



COCKCROW
Woking AC
News

JANUARY
2019

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Happy New Year everyone

January 2019

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Wishing you every success Injury free and good health

Editorial

2018 UK Ranked Top 10 Masters (T&F)

Plus only showing 1st in top 10 Masters age groups (From 35 to 85)

Congratulations To Bob Bradbury ranked 1st 0/65 in the 5000m with a time of 18.16.72

To Eleanor Gatrell ranked 1st 0/35 in SP with 12.78 + 5th in Disc. with 34.77 + 4th in Ham. with 37.98

2018 UK Ranked Top 10 T&F U/20/17/15/13

Congratulations To U/17 Martha Collings ranked 10th in the 1500S/C with a time of 5.14.11

To U/13 Hayden Christian ranked 6th in 75m with a time of 11.95 + ranked 4th in Pent.

Scoring 1964 Pts. To U/13 Matthew Smith ranked 5th in Disc. throwing 31.07

The ranking list are taken from the AW if I have missed any or incorrect please let know Knowing the AW means (Always Wrong). But like me they do their best.

MABAC Windsor 8mile 13th Jan. As the owner is having the road resurfaced the course will have to be altered. But up to 31st Dec. no decision/and permission has been confirmed So please check their webbb mabac.org.uk for final info

At the moment my email is on holiday and for some reason I have trouble RECEIVING mail and has been naughty for the past 3 weeks this I hope to be rectified this week, so if any you send are rejected it is my fault not yours.

Club Records

In the INDOOR combined events meeting at Lee Valley on 15/16th Dec

Kaspars Kazemaks scored 4649 pts. in the Hept. Previous Rec. was 45.96 held by Kaspars since 10/1/16

David Awde ran 1000m in 2.45.3 in the Hept. Previous Rec. was 2.55.13 held by Kaspars since 17/12/16

I think George achieved a couple but not sure so checking

Denotes * Course.

PBeez In the Victory 5 mile Kay Trinder ran a 0/50 PB 34.46;

In the Perivale 5 mile on 2nd Dec. Jaydee Peters ran a 0/40 PB of 32.00

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In the W.S.E indoor meeting George Hopkins ran 60H in 9.27 + jumped 5.79 in LJ + threw SP 10.91

David Awde ran 60H in 7.67 + jumped 5.79 in LJ

In the Rushmoor 5k on 8th Dec. Robert Thorne ran 21.366*

Aimee Billington ran 20.44* in the Brooklands 5k on 8th Dec.

Lucia Tregellis ran 22.34* in the Homewood 5k on 8th Dec.

Valerie Mills ran a 0/60 PB time of 27.51 at Long Eaton on the 8th Dec.

In the Stoke Park 5k on 15th Dec. Lucia Tregellis ran 21.01*

In the Brooklands 5k on 15th Dec Aimee Billington ran 20.43* and Duncan Rolfe ran 25.23*

In the Woking 5k on 15th Dec. James Spencer ran 17.32

At Lee Valley on the 15/16th Dec. in the S. of E. Combined events The following are INDOOR PBs

Kaspars Kazemaks threw the SP 12.22 plus scored 4649 Pts.

David Awde ran 2.45.3 + jumped 1.53 in HJ+ 5.91 in LJ + 3.85 in [V + 4088 Pts

George Hopkins jumped 1.90 in the HJ + 6.11 in LJ +threw 11.09 in SP plus scored 3705 Pts.

In the Woking 5k on 22nd Dec. Jo Payne ran 18.49 (0/35)

In the Guilford park run on 22nd Dec. Oscar Sinnett ran 22.02*

Aimee Billington ran 20.30 in the Brooklands 5k on 22nd Dec.

On Christmas day morning at Homewood park Aimee Billington ran a course PB time of 21.19* and Lucia Tregellis also ran a course PB of 22.12*.

In the Poole 5k on the 29th Dec. Richard Braid ran a course PB of 23.46* & Jane Braid also ran a course PB of 27.11*

In the Bushy Park 5k Aimee Billington ran a 0/40 PB time of 20.02.

Duncan Rolfe ran 25.08 in the Brooklands 5k on 29th Dec.

XC Results

S. of. E Masters & Inter Counties Champs 8th Dec. Oxford

In the U/17 girls 5k we had two representing Surrey Martha Collings finished 20th in 19.06 and was 4th scorer for the County team that fished 2nd to earn Martha a silver medal; Caira Mulvihill not on scoring team and fished 90th in 22.13;

In the ladies senior Surrey team was 0/35 Jo Payne and like 0/35 Jaydee Peters the previous year a great achievement to be selected for the County senior team as a vet, Neither scoring Jo finished 51st in 25.29 leading four Surrey ladies who entered the funnel 52nd/53rd/54th nicely packed. Helping the scoring team to win as 1st team

Road Results

Victory 5 Dec. 2nd Portsmouth

This course has changed many times over the years, but still remains a popular event including many international athletes. Today we had Kay Trinder and Jacqui Musselwhite competing. Kay a native of Hampshire visits parents after the race making it a full day. With 730 running Kay finished 3rd 0/50 (224th o/a) in a PB 0/50 time of 34.46; Jacqui running her first 5 mile road run and ran 39.11 to finish 378th Jacqui found it tougher than

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usual after a week off owing to a very sore throat and chest infection But will return next year.

Perivale 5 mile 2nd Dec.

A nice flat course although along a busy main road (on pavement) Bob Bradbury was ending 2018 on a high by running 30.43 and finished 1st 0/65 (32nd o/a) Bob's best 0/65 being 30.24. Jaydee Peters ran a 0/40 PB time of 32.00 to finish 1st 0/40 (42nd o/a). Jaydee ran this event as a 0/35 in 2016 finishing 1st 0/35 in a time of 30.49. Today 355 ran

Hogs Back 11.7k Dec.2nd

Over the past 50 years this event started off as a 11.5 miler from Milford, but owing to road disruptions/changes and various starting venues has changed distances 4/5 times but it has kept the dreaded hill section. With 1216 running our first home was King Diggens who was 11th in 43.52; Then in 242nd was Graham McMahon running 56.29; Jonathan Mellor the conqueror of the Homewood park run hill. Many times tried this slightly longer/steeper one and successfully conquered this one to finish 269th in 57.01; Susanne Cooper has ran this course before so was prepared for the challenge ahead of her today finished 571st in 66.07

Agia Napa ½ Mar. 2nd Dec. (Multi)

Malcolm Vaughan on a two weeks holiday in Cyprus (near Famagusta). He entered this local event and sent this report. My time of 1.21.26 includes a deviation of 500m owing to a shortage of marshals. A group of runners and myself decided the run did not include climbing a 2m high fence and gates. Luckily a female runner had her phone with her to verify the proper route that had a couple hills with an elevation gain of 207m. But a lovely day followed by a switching on ceremony of Christmas lights and activities. I will run the ½ again but not the Mara. which is two laps of the ½ course

Woking 3 mile 5th Dec.

A total of 19 ran although quite dry but a very damp drizzle.

Jacqui Musselwhite running the event for the second time and although a minute slower today finished the fastest Lady in 22.10; Ramona Thevenet send fastest in 23.10; Colin Harris ran 22.20; Malcolm Vaughan ran 27.13. The fastest man was Richard Baggott in 16.39. A nice Christmas gathering for mince pies/sandwiches/beverages in the Leisure centre Next race Wed. Jan. 2nd 2019

Osterley Park 10k Dec. 8th.

A very cold morning but the facilities excellent parking no problem nice big cafe. A nice flat two lap course mostly in the park area (no grass) on each lap after 3/7 k you leave park for 1k along a road then enter park again. A very popular event that attracted 736 today We had two entries Julie Barclay and Fiona Bishop. But unfortunately Julie had to pull out prior to start owing to her knee feeling very sore and decided not to risk any long term injury occurring .

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But after the 5k park run we waited to see Fiona run but left before presentations or we would have got stuck in car park as the back markers prevented exit. Fiona finished 1st 0/55 out of the 48 in her age group was 223rd o/a but said slowed slightly on second lap to finish in 51.08. Fiona's 1k times over the first five were under 5min. then averaging 5.10 per k. And will return in 2019.

Off Road Results

Cirencester 1st Dec.

Ben Goddard was our only runner and finished 2nd out of the 101 in 18.22

Nonsuch Park 1st Dec.

Georgie Furze supported her local park run and finished 1st lady (23rd o/a) in 20.35
Georgie's best over the course being 20,15 287 ran

Forest Rec. 1st Dec. Nottingham

Richard Braid in the area for a UNI reunion. And after wild night 7 of the 9 decided to give the local 5k a try for the first time against their dizzy/aching heads advice but all slower survived. Richard finished 47th out of 341 in 24.03. Richard said while at UNI not one of his friends or himself ever ran BUT seven of them have since leaving run either 2/3/4 marathons each. Burning question "What different subject did 2 of the 9 study ????" Nice one Richard

Guildford 1st Dec.

Lucia Tregellis finished 1st lady out of the 219 entries in 22.33

Frimley 1st Dec.

Laura Hales finished 1st lady (20th o/a) in 22.07 Laura making it 4 ladies finishing in 1st placed today

Osterley 1st Dec.

Simon Egan went along to this two lap all tarmac course in 22.22 and finished 20th out of the 133 that ran

Brooklands 1st Dec.

The rain keeping most park run entries slightly lower than normal including here where 184 today is the lowest since it started. The rain during the previous week obviously made the wooded section a little muddy like some of the other park runs. On feedback the old concrete runway was just a flooded area of 2/3 inches in places, so running cautious was order of the day. Our first home was Paul Watt who ran 56 sec. slower than last week unable to run correctly thro' 200/300m of water but managed to finish 60th in 24.58; Jane Braid making her first appearance ran with Valerie Mills most of the time and just entered the funnel 16 sec. to the good in 109th place running 28.58;

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Valerie having her second outing around the course was 111th in 29.08

Woking 1st Dec. The rain kept the entry down to 143 plus some preferred Christmas shopping; Although all local park runs were well lower than usual. Our first home was Katie Hopkins who was 1st lady (9th o/a) in 21.14; Then Kay Trinder keeping on Katie's tail to finish 2/nd lady(12th o/a) in 21.26 warming up for the following days Victory 5; Ciara Mulvihill running 23.01 to finish 28th; Florence Baulk was 75th and ran 31 sec. faster than last week time of 27.08 by running 26.29 today - well done Florence; Tim Cooper ran 26.52 in 79th place with Susanne running easy in 84th spot in 26.58. owing to running the Hogs Back 11.7 next day; Matt Gough 98th in 30.36; Lesley baulk ran 30.46 last week and managed to get nearer the 29min barrier by running 30.25 today to finish 111th; Mandy Hopkins after running the two laps at Brooklands in 40.40 last week and today feeling confident her knee is improving so ran the three laps today and ran 38.04 2min.36 faster - nice one Mandy

The following ten all 8th Dec.

Frimley. Two entries among the 369 finishers; Mary Raleigh was 192nd in 29.10; Malcolm Vaughan finished 245th in 31.07;

Newcastle Louise Mills was one of the 453 that ran and finished 106th in 23.18;

Long Eaton Valerie Mills on a family visit always pops along to run the local park 5k and today finished 173rd out of 373 in a 0/60 PB time of 27.51 nice one Val.

Cannon Hill (Birm.) Christian Beale finished 36th out of the 636 runners and just missed his course best time of 19.36 by 5 seconds today ran 19.41

Poole Daniel Farley another of our touring members today and ran the course for the first time ever and placed 244th out 651 finishers in a time of 26.07

Osterley Paul Watt returned to his home town area for many years so knew the park well Paul ran here once before this year in April although on the old 3 lap course. This has now changed and is now a two lap all Tarmac and recommended to those not wishing to run on any **MUD** Today Paul was 63rd out of 244 in 24.01. After a cuppa in the wonderful cafe Julie Barclay unable to run the 10k event that she had entered owing to injury occurring the previous day. Both Paul/Julie then walked round the scenic course and also cheering Fiona Bishop who ran the separate 10k road race. Easy parking and free

Homewood Out of the 94 that finished Mike Waine was 4th (1st 0/60) in 21.27; Lucia Tregellis ran a course PB of 22.31 to finish 1st lady (12th o/a); Jonathan Mellor after a couple of weeks running elsewhere returned today and finished 20th in 23.49

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Rushmoor Robert Thorne ran a course PB time of 21.36 to finish 30th out of the 395 ; Always a pleasure to see training partners Laura Hales and Lisa Faunch running especially after Lisa's injury that left her side lined for 6/7 weeks and since her return Laura has run with Lisa to encourage her and being long term training friends Lisa welcomed Laura chatting all the way Laura was 32nd in 21.42 and Lisa 44th in 22.06. Nice one girls

Woking We had seven running making the total 247; Ben Goddard was 1st o/a in 17.55; Ben nearly a minute ahead of our other Ben (Rolfe) who was 2nd o/a in 18.43 his best being 18.33 come on Ben you can lose 2 sec. per. k; In 4th spot was Mark Rose in a time of 19.32; Phil Cross keeping under 20.00 regularly over most courses today ran 19.58 best over this course being 19.28 Phil finished 7th; Our third Ben (Golding) was 23rd in 21.46; Michael Frean was 31st in 22.34; Lesley Baulk just missing to duck under 30min. by running 30.02 to finish 164th my guess Lesley is leaving it Until 1/1/19 Good luck Lesley you can do it.

Brooklands. We had nine members running out of 241. And our having his first outing over the course was James Thomas who finished 1st o/a in 18.15 and now is the proud holder of the 40/44 course record; Jason Harris was 10 sec. adrift of James and finished 2nd in 18.25 (course best being 18.11); Ben Rolfe finished 8th in 18.53 Ben's course best 18.20); Then the 2nd lady Aimee Billington 20th o/a in a course PB time of 20.44* also our only PB; Jimmy Brown followed in 43rd spot running 23.25; Clive Hensby was 49th in a comfortable time of 23.51; Then our former Chairman Neil Henderson who nipped across the road from where he lives and after running the course for the first time finished 84th in 25.49 Nice one Neil (See you there running in 2019 Helen ??). Duncan Rolfe keeping in Neil's slip stream to finish 86th in 25.52 Duncan's best course being 25.32; The next three running the course for the first time Tim Cooper was 99th in 26.45; then Susanne Cooper one behind in 100th and recording the same time of 26.45; Christine Flynn missing her 2018 target time of sub 26.00 for the 12th time this year today ran 27.06 to finish 103rd

Bushy Park 15th Dec.

Christine Flynn finished 509th out of the 1107 (in the front half) by running 26.10

Stoke 15th Dec.

Lucia Tregellis finished 1st lady (20th o/a) in a course PB of 21.01*; Miche Oldham with the bitter cold air making it uncomfortable to push hard decided to run easy and finished 66th out of the 347 in 23.35

Homewood 15th Dec.

Training partners Jonathan Mellor and David Sigerson had a chatty 5k for 25.35 min. until finishing, where the photo finish gave David 25th and Jonathan 26th Today 80 ran. Well done lads

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Frimley 15th Dec.

Malcolm Vaughan was our only member running to finish 275th out of 378; in a time of 31.01 Malcolm said he was gathering speed as he entered the funnel. nice one Malcolm

Brooklands 15th Dec.

We had six running making the total 204. And 1st o/a winner was Jason Harris in 18.19 Jason's course best being 18.11; Then in 6th spot was Ben Rolfe in a time of 19.01; Aimee Billington has run the course every week (except the 1st Dec) since the opening one and has improved her time every run. That is 2 PBs out of the 3 (not counting the first) Today finished 1st lady (19th o/a) in 20.43*; Well done Aimee; Michael Ball just missing his course best of 24.29 by running 24.43 to finish 51st; Duncan Rolfe continuing to feel at ease by running a course PB time of 25.25 to finish 62nd; Valerie Mills returning from Long Eaton where she ran a 0/60 PB last week the southern cold climate slowed Valerie down today to running 29.50 finishing 132nd

Woking 15th Dec.

The sharp cold/sharp air took over today but we still had 12 toughy's not letting the weather control their lives and there was also 221 other tough bodies running and 27 frozen marshals. No mud was reported in the wooded area. Our Ben Goddard was the clear o/a winner in 17.22 looking so strong and relaxed and a big smile passing by on each lap; Then James Spencer having his first run here for 2/3 months chasing Ben the whole time that helped James run a life time PB of 17.32 to finish 2nd; Jaydee Peters ran a training 16 miles the previous day and going for the killer Mince Pie run at Guildford next day, today ran the first lap in comfort and then seemed to increase pace to finish 3rd lady (15th o/a) in 20.49; Kay Trinder one place behind in 16th and aiming to close gap on Jaydee and increase gap on Laura Hales who was trying to close the gap on Kay so all three having a good workout Kay ran 21.05 Laura 21.13 and finished 17th. A good morning session girls; Jacqui Musselwhite was just off the pace to get the little tussle and finished 52nd in 23.30; Bori Szegedi was 73rd in 24.24; Tom Peters keeping warm at an easy pace and ran well to finish 111st in 27.02; Jess Walters having her first run here for 2/3 weeks but soon got into her relaxed pace to finish 122nd in 28.12; Then Lesley Baulk who's time has improved every week for the past 6 weeks and today got under the 30.00 barrier for the first time this year by running 29.44 and finish 153rd Well done Lesley. Jimmy Brown ran with wife Sandra who again ran another PB of 43.27 her 6th PB in as many months. Sandra finished 227th and Jimmy 228th in 43.30

Guildford 22nd Dec.

The mud starting to increase on the grass section but it did not stop Oscar Sinnett from running a course PB time of 22.02 to finish 47th; Miche Oldham well capable of handling any mud that appears so a little practice for the coming winter months. Today Miche ran 22.26 and finished 57th out of the 445 that ran

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Frimley 22nd Dec.

Laura Hales back on home grounds finished 2nd lady (33rd o/a) in 21.29; Malcolm Vaughan preparing for his New Year's days attempt at running Rushmoor at 9.00 and then Frimley at 10.30 hoping to run two course PBs in two hours. Today ran 29.41 and finished 296th out of 456

Witton 22nd Dec. (Blackburn)

Lisa Faunch spending Christmas in Lancashire ran the local 5k park run for the first time with 69 others and finished 5th lady (19th o/a) in 23.33

Osterley Pk.22nd Dec.

Fiona Bishop tried the flat all footpath course for the first time in 27.44 and finished 98th out of 216.

Brooklands 22nd Dec.

Nearly 200 ran (exactly 199) and our first home was Ben Rolfe finishing 9th in 19.12; Then star of the Brookland course Aimee Billington who has ran 5 of the 6 weeks (1/2/4/5/6) missing 1st Dec. and Aimee has ran faster every run 4PBs out of 5runs (NOT counting the first) Aimee's times 21.03---20.54---20.44—20.43---20.30. And has finished 1st lady each time today (18th o/a) in 20.30* Aimee's best ever was 19.25 back in 2010; Fiona Caruth was 61st and ran 24.24 just 9 sec. outside her course best of 24.1; But Duncan Rolfe was even nearer his course best by just 6 sec.. (best being 25.23) Today Duncan ran 25.29 to finish 74th

Woking 22nd Dec.

A real Christmas atmosphere with a record 35 members ready to start the holiday in great style. Run Director Susan Cooper got the 358 underway including our Angels/Elf's/Santa's/Reindeer's/Wise men & women/and 1 Mary alias Georgie. Plus supporters/photographers/marshals Fred Bell/Paul Watt hidden in the muddy wooded area sending runners into the deepest part; and Oscar Peters giving HIGH FIVES to the 358 each lap. A morning of easy fun running, Katie Hopkins/Florence Baulk and Jane Bell running one lap then decided to cheer the others with Mandy snapping our 35 fancy dress members. Pepe and Barbara Rodriguez and the 3 Payne lads also bringing my regular 2 chocolate wafers breakfast along. The supporters enjoying the costumes and were also enjoying seeing Clayton and Jo Payne showing their talent with Clayton pace setting for Jo to achieve a PB time to finish 2018 on a high, Jo staying 6/7m behind on second lap Clayton increased pace with Jo slipping back slightly but with 200m to go was on Claytons tail going for him and swerving thro' the back markers finished one place back and 8 sec. adrift. Well done Clayton and Jo running a 0/35 PB time of 18.49 Jo's best ever being 18.28 ran in 2011 at Bushy. Jo passing 5k club record holder Jaydee (Elfy) Peters 3 times Jo just failed by 4sec. Jaydee's 0/35 record being 18.45. Clayton finished 5th in 18.41; Jo 1st lady (6th o/a) in 18.49 PB;

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I have put each members best **Woking Course** time to show that today they were all running a casual jog Martin Sunderland came flying by among the leaders to finish 1st U/14 98th o/a) in 19.09 (Best 18.33); Adrian Brookes home for Christmas finished 1st O/55 (12th o/a) in 19.34; Best 18.33 Mark Rose keeping in Adrians slip stream was 14th in 19.45; Best 18.21. Next one place back was Phil Cross in 15th spot and running just out side his course best of 19.20 but today ran 19.49; Ben Goddard having an easy run around to finish 22nd in 20.22; Best being 16.32; First O/60 Mike Waine followed Ben into funnel to finish 26th in 20.46; Best 19.12; Steve Tait our third to finish in the 20min group to finish 28th in 20.53 Best being 18.45. Simon Egan having a comfortable jog to finish in a very unusual position of 37th in 21.50; Best 16.39.

Now the **fancy dress** members started to pass by with Louise in her Santa hat leading six girls home to finish 49th in 22.50; Best 21.15; Followed quickly by Lucia Tregellis in 51st place running 22.55. Best 21.45 Georgie (Mary) Furze in 53rd spot (Best 19.27); Jaydee the Elf Peters 54th (Best being 19.37) both Georgie/Jaydee recording 23.02. And then one place back in 54th was Kay (Angel) Trinder with wings fluttering was 55th (Best of 20.03)

I think one wing was fluttering slower than other one as Kay was one sec slower and ran 23.03. Well done girls we loved it; Ciara Mulvihill running a nice Christmas pace of 23.38 to finish 68th (Best 20.36) Also enjoying a casual pace Jacqui Musselwhite ran 24.00 to finish 78th (Best 22.10); David Sigerson was next along placed 81st in 24.12 David's best being 22.17; Michael Freaan having no trouble running 24.29 to finish 83rd Best course being 21.04; Charlotte Watson keeping ahead of Bori Szegedi by 10 sec. finished 113th in 25.35 Charlottes best 23.41; Bori had Charlotte as a nice pace and ran 25.45 in 116th place Bori's best being 23.40. Christine Flynn enjoying the Christmas atmosphere ran 27.03 missing 2018 target by 3 sec. to finish 154th Christine's course best 25.19; Tim (Santa) Cooper was 157th in 27.06 Tim's best 21.39; Jess Walters happy running a nice easy pace of 27.11 to finish 161st Jess best being 24.34; Wise man Tom Peters was 182nd in 27.29 Best over course 22.29; The three wise men had had 6 running Tom was leading the "A" team home the other two in the team a little wiser (They walked), James Walters going around easy counting the Santa's/Elf's/angels and finished 187th in 28.21 (Best 22.14) The next nine ladies dressed as Angels/pixies/a wise lady and some baffled me but all enjoying the casual run but still a little breathless thro' chatting they are even faster chatting than men but we love them all Shelley Watson was 189th in 28.23 Shelley's best 27.00; Valerie Mills managed to keep daughter Louise in her sights (When Louise passed her) both encouraging each other Val finished 198th in 28.45 Valerie's best being 26.22; Claire (Elfy) Johnston running with a friend and finished 211th and both managed to squeeze into funnel in 29.19 still chatting Claire's best time being 23.28; Lesley Bauk gradually passing a few runners each lap and was nearly a minute outside her best time of 29.01 by running an weaving thro' back markers to finish 230th in 29.57; Young Iseabail Brown cleared the 30min barrier by running 29.52 to finish 228th Iseabail's best being 27.2 Julie Barclay nursing a bad knee dressed as one of the wise men to show her running wisdom by jogging knowing "You do not run injuries off" managed the whole 5k to finish 261st in 31.48 Julies best being 21.09.

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Julie had help from dog walker Sally Collins but I think the dog was pulling them both along Although he stopped at every tree and was barred from entering funnel so had no time recorded. Both Julie/Sally WISELY stopped every time the dog stopped pulling. Sally was 262nd in 31.49 Sally's best 21.00. Nita Bhanot representing daughter Kavita was 315th in 35.02 Nita's best 33.01; Mike Cussan who often clears the course of debris during the week today easing down over the holidays then preparing and hoping for a PB on his 100th run in Jan. Today Mike was 297 in 33.55 Best being 30.09. Our last to finish was Kathryn Hitchings also representing daughter Sally who stayed in bed (dreaming she was running) Kathryn smiling all the time even though her beloved Burnley are not very well Kathryn finished 325th in 36.49 Best being 36.24. Don't worry Kathryn IF/WHEN Brentford are promoted you're on a winner Good Luck in 2019.
Keep swimming and playing Hockey

Not easy to obtain Christmas days results unless knowing the ones that were open

Christmas Day 25th Dec.

Homewood

Had a larger than usual running 150 and five were our members U/14 Martin Sunderland was our first home in 4th place also making his debut over the tough course Running a very impressive time of 19.15; Then with Brooklands being off The Brooklands PB star Aimee Billington continued had form here to finish 1st lady (9th o/a) in ???.?? YES you have guessed ran a course PB of 21.19 Well done Aimee and good luck during 2019 Mike Waine was 1st O/60 (20th o/a) in a very casual running time of 21.59 Best being 20.20 Lucia Tregellis ran a course PB of 22.12 to finish 22nd Lucia was also 2nd lady Michael Frean finished 31st in 23.27 Michael's course best 22.27 and does not mess with the odd seconds.

Frimley 25th Dec.

Laura Hales knows every blade of grass/sloshy mud/path/hill UP & Down and official at every local park run with-in 25mile radius of her front door and must have finished 1st lady at every one today being no exception Laura ran 21.29 to finish 1st lady (41st o/a) Course best being 19,51. Malcolm Vaughan also visited many park runs from Frimley to Famagusta and has not finished last at any of them plus every official knows Malcolm Today Malcolm finished well under the 300th place by running 30.30 Malcolm's course best 25.01. 482 ran today

Bushy 25th Dec.

The very first park run started here with 25 running no bar code them days. Today 2011 finished that must be a UK park run record. And we had three helping to make record Jason Harris was 38th in 17.54 Course best being 16.57; Louise Mills finished 290th in 22.08; Louise's Bushy Best 21.10; Valerie Mills just missing being in the first half finishing 1045 in 28.29 Val's best around the Bushy course being 26.36

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The next 12 were run on 29th Dec.

Hereford Jaydee Peters away in home territory for Christmas nipped along the local park run finished 1st lady (7th o/a) out of 222 in a time of 20.11 a 0/40 PB

Preston Park Fiona Bishop went along for her first run over the course and a some Brighton sea air Fiona finished 390th in 33.22

Osterley Simon Egan returned to the all path course to finish 3rd in 17.41 course best being 17.02 247 finished This is the course when the mud starts appear at the other runs The only grass is the 60m running into the funnel

Lancaster Ruth McHutchon having her rare park run this year finished 110th out of 290 in 27.39

Homewood Chris Dyson returned after 4/5 weeks away and returned as he left the leader of the pack to finish 1st again in 17.36 out of the 105 but the down side for Chris his best course time being 17.34. Although the course has changed slightly the hills are still mini mountains.

Stoke Park Lucia Tregelli finished 2nd lady (24th o/a) in 21.21 Lucia's best being 21.01; Oscar Sinnett was 75th in 23.24 Today 434 finished

Poole Richard and Jane Braid spent the week-end near the sea and again ran the local 5k But this time they came home happy bunnies as they both ran a course PB Richard was 206th in 23.46* and Jane was 386th in 27.11*

Frimley Malcolm Vaughan woke up knowing he was going to run a PB time full of confidence as it was his 75 birthday he skated round in 30.36 PB to finish 280th out of the 458 Malcolm now geared up for his attempt at Rushmoor then Frimley on 1st Jan. (2 PBs ??)

Hazelwood Julie Barclay pulled out of the Osterley 10k after arriving decided not to run owing to a painful knee so rested and today decided to test it on an all grass course to ease the jarring of a hard surface and well pleased with a painless run and more than surprise to run under 24.00 min. Finished 2nd lady (10th o/a) in 23.54 plus no immediate affects Paul Watt unable to run for a couple of weeks after having an injection in each knee cap So volunteered and handed out finishing tokens at funnel

Bushy Aimee Billington is having her best season ever and gets my "STAR" park runner of the year Aimee has ran 4 PBs out of her 5 Brooklands runs plus the 0/40 course record holder; Christmas day no Brooklands so Aimee headed for the challenging Homewood

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Course. Aimee with that PB glint in her eye again ran a course PB of 21.19 a midweek PB for Christmas And in the her last park run for 2018 finished in her favourite way with a 0/40 PB of 20.02 placed 74th. Aimee's best ever park run time as a senior was back in 2010 was 19.25 ran at Newcastle. Aimee then had a 5 year gap from 2012/17 before starting back luckily for Woking AC that has helped strengthening the ladies squad. And again it shows "you never lose talent" it's a gift enjoy it.

Well done Aimee 2019 Target 19.24 ?? good luck.

Our other runner was Bushy regular Christine Flynn who has also had a successful 2018 missing her 2018 sub 27.0 target only 11 times and finished on a high of today with 26.10 in 386th spot. Christine's best 0/60 at Bushy being 24.38 in 2016; And her 2018 best being 25.13 at Poole and (25.15 at Bushy) After nearly two years having two ops well done Christine

Good luck in 2019

Brooklands A continuing entry of 290 and over that included 6 of our members.

Matt Winn-Smith running the course for the first time finished 2nd in 17.19 nice start Matt; Regular Ben Rolfe finishing 28th in a casual running time of 20.21; Fiona Caruth was 85th today and almost in clockwork precision equalled her best course time of 24.15

I think Fiona followed her previous footsteps well done Fiona. In 93rd spot was Michael Ball who seems to favour this course two lap than Woking's three lap almost on the permanent staff and first names with all the marshals. Michael keeps his pace well too suit his sprint training today finished 93rd in 24.46; Then our only PB member Duncan Rolfe enjoying his slow but sure year coming back and very encouraging for the ego Well done Duncan who finished 101st in 25.08; Mary Tibbotts enjoys the course as she keeps coming along maybe goes shopping in the near-by supermarkets But enjoys the run first today Mary finished 125th in 26.53;

Woking The final run until next year and there was 315 to see if they could finish running a PB and I guess after running for the past year were tired NOT ONE PB was achieved among our 22 members. So hoping 2019 they will start off with 1 or 2 Today it was left to Steve Tait to lead our 22 home and finished 16th in 20.49; Then in 20th place was Andrew Collings running his first park run for almost two months but returned in good form to run 21.02; Mike Waine followed Andrew into funnel seven seconds later in 21.09 and placed 23rd; Our leading lady Laura Hales was neck & neck with Mark Rose for 22.05 but gentleman Mark pushed Laura going into funnel to finish 31st and himself 32nd; Jacqui Musselwhite using the park runs and XC events as 4/5 strengthening runs ready for her favourite track events during the summer. Today ran 23.49 to finish 57th Jacqui's best being 22.10; James Walters finished 75th in a casual run of 24.26 over two min. outside his best of 22.14; Tim Cooper taking the year slowly coming back from a serious foot op ending 2018 pleased with his progress by running 24.31 finishing 81st; In 90th place was Poppy Walters now turning her interest to sprinting was having her first 5k for 6 months so just jogging along to run 25.13 Good luck Poppy in your transmission;

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Mum Jess Walters keeping a watchful eye on Poppy to build up slowly as a warm-up Jess easing of to finish 126th in 26.24; Jess's pace was a good one for Charlotte Watson to manage and was 128th and just 6 seconds adrift in 26.30; Issac Mellor had two pace setter his dad Jonathon and training partner David Sigerson But Issac was too fast for David but had a photo finish with his dad. Issac was 134th Jonathan 135th both recording 26.49 and David 136th but left standing in 26.50; Bori Szegedi 157th in 27.34 and very close in 158th Shelley Watson with a time of 27.35; Susanne Cooper cruising into 2019 with a time 28.21 and placed 165; Barbara Rodriguez after busy but enjoyable family Christmas had a relaxed run to finish 177th in 28.40; Lesley Baulk finishing 2018 on a high slowly heading to that elusive sub 29.00 barrier last week ran 29.57 today 29.33 to finish 188th Lesley's best being 29.01. Nita Bhanot was 255th in 34.04 and waiting and hoping to start 2019 fresh; Kathryn Hitchings finished 281st running 36.39 today a nice 10 sec. faster than last week so ending 2018 on a high and Burnley winning made Kathryn a very happy bunny
Good luck to all park runners during 2019

A New Year's Resolution RUN 52 PBs

Indoor Results

W.S.E Open Indoor 2nd Dec. Windsor

We had George Hopkins and David Awde competing .

George ran 60H in a PB time of 9.29 + jumped a PB of 5.79 in the LJ + plus a huge PB in the SP with 10.91;

Dave also came away with two PBs under his belt In the LJ jumped 5.79 And a ran 60H in 7.67 After falling over in his first race running 8.98

Lee Valley Open 2nd Dec.

Kaspars Kazemaks ran a 60m in 7.50 then another 60m in 7.48

So heading in right direction for 2019

S.of.E Combined & Open events 15/16th Dec. Lee Valley

We had two S/M Kaspars Kazemaks/David Awde and one U/17 George Hopkins competing in the Hept. event.

	60m	60H	1000m	HJ	LJ	SP	PV	Pts.	Posn.	
Kaspars Kazemaks	7.46	8.87	2.56.25	1.80	6.05	12.22	3.95	4649	7th	16 finished
David Awde	7.69	9.26	2.45.30	1.53	5.92	8.16	3.85	4088	10th	"
George Hopkins	7.82	9.32	3.12.97	1.90	6.11	11.09	N.M	3705	6th	8 finish4d

As I cannot find any indoor records on the club web (YET) Dave Hunt and myself are checking. I only have indoor records in my own hard old fashion hard copies.

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So if any of the above are records and I think there are some they will appear in next issue
As the indoor interest grew among members about 6/7 years ago I started to keep some
top performances in age all groups

Fixtures

XC

Sat. Jan. 5th SURREY County Champs Lloyds Park

Sat. Jan. 12th Men's Surrey Lge. Oxshott

Sat. Jan. 19th Surrey Schools Venue TBC

Sat. Jan. 26th S. O. E. Champs

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