



COCKCROW
Woking AC
News

JULY
2019

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Editorial

Congratulations To Alex and James Hanson/Dominic Ariyo-Francis/Teddy Gannon/George Hopkins/Tyler Panton
And two girls Katie Hopkins/Martha Collings

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All eight have been selected to compete for their county schools in the English Schools Championships

In July at Birmingham Good luck to you all

Sun. Aug. 4th

A little memorable day for Dave Nichols has been organised by the seaside at Ferring for a run/swim/nosh/walk/sun bathe whatever suites plus have a nice day out and relax. Bring the children for fun day. To meet in the Bluebird cafe car park from 9.30ish 10.00 just come/go as you wish. This was a yearly get together for Dave's birthday for many years A coach was suggested but the price was very expensive. For those that have never been travelling ref. (The Bluebird cafe on Ferring South Drive promenade, Worthing BN12 5QU)

In the next issue will print a map and directions

A lot of results this month again so any incorrect/missed PBs results just tell me
No problem to rectify

Club Records

James Hanson U/20 lowered his 100m club rec. running 10.89 + his 200m rec. in 21.39
Both achieved at Bedford on the 1st June in the BMC Champs

Martha Collings U/17 lowered her 1500S/C rec. by running 5.03.39 at Milton Keynes on 1st June in the BMC classic

Bob Bradbury 0/65 broke the 800m club rec. by running 2.32.9 Previous was 2.51.0 held by the late Dave Nichols. Bob also broke the 1500m club rec. running 4.59.5 Previous was 5.50.01 held by Jimmy Brown since 2015. Both achieved at Kingsmeadow on the 2nd June in the Surrey Masters Champs

Jimmy Brown 0/70 Broke the 10k rec. by running 44.54 In the Richmond 10k on 16th June
Previous rec was 47.39 Held by the late Dave Nichols since 2013

Indiana Marshall U/13 Broke the club 150m rec. by running 19.4 at Winchester on 23rd June in the YDL. Indiana was the previous holder This time ranks Indiana No.1 in the UK in her age group

PBeez The following was achieved in the YDL (upper) 26th May Hillingdon
Neve Bradley jumped 1.40 in HJ; Ella Barker ran 200m in 27.8; Harrison Onorati ran 200m in 23.9; William Harding; Matthew King ran 200m in 24.3; Charlie Cunningham ran 3000m in 11.11.3; Toby Webb threw SP + Dis. 29.03 + Ham. 19.23; Leo Basi ran 1500 5.24.00;

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Shaun Waters ran 1500s/c in 5.08.6; Joshua Genco-Russo ran 800m in 2.00.47 on 29th May in the BMC Brighton meeting. In the Bracknell 5k park run on 1st June Jo Payne ran 21.27* Kay Trinder ran 20.18* in the Brooklands 5k on 1st June
In the Osterley 5k on 1st June Julie Barclay ran 21.53*
James Hanson ran 100m in 10.89 + 200m in 21.39 at Bedford on 1st June in the BMC champs. Martha Collings ran 1500m S/C in 5.03.39 at Milton Keynes on the 1st June in the BMC classic meeting. In the Surrey Masters Champs at Kingsmeadow on 2nd June Peter Evans threw Jav. 35.84 (0/50). Bob Bradbury (0/65) ran 800m in 2.32.9 + 1500m in 4.59.51; Helen Eve ran 100m in 15.19. The next three was achieved in the Dorking 10mile on the 2nd June: Stephen Blake ran 54.57; Ben Goddard 56.43; James Thomas 58.31
In the Woking 3 mile on Wed. 6th June Duncan Rolfe ran 20.15; Lesley Baulk ran 25.10; On 8th June in the Woking 5k Kay Trinder ran 19.57*, Aimee Billington ran 20.12*; Jacqui Musselwhite ran 22;20 (0/50); Kathryn Hitchings 33.10;
In the Surrey County Schools Champs on June 8th at Kingsmeadow Robbie Thomson ran 200m in 24.45; Teddy Gannon threw Dis. 39.19; Fara Jasani ran 200m in 27.28; Victoria Smith ran 200m in 27.49; Charlie Cunningham ran 21.10* in the Cheltenham 5k on 15th June. David Sigerson ran 24.14* at Homewood on the 15th June
In the SAL fixture on 15th June at Chelmsford Katie Hopkins ran 1500m in 4.48.4; Sam Morrison jumped 4.58 in LJ; Henrietta Owen ran 100H in 18.5; Eleanor Gatrell threw Ham. 39.54 (0/40) Rory Kelly jumped 6.01 in LJ;
The following was achieved in the Ranelagh 10k on 16th June
James Thomas 33.59; Justin Mitchell 38.41 (0/45); Jimmy Brown 44..54 (0/70)
In the Wessex Lge. on 16th June at Horsepath Oxford the following was achieved
Emma Litjens ran 300m in 57.1; Alice Clark jumped 1.30 in HJ; Emelia Wazydrag jumped 3.32 in LJ; Neve Bradley jumped 1.43 in HJ + 4.73 in LJ; Charis Mogan ran 5.15.4 in 1500m; Harris Onorati ran 200m in 23.8; Shaun Waters ran 1500m in 4.38.3; Archie Padua ran 200m in 28.3; Matthew Smith threw SP 8.44 + Jav. 31.82; Nate Jones jumped 3.41 in LJ; Harry Hudson ran 800m in 2.32.8;
Peter Evans threw Ham. 19.90 in the Vets Lge. on 17th June at Basingstoke
At Brooklands on 22nd June Duncan Rolfe ran 22.53*;
Aimee Billington ran 20.52* in the Hazelwood 5k on 22nd June
In the Woking 5k on 22nd June Tom Peters ran 22.28*; Lesley Baulk ran 27.40
At Frimley Park on 22nd June Amelia Kermeen ran 25.54*
In the YDL (lower) at Winchester on 23rd June. Laith Freeman jumped 4.33 in LJ; Oskar Aspinnall ran 800m in 2.29.4; Nate Jones ran 800m in 3.06.7 + threw SP 4.02; Harry Hudson ran 1500m in 5.16.3; Archie Padua ran 200m in 27.7; Robbie Thomson ran 100m in 12.1 + 200m in 24.3; Teddy Gannon ran 300m in 41.6; Oskar Sinnett jumped 3.69 in LJ; Indiana Marshall ran 150m in 19.4; Alice Clark 3.86 in LJ; Annabelle Thornton ran 75m in 10.7; Esther Ibiama ran 200m in 26.2; Fara Jasani jumped 4.72 in LJ; Emma Litjens ran 300m in 54.2,

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At Brooklands 5k on 29th June Julie Barclay ran 21.44*; Paul Watt ran 23.31*

T&F Results

YDL (upper) 26th May Hillingdon *denotes Camberley

U/20B Kenneth Ball 4th 100m in 12.00; Joseph Foster* 2ndB 100m in 11.7 + n/s 200m in 23.8; Alex Hanson 2nd 200m in 22.5; Thomas Handley* 1stB 200m in 25.4 + 1st 400m in 51.1; Robert Pattison 1stB 400m in 52.6; Ross Jackson* 2nd 400H in 61.3; Lewis Herzog* 1st in PV with 3.15; Ben McClaren-Porter* 1st in SP with 12.82 + 1st in Dis. with 39.66 + 3rd in Jav. throwing 24.92; Taylor Attwood-Williamson* 3rd in SP with 8.70 + 2ndB in Dis. throwing 19.76; Ryan Henderson 3rd in LJ with 5.45; The 4x100r team was 4th in 47.1 + the 4x400r team was 4th in 3.38.6;

U/17B George Hopkins 1st in HJ with 1.85 + 1st in PV with 4.25 + 3rd in LJ jumping 6.88; Toby Webb 2ndB in SP with 8.48 PB + 3rd in Dis. with 29.03 PB + 4th in Ham. with 19.23 PB; Samuel Hillman* 2ndB in HJ with 1.60 + 4th in TJ with 10.62 + 6th in Jav. throwing 19.95; Ashley Chan* n/s Dis. 16.96 + 5thB in Jav. throwing 15.35; Frank Townley 2nd 1500s/c in 5.00.6; Rory Whelan* 2nd 100m in 15.7 + 2ndB in TJ with 9.88; Tyler Panton 1st 100m in 11.1; Thomas Leacock 1stB 100m in 11.6 Thomas Verrills n/s 100m in 12.1; Bryan Balle n/s 100m in 12.4; Harrison Onorati 2nd 200m in 23.9 PB; William Harding n/s 200m in 24.9 PB; Matthew King n/s 200m in 24.3 PB; Charlie Terry 400m in 56.00; Leo Basi 4thB 1500m in 5.24.0 PB; Benjamine King* 2ndB 400m in 55.3 + 3rd in HJ with 1.70 + 1stB in LJ with 5.72; Charlie Cunningham 6th 1500m in 5.02.3 + 1stB 3000m in 11.11.3 PB; Shaun Waters 3rd 3000m in 10.14.6 + 1stB 1500s/c in 5.03.6 PB; The 4x100r team was 1st in 45.9 + The 4x400r team was 3rd in 4.02.2

U/20G Emily Read 2nd 100m in 12.8 + 2nd 200m in 26.00; Ciara Mulvihill 1st 3000m in 11.25.7; Freya Smith* 3rdB 100m in 13.3 + 1st 100H in 16.7; Sarah Eve n/s 800m in 3.01.0 + 2ndB in Jav. with 23.07; Hanah Barratt* 4th 200m in 30.5 + 4thB 400m in 69.5; Sandra Stapinoiu* 4th 400m in 65.2 + 3rd 800m in 2.33.8; Rebekah Smith* 2ndB 800m in 2.36.7 + 2nd 1500m in 5.25.9; Henrietta Owen 1st 400H in 72.2 + 2nd 1500s/c in 6.34.4 + 3rd in TJ with 9.34; Florence Baulk 1stB 400H in 75.3 + in HJ with 1.30 + 2nd in Jav. throwing 35.52; Neve Bradley 2ndB in HJ with 1.40 PB + 4th in LJ with 4.61; Lily Kendall* 1stB in SP with 8.97 + 1stB in Dis. with 26.93 + 3rd in Ham. with 36.94; The 4x100r team was 5th in 54.7 + The 4x400r team was 3rd in 4.35.6

U/17G Victoria Smith 3rd 100m in 13.2; Ella Stoner 3rdB 100m in 13.4; Laura Chadwick* 4th 200m in 27.6; Amy Dove* 1stB 300m in 42.7 + 3rd in HJ with 1.40; Olivia James* 2ndB 200m in 27.7 + 1st 300m in 43.3 + 3rd in TJ with 4.12; Ella Barker n/s 200m in 27.8 PB + 4th 80H in 13.2 + 3rd 300H in 49.8; Mia Smith n/s 300m in 48.4; Jules Rabey* 5th 800m in 2.41.1; Georgina Owen 5thB 1500m in 5.31.7; Emma Wilson* 2nd 3000m in 11.01.9; Sophie Funnell* 1st Dis. with 29.42; Naya James* 5th in LJ with 4.23 + 1st in Jav. with 32.60; Freya Kelly 5th in SP with 7.02 + 1stB in Ham. 32.40; Tomilola Owoso* 4thB in LJ with 3.85;

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The 4x100r team was 3rd in 51.9 + The 4x300r team was 2nd in 3.01.7

BMC 29th May Brighton Joshua Genco-Russo was 2nd in a 800m race in a PB time of 2.00.47; James Spencer was 5th in his 800m race in 2.07.57

BMC U/20/Sen. Champs 1st June Bedford

James Hanson and twin Alex were in the same 200m Ht. James went thro' to final running a PB time of 21.9; But Alex missed out by 4 100ths of a second to qualify running 22.13 In the final James finished 2nd Silver in another PB of 21.39 this being a club rec. Next day in the 100m event both went thro' their Ht. ok then in the s/f James qualified with 11.84 and Alex just missing out to go thro' running 11.04: James finished 6th in 11.9; Robert Pattison finished 6th in the 400m in a season best of 51.99; Florence Baulk although throwing a season best of 37.05 in the Jav. had to settle for 6th place

BMC Classic 1st June Milton Keynes Martha Collings ran a PB time of 5.03.39 in the 1500S/C. This time lowered Martha's club rec. also her Surrey County Rec. Nice one Martha

Surrey Masters Champs 2nd June Kingsmeadow

O/50M Peter Evans 3rd Bronze in SP throwing 10.56 +2nd Silver in Dis. 36.40 + 1st Gold Jav. 35.84 PB;

Dave Hunt 4th in SP throwing 9.52 PB + 7th in Dis. 24.91 PB + 5th in Jav. with 30.72;

O/55M Steve Beak three Golds. 1st 100m in 12.8 + 1st 200m in 26.51 + 1st 400m in 66.81'
Phil Cross 1st Gold 800m in 2.02.63 + 3rd Bronze 1500m in 5.48.85 + 1st Gold 5000m in 20.17.38;

O/65M Bob Bradbury two Golds/Club Rec./PBs. 1st 800m in 2.32.9 + 1st 1500m in 4.59.51;

O/35W Natasha Di-Nolfi 4th 400m in 71.16,

O/40W Eleanor Gatrell three.Gold's, 1st in SP throwing 13.13 + 1st Dis. 35.08 + 1st Ham. with 37.09;

O/50W Jacqui Musselwhite 4th 400m in 75.45 + 2nd Silver 800m in 2.53.69;

Helen Eve 2nd Silver 100m in 15.19 PB

O/55W Julie Barclay 1st Gold 1500m in 5.59.7

Hampshire Schools Champs 8th June Portsmouth

Alex Hanson 1st 200m in 21.9; Ella Barker 2nd 300m no record on Pof10 of Ella's time

Surrey Schools Champs 8th June Kingsmeadow

F=Final 1st Gold/2nd Silver/3rd Bronze Medal Field events straight Final

U/20B Kenneth Ball 3rd 200m in 24.16; Joshua Genco-Russo 4th 800F in 2.04.95;

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James Spencer 4th 800m in 2.06.92;

U/17B Thomas Leacock 2nd 200m 22.95F PB; Toby Webb 2nd in Dis. throwing 33.50; Dominic Ariyo-Francis 3rd 200m in 22.07F; Mathew King 5th 200m in 24.56; Ryan Henderson 6th in LJ with 5.55;

U/15B Robbie Thomson 4th 200m in 24.45 PB; Leon Lafreniere 3rd 800m in 2.12.5F;m Martin Sunderland 1st 1500m in 4.27/89F; Teddy Gannon 2nd in Dis. with 39.79 PB; George Hopkins 1st in Jav. with 51.17; Matthew Smith 4th in Dis. with 29.48

U/20G Emily Read 4th 2000F in 26.05; Katie Hopkins 1st 800F in 2.18.36; Florence Bauk 2nd in Jav. with 33.04; Ciara Mulvihill 3rd 3000F in 11.24.56; Henrietta Owen 1st 400H/F in 72.28;

U/17G Victoria Smith 200F in 27.49; Georgina Owen 5th 800m in 2.40.94; Eleanor Raven 5th 80H in 16.02; Neve Bradley 5th in LJ with 4.48; Martha Collings 2nd 3000H in 10.24.56; Alicia Kapotwe 2nd in Dis. with 25.76;

U/15G Esther Ibiama 2nd 100F in 12.88; Jayne Oyoyomi 4th 100m in 13.91; Fara Jasani 2nd 200F in 27.28 PB.

Vets. Lge. 12th June Hillingdon

A very wet/windy evening that also included a 1hr 15min. M25 traffic problem for Michael Ball/Julie Barclay/Paul Watt. The evening was a monsoon with puddles as the rain was not draining quickly enough so no PBs Michael Ball ran the 200m in 33.8 + 800m in 3.13.0; Paul Watt 800m in 3.01.5; Julie Barclay 200m in 36.4 + 800m in 3.58.2 + (swam) the 3000m in 12.37.1

SAL 15th June Chelmsford *Camberley Athlete

Unable to attend but feedback this was a double fixture Div 1 plus a Div. 3 match . The weather could have been better. Maybe accounting for lack of PBs the ladies had 4 and the men 1 and result showed we finished 2nd on the day so with two more fixture in a very respectable spot o/a after 3 matches. Each section had 17 competing Total 34. Rory Kelly and Kaspars Kazemaks covered 6 events each and Roy Chambers travelling down from Bedford who contested 5;

Full Results

Men Tyler Panton 1st 100m in 11.3; Kenneth Ball 2ndB 100m in 12.4 + 2ndB 200m in 24.5; William Harding n/s 100m in 12.5 + n/s 200m in 24.5; Alex Hanson 1st 200m in 22.00; Robert Pattison 4th 400m in 51.9; Frank Townley 4thB 400m in 57.0 + 3rdB 2000s/c in 7.25.4; Craig Morten 4th 800m in 2.10.3 + 1500m in 4.54.5; Joshua Genco-Russo 4th 1500m in 4.27.0; Ben Rolfe 3rdB 800m in 2.14.1 + 2nd 2000s/c7.08.8; Joseph Bull 3rd 5000m in 16.57.5; Finlay Barber* 1stB Jav. with 40.85; Steve Tait 3rdB 5000m in 18.50.2; Ross Jackson* 4th 400H in 59.8; Paul Kelly 3rd in Ham. with 34.94; Roy Chambers 4thB 400H in 74.3 + 1stB in PV with 2.90 + 3rd TJ with 11.29 + 4thB in SP with 9.32 and

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1st in Jav. throwing 51.08;

Rory Kelly 3rd 110H in 17.2 + 1stB in HJ with 1.60 + 1stB in LJ jumping 6.01 PB + 1stB in TJ with 11.12 plus 2ndB in Dis. throwing 31.25 + 3rd in Dis. with 32.15; Kaspars Kazemaks 2ndB 110H in 18.4 + 1st in HJ with 1.70 + 2nd in PV vaulting 3.30 + 2nd in LJ with 6.18 plus 3rdB in SP with 10.89 + 3rd in Dis. throwing 32.15;

The 4x100r team was 3rd in 45.00 + the 4x400r team was 4th in 3.41.6

Ladies A very busy day for Sam Morrison who covered 6 events; with Eleanor Gatrell and Henrietta Owen 4 each Florence Baulk/Lucy Eaton-Tribe/Hannah Barratt competed in three each. With the other girls silently piling up points. With some great performances including our five Camberley athlete's we need very much,

Well done Hannah/Sandra/Rebekah/Ines/Emily

Maryanne Eve 4th 100m in 15.2 + 2ndB in PV with 2.70; Helen Eve 3rdB 100m in 15.4; Ella Barker 3rd 200m in 27.8; Lucy Eaton-Tribe 3rdB 200m in 29.0 + 2ndB in HJ jumping 1.35 + 3rd in LJ with 4.92; Hannah Barratt* n/s 200m in 30.7 + 4thB in Dis. throwing 21.28 + n/s in Ham. 20.69; Katie Hopkins 2nd 400m in 60.8 + 1st 1500m in 4.48.4 PB; Ciara Mulvihill 1stB 1500m in 5.14.0; Sandra Stapinoiu* 4thB 400m in 67.6 +4th 800m in 2.35.2; Ines Concalven* n/s 1500m in 5.54.9; Emma Harris n/s 400m in 69.5 + in 2.40.1; Rebekah Smith* n/s 1500m Florence Baulk 3rdB 400H in 77.3 + 3rd 2000s/c in 9.58.6 + 1st in Jav. throwing 32.18; Henrietta Owen 2ndB 100H in 18.5 PB + 4th 400H in 73.4+ 2ndB 2000s/c in 10.17.6 + 2ndB in TJ with 9.29; Eleanor Gatrell 1st in SP with 12.44 + 3rd in Dis. with 33.48 + 2nd in Ham. with 39.54 PB + 3rdB in Jav. with 18.70; Sam Morrison 4th 100H in 17.7 + 2nd in HJ with 1.40 + 1st in PV with 3.40 : 2ndB in LJ with 4.58 PB plus 3rd in TJ jumping 9.47 + 3rdB in SP with 8.00;

The 4x100r team was 3rd in 52.8 + The 4x400r team was 3rd in 4.21.6

Wessex Lge. 16th June Horsepath Ox.

U/11 B	75M	600M	LJ
Caden Rogers-Everritt	13.3	1.58.9	2.81
Moby Doherty	12.2	2.17.6	2.82
Tom Purnell	12.4	2.01.8	2.94
Taylor Moody	12.6	2.10.7	2.85
Jack Dormer	12.7	xxx	3.06
Gabriel Anderson	xxx	2.12.4	2.33

U/11G	75m	600m	LJ
Olivia Heming	11.7	2.12.7	3.52
Elise Christian	12.0	1.51.6	3.17
Scarlett Cook	12.2	2.23 .0	2.40
Lily Boden	12.4	2.05.5	2.76
Scarlett Brown	12.5	2.22.7	2.83

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Chloe More	12.6	2.24.8	3.02
Sophie Price	12.7	2.15.9	2.43
Lola Roake	xxx	1.59.4	3.31
Imogen Freeman	xxx	2.07.9	2.96

U/17B Harris Onorati 1st 100m in 12.0 + 1st 200m in 23.8 PB; Shaun Waters 3rd 1500m in 4.38.3 PB; Thomas Verrills 1stB 100m in 12.3 + 1stB 200m in 25.3; Frank Townley 2ndB 1500m in 4.42.7; Ryan Henderson n/s 100m in 12.2 + 1st in LJ with 5.43; Charlie Cunningham 2nd 1500m in 5.01.0

U/15B Robbie Thomson 1st 100m in 12.4 + 1st 200m in 25.1; Daniel Wass 3rdB 300m in 49.0 + 5th 800m in 2.39.1; Matthew Smith 2nd in SP with 8.44 PB + 1stB in Dis. with 3rd in Jav. with 31.82 PB; Hayden Christian 2ndB 100m 13.2 + 1st 80H in 12.8 + 1st in LJ with 5.14; Archie Padua 2ndB 200m in 28.3 PB + 1stB in HJ with 1.50; George Robertson HJ with 1.50 + 1stB in LJ with 5.05; Teddy Gannon 2nd 300m in 43.6 + 1st in Dis. with 38.59 + 4thB in Jav. with 7.13;

The 4x100r team was 1st in 50.6;

U/13B Nate Jones n/s 200m in 34.2 + 5thB in LJ with 3.41 PB + 3rd in Dis. with 11.16; Fin Jones n/s 200m in 34.7 + 3rdB 100m in 16.4 + 1stB in Dis. with 9.11; Luca Lupi 2ndB 1500m in 5.22.0; Laith Freeman 4th 100m in 15.1 + 4th 200m in 31.5; Dylan Lewis 4thB 200m in 31.9 + 5th LJ with 3.61; Harry Hudson 3rd 800m in 2.32.8 PB + 4th in HJ with 1.25; Oscar Sinnott 2ndB 800m in 2.42.4 + 3rdB HJ with 1.15; Oskar Aspinall 3rd 1500m in 5.13.2 + 3rd in Jav. with 21.16.

The 4x100r team was 2nd in 59.3

U/17G Victoria Smith 1st 10m in 13.4 + 1st 200m in 27.5; Freya Kelly 2nd in SP with 8.83; Ella Stoner 1stB 100m in 14.2 + 1stB in SP with 7.40; Neve Bradley 1st in HJ with 1.43 PB + 1stB in LJ with 4.73 PB;

Lucy Eaton-Tribe 1stB 200m in 29.00 + 1st 80H in 14.4 + 1st in LJ with 4.83;

The 4x100r team was 1st in 52.4;

U/15G Charis Mogan 4th 300m in 47.2 + 1st 1500m in 5.15.4 PB; Amber Stoner n/s 200m in 31.1; Liana Wada 4thB 300m in 51.2 + 5th 800m in 2.51.5; Esther Ibiama 1st 100m in 13.2 + 3rd 200m in 27.5; Amani Mukadam n/s 100m in 14.3 + n/s 200m in 29.5; Jayne Oyeyemi 200m in 28.7 + 1stB 100m in 13.7; Fara Jasani 1stB 200m in 28.0 + 4rd in HJ with 1.35 + 1st in LJ with 4.70; Freya Standley n/s 100m in 14.4 + n/s 200m in 29.4;

The 4x100r team was 2nd in 53.1;

U/13G Laura Kersley n/s 100m in 14.2 + 1stB 200m in 29.4; Alexa Adams n/s 100m in 14.7 + 2ndB in HJ with 1.20 + 2nd in LJ with 3.86; Alice Clark n/s 100m in 15.5 + 2nd in HJ with 1.30 PB + 3rd in Dis. with 17.86; Emilia Wazydrag n/s 100m in 16.1 + n/s HJ with 1.10 + 6thB in LJ with 3.32 PB; Alexis Brown n/s 200m in 32.2 + 2ndB 100m in 15.00 + 6th in SP with 4.17;

Indiana Marshall 2nd 100m in 13.4 + 1st 200m in 28.2 + 6thB in LJ with 2.30;

The 4x100r team was 3rd in 57.7

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Vets. Southern counties Lge. 17th June Basingstoke

Steve Beak 0/55 running in the 0/35 events was 2nd 100m in 12.5 + 3rd 400m in 58.2;
Peter Evans 0/50 3rd in SP with 10.58 + 7th in Ham. with 19.90 (0/50PB) (in 0/35 event)
Paul Kelly 0/50 2nd in Ham with 38.11

YDL(Lower) 23rd June Winchester

U/13B Harvey Dougan 6th 100m in 14.8 + 5th 200m in 30.4; Oskar Aspinall 1st 800m in 2.29.4 PB; Laith Freeman 5thB 100m in 14.7 + 3rd in LJ with 4.33 PB; Harry Hudson 3rd 1500m in 5.16.5 PB; Fin Jones n/s 100m in 15.7 + 5th in Jav. with 11.80; Dylan Lewis 5thB 800m in 2.41.1 + 5th in SP with 4.95; Nate Jones n/s 800m in 3.06.7 PB + 4thB in SP with 4.02 PB + 3rdB in Jav. 11.05; Oscar Sinnett 4thB in LJ with 3.69 PB + 4thB 200m in 30.4.

The 4x100r team was 4th in 59.5

U/15B Robbie Thomson 1st 100m in 12.1 PB + 1st 200m in 24.3 PB; Ben Golding 800m in 2.31.8; Archie Padua 4thB 200m in 27.7 PB + 1stB in HJ with 1.50; Daniel Wass n/s 800m in 2.33.2; Leon Lafreniere 1st 300m in 39.1 + 2nd 800m in 2.10.8; Martin Sunderland 1st 1500m in 4.31.4; Teddy Gannon 2ndB 300m in 41.6 PB + 3rdB 1500m in 5.01.8 + 1st in Dis. with 36.27; Hayden Christian 3rd 80H in 12.8 + 3rd in SP with 9.13; George Robertson 2nd HJ with 1.55 + 1st LJ with 5.07; Matthew Smith 1stB in Dis. with 27.65 + 3rd in Ham. in 25.34 + 3rd in Jav. 28.63;

The 4x100r team was 2nd in 50.1 + The 4x300r team was 2nd in 2.57.9;

U/13G Indiana Marshall 2nd 75m in 10.1 + 1st 150 in 19.4 PB (club rec.)

Annabelle Thornton 1stB 75m in 10.7; Emilia Wazydrag n/s 75m in 12.00 + 6th in SP with 4.09 + 5th in Jav. with 11.46; Alexa Adams 1stB 150m in 21.2 + 2ndB in HJ with 1.20 + 1stB in LJ with 3.47; Alice Clark 3rd in HJ with 1.25 + 2nd in LJ with 3.86 PB ;

The 4x100r team was 1st in 57.5;

U/15G Esther Ibiama 1st 100m in 12.9 + 1st 200m in 26.2 PB; Jayne Oyeyemi 2ndB 10m in 13.5; Fara Jasani 1stB 200m in 27.3 + 4th in HJ with 1.40 + 3rd in LJ with 4.72 PB; Amber Stoner n/s 100m in 14.7 + 4thB in LJ 3.82; Freya Standley n/s 100m in 14.3; Emma Litjens 4th 300m in 54.2 PB + 5th in SP with 5.97; Lian Wada 5th 1500m in 5.53.7;

The 4x100r team was 1st in 53.1

Vets Southern county Lge. 24th June Battersea

A muggy evening but no predicted rain. All running for 2nd claim BA and 7 PB achieved so very enjoyable. This being the final fixture BA finished last. The two 1500 races were a separate M/F combined all ages: Michael Ball 0/55 was 4th 100m in 15.7 + then attempted his first ever 800m event and finished in 8.30.1; Paul Watt ran 1500m in 5.44.7 his best this year (May ran 6.07.8); Jacqi Musselwhite was 1st in 100m in 15.6 PB + 1st 400m in 73.4 both 0/50 PBs. and in her first ever 1500m was 5th with a time of 6.04.4;

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Julie Barclay 0/55 ran the 100/400m in the 0/35 age group and running a PB time in each 100m 16.7 + 400m in 77.7 and ran the 1500m in her own age group to finish 2nd in 5.50.8 (0/55 PB) Steve Hillier 0/65 BA team manager/official and Dis./SP athlete today threw Dis. 25.12 PB also ran the 100m in 18.2 Then turned his hand helping out in the SP arena.

Road Results

Dorking 10mile 1st June & 10k ?

Having ran this event 4/5 times some times in very hot temperatures but never achieved a PB over this demanding course so a big well done lads to Stephen/Ben/James that took some concentration and excellent running. Also to Lucia/Alex/ and Mark picking on this tough terrain for their first 10mile event. Jimmy/Kim/Mike with previous experience knew what was ahead but keep going back.

Full Results Stephen Blake 5th in a PB time of 54.59; Ben Goddard 6th also running a PB time of 56.43; and James Thomas in 13th place thought "I can too" and ran a PB of 58.31; Alex Mogford running his first 10 mile finished 51st in 63.02; Mark Rose 94th in 66.94 no record of Marks previous 10 miler's; Lucia Tregellis was 141st and running her first 10mile event in 71.12; In 239th was Jimmy Brown in 78.35; Kim Warner 331st in 85.58 with brother Mike who was 502nd in 1.59.07;

Today 513 finished. I cannot find results of any member running the 10k

Yateley 10k series 5th June. This mid-week popular event attracted 906 for the first of the 3 races and up at that the sharp end in 11th position and out to defend his 0/65 title was Bob Bradbury with another brilliant performance running 36.38 (I'm glad i am not 65 again) nice one Bob;

Our other entry was Matthew Brenchley who finished 70th in 40.48.

Sri Chinmoy 5k June 10th Battersea

A very popular evening series run around two laps of the traffic free inner road of park. Although the event was a windy and rainy it did not stop Ben Goddard finishing 12th out of the 139 in 16.15; Nor stop Kay Trinder from running a life PB time of 19.43 and finish 2nd 0/50.

That London air ain't bad after all.

Woking 3 mile 5th June

A miserable cold/damp day but 20 braved the weather fastest on the day was Richard Baggot running 17.16; Fastest girl was Sally Stubbs in 20.02. With Duncan Rolfe running a course PB time of 20.15; Colin Harris 23.43; Then onform Lesley Baulk knocking off seconds running 25.10 a course PB; Bridget Maltby finished in 26.37; And Ramona Thevenet nursing a bad back jogged across the line in 29.6

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Ranelagh 10k June 16th Richmond

Quite a good entry of 578 of which we had 10 running and leading our other 9 members home was James Thomas who ran a life time PB of 33.59 to finish 8th; U/20 Connor Trerise was 67th in 37.18; Mark Rose running his first 10k ran 37.57 to finish 86th; Justin Mitchell was 97th and ran a 0/45 PB time of 38.41; Kylara Hassall followed Justin into funnel running 40.46 (best being 40.46) Kylara was 159th; Ross Fairbrother also running his first 10k finished 217th in 42.31; Graham McMahon was 269th in 44.47 who was pacing Jimmy Brown now 0/70 to go for the club Rec. And was successful by running 44.54 lowering the rec. of 47.39 and finished 270th; Charlotte Duggan another member running her first 10k was 332nd in 47.27.

Lakeside 5k June 26th Portsmouth

A entry of 93 with Julie Barclay finishing 2nd 0/55 (48th o/a) in 21.37; And Paul Watt 3rd 0/50 (62nd o/a) in 23.07

Bracknell Samaritans 10k June 29th Matthew Brenchley was 6th in 42.13.

The 5k results came up in BLUE so unable to see properly sorry

Off Road Results

Rushmoor 1st June Stephen Blake returned for another attempt at the course Rec. And although finishing in his familiar 1st o/a place out of the 512 in wonderful time of 16.39 just missed out by 19 sec. Stephen can lose seconds on his 2nd lap when catching up with back markers along the narrow canal path tough challenge Stephen but don't give up you can do it

Gibside 1st June Newcastle This I believe is Louise Mills final park run in the Newcastle area having now finished her UNI studies and heading home for a while.

Today Louise finished 2nd lady (27th o/a) in 23.29 Louise was running the course for the first time with many other UNI friends among the 107 runners

Homewood 1st June Jonathan Mellor was our only member among the 109 and finished 20th in 24.17

Bracknell 1st June Jo Payne ran this very tough hilly course four weeks ago and finished 1st o/a and the tough terrain suites Jo so returned and again finished 1st lady (14th o/a) in a PB time of 21.27. Jo now looking for a flat course for a couple of weeks. Today 354 ran

Guildford 1st June A good entry of 582 with Ben Godard coming home in 3rd place

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and obviously needs a nice body swerve on his 2nd lap weaving thro' back markers plus dog's on leads It's tough up front Ben But ran 17.44 his course best being 17.24;
Osterley 1st June A Julie Barclay family pre-birthday gathering. Julie ran a course PB of 21.35 to finish 1st 0/55 (32nd o/a); Then Pall Watt running one min. faster than his last park run to finish 57th in 23.46; Sister Vera in 27.41; Julie's niece U/14 Olivia was 251st in 32.42. Today 341 ran

Brooklands 1st June A nice day for the 281 running with Steve Tait leading our three girls home to finish 7th in 19.46; and a special day for Kay Trinder who ran a course PB of 20.18* also lowering her course rec. to finish 1st lady (9th o/a); Aimee Billington almost in Kay's shoes just one place adrift as 2nd lady(10th o/a) in 20.24 Aimee's best best 20.19; And then Lucia Tregellis having an easy run in 113th spot running 27.26;

Woking 1st June We had 20 running out of the 361 and first home in 2nd place was Ben Rolfe in 18.28; Then 4 secs. back was Justin Mitchell in 18.32 to finish 4th; With Charlie Cunningham in 7th spot running 20.02; Then Ben Golding running a PB time of 20.03* to finish 18th; And after a week's honeymoon Michael Baggott nipped around the course in 20.22* to finish 19th; Our first lady was Laura Hales in a really nippy time of 20.32* Laura's course best being 20.19 Laura was 2nd lady (21st o/a); Tom Peters nipped along to finish 71st in 23.29; Duncan Rolfe was 88th in 24.02; With Bori Szegedi 183rd in 27.26; Then Susanne Cooper 185th in 27.30; And the next five running sub 29.00 with Barbara Rodriguez leading them with 28.03 ; Jess and Ed Walters 28.35 and Matt Gough 28.51; Shelley Watson 28.56 finishing 195th/208/209/216/ and 217; Jane Braid 246th in 30.45; Mike Cussan 254th in 31.05; Jaydee encouraging her pal Nicola Bell both running 31.07 to finish 256th; Then Nita Bhanot 269th in 32.04

Lloyds Park 8th June Julie Barclay bred/born in Croydon celebrated her 5? Birthday running this tough (muddy) and I bet windy park run for the first time to finish 40th in 23,51; and helping Julie have a happy birthday was Paul Watt who ran 25.42 to finish 61st; Julie's sister Vera was 105th in 29.15; Then U/14 niece Olivia who was 138th in 32.16; Chased home by mum Janice who was 142nd in 3.14

Frimley 8th June Malcolm Vaughan still cautiously nursing his ASDA today ran 31.19 to finish 348th out of 542. Even with his problem Malcolm fished 1st 0/75

Brooklands 8th June We only had three running and finishing 1st o/a in 17.43 was James Thomas; Then Lucia Tregellis who was 3rd lady (28th o/a) in 22.33; With Jimmy Brown in 32nd place and 10sec adrift of Lucia in 22.46;

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Woking 8th June Weather great and Jo Payne setting a brilliant pace for Kay Trinder and Aimee Billington; Jo warmed up running 10x400m hills with 5min. to the off. But had no water and thanks to Ben Goddard who offered Jo his bottle of water; Jo explained her plan to Kay/Aimee that the pace would increase on each of the three laps Keeping my eye on watch while marshalling they were really up for it and determined to stay the pace Jo set Each lap increased by 20/23 sec. With 200m to go Kay was 19.20 both allowing 40sec for final 200. All three flat out and no was Jo easing brilliant run NOT a RACE Jo missed her course best by 6 sec. Kay/Aimee both ran 37 sec for the final 200m and both achieving a course PB plus Kay lowered her course rec. While they were running Ben was mixed up in there somewhere and finished 1(one) sec behind Jo. For me a wonderful entertaining morning. This was running not racing. We had 9 in the first 14 and confidently lead home by U/17 Ben Rolfe who was 2nd o/a in 18.49; With 0/45 Justin Mitchell 5th gradually creeping back to form running 19.25; Steve Tait always game for a challenge and today chasing and being chased and loving it to finish 6th in 19.37; Talented U/15 Charlie Cunningham born to compete was 7th in 19.42; Ben Gillan in Charlie's slip stream was 9th in 19.49; Now the ladies take over with Jo's style making it look easy and finished 10th in 19.55. With Ben Goddard weaving thro' the back markers to stay with Jo (in case she wanted a drink) finishing just a sec. behind in 11th spot running 19.56. Followed by Kay Trinder celebrating her great performance hugging every one having ran a course PB of 19.57* also lowering her course rec. Also a 0/50 PB to finish 2nd lady (12th o/a); Aimee Billington on Kay's tail for the three laps also going for a PB and chasing Kay over the final 200m To finish successful with a course PB of 20.12* as 3rd lady (14th o/a) and then joined in the hugging party; All three girls worked hard for their achievement Well done Jo/Kay/Aimee; Then in 37th place was Jacqui Musselwhite also getting among the celebrations by running a 0/50 PB of 22.20 over all her 0/50 5k events; With Duncan Rolfe placed 38th in 22.22; Tom Peters in good form ducking under 23.00 min by running 22.55 to finish 46th; Laura Hales relaxed run before running the tough off road Marathon next day in Hampshire Laura even had time for a chat on each lap and finished 56th in 23;20; Tim Cooper 81st in 24.34; Matthew Gough was 90th in 24.51; Barbara Rodriguez running her best time since March having shed her cold beginning to feel fit to train more often finished 153rd in 27.20; Susanne Cooper 180th in 28.25; Shelley Watson 187th in 28.51; Valerie Mills back after two weeks holidaying in Peru managed to ignore Jet lag and getting acclimatised to finish 195th in 29.06; Mandy Hopkins slowly nearing the 30 min. barrier today ran 30.52 to finish 231st; Claire Goddard was 225th in 30.36; Mike Cusson 236th in 31.06; Then Kathryn Hitchings running her 4th successive PB in 33.10; Nita Bhanot 263rd in 33.35;

The Comrades Marathon ?? 9th June

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This is a yearly very popular event that allows 25,000 only and to enter the 2019 race the closing date was OCT. 2018. The rules/regulations are very strict and efficient so well organised.

Roughly there are 10 different distances from 42.2k to 100k and 7 different grades according to age/talent Many check points along the route with a 12hr cut off time for the slowest runners after this you must hop on the provided Bus's back to finish. Our Jim Warner was entered in the 100k distance and made the 62mile across desert conditions In 11hr.14min. that is some challenge/achievement well done Kim (Next challenge Lands-End to John O'Groat's). Mary Tibbotts also ran (distance ?) and ran for 10hrs. 46min. Nice one Mary

Alice Holt 15th June The rough terrain suited Jo Payne even warming-up just on the hills and again it worked wonders as Jo finished 1st lady (15th o/a) in 20.39 (best being 20.05) Training partner Wendy Cudmore (Davies) looking for a PB after warming-up with Jo and succeeded by running 24.24 to finish 62nd out of the 288

Homewood 15th June Chris Dyson returned to his local park after 6/7 weeks but still remembered his way round to finish 1st slightly below par in 18.32; Alexander Holland up front in 14th place ran 22.45. Jonathan Mellor a regular over this toughie was 21st in 23.50; Then David Sigerson keeping Jonathan in sight finished 24th in a course PB time of 23.14* Today 119 ran

Cheltenham 15th June Charlie Cunningham had a very good run and to prove it ran a course PB time of 21.10* to finish 29th out of 511 well done Charlie

Western Springs 15th June Australia Craig Liam Sullivan packed passport and bar-code running gear first for his holiday knowing he could not resist trying the local park run even though starting at 8.am and finished 12th out of 131 in 20.39

Potter Newton 15th June Ben Goddard giving Woking a miss showed his talent to the park runners of Leeds having his first outing over the course finished 1st out of the 138 in a time of 17.06

Brooklands 15th June We only had two running among the 281. And our first home was Chris McKeown trying the course for the first time finished 5th in 19.19; With Duncan Rolfe having a run before heading to Chelmsford to support the team in the SAL so nipped around in 22.43 to finish 38th

Woking 15th June A rather smaller entry of 10 members than usual owing to club fixtures.

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But still a good 339 total. Our first to finish in 2nd place was Mark Rose in 18.42; Then Ben Golding 14th in 20.26; Mike Freaan finished 37th in 22.14; Amelia Kermeen was 94th in 25.02; Mary Tibbotts ran 29.41 to finish 195th; Mary Raleigh was 186th in 29.07; Jane Braid next to finish in 218th spot running well below par in 30.16; In 172nd place was Shelley Watson in 28.25; Mike Cussan ran 30.59 to finish 222nd; Nita Bhanot 246th in 32.25;

Endure 24hr.

I am finding it hard to find the full results but I received a small report from Jaydee Peters "We were a team of 5 so classed as a small team (3-5) .We finished 1st female team out of 53. Our team in finishing order was Georgie Furze/Myself/Lucia Tregellis/Laura Hales/and new member Lucy Hurn. We did 36 laps and covered 180 miles in total Our average lap times was 40.40.37. The 2nd ladies small team did 33 laps so we had a 15 mile lead. It was an awesome week-end and I loved it except the dark/night laps. Lucia was our week-end star late entry -- standing in for Jo Payne who had to pull out owing to injury Running our fastest lap of 35.45 and running as part of our group from noon Sat. until 3.0am Sun, Then got some much needed sleep before starting her marshalling stint from Sun. 6.00am until 1.00pm. Luckily her dad Brian was on the same point to ensure she stayed awake Jaydee."

Thank you Jaydee. I have tried to find more results but as usual failed but Kay Trinder and Jane Bell took part but the distance and hours they ran ??? I will keep checking

The following 9 park run results are for the 22nd June..

Higginson (Marlow) Charlie Cunningham running the course for the first time finished 6th of 204 in 20.39

Olympic Park Richmond USA Former member Gilbert Grundy now living in the USA Ran the course for the first time under the Woking banner to finish 1st o/a and breaking the course rec with 15.35*

Hazelwood Aimee Billington and Jimmy Brown headed to the wonderful flat figure of 8 course. It was Aimee's first attempt around the course and from the start was looking a 40/44 age group record holder Aimee finished 2nd lady (8th o/a) in 20.52* to break the course rec. Jimmy hoping to lower his course rec. finished 1st 0/70 (32nd o/a) in 23.55; John Coffey 0/75 ran 28.51 to finish 77th out of 129

Homewood We had four among the 102 that finished and Ben Rolfe lead our four home in 19.42 in 2nd place; Ben Gillam just behind in 4th spot running 20.17; Lucia Tregellis 3rd lady (13o/a) in 22.41; and then Duncan Rolfe running a course PB time of 22.53* to finish 14th

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Rushmoor Paul Watt/Julie Barclay on late shift ran their local park run with 484 others. Julie was 1st 0/55 (50th o/a) in 21.54* her best 0/55 being 21.53; Paul was 89th in 23.22 his best 2019 course time.

Small point of interest today 1 male ran over 80% graded time but the ladies had 5 with a 80% performances Julie was one

Brooklands Jason Harris having his first 2019 run today was 6th in 19.09 a very respectable time after a long lay off; Claire Johnston also been absent for 4/5 weeks finished well up front of the 288 in 54th place running 24.56

Frimley We only had two running out of the 561 Laura Hales casually finished 46th in 21.18; With Ameilia Kermeen still trying many of the local park 5ks and today ran a course PB of 25,54* to finish 173rd. Well done Amelia travel around you gain experience good luck

Woking A good turnout of 15 members in among the 348. Our first home in 4th place was Justin Mitchell in 18.21; Ben Goddard keeping on Justin's tail was 7th in 19.11; Steve Tait 1st 0/50 (11th o/a) in 19.41; Matthew Brenchley 32nd in 21.31; Jacqui Musselwhite 1st 0/50 (38th o/a) in 21.56; With Tom Peters running a PB time of 22.28 to finish 48th; Michael Ball 126th in 26.03; Tim Cooper 156th in 27.17; Then the day's star Lesley Baulk running a brilliant life time best of 27.40 to finish 165th great performance; Matthew Gough was 166th in 27.41; Mary Raleigh 179th in 28.07; Jane Braid 206th in 29.09; Then Clare Goddard running 31.45 to finish 256th; Mike Cussan 261st in 31.58; Nita Bhanot 270th in 32.58;

Frimley 29th June Amelia Kermeen was 225th in 26.55 647 finished

Folkestone 29th June Kylara Hassall on home ground and loving the sea air finished 1st lady (13th o/a) out of 248 in a time of 20.05

Clapham 29th June Ben Goddard having his first run over the course finished 1st in 16.43 equalling his best park run time ran at Woking on April 13th. Ben just missed the course age rec. of 16.29 Go back Ben and take the rec. Today 669 ran

Woking 29th June Boiling temperature still saw 308 have a run. James Spencer was our first home in 3rd place in 17.56; Justin Mitchell 4th in 18.17; Mark Rose was 7th in 19.09; Then 1st lady Hales (22nd o/a) in a very good 21.05; In 40th place was Charlie Cunningham running 22.34; Duncan Rolfe followed in 23.46 to finish 57th; And celebrating her 100th park run was Mary Tibbotts finishing 145th in 27.58;

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With Mary Raleigh 178th in 29.17; Hollie Tibbotts 218th in 31.43; Valerie Mills having a gentle jog in the very hot conditions finished 221st in 32.00; And Mike Cussans in 32.11;
REMEMBER NO RUN AT WOKING THIS SAT. 6TH JULY

Brooklands 29th June SOME like it HOT but today there was 273 Dislikes ?

Half the course in the wooded area shade but once out in the open sweat ran in eyes and when starting second lap the sun did the same job took over. A great spectator's course being a figure of 8. So saw them 4 times (And in the shade) The temperature did not stop 4 PBs and two course rec. being achieved Terry Booth ran in the front from the off with another on shoulder until the middle of woods on second lap Terry upped 2/3 gears And came out 200m up to win in 17.49 a 0/50 course rec. Steve Tait looking cool the whole time finished 5th in 19.29 Steve's course best being 19.21; Chris McKeown 7th in 19.54; Our first lady Kay Trinder (13th o/a) 1st 0/50 just missing her best course time of 20.18 running 20.22; Then Aimee Billington was keeping in Mike Waine's shadow the whole time but emerged out of the wooded area on the 2nd lap leading Mike who had to ease off owing to the temperature and Aimee got stronger and over the final 400m ran the fastest finish I have seen for a very long time (excellent) Aimee was 19th in 20.59 nice run Aimee; Mike continued to shorten the distance on Aimee to finish 21st in 21.14; Andrew Collings having his first run here well up the sharp end in 22nd place with a time 21.18; Julie Barclay 0/55 course rec. holder today lowered it to 21.44* and finish 27th o/a; Temperature no problem ran with just as hard as norm; Jimmy Brown 0/70 came to have a go at the course rec. and finished 1st 0/70 (42nd o/a) in 22.42 and success for Jimmy now the 0/70 course holder; Paul Watt improving his 5k time weekly also in his track races all being faster giving Paul the confidence he needs after having 18 months niggling injuries one after another Paul was 50th in 23.31* PB Brian Tregellis ran to suit the occasion and at comfortable pace finished 155th in 30.45; Age group course record holders running today Terry Booth 50/54; Jimmy Brown 65/69 +70/74; Aimee Billington 40/44; Kay Trinder 50/54; Julie Barclay 55/59. I saw Claire Johnston at the start but did not see Claire pass me once; Also I saw Melanie Booth all four times but can not see her results on list. Plus young Emma Booth having her first run over the course sailed round in 26.30 to finish 89th

XC Results

Mabac 9th June Holmwood Dorking Weather really nice and course mud free except a couple puddle slippery spots around the two lap course; The magic team of four was rather short of runners but Richard Baggott made up for it by finishing 1st Richard was 2nd after one lap but paced the other guy nicely before passing him at the start of 2nd lap and ended 45 seconds up entering funnel in 31.07; Julie Barclay followed in 49th place running 38.54; Mabac Sec. Ken Saunders recovering from injury ran cautiously to finish 73rd in 42.31; Ramona Thevenet nursing back ache managed to finish 90th ok in 45.07; Today 159 ran

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Hoppitt Trail Mara. 9th June Hampshire

This is as tough as you get marathon and winds itself around the hilliest trail routes of Hampshire.

The o/a winning male ran 3hr.-30 ish. We had three running unfortunately Jaydee Peters had to retire owing to a leg problem; Our first home was 0/55 Adrian Brookes who finished 45th in 3.51.56. Adrian has ran every distance from 5k up and always seems to have excellent performances especially as his job entails spending 2/3/4 weeks periods away so restricting his training. Laura Hales who has no trouble with the distance/surface conditions/temperature just enters some of the toughest events and just goes about the job she trains hard to compete in. Laura finished 57th in 3.58.00

Fixtures T&F

Sun. 7th July Wessex Lge. Andover

Sat. 13th July SAL Bromley

Sat 20th July YDL (Lower) Worthing

Sun. 28th July YDL (upper) Brighton

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