

HW Results July 2008

July 1: Milton Keynes 10km Road Race

1 Scott Hazell (Coventry Godiva) 32:38. **HW:** 342 Colin Bricher (2C) 55:03 (419 finishers)

July 2: Rosenheim League, Match 5, Tooting Bec

Match: 1 Herne Hill H 60; 2 Belgrave H 59; 3 Hercules Wimbledon 57; 4 Croydon H 38; =5 Serpentine/Striders of Croydon 37; 7 South London H 13

Men

100: 3 Cale Edmunds (HW, U20) 11.7. (**n/s 2**): 4 Ross Savill 11.7. (**n/s 3**): 2 Jonathan Osbourne (HW, U15) 11.7. **200:** 1 Dwayne Dowding 22.9. (**n/s 2**): 3 Jonathan Osbourne (HW, U15) 23.8 (=4th **HW U15B a-t**). **400:** 1 Dwayne Dowding 49.6 (=16th **HW a-t**). **800:** 1 James Trapmore 2:06.7. (**n/s**): 1 Liam White 2:12.1. **1500:** 1 James Trapmore 4:13.1; 8 Liam White 4:36.8; 9 Charlie Carrington 4:41.0; 14 Peter Lee 4:51.2; 18 Alex Watson (HW, U15) 5:53.6. **3000:** 1 James Trapmore 8:53.0; 12 Peter Lee 10:16.5. **TJ:** 1 Nnamdi Odum 13.70. **SP:** 6 Tom Pollak 4.48. **JT:** 6 Tom Pollak 12.14 (4th **HW M60 a-t**). **4x200:** 2 Hercules Wimbledon 1:42.7

Standings after five matches: 1 Herne Hill H 28 (274); 2 Serpentine 23.5 (234); 3 Belgrave H 23 (249); 4 Croydon H 23 (241); 5 Striders of Croydon 17.5 (205); 6 Hercules Wimbledon 17 (215); 7 South London H 7 (113)

Women

800: 1 Jennifer Fernando 2:22.5



Dwayne Dowding sets off on what was to prove a sub-50 400m as makes an impressive debut over the distance in clocking 49.6sec at the Rosenheim League

Photo by Ray O'Donoghue

July 2: Watford H Open Meeting, Herts

3000 (A race): 5 Alex Bruce-Littlewood (2C) 8:43.22

July 2: Crystal Palace Canter, London, SE19

1 Neville Webb (Dulwich R) 18:59. **HW:** 2 Stuart Littlewood 19:38; 6 Dennis Williams 22:40

July 2: South London Swimming Club Aquathlon, Tooting Bec

1km swim (11 lengths of Lido) & 4-mile run

1 Euan Lees 40:37 (13:14 – 26:23). **HW:** 29 Yuzo Saito 52:16 (19:29 – 32:87)

July 2: Sudbury Joggers Multi Terrain 5-miles, Sudbury, Suffolk

1 Gavin Davies (Ipswich Jaffa) 27:50. **HW:** 96 Ian Isherwood 40:29 (143 finishers)

July 3: Mota-vation Road Race Series (4 miles approx), Combe, Oxon

1 Stephen Kimber (Windsor, S, E &H) 20:04. **HW:** 4 Kieran White 20:39 (303 finishers)

July 5: Bushy Park 5km Time Trial, Teddington

1 Mike Trees (Belgrave H) 16:12. **HW:** 11 Richard Xerri 17:48; 13 Naomi Warner (1st W) 17:51; 15 Steve Badgery 17:56; 133 Barry King 22:09 (361 finishers)

July 5: Richmond Park 5km Time Trial

1 Susie Bush (Aldershot, Farnham & District) 17:26. **HW:** 51 Dennis Williams 28:19 (68 finishers)

July 5: Wimbledon Common 5km Time Trial

1 George Garnier (Unattached) 16:38. **HW:** 2 Andrew Penney 16:51; 3 Jon Fairs (2C) 16:54; 40 Alastair Brown 23:21 (60 finishers)



Andrew Penney, in his first ever 5km Time Trial event, forces the early pace before settling for 2nd place

Photo by Yuzo Saito

July 5: British League, Kingsmeadow Stadium

3000SC A: 4 Alex Bruce-Littlewood (2C) 9:34.2. **110H B:** 4 Steve Davies 16.75/- 1.9w. **400H B:** 3 Steve Davies 58.71

July 5: Stratford Summer 6 (miles), Wilmcote, Warks

1 Nathan Holmes (Northbrook AC) 32:32. **HW:** 164 Colin Bricher (2C) 50:38 (224 finishers)

July 6: Asics British London 10km

1 Stefano Baldini (Italy) 30:06. **HW:** 8 Hussein Ahmed 32:57 (**HW 2008 leader**) (**28th HW a-t**)

July 6: Wimbledon Windmilers Jim Braben Memorial Multi-Terrain 10km, Wimbledon Common

1 Mike Halman (HW) 33:05. **Other HW:** 11 Peter Lee (3rd M40) 37:40; 13 Alex Robinson (1st U20) 38:01; 29 Stewart Bond 40:30; 30 Medena Knespl (1st W) 40:32; 31 Deyan Knespl 40:37; 37 Frank Wood 41:11; 38 Ed Reed 41:14; 51 Tom Cheetham 42:12; 61 Maurice Sharp 43:28; 70 Isabel Sutherland (2C) 44:13; 86 Paul Wignall 45:15; 161 Marilena De Luca 51:02 (18th HW W a-t); 210 Rowena Hornshaw 54:37 (20th HW W a-t) (318 finishers)

July 7: Self Transcendence Grand Prix 3-Miles road, Battersea Park

1 Tom Cunningham (Blackpool, Wyre & Fylde) 15:03. **HW:** 18 Tom Morris 20:12; 33 Dennis Williams 22:05; 41 Ian Isherwood 22:40 (55 finishers)

July 8: London Youth Games Aquathon, Crystal Palace

200m swim – 1km run

1 Matthew Brown (Bromley) 7:04 (3:07 – 3:58). **HW:** 40 Tim Livingstone 8:18 (3:54 – 4:25)

July 9: Bridges' Run 2.3-mile Handicap, Westminster Bridge

Fastest: Simon Stevens (Winchester) 12:34. **HW:** Dennis Williams 16:59; Kevin Burnett (2C) 22:41

July 11 (a)/ July 12 (b): English Schools Championships, Gateshead

Senior Boys

2000SC (b): 4 Alex Bruce-Littlewood (Kent) (2C) 6:03.52. **LJ (a):** 5 Jermain Olasan (London) 6.70/+0.3w

TJ (b): 6 Nnamdi Odum (London) 13.76/+1.3w

Inter Boys

1500: heat 1 (a): 8 Liam White (London) 4:10.90 (7th HW U17M a-t)

Junior Boys

100 (b): 6 Jonathan Osbourne (Surrey) 11.46/+2.6w. (2nd HW U15B a-t) (In heat 3 (a): 4th 11.52/-0.1w) (S/F A (b): 4th 11.56/-0.92)

200: heat 2 (a): 1 Nathan Safo-Barnieh (Surrey) 23.24/+1.8w (HW U15B record)

Round 2 heat 1 (b): 3rd 23.51/+1.1w

July 12: Southern Men's League, Match 5, Ilford, Essex

Match result: 1 Hercules Wimbledon 128; 2 Ilford 123; 3 Walton 122; 4 City of Norwich 95; 5 Oxford City 62

100 A: 4 Deji Alli 11.9. **B:** 1 Cale Edmunds 11.6. **200 A:** 5 Cale Edmunds 27.6. **B:** 5 Dominic Getting 31.6. **400 A:** 5 Lance Power 56.1. **B:** 3 Dominic Getting 57.7. **800 A:** 3 Aidan Hogan 2:00.1. **B:** 3 Graeme Buscke 2:06.6. **1500 A:** 2 Kieran White 4:10.7. **B:** 1 Andrew Penney 4:12.0. **5000 A:** 3 Mike Halman 15:58.8. **B:** 2 Neil Aitken 16:43.0. **3000SC A:** 2 Aidan Hogan 10:02.0. **B:** 2 Lance Power 11:06.7. **110H A:** 1 Ove Linderlein 16.1 (=15th HW a-t). **B:** 1 Steve Davies 16.5. **400H A:** 2 Aaron Mason 58.7. **B:** 1 Steve Davies 62.1. **4x100:** 2 HW 44.7 (S Davies, C Edmunds, O Lindekleiv, D Alli). **4x400:** 4 HW 3:34.9 (S Davies (52.6), D Getting (57.7), A Penney (55.0), O Linderlein (49.6)). **HJ A:** 1 Ove Lindekleiv 1.90 (=9th HW a-t). **B:** 1 Steve Davies 1.80. **PV A:** 2 Ove Lindekleiv 3.40 (=16th HW a-t). **B:** 1 Dominic Getting 3.00. **LJ A:** 1 Ove Lindekleiv 6.53 (=24th HW a-t). **B:** 5 Cale Edmunds. **TJ A:** 5 Lance Power 10.06. **B:** 5 Dominic Getting 9.55. **SP A:** 1 Ove Lindekleiv 13.63

(7th HW a-t). **B:** 1 Simon Cook 9.65. **DT A:** 1 Ove Lindekleiv 32.30 (=19th HW a-t). **B:** 4 Simon Cook 23.37. **HT A:** 3 Ove Lindekleiv 30.79 (=15th HW a-t). **B:** 1 John Brown 27.84. **JT A:** 1 Ove Lindekleiv 47.75 (12th HW a-t). **B:** 2 Simon Cook 35.05
League standings (top 10 teams) with one match remaining: 1 Enfield & H 24; 2 Brighton & Hove 22; 3 Ilford 21.5; 4 Luton 21.5; 5 Hercules Wimbledon 21; 6 Victoria Pk & TH 20; 7 Worthing 20; 8 Cambridge & C 19; 9 Ryston R 19; 10 Aldershot F & D 17

July 12: UK Athletics Olympic Trials, Birmingham

100: Heat 4: 6 Dwayne Dowding 21.98/+0.9w

July 12: Bushy Park 5km Time Trial, Teddington

1 James Trapmore (HW – 2C) 15:32. **Other HW:** 12 Steve Badgery 18:09; 87 Tom Morris 21:06 (399 finishers)

July 12: Richmond Park 5km Time Trial, Richmond

1 Terry O'Neill (Belgrave H) 18:18. **HW:** 5 Adam Przedzimirski 19:31 (63 finishers)

July 12: Wimbledon Common 5km Time Trial

1 James Savage (Stourbridge RC) 16:36. **HW:** 2 Jon Fairs (2C) 17:06; 16 Steve McDuell (2C) 19:56; 34 Anna Garnier (2C) 21:43; 43 Alastair Brown 23.05 (85 finishers)

July 13: Ebbisham Boys League, Match 2, Croydon

Match result: 1 Herne Hill H 203; 2 Kingston & Polytechnic 165; 3 Croydon H 152; 4 Hercules Wimbledon 109; 5 Epsom & Ewell 52; 6 Walton 47

U15 Boys

100 (Year 1): 5 Ejaz Majoka 14.0. **Year 2:** 1 Jonathan Osbourne 11.6. **n/s:** 1 Tom Meehan 12.7; 3 Andrew Clarke 12.8. **200 (Year 1):** 6 Ejaz Majoka 29.5. **Year 2:** 6 Tom Richards 26.2. **n/s:** 3 Tom Meehan 26.3. **400 Year 2):** 1 Jose Costa 55.8 (=8th HW U15B a-t). **n/s:** 2 Ed Saywell 59.7. **800 (Year 2):** 1 Ed Saywell 2:09.3 (8th HW U15B a-t). **1500 (Year 1):** 3 Connor Callaghan 5:15.3. **Year 2:** 1 David Stables 5:18.9. **80H (Year 1):** 4 Ejaz Majoka 16.1. **Year 2:** 3 Ed Saywell 13.0. **4x200:** 1 HW 1:40.2 (T Richards, T Meehan, J Costa, J Osbourne) (2nd HW U15B a-t). **Note:** A club record of 1:38.6 by Jose Costa, Nathan Safo-Barnieh, Tom Richards and Jonathan Osbourne was set on 29/6/2008 at Ebbisham League, Sutton but not noted as such at the time. **HJ Year 1:** 2 Jose Costa 1.45. **Year 2:** 2 Connor Callaghan 1.25. **n/s:** 1 David Stables 1.25. **TJ Year 2:** 3 Chima Odum 10.23. **SP A:** 2 Andrew Clarke 9.80. **B:** 2 Chima Odum 10.09. **JT Year 1:** 2 Connor Callaghan 17.23. **Year 2:** 1 Jose Costa 37.06

U13 Boys

100: n/s (race 1): 4 Andrew Doran 15.8. **800 A:** 1 Tim Livingstone 2:21.8 (4th HW U13B a-t). **B:** 4 Aaron Jones 2:51.0. **LJ A:** 2 Tim Livingstone 4.32 (=21st HW U13B a-t). **DT A:** 1 Tim Livingstone 20.49 (HW U13B Record). **B:** 4 Aaron Jones 9.48. **JT n/s:** 2 Oliver Livingstone 8.49

U11 Boys

75 n/s: 2 Andrew Doran 11.7

July 14: Southern Counties Vets AC League, Mid London Division, Battersea Park

M35

200: 3 Steve McDuell (M40) 26.3 (8th HW M40 a-t). **800:** 5 Steve McDuell (M40) 2:11.5 (9th HW M40 a-t). **HJ:** 5 Hugh Saxby (M50) 1.20

M50

200: 2 Paul Wignall (M55) 28.4. **800:** 1 Hugh Saxby 2:23.4. **3000:** 1 Hugh Saxby 10:28.3. **n/s:** Stuart Littlewood (M55) 11:29.1. **HJ:** 4 John Webster (M65) 1.10. **LJ:** 5 John Webster (M65) 3.12. **SP (6kg):** 5 Hugh Saxby 6.80 (4th HW M50 a-t)/ **HT (6kg):** 2 John Webster (M65) 27.66. **n/s:** Kevin Burnett 15.51

M60

3000: 2 Dennis Williams 12:50.7. **SP (5kg):** 5 John Webster 6.42. **n/s:** Kevin Burnett 6.25

Women

800: Carmelina Hancock 3:49.8 (HW W55 record)

July 11: Guildford Summer Season Aquathlon, Guildford Pool

500m swim – 5km run

1 Andy Cook 24:05 (6:45 - 17:20). **HW:** 4 Deon Coetzee 25:43 (8:26 - 17:15) (83 finishers)

July 12: Lily B League, Guildford

Match result: 1 Aldershot F&D 226 ...6 Hercules Wimbledon 108

U17 Women

200: 5 Jade Brooks 30.6. **300:** 4 Jade Brooks 49.4. **JT:** 2 Jade Brooks 10.33

U13 Girls

100 A: 5 Avalon Howard-McCrow 15.2. **B:** 2 Dalia Serafy 14.5. **n/s (race 3):** 4 Miranda Skeet 15.6. **200 A:** 2 Eleanor Smith-Hahn 29.6. **B:** 4 Miranda Skeet 32.0 (10th HW U13G a-t). **n/s (race 1):** 5 Emma Headley 32.9. **800 A:** 5 Rebecca Stone 2:47.6. **B:** 3 Olivia Hogan 2:58.8. **n/s:** 2 Gemma Isaacs 3:22.0. **1500 A:** 1 Eleanor Smith-Hahn 5:07.2. (HW U13G Record). **B:** 2 Emma Headley 5:30.1. **70H A:** 4 Avalon Howard-McCrow 14.0. **B:** 2 Dalia Serafy 13.8. **HJ A:** 1 Eleanor Smith-Hahn 1.31 (5th HW U13G a-t). **B:** 2 Avalon Howard-McCrow 1.05. **LJ A:** 5 Olivia Hogan 3.31 (14th HW U13G a-t). **B:** 3 Miranda Skeet 3.02. **SP A:** 1 Dalia Serafy 5.00. **B:** 1 Emma Headley 4.37 (9th HW U13G a-t). **JT A:** 5 Olivia Hogan 6.57. **B:** 4 Gemma Isaacs 6.26. **4x100:** 5 HW ntt

U11 Girls (non-scoring)

600: 5 Celia Willis 2:14.3. **LJ:** 13 Celia Willis 2.69

July 12: Buxton 5-mile Road Race, Buxton, Staffs

1 Kevin Lilley (Sheffield Running Club) 27:52. **HW:** 110 Ian Isherwood 42:08 (149 finishers)

July 13: Claygate 5-mile Road Race, Surrey

1 Tim Doran (OWLS) 27:52. **HW:** 4 Hugh Saxby 30:00; 37 Nigel Touch 34:00; 42 Maurice Sharp 34:14; 57 Anna Garnier (2C) 35:40; 100 Marilena De Luca 38:45 (8th HW W a-t) (414 finishers)

**July 13: Steelman Triathlon, Dorney Lake, Eton, Berks
(1500m swim – 40.8k bike – 10k run)**

1 James Cracknell 1:59:30 (31:14 – 59:54 – 36:21) **HW:** 35 Peter Lee 2:13:29 (27:57 – 66:05 – 36:46); 163 Yuzo Saito 2:26:41 (28:16 – 71:52 – 44:14) (456 finishers)

July 14: Self Transcendence GP 2 Mile Road, Battersea Park

1 Thomas Do Canto (Team Nike) 10:14. **HW:** 36 Tom Morris 12:52; 64 Ian Isherwood 15:00 (87 finishers)

July 16: Watford Open Meeting

1500 A: 6 Alex Bruce-Littlewood (2C) 4:04.24. **3000 A:** 12 Liam White 9:26.14 (9th **HW U17M a-t**). **B:** 13 Charlie Carrington 10:40.66

July 19: Inter Services Championships, Portsmouth, Hants

800: 3 Kieran White 2:07.4. **1500:** 2 Kieran White 4:07.5

July 19: Herne Hill H Open Meeting, Battersea Park

400 (race 3): 1 Mark Baker 56.4. **3000:** 2 Liam White 9:24.77 (8th **HW U17M a-t**)

July 19: Wimbledon Common 5km Time Trial

1 Dave Symons (Thames Hare & Hounds) 17:08. **HW:** 11 Claire Grima (1st W) 19:28 (**HW W 2008 leader**); 36 Anna Garnier (2C) 21:37; 51 Alastair Brown 22:59; 62 Hannah Fernando 24:35 (100 finishers)



Claire Grima ‘flying’ in on her way to being first woman home in the Wimbledon Common Time Trial

Photo by Yuzo Saito

July 19: Captain Cook’s Landing 25k off-road, Picton, New Zealand

HW: Kirstina Moore 3:31:10

Note: Kirstina’s ‘sat-nav’ showed the course to be nearer to 28km

July 19: Hyde Park 5km Time Trial, Leeds

1 Craig Keedy (St Theresa’s RC) 17:16. **HW:** 10 Neil Robson (2C) 19:56 (75 finishers)

July 19: Elmore 7-mile Road Race, Chipstead, Surrey

1 Kevin Quinn (Aldershot, F&D) 36:29. **HW:** 172 Dennis Williams 61:27 (273 finishers)

July 20: Elmbridge 10km Road Race, Walton (inc Surrey Road League)

1 Kassa Tadesse (Unattached) 32:19. **HW:** 13 Neil Aitken (2C) 34:33; 36 Peter Lee 36:06; 44 Steve Badgery 36:34 (**HW M60 record**); 48 Hugh Saxby 37:03 (**10th HW M50 a-t**); 53 Chris Coles 37:25; 61 Graeme Buscke (2C) 38:15; 88 Stewart Bond 39:21; 110 Frank Wood 40:14; 121 Amelia Lloyd 40:19 (**9th HW W a-t**); 174 Maurice Sharp 42:38; 182 Isabel Sutherland (2C) 43:00 (603 finishers)

TEAM: 1 Stragglers 120 ... 5 HW 379



Steve Badgery in the Elmbridge 10km on his way to yet another HW M60 record. Steve now owns all of the HW records over the road from 5-miles to the marathon (five in all), plus this year he also laid claim to the 5000m M60 record.

Steve's time of 36:34 is currently the fastest M60 10km in Britain this year

Chasing Steve in the picture is Jim Desmond of The Stragglers, one of the key men behind the successful series of the Saturday morning 5km Time Trials

July 20: Bananaman Triathlon, Dorney Lake, Eton

(800m Swim – 30k Bike – 7.5km Run)

1 Richard Stoney 73:03 (16:45 – 53:12 - ??). **HW:** 87 Mark Livingstone 1:49:11 (13:55 – 58:32 – 49:11) (426 finishers)

July 20: Dartford Half Marathon, Kent

1 Peter Tucker (Blackheath & Bromley) 72:36. **HW:** 50 Kwame Okojie 88:09; 71 Tom Cheetham 91:29 (637 finishers)

July 20: British League Cup Semi-Final, Eton, Berks

3000SC: 3 Alex Bruce-Littlewood (2C) 9:45.99

July 20: National Young Athletes League, Division 2 London, Match 4, Kingston

Match result: 1 Kingston & Polytechnic 588; 2 South London H 549; 3 Hercules Wimbledon 348; 4 Heathside 277.5; 5 Highgate H 237.5

U17 Men

100 A: 4 Edmund Gaisie 12.4. **B:** 4 Kyran Nanton-Mitchell 12.2. **200 A:** 4 Edmund Gaisie 24.5. **B:** 1 Kyran Nanton-Mitchell 24.4. **400 A:** 5 Luis Costa 61.5. **800 A:** 1 Liam White 2:07.5 (**22nd HW U17M a-t**). **B:** 1 Paul Stables 2:12.8. **1500 A:** 1 Liam White 4:28.0. **B:** 1 Paul Stables 4:50.3. **3000 A:** 1 Geordie Logan 13:15.6. **B:** 1 Liam White 13:16.3. **1500SC A:** 1 Geordie Logan 5:08.9. **LJ A:** 4 Luis Costa 5.13. **B:** 3 Edmund Gaisie 4.91. **TJ A:** 3 Geordie Logan 10.59. **SP:** 2 Kyran Nanton-Mitchell 8.42. **JT A:** 2 Luis Costa 31.26. **B:** 3 Paul Stables 12.56

U15 Boys

100 A: 1 Jonathan Osbourne 12.2. **B:** 1 Andrew Connolly 13.6. **200 A:** 1 Jonathan Osbourne 24.0. **B:** 1 Jose Costa 25.6. **400 A:** 3 Tom Meehan 59.1. **B:** 3 Chima Odum 65.4. **800 A:** 1 Ed Saywell 2:17.7. **B:** 1 Tom Meehan 2:19.2. **1500 A:** 1 Connor Callaghan 5:25.5. **B:** 1 David Stables 5:29.1. **80H A:** 1 Andrew Connolly 13.2. **B:** 1 Ed Saywell 13.2. **HJ A:** 1 Jose Costa 1.48. **B:** 4 Connor Callaghan 1.25. **LJ A:** 1 Andrew Connolly 4.94. **B:** 1 Tom Meehan 4.91. **SP A:** 1 Chima Odum 10.50 (20th HW U15B a-t). **B:** 2 Ed Saywell 5.56. **DT A:** 3 Chima Odum 21.53. **JT A:** 1 Jose Costa 33.68. **B:** 1 Connor Callaghan 18.60. **4x100:** 1 HW 48.9. **4x400:** 1 HW 4:24.4

U13 Boys

100 A: 4 Charlie Williams 15.5. **B:** 5 Jonathan Dench 17.3. **200 A:** 3 Charlie Williams 31.3. **B:** 2 Max Allison 30.1. **800 A:** 1 Tim Livingstone 2:29.6. **B:** 3 Aaron Jones 2:49.9. **75H A:** 4 Charlie Williams 15.9. **B:** 4 Jonathan Dench 17.5. **HJ A:** 4 Max Allison 1.15. **LJ A:** 2 Tim Livingstone 4.35 (=19th HW U13B a-t). **SP A:** 3 Tim Livingstone 6.95. **B:** 2 Jonathan Dench 4.76

U13 Girls

75 A: 2 Eleanor Smith-Hahn 11.1. **B:** 3 Emma Headley 12.2. **150 A:** 2 Avalon Howard-McCrow 22.8. **B:** 2 Olivia Hogan 24.3. **800 A:** 3 Olivia Hogan 3:04.0. **B:** 2 Imogen Willis 3:07.8. **1200 A:** 1 Eleanor Smith-Hahn 4:07.4. **B:** 1 Emma Headley 4:19.4. **70H A:** 4 Olivia Hogan 16.0. **LJ A:** 3 Avalon Howard-McCrow 3.72. **B:** 1 ??? 3.67. **HJ A:** 2 Eleanor Smith-Hahn 1.25. **B:** 2 Avalon Howard-McCrow 1.10. **SP A:** 4 Emma Headley 4.02 (10th HW U13G a-t)

July 21: Self Transcendence GP 1-mile Road, Battersea Park

1 Nick Shasha (Walthamstow) 4:36. **HW:** Dennis Williams (2nd M60) 6:39; Ian Isherwood 6:56

July 23: Rosenheim League, Eastern Division, Match 6, Tooting Bec

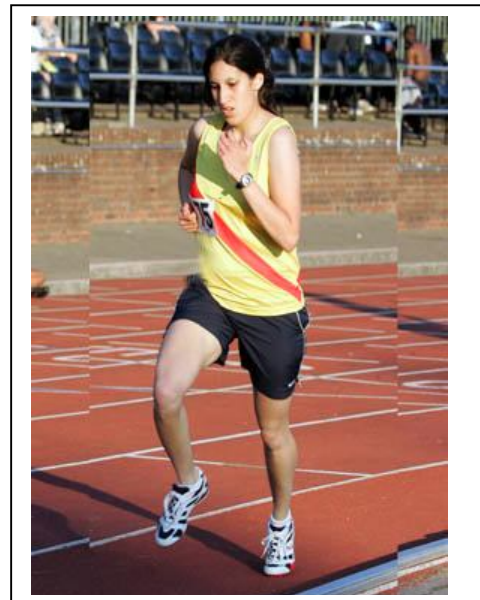
Match result: 1 Hercules Wimbledon 68; 2 Belgrave H 64; 3 Herne Hill H 61; 4 Croydon H 53; 5 Striders of Croydon 41; 6 Serpentine 33

100: 1 Dwayne Dowding 11.0 (=14th HW a-t). **(n/s 1):** 5 Hamed Agboke 11.6. **(n/s 3):** 2 Jonathan Osbourne 11.5. **200:** 1 Dwayne Dowding 22.1. **(n/s 1):** 5 Jonathan Osbourne 23.0 (HW U15B record). **400:** 3 Aaron Mason 52.5. **(n/s):** 5 Mark Baker 55.7. **800:** 2 Esmond Ferns 2:05.3. **(n/s):** 10 Tomo Kikugawa 3:15.3. **1500:** 2 Kieran White 4:12.7. **3000:** 6 Aidan Hogan 9:21.7; 12 Phil Smith 10:01.7; 14 Dan Pescod 10:31.3 (3rd HW M35 a-t); 16 Claire Grima 10:57.5; 18 Yuzo Saito 11:24.4; 19 Stuart Littlewood 11:30.4; 21 Anna Garnier 11:47.7 (HW W50 record); 24 Marilena De Luca 12:33.8. **2000SC:** 1 Aidan Hogan 6:20.5. **LJ:** 2 Michael Adjei-Tabirade 5.73. **n/s:** Nnamdi Odum 5.40. **SP:** 2 Bekele Tola 10.72. **n/s:** Kevin Burnett (2C) 5.60. **JT:** 2 Bekele Tola 48.90. **n/s:** Kevin Burnett (2C) 16.80. **4x200:** 1 Hercules Wimbledon 1:33.2 (H Agboke, M Baker, A Mason, D Dowding)

Final divisional standings: 1 Herne Hill H 33 (335); 2 Belgrave H 29 (313); 3 Croydon H 27 (294); 4 Serpentine 25.5 (267); 5 Hercules Wimbledon 24 (283); 6 Striders of Croydon 20.5 (246); 7 South London H 7 (113)

Women

100 (n/s): 3 Sharon Obayuwana 13.5. **200m (n/s):** 3 Amandine King 30.7; 5 Hannah Fernando 33.4. **800m (n/s):** 2 Amandine King 2:29.9; 4 Hannah Fernando 2:54.1; 5 Angela Kikugawa 3:29.0 (HW W45 record). **SP n/s:** Sharon Obayuwana 7.02



Aidan, Kieran, Esmond and Hannah in action on a successful HW evening at the Rosenheim League
Pictures by Ray O'Donoghue

July 23: Veterans AC Meeting (inc. Rosenheim League, West), Kingsmeadow
100 race 2: 2 Paul Wignall 13.8. **200:** 4 Paul Wignall 28.1. **SP (5kg):** John Webster 6.80. **JT (600g):** John Webster 29.83

July 25: Serpentine Last Friday of the Month 5km, Hyde Park
 1 Orlando Edwards (Shaftesbury Barnet) 15:56; 2 Kieran White (HW) 16:14. **Other HW:** 44 Stephen McDuell 19:39; 109 Marilena De Luca 22:40 (193 finishers)

July 25: Stragglers Wedding Day 7km, Bushy Park, Teddington
 1 Darren Talbot (Thames Hare & Hounds) 22:36. **HW:** 11 Justin Kelly 24:34; 20 Steve Badgery 25:39; 112 Isabel Sutherland (2C) 30:51 (517 finishers)

July 26: Southern Women's League, Division 2 South, Horsham

Match result: 1 Tonbridge 564 ... 9 Hercules Wimbledon 105

100: 2 Emily Martin 12.7. **200:** 1 Emily Martin 26.2. **400:** 2 Jennifer Fernando 62.0
800: 2 Jennifer Fernando 2:23.7. **3000 A:** 1 Claire Grima 10:53.4. **B:** 6 Hannah Long
14:32.5. **SP:** 8 Ann Martin 5.30 (HW W45 record). **DT A:** 8 Hannah Long 13.63. **B:**
6 Ann Martin 9.67 (HW W45 record). **HT:** 8 Ann Martin 15.41 (HW W45 record)

July 26: Banstead Woods 5km Time Trial

1 Andy Tindall (South London H) 16:16. **HW:** 71 Rowena Hornshaw 24.49; 123
Kevin Burnett (2C) 31:33 (138 finishers)

July 26: Bushy Park 5km Time Trial, Teddington

1 Dave Norman (Altrincham) 15:46. **HW:** 18 Steve Badgery 18:20 (388 finishers)

July 26: Wimbledon Common 5km Time Trial

1 Martin Gaunt (Serpentine) 16:42; 2 Ben Cummings (HW-2C) 16:50; 3 Liam White
(HW) 17:16. **Other HW:** 7 Alex Robinson 18:11; 14 Medena Knespl (1st W) 19:11;
16 Stewart Bond 19:25; 35 Michaela Knespl 21:55; 99 Mimi Lanfranchi 30:15 (100
finishers)



Liam White setting the pace in the Wimbledon Common Time Trial with fellow HW member, Ben Cummings, tucked in behind. Far left (with Adidas t-shirt) is another HW athlete, Alex Robinson. *Photo by Yuzo Saito*

July 26: European Veterans Championships, Ljubljana, Slovenia

M60

1500 (heat 1): 13 Dennis Williams 6:05.46

July 26: Swiss Alpine Marathon – 31km Trail Race – Davos, SUI

HW: 45 Martin Miller (2nd M60) 2:44:19 (approx 500 finishers)

July 27: U13s Inter Counties, Kingsmeadow

800 A: 3 Eleanor Smith-Hahn (Surrey) 2:25.08 (2nd HW U13G a-t)

July 27: Gloucester Half Marathon

1 Garry Payne (George Eliot Striders) 75:44. **HW:** 6 Justin Kelly 80:08 (390 finishers)

July 27: National Junior League, Eton, Berkshire

100 (n/s): Jermain Olasan 11.51/nwr

July 27: BUPA Great Wales Run 10km, Cardiff

1 Eshetu Wondimu (Ethiopia) 27:45. **HW:** 79 Gerard Crispie (2C – 3rd M45) 38:46 (approx 3000 finishers)

July 28: Self Transcendence GP 3km Road, Battersea Park

1 Ed Kelleher (City of Norwich) 9:16. **HW:** 47 Ian Isherwood 13:58 (63 finishers)

July 29: Veterans AC 5-Mile Road Race, Battersea Park

1 David Cox (Woodford Green) 27:56. **HW:** 4 Anna Garnier (2C) 34:59

July 30: European Veterans Championships, Ljubljana, Slovenia

M60

5000: 11 Neil Robson (2C) 20:00.06; 27 Dennis Williams 23:17.32

July 30: British Milers Club Gold Standard Races, Watford, Herts

Women

800 (race c): 5 Jennifer Fernando 2:22.31

July 30: Watford H Open Meeting, Watford, Herts

Mixed 800: 13 Amandine King 2:28.26. **3000 (race a):** 4 James Trapmore (2C) 8:41.20

July 30: Bexhill Runners 5km Road Race, Bexhill, Sussex

1 Adam Clarke (Hastings AC) 15:47. **HW:** 170 I Isherwood 25:02 (282 finishers)