



COCKCROW  
Woking AC  
News

MAY 2018

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**Editorial** The 2018 T&F season got away to a good start in the Wessex and SAL league meetings

**May 2018**

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To all 1970/85 members that remember Joyce Best

Sad to pass on info received regarding life member Joyce Best who sadly died on April 14th Joyce husband Vivien both life members. Also both served as team managers and son Steve was also team manager, their daughter was an active member. A very busy and active Woking athletic family for many years until moving north to Scotland in the late 80s For those wishing to attend the funeral it is on Thursday May 3rd at 2.00pm at Worthing Crematorium

I received this email from President Susan Deaves. That concerns all members I had hoped to have been able to finalise the arrangements of our visit to the new Egley road track But as usual plans never seem to work as planned It is now proposed that we will be able to visit the WOKING SPORTSBOX (The title of the Egley road site) in June. At the end of May it ceases to be Health and Safety site. And will be handed over to Woking BC by the contractors I will keep you posted when arrangements are eventually finalised. Susan Deaves

**Club Records** Jayne Oyeyemi broke the U/13 75m rec. running 10.2 at Walton on 21st Apr.

**PBeez** \* Course Rec.

Simon McCrohan ran 20.36\* at Stoke Park on the 7th April.

Phil Cross ran 19.47\* at Woking on the 7th April

In the Wimbledon YA meeting on 7th April Edwin Rutswara ran 100m in 11.6

Alex Hanson ran 100m in 11.08 + 200m in 22.15; James Hanson ran 100m in 11.03 + 200m in 22.26

The following was achieved on the 8th April in the Wessex Lge. at Winchester

Ben Rolfe ran 1500m in 4.41.0; Thomas Verrills ran 200m in 25.4; Leo Basis ran 800m in 2.48.1

Ryan Henderson ran 100m in 12.5 + 200m in 25.1 + jumped 5.22 in LJ

William Harding ran 100m in 12.6 + 200m in 25.7; Jack Norman threw SP 6.41

Robbie Thomson ran 100m in 12.8 + 200m in 26.2; Hayden Christian ran 100m in 13.7 + 200m in 28.4;

Harry Hudson ran 800m in 2.44.0 + threw SP 5.76; Lucy Eaton-Tribe ran 100m in 13.4;

Ella Barker ran 80H in 46.2; Ella Stoner ran 100m in 13.8 + 200m in 28.2; Emma Harris ran 300m in 49.3;

Freya Standley ran 100m in 14.1 + 200m in 29.8; Katie Griffin ran 75H in 13.4; Freya Kelly threw SP 9.49;

Jayne Oyeyemi ran 100m in 13.4

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In the Bushy Park 5k on 14th April Louise Mills ran a life time best 5k of 21.10;  
In the Dougnes Cubezais 5k on 14th April Phil Cross ran 19.49;  
In the Folkestone 5k on 14th Apr. Kylara Hassall ran 20.06  
The following was achieved at Woking in the SAL on 14th Apr.  
Dominic Ariyo-Francis ran 100m in 11.3; Alex Hanson ran 200m in 22.1; Kenneth Ball 100m in 12.3;  
Ben Rolfe ran 800m in 2.10.0; Simon Egan ran 5000m in 16.23.1; James Gamble 5000m in 17.57.1;  
Rory Kelly threw Dis. 34.30; George Hopkins jumped 3.80 in PV;  
Natasha Di Nolfi ran 400m in 72.00; Charlotte Watson ran 1500m in 5.58.1; Sam Morrison threw SP 8.31;  
In the Kingston 5k on 21st April Mike Warner ran (0/60)24.24  
The following was achieved at Walton on 21st Apr. In the YDL (Lower age)  
Jayne Oyeyemi ran 75m in 10.2 + 150m in 20.4; Amani Mukadam ran 75m in 10.6; Indiana Marshall 150m in 21.4;  
Ione Haggarty 800m in 2.45.6; Esther Ibiama 100m in 13.1; Neve Bradley 100m in 13.7 + jumped 4.58 in LJ;  
Freya Standley 100m in 13.8 + 200m in 29.2; Emma Harris 300m in 48.9 + 800m in 2.38.8;  
Ryan Henderson 100m in 12.0 + 200m in 24.8 + jumped 5.56 in LJ; Leo Basi 800m in 2.50.0;  
George Wallace jumped 1.61 in HJ + 4.77 in LJ; Jack Norman threw SP 6.63 + Ham. 16.25;  
Ben Golding 1500m in 5.36.5; Toby Webb Threw SP 7.71 + Dis. 23.56 + Ham. 13.45;  
Hayden Christian 100m in 12.0; Niall O'Shea 100m in 14.1 + threw SP 6.50; Joseph Walters 100m in 14.0;  
Matthew Smith threw SP 8.87; Laith Freeman 200m in 30.4; Oskar Aspinall 800m in 2.36.1;  
Harry Hudson 800m in 2.41.6;  
Two London marathon runners on the 22nd Apr. James Thomas ran 2.46.41; Georgie Furze 3.14.01;  
Phil Cross ran 19.40\* in the Woking 5k on 28th April

## **T&F Results**

### **Daytona Beach Florida 6th April**

After a long lay off thro' injury/illness during 2017 Kaspars Kazemaks is feeling fit and is back training. Had his first race competing in a 100m event and ran 11.78 and just pleased to be back competing again

Good Luck Kaspars in your 2018 season

### **Havant AC Open 7th April**

Richard Beak competed in the 200m and 400m events. In the 200m Richard was 1st in 23.3 And finished 2nd in the 400m in a time of 52.8

### **Hercules Wimbledon YA 7th April**

We had 5 YA competing and came away with 4 Gold and 3 Silver medals plus 5 PBs

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U/20M Edwin Rutswara 1st 100m in 11.6 PB; 4th in 200m with 24.04  
U/17M James Hanson 1st 100m in 11.03 PB + 2nd 200m in 22.26 PB  
Alex Hanson 2nd 100m in 11.08 PB + 1st 2000m in 22.15 PB  
U/20W Emily Read 1st 200m in 26.22; Amy Braid 2nd 200m in 27.16

### **Wessex Lge. 8th April**

**U/20M.** Ben Rolfe ran a n/s 1500m in 4.41.0 PB

**U/17M.** Jacob Stadie was 3rd 400m in 58.8 + 1stB 800m in 2.18.5;

Joseph McHugh 2ndB 400m in 59.9 + 2nd 800m in 2.18.0; Angus Caruth n/s 800 in 2.28.7 + 1st 1500m in 4.48.2

**U/15B.** Thomas Verrills 2nd 100m in 12.2 +1stB 200m 25.4 + 1stB in LJ with 5.30

Ryan Henderson 2ndB 100m in 12.5 + 2nd 200m in 25.1 + 2nd in LJ with 5.22

William Harding n/s 100m in 12.6 + n/s 200m in 25.7; Ben Golding 6th 1500m in 5.50.4

Robbie Thomsom n/s 100m in 12.8 + n/s 200m in 26.2; Leo Basi 4th 300m in 49.7 + 6th 800m in 2.58.1

Jack Norman 5th in SP with 6.41 + 2nd in Dis. with 19.10 + 3rd in Jav. with 17.61

The 4x100r team was 1st in 50.3.

**U/13B.** Hayden Christian 3rd 100m in 13.7 + 1stB 200m in 28.4 + 3rd in LJ with 4.31

Laith Freeman 2ndB 100m in 14.5 + n/s 200m in 30.6 + 2nd in Dis. with 8.79; Dylan Campbell 4th 200m in 29.4

Harry Hudson n/s 100m in 15.5 + 2ndB 800m in 2.44.0 + 3rdB in SP with 5.76

Oskar Aspinall n/s 100m in 16.00 + 4th 800m in 2.43.1; Daniel Wass 6th 1500m in 5.29.5 + 5th in Jav. with 13.89

Matthew Smith 2nd in SP with 7.51 +1st in Dis. with 22.70. The 4x100R team was 2nd in 58.7

**U/17G.** Victoria Smith 1st 100m in 13.1 + 3rd 200m in 27.3; Martha Collings 1st 800 in 2.31.2 + 1st 1500m in 5.01.8;

Lucy Eaton-Tribe 2ndB 200m in 29.1+ 1stB 100m in 13.4 PB; Caira Mulvihill 1stB 800m in 2.33.6+ 2ndB 1500m in 5.10.4;

Ella Barker 2ndB 200m in 29.1+ 1stB 300m in 46.2 PB + 3rd 80H in 13.8 PB;

Poppy Walters 1st 300m in 43.6 =PB + 1stB in LJ with 4.27 + 4th in Jav. with 23.36;

The 4x100R team was 1st in 53.6

**U/15G.** Esther Ibiama 1st 100m in 13.2=PB 3rd 300m in 27.3; Freya Standley n/s 100m in 14.1 PB + n/s 200m in 29.8 PB;

Ella Stoner 1stB 100m in PB + 1stB 200m in 28.2 PB + 2ndB in SP with 6.68;

Neve Bradley n/s 200m in 29.3 + 2nd in LJ with 4.33; Freya Kelly 2nd in SP with 9.49 PB + 2nd in Dis. with 19.42;

Emma Harris 6th 300m in 59.2 PB + 4th 800m in 2.45.7 + 6th in Jav. with 14.23;

Katie Griffin 5thB 300m in 53.4 + 3rd 75H in 13.4 PB + 4thB in LJ with 3.53;

The 4x100R team was 1st in 55.4

**U/13G.** Jayne Oyeyemi 3rd 100m in 13.4 PB + 2nd 200m in 28.5=PB; Alexa Adams n/s 100m in 15.3 + 1st in Dis. with 8.80;

Indiana Marshall 3rdB 100m in 14.3 + n/s 200m in 30.5 + 2ndB in LJ with 3.82;

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Annabelle Thornton n/s 100m in 14.7 + n/s 200m in 30.6 + 4thB in SP with 5.32;  
Jessica Maxwell n/s 100m in 15.8 + 5thB 200m in 31.7; Alexis Brown n/s 100m in 15.3 + n/s  
200m in 34.5;  
Esme Evans n/s 100m in 16.7 + n/s 200m in 35.1 + 5th in Dis. with 10.49;  
Amber Stoner n/s 200m in 31.5 =PB + 2nd in LJ with 3.87; lone Haggarty 6th 800m in 2.52.6  
+ n/s SP with 4.81;  
Charis Mogan 2nd 1200m in 4.21.8 + n/s LJ with 3.39; Sophia Fairweather 3rd HJ with 1.20 +  
1st in SP with 6.25;  
The 4x100R team was 2nd in 59.7.

### **SAL 14th April Woking**

The weather was sunny and warm. And a wonderful finishing 1st position plus this also puts  
as Div.2 leaders.

The weather and results matched the performances of the both team sections.

The men had 25 competing and the ladies 21. The ladies team managed by Kay Trinder  
must be our youngest team ever competing in a senior league for many years ALL being  
U/24. The men's team had half seniors and half U/20 so making the club strength for the  
next 2/3 years looking very healthy. And even if we were still in Div. 1 these youngster's  
would have held their own. All full of confidence and looking forward to a brilliant season  
Trying to pick out individual performances is tough. The PB performance goes to Natasha Di  
Nolfi now ?? who ran a n/s 400m in 72.00 just 2 seconds outside her life time best that she  
ran 10 years ago when 26. Nice one BE

Both M/L 4x100 and 4x400 relays was dominated by us from the gun but every member  
running as though being chased by a starving Leopard (and is still hungry)

All events were covered A/B strings. One down side for spectators the Steeple Chase  
events were run with no water jump (obviously not thro' a Drought) ??

These young lads dominated the 100/200m sprints some running n/s. James and Alex  
Hanson;

Dominic Ariya-Francis; and three n/s Edwin Rutswara; Kenneth Ball; Michael Ball so plenty  
of back-up;

Andrew Collings ran a PB in 400H but slightly disappointed not having no water to jump into  
Also disappointing his fans waiting to see him land up the deep-end; Ryder Anderson again  
teamed up with Roy to guarantee us regular max points in the Jav. It's habit forming well  
done lads;

In the heavy throws both reliable Paul Kelly in the Hammer with son Rory and Peter Evans in  
the Dis. and SP. again keeping the points coming along; Gideon Jansens jumping 1.70 in the  
HJ as a n/s no shortage of talent there.

Three men covered four events each Roy Chambers LJ/TJ/SP/JAV. David Awde  
110H/400H/PV/TJ;

Rory Kelly 110H/HJ/Dis./Ham. George Hopkins competed in three HJ/LJ and life time best in  
the PV;

Ian Horlock and Robert Pattison ran the 400m; Ben Rolfe 800m and 2000s/c (less water);

The two youngsters Angus Caruth and Joseph McHugh had no trouble in the 1500m;

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Then the two slightly older lads Simon Egan and Justin Mitchell ran the 5000m both set my adrenalin going with their masterful judgement of pacing and could not be faulted, absolutely perfect and exciting well done lads; James Gamble home from China ran a n/s with them; And keeping fit competing in their events n/s was Jacob Stadie running 400/800m and James Keymer – Camberley – as we are a composite team - running a n/s 800m and a n/s LJ. All n/s athletes are the strength of the team and ready step into the team Any time lads.

### **Full Results.**

James Hanson 1st 100m in 11.1 + 1stB 200m in 22.6; Alex Hanson n/s 100m in 11.3 + 1st 200m in 22.1 PB; Dominic Ariyo-Francis 1stB 100m in 11.3 PB; Edwin Rutswara n/s 100m in 11.7 + n/s 200m in 23.9; Kenneth Ball n/s 100m in 12.3 PB + n/s 200m in 24.6; Michael Ball n/s 100m in 15.3 + n/s 200m in 31.7; Ian Horlock 1st 400m in 53.4; Robert Pattison 1stB in 52.3; Jacob Stadie n/s 400m in 58.9 + n/s 800m in 2.19.8; Ben Rolfe 3rd 800m in 2.10.0 PB + 4th 2000s/c in 7.29.1 (NO WATER JUMP); Angus Caruth 4th 1500m in 4.46.6; James Keymer n/s 800m in 2.13.2 + n/s LJ with 4.81; Joseph McHugh 3rdB 1500m in 4.58.2; Simon Egan 2nd 5000m in 16.23.1 PB; Justin Mitchell 2ndB in 16.55.9; James Gamble n/s 5000m in 17.57.1; Andrew Collings 3rdB 2000s/c in 7.47.0 NO WATER JUMP; Paul Kelly 3rd in Ham. with 35.13; Peter Evans 3rd in SP with 9.78 + 2ndB in Dis. with 31.36; Gideon Jansens n/s HJ with 1.70; Ryder Anderson 1stB in Jav. with 48.00; George Hopkins 3rd HJ with 1.70 + 2ndB LJ with %.38 + 1stB PV with 3.80 PB; David Awde 1stB 110H in 20.2 + 2nd 400H in 58.8 + 1st in PV with 3.80 + 2ndB in TJ with 11.30 Roy Chambers 2nd LJ in with 5.82 + 2ndB TJ with 10.54 + 2ndB in SP with 9.66 + 1st in Jav. with 49.2 Rory Kelly 1st 110H in 17.2 + 2nd in HJ with 1.60 + 2nd in Dis. with 4.30 PB + 2ndB in Ham. with 33.771  
4x100R team was 1st in 45.6 + the 4x400R team was 1st in 3.34.9  
Team manager Hyjove Bozic well pleased with his squad of experienced seniors and the fantastic performances of His U/20 lads and hoping to keep them together for the remaining fixtures

**Ladies.** Kay was busy all week getting a very enthusiastic squad of 21 together In the ladies section Clare Maurer covered 4 events 100H/HJ/LJ/PV; and a list of 6 waiting to compete in three events each.

Katie Hopkins 400/800/1500; /Poppy Walters 400/LJ/Jav.; Henrietta Owen 100H/400H + first 2000s/c; Sam Morrison HJ/PV/SP; Maryanne Eve PV/LJ/TJ; Alicia Kapotwe SP/DIS./Ham.: and some running a relay leg. The sprints was covered by Tumi Araga 100/200m; Emily Read 100/200m/ Victoria Smith n/s 100m; Freya Challis n/s 100m; Amy Braid n/s 100/200m; Natasha Di Nolfi n/s 400m; Ella Barker 400H; Middle distance Bori Szegedi ran 800m; Ciara Mulvihill 1500m + her first 3000m; Charlotte Watson n/s 1500m; Martha Collings 3000m + her first 2000 s/c; Florence Baulk Jav. Tori Rose Ellis Dis. and Ham;

### **Full Results.**

Tumi Araga 1st 100m in 12.6 1st 200m in 25.7; Emily Read 1stB 100m in 12.6 + 1stB 200m 26.2; Victoria Smith n/s 100m in 13.0; Amy Braid n/s 100m in 13.1 + n/s 200m in 27.3; Freya Challis n/s 100m in 14.3; Katie Hopkins 1st 400m in 61.6 + 2nd 800m in 2.25.5 + 3rd 1500m

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in 5.27.8; Florence Balk 1st in Jav. with 33.39; Poppy Walters 1stB 00m in 63.2 + 4th in LJ with 4.37 + 2ndB in Jav. with 24.51; Natasha Di Nolfi n/s 400m in 72.00 PB; Bori Szegedi 3rdB 800m in 2.34; Tori Rose Ellis 4thB in Dis. with 17.03 + 3rd in Ham. with 32.02; Caira Mulvihill 2ndB 1500m in 5.32.8 + 2nd B running her first 3000m in 11.05; Charlotte Watson n/s 1500m in 5.58.1 PB; Martha Collings 3rd 3000m in 10.49.7 + 2nd 2000s/c in 7.55 (no water jump); Ella Barker 1stB running her first 400H in 71.7; Clare Maurer 1st 100H in 18.4 + 2nd in HJ with 1.45 + 1st in PV with 3.4 + 2nd in TJ with 10.25; Henrietta Owen 1stB 100H in 20.3 + 2ndB 400H + 2ndB in 2000s/c in 8.20.8 (no water jump); Sam Morrison 2ndB in HJ with 1.30 + 1stB in PV with 3.30 + 4th in SP with a PB of 8.1; Maryanne Eve n/s PV with 2.80 + 1stB in LJ with 4.35 + 1stB in TJ with 9.71; Alicia Kapotwe 4thB in SP with 6.89 + 3rd in Dis. with 26.02 + 3rdB in Ham. with 14.90; The 4x100R was 1st in 50.1 and the 4x400r team was 1st in 4.16.6

### **Treyvon Bromell Invitational 21st Apr. St. Petersburg Florida**

Kaspars Kazemaks little report of his latest competition in the States. He competed in tricky circumstances Disc. Event and won with a throw of 36.08

### **YDL 21st Apr. Walton (Lower age Group)**

The clubs first team to compete on the new Walton track and lots of PBs to start the season off.

Jayne Oyeyemi lowered the 75m club record also equalled the 150m rec.

**U/13G.** Jayne Oyeyemi 3rd 75m in 10.2 PB + 4th 150m in 20.4 PB; Amani Mukadam 2ndB 75m in 10.6 PB; Annabelle Thornton n/s 75m in 11.2 + 4th in Jav. with 10.92; Jessica Maxwell 4th in SP with 4.13; Esmá Evans n/s 75m in 12.2=PB + 1st Jav. with 10.28; Alexa Adams 3rdB in SP with 3.50; Indiana Marshall 2ndB 150m in 21.4 PB + 1st in LJ with 4.26=PB; Charis Mogan 3rd 800m in 2.35.5; Lone Haggarty 4thB 800m in 2.45.6; Isebail Brown n/s 800m in 3.11.4; Amber Stoner 1stB in LJ with 3.85; The 4x100r team was 3rd in 58.2.

**U/15G.** Esther Ibiama 3rd 100m in 13.1 PB + 4thB 200m in 27.6; Georgina Owen 4thB 800m in 2.50.9; Freya Standley 2ndB 100m in 13.8 PB + 3rdB 200m in 29.2 PB; Neve Bradley n/s 100m in 13.7 PB + 4th in LJ with 4.58 PB; Emma Harris 4th 300m in 48.9 PB + 3rd 800m in 2.38.8 PB + 5th in Jav. with 15.12; Katie Griffin 5thB 300m in 53.1 + 5th 75H in 14.4 + Freya Kelly 2nd in SP with 8.75 + 3rd in Dis. with 20.40 + 2nd in Ham. with 31.97; The 4x100R team was 4th in 55.7

**U/13B.** Hayden Christian 3rd 100m in 13.5 PB + 2nd in LJ with 4.29; Joseph Walters n/s 100m in 14.00 PB; Niall O'Shea 4thB 100m in 14.1 PB + 1stB in SP with 6.50 PB; Matthew Smith 2nd in SP with 8.87 PB; Oskar Aspinall 3rdB 800m in 2.36.1 PB + 4th in Jav. with 10.55; Braedyn Echie 5thB 200m in 32.5; Laith Freeman 100m in 14.5 =PB + 3rd 200m in 30.4 P-PB; Cory Coleman 6th 800m in 2.45.1; Rhys Conlon 3rd 75H in 16.1 + 3rd in HJ with 1.05; Harry Hudson n/s 2.41.6 PB; Daniel Wass 4th 1500m in 5.19.4 =PB; Owen Brown n/s in 2.45.9; The 4x100R team was 3rd in 58.7

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**U/15B.** Thomas Verrills 2nd 100m in 12.1=PB; Leo Basi 5thB 800m in 2.50.0 PB; Toby Webb 4th in SP with 7.71 PB + 3rd in Dis. with 23.56 PB + 3rd in Ham. with 18.45 PB; Ryan Henderson 1stB 100m in 12.0 PB +3rd 200m in 24.8 PB + 1st in LJ with 5.56 PB; Robbie Thomson n/s 100m in 12.9 + 3rdB 200m in 26.9; Archie Padua 3rdB in HJ with 1.25; George Wallace 1st in HJ with 1.61 PB +1stB in LJ with 4.77 PB + 6th in Jav. with 21.93; Jack Norman 4thB in SP with 6.63 PB + 2ndB in Dis. with 19.58 + 2ndB in Ham. with 16.25 PB; Joshua Williams 6th 300m in 46.3 + 4th 800m in 2.33.9; Ben Golding 5thB 1500m in 5.36.5 PB; Martin Sunderland 6thB 300m in 46.1 + 6th 1500m in 4.51.4; The 4x100R team was 1st in 50.1 + the 4x300R team was 5th in 3.22.7

### **Surrey and VAC 10k walking Champs Wed.25th Apr. Battersea**

Combined one race. Fiona Bishop was 2nd in the Surrey Champs and 1st in the VAC race Fiona's time was 1.07.27.

### **Enfield Lge. 28th Apr. Lee Valley**

Fiona Bishop had a cup of tea after running the Gunpowder park run then headed for Lee Valley to compete in this monthly league match. And finished 5th lady 15th o/a out of 33 mixed genda in 32.45

### **Clermont Open 28th Apr. Florida.**

Kaspars Kazemaks final event before heading back to UK.

Kaspars competed in the Disc. event and threw a SB of 36.95. So leaving Florida a happy bunny

### **Road Results**

#### **Kingston ½ Mara. 1st April**

Steve Tait was our only entry among the 620 that ran and finished 28th in 1.24.11

#### **Cecil Gittins 10k Road Walk 14th Apr. Gravesend**

After running the 5k park run at Malling Fiona Bishop had a quick lunch then headed to this 4 lap event. The finish being on the cycle track where Fiona finished 5th lady in 68.10

#### **Brighton Marathon 15th Apr.**

The weather was ok the breeze coming of the sea helped cool it a bit but still warm running 26.2mile. We had four competing and our first to finish was Matt Winn-Smith in 238th place in 3.08.09; Richard Grinter followed in 961st position in a PB time of 3.29.22; Then Kim Warner warming-up for the London the next week-end. Today Kim was 2406 in 3.51.52; Karen Cave was our only lady and finished 4544th out of the 198822 in a time of 4.14.41; Malcolm Vaughan ran a mini marathon (4 miles) waiting for daughter Emma who was running the 26.2 and helped her to run the final 4miles

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## **London Marathon 22nd Apr**

The hottest temperature on record and causing lots of problems to organisers and the runners. A shortage of water was the main trouble As the first 3000/4000 runners were taking a bottle to drink PLUS taking another to pour over their heads to cool down.

The freezing cold and continual rain during the runners 3 months training period Not a great help, plus the heat wave arriving almost overnight the heat took it's toll on thousands including some of our members. Unfortunately causing mass disappointments with their performance times. But most was expecting problems So well done to everyone than finished including ALL our members NOT one failed to finish

It was also very hot as a spectator.

A marathon 26.2 is a gamble from start to finish Weather; Blisters; Soreness; Injury; ??????

**The really happy runners today were the 20,000 that received rejection slips.**

We had 15 start and 15 finish with James Thomas and Georgie Furze both running a PB Out of our 15 entries 3 men ran under 3hours; We had 7 U/4hrs including Georgie/Lisa and Laura; 3 U/5hrs; Malcolm Vaughan 5.53.08 **Total Finishers 40,157.**

### **Full Results.**

Stephen Blake 139th in 2.39.17; Simon Egan 195th in 2.42.13; James Thomas 2.46.41 PB; Georgie Furze 2323rd in 3.14.01 PB; Grant O'Leary 2577th in 3.16.25; Lisa Fauch 2935th in 3.19.46; Steve Tait 3037th in 3.20.26; Richard Braid 3457th in 3.23.58; Adrian Brookes 4433rd in 3.30.35; Laura Hales 6862nd in 3.46.10; Robin Hodgkinson 3.51.49; Kim Warner 13602nd in 4.19.40; Fiona Bishop 15125th in 4.26.43; Mary Tibbotts 16241st in 4.31.30; Malcolm Vaughan 5.53.08

## **Lakeside 5k April 27th Portsmouth**

Paul Watt and Julie Barclay making their second visit but this time the wind was not a just a breeze but a very/very strong wind and unfortunately it was against you and when blowing in your favour you was in the deep wooded area so being shielded no help at all; Both Paul and Julie pleased with their run with Paul waiting for scan result on his back so going gently and Julie recovering from her 4 week shingle outbreak. Julie was 75th in 22.23. Paul 77th in 22.32 Julie upset being beaten by two older ladies One being former member Jane Harrop. Today 114 ran.

## **Runnymede Runners 5m April 28th.**

The first fixture of the 5 summer series saw record entry of 78.

Evening weather still cold and damp. We had three running Mike Waine had a problem from the start Mike suffers with his breathing and tonight stopped after a mile slightly easing off then jogged on until after the long steep climb at 3 mile had a stop then walked on Mike jogged back slowly to the finish recording his worst time of 35.01; Julie Barclay feeling confident after yesterday's Lakeside effort and this being her first visit to this event since 2016 (owing to shift pattern) and finished very surprised running 40sec slower than 2016 so well pleased with 37.53 (Julies best being 36.24) she also finished fastest lady today. Malcolm Vaughan after running London warmed down today by running 57.55;

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## **XC Results**

### **Mabac 8th April Winterfold**

Unfortunately there were no times recorded owing to a human technical error. Hence the familiar saying : "We have technology but don't know where the switch is" ::

There was 87 very disappointed 5 mile runners and 25 two mile joggers. Finishing positions are correct and times are self timed. Magic team runners Richard Baggott 7th in 24:67.5 one minute faster than last year; Ramona Thevenet 31st in 59:47; Ken Saunders 76th in 59:56.67; Mark Coxhead 76th in???

Malcolm Vaughan 80th in 59.54

## **Off Road Results**

### **Hazelwood 7th April.**

A first visit for Mike Waine/Jimmy Brown and Jacqui Musselwhite and myself.

And with 2/3 days with out any rain the course was not too bad. The course is a FLAT two very small laps and then two larger and the testing point is 1k on each large lap that is run on tuft grass that obviously can slow your pace but the remainder is on a good surface.

Parking is perfect a wonderful friendly atmosphere and a nice cafe. No complaints from our members (I took my hearing aid out) I am not sure if word got around we were arriving but we were treated by the presence of the Lady Mayor of Spelthorne. A perfect course for spectators as you can see the runners from start to finish

Mike Waine was in 4th spot after the two small laps about 10/15m behind a young lady and very slowly hauled her in to finish 10m to the good in 21.11 as 1st 0/60 (4th o/a) and now holds the 0/60 course record; Jimmy Brown 0/65 was out aiming for the course record and ran determined to achieve it and was on target at the ½ way mark and continued his pace to successfully knock 3 minutes off the existing rec.

Jimmy was 16th in the 0/65 course record time off 23.40; Jacqui Musselwhite had her eye on the 0/45 rec.and running nicely relaxed even in the TUFT grass section and would have broke the course record BUT unfortunately was not Jacqui's day although finished 3rd lady in 24.44 the lady who finished 2<sup>nd</sup> was in the same age group so took the course record Not too disappointed saying "I'll be back in May for the 0/50 rec." nice one Jacqui I will come along to cheer.

John Coffey 0/70 already holds the age group rec. and determined and hoping to hang on to it for long time John ran 29.15 today his record being 28.29. Today 99ran

**Frimley 7th Apr.** Valerie Mills enjoying her weekly change of courses today ran 29.15 to finish 265th out of 463 with Malcolm Vaughan finishing 303rd in 31.06

**Stoke 7th Apr.** Juan Gonzalez running his local 5k and continuing to keep his time well under 20mins whatever the surface conditions and today was 4th in 18.47;

Simon McCrohan U/15 ran a course PB of 20.36 to finish 21st with dad Daniel chasing him 3 places behind to finish 24th in 20.45; Miche Oldham running along side Susanna Harrison

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the whole 5k and i guess both (CHATTING) to finish Susanna 29th in 22.06 and Miche 30th in 22.07. Today 330 ran.

### **Homewood 7th Apr.**

The entries were slightly up this week to 95 after 2/3 days with out any rain  
Claire Johnston was our lone runner and finished 2nd lady (24th o/a) in 25.22

### **Woking 7th Apr.**

A good turn out of 18 members helping to make the total 311. With a couple of dry days helping to make surface conditions a lot firmer in the wooded section and also better for personal times. Justin Mitchell finished 2nd in 17.56 his best for 2 months; Frank Townley just behind in 3rd place running 18.09; Ben Rolfe was in 9th spot in a time of 19.45; followed by Phil Cross who was 10th running a course PB time of 19.47\*; Then 2nd place lady Laura Hales (28th o/a) in 22.06 after running from home then back making a total of 18mile and now ready for London; Kavita Bhanot definitely beginning to run into form after her long lay off and today ran a minute faster than last week in a time of 22.51 to finish 49th; Young Ben Golding was 53rd in 23.04;

Then Fiona Caruth running another impressive time of 24.09 to finish 1st 0/50 and 69th o/a; Ruth McHutchon running 30 seconds faster than last week today ran 24.53 to finish 82nd; Bori Szegedi did even better and ran 45 seconds faster than last week with a time of 25.07 in 88th place; David Sigersen was 88th in a time of 25.33; Tim and Susanne Cooper also improving their previous week's time by 30 seconds Susanne finished 106th Tim 107th and both ran 26.03; Jess Walters after returning from a Easter break in Seaton ran 26.20 to finish 115th; Duncan Rolfe running well below par was 123rd in 26.33; Charlotte Watson another in the faster mode today running 26.42 ( last week 27.04) and finished 127th; Richard Braid encouraging wife Jane for 4.90k and hoping to assist Jane run a PB Richard was 141st in 27.06 With Jane in 146th spot ran 27.21 Jane's best being 27.07 Perfect pacing Richard Try/Try/Try again

Remember your ABC and Good luck next time Jane

### **Bournemouth 7th Apr.**

Steve Hill spending a Easter break took advantage to try the Park run for the first time before returning home and finished 108th out of the 245 in 25.12

### **Mile End 7th Apr.**

Fiona Bishop competing in a race walk in the vicinity during the afternoon travelled early to try the local park run for the first time and finished 95th in 23.46; 261 finished

### **Stoke Park 14th Apr**

Daniel McCrohan was 13th in 19.22; Lucia Tregellis was 55th in 23.13;  
And Simon McCrohan finished 105th in 25.10 Today 347 ran

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### **Rushmoor 14th Apr.**

Above normal entry of 493 and it was very misty at 9.00am but quickly cleared for the sun to shine thro' Julie Barclay feeling a little better after her bout of Shingles and ran with ease to finish 79th in 23.12; And Paul Watt ran cautiously awaiting a hospital report on his leg, Today ran 23.53 to finish 94th

### **Bushy Park 14th Apr.**

Louise Mills ran a life time best 5k of 21.10 PB to finish 129th; Valerie Mills finished 671st in 27.42 Today 1294 finished

**Albert Melbourne Apr. 14th (Australia)** No Tim and Susanne Cooper did not pop down to Melbourne on Sat. Morning as they are spending a few days holidaying there. So took the opportunity to try the park run Tim headed Susanne by one second into the funnel. Tim was 155th in 26.35 to Susanne in 156th in 26.36. Both finished in the front half of the 335 that ran

### **Dounges Cubezais 14th Apr. (France)**

Phil Cross nipped across the channel to make the total entry up to 9 Phil finished fastest in a 0/50 PB of 19.49 also claiming the course record

### **Folkestone 14th Apr.**

A big welcome back to Kylara Hassall after a year of with a knee problem And after being patient and recovering steady and started back with a wonderful performance to finish 1st lady (14th o/a) in a 0/35 PB time 20.06 and also the course record holder Today 269ran Nice one Kylara

### **Malling 14th Apr.**

Fiona Bishop touring the London park runs today ran 24.37 to finish 45th out of the 199 that ran

### **Woking 14th Apr**

A good entry of 309 but we only had 4 running owing to the SAL home fixture plus a some resting ready to run the Brighton marathon next day. Our first home was Jason Harris who finishes 3rd in 19.22; Jimmy Brown breaking the 23.00 barrier for the first time at Woking since Christmas. Today Jimmy ran 22.38 to finish 27th; Kavita Bhanot was 31st and returning gently from her injury lay off running 23.11; And David Sigerson was 82st in 25.05

### **Tooting Common 21st Apr.**

Malcolm Vaughan having his first run here and a pre London jog with daughter Sara. Malcolm was 496th out of 612 in 31.46

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### **Bushy Park 21st Apr.**

A yearly visit for Mike Waine and finished 1st 0/60 (94th o/a) in 20.12v his fastest 5k this year

Today 1450 ran

### **Hogmoor 21st Apr.**

Julie Barclay and Paul Watt having their first run here among the other 146.

A very hilly course and different surfaces including sand and grit With Julie running 24.24 to finish 15th in 24.24 and Paul 18th in 24.59

### **Kingston 21st Apr.**

Mike Warner not a regular 5k park runner made his first visit here and finished 72nd also running a 0/60 PB In 24.24 Today 320 ran

### **Mosman 21st Apr. Perth Aus.**

Tim and Susanne Cooper on their hols and trying the different local park runs on their tour. Today 55 ran with Susanne finishing 9th in 26.22 and one place and one second back in 10th and 26.23

### **Rushmoor 21st Apr.**

We had three running out of the 429 and Martha Collings was our first home running a PB time of 20.07 in 31st place; followed by dad Andrew who was 36th also in a PB time of 20.22; Katie Hopkins running below par Finished 51st in 21.39. Both finished 1st/2nd U/17

### **Frimley 21st Apr**

Valerie Mills back at Frimley after a 5 week tour of other park runs and finished 222nd in 27.34 Today 541 finished

### **Guildford 21st Apr.**

The mud disappeared and all back to norm. Juan Gonzalez was our first home today in 3rd spot in a time of 18.02; then young Simon McCrohan in 25th place and ran a PB time of 20.17; Lucia Tregellis was 53rd in 21.49; then Simon's dad Daniel running with 10year old daughter Yoyo who ran a PB of 23.54 to finish 128th with dad trailing in one place behind and given the same time

### **Woking 21st Apr.**

A very good entry of 334 in glorious weather also running the original summer course' James Spencer lead our members home to finish 4th in 18.41; Clayton Payne eight seconds adrift in 18.49 to finish 5th; Ben Rolfe was next in 9th spot running 19.47; Then the Jo

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Payne 5 weeks after the birth of Rocco still leaves me confused. Started to jog two weeks ago ENOUGH SAID You never lose talent and today lead the girls home to finish 1st lady ((27th o/a) in a stunning time of 21.44 the only girl who chased Jo from the gun was Kay Trinder and no easing up until entering the funnel and Kay running her best time for 2/3 months to finish 2nd lady (29th o/a) in 21.49; Kavita Bhanot returning rapidly from injury and to prove it ran one minute faster this week than last week  
Kavita finished 36th in 22.11; Jimmy Brown tracking Kavita to finish 42nd in 22.27;  
Then Jacqui Musselwhite tucked in behind Jimmy and looking set for a PB but not to be Jacqui ran 22.38 to just miss out by 6 sec. (22.32) and finished 46th PB next time Jacqui;  
Bori Szegedi was another running 65th running 23.50 Bori's best being 23.40; In 83rd spot was David Sigerson exactly one minute faster this week running 24.21 to last week's 25.05; Hollie Tibbotts was 89th in 24.33; Charlotte Watson kept in the first 100 finishers by running 24.46 in 91st place

**Nonsuch Park 28th Apr.** Christine Flynn now home from holidays in Australia to attend as a spectator at many of the different events in the Commonwealth Games. So back to basics Christine had her first run today and finished 420th out of 718 in a casual time of 29.24

**Osterly Park 28th Apr.**

Paul Watt revisited his boy hood days. Paul live very close to the park attended school Locally and spent many days in the park (In the summer). I went along as I lived in nearby Wembley and often took my kids along for a picnic. The course is a flat 3 laps so good for viewing today being very wet prevented me wandering across the finishing straight otherwise could have seen more. This was Paul's second 5k this week and Julie's third race in 4 days so Shingle attack definitely on the mend. Both having their first run here and has a return ticket. Easy parking 200m from start/finish Paul finished 20th in 23.19 and Julie 3rd lady (21st o/a) in 23.25 Today 148 ran Both like it and recommended it

**Gunpowder 28th Apr.** Fiona Bishop visiting this event for the first time finished 3rd Lady (38th o/a) in 23.53 1st 0/55. Today 202 ran

**Willoughby 28th Apr. Australia NSW.**

Another park under the belt for Susanne and Tim Cooper while touring around. Today Susanne finished 92nd in 26.37 and Tim 93rd in 26.38 Today 215 ran.

**Guildford 28th Apr.**

Lucia Tregellis was our lone entry among the 390 and finished 47th in 22.17

**Home Wood 28th Apr.**

After a disappointing 5 mile run at Savill gardens Mike Waine bounced back over the tough Homewood course to finish 1st 0/60 (6th o/a) in 22.30 Today 83 ran

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### **Woking 28th Apr.**

Simon Egan lead all 342 runners from gun to tape a great performance in a time of 17.20; Martin Sunderland followed in 7th place in 19.09; Phil Cross was 11th in a course PB time of 19.40;

Andrew Collings was 13th in 20.03; Robert Thorne making a rare appearance was 31st in 21.28; Michael Frean was 37th in 21.50; Then our first lady Laura Hales who was 38th in a post casual post London warm down in an easy 21.56; Jacqui Musselwhite just missing ducking under 23min by .05sec. finished 58th in 23.05; Michael Ball was 71st in 23.43; Jonathan Mellor was next along in 77th place with a time of 23.51; David Sigerson running 24.27 to finish 93rd; Charlotte Watson ran with young brother Callum . Charlotte was 106th in 24.52 and Callum 107th in the same time of 24.52; Jess Walters ran 26.12 in 134th place; Barbara Rodriguez was 156th in 27.17; Jane Braid followed Barbara to finish 164th in 27.39; With Valerie Mills 184th in 28.04; Sara Giebelmann 303rd in 36.40.

### **Fixtures**

#### **T&F**

**Surrey Champs 12/13 May** Kingston

**Sat. 19th May** YDL Lower Group

**Sun. 20th May** SAL @ Walton

**Sun. 27th May** YDL Upper Group

#### **Road**

**Sun. 6th May** Ranelagh ½ Mara. (Surrey Lge. Series)

**Sun. 13th May** Staines 1k

**Sun. 20th May** Sutton 10k (Surrey Lge. Series)

**XC Sun. 20th May** MABAC Farnham Park 11.00am

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