



COCKCROW
Woking AC
News

DECEMBER
2018

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Editorial

A well organised evening by Joe Holden and his squad all working to a fine timed program even with a unfortunate technical hic-up kept their cool no panic and once on the move again straight back into their strict time schedule.

An excellent presented appetising buffet started the evening off. A quick picture quiz and the fun Head/Tails game that the winner received a nice bundle of ££££££££££ notes.

Who has since been receiving begging letters. Thanks to the Woking News & Mail for their support and weekly newspaper full coverage of club results

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A small break for a delightful song and playing by Tumi Araga that was warmly received and appreciated.

Presentations were made by invited dignitaries the Woking Mayor Cllr. Will Foster and Mayoress Hannah Thompson, Former Mayor Cllr. Tony Branagan; Cllr. Ian Eastwood a life long supporter of the club; Also News & Mail sports editor Andy Fitzsimons, Club President Susan Deaves; Chairman Ian Deaves; Individual male/female T&F and XC team managers/coaches. All award nominees/winner's appearances appeared on video and their season's individual achievements announced prior to award announced by Joe Holden/Eleanor Gatrell. And as Chairman Ian Deaves aid a great successful season gaining T&F league promotion and English Schools athlete's winners. And looking forward to 2019 at our new Home/Track

Award winners/Club Champions

JOHN YOUNG TROPHY ———- DAVE WATSON

MASTERS MEN - T&F BEST PERFORMANCE —— BOB BRADBURY (M65)

MASTERS WOMEN -T&F BEST PERFORMANCE —- ELEANOR GATRELL (M40) TOM'S ROAD PB AWARD MALE —- .SIMON EGAN

TOM'S ROAD PB AWARD FEMALE —— GEORGIE FURZE

U/15 GIRLS BEST TRACK — ESTHER IBIAMA

U/15 GIRLS BEST FIELD —- FREYA KELLY

U/15 GIRLS T&F Club Champ — NEVE BRADLEY

U/15 GIRLS XC Club Champ — MARTHA COLLINGS

QUADKIDS - BOYS - GOLD - DYLAN LEWIS

SILVER - OSCAR SINNETT

BRONZE - NATE JONES

QUADKIDS - GIRLS - Gold - ALICE CLARK

Silver - LOLA ROAKE

BRONZE - EMILIA WAZYDRAG

SNR. MEN XC CLUB CHAMP - STEPHEN BLAKE

SNR WOMEN XC CLUB CHAMP - GEORGIE FURZE

U/13 BOYS BEST TRACK - HAYDEN CHRISTIAN

U/13 BOYS BEST FIELD - MATTHEW SMITH

U/13 Boys T&F Club Champ - .HAYDEN CHRISTIAN

U/13 BOYS XC CLUB CHAMP - MARTIN SUNDERLAND

VETS MEN ROAD CLUB CHAMP - SIMON EGAN

VETS WOMEN ROAD CLUB CHAMP - FIONA BISHOP

KIM HENDERSON MEMORIAL - MATTHEW SMITH

U/17 WOMEN BEST TRACK - MARTHA COLLINGS

U/17 WOMEN BEST FIELD - IZZY LEIKIS

U/17 WOMEN T&F CLUB CHAMP - .ALICIA KAPOTWE

U/17 WOMEN XC CLUB CHAMP - ...KATIE HOPKINS

SENIOR MEN BEST TRACK — DAVID AWDE

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SENIOR MEN BEST FIELD - ROY CHAMBERS
SENIOR MEN T&F CLUB CHAMP - DAVID AWDE
U/13 GIRLS BEST TRACK - JAYNE OYEYEMI
U/13 GIRLS BEST FIELD - INDIANA MARSHALL
U/13 GIRLS T&F CLUB CHAMP - ANNABELLE THORNTON
U/13 GIRLS XC CLUB CHAMP - CHARIS MOGAN
U/15 BOYS BEST TRACK - RYAN HENDERSON
U/15 BOYS BEST FIELD - RYAN HENDERSON
U/15 BOYS T&F CLUB CHAMP - FRANK TOWNLEY
SNR WOMEN BEST FIELD - CLARE MAURER
Snr. Women T&F Club Champ - CLARE MAURER
ENGLISH SCHOOLS CUP - ALEX HANSON
U/17 MEN BEST TRACK - DOMINIC ARIYO-FRANCIS
U/17 MEN BEST FIELD - GEORGE HOPKINS
U/17 MEN T&F CLUB CHAMPION - GEORGE HOPKINS
U/17 MEN XC CHAMPION - BEN ROLFE
SENIOR MEN - ROAD CLUB CHAMPION - BEN GODDARD
SENIOR WOMEN - ROAD CLUB CHAMPION - GEORGIE FURZE
U/20 MEN BEST TRACK - ALEX HANSON
U/20 MEN T&F CLUB CHAMPION - BEN ROLFE
U/20 WOMEN BEST TRACK - KATIE HOPKINS
U/20 WOMEN BEST FIELD - LIA ANDERSON
U/20 WOMEN T&F CLUB CHAMP - HENRIETTA OWEN
The Phil Holder Trophy - STEPHEN BLAKE

PBeez Course *

Jaydee Peters ran a 0/40 PB in 20.37 on the 3rd Nov. In the Pomphrey 5k park run
Stephen Blake ran the Frimley 5k park run in 16.25 on 3rd Nov.
Chris Dyson ran the Homewood 5k park run in 17.34* on the 3rd Nov.
Fiona Bishop ran 24.02* in the Pymmes 5k on 10th Nov.
In the Brooklands 5k on 17th Nov. Valerie Mills ran a 0/60 28.26*
In the Brighton 10k on 18th Nov. Ben Goddard ran 32.54; and Chris Dyson ran 34.25;
In the Phoenix Marathon on the 18th Nov. Jaydee Peters ran a 0/40 3.17.43
Shaun Waters ran 19.24 in the Woking 5k on 24th Nov.
In the Brooklands 5k on 24th Nov. Aimee Billington ran 20.54*; Clive Hensby ran
21.58*; Michael Ball ran 24.29*; Sandra Brown 45.51*;

XC Results

Border Lge. Nov. 4th Lightwater A very small turn out of 6 boys and 3 girls.
U/13B Oskar Aspinall was 2th in 12.36; Harry Hudson 26th in 12.55; Owen Brown 32nd in
13.19
54 lads finished

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U/11B This was ran in two separate races The first race had 53 runners
Woking lads ran in race 2 that had 96 running. Luca Lupi was 7th in 10.50; Oscar Sinnett
14th in 11.07; Jamie Brown 32nd in 12.23

U/13G Iseabail Brown was our only runner and finished 39th out of 39 in 13.30

U/11G This age group was also ran as two separate events Race one had 64 runners
Race 2 that our girls ran in there was 89; Lola Roake was 5th in 6.25; Grace Hannon 72nd in
8.04

Surrey Ladies Lge. 10th Nov. Nonsuch Pk.

Manager Mandy Hopkins assembled 13 seniors making two teams plus 3 reliable back-ups
that helped the "A" finish a dead/heat with the Stragglers on equal points and after 2
fixtures we are in 2nd position to the Stragglers. The course was quite slippery in places
especially on the sharp turns that saw a few slip over but no serious injuries.

The figure of eight two lap course ideal for spectators enabling them to see the runners 4
times without moving around. Jo Payne came along in 2nd place but during the final lap
lost places to finish 4th after a battle with her friend Sarah from the Stragglers; Jaydee
Peters feeling unwell(Cold) was passed by Georgie Furze after 1 lap; Then close behind was
Katie Hopkins settling into the senior group nicely; Miche Oldham our strongest XC athlete
who has a wonderful sense of pacing herself to finish the "A" team 5th scorer; Leading the
"B" team home was Aimee Billington just six seconds adrift of Miche. Aimee has added
strength and very reliable to the ladies squad; Kay Trinder also six seconds behind Aimee
and keeping in her slip stream as a good pace setter; Laura Hales set a great pace for the
final 3 "B" team Lisa Faunch and Lucia Tregellis who stayed with-in 13 seconds of Laura
nicely bunched together that XC running is about;

Our three back-up runners who never fail to finish once started whose job is to help by
keeping ahead of other club runners Jane Braid set a comfortable pace for Barbara
Rodriguez and Lesley Baulk to actually finish.

Finishing Order.

"A" Team

Jo Payne 3rd in 24.53; Georgie Furze in 25.38; aydee Peters 26.35; Katie Hopkins 23rd in
27.07; Miche Oldham 26th in 27.22;

"B" Team

Aimee Billington 28th in 27.28; Kay Trinder 30th in 27.34; Laura Hales 37th in 28.07; Lucia
Tregellis 38th in 28.12; Lisa Faunch 39th in 28.20;

Back-up 3; Jane Braid 210th in 36.33; Barbara Rodriguez 232nd in 37.39; Lesley Baulk in
43.17. Today 298 ran

U/17s A incomplete team added 28 penalty points to the teams total ; Martha Collings
lead Ciara Mulvilhill and Sara Eve home. Martha held her finishing 3rd position from the
start almost at ease; Ciara Mulvilhill nice and relaxed over the course with
Sara Eve showing her sprinting form over the final 200m up-hill to the tape. Team finished
2nd out of the 7 teams.

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Final result Martha Collings 3rd in 20.11; Ciara Mulvilhill 25th in 22.32; Sara Eve 59th in 25.33;

U/13s Again an incomplete team with only two girls so a massive 2x61 (122)penalty points added so the team finished 11th out of 16 teams

Final Result Charis Mogan 10th in 12.45; lone Haggarty 35th in 14.12. Both Charis and lone regular XC runners and I am sure they will benefit during next year's track performances

Leading ladies after 2 fixtures

U/20 Katie Hopkins = 1st 3pts. (1-2; **0/50** Kay Trinder 2nd 3pts. (4-3;

Men's Surrey Lge. 10th Nov. Epsom

Another brilliant performance served up by Peter Doveren's 18 XC squad. Peter has really got them all motivated and determined to get promoted this season. Well done Peter and the lads for backing him 100%. Also to the teams official helpers David and Gina Middleton Unable to attend but was told the expected heavy rain did not appear (just a small shower) We had two teams of 10 except one even with a few penalty points added the "B" team still finished 3rd B team.

Both 3rd/4th divisions ran combined with a total of 331. Div.3 had 177/ Div. 4 had 154.

Overall positions are in brackets. "B" teams were only showing o/a positions

The "A" team packing was fantastic with 10 in the top 30 superbly lead home by Stephen Blake and Ben Goddard helping to support him and finishing 2nd o/a; Simon Egan finished 1st 0/45. Ben Rolfe U/20 was our youngest as 8th scorer.

On the day the "A" team finished 1st well clear of the 2nd placed club team.

Leading men after 2 fixtures

Seniors Stephen Blake 1st 2pts. (1-1); Ben Goddard 2nd 6pts.(4-2); 0/40 James Thomas 2nd 9pts. (6-3)

0/45 Simon 1st 4pts. (2-2); 0/65 Jimmy Brown 1st 2 pts. (0-2); U/20 Ben Rolfe 3rd 3pt(0-3)

Full Results

"A" Team Stephen Blake 1st o/a in 27.03; Ben Goddard 2nd o/a in 27.44; Matt Winn-Smith back in form was 8th o/a in 28.50;

Simon Egan 9th o/a in 29.06 nice and closely packed to Matt; James Gamble was just ahead of our other James Thomas J.G. was 11th (13th) in 29.33; J.T was 13th (15th) in 29.38;

Then Alex Mogford 19th (23rd) in 29.54;

Ben Rolfe U/20 encouraged by all the seniors finished 23rd (30th) in 30.14; Jason Harris in Bens slip stream was 26th (34th) in 30.26

The "A" team final scorer was King Diggins 29th (38th) in 30.40;

"B" Team Mark Rose lead the team home being 97th o/a in 33.07; Grant O'Leary 103rd in 33.24; Adrian Brookes 122nd in 34.02; Ollie Weeden 158th in 35.17; Ross Fairbrother 183rd in 35.54; Richard Braid 167th in 36.01; Manager Peter Doveren 200th in 36.21; Steve Tait 206th in 36.44; David Sigersen 310th in 43.41

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Boy's Surrey Lge. Wimbledon 10th Nov.

This is a combined age group race of U/13/15/17 and we had two in each age group all running the same distance O/A positions shown Finishing order.

Martin Sunderland U/15 was 44th in 15.03; Shaun Waters U/17 was 60th in 15.36;
Teddy Gannon U/13 was 87th in 16.20; Daniel Wass U/13 was 120th in 17.47;
Leo Basi U/15 was 128th in 18.20; Angus Caruth U/17 was 140th in 19.24;
U/15/17 Team was 12th out of 15 teams; U/13 Team was 9th out of 13 teams

Thames valley Lge. 11th Nov. Reading

Five members ran for their second claim club Windle Valley in this Sunday lge.

Laura Hales was 117th in 41.32; Mike Freaan 142nd in 42.43; Jimmy Brown 232rd in 46.18;
Mary Raleigh 428th in 58.53; Malcolm Vaughan 435th in 59.27. 504 finished

Thames Valley Lge. 24th Nov. Sandhurst

This is a heavy contested XC lge. that have 8 fixtures 4 each side of Christmas ??

Woking 2nd claim members running for Windle valley Runners plus some former members
Another big entry today of 413.

Richard Baggott 58th in 38.46; Mike Waine 97th in 42.19; Laura Hales 113th in 43.47; Lisa
Faunch 121st in 44.15; Mike Goodwin 129th in 44.42; Keith Hull 167th in 46.36; Jimmy
Brown 201st in 48.20; Wendy Davies 202nd in 48.26; Ramona Thevenet 250th in 51.56;
Mary Raleigh 348 in 60.23; Mark Coxhead 375th in 64.54

Road Results

Thames Meander Marathon 3rd Nov. (Multi)

We had 3 different age groups competing. 0/40 Stephen Leigh; 0/45 Richard Braid; 0/50
Grant O'Leary;

Now check the photo finish results closely. After 26.2 miles along the uneven gravel tow
path the two younger ones Richard and Stephen trying to keep up with Grant failed
dramatically. All three ran the complete 26.2 mile course side by side (talking) with a final
100m sprint finish. Grant made it into the funnel finishing 50th in 3.35.15 with
Richard/Stephen both recording 3.35.17, Although Stephen got the nod in 51st place to
Richards 52nd.

Point of interest Stephen ran a life time PB of 1.18.42 in the Walton ½ marathon the
previous week. Well done lads your names em-bloc in the result list looked very impressive
for WAC

Hayling Island 10mile 4th Nov. (Multi)

The two Warner brothers Mike and Kim have ran this event for many years including in the
first few years when it was all road except about 100m but with the increase in traffic
conditions the organiser's change it slightly for safety reasons Kim's best on the road course
being 71.01 and on the Multi course 72.19. Mike's best road time being 71.03 and Multi
best being 78.38

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A little mishap this year after getting their bib numbers both went back to their van for a cuppa and keep warm. When they did decided it was time get brave the cold when they reached the start line everyone had gone and could be seen 600m ahead so they both had a bit of catching up to do. Luckily it had a chip time mat. Today Kim 0/55 finished 159th in 77.19; And Mike 0/60 was 302nd in 93.02. Today 407 finished

Woking 3 mile 7th Nov.

Nasty wet windy day saw only 15 turn out. Our fastest was Jonathan Mellor in 20.57; Colin Harris ran 22.41. Fastest man was Richard Baggott in 17.05 Jonathan was second fastest. Fastest lady was Ramona Thevenet in 23.38

Enfield 7mile Road Walk 10th Nov.

Fiona Bishop was 24th out of the 36. And 7th lady out of 10 in a time of 75.14

Brighton 10k 18th Nov.

Normally coastal events you gamble with the sea breeze as being a hazard. But our two lads Ben Goddard and Chris Dyson ignored it IF there was a breeze. And both started off the road series with PB performances. Well done lads Over 1500 entries on a beautiful sunny day (In Woking) Ben finished 34th in 32.54 PB; with Chris finishing 56th in 34.25 PB.

Phoenix Marathon (Multi) 18th Nov.

A multi 4x10k lap starting on the Thames Tow path outside the Walton Leisure Centre turning onto the road towards Walton Bridge after ¼ mile. At Walton bridge back onto tow path to start area. (4 laps) Jaydee Peters feeling unwell after running her York Marathon on the 14th Oct. plus a few days celebrating her 40th birthday decided to run today for more experience and to sit in at a steady pace not push too hard and learn the way that suits her best over the distance having had 2/3 disappointing results. Today felt good the whole 26.2 mile and finishing 3rd o/a 1st lady in a 0/40 PB time of 3.17.43. Even feeling relaxed after. 114t finished

Gosport ½ Mara. 18th Nov.

Laura Hales was our lone entry among 1643 and ran well enough to finish 258th and leaving 1385 in her wake. Laura was 3rd 0/45 in 1.31.17. Laura's best this year 1.30.18

Off Road Results

With Woking off our members toured far and locally

Bracknell 3rd Nov.

Laura Hales decided on the shortest journey from her home and finished 1st lady (29th o/a) out of the 356 in a time of 22.52

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Bedfont Lake 3rd Nov.

Jason Harris had the same idea as Laura and ran the nearest 5k to home and finished 5th (1st 0/45) in 18.18 today 210 ran

Bushy Pk. 3rd Nov.

Among the mass of 1436 Mark Rose finished 84th in 19.54
With Fiona Bishop finishing 407th in 24.10

Frimley Lodge 3rd Nov.

A nice morning for the 538 runners and with 537 of them following Stephen Blake into the funnel who ran a PB park run time of 16.25 to finish 1st. And looking on form for the second Surrey Lge. fixture in a weeks time; Paul Watt running two successive week-ends for over 6 months owing to a leg problem today ran a minute faster than the previous week so things looking favourable for Paul who finished 93rd in 23.35 to last weeks time of 24.14; Mary Raleigh was 313th in 29.51

Pomphrey 3rd Nov.

Jaydee Peters organised a "Girls Only" week-end to continue celebrating her week old new age group birthday ---- in the Bristol area that included the local 5k park run on the Sat. morning. Jaydee not knowing (honestly girls) that the Bristol park run is ranked in the top 10 toughest in the South and West of England. That the girls noticed when climbing the many hills, but it seems a popular event with 326 running today.

And the Woking girls made sure they will be remembered with Jaydee and Geogie Furze finishing 1st and 2nd girls in a near photo finish "Strong Western Bulmers Cider work wonders". The celebrating squad of six included Jaydee's sister Melody and also Jaydee's friend Shelley Taylor who was about to run her very first 5k that Claire Johnston who was nursing a slight leg problem accompanied her the whole way round.

Jaydee finished 1st lady (17th o/a) and naturally running a 0/40 PB time of 20.37; Geogie was 2nd Lady (18th o/a) in 20.44; Lucia Tregellis could not resist the challenge of a new park run conquered the hills to finish 32nd in 22.03; Melody Gaudin (Jaydee's sister) 63rd in 24.03; Claire Johnston running alongside Shelley to encourage her Shelley was 156th/Claire 157th both recorded 28.24 all running the course for the first time.

Homewood 3rd Nov

Our biggest turnout of 12 at this venue. I started to walk the course at 8.40 to see if it was still tough and half way round the runners caught me up. With Chris Dyson flowing along so relaxed and smooth style with his lead increasing on each of the three laps to finish 1st in a course PB time of 17.34; The age course record being 17.25 (was this achieved on the previous course??). Ben Rolfe no stranger to this toughie and never fears coming back for the challenge today was 3rd (1st U/17) in 19.14; Craig Morton running his debut over the course finished 11th in 21.21; Then Kay Trinder who was having a real nail biter and to me exciting and enjoyable.

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On the first lap was 4th lady on the next lap looking comfy move up to 3rd lady coming around on the final lap was in 2nd spot 20/30m behind the leading a girl and was told Kay passed her on the final flat 300m run-in to finish 1st lady(16th o/a) in 2.42 Kay's course best 21.40; Aimee Billington keeping close to Kay the whole 5k with the distance between them decreasing slowly with Aimee running well to finish 3rd lady (22nd o/a) in 21.59 Aimee's course best being 21.55. Young Charlie Cunningham was 33rd in 23.08 just keeping ahead of Jacqui Musselwhite and Jonathan Mellor; Jonathan said he knew Jacqui was in his slip stream every lap and enjoyed the final 300m trying hard to stay in front but said Jacqui had a real strong finish for him to stay with her. Both agreed they were there to race and loved the little tussle between them Jacqui having her first outing at the venue finished 36th in 23.28 and Jonathan 38th in 23.39 who's course best is 23.14 and Jonathan looking forward to their next battle; Michael Ball keeping his winter strength training going and his run today showing he is in fine form being a sprinter He ran 26.44 to finish 77th well done Michael; Then a nice surprise meeting up with Simon Metcalf who's works away from home and prevents him from getting along to training nights and unable to get any regular schedule so runs whenever the opportunity comes along and today finished 98th in 29.04; Barbara Rodriguez as usual jogged the 2mile from home as a warm-up and today finished one second and one place behind Simon in 99th running 29;07; Lesley Baulk trying this killer for the first time and ran a lap to get used to the hills so cautiously approached each lap knowing the hills will get tougher each time you run them. Lesley conquered the course in 34.21 to finish 132nd out of 154.

Banstead 5k Nov.10th

Lucia Tregellis went along to this really testing course prior to running the XC at Nonsuch AND must be part of a Park run RECORD Looking for Lucia's result and WHOW! Out of the 158 that finished 91 were UNKNOWN runners. No Lucia so must be among them Again we have technology but couldn't find the switch Question. Did Lucia run a PB ?

Frimley 10th Nov.

We had four running all spaced out among 495. Our first to finish was Julie Barclay as 1st 0/55 (58th o/a) in 22.36 a little disappointed with her time although realised it was her best since the end of August plus just home from a week in Kuala Lumpur; Paul Watt was 94th but also disappointed with his time of 24.14 being down on last weeks 23.35 Paul nursing a leg problem for a year is finding it hard being patient and just hoping for a favourable few weeks of continuous training; Malcolm Vaughan returning from a three break in Cyprus was soon back at his favourite Frimley And running with all his familiar 495 pals to finish 302nd in 30.09; Mary Raleigh was 327th in 31.02

Bushy Park 10th Nov

Chris Dyson swapping the tough three lap at Homewood he ran last week for the flat one lap of Bushy and finished 2nd leaving 1279 trailing behind him and was timed at 16.45 (Best being 16.36);

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Graham McMahon was back after 2/3 months absence from Bushy to run 23.55 to placed 306th

Pymmes 10th Nov

Fiona Bishop finished 1st lady (18th o/a) out of the 68 that ran plus running a course PB of 24.02*and just beating the 2nd female who ran 24.38 and one place back in 19th spot

Newcastle 10th Nov. Louise Mills now returned to UNI after her summer break was having her first run now backin Newcastle and finished 229th out of the 703 in a time of 24.27

Homewood Nov.10th

Jonathan Mellor unable to run the XC fixture at Epsom had a run at his normal Sat. morning venue and ran 23.46 just missing his course PB of 23.14 but finished 12th out of the 93.

Woking Nov. 10th

A small entry of six members owing to the XC fixtures but still had 283 running. And the course was altered and ran reverse way (65% dislikes/// confusing/congested and 35% didn't care) Our first home was Craig Morton making his debut over the course to finish 5th in 20.18; Steve Tait was 9th in 20.40 then travelled to the men's XC fixture at Epsom; Then (sprinter) Kenneth Ball who finished 50th in 23.56; Tim Cooper was 86th in 25.31; Followed by (sprinter) Michael Ball who finished 92nd in 25.42; And our only lady running Jane Bell who had a rest from her weekly time keeping job on the funnel Jane ran cautiously to finish 255th in 36.39. (Course best being 36.32)

Guildford 17th Nov.

Miche Oldham was our only runner in the 473 entries and finished 2nd lady(35th o/a) in 21.28

Frimley 17th Nov.

Julie Barclay and Paul Watt ran here being close to home as they had to be at work at midday. Julie still trying so hard to get under 22.00 on this course (nearest 22.01) today got 13sec. nearer than last week running 22.23(previous week 22.36) to finish 3rd lady (37th o/a); Jacqui Musselwhite running the course for the first time finished 66th in 23.31; Paul kept in Jacqui's slip stream 7sec behind and ran 23.38 to finish 69th; Training partners Laura Hales and Lisa Faunch having a real easy jog around together on both laps As Laura was running the Gosport ½ next day. Today both were recorded with the same time of 23.43. But Laura on the toss of the DOUBLE headed coin was 71st/Lisa 72nd
Nice one girls. Today 485 ran.

Bushy Park 17th Nov

Five members went along to help celebrate Richard Baggott's 200th park run. Richard ran 18.18.06 missing his PB by 16sec. Mike Waine finished 112th in his best Bushy time this year 20.34; Graham McMahon well to the front of the 1325 was 226th in 22.36;

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Fiona Bishop who ran 24.10 here two weeks ago today did slightly better running 24.08 to finish 370th; Ramona Thevenet was 483rd in 25.16; Followed by Christine Flynn in 537th place and well under her 2018 target to keep under 26.00min. by running 25.44; John Coffey 0/70 running his 2018 PB of 26.58b b to finish 669th; Malcolm Vaughan back two days after a two week holiday in Madera ducked under 30.00 running 29.26 to finish 915. Malcolm's time was exactly identical to what he ran here on the 14th April 2017 lost/gained NIL Then all spent another 30.00 minutes eating a table full of goodies and beverage goodies

Homewood 17th Nov.

A low entry of 85 owing to many trying the new Brooklands event. Jonathan Mellor staying with the tough course finished 13th in 23.46 Jon's best being 23.14; David Sigerson back after a break of 5/6 weeks and ran 27.19 finishing 37th; Barbara Rodriguez enjoys her short run from home before running the course and then a nice jog home Today Barbara was 43rd in 28.39 and also the 1st 0/60.

Medina 17th Nov. I.o.E

Grahaam Palser on a two week break with family Ran this with 9 year old grandson who beat Graham quite easy Graham was 85th in 26.34 grandson out of sight. Plus two of Graham's daughters Rebecca was 2nd lady in 22.14 and Helen ran 27.22. 275 finished

Brooklands 17th Nov.

This being the first park run all 346 were first timers and definitely a historical club occasion ?? EIGHT of the 13 members that ran are now their age course record holders (Maybe only for a week) "Didn't they do well"
It is a two lap course part along the old runway and then thro' a wooded area.
Car parking is not a problem. Toilets ok. And a cafe for a cuppa after all near start/finish area.

TANK HILL is NOT part of the course (C/R age course Rec.)

Jason Harris 3rd in 18.11 (0/45 age C/R); Ben Rolfe 1st U/17 (5th o/a) in 18.20 (U/17 age C/R); Craig Morton 16th in 19.54 (1st 20/24 age C/R); Aimee Billington 1st lady (23rd o/a) in 21.03 (40/44 age C/R); Lucia Tregellis 2nd lady (34th o/a) in 21.20 (30/34 age C/R); Clive Hensby was 46th in 22.01; Jimmy Brown 56th in 22.20 (65/69 age C/R); Mary Tibbotts 89th in 24.07 (50/54 age C/R); Fiona Caruth 91st in 24.15; Michael Ball 96th in 24.32; Claire Johnston 105th in 24.50 (45/49 age C/R); Duncan Rolfe 126th in 25.03; Valerie Mills 173rd in a PB time of 28.26(60/64 age C/R)

Valerie has now moved up a age group and can now train during her tea break as she works at the Brooklands museum. Hollie Tibbotts was 108th in 25.00 (15/17 age C/R)

Woking 17th Nov.

The smallest turn out ever many trying the new Brooklands event.

The total entry was 276. And we had three running.

Mark Rose finished 5th in 19.20; Then Charlotte Watson in 55th spot by running 23.49

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Charlotte just outside her best by 8sec. (23.41) Bori Szededi finished 86th in 25.02

Pennington Flash 24th Nov. Leigh Gr. Manchester

James Thomas visting the area took the opportunity to try the local park Run and finished 2nd out of 209 in 19.05

Cheltenham 24th Nov

Louise Mills and Valerie had a small tour to this 5k park run for the first time
Louise finished 98th in 23.51; and Mum Valerie was 293rd in 29.21

Guildford 24th Nov.

Jnr. U/10 Oscar Sinnett got among the 382 and showed his talent by finishing 67th in 22.38

Frimley 24th Nov.

Laura Hales back to her local Sat. morning run and finished 3rd lady (65th o/a) in 22.51
Mary Raleigh was 281st in 31.21. Today 413 ran

Bushy Park 24th Nov.

A bad day at the office for Christine Flynn who missed her 26.00 min. target for the 6th time during 2018 by running 26.17 finishing 511th out of the 1118 that ran. (Christine was seen chatting on the way round)

Woking 24th Nov. Out of the 254 that finished we had 12 running and they were lead home by U/17 Shaun Waters the only one that ran a PB time of 19.24 to finish 5th; Mark Rose very close in 7th place running 19.36; U/14 Martin Sunderland in 9th spot in 19.53; And in 11th Charlie Cunningham ran 20.08; Ben Golding finished 35th in exactly 22.00 min, Lucia Tregellis our first lady home in 74th spot in a time of 24.21; Susanne Cooper 107th in 25.49 and Tim was 108th in the same time; Florence Baulk running her first park run for a very long time and managed quite relaxed and easy to finish 124th in 27.08; Shelley Watson was 128th in 27.12; Matt Gough 142nd in 28.16; Then Catherine Illingworth who finished 158th in 29.18

Brooklands 24th Nov.

There was 17 members running out 251 here to Woking 12 members out of 254 at Woking BUT both had a drizzly run. This being the second time of running it many wanting to try it out and it was voted a lot of "LIKES" (well 17). Good viewing for spectating 4/5 times; Nice flat course for the runners although must watch your pace starting off too fast BUT! Remember "You do not go off too FAST you finish to Slow" However you choose to run enjoy it.

Out of the 17 members that ran we had 5 PBs and 3 age group course rec. and 7 first timers After the first flat 150m they enter the wooded section. Then back into a big open area and will be tough ONE way if windy Rough guess it is ½ wooded area ½ open but all flat. Very few positions changed after the first of the two laps.

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First home running the course for the second time was Jason Harris who was 3rd in 18.19; Ben Goddard was 5th in 18.45 Ben ran here last week in 18.20 his PB; Mike Waine having his first outing over the course was 14th in 20.35; Then our first lady Aimee Billington who was 17th running a classic final 200m sprint finish and running a course PB also lowering her 40/44 course rec. Aimee ran here last week; Kay Trinder chasing Aimee every metre over the final 200m enjoyable to watch Kay finished 19th in a new 50/54 course rec. time of 21.04; Clive Hensby former Jnr./Sen. Surrey XC champion can still enjoy a class performance when in the mood and today looked in the mood today was his second run here and ran a PB time of 21.58 to finish 34th. Clive lives in the area and often jogs around the Brooklands grounds; Julie Barclay having her first run over the course enjoyed the course and like few others think it can be improved by moving the start back to do away with the small loop around the copse but had a good run to finish 38th in 22.16 her best for 6/7 months this time also broke the 55/59 course rec. Meaning Aimee/Kay/Julie now hold their age group course rec. Paul Watt also making his debut over the course liked the complete flat course was hoping for a better time but training being restricted was happy to stay around 24..min Paul finished 60th in 24.02 and next four kept with-in 34 seconds of him. A good pace setter. Fiona Caruth finished 68th but just missed her course best of 24.15 by 7 seconds today running 24.22; Mary Tibbotts followed Fiona into the funnel 5 seconds behind in 24.27 and placed 70th; Michael Ball was among those running a PB on their second time Michael was 71st in 24.29 Nice one Michael; Fiona Bishop on her first time to finish 74th in 24.36; A good run by Duncan Rolfe after his long term injury recovery and running a course PB of 25.32 helps to feel an improvement and finished 96th; Lesley Baulk also running the course for the first time was 172nd in 30.45 and will duck under the 30 min. barrier if continues to try it 2/3 times more; Mandy Hopkins ran it for the first time and has no trouble running it in her own time and not trying to race it Mandy was 229th in 40.40; Jimmy Brown ran with wife Sandra who has been sidelined for 6 weeks until last week But came back today and ran a PB time course time of 45.51 in 237th place Jimmy was 238th in 4.52. Katie Hopkins felt unwell during the first lap so wisely pulled out after one lap.

Indoor Results

Northern Athletics Open 17th Nov. Sheffield

Kaspars Kazemaks has started his indoor season competed in three events Was 1st out of the 8 in his 60m race and ran 7.50 his fastest ever opening 60m In the 150m was 3rd in 17.90 There was 20 races with 5 or 6 in each race And in the SP was 2nd throwing 11.65

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Fixtures

XC

Sun. 2nd Dec. Border Lge. Venue TBC Please check with team managers

Sun. 2nd Dec. Thames Valley Lge. 11.00am Bradenham
Road

Sun .2nd Dec. 11.7k Hogs Back

Sun. 2nd Dec. Perivale 5 mile

Sun. 2nd Dec. Putney riverside 10k 9.15

Sun. 8th Dec. Osterley Park 10k

Check Park Run WEBB for those on/off Christmas Day/New years day

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