

## HW Results January 2008

### **January 1: Serpentine New Year's Day 10km, Hyde Park**

1 Samatar Farah (Newham & Essex Beagles) 32:32. **HW:** 348 Dennis Williams 58:42 (433 finishers)

### **January 4: Poole Runners Winter Series 5km Time Trial, Dorset**

1 Mike Tallis (IIF Group) 16:10. **HW:** 99 Dennis Williams 24:44; 102 Ian Isherwood 24.56. (157 finishers)

### **January 5: Surrey County AA Cross Country Championships, Lloyd Park, Croydon**

**Senior Men:** 1 Phil Wicks (Belgrave H) 41:20. **HW:** 15 Aidan Hogan 46:23; 20 Kieran White 47:39; 25 Michael Halman 48:15; 28 Richard Xerri 48:42; 32 Phil Glynn 49:46; 36 Peter Lee 50:09; 46 Gary Blesson 50:58; 48 Hugh Saxby 51:19; 74 Deon Coetzee (started late) 55:14; 76 Andy Waites 55:18; 134 Tom Cheetham 66:13 (150 finishers)

**TEAM:** 1 Herne Hill H 60; 2 Thames Hare & Hounds 148; **3 Hercules Wimbledon 156;** 4 Belgrave H 162

**U17 Men:** 1 Jonny Hay (Aldershot F&D) 23:06. **HW:** 11 Alex Robinson 25:45; 15 Deyan Knespl 26:20; 22 Charlie Carrington 28:02; 25 James Greene 29:33; 26 Thomas Sandiford 30:18 (35 finishers)

**TEAM:** 1 Aldershot, F&D 12; 2 South London H 36; **3 Hercules Wimbledon 73;** 4 Tiffin School 73

**U15 Boys:** 1 Elliott Woolmer (Aldershot, F&D) 15:08. **HW:** 3 Liam White 15:20; 7 Geordie Logan 15:54; 20 Ed Saywell 17:26; 44 Alex Watson 19:57; 45 Bradlee Mulroe 20:02 (56 finishers)

**TEAM:** 1 Aldershot, F&D) 17; 2 Herne Hill H 63; **3 Hercules Wimbledon 74**

**Senior Women:** 1 Emily Adams (Aldershot, F&D) 32:54. **HW:** 17 Medena Knespl 37:02; 43 Sally Maddock 41:31

**U20 Women:** 1 Hannah Brooks (Crawley AC) 19:19. **HW:** 5 Amandine King 25:30

**U17 Women:** 1 Lily Partridge (Aldershot, F&D) 19:23. **HW:** 13 Jennifer Fernando 24:18; 14 Rosemary Fernando 24:23; 23 Hannah Long 27:47

**TEAM: U17/U20 combined:** 1 Aldershot F&D 20 ... 4 Hercules Wimbledon 59

**U15 Girls:** 1 Emelia Gorecka (Aldershot, F&D) 15:53. **HW:** 11 Michaela Knespl 18:58; 35 Alice Village 23:17; 40 Georgia Haigh 25:17

**U13 Girls:** 1 Susan Shiel-Rankin (Aldershot, F&D) 13:56. **HW:** 9 Eleanor Smith-Hahn 14:45; 28 Maire Gillmartin 16:18; 33 Emma Headley 16:34; 53 Sydney Henderson 19:11

**TEAM:** 1 Guildford & Godalming 22 ... 7 Hercules Wimbledon 123

Complete results here:

[http://www.surreyathletics.org.uk/crosscountry/2007\\_2008/champs/cc.htm](http://www.surreyathletics.org.uk/crosscountry/2007_2008/champs/cc.htm)



Start of the Surrey Championships, with Phil, Mike and Aidan featuring

*Photo by Ray O'Donoghue*

**January 5: Kent County Championships, Detling**

**Junior Men:** 1 Alex Bruce-Littlewood (HW – 2C) 24:57; 2 Ben Tyler (Medway & Maidstone) 25:15

**January 5: Middlesex County Championships, Trent Park**

1 Daniel Dalmedo (Hillingdon) 41:04. **HW:** 6 James Trapmore (2C) 44:27 (123 finishers)

**January 5: Sussex County Championships, Bexhill-on-Sea**

1 Olly Freeman (Bodyworks Tri) 40:10. **HW:** 57 Martin Miller (Chichester) 56:18 (81 finishers)

**January 5: Bushy Park 5km Time Trial, Teddington**

1 James Harrison (Unattached) 16:55. **HW:** 18 Matt Fell 19:11; 49 Martin O'Halloran 21:17; 51 Dave Clarke 21:17; 189 Fred Green 25:41 (349 finishers)

**January 5: Richmond Park 5km Time Trial, Petersham**

1 Nicholas Houlton (UK Net Runners) 17:34. **HW:** 7 Adam Przedzimirski 19:49 (94 finishers)

**January 5: Wimbledon Common 5km Time Trial**

1 Alex Hussey (Ful On Tri) 18:17. **HW:** 9 Yuzo Saito 21:10 (59 finishers)

**January 6: Tadworth 10, Epsom Downs**

1 Ben Whitby (Windsor, Slough, Eton & Hounslow) 54:12; 2 Hussein Aly (HW) 56:15. **Other HW:** 6 Belal Aly 58:30; 105 Maurice Sharp 72:31; 113 Amelia Lloyd (2C) 73:25; 133 Yuzo Saito 74:40 (674 finishers)



Tadworth 10 start with Belal and Hussein among the pacemakers

*Photo by Ray O'Donoghue*

**January 9: Bridges 2.3 mile Handicap, Westminster Bridge**

**Fastest:** Darryl Carter (Iron Head Racing) 12:33. **HW:** Dennis Williams 17:59

**January 12: Sweatshop Surrey League, Division 1, Match 3, Reigate Priory**

**Senior Men:** 1 Huw Lobb (Thames Hare & Hounds) 26:55. **HW:** 5 Hussein Aly Ahmed 28:15; 7 James Trapmore 28:17; 17 Belal Aly 29:00; 18 Aidan Hogan 29:05; 19 Richard Xerri 29:13; 31 Michael Halman 29:55; 49 Deon Coetzee 31:04; 54 Phil Glynn 31:20; 60 Jamie Helmer 31:30; 65 Peter Lee 31:34; 68 Justin Kelly 31:38; 69 Arnaud Claverie 31:40; 71 Stuart Fraser 31:53; 77 Gary Blesson 32:09; 88 Hugh Saxby 32:55; 97 Jonathan Dobson 33:39; 103 Steve Sinnott 34:08; 119 Andy Waites 35:12; 121 John Querstret 35:19; 146 Frank Wood 38:38; 148 Maurice Sharp 38:44; 150 Martin O'Halloran 39:05; 154 Yuzo Saito 39:40 (166 finishers)

**TEAM:** 1 Herne Hill H 131; 2 Thames Hare & Hounds 194; 3 Hercules Wimbledon 307; 4 Ranelagh H 485; 5 Belgrave H 501; 6 South London H 545; 7 Guildford & Godalming 567; 8 Reigate Priory 571; 9 Wimbledon Windmilers 794

**Positions after three fixtures:** 1 Thames Hare & Hounds 551; 2 Herne Hill H 578; 3 Belgrave H 1019; 4 Ranelagh H 1122; 5 Hercules Wimbledon 1370; 6 Reigate Priory 1698; 7 South London H 1757; 8 Guildford & Godalming 1872; 9 Wimbledon Windmilers 2318

**U17/U15:** 1 Daniel Sellman (South London H) 13:59; 2 Liam White (HW) 14:22; 3 Andrew Penney (HW) 14:39. **Other HW:** 5 Alex Robinson 14:49; 6 Geordie Logan 14:51; 7 Deyan Knespl 15:10; 11 Ed Saywell 16:29; 16 William Spooner 17:14; 18 Bradlee Mulroe 17:24; 19 James Greene 17:48; 20 Alex Watson 18:27; 22 Paul Stables 19:20; 24 Ed Martin 20:21; 25 Charlie Carrington 26:30

**TEAM:** 1 Hercules Wimbledon 23; 2 South London H 43; 3 Herne Hill H 97

**Positions after three fixtures:** 1 Hercules Wimbledon 77; 2 South London H 129; 3 Herne Hill H 219

**U13:** 1 Julian Amoruso (Guildford & Godalming) 16:32. **HW:** 7 Max Allison (HW debut) 19:47

**TEAM:** 1 Guildford & Godalming 22; 2 Herne Hill H 95; 3 Belgrave H 114; 4 Hercules Wimbledon 117

**Positions after three fixtures:** 1 Guildford 129; 2 Herne Hill H 170; 3 Hercules Wimbledon 331



The Senior Men start at Reigate. Who you looking at Richard?



Hussein – 1<sup>st</sup> HW



James – 2<sup>nd</sup> HW



Belal – 3<sup>rd</sup> HW

*Photos by Ray O'Donoghue*

**January 12: Surrey Ladies Cross Country League, Match 3, Reigate Priory**

**Senior Women (Division 2):** 1 Jo Rodriguez-Downs (Woking) 24:58. **HW:** 7 Clare Grima 26:26; 20 Sally Maddock 28:25; 31 Amandine King (1<sup>st</sup> U20) 29:14 (129 finishers)

**TEAM:** 1 Woking 40; 2 Sutton R 112; 3 Striders of Croydon 139 ... 12 Hercules Wimbledon 336

**Positions after three fixtures:** 1 Woking 166; 2 Sutton R 319; 3 Striders of Croydon 461 ... 18 Hercules Wimbledon 1235

**U17 Women:** 1 Isabel Brinsden (Epsom & Ewell) 15:46. **HW:** 4 Jennifer Fernando 18:21; 5 Rosemary Fernando 18:23; 12 Caroline Hicks 20:55

**TEAM:** 1 **Hercules Wimbledon 44:** 2 Guildford & Godalming 59; 3 Herne Hill H 60

**Positions after three fixtures:** 1 Guildford & Godalming 106; 2 Hercules Wimbledon 141; 3 Herne Hill H 214

**U13 Girls:** 1 Louise Heron (Guildford & Godalming) 12:32. **HW:** 18 Rebecca Stone 14:15; 26 Emma Headley 15:06; 32 Ella Dobson 15:33

**TEAM:** 1 Guildford & Godalming 10 ... 7 Hercules Wimbledon 129

**Positions after three fixtures:** 1 Guildford & Godalming 67 ... 6 Hercules Wimbledon 380

### **January 12: Surrey Ladies Cross Country League, Match 3, Reigate Priory**

**Senior Women (Division 1):** 1 Emily Nelson (Epsom) 23:43. **HW:** 3 Naomi Warner (2C) 24:01

### **January 12: Banstead Woods 5km Time Trial**

1 Chris Phelan (South London H) 17:48. **HW:** 72 Kevin Burnett (2C) 30:38 (83 finishers)

### **January 12: Bushy Park 5km Time Trial, Teddington**

1 Danny Norman (Stragglers) 17:04. **HW:** 185 Fred Green 24:36 (413 finishers)

### **January 12: Richmond Park 5km Time Trial, Petersham**

1 Richard Ward (Belgrave H) 16:09. **HW:** 6 Adam Przedzimirski 19:12 (108 finishers)

### **January 12: Wimbledon Common 5km Time Trial**

1 Gareth Price (Shaftesbury Barnet) 17:17. **HW:** 11 Michaela Knespl (**1<sup>st</sup> W**) 21:50; 15 Alastair Brown 22:28; 25 Alice Village 23:52; 36 Dennis Williams 25:27; 41 Marina Knespl 26:51 (49 finishers)

### **January 13: Yorkshire Veterans Cross Country Championship, Keighley, West Yorks**

**M60:** 1 Bob Tintinger (Rotherham) 38:01. **HW:** 3 Neil Robson (HW 2C) 39:32

### **January 13: Surrey County AA Sportshall, the Spectrum, Guildford**

**U15 Boys:** 2 Nathan Safo Barnien 52 (2lap: 23.8, STJ: 6.82, Speed Bounce 82); 4 Jose Costa 48.5 (2lap: 24.5, SLJ: 2.41, SP: 9.56) 5 Kyran Mitchell-Nanton 47 (2lap: 24.5, SLJ: 2.30, SP: 8.67); 6 Luis Costa 44 (4 lap: 54.1, SLJ: 2.26, SP: 8.61) – 4x2lap relay: HW 1:32.3

**TEAM:** 1 Herne Hill H 234; 2 Hercules Wimbledon 221.5

#### **U15 Girls:**

Jessica Wood 35 (4lap: 61.5, Vertical Jump: 38, Speed Bounce: 70); Maria Rogan 23 (2lap: 29.8, SLJ: 1.50, Speed Bounce 66) – Paarlauf: HW 2:10.9

**TEAM:** 1 Herne Hill H 236 ... 7 Hercules Wimbledon 63

**U13 Girls:** 5 Eleanor Smith-Hahn 69 (6lap: 1:32.0, Vertical Jump 49), Katie Lampl 50 (4lap: 66.5, SP: 6.78); Dahlia Serafy 47.5 (2lap: 27.8, STJ: 4.87), Ellie Stewart 45 (6lap: 1:46.9, SP: 6.14), Avalon Howard-McGrow 30 (2lap: 28.7, Vertical Jump 33); Olivia Hogan 29 (4lap 66.6, STJ: 4.64) – Paarlauf: HW 2:15.0, 4x2lap: HW 1:42.9, Obstacle race: HW 2:26.7)

**TEAM:** 1= Herne Hill H/Wandsworth Borough 592 ... 8 Hercules Wimbledon 395.5

**January 17: Boston University Indoor Meet, Boston, MA, USA**

**Women's Mile:** 2 Medena Knespl 4:58.63

**January 19: Surrey Schools Cross Country Championships, RAAS, Gatton, Reigate**

**Senior Boys:** 1 Josh Gorecki (Central Surrey) 28:31. **HW:** 8 Andrew Penney (Merton) 30:19; 11 Deyan Knespl (Merton) 30:58; 12 Alex Robinson (Central Sy) 31:13; 26 Luke Jones (N.E. Surrey) 35:24; 28 James Greene (Merton) 35:28

**Inter Boys:** 1 Jonny Hay (Guildford) 22:07; 2 Joe Toomey (Central Surrey) 23:18

**Junior Boys:** 1 K Lynn (Waverley) 15:19; 6 Ed Saywell (Sutton) 16:19; 42 Bradlee Mulroe (Merton) 18:15

**U13 Boys:** 1 Arnold? (Waverley) 8.01. **HW:** 18 Tim Livingstone (Kingston) 9:13

**Senior Girls:** 1 Sophie Cowper (Sutton) 17:40. **HW:** 6 Rosemary Fernando (Merton) 19:26; 7 Jennifer Fernando 19:39

**Inter Girls:** 1 Isabel Brinsden (Central Sy) 16:08. **HW:** 14 Michaela Knespl (Merton) 18:54; 41 Caroline Hicks (Merton) 21:57

**January 19/20: South of England AA Indoor Championships, Lea Valley**

**Senior Men: 60: Ht 3:** 5 Ka Cheun To 7.59. **LJ:** 3 Royden John 6.85; 7 Ka Cheun To 5.94

**U20 Men: 60m: Semi Final:** 6 Praful Nargund 7.34. (heat: 4<sup>th</sup> 7.35). **LJ:** 4 Jermain Olassan 6.43 (12<sup>th</sup> **HW U20M a-t**). **TJ:** 8 Nnambi Odum 12.89 (8<sup>th</sup> **HW U20M a-t**)

**January 19: Veterans AC Cross Country Championship, Wimbledon Common**

1 Vic Maughn (Herne Hill H) 32:24. **HW:** 18 Martin Miller (2<sup>nd</sup> M60) 40:31; 22 Stuart Littlewood 41:17; 27 Tom Cheetham 43:25

**January 19: Bushy Park Time Trial 5km, Teddington**

1 Brian Markham (Aldershot, Farnham & Dist) 16:44. **HW:** 3 Kieran White 16:48 (**HW 2008 leader**); 146 Fred Green 24:15 (388 finishers)

**January 19: Wimbledon Common 5km Time Trial**

1 Deon Coetzee (HW) 17:45; 2 Gary Blesson (HW) 18:28; 3 Chris Coles (HW) 18:37. **Other HW:** 18 Alastair Brown 22:17; 35 Alice Village 23:49; 39 Dennis Williams 24:17 (70 finishers)



Deon 1<sup>st</sup> WCTT



Gary 2<sup>nd</sup> WCTT



Kieran 3<sup>rd</sup> BPTT

**January 19: Box Hill Fell Race, near Dorking, Surrey**

1 Nick Barrable (South London Orienteering) 51:47. **HW:** 116 Yuzo Saito 79:05 (172 finishers)

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

1 Paul Martelletti (Unattached) 16:24. **HW:** 33 Ray Owens 18:59; 129 Ian Isherwood 24:06 (183 finishers)

**January 26: South of England AA Cross Country Championships, Parliament Hill Fields**

**Senior Men:** 1 Frank Tickner (Wells City H) 46:14. **HW:** 97 Aidan Hogan 54:35; 154 Justin Kelly 56:43; 198 Deon Coetzee 57:57; 208 Phil Glynn 58:11; 271 Neil Fraser 60:21; 282 Jonathan Dobson 60:52

**TEAM:** 1 Bedford & County 109 ... 22 Hercules Wimbledon 1210

**U17 Men:** 1 Ronnie Sparke (Woodford Green) 22:04. **HW:** 55 Andrew Penney 24:22; 144 Charlie Carrington 27:58; 163 William Spooner 30:30

**U15 Boys:** 1 Shaun Webb (Ipswich H) 17:29. **HW:** 8 Liam White 18:16; 99 Geordie Logan 20:16; 147 Ed Saywell 21:24; 186 Joe Toomey 22:23; 194 Bradlee Mulroe 22:38

**TEAM:** 1 Aldershot, Farnham & Dist 67 ... 19 Hercules Wimbledon 440

Full results here: <http://mcs.open.ac.uk/mkac/08seaaxcall.htm>



First HW man home: Aidan makes the top 100 in the South of England Championships



Deon – Leader of the Pack



Jonathan Dobson making his Championship debut for HW



William: Going up that Hill



The HW U17 trio in action

*Photos by Ray O'Donoghue*

**January 26: Bushy Park 5km Time Trial, Teddington**

1 Chris Bradfield (Datchet Dashers) 16:37. **HW:** 12 Steve Badgery 18:45; 87 Barry King 21:55 (343 finishers)

**January 26: Wimbledon Common 5km Time Trial**

1 Mike Cummings (Herne Hill H) 17:10. **HW:** 3 Hugh Saxby 18:12; 5 Matt Fell 18:47 (83 finishers)

**January 26: Kingston & Polytechnic AC Inter Schools Race, Richmond Park**

1 Tim Livingstone (HW/Tiffin) 8:21; 2 Nikolay Schubert (Tiffin/K&P) 8:24

**January 26: Midland XC Championships, Leamington Spa**

1 James Walsh (Leeds City) 39:36. **HW:** 374 Colin Bricher (HW) 73:23 (379 finishers)

**January 27: Romsey 5-mile Road Race, Hants**

1 Jonathan Blackledge (Belgrave H) 24:28. **HW:** 6 Kieran White 26:25 (610 finishers)

**January 27: Lakeside Canal Run, Multi-Terrain 8.5-miles approx, Frimley**

1 Toby Lambert (Winchester) 42:48. **HW:** 22 Martin Miller (1<sup>st</sup> M60) 58:02 (356 finishers)



**January 27: Canterbury 10-mile Road Race, Kent**

**Men:** 1 Jamie Atkinson (Blackheath & Bromley) 51:51. **HW:** 22 Chris Coles (2C) 59:57; 382 Dennis Williams 84:30 (596 finishers)

**January 30: London Schools Cross-Country Champs, Parliament Hill Fields**

**Inter Boys:** 1 Liam White (HW/Cardinal Vaughan School) 18:39; 2 Samuel Ripman (Haberdashers Askes) 19:01. **Other HW:** 57 Paul Stables (London Oratory) 23:51 (81 finishers)

**Junior Boys:** 1 Lewis Lloyd (Dulwich Coll) 12:06. **HW:** 69 Hugo Dowson (Alleyn's School) 14:43 (120 finishers)