

## HW Results January 2009

### **January 1: Bushy Park Parkrun 5km, Teddington**

1 Danny Norman (Stragglers) 17:02. **HW:** 17 Stewart Bond 18:56 (199 finishers)

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

1 Samatar Farah (Newham & Essex Beagles) 31:59. **HW:** 149 Dennis Williams 46:56 (436 finishers)

### **January 3: Surrey AA Cross Country Championships, Lloyd Park**

#### **Senior Men**

1 Phil Wicks (Belgrave H) 39:19. **HW:** 13 Kieran White 43:47; 26 Aidan Hogan 46:05; 70 Hugh Saxby 51:36; 83 Andy Waites 53:10; 95 Frank Wood 54:23

**Note:** Competing for Clapham Chasers HW 2C: 38 Neil Aitken 47:52; 43 Graeme Buscke 48:14 (140 finishers)

#### **U20 Men**

1 Luke Caldwell (Dorking & MV) 26:18. **HW:** 10 Alex Robinson 29:47; 19 Charlie Carrington 32:14 (26 finishers)

#### **U17 Men**

1 Johnny Hay (Aldershot F&D) 26:06. **HW:** 5 Liam White 27:53; 10 Jonathan Burgess 29:11; 11 Joe Toomey 29:15; 20 Geordie Logan 31:13; 25 Jonathan O'Halloran 32:10 (46 finishers)

**TEAM:** 1 Aldershot F&D 13; 2 Hercules Wimbledon 46; 3 Sutton & District 89

#### **U15 Boys**

1 Jordan Maurice (Croydon H) 14:48. **HW:** 4 Ed Saywell 15:34; 30 Rory Blakeney-Edwards 17:33; 34 Matthew Burgess 17:39; 35 Joe Clark 17:46; 37 Bradlee Mulroe 17:48; 51 Jesse Buchanan 19:39; 55 Jack Blakeney-Edwards (U13) 20:30 (60 finishers)

**TEAM:** 1 Windsor, S, E & H) 37; 2 Croydon H 66; 3 Oxted School 68 ... 5 Hercules Wimbledon 103

#### **U13 Boys**

1 Jack Rowe (Windsor S, E & H) 15:13. **HW:** 13 Tim Livingstone 16:56; 47 Thomas Bracegirdle 18:29 (78 finishers)

#### **Senior Women**

1 Lily Partridge (Aldershot F&D) 31:02. **HW:** 20 Claire Grima 35:16; 25 Estle Viljoen (missed start) 36:12; 53 Tamsin Cargill (HW debut) 40:59; 67 Shelley Cleghorn 42:57; 91 Rowena Hornshaw 50:09 (97 finishers)

**TEAM:** 1 Aldershot F&D 24; 2 Clapham Chasers 62; 3 Herne Hill H 74 ... 8 Hercules Wimbledon 165

#### **U20 Women**

1 Georgie Bruinvels (S London H) 19:32. **HW:** 5 Ella Benedict 22:53; 7 Rosemary Fernando 23:28 (12 finishers)

#### **U17 Women**

1 Loulou Rowlands (S London H) 19:06. **HW:** 22 Kate Buchanan 25:22 (25 finishers)

**TEAM (U20/U17 Combined):** 1 Guildford & Godalming 26; 2 S London H 28; 3 Sutton & District 41 ... 5 Hercules Wimbledon 70

#### **U13 Girls**

1 Harriet Preedy (Aldershot F&D) 16:04. **HW:** 6 Eleanor Smith-Hahn 17:12; 19 Rebecca Stone 18:37; 52 Olivia Hogan 23:26

**Surrey XC: Full results:**

<http://www.surreyathletics.org.uk/crosscountry/champs/2008/20090103.php>



The HW U17 scoring team of Joe, Liam, Geordie and Jonathan wearing their silver Surrey team medals with Tilly proudly posing as the club mascot.

*Photo by Paul Toomey*



Kieran among the action during his fine run in the Surrey Championships

*Photo by Ray O'Donoghue*

**January 3: Bushy Park 5km parkrun, Teddington**

1 Andy Baddeley (Harrow AC) 14:23. **HW:** 38 Steve Badgery 19:08; 54 Martin O'Halloran 19:47 (412 finishers)

**January 3: Wimbledon Common 5km parkrun**

1 Andy Robinson (Thames H&H) 17:47. **HW:** 20 Mark Bohan 21:08; 25 Michaela Knespl (3rd W) 21:27; 34 Mike Kortenray 22:16; 42 Alex Bond 22:46; 46 Dennis Williams 23:00 (89 finishers)

**January 4: Tadworth 10-miles, Multi Terrain, Epsom Downs**

1 Hussain Ahmed (HW) 55:43; 2 James Baker (Chichester R) 57:08. **Other HW:** 78 Frank Wood\* 70:02; 108 Peter Giles 73:16; 231 Maurice Sharp 80:29 (632 finishers)

**Full results:** <http://www.tac.org.uk/Tad10%202009%20Results.pdf>

\* Competed in Surrey Champs the previous day

**January 4: Mornington Chasers 10km Road, Regents Park, London**

1 Martin Muldoon (Serpentine RC) 34:33. **HW:** 59 Tom Morris (2<sup>nd</sup> M50) 43:25; 130 Tomofumi Kikugawa (2C) 47:34; 203 Angela Kikugawa (2C) 55:04 (258 finishers)

**January 4: Manchester Area Cross Country League, Woodbank Park, Stockport**

1 Ian Grime (Newham & Essex Beagles) 32:11. **HW:** 6 Mike Halman 33:17 (194 finishers)

**January 7: Woking Handicap, 3 miles road, Surrey**

**Fastest:** 1 Stuart Prentice (Petrofac) 16:58. **HW:** 16 Dennis Williams 20:18; 35 Kevin Burnett (2C) 28:20 (40 finishers)

**January 10: Sweatshop Surrey League, Division 1, Match 3, Farthing Downs, Coulsdon**

**Senior Men (5 miles)**

1 Ben Whitby (Herne Hill H) 27:56. **HW:** 13 Kieran White 29:13; 14 Hussein Ahmed 29:15; 25 Aidan Hogan 30:03; 28 Mike Halman 30:10; 34 Belal Aly 30:28; 46 Jamie Helmer 31:17; 53 Rory McMahon (HW debut) 31:31; 60 Justin Kelly 31:50; 66 Peter Lee 32:11; 76 Alex Robinson 32:38; 80 Chris Coles 32:57; 100 Hugh Saxby 34:22; 112 Andy Waites 35:04; 120 Stewart Bond 36:08; 126 Frank Wood 36:53; 140 Barry White 38:38

**TEAM:** 1 Herne Hill H) 138; 2 Thames Hare & Hounds 250; 3 Reigate Priory 385; 4 Hercules Wimbledon 391; 5 Ranelagh H 431; 6 South London H 508; 7 Belgrave H 646; 8 Dorking Mole Valley 663; 9 Stragglers 683

**Positions after 3 matches:** 1 Herne Hill H 451; 2 Thames Hare & Hounds 556; 3 Hercules Wimbledon 1286; 4 Ranelagh H 1400; 5 South London H 1458; 6 Belgrave H 1548; 7 Reigate Priory 1691; 8 Stragglers 1868; 9 Dorking Mole Valley 2027

**U17/U15 (2.5 miles)**

1 Liam White (HW) 14:48; 2 Lewis Lloyd (Herne Hill H) 15:04; 3 Joe Toomey 15:17. **Other HW:** 5 Ed Saywell (2<sup>nd</sup> U15) 15:36; 10 Joe Clark 16:58; 13 Ed Martin 18:01; 18 Bradlee Mulroe 18:41

**TEAM:** 1 Hercules Wimbledon 30; 2 South London H 52; 3 Herne Hill H 72; 4 Reigate Priory 130; 5 Stragglers 132

**Positions after 3 matches:** 1 Hercules Wimbledon 72; 2 South London H 177; 3 Herne Hill H 197



Kieran chasing down Hussein on his way to being first HW home



A great action shot showing Aidan well in the mix



Joe hitting some fine form to place third YA



Yet another solid run by Mike

**January 10: Surrey Ladies League, Division 2, Match 3, Coulsdon Seniors**

1 Emily Alden (Epsom & Ewell) 22:56. **HW:** 4 Estle Viljoen 26:16; 28 Rosemary Fernando 29:24; 64 Rowena Hornshaw 32:56

**TEAM:** 1 Clapham Chasers 90; 2 Runnymede Runners 103; 3 Epsom & Ewell H 123 ... 14 Hercules Wimbledon 354

**Positions after 3 matches:** 1 Clapham Chasers 192; 2 Ful-on-Tri 389; 3 Runnymede Runners 412 ... 5 Hercules Wimbledon 670

**U13**

1 Lucy Drummond (Epsom & Ewell) 12:39. **HW:** 3 Eleanor Smith-Hahn 13:14; 10 Emma Headley 13:49; 13 Ella Dobson 13:54; 14 Maire Gilmartin 13:56; 16 Rebecca Stone 13:58

**MATCH:** 1 Reigate Priory 31; 2 Hercules Wimbledon 38; 3 Herne Hill H 53 ...12  
Hercules Wimbledon 'B' 160.

**Positions after 3 matches:** 1 Reigate Priory 131; 2 Hercules Wimbledon 238; 3  
Herne Hill H 353

**Division 1**

**Senior Women**

1 Catherine Bryson (Belgrave H) 22:30: **HW:** 54 Anna Garnier (2C) 27:33



Estle as first HW home puts in another fine run in a busy winter season for her



Eleanor making was proved to be a brave run for third place as she leads the HW U13 team to a magnificent – and close - second team spot

*All photos Surrey photos by Ray O'Donoghue*

**January 10: parkrun 5km, Wimbledon Common**

1 Jon Fairs (HW-2C) 17:46. **Other HW:** 4 Andrew Davies (2C) 18:18; 15 Yuzo Saito 20:58; 17 Mark Bohan 21:09; 20 Michaela Knespl 21:17; 23 Tamsin Cargill 21:36; 33 Dennis Williams 22:34 (96 finishers)

**January 10: Middlesex County Championships, Trent Park**

1 Steve Sharp (Belgrave H) 38:13. **HW:** 5 James Trapmore (2C) 40:11 (137 finishers)

**January 10: Warwickshire County Championships, Birmingham**

1 Phil Hinch (Tipton H) 31:18. **HW:** 159 Colin Bricher (2C) 54:18

**January 10: Yorkshire County Championships, Kimberworth, Rotherham**

1 Jorge Thomas (Cardiff) 32:51. **HW:** 157 Neil Robson (2C) 44:21 (205 finishers)

**January 10: Brunel Indoor Sprint Series, Brunel University, Uxbridge**

**60 (Round 1 Heat 19)** 6 Emily Martin 8.03. **(Round 2 - heat 18):** 3 Emily Martin 8.09

**January 11: Surrey County AA Sportshall, The Spectrum, Guildford**

**U15 Boys**

**TEAM:** 1 Herne Hill H 381; 2 Guildford & Godalming 318.5; 3 Kingston & Polytechnic 309; 4 Hercules Wimbledon 287.5

**Leading points scorers:** 1 Blade Ashby (Herne Hill H) 79. **HW:** 3 Jose Costa 74; 7 Ed Saywell 66.5

Jose Costa 74: **4-lap:** 52.4. **STJ:** 7.04. **SP:** 9.69

Ed Saywell\* 66.5: **4-lap:** 55.8. **STJ:** 6.96. **Speed Bounce:** 66

Jonathan Osbourne 56: **2-lap:** 25.7. **SLJ:** 2.14. **Speed Bounce:** 64

James Russell 51: **2-lap:** 25.7. **SLJ:** 2.06. **SP:** 6.64

**4x2-lap:** HW 2<sup>nd</sup> 97.8 (1<sup>st</sup> Herne Hill 97.4)

**U13 Boys**

**TEAM:** 1 South London H 510; 2 Kingston & Polytechnic 496; 3 Herne Hill H 446 ... 12 Hercules Wimbledon 201

**Leading points scorers:** 1 Segun Babalola (Wandsworth) 64; 2 Oliver Reilly 63

Oliver Reilly 63: **4-lap:** 56.3. **SP:** 7.99

Louis Laville 39: **6-lap:** 105.1. **SP:** 5.44

Jonathan Dench 27: **2-lap:** 29.9. **Vertical Jumps:** 35

Elliott Laville 17: **4-lap:** 67.0. **STJ:** 3.98

**HW:** **4x2-lap:** 2:01.3. **Obstacle race:** 2:33.5

**U13 Girls**

**TEAM:** 1 Guildford & Godalming 643; 2 Walton AC 616.5; 3 Epsom & Ewell 576 ... 17 Hercules Wimbledon 197.5

**Leading points scorers:** 1 Zoe Doran (Wandsworth) 76. **HW:** =6 Eleanor Smith-Hahn 71

Eleanor Smith-Hahn\* 71: **6-lap:** 98.1. **Vertical Jumps:** 51

Olivia Hogan 44: **4-lap:** 65.4. **Vertical Jumps:** 39

Dalia Serafy 33.5: **2-lap:** 27.2

Tara Wilson 30: **2-lap:** 30.4. **STJ:** 4.88

Josie Clough 19: **6-lap:** 126.1. **STJ:** 4.32

Competed in Surrey XC League on previous day

**January 14: Bridges Handicap 2.3 miles Road, Westminster Bridge**

**Fastest:** 1 Rob Piktethly (Victoria Park H) 14:16. **HW:** 16 Dennis Williams 16:34; 29 Kevin Burnett (2C) 22:59

**January 17: Surrey Schools Cross Country Championships, Priory Park, Reigate**

**Senior Boys (Years 12/13)**

1 Mickey Reed (Waverley) 23:18. **HW:** 4 Andrew Penney (Merton) 24:24; 7 Alex Robinson (NE Surrey) 25:55 (37 finishers)

**Inter Boys (Years 10/11)**

1 Joshua Grace (NW Surrey) 19:08. **HW:** 8 Ed Saywell (Sutton) 20:12; 11 Geordie Logan (Merton) 20:30; 12 Joe Toomey (Central Surrey) 20:36; 37 Ed Martin (Merton) 23:28 (48 finishers)

**Junior Boys (Years 8/9)**

1 Peter Chambers (N Croydon) 13:31. **HW:** 11 Joe Clark (Merton) 14:47; 18 Tim Livingstone (Kingston) 15:05 (65 finishers)

**U13 Boys (Year 7)**

1 Tim Carnell (S Surrey) 11:19. **HW:** 13 Max Cooper (Kingston) 12:06 (68 finishers)

**Senior Girls (Years 12/13)**

1 Loulou Rowlands (S Surrey) 14:22. **HW:** 10 Ella Benedict (Central Surrey) 16:22 (29 finishers)

**Inter Girls (Years 10/11)**

1 Emelia Gorecka (Central Surrey) 13:38. **HW:** 21 Michaela Knespl (Merton) 17:06 (60 finishers)

**U13 Girls (Year 6)**

1 Leigh Chapman (Waverley) 11:36. **HW:** 3 Eleanor Smith-Hahn (Sutton) 11:49; 5 Emma Headley (Kingston) 12:23; 11 Rebecca Stone (Merton) 13:04 (71 finishers)

**Full results:**

<http://www.surreyathletics.org.uk/schools/2009XC/index.htm?Y=2008&O=R&S=2009>

14 HW representatives in total: a fine showing for the club

**January 17: Veterans AC Cross Country Championships, 5.8-miles, Wimbledon Common**

1 Vic Maughn (Herne Hill H) 33:40. **HW:** 6 Hugh Saxby\* (2<sup>nd</sup> M50) 34:59; 9 Grenville Tuck (2<sup>nd</sup> M55) 37:14; 19 Martin Miller 39:20; 23 Stephen McDuell (1<sup>st</sup> M40) 41:11; 35 Dennis Williams 45:43; 46 Kevin Burnett (2C) 62:56 (47 finishers)

\*Non-VAC member and not eligible for Championship

**January 17: London City Runner Metropolitan League, Stevenage, Herts**

1 Neilson Hall (Herts Phoenix) 25:48. **HW:** 6 James Trapmore (2C) 27:04 (237 finishers)

**January 17: Boxhill Fell Race, 7.5-miles – 1700ft ascent, Dorking, Surrey**

1 Chris Daniels (Thames H&H) 52:29. **HW:** 143 Yuzo Saito 77:12 (232 finishers)

**January 17: parkrun 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:20. **HW:** 76 Amandine King (3<sup>rd</sup> W) 21:39; 113 Barry King 22:42 (402 finishers)

**January 17: parkrun 5km, Wimbledon Common**

1 Jon Fairs (HW-2C) 17:20. **HW:** 3 Rory McMahon 17:57; 5 Andrew Davies (2C) 18:42; 15 Frank Wood 20:13; 17 Bradlee Mulroe 20:31; 28 Tim Bartley 21:45; 29 Adam Fenton (2C) 21:47 (94 finishers)

Rory McMahon homing in on third place in the Wimbledon Common parkrun 5km

*Photo by Peter Brunnen*



**January 17: Birmingham League, Coventry**

1 Phil Nicholls (Tipton H) 27:53. **HW:** 207 Colin Bricher (2C) 49:28 (207 finishers)

**January 17: Blackheath & Bromley Open 10km Cross Country, West Wickham, Kent**

1 Peter Tucker (Blackheath & Bromley) 35:59. **HW:** 6 Alex Bruce-Littlewood (2C) (1<sup>st</sup> U20) 40:15; 67 Stuart Littlewood 54:02 (84 finishers)

**January 17/18: South of England AA Indoor Championships, Lea Valley**

**Senior Men**

**LJ (17th):** 10 Jimmy Saruchera 5.74

**U17 Men**

**1500 (18th):** 1 Liam White 4:23.33

**Senior Women**

**60 (18th): Heat 1:** 4 Emily Martin 8:01

**January 18: Les Witton Memorial 10 miles (road), Dartford, Kent**

1 Peter Tucker (Blackheath & Bromley) 53:37. **HW:** 5 Mike Halman 55:48 (865 finishers)

**January 24: South of England AA Championships, Hillingdon House Farm,**

**Uxbridge, Middx**

**Senior Men (15km)**

1 Phil Wicks (Belgrave H) 51:08. **HW:** 51 James Trapmore (2C) 56:52; 112 Aidan Hogan 59:52; 125 Mike Halman 60:19; 170 Richard Xerri 62:15; 171 Jonathan Dobson 62:15 (672 finishers)

**Junior Men (8km)**

1 Ronnie Sparke (Woodford Green) 28:34. **HW:** 61 Alex Bruce-Littlewood (2C) 32:13; 80 Alex Robinson 35:04 (94 finishers)

**U17 Men**

1 Jonny Hay (Aldershot F&D) 20:25. **HW:** 51 Liam White 22:48; 60 Geordie Logan 23:04; 93 Joe Toomey 24:03 (180 finishers)

### U15 Boys

1 Harvey Dixon (Aldershot F&D) 14:41. **HW:** 63 Ed Saywell 16:26; 116 Joe Clark 17:13; 223 Bradley Mulroe 19:12 (252 finishers)

### Senior Women

1 Katherine Sparke (Woodford Green) 31:50. **HW:** 152 Ella Benedict (U20) 41:30; 277 Rowena Hornshaw 49:52 (311 finishers)

### U13 Girls

1 Leigh Chapman (Aldershot F&D) 13:00. **HW:** 140 Ella Dobson 15:43 (221 finishers)



Alex stuns a fellow competitor in the Southern U20 champs

*Photo by Ray O'Donoghue*



(l-r) Joe, Geordie and Liam after the mudbath of the Southern U17 Champs

*Photo by Paul Toomey*



Jonathan and Richard in the Southern plus one of the course easier sections  
*Photos by photographer prodigy Ella Dobson*

**January 24: parkrun 5km, Bushy Park, Teddington**

1 Tim Haughian (Windsor, S, E & H) 16:51. **HW:** 31 Steve Badgery 19:25; 71  
Camille Duval 20:32 (496 finishers)



**January 24: parkrun 5km, Wimbledon Common**

1 Benjamin Le Grand (HW debut) 16:44 (**HW 2009 leader**). **Other HW:** 5 Graham Buscke (2C) 17:49; 7 Andrew Davies (2C) 18:46; 18 Stephanie Robson (1<sup>st</sup> W) 19:52; 25 Yuzo Saito 21:27; 27 Mark Bohan 21:35; 30 Michaela Knespl 21:42; 31 Rebecca Stone 21:42 (100 finishers)

Benjamin Le Grand, HWs recent signing during the 'January Window' cruising to victory on Wimbledon Common

*Photo by Ray O'Donoghue*

**January 24: Kingston & Polytechnic Schools Invitation, Richmond Park**

**U13 Boys (2.5km)**

1 Patrick Lucas (John Fisher) 7:58; 2 Max Cooper (HW/Rokeby) 8:35 (32 finishers)

**U13 Girls (2.5km)**

1 Lucy Scotts (Putney High) 9:25. **HW:** 8 Katie Lampl (Putney High) 10:15; 13 Ellie Stewart (Putney High) 10:44 (21 finishers)

**January 24: Midland Cross Country Championships**

**Senior Men**

1 Phil Nicholls (Tipton H) 36:26. **HW:** 308 Colin Bricher (2C) 69:38 (309 finishers)

**January 24: Snow + Rock G3 Run 10km Multi Terrain, Newlands Corner, Guildford**

1 John Dewey (Guildford & Godalming AC) 39:49. **HW:** 226 Patrick Stone 65:48 (327 finishers)

**January 25: Perch 6.25 Miles Multi Terrain, Epsom Downs**

1 Vincent Van Woerkom (Epsom Oddballs) 37:31. **HW:** 10 Gary Blesson 39:46 (595 finishers)

**January 25: Heartbreak Half Marathon, Multi Terrain, New Forest**

1 Zippy Grice (Stubbington Green) 89:44. **HW:** 54 Yuzo Saito 1:54:22 (222 finishers)

**January 24: Northern Championships, Sherdley Park, St Helens**

**Men (12km)**

1 Steven Vernon (Stockport H) 34:18. **HW:** 357 Neil Robson (2C) 48:00 (604 finishers)

**January 25: Barretts Canterbury 10-mile Road Race, Kent**

1 Adrian Mussett (Colchester H) 52:30. **HW:** 289 Dennis Williams 80:22 (736 finishers)

**January 25: Sutton & District AC Indoor Open Meeting, Sutton Arena**

**Women**

**60: (Round 1 - race 2):** 3 Emily Martin 7.90. **(Round 2 – race 12):** 4 Emily Martin 7.93. **(Round 3 – race 9):** 4 Emily Martin 7.90

**January 28: London Schools Championships, Parliament Hill Fields**

**Inter Boys**

1 Liam White (HW/Cardinal Vaughan) 18:22; 2 Lewis Lloyd (Herne Hill H/Dulwich College) 18:40 (103 finishers)

**Junior Girls**

1 Sasha Tory (Latymer) 10:22. **HW:** 10 Ella Dobson (Queensgate) 11:33 (165 finishers)

**January 28: London Colleges League, Cross Country, Prospect Park, Reading, Berks**

**Women (2.4 miles)**

1 Sara Luck (Kings College Un) 12:47. **HW:** 13 Tamsin Cargill (Imperial College) 15:43 (27 finished)

**January 30: Serpentine RC Last Friday of the Month 5km, Hyde Park, London**

1 Kevin Quinn (Aldershot, F&D) 15:17. **HW:** 153 Ian Isherwood 25:04; 159 Georgina Stubbs 26:04 (202 finishers)

**January 31: East Surrey League Cross Country Relays, Wimbledon Common Seniors (4x1.95-miles)**

**1 Herne Hill H 'A' 38:31 (Record)** (Tim Elsey 9:40; Benedict Whitby 9:24 (rec); Kevin Quinn 9:31; Keith Newton (M40) 9:56 (M40 rec). **HW 'A'** 6<sup>th</sup> 45:45 (Phil Glynn 11:02; Kieran White 9:43; Hugh Saxby (M50) 11:11; Mike Kortenray (M60) 13:49); **10 HW 'B'** 52:04 (Dennis Williams (M60) 14:06; Frank Wood (M40) 12:44; Dave Betts (M55) 12:24; Geija Castro 12:50); **15 CUBA 'B' (Women)** 55:54 (Rossmery A Hinsu 11:44; Meilin Lanz 14:32; Rosemary McBeath 10:12; Dayrina Sotolongo 19:26)

**Incomplete Teams:**

**Hercules Wimbledon AC 'C'** (Rory McMahon 10:21)

**League positions after two matches:**

1 Herne Hill H 23; 2 Epsom & Ewell 20; 3= Herne Hill B/Hercules Wimbledon 19

**Young Athletes (3x1.95-miles)**

**1 CUBA 'A' 31:55** (Yosvany Rodriguez (U17M) 10:12; Moises Alvarez (U17M) 10:24; Jose Leonard (U17M) 11:19)

**Incomplete Teams:**

**CUBA** (Lazan Emilio Mustelier 11:57; Emusto Reve 15:16). **HW:** (Joe Clark (U15B) 11:00; Bradlee Mulroe (U15B) 11:42)

**League positions after two matches:** 1 Epsom & Ewell 23; 2 Hercules Wimbledon A 20; 3 Herne Hill H 18

**Full results:** <http://herculeswimbledonac.org.uk/results.htm#31/01>

**January 31: Southern Masters Cross Country Championships, Biggleswade, Beds**

**M40**

1 Ben Reynolds (Thames H&H) 32:03. **HW:** 26 Jonathan Dobson 34:46 (118 finishers)

**January 31: Southern Inter County Cross Country, Biggleswade, Beds**

**U17 Men**

1 John McDonnell (Beds/Luton AC) 15:26; 2 Liam White (HW/Surrey) 15:41 (31 finishers)

**U15 Boys**

1 Peter Chambers (Surrey/Croydon H) 13:35. **HW:** 8 Ed Saywell (Surrey) 14:02 (40 finishers)

**TEAM:** 1 Surrey 23; 2 Essex 27; 3 Hampshire 30

**U13 Girls**

1 Ruth Bourne (Surrey/Windsor SEH) 10:36. **HW:** 23 Eleanor Smith-Hahn (Surrey) 11:24 (45 finishers)

**January 31: parkrun 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:09. **HW:** 3 Neil Aitken (2C) 16:58; 7 Graeme Buscke (2C) 17:17; 36 Steve Badgery 19:30; 56 Martin O'Halloran 20:04; 77 Yuzo Saito 20:46 (442 finishers)

**January 31: parkrun 5km, Wimbledon Common**

1 Mike Cummings (Herne Hill H) 16:48; 2 Jon Fairs (2C) 16:56. **Other HW:** 4 Andrew Davies (2C) 18:48; 11 Naomi Warner (1<sup>st</sup> W) (2C) 19:35; 20 Mark Bohan 20:54; 25 Adam Fenton (2C) 21:29 (117 finishers)

**January 31: Blackheath v Ranelagh Mob Match, 7.5 miles, Hayes, Kent**

1 Chris Illman (Ranelagh H) 45:44. **HW:** 4 Alex Bruce-Littlewood (2C) 50:31; 53 Stuart Littlewood 64:14 (89 finishers)