



**HW LADIES DOMINATE THE ROSENHEIM LEAGUE**

**STUNNING HW 10KM RECORD BY CLAIRE GRIMA**

**CLASSY 10KM ROAD BEST FOR JONNY CORNISH**

**100% 800m PB SUCCESS FOR HW YOUNGSTERS IN SLAN OPEN**

**JONNY CORNISH & RICHARD MCDOWELL SCORE PARKRUN FIRSTS**

**TWO MARATHONS IN A WEEKEND FOR CAROLINE JACKSON**

**LILY B YOUNG GIRLS (U11, U13, U15 & U17) LEAGUE = MATCH 2**

<b>Saturday 4<sup>th</sup> June</b>	<b>Host Club - Croydon H</b>	<b>Croydon Track SE25 4QL</b>
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After the stunning attendance figures for HW in the opening fixture let's hope for a similar turn-out for the next round on Saturday although the half-time holidays may prove a hindrance.

The first of the field events commence at 11:15 with the track events underway at 12noon and the time table can be found via this link: [assets/LILY B2 League - TIMETABLE1 2016.doc](#)

With the venue being adjacent to the Arena tram stop which can be reached via Wimbledon and East Croydon train stations access shouldn't be a problem. Please contact Team Manager Judith Kennedy at [Judithkennedy2204@gmail.com](mailto:Judithkennedy2204@gmail.com) to let her know of your availability.

**SURREY CHAMPIONSHIPS TO THE FORE NEXT WEEKEND**

Two Surrey County Championships on the same day with the Master's Track and Field at Ewell and the 10-mile Road at Dorking this coming Sunday (June 5).

HW has entries in both events so here's hoping the weather is favourable for them.

**ROSENHEIM LEAGUE PART 3 – LET'S BE AVING YOU!**

After the men's disaster at the second of this summer's Rosenheim League at Croydon HW are depending on a better turn-out in the next round to be held at Wimbledon Park on Wednesday (June 11) next week....so no excuses as for location of venue.

Let's cover all the events with our best athletes and take a leaf out of the women who dominated their section primarily by covering all their events.

As it stands, the men are in danger of not qualifying for the League finals!

Phil Glynn and Heather Jones will be requiring athletes for the men and women respectively so contact them asap to put their minds at ease.

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**Late news flash:** photo finish will be on board!

<b>WEDNESDAY 8 JUNE</b>		Timetable for Men & Women			
<b>WIMBLEDON PARK (Hercules Wimbledon)</b>					
6.45	Shot				
6.45	High Jump				
6.45	110m/100mHurdles				
6.55	800m				
7.05	100m				
7.30	400m				
7.45	Long Jump				
7.45	Javelin				
7.45	1500m				
8.05	200m				
8.25	3000m				
8.40	4 x 200m Relay				

## ***QUARTET HEAD FOR WORLD CHAMPS***

Four Hercules Wimbledon Athletic Club athletes are in action in the World Duathlon Championships which are being held in Aviles, Spain, this weekend, reports Tom Pollak. Only woman in the quartet is Gina Galbraith (see article below) who qualified for the sprint championship in her first crack at the event at Bedford in March. Duathlon is a combination of running and cycling. Galbraith, who will be competing in the 40-44 years age group, will first run 5km, cycle 10km and finish off with a 2.5km run.

The three Hercules Wimbledon men, Simon Bodle (50-55) and Charles Hampden-Smith and Richard Evans (55-59), who qualified in events at Clumber Park in Nottingham's Sherwood Forest in March and in Windsor Great Park in April will compete over double the distance - 10km run followed by a 40km bike ride and concluding with a 5km run.

To complete one marathon is an achievement but to complete two in 24 hours is an amazing feat. But that is just what Hercules Wimbledon's ultra-distance runner Caroline Jackson did last weekend. The 37-year-old first ran in the Kent Road Runners' event in Gravesend where she was first woman veteran over 35 in 3:32:11. Then she made the 250 mile dash to Merseyside where she ran in the Rock 'n roll marathon in Liverpool on Sunday finishing 325th out of 2524 runners in 3:36:54. She is a prolific marathon runner having completed the distance more than a dozen times this year. Her best time is 3:16:35 achieved also winning the women's veterans over 35 category at Gravesend last year.

One of Hercules Wimbledon's promising young teenagers, Darcey O'Shea, was the outstanding individual athlete in the Thomas's Schools athletics meeting in Battersea Park, which is open to independent schools. Darcey, who is a Year 6 pupil at The Study Preparatory School in Wimbledon Village, won gold in four individual events, the 100 and 400m on the track and the high jump and long jump. She also helped her school to victory in the sprint relay. She won the trophy for the best individual girl athlete for the second successive year.

Her mum, Stella, said: "Darcey does not normally do the long jump and has never had any practice or training in that event. She was only asked to do it as one of her teammates, who normally does it, was ill and could not attend. They were only allowed a total of two jumps. Her second was 4.24m which not only won the event but also broke the Independent Association of Prep schools National record which was previously 4.10m."



4-time winner - record breaking Darcey

Hercules Wimbledon's Jonathan Cornish continued his impressive winning run in the Bushy Park 5km parkrun when he posted his sixth victory in the event since March on Saturday to take the race in 15 minutes 52 seconds, beating a 1098-strong field. He won by 35 seconds. Richard McDowell posted his best time of the year in beating a 345-strong field on Tooting Common, winning by 54 seconds in 16:44. Meanwhile, Ophelia Lanfranchi was first girl in the junior 2km parkrun in Wimbledon Park on Sunday in a personal best of 9:25. Monika Crouse, Ellen Weir and Lisa Thomas were third women finishers at Tooting Common, Newport, Isle of Wight and Wimbledon Common, respectively.

All eight Hercules Wimbledon youngsters who took part in the South London Athletics Network Open Meeting at Coulsdon 800m races on Saturday posted personal best times. Best of the bunch were Eitan Orenstein, Sam Barker and Ben Tatters who filled the top three places in their 800m.

Hercules Wimbledon's women's team maintained their domination of the Rosenheim League Eastern Division by winning their second match at Croydon to establish a clear lead over their rivals. Individual wins were posted by Heather Jones (long jump), Lisa Thomas (400m) and Sarah Bond (high jump) and, in the final event, the 4x200m relay, they linked up with Kirsty Wheeler to post another win.

### **HW VETERANS ON A CHARGE**

HW, in more ways than one, stormed to a resounding victory in the second of this season's Veterans League as they put aside the cloudbursts to easily win the fixture at Ewell and after two fixtures are league leaders with perennial winners Epsom & Ewell now in third place. Surprising really as the match was on their home turf.

With two matches remaining – one is which at Wimbledon Park - now is the time to up the ante.

**Note:** from the Cambridge dictionary:

If you up the ante, you [increase your demands](#) or the [risks](#) in a [situation](#) in [order](#) to [achieve](#) a [better result](#):

Here's a link to the match at Ewell as filmed by Dave Orchard, one happy Team Manager:

<https://www.youtube.com/embed/W1cOf2kF7n4>

## GINA'S THOUGHTS ON THE LEAD UP TO THE WORLD DUATHLON

**WARNING: Maranoia alert**



Maranoia - a condition I was unfamiliar with until two weeks before the London marathon last year when I became gripped by an overwhelming anxiety that everything was wrong - my trainers felt uncomfortable, I needed to buy new shorts, my knee started hurting, so did my toe, was I on the right gel brand, should I have one espresso or two, I'd under trained, no hang on, maybe I'd over trained...

Anyway, a week out from the age group world champs and I've got the duathlon equivalent of maranoia... my ITB hurts, my kit is all wrong, have I overdone the beetroot, my bike is shite, my seat is too high (or is it too low), I haven't done enough training (despite clearly displaying many of the common symptoms of OTS\* a few weeks ago) and to top it all off, according to someone I met this morning, I don't stand a chance if I am not taking the "supplements" (legal apparently) used by anyone who is any good at cycling.

It's been a rollercoaster of a ride these last ten weeks. I put huge pressure on myself to take on a training plan that quite simply did not fit with the kids and full time job - I can just about manage one workout a day but trying to do two made me pretty unbearable to live with (hubby's words not mine!). About half way into it I hit a "wall". Not a 'blood-sugar-level-need-some-jelly-babies' wall, a far more challenging 'I-don't-want-to-do-this-there's-got-to-be-more-to-life' mental wall. It set me back a week and the only way I got through it was to have a glass of wine (my first since December), stop the training, allow myself to rest and eat, and to do a few Garmin-free runs because I wanted to rather than ones that were scientifically mapped to an uncomfortable heart rate zone.

### **Has it all been worth it?**

For me, the measure of that will be twofold. Firstly, will I feel like I've done myself justice in Spain next Sunday? – I'm never going to win (not this year anyway ;-)) but I don't want to come last. And secondly, perhaps more importantly, will I see an improvement in all my running times over the weeks/months that follow the event? With the sheer intensity of the training and an almost permanent residual fatigue in my legs, it's impossible to tell whether all this hard work has actually made me better than I was. If it hasn't, then quite honestly, I'm definitely going back to a normal life!

Maranoia aside, I'm actually in a good place mentally in that I can truly say that I've given the training everything I can within the limits of all the other stuff I have going on in my life. The days when I've not been able to do the scheduled bike ride or interval session, it's never been because I couldn't be bothered, it's been because either the kids, the job or my tired body has simply not allowed me.

**I'm ready, the Galbraith trisuit is ready – BRING IT ON!**



\*OTS (over training syndrome) – common symptoms include lack of progression, injuries and niggles, muscle fatigue, mood swings and sensitivity, loss of motivation, cravings, exhaustion, illness etc etc



It was certainly a happy Monday for the HW runners competing in the Vitality 10000m race held through Central London with men's team looking to have topped their highest ever placing of 11<sup>th</sup> they set in last year's event.

With Jonny Cornish running a stunning time of 31:07 and backed by PBs from Belal Ahmed and Richard McDowell the three man team totalled 1:36:40 to compare with the HW total of 1:39:17 for their highest ever position of 11<sup>th</sup> set last year.

Some fine runs from the ladies with Claire Grima setting an HW record of 36:14 for the distance and Lisa Thomas proving the fourth W50 to finish.

### **SIX HAPPY RUNNERS WITH SIX 800m PBs TO THEIR CREDIT**

Perhaps the sprinters missed a trick by not competing in the SLAN Open Meeting held at Coulsdon, as what is probably the newest track in the South of England with the surface still having that original spring and I'm sure they could have filled their boots as did the 800m runners – plus 1500m boy Daniel Illis (not in photo below) - did.



Ready for some quick 800s courtesy of the fast track at Coulsdon *Photo by Mark Livingstone*



Maddie (far left) and Rebekah ready to cut in during the 800m *Photo by Vikki Filsell*

## PETER LEE AND ELLA DOBSON IN INTERNATIONAL TRIATHLON ACTION



*Photos by Jonathan Dobson*

Both Peter and Ella gave a good account of themselves in the latest ETU European Age Group Triathlon Championships held in Lisbon, Portugal held on Sunday

### **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.

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

Entries are coming in fast for the above, 461 so far with just seven from HW. The race usually reaches its limit well before the date so get your entry in now via [Entries](#)

**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

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  
Sun 12: Thames H&H Second Sunday 5 miles XC, Wimbledon Common  
**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

## **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 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**

### **May 23: Southern Vets AC League, West Ewell**

#### **Men**

**Match result:** 1 HERCULES WIMBLEDON 126; 2 Epsom & Ewell 110; 3 Kingston & Polytechnic 99; =4 Croydon H/Striders of Croydon 70; 6 Walton 40; 7 Dorking & MV 40

**Positions after two matches:** 1 HERCULES WIMBLEDON 15 (273); 2 Kingston & Polytechnic 14 (279); 3 Epsom & Ewell H 13 (256.5); 4 Croydon H 9.5 (175.5); 5 Striders of Croydon 8.5 (170); 6 Walton 6 (94); 7 Dorking & MV 4 (80)

#### **M35**

**200:** 3 Dominic Bokor-Ingram 25.2 **n/s:** Michael Amsden 25.3; David Harris 25.9; Charles Lawrie 30.5

**800:** 3 Victor Ray 2:24.9 **n/s:** Simon Woodley 2:27.5; Stephen Haughton 2:28.6 (8<sup>th</sup> **HW M50 all-time**); Charles Lawrie 2:57.7

**3000:** 2 Richard McDowell 9:29.2 **n/s:** Simon Woodley 11:09.5

**PV:** 3 David Harris 2.40

**TJ:** 1 Dean Cheeseman 9.09 **n/s:** Charles Lawrie 7.72

#### **M40**

**800:** 1 Neil Guthrie 2:22.3

**3000:** 4 Peter Collins 10:14.8

**HT:** 3 Kevin Snelling 16.94

#### **M50**

**200:** 1 Mark White 25.5

**800:** 1 Stephen McDuell 2:14.3

**3000:** 2 Peter Lee 10:33.5 (12<sup>th</sup> **HW M50 all-time**)

**PV:** 2 David Orchard 2.40

**TJ:** 3 David Orchard 7.95

**HT:** 2 David Orchard 25.76

### **M60**

**3000:** 1 Stephen Newton 11:46.3 (5<sup>th</sup> HW M60 all-time)

**PV:** 1 John Webster 1.50

**HT:** 1 John Webster 29.67; 5 Kevin Burnett (2C) 15.40

### **M70**

**200:** 2 Peter Giles 33.1 (HW M70 record)

**Note:** due to adverse weather conditions the men's shot putt and relays were cancelled

### **Women**

**Match result:** 1 Epsom & Ewell 119; 2 Kingston & Polytechnic 90; 3 Hercules Wimbledon 59; 4 Croydon H 41; 5 Walton 33; 6 Striders of Croydon 20

**Positions after two matches:** 1 Epsom & Ewell 16 (267); 2 Kingston & Polytechnic 14 (190); 3 Hercules Wimbledon 11.5 (136); 4 Croydon H 10.5 (118); 5 Walton 8 (82); 6 Striders of Croydon 6 (49)

### **W35**

**LJ:** 4 Vikki Filsell 2.90 (HW W45 record)

**800 A:** 2 Vikki Filsell 2:49.8 (2<sup>nd</sup> HW W45 all-time) **B:** 2 Alison Purnell 3:04.1

**3000 A:** 1 Vikki Filsell 12:09.8 **B:** 1 Francesca Clarke 12:14.1 (3<sup>rd</sup> HW W40 all-time)

### **W50**

**200:** 1 Lisa Thomas 30.7

**3000:** 1 Lisa Thomas 12:08.6

**Note:** due to adverse weather condition the women's Discus and sprint relay were cancelled

## **May 25: Rosenheim League Eastern Division, Match 2, Croydon Arena**

### **Men**

**Match Result:** 1 Croydon H 55; 2 Belgrave H 48; 3 Herne Hill H 46; 4 Holland Sports 42; 5 Serpentine 29; 6 Hercules Wimbledon 25

**Positions after two matches:** 1 Belgrave H 11 (105); 2 Croydon H 10.5 (98); 3 Herne Hill H (6) 75; 4 Serpentine 5.5 (67); 5 Holland Sports 4 (70); 6 Hercules Wimbledon 4 (64)

**100:** 4 Dominic Bokor-Ingram 12.36

**200:** 3 Dominic Bokor-Ingram 25.16

**400:** 2 Hamed Agboke 52.16 **n/s:** Dominic Bokor-Ingram 54.08

**800:** 3 George Longworth 2:09.8 **n/s:** Peter Giles 2:50.2

**1500:** 5 Philip Glynn 4:53.34 **n/s:** Russell Price (HW debut) 4:51.54

**3000:** 2 Rob Tuer 9:18.28 **n/s:** Sean Crummy 9:36.34; Dennis Williams 14:01.34

**SP:** 4 Kevin Snelling 6.59 **n/s (6kg):** Kevin Burnett (2C) 5.59

**DT:** 6 Kevin Snelling 14.28

### **Women**

**Match result:** 1 HERCULES WIMBLEDON 62; 2 Croydon H 46; 3 Herne Hill H 27; 4 Belgrave H 24; 5 Serpentine 10; 6 Holland Sports 4

**Positions after two matches:** 1 HERCULES WIMBLEDON 12 (114); 2 Herne Hill 9 (70); 3 Croydon H 8 (72); 4 Belgrave H 7 (61); 5 Serpentine 4 (30); 6 Holland Sports 2 (4)

**100:** 2 Heather Jones 14.74

**200:** 2 Sarah Bond 30.80

**400:** 1 Lisa Thomas 66.51

**800:** 2 Francesca Clarke 2:52.3 (2<sup>nd</sup> HW W40 all-time)

**1500:** 2 Kirsty Wheeler 6:04.24

**3000:** 2 Lisa Thomas 11:35.26

**400H:** 2 Heather Jones 78.34

**HJ:** 1 Sarah Bond 1.30

**LJ:** 1 Heather Jones 3.63

**SP:** 3 Kirsty Wheeler 4.64

**DT:** 3 Sarah Bond 13.63

**4x200:** 1 Hercules Wimbledon 2:09.3 (Heather Jones, Sarah Bond, Kirsty Wheeler, Lisa Thomas)

**May 25: Mundsays 5km, Bushy Park, Teddington**

1 James Hoad (BP Run Club) 15:26 **HW:** 13 Richard Steed 20:08 (11<sup>th</sup> HW M55 all-time);  
20 Gary Forde 20:57 (210 finishers)

**May 27: Brooks/Serpentine Last Friday of the Month 5km, Hyde Park**

1 Ben Fairhall (Redway R) 16:03 **HW:** 45 David Scrimshaw 19:05; 206 Dennis Williams  
24:17 (3<sup>rd</sup> HW M70 all-time) (288 finishers)

**May 28: South London Athletic Network (SLAN) U15/U17/U20 Meeting, Coulsdon  
U20 Men**

**1500:** 6 Henry Silverstein (U17M) 4:39.2; 9 Daniel Illis (U15B) 4:47.1

**U17 Men**

**800 (race 1):** 1 Eitan Orenstein 2:07.9; 2 Sam Barker 2:09.2; 3 Ben Tatters 2:10.8; 9 Gon  
Declerq (U15B) 2:22.8

**U15 Girls**

**800:** 3 Madeleine Orenstein 2:25.1; 4 Rebekah Riches 2:28.2

**May 28: British Milers Club Grand Prix, Watford**

**5000 (race C):** 9 Fred Slemeck 15:05.42

**May 28: Kent Road Runners Marathon, Gravesend, Kent**

1 Paul Veitch Riverside R) 2:46:21 **HW:** 57 Caroline Jackson (1<sup>st</sup> W35/3<sup>rd</sup> F) 3:32:11 (458  
finishers)

**May 28: parkrun 5km, Bushy Park, Teddington**

1 Jonathan Cornish (HW) 15:52; 2 Gregan Clarkson (Kingston upon Hull) 16:27 **Other HW:**  
110 Richard Clark 20:50; 130 Barry King 21:12 (1098 finishers)

**May 28: parkrun 5km, Tooting Common, SW17**

1 Richard McDowell (HW) 16:44; 2 Simon Messenger (Herne Hill H) 17:38 **Other HW:** 33  
Monika Crouse (3<sup>rd</sup> F) 20:55 (7<sup>th</sup> HW W35 all-time) (345 finishers)

**May 28: parkrun 5km, Lloyd Park, Croydon**

1 Simon Luciani (Striders of Croydon) 17:49 **HW:** 52 Valerie Parocki (3<sup>rd</sup> F) 23:31 (204  
finishers)

**May 28: parkrun 5km, Nonsuch Park, Cheam**

1 Ollie Garrod (Epsom & Ewell) 16:19 **HW:** 5 Robert Tuer 17:28 (566 finishers)

**May 28: parkrun 5km, Newport, Isle of Wight**

1 Jim Webb (Team Bath) 16:56 **HW:** 53 Ellen Weir 23:08 (242 finishers)

**May 28: parkrun 5km, Wimbledon Common**

1 Richard Gregory (Ranelagh H) 16:53 **HW:** 6 Adam Harwood 18:23; 15 Stewart Bond 19:20; 20 Charles Hampden-Smith 19:45; 22 Tom Cheetham 19:48; 24 Adam Fenton 19:52; 26 Simon Woodley 19:58; 37 Lisa Thomas (3<sup>rd</sup> F) 20:23; 40 Marie Synott-Wells (2C) 18:54; 41 Simon Bodle 20:42; 46 Richard Mellor 21:02; 47 Peter Metcalf (2C) 21:04; 57 Simon Woodington 21:17; 69 Tor-Ivar Guttulsrod 21:42; 86 Charles Lawrie 22:10; 90 Celia Willis 22:24; 103 David Lanfranchi 22:56; 157 Alastair Brown 24:27; 159 Jessame Coulson 24:35; 231 Andrew Balcerkiewicz 26:57 (6<sup>th</sup> **HW M70 all-time**); 236 Dennis Williams 27:04; 247 Michael Leigh 27:23; 275 Lia Davies 28:26; 277 Eva Davies 28:29; 311 John Townsend 29:43; 342 Ella Blom 31:04; 381 Sophie Toomey 34:25 (428 finishers)

**May 28: parkrun 5km, Richmond Park**

1 Paul Cheetham (Veterans AC) 17:09 **HW:** 86 Rachel Brenton 23:31 (396 finishers)

**May 28: parkrun 5km, Roundshaw Downs, Croydon**

1 Harry Smith (South London H) 18:07 **HW:** 21 Martin O'Halloran 22:59 (115 finishers)

**May 28: parkrun 5km, Preston, Lancs**

1 Chris Miles (Unattached) 18:28 **HW:** 229 Ian Isherwood 33:00 (314 finishers)

**May 28: parkrun 5km, Bruton Park, Solihull**

1 Gareth Wainwright (Knowle & Dorridge RC) 17:17 **HW:** 144 Tomo Kikugawa 25:00; 334 Angela Kikugawa 31:14 (459 finishers)

**May 28: parkrun 5km, Barking, Essex**

1 Phillip Nicholson (Newcastle Un) 19:02 **HW:** 24 Victor Hutchins 24:08 (81 finishers)

**May 28: parkrun 5km, Bishops Park, Fulham, SW6**

1 Unknown 16:38 **HW:** 43 Thomas Edge 20:10; 137 Alexander Cooke 24:30; 193 Michelle Howie 26:40; 198 Abbie White 26:49 (272 finishers)

**May 29: Junior parkrun 2km, Wimbledon Park**

1 Ben Palmer (Unattached) 7:57 **HW:** 8 Ophelia Lanfranchi (1<sup>st</sup> F) 9:25; 37 Luca Grima 11:38; 68 Ksenia Musatova 13:35 (96 finishers)

**May 29: Rock 'n Roll Marathon, Liverpool**

**HW:** 325 Caroline Jackson 3:36:54 (2524 finishers)

**May 29: Vitality Mile Road Races, The Mall, London**

**Race 2:** 1 Chung Yam Hung (HKG) 5:10 **HW:** 5 Shaun Overy 5:32 (180 finishers)

**Race 3:** 1 Robel Fesson (Belgrave H) 5:46 **HW:** 150 Mike Kortenray 8:14 (193 finishers)

**Junior Race - Boys – British Championship**

1 Scott Halstead (Bracknell) 4:17 **HW:** 48 Henry Silverstein 4:56; 95 Ewan White 5:29 (199 finishers)

**May 29: ETU European Age Group Triathlon Championships, Lisbon, Portugal**

**Swim 1.5km – Bike 40km – Run 10km**

**Male 50-54**

1 Hubi Brand (GER) 2:05:51 (22:35 – 66:22 – 34:59) **HW:** 30 Peter Lee 2:16:44 (26:47 – 71:32 – 35:41)

**Female 20-24**

### **Swim 1.5km – Bike 40km – Run 10km**

1 Alice Jenkins (GBR) 2:07:16 (20:58 – 69:34 – 34:35 **HW**: 9 Ella Dobson 2:23:36 (23:53 – 77:39 – 39:53

### **May 30: Vitality 10000m London Run, Central London**

**Men**: 1 Andrew Butchart (Central) 28:28; 2 Andy Vernon (Aldershot, Farnham & District) 29:04; 3 Ben Connor (Derby) 29:21 **HW**: 10 Jonathan Cornish 31:07 (11<sup>th</sup> **HW all-time**); 42 Belal Ahmed 32:25 (22<sup>nd</sup> **HW all-time**); 60 Richard McDowell 33:08 (3<sup>rd</sup> **HW M35 all-time**); 125 Joseph Clark 34:28; 160 Andrew Penney 35:12; 246 David Grima 36:30; 400 Martin Quinn 38:30; 439 Stewart Bond 38:57 (16<sup>th</sup> **HW M45 all-time**); 619 Felix Allen 40:40; 1249 Tom Morris 44:48; 1273 Gary Forde 44:55; 1338 Charles Lawrie (6<sup>th</sup> M65) 45:13 (7<sup>th</sup> **HW M65 all-time**)

**\*Note**; 31:07 by Jonny was quite an improvement on his previous best of 31:55 set in the same race last year.

### **Women**

1 Lily Partridge (Aldershot, Farnham & District) 33:03; 2. Rachel Felton (Shaftesbury Barnet H) 33:35; 3 Hannah Walker (Run Fast) 33:45 **HW**: 19 Claire Grima \* 36:14 (**HW SW record**); 124 Lisa Thomas (4<sup>th</sup> W50) 41:17; 126 Francesca Clarke 41:22 (4<sup>th</sup> **HW W40 all-time**); 297 Marilena De Luca 45:29 (8<sup>th</sup> **HW W40 all-time**); 430 Kirsty Wheeler 47:51; 5186 Sophie Toomey 75:10

**HW 2C**: 53 Liz Stavreski (3<sup>rd</sup> W40) 38:26; 182 Vikki Filsell 41:57

**\*Note**: previous HW record held by Claire was 37:06 set in this same event in May 2014

### **AND FINALLY**

