



COCKCROW Woking AC News



JUNE
2019

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Editorial

A Few Congratulations in order:

Our lovely lady Mrs Gina Middleton – front picture who as advised last month President of the Surrey Athletics Association pictured in her first official post at the Surrey County Champs on May 11/12th.

Congratulations and best wishes to Michael Baggott and Claire Stonard on their marriage at St. Peters church Old Woking on Sat. 25th May. Brother Richard was best man with many relations and friends attending some travelling from far away Wales. Fred Bell started to feel home sick and headed for a week in the Rhonda Claire being a local girl from Maybury.

Kaspars Kazemaks Who also got married on Thurs. 30th May, no other info available How did Kaspars find time between his many events Best wishes to you both Kaspars

Congratulations. To **Bob Bradgury 0/65** on his performance in the Staines 10k running a life time best of 36.05 lowering his own club record. This also ranks Bob 1st in the UK with former international Nigel Gates** in 2nd place. Bob's other 1st UK top rankings this year 2019. Ranked 1st in the 5mile 29.31 + 1st ½ Mara. 1.20.43 and Ranked 1st in the 5000m track event with 17.53. Question does Bob inherit his talent from son Gary ? Well done Bob. Little point of interest in the SAL fixture at Harrow on 19th May. Bob ran 3000m in 10.24.21 and is UK ranked 2nd to Nigel Gates** who ran 10.16.02 in Mar. At Lee Valley.

Congratulations also to **George Hopkins** with his magnificent performances in the Surrey Champs 11/12th May. In the PV George finished 1st vaulting 4.32 PB also a Champs CBF And his talent shone in the Jav. Event with a throw of 57.50 PB and also another CBF/ Well done George

With the heavy month of fixtures and results appearing every minute IF i have missed out or incorrect times. Please tell me as no problem to rectify; YDL Hillingdon came out to late will appear in next issue (Sorry)

My apologies to Adrian Brookes 0/55 for missing his 20 mile club record. This looks a little suspicious on my part as I held the previous record No obvious intentions (cross my Heart) but congratulations Adrian. (Details below).

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Also apologise to Martha Collings U/17 for missing her record breaking 1500 s/c result in the Bill Whistlecroft Spring Open Yeovil on 20th April. Martha's time of 5.08.39 is a PB also it lowered her club rec. (Previous 5.14.11 Birm/ham 2018). **PLUS 5.08.39 is a Surrey County record.**

A little point of interest to the ladies in the Brooklands 5k Park run the course records from 30 year olds to 59. that's a span of 29 years are held by Woking girls; Jo Payne 30/34--- 18.59; Aimee Billington 40/44--- 20.14; Laura Hales 45/49--- 20.46; Kay Trinder 50/54---- 20.52; Julie Barclay 50.59---22.59 The lads holding course rec. are Chris Dyson 30/34--- 17.02; James Thomas 40/44---17.37;

Surrey Ladies XC Dates These are the fixture dates and a couple of known venues All Saturdays. **Oct. 12th Reigate; 9th Nov. NO HOST/Venue; Jan. 11th Guildford; 8th Feb. NO host/Venue**, so it is not too early to clean last season's mud of your shoes today, we are in Division 1 so make sure the dates go in your diary

Club Records

Martha Collings U/17 lowered her 1500 s/c rec. on the 20th April in the Bill Whistlecroft Spring Open Yeovil

Steve Beak 0/55 broke the 100m club rec. by running 12.7 at Portsmouth on 29th Apr. In the SCV Lge. Previous rec. of 12.8 was held by P. Roper since 2006

Adrian Brookes 0/55 broke the club record by running 2.15.46 in the Dorney Lake 20 mile on 30th March. Previous record was 2.16.20 held by T?? R??ley since 1983

Indiana Marshall U/13 broke the 75m club record by running 9.8; Previous rec. was 10.7 held by Lucy Eaton since 2010.

Tyler Panton U/17 lowered his own 100m rec. by running 10.92 in the County champs May 11/12th

Indiana Marshall U/13 broke the club 200m rec. running 27.34 in the county champs

Martha Collings U/17 broke the 3000m club rec. by running 10.00.01 in the county champs

Bob Bradbury 0/65 lowered his 10k club record in the Staines 10k on the 12th May running 35.05;

Katie Hopkins ran 800m in 2.10.97 at Watford on 15th May in the BMC meeting Previous rec. was 2.10.99 held by Katie

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Bob Bradbury 0/65 beat the 3000m club record at Harrow on 19th May in the SAL fixture by running 10.24.21; Previous was 11.55.3 held by Limmy Brown since 2015;

PBeez

James Gamble ran 10k in 34.32 to finish 13th in the London Cancer Research on 10th Feb
In the Dorney Lake 20 mile event Adrian Brookes ran 2.15.46 on 30th March
In the YDL (lower) meeting at Portsmouth on 6th Apr. Joseph Walters ran 100m in 13.5 + 200m in 28.3. Oskar Aspinall ran 1500m in 5.37.5; Robbie Thomson ran 100m in 12.3 + 200m in 25.2; Hayden Christian ran 200m in 26.6; Matthew Smith threw Dis. 27.16 + Jav. 28.58; Indiana Marshall ran 75m in 9.8; Alexis Brown ran 75m in 11.00 + threw SP 5.22 PB; Alice Clark ran 75m in 11.2; Alexa Adams ran 150m in 22.2; Annabelle Thornton ran 150m in 21.00; Amber Stoner ran 100m in 14.5; Martha Collings ran 1500 s/c in 5.08.39 on 20th April in the Bill Whistlecroft Spring Open at Yeovil. In the SCV Lge. at Portsmouth on 29th Apr. Steve Beak ran 100m in 12.7 + 400m in 58.6 (0/55). Peter Evans threw Ham. 21.16 (0/50).

In the Woking 3mile on the 1st May Duncan ran a course PB of 20.25 and Valerie Mills ran 24.49.

Sally Hitchings ran 20.52 in the Manchester park run on 4th May

Valerie Mills ran 27.33 (0/60) in the Bakewell 5k on 4th of May

Chris McKeown ran 20.18 in the Homewood 5k on 4th May

In the Woking 5k on 4th May Martin Sunderland ran 18.22; Brian Tregellis ran 27.37;

In the Frimley 10k on 5th May. Matthew Brenchley ran 38.46; Kay Trinder ran 40.52 (0/50); Mike Waine 41.23 (0/60)

In the Ranelagh ½ Mara. on 5th May Lucia Tregellis ran 1.29.32; Michael Baggott ran 1.30.52;

In the YDL (upper) on 5th May at Harrow Sarah Eve threw Jav. 20.05; Martha Collings ran 1500s/c in 5.10.27;

Shaun Waters ran 1500S/C in 5.15.81; Joshua Genco-Russo ran 800m in 2.04.39; Kenneth Ball ran 100m in 11.92; George Hopkins threw Jav.+ jumped 4.31 in PV; Charlie Cunningham ran 3000 in 11.19.36; Duncan Rolfe ran 20.25*; and Valerie Mills ran 24.24.49* in the Woking 3 on Wed.1st May Duncan Rolfe ran 22.10* on the 4th May in the Brooklands 5k James Gamble ran 33.32 in the Bristol 10k on 5th May;

The following was achieved in the County Champs 11/12th May Kings meadow

Tyler Panton ran 100m in 10.97; George Hopkins vaulted 4.32 in PV + threw Jav. 57.50;

George Robertson jumped 5.11 in LJ; Matthew Smith threw Jav. 30.42 + Dis. 27.98;

Teddy Gannon threw Dis.30.65; Robbie Thomson ran 200m in 25.07; Harry Hudson ran 800m in 2.40.56; Leon Lafreniere ran 800m in 2.10.32; Martin Sunderland ran 1500m in 4.23.19; William Harding ran 200m in 25.21; Oscar Sinnett ran 800m in 2.40.95; Oskar Aspinall ran 1500m in 5.01.34; Hayden Christian ran 300m in 41.68 + 80H in 12.35;

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Martha Collings ran 3000m in 10.00.01; Eleanor Gatrell 0/40 threw Ham. 38.97 + SP 13.31; Sarah Eve threw Jav. 23.18; Indiana Marshall ran 100m in 13.4 + 200m in 27.34; Ione Haggarty ran 300m in 48.93 PB; Lucy Eaton-Tribe ran 80H in 13.98 + jumped 4.80 in the LJ; Freya Kelly threw SP 8.49; Liana Wada ran 800m in 248.71; Alexa Adams jumped 4.03 in the LJ; Alice Clark threw Dis. 20.54;

In the Staines 10k on the 12th May

Bob Bradbury ran 36.05; Kylara ran 40.00 (0/35); Kay Trinder 40.47 (0/50);

Lucia Tregellis ran 41.21; Jane Braid ran 55.57;

Louise Mills ran 43.35 in the Clive Cookson 10 on the 15th May Whitley Bay

On Wed. 15th May Katie Hopkins ran 800m in 2.10.97 at Watford in the BMC meeting

The following was achieved in the **YDL (lower) at Winchester on 18th May**

Indiana Marshall ran 159m in 20.00; Freya Standley ran 200m in 28.6; Charis Mogan ran 800m in 2.26.5; Amelia Kermeen ran 800m in 3.01.5; Liana Wada ran 1500m in 5.50.1; Dylan Lewis threw SP 5.11; Oskar Aspinall ran 800m in 2.34.4 + threw Jav. 22.85; Robbie Thomson ran 200m in 25.0; Harry Hudson ran 800m in 2.34.9 + threw SP 5.66; Hayden Christian ran 200m in 25.9; Martin Sunderland ran 300m in 45.5 + 800m in 2.14.0; Teddy Gannon threw Dis. 33.68; Daniel Wass ran 800m in 2.22.7; Ben Golding ran 1500m in 5.11.3; Archie Padua jumped 1.50 in HJ; George Robertson jumped 1.63 in HJ; Matthew Smith threw Dis. 30.12;

In the Woking 5k on 18th May Shaun Waters ran 18.20; and Charlie Cunningham ran 19.22;

Stephen Blake ran 32.29 in the **Sutton 10k on 19th May**

Matthew Brenchley ran 40.23 in the **Royal Berkshire 10k on 19th May**

In the SAL meeting on 19th May at Harrow the following was achieved

Kenneth Ball ran 100m in 11.89 + 200m in 23.89; Harry Hadden-Wight ran 100m in 11.72; William Harding ran 100m in 11.98 + 200m in 24.96; Thomas Verrills ran 200m in 24.42; Charlie Terry ran 200m in 25.46; George Hopkins ran 400m in 54.21 + jumped 1.91 in HJ; Sreve Tait ran 3000m in 11.10.58; Bob Bradbury ran 3000m in 10.24.21 (CR)

Peter Evans threw Dis. 37.87 + SP 10.91 (both 0/50 best); David Awde ran 400H in 56.35; Lucy Eaton-Tribe ran 200m in 27.77; Emma Harris ran 400m in 68.45; Kay Trinder ran 5000m in 20.15.5 (0/50); Sam Morrison ran 100H in 15.68 + cleared 1.40 in HJ; Ella Barker ran 400H in 68.39; Freya Kelly threw SP 7.02;

Jimmy Brown ran 22.09 in the **Brooklands 5k on the 25th May**

Kathryn Hitchings ran 33.53 in the **Woking 5k on 25th May**

In the SCVAC Champs on 25th May at Abingdon Phil Cross ran 800m in 2.56.16 + 1500m in 5.34.13 + 5000m in 19.53.81 All 0/55 PBs

In the Vitality London 10k Andrew Collings ran 44.01

T&F Results

YDL (Lower 13/15) 6th Apr. Portsmouth

U/13B Joseph Walters 4th 100m in 13.5 PB +3rd 200m in 28.3 PB +4th in LJ with 4.19; Laith Freeman 4thB 100m in 14.2 +1st 800m in 2.16.0; Harvey Dougan n/s 100m in 13.7; Fin Jones n/s 100m in 15.3; Dylan Lewis 5th 800m in 2.47.1 + 5th in SP with 4.67; Oscar Sinnett

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2ndB 800m in 2.53.3; Oskar Aspinal 3rd 1500m in 5.37.5 PB; Nate Jones n/s 800m in 3.13.0 + 4thB in SP with 3.23; Harry Hudson 2ndB 1500M in 5.54.7 + 4th in LJ with 1.25; The 4x100r team was 2nd 57.2

U/15B Robbie Thomson 3rd 100m in 12.3 PB + 2nd 200m in 25.2 PB; Leon Lafreniere 1st 800m in 2.16.0; Daniel Wass 3rd B 800m in 2.47.6; Martin Sunderland 2nd 1500m in 4.57.9; Ben Golding 3rdB 1500m in 5.36.9; Matthew Smith 2nd in Dis. with 27.16 PB + 1st in Ham. with 30.12 + 2nd in Jav. with 28.59 PB; The 4x300r team was 2nd in 3.10.1

U/13G Indiana Marshall 1st 75m in 9.8 PB(CR) + 1st in LJ with 4.21; Alice Clark n/s 75m in 11.2 PB + 3rdB in LJ with 3.30; Alexa Adams 1st 150m in 21.2 PB + 1stB in HJ with 1.25; Alexis Brown 1stB 75m in 11.00 + 4th in SP with 5.22 PB; Annabelle Thornton 1stB in 150m in 21.00 PB + 2nd in HJ with 1.30. The 4x100r team was 1st in 56.3.

U/15G Esther Ibiama 1st 100m in 12.7 + 1st 200m in 27.00; Ione Haggarty 4th 800m in 2.2.51.1; Amber Stoner n/s 100m in 14.5 PB + 4thB in HJ with 1.15 + 3rd in LJ with 4.10; Liana Wada 4thB 800m in 3.02.1; Charis Mogan 2nd 1500m in 5.26.8; Amelia Kermeen 3rdB 1500m in 6.47.2; Fora Jasani 2ndB 100m in 13.6 + 2ndB 200m in 28.5 + 1st in HJ with 1.40.

SCV Lge. 29th Apr. Portsmouth

Steve Beak 0/55 was 1st in the 100m in 12.7 PB (CR) + 400m in 58.6 PB; Peter Evans 0/50 threw Ham 21.16 PB

Rosenheim 1st May Sutton

My first visit to the track in 50years and it was bitter cold windy evening (not going again for another 50 years) but good results;

Michael Ball 5th 100m in 15.5 + 6th 200m in 32.2. Also ran in the 4x200r that came 2nd;

Kenneth Ball n/s 100m in 12.00 + n/s 200m in 24.00 And ran in the 4x200 team

Julie Barclay 3rd 100m in 17.2 + 4th 3000m in 12.35.5; Jacqui Musselwhite 4th 200m in 33.1 + 2nd 800m in 3.00.2

YDL (upper) 5th May Harrow *Denotes Camberley

U/20B James Hanson 1st 100m in 10.96; Kenneth Ball 2ndB 100m in 11.92 PB + 5th 200m in 24.28; Robert Pattison 2nd 400m in 52.35; Joshua Genco-Russo 3rd 800m in 2.04.39. PB; James Spencer 4th 1500m in 4.37.81; Luke Mann* 2ndB 800m in 2.10.32 + 2nd in HJ with 1.80 + 1st in TJ with 12.13; Ross Jackson* 2nd 400H in 61.79; Lewis Herzog 2nd in PV with 3.50; The 4x100r team was 4th in 47.68 + the 4x400r team was 2nd in 3.36.5;

U/17B Shaun Waters n/s 1500s/c in 5.15.81 PB + 3rd 3000m in 10.03.39; Ryan Henderson 2nd B in LJ with 5.36; Charlie Cunningham n/s 1500s/c inn 5.56.98 + 1stB 3000m in 11.19.36 PB; Rory Whelan* 5thB 800m in 2.26.57; George Hopkins 1st in Jav. with 50.25 PB + 1st in HJ with 1.80 + 1st in PV with 4.31 PB; Taylor Attwood-Williamson* 5thB 100m in 12.62 +

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3rd in SP with 8.07 + 5th in Dis. with 19.06; Thomas Verrills 5th 100m in 12.17 + 3rd 200m in 24.8; Daniel Manning n/s 100m in 12.84 + 5thB 200m in 25.88; Benjamin King* 1stB in HJ with 1.80 + 3rd in LJ with 5.41 + 2ndB in Jav. with 36.11; Toby Mann* 5th 800m in 2.26.39 + 2nd in TJ with 10.30; The 4x100r team was 3rd in 48.24;

U/20G Emily Bradley 1st 100m in 12.8 + 2nd 200m in 25.95; Freya Smith* 2ndB 100m in 13.6 + 3rd 100H in 17.29; Sarah Eve 5th 800m in 3.01.5 + 2nd in Jav. with 20.05 PB; Hannah Barrett* 5th 200m in 30.34; Katie Hopkins 1st 1500m in 4.54.4 + 1st 1500s/c in 5.40.54; Rebekah Smith* 1stB 1500m in 5.21.58; Ines Boncalves* n/s 1500m in 6.03.42; Henrietta Owen 2nd 400H IN 73.39; Tori Rose Ellis 1st in Ham. with 34.73; Orla Manchester* 3rd in SP with 8.52 + 1st in Dis. with 36.25; Freya Kelly 4th in Dis. with 17.97 +n/s Ham with 38.58; Florence Baulk 1stB 400H in 76.14 + 3rd in Jav. with 35.32; Ciara Mulvihill 1st 3000m in 11.38.75. The 4x100r team was 5th in 54.82

U/17G Neve Bradley 6th 100m in 13.92 +5thB 200m in 28.74 + 2ndB in LJ with 4.37; Emily Dillamore* 6th 200m in 30.25 + 6th 300m in 48.93 + 6th in LJ with 2.93; Ellie Kerby n/s 800m in 2.54.28; Jules Rabey* 6th 800m in 2.54.28; Emma Harris 3rdB 2.44.27; Ella Barker 1st 300H in 49.23; Lucy Eaton-Tribe 5th 80H in 14.05 + 4th in LJ with 4.77; Martha Collings 1st 1500s/c in 5.10.27 PB; Amy Dove* 3rd in HJ with 1.35; Maya James* 2nd in Jav. 33.84; The 4x100r team was 5th in 54.69 + the 4x400r team was 3rd in 4.29.17

SURREY CHAMPS 11/12th May Kingsmeadow

A classic champs with Woking finishing top of the medal table. May be the first time ever ??, qnd what a brilliant way for the County President Gina Middleton to start her busy tear presenting awards/medals so many of our club athletes plus appearing on many "Selfies" Gina was on duty both days from 10am untill 5pm a very tiring day.

The total medal haul was 37 that included 18 Gold + 11 silver + 8 bronze + 3 Club rec. + 2 CBF and over a dozen PBs. (Winter training paid off)

Nice to see Eleanor Gratrell 0/40 appearing in the senior champs after a 4 year brake and winning her 16/17th senior titles. Well done Eleanor. A special mention to George Hopkins braking TWO CBF One in the PV + the Jav. both attached to gold medals.

So many special performances making my Sat. only visit a day to remember.

Unable to attend Sun. being busy clipping chip-tags at the Staines 10k

Full Results. If any mistakes please let me know I have checked on P.of10 ????

S/M Ben Goddard ran the 5000m in 16.12.05 and after a three week holiday with family was well under par and admitted he was unable to stay with pace (but 16min is no dawdle) Kaspars Kazemaks 4th in PV with 3.72 + 4th in LJ jumping 5.80;

David Awde 0/35 3rd in PV vaulting 3.82 + 4th 200m in 23.86;

Ryder Anderson 2nd in Jav. with a throw of 51.89

U/20M James Hanson 1st 100m in 11.1; Joshua Genco-Russo 7th 800m in 2.07.8;

U/17M Tyler Panton 1st 100m in 10.97 PB + 2nd 200m in 23.16 (22.61 Ht);

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George Hopkins 1st PV with 4.32 PB (CBP) + 1st in Jav. with 57.50 PB (CBP) + 3rd in HJ with 1.85; Ryan Henderson 7th 100m in 12.3 + 8th in LJ with 4.81; William Harding 6th 100m in 12.2 + 5th 200m in 25.21PB; Bryan Balle 5th 100m in 12..37; Harris Onorati 3rd 100m in 11.93;

U/15B Matthew Smith 1st in Ham. with 28.41 + 1st in Jav. with 30.42 PB + 2nd in Dis. with 27.98 PB; Teddy Gannon 2nd in SP with 8.98 + 1st in Dis. with 30.65 PB + 5th 300m in 42.86 (42.42 Ht) George Robertson 3rd in LJ with 5.11 PB + 3rd in HJ with 1.55 + 6th 100m in 13.1; Hayden Christian 4th in LJ with 5.06 + 5th 300m in 41.68 PB + 3rd 80H in 12.35 PB; Robbie Thomson 4th 100m in 12.75 + 6th 200m in 25.07 PB; Leon Lafreniere 5th 800m in 2.10.32 PB; Martin Sunderland 4th 1500m in 4.23.19 PB;

U/13B Harry Hudson 3rd in HJ with 1.25 + 6th 800m in 2.40.56 PB; Joseph Walters 5th 100m in 13.59 + 9th in LJ with 3.96; Dylan Lewis 7th 100m in 14.5 + 4th 800m in 2.38.04

S/L Eleanor Gatrell 0/40 1st in Dis. throwing 35.33 + 5th in Ham.38.47 PB + 1st in SP 13.31 PB; Clare Maurer 1st in PV vaulting 3.45; Sam Morrison 2nd in PV vaulting 3.10 + 2nd 100H in 16.44;

U/20L Katie Hopkins 1st 800m in 2.13.71; Emily Read 2nd 100m in 12.73(12.67Ht.); Ciara Mulvilhill 3rd 3000m in 11.31.2; Sarah Eve 6th in Jav. throwing 23.18 PB; Tori Rose Ellis 3rd in Ham. throwing 33.85; Florence Bauk 2nd in Jav. 36.44 throwing;

U/17L Lucy Eaton-Tribe 8th ran 80H in 13.98 PB + jumped 4.80 PB in LJ; Martha Collings 1st 3000m in 10.00.01 PB (club Rec.); Freya Kelly 5th in Ham. throwing 30.23; Alicia Kapotwe 3rd in Dis. throwing 27.17;

U/15G Esther Ibiama 1st 200m in 27.62 (26.94 Ht.) + 5th 100m in 12.97; Charis Mogan 2nd 800m in 2.23.5; Liana Wada 7th 800m in 5th 800m in 2.48.71; Jayne Oyeyemi 5th 100m in 13.87; Ione Haggarty 5th 300m in 48.13 PB;

U/13G Indiana Marshall 1st 100m in 13.4 PB + 1st 200m in 27.37 PB + 2nd in LJ jumping 4.40; Alexa Adams 5th in LJ jumping 4.03 + 7th in HJ with 1.10; Alice Clark 1st in Dis. throwing 20.54;

Mon. Vets Lge. 13th May Battersea

Michael Ball 0/50 was 5th 100m in 15.5 + ran his first ever 400m to finish 7th in 78.3; Jacqui Musselwhite 0/50 had two wins one in the 100m running 15.6 and 1st in the 400m in 73.0; Julie Barclay 0/55 was 5th 100m in 17.8 + 3rd 1500m in 6.01.9; Paul Watt 0/50 was 6th 1500m in 6.15.3

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BMC Gold Standard Wed. 15th May Watford

After Katie Hopkins 800m gold medal win in the County Champs on the 11th, Katie nipped along after 3 days to the BMC meeting and ran another 800m this being another brilliant achievement running a PB time of 2.10.98 also lowered her own club record by 00.02 well done Katie (every TICK counts)

Sat. 18th May YDL (Lower) Winchester

U/13B Joseph Walters 2nd 100m in 13.6; Oskar Aspinall 2nd 800m in 2.32.4 PB + 2nd in Jav. with 22.85 PB; Dylan Lewis 2ndB 200m in 29.5 + 3rdB 1500m 5.29.8 + 2ndB in SP with 5.11 PB; Oscar Sinnett 3rd 1500m in 5.23.1; Laith Freeman 1stB 100m in 14.2 + 7th 200m in 30.9 + 5th in LJ with 3.77; The 4x100r team was 2nd in 57.4

U/15B Robbie Thomson 2nd 100m in 12.3 + 2nd 200m in 25.0 PB; Daniel Wass n/s 800m in 2.22.7 PB; Hayden Christian 2ndB 200m in 25.9 PB + 2nd 80H in 12.5 + 2nd in LJ with 4.91; Archie Padua 2nB in HJ with 1.50 PB; Martin Sunderland 3rd 300m in 45.5 PB + 3rd 800m in 2.14.0 PB; Ben Golding 1500m in 5.11.3 PB; Teddy Gannon 3rdB 300m in 44.6 + 2ndB 800m in 2.19.1 + 1st in Dis. with 33.68 PB; George Robertson 2nd in HJ with 1.63 PM + 1stB in LJ jumping 4.89; Matthyew Smith 1stB in Dis. with 30.12 PB + 1st in Ham. with 25.72 + 3rd in Jav. throwing 25.57; The 4x100r team was 1st in 50.5 + The 4x300r team was 5th in 3.08.6

U/13G Indiana Marshall 1st 75m in 10.1 = CR + 1st 150m in 20.00 PB = CR + 1st in LJ jumping 4.48; Alexis Brown 2ndB 75m in 10.9 + 5th in SP throwing 4.86; Laura Kersley n/s 75m in 10.7; Alice Clark 3rdB 150m in 22.7 + 2nd in HJ with 1.20 + 3rd in Jav. 11.19; Emilia Wazydrag n/s 75m in 12.7 + 2ndB in HJ with 1.15; The 4x100r team was 1st in 56.2;

U/15G Jayne Oyeyemi 2nd 100m in 13;5 + 4th 200m in 28.1; Lone Haggarty 4th 1500m in 5.48.3; Fara Jasani 2ndB 100m in 13.6 + 3rd in HJ with 1.35; + Liana Wada 2ndB 1500m in 5.50.1 PB; Freya Standley n/s 100m in 14.1 + 2ndB 200m in 28.6 PB; Amber Stoner n/s 100m in 14.6 + 5th in LJ with 3.75; Charis Mogan 4th 300m in 46.5 + 4th 800m in 2.26.5 PB; Amilia Kermeen 4thB 300m in + 4thB 800m in 3.01.5 PB. The 4x100r team was 2nd in 55.2 + The 4x300r team was 3rd in 3.30.2

Sun.19th May SAL Harrow

A good result for us by finishing 2nd on the day. Bob Bradbury running a n/s 3000m in 10.24.21 this breaking the club rec. also placing Bob 2nd UK ranked. One confusing result concerning the 400 relays this season they have decided to do a mixed relay 2x M and 2x F for meetings 2 and 4
The 4x400 SX/A team was 3rd in 3.50.26 **AND** The 4x400 Mixed/B team was 2nd in 4.06.05.

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Full Results *Denotes Camberley

Men Thomas Leacock 2nd 100m in 11.57 + 2ndB 200m in 23.92; Steve Beak 0/55 ran n/s 100m in 12.41; Kenneth Ball 2ndB 100m in 11.89 PB + 2nd 200m in 23.89 PB; Harry Hadden-Wight n/s 100m in 11.72 PB; William Haring n/s 100m in 11.98 PB + n/s 200m in 24.96 PB; Ryder Anderson 3rd in Jav. throwing 51.3; Thomas Verrills n/s 100m in 12.06 + n/s 200m in 24.42 PB; Joshua Genco-Russo 1st 1500m in 4.15.7; Robert Pattison 4th 400m in 52.98 (can not find Robert on Pof10); Paul Kelly 2nd in Ham. throwing 32.74; George Hopkins 3rdB 400m in 54.21 PB + 2nd in HJ with 1.91 PB + 2nd in PV with 4.20; Peter Evans n/s SP throwing 10.91 + n/s in Dis. with 32.87 Both 0/50 PBs; Finlay Barber* n/s Jav. with 45.74; Craig Morton 3rd 800m in 2.04.18 + 3rdB 1500m in 4.54.57; Bob Bradbury n/s 3000m in 10.24.21 PB (CR); Roy Chambers 3rd 800m in 2.17.69 + 2ndB in SP throwing 9.82 + 2ndB in Jav. with 50.25; Steve Tait 3rd 3000m in 11.10.58 PB + 3rd 3000s/c in 13.05.82 (NO water jump ?) Matthew Brenchley 3rdB 3000m in 11.12.42+ 2ndB 3000s/c in 13.41.23 (NO water jump ?), unfortunately Matthew took a tumble on a steeple being down for a few seconds, regained composition and carried on – well done Matthew. Ross Jackson * 2ndB 400H in 63.5; Luke Mann n/s in HJ with 1.70 + n/s LJ with 5.67; Rory Kelly 2ndB 110H in 16.95 + 2ndB in TJ with 11.14 + 2ndB Dis. with 30.84 + 1stB in Ham. with 32.36; David Awde 2nd 400H in 56.35 PB + 2ndB in PV with 3.80 + 1stB in LJ with 5.84 + 2nd in TJ with 11.73 Kaspars Kazemaks n/s 100m in 11;05 + 2nd 110H in 16.49 + 2ndB in HJ jumping 1.70 + 2nd in LJ with 5.95 + 4th in SP throwing 11.66 + 4th in Dis. and threw 34.50. The 4x100r team was 4th in 47.04;

Ladies

Ella Stoner 3rd 100m in 13.42 + 3rdB 200m in 27.83; Freya Smith* 3rdB 100m in 13.59 + 1stB 100H in 17.22; Krisanne Jones n/s 100m in 13.64 + n/s 200m in 28.38; Helen Eve n/s 100m in 15.58 + n/s 200m in 33.3; Lucy Eaton-Tribe 4th 400m in 27.77 PB + 3rd in LJ with 1.45 + 3rd in LJ with 4.89; Natasha Di-Nolfi n/s 200m in 31.26 + n/s 400m in 71.14; Sandra Stapinion* 4th 400m in 65.95 + 4th 800m in 2.37.74; Emma Harris 3rdB 400m in 68.45 PB + 2ndB 800m in 2.38.74; Martha Collings 2nd 1500m in 4.44.2; Katie Hopkins 1stB 500m in 5.04.22; Kay Trinder 4th 5000m in 20.15.5 (0/50) PB + 1st in PV with 2.10; Rebekah Smith* n/s 1500m in 5.28.38; Freya Kelly n/s in SP with 7.02 PB + n/s in Ham. with 24.88; Henrietta Owen 2nd 1500s/c in 7.25.17 + 2ndB in TJ with 9.51; Ciara Mulvihill 2ndB in 5000m in 20.29.06; Florence Baulk 2ndB 400H in 76.31 + 1stB 1500s/s in 7.25.18 + 1st in Jav. throwing 34.79; Eleanor Gatrell 1st in SP with 13.01 + 1stB in Dis. with 35.90 + 3rd in Ham, with 38.12 + 3rdB in Jav. throwing 20.66; Orla Manchester* 2ndB SP with 8.44 + 2nd in Dis. with 36.03 + n/s in Ham. with 34.88; Ella Barker 2nd 400H in 68.39 PB; Tori Rose Ellis 1stB in Ham. with 34.56; Alicia Kapotwe n/s Dis. with 25.70; Sarah Eve n/s 800m in 3.00.06 + n/s in Jav. throwing 22.02; Sam Morrison 1st 100H in 15.68 PB + 3rdB in LJ with 1.40 PB + 1st in PV with 3.20 + 2ndB in LJ with 4.51 + 3rd in TJ with 9.72; The 4x100r team was 3rd in 51.9

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SCVAC Champs 25th May Abingdon

Steve Beak 0/55 was 1st in the 100m in 12.2 this is a CBR + Steve continued his form by winning the 200m in 25.43; Phil Cross ran three 0/55 PB s while winning his three races 1st 800m in 2.56.16 + 1st 1500m in 5.34.13 and then the 5000m in 19.53.81

Sun 26th May YDL (upper) Hillingdon Next issue too late this month, but on the Power of 10 if required.

Wed. 29th Rosenheim Lge. May Ewell Court

A very chilly evening, in this league age is of no importance from teenagers to Oap Just competing against all ages. Michael Ball 1st in 100m running 15.7 + 5th 200m in 33.1 + 5th 400m in 78.9 also in 4x200r Kay Trinder 3000m in 11.50.4 PB; Julie Barclay 100m in 17.7 + 3000m in 12.24.9 PB; Paul Watt 1500m in 6.07 also ran in 4x200r

Road Results A late/late result that has come to life (Sorry James)

James Gamble ran 34.32 in London Cancer Research 10k on the 10th Feb.

Reason for delay Charity event results are not published on Pof10 or Google

Woking 3 mile May 1st We had three running with two running course PBs.

Duncan Rolfe lowed his best to 20.35PB: And Valerie Mills also lowered her best to 20.24; Malcolm Vaughan suffering from hip problems finished in 33.42; Fastest male was Richard Baggott in 17.04; Fastest female Ramona Thevenet in 22.31

Ranelagh ½ Mara. 5th May This being the first event in the Surrey Road series

Steve Tait was our first home in 105th place running 1.29.26; Lucia Tregellis ran a life time PB time of 1.29.32 to finish 109th; Michael Baggott was 119th in a (0/35) PB time of 1.30.52; Alexander Holland 202nd in 1.37.27; Kim Warner 269th in 1.43.18; Charlotte Duggan 299th in 1.45.35. Could not find Alexander/Charlotte on Pof10 to check for PBs

Frimley 10k May 5th.

A good entry of 761. A tough course as the start is at the foot of a ¾ of a mile stiff ascent So, a little caution needed or suffer latter. We had five running that included three PBs Matthew Brenchley finished 13th in a PB time of 38.46; Then the season's inform Kay Trinder the age category rather strange (U/34 then 0/35 upwards) Kay being 0/50 was in a really tough group. But finished 2nd 0/35 (31st o/a) in a PB 0/50 time of 40.52; Laura Hales 0/45 was in the same group and finished 3rd 0/35 (34th o/a) in 41.10 keeping Kay in her sights; Then Mike Waine finishing 1st 0/60 (36th o/a) and running a 0/60 PB time of 41.23. Michael Frean was 96th n 45.25

Simple Health 10k May 6th Bristol

James Gamble finished 18th and ran a PB time of 33.32

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Staines 10k May 12th

A well organised event again plus perfect weather with brilliant performances to match. The club almost cleared the floor winning trophies/medals in every age group. With 5 out of our 11 members running PBs. Unable to see any of the race owing to my chip-tag clipping as they finished. My first job with others was to direct them thro' A very narrow entry out onto the main course. And to see Stephen Blake fly thro' with a determined winning look from the start, and succeeded with flying colours finishing 1st in 32.44 equalling his 2018 time

James Gamble keeping in Stephens slip stream from start to finish in 2nd place running 33.54; Then 0/65 Bob Bradbury running a life time PB of 36.05 lowering his club rec. Bob's time ranks him UK No.1. I saw Bob give the young 0/50 Terry Booth a big hug at the finish. Terry ran 36.00 Nice one lads; It then started to get busy as more finished but did see and clip the 2nd lady Kylara Hassall chip-ta Off; As the masses finished I saw only feet. I sat with the other 3 clippers until the 712th crossed the line. I then went to the presentation area to hear Woking ac being mentioned continuously.

Full Results. Stephen Blake 1st in 32.44; James Gamble 2nd in 33.54; Bob Bradbury 1st 0/65 (13th o/a) in a PB time of 36.05; Kylara Hassall 1st 0/35 + 2nd lady (29th o/a) in a 0/35 PB time of 40.00; Another 1st place was 0/50 Kay Trinder finishing 34th o/a in a 0/50 PB time of 40.47; Lucia Tregellis keeping close to Kay and finished 40th in a PB time 41.21 Graham McMahon 78th in 45.12; Jimmy Brown the team's 4th scorer was 92nd in 45.39; Julie Barclay claimed the 1st 0/55 prize by running 47.16 (122nd o/a). Then Jane Braid the teams 4th scorer running a PB time of 55.57 to finish 315th; Brian Tregellis running his first ever 10k event finished 392nd in 58.23 well done Brian;

Clive Cookson 10k May 15th Louise Mills ran this evening 10k around Whitley Bay in a PB time of 43.35. This being under double her best 5k park run time

Sutton 10k May 19th Nonsuch This being a Surrey road series event and to my knowledge it is the first time ever we had no ladies running? We had five men among the 455 runners. Stephen Blake in excellent form finished 2nd in a life time PB of 32.29 (best being 32.54) that's a nice chunk to knock off well done Stephen; and in Stephen's slip stream Ben Goddard ran 33.31 to finish 4th; Mark Rose was 58th in 38.47 there are only Park Run results shown on Marks performance's on the Pof10 ????. Steve Tait finished 85th in 40.17; Then new member Alexander Holland who finished 132nd in 43.23 (Alexander Not on P of 10)

Royal Berkshire 10k May 19th A popular 10k event that attracted 1462 this year. We had two members running and our first home was Matthew Brenchley in a life best 10k time of 40.23 PB to finish 60th; Graham McMahon 0/60 finished well up in 206th place in a time of 46.09

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Bognor Prom. 10k May 19th Phil Cross finished 48th out of the 1866 in 40.04;
Also 7th 0/55 and 2nd 0/55 in the SCVA Champs

Vitality London 10k May 26th Andrew Collings ran a PB time of 44.01; Kay Trinder ran 41.05; Kim Warner 46.11; Jane Braid 58.21

Windle Valley 10k May 26th Malcolm Vaughan running 66.00 well below par for 10k

Runnymede 5mile 30th May Savill Gardens

Julie Barclay ran a course PB of 37.33; and Malcolm Vaughan a very good 54.45 minus 10sec.

Off Road Results * Course PB

The next 9 are 5th May

Frimley Laura Hales was our only runner running casually with the Frimley 10k next her week-end priority, today ran 24.54 to finish 148th out of 608

Bushy Mary Raleigh was 1114th in 31.36 A massive 1549 finished.

Manchester Sally Hitchings had a brilliant run by running a life time PB time of 20.52 to finish 26th out of the 529

Upton House Amelia Kermeen ducked under the 100th position to finish 99th in 26.32

Bakewell Louise Mills having her first run at the venue and finished 56th in 22.09; But mum Valerie having ran the course before and showed it by running a 0/60 course PB time of 27.33* to finish 171st out of 310

Dinton Julie Barclay and Paul Watts ran this event for the first time and finished Julie 2nd lady (2th o/a) in 22.48; With Paul finishing 61st in 25.27. 259 ran

Homewood With 134 finishing we had three among them. And in 6th place was Chris McKeown in a course PB time of 20.18; Ben Gillan just back a bit in 6th spot in 20.57; Steve Hill who was placed 35th in 30.22.

Woking Martin Sunderland was o/a winner in a course PB time of 18.22*; Craig Morton followed in 10th place in 20.12; Ben Rolfe was 13th in 20.16; Charlie Cunningham 20th in 21.02; Then our first girl Lola Roake running her second park run finished 47th in 22.17; Fred Golding was 51st in 22.50; Duncan Rolfe 62nd in 23.03; Jimmy Brown next placed 69th in 23.12; Christine Flynn under her target by 5sec. ran 25.55 to finish 131st; Katie Hopkins and Richard Braid ran alongside each other For the whole 5k and both finished in 26.03 with Katie 137 Richard 138; Susanne Cooper 161st in 26.42; Lucia Tregellis 163rd in 26.52;

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Shelley Watson ran 27.26 in 180 place Brian Tregellis ran a PB of 27.37* to finish 187th; Jane Braid was 194th in 27.47; Tim Cooper running as a guide runner finished 198th in 27.59; Maryanne Eve having her first run over the course was 202nd in 28.23; Mary Tibbotts ran 28.44 to finish 212th; Helen Eve was 225th in 29.14; Mandy Hopkins was 280th in 31.30; Nita Bhanot 310th in 32.16; Mike Cusson 330th in 33.43; Today 395 ran

Ted Pepper 10k May 6th SCVAC Champ's Norman Pk.

Phil Cross finished 1st 0/55 (24th o/a) in 40.41. In a good entry of 245

Frimley 11th May Malcolm Vaughan finished 467th in 31.11

Rising Sun 11th May Louise Mills running 21.52 her best time this year finished 33rd out of 400. Louise running the course for the first time

Hazelwood 11th May Amelia Kermeen U/14 having her first run over this flat course and finished 30th out of 124

Homewood 11th May Barbara Rodriguez laid off for 2/3 weeks owing to a cold but returned to this toughie and finished 75th out of the 108 in a nice comfortable of 29.44

Banstead 11th May Julie Barclay and Paul Watt travelled to this very hilly course to celebrate Julies sister Vera 50th run and sister Janice's birthday. Unfortunately Julie tripped over a tree root and fell onto a tree log and is now nursing painful bruised ribs. Julie was 47th in 22.56; Paul 82nd in 25.27; Vera 138th in 28.00; Janice's daughter U/14 Olivia ran a PB of 31.01 to finish 185th; and birthday girl Janice was 1997th in 31.36; Today 264 ran

Brooklands 11th May We had six running an first to finish was James Thomas in 5th spot running 18.5; Ben Rolfe was 9th in 19.48; Steve Tait followed Ben into funnel placed 14th in 20.07; Aimee Billington was our first girl to finish in 20.31 and was 2nd lady (17th o/a) Aimee's course best being 20.14; Then our only member to run a PB today including all 7 fixtures was Duncan Rolfe who finished 40th in 22.10*; Lucia Tregellis 108th in 26.19

Woking 11th May The nearest to a PB was Lesley Baulk miss out by .03sec; Matthew Brenchley was 2nd o/a in 18.51; Mark Rose 3rd in just 3 sec. behind in 18.54; Craig Liam Sullivan 7th in 19.38; Justin Mitchell was 7th separated by only 2 sec. from Craig in 19.40; Then young Charlie Cunningham chasing Justin to finish 8th in 19.40. That's three bunched within 5 sec. of each other, nice one lads; Kylara Hassall was 1st lady (17th o/a) in 20.49 warming up for the Stains 10k next day; Ben Golding was 21st in 21.01; Jacqui Musselwhite having her first park run in 5/6 weeks finished 53rd in 22.47; Michael Ball was 110th in 25.14; Matt Gough was 112th in 25.23; Followed by Lesley Baulk who just missing

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her best time ever by 3 sec. But still keeping under 30.00 today was 185th in 28.38 Best time being 28.35; Helen Eve also running under 30min finished 203rd in 29.16; Club Friends Tim Cooper was 100th in 24.48; Susanne Cooper 146th in 27.06; Shelley Watson 196th in 29.03; Nita Bhanot 261st in 32.14 equalling her PB.

Bracknell 5k May 18th Jo Payne having her first run here finished 1st lady (11thn o/a) in 21.35; Today 380 ran

Homewood 18th May Lucia Tregellis was our lone runner and finished 12st lady (12tho/a) out of 110 in 22.01;

Rushmoor May 18th Stephen Blake kept his record of never being beaten over this course and today, was 1st out of the 669 in a time of 16.25 the course 30/34 age group record being 16.11 next time Stephen

Basingstoke 18th May Malcolm Vaughan was tail runner (also a runner's guide) and managed to get round in 36.48 to finish 438th

Brooklands May 18th A point of interest for the ladies THE COURSE RECORDS for 35 to 59 are held by Woking Jo Payne 35/39; Aimee Billington 40/44; Laura Hales 45/49; Kay Trinder 50/54; Julie Barclay 55/59, and two men Chris Dyson 30/34; James Thomas 40.44; Today's runners were 0/50 Steve Tait who finished 10th in 19.40; Aimee Billington 2nd lady (16th o/a) in 20.25; Laura Hales having her first outing here, and it took Laura 20.46 to break the 0/45 course rec. held by Kay Trinder. Laura was 4th lady (18th o/a); Today 252 ran

Woking May 18th Simon Egan had a nice clear run over the first lap then his body swerve experience came in handy weaving thro' 385 others to finish 2nd in 17.36; Shaun Waters keeping in Simons wake to finish 4th in a PB time of 18.20; Ben Golding was 10th in 19.16; Charlie Cunningham 12th in 19.22; Then Ben Rolfe in 13th spot running 19.27; Andrew Collings having his first run for 5/6 weeks and still in good shape finishing 1st 0/50 (34th o/a) in 21.12; Duncan Rolfe was 52nd in 22.26; Tom Peters was next in 93ed spot running 23.54; and in 129th position Matt Gough ran 25.03; Mary Raleigh finished 219th in 28.27; Mandy Hopkins ran 32.34 and finished 306th; Kathryn Hitchings 328th in 34.32; With Shelley Watson 237th in 29.09; Nita Bhanot 299th in 31.53 PB; Mike Cusson 308th in 32.46;

The next 11 are 25th May results.

Basingstoke Emilia Kermeen running the course for the first time finished 198th out of 616 in 26.06

Frimley Laura Hales on a jog along run before the Vitality 10k on Mon. Laura was 135th in 24.31

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Swindon Matthew Brenchley joined the 535 others and finished 10th in 19.08 course best being 19.00

Barnstaple Aimee Billington finished 1st lady (14th o/a) even though having her first run over the course in 20.29 Today 247 ran

Alice Holt Sarah Bishop trying a different park run as Stoke park was off. Sarah's first attempt over the course and finished 81st out of the 361 in 25.47

Fareham 5k Malcolm Vaughan ran a course PB of 30.41 (by 9sec.) Malcolm was 178th out of 308

Rushmoor Owing to the army using the normal arena the course was run over the organised PLAN "B" course, most seemed to like it. Starting along canal path with a turn round loop before returning to the path then head in the opposite direction to another turn round then back along path to first turn around point to the finish in the wooded area Times not affected. No buggy chairs or dogs permitted.

Julie Barclay and Paul Watt running this course for the first time liked it Julie was 2nd lady (36 o/a) in 22.27 With Paul finishing 101st in 25.26 Today 443 ran

Holmewood Lucia Tregellis finished 1st lady (6th o/a) in 21.23 Lucia's course best being 21.21 (nearly a PB Lucia). Then David Sigerson and Jonathan Mellor back running together for the first time in 2/3 months but still training/racing together David just piped Jonathan today by one sec. David was 32nd in 25.47; Jonathan 33rd in 25.48

Brooklands Exactly 300 ran and our first home was U/14 Martin Sunderland on his first attempt found his way round quite easy by finishing 1st in 18.14; Steve Tait who was 12th in 20.12; In 34th spot was Jimmy Brown who went along to retrieve his 0/65 course rec. as it would be his last chance owing to changing age category. Jimmy succeeded with a time of 22.09 a course PB and age course rec. With Richard Baggott having a gentle run before nipping off to be best man at brother Michael's wedding, also Ramona Thevenet who was reading a chapter during the service. Both running the course for first time, their normal Bushy park run would be a rush to get to church on time, Richard ran 18.10 Ramona 26.01.

Woking This being a special event today for Michael Baggott who was having his last run as a single man, Michael was getting married at 12.00 noon at St. Peters Old Woking; So best wishes from ever one Michael and Claire. I am sure Simon Egan willingly let Michael push in front of him on his special day to nip home to dress more appropriately. Michael was 21st in 20.08 Good Luck Michael; Simon may get a piece of cake ? Simon finished 1st 0/45 (3rd o/a) on 17.34; We then finished 7/8/9th with Ben Goddard chasing hard on Simon's heels to finish 7th in 18.52; Justin Mitchell even closer almost in Ben's shoes a nice little battle but missed by 2 seconds Justin was 8th in 18.54; Well done lads. Next along was Mark Rose who finished 9th in 19.02. Then the 1st lady and our first lady Kylara Hassall (12th o/a) in 19.40; Mike Waine 1st 0/65 17th o/a) in 19.56; In 19th spot was Ben Goddard in 20.04; Then one behind in 20th place was Craig Morton in 20.06; With bride groom Michael

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Baggott next in 21st and running 20.08; Duncan Rolfe 49th in 22.14; Charlie Cunningham ran 25.12 to finish 133rd; Ben Golding was 152nd in 25.28; Matt Gough 172nd in 26.22; Tim Cooper 215th in 27.45; Helen Eve finished 252nd in 28.51; Mandy Hopkins was 308th 31.30; Emilia Waztdrag 310th in 31.34; Mike Cussan was dead heat in 31.34 but 311th; Then our only PB runner Kathryn Hitchings who finished 350th in 33.53 well done Kathryn

XC Results

Speedbirds 5k May 8th Heathrow

A really miserable rainy evening, but luckily the rain stopped while the race was in progress This event gets more popular yearly and 71 ran today. Julie Barclay running for BA finished 5th in 22.18 over a good testing course to finish 2nd BA girl and this is the first time in the 12 years of running it, that the BA girls have won the 1st team prize

Mabac 19th May Farnham Pk. A hard place to find but a comfortable out and back 4.9mile course. There was only 91 running and our first home was Aimee Billington who was 2nd lady (9th o/a) in 35.5 Fred Golding 27th in 39.14; Ramona Thevenet 56th in 44.39; Barbara Rodriguez out and enjoying the fresh air after a couple of weeks nursing a cold today was 71st in 49.19; Then Malcolm Vaughan assisting another runner and both ended up 90th in 61.55 but not last as Mabac Sec. Ken Saunders escorted them to ensure all went well So Ken maybe for the first time in his life finished last in 91st in 67.13;

T&F Fixtures

Sat. 15th June SAL Chelmsford
Sun 16th June WESSEX Oxford
Sun. 23rd June YDL (Lower) Winchester
Sun. 30th June YDL (upper) Kingsmeadow
Sun.30th June Wessex Lge. Oxford

Road Fixtures

Sun. 2nd June Dorking 10mile
Sun. 16th June Richmond 10k

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