

The Eton Manor Reporter

The newsletter of Eton Manor A.C.
(senior section). **October 2011**
This edition edited by John Few
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**Training nights Tues. and Thurs. 7.15
for 7.30. Sundays (check website for
details).**

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Editorial

Anyone who wants to write up a league or club race (or any other race they may have been to) is most welcome. The present editor tries to get in all the Assembly and Chingford League races as well as in-house handicap races and also some of the Elvis League races and fixtures such as the Bridges Relay. There are, of course, many other races but if the magazine is to stay a reasonable size it can only provide a sample of our activities through the year. In this edition race reports are the editor's unless stated otherwise.

From time to time runners may appear in

the listings who have not run that particular race. I try to get on top of these substitutions but am less likely to know about them if I am not at a race.

As far as the Manor as a whole is concerned, the usual thanks are due to individuals who put in voluntary time to help run the club: as always Tom and Joan, members of the committee and anyone who helps out, in whatever capacity. Thanks are also due to Dan and Lance who produced our invaluable publicity and to those who made sure the poster was displayed at appropriate venues. Dan has also organized a photo board to help new members get to know established club members and vice versa. Adrian has taken the lead in getting out our monthly e-newsletter which keeps us up to date with current events. Thanks are also due to all those who have contributed to the 'makeover' of the clubhouse which now has a new, brighter look and noticeable blue and white club stripes on the front of the building.

Club attendance has increased over recent months to the extent that Sunday runs from the club are have been well supported on our training calendar. With our beginners groups and new members joining there is more of a welcome buzz on our training nights, thanks to the input of Trevor East and our team of volunteer group leaders. There has also been an increase in bicycles in the clubhouse and it sometimes looked as though we were morphing into a tri club (running, cycling and drinking (sorry, swimming!)). More recently, with our higher standard of décor and the need for more seating space, bicycles are now left outside.

During the second week of August an unprecedented riot broke out in London boroughs and other urban areas throughout the country after the police shooting of a crime suspect in Tottenham. This resulted in much looting and arson in the areas concerned with trainers, clothing and electronic goods being taken with impunity by crowds of, predominantly, young people. However, not much of a sense of protest in evidence; it was more a violent shopping experience. As one paper put it: 'this wasn't about people being angry, it was about people being greedy'.

Those of us who acquired our trainers legitimately found the Olympic development continued to impact on our running routes and we were cut off from 'Big Breakfast' during April (the route is now restored).

One of our most cherished winter routes (known as Chats) was also compromised but by a pack of unruly terriers from the Traveller's site on Homerton Road. Following our complaint, Hackney Council have removed one of the more aggressive animals and promise a similar fate for any other dogs that cause a nuisance. We have a contact in the Council so we need to complain again if there is further trouble. I have a feeling the saga will be ongoing.

The Olympics itself will soon be upon us - only nine months to go! For consumers Stratford City is now open. Sweatshop and Nike are there and so is a half decent pub: The Cow (Geronimo Inns).

*Correction to the May 2011 issue:
Physical Shield Relays, Loughton, 29th.
March 2011.*

We were not able to make up a third women's team at this event but both Jenni Close and Rachel Brittle made up a half team - unfortunately their names were omitted from the results listing despite slogging up that hill. Apologies to both for this omission: Jenni has a recorded time of 12.17 and Rachel 14.02.

Assembly League, Forbanks,
Beckenham, 2.9 miles, Thursday 7th.
April 2011.

It was a fine evening for this race on the established circuit now ending in the park. A very good Manor turnout: well done to all who made the effort. We all agreed that 'the hill' has got longer and steeper this year but the more likely truth is that we have all got a little older.

Results:

1	J Connor	Kent	13.11
2	D Lacey	Camb	13.34
3	S McGrory	Kent	14.26
25	M Cates	EM	15.56
34	P Cates	EM	16.18
37	D Brock	EM	16.22
38	A Gounelas	EM	16.24
42	A Frost	EM	16.31
60	I Lambert	EM	17.05
76	S Bolister	EM	17.34
84	S Dunn	EM	17.59
89	A Ruffy	EM	18.12
91	S Adams	EM	18.18
93	D Hall	EM	18.27
107	J Few	EM	19.19
127	S Deville	EM	20.00
128	Z Woodward	EM	20.05
138	P. Steere	EM	20.46
148	J Close	EM	21.25
157	G Sayer	EM	22.27
159	C Watson	EM	23.09
160	R Brittle	EM	23.11
164	M Cotter	EM	23.34

172 R Maggio EM 24.45

178 runners

Teams: Men A: 8th/13; Men B: 5th/10

Women A: 3rd/8; Women B: 4th/6

Mike Penman 10K, Saturday 9th. April 2011

Because of extensive development work at Victoria Park, runners were required to run six laps for this 10K which involved being lapped by the front runners. Excellent run from Robert Maggio who completed the course in just about twice his 5K times, despite the dizzying effect of numerous laps.

Results:

1	P Marteletti	VPH	32.45
2	T Lashmar	VPH	36.55
3	B Hall	Orion	37.05
7	P Cates	EM	39.03
15	D Daugirda	EM	43.25
17	S Adams	EM	44.05
25	L Tabraham	EM	46.28
29	S Deville	EM	48.02
31	P Robinson	EM	48.17
40	J Close	EM	51.30
45	G Sayer	EM	54.28
46	R Brittle	EM	54.32
48	C Watson	EM	55.51
49	R Maggio	EM	56.49

51 runners

THE MARATHON, Sunday 17th. April 2011

Five Manorites were up for this event: Sharon, Alex, Jane, Adrian and Alison. Alex ran an excellent time of 3.01.23, Adrian did well, too, at 3.19.52 (and to make his day, Stoke thrashed Bolton 5-0). Alison also had a good run keeping under 4 hours at 3.56.25. Well done to Jane who did a respectable time

of 4.13.53 in her first effort at this distance.

Sadly Sharon had to throw in the towel in the final miles (having fallen in the early stages of the race) despite a determined effort to keep going. Happens to the best of them (Paula Radcliffe!).

Kenya's Mary Keitany won the elite women's race in 2.19.19 with Liliya Shobukhova of Russia second in 2.20.15 and Kenya's Edna Kiplagat third at 2.20.46.

Emmanuel Mutai (Kenya) won in the men's race at 2.04.40 (a course record). Martin Lel and Patrick Makau, also Kenyan, came second and third respectively - but given the same time of 2.05.45.

Assembly League, The Dome 5K, Thursday 5th. May 2011

Fine weather and an excellent turn out for this event from the Manor (with a few of Tom's 'shoo-ins') made an enjoyable evening, though the fast flat course does make it a demanding race.

We had a new course starting at the Thames Clipper dock and running out to a small park area where we turned round to run back up to the usual turn round at The Dome. Running more along the riverside did, for a number of runners, give the impression that the course had been stretched (which, of course, it hadn't). Good run from Michael Cates who led the men in and Alex Gounelas leading in the Manor women (3rd woman overall) also did well, helping us, with the backup of Sharon Bolister, Mary Armitage and Clare Wagh, to third place in the women's A team placings. Dave Daugirda also kept well up the field to

get an excellent time.

Results:

1	J Connor	Kent	14.55
2	D Lacy	Camb.	15.06
3	M Torry	Serp.	15.18
40	M Cates	EM	17.39
46	T Wright	EM	17.46
58	N McGoun	EM	18.19
60	A Gounelas	EM	18.21
73	D Brock	EM	18.43
88	I Lambert	EM	18.58
91	D Daugirda	EM	19.03
103	S Bolister	EM	19.21
115	B Bennett	EM	19.37
122	S Dunn	EM	19.52
130	A Frost	EM	20.02
138	D Hall	EM	20.13
145	A Ruffy	EM	20.29
151	S Adams	EM	20.41
170	J Few	EM	21.08
172	S Watkins	EM	21.16
184	M Hockey	EM	21.34
191	M Armitage	EM	21.40
193	L Tabraham	EM	21.43
203	S Deville	EM	22.05
207	J Faill	EM	22.09
209	C Wagh	EM	22.15
219	P Robinson	EM	22.48
235	J Close	EM	24.02
236	J McAllister	EM	24.03
239	M Cotter	EM	24.43
243	G Sayer	EM	25.07
246	R Brittle	EM	25.13
255	R Maggio	EM	26.24
256	S Stone	EM	26.35
258	S Ackland	EM	26.53
262	D Travers	EM	29.10
264	A Buenaventura	EM	29.25
268	A Edwards	EM	35.26
269	M Cooper	EM	35.40

Teams: MENS A: 9/14, MENS B: 7/13
WOMEN'S A: 3/10, WOMEN'S B: 4/6.

<p>Club 5K Yacht Handicap Tuesday 17th. May 2011</p>

An excellent turn out for this event and a buffet at The Hare and Hounds was a nice conclusion to an enjoyable evening. Congratulations to Taryne as our handicap winner.

	Time	H Cap	Actual
1	T McPherson	28.45 8.10	20.35
2	S Watkins	29.23 8.43	20.40
3	S Stone	29.27 3.20	26.07
4	J Close	29.31 5.50	23.41
5	S Adams	29.39 9.10	20.29
6	P Robinson	29.43 7.10	22.33
7	S Deville	29.45 8.10	21.35
8	T Wright	29.49 12.10	17.39
9	M Hockey	29.52 8.33	21.19
10	L Tabraham	29.56 8.10	21.46
11	I Lambert	29.57 11.00	18.57
12	A Gounelas	29.58 11.40	18.18
13	M Monaghan	30.01 4.40	25.21
14	D Hall	30.06 9.40	20.26
15	D Daugirda	30.08 10.40	19.28
16	M Cates	30.10 12.20	17.50
17	W Henderson	30.18 0.00	30.18
18	G Sayer	30.22 4.50	25.32
19	J Faill	30.30 7.50	22.40
20	L Vacher	30.31 7.30	23.01
21	A Ruffy	30.33 9.40	20.53
22	R Brittle	30.34 4.40	25.54
23	P Cates	30.36 12.00	18.36
24	A Goodlad	30.42 6.30	24.12
25	Z Woodward	31.22 8.33	22.49
26	E McClure	32.18 0.00	32.18
27	C Hyman	33.24 8.10	25.14
28	Amadou	34.09 8.10	25.59
29	A Edwards	34.35 1.00	33.35
30	E Edwards	35.34 8.33	27.01
31	M Cooper	35.53 0.00	35.53
32	A Frost	35.56 10.50	25.06
33	H Sibley	38.02 0.00	38.02
	Also Malick	27.38 8.10	19.28

Fastest Men

1	Tim Wright (V40)	17.39
2	Michael Cates (V40)	17.50
3	Paul Cates (V45)	18.36

Fastest Women

1	Alex Gounelas	18.18
2	Taryne McPherson (FV35)	20.35
3	Zoe Woodward (FV45)	22.49

Assembly League, Victoria Park 3.5?
miles, Thursday, June 2nd. 2011

A fine evening for this race which was run on a shortened course due to developments in Victoria Park (course length was 2.9 miles, give or take a few yards). The Manor was well represented throughout the field with Neil McGoun leading the men in and Alex Gounelas with her usual sharp performance leading in the women (she was 2nd woman in the race) and our women's A team once again showed their mettle by getting 4th place in the team listings. Tom Everitt also put in a good effort, getting back into competition a bit more now, well done!

Results:

1	P Martelletti	VPH	14.08
2	D Lacey	Camb	14.43
3	A Barnes	Stock	14.49
31	N McGoun	EM	16.36
43	M Cates	EM	17.05
51	A Gounelas	EM	17.26
54	I Lambert	EM	17.31
59	D Brock	EM	17.44
85	D Daugirda	EM	18.17
88	A Frost	EM	18.21
98	T East	EM	18.41
100	S Bolister	EM	18.42
102	S Dunn	EM	18.45
106	S Watkins	EM	18.55
112	D Hall	EM	19.16

113	B Bennett	EM	19.17
120	A Ruffy	EM	19.30
127	M Hockey	EM	19.52
130	J Few	EM	20.06
134	L Tabraham	EM	20.14
140	S Deville	EM	20.25
142	C Wagh	EM	20.29
168	A Goodlad	EM	21.58
172	Z Woodward	EM	22.09
179	J Close	EM	22.37
186	C Hyman	EM	23.02
190	T Everitt	EM	23.27
192	G Sayer	EM	23.53
194	R Brittle	EM	24.01
196	S Stone	EM	24.30
201	C Watson	EM	25.56
206	T Persighetti	EM	26.42

211 runners

Teams: Men A: 9/12, Men B: 7/11,
Women A: 4/9, Women B: 4/5.

UTM 2 mile race and fun run, The New
Wilderness, Nutter Lane, Wanstead,
Sunday 12th. June 2011

A good turnout for this event in rather damp conditions. Good efforts from all who took part. A group photo was taken after the race although this was a little delayed until Glyn emerged from the shower (and had dressed)!

Results (all Eton Manor unless stated otherwise)

1	P Cates (V45)	11.52
2	D Daugirda (V45)	12.12
3	I Lambert (V50)	12.23
4	M Kearsy (K & W)	12.33
5	J Kearsy (K & W)	12.34
6	S Dunn	12.54
7	A Ruffy (V45)	13.14
8	S Deville (V45)	13.27
9	A Frost (V50)	13.41
10	C Warren (V45)K & W	13.50
11	R Albury (V50)	14.11

12	D Lansdown (K & W)	14.39
13	L Kearsey (K & W)	14.54
14	M O'Toole (V40)GST	15.01
15	J Wilks (V60)	15.09
16	J McAllister (FV50)	15.25
17	C Fisher	15.38
18	R Brittle (FV45)	15.58
19	B Williams (V60)	16.14
20	G Sayer (V65)	16.41
21	J Farrell (V45)GST	16.41
22	R Maggio (V65)	17.09
23	C Watson (FV50)	17.17
24	T Persighetti (FV55)	18.17
25	W Henderson (FV40)	18.32
26	N Brown (FV45)GST	19.03
27	S Janner (FV50)	19.39
28	L Palmer (FV40)	21.02
29	A Hockey (F jnr.)	22.59
30	R Hockey (F jnr.)	22.59
31	M Hockey (V40)	22.59
32	E Duberry (FV50)	25.01
33	? Wright (F jnr.)	27.31
34	T Wright (V40)	27.32
35	V Marshall (FV50)GST	28.40
36	S Linklett (FV55)	30.57
37	K Lyons (V50)	31.03

Elvis League, Havering '90 Joggers
Midweek 5 mile, Tuesday June 21st
2011, Raphael Park

Excellent performances pushed us up the Elvis League, particularly Richard Edmunds coming in 2nd and Alex Gounelas as first woman. Well done, too, to Robert Maggio, well up the field.

Results (competing runners in italics)

1	<i>B O'Grady</i>	27.28
2	R Edmonds	28.14
3	<i>S Philcox</i>	28.43
20	A Gounelas	30.31
25	P Cates	31.00
36	I Lambert	31.36
49	D Daugirda	33.01
55	S Bolister	33.32

62	D Hall	34.23
63	S Adams	34.27
76	T McPherson	35.15
109	L Vacher	38.52
110	L Tabraham	38.56
132	J Close	41.16
140	R Brittle	42.06
148	M Cotter	43.04
166	R Maggio	44.49
173	C Watson	45.36

211 runners

London Business Houses, Bridges relay,
Westminster, Wednesday 29th June 2011

A good turnout for this relay race which starts on the 7.00 pm chime of Big Ben and finishes when we are all pretty much out of breath after about 2 1/3 miles of flat, fast running on hard pavement *and* the steps up to Vauxhall Bridge!

Results:

Q Isufaj	14.11
I Lambert	14.07
D Daugirda	14.10
A Frost	14.23
	56.51 16 th

S Watkins	15.09
D Hall	14.45
P Brandon	15.32
S Adams	15.32
	60.58 27 th

J Few	15.49
M Hockey	15.19
L Tabraham	16.26
T East	15.02
	62.36 32 nd

R Maggio	19.05
C Wagh	16.06

T McPherson	15.17	
S Bolister	14.50	
	46.13	4 th
L Vacher	17.04	
A Goodlad	18.18	
J McAllister	19.24	
	54.46	13 th
R Brittle	19.16	
S Ackland	19.23	
T Persighetti	22.01	
	60.40	14 th

Assembly League race 4, The Dome 5K,
Thursday 7th. July 2011

Same course as last time for this fast, flat race with a difficult to discern finishing point. Excellent performance from Alex Gounelas as usual, coming in as first woman. Dave Daugirda and Martin Hockey keeping well up in the field, too.

Results:

1	D Lacy	Camb.	16.01
2	B Louch	Camb.	16.11
3	B Shearer	Camb.	16.14
20	N McGoun	EM	17.39
42	A Gounelas	EM	18.27
50	Q Isufaj	EM	18.40
52	M Cates	EM	18.44
54	D Brock	EM	18.49
63	I Lambert	EM	19.06
74	D Daugirda	EM	19.32
79	A Frost	EM	19.45
99	S Bolister	EM	20.27
107	M Hockey	EM	20.54
112	T McPherson	EM	21.04
114	S Adams	EM	21.13
130	J Few	EM	22.06
141	C Wagh	EM	22.28
148	L Tabraham	EM	22.48
152	M Armitage	EM	22.57
175	A Goodlad	EM	24.58

178	M Cotter	EM	25.18
180	R Brittle	EM	25.36
188	G Sayer	EM	26.28
189	R Maggio	EM	26.37
194	S Ackland	EM	27.34

199 runners

Teams: men – 8th/13; men B - 6th/11;
women – 3rd/8; women B – 3rd/5.

Eton Manor's first race – The
Elvis League, 5K Sunday 10th
July 2011, The Waterworks
Centre, Leyton.

Excellent weather for this, our first race, which went very smoothly with Stephen Dunn taking the lead with the registrations and results and Rachel Brittle organizing the marshals like a military campaign – a lot of background work by the likes of Adrian, Trevor and others and plenty of volunteers for other duties ensured everything went off well and we received good feedback from our fellow competitors.

The Manor put on a good show with Richard Edmonds coming in 4th and Alex Gounelas as first woman in 13th place with our women's team achieving 2nd in the team listings. Our beginners also showed their mettle in successfully completing the distance, a very promising start to their race careers.

Results:

1	T Stasionis	Alytus	16.05
2	B O'Grady	East L.	16.10
3	J Cordwell	Sheff..	16.25
4	R Edmonds	EM	16.41
13	A Gounelas	EM	18.03
16	M Cates	EM	18.18

17	P Cates	EM	18.21
24	I Qamil	EM	18.41
29	I Lambert	EM	19.07
42	D Daugirda	EM	19.51
47	S Bolister	EM	20.13
53	T McPherson	EM	20.51
59	R Richards	EM	21.16
68	C Wagh	EM	21.59
101	T Everitt	EM	24.27
103	J McAllister	EM	24.35
104	A Goodlad	EM	24.38
107	C Hyman	EM	24.58
111	M Cotter	EM	25.19
145	W Henderson	EM	29.07
154	H Yearnshire	EM	30.53
159	L Palmer	EM	32.00
160	V Anderson	EM	32.02
167	E Duberry	EM	33.36
170	H Sibley	EM	37.19
174	E Allen	EM	40.43
175	K Lyons	EM	41.56
176	S Hopkins	EM	41.57
177	B Alidu	EM	42.44
178	J Campbell	EM	43.14
181	V Marshall	EM	47.00
182	S Linklett	EM	47.33

Teams (of 7) men 4th women 2nd.

Elvis League, Ilford Hilly 5, Wednesday
21st July 2011

We managed to get the race in between the showers for this one. Some excellent efforts particularly from Dave, Sharon and Dan.

Results:

1	D Watts	Barnet	26.44
2	T Gardner	iac	27.10
3	R Warner	Havering	27.58
21	P Cates	EM	32.19
30	A Frost	EM	33.28
35	D Daugirda	EM	34.14
38	S Bolister	EM	34.31
44	D Hall	EM	34.42

65	S Adams	EM	36.55
86	C Wagh	EM	38.59
92	L Tabraham	EM	39.20
98	S Dunn	EM	39.32
126	A Goodlad	EM	43.11
133	C Fisher	EM	43.24
134	R Brittle	EM	43.33
156	R Maggio	EM	48.09
158	C Watson	EM	48.26

174 runners

Elvis League, Forest Five, Saturday 6th.
August 2011

Well done to Dave Daugirda for leading the Manor men in with an excellent time of 33.22. Clare Wagh led in the women, also with a respectable time of 37.27.

Results:

1	T Heslop	VPH	28.11
2	M Woodman	Staff.	28.42
3	S Joyce	Orion	29.13
32	D Daugirda	EM	33.22
35	S Watkins	EM	34.16
41	D Hall	EM	34.42
49	A Frost	EM	35.53
50	M Hockey	EM	35.59
71	C Wagh	EM	37.27
90	S Dunn	EM	39.38
115	J Close	EM	41.49
139	R Brittle	EM	43.42
148	S Ackland	EM	44.54
165	R Maggio	EM	46.17
172	C Watson	EM	47.15

211 runners

Club 5 mile handicap, Leyton, Saturday
13th. August 2011

We were a little down in numbers for this annual event due to holidays and a meeting for our Olympic volunteers which, unfortunately, fell on the same

date. However, we had an enjoyable race in fine weather, with a good quality buffet at The Hare and Hounds to follow. Steve Watkins was the overall winner of the race.

Results:	time	h/cap	actual
1 S Watkins	51.41	19.30	32.11
2 R Maggio	53.06	9.42	43.24
3 J Few	53.12	18.10	35.02
4 A Goodlad	53.17	13.20	39.57
5 R Brittle	53.22	11.10	42.12
6 A Ruffy	54.25	19.30	34.55
7 D Daugirda	54.37	21.40	32.57
8 A Frost	54.39	21.40	32.59
9 T Persighetti	54.41	0.00	54.41
10 L Tabraham	54.49	17.20	37.29
11 C Watson	54.54	9.30	45.24
12 T East	55.17	20.40	34.37
14 G Sayer	59.05	11.30	47.35

Fastest

1 Steve Watkins	32.11
2 Dave Daugirda	32.57

Women

1 Alison Goodlad	39.57
2 Rachel Brittle	42.12
3 Christina Watson	45.24

Assembly League, Victoria Park 3.5 miles, Thursday 18th. August 2011

Torrential rain threatened this race but we got away with a dry interlude to complete 3.5 miles of the 'old course.' Excellent Manor turn-out considering the dire weather with Alex Gounelas doing well to get 2nd woman placing in the race. As a consequence our women's A & B teams were placed 3rd in the team results.

Results:

1 P Marteletti	VPH	16.35
2 J Gilbert	Kent	16.49
3 D Lacy	Camb	17.01
23 N McGoun	EM	19.26
37 M Cates	EM	20.19
42 A Gounelas	EM	20.29
45 D Brock	EM	20.37
48 P Cates	EM	20.45
56 I Lambert	EM	21.21
80 D Hall	EM	22.57
83 T East	EM	23.15
85 T McPherson	EM	23.25
87 A Ruffy	EM	23.31
92 S Dunn	EM	23.40
99 J Few	EM	23.53
113 L Tabraham	EM	25.09
133 M Cotter	EM	26.40
137 J Close	EM	27.13
138 A Goodlad	EM	27.17
146 G Sayer	EM	28.09
152 S Ackland	EM	28.57
154 R Maggio	EM	29.10
155 C Watson	EM	29.27
156 S Stone	EM	29.28
159 T Persighetti	EM	33.43

163 runners

Teams: men 6/12; B 4/9; women 3/8; B 3/5.

30th. August 2011

THIS WEEK WE WERE MOSTLY WEARING ETON MANOR TEE SHIRTS

Eton Manor members enthusiastically embraced the 'new cool' by buying the club's high tech. tee shirts.

Members are urged to wear this fetching light blue garment at every opportunity,

except perhaps at formal dinners, funerals and while in bed, as this will help to promote the club.

Assembly League, Forbanks,
Beckenham 2.9 miles, Thursday 1st
September 2011

Pleasant evening for this race, as it nearly always is. Unfortunately we had some late arrivals who had to start the race late, due to being stuck in the tunnel (note the perverse race times for some individuals).

At the prize giving after the race Eton Manor women did us proud – the women's A team getting second place in the final team listings and Alex Gounelas was the overall winner; well done Alex! The men lost hold of the 50s and 60s plus medals this year, but, hopefully, as other members get a bit older we can get them back in the years ahead.

Tom and Joan received presentations marking their contribution to the running of the Assembly League – flowers for Joan and a glass tankard for Tom (although he complained that it was empty!). Kevin is also relinquishing his role of organizing Assembly League races after some years of trying to squeeze 5K courses into diminishing habitats.

Results:

1	D Lacy	Cambs	14.16
2	A Barnes	Stock	14.34
3	R Munn	Kent	14.38
13	N McGoun	EM	15.13
26	T Wright	EM	15.46
37	A Gounelas	EM	16.12
41	D Brock	EM	16.15
57	D Daugirda	EM	17.16

77	D Hall	EM	17.55
81	T East	EM	18.07
87	A Ruffy	EM	18.20
92	A Frost	EM	18.34
100	T McPherson	EM	18.51
102	S Dunn	EM	18.54
114	J Few	EM	19.30
125	L Tabraham	EM	20.08
130	S Adams	EM	20.38
133	P Robinson	EM	20.46
153	A Goodlad	EM	21.48
156	J Close	EM	21.55
157	M Cotter	EM	22.02
160	R Maggio	EM	22.19
164	R Brittle	EM	22.36
172	S Ackland	EM	23.56
175	T Persighetti	EM	27.02
178	C Wagh	EM	28.22
179	I Lambert	EM	28.22

Teams: Mens A 6/13; mens B 5/10;
Womens A 4/10; womens B 5/5.

Elvis League, 5K, Valentines Park, Ilford, Sunday 25th. September 2011

This was the target race for our beginners group and the individuals concerned should be proud of themselves for having run round the course with excellent times. Well done to all! Dave Daugirda and Louise Vacher respectively led the men and women in. Well run.

Results:

1	C Bloomfield	Billericay	16.11
2	B O'Grady	East Lon.	16.24
3	J Briggs	Basildon	16.32
32	D Daugirda	EM	19.37
34	A Frost	EM	19.55
66	M Hockey	EM	21.46
79	L Vacher	EM	22.30
88	S Dunn	EM	23.22
117	C Hyman	EM	25.10

123	R Brittle	EM	25.43
129	M Cotter	EM	26.26
136	R Maggio	EM	26.58
144	A Anderson	EM	28.55
145	W Henderson	EM	29.02
153	L Palmer	EM	30.47
154	V Anderson	EM	30.47
163	S Janner	EM	32.44
174	V Marshall	EM	41.57
177	S Linklett	EM	44.40
