

HW Results August 2009

August 1: Southern Men's League Division 1, Match 6, Bracknell, Berks

Match result: 1 Reading AC 131; 2 Nene Valley H 130; 3 Worthing 98; 4 Ashford 39; 5 Hercules Wimbledon 87

100 A: 3 Dwayne Dowding 11.2. **B:** 3 Richard Agyapong 11.4

200 A: 3 Richard Agyapong 22.8. **B:** 4 Aaron Mason 23.9

400 A: 3 Richard Vanderpuijie 58.2. **B:** 1 Dwayne Dowding 51.0

800 A: 3 Richard Vanderpuijie 2:00.5. **B:** 3 Justin Kelly 2:03.3. **n/s:** Ed Saywell 2:04.4 (17th HW U17M a-t)

1500 A: 2 Andrew Penney 4:07.2 (16th HW U20M a-t). **B:** 2 Kieran White 4:13.0. **n/s:** Alex Robinson 4:16.9

5000 A: 3 Kieran White 15:48.2. **B:** 1 Adam Przedzimirski 15:51.6. **n/s:** Mike Halman 16:23.9; Deon Coetzee 16:42.1

3000SC A: 2 Rory McMahon 10:40.8. **B:** 2 Lance Power 10:41.8. **n/s:** Geordie Logan 10:40.0

110H A: 5 Oliver Stogdale 17.9. **B:** 5 Steve Davies 39.2 (fell)

400H A: 2 Aaron Mason 58.0. **B:** 2 Steve Davies 63.8

HJ A: 4 Steve Davies 1.75. **B:** 2 Deon Coetzee 1.70

PV A: 5 Dominic Getting 2.80. **B:** 4 Lance Power 2.60

LJ A: 1 Royden John 6.80. **B:** 5 Geordie Logan 4.99

TJ A: 5 Geordie Logan 10.84. **B:** 5 Lance Power 10.11

SP A: 5 Simon Cook 9.39. **B:** 4 John Brown 8.61

DT A: 5 John Brown 24.54. **B:** 5 Simon Cook 24.38

HT A: 4 John Brown 28.35. **B:** 4 Simon Cook 21.09

JT A: 5 Justin Kelly 34.42. **B:** 4 Simon Cook 33:55

4x100: 5 HW 53.0. **4x400:** 4 HW ??

Final League positions (leading 5 only): 1 Victoria Park & TH 29 (774); 2 Portsmouth AC 28 (768); 3 Reading AC 26 (717.5); 4 Nene Valley H 25 (736.5); 5 Hercules Wimbledon AC 23 (683.5)

August 1: parkrun 5km, Wimbledon Common

1 Matt De Freitas (Unattached) 17:11. **HW:** 5 Andrew Davies 18:03; 7 Matthew Sharp 18:34; 17 Frank Wood 19:44; 25 Mark Bohan 20:14; 40 Charles Lawrie 21:08; 41 Maurice Sharp 21:11; 127 Richard Weston (2C) 30:39; 129 Mimi Lanfranchi 30:54 (144 finishers)

August 1: parkrun 5km, Roundshaw Park, Croydon, Surrey

1 Richard Ward (Belgrave H) 16:58. **HW:** 8 Barry White 19:53 (53 finishers)

August 1: parkrun 5km, Bushy Park, Teddington

1 Paul Knechtel (British Airways) 17:32. **HW:** 41 Steve Badgery 20:02; 69 Tom Morris 20:52 (468 finishers)

August 1: British Men's League Premier, Hendon

1500 A: 7 James Trapmore (2C) 4:01.30

August 2: U17 Inter County Match, Crawley, Sussex

3000 A: 1 Liam White (Surrey) 9:02.46. **B:** 2 Joe Toomey (Surrey) 9:24.35

4x400 (1st Leg): Jonathan Osbourne (Surrey) 51.4

August 2/3: World Masters Championships, Lahti, Finland
M55

Aug 2 - 200 (heat 1): 4 Geoff Walcott 26.91/0.0

Aug 3 - 200 (S/F 2): 5 Geoff Walcott 26.44/-1.4

August 2: UK National Women's League, Grangemouth, Scotland

HJ B: =3 Emily Martin 1.45

TJ A: 5 Emily Martin 10.70/+4.2w

JT A: 6 Emily Martin 31.60 (9th HW W a-t)

August 2: UK Ironman, Bolton, Lancs

Swim 3.8km – Bike 180km – Run 42km (marathon)

1 Phillip Graves 8:45:52 (51:09 – 4:57:23 – 2:52:19). **HW:** 614 Yuzo Saito 13:03:44 (81:16 – 6:50:56 – 4:38:36) (1256 finishers)

August 2: Milland Valley Trail Race, 13 miles, Nr Liphook, Hants

1 Nicholas Torry (Serpentine) 81:33. **HW:** 24 John Querstret 94:37; 180 Tom Cheetham 1:59:54 (418 finishers)

August 3: Self Transcendence 5km Road, Battersea Park

1 Nick Shasha (Walthamstow) 15:56. **HW:** 48 Frank Wood 19.27; 75 Tom Morris (3rd M50) 20.41; 153 Ian Isherwood 25.24 (198 finishers)

August 4: Crystal Palace Canter, approx 3 miles, SE19

1 Paskar Owar (Belgrave H) 16:05. **HW:** 3 Stuart Littlewood 20:17

August 5: Portsmouth Promenade 5km, Hants

1 Thomas Payn (Winchester & District) 14:36. **HW:** 137 Ian Isherwood 25:15 (187 finishers)

August 6: Mota-vation Summer Series, Approx 4 miles, Chipping Norton, Oxon

1 Matthew Ashton (Aldershot F&D) 21:12. **HW:** 4 Kieran White 22:18 (208 finishers)

August 7: Surrey Summer Aquathlon, Guildford

Swim – 500m – Run 5km

1 Matthew Gallop 25:09 (7:22 – 17:47). **HW:** 12 Steph Robson (2nd W) 28:48 (10:22 – 18:26) (87 finishers)

August 7/8: World Masters Championships, Lahti, Finland

M55

Aug 7: 400: 5 Geoff Walcott 58.78 (In heats 3: 3rd 59.85)

Aug 8: Geoff assists Great Britain to team gold in the both the M55 4x100m Relay and 4x400m Relay

August 8: parkrun 5km, Bushy Park, Teddington

1 James Trapmore (HW – 2C) 15:58. **Other HW:** 30 Steve Badgery 18:54 (483 finishers)

August 8: parkrun 5km, Wimbledon Common

1 Alex Robinson (HW) 16:50. **Other HW:** 5 Andrew Davies (2C) 17:57; 9 Darren Meredith 18:37; 26 Frank Wood 19:40; 50 Mark Bohan 21:17 (149 finishers)

August 9: England Athletics U17 Championships, Bedford

1500: 12 Liam White 4:07.62. **In heat (8/8):** 2nd 4:01.92

August 9: 8 Counties Inter County, Chelmsford, Essex

Men

400 B: 2 Dwayne Dowding (Surrey) 49.80

3000SC B: 4 Geordie Logan (Surrey) 10:37.16

4x400: 4 Surrey 3:19.55 (D Dowding leg 3 in 50.7)

Match result: 1 Essex 396; 2 Surrey 366; 3 Kent 340; 4 Hertfordshire 299; 5 Sussex 266; 6 Hampshire 260; 7 Middx 192; 8 Oxfordshire 24

Women

3000m Walk A: 1 Estle Viljoen (Surrey) 15:27.24

August 9: Newark Half Marathon, Notts

1 Hassan Raidi (Belgrave H) 69:23. **HW:** 14 Darren Meredith 77:00 (1047 finishers)

August 9: Bolt 5km Road, (inc Surrey AA Championship), West Wimbledon

1 Ben Paviour (Herne Hill H) 15:50. **HW:** 14 Adam Vandenberg 16:44; 15 Neil Aitken (2C) 16:47; 26 Phillip Glynn 17:09; 56 Hugh Saxby (3rd M50 Surrey Champs) 18:37; 57 Steve Sinnott 18:39; 58 Matthew Sharp 18:43; 75 Peter Giles (2nd M60 Surrey Champs) 19:22; 120 Maurice Sharp 21:26; 165 Annemarie Seymour 25:28; 175 Dennis Williams 26:17 (193 finishers)

TEAM: 1 Clapham Chasers 31 ... 8 Hercules Wimbledon 95





Some action from the Surrey 5km with both Peter and Hugh getting among the County medals in the M50 and M60 categories. Also pictured are Maurice and his son Matthew (76) and Steve Adam can be spotted to the left of the start photo
All pictures by Ray O'Donoghue

August 10: Self Transcendence 2 miles Road, Battersea Park

1 Toby Hedgeland (Unattached) 10:12. **HW:** 5 Phillip Glynn 10:39; 22 Tom Morris (1st M50) 12:56; 57 Ian Isherwood 15:35; 58 Caroline Glynn (HW debut) 15:46 (80 finishers)

August 11: Veterans AC 5 mile Road, Battersea Park

1 David Cox (Woodford Green) 28:18. **HW:** 13 Dennis Williams 43:51; 19 Kevin Burnett (2C) 52:14

August 12: Rosenheim League Final, Kingsmeadow Stadium, Kingston

Match result: 1 Herne Hill H 87; 2 Kingston & Polytechnic 71; 3 Belgrave H 65; 4 Croydon H 64; 5 Hercules Wimbledon 48; 6 St Mary's Richmond 33.5; 7 Serpentine 25.5; 8 Walton 28

100: 7 James Allon 12.9. **n/s 3:** 5 Marcus Francis 12.7

200: 7 Geordie Logan 26.3

400: 2 Jonathan Osbourne 51.0 (5th HW U17M a-t)

800: 1 Liam White 1:58.0 (3rd HW U17M a-t)

1500: 1 Alex Bruce-Littlewood 4:10.5

3000: 3 Adam Przedzimirski 9:01.1; 10 Alex Bruce-Littlewood 9:19.1. **n/s:** 1 Rory McMahon 9:47.8; 4 David Grima 10:31.1; 6 Claire Grima 10:37.4; 8 Neil Guthrie 10:47.5

400H: 6 Geordie Logan 66.2

LJ: 6 Chima Odum 5.26

DT: 7 John Brown 24.73

HT: 6 John Brown 28.23

4x200: 5 Hercules Wimbledon (U17) 1:41.8 (L White, C Odum, G Logan, J Osbourne)



David and Claire in what must be a rare occasion that a husband and wife has been pictured in the same race! Also shown is Rory winning the non-scoring 3000m



Adam gains a fine third place in the scoring 3000m while Alex tastes 1500m success



Liam in full flow as heads for 800m victory in a personal best time

All pictures by Ray O'Donoghue

August 12: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Les Thomas (Riverside R) 13:03. **HW:** 6 Tom Morris 15:33; 24 Dennis Williams 20:09; 26 Kevin Burnett 23:04

August 14: Rye Summer Classic 5km, Sussex

1 Max Thomas (Hastings AC) 16:14. **HW:** 109 Ian Isherwood 24:44 (156 finishers)

August 14: Crooklog 5km Road, Bexleyheath, Kent

1 Stuart Littlewood (HW) 20:40

Note: Stuart last won this event almost 20 years ago in the days when he toured the course in a time of 16:40.

August 15: parkrun 5km, Wimbledon Common

1 Liam White (HW) 16:17. **Other HW:** 5 Rory McMahon 17:32; 9 David Grima 18:23; 17 Claire Grima (2nd W) 18:49; 26 Frank Wood 19:36; 113 Georgina Stubbs 27:04; 134 Richard Weston (2C) 29:51 (147 finishers)

August 15: parkrun 5km, Bushy Park, Teddington

1 Sean Renfer (Elmbridge RC) 16:28. **HW:** 21 Matthew Sharp 18:21; 37 Steve Badgery 19:10; 89 Tom Morris 20:48; 152 Barry King 22:39 (527 finishers)

August 15: parkrun 5km, Cardiff

1 Nathaniel Lane (Cardiff AAC) 16:11. **HW:** 25 Gerard Crispie (2C) 19:18 (151 finishers)

August 15: Clash of the Tritons Aquathon, Eltham

Swim 500m – Run 5km

1 James Lock (Thames Turbo) 22:06 (5:58 – 15:42). **HW:** 49 Steph Robson 28:21 (9:46 – 17:59) (171 finishers)

August 16: National Junior League, Lee Valley

800 A: 3 Alex Bruce-Littlewood (2C) 2:00.5

2000SC A: 2 Alex Bruce-Littlewood (2C) 6:28.1

August 16: British Masters Inter Area Match, Solihull

W50

1500: 2 Anna Garnier 5:22.8 (**HW W50 record**)

August 19: British Milers Club Meeting, Sutcliffe Park, Eltham

800 C: 4 Alex Bruce-Littlewood (2C) 1:57.67. **D:** 3 Liam White 1:57.39 (**HW U17M record**)

August 19: Blackheath & Bromley Open Meeting, Norman Park, Bromley

Men

100 (heat 6): 1 Dwayne Dowding 11.25

Women

100 (heat 1): 3 Emily Martin 12.73

August 22: parkrun 5km, Bushy Park, Teddington

1 James Ellis (Clapham Chasers) 16:19. **HW:** 13 Peter Lee 17:28 (513 finishers)

August 22: parkrun 5km, Wimbledon Common

1 Adam Vandenberg (HW) 16:47. **Other HW:** 4 Alex Robinson 17:20; 6 Rory McMahon 17:46; 9 Chris Coles 17:57; 10 Darren Meredith 18:13; 20 Adam Sikora (HW debut) 19:19; 23 Barry White 19:28; 37 Frank Wood 20:08; 57 Michaela Knespl 21:54; 105 Annemarie Seymour 24:48; 108 Ian Isherwood 25:02; 111 Dennis Williams 25:19; 118 Georgina Stubbs 25:55; 132 Steve Webb 27:17; 161 Mimi Lanfranchi 31:45 (172 finishers – record)

August 22: Jurassic Park 10km, Budleigh Salterton, Devon

1 James McMullan (Thames H&H) 33:18. **HW:** 16 Claire Grima (1st W) 40:36; 17 David Grima 42:00 (253 finishers)

August 22: British Athletic League, Kingsmeadow Stadium, Kingston

3000SC A: 4 Alex Bruce-Littlewood (2C) 9:37.5

August 22: OWS Aquathlon, Datchet, Berks

Swim 750m – Run 5km

1 Deon Coetzee (HW) 27:03 (9:35 – 17:28) (47 finishers)

August 23: Burnham Beeches Half Marathon, Bucks

1 Paul Martelletti (Victoria Park & TH) 72:11. **HW:** 7 Darren Meredith 77:04 (953 finishers)

August 23: Clitheroe Sprint Triathlon, Lancs

Swim 400m – Bike 30km – Run 9km

1 Rodger Wilkins 94:36 (7:32 – 52:41 – 34:43). **HW:** 25 Steph Robson (1st W) 1:57:47 (9:51 – 67:53 – 40:02) (75 finishers)

August 26: British Milers Club Gold Standard Races, Watford, Herts

1500 B: 9 Alex Bruce-Littlewood (2C) 4:01.16; 10 Liam White 4:06.37

3000 A: 7 Liam White 8:50.84 (2nd HW U17M a-t); 11 Alex Bruce-Littlewood (2C) 8:59.84

August 28: Serpentine RC Last Friday of the Month 5km, Hyde Park

1 Hassan Raidi (Belgrave H) 15:55. **HW:** 171 Dennis Williams 24:56; 183 Ian Isherwood 25:28 (219 finishers)

August 29: Herne Hill H Open Meeting, Tooting Bec

100 (race D): 7 David Lankes 12.09/+0.6. **(race E):** 5 Jonathan Osbourne 11.89/+1.2.

(race G): 5 Chima Odum 12.57/-0.2. **(race H):** 2 Marcus Francis 12.59/+1.7. **(race**

K): 5 Eleanor Smith-Hahn 13.95

200 (race D): 5 David Lankes 24.63/-0.3 (18th HW U15B a-t). **(race F):** 4 Chima Odum 25.27/-1.2

400 (race A): 4 Jonathan Osbourne 52.47

800 (race C): 5 Cassian Hyde 2:38.64. **(race D):** 5 Eleanor Smith-Hahn 2:44.51

1500: 3 Joe Toomey 4:21.48

3000SC: 1 Geordie Logan 10:43.46

U17 Men

TJ: 1 Chima Odum 12.01



Two of HW's fine young talents Eleanor and Cassian competing at Tooting Bec
Photos by Ray O'Donoghue

August 29: parkrun 5km, Wimbledon Common

1 Eoin O'Connell (Serpentine) 17:01. **HW:** 4 Rory McMahon 17:24; 6 Chris Coles 17:40; 9 Andrew Davies (2C) 18:14; 17 Adam Sikora 18:54; 33 Yuzo Saito 20:10; 45 Charles Lawrie 21:11; 49 Mark Bohan 21:32; 103 Dennis Williams 25:53 (153 finishers)

Note: this was Dennis Williams' 100th run in the series of parkrun events

August 29: parkrun 5km, Roundshaw Park, Croydon

1 Barry Attwell (South London H) 19:04. **HW:** 4 Jonathan O'Halloran 19:50; 10 Martin O'Halloran 21:06 (58 finishers)

August 29: London Inter Club Challenge, Hendon

400H: 1 Aaron Mason 58.23

August 29: Blackheath & Bromley Club Championships, Bromley, Kent

1500: 11 Stuart Littlewood (guest) 5:36.0

August 30: U20 Inter County Match, Watford, Herts

1500: 3 Liam White (Surrey) 4:01.73; 5 Alex Bruce-Littlewood (2C – Kent) 4:03.06

2000SC: 2 Alex Bruce-Littlewood (2C – Kent) 6:25.48

August 30: Veterans AC Championships, Kingsmeadow Stadium, Kingston

M65

5000: 1 Peter Giles 19:21.5 (HW M65 record)

M70

100: 3 Kevin Burnett (2C) 18.3

200: 3 Kevin Burnett (2C) 38.7

80H: 2 John Webster 19.6 (HW M70 record)

PV: 2 John Webster 1.90 (HW M70 record)

LJ: 3 John Webster 3.26 (HW M70 record)

TJ: 2 John Webster 7.37 (HW M70 record)

SP: 2 Kevin Burnett (2C) 7.06

DT: 2 John Webster 25.80 (HW M70 record); 3 Kevin Burnett (2C) 19.67

HT: 2 John Webster 35.00 (HW M70 record); 3 Kevin Burnett (2C) 20.09

JT: 1 John Webster 26.58; 2 Kevin Burnett (2C) 17.44

August 31: Grimsthorpe Castle Multi Terrain 10km, Bourne, Lincs

1 Tim Hartley (Barrow R) 32.59. **HW:** 58 Anna Garnier (2C - 1st W55) 46:18 (438 finishers)

August 31: Peterborough City Games, Lincs

400H: 1 Aaron Mason 56.67 (14th HW a-t)

August 31: Barking Park 5km Road, Barking, Essex

1 Sam Bradley (Tonbridge AC) 15:49. **HW:** 120 Dennis Williams 25:13; 137 Ian Isherwood 26:50 (181 finishers)