

SEXTET OF PARKRUN WINNERS

Hercules Wimbledon Athletic Club runners dominated the weekly Wimbledon Common 5km parkrun on Saturday as well as providing the winners at four other parkrun events. A Hercules Wimbledon runner was the second British finisher in the Stockholm marathon while its older athletes enjoyed considerable success in the Surrey Masters championships, writes Tom Pollak.

Hercules Wimbledon runners filled three of the top four places in the 5km Wimbledon Common event with Ben Toomer heading the 500-strong field home in 16 minutes 21 seconds ahead of teenager Henry Silverstein (18:09) with Russell Price fourth in 18:17. Richard Evans was top veteran over 55 finisher in 18:56, posting the event's top age-graded performance with teenager Hector Revill posting a new personal best of 18:57 in finishing 10th, slicing two seconds off his previous best set a month earlier. Teenager Joseph Brien also set a new personal best in finishing 15th in 19:35 with Alex Binley the top woman finishing 20th in 20:03. A total 22 Hercules Wimbledon were in action.

Meanwhile, Hercules Wimbledon's Jonny Cornish broke the course record in beating a 382-strong field to win the Abingdon parkrun in 15:38. Alex Robinson posted an even faster time of 15:27, to move up to sixth on the Hercules Wimbledon all-time list, in winning by more than a minute, heading home a 560-strong field in Nottingham. His time took 22 seconds off his previous best set in 2010. Richard McDowell also won by more than a minute in winning at Brockenhurst, Hampshire in 16:42. Ellen Weir was top female finisher on the Isle of Wight.

Jonny Earl and Joe Toomey were runners-up in the Norwich and Tooting Bec events. Hercules Wimbledon's Lauren Ermitage, Cate Coverley and Hannah Hegvold were the top three girls to finish the Wimbledon Park 2km junior parkrun on Sunday.

Hercules Wimbledon's Neil Fraser was the second British runner to finish the Stockholm marathon on Saturday. He clocked a personal best time of 2:42:05 finishing 49th out of more than 13500 finishers. His time took more than 14 minutes off his previous best set in London last year. He was following in the footsteps of the current Hercules Wimbledon chairman, Dave Clarke, who won the Stockholm marathon in 1989 in 2:13:34 which is still the club marathon record.

Hercules Wimbledon's oldest active athlete, John Webster, 78 at the end of June, came away with six gold medals from the Surrey Masters Championships at Ewell Court on Sunday. He won the over 75 pole vault, shot, discus, hammer, javelin and Weight. His 10.56m throw in the weight was a new championship and Hercules Wimbledon club records. "I entered six events not planning to do all of them" said Webster. "But then I thought I've paid the money so I might just as well do all six." It meant he started at 9am with the pole vault and was still in action almost nine hours later. "I felt pretty tired by the end of the day", he admitted. Pete Giles, 73 this month, gained a hat-trick of wins on the track taking the over 70 800, 1500 and 5000m titles. He broke the 5000m championship and Hercules Wimbledon club records. Emilie Bokor-Ingram also gained a hat-trick of titles winning the women's over 35 100, 200 and 400m events, setting a Hercules Wimbledon over 35 100m record of 14.01. Husband Dominic broke the championship recording winning the men's over 45 400m in 52.76.

Other Hercules Wimbledon winners at Ewell Court were Mark White (over 50 200 and 400m) and Stuart White (over 55 100 and 200m). So, the small seven-strong squad gained 14 gold medals.

This weekend, Hercules Wimbledon youngsters will be in action in the London and Surrey Schools Championships at Battersea Park and Kingsmeadow on Saturday while older club athletes are competing in the South of England senior and under 20 championships at Crystal Palace. Hercules Wimbledon's more seasoned athletes go for a hat-trick of wins in the Southern Veterans League South London division meeting at Kingsmeadow on Monday evening after the men's team won their first two matches.



"CALLING ALL PARENTS, YOUR CLUB NEEDS YOU"

As you will be aware, HW participates and hosts in a large number of events throughout the summer months. It is only possible to put on these events with lots of volunteers, including track, field and timekeeping officials.

HW currently only has a limited number of trained officials and we now need to build-up these numbers up, so that support at the various events can be effectively provided and the load shared.

To train as an "level one" official involves attending a one day course by UKA (which in the past has been held at the club house in Wimbledon Park) and then to gain some experience in supporting officiating at a number of events. There is also the need to have a DBS check as well.

All in all, it is very straightforward to get "trained" and not too burdensome from a time perspective as events are often in the evenings or half days over a weekend, and usually held locally. Once trained, there is no expectation on the minimum number events that individuals should officiate at throughout the season but obviously the more officials we have, the more we can spread the load.

Please let me know by email (gforde379@gmail.com) if you would be interested and/or if you have any questions.

Once we know numbers, we can start to look at dates for the course, which is likely to be held in the Autumn.

Thank you,

Gary (Forde) - Officials Secretary



Rebekah heading for a win in the Lily B League 800m at Croydon

Photo by Vikki Filsell



All prepared for the opening Lily B League of the season



Neil, David and Felix showing the HW colours in the Stockholm marathon

IMPORTANT – CHANGE OF VENUE FOR ROSENHEIM LEAGUE

Please be reminded that the next Rosenheim League (June 7) is due to take place at Tooting Bec and not Wimbledon Park as published in recent fixture lists.

WEDNESDAY 7 JUNE	
TOOTING BEC (Hercules Wimbledon)	
6.45	Shot
6.45	High Jump
6.45	110m/100 Hurdles
6.55	800m
7.05	100m
7.30	400m
7.45	Long Jump
7.45	Javelin
7.45	1500m
8.05	200m
8.25	3000m
8.40	4 x 200m Relay

IMPORTANT MESSAGE FOR THE MEN’S TRACK AND FIELD TEAM

From Sheila White, Club Secretary

Thank you to all who competed in the first Southern Athletic League (SAL) match, and to the coaches who rallied the troops and came along to the meeting. As you may know the managing of the men’s team is being shared around this season. Myself and Liam White looked after the first one, Joe Toomey will be in the charge of the next two, and Mark White the last two.

We are now using Google Sheets so that athletes can sign up directly for the events they want to do at whichever match they can commit to. This will make it much easier for athletes to see who is competing where and fill in any gaps.

The link is available at <https://docs.google.com/spreadsheets/d/1UclFGpVuZZD8jlzaAHzBr4PkfapJdTnLUgynfv7OmGw/edit?usp=sharing1>

If you are using a computer, you can view and edit without a Google account, however if you are accessing it on your mobile and want to add your name, you will need to download the Google Sheets app and sign in, or create an account (this takes minutes!).

We really want to try to win promotion from this division in order to provide a higher level of competition for everyone. To do this, we just need enough of our best athletes to turn out at each meeting. It may be that you can only commit to a couple of the matches, but posting early on should allow other athletes to fill in where necessary so that we have a good representation each time.

When you add in your name it will automatically be saved (click the tick if you are using your mobile). Don't worry about the order in which athletes are listed, the team manager will sort out the names into A and B competitors and non scorers closer to the match. Remember, non scorers are allowed in all track events with no limit on numbers. Each club is also allowed one non scorer in each field event.

If you have any questions about the next match, please contact Joe Toomey: joe.toomey@outlook.com

Fixture 3 (Tooting Bec) 17 June 2017	Fixture 4 (Horsham) 8 July 2017	Fixture 5 (Hastings) 19 August 2017
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NOTE: Next SAL Fixture is at Tooting Bec NOT Wimbledon Park as previously stated

Also to note: There are quite a few gaps in the team so you athletes – get logged in!

COUNTY COLOURS FOR THE HW QUARTET

Congratulations to the following HW athletes who have been selected to represent Surrey in the 8-Counties Inter County match to be held at Kingsmeadow Stadium on Sunday, July 2.

Max Mondelli (200m/4x100m), Sean Hall (800m), Fred Slemeck (5000m) and Ben Toomer (5000m).

Be good if some of the HW members could get along to support the lads!

INVITATION FROM EILEEN FOR THE PARKLAND RELAYS

Dear All,

One of the next races on the agenda for the Hercules Wimbledon is the Thames Hare and Hounds Parkland Relays! This is a nice local low key race that takes place on a Wednesday evening in Richmond Park.

Details are:

The Thames Hare and Hounds Parkland Relay in Richmond Park on Wednesday 14 June at 7pm. (start location near Spankers Hill Wood)

The men's race is 4 x 2.8 miles. We would like to enter a number of teams for the senior and veterans' categories... in the past HW have had 1st place vets and 2nd overall finishes.

The course is suitable for standard running shoes or spikes if you prefer and the start is close to The Spankers Hill Wood Car Park.

This is a lovely local summer evening event with many of our local running club friends taking part.

If you would like to run please let me know and I can enter some teams. Let me know if you have any questions.

Thanks, Eileen eileen.brandley09@gmail.com

SWIFT FAMILY ROBINSON

The stunning form recently shown by Alex Robinson is akin to having a new super signing for HW so long may it continue.



Competing in Rushcliffe Park, Nottingham last Saturday, Alex sped around the local parkrun 5km in 15m 27s as he secured a winning margin of over a minute in 560 strong field. Now sixth in the HW all-time 5km list Alex would have been higher if his mid-race split of 15:22 in the Bank Holiday Vitality 10,000m road race had been taken into account.

For the record, Alex had a previous best of 15:49 set as a mere U20 in Battersea Park way back in May 2010.

A HW RELAY RECORD IN THE MAKING

Recently received but worth the wait is this Richard McDowell video production of the HW women masters placing second in the recent SCVAC League 4x400m race held at Ewell Court on May 22.

It cannot be traced as to whether the HW women of any age or category have completed such an event so their winning time of 5m 54.2s must be considered as a club record. Well done the team of Vikki Filsell, Anna Garnier, Nataliya Khromey and Harsha Naik on becoming the History Girls

SCVAC Women 4x400m - <https://www.youtube.com/embed/5wOmoH4v5iw>

RANELAGH HARRIERS RICHMOND 10k Sunday 18th June

Entries have now reached close to 600, including 57 varieties from Race organisers Ranelagh.Harriers

We are nowhere near the entry limit so far, but all the same, if you are planning to run get your entry in sooner rather than later:

<https://register.primoevents.com/ps/event/RanelaghHarriersRichmond10K>

PS: Latest check on entries received show 11 from HW

A MESSAGE FROM HW MEMBERSHIP SECRETARY BEN TOOMER

Your subs were due as from January 1- (don't skip forward - this really is IMPORTANT!!)

*From now on the ONLY way of paying your subs will be via the dedicated membership website - <https://members.hwac.org.uk>. and the committee have decided that from now on all subs will be collected by direct debits. **You will not automatically be charged and your membership will not renew unless you complete this new sign-up procedure***

The membership fee year also includes EA affiliation fee for 2017-2018 season (£14) which is now mandatory for all competing athletes and without which performances are not registered on powerof10.info.

*New and existing members should complete the membership application form to establish a direct debit with the club which shall appear on your bank statements in the future. Make sure you have your bank details and you can do it in less time than it takes to run 400m. **Do it now!***

IMPORTANT NOTICE: *Membership terms are now 1 year from the joining date. Those who have filled in the online form already need not do so again.*

CHANGE OF CLUB FACILITY HAS NOW GONE ON-LINE

<http://www.englandathletics.org/england-athletics-news/change-of-club---new-online-process-available?nid=467&userId=-1>

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

Home fixtures in bold – Offers of help at these fixtures are always appreciated

JUNE

Wed 7: Rosenheim League 3, Tooting Bec **Note change of venue**

Timetable: <http://herculeswimbledonac.org.uk/Fixtures.html>

Sat 10: Surrey Schools Championships, Kingston

Sat 10: London Schools Championships, Battersea Park

Sat/Sun 10/11: South of England Champs, Seniors & U20s, Crystal Palace

Mon 12: Southern Veterans League 3, Kingsmeadow

Wed 14: Thames H&H Parkland Relays, Richmond Park

Sat 17: Southern Athletics League, Match 3, Tooting Bec

Sun 18: Surrey Road League 4, Richmond 10km, Petersham

Above incorporates Surrey County Championships

Wed 28: Rosenheim League 4, Battersea Park

Timetable: <http://herculeswimbledonac.org.uk/Fixtures.html>

Fri/Sat/Sun 30/July 1&2 Aug: British Athletics Team Trials, Birmingham

JULY

Sat 1: Lily B Girls League, Match 3, Guildford

Sat/Sun 1/2: British Athletics Team Trials, Birmingham

Sun 2: '8-Counties' Inter County, Kingston (hosted by Surrey AA)

Sat 8: Southern Athletics League, Match 4, Horsham

Sun 9: Ebbisham Boys League, Match 3, Woodcote School, Coulsdon

Sun 9: IAAF Grand Prix London Anniversary Games, Stratford

Mon 10: Southern Veterans League 4, Croydon

Sat 15: Surrey Road League 5, Elmore 7, Chipstead

Wed 19: Rosenheim League 5, Tooting Bec

Sun 23: Surrey Road League 6, Elmbridge 10km, Walton

Thurs 27-Sun August 6: European Masters T&F Champs. Aarhus, Denmark

<http://www.emacs2017.com/en-GB/News/item/Registration-for-EMACS-2017-is-open?Action=1&M=NewsV2&PID=38>

Sat 29: Derek Crookes U13s Inter County, Kingston

Sun 30: SLAN Super 8 (U11/U13/U15), Coulsdon, 10am

Sun 30: Ride London Bike Ride

A full list of fixtures can be seen on HW Website via this link

<http://herculeswimbledonac.org.uk/Fixtures.html>

For those seeking additional competition, please refer to these links for open meetings

<http://www.londonathletics.org/?q=node/56>

<http://www.openmeetings.co.uk/find-an-open-meet.php>

Please note: any photos in this Newsletter may appear on the HW website but if any athletes or parents object, the photos will be removed.

NOTE: (2C) after an athlete's name indicates that they are second claim members of Hercules Wimbledon.

RESULTS

May 22: SCVAC League, London South Division, Match 2, Ewell Court
Missing from original results

W60

3000: 1 Anna Garnier 12:11.4

May 29: Vitality 10,000m Road, London

Missed these two HW second claim members in my results

160 Vikki Filsell (2C) 43:25, 265 Anna Garnier (2C-4th W60) 45:47

May 29: Broad Oak 10km, Hatfield, Herts

1 Bertie Powell (Woodford Green & EL) 33:47 **HW:** 34 Richard Evans 38:52 (9th **HW M55 all-time**) (1061 finishers)

May 30: British Milers Club Regional Races, Exeter

800 B: 1 Harris Mier (2C) 2:01.84

May 31: Watford Open Graded Meeting

1500 (race 9): 4 Declan Connolly 4:41.55

May 31: British Milers Club Regional Meeting, Brighton

1500 (race D): 2 Alexandra Brown (2C) 4:30.94

June 3: Stockholm Marathon, Sweden

1 Abrha Milaw (Ethiopia) 2:11:36 **HW:** 49 Neil Fraser* 2:42:05; 460 David Scrimshaw 3:05:38; 607 Felix Allen 3:09:48 (13,528 finishers)

Note: Neil was 2nd Briton to finish

Trivia alert from Tom Pollak: Worth noting Neil was following in the footsteps of club Chairman Dave who won the Stockholm marathon in 2:13:34 back in 1989 which is still the HW club record.

June 3: Lily B Girls League, Match 1, Croydon

Match result: 1 Croydon H 315, 2 Epsom & Ewell H 277, 3 Sutton & Dist 212, 4 Reigate Priory 153, 5 Hercules Wimbledon 127

U17 Women

100 A: 4 Latavia Casely-Hayford 14.3 **B:** 3 Olivia Drigui 14.2

200 A: 4 Olivia Drigui 28.3 (15th **HW U17W all-time**)

300 A: 3 Madeleine Orenstein 44.1 (10th **U17W all-time**)

4x100 A: 3 Hercules Wimbledon 55.1

U15 Girls

100 A: 3 Tianna Gayle 13.4 (7th **U15G all-time**) **B:** 3 Jaideen Alleyne-Adams 13.3 (=11th **U15G all-time**)

200 A: 3 Jaideen Alleyne-Adams 27.4 (=11th **U15G all-time**) **B:** 4 Tamira Webster 28.1

800 A: 1 Rebekah Riches 2:23.9 **B:** 1 Georgina Clarke 2:33.7

4x100 A: 2 Hercules Wimbledon 50.8 (**HW U15G record**)

(Zipporah Golding, Tara Bartlett, Tianna Gayle, Jaideen Alleyne-Adams)

Note: previous record was 51.8sec by Niccolls/Brown/Turner/Webster set in 1990

HJ A: 4 Lena Mijic 1.30

LJ A: 5 Lena Mijic 4.06 (16th **U15G all-time**)

U13 Girls

100 A: 1 Lulu Paterson 13.6 (9th U13G all-time) **B:** 1 Cora Barnett 13.9 (14th U13G all-time)
200 A: 2 Lulu Paterson 28.0 (5th HW U13G all-time) **B:** 3 Darcey O'Shea 30.0
800 A: 1 Millie Thorpe 2:39.1 **B:** 1 Cate Coverley 2:44.7
1500 A: 1 Millie Doyle 5:23.7 (15th HW U13G all-time) **B:** 2 Lauren Armitage 5:38.6
70H A: 4 Amber Holmes 15.2
4x100 A: 3 Hercules Wimbledon 57.0 (9th HW U13G all-time)
4x100 B: 1 Hercules Wimbledon 57.9
HJ A: 2 Darcey O'Shea 1.45 **B:** 2 Amber Holmes 1.20
LJ A: 2 Cora Barnett 4.18 (5th U13G all-time) **B:** 2 Darcey O'Shea 4.03

Non-scoring events

U17

300: Rebekah Riches 46.5 (16th HW U17W all-time)

U15

100: Tamira Webster 13.6 (17th U15G all-time); Kyra Stone 14.8; Mya Sammy 15.0;

200: Kyra Stone 30.3; Mya Sammy 31.6

800: Selma Hegvold 2:37.2

U13

100: Amber Holmes 15.4

200: Lauren Armitage 32.6; Esther Welbrock 33.0; Hannah Hegvold 33.4

1500: Ore Adewale 6:07.2

LJ: Hannah Hegvold 3.04

U11

75: Sophia Barnett 11.7; Willow Scales 11.9; Georgina Carrington 12.1; Ava Rickman 12.4; Sophia Anderson 12.5

100: Mabel Rose-Scales 15.0

150: Mia Figueroa 24.1; Willow Scales 24.3; Sophia Anderson 24.7; Ava Rickman 24.7; Isabel Beare 27.3

600: Georgina Carrington 2:00.4

4x100: Hercules Wimbledon 63.4

LJ: Willow Scales 3.46; Ava Rickman 3.35

June 3: parkrun 5km, Rushciffe Park, Nottingham

1 Alex Robinson (HW) 15: 27 (6th HW SM All-time); 2 Mark Ryall (Marshall Milton Keynes) 16:31 (560 finishers)

June 3: parkrun 5km, Abingdon, Oxon

1 Jonathan Cornish (HW) 15:38 (Course record); 2 Simon James (Unattached) 17:40 (382 finishers)

June 3: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:21; 2 Henry Silverstein (HW) 18:09 **Other HW:** 4 Russell Price 18:17; 9 Richard Evans 18:56; 10 Hector Revill 18:57; 11 Andrew Davies 18:59; 15 Joseph Brien 19:35; 20 Alex Binley (1st F) 20:03; 28 Adam Fenton 20:36; 44 Eileen Brandley 21:25; 48 Charles Hampden-Smith 21:35; 51 Paul Jones 21:42; 52 Tor-Ivar Guttulsrod 21:43; 79 Ben Revill 22:55; 105 Simon Bodle 23:51; 126 Geraldine Hellings (2C) 24:25; 150 Charles Lawrie 25:01; 165 Alastair Brown 25:22; 277 Katie McInnes 28:18; 321 Andrew Balcerkiewicz 29:31; 321 Niamh Wilson 29:55; 468 Sophie Toomey 28:39 (500 finishers)

June 3: parkrun 5km, Brockenhurst, Hampshire

1 Richard McDowell (HW) 16:42; 2 Henry Harris New (Forest) 17:51 (109 finishers)

June 3: parkrun 5km, Norwich

1 Nick Earl (City of Norwich) 14:45; 2 Jonny Earl (HW) 16:27 (570 finishers)

June 3: parkrun 5km, Tooting Common, SW17

1 John Franklin (Serpentine) 15:55; 2 Joe Toomey (HW) 16:48 (571 finishers)

June 3: parkrun 5km, Newport, Isle of Wight

1 Carl Prewer (Lowestoft) 17:43 **HW:** 12 Ellen Weir (1st F) 21:11 (241 finishers)

June 3: parkrun 5km, Dulwich Park, SE21

1 Benjamin Parkes (Serpentine) 16:02 **HW:** 20 Elizabeth Stavreski (2C) 20:08 (270 finishers)

June 3: parkrun 5km, Burgess Park, Walworth, SE17

1 Gareth Anderson (Unattached) 16:48 **HW:** 4 Chris Ore 17:47 (286 finishers)

June 3: parkrun 5km, Bishops Park, Fulham, SW6

1 Lorna Russell (Winchester) 17:03 **HW:** 14 Tom Cheetham 19:40; 15 Finlay White 19:49;
143 Alexander Cooke 24:34; 167 Abbie White 25:11 (351 finishers)

June 3: parkrun 5km, Nonsuch Park, Cheam

1 Matt Jiggings (Running with Matt) 16:49 **HW:** 20 Chris Coles 19:17; 164 Maurice Sharp
24:26; 182 Kirsty Wheeler 24:54; 658 John Wasbrough 38:24 (705 finishers)

June 3: parkrun 5km, Kingston

1 Ollie Garrod (Epsom & Ewell) 16:26 **HW:** 26 Richard Mellor 21:16 (225 finishers)

June 3: parkrun 5km, Crystal Palace, SE19

1 Che Compton (Kent) 17:22 **HW:** 47 Kayenne Grant-Evans 22:10 (287 finishers)

June 3: parkrun 5km, Wycombe Rye, High Wycombe

1 Chris Filer (Wycombe Phoenix) 17:54 **HW:** 116 Victor Hutchins 24:59 (451 finishers)

June 3: parkrun 5km, Guildford

1 William Barnicoat (Unattached) 17:02 **HW:** 134 Jessame Coulson 24:32 (475 finishers)

June 3: parkrun 5km, Brueton Park, Solihull

1 Dan Robinson (Birmingham) 16:17 **HW:** 146 Tomo Kikugawa 24:47; 265 Angela
Kikugawa 28:29 (484 finishers)

June 3: parkrun 5km, Bushy Park, Teddington

1 Matt McDaniel 16:39 **HW:** 150 Barry King 21:39 (1242 finishers)

June 3: parkrun 5km, Richmond Park

1 Michael Waddington (Unattached) 17:09 **HW:** 150 Fergus Henderson 24:32 (454 finishers)

June 3: parkrun 5km, Cassiobury Park, Watford

1 Stephen Blakey (Watford H) 17:19 **HW:** 221 Keith Hylands 28:57 (427 finishers)

June 3: British Athletics League, Division 1, Swansea

800 A: 2 Sean Hall 1:55.07

June 3: British Milers PB Classic, Milton Keynes

Women

3000 A: 5 Alexandra Brown (2C) 9:59.33

June 3: Lily B Girls League,

Still awaiting results

June 4: Dorking 10 mile Road (Inc Surrey Championship)

1 Phil Wicks (Belgrave H) 51:11 **HW:** 4 Andrew Penney 55:13; 20 Tom Buckley 58:22; 33 David Grima 60:01; 83 Stewart Bond 66:11; 87 Tom Cheetham 66:42 (=14th **HW M50 all-time**); 240 Annemarie Seymour 77:34 (2nd **HW W40 all-time**) (464 finishers)

June 4: Surrey County Masters Championships, Ewell Court

Men

M45

100: 2 Dominic Bokor-Ingram 12.19/-1.6

200: 2 Dominic Bokor-Ingram 24.40/-2.7

400: 1 Dominic Bokor-Ingram 52.76 (**CBP**)

M50

100: 2 Mark White 12.45/-1.6

200: 1 Mark White 25.17/-3.0

400: 1 Mark White 56.83

M55

100: 1 Stuart White 13.98/-2.6

200: 1 Stuart White 27.55/-2.3

5000: 2 Richard Clark 20:19.55 (2nd **HW M55 all-time**)

SP: 3 Kevin Snelling 7.62

DT: 6 Kevin Snelling 19.73 (8th **HW M50 all-time**)

HT: 3 Kevin Snelling 22.69 (3rd **HW M55 all-time**)

JT: 4 Kevin Snelling 22.54

M70

800: 1 Peter Giles 2:49.36

1500: 1 Peter Giles 5:30.30

5000: 1 Peter Giles 20:20.91 (**CBP**) (**HW M70 record**)

M75

PV: 1 John Webster 1.60

SP: 1 John Webster 6.23; 2 Kevin Burnett (2C) 4.97

DT: 1 John Webster 19.09; 2 Kevin Burnett 15.37

HT: 1 John Webster 30.02; 2 Kevin Burnett (2C) 14.69

JT: 1 John Webster 22.31

Weight: 1 John Webster 10.56 (**CBP**) (**HW M75 record**)

WOMEN

W35

100: 1 Emilie Bokor-Ingram 14.01/-1.2 (**HW W35 record**)

200: 1 Emilie Bokor-Ingram 28.95/-4.1

400: 1 Emilie Bokor-Ingram 63.70

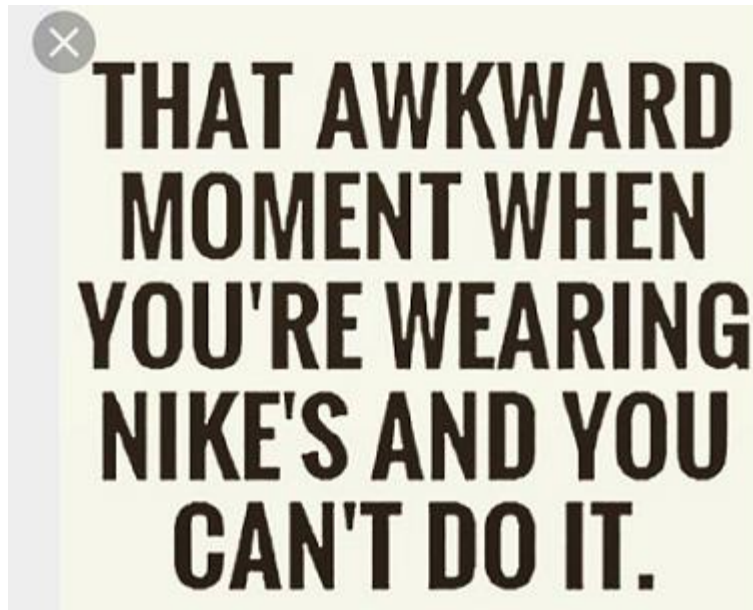
June 4: Junior parkrun 2km, Wimbledon Park

1 Morgan Rennie (Unattached) 7:42; 2 Lauren Armitage (HW- 1st F) 8:05; 3 Cate Coverley (HW-2nd F) 8:15; 4 Michael Lammie (HW) 8:27; 5 Alexander Buchanan (HW) 8:36; 6 Hannah Hegvold (HW-3rd F) 8:41 **Other HW:** 10 Edward Cheeseman 9:03; 13 Rivonia Adegboyega 9:13; 15 Amelia Cheeseman 9:16; 45 Ophelia Lanfranchi 10:20; 59 Neva Jansen 10:52; 123 Daisy Bokor-Ingram 12:49 (213 finishers)

June 4: Ebbisham Boys League

Still awaiting results

AND FINALLY



Thanks to Fiona Brown for the above