

THE ETON MANOR REPORTER

The newsletter of Eton Manor A.C.
(Senior Section). May 2011



EDITORIAL

We were suddenly made aware of our northerly latitude last October when the racing season began in darkness at Hog Hill. Hog Hill sounds like the title of a horror movie set in the backwoods or the outback, and running in the dark does make you wonder whether you will encounter something, well, a bit frightening - until you realise the nightmare is just the hill!

The real winter weather came a bit early last year with very low temperatures and widespread snow and ice hitting us at the end of November and Arctic conditions settling in during December and around Christmas. We avoided any race cancellations and an intrepid group of Manorites were even out training on Hackney Marsh in the snow on more than one Thursday night session. Manor cross-country participants will know that this has been a very wet season, not so much heavy rain but the ground has received a fairly regular wetting from the skies above.

Back at base, Tom and Joan have continued to provide our much

appreciated refreshments and taken care of the housekeeping and upkeep of the building, and Tom and members of the committee have worked tirelessly to support the ongoing running of the club. More members are now coming to committee meetings and this promises greater participation in the running of the club. Trevor has continued his much appreciated input into the Manor's development and volunteer club members have provided invaluable help in training new recruits. The Hackney Marsh 5K is now a regular target race for our beginners. We are also well advanced in organising our own 5K race on Hackney Marsh on 10th July, as part of the Elvis League.

As a club we are becoming involved in other new initiatives (the Newham network for example) some of which will be inspired by the upcoming Olympic Games in 2012 and our committee will be looking to take advantage of these to improve the club's standing and its resources. It would, for example, be helpful to have the nearby Ive Farm running track reinstated, particularly if it could be floodlit in the winter months as it would keep us together on Tuesday training nights instead of being a bit strung out along Orient Way. It would also have the benefit of closer contact with our young athletes who would be able to use a home track.

Club officials and members have also made more use of electronic communication and this a good way to keep up with and influence club development; look up Eton Manor's Facebook page and the Eton Manor website. We also have a monthly e-mail update from Christina, Steve A and Adrian which keeps us up to date.

As to the general running of the club thanks are due, as always, to those who put themselves out to give lifts to the races and there are other contributions which quietly help to keep the club on its feet.

Although, back in October, the cottage was again broken into and a downstairs window damaged the old place is hanging on and refuses to die. The presence of our tenant upstairs didn't deter another break-in but the house has a bit more care and attention now and with Tom's prompt remedial work whenever it is assaulted, the building may well stagger on for a while yet.

John Few

Race reports in this edition by Tom Everitt, Christina Watson, Rachel Brittle, John Few and Teresa Persighetti.

Chingford League, Hog Hill
Cycle Circuit, Tuesday 5th.
October 2010

Report by John Few.

This turned out to be a mild, calm evening with threatening rain holding off until the following morning. We were a bit down on some of our faster men with Qamil off sick, Trevor unable to make the race, Ian still in rehab., Alan not around very much at the moment and Andy not managing an appearance.

Fortunately we had Michael and Paul C. to keep us represented at the sharp end. (and on this occasion, Adrian). Nice to see Gail who came along to support us and also a welcome back to Clare Wagh who run for us this evening.

Excellent performances from Sharon

who came in 3rd. and from Zoe in 4th place helping us get a 3rd team placing (and 4th in the vets). Michael was keeping well in front of Paul this time and Adrian had an outstanding run just 3 seconds back from Paul. We didn't do badly in the men's scoring teams either and our new runners were well up to the challenges of this course.

Results - men:

1	Shaun Collins	E & H	16.31
2	Nick Shasha	Wal.	16.51
3	Daniel Moses	Orion	17.01
22	Michael Cates	EM	18.57
30	Paul Cates	EM	19.30
31	Adrian Frost	EM	19.33
40	Steve Dunn	EM	20.19
50	Steve Adams	EM	21.21
52	Daniel Hall	EM	21.26
62	Dave Daugirda	EM	21.54
71	John Few	EM	22.40
90	Lance Tabraham	EM	24.47
99	Glyn Sayer	EM	26.44

105 runners finished

Women:

1	Natalie Kipps	Orion	20.03
2	Nicola Proud	Bar.	20.12
3	Sharon Bolister	EM	20.47
4	Zoe Woodward	EM	21.39
5	Lorna Gaffney	Lou.	21.52
14	Clare Wagh	EM	23.19
29	Jenni Close	EM	25.47
36	Sasha Ackland	EM	27.25
42	Rachel Brittle	EM	29.01
43	Christina Watson	EM	29.18

49 runners finished

Teams: (scores all of 10 teams)

Men A: 5th., Men B: 4th., Men vets 4th.

Women: 3rd., women vets 4th.

**Chingford League 5 miles
cross-country, Loughton,
Saturday 23rd. October 2010**

Report by John Few.

A pleasant relatively mild and sunny afternoon for this first cross-country outing of the season and the going was fairly firm too. This time the course was two and a half laps around the first field, and two laps on the other side of the bridge and a straight run from the bridge to the finish. Sharon had an excellent run, getting close to Adrian. Simon also put in a good performance. Patrick surprised himself by being a good bit further up the field than usual. Good to see Paula taking part on her visit here, also Roger Albury getting into his stride (although he isn't able to get to training nights at the club) and good to see Ian returning after his layoff. Paul C. and Zoe came along to support us suffering the frustration of ankle injuries so couldn't run. Qamil came along to support us too, not running because of a heavy cold. Our relatively new members, Dave, Dan, Jenni, Ted and Lance all gave a good account of themselves.

Results:

1	Ben Nagy	E & H	25.54
2	Jack Stroud	Orion	27.06
3	Tom Heslop	VPH	27.12
18	Michael Cates	EM	29.08
66	Adrian Frost	EM	32.20
68	Sharon Bolister	EM	32.35
87	Steve Dunn	EM	33.41
96	Simon Deville	EM	34.18
97	Daniel Hall	EM	34.20
99	Ian Lambert	EM	34.35
106	Dave Daugirda	EM	35.14
121	John Few	EM	36.17

123	Edward Waller	EM	36.27
135	Roger Albury	EM	37.26
147	Stephanie Baxter	EM	38.53
148	Lance Tabraham	EM	39.03
157	Patrick Robinson	EM	39.51
161	Alison Goodlad	EM	40.01
165	Paula Steere	EM	40.16
180	Jenni Close	EM	41.38
184	Tom Everitt	EM	42.17
186	Jane Roche	EM	42.39
187	Glyn Sayer	EM	42.42
190	Rachel Brittle	EM	44.12
193	Sacha Ackland	EM	44.30
198	Christina Watson	EM	46.48

Teams (of 10) mens A 8th; mens B 6th;
mens vets 6th; womens 6th;
womens vets 5th.

**Chingford League, Hog Hill
Cycle Circuit, Tuesday 2nd.
November 2010**

Report by John Few.

A breezy but mild evening greeted us for this second outing to Hog Hill. We were a bit low on front end runners (no Michael, Paul C., Qamil, Alan, Andy, Trevor) but fortunately Adrian, Sharon, Steve D, Steve A, and Ian were present to populate the sharper end with Dave Daugirda also keeping up a good pace. Adrian and Sharon led the men and women in.

Results:

1	Shaun Collins	E & H	16.38
2	Nick Shasha	Walth	16.49
3	Richard McCormick	Barn	17.11
40	Adrian Frost	EM	19.46
51	Sharon Bolister	EM	20.27
57	Steve Dunn	EM	20.40
70	Steve Adams	EM	21.03

74 Dave Daugirda	EM	21.30
75 Ian Lambert	EM	21.33
99 John Few	EM	22.43
102 Clare Wagh	EM	23.15
113 Lance Tabraham	EM	23.47
153 Glyn Sayer	EM	27.16
155 Sasha Ackland	EM	27.24
164 Rachel Brittle	EM	28.49
167 Christina Watson	EM	29.23
174 Teresa Persighetti	EM	32.23
175 Robert Maggio	EM	37.40
Teams (of 10)		
Men's A 8 th .		
Men's B 6 th .		
Men's vets 5 th .		
Women's 5 th .		
Women's vets 6 th .		

Thursday 4th. November 2010
Club AGM

Adrian Frost was elected as men's captain; Steve Adams agreed to be the new treasurer and Trevor East was given the official title of development officer. Christina continues as women's captain and Tom as road running and cross country secretary. Steve Dunn announced his intention to stand down as secretary at the next AGM.

Vets interclub 5 mile cross
country, Loughton,
Saturday 6th. November
2010

Report by John Few.

A fine sunny afternoon and we were still in the mild air as we pushed around the field over the bridge for three circuits. Outstanding performance from Qamil getting fourth place, well done! Christina also having a very good run getting below 39 minutes.

Results:

1 Gary Bagnall VPH		29.34
2 John Wallis Woodford		30.31
3 Bill Gristwood VAC		31.01
4 Qamil Isufaj EM		31.20
6 Dave Brock EM		31.42
12 Adrian Frost EM		34.09
18 Bill Bennett EM		35.11
21 Steve Adams EM		36.01
24 Andy Ruffy EM		36.27
27 Dave Daugirda EM		37.11
32 John Few EM		38.16
33 Roger Albury EM		38.42
36 Christina Adams EM		38.57
39 Lance Abraham EM		39.34
54 Alison Goodlad EM		43.16
64 Tom Everitt EM		44.36
68 Ian Lambert EM		46.26
(missed start by 10 mins.)		
69 Glyn Sayer EM		46.44
72 Rachel Brittle EM		47.47

78 runners completed

Mens team of 7 (3rd)

Womens team of 4 (4th)

Ware Cup 5 miles cross
country, Loughton,
Saturday 20th. November
2010

Report by John Few.

A good turnout from Eton Manor for the Ware Cup the Manor making up nearly a quarter of the field. Qamil is really showing his mettle these days coming in first for the Manor and 8th overall. Excellent run. Clare Wagh led the Manor women in, good run Clare.

Results:

1	Tom Heslop	VPH	29.27
2	Tony Lashmer	VPH	30.16
3	Aaron Williams	Wal.	30.35
8	Qamil Isufaj	EM	31.53
9	Michael Cates	EM	33.02
12	Paul Cates	EM	33.23
15	Adrian Frost	EM	34.02
17	Steve Chate	EM	34.34
21	Ian Lambert	EM	35.30
29	Clare Wagh	EM	38.17
31	Martin Hockey	EM	38.41
37	Lance Tabraham	EM	39.50
55	Jenni Close	EM	44.15
56	Alison Goodlad	EM	44.19
60	Jane Roche	EM	45.12
62	Glyn Sayer	EM	46.04
65	Christina Watson	EM	46.57
67	Sasha Ackland	EM	47.22
68	Rachel Brittle	EM	47.27

72 runners completed

Teams (of 4) men: 2nd; women 3rd.

A bit of nostalgia - triumph in the Docklands Light Railway Road Race (info. from an article in The Wharf newspaper May 2002).

May 12th 2002

This was a five mile road race around the Isle of Dogs with 193 runners taking part. Eton Manor were in fine form with Michael Cates winning the race outright in 28.05; Ian Lambert took silver in 28.30 and also came first in the over 40s vets; John Few was first in the over 50s vets in 32.15 and Tom Everitt was first in the over 60s vets at 32.55 (finishing 19th). Carol Davis won the women's vet category in 35.40.

Chingford League, 5 mile
cross country,
Claybury, Saturday 27th.
Nov. 2010

Report by John Few.

The beginning of the cold spell meant this event was pretty chilly with rock hard ground underfoot. Thankfully, the snow had not yet arrived. Notable performance from Alex Gounelas getting third place in the women's rankings and newcomer Taryne McPherson getting a creditable 18th. Place. In the men's category Qamil Isufaj ran at a good pace and was only six seconds behind Michael Cates.

Results:**Men**

1	Bertie Powell	Woodford	27.04
2	Tomaz Plibersek	guest	27.42
3	Michael Christoforou	Enf.	27.49
37	Michael Cates	EM	31.21
38	Qamil Isufaj	EM	31.27
60	Adrian Frost	EM	33.23
76	Steve Adams	EM	34.53
78	Daniel Hall	EM	35.14
88	Martin Hockey	EM	36.40
106	Roger Albury	EM	40.22
121	Patrick Robinson	EM	43.20
129	Glyn Sayer	EM	47.51

131 runners

Women:

1	Jo Singer	VPH	32.22
2	Nicola Froud	Barnet	32.40
3	Alex Gounelas	EM	33.12
9	Sharon Bolister	EM	35.29
18	Taryne McPherson	EM	38.08
35	Jenni Close	EM	43.34
39	Jane Roche	EM	44.45

42	Sasha Ackland	EM	45.19
47	Christina Watson	EM	47.35

54 runners

Teams:	Senior men A (of 10)	6 th .
	Senior men B (of 6)	6 th .
	Vets men (of 10)	3 rd .
	Senior women (of 7)	5 th .
	Vets women (of 7)	6 th .

**Essex County vets. 5 mile
cross country, Chigwell Row,
Saturday 4th. December 2010**

Report by Rachel Brittle.

A few days of snow had left me waiting for a phone call to say the race had been cancelled-no such luck. The organisers had checked the course and re routed it to avoid the more hazardous areas of ice, warned us we were running at our own risk and sounded the starting horn!

The first few hundred yards was wet, flat snow, followed by a lap in the woods with hills, logs to jump over but less snow, making for an enjoyable run, albeit bitterly cold. Better than we thought when we arrived.

Illness and injury meant we had fewer runners than usual but Adrian led the men 50+ home, Steve Adams men 40+ and Sasha the women.

Results: Men

1	Allen Smalls	Colchester	33.11
2	Spencer Hempsted	Ilford	33.14
3	Mathew Bland	Havering	33.37
49	Steve Adams	EM	41.55
62	Andy Ruffy	EM	45.22
68	Lance Tabraham	EM	47.42
72	Patrick Robinson	EM	49.46

75 runners

Men - M50 plus

1	Iain Campbell	Met.Pol.	33.35
2	Michael Bridgeland	Chelmsf.	33.45
3	David Butler	Billericay	34.41
5	Dave Brock	Orion	36.44
23	Adrian Frost	EM	40.05
62	Roger Albury	EM	47.52
80	Glyn Sayer	EM	53.09

87 runners

Women

1	Sarah Stradling	Colchester	35.32
2	Kath Gundersen	Woodford	38.10
3	Annette Oakman	Colchester	38.36
46	Alison Goodlad	EM	54.32
49	Sasha Ackland	EM	56.07
51	Rachel Brittle	EM	57.03
52	Christina Watson	EM	57.19

59 runners

**FYMFYG - Lee Hurst,
Saturday 4th. December 2010**

In the evening sixteen Manorites met for a get-together at comedy venue FYMFYG in Bethnal Green. The show was the last before temporary closure for rebuilding work.

The show was a bit of a mixed bag. Lee Hurst, the compere and principal performer was on the button, creatively interacting with the audience and coming up with some good lines. He was clearly enjoying himself and this was quite infectious. Mickey Flanagan, not on the bill and who turned up to practice his Royal Variety bash, was also entertaining. The other three performers were not quite so on the ball but all got

some laughs, one on the back of a lot of 'orifice' humour which was a bit of a challenge for the more squeamish.

A lot of waiting around with long intervals and a bit of a scrum at the bar didn't help the 'cattle shed' feeling about the venue. It was worth checking this out as a different way of getting together around Christmas time but maybe if we do this again an 'up West' venue might provide more consistent comedy and more comfortable seating and table arrangements though, inevitably, it would be more expensive.

But a great opportunity for a get-together. Many thanks to Teresa for organising this outing.

Ed.

**Club 1 mile baton relay and
buffet; Tuesday 14th.
December 2010**

Report by John Few.

A very good turnout for this event with Orion second claimers helping make up the numbers. As is the usual convention 'endurance' runners went off on the first leg, followed by 'moderate paced runners' with the last leg run by the fastest in the team. Adrian generously offered Lance the opportunity of running the last leg, in place of himself, just in case the team came in first and Lance could cross the line in triumph (but it was not to be, although doing well coming in 2nd). Team No. 6 came in first so well done to Jane, Dan and Alex.

A great effort from all who participated in a tough fast paced relay. Tom and Joan had organised much appreciated mulled wine and a buffet to follow our exertions and a contingent finished up at The Hare and Hounds later in the evening.

Results:

- 1 Jane McAllister 8.18; Dan Hall 7.16; Alex Gounelas 6.46
- 2 Allison Goodlad 8.31; Lance Tabraham 7.06; Adrian Frost 7.20
- 3 Jonathan Fail 8.18; Zoe Woodward 7.50; Paul Cates 6.50
- 4 Sasha Ackland 9.16; Martin Hockey 7.24; Dave Brock 6.34
- 5 Taryne McPherson 7.43; Clare Wagh 8.05; Steve Adams 7.36
- 6 Glyn Sayer 9.15; Sharon Bolister 7.17; Ian Lambert 7.05
- 7 Louise Vacher 8.41; John Few 7.45; Bill Bennett 7.13
- 8 Jane Roche 8.52; Roger Albury 8.12; Michael Cates 6.44
- 9 Patrick Robinson 8.11; Mary Armitage 8.24; Paul Brandon 7.18
- 10 Robert Maggio 10.34; Steve Dunn 7.16; Qamil Isufaj 6.33
- 11 Rachel Brittle 9.38; Dave Daugirda 7.11; Andy Ruffy 7.39

Clare 8.34
Molly Cooper 14.26

Fastest

Men

- 1 Q. Isufaj 6.33
- 2 D. Brock 6.34
- 3 M. Cates 6.44

Women

- 1 A. Gounelas 6.46
- 2 S. Bolister 7.17
- 3 T. McPherson 7.43

Wells Common 2.9 miles
mob match, Tuesday 4th.
Jan. 2011

Report by John Few.

Congratulations to Alex Gounelas for achieving the women's course record on this run. A credit to the Manor, well done! Apart from the odd injury and cold virus there was a good turnout generally enabling us to close up to Vicky Park if not entirely defeat them. Sharp performances put our men and women runners well up at the front end, particularly Neil McGoun getting us third place, reinforced by solid running from other club runners including relatively new members.

Results:

1	A Lashmar	VPH	16.08
2	T McDowall	VPH	16.08
3	N McGoun	EM	16.13
7	M Cates	EM	16.51
8	I Isufaj	EM	16.53
9	P Cates	EM	17.01
10	T Wright	EM	17.03
12	D Brock	EM	17.08
14	A Gounelas	EM	17.19
19	A Frost	EM	17.52
20	B Bennett	EM	18.03
21	I Lambert	EM	18.14
23	S Bolister	EM	18.20
26	T McPherson	EM	18.56
27	D Daugirda	EM	19.07
28	S Adams	EM	19.12
29	D Hall	EM	19.15
30	P Brandon	EM	19.58
31	S Dunn	EM	20.06
33	R Green	EM	20.23
35	Z Woodward	EM	20.29
37	C Wagh	EM	20.41

38	L Tabraham	EM	20.48
39	S Deville	EM	20.51
41	M Armytage	EM	20.56
46	P Robinson	EM	22.08
48	A Goodlad	EM	22.24
55	J McAllister	EM	23.17
56	J Close	EM	23.19
57	T Everitt	EM	23.20
58	S Ackland	EM	23.40
60	M Cotter	EM	23.58
63	R Brittle	EM	24.33
65	G Sayer	EM	25.56
66	T Persighetti	EM	27.15
67	R Maggio	EM	28.45

Teams (all) 30

1 VPH 910

2 Eton Manor 920

Women 12

1 VPH 144

2 Eton Manor 150

Essex Cross Country
Champs. Hadleigh Country
Park, Saturday Jan. 8th. 2011

Report by Rachel Brittle.

With some cajoling Adrian managed to get us full teams out for this event. Alarm bells sounded when we saw the state of the juniors and heard rumours about the course. It turned out to be an extremely tough run with women doing over 5 miles and men close to 8 on a course which was pretty much mud bound and including several steep hills to both climb and descend-or struggle up and slide down! The consolation was that our injured team members were cheering us on around the course-thanks Tom, Glyn and Zoe! This was Jane Mc Allister's first cross country-a baptism of fire but good run.

Great run for Alex and well done to us all for completing a course which several runners gave up on.

Results: Men

1	M Sanford	Bas.	49.00
2	P Whittaker	Chelm.	49.30
3	C Bloomfield	Bill.	50.01
44	P Cates	EM	59.23
97	A Frost	EM	69.06
104	S Adams	EM	70.07
116	I Lambert	EM	72.39
131	P Brandon	EM	76.25
134	S Dunn	EM	77.22
149	L Tabraham	EM	84.29
Team position (of 18) 14 th .			

Women

1	H Scott	Hav.	36.36
2	S Luck	Hav.	38.24
3	N Kipps	Orion	38.36
11	A Gounelas	EM	40.48
22	S Bolister	EM	43.07
36	T McPherson	EM	47.44
57	T Baxter	EM	52.18
64	J McAllister	EM	55.27
72	R Brittle	EM	60.43
Team position (of 12) 7 th .			

**Chingford League, 5 miles
cross country, Rangers
Road, Saturday 22nd.
January 2011.**

Report by Tom. Everitt.

Not normally a tough course but with the previous weeks' continuous rain it turned into a quagmire, slips and falls were numerous but everyone getting up and finishing.

Our women again running well despite only having the minimum number to

complete a team and finish 4th. Strong runs from Sharon leading them home and a great run from the steadily improving Taryn McPherson, then Zoe Woodward on her comeback from injury. Good to see Clare Wagh back with us on a regular basis, next Jenni Close getting into a regular racing habit. Rachel Brittle toughing it out through the muck and bullets to complete our team - well done you six. There are at least another eight out there, possibly able to race so injuries permitting try and give them your support - the more we get out the stronger the team.

Ten men racing today out of a possible twenty, so come on lads we need at least twelve runners to complete two teams in the league races. Our first man in Paul Cates enjoying a rare victory over brother Michael - followed in by skipper Adrian Frost, Ian Lambert on the comeback trail followed by Andy Ruffy having a good run on his first league race of the season. Steve Adams one of the classier fallers and getting up to finish strongly and complete our team - then going on to sort out the bill at the evening dinner. Well done Steve. A strong nucleus of a 'B' team with Steve Dunn on his favourite cross country, leading Martin Hockey and then John Few, also on a comeback, closed in by the ever reliable Glyn Sayer - come on you other ten. How about it lads.

Results:

1	R Sparke	Wood.	31.24
2	B Powell	Wood.	32.14
3	S Hempstead	guest	32.56
28	P Cates	EM	37.02
41	M Cates	EM	38.16
62	A Frost	EM	40.33
73	I Lambert	EM	41.35

76	A Ruffy	EM	42.01
82	S Bolister	EM	42.32
87	S Adams	EM	43.03
88	T McPherson	EM	43.31
103	Z Woodward	EM	45.06
108	S Dunn	EM	45.56
112	C Wagh	EM	46.17
120	M Hockey	EM	46.44
144	J Few	EM	49.30
163	J Close	EM	55.04
169	G Sayer	EM	56.16
174	R Brittle	EM	58.47

181 runners completed

Around twenty five of us finished off the day with an evening outing to The Cafeteria restaurant in Forest Road, which was thoroughly enjoyed by all. Thanks to Gail for organising this. Ed.

The Southern Cross Country Championships, Parliament Hill Fields, Saturday 29th. January 2011.

Report by Tom. Everitt.

Tom was happy all our entry places taken up albeit a limited entry event - so no wasted entry fees this year.

In 2009 just one man and full team of four women, last year three men plus again a full women's team. This year eight men plus two standby's and eight women turning out, that's better.

The race, the second biggest for the cross country season and a very testing event, nine miles of ups and downs but not

quite as wet as in some years. The women's race, two laps of the three lap course, making it five miles.

Quite a spectacle to watch, particularly the start. 356 women charging up the hill from the lido, then 806 men in the following race.

Eyes peeled as they pour by at the end of the first lap, who will be the first to appear for the Manor - as expected Sharon for the women, but will it be Michael or Paul for the men - it's Paul again, our other seven in each race following at various intervals.

Final placings:

Men

1	N Hall	48.23	Bedford
2	B Tickner	48.40	Wells
3	J Pepper	49.00	Enfield
384	P Cates	64.09	EM
444	M Cates	65.55	EM
589	I Lambert	70.32	EM
590	A Frost	70.34	EM
655	A Ruffy	72.35	EM
720	S Adams	75.25	EM
726	D Daugirda	75.42	EM
843	S Dunn	85.13	EM

Teams: 75th of 93

Women

1	N Taschimowitz	29.47	Taunton
2	N Sykes	30.11	Bedford
3	H Rowland	30.18	Norwich
139	S Bolister	37.17	EM
181	T McPherson	38.47	EM
222	Z Woodward	39.59	EM
259	S Baxter	41.43	EM
281	C Fisher	42.39	EM
332	J McAllister	46.17	EM
360	R Brittle	50.03	EM
378	C Watson	56.29	EM

Teams: A 40th. B 61st. (of 62)

And from the thick of it

.....

Report by Christina Watson.

Good attendance to this race, ladies had – Taryne, Jane, Claire, Zoe, Steph, Sharon, Rachel and me last of all, and I was!

Men had – Adrian, Steve A, Steve D, Paul, Michael, Dave, Andy and Ian. Some good cheerleaders out today as well, Tom Joan and Lance!

I was unsure all week about doing this race, but when I turned up on the day, I thought why not?? By the end of the day I thought, why?? No, not really. It was a great day, very muddy in some places and pretty dry in others. A mixed bag really! For anyone who said it wasn't muddy, what did I land in in the first mile then? Seriously as if getting up that first long drag isn't enough, I turned the corner, ran down on that horrid camber and when I went to turn another bend, my feet just went from underneath me and I landed on my bum in the black sticky mud!!! All around said to me 'Are you ok?' To which I replied, course I had a soft landing. Is it just me or does anyone else forget how hilly Parliament Hill is? Having been out of it for a while I have to say by two miles I was seriously questioning whether or not I could finish but the fact that there were two ladies teams really kept me going. It was great watching all the speedier girls go through, honest, even though I knew it would be ages before I got to that part! I felt pretty good in the last mile, which was nice and felt I had a strong finish to a very slow race! Good running all other girls, seriously they did great! Then after a nice cup of coffee and cereal bar from

the lovely Joan, I popped over to watch the men who had 9 miles to cover. You have to admire them for getting round three times! Even more so when they explained to us what a nightmare start they all had with the starter going off and them having not even gone through the tent and all sorts of jumping over fences going on! Great pose for a photo from Adrian arms spread wide! There were no other poses. I think the other guys were in a zone! Steve D was not having the best day so he did amazing to get round that course feeling below par. Anyway, the café was very welcoming after and all in all a good day out for the Manor!!

Report by Rachel Brittle

Despite the tough conditions at Hadleigh we had strong teams returning for this championship, with new member Clare making her debut. The women actually managed to field 2 teams. The 5 mile course for women and 9 miles for men was tough but runnable only marred by the bungled start for the men, many of whom were still in the tent when the horn sounded. The good support from team members who had finished their runs or weren't running due to injury really helped. Ladies were led home by Sharon, men by Paul Cates. There was a fight in the finishing straight for prestigious 589th place between Adrian and Ian!

**Chingford League, 5 mile
Victoria Park, Saturday 5th.
February 2011.**

Report by John Few.

An excellent turnout for this event with a good spread of twenty four runners ensuring respectable team placings, well done everyone for making the effort. Very gusty at times which seemed to have a variable affect on running times - slowing some but seemingly pushing others to new heights. Adrian Frost's PB (getting under 30 minutes) was, I suspect, just pure talent though. Dave Daugirda also excelled, keeping Andy Ruffy behind him. Paul Brandon was well up the field, considering he is a bit out of racing practice, only a second behind Andy. Lance, realising just before the entrance to the finishing funnel that another runner was going to get in first, suddenly accelerated in true Manor style to squeeze in ahead (well done) though he did frighten the time keeper a bit. Qamil led the men in and Alex Gounelas, as expected, led the women in well supported by Sharon Bolister and our women's team got 3rd in the team placings. The 'new Andy' (Andy Middleton) also had a good placing just 20 seconds behind Steve Adams (also doing well). Perhaps because all our men were vets we managed to get 3rd in the vets team placings as well!

Results:

1	B Powell	25.12	Woodford
2	T Stasionis	26.10	Enfield
3	D Moses	26.28	Orion
33	Q Isufaj	29.39	EM
39	A Frost	29.50	EM

49	A Gounelas	30.29	EM
68	S Bolister	32.20	EM
74	S Adams	33.03	EM
76	A Middleton	33.23	EM
77	T McPherson	33.34	EM
78	D Daugirda	33.46	EM
84	A Ruffy	33.54	EM
85	P Brandon	33.55	EM
102	J Few	35.10	EM
115	L Tabraham	36.15	EM
125	P Robinson	37.23	EM
126	A Goodlad	37.25	EM
129	J Fail	37.56	EM
136	J Marchant	38.38	EM
138	R Albury	38.44	EM
151	T Everitt	40.05	EM
163	S Ackland	41.55	EM
167	R Brittle	42.40	EM
169	G Sayer	43.54	EM
170	C Watson	44.04	EM
183	R Maggio	46.45	EM
185	T Persighetti	47.34	EM

189 runners

Teams (of 10)

Men A - 7th.

Men B - 5th.

Men vets 3rd.

Women 3rd.

Women vets 5th.

February 2011

On holiday in Italy, Steph breaks her arm and injures her back in a skiing accident. Repairs undertaken at Whipps Cross Hospital on 16th. February and she was speedily on the mend but not quite quick enough for the National at Alton Towers this year.

**NATIONAL CROSS-
COUNTRY
CHAMPIONSHIPS Alton
Towers, Saturday 19th.
February 2011**

Report by Rachel Brittle.

A group of us headed up North for the nationals, buoyed by the thought it couldn't be worse than Hadleigh. We were low in numbers due to illness and Steph's injury from skiing. As I lay in bed listening to the rain all night and awoke to frost and a smattering of snow on the tips of the hills I began to worry... However the rain stopped around midday and we set off to the course. The first sight to greet us was the massive queue to the car park and we became concerned when a seemingly endless stream of ambulances was travelling the other way, sirens ringing. When we reached the registration area we were confronted with a scene reminiscent of The Somme, or Glastonbury festival-a sea of deep, churned up mud. We were covered in mud before we started and it was hard to even get changed or warm up. The organisers had taken stock as the day progressed and shortened the course to allow ambulances access to all areas safely. All events were running late which meant a lot of hanging about-not a good start. The shortened course was still tough with a combination of mud and hills which totally zapped any energy we had. A big thank you to Glynn, who seemed to be there at every bend to cheer us on! He must have covered more ground than we did. We all gave it our best and the men's team

had a respectable placing-unfortunately the women did not have a full team. The hot tub at the cabins, booked by Steve, was really appreciated and the social side of the weekend was great fun. As I said on my return, a great weekend except for the 40 odd minutes racing!



Results:

Men

1	S. Vernon	35.11	Stockport
2	M. Skinner	35.32	Blackheath
3	T. Lancashire	35.59	Bolton
625	P. Cates	49.19	EM
820	A. Frost	52.46	EM
922	B. Bennett	54.54	EM
950	D. Daugirda	55.32	EM
1055	S. Adams	58.28	EM
1245	T. Tabraham	68.33	EM

1302 runners

Team result: 83 of 95

Women

1	L. Damen	23.49	Winch.
2	H. Dean	23.53	Hallam.
3	L. Yelling	23.56	Bedford
358	Z. Woodward	35.06	EM
424	L. Vacher	37.18	EM
498	R. Brittle	41.50	EM

552 runners

5 k rankings 2010

1	M. Cates V40	17.39
2	Q. Isufaj V45	18.06
3	P. Cates V45	18.28
4	A. Frost V50	19.05
5(1)	Alex Gounelas	19.16
6	A. Duncan V45	19.18
7	T. East	19.21
8	S. Dunn	19.26
9	A. Ruffy V45	20.14
10	P. Brandon V40	20.32
11(2)	Sharon Bolister	20.33
12(3)	Zoe Woodward V45	20.44
13	S. Adams V45	20.45
14	J. Few V65	20.50
15	M. Hockey V40	21.08
16	S. Deville V45	21.14
17	D. Daugirda V45	21.24
18	D. Hall	21.24
19 (4)	Steph. Baxter V50	21.26
20 (5)	Clare Wagh	23.19
21	P. Robinson V45	23.42
22	T. Everitt V75	23.58
23	G. Sayer V65	24.23
24(6)	Jane Roche V40	24.34
25	L. Tabraham V45	24.47
26(7)	Jenni Close	25.47
27(8)	Jane McAllister V45	26.11
28(9)	Christina Adams V50	26.44
29(10)	Rachel Brittle V45	26.46
30(11)	Sasha Ackland V35	27.25
31(12)	Teresa Persighetti V55	31.42
32(13)	Emma McClure	33.37
33(14)	Stephanie East	33.48
34(15)	Tracy Nathan	33.48
35(16)	Heather Sibley	35.05
36	Robert Maggio V60	35.33

The Mercury mob match, 10 mile cross country, Saturday 5th. March 2011

Report by John Few.

Despite the usual mud and hills over ten strenuous miles, eleven brave souls turned out from the Manor - Paul Cates, despite some ankle niggles on the preceding Thursday's training night, led the Manor in at 11th place with Alex Gounelas coming in as second women in the race and Adrian Frost doing well at less than a minute behind her.

Newcomer, Lance Tabraham pushed round a tough course in under 100 minutes. Excellent efforts from all concerned.

Results:

1	B Hall	Orion	65.44
2	S Joyce	Orion	67.23
3	C Lound	Dulwich	67.24
11	P Cates	EM	73.50
13	A Gounelas	EM	77.45
17	A Frost	EM	78.23
29	S Dunn	EM	82.38
34	P Brandon	EM	86.32
52	Z Woodward	EM	93.36
60	L Tabraham	EM	99.23
66	G Sayer	EM	106.07
70	R Brittle	EM	112.30
72	S Ackland	EM	116.20
73	C Watson	EM	120.50

75 runners

Teams (of five) 1st. Orion, Eton Manor
4th.

**Chingford League (and
Essex County), Highams
Park 2 ¼ mile relays,
Saturday 12th March 2011**

Report by Tom Everitt

Tom's bodged team selections made for an interesting afternoon's racing in the Chingford League/County cross country relays at Highams Park. As expected the women's team were first to appear on the first handover, then the men's B team next, thanks to an excellent run by Dan Hall (over a minute clear of the 'A' team. This was maintained by our very strong women's team, still over two minutes ahead of the men's 'A' with the 'B' team holding their one minute advantage over the 'A's.'

At the third handover there was a great levelling, thanks to a speedy run by Paul Cates - only fifteen seconds separating the three teams - the women's team just four seconds ahead of the 'A' team with the 'B's' just ten seconds adrift.

With the final leg completed and no big upsets our women's team finish in an excellent third place in their race.

Our teams in the men's competition finished 10th, 15th, and 20th.

Results:

Men's A

A Ruffy	14.47	
S Dunn	13.41	
P Cates	12.38	
A Frost	13.23	54.29

Men's B

D Hall	13.42	
I Lambert	13.48	
D Daugirda	13.47	
S Adams	14.53	56.10

Men's C

R Albury	15.17	
S Deville	14.49	
J Few	15.22	
T Everitt	18.05	63.33

Men's D

P Robinson	16.02	
G Sayer	18.34	
J Fail	16.25	
L Tabraham	16.18	67.19

Women's

A Gounelas	12.33	
S Bolister	13.47	
C Wagh	14.42	
J Close	16.03	57.05

Mixed

R Brittle	19.00	
C Watson	18.46	
T Persighetti	21.46	59.32
R Maggio	18.49	78.22

***Red faces all round,
Omega's Olympic clock
stops!***

15th. March 2011.

Counting down the time to The Olympics, the clock set up in Trafalgar Square and launched yesterday has stopped and is stuck at 500 days. Technical staff are frantically trying to get it going again. Was it wound up fully or does it need another battery? Omega are not a dodgy watch company, it has a long and trouble-free history of timing the Olympics since The Los Angeles Games of 1932.

The Orion 15 Saturday 19th
March 2011

Report by John Few

Several Manorites helped out with this event but two 'hardy souls' actually ran in the race with Adrian well up in the top fifth of the field and both came back smiling - whether in triumph or madness, who is to say?

Results:

1	C Lassonde	Green.	91.45
2	A Reeves	Serp.	95.57
3	B Jenkins	Orion	96.31
51	A Frost	EM	114.23
314	R Albury	EM	161.41

326 runners finished in allocated time.

1st. Mens team: Serpentine; 1st. Vets team: Serpentine; 1st. Women's team: Mornington Chasers.

Physical Shield 1.5 mile
relays, Loughton, Tuesday
29th. March 2011

Report by John Few.

Triumph for the Manor as we won both the men's and women's team prizes with our A teams and will have our club name inscribed on the Physical Shield Cup. An outstanding result, well done everyone who took part.

Results:

Men

R. Edmonds	9.23	1 st .
D. Hall	11.05	
P. Cates	9.57	
A. Frost	10.17	
I. Lambert	10.47	
D. Daugirda	10.41	
S. Adams	11.35	
G. Sayer	14.23	
J. Few	12.00	
P. Robinson	13.12	
Amadu	13.48	
J. Fail	12.40	
S. Stone	14.58	
L. Tabraham	12.33	
C. Hyman	13.19	
R. Maggio	14.40	

Women

Z. Woodward	11.56	1 st .
A. Gounelas	10.11	
T. McPherson	11.56	
S. Bolister	10.42	
C. Wagh	11.36	
A. Goodlad	12.57	
P. Steere	12.26	
S. Ackland	13.55	

Hackney Marsh 5K Park
Run, Sat. 2nd April 2011

Report by Teresa Persighetti

This race starts by the old changing room building on the Marsh every Saturday at 9 a.m. Online pre-registration enables participants to get timed results, but non-registered runners didn't get turned away. Several club members went to it today, as it was the 'graduation event' for our latest round of beginners' course completers. Steve D was Andrea's motivator/ running partner round the course and Teresa ran with Angela. Adrian was a race marshal and Rachel provided spectator support. Club members Alex G and Robert also took part in the race. Alex had a great race, coming in as first woman and third placed runner overall. Well done, Alex. Robert has done this Park Run ten times since his own 'beginner graduation' last summer, and also merits congratulations for having taken over 5 minutes off his completion time over that period.

Andrea's and Angela's verdicts on their first racing experience were along the lines of 'Gosh, that was hard' and 'It was such a relief to see the finish line.' After getting their breath back, however, Angela (without any arm twisting) switched to something like 'That was great: I loved it!' and Andrea told us she has already registered for something masochistic called a 'Survival of the Fittest 10K' in October. So I guess that's two more folk who have been afflicted with the running bug! Congratulations to them both.

Results:

1	Wolfgang Stueckle	17.40
2	Matt Harrison	18.18
3	Alex Gounelas EM	18.44
32	Robert Maggio EM	27.42
35	Angela Adedeji EM	29.29
37	Andrea Buenaventura EM	29.54

41 runners completed.

www.eton-manor.com

**Training nights Tues and Thurs 7.15
for 7.30 (other times by arrangement)**

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