

# THE ETON MANOR REPORTER



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

October 2008

## **Eton Manor Club Handicap and BBQ - exclusive photos**

see inside for details

## **Editorial**

Thanks are once again due to Tom and Joan Everitt for their sterling work supporting the club and its membership as well as continuing the re-decoration of the club house earlier in the year and which is now brighter and lighter and much more welcoming. Of particular note was Tom's intricate restoration work on the damaged window frame in the tea room. English Heritage would be impressed.

Our committee, too, is due a vote of thanks for taking responsibility for decision making and planning. To remind you our committee members are Steve Adams (men's captain and track and field contact), Trevor East, Christina Adams (women's captain) Tom Everitt (road running and cross country secretary), Keith Adams (treasurer), Steve Beckett (junior team officer), Stephen Dunn (secretary). And, of course, thanks are also due to everyone who

helps out with the running of the club such as taking away our rubbish sacks (particularly Lesley), organising our training schedules, giving lifts to races etc. You are also reminded that young athletes and track and field events often need volunteer officials and participants: see Steve Beckett.

There is a flourishing club website at [www.etonmanor.com](http://www.etonmanor.com). This has some shorter and pithy comments on the race experience which will give a different perspective. As I

***Of particular note was Tom's intricate restoration work on the damaged window frame in the tea room. English Heritage would be impressed.***

am still writing most of the race reports I will try to be aware of comments on the website and take note of these as a useful source of alternative information which can be imported to the magazine. We do, however, manage to get to a lot of races outside of the Leagues and inevitably

those that I get to (as long as other members are involved) get in the magazine at present. If there is a shortage of paper, I will give priority to League and club based races.

Jan Bowman and her husband have decided, after many years, that they will not continue with organising the Chingford League. At the time of writing there has been an expression of interest in taking over this role and we are awaiting developments. There has also been a suggestion of

some kind of rota of clubs for running the League. There is a possibility that race organisers, and officials in general, will be harder to come by in future years and we will need to be more alert to the need, not just to participate in races, but also to support the organisa-

tional side which we may have previously rather taken for granted.

No doubt one of the reasons for the paucity of volunteers is the fact that years back individuals retired gracefully in late middle age and gravitated to the organisational side of the sport. Now with different expectations of our ageing bodies, many of us keep running instead of officiating.

In terms of the Leagues, clubs may have to consider the less onerous target of getting teams together to challenge other clubs in events outside the leagues as the motivation for our training. While this does happen to some extent at the moment, sending teams to races may become the 'raison d'être' of running clubs in the future although this may be easier to organise in London, blessed as we are with good transport connections and a variety of racing opportunities within the local area.

*John Few*



Assembly League, Beckenham 2.9M 3<sup>rd</sup> April 2008

The summer season began, as usual, with the Beckenham 5K (the hills are alive to the sound of heavy breathing!). A pleasant evening with many of us happily running in vests and shorts instead of the usual two or three layers. Trevor East again showed his talent for leading club runners in with an excellent time of 15.32 followed by Paul Cates only 30 seconds or so behind Trevor. Zoe Woodward led the women in with a creditable time of 18.41. Glyn Sayer managed to keep ahead of Paula Steere this time, by about 20 seconds!

Results:

1.	D. Lacy	Cambridge	14.49
2.	D. Allcock	VPH	14.55
3.	R. Jackaman	Cambridge	14.57
4.	P. Martelletti	VPH	14.58
5.	D. Dickenson	Stock	14.59
6.	M. Clayton	Beck	15.00
18.	T. East	EM	15.32
27.	P. Cates	EM	16.09
32.	I. Lambert	EM	16.21
39.	D. Brock	EM	16.37
47.	A. Duncan	EM	16.53
66.	A. Ruffy	EM	17.41
85.	S. Adams	EM	18.16
91.	P. Brandon	EM	18.26
98.	Z. Woodward	EM	18.41
119.	J. Few	EM	19.08
156.	S. Baxter	EM	20.14
181.	G. Sayer	EM	21.22
189.	P. Steere	EM	21.43
198.	G. Brannan	EM	23.10
205.	T. Everitt	EM	23.51
211.	T. Persighetti	EM	25.15

219 runners finished

Team placings

A team: 7<sup>th</sup> of 13 teams, B team: 4<sup>th</sup> of 11 teams,  
Women: (A and B) 9<sup>th</sup> and 15<sup>th</sup> of 16 teams.

**LONDON MARATHON Sunday 13<sup>th</sup> April: congratulations to Ian Lambert and Keith Adams (Ian's time was 3.22.52 and Keith's 3.33.17).**

**APRIL/MAY 2008: WELCOME BACK TO MICHAEL AND JANE AFTER THEIR ADVENTURES IN FOREIGN LANDS.**

Assembly League, The Dome 5K, 1<sup>st</sup> May 2008

Good conditions for running after showery weather earlier in the day. We had to start on a narrow access road obliging half the runners to split off and begin on a parallel road because there were so many of us (due mainly to the addition of Petts Wood runners who have recently joined us). Those on the first track had to contend with some crowding while those on the other road had to negotiate some nasty looking bollards before returning to the mainstream of runners. Apart from this we were able to run the original course up past the dome, so no cross-country on this outing. The large

number of runners made life a bit hairy for the officials so some times have had to be estimated and may be adrift by a few seconds here and there. Such was the scrum at the finishing funnel that Joan had to physically grapple with one of the men runners in order to get him into line.

Trevor East as usual put in an excellent performance to come in first for the Manor and several of us were able to celebrate the fact that we had beaten Michael Cates (after his long break) an event we fear is unlikely to be repeated. Well done Michael for participating after such a long layoff and welcome back. Adrian Frost kept up his high standards and got a PB on this race, and

**Several of us were able to celebrate the fact that we had beaten Michael Cates after his long break**

later his home football team (Stoke) got into the premiership, so the Gods have been shining on him lately. Zoe Woodward had an excellent run and led the ladies in followed by Sharon Bolister fifteen seconds later.

Results:

1.	E. Creemer	VPH	15.05
2.	S. Farah	VPH	15.14
3.	S. Wurr	Kent	15.24
4.	D. Dickenson	Stock	15.29
5.	P. Martelletti	VPH	15.32
6.	P. Tucker	Ravs	15.41
29.	T. East	EM	17.18
31.	P. Cates	EM	17.20
61.	A. Duncan	EM	18.09
70.	I. Lambert	EM	18.14
81.	D. Brock	EM	18.37
84.	A. Frost	EM	18.47
105.	A. Ruffy	EM	19.17
127.	S. Adams	EM	19.46
156.	Z. Woodward	EM	20.24
157.	N. Ruffy	EM	20.27
158.	J. Few	EM	20.29
172.	S. Bolister	EM	20.39
182.	M. Cates	EM	20.53
201.	M. Armytage	EM	21.10
253.	M. Eames	EM	22.48
269.	P. Steere	EM	23.49
270.	A. Goodlad	EM	23.53
273.	G. Sayer	EM	24.15
280.	G. Brannan	EM	25.14
281.	T. Everitt	EM	25.16
284.	P. Robinson	EM	25.46
291.	T. Persighetti	EM	27.17

301 runners finished

Teams: Mens 9<sup>th</sup> of 15 teams.

Mens B 7<sup>th</sup> of 12 teams.

Womens 9<sup>th</sup>. (A) 15<sup>th</sup>. (B) both of 17 teams.

**EDINBURGH MARATHON 25<sup>th</sup> May 2008; CONGRATULATIONS TO SHARON BOLISTER. She completed the course in an excellent time of 3hrs 22 mins.**

This was the usual fine weather, fast and flat course event where there is nowhere to hide in terms of excuses and you just have to run as fast as you can. A few runners down but a good turnout nevertheless. Despite the continuing high number of runners now present at Assembly League meetings our officials managed the through put in the finishing funnel very efficiently. It's a difficult dilemma as we want more runners in races but we need also a corresponding increase in officials which are not so easy to come by. At some point consideration may also have to be given to the suitability (in terms of sufficient starting space) of the venues.

In this event our club secretary, Steve Dunn, ran his first race after his extended time off with illness and did

***There is nowhere to hide  
in terms of excuses***

more than 'just get round' with a respectable time of 23.48. We were led in by Trevor East with Michael Cates (getting up to speed after his time away) following. Zoe Woodward led the Manor women with Alison Goodlad next. Alison seems to be improving her times with each race at the moment. Paula Steere made a great effort to put nearly a minute between her and Glyn Sayer this time around. Well done to Chris Totic, who ran his first race with the club. All Manor runners put in a tremendous effort in a tough race.

**Results:**

1.	D. Dickenson	Stock	17.35
2.	P. Martelletti	VPH	17.40
3.	N. Altman	Stock	17.50
4.	D. Allcock	VPH	17.51
5.	A. Barnes	Stock	18.00
6.	A. Green	Dart	18.05
28.	T. East	EM	19.43
38.	M. Cates	EM	20.15
42.	A. Duncan	EM	20.19
58.	B. Bennett	EM	21.10
62.	A. Frost	EM	21.15
69.	A. Ruffy	EM	21.33
91.	S. Adams	EM	22.21
106.	J. Few	EM	22.53
119.	M. Hockey	EM	23.14
124.	Z. Woodward	EM	23.20
130.	N. Ruffy	EM	23.33
138.	S. Dunn	EM	23.48
190.	A. Goodlad	EM	26.24
195.	P. Steere	EM	26.46
196.	T. Eames	EM	26.46
207.	G. Sayer	EM	27.33
212.	C. Totic	EM	28.27
213.	G. Brannan	EM	28.29
220.	P. Robinson	EM	29.21
221.	C. Adams	EM	29.27
226.	T. Persighetti	EM	30.39

237 runners finished.

Team results: Eton Manor 10<sup>th</sup> of 14, B team 4<sup>th</sup> of 10, Women's team 7<sup>th</sup> of 16.

Trevor East, Adrian Frost, Teresa Persighetti and myself went out on the new half marathon course which ran from Shoebury along the seafront to the Kursaal. A contingent of Orion runners were also present as this is one of their target races. In previous years a number of concerns had been raised about the risk to runners from traffic as they went through the outlying villages on the old course. There was also a wish for the race to run, at least part of the way, along the seafront. Despite the added complication involved in what is now a two lap course which goes out and back to the Kursaal twice, the race was well organised and marshaled, although on a couple of occasions there was a bit of confusion on the dual carriageway as runners coming back were running straight towards the runners going out.

Trevor East was our first runner in with an excellent time of 01.21.56. He reported that he went out a bit too fast on the first 10K resulting in him feeling a bit queasy later but despite this unusual reversal of the negative split strategy (going out slower on the first half and faster on the second), his time for this race was still very creditable. Adrian Frost also had an excellent run coming 55<sup>th</sup> in a field of 1209 runners. Adrian always gives everything he's got in a race and at the finish often has some kind of physical collapse which to the uninitiated can be quite alarming. The St. John's Ambulance Brigade, seeing Adrian looking distinctly groggy as he came over the line, whisked him into the medical facility and gave him a blast of oxygen – more from the shock of this sudden, unexpected medical intervention than anything else, Adrian was fully recovered in a few minutes.

Teresa Persighetti said that around the five mile mark her legs were starting to go. She soldiered on and also caused a bit of alarm at the finish as she staggered across the line. Just behind her the St. Johns Ambulance Brigade had to rush out on their 'ambulance bicycle' to a collapsed runner to give her oxygen and a few others were weaving about a bit as they came in after Teresa, looking more like they had done a marathon rather than a half. I wondered whether splitting the course up had lulled us all into doing the first bit along the front up to the Kursaal a little too fast forgetting that we had to do that stretch another three times as we went there and back.

**Results (micro-chip timings):**

1.	Charles Coleman	01.11.13	WSW & H
2.	Paul Molyneux	01.11.36	Springfield
3.	Hendrik Zietman	01.11.48	-
4.	Gary Chandler	01.14.55	Springfield
5.	Paul Dobson	01.16.34	Springfield
6.	Simon Fawcett	01.16.34	-
20.	Trevor East	01.21.56	EM
55.	Adrian Frost	01.28.31	EM
175.	John Few	01.37.25	EM
1065.	Teresa Persighetti	02.20.02	EM

1209 runners finished

Sunday 15<sup>th</sup> June, 2 mile club relay at Nutters Lane: no reports at time of publication.

### Dark Forces once again threaten The Cottage

On Thursday 19<sup>th</sup> June we discovered a spectacular jet of water coming from the side of the building and arching over into the car park at the side. Another water display was issuing from further down the building but of a less arresting nature.

It appears that some mysterious stranger had removed the outside tap and also some copper piping further down leaving a massive leakage of mains water. Presumably there was some pecuniary advantage in terms of getting a few pounds for the metal with an added element of vandalism.

Once again the poor old building appears to be under siege what with recent attempts to break down the grille on the front door, push through one of the rear windows and kick in the back door. As there is easy access to the yard at the back due to poor security of the perimeter fence our visitors may be back, although there is not much of value left.

### LBH Bridges Relay 2.4 miles, Thursday 26<sup>th</sup> June 2008

Despite there being a good number of alert marshals out on this course and chalk arrows on the pavement, runners still found the odd weak point. Some runners siphoned off down the steps at the end of Vauxhall Bridge. Paul Cates, understandably, nearly followed one of these runners down but was re-directed to the pavement by Teresa Persighetti. He remained on the straight and narrow but lost a few seconds while being so distracted.

Running this short and fast race when your concentration is on keeping up your pace does mean you don't have much time to think about any ambiguities on the course particularly if you are not following runners who know where they are going. The bits that can cause confusion are (i) whether you go left or right as the path forks just before the 'Security Service buildings' when you need to keep right and go alongside the river, (ii) when I first ran this race I was expecting the steps up to Vauxhall Bridge to be straight ahead rather than to the left until a sleepy marshal realized I was running into the stonework of the bridge and directed me to the steps (iii) there are steps going down at the end of Vauxhall Bridge which you need to avoid and (iv) more steps to avoid at the end of Lambeth Bridge where you need to keep going and take a right hand detour and back round to the tunnel before heading home.

But these little distractions were nothing compared to the wind hitting us head on as we started off down the course. Fortunately, it didn't change direction (as it often does) and the wind blew us back to the finish making the second mile a lot easier (some runners were saying they were literally blown along to the finish).

Eton Manor team members found the usual pub had been pulled down and had to seek out venues in and near Waterloo station. There was a split in the ranks with some runners opting to go to a pub showing football but which had no food while the remainder retired to The Reef bar on Waterloo station which had no football but had food.

Results (unfortunately we only received the results for the men's open (non LBH) teams):

Eton Manor team 1:	M. Cates	13.12.6
54.44	I. Lambert	13.41.7
	A. Frost	14.22.7
	P. Cates	13.27.3
Eton Manor team 2:	N. McGowan	12.55.7
57.16	P. Brandon	14.23.5
	J. Few	15.17.2
	S. Dunn	14.39.9
Orion team 1:	G. Shaw	13.37.1
61.18	M. Hockey	15.24.4
	R. Green	14.33.1
	G. Sayer	17.43.8
HSBC	S. Adams	14.59.1

### Epping Try A Tri, June 2008

Now this was not my first, that was four years ago, and on my trusty old Claud Butler, naturally I was the slowest!! Well someone had to be and I did smile.....

Anyway I got there and was hanging around waiting for the race talk and spotted Martin, Martin and a shiny new tri and run bike!! He also sported a Tri and Run Tri suit, bright red, very smart too!!

I was number forty in the swim start, I did overhear someone saying don't set off too fast in the swim, however, do you think I paid attention? Not a chance because quite frankly I could not imagine I would ever set off too fast, oh dear how wrong can you be!! By the end of the first twenty five metres I really had a panic going on; I couldn't breathe, my goggles were filling up, I tried to sort out the goggles, no joy!!! I carried on swimming and no way could my head go under the water, I was struggling to breathe! At one point I seriously thought I was going to have a job explaining why I ditched my tri after fifty metres in the pool!!! No calm down Wabo I told myself, pull your self together!! I did do that by about half way (150m) and when I finally reach the end where two big burly guys yanked me out of the pool, thanks guys! I had no air in my lungs and goggles that were totally steamed up! What a picture! On to the bike, my transition was quick really because I only threw a tee shirt over my head (nice new pretty fuschia pink) shorts on shoes, no drying of feet, no socks, helmet, glasses and off we went!! The bike was brilliant, no problems really, though as Martin will probably vouch for, windy and a few hills! My work mate who set off twelve minutes after me caught me about a quarter of a mile from the end of the bike ride. However, I got out of the transition ahead of him, again, no fuss, very quick. Now for the run, oh my, for anyone who has tried this, it is hard!! You feel that someone else has your legs and you have theirs!!! It is hard, it was all on grass, which I am not mad about. Anyway three laps of a field later and I sprint finished, and no my work mate did not catch me!!

Final time of 1.23.14, my previous time though a slightly longer run and swim was 1.46, so pro rata I knocked off about 15 minutes. All thanks to my shiny new bike: cool.

*Christina Adams*

## Horndon 10K Sunday 29<sup>th</sup> June 2008

Manorites out today....Paul, Teresa, John, Steve D., Paul B., and the Adams!! My report anyway...

I did another 10K yesterday, I have done this course before but not for a couple of years at least. I wanted to try for 55 minutes, my fastest this year has been 56.20, so that was my target. This race starts with a long downhill stretch and then you turn at the end and start to climb up, I reached the two mile mark in eighteen minutes so I thought I was OK. Somehow, I managed

**Now I can't remember the last time I did a negative split**

to reach half way in twenty nine minutes!!! Then I was doing the maths in my head and thinking 'oh my' I have to be two minutes quicker on the second half. Now I can't remember the last time I did a negative split, not for yonks anyway. I thought of people betting on fetch and my pride being hurt when I took fifty eight minutes, and somehow I picked the pace up, I reached the five mile mark and actually started to feel pretty strong and passed people at this point! Turned a corner, saw the six mile mark and I started to climb back up that hill, heard my name and hubby saying a good time for this course!! Pumping the arms and pushing as hard as I could to finish in 55.58! My fastest this year, getting there, oh yeah!!!

Think others were pretty happy, Paula did well in spite of feeling pretty yuk at one stage, John Few was overhead to say 'I am back on form' I think he was pleased. Steve Dunn had a good un, not sure if better than V park or close? Steve A had a good run, getting there, we are all getting there! Oh yes and the Lemon and Ginger marmalade is delicious!

*Christina Adams*

*Editor's note: Christina's time was officially nine seconds adrift of the time on her watch. The website talked about the following results being provisional and that some further detective work may be necessary before final times are confirmed. The times for our three women runners are exactly four minutes apart and each at seven seconds past the minute times, weird!*

### Results:

1. Crispian Bloomfield	32.59	Billericay
2. David Dickinson	33.53	Havering
3. Anthony Jackson	34.37	Sittingbourne
4. Stephen Earley	35.13	Bedford
5. David Butler	35.32	Billericay
6. John Barker	35.43	Thrift Green
45. Steve Adams	42.17	EM
51. Paul Brandon	42.28	EM
68. John Few	43.42	EM
76. Stephen Dunn	44.36	EM
202. Paula Steere	52.07	EM
273. Christina Adams	56.07	EM
313. Teresa Persighetti	60.07	EM

378 runners finished

## Assembly League, The Dome 5K 3<sup>rd</sup> July 2008

There were about a hundred runners down in this race which made life a bit easier for all (possibly due to people taking holidays). We still needed to start off on three lanes to accommodate comfortably the number of runners at the start.

It was back to the old days with Michael Cates leading the Manor runners in with a time of 17.34. Alison Goodlad continues to build up her performance with a good time in this race of 23.09. She tells me that her progress is due to eating iron (presumably in an easy to ingest form such as tablets) and it certainly seems to be working.

The race was somewhat overshadowed for us by a medical emergency with Zoe Woodward and then Nik Ruffy pulling off the course to provide support to the ailing runner until the emergency services were on the scene. Zoe and Paul accompanied the casualty in the ambulance to the hospital.

Adrian Frost's fiftieth birthday, due next week, was suitably celebrated in the pub afterwards before his school trip to Japan the following day.

### Results:

1.	P. Martelletti	15.55	VPHTH
2.	D. Dickenson	16.04	Stock
3.	A. Barnes	16.12	Stock
4.	A. Green	16.19	Dart
5.	D. Allcock	16.22	VPHTH
6.	D. Peters	16.43	Stock
24.	M. Cates	17.34	EM
27.	P. Cates	17.48	EM
47.	I. Lambert	18.20	EM
57.	A. Frost	18.37	EM
77.	A. Ruffy	19.23	EM
86.	S. Adams	19.40	EM
113.	J. Few	20.38	EM
181.	A. Goodlad	23.09	EM
185.	M. Eames	23.30	EM
187.	G. Sayer	23.35	EM
198.	P. Steere	24.09	EM
208.	P. Robinson	25.08	EM
209.	C. Adams	25.10	EM
212.	G. Brannan	25.33	EM

226 runners finished

Teams: A. 7<sup>th</sup> of 14; B. 6<sup>th</sup> of 12; Women A. 12<sup>th</sup> of 16; Women B. 16<sup>th</sup> of 16.

### The Manor makes a killing at the Tottenham Marshes 5 mile race (Sunday 6<sup>th</sup> July 2008)

Entries for this race were a bit down on previous years possibly due to a combination of the weather putting off entries on the day and the fact that the Ongar 10K was running at the same time. So, a blustery, showery day greeted us for this race but that did not prevent Manor runners making their presence felt. As the race winner was a V40, Paul Cates won the first unplaced trophy for the vets over 40; third place was a V50 runner so Ian Lambert got the first unplaced trophy for vets over 50 and I got the vets over 60 trophy. In the women's race, the first three runners were all vets so Paula Steere won

the first unplaced women's over 35 vets trophy from a good position less than half way down the field. The Manor's battle hardened competitors overcame the challenging weather conditions (particularly a nasty headwind along the tow path on the return run) and left the trophy table a bit lighter – some pretty good times from our other runners too, with Michael Cates back on form and leading us in at fourth place!

There was slight confusion when the trophies were presented as to names: Ian was magically transformed into a Dutchman (Jan Lamboll); Paul Cates seemed to come out of it OK but I was John Fen and Paula became Paula Steel (although in this race Paula, if not the iron lady, was certainly a woman of steel).



**Results:**

1.	Herbert Buvira	28.41	
2.	Nicky Keys	28.42	Enfield
3.	Pete Crockford	29.21	Heathside
4.	Michael Cates	29.40	EM
5.	Matt Woodman	29.49	
6.	Paul Cates	29.51	EM
8.	Ian Lambert	30.58	EM
13.	Paul Brandon	32.35	EM
16.	Steve Adams	33.38	EM
19.	John Few	33.56	EM
23.	Steve Dunn	35.38	EM
50.	Paula Steere	40.24	EM
84.	Teresa Persighetti	47.23	EM

113 runners finished

Club 5K handicap and BBQ Saturday 19<sup>th</sup> July 2008



Results:	Time	H/cap	Actual
1. Mark Monaghan	24.41	1.30	23.11
2. Chris Tomic	24.42	1.30	23.12
3. Andy Ruffy	25.10	6.15	18.55
4. Trevor East	25.15	8.15	17.00
5. Steph. Baxter	25.25	3.00	22.25
6. Louise Vacher	25.26	2.30	22.56
7. Patrick Robinson	25.27	2.15	25.12
8. Sharon Bolister	25.28	5.00	20.28
9. Allison Goodlad	25.33	2.45	22.48
10. Glyn Sayer	25.35	2.00	23.35
11. Christina Adams	25.44	2.30	25.14
12. Clare Wagh	25.46	2.45	23.01
13. Paula Steere	25.49	1.45	24.04
14. Steve Adams	26.01	6.00	20.01
15. Michael Cates	26.03	8.30	17.33
16. Zoe Woodward	26.15	5.00	21.15
17. Tom Everitt	26.20	5.30	25.50
18. Paul Cates	26.37	8.15	18.22
19. Paul Brandon	26.43	7.00	19.43
20. Doug Roche	28.23	7.30	27.53
21. Rachel Brittle	28.36	0.00	28.36
22. Ian Lambert	28.52	10.15	18.37
23. Steve Dunn	30.46	6.30	24.16
24. Mike Eames	30.55	2.30	28.25

Fastest Men

1. Trevor East 17.00
2. Michael Cates 17.33
3. Paul Cates 18.22

Fastest Women

1. Sharon Bolister 20.28
2. Zoe Woodward 21.15
3. Steph. Baxter 22.25



Although not able to be there myself, I hear that there was plenty to eat and drink and the event went off very well. Congratulations to Mark Monaghan who won the handicap and to both Trevor East (who finished in a phenomenal seventeen minutes as the fastest male) and Sharon Bolister, the fastest women.

It was noted this evening that our regular visitors to the cottage had removed the stop end to the external water pipe where there had once been a cold water tap (previously removed by them). In some kind of redemptive act or simply because it was another kind of challenge, a stick had been forced into the pipe. This successfully stemmed most of the leak thus preventing an unwanted water feature at the barbecue.



### Assembly League Trent Park Relays 23<sup>rd</sup> July 2008

Having failed to participate in this Trent Park event in the past I kept to tradition and didn't turn up for this one either even though it had been reprogrammed to a more hospitable time of year from a date in the winter. However, a more reliable contingent turned up to support the Manor at the end of a pretty hot day (summer having suddenly arrived) and into a pleasant warm evening. A number of clubs failed to attend this event but the Manor made a good showing despite some having been at the club the previous evening storming through 30 seconds on and 30 seconds off in high humidity around Hackney Marsh.

**Tuesday 22<sup>nd</sup> July 2008: Adrian Frost deserves a mention in dispatches for single-handedly clearing overhanging vegetation that had begun obstructing our path to the bridge over the railway. Although this was originally at the behest of The Lammas Lands Defence Committee, the improvement to our journey out to Hackney Marshes was much appreciated.**

#### Results:

Pos.	Team	Leg 1	Leg 2	Leg 3	Leg 4	Time
6	Manor A men	A Ruffy 10.09	I Lambert 10.18	A Frost 10.38	P Brandon 10.37	41.42
18	Manor B men	S Dunn 10.46	G Sayer 13.09	A Ruffy 10.55	A Frost 11.40	46.30
22	Manor A wom.	Z Woodward 11.35	S Bolister 11.22S	Baxter 12.46	C Adams 13.59	49.42

### Assembly League Victoria Park 3.5 miles 31<sup>st</sup> July 2008

A very muggy evening, following a few very hot days, did not raise our spirits as we set off on this course. Rain threatened and we were all praying for a heavy shower to cool us down. But we had to make do with a few spots. At least a couple of our runners remained undeterred by the conditions with Alison Goodlad continuing her epic increase in racing performance. She gave Steph Baxter a run for her money with Steph (always able to manage a sprint finish) just getting the edge over Alison at the line. Martin Hockey, too, put himself around a minute down on his last time on this course with an excellent run due, he said, to an increase in cycling rather than more running.

The rain held off for the barbecue which was enjoyed by all after the race.

#### Results:

1.	P. Martelletti	VPH	17.40
2.	I. Lockett	Stock	17.46
3.	A. Green	Dart	18.01
4.	D. Dickenson	Stock	18.08
5.	A. Weir	Stock	18.13
6.	P. Tucker	Ravs	18.21

14.	M. Cates	EM	19.43
31.	I. Lambert	EM	20.23
41.	A. Ruffy	EM	20.57
43.	A. Frost	EM	21.00
50.	D. Brock	EM	21.25
69.	M. Hockey	EM	22.09
71.	B. Bennett	EM	22.13
76.	S. Adams	EM	22.20
78.	S. Dunn	EM	22.23
87.	J. Few	EM	22.57
88.	S. Bolister	EM	22.57
100.	M. Armytage	EM	23.29
101.	N. Ruffy	EM	23.30
147.	S. Baxter	EM	25.58
148.	A. Goodlad	EM	25.58
153.	G. Sayer	EM	26.42
164.	M. Eames	EM	27.15
168.	C. Adams	EM	27.48
175.	P. Robinson	EM	30.27
177.	T. Persighetti	EM	31.20

187 runners completed the course.

Teams: Mens A 6<sup>th</sup> of 12, Mens B 4<sup>th</sup> of 10, Women (A) 4<sup>th</sup> (B) 9<sup>th</sup> (of 14 teams).

**Orion club house threatened with closure:** The Corporation of London want to evict Orion Running Club from their premises in Rangers Road which they have occupied for the last 100 years! A curious and disheartening decision given the large membership at Orion, its contribution to the development of young athletes and the fact that London is hosting the Olympic Games. A petition against the proposal was available for signing at VPH club house at the Assembly League meeting on 31<sup>st</sup>. July.

## **Chris Tasic** **'Recurrent Loop' Exhibition**

Eton Manor runner and Slade graduate, Chris Tasic, exhibited at the Sartorial Contemporary Art gallery in Kensington on 7<sup>th</sup>. to 9<sup>th</sup>. August 2008. This was an exhibition of small prints with a mix of typography and image and showing that Manor members have talents in addition to running!

## **RUNNING IN THE TATE!**

And while on the subject of art, the artist Martin Creed, having run around catacombs in Sicily (because they were closing in half an hour) had the idea of introducing an art installation involving running in an art gallery. So, currently at Tate Britain (until mid November) runners in

**To qualify as a participant you have to be capable of covering eighty three metres in fifteen seconds**

teams of four are individually sprinting down the length of the gallery in a thirty second burst (with thirty seconds recovery while they each make their way back to the start). To qualify as a participant you have to be capable of covering eighty three metres in fifteen seconds (I think only Michael Cates and Trevor East would get near this pace). Since art is often a new perspective on an everyday experience which is achieved by placing familiar activities or objects in unexpected situations, the running installation is intriguing.

It was strange to see visitors' reactions as runners shot past them since this activity is so contrary to what is expected in an art gallery where studied silence and restrained movement is the norm. There was the occasional drastic deviation by runners around visitors who did not move out of the way, transfixed as they were by the novelty of seeing a runner hurtling at them in an art gallery. It reminded me of our runs on the streets in winter where people often seem surprised by the sudden appearance of runners in a context where everyone else is fully clothed, moving at walking pace.

## **Age shall not weary them, nor the years condemn**

Believe it or not there are many athletes out there who are planning to continue in the sport (and even go for World records) who have inched past the age of even our oldest club members and who are entering events that are arguably more challenging than straightforward road running. The British Master Athletic Federation (BMAF) Summer 2008 magazine, for example, refers to the Track and Field Championships in Ashford in June of this year in which the following events had a number of competitors who became vets at least thirty five or forty years earlier:

Peter Field did the 100 meters track event as an M75 in just over 16 seconds. Iris Holder a W65 did much the

same. In one lap of the track George Hopcroft finished in one hundred and eleven seconds as an M80 and he completed the 800 meters in four minutes, nine seconds. A W65 woman (Jackie Charles) finished the sprint hurdles in eighteen minutes, not that much slower than Andy Lewis, an M40 who did it in fifteen. Ron Hale an M80 had no trouble getting round the 5000 meters in

**I daren't look in detail at the youngster's times (men and women who are sixty plus)**

twenty nine minutes and Jaroslav Hanus (M75) was pretty impressive in the discus as well as the shot put. Pete Barber (M75) threw a good hammer (36.73). And so it goes on with events such as the Javelin and the Long Jump with Iris Holder (W65) flying across 3.65 meters and also taking part in the triple jump.

And Masters runners didn't do badly in the London Marathon either, with H. Turner (M80) getting round in five hours, twenty and Iva Barr (a Bedford Harriers W80) in five hours, fifty. I daren't look in detail at the youngster's times (men and women who are sixty plus) but a cursory glance shows the fastest men in this age group finishing a 10K in under forty minutes and the women in well under fifty minutes.

Since the NHS (perhaps with the encouragement of the pharmaceutical industry) is so keen to put anyone over sixty five on so-called life prolonging drugs (anti-hypertensive medication, statins and so on) maybe it's the drugs that are fueling the amazing performance profile of senior vets. Even the president of the BMAF, who has been put on medication for high blood pressure, is very worried that should he attempt to compete at master's international level and be drug tested, he would presumably fail the test!

**Don't forget that Eton Manor participate in track and field events (even for those under 80 years of age). See the notice boards or speak to Steve Adams or Steve Beckett.**

### Beijing 16<sup>th</sup> August 2008

*Intrepid Paula Radcliffe completed the Olympic Women's Marathon but limped over the line with her legs gone having had to stop briefly part way through the course. She was pleased to have completed the course but frustrated that she only placed 23<sup>rd</sup>. (time 2.32.38). Romania's Constantine Tomescu Dita won the gold medal (time 2.26.44) keeping well ahead of the chasing pack from half way.*

### Hackney 17<sup>th</sup> August 2008

Intrepid Manor runner Sharon Bolister came in as first woman in the dizzying six lap half-marathon around Hackney Marshes. Well done Sharon!



### Club 5 Mile Handicap, Tuesday 19<sup>th</sup> August 2008

#### Results:

	Time	H/cap	Actual
1. A. Valchen	46.11	13.00	33.11
2. M. Cates	15	16.30	29.45
3. S. Dunn	26	13.00	33.26
4. A. Duncan	30	15.30	31.00
5. C. Adams	38	5.00	41.38
6. S. Adams	48	13.00	33.48
7. C. Totic	52	6.00	40.52
8. P. Robinson	53	1.40	45.13
9. S. Bolister	55	12.30	34.25
10. A. Ruffly	47.15	15.00	32.15
11. M. Eames	24	6.00	41.24
12. G. Brannan	48.25	5.00	43.25
13. Omar	49.01	1.40	47.21
14. G. Sayer	26	6.40	42.46
15. Harj Kandola	53.38	7.30	46.08
16. N. Ruffly	53.38	10.50	42.48

Fastest: 1. M. Cates 29.45, 2. A. Duncan 31.00,  
3. A. Ruffly 32.15

Women 1. S. Bolister 34.25, 2. C. Adams 41.38,  
3. G. Brannan 43.25

### Assembly League, Beckenham 2.9 M 4<sup>th</sup> Sept 2008

The final Assembly League event was on a changed course with the finish in the park rather than on the road which has seen more traffic in recent years and was beginning to feel a little unsafe. The last time the finish was in the park it was on a flat path but this time the finish was on another hill (although not so steep as the finish on the road). A terrible hold up in the Blackwall Tunnel, due to a breakdown, meant some of our team were too late for the race.

Andy Ruffly was in fine form today with a PB and Sharon Bolister, limbering up for her Berlin marathon appearance, was running well and overtook Paul Brandon who had to fight hard to get back in front, getting to the finish a couple of seconds ahead. The Manor made its mark again with Christina Adams winning the women's vets' prize (45-54). Well done Christina. I had to drop down to half speed about two thirds through the race as a previous calf strain came back with a vengeance but luckily I had a few points in hand so managed to get the over 60's award.

#### Results:

1.	P. Martelletti	VPH	14.06
2.	P. Tucker	Ravs.	14.12
3.	R. Hope	VPH	14.12
4.	I. Lockett	Stock	14.15
5.	A. Rayner	GST	14.17
6.	A. Green	Dart	14.30
21.	M. Cates	EM	15.45
32.	P. Cates	EM	16.19
41.	I. Lambert	EM	16.46
48.	A. Ruffly	EM	17.01
55.	A. Frost	EM	17.07
80.	S. Adams	EM	18.00
86.	S. Dunn	EM	18.10
87.	P. Brandon	EM	18.14

90.	S. Bolister	EM	18.16
110.	Z. Woodward	EM	18.55
135.	J. Few	EM	19.37
161.	A. Goodlad	EM	20.53
187.	C. Adams	EM	23.00
188.	G. Sayer	EM	23.01
199.	T. Persighetti	EM	26.03

204 runners completed the course

## **The Wilderness' (former Eton Manor site): 2012 and beyond**

On 21<sup>st</sup> August, Eton Manor Association had a meeting with representatives of the Olympics Development Agency and the Lee Valley Regional Park Authority, to outline the development plans for the Wilderness, site until the 1960's of Eton Manor Boys' Club. Tom Everitt and George

and training venues for aquatics and gymnastics: the pools apparently are portable and will be re-sited elsewhere in London. It will also hold the Paralympics' tennis and archery venues. After the Olympics, the proposal is that these facilities will become a hockey and tennis centre, cycle circuit

***The Velo Park, being constructed in place of the Eastway Cycle Circuit, where we had so many of those rather weird winter night Chingford League races, should still have facilities suitable for runners.***

and Jean Smith went on a site tour of the Olympic Park before the meeting. The site has the open space equivalent of Hyde Park and will also hold proposed housing for four thousand. The concrete frame for the main stadium is now in place, only a year after massive site clearance started.

The Wilderness has a preservation order on some of its trees and on the Eton Manor war memorial there. The electricity pylons on the site will be replaced by a wind turbine. During the Olympics, the site will house temporary pools

and allotments.

The Velo Park, being constructed in place of the Eastway Cycle Circuit, where we had so many of those rather weird winter night Chingford League races, should still have facilities suitable for runners. Outside the track-cycling velodrome, an off-road mountain bike circuit is planned, with 6kms of winding, tree-lined paths. The BMX circuit will have lots of bumps for jumps, so we may want to steer clear of that. The plans also include a replacement for the old outdoor one mile circuit, which will cross over the River Lea

and back, round the velodrome (a building whose glass concourse design is intended to maximize natural light access, so it will be absorbed into the landscape to some extent). The total rise on the circuit is expected to be 19.5 metres, comparable to the old Eastway circuit. Detailed design for the cycle circuit is anticipated by 3/09, planning application by 8/09 and construction start in 11/09. Meanwhile, the Hog Hill cycle circuit, managed by the London Borough of Redbridge, is now open.

45% of the Olympic Park is within the Lee Valley Park, and will be handed back to the Park Authority after the Games for 25-30 years, to manage the

remaining facilities. The Park's Director of Leisure and Environment was very honest about the big issue of facilities needing multiple uses, as any one sport won't sustain a venue. She is therefore pleased that already the Velo Park is attracting interest from runners, roller skaters and Nordic skiers, not just cyclists. If the post-Games facilities are to survive, they need to be well-used long term, with both elite sports people's and local community's use crucial for constant revenue generation. To maximize use there will therefore be (e.g.) education, sports development and sports health practitioners on sites as well as traditional sports use. Even then, they are likely to run at a

deficit, since most people would balk at being charged (e.g.) £15 for a recreational swim! Since the date of this meeting, of course, there have been further newspaper reports about Olympic cash problems, in the wake of the credit crunch, imminent recession and house building slump, etc, so things will probably keep changing.....

A final piece of 'maybe not a lot of people know that' information: the route of the Olympic marathon will run from south of Tower Bridge, left onto Embankment, three laps of Central London landmarks, then out to the City, Stratford and the Olympic Park.

*Teresa Persighetti*

## Classifieds

Club members who offer services

**External and interior painting and decorating**

*Ian Lambert*  
07971 708 421

**Sports massage**

*Paula Steere*  
020 8503 6632



## More photos of the Eton Manor handicap in July



*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](http://www.eton-manor.com)

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

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