



COCKCROW
Woking AC
News

FEBRUARY
2019

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Editorial

For those interested in running the popular Staines 10k the entries open 1st Feb. and they are usually snapped up very quick. The date Sun. 12th May.....start 9.00am

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Club Records

First club record (Indoor) to be broken in 2019 was by David Awde who ran 300m in 36.70 at Lee Valley on 1st Jan.

Previous rec. was 37.29 held by Kaspars Kazemaks since 2015

In the S.of.E Indoor an Combined events on the 15/16th Dec. at Lee Valley

David Awde ran 1000m in 2.45.30 Previous rec. was 2.55.58 held by Kaspars Kazemaks since 2016

George Hopkins ran 60H in 9.32 Previous was 9.73 held by George since 2017

George also threw SP 11.09 previous was 10.34 held by William Hur since 2013

He also created a new 1000m rec. running 3.12.97.

In the England U/20/Sen. Combined Events Champs on 5/6th Jan at Sheffield

David Awde lowered his 1000m rec. in the 1000m with a time of 2.41.63 It was 2.45.30

PBeez Course *

David Awde ran 300m (indoor) in 36.70 at Lee Valley on the 1st Jan.

Ben Rolfe ran a course PB of 19.06* in the Rushmoor 5k on 1st Jan.

Jaydee Peters ran 19.59 (0/40) at Rushmoor on the 1st Jan.

Mary Raleigh ran a course PB of 28.13* in the Rushmoor 5k on 1st Jan.

Jane Braid ran a course PB of 28.53* in the Frimley 5k on 1st Jan.

In the Brooklands 5k on 5th Jan. James Thomas ran 17.45*; Aimee Billington ran 20.18*;

Fiona Caruth ran 23.43*; Claire Johnston now 0/50 ran a 25.50; Jane Braid 27.55*

In the Frimley 5k on 5th Jan. Malcolm Vaughan ran 29.23 (0/75 PB)

David Awde ran 1000m in 2.41.63 at the England Combined Indoor Champs on 5th Jan at Sheffield

At the Windsor Indoor Open on the 6th Jan. George Hopkins vaulted 4.02 (Indoors)

In the Woking 5k on the 12th of Jan. Lesley Baulk ran a life time best of 28.48

In the Brooklands park run on 12th Jan. Kay Trinder ran 20.42*; Duncan Rolfe ran 24.16*;

Valerie Mills ran 28.25*; Mandy Hopkins ran 36.48*

In the Dulwich 5k on the 19th Jan. Chris Dyson ran a life time best of 16.05

In the Stoke park 5k on 19th Jan. Ben Goddard ran 17.24*

In the Brooklands 5k on 19th Jan. Duncan Rolfe ran 24.15* and Neil Henderson 25.00*

In the Homewood 5k on 19th Jan. Lucia Tregellis ran 21.47;and Claire Johnston 25.39;

In the Woking 5k on 19th Jan. James Gamble ran 17.43*; and Charlotte Watson ran 23.31;

In the Welsh Indoor Champs at Cardiff on 26th Jan. David Awde ran a 400m indoor best of 51.24;And Sam Morrison vaulted an indoor best of 3.35

In the Homewood 5k on the 26th Jan. Lucia Tregellis ran 21.46* and Jane Braid ran 30.28*

XC Results

Surrey County Champs 6th Jan. Lloyds Park

Weather dry but cold as our experienced officials Dave/Gina Middleton are well prepared for; Although well wrapped up standing around from 10.00am till 4.00 it starts to fill nippy as the time goes by Mike Scott went along earlier to organise timing clocks etc.

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But then had another pre arranged commitment.

Our entries totalled 14;

U/13G Charis Mogan 27th in 12.17 (78 ran)

U/17G Martha Collings 3rd in 22.28; Caira Mulvihill 21st in 25.33;

U/20G Katie Hopkins 9th in 24.04; Henrietta Owen 14th in 27.31;

S/L Georgie Furze 36th in 33.43 (138ran)

U/15B Martin Sunderland 36th in 14.53 (73 ran)

U/17B Shaun Waters 35th in 23.08; Joseph McHugh 43rd in 24.06;

U/20B Ben Rolfe 19th in 21.53 (27 ran)

S/M Ben Goddard was 29th in 41.34 just ahead of Stephen Blake who was 31st in 41.49;

Matt Winn-Smith 55th in 43.36; King Diggins 92nd 46.32 (240ran)

Men's Surrey Lge. 12th Jan. Oxshott

Weather perfect/Hills Steep/Excellent turn-out and result a brilliant XC team performance. Well done to team manager Peter Doveren for his persuasive manner getting the lads to back him 100%. Plus the 19 lads for their 100% response. Once more lads to make sure your the best in Div.3. With plenty of support spread around the three lap course. Thanks as usual to regular helpers Dave and Gina Middleton well appreciated by all As Div. 3 and 4 were ran as one race the position in brackets is the o/a with Div. 3 after name. Stephen Blake led our lads around the first lap with Ben Goddard just behind but Stephens injury he got the previous week in the county champs started to play havoc making Stephen ease off so he could finish the course so Ben took over and immediately showed his talent by gaining four places to 3rd place during the next two laps that he held until the end; Stephen definitely not running as smooth as usual but would not give Ben in sight all the time, Matt Winn-Smith having a really good run looking so confident coming up the hill I stood at top off, Matt back on form to finish just behind Stephen.

Simon Egan is 1st 0/45 after 3 fixtures and the way he ran today is going to take that honour and his sprint finish into the funnel to pip a Dorking runner who although recorded the same time Simon got the nod. Now the really exciting spectacle of the day that was a perfect XC team effort and those standing near the funnel must have been thrilled, during the 3 laps these four lads James Spencer/Alex Moxford/James Thomas/James Gamble seemed to swapped places alternately then coming up the final hill all battling to take the lead into the funnel and young James Spencer 1st U/20 managed the honour They finished in that order now look at their finish times James/Alex/ James Thomas all in a photo finish and recorded exactly the same time of 32.34 with James Gamble running 32.35 that's XC team running (Brilliant) well done lads. King Diggins just missing the running the same time by 19 sec. but still packed together. The final "A" team scorer was Ben Rolfe 2nd U/20 gaining experience among the senior lads who give him encouragement and support ascending the hills without labouring in a comfortable pace. The "B" team had one penalty point of 72 for incomplete team of 9 instead of 10, but they still finished 3rd "B" team. The saying is the strength of the team lies in the back-up lads and very true in our case Leader Jason Harris a strong XC runner and a regular first team scorer this must be the first time not in the scoring 10; Mark Rose equally at home on Road/XC the

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surface seems no problem even coping with the tree routes easy; Bob Bradbury 0/65 and leading 0/60 after 3 fixtures Bob being another not being in the scoring 10 for the first time ever Bobs talent shows in his Track/Road and XC achievements at local/national and international level Plus a very reliable club member. Adrian Brookes 0/55 who's job often interferes with his regular running And very often travelling/staying abroad for periods But when home forgets his lack of training and readily turns out for the club on Road/XC with some viero impressive performances like conquering the Oxshott hills. Ross Fairbrother a reliable regular who Peter can rely on and seemed to enjoy ascending the hill that I was on and definitely not a weak spot. Matt Gough another runner who enjoys the challenge of XC courses even the many different hilly 5k park runs so today no problem maybe more enjoyable be a longer distance. Manager Peter Doveren and Richard Braid a trainer and event partners over the road or trial including a 24 hour challenge in Switzerland and today inseparable from start to finish enjoying the hills and non-stop chat on the way round. And our final runner was Malcolm Vaughan now 0/75 and continues to amaze me how he runs a 5k in the morning at Frimley nips home for a Shredded Wheat and warms down running this really tough 5 mile course and just pick his way thro'. The many tree routes and plus masters the hills. Well done Malcolm keep going The "A" team finished 1st o/a today And after 3 fixtures with points advantage of over 2nd place Dorking WAC 479... Dorking 878 Don't miss the final fixture lads .

Full Results:

Ben Goddard 3rd (3rd) in 29.51; Stephen Blake 7th (8th) in 30.35 ;
Matt Winn-Smith 8th (9th) in 30.58; Simon Egan 10th (12th) in 31.39; James Spencer 17th(26th) 32.34; Alex Moxford 18th (27th) in 32.34; James Thomas 19th (28th) in 32.34; James Gamble 29th(20th) in 32.35; King Diggens 24th (29th) in 32.34; Ben Rolfe 28th (42nd) in 33.21. Jason Harris 57th (36th) in 33.51; Mark Rose 79th (50th) in 35.06; Bob Bradbury 56th (88th) in 35.32; Adrian Brookes 90th (142nd) in 37.54; Ross Fairbrother 111th (195th) in 39.49; Matthew Gough 127th (233rd) in 41.23; Peter Doveren 131st (242nd) in 41.49; Richard Braid 132nd(243rd) in 41.50; Malcolm Vaughan 163rd (327th) in 55.13. Div. 3 had 163 running/Div. 4 164; Total 327

Surrey Boys Lge. 12th Jan. Mitcham

These results seem a bit hap-hazard and confusing. I found 5 lads then after a check only 4 lads Jake Stadie U/17was missing who I had down as 52nd in 14.37.

Please send me any that are not mentioned All I have is

U/15 Martin Sunderland 29th in 13.38; Shaun Waters **U/17** 50th in 14.31; Teddy Gannon 74th in 15.13 Ben Golding **U/15** 100th in 16.15. All ages ran combined as one race
Distance 4.K and a total of 119 ran

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Surrey Schools Champs 19th Jan. Reigate

We had five members running. Two lads and three girls.

Shaun Waters U/17 was 53rd in 22.16 (71 ran); Martin Sunderland U/15 was 9th in 15.03 (80 ran) Henrietta Owen U/20 was 23rd in 16.29 (38 ran); Martha Collings U/17 was 3rd in 13.55 (67 ran)

Charis Mogan U/15 was 34th in 13.16 (103 ran)

Thames Valley Lge. 20th Jan. Tadley (Basingstoke)

This very popular Sunday XC Lge. Today had another large entry of 427.

Our members running for their second claim club Windle Valley.

Mike Waine was 79th in 41.21; Laura Hales 124th in 124th place Followed by Mike Freat running 44.57 to finish 136th; Nary Raleigh was 346th in 59.20; Other known WW members Richard Baggott 26th in 36.50. Keith Hull 182nd in 47.12; Ramona Thevenet 242nd in 50.20.

S. of. E Champs 26th Jan. Parliament Hill

This being the first time in over 40 years I have not attended these champs at whatever venue they have been held. And Parliament hill being the home of English XC it was sad unfortunately I cannot climb up to the top of the heath, And living near by spent many of my younger days there on a homemade toboggan (In the days we had snow) And from the top you look down onto London. Also sadly today we had no Senior men or ladies running. Plus we had no age group complete team and with a big shortage of rain over the past month I guess there was a shortage of the infamous MUD.

U/13G. Charis Mogan was our leading girl and finished 131st out of the 316 in a time of 15.34. Then lone Haggarty who was placed 236th in 15.34

U/17G. A field of 176 ran. With Martha Collings finishing 21st in 20.15;

Ciara Mulvihill was 90th in 22.37; Bori Szegedi was 175th in 31.32

U/20G. The smallest field of the champs with only 69 running. Katie Hopkins finished 27th in 27.16

U/13B. In a good field of 330 Teddy Gannon finished 73rd in 12.33

U/15B. Martin Sunderland was 158th in 17.57 and Joshua Williams was 222nd in 19.01 209 finished

U/17B. With 230 running Shaun Waters finished 178th in 26.29 and Charlie Cunningham 227th in 31.94

Road Results

Woking 3 mile 2nd Jan.

Christmas holidays kept entry down to 19. The fastest man was Richard Baggott 17.19; Fastest lady was Kay Trinder in 19.05; Jacqui Musselwhite ran 22.16; Ramona Thevenet 23.07; Malcolm Vaughan 27.34

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Tadworth 10 mile 6th Jan.

Multi Malcolm Vaughan was our only entry among the 690. This event starts 300m from Epsom race course grand stand. Running up through the middle of the downs. This year Malcolm said there were no large puddles /mud making it a lot easier climbing the long slope. Over the years the organisers have kept more off the very busy main road for safety reasons. Today Malcolm (0/75) finished 9th 0/60 out of 15 in a time of 1.45.35

Mabac Windsor 8 Mile Jan. 13th

Owing to Smiths Lawn being renovated there was a slight diversion making the course a couple of inches longer. Many said it took the long straight never ending road across the centre of the lawn. Not sure how the change will finally end up Those running for Magic totalled 15 this being the largest for a very long time. And nine were former or present members of WAC. There was a 263 running. Those running their age in minutes were very few (Ladies less 15%) If you qualify please inform Ken Saunders on

ken_g_saunders@yahoo.co.uk

Mike Waine being age 63 certainly earned his certificate by running 57.57. When Mike has run the even he has never failed to beat his age in min. As a 42 year old ran under 40.52; Richard Baggott parked in the Runnymede car-park and ran to the start and back afterwards and today finished 7th in 51.44; Mike Waine was 45th in 57.57; The next three girls all on their long training ran from Lightwater and back after running at a very casual relaxed (chatting) 8 miles around the course. Laura Hales lead them into funnel to finish 65th in 59.53; Lisa Faunch and Jo Payne ran side by side the whole way and both recording the same time of 61.48 although Lisa got the nod in 78th spot with Jo 79th; Freddy Golding beat all three to finish 71st in 60.36; Barbara Rodriguez was using this as her long weekly long run and finished in 213th place in 80.18; Malcolm Vaughan 0/75 and a yearly regular over this undulating course enjoyed the small diversion and finished 219th in 81.43; Jackie Golding sailed into the funnel in 90.13 in 247th place.

Off Road Results

Rushmoor 1st Jan..

The normal new year's day large turn out with many having a very long training session by running this 5k then continue running 4 mile to Frimley to run that 5k There was 704 including our 18 members running, so quite a tough job keeping an eye on them all as they came passed plus most surrounded by other runners so missing a few.

First WAC runner to finish was Ben Rolfe running a course PB of 19.06*; Jaydee Peters on a long morning run was 2nd lady (44th o/a) in 19.59 after clicking her bar code started to run to Frimley; Then training twins Laura Hales and Lisa Faunch with Laura keeping 15/20m ahead of Lisa the whole way up to 400m to go and not knowing how it finished until seeing results Laura was 72nd and Lisa 73rd and both recording the Same time of 21.06 nice finish Lisa did they both plan the running tactic nicely organised girls;

Robert Thorne slipped past unnoticed OR going too fast and finished 126th in 22.51;

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Julie Barclay was 1st 0/55 (151st o/a) in 23.25 knock a few more seconds off her last week's time at Hazelwood So knee problem easing. Not able to the Frimley too owing to 12.00 shift start; Tim Cooper was 285th in 25.43; James Walters was 246th in 25.17 well ahead of mum Jess and sister Poppy; Mary Tibbotts finished 274th in 25.31 just outside her course best of 25.15; In 287th place was Duncan Rolfe continuing to run on a regular basis over the past 2/3 months after nearly a year off thro' injury so pleased with his running today of 25.47; Claire Johnston finished 349th and past by smiling on both laps knowing this was going to be her last but one run before turning 50 (OUCH !) today ran 26.59; Susanne Cooper was 377th in 27.22; Mary Raleigh ran a course PB of 28.13 to finish 416th; Jess Walters setting a good pace for daughter Poppy and Hannah Bodano who was having her first run at Rushmoor so Poppy and Hannah ran together for company. Jess kept slightly ahead to finish 457th in 28.58. Poppy was 466th in 29.07 with Hannah one place back 467th in 29.08; Malcolm Vaughan making sure all our 17 got round Malcolm himself running his fastest 5k this year finished 551st in 31.36; Also running was Mark Gillingham who I saw on both laps but cannot find his time/position in results.

I then drove the 4 miles to Frimley passing about 150 runners including some of our members all wisely running on the pavement as the traffic was very busy. All runners arrived safely 704 ran at Rushmoor. Frimley had 741, and our entry also increased from 18 to 20 The members that ran both are indicated * and if I saw them running from one to the other marked **

Frimley 1st Jan.

A little late starting owing to parking and many still arriving, being new year as usual was ran the reverse way round. A good viewing spot in the middle of the 8 shaped course although Fred and Jane Bell had a busy time directing them as they were coming at from all directions. Cars parking almost on the course. That Fred dealt with calmly and politely And they willingly moved their vehicles. Again Ben Rolfe* lead our members home to finish 25th in 19.54; Then no messing this time Finishing 2nd at Rushmoor. Jaydee finished 1st here in 20.35** then ran home 5miles to Knaphill; In 82nd spot was Laura Hales** in 22.13 this time training partner Lisa Faunch** not on her tail but 30sec. behind in 98th place in 22.44; Richard Braid only ran this one and looking really relaxed to finish 132nd in 23.32; Robert Thorne * was 151st in 24.06; Then Simon Metcalf* in 192nd place running 24.59; Duncan Rolfe* having his second run finished 278th in 26.46; Mary Tibbotts* bouncing along to finish 292nd in 27.05; James Walters* followed Mary very closely in 294th with a time of 27.10; With Claire Johnston** in James slip stream was 309th and just 13sec. behind in 27.23 this being Claire's final run as a U/50; Susanne Cooper * just piped Tim* on this run Susanne was 374th in 28.42 Tim 384th in 28.49; Followed by Jane Braid our only member to run a course PB time of 28.53 to finish 393th; Christine Flynn starting the new year with an easy run to finish 405th in 29.10; Jess Walters* on her second run of the day was again keeping just ahead of Poppy and Sara who were staying together again and Jess finished 46th in 30.24; Mary Raleigh* also running the double and this time was 474th in 30.35; Malcolm Vaughan* drove from Rushmoor ran relaxed to finished 500th in 31.02;

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Lesley Baulk decided on the single run and with 600m to go passed Malcolm who then stopped relaxing slightly changed gear and overtook Lesley Malcolm staying ahead to finish 3 seconds up Lesley was 503rd in 31.05; Hannah Bodano and Poppy Walters kept together again for company as it was Hannah's first run here also at Rushmoor Hannah was 563rd in 33.14 Poppy 564th in 33.15; both ran the two events;

Stoke Park 1st Jan..

Lucia Tregellis ran just a few seconds outside her best course time of 21.. Today Lucia ran 21.36 to finish 3rd lady (28th o/a); Michael Freaan having his first run here finished 55th in 22.56th; Barbara Rodriguez after a busy Christmas and larger than usual meals was out in the fresh air jogging around and relaxing managed to dip under 30.00 running 29.59 to finish out of the 378.

Bushy Park 5th Jan.

Christine Flynn over new year's warm-up at Frimley returned to Bushy to get under her 26.00 target by running 25.59 to finish 568th out of 1505

Homewood 5th Jan.

Joshua Williams was a lone Woking runner and finished 17th in 22.54
U/14 Joshua had an excellent run against 138 mostly senior runners. Well done Joshua

Stoke Park 5th Jan.

Course keeping quite firm no mud (yet) Today 526 ran.
Lucia Tregellis was 1st lady (23rd o/a) in 21.08 Lucia's course best being 21.01;
Miche Oldham followed Lucia into funnel as 2nd lady (32nd o/a) in 21.55
Miche is 45/49 age group course record holder with 20.17

Frimley 5th Jan.

Mary Raleigh ran 28.43 to finish 305th out of the 637 that ran. Malcolm Vaughan was 1st O/75 (345th o/a) running under 30min. Malcolm's time of 29.23 being a O/75 PB;

Rushmoor 5th Jan.

We had three girls running and all winning their age groups.
Lisa Fauch has patiently/slowly nursed her marathon injury that happened 6/7 months ago and assisted/coaxed by training parent Laura Hales. On the 1st Jan. Lisa/Laura both finished in 21.16 here today Lisa looks to be back on form by knocking 51 sec. of that time running 20.15 to finish 1st Lady(23rd o/a). This time Laura held on to Lisa to finish 2nd lady (30th o/a) in 20.52 also 1st O/45; Julie Barclay suffered a painful knee on the 8th Dec. so did not run the Osterley Pk.10k ,rested until Dec.22nd walked the Woking 5k in 31.38 Ran 23.54 at Hazelwood on the 29th Dec.. Jan. 1st ran 23.25 here and today lowered it again by running 22.42 finishing 1st O/55 (78th o/a) and with no knee problem so Julie starting 2019 a happy bunny

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Woking 5th Jan.

Out of the 371 we had 10 running. Phil Cross was our first home in 19.39 to finish 9th; Mark Rose two places back in 11th spot in a time of 19.48; Jacqui Musselwhite our first lady finished 74th in 23.42; Tom Peters finished 88th in 24.18; Tim Cooper was 93rd in 24.24; Michael Ball having a change from the Brooklands course was 109th in 24.44; Ruth McHutchon now back home after holiday break up north was 118th in 25.01; Susanne Cooper and Jess Walters ran almost alongside each other and finished with Susanne in 172nd Jess 173rd and timed at 27.02/27.03 respectively; Lesley Baulk continues to attack her sub 29 target and today staying with-in range and will come sooner than later Today Lesley was 232nd in 29.19

Brooklands 5th Jan.

This was a 4 **** park run today with some excellent performances by our 10 members James Thomas having second run here ran a course PB time of 17.45 to finish 1st o/a James's time also lowers the course record that James created on his first run here Well done James; Jo Payne returning to her best slowly, today was Jo's first outing here and left her mark by finishing 1 lady (8th o/a) in 18.59 to lower the 35/39 course record. Nice one Jo; Aimee Billington followed Jo into funnel as 2nd lady (14 o/a) and guess what ran a course PB (again) of 20.18 Also lowering her course rec. making it 5 times out of her 6 runs here; Keep going Aimee; Kay Trinder also inform as 1st 0/50 (23rd o/a) in 21.06 Kay's course being 21.04 that is tough luck Kay. Maybe it was the timekeeper watch ?; Another ****star performance was by Caden RR a junior U/10 who was running here for the first time and finished 54th in a 23.33 breaking the U/10 course rec.

A name to remember well done Caden; Fiona Caruth starting 2019 with a course PB of 23.43* and finishing 58th; Claire Johnston was 97th running her own pace being 40 places behind Fiona and 40 places in front of Jane, plus finishing 2 minutes between of each them running a 0/50 PB of 25.50; Jane Braid having a good 2019 so far by running a course PB of 27.55 in 142nd spot; Barbara Rodriguez having her first outing over the course like Jo and now has target on her next visit to beat today's time of 28.07 and her finishing place of 157th; Valerie Mills only 30 sec outside her course best being 1 of the 3 that were "Nearly" girls just missing their PBs Today Valerie was 186th in 28.58 (course best 28.26)
Good luck next time girls

Newcastle 12th Jan.

Back to UNI for another year Louise Mills started off with a run around the local park run And finished 125th out of 777 in 22.28

Bideford 12th Jan.

Jacqui Musellwhite spending a few days in Devon and again tried the park run finished 2nd lady(24th o/a) in 23.46 Today 122 ran

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Leicester 12th Jan.

Emily Aston who often visits this area and runs the park event and today finished 189th out of 419, by running a time of 28.16

Frimley 12th Jan.

Where do all the people come from every week. Today 573 ran and Mary Raleigh was 259th in 28.12; Ever regular Malcolm Vaughan having a loosening up run before running the Surrey Lge. XC fixture in the afternoon at Oxshott this morning finished 309th in 29.39

Homewood 12th Jan.

We had three running out of a good entry for Homewood of 159. Jonathan Mellor finished 27th in 23.25; Claire Johnston running in her new age group finished 60th in 26.23; Jane Braid trying this tough challenge for the first time and finished 102nd in 30.45 And I am sure Jane will be back for a PB. Good luck to Claire in the next 50 years and to Jane on achieving a PB here next time

Brooklands 12th Jan.

We had six running among the 324. And four of the six ran a PB time. Kay Trinder stayed in the fast mood all week after running 21.06 last week her best course being 21.04. So Kay returned to day and a ran course PB time of 20.53* and lowering her 0/50 course rec. I have now given Kay a code name CMIYC "Catch me if you can". Fiona Caruth eased off this week after her course PB last week of 23.43 today ran 23.49 but finished 52nd (last week 58th); Duncan Rolfe chasing a PB for a month still slowly returning from a long lay off, Duncan succeeded today by running a course PB of 24.16 and placed 61st; Valerie Mills quite familiar with the Brooklands area had a happy bunny day running a course PB of 28.25* and placed 140th; In 144th place was Jimmy Brown well below par running 28.28 Jimmy's course best 22.20; Our final course PB was ran by Mandy Hopkins running 36.48* finishing 270th PBs do the ego a big boost Well done Mandy

Woking 12th Jan.

Good weather for the 413 running that our 15 were among. Our first into funnel was Charlie Cunningham who was 7th in 20.24; Then Laura Hales who was 25th in 21.27; Ciara Mulvihill was leading the next three girls all running sub. 24.00 Ciara was 52nd in 23.05; With Jaydee Peters/Lucia Tregellis/Georgie Furze 64/65/66th with times of 23.30/30/31 respectively. The reason they were running so close all three were encouraging/coaxing/helping Tom Peters to obtain a PB who was staying as close as he could finishing 68th in 23.33 unfortunately missed his best of 22.27 So the girls are going to push Tom from behind next attempt; Tim Cooper was next in 89th spot in 24.22; Charlotte Watson trailing Tim by six seconds running 24.28 to finish 97th; Michael Ball keeping in Charlotte's slip stream to finish 103rd in 24.41; And in 110th place was Ruth McHutchon with a time of 24.54; Susanne Cooper finished 142nd in 26.10 getting nearer to her 25.?? Target; Shelley Watson 183rd in 27.36;

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Then our only PB member Lesley Baulk running a life time best of 28.48 who set her mind of ducking under 29.00 since Nov. and has gradually been knocking a few seconds off regularly (Known as self discipline) Well done Lesley; Nita Bhanot (Kavita's mum) was the unluckiest today running 33.03 Nita's best being 33.01 to finish 305th. Also running her very first 5k was 2nd claim member Helena Corbin's mum Susan in 40.26 and said will return So at the next ladies XC on Feb.9th we will warn Helena to look over her shoulder. Well done Susan

Dulwich 19th Jan.

This is a FAST course (Maybe all downhill ?) the first 9 men ran under 17.00 and the winner ran 15.35. The winning female (0/40) ran 18.35. Chris Dyson having his first run here got among the elite lads to finish 4th in a life time PB of 16.05 timed equally with the 3rd runner. Nice one Chris

Stoke Park 19th Jan.

Excellent run from Ben Goddard who led the other 542 from the start to finish in a course PB time of 17.24* Plus mud beginning to appear

Norwich 18th Jan.

Mark Rose visiting the area ran the local park run and finished 16th in 19.37 Mark's best over the course being 18.05

Hazelwood 19th Jan.

Fiona Bishop having her first run for 5 weeks owing to slight hip trouble and feeling unwell over the Christmas period so tried a nice flat course and finished 45th out of the 120 in 26.20

Torbay Vello Park 19th Jan.

Malcolm Vaughan on one of his mystery tours arrived safely in Torbay again to run with the other 269 and finished 143rd (1st 0/75) in 30.03

Frimley 19th Jan.

We had two running with Matthew Brenchley finishing 130th in 25.06; And Valerie Mills placed 268th out of the 533 in a time of 28.59

Rushmoor 19th Jan.

This being the third local park event with over 500 runners in. Today 547 ran We had three finishers, Jacqui Musselwhite was our first to finish and placed 90th in 23.32 Jacqui's best course time being 23.18; Julie Barclay having been off work for a week with a nasty eye infection and today ventured outdoors for the first time Both started off together in the middle of the pack and said it took 15 sec. to cross the start line. Although Julie was

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just having a gentle run but both agreed if going for a PB you need to be near the front from the off. Julie finished 127th in 24.46; Paul Watt walked the whole course owing to a leg problem and managed to finish in 51.50 To finish 542nd

Brooklands 19th Jan.

A good entry of 314 and we had four running and although the two girls led the two men home both men ran PBs. Our first into funnel was Aimee Billington finishing 1st lady (14th o/a) in 20.25 this being Aimee's first time not to run a PB over this course; Kay Trinder was 2nd lady (1st 0/50 and 22nd o/a) just 30 seconds back in 21.08; Then Duncan Rolfe slowly returning from a long lay off ran a PB for the second week in succession today ran 24.15*; Then local lad and former Chairman Neil Henderson was running his second time around the course and now seems to have mastered the course by running a PB of 25.00*min. to finish 89th. Well done Neil

Bushy Park 19th Jan.

Out of the 1514 runners Jaydee Peters finished 176th in 21.38 Jaydees fastest over the course as a 0/40; And running alongside the whole 5k with Jaydee was Georgie Furze finishing 177th in 21.39; Christine Flynn was 678th well inside the first half of field running 26.39; Mary Raleigh drifted from her usual Frimley run and running among treble the amount finished 1295th in 34.36

Homewood 19th Jan.

Four members chose this toughie with almost weekly increasing entries with 134 running today Mike Waine ran the mile from home the longest way and continued the 5k in 21.30 to finish 10th then headed home taking the longest route; Then the girls took over with Lucia Tregellis finishing 1st lady (12th o/a) in a course PB time of 21.47*; Claire Johnston was 39th in 25.39 Claire's second PB in new age group keep it going Claire; Barbara Rodriguez like Mike also ran 1 mile from her home but not taking the longest route, and again mastered this mini mountainous course to finish 85th in 30.46 then traced her foot steps heading home.

Woking 19th Jan.

A very fresh temperature for the 341 runners. And leading our 10 member's home was James Gamble who finished 2nd in a PB time of 17.43*; Phil Cross was 8th in 19.46 Phil's course best being 19.28; Young Charlie Cunningham finished 11th in 20.02; Michael Baggott was 39th in 22.55; Followed by Charlotte Watson running a life to 5k PB time of 23.31 in 54th spot; Tim Cooper was 79th in 24.32; Jimmy Brown casually ran 25.05 to finish 91st; Michael Ball running a little below par was in 25.15; Susanne Cooper 131st in 26.49; With Lesley Baulk 175th 29.00 just .12 sec. outside her best that she ran last week Nita Bhanot 264th in 33.19; And a big 4min PB of 36.24 for Susan Corbin; Helena will be proud

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Hazelwood 26th Jan

Fiona Bishop was our lone entry among the 118. And finished 38th in 26.30

Frimley 26th Jan.

Matthew Blenchley ran 18.54 (best being 18.21) and finished 6th out of the 513

Bushy 26th Jan.

Christine Flynn running her favourite park run to was 583rd among the 1379 that ran
And ran 26.26 Christine's target being 26.00 (bad day at the office today)

Stoke Park 26th Jan.

Sara Bishop finished 257th out of the 513 in a time of 27.41

Rushmoor 26th Jan

We had three entries Julie Barclay gradually feeling better after her eye infection causing her to be off work for week unable to venture out , today ran a 23.14 (last week 24.26) and finished 71st just ahead of Jacqui Musselwhite who had been in Bideford all week returned and finished 82nd in 23.25; Paul Watt nursing a long term injury but determined to keep active and again walked the two laps today and came away pleased. Last week Paul's time was 51.50 today more relaxed walked the two laps in 44.57 That's a nice 7 min. improvement over last weeks time encouraging feeling. Mark Gillingham again ran just one lap to keep his fitness up for the cricket season that he enjoys playing

Brooklands 26th Jan.

Chris Dyson tried this course for the first time and straight away joined the seven WAC course record holders. Today Chris finished 1st o/a in 17.02; Aimee Billington was 3rd lady (17 o/a) in 20.23, No PB for Aimee today; Mike Warner also having his first outing over the course and finished 1st 0/60 in 24.51 and Was placed 100th; Jimmy Brown 1st 0/65 (109th o/a) in a below par time of 25.10; Today 380 ran. Other WAC course Rec. holders are. Ben Rolfe/Jason Harris/Jo Payne/Lucia Tregellis/Aimee Billington/Kay Trinder/Julie Barclay

Homewood 26th Jan.

Our four members were all ladies and included in the 120 that finished.
Lucia Tregellis was 1st lady (6th o/a) in a course PB time of 21.46; Claire Johnston becoming a regular over this challenging course and today was 33rd in 25.28; With Jane Braid running a course PB of 30.28 to finish 75th; Followed one place adrift in 76th was Barbara Rodriguez starting to train more regular now Christmas is over ran 30.38 today Barbara's course best being 27.17. Former member Wendy (Davis) Cudmore having her first outing over the course kept with pal Claire finishing 35th in 25.35

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Woking 26th Jan.

A total of 352 ran. And our eight members finished with Ben Goddard running 20.20 and placed 10th; 1st Lady was Kay Trinder (19th o/a) in 21.01; Tim Cooper was 73rd in 24.06; David Sigerson followed 30 seconds behind in 24.30 to finish 86th; Jess Walters was 155th to finish by running 27.37; Shelley Watson was 162nd in 27.57; Lesley Baulk again ducking under 29.00 but just miss her best course time by 10 sec. today ran 28,58 in 177th spot; Nita Bhanot 287th in 34.03

Indoor Results

Lee Valley New Year Open 1st Jan.

David Awde ran a 300m for the second time and finished 3rd in a PB time of 36.70 This broke the S/M club indoor rec. of 37.29 held by Kaspars since 2015 David's first attempt was in 2016 at the same meeting when he ran 38.25 Kaspars Kazemaks was 3rd in SP with a throw of 11.93 Kaspars s there watching his rec. being broken and cheering David on

S of E. Combines Events Champs 5/6th Jan. Sheffield

Kaspars Kazemaks competed 4 events during the first day but was not feeling to good so retired and did not compete the second day.

Kaspars first day results. Ran 60m in 7.58 + Jumped 1.74 in HJ + 6.10 in LJ +threw SP 11.46 David Awde Results. Ran 60 in 7.68 + 1000m in 2.41.63 PB and (CR) + jumped 1.53 in HJ + 3.80 in PV + 5.90 in LJ + threw SP 7.27 plus scored 4053 Pts.

Windsor Winter Open Series 6th Jan.

Clare Maurer vaulted 3.60 to finish 2nd; And George Hopkins vaulted an indoor PB of 4.02 and finished 1st

S. of. E. U/20/Sen. Champs 19/20th Jan. Lee Valley

Kaspars Kazemaks still not fully fit competed in the 60m to finish 6th in 7.50 plus was 5th in 60H in 8.92 (Both Hts.) David Awde ran in a 400m Ht. and finished 5th in 51.57 and a recorded a NH in PV. Clare Maurer competed in the PV and finished 9th with 3.50 vault; Sam Morrison vaulted 3.20; (15 competed)

Welsh Sen. Champs 26th Jan. Cardiff

David Awde finished 2nd in the 400m running an indoor PB time of 51.24 (51.55 in Ht.) Also vaulted 3.75 finishing 8th; 11 competed Clare Maurer won the PV event vaulting 3.75; Sam Morrison was 5th with a indoor PB of 3.35; 10 competed

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XC Fixtures

Sun. 3rd Feb. Border Lge. Check with Manager for info

Sat. 9th Feb. Men's Surrey Lge. Lloyds Pk.

Sat. 9th Feb. Surrey ladies Lge. Richmond Park

Sun. 26th Feb. Border Lge. Check with manager for info

Sat. 2nd March Surrey Ladies Lge. Lloyds Park

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