



**DOMINIC BREAKS LONG STANDING M40 HW 400M RECORD**

**QUADRUPLE WINNER HEATHER LEADS LADIES TO ROSENHEIM TRIUMPH**

**FIVE SURREY MASTERS WINS BY M75 JOHN WEBSTER**

**HW WINNING DEBUTS FOR ZOE LEAKE AND KIM JANSENN**

**IT'S ALL HANDS TO THE LEAGUE PUMPS**

*A thank you note from Richard Weston to Veterans' League co-ordinator Dave Orchard re last night's fixture at Wimbledon Park plus a plea for help with Sunday's League fixture, also at Wimbledon Park.*

David, if you are writing to the clubs could you please pass on my thanks for their great efforts in getting through the field events in good time and for their forbearance with my implement and duties confusion.

I want to pass on a real thank-you to the numerous HW people who helped out on the field, and no doubt Nick will have the same to say about the track. Special thanks to Kevin Snelling for once again arriving early enough, and also to Juan for staying on after his personal training session, to be a huge help in setting up the equipment. Thanks too to John Webster, Mike Fuller, Fred (until transferred to team management!) and Lisa Thomas for judging. Have I missed anybody? Lastly to Victor Ray for once again offering his services after his race, and indeed helping to close up the high jump.

Looking ahead to Sunday's Southern Athletics League, I shall be at the stadium tonight (Tuesday) and Thursday and would welcome any help going. We don't have a lot to do because Vic has once again volunteered to dig over the two pits on his day off; commitment that is so much appreciated and I wish more widely offered. We desperately need field judges and probably track officials because this is a busy weekend for qualified officials and I am sure I shall have to plug some gaps in other clubs' duties, plus assistance "behind the scenes" with recording and refreshments. Whatever your skill, or lack of it, there will be jobs for any volunteers. I would just ask that if you are kind enough to volunteer it is important to arrive early. 11 o'clock for a first event at mid-day at the latest, if possible.

***WOMEN CONTINUE UNBEATEN RUN***

Hercules Wimbledon Athletic Club's Rosenheim League women's squad maintained their domination of the Eastern Division table when they completed a hat-trick of wins in their home match at Wimbledon Park Athletics Stadium, reports Tom Pollak.

Team manager Heather Jones led by example with a hat-trick of wins in the 100m hurdles, high jump and long jump before linking up with Laura Wignall, Natasha Hibberd and Zoe Leake as a member of the winning 4x200m relay team.

Hercules Wimbledon won eight of the 12 events with debutantes Zoe Leake and Kim Jansenn winning the shot and javelin and Laura Wignall gaining a sprint double in the 100 and 200m. Hercules Wimbledon won the match with 65 points from Herne Hill (56), Serpentine (38), Belgrave (24) and Croydon (20). After three matches, Hercules Wimbledon lead the Eastern Division table with the maximum 18 league points ahead of Herne Hill (14), Croydon (10), Belgrave (10), Serpentine (8) and Holland Sports (2).

The men's team just failed to make it a Hercules Wimbledon double as they were pipped by just one point by Croydon. Best individual performance of the match came from Cassian Hyde who took the 800m while Antonio Douglas and Jonathan Cornish were runners-up in the 100 and 3000m events.

Like the women, the men's quartet of Antonio Douglas, Dwayne Cowan, Filip Dabinski and Dominic Bokor-Ingram also finished on a winning note taking the 4x200m relay.

**Match result:** 1 Croydon 45; 2 Hercules Wimbledon 44; 3 Belgrave 42; 4 Serpentine 40; 5 Herne Hill 35; 6 Holland Sports 33. Standings after three matches: 1 Croydon 16.5; 2 Belgrave 15; 3 Serpentine 9.5; 4 Hercules Wimbledon 9; 5 Herne Hill 8; 6 Holland Sports 5.

Hercules Wimbledon's talented young sprinter Jaleel Roper will make his English Schools debut next month after winning the junior boys 200m at the London Schools Championships at Battersea Park on Saturday in a personal best of 23.25 seconds. He took one-tenth of a second off his previous best and ranks seventh in the UK over the distance this summer. Roper, 13, is also ranked second under 15 over 100m in 2016. Another Hercules Wimbledon schools winner was Harris Mier who won the junior boys 800 metres in the Cornwall Championships at Par.

Three Hercules Wimbledon athletes just missed out on medals in the South of England Championships at Lee Valley Athletics Centre. Chad Miller, 16, ranked sixth in his age group over the distance this summer, finished fourth in the under 20 200m in 22.24 while Jonathan Cornish was fourth in the senior men's 5000m and Sam Barker was fourth in the under 17 3000m.

Dominic Bokor-Ingram broke the 38-year-old over 40 veterans 400m club record of 52.7 held by European 400m hurdles representative Robin Woodland when he won the Surrey Masters title at Ewell in 52.65. He also took gold in the 100m and was second in the 200m.

Hercules Wimbledon's oldest athlete, John Webster, who will be 77 at the end of June, gained five gold medals in the over 75 pole vault, discus, hammer, heavy hammer and javelin events, setting championship records in the hammer and heavy hammer and breaking the club age record in the discus. Peter Giles set two championship records in winning the over 70 800 and 1500m. Other Hercules Wimbledon winners were Mark White and Peter Lee in the over 50 200 and 5000m, Dave Orchard (over 55 shot and hammer), Paul Wignall (over 60 100 and 200m) and Vikki Filsell (over 45 women's 5000m).

This weekend, Hercules Wimbledon host their third Sweatshop Southern Athletics League meeting of the season at their Wimbledon Park Stadium on Sunday starting at 12noon.

Visiting teams are South London Harriers, Sutton & District and Holland Sports.

**HW RECORD 400M BREAKERS TEAM UP**



Two HW 400m recent record breakers Dwayne Cowan and Dominic Bokor-Ingram make a smooth changeover to share team victory in the Rosenheim 4x200m relay. During the previous weekend Dwayne toured a lap of the track in 46.02 for a club record while Dominic set a new HW M40 mark of 52.65 to ease past the previous record of 52.7 set way back in 1978 when Dominic was just 10-years-old and still in primary school!

*Photo by Lisa Thomas*

**JUST SOME OF THE HW ROSENHEIM WINNING ACTION**



Cassian leads the 800m in a sub-2min effort while Heather takes just one of her three wins.  
*Photos from the Rosenheim League by Guy Gibbon, just part of a collection to be found via:*  
<http://herculeswimbledonac.org.uk/Track-&-Field.html>

### DOUBLE ROSENHEIM RELAY SUCCESS FOR HW



Filip, Antonio, Dwayne and Dominic close the match with their sprint relay win



*...and likewise by the women with winning team of Heather, Zoe, Natasha and Laura  
Photos by Lisa Thomas*

### **Sunday 19<sup>th</sup> June: Southern Athletic League, Match 3, Wimbledon Park**

Next Sunday sees the third of this season's Southern Athletic League matches which to the club's advantage is being held at Wimbledon Park. However, as with any home fixture, HW will be responsible for providing the usual collection of officials and relevant helpers. Offers of assistance would be welcomed by Richard Weston at [richard@richardweston.co.uk](mailto:richard@richardweston.co.uk) League rules state 'ALL clubs should provide **two** Timekeepers, **two** Track Judges and a Field team. **One** Timekeeper, **one** Track Judge and **two** Field judges will each gain two bonus points for their club' but this ruling is not often adhered to so it is mainly HW who have to provide the man (or woman) power!

The first field events are held at 12noon with the track races kicking off just 15min later. Of course the club will also require some athletes to collect those valuable points so would the men contact Fred Green [fredgreen14@yahoo.co.uk](mailto:fredgreen14@yahoo.co.uk) and the women, Heather Jones at [heatherannejones@outlook.com](mailto:heatherannejones@outlook.com)

Don't wait for the Team Managers to contact you...give them a surprise and make contact yourselves. Athletes U17+ are eligible to compete in either scoring or non-scoring events. There is a link to the timetable of events to be found here (line 3)

<http://www.southernathletics.org.uk/documents.html>

**TALK ABOUT CLOSE!**



Thanks goodness that photo finish was in place for last week's Rosenheim League women's 100m hurdles race when Heather Jones was given the nod over her race rival Pippa Messenger of Herne Hill Harriers. Both ladies were credited with the time 20.10sec

### SEAN HALL JOINS 800m HALL OF FAME

As you may note from the results section the HW 800m all-time list has incurred a rare entry with a stunning 1:51.44 by Sean Hall entering the list in fourth place.

Thought you might like to view the current top=ten with some legendary names making an appearance.

**800m** y = 880 yards -0.7

1:47.2	Mark Winzenried	1974	AAA Champs, Crystal Palace
1:47.5y	Mike Varah	15/7/1967	White City, London
1:49.8y	Terry Keen	25/5/1963	Surrey Champs, Motspur Park
1:51.44	Sean Hall	4/6/2016	British League, Manchester
1:51.9	Mike Beevor	1968	
1:52.1	Justin Fairbrother	1991	Inter County Match, Aldershot
1:52.3	Simon Wilson	20/5/1990	Surrey Champs, Croydon
1:52.38	Paul Moulton	17/6/1990	SoEAA Champs, Crystal Palace
1:52.8	Keith Hylands	1/7/1969	SoEAA Champs, Crystal Palace
1:52.8	Simon Rayner	1991	Open Meeting, Horsham

### NEXT MONDAY IS CLOSING DATE FOR 'LONDON' GOOD FOR AGE ENTRIES

Good For Age entries are now open for the London Marathon 2017, which is earlier than usual, and you only have until 20th June to apply. Full details of qualifying times etc are on the Virgin London marathon website.

<https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/good-age-entry/>

### REBEKAH GRABS A PB AT LONDON SCHOOLS



Rebekah –seen here in 2<sup>nd</sup> place - in a ‘hair raising’ race as she heads to a 1500m PB 5:02.02 for 4<sup>th</sup> place in London Schools at Battersea Park

### WANT TO OBTAIN AN EA ATHLETICS COACHING QUALIFICATION?

LC0230	LiRF	26/06/2016	St Mary's University College, Waldergrave Road, Strawberry Hill, Twickenham, TW1 4SX
LC0215	Coaching Assistant	09-10/07/2016	David Weir Leisure Centre, Middleton Rd, Carshalton SM5 1SL

If anyone is interested in the above courses please contact Sheila White in the first instance. Assistance towards the course fees can possibly be arranged by HW.

[sheila@herculeswimbledonac.org.uk](mailto:sheila@herculeswimbledonac.org.uk)

### EXCELLENT NATIONAL ROAD CHAMPIONSHIP RESULT FOR HW

The final team positions for the Vitality 10,000 run in London on Monday, May 30 have now been resolved with the news that the HW men secured their highest ever placing of seventh as first Surrey club home in this, the official UKA Championship.

Well done to the team of Jonny Cornish, Belal Ahmed and Richard McDowell.

**Teams (3-to-score):** 1 Aldershot F&D 1:31:41; 2 Highhate 1:32:51; 3 Notts AC 1:35:22; 4 Bedford & Cty 1:35:39; 5 Kent 1:35:46; 6 Serpentine 1:36:06; 7 Hercules Wimbledon 1:36.50; 8 South London H 1:36:56 (221 teams closed in)

### NEWS OF TRACK CLOSURE OVER JUNE WEEKEND

Just a short notice to advise that HW will not have use of the track during the weekend of June 25 and 26 due to an alternative event taking place on those dates.

## A TOUCH OF INSPIRATION FOR OLYMPIC YEAR

<https://www.youtube.com/embed/iRyIBsSWLJI>

**PB:** take a look in disbelief at that 800m by Dave Wottle (USA)

### SOME FINE ACTION FROM GINA IN THE PREVIOUS WEEKEND'S DUATHLON



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### Sunday 26: Ebbisham Boys League 2, Tooting Bec

Here's an early notice for the Ebbisham League to be held nice & local at Tooting Bec on Sunday week, so boys (and coaches), put it in your diary now.

We don't appear to have a regular Team Manager for the boys this season but Pete will be there on the day to hand out numbers etc. However, any assistance on the day from parents and or friends would be much appreciated, especially with Field Event duties.

### JUST SOME OF THE ACTION FROM LAST NIGHT AT WIMBLEDON PARK

Some action below of last night's action in the Veterans' League fixture at Wimbledon Park as captured – in between field event officiating – by Lisa Thomas.

A bit early in the day for results and report so will include them next week and include other photos taken by Lisa





### ANY SAINSBURY VOUCHERS IN YOUR POSSESSION?



Vouchers are no longer being issued in the Sainsbury stores so if you have any still in your shopping bags please get them down to the track clubhouse as soon as possible!

### ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

The annual registration starts on April 1<sup>st</sup> 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.

<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

#### **JUNE**

Tues 14: Veterans AC 5-mile Road Championships, Battersea Park

**Sun 19: Southern Athletic League, Match 3, Wimbledon Park**

Sun 19: Surrey Road League 4 10km, Petersham

Sun 26: Ebbisham Boys League 2, Tooting Bec

Wed 29: Rosenheim League, Match 4, Battersea Park

#### **JULY**

Sat 2: Lily B Girls League, Match 3, Guildford

Sun 10: Southern Athletics League, Match 4, Lewes, Sussex

Sun 10: Ebbisham Boys League 3, Coulsdon

Mon 11: Southern Veterans League 4, Croydon Arena

Tues 12: Veterans AC 5-miles Road, Battersea Park

Sat 17: Surrey AA Road League 5, 7-miles, Chipstead

Wed 20: Rosenheim League, Match 5, Tooting Bec

Fri/Sat 22/23: London Anniversary Games, Stratford

Sat 23: Herne Hill H Open Meeting, Tooting Bec

Sun 24: Surrey Road League 6, 10km, Petersham

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**

**June 4: British Athletics League, Premier Division, Sports City, Manchester**

**800 (n/s):** 1 Sean Hall 1:51.44 (4<sup>th</sup> HW SM all-time)

A result from last week missing from Power of 10

**June 5: Surrey County AA Masters Championships, Ewell**

**M45**

**100:** 1 Dominic Bokor-Ingram 12.23/+1.8

**200:** 2 Dominic Bokor-Ingram 24.35/+0.5

**400:** 1 Dominic Bokor-Ingram 52.65 (HW M40 record)

**Note:** previous HW M40 record holder was European Champs 400m hurdles competitor Robin Woodland who clocked 52.7 in 1978.

More impressive is the fact that Dominic turned 48 in February but alas HW T&F records for the male masters have only been maintained in 10-year age bands since their inception.

## M50

**100:** 2 Mark White 12.23/+1.2 (4<sup>th</sup> HW M50 all-time)

**200:** 1 Mark White 25.0/+2.2

**5000:** 1 Peter Lee 17:46.28 (11<sup>th</sup> HW M50 all-time)

## M55

**SP:** 1 Dave Orchard 10.39

**HT:** 1 Dave Orchard 28.38

## M60

**100:** 1 Paul Wignall 13.86/+0.3 (3<sup>rd</sup> HW M60 all-time)

**200:** 1 Paul Wignall 28.84/+1.0 (4<sup>th</sup> HW M60 all-time)

## M70

**800:** 1 Peter Giles 2:44.63 (CBP)

**1500:** 1 Peter Giles 5:29.18 (CBP)

## M75

**PV:** 1 John Webster 1.52

**SP:** 1 Kevin Burnett (2C) 5.94 2 Tom Pollak 5.71

**DT:** 1 John Webster 20.38 (HW M75 record)

**HT:** 1 John Webster 28.36 (CBP) 2 Kevin Burnett (2C) 15.77

**JT:** 1 John Webster 22.51

**Heavy Hammer:** 1 John Webster 10.04 (CBP); 2 Kevin Burnett (2C) 6.43

## Women

### W45

**5000:** 1 Vikki Filsell 20:43.8 (2<sup>nd</sup> HW W45 all-time)

## June 7: Crystal Palace Canter 5km, SE19

1 Felix Allen (HW) 20:35; 2 Peter Walsh (Unattached) 23:19 **Other HW:** 7 Stuart Littlewood 26:20 (15 finishers)

## June 7: Banbury 5 miles Road, Oxon

1 Toby Spencer (Coventry Godiva) 24:39 **HW:** 313 Colin Bricher (2C) 52:29 (315 finishers)

## June 8: Rosenheim League, Eastern Division, Match 3, Wimbledon Park

### Men

**Match result:** 1 Croydon H 45; 2 Hercules Wimbledon 44; 3 Belgrave H 42; 4 Serpentine 40; 5 Herne Hill H 35; 6 Holland Sports 33

**Positions after three matches:** 1 Croydon H 16.5 (143); 2 Belgrave H 15 (147); 3 Serpentine 9.5 (112); 4 Hercules Wimbledon 9 (108); 5 Herne Hill H 8 (110); 6 Holland Sports 5 (103)

**100:** 2 Antonio Douglas 11.33/+0.4 **N/S 1:** 2 Dominic Bokor-Ingram 12.38/+0.2 **N/S 2:** 5 Filip Dabinski 12.03/+0.1 **N/S 4 (+0.4):** 2 Richard Agyapong 11.64; 3 Tom Meehan 12.17

**200:** 4 Filip Dabinski 23.49/-0.4 **N/S 1:** 4 Tom Meehan 25.04/+0.5

**400:** 2 Dominic Bokor-Ingram 53.18 **N/S 1:** 2 Lloyd Smith 56.28; 4 Fraser Hagell 61.23

**800:** 1 Cassian Hyde 1:59.97; 4 (n/s) Aaron Smith 2:11.52 **N/S 1:** 3 Matt Gibbons 2:15.26; 4 Stephen McDuell 2:15.43; 6 Henry Silverstein 2:21.63; 8 Simon Woodley 2:23.63

**1500:** 3 (n/s) Jonathan Cornish 4:06.26; 7 (n/s): Sam Barker 4:27.14; 8 (n/s): Richard McDowell 4:27.98; 9 Joe Toomey 4:34.52 **N/S:** 5 Peter Collins 4:53.81; 6 Peter Lee 4:58.12; 8 Simon Woodley 5:00.27; 9 Paul Lemmon (2C) 5:08.77

**3000:** 2 (n/s): Jonathan Cornish 8:53.62; 3 Belal Ahmed 9:09.50; 7 (n/s): Robert Tuer 9:12.41; 8 (n/s) Joe Clark 9:12.56; 10 (n/s) Sean Crummy 9:29.47; 19 Khaled Diaw 10:33.66

**N/S:** 1 Peter Collins 10:28.32

**4x200:** 1 Hercules Wimbledon 1:31.90

**HJ:** 5 Piers Willoughby-Strauss 1.30

**LJ:** 3 Piers Willoughby-Strauss 4.92

**SP:** 4 Piers Willoughby-Strauss 8.00 **N/S:** Kevin Snelling 7.49

**JT:** 7 Piers Willoughby-Strauss 19.23 **N/S (700g):** Kevin Snelling 22.04 **(600g):** Kevin Burnett (2C) 11.39

### **Women**

**Match result:** 1 Hercules Wimbledon 65; 2 Herne Hill H 56; 3 Serpentine 38; 4 Belgrave H 24; 5 Croydon H 29

**Positions after three matches:** 1 Hercules Wimbledon 18 (179); 2 Herne Hill H 14 (126); 3 Croydon H 10 (85); 4 Belgrave H 10 (85); 5 Serpentine 8 (68); 6 Holland Sports 2 (4)

**100 (+0.1):** 1 Laura Wignall 13.80; 2 (n/s) Natasha Hibberd 14.53

**200 (=0.1):** 1 Heather Jones 29.85; 2 (n/s): Natasha Hibberd 30.25

**400:** 2 Laura Wignall 65.46

**800:** 5 (n/s): Marilena De Luca 2:47.44 (**HW W40 record**); 6 Francesca Clarke 2:48.19 (**2<sup>nd</sup> HW W40 all-time**)

**1500:** 3 Francesca Clarke 5:51.09; (**3<sup>rd</sup> HW W40 all-time**) 6 (n/s) Marilena De Luca 5:53.87 (**4<sup>th</sup> HW W40 all-time**)

**3000:** 3 Marilena De Luca 13:03.96 (**4<sup>th</sup> HW W40 all-time**)

**100H:** 1 Heather Jones 20:10

**4x200:** 1 Hercules Wimbledon 2:00.42

**HJ:** 1 Heather Jones 1.15

**LJ:** 1 Heather Jones 3.95

**SP:** 1 Zoe Leake (HW debut) 8.45 (**12<sup>th</sup> HW SW all-time**)

**JT:** 1 Kim Jansenn (HW debut) 16.35

### **June 11: London Schools Championships, Battersea Park**

#### **Junior Boys**

**200:** 1 Jaleel Roper 23.25 (**=3<sup>rd</sup> HW U15B all-time**)

#### **Junior Girls**

**1500:** 4 Rebekah Riches 5:02.02 (**12<sup>th</sup> HW U15G all-time**)

### **June 11: Surrey Schools Championships, Kingston**

#### **Inter Boys**

**1500:** 6 Henry Silverstein 4:33.46

#### **Inter Girls**

**800 (heat 1):** 6 Kate Johannsen 2:48.1

#### **Junior Girls**

**1500:** 14 Selma Hegvold 5:26.96

### **June 11: Middlesex Schools Championships, Hendon**

#### **U17 Men**

**1500:** 6 Eitan Orenstein 4:21.6 (**20<sup>th</sup> HW U17M all-time**)

#### **U15 Boys**

**1500:** 4 Daniel Illis 4:40.6

### **June 11: Sri Chinmoy 10km, Battersea Park**

1 Peter Lighting (Kent) 33:55 **HW:** 36 Tom Cheetham 39:45 (101 finishers)

### **June 11: Cornwall Schools Championships, Par**

## **U15 Boys**

**800:** 1 Harris Mier (2C) 2:06.2

## **June 11(a)/12(b): South of England Senior & U20 Championships, Lee Valley**

### **Senior Men**

**5000(a):** 4 Jonathan Cornish 15:11.56; 18 Sean Crummy 16:50.69

### **U20 Men**

**200(a):** 4 Chad Miller (U17) 22.24/-1.7 (**heat 3**): 3 Chad Miller 22.27/+0.1

**400(b):** 7 Nimi Kolade 50.19 (**13<sup>th</sup> HW U20M all-time**) **Heat 2(a):** 4 Nimi Kolade 50.58

### **U17 Men**

**3000 (b):** 4 Sam Barker 9:44.91; 5 Henry Silverstein 9:46.42

### **Senior Women**

**100(a) heat 1:** 5 Tabita Butuli 12.56/+0.5

## **June 11: parkrun 5km, Wimbledon Common**

1 Andy Weir (Thames H&H) 17:14 **HW:** 5 Peter Collins 18:29; 9 Stewart Bond 19:08; 14 Charles Hampden-Smith 19:45; 19 Ian Higgins (2C) 19:54; 29 Adam Fenton 19:55; 23 Gina Galbraith (2<sup>nd</sup> F) 20:00; 25 Victor Ray 20:05; 30 Shaun Overy 20:31; 34 Sam Masters 20:42; 41 Peter Metcalf 20:55; 48 John Townsend 21:13; 51 Simon Woodington 21:21; 52 John Krause 21:25; 55 Elle Weir 21:58; 69 Tor-Ivas Guttulsrod 22:08; 76 Celia Willis 22:31; 101 Charles Lawrie 23:13; 116 Howard Hopkins 23:36; 149 Paul Abraham 24:48; 153 Alastair Brown 24:55; 168 Florence England 25:27; 226 Katrina Murie 27:22; 227 David Scrimshaw 27:23; 248 Charlotte Smith 28:25; 248 Lia Davies 28:27; 292 Eva Davies 30:07; 397 Sophie Toomey 37:49 (419 finishers)

## **June 11: parkrun 5km, Bushy Park, Teddington**

1 Tom Jervis (Warrington) 15:53; 2 Kieran White (HW) 16:38 (**=2<sup>nd</sup> HW M40 all-time**)

**Other HW:** 11 Claire Grima (2<sup>nd</sup> F) 18:06; 67 Richard Clark 20:36 (1048 finishers)

**Note:** Current HW M40 record is 16:37 set by Steve Sinnott in Surrey Road Champs, West Wimbledon in August 2003.

## **June 11: parkrun 5km, Bishops Park, Fulham, SW6**

1 James Williams (Wimbledon Windmilers) 16:16 **HW:** 11 Megan De Silva (2C-1<sup>st</sup> F) 18:23; 27 Ewan White 19:46; 123 Michelle Howie 24:06; 124 Alexander Cooke 24:13; 313 John Wasbrough 35:14 (323 finishers)

## **June 11: parkrun 5km, Richmond Park**

1 Simon Barrett (Serpentine) 17:00 **HW:** 107 Alex Dunne-Gundry 24:41 (331 finishers)

## **June 11: parkrun 5km, Harrow**

1 Martin McClean (Unattached) 18:37 **HW:** 16 Tom Morris 22:36 (137 finishers)

## **June 11: parkrun 5km, Brueton Park, Solihull**

1 Gareth Wainwright (Unattached) 17:19 **HW:** 138 Tomo Kikugawa 25:33; 274 Angela Kikugawa 31:05 (386 finishers)

## **June 11: parkrun 5km, Newbury, Berks**

1 James Craggs (Newbury) 16:53 **HW:** 29 Caroline Jackson 20:54 (471 finishers)

## **June 11: parkrun 5km, Barking, Essex**

1 Kieran O'Hara (Havering) 19:00 **HW:** 19 Victor Hutchins 23:49 (80 finishers)

**June 11: parkrun 5km, Southwark Park, Bermondsey, SE16**

1 Ben Heron (Eye) 16:38 **HW:** 104 Dennis Williams 24:48; 190 Ian Isherwood 32:31 (203 finishers)

**June 11: parkrun 5km, Tooting Common, SW17**

1 Jonathan Pim (Wimbledon Windmilers) 17:09 **HW:** 68 Luke Metcalf 22:06 (374 finishers)

**June 12: Junior parkrun 2km, Wimbledon Park**

1 Ben Palmer (Unattached) 7:47 **HW:** 3 Valerie Parocki (1<sup>st</sup> F) 8:24; 9 Ophelia Lanfranchi 9:40; 35 Ksenia Musatova 11:30; 41 Luca Grima 11:42; 45 Sam Edmondson 11:51 (107 finishers)

**June 12: Thames Turbo Junior Aquathlon, Hurst Pool & Park, West Molesey  
Swim 400m – Run 3.5km**

1 Reef Boericke.18:25 (4:51, 0:24, 13:11); 2 Zac Purnell (HW) 18:39 (4:48, 0:23, 13:28)

**June 13: English Schools Cup, South East Regional Final, Lee Valley**

**Junior Boys**

**800:** Chris Hardy 2:34.9

**1500:** Declan Connolly 5:02.6

**TJ:** Declan Connolly 8.02

**AND FINALLY**

