's 'Nicknacks.'

The second leg saw Andy Ruffy move 'Galeforce' up six places to what turned out to be an unassailable lead-just, for 'M & Ms' Michael Cates failed by just one second to take the lead from Ian Lambert on the final leg.

Nine teams completed the course thanks to another of our youngsters Imogen Adams' (W/15) fine 8.40 and new girl Sarah Mole completing the 'Younguns' team. Also Simon Deville running twice to complete the 'Coddlers' team.

Just one PB on the night, Adrian Frost bettering his 2001 time by four seconds.

Report by Tom Everitt

Results:

1 Galeforce 22.31 (G. Brannan 8.59, A. Ruffy 6.44, I. Lambert 6.48). 2 M & Ms 22.32 (M. Eames 8.51, S. Adams 7.25, M. Cates 6.16). 3 Glyn and Bareit 23.01 (G. Sayer 8.53, K. Adams 7.29, D. Brock 6.39). 4 Rinty's Racers 23.17 (C. Adams 8.42, M. Monaghan 8.13, P. Cates 6.22). 5. Swiss Family 23.20 (P. Robinson 8.43, Z. Woodward 7.42, A. Frost 6.55). 6. Cattlehands (P. Steere 6.45, C. Tozic 7.43, B. Bennett 7.00). 7. Nick Nacks 24.31; 8. Younguns 25.22; 9. Coddlers 26.34.

Fastest men: M. Cates 6.16, 2nd. P. Cates 6.22, 3rd. Dave Brock 6.39. Fastest Women: S. Bolister (Nick Nacks) 7.25, 2nd. Z. Woodward 7.42, 3rd. S. Mole (Younguns) 8.08.

Chingford League 10K Cross Country, Orion clubhouse, Saturday 27th December 2008

Well done to the eleven who made the effort to support the club in the third league race at Chingford, some returning from their Christmas breaks away. They were rewarded with the prospect of a 10K course instead of the usual 5 mile one.

On a bright but cold day the race got under way tightly bunched on the first small lap of approx. one mile before spreading out a bit for the two large laps.

Michael (me legs are shattered) Cates soon making his presence felt at the sharp end to lead our team home. Paul Brandon after a steady start working his way through to be second scorer.

A good tussle between Andy Ruffy and Steve Adams for the next place with Steve coming out best, but Andy not helped by his choice of shoes for the extremely wet and muddy conditions.

The ever consistent John Few having his usual good run despite the very testing nature of this course. The scoring team was completed by Patrick Robinson trying his hand at real cross country and having a very good run. Thankfully we had Glyn Sayer with the added responsibility of being the complete 'B' team completing something like his 500th league race – come on lads give him some support.

The women's team was led home by Zoe Woodward having a very good run and maintaining the lead in her overall age group. Backed up by Steph Baxter, making her league debut for the season and Christine Adams, both having satisfying runs. Special mention for Teresa Persighetti despite bruising her ribs earlier in the week turning out to complete the team, stumbling early in the race then getting up dusting herself down and completing the course.

Report by Tom Everitt

Editor's note: at least two packs of runners missed a turn on this course and headed off to Rangers Road instead of turning left along the sawdust trail (vanishing marshal?). A mention in despatches for Andy Ruffy who took the trouble to re-direct one of the lost groups (which included our Paul Brandon) back on to the proper course. For his efforts he then came a cropper in the mud.

Results:

Men

1.	Jon Pepper	Enfield	32.37
2.	Ronnie Sparke	Woodford	33.09
3.	Tom Phillips	Woodford	34.30
4.	Bertie Powell	Woodford	34.46
5.	Ben Nagy	Enfield	35.15
6.	Jack Stroud	Orion	35.40
30.	Michael Cates	EM	39.39
58.	Paul Brandon	EM	44.34
69.	Steve Adams	EM	45.11
72.	Andy Ruffy	EM	45.31
93.	John Few	EM	50.06
112.	Patrick Robinson	EM	57.43
113.	Glyn Sayer	EM	59.19

Women

1.	Jo Singer	Vic. Park	42.11
2.	Natalie Kipps	Orion	42.18
3.	Rachel Lund	Woodford	42.41
4.	Claire Thurgood	Orion	45.03
5.	Maggie Powell	Woodford	45.33
6.	Christine Inch	Orion	45.57
9.	Zoe Woodward	EM	47.03
28.	Steph. Baxter	EM	54.45
32.	Christina Adams	EM	56.54
35.	Teresa Persighetti	EM	71.03

Teams: Senior Men A: 8 out of 10

Senior Men B: 7 out of 7

Vet. Men: 5 out of 10

Senior Women: 6 out of 6

Vet. Women: 5 out of 5.

Wells Common mob match with VPH & TH 3 mile road race, Tuesday 6th January 2009

On the coldest night of the year – possibly the coldest for many, twenty two from Eton Manor and fifty four from Victoria Park braved the elements for this the 74th running of this annual event. It was pleasing to see Steve and Pam bring three of the young athletes to boost our numbers.

Unfortunately due to being greatly outnumbered we took 'a hell of a beating' so put next year's race in your diary and perhaps we can make it a bit closer – even maybe winning.

Some very good performances on the day, Michael Cates working his way through for a good third place with brother Paul four places back for seventh place. Well backed up by our regular second claimers, Dave Brock and Bill Bennett.

Excellent runs from our three young girls namely Imogen Adams, Georgia Green and Ilayda Aktas competing against senior athletes.

Only one PB on the day, the ever improving Alison Goodlad knocking a massive four minutes off her last year's time, her first club race since her marathon PB in New York.

A warm welcome back at the VPH clubhouse after, the hot soup being very popular with the very cold runners.

Report by Tom Everitt

Results:

1.	P. Martelletti	VPH	15.15
2.	D. Allcock	VPH	15.21
3.	M. Cates	EM	16.06
4.	A. Lashmar	VPH	16.10
5.	J. McKeane	VPH	16.22
6.	A. Kechaca	VPH	16.23
7.	P. Cates	EM	16.29
15.	D. Brock	EM	17.16
18.	P. Brandon	EM	17.42
23.	B. Bennett	EM	17.54
24.	S. Dunn	EM	17.59
26.	A. Ruffy	EM	18.09
27.	S. Adams	EM	18.11
34.	A. Frost	EM	18.31
38.	S. Deville	EM	19.06
39.	J. Few	EM	19.07
40.	Z. Woodward	EM	19.21
55.	C. Wagh	EM	21.34
56.	A. Goodlad	EM	21.38
61.	P. Steere	EM	22.29
62.	C. Adams	EM	22.46
65.	I. Adams (U/15)	EM	23.08
66.	G. Brannan	EM	23.40
68.	G. Sayer	EM	24.12
69.	I. Aktas	EM	24.59
70.	G. Green	EM	25.14
74.	M. Cooper	EM	27.37

1st team VPH & TH 235

2nd team Eton Manor 735

Essex County 5-7 ½ mile Cross Country, Gloucester Park, Basildon 10th January 2009

A small (and hardy) group of Manor-ites braved the freezing temperatures on Saturday 10th January 09 for this annual Essex senior cross country race. A regular venue, Gloucester Park in Basildon proved as testing as ever with a combination of football fields, parkland (plus geese!) and the man made hill approached from every which way. The women were represented by Gail, Paula, Zoe and Chris and the men - John, Steve Dunn, Michael, Adrian and Steve Adams. The ground conditions were a mixture of rock hard with some softer areas which had warmed up a bit - as usual there were many discussions on footwear. The men's course was a testing 12k of 3 to almost 4 laps taking in the dreaded hill too many times. As the afternoon wore on and the mens' race took place the ground felt as if it was gradually freezing over. Steve D was relieved with the lack of heavy mud! Well done to all including Glyn and Tom for getting to the race (including Adrian on his bike) and supporting and running in the frosty conditions.

Report by Zoe Woodward

Results:

Men

1.	A. Hickey	Southend	44.46
2.	G. Riddell	Basildon	45.04
3.	A. Mussett	Colchester	45.16
4.	S. Sterling	Newham	45.28
5.	S. Farah	Newham	45.50
68.	M. Cates	EM	54.34
115.	S. Dunn	EM	60.29

119.	A. Frost	EM	61.05
123.	S. Adams	EM	62.01
144.	J. Few	EM	65.24

Women

1.	L. Deadman	Havering	29.02
2.	S. Ward	Basildon	29.55
3.	N. Rogers	Colchester	30.01
4.	S. Stradling	Colchester	30.53
5.	D. Tatum	Colchester	31.21
6.	C. Cornwell	Southend	31.33
41.	Z. Woodward	EM	37.33
66.	P. Steere	EM	43.58
69.	G. Brannan	EM	45.22
72.	C. Adams	EM	47.12

Women's team result: 12th of 13 teams

South of England Cross Country Championships, Hillingdon 28th January 2009

Least said the better, the second most important race of the Winter season and only Adrian Frost for the men ploughing a lone furrow through nine miles of mud and slush to finish a creditable 367th of the 672 finishers.

A much better turnout for the women though who were able to turn out a complete team. In a field of 311 finishers Zoe Woodward was our first home in 148th, backed up by Gail Brannan having a great run to finish 273rd followed by Paula Steere 278th and the team was completed by Christina Adams at 296th.

Here's hoping for a better turnout for the National Cross Country at Parliament Hill in February.

Report by Tom Everitt

Results:

Senior Men

1.	Phil Wicks	51.08	Belgrave
2.	Benedict Whitby	51.13	Windsor
3.	Neilson Hall	52.00	Bedford
4.	Mike Coleman	52.13	Medway
5.	Ben Lindsay	52.15	Aldershot
6.	Matt Janes	52.21	Bedford
367.	Adrian Frost	70.47	EM

Senior Women

1.	Katherine Spark	31.50	Woodford
2.	Faye Fullerton	32.14	Havering
3.	Nicola Sykes	32.20	Bedford
4.	Olivia Walwyn	32.27	Norwich
5.	Emily Adams	32.45	Aldershot
6.	Lauren Deadman	32.49	Havering
148.	Zoe Woodward	41.21	EM
273.	Gail Brannan	49.30	EM
278.	Paula Steere	49.53	EM
296.	Christina Adams	53.40	EM

Women's team 35th of 38 teams.

The Southern mud fest: right, Christina Adams; below, Zoe Woodward and Adrian Frost; bottom, Eton Manor ladies' team, Paula, Christina, Gail, Zoe and Tom, our faithful leader!



Saturday 7th February 2009

Unprecedented cancellation today of the Vicky Park 5 mile Chingford League road race due to icy conditions!

Tuesday 10th February 2009

Congratulations to Michael and Jane on the birth of their baby boy, Laurence Oscar, this morning. He didn't like the look of the weather so he took a bit of a time to arrive.

National Cross Country Championships Parliament Hill Saturday 21st February 2009

A much better turnout for the 'big un' – a whole team plus a back up, which was fortunate because Adrian Frost took a nasty tumble whilst testing the depth of the invisible ditch and sustaining painful and muddy lacerations to his legs.

This one being a mere 7 ½ miles but worth a bit more with the many undulations of Pally Hill and the extremely boggy conditions.

Michael Cates, after a cautious first lap of the two lap course, ploughing through and gaining many places on the second lap to be our first man in at 687th. Brother Paul using the opposite tactics and finding it tough on the second lap to claim 811th. The 'in form' Steve Dunn only 30 places behind (only 28 seconds) running a pretty even race for 841st. Steve Adams next at 1112nd. followed by John Few at 1293rd. both having reasonable runs, particularly John Few, now in the 65 year age group and who would have preferred to give this one a miss but due to lack of team runners bravely volunteering. More so for Glyn Sayer, also in this age group, deciding to run on the day to complete our team. This must have been about his 40th. National – they don't make 'em like that nowadays. Well done lads. There were approximately 1500 starters on the day.

Report by Tom Everitt

Editor's note: mention should also be made of the brave assault on this undulating and boggy course by our women's contingent consisting of Zoe and Teresa, though we could not make up a team. Zoe did particularly well to come in less than half way down this challenging field of national cross country runners.

Results:

Men:

1.	Francis Tickner	38.02	Wells
2.	Steven Vernon	38.10	Stockport
3.	Andy Vernon	38.29	Aldershot
4.	Phil Wicks	38.41	Belgrave
5.	Moumin Geele	38.44	Newham
6.	Benedict Whitby	39.05	Windsor
687.	Michael Cates	52.29	EM
811.	Paul Cates	54.18	EM
841.	Steve Dunn	54.46	EM
1112.	Steve Adams	59.22	EM
1293.	John Few	63.48	EM
1443.	Glyn Sayer	77.17	EM

1455 runners completed the course

Team result: 86th. of 112 teams

Women:

1.	Hatti Dean	29.34	Hallamshire
2.	Sara Tunstall	29.46	Kendal
3.	Sonia Samuels	30.00	Sale
4.	Jane Potter	30.07	Charnwood
5.	L Deadman	30.27	Havering
6.	Michelle Sikes	30.35	Oxford
234.	Zoe Woodward	39.07	EM
530.	Teresa Persighetti	55.00	EM

546 runners completed the course.

6th March 2009 A letter to Tom from member Steve Golding. He sends his best wishes to all of us at Eton Manor. We should remember that there are a number of paid up members (like Steve) who, for various reasons, we do not see very often on our training nights or at races but who nevertheless support the club and receive this magazine including our second claimers.

Mike Penman memorial 10K Victoria Park, Saturday 7th March 2009

There was a very high Eton Manor turnout for this fast flat 10K race in pleasant weather (if slightly gusty at times). The Manor was led in by Michael and Zoe (who was fifth woman) and we had a fairly even spread of runners through the race with a shockingly good performance from Steve Dunn (who got five seconds in front of Paul Cates) with his 'I know I'm going out much

Steve Dunn's drug of choice this season is Hobnobs

too fast' mantra. This apparently foolhardy approach seems to work as he miraculously keeps the pace going. Steve's drug of choice this season is Hobnobs. In the middle range Simon Deville was also keeping up his good running performance at 42.32.

Mike Eames was inspired to increase his pace in the last stages as Teresa was rapidly closing on him (she can be a bit unpredictable in races with sudden surges and needs to be watched). Our new member Sarah Mole had an excellent run following Zoe in and Paula had a good run too at 75th position. Everyone put in a great effort in a relatively small field of pretty fast runners.

Results:

1.	Florian Neuschwander	VPH	30.45
2.	Dave Alcock	VPH	33.40
3.	Daniel Moses	Orion	34.00
4.	Martin McLean	Wal.	34.14
5.	Tony Lashmar	VPH	34.25
6.	Jack Stroud	Orion	34.31
14.	Michael Cates	EM	36.46
18.	Steve Dunn	EM	37.48
19.	Paul Cates	EM	37.53
29.	Ian Lambert	EM	39.40
34.	Paul Brandon	EM	40.24
38.	Andy Ruffy	EM	41.30
41.	Adrian Frost	EM	42.18
42.	Simon Deville	EM	42.32
43.	John Few	EM	42.38

46.	Dan Thomas	EM	43.26
48.	Zoe Woodward	EM	43.33
60.	Nick Ruffy	EM	45.41
61.	Sarah Mole	EM	46.34
75.	Paula Steere	EM	50.42
78.	Glyn Sayer	EM	52.51
79.	Gail Brannan	EM	53.40
80.	Fraenza Progzky	EM	56.00
81.	Mike Eames	EM	57.55
82.	Teresa Persighetti	EM	58.06
85.	Kate Chester	EM	60.17
87.	Molly Cooper	EM	61.49

Results Men:

A team

3 rd	M. Cates	9.35
	P. Cates	9.42
	I. Lambert	10.25
	S. Dunn	9.41

B team

6 th	A. Ruffy	10.35
	P. Brandon	10.04
	A. Frost	11.47
	S. Adams	10.46

C team

11 th	J. Few	11.14
	N. Ruffy	12.24
	S. Deville	11.06
	M. Eames	13.20

Women's Team

14 th	S. Mole	12.12
	I. Aktas	12.53
	P. Steere	12.48
	Z. Woodward	11.15

Mixed team

	K. Chester	14.54
	G. Sayer	13.59
	C. Adams	14.19

Chingford League cross country relays, Trent Park, Saturday 14th March 2009

No results at time of going to press, but we have pictures! Orion won the event.



On Weds. 1st April a message was posted on our website from Alan Duncan. We were sorry to hear that Alan's father had died the previous Sunday. Alan told us that although his dad was more of a cyclist than a runner he did run a sub five minute mile and once took Roger Bannister's place in the Hyde Park Relay when Roger failed to make the event. Alan's dad had chosen not to run for his team (Walthamstow Tech.) as he had exams and didn't have time to train fully. He was asked to run in the celebrity team of top athletes in Bannister's place and beat the times of all the Walthamstow Tech. team on that day.

We hope to have Alan back running with us soon.



Great to see Tom in action again!

Physical Shield relays, Loughton, Tue 31st March 2009

Perfect weather for this challenging race in which the Manor's first team managed to get ahead of Orion and into third place. Stupendous performance from our club secretary, Steve Dunn, being at the top of his form at the moment and beating Paul Cates! Newcomer Kate Chester bravely went out on the first leg for the mixed team and although she was lapped by one runner she was happier that it was one of ours. Still a bit of a baptism of fire for Kate (though she had done the Mike Penman 10K a couple of weeks back).

Barcelona "Cursa de Bombers"
5th April 2009 10K

The latest Eton Manor away trip saw 6 of us visiting the delightful city of Barcelona: Bill Bennett, Louise Vacher, Steve Jackson, myself, Paula and Lee.

The race is held each year and is in celebration of the City's firemen. 16,000 took part but we had a good starting point (sub 37 mins)! The route was through the centre of the city passing the beach then onto Christopher Columbus statue and through Las Ramblas before heading out for a few kilometres and finally having a great final couple of kilometres downhill. Although it was crowded it is possible to run a really good time on a fast flat course. The race had a really great atmosphere with all men wearing the white running t-shirt and women a red version. Crowds lined all the route and cheered everyone on the way round. Each t-shirt had your race number printed, no fiddly safety pins. Everyone seemed happy with their run, Bill was comfortably under 40 mins and Paula set a pb and was 29th in category, Louise was 11th in her category. As we descended to the finish, there was a sea of white and red t-shirts, all their heads bobbing up and down on their way to the finish. A man pushing a 3 wheel jogging pram with his baby came past me at around 6k and zoomed off into the sunset, no comment!

The hotel was less than 400 yards from the start and finish, overall a really enjoyable race. Then the evening after the race it was "Mojito time". We had a group

collective hangover in the morning before gathering our thoughts and setting off around Barcelona to thoroughly enjoying a great city.

Results:

Bill 39.34, Steve A 41.21, Steve J 44.10, Louise 47.04, Paula 49.28

Report by Steve Adams (via website)



The team, left to right: Steve J, Paula, Bill, Louise and Steve A



Right, the sea of (mainly) white and a few red T-shirts; left, sight seeing at Parc Guell in the beautiful city of Barcelona



Winter Grand Prix

This competition is to encourage members to support the club in the league and other competitive races ensuring we have complete teams in these events.

In the men's section for the first time no one did all ten races so we had four joint winners all completing nine races, well done Michael, Adrian, Andy and Glyn. Next best joint 4th. were Paul and Steve A doing eight.

The women's section did have an overall winner, Zoe Woodward doing all ten races, and excellent effort. Next best was Christina Adams completing eight followed by Paula Steere and Gail Brannan with seven races.

I do realise you sometimes cannot race because of injury and the obligatory sick note is proffered. But please try and turn out for the club in key races as this helps us to achieve good team placings, you don't have to be the fastest runner to win this title, just turn up and run.

Men		Women	
1. G. Sayer	52	1. Z. Woodward	58
A. Ruffy	52	2. C. Adams	46
A. Frost	52	3. P. Steere	40
M. Cates	52	G. Brannan	40
5. J. Few	48	5. T. Persighetti	24
6. S. Adams	46	6. S. Bolister	16
P. Cates	46		
8. I. Lambert	40		
9. S. Dunn	30		
10.P. Brandon	30		
11.S. Deville	28		



Tom Everitt

Newham Classic 10k 19th April 2009

And finally The Manor continued to make an impact on the racing scene with the flying Steve Dunn getting round the Newham 10k in 38.02 at 22nd. place and Alison Goodlad winning a cash prize of £70 as second woman in the 35-45 year age group placing 151st. – excellent running in a race with 858 runners participating. Keep up the good work folks.

This month (April) we have already completed the Beckenham Assembly League race on the 2nd. Results are recorded in the next edition of the Reporter due in October.

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 7BL.
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.

Contributors: Christina Adams, Steve Adams, John Few, Zoe Woodward, Tom Everitt

