

# THE REPORTER



The magazine for the senior section of Eton Manor AC –

October 2012 edition – editor: John Few

Other Contributors to this edition: Tom Everitt, Roger Alburey, Teresa Persighetti

NOTICE: I have edited The Reporter magazine for five and a half years now but this will be my last edition as I feel I have done this for long enough and it is time for a new approach. The vacancy for editor was posted in the clubhouse in July.

Electronic means of communication within the club is much more common than when the Reporter began, particularly our excellent monthly newsletter and results postings on our website, so I hope readers will consider ways of working with this as an alternative if no one comes forward to edit the magazine – keeping in mind, of course, that not everyone is web-connected. Bear in mind Tom Everitt also keeps a written record of previous results if members would like to review their past race performances. The previous version of the club's magazine (The Gazette) relied on contributions from members to provide a reasonable coverage of races – because this was variable in quantity I have tried, as editor of The Reporter, to cover league races myself (although not all the Elvis series), but must thank Tom for contributing many reports and results. This has helped a good deal to keep the magazine as comprehensive as possible. Thanks also to the other contributors who have added interest to the magazine over the years.

John Few

So, back to this edition's editorial:

The season began back in April with the Beckenham Assembly League race and the London Marathon following closely behind. Tomas Stasionis should have received a mention in the last edition of The Reporter for winning the Orion 15 (on March 24<sup>th</sup>) so I am correcting that here. He had an excellent time of 1.29.26 for the gruelling fifteen mile course, with a record turnout of 320 runners in this, the 58<sup>th</sup> running of the event. Well done Tomas!

The Olympics were, of course, a big feature this season but they are finally over and we can take stock of the legacy left to us, particularly access to the Queen Elizabeth Park (the Olympic Park) next year which, hopefully, will increase the scope of our training schedules even if it is a bit of a jog from the clubhouse.

The club continues to expand and develop thanks to the input of club officials and other volunteers and we are reaping the benefits in terms of a more vibrant club. In addition to the much valued housekeeping input from Tom and Joan and others, a number of members have been engaged in a range of publicity, social, fund-raising and coaching initiatives which add great value to the profile of the club.

There are courses now in place for run leadership so see Trevor East about these; do consider these so as to become more informed and confident about leading training runs as they will give you a credible role in the expanding field of sports volunteering. Do see these offers as opportunities rather than expectations; some members may want any contributions they make to be informal and ad hoc and this is fine too.

The trend towards more formality in the organisation of sports clubs brings benefits in terms of sources of funding; better recognition of the work done by volunteers; a safer environment for club members, for example. But there may be some tension about the club embracing more formality while some may want to retain a looser 'clubbing together' structure. No doubt this debate will continue.

There are also changes in the training schedules with more opportunities for training together at the weekends and at the Pool and Track, as well as more racing events through the Elvis League and the Park Run, for example. With this spread of activities the club is busier and more diverse than in the recent past when a core of members met only on Tuesday and Thursday evenings with occasional episodes of weekend running.

The shape and identity of the club is changing and new routines emerging – post Olympics, and in our run up to the club's centenary next year, it feels like we are in a time of transition with our club becoming more complex and more challenging but also, perhaps, less routinized and more interesting – Up the Manor!

*Correction to May 2012 edition:*

While I mentioned Lance running the 5 mile race in the Olympic Park I neglected to mention that Mick Cotter also ran in this event. My apologies to Mick for this omission.

**1<sup>st</sup> Assembly League race, 2.9 miles,  
Beckenham, Thursday 12<sup>th</sup>. April 2012**

The first Assembly League race of the season saw Neil McGoun leading the Manor men in with a good time of 16.28 with Alex Gounelas leading in the women as 3<sup>rd</sup> lady in the race. We also had the benefit of Paula Steere running for us on her visit from the USA (I think Tom waits for her at Heathrow with her race number). Glyn Sayer, still in rehab from his accident, managed to keep ahead of Tom in this one.

**Results:**

1	D Lacy	Camb	15.05
2	J Savage	Kent	15.26
3	R Munn	Kent	15.29
19	N McGoun	EM	16.28
35	P Cates	EM	17.30
40	A Gounelas	EM	17.50
43	D Brock	EM	18.01
44	K Malcolm	EM	18.04
53	D Daugirda	EM	18.24
70	A Frost	EM	19.11
78	I Lambert	EM	19.34
113	M Hockey	EM	21.04
119	Z Woodward	EM	21.23
146	L Tabraham	EM	22.39
151	M Cotter	EM	22.50
155	P Steere	EM	23.00
163	A Goodlad	EM	23.30
177	S Ackland	EM	24.59
178	R Maggio	EM	25.11
182	R Brittle	EM	25.32
187	G Sayer	EM	26.36
189	T Everitt	EM	26.58

Teams: Men A 7<sup>th</sup>. of 11  
Men B 6<sup>th</sup> of 10  
Women A 2<sup>nd</sup>. of 7  
Women B 4<sup>th</sup>. of 4

**Brighton Marathon, Saturday 14<sup>th</sup>. April 2012**

Taryne McPherson does well in the 'London-on-Sea' marathon in a time of 03.49.03. Well done Taryne!

**The London Marathon, Sunday 22<sup>nd</sup>. April 2012**

A fine sunny morning for this event with our two contenders, Steve Watkins and Patrick Robinson. Steve's time was 03.26.14 and Patrick's 05.07.19.

We also had Altin Isufaj and Yisaid Cengu running in the under 17 year age group in the mini-marathon with Altin getting an excellent time of 20.28 and Yisaid 23.24 for the 3 mile course.

Wilson Kipsang and Mary Keitany were the first home in the main race, a Kenyan double victory.

**Mike Penman Memorial Race, Victoria Park, 28<sup>th</sup>. April 2012**

**Eton Manor Times:**

6 <sup>th</sup> .	Dave Daugirda	41.22
7 <sup>th</sup> .	Adrian Frost	41.32
9 <sup>th</sup> .	Dan Hall	42.22
14 <sup>th</sup> .	Martin Hockey	44.19
17 <sup>th</sup> .	Clare Wagh	44.56
26 <sup>th</sup> .	Andy Ruffy	47.46
31 <sup>st</sup> .	Lance Tabraham	50.54
32 <sup>nd</sup> .	Jenni Hall	50.58
35 <sup>th</sup> .	Robert Maggio	52.16
36 <sup>th</sup> .	Rachel Brittle	52.31

43 runners

**2<sup>nd</sup>. Assembly League race, Blackheath 5K,  
Thursday 3<sup>rd</sup>. May 2012**

A welcome return to the Blackheath course after an absence of ten years. The course is exactly the same except for a few more cars to avoid. The big down though is not having the luxury of changing accommodation and a welcoming bar.

The men's team finished in 9<sup>th</sup> place of the 12 teams competing, being led home with a very

good run by our regular second claimer: Neil McGoun in 13<sup>th</sup> place.

The women spearheaded by Alex Gounelas (2<sup>nd</sup>) Zoe Woodward (21<sup>st</sup>) and completed with Mary Armitage (23<sup>rd</sup>) for a third team placing – the B team also finishing third.

Results:

1	B Noad	Kent	15.10
2	C Greenwood	Kent	15.58
3	P Tucker	Ravens	16.00
13	N McGoun	EM	16.51
31	P Cates	EM	17.50
33	A Gounelas	EM	17.55
64	A Frost	EM	19.31
65	D Daugirda	EM	19.35
76	D Hall	EM	19.53
90	B Bennett	EM	20.23
98	M Hockey	EM	20.38
117	S Adams	EM	21.25
121	Z Woodward	EM	21.56
125	S Dunn	EM	22.03
131	M Armitage	EM	22.27
141	L Vacher	EM	23.31
149	L Tabraham	EM	23.54
157	J Hall	EM	24.26
166	S Ackland	EM	25.23
167	R Brittle	EM	25.44
174	R Maggio	EM	26.28
179	G Sayer	EM	27.47

## BLACKHEATH ELEVEN YEARS AGO!

The last race at Blackheath was in April 2001 – here are the results of that race:

1	J Mays	Kent	15.42
8	M Cates	EM	16.29
25	D Brock	EM V40	17.35
26	I Lambert	EM V40	17.35
32	P Cates	EM	18.02
43	S Jackson	EM	18.44
54	P Brandon	EM	19.27
59	G Sayer	EM V55	20.11
60	J Few	EM V55	20.18
63	T Everitt	EM V65	20.25
71	A Ruffy	EM	21.24
79	Z Woodward	EM V35	23.40
88	T Persighetti	EM V45	26.39

96 P Ackland-Snow EM V45 29.13

101 finishers

A team 5<sup>th</sup>, B team 4<sup>th</sup>, women 1<sup>st</sup>.

Report by Tom Everitt

## HOW BIG IS BIG!

We often refer to Eton Manor as a small club but I've never been quite sure how small. At the time of writing (May 2012) we have sixty one members. How does that compare with some of the other clubs in the London area?

Loughton Athletic club reckons they are quite small but their website does not state membership numbers. Ilford and Woodford are other local clubs for which there are no membership numbers published.

However, there are *some* figures available, for example: East London Runners have more than 150 members. Orion Harriers have 300 plus while Victoria Park and Tower Hamlets have over 400, as does London Heathside. But the giant of them all appears to be Serpentine Running Club with 2281 members at the time of writing (although they also cater for triathletes). The club is sufficiently large that they need an editorial team to produce their magazine!

John Few, May 2012

Elvis League, Eton Manor 5K, Hackney Marshes, Sunday 27<sup>th</sup> May 2012

This, the club's second Elvis race, was held in fine sunny weather. We had an excellent turn out of runners and ample volunteers to ensure the event was one that Eton Manor could be proud of. Feedback about the race has been very positive. Well done to all who

took part and who helped with setting up and administering the race.

**3<sup>rd</sup> Assembly League race, Victoria Park, 3.5 miles Thursday 7<sup>th</sup> June 2012**

Eton Manor made quite an impact on this event with Tomas Stasionis coming first and with Alex Gounelas and Kate Malcolm we secured first and second woman placings too!

Despite Alex Gounelas being pushed back into second lady position by a Dulwich runner (although only by 2 seconds) our women's A and B teams still came out in first team position, continuing the excellent Eton Manor women's record.

**Results:**

1	T Stasionis	EM	16.19
2	N Shasha	Orion	16.28
3	M Muir	Ilford	16.31
16	A Gounelas	EM	18.00
22	K Malcolm	EM	18.51
28	D Daugirda	EM	19.21
37	M Cates	EM	19.57
40	I Lambert	EM	20.08
41	S Watkins	EM	20.10
45	M Hockey	EM	20.37
54	G Fernandez	EM	21.07
55	G Webb	EM	21.11
58	T McPherson	EM	21.14
67	A Ruffy	EM	22.26
72	Z Woodward	EM	22.34
88	A Isufaj	EM	23.26
98	J Fernandez	EM	24.22
100	J Hall	EM	24.37
117	K Sukky	EM	25.44
127	L Welson	EM	26.42
130	R Maggio	EM	26.47
141	S Edwards	EM	27.34
152	A Isufaj (Almir)	EM	28.33
177	S Janner	EM	32.39
179	A Khan	EM guest	32.53
196	J Dickie	EM	38.40
199	S Khalid	EM	39.43
200	M Cooper	EM	40.13

202 runners

### Taryne McPherson appears in Runners World

Taryne made an appearance in the June 2012 edition of Runners World with her inspirational article on how to fit running into a busy life – Eton Manor got a mention too! Keep up the good work, Taryne.

**Result:**

1	P Tucker	Ravens	18.26
2	B Fairhall	Dulwich	18.33
3	A Myers	Victoria Pk.	18.50
15	N McGoun	EM	20.25
21	A Gounelas	EM	20.53
36	K Malcolm	EM	21.47
39	M Cates	EM	21.50
41	Q Isufaj	EM	21.54
42	D Brock	EM	21.54
49	D Daugirda	EM	22.27
58	I Lambert	EM	22.39
64	D Hall	EM	22.49
85	M Hockey	EM	23.45
88	A Frost	EM	23.55
95	B Bennett	EM	24.20
97	S Adams	EM	24.37
101	S Bolister	EM	24.58
102	A Lawson	EM	25.00
103	S Deville	EM	25.03
108	M Armitage	EM	25.24
115	M Sanchez	EM	25.48
122	A Ruffy	EM	26.19
123	G Fernandez	EM	26.20
130	A Goodlad	EM	26.45
131	L Vacher	EM	26.48
135	J Fernandez	EM	27.01
140	J Hall	EM	27.56
143	A Edwards	EM(lap short)	28.23
146	L Tabraham	EM	28.39
148	S Dunn	EM	28.55
150	R Brittle	EM	29.13
151	R Maggio	EM	29.15
158	S Ackland	EM	30.11
159	S Stone	EM	30.20
165	G Sayer	EM	31.29
166	V Anderson	EM	32.10
168	T Persighetti	EM	33.29

170 runners

Teams: Men A 6<sup>th</sup> (of 11); Men B 5<sup>th</sup> (of 6);  
Women A 1<sup>st</sup> (of 7); Women B 1<sup>st</sup> (of 5)

Up The Manor 2 mile race, The New  
Wilderness, Nutter Lane, Wanstead  
Sunday 10<sup>th</sup> June 2012

Quite a nice day weatherwise for the fifth running of this annual event.

Kate Malcolm was first over the line giving us the first ever woman to win the race with a woman's course record of 11m. 50 secs. Not far behind the ever improving Dave Daugirda just eight seconds adrift for another PB with Ian Lambert a further 30 seconds behind. I don't know what this tells us, but five of the first seven runners were in the V50 age group!

Nice setting for a post race drink but unfortunately a very limited selection of beers as the rugby fraternity had drunk them dry watching the previous evening's international – hence no rugby people participating in the race!

**Results:**

1	Kate Malcolm (WV35)	11.50
2	Dave Daugirda (V50)	11.58
3	Ian Lambert (V50)	12.27
4	Adrian Frost (V50)	13.18
5	Steve Adams (V45)	13.22
6	Cliff Warren (V50)	13.24
7	Roger Albury (V50)	13.47
8	John Few (V65)	14.04
9	Keith Adams (V40)	14.16
10	Claire Fisher	14.28
11	Lance Tabraham (V45)	14.36
12	John Wilks (V60)	15.22
13	Steve Dunn	15.23
14	William Osbrys	15.35
15	Robert Maggio (V65)	15.54
16	Rachel Brittle (WV45)	16.25
17	Glyn Sayer (V65)	17.06
18	Christina Watson (WV50)	17.13
19	Rhys Edwards (U/11)	17.30
20	Nicky Brown (WV45)	17.53
21	Teresa Persighetti (WV55)	18.38
22	Alison Wells (WV55)	19.29

23	Sarah Tabor (WV45)	19.40
24	Ronan Edwards (U/9)	21.40
25	Susan Edwards (WV)	21.40
26	Caroline Boyd (WV45)	24.18
27	Taylor Sherlock (U/11)	24.41
28	Veronica D'Arcy	27.16

Report by Tom Everitt

5K Club Handicap, Thursday 21<sup>st</sup> June 2012

29 starters, 8 helpers and six beginners running part of the course, making it a successful club event.

The race was a yacht handicap meaning the slowest runners going off first, followed by a steady flow of competitors at various intervals with the present fastest individual (Tomas) chasing the pack.

In theory everyone should cross the finish line together. Not quite like that at the finish though mostly due to the slight injuries, taking it easy and bad handicapping giving a spread of two minutes for the bulk of finishers.

Good to see new people coming out as winners, Susan Edwards first home overall and the women's winner. First man home, Miguel Sanchez just catching Christina Watson near the finish to seal victory. Successful post race drinks after with a buffet and Tomas' home made cake in the Hare and Hounds.

Report by Tom Everitt

**Results:**

Pos.	Name	Time	h/cap	actual
1	S Edwards	25.06	0.30	24.36
2	M Sanchez	26.29	04.15	22.14
3	C Watson	26.34	0.00	26.34
4	J Fernandez	27.03	3.40	23.23
5	A Goodlad	27.13	4.15	22.58
6	P Robinson	27.21	3.30	23.51
7	D Hall	27.30	8.00	19.30
8	C Wagh	27.32	5.50	21.42
9	L Welson	27.38	1.30	26.08

10 L Tabraham	27.42	4.00	23.42
11 C Fisher	27.45	4.00	23.45
12 R Alburey	27.55	5.30	22.25
13 A Gounelas	28.05	10.10	17.55
14 G Sayer	28.05	0.00	28.05
15 R Maggio	28.20	2.00	26.20
16 D Daugirda	28.22	8.40	19.42
17 G Fernandez	28.25	6.20	22.05
18 K Malcolm	28.28	9.10	19.18
19 T McPherson	28.29	6.20	22.09
20 I Lambert	28.40	8.40	20.00
21 M Cotter	28.47	3.00	25.47
22 K Sukky	28.50	3.30	25.20
23 S Stone	30.06	3.30	26.36
24 S Tabor	30.40	0.00	30.40
25 T Stasionis	30.44	12.00	18.44
26 N Mc Goun	30.45	11.00	19.45
27 C Boyd	32.12	0.00	32.12
28 A Edwards	33.08	0.00	33.08
29 K Moyende	36.05	5.00	31.05

### Running around – with Roger

*If you are training for a marathon or a distance race of 5 miles plus, may I suggest the following run for you budding athletes:*

*From the club in Marsh Lane jog to Park Road, Farmers Road to Midland Road and make your way up Hainault Road and turn left at the end of Saint Andrews church then right into the forest. From here go cross country in the forest and crossing Whipps Cross Road (trying NOT to get killed) make your way to the Green Man intersection. Go straight up Cambridge Park Road and past 'The George' at Wanstead, along the Eastern Avenue for a bit. Turn left after Preston Road and run along the River Roding past the Eton Manor Rugby Club. Continue along by the river until you reach the end and just before 'Charlie Browns' roundabout, turn left and cross Chigwell Road (making sure NOT to get killed here also) then run along with the A406 to your right. Running up that hill until you get to 'Waitrose' on your left and then cross Woodford New Road using the pelican crossing (have a breather here). Keep on running until you get to 'Waterworks' corner because the forest is usually muddy here I tend to run on the pavement then turn left into the forest opposite the actual waterworks!*

*Run in the forest until you get to or near to 'Forest School' cross Snaresbrook Road (definitely NOT to get killed here) and pick up the forest and go past 'Hollow Ponds' to the 'Lakeside Diner.' Cross Whipps Cross Road once again and return to the club as described on the way out.*

*I think this is a good ten mile run.*

*\*If you prefer a longer run, persuade Adrian to buy you a one-way ticket to Epping from Leyton station (Editor's note: I am not sure Adrian has been consulted on this point!) then run back. I think it's about 12 miles – and don't forget the bacon sandwich at the café!*

*Roger Alburey – 26<sup>th</sup>. June 2012*

### **Bridges Relay, Tuesday 26<sup>th</sup> June 2012**

This annual event for the London Business House Championships commences on the 7 pm strike of Big Ben. Eton Manor AC and Highgate Harriers get an honorary invitation to the race with four men's and four women's teams respectively. Quite a spectacle with about 150 teams charging along the narrow Albert Embankment.

Neil McGoun our fastest man handing over in fifteenth place on the first leg to next quickest, Dave Daugirda just dropping two places; Ian Lambert and Dan Hall running within 2 seconds of each other and bringing us home in a respectable 19<sup>th</sup> place. Kate Malcolm having an excellent first leg to hand over in 3<sup>rd</sup> spot, Clare Wagh next just dropping two places, then Zoe Woodward bringing home the women's team in sixth place.

#### Teams:

1	Highgate Harriers	48.06
19	Eton Manor	55.58
51	Eton Manor 'B'	62.56
84	Eton Manor 'C'	72.43
103	finished	

#### Women:

1	Highgate Harriers	40.46
6	Eton Manor	45.50

13	Eton Manor 'B'	51.20
17	Eton Manor 'C'	57.44
22 finished		

Men:

N McGoun	12.51
D Daugirda	13.57
D Hall	14.34
I Lambert	<u>14.36</u>
	55.58

A Frost	14.36
A Lawson	15.41
S Chate	15.23
L Tabraham	<u>17.16</u>
	62.56

R Green	15.42
S Stone	19.08
S Dunn	19.03
R Maggio	<u>18.50</u>
	72.43

Women:

K Malcolm	13.52
C Wagh	15.41
Z Woodward	<u>16.17</u>
	45.50

A Goodlad	17.22
S Baxter	16.49
C Fisher	<u>17.09</u>
	51.20

J Hall	18.08
S Ackland	19.43
C Watson	<u>19.53</u>
	57.44

4 <sup>th</sup> Assembly League race, 5K Battersea Park, Thursday July 5 <sup>th</sup> . 2012
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A new course so PBs for all for this venue. Despite Dulwich again edging our Alex Gounelas into 2<sup>nd</sup> woman's place, this does not detract from her excellent performance and the contribution this makes to our continuing good placings for our women's team in the team results (3<sup>rd</sup>).

Results:

1	J Gilbert	Kent	15.07
2	C Greenwood	Kent	15.25
3	R Phillips	Serp	15.34
18	N McGoun	EM	17.09
31	A Gounelas	EM	17.35
47	T Wright	EM	18.16
59	K Malcolm	EM	18.48
73	D Hall	EM	19.10
74	D Daugirda	EM	19.13
104	M Hockey	EM	20.22
117	T McPherson	EM	21.34
119	A Lawson	EM	21.38
134	M Armitage	EM	22.15
145	A Goodlad	EM	22.49
154	J Hall	EM	23.55
161	R Maggio	EM	24.50
167	R Brittle	EM	25.30
174	C Watson	EM	26.13
175	S Stone	EM	26.16
178	G Sayer	EM	27.11
179	S Ackland	EM	27.30
183	T Persighetti	EM	29.27

185 runners

Teams: Men 8<sup>th</sup>/12; Men B 7<sup>th</sup>/10; Women A 3<sup>rd</sup>/10; Women B 4<sup>th</sup>/5.

**BBC Panorama programme 19<sup>th</sup>. July 2012**

*A review*

This programme dealt with a couple of items of interest to runners: sports drinks and trainers. It predictably had a go at big business for exaggerating the claims of its products and for trying to back these up with spurious research data (a standard feature of the market economy I would have thought). Many other products of the market, cosmetics, pharmaceuticals, and motor vehicles for example often come with promises of efficacy which few really believe are going to be delivered.

With sports drinks, the industry, surprise surprise, has been reluctant to embrace the latest realisation that to keep hydrated you need only drink 'according to thirst' rather than drink ahead of thirst, which advice 'experts' (and, of course, the sports drinks industry) have been peddling over the last



few decades. As Panorama pointed out 'over-hydration' is much more likely to kill you than 'dehydration.' Actually, top elite athletes do seem to use these products, but the programme was making the valid point that despite this the majority of runners will not benefit from drinking sports drinks or can make their own from water, sugar and salt, and water is perfectly adequate in most conditions. But like many products targeted at enhancing self-worth, using top athletes as examples provides aspirational models which many will want to imitate in terms of personal consumption. This kind of endorsement is therefore commonplace with many other products.

On trainers the programme pointed out that injuries are more likely to arise from faulty technique (such as too much mileage or sudden changes in routine) than they are from having the wrong shoes. But there was still the caveat that somewhere along the line suitable shoes (neutral, stability or motion control trainers) had a role to play, but not the major one the manufacturers seemed to be promoting. There is also a rather conservative trend in manufacturing at the moment which believes the bottom line is best served by making small alterations to existing products rather than spending money on real innovation – trainers seem a good example of this trend: this year's model is always slightly better than last year's but it does challenge credibility that trainers can really be improved every year.

I don't bother to spend money on sports drinks and I've long ago stopped being paranoid about taking on water when out running unless it is a very hot day or I'm actually thirsty. But advice still seems to be that wearing trainers made for running is a good thing so I will carry on buying them. Dreams and aspirations make us vulnerable to the sales pitch of big business and (while we have the money) we may sometimes feel happy to go along with the narratives of the advertisers – 'well, you never know, there may be something in it.' However, drinking sports drinks and wearing trainers of a

particular brand is never going to make us into a Usain Bolt, Mo Farah or a Jessica Ennis - but it is nice to think they might get us a bit nearer!

Programmes like Panorama sometimes do hit seriously irresponsible business conduct where it hurts (in the past exposing the tobacco and asbestos industries for the harm they caused has no doubt saved many lives) but on this occasion manufacturers trying to make us spend our money on performance enhancing products when they and we know we might be disappointed is not quite in the same league.

John Few

5<sup>th</sup> Assembly League race, Dulwich Park 5K,  
Thursday 2<sup>nd</sup> August 2012

A return to this venue where we last raced in July 2002 – 104 finishers at that race compared with 180 this year. In 2002 we had just nine men and three women competing as opposed to this year's eleven men and eight women.

This year's race saw Dan Hall put one over on Dave Daugirda to lead the men's A team in – Dan 5 seconds ahead of Dave. Young George Fernandez having another fine race next, with Steve Adams completing the team. Simon Deville having a season's best to lead the B team in and good to see John Few racing again after time off with injury, just half a minute behind – George's dad next then Robert Maggio doing a PB to complete the team. Good back up from Glyn Sayer, Steve Stone and myself.

Alex Gounelas again leading our women's team in (second in the race) backed up by Steph. Baxter (27<sup>th</sup>) and *home again* Paula Steere (30<sup>th</sup>). Alison Goodlad, Jenni Hall and Rachel Brittle completing the 'B' team with good backup from Teresa Persighetti and Alison Wells.

#### Results:

1	J Gilbert	Kent	15.03
2	P Tucker	Ravens	15.47
3	D Morgan	Serp	15.49
32	A Gounelas	EM	17.44
65	D Hall	EM	19.18
67	D Daugirda	EM	19.25
100	G Fernandez	EM (U15)	20.58
113	S Adams	EM	21.38
118	S Deville	EM	22.02
124	J Few	EM	22.30
131	J Fernandez	EM	22.50
135	S Baxter	EM	23.00
140	P Steere	EM	23.34
142	A Goodlad	EM	23.46
147	R Maggio	EM	24.31
148	J Hall	EM	24.36
158	R Brittle	EM	25.39
169	G Sayer	EM	26.33
170	S Stone	EM	26.43
175	T Everitt	EM	27.45
178	T Persighetti	EM	29.46
179	A Wells	EM	31.03

180 runners

Teams: Men A 11<sup>th</sup>/12  
Men B 7<sup>th</sup>/9  
Women A 7<sup>th</sup>/8  
Women B 4<sup>th</sup>/6

2002 results, teams – Men A 5<sup>th</sup> Men B 5<sup>th</sup> and Women 3<sup>rd</sup>. 51<sup>st</sup>. Steve Adams 19.28; 63<sup>rd</sup>. Tom Everitt 20.30; 74<sup>th</sup>. Glyn Sayer 21.29.

Report by Tom Everitt

## THE OLYMPICS!!!!!!

For those readers who were exposed to the '2012' spoof TV documentary series on the 'deliverance' of the Olympics: It was 'all good' from the opening and closing ceremonies for the Olympics and the Paralympics and all the sport in between; the Olympic park is impressively laid out - sustainability, legacy and even posterity were assured. There were surprisingly few 'cock-ups' too, with the media hailing the events as a great 'feel good' moment with much public support.

Great Britain got a good haul of gold medals; some great performances (Jessica Ennis, Mo Farah among others) and for Jamaica the unbeatable Usain Bolt in the 100 metres and the men's relay.

Amazing to think this was all going on adjacent to our 'Big Breakfast' run and only a mile or two from the club house! The Paralympic torch passed by our clubhouse on the 29<sup>th</sup> August, prior to the opening ceremony later that evening. Manorites did their best to take advantage of this event and the festivities taking place on what is now the Leyton Jubilee Park by being present outside the club premises and giving out our publicity.

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### ETON MANOR IN THE PUBLIC EYE

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Around the Olympics period, Walthamstow Library exhibited 'Taking Part', a selection of photos by 'Image 17' photographers. This included three taken by photographer Paul Greenleaf at an Eton Manor speed training night last winter. A lengthy time exposure, to accommodate the darkness, gave an Orient Way view the long streaky blurring of light usually associated with passing cars. In this photo, the hurtling runners looked like their speed could be generating the light trails! The other two photos were taken outside the clubhouse, probably after the session, where atmospheric lighting made the group of club members milling about look quite mysterious. Possible questions to mull over were 'Why are all these people standing about in the dark?' and 'Why is that man in the bright orange shorts studying his watch so carefully?'

In the rather more grand setting of the RIBA building (Royal Institute of British Architects), an exhibition called 'After the Party: The Legacy of Celebration' displayed the future of building projects completed for the Olympics. The Eton Manor venue will be one of the permanent centres within the Park once it reopens, retaining that name, I think. It will be a tennis centre, with four indoor and six outdoor courts, a hockey centre with two competition spaces, five-a-side football

pitches and new green spaces and allotments nearby. The exhibition notes included the comment that 'the site has long been associated with community sport' because it includes the land on which the original Eton Manor Boys Club once stood. And that is why we are having centenary celebrations next year.

Teresa Persighetti

11	D Daugirda	52.42	20.00	32.42
12	A Frost	53.06	19.30	33.36
13	A Wells	56.30	1.00	55.30

Fastest men: 1 Dan Hall 32.24  
2 Dave Daugirda 32.42  
3 Adrian Frost 33.36

Fastest Women: 1 Alex Gounelas 29.30  
2 Clare Wagh 35.33  
3 Jenni Hall 39.45

### Club 5 mile handicap, Saturday 1<sup>st</sup> September 2012

Tom's handicap system worked as efficiently as usual with most runners finishing closely together. At the front end Teresa Persighetti had got into the lead and John Few was just behind her, leisurely closing the gap knowing he had a speed advantage of about two minutes a mile and confident of winning the event. Big mistake! Looking round and seeing John closing in, Teresa decided to put in a bit of speed, taking her into six minute miling territory and obliging John to 'cling on' rather than overtake – we have seen this merciless treatment of competitors in past races – it doesn't pay to be complacent around Teresa in the finishing straight.

Excellent run from Alex Gounelas dipping under 30 minutes for the five miles with Dan Hall the fastest man although Dave Daugirda was pretty close: just eighteen seconds in it. All should be congratulated for completing the five mile course, everyone getting in well under the hour.

Results:		Time/h	cap/actual	
1	T Persighetti	50.51	2.00	48.51
2	J Few	50.52	14.30	36.22
3	C Wagh	51.13	15.40	35.33
4	A Lawson	51.22	16.00	35.22
5	R Brittle	51.33	9.30	42.03
6	J Hall	51.45	12.00	39.45
7	D Hall	51.54	19.30	32.24
8	A Gounelas	52.00	22.30	29.30
9	A Edwards	52.14	0.00	52.14
10	R Maggio	52.15	10.30	41.45

### 6<sup>th</sup> Assembly League race, Beckenham, 3 miles, Thursday 6<sup>th</sup> September 2012

Our lowest Assembly League turnout for the season, only 15 (8 men and 7 women) hence also our lowest men's finish for many years. Fortunately, the women's team managed to hold onto runners up position for the season thanks to another excellent run from Alex Gounelas – Clare Wagh, firstly arriving on time this year then having a good run. Alison Goodlad also flying on her half marathon training, completing the team.

Unfortunately the 'B' team just missed out on runners up by a mere two points. Steph. Baxter, Paula Steere and Jenni Hall completing the team for 3<sup>rd</sup> place on the day and third for the season.

Good to have the luxury of back up runner, Rachel Brittle just 4 scoring places behind Jenni with another consistent fine run.

Our men's teams, 9<sup>th</sup> 'A' and 8<sup>th</sup> 'B' on the day to finish 9<sup>th</sup>. and 7<sup>th</sup>. for the season.

A fine 21<sup>st</sup> place for Neil McGoun on the day backed up with Dave Daugirda's 55<sup>th</sup>, this time coming out on top again in his battle with Dan Hall at 58<sup>th</sup> place – Captain Adrian Frost completing the team in 67<sup>th</sup>. place.

First home for the 'B' team 'back to normal again' John Few, followed home by Steve Dunn turning out even though not in the best of health and fitness. Robert Maggio right up to his best mark and Glyn Sayer completing.

Young Steve Dunn drastically lowered the average age of the 'B' team to 60 years and 6 months – come on you youngsters, how about it!

Report by Tom Everitt

Results:

1	D Hale	Kent	16.29
2	P Sanders	Kent	16.32
3	W Lashley	Dulwich	16.38
19	A Gounelas	EM	17.18
21	N McGoun	EM	17.24
55	D Daugirda	EM	18.46
58	D Hall	EM	18.51
67	A Frost	EM	19.11
98	C Wagh	EM	21.33
101	J Few	EM	21.40
108	A Goodlad	EM	22.05
112	S Baxter	EM	22.20
116	P Steere	EM	22.33
125	S Dunn	EM	23.19
131	J Hall	EM	24.04
132	R Maggio	EM	24.17
142	R Brittle	EM	25.27
143	G Sayer	EM	26.59
152 runners			

Teams: Men A: 9<sup>th</sup>/12; men B: 8<sup>th</sup>/10  
Women A: 3<sup>rd</sup>/9; women B: 3<sup>rd</sup>/5

### Alison at the Bupa Great North Run (half marathon) Sunday 16<sup>th</sup>. September 2012

With 39,953 runners crossing the start line, our Alison Goodlad achieved an excellent chip time of 101 minutes and 56 seconds at this Newcastle venue – very well done Alison!

Second claimer, Richard Edmonds, achieved a pretty miraculous time also of 76 minutes and 17 seconds being well up at the sharp end in position 78, congratulations Richard!

The race was won by Kenyan, Wilson Kipsang in 59.06 secs. and the women's race was won by Ethiopian, Tirunesh Dibaba in 67.35 secs.

Jo Pavey, running for Great Britain came 5<sup>th</sup> in 69.20.

#### Club house training night

18<sup>th</sup> September 2012 re: Glyn Sayer

*We learned this evening from Tom that Glyn, one of our very long term club runners, is seriously ill in Whipps Cross Hospital – members expressed their concern and sent their wishes for his speedy recovery.*

## SUMMER HANDICAP – ASSEMBLY LEAGUE

Based on the six Assembly League races with the best five to count, only five members doing all six races and one doing five meant less people competing for the overall prizes.

The men's title was won by Robert Maggio doing all six and keeping ahead of the handicapper for the last four. Second place going to Dave Daugirda also doing all six but not quite ahead of the handicapper. Third place went to Martin Hockey despite only doing four but turning in very fast times. Glyn Sayer, the other man to do all six, but due to set-backs unable to race consistently.

The women's competition was won by Alison Goodlad, despite only doing five races, but maximum scoring in three on them. Second place went to Rachel Brittle with Alex Gounelas third – both doing all six races. Jenni Hall was fourth, doing five races.

#### MEN

1	Robert Maggio	78(6)	71
2	Dave Daugirda	66(6)	58
3	Martin Hockey	54(4)	54
4	Neil McGoun	52(4)	52
5	Dan Hall	51(4)	51
6	Glyn Sayer	50(6)	48
7	Adrian Frost	37(4)	37
8	Lance Tabraham	31(3)	31

#### WOMEN

1	Alison Goodlad	67(5)	67
2	Rachel Brittle	76(6)	65
3	Alex Gounelas	74(6)	64

4	Jenni Hall	60(5)	60
5	Mary Armitage	45(3)	45
6	Sasha Ackland	34(4)	34
7	Kate Malcolm	34(3)	34
8	Teresa Persighetti	33(3)	33
9	Louise Vacher	26(2)	26
10	Zoe Woodward	19(2)	19

Report by Tom Everitt

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