

HW Results April 2008

April 1: Crystal Palace Canter 3 miles (approx), SE19

1 Stuart Littlewood (HW) 19:31; 2 Andrew Lambert (Unattached) 20:02. **Other HW:**
4 Dennis Williams 24:46; 8 Kevin Burnett (2C) 29:38

April 2: Woking 2.85-mile handicap, Surrey

Fastest: 1 Jim Wood (Aldershot F&D) 17:09. **HW:** 16 Dennis Williams 20:43; 33
Kevin Burnett (2C) 28:22 (37 finishers)

April 3: City of London Quarterly 5km Road Race

1 Stuart Fraser (HW) 16:49; 2 Mick Bridgeland (Chelmsford) 16:51

April 4: Stanford University Invitational, California, USA

Women's 5000: 8 Medena Knespl 17:01.26 (**HW W record**)

April 5: Bushy Park 5km Time Trial, Teddington

1 Dominic Biddick (Unattached) 17:07. **HW:** 9 Steve Badgery 18:19 (365 finishers)

April 5: Wimbledon Common 5km Time Trial

1 Vic Maughn (Herne Hill H) 17:00. **HW:** 4 Phil Glynn 17:55; 5 Alex Robinson
18:16; 69 John Wasbrough 25:39 (104 finishers)

April 6: Young Athletes Indoors, Crystal Palace

60m (race 4): 3 Geordie Logan 8:17. **60mH: (race 3):** 1 Geordie Logan 12.08; 2
Charlie Carrington 12.10. **HJ:** 5 Geordie Logan 1.40; 7= Charlie Carrington/Alex
Watson 1.20. **LJ:** 8 Geordie Logan 4.59, 10 Charlie Carrington 3.68; 12 Alex Watson
3.24

April 6: Fullers Towpath 10 miles, Chiswick

1 Richard Gregory (Unattached) 57:36. **HW:** 55 Tom Cheetham 71:06 (337 finishers)

April 8: East Surrey League Road Races, Ewell West

Senior (4.2 miles): 1 Alistair Moses (Reigate Priory) 21:42. **HW:** 4 Alex Bruce-
Littlewood 22:27; 5 Aidan Hogan 22:45; 9 Neil Fraser 24:07; 10 Jonathan Dobson
24:29; 14 Hugh Saxby 25:04; 16 Deyan Knespl 25:17; 17 Steve Newton 25:20; 23
Claire Grima (1st W) 26:11; 26 Zoe Pike (2nd W) 26:48; 36 Amelia Lloyd (3rd W)
27:35; 43 Stuart Littlewood 28:09; 48 Yuzo Saito 28:33; 51 Maurice Sharp 28:43; 71
Fred Green 32:47; 86 Ian Isherwood 34:23 (103 finishers)

TEAM: 1 Hercules Wimbledon 24; 2 Reigate Priory 45; 3 Epsom Oddballs 71; 4
Hercules Wimbledon 'B' 73 ... 9 Hercules Wimbledon 'C' 170

Final League positions: 1 Epsom & Ewell 40; 2 Hercules Wimbledon 36; 3 Striders
of Croydon 31 ... 9 Hercules Wimbledon B

U17/U15 (2.1 miles): 1 Joe Toomey (HW) 11:37. **Other HW:** 3 Liam White 12:07; 8
Geordie Logan 12:39; 11 Ed Saywell 12:50; 25 Charlie Carrington 14:25; 27
Rosemary Fernando 14:50 (51 finishers)

TEAM: 1 Hercules Wimbledon 9; 2 Epsom & Ewell 22; 3 Herne Hill H 24 ... 5
Hercules Wimbledon 'B' 19

Final League positions: 1 Hercules Wimbledon 47; 2 Herne Hill H 43; 3 Herne Hill
H 'B' 34 ... 5 Hercules Wimbledon 'B' 19

U13 (2.1 miles): 1 Peter Chambers (Croydon H) 13:04. **HW:** 14 Ella Dobson 16:39 (21 Finishers)

TEAM: 1 Herne Hill H 9

Final League positions: 1 Herne Hill H 48 ... 7 Hercules Wimbledon 14

April 9: Veterans AC Meeting, Battersea Park

100 (race 1): 3 Geoff Walcott 12.8. **(race 2):** 4 Paul Wignall 13.6. **300 (race 1):** 3 Geoff Walcott 40.5. **(race 2):** 4 Paul Wignall 46.2. **3000:** 8 Dennis Williams 12:57.2. **SP:** 2 John Webster 6.57. **HT:** 3 John Webster 34.47

April 11: Crooklog Handicap 5km, Bexleyheath, Kent

Fastest: Steve Dipre (unattached) 19:05. **HW:** 5= Stuart Littlewood 20:32; 15 Dennis Williams 23:06 (35 finishers)

April 12: Bushy Park 5km Time Trial, Teddington

1 John Hutchins (Basingstoke & MH) 15:35. **HW:** 76 Amandine King 21:19; 114 Fred Green 22:21; 120 Barry King 22:34 (366 finishers)

April 12: Wimbledon Common 5km Time Trial

1 Vic Maughn (Herne Hill H) 16:43. **HW:** 3 Neil Fraser 17:52 (99 finishers)



Neil heading for third place on Wimbledon Common

Photo by Yuzo Saito

April 13: Flora London Marathon

Men: 1 Martin Lel (Kenya) 2:05:13. **HW:** 239 Justin Kelly 2:42:45 (**HW 2008 leader**); 443 Jamie Helmer 2:49:14; 520 Peter Lee 2:51:06 (**7th HW M40 a-t**); 990 John Querstret 2:58:57; 1065 Steve Badgery (**3rd M60**) 2:59:38 (**HW M60 rec**); 1185 Dan Pescod (2C) 3:01:21; 1745 Alex Urban 3:09:07; 2007 Deon Coetzee 3:11:53; 2190 Dave Clarke 3:13:41 (**3rd HW M50 a-t**); 2634 Stewart Bond 3:17:41; 13577 Chris (CD) Riches 4:21:03; 15925 Dennis Williams 4:34:10; 18971 Paul Moulton 4:55:01 (approx 35,000 finishers)

Elite Women: 1 Irina Mikitenko (Germany) 2:24:14. **HW:** 43 Claire Grima 2:55:36 (**2nd HW W a-t**); 45 Zoe Pike 2:56:26 (**HW W35 rec & 3rd HW W a-t**)



Claire in the final stages of her 2:55:36 Flora London Marathon, just 32 seconds adrift of the HW Women's record set by Sarah Massey in 1999

Photo by Jonathan Dobson

April 13: adidas Borough Challenge London Mini Marathon 3-miles

(Note: in previous years, course was 2.6 miles)

All Merton unless stated

Boys 15-17

1 Jake Shelly (Barnet) 15:08. **HW:** 3 Alex Bruce-Littlewood (2C) (Bromley) 15:15; 22 Joe Toomey 16:20; 26 Liam White (Wandsworth) 16:30; 36 Alex Robinson 16:49; 66 Charlie Carrington 17:34; 157 William Spooner (Richmond) 19:16; 181 Paul Stables 19:36; 205 Joseph Stone 20:42 (236 finishers)

Boys 13-14

1 Kamvir Hayer (Ealing) 15:40. **HW:** 7 Geordie Logan 16:54; 137 Bradlee Mulroe 20:17; 157 David Stables 20:38; 170 Alex Watson 21:02; 179 Joshua Palmer 21:25; 185 James Blower (Wandsworth) 21:32 (232 finishers)

Boys 11-12

1 Peter Chambers (Croydon H) 17:30. **HW:** 13 Tim Livingstone (Wandsworth) 18:51; 66 Dean Belhaj (Wandsworth) 20:10; 158 Aaron Jones 22:09; 167 Oliver Moulton 22:25; 182 Tom McMahon (Wandsworth) 22:49 (243 finishers)

Girls 15-17

1 Martha Reynolds (Ealing) 17:38. **HW:** 27 Rosemary Fernando 19:59; 62 Caroline Hicks 21:40; 74 Hannah Long 21:53; 180 Megan Brown 25:35 (233 finishers)

Girls 13-14

1 Eleanor Bounds (Havering) 15:30. **HW:** 16 Michaela Knespl 19:40; 61 Alice Village 21:44; 88 Alexander Borthwick (Wandsworth) 22:34; 97 Katie Kemp 22:49; 112 Sophie Robinson (Wandsworth) 23:06; 123 Maria Rogan 23:21 (228 finishers)

Girls 11-12

1 Sky Draper (Hillingdon) 18:07. **HW:** 6 Eleanor Smith-Hahn 19:48; 7 Emma Headley (Wandsworth) 20:02; 12 Connie Rose ((Wandsworth) 20:50; 22 Maire Gilmartin (Wandsworth) 21:33; 23 Ella Dobson (Kensington & Chelsea) 21:35; 46 Rebecca Stone 22:20; 119 Avalon Howard-McCrow 24:06; 162 Fionnuala Lane 25:31 (237 finishers)

Note: An impressive total of 36 HW athletes today (18 boys & 18 girls) compared to the total of 26 that ran last year.

April 13: Rotterdam Marathon, Holland

1 William Kipsang (Kenya) 2:05:49. **HW:** 221 Gerard Crispie (2C) 2:55:51

**April 13: F3 Events Duathlon, Dorney Lake, Eton, Berkshire
(5km run, 20k bike, 5km run)**

1 Michael Hiscott (Berkshire Tri) 67:37. **HW:** 37 Yuzo Saito 83:15 (20:40, 40:36, 21:59)

April 15: Veterans AC 5-mile Road Race, Battersea Park

1 Dave Cox (Woodford Green & Essex Ladies) 27:57. **HW:** 5 Stuart Littlewood 32:56; 8 Tom Morris 33:21; 16 Dennis Williams 38:08; 19 Ian Isherwood 39:55

April 19: Kinnaird Trophy, Kingsmeadow Stadium, Kingston

100: 5 Praful Nargund 11.54/+1.8w. **200:** 4 Dwayne Dowding 22.34/-0.8w. **400 A:** 6 Hamed Agboke 52.58. **B:** 6 Geoff Walcott 57.70. **800 A:** 4 Aidan Hogan 2:01.92. **B:** 5 Lance Power 2:16:32. (1st James Trapmore (Achilles – 2C HW) 2:01.02. **1500:** 5 Lance Power 5:09.1. **3000:** 4 Belal Aly 9:15.29 (1st James Trapmore (Achilles - 2C HW) 8:47.15. **B:** 3 Alex Bruce-Littlewood (Blackheath & B – 2C HW). **n/s:** Naomi Warner 10:26.08. **2000SC A:** 4 Adam Przedzrymiski 6:59.8 (1st Alex Bruce-Littlewood (Blackheath & B – 2C HW) 6:21.6). **B:** 1 Arnaud Claverie 7:07.3
Trophy result: 1 Blackheath & Bromley 234; 2 Windsor, Slough, Eton & Hounslow 206; 3 Achilles 186 ... 6 Hercules Wimbledon 81



Some fine images of HW athletes taken by Ray O'Donoghue at the Kinnaird Trophy Meeting

April 19: Sward Trophy, Kingsmeadow Stadium, Kingston

PV A: 4 Dominic Getting 2.60. **B:** 2 Royden John 2.30. **LJ:** 2 Royden John 6.93
(**HW M35 rec**). **SP A:** 7 John Brown 8.57. **B:** 5 Kevin Burnett 5.21. **DT A:** 7 John
Brown 23.19. **B:** 5 Kevin Burnett 13.50. **HT A:** 5 John Brown 27.56. **B:** 4 Dominic
Getting 13.30. **JT:** 5 Kevin Burnett 17.68
Trophy result: 1 Kingston & Polytechnic 217; 2 Achilles 148; 3 St Mary's,
Richmond 92 ... 5 Hercules Wimbledon 74

April 19: Bushy Park 5km Time Trial, Teddington

1 Joshua Johnson (Unattached) 16:50. **HW:** 31 Steve Badgery 19:34; 80 Amandine
King 21:36 (329 finishers)

April 19: Wimbledon Common 5km Time Trial

1 Vic Maughn (Herne Hill H) 16:37. **HW:** 3 Liam White 17:38; 28 Yuzo Saito 21:02;
56 Dennis Williams 23:57 (104 finishers)

April 19: Bramhall Park 5km Time Trial, nr Stockport, Cheshire

1 Michael Halman (Wilmslow RC - HW 2C) 16:23. **Other HW:** 13 Sally Maddock
(2C) 21:16 (89 finishers)

April 19: Harrold Pit Run, Multi Terrain 3 miles, Harrold, Beds

1 Mark Pepper (Olney Runners) 17:08. **HW:** 65 Colin Bricher (2C) 23:58 (146
finishers)

April 20: Battersea Park Open Meeting

U13 Girls

100: 1 Eleanor Smith-Hahn 14.61/+0.2w (7th **HW U13G a-t**). **200:** 1 Eleanor Smith-
Hahn 29.8/+0.1w (8th **HW U13G a-t**). **800:** 1 Eleanor Smith-Hahn 2:37.24 (6th **HW**
U13G a-t). **LJ:** 1 Eleanor Smith-Hahn 3.70 (8th **HW U13G a-t**)

Men

800: 6 Mark Livingstone 2:31.09

U13 Boys

800: 1 Tim Livingstone 2:29:00 (23rd **HW U13B a-t**)

U11 Boys

150: 1 Oliver Livingstone 24.01/0.0w

April 20: Zurich Marathon, Switzerland

1 Oleg Kulkov (Russia) 2:11:15. **HW:** 370 Jonathan Dobson 3:02:27 (4588 finishers)

April 20: Walton AC Open Meeting, Stompond Lane, Walton

Women 1500: 3 Rosemary Fernando 5:21.48

April 25: Serpentine RC Last Friday of the Month 5km, Hyde Park

1 Thomas Beedell (Chiltern H) 16:02. **HW:** 44 Stuart Littlewood (1st M55) 19:48;
133 Ian Isherwood 24:09 (190 finishers)

April 26: Southern Women's League, Division 2S, Kingsmeadow Stadium

Senior Women

100: 2 Emily Martin 13.0. **400:** 5 Jennifer Fernando 64.8. **800 A:** 3 Jennifer Fernando
2:28.3. **B:** 2 Rosemary Fernando 2:34.8. **1500:** 4 Jennifer Fernando 5:27.2. **3000 A:** 6
Caroline Hicks 13:03.9. **B:** 3 Hannah Long 13:27.4. **LJ:** 1 Emily Martin 5.37. **SP:** 5

Emily Martin 8.63. **JT A:** 6 Emily Martin 17.73. **B:** 7 Rosemary Fernando 8.67.
4x400: 3 Hercules Wimbledon 4:43.9 (R Fernando (70.9); H Long (74.6); C Hicks (72.4); J Fernando (65.9))

U15 Girls

100: 3 Sharon Obayuwana 13.6. **200 A:** 2 Sharon Obayuwana 27.8. **B:** 2 Eleanor Smith-Hahn 30.1. **1500:** 3 Eleanor Smith-Hahn 5:30.0

MATCH RESULT: 1 St Mary's Richmond 625.5; 2 Haywards Heath H 455; 3 Croydon H 439.5 ... 8 Hercules Wimbledon 159



Jennifer and Rosemary mixing it in the 800m while below, Hannah and Caroline go in for a spot of synchronized 3000m racing

Photos by Ray O'Donoghue



April 26: Bushy Park 5km Time Trial, Teddington

1 Kieran White (HW) 16:17. **Other HW:** 28 Steve Badgery 18:40 (446 finishers)



Kieran 'flying in' to take the win at Bushy Park
Picture by Paul Sinton-Hewitt

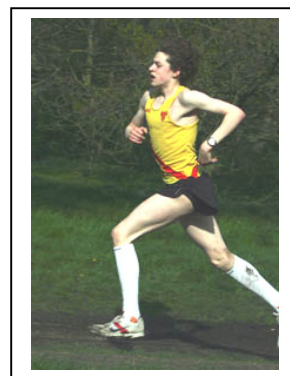
April 26: Wimbledon Common 5km Time Trial

1 Mike Halman (Wilmslow – 2C HW) 16:14. **Other HW:** 4 Liam White 17:49; 14 Matt Fell 18:52; 19 Dan Pescod (2C) 19:17; 31 Maurice Sharp 20:42; 40 Sally Maddock (2C) 21:46; 59 Dennis Williams 22:52; 66 Alastair Brown 23:40; 88 John Wasbrough 26:03 (123 finishers) (record: previous best: 112 on Dec 22, 2007)



Wimbledon Common Time Trial winner Mike and Fourth place Liam

Photos by Ray O'Donoghue



April 26: Cardiff 5km Time Trial

1 Edward Takata (Cardiff AAC) 16:27. **HW:** 12 Gerard Crispie (2C) 18:45 (48 finishers)

April 26: Mercedes Benz World Duathlon

(5km run, 20k bike, 5km run)

1 Richard Stannard 64:56. **HW:** 34 Yuzo Saito 82:40

April 26: London Inter Club Challenge, Barnet Copthall, Hendon

200 (race 2): 3 Praful Nargund 23.43/-3.5w **(race 3):** 1 Hamed Agboke 24.06/-2.3w.
400 (race 2): 3 Hamed Agboke 51.50

April 27: National Junior League, Barnet Copthall, Hendon

800 A: 4 Alex Bruce-Littlewood (2C) 1:58.14. **2000SC A:** 2 Alex Bruce-Littlewood (2C) 6:31.41

April 27: Brown Springtime Invitational, Brown University, Providence, Rhode Island, USA

Women's 3000: 2 Medena Knespl 9:54.65 (2nd HW W a-t)

April 27: Chertsey Duathlon, Surrey

(5km run, 20km bike, 5km run)

1 Andrew McFarlane (Ful-on-Tri) 64:52. **HW:** 23 Deyan Knespl (2nd U24 category)
74:28 (17:13, 38:56, 18:19)

April 30: Veterans AC Meeting, Battersea Park

3000: 3 Mike Kortenray 12:09.7; 4 Dennis Williams 12:39.7