



COCKCROW  
Woking AC  
News

APRIL  
2019

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**Congratulations** To Gina Middleton who has been elected as President of the SURREY COUNTY ATHLETIC ASSOCIATION. A well deserved honour after the many years devotion almost weekly officiating at meetings not only in Surrey.

Plus the hours wrapped-up inside 2/3 duffle coats underneath waterproof clothing in freezing bitter wind/snow/rain at XC meetings

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I am sure the men' senior XC team have witnessed her dedication and always there to help/cheer and adopted as lucky mascot,they will enjoy having the County President as their mentor.

Enjoy your year Gina I will get in the queue to have my photo while you are wearing your chain of office (NOT at POOL)

**Well done Gina**

**Congratulations** to Team manager Mandy Hopkins and her conquering ladies of the Surrey Ladies XC Div. 2. and as winners equalling the men's great performance finishing winners of the men's Div.3. Men/Ladies both promoted for season 2019/20

I think this is the first time ever that both sections have been promoted as winners in the same season. Peter Doveren and Mandy Hopkins working hard to get full teams out each fixture, with members of each section backing the managers 100% Well done every one.

As most know that the new track at the Sports Box will **NOT** be used by Woking AC for another year. So all T&F fixtures will be at other venues meaning always travelling  
First meeting April 7th Wessex Lge. Check Webb and team managers for venue  
SAL meeting April 13th please check webb or team managers for venue.

**SAL Fixtures/Venues Div.1 SAT. April 13th** This meeting is now at Windsor(Eton)  
**SUN. May 19th Harrow --- Sat. June 15th Chelmsford ---Sat. July 13th Bromley --- Sat. Aug. 17th Colchester**

Surrey Road Series Organiser Steve Rowlands has told me that the Elmore 7 mile is not included this year as it co-insides with the Elmbridge 10k date so there are only 6 fixtures any more info click on the webb.

**Race Dates. May 5th** Richmond ½ Mara; **May 19th** Sutton 10k; **June 2nd** Dorking 10mile;  
**June 16th** Richmond 10k; **July 21st** Elmbridge 10k; **Aug. 11th** Wimbledon Dash 5  
Georgie has since sent out and explained with more detailed info.

I have had problems/trouble with this monster and no computer for over a week, thanks to Graham Palser for his couple of days sorting out the problems so now pushing to get this issue out in time if not next month I will not be able to cover results easy.

So if any PBs are missing I will try and check for the next time or any road results missing Cranleigh 15/21 +Reading ½ + Windsor ½ some have not appeared yet and some I am useless finding them. Luckily not life threatening. So please bear with me or pray

To check any club records and broke records look on club webb it's a lot easier and quicker and any email Dave Hunt to confirm

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## Club Records

**George Hopkins** lowered his own (indoor) SP club at the Brunel (Uxbridge) Jumps/Throws meeting on 3rd Mar. Throwing 11.21 George's previous rec. was 11.09

**Simon Egan** Broke the 0/45 ½ marathon club record at the Fleet ½ on 17th Mar. Running 1 12.27 previous record was 1.12.48 held by Edwin Cooke since 1995 (14 years) Nice one Simon.

**Bob Bradbury** Lowered his 0/65 ½ marathon club record by running 1..21.43 Bob's previous rec. was 1 22.09 that he ran at Thorpe Park (Egan) in Feb. last month

## PBeez

In the Brooklands 5k on th 2nd Mar. Mary Tibbitts ran 23.7; Claire Johnston 23.58

In the Woking 5k on 2nd Mar. Ben Golding ran 20.52

Kaspars Kazemak vaulted 4.01 (indoor) on the 3rd Mar. at Windsor

George Hopkins threw the SP 11.21 (indoor) at Uxbridge on 3rd Mar.

Duncan Rolfe ran 20.39 in the Woking 3 course on 6th Mar.

At Lee Valley on the 9th Mar. In the British Masters Indoor Champs David Awde ran 499m in 30.77; Peter Evans threw Dis. 35.40 + Jav. 32.42 (Both 0/50); And Dave Hunt threw the Jav. 30.78 (0/50)

At the Sports City on 9th Mar. Kaspars Kazemaks ran 60m in 7.40 (indoors)

Claire Johnston ran 23.52 in the Brooklands 5k on 9th Mar.

At Brighton on the 10th Mar. Peter Evans threw the Dis. 36.45

In the Surrey 5k on 10th Mar. Lesley Baulk ran 27.35; Jacqui Musselwhite ran 23.52(0/50);

Mandy Hopkins ran 32.44(0/50)

In the Surrey ½ Marathon on 10th Mar. Ben Goddard ran 1.11.41; James Gamble 1.15.18; James Thomas 1.15.48; Grant O'Leary 1.25.35; Georgie Furze 1.25.47; Graham McMahon 1.31.21; Robin Hodgkinson 1.41.51; Jonathan Mellor 1.46,36;

In the Folkstone 5k on 16th Mar Kylara Hassell ran 20.49 (0/35)

In the Stoke park 5k on 16th Mar. Adrian Brookes ran 21.17 (0/55)

At Brooklands 5k on 16th Mar. Alexander Holland ran 20.21; and Steve Hill 27.47;

In the Fleet ½ marathon on the 17th Mar. Simon Egan ran 1.12.27; Bob Bradbury ran 1.21.43

In the Woking 5k on the 23rd of Mar. Craig Sullivan ran 19.24

In the Dorney 20mile event on 17th Mar. Jaydee Peters ran 2.27.15 (0/40)

Kay Trinder ran 41.13 (0/50) in the Eastleigh 10k on 24th Mar.

At Homewood on 39th Mar, Lucia Tregellis ran 21.21\*

At Brooklands on 30th Mar. Simon Egan ran 17.49\*;an Alexander Holland ran 20.12

## XC Results

**Border Lge. 24th Feb. Aldershot** The results arrived a little to late (Mar. 4th) for last issue We only had seven running. U/15 Ben Golding finished 11th out of 24 in 16.43

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**U13B** Harry Hudson was 14th out of 33 in a time of 13.22; In the U/11Bs event there were two races of 42 and in the second one 43 that our lads ran. With Luca Lupi finishing 5th in 9.09; Caden Rogers Everitt 15th in 9.36; Drew Jones 32nd in 10.28; and Jack Dormer 33th in 10.31

**U11G** Lola Roake was our only girl running and finished 19th out of 23 in 7.51.

**Ladies Surrey Lge. 2nd Mar. Lloyds Park** I was unable to attend owing to family commitments although well supported without me including the men's regular helping officials David and Gina Middleton. The 2/3 feedbacks I received all mentioned the Lloyds mud. But did not hinder the turnout of 10 (two teams) in the senior race. An although not full strength those running put that little bit extra making sure of promotion, notable individual place positions over the season. Sen. Jo Payne 4th (3rd O/35); Georgie Furze 5th (1st.Sen.) Katie Hopkins equal U/20 1st; Kay Trinder 2nd O/50; Martha Collings 2nd U/17.

**Full Results.(Dis.5 Mile)** Katie Hopkins lead the "A" team home finishing 5th(1st U/20) in 33.32; Georgie Furze was nicely packed 6 sec. behind in 7th (2nd Sen.) place running 33.38; Jo Payne keeping Georgie in her sights running 33.52 and just one place adrift of Georgie to finish 8th; Lucia Tregillis who had her usual 5k park run a couple hours earlier and the in the main race finished 17th in 35.05; Kay Trinder was 5th scorer for the "A" team and having excellent season over XC and road events Kay was 21st (2nd O/50) in 35.25; The "B" team was lead by Kay's regular racing partner Aimee Billington also running well thro' out the winter and has ran more PBs in 4/5 months that I took a life time to achieve today looked like Kay' shadow to finish one place back in 22nd 22.50 (1st O/40); Julie Barclay having her first XC race this season and almost running in her mums back garden (Julie a Bred and born Croydon girl) and supported by mum and sister today finished 70th (3rd O/55) in 40.57; Then Charlotte Duggan having her first full season with the club and now settled in nicely today finished 74th in 41.39; Jacqui Musselwhite home from Devon for a week and owing to previous arranged commitments training not been regular but finished 103rd today in 43.41 and now heading back to Devon; And 5th scorer for the "B" team was this month's wonder girl Lesley Baulk who finished 154th in 43.31 Well done Lesley (you deserve another mint). The "A" team was 1st and. The "B" was 11th.

**U/17s (2.5 mile)** Unfortunately Martha Collings was unable to run owing to slight injury. But our other three put in a little extra being a incomplete team. Our first to finish was Ciara Mulvilhill who was 39th in 18.37; Ella Barker finished 47th in 19.00 and Sarah Eve 52nd in 19.32. The team finished 4th.

There were 63 finishers.

**U/13s ( 2 mile)** Our two regular girls confidently conquered the mud with Charis Mogan finishing 18th in 13.18; And lone was 53rd in 15.42; 61 ran today.

The end of an excellent season for the club

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**Mabac 3rd Mar. Priory Park** Well known to all our XC runners with the start being at the foot of a mile long ascent, The Mabac course distance is a 5 mile (Two Laps). Members of the Magic team were Richard Baggott who was leading for the first lap then dropped back to finish 3rd out of the 110 in 33.59; Ramona Thevenet was 54th and just managed to be in the first half by one Ramona's time was 46.37; Mary Raleigh was 85th in 54.59; Mabac Chairman Ken Saunders finished 1st in the walkers/Joggers event . Our Aimee Billington running her first Mabac event was 1st lady in 37.32 Aimee ran for the PP team.

**CAU Inter-Counties 9th Mar. Loughborough.** We only had two girls running. Martha Collings U/17 ran a 5k course and finished 53rd out of 264 in 21.33. Also 3rd Surrey team scorer (Bronze) Katie Hopkins U/20 ran 6k and finished 57th out of 152. Katie's time was 24.47.

**English Schools Champs 16th Mar. Leeds.** A very strong windy day and a long journey. We only had two competing. Martha Collings really showed her talent by leading the Surrey inter-girls team to victory Coming away with a team gold medal Martha finished 27th out of the 341 finishers in a time of 14.28  
New member Joshua Genco-Russo has soon settled down to be selected for Surrey Sen. Boys and gaining experience running against some of the best lads his age in the UK to finish 226th in 26.38 in a good entry of 309

#### **Road Results**

##### **Chichester Corporate Challenge 27th Feb. (Late result)**

Katie Hopkins ran for the Solent MD team in this 4.5k event and finished 2nd female in 16.07. Also running was new member Josh Genco Russo who ran a very creditable time of 14.40. There are 2 more events scheduled to be held during March

##### **Phoenix Mara. 2nd Mar. Walton (Multy)**

A very popular event that is organised monthly for any marathon runner some use it as a training run for another major marathon. Starting on the Thames tow path near the Elmbridge Leisure Centre. Then head towards Walton bridge, turn around to head back to starting area A 10k lap x 4. We had Laura Hales and Kim Warner running. Laura having her first run over the course finished 15th in 3.36.35 and her average 10k splits was 54.12; Kim is a yearly regular and sometimes has run it twice in a year. Today Kim was 27th out of the 130 in 4.00.27 Average 10k split 1hr.00.10

**Woking 3 mile 6th Mar.** Ramona Thevenet ran the course alone before the start so as to assist recording the time And her solo time was 24.18. The fastest today was Richard Baggott in a time of 16.55; Sally Stubbs was fastest lady in 20.12; Duncan Rolfe ran a course PB of 20.39; Mary Tibbotts ran 21.58; Jacqui Musslwhite ran 22.21; And Malcolm Vaughan 27.05; 19 ran today

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### **Surrey 5k Woking 10th Mar.**

The gale force wind affected course record times. Also making it feel like you were running 1 pace forward 2 back. The results showed the advantage of being a member of an athletic club. With the U/20s taking major honours. Martin Sunderland U/15 was 2nd junior in 18.12; Katie Hopkins well and truly on form looking relaxed and no signs of her XC run the day before in the CAU Inter-Inter Counties today finished 1st female in 18.53; Shaun Waters U/15 was 7th in 19.12. But Kay Trinder O/50 was having none of that teenage superiority and finished 1st O/50 and 2nd female to Katie placed 12th o/a in 20.44

Kay also had the highest age performance of the whole of the 337 finishers with 83.70% Ciara Mulvihill 18th enjoying the terra-firmer instead of a muddy XC course. Caira's time was 21.43. Julie Barclay running her final run in the Woking Tango colours (Aaaaaaah) Julie finished 1st O/55 (33rd o/a) in 23.58. Jacqui Musselwhite followed Julie to finish 43rd in 25.35 Jacqui was placed 2nd O/50; Paul Watt having ran his 100th park run the previous day was just 4 sec. adrift of Jacqui running 25.39 to finish 2nd O/50 (70th o/a).

I then headed back to the park from the 4K mark and being passed by Barbara Rodriguez who had started in the start area behind Lesley Baulk but somewhere between 2/3k and not fighting the gusty wind conditions they swapped places with Barbara finishing 1st O/60 (97th o/a) in 26.56; Lesley flew by me and definitely looked like heading to run a PB that she successfully achieved by running a life time best of 27.35 finishing 2nd O/60 (108th o/a); Then new member Brian Tregellis making his debut for the club and his first ever 5k eased round the course to get used to competing as often as possible once settled in. Brian finished 151st in 29.18. Well done Brian enjoy your running; In 250th place was Mandy Hopkins looking so relaxed in the conditions and relaxing lead to Mandy running a O/50 PB time of 32.44 and with the strong winds and an encouraging thought (what if weather was good) ?? Fiona Caruth went past me FIVE times out ward bound at 1 mile + then back at 4k and when reaching park gate turned around to come back passing me Fiona 327th timed at 37.52.

### **Surrey ½ Mara. 10th Mar. Woking.**

The last of the 3558 runners to cross the start line took 7 minutes after 9.00.

Unfortunately for different reasons only 3541 crossed the finish line (17 DNF)

Walking from the start took me 20 minutes to walk to the 12.1 mark so missed about half going off into the strong wind. Had a coffee before they started to return with 1k to the finish. With the band playing my vocal encouragement went unheard for the next hour and half. Our first to pass by was Ben Goddard then another runner before Stephen Blake but Stephen must have changed gear with plenty left in his legs to pass him and finish just behind Ben who was 6th in a PB time of 1.11.41 with Stephen 7th in 1.11.53; Then James Gamble leading a group of PBs lads including himself and finished 21st in a PB of 1.15.18. followed by the 1st O/40 also running a PB was James Thomas in 1.15.48 and 24th spot;

In 143rd place was Grant O'Leary and copying the ran a PB of 1.25.35; Our first lady was Georgie Furze as 8th lady (152nd o/a) keeping in Grant's slip stream 12 sec. adrift and thinking "IF they can so can I" so ran a PB time of 1.25.47;

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With the increase of runners coming along Ben Rolfe was experiencing his longest run ever the hard way running in a small group but finished 167th in 1.26.32; Steve Tait finished 254th running below par in 1.29.24; Michael Baggott was running his first ½ marathon in 4 years plus having a long lay off and today was 285th in 1.29.50 very pleased being under 1.30; Also running her first ½ marathon was Lucia Tregellis who entered the funnel 317th in 1.31.26 Mark Rose was 329th in 1.32.06; Then Peter Doveren who I saw in the crowded zone and Peter finished 426th in 1.34.42; Graham McMahon well please to run a PB time of 1.31.21 in the strong windy conditions and finish 665th; Robin Hodgkinson also a happy bunny with a 0/45 PB of 1.41.51; and finished 859th; Kim Warner ran better than expected running 1.41.56 that being Kim's best ½ marathon time since running 1.39 three years ago and today was 899th; New member Charlotte Duggan running well over the final 1k and looking so confident and finished 1115th in 1.44.53; Jonathan Mellor pleased he ran by crossing the finish line 1143rd in a PB time of 1.46.36. Jonathan run's the local really tough park run Homewood quite regular and it certainly seems strengthen his legs keep going there Jon. Karen Cave finished ahead of David Sigerson and placed 1709th in 1.55.02 with David 1783rd in a PB time of 1.54.08; Kenton Walker had a very successful run finishing 2039th in a PB time of 1.58.45; And Christine Chambers was our final member and running for her charity Christine finished 3522nd in 3.05.29. Other notable club friends Hollie Tibbotts 1334th in 1.49.14; Mary Tibbotts 1341st in 1.49.48; Tim and Susanne Cooper: Susanne 2404th Tim 2405th both ran 2,04.19; Shelley Watson 2809th in 2.13.42. Nita Bhanot 3509th in 2.57.21.

### **Wed. 13th Mar. Chichester Corporate Challenge.**

Katie Hopkins ran the first of the 3 races on 27th Feb. in 16.07. Tonight Katie ran the second race and again finished 2nd female but in faster time of 16.05. Distance 4.6k

### **Fleet ½ Mara. 17th Mar.**

This event was once a very popular event for our members and often winning . But today we only had two men and two among the 2000 plus running and the men out shone the ladies. Leading our four home was Simon Egan who finished 1st 0/45 (10th o/a) in a PB time of 1.12.27 this breaking the 0/45 club record of 1.12.48 held by Edwin Cooke since 1995 Nice one Simon the old records are the hardest to break Then Bob Bradbury who just keeps improving almost daily Today Bob was 1st 0/65 in a PB time of 1.21.43 that lowers his Club record of 1.22.09 Bob finished 144th o/a Bob preparing for Staines 10k ?????? Lisa Faunch really back in form today and Lisa hoping she has recovered completely ready for London today finished 378th in 1.28.06. Lisa's best being 1.27.18; Training partner Laura Hales could not stay with her today finishing 434th in 1.29.18. Both Lisa/ Laura have done their training and both determined to run good times in London

**Reading ½ Mara. 17th Mar.** Still Looking

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**Windsor ½ Mara.** Still Looking

**Dorney Marathon Prep event 31st Mar**

We had 5 entries in the three different distances. The weather dry but very windy blowing across the open lake area, plus it never seems to be in your favour

**16 Miles** Jaydee Peters was 1st lady (10th o/a) in 1.52.46 and 147 finished

**20 Miles** Ben Goddard was our leader and finished 2nd in 1.51.55; Closely followed by Stephen Blake who was 4th in 1.55.02; Then 0/55 Adrian Brookes who finished 1st 0/50 (24th o/a) in 2.15.46

A large entry of 459

**24 Miles** Steve Tait was our only entry along with 50 others Steve finished 2nd 0/50 (4th o/a) in 2.48.58

**Windlesham 10k 31st Mar.**

Malcolm Vaughan ran with John Coffey and both ran 1.05.14

**Mabac 15/21 mile Mar. 31st Cranleigh**

I watched this event (Froze) But the performances were excellent. Unfortunately no full results are on webb. In the 15mile event Michael Baggott looked so strong after 15 mile entering the funnel and following in his brothers shadow was Richard both about 1.45ish. Kim Warner jogging around ready to run the Manchester marathon the following week; Next was Ramona Thevenet/Mary Raleigh/Mike Warner not sure of anyone else In the 21 mile event Mark Rose was our first home looking so loose and agile; Lisa Faunch just flew down the final 800m . In brilliant shape with training partner Laura Hales in the same mood both out to train/race hard. Mark/Lisa/Laura ran the first 15 almost together whether planned ?? then ran the pace they felt capable of maintaining great show of strength I go so cold I gave in and wobbled home Full results next issue As it might be days before they are on webb

**T&F Results**

A small report from Kaspars Kazemaks now competing in Florida for a while;

**23rd Mar.** In the Jacksonville Spring Break. Kaaspars ran 100m finished 1st in 11.97 + threw Disc. 36.27;

**30th Mar.** At the Daytona Beach Meet improved his 100m by running 11.78 +ran 400m in 52.87 + threw Jav. 40.70 And vaulted 3.80 in PV + Jumped 1.79 in HJ;

Two week's time competing in Miami and then Clermont the week after.

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**Bracknell YA Open Meeting 30th Mar.** First out door meeting for YA

**U/11B** Caden Rogers Everitt 1st 600m in 1.56.53

**U/13B** Harry Hudson 5th 1000m in 3.24.04; Laith Freeman 5th in LJ with 4.01; Fin Jones 12th in LJ with 2.83; Joseph Walters 2nd in LJ with 4.26; Oscar Sinnott 7th in LJ with 3.64 + 3rd 200m in 30.35. Nate Jones 12th in LJ with 3.35 + 5th 100m in 15.42b+ 8th 600m in 1.56.69

**U/15B** Matthew Smith 5th in SP with 7.88; Martin Sunderland 3rd 1500m in 4.38.77; Robbie Thomsom 2nd 100m in 12.45; George Robertson 1st in HJ with 1.55 + 4th in LJ with 5.01; Hayden Christian 3rd in LJ with 5.10 + 2nd 80H in 12.91;

**U/17B** Charlie Terry 4th in HJ with 1.50 + 5th 200m in 25.79; Thomas Verrills 4th 100m in 11.78;

**U/13G** Indiana Marshall 1st in LJ with 4.47; Alexa Adams 6th in LJ with 3.89;

Alice Clarke 8th in LJ with 3.57 + 3rd 75m in 11.38; Esther Ibiama 12.78; 1st 100m in

**U/17G** Neve Bradley 3rd in LJ with 4.64; Ella Barker 6th 80H in 13.24; Poppy Walters 2nd 300m in 42.46; Ella Stoner 6th 100m in 13.57

### **Off Road Results**

**Hazelwood 2nd Mar.** Paul Watt was our only runner. Paul having a run before (en-route) taking Julie Barclay to Lloyds Park who was running the ladies Surrey Lge. final fixture. Paul's time today of 26.14 was an improvement on his last weeks 27.01. Today Paul was running his second race since December; Also running today was former member John Coffey the 0/75 course record holder and today finished 70th in 29.05 Today 169 ran

**Sth. Norwood 2nd Mar.** Richard Grinter our lone runner among the 135 that ran. Richard finished 10th in 20.54

**Bushy 2nd Mar.** Not counting the dogs/children in buggies there was 1430 that finished and Christine Flynn was 586th in 26.12 missing her Bushy target of running under 26.00 maybe the cold fresh cold sharp air being no help today

**Brooklands 2nd Mar.** With 293 running we had six in among them with two running PBs and leading the pack was Ben Rolfe in 8th place in 19.15; With Alexander Holland 18th and running 20.58 (best being 20.31); Duncan Rolfe nibbling away at his life time best and just missed out today by 4sec. After a long patient return to fitness a very satisfying feeling. Today Duncan ran 22.58 (best 22.53) to finish 37th; Mary Tibbitts ran a 0/50 PB of 23.07 to enter funnel in 40th spot; Jimmy Brown was tracking Mary and finished three places back in 43rd place running 23.18 and coaxing Claire Johnston to stay close and Claire finished 64th in 23.58 PB and seems to be enjoying running in her new age group as today ran her 3rd PB since January. Well done Claire

**Lloyds Park 2nd Mar.** As usual and regular Lucia Tregellis runs the local park run just before a Surrey ladies XC match. Lucia arrived two hours earlier the ladies final fixture.

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Had a nice relaxing to stay with run to finish 74th out of the 266 in 26.07  
Lucia's first run over the course but helped to acclimatise the terrain and mud.

**Stoke Park 2nd Mar.** Michael Baggott closing in on his PB after a couple years lay off and today ran 20.09 to finished 14th out of the 503

**Homewood 2nd Mar.** The weather all around the county was good and the mud still missing from most park courses. Matthew Brenchley lead our three members home to finish 2nd in 19.21; Followed by Jonathan Mellor who was 20th in 23.14; With racing pal David Sigerson in 29th place by running in 24.39

**Woking Park 2nd Mar.** My daughter on a week's break nipped over from Chicago and decided to walk/jog and finished 292nd in 35.53 and well pleased to get under 40min. this being her longest run since Sept. 2017 but does run one mile 2/3 times a week (snow permitting); Ben Goddard was our leader and finished 8th in 19.45; Phil Cross almost involved in a photo finish with Ben one place behind in 9th place and running 19.50; Charlie Cunningham was 10th in 20.10 and just 2 sec. even closer to Charlie (Than Phil to Ben) was Martin Sunderland Who finished 11th in 20.12; Ben Golding keeping Martin in his sights finished 20th in a PB time 20.52; Tim Cooper was 63rd in 24.10; Then our only lady member running was Jane Braid in a time of 28.11 and placed 159th; Susanne Cooper was 134th in 26.36; Shelley Watson 141st in 27.14; Mike Cussun 231st in 31.36; Nita Bhanot 253rd in 32.52; Susan Corbin 226th in 34.12

**Alice Holt 9th Mar.** Jo Payne ran this tough trail course for the first time and finished 1st lady (7th o/a) in 20.05 259 ran.

**Rushmoor 9th Mar.** U/15 Mark Gillingham was our lone runner among the 454 that finished Mark started to run one lap after Christmas for 2/3 weeks then ventured to try 2 laps and succeeded so has continued to run the 5k regular and today ran 24.23 (best being 23.23) Mark finished 95th.

**Bushy 9th Mar.** Still has the largest entry in the UK and today 1371 ran; Our first home was Sarah Bishop who was having a change from Stoke Park and finished 403rd in 24.33. Then followed by regular Christine Flynn in 570th place running 26.26;

**Frimley 9th Mar.** Half the entry of Bushy (541) with Laura Hales casually running 25.01 to finish 113th; Matthew Brenchley running in Laura's shadow was 116th in 25.03; With the 2nd 0/75 Malcolm Vaughan nipping over the finish line in 29.53 to grab 290th place.

**Hazelwood 9th Mar.** Paul Watt was running his 100th park run and chose the nice flat Hazelwood although very windy. Paul 28th in 26.05 nearly a minute faster than his last 5k on 23rd Feb; Paul's 100th support team was Julie Barclay who lead the mine home and

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finished 1st Lady (15th o/a) in 23.49; Followed by Paul; And then one of Julies family from Croydon Julie's sister Vera Simms was 49th in 28.51; John Coffey 0/75 ex BA staff friend was 57th in 29.43; Young U/14 Olivier Jones Julies niece finished just behind John in 59th place running 29.49; Julie/Pauls work colleague Wendy Happs was 663rd in 30.21; then Julies other sister Janice Jones (Olivier's mum)Who ran 30.47 to finish 68th; Then it was Paul's son Ryan who was helping friend Emily Doyle running her very first 5k Ryan was 70th in 31.21 and Emily 86th in 33.51; With work colleague Paul Happs the final team member finishing 99th in 37.26. Then into a lush lounge for choc/cakes and bev's. and by 10.15 ALL results on Pauls phone (30 mins.) 118 ran

**Brooklands 9th Mar.** The wind just as fierce here but 259 conquered the strong windy challenge; Our first was was Aimee Billington who was first 0/40 (2nd female) and 14th o/a in 20.47; Duncan Rolfe was 35th in 23.07; The windy conditions affected times being lower than normal but did not slow Claire Johnston down as Claire finished 1st 0/50 (51st o/a) in a course PB time of 23.52 nice one Claire; Lucia Tregellis having an easy run before running the Surrey ½ next day Today Lucia was 97th in 26.56; And former Chairman Steve Hill after a 2/3 months lay off today finished 143rd in 28.18

**Woking 9th Mar.** With the Surrey event next day there was still a good entry; Out of the 254 our first home was Mike Waine who finished 1st 0/60 (8th o/a) in 20.28 and well pleased after a very friendly battle with former member Terry Booth 0/50 who had to run a PB to beat Mike although Mike had a getter age grade performance. Iso Mike had just finished his 100th park run Well done Mike  
Young Ben Golding was 10th in 21.14; Then with 07 seconds separating Jaydee Peters/Fred Golding and Tom Peters Jaydee having a jog around to help Tom but Fred nipped in entering the tape Jaydee was 28th in 23.12; Fred 29th in 23.13 and Tom 30th in 23.19; Jimmy Brown 69th in 25.14; Then Charlotte Watson who was 79th in 26.01; Tim and Susanne Cooper jogged around as a little warm-up for the following day ½ mara. that they were running. Today finished Susanne 127 in 29.15 with Tim 128th in 29.16; Matthew Gough also jogging around to finish 121st in 29.20; Jackie Golding was 201st in 34.11; Susan Corbin 210th in 34.59.

**Bushy 16th Mar.** Christine Flynn running her favourite course finished 454th in 26.14 and running 12 sec. faster against the strong wind than last week. Today 1234 ran

**Woolacombe 16th Mar.** Jacqui Musselwhite busy back in Devon tried Woolacombe 5k for her first time and finished 28th in 27.36. A tough course running down onto the beech then along the dunes with a strong wind coming of the sea then back up the steep climb. The winning male ran 21.31 And 71 finished

**Rushmoor 16th Mar.** Not the easiest of courses to run the very strong wind today especially as it blows across the wide open arena that you tackle twice.

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So Stephen Blake's strong leg strength was a great help to finish 1st out of the 423 that ran and ran 17.14 just .14 outside his course best

**Folkstone 16th Mar.** The previous week-end at the Surrey road events had a pleasant surprise meeting Justin Mitchell and Kylara Hassell who has been absent from the running scene for over 6 months owing to bad injuries. Justin still having problems, but Kylara back in training for the past month. And today looks to be doing well as Kylara finished 1st lady (10th o/a) in 20.49 and I guess pleased to be back in action Well done Kylara Kylara holds the 30/34 course rec. but has now moved up to 35/39 group so her time today of 20.49 is a 0/35 PB

And good luck Justin as all the regulars at Woking park 5k looking forward to see up front again.

**Frimley 16th Mar.** Matthew Brenchley finished 110th in 25.04 and Mart Raleigh was 269th in 30.02 and a nice round number of 500 ran

**Stoke Park 16th Mar.** Adrian Brookes finished 19th over this tough undulating course in 0/55 PB of 21.17; Lucia Tregellis now well experienced over any course (Road/XC) and in any weather conditions and surfaces. So this toughie no problem and Lucia finished 48th in 22.39; Miche Oldham having an easy run and not attempting to battle the strong wind coming from all directions Miche was in 24.06

**Homewood 16th Mar.** The wind had a problem getting thro' the woods so a nice shielded area but the hills were still there. Our first to finish was Aimee Billington also as 1st lady (5th o/a) in 21.38; Jonathan Mellor and racing partner David Sigerson both ran together until the final metre when Jonathan dipped quicker than David to finish 29th in 25.45 and David 30th in 25.48 Today 92 ran

**Brooklands 16th Mar.** No doubt the wind was strong along the old flat runway but we had 2 PB s out of the 8 that ran. Ben Rolfe lead our members home in 5th place running 19.53; Followed by Alexander Holland who was 9th in a course PB. of 20.21; Steve Tait having his first outing over the course was 10th in 20.35; Then Duncan Rolfe who was 32nd in 23.03; feeling fine. Our first lady was Claire Johnston in 52nd spot running 24.21; Richard Braid giving his foot injury a gentle jog to see if all is going ok also running the course for the first time and managed successfully to finish 74th in 26.00 and also happy with outcome; Former Chairman Steve Hill also happy after running a course PB time of 27.47 and 105th place; Jane Braid followed Steve into the funnel being placed 109th in 27.57 Jane was just 2 (two) sec. outside her course best 27.55  
Today 257 completed the course

**Woking 16th Mar.** No PBs out of our 11 members that ran. But one previous member Adam Tolefree who ran the course for the first time first and no longer a teenager.

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Woking did not escape the very strong wind and some runners coming out of the wooded section with muddy legs. First of members was Martin Sunderland who was 3rd in 18.37; First timer Adam Tolefree finished 9th in 19.57; With 0//60 Mike Waine (13 th o/a) in 20.08; Then 1st lady Kay Trinder (17th o/a) who ran 20.44; Ben Goddard followed Kay in 18th place by running 20.56; Ben Golding (our other Ben) was 22nd in 21.20; Mike Freaan 33rd in 22.14; Tim Cooper was next to finish in 63rd spot in a time of 24.23; Michael Ball after being absent for Four weeks owing to work commitments so having an easy (get back into it) run and finished 81st in 25.35; Shelley Watson 146th in 28.15; And our final member Mandy Hopkins running a well below par time of 34.30 and finished 253rd

**Woolacombe 23rd Mar.** Jacqui Musswhite tried another course for the first time this week (Tamar Lakes) while still in Devon And finished 1st lady (19th o/a) in 24.09 today 129 ran

**Homewood 23rd Mar.** Lucia Tregellis ran a course PB time of 21.30 and finished 1st lady (5th o/a) out of the 104 that ran

**Stoke Park 23rd Mar.** Miche Oldham running her local park 5k and today ran a casual time of 22.08 to finish 57<sup>th</sup> but the grass area still iffy and soft under foot  
486 Ran

**Brooklands 23rd Mar.** Simon Egan having his first outing over the course finished 4t in 19.19; Followed very closely by Steve Tait who was 6th in 19.21 well run lads 292 finished

**Frimley 23rd Mar.** Matthew Brenchley becoming a regular at the venue and today was 4th in 18.36 only 10sec. outside his best; Malcolm Vaughan returned from a week in France to his beloved Frimley to run 29.39 and finished 336th out of the 617  
Malcolm has informed me he has ran every day since Dec.1st and covered 1003k plus is running his 200<sup>th</sup> run just at Frimley

**Bushy 23rd Mar.** Mike Waine trying Bushy for a change finished 82nd out of the 1377 in 20.09 also just ahead of Aimee Billington who was 96th in 20.21 Go for him next time Aimee

**Temple Newsan 23rd Mar. Leeds** Ben Goddard a long way from home ran this 5k for the first time an finished 1st in 17.39 . Ben beat 210

**Woking 23rd Mar.** All the 300 plus were well pleased when checking the results to see they ran had two minutes faster than ever Before BUT!! Their smiles disappeared when the results were rectified (Human error). Our first to finish was 0/55 Adrian Brookes in 2nd place running 18.58 (Best 18.38) In 4th place was new member Craig Sullivan  
And ran a PB time of 19.24;

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Then Phil Cross in 8th spot running 19.46; Ben Rolfe almost a regular in the top 10 at most courses, today was 8th in 19.53; Then our first lady and 1st o/a was Kylara Hassell in a time of 20.01 Kylara returning from a 6 month lay off owing to injury was 9th o/a : nice one Kylara; Laura Hales having an easy little run to finish 24th in 21.45; Joseph McHugh 27th in 22.01; With Ciara Mulvilhill finishing 48th in exactly 23.00; Tom Peters just 1 sec. behind in 23.01 and 50th; Tim Cooper in 23.58; David Sigerson in Tim's pocket a second and one place adrift finished 51st in 23.59; Michael Ball ran 24.51 to cross the line in 86th place; Bori Szege diwas 125th in 26.19; Barbara Rodriguez keeping ahead of Susanne Cooper to finish 150th in 27.19 to Susanne's 162nd place in 27.41; Shelley Watson 123rd in 28.13; Valerie Mills slightly below par today was 189th in 28.48; Mike Cussan 243rd in 31.49; Then Mandy Hopkins having a relaxed run to finish 269th in 32.22; Nita Bhanot was 267th in 32.28

**Dudley 30th Mar.** David Sigerson having his first run at Dudley and finished 134th out of 286 in 21.17

**Bedfont Lake 30th Mar.** Special trip to Bedfont with 30/40 Runnymede Runners to celebrate the Chairman, Peter Collins 80th Birthday who also jogged the complete two course Peter just piped grand daughter Nelly on the line. Julie Barclay and Paul Watt also went along with Julie running 22.19 and pleased to be running nearing to 22.00 than 23.00. Paul also please running 25.08 knocking 19 sec. of his previous weeks time 245 ran The large chocolate disappeared quicker than the fastest running time

**Newcastle 30th Mar.** Valerie Mills on a week-end visit to Louise and both ran the local 5k with another 840 Louse finished 317th in 25.15; And Valerie making her debut over the course ran 28.48 to finish 497th

**Frimley 30th Mar.** Matthew Brenchley up the sharp end as usual and finished 5th in 18.39; Malcolm Vaughan making his 200th appearance around the course was 298th in 29.48; 560 finished And was 1st 0/75 no others turned up so Malcolm said

**Homewood 30th Mar.** Chris Dyson back after being absent for 5/6 weeks returned and showed he still knows the fastest way round the tough course by running the fastest time today of 19.55 finishing 1st; With 0/60 Mike Waine in 2nd place in a time of 21.16; Lucia Tregellis running a course PB for the second successive week finished 1st lady (4th o/a) in 21.21; Aimee Billington 2nd lady (6th o/a) in 21.27 With 4 in the first 6 may be 1st team (waiting official checking) today 122 ran

**Brooklands 30th Mar.** Perfect weather perfect running. Simon Egan returned for his second run and finished 1<sup>st</sup> running a course PB of 17.49 also breaking the 0/45 course record well done Simon; The 0/40 course record holder James Thomas followed Simon into the funnel finishing 2nd in 17.56; Then Alexander Holland copied his elders and ran a course PB of 20.12 finishing 19th; And former Surrey senior and junior XC Champ Clive Hensby finished 65th in 24.34. Today 280 ran

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**Woking 30th Mar.** A beautiful day for the 329 runners. And 1st man was former member 0/50 Terry Booth in a PB 19.13; Our first home was Ben Rolfe in 19.40 and finished 4th place; Then 1st lady for the second week was Kylara Hassell returning quickly to form after 6 months injury lay off . Kylara's time today of 19.40 (best being 19.21) finished 7th o/a; Young Ben Golding ran a PB course time of 20.38\* to finish 11th; Kay Trinder tracking Ben very closely and finished 3rd lady (13tho/a) in 20.43; Then a great welcome back after a serious injury for over 6/7 months our Justin Mitchell who had an easy run for his first 5k and managed to finish 21st in a nice casual time of 21.17 Nice one Justin; Ciara Mulvihill was next in 22.22 to finish 36th; Then our two "J"s Jaydee Peters and Jacqui Mussellwhite who has been in Devon for three weeks so Jaydee lead and Jacqui followed and last reported still chatting entering the funnel Jaydee was 50th in 23.00 and Jacqui 51st in 23.01; With Charlotte Duggan keeping them in her sights to finish 88th in a course PB time of 24.18; Michael Ball giving Charlotte encouragement was 90th in 24.19 well done to you both ; Barbara Rodriguez was 1st 0/60 (148th o/a) and ducking under the 27 minute barrier to finish in 26.45; Mandy Hopkins finished four places lower than the previous week (265—269) and also 27 slower (32.22—32.49). Maybe the warmer weather temperature

#### **Indoor Results**

**Brunel Jumps/Throws 3rd Mar.** George Hopkins competed in three events and in the SP threw a PB of 11.21 This also lowered George's own indoor record of 11.09. In the HJ he jumped 1.85 and then cleared 3.86 in the PV

**Windsor Winter Series 3rd Mar.** Looking at the results the officials had a very busy day In the 60m there was 38 races (5 in each) plus 23 60H races. Kaspars Kazemak and David Awde were our only lads competing Kaspars ran two rounds of the 60m in the first round finished 2nd in 7.52 and then 3rd in next race ran 7.54. Then finished 2nd in the 60H running 8.82 his best since 2016; And had a great PV not only winning BUT !! vaulting in life best of 4.01.

David Awde ran two rounds in the 60m finishing 4th in the first round in 7.7 and 5th in the second round in 7.72, Was 1st 0/35 in the 60H running 8.9 But unfortunate in the PV with a well below par vault of 1.35

**Manchester Sports City 9th Mar.** Kaspars Kazemaks ran 60m in 7.40 PB + 60h in 8.82 again + ran 300m in 32.14

**British Masters Indoor Champs 9th Mar. Lee Valley.** David Awde was 1st (Gold) in the 400m in 50.77 PB. Peter Evans threw the Dis. 35.40 to finish 3rd (Bronze) Then threw Jav. 32.42 again 3rd both 0/50 PBs and edged Dave Hunt into 4th place who threw Jav. 30.78 (0/50) PB. Unfortunately, Paul Kelly had entered the Champs But got blocked into a massive traffic jam and did not arrive in time to compete

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**Brighton Open Throws 10th Mar.** Peter Evans to show his Dis. throw of 32.42 at Lee Valley the previous day was no fluke he managed to throw 36.45 and again a PB Two in two days Nice one Peter

**Cardiff Vault 10th Mar.** This is some event for Pole Vaulters there was 12 groups of 12/13 in each group. George Hopkins in "B" group was = 9th clearing 4.13 finished 1st U/17; David Awde in "C" group was 5th (1st 0/35) Vaulting 3.83; Clare Maurer group "D" also = 9th with 3.73; And Sam Morrison was in group "F" and finished 9<sup>th</sup> Vaulting 3.33.

**World Masters Champs Mar. 24/30th Torun Poland**

Congratulations to David Awde who competed in the 0/35 400m event and finished 1st in his ht. with 50.91

Then in the final finished 2nd (Silver) in 50.94

**T&F Fixtures**

**Sun. April 7th Wessex Lge. Venue Swindon** Please contact team manager

**Sat. April 13th SAL Lge. Venue Eton Windsor** Please contact team manager

**Road Fixtures**

**Thurs. 25th April Runneymede Runners 5mile H/C Savill Gardens 7.00pm start**

**XC**

**Sun. April 7th MABAC Winterfold**