



COCKCROW
Woking AC
News

AUGUST 2018

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Chairman's Jottings

This is my first message since becoming Chairman again, So I am slowly picking up the reins. I will try to be about the track one training evening once a week. So if you have a problem or suggestion to make do come forward and talk.

Thanks to Steve for continuing to look after the September meeting and younger age group athletes.

Congratulations to our six members who were selected represent Surrey in the ESAA Champs.

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They came home with 3 gold medals, 2 club records broken one of which stood since the early 19.60s Plus 3 PBs

It was also good to see that Katie Hopkins was selected to run for the S-of-E at the recent event in Wales. That included 3 English areas and home countries.

Prior to September 2nd I would like to arrange a tidy up on Sunday 26th August so if you can spare sometime it would be much appreciated.

I am also pleased to tell you Bel Smith is going to take over from Claire as secretary when she retires after the presentation evening, So Bel will become more involved in the coming months.

The seniors have one more match at Abingdon and will be looking for promotion back to Div.1. Hoping we will have a coach (4 wheels!!) so please let Kay/Hrvjoe or Sam know if you want to come to support the team. The more people on the coach the better the club spirit usually.

One final sad note, those who us who have been around for some years may remember Vic Goulter, sadly he lost his long battle with cancer on Wednesday 25th. A lovely chap. I will let Tom know the funeral arrangements.

Remember the final session at Sheerwater will be September 8/9th and thereafter we will transfer to the Sportsbox at Egley Road. Watch this space.

Ian Deaves

Editorial

Competing at the ESAA our six (3boys+3girls) were James Hanson and brother Alex; Dominic Ariyo-Francis; and

Katie Hopkins; Martha Collings; Lia Anderson. Coaches and athletes take a bow.

A very interesting email from June Rush concerning the English schools Champs
In the previous issue I said I could not remember having 6 members being selected for the champs

June has pointed out in 1983 at Plymouth WAC had 11 athletes competing. Namely
Vicky Lee 400m Sen. Claudine Church 75H Jun. Tara Riddle Dis. inter. Allison Bott 800m inter. Lyn Taylor 400m inter. John O'Shea 800m inter. John Gleed Ham. jun. Ian Tullet PV Jun. Andrew Moore PV Jun. Mick Hourhan LJ Jun,

We also had 7 possibly 8 the following year 1984 at Thurrock Dave Moore was Chairman and I was Vice Chairman at the time. I believe Dave has a photo of the athletes at Plymouth June Rush.

I should have remembered knowing them all and trained Alli Bott (Crossman) at the time. So well done June. I do forget many things these days like where I live.

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July as usual is a very busy month with fixtures/results every week sometimes two also Road/CX results coming in and mid-week fixtures. So the lap-top gets hot and I may make mistakes if so just inform me and I will rectify

A sad note about Vic Goulter who older members will remember died on Wed. 25th July after a long battle against Cancer. Vic was a member for over 20 years competing regular for the club on track/road and XC events. Also in Vets county and national event's including the World Vets road champs with about 10 of us in Blackpool for the week-end. A very reliable active club member.

Club Records

At Lee Valley on 8th July in the 8 Inter-counties meeting

Martha Collings lowered her 1500s/c record of 5.30.6 to 5.15.72

Isobel Leikis equalled the U/17 HJ record that has stood since 1973(45 years)

At the ESAA Champs in Birmingham on the 13/14th July

Martha Collings ran the 1500s/c in 5.14.11 lowering her club off 5.15.72 she set 6 days ago;

Alex Hanson Broke the U/20 200m rec. Running 21.83 Previous rec. was 21.9 held by Steve Chard since 1964 (54 years ago)

PBeez

The following was achieved in the YDL (upper) meeting on 1st July

Robert Pattison ran 200m in 23.13; James Spencer 200m in 25.11 + 400m in 55.25; Ben Rolfe jumped 10.90 in TJ; Jake Webb threw SP 9.56 + Ham. 23.92; Thomas Leacock ran 200m in 23.77; Jacob Stadie 400m in 58.15; Shaun Waters 1500m in 4.49.17; Sam Webb jumped 5.75 in LJ; George Hopkins jumped 1.85 in HJ; Amy Braid ran 200m in 26.52; Katie Hopkins jumped 2.60 in PV; Henrietta Owen ran 100H 19.24; Lucy Eaton-Tribe ran 200m in 28.02; Poppy Walters 300m in 42.64; Bori Szegedi 800m in 2.30.96; Ella Barker ran 80H in 13.28 + 300H in 49.64; Alicia Kapotwe threw Ham. 18.93

Mike Wain 0/60 ran 19.52* in the Hazelwood 5k on 7th July

Lucia Tregellis ran 22.47* in the Homewood 5k on 7th July

In the 8 Inter-Counties at Lee Valley on the 8th July

Isobel Leikis jumped 1.69 in HJ; Martha Collings ran 1500s/c in 5.15.72; George Hopkins jumped 3.95 in PV.

The following was achieved at Bournemouth on 8th July in the Wessex Lge.

Laith Freeman threw Dis.12.06; Archie Padua ran 100m in 14.1; Hayden Christian ran 75H in 12.0; Dylan Campbell 100m in 13.9 + 200m in 28.3; Joseph Walters 200m in 29.2; Naill O'Shea threw SP 6.66; Oskar Aspinall threw Jav. 18.91; Martin Sunderland ran 300m in 45.9; Leo Basi 300m in 45.9; George Wallace jumped 4.84 in LJ; Jacob Stadie 200m in 25.8; Iseabail Brown ran 800m in 3.02.4; Amber Stoner 200m in 30.7; Poppy Walters jumped 5.05

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in LJ; Kavita Bhanot 800m in 2.45.7; Ella Stoner ran 200m in 27.5 + jumped 4.26 in LJ; Freya Standley 200m in 29.0; Annabelle Thornton 100m in 14.6;

In the ESAA on 14th July at Birmingham

Alex Hanson ran 200m in 21.83; Dominic Ariyo-Francis 200m in 22.36; Martha Collings ran the 1500s/c in 5.14.11

In the SAL meeting at Woking on 14th July

Thomas Leacock ran 100m in 11.9; James Gamble 3000m in 9.43;
Ben Rolfe 800m in 2.07.7; Stephen Blake 1500m in 4.26.2 + 3000m in 9.22.1;
Ella Barker 200m in 28.2 + 800m in 3.42.1 + 400H in 68.6; Poppy Walters 200m in 27.1;
Jo Payne 1500m in 5.26.7; Alicia Kapotwe threw SP 7.13 + Ham. 17.11; Kay Trinder 1500s/c 6.40.9

In the YDL (lower) at Worthing on the 21st July the following was achieved

Amani Mukadam ran 75m in 10.4 + 150m in 20.6; Jessica Maxwell ran 150m in 23.2;
Iseabail Brown 800m in 3.02.0; Emma Harris 800m in 2.36.3; Braedyn Echie 200m in 32.0;
Rhys Conlon jumped 3.79 in LJ; Daniel Manning 100m in 12.7 + 200m in 25.8; Leo Basi 800m in 2.36.2; George Robertson jumped 4.91 in LJ; Toby Webb threw Dis. 32.25

In the Elmbridge 10k on 22nd July

Simon Egan ran 33.46(0/45); Bob Bradbury 38.02 (0/65); Lisa Faunch 40.03; Louise Mills 44.50;

In the Stratford 5k park run on 28th July

Julie Barclay ran 21.47 (0/55 age)

T&F Results

Vets Lge. 18th June Battersea

We have technology ! but no one knew where the switch was hence the results was slightly KAOS and missing for four weeks

We had Jacqui Musselwhite/Julie Barclay and Paul Watt competing for their 2nd claim club BA. Jacqui was 2nd in the 0/50 100m race running 15.7 and was 1st in the 400m with 72.1; With only one scoring club member per race Julie 0/55 ran in the 0/35 100m and finished 5th in 16.8 then ran in the 0/50 1500m to finish 3rd in 5.56.8; Paul 0/50 decided to try his first ever 400m that he finished 5th in 69.5 then the 1500m finishing 7th in 5.53.3

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ESAA S.E Schools Combined Events Champs 23/24th June Kent

George Hopkins representing Surrey competed in his first Octagonal (7 events)

Also George's first attempts at 100H/1500m/Discs.

George's final results. Ran 100H in 15.8 + 1500m in 5.17.1 + Jumped 1.70 in HJ + 5.95 in LJ;
And threw 8.59 in SP + 27.60 in Disc. + 42.49 in Jav. Scoring a total of 3895pts.

YDL (upper) 1st July Crawley

Camberly athletes *

U/20B

Robert Pattison 3rd ran 100m in 11.52 + 3rd 200m in 23.13 PB; Lewis Herzog* 1st in PV with 3.35; James Spencer 2ndB 200m in 25.11 PB + 5th 400m in 55.25 PB; Finlay Barber* 2nd in Jav. with 42.37; Jake Webb 2nd in SP with 9.56 PB + 1st in Dis. with 31.41 + 2nd in Ham. with 23.02 PB; Ben Rolfe 4th 1500m in 4.47.21 + 3rd in TJ with 10.90 PB; Daniel Ingram* 1stB in Dis. with 31.32 + 1stB in Jav. with 40.69;

U/17B

Kenneth Ball 2ndB 100m in 12.26 + 5th 200m in 24.59; Harrison Onorati 6th 100m in 16.30; Thomas Leacock 1stB 200m in 23.77 PB; Joseph McHugh 5th 400m in 58.43 + 4th 800m in 2.20.78; Jacob Stadie 3rdB 400m in 58.15 PB + 5thB 800m in 2.22.62; Angus Caruth 2ndB 1500s/c in 5.47.53; Shaun Waters 4th 1500m in 4.49.17 PB + 5th 1500s/c 5.47.45; Ross Jackson 1stB in LJ with 4.76; Gideon Jansen 2nd 100H in 15.10 + 1stB in HJ with 1.70; Sam Webb 1stB 100H in 14.82 + 1st LJ with 5.75 PB; George Hopkins 1st in HJ with 1.85 PB + 1st in PV with 3.80 + 3rd in LJ with 5.68;

The 4x100r team was 3rd in 47.7 + the 4x400r team was 3rd in 4.27.97;

U/20G

Henrietta Owen 5th 100H in 19.24 PB+ 3rd 400H in 76.16 + 2nd 1500s/c in 6.19.89 + 4th in TJ with 9.52; Florence Baulk 2ndB 400H in 73.41 + 2nd in Jav. with 32.35; Freya Challis n/s 100m in 14.3; Emily Read 1st 100m in 12.76; Corina Smith* 1stB 100m in 13.2 + 2nd in LJ with 4.79; Amy Braid 2nd 200m in 26.52 PB + 1stB 100m in 63.5; Amy Louise Brown n/s 400m in 71.78; Katie Hopkins 1stB 200m in 27.29 + 3rd 400m in 61.8 + 3rd in PV with 2.60 PB; Tori Rose Ellis 4th in SP with 6.66 + 4th in Ham. 33.68; Kavita Bhanot 4th 1500m in 5.46.16 + 3rd 3000m in 12.17.31;

The 4x100r team was 4th in 53.56 + The 4x400r team was 2nd in 4.14.48.

U/17G

Victoria Smith 1st 100m in 12.23 + 2nd 200m in 26.47; Freya Smith* 2ndB 100m in 13.1 + 2nd 80H in 11.99; Lucy Eaton-Tribe 2ndB 200m in 28.03 PB + 4th in LJ with 4.93; Poppy Walters 1st 300m in 42.64 PB + 2nd in TJ with 9.36 + 5th in Jav. with 26.55; Bori Szegedi 4thB 300m in 45.15 + 3rd 800m in 2.30.96 PB; Ella Barker 3rdB 80H in 13.28 PB + 3rd 300H in 49.64 PB; Alicia Kapotwe 5th in SP with 7.55 + 2nd in Dis. with 27.25 + 4th in Ham. with 18.93 PB;

The 4x100r team was 2nd in 52.81 + The 4x300r team was 3rd in 3.04.68

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Surrey 8 Inter-Counties 8th July Lee Valley

We had five competing for the Surrey schools. Isobel Leikis jumped a PB in the HJ of 1.69 and equalling the oldest HJ club record held by Geraldine Waller since 1973. Martha Collings ran the 1500s/c in a PB time of 5.15.72 that also lowers her own club rec.

Ciara Muvihill ran in the 1500m in 5.08.61; George Hopkins jumped a PB in 3.95; Frank Townley ran 3000m in 9.51.92.

Wessex Lge. 8th July Bournemouth

U/11B	75m	600m	LJ	U/11G	75m	600m	LJ
Dylan Lew	11.3	1.51.6	3.60	Alice Clark	11.5	2.11.6	3.19
Jacob Mills	11.3	2.05.7	2.66	Emilia Wazydrag	11.9	2.12.4	3.11
Nate Jones	11.4	2.09.1	3.28	Isla Hanif	12.3	2.39.4	2.44
Samuel Kasaman	11.4	2.09.9	3.00	Lola Roake	12.4	2.09.0	2.10
Fin Jones	11.6	2.17.0	3.20	Scarlett Brown	12.9	2.36.9	2.49
Oscar Sinnett	11.0	1.59.7	3.29	Ada Hanif	13.7	2.47.3	2.63
Luca Lupi	12.3	2.01.9	2.88				

U/17B

Jacob Stadie 5th 200m in 25.8 PB; Joshua McHugh 2nd 800m in 2.19.4; Angus Caruth 3rd 800m in 2.28.3; Charlie Cunningham n/s 800m in 2.35.4 + 1st 1500m in 5.17.8

U/13B

Braedyn Echie n/s 100m in 15.1 + 3rd in Dis. with 11.58; Joshua Williams 5th 300m in 46.7 + 3rd 800m in 2.25.0; Martin Sunderland 3rd 300m in 45.9 PB + 3rd 1500m in 4.52.9; Leo Basi n/s 300m in 45.9 PB + 2nd 800m in 2.40.9; George Robertson 1st in HJ with + 2nd in LJ with 4.54; George Wallace 1st in HJ with 4.84 PB;

The 4x100r team was 3rd in 52.2

U/15B

Thomas Verrills 2nd 100m in 12.0 + 1st 200m in 24.8; William Harding 1st 100m in 12.5 + 3rd 200m in 25.5;

Laith Freeman 5th in LJ with 3.64 + 3rd in Dis. with 12.06 PB; Cory Coleman 3rd in HJ with 1.30; Archie Padua n/s 100m in 14.1 PB + n/s in HJ with 1.40 + n/s LJ with 4.19;

Dylan Campbell 3rd 100m in 13.9 PB + 1st 200m in 28.3 PB; Niall O'Shea 100m in 15.1 + 2nd in SP with 6.66 PB; Joseph Walters n/s 200m in 29.2 PB + n/s LJ with 3.49 + 3rd Jav. with 14.32; Harry Hudson 4th 800m in 2.44.8 + 3rd in LJ with 1.20 + 1st in SP with 5.48;

Oskar Aspinal 3rd 1500m in 5.10.6 + 6th in Jav. with 18.91 PB; The 4x100r team was 2nd in 55.4

U/20G

Kavita Bhanot 800m in 2.45.7 PB + n/s 1500m in 5.36.3;

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U/17G

Victoria Smith 1st 100m in 12.8 + 2nd 200m in 27.0 + 1stB in LJ with 4.33;
Poppy Walters 1stB 200m in 27.2 + 1st in LJ with 5.05 PB + 2nd in Jav. with 25.89;
Bori Szegeledi 4th 300m in 46.6 + 1st 800m in 2.33.7; Charlotte Watson 2nd 1500m in 6.05.4;
Alicia Kapotwe 5th in SP with 7.78 + 2nd in Dis. with 25.76; The 4x100r team was 2nd in 55.6

U/15G

Ella Stoner 1stB 100m in 13.3 + 2ndB 200m in 27.5 PB + 1stB in LJ with 4.26 PB;
Esther Ibiama 1st 100m in 12.7 + 2nd 200m in 26.9; Freya Handley n/s 100m in 13.9 + n/s
200m in 29.0 PB.; Neve Bradley n/s 200m in 31.2 + 2nd in HJ with 1.35 + 3rd in LJ with 4.33;
Katie Griffin 5th 300m in 51.1 + 3rd 75H in 13.7; Freya Kelly 2nd in SP with 7.80 + 2nd in Dis.
with 17.84;
The 4x100r team was 2nd in 53.7

U/13G

Annabelle Thornton 5th 100m in 14.6 PB; + 4th in SP with 5.57 + 2nd in Dis. with 15.19;
Alexa Adams 5thB100m in 15.4 + 2ndB in LJ with 3.46 + 3rdB in Dis. with 9.98;
Alexis Brown n/s 100m in 15.5 + 5thB 200m in 33.1 + n/s Dis. with 9.95; Charis Mogan 1st
800m in 2.35.5; Iseabail Brown n/s 100m in 16.0 + n/s 800m in 3.02.4 PB;
Amber Stoner 5th 200m in 30.7 PB + 4th in LJ with 3.88; lone Haggarty 1stB 800m 2.51.1 +
4thB in SP with 4.68; The 4x100r team was 4th in 59.3

ESAA Champs 13/14 July Birmingham

Our six members had a good championship week-end gaining experience and a couple came away with gold medals.

The two senior lads Alex and James Hanson won a Gold medal both being in the 4x100r Surrey team that finished 1st.

Individual results.

James finished 7th in the 100m s/f in 11.06;

Alex reached the 200m final finishing 5th in a PB time of 21.83;

Dominic Ariyo-Francis ran in the intermediate 200m and finished 7th in final with 22.36 But ran a PB time of 22.36 in the s/f; Senior Katie Hopkins a little disappointed not to reach the s/f of the very strong talented 800m ht. And running 2.15.43 to finish 5th shows the talent of the first four; Lia Anderson just missing out of a bronze coming 4th in the senior SP event throwing 11.13 Martha Collings ran an excellent 1500s/c by running a PB time of 5.14.11 lowering her club record too Martha finished 6th out of the 15 running.

SAL 14TH July Woking

We were short of 6 top scorers that were away competing in English Schools Champs but the clubs strength in depth showed as we just sailed through quite comfortable almost sure of promotion back where we belong. The very hot humid temperature was hard for

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excellent times for all the clubs competing. The track/field judges/starter/marksman (Sandra) and all the helpers sitting or standing out in the blazing sun with no shade. Well done to team managers Hrvoje Borzic and Kay Trinder for mustering a full team of 22 men and 23 ladies. The points piling up very quickly to keep us top throughout the match and very noticeable was the lady throwers excelling themselves against 2nd and 3rd placed teams by taking 31pts from the 32 available.

During the distance events drinking water was available at start/finish line also half way along the back straight Ian Horlock having his final race on the track before heading down under to Australia. Good Luck Ian. The very strength sapping hot conditions did not stop some members from running n/s events James Gamble/Bob Bradbury ran a 3000m. Young Frank Townley mastered the scoring 3000m plus the 3000s/c; Stephen Blake 1500 and 3000; Ben Rolfe 800m and 3000s/c; Kaspar Kazemaks dashing around to cover 6 events; Roy Chambers/Rory Kelly/David Awde covering 4 each. George Hopkins 3. All members that competed with sun blazing down on them found looking for a shady spot after their event harder to find than competing.

Men Full Results

Kenneth Ball 4th 100m in 12.5 + 4th 200m in 24.6; Michael Ball n/s 200m in 31.9; Thomas Leacock 3rdB 100m in 11.9 PB + 4thB 200m in 24.2; James Spencer n/s 100m in 12.5 + n/s 200m in 26.3; Ian Horlock 2nd 400m in 52.8; Jake Stadie n/s 400m in 58.6 + n/s 800m in 2.16.1 Craig Morton 3rd 800m in 2.04.2; Ben Rolfe 2ndB 800m in 2.07.7 PB + 1stB 3000s/c in 12.06.2; Angus Caruth 3rdB 1500m 5.00.4 Stephen Blake 4th 1500m in 4.26.2 PB + 2nd 3000m in 9.22.1 PB; James Gamble n/s 3000m in 9.43.0 PB; Frank Townley 1stB 3000m in 10.06.6 + 1st 3000s/c 11.37.9; Bob Bradbury n/s 3000m in 11.12.9; Gideon Jansen n/s HJ with 1.70; Paul Kelly 2ndB in Ham. with 31.22; Ryder Anderson 1stB in Jav. with 45.90; Daniel Ingram n/s Dis. with 26.87 + n/s Jav. with 38.06; Peter Evans n/s SP with 9.41 + n/s Dis. with 31.35; George Hopkins 2ndB in HJ with 1.75 + n/s PV with 3.95 + n/s LJ with 5.38; Rory Kelly 1stB 110H in 17.4 + 2ndB in TJ with 11.42 + 3rdB in Dis. with 32.10 + 4th in Ham.with 31.45; Roy Chambers 1stB 400H in 66.6 + 3rdB in LJ with 5.44 + 4thB in SP with 9.61 + 4th in Jav. with 48.59; David Awde 2nd 400H in 57.4 + 3rd in PV with 3.95 + n/s LJ with 5.64 + 2nd in TJ with 11.87; Kaspars Kazemaks 2nd 110H in 16.4 + 2nd in HJ with 1.80 + 2ndB in PV with 3.75 plus 3rd in LJ with 5.98 + 3rd in SP with 11.25 + 4th in Dis. with 35.94;

The 4x100r team was 3rd in 46.2 + The 4x400r team was 3rd in 3.46.5

Jaydee Peters and Kylara Hassall ran the longest event of the day of 12.5 laps in the sun scorching and both finishing with maximum points plus both running under 20 minutes also wisely using the water available to pour over their heads as well as drinking it. Jaydee then spending the afternoon massaging the tired legs of athlete's under her shaded gazebo tent in the centre of the arena and on the track almost all afternoon in the sun.

Lucy Eaton-Tribe; Victoria Smith; Poppy Waters; Ella Barker; Eleanor Gatrell; Sam Morrison; Henrietta Owen; Alicia Kapotwe; all covered 3 events each; Clare Maurer manage four.

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Many of the team finished or waiting to compete stood out in the sun to cheer those competing. A great team spirit among them all.

Ladies Full Results

Victoria Smith 3rd 100m in 13.0 + 1stB 200m in 26.5 + n/s LJ with 4.34;
Amy Braid 1stB 100m in 13.1 + 2nd 200m in 27.1; Yohana Ortigosa n/s 100m in 17.5 + n/s 200m in 36.6; Lucy Eaton-Tribe n/s 100m in 13.8 + n/s 200m in 28.7 + 1stB in LJ with 4.54;
Natasha Di Nolfi n/s 400m in 73.2; Poppy Walters n/s 200m in 27.1 PB + 2nd in LJ with 4.88 + n/s Jav. with 20.53; Emily Read 1stB 400m in 62.8; Ella Barker n/s 200m in 28.2 + 3rdB 800m in 2.42.1 PB + 2nd 400H in 68.6 PB; Freya Challis n/s 200m in 28.7; Natalie Bretherton 1st 400m in 59.7; Ellie Lane 1stB in SP with 9.66 + 1stB in Jav. with 33.54; Eleanor Gatrell 1st in SP with 12.45 + 1st in Dis. with 34.77.2 + 2nd in Ham. with 35.50; Ciara Mulvihill 2nd 800m in 2.30.1 + 3rd 1500m in 5.14..7; Jo Payne 3rdB 1500m in 5.26.7 PB; Jaydee Peters 1st 5000m in 18.58.6; Kylara 1stB 5000m in 19.38.7; Kavita Bhanot 1stB 1500s/c in 6.30.6; Clare Maurer 2nd 100H in 17.7 + 3rd in HJ with 1.43 + 1st in PV with 3.25 + 1st in TJ with 10.69; Sam Morrison 1stB 100H in 16.9 + 2ndB in HJ with 1.33 + 1stB in PV with 3.15; Henrietta Owen 1stB 400H in 72.1 + 3rd 1500s/c in 6.15.9 + 1stB in TJ with 9.52; Florence Bauk n/s 400H in 73.4 + 1st in Jav. with 33.55; Tori Rose Ellis 1stB in Ham. with 31.25; Alicia Kapotwe n/s SP with 7.13 PB + 1stB in Dis. with 26.76 + n/s Ham. with 17.11 PB; Isabella Janssens n/s SP with 7.87; Charllotte Watson n/s 1500m in 5. Kay Trinder n/s 1500 s/c in 6.40.9 PB + n/s PV with 2.25;

The 4x100r team was 1st in 50.9 + The 4x400r team was 1 in 4.22.8

Rosenheim Lge. 18th July Walton

Jacqui Musselwhite was 3rd in the 800m in 2.47.5 then ran the 200m to finish 4th in 32.9; Julie Barclay ran in same 800m race as Jacqui as a n/s athlete to finish in 2 then competed in the 1500m running 5.50.4; Kat Trinder started off in the PV finishing 2nd Kay jumped 2.10; Kay then ran a 3000m in 11.54.8 Just .09sec. outside her best 0/50 time (11.45.00) she ran in 2016. All three then ran in the BA 4x200r

YDL (lower) 21st July Worthing

Not knowing any of the youngsters I still notice some good performances appearing regular. Today Toby Webb U/13 threw a PB in the Dis. for the 6th successive time .Well done Also U/13 Matthew Smith has been selected to compete for Surrey in the Dis. and Jav. Events

U/13 Inter-counties at Kingston on 28/29 July

Just spend a few moments glancing thro' a few youngster results there is quite a bit of talent in the club

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U/13G

Amani Mukadam 2nd 75m in 10.4 PB + 2nd 150m in 20.6 PB; Indiana Marshall 4thB in LJ with 3.78; Jessica Maxwell 4thB 75m in 11.5 + 4thB 150m in 23.2 PB + 2ndB in Jav. with 13.94; Alexis Brown n/s 75m in 12.0; Charis Mogan 1st 800m in 2.2.35.5; lone Haggarty 2ndB 800m in 2.48.0 + 5th in SP threw 4.93; Amber Stoner 2ndB in HJ with 1.20 + 4thB in LJ with 4.00; Iseabail Brown n/s 800m in 3.02.0 PB + 4thB in SP with 4.58; Annabelle Thornton 2nd in HJ with 1.25 + 3rd in Jav. with 13.94; The 4x100r team was 2nd in 57.8

U/15G

Neve Bradley 2ndB 100m in 13.7 + 3rd in HJ with 1.35 + 3rd in LJ with 4.40; Freya Standley n/s 100m in 13.9 + 2ndB 200m in 29.1; Esther Ibiama 2nd 100m in 12.6 + 1st 200m in 26.8; Emma Harris 4th 300m in 49.1 + 2nd 800m in 2.36.3 PB + 6th in Jav. with 16.26; Georgina Owen 3rdB 300m in 51.8 + 1stB 800m in 2.46.2; Katie Griffin 3rd 75H in 13.5 + 4thB in LJ with 3.63; Freya Kelly 2nd in SP with 8.63 + 5th in Dis. with 18.44 + 3rd in Ham. with 23.67;

U/13B

Hayden Christian 3rd 100m in 113.4 + 2nd 200m in 27.5 + 2nd 75H in 12.6; Joseph Walters 2ndB 100m in 14.0; Braedyn Echie n/s 100m in 15.6 + 5th 200m in 32.0 PB; Laith Freeman n/s 100m in 14.5; Owen Brown 3rd 800m in 2.43.3 + 4thB in SP with 4.03; Rhys Conlon 1stB 75H in 16.0 + 3rd in HJ with 1.25 + 3rdB in LJ with 3.79 PB; Matthew Smith 2nd in LJ with 4.21 + 2nd in SP with + 2nd in Jav. with 27.90; The 4x100r team was 2nd in 57.0

U/15B

William Harding 3rd 100m in 13.4 + 2nd 200m in 27.5 + 2nd 75H in 12.6; Daniel Manning 3rdB 100m in 12.7 PB + 3rdB 200m in 25.8 PB; Joshua Williams 6th 800m in 2.26.0; Leo Basi 5thB 300m in 48.8 + 6thB 800m in 2.36.2 PB; Martin Sunderland 5th 1500m in 4.50.9; George Robertson 1stB in HJ with 1.50+ 3rd in LJ with 4.91 PB; Ben Golding 5thB 1500m in 5.43.0; George Wallace 1st in HJ with 1.58 + 3rdB in LJ with 4.66 + 5th in Jav. with 18.56; Toby Webb 3rd in SP with 7.82 + 2nd in Dis. with 32.25 PB + 2nd in Ham. with 17.56;

Welsh Athletics International 25th July Swansea

Katie Hopkins representing the S.of.E ran in the 800m and finished 6th in 2.17.96

YDL (upper) 29th July Portsmouth

No results on P of 10 up to 30th July will appear in next issue

Road Results

Nicosia Moonlight ½ Mara. 23rd June

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The run starts at 8.30pm in the dark but still very hot/humid. Malcolm finished 96th out of the 104 in 2.29.07

Yateley 10k July 4th

The second of the series of four saw Fiona Bishop finish 299th out of 863 finishers in 50.36 Unfortunately Bob Bradbury did DNF Bob had had a groin niggle during the race so wisely stopped and wandered back

Runnymede Runners 5mile H/C 5th July

A very hot humid evening that saw 69 have a more casual run than normal owing to the high temperature. Mike Waine being 4th fastest on the night in 35.1 Julie Barclay running easy and not attempting any particular time finished 2nd fastest lady in 39.12 Malcolm Vaughan just returned from a short holiday break ran 53.44

Woking 3 July 4th

The very hot weather kept the entry down to 13 and also most cautiously running slower Fastest was Richard Baggott in 18.19; Jonathan Mellor ran 21.28; Barbara Rodriguez and Ramona Thevenet. Accompanied each other both running 26.08/09; Malcolm Vaughan ran 28.49

J.P. Morgan 5k Challenge 4th July Battersea

Phil Cross a regular in the event and today ran 22.46 to finish 994th out of the 24,425

Weybridge 10k July 8th

We had two running in this previously postponed event because of flooding this time it was very hot for the 547 to run fast times. Fiona Bishop was 2nd 0/55(115th o/a) in 51.43; Barbara Rodriguez finished 1st 0/60 lady (307th o/a) in 61.37

VAC 5mile Walk 10th July Battersea Park

The course is two laps around the road inside the park (Traffic Free) Fiona Bishop was 3rd lady in 55.16

Elmore 7mile 14th July Chipstead

It is always hot for this event and today i think the hottest for the 273 that ran. Our first home was Ben Goddard who finished 3rd in 38.37; Simon Egan 1st 0/40 (4th o/a) in 39.30; Juan Gonzalez was 16th in 42.22 and with 3 in first 16 looking good for a team prize; Then our first lady Georgie Furze who was 57th in 42.15; Then 0/65 Jimmy Brown our oldest member running today was 131st in 53.52; Steve Hill finished 164th in 56.17; With Fiona Bishop finishing 176th in 57.50

Westminster 10k July 15th

Kim Warner was our only entry among the thousand running for Alzheimers and Dementia Charities. Kim ran 53.12

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Elmbridge 10k July 22nd

The hot temperature still a little uncomfortable for running but suited the spectators as the start/finish was on the new Walton running track so supporters able to sit in the grand stand to watch in comfort. A good turn out as usual being a Surrey Lge. series event. The men had 6 running the ladies 8. A noticeable point the men's age categorise prizes were Sen./0/40 then in 10 year groups. The ladies were Sen./0/35 then in 5 year groups
Our first home was Ben Goddard in 7th place in 33.23 Ben's best being 33.03;
Simon Egan closely tracking Ben finished 1st 0/45 (12th o/a) in 33.46 a 0/45 PB time;
Then Bob Bradbury 1st 0/65 (55th o/a) in a fantastic time of 38.02 a 0/65 PB
Bob had to pull out half way round the Yateley 10k on the 4th July with a niggling groin so patiently nursed it gave it a little check-up running a n/s 3000k in the SAL match at Woking on the 14th so to run 38.02 today showed his experience nursing a injury;
Then our first four ladies being lead home by Jaydee Peters finishing 2nd 0/35 (88th o/a) in 39.46. Jaydee took the 0/35 1st prize as the other girl took the 2nd place award
Followed by Lisa Faunch smiling as usual was placed 95th in a PB time of 40.03; Georgie Furze said she was feeling niggling leg problems at 3k that forced her to run carefully and obviously disappointed wither time of 42.59 in 163rd spot; Louise Mills having some very good performances during her 3 month UNI break today ran a PB time of 44.50 placed 220th; Jimmy Brown 0/65 kept Louise in his sight to finish 229th in 45.16; Lucia Tregellis was next into the funnel in 244th with a time of 46.12; Kim Warner just happy to be running again after six weeks off through injury and especially pleased to have run 10k for the 2nd successive week Kim was 282nd in 47.38; Then our two Fiona's with Fiona Caruth finishing just ahead of Fiona Bishop. Fiona Caruth was 345th in 50.03 her best being 49.24 so maybe the heat cost her 4seconds per 1k; Fiona Bishop finished 354th in 50.48; Mike Warner having running shorter distances casually for a year giving marathons a miss Mike was 418th in 54.16 Mike said he misses his old 1970 vest The hole used to keep him cool; Valerie Mills just missed the 1 hour barrier finishing in 1.01.10 and placed 5.13; Today 569 finished.

Caterham ½ Marathon 22nd July

This is a combined BMAF and SVAC Championship event. Phil Cross finished 8th 0/55 (64th o/a) out of 275 in a 0/55 PB time of 1.37.40

Lakeside 5k July 25th Portsmouth

No breeze from the lake. A series of 5 summer events. Julie Barclay running her 4th finished 2nd 0/50 (o/a) in 22.15. Although finishing 2nd 0/50 today won the 0/50 award as the other lady was running her first and with Julie having more points over the series cannot be over taken. Paul Watt having his first run since June 18th owing to leg problems today finished 2nd 0/50 (62nd o/a) in 22.51. Paul still in contention to take the 0/50 award it is all down to the final fixture (August) Today 98 ran

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Runnymede Runners 5 mile H/C 26th July

The sizzling heat kept the entry well down to 28. Our only runner was Malcolm Vaughan who ran 56.13 having a very easy relaxed run prior to him cycling the 100mile bike ride on the 29th. (This being Malcolm's 6th time.)

Multi -Off Road Result

Cleobury Mortimer 10k 1st July

After finishing Jaydee Peters said she had just ran the hardest 10k of her life and being a native of Hereford did not realise the Hereford Hills were so tough and the very humid temperature of 30 plus started at 11.00am did not help. But finished 1st lady in 41.49 out of the 173 that ran

XC Results

Woking Lions 5/10k & ½ Mara. 1st July Fairoaks

A 5/10k and ½ Marathon event held around Horsell common with all races finishing at Fairoaks airport.

A good entry from our members and most coming away with winners voucher's

All event results were only obtainable up to the 50th position

5k Event Martin Sunderland finished 3rd in 20.17; Kay Trinder 1st lady (5th o/a) in 22.17;

Michael Freaan 7th in 24.44; Fiona Caruth 3rd lady (10th o/a) in 25.13;

10k Event Simon Egan 2nd in 37.06; Lisa Fauch 1st Lady (6th o/a) in 42.11;

Laura Hales 1st O/45 + 2nd lady (11th o/a) in 45.21; Jenna Tarrant 3rd lady (13th o/a) in 45.58;

½ Mara. Ben Goddard finished 1st in 1.19.44

Runnymede Runners Windsor Park relays 7th July

Another very hot day with no shade to be seen. But the girls team were first all ladies team although the prize list only applies to teams and our girls were placed 5th out of 37 mixed teams. Handing over posn. in Braks. The long leg 5.2 mile the short leg 2.3. Long leg ran first by Lisa Fauch (14th) in a time of 36.32; Short leg 2.3 Who handed over to Laura Hales (16th) ran 18.53; Then Jaydee Peters picked up 7 places to finish 9th in 36.06;

Then Louise Mills (10th) who ran 19.41; Georgie Furze ran the long leg in 35.36 and move up to finish 8th Then Kay Trinder running the anchor leg and passing back markers to run 19.34.

Stones Ultra Marathon 14th July Oxford

A little report back from Mart Tibbotts who was running the event for the 3rd attempt.

It is a nonstop 100k (62mile) starting from Lewknor in Oxford then along the oldest English pathway or as known as the Ridgeway to finish in Avebury Stones Wiltshire.

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Running in 29degrees hot/humid conditions was unbearable so i spent 50% walking and it became so punishing out in the open sun with no shade I decided to pull out at 50k half way was all I could manage Now going back to running for pleasure. Mary

Off Road Results

Frimley 7th July

The early morning temperature saw 655 running around the popular Frimley Park and along the canal path; With Malcolm Vaughan coming home 418th in 31.18; and Fed Bell having a day off from marshalling at Woking Park so keeping his fitness level a little work out finished 515th in 35.03

Bushy 7th July

With Woking off owing to the Party-in-the-park, hree members nipped along to Bushy Ben Rolfe having his first run here finished 85th in 20.32; Organising member of Woking Susanne Cooper when with Christine Flynn to try the one flat lap among the 1090 masses And ran with Christine the whole 5k to finish 419th in 26.04 just seconds ahead of Christine who was 427th in 26.12 well inside her target of 27.00

Bedfont 7th July

Jimmy Brown making a rare appearance here and a little difference with-out the puddles and sloshy winter surface. The nice firm conditions more to Jimmy's liking by running 22.39 in 15th spot and 1st 0/65. Today 163 ran

Rushcliffe 7th July

Fiona Bishop in the area found time to try the local park run and finished 82nd (1st 0/55) in 24.53

Today 334 ran

Home wood 7th July

The entries gradually increasing today saw a record of 156; With Mark Rose having first taste of this tough course finished 7th in 21.12; Then Lucia Tregellis finishing 2nd lady (15th o/a) in a course PB time of 22.47; Training and regular runners over the course Jonathan Mellor was 29th in 24.19; and David Sigerson 46th in 26.01;

Hazelwood 7th July

The performance of the day belongs to Mike Waine who again after setting the course 0/60 record, four months ago lowered it for the 5th time running a course PB time of 19.52 to finish 7th out of 126

Croxteth Hall 5k July 14th

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Mike Waine on a family visit over the week-end found the local park run and finished 1st 0/60 17th o/a in 19.41 Mike's age grading performance was 82.90% Also just missed the 0/60 course record of 19.16
There was 390 running

Stoke Park 14th July

The course has slightly change since my last visit. Turning left half way across the top path onto the grass and then head back to start. Julie Barclay said the missing 100m was added on about half way round on each lap Like ever where it was too hot and humid for fast running including the winners time; Lucia Tregellis was our first home in 58th spot running nice and comfortable in 22.04; Julie Barclay returning to the tough little course trying to stay nearer 22min. than 23min.owing to the temperature hitting her target with 22.24 to finish 1st 0/55 (73rd o/a); Paul Watt also trying this undulating course to test his leg after a month nursing it and managed to run 23.11 to finish 92nd but not an easy test over this course and the hot conditions.

Homewood 14th July

The entries still keeping over the 100 mark. Today 104 braved the very hilly course and the heat wave. Our regulars Jonathan Mellor and David Sigerson were there again with no fear of attacking this rated 21st hardest park run in the UK. Jonathan Mellor was 19th in 24.01; David finished 31st in 25.55

Woking 14th July

The heat circulated all around the park but 330 was back after the closure last week to get back into the Saturday run. Many members also missing owing to other club/school fixtures. Our 12 finished with Justin Mitchell leading them home while Kylara Hassell cheered him on to finish 7th in 18.33; Martin Sunderland keeping in Justin's slip stream was 8th in 19.04; Mark Rose was 12th in 19.43; Steve Tait finished 22nd (1st 0/50) in 21.18; The 2nd lady was Laura Hales (34th o/a) in 22.03; Ben Golding was 36th and just one second behind Laura running 22.04; Clive Hensby two places and four seconds adrift of Ben finishing 36th in 22.06;47 Christine Flynn finished 122nd again easily inside her 27.0min. target with 26.01; Susanne Cooper keeping Christine in her sights to finish 126th in 26.09; Barbara Rodriguez 1st 0/60 (152nd o/a) in 27.21; Jimmy Brown running with wife Sandra who narrowly beat him by running 46.20 and Jimmy 46.25 and placed 219/220th

Killerton Park 14th July

Malcolm Vaughan returned to Devon for the week-end and also returned to run the park run this time finishing 204th out of 303 in 31.27

Long Eaton 21st July

James Gable visiting family tried this local park run for the first time and finished 5th out of 391 in 17.17

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Bideford 21st July

Jacqui Musselwhite spending the week-end ran this event for the second time
And 3rd lady (23rd o/a) in a course PB time of 23.10*

Bushy 21st July

Christine Flynn having a excellent run making her target of 27.00 so easy to keep under
having only failed 9 times this year but today just flew round in 25.47 to finish 469th out of
1176

Stoke Park 21st July

Juan Gonzalez conquered the heat running 17.59 to finish 2nd; Lucia Tregellis 73rd in a
modest 23.09 saving energy for the Elmbridge 10k next day. 438 finished.

Homewood 21st July

Ben Rolfe had no problem over this toughie to finish 3rd in 19.52; Mike Waine 1st/60 (5th
o/a) also ran as though it was a flat course running 20.49.
Even the heat wave could not stop the entry increasing today a record of 136 ran.

Hazelwood 21st July

Julie Barclay returned to attempt breaking the 0/55 course record PLUS (there is no wind)
Julie succeeded by running 22.17 (Pre. Rec. was 23.12) So now holds both 0/50/55 rec. Julie
finished 2nd lady (14th o/a) Paul Watt hoping to give his leg a test but after a couple of
300m jogs decided a NO GO decision. Former member 0/75 John Coffey ran 27.20 John
holds 0/75 course rec. Today 140ran

Frimley 21st July

I think the race director looks to see if Malcolm Vaughan was amongst the starters
before setting every one off. Malcolm almost a weekly starter today finished 403rd out of
646 in 30.38

Woking 21st July

A entry of 345 ran in equator temperatures and running some impressive times in the
very hot uncomfortable conditions. Clayton Payne finished 3rd in 18.50; With Ben Goddard
flexing his legs for the following day 10k at Elmbridge today was 4th in 19.05. Followed by
Mark Rose in 12th spot running 20.14; The 1st lady (14th o/a) Jo Payne running her fastest
5k for nearly a year and now getting into her more serious training schedule. Today's time
will give Jo the sign things are going well. Jo pleased running 20.20
BUT! Knowing Jo will not accept it as her fastest. Good luck Jo. (I'll keep whistling);
Kavita Bhanot was 31st in 21.52 (best being 21.05) and showing nearly back to form
including 2 PBs in the SAL meeting at Woking the previous week; Training partners
Jonathan Mellor and David Sigerson giving the tough Homewood course a miss both ran the

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more flatter Woking course here today with Jonathan finishing 71st in 23.48 and David was 87th in 24.28; Fiona Bishop finished 10 sec. behind David in 24.38 and placed 92nd; Michael Ball got under the first 100 in 92nd place running 24.42; Charlotte Watson just missed the 100th to finish 107th in 25.02; Susanne Cooper organiser and then runner then clearer-up today finished in 26.16 placed 140th; Barbara Rodriguez keeping her fitness up despite the uncomfortable/unpleasant and rare heat wave today ran 27.21 to finish 172nd; Tim Cooper happy just jogging around in 27.33 to finish 179th; Mary Tibbotts relaxing after her torturing 50k of the 100k event on the 14th July today just eased around in 28.46 to finish 202nd; Jimmy Brown pacing wife Sandra who continues to run a weekly PB time today Sandra ran 46.25 Jimmy 46.26 finishing 341/342 respectively

Stratford 28th July

A strange coincidence that Richard Grinter was running the event the same day as Paul Watt and Julie Barclay also all three running it for the first time. Richard well up front of the 295 to finish 11th in 19.35; Paul/Julie travelled up Friday to see the Romeo/Juliet show stayed overnight and ran the park run before returning. Julie more than pleased she did as she finished 1st lady (43rd o/a) in a 0/55 PB time of 21.47. Paul also pleased they stayed as it was his 2nd 5k in 3days building his confidence after nursing a leg problems for the past 2months and finished 65th in 22.43 with no after affects so ego high.

Littleport 28th July

Kay Trinder on a week-end family visit to Cambridge checked the park webb and found this local one at Ely. Kay enjoyed her first attempt running the flat Fenn countryside to finish 1st lady (20th o/a) out of the 167 in 21.1. Plus equalling the ladies 0/50 course rec.

Homewood 28th July

Another 1st lady was Lucia Tregellis (9th o/a) in 22.58 just 11sec outside her course best. 92 finished

Oak Hill 28th July

Fiona Bishop tried this park run in the Barnet area for the first time and finished 2nd lady (44th o/a) in 24.11 197 finished

Frimley 28th July

Among the entry of 571 was Mike Waine/Lisa Faunch/Laura Hales. Mike running the course for the first time finished 1st 0/60 in 20.17 he was placed 27th o/a The training partners Lisa and Laura were chatting for 22.39 and carried on after the finish Lisa was 93rd Laura 94th. A nice casual jog around for both

Woking 28th July

The hot weather/holidays and a track fixture next day we only had 9 among the 376 And 1st 0/45 Justin Mitchell was 4th o/a in 18.42; Clayton Payne in Justin's slip stream the whole way until the final 200m where the back markers stop a clear run Clayton was 6th in

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18.57; Ben Golding was next in 45th spot running 2.30; Then Michael ball having a relaxed run to finish 135th in 25.30;Christine Flynn having a change from Bushy but still clearing her weekly target of 27.00 by running 26.01 to finish 150th; Susanne and Tim Cooper sharing the same finishing time of 26.30 with gentle Tim finishing one place behind Susanne who was 174th and Tim 175th; Then Susanne/Christine did another lap together pulling the trolley collecting all the markers.

Fixtures

T&F

Aug. 11/12th Aug. U/13/15/17 Southern Champs

Sat. 18th Aug. SAL Abingdon Final fixture

Sat. Sept. 1st Southern Inter-Counties

Sun. 2nd Sept. YA meetings final fixture on the track Help required if available

Sept. 8/9th Surrey Combined events Champs

Road

Sat. Aug. 12th Surrey Road fixture 5k relay Start on Wimbledon Track

XC Tues. 7th Aug. Wimbledon Rugby Club Mabac