

# THE ETON MANOR REPORTER



The newsletter of Eton Manor A.C. (Senior Section)  
October 2009

## Editorial

As usual we began the season with Beckenham, held this year on the same day as the G20 Summit at the Excel Centre in Docklands. Some of us were expecting transport disruption because of the G20 protests. However, a more mundane traffic accident beyond the tunnel at Kidbrooke meant some of us

who keeps our accounts ticking over. As the new season began we were able to welcome back our members who, for one reason or another, had not been able to run with us for a while including: Sharon, Alan, Martin, Rachel, second claimer Steve Surridge and, of course Tom who came back to training after his injury lay-off. As the season comes to an end we are still miss-

**The fact that we have been able to view progress on the Olympic site so close on our door step felt a bit special**

only just made it (see race report to follow).

Thanks are due to the Committee and club officers who continue to manage the club and running events and to Tom and Joan who regularly provide us with much appreciated tea and biscuits/cakes after our training runs and generally look after the club environment behind the scenes. Their commitment to the club premises being clean and tidy and their involvement with the League fixtures is invaluable. Thanks are also due to our treasurer, Keith (assisted by Tom)

ing Trevor who continues his rehabilitation following an operation for a football injury and some who came back have disappeared again.

The Olympic development continues to accelerate around us and has been visible on our Big Breakfast run. Exciting times; the fact that we have been able to view progress on the Olympic site so close on our door step felt a bit special. We are now heading into dark evenings again so it's back to the New Road and Chats!

## Assembly League, Beckenham 5K, Thu 2<sup>nd</sup> April 2009

Roadworks at Ravensbourne station meant the course was diverted from its usual route. We had to manage another little hill but the race finished at the bottom of the slope beyond the park gates, in effect providing two manageable chunks of hill instead of the debilitating final hill. As a result the course was slightly extended to just a touch more than a 5K. Once again Steve Dunn had a top class run and got past Paul Cates (again!). Paul may have to give up the day job so he's got more energy to challenge Steve in the future!

Michael had no trouble leading us in, nor did Zoe for the women. Zoe had a strong run in getting past Simon on the final stretch. Good placings for all three scoring teams with the B team getting fourth place.

### Results:

1.	P. Martelletti	VPH	14.29
2.	S. Wurr	Kent	14.34
3.	P. Tucker	Ravs	14.40
4.	A. Barnes	Stock	15.14
5.	A. Weir	Stock	15.17
6.	D. Allcock	VPH	15.21
14.	M. Cates	EM	16.14
17.	N. McGoun	EM	16.25
24.	S. Dunn	EM	16.46
32.	P. Cates	EM	17.02
38.	I. Lambert	EM	17.23
56.	A. Ruffy	EM	18.19
57.	P. Brandon	EM	18.21
74.	S. Adams	EM	18.56
75.	A. Frost	EM	18.59
79.	J. Few	EM	19.19
84.	Z. Woodward	EM	19.25
85.	S. Deville	EM	19.26
145.	A. Goodlad	EM	22.17
149.	P. Steere	EM	22.42
160.	G. Sayer	EM	23.17
166.	C. Adams	EM	24.07
168.	G. Brannan	EM	24.50
178.	T. Persighetti	EM	27.51

A Team 6<sup>th</sup> of 13; B Team 4<sup>th</sup> of 12; Women 5<sup>th</sup> of 16



## The London Marathon Sunday April 26<sup>th</sup> 2009

Fine sunny weather for the Marathon this year. Congratulations to Christina Adams completing the race in 4.31.17, placing 221<sup>st</sup> in the W50 category and in position 4102 in the race as a whole – well done Christina. There was a good battle in the elite women's race between Britain's Mara Yamauchi and Irina Mikitenko from Germany both ahead of the rest of the pack for much of the race with Mikitenko pulling away in the final stages to win in 2.22.11 with Mara finishing in 2.23.12. The elite men's race was won by Samuel Wanjiru of Kenya in 2.05.10 who took the course record.

## The Dome Thursday 7<sup>th</sup> May 2009

For our first outing to the Dome this season the course had been changed so there was a less crowded start. We set off from the Pilot pub across a grassy area before turning rather dramatically at the end (involving running across planted areas) onto the normal course, then to the Dome and back by the David Beckham Academy. It turned out when runners checked their times that the course was a little short of a 5K being more like 2.9 miles (same as Beckenham but without the hills) so everyone achieved some pretty good times.

### Results:

1 N. Terry Serp 13.31



2	P. Tucker	Ravs	13.38
3	I. Lockett	Stock	13.39
4	P. Martelletti	VPHTH	13.56
5	A. Barnes	Stock	13.59
6	M. Tuckett	Wm. Sch.	14.08
23	N. McGoun	EM	14.59
30	M. Cates	EM	15.05
42	P. Cates	EM	15.29
47	T. Wright	EM	15.40
75	I. Lambert	EM	16.19
78	P. Brandon	EM	16.23
100	A. Frost	EM	16.58
104	S. Dunn	EM	17.05
120	A. Ruffy	EM	17.24
131	S. Adams	EM	17.33
141	J. Few	EM	17.42
145	Z. Woodward	EM	17.51
180	S. Bollister	EM	18.29
187	M. Armitage	EM	18.37
207	N. Ruffy	EM	19.07
212	S. Baxter	EM	19.13
226	A. Goodlad	EM	19.34
239	I. Aktas	EM	20.12
240	I. Adams	EM	20.16

## Cape Wrath 16<sup>th</sup> To 24<sup>th</sup> May 2009

Eton Manor went up over the border and made their presence felt in the Cape Wrath Challenge this year with Steve Dunn, Sharon Bollister, Zoe Woodward, Paul Brandon, Glyn Sayer, Ian Lambert and Paul Cates carrying the standard.

Steve continued his excellent level of running performance and came in 2<sup>nd</sup> in the half-marathon at 01.25.18 backed up by Ian Lambert (1.34.01) in 12<sup>th</sup> place. Zoe Woodward (1.38.19) was 2<sup>nd</sup> woman, excellent results in a field of 68 competitors. Steve also got a 3<sup>rd</sup> placing in the Sangomore Hill Run (long) in 35.08 and Zoe was again 2<sup>nd</sup> woman (37.52) with Paul B. coming in at 14<sup>th</sup> place and who also took the honours in the 10K by getting 4<sup>th</sup> place at 43.48. Sharon got 7<sup>th</sup> place and was 2<sup>nd</sup> woman (45.53) and Glyn

**Just to rub it in, Eton Manor then won the pub quiz with the help of Steve's specialist knowledge and the fact that Glyn knew of Perry Como!**

came in at 24<sup>th</sup> position (52.58). Eton Manor left plenty of runners behind them in a field of 39 competitors. Paul C. came first in the 8.4 m. multi-terrain event in 54.40 and Zoe was 2<sup>nd</sup> woman with a time of 62.02.

Just to rub it in, Eton Manor then won the pub quiz with the help of Steve's specialist knowledge and the fact that Glyn knew of Perry Como! The only bit of bad luck was that Ian picked up a calf injury early on which left him out of some of the competition.

## Assembly League Victoria Park 3.5M, Thu 4<sup>th</sup> June 2009

A really nice evening for this event and a good turnout from the club for this 'race with a pace' with the usual fine running conditions leaving actual running ability rather exposed to scrutiny. But Manorites had no trouble meeting expectations and there was a good effort from all who took part. Michael had an excellent run being more than a minute up on his time of June last year - the training seems to be paying off. Glyn Sayer also managed to knock more than a minute off his time last June and got past Paula on this one. Our women's A team secured us 6<sup>th</sup> team placing - well run!

### Results:

1.	P. Martelletti	VPHTH	17.17
2.	J. Powell	Guest	17.23
3.	R. Hope	VPHTH	17.37
4.	H. Evans	Wm Sch	17.40
5.	A. Weir	Stock	17.45
6.	H. Lobb	Stock	17.55
25.	M. Cates	EM	19.10
45.	P. Cates	EM	20.18
60.	I. Lambert	EM	20.50
87.	A. Ruffy	EM	21.53
91.	S. Dunn	EM	22.00
97.	P. Brandon	EM	22.08
106.	S. Adams	EM	22.22
123.	S. Deville	EM	22.49
127.	J. Few	EM	22.51
131.	Z. Woodward	EM	23.02

148.	S. Bollister	EM	23.24
179.	N. Ruffy	EM	24.36
185.	S. Baxter	EM	24.46
190.	A. Goodlad	EM	25.05
208.	I. Adams	EM	26.02
214.	G. Sayers	EM	26.24
215.	P. Steere	EM	26.34
233.	M. Eames	EM	27.39
235.	G. Brannan	EM	27.42
240.	I. Aktas	EM	27.54
251.	C. Adams	EM	29.22
262.	T. Persighetti	EM	32.14
263.	M. Cooper	EM	32.34

269 runners finished

Teams: A 10<sup>th</sup> (of 14); B 8<sup>th</sup> (of 12); Women A 6<sup>th</sup> B 10<sup>th</sup> (of 16)

#### **Barking and Dagenham 5 mile race, 7<sup>th</sup> June 2009**

Paul Brandon, Steve Surridge and myself went in for this one where in the past (with a larger Manor contingent) the club has done well with the trophies. Despite our best efforts we didn't get hold of the team prize this time (although I managed the sixty plus trophy). Nevertheless an enjoyable two lap course in a country park with 145 competitors. Paul was in 12<sup>th</sup> place at 32.35, myself in 24<sup>th</sup> place at 34.27 and Steve in 30<sup>th</sup> position coming in at 35.32. Robert Watts (Dulwich) came first in 28.06 with Crispin Bloomfield of Billericay Striders getting second place in 28.49. However, on past form, if Crispin hadn't got lost on the course he may well have won. Getting lost on this course is one of those inexplicable events, particularly on a course so well marked out and marshalled but not many of us have experience of leading a race with no one in front to follow, so who knows what the course looked like from this perspective.

*John Few*

#### **UTM 2 mile race and fun run, Wanstead, Sunday 14<sup>th</sup> June 2009**

Results:

Harriers

1.	Michael Cates	11.29
2.	Paul Cates	11.50
3.	Ian Lambert	12.17
4.	Andy Ruffy	12.37
5.	Steve Adams	13.07
7.	Zoe Woodward	13.23
8.	Alex Solomonu	15.46
10.	Gail Brannan	15.50
11.	Alliah Auguste	16.18
12.	Steph. Baxter	16.21
13.	Wendy Gilliey	17.26
20.	Jane Roche	19.01
21.	Chloe Adams	20.30
22.	Keith Adams	20.32
23.	Sarah Linklett	26.26
24.	Glyn Sayer	26.26

#### **Westminster Bridge LBH relays (2.2 miles) 25<sup>th</sup> June 2009**

Quite a warm evening for this event following a day of hot weather which began the June/early July heat wave. Zoe, running the first leg in her team among some pretty tough competition, felt she wasn't running well but in fact she easily kept ahead of myself and even Steve Adams. Paul Brandon also ran a good time but then got

**Paul Brandon also ran a good time but then got collared by his employers (London Transport) to run for them as well!**

collared by his employers (London Transport) to run for them as well! Good to see Tom back on the racing scene in this event too. As usual everyone pulled together to secure the best possible time for their teams. Our men's A and B teams were well placed at 9<sup>th</sup> and 15<sup>th</sup> positions out of 76 teams. Steve A. ran for HSBC in a time of 15.00 with HSBC coming 50<sup>th</sup>. Our women's A team also placed well at 4<sup>th</sup> of 17 teams with excellent times for Zoe, Sharon and Steph.

Result of Eton Manor mens A, B and C teams (four to a team) were:

A team, total time 54.32 position 9<sup>th</sup>. M. Cates 12.58; I. Lambert 14.05; A. Duncan 14.03; P. Cates 13.24.

B team, total time 58.01 position 15<sup>th</sup>. S. Dunn 13.46; P. Brandon 14.17; S. Deville 15.08; A. Ruffy 14.48.

C team, total time 69.17 position 61<sup>st</sup>. J. Few 15.10; M. Hockey 16.38; G. Sayer 17.31; T. Everitt 19.56.

Result of Eton Manor women's A and B teams (three to a team) were:

A team, total time 46.57 position 4<sup>th</sup>. Z. Woodward 14.52; S. Bollister 15.42; S. Baxter 16.22

B team, total time 57.33 position 15<sup>th</sup>. C. Adams 19.17; G. Brannan 18.06; K. Chester 20.08.

There wasn't a C team but Molly ran independently in a respectable time of 23.23.

#### **Docklands, gone but not forgotten**

30<sup>th</sup> June 2009: correspondence between Tom and Dan Denham (living down in Herne Bay) reminds us of Dan's sterling efforts in running the much lamented Docklands Light Railway 5 mile race for a number of years. This race is much missed because the Manor always did so well at the sharp end and with the age category prizes.



**Assembly League, The Dome, Thu 2<sup>nd</sup> July 2009**

At the culmination of the June/July heat wave with temperatures in London reaching 32 degrees with warm and humid weather continuing into the evening, this race was bound to be a challenge. However, a breeze off the river kept temperatures within tolerable limits. A good turnout of Manor women but we were down a little on the men's side; even our usually reliable anchor man, Glyn, couldn't get to the race in time as he had a breakdown (not Glyn - his taxi). After a promising start Steve Dunn's breathing let him down due to the high pollen count and he had to slow down quite a lot, although gamely finishing the course. Michael had an excellent run getting quite a bit ahead of the rest of us. Good result too for Simon, who pushed ahead of Steve A. this time, and Zoe breathing down my neck a second behind me and leading the women in. Excellent performances from the women's team altogether, getting us 5<sup>th</sup> in the team placings.

	Time	H/Cap	Actual
8 Glyn Sayer	29.55	5.15	24.40
9 Zoe Woodward	29.59	9.45	20.14
10 Dave Brock	30.03	11.30	18.33
11 Christina Adams	30.04	5.00	25.04
12 Alison Goodlad	30.08	7.30	22.38
13 Ian Lambert	30.12	11.30	18.42
14 Simon Deville	30.14	10.15	19.59
15 Steve Dunn	30.40	11.00	19.40
16 Steph Baxter	30.42	8.30	22.12
17 Steve Adams	31.02	10.45	20.17
18 Franze Progamazy	31.41	5.00	26.41
19 Andy Ruffy	32.52	10.45	22.07
20 Mary Armitage	32.57	9.00	23.57
21 Alex Gounelas	21.38		

Fastest Men		Women	
1 D Brock	18.33	1 Z Woodward	20.14
2 I Lambert	18.42	2 S Bollister	20.32
3 S Dunn	19.40	3 L Vacher	22.09

**Results:**

1. P. Martelletti	VPHTH	15.45
2. N. Evans	GST	16.02
3. A. Weir	Stock	16.11
4. H. Torry	Serp	16.25
5. D. Allcock	VPHTH	16.31
6. J. Cordell	Stock	16.34
21. M. Cates	EM	17.27
44. P. Cates	EM	18.24
64. I. Lambert	EM	19.05
79. A. Ruffy	EM	19.47
97. S. Deville	EM	20.30
103. S. Adams	EM	20.37
107. J. Few	EM	20.48
108. Z. Woodward	EM	20.49
117. S. Bollister	EM	21.12
145. S. Baxter	EM	22.26
157. A. Goodlad	EM	23.03
177. G. Brannan	EM	24.46
180. P. Steere	EM	24.58
193. S. Dunn	EM	26.11
198. C. Adams	EM	27.50
201. T. Persighetti	EM	28.45
203. M. Cooper	EM	30.39

204 runners finished

Teams: A - 8<sup>th</sup> of 13; B - 8<sup>th</sup> of 10; women 5<sup>th</sup> of 17

**Club 5K Yacht Handicap, Saturday 11<sup>th</sup> July 2009**

No barbecue this year as the Council have decided to use 'our' yard to store timber and other oddments. Well done to Kate for winning this one and to Dave and Zoe for the fastest men and women's times respectively.

**Results:**

	Time	H/Cap	Actual
1 Kate Chester	26.46	0.00	26.46
2 Jane Roche	28.49	0.00	28.49
3 Louise Vacher	29.24	7.15	22.09
4 Paula Steere	29.36	5.30	24.06
5 Patrick Robinson	29.42	4.30	25.12
6 Sharon Bollister	29.47	9.15	20.32
7 Molly Cooper	29.48	0.00	29.48



## Sunday 12<sup>th</sup> July 2009 Tottenham Marshes 5

One or two of us who usually turn up for this race couldn't be there this time. Nevertheless, Michael and Ian did the honours taking the 4<sup>th</sup> and 8<sup>th</sup> place prizes in 4<sup>th</sup> and 8<sup>th</sup> place respectively so making sure the Manor continued its presence in this event!

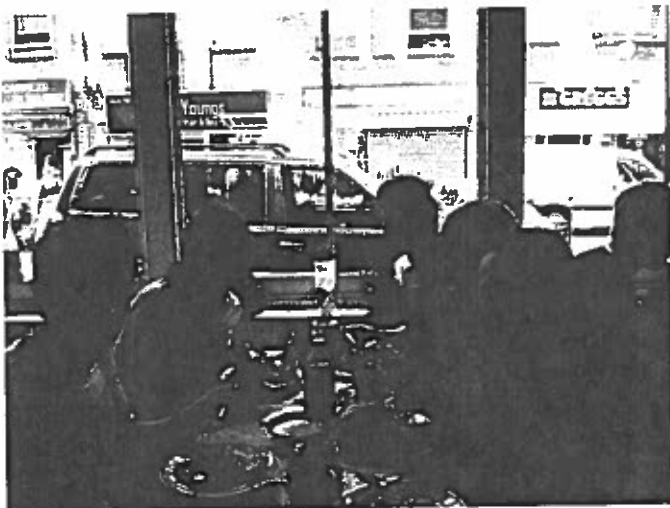
## HOXTON Sunday 18<sup>th</sup> July 2009

A cycling contingent from the clubhouse went on a towpath trip to 'Oxton' for pie and mash at F.W. Cooke's traditional restaurant as one of Paula's *things to do before she leaves London* and also a nice bit of cross-training. The towpath along the canals was busy with pedestrians but we managed not to knock anyone over or into the water. There was much astonishment at the number of us trooping along in a line (eleven in all).

The pies (the real men and women in our party had two) were fine, accompanied by a well-dolloped splodge of mash and the traditional parsley jus (sorry, liquor). The 'veggies' only had one pie but made up for it by having a cherry pie and ice-cream for dessert (sorry, 'afters'). No one chanced the eels and Paul and I reminisced about the slaughter of live eels outside Manzie's eel and pie shop in Walthamstow High Street and this may have put people off too. Large mugs of strong tea made up for the lack of a wine list from the New World. No nonsense, rough and ready fare enjoyed by all.

We then cycled back via Limehouse for further necessary refreshment at the Ferry Boat Inn before dispersing after a very enjoyable outing.

John Few



## Club 5 mile yacht handicap Tuesday 4<sup>th</sup> August 2009

Good conditions, if a little humid, for this run around Hackney Marsh (twice). There was a good turnout but we were down on our teachers who often 'escape' at this time of year (the end of term) until they are recaptured again in September (often from foreign parts). We welcomed our second claimers Dave Brock and Bill Bennett who put in good times (Dave getting the fastest men's time). Sharon had the fastest women's time and newcomer Qamil won the overall race, well done to both.

Results:	time	h/cap	actual
1 Q Isufig	49.11	15.00	34.11
2 S Bollister	49.11	14.20	34.51
3 C Totic	49.32	11.00	38.32
4 G Sayer	49.41	8.20	41.21
5 J Few	49.41	15.00	34.41
6 S Dunn	49.58	18.00	31.58
7 P Robinson	50.04	7.00	43.04
8 D Brock	50.07	19.00	31.07
9 N Ruffy	50.10	11.00	39.10
10 S Adams	50.14	15.50	34.24
11 C Adams	50.22	7.30	42.52
12 A Goodlad	50.24	11.40	38.44
13 S Deville	50.27	15.50	34.37
14 T Persighetti	50.34	1.40	48.54
15 B Bennett	50.40	16.30	34.10
16 I Lambert	50.44	18.40	32.04
17 F Progamazy	52.16	6.00	46.16
18 A Ruffy	54.07	16.40	37.27
19 M Eames	54.18	7.30	46.48
20 M Cooper			

Fastest Men		Women	
1 D Brock	31.07	1 S Bollister	34.51
2 S Dunn	31.58	2 A Goodlad	38.44
3 I Lambert	32.04	3 C Adams	42.52

## Thursday 13<sup>th</sup> August 2009, Assembly League, Victoria Park 3.5 mile

Despite problems with the trains and traffic build up through the tunnel we managed to get teams together for this, although on the men's side we were a bit light at the front end and had to rely on Michael, Neil and Paul C. to keep our end up. For some reason Andy's legs gave out part way through the race so we didn't have his usual performance to push us up the scoring. Our front runners on the women's side had a better representation through Zoe, Sharon and second claimer Clare Thurgood whom Steph persuaded to join us - shrewd move on Steph's part as Clare led our women in. We managed to get third team placing for our women's team - well done all. The men might have had Ian, Paul Brandon and new member Qamil who didn't make the race as well as Steve Dunn who has had another bout of illness.

We were pleased to see Trevor as a supporter although, of course, he would have been invaluable in our running team today. He still has a little way to go with his rehabilitation from injury. We look forward to his active involvement again as soon as he is properly mended.

## Results:

1	P. Martelletti	VPHTH	17.06
2	B. Reynolds	Stock	17.15
3	D. Allcock	VPHTH	17.38
4	A. Weir	Stock	17.46
5	R. Phillips	Serp	17.51
16	M. Cates	EM	18.57
27	N. McGoun	EM	19.36
46	P. Cates	EM	20.20
67	C. Thurgood	EM	21.45
75	S. Bollister	EM	22.13
79	S. Deville	EM	22.20
87	J. Few	EM	22.43
91	Z. Woodward	EM	22.58
97	A. Ruffy	EM	23.16
124	S. Baxter	EM	24.35
130	A. Goodlad	EM	24.57
132	C. Tozic	EM	25.07
149	G. Sayer	EM	26.14
156	G. Brannan	EM	27.02
159	P. Robinson	EM	28.39
173	T. Persighetti	EM	32.30
175	M. Cooper	EM	33.46

Teams: Vicky Park came first in all the team placings. Eton Manor men's A 7<sup>th</sup>. (of 12); B team 6<sup>th</sup>. (of 10); women 3<sup>rd</sup>. (of 13).

## Assembly League Beckenham 2.9 miles Thursday 3<sup>rd</sup> September 2009

Roadworks made it necessary to change the course slightly as we couldn't finish up the slope in the park but had to pull into the first entrance and finish on the flat. This meant we lost a bit of distance (Alison's Garmin showed 2.74 miles). A shorter race and no hill finish didn't seem to make this race feel any easier; it is still an 'eyeballs out' kind of race. A good turnout of Manor runners at this event and we dominated the Assembly League prizes what with Zoe getting the 45-54 yrs prize, Gail the 55 plus, Ian the 50 plus and myself the 60 plus medal. It is as if we keep some of our runners in the

**We dominated the  
Assembly League  
prizes**

back room for years bringing them out when they have ripened into full maturity, perhaps undamaged by the rigours of competition in their earlier years. So let Vicky Park run their younger runners into the ground in their twenties - the Manor will see them off when they get a bit longer in the tooth!

## Results:

1	P. Martelletti	VPHTH	14.01
2	P. Tucker	Ravs	14.02
3	H. Lobb	Stock	14.12
4	A. Green	Dart	14.16
5	R. Munn	Kent	14.21

6	B. Shepherd	Dulwich	14.23
17	M. Cates	EM	15.12
18	N. McGoun	EM	15.24
26	D. Brock	EM	15.50
27	P. Cates	EM	15.51
42	T. Wright	EM	16.35
52	I. Lambert	EM	17.05
54	Q. Isufij	EM	17.12
60	S. Adams	EM	17.25
61	P. Brandon	EM	17.26
73	Z. Woodward	EM	17.58
74	S. Deville	EM	18.00
78	A. Ruffy	EM	18.05
80	J. Few	EM	18.07
84	A. Frost	EM	18.16
127	A. Goodlad	EM	20.06
140	G. Sayer	EM	20.44
148	P. Steere	EM	20.56
155	G. Brannan	EM	21.34
168	T. Persighetti	EM	25.24

Teams, men's A 5<sup>th</sup>. (of 13) men's B 3<sup>rd</sup>. (of 9) women's A & B teams 6<sup>th</sup>. and 16<sup>th</sup>. (of 16).

## Classifieds

Club members who offer services

### External and interior painting and decorating

*Ian Lambert*  
07971 708 421

### Sports massage

*Paula Steere*  
020 8503 6632

If you would like to advertise in this section contact John Few.

*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)**

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

