



COCKCROW
Woking AC
News

September
2019

Editor – Tom Rowley
17, The Moorlands, Kingfield, Woking, Surrey
Tel: 01483 768491
Email:cockcrow@wokingac.com

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Editorial

The last month's issue was a little late owing to me not missing ONE letter in Lesley's address 4 TIMES

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The U/17 Eight inter-counties meeting at Chelmsford on 21st July
Also the YDL (upper) meeting at Brighton on 28th July results did not appear until after the 31st, but all in this months

Congratulations to Zara Hyde-Peters who was a Woking AC member in her competitive athletic career has been named as Chief Executive Officer of England Athletics.

Congratulations to the YDL Upper League Woking and Camberley Composite team for a League Win and promotion to the Premier League for 2020. Good luck and keep up the good work

Congratulations to Stephen Blake and Lucy Matheson who was married on Sat. 31st Sept. And may you both be very happy and enjoy good health for many years
Best wishes Stephen and Lucy from every one at WAC good luck

Congratulations to Martha Collings and Tyler Panton on achieving their first international appearance. Both representing England in the U/18s Youth Nations Cup that took place in Ireland (Dublin) on Aug. 3rd. Tyler won a Silver in the 100m plus a Gold in the 4x100r; Martha came away with a Gold in the 1500S/C event

Club Records

Martha Collings created a U/17 new road 5k record on 11th Aug. at Wimbledon by running 18.36.

Tyler Panton Lowered his 200m club rec. at Ashford on 17th Aug. in the U13/15/17 S.of.E Champs running 22.12

Lesley Baulk lowered her 1500m club rec. at Colchester in the SAL by running 7.00.08
Lesley took over 1min. 30sec off her previous best.

Martha Collings also at same meeting Martha lowered her 2000s/c club rec. to 7.09.1

George Hopkins also at Colchester on 17th Aug. in the SAL match George lowered his club PV rec. to 4.45

Surrey Ladies XC all SAT. dates

Oct.12th Reigate /// Nov.9th TBC /// Jan.11th Guildford /// Feb.8th TBC.

PBeez

In the U/17 Eight Inter-County at Chelmsford on 21st July Tyler Panton 200m in 22.33; George Hopkins vaulted 4.41; In the YDL at Brighton on 28th July. Katie Hopkins ran 1500s/c in 5.24.2; Ella Stoner threw SP 6.35; Emma Harris ran 300m in 47.7; James Spencer ran 1500m in 4.26.7; Shaun Waters ran 800m in 2.16.5; Lesley Baulk ran a life time best of 26.59 in the Hanworth 5k on 3rd Aug. In the Woking 3 on 7th Aug. Lesley Baulk ran a course PB of 24.03* In the British Masters Champs on 10/11th Aug. at Birmingham

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Julie Barclay ran 1500m in 5.50.24; Phil Cross ran 5000m in 19.31.09; Dave Hunt threw Jav.30.89 + Dis. 25.4 In the Perseverance road 5k on the 11th Aug. at Wimbledon Stephen Blake ran 16.03; James Thomas 16.57; Martha Collings 18.36; In the SAL meeting on 17th Aug. at Colchester George Hopkins cleared 4.45 in the PV; Ella Stoner threw SP 6.66; Eleanor Gatrell threw Ham. 40.00m; Helen Eve ran 200m in 32.5; Sam Morrison ran 200m in 27.3 + 100H in 15.6; Kay Trinder ran 1500m in 5.54.3; Jacqui Musselwhite ran

200m in + 800m in 2.39.6; Lesley Bauk ran 1500m in 7.00.08; Martha Collings ran 2000s/c in 7.09.1. At Ashford on the 17th Aug. in the S.of.E U/13/15/17 Champs Tyler Panton ran 200m in 22.12. In the Bath two tunnels 50k On the 18th Aug. Matt Benchley ran 4.39.30 including a marathon time of 3.48.00.

In the Frimley 5k on 24th Aug. Lucia Tregellis ran 21.49*; Claire Johnston ran 24.47*; Keith Harrison 25.49*; Jane Braid 28.36*; Brain Tregellis 28.51*;

On Fri. 30th Aug. in the Serpentine 5k. Kay Trinder ran a 0/50 course PB of 19.56 Steve Hill ran 25.15 in the Stoke park 5k on 31st Aug.

T&F Results

U/17 Eight Inter-Counties 21st July Chelmsford

Tyler Panton 1st 100m in 10.97 + 1st 200m in 22.33 PB;
George Hopkins 1st in PV with 4.41 PB + 1st in Jav. with 53.41;
Ella Barker 6th 300H in 48.76;

Derek Crookes U/13 Inter-County Match 27th July Kingston

Another busy day for Surrey President Gina Middleton presenting medals/awards, husband Dave was also busy as the starter.

Checked all thro' results and could only find Indiana Marshall results

Indiana Marshall was 2nd in 100m race running 13.37 + 1st 200m in 27.37 + 13th in LJ jumping 2.46. Indiana also ran a leg in the 4x100r team that finished 1st in 51.09 (A Meeting record)

YDL(upper) 28th July Brighton *Camberley Athletes

U/20B Alex Hanson 1st 100m in 11.1 + 1st 200m in 21.8; Joseph Foster* 3rdB 100m in 11.8 + 2nd in SP with 6.30; Connor Trerise 3rd 3000m in 10.19/6 + 3rd 2000s/c in 8.28.2; Robert Pattison 4th 400m in 51.6 + 4thB 800m in 2.12.8 + 1st in Dis. throwing 28.00; James Spencer 5th 800m in 2.21.2 + 3rd 1500m in 4.26.7 PB + 2ndB 2000s/c in 8.40.6 Luke Mann* 2nd in HJ with 1.85 + 2nd in LJ with 6.01 + 2nd in TJ with 12.17; Lewis Herzog* 1st PV with 3.40. Ben McLaren-Porter* 1st in SP throwing 13.64 + 1st in Dis. with 39.50 + 5th in Jav. with 21.59; The 4x100r "A" team was 4th in 48.9 + The 4x400r "B" team was 6th in 3.52.7;

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U/17B Charlie Terry 5thB 200m in 25.8 + 6th 400m in 57.5 + 3rdB in HJ jumping 1.45; Tyler Panton 1st 100m in 11.1 + 1st 200m in 22.5; Harvey Quarry* 6thB 800m in 2.24.6; Ryan Henderson 2ndB 100m in 12.0 + 2ndB in LJ jumping 55.54; William Harding n/s 100m in 12.00 + 2ndB 200m in 25.00; Ashley Chan* 5th Dis. with 17.09 + 3rdB Jav. with 18.11; Shaun Waters 6th 800m in 2.16.5 PB + 4th 1500m in 4.39.2 + 4th 1500s/c in 5.13.3; Toby Mann* 5th in HJ with 1.60 + 5th in TJ with 10.50 + 4th in SP with 7.62; George Hopkins 1st in PV with 4.30 + 3rd in LJ with 5.83; The 4x100r team was 4th in 48.2 + The 4x400r team was 3rd in 4.05.00;

U/20G Emily Read 3rd 100m in 12.9 + 2nd 200m in 25.8; Elle Stoner 3rd in LJ with 4.31 + 5th in SP with 6.35 PB; Sara Eve 6thB 200m in 36.6 + 2ndB800m in 3.05.4 + 1stB in Jav. throwing 21.76; Katie Hopkins 4thB in 13.8+ 1st 400m in 60.8 + 1st 800m in 2.29.2 + 1st 1500m s/c 5.24.2PB; Florence Bauk 2ndB 400m 66.8 + 2nd 400H in 74.6 + 4th in HJ with 1.35 + 2nd in Jav.throwing 33.54; The 4x100r team was 2nd in 52.7;

U/17G Ella Stoner 5th 100m in 13.6; Lauren Chadwick* 5th 200m in 27.9 + 3rdB in LJ with 3.27; Emma Harris 5thB 100m in 15.8 + 2ndB 300m in 47.7 PB + 4th 800m in 2.43.0; Olivia James* 4thB 200m in 28.0 + 2nd 300m in 43.5 + 5th in TJ with 8.89; Emma Wilson 4th 1500m in 5.17.1; Ella Litjens 4thB 1500m in 6.39.2; Maya James* 3rd 80H in 14.3 + 3rd in SP with 9.66 + 2nd in Jav. 32.27; Joanna Hay* 1st in PV with 2.30 + 6th in LJ with 4.12 + 2nd in the TJ jumping 8.76; Lily Kendall* 1stB in SP with 9.43 + 1st in Dis. with 28.30 + 3rd in Ham. with 32.16; Alicia Kapotwe 1stB in the Dis. with 25.65 + 2ndB in the Ham with 22.68; The 4x300r team was 2nd in 3.05.0;

Youth Nations Cup 3rd Aug. Dublin Ire.

Congratulations to Tyler Panton and Martha Collings being selected to represent England against Ireland. The results show all athletes being U/18.

Tyler finished 2nd in the 100m winning a Silver medal running 10.83 + was a member of 4x100r winning team that earned him a Gold medal.

Martha was 1st in the 1500s/c in 5.07.98 and coming away with a well earned Gold medal

British Masters Champs Birmingham 10/11th Aug.

We had six competing over the week-end; and those with events on the Sat. had a tough time battling the 80mph gale that obviously affected their performance.

Bea Lafreniere 0/40 won a Silver in the 400H in a time of 79.96 + finished 4th in the 400m with a time of 66.19;

Jacqui Musselwhite 0/50 won a Silver in the 400m in 73.37 + a Bronze in the 800m running 2.43.46;

Dave Hunt 0/50 competed in three field throwing events Dis./Jav./SP. Although no medals was more than pleased to achieve two PBs; One in the dis. with 25.04 + another in the Jav. throwing 30.89 + In the SP threw 8.77;

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Phil Cross 0/55 came away with a well earned Bronze and a 0/55 PB in the 5000m running 19.31.09; Steve Beak 0/55 ran the 100/200/and 400m events winning a hat-trick of Silver medals and although finishing 2nd in each event it was very close with a whisker between them (a stranger for me from the I.of.M) Steve's times 100m in 12.38 + 200m in 25.9 + 400m in 58.51; Bob Bradbury 0/65 claiming another national title in the 5000m by running 18.32.81; Nice one Bob.

Julie Barclay 0/55 entered the 1500m on the windy Sat. and ran a PB of 5.50.24 the wind cost Julie 1 sec. per lap. Not making any difference to her position as it affected the other athletes too on the Sun. ran the 800m in 2.52.07 to win a Bronze; Paul Watt 0/50 ran both the 800/1500m in his best times this year and in the 800m ran 2.43.00 and the 1500m in 5.45.68;

Woking Pole Vault Invitation 11th Aug. (Mixed)

Well organised and supervised by Nick Phipps

M. Bailey (Harrow W) 3.70; C. Maurer (Woking W) 3.40; S. Morrison (Woking W) 3.20; J. Hall (G&G U/20W) 3.20; J. Staunton WSE U/15) 2.80

SAL 17th Aug. Colchester This week with two top fixtures in action our President Susan Deaves and Chairman Ian Deaves shared their support equally. Ian was with the SAL final fixture and Susan went to Ashford to support the U13/15/17 YA

In the final SAL fixture we finished 2nd on the day by one (1) point to host Colchester. And the final league table we finished 5th. So safe for another season to try for top spot Today saw a total of 41 competing 22 ladies/19 men.

George Hopkins PV/Martha Collings 2000s/c and Lesley Baulk 1500m all lowered their own club rec. Lesley's 1500m PB was the performance of the day by knocking 1min. 30 sec. off her previous best

It's well done to Manager Kay Trinder/Hrvoje Bozic and for the athletes for backing them up Plus the regular travelling officials. And thanks to the Camberley athletes who's fine performances bring in valuable points

Full Results Camberley *

Ladies Ella Stoner 4th B 100m in + n/s in SP with a PB of 6.66; Emily Read 3rd 200m in 26.2; Freya Smith* 4th 100m in 13.7 + 5th 100H in 17.4; Helen Eve n/s 100m in 15.4 +n/s 200m in 32.5 PB; Neve Bradley n/s 100m in 13.8 + 2ndB in HJ with 1.30 + 2nd in LJ with 4.78; Eleanor Gatrell 2nd in SP 12.54 +1stB in Dis. with 31.13 + 2nd in Ham. throwing a PB of 40.00+ n/s Jav. with 20.59; Orla Manchester* 2ndB in SP with 8.26 + 3rd in Dis. 34.47 + 2ndB Ham. 29.49; Lucy Eaton-Tribe 4thB 200m in 30.2 +2nd in HJ with 1.40 + 2ndB in LJ with 4.66; Sam Morrison n/s 200m in 27.3 PB + 2nd 100H in 15.6 PB +1stBin PV with 3.50 + 2ndB in TJ with 9.08; Clare Maurer n/s 200m in 28.7 + 2ndB 100H in 17.0 + 1st in PV with 3.60 + 2nd in TJ with 10.21; Jacqi Musselwhite n/a 200m in 32.6 PB + 4th in 800m in 2,39.6; Ciara Mulvihill 2ndB 1500m in 5.38.1; Katie Hopkins 2nd 400m in 59.7 + 1st 1500m in 4.48.7;

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Lesley Baulk n/s 1500m in 7.00.8; Bea Lafreniere 2ndB 400m in 65.4 + 1st 400H in 76.2; Martha Collings 1st 2000s/c in 7.09.1 PB + CR; Sarah Eve n/s 800m in 3.06.8 +2ndB in Jav. with 20.20; Kyvita Bhanot 3rdB 800m in 2.41.7 + n/s 3000m in 13.00; Kay Trinder n/s 1500m in 5.54.8 PB + 2ndB 3000m in 12.03.4; Florence Baulk 2ndB 400H in 74.5 + 2nd Jav. with 32.33; Georgie Furze 3rd 3000m in 11.59.9 + 2ndB 2000s/c in 9.04.2; Maryanne Eve n/s PV with 2.70 + n/s TJ with 9.46;

The 4x100r team was 3rd in 52.0 + The 4x400r team was 2nd in 4.16.6;

Men The busy lads David Awde/Rory Kelly and Kaspars Kazemaks covered 16 events with George Hopkins/Roy Chambers 3 each. George was the only member to achieve a PB by vaulting 4.45 this also lowered his club rec. Ben Rolfe and James Gamble both took on the two distance events That included the 5000m and 2000s/c well done lads; plus the sprinter and field athletes keeping the points accumulating. Point of interest the three Camberley lads travelled to Colchester to compete as n/s that is dedication to the enjoyment they get from athletics, well done lads hope we see you again next season

Result

The three n/s Camberley lads deserve to be applauded

Adian Jackson ran 200m in 24.2; Lewis Herzog vaulted 3.40; Finlay Barber threw the Jav. 37.16. well done lads.

Harry Hadden-Wight 4th 100m in 11.9 + 3rd 200m in 27.3; Bryan Balle3rdB100m in 12.00 + 3rdB 200m in 24.8; Kenneth Ball n/s in 11.8; Robert Pattison 2ndB 400m in 53.2: James Spencer 2nd 800m in 2.05.2; Craig Morton 2ndB 800m in 2.14.2; Joseph Bull 3rd 1500m in 4.21.9; Paul Kelly 3rd in Ham. throwing 33.99; James Gamble 3rd 5000m in 17.00.04 + 2ndB 2000s/c in 7.48.7 James first attempt; Ben Rolfe 2ndB 5000m in 19.20.4 + 3rd 2000s/c in 7.45.9; Ryder Anderson 3rd in Jav. with 49.91; George Hopkins 2nd in HJ with 1.75 + 1st in LJ with 6.00 + 1st in PV with a PB of 4.45 that also lowers his club rec.

Roy Chambers 1stB 400H in 68.7 + 4thB in SP with 8.98 + 2ndB in Jav. with 44.42;

David Awde 2nd 400m in 50.4 + 1st 110H in 17.1 + 1st 400H in 56.3 + 2nd in TJ with 11.44; Rory Kelly 1stB 110H in 16.1 + n/s in HJ with 1.65 + 1stB in TJ with 10.91 + 3rdB in Dis. 31.32 + 2ndB in Ham. with 33.59; Kaspars Kazemaks n/s 110H in 16.4 + 1stB in HJ with 1.70 + n/s PV with 3.75 + 1stB in LJ with 5.69 plus 4th in SP with 10.70 + 4th in Dis. with 35.26.

The 4x100r team was 3rd in 46.7 + The 4x400r team was 1st in 3.30.1

S.of.E U/13/1517 Champs 17th Aug. Ashford Kent

A wet and windy afternoon making PBs very hard to achieve so well done to Tyler Panton on his two excellent sprint performances Plus lowering his 200m club rec. in the process. Tyler was piped in both events by 1cm by the same athlete. Next time they meet the pressure will be on him knowing Tyler has a special target. Good luck Tyler

U/13G Indiana Marshall got thro' 100ht in 13.85 + S/F in 13.67 and in the final finished 5th in 14.04 latter In the 200ht ran 27.89 and in final ran 27.59 to win a Silver medal;

Laura Kersley ran 13.34 in 100ht. in S/F ran 14.49 (Head win) and finished 6th in final with 12.43;

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U/15G Esther Ibiama ran 100ht in 13.32 and 13.28 in S/F (DNQ) then in the 200ht ran 27.24 + 27.59 in S/F (DNQ)

U/15B Robbie Thomson ran 100ht in 12.6 + 25.13 in 200ht. Hayden Christian ran 12.65 in 80H; Leon Lafreniere ran 800m in 2.11.21; Teddy Gannon ran 800m in 2.16.6 + threw Dis. 38.18 to finish 4th just missing a bronze medal

U/17B Thomas Leacock ran 100m in 11.68 + 200m in 23.10 unfortunately did not Q for next round; Then the outstanding performance of the day Tyler Panton was 1st in his 100ht. in 11.16 and in final won a Silver in 10.96. Latter Tyler run the 200ht in 22.44 and again in the final won another Silver running a PB time of 22.12 that time also lowers Tyler's club rec. These excellent performances was achieved with our President Susan Deaves watching from the stands.

Well done every one.

England Athletics U/15/17 Champs 31st Aug. Bedford

The only results I can find up to Sun.1st Sept. If others appear later they will be in the next issue. Tyler Panton U/17 ran in the 100m ; In Ht, was 1st in b10.84 + 2nd in S/F in 10.88 and in final was 4th in 10.93. Martin Sunderland U/15 finished 7th in the 1500m in a time of 4.28.11

Road Results

Woking 3 mile 7th Aug.

With a turnout of 21 we had 6 running plus family/friends of club members Ben Rolfe ran the fastest time of 17.16; Fastest lady o/a was Kay Trinder in 18.59; Duncan Rolfe ran 20.16; Richard Baggott nursing a shoulder injury ran 20.41; Then Lesley Baulk who continuing to run her weekly PB today ran 24.03; Catherine Whittington who just piped Valerie Mills on the line who bought her along Val ran 25.11; Malcolm Vaughan ran 28.34; Then Matt Winn-Smiths wife Lara with son Zak who ran a PB time of 24.23; Lara ran with daughter Joanna and in a photo-finish Joanna ran 29.30 Lara 29.31; Ramona Thevanet walked the course owing to back problem in 39.52.

Wimbledon 5k Dash 11th Aug

The weather a lot better than previous day but the hills no smaller; Only 187 entries rather smaller than previous years, our own entry the smallest for many years just four men and two ladies. The men only had three until Andrew Collings arrived so made a complete team of four. I watched the start from the grandstand then once they completed one lap of the track I wobbled down to track side just in time to see the first 3 lads enter the stadium (I must get some speed work in). The result was interesting but happens regularly, maybe on purpose or not having read event rules the actual winner did not count as he was not wearing a Belgrave club vest (but a Vegan one). So Stephen Blake running a life time PB of 16.03 who finished 3rd was awarded 2nd place. A brilliant time considering the first 2k is

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like mountaineering, and **IF** you reach the top it is a gradual run down to the finish. Ben Goddard was 4th entering the final 200m in Stephen's slip stream in 16.23; Then James Thomas now a very experienced distance runner and still continues to improve ever event he runs Today ran a 0/40 PB of 16.57 to finish 9th Nice one James;

Martha Collings a UK champ in her favourite 1500s/c event tried this event for the first time and mastered it very easy to finish 4th female (38th o/a) running a PB time of 18.36 Although missing hurdling her familiar barriers was pleased with her run;

Kay Trinder 0/50 was 2nd in her age group and 75th o/a flew up the hill to catch Andrew Collings up who was just ahead once reaching the top Kay had a chat before starting her descent to finish in 20.49 (Still Chatting), while Andrew nice and relaxed running round the track to the enter the funnel 81st in 21.27.

The Bath Two Tunnels 50k (31.2mile) 18th Aug.

A small report for Matt Brenchley who completed the course in a PB time of 4.39.30 also passed the full marathon post in a PB time of 3.48.00

Runnymede 5mile 29th Aug. Savill Gnds.

A nice evening for the 52 runners but got chilly waiting for them to return. And this being the final race of the 5, there was a prize giving after for RR members. Our interest was Julie Barclay/Malcolm Vaughan/John Coffey. Julie having ran a PB the previous evening in the Lakeside 5k and in great form for her 5/10k races in Amsterdam On 7th Sept. And tonight her final race and check on fitness and over this very hilly course ran a PB 0/50 time of 36.19. Giving Julie confidence for a week's time; Malcolm and John both going for a great time Well Malcolm came back first and then back along the course to give John encouragement and both got a time of 51min. BUT! John ran 51.21 and Malcolm 51.47 well done lads the return is next April 2020

Lakeside 5k 28th Aug. Portsmouth

Only two entrants on this my two people who I used to train, Julie Barclay/Paul Watts results. Julie keeping under the 22min barrier still with 21.28 with Paul's 22.11 being his best in this series

Brooks Serpentine 5k Aug. 30th

Kay Trinder ran a 0/50 course PB in 19.56 and finished 3rd lady to take home a well-earned medal.

Off Road Results

Hanworth 3rd Aug. Today's star park performance must go to 0/60 Lesley Baulk who ran a life time PB of 26.59. At the beginning of this year Lesley was running 31/32/33 minutes regular and since April has continued to improve almost weekly. Well done Lesley. Today 92 ran with Lesley finishing 36th

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Homewood 3rd Aug. Barbara Rodriguez was our only runner after running the 2 miles from home, then tackled the tough 5k to finish 56th out of the 111 in a time of 29.24; then ran home

Bournemouth 3rd Aug. Another different park run for Amelia Kermeen who has ran 14 different 5k park runs this year. Today Amelia finished 213th in 26.06 Total running 550;

Bedfont Lake 3rd Aug. Another brilliant run by Kay Trinder after two weeks in sunny hot Florida Today having her first outing over the course broke the 0/50 course rec. by running 20.31 to finish 2nd lady (19th o/a). Lucia Tregellis also running the course for the first time ran 21.33 to finish 26th out of the 227 that ran.

Mole Valley 3rd Aug. I personally think this is the toughest 5k course in Surrey. Running around Denbies Vineyards and from the start it is up/up/up/up completely exhausting so a big well done to Claire Johnston and Jane Braid who deserve a free magnum bottle of their favourite wine on their first attempt. Claire was 123rd in 25.24 with Jane 244th in 31.3; Today 390 ran;

Rushmoor 3rd Aug. We had three running to celebrate Windle Valley Runners 30years 12hours since forming. Laura Hales 1st 0/45 (42nd o/a) in 20/27; Lisa Fauch now returning to full training today finished 92nd in 22.22; Wendy Cudmore (nee Davies) was 120th running for the first time over the course in 23.03, Fiona Bishop was 278th in 26.53; Malcolm Vaughan was 3rd 0/70 (456th o/a) in 30.50. today 651 ran

Nonsuch 3rd Aug. The start/finish is the same place as the Surrey ladies XC event but staying in the one field not crossing the small slippery little bridge; Quite a big entry of 775 that included Julie Barclay/Paul Watt, Julie's sister Janice and young U/14 niece Olivia. All having their first outing over the course. Julie finished 1st 0/55 (84th o/a) in 22.19; Paul with a suspect calf problem walked the course in 39.41; Olivia was 500th in 30.59; with Jan finishing just behind in 510th place with a time of 31.13

Brooklands 3rd Aug. Today 294 ran and 293 followed James Thomas round and watching him run a course PB of 17.17. Also saw him lower his course rec. Nice one James; In sixth place was Mark Rose having his first outing over the course and running 18.48; Aimee Billington was 19th o/a (2nd lady) in 21.09 also 1st 0/45; Valerie Mills returning again to run the course after 6/7 weeks touring other park runs plus holidays Today finished 126th in 28,30;

Woking 3rd Aug. The 318 that ran was lead home by Ben Goddard who ran 16.52 (course best 16.32); with talented U/14 Martin Sunderland finishing 5th in 18.17; Next was Phil Cross in 8th position who missed his course best of 19.28 by 4sec. running 19.32; Jaydee Peters was 1st lady o/a and finished 11th in 19.54 but just outside her course best of

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19.37; Then Craig Liam Sullivan in 13th place with a time of 20.03; Ben Golding was one place behind in 14th and running 20.05 Ben's best being 20.03 tough on Ben; Our second lady was Jacqui Musselwhite who finished 41st in 22.26; Matt Gough was 135th in 26.53 and in 137th place was Poppy Walters running 26.54; A very close finish for the next three Jess Walters ran 27.29 to finish 152nd; Shelley Watson 152nd in 27.29, and Christine Flynn 158th in 27.47; With Nita Bhanot 254th in 33.33. The gale force wind thro' out the UK prevented any one of our members from achieving a PB time today

Rushmoor 10th Aug. Lisa Faunch running almost in her back garden being a local resident Was our lone entry and returning from injury nicely to finish 2nd lady (54th) out of 425 in 23.05;

Richmond 10th Aug. Lucia Tregellis ran 22.21 on her first outing over the course and finished 53rd out of 424;

Homewood 10th Aug. Barbara Rodriguez arrived at Woking to find it was off so dashed to Homewood and arrived just before the off having to use first lap as a warm-up but finished 1st 0/65 (55th o/a) in 28.46 today 128 ran.

Seaton 10th Aug. The gale force winds were in full action down Devon way so it was one foot forward one foot backwards James and Jess Walters battled away with James running 29.20 and Jess 29.47 to finish 156/166th out of 282;

Hanworth 10th Aug. No escaping the wind inland as Duncan/Ben Rolfe noticed running the course for the first time although Ben finished 1st o/a in 19.08 and Duncan was 10th in 22.38 today 99 ran

Frimley 10th Aug. We had just two that ran out of a total 491; Joe Genco-Russo was 239th in 28.49; Malcolm Vaughan 298th in 30.44

Brooklands 10th Aug. The wooded section making a nice wind shield BUT in the wide open runway part the wind being a hazard. In 3rd place was Ben Goddard having an easy run before racing the Wimbledon perseverance 5k next day and running 19.19 today was a nice pace; Then Simon Owen who finished 19th in 21.10; Aimee Billington was our first lady to finish and was placed 25th in 21.52; With Henrietta Owen having her first run around the course and finished 85th in 25.23; Today 343 ran

Hazelwood 10th Aug. Tim/Susanne Cooper and Valerie Mills all running their debut appearance Being flat and very open I guess the wind was iffy to cope with; Tim was 33rd in 25.52; Susanne finished 53rd in 27.53; With Valerie who was 1st 0/60 (57th o/a) in 28.35; John Coffey was 69th in 29.51; and 107th finished

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Rushmoor 17th Aug. Stephen Blake (revisited) Stephen ran 16.37 chasing his best of 16.20 them 17sec. could be lost on the 2nd lap once catching up with the back markers along the narrow canal path. Still an excellent run beating the next three AFD runners by over a min. and in his age group. Nice one Stephen. Lisa Faunch continues to get back 13.8 + to form from her injury. And today Lisa finished after an easy run in 23.05 and placed 54th out of the 425

Brooklands 17th Aug Only two members ran with Aimee Billington finishing 1st 0/40 (14th o/a) in 20.37. Aimee's course best being 20.14; Duncan Rolfe having a quick dash before heading to Colchester to support the SAL team. Today Duncan was 38th in 22.33 course best being 22.10. Total runners was 295.

Hastings 17th Aug. Mike Waine and family down in the area for 4/5 days to watch the Eastbourne Air-Show (Sun), so tried the this 5k for the first time to finish 1st 0/60 (21st o/a) in 21.48. A total of 309 finished

Eastbourne 17th Aug Julie Barclay and Paul Watt hoping to meet up with Mike. But Mike was staying in Hastings Julie in Eastbourne and both choosing the local park run. Paul/Julie also in the area for the week-end enjoying the sea air and the air show plus the 5k run for their first visit and very pleased with their finishing times with Paul closing down Julie and continuing to run sub 23 and leg problem behaving so well pleased Julie was 1st 0/55 (37th o/a) in 22.12 with Paul five back in 42nd running 22.46. Today 334 ran

Crystal Palace 17th Aug Richard Grinter was our only member running and finished 48th out of 432 in 21.39.

Stoke Park 17th Aug. Exactly the same amount ran here as at Crystal Palace (432) and King Diggins helped make that Possible and had a good run to finish well up the sharp end in 38th by running 22.12.

Bushy Park 17th Aug Graham McMahon finished well to the front in 216th spot out of the 1381 in 22.18 Well done Graham

Homewood 17th Aug Lucia Tregellis finished 1st lady (9th o/a) in 22.16; Jonathan Mellor and David Sigerson retuning after 4/5 weeks being absent and both normally pacing each other and today was Jonathans turn up front to finish 19th in 23.57 to David's 24.27 to finish 24th 109 ran today

Woking 17th Aug. Quite a busy day of 330 for the organisers even though a holiday period. And out 12 members were lead home by U/14 Ben Golding placed 11th in 20.13 Ben's best

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course time being 20.03; Young Charlie Cunningham was next home in 20th place and running 21.07; Mark Rose gradually closing the gap on Charlie and finished 24th in 21.24; Michael Frean was next in 25th place in 21.34; Then 1st O/70 Jimmy Brown who finished 54th o/a in 23.12; Tim Cooper was 99th in 25.17; With Matt Gough finishing 102nd in 25.19; In 113th spot was Fiona Bishop gradually improving her come back time after six months off injured with a time of 25.55; Michael Ball one place back from Fiona in 114th and also one sec. in 25.56; Christine Flynn ran 26.50 just keeping under her 2019 target of 27.00 and entered the funnel 129th; Susanne Cooper had a photo finish with Jess Walters both running 27.04 but Susanne getting the nod in 137th place; Jess Walters back from a very windy Seaton and now acclimatised to finish 138th in 27.04; Barbara Rodriguez running in Jess's strip stream and having a little sprint finish over the final 200m but was just short of catching Jess to finish 140th in 27.14; Shelley Watson 192nd in 29.54 and Nita Bhanot 249th in 32.43

Bushy Park 24th Aug. Mary Raleigh got among the 1334 running to finish 826th in 29.59

Guildford 24th Aug Andrew Collings had a change of scenery and returned to Stoke and competed against the 473 others. Entered the funnel 40th spot in a time of 21.08

Warrington 24th Aug Fiona Bishop visiting friends in the area over the holiday and nipped along to run the local park run for the first time and finished 143rd in 25.55 Today 480 ran

Upton House 24th Aug Emelia Kermeen U/14 made a return trip to the venue and ran 27.43 to finish 156th out of 409

Alice Holt 24th Aug Jo Payne tried this 5k again and finished 1st lady again but slightly slower today running 20.39 course best being 20.05 Jo was 9th o/a out of 322

Homewood 24th Aug Exactly 100 finished and Jonathan Mellor finished in the first quarter being placed 22nd in 23.50

Brooklands 24th Aug Steve Tait kept the flag flying alone and finish 8th out of the 241 in 20.27

Woking 24th Aug Nine members made the total 334. With Justin Mitchell back to his local 5k lead them home to finish 5th in 18.53; followed by Ben Goddard weaving his way through back markers to finish 8th in 19.24; Charlie Cunningham was 15th in 20.17; Kylara Hassall up from Folkstone had quite a tussle with the first lady. Kylara finished 2nd (1st O/35) in 20.28 the winner was 3sec ahead entering the funnel in 20.25 although Kylara (18th o/a) was giving away 10 years; Jimmy Brown 1st O/70 (50th o/a) in 22.33; Michael Ball was next home in 25.41 to finish 112th then off to work; Barbara Rodriguez was 155th still in the first

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half plus 1st 0/65 in a good time of 27.19; Susanne Cooper was 178th in 28.24; Shelley Watson 179th in 28.17; Claire Goddard 204th in 29.31; Nita Bhanot 320th in 32.38;

Frimley 24th Aug The Main event of the week-end or now renamed the Laura 200/50 event. A brilliant turn out of Laura's many running friends from different clubs around the area who have competed against and those in the same team. Nice to see Susanna/Keith Harrison and friend from G&G. And Laura's many friends from Windle Valley including former international Paula Fudge. Plus GB masters 0/50 UK 800/1500m champ Mark Symes (AFD). I counted 604 runners/23 dogs/6 buggy pushing it was just a fantastic atmosphere and perfect weather. Jacqui Musselwhite unable to run cycled from/back to Woking to be there. After the run the picnic tables were full of 200th run cake plus a 50th birthday cake and 100s of other tempting selections.

The Run. There were so many to spot some I completely missed but one or two noticeable runs. The 1st home was Mark Symes as expected; Mark Rose was our first home in 18th place with a time of 19.17; then from the start Laura was going to be hard to catch and on her second lap looked stronger and more determined than her first lap and finished 1st lady in 20.07. This will be Laura's last time she can finish 1st 0/45 and tomorrow will start breaking a few 0/50 club rec. Good luck Laura; Aimee Billington/Kay Trinder/Lisa Faunch/Lucia Tregellis all started in the middle of the mass so had trouble getting away until the runners got stretched out, so passing me during first lap still trying to get settled down, but things completely changed next time around. Aimee came bouncing along at a very good pace to finish 35th; Kay picking up speed after a slow first lap and passed Mike Waine and finished 54th in 21.16; Mike followed two places back in 56th with a time of 21.29; Susanna Harrison trying to close on Mike but needed a few more metres Susanna was 60th in 21.45; Lisa Faunch finding her pace after the first lap and now looking really relaxed and passing runners with ease Lisa finished 21.49; Then in 77th spot was Lucia Tregellis running a course PB of 22.24; With Matt Benchley 88th place in a time of 22.27 just 13 sec. behind Lucia; Next along was Keith Hull long time regular training partner with Laura also with Geoff Williams churning out miles around Windsor park. And for Laura's birthday Keith finished 1st 0/70 in 23.09. Richard Braid before heading off with Peter Doveran to France to tackle the Montblanc 90mile mountain trek. Today was happy to enjoy this 5k before Wed. Biggy today Richard was 113th in 23.28; Dave Corrie friends of Susanna and Keith can along for his first visit and finished 120th in 23.43 will be back Graham McMahan just three back from Richard in 116th running 23.33; In 160th place was Claire Johnston who returned from holiday the previous day dashed over to Frimley to celebrate Laura's big day also celebrated running a course PB of 24.47. Keith Harrison looking nice and relaxed copied Claire also running a course PB of 25.49 to enter the funnel 197th; Former Woking chairman Steve Hill having his first outing over the course preparing for the Great Sth. 10mile later in year. Former international Paula Fudge running her local park run and a very close friend of Laura's was placed 267th in 27.19 Plus 1st 0/65.

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Jane Braid was 313th (two lucky 13s in that) Jane having run here before decided to celebrate Laura's day by running a course PB of 28.36. Nice one Jane; Brian Tregellis got in the birthday act finishing 325th in a great course PB Keep it going Brain; Then another first in his age group was Malcolm Vaughan I stand in the centre where the runners pass 4 times but today never saw Malcolm once ??? but the result list and organiser said he finished 371st in 30.23 plus did not see Malcolm around the picnic area; Does Malcolm see me then hides ?? Nice point of interest the following **ALL** finished 1st in their age group A very impressive way to help celebrate Laura's 200th and 50th.

Birthday girl Laura 1st 0/45(last time) Here goes hoping not to have missed any one Lucia 0/30 + Lisa 0/35 + Aimee 0/40 + Laura 0/45 + Kay 0/50 + Susanna 0/55 + Paula 0/65 Mike Waine 0/16 + Keith Hull 0/70 + Malcolm 0/75 Plus Running PBs Lucia/Clair/Keith Harrison/Jane /Brian

Oxford 31st Aug. Ben Goddard nipped along to this venue for the first time and then nipped around the course faster than the other 528 to finish 1st o/a in 16.45

Bracknell 31st Aug Our lone entrant was Amelia Kermeen and finished 148th in 29.00min. today 377 ran.

Brandon park 31st Aug Suffolk Ben Rolfe having his first experience over the course finished 6th out of the 151 running In a casual time of 23.18;

Hanworth 31st Aug . Jimmy Brown trying a new park run and his first attempt he finished 18th in 22.55 Today 87 ran Jimmy's time of 22.55 makes him the 70/74 course record holder

Leicester 31st Aug In a good entry of 561 Emily Aston finished 286th in 29.09 Emily has run thee course before.

Homewood 31st Aug. A record number of entries of 190; And our first home was Mike Waine in 14th spot in a time of 21.31; Then regular Jonathan Mellor a little below par ran 24.18 to finish 36th;

Frimley 31st.Aug Another good entry of 596 on a very good morning; Julie Barclay in good form thought she would try This course attempting to duck under 22.00min for the first time but again just missed out running 22.05 (Best being 22.01) And finished 4th lady (1st 0/55) and 53rd o/a. So Julie will return and keep trying until successful; Paul Watt's 5k time getting faster almost weekly and today running 22.24 was just shy of his course best of 22.11 and 60th position; Joe Genco-Russo giving me a call the four times he went passed me Joe went on to finish 119th in 24.16. Malcolm Vaughan having an excellent run and always pleased to run sub. 30 Malcolm ran 29.59 to finish 337th;

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A great surprise awaited me to hear my name from the mass on the first lap ????. After the race was greeted by former member Nicky (Eglinton) Harvey now runs for Windlesham; Nicky's parents Terry/Vreny were committee members for many years and still associated with club. Nicky and Natasha Hart took on as ladies joint team managers almost as teenagers and surprised every one by getting promoted from the old southern league Div. 3. (Then retired) but both continued to compete regularly Natasha still does. Today Nicky ran 26.16

Guildford 31st. Aug Today 539 ran and Lucia Tregellis finished 51st in 22.18; Steve Hill trying all the different park runs the hilly ones and flat ones. This one is definitely NOT flat but Steve managed to finish 159th in a PB course time of 25.15; Claire Johnston was next in 191st place with a time of 26.00; Jane Braid tried this undulating course for the first time and finished 334th in 29.36;

Woking 31st. Aug A slight diversion owing a wasp nest but made no difference to times/performances. Out of the 437 we had 18 members running. A/O winner was Terry Booth running a course PB of 17.31 and 85.34% age grading; Justin Mitchell was next in 4th place running 18.27; Mark Rose was 10th in 19.30; Followed closely by Steve Tait who was 15th in 19.54; Our first lady was Kylara Hassall who was 2nd lady (17th o/a) in 20.04 then Kay very/very close by just .03sec. To finish 3rd lady (19th o/a) in 20.07 plus 86.56% the best age grading of the day just piping Terry; Matt Brenchley came 20th in 20.15; And in 36th spot was Laura now 0/50 so obviously a 0/50 PB time of 21.05 Welcome to your new age group Laura; Craig Morton was 59th in 22.11; Michael Frean 65th in 22.29; With 0/60 Graham McMahon 86th in 23.20; Charlie Cunningham having an easy run finished 112th in 24.45; Fiona Bishop still retuning to fitness was 141st in 25.43; Christine Flynn just keeping ahead of Barbara Rodriguez by 03 sec. Christine was 165th in 26.42; And Barbara in 168th running a 0/65 = PB time of 26.45; Then Valerie Mills in 197th place running 27.41; Lesley Balk was 207th in 28.06 best being 27.40; Charlotte Duggan was 223rd in 28,34; With Mary Raleigh 231st in 28.47;

XC Results

Mabac 5mile 6th Aug Wimbledon Aimee Billington was our only member among the 263 entries to finish 53rd in 34.19; also running for Magic was Freddy Golding who was 115th in 38.37 and wife Jackie 258th in 59.07,

Fixtures

Road Surrey Road Relays Sat. 14th Sept. 12.00 noon Start Wimbledon (Stadium)
Please be careful of the little 2k slope leaving the park **JUST IGNORE IT**

XC Mabac Sun. 22nd Sept. 11.00am Lightwater

This one is a toddle too but a nice big feed-up/Bev. after (Free)

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