

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C MAY 15, 2016



ROSENHEIM MATCH VICTORY FOR HW WOMEN

U13G 100m CLUB RECORD & SURREY GOLD FOR ZIPPORAH GOLDING

13 INDIVIDUAL MEDALS FOR HW AT SURREY COUNTY CHAMPS

HW CONFIRMED AS EAST SURREY LEAGUE TEAM CHAMPIONS

IMPORTANT – OFFICIALS WANTED FOR SOUTHERN ATHLETIC LEAGUE

Wimbledon Park – next Sunday 22.05.16

Only a few days to go to the second most important track & field home fixture of 2016. Richard Weston is in charge of the stadium and equipment and will be working through the week (evenings) to make sure the stadium looks at its best. Any assistance gratefully received. In addition a final push will be made on Saturday to do all the last minute jobs (pits to fork over, equipment to collect and check, rope to put along track straights and general tidying up, plus the schools have totally messed up the high jump spike sheet so somebody needs to flatten and re-glue the foam please).

- It is also possible that we shan't have staff on Sunday so we could get out the competition hurdles and pole vault uprights/spike sheet on Saturday afternoon, but only if people turn up to help, freeing up a lot of time on Sunday.
- Having checked the implements last week Richard reports that an 800g Nordic Comet javelin (like the 2 which are in the container) cannot be found and is required for Sunday. If anybody can shed any light on its whereabouts, or better still return it, Richard would be grateful.
- As a club we are desperately short of officials. For this meeting we have to staff 2 concurrent field events requiring 8-10 people as well as a number of track judges (and timekeepers), plus the essential back-room staff, including refreshments. We badly need volunteers. For athletes this is putting something back into the club for all the training and competition support you receive. For parents of youngsters it is the same for what the club provides for your children, plus you would find it extremely rewarding to experience a track or field event up close and personal. No experience necessary and it is not an "all afternoon" duty, maybe an hour or so at most.

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

LUCKY 13 AT SURREY CHAMPIONSHIPS

Hercules Wimbledon Athletic Club enjoyed one of their best-ever years at the annual Surrey track and field championships at Kingsmeadow Stadium over the weekend, providing 13 medallists, four of them title winners, reports Tom Pollak.

Best of the quartet of gold medallists was 12-year-old Zipporah Golding who stormed to victory in the girls under 13 100m in a lifetime best of 13.03 seconds. Her time also topped the 2016 UK rankings for her age group and broke the 23-year-old club record for the event. Her time was achieved into a 1.1 metres per second headwind and improved on her wind-assisted 13.37 set at Lee Valley at the end of last month.

Golding easily won her heat in 13.69 and speeded up to take her semi-final in 13.57 before producing her gold medal-winning performance.

No less than four Hercules Wimbledon youngsters made the under 13 girls 100m final with Adaeze Onyejekwe taking the bronze medal in 13.72, easily her fastest time this season, with Tara Bartlett fifth in 14.04 and Darcy O'Shea eighth in 14.19. Bartlett clocked a faster 13.94 in finishing second in her semi-final while Darcy clocked a personal best of 14.15 in finishing fourth in her semi-final.

With Golding giving the 200m on Sunday a miss, Onyejekwe and Bartlett took silver and bronze in a season's best of 28.51 and a personal best of 28.58, respectively. There were also four Hercules Wimbledon girls in this final with Tamira Webster fifth 28.70 and O'Shea eighth in 29.49 after clocking faster times of 28.19 and 29.28, respectively, in their semi-final.

Another member of the Paul Miller sprint-training group, Jaleel Roper, took silver in the boys under 15 100m in a lifetime best of 11.53 after also improving own his previous best of 11.6 set in winning the London Schools title last June in winning his heat in 11.57. Two other members of the Miller sprint group to medal were Raphael Buckle and Tabita Botuli who took bronze medals in the under 17 men's 100m and senior women's 200m in 11.68 and 25.93, respectively.

Miller's sprint group won seven medals between them. "We did far better than I expected," said a delighted Miller. "Everyone ran up to expectation but they will all improve as the season progresses. I was protecting Golding and Roper by pulling them out of the 200m and Roper will go faster as he's still nursing the after-effects of a hamstring injury he suffered in February."

Hercules Wimbledon enjoyed a hat-trick of senior gold medallists. Sean Hall and Claire Grima, making their county championship debuts won the 800m and 3000m titles in 1:53.76 and 10:32.35 while Emily Martin retained her long jump title with 5.34m. All four Hercules Wimbledon senior women in action at Kingsmeadow came away with medals with Heather Jones taking silver in the 400m hurdles.

A fourth silver medallist was Harry Wright in the under 17 high jump where he cleared a personal best of 1.75m, also on his county championship debut. Completing the 13 medallists was Alex Forbes who clocked a lifetime best of 2:18.96 in taking bronze in the boys under 13 800m. Forbes, who was also making his Surrey debut, chopped more than 11 seconds off his best before the championships.

Hercules Wimbledon made a successful start to the defence of their Eastern Division women's title when they won their opening Rosenheim League match at Battersea Park. Highlight was a veterans over 40 club record by Elizabeth Stavreski in winning the 3000m in

10:59.01. Only other wins were provided by Heather Jones in the 100m and triple jump. The men's team were third in their match with 400m man Hamed Agboke the only winner.

Hercules Wimbledon's men just missed out by three points on winning their opening Southern Veterans League match at Kingsmeadow. Neil Guthrie took the over 35 1500m, Dominic Bokor-Ingram won the over 40 400m and Mark White the over 50 100 and 400m. The club's oldest athlete, John Webster, 77 next month, won the over 70 discus.

The women were third equal in their match. Gina Galbraith set a Hercules Wimbledon veteran women's over 40 record in winning the 1500m with Fran Clarke taking the B race and Alison Murray winning the pole vault. Lisa Thomas won the over 50 400 and 1500m while Anna Garner took the over 60 400 and 1500m events.

Galbraith and Thomas were first and second women finishers in the Wimbledon Common 5km parkrun on Saturday while Claire Grima was third woman in Bushy Park in 17:59, just two seconds outside her club record.

This weekend, Hercules Wimbledon host their second Southern Athletics League meeting at Wimbledon Park, on Sunday, starting at 12noon. Visiting teams are Epsom & Ewell, Kent AC and Eastbourne Rovers.



HW podium glory for the U13 100m girls Zipporah and Aadaeze



Raphael (3) sports his U17M 100m Bronze



200m U13 girls Adaeze (19) and Tara (3) make it another podium double for HW



A fine weekend for the young girls of Paul's sprint squad

Surrey County T&F Championships Medals won by HW members

Gold (4)

800m SM: Sean Hall

3000m SW: Claire Grima

100m U13G: Zipporah Golding

Long Jump SW: Emily Martin

Silver (4)

100m U15B: Jaleel Roper

200m U13G: Adaeze Onyejekwe

400H SW: Heather Jones

HJ U17M: Harry Wright

Bronze (5)

100m U17M: Raphael Buckle

200m U13G: Tara Bartlett

800m U13B: Alex Forbes

200m SW: Tabita Botuli

100m U13G: Adaeze Onyejekwe

WORTH A READ?

Here's an interesting article about running in the UK which might strike a chord with many an HW distance runner.

Hercules Wimbledon gets a mention but must admit I have no idea who Tom McKay is!

<https://meter.tracksmith.com/the-uk-is-the-best-place-in-the-world-to-be-an-amateur-runner-f6f447275c41#.nu6vzzrdf>



The HW ladies middle distance squad seen after their clean sweep in the Vets League 1500s



The record breaking HW dominate the Vets League 4x100m relay

A SPRINTER – A SPRINTER - MY KINGDOM FOR A SPRINTER!

Just a reminder that next Monday (May 23) at Ewell Court sees the second match of this season's veterans' league and there is no reason why HW cannot come away with a win. At the first match we lost out by just three points which wasn't helped by an absentee in one of the 100m races where six points were in our grasp by just finishing the distance! Get in touch with Team Manager David Orchard (orchy@canburyschool.org.uk) to fill all those gaps.

ROSENHEIM LEAGUE – PART 2 – CROYDON, MAY 25

Next Wednesday (May 25) there is the second of this summer's Rosenheim League which is to be held at Croydon Arena. Not the most exotic of venues but it is easily accessed by Tramlink from Wimbledon to the Arena stop adjacent to the venue.

Not always a well-attended venue by many clubs it's an ideal place to cover ALL of the events and add to our points tally.

Team Managers are Heather for the title defending women and Phil for the men, heatherannejones@outlook.com pglynn79@gmail.com and they are both looking forward to hearing from you!

BELATED EAST LEAGUE SUCCESS FOR HERCULES WIMBLEDON

Thanks to Matthew Kieran of Croydon Harriers on calculating the final places in the various categories for the East Surrey Winter League, he having taken on the workload of the late Ken Crooke who had almost single handed looked after the affairs of the League for nigh on 50 years.

It appears that HW has collected quite a few of the who will be able to collect their trophies at the start of next year's races in October.

East Surrey League 2015-16 – Final Standings

All trophies and shields will be presented in October after the cross-country race at Lloyd Park.

Individual standings (winners of each age group will be awarded a plaque). Runners have to compete in all three fixtures to be initially eligible. If an age group has no athletes that did all three races, then the best two races will be taken in account instead.

Under 15 Boys

- 1 Henry Silverstein (Hercules Wimbledon) – $1+1+1 = 3$
- 2 Sam Barker (Hercules Wimbledon) – $2+2+2 = 6$
- 3 Alexander Abraham (Hercules Wimbledon) – $3+3+3 = 9$

Under 13 Girls

- 1 Rebekah Riches (Hercules Wimbledon) – $3 + 2 + 5 = 10$

Young Athletes Trophy (Mixed/M&F)

- 1 Hercules Wimbledon $24 + 26 + 32 = 82$
- 2 Sutton & District $35 + 35 + 37 = 107$
- 3 Herne Hill $74 + 21 + 27 = 122$

Women

- 1 Diane Norman (Epsom & Ewell) $1 + 2 + 1 = 4$
- 2 Marta Ceccuni (Epsom & Ewell) $2 + 8 + 3 = 14$
- 3 Lisa Thomas (Hercules Wimbledon) $6 + 10 + 2 = 18$

W50

- 1 Lisa Thomas (Hercules Wimbledon) $1 + 1 + 1 = 3$
- 2 Judith Cartledge (Lingfield) $2 + 2 = 4$

Under 20 Men

- 1 Barnaby Woods (Hercules Wimbledon) $1 + 1 + N/A = 2$

Senior Team (Mixed/M&F)

- 1 Hercules Wimbledon $46 + 10 + 73 = 129$
- 2 Epsom & Ewell $48 + 59 + 29 = 136$
- 3 Croydon $52 + 73 + 37 = 162$

TOM REPORTS ON HIS COLCHESTER CHALLENGE

I have completed the 10 Mile tactical advance to battle challenge, carrying 35 pounds weight in a rucksack on my back, wearing boots and heavy army trousers. My time was 1.48.43 I did it in the qualifying time for a 20 year old to join the Paratroop Regiment and I am 49 – so I must say I surprised myself! They make it very realistic, wading through swamps and two lakes where you are up to your chest in water, which was rather difficult carrying the heavy weight. I have done this to raise funds for severely injured soldiers and their families – they are here to protect us and are putting their lives on the line every day. PLEASE DO SUPPORT THIS VERY WORTHWHILE CHARITY WHICH I HAVE COMPLETED THIS CHALLENGE FOR. MY JUSTGIVING PAGE IS: www.justgiving.com/tomcheetham



Tom: taking a well earned post-race rest and his 35lb payload

CONGRATULATIONS TO JUSTIN KELLY ON HIS NEW ARRIVAL

Justin, Finn, Evan and I are so pleased to introduce Dionne Jean Kelly, born 16th May at 1323. Weight 3.17kgs and 50cm long. We love her to bits!! ☐☐

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

Entries are coming in fast for the above, 326 so far with just three from HW. The race usually reaches its limit well before the date so get your entry in now via [Entries](#)

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.

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 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."

CHINESE TAKEAWAY LEAVES A BAD TASTE IN THE MOUTH

Runners in the Qingyuan Marathon in China were given an energy bar at the finish - or so they thought. The bar, in English language packaging, turned out to be scented soap...

Full story: <http://www.bbc.co.uk/news/blogs-news-from-elsewhere-35899109>

Thanks to Steve Rowland of Ranelagh Harriers for the above.

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold – Offers of help at these fixtures are always appreciated

MAY

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

Sat/Sun 11/12: South of England U20/Senior Champs, Lee Valley

Entry Details: <http://seaa.org.uk/home/onlinereg.html> Closes May 31

Sun 12: South of England U15/U17 3000m Champs, Lee Valley

Mon 13: Southern Vets League 3, Wimbledon Park

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

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 30: Lily B Girls League, Kingston

Non-Scoring events

U15 Girls

100: Latavia Casely-Hayford 14.5; Sarah Banisoleiman 15.5

200: Latavia Casely-Hayford 30.3

800: Lucrezia Pollini 2:39.9

LJ: Sarah Banisoleiman 3.07

U13 Girls

100: Tamira Webster 14.4; Tara Bartlett 14.4; Darcey O'Shea 14.6; Nkasi Chinelo Onyejekwe 14.6; Nellie O'Dwyer 15.7; Cora Barnett 16.1; Hannah Hegvold 16.2; Laeticia Etse 16.5

200: Tara Bartlett 29.6; Tamira Webster 29.8; Darcey O'Shea 30.0; Nellie O'Dwyer 33.5; Hanna Hegvold 34.5; Laeticia Etse 34.8

800: Emilie White 2:58.3

U11 Girls

75: Ezinwa Onyejekwe 12.0; Cora Barnett 12.4; Chinelo Onyejekwe 12.4

150: Ezinwa Onyejekwe 24.3; Chinelo Onyejekwe 24.7; Alice Burfitt 25.4; Teddy Bascombe 27.1; Maeve Kennedy 27.4

600: Lauren Armitage 2:05.9; Teddy Bascombe 2:06.7; Alice Burfitt 2:07.4; Lily Piercy 2:24.0; Lara Simpson 2:25.7; Maeve Kennedy 2:29.6; Mia Fiuero 2:29.6

May 2: Ted Pepper 10km, Norman Park, Hayes, Kent

1 Rhys Goddard (Nene Valley H) 35:23 **HW:** 217 Dennis Williams (3rd M70) 56:33 (4th **HW M70 all-time**) (308 finishers)

May 8: Thames H&H Second Sunday 5 mile XC, Wimbledon Common

1 David Symons (Thames H&H) 32:52 **HW:** 4 Tom Cheetham 35:38 (29 finishers)

May 9: Veterans League, Eastern Division, Match 1, Kingsmeadow Stadium, Kingston Men

Match result: 1 Kingston & Polytechnic 150; Hercules Wimbledon 147; 3 Epsom & Ewell 146; 4 Croydon H 105; 5 Striders of Croydon 100; 6 Walton 54; 7 Dorking MV 50

M35

100: 2 Dominic Bokor-Ingram 12.3 **N/S:** 3 Michael Amsden 12.4 (5th **HW M35 all-time**)

400: 3 Victor Ray 63.5 **N/S:** 1 Gordon Lilly 60.9; 3 Charles Lawrie 68.9

1500: 1 Neil Guthrie 4:46.0

5000: 6 Tom Morris 22:16.2

4x100: 1 Hercules Wimbledon 52.7 (Vic Ray, Dominic Bokor-Ingram, Mark White, Peter Collins)

HT: 3 Kevin Snelling 13.23

M40

400: 1 Dominic Bokor-Ingram 54.3 **N/S:** Gordon Lilly 60.9; Charles Lawrie 68.9

1500: 4 Mark Livingstone 5:05.5 **N/S:** 2 Richard Clark 5:31.7

5000: 4 Peter Collins 18:07.1 **N/S:** Richard Clark 20:30.2

LJ: 4 David Orchard 3.08

DT: 4 Kevin Snelling 13.84

M50

100: 1 Mark White 12.5 (4th **HW M50 all-time**)

400: 1 Mark White 57.0

1500: 3 Stephen McDuell 5:03.0

5000: 4 Charles Hampden-Smith 20:00.7 **N/S:** Tom Morris 22:16.2

PV: 2 David Orchard 1.20

LJ: 3 Mark White 3.97

DT: 2 David Orchard 27.30

HT: 2 David Orchard 28.52

M60

1500: 3 Charles Lawrie 6:16.0 (3rd **HW M65 all-time**)

LJ: 2 Charles Lawrie 3.33 (2nd **HW M65 all-time**)

HT: 3 John Webster 22.49

M70

DT: 1 John Webster 17.80

Women

Match result: 1 Epsom & Ewell 141; 2 Kingston & Polytechnic 100; 3=Croydon/Hercules Wimbledon 77; 5 Walton 49; 6 Striders of Croydon 29

W35

400 A: 2 Gina Galbraith 73.4 (2nd **HW W40 all-time**) **B:** 2 Vikki Filsell 79.4

1500 A: 1 Gina Galbraith 5:19.5 (**HW W40 record**) **B:** 1 Fran Clarke 5:46.4 (3rd **HW W40 all-time**)

PV: 1 Alison Murray 2.20

4x100 Relay: 2 Hercules Wimbledon 69.8 (**HW W40 record**)

W45

1500 (N/S): 1 Vikki Filsell 5:41.0; 2 Alison Purnell 6:12.3

W50

400: 1 Lisa Thomas 68.1

1500: 1 Lisa Thomas 5:33.5

W60

400: 1 Anna Garnier 76.7

1500: 1 Anna Garnier 5:47.8

May 11: Rosenheim League, Eastern Division, Match 1, Battersea Park

Men

Team result: 1 Belgrave H 57; 2 Croydon H 44; 3 Hercules Wimbledon 40; 4 Serpentine 38; 5 Herne Hill H 30; 6 Holland Sports 28

100: 4 Mark White 12.3 (4th HW M50 all-time)

200: 4 Mark White 24.82 (3rd HW M50 all-time)

400: 1 Hamed Agboke 53.56 N/S: George Longworth 57.40; Gordon Lilly 60.69

800: 2 George Longworth 2:10.08 N/S: Stephen McDuell 2:15.7; Gordon Lilly 2:17.9; Peter Collins 2:19.7

1500: 2 Jonathan Cornish 4:07.05 N/S: Rob Tuer 4:30.73

3000: 3 Philip Glynn 10:07.73 N/S: Sean Crummy 9:49.26; Neil Guthrie 10:15.96; James Hamilton 10:52.59; Gordon Lilly 11:05.53

2000SC: 2 Rob Tuer 6:52.6

4x200: 3 Hercules Wimbledon 1:48.99

TJ: 5 Philip Glynn ???

HT: 5 Kevin Snelling 16.37

JT: 6 Kevin Snelling 18.57

Women

Team result: 1 Hercules Wimbledon 52; 2 Herne Hill H 43; 3 Belgrave H 37; 4 Croydon H 26; 5 Serpentine 20

100: 1 Heather Jones 14.6

200: 2 Heather Jones 29.48

400: 3 Emilie-Bokor-Ingram 63.65

800: 2 Francesca Clarke 2:51.30 (2nd HW W40 all-time)

1500: 3 Lisa Thomas 5:27.33

3000: 1 Elizabeth Stavreski 10:59.01 (HW W40 record & 17th HW SW all-time) N/S: Ella Dobson 11:58.93

2000SC: 1 Lisa Thomas 8:18.5

4x200: 2 Hercules Wimbledon 2:02.60 (Heather Jones, Lisa Thomas, Ella Dobson, Emilie Bokor-Ingram)

TJ: 1 Heather Jones 8.04

HT: 3 Ann Martin 16.35

JT: 5 Ann Martin ???

May 11: Chase the Sun 10km, Battersea Park

1 Chris Nicholls (Pea Brain Endurance) 33:43 **HW:** 224 Mike Leigh 55:50 (3rd HW M70 all-time) (311 finishers)

May 14/15: Surrey County AA Championships, Kingsmeadow Stadium, Kingston

a) 14/5 b) 15/5

Senior Men

100 (b): 5 Antonio Douglas 11.75/-2.5 **Heat 1:** 5 Antonio Douglas 11.50/-1.3 **(heat 2):** 3 Mark White 12.63/-1.9

200 (a): heat 1: 7 Dominic Bokor-Ingram 25.17/-1.7 **(heat 2 - -1.6):** 7 Mark White 25.31; 8 Aaron Smith 27.06

400 (b) 7 Hamed Agboke 54.24 **(heat 1):** 4 Hamed Agboke 52.59; 7 Mark White 60.4 (mt) **(heat 2 - manual):** 5 Dominic Bokor-Ingram 55.2; 6 Aaron Smith 58.1

800 (a): 1 Sean Hall 1:53.76

5000 (a): 4 Fred Slemeck 15:33.16; 6 Robert Tuer 16:20.01; 10 Joe Clark 16:40.75; 12 Sean Crummy 17:21.73

U20 Men

200 (b): 5 Filip Dabinski 24.13/-3.1 **(heat 1):** 4 Filip Dabinski 23.86/-0.6 **(heat 2):** 5 Jameel Hussey 24.27/-2.3

1500 (a): 9 Matthew Gibbons 4:33.54

U17 Men

100 (b) 3 Ralphael Buckle 11.68/-2.9 **(heat 2):** 1 Ralphael Buckle 11.68/-1.5

400 (b): 6 Lucas Norfolk 54.73 **(heat 1):** 4 Lloyd Smith 54.48 **(heat 2):** 4 Lucas Norfolk 54.37

800 (a): 8 James Forde 2:19.60

1500 (b): 7 Eitan Orenstein 4:27.26; 7 Sam Barker 4:33.95; 8 Henry Silverstein 4:40.78; 12 Ben Tatters 4:48.45

HJ (b): 2 Harry Wright 1.75 (=12th HW U17M all-time)

U15 Boys

100 (a) 2 Jaleel Roper 11.53/-1 (9th HW U15B all-time) (S/F -1.1) 1 Jaleel Roper 11.57; 6 Junior Etuk 12.58; 7 Charlie Shinn 12.61 **(heat 1):** 4 Nathanael Pongolati 13.23/-2.2 **(heat 2/-2.7):** 4 Charlie Shinn 12.78; 6 Dan Hillier 14.78 **(heat 3):** 1 Jaleel Roper 11.88/-2.5 **(heat 4/-1.2):** 5 Junior Etuk 12.55; 7 Andrew Sarpong 13.38

200 (b) (S/F 1/-1.5): 6 Robert Philpot 25.74; 7 Nathanael Pongolati 26.28 **(S/F 2):** 5 Charlie Shinn 25.57; 8 Juior Etuk 25.94 **(heat 1):** 4 Nathanael Pongolati 26.03/-0.9 **(heat 2/-1):** 3 Robert Philpot 25.53; 4 Charlie Shinn 25.71 **(heat 3/-1):** 3 Junior Etuk 25.25; 6 Dan Hillier 29.81 **(heat 4):** 5 Jeremy Miller-Annor 28.13

300 (heat 2): 4 Tom Oswald 41.34

800 (a) (heat 2): 5 Declan Connolly 2:25.21 **(heat 4):** 3 George Trimm 2:20.17; 7 Sacha Ormiston 2:40.80

1500 (heat 1)(a): 7 Alexander Abraham 4:48.49 **(heat 2):** 6 Daniel Illis 4:49.99; 9 Gon Declercq 4:58.95; 12 Fred Jimack 5:37.89

U13 Boys

800 (b): 3 Alex Forbes 2:18.96 (4th HW U13B all-time) **(heat 1 (a):** 7 Thomas Mitchell 2:52.05 **(heat 2):** 2 Alex Forbes 2:25.07 **(heat 3):** 6 William Schneider 2:37.5 (mt)

1500 (a): (heat 1): 8 William Belton 5:10.82

Senior Women

100 (a) 4 Tabita Botuli 12.81/-2.4 **(heat 2):** 3 Tabita Botuli 12.94/-1.85

200 (b): 3 Tabita Botuli 25.93/-2.3

3000 (b): 1 Claire Grima 10:32.35

400H (b): 2 Heather Jones 77.19

LJ (a): 1 Emily Martin 5.34/+0.8

U15 Girls

100 (b) (S/F): 6 Tianna Gayle 14.11/-1.8 **(heat 1):** 8 Olivia Drigui 14.64/-1.9 **(heat 3/+0.7):** 5 Tianna Gayle 13.66 (11th HW U15G all-time); 7 Latavia Casely-Hayford 14.11

200 (a) (heat 1): 7 Olivia Drigui 30.15/-1.9 **(heat 4):** 6 Latavia Casely-Hayford 30.44/-1.8

300 (b) (heat 1): 6 Maya Marek 46.35 **(heat 2):** 5 Ciara Kennedy 45.33

800 (b): 10 Madeleine Orenstein 2:29.45 (18th HW U15G all-time) (a) (heat 1): 6 Lucrezia Polloni 2:38.46 (heat 2): 6 Selma Hegvold 2:38.15 (heat 3): 2 Madeleine Orenstein 2:30.57
1500 (a): 10 Rebekah Riches 5:15.71; 14 Annabel Simpson 6:02.18
75H (a) (heat 1): 6 Ciara Kennedy 13.6/mt (7th HW U15G all-time)

U13 Girls

100 (a) (-1.1) 1 Zipporah Golding 13.03 (HW U13G record); 3 Adaeze Onyejekwe 13.72; 5 Tara Bartlett 14.04; 8 Darcey O'Shea 14.19 (S/F 1/-2): 1 Zipporah Golding 13.57; 4 Darcey O'Shea 14.15 (15th HW U13G all-time) (S/F 2/-1): 2 Tara Bartlett 13.94; 3 Adaeze Onyejekwe 13.96; 5 Nkasi Onyejekwe 14.09 (11th HW U13G all-time) (heat 1): 5 Darcey O'Shea 14.60/-2.4 (heat 2/-2.4): 1 Zipporah Golding 13.69; 3 Tara Bartlett 14.31; 6 Nellie O'Dwyer 15.85; 7 Hannah Hegvold 16.18 (heat 3 – mt): =1 Adaeze Onyejekwe 14.2; 3 Nkasi Onyejekwe 14.5

Note: Zipporah's HW record replaced the 13.1 set by Antoinette Wong in August 1993

200 (b): (+0.1): 2 Adaeze Onyejekwe 28.51; 3 Tara Bartlett 28.58 (9th HW U13G all-time); 5 Tamira Webster 28.70; 8 Darcey O'Shea 29.49 (S/F 1/-2.9): 2 Tara Bartlett 28.95; 3 Tamira Webster 23.19; 4 Darcy O'Shea 29.28 (14th HW U13G all-time) (S/F 2/-3.5): 1 Adaeze Onyejekwe 29.59; 6 Nkasi Onyejekwe 30.97 (heat 1/-2): 3 Tamira Webster 29.21; 4 Nkasi Onyejekwe 29.71 (heat 2/-3.1): 1 Adaeze Onyejekwe 28.74; 2 Tara Bartlett 29.01 (heat 3): 2 Darcey O'Shea 28.96

800 (heat 1) (a): 6 Valerie Parocki 2:50.37 (heat 2): Cate Coverley 3:04.89 (heat 3): 2 Albane Fery 2:41.08; 6 Isla Simpson 2:57.97 (heat 4): 4 Anya Stacey 2:50.38

1500 (a): 8 Ellen Weir 5:24.5; 11 Madeleine Casey 5:43.2; 16 Millie Thorpe 5:55.6

HJ (b): 5 Darcey O'Shea 1.25

LJ (b): 17 Adaeze Onyejekwe 3.49/+1.9

May 14: parkrun 5km, Wimbledon Common

1 Keith McIntosh (Wimbledon Windmilers) 17:27 **HW:** 5 Peter Collins 18:13; 17 Richard Evans 19:37; 18 Stewart Bond 19:48; 19 Fraser Hagell 19:49; 22 Ian Higgins (2C) 19:54; 25 Gina Galbraith (1st F) 20:05; 26 Gordon Lilly 20:11; 30 Adam Fenton 20:27; 38 Lisa Thomas (2nd F) 20:51; 48 Alex Forbes 21:17; 65 Richard Mellor 21:57; 67 Simon Bodle 22:03; 72 Joseph Willis 22:12; 83 Charles Hampden-Smith 22:27; 105 Celia Willis 23:00; 163 Vivien Urban 24:40; 175 Alastair Brown 25:00; 189 Teddy Bascomb 25:17; 190 Magnus Bascomb 25:19; 206 Fenella Willis 25:39; 343 Eva Davies 29:41; 406 Hannah Bond 33:00; 435 Sophie Toomey 34:56 (460 finishers)

May 14: parkrun 5km, Bushy Park, Teddington

1 Tom Jervis (Warrington) 15:44 **HW:** 18 Claire Grima (3rd F) 17:59*; 115 Richard Clark 20:43; 1030 Ian Isherwood 33:38 (1155 Finishers)

- Note: Claire just two seconds slower than her club record!

May 14: parkrun 5km, Richmond Park

1 Jordan Mungovan (Ranelagh H) 16:57 **HW:** 139 Alex Dunne-Gundry 25:13 (391 finishers)

May 14: parkrun 5km, Harrow

1 Jim Cooper (Harrow) 16:44 **HW:** 21 Tom Morris 22:14 (163 finishers)

May 14: parkrun 5km, Nonsuch Park, Cheam

1 Ollie Garrod (Epsom & Ewell) 16:19 **HW:** 12 Nicky Hogg 18:47 (550 finishers)

May 14: parkrun 5km, Brueton Park, Solihull

1 Christopher McLeod (Solihull & Small Heath) 17:08 **HW:** 151 Tomo Kikugawa 25:20;
337 Angela Kikugawa 32:18 (430 finishers)

May 14: parkrun 5km, Barking, Essex

1 Spencer Evans (East London R) 18:15 **HW:** 22 Victor Hutchins 24:07 (92 finishers)

May 14: parkrun 5km, Clair Park, Haywards Heath, Sussex

1 George Murray (Unattached) 18:03 **HW:** 18 Samuel Masters 21:58 (151 finishers)

May 14: parkrun 5km, Bishops Park, Fulham, SW6

1 Bryn Reynolds (Clapham Chasers) 16:07 **HW:** 146 Michelle Howie 24:09; 162 Dennis Williams 24:36; 358 John Wasbrough 33:16 (385 finishers)

May 14: parkrun 5km, Beeston, Notts

1 Niall Stewart (Unattached) 17:32 **HW:** 25 Peter Small 20:20 (278 finishers)

May 14: parkrun 5km, Tooting Common, SW17

1 Mohammed Ismail (Herne Hill H) 16:42 **HW:** 8 Russell Price 18:39; 28 Simon Woodley 20:00; 104 Emily Sproule 23:01 (453 finishers)

May 14: Bewl Water Ultra Marathon 37.5 miles, Lamberhurst, Sussex

1 Kristian Morgan 4:53:21 **HW:** 5 Felix Allen 5:31.59 (26 finishers)

May 15: Junior 2km parkrun, Wimbledon Common

1 Ellen Weir (HW) 7.59; 2 Ben Palmer (unattached) 8.00 **Other HW:** 5 Daniel Clarke 8.38;
18 Sophie Crump 9:46; 30 Lily Piercy 10.25; 35 Abbie White 9:44 (139 finishers)

May 15: Crystal Palace Sprint Triathlon, SE19

Adult sprint

Swim 750m – Bike 20km – Run 5km

1 Chris Whitcombe (Crystal Palace Tri) 62:26 (10:11 – 52:59 – 17:13) **HW:** 62 Jeremy Purnell (3rd M50) 74:52 (14:03 – 34:38 – 23:36); 202 Alison Purnell (4th W50) 83:24 (16:00 – 40:14 – 23:57); 401 Hannah Fernando 93:44 (17:55 – 49:47 – 22:39)

Youths

Swim 350m – Bike 11km – Run 3km

1 Michael Eagling (Crystal Palace Tri) 37:09 (4:12 – 20:42 – 9:58); 2 Zac Purnell (HW) 37:10 (4:58 – 20:13 – 9.57)

Note: Zac was just 1-second adrift at the final countdown. Looks like the swim section lost it for him?

AND FINALLY



After the HW ladies Rosenheim success, team manager Heather has No 10 in her sights