



COCKCROW
Woking AC
News

AUGUST
2019

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Editorial :

What exciting News as below:

We have been honoured to have two club athletics selected to represent ENGLAND in the Youth Nations Cup being held this weekend in DUBLIN. Martha Collings Steeplechase and Tyler Panton believe 100M. GOOD LUCK to them.

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ALSO:

Congratulations to Samantha (nee Henderson) and Brendan Reiss on the birth of their first baby boy who was born on the 5th of July in Benicia California weighing 7lb 11oz . Baby's name Arthur Robert. Well done to Neil and Helen who are already packed to visit grandson in Sept.

Other Birth notifications go to Ryder Anderson whose partner gave birth to a boy also on the 8th July Rufus Ryder Anderson – 7lb 5oz – congratulations to you both – hopefully a Javelin thrower in 13 years' time.

Former member Peter Dillow (72) suddenly died over the week-end. Peter was a very active member and competed at Road/XC and in the T&F Vets league. And a very busy manual helper around the track. Also assisted as a PV coach the event his son Greg competed for the club. Peters funeral is on Tues. 6th Aug. 11.00am At the Clandon Wood Natural Burial Ground GU4 7FN

And afterwards at Clandon Regis golf club GU4 7TT

The memorial Run/Jog/Walk/Swim/EATS and general fun after noon and sun bathe
Is this coming Sun 4th Aug. and directions printed at foot of results for those interested in going along.

Club Records

Leon Lafreniere broke the U/15B 300m club rec. by running 39.10bat Winchester on 23rd June.

In the YDL (upper) at Kingston on 30th June the U/17B 4x100r team of

Ryan Henderson/Tyler Panton/Dominic Ariyo-Francis/Thomas Leacock broke the existing club record by running 44.1. Well done lads

Martha Collings u/17 lowered her 1500s/c club record by running 5.02.51 at Swansea on the 20th July in the U/17 schools International

George Hopkins U/17 vaulted 4.41 at Cheltenham on 21st July breaking the 1985 PV of 4.40 Held by Ian Tullet

Jimmy Brown 0/70 ran 22.14.0 in the 5000m at Battersea on the 24th July creating a new 0/70 club Rec.

PBeeze

The following was achieved in the Wessex Lge. on 30th June at Horspath Oxford
Annabelle Thornton ran 200m in 29.4 + threw Jav. 15.76; Ella Stoner threw SP 8.77;
Emilia Wazydrag ran 100m in 15.8 + jumped 3.45 in LJ + threw Dis. 13.70;
Amelia Kermeen ran 1500m in 6.35.9; Hayden Christian 100m in 12.9;
Archie Padua jumped 1.55 in HJ; George Robertson jumped 5.17 in LJ;
Matthew Smith threw SP 9.58 + Dis. 33.66; Oscar Sinnett ran 100m in 14.8;

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Nate Jones threw Jav.18.80; Dylan Lewis jumped 3.62 in LJ; Harry Hudson jumped 1.25 in HJ; Fin Jones ran 200m in 34.1 + threw Dis. 10.54;
In the YDL (upper) at Kingston on 30th June. Charlie Terry jumped 1.55 in HJ;
Charlie Cunningham ran 1500m in 4.56.6; George Hopkins jumped 6.14 in LJ;
Ella Barker ran 200m in 27.2 + 300H in 47.6;
Henrietta Owen ran 100H in 18.3 + jumped 9.71 in TJ;
In the Woking 3 on July 3rd. Ben Rolfe ran 16.48*; Kay Trinder ran 18.14*; Lesley Baulk 22.44*
In the Frimley 5k on 6th July Lesley Baulk ran 27.26* Jimmy Brown ran 24.18* (0/70)
at Brooklands on 6th July Bob Bradbury ran 5k in 17.10 on 3rd July at Battersea and Jimmy Brown ran 22.02(0/70) at same meeting.
Alex Hanson ran 200m in 21.65 in the ESSA at Birmingham on 12th July
At Andover on 7th July in the Wessex Lge. Ryan Henderson ran 100m in 11.7;
Thomas Verrills ran 200m in 24.00; Harrison Onorati 100m in 11.7; Bryan Balle 200m in 24.2;
William Harding 100m in 11.9 + 200m in 24.6; Shaun Waters 1500m in 4.35.6;
Daniel Manning 100m in 12.1 + 200m in 24.6; Leo Basi 1500m in 5.19.6; Ben Golding 1500m in 5.02.9;
Martin Sunderland 1500m in 4.23.1; Hayden Christian 100m in 11.7; Robbie Thomson 100m in 11.9;
George Robertson jumped 5.22; Laith Freeman ran 200m in 29.6;
Oskar Aspinall 800m in 2.25.5; Dylan Lewis 800m in 2.34.7 + threw SP 5.35; Ella Stoner threw Jav. 14.89;
Lucy Eaton-Tribe threw SP7.53; Charis Mogan ran 1500m in 5.04.9; Amani Mukadam ran 200m in 27.4;
Jayne Oyeyemi 100m ran 100m in 13.2 + 200m in 27.4; Freya Standley jumped 4.06 in LJ;
Indiana Marshall 100m in 13.2 + 200m in 27.2 + jumped 4.70 in LJ; Alexa Adams 100m in 14.2;
Annabelle Thornton 100m in 14.1 + 200m in 29.3; Laura Kersey 100m in 14.0; Alexis Brown 100m in 14.2 + 200m in 30.4;
Liana Wada ran 1500m in 5.49.6; In the Woking 5k on 13th July Martin Sunderland ran 17.52; In the SAL on 13th July at Bromley.
Harry Hadden-Wight ran 100m in 11.47 + 200m in 23.53; Thomas Leacock ran 100m in 11.27; Bea Lafrenere ran 400H in 73.78;
Emma Harris 400m in 68.00; Martha Collings ran 5.02.51 the 1500s/c at Swansea on 20th July
On the 14th July in the senior Welsh Champs at Cardiff David Awde 110H in 16.27
George Hopkins vaulted 4.36 at Swansea on 20th July George Hopkins Vaulted 4.41 And Tyler Panton ran 200m in 22.33 at Cheltenham on the 21st July
In the Homewood 5k on 20th July Kay Trinder ran 21.32*
Up in Newcastle (Whitely Bay 5k) on 20th July Louise Mills ran 23.18*
In the YDL (lower) at Worthing on 20th July Joseph Walters ran 100m in 13.4 + 200m in 27.32 + jumped 4.32 in LJ;
Nate Jones ran 100m in 15.4; Fin Jones threw Jav. 12.88; Leon Lafreniere ran 200m in 25.1; Daniel Wass ran 300m in 48.9; Matthew Smith threw Ham. 30.74;
Alexa Adams ran 75m in 10.7; Laura Kersley ran 75H in 10.7; Alexis Brown ran 150m in 21.4; Freya Standley jumped 4.13 in LJ;
Emilia Wazydrag ran 75m in 11.6 + jumped 3.68 in LJ + threw Jav. 13.53; Liana Wada ran 800m in 2.46.2; Fara Jasani ran 100m in 13.2 + Jumped 1.43 in HJ + 4.89 in LJ.
In the Elmbridge 10k on the 21st July Simon Egan ran 33.36 (0/45); Mark Rose ran 37.53; Chris McKeown ran 40.12; Brian Tregellis 57.45;

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Jimmy Brown 0/70 ran 5000m in 22.14 at Battersea on 24th July
On 27th July in the Brooklands 5k Steve Hill ran 26.14*; Mandy Hopkins 33.49*
In the Rushmoor 5k on 27th July Brian Tregellis ran 28.13*

T&F Results

Wessex Lge. 30th June Horspath Oxford

Quad Kids

BOYS	75m	600m	LJ
Gabriel Anderson	12.5	2.05.3	2.46
Jamie Brown	11.7	2.04.3	3.16
Drew Jones	12.4	2.07.8	2.80
Samuel Kasamaki	10.9	2.10.4	2.94
Taylor Moody	12.5	2.02.9	2.47
Caden Roger-Everitt	12.7	1.58.6	2.91

GIRLS	75m	600m	LJ
Lily Boden	12.2	1.58.6	3.44
Scarlett Brown	12.3	2.18.8	2.53
Eleanor Buckle	11.5	2.19.6	3.20
Elise Christian	11.9	1.54.2	3.36
Imogen Freeman	12.4	2.12.3	3.07
Chloe Moore	12.8	2.30.1	3.16
Lola Roake	12.4	1.54.0	3.37

BOYS

U/13 Oscar Sinnett 6th 100m in 14.8 PB + 1stB 1500m in 5.24.0; Harry Hudson jumped 1.25 in LJ; Joseph Walters 2nd 200m in 28.9 + 3rd in HJ with 4.04; Dylan Lewis 2ndB 200m in 30.6 + 4thB in LJ with 3.62 PB; Nate Jones 4thB 100m in 15.8 + 3rd in Dis. with 11.09 + 3rdB in Jav. throwing 18.80 PB; Luca Lupi 5th 800m in 2.47.6 +4th in SP with 5.16; Oskar Aspinall 2nd 1500m in 5.10.6 + 5th in Jav. with 20.96; Fin Jones n/s 200m in 34.1 PB + 1stB in Dis. with 10.54 PB. The 4x100r team was 2nd inn 58.6

U/15 Robbie Thomson 2nd 100m in 12.4 + 1st 200m in 24.8; Hayden Christian 2ndB 100m in 12.9 PB + 1st 80H in 12.9 + 1stB in LJ with 4.98; Archie Padua 3rdB 200m in 28.7 + 1stB in HJ with 1.55 PB; Martin Sunderland 4th 300m in 46.0 + 1st 1500m in 4.42.3; George Robertson 1st HJ with 1.60 + 2nd LJ with 5.17 PB; Matthew Smith 1st in SP with 9.58 PB + 1st in Dis. with PB + 3rd in Jav. with 29.60; The 4x100r team was 1st in 51.5;

U/17 Harrison Onorati 2nd 100m in 12.00 + 1st 200m in 24.00; Matthew King 1stB 200m in 24.3; William Harding 1stB 100m in 12.5 + n/s 200m in 25.8; Bryan Balle n/s 200m in 25.3; Thomas Verrills n/s 100m in 11.9 + n/s 200m in 25.1; The 4x100r team was 1st in 47.7

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GIRLS

U/13 Annabelle Thornton 3rd 100m in 14.3 + 2nd 200m in 24.4 PB + 3rd in Jav. with 15.76 PB; Alice Clark 4thB 100m in 15.0 + 2nd in LJ with 3.78 + 2nd in Dis. with 19.57;

Emilia Wazydrag n/s 100m in 15.8 PB + 2ndB in LJ with 3.45 PB + 3rdB in Dis. with 13.70 PB;

U/15 Jayne Oyeyemi 3rd 100m in 13.5 + 200m in 28.7; Ione Haggarty 3rd 1500m in 6.07.3;

Amani Mukadam 3rd 100m in 13.6 + n/s 200m in 29.7; Amelia Kermeen 1stB1500m in 6.35.9 PB; Fara Jasani 3rd 200m in 27.6 + 3rd in HJ with 1.40 + 5th in LJ with 4.60;

Liani Wada 3rdB 300m in 552.00 + 2ndB 800m in 2.52.2; Chari Mogan 3rd 300m in 48.4 + 2nd 800m in 2.29.7;

U/17 Amelia Francis 2nd 100m in 13.2 + 2nd 200m in 28.2 + 1stB in SP with 6.86;

Ella Stoner 2ndB 100m in 13.5 + 1st in SP throwing 8.77 PB;

YDL (upper) 30th June Kingsmeadow *Camberley Athlete

A combined club team of 22 Camberley athletes and 25 Woking athletes

U/20B Robert Pattison 3rd 100m in 11.8 + 3rd 200m in 24.1; Alex Hanson 1st 200m in 22.2;

Ross Jackson* 5thB 100m in 12.6 + 2nd 400H in 60.4; Harry Cox* 1st 800m in 2.03.7; Ben

Mclaren-Porter* 1st SP with 12.2 + 1st Dis. with 38.39 + 5th in Jav. with 21.47; Ryan

Henderson n/s 200m in 24.2; Owen Head* 1st 110H in 14.8 + 1stB in Jav. with 37.84;

Luke Mann* 2nd in HJ with 1.85 + 3rd in LJ with 6.01 + 3rd in TJ with 12.13; Lewis Horzog 2nd in PV with 3.60,

U/17B Tyler Panton 1st 100m in 11.1; Thomas Leacock 1stB 100m in 11.6 + 1stB 200m in

23.3; Dominic Ariyo-Francis 1st 200m in 22.4; Charlie Terry 6th 400m in 58.2 + n/s HJ with

1.55 PB; Toby Mann* 3rdB 400m in 56.0 + 1stB in TJ with 10.49 + 5th in Jav. with 17.73;

Charlie Cunningham 5thB 1500m in 4.56.6 PB + 4th 1500s/c in 6.04.6; Frank Townley 5th

1500m 4.44.5; Benjamin King* 2in HJ with 1.80 + 2ndB in LJ with 5.57 + 4th in TJ with 11.36;

George Hopkins 1stB in HJ with 1.80 + 1st in PV with 4.00 + 2nd in LJ with 6.14 PB; Taylor

Attwood- Williamson* 3rd in SP with 8.96 + 1stB in Jav. with 3.17; Aiden Johnson* 2ndB in

Dis. with 28.82 + 3rd in Ham. with 29.96; Toby Webb 1stB in SP with 8.34 + 2nd in Dis. with 30.83

The 4x100r team was 1st in 44.1 + the 4x400r team was 5th in 4.08.9

U/20G Emily Read 4th 100m in 12.9 + 4th 200m in 26.1; Ines Goncalves* 2ndB 1500m in 5

59.3; Sarah Eve n/s 800m in 3.07.7 + 2ndB in Jav. with 199.86; Tori Rose Ellis 1st in Ham.

with 3.44; Rebekah Smith* 2nd 1500m in 5.35.3 + 1stB 3000m in 13.16.9; Ciara Mulvihill 1st

3000m in 11.58.6; Henrietta Owen 1stB 100H in 18.3 PB + 1st 400H in 72.6 + 1st 1500s/c in

6.37.2 + 3rd in TJ with 9.71 PB Hannah Barrett* 2ndB 800m in 2.39.6. Freya Smith* 3rdB

100m in 13.9 + 1st 100H in 17.0; Ella Barker 1stB 200m in 27.3 PB + 4th 80H in 13.3 + 2nd

300H in 47.6 PB; Sandra Stapinoiu* 3rd 400m in 65.2 + 2nd 800m in 2.35.2;

Kathryn Bekett* n/s 400m in 70.1 + n/s 800m in 2.45.0; Florence Bauk 2ndB 400m in 68.9 +

1stB 400H in 76.6 + 3rd in HJ with 1.30 + 3rd in Jav. with 32.22;

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The 4x100r team was 3rd in 52.9 + The 4x400r team was 2nd in 4.43.2

U/17G

Lily Kendal* 4th in SP with 7.36 + 1stB in Dis. with 27.36 + 1stB in Ham. with 31.16;
Lucy Eaton-Tribe 3rdB 80H in 14.2 + 5th in LJ with 4.90; Bori Szegedi 5th 800m in 2.41.7;
Emily Dillamore* n/s 200m in 29.9 + 6th 300m in 48.9; Martha Collings 1st 1500m in 4.49.5;
Victoria Smith 4th 100m in 13.3 + 3rd 200m in 27.7; Emma Harris 2ndB 1500m in 5.47.2;
Lauren Chadwick* 4thB 100m in 13.9 + 3rdB 200m in 28.8; Sophie Funnel* 2nd in Dis.
with 28.53; Oria Manchester* 2nd in SP with 10.04 + 2nd Dis. with 35.75 + 1st in Ham. with
31.78; Maya James* 5th HJ with 1.30 + 1st Jav. with 32.73; Neve Bradley 3rdB HJ with 1.23
+ 1stB LJ with 4.56; Freya Kelly 4thB in SP with 7.65 + 1st in Ham. with 31.78;
The 4x100r team was 5th in 54.2 + The 4x300r team was 2nd in 3.10.0

Wessex Lge. 7th July Andover

Quad Kids

U/11BOYS	75m	600m	LJ
Samuel Kasamaki	10.8	2.04.8	3.09
Gabriel Anderson	12.5	2.04.8	2.74
Taylor Moody	12.5	2.00.3	2.96
Aiden Boothroyd	12.7	2.18.5	3.00
Jack Dormer	12.19	2.13.7	3.11
Caden Rogers-Everitt	13.00	1.56.7	2.94

U/11Girls	75m	600m	LJ
Eleanor Buckle	11.2	2.15.3	3.26
Elise Chtistian	11.8	1.51.9	3.40
Imogen Freeman	12.0	2.07.3	3.04
Lola Roake	12.0	1.48.4	3.44
Scarlett Cook	12.0	2.30.4	2.77
Lily Boden	12.1	1.59.4	3.56
Chloe Moore	12.3	2.20.7	2.96
Melodie Den Oiden	12.7	2.22.1	2.73

U/17G Amelia 1st 100m in 13.0 +1st 200m in 27.6; Ella Litjens 3rdB300m in 55.5 +3rd 800m
in 2.56.4; Ella Stoner 1stB 100m in 13.5 + 2nd in SP with 8.19 + 3rd in Jav. throwing 14.89 PB;
Lucy Eaton-Tribe 2nd 80H in 14.0 + 1stB in LJ with 4.53 + 2ndB in SP throwing 7.53 PB;
Bori Szegedi 300m in 46.2 U/15G Esther Ibiama 1st 100m in 12.8 + 1st 200m in 26.2;
Amelia King n/s 300m in 61.5; Jayne Oyeyemi 1stB 100m in 13.2 PB + 1stB 200m in 27.4 PB;
Amelia Kermeen 4thB800m in 3.06.7; Amani Mukadam n/s 100m in 17.7 + n/s 200m in 28.5
PB; Charis Mogan 1st 1500m in 5.04.9 PB; Freya Standley n/s 200m in 28.6 + jumped 4.06 PB
in LJ; Amber Stoner 2ndB in LJ with 3.71; Lone Haggarty 4th 300m in 49.1 + 3rd 800m in
2.45.7; Neve Bradley 2nd HJ 1.25 + 3rd in LJ with 4.73;

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Emma Litjens 4thB 300m in 56.7 + n/s 800m in 3.03.3; The 4x100r team was 2nd in 53.6

U/13G Indiana Marshall 1st 100m in 13.2 PB + 1st 200m in 27.2 PB + 1st in LJ with 4.70 PB; Annabelle Thornton 2ndB 100m in 14.1 PB + stB 200m in 29.3 PB; Liana Wada 1stB 800m in 5.49.6 PB; Laura Kersey n/s 100m in 14.0 PB + 1st 70H in 12.2; Alexa Adams n/s 100m in 14.2 PB + 3rdB in HJ with 1.05; Alexis Brown n/s 100m in 14.2 PB + n/s 200m in 30.4 PB + 5th in SP with 4.82; Alice Clark 3rd in HJ with 1.15 + 2ndB in LJ with 3.86 + 3rd in Dis. with 17.97; Emilia Wazyrdag n/s HJ jumping 1.05 + 4th in Jav. with 10.85, The 4x100r team was 5th in 54.5

U/17B Ryan Henderson 1st 100m in 11.7 PB + 2nd in LJ jumping 5.31; Shaun Waters 2nd 1500m in 4.35.6; Thomas Verrills 1stB 100m in 11.8 + 2nd 200m in 24.00 PB; Leo Basi 1stB 1500m in 5.19.6 PB; Harrison Onorati n/s 100m in 11.7 PB + n/s 200m in 24.00; Bryan Balle n/s 100m in 11.9 + n/s 200m in PB; Daniel Manning n/s 100m in 12.1 PB + n/s 200m in 24.6 PB; Charlie Terry 3rd 400m in 58.1; William Harding n/s 100m in 11.9 PB + 1stB 200m in 24.6 PB; The 4x100r team was 1st in 47.6;

U/15B Robbie Thomson 1st 100m in 11.9 PB + 1st 200m in 24.4; Ben Golding 1stB 1500m in 5.02.9 PB; Hayden Christian 2ndB 100m in 12.8 PB + 1st 80H in 12.8 + 1stB in LJ jumping 5.22 PB; George Robertson n/s 100m in 13.0 + 2nd in HJ with 1.50 + 1st in LJ with 5.22 PB; Archie Padua 5thB 200m in 27.8 + 1stB in HJ with 1.50; Matthew Smith 2nd in SP with 9.35; Teddy Gannon 4th 300m in 42.4 + 1st in Dis. throwing 39.32; Martin Sunderland 1stB 1500m in 5.02.9 PB + 2nd in HJ with 1.45; The 4x100r team was 2nd in 50.5

U/13B Rio Mistretta 5th 100m in 14.9 + 4thB in 31.7; Laith Freeman 4th 200m in 29.6 PB + 6th in LJ with 3.54; Jiyak KKapotwe 1st 800m in 2.22.2; Dylan Lewis n/s 800m in 2.34.7 PB + 4th in SP with 5.35 PB; Luca Lupi n/s 800m in 2.41.9 + 6thB in LJ with 2.78 + 3rdB in SP with 4.90; Oskar Apinall 1stB 800m in 2.25.5 PB. The 4x100r team was 4th in 58.3

S.C. VETS Lge. 8th July Aldershot

0/50 Paul Kelly was 2nd in Dis. throwing 31.70; Peter Evans 5th in Dis. with 28.56 + 2nd in Jav. with 0/50 PB of 36.11; 0/40 Bea Lafreniere was 2nd 200m in 30.6 + 3rd in PV with a 1.50 vault. Bea's best last year was 2.25;

S.C. Vets Lge. 10th July Perival

Michael Ball 6th 200m in 33.2 + 6th 800m in 3.13.7

ESSA Champs 12/13th July Birmingham

Of the nine competing we came away winning 2 Gold and 1 Bronze and 1PB Well done every one

U/20 James Hanson reached 200m Final to finish with a Bronze medal in 21.59 (22.01 in Ht)

U/20 Alex Hanson also reached 200m final along side James and finished 4th in a PB time of 21.65

Alex also ran 21.65 in his Ht. so his PB no freak well done

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U/17 Tyler Panton reached 100m final after two heats but just missing a medal to finish 4th in 10.85

Tyler ran 10.81 in one Ht. and 11.2 in the other

U/17 Dominic Ariyo-Francis finished 4th in his 200m Ht. in 22.53 so unfortunately did not advance to next Heat.

U/17 George Hopkins made no mistake winning a Gold medal in the PV with 4.30 Nice one George

U/15 Hayden Christian running the 80H ran 12.40 in heat but missed advancing any further

U/15 Teddy Gannon threw Dis. 37.88 to finish 6th

U/20 Katie Hopkins finished 2nd in her 800m Ht. in 2.14.11 but ran well below par in final running 2.21.09

U/17 Martha Collings having the perfect track season finished it with a classic GOLD performance by winning the 1500s/c event in 5.03.82 Hurdling the barriers perfectly All well supported by parents and coaches on a wonderful occasion and experience.

SAL 13th July Bromley *Camberley

A tough afternoon was ahead but the 18 lads covered all events possible and although finishing in 3rd place by one point so keeping in safe o/a position going into the final fixture at Colchester.

Kaspars/David and Rory dashing about to cover 16 events between them .

Thomas Leacock was the only scoring member to achieve a PB; Harry Hadden-Wight ran PBs in 100/200 n/s events;

Men's Results. Thomas Leacock 2nd 100m in 11.27 PB + 4th 200m in 23.19;

Kenneth Ball 4th B100m in 11.87 + 4thB 200m in 24.23; Aiden Jackson* 4th 400m in 55.73;

Joseph Foster* n/s 100m in 11.51 + n/s 200m in 23.53; Ollie Weeden 4thB 800m in 2.12.47;

Ryan Henderson n/s 100m in 11.98 + n/s LJ with 5.15; Bryan Balle n/s 100m in 12.04 + n/s

200m in 24.33; Harry Hadden-Wight n/s 100m in 11.47 PB + n/s 200m in 23.55 PB; Shaun

Waters 3rd 2000s/c in 11.22.97; Joseph Bull 4th 1500m in 4.30.01 + 4th 3000m in 9.49.95;

Matt Brenchley 1stB 3000s/c in 12.16.28; Alex Mogford n/s 1500m in 4.47.9 + n/s 3000m in

9.52.88; Paul Kelly 3rd in Ham. with 34.76; Roy Chambers 3rdB 400m in 54.49 + 3rdB 400H

in 67.71 + 1st in Jav. with 49.57; James Spencer 4th 800m in 2.06.14 + 4thB 1500m in

4.33.09 + 2nd B in SP with 9.35; Rory Kelly 1stB 110H in 16.55 + 4th in HJ with 1.68 + 3rd in

Dis. with 32.89 + 2ndB in Ham. with 32.55; David Awde 1st 400H in 55.06 + 4thB in HJ with

1.48 + 1st in PV with 3.85 + 2ndB in LJ with 5.78 + 3rd in Dis. with 32.89 + 1stB in Jav. 35.03;

Kaspars Kazemaks n/s 100m in 11.81 + n/s 200m in 23.88 + 2nd 110H in 16.53 + 1stB in PV

with 3.80 + 3rd in LJ with 6.00 + 3rd in SP with 11.28 + 3rdB in Dis. with 29.30;

The 4x100r team was 3rd in 44.41 + The 4x400 MIXED "A" team was 4th in 4.21.19

The Ladies today was managed by Lesley Baulk who stood in for Kay Trinder who was on holiday.

Lesley mustered 13 very willing girls to keep the flag flying well done Lesley.

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Sam Morrison as usual had a busy afternoon covering 6 events, Clare did 5/Florence/Eleanor competed in 4 each and no shortage of volunteers to cover any vacant event. Making Lesley's job easier. Well done girls.

Womens Results: Emily Read 3rd 100m in 12.66 + 3rd 200m in 25.72; Freya Smith* n/s 100m in 13.45; Hannah Barrett 4thB 200m in 29.19 + 1stB in Dis. with 21.26 + 1stB in Ham. with 22.70; Bea Lafreniere 4thB 400m in 65.53 + 2nd 400H in 73.78 PB; Helen Eve n/s 100m in 15.09; Emma Harris 4thB 400m in PB + 4th 800m in 2.36.11; Ciara Muvilhill 4th 1500m in 5.21.88 + 3rd 5000m in 22.31.37; Kavita Bhanot 3rdB 1500m in 5.54.29 + 2ndB 5000m in 22.31.39; Maryanne Eve 2ndB in TJ with 9.35; Clare Maurer 1stB 100H in 17.17 + 2nd in HJ with 1.43 + 1st in PV with 3.50 + 4th in LJ with 4.13 + 1stB TJ with 10.31; Eleanor Gatrell 1st in SP with 12.19 + 2nd in Dis. with 35.69 + 2nd in Ham. with 39.62 PB + 3rd in Jav. with 20.56; Florence Bauk 4thB 800m in 2.54.84 + 1stB 400H in 81.36 + 3rd 1500s/c in + 2nd in Jav. with 34.60; Sam Morrison 2nd 100H in 17.09 + stB 1500s/c in 6.34.54 + 1stB in HJ with 1.38 + 1stB in PV with 3.00 + 2ndB in LJ with 4.69 + 3rdB in SP with 7.49;

The 4x100r team was 3rd in 52.17 + The 4x400 "B" MIXED team was 3rd in 4.16.85

Welsh Sen. Champs 14th July Cardiff

Clare Maurer 4th in PV with 3.65; David Awde 2nd 110H in 16.27 PB + 3rd 400H in 55.53;

VAC Champs 14th July Kings meadow

Phil Cross competed in the 800m and finished 1st 0/55 in 2.52.63 + was 2nd in the 400m in 1.22.42

Sen. 8 Inter-Counties 14th July Ashford

Sam Morrison 2nd in PV with 3.40; Eleanor Gatrell 1st in SP with 11.81; George Hopkins 3rd in PV with 4.30 Fiona Bishop 10th 1500m in 7.11.27 + 8th 3000W in 22.20

England/Ireland/Scotland/Wales Schools U/17 International 20th July Swansea

Martha Collings and George Hopkins both competed for England.

Martha finished 1st in the 1500s/c in a PB time of 5.02.51. Martha is ranked U/17 finished No.1 in the UK in this event.

George finished 2nd in the PV with a PB vault of 4.36.

U/17 Inter-Counties 21st July Cheltenham Gloucestershire

George Hopkins increased his PB again vaulting a brilliant 4.41 to finish 1st;

This breaks the former U/17 club record of 4.40 held by former international Ian Tullet (when U/17) since 1985. Ian finished in the Silver medal position in the Commonwealth Games in 1990 held in Auckland N.Z

Ella Barker 6th 300H in 48.76; Tyler Panton 1st 100m in 10.97 + 1st 200m in 22.33 PB;

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YDL (lower) 20th July Worthing

U/13G Indiana Marshall 1st 75m in 10.00 + 1st in LJ with 4.45; Annabelle Thornton 1stB 100m in 10.71; Alexa Adams n/s 75m in 10.7 PB; Laura Kersley 1st 150m in 20.4 + 2nd 70H in 11.9 PB; Emilia Wazydrag n/s 75m in 11.6 PB + 1stB in LJ with 3.68 PB + 3rd in Jav. throwing 13.53 PB; Alexis Brown 1stB 150m in 21.4 PB; The 4x100r team was 1st in 56.5

U/15G Esther Ibiama 1st 100m in 12.8; Freya Standley 3rd 200m in 29.2 + 2ndB in LJ with 4.13PB; Fara Jasani 1stB 100m in 13.2 PB + 2nd in LJ with 4.89 PB + 2nd HJ jumping 1.45 PB; Liana Wada 5th 300m in 51.2 + 2nd 800m in 2.46.2 PB; Charis Mogan 3rd 1500m in 5.20.0 Emma Litjens 4thB 300m in 60.1 + 4thB 800m in 3.06.8 + 4th in SP with 5.24; lone Haggarty 3rdB 150m in 5.55.1;

U/13B Joseph Walters 3rd 100m in 13.4 PB + 2nd 200m in 27.8 PB + 2nd in the LJ with 4.32 PB; Dylan Lewis 2ndB 100m in 14.4 + 4thB 200m in 31.1; Jiyah Kapotwe 1st 800m in 2.22.5; Nate Jones n/s 100m in 15.4 PB + 4thB in LJ with 3.33 + 5th in Jav. with 15.19; Oskar Aspinall 2nd 1500m in 5.19.8; Oscar Sinnett 1stB 1500m in 5.28.0 + 4th in HJ with 1.10; Fin Jones 4thB in Jav. with 12.88 PB; U15B Hayden Christian 4th 100m in 13.1 + 3rd 80H in 12.4 + 3rd in LJ 5.01; Leon Lafreniere 2nd 200m in 25.1 PB + 2nd 800m in 2.17.0; Martin Sunderland 1st 1500m in 4.44.5; Teddy Gannon 2nd 300m in 41.8 + 1stB 800m in 2.19.2 + 1st in the Dis. with 37.10; Daniel Wass 3rdB 300m in 48.9 + n/s 800m in 2.38.4; Ben Golding 5thB 1500m in 5.19.4; George Robertson 1st in the HJ with 1.50; Archie Padua 1stB in HJ with 1.40; Matthew Smith 4th in SP with 9.42 + 1st in Dis. throwing 30.53 + 1st in Ham. with a PB throw of 30.74; The 4x300r Team was 3rd in 2.08.6

VAC 5000M Champs 24th July Battersea

Jimmy Brown ran the 5000m and finished 1st 0/70 in 22.14. This time creates a new club rec. Also a 0/70 PB for Jimmy.

Southern U/13 Inter-Counties 27th July Kingsmeadow

The Surrey president Gina Middleton having another busy day presenting medals/awards With Dave Middleton also very busy as starter, only one member was competing Indiana Marshall scoring for the Surrey team

Being 2nd in the 100m with a time of 13.37 + 1st in the 200m in 27.37 + 13th in the LJ with 2.46

The Surrey girls 4x100r team was 1st in 51.09 I think Indiana may have been a member of the team

YDL (upper) 28th July Brighton

These were not on the Pof10 by Wed.31st July So will put in the next issue

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Road Results

Nicosia Under the Moon ½ Mara. 21st June

A small report from Malcolm Vaughan during his holiday.

My time was 2.11.40 It was a short course by about 1.5 mile So did an extra 2 miles running back along the course for 28.26min. A very hot sticky evening. I would have run faster but it was a cool 28 degrees evening

Woking 3 July 3rd A Glorious sunny day that saw 21 running. Plus today a brilliant picnic was organised with chairs/tables and a big table full of inviting sandwiches/cakes/and Choc./Custard/Jam doughnuts/biscuits you name it and it was there. Including refreshing drinks. A great friendly hour.

The fastest male was Richard Baggott in 16.28 starting off 10 sec. behind Ben Rolfe who was having his first run here for 2 years today ran 16.48. that is two minutes improvement nice one Ben. Richard really ran well making up the h/c. The fastest lady was Kay Trinder running a course PB of 18.14. Kay started off with 0/65 Mike Waine who finished in 18.45. Then Lesley Baulk in tremendous form running so well today being 1 minute faster than last month in a course PB of 22.44 well done Lesley; Duncan Rolfe ran 20.53 Dumcan's best being 20.18; Ramona Thevenet went off from scratch after her back problem kept her pace going to return first in 23.18

JP Morgan Corporate Challenge 3rd July Battersea

A 5.6k race with a massive entry of 24,628 around the park inner traffic free road.

Phil Cross finished 683rd in 21.58. so up the sharp-end

V.A.C 5K Champs 5th July Battersea

According to Phil Cross the course was 50m short ???

So unfortunately Bob and Jimmy's time and Phil's PB can not be official owing to the short course ?? Bob Bradbury 0/65 ran 17.10 to finish 1st 0/65 (8th o/a); Phil Cross was 1st 0/55 (21st o/a) in 18.50. Jimmy Brown was 1st 0/70 (47th o/a) in 22.02 .

Run to The Stones 100k July 13th

We had 5 running this challenge and all as one group all finishing together in 13hrs. ??

Our five were Laura Hales/Peter Doveren/Steve Tait/Grant O'Leary/Richard Braid

Elmbridge 10k 21st July

Although ideal for spectators in the grand-stand BUT ! the runners leave the stadium after 100m to disappear until they enter the stadium again to run the final 100m

The temperature could have been cooler but our 13 seemed to cope quite easy by pacing themselves nicely to suite conditions. Four ran a PB.

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Final Placings; Stephen Blake lead the team home to finish 7th in 33.14; followed by the 1st 0/45 Simon Egan finishing 10th o/a in a 0/45 PB time of 33.36; Ben Goddard on Simon's tail to finish 12th in 33.51; Then Mark Rose who was 4th scorer in 66th place and running a PB time of 37.53; With Chris Mckeown also running a PB time of 40.12 to enter funnel 111st; Our first lady home was Lucia Tregellis in 154th place with a time of 42.13; And another age group 1st place was Jimmy Brown 0/75 finishing 233rd in 46.03; Graham McMahon was 279th in a below par time of 48.22; Then Charlotte Watson U/17 running her first 10k in a nice relaxed and cautious time of 53.43 and finished 398th; Fiona Bishop returning from a 6 month lay-off owing to injury but ran only a minute out-side her best 0/60 timer today ran 56.01 and placed 446th; Brian Tregellis running his second 10k eased round in a PB time of 57.45 to finish 479th; Barbara Rodriguez gradually getting into a regular training routine ran a comfortable pace to finish 438th in 58.23 quite pleased to get under the hour in the hot conditions; Jane Braid looking cool running in a nice relaxed style to finish 523rd in 61.23; Shelley Watson ran 61.27 to finish 526th. Today 601 ran.

Lakeside 5k July 24th Portsmouth

Julie Barclay was 1st 0/55 (51st o/a) in 21.50; Paul Watt 56th ran 22.24 that's 30 sec. faster than the previous month.

Windle Valley 10k 28th July Malcolm Vaughan ran his fastest time this year 63.06 And was the oldest and finished last out of 19.

Off Road Results

Frimley 6th July Lesley Bauk really in form running course PBs at all the local park runs And today Lesley sailed round this course in 27.26* to finish 193rd out of the 509 Malcolm Vaughan was 1st 0/75 (320th o/a) in 31.15

Rushmoor 6th July Laura Hales jogged down to Rushmoor then accelerated round the course in 20.19 to finish 1st lady (20th o/a) took her foot off the fast pedal and jogged home; Valerie Mills settling down after a busy 5/6 weeks travelling around and now trying to return to more serious training Today finished 261st in 29.40; there was 462 running today

Bushy 6th July Mike Waine returned to Bushy after a short spell away; and today finished 95th out of the 1365 in a time of 20.43; Amelia Kermeen U/14 having her first run among the Bushy mass; and managed to ease round in 26.43 to finish 538th accompanied by dad Geoff who was 539th in the same time

Homewood 6th July We had three running among the 104. And Chris Dyson had to settle for 2nd spot today with a time of 18.02; Then Jimmy Brown running a course 0/70 PB of 24.18* to finish 19th;

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And Barbara Rodriguez returning to her local course after 6/7 months. Barbara today ran 28.38 over this course is no doddle and definitely a still challenge Barbara was 1st 0/60 (53rd o/a) but finished quite refreshed

Brooklands 6th July No Woking run so 13 headed (east by east $\frac{3}{4}$ south) to Brooklands, And out of the 337 we had three Tangerine shirts crossing the line 1st/2nd/3rd very impressive lads Plus out of the 13 members Steve Hill who finished 129th was the only one to run a course PB--- nice one Steve. Ben Goddard having his first outing over the course finished 1st o/a in 17.22; followed by another making his debut over the course James Spencer and ran 17.40 in 2nd spot; James Thomas tucked in 3rd place but just missing the age course rec. of 17.37 by running 17.44. James being the present holder; In 7th place was Ben Rolfe in 19.06; Then another Ben who was 10th And having his first outing here ran 20.03 well done Ben Gillam; Steve Tait was 17th in 20.03; Charlie Cunningham also having his first run here finished 24th in 20.42; Aimee Billington having an easy relaxed run today was 34th 21.49; Jacqui Musselwhite making her debut at Brooklands Finished 51st in 22.59; Duncan Rolfe was next in 71st place running 23.59; With Lucia Tregellis following very closely was 73rd in 24.03; Michael Ball having a run before nipping of to work ran 25.47 to finish 108th; Then our only member running a PB was former chairman Steve Hill who was 129th in 26.45

Brooklands 13th July Ben Gillam was our lone runner among the 264. Ben finished 6th in 19.29;

Hazelwood Jimmy Brown 0/70 floated round this nice flat two lap course in 23.05 to finish 18th; John Coffey 0/75 was 66th in 29.11 both 1st in their age groups. 123 ran

Mole Valley Amelia Kermeen having her first run around the course was 102nd out of the 290 and ran 27.13. This is Amelia's 10th different park run this year

Homewood Lucy Tregellis was 2nd lady (14th o/a) out of the 107 that ran and ran 22.05;

Frimley Mary Raleigh finished 268th in 28.21; and Malcolm Vaughan 363rd out of 568 in 30.53;

Rushmoor Stephen Blake returned after 4/5 weeks although finishing 1st was running below par for Stephen In 17.21 course best being 16.20 the very humid temperature seemed to keep entry down to 374 Possibly affecting good times; Valerie Mills also keeping her pace down to suit conditions to finish 183rd in 29.35
A consolation for Valerie she was 1st 0/60;

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Woking A fantastic performance by Martin Sunderland. From my marshalling point looking across the park and at the 400m mark Martin was 50/60m clear of the following group (Thinking to fast) but Martin proved me completely wrong by increasing the distance between himself and the second placed runner and looking so strong each 1500m lap was roughly 5.45 with the final 200 in about 38sec. Martin ran a course PB of 17.52
A classic self disciplined run; Chasing the U/14 Martin was Simon Egan the 0/45 course rec. holder hampered slightly to weave thro' back markers (Nice body swerve Simon) finished 3rd in 18.14 (Simon's course rec. 16.39). Mark Rose was 6th in 18.37; Then 1st 0/60 Mike Waine in 12th spot in 20.21 chasing for two laps Ben Golding then went passed on the final lap and it was Ben's turn to chase Mike with the final 200m both flat out to enter the funnel 12th/13th in exactly 20.21 each well done lads; Fred Golding was 49th in 23.13; Michael Ball running below his 5k form finished 122nd in 26.14; Fiona Bishop having her first run for six months was 137th in 26.49; Barbara Rodriguez 1st 0/65 (144th o/a) was closing down on Fiona but run out of distance and ran 27.10; Jane Braid having no intentions of dashing around in humid temperature and looking cool finishing 186th in 28.29; Mike Cussan was 262nd in 31.43; Nita Bhanot 291st in 33.32.

Marlborough 5k July 20th Malcolm Vaughan was 1st 0/70 (76th o/a) out of the 109 in 32.27

Frimley 20th July Laura Hales was 1st lady (27th o/a) in 21.28; and Matthew Brenchley finished 131st in 25.21 574 ran.

Guildford 20th July Jo Payne finished 1st lady (15th o/a) in 20.34 Jo's course best being 20.24. Today 428 ran.

Whitely Bay 20th July Louise Mills graduated the previous day then partied until 2.30 AM Then woke-up determined to run her final local 5k park run and ended in the perfect way by running a course PB of 23.18*; Mum Valerie did not party until 2.30 and did not run a course PB but had a wonderful week-end before running 29.11 to finish 274th out of the 440.

Brooklands 20th July A smaller entry than normal (242) and we only had two running. Steve Tait was our first to enter the funnel to be placed 36th in 22.39; Lucia Tregellis was our only lady and finished 69th in 25.22

Homewood 20th July James Thomas having his first run over the course finished 2nd in 19.24; Then in 4th place was Jason Harris who has cut down his park run appearance's owing to injury today ran 20.26; Luke Fields kept Jason in his sights to finish 6th in 21.08;

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Luke was followed closely by Kay Trinder who arrived back Thurs. After 2 weeks in sunny Florida so back into training and with no messing about by finishing 1st lady (9th o/a) and breaking the ladies 0/50 course rec. by running 21.32* welcome back Kay with a bang; Then racing partners David Sigerson/Jonathan Mellor today was David's turn to finish ahead and enter funnel in 35th place in 24.39 with Jonathan one place back in 36th with a time of 24.59;

Today 113 ran,

Woking 20th July The weather getting very warm but still a very good entry of 354. Ben Goddard o/a winner started weaving/body swerving his way thro' after his first lap and enjoying it to run 17.34; Then Simon Egan/Justin Mitchell ran together the whole 5k (talking) both looking so relaxed making it look easy whether they were deciding who would run the fastest unfortunately could not make up their mind so both ran 20.33 although Simon got the nod 15th to Justin's 16th; Young Charlie Cunningham chasing the pair very closely and finished 19th in 21.20; Jacqui Musselwhite was our first lady looking suntanned after 2/3 weeks in Spain and returned to run 22.42 in 47th place Jacqui please with first outing for a while; Tom Peters a last minute decision to run managed to ease his way round to finish 90th in 25.17; Charlotte Duggan followed Tom into funnel in 91st position in a time of 25.18; in 107th spot was Mary Tibbetts was 103rd in 25.55; Then Amelia Kermeen who ran 26.02 to finish 108th; Michael Ball having an easy Sat. ran a comfortable pace to finish 121st in 26.31; Matt Gough was 130th in 27.07; Fiona Bishop gradually getting fit before trying to run fast today ran 27.10 in 131st place; In 151st place was Joseph Walters running 28.14; Then Poppy Walters – not related - who was 154th in 28.18; With mum Jess in 159th with a time of 28.31; Christine Flynn now back from after visiting her sister in Canada for two months had an easy run to finish 161st in 28.38; Susanne Cooper assisting Christine to acclimatise finished just behind in 28.46 and 165th place

Woking 2k Junior park run 21st July We had two future members starting out on their running life Jaydee Peters 4 year old son Oscar ran a PB again this week of 11.23 and was 47th; Ben Goddard had his daughter Elode running with the 110 other U/10s and ran 18.48; Parents can run/walk with the youngsters but if not the children are never out of sight of the many marshals in close attendance. A very well 100% organised event

Ballincollig (Cork) Ire. 27th July Ben Goddard over in the Emerald ilse and tried the 5k for the first time And finished 1st o/a in 16.47 the 30/34 course rec. being 16.01. there was 389 running

Market Harborough 27th July Fiona Bishop in the area so ran the local park run for the first and finished 128th out of 306 in 26th 22

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Chippenham 27th July Malcolm Vaughan ran with his two daughters Sarah/Emma and finished 1st 0/70 (241st o/a) in 31.32. today ran 371 nran.

Homewood 27th July Mike Waine had a miserable injury all week so just cycling, so today ran easy to check how things are going and finished 15th out of the 98 in well below par time of 22.39

Brooklands 27th July We had four running among the 278 and today Kay Trinder lead them home to finish 2nd lady And 15 o/a in 20.46 Kay's 0/50 course rec. being 20.18; Mary Tibbotts was 77th in 25.19; Then former chairman Steve Hill running a PB course time of 26.14* to finish 98th; Mandy Hopkins getting to know the course and proving it by running a course PB of 33.49* and 215th to enter the funnel

Rushmoor 27th July A nice cool morning for watching and running and a good entry of 403. Our first home and running her first time on the course was Lucia Tregellis and after weaving her way thro' the back markers along the canal path finished 55th in 21.43; Then Paul Watt having his best 6/7 weeks for 18 months nursing leg problems but improving weekly with no after affects the day after. Just behind Julie Barclay from the start but piped her on the final 20m to finish 74th in 22.43 with Julie two back in 76th running 22.47 this being the first time Paul has finished in front of Julie for two years; Brian Tregellis was next along in 240th position and looking fit and relaxed to run a PB time of 28.13; With Valerie Mills in Brian's shadow and running as cool looking as the weather to finish 242nd and 28.16 a very close finish;

Woking 27th July A excellent turn out of 369 that included 20 of WAC members. But NO PBs. Again this week Martin Sunderland lead the way to finish 1st o/a in 18.14; Mark Rose followed in 4th place in 18.59; Matt Brenchley 7th in 19.28; Phil Cross was 9th in 19.48; Then our first lady who was Laura Hales 1st 0/45 (31st o/a) in 21.47; With Robin Hodgkinson keeping Laura company was 32nd in 21.55; Then Jacqui Musselwhite preparing for The UK Masters T&F Champs in two weeks time in Birmingham today Jacqui eased round moderately to finish 46th in 22.30; Jimmy Brown only 7 sec. adrift of Jacqui in 22.37 and placed 49th; David Sigersen finished 64th in 23.19; With Aymeric Goransson 98th in 24.38; Matt Gough 134th in 26.15; Poppy Walters keeping ahead of Michael Ball to finish 138th in 26.31 to Michael's 140th place and time of 26.35; Jess Walters was leading Susanne Cooper the whole 5k and finished 190th in 28.21; Susanne just behind Finishing 198th in 28.36; Jane Braid below par running 30.13 to enter funnel 235th; Kathryn Hitchings 316th in 35.41; Tim Cooper was 342nd in 39.07; Shelley Watson was 186th in 28.08; Nita Bhanot 283rd in 33.12;

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Woking Junior 2k 28th July

Caden R E was 1st o/a in 7.51. Unfortunately I think there are other WAC members children running But I am not sure as they do not check in as Woking (Barcode) so I am lost

XC Results

Woking Lions 5/10/21k June 30th Horsell Common

A nice flat course around the common all events run the same course

We only had three that I could find in results. In the 21k event Simon Egan ran 1.17.35 to finish 1st o/a out of the 125 that ran;

In the 10k there was a larger entry of 338. And Jo Payne finished 1st lady (10th o/a) in 41.13; With Michael Freaan 35th in 47.26

Surrey Slog ½ Mara. 21st July

This tough ½ marathon is allways ran in boiling hot weather and today was no exception for the 132 runners. Magic members were Richard Baggott who was 21st in 1.47.04; Ramona

Thevenet 119th in 2.31.35;

Malcolm Vaughan was 123rd in 2.40.40

Fixtures

Sat.17th Aug. SAL at Colchester The last fixture

Directions to Dave's day of fun Sun. Aug. 4th is attached

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