

## **HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C APRIL 3, 2016**

**(Note: No Newsletter published for w/c March 27)**



### **RECORD BREAKING WEEKEND DOUBLE FOR MR & MRS CLARKE**

### **FORMER HW SPRINT STAR MIKE POWELL CALLS IN**

### **JONNY EARL LEADS THE FIELD IN WIMBLEDON PARKRUN**

### **ENCOURAGING TRACK START FOR HW IN KINNAIRD TROPHY**

#### **HW YAM THIS SUNDAY – CAN YOU HELP?**

The club is well and truly geared up for the annual HW Young Athletes Meeting to be held at Wimbledon Park next Sunday (April 10) and it's a case of 'all hands on deck'.

This prestigious meeting is as ever dependant on the help supplied by club members, parents and friends, so please try and get along to offer your assistance.

Either contact [fredgreen14@yahoo.co.uk](mailto:fredgreen14@yahoo.co.uk) in advance or just turn up on the day by 10.30am and ask for Fred if able to assist.

### ***SPRINTER POWELL RETURNS TO INSPIRE***

One of Hercules Wimbledon Athletic Club's alumni, former international sprinter Mike Powell, returned to his roots when he presented the trophies at the club's annual awards evening at Wimbledon Park Golf Club, writes Tom Pollak.

Just like the current crop of young guns led by Commonwealth Youth Games 100m silver medallist Rechmial Miller and fellow international Theo Etienne, Powell was one of Britain's top teenage sprinters around 30 years ago. He won the AAA under 20 100m title in 1980 in a club record time of 10.4 seconds and in 1981, he represented Britain over 100m in the European Junior Championships in Utrecht. In the same year he finished second in the 60m in an indoor international against Germany and also competed in an international meeting in Brisbane, Australia.



Just some of the trophy winners alongside Mike Powell at the HW presentation evening

Powell, now 53, said he was delighted to see the resurgence in sprinting at Hercules Wimbledon and was watching the club's progress with interest. Neither Miller nor Etienne were at the presentation evening as they were warm weather training in Portugal to prepare for the summer season ahead.

Miller was awarded the Wandsworth Schools Trophy for the outstanding club performance of 2015, his silver medal-winning 100m run at the Commonwealth Youth Games in Samoa in 10.39, beating Powell's long-standing club record in the process. Etienne was also given an award in his absence. The club's two youngest sprinters, Jaleel Roper, who broke the UK under 13 60, 100 and 200m records in 2015, and Zipporah Golding, the Surrey indoor under 13 60m silver medallist in February, also collected awards.

Meanwhile, Sean Hall made a promising start to his 2016 racing programme when he won the 800m at the Kinnaird Trophy meeting at Kingsmeadow Stadium on Saturday in 1:56.5, to also lift the CT Leslie Trophy. His win helped Hercules Wimbledon to third team place. Rob Tuer was second in the 3000m. Fran Clarke broke club veteran women's over 50 800m record while Kirsty Wheeler won the 800 and 3000m B races and Miriam Orr took the 2000m steeplechase B race.

Over 50 veteran Lisa Thomas had a busy time taking second place in the 400m hurdles and 2000m steeplechase and third in the 1500m. Emelie Bokor-Ingram and Laura Wignall gained valuable points in finishing second in the 400m A and B races while Vikki Filsell was second in the 3000m. Heather Jones won the 400m hurdles B race and was third in the 100m hurdles A race.



A happy HW group welcomes the start of the track season proper at Kingston





Kinnaird action above as captured by Lisa Thomas



A touch of photo bombing by young Daisy!

While his wife was setting a club women's 800m age record at Kingsmeadow, three times winner of the English senior men's cross country title and now club chairman Dave Clarke made it as family double as he broke the Hercules Wimbledon veteran men's over 55 half-marathon record at Reading. Continuing his preparations for this month's Virgin Money London Marathon, Clarke clocked 1:19:20 to improve on the club age record of 1:20:52 set by Vince Hancock in 1999. Jonathan Cornish finished 18th out of almost 11000 runners in 1:09:42. Fraser Hagell was fifth out of 145 runners in the Energised Sports 10km road race on Wimbledon Common in 39:50.

Hercules Wimbledon's Jonny Earl headed home a 352-strong field to win the Wimbledon Common 5km parkrun event on Saturday in 18:00. Hercules Wimbledon had 21 runners in the event, filling three of the top five places, with Peter Collins third (18:30), Adam Harwood fourth (18:38) and Henry Silverstein fifth (18:45). Valerie Parocki was fourth woman finisher in Lloyd Park and Ellen Weir fourth woman at Newport, Isle of Wight. Charlotte Crump was second girl to finish in the junior 2km parkrun in Wimbledon Park on Sunday in 10:00.

#### **A few notes from Tom Pollak re the previous HW weekend's action**

Hercules Wimbledon's Belal Ahmed posted a lifetime best time when he raced through pouring rain in the IAAF World half-marathon championship in Cardiff on Saturday. Representing Egypt, he finished 77th in 1:11:29, taking almost two minutes off his previous best set on his debut appearance over the distance in Wokingham last month.



A flu-stricken Belal meets and greets some of the leading stars of the World Half Marathon as he lines up here alongside race winner Geoffrey Kipsang Kansomor, second place Bedan Muchin and fifth place Tamiran Tola,

Hercules Wimbledon had two parkrun race winners last Saturday. Jonathan Cornish beat a 300-strong field to win by 59 seconds in Richmond Park in 16:33 while youngster Ellen Weir, 12, was top female finisher on the Isle of Wight in 20:57. Hercules Wimbledon runners were runners-up in both the men's and women's categories on Wimbledon Common with Edward Charlesworth second in the men's race 18:12 and over 50 veteran Lisa Thomas second in the women's race in 21:07, posting the top women's age graded effort of the day. It was Charlesworth's third successive improvement after clocking 18:48 and 18:22 on his two previous appearances on the Common. A total of 20 Hercules Wimbledon runners were in action.

### **ARE YOU COMPETING IN LONDON?**

As the days tick down to the Virgin Money London Marathon, I am aware that the following HW members will be competing in what for many is the key date on their competitive Calendar I'm sure that many other members will be competing so if your name is missing please contact Pete Mulholland on [petehwac@aol.com](mailto:petehwac@aol.com)

Belal Ahmed, Rob Bell, Eileen Brandley, Tom Cheetham, Dave Clarke, Khaled Diaw, Richard Evans, Neil Fraser, Claire Grima, David Grima, Charles Hampden-Smith, Anastasia Hancock, Caroline Jackson, Maurice Sharp, Rob Tuer and Frank Wood

### **CAN HW END THE WINTER SEASON IN STYLE?**

Just a reminder that this Thursday (April 7) sees the running of the East Surrey League Road Races for both male and female with the Young Athletes (2 miles) and Seniors (4 miles) starting together at 7pm.

The event is being held at its usual venue from the track at Ewell Court, Poole Road Poole Rd, Epsom, Surrey KT19 9SQ and try to arrive by 6.30pm so that club declarations can be made.

Please note that quite a few HW members are in line to take the end-of-season individual trophies but you have to compete in this final event to qualify. Also, HW are also in line to take the senior (M&F) trophy so try to get along as it would be nice to end the season in style.

### **BE PREPARED TO DO BATTLE AT HASTINGS**

We are now just 10 days away from our first Southern Athletics League fixture of the season with Hastings being the venue on Saturday, April 16.

Please note that a coach has been booked for this event, leaving Wimbledon Park at the Wimbledon Park Road entrance at 9.15am.

For those wishing to travel with the club please contact Fred Green at:

[fredgreen14@yahoo.co.uk](mailto:fredgreen14@yahoo.co.uk)

### **BRITISH MASTERS ROAD RELAYS**

It has been some years since HW contested the British Masters Road Relays which once again will be held at Sutton Coldfield on Saturday, May 14.

Races are held for 10-year-age bands both starting with age 35 category for both men and women.

If you wish to compete please contact Mark Cahill at [markcahill72@yahoo.co.uk](mailto:markcahill72@yahoo.co.uk) but please make it soon as the closing date for entries is April 22.

### **START COLLECTING THOSE SAINSBURY VOUCHERS – NOW!**



Between now and May 3 you can start collecting vouchers so that HW can secure some useful athletic items so all of you Waitrose shoppers out there, try slumming it for a while at your local Sainsbury store!

A receptacle for the vouchers will be in situ at the trackside clubhouse and we'll try and get one to place at Lauriston Cottage.

## NEWS FROM RANELAGH HARRIERS RE RICHMOND HALF MARATHON

Our own Half Marathon will take place on Sunday 1st May and entries are still streaming in!

Over 900 names are already on the list, including 54 from Ranelagh (and four from HW!) This race usually sells out well in advance of the closing date, so get your entry in early to avoid disappointment.

Details: <http://www.sportssystem.co.uk/ss/event/RichmondHalfMarathon20161>



Just a reminder that January 1 is well and truly past – and we are fast approaching April meaning that by now you should have either renewed your HW subscription for 2016....or have been lapsed!!

There are the usual suspects – still competing - that ignore Simon's e-mail requests for payment so why not surprise him and save hours of work by paying them as soon as you can. Please note that subs are not due from those who first became members of the club after September 1 of this year plus there are some of you who have already set up automatic renewals

Payment can be made on-line as shown via this link:

<http://herculeswimbledonac.org.uk/Membership-&-Renewals.html>

Or pay whoever is on desk duty at the track on a Tuesday or Thursday training evening

**NOTE:** at the last tally there were approx. 100 HW members who had yet to pay their 2016 subs so to make life less onerous for Simon in his role as Membership Secretary please pay **THOSE SUBS NOW!** Or let him know if you wish to continue your membership.

**Worth noting that:** under HW club rules subs must be paid up to be eligible for awards and the right to vote.

## ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

The annual registration starts on April 1st and costs £13. Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf. If you wish to be registered please pay via the link below. Or payment can be made by cheque or cash using the same procedure as described on this webpage for subscriptions. You can pay in advance for registration to be made on 1<sup>st</sup> April.

<http://www.herculeswimbledonac.org.uk/Membership-&-Renewals.html>

Please note UK Athletics has announced that from 1<sup>st</sup> April it will be taking a stronger line with respect to registration. Information for athletes is at [www.englandathletics.org/athlete-registration](http://www.englandathletics.org/athlete-registration) UKA Rules apply from the Under 13 Age Group upwards.

UKA states that "The existing rule already stated that athletes "should" be registered and over the past few years England Athletics has worked with a number of major competition



providers to carry out registration checks at point of entry and after events. The number of unregistered athletes has been low and decreasing. There are also competition organisers who have already been carrying out their own checks on athlete registration. Random checks will also be carried out.”

### **FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS**

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

#### **April**

Wed 6: Highgate H Open T&F Meeting, Parliament Hill –pre-race entry only!

Details: <http://events.eightlane.org/event/highgate-harriers-open/>

Thu 7: East Surrey League Road Races – all ages, 7pm, West Ewell

Sat 9: Herne Hill H Open Meeting, Tooting Bec

**Sun 10: Hercules Wimbledon YA Meeting, Wimbledon Park**

Sat 16: National 12-stage Road Relays, Sutton Park, Birmingham

Sat 16: Southern Athletic League, Match 1, Hastings

Sun 24: Virgin Money London Marathon

Sun 24: Virgin Money London Mini-Marathon

**Wed 27: Hercules Wimbledon Open Meeting, Wimbledon Park**

Sat 30: Lily B Girls League, Match 1, Kingsmeadow

#### **MAY**

Sun 1: Surrey AA Road League 1, Half Marathon, Petersham

Details: <http://www.sportssystem.co.uk/ss/event/RichmondHalfMarathon20161>

Sun 8: Ebbisham Boys League 1, Walton

Sun 8: Surrey AA Road League 2, 10km, Sutton

Mon 9: Veterans League 1, Kingsmeadow

Wed 11: Rosenheim League, Match 1, Battersea Park

Sat/Sun 14/15: Surrey County AA Championships, Kingsmeadow, Kingston

Fri 20-Sun 22: European Masters Non-Stadia Champs, Portugal [Details](#)

Sat 21: Night of the 10,000m PB's, Parliament Hill

**Sun 22: Southern Athletic League, Match 2, Wimbledon Park**

Mon 23: Southern Veterans League 2, Ewell Court

Wed 25: Rosenheim League, Match 2, Croydon

Sat 28: SLAN Meeting U15/U17/U20, Coulsdon

Mon 30: BUPA 10,000m, Road Race, London

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>

### **RESULTS**

**(Including some not published the previous weekend due to the editor's absence on the occasion of his daughter's wedding in Las Vegas, USA)**

**March 20: Brentwood Half Marathon, Essex**

1 Ryan Prout (Unattached) 71.42 **HW:** 51 Nicky Hogg 82:33 (2826 finishers)

**March 20: Crawley Open Meeting, Sussex**

**1500 A (mixed):** 5 Valerie Parocki 5:42.8 (15<sup>th</sup> HW U13G all-time)

**Isle of Man Easter Running Festival**

**March 25: Good Friday 10km, Port Erin, Isle of Man**

1 Phil Sesemann (Leeds Un) 31:37 **HW:** 13 Fred Slemeck 32:44; 28 Richard McDowell 34:00; 31 Alex Robinson 34:14; 37 Andrew Penney 34:42; 99 Finn Johnson 38:05; 262 Stuart Littlewood 54:58; 263 Dennis Williams 55:10 (276 finishers)

**Team:** 1 Leeds Un 13; 2 Cambridge Un 16; 3 Edinburgh Un 20 ... 6 Hercules Wimbledon 72; 38 Hercules Wimbledon 'B' 624

**March 26: Fell Race, Peel Hill, Isle of Man**

1 Oliver Fox (Cambridge Un) 21:46 **HW:** 6 Fred Slemeck 22:24; 36 Richard McDowell 23:59; 76 Andrew Penney 26:02; 100 Finn Johnson 27:33; 183 Alex Robinson 34:35; 212 Dennis Williams 46:09 (214 finishers)

**March 27: Road Relay, Douglas, Isle of Man****Men (4x5km)**

1 Leeds Un 65:10; 2 Edinburgh Un 65:39; 3 Manx H 66:57 ... 6 Hercules Wimbledon 68:46 (Fred Slemeck 16:37, Richard McDowell 17:13, Alex Robinson 17:18, Andrew Penney 17:38); 47 Hercules Wimbledon 'B' 1:51:08 (Finn Johnson 19:19, Dennis Williams 27:11; Stuart Littlewood 30:45, Ian Isherwood 33:53)

**Overall team placings**

1 Leeds Uni 6; 2 Edinburgh Uni 6; 3 Cambridge Un 8 .... 6 Hercules Wimbledon 21

**March 26: World Half Marathon Championship, Cardiff, Wales****Men**

1 Geoffrey Kipsang (Kenya) 58:10 **HW:** 77 Belal Ahmed (Egypt) 71.29 (85 finishers)

**March 28: Notts AC Multi-Terrain 10km, Wollaton Park, Nottingham**

1 Alastair Watson (Notts) 33:37 **HW:** 166 Anna Garnier (2C-1<sup>st</sup> W60) 48:28 (410 finishers)

**April 2: Kinnaird Trophy Meeting, Kingsmeadow Stadium, Kingston**

**Team result:** 1 Epsom & Ewell 348; 2 Kingston & Polytechnic 314; 3 Hercules Wimbledon 256; 4 Herne Hill H 230; 5 Achilles 172; 6 Thames Valley H 22

**Men**

**100 B:** 4 Andrew Bullimore 12.3 **n/s:** 4 Richard Agyapong 11.7

**200 A:** 5 Aaron Smith 27.8 **B:** 4 Mark White 25.4 (3<sup>rd</sup> HW M50 all-time)

**400 A:** 4 Aaron Smith 60.1 **B:** 4 Mark White 56.4 (3<sup>rd</sup> HW M50 all-time)

**800 A:** 1 Sean Hall 1:56.5

**3000 A:** 2 Rob Tuer 9:16.0

**Women**

**100 A:** 5 Laura Wignall 13.9 **B:** 4 Heather Jones 14.7

**200 A:** 4 Laura Wignall 28.5 **B:** 3 Emilie Bokor-Ingram 28.8

**400 A:** 2 Emilie Bokor-Ingram 63.0 **B:** 2 Laura Wignall 64.3

**800 A:** 4 Francesca Clarke 2:48.1 (**HW W40 record**) **B:** 1 Kirsty Wheeler 2:54.1

**1500 A:** 3 Lisa Thomas 5:32.5 **B:** 2 Francesca Clarke 5:38.4 (2<sup>nd</sup> HW W40 all-time)

**3000 A:** 2 Vikki Filsell 12:11.2 (2<sup>nd</sup> HW W45 all-time) **B:** 1 Kirsty Wheeler 13:16.2

**100H A:** 3 Heather Jones 21.1

**400H A:** 2 Lisa Thomas 76.4 **B:** 1 Heather Jones 78.6

**2000SC A:** 2 Lisa Thomas 6:04.2 **B:** 1 Miriam Orr 6:34.9

**March 26: Herne Hill H Throws Fest, Tooting Bec****M50**

**SP:** 1 Kevin Snelling (M55) 6.96

**DT:** 1 Kevin Snelling (M55) 16.35

**HT:** 1 Kevin Snelling (M55) 18.06

**M75**

**SP:** 1 Kevin Burnett (2C) 5.43

**DT:** 1 Kevin Burnett (2C) 16:32

**HT:** 1 Kevin Burnett (2C) 15.81

**JT:** 1 Kevin Burnett (2C) 12.04

**Wt:** 1 Kevin Burnett (2C) 6.31

**Weight Pentathlon:** 1 Kevin Burnett (2C) 1537pts

**March 26: parkrun 5km, Wimbledon Common**

1 Nick McKay (Wimbledon Windmilers) 18:09; 2 Edward Charlesworth (HW) 18:12 **Other HW:** 5 Peter Collins 18:23; 6 Adam Harwood 18:27; 7 Henry Silverstein 18:33; 10 Michael Burt 19:22; 12 Richard Evans 19:50; 17 Alexander Abraham 20:13; 18 Gordon Lilly 20:20; 21 Victor Ray 20:33; 25 Charles Hampden-Smith 20:48; 27 Adam Fenton 20:54; 30 Lisa Thomas (2<sup>nd</sup> F) 21:07; 48 Matthew Tyson 22:35; 49 Richard Mellor 22:38; 54 Simon Bodle 22:53; 111 Alastair Brown 25:11; 122 Jess Coulson 25:41; 147 Florence England 26:20; 205 Mick Leigh 28:16 (332 finishers)

**March 26: parkrun 5km, Richmond Park**

1 Jonathan Cornish (HW) 16:33 (299 finishers)

**March 26: parkrun 5km, Roundshaw Downs, Croydon**

1 Tom Higgs (South London H) 18:10 **HW:** 22 Martin O'Halloran 23:26 (94 finishers)

**March 26: parkrun 5km, Kingston**

1 Jordan Welby (Unattached) 17:52 **HW:** 42 David Scrimshaw 23:40 (130 finishers)

**March 26: parkrun 5km, Nonsuch Park, Cheam**

1 Ollie Garrod (Epsom & Ewell) 16:29 **HW:** 319 Stephen Newton 28:48 (478 finishers)

**March 26: parkrun 5km, Newport, Isle of Wight**

1 Andy Weir (Thames H&H) 16:59 **HW:** 37 Ellen Weir (1<sup>st</sup> F) 20:57 (2<sup>nd</sup> HW U13G all-time) (238 finishers)

**Note:** U13G record of 20:26 set by Isabella Padt in March 2012.

**March 26: parkrun 5km, Bishops Park, Fulham, SW6**

1 James Williams (Wimbledon Windmilers) 16:18 **HW:** 21 Thomas Cheetham 19:30; 62 Maurice Sharp 22:30; 219 John Wasbrough 33:04 (234 finishers)

**April 2: Sward Trophy Meeting, Kingsmeadow Stadium, Kingston**

**Team result:** 1 Kingston & Polytechnic 284; 2 Epsom & Ewell 252; 3 Herne Hill H 156; 4 Achilles 78; 5 Hercules Wimbledon 58

**Men**

**PV A:** 3 David Harris 2.41

**TJ A:** 2 Andrew Bullimore 11.70

**DT A:** 4 David Orchard 25.64 **B:** 4 Kevin Burnett 12.32

**HT A:** 4 David Orchard 24.36

**Women**

**SP A:** 5 Kirsty Wheeler 5.58

**DT B:** 3 Kirsty Wheeler 14.91

**April 2: parkrun 5km, Wimbledon Common**

1 Jonny Earl (HW) 18:00; 2 Doug Morton (Unattached) 18:19; 3 Peter Collins (HW) 18:30; 4 Adam Harwood (HW) 18:38; 5 Henry Silverstein (HW) 18:45 **Other HW:** 12 Victor Ray 20:25; 19 Seb Hudspith 20:51; 24 Simon Woodley 21:15; 43 Adam Fenton 22:17; 44 Simon Riley 22:21; 48 Tor-Ivor Guttulsrod 22:37; 53 John Krause 22:53; 57 Anna Garnier (2C-2<sup>nd</sup> F) 23:04; 61 Charles Lawrie 23:19; 70 Charles Hampden-Smith 23:34; 72 Simon Bodle 23:57; 91 Peter Metcalf (2C) 24:12; 121 Fred Jimack 24:56; 127 Alastair Brown 25:34; 207 Andrew Balcerkiewicz 28:46; 210 Hannah Baxter 29:02; 311 Sophie Toomey 35:29; 346 Richard Evans 43:31 (352 finishers)

**April 2: parkrun 5km, Bushy Park, Teddington**

1 Robin Watson (Unattached) 15:43 **HW:** 90 Peter Small 20:57; 120 Barry King 21:29; 450 Florence England 25:44 (1035 finishers)

**April 2: parkrun 5km, Richmond Park**

1 David Morison (Unattached) 17:49 **HW:** 18 Alexander Abraham 19:37; 56 Ewan White 21:42; 110 Alexander Dunne-Gundry 24:34; 137 Michelle Howie 25:36; 246 Dennis Williams 29:31 (382 finishers)

**April 2: parkrun 5km, Roundshaw Downs, Croydon**

1 Tom Higgs (South London H) 17:51 **HW:** 23 Martin O'Halloran 23:16 (98 finishers)

**April 2: parkrun 5km, Harrow**

1 Lucy Ashe (Metros) 18:16 **HW:** 15 Tom Morris 21:59 (129 finishers)

**April 2: parkrun 5km, Bruton Park, Solihull**

1 Peter Brookes (Holmfirth) 17:45 **HW:** 123 Tomo Kikugawa 26:06; 216 Angela Kikugawa 30:14 (309 finishers)

**April 2: parkrun 5km, Lloyd Park, Croydon**

1 Unknown 17:27 **HW:** 55 Valerie Parocki 24:42 (184 finishers)

**April 2: parkrun 5km, Newport, Isle of Wight**

1 Malcolm Muir (Ilford) 17:12 **HW:** 48 Ellen Weir 23:12 (296 finishers)

**April 2: parkrun 5km, High Wycombe**

1 Jegor Kostylev (Unattached) 18:20 **HW:** 58 Victor Hutchins 24:07 (318 finishers)

**April 2: parkrun 5km, Southwark Park, Walworth, SE17**

1 Michael Suggate (Didcot R) 17:47 **HW:** 47 Fraser Hagell 22:05 (165 finishers)

**April 2: parkrun 5km, Bishops Park, Fulham, SW6**

1 Stuart Farmer (Serpentine) 16:35 **HW:** 239 John Wasbrough 33:15 (253 finishers)

**April 2: parkrun 5km, Tooting Common, SW17**

1 John Franklin (Serpentine) 16:07 **HW:** 67 Annmarie Seymour 22:27 (8<sup>th</sup> HW W40 all-time) (343 finishers)

**April 3: Vitality Half Marathon, Reading, Berks**

1 Robert Mbithi (Kenya) 63:57 **HW:** 18 Jonathan Cornish 69:42; 146 David Clarke (1<sup>st</sup> M55) 79:20 (**HW M55 record**); 1201 Caroline Jackson 97:54; 1249 Julian Bingle 98:41 (10980 finishers)

**Note:** previous M55 record was 80.52 set by Vince Hancock in 1999

**April 3: Energized Sports 10km, Wimbledon**

1 Jason Jones (Unattached) 37:32 **HW:** 5 Fraser Hagell 39:50 (145 finishers)

**April 3: Energized Sports Half Marathon, Wimbledon**

1 Jamel Mohamed (Victoria Park & TH) 74:24 **HW:** 34 Sophie Klatt 97:48 (176 finishers)

**April 3: Junior parkrun 2km, Wimbledon Park**

1 William Schneider (Unattached) 7:53; 2 Lloyd Hodgson (HW) 7:57 **Other HW:** 5 Joseph Willis 8:48; 11 Charlotte Crump (2<sup>nd</sup> F) 10:00; 18 Thomas Davies 10:47; 23 Jack Kuhl 11:07; 33 Sam Edmondson 12:02; 42 Kiran Chandra 13:24 (69 finishers)

**April 3: Windsor Park Duathlon, Berks**

**10km Run – 40km Bike - 5km Run**

1 Clive Kennedy-Burn (Alnmick Tri) 2:00.19 (37.50 – 61:17 – 19:25) **HW:** 120 Peter Lee 2:19:44 (40:52 – 75:28 – 21:18); 156 Richard Evans 2:24:34 (41:35 – 76:45 – 23:09); 204 Charles Hampden-Smith 2:29:11 (43:56 – 79:38 – 23:05); 212 Simon Bodle 2:29:42 (45:28 – 77:39 – 23:32); 323 John Krause 2:41:39 (45:59 – 87:57 – 24:26); 361 Alison Purnell 2:45:46 (50:07 – 85:58 – 27:38) (518 finishers)

**April 3: SLAN Young Athletes Meeting, Tooting Bec**

Still awaiting full results

**AND FINALLY**



**WINNERS  
TRAIN  
LOSERS  
COMPLAIN**