



COCKCROW
Woking AC
News

NOVEMBER
2018

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The AGM and award presentation evening is on Friday 16th Nov. at the H G Wells Centre Woking Starting at 19.00 (7.00pm)

Tickets can now be obtained from Lesley Baulk/Craig Holder on training evenings at the Sport Box reception area. Use your speed work training and get in quickly as there are only 250 available (First come first served)

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Tickets are also obtainable from Andrew Collings/Jaydee Peters/and Bel Smith on academy training evenings.

The men's next Surrey XC league fixture at the famous Epsom race course I think the race card would read **3.00pm**. "The Stephen Blake Chase Challenge"

Stephen Blake's marathon time in Holland in Oct. Has shone new light after 40 years on the club record, Saying former member Melvin Page* ran 2.16.38 in the London in 1985. This I can not shed any light on, as I never got involved with the club records until about 25 years ago (1990-ish). So I just followed on from the info I was given.

Unfortunately this was in the BC years **Before Cars** and **Before Computers**. So unable to help, it is also mentioned Mel ran Amsterdam in 2.17.3 in 1984. And the Stafford 20 mile in 1.43.12. 1985, and I know Mel as a brilliant runner

I did get very interested in the record set-up. And made a big Shield with all T&F records that was given to me to display. Then when the age group format was changed. Coming out of retirement to work part-time I was able to make Shields for every event and all ages that was in the club room for everyone to see, then my enthusiasm slowly faded 2/3 years ago when the computer displayed it all on the club web-site. This is kept up to date by Dave Hunt, but I still keep my hard copy going thanks to lots of help from many members that I appreciate very much.

Two results I missed out in the previous issue, Charlotte Watson ran in Brooklands 10k on the 29th Sept.in a PB time of 51.24. And the following day (30th) ran the Windsor ½ marathon in 2.05.28

Club Records

Peter Evans 0/50 threw the Disc. 38.81 in the Eastern Masters Champs at Southend on 11th Aug. Previous rec. of 38.06 was held by Paul Kelly since 2017

Stephen Blake ran 2.30.46 in the Amsterdam marathon on the 21st Oct. Previous rec. was 2.33.10 held by Justin Mitchell since 2011

PBeez

Peter Evans threw Dis. 38.81 at the Eastern Masters Champs on 11th Aug. at Southend

In the Byfleet Festival 10k on 29th Sept. Charlotte Watson ran 51.24

In the Woking 5k park run on 6th Oct. Aimee Billington ran 21.22

In the Harrogate park run Shaun Waters ran 20.12

In the Julian Farrell 10k on 7th Oct. Jo Payne ran 41.01 (0/35)

In the Woking 5k on Sat. 20th Oct. Kenneth Ball ran 23.00; and Charlotte Watson 23.41;

Martha Collings ran 41.10 in the Peter Driver 10k on the 21st Oct.

Stephen Blake ran 2.30.46 in the Amsterdam Marathon on 21st Oct.

James Gamble ran 2.57.58 in the Abingdon marathon on the 21st Oct

The following was achieved in the Great South 10 mile on 21st Oct.

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Steve Tait ran 1.03.48th; Jo Payne 1.14.19; Georgie Furze 1.15.46; Jacqui Musselwhite 1.22.09; Fiona Bishop 1.12.59; Stephen Hill 1.36.48;
Chris Dyson ran 16.36 in the Bushy park 5k on 27th Oct.
In the Walton ½ marathon on the 28th Oct. Stephen Leigh ran 1.19.42; Jo Payne ran 1.24.47.

T&F Results

Eastern Master Champs Aug. 11th Southend

Apologies to Peter Evans for missing his results in the Eastern Masters Champs (Reason for being Late) Peter threw the Dis. 38.81 PB & (CR) + threw SP 10.15

Road Results

Larnaca Cyprus Be Active 4.5k Sept.30th

A little info from Malcolm Vaughan saying a well organised event along the Larnaca sea front at 7.30 PM and although very hot he loved the scenery and ran 26.58 Not sure of finishing position, but was not last

Woking 3mile 3rd Oct. Jacqui Musselwhite ran the course for the first time and started of on a 5min H/C (last lady) and returned 3rd out of the 20 in 21.07.
Sally Stubbs was 2nd lady in 21.25; Ramona Thevenet 3rd in 24.29'
Fastest on the day was Richard Baggott in 17.03 running off a 9.45 H/C

Bournemouth 10k Oct. 6th. Fiona Bishop ran her fastest 10k time of 48.53 this year
And finished 2nd 0/55 (370th o/a) out of the 2430

Cardiff Festival of 35 Running 6th Oct.

Martha Collings ran in the U/17 race and finish 2nd in 11.03. a excellent run (3.41 per. K.)

Bournemouth ½ Mara. 7th Oct. Simon Egan finished 1st 0/45 (11th o/a) in 1.14.78
The sea air did not help Simon it held him back 40sec. Simon's best ½ this year in May was 1.14.38, finishing 11th out of 3422 is a great performance, nice one Simon
Fiona stayed the night in Bournemouth ready for today's event, and still feeling in good form again ran her fastest ½ Mara. time this year of 1.53.20 to finish 4th 0/55 (1358th o/a).

Camberley 10k 7th Oct. This starts at the foot of a ¾ mile HILL but finish running down it into the funnel, Also there is a very steep 1mile ascent at 7k.
Our only entry was Jo Payne. In serious training Jo ran 10k from home (Lightwater) when arrived stopped to pick-up her registration running number **THEN** ran another 5k before the event at 10.30. Jo feeling confident got in the front line and flew off with a bunch of AFD lads, and returned as 3rd lady (26th o/a) in a 0/35 PB time of 41.01 received her prize from the Mayor then went for a warm down
BUT Clayton was there with their 3 boys to give Jo a lift home. Today 234 ran

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Lea Valley 5mile 13th Oct. Fiona Bishop finished 6th lady out of 9 in 55.08 + 17th out of 32 mixed.

York Marathon 14th Oct. The worst Sunday weather of cold/strong winds/torrential rain had to fall on the wrong day of the 365 day's this year and Jaydee Peters was running the marathon to finish shaking with the bitter cold conditions a made worst being drenched. Obviously disappointed with her time of 3.13.55 especially after her training went so well and feeling in good form to run a PB. Jaydee finished 3rd 0/35 (305th o/a) out of over 4253. Jaydee's strong willed has now accepted being her disappointment and looking forward to run the Great South 10mile on the 21st Oct., hoping her legs will recover for her to try for her last chance of a 0/35 PB

Peter Driver 10k 21st Oct. Fleet

We had two members running and almost ran a dead-heat. U/17 Martha Collings finished 1st Jnr. (4th female) running a PB best time of 41.10 knocking off over 2 minutes. Martha's time ranks her 15th in the U/K U/17 list.

New member from Windle Valley Sue Hadwen finished two places back in 71st in 41.18. Martha 69th.

Not sure if Sue ran a PB previous results. But a nice close finish (8sec.) between them. There was 695 finishers

Abingdon Marathon 21st Oct.

Good conditions and good performances. James Gamble ran his best life time best marathon of 2.57.58 a fantastic time considering James spends two weeks out of four months working abroad China) so his training is restricted.

Great run James.

Laura Hales ran 3.11.50 her best marathon time of 3.04.30 since London 2015

So the glorious sunshine suited Laura who finished 216th out off the 746.

Lisa Fauch nursing a miserable little niggles for 3-4 months decided to run but not at race pace and managed to run cautiously to finish 476th in 3.45.50 well out side her normal time of 3.19. ish

Amsterdam Marathon 21st Oct.

Stephen Blake's brilliant run of 2.30.46 broke the club record he also finished 2nd Brit and his o/a position was 53rd. A nice way to end a successful year

Great South 10mile Run 21st. Oct.

Perfect weather and very little breeze coming of the sea for the thousands running this popular event with many GB internationals having battles almost to the line. Our ladies out shone the lads with excellent close packing up the front end. Maybe a team prize (awaiting final results) Also the finishing positions only go up to 1500 WHY ??

Our first home was 0/50 Steve Tait running a PB time of 63.48 in 184th place;

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Jo Payne ran a PB time of 64.19 to finish 184th o/a PLUS was 3rd O/35 including the elite women Followed very closely by Jaydee Peters placed 248th in 65.24 Jaydee just missing Laura Hales O/40 club rec. (65.32) as her 40th birthday was the day after. But I am sure Jaydee will brake a few O/40 records as well run a few PBs Good luck Jaydee; Georgie Furze finishing only 22 seconds adrift of Jaydee running a PB of 65.46 to finish 261st; Then our first O/50 lady Kay Trinder although a native of Hampshire still has to train hard and today ran 71.34 well up the sharp-end in 588th; Positions now disappeared from my lap top. Next finishing was Kim Warner having a good run with no strong wind against him over the final 2 mile that is normally the dreaded part of the 10 mile So Kim enjoyed his relaxed run even passing Jacqui during the final 2 mile to run 78.45; Jacqui Musselwhite tried to stay with Kim but said she faded with tired legs and ran PB 82.09; Fiona Bishop ran a PB by 8sec by chasing hard to catch Jacqui and recorded a time of 82.59; Claire Johnston running below par was 3 minutes down on last year time finishing in 83.32; Stephen Hill enjoying the sunshine the whole 10 mile showed his enjoyment by running a PB time of 1.36.48 well done Steve. (The sun shines on the righteous)

Brookes Serpentine 5k Oct. 26th

We had two among the 268 running in this lunch time run. Ben Goddard finished 7th in 16.27; and Kay Trinder 3rd lady (124th o/a) in 20.46. Both have run the event before so today's time was not their best

Walton1/2 Marathon (Multi) 28th Oct.

The race started at 8.30 but the rain started at 8.29. It was almost torrential and freezing cold wind hundreds of supporters/spectators crowded under Walton Bridge (No room for me) and they were able to see the runners at 3 miles and later when entering the funnel to finish. I moved along tow path to the 3 mile marker out of the wind. First to appear over a steep foot path bridge was Stephen Leigh already wet in the first 10 but on his return passing the 13 mile post he finished 8th in a PB time of 1.19.42; Jo Payne was just behind and so wet gave me her jacket said later it was getting heavy. Jo having an excellent month finished 1st O/35 (4th lady/22nd o/a) in another PB time of 1.24.47 Jo's 3rd PB in Oct. Also only 9 sec outside Jaydee's club record who definitely made it a hard task to beat; Now joined by Pepe/Barbara Rodriguez both cold but would not go until Jo came along; Our next two were training partners Mary Tibbotts and Karen Cave both together and both gave me a cheer instead of me cheering them. They seemed relaxed at 3 mile and continued as one (Chatting) and finished Mary 310 in 1.54.11 and Karen 311 in 1.54.13. there was 647 finishers (All cold and wet)
The rain had made the tow path very puddily and muddy so they all needed a good hot shower afterwards.

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Frankfurt Marathon 28th Oct.

Steve Tait nipped over to Germany after running a PB in the Great South 10 the previous week, as you do, to compete in this race and finished 2215th out of the 8265 in a time of 3.20.51 just 25 sec's. outside his best 3.20.26 that he ran in the London in April.

XC Results

Men's Surrey Lge. 13th Oct. Roundshaw Common

A brilliant start to Peter Doveren and his team on their magnificent performance in their first league fixture. The scoring 10 was backed up by 5 reliable lads whose performance is a bonus to the scorers by keeping ahead of as many other club runners as possible making the team strength event stronger. Div. 4/3 run as one combined race with a total of 276

Div.3 had 149; and Div.4 had 127; The race distance was 8.3k

And are now present Div.3 league leaders with 185pts. Dorking 2nd placed with 255pts.

Div.3 individual positions are shown after name and the o/a position is in brackets.

Unable to get from Wimbledon in time to support (They did better without me)

Stephen Blake lead the team home as o/a race winner in 1st place almost a clear minute ahead of the second placed runner. Stephen has won 4 of his last 5 XC league races.

Simon Egan was 1st 0/45 in the o/a race.

Full Results. Stephen Blake 1st (1st) in 25.57; Ben Goddard 4th (4th);

Simon Egan 10th (10th) in 27.50; Stephen Leigh 11th (11th) in 27.54; James Gamble 12th(15th) in 28.11; James Thomas 23rd(29th) in 28.57; King Diggens 26th(32nd) in 29.15; Jason Harris 28th(34th) in 29.28; Juan Gonzalez 32nd(40th in 29.38; Matt Winn-Smith 38th(56th) in 30.21; Matt was 10th scorer. Steve Tait 61st(89th) in 32.22; Richard Grinter 69th(105th) in 33.06; Peter Doveren 84th(128th) in 34.07)

Ollie Weeden 98th(154th) in 35.04; Jimmy Brown 125th(213th) in 37.55;

Boys Surrey Lge. 13th Oct. Richmond Pk.

The U/17/15 boys run as one combined race of 4.08k. The **U/13 boys** run was as one race.

There was five **U/17s (marked *)** and three **U/15s** And the finishing order was

Frank Townley* 23rd in 14.33; Angus Caruth* 52nd in 15.13; Martin Sunderland U/15) 54th in 15.17; Joseph McHugh* 70th in 15.41; Jake Sadie* 79th in 15.50; Shaun Waters* 88th in 16.12; Josh Williams U/15 was 91st in 16.14; Ben Golding U/15 was 115th in 17.01;

The combined team finished 8th out of 15.

In the U/13 race Mikey Carter was 18th in 16.16; Teddy Cannon 32nd in 16.53; Daniel Wass 44th in 17.26

The team finished 9th out of 15.

Ladies Surrey Lge. 13th Oct. Wimbledon

In glorious sunny weather with the temperature showing 23 degree's although a little too warm for some runners.

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With team manager Mandy Hopkins determined to win promotion back to Div. 1 at the first attempt and the girls giving Mandy every confidence with a turn-out of 13 Sen. And with 4 missing owing other commitments hopes and team spirit's are high. Today we finished 3rd with 102pts. To second place team on 96pts. So not out of reach. A nice welcomed surprise to see Chairman Ian Deaves giving the ladies vocal encouragement.

Even spending 15 minutes in a traffic jam plus a five minute walk (That turned out to be 15 for Ian) from car park to start.

The Seniors had two scoring teams of 5 and a back-up of two a very vital part of any XC team.

The distance run was 6.9k.

Georgie Furze lead the team from the off a remained confident thro' out; On the first small lap with Katie Hopkins making her debut to the seniors a couple of metres behind with Miche Oldham also very close to them both, but their positions changed during the large lap Miche's strength and experience showed and Katie admitted the final 2k felt tough although this seemed to help Kay Trinder have a good run by trying to close the gap on Katie; Aimee Billington kept with-in 30 seconds on Kay the whole with-out labouring to be 5th "A" team scorer; Lucia Tregellis 15m back and well in touch with Aimee also Lucia had her regular park run in the morning at Guilford; Jacqui Musselwhite having her first longest race since the track season ended but survived the long steep hill; Claire Johnson handles the XC events quite relaxed at a nice comfortable pace; Jane Braid becoming quite experienced over XC courses and improves each race and today just keeping ahead of Barbara Rodriguez who herself had final sprint to close down Jane Barbara was 5th "B" scorer; And the two back-up girls Valerie Mills and Helen Eve enjoyed the tough course together and the photo finish showed Val got the verdict by a second.

Team "A" Georgie Furze 8th in 29.13; Miche Oldham 14th in 29.52; Katie Hopkins 25th in 30.38; Kay Trinder 26th in 30.47; Aimee Billington 30th in 31.08; Team was placed 3rd;

Team "B" Lucia Tregellis 39th in 31.37; Jacqui Musellwhite 86th in 35.07; Claire Johnson 115th in 36.44; Jane Braid 176th in 40.41; Barbara Rodriguez 184th in 41.12; Team finished 23rd out of 29 complete teams

Valerie Mills 202nd in 42.29; Helen Eve 203rd in 42.30. Total runners 242.

U/15/17 Girls

I was unable to leave the starting area as was helping the BA team as their manager was absent, so I only witnessed the start/finish. Four U/17s and one U/15 lined up among 80. And ran 4.4k

Their o/a Position is in brackets and their age group after name.

They finished in this order. Martha Collings 2nd (6th o/a) in 17.14; Ciara Mulvihill 14th (40th o/a) in 19.35;

Emma Harris (U/15) was 32nd in her age group and (48 o/a) in 20.10;

Ella Barker 17th (50th o/a) in 20.16; Charlotte Watson 20th (68th o/a) in 21.58;

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U/13. lone Haggarty was our only runner and standing on the start showed no nerves and chatting merrily away to the girls from other clubs lone finished 54th in 11.33. Distance run was 2.2k

Penalty points 3x72 for incomplete team. So ended 19th out of 20 teams.

Surrey Vets Champs 20th Oct. Richmond Pk.

Fiona Bishop was our only entry in the M/F champs. Fiona finished 10th in the 0//55 age group in a time of 31.43 And ran ???? combined with a mixed 0/60s plus gender of 138 with Fiona in 60th place

Thames Valley Lge. 21st. Oct. Aversley

Mike Waine running 2nd Claim for Windle Valley finished 78th in 39.11;

Mike Freaan was 102nd out of the 404 in 40.29

Bruce Judd YA Surrey XC Relays 27th Oct. Stoke Park

School half term was one reason for missing members but Andrew Collings still entered the ones wishing to compete although having no complete teams.

All ages ran the same distance

U/13G Charis Mogan 20th in 8.51; lone Haggarty 43rd in 9.51; 61 ran

U/17G Martha Collings 3rd in 7.44; Ciara Mulvihill 15th in 8.36; 30 ran

U/13B Teddy Gannon 21st in 8.16; Daniel Wass 57th in 9.05; Michael Carter 45th in 8.34; 66 ran

U/17B Frank Townley 19th in 7.18; Shaun Waters 34th in 7.43; Jake Stadie 39th in 8.00; Angus Caruth 45th in 8.34; 45 ran.

Milocarrians 27th Oct. RMA Sandhurst Camberley

British Airways were invited to run in this yearly event. And only being a PTI Lance Corporal in my army days I took the opportunity to have a look around where many Generals were trained, it was wonderful experience (I wish I had been a General)

Paul Watt and myself being spectators took the chance to walk the course and got chatting to Two Gurka's (Marshalling) and we made immediate friends they are amazing people, having served 13 years they have another 9 years to go. Very interesting to listen

And while we chatted away there was a tough assault course 5.3 mile going on in the mountainous woods. Then the runners headed back to the finish. Among the BA mixed team was Julie Barclay and Jacqui Musselwhite both 2nd to BA.

Julie was third BA home (45th o/a) in 43.14; Then Jacqui 5th BA (49th o/a) in 43.30.

The mixed team of six finished 6th out of the 11 mixed teams. Total running 84.

The course is notorious but they both loved it. Then at the presentations after a marvellous inviting well laid out buffet. The Presentations were made by General Keith Spacie that many of our older and younger members have been beaten by on road/XC events up to 3 years ago when a leg injury forced him to give up. He used to run for T.H.H alongside a former WAC Vice-President Chris Chataway.

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Ecotrail Funchal 28th Oct. Madera

Malcolm Vaughan competed while on a visit. And his description of the course “seems he was mountaineering, the distance being 30.82K running in mountains thro’ MUD/RIVERS/ROCKS in RAIN/RAIN/RAIN. I guess it was the toughest event I have ever done BUT will return. My time being 6hr.30m. Thanks to Maureen and a Madeiran lady for their support and the lady presented me with a lovely home Made Madera cake. I also received a finishing medal/Tee shirt and PASTA”

Off Road Results

Homewood 6th Oct. We had three running among the 90 that finished, With U/14 Joshua Williams who lead from the start running brilliantly over the three tough lap, with a senior runner tracking Joshua 50m back the whole time and with 400m to go Joshua looked well in control but seeing the final result the senior took major honours with Joshua finishing 2nd in 20.03 A brilliant run Joshua ; Then regular Lucia Tregellis who started to lap runners on her 2nd lap ran the hills nice and relaxed to finish 2nd lady(12th o/a) in 22.56; Julie Barclay having to wait for the opportunity to try this course to fit around her shift pattern/social arrangements. Today was ideal so went along ran one lap of the course to check the challenge then decided to run with caution dodging tree roots and a thousand horse chestnuts and to finished 4th lady (22nd o/a) in 23.47 that broke the 0/55 course record. Julie’s verdict of course “I Loved it”

Harrogate 6th Oct.

U/17 Shaun Waters ran a PB time of 20.12 to finish 10th out of 355;

Horsham 6th Oct.

Jacqui Musselwhite tried this event for the first time and finished 5th lady (57th o/a) in 22.45 Jacqui finished 2nd 0/50 lady the 1st 0/50 lady was 10 sec. in front of Jacqui in 22.35

Bushy 6th Oct.

Christine Flynn has been finishing under her target of 27.min except 5 times during 2018 and has been running under 26min regularly for the past 4 months May be Christine’s new years resolution will target 26min ???????
Toady Christine ran 25.32 to finish 582nd out of the 1540

Leicester Victoria 6th Oct.

Emily Aston running the course for the first time ever finished, 119th in 25.37 A good entry of 306

Woking 6th Oct.

A good turn out of 379 that included 14 WAC members with Steve Tait leading them home to finish 16th in 20.15; Followed by the 1st lady Katie Hopkins (21st o/a) in 20.35;

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With Charlie Cunningham just behind in 26th place running 20.43; And then a near three way photo finish with Aimee Billington 1st 0/40 and our only member running a PB of 21.22 in 37th then Laura Hales 1st 0/45 and Mark Rose 38/39th in a time of 21.24/21.25 respectively; Ciara Mulvihill looking ahead to next week's XC fixture was 56th in 22.25; Lisa Faunch having her first run/jog after her injury kept her sidelined for 6/7 weeks and finished quite happy running 22.57 in 71st spot Lisa pleased no after affects; Michael Ball was 130th in 25.12 two minutes clear of Charlotte Watson who ran the Brooklands 10k last Sat. and the Windsor ½ marathon the following day so having n easy run finishing 179th place in 27.00min; Charlotte's coach Barbara Rodriguez just 21 seconds adrift of Charlotte to encourage her and finished 189th in 27.21; The next pair Valerie Mills and Mary Tibbotts running almost hand in hand with Valerie finishing 212th in 28.19 with Mary 215th in 28.23; Ladies XC team manager Mandy Hoplins having her run in 6/7 months today preparing for the first XC league fixture on 13th Oct. To have jog around in the forth coming MUD Mandy was 332nd (beating 47) in 35.39; Well done Mandy.

Frimley 13th Oct.

Malcolm Vaughan unpacked his case after two weeks in Cyprus and headed straight away to his local park run to run his fastest park run of 28.58 during 2018 and finished 271st out of 485

St. Albans 13th Oct.

Fiona Bishop tried this venue for the first time and finished 109th out of the 442 In a time of 24.06

Rushmoor 13th Oct. Training partners Laura Hales and Lisa Faunch having a little change of venue and both preparing for the Abingdon marathon next week. Lisa having a slight injury over the past 2/3 weeks and missing her training being assisted around by Laura to give the injury a good test but her times improving recently. Today Laura was 24th in 21.15 with Lisa a couple of places behind in 29th running 21.53. Today 362 ran

Homewood 13th Oct.

Mike Waine living local often trains in the area and runs the event when shift pattern is favourable. Today Mike finished 4th out of 109 in 21.04 He is also the course 0/60 record holder

Woking 13th Oct.

Club fixtures kept our members away except Lucia Tregellis who manages to have a steady 5k park run before a club XC league match and today leisurely finished 77th in 24.22 then made her way to compete at Wimbledon in the Surrey ladies XC fixture; Michael Ball not into XC running (YET) was 91st in 24.59; Son Kenneth running his very first park run event finished 137th in 26.42;

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Then Duncan Rolfe nursing a injury that has side lined him for 6 months but patiently bids his time today ran 27.00 to finish 141 out of the 322.
Good Luck Duncan

Wellesley Rushmoor 10k Oct. 14th

Malcolm Vaughan's report. The race starts in the same place as the Sat. park run. But the weather was terrible with rain/rain and more rain with plenty of tree routes plus I slipped over (did not fall) at 9k but carried on to finish in 66.41

Homewood 20th Oct.

Aimee Billington was running her debut over the this tough course and ran a very impressive performance not knowing the tough terrain awaiting her Aimee mastered it to finish 1st lady (17th o/a) in 22.05. Today 139 finished

Frimley 20th Oct.

Julie Barclay still looking for that illusive sub 22.00 was again left to have to try again after running 22.47 to finish 1st 0/55 ---- 3rd lady then ran 4 miles home; Paul Watt running is first 5k in three weeks with no running during that time was 96th in 24.14; John Coffey trying the course for the first time enjoyed and like it and finishing 1st 0/75 (238th o/a) in 28.23.
Today 491 ran

Guildford 20th Oct.

Jason Harris 1st 0/45 and on a return visit finished 5th in 18.25; With Lucia Tregelliss ignoring the tough Homewood run for another toughie was 161st in 24.48

Pontefract 20th Oct.

Jimmy Brown a long way from home tried the local park run for the first time and ran 22.30 to finish 1st 0/65 (40th o/a) out of 308

Swansea 20th Oct.

Mandy and Katie on a family visit dashed down to the local park run that they have both run before Katie was 5th in 20.39 he best here being 19.20; Mandy finished 283rd in 35.59 best being 27.59

Woking 20th Oct.

Being half-term week-end our entry was only 10. With Ben Goddard coming 5th in 19.42; Jaydee Peters was 1st lady (29th o/a) in 21.36 and her next park run guaranteed to be a PB plus tomorrow running the Great South run before moving up a age group; Well done to Kenneth Ball running his second ever park run and started lowering his time straight away

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running a PB time of 23.00 to finish 44th; Charlotte Watson came 71st and copied Kenneth's idea by also running a PB time of 23.41; Tim Cooper was 87th in 24.24; Michael Ball kept in the first 100 by finishing 99th out of the 308 in 24.57; Susanne Cooper just four behind Michael in 103rd place running 25.55; Under 26.00 target girl Christine Flynn maintain her 2018 form ran 25.50 to finish 128th; Jess Walters quite relaxed running 27.59 to be placed 181st; Then Lesley Baulk running her best time of 30.27 in over six months and finished 222nd;

Bushy 27th Oct.

Chris Dyson ran a brilliant life time best of 16.36 to finish 3rd out of the 1276 that finished

Homewood 27th Oct.

Aimee Billington finished 1st lady (13th o/a) and ran a course PB of 21.55; Jonathan Mellor was 29th in 24.10 no PB for Jonathan this week; Nor for Barbara Rodriguez who had a good morning running session by running from home and then ran home after running 29.17 to finish 72nd out of 122.

Leicester 27th Oct.

Emily Aston on half term holiday tried this 5k again while visiting the area and finished 120th in 25.42 with 313 running Emily well in the first half.

Sth. Norwood 27th Oct.

Richard Grinter trying the venue again finished 9th out of the 106 in 20.26.

Southsea 27th Oct.

Fiona Bishop running this course for the first time was 110th in 24.02 very close to her best but left 316 in her wake

Guildford 27th Oct.

Lucia Tregelliss was our only member among the 453 and finished 62nd in 23.28

Woking 27th Oct. We had lucky or unlucky 13 running out of the total 285 And a sign of cold weather approaching no member ran a PB the extra clothing to keep warm slowed them down. Although we did have 5 finishing first in their age group and Kay Trinder finished running the fastest age grading of 83.27% nice one Kay. Also the name Ben was favourite today with Ben Goddard 1st o/a and Ben Rolfe 1st U/17 and 5th o/a well done lads. The finishing order was Ben Goddard 1st in 17.17; Ben Rolfe 5th in 19.10; Joshua Williams 1st U/14 (11th o/a) in 19.40; Then Phil Cross who was 15th in 19.43 his course best being 19.28; Then Katie Hopkins another 1st in her U/17 age plus 2nd female (20th o/a) running 20.18; Kay Trinder 1st O/50 in 20.55 that gave her the best age grade of 83.23% of the 285 and in very cold conditions Well done Kay; And our final first in her age group was Laura Hales who was 1st O/45 in 21.45 to finish 35th o/a;

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Following just behind was Ben Golding in in 39th place in a time of 21.52; Kenneth Ball having his third park run was 77th in 24.31 and keeping 17 seconds ahead of his dad Michael who finished 86th in 24.48; Duncan Rolfe still staying in the safety zone while injury is not 100% and ran 25.45 to finish 104th; Mary Tibbotts loosening up to run the Walton ½ marathon the next day was 119th in 26.24; Mandy Hopkins having a keep fit run session was 254th in 35.33.

XC Fixtures

SUN. 4th Nov. Border Lge. Venue/Time ? Please check with team Managers

Sat. 10th Nov. Surrey Ladies Lge. Non Such Park 11.00 Please check with Mandy

Sat. 10th Nov. Men's Surrey Lge. Epsom 3.00 Please check with Peter

Sun. 2nd Dec. Border Lge. Venue/Time ? Please check with Managers

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