

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C MAY 1, 2016



STUNNING 200M AND 400M TIMES BY DWAYNE COWAN

THE SPRINTING MILLER BROTHERS KICK-OFF THEIR SEASON IN STYLE

ANOTHER BUSHY PARK PARKRUN FIRST FOR JONATHAN CORNISH

ZIPPORAH GOLDING THIRD RANKED IN UK 2016 LISTS

SUNDAY MAY 8 - EBBISHAM BOYS LEAGUE, STOMPOND LANE, WALTON

This weekend (Sunday) sees the first of the season's Ebbisham League fixture and let us hope we can match the HW numbers that turned out in force for the Girls Lily B League last weekend.

Pete Mulholland will be there with the letters for our match scorers plus there will be numbers available for any non-scorers so everyone will get the opportunity to compete – even the U11s

As per normal HW will be expected to supply their share of helpers so if there are any club members and/or dads out there who can assist for a small part of the day it would be much appreciated.

EBBISHAM LEAGUE 2016 MATCH 1

SUNDAY 8th MAY 2016

STOMPOND LANE SPORTS GROUND

STOMPOND LANE
WALTON ON THAMES
KT12 1HF

DIVISION 1	DIVISION 2
D: DORKING & REIGATE	A: LONDON A.C.
F: HERNE HILL	C: CROYDON
G: GUILDFORD & GODALMING	E: EPSOM & EWELL
K: KINGSTON & POLYTECHNIC	H: HERCULES WIMBLEDON
L: SOUTH LONDON	O: HOLLAND SPORTS
W: WALTON	S: SUTTON & DISTRICT

NOTE CLUBS SUPPLY YOUR OWN LETTERS

TRACK TIMETABLE		FIELD TIMETABLE	
1.00 80M HURDLES	U15 A & B	1.00 LONG JUMP	U13 A & B
1.10 75M HURDLES	U15 A & B	1.00 JAVELIN	U15 A & B
		1.00 HIGH JUMP	U15 A & B + U17 N/S
1.20 75M	U11 N/S		
1.40 100M	U13 A & B		
1.50 100M	U15 A & B		
2.10 100M	U17 N/S	2.30 SHOT	U13 A & B
		2.30 DISCUS	U15 A & B + U17 N/S
2.30 800M	U13 A & B		
2.45 800M	U15 A & B		
3.00 800M	U17 N/S	3.15 HIGH JUMP	U13 A & B
3.10 150M	U11 N/S		
3.20 200M	U13 A & B		
		3.30 TRIPLE JUMP	U15 A & B
3.30 200M	U15 A & B	3.30 JAVELIN	U15 A & B
3.40 200M	U17 N/S		
4.00 800M	U11 N/S		
4.10 1500M	U13 A & B	4.15 LONG JUMP	NON-SCORING
4.20 1500M	U15 A & B + U17 N/S		U11 U13 U15 U17
4.35 300M	U15 A & B		
4.45 400M	U17 N/S		
4.55 4 X 200M	U13		
5.00 4 X 200M	U15		
5.05 4 X 200M	U17 N/S		

U13's to compete before U15's except for the hurdles when the older boys compete first to enable the hurdles to be dropped. Run off both divisions at each age group, Division 1 first, before moving to next age group

Letters must be worn front & back for all scoring track events

Non scoring events for all track, plus field where gaps allow,

Numbers to be provided by HOME CLUB.

SOUTHERN COUNTIES VETERANS A.C. LEAGUE

MATCH 1 : MONDAY May 9th 2016

KINGSMEADOW (hosted by Kingston & Polytechnic Harriers AC)

MEN'S DECLARATION

Unavailable - injury Michael Franklin



EVENT	TIME	O/35 (83)	*	O/40 (84)	*	O/50 (85)	*	O/60(86)	O/70(87)	*
100m	19.00					Mark White	50			
1500m	19.20			Peter Lee	49			Charles Lawrie		66
400m	19.50					Mark White	50	Charles Lawrie		66
5000m	20.10			Peter Collins	45					
4x100m 2x35, 1x40, 1x50	20.40	(35)		(35)		(40)		Mark White (50)		
Hammer Throw	18.30					David Orchard Kevin Snelling (N/S)	55			
Pole Vault	18.30					David Orchard	55			
Discus Throw (officials HWAC)	19.15					David Orchard Kevin Snelling (N/S)	55			
Long Jump	20.00					David Orchard	55	Charles Lawrie		66

Masters' Team Manager Dave Orchard reckons that 2016 will be 'the summer of success' as the Veterans League kicks off on Monday, May 9,

You can see from the above team sheet there are still quite a few places where team spots need filling so don't delay in coming forward.

Wed 11: Rosenheim League, Match 1, Battersea Park

Dear track & field athletes,

The Rosenheim league is upon us... Next Wednesday 11th May sees the first of a series of midweek track meets across Battersea Park, Wimbledon Park, Croydon, Tooting and Kingston.

These evenings always provide good competitive action and are always a great additional track session to a week's training.

We are keen to get our name back on the famous Rosenheim plate as winners so please email me at pglynn79@gmail.com to let me know whether you will be there. The fixture lists are all listed on the website.

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

Thanks

Philip Glynn (Team Manager)

The HW ladies who were winners of their section of the League are looking for a sound defence so once again Team Manager Heather Jones is seeking your full support so please contact her on heatherannjones@outlook.com and put her mind at rest!

IMPORTANT – OFFICIALS WANTED FOR SOUTHERN ATHLETIC LEAGUE Wimbledon Park – Sunday 22.05.16

I am Meeting Manager for the SAL on 22nd May. In the absence of a club Officials Secretary I am not sure how well off we are for officials, either track, field or ancillary. It is just as important to stage an efficient home meeting as it is to take advantage of it competitively to rack up league points. I am looking for as many helpers and willing volunteers as we can muster, no experience necessary. It is not even necessary to make yourself available all day, if helping out at one field event or sharing a results job with somebody else is all you can manage. Let me bang the drum of that good old chestnut – no officials, no competition. Your club needs you, whatever your skill, or lack of it. This is an opportunity for non-competing athletes to put something back into the club for all the work done by not very many people on your behalf to provide you with training and competition facilities. Names to me please. In advance would be appreciated because we have to plan things and allocate jobs and it's not easy to do that on the day.

Richard Weston at richard@richardweston.co.uk (T) 020-8540 6016 (M) 07795-082086

SPRINTERS SHOW FINE FORM AT HOME AND ABROAD

Hercules Wimbledon Athletic Club's IAAF World and Commonwealth Youth Games medallist Rehmial Miller made a superb start to his outdoor season with an impressive 100m victory at Lee Valley while fellow club member Dwayne Cowan smashed two club records in the USA, reports Tom Pollak.

Miller, who took silver in Samoa and bronze in Columbia over 100 metres in the Commonwealth and World Youth Championships last summer, stormed to victory in 10.48 seconds, the fastest time by a British teenager this year. His time was significantly faster than the time he achieved in his opening 100m race last summer - 10.66, also at Lee Valley. Miller, 17, winner of the under 20 60m silver medal in the England indoor championships in Sheffield in January, boosted his hopes of representing Britain in the IAAF World Junior Championships in Poland in July. His time was only three-hundredths of a second outside the World Championships qualifying time. He has a best of 10.35 set at the Bedford International Games last May which ranked him fourth under 20 100m runner in the UK in 2015.

“Rechmial has been training and racing hard throughout the winter,” said his dad Paul, himself a former Surrey 100m sprint champion. “He’s stronger and fitter than he was this time last year and on this form he should make the World Championships.”

Across the Pond, Cowan also showed stunning form at the NTC/Pure Athletics Spring Invitational Meeting at Clermont. He finished second in his 400m race in 46.17 to eclipse his previous club record of 46.25 to post a big lifetime best and, more significantly, clock a much faster time than international one lap runners and Rio team contenders Nigel Levine and Conrad Williams who clocked slower 46.50 and 46.70, respectively, at the same meeting. Cowan, 31, boosted his hopes of representing Britain in either the Rio Olympics or the European Championships as only one British one-lap runner has posted a faster time this year. But, he needs to take almost half-a-second off his best time to achieve the Euro qualifying standard of 45.70 and go even faster, 45.40, to gain consideration for Rio. To underline the form he is in, though, he also broke his club 200m record of 21.08 at the same meeting by clocking 21.01. He is the current South of England senior men’s 200m champion. Also in the States, Hercules Wimbledon’s Max Mondelli showed good form in the Virginia Challenge Meeting in Charlottesville finishing second in his 200m race in 21.65 and fifth in his 100m in 10.88.

Two other Hercules Wimbledon youngsters to also show impressive form at Lee Valley were Chad Miller and Zipporah Golding. The younger Miller brother, 16, clocked a personal best 100m of 11.15 to improve on the 11.18 he clocked at the Hercules Wimbledon Young Athlete Open Meeting last month. He ranks eighth in the UK for his age group this year. Golding, 12, posted a lifetime best of 13.37 for 100m, a time which ranks her second in the UK for her age group this year.

Hercules Wimbledon’s Jonathan Cornish completed a hat-trick of wins when he beat a 1177-strong field to win the Bushy Park 5km parkrun on Saturday. He clocked 15:44 to win by exactly a minute. It was his fifth win in the event since making his debut in June last year. Hercules Wimbledon runners packed well on Wimbledon Common filling three of the top four places with Richard McDowell, Jonny Earl and Finn Johnson finishing second, third and fourth in 17:32, 17:38 and 17:45, respectively. Lisa Thomas posted the top women’s age-graded performance in finishing third in the women’s race in 21:03. Twenty-six Hercules Wimbledon runners were among the 373 finishers.

Hercules Wimbledon youngsters took the individual honours in the Wimbledon Park junior 2km parkrun on Sunday. Teenager Sacha Ormiston headed home the 118-strong field to win in 7:50 to post his sixth win in the event since his debut appearance in February last year. He was just 10 seconds outside his best time. Selma Hegvold was third and first girl in a personal best of 8:31. She shaved three seconds off her previous best set in February. It was her first win since October last year. Sonny Peterson also clocked a personal best in finishing fifth in 8:50 with Cate Coverley ninth and third girl in 9:15 on her debut appearance. Rob Tuer was runner-up out of 259 runners in Brockwell Park in a personal best of 17:16. His previous best was 17:44 on his debut appearance back in August 2011. Chris Ore was third out of 219 finishers in Burgess Park in 17:19.

Hercules Wimbledon’s Andrew Penney just missed out on an individual medal when he finished fourth in the longest race of his life, the Richmond half-marathon, in 1:14:38. Penney, 24, missed out by just 20 seconds on third place. His previous longest race was less than half the distance, 10km.

Hercules Wimbledon athletes of all ages face a busy few days. The youngsters are involved in the opening Ebbisham Boys League meeting at Stompond Lane, Walton on Sunday with the senior runners competing in the second Surrey Road League race over 10km at Nonsuch Park, Cheam, starting at 9.30am. Older club athletes are in action in the opening Southern Veterans League meeting at Kingsmeadow Stadium, starting at 6.30pm and then, both men's and women's track and field teams take part in the opening Rosenheim League East Division match of the season at Battersea Park's Millennium Arena, next Wednesday (May 11th) starting at 6.45pm.

SHEILA WEATHERS THE STORM IN MORE WAYS THAN ONE

What a night it was on the occasion of the HW Open meeting held on Wednesday last week.

Weatherwise: just take a look at a report from the local Guardian newspaper,

'Hail has been "bucketing from the skies" above Wandsworth this evening.

Luke Wretham, 26, who lives in Tilehurst Road, Earlsfield, said: "I have never seen weather like this in late April in all my years.

"Thunder was booming just after 8pm followed by lightning, which you rarely see in London."

The marketing executive added: "I was astounded. It was bucketing from the skies.

"My housemate was out for a run and arrived back looking like a wet sock."

Jonathan Wood was walking up Magdalen Road, Earlsfield, when he was caught in the snow.

The analyst said: "I couldn't believe my eyes.

"Snow in April? Madness!"

Problems had already been faced by meeting organiser Sheila White when during the days prior to the event, one-by-one of the planned officials and helpers decided that they had other matters to deal with and just hours prior to the meeting commencing, doubts were made as to whether it could take place.

However, last-minute replacements stepped in and all was okay and all that was left to contend with were the 'stair rods' belting down for the well-attended 800m races and late into the night Richard Weston locked the gates from the park behind him.



Rebekah striding out in fine style at the Herne Hill H Open meeting
(note: results still awaited)

SUTTON 10km, NONSUCH PARK, CHEAM, SUNDAY, MAY 8

This is the second Surrey Road League race. Entries are still open. Details:

http://www.suttonrunners.org/sutton_10km/

HW ON THE TELLY!

Selma and Ellen get a TV interview 15 seconds into this!

<http://www.bbc.co.uk/programmes/p03s1gcz>

Do you want to run the 2017 Virgin Money London Marathon?

The public ballot entry system for the 2017 Virgin Money London Marathon will open to all applicants on Monday 2 May 2016. This ballot system will close at 17:00 on Friday 6 May 2016. The ballot will be open for five days to give everyone who would like to enter the event a fair chance to do so.

For details see:

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

If you enter the ballot, you will find out at the start of October 2016 whether or not you have been successful. If you have not heard from us by then, please contact our helpdesk on 020 7902 0200.

‘Good For Age’ Entry

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic [‘good for age’ entry into the 2017 Virgin Money London Marathon](#).

Talking of the London Marathon, Tom Pollak interviewed David Grima soon after the race

“Claire was really pleased with her run. She had said after last year's race that she felt 2.42 was achievable next time and I was willing to have a crack at that time to, so we set about our training with a goal marathon pace of 6.10m/m in mind.

“We were also really hoping to run together all the way, but accepted that in the marathon everyone has ups and downs at different time. I was comfortable until 14 miles but then I felt the familiar twinge of calf cramp and being fully aware that we had time to spare, decided to ease off which is when Claire pulled away. She was ably guided to the finish by Ben Noad, for which she was massively grateful. By all accounts he did a tremendous job keeping her on track, fetching drinks and general light entertainment! She also couldn't believe quite how many people he knew along the way!

“I was pleased to only lose a minute in the end. The cramps, which I am familiar with, were worse than they have been in my last few marathons, but I knew if I could get through the Docklands I can generally finish the last few miles off pretty well.

“It was great to come over the finish and see a good bunch of HW team mates had all had good runs”.

SURREY COUNTY AA 10KM CHAMPIONSHIP, RICHMOND, JUNE 19, HAM

Entries are coming in fast for the above, 246 so far with just two from HW. The race usually reaches its limit well before the date so get your entry in now via [Entries](#)

WEIGHT FOR IT AS TOM MAKES THE EFFORT

Tom Cheetham will be running the Paras 10 mile Endurance Race carrying 35 pounds at Colchester on 15th May to fundraise for injured Paratroopers – please support him on justgiving.com/tomcheetham

Note: while training for the event Tom has been carrying a backpack weighing 36 kilos!

HW MEMBERS MEET UP WITH MARATHON LEGEND THAT IS STEVE JONES



SURREY COUNTY AA TRACK & FIELD CHAMPIONSHIPS 2016

Held under UKA Rules for Competition 14th/15th May 2016 at Kingsmeadow Stadium KT1
3PB ONLINE ENTRIES Go to www.surreyathletics.org.uk ONLINE entries close MIDDAY
Wednesday 4th May

SURREY COUNTY MASTERS TRACK & FIELD CHAMPIONSHIPS, EWELL COURT, SUNDAY 5TH JUNE 2016 -

Entry via online system: Surrey Masters Athletics Championships

Events are only open to athletes aged 35 and over. The meeting will be held under WMA and UKA rules with Photo finish and EDM for long throws. Entry will be £6 per event plus PayPal booking fee. This year's event is the Surrey County AA Masters Championships, Sussex County AA Championships, and Open Masters Meeting.

All field events, with the exception of the pole vault and high jump, will be limited to four trials. Surrey medals will be awarded to the first three athletes in all events however many people have entered or are in the age category. The timetable will be sent to each athlete ASAP after the closing date, however the expected start time for the field events is 10am and the track is 12 noon.

To enter the Surrey County AA Masters Championships you must possess a

current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. Due to a current low number of field officials there may be a need to cancel some field events for safety reasons, however athletes will be notified of any cancellations ASAP after the closing date and will receive a refund for these events.

Closing date for entries 14th May – NO LATE ENTRIES and NO ENTRIES ON THE DAY

Information line 07968 131 577 up to 9pm

CABBAGE PATCH 10 miles, TWICKENHAM

After having to be cancelled in 2015, the Cabbage Patch 10 is back this year on Sunday 16th October. I'm not sure what the entry limit is, but over 800 are already on the list so if you plan to run, don't delay.

Above as reported in Ranelagh H e-news.

CAR PARKING PROBLEMS AT THE TRACK

It was recognised that if parents are driving down to the track to drop off children and back up again, there is no room for two vehicles to pass; however it should be impressed on parents that they must park in the car park and walk down with their children, if necessary.

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.

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.

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

Please note UK Athletics has announced that from 1st April it will be taking a stronger line with respect to registration. Information for athletes is at 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

MAY

Sun 8: Ebbisham Boys League 1, Walton

Sun 8: Surrey AA Road League 2, 10km, Nonsuch Park, Cheam

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

JUNE

Sat 4: Lily B Girls League, Match 2, Croydon

Sun 5: Surrey County AA Masters Championships, Ewell Court

Sun 5: Surrey Road League 3 10 miles, Dorking

Wed 8: Rosenheim League, Match 3, Wimbledon Park

Mon 13: Southern Vets League 3, Wimbledon 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

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

April 12: Veterans AC 5-miles, Battersea Park

1 Paul Cheetham (Stragglers) 26:54 **HW**: 12 Tom Morris 35:46; 17 Dennis Williams (1st M70) 41:41 (3rd **HW M70 all-time**) (24 finishers)

April 27: Hercules Wimbledon Open Meeting, Wimbledon Park

100 (race 1)(w/s: -1.3): 1 Paul Wignall 14.35; 2 Stoil Iliev 14.46; 3 Olivia Drigui 14.67; 6 Peter Giles 16.60* (**HW M70 record**) (**race 2)(-1.1)**: 4 Emilie Bokor-Ingram 14.42; 5 Charles Lawrie 14.85 (**race 3)(-1.1)**: 2 Dominic Bokor-Ingram 12.53; 3 Jack Powell 12.95 (**race 4)(-1.1)**: 3 Filip Dabinski 11.94; 4 Mark White 12.52 (4th **HW M50 all-time**)

- M70 record was Tom Pollak with 17.8

200 (race 1)(+0.2): 4 Stoil Iliev 30.98; 6 Peter Giles 34.49 (**Inaugural HW M70 record**) (**race 2)(+0.7)**: 1 Paul Wignall 30.0; 2 Olivia Drigui 30.1; 3 Maya Marek 30.2; 4 Charlotte Mantle 30.34; 5 Charles Lawrie 30.81 (**race 3)(+0.7)**: 2 Jack Powell 26.1; 3 Aaron Smith 26.5 (**race 4)(+0.7)**: 1 Dylan Rubini 23.4; 3 Filip Dabinski 24.3; =4 Dominic Bokor-Ingram 25.3; =4 Mark White 25.3

400 (race 1): 3 Maya Marek 67.30; 4 Peter Giles 76.13** (**HW M70 record**) (**race 2)**: 2 Emilie Bokor-Ingram 62.95; 3 Charles Lawrie 69.60 (**race 3)**: 3 Adam Bellis (2C) 51.90; 4 Hamed Agboke 53.75; 5 Lucas Norfolk 56.28; 6 Aaron Smith 59.21

** M70 400m record was 78.22 (indoors) held by Peter Giles

800 (race 1): 2 Billy Nutbourne 2:36.29; 5 Jacopo Bonetti 2:46.79; 6 Georgie Clarke 2:51.57; 7 Lia Davis 3:04.43; 8 Eva Davis 3:05.69; 9 Joel Berhane 3:09.80 (**race 2)**: 3 Rebekah Riches 2:35.21; 7 Fred Jimack 2:50.36; 8 Valerie Parocki 2:52.04 (**race 3)**: 1 Lucas Jeffs 2:13.99; 2 Finlay White 2:20.85; 3 James Forde 2:23.39; 4 Henry Silverstein 2:23.98; 6 Alexander Abraham 2:24.80; 11 Ewan White 2:47.11; 12 Sam Masters 2:49.15 (**race 4)**: 2 Lloyd Smith 2:11.09; 4 Sam Barker 2:12.66; 8 Eitan Orenstein 2:14.56; 9 Edward Charlesworth 2:16.66; 10 Gordon Lilly 2:16.72; 5 Amy Miller 2:21.57

April 27: Lee Valley Summer Sprint Series

100 (race 4): 4 Tabita Botuli 12.73/+2.4 (**race 6)**: 7 Zipporah Golding 13.37*/+2.1 (**race 8)**: 6 Ralphael Buckle 11.41/0.0 (**race 11)**: 1 Rechmial Miller 10.48/0.3*; 7 Chad Miller 11.15/+0.3 *** (14th **HW U17M all-time**)

200 (race 5): 6 Devonte Casely-Hayford 24.72/-0.1 (**race 7)**: 3 Chad Miller 21.93/+1.1

- Rechmial: fastest UK U20M for 2016
- ** Zipporah: 2nd fastest UK U13G for 2016
- *** Chad: 3rd fastest UK U17M for 2016

April 27: Raven's Run 5km Handicap, Wapping

Fastest: 1 Rob Laing 16:36; 2 Stuart Fraser (HW) 17:25; **Other HW**: 4 Peter Lee 17:49 (24 finishers)

April 30: NTC/Pure Athletics Spring Invitational, Clermont, FL, USA

200 (race 2): 5 Dwayne Cowan 21.01/+0.2* (**HW record**)

400 (race 1): 2 Dwayne Cowan 46.17** (**HW record**)

- 200m previous record held by Dwayne was 21.08/-1.3 although he has a wind assisted 21.00 to his credit

** 400m previous record held by Dwayne was 46.25

April 30: British Universities Champs (BUCS), Bedford

1500 (Heat 3): 6 Cassian Hyde 4:13.37

April 30: Lily B League, Kingston

Results not yet available

April 30: parkrun 5km, Wimbledon Common

1 Keith MacKintosh (Wimbledon Windmilers) 17:06; 2 Richard McDowell (HW) 17:32; 3 Jonny Earl (HW) 17:38; 4 Finn Johnson (HW) 17:45 **Other HW:** 8 Henry Silverstein 18:11; 14 Darren Keane 19:42; 17 Michael Burt 19:51; 18 Richard Evans 19:53; 20 Charles Hampden-Smith 19:58; 21 Ian Higgins (2C) 20:00; 23 Adam Fenton 20:04; 26 Simon Bodle 20:14; 35 Tom Cheetham 20:38; 42 John Townsend 21:00; 44 John Krause 21:01; 46 Lisa Thomas (3rd F) 21:03; 70 Tor-Ivar Guttulsrod 22:20; 82 Charles Lawrie 22:50; 84 David Lanfranchi 22:54; 114 Victor Ray 24:10; 115 Kirsty Wheeler 24:12; 140 Alastair Brown 24:59; 146 Sam Barker 25:11; 158 Peter Metcalf (2C) 25:36; 173 Vivien Urban 26:00; 217 Andrew Balcerkiewicz 27:19; 338 Sophie Toomey 35:01 (373 finishers)

April 30: parkrun 5km, Bushy Park, Teddington

1 Jonathan Cornish (HW) 15:44; 2 Matt Atkins (Kingston & Poly) 16:44 **Other HW:** 15 Peter Lee 18:17; 17 Richard Clark 20:21; 83 Emilie Bokor-Ingram 20:29; 124 Barry King 21:17; 255 Jessame Coulson 23:11; 379 Florence England 24:26 (1177 finishers)

April 30: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 Unknown 16:29; 2 Rob Tuer (HW) 17:16 (259 finishers)

April 30: parkrun 5km, Burgess Park, Walworth, SE17

1 David Kettle (Clapham Chasers) 17:12 **HW:** 3 Chris Ore 17:19; 53 Victor Hutchins 23:54 (219 finishers)

April 30: parkrun 5km, Richmond Park

1 Eirin McDaid (Ranelagh H) 16:59 **HW:** 164 Alex Dunne-Gundry 26:04 (407 finishers)

April 30: parkrun 5km, Roundshaw Downs, Croydon

1 Unknown 16:06 **HW:** 12 Felix Allen 20:43 (121 finishers)

April 30: parkrun 5km, Brueton Park, Solihull

1 Daniel Robinson (Birmingham) 16:26 **HW:** 155 Tomo Kikugawa 25:19 (418 finishers)

April 30: parkrun 5km, Newport, Isle of Wight

1 Daniel Eckersley (Kingston & Poly) 15:30 **HW:** 55 Ellen Weir 22:06 (211 finishers)

April 30: parkrun 5km, Hanley Park, Stoke on Trent

1 Unknown 17:43 **HW:** 38 Richard Mellor 22:03 (271 finishers)

April 30: parkrun 5km, Preston Park, Brighton, Sussex

1 Timmy Gedin (Arena 80) 16:43 **HW:** 165 Tony Austin 24:23 (449 finishers)

April 30: parkrun 5km, Bishops Park, Fulham, SW6

1 Milan Misal (Serpentine) 16:56 **HW:** 15 Fraser Hagell 18:41; 21 Ewan White 19:04; 59 Thomas Edge 20:57; 137 Michelle Howie 23:59; 227 Dennis Williams 27:04; 324 John Wasbrough 33:10 (355 finishers)

April 30: parkrun 5km, Beeston Park, Notts

1 James Read (Unattached) 18:24 **HW:** 30 Frank Wood 22:00 (252 finishers)

May 1: Ranelagh H Richmond Half Marathon, Petersham

1 Ollie Garrod (Epsom & Ewell) 72:06 **HW:** 4 Andrew Penney 74:38; 36 Peter Collins 81:12; 83 Andrew Blake 86:58; 124 Stewart Bond 90:43; 126 Mark Livingstone 90:46; 185 Peter Giles 96:28; 359 Maurice Sharp 1:47:56 (762 finishers)

May 1: Junior parkrun 2km, Wimbledon Park

1 Sacha Ormiston (HW) 7:50; 2 Willaim Schneider (Unattached) 7:53; 3 Selma Hegvold (HW, 1st F) 8:31 **Other HW:** 5 Sonny Paterson 8:50; 9 Cate Coverley (3rd F) 9:15; 10 Max Fawcett 9:24; 12 Charlotte Crump 9:33; 15 Emilie White 9:53; 27 Hannah Hegvold 10:13; 34 Ophelia Lanfranchi 10:49 (118 finishers)

May 2: Mile End Open Meeting

800 (race 2): 8 Valerie Parocki 2:45.41

May 2: Herne Hill H Open Meeting, Tooting Bec

Results not available

May 2: Pednor 5, Chesham, Bucks

1 Matthew Bennett (Soton) 26.18 **HW:** 196 Colin Bricher (2C) 52.38 (205 finishers)

AND FINALLY

