



COCKCROW
Woking AC
News

SEPTEMBER
2018

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Editorial

Thank you for the few who turned up for our belated clean up day, it was appreciated and albeit the weather turned, you hopefully made it look smarter for the Young Athletics Meet.

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An apology for the last issue being jumbled up quite a bit ?? human error or computer in a bad mood, but like it said at the foot of all my school reports "Must try harder"

A special mention about club records and congratulations to both James and Alex Hanson on sprint performances during July. In the ESAA champs Alex broke the 54 year old U/20 200m club rec. running 21.83. Previous rec. was 21.9 held by Steve Chard since 19.64 ran at Norbiton; On Sun. 29th July brother James competing in SAL at Portsmouth ran a life time best 100m in 10.9. This equals the U/20 club record (Wait for it) held by Steve Chard since 19.64 also ran at Norbiton **IF** Steve is out there in Woking he will be first to congratulate them both and wondering why the record lasted so long. Well done lads

This paragraph comes under the new category of "**Age Concern**"

In the previous issue June Rush corrected that 6 members competing at the ESAA Champs was not the most ever. June pointed out there was 11 competed in 1983 at Plymouth. Maths being another failure among all my other failures at school. Running out of fingers I miscounted I only mentioned 10. My apologies to Anita Cryer (nee Rush) who also competed at Plymouth in the ESAA running the 80H (Inter-age) Anita noticed my DELIBERATE mistake – thank you Anita

Three members took part in the London 100mile bike ride 29th July in continuous rain, after 20 miles saturated and very cold cycling through the windy/wet slippery/and many puddles. But all finished what they set out to accomplish.

Finishing times

Malcolm Vaughan completed his 5th attempt time 7hr.47.42 Malcolm said he wore arm-bands (Health/Safety) Jonathan Mellor finished in 6.12. Tom and Jaydee Peters rode together in and finished just behind Jon in 6.17. Jaydee was slightly diverted owing the unfortunate fatal accident to a cyclist. The accident happened just previous to Jaydee arriving near to the spot. Not sure if Jon was diverted too.

With T&F season finished I guess you wished you had cleaned the mud of your XC shoes before throwing them in the garage, you have a month to clean them or just buy another pair. Here are the **Ladies Surrey Lge.** dates/venues for the coming 2018/19 season that Mandy has supplied me with. All Saturdays.

Oct.13th Putney Vale/Wimbledon Common. **Nov. 10th** Nonsuch Park/Cheam

Jan. 12th Happy Valley Coulsdon. **Feb. 9th** Richmond Park Kingston End.

Sen. Matches 1&2 run 6k. Matches 3&4 run 8k. Start times nearer the date or email Mandy.

Men's fixtures. All Saturdays

Oct. 13th Roundshaw Pk. **Nov. 10th** Epsom;

Jan. 12th Oxshott Woods; **Feb.9th** Lloyds Pk.

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**Couple of other fixtures. Oct. 22nd Surrey County VETS. Champs. Richmond Pk.
Oct. 27th Bruce Judd XC relays. Surrey County Champs 3rd Jan. 2019.**

Winning Vs PBs With very little to occupy my brain I spend a lot of time thinking about nothing, but during this month I thought of something everyone has a opinion of what group they belong. Do you compete to achieve a PB or compete to win. Obviously both But would you prefer to come last but achieve a PB? or come first with a terrible performance ? What group are you in? This include field events athletes too. My winner's medals could be counted on one finger so I was always looking for a PB Something to chat about?

Club Records

James Hanson equalled the U/20 100m club rec. of 10.9 at Portsmouth on the 29th July in the YDL Existing rec. has been held by Steve Chard since 19.64

Bob Bradbury 0/65 ran 10k in 37.56 at Yateley on the 1st Aug. breaking the club rec. of 42.20 held by Jimmy Brown since 2015

George Hopkins broke the U/17 Decathlon point score with a total of 5076 on 4/5th Aug. at Sportcity Previous rec. was 4975 held by Robert Taylor since 1984 (34 years)

George Furze broke the S/L 2000s/c rec. running 7.48.71, Previous rec. was 8.09.00 held by Jaydee Peters since 2012

Kavita Bhanot broke the U/20 2000s/c rec. by running 8.42.65. Previous rec. was 8.55.8 held by Louise Mills since 2015.

Both the above were achieved at Abingdon on 18th Aug. in the SAL match

Martha Collings created a new 5mile (road) U/17 club rec. running 32.52 in Central Park NY USA on the 19th Aug.

Bob Bradbury broke the 0/65 5000m by running 18.16.72 at Birmingham on 26th Aug. in the British Master Champs. Previous rec. was 20.57.00 held by Jimmy Brown since 2016

Julie Barclay broke two 0/55 club records at the same meeting by running the 800m in 2.52.18 Previous rec. 3.02.0; Also ran the 1500m in 5.54.14 Previous rec. 6.01.26

Both previous records were held by Janice Warren since 2005.

Julie Barclay broke the 5k club 0/55 record by running 21.46 at Lakeside (Portsmouth) on the 29th Aug; Previous rec. was 23.27 held by A.Sprigings since 2007

PBeez

At Crawley on the 25th July. Victoria Smith ran 300m in 43.17;

Peter Evens 0/50 threw SP 11.00m + the Dis. 36.71

The following was achieved in the YDL (upper) at Portsmouth on 29th July

James Hanson ran 100m in 10.9; Thomas Leacock 100m in 11.8;

Ben Rolfe ran 1500m in 4.36.4 + 2000s/c in 7.20.8 + jumped 11.17 in the TJ;

Florence Baulk ran 400m in 66.5; Alicia Kapotwe threw Ham.23.3; Ella Barker ran 80H in 13.2; In the Yateley 10k on 1st Aug. Bob Bradbury ran 37.56 (0/65 PB)

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At the Sportscity on 4/5th Aug. in the England Athletics combined events champs
George Hopkins ran 400m in 56.52 + threw Dis. 30.20 + SP 9.65
In the Homewood 5k on 11th Aug. Mike Waine ran 20.29*
In the Woking 5k on 11th Aug. Susanne Cooper ran 25.22 (0/55); Jane Braid ran 26.33;
Anita Cryer ran 40.25; Sandra Brown ran 43.58;
In the Burnham Beeches 10k on 12th Aug. Jo Payne ran 41.58(0/35)
In the British Masters Champs at Birmingham on 25/26th Aug.
In the Wimbledon Perseverance 5k on 12th Aug. Juan Gonzalez ran 17.38
In the SAL on 18th Aug. at Abingdon Johana Ortigosa ran 100m in 16.58 + 200m in 36.16;
Georgie Furze ran 2000s/c in 7.48.71; Kavita Bhanot ran 800m in 2.44.35;
Eleanor Gatrell (0/40) threw SP 12.78 + Ham. 37.98; Alicia Kapotwe threw ham 17.82
Helen Eve (now 0/50) ran 100m in 14.65 + 200m in 31.49;
Alex Hanson ran 100m in 10.75; Edwin Rutswara 200m in 23.7;
Ben Rolfe ran 800m in 2.05.16 + 2000s/c in 6.54.2; Rory Kelly jumped 5.99 in LJ;
James Gamble ran 5000m in 16.58.12; David Awde jumped 5.80 in LJ;
Nick Phipps vaulted 2.30 in PV (0/65)
In the Woking 5k on 18th Aug. Jane Braid ran 26.27;
In the Stoke Park 5k on 18th Aug. Juan Gonzalez ran 17.49;
Rob Gilchrest ran 19.23 in the Monaghan 5k on 25th Aug,
At the British Master Champs on 25/26th Aug. at Birmingham
Bob Bradbury ran 5000, in 18.16.72 (0/65 PB); Steve Beak jumped 5.16 in LJ (0/50 PB)
Julie Barclay ran 21.46 (0/55 PB) in the Lakeside 5k on 29th Aug. ALSO
Ran 37.22 (0/55 PB) in the Runnymede 5 mile on 30th Aug. at Windsor Park

T&F Results

Self-Transcendence 5k July 23rd Battersea

A late appearing result on Webb. Simon Egan was 1st 0/45 in 16.33. Just 7 sec. outside his best. Last year Simon ran 16.55.

Crawley Open 25th July

A late result appearing on P-of-10 and AW. Victoria Smith finished 6th running a PB best time of 43.17 in the 300m event; Martha Collings ran the 800m in 2.21.62 to finish 2nd; Matthew Smith threw the SP 8.53 + the Dis. 26.44; Hayden Christian was 8th in the LJ with 4.70; Peter Evans now moved up into the 0/50 group threw the SP 11.00m + the Dis. 36.71 and both being PBs throws with the new weights and age.

Enfield Lge. 5mile Track Walk 28th July Allians Stadium

A late result from Fiona Bishop who finished 7th lady(19th o/a) out of the mixed M/F 28 competing in a time of 33.33.

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Derek Crookes Southern U/13 Inter-County Match 28th July Kingston

We had three youngsters competing for Surrey.

Jayne Oyeyemi was 2nd in the 100m in a time of 13.73;

Hayden Christian ran 75H in 12.29 + jumped a PB of 5.01 in LJ;

Matthew Smith threw Dis. 27.73 + the Jav. 23.22

YDL. (upper) 29th July Portsmouth

*Denotes Camberley Athlete

A wonderful performance by James Hanson nearing the end of a tough season by running a life time best 100m in 10.9; Nice one James. And in the worst summer weather rain and rain with a lot of wind too.

U/20B James Hanson 1st 100m in 10.9 PB (Equal CR); Kenneth Ball 3rdB 100m in 12.2
Alex Hanson 1st 200m in 22.4; James Spencer 3rd 800m in 2.08.3; Finlay Barber* 3rd in Jav.
with 37.02; Ben Rolfe 5th 400m in 57.4 + 3rd 1500m in 4.36.4 PB + 2nd 2000s/c 7.20.8 PB +
2nd in TJ with 11.17 PB; Daniel Ingram* 5th in SP with 7.45 + 1st in Dis. with 30.59 + 1stB in
Jav. with 35.21; Robert Pattison 4thB 800m in 2.07.8;

U/17B Dominic Ariyo-Francis 1st 100m in 11.5; Thomas Leacock 2ndB 100m in 11.8 PB + 4th
200m in 24.00; Angus Caruth 4th 1500m in 5.17.9 + 4th 1500s/c in 5.50.0; Gideon Jansen
2nd 100H in 15.2 + 2nd HJ with 1.70; Taylor Attwood-Williamson* 4th in SP with 7.57 +
2ndB in Dis. with 21.02; Aiden Johnson* 3rdB in SP with 6.20 + 2nd in Dis. with 25.81 + 1st in
Ham. with 19.49; The 4x100r team was 3rd in 449.8

U/20G Amy Braid 2nd 100m in 13.2 + 1st 200m in 27.7; Tori Rose Ellis 4th in Ham. with
29.49; Maryanne Eve 1st in PV with 2.00m + 3rd in LJ with 4.39 + 2nd in TJ with 9.41;
Isobel Leikis 2ndB 100m in 13.8 + 2nd in HJ with 1.45; Katie Hopkins 1stB 200m in 27.0 + 1st
400m in 59.6 + 1st 1500s/c in 6.00.4 + 1st in PV with 1.85; Florence Baulk 2ndB 400m in
66.5 PB + 1stB 400H in 75.4 + 3rd in Jav. with 28.50; Kavita Bhanot 4th 1500m in 5.46.5 + 1st
3000m in 12.41.4 + 1stB 1500s/c in 7.04.4; Henrietta Owen 3rd 100H in 19.4 + 2nd 400H in
79.1 + 1stB in TJ with 9.11; Alicia Kapotwe 4thB in SP with 6.73 + 1stB in Dis. with 25.71 +
1stB in Ham. with 23.03 PB;

The 4x100r team was 2nd in 56.6 + The 4x400r team was 2nd in 4.33.9

U/17G Lucy Eaton-Tribe 6th 100m in 13.8 + 2ndB 200m in 28.5 + 2nd in LJ with 4.61;

Sara Eve 4thB 100m in 14.7 + 3rdB 800m in 2.53.0 + 3rd in Jav. with 20.65;

Victoria Smith 3rd 200m in 27.1 + 2nd 300m in 44.5; Sandra Stapinoiu* 3rd 800m in 2.43.7;
Martha Collings 2nd 1500m in 4.58.5 + 1st 1500s/c in 5.27.9; Rebekah Smith* 1stB 3000m in
13.05.5; Ella Barker 2nd 80H in 13.2 PB + 2nd 300H in 52.0; Tyla John* 2ndB in HJ with 1.35 +
2ndB in LJ with 4.34 + 4th in TJ with 8.85; Isabella Janssens 1stB in SP 8.60 + 3rd in Dis. with
19.37; Oria Manchester* 2nd in SP with 9.38 + 2nd in Dis. with 29.97 + 2nd in Ham. with
37.61;

The 4x100r team was 3rd in 57.4 + The 4x300r team was 3rd in 3.11.4;

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Vets Lge. 1st Aug. Perivale

Julie Barclay ran three events and in the 200m was 4th in 36.6 + was 2nd 0/55 800m in 2.54.02 and then ran a disappointing 3000m in her worst time ever of 13.59.7 to finish 4th. Paul Watt ran the 800m in 2.45.2 to finish 5th. Both competing for 2nd claim club BA.

Herne Hill Harriers Graded 3000m Open 1st Aug.

Ben Goddard ran in the fourth race and finished 12th out of 19 in 9.19.89.

This being Ben's first track 3000m race also his first 3000m ever.

England Athletics U15/17 Combined Events Champs 4/5th Aug. Sportscity

George Hopkins in his first ever Decathlon and chose to compete against the UK best U17s and finished 10th out of the 19. Plus achieving three PBs also breaking the club U/17 record points scored that was 4957 in 1984 (34 years) held by Rob Taylor. George scored 5076.

Full Results; 100m in 12.87 + 400m in 56.52 PB + 1500m in 5.17.72 + 100H in 1581 + Jumped 1.77 in HJ + 5.26 in LJ + 3.57 in PV + Threw 9.65 in SP PB + 30.20 in Dis. PB + Jav. 44.51; Total points 5076

SEAA U/15/17 Champs 11/12th Aug. Lee Valley

U/17G Victoria Smith just missing the 100m S/F also just missing the 200m final

Victoria was 4th in 100m Ht. in 13.27 + 3rd in 200m Ht. in 27.61;

Martha Collings becoming an athlete to be aware of in Steeple Chase events today finished in a Silver medal position in a time of 5.14.9 less than a second outside her best.

Isobel Leikis also came away with a Silver medal in the HJ by jumping 1.60;

We had two in the LJ event Lucy Eaton-Tribe was 9th with 4.86 and Poppy Walters 11th with 4.80;

U/17B Dominic Ariyo-Francis was 4th in 100m Ht. running 11.48 just missing the 100m final But reached the 200m final and finished in the Bronze medal position running 22.75

SAL 18th Aug. Abingdon My first visit to the very impressive stadium and facilities.

One downside the throwing area was separate from the main arena.

Although enclosed in a safe fenced off area but unable to watch unless leaving main stadium so losing contact with track and jump events. But it kept me active/warm wobbling to/fro.

The 39 athletes had great support for this vital promotional fixture. President Susan Deaves and Chairman Ian. Mem Sec. Lesley Baulk; Our usual team of officials Christine Chambers/Dave Hunt/Dave and Gina Middleton/Neil and birthday girl(Nanny)Helen Henderson/Dave Clarke these officials score valuable points. Coaches Joe Holden/Derek Goode/Nick Phipps/Russell Ellis. Plus the ever enthusiastic managers Kay Trinder /Hrvoje Borzic who work hard getting their respective teams together during the previous week and during the match that has been very successful all season.

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The clubs positions not announced often but we were in 2nd spot for most of the meeting and with 3 events and the four relays results to come so we sat on the coach excepting our 2nd position until Eleanor who waited for the final official outcome came aboard and casually/calmly announced we had won by 10 points.

An enjoyable afternoon with some good scoring performances including 16 PBs
Every one giving 100% plus for every single point.

The Men had a scoring team of 15 with 4 n/s members available if required.

Alex Hanson started off in brilliant winning style with a 100m PB in 10.75 + 1st 200m in 21.9;

Edwin Rutswara was 2ndB in both 100/200m in 11.40 and a PB 200m in 23.7;

Kenneth Ball n/s 100m in 12.4; Michael Ball n/s 100m in 15.31 + n/s 200m in 32.28;

Steve Beak n/s 100m in 12.5 + 200m in 25.62; Robert Patterson finished 4th 400m in 52.67;

James Spencer was 4thB in the 400m running 55.69 then teamed up with Angus Caruth in the 1500m to finish 4th in 4.48.4 While Angus ran 5.22.61 and finished 4thB;

The 800m event dished up a great battle event saw with Craig Morton and Ben Rolfe

Craig was 3rd in 2.05.14 with Ben 3rdB running a PB time of 2.05.16 then continued in top form to run another PB time of 6.54.2 in the 2000s/c to finish 3rd; James Gamble stepped off a plane from China in the morning then dashed to Abingdon to run a PB time of 16.58.12 in the 5000m -- Jet-lag or not James finished 3rd;

Nick Phipps not only coaching his squad all afternoon but Vaulted a 0/65 PB 2.30 and 1stB all valuable points from Nick and Paul Kelly who teamed up with son Rory in the Hammer Paul threw 36.37 to finish 2nd; Ryder Anderson gaining maximum points in the Javelin by throwing 49.79 in the outside arena; Roy Chambers slightly hampered with injuries still manage to collect points in the SP Roy was 2ndB with a throw of 9.30 then finished 1stB in the javelin with 48.34;

Our three big point scorers was David Awed who covered 6 events – 1stB 110H in 16.54 + 1st 400H in 57.18 + 2ndB in HJ with 1.50 + 1st PV with 2.70 + 2nd in LJ with a PB of 5.80 + 4th in TJ with 11.50;

Rory Kelly scoring in 5 events 1st 110H in 16.5 + 2ndB in LJ with a PB of 5.99 + 1stB in TJ with 11.45 + 1stB in Dis. with 29.09 + 1stB in Ham. with 29.23;

Kaspars Kazemaks scored max points in 3 events with a 1st in HJ jumping 1.75 + 1st in SP 11.94 + 1st in Dis. with 34.45. Then kept active all afternoon with 3 n/s events 100m in 11.64 + 200m in 24.03 + 110H in 16.30;

The 4x100r team was 3rd in 45.6 + the 4x400r team was 1st in 3.34.02 (a brilliant performance)

The Ladies. Kay gathered a team of 14 scorer's with a back of 6 that kept themselves busy in n/s events.

Victoria Smith ran the 100/200m races with a 1st in the 100m running 12.93 and 3rd in the 200 in 12.93; Lucy Eaton-Tribe was 1stB in both her events running 100m in 13.62 + jumping 4.85 in LJ;

Four n/s sprinters Freya Challis 100m in 13.48 + 200m in 28.52; Helen Eve 100m in 14.65 + 200m in 31.49 Both times being 0/50 PBs for Helen; Yohana Ortigosa was in the same mode also running two PBs running 100m in 16.58 PB + 200m in 36.16; Natasha Di Nolfi ran the longer sprint of 400m in 71.67;

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Alicia Kapotwe did two field event n/s in the SP threw 6.83 + a PB throw in the Ham of 17.82; Also we had a n/s SP in 6.95; but the results are incorrect for the name so if any one know who this is please advise: Katie Hopkins was 1stB in 200m with 27.53 + flew round the 400m to win by a clear 30m in 60.56 Then ran a 1500m to finish 3rd in 5.13.68; Ella Barker ran the 400H to finish 2nd in 60.9 and ran a n/s 200m as a warm-down in 28.5; Poppy Walters was 1stB in the 400m in 68.85 then jumped 4.99 in the LJ to finish 2nd; Ciara Mulvihill returning from a very relaxed holiday realised how much fitness was missing but run to score very valuable point managed quite easy in both 800m and 3000m being 4th in 800m 2.38.35 ran 13.29.14 in 3rdB place; Kavita had an excellent afternoon by being 4thB in the 800m running a PB time of 2.44.35 followed by a brilliant performance in the 2000s/c running 8.43.14 to finish 3rdB and breaking the U/20 rec. of 8.55.8; Georgie Furze ran the three longest events each requiring a separate warm-up/warm-down adding another mile. In the 1500m Georgie was 1stB in 5.16.24 + 2nd in the 3000m running 11.05.78 then a fantastic 2000s/c taking the lead from the gun and staying there to finish 1st in a PB time of 7.48.71 also breaking the Sen. ladies club rec. of 8.09.00 held by Jaydee Peters since 2012; Sam Morrison having to miss out on her regular PV event but managed to come 1st in the 100H in 16.30 + 3rdB in HJ with 1.25+ 1stB in TJ with 9.02; Clare Maurer teamed up with Sam in 100H to finish 1stB in 16.54 and in the TJ jumping 10.26 to finish 1st also in the HJ was 2nd with 1.45 and won the PV with 3.40; Tori Rose Ellis threw the Ham. 32.58; Florence Baulk was 2ndB in the 400H running 75.38 then finished 2nd in the Jav. with 33.33; Lia Anderson was 1stB in SP with 10.71 also 1stB in the Dis. throwing 33.35; Eleanor Gatrell again scoring well in the SP coming 1st with a 0/40 PB of 12.78 + was 3rd in Dis. with 33.83 also another 0/40 PB in the Ham. with 37.98 and finally 4th in Jav. with 18.76; The 4x100r team was 2nd in 53.35 + The 4x400r team was 2nd in 4.18.7;

British Masters Champs 25/26th Aug. Birmingham

We had 3 ladies and two men competing. Both Steve Beak and Paul Kelly regular and very experienced athletes competing in major WORLD/UK champs. But all three ladies having their first experience some of the best in their respective age groups. I think the girls did slightly better than the lads

ALL 0/50(ish) Steve Beak in Birmingham for the week-end contested 4 events

Steve was 7th in 100m Final in 12.7 ran 12.57 in Ht. Then 3rd (Bronze) in 200m final in 26.18 Was 4th in TJ with 9.47 then another Bronze(3rd) in the LJ by jumping 5.16 This being a 0/50 PB.

Paul Kelly who never comes home from the big meetings without a medal today was 2nd in the WT (Weight Throwing) event with a 12.46 throw to earn a Silver.

And in the Ham. event just missing a bronze to finish 4th with a throw of 37.01.

Bob Bradbury 0/65 finished 1st (Gold) in the 5000m in 18.16.52 this being a 0/65 PB for Bob Plus the club record. A really excellent time and very unlucky missing the CBP by 1(one) second. Bob enjoyed the race as his often regular Surrey rival Ian Kitching was chasing him again; Bob was over a minute + over the next three to finish. Nice one Bob.

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The ladies kept the WAC flag flying just as high, Helen Eve ran the 100m on the Sat. to finish 2nd in 14.91 winning her first major Silver medal. Helen then had to dash home to celebrate her 25th wedding anniversary (another SILVER), Jacqui Musselwhite also running on both days along with brother Adrian (Crawley ac) Jacqui really showing the 400m girls what they are competing against over the next 5 years. By crossing the finish line in 3rd place a Bronze medal in her first major event made Jacqui A very happy bunny Jacqui ran 71.12; On Sun. after a Sat. get together evening meal ran the rather long 800m for her and finished 6th in a 2.49.54

Julie Barclay competing Sat./Sun. admitted to being nervous for the first time in her life not the real Julie B. Now into her new 0/55 age group ran the 1500m on the Sat. to finish 6th in 5.54.14; Nerves gone felt better on the Sun. running the 800m to finish 6th again in 2.52.18. No medals just gained experience PLUS her 800/1500 times broke both the 0/55 club records that has stood since 2005. So something to end the track season with. Both Julie's times are not 0/55 PBs these were achieved running for BA not WAC so not illegible. Jacqui's brother Adrian finished 2nd in the 1500m in 4.27.23 and finished UK champion in the 800m running 2.10.58

England Athletics U/15/17 Champs. 25/26th Aug. Bedford

We had two **U/17 girls** competing. Isobel Leikis was 8th in the HJ event her best jump being 1.60; In form and mastering the s/c event with ease today Marth Collings finished 3rd (a Bronze) in 5.16.56 There was a large entry of 16 so pace judgement vital Well done Martha

Road Results

Woking 3mile 1st Aug. Holidays and heat kept the entry down to 15.

Jonathan Mellor ran with young son Isaac who beat dad by running 22.35 to Jonathan 22.38; Malcolm Vaughan ran 28.30. Both due to cycle the London 100mile event in 4 day's time. Also running was Matt Winn-Smith's wife Joanna who accompanied young son Zak Zak ran 26.03 Joanna 26.06. Fastest was Richard Baggott in 17.10 who started off last then pass all 14 to return first

Yateley 10k 1st Aug.

This being the final race of the summer series. A very good entry of 820 on a very hot evening. Our first to finish was Juan Gonzalez in 18th place with a time of 36.11; Bob Bradbury was 34th o/a in 37.56 a 0/65 PB plus breaking the club record. Also came away with the 0/60 series winner award (Again) Well done Bob Fiona Bishop finished 281st in 49.44 pleased to keep under 50.00.

VAC 5mile Walk Tue. 7th Aug. Battersea

Fiona Bishop was having her last VAC walking race this season. And finished 3rd lady in 56.39.

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Perseverance 5k 12th Aug. Wimbledon

We had very small entry of four just one lady and three men with one only entering on day. Maybe last event in series OR that long 1.5k hill from the off was the reason for the normal entries.

And knowing we had won four awards already ? Plus holidays

On the day Juan Gonzalez ran a PB time of 17.38 entering the stadium with 300m to the finish looking as if he knew he was running well and full of confidence and finished 18th out of 208; Ben Gillam finished in 57th place and keeping under 20 minutes quite comfortably in 19.45; Mike Waine entered on the day and today was Mike's very first ever 5k on the road And after running a course record and PB the previous day today ran 20.02 to finish 62nd; Fiona Bishop running under par owing to chest infection finished 188th in 27.15

Members winning series awards were. Simon Egan 1st 0/40; Ben Goddard 3rd in age group; Jimmy Brown 3rd 0/65 age group; And the men won the o/a 1st team prize

Burnham Beeches 10k Aug. 12th Farnham Common

Jo Payne returning to form quicker than she thought. Today running her first 10k since 2014 (in 44.18) Today finished 1st lady (8th o/a) in a 0/35 PB time of 41.58. Jo's best ever 10k was 37.26 in 2011 Today 514 finished.

Central Park NY USA 8k 19th Aug.

Andrew Collings and family on holidays in the USA. Happen to be in NY over the week-end so decided to enter this event. In form Martha finished 13th female (103rd o/a) in 32.52 Martha's time has created a new U/17 club rec. Nice one Martha.

Andrew was 100 places adrift of Martha finishing 201st place in 34.23.

Both running their first 5 mile event.

A small report from Andrew is that "Central Park is certainly NOT flat". 5183 finished

Runnymede Runners 5mile 30th Aug. Savill Gnds.

The last race of this summer series of 5. The perfect evening for running that saw 55 finish. We had two running and both ran a season best over the course. Julie's time was a 0/55 PB. Malcolm had a classic run a looked so relaxed running 50.52;

Lakeside 5k 29th Aug. Portsmouth

A nice evening for this very fast event with 72 of the 137 that finished ran under 20 minutes. A really classic field of talented athletes who obviously enjoy the challenge.

Julie Barclay ran a 0/55 PB time of 21.46. Julie was beaten 0/55 Jane Harrop who ran 19.48 Jane a previous Woking member. Julie having ran all five of the series and finished 1st or 2nd most times wins the 0/50 trophy.

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Off Road Results

Tooting Common 28th July A late arrival Malcolm Vaughan ran this prior to his London Bike ride. Although running easy ran a course PB of 29.23 to finish 359th out of the 521.

The scorching hot humid temperature was the reason not one of our members ran a PB on 4th Aug, A wise cautious decision. Like the weather in San-Francisco ??

Homewood 4th Aug. Joshua Williams U/14 our only entry among the 116 that finished. Joshua was 4th in 20.01

Stoke Park 4th Aug. Lucia Tregellis having a nice easy jog to finish 116th in 25.35 Today 368 ran

Rushmoor 4th Aug. With no Frimley run cancelled the extra amount totalled 648 Stephen Blake having his first run over the course finished 2nd in 17.00

Bushy 4th Aug. Christine Flynn still maintaining her 2018 target of sub 27.00 seems to manage it quite easy now today ran 25.49 to finish 369th out of 1010. Mary Raleigh was 730th in 31.02

Cissy Field 4th Aug. San-Francisco Jess Walters and family spending their holidays in the USA, took time to run Cissy Field in San-Francisco. A nice flat out and back course along the lake path. James was 55th in 24.34; Poppy finished 67th in 26.35; and Jess 96th in 27.19. 184 ran

South Norwood 4th Aug. Richard Grinter returned after running the Stratford-upon-Avon park run last week to run the South Norwood run today and finished 9th in 19.55 109 finished

Hazelwood 4th Aug. Mike Waine was our only member among the 126 running this flat two lap figure of 8 course in 20.14 to finish 1st 0/60 (4th o/a) in 20.14. John Coffey holder of the 0/70 course rec. 27.08 today ran 27.

Cirencester 4th Aug. Ben Goddard lead the field of 264 to finish 1st in 18.29. Ben holds the course 30/34 course rec. of 16.47 he ran on the 23rd June earlier this year

Woking 4th Aug. With Frimley off did not make any difference the entry of 306. We had 11 running and the men left it to Kay Trinder to lead the 10 home who was 1st lady (17th o/a) in 20.57; and backing Kay up was Kavita Bhanot who was 2nd lady (33rd o/a) in 21.49; then our first man Steve Tait in 35th spot running 21.58; Jimmy Brown 1st 0/65 (40th o/a) in 22.17; David Sigerson was next along in 78th place with a time of 24.24; Michael Ball finished in David's slip-stream in 24.38 to finish 84th; Fiona Bishop attempting to close the gap on Micheal over the final 200m finished 88th in 24.44; Tim Cooper was 91st in 24.48; Catherine Illingworth finished 116th in 27.43;

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And then our guest from Frimley Malcolm Vaughan running well to get under 30 min. who normally runs over 30mins. at most park runs Malcolm ran 29.41 to finish 300th and promising to return; Sandra Brown ran with granddaughter to finish 295/296 in 46.50

Homewood 11th Aug. Mike Waine set of steady but found he was passing so many and when starting the second lap was in third spot and with 1k to the finish was 2nd. Mike ended up 2nd running a course PB of 20.29 plus beating the course record. The winner was a 35 year old lady having her first outing over the course
Today 97 finished

Stoke 11th Aug. Miche Oldham was our first of our of our two ladies running Miche finished 81st in 23.46 with Lucia Tregellis finishing 172nd in out of 409 in 26.50

Fareham 11th Aug. Malcolm Vaughan having his first outing over the course finished 151st out of 277 in 30.51

Woking 11th Aug. Today was the 200th run at Woking and we had 20 among the 314. Some results are missing owing to one scanner having an off day. (Hy-tech syndrome) The two Ben's taking 9/13th spots. Ben Goddard was 9th in 19.16; with Ben Rolfe 13th in 19.28 just .02 out side his best; Then Kay Trinder finishing 1st lady for the second successive week plus 12 seconds faster today running 20.49 in 34th o/a position; And again being chased by Kavita Bhanot like last week and also 11 seconds faster running 21.32 in 43rd place; Clive Hensby our former Jnr. and Sen. Surrey XC champion was 45th in 21.44; Laura Hales having ran 7 miles from home then ran 22.36 around the course before running the 7 miles home Laura finished 59th; Michael Ball sailed round in 24.08 to finish 87th; Tim Cooper three seconds adrift of Michael was 91st in 24.11; Susanne Cooper having a half day off as race director (still collected the markers after) ran a very comfortable 25.22 with ease to finish 117th Susanne first time under 26.00 since Feb. Also today ran a 0/55 PB; Christine Flynn stayed with Susanne for two laps then Susanne slowly pulled away on the final lap Christine running exactly one minute under her target to finish 134th in 20.00m.; Fiona Bishop nursing a cold/sore throat cautiously ran 26.21 to finish 140th; Jane Braid looking really relaxed and ran a PB time of 26.33 to finish 146th; James Walters over his jet lag from the USA today ran 26.46 in 149th spot; And in 150th place was Jess Walters after her 5k run at Cissy Fields (San-Francisco) keeping just adrift of James ran 26.49 and just ahead of Barbara Rodriguez who was 152nd in 26.50 unfortunately the scanner missed Barbara but she remembered finishing one place behind Jess; Valerie Mills was next along in 27.56 to enter funnel in 178th place; Duncan Rolfe returning slowly after his bad foot injury was 245th in 31.38; Anita Cryer pacing a group member that also helped her run a PB time of 40.25 to finish 300th with her friend; Daughter Leanne was 304th in 43.28; Sandra Brown who this week helping Jimmy after his very nasty incident that caused him to be hospitalized Sandra ran another PB of 44.38 to finish 312th Jimmy along side in 44.58;

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Frimley 18th Aug. Rushmoor being off increased the entry to 667.

Julie Barclay HOW! Took the wrong turning before being called back by the other runners. Lucky Julie was not in the lead (with 667 following) Julie not expecting an excellent run finished 116th in 23.53; Although Malcolm Vaughan did have an excellent run finishing 389th in 29.53; Under 30.00 well done Mal.

Homewood 18th Aug. Our only entry was Lucia Tregellis who finished 2nd lady (18th o/a) in 22.56;

Stoke Pk. 18th Aug. Juan Gonzalez back on his local tough little course finished 3rd in a PB time of 17.49;

Hazelwod 18th Aug. Mike Waine on his monthly visit to this excellent flat course and excellent viewing for Supporters. Today Mike was 7th in 20.24 A below par time for Mike on this course Today 124 ran

Boisde de Boulogne(Paris)

Phil Cross 0/55 finished 4th in 19.49 point of interest the winning 0/55 ran 17.22

Woking Pk. 18th Aug. A low turnout of 8 members owing to Hols. and other fixtures Our leader was Ben Goddard in 10th spot running 19.03; Louise Mills running well to finish 2nd Lady(27th o/a) in 21.15 Louise best being 21.10; Christine Flynn having an excellent 2018 by keeping under her target of 27.00 regularly and today ran 25.39 to finish 106th Christine's her best being 25.19; Christine was 1st 0/60; Mary Tibbotts after a short lapse at Woking today ran 26.09 to finish 117th; Then Jane Braid our only member to run a PB time AGAIN for the second successive week today ran 26.27 in 121st place, well done Jane; Barbara Rodriguez just behind Jane was 2nd 0/60 (130th o/a) in 26.55; Then Valerie Mills who was 181st in 29.05; With Sandra Brown 296th in 46.05 and Jimmy 297th in 46.06; Today 308 ran.

Bushy PK. 25th Aug. Christine Flynn ran 25.15 well under target to finish 419 out of 1157; Mary Raleigh was 656th in 28.10

Brokenhurst 25th Aug. Steve Hill having his first run her today finished 36th in 24.40 117 ran.

Fountains Abbey 25th Aug. Fiona Bishop making her debut over the course ran 24.19 to finish 95th out of 392

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Monagham Town 25th Aug. Rob Gilchrest ran a PB time of 19.23 to finish 1st from 40 others

Cirencester 25th Aug. Ben Goddard was 1st of the 168 that ran and Rob ran 17.07

De Rouen (France) 25th Aug. Phil Cross was running his first over the course and finished 2nd in 19.49. Exactly the same time as the previous week in Paris. 50 ran today

Homewood 25th Aug. Lucia Tregellis 1st lady (19th o/a) in 22.54 Today 106 ran

Woking 25th Aug. Considering holiday week-end a good entry of 19 members among the 330; Our leader today was Ben Rolfe in 7th place running 19.20; And our first lady was Lisa Faunch who Finished 1st lady (14th o/a) in 20.00 Lisa's husband Philip was just ahead having his first run at Woking Was 6th in 19.12; Jaydee Peters 2nd lady(16th o/a) in 20.08 a brilliant performance considering Jaydee arrived at the end of a 15mile endurance run and was not finished as she was due to run the 4 mile home; Jo Payne 3rd lady (18th o/a) chased Jaydee over the final 200m both running flat out a real classic finish by both; Steve Tiat held off **BIRTHDAY GIRL** Laura Hales Steve was 20th in 20.15 Laura 4th lady(22nd o/a) in 20.19; Young Charlie Cunningham was 27th in 21.08;

Kavita Bhanot was 32nd just 15 sec. out side her best finished in 21.20;

Next was the clubs friendly-ish rival's Jonathan Mellor/David Sigerson who regularly visit the same park venue plus pair-up in relays together and today they must have had a bet on as over the 200m run in it was stride for stride and both loving it David got the nod in 78th/80th in 24.19 to Jonathan's 24.20;

Then Charlotte Watson inside the first 100 was 97th in 25.11; Susanne and Tim Cooper having a real fun run swapping places 2/3 times on each lap plus returning a good time Susanne was 226th/Tim 117th and both share 25.58. Mary Tibbotts on their tails and looking relaxed was 118th in 25.59; Jess Walters was one minute back in 26.50 to finish 136th; The next three running sub 28.00 Duncan Rolf running/jogging/walking continuing his come back after a long lay off thro' injury finished 148th in 27.18; Barbara Rodriguez two back in 150th spot in 27.26 and Valier Mills 155th in 17.44: Lesley Baulk ran the full course as a slow jog around today was 254th in 34.03; Jimmy and Sandra Brown was 319/320 with Sandra running a PB again of 45.13, this is the 8th time from 9 runs, Jimmy miles behind in 45.14.

Bac XC Results

Wimbledon Rugby Club 7th Aug. Mabac Lge.

All 200 came expecting to get drenched in the forecast thunder storm. But no sign of it until midnight (We couldn't hang about waiting that long) The Magic team had 8 scoring and 2 juniors. The most this season. Maybe the attraction being the wonderful free buffet after the event. Magic's first home was Richard Baggott in 9th place in 30.26 an excellent time over this tough hilly course; Mike Waine 1st 0/60 (28th o/a) ran 33.29; Freddie Golding getting fitter slowly was 77th in 37.48

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Fred was a former Woking XC men's team manager; Julie Barclay finding it very hard work returning the previous day after a week in Spain where the temperature was well above 100. But Julie managed to survive to finish 91st in 38.43 three minutes slower than 2017; Paul Watt also finding it tough plus running his longest race since last Nov. But managed a final 300m sprint finish to catch Mabac chairman Ken Saunders on the line, Paul got round in 42.06 to finish 122nd while Ken was 123rd in 42.09; Malcolm Vaughan a regular Mabac competitor/supporter has yet to find

a course that he can not conquer today finished 188th in 51.37;

And our final scorer was Jackie Golding another one who will not be beat. Jackie ran 53.39 finishing 193rd.

In the junior 2 mile race our member Ben Golding went off very/very fast and his training must be paying off because he came back into the finishing field running the same pace to finish in 2nd place a very good performance to clock 18.57 that also gave younger brother Sam confidence because he went out from the start in 4/5th spot and returned just behind Ben to finish 3rd in 19.08. (39 ran today)

In the junior race it is worked on a handicap system (How ?) But at the moment Sam is the leading spot.

A good evening for the Golding family.

Fixtures

**SUN. 2ND SEPT. YA CHAMPS WOKING LOTS OF HELP NEEDED PLEASE
THIS BEING THE FINAL MEETING ON THIS TRACK
SO ALL COME ALONG AND HELP AND SAY "FAREWELL" AND LOWER THE FLAG**

Sun. 8/9th Sept. Surrey Combined Events/Steeplechase/3kWalk/and track relays (All champs events)

Road

Sun. 23rd Sept. Southern 6/4 stage road relays

XC. Sun. 16th Sept. Lightwater

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