



COCKCROW
Woking AC
News

JUNE 2018

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Editorial

Outstanding contributions to the Woking community were recognised at the Mayors Civic Reception. Congratulations to club President Susan Deaves who was named as Eminent Citizen for life time contribution to Athletics in the town. Susan has been president of the club for 27 years and has officiated at international level and chairman of the England selection group. Among other notable rolls she has chaired the British Athletic Supporter's Club which travels all over the world following British teams and awarding scholarships to up-and-coming youngsters.

Susan has lived in the area for 55 years.

Sorry for some late May results unfortunately the results did not appear on web until Tue/Wed. And often the latter so I have to decide whether to hold or go ahead and print. Another small mistake I have put the Surrey Champs results in wrong date sequence order and do not know how to rectify but not life threatening so all will be ok (I hope)

I would like to thank all those that help me to obtain results as I often have arguments and punch-ups with the lap top and think may be the start of world war 3 we are definitely not the best of mates.

Looking at the club web records and noticed there is no ladies 0/55 Marathon record on the list In my old fashion hard copy It was 4.16.53 held by Sylvia Steer MBE. But Fiona Bishop 0/55 ran 3.55.09 in the greater Manchester 26.2 on 2nd April 2017 This is the now the official 0/55 marathon club record

Club Records

At the YDL on 19th May at Winchester the U/15 Boys team of Tom Verrills/Robbie Thomson/William Harding/Ryan Henderson broke the 4x100 RELAY club record running 48.9 Previous was 49.4 since 1988.

Two records fell at Walton on the 20th May in the SAL meeting

Martha Collings broke the U/17 1500s/c Rec. running 5.30.6 Previous Rec. of 5.59.1 held by Katie Hopkins since 2016

The U/20 boys James Hanson/Alex Hanson/Kenny Ball/Rob Pattison broke the 4x100 RELAY club record running 45.1 Previous rec. was 45.8 since 2002.

PBeez * course PB

In the YDL match at Woking on 29th Apr. the following athletes achieved.

James Hanson ran 100m in 11.0; Alex Hanson ran 200m in 21.9; Kenneth Ball 100min 12.12;

Robert Pattison 400m in 52.1; James Spencer 400m in 56.4; Ben Rolfe 1500min 4.38.7; George Hopkins jumped 3.90 in PV;

Lucy Eaton-Tribe 200m in 29.1; Charlotte Watson 1500m in 5.57.9; Alicia Kapotwe threw SP 7.72

In the Rushmoor 5k on 5th May Lisa Faunch ran 19.40*

In the Ranelagh ½ marathon on 6th May Simon Egan ran 1.14.38; Steve Hill 1.42.28; Jimmy Brown 1.47.39

In the Woking 5k on 5th May Adrian Brookes ran 20.36;

At Stoke Park on 9th May Juan Gonzalez ran 17.51*; At Homewood 5k on May 9th Ben Rolfe ran 19.49*

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In the Staines 10k on 13th May Stephen Blake ran 32.44; Lisa Faunch 40.17; Mike Waine 0/60 41.42; Jacqueline Musselwhite 47.12; Fiona Craruth 49.13;

In the Surrey Champs on 12/13th May James Hanson ran 200m in 22.04; Jacob Stadie 400m in 58.51; George Hopkins threw Jav. 46.98; Jack Norman threw Ham. 23.95; Martin Sunderland ran 1500m in 4.44.6; Willian Harding 100m in 12.29 + 200m in 25.65; Matthew Smith threw Dis. 25.67; Hayden Christian jumped 4.95 in LJ; David Awde ran 400H in 57.22; Lucy Eaton-Tribe ran 100m in 13.13; Poppy Walters 300m in 43.01; Alicia Kapotwe threw SP 8.02 + Dis. 28.25; Georgina Owen 800m in 2.40.75; Ella Stoner 200m in 28.09; Charis Mogan 800m in 2.32.29; Amy Braid 200m in 26.56; Katie Hopkins 400m in 59.56; Henrietta Owen 400m in 66.8 + 400H in 71.6 + jumped 9.48 in TJ; Tori Rose Ellis threw Ham. 34.66.

In the YDL on the 19th May at Winchester; Amber Stone ran 75m n/s in 11.3; Indiana Marshall 75m n/s in 11.3; Amani Mukadam ran 75m in 10.5; Alexa Adams 75m in 11.4; Annabelle Thornton 150m in 2.1; Ione Haggarty threw SP 5.35; Iseabail Brown 800m in 3.03.3; Neve Bradley ran 200m in 28.7 + jumped 4.66 in LJ; Georgina Owen 800m in 2.38.7; Ryan Henderson 3rd 100m in 11.9; Thomas Verrills 100m in 11.8; William Harding 200m in 25.3; Joshua Williams ran 300m in 46.1; Toby Webb threw Dis. 26.06; Braedyn Echie 100m in 15.0; Laith Freeman 100m in 14.3 + jumped 4.09 in LJ; Hayden Christian 200m in 27.6; Oskar Aspinall 800m in 2.35.3+ threw Jav. 14.27;

In the Sutton 10k on 20th May Steve Tait ran 38.53; Georgie Furze ran 39.57; Graham McMahon ran 47.32;

In the SAL match at Walton on 20th May Richard Beak ran 400m in 51.6; Steve Tait ran 3000s/c in 13.17.8 (0/50); Ben Rolfe ran 3000m in 10.47.9 + 3000s/c in 11.56.7; David Awde jumped 1.53 in HJ; Poppy Walters ran 400m in 62.1 + threw Jav. 25.42; Amy Brain ran 400m in 63.5; Georgie Furze ran 5000m in 20.31.7; Sam Morrison ran 100 H in 16.3; Ella Barker 400H in 70.4; Henrietta Owen 400H in 71.2; Martha Collings 1500s/c in 5.30.6; Lucy Eaton-Tribe jumped 5.09 in LJ; Maryanne Eve jumped 10.26 in TJ; Lia Anderson threw Ham.30.15; Florence Baulk threw Jav. 35.75;

In the Woking 5k on 26th May Ben Rolfe ran 18.26;

At Kingston on 26th May in the YDL the following was achieved
Florence Baulk ran 400H in 73.3; Martha Collings ran 1500s/c in 5.25.8; Victoria Smith 200m in 26.5; Isobel Leikis jumped 1.63 in HJ; Poppy Walters jumped 8.47 in TJ; Tori Rose Ellis threw Ham. 35.10; Kenneth Ball ran 100m in 12.1; James Spencer 400m in 56.1; Harrison Onorati 100m in + 200m in 26.5; Dominic Ariyo-Francis 200m in 22.4; Shaun Waters 800m in 2.23.3; Gideon Jansen 100m in 14.6 + jumped 1.75 in HJ.

T&F Results.

Surrey Champs 12/13th May Kingston

Full Results. All field events are Finals. F denotes track Final.

S/M. Richard Beak 5th 200m in 23.34 + 2nd 400F (Silver) in 51.96;
David Awde 1st PV (Gold) with 3.70 + 2nd 400H (Silver) in 57.22 PB; Ian Horlock 3rd 400m (Bronze) in 52.39; Kaspars Kazmaks 5th in SP with 11.46 + 6th in Dis. with 34.40.

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U/20M. James Hanson 3rd 100mF (Bronze) in 11.1 + 4th 200mF in 22.04 PB; Alex Hanson 3rd 200mF (Bronze) in 22.03; James Spencer 4th 800m F in 2.07.76;

U/17B. Kenneth Ball 7th 200F in 24.88 + 5th 100m in 12.35; Gideon Janson 4th 400H in 14.97 + 7th in HJ with 1.70; Frank Townley 4th 800m in 2.08.54 + 4th 3000F in 9.45.44; Jacob Stadie 7th 400m in 58.51 PB; George Hopkins 2nd in PV with 3.90 + 6th in HJ with 1.75 + 1st (Gold) in Jav. with 46.98 PB;

U/15B. Henderson 5th 100F in 12.11 + 4th in LJ with 5.46; Martin Sunderland 8th 1500m in 4.44.6 PB; William Harding 7th 100F in 12.29 PB + 5th 200F in 25.65 PB; Jack Norman 2nd (Silver) in Ham. with 23.995 PB; George Wallace 4th in HJ with 1.55;

U/13B Hayden Christian 3rd (Bronze) in LJ with 4.59 PB + 4th 100F in 13.81; Rhys Conlon 2nd 75H F (Silver) in 16.28; Matthew Smith 2nd (Silver) in SP with 8.53 + 1st (Gold) in Dis. with 25.67 PB;

S/L. Clare Maurer 1st (GOLD) in PV with 3.50; Sam Morrison 2nd (Silver) in PV with 3.30;

U/20L. Emily Read 3rd 100F (Bronze) in 12.77 + 5th 200F in 25.92; Amy Braid 7th 200F in 26.56 PB; Amy Louise Brown 8th 200F in 28.77; Katie Hopkins 2nd 800F (Silver) in 2.16.66 + 4th 400F in 59.11 PB; Henrietta Owen 6th 400m in 66.6 PB + 2nd 400H F (Silver) in 71.6 PB + 5th in TJ with 9.48 PB; Maryanne Eve 3rd (Bronze) in PV with 2.80 + 4th in TJ with 9.82; Florence Baulk 3rd (Bronze) in Jav. with 32.77; Lia Anderson 2nd (Silver) in SP with 10.56 + 2nd (Silver) in Dis. with 33.38; Tori Rose Ellis 4th in Ham with 34.66 PB;

U/17G. Victoria Smith 6th 100F in 12.86 + 6th 200F in 26.77; Poppy Walters 7th 300F in 43.01 PB; Lucy Eaton-Tribe 5th 100m in 13.13 PB + 5th in LJ with 4.84; Sara Eve 6th in Jav. with 25.70; Martha Collings 2nd (Silver) 1500F + 3rd (Bronze) 3000F in 10.40.6; Isobel Leikis 1st (Gold) in HJ with 1.55; Alicia Kapotwe 6th in SP with 8.02 PB + 4th in Dis. with 28.25 PB; Ella Barker 6th 80H in 13.55 + 4th 300H in 51.9;

U/15G. Esther Ibiama 5th 200F in 27.75 + 4th 100F in 13.19; Georgina Owen 5th 800F in 2.40.75 PB; Katie Griffin 5th 75H in 13.67; Ella Stoner 4th 200m in 28.09 PB; Neve Bradley in LJ with 4.55 + 5th 100m in 13.91;

U/13G. Jayne Oyeyemi 3rd (Bronze) 100F in 13.7 + 4th 200F in 28.58; Charis Mogan 7th 800F in 2.32.29 PB; Ione Haggarty 3rd 800m in 2.49.56

S.C.V Lge.30th Apr. Portsmouth

Steve Beak 0/50 ran in the 0/35 100m and finished 3rd in 12.4; Also won the 400m event in the 0/40s in 57.9 Paul Kelly 0/50 came 5th in the 0/40 SP with a throw of 8.94 and was 2nd in the Ham. with 37.39

YDL (Upper Age)30th Apr. Woking

A combined team Woking/Camberley * denotes Camberley

If any names missing or incorrect result please tell me no trouble to rectify

U/20B James Hanson 1st 100m in 11.00 PB + 1st 200m in 22.3;

Alex Hanson 1stB 100m in 11.3 + 2nd 200m in 21.9 PB = CR; Joseph Foster* 1stB 100m in 11.8; Robert Pattison 2nd 400m in 52.1; James Spencer 3rdB 400m in 56.4; Ben Rolfe 4th 800m in 2.11.7 + 4th 1500m in 4.38.7 + 1stB in TJ with 10.66; James Keymer* 4thB 800m in 2.16.5 + 3rdB 1500m in 4.39.0 + 4th in LJ with 4.59 + 2nd in TJ with 10.7;

Ben McClaren-Porter* 1st in SP with 11.95 + 1stB in Dis. 33.36; Finlay Barber* 3rd in Jav. with 40.07; Daniel Ingram* 1stB in SP with 7.72 + 1st in Dis. with 33.58;

The 4x100R team was 2nd in 46.8 + The 4x400R team was 2nd in 3.51.1

U/17B Dominic Ariyo-Francis 2nd 100m in 11.4 + 2nd 200m in 23.1; Joseph Foster* 1stB 100m in 11.8; Kenneth Ball n/s 100m in 12.12 PB + n/s 200m in 24.7; Joseph McHugh 6th

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800m in 2.20.4; Benjamin King* 5thB 400m in 64.6 + 1stB in HJ with 1.65; Thomas Handley* 1stB 200m in 23.2 + 1st 400m in 51.7; Charley Cunningham* 6th 1500m in 5.22.5 + 1stB 3000m in 11.38.1; Jack O'Hara* 5thB 800m in 2.27.0; Angus Caruth 3rd 3000m in 10.21.2; Ross Jackson* 2nd 400H in 64.3; George Hopkins 2nd in PV with 3.90 PB + 1stB in LJ with 5.22 + 3rd in Jav. with 40.59; Aiden Johnson* 3rd in Dis. with 25.45 + 3rd in Ham. with 20.64 + 1stB in Jav. with 34.10; The 4x100R team was 3rd in 48.6 + the 4x400R team was 1st in 3.44.5;

U/20G Amy Braid 2nd 100m in 13.2 + 2nd 200m in 27.1; Corina Smith* 1stB 100m in 13.2 + 3rd in LJ with 4.53 + 1st in TJ with 9.77; Sophie Dove* 2nd 800m in 2.2.35.7; Hannah Barrett* 4thB 800m in 2.46.0 + 3rd in Ham. with 23.77; Emily Read 3rd 400m in 61.2; Katie Hopkins 2ndB 400m in 61.2 + 1stB 1500s/c in 6.22.4; Maryanne Eve 2ndB in PV with 2.45; Kyvita Bhanot 4th 1500m in 5.56.6 + 2nd 3000m in 12.47.5; Florence Bauk 2nd in Jav. with 32.98 + 3rd 400H in 76.5; Henrietta Owen 4th 100H in 19.6 + 2ndB 400H in 73.9 + 1st 1500 s/c in 6.15.5 + 1stB in TJ with 8.99; Lia Anderson 2nd in SP with 10.18 + 1st in Dis. with 34.38 + 1stB in Ham. with 27.01 Tori Rose Ellis 4th in Ham. with 30.76; The 4x100R team was 4th in 56.2 + The 4x400R team was 3rd in 4.35.4;

U/17G Aimee Mattingley 5th 100m in 13.6 + 4th 200min 28.4; Sara Eve 6thB 100m in 14.8 + 2ndB in Jav. with 23.90; Freya Smith* 2ndB 200m in 28.0 + 3rd 80H in 12.4; Bori Szegedi 5thB 300m in 47.1; Rosa Webb* 6th in Jav. with 24.16; Lucy Eaton-Tribe n/s 200m in 29.1 PB + 3rd in LJ with 4.71; Amy Dove* 2nd 300min 43.1 + 3rd 800m in 2.31.2; Isabella Jansson 4th in SP with 8.94 + 2ndB in Dis. with 21.69; Alicia Kapotwe 2ndB in SP with 7.72PB + 2nd in Dis. with 25.12; Sandra Stainoiu* 1stB 800m in 2.26.4; Isabelle Povey n/s 800m in 2.55.8; Charlotte Watson 5th 1500m in 5.57.9 PB ; Ines Goncalves* 3rdB 1500m in 6.06.9; Martha Collings 1st 3000m in 10.41.5 + 1st 1500s/c in 6.05.3; Ciara Mulvihill 1stB 3000 in 11.09.4; Ella Barker 4thB 80H in 16.00 + 4th 300m in 51.6; Isobel Leikis n/s 80H in 14.4 + 6th in HJ with 1.40; The 4x100R team was 6th in 59.7

Surrey Champs 12/13th May Kingston (As above)

Vets Lge. 14th May Battersea Paul Watt/Julie Barclay and Jacqui Musselwhite were running for their second claim club Brit.Airways Jacqui ran in the 0/35 100m race and finished 4th in 15.8 then the 400m in her own age group and was 4th again in 72.6;

Julie Barclay chose the 100m and 1500m in the 100m was 4th in 17.3 and also 4th in the 1500 with 5.59.5 Julie's target was 6.00 so just about made it; Paul Watt was playing it safe coming back from injury and so chose the 1500m And finished 7th in 5.49.3; Early season times so hoping to improve before nipping of to the World Master's Champs in Spain during Sept.

YDL (Lower Age) 19th May Winchester

U/15G. Neve Bradley 5th 100m in 13.8 + 5th 200m in 28.7 PB + 3rd in LJ with 4.66 PB; Freya Standley 6thB 100m in 14.1 + 4th 200m in 29.3; Georgina Owen 5th 300m in 49.00 + 4th 800m in 2.38.7 PB;

U/13G. Amami Mukadam 3rd 75m in 10.5 PB; Indiana Marshall 3rdB 75m in 10.9 PB; Jayne Oyeyemi 2nd 150m in 20.5; Amber Stoner n/s 75m in 11.3 PB + 2ndB in HJ with 1.20 + 4th in LJ with 3.85; Charis Mogan ran 800m in 2.36.7; Alexa Adams n/s 75m in 11.4 PB + 4thB in LJ with 3.67; Annabelle Thornton 4thB 150m in 22.1 PB + 2nd in HJ with 1.25; Ione Haggarty 4thB 800m in 2.52.0 + 4th in SP with 5.53 PB; Iseabail Brown n/s 800m in 3.03.3 PB + 3rdB in SP with 4.15; The 4x100r team was 1st in 55.4

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U/15B. Ryan Henderson 3rd 100m in 11.9 PB + 1st in the LJ with 5.39; Thomas Verrills 1stB 100m in 11.8 PB; William Harding n/s 100m in 12.3 + 4th 200m in 25.2 PB; Robbie Thomson n/s 100m in 12.9 + 4thB 200m in 26.0; Joshua Williams 4th 300m in 46.1 PB + 5th 800m in 2.26.9; Martin Sunderland 5th 1500m in 4.50.1; George Wallace 1st in HJ with 1.59 + 2ndB in LJ 4.63 + 5th in Jav. with 16.71; Archie Padua 3rdB in HJ with 1.40; Toby Webb 4th in SP with 7.38 + 3rd in Dis. with 26.06 PB + 2nd in Ham. with 16.50; The 4x100r team of Tom/Robbie/William/Ryan finished 1st in 48.9 this breaking the clubs previous rec. 49.4 set in 1988

U/13B Naill O'Shea 6th 100m in 14.2; Laith Freeman 2ndB 100m in 14.3 PB + 5th in LJ with 4.09 PB; Bredyn Echie n/s 100m in 15.0 PB + 4thB in LJ with 3.34; Liam Clarke n/s 100m in 15.2; Hayden Christian 4th 200m in 27.6 PB + 2nd 75H in 12.8 + 1stB in SP with 7.44; Joseph Walters 4thB 200m in 29.4; Oskar Aspinall 5th 800m in 2.35.3 PB + 3rdB in Jav. with 14.27 PB; Harry Hudson 4thB 800m in 2.42.0; Cory Coleman 2nd in HJ with 1.35; Matthew Smith 2nd in SP with 7.95 + 2nd in Jav. with 26.40

SAL 20th May Walton

An a overwhelming victory of 70 clear points that keeps us top at the division so full of confidence for the next fixture. The first appearance for most on the new magnificent Walton stadium, and with the large car park I should think the County T&F Champs could favour it to Kingsmeadow ? OR maybe our new venue Unable to attend the meeting myself.

Sen./U20/U17 Men

James Hanson U/20 1st 100m in 11.1 + Rob Pattison U/20 1stB 100m in 11.6 + 1stB 200m in 23.6; Alex Hanson U/20 1st 200m in 22.4; Richard Beak S/M 2nd 400m in 51.6 PB; Ian Horlock S/M 1stB 400m in 52.7; Craig Morton S/M 4th 800m in 2.05.6; James Spencer U/20 4thB 800m in 2.08.6 + 3rdB 1500m in 4.58.0; Angus Caruth U/17 4th 1500m in 4.55.1; Ben Rolfe U/20 4th 3000m in 10.47.8 PB + 3rd 3000s/c in 11.56.7 PB; Steve Tait 0/50 4thB 3000m in 11.16.6 + 3rdB 3000s/c in 13.17.8; Ben McClaren-Porter U/17 2nd in Sp with 11.54; George Hopkins U/17 1st in HJ with 1.78 + 1stB in PV with 3.90 + 1stB in Jav. 45.35with Paul Kelly 0/50 1stB in Dis. with 28.90 + 3rd in Ham. with 34.00 + David Awde S/M 1st 110H in 17.6 + 1st 400H in 57.5 + 2ndB in HJ with 1.53 PB + 2nd in PV with 3.90 + 1stB in LJ with 5.72 2nd Plus 2nd in TJ with 11.68 + 1st in Dis. 29.92 Roy Chambers S/M 1stB 110H in 22.4 + 1stB 400H in 66.8 + 1st in LJ with 5.97 + 2ndB TJ with 10.66 + 3rdB SP with 9.49 Plus 3rdB in Ham. with 19.84 + 2nd in Jav. with 52.20 The 4x100r team was 1st in 45.1 + the 4x400r was 1st in 3.35.7.

N/S Results. There are quite a few missing results at moment ??????????

Kenneth Ball U/17 100m in 12.3 + 200m in 24.6; Michael Ball 0/50 100m in 15.6 + 200m in 32.3; Jake Stadie U/17 400m in 2.17.8; James Keymer U/20 800m in 2.2.12.4 + Jumped ?? in TJ; Lewis Herzog jumped ?? in PV; Harrison Ooreroti U/17 100m in ??

Sen./U20/U17 Ladies

Emily Read U/20 2nd 100m in 12.7 + 2nd 200m in 26.3; Victoria Smith U/17 1stB 100m in 12.8; Freya Challis U/20 4thB 200m in 30.1; Amy Braid U/20 2ndB 400m in 63.5 PB; Poppy Walters U/17 2nd 400m in 62.2 PB + 1stB in LJ with 4.48 + 1stB in Jav. with 25.42 PB; Martha Collins U/17 1stB 800m in 2.24.5 + 1st 1500s/c in 5.30.6 PB and Club Rec. Katie Hopkins U/20 1st 800m in 2.16.4; Ciara Mulvihill U/17 2nd 1500m in 5.02.1;

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Kyvita Bhanot U/20 3rdB 1500m in 5.36.3; Geogie Furze S/L 1st 5000m in 20.31.7 PB; Jaydee Peters 0/35 1stB 5000m in 20.31.8; Isobel Leikis U/17 3rd in HJ with 1.53; Lucy Eaton-Tribe U/17 2nd in LJ with 5.09 PB; Ella Barker U/17 1st 400H in 70.4 PB; Florence Baulk U/20 2nd in Jav. with 35.75 PB; Maryanne Eve U/20 1stB in PV with 2.95 + 1st in TJ with 10.26 PB; Eleanor Gatrell 0/40 1st in SP with 12.67 + 1st in Dis. with 32.85 + 2ndB in Ham. with 37.06; Lia Anderson 1stB in SP with 10.58 + 1stB in SP with 32.54 + 1stB in Ham. with 30.15 PB; Sam Morrison 1st 100H in 16.3 PB + 3rdB in HJ with 1.23 + 1st in PV with 3.35 + 2ndB in TJ with 9.59; Henrietta Owen U/20 1stB 100H in 19.4 + 1st 400H in 71.2 PB + 1stB 1500s/c in 6.19.2; The 4x100r team was 1st in 50.7 + the 4x400r team was 1st in 4.14.4

N/S Results Like the men's there are many missing results but will check WHY Helen Eve 0/50 200m in 31.3 + 100m in ??; Kay Trinder 0/50 jumped 2.25 in PV; Natasha Di-Nolfi S/L 400m in 72.1; Jacqui Musselwhite 0/45 ran 800m in 2.47.2 + 200m in ??; Lucy Eaton-Tribe 100m in 13.6; Charlotte Watson 1500m in ???; Alicia Kapotwe U/17 SP + Dis.+ Ham. Missing Amy Brown U/20 200m in ??; Ella Barker TJ ? ; Katie Hopkins 200m in ??

YDL 26th May Kingston (* Camberley Athlete)

U/20B. Alex Hanson 1st 100m in 11.1; Kenneth Ball 2ndB 100m in 12.1PB; James Hanson 2nd 200m in 22.3; Robert Pattison 1stB 200m in 23.2 + 1st 400m in 52.2; James Spencer n/s 200m in 25.3 + 2ndB 400m in 56.1 PB; James Keymer* 6th 800m in 209.2 + 3rd in TJ with 10.74; Lewis Herzog* 2nd in PV with 3.20; Ben McClaren-Porter* 1st in SP with 12.79 + 1st in Dis. with 38.02; Finlay Barber* 2nd in Jav. with 40.73; Daniel Ingram* 1stB in SP with 7.84 + 1stB in with 30.57 + 1stB in Jav. with 39.41; The 4x100r team was 1st in 45.2 + the 4x400r team was 4th in 3.48.5;

U/17B. James Foster* 2nd 100m in 11.5; Harrison Onorati n/s 100m in 12.5 PB + n/s 200m in 26.5 PB; Thomas Handley* 1stB 200m in 23.4 + 2nd 400m in 51.7 + 1stB in LJ with 5.23; Dominic Ariyo-Francis 1st 200m in 22.4 PB; Joseph Foster* 3rdB 400m in 58.3 + 5th in LJ with 5.28; Frank Townley 6th 800m in 2,21.8 + 1st 3000m in 10.15.6; Shaun Waters 5thB 800m in 2.13.3 PB Gideon Jansen 2nd 100H in 14.6 PB + 1stB in HJ with 1.75PB; George Hopkins 1st in HJ with 1.80=PB + 1stB in PV with 3.90=PB + 3rd in Jav. with 44.17; Taylor Attwood-Williamson* 5th in SP with 8.14

The 4x100r team was 3rd in 52.5

U/20G Maryanne Eve 2nd in PV with 2.90 + 2ndB in LJ with 4.68 + 2nd in TJ with 9.90; Lia Anderson 2nd in SP with 10.99 + 2nd in Dis. with 34.28 + 1stB in Ham. with 8.64; Tori Rose Ellis 5th in Ham. with 35.10 PB; Emily Read 2nd 100m in 12.8 + 3rd 200m in 26.1; Henrietta Owen 2nd 1500s/c in 6.09.3 + 5th 100H in 19.6 + 3rd 400H in 72.9; Heather Denham* 4thB 100m in 14.4 + n/s 80H in 15.3; Kavita Bhanot 5th 1500m in 5.45.0 + 2nd 3000m in 1231.3; Katie Hopkins 2ndB 200m in 27.5 + 5th 400m in 62.2 + 2ndB in PV with 2.45; Amy Braid 3rdB 400m in 63.9; Florence Baulk 2ndB 400H in 73.3 PB + 3rd in Jav. with 32.18; The 4x100r team was 3rd in 52.5 + the 4x400r team was 4th in 4.23.8.

U'17G Tyla John* 1stB in HJ with 1.45 + 2ndB in LJ with 4.68 + 5thB in TJ with 8.64; Orla Manchester* 3rd in SP with 10.25 + 1st in Dis. with 34.51 + 3rd in Ham. with 41.12; Sara Eve 5th in Jav. with 24.80; Isabella Janssens 1stB in SP with 8.98 + n/s Dis. with 23.42; Alicia Kapotwe 1stB IN Dis. with 23.55; Martha Collings 1stB 1500s/c in 5.25.8 PB and C/R; Ciara Mulvihill 1st 3000m in 11.52.9; Victoria Smith 2nd 100m in 12.9 + 2nd 200m in 26.5 PB; Ines Goncalves* 3rdB 1500m in 6.20.6;

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Lucy Eaton-Tribe 4thB 100m in 13.6 + 3rd in LJ with 4,87; Sandra Stapinoiu* 2ndB 800m in 2.39.4; Freya Smith* 4thB 200m in 27.5 + 2nd 80H in 12.1; Amy Dove* 4th 300m in 42.8 + 2nd 800m in 2.25.9; Poppy Walters 1stB 300m in 43.2 + 4th in TJ with 9.47 PB + 3rdB in Jav. with 23.7; Isobel Leikis 4thB 80H in 13.7 + 2nd in HJ with 1.63 PB; Tori Szegedi n/s 300m in 47.8 + 4th 1500m in 5.46.5;
The 4x100r team was 3rd in 53.3 + The 4x300r team was 5th in 3.07.3

Road Results

Woking 3 May 2nd A small group of 12 ran and Jonathan Mellor ran 20 58;
The fastest man was Richard Baggott in 16.51; Fastest lady Ramona Thevenet 20.37

Ranlagh ½ Mara. 6th May

The temperature was cool although very sunny had 10 runnings with Simon Agan leading the the team home to finish 1st 0/45 in a PB time of 1.14.38; James Thomas was next in 20th spot running 1.19.44; Rob Gilchrest was 45th in 1.24.12; And following very closely was Steve Tait who was 50th in 24.46; With Adrian Brookes in 64th position with a time of 1.26.11; Phil Cross easily managed running 1.27.32 to finish 72nd;
Then well done to Steve Hill running a PB time of 1.42.28 and finished 231st;
Kim Warner was 274th running a comfortable pace of 1.46.34 to suit temperature and came 274th; Jimmy Brown 0/65 and still ran of PB time of 1.47.39 to come home 285th;
Our only lady running was Fiona Bishop who ran 1.54.08 to finish 358th out of 517

Xylofagou 5k 6th May Cyprus

A small report from Malcolm Vaughan " My result from the 33rd running of the Xylofagou I was first in my age category 60 plus(a nice compliment) my time 27.11 there was 100 plus running. It was very hot a mere 29oc and very sweaty with a water station at 2k"

Frimley 10k May 6th

We had two members running among the 681 and both came away as age group winners Mike Waine fished 1st 0/60 (20 o/a) in 41.50 a (0/60 PB); And Laura Hales 1st 0/35 3rd lady (41st o/a) in 43.52

Staines 10k May 13th

The weather was very good for this very popular well organised event plus a record turn out today of 656

Having been lifted onto my little gnome stool I do not see any of the race after marshalling at 400m.

The next time is watching them finish and I clip their bar code off.

With Stephen Blake immediately taking the lead and never to be passed plus running a PB time of 32.44;

Bob Bradbury 1st 0/60 again this year (15th o/a was next in 38.23 age graded 87%;
Jaydee Peters winning 1st 0/35 prize for the second successive year being placed 25th o/a in a time 39.57; And Lisa Faunch almost clicking Jaydee's heels ran another PB of 40.17 to finish 27th also 2nd senior lady; Richard Grinter running his first 10k was next in 39th with a time of 40.00min. Mike Waine was 2nd 0/60 (45th o/a) in a age PB time 41.42; Lucia Tregellis the team 3rd scorer was 52nd in 42.28; Followed by 1st 0/45 Laura Hales and 61st o/a in 42.09; In 91st spot was Jimmy Brown winning 3rd 0/60 prize in 45.02;

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Julie Barclay closely behind Jimmy who also won the 3rd 0/45 prize running inside her target time of 46.00 in 45.45; Jacqui Musselwhite ran a PB time of 47.12 to finish 129th; Graham McMahon our 4th 0/60 running 48.37 in 156th place; Then Fiona Caruth now nicely settled in and competing regular finished 172nd in a PB time of 49.13; With Fiona Bishop in 205th place two minutes behind running 51.14 and finished winning 1st 0/55 award; Club secretary Steve Hill next in 52.06 and came finished 226th; Mike Warner a regular at Staines and having a easy year out running marathons was pleased just to have a run in a casual 53.36 in 281st spot; Jane Braid running her first 10k was checking out to see if the distance was ok and finished 398th in 57.31

VAC 5Mile Walk 15th May Battersea Park

Fiona Bishop finished 2nd lady 5.19

European Masters Road Champs 18th May Alicante (Spain)

In the 10k on the 18th Fiona Bishop finished 10th 0/55 lady in 1hr.12.35 also help made the 0/40 up that finished 3rd 0/40 team and take the Bronze position

The following day 19th in the morning competed in the 20k Walk in 2hrs.30 and finished 37 out of the 48 ladies Then in the afternoon ran the 3rd leg in the 0/55 ladies 3x2k XC relay team and they also finished winning the Bronze medal

And on the final day (20th) ran in the ½ marathon to finish 11th 0/55 in 2hr.30

Sutton 10k 20th May Nonsuch Park

I think a little hot for running flat out although 3 of our 12 members ran PBs. A good figure of eight course for spectators as you can see start/finish and three other places all within a 200m area. Plus a park bench to sit on. The eventual winner was 100m up on the following two after 1k. And the two included our new member Ben Goddard who was and still there at 5k but made a very decisive break over the final 5k and was 300/400m clear of third runner with 200m to go and finished 2nd in 33.29;

Simon Egan was 2nd 0/40 (5th o/a) in 34.18; Then James Thomas heading Juan Gonzalez by just one place for the whole 10k (nice team packing) with James finishing 21st and Juan 22nd in 36.30/36.35 respectively; Steve Tait was 42nd running a 0/50 PB time of 38.53; Followed by Georgie Furze after running a London PB time (In the heat) Was running so confident and relaxed finished 71st in a PB time (again) of 39.57; With Jaydee Peters kept Georgie in her sights to finish 84th in 40.49; Jaydee and Georgie then cooled down for a couple of hours before both running 5000m track for the ladies in the SAL match at Walton; Lisa Faunch and Laura Hales backing up Jaydee/Georgie keeping as packed as possible Lisa was 111st in 42.33 and Laura 120th in 43.33; Our oldest Jimmy Brown 0/65 running against a few old friendly enemies finished 150th in 45.11 having took a couple of his friends scalps; Graham MaMahon came 185th by running a PB time of 47.32; Barbara Rodriguez not enjoying the heat but not surprised that her time was two minutes slower than the previous week at Staines today finished 329th in 57.20. But still had 120 behind her.

Cranfield 5k 20th May Southampton

Over this very hilly course and plus a 100m longer owing to the finish area coinciding with the 10/20k course. Julie Barclay finished 2nd lady (13th o/a) in 22.50 and Paul Watt 1st 0/50 (14th o/a) in 23.3 All prize winners were presented their awards on the rostrum

And Julie said "The 1st and 3rd were teenagers and felt like their Nanny"

The lady that presented the awards was the first lady to climb Mount Everest

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Lakeside 5k May 23rd Portsmouth

A summer series of 5 races and the winners are the one that compete the most and accumulate best positions. To day Kay Trinder a native of Hampshire and while visiting parents teamed up with Julie Barclay and Paul Watt

Kay finished 1st 0/50 in 21.25 and Julie 2nd 0/50 in 22.01 This being Julie's second race to Kay's first; Paul also having his second run here finished 66th in 22.14 his fastest 5k this year

Vitality 10.000m 28th May London

A good turn out of 8 ladies an 5 men and although hot conditions six ran PBs three in each section. With the mass start that went off in waves positions are hard to work out.

Leading the squad home was James Gamble in 37.30; Followed by Richard Grinter in a very good PB time of 38.58; Then our first lady Georgie Furze starting off in the second wave went flying by thousands of first wave runner's and ran a PB time of 39.49; Lisa Faunch kept with-in a minute of Georgie to finish in 40.55; Lucia Tregellis ran 42.29 to keep just ahead of Laura Hales who was slightly adrift of training partner Lisa today by running 44.34; Jimmy Brown 0/65 our oldest ran 44.26; Then Martha Collings running her first 10k race along side dad Andrew and both finished in 43.36 The time of 43.36 being a PB for Andrew; Graham McMahon ran a PB time of 45.46 almost 2 min's faster; Jacqui Musselwhite ran 47.20 with Valerie Mills chasing Jacqui that helped Valerie run a PB time of 58.37; And Jane Braid was robbed by ONE TICK of the clock to finish in 1.00.01 that's real tough Jane – albeit she was recovering from a very bad cold.

Runnymede Runners 5mile 31st May

We had 4 running on this very humid evening race; Mike Waine having a good run considering the humidity and ran 34.28; Julie Barclay on target for a course PB but when catching with John Coffey he was a little unsteady on his feet so Julie stopped to check all was ok and after finishing told Pall Watt who jogged away to check but after a couple of minutes walk John had started to run so all was ok and Julie had run 38.20 a minute down on last months 37.53; Fiona Bishop having her first run here for 7/8 years today ran 41.33; Malcolm Vaughan ran 52,58 a lot better time than 57.55 in April. John was ok after the finish his time being about 50.00

Off Road results

Bushy Park 5th May Christine Flynn now acclimatised after her holidays in Australia and back to her target of trying to run under 27min. today ran 26.59 and finished 690 out of the 1479 Marry Raleigh was 764th in 27.39

Cairns Esplanade 5th May Australia.

Susanne and Tim Cooper running their 5th park run on their tour and ever one they have both ran together and all in the 26 minute bracket. Today Susanne finished 121st in 26.15 and Tim ran 26.17 to finish 122nd out of the 336

Frimley 5th May

Laura Hales was our lone entry among the 511, And finished 71st in a casual time of 23.03

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Rushmoor 5th May

And 3 miles along the road training partner Lisa Faunch was also our lone entry and finished 2nd lady (29th o/a) in a course PB* of 19.40 Today had a mass entry of 627

Stoke Park 5th May

Juan Gonzalez finished 3rd out of 477 in a time of 18.16;
Miche Oldham was 2nd lady (34th o/a) in 21.40; and Lucia Tregellis 42nd in 22.16

Homewood 5th May

The tough Homewood course had 125 taking on the challenge in very warm and now dry underfoot conditions. Ben Rolfe on another visit and ran 20.28 Bens best course being 20.20 today finished 4th; Jonathan Mellor and David Sigerson regular running partners over the course Today David 45th in 26.50 and Jonathan was 46th in 26.51

Woking 5th May

We had 16 running among the 348 that finish. And first home was Adrian Brookes running a PB of 18.46 and finished 3rd; Clayton Payne ran 19.10 in 4th place; Andrew Collings was 12th in 20.12; Then Caira Mulvihill having her best run and outstanding performance ever finished 1st lady (18th o/a) and in a PB time of 20.36; James Spencer was 27th in 21.24; Then with 7 seconds separating the next three women Kay Trinder was 2nd lady (31st o/a) in 21.51; Jo Payne was 33rd with Kavita Bhanot 34th and both recorded the same time 21.58 after a really lovely sprint finish over the final 200m neither giving an inch and both loving and enjoying the challenge; Mark Rose was next in 38th place with Katie Hopkins 39th and just one second behind a drift Mark 22.10 Katie 22.11; Then Ben Golding 9 seconds out side his best Ben was 46th in 22.36; Jacqui Musselwhite was 52nd and ran 22.46 Jacqui's best being 22.32; Charlotte Watson finished 77th in 24.14; Followed closely by Michael Ball in 83rd spot in 24.21; Mary Tibbotts was 119th in 26.02; Jane Braid in 155th place ran 27.29 Jane's best being 27.07 Jacqui's husband Stephen having his first Woking park run a comfortable relaxed 24.32 in 87th spot.

Bushy Park 9th May

1390 ran today with Christine Flynn placed 632nd (In front half) also Keeping under her weekly target of 27.00 by running 26.45; Mary Raleigh was 664th in 27.10

Frimley 9th May

Malcolm Vaughan was our lone runner among the 558 and finished 329th in 30.38

Homewood 9th May

Two younger members took the honours today U/20 Ben Rolfe was placed 2nd And ran a course PB time of 19.49; and U/14 Joshua Williams finished 9th out of 117 in 21.08

Rushmoor 9th May

Entries get larger almost weekly Today 539 ran; And among them was Julie Barclay and Paul Watt getting a run in before heading off to work by 12.00 noon Julie finished just ahead of Paul Julie was 75th in 22.30 with Paul returning to form was 92nd in 23.05

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Stoke Park 9th May

Juan Gonzalez making the top 6th place again plus ran a course PB time of 17.51; Adrian Brookes 0/50 kept Juan company most of the 5k to finish 14th in 19.32 Adrian's course best 19.19;

Woking park 9th May

A small group of 10 members only today. And leading Woking home also the 1st lady to finish 28th in 21.37; Kavita Bhanot continuing to ease back to form followed Kay to finish 3rd lady (35th o/a) in 21.55 (best being 21.05); In 40th place was Ethan Kingsbury and ran a PB time of 22.14; Charlotte Watson was next home in 74th spot in 24.08; Lucia Tregellis having a change from Stoke Park finished 94th in 25.05; Fiona Bishop was 96th and three seconds adrift of Lucia in 25.08; Jess Walters was 117th and running just under 26.00 with a time of 25.48; Valerie Mills running her nearest park run was 156th in 27.31; Lesley Baulk was 247th running a time of 32.22; Jimmy Brown way back to normal reason being wife Sandra was trying her very first 5k park run. And finished well pleased getting under the hour and not being last. Sandra ran 51.35 in 335th place While Jimmy was 336th in 51.36. Today 341 ran

Homewood 19th May

Jason Harris having his first park for 5 weeks chose the real toughie for his come back and finished 1st in 20.57; Jonathan Mellor came 23rd in 24.57 his best being 24.00. 92 finished

Hazelwood 19th May

Making their first visit to this flat course Julie Barclay and Paul Watt came away their best 2018 performances. Julie ran 21.44 capturing the 0/50 course record to finish 3rd lady (18 o/a) this being her best Park run time since the 1st Jan. in Poland; Paul ran his fastest 5k since Sept. last year having been hampered with a continuing leg problem. So well pleased with his run plus no after affects from leg so feeling more confident about returning to form Today ran 22.38 and finished 23rd; Former member John Coffey 0/70 who holds his age record today ran 27.49 in 55th spot Today 128 ran. A recommended visit (Nice Bacon rolls too)

Rushmoor 19th May

This being about 200m from Lisa Faunch's back garden but that does not make it any easier And with the mass of 717 it can be difficult on the second lap along the canal path once catching up with the back markers on their first one. But Lisa found her way thro' to finish 2nd lady (31st o/a) in 19.44 only 4 seconds out side her course best; Malcolm Vaughan shares his time with Frimley/Rushmoor today came home 502nd spot in 32.15

Bushy Park 19th May

Lucia Tregellis amazingly ran 20.22 to equal her course PB of 20.22 and finished 84th; Christine Flynn still manages weekly to run her target of sub 27.00 today ran 26.43 to come 669th; Mary Raleigh was 703rd in 27.15 A total of 1341 finished

Woking 19th May

An special day for Jacqui Musselwhite who had a family gathering of hubby Steve brothers

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Andrew/Adrian/daughter Vicky/sons Tom/Morris and all running the 5k to celebrate Jacqui's 50th Birthday on the 22nd May. Brother Adrian the 0/50 1500m UK champion was there to pace Jacqui and help her run a PB and did a perfect job to help Jacqui run a PB time of 22.10 Hubby Steve also ran a PB. Unfortunately Morris injured his foot with 500m to left go so son James (resting for the next day's SAL) went to his aid and gave him a pig-a-back to the finish funnel; Among the 356 that gave Jacqui a birthday cheer was Justin Mitchell who came 3rd in 17.55; In 13th place was Shaun Waters running a PB time of 19.52; Laura Hales was 2nd lady (31st o/a) in 21.09; Kay Trinder 3rd lady (34th o/a) next in 21.23; And 4th lady (39th o/a) was Jo Payne in 21.42; And then Jacqui 5th lady (49th o/a) in a PB time of 22.10; (Adrian 22.10 too) David Sigerson swapping Homewood today came here and ran 24.01 in 98th place; Bori Szegedi finished 132nd in 25.30; Susanne Cooper returned from her 6 weeks touring Australia and back busy helping again and also run to finished 148th in 26.10; In 171st spot was Valerie Mills who ran 27.12; Lesley Baulk having her regular fitness run came 289th in 32.64; And finally Jimmy Brown assisting wife Sandra for the second week and running her second 5k ever came back determined to be a little faster than her first run and succeeded by running 48.47 being minutes quicker than 51.35 last week Jimmy 48.48 and 350/351st
Weather getting warmer times improving plus NO MUD

Homewood 26th May

Joshua Williams U/14 ran a very impressive PB time of 20.32 to finish 6th; Barbara Rodriguez ran from home to this tough terrain course finishing 1st 0/60 (55th o/a) in 28.19. 106 ran

Frimley 26th May

With Rushmoor cancelled the entry was slightly up to 609. Paul Watt nearly back to form ran his fastest park run this year 22.33 to finish 79th followed very closely by Julie Barclay trying her hardest to catch Paul up but not to be Julie was 81st in 22.38 and 1st 0/50; Julies sister Vera and mum Vera on a visit from Croydon for the for the day ran 26.52 in 245th place; Mum supporting all three

Folkestone 26th May

Kyara Hassel home for the holiday week-end accompanied by Justin Mitchell nipped along to the local park run with Justin 1st 0/45 and came 4th o/a in 18.25 the three lads in the lead were 0/40; Kylara was 1st lady (9th o/a) in 20.09 although running very well missed her 0/35 course record of 20.06 by .03 sec. Next time Kylara you can be .03 sec. under
Good luck

Woking 26th May

With Guilford/Rushmoor being off obviously help to increase the entry of 419; That Susanne Cooper and other volunteers managed efficiently and no fuss.
We had 14 running and our first home in 7th place was Ben Rolfe and our only member to run a PB with 18.26; Martin Sunderland U/14 was 12th in 18.50; Kay Trinder 1st 0/50 (40th o/a) plus 3rd lady in 21.17; Laura Hales 54th in 22.14; Jonathan Mellor 65th in 23.56; David Sigerson 98th 24.04; Charlotte Watson 110th in 24.16; James Walters 121st in 24.37; Jess Walters 163rd in 6.09; Christine Flynn 203rd in 27.37; Tim Cooper 114th IN 24.27; Mary Tibbotts 227th in 28.25; Lucia Tregellis 278th in 30.02; Malcolm Vaughan 287th in 30.17; Fred Bell 354th in 34.45; Sandra Brown 414th in 24.22; Jimmy Brown 4.15th in 48.18;

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Bushy Park 26th May

Former members Georgia Peel and dad Kevin had a good morning among the 1201 that ran. Georgia home from the States for a short holiday and although not running seriously these days showed that you do not lose TALENT and finished 1st in 18.04; Kevin just happy to run what ever pace he runs and finished 923rd in 31.49; Georgia still holds present club track records. I would also bet Jo was also there (Cheering)

XC Results

Speedbirds 5k May 9th Heathrow

This tough ladies only switch-back 5k had a good entry of 60. And we had three running Julie Barclay was 1st 0/45 (4th o/a) in 22.33 a minute slower than last year; Jacqui Musselwhite went off course and losing 2 places and 30 sec. but reformed determined to get the 2 places back and finished 7th in 23.31. Fiona Bishop was well to the front in 18th spot in 25.36; Julie and Jacqui ran in the BA team that came 3rd

Windle Valley relays 10th May

Over 200 teams took part in this very popular event and the weather was perfect and the free after race buffet very inviting and delicious a very well organised event by Windle Valley Runners. We had five teams running with Lisa Faunch and Laura Hales being 1st female team in 39.20; Georgie Furze and Richard Braid 3rd mixed team in 38.00; Kay Trinder and Jenna Tarrant 2nd female team in 41.09; Jonathan Mellor and David Sigerson ran 43.04; with Paul Watt and Julie Barclay running 43.52

XC Results

Mabac 20th May Farnham

The magic team was a little short of runners but lead home by Mandy Ruks returning from injury was 49th place in 41.23 assisted by her coach and Mabac secretary Ken Saunders who was 50th in 41.45; then our only runner. Malcolm Vaughan in the 100th position and running 53.36. 110 finished

Fixtures

T&F

Sat./Sun. 7/8th July Southern (all ages) Combined events

Sun. 8th July Wessex Lge. Venue ?

Sat.14th July SAL Woking Help needed for odd jobs

Sat. 21st July YDL Lower ages

Sun. 29th YDL Upper ages

Road

Sat. 14th July Surrey Lge. Elmore 7 mile

Sun. 22nd Surrey Lge. Embridge 10k

XC

Sun. 22nd July The Surrey Slog ½ Marathon Paeselake

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