



COCKCROW Woking AC News



MAY
2019

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In This Issue

Editorial
Club Records
PBeez
Road Results
T&F Results
Off Road Results
XC Results
Indoor Results
Fixtures

Editorial

I am sure every member wish Gina Middleton every success and enjoyment as President of the Surrey Athletics Association In her first official post at the Surrey County Champs on May 11/12th. When Gina will no longer be kept busy in her regular timekeepers job, but just as busy presenting awards Medals/Trophy's. And will be wearing her official chain of office. So nip along to Kingsmeadow on either day to help her enjoy the day (Bring your camera) for a selfie) **Good luck Gina**

May 2019

185th Issue Page 1

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A little hectic with four T&F meetings from 30th Mar. Till 13th April (2 weeks)
So any mistakes/missing PBs just tell me no problem to rectify

Park Run syndrome epidemic. On the 20th of April in the 9 park runs that we had members(s) running in
We had 26 running out of a total of 3,930

Club Records

Tyler Panton U/17 broke the 100m club record of 11.1 that has stood since 1963(56years) held by A. Cookham Tyler ran 11.0 at Windsor on 7th April. A.Cookham must now be 74 years old (is he still in area ?)

Martha Collings U/17 broke the 1500m club record by running 4.41.58 at Windsor on 7th April; Previous Rec. was 4.44.3 held by Lorna Vyse since 2001;

Martha Collings U/17 broke the 3000m club rec. by running 10.05.7 in the SAL meeting at Windsor on 13th Apr. Previous Rec. was 10.30.4 held by A.Hartley since 1996 (23 years)

Bob Bradbury 0/65 lowered his 5000m club rec. of 18.16.72 to 18.05.2 at Windsor in the SAL on 13th Apr. Bob Bradbury lowered his 5 mile road record at Battersea park on 16th April running 29.31; And

Kay Trinder ran 32.45 breaking the 0/50 rec. Previous rec. 32.46 held by Ramona Thevent since 2011.

PBeez (* Course)

At the Bracknell YA meeting on the 30th Mar. Indiana Marshall ran 75m in 10.21; Poppy Walters ran 300m in 42.46; Harry Hudson ran 1000m in 3.24.09; Joseph Walters jumped 4.26 in LJ;

Alexa Adams ran 754m in 10.8 + jumped 3.89 in LJ; Oscar Sinnett jumped 3.64 in LJ; Nate Jones jumped 3.35 in LJ + ran 600m in 2.02.42; George Robertson jumped 5.01 in LJ; Hayden Christian jumped 5.10 in LJ; Robbie Thomson ran 100m in 12.44; Matthew Smith t threw SP 7.88

In the Woking 3 on 3rd Apr. Bob Bradbury ran 16.48 and Duncan Rolfe ran 22.28

In the Folkestone 5k on 6th Apr. Kylara Hassall ran 19.26* (0/35)

In the Basingstoke open on 6th Apr. Matthew Smith threw SP 8.39 + Dis.25.14

In the Windsor Spring Open On 7th Apr. Tyler Panton ran 200m in 22.35 ; Kenneth Ball ran 100m in 11.98 + 200m in 24.26; Michael ball ran 100m in 15.18; Martha Collings ran 1500m in 4.41.58

In the Wessex Lge. on 7th Apr. William Harding ran 100m in 12.04 + 200m in 25.25; Harrison Onorati ran 200m in 24.21; Shaun Waters ran 400m in 61.75; Charlie Cunningham ran 1500m in 5.02.5; Matthew Smith threw Jav. 27.69; Hayden Christian ran 100m in 13.0 + 80H in 12.5; George Robertson ran 100m in 12.91;

May 2019

185th Issue Page 2

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Martin Sunderland ran 1500m in 4.37.0; Oscar Sinnett threw SP 4.45; Dylan Lewis ran 800m in 2.37.79; Lucy Eaton-Tribe ran 80H in 14.1; Neve Bradley ran 200m in 28.65; Alicia Kapotwe threw SP 8.32; Annabelle Thornton ran 100m in 14.22 + jumped 1.30 in HJ; Amelia Wazydrag jumped 3.14 in LJ; Alexa Adams ran 100m in 14.65 + 200m in 29.86; Alexis Brown ran 100m in 14.6 + 200m in 31.59;

The following was achieved at Windsor on 13th Apr. in the SAL. Ella Barker ran 400H in 68.3; Martha Collings ran 3000m in 10.05.7; Katie Hopkins ran 3000m in 10.45.1; Lucy Eaton-Tribe threw SP 6.68; Freya Kelly threw 4kg Ham. 23.07; James Gamble ran 5000m in 15.55.2; Bob Bradbury ran 5000m in 18.05.2 (CR) David Awde jumped 6.02 in LJ; Matt Winn-Smith 5000m in 16.35.3 (0/35); Bob Bradbury n/s 5000m in 18.05.2 (0/65 PB) and club rec. In the VAC 5mile (road) in Battersea Park on 16th April Bob Bradbury ran 29.31; and Kay Trinder ran 32.45

In the Rushmoor 5k on 20th Apr. Kay Trinder ran 20.07* (CR); Louis Mills ran 22.30*;

At Stoke Park on 20th Apr. Lucia Tregellis ran 20.24*

In the Woking 5k on 20th Apr. Craig Morton ran 19.47*

Chris McKeown ran 20.45 at Homewood on 27th Apr.

The following 10 was achieved in the London Marathon on 28th Apr. Stephen Blake 2.28.13; Ben Goddard 2.31.45; Simon Egan 2.34.00; Jaames Thomas 2.35.59; Matt Winn-Smith 2.41.49; Chris Dyson 2.51.05; Adrian Brookes 2.58.40; Grant O'Leary 3.01.47; Georgie Furze 3.05.06; Jaydee Peters 3.14.57 (0/40)

Missed March Results

Brooks Serpentine 5k Fri. 29th Mar Our regular three got very close to their best times. Ben Goddard finished 6th in 16.06 (Best being 15.53); Kay Trinder was 1st 0/50 (119th o/a) in 20.00 exactly the same time as last month Kay's best 19.59 (as a 0/50) and 19.41 as a teenage 0/45 ; Duncan Rolfe finished 191st in 22.39 Duncan's best being 20.35 way back in 2015 before his year of injury :: Today 293 ran

Windlesham 10k Mar. 30th Missed from previous issue Mike Waine finished 2nd fastest in 43.02

Cranleigh 15/21 mile 31st Mar. The pigeon with the final results arrived too late for last issue owing to traffic lights.

15 mile. We had five running and our first was Michael Baggott whose feet hardly touching the ground finished 11th in 1.45.26; With brother Richard in Michael's slip stream flying down the final ¼ mile in 16th place in 1.47.12; Kim Warner giving his legs a run-out before the Manchester marathon next week Kim was 82nd in 209.18; Then three almost tied together in a photo finish Mary Raleigh 143rd in 2.36.39 Ramona Thevenet 144th in 2.36.39 and Michael Warner 145th in 2.36.40. Mike's longest run for over a year. 189 finished

May 2019

185th Issue Page 3

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21mile There was more competing in the longer event with most having a final long run before running London.

And I must have Blinked as Chris Dyson flew past I just did not see him (I thought it was lightning) Chris finished 12th in 2.17.56; Then Mark Rose who appreciated the final descent into the funnel especially after 21 miles finishing 31st in 2.28.46 nice one Mark; Our two distance experts were next Lisa Faunch is back to her best nick named "The Flash" passing the 15 mile mark smiling and still smiling at 21 miles making it look a doddle Lisa finish 6th lady (39th o/a) in 2.31.43;

Training partner Laura Hales could see Lisa and came down the hill so confident/relaxed and in excellent form Finishing 1st 0/45(7th lady and 43rd o/a) in 2.32.59; Both Laura/Lisa London bound Good luck girls.

I missed Malcolm Vaughan's Surrey ½ marathons time on the 10th Mar.

Athletes marked with * are not shown on Power of10 so cannot check PBs.

Bracknell YA Open 30th Mar. If any are missing please let me know as they appear all separate on the web and confused my old brain. The B/G Long Jump events were made into two Pools

U/11B Caden Rogers-Everitt *1st 600m in 1.56.53;

U/13B Laith Freeman 6th in LJ with 4.01; Fin Jones* 12th in LJ with 2.83; Joseph Walters 2nd in LJ with 4.26 PB; Nate Jones 12th in LJ with 3.35 PB + 5th 100m in 15.42 + 8th 600m in 2.02.42 PB; Oscar Sinnett 7th in LJ in with 3.64 PB + 3rd 200m in 30.35; Harry Hudson 5th 1000m in 3.24.04 PB;

U/15B George Robertson 1st in HJ with 1.55 + 4th in LJ with 5.01 PB; Hayden Christian 3rd in LJ 5.10 PB; Matthew Smith 5th in SP with 7.88 PB ; Robbie Thomson 2nd 100m in 12.44 PB; Martin Sunderland 3rd 1500m in 4.38.77;

U/17B Charlie Terry 4th in HJ with 1.50 + 5th 200m in 25.79; Thomas Verrills 4th 100m in 11.89

U/11G Scarlett Brown 7th in LJ 3.64 PB + 3rd 200m in 30.35;

U/13G Indiana Marshall 1st in LJ with 4.47; Alice Clarke* 1st in LJ with 3.58 + 3rd 75m in 11.38; Alexa Adams 5th in LJ with 3.89 PB + 1st 150m in 21.72 + 75m in 10.8 PB;

U/15G Esther Ibiama 1st 100m in 12.78;

U/17G Poppy Walters 2nd 300m in 42.46 PB; Ella Stoner 6th 100m in 13.57; Neve Bradley 3rd in LJ with 4.64

End of March Results

Road Results

Woking 3 mile Apr. 3rd There was 25 running and the fastest male was Richard Baggott in 16.24 just one little second Outside his best time; The second fastest was a nice surprise Bob Bradbury maybe sharpening up for Staines 10k. I ask Bob why and he said "The last time I ran here was 2016 and I enjoyed so much I came again"

May 2019

185th Issue Page 4

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Bob started off a few seconds before Richard so a good target for Richard Bob's time 16.48; Duncan Rolfe slowly returning to form ran a PB time of 20.28; Valerie Mills having her first run over the course ran 25.35; Ramona Thevenet and Malcolm Vaughan ran and finished together in 27.57 but Ramona just piped Mal on the line. But Malcolm disagreed (So I disqualified him) until next month

Devizes ½ Mara. 7th April Malcolm Vaughan finished 389th in 2.13.35

Manchester Mara. 7th Apr. Kim Warner was our only runner and finished 5468th in 3.51.52
Over 20,000 ran

Brighton Mara. 14th Apr. Only six days rest and Kim was on the starting line again but the stiff sea breeze slowed him to a time of 3.55.55 to finish 2786th out of over 6.000 finishers

VAC 5 mile Apr. 16th Battersea A really big occasion for Bob Bradbury and Kay Trinder and both deserved a Bottle EACH (not Glass) of the best bubbly ever. Bob ran 29.31 the fastest 5mile ever since 2011 when he ran 29.34. Today Bob finished 1st 0/65 (8th o/a) three laps around the inside road of park. And lowered his club rec.

And Kay not to be out done by the other spicers ran her LIFE time best 5 mile time of 32.45 Also broke the 0/50 club record by 1 (one) second that has stood for 8 years. Previous rec. was 32.46 held by Ramona Thevenet since 2011. Former member Terry Booth finished 6th in 28.42 nice one Tel

Maidenhead 10 Mile 19th Apr.

Mathew Brenchley was 106th in 66.05; Laura Hales ran 1.10.12; Kim Warner finished 271st in 1.16.18;

Jane Braid running her first 10 mile event ran 1.37.44 to finish 754th; Malcolm Vaughan managed to get under the two hour with his troublesome knee running 1.57.51 to finish 1028

Runnymede Runners 5mile 25th Apr. Saviil Gnds.

Julie Barclay 38.28; John Coffey 48.41; Malcolm Vaughan 58.57. Weather windy Today 48 ran

THE LONDONERS 28th Apr.

A brilliant performance from our 11 men and 4 ladies. With 10 PBs among them
Trying to get this issue out ASAP before too deep into May.

Any little feed-backs will follow next time. A quick glance some very close club records look to be broken. One point of interest according to my old fashion hard copy there is no male 0/35 marathon rec. I will check on this, there are some excellent times ran. As it was Georgie's Furze birthday and her 10min OFF her previous time she is my STAR of the day

May 2019

185th Issue Page 5

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The other noticeable PBs will report next time. Stephen Blake finishing 56th out of 40,000 that is class running. All the girls popped into the marquee where Gina was working for a hug.

Full Results Stephen Blake 56th in 2.28.13 PB; Ben Goddard 120th in 2.31.45 PB; Simon Egan 168th (7th 0/45) in 2.34.00 PB; James Thomas 230th in 2.35.59; Matt Winn-Smith 519th in 2.41.49 PB ; Chris Dyson 1522nd in 2.55.05 PB; Mark Rose 1957th in 2.58.19; Adrian Brookes 2013th in 2.58.40 PB ;Grant O'Leary 2427th in 3.01.47 PB; Star/Birthday girl Georgie Furze 2777th in 3.05.06 **PB (Perfect Birthday)**; Steve Tait 2966th in 3.06.54; Laura Hales 3369th in 3.10.22; Jaydee Peters 4016th in 3.14.57 PB 0/40; Peter Doveren 3.30.39; Mary Tibbotts 1642nd in 4.04.54. Unfortunately Jo Payne had to pull out at the 21k mark owing to blisters making it painful to even walk. That's it until next time any incorrect times/lucky or unlucky story's

T&F Results

Basingstoke YA Open 6th April

U/11B Caden Rogers-Everitt was 1st (Gold) in the 600m running 1.54.34 + ran 12.43 in the 75m event + 4th in LJ with 3.10; Jack Dormer 1st (Gold) in LJ jumping 3.39 + 2nd in 600m in 2.04.86; Gabriel Anderson 4th 600m in 2.05.79;

U/13B Dylan Lewis was 6th in 100m final running 15.04 (ran 14.36 in Ht) + 5th 800m in 2.44.32; Oscar Sinnett was 7th in the 100m final running 14.83 (14.86 in Ht) 4th 800m in 2.42.93;

U/15B Matthew Smith 3rd in SP with 8.39 PB + 3rd in Dis. with 25.14 PB + 9th in Jav. with 25.96 Hayden Christian 1st (Gold) in the 80H running 12.68 PB

U//11G Scarlett Brown was 3rd in 75m final running 12.19 PB (12.49 in Ht) + 8th in LJ with 2.82

U/17G Victoria Smith 3rd 200m final in 26.87(27.02 in Ht); Ella Barker 4th 80H in 13.18; Poppy Walters 1st (Gold) in 300m in 42.74 + 1st (Gold) in LJ with 5.01PB

Wessex Lge. 7th Apr. Swindon

U/17B Thomas Verrills 2nd 100 in 12.24 + 1stB 200m in 24.65; Shaun Waters 4th 400m in 61.75 PB + 3rd 1500m in 4.49.3; William Harding 1stB 100m in 12.04 PB + 2nd 200m in 25.25 PB; George Hopkins 1st in HJ with 1.80 + 2nd in SP with 11.04 Charlie Cunningham 3rdB 400m in 67.86 + 3rdB 1500m in 5.02.5 PB; Harrison Onorati n/s 100 in 11.92 + n/s 200 in 24.21 PB; Matthew King 5th in LJ with 4.50 + n/s 100m in 12.57 + n/s 200m in 24.94. The 4x100r Team was 1st in 48.3

U/15B Hayden Christian 4th 100m in 13.0 PB + 2nd 80H in 12.5 PB + 1st in LJ with 5.03; George Robertson 1stB 100m in 12.91 PB + 1st in HJ with 1.55 + 1stB in LJ with 4.96; Leon Lafreniere 1st 800m in 2.16.16; Marin Sunderland 4th 300m in 46.95 + 2nd 1500m in 4.37.8 PB; Teddy Gannon 2nd in SP with 9.28 PB + Dis. 26.2 PB;

May 2019

185th Issue Page 6

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Matthew Smith 1stB in SP with + 1st in Dis. with 25.11 + 2nd in Jav. with 27.67 PB. The 4x100r team was 1st in 51.32.

U/13B Laith Freeman 2nd 100m in 14.20 + 3rd 200m in 30.41+ 1stb in LJ with 3.95;

Oscar Sinnett 1stB 100m in 14.9 + 2ndB in LJ with 3.53 + 3rdB in SP with 4.45 PB;

Dylan Lewis 1stB 800m in 2.37.79 PB + 1stB in LJ with 1.10 + 3rd in SP with 4.83;

Luca Lupi n/s 1200m in 4.10.0 + 5th 1500m in 5.20.08 + n/s in LJ with 3.05;

Harry Hudson 1stB 800m in 2.44.3 + 2nd in HJ with 1.20. The 4x100r team was 2nd in 59.15

U/17G Victoria Smith 1st 100m in 13.3 + 1st 200m in 27.39; Ellie Stoner 2ndB 100m in 13.8

+ 2ndB 200m in 28.35; Lucy Eaton-Tribe n/s 200m in 28.23 + 3rd 80H in 14.1 PB + 1st in LJ

with 4.79; Neve Bradley n/s 200m in 28.65 PB + 1stB in LJ with 4.53; Bori Szegedi 2nd 300m

in 47;82 + 1stB 800m in 2.44.57 Emma Harris 2ndB 300m in 49.41 +3rd 800m in 2.42.47;

Freya Kelly 1st in SP with 8.35 + 1stB inb Dis. with 20.05;

Alicia Kapotwe 1stB in SP with 8.32 PB + 1st in Dis. with 24.57

U/15G Jayne Oyeyemi 4th 100m in 14.6 + 4th 200m in 28.65; Lone Haggarty 3rdB 100m in 14.4 + 3rd 800m in 2.50.2;

Fara Jasani 3rdB 100m in 14.1 + 2ndB 200m in 28.86 + 2nd in HJ 1.40;

Amelia Kermeen 4th B300m in 62.23 + 4thB 800m in 3.16.5;

U/13G Annabelle Thornton 2nd 100m in 14.22 PB + 1stB in LJ with 1.30 PB; Indiana

Marshall 2nd in LJ with 4.13; Alexa Adams 3rdB 100m in 14.65 PB +5th 200m in 29.86 PB +

1st in HJ with1.30; Alexis Brown n/s 100m in 14.6 PB + 6thB 200m in 31.59 PB; Isobel

Moors n/s 100m in 15.7 + n/s HJ with 1.00; Alice Clark n/s 100m in 14.92 + 4thB in LJ with

3.46 + 2nd in Dis. with 18.13; Amilia Wazydrag n/s 100m in 16.00 + n/s LJ with 3.14 PB +

3rdB in Dis. 10.88. The 4x100r team was 1st in 58.27

U/11G	75m	LJ	600m	U/11B	75m	LJ	600m
Olivia Heming	11.7	3.27	2.09.87	Caden Rogers- Everritt	12.8	3.02	2.01.07
Eleanor Buckle	11.9	2.68	2.15.14	Aiden Boothroyd	13.12	3.01	2.24.18
Isla Hanif	12.3	3.22	2.23.79	Taylor Moody	12.5	2.58	2.08.80
Lola Roake	12.3	3.45	1.55.00 PB				
Ada Hanif	12.7	2.72	3.06.34				
Sophie Price	xx	2.84	2.13.98				
Imogen Freeman	xx	2.42	2.14.3				
Scarlett Brown	xx	xx	2.22.40				

Windsor Spring Open 7th Apr. Tyler Panton 1st 100m in 11.00 PB (club rec.)+ 2nd 200m in 22.35 PB; Dominic Ariyo-Francis 2nd 100m in 11.21 + 1st 200m in 22.33 PB; Michael Ball 3rd 100m in 15.18 PB+ 5th 200m in 32.23; Kenneth Ball 2nd 100m in 11.98 PB +3rd 200m in 24.26PB; Florence Baulk 2nd in Jav. With 34.21; U/20 ran the 300m in 47.05 and finished 5th; Martha Collings U/17 was 7th in the 1500m in 4.41.58 PB

Dominic Anyo-Francis U/17 was to 2nd Tyler in the 100m with 11.21 + but beat Tyler in the 200m to finish 1st in 22.33PB;

May 2019

185th Issue Page 7

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SAL 13th Apr. Eton A freezing cold/windy and rain made it hard to enjoy but the final results made all the miserable conditions acceptable. I wandered round a lap to keep warmish saw Martha's/Katie's 3000m both running PBs. and Martha a club rec. I was getting colder waiting for the PV to start that I think was held –up owing to rain I gave in and headed into the club house with a few others and watched from inside but not to visible I could see Paul Kelly and son in singlet's throwing ham in the rain. And the High Jumpers landing on a wet bed. We did not seem to be doing very well and was very surprise to find out Sun. that we had finished 1st on the day. The PA system did not work inside building. I saw James Gamble/Matt Winn-Smith/Bob Bradbury run 5000m PBs and Bob lowering his club record. The athletes out in the arena having trouble keeping warm/dry. With Rory Kelly very busy covering 6 events. David Awde covered 5. So competing cold/wet continuously for 2/3 hours. I looked like a goose pimple so left before relays. I did not have the suitable clothing on for the cold temperature; But well done to all our officials sitting time keeping and judging all afternoon not a pleasant feeling.

Full Results. *Camberley

The Men. Tyler Panton 1st 100m in 11.00 + 2nd 200m in 22.8; Kenneth Ball 3rdB 100m in 12.1 + 3rd B 200m in 24.9; Harry Haden-Wight n/s 100m in 12.0 + n/s 200m in 24.2; William Harding n/s 100m in 12.6 + n/s 200m in 25.7; Roy Chambers n/s 100m in 12.7 + n/s LJ with 5.48; Michael Ball n/s 100m in 15.7 +n/s 200m in 33.4; Joseph Foster* n/s 200m in 24.7; Steve Beak n/s 200m in 26.1; Aiden Jackson* 3rd 400m in 53.6; Ross Jackson * 4thB 400m in 55.6 + 1stB 400H in 61.9; Ben Rolfe 3rd 800m in 2.06.3 + 2nd 2000s/c in 7.18.9; Charlie Cunningham U/17 3rd 1500m in 4.54.8; Matthew Brenchley 2ndB 2000s/c in 7.54.7; James Gamble 3rd 5000m in 15.55.2 PB + 3rd 1500m in 4.34.8; Matt Winn-Smith 3rdB 5000m in 16.35.3 0/35 PB; David Awde 2ndB 110H in 17.00 +2nd 400H in 57.00+ 1stB in PV with 3.90 + 2nd in LJ with 6.02 PB +1stB in TJ with 11.61; George Hopkins 3rd in HJ with 1.85 + 2nd in PV with 3.90 + 2ndB in Jav. with 42.45; Ben McClaren-Porter* 2nd in SP with 11.31 + 1st in Dis,35.90; Ryder Anderson 3rdB in SP with 7.78 + 1st in Jav. with 50.30; Rory Kelly 1st 110H in 17.0 + 2ndB in HJ with 1.65 + 2ndB in LJ with 5.79 + 2nd in TJ with 11.94 Plus 1st B in Dis. + 2ndB in Ham with 28.19. The 4x100r team was 2nd in 46.9 + the 4x400r team was 2nd in 3.40.6

The Ladies. Ignored the wet/cold conditions equalling the men and settled down to do the job they came to do (**WIN**) The PV girls having a long wait before their first jump with Nick Phipps/Craig Holder also trying to keep warm putting all the fallen bars back up (to be knocked off again) Martha Collings and Katie Hopkins warming the track up with their brilliant 3000m run and both running PBs and Martha breaking the U/17 rec. The field event girls more concerned about scoring max points than their hair being ruffed up and wet plus trying to keep warmish. Clare Maurer covered 5 events/Eleanor Gatrell 4; New member Sara Bishop 0/50 running the 2000s/c for the first time ever and in a very impressive time of 8.42.7. Not forgetting our track/field judges/timekeepers sitting down for 2/3 hours well done every one. I am sure the weather will improve before we get out of Europe ??

May 2019

185th Issue Page 8

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Results. Emily Read 3rd 100m in 12.7+4th 200m in 26.5; Krisanne Jones n/s 100m in 14.00 +n/s 200m in 28.8; Amelia Francis 4thB 100m in 13.6 + n/s 200m in 28.9; Neve Bradley n/a 100m in 14.4 + n/s LJ with 4.62; Victoria Smith 4thB 200m in 28.0; Freya Smith* n/s 100m in 14.2; Natasha Bi-Nolfi n/s 200m in 32.5; Lucy Eaton-Tribe n/s 200m in 28.9 + 2ndB in LJ with 4.56 + n/s in SP with 6.86 PB; Florence Baulk 3rd Jav. with 35.95; Poppy Walters 4th 400m in 62.9 + 4th in LJ with 4.87; Ella Barker n/s 400m in 64.7 + 2nd 400H in 68.3 PB; Emma Francis* n/s 400m in 70.8 + 4thn 800m in 2.42.6; Kathryn Beckett* 3rdB 800m in 2.46.6; Jacqui Musselwhite n/s 800m in 2.53.5; Ines Goncalves *n/s 800m in 3.01.5; Ciara Mulvihill 3rd 1500m in 5.18.6; Rebekah Smith* 1stB 1500m in 5.37.4 + n/s 3000m in 11.49.4; Kay Trinder n/s 3000m in 11.55.4; Martha Collings 1st 3000m in 10.05.7 PB (Club Rec.); Katie Hopkins 1stB 3000m in 10.45.1 PB; Sam Morrison 2nd 100H in 16.4 + 1stB in PV with 3.30 + 2ndB in TJ with 9.54; Hannah Barrett* n/s in Ham. with 18.06; Henrietta Owen 1stB 400H in 75.1 + 4thB 2000s/c in 9.24.8; Lucia Bishop 4th 2000s/c in 8.42.7; Isobel Leikis 3rd in HJ with 1.50; Oria Manchester* 3rdB in SP with 8.36 + 3rd in Dis. with 35.56 + 3rd in Ham. with 31.08; Freya Kelly n/s SP with 6.08 + n/s Ham. with 23.07 PB (Club Rec.); Alicia Kapotwe n/s Dis. with 25.50; Eleanor Gatrell 1stB in SP with 12.37 + 2ndB in Dis. with 30.67 + 3rd in Ham. with 36.03 + 3rdB in Jav. with 20.29; Clare Maurer 2ndB 400m in 64.5 + 1stB 100H in 18.3 + 2ndB in HJ with 1.40 + 1st in PV with 3.40 + 2nd in TJ with 10.37; The 4x100r team was 4th in 52.3 + the 4x400r team was 2nd in 4.21.0; And we came away as first club on the day.

From. Kaspars Kazemaks final two meetings before returning home. And looking forward to the SAL Harrow meeting

Miami Hurricane Alumni Invitational 13th Apr

100m in 11.3 + 110H in 16.52 + 200m in 23.78; the wind was not favourable today

Pure Athletics Spring Invitational 20th Apr Clermont

The wind was a bit more friendly today. 110H in 16.10 + 400m in 52.65 + 200m in 23.33

YDL (Lower) 27th Apr. Portsmouth ----- NO Results when comprising this report. To follow

Off Road Results (Course *)

Guildford 6th Apr. Miche Oldham was our only runner and finished 42nd out of the 499 in 21.35

Folkestone 6th Apr. Kylara Hassall in her home town went along to local park run and the sea air worked wonders. Kylara finished 1st lady (5th o/a) in 19.26 (best being 19.19) That is the S/L course record, Kylara while off with injury moved up a age group and her time today 19.26 is the 35/34 course rec.Plus a 0/35 PB Nice one Kylara Today 248 ran

May 2019

185th Issue Page 9

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Marlborough 6th Apr. Malcolm Vaughan ran this 5k for the first time and finished 1st 0/75(74th o/a) in 30.58

Homewood 6th Apr. We had two running this little toughie with 103 others. And Mike Waine 0/60 was our first to finish in 4th place in 21.36; Then Barbara Rodriguez 0/60 was 51st and running 29.37 And both finished 1st 0/60

Brooklands 6th Apr. This must be the smallest number of Woking members to run here ever. Just two and first to finish was Steve Tait who was 9th and running 19.22 robbed by a gust of wind of 1 second to equal his course best of 19.21 (Sue the time keeper Steve); Aimee Billington was 1st lady without running a PB Aimee was 19th o/a in 20.39.. Today 282 ran

Osterley 6th Apr. A great morning in this historical park for five members plus 4 BA members. Slightly windy and coldish around this flat two lap tarmac course (except 50m into funnel). Of the seven in our company was Julie/Kay's/Paul's friend Maria from BA. Whom Kay has had many close tussles with and both about same pace. So after a lot of chatting. The 305 runners got away on the flat 2 lap path course. The only grass was 50m long into the funnel. On the first lap Maria came by with Kay 20.30 adrift Then with 200m to go Maria so relaxed and upright athlete finished 1st Lady (15th o/a) in a course PB time of 19.57; Kay was closing the gap rapidly and finished 2nd lady (18th o/a) in 20.00 this broke the 50/54 course rec. by .16 sec; Julie Barclay followed Kay and finished 47th (1st 0/55) in a course PB time of 22.28; Paul Watt ran well but with 400m to go he pulled a calf muscle so hobbled home to finish 107th in 25.30; BA Trish McCabe passed me to finish 152nd in 27.41; Mandy Hopkins having her first outing like Kay And both loving the course Mandy was 234th in 32.10. Being a hard surface (No mud) One BA member was able to push his wife around in her wheel chair taking 40 mins. but both enjoying the morning exercise and morning fresh air

Woking 6th Apr. We had 10 running among the 357. And the two Ben's lead them home. Ben Rolfe was 5th in 19.27; Ben Goddard 6th in 19.31; and in 7th place was Craig Liam Sullivan running 19.38; Nice to see Justin Mitchell back for the second week let's hope all is well after his 6 months off. Justin's time 20.04 a little quicker this week (last week 21.17) and finished 9th; Charlie Cunningham was 19th in 20.39; Another Ben (Ben Golding) was 23rd in 20.48; Duncan Rolfe gradually getting nearer to his 21.00 min mark today ran 22.37th to finish 59th; Jane Braid finished 172nd in 26.59; Followed very closely by Jimmy Brown who was 174th in 27.01; And in 213th place was Valerie Mills in a time off 28.24

Frimley 13th Apr. Malcolm Vaughan our lone member and Malcolm ran 31.50 a well below par time owing to a knee twinge so automatically/experience slowed slow down to finish 343rd out of the 514.

May 2019

185th Issue Page 10

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Rushmoor 13th Apr. Stephen Blake making one of his very rare park run appearances finished 1st in a course PB time of 16.20 this being Stephen's best ever park run time;

Homewood 13th Apr.

David Sigerson finished 27th out of the 105 in a time of 24.38

Upton House 13th Apr. New member Amelia Kermeen settling in nicely and off to a good start by running a PB time of 25.47 to finish 110th out of 382

Bournemouth 13th Apr. Simon Egan a long way from home but this not being Simon's first visit this venue Today Simon was 49th in 21.25 his best time here being 17:29

Brooklands 13th Apr. A great performance by our three members. The leader being Aimee Billington back into her PB mode. Aimee was 1st lady (14th o/a) all in 20.14* also lowering her course rec. nice one Aimee; Lucia Tregellis followed just 30 seconds adrift and also running a course PB of 20.45* finishing 2nd lady(17th o/a); With Duncan Rolfe keeping the men's flag flying by running a course PB time of 22.17* to finish 35th out of 309

Woking 13th Apr. A small entry of 9 members including the 1st male and 1st female; First into the funnel was Ben Goddard running 16.43 Ben's best being 16.32; Then in 3rd place was U/14 Martin Sunderland in a course PB time of 18.26*; And in 8th place was Craig Leon-Sullivan also running a course PB time off 19.11; Justin Mitchell continuing his comeback period progressed again by ducking under 20.min. with 19.27 to finish 11th; Lisa Faunch was 1st lady (15th o/a) in 19.40; Then 1st O/60 Mike Waine having a good run to finish in 20.12; And 2nd lady Laura Hales (24th o/a) keeping in Mike's slip stream finished in 20.24 Laura's course best being 20.19; Lisa/Laura looking in top form for a good London time both running their build up events in relaxed style the training partners Sat. morning schedule includes 7/8 miles from home to a park run dash around the 5k run (then no ice cream) run back home 7/8miles and both thriving on it; Matt Gough finished 127th in 25.35 encouraging Jimmy Brown to keep up as Jimmy having hip troubles but managed to run 26.43 to finish 154th out of the 341 that ran

The next 9 are 20th Apr. Results. And in glorious sunshine

Swansea Park Mandy Hopkins away for Easter break took in the local park run again and finished in 31.32 And 330th place An improvement on her last park run on 6th Apr.. when running 32.10 Today 456 ran

Fleetwood Sally Hitchings away at UNI over the past two years and studying rather than run so today 5k was a rarity and celebrated by finishing 1st lady (o/a) in 21.10 Today 145 ran Sally's first run over the course

May 2019

185th Issue Page 11

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Upton House Amelia Kermeen was our lone member among the 409 running and finished 119th in 26.08

Stoke Park Lucia Tregellis ran a course PB of 20.24* to finish 37th out of the 650; and Sara Bishop was 278th in 25.55

Folkestone Kylara Hassall at home for Easter and Justin Mitchell enjoying the sea air alongside Kylara Plus both having a nice friendly battle in the local park run. With Justin really returning to form running 19.08 to finish 8th and Kylara in his slip stream finished 10th and 1st lady in 19.32. A good holiday entry of 334

Frimley Matthew Brenchley having an easy recovery run after the previous day Maidenhead 10mile Today ran 18.47b to finish 7th; Amelia Francis was 426th in 32.17; and Malcolm Vaughan walked round owing to dodgy knee in 45.23 to finish 638th; 661 ran

Brooklands Simon Owen having his first outing over the course and finished 23rd in 20.41; Aimee Billington at home over the course and normally runs a PB every other week today was her rest day and ran 20.52 (best being 20.14) to cross the line 25th; Jimmy Brown getting used to the course finished 52nd in 22.42 (best 22.20) Today 302 ran

Rushmoor Kay Trinder having a wonderful year breaking park run course records and PBs and road a club record thrown in; And so full of confidence said was going to Rushmoor to go for the course 0/50 rec. 2/3 days previous Arrived early to have an easy full lap warm-up and meeting Julie Barclay running in opposite direction doing the same warm-up first lap Kay was 6/7 sec. up on target Julie just behind on target Kay's second lap was faster and finished in 20.07 Course rec. 20.35 held by Susanna Harrison; Kay was 2nd lady (41st o/a) with 86.58% age performance; Julie faded slightly to finish 1st 0/55 (108th o/a) in 22.31 not to disappointed having returned from Argentina On Thurs. Watching out for Kay/Julie recognised Louise Mills flying by suddenly but could not think of her name (sorry Louise) slow down next time. Louise finished just ahead of Julie in 106th place and ran a course PB of 22.30; Mark Gillingham came along next in 168th position in a time of 24.08; Then Valerie Mills having her first run in five weeks managed a quicker time than she thought possible so not to disappointed with 28.46 and placed 179th out of 617

Woking Martin Sunderland showed how the U/14s can run by leading 350 for 18.52 minutes to finish 6th; But Jo Payne did her best to catch him by finishing 1st lady (9th o/a) in 19.11 and ready for the London on 28th Jo's best London 3.01.??; Our only member running a PB was Craig Morton in 19.47* and finished 16th; Then young Ben Golding running alongside Lola Roake to help her on her first park run well done gentleman Ben Ben was 36th in 21.43 and Lola 37th in 21.44; David Sigerson was 80th in 23.32; With Michael Ball casually running 25 to finish 131st; Florence Baulk having training run and her first 5k park run this year and finished 189th in 27.45
Well done Florence. Today 339 ran

May 2019

185th Issue Page 12

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Tooting Common 27th Apr. Malcolm Vaughan stay's with daughter over the week-end ready to run London next day so has a gentle jog around the park run today and finished 572nd out of the 652 in a time of 32.45

Frimley Lodge 27th Apr. The strong winds kept little clouds of dust as the runners came into the main field with many shielding their eyes. Julie Barclay was 86th in 22.51; Paul Watt walked round in 29.29.13; Tom Peters finished 193rd in 25.39.and Mary Raleigh 408th in 30.13

Homewood 27th Apr. We had four running and although a really tough course are shielded from the strong winds While running thro' the wooded sections. Chris McKeown ran a course PB time of 20.45* to finish 6th; Mike Waine was one place back in 7th spot and 1st 0/60 in 21.05; Lucia Tregeliss finished 19th in 23.32; Then Barbara Rodriguez having her first run for 3 weeks suffering with a cold so had an easy run to finish 52nd in 30.15

Brooklands 27th Apr. Our three runners were Aimee Billingham in her often 1st position (12th o/a) in 20.59; Then local lad Clive Hensby running whenever he has the opportunity owing to work commitments, today Clive finished 35th in 23.02; With Claire Johnston 83rd in 26.33 after a couple of weeks rest
Today 286 ran

Woking 27th Apr. Justin Mitchell looks to be over his 6 months injury (fingers crossed) this being his 5th run in 5 weeks today move closer to the front to finish 8th in 19.36; With Phil Cross still on form running 19.49 to finish 11th; Ben Rolfe just one place back in 12th running 19.57; Kay Trinder 2nd lady (17th o/a) and only 7 sec. outside her course Best of 20.03 today ran 20.10; Then Craig Morton in 26th place running 21.19; Ciara Mulvilhill keeping close to Craig And finished 35th in 21.27; Michael Frean was 47th in 22.18; In 81st place was Duncan Rolfe running 23.41; Tim Cooper was 84 th in 23.46; Christine Flynn was 144th in 26.02; Susanne Cooper 171st in 27.08; Poppy Walters 174th in 27.15 keeping just ahead of mum Jess who was 175th in 27.17; Matt Gough was 193rd in 27.56; Valerie Mills ran 28.34 to finish 308th; Mandy Hopkins after her Easter training in the Rhonda finished 274th in 31.38;
Today 357 Ran

XC Results

Mabac 7th Apr. Winterfold This is the toughest Mabac course there are no Hills just mountains Not a course for racing just a CHALLENGE the surface uneven scattered with small rocks so you run with caution with continued concentration needed. 125 finished today but only 6 in the Magic

May 2019

185th Issue Page 13

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T&F Fixtures

Sun. May 5th. YDL (Upper) Harrow
Surrey Champs 11/12th May Kingsmeadow
Sat. May 18th YDL (Lower) Winchester
Sun. May 19th SAL Harrow
Sun. May 26th YDL (Upper) Hillingdon
Wed. 29th May Ewell Court Epsom

Road Fixtures

Sun. May 12th Staines 10k Start 9.00 am
Sun. May 5th Ranelagh ½ Marathon
Sun. May 19th Sutton 10k Nonsuch

XC Fixtures

Wed. May 8th BA Speedbirds 5k 7.00 PM Harmondsworth (Heathrow)
Sun. May 19th Farnham Park (TBC)

May 2019

185th Issue Page 14

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