

# The Cockcrow July 2017



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### Editorial

With fixtures almost weekly it becomes difficult keeping up to date especially when the results sometimes take a week or two to appear. It takes a while to check results for records and PBs so if I miss any just tell me as it's no problem to rectify.

Another good month for the younger members with PBs galore. Plus Club Records being broken by George Wallace in HJ now ranked 3<sup>rd</sup> in UK U/13s. Esther Ibiama U/13 broke 75m club record and is currently 11<sup>th</sup> in UK. James Hanson U/17 200m club record. Clare Maurer broke Sen. PV record now ranked in top 10. Also nine YA were selected to represent Woking in the Schools Inter-Counties. Dominic Ariyo-Francis, George Hopkins and Lia Anderson selected for the English Schools Champs in Birmingham 5/6<sup>th</sup> July there are also 2 others awaiting for the final selection to be made. And not only YA breaking records Eleanor Gatrell 0/40 broke two at Chelmsford in the SAL meeting, one in SP the other in Ham.

There are two meetings results from week-ending 24 and 25<sup>th</sup> June owing to them appearing to late on Pof10 for me to copy down and sort out PBs etc that takes 2 or 3 hours so all will be in the next issue. Sometimes the results take a couple of weeks to appear. Sorry just un-avoidable.

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### Club Records

**Tori Rose Ellis** again broke the U/20 HT (4kg) with a throw of 30.69 at Harrow on the 28<sup>th</sup> May in the YDL. Tori Rose previously broke the record in the Surrey Champs on 14<sup>th</sup> May.

**George Wallace** U/13 jumped 1.56 in the HJ at Winchester in the YDL 18<sup>th</sup> June. Previous rec. was 1.55 held by George Hopkins.

**Esther Ibiama** U/13 ran 75m in 10.2 at same meeting. Previous rec. was 10.7 held by Lucy Eaton.

In the SAL meeting at Chelmsford on 17<sup>th</sup> June **James Hanson** U/17 ran 200m in 22.7 previous rec. was 22.8 held by R.Watson. **Clare Maurer** broke her own senior ladies PV rec. of 3.90 by vaulting 3.95.

**Eleanor Gatrell** 0/40 broke two of her existing records. In the Hammer threw 33.75 (Previous 33.55) and in the SP threw 12.22 (Previous 11.93).

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**PBeez** The following were achieved in the YDL held at Harrow on the 28<sup>th</sup> May - Edward Moore ran 100m in 12.2 + threw Dis.16.88; Kenneth Ball ran 100m in 12.8; Robert Pattison 100m in 11.5; James Hanson 100m in 11.4 + 200m in 22.9; Luke Fields 1500m in 5.08.6; Sam Webb 100m in 16.2 + jumped 1.60 in HJ; Jonathan Mackenzie jumped 5.39 in LJ; Oliver Kelly threw Ham. 25.24; Kavita Bhanot ran 3000m in 12.24.0; Maryanne Eve jumped 3.10 in PV + 4.78 in LJ; India Rapela threw Ham. 37.50; Tori Rose Ellis threw Ham 30.69; Emily Read ran 100m in 12.7 + 200m in 26.0; Katie Hopkins ran 1500m in 4.49.0; Ciara Mulvihill ran 1500s/c in 5.50.9; Charlotte Watson ran 3000m in 13.45.3; Henrietta Owen ran 300H in 52.2; Florence Baulk ran 1500s/c in 6.23.6; Lia Anderson threw Ham. 33.89 + Dis. 38.85; Sara Eve threw Jav. 27.28.

On the 31<sup>st</sup> May at Southampton Open meeting George Hopkins vaulted 3.16 and Peter Evans threw the Dis. 32.60.

On June 3<sup>rd</sup> in the Woking 5k Steve Tait ran 18.43 Andrew Collings 19.33 and Jacqui Musselwhite ran 23.25.

The following were achieved on 4<sup>th</sup> June in the Wessex lge. at Swindon -Edwin Rutswara ran 100m in 11.7 + 200m in 24.3; Jack Norman threw SP 6.16; Sam Webb 100H in 15.6 + jumped 5.05 in LJ; Jacob Stadie ran 300m in 42.0 + 1500m in 4.55.2; Robbie Thomson 200m in 28.1; Matthew Smith threw Dis. 17.64; Nial O'Shea ran 100m in 14.8; Christopher Batten ran 200m in 30.3 + threw Jav. 17.89; Martin Sunderland threw Dis. 10.20; Hayden Christian ran 200m in 30.1 + threw SP 6.08; George Wallace jumped 1.45 in HJ; Alex Bishop ran 800m in 2.41.4 + threw Jav 12.00; Raissa Mukadam ran 200m in 27.6; Ciara Mulvihill ran 300m in 46.4; Florence Baulk ran 80H in 16.3; Amelie Diaz ran 200m in 30.2; Amelia Francis ran 200m in 27.7; Poppy Walters ran 1500m in 5.35.2; Martha Collings ran 1500m in 4.54.8; Bori Szegedi ran 300m in 46.5 + 800m in 2.32.4; Katie Griffin ran 800m in 2.48.8 + 75H in 14.4; Kavita Bhanot ran 1500m in 5.35.4; Freya Kelly threw SP 8.04 + Dis; 16.99 + Jav. 8.28; Alicia Kapotwe threw Dis. 26.26; Jayne Oyeyemi 200m in 29.3; Ione Haggarty ran 1200m in 4.48.4; Amber Stone jumped 3.86 in LJ; Sophie Bodel ran 100m in 16.6 + 200m in 34.0 + threw SP 4.73; Amani Mukadam ran 100m in 14.9 + 200m in 31.7; Charis Mogan 100m in 15.0 + 1200m in 4.14.5.

In the Derby ½ marathon on 4<sup>th</sup> June James Gamble ran 1.19.59.

In the Dorking 10 mile on 4<sup>th</sup> June Stephen Blake ran 57.03; Simon Egan ran 58.14; James Thomas ran 60.36; Ben Gillam 65.05; Grant O'Leary 67.54; Miche Oldham ran 1.13.36; Clare Johnston 1.24.01; Fiona Bishop 1.24.06.

In the Surrey Masters T&F Champs on the 4<sup>th</sup> June Fiona Bishop ran 5000m in 24.51.85 and Paul Kelly threw 12.30 in the Weight Throwing Event.

In the Homewood 5k on 10<sup>th</sup> June Mike Waine ran 21.13 and Jonathan Mellor 24.10.

In the Woking 5k on 10<sup>th</sup> June Kavita Bhanot ran 21.53.

In the Surrey Schools Champs at Kingston on 10<sup>th</sup> June James Hanson ran 200m in 22.84; Sam Webb ran 100H in 15.26; Ryan Lees jumped 5.78 in LJ; Jamie Ballard jumped 5.41 in LJ Jake Webb threw Dis. 34.97; Gideon Jansen ran 80H in 12.81; Dominic Ariyo-Francis ran 200m in 23.16; George Hopkins threw Jav; 41.83 Tumi Araga ran 100m in 12.02; Emily Read ran 200m in 25.92; Amy Braid ran 200m in 26.4; Gemma Lees threw Dis.22.57; Lucy Eaton-Tribe jumped 5.01 in LJ.

Helena Corbin ran 800m in 2.13.48 at Watford on 14<sup>th</sup> June.

In the inter-county schools match at Basingstoke on the 17<sup>th</sup> June - George Hopkins jumped 3.25 in the PV; Robert Pattison ran 100m in 11.48; Gideon Jansen ran 80H in 12.80.

In the SAL match at Chelmsford on 17<sup>th</sup> June - James Spencer ran 800m in 2.06.6; James Hanson ran 100m in 11.2 + 200m in 22.7; Chris Dyson ran 5000m in 17.13.6; Simon Owen ran 5000m in 21.38.5; Andrew Collings ran 400H in 73.8; Amy Louise Brown jumped 3.91 in LJ; Jo Payne ran 3000m in 11.13.8; Florence Baulk ran 400H in 73.8 + 2000s/c in 8.52.8; Lesley Baulk ran 1500m in 8.30.4; Ciara Mulvihill ran 400m in 64.1 + 800m in 2.25.6; Lia Anderson threw ham 29.49; Henrietta Owen ran 100H in 19.6 + 400H in 72.9; Eleanor Gatrell threw SP 12.22 + Jav. 21.27; Kay Trinder 1500m in 5.58.3 +jumped 1.05 in HJ + jumped 6.46 in TJ; Clare Maurerran 400m in 66.2 + 100H in 16.8 + jumped 1.50 in HJ PLUS 3.96 in LJ + 10.97 in TJ and 3.95 in PV.

The following were achieved at Winchester in the lower YDL on 18<sup>th</sup> June - Thomas Verrills ran 200m in 25.9 Jacob Stadie 800m in 2.16.9; Leo Basi ran 300m in 50.6; Frank Townley 800m in 2.15.3; Shaun Waters 1500m in 5.05.6 + threw Jav.20.49; Gideon Jansen jumped 1.55 in HJ; Joshua Williams ran 1500m in 5.04.2; Jess Holmes jumped 2.97 in PV; Toby Webb threw Dis. 21.60 + SP 7.01; Dylan Campbell ran 200m in 28.9; George Robertson 100m in 13.8 + jumped 1.40 in HJ; Martin Sunderland ran 800m in 2.26.2; George Wallace jumped 1.56 in HJ; Amelia Francis ran 100m in 12.9 + 200m in 27.5; Alicia Kapotwe threw Dis. 27.48; Freya Kelly threw Dis. 20.94 + Ham. 29.78; Katie Griffin ran 1500m in 6.16.0;

Martha Collings ran 300m in 45.2 + 800m in 2.18.9; Asther Ibiama ran 75m in 10.3; Poppy Walters ran 300m in 44.2 + 800m in 2.30.8 + threw Jav. 26.21; Amani Mukadum ran 150m in 21.9; Sophie Bodel threw SP 5.20; Amber Stoner ran 150m in 23.0.

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## T&F Results

A very late result that I missed with apologies to Steve Beak who ran 11.9 in the 100m at Winchester in the SCVL on the 24<sup>th</sup> April. The interesting point is Steve's best 0/50 time is 11.8 that he achieved in 2015. Tough one Steve.

## YDL (Higher Age) 28<sup>th</sup> May Harrow

Sorry for late results but they did not appear before I closed the June issue. An excellent performance by every one and a big well done and thank you to all the Camberley athletes for making a good combined team. I have marked \* at side of name. Sorry for not knowing if any had a PB.

**U/20B** Joseph Foster\* 6<sup>th</sup> 100m in 12.2 + 1<sup>st</sup>B 400m in 56.9; Edward Moore 5<sup>th</sup>B 100m in 12.2 PB + 2<sup>nd</sup> in Dis. with 16.88 PB + 1<sup>st</sup> in Jav. with 28.20; Kenneth Ball n/s 100m in 12.8 PB, Robert Pattison n/s 100m in 11.5 PB + 5<sup>th</sup> 200m in 23.4; Aiden Jackson\* 5<sup>th</sup> 400m in 51.9 + 3<sup>rd</sup> in LJ with 5.92; George Simonds\* 5<sup>th</sup>B 400M in 60.0; Jonathan Mackenzie 3<sup>rd</sup> in HJ with 1.80 + n/s LJ with 5.39 PB; Oliver Kelly 2<sup>nd</sup> in SP with 8.77 + 2<sup>nd</sup> in Ham. with 25.24; Daniel Cook\* 3<sup>rd</sup> 1500m in 4.30.0.  
The 4x100r team was 4<sup>th</sup> in 4.30.10.

**U/17B** James Hanson 2<sup>nd</sup> 100m in 11.4 PB + 1<sup>st</sup> 200m in 22.9 PB; Thomas Handley\* 1<sup>st</sup>B 100m in 11.7 + 1<sup>st</sup>B 200m in 24.00; Ethan Kendall\* 4<sup>th</sup> 400m in 58.0 + 3<sup>rd</sup> 800m in 2.11.1; Luke Fields 5<sup>th</sup> 1500m in 5.08.6 PB; Jack Johnson\* 1<sup>st</sup> 3000m in 9.28.3; Ross Jackson\* 1<sup>st</sup>B 100H in 16.6; Owen Heard\* 1<sup>st</sup> 100H in 15.3 + 1<sup>st</sup> PV with 3.80 + 2<sup>nd</sup> in TJ with 11.45; Sam Webb n/s 100H in 16.2 PB + 1<sup>st</sup>B in HJ with 1.60 PB; Joe Foster\* 2<sup>nd</sup> B in TJ with 9.40; Tolu Ayo-Ojo\* 1<sup>st</sup>B in PV with 3.80 + 1<sup>st</sup>B in LJ with 5.40 + 1<sup>st</sup>B in Ham. with 18.58; Luke Mann\* 1<sup>st</sup> in HJ with 1.70 + 3<sup>rd</sup> in LJ with 5.63; Ben McLaren-Porter\* 1<sup>st</sup> in SP with 12.32 + 1<sup>st</sup> in Dis. with 38.78; Daniel Ingram\* 1<sup>st</sup>B in SP with 8.43 + 1<sup>st</sup>B in Dis. with 30.26 + 2<sup>nd</sup>B in Jav. with 37.30.  
The 4x100r team was 1<sup>st</sup> in 45.6 + the 4x400r team was 1<sup>st</sup> in 3.47.5.

**U/20G** Krisanne Jones 4<sup>th</sup> 100m in 13.3 + 3<sup>rd</sup>B 200m in 28.3; Aimee Mattingley 2<sup>nd</sup>B 100m in 13.4 + n/s 200m in 27.7; Raissa Mukadam n/s 100m in 13.1; Grace Hill n/s 100m in 14.7 + 4<sup>th</sup>B in LJ with 3.36; Emily Herbert\* n/s 200m in 28.7; Corinna Smith\* 5<sup>th</sup> 200m in 27.9 + 3<sup>rd</sup> in TJ with 9.27; Kavita Bhanot 2<sup>nd</sup> 3000m in 12.24.0 PB; Tori Rose Ellis 2<sup>nd</sup> in Ham with 30.69 PP (CR); Maryanne Eve 1<sup>st</sup> in PV with 3.10 PB + 1<sup>st</sup> in LJ 4.78 PB; India Rapela 4<sup>th</sup> in SP with 7.04 + 1<sup>st</sup>B in Dis. with 17.64 + 1<sup>st</sup> in Ham. with 37.50 PB (CR).  
The 4x100r team was 3<sup>rd</sup> in 54.1 + the 4x400r team was 4<sup>th</sup> in 4.37.6.

**U/17G** Emily Read 2<sup>nd</sup> 100m in 12.7 PB + 2<sup>nd</sup> 200m in 26.00 PB; Amy Braid 1<sup>st</sup>B 100m in 13.1 + 1<sup>st</sup>B 200m in 26.9; Sara Eve 2<sup>nd</sup>B in Jav. with 27.28 PB; Freya Challis 4<sup>th</sup> 300m in 45.6; Charlotte Watson 3<sup>rd</sup> 3000m in 13.45.3 PB; Kathryn Beckett\* 3<sup>rd</sup>B 300m in 44.9 + 1<sup>st</sup>B 800m in 2.30.7; Katie Hopkins 4<sup>th</sup> 800m in 2.34.4 + 1<sup>st</sup> 1500m in 4.49.0 PB; Ciara Mulvihill 1<sup>st</sup>B 1500m in 5.03.0 + 1<sup>st</sup> 1500s/c in 5.50.9 PB; Freya Smith\* 1<sup>st</sup> 80H in 12.9 + 6<sup>th</sup> in LJ with 3.88; Henrietta Owen 2<sup>nd</sup> 300H in 52.2 PB + 2<sup>nd</sup>B in TJ with 9.09; Florence Baulk 1<sup>st</sup>B 1500s/c in 6.23.6 PB + 3<sup>rd</sup> in HJ with 1.25 + 1<sup>st</sup> in Jav. with 38.88; Lia Anderson 2<sup>nd</sup> in SP with 12.71 + 1<sup>st</sup> in Dis. with 38.85 PB + 1<sup>st</sup>B in HT with 33.89 PB; Hannah Barratt 3<sup>rd</sup>B in SP with 6.06 + 3<sup>rd</sup> in DT with 17.40 + n/s HT with 21.49.  
The x100r team was 1<sup>st</sup> in 51.3 + the 4x300r team was 3<sup>rd</sup> in 3.08.2.

## Loughborough UK Javelin Carnival 30<sup>th</sup> May

Ryder Anderson finished 6<sup>th</sup> out of 12 in the Sen. men's event and threw a PB of 50.00. Well done Ryder. Florence Baulk finished 7<sup>th</sup> out of 15 in the U/20 event with 39.65.

## Southampton Open Graded 31<sup>st</sup> May

We had two members competing in this mid-week meeting both achieved a PB. George Hopkins was 1<sup>st</sup> U/15 in a mixed age PV event and vaulted 3.16 PB. Peter Evans was 2<sup>nd</sup> in the Dis. event and threw a 0/45 PB with 32.60.

## Rosenheim Lge. Epsom 31<sup>st</sup> May

Julie Barclay had a very busy evening combining training and racing against all ages. Julie ran the 800m in 2.53.5 had a drink (Water) before running the 400m in 7.93. Had another drink walking back to the start of the 100m that she ran in 17.4. Then a quick drink then off on a 1500m run to finish in 6.15.2. Then a disappointment set in slowly walking and drinking to the 200m start BUT! the runners were on their marks and the marksman had to say sorry. So Julie stood and watched Paul Watt run his first tack race since school days. Paul chose to run the 3000m to get the feeling and setting his target at 13min and was up on each of his 7 lap times running easily to finish in 11.56.12.

## Moulton 5 miles Open 3<sup>rd</sup> June (Newmarket)

Fiona Bishop left home early to compete in this yearly track walk event and finished 2<sup>nd</sup> lady in 50.03.88. Fiona was also presented with the G.Lester point trophy awarded to the veteran scoring most points among M/F during a summer series of 5 races.

## Surrey Masters Champs 4<sup>th</sup> June Epsom

We had five competing and came away with 8 gold's plus two silver medals also all five are now county champions in age groups events.

Steve Beak 0/50 was 1<sup>st</sup> in the 100m in 12.41 + 2<sup>nd</sup> in the 200m running 25.47; Phil Cross was 1<sup>st</sup> in the 800m in 2.59.35 + 2<sup>nd</sup> running the 5000m in 20.24.99; Kay Trinder ran in the 5000m event and came home as county champ by winning the gold in 21.11.8.

Fiona Bishop was a double winner was 1<sup>st</sup> in the 5000m in a PB time of 24.51.85 + was 1<sup>st</sup> in one of her favourite walking events the 3000W in 21.25.48.

Paul Kelly had a great day competing and winning all three events he entered, the Discus the Hammer also the Weight throwing. Paul threw the Ham 39.77, Discus 38.06, and then a PB in the WT with 12.30.

## Wessex League 4<sup>th</sup> June Swindon

U/11 Boys	75m	600m	LJ
Braeden Echie	11.6	2.04.6	3.38
Laith Freeman	11.6	xxxxxx	3.34
Dylan Lewis	11.8	1.58.6	xxxxx
Harry Hudson	12.5	2.21.3	2.90

U/11 Girls	75m	600m	LJ
Indiana Marshall	11.4	2.05.9	4.04
Annabell Thornton	11.8	2.11.4	3.54
Alexa Adams	12.4	2.21.5	2.97
Esme Evans	12.6	2.10.5	3.29
Luci Griffiths-Jones	13.0	2.18.6	3.15
Grace Hannan	13.3	2.28.8	xxxx
Alexis Brown	12.0	2.30.6	2.81

**U/20B** Kenneth Ball ran n/s 100m in 13.0 + 3<sup>rd</sup> 200m in 26.3.

**U/17B** James Hanson 1<sup>st</sup> 100m in 11.4 + 1<sup>st</sup> 200m in 23.0; Edwin Rutswara 1<sup>st</sup>B 100m in 11.7 PB + 2<sup>nd</sup>B 200m in 24.3 PB; Sam Webb 2<sup>nd</sup> 100H in 15.6 PB + 2<sup>nd</sup> in HJ with 1.60 + 3<sup>rd</sup> in LJ with 5.05 PB; Oliver Kelly 3<sup>rd</sup> in SP with 9.67 + 4<sup>th</sup> in Dis. with 21.7.

**U/15B** Dominic Ariyo-Francis 1<sup>st</sup> 200m in 23.5 Joseph McHugh 2<sup>nd</sup> 800m in 2.17.1; Jacob Stadie 3<sup>rd</sup> 300m in 42.0 PB + 3<sup>rd</sup> 1500m in 4.55.2 PB; Frank Towney 4<sup>th</sup> 300m in 45.5 + 1<sup>st</sup>B 1500m in 4.57.5; George Hopkins 80H in 13.4 + 3<sup>rd</sup> in HJ with 1.60 + 4<sup>th</sup> in Jav. with 39.40; Thomas Elliott 5<sup>th</sup> in SP with 7.66 + 3<sup>rd</sup> in Dis. with 21.53 + 1<sup>st</sup>B in Jav. with 23.82; Jack Norman 5<sup>th</sup>B in SP with 6.16 PB + 4<sup>th</sup>B in Dis. with 15.18.

**U/13B** Robbie Thomson 1<sup>st</sup> 100m in 13.5 + 1<sup>st</sup> 200m in 28.1 PB; Matthew Smith 1<sup>st</sup>B 100m in 14.7 + 3<sup>rd</sup> in SP with 6.13 + 2<sup>nd</sup> in Dis. with 17.64 PB; Niall O'Shea n/s 100m in 14.8 PB + 4<sup>th</sup>B 800m in 2.53.0; Christopher Batten 1<sup>st</sup> 200m in 30.3 PB + n/s LJ with 3.50 + 4<sup>th</sup> in Jav. with 17.89 PB; Hayden Christian 2<sup>nd</sup>B 200m in 30.1 PB + 2<sup>nd</sup>B in SP with 6.08 PB; Alex Bishop 6<sup>th</sup> 800m in 2.41.4 PB + 4<sup>th</sup>B in Jav. with



12.00 PB; Martin Sunderland 1<sup>st</sup> 1500m 5.03.7 + 2<sup>nd</sup>B in Dis. with 10.20 PB; George Wallace 3<sup>rd</sup> in HJ with 1.45 PB + 1<sup>st</sup> in LJ with 4.70; Archie Padua 2<sup>nd</sup>B in HJ with 1.20 + 2<sup>nd</sup>B in LJ with 3.92.  
The 4x100r team was 2<sup>nd</sup> in 58.2.

**U/20G Kavita** Bhanot 5<sup>th</sup> 1500m in 5.35.4 PB.

**U/17G Aimee** Mattingley 2<sup>nd</sup> 100m in 13.4 + 1<sup>st</sup> 200m in 27.6; Raissa Mukadam 1<sup>st</sup>B 100m in 13.3 + 1<sup>st</sup>B 200m in 27.6 PB; Ciara Mulvihill 2<sup>nd</sup> 300m in 46.4 PB + 1<sup>st</sup> 1500m in 5.03.3; Florence Baulk 4<sup>th</sup> 80H in 16.3 PB + 1<sup>st</sup> in Jav. with 35.89; Lia Anderson 2<sup>nd</sup> in SP with 13.18 + 1<sup>st</sup> in Dis. with 36.12; Katie Hopkins 1<sup>st</sup> 800m in 2.22.7 The 4x100r team was 1<sup>st</sup> in 53.5.

**U/15G** Victoria Smith 1<sup>st</sup> 100m in 13.3 + 1<sup>st</sup> 200m in 27.00; Amelia Francis 1<sup>st</sup>B 100m in 13.4 + 1<sup>st</sup>B 200m in 27.7 PB; Amelie Diaz n/s 100m in 14.7 + 3<sup>rd</sup> 200m in 30.2 PB + 3<sup>rd</sup>B in LJ with 3.35; Poppy Walters 3<sup>rd</sup> 300m in 45.1+3<sup>rd</sup>B 1500m in 5.35.2 PB + 4<sup>th</sup> in Jav. with 22.8; Martha Collings 1<sup>st</sup>B 300m in 46.2 + 1<sup>st</sup> 1500m in 4.54.8 PB; Bori Szegedi n/s 300m in 46.5 PB + 2<sup>nd</sup> 80m in 2.32.4 PB; Katie Griffin 1<sup>st</sup> 800m in 2.48.8 PB + 2<sup>nd</sup>B 75H in 14.4 PB + 5<sup>th</sup> in LJ with 3.70; Ella Barker 2<sup>nd</sup>B 800m in 2.43.9 + 2<sup>nd</sup> 75H in 12.7 Isobel Leikis 1<sup>st</sup> in HJ with 1.50; Freya Kelly 3<sup>rd</sup> in SP with 8.04 PB+3<sup>rd</sup>B Dis. with 16.99 PB+4<sup>th</sup>B in Jav. with 8.28 PB; Alicia Kapotwe 1<sup>st</sup>B in SP with 7.98 + 1<sup>st</sup> in Dis. with 26.26 PB.  
The 4x100r team was 1<sup>st</sup> in 55.7.

**U/13G** Jayne Oyeyemi 1<sup>st</sup> 100m in 14.1 + 1<sup>st</sup> 200m in 29.3 PB; Amani Mukadam 2<sup>nd</sup>B 100m in 14.9 PB + 2<sup>nd</sup>B 200m in 31.7 PB; Charis Mogan n/s 100m in 15.0 PB + 1<sup>st</sup> 1200m in 4.14.5 PB; Ione Haggarty n/s 100m in 16.0 PB+3<sup>rd</sup>B 1200m in 4.48.4 PB+4<sup>th</sup>B in SP with 3.90; Sophie Bodel n/s 100m in 16/6 PB+3<sup>rd</sup> 200m in 34.0 PB + 4<sup>th</sup> in SP with 4.73 PB; Amber Stoner 4<sup>th</sup> in LJ with 3.86 PB.  
The 4x100r team was 2<sup>nd</sup> in 62.7.

### **Southern Counties Champs 10<sup>th</sup> June Crystal Palace**

Helena Corbin competed in the senior ladies 1500m event running just out side her best of 4.38.07 that she ran in the Surrey Champs and today ran 4.39.68. Ian Horlock ran in the 400m to finish 6<sup>th</sup> in 53.75 also Richard Beak ran in the 400m and finished 3<sup>rd</sup> in 52.98. These were heats.

### **Surrey Schools Champs 10<sup>th</sup> June Kingston**

Dominic Ariyo-Francis has qualified for the English Schools Champs in Birmingham in July.

**F = Final**

**U/20B Harry** Binnion 3<sup>rd</sup> 110H in 16.41.

**U/17B** James Hanson 4<sup>th</sup> 200 **F** in 22.84; Sam Webb 6<sup>th</sup> 100H **F** in 15.26 PB; Ryan Lees 7<sup>th</sup> in LJ with 5.78; PB, Jamie Ballard 10<sup>th</sup> in LJ with 5.41 PB; Jake Webb 4<sup>th</sup> in Dis. with 34.97 PB.

**U/15B** Dominic Ariyo-Francis 1<sup>st</sup> 200 **F** in 23.16 PB; Thomas Elliott 10<sup>th</sup> in Dis. with 23.57; George Hopkins 1<sup>st</sup> in Jav. with 41.83 PB; Gideon Jansen 1<sup>st</sup> 80H **F** in 12.81.

**U/20G Aimee** Mattingley 3<sup>rd</sup> 100m in 13.68.

**U/17G Tumi** Araga 4<sup>th</sup> 100**F** in 12.02 PB; Emily Read 2<sup>nd</sup> 200**F** in 25.92 PB; Amy Braid 3<sup>rd</sup> 200**F** in 26.4 PB; Amy Mattingley 6<sup>th</sup> 200**F** in 27.03; Katie Hopkins 1<sup>st</sup> 800**F** in 2.19.63; Ciara Mulvihill 7<sup>th</sup> 1500m in 5.01.05; Lia Anderson 2<sup>nd</sup> in Dis. with 36.29; Gemma Lees 5<sup>th</sup> in Dis. with 22.57 PB; Florence Baulk 3<sup>rd</sup> in Jav. with 35.95.

**U/15G** Victoria Smith 4<sup>th</sup> 100**F** in 13.00; Amelia Francis 5<sup>th</sup> 100**F** in 13.01; Martha Collings 5<sup>th</sup> 1500m in 4.56.87; Poppy Walters 8<sup>th</sup> in LJ with 4.52; Lucy Eaton-Tribe 1<sup>st</sup> in LJ with 5.01 PB; Alicia Kapotwe 2<sup>nd</sup> in Dis. with 24.10.

### **Vets League 5<sup>th</sup> June Hillingdon**

Julie Barclay running for BA and on the worst evening of 2017 gale force winds and torrential rain. Worse still I was stuck on the M25 for 1.25 hours twiddling my poor thumbs and arrived after Julie had run the

800m in 3.00.1 (1<sup>st</sup> 0/50). The wind and rain continued although we were under cover UNTILL it was time for Julie to run 3000m. The weather did not matter. Lap times good but a Hillingdon runner ran alongside Julie (on the white line) for 7 laps then suddenly whoof like a storm they both broke with 150 to go absolutely brilliant racing neither giving an inch. But Julie's leg strength held the answer with 30m to tape just found a fantastic finish. A truly wonderful performance hoping for 13min and ran 12.38.10. Then the rain STOPPED and wind faded!

### **Vets League 12<sup>th</sup> June Basingstoke**

Steve Beak won both ran the 100m in 12.5 and 400m in 57.9; Peter Evans was 2<sup>nd</sup> in HJ with 1.50 and threw SP 9.11 + Ham. 16.80; Paul Kelly was 4<sup>th</sup> in SP with 8.70 + 2<sup>nd</sup> in Ham. with 37.83.

### **Watford Open 14<sup>th</sup> June**

Helena Corbin ran in one of the many 800m graded races and ran a PB time of 2.13.48. Helena has run 2.11.44 indoors in the BUSC at Sheffield in Feb. 2012.

### **Schools Inter-County 17<sup>th</sup> June Basingstoke**

We had nine young members representing Woking at this fixture - Dominic Ariyo-Francis was 1<sup>st</sup> 200m in 23.9 Robert Pattison 4<sup>th</sup> 100m in 11.48 PB; Gideon Jansen 4<sup>th</sup> 80H in 12.8 PB; George Hopkins 2<sup>nd</sup> in PV with 3.25 in PB; Isobel Leikis 6<sup>th</sup> in HJ with 1.54; Lucy Eaton-Tribe 10<sup>th</sup> in LJ with 4.64; Alicia Kapotwe 4<sup>th</sup> in Dis. with 25.85; Emily Read 1<sup>st</sup> 200m in 26.03; Katie Hopkins 2<sup>nd</sup> 800m in 2.14.93.

### **SAL 17<sup>th</sup> June Chelmsford**

Although the very high temperature was the main factor there were some outstanding performances resulting in club records being broke plus many PBs. In between events the athletes could find shaded areas but not for Neil and Helen Henderson, Dave and Gina Middleton, Christine Chambers, Dave Clarke. Dave Hunt and Nick Phipps who were either out in the middle of the arena or sat at the finish line all 4 hours and their experience knew it was sun cream time or suffer.

Promoted last season so better opposition was expected but determined to learn bought out many individual PBs. Both managers Kay Trinder and Hrvoje Borzic had a teams of 15 each and all trying to cover events to boost our position. A great effort by all some with no previous experience of the event.

**The Ladies** Tumi Araga finished 2<sup>nd</sup> in 100 and 200m Amy Braid partnered Tumi in the 100. Amy Louise Brown ran the 200 with Tumi and also a LJ event. Ciara Mulvihill ran PBs in 800m and 1500m. Ciara had a nasty fall in the last event the s/c and had to retire. Clare Maurer was really busy not only breaking her club PV record but achieving PBs in 400m, 100H, HJ, LJ, and TJ.

Florence Bauk ran 800m, 400H, and her favourite Javelin then finished the day running the 2000s/c. Jo Payne ran the 3000m in a PB time. Lesley Bauk scored in the 1500m.

Manager Kay Trinder gathered more valuable points in 1500m, 3000m, HJ, PV, and TJ. Henrietta Owen ran PBs in the 100H and 400m. Tori Rose Ellis threw the hammer alongside Eleanor Gatrell who also threw Jav. SP and Discus plus the SP. Lia Anderson was 1<sup>st</sup>B in the SP and 3<sup>rd</sup> in Discus. India Rapela kept in readiness with 3 n/s events SP, Dis. and Hammer.

**Full Results Tumi** Araga 2<sup>nd</sup> 100m in 1.8 +2<sup>nd</sup> 200m in 26.00; Amy Louise Brown 3<sup>rd</sup>B 200m in 28.5 + 3<sup>rd</sup>B in LJ with 3.91 PB + n/s 100m in 13.4; Amy Braid 1<sup>st</sup>B 100m in 13.1 + n/s 200m in 26.8; Jo Payne 3<sup>rd</sup> 3000m in 11.13.8 PB; Ciara Mulvihill 4<sup>th</sup> 400m in 64.1 PB + 3<sup>rd</sup> 800m in 2.25.6 PB; Lesley Bauk 4<sup>th</sup>B 1500m in 8.30.4 PB Tori Rose Ellis 2<sup>nd</sup>B in the Ham. with 29.38; Henrietta Owen 1<sup>st</sup>B 100H in 19.6 PB + 3<sup>rd</sup> 400m in 72.9 PB; Eleanor Gatrell 1<sup>st</sup> in SP with 12.22 PB + 2<sup>nd</sup>B in Dis. with 32.52+ 3<sup>rd</sup> in Ham. with 33.75; Lia Anderson 1<sup>st</sup>B in SP with 11.21 + 3<sup>rd</sup> in Dis. with 35.58 + n/s Ham. 29.49 PB; Clare Maurer 3<sup>rd</sup>B 400m in 66.3 PB + 4<sup>th</sup> 100H in 16.8 PB + 3<sup>rd</sup> in HJ with 1.50 PB plus 2<sup>nd</sup> in PV with 3.95 PB (Club Record) + 4<sup>th</sup> in LJ with 3.96 PB 2<sup>nd</sup> in TJ with 10.97 PB.

Florence Bauk 3<sup>rd</sup>B 800m in 3.07 + 3<sup>rd</sup>B 400H in 73.8 PB +3<sup>rd</sup> 2000s/c in 8.52.8 PB+ 1<sup>st</sup> in Jav. with 332.00; Kay Trinder 4<sup>th</sup> 1500m in 5.58.3 + 4<sup>th</sup>B in HJ with 1.05 PB + 3<sup>rd</sup>B in PV with 2.20 + 3<sup>rd</sup> B in PV with 2.20 + 3<sup>rd</sup>B in TJ with 6.46 PB. India Rapela n/s SP with 6.79 + n/s Dis. with 15.37 + n/s in Ham with 30.44.

The 4x100r team was 2<sup>nd</sup> in 51.2 + the 4x400r team was 4<sup>th</sup> in 4.52.6.

**The Men** James Hanson had a very successful 100m and 200m running PBs and also breaking the U/17 200m club record. Richard Beak ran 100m, 400m and jumped a PB in the TJ. Kenneth Ball ran n/s 100m and 200m; Edwin Rutswara the 200m with James. Ian Horlock teamed up with Richard in the 400m Ian's leg in the 400r was a classic. Nick Phipps scored in the PV. James Spencer ran a PB in 800m and then the 1500m with Chris Dyson who also ran the long 5000m along with Simon Owen who achieved a PB. Simon then ran the 2000s/c with Andrew Collings who had previously run a PB in the 400H. Paul Kelly and Peter Evans did the Discus and Hammer. Peter also did the SP and HJ. Ryder Anderson did his favourite Javelin event with Roy Chambers who also managed in the sunny arena the 110H, HJ, PV, LJ, and SP. Team manager Hrvoje Borzic was scoring points the in 800m, 110H, 400H, LJ and TJ.

**Full Results** James Hanson 2<sup>nd</sup> 100m in 11.2 PB + 2<sup>nd</sup> 200m in 22.7 PB and C.R; Richard Beak 2<sup>nd</sup>B 100m in 11.6 + 4<sup>th</sup> 400m in 52.5 + 4<sup>th</sup> in TJ with 9.73 PB; Kenneth Ball n/s 100m in 13.0 + n/s 200m in 26.3 Edwin Rutswara 2<sup>nd</sup>B 200m in 24.5; James Spencer 4<sup>th</sup> 800m in 2.06.6 PB + 3<sup>rd</sup>B 1500m in 4.45.4; Ian Horlock 4<sup>th</sup>B 400m in 53.2 Nick Phipps 1<sup>st</sup>B in PV with 1.90; Chris Dyson 4<sup>th</sup> 1500m in 4.38.5 + 2<sup>nd</sup> 5000m in 17.13.6 PB; Ryder Anderson 1<sup>st</sup>B in Jav. 49.49; Paul Kelly 3<sup>rd</sup>B in Dis. 29.02+4<sup>th</sup> in Ham. with 34.09; Simon Owen 4<sup>th</sup>B 2000s/c 9.29.8 + 4<sup>th</sup>B 5000m in 21.38.5 PB; Andrew Collings 3<sup>rd</sup>B 400H in 73.8 PB + 4<sup>th</sup> 2000s/c in 8.01.0; Peter Evans 4<sup>th</sup> in HJ 1.50 + 3<sup>rd</sup>B in SP 9.89 + 4<sup>th</sup> in Dis. 30.88 + 3<sup>rd</sup>B in Ham. 20.30; Roy Chambers 4<sup>th</sup> 110H in 23.5 + 3<sup>rd</sup>B in HJ with 1.40 + 2<sup>nd</sup> in PV with 1.90 + 2<sup>nd</sup> in LJ with 5.59 + 4<sup>th</sup> in SP with 10.01 + 1<sup>st</sup> in Jav. with 52.12; Hrvoje Borzic 4<sup>th</sup>B 800m in 3.49.5 + 2<sup>nd</sup>B 110H in 21.9 + 3<sup>rd</sup> 400H in 67.5 + 4<sup>th</sup>B in LJ with 2.55 + 4<sup>th</sup>B in TJ with 8.11.  
The 4x100r team was 4<sup>th</sup> in 48.5 + the 4x400r team was 3<sup>rd</sup> in 3.51.4.

### **YDL (Lower) 18<sup>th</sup> June Winchester**

**U/15B** Thomas Verrills 3<sup>rd</sup> 100m in 12.4 + 4<sup>th</sup> 200m in 25.p PB + 3<sup>rd</sup> in LJ with 4.52; Daniel Manning 3<sup>rd</sup>B 100m in 13.2 + 3<sup>rd</sup>B 200m in 26.4 + 2<sup>nd</sup>B in LJ with 4.11; Jacob Stadie 3<sup>rd</sup> 300m in 43.8 + 1<sup>st</sup>B 800m in 2.16.9 PB; Leo Basi 5<sup>th</sup>B 300m in 50.6 PB + n/s 800m in 2.54.1; Jess Owen 1<sup>st</sup> in PV with 2.47; Toby Webb 6<sup>th</sup> in SP with 7.01 PB + 5<sup>th</sup> in Dis. with 21.60 PB; Frank Townley 1<sup>st</sup> 800m in 2.15.3 PB Joshua Williams 4<sup>th</sup>B 1500m in 5.04.2; Shaun Waters 3<sup>rd</sup> 1500m in 5.05.6 PB + 6<sup>th</sup> in Jav. with 20.49 PB; Gideon Jansen 1<sup>st</sup> 80H in 12.8 + 1<sup>st</sup> in HJ with 1.55 PB.  
The 4 x 300r team was 2<sup>nd</sup> in 3.05.5.

**U/13B** Ashton Gordon 3<sup>rd</sup> 100m in 14.4 + 1<sup>st</sup>B in LJ with 4.03; George Robertson 2<sup>nd</sup>B 100m in 13.8 PB + 1<sup>st</sup>B in HJ with 1.40 PB; Dylan Campbell n/s 100m in 14.3 + 3<sup>rd</sup>B 200m in 28.9 PB; Martin Sunderland 2<sup>nd</sup> 80m in 2.2.26.2 PB Archie Padua n/s 100m in 15.00; Matthew Smith 3<sup>rd</sup> 200m in 29.7 + 4<sup>th</sup> in SP with 5.96; Daniel Wass 3<sup>rd</sup>B 800 in 2.43.7 George Wallace 1<sup>st</sup> in HJ 1.56 PB + 1<sup>st</sup> LJ with 4.59.  
The 4x100r team was 1<sup>st</sup> in 55.0.

**U/15G** Amelia Francis 1<sup>st</sup> 100m in 12.9 PB + 1<sup>st</sup>B 200m in 27.9 PB; Victoria Smith 1<sup>st</sup>B 100m in 13.2 + 2<sup>nd</sup> 200m in 27.5 Amelie Diaz n/s 100m in 14.3; Romy Hewitt n/s 100m in 14.1 Neve Bradley 4<sup>th</sup>B in HJ with 1.15 + 1<sup>st</sup>B in LJ with 4.39; Poppy Walters 2<sup>nd</sup> 300m in 44.2 PB + 1<sup>st</sup>B 800m in 2.30.8 PB + 4<sup>th</sup> Jav. with 26.21 PB; Martha Collings 1<sup>st</sup>B 300m in 45.2 PB + 1<sup>st</sup> in 800m in 2.18.9 PB; Bori Szegedi 4<sup>th</sup> 1500m in 5.38.3 Lucy Eaton-Tribe 1<sup>st</sup> in LJ with 4.74; Katie Griffin 4<sup>th</sup>B 1500m in 6.16.0 PB + 5<sup>th</sup> 75H in 15.3 Isobel Leikis 1<sup>st</sup> in HJ with 1.55; Alicia Kapotwe 3<sup>rd</sup> in SP with 8.08 + 1<sup>st</sup> Dis. with 27.48 PB; Freya Kelly 1<sup>st</sup>B in SP with 7.95 + 1<sup>st</sup>B in Dis. with 20.94 PB + 1<sup>st</sup> in Ham. with 29.78 PB.  
The 4x100r team was 1<sup>st</sup> in 53.4 + The 4x300r team was 2<sup>nd</sup> 3.07.6.

**U/13G** Amani Mukadum 4<sup>th</sup> 75m in 11.6 + 3<sup>rd</sup> 150m in 21.9 PB; Esther Ibiama 1<sup>st</sup>B 75m in 10.3 PB Sophie Bodel n/s 75m in 12.7 + 6<sup>th</sup> in SP with 5.20 PB; Amber Stoner 4<sup>th</sup>B 150m in 23.0 PB + 4<sup>th</sup> in LJ with 3.82; Charis Mogan 3<sup>rd</sup> 800m in 2.38.7 + 4<sup>th</sup>B in LJ with 3.29.  
The 4x100r team was 2<sup>nd</sup> in 59.2.

### **Vets League 19<sup>th</sup> June Battersea**

Julie Barclay and Paul Watt both ran for their 2<sup>nd</sup> claim club BA. Paul having his second track race was trying the shorter distance of 1500m and said his legs felt like jelly and weird while standing on the start line an experience he had never felt before but slowly got into his stride and got into the race itself after a



lap and finished 6<sup>th</sup> in 5.42.3. And now wants another 1500 liking the idea of running against runners of his age group. Julie ran the 400m and came 2<sup>nd</sup> in 77.2. Then the 1500 which was more to her liking and had a close race with the girl that beat her in the 400. Julie finding herself in the lead at the bell just kept pushing hard to win in 5.54.8.

### **BMAF Champs 24/25<sup>th</sup> June Birmingham**

Steve Beak competed in and the 100m and 200m. Steve finished the 100m in 3<sup>rd</sup> place but the 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> was all equally clocked 12.05. That takes some working out. In the 200m Steve wanted that gold medal and successfully achieved his target by winning in 24.82.

Fiona Bishop entered both the 3000w and 5000w events and came away as the winner in both events with times of 20.02.27 in the 3000w and 34.01.59 in the 5000w.

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### **Road Results**

#### **The Hurt ½ Marathon 3<sup>rd</sup> June**

Phil Walker was our only member running out of the 206 that ran and ran 2.04.34 to finish 35<sup>th</sup>.

#### **The Derby ½ Marathon 4<sup>th</sup> June**

James Gamble on a visit to parents and had previously entered the local ½ marathon event and knowing the area helped him run a PB time of 1.19.59 to finish 27<sup>th</sup> out of the 2780. Great run James.

#### **The Dorking 10 Mile 4<sup>th</sup> June**

A very good turnout of 5 ladies and 10 men for this 3<sup>rd</sup> race in the Surrey road series of seven. A very warm day and with no lack of a strong wind. Our first home was Stephen Blake in 14<sup>th</sup> place in a PB time of 57.03 followed by 1<sup>st</sup> 0/40 (18<sup>th</sup> o/a) Simon Egan and running a PB time 58.14. James Thomas copying Stephen and Simon also ran a PB of 60.36 to finish 36<sup>th</sup>. Juan Gonzalez backed them up in 65<sup>th</sup> spot in 64.12. Ben Gillam got in the PB act with a very good time of 65.05 to finish 72<sup>nd</sup>. Steve Tait always reliable for competitive club events today finished 78<sup>th</sup> in 65.40 followed by Jaydee Peters in Steve's slip stream almost clipping his heels and finished 3<sup>rd</sup> lady (1<sup>st</sup> 0/35) finishing 79<sup>th</sup> in 65.54.

Grant O'Leary who was in the 100<sup>th</sup> place in a PB time of 67.54. Then three ladies with Laura Hales 2<sup>nd</sup> 0/40 (169<sup>th</sup> o/a) leading them home in 1.12.25 followed by Miche Oldham 3<sup>rd</sup> 0/40 and in a PB time of 1.13.36. Miche now rejoined us has added strength to the ladies already strong squad. Welcome back Miche.

Clare Johnston running alongside Kim Warner for a chat and working hard hoping to achieve a PB and successfully obtained it by running 1.24.01 and finished 310<sup>th</sup>. Kim was 311<sup>th</sup> in 1.23.59 a great pace setter for Clare and not running too fast.

In their wake was Fiona Bishop who was 313<sup>th</sup> in a 0/55 PB of time of 1.24.06. Mike Warner who can still manage these tough courses quite easy and any distance is also no problem today Mike was 3.50<sup>th</sup> in 1.27.33 Malcolm Vaughan finished 3<sup>rd</sup> 0/70 and (417<sup>th</sup> o/a) in 1.37.34. Next Surrey series event June 18<sup>th</sup> Richmond 10k. Hoping to see you all there.

#### **Yateley 10k Series (2 of 3) 7<sup>th</sup> June**

Laura Hales a yearly regular of the event and past winner in her age group many times was 2<sup>nd</sup> 0/45 by 11 seconds and ran 43.57 to finish 118<sup>th</sup>. Fiona Bishop ran 49.20 to finish 2<sup>nd</sup> 0/55 (286 o/a) then Claire Johnston who was 318<sup>th</sup> in 50.08 followed by Steve Hill who ran a PB time of 52.20 in 379<sup>th</sup> spot. Today 864 finished.

#### **VAC 5mile walk Champs 14<sup>th</sup> June Battersea Park**

Fiona Bishop finished 1<sup>st</sup> 0/55 (2<sup>nd</sup> lady) in 53.01.

#### **BMAF 5k Walk 17<sup>th</sup> June Horwich**

Fiona Bishop headed north the previous day to compete and also while there ran in the local 5k park run in the morning. Today Fiona was 6<sup>th</sup> lady (1<sup>st</sup> 0/55) in the road walk in 32.07.

## **Richmond 10k 18<sup>th</sup> June**

The weather was very/very hot and had a big effect on many of the results among the 557 that finished. It was a contributing factor to our 11 running with not one running a PB. Our first man home was Simon Egan and our first lady Jaydee Peters. The weather being main factor today with the shaded sections very scarce the course was open to the blazing sunshine most of the way especially the final 1.5k. But all our 11 were running to suit conditions well aware of the circumstances that can happen.

**Full Results** Simon Egan 3<sup>rd</sup> 0/40 (13<sup>th</sup> o/a) in 34.53 Justin Mitchell 23<sup>rd</sup> in 35.40; James Thomas 40<sup>th</sup> in 36.47 Juan Gonzalez 57<sup>th</sup> in 37.38; Jaydee Peters was 2<sup>nd</sup> 0/35 110<sup>th</sup> o/a) in 39.53 Steve Tait 131<sup>st</sup> in 40.47; Laura Hales 238<sup>th</sup> in 45.31 Julie Barclay 284<sup>th</sup> in 47.08 Paul Watt 312<sup>th</sup> in 48.16 Louise Mills 333<sup>rd</sup> in 49.30 Mike Warner 373<sup>rd</sup> in 51.21 Claire Johnston 401<sup>st</sup> in 53.10.

## **Portsmouth Lakeside 5k 28<sup>th</sup> June**

Both Julie Barclay and Paul Watt returned to the event for this month's race having run it on the 25<sup>th</sup> April. This being a series of 5 during the summer. Both pleased with their times today. Last time Paul ran 22.34 and Julie 22.00. Strange things happen in Portsmouth their times this month were better but almost exactly the same time difference (Pretend) Paul ran 20.57 Julie 21.24. I make that 36 seconds apart again Paul was 2<sup>nd</sup> 0/50 (60<sup>th</sup> o/a) and Julie 1<sup>st</sup> 0/50 (66<sup>th</sup> o/a).

## **Runnede Runners 5mile 29<sup>th</sup> June**

Mike Waine was our only runner out of the 47 that ran starting off with a H/C of 25 min 25s Mike managed to catch 29 up by running 33.42 that is a good time over this very undulating course. Mike was easily the fastest 0/60.

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## **Off Road Results**

### **Rushmoor 5k June 3<sup>rd</sup>**

With Frimley cancelled the entry was well above normal the total being 629 but still no problem parking. We had two running, Valerie Mills who almost weekly enjoys the different courses and is a frequent runner here and today finished 301<sup>st</sup> in 28.29. Malcolm Vaughan nipped along from Frimley to his nearest park run and is also no stranger to this event today ran 29.21 to finish 321<sup>st</sup>.

### **Guildford 3<sup>rd</sup> June**

A great run by Miche Oldham over her local tough park and finished 3<sup>rd</sup> lady (29<sup>th</sup> o/a) in 20.20. This is Miche's best time over the course since 2010 when she ran 20.00. Well done Miche. Today 475 ran.

### **Bushy 3<sup>rd</sup> June**

Christine Flynn still running her regular almost weekly PBs today ran 27.14 just one second outside her best of 27.13 that she ran two weeks ago. Today she finished 609<sup>th</sup>. Mary Raleigh was 859<sup>th</sup> in 30.13. Today 1242 ran.

### **Harrogate 3<sup>rd</sup> June**

Shaun Waters tried the local park run while on a week-end visit and finished 47<sup>th</sup> out of the 452 that ran in 21.19.

### **Woking 3<sup>rd</sup> June**

A good turnout of 13 among the 346 that ran. Justin Mitchell back from his running holiday in the USA and quickly acclimatised to finish 4<sup>th</sup> in 17.53. James Spencer continues to run really well and was 5<sup>th</sup> in 18.06. Steve Tait often travels the local runs and returned today to run a PB time of 18.43 to enter the funnel in 11<sup>th</sup> place. Andrew Collings who's training is not on a regular schedule owing to his other club commitments but today got fired-up and thought about time for a PB and was pleased when he did by running 19.33PB to finish 16<sup>th</sup>. Jo Payne returning to form and up front where she belongs. Jo is holder of the 0/35 course record of 19.19 and today ran 19.47 and finished 1<sup>st</sup> lady (23<sup>rd</sup> o/a). Then Sally Hitchings in 46<sup>th</sup> place and just 12 seconds off her best today ran 21.54.

Henrietta Owen in 49<sup>th</sup> spot running 22.18 and was so near her best of 22.04. Mary Tibbotts was 62<sup>nd</sup> with a time of 23.09 that helped Jaqui Musselwhite keep close to Mary hoping to improve her time and

succeeded by running a PB of 23.25 in 70<sup>th</sup> place. And with pace setter Laura Hales well and truly keeping Jaqui moving and no doubt talking every step but did a great job. Laura ran 23.26 in 71<sup>st</sup> spot. Jimmy Brown having had a bad chest infection and slowly trying to get going again today ran 25.52 in 123<sup>rd</sup> place. Barbara Rodriguez finished 129<sup>th</sup> plus 1<sup>st</sup> 0/60 in a satisfying time of 26.02 just 3 ticks to run sub 26 go for it Barbara.

### **South Africa Comrades Ultra Marathon (56 miles) 4<sup>th</sup> June**

This regarded as the toughest ultra-run ever although thousands enjoy the challenge yearly and this year 17031 started and 13852 finished and our Geoff Lay was among them wearing his Orange and Green vest. Geoff managed the heat ok and beating the many cut-off times and hazards along 56 miles. Each year the direction is alternated this year was UP from Durban to Pietermaritzburg 86.73k. Geoff earned a Bronze medal by finishing under 11.00hrs running 10hrs 28min 38sec and was 5929 (601<sup>st</sup> 0/50). There is a 12hrs. complete cut-off time.

### **Endure 24Hrs Relay 4th June Reading**

Karen Cave was in a mixed team of five. The course is a 5mile loop with each member running in turn Karen completed 7 laps = 35miles. Lap times of 42.37, 44.41, 45.03, 50.40, 57.01, 50.01 and 50.41. The team ran 31 laps.

### **Heineken Race to the Tower 10<sup>th</sup> June Stow on the Wold (Cotswold)**

This is a 56 mile event that you can run on consecutive days or in one go. Richard Braid and Peter Doveren both decided to run it in one go both running together the whole way for company. Richard was 44<sup>th</sup> Peter 45<sup>th</sup> both recorded 11hrs 44.53. Today 329 ran.

### **Rushmoor 10<sup>th</sup> June**

Out of the 382 we had three running, two guests and four supporters. Jaydee Peters finished 2<sup>nd</sup> lady (18<sup>th</sup> o/a) in 19.16 just 16 sec outside her course best. Catching up back markers on second lap can lose time but Jaydee was happy as she then ran home along the canal path to Knaphill. Julie was next to finish cheered on by mum Vera and Paul Watt both sitting casually on a park bench to see Julie finish 5<sup>th</sup> Lady (51<sup>st</sup> o/a) in 21.46.

Tom Peters had the opportunity to run so no hesitation after warming up set off among the 382 ran well and safely along the canal path on the second lap among back markers to finish 84<sup>th</sup> in 23.43. Our guests were Julies sisters Vera and Jan who run at various park runs in the Croydon area but their first time at Rushmoor. Again cheered on by mum and Paul. Jan lead on first lap then Vera got alongside to finish 173<sup>rd</sup> in 26.53 and Jan 177<sup>th</sup> in 27.00. Then joined mum Vera on the park bench, both ran well and promised to return.

### **Bushy 10<sup>th</sup> June**

Christine Flynn enjoying her favourite 5k park run today was 593<sup>rd</sup> in 27.32 with Mary Raleigh in 759<sup>th</sup> running 29.36. A total of 1151 ran today.

### **Markeaton 10<sup>th</sup> June**

Valerie Mills visiting the area over the week-end and has run this course before and today finished 176<sup>th</sup> in 28.33. Today 346 ran.

### **Guildford 10<sup>th</sup> June**

Daniel McCrohan finished well up the sharp end of the 515 that ran to finish 22<sup>nd</sup> in 20.40.

### **Hatfield Forest 10<sup>th</sup> June**

Susanne and Tim Cooper although giving up their Saturday 5k organising did not give up their run on a week-end sight seeing expedition around the forest as they found time for a run in the local park run for the first time. Tim finished 35<sup>th</sup> in 23.26 and Susanne 73<sup>rd</sup> in 26.10.

### **Frimley Lodge 10<sup>th</sup> June**

Malcolm Vaughan back to his favourite 5k after a couple of week's disruption. Today 547 ran with Malcolm finishing 176<sup>th</sup> 28.33.

## **Dallas 10<sup>th</sup> June**

Ben Gillam on holiday took the local 5k in and finished 3<sup>rd</sup> and equalling his PB time of 19.06.

## **Homewood 10<sup>th</sup> June**

This tough course had 112 excepting the challenge including four of our members. Plus two ran course PBs. Mike Waine was 5<sup>th</sup> (1<sup>st</sup> 0/60) in a PB time of 21.13. Luke Fields 6<sup>th</sup> in 21.39; Jonathan Mellor 21<sup>st</sup> and also running a PB time of 24.10; David Sigerson making his debut over the course finished 40<sup>th</sup> in 26.23.

## **Woking 10<sup>th</sup> June**

We had sixteen running and Kavita Bhanot was our only one to run a PB. Simon Egan making a rare appearance was our first home in 2<sup>nd</sup> place in a time of 17.00. Clayton Payne just 6 sec outside his best was 4<sup>th</sup> in 17.33. James Spencer always in the first 10 was 5<sup>th</sup> today in 18.18.

Steve Tait was in 9<sup>th</sup> spot in 19.09. Jo Payne hoping to better last weeks' time of 19.47 was unable to get a clear run through the wooded section on lap 1 and 2 but not disappointed to run 20.10 and finish 1<sup>st</sup> lady (17<sup>th</sup> o/a). Phil Cross back to his local after touring around today was 22<sup>nd</sup> in 20.56. Ben Rolfe on Phil's tail was 26<sup>th</sup> in 21.12. Kay Tinder just one place adrift of Ben and three seconds in 21.15 and was 27<sup>th</sup>.

Then our PB girl Kavita Bhanot who was 40<sup>th</sup> in 21.56. Next came Laura Hales who ran 22.13 to finish 44<sup>th</sup>. Sally Hitchings followed Laura into funnel in 4<sup>th</sup> place and in a time of 22.19 and unable to get any closer was Jacob Stadie was 46<sup>th</sup> in 22.20. Duncan Rolfe was 59<sup>th</sup> in 23.17 with Bori Szegedi 68<sup>th</sup> in 24.13. Jimmy Brown jogging around after chest infection just as an exercise was 128<sup>th</sup> in 26.43. Lesley Baulk was our final runner and was 230<sup>th</sup> in 32.16 well below par for Lesley.

## **Rushmoor 5k June 17<sup>th</sup>**

The temperature not ideal for dashing around even though 9.00am is not too bad so both Paul Watt and Julie Barclay ran sensibly to suit the day's work ahead of them. Paul was 42<sup>nd</sup> in 21.58 and Julie 64<sup>th</sup> in 22.42. Today 393 ran.

## **Frimley Lodge 17<sup>th</sup> June**

Malcolm Vaughan just managed to finish in the first half of the 531 today placed 248<sup>th</sup> in 28.50.

## **Stoke Park 17<sup>th</sup> June**

Miche Oldham was 2<sup>nd</sup> lady (29<sup>th</sup> o/a) out of 460 in 20.46.

## **Homewood 17<sup>th</sup> June**

Mike Waine seems to be making an effort to conquer this really tough 5k and today finished 2<sup>nd</sup> in 21.18. Mikes best over this course is 21.13.

## **Warrenton 17<sup>th</sup> June**

Fiona Bishop in the area for a road walking event in the afternoon had a little warm-up around the local park run and finished 92<sup>nd</sup> out of the 456 and in a time of 24.06.

## **Woking Park 17<sup>th</sup> June**

Our 14 members running made the total 314 and on a very hot humid day. Other club league fixtures kept many regulars away.

Our first home in 7<sup>th</sup> place was Steve Tait with a time of 19.18. Grant O'Leary was unlucky 13<sup>th</sup> as he ran 20.03 and his best being 20.01. Phil Cross was 20<sup>th</sup> in 20.34 then the first female who was our Kavita Bhanot who also ran a PB time of 21.53. Ben Rolfe was in 37<sup>th</sup> spot running 22.17. Two minutes back was dad Duncan in 62<sup>nd</sup> place in 24.08.

Ruth McHutchon was next in 24.12 followed by Jaqui Musselwhite who was 73<sup>rd</sup> with a time of 24.28. Charlotte Watson settling down nicely to club training sessions today finished 87<sup>th</sup> in 27.11. Graham McMahon was 92<sup>nd</sup> in 25.26 with Jimmy Brown just keeping fit for a couple of months was 97<sup>th</sup> in 25.47. Susanne and Tim Cooper ran together and were both given the same time of 25.56 in 102 and 103 places. Jess Walters was our final member and was placed 120<sup>th</sup> in 26.31.

## **Woking Lions 5 and 10k event 18<sup>th</sup> June Horsell Common**

In the 5k Michael Frean was 2<sup>nd</sup> vet (8<sup>th</sup> o/a) in 24.32 and Hollie Tibbotts was 2<sup>nd</sup> female in 30.13.

In the 10k Steven Handley 3<sup>rd</sup> vet (10<sup>th</sup> o/a) in 51.08; Jonathan Mellor 15<sup>th</sup> in 52.00; Karen Cave 4<sup>th</sup> female (23<sup>rd</sup> o/a) in 53.21; Mary Tibbotts 30<sup>th</sup> in 55.34; Michael Ball 35<sup>th</sup> in 57.31; David Sigerson 41<sup>st</sup> in 59.31; Barbara Rodriguez 73<sup>rd</sup> in 69.20; Sara Giebelmann 91<sup>st</sup> in 74.36.

**Homewood 24<sup>th</sup> June** Jonathan Mellor was 9<sup>th</sup> in 24.25 and David Sigerson 25<sup>th</sup> in 27.2 today 77 ran

### **Bushy Park 24<sup>th</sup> June**

Chris Dyson was our only member out of the 1197 and finished 10<sup>th</sup> in 17.16 (PB is 17.02).

### **Stoke Park 24<sup>th</sup> June**

Duncan and Ben Rolfe were having their first outing here today and Ben finished 199<sup>th</sup> in 20.42 and Duncan was 96<sup>th</sup> in 23.25 there were 449 finishers.

### **Perry Hall 24<sup>th</sup> June**

Fiona Bishop in the area for the week-end took in the local Park run and out of the 148 that ran Fiona finished 35<sup>th</sup> in 24.16.

### **Woking Park 24<sup>th</sup> June**

A large turnout of 21 making the total 296. With three female members being 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> and our first two lads home ran PBs.

**Full Result Martin** Sunderland was 4<sup>th</sup> in 18.33 PB; Frank Townley 9<sup>th</sup> ran a PB time of 19.29. Martha Collings was 1<sup>st</sup> girl (12<sup>th</sup> o/a) in 19.48 and in 14<sup>th</sup> place was Andrew Collings in 19.57. Kay Trinder 2<sup>nd</sup> lady (22<sup>nd</sup> o/a) in 21.06 and our 3<sup>rd</sup> girl home was Sally Hitchings and (24<sup>th</sup> o/a) in 21.45. Jake Stadie was 33<sup>rd</sup> in 22.21; James Walters 44<sup>th</sup> in 22.51 with Ruth McHutchon 51<sup>st</sup> in 23.14.

Jimmy Brown awaiting hospital still manages a small easy going park run today finished 52<sup>nd</sup> in 23.14 then Fiona Caruth in 59<sup>th</sup> place running 23.36. Lucia Tregellis was 65<sup>th</sup> in 23.51; Jaqui Musselwhite finished 73<sup>rd</sup> in 24.12 with Bori Szegedi in 88<sup>th</sup> spot in 25.11 and then Susanne Cooper although a busy pre-race official was 98<sup>th</sup> in 25.25. Poppy Walters finished 100<sup>th</sup> in 25.36.

Mary Tibbotts 106<sup>th</sup> in 25.44 and Jess Walters our fifth female member to finish in the 25 minute bracket. Jess was 110<sup>th</sup> in 25.56. Barbara Rodriguez running nice and easy to suit the temperature finished 132<sup>nd</sup> in 26.38. Valerie Mills was next in 164<sup>th</sup> place and running 28.05 and Lesley Baulk in 214<sup>th</sup> place running below par to finish in 31.58.

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## **Fixtures**

### **T&F**

Sat. 8<sup>th</sup> July SAL Basingstoke.

Sat. 15<sup>th</sup> July Lower YDL Woking Help wanted if available please.

Sun. 23<sup>rd</sup> July Upper YDL Poole.

### **Road**

Sat. 15<sup>th</sup> July Elmore 7mile (5<sup>th</sup> Surrey Series).

Sun. 23<sup>rd</sup> July Elmbridge 10k (6<sup>th</sup> Surrey Series).