

The Cockcrow Special Edition 2020



January 2020

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Please send all news, results and articles to me at: cockcrow@wokingac.com

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Editor - Tom Rowley
17, The Moorlands, Kingfield, Woking, Surrey,
GU22 9BJ Tel: 01483 768491
Email me - cockcrow@wokingac.com

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A very healthy and happy new year to every one

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Editorial

All good things and the bad things come to end.

I joined the club in Nov. 1969 BC (Before Cars) and started the cockcrow 20 years ago most clubs had magazines those day's so with a few chosen words from a Sinatra's classic.

“And now as the time is near this will be my final cockcrow
And to my friends may I say, I had no regrets, just fun and enjoyment
I had abuse, but just chewed it up and put in the black-bin
Mistake's I made them daily but none life threatening
And I guess you knew I couldn't spell or use any comas
But looking back over 20 years I am just amazed
I DID IT MY WAY”

Going back to day one (cockcrow) I used to hand write it. And with many thanks to the following thus I then gave my notes to Mike Bott who typed them out who in turn then gave wife Pam a copy who took it to work and had 20 copies printed. Next in line was Gina Middleton with a copy who took it to work and had 80 copies done. Graham Palser was next to assist and introduced me to a computer and after a few lessons I learnt how to switch it on. I wrote the cockcrow and Graham would then send it to all who had an email address. Then over the past 10 years my “Help Line” was Lesley Baulk who informed me of all the club info and any results I required; Jaydee Peters who found hidden results I could not find; Mandy Hopkins who kept me up to date with indoor results/PBs/club records and XC info; Andrew Collings informed me of the young M/D group; Kay Trinder saw I knew about the T/F results; Craig Holder with the inside info of all the sprinting squad; Also Dave Hunt who kept me up to date with club records; and to Red eye Print for printing all the hard copies for over 10 years. So taking careful good look I have changed my mind I think **“I DID IT THEIR WAY”**

UK 2019 T&F Rankings (Top 10)

U/13G Indiana Marshall is ranked 8th in the 100m.

U/17G Martha Collings is ranked 7th in the 3000m + ranked 3rd in the 1500S/C

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U/17B Tyler Panton is ranked 5th in the 100m; George Hopkins is ranked 2nd in the Pole Vault

U/20M James Hanson is ranked 10th in the 200m

Masters (Ladies)

0/40 Eleanor Gatrell is ranked No. 1 in the SP + is ranked 6th in the Dis. + and ranked 3rd in the Ham.

(Men) 0/55 Steve Beak is ranked No. 1 in the 400m

0/65 Bob Bradbury is ranked No.1 in the 3000. + No. 1 in the 5000m

If I have missed any out please let me know

Club Records

Katie Hopkins U/20 ran 31.27 in the Victory 5 mile road race on 1st Dec.

This is a new U/20 Rec. No previous holder

Ben Goddard ran 2.26.43 in the Valencia marathon on 1st Dec.

This is a new 0/35 club record No previous holder

Pbeez

Ben Goddard ran 2.26.43 in the Valencia marathon on the 1st Dec.

On the 7th Dec. at Brooklands 5k Steve Tait ran 18.59* and Will Archer-Burton ran 24.25*

In the Woking 5k on 7th Dec. Lesley Baulk ran 26.04;

Alexander Holland ran 19.48 in the Brooklands 5k on 14th Dec.

Indoor PBs obtained by George Hopkins at Lee Valley on 14/15th Dec.

He ran 60m in 7.57 + 60H in 8.81 + 1000m in 3.04.46 + Jumped 6.31 in LJ + threw SP 11.21;

And scored 4659 pts. in the Hept. He also equalled his PB in the PV of 4.53

In the Homewood 5k on 21st Dec, Aimee Billington ran 21.17*; And Jess Walters ran 28.48*

On Christmas day Aimee Billington ran 20.57* at Homewood

Road Results

Victory 5 Dec.1st Portsmouth

Katie Hopkins was 2nd U/20 (131st o/a) in 31.27. This is a new club rec. No previous holder

Valencia Mara. 1st Dec. Italy

A large entry of 21,225 ran in comfortable running weather and it certainly suited Ben Goddard who finished 138th in a PB time of 2.26.43; This creates a new club 0/35 Rec. No previous holder

Hogs Back 8th Dec. Guildford

The distance over the years has changed many times from over 10 miles, today's distance being 11.2k (about 7.2mile ?). BUT ! still includes the dreaded hill. Out of the 620 running. Chris Dyson finished 9th in 32.01; Laura Hales was 118th in 51.56; Claire Johnston 292nd in 60.17

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XC Results

Thames Valley Lge.1st Dec. Bradenham Woods

The last fixture before Christmas that saw over 400 finish.

Mike Waine was 87th in 41.48; With Laura Hales finishing 136th in 45.11.

Reigate Holly Run 1st Dec.

Ben Golding U/17 ran the 3mile course in 20.47 to finish 20th

Southern Inter-Counties 7th Dec. Oxford

The following four members represented Surrey

U/15B (Ran 4k) Martin Sunderland was 25th in 14.13; Leon Lafreniere 55th in 14.42. 80 Ran

U/17G (Ran 5k) There was 64 running and Martha Collings finished 8th in 18.25

U/20W (Ran 6k) The Sen. and U/20 was run as a combined race. With a total of 98.

Katie Hopkins U/20 finished 71st o/a in 26.01. And 19th U/20

Hereford 10k (Multi) 29th Dec.

Tom/Jaydee Peters spending Christmas with families. Ran the local park run the previous day, then this event that used to be run on New Year's Day but now bought forward

The course covers a wooded up-hill section covered in thick mud that forced most to creep up with hands on knees including Jaydee Tom and Jaydee's sister Melody.

But survived with 322 others. Jaydee finished 1st 0/40 (2nd Vet) and 29th o/a in 40.29;

Melody who runs once a year was 2nd 0/35 (91st o/a) in 47.07; With Tom finishing 142nd in 50.26

Off Road Results

Hurtwood Ultra 50k Trail 1st. Dec.

We had two experienced ultra-distance runners running together as they regularly plan to do really tough challenging XC course across the mountainous Dorking hills. Richard Braid

and Peter Doveren covered the distance with 263 others, With Richard finishing 39th in 5.34.01 and Peter was 40th in 5.34.06

Frimley 7th Dec. Malcolm Vaughan was placed 245th out of the 371 finishers Malcolm and ran 30.31;

Osterley Park 7th. Fiona Bishop chose the flat and all on a tarmac path (No mud)

And finished 90th in 26.10 out of the other 285.

Coventry 7th. Ben Rolfe ready for his Christmas UNI break but today ran the local and favourite one among the students. Ben finished 26th in 20.48 amongst a large entry of 520.

Northala 7th. Out of the 304 that finished Simon Egan was 1st o/a in 16.53 Not Simon's best over the course

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Bideford 7th. Jacqi Musselwhite visiting family could not resist the temptation to run the local park run as usual when in the area; Today Jacqui finished 2nd lady (19th o/a) in 24.13 Today 80 ran.

Sandhurst 7th. The very first park run here and very well organised. A very flat two lap course. For the inaugural event there was 337 with the Sandhurst Mayor starting them off then walked 100m along the course to see the runners pass by 2/3 times. Julie Barclay and Paul Watt living with-in 10 mile area were there to check out, Because of the rain during Nov. it was muddy and slippery in place and both agreed it will be more favourable to run in the dryer weather. Although both well pleased with their times and performance, both really in form and running well. Paul knocking seconds of his times almost weekly Today ran 22.43 to finish 46th. Julie set the 0/55 course rec. off with 22.25 and placed 3rd lady 43rd o/a) in 22.25. This is the third consecutive week Julie has ran a course rec.

Homewood 7th. With a total of 83 that ran Lucia Tregellis finished 1st lady (6th o/a) in 22.28; Dad Brian also tackled this very challenging 5k and finished 43rd in 29.58;

Brooklands 7th. A good entry of 213 and we had three among them with two running a course PB; Steve Tait finished 2nd o/a in a course PB of 18.59*; Aimee Billington was 1st 0/40 (2nd lady) and 12th o/a in 20.28; Will Archer-Burton finished 55th and ran a course PB time of 24.25.

Woking 7th. Ben Goddard returned home from Valencia after running the marathon in a PB time also creating a new 0/35 Club Rec. Today not showing signs of weary legs finished 1st o/a in 17.58; Followed by the first lady Jo Payne running her first park run for 2 months although keeping very fit was 8th o/a in 20.17; Ben Golding was 11th in 20.28; With the 2nd lady 0/50 Kay Trinder this years inform club female keeping her eye on Jo and ran 20.52 to finish 16th o/a Jimmy Brown 1st 0/70 (34 o/a) was next running 23.07; David Sigerson followed in 48th place in a time of 24.02; Matt Gough WAS 71st in 25.20; In 86th spot was Michael Ball in a time of 26.00; Then the only member running a PB was 1st 0/60 Lesley Bauk who has made running PBs a weekly habit Today ran 26.04; Shelley Watson was 132nd in 27.31; With 1st 0/65 Barbara Rodriguez having survived a month off with a cold today finished 151st in 28.33; Jackie Golding 233rd in 36.15; Then organiser Susanne Cooper as tail walker was 268th in 45.43

Frimley 14th Dec. Laura Hales was our only runner among the other 282 and was passing many back markers on her second lap while they were still on their first one. Lara finished 1st lady (42nd o/a) in 22.18

Tooting 14th. Malcolm Vaughan finished 343rd out of the 444 that ran and Malcolm's time was 30.18

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Bushy 14th. There was 1257 in training for the Christmas day masses of Santa's/Raindeer/Elf's/Pixes/ and unknowns. Aimee Billington finished well up front in 80th place in a time off 20.06

Dishley 14th. Loughborough Jacqui Musselwhite was making her debut over the course and Finished 1st 0/50 (27th o/a) in 26.13 there was 138 finished

Ifield Mill Pond 14th. Fiona Bishop having her first outing over the course and ran 26.49 and finished 49th out of the 106 runners.

Jersey Farm 14th. Julie Barclay and Paul Watt running their 18th alphabet parkrun (Today letter "J") With 120 running Paul finished 25th in 23.56 and Julie 32nd in 24.24

Brooklands 14th. The course a little flooded in places it did not deter 254 to splash thro' it; Our first home was Alexander Holland who was 6th in a PB time of 19.48; Charis Mogan U/14 was 1st U/14 (2nd female and 17th o/a) in 21.19; Then Michael Ball finishing 92nd in 27.17

Homewood 14th. We had five running making the total 85, And first home was Chris McKeown in 3rd place running 20.20; Mike Waine 7th in 21.48 (1st 0/60); And 1st lady was Lucia Tregellis (9th o/a) in 22.00; with David Sigerson 17th in 24.54; Then Barbara Rodriguez having her first run for four weeks finished 1st 0/65 (52 o/a) in 30.39

Woking 14th. A good entry of 286 heading for the muddy wooded area. Also a very cold morning. Finishing in 2nd place and very muddy was Ben Goddard running 17.13; Justin Mitchell also muddy including his splattered vest was 6th 19.17; Young Charlie Cunningham almost running alongside Justin to finish 7th in 19.19; Craig Sullivan was 16th in 20.35; Then another youngster Ben Golding with-in three places of Charlie was 19th in 20.59; Then 1st lady (21st o/a) Kylara Hassall and not exempt from from getting muddy ran 21.12; Melanie Booth 72nd in 24.46; Michael Frean 74th in 24.50; Emma Booth in 26.22; In 116th place was Emelia Kermeen who ran 26.27; Shelley Watson 147th in 27.52; Christine Flynn just managing to keep under her target by one second Christine ran 26.50 to finish 148th; Matt Gough was 158th in 28.29; Valerie Mills getting nearer to her 30 min. target today missed by 16 seconds. Val finished 183rd in 30.16; Nita Bhanot 239th in 34.36; Kathryn Hitchings 248th in 35.16

Mince- Pi-Run 15th Dec. The overnight continuing rain storm help make me change my visit to this event knowing it was covered in mud on my last visit. And the feedback from our seven that attempted this tough challenge was the course was in it's worst ever condition. With areas flooded up to knee high and just impossible to run and had fun wading thro' the steep hill seemed steeper and river path full of large unavoidable

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puddle. Finishing times were of no interest . Jaydee Peters/Georgie Furze/Claire Johnston and Kim Warner all completed 3 laps; Jane Braid and Steve Hill conquered two and Jane Bell managed one to finish with wet cold feet. Young Oscar Peters ran a children's one mile run and finished in third place been watching and jogging with mum.

Rushmoor 21st Dec. Valerie Mills came up against the very flooded puddles across the middle of the arena but the good news is the original course is now open again with the new pavement a brilliant improvement and wider Today 433 ran with Valerie finishing 297th in 31.29

Hanworth 21st. Leslay Baulk returned for another attempt at this two lap course And running with 72 others although up against the still like all the other park runs paddling and plodding through the muddy fields. (Except Osterley Park) Lesley was 1st 0/60 (29th o/a) in 27.19

Sohan Village 21st. Cambridge Kay Trinder on a family Christmas visit and obviously Had to try the local park run and really left the WAC on the 3 lap course Kay finished 1st lady (9th o/a) in 22.19 although below par broke the 0/50 course record PLUS is also the holder of the highest age graded % of all since the run started. This is a lovely way to finish a wonderful year as the most inform female member. Well done Kay.

Frimley 21st. With Woking cancelled Ben Goddard dashed to Frimley to try the course for the first time and running against 368 others finished 2nd o/a in 18.02 The runner that finished 3rd was Mark Symes 0/50 world 800/1500m Masters Champion A very modest guy who normally warms-up at this course putting the markers out; Laura Hales was 1st 0/50 (70th o/a) running so easy and relaxed Laura's time was 24.26.; Mary Raleigh was 269th in 33.11;

Homewood 21st. A good entry of 159 running this exceptionally tough course we had four running with two achieving PBs times; Our first home was Aimee Billington as 1st lady (8tho/a) in a course PB time of 21.17*; Next was Steve Hill in 78th spot in a time of 28.27; Then Jess Walters who was in 81st place by running a course PB time of 28.48*; Will Archer-Burton having his first attempt at toughie followed Jess into the funnel to finish 82nd in 29.16; Brian Tregellis was 102nd in 32.25; Christine Flynn having run with Susanne Cooper as Woking was off Christine was 110th in 32.58;With Susanne 157th in 48.58

Four Christmas day Results Bushy had a record turn out of 2,545

Frimley 25th Dec. With 532 running Laura Hales finished 1st 0/50 (70th o/a) in 22.59;

Bideford 25th. Jacqui Musselwhite visiting the area for Christmas ran the local park run To finish 47th in 23.47 7th female just dipping below her PB for this course 157 ran.

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Stoke Park 25th. Kathryn Hitchings finished 415th in a course PB time of 35.53; Other friends Eleanor Harrison 1st lady in 20.32; Terry Booth 34th in 21.52; Susanna Harrison 1st 0/55 in 22.54; Keith Harrison 214th in 27.41; Emma Booth 230th in 28.11

Rushmoor 25th. A nice fresh sunny morning saw 469 start off across the arena dodging the few remaining puddles. And we had two family runs among the masses; Paul Watt lead them home finishing 56th in 22.01; Then Julie Barclay 1st 0/55 (63rd o/a) in 22.28) With Valerie Mills running accompanied by son Robert having his first run over the course Val finished 286th in 29.59 with Robert 287th in the same recorded time Valerie well pleased after trying for 5/6 months to get back into her 27.?? Bracket and today ducked under the 30 min. for the first time (nearly there Val.) Paul's son Ryan running his third park run (first time here) got round comfortably to finish 328th in 31.28

Homewood 25th. Definitely a record turn out of 210; And Aimee Billington showed them how to attack the really tough mountainous course by running a course PB time of 20.57 our only member to achieve one on Christmas day Aimee was 1st lady (12th o/a) well done Aimee; U/14 Martin Sunderland was 15th in 21.35; Then Lucia Tregellis who often comes here as a good strength session and conquers it quite easy like today was 2nd lady (21st o/a) in 22.16; Michael Ball meeting with some of his BA friends and finished 87th in 27.47

Ludlow 28th Dec. Jaydee Peters spending Christmas in her native Hereford with family and before returning home ran the local park run with 123 others to finish 2nd lady (7th o/a) in 22.29

Walmer/Deal 28th. Kylara Hassall nipped along the sea front from Folkstone to run this event for the first time and finished 2nd lady (11th o/a) in 20.17, Kylara setting a new 0/35 course record

Sandhurst 28th. Valerie Mills trying this month old park run for the first; Today having a good entry of 242 a nice flat scenic course although muddy in places during wet weather Valerie finished 1st 0/60 (145th o/a) in 30.13. Plus setting a 0/60 new course record

Frimley 28th. Mary Raleigh was our only member among the 520 and finished 366th in 32.17

Upton House 28th. Young Amelia Kermeen kept the WAC flag flying among the 386 that ran today to cross the finish line 210th in 29.35

Bushy 28th. 1358 turned out and we had two female flyer's well to the front running together (Talking) With Lucia Tregellis finishing 120th in 20.50 just piping Geogie Furze who was 122nd in 20.50

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Homewood 28th. We had three running their final 5k this year and chose a tough course to a flat one Aimee Billington was beaten into finishing 2nd place by one second by lady by a younger age group and settled to finish 4th o/a in 21.35; Mike Waine was 1st 0/60 (8th o/a) in 22.01; With Steve Hill again conquering this mountainous course to finish 37th in 27.44.

Brooklands 28th. Charis Mogan was our leader today and finished 1st female (18th o/a) in 22.22; Emma Booth was 65th running a PB time of 26.16; Brian Tregellis was 133rd in 30.02 A good entry of 264

Woking 28th. Christmas holidays did not affect the entry that was 314 that included of our 15 members; Using the winter course so missing the very muddy sections in the wooded area although most did not seem to notice as they still needed a shower after one lap. First o/a winner by one minute was Ben Goddard ignoring the 5 MPH signs just flew around passing back markers on his first full lap and finished in a time of 17.39; Steve Tait was 1st 0/50 (8th o/a) in 19.34; Mark Rose was next and placed 20th in 20.51; Ben Golding just behind in 23rd spot in a time of 21.24; Then our first lady Joanna Mansi who was 107th in 25.52; With Fiona Bishop finishing 110th in 25.52; Lesley Baulk just keeping ahead of Michael Ball to finish 121st in 26.29 and Michael was 129th in 26.44; Jess Walters followed Michael into the funnel in 134th in 26.54; Shelley Watson was 148th in 27.23; Nita Bhanot 250th in 33.59; Jackie Golding 271st in 36.11; In 278th place was Mike Cussan funning 36.50; Jane Bell was 283rd in 37.24; And tail walker Susanne Cooper casually walked round in 43.22 to finish 300th

Jan. 1st 2020 There were 2/3 park runs being staged in the same area that were organised to start at different times that allowed time for those wishing and able to attempt both events. Those running their second 5k is shown with a *

Rushmoor/Frimley

Simon Egan making his debut over both courses At **Rushmoor** finished 5th out of 636 in a time of 17.37; Laura Hales surviving the night before had a relaxed run round the course in 21.49 to finish 77th o/a At **Frimley** Simon* finished 1st 0/45 (4th o/a) in 18.04 among an entry of 683; Mary Raleigh was 443rd in 31.26

Fareham and Lee-on-the-Solent

Fiona Bishop ran both for the first time. At **Fareham** that she ran first, there was 484 running with Fiona finishing 1st 0/60 (147th o/a) in 26.46 Latter in the **Lee-on-Solent** with 985 others Fiona*finished 350th and a little slower time of 26.48

Pole Mokotowskie Poland. Julie Barclay/Paul Watt touring to nearl complete their alphabet target went to run Zoliborz park run (letter "Z") and see the new year in but changed their plans and ran the nearest park run to their hotel.

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Both started 2020 in great form with Paul finishing 1st 0/50 (13th o/a) in 21.41; Julie kept in Paul's slip-stream too finish 14th 1st lady (14th o/a) breaking the 0/55 course record by running 21.45. Also the highest age graded performance of 83.23%

Bushy 9.00am Aimee Billington had to fly around to finish 1st 0/40 (69th o/a) in 19.32 because she then had to get to Woking for her double 5k Her Bushy time was Aimee's fastest 5k so far this year; Today had 1285 running

Guildford 9.00am. Report back from mud splattered members was that the course was very slippery on the grass section although only couple slipped out of the mass turnout of 482 The organisers would cancel if in the slightest doubt if thought being dangerous. Ben Goddard starting 2020 with his fastest 5k time this year running 17.34 to finish 2nd; Terry Booth 1st 0/50 was 19th o/a in 20.49; Mark Rose next in 20th place running 21.08; Jaydee Peters was our first lady and was 1st 0/40 in 22.23 and 48th o/a; With Lucia Tregellis so close in 49th spot running 22.34; Miche Oldham came 58th in 23.10; Richard Braid having his first run over the course finished 62nd in 2.20; Susanna Harrison casually running 23.53 to finish 89th; Claire Johnston Had no problem to finish 169th in 26.27; Keith Harrison just adrift of Claire in 174th by running 26.37; then James Walters who was placed 189th in 27.04; Steve Hill was in 205th spot in a time of 27.17; In 251st place was Lesley Baulk making her debut over the undulating course finished in 28.40; And Mary Tibbotts trying the course for the first time ran 29.09 to finish 264th; And Jess Walters was 276th in 29.28; Hoping not to have missed anybody out. My apologies if I have.

Woking 10.30am Susanne Cooper was race director for the first ever Woking New Year's Day 5k event; with hubby Tim second in command seeing all was running smoothly. Both well prepared/ready for an extra-large entry while the whole morning was a complete success. Susanne and Tim supported and backed by the wonderful group of reliable volunteers. Was 439 a record entry? Yes it was I believe by 2 well done park runners a great morning. Many of the entries were running their second 5k event of the day. Shown with a * Chris Dyson attacked the course as if he knew every inch instead of running it for his first time. Chris was 1st o/a by a clear minute in 17.39; Then nice to have Justin Mitchell with us for the new year and finished 4th in 19.02; Martin Sunderland 1st U/14 (9th o/a) in 19.38; Terry Booth* 1st 0/50(12th o/a) in 19.51; And another nice surprise was to see Jason Harris with us a long time training partner with Justin for many years in their younger days Jason having his third run in 3 months owing to a HEEL injury, today after he finished walked away with heavy limp. He finished 13th running 19.53; Ben Rolfe nice and fresh for his first 2020 park run finished 1st U/18 (14th o/a) in 20.05; but not as fresh as he ran home as he tripped over in the mud and was covered – hopefully mum managed to get him hosed down before he ventured into the house !! Mark Rose* running his second 5k was 19th in 20.21; Our first lady was Kylara Hassall up from Folkstone to spend the new year with us (and Justin) was 1st 0/35(2nd lady) in 20.36; Then Aimee Billington* arrived in time from her Bushy run and finished 23rd in 20.43;

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Jaydee Peters* was placed one behind Aimee after running to Guildford from St. John to conquer Stoke Park then ran back to Woking to finish 24th in 20.48; Followed by Lucia Tregellis* who ran with Jaydee from Guildford and finished 34th here in 21.30; Ben Goddard* ran from home in Horsell to Stoke park came 2nd then ran back to Woking but was beaten by his two young daughters (in their pushchair being pushed by dad) AGAIN Ben finished 38th in 21.51 then ran home; Charlie Cunningham was in 21.54; Richard Braid* on his second 5k was 73rd in 23.42; Michael Frean 82nd in 24.13; Then Jacqui Musselwhite on limited training owing to busy Christmas finished 86th in 24.23; Will Archer-Burton was placed in 24.46; Duncan Rolfe was next along finishing 104th in 25.06; Lola Roake 119th in 25.33; Emma Booth 150th running 26.40; Keith Harrison* ran his second event in 26.42 to finish 153rd; In 192nd place was Lesley Baulk* trying her first ever double 5k was faster on her Woking run than her Guildford one at Woking ran 28.05 and Guildford in 28.40; Tom Peters casually running 28.08 to finish 195th; James Walters* on his second 5k ran 28.18 to finish 200th; Claire Johnston ran Stoke earlier then ran to Woking in the group and in the Woking 5k ran 28.26 to be placed 204th; Mary Tibbotts* was 207th in 28.32 at Woking after running Stoke park; Valerie Mills very pleased with her first 2020 5k run in 28.42 by clearing the 30min barrier plus 90 seconds faster than final 2019 5k at Sandhurst; Barbara Rodriguez now clear of colds and knee/back niggles ready to start 2020 in full training, today Barbara ran 28.43 to finish 215th; Christine Flynn* running both her 5k runs nice and easy to start 2020 off and ran 29.09 to finish 227th; Poppy Walters was 229th in 29.09; Brian Tregellis* conquered his two 5k runs in comfort and entered the funnel at Woking 267th in 30.30; Clare Goddard having a gentle run to finish 270th in 30.38; Jess Walters* managed her two events with ease and ran 30.54 on her second one to finish 277th; Nita Bhanot was our final runner to finish 399th in 34.13

Indoor Results

Windsor Winter Series 1st Dec.

George Hopkins compete in three events and achieve an indoor PB in all three
In 60m ran 7.68; 60H ran 8.87; And threw a 6k SP 10.43
Peter Evans 0/50 threw the SP 10.44 Peters indoor PB

Loughborough Open 1st Dec.

Kaspars Kazemaks 0/35 ran the 60m 7.57 and the 60H in 9.01;
Kaspars wife Marilyn easily won the ladies 60m in a time of 7.69;
Jack Phipps ran 60H in 8.74 + in the PV cleared 4.93

Sth. Of England Combined Events Champs 14/15th Dec. Lee Valley

George Hopkins U/17 had a wonderful week-end in the Heptathlon event by achieving 6 PBs Plus equalling his indoor PV best. And came away winning a Bronze medal.

| George's Results | 60m | 60H | 1000m | HJ | LJ | SP | PV | Points |
|------------------|------|------|---------|------|------|-------|------|--------|
| | 7.57 | 8.81 | 3.04.46 | 1.74 | 6.31 | 11.21 | 4.53 | 4659 |

The HJ was not a PB to make a clean sweep.

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David Awde had a disappointing below par week-end. David unfortunately did not make a mark in the PV so obviously upset.

David's Results. 60m 60H 1000M HJ LJ SP PV Pts.
7.81 9.49 2.43.30 1.47 5.44 8.61 N/M 3334

Jack Phipps competed in two events only and ran the 60m in 7.01 and jumped 6.82 in LJ.

T&F Result. Alf Palmer Memorial Races 14th Dec. Horsham

Fiona Bishop did a 5000m Walk in 34.15 and finished 18th out of the 26 that competed

Fixtures

XC

Sun. 5th. Jan. Surrey County Champs Denbies Vinyard Dorking ALL age groups

Sat. Jan.11th Surrey ladies Lge. Wimbledon Start 11:00

Sat. Jan. 11th Men's Surrey Lge. Chobham Start 2.30

Woking AC hosting so get down and support the Tango Men

Road

Sun. Jan. 12th Mabac Windsor Park 8 mile Start 10.00am Blackness Gate

Please have 1£/2£/50p coins change for parking machines.

That's it folks BYE !

January 2020

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Please send all news, results and articles to me at: cockcrow@wokingac.com

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