



COCKCROW
Woking AC
News

OCTOBER
2018

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Editorial

The weather was perfect for the final closing down and lowering of the flag over the clubs home for the past 60 years, and having spent 49 very happy years of them here just a little sad but left with a thousand wonderful memories.

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After a very quick notice to quit the Sheerwater track, the good news is we have started training at the new Sportsbox track.

Sunday 30th Sept. was our first session. And all will be the normal training evening times and Sundays. Please check with coaches or Woking AC WebSite for further info

ALWAYS TAKE YOUR CLUB MEMBERSHIP CARD WITH YOU to be PRODUCED AT RECEPTION Or you may have to PAY ??

Congratulations to our four members that competed in the World Masters Champs in Malaga. **To Bob Bradbury 0/65** who competed in the 5000m final and finished 2nd(Silver) running 18.53.46 to the Kenyan's winning time of 18.36.72. The humid heat was the difference from Bob's 5000m winning time in the British Masters in Birmingham when he ran 18.16.72 three weeks previous. Bob obviously disappointed after staying with the winner for 11 of the 12.5 laps Still a brilliant achievement being 2nd in the world.

Jacqui Musselwhite 0/50 in her first World major competition came home a successful star after only 18 months at WAC running serious. Jacqui so full of confidence only taking to the track this season. Jacqui came 3rd in her 400m Ht. but did not Q for final but was selected to run in the GB 4x400 relay team that finished 3rd to Spain/Australia.

Jacqui came home with a Bronze medal 1 PB and 1 club record, what a wonderful 10 days combined athletic/holiday.

Fiona Bishop 0/55 competed in a mixed bag of events Road Walks/XC/and a 1/2marathon Fiona captured a Silver team medal in the 10k walk

Phil Cross 0/55 Phil arrived 2 days before his ½ marathon event on the Sunday that had 9 Brits running in the field of 97

Club Records

The following was achieved at Carshalton in the Surrey Champs on 8/9th Sept.

U/13G 4x100m team Amani Mukadam/Indiana Marshall/Annabelle Thornton/Jayne Oyeyemi ran 53.5

U/20G 4x100m team Tumi Araga/Katie Hopkins/Victoria Smith/Emily Read ran 49.9

U/13B 4x200m team Hayden Christian/Oskar Aspinal/Joseph Walters/ Matthew Smith ran ????

U/15B 4x100m team Tom Verills/William Harding/Robbie Thomson/Ryan Henderson Florence Bauk created a new U/20 Hept. record points by scoring 3094pts.

Hayden Christian broke the U/13 Pent. record scoring 1964pts.

Previous record was 1110pts held by D. Johnson since 2000

At the World Masters Champs in Malaga on the 10th Sept. Jacqui Musselwhite broke the 0/50 800m club record running 2.43.3. Previous rec. was 2.43.7 held by Julie Barclay since 2014

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PBeez Course best*

Christine Flynn ran 25.13* in the Poole park run on 1st Sept. Christine's fastest since 21st April 2016. Rob Gilchrist ran 19.11* in the Monaghan Forest Park 5k on 1st Sept. In the Woking Park 5k on the 1st Sept. Julie Barclay ran 21.49* (0/55); and Sandra Brown 45.08* Kay Trinder ran 22.31 * over "THIS" Homewood course on the 1st Sept. In the YA meeting at Woking on the 2nd Sept. the following was achieved Archie Padua ran 100m in 13.93 + jumped 4.28 in LJ; Charlie Terry ran 300m in 40.84; George Robertson jumped 1.60 in the HJ; Dominic Ariyo-Francis ran 100m in 11.29; Jacob Stadie ran 200m in 25.8; Sam Webb jumped 5.78 in LJ; Laith Freeman jumped 4.16 in LJ; Matthew Smith threw Dis. 31.07 + Jav. 29.14; Cory Coleman jumped 3.82 in LJ; David Awde ran 400m in 50.95; James Spencer ran 400m in 55.08; Freya Kelly threw Dis. 21.90; Nathan Honour ran 400m in 62.98 (0/40PB); Alexa Brown ran 100m in 15.25 + 200m in 32.32; Indiana Marshall ran 100m in 13.46 + 200m in 29.32 + jumped 4.58 in LJ; Iseabail Brown ran 800m in 2.59.98 + threw Dis. 12.97; Katie Hopkins ran 400m in 50.02; Clare Maurer ran 400m in 61.93; Sam Morrison ran 400m in 65.63; Natasha Di Nolfi ran 400m in 70.95. Kavita Bhanot ran 800m in 2.38.47; In the GNR 4k event in Gateshead on the 8th Sept. Martha Collings ran 14.47; Sandra Brown ran 43.43 in the Woking Park run on 8th Sept. In the Surrey Combined Events Champs at Carshalton on 8/9th Sept. Hayden Christian ran 800m in 2.30.63 + 75H in 11.95 + jumped 1.38 in HJ + threw 8.60 in SP + Scored 1964 Pts in Pent. Florence Baulk ran 200m in 29.28 + 100H in 19.62 + jumped 4.20 in LJ + threw SP 7.02 + Scored 3094 pts. in Hept. In the World Masters Champs in Malaga on 10th Sept. Jacqui Musselwhite ran 2.43.3 In the Hazelwood 5k on 22nd of Sept. Ben Rolfe ran 18.18.05*; Kavita Bhanot ran 21.14* and Charlotte Watson ran 23.17; In the Rushmoor 5k on the 22nd Sept. Jane Braid ran 27.05* In the Homewood 5k on 22nd Sept. Lucia Tregellis ran 22.37* and Jonathan Mellor ran 23.4* At Carshalton on the 2nd Sept. in the Jim Day Indoor pole vault meeting George Hopkins vaulted 4.01 And Katie Hopkins 2.71 At Woking Park 5k on 29th Sept. Phil Cross ran 19.28* also a 0/55 best; Ben Golding ran 21.20; At Homewood on the 29th Sept. Jonathan Mellor ran 23.14* In the Ludlow park run on 29th Sept. Jaydee Peters ran 21.26* In the run4woman 10k at Winsor on 28th Sept. Jane Braid ran 56.42 In the Windsor ½ Marathon on 30th Sept. Ben Goddard ran 1.13.28 In the Decathlon Speed meeting at Basingstoke on the 29th Sept. the following members achieved Katie Hopkins ran 100m in 13.56; Florence Baulk threw SP 7.29; Sam Morrison ran 800m in 3.16.12; Clare Maurer ran 200m in 27.85 + 800m in 2.44.82 + threw SP 7.42 + Jav. 9.89 + jumped 4.69 in LJ; George Hopkins jumped 6.01 in LJ; David Awde ran 100m in 11.88 + jumped 6.07 in LJ + 1.60 in HJ; + threw SP 9.03 + Dis. 31.60

T&F Results

Crawley Open 26th Aug. Sorry I missed seeing this last month. The following was achieved. Robert Pattison finished 3rd in a 100m in 11.91; And Ryder Anderson was 2nd in the Jav. event throwing 47.14

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Woking YA 2nd Sept.

A perfect day for the last meeting on this track. With the Woking Mayor and Mayoress spending all morning presenting awards and a general walk-about with chairman Ian Deaves. Being the final meeting brought many members of the past years along and received into the guest's area by president Susan Deaves. Well done and thank you to our own and visiting officials from early morning until late afternoon also the many helpers giving up their Sunday to make the meeting very successful.

Excellent performances from our YA members and visiting club athletes.

Also including our older YA ? some winning medals and achieving PBs. Congratulations to Nick Phipps for organising the PV event. Nick arrived at 8.00 to set the area up. I wobbled around to watch and have never/ever seen a queue of 19 awaiting their turn to "run thro" Then Nick divided them into two different sets from those starting at 1.70m and under 3 metres then latter the over 3m. group, all went smooth thanks to the officials.

While standing watching for an hour the U/15 boys 1500m started and a very impressive run by Martin Sunderland who patiently kept in 2nd spot behind a lad with a metre stride then at 800m Martin amazingly took off to win by 40/50m. wonderfully paced run.

Full Results F=Final also athletes best time

U/11B Samuel Kasamaki 1st 75m in 11.43; Rio Mistretta 5th 75m in 11.86 + 5th in LJ with 3.32.

Dylan Lewis 2nd 75m in 11.38 + 1st 600m in 1.53.4 + 3rd in LJ with 3.59;

Jacob Mills 3rd 75m in 11.47 + 5th 600m in 2.04.04 2nd in LJ with 3.62;

Fin Jones 6th 75m in 11.87+ 6th in LJ with 3.29; Luca Lupi 3rd 600m in 2.01.86+10th in LJ with 3.07; Nate Jones 7th 75m in 11.96 + 8th in LJ with 3.18

U/13B Hayden Christian 1st 100m **F** in 13.61 + 3rd 200m **F** in 27.56 + 2nd in LJ with 4.79; Matthew Smith 8th in LJ with 3.99 + 1st in Dis. with 31.07 PB + 1st in Jav. with 29.14 PB; Joseph Walters 2nd 100m in 14.19 + 12th in LJ with 3.77; Oskar Aspinall 3rd 1500m in 3.17.48;

Dylan Campbell 3rd 100m **F** in 14.28 + 4th 200m in 30.59;

Daniel Wass 6th 800m in 2.39.36 + 4th in Jav. with 16.08;

Cory Coleman 4th 200m in 30.55 + 11th in LJ with 3.80 PB;

Harry Hudson 7th 800m in 2.42.17 + 12th in HJ with 1.15 + 13th in LJ with 3.64;

Rhys Conlon 9th in HJ with 1.25 + 14th in LJ with 3.58

U/15B Robbie Thomson 4th 100m in 13.57 + 4th 200m in 26.8; Charlie Terry 2nd 300m in 40.84 PB; Archie Padua 5th 100m in 13.93 PB + 3rd in HJ with 1.40 + 5th in LJ with 4.28 PB; Ryan Henderson 3rd 200m **F** IN 24.91 + 2nd in LJ with 5.22; Martin Sunderland 1st 1500m in 4.51.4; Leo Basi 6th 300m in 46.37 + 4th 800m in 2.42.97; Joshua Williams 5th 800m in 2.24.13; George Robertson 1st in HJ with 1.60 PB + 3rd in LJ with 4.69; Toby Webb 4th in Dis. with 31.31; George Wallace 2nd in HJ with 1.55 + 4th in LJ with 4.33

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U/17B Dominic Ariyo-Francis 1st 100m in 11.29 PB + 1st 200m in 22.53;
Angus Caruth 5th 1500m in 5.37.6; Kenneth Ball 4th 100m in 12.31 + 3rd 200m in 24.68;
Jacob Stadie 6th 200m in 25.8 PB + 3rd 800m in 2.25.04; Shaun Waters 1st 800m in 2.23.19;
Charlie Cunningham 4th 800m in 2.36.06 + 5th 1500m in 5.16.82;
George Hopkins 1st in HJ with 1.70 + 1st in PV with 3.80 + 1st in Jav. with 39.81;
Sam Webb 2nd in HJ with 1.60 + 2nd in LJ with 5.78 PB

U/20M Alex Hanson 1st 100m in 11.38; Jake Webb 3rd in Dis. with 27.74
Sen. M David Awde 1st 400m in 50.95 PB + 1st in PV with 3.90;
James Spencer 2nd 400m in 55.08 PB; Nathan Honour 3rd 400m in 62.98 (0/40 PB)

U/11G Isobel Moors 3rd 75m in 12.41 + 4th 600m in 2.13.16 + 12th in LJ with 2.99;
Lola Roake 6th 75m in 12.79 + 11th 600m in 2.05.57 + 11th in LJ with 2.99;77;
Emilia Wazydrag 3rd 75m in 12.50 + 15th 600m in 2.16.82 + 9th in LJ with 3.11;
Scarlett Brown 4th 75m in 13.01 + 13th in LJ with 2.98

U/13G Jayne Oyeyemi 1st 100m in 13.49; Charis Mogan 800m in 2.27.33;
Jessica Maxwell 5th 100m in 15.62 + 5th 200m in 32.24;
Indiana Marshall 100m in 13.96 PB + 3rd 200m in 29.32 PB + 2nd in LJ 4.58 PB;
Alexa Adams 4th 100m in 15.25 PB + 6th 200m in 32.32 PB + 14th in LJ with 3.29;
Iseabail Brown 800m in 2.59.98 PB + 8th in SP with 4.26 + 6th in Dis. with 12.97 PB;

U/15G Esther Ibiama 4th 100m in 13.05 + 2nd 200m in 27.48;
Neve Bradley 3rd 100m in 14.15 + 2nd in HJ with 1.25 + 10th in LJ with 4.43;
Emma Harris 3rd 800m in 2.38.94; Georgina Owen 4th 800m in 2.47.49;
Freya Kelly 8th in SP with 8.48 + 4th in Dis. with 21.90 PB;

U/17G Victoria Smith 2nd 100m in 12.86 + 2nd 200m in 26.47;
Martha Collings 1st 1500m in 5.01.02; Charlotte Watson 3rd 1500m in 6.03.73;
Lucy Eaton-Tribe 4th 100m in 13.68 + 4th in LJ with 4.78; Isobel Leikis 1st in HJ with 1.60;
Ella Barker 5th 200m in 28.97 + 4th 300m in 47.09; Poppy Walters 1st 300m in 43.23 + 3rd in
LJ with 4.93; Sara Eve 5th 800m in 2.58.11 + 5th in Jav. with 21.78; Isabella Janssens 5th in SP
with 8.28 + 5th in Dis. with 21.43; Alicia Kapotwe 6th in SP with 8.06 + 9th in Dis. with 24.25

U/20W Emily Read 2nd 100m in 12.86; Freya Challis 4th 100m in 13.07;
Katie Hopkins 1st 400m in 59.02 PB + 3rd in PV with 2.60;
Florence Baulk 4th 400m in 66.87; Kavita Bhanot 1st 800m in 2.38.47 PB + 1st in LJ with 3.50;

S/W Sam Morrison 3rd 100m in 13.6 + 1st in PV with 3.30; Helen Eve 6th 100m in 15.04;
Clare Maurer 2nd 400m in 51.43 PB; Natasha Di-Nolfi 1st (0/35) 400m in 70.95 PB;
Jacqui Musselwhite 6th 400m in 71.71; Kay Trinder 1st in PV with 2.20
Helen/Jacqui/Kay (0/50)

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Surrey/Sussex Combined Events Champs + Relays 8/9th Sept. Carshalton

U/13B Pent. Hayden Christian 800m in 2.30.63 PB + 75H in 11.95 PB + jumped 1.38 in HJ + jumped 4.76 in LJ + threw SP 8.60 PB and finished 1st scoring 1964 Pts. + broke the 75H and Pent. club rec. 11 athletes competed

U/17B Octathlon. George Hopkins ran 400m in 56.96 + 1500m in 5.12.9 + 100H in 16.04 + jumped 1.77 in HJ + 5.68 in LJ + threw SP 9.39 + Dis. 25.01 + Jav. 42.71
George finished 2nd scoring 4014 Pts.

U/20G Hept. Florence Baulk ran 200m in 29.28 PB + 800m in 2.2.44.27 + 100H in 19.62 PB + jumped 1.35 in HJ PB + 4.20 in LJ + threw SP 7.02 PB + Jav. 33.82
Florence finished 1st scoring a PB Pts. Of 3094 This creates a new U/20G Hept. club rec.

Sen.M Decath. Kaspars Kazemaks ran 100m in 11.63 + 400m in 52.91 + 1500m in 5.00.19 + 110H in 16.03 + Jumped 1.74 in HJ+ 3.80 in PV + 6.09 in LJ + threw SP 11.73 + Dis. 35.31 + Jav. 39.71 and scored 6041 Pts. To finish 1st

RELAYS.

U/13G 1st in the 4x100m in 53.50 (CR) + 2nd in the 4x200m in 1.50.23

U/15G 3rd in the 4x100m in 51.88; U/20G 1st in the 4x100m in 49.9 (CR)

U/13B 3rd in the 4x100m in 53.73 + 2nd in the 4x200m in 1.55.4 (CR)

U/15B 2nd in the 4x100m in 47.44 (CR) U/17B 1st in the 4x100m in 44.2

World Masters Champs Sept. Malaga Spain

We had four members competing as mentioned in editorial. On feedback they all mentioned that the humidity slightly affected their performances, Fiona Bishop ran the 8k XC event and finished 29th out of the 40 in her 0/55 age group. In the 10k road walk her time was 73.52 and was 3rd scoring Brit team that finished 2nd so came home with a Silver team medal. In the 20k road walk was 12th out of the 17 in her age group and her time was 2.36.19. And Fiona's final event the ½ marathon and finished 22nd out of 29 in 1.59.46 Jacqui Musselwhite competing in her first major champs came home with team Bronze Medal + one PB + broke one club record and watched her brother win a Silver in the 0/50 800m so a really compact holiday of sport. In the 400m Jacqui finished 3rd in her Ht. in 71.76 but did not Q for final but was selected to run in the 4x400r team that finished 3rd beaten by Spain/Australia a nice bonus for her hard work.

In her 800m Ht. finished 7th running a PB time of 2.43.3 that broke the clubs 0/50 record of 2.43.7. And the record holder Julie Barclay was sitting in the stands cheering Jacqui on Bob Bradbury ran in the 0/65 5000m and finish 2nd in 18.53.46 the winning Kenyan ran 18.36.72 a gap of 15sec. Bob was slightly troubled by the humidity not the heat so much. Phil Cross only arrived two days prior to the Sun. 1/2 Mara. that he was competing in the other 8 Brits had been there all week acclimatising. Phil finished 42nd out of the 97 in his 0/55 group and 6th Brit and ran a 0/55 PB time of 1.32.32.

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One club down side It is compulsory to wear a GB vest (you buy) so no Tangerines flying around Well every one.

Jim Day PV meeting (Indoor) 23rd Sept. Carshalton

George Hopkins U/17 vaulted 4.01 PB clearing 4.00 for the first time and sister Katie U/20 vaulted 2.71 PB

Lea Valley 1Hr. Walk 23rd Sept.

A track walk event to see how far you can cover in an hour Fiona Bishop managed 8800m. (5mile 800m)

Speed Decathlon 29th Sept. Basingstoke

This is a yearly event held at Basingstoke at the end of the season.

There is a Team Event :

Two teams entered: Team Phipps being David Awde, Charlie Ashdown-Taylor, Sam Morrison and Claire Maurer : Woking Massive being Katie and George Hopkins and Florence Baulk covering the Decathlon and working and moving together as a team covering 10 events within the hour.

Team Phipps finishing 3rd with 6167 points.

Woking Massive came 6th with 4612 points

Individual events: Heptathlon for ladies

Clare Maurer was 1st in the Individual with 3241 points, Sam Morrison was 3rd with 2801 points, and not having enough joined the men in the team event as well

Individual men's events where we had two entrants:

Kaspers Kazemaks covering 8 events came first with 5388 points

David Awde coming 2nd with 5088 points

Well done for a hard tough day – at least the weather was on their side

Lots of pb's achieved for all

Twickenham Masters & Open Meeting 30th Sept.

Jacqueline Musselwhite running her last track event of the season went along with brother Adrian and Paul Kelly never misses the opportunity to compete also entered two events

All three in the 0/50 category and all three finished 1st in the events they entered

Jacqui ran the 800m in 2.44.93 a second outside her best. vPaul threw the Ham. 37.47 + SP 8.47; Adrian ran 200m in 27.44 + 800m in 2.08.24.

Road Results

Maidenhead ½ Marathon 2nd Sept.

The weather just about manageable for a 13.1 mile event. Being advertised as a flat fast course although all our members times were below par. Maybe we prefer a hill or two ?

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All club organising committee's arrange their prize giving rules/regulations and in this race athletes M/F are classed as seniors up to when they are 40 then in 10 year age groups
So very unlucky for Jaydee who reaches 40 (OUCH !) this month Sept. October.

Louise Mills running her first ½ marathon and supported by mum Valerie. The entry was 1048. Stephen Blake was our first home finishing 4th in 1.12.50; nearly three min. off best (1.10.12). Jaydee Peters was 9th lady (135th o/a) in 1.27.10. Jaydee's best being 1.24.45; Lisa Faunch also well below par finished 193rd in 1.30.12. Best being 1.27.18; Laura Hales our fourth member to be over 3min. down on their best, today Laura was 436th in 1.43.29. Best being 1.24.18; Louise Mills making her debut over the distance finished 555th in 1.47.00; Also unknown to me Kenton Walker was 976th in 2.07.43

Woking 3 mile Sept. 5th

Today being rather special as former member Gilbert Grundy now living in the USA And over here for 2 months UNI break visiting his many friends and competing in a few track/road events and he popped along for old time sake Starting of last with a 11 minute H/C and he certainly showed he has not forgot the course by running 13.39 breaking the course rec. maybe learning "Speed work at UNI" a brilliant performance. Jonathan Mellor spending his half his dinner hour running the course in 21.12 then back to work; Colin Harris ran 22.15; and Malcolm Vaughan a very creditable 26.19 his fastest this year.

Great North Run 5k 8th Sept;

Andrew Collings returned to Gateshead again this year and finished 1st 0/50 (30th o/a) in 20.40 well up front of the over 750 that finished;
Martha Collings ran in the 4k event and finished 1st U/17 girl in a PB time of 14.47 (a 20 sec. improvement) The Trophy was presented to Martha by international Lily Partridge

Great North Run ½ Mara. 9th Sept.

Stephen Blake ran 1.13.10 to finish 12345678 out of the 50,000 odd. Taking up position with the elite – Mo Farah – great news and well done for this Stephen.
Kim Warner running the event for the 15th time spending the week-end there
Kim enjoying the friendly atmosphere just as much as the run and today stopped to congratulate Andrew and Martha on their performances plus a chat Kim finished 3964th in 1.48.23 and will return next year

Surrey Road Relays 15th Sept. Wimbledon

We only had a senior ladies team that included two vets. The weather was good and I had a wonderful seat in the stand and looking after the girls baggage also a great view as they entered the final 300m circuit of the track and a perfect view of the takeover point for their exact lap time.

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First leg was run by Georgie Furze among the mass of 95 starters that spread out after a lap of the track before going out onto the road for the 1 mile climb past the Wimbledon tennis stadium. Georgie ran 18.25 as 7th lady; Lucia Tregellis who had run the Woking park 5k as a warm-up in the morning took over and sped out to tackle the 1 mile climb and returned as 11th lady in 20.50 to hand over to Kay Trinder in great form during the past 4/5 weeks set of a few metres behind another girl that Kay passed her once into her stride to finish 10th and one second slower than Lucia in 20.51; Jaydee Peters a late replacement owing to a sickness withdrawal Jaydee had run 15 miles in the morning as part of her marathon training Jaydee manage one lap round the track warm-up and a chocolate wafer just 8 minutes before Kay was due to return Fingers crossed Jaydee set of for the 4.74k lap with Georgie/Lucia/Kay waiting at the track entrance to give verbal support to Jaydee over the final 300m and Jaydee entered the track as though been shot out of a canon and passing a girl on the last 50m to finish 8th in 17.33 a really classic performance after her 15mile earlier and was so surprised with herself with her run. The team's overall time was 1.15.23. I predicted 1.20 (but they ignored me) A great team spirit and enjoyed supporting them

Brooks Serpentine 5k Sept. 28th Hyde Park

A very popular last Friday in month 5k dinner time event. Today among the 208 finishers Ben Goddard came 6th in 16.31 and regular Kay Trinder celebrating her last day as a 52 youngster came 110th in 20.46

Windsor Park Run4women 10k Sept. 28th

This is a very tough hilly event on the closed to traffic on the Windsor Park roads. The start is at the foot of a 1 mile ascent on the Long Walk towards the Copper Horse And then turning left another ½ mile climb. So if not warmed-up properly when you reach the summit you will surely suffer. Jane Braid was the first home of our three members by 6 seconds Jane ran a life time PB of 56.42 to finish 193rd to just pip Barbara Rodriguez into the funnel who was 195th in 56.46. The final mile is down the hill along the Long Walk towards the castle the one you climbed to start with. Valerie Mills was 264th out of the 1726 that finished and ran 58.22 Valerie's best time since 2016.

Windsor ½ Marathon 30th Sept.

A really tough course around the hilly roads inside the Windsor park that has more UPS than **DOWNS** Over 3000 finished and Ben Goddard was 10th in a PB time of 1.13.28; Kim Warner after a week in Malta arrived home Sat. afternoon then competed after his week of rest and ran 1.43.43 to finish 1616th

Off Road Results

Homewood 1st Sept. Kay Trinder returned home from a two week holiday in Austria on Thursday with that "The Hills are alive" feeling so headed for the 21st toughest UK park run and finished 1st lady in 22.31.

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Kay holds the 0/50 course rec. (21.40) BUT this was run on the previous course And all the course rec. holders disagree with the idea this course being 2/3 times harder plus a COURSE record is for THE COURSE. So Kay's time over this course should count as the rec.???

The 2nd lady was Lucia Tregellis who ran 23.06; Then Jonathan Mellor who has a change every other week today finished 23rd in 25.02. Today 120 ran

Frimley 1st Sept. Malcolm Vaughan having another good performance by running 29.36 this being Malcolm's fastest park run time this year today finished 312 out of 541

Monaghan 1st Sept. Rob Gilchrist ran a PB time of 19.11* and finished in 1st place out 87 This is run in Rossmore Forest Park (Gortnakeegan) Ireland

Poole 1st Sept. In form park running Christine Flynn ran a course PB time of 25.13 and finished 256th out of the 764 that that ran. This is Christine's best time since 21st April 2016

Hazelwood 1st Sept. Fiona Bishop tried the flat course for the first time and finished 2nd lady and 26th out of the 127 by running 24.42

Rushmoor 1st Sept. Robert Thorne and Sara Giebelmann running the course for the first time Robert was 119th in 24.10 and Sara 209th in 27.28

Woking 1st Sept. Another good weather for running with some good club results.

Ben Goddard finished 1st in 17.33 looked relaxed on each lap and obviously slightly handicapped after the first lap having to weave cautiously thro' the back markers plus in the wooded area the path is not easy to overtake anyone. And over the final 200m the back markers about to start there final lap are spread across the width of the path This can cost the leaders 20/30 seconds but no moan's from Ben. Jaydee Peters was 1st lady(8th o/a) in 19.39 Jaydee's best over the course being 19.37 but today's time was a sharpener for the following day's Maidenhead ½ marathon. Mike Waine just ahead of Jaydee on the first lap but said he could not respond when Jaydee went past with Mike finishing 13th in 20.02 and 1st 0/60; Young Charlie Cunningham chasing Mike over the final 200m to finish 15th in 20.09; Then 2nd lady Gemma Cory returning after a couple of years lay off why spending time with her growing family so this being Gemma's first attempt around the course and looking very fit/agile and no doubt will lower her today's time of 21.00 minutes, welcome back Gemma; Julie Barclay having her 4th race in a week and running 3PBs including running today's time of 21.49* that also lowered her 0/55 course rec. Julie finished 3rd lady (33rd o/a) Laura Hales not in running fast mode owing to running the Maidenhead ½ next day today ran 23.12 to finish 41st; Finishing 70th was Jimmy Brown who ran 23.36; Mary Tibbotts daughter Hollie was 109th in 24.53;

Charlotte Watson was 15th in 25.04 and managed to hold off Paul Watt who was running his longest distance for 6/7 weeks and nil training owing to a leg problem but finished

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pleased to have run the whole 5k and walk away with no after effects Paul was 119th in 25.12 Mary Tibbotts settling down to running park runs again after multi distance events today finished 139th in 26.21; Matt Gough was finished 10 seconds adrift of Mary running 26.32 to finish 147th; Barbara Rodriguez pleased to keep under the 27.00 min. mark today ran 26.52 in 159 spot; Then in 184th place was Valerie Mills running 28.14 but cautiously nursing a slight leg niggle; Lesley Baulk continues to manage the course quite easy considering the very limited training that she is able to fit in her work, Lesley was 294th in 33.30; Also again running solo Sandra Brown finished 371st in another PB time of 45.08; Somewhere among the 381 was Kavita Bhanot helping a little friend round but did not have her Bar-code with her

Stoke Park 8th Sept. Miche Oldham was our only member among the 435 and finished 45th in 21.51 Miche's best 0/45 time being 21.26

Crystal Palace 8th Sept. Richard Grinter trying Crystal Palace for the first time came 23rd in 20.10 Today 332 ran

Markeaton 8th Sept. Valerie Mills week-end visiting friends nipped along to the local park run that she has ran before. Today finished 205th in 28.26 total finishers 407.

Homewood 8th Sept. A possible record entry of 152. With Chris Dyson back after being absent for a few weeks but had no trouble getting back into his winning ways by coming 1st in 17.46; And Kay Trinder lowering her fastest time over this course running 22.14 last week ran 22.31 Kay was 1st lady (15th o/a); Lucia Tregelis was 2nd lady(19th o/a) in 23.02; Michael Frean was 20th in 23.16; And regular Jonathan Mellor finishing 28th in 24.17

Frimley Lodge 8th Sept. The "Special One's" 300th run and a magnificent 547th helping Malcolm Vaughan to celebrate along with family. While the run was in progress wife Maureen was guarding a picnic table (from birds/etc.) full of two big cakes and lots of goodies for anyone wishing to join in.

Phil Cross having his final run before heading to Spain to run the 1/2marathon in the World Masters Champs. Phil ran a course PB time of 19.42 to finish 16th;

Julie Barclay never lost her way this week although having a brilliant run missed her course best of 22.01 today ran 22.02 just one unfriendly/miserable little second Julie finished 1st 0/55(63rd o/a);

Paul Watt also had a good confident run after running 25.12 at Woking last week today ran 23.57 to finish 122nd; Robert Thorne was next to finish in 200th spot running 26.11; Then along came Malcolm escorted by daughter Sara/Emma and Richard Baggott and Ramona Thevenet they preferred a photo finish so all crossed the line 408/9/10/11/12 and all got in the photo finish in 32.48.

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Then all headed to the picnic table where Sara calmly serve all comers with a smile
A nice morning helping Malcolm and family celebrate his 300th run

Woking 8th Sept. Good weather conditions saw 332 run with 11 being WAC members. Our two Ben's showed their fitness with Ben Goddard in 7th place running 18.48; Ben Rolfe was in 8th place in 19.06; Steve Tait 0/50 followed just behind in 14th spot in a time of 19.42; Then Jake Stadie who was 20th in 20.18; Mark Rose on his warm-up for his ½ marathon next day finished 23rd in 20.24; Kavita was our first female and finished 3rd (37th o/a) in 21.50 Kavita's best being 21.05; Jimmy Brown 1st 0/65 (56th o/o) ran 23.09 then ranback around the course to assist wife Sandra; Michael Ball was 119th in 25.58; Christine Flynn 1st 0/60 on her tour of the local park runs today it was Woking's turn to try and stop her from keeping under her 2018 target of 27.00 again Christine managed 26.46 and finished 136th; Then 2nd 0/60 was Barbara Rodriguez in 143rd place and also finished spot on the ladies 0/60 target by running 27.00; Sandra Brown continuing to run a PB every week for the past 9 weeks today was 320th in 43.43 PB

Pilgrim ½ Mara. 9th Sept. Farnham

This is possibly the toughest UK trail ½ marathon in the UK across the tough Surrey hills although very scenic if you have you have the time to look around. Also it is "A must Do" event with a very popular regular large entry today 422 ran. With Mark Rose warming-up running the Woking park 5k the previous day today finishing 63rd in 1.49.43; Malcolm Vaughan a yearly entree today ran 2.24.46 AND after his 300th park run the previous entered the funnel 300th place

Bushy Park 15th Sept. Ben Rolfe ran a course PB time of 18.30* to finish 29th; Christine Flynn on her first choice park-run and still maintaining her (2018) sub 27.00min. target by running 25.57 to finish 569th out of 1392

Frimley Lodge 15th Sept. Malcolm Vaughan ran his fastest time 2018 over the course today running 29.32. finishing 309th. On the 1st Sept. Malcolm ran 29.36; His best 0/70 time being 26.21 that he ran in 2014 at Frimley

Crystal Palace 15th Sept. Richard Grinter ran here last week in 20.10 so returned to try harder and succeeded by running 19.54* a course PB and finished 12th out of 314

Princes Park 15th Sept. Liverpool Robert Thorne touring around a few different park runs ran his first here in 21.56 and came 50th out of the 372

Krakow 15th Sept. Poland Valerie Mills and daughter Louise visiting the notorious war-time Polish City and while there had a Saturday run in the local 5k park run that many English tourist run during their stay. Julie Barclay/Paul Watt have run and toured here Today Louise finished 4th lady (35th o/a) in 22.21 and Valerie was 85th in 28.34

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Salisbury 15th Sept. James Spencer ran a course PB time of 18.19* and finished 3rd out of the 474 mass that finish. Nice one James

Homewood 15th Sept. Jonathan Mellor enjoyed today's run more than his previous runs over this tough course because he ran a course PB time of 23.50* to finish 17th out of 121. Well done Jon

Woking 15th Sept. We had 13 members running out of the 325 and in 13th place was Steve Tait in 20.08; Charlie Cunningham followed one place back in 14th in 20.15; Kavita Bhanot was 2nd Girl (27th o/a) in 21.28 Kavita's best being 21.08; Jimmy Brown finished 47th in 22.44; Leo Basi very close to Jimmy in 49 spot in 22.50; Laura Hales becoming a Woking regular lately and today had a casual run to finish 60th in 23.32; Lucia Tregellis getting warmed up to compete in the Surrey road relays later at midday so had a nice relaxed run to finish 79th in 24.17; Michael Ball was 112th in 25.25; Matt Gough 142nd in 26.31; Jane Braid after a few days in Switzerland watching hubby Richard conquer Mont Blanc 100k Jane was 168th in 27.07 (at Woking not MontBlanc); Barbara Rodriguez followed Jane very closely into the funnel to finish 171st in 27.12; And Jess Walters keeping Barbara in her sights to finish 186 in 27.49; Sandra Brown having a off running a PB and was 313th in 45.02

Hazelwood 22nd Sept. There was three young tourist from their normal Woking run and all having their first outing over this flat course and all had brilliant performances; The entry up again to 153. With U/17 Ben Rolfe finishing 2nd in 18.05* Mike Waine 1st 0/60 (7th o/a) in a below par time of 20.12; Then Kavita Bhanot who was leading lady in 21.14 (12th o/a) Kavita's best time since Nov. 2017 (21.05) Plus to make her journey a success Kavita broke the 18/19 age group course record. Also Charlotte Watson not to be out done finished 3rd (25th o/a) girl in a storming life time PB time of 23.17 And to put the icing on her performance broke the 15/17 age group course record Well done Kavita and Charlotte. John Coffey was 1st 0/70 (78th o/a) in 28.09 Best being 27.08

Homewood 22nd Sept. I revisited the 21st ranked hardest park run in the UK and our six had no problem conquering the three tough laps with two of the 6 running PBs. Jason Harris who has been absent for 5/6 months came round first lap with 4/5 other lads. On the second lap there was only two on his tail and with 500m to tape Jason was on his own to finish 1st in 19.11; Ben Gillam stayed with Jason for two laps but that third lap tests every one and Ben came into funnel in 6th place with a time of 19.54 then the race of the day in almost opposite situation to Jason's run. Kay Trinder easing into the first lap with caution with stiffness came round second lady 30m adrift of Joanna her Walton friend and looking relaxed, Then on the 2nd lap the distance between them reduced to 20m and Kay looking confident and concentrating, with the final 500m to tape the space was 4/5 metres and I was unable to see the final 200m around the field to the funnel when I saw the result Kay finished 1 second adrift and I thought they

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both ran in together BUT Kay said she just could not catch and loved the challenge Kay was 2nd lady but 1st 0/50 (17th o/a) in 21.55; Then came our two PB members Lucia Tregellis followed Kay by 20m the whole 5k and never looked like tiring had a really good run to finish 3rd lady (25th o/a) in a PB time of 22.37; Jonathan Mellor really on form and looking fit and to prove it ran a PB over this course last week and today showed it was no fluke by running another PB time of 23.40 and finished 34th; Michael Ball chose this tough one from the other local runs with Woking cancelled finished in the first half of the 156 that finished Michael easily managed the course with labouring to run 26.28 in 66th place; Barbara Rodriguez has this hard course on her doorstep so runs the 1.5 mile to warm up cautiously runs the very dodgy surface before bouncing home again today was 1st 0/60 and finished 96th in 28.59.

Frimley 22nd Sept. A mass of 525 finished and Stephen Blake having his first run over the course lead from the start and stayed there to finish 1st in 16.57; Jo Payne ran from home in Lightwater without her bar-code ran the 5k in about 19.51 to finish 1st lady (22nd o/a) Jo was recorded as a unknown she then ran back home. This must be the first time WAC have finished 1st male and female. Laura Hales back to her local run owing to Woking being off. Laura was 3rd lady (68th o/a) to finish in 22.06; Then back the previous day after a two week holiday in Spain Julie Barclay and Paul Watt was about to start getting used to no sun shine so was having a "Get Used To" run, Julie ran 22.53 to finish 88th and Paul was 137th in 24.14

Guildford 22nd Sept. Miche Oldham was our lone member running among the 321 and finished 3rd lady (44th o/a) in 21.36

Whitley Bay 22nd Sept. Valerie and Louise Mills returned from Krakow and headed north to try this run for the first time Louise finished 78th in 23.22 and Valerie 232nd in 28.09

Pymmes 22nd Sept. Fiona Bishop travelled to north London for her first attempt over this course and finished 2nd lady in 24.12 a small entry of 69 today

Osterley Park 22nd Sept. Simon Egan lead the other 192 home to finish 1st in 18.02 Simon's best over this course being 17.02

Rushmoor 22nd Sept. With Woking cancelled our members were spread around 9 different venues, Jane Braid and Lesley Bauk chose this one and Jane came away pleased she chose this 5k By running a course PB of 27.05 to finish 207th; Lesley ran 32.28 slightly up on her previous 5/6 times at Woking and today finished 374th Today 473 ran

Mole Valley 22nd Sept. Jimmy Brown was trying this really tough hilly course around Denbies Grape Vines. For the first time and finished 1st 0/65 (49th o/a) in 23.46 and added the course 0/65 record to his CV, well done Jimmy

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Homewood 29th Sept. We had five take on this toughie with 111 others. With last weeks winner Jason Harris 0/45 having to settle for 2nd spot this week running 19.03; Followed very closely by 0/60 Mike Waine in 8th place running 21.00; Then Jonathon Mellor AGAIN for the third week in succession over the same course ran another PB time of 23.14* to finish 20th Well done Jon. Lucia Tregellis now becoming a regular over this course today finished 3rd lady(28th o/a) in 23.35; Then David Sigerson home after a holiday abroad getting acclimatised was 49th in 25.54

Guildford 22nd Sept. James Gamble home for a few days went along to this undulating course to show his regular many long distance flights does not affect his running talent by running a course PB time of 17.48* and finished 2nd out of the 451

Ludlow 29th Sept. Jaydee Peters on a family visit popped along to run the park run with the other 87, and during her marathon taper week ran a course PB time of 21.26 to finish 1st lady (5th o/a) Good Luck

Catford 29th Sept. Richard Grinter continuing to tour the London area park runs and today finished 8th out of the 188 so had 100 trying to catch him. Richard ran 19.26 over the course at first attempt

Woking Park 29th Sept. Perfect weather for Kay Trinder's 53rd birthday although age concern caused Kay to forget her Bar-code. Also young James Thomas thought "If it's good enough for young Kay" So their times/Pos. not official. We had 16 running out of the 328 that finished. Our first home was Ben Rolfe who finished 7th in 18.42; Followed by Phil Cross who ran a 0/55 PB time of 19.28, Phil's time was also his best time ever over the Woking course Phil was 12th o/a; Mark Rose keeping with-in 30 sec. of Phil the whole 5k and ran 20.02 in 16th place; Then 1st lady (20th o/a) Laura Hales having a brilliant run in a excellent time of 20.32 question being was this 5k a warm-up for her run home after finishing. Nice one Laura.

Steve Tait only 15sec. adrift of Laura ran 20.47 to finish 25th; Ben Golding flew by me and looked in PB form and proved me correct Ben ran a PB time of 21.20 and placed 34th; Clive Hensby 0/55 continues to come along maybe 2 times a month and although having one run during the week his inborn talent show's by running 21.32 and today finished 36;

Jimmy Brown 0/65 still churns out really fast times and in his young days being an excellent classic 400m specialist has the speed stayed with-in him. Today Jimmy ran 22.05 in 48th spot plus 1st 0/65; In 75th place Paul Watt having physio treatment was running at the recommended pace to suite his leg problem finished in 23.40 hoping the run be beneficial and can get back training more serious; Bori Szegedi was 91st in 23.40; With Fiona Bishop in a easy to remember 100th place and continuing to get back running sub 24.00 and will before 2019 today just missing out running 24.24; Michael Ball having his weekly long run was just behind Fiona in 105th place and running 24.46; Duncan Rolfe still nursing a long time niggle and often runs a 5k to see if improving was 122nd in 25.37; Tim Cooper ran

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27.52 to finish 169th; And Lesley Baulk running her best time for 2/3 months was 234th in 30.53; Sandra Brown missed running her normal weekly PB today was 321st in 44.12.

Our two UNKNOWNNS both James and Kay remembering seeing them I have put them in the first Unknownns to finish. James was 30th in 21.08 and Kay 3rd lady (32nd o/a) in 21.14

XC Results

Sun. 16th Sept. Mabac Lightwater

Again another tough Mabac course but still well supported by over a hundred. Plus another attraction being the wonderful little free picnic buffet of very inviting goodies The Magic team had six running and leading the team home was Jo Payne. This course is almost attached to Jo's back garden but it doesn't make it any easier with a never ending 1k ascend (Twice). Jo was 12th in 39.39.

And second home was former member for 15 years who was our fastest French athlete Eric Mamet who competed for the club on the track/road/XC today finished 25th in 43.08 Eric still lives in Woodham lane but only jogs along canal path to keep fit.

Mandy Ruks was 33rd in 44.45; Mark Coxhead 76th in 56.13 who kept in Malcolm Vaughan's slipstream for the 5miles until 100m to the finish line then went ahead Malcolm having a weekly good performances through out Sept. running his fastest times during 2018 today finished 77th in 56.29; And running her very first Mabac event was Nita Bhanot and managed to conquer this toughie to finish 94th in 76.18 Nita being Kavita's mum.

XC Fixtures

Sat. Oct. 13th Surrey Ladies Lge. Check with team Manager

Sat. Oct. 13th Men's Surrey Lge. Check with team manager

Sat. Oct. 20th Surrey Vets Champs Richmond Park enter individually

Sat. Oct. 20th Bruce Judd Surrey Junior XC Relays Stoke Park Check with team Managers

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