

The Reporter



The Magazine of Eton Manor AC senior section

May2012

Editorial

At the beginning of October last year we had a heat wave with temperatures up into the 80s but fortunately it started to cool down a little for our first league race of the season at Hog Hill on the 4th October. The mild weather continued into November and we were wondering whether we were in for a relatively warm winter which was the case until the Siberian weather in February with the season ending in a chilly April.

The stalwarts and volunteers continued to contribute their valuable input to the running of the club and it is always worth reiterating that if it were not for all the unpaid volunteer work the club simply could not function or develop and I expect we are all guilty of taking for granted some of the provisions the club offers. Our mothers definitely do not work here, so we welcome people being alert to the little jobs that may need doing and which help the club to run smoothly.

Club membership is increasing and so is the diversity of club activities with members training on Sundays and also doing track sessions on Mondays in addition to the usual Tuesday and Thursday training nights. Electronic means of keeping in touch mean we are speaking (so to speak) to each other more often and with less delay - that means that officers and other volunteers in the club are getting busier and we are becoming aware of the extra work and commitment that may be entailed with what is now a more complex organisation. New deputy officer posts were created at the club's AGM back in November which will help manage the increasing workload.

However, it is great to see more people at the club and to experience a generally more buzzy atmosphere. Our growing membership is showing up in our better performance profile in league races too (particularly our women's teams) so, a warm welcome to all our new members and to those coming along for our beginners' sessions. Of course we also

have a community of people who read our magazine but who are not able to get down to the clubhouse: your continued interest and association with the club is also valued. With the appointment of a social secretary (Dave Daugirda) we are also becoming a bit more organised on the social activities front, for example, the outings to the Bowling venue in February and the Indian meal in March were much appreciated by all who went along.

It is only a couple of months to go to the Olympics. Those of us lucky enough to have got tickets will be honing our queuing and jostling skills. Security will be pretty tight; picnics and carrying liquids into the stadium may be banned; sandwiches could be confiscated as contraband goods, though it may depend on the filling (brie can look a bit like semtex); ham and pickle will probably be waved through. We are also hoping the legacy of the games will benefit our club, providing new running opportunities and facilities for our anniversary year in 2013.

Contributions, race reports, articles about running in general, are very welcome for inclusion in The Reporter so that the magazine grows to reflect the different interests of the membership. Reports in this issue by Tom Everitt, Dan Hall, Christina Watson, Dave Daugirda and where not acknowledged: John Few.

John Few.

Assembly League Summer 2011 Handicap

The Summer Handicap is based on trying to better your handicap estimated time, one point extra for every ten seconds quicker or one point less for every ten seconds slower.

The women's winner was Alex Gounelas in her first full season for the club managing all six races and totalling 73 points giving her a best five total of 62 points.

Second was Jenni Close doing five races for a 57 points total. Third place went to Rachel Brittle, 51 points from five races.

4 th Sharon Bolister	40(4)
5 th Clare Wagh	38(4)
6 th Taryne McPherson	34(3)
7 th Alison Goodlad	27(4)
8 th Christine Watson	24(4)
9 th Zoe Woodward	11(2)

The men's winner was Mick Cotter who also did all six races – from an unlucky Robert Maggio nearly doing all six with another ever present Glyn Sayer third.

Dave Brock, Ian Lambert and John Few also doing all six.

1 st Mick Cotter	82/75 (6)
2 nd Robert Maggio	71/71 (5 ½)
3 rd Glyn Sayer	66/62 (6)
4 th Dave Daugirda	59 (5)
= 4 th John Few	67/59 (6)
6 th Ian Lambert	58/57 (6)
7 th Andy Ruffy	55 (5)
8 th Michael Cates	51(5)
9 th Dan Hall	48(5)
10 th Dave Brock	53/45 (6)
=10 th Lance Tabraham	45(4)
12 th Martin Hockey	37 (4)
13 th Stephen Dunn	34(5)
14 th Simon Deville	31(3)
15 th Adrian Frost	29(5)
16 th Steve Adams	22 (4)
17 th Patrick Robinson	21(2)
18 th Paul Cates	19(3)

Report by Tom Everitt

Chingford League, HOG HILL CYCLE
CIRCUIT 5k 4th October 2011

For our first race in the dark we had a good turnout with twenty four runners making it to the venue, including first-timers. Good times all round enabled us to keep a healthy profile in the team results. Excellent run by Alex Gounelas who was first women in the race and she was ably backed up by newcomer Kate Malcolm in 4th place pushing the women's A team to 2nd place.

Paul Cates led the men in with Qamil closely on his tail and Steve W., Ian, Dave and Adrian packing in just thirty seconds or so behind them.

Very good performances from everyone on this challenging course. Well done!

Men's results:

1	S Collins	16.07	Enfield
2	T Heslop	17.00	Vic. Pk.
3	D Moses	17.14	Orion
24	P Cates	19.31	EM
25	Q Isufaj	19.36	EM
39	S Watkins	20.08	EM
43	I Lambert	20.21	EM
45	D Daugirda	20.25	EM
47	A Frost	20.42	EM
50	A Ruffy	21.19	EM
59	S Adams	22.00	EM
61	D Hall	22.10	EM
65	P Brandon	22.19	EM
74	M Hockey	22.55	EM
75	R Richards	22.56	EM
81	S Dunn	23.13	EM
96	A Lawson	24.06	EM
97	R Albury	24.22	EM
112	R Maggio	28.00	EM

115 runners

Women's results:

1	A Gounelas	18.48	EM
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2	J Kent	19.26	Barn.
3	J Singer	19.41	Vic. Pk.
4	K Malcolm	19.54	EM
11	T McPherson	22.16	EM
14	C Wagh	23.16	EM
22	L Vacher	24.11	EM
39	R Brittle	27.09	EM
40	S Ackland	27.20	EM
53	A Wells	33.11	EM

55 runners

Teams (of 10)

Men A 5th., Women A 2nd., Men vets 3rd.,
Women vets 5th.

Alex is 2nd woman in the
Abingdon Marathon
(Sunday 16th October 2011)

Our very own Alex Gounelas floated round this course in a mere 2.56.34.

Outstanding running, well done Alex!

Chingford League Race 2, Trent Park 5
mile cross country, Saturday 15th. October
2011

Good turn out for the second race of the season, with two men's teams and one ladies' team. A few of us were there very early and had plenty of time to warm up (on such a glorious day I am not sure warm up is quite right – I was certainly warm!). The first field that I talked about with dread due to the holes, ruts and just the sheer hell of one and a half times round, well it was actually quite pleasant, there I have said it! At the start we were all discussing the course in not very nice terms and poor Kate must have been thinking 'what have I let myself in for'. I have to say due to the recent weather this was perhaps the nicest Trent Park race I have ever done that's for sure! I loved the way we were called to the start with ' anyone who hasn't yet run, now it's

your turn' love it!

I set off feeling a whole lot better than I expected, till the bottom of the first hill (having just got past Robert) my shoelace was undone and that was, to say the least, bad timing. Hey ho onwards and upwards, literally. Who put all those climbs over on those fields? How did I not notice before. Conditions were amazing, beautiful sunshine as everyone will agree! Great turnout, Paul Cates was 1st man back for the manor with Kate our first lady and 2nd lady overall, well done Kate and Paul. Others in attendance were, Steve Watkins(our 2nd man) , Dave D, Adrian, Martin, Simon, Clare (our 2nd lady) John F, Steve D. Patrick R (who is running really well and I don't think I will ever catch him again), Zoe, Rachel, Tom, Sacha, Robert and finally yours truly!

Results:

1	S Collins	E & H	25.02
2	E Pierce	E & H	25.56
3	A Milne	E & H	26.15
44	P Cates	EM	30.54
50	K Malcolm	EM	31.24
69	D Daugirda	EM	32.58
71	A Frost	EM	33.00
101	M Hockey	EM	35.34
111	S Deville	EM	36.37
120	C Wagh	EM	37.21
134	J Few	EM	38.33
135	S Dunn	EM	38.36
137	P Robinson	EM	38.43
151	Z Woodward	EM	40.07
166	R Brittle	EM	42.31
173	T Everitt	EM	43.36
174	S Ackland	EM	43.41
180	R Maggio	EM	46.48
184	C Watson	EM	48.12

193 runners

Teams (of 10) men A 7th; men B 5th; women A 6th; men vets 4th; women vets 6th.

Report by Christina Watson

North London Cross Country
championships, Kingsbury, Saturday 29th.
Oct. 2011

Held at Fryent Country Park, Kingsbury

Host Club, Queens Park Harriers

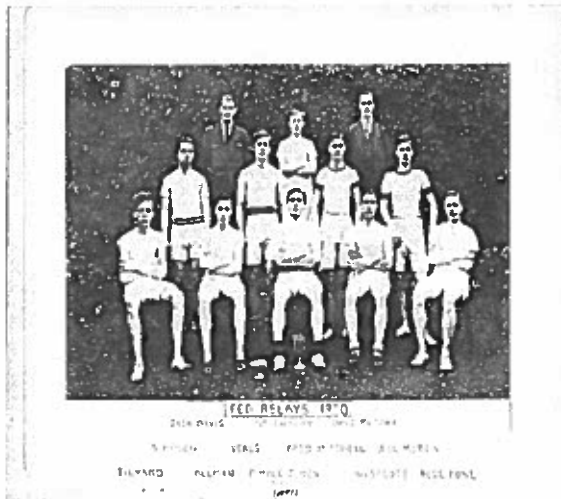
A total of 139 runners from various clubs including 6 men from Eton Manor AC returned to this north London race after a gap of 20 years. To make it more interesting I (Dan) made it with 5 minutes to spare having asked a female runner (who had already started the female race) the way to the start, she wasn't very helpful! Adrian was glad that I arrived as it meant we had a team, an injured Steve A was not happy to see me as it meant we had a team and that he would have to run. The weather was great for running, cool and sunny. The surface under foot was dry with only the occasional puddle. It was 3 laps (1 small and 2 big) of Fryent Country Park. All agreed it was a great course. On the first lap I admired the Wembley Arch on the horizon; I didn't remember much of the last lap. I think that a few Manorites may return to this event next year, I hope that there will be some of you out there that will join us.

Results (mens):

1	H Dodwell	High.	25.11
2	O Edwards	Shafts.	25.17
3	J Cooper	Harrow	25.22
90	A Frost	EM	32.33
94	D Hall	EM	32.53
105	S Adams	EM	34.24
114	R Albury	EM	35.50
122	S Dunn	EM	37.31
140	R Maggio	EM	44.08

141 runners

Report by Dan Hall



An Eton Manor photograph from 1920. Sadly, none are still competing or, indeed, still with us. If they were, most would be around 112-115 years old (proper vets).which leads on to the subject of young athletes.

Steve Beckett and Pam Ackland-Snow have, for some years, given a great deal of their time and energy to running the young athletes' section, bearing in mind these young people could be the senior members of the future.

From January, Steve and Pam felt it was time to step down from this role. Some parents then expressed an interest in continuing the support of young athletes at the Pool and Track in Walthamstow.

We have also been encouraged, as more people are coming into the club, by some runners bringing their young people along to join in our running programmes. We hope that the spirit of dedication and commitment towards young athletes shown by Steve and Pam can be continued.

Chingford League, Hog Hill Cycle Circuit, 5K, Tuesday 1st. November 2011

A mild evening for this second outing here but the course seemed much darker, perhaps because the clocks had gone back. In anticipation of this we had lights guiding us round the first circuit backed up by marshals shouting directions from the darkness – but for some reason that hill was always keenly visible!

Well done to newcomer Tomas Stasionis for an outstanding run, coming in fourth, and Alex Gounelas also excelled leading in the Manor women and being the first woman home in the race (again!) – well done! She had good backing from fellow women's team members particularly Taryne McPherson pushing her finishing time down for this one. Our women did particularly well as shown in our 2nd team placings in the A and vet categories. Some other Manorites also shaved time off their performance compared to the last meeting here, for example: Adrian Frost nearly a minute and Martin Hockey over a minute, but well done to all thirty Manorites who took part in this fairly gruelling experience – the Manor is becoming a contender!!

Results:

1	P Martelletti	VPH	15.44
2	E Pierce	E & H	15.54
3	S Collins	E & H	16.06
4	T Stasionis	EM	16.49
34	A Gounelas	EM	18.47
36	Q Isufaj	EM	18.49
40	P Cates	EM	19.03
44	K Malcolm	EM	19.17
55	A Frost	EM	19.51
60	D Daugirda	EM	20.01
62	I Lambert	EM	20.12
64	S Watkins	EM	20.16

79	D Hall	EM	21.15
83	S Adams	EM	21.21
87	T McPherson	EM	21.30
90	M Hockey	EM	21.48
91	S Dunn	EM	21.52
96	P Brandon	EM	21.55
128	C Wagh	EM	23.18
129	A Lawson	EM	23.19
134	R Albury	EM	23.34
135	J Few	EM	23.35
147	L Vacher	EM	24.26
153	A Goodlad	EM	24.56
155	J Close	EM	25.14
166	M Cotter	EM	26.07
168	R Brittle	EM	26.27
169	S Ackland	EM	26.46
178	R Maggio	EM	27.40
185	A Edwards	EM	28.47
188	C Watson	EM	29.13
189	V Anderson	EM	29.38
193	W Henderson	EM	31.26

194 runners

Teams (of 10) men's A 5th; women's A 2nd;
men's vets 4th; women's vets 2nd.

Vets interclub 5 mile cross-country,
Loughton, Saturday 5th November 2011

A good turnout for this regular event and a bonus of mild weather and firm ground. Qamil did very well in fifth place and Roger Albury was finding his old form, just getting ahead of Paul Brandon. Dave Daugirda got a bit close to Ian Lambert with a good time. Teresa Persighetti found her 'inner sprinter' and successfully fought off a challenge at the finish to much applause. The Persighetti name was renowned in athletics years ago with dad being a 100 yard Essex champion with Southend AC in the late 1940s and her uncle Bernard doing 100 metres in 10.8 (also for Southend) ten years later, when even top international athletes were running 10.3 and 10.4 times. Her aunt, Christina (though there is not a genetic

link here) got to the finals of the 1960 Rome Olympics as a long jumper. Teresa is generally an anchor lady in races but if challenged the old Persighetti pedigree can start to show itself!

Results:

1	S Hemsted	Vets AC	28.59
2	D Barrett	Orion	29.41
3	R Dzikowski	Vets AC	30.30
5	Q Isufaj	EM	30.48
6	P Cates	EM	31.25
14	I Lambert	EM	33.10
15	D Daugirda	EM	33.35
16	S Watkins	EM	33.45
17	A Frost	EM	33.54
23	A Ruffy	EM	35.43
26	S Adams	EM	35.54
32	R Albury	EM	37.09
33	P Brandon	EM	37.16
37	J Few	EM	38.32
44	L Vacher	EM	39.54
52	A Goodlad	EM	41.48
59	R Brittle	EM	43.19
65	S Ackland	EM	44.33
68	C Adams	EM	47.38
70	R Maggio	EM	48.27
72	T Persighetti	EM	51.10

76 runners

Teams: men (of 6) 3rd; women (of 4) 4th.

**NOT an Eton Manor race Report –
Remembrance Day Weekend.**

So, there I was at Leyton station, sitting on the steps, wondering at the fact that there ARE two 9 o'clocks on a Saturday when some Manorites approached from the east.

Adrian, Steve Adams, Steve Watkins, Dan and Bill & Louise and I are here for a 12 mile run through Epping Forest on our 'Christmas shopping day off' as Tom put it!

After picking up Steve Dunn (how many more Steves can this club handle?) and Ian on route, we set forth on the tube, via the ubiquitous 'Rail Replacement Service' and arrived at Epping Station.

While there were a few curious glances cast our way, we set off on our run regardless, starting through the mean streets of Epping.

I couldn't have put it better myself than Adrian, when he said we would have been mad to have missed the splendour of the forest at this time of year. The colours were fantastic and made me realise how lucky we are to have this on our doorstep.

We made our winding way through this splendid vista, and with one or two 'pit stops' for various reasons, arrived back at Manor HQ some two hours later, myself and Dan well pleased at running our furthest distances ever, some 13.41 miles. Not that I was measuring or anything!

We adjourned to the local greasy spoon where Adrian kindly bought us a well deserved, but not massively healthy sarnie and a cuppa!

Onto Sunday, and another early start, not quite as early as Saturday, but that's life as a runner I've found out!

This Sunday was different however, Remembrance Day, and we'd decided to mark the day with, I believe, a first for the club.

All present and correct were, Steve A, Ian, Roger, Louise, Anthony and myself.

Steve Adams had worked long into the previous few nights, to come up with a tour of local sites with a connection to the 'Great War' and Second World War.

Taking in a lot of poignant local history, courtesy of Steve's commentary, and various reminiscences we arrived at Harrow Green just before 11am to mark the 2 minute silence with the gathered locals, including a lot of young people there to pay their respects.

Always a time for reflection, this was to me, made more special by the 'tour' we'd just had. A massive thanks to Steve for the research he put in and we did, indeed REMEMBER THE FALLEN in true style.

Your peace time correspondent,

Dave Daugirda

Up The Manor

LONDON Cross Country Champs.
PARLIAMENT HILL – 10K
Saturday 19th. November 2011

Good conditions for this race but there was a bit of a shortage of the usual mud. Alex worked her usual magic by coming in as 6th. Woman – well done!

Results:

1	D Lacey	31.49
2	N Torry	32.53
3	A Mohamed	32.58

Eton Manor:

107	P Cates	40.40
151	I Lambert	42.57
173	D Daugirda	44.02
208	S Adams	47.30
218	A Lawson	49.16
219	A Frost	49.21
243	S Dunn	54.36
247	M Cotter	58.39
248	R Maggio	62.38

Teams: 20th.

Women (6K)

1	B Penty	21.19
6	A Gounelas	23.03
76	C Wagh	27.56
123	J Close	32.51
125	R Brittle	33.17
132	C Watson	35.38

Teams: 13th.

Chingford League, Alexandra Palace, 5
mile cross country, Saturday 26th
November 2011

There was little mud here today but a bit gusty and the hill up to the Palace remained a dominant feature of the course, making everyone a bit breathless. Tom had reassured some of us that the course was a bit short of 5 miles but it

turned out by only three or four hundred yards!

We got 22 Manorites at this event with two notable results: newcomer Tomas Stasionis came in third with a tremendous time of 27.04 and Alex Gounelas continuing her excellent form was first woman. Well done both! The strength of our women runners was reflected in the high team placings of both the women's A team and women's vets.

Very good efforts from everyone; three times up the hill to the Palace – everyone should have had a medal!

Results:

1	S Brooks	LH	26.52
2	R Hope	VPH	26.59
3	T Stasionis	EM	27.04
37	A Gounelas	EM	31.38
53	K Malcolm	EM	32.32
68	I Lambert	EM	33.39
70	D Daugirda	EM	33.41
73	S Watkins	EM	33.49
79	A Frost	EM	34.23
87	D Hall	EM	35.19
92	P Brandon	EM	35.47
93	T McPherson	EM	35.49
99	S Bolister	EM	36.13
106	S Deville	EM	37.00
126	C Wagh	EM	38.19
138	R Albury	EM	39.03
150	J Few	EM	39.33
163	L Vacher	EM	40.29
164	P Robinson	EM	40.31
188	R Brittle	EM	43.38
189	J Close	EM	43.55
203	S Dunn	EM	47.03
204	C Watson	EM	48.34
211	A Wells	EM	54.26

214 runners

Teams (of 10)

Men's A: 8th. Women's A 2nd. Men's vets 7th. Women's vets 3rd.

Essex County Veterans cross country 5 miles, Chigwell Row, Saturday 3rd December 2011

A bright and somewhat blustery day, but the breeze didn't matter much since the race was largely in the sheltered Hainault forest. As many remarked the weather was a big improvement on the last outing here – snow!

Very much mixed terrain here due to the recent dry spell and consequent hard surfaces; some stretches could have been better run in flats and spikes were a hindrance – but there was still a bit of mud here and there!

Well done Kate Malcolm coming in as second woman and Qamil Isufaj pushing himself at the line and leading our over 40 vets team in at 21st position. Ian Lambert led in the over 50s men, coincidentally also in 21st position, well done.

Results:

Women

1	D Appleton	Havering	34.19
2	K Malcolm	EM	37.13
3	A Oakman	Colchester	37.27
51	L Vacher	EM	46.19
57	A Goodlad	EM	48.39
80	V Anderson	EM	58.01
83	A Wells	EM	61.59
84	T Persighetti	EM	62.23

Men over 40

1	S Hempsted	Ilford	32.20
2	M Bland	Havering	32.25
3	J Baker	Thrift Green	32.34
21	Q Isufaj	EM	35.06
28	P Cates	EM	35.21
69	S Adams	EM	41.05
79	R Mainwaring	EM	44.08

88 runners

Men over 50

1	I Campbell	Ilford	32.04
2	D Butler	Billericay	32.39

3	T Pamphilon	Woodord	33.34
21	I Lambert	EM	37.38
36	A Frost	EM	39.17
75	R Albury	EM	43.49
83	J Few	EM	45.30
87	P Robinson	EM	46.07
105	J Wilks	EM	52.10
107	R Maggio	EM	52.56

110 runners

The Manor Women's team win the Ware Cup!

Ware Cup, 5 miles cross country, Saturday 10th December 2011

Outstanding performance from our women's team, getting first three women's places in the race! The cup is lodged somewhere and is being chased up.

Well done also to Steve Watkins leading the men in and Tom Everitt getting a respectable time too. A few of us seemed to get lapped by Martin Hockey who was steaming round the course, but he had another lap to go as he started late – well done for getting round in the equivalent of 38 minutes!

We managed to get twenty five runners to this event, well done to everyone who took part.

Results:

1	B Hall	Orion	28.30
2	T Heslop	VPH	28.49
3	B Wickham	VPH	29.03
12	A Gounelas	EM	31.03 W1
17	S Watkins	EM	32.20
18	K Malcolm	EM	32.36 W2
21	D Daugirda	EM	33.47
23	A Frost	EM	33.57
25	P Brandon	EM	34.47

26	S Adams	EM	35.17
27	T McPherson	EM	35.22 W3
37	S Bolister	EM	37.00
45	C Wagh	EM	38.21
51	S Dunn	EM	38.48
52	Z Woodward	EM	39.00
53	J Few	EM	39.03
55	P Robinson	EM	39.21
57	L Vacher	EM	39.48
62	C Fisher	EM	41.45
64	A Goodlad	EM	42.25
70	J McAllister	EM	44.19
71	T Everitt	EM	44.23
72	C Watson	EM	45.05
77	M Hockey	EM	49.00

(Missed start by 11 mins.)

80	R Maggio	EM	51.46
81	T Persighetti	EM	51.47
82	A Wells	EM	52.11

84 runners

Winners, men: VPHTH
Eton Manor 3rd

Winners, women: Eton Manor

Later in the evening we filled The Cafeteria restaurant in Forest Road with around thirty odd people for a well-deserved Eton Manor Christmas meal – the restaurant coped admirably with the onslaught. An enjoyable evening with decent nosh, rather rare (I am afraid to say) in Waltham Forest.

Club baton relay, 1.1 miles, Tuesday 13th December 2011

A very cold and windy evening for this the 60th running of the event since after the 2nd World War – will have to do some more delving into the pre-war records to find the original inaugural race. It is worth mentioning that Glyn Sayer first competed in the 1958 event giving him a possible 50 appearances, also our

president, George Smith, first appeared for the club in 1945 and did his final baton relay in the year 2000 – possibly another 50 man.

Onto this night's race. This was ultimately decided by Steph Baxter's extraordinary first leg run on her comeback race after her horrific skiing accident almost a year ago, running only about 40 seconds slower than her previous best and setting a new course record.

Steph was quite a formidable athlete in her younger days with Highgate Ladies before joining us in the mid 90s.

Clare Wagh slipped a place on the second leg but partner Steve Chate regained the lead for a 17 second team victory.

Good runs from Taryne McPherson just failing to capture Steph's WV35 course record by just 2 seconds.

No course records for the men but Qamil Isufaj pulling back 6 places on the final leg to finish 6th team with the evening's fastest leg. Good to see Ian Lambert duck under 7 minutes again after a couple of years over.

Good to see a boy's team participating to finish in a respectable 13th place. Ylsaid, Almir and Altin, the team trio. Also young Abigail Anderson seeing off her mum on the 1st leg for her team to finish 7th.

Apart from the 16 teams racing, a further 10 individuals raced off on the 1st leg, Glyn also making a comeback after his nasty accident and Teresa Persighetti

accompanying 8 of our newcomers, some making their racing debut. These were led home by Ruby Lynn recording a respectable 10.23.

The race was followed by presentations and an excellent buffet supplied by various members and washed down with some pretty potent mulled wine supplied and prepared by your ever willing caterer Joan Everitt.

Well done all!

Report by Tom Everitt

Results:

1	22.38	S Baxter 8.05; C Wagh 7.53; S Chate 7.00
2	23.15	R Maggio 8.46; S Deville 7.43; S Watkins 6.46
3	23.30	R Brittle 9.16; S Dunn 7.27; D Daugirda 6.47
4	23.36	S Stone 9.10; Z Woodward 7.57; P Cates 6.45
5	23.51	P Robinson 8.07; K Adams 8.10; S Adams 7.34
6	23.52	V Anderson 10.18; P Brandon 7.13; Q Isufaj 6.21
7	23.59	A Anderson 9.45; T McPherson 7.22; I Lambert 6.52
8	24.21	C Watson 9.26; M Cotter 8.19; A Gounelas 6.36
9	24.26	J Close 8.37; D Hall 6.50; C Fisher 8.59
10	24.29	W Henderson 9.54; A Frost 7.28; M Cates 7.07
11	24.44	L Palmer 10.07; M Hockey 7.19; A Ruffy 7.18
12	24.46	A Goodlad 8.53; J Few 8.08; A Lawson 7.45
13	24.51	Y Gengh 8.52; A Isufaj 8.21; Alton Isufaj 7.38
14	24.57	C Hartle 9.34; L Vacher 8.31; D Brock 6.52
15	25.11	A Wells 10.21; T Curran 8.28; R Edmonds 6.22
16	28.38	A Edwards 11.55; K Malcolm 9.14; S Bolister 7.29

R Lynn 10.23; T Persighetti 11.15; J Feeney 11.18; G Sayer 11.58; S Tabor 12.04; S Janner 12.10; E O'Brien 12.15; S Parma 12.26; C Boyd 13.00; S Linklett 16.05.

Fastest men

1	Q Isufaj V45	6.21
2	R Edmonds V40	6.22
3	P Cates V45	6.45

Fastest women		
1	A Gounelas	6.36
2	T McPherson V35	7.22
3	S Bolister	7.29

VPH & TH versus Eton Manor, mob match
Wells Street Common 2.9 miles, Tuesday
3rd January 2012

This was the 77th running of the annual event – 34th time on this course, Tom doing 32 and Glyn 31 (although Glyn possibly doing 20 more on different courses).

Despite having a very healthy turnout of 43 runners and winning the overall men's and women's winners we were again outnumbered by Vicky Park's massive 58 turnout thus giving them their 15th consecutive win – our last victory coming in 1997. Back to the drawing board for next year.

Results (Eton Manor):

1	T Stasionis	15.35
6	N McGoun	16.37
7	Q Isufaj	16.45
8	P Cates	16.46
10	A Gounelas	16.53
13	T Wright	17.22
14	R Edmonds	17.37
15	D Brock	17.40
16	D Daugirda	17.45
18	S Watkins	17.51
22	A Frost	18.16
23	I Lambert	18.19
25	M Cates	18.27
29	H Fisher	18.47
31	P Brandon	19.14
32	A Ruffy	19.19
33	T McPherson	19.21
40	A Lawson	19.52
46	J Few	20.29
49	S Deville	20.46
52	S Dunn	20.58
53	Z Woodward	21.00
56	A Isufaj U17	21.13

58	C Wagh	21.23
63	M Cotter	22.07
65	R Albury	22.22
73	A Goodlad	23.10
74	L Tabraham	23.16
77	C Fisher	23.31
78	Almir Isufaj U15	23.48
83	T Everitt	24.07
84	R Brittle	24.10
85	Y Cengu	24.16
86	S Stone	24.18
87	R Maggio	24.23
91	C Watson	24.53
92	R Payne	26.04
95	W Henderson	27.24
96	V Anderson	27.24
97	A Wells	28.16
98	T Persighetti	28.40
101	A Edwards	29.32

Winners VPH & TH 1426
Eton Manor 1933

AND THE GOOD OLD DAYS OF
GETTING ROUND THE COURSE
IN 14 MINUTES – FOR SOME!

Wells Street Common Course, all time
Eton Manor records (first 20, some 2nd
claim).

Current first claim club members shown in
italics:

<u>Men:</u>	Time	Date
<i>M Cates</i>	14.27	1992
P Filler	14.35	85/86
J Bowles	14.46	1986
S Fenton	15.14	1983
<i>G Smith (V45)</i>	15.15	1974
T Davis	15.18	1983
<i>G Sayer</i>	15.22	1983
R Warner	15.22	1986
J Kearsey	15.25	1978
T Harrison	15.27	1978
P Cressey	15.29	1985
R Connolly	15.29	1990
P Laughlin	15.30	1988

<i>T Everitt (V45)</i>	15.35	1982
<i>T Stasionis</i>	15.35	2012
<i>D Norris</i>	15.36	1993
<i>D Moy</i>	15.41	1993
<i>R Pitcher</i>	15.42	1987
<i>D Maynard</i>	15.43	1985
<i>A Cox</i>	15.45	1974
<i>S Flynn</i>	15.45	1992

Women:

<i>A Gounelas</i>	16.53	2012
<i>S Bolister</i>	18.20	2011
<i>Z Woodward</i>	18.41	2010
<i>H Fisher</i>	18.47	2012
<i>T McPherson</i>	19.21	2012
<i>J Dejesus</i>	19.33	1982
<i>M Armitage</i>	19.45	2005
<i>C Davis</i>	19.51	2001
<i>C Wagh</i>	19.51	2006
<i>S Staines</i>	19.57	2004
<i>J Stafford</i>	20.25	1999
<i>B Griffiths</i>	20.44	2000
<i>L Bear</i>	20.49	1999
<i>S Ackland</i>	20.52	2000
<i>G Brannan</i>	20.59	1999
<i>J Bushby</i>	21.07	2005
<i>N Fontaine</i>	21.18	2003
<i>A Goodlad</i>	21.38	2009
<i>P Ackland Snow</i>	21.39	1994
<i>P Steere</i>	21.44	2008

Tom Everitt

Essex X/C Championships, Gloucester Park, Basildon, Saturday 7th January 2012 (5 and 7 miles)

A few brave souls went for this 'North face of the Eiger' event, although we didn't have enough runners for team entries. Well done to those who turned out for this challenging course and well done to Zoe and Steve D. for leading the women and men in to a 'thank God' finish.

Alex Gounelas was running well in third place but then went off course and didn't finish. Commiserations to Alex for this upsetting circumstance. It shows how different a course can sometimes look from a fast paced runner's perspective compared to that of stationary marshals and course planners.

Results:

Senior women:

1	L Deadman	Havering	29.57
2	A Joel	Havering	30.40
3	K Whitmore	Basildon	33.12
35	Z Woodward	EM	39.34
63	R Brittle	EM	46.04
75	C Watson	EM	50.12

Senior men:

1	P Whittaker	Chelmsford	36.57
2	A Hickey	Southend	37.22
3	J Tydeman	Basildon	38.12
59	S Dunn	EM	46.30
92	A Frost	EM	49.40
100	D Daugirda	EM	50.28
132	S Adams	EM	55.20

Chingford League, Chingford Plains, 5 mile cross country, Saturday 21st. January 2012

This was also billed as a mob match with Orion Harriers but we were well outnumbered and therefore beaten by them on this occasion, despite Tomas coming in second and Alex being the first woman! Otherwise the course was as muddy as ever with that peculiarly sticky London clay which is a challenge whatever kind of shoes you wear.

Results:

1	E Pierce	E & H	26.57
2	T Stasionis	EM	27.04
3	M Christoforou	E & H	27.10
30	A Gounelas	EM	30.27
42	P Cates	EM	31.23

62	K Malcolm	EM	33.15
68	I Lambert	EM	33.46
71	S Watkins	EM	34.00
73	D Daugirda	EM	34.13
75	A Frost	EM	34.24
87	D Hall	EM	36.12
115	Z Woodward	EM	38.10
119	M Hockey	EM	38.45
124	C Wagh	EM	39.00
136	S Deville	EM	39.58
148	J Few	EM	40.31
154	R Albury	EM	41.15
158	L Vacher	EM	41.50
173	M Cotter	EM	43.51
176	L Tabraham	EM	45.04
180	S Ackland	EM	45.49
181	J Faill	EM	45.56
189	R Maggio	EM	47.10
197	C Watson	EM	50.07
205	T Persighetti	EM	55.37
207	A Wells	EM	59.03

209 runners

Teams (of 10)

Men A 6th

Men B 5th

Men vets 4th

Women A 3rd

Women vets 5th

Southern cross country championships,
Brighton, Saturday 28th. January 2012

I was not at this event but heard about the fine, if cold, weather and a long steep hill. Also talk of chalets in Littlehampton. Alex, as usual, put in an excellent performance at 18th. place in a field of 335 women runners. The men had a hard slog of over 9 miles, so getting round was some achievement in itself! Dave Daugirda did very well getting in only a second behind Ian Lambert with Adrian Frost just a couple of seconds behind him.

Results:

Senior men (9.3 miles, 15K)

1	B Tickner	Wells	49.11
2	P Wicks	Belgrave	49.15
3	J Pepper	Enfield	49.21
325	P Cates	EM	64.24
478	I Lambert	EM	69.58
479	D Daugirda	EM	69.59
482	A Frost	EM	70.01
615	D Hall	EM	76.28
689	S Adams	EM	82.48
691	S Deville	EM	83.12

745 runners

Senior women (8K, 5 miles)

1	C Mitchell	Southampton	29.44
2	L Deadman	Havering	29.49
3	L Elliott	Winchester	30.20
18	A Gounelas	EM	32.12
169	Z Woodward	EM	39.25
256	J Close	EM	TBC
297	S Ackland	EM	TBC
317	C Watson	EM	TBC

335 runners

Teams: men – 65th of 79; women 30th of 49.

TRIUMPH AT VICKY PARK

Chingford League, 5 mile, Victoria Park,
Saturday 18th. February 2012.

It may have been horrible weather with squally rain but Eton Manor's women's teams showed what they were made of. Alex Gounelas was first woman with Kate Malcolm coming in third, helping the A team come in first in the team listings. To top that, the women's vets team also came in first. The men didn't do too badly either with Tomas Stasionis coming second in the race and the men's vets getting third in the team results. Also

helping us was the great turnout of over thirty runners from the club.

Results:

1	S Humphrey	VPH	25.08
2	T Stasionis	EM	25.24
3	J Stroud	Orion	25.30
30	R Edmonds	EM	29.02
32	A Gounelas	EM	29.12
43	Q Isufaj	EM	29.54
53	K Malcolm	EM	30.28
57	I Lambert	EM	31.04
58	S Watkins	EM	31.21
60	D Daugirda	EM	31.39
66	A Frost	EM	31.59
68	K Rivere	EM	32.31
77	S Bolister	EM	33.04
84	T McPherson	EM	33.55
91	A Ruffly	EM	34.35
92	Z Woodward	EM	34.37
102	J Few	EM	35.13
111	S Dunn	EM	35.43
122	S Deville	EM	36.52
126	S Baxter	EM	37.45
132	L Tabraham	EM	38.16
134	J Close	EM	38.41
135	L Vacher	EM	38.51
136	M Cotter	EM	39.06
139	J Marchant	EM	39.35
147	R Maggio	EM	40.35
154	S Ackland	EM	41.36
156	C Fisher	EM	41.53
157	R Brittle	EM	42.12
167	T Persighetti	EM	47.24
168	V Anderson	EM	47.35
169	W Henderson	EM	47.36
170	L Palmer	EM	47.36
173	A Wells	EM	51.24
174	A Edwards	EM	52.29

Teams (of 10): men A: 5th; men B: 5th; men vets: 3rd; women A: 1st; women vets: 1st.

NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Parliament Hill Fields, Saturday 25th.
February 2012

Due to the drought not so much mud on this course as in the past, though it could still be found in some parts. There was the usual impressive turnout with over 1600 men and six hundred and fifty women runners finishing the race. Tomas and Kate led the men and women in for the Manor.

Results:

Men 12K

1	K Gerrard	Newham	35.56
2	S Vernon	Stockport	36.07
3	J Beattie	Newham	36.13
162	T Stasionis	EM	40.53
715	P Cates	EM	48.05
1016	Q Isufaj	EM	51.37
1050	S Watkins	EM	51.59
1137	I Lambert	EM	53.19
1170	D Daugirda	EM	53.43
1184	A Frost	EM	53.50
1241	D Hall	EM	54.51
1596	S Dunn	EM	64.13
1683	R Maggio	EM	79.57

1689 runners

Team score: 81 of 125 teams (6 to score);
52 of 62 teams (9 to score).

Women 8K

1	G Steel	Charnwood	27.06
2	S Twell	Aldershot	27.09
3	S Samuels	Sale	27.09
163	K Malcolm	EM	34.07
321	Z Woodward	EM	37.36
538	C Fisher	EM	44.19
572	R Brittle	EM	46.11

650 runners

Team score: 53 or 73 teams.

Here are the 5K rankings for last year (2011):

Ranking	Name	Time	Venue
1.	T Stasionis	16.49	Hog Hill
2.	M Cates V40	17.39	Dome
3.	A Gounelas	18.03	Leyton
4.	P Cates V45	18.21	Leyton
5.	Q Isufaj V45	18.41	Leyton
6.	I Lambert V50	18.57	Leyton
7.	D Daugirda V45	19.03	Dome
8.	A Frost V50	19.15	Hackney
9.	K Malcolm V35	19.17	Hog Hill
10.	S Bolister	19.21	Dome
11.	S Dunn/S Watkins V45	19.52	
12.	D Hall	20.13	Dome
13.	S Adams V45/A Ruffy V45	20.29	
14.	T McPherson V35	20.35	Leyton
15.	J. Few V65	21.08	Dome
16.	M Hockey V40	21.19	Leyton
17.	S Deville V40	21.35	Leyton
18.	L Tabraham V45	21.43	Dome
19.	Clare Wagh	21.59	Dome
20.	J Fail V50	22.09	Dome
21.	L Vacher V45	22.30	Val. Pk.
22.	P Robinson V50	22.33	Leyton
23.	Z Woodward V45	22.49	Leyton
24.	J Close	23.41	Leyton
25.	J McAllister V45	24.03	Dome
26.	A Goodlad V40	24.12	Leyton
27.	T Everitt V75	24.27	Leyton
28.	M Cotter V50	24.43	Dome
29.	C Fisher	24.53	Hackney
30.	C Hyman V45	24.58	Leyton
31.	G Sayer V65	25.07	Dome
32.	R Brittle V	25.13	Dome
33.	M Monaghan V45	25.21	Leyton
34.	Amonou/R Maggio	25.59	Leyton/Dagenham
35.	S Stone V55	26.07	Leyton
36.	S Ackland V35	26.46	Hog Hill
37.	A Wells V55	28.06	Hog Hill
38.	A Anderson	28.55	Val.Pk.

39.	A Edwards	28.47	Hog Hill
40.	W Henderson	29.02	Hog Hill
41.	D Travers	29.10	Dome
42.	A Buenaventura	29.25	Dome
43.	A Adedeji	29.29	Dome
44.	V Anderson	29.38	Hog Hill
45.	E McClure	32.18	Leyton
46.	S Janner	32.44	Val.Pk.
47.	M Cooper	35.40	Dome
48.	H Sibley	37.19	Leyton
49.	V Marshall	41.57	Val.Pk.
50.	S Linklett	44.40	Val.Pk.

Tom Everitt

Chingford League, Highams Park Relays,
2 miles cross country, Saturday 17th
March 2012

The final league race for the 2011/12 season looked like a damp squib but with the rain stopping before the start, the meeting was able to get off to a dry but slippery start.

With the men nestling comfortably in mid division all focus was on our women's team starting the race as joint leaders with Barnet, so the objective being just to stay in front of them.

Leg one not yet conclusive, Alex Gounelas, slightly injured but determined to race, coming in just one second ahead of Barnet, falling behind slightly on the second leg – but due to an excellent run by Zoe Woodward, the deficit being only 23 seconds; was this a sign of things to come – no, Taryne McPherson giving her all to just catch Barnet on the handover. Three legs gone and we are still virtually joint level (no pressure, Kate Malcolm). What a final leg, getting reports from various points on the course, Kate is hanging on the Barnet runner, now she's gone in front but then the oppo to take it up again as they enter the park; with about 200 metres to go Kate is about 10

metres ahead and with a final strong burst holding on for victory.

With the team event sown up it now remained for our back up team to maintain their second place in the vets' comp. Steph Baxter, who was a member of our last winning Chingford league team in the 1997/98 season, getting us off to a good start with the fastest time in her age group. Non vet Clare Wagh having a fast run to complete our scoring six, these were ably backed up with good runs by Louise Vacher and Rachel Brittle to complete our second relay team.

It was good to see our men slugging it out with the top teams, our super senior and physio Tomas Stasionis bringing us home in the lead on the first leg with strong back up: Qamil Isufaj, Richard Edmonds and Paul Cates – the team never dropping out of the first six and finally finishing.

Individuals winning for the season were: first woman, Alex Gounelas, first woman vet, Kate Malcolm, second man, Tomas Stasionis.

A turnout of 28 runners and 8 marshals on the day – well done all!

Report by Tom Everitt.

Results of relay:

T Stasionis	10.24		
Q Isufaj	11.33		
R Edmonds	11.59		
P Cates	11.32	45.28	6 th
A Gounelas	11.56		
Z Woodward	13.46		
T McPherson	13.24		
K Malcolm	12.27	51.33	2 nd .
L Tabraham	14.36		
S Watkins	12.27		
D Daugirda	12.45		
A Frost	13.31	53.19	11 th .

D Hall	12.53		
S Chate	12.57		
M Hockey	13.59		
S Deville	14.29	54.18	13 th .
S Baxter	14.25		
C Wagh	13.43		
L Vacher	15.35		
R Brittle	16.45	60.28	7 th .
P Robinson	14.47		
M Cotter	15.05		
A Ruffey	15.02		
R Maggio	16.33	61.27	17 th .
A Isufaj	13.52		
Y Cengu	14.58		
T Persighetti	19.04		
C Watson	18.31	66.25	

Lance gets some practice in for the Olympics!

On March 31st Lance Tabraham, having been selected from 43,000 entrants for the 5 mile race around the Olympic Park, successfully completed the course – OK, it was by ballot and there were 4,999 other participants – nevertheless an achievement, getting to cross the stadium finishing line, soon to be the focus of the world's attention!

THE MANOR RETAINS THE PHYSICAL SHIELDS!

Loughton, 27th March 2012

Both the men and women repeated last year's success by again winning both trophies. Richard Edmond got us off to a good start in the men's, bringing us in with a nine second advantage before handing over to Dave Daugirda enjoying his promotion to the first team by recording a PB to hold a strong Orion team to only a twelve second advantage. Qamil Isufaj held second place on the third leg but now forty seconds adrift of Orion. This was well within Tomas Stasionis's capabilities with the evening's fastest leg to pull back Orion's Dave Brock and one of our regular second claimers for a twenty nine second victory.

The women's team led the first leg with Alex Gounelas recording the fastest time of the evening handing over to Paula Steere making another return visit from the States and recording a PB for second place, fifty three seconds adrift. Clare Wagh brought us back in the lead and a thirty two second advantage. Taryne McPherson didn't have an easy last leg but still managed to hold Loughton off and extend the lead.

Report by Tom Everitt

Results:

Men:

1	Eton Manor	38.52
2	Orion	39.21
3	Loughton	40.47
4	Eton Manor B	43.00
8	Eton Manor C	51.16
11	Eton Manor (mix)	56.50
13	Eton Manor D	59.29

Women:

1	Eton Manor	46.03
2	Loughton	47.02
3	Eton Manor B	56.34

Times:

T Stasionis	9.06 PB
R Edmonds	9.29
Q Isufaj	9.53
D Hall	10.06 PB
A Gounelas	10.09
D Daugirda	10.24 PB
A Frost	10.54
S Chate	10.57 PB
S Dunn	11.03
T McPherson	11.25 PB
A Isufaj	11.32 PB
S Deville	11.41
A Lawson	11.49 PB
A Ruffy	12.01
C Wagh	12.12
P Steere	12.17
A Frost	12.36
J Close	12.37
Y Singh	12.43 PB
M Cotter	13.25 PB
S Ackland	14.00
R Brittle	14.01 PB
R Maggio	14.01 PB
V Anderson	15.56
T Persighetti	16.19
A Wells	16.58 PB
A Edwards	18.16 PB

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