



COCKCROW Woking AC News

MARCH
2019

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Editorial

The annual AGM of WAC is Friday 8th Mar. At Park View Community Centre Sheerwater GU21 5NZ Starting 19.30

Attention of Woking AC re Melvin Page (From Fred Bell)

Over the past 18 months a past Woking AC member, Melvin (Mel) Page, has been in regular contact with me ,due to his interest and regular visits to the clubs website (Mainly

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Cockcrow) he discovered that his 2 hours, 21 minutes and 13 seconds 1984 London Marathon result had not been acknowledged as the senior men's record.

This is, by far, the fastest of any Woking AC athlete at the marathon distance; in fact there have been 4 faster times achieved than the current listed record-Mike Waine (V/40), Mike Bott(V/40) and Bob Roath (senior men 2.27, achieved later than Mel's 2.21.13)

It is quite possible that there could be other unregistered records achieved during the period prior to Tom Rowley taking charge of collating club's records as the person in charge beforehand left few details for Tom to work with. Tom diligently took on board as much information as possible and, as we are fully aware, could only do what he did with what he had been given or was made aware of.

I wish to propose that Mel Page's marathon time of 2.21.13 is fully acknowledged and appropriately recorded. Also Melvin's other records not recorded. Both run in 1984 In the Mitcham 15 mile he ran 1.16.42. And in the Stafford 20mile ran 1.45.00. Both presently held by Bob Roath

Yours in sport Fred Bell (19/2/2019)

Fred has shown me the full data of Mel's times on his mobile as I do not have a ipad or mobile I cannot check lots of interesting info, I will plod along until someone volunteers to take the job on having often asked around over the past year if anyone is keen but there has not been a big rush so I will just keep checking all known results and I appreciate the help I get from Craig Holder/Dave Hunt/Nick Phipps/Mandy Hopkins/Jaydee Peters/Andrew Collings. **Thanks to everyone** I appreciate this very much.

Missed result

I missed George Hopkins result competing in the U15/17 S. of. E Indoor Champs at Lee valley on the 13th Jan. George won a Silver medal in the PV event with a PB vault of 4.20 and was 6th in the HJ with 1.85.

Also for those interested, The Woking News & Mail now print Every local sports result of two full pages including the first 40 finishers in the Woking/Homewood and Brooklands park runs

Club Records

David Awde ran 200m at Lee Valley on the 16th Feb. in the Metaswitch Indoor Games in 23.32 This is new S/M club rec. (No previous)

Bob Bradbury Broke the club 0/65 ½ marathon rec. by running 1.22.09 in the Thorpe ½ Mara. on 24th Feb. Previous was 1.34.48 held by Jimmy Brown since 2016

Adrian Brookes Broke the 0/55 ½ Mara. on the 24th Feb in the Wokingham ½ Mara. by running 1.23.19. Previously was held by the late Des Yearbsley since 1983 (36 years)

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Malcolm Vaughan Created a new 0/75 ½ Mara. record by running 2.06.52 in the Wokingham ½ Mara. On the 24th Feb.

PBeez *denotes course

On the 13th Jan. At Lee Valley in the S. of E. U15/17 indoor Champs George Hopkins Vaulted 4.20

Lesley Baulk ran 29.23* in the Brooklands 5k on 2nd Feb.

Duncan Rolfe ran 23.56* at Brooklands on 9th Feb..

On the 16th Feb. At Lee Valley in the Metaswitch Indoor games David Awde ran 60m in 6.63 and also the 200m in 23.32

On 16th Feb. in the Brooklands 5k James Thomas ran 17.37

On the 16th Feb. in the Stoke Park 5k Georgie Furze ran 21.43*

On the 16th Feb. in the Woking 5k Lesley Baulk ran 28.35

On the 17th Feb. in the Chessington 10k Kay Trinder ran 41.34 (0/50); Aimee Billington ran 41.37. (0/40)

On the 17th Feb. in the Bramley 10 mile Tom Peters ran 1.22.52

On the 17th Feb. in the Bramley 20 mile Adrian Brookes ran 2.23.06 (0/55) and Kim Warner ran 2.50.44 (0/55)

Brooks Serpentine 5k on 22nd Feb. Ben Goddard ran 15.53;

On the 23rd of Feb. in the Brooklands 5k Duncan Rolfe ran 22.53* and Claire Johnston ran 24.04

On the 23rd Feb. in the England indoor champs George Hopkins cleared 4.10 in the PV event And Tyler Panton ran 60m in 7.04

At Woking on 23rd Feb. Joseph Walters ran 20.50*

On the 23rd of Feb. in the Homewood 5k Jonathan Mellor ran 22.56* and David Sigerson ran 24.28*

Aimee Billington ran 19.55 (0/40) best at Bushy on the 23rd of Feb.

Bakewell park run on 23rd Feb. Valerie Mills ran a 0/60 best of 27.59

In the Thorpe Park ½ Mara. on the 24th Feb. Bob Bradbury ran 1.22.09

In the Wokingham ½ Mara. on the 24th Feb Adrian Brookes ran 1.23.19; and Malcolm Vaughan ran 2.06.52

XC Results

Border Lge. 3rd Feb. Guildford. A small turn out of 10 youngster's.

U/11G. Lola Roake was 5th in 5.51; Sophie Price 36th in 38; Eliska Welch 45th in 6.49; Isla Hanif 79th in 7.36.

U/11B. With 170 entries it was ran in two groups. Luca Lupi ran in the first group and finished 9th out of the 96 in 11.20

In the second group of 76 Oscar Sinnett was 17th in 11.36; Drew Jones 52nd in 12.46. Jack Dormor 67th in 13.12.

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U/13B. Harry Hudson 19th in 13.17 (39 ran).

U/15B. Ben Golding was 11th out of 24 to finish in 18.32.

Boys Surrey Lge. 9th Feb. Lloyds Park We had 5 lads running out of the combined total of 168 of all three age groups. Their race was after the two previous races so well and truly churned up with mud. One race of 2.5k distance

U/13 Teddy Gannon our lone runner among 46 other U/13s lads Martin came 23rd in 16.36

U/15 Martin Sunderland was 18th (o/a) in 15.08; Joshua Williams was 22nd (55th o/a) in 15.50; Leo Basi 38th (109th o/a) in 17.54 Combined total of all three age groups was 123.

U/17 Shaun Waters was 18th (71st o/a) in 16.20

Men's Surrey Lge. 9th Feb. Lloyds Park

Congratulations to Peter Doveren and the excellent squad he has gathered and motivated into winners of Div.3. And the spirit and banter the lads have formed encouraging and even competing against each other knowing it will help both benefit. Well done lads and looking forward to next season. Just stick together.

Unfortunately regular supporter Dave Middleton had to miss the final fixture owing to feeling under the weather but wife and unofficial lucky mascot Gina was still present and driving the nasty journey to Croydon **BUT** ! Not alone as Chairman Ian Deaves had been to a ladies fixture before Christmas, and vowed to see the men So this was his golden opportunity (Not being familiar with the venue) And Ian chose the perfect fixture seeing the men gain promotion and on hand to congratulate each one, that Peter and his team appreciated. Peter and each member personally thanked Gina for regular support and help Although finishing 2nd today the team had built a massive points advantage prior the this fixture so still gained promotion As usual Div. 3. and 4 ran as one race. Making a total today of 285 Div. 3 had 143; Div. 4 had 142;

Today the **"B"** was 5th having 4x69.5 penalty points added having only 6 running

Also today Simon Egan was 1st 0/40 and Mike Waine 1st 0/60. Over the season Ben Goddard finished 1st (Champ) Stephen Blake 3rd; Simon Egan 1st 0/45 (But 3rd 0/40)

The o/a individual positions in (Brackets)

Results. Ben Goddard 2nd (2nd) in 28.46; Stephen Blake 5th (5th) in 29.47; Simon Egan 10th (11th) in 30.29; James Gamble 17th(21st) in 31.01; Stephen Leigh 19th (23rd) in 31.04; James Thomas 25th(36th) in 31.49; Matt Winn-Smith 25th (38th) in 32.05; Alex Mogford 41st (50th) in 32.57; Matthew Blenchley 44th (65th) in 33.16; Mark Rose 53rd (89th) in 34.26;

The "B" team. Steve Tait was 70th (123rd) in 35.55; Mike Waine 80th (146th) in 36.45; Ross Fairbrother 100th (180th) in 37.52; Matthew Gough 108th (199th) in 39.09; Peter Doveren 110th (206) in 39.44; David Sigerson 136th (279th) in 48.42;

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Surrey Ladies Lge. 9th Feb. Richmond Park

We had no U/13s running. And in the U/17 a full team that finished 3rd out of the 11 teams. We did not arrive until they were finishing the 2.5 mile course and saw Martha Collings entering the funnel in 7th place running 17.21; Then Ciara Mulvihill in 35th place running a time of 19.46; Sarah Eve was 65th in 22.23; Followed by Bori Szegedi who was 66th in 24.09,

A great turnout of 14 seniors and all determined to push each other to gain promotion and today increased their ambition by winning the 3rd fixture. With team manager Mandy Hopkins running up/down the final 200m 14 times encouraging each member. The feedback from several members that the surface was nice and firm, with quite a few tree routes in the wooded area that caused some to fall and the gale force wind was against you going up the hills and when out in the open spaces it was blowing in every direction. The strong wind being the hardest to deal with for over the 5mile 2 lap course. Jo Payne finished 2nd after one of the best races Jo normally goes off easy and gradually increases pace but today went off with the eventual winner and both stayed together for a mile with Jo losing contact before the end of the first lap but kept her 2nd place and with 200 to go the 3rd girl almost drew level, but Jo showing her secret **“GO”** sign in her eyes found an extra gear and just flew into the funnel; Georgie Furze although a doubtful starter was determined to help gain promotion found her steady strong pace good enough to finish 4th; Jaydee Peters not a XC lover and with the team spirit sky high wanted to be one of the **“A”** team scorers by putting in every ounce of energy to finish 9th (1st 0/40) and third scorer; Katie Hopkins now settled in as a senior and able to stay among the best to finish 13th; Lucia Tregellis showed her hidden strength mastering the final ½ mile ascending drag looking so relaxed and with 300m to go just flew past 2/3 runners and finished just one second behind Katie, Lucia's park run warm up at Brooklands earlier worked today, Well run Lucia

The “B” team was lead home by Aimee Billington who with Kay Trinder both trying to stay in Lucia's slip stream. Aimee and Kay are now becoming firm equally paced friends that benefits both of them. Today Aimee was 19th with Kay finishing 21st; Lisa Fauch a regular and reliable team member ran with the same enthusiasm even though trouble with her breathing problem during the cold weather so also carries her inhaler to assist and allow her to continue having a run and still being involved, Lisa ran cautiously to finish 26th and passing me with her usual smile; New member Suzanne Hadwen adding strength to the XC team and looks like's settling in quickly by finishing 54th; Then Claire Johnston **“B”** team 5th scorer and finished 96th over this undulating course but whatever the conditions and terrain Claire has never failed to finish; The very important back-up members to any XC team and the strength of our four very encouraging to Mandy and other members. Fiona Caruth always present over the past two years and another member who will always guarantee to finish any testing course and today was spot on 100th; Ruth McHutchon now back as a regular XC member and manages to conquer without any fuss in her own comfortable pace and today finished 119th;

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Jane Braid has become a very experienced competitor never showing any nerves before an event and has a very relaxed style almost making it look easy and today entered funnel 177th; Lesley Baulk beginning to run regular park run PBs and it is paying off and showing over the longer XC distances today ran the final ½ mile ascent without labouring to finish 181st. Today 227 finished

Full results. "A" team Jo Payne 2nd in 34.27; Georgie Furze 4th in 35.17; Jaydee Peters 9th in 35.53; Katie Hopkins 13th in 36.45; Lucia Tregellis 14th in 36.46; Team finished 1st.

"B" team Aimee Billington 19th in 37.12; Kay Trinder 21st in 37.29; Lisa Faunch 26th in 38.18; Suzanne Hadwen 54th in 40.26; Claire Johnston 06th in 43.57; Team finished 7th
Fiona Caruth 100th in 44.11; Ruth McHutchon 119th in 45.36; Jane Braid 177th in 52.08; Lesley Baulk 181st in 53.01;

After every one had finished I wobbled back to the funnel but Kay and Lesley were the only two there as everyone else had seen the big black cloud approaching and quickly dashed to their cars. But Jo had just gone for a warm down around the common and must have been somewhere out in the middle of the common when the rain dropped but knowing she is as strong a swimmer as runner had no doubt that she was safe. I dashed to Kay's car just in time. With the final fixture at Lloyds Park on March 2nd Good luck girls. If the lads can win promotion show them "so can you". Both sections being promoted in same season would be marvellous and a first time ever history in the making ??

National Champs 23rd Feb. Leeds

We only had four making the journey to Leeds

No M/L seniors competed.

U/20 Katie Hopkins ran 6k to finish 70th out of the 129 in 24.51

U/17 Charlie Cunningham ran the same 6k course and finished 253rd out of 272 and ran 24.43

U/15 Martin Sunderland ran 4k in 15.51 to finish 179th out of the 346 that ran

U/17 Martha Collings unfortunately at 4k after suffering severe stitch for over 2k wisely withdrew and walked off. Obviously very disappointed. But with the CAU inter-counties and English schools events in the next 4/5 weeks, a good decision by Martha.

Border Lge. 24th Feb. Aldershot

Unfortunately NO results had appeared on web up to 28th Feb. (in next issue)

Road Results

Windle Valley 10k Jan. 26th

Only 14 ran on this very cold morning with Laura Hales running with former member Jenna Tarrant who ran 44.08, and Laura ran 44.44 after dropping back to assist her friend

Brooks Serpentine 5k Fri. 25th Jan

Ben Goddard often finds time in his dinner break to run this last Friday in the month event. Today Ben ran 16.26 to finish 6th out of the 266 that ran

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Woking 3 mile Wed. 6th Feb.

A good winter turnout of 22. And we had six running and our fastest was Kay Trinder also the fastest lady in 18.55; Michael Baggott was our fastest male in 20.26; Duncan Rolfe having his second outing over the course ran a PB time of 21.16; Jacqui Musselwhite ran 21.31. Malcolm Vaughan running 25.48 his fastest for two years; Lesley Baulk now retired had a few spare minutes so was trying the event for the first time And ran 26.05 Lesley liked the course and will return (For a PB). Fastest man was Richard Baggott in 17.00

Worthing ½ Marathon 10th Feb.

Kim Warner was our only entry in this normally breezy coastal event but today no breeze a just near gale force strong wind blowing. So it was a careful judgment of pace or end up struggling out of the 1405 finishers Kim was 464th in 1.46.15 A pace Kim could run all day long quite easy

Bramley 20/10mile 17th Feb.

In the 10 mile event 743 competed. Stephen Blake finished 10th in 56.26; Matthew Brenchley was 65th in 66.54; And Tom Peters knocked 90 sec. off his best 10 miler running 1.22.52 to finish 267th. Tom's previous best was 1.24.20.

In the 20 mile Adrian Brookes lead our five members home running a 0/55 PB time of 2.23.06 to finish 123rd; Laura Hales who had spent 5 days in bed with flu two weeks ago ran cautiously to finish 167th in 3.30.25; Lisa Faunch wisely carries her inhaler during the cold weather and runs according to the temperature today running below par was 242nd in 2.39.35; Kim Warner ran a 0/55 PB time of 2.50.44 to finish 339th out of 633 Kim slightly focussed on the Comrades ultra later in year; Mary Tibbotts has no problems running a 20 miler and preparing for the London in 10 week's time and her time today of 2.57.36 very encouraging and finished 408th.

Valentines 10k Feb. 17th Chessington

We had two ladies running this popular tough hilly 10k Aimee Billington and Kay Trinder both ran together all the way with Aimee running a 0/40 PB time of 41.37 to finish 1st 0/40 (62nd o/a); Kay had the same success by running a 0/50 PB time of 41.34 and also finished 1st 0/50 (63rd o/a). The ladies age group prizes are 35/44--- 45/54 etc so tough for our girls being in the middle of their group Today 423 ran

Brookes Serpentine 5k Feb. 22nd

Ben Goddard a regular in this lunch time event ran a life time best of 15.53 to finish 4th; Kay Trinder also quite a regular finished 1(one) second outside her best 0/50 time by running 20.00 . Kay's best 19.59 with age graded of 85.4% There was 306 finishers

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Thorpe Park ½ Mara. 24th Feb.

We only had two running out of 845 and both came away winners.

Bob Bradbury ran a life time PB time of 1.22.09 at the age of 65 (Must be UK Ranked) Bob finished 1st 0/65 (30th o/a). This also breaks the 0/65 club rec. Jo Payne decided to run after having tummy trouble for 4/5 days and over this undulating course finished 1st 0/35 (51st o/a) and 2nd lady in 1.25.41. Former member Wendy(Davis) Cudmore finished 228th in 1.43.09. Wendy now with Windle Valley

Wokingham ½ Mara. 24th Feb.

Adrian Brookes was leader of the pack and ran a life time PB plus broke the 0/55 club rec. to finish 181st out of the 199 that ran. A nice day at the office Adrian Steve Tait was our next home in 254th place in a time of 1.26.26; Then our first lady Laura Hales finishing 378th in 1.30.51; Lisa Fauch followed Laura into the funnel in 1.35.31 to finish 513th; Kim Warner having an easy journey from home this week and finished 915th in 1.44.08 Kim was back home before the last runner finished; Graham McMahon closely followed Kim by 44sec. to finish 985th Graham's longest run for 6/7 months. Malcolm Vaughan 0/75 created a new club record by running 2.06.52 to finish 1596th

Off Road Results

The weather on Feb. 2nd was the cause of many park run's being cancelled also runners times slower than usual by running to suit the surface conditions. The number of entries were also lower throughout the UK

Homewood 2nd Feb. Mike Waine wisely chose not to travel so just ran the mile from home to his local 5k. Mike was our only member among the 106 that ran and finished 14th in a safe below par time of 23.48

Bushy 2nd Feb. Christine Flynn using her experience running in all kinds a conditions ran with care to finish 683rd in 27.44. Entries were 1267

Frimley 2nd Feb. Soft 2/3 inches of snow covered the course but organisers thought it safe for the 322 to have a jog around and advising them to run easy, and no injuries reported after run. Julie Barclay took his advice and had a gentle run to finish 110th in 26.15; Malcolm Vaughan ran cautiously to finish 222nd in a modest 31.56; Paul Watt on his comeback walking schedule that seems to be the answer to his leg problems. Over the past 3 weeks Paul's walk times have moved from 51.50/44.57 and today 39.20, that is a 12.30 min. improvement a very encouraging feeling to continue his satisfying schedule

Brooklands 2nd Feb. A low entry of only 185. And we had six running.

Ben Rolfe was our leading runner finishing 11th in a casual time of 21.18; Lucia Tregellis treating the surface with care finished 22nd in 22.28; Jimmy Brown having a morning jog around in 24.31 to enter the funnel 51st; Duncan Rolfe also lowered his pace to a safety one ran 25.45 to finish 64th; Mary Tibbotts aware of the tricky surface was 84th in a safe 27.39;

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Then in 109th place was in form Lesley Baulk And after running her life time best of 28.48 at Woking during January and with Woking cancelled headed to Brooklands feeling confident ran a course PB of 29.23*. Nice one Lesley

Woking 9th Feb. Many missing members owing to two XC fixtures. But we had nine running but no PBs. Phil Cross was our leader and finished 11th in 20.16; Then 1st Lady Jaydee Peters (19th o/a) who ran 21.18 and then dashed to Richmond to run the Surrey ladies league fixture; Ben Golding was 20th in 21.55; Charlie Cunningham 45th in 22.59; Jonathan Mellor ran with his son Isaac who finished 59th in 23.36 to dad's 69th place in same time of 23.36; Tom Peters was 69th in 23.46 Jimmy Brown was 1st 0/65 (79th o/a) in 24.00; and then tail runner Lesley Baulk who saw the 344 home safely then also dashed away to run in the ladies Surrey lge. at Richmond but definitely not as the tail runner

Frimley 9th Feb. A very strong wind was a sign to slow down for a change. And Laura Hales returning from a heavy cold wisely ran a comfortable pace to finish 125th in 24.27; Mary Raleigh also chose a pace to suit conditions and ran 28.52 to enter the funnel in 278th spot; Malcolm Vaughan well experienced in these windy events ran a very impressive time of 29.22 even with the strong winds blowing across the open spaces and he finished 297th out of the 547

Brooklands 9th Feb. A below average entry of 270. And out of our three members Duncan Rolfe was our leader running a course PB time of 23.56* to enter the funnel 46th; With Lucia Tregellis next in 24.55 and placed 63rd having a casual run as she was heading for the ladies Surrey lge. straight after; Valerie Mills nursing a slight knee niggle was 150th in 30.10

Homewood 16th Feb. Out of the 107 that finished Mike Waine was 1st /60 (7th o/a) in 21.30

Bushy Park 16th Feb. Christine Flynn was also our only runner among the 1291 finishers and finished 550th just one second outside her 2019 target with a time of 26.01

Rushmoor 16th Feb. An average entry of 461. And this could be the last run on this course for a while owing to the army commitments. The run will still be organised but over a different course (believed to be along the canal path) ?? But today we had two running and Mark Gillingham having been running just one lap for 4/5 weeks today was Mark's second attempt running the full 5k course and running nice and relaxed and confident finish 99th in 23.47 the previous week ran 23.24. Julie Barclay having ran 36.?? from home and making her 1hr schedule time up by running 23.59 six places behind Mark in 105th

Stoke Park 16th Feb. Georgie Furze ran a course PB time of 21.43* and finished 43rd out of the 445 that ran;

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Frimley 16th Feb. Laura Hales having an easy jog prior to running the Bramley 20 mile next day and entered the funnel 115th in a time of 24.33; And likewise Matthew Blenchley also running the 20 miler next day followed Laura to finish 123rd in 24.51; Mary Raleigh was 248th in 28.28 (or was it 28.28); Malcolm Vaughan was 1st 0/70 o/a) in a very pleasing 29.03; Keith Hull was 138th in 25.25 (or 25.25 you have a choice Keith)

Brooklands 16th Feb. We had six running with James Thomas again lowering his 0/40 course rec. by running 17.37 this also James's fastest park run time ever and today finished 2nd; Phil Cross having his first run over the course finished 12th in 19.45; Jimmy Brown was 1st 0/65 (43rd o/a) 22.54 Jimmy's best time this year; Lucia Tregellis who often has a tours the local park runs for a change of scenery today finished 60th in 24.21; Sprinter Michael Ball continues his winter training runs was 74th in 25.24 well below par for Michael; Point of interest, finishing in 10th place was former international Nick Sirs now 0/60 and today ran 19.38

Woking 16th Feb. A good entry of 325 to keep time keepers/marshals busy. We had 12 members and 4 club parents/friends. Steve Tait was our leading runner and finished 8th in 20.05; Then 1st lady o/a was our Katie Hopkins in a time of 20.27 and 14th spot; Jaydee Peters running relaxed before competing in the Bramley 20 mile next day. Today was 3rd lady (20 o/a) in a time of 20.59; Then three young members lead home by Joseph Walters who was 24th in 21.04 and just behind in 26th place was Ben Golding in PB time of 21.11*; followed by Leo Basi finishing 30th in 21.58 all three nicely packed in the 21 min bracket; David Sigerson came into the funnel placed 60th in 23.44; And in 100th spot was Bori Szegedi running 25.03; Tom Peters running with ease owing to his first attempt running the Bramley 10 mile next day so wisely kept a nice comfortable pace to finish 148th in 27.37; Valerie Mills in a close finish with Lesley Baulk Valerie reached the funnel placed 164th in 28.25 with Lesley running a life time PB of 28.35 to finish 170th well done pace setter Val and Lesley for staying close; Mandy Hopkins finished in 274th spot running 34.36; Then club friends Shelley Watson (Charlottes mum) was 156th in 28.01; Nita Bhanot (Kavita's mum) was 249th in a PB time of 32.42; In 254th place was Mike Cussans running 32.56; Susan Corbin (Helena' mum) was 262 in a PB time of 33.46;

Frimley 23rd Feb. Malcolm Vaughan was amongst the mass of 611 that ran and finished 315 in a time of 29.33

Brooklands 23rd Feb. Three WAC members ran and two ran course PBs. But our first home was Ben Rolfe and placed 9th in 20.17; Then Duncan Rolfe must be pleased with his continuing progress with another course PB time of 22.53* to finish 38th; Also another PB for Claire Johnston now 0/50 getting faster and today ran 0/50 best time of 24.04 finishing 62nd out of the 266. Nice one Claire

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Homewood 23rd Feb. We had three running and two running course PBs.

The 1st lady Lucia Tregellis (9th o/a) in 41.49; Then the two running pals Jonathan Mellor who today flew round in a course PB time of 22.56* and finishing 15th and David not to be out done also ran a course PB 24.28* and finished 19th out of the 106 well done lads

Bushy Park 23rd Feb. Aimee Billington ran a 0/40 PB of 19.55 to finish 101st out of the 1495

Bakewell 23rd Feb. Derby Valerie Mills in the Derbyshire area ran this course for the first time and came away after running a 0/60 PB time of 27.59 and finished 258th out of the 400 that ran

California Park 23rd Feb. Berks. This being the very first time of the event and it attracted 392 and obviously ALL running a course PB including Matthew Brenchley who ran to finish 10th

Woking 23rd Feb. We had 20 running and four first into was Ben Goddard in 11th place in 20.02; Kay Trinder was 1st lady (22nd o/a) in 20.56; Joseph Walters our only member to run a PB today in 20.59 to finish 23rd; Laura Hales was 44th in 22.48 helping to pace Jimmy Brown who ran his fastest this year of 22.49 placed 46th; Tom Peters keeping everything even ran 23.00 and finished 50th; Followed by Jacqui Musselwhite who kept just ahead of Julie Barclay Jacqui was 56th in 23.11 and Julie 64th in 23.41; With Ciara Mulvihill next in 69th spot in 23.54; Tim Cooper was 81st in 24.23; Ruth McHutchon finished 108th in 25.09; Bori Szegedi very close behind in 25.33 in 122nd place; Susanne Cooper 123rd in 25.40 with Christine Flynn running 26.16 finishing 149th; Then Paul Watt having his first race since Dec.10th owing to injury but finished confident things are improving and ran 27.01 in 149th place; Barbara Rodriguez was 154th trailing Paul to finish 154th in 27.26; Richard Braid giving his injury a trail run after having his surgical boot removed and planned to run with wife Jane and feeling good decided to have a little sprint over the final 200m to finish pleased with his time of 28.05 in 162nd spot; but very close behind was Shelley Watson and Jane Braid. Shelley was 166th in 28.15 and Jane 167th in 28.17; Julie Barclay's sister Vera who had travelled from Croydon in the very misty conditions finished 184th in 29.04; In 249th place was Nita Bhanot just 11sec. outside her best in 32.53; Mike Cusson running his 100th run ALL at Woking finished 254th in 33.19 Mike now retired was a working colleague of Julie and Paul and family friend. The cold weather has been upsetting to his chest/breathing so limited training

Indoors Results

Brunel Jumps/Throws 3rd Feb. Uxbridge. David Awde and Clare Maurer competed in the same mixed gender PV group as each other. David finished 2nd with a vault of 3.80, And Clare was 4th with 3.50, 11 competed.

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British Champs 10/12th Feb. Birmingham

Clare Maurer completed in the PV and finished = 6th out of 13 by vaulting 3.80

Metaswitch Games 16th Feb. Lee Valley We had two competing David Adwe and George Hopkins. George was 2nd in the PV with a 4.03 vault and was 8th in LJ with a jump of 5.98; David ran in the 60m and in the first round was 4th in 7.63 PB and in the second round was 3rd 7.66; He was 1st in the 200m with a time of 23.32 a out/indoor PB plus was 4th in the same PV event as George and came 5th with a 3.03 vault.

Scottish National Combined events Champ's 16/17th Feb. Glasgow

Nick Phipps accompanied his son Jack and Kaspars Kazemaks to compete in the S/M Hept. There was 10 in the event with Jack finishing 2nd (Silver) and Kaspars 4th

Results.	60m	1000m	60H	HJ	PV	Pts.
Jack Phipps	6.88	2.58.65	8.65	1.74	5.07	5267
Kaspars Kazemaks	7.51	3.00.35	8.85	1.80	3.77	4550

Kaspars just missed his indoor HJ best of 1.81

England Athletics U/15/17/20 Champs 23rd Feb. Sheffield

George Hopkins finished 3rd (Bronze Medal) in the P.V. with a PB clearance of 4.10
Tyler Panton U/17 ran in the 60m And came 1st in HT. with 7.09 then 3rd in S/F running a PB time of 7.04. And in the final finished 7th in 7.06

49 To 40 PV meeting 24th Feb. Loughborough

Clare Maurer competed in the S/L PV event and finished 6th out the 9.
Jack Phipps was 1st in the S/M vaulting 5.16

Fixtures

XC Surrey Ladies lge. 2nd Mar. Lloyds Park final fixture. A full team required to secure promotion

Sun. 3rd Mar. Mabac Priory Park 11.00am

Sat. 9th Mar. CAU Inter-Counties Venue Prestwold Hall, Loughborough

Sat. 16th English Schools Champs Venue Chelmsford

Road. Sun 10th Mar Surrey ½ Mara. plus 5k and children's 2k run

Sun. 31st Mar. Mabac Cranleigh 15/21 Start 9.00am

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