

HW Results July 2009

July 1: Round Hill Romp 6 miles, Steyning, Sussex

1 Tim Wallis (Bristol & West) 33:34. **HW:** 87 Martin Miller 45:42; 181 Mel Jones 51:11 (455 finishers)

July 1: Watford Open Meeting, Herts

3000 (B race): 5 Alex Bruce-Littlewood (2C) 8:40.58; 19 Liam White 8:59.51 (2nd **HW U17M a-t**)

July 4: parkrun 5km, Bushy Park, Teddington

1 Martin Shore (Unattached) 16:21; 2 Adam Przedzymirski (HW) 16:30. **Other HW:** 44 Steve Badgery 19:27; 68 Camille Duval 20:11; 146 Barry King 22:07 (479 finishers)

July 4: park run 5km, Wimbledon Common

1 Koen Smeets (Unattached) 17:24; 2 Jon Fairs (HW – 2C) 17:35. **Other HW:** 8 Hugh Saxby 18:07; 24 Simon Ingall 19:58; 35 Mark Bohan 20:48 (138 finishers)

July 4: Self Transcendence 10 mile Road, Battersea Park

1 James Gillanders (London Front Runners) 60:19. **HW:** 19 Frank Wood 68:10 (138 finishers)

July 4: British Athletics League, Premier, Manchester

5000 B: 6 James Trapmore (2C) 15:26.40

July 4: British Athletics League, Division 2, Bromley, Kent

3000SC A: 5 Alex Bruce-Littlewood (2C) 9:28.25

July 4: European Triathlon Championships, Holten, The Netherlands

Swim 1.5km – Bike 40km – Run 10km

M40: 1 Silvain Le Bris (France) 1:59:57 (21:32 – 61:53 – 35:35). **HW:** 42 Peter Lee (GBR) 2:21:23 (31:06 – 70:26 – 38:41)

July 4: OWS Aquathlon, Datchet, Berks

Swim 750m – Run 5km

1 Deon Coetzee (HW) 27:20 (9:29 – 17:51)

July 4: London Youth Games Aquathlon, Crystal Palace

U15: Swim 250m – Run 2km

1 Joseph Choong (Bromley) 10:29 (4:01 – 6:28). **HW:** 8 Tim Livingstone (Wandsworth) 11:25 (4:45 – 6:40) (70 finishers)

U13: Swim 200m – Run 1km

1 Henry Choong (Bromley) 7:16 (3:46 – 3:30). **HW:** 28 Oliver Livingstone (Wandsworth) 9:01 (4:35 – 4:27) (47 finishers)

July 4: Kingham 7.5 mile Road Race, Oxon

1 Dennis Walmsley (Bourton) 42:13. **HW:** 48 Ian Isherwood 65:40; 50 Dennis Williams 66:38

July 4: Lily B League, Guildford, Surrey

U15 Girls

100 A: 6 Olivia Hogan 15.7. **B:** 1 Jowita Miesziowska 13.9

200 A: 5 Olivia Hogan 33.3

1500 A: 4 Maire Gilmartin 5:33.2

HJ A: 5 Maire Gilmartin 1.25. **B:** 1 Jowita Miesziowska 1.25

DT A: 4 Jowita Miesziowska 16.59

JT A: 5 Olivia Hogan 6.77

U13 Girls

100 A: 1 Eleanor Smith-Hahn 13.8

200 A: 1 Eleanor Smith-Hahn 28.8. **B:** 2 Rebecca Dinsdale 31.6 (12th HW U13G a-t)

70H A: 5 Rebecca Dinsdale 13.4 (4th HW U13G a-t)

LJ A: 4 Megan Le Doare 3.12

JT A: 4 Rebecca Dinsdale 15.84. **B:** 2 Megan Le Doare 8.94

July 5: UK Women's League, Lee Valley

200 B: 4 Emily Martin 26.20/-4.0

TJ A: 7 Emily Martin 10.62

July 5: Ebbisham Boys League, Sutton Arena, Carshalton

Match result: 1 Guildford & Godalming 140; 2 Croydon H 123; 3 Kingston & Poly 88; 4 Hercules Wimbledon 74; 5 Herne Hill H 66; 6 Aldershot, F&D 49

U15 Boys

100 A: 5 Devonte Caseky-Hayford 13.2

200 A: 6 Devonte Caseky-Hayford 28.9

400 A: 2 James Waghorn 67.4

HJ A: 4 Devonte Caseky-Hayford 1.20. **B:** 2 James Waghorn 1.20

TJ A: 5 James Waghorn 8.19

U13 Boys

100 A: 5 Rushad Doomasia 15.0. **B:** 2 Andrew Choules 15.1

200 A: 5 Rushad Doomasia 32.4. **B:** 5 Andrew Choules 32.7

800 A: 3 Cassian Hyde 2:37.2, **B:** 3 Michael Waghorn 2:57.7

1500 A: 4 Alex Bond 6:00.6. **B:** 3 Felix Parkinson 6:25.1

80H A: 2 Joel Atkin 13.6. (=2nd HW U13B a-t)

LJ A: 2 Joel Atkin 4.33 (23rd HW U13B a-t). **B:** 4 Rushad Doomasia 3.68

DT A: 3 Alex Bond 8.80 (7th HW U13B a-t)

JT A: 4 Alex Bond 16.50. **B:** 1 Michael Waghorn 7.64

4x200: 3 Hercules Wimbledon 2:15.6 (M Waghorn, R Doomasia, A Bond, A Choules)

July 5: Wimbledon Windmilers Jim Braben Memorial 10km Multi Terrain, Wimbledon Common

1 Phil Killingley (Ranelagh H) 33:57. **HW:** 4 Alex Robinson (1st U20) 37:06; 7 Hugh Saxby 37:46; 31 Neil Guthrie (2C) 40:51; 32 Stewart Bond 41:24; 38 Tom Cheetham 42:20; 45 Frank Wood 42:26; 73 Maurice Sharp 44:54; 130 Tomo Kikugawa 48:48; 144 Rowena Hornshaw 49:13 (18th HW W a-t); 163 Claire Morgan (2C) 50:26; 177 Nicola Craig 51:07; 217 Annmarie Seymour 54:12 (353 finishers)

July 6: Self Transcendence Grand Prix 3 miles Road, Battersea Park

1 Chris Peach (Herne Hill H) 15:41. **HW:** 54 Ian Isherwood 24:16; 58 Dennis Williams 24:46 (71 finishers)

July 7: Crystal Palace Canter (approx 3 mile road), SE19

1 Sophie Cowper (Redhill & Surrey Beagles) 18:30. **HW:** 3 Stuart Littlewood 20:01; 12 Kevin Burnett (2C) 29:49

July 8: Bridges Handicap, 2.3 miles road, Westminster Bridge

Fastest: 1 Dave Cox (Woodford Green) 13:01. **HW:** =22 Dennis Williams 19:01; 29 Kevin Burnett (2C) 22:58

July 8: Rosenheim League East, Match 5, Tooting Bec

Match result: 1 Belgrave H 73; 2 Herne Hill H 64; 3 Hercules Wimbledon 49; 4 Serpentine 41; 5 Croydon H 40; 6 Striders of Croydon 27; 7 South London H 22

100: 5 Tom Meehan 12.8

200: 6 Geordie Logan 26.9

400: 5 Geordie Logan 58.2

800: 1 James Trapmore 2:00.8. (**n/s**):1 Richard Vanderpuijie 2:05.1; 4 Stephen McDuell 2:12.5

1500: 2 James Trapmore 4:11.3

3000: 2 James Trapmore 9:09.3; 8 Neil Guthrie 10:38.9

TJ: 2 Nnamdi Odum 13.02. **n/s:** Chima Odum 11.68

SP: 4 Tom Pollak 5.61; 5 Kevin Burnett (2C) 5.27

JT: 3 Justin Miller 42.29

4x200: 2 Hercules Wimbledon 1:43.6

Positions after five fixtures: 1 Belgrave H 33 (353); 2 Herne Hill H 29.5 (301); 3 Hercules Wimbledon 21 (227); 4 Serpentine 20 (215); 5 Croydon H 18.5 (206); 6 Striders of Croydon 12.5 (169); 7 South London H 5 (94)



Stephen McDuell and Richard Vanderpuijie – the latter making his latest comeback – in action over 800m at the Rosenheim *Photos by Ray O'Donoghue*

July 10: Crooklog Handicap 5km, Welling, Kent

Fastest: 1 Andy Eastment (New Eltham Joggers) 18:19. **HW:** 10 Stuart Littlewood 21:24

July 10: Self Transcendence 4 miles, Blackweir, Cardiff, Wales

1 Stephen Paterson (San Domenico) 21:06. **HW:** 20 Gerard Crispie (2C) 25:06 (80 finishers)

July 11: English Schools Championships, Don Valley, Sheffield Inter Boys

1500: 3 Liam White 4:02.96 (**In heat 10/7**): 2nd 4:08.56
Bronze for Liam - brilliant

July 11: Southern Men's League, Division 1, Match 5, Woking

Match result: 1 Portsmouth 130; 2 Newham & Essex Beagles 114; 3 Hercules Wimbledon 111; 4 Kent AC 108; 5 Woking 62

100 A: 5 Jonathan Osbourne 11.6. **B:** 3 Royden John 11.6

200 A: 5 Jonathan Osbourne 23.7. **B:** 2 Mel Mitchell 23.7

400 A: 5 Ed Saywell 56.4. **B:** 3 Lance Power 53.5

800 A: 3 Richard Vanderpuijje 2:04.0. **B:** 4 Ed Saywell 2:11.7

1500 A: 2 Kieran White 4:12.9. **B:** 2 Alex Robinson 4:23.5

5000 A: 2 Richard Xerri 15:46.5. **B:** 2 Mike Halman 16:08.8

3000SC A: 3 Rory McMahon 10:32.1. **B:** 2 Lance Power 11:12.3

110H A: 3 Ove Lindeklied 15.7 (**13th HW a-t**). **B:** 3 Steve Hadley 22.2

400H A: 2 Lance Power 64.6. **B:** 4 Dominic Getting 70.2

HJ A: 1 Ove Lindeklied 1.90. **B:** 3 Royden John 1.65

PV A: 2 Ove Lindeklied 3.60 (**=13th HW a-t**). **B:** 2 Dominic Getting 3.00

LJ A: 1 Royden John 6.63. **B:** 4 Chima Odum 4.99

TJ A: 1 Nnamdi Odum 13.69. **B:** 2 Chima Odum 11.80

SP A: 2 Ove Lindeklied 14.91 (**2nd HW a-t**). **B:** 3 John Brown 8.51

DT A: 2 Ove Lindeklied 41.78 (**7th HW a-t**). **B:** 3 Chima Odum 25.26

HT A: 5 John Brown 28.23. **B:** 4 Dominic Getting 22.07

JT A: 3 Ove Lindeklied 50.67 (**5th HW a-t**). **B:** 2 Justin Miller 41.70

4x100: Hercules Wimbledon DQ

4x400: 4 Hercules Wimbledon 3:45.5 (R Vanderpuijje 53.4, C Odum 56.2, S Hadley 61.4, J Osbourne 54.5)

League positions after 5 matches (top 5 only)

1 Portsmouth 24 (645); 2 Victoria Park 24 (640); 3 Hercules Wimbledon 22 (596.5); 4 Nene Valley H 21 (606.5); 5 Reading 586.5

July 11: parkrun 5km, Wimbledon Common

1 Alexander Chalmers (Springburn H) 16:48. **HW:** 4 Stuart Fraser 17:22; 6 Jon Fairs (2C) 17:29; 9 Andrew Davies (2C) 17:42; 15 Claire Grima (1st W) 18:44; 17 David Grima 19:09; 24 Frank Wood 19:41; 33 Mark Bohan 20:40; 45 Rebecca Stone 21:11; 87 Patrick Stone 25:20; 98 John Wasbrough 25:55 (136 finishers)

July 11: parkrun 5km, Bushy Park, Teddington

1 James Trapmore (HW – 2C) 15:42. **Other HW:** 299 Dennis Williams 26:17; 273 Laure Duval 28:57; 385 Camille Duval 29:16 (439 finishers)

July 11: Pilot Inn 10 miles Road, Hardwick, nr Gloucester

1 Dennis Walmsley (Bourton) 56:40. **HW:** 53 Colin Bricher (2C) 95:45 (56 finishers)

July 12: Aviva World Trials and National Championships, Birmingham Men

200 (semi final 3): 7 Dwayne Dowding 22.48/+1.5

July 12: Asics British 10km London Run

1 Cyrus N'dereba (Kenya) 30:19. **HW:** 8 Adam Przedrzymirski 33:59 (4640 finishers)

July 12: Clapham Common 10km Multi Terrain

1 James Ellis (Clapham Chasers) 34:26. **HW:** 5 Darren Meredith 35:04

July 12: Claygate Country 5 mile, nr Esher, Surrey

1 Xavier Garro (Unattached) 28:25. **HW:** 5 Hugh Saxby (1st M55 & M55 course record) 30:09; 22 Steve Sinnott 32:15; 27 Matthew Sharp 32:52; 49 Anna Garnier (2C) 34:47; 57 Maurice Sharp 35:13; 113 Rowena Hornshaw 38:55; 133 Marilena De Luca 39:42 (443 finishers)

July 13: SCVAC Veterans League, Match 4, Battersea Park

Match result: 1 Herne Hill H 129; 2 Hillingdon 110; 3 Serpentine 86; 4 Ealing 69; 5 Hercules Wimbledon 45; 6 Metros 44; 7 St Mary's Richmond 19

M35

200 A: 5 Stephen McDuell 26.8. **B:** 3 Stewart Bond 29.2

800 A: 2 Stephen McDuell 2:12.5. **B:** 3 Stewart Bond 2:26.5

M50

200: 5 Tom Morris 36.3

800: 5 Tom Morris 2:52.1

3000: 4 Tom Morris 12:57.9

LJ: 4 John Webster 3.17 (**HW M70 record**)

HT: 3 John Webster 23.57 (**HW M70 record**)

M60

JT: 1 John Webster 26.82 (**HW M70 record**)

Women

200 n/s: 2 Carmelina Hancock 41.8 (**HW W55 record**)

July 13: Self Transcendence Grand Prix 2 miles Road, Battersea Park

1 Chris Peach (Herne Hill H) 10:15. **HW:** 61 Ian Isherwood 15:10 (82 finishers)

July 15: Sir Sefton Brancker Trophy, Barnet Copthall Stadium, Hendon

1500 A: 2 Kieran White (RAF) 4:15.9

July 16: Standard Chartered Great City 5km Road, City of London

1 Phil Wicks (Belgrave H) 14:29. **HW:** 508 Tom Morris 21:02; 1836 Dennis Williams 24:54 (5000+ finishers)

July 18: parkrun 5km, Bushy Park, Teddington

1 Jimmy Goulis (Stragglers) 16:10. **HW:** 26 Camille Duval 18:40 (497 finishers)

July 18: parkrun 5km, Wimbledon Common

1 CJ Smith (Thames Valley H) 16:00. **HW:** 4 Jon Fairs (2C) 17:38; 5 Andrew Davies (2C) 18:11; 16 David Grima 19:00; 17 Claire Grima (1st W) 19:00; 33 Anna Garnier (2C – 2nd W) 20:40; 77 Tomofumi Kikugawa 24:26; 99 John Wasbrough 27:22; 108 Angela Kikugawa 28:42 (123 finishers)

July 18: Self Transcendence 10km Road, Battersea Park

1 Nicholas Torry (Serpentine) 32:24; 2 Gervase King (HW) 33:52 (**HW M35 record**).
Other HW: 40 Frank Wood 40:02 (247 finishers)

July 18: Herne Hill H Open Meeting, Tooting Bec

Men: 1500: 1 Keiran White 4:22.57

Women: 100: 5 Emily Martin 12.69/-1.0

July 18: Burtonwood 5 miles Road, Burtonwood, Nr Warrington, Lancs

1 Daniel Cliffe (Warrington AC) 25:12. **HW:** 111 Ian Isherwood 42:22 (145 finishers)

July 18: British Age Group Aquathlon Championship, Parc Bryn Bach, Tredegar, Wales

Swim 750m – Run 5km

M30 Category

1 Deon Coetzee (HW) 28:29 (9:24 – 18:32)

July 19: National Young Athletes League, Southern Division 2 A24, Sutton Arena, Carshalton

Match result: 1 Worthing 671; 2 Horsham 562; 3 Crawley 533.5; 4 Sutton 469; 5 Hercules Wimbledon 411; 6 Dorking/Reigate 223; 7 East Grinstead/Haywards Heath 170; 8 Holland Sports 131.5

U17 Men

100 A: 1 Nathan Safo-Barnieh 11.3 (**8th HW U17M a-t**). **B:** 1 Jonathan Osbourne 11.4 (**12th HW U17M a-t**)

200 A: 1 Nathan Safo-Barnieh 23.4. **B:** 1 Kyran Mitchell-Nanton 23.6 (**29th HW U17M a-t**)

400 A: 4 Jose Costa 56.8. **B:** 1 Ed Saywell 57.8

800 A: 1 Liam White 2:11.8. **B:** 1 Ed Saywell 2:13.9

1500 A: 1 Liam White 4:39.6. **B:** 1 Joe Toomey 4:43.0

3000 A: 1 Liam White 10:07.6. **B:** 1 Joe Toomey 10:16.4

1500SC A: 1 Geordie Logan 4:57.6. **B:** 1 Joe Toomey 5:15.2

100H A: 2 Marcus Francis 15.9 (**25th HW U17M a-t**)

400H A: 2 Geordie Logan 63.6 (**24th HW U17M a-t**). **B:** 1 Ed Saywell 61.9 (**17th HW U17M a-t**)

HJ A: 4 Kyran Mitchell-Nanton 1.35

LJ A: 6 Chima Odum 5.19. **B:** 2 Jonathan Osbourne 4.96

TJ A: 2 Chima Odum 12.11. **B:** 1 Geordie Logan 11.12

DT A: 2 Chima Odum 29.80 (**15th HW U17M a-t**). **B:** 3 Jose Costa 19.55

JT A: 2 Jose Costa 37.38

4x100: 1 Hercules Wimbledon 46.4 (J Costa, J Osbourne, K Mitchell-Nanton, N Safo-Barnieh)

4x400: 1 Hercules Wimbledon 3:38.4

U15 Boys

100 A: 5 Devonte Caseky-Hayford 15.4. **B:** 5 Emmanuel Obayuwana 13.7

200 A: 4 Devonte Caseky-Hayford 28.9. **B:** 5 Emmanuel Obayuwana 27.9

400 A: 5 Nathan McLean 69.2. **B:** 1 Tim Livingstone 61.5

800 A: 2 Spencer Felix-Otoo 2:22.2. **B:** 2 James Waghorn 2:56.7

1500 A: 1 Tim Livingstone 4:42.9 (31st HW U15B a-t)

SP A: 2 Tim Livingstone 8.94. **B:** 3 Nathan McLean 6.14

DT A: 3 Spencer Felix-Otoo 17.11. **B:** 2 James Waghorn 12.64

U13 Boys

100 A: 6 Michael Waghorn 15.9. **B:** 5 Joel Atkin 14.2

200 A: 5 Michael Waghorn 32.3

800 A: 3 Cassian Hyde 2:27.4 (18th HW U13B a-t)

1500 A: 1 Oliver Livingstone 5:14.7

75H A: 1 Joel Atkin 12.7 (HW U13B record). **B:** 2 Jonathan Dench 16.2

LJ A: 1 Joel Atkin 4.32. **B:** 3 Michael Waghorn 3.55. **n/s:** Cassian Hyde 3.88

SP A: 5 Jonathan Dench 5.04

U17 Women

100 A: 4 Sharon Obayuwana 13.7

SP A: 3 Sharon Obayuwana 6.20

DT A: 4 Sharon Obayuwana 12.01

U15 Girls

100 A: 7 Jowita Miesziowska 13.7 (=12th HW U15G a-t)

200 A: 6 Olivia Hogan 32.2

HJ A: 3 Jowita Miesziowska 1.33

LJ A: 3 Jowita Miesziowska 4.28 (11th HW U15G a-t). **B:** 4 Olivia Hogan 2.88

U13 Girls

75 A: 3 Eleanor Smith-Hahn 10.7. **B:** 5 Rebecca Dinsdale 11.5

150 A: 5 Amy Culleton 21.8

800 A: 5 Eleanor Smith-Hahn 2:43.1

70H: 7 Amy Culleton 14.0. **B:** 2 Rebecca Dinsdale 13.7

HJ A: 4 Rebecca Dinsdale 1.20

LJ A: 1 Eleanor Smith-Hahn 4.06 (4th HW U13G a-t)



Some fine action shots from the Young Athletes at Sutton Arena by Ray O'Donoghue
 Joel Atkin winning the long jump shortly after smashing the HW U13 boys 75m
 hurdles record – a fine exchange by the girls relay team – Jose Costa hurls out a mean
 javelin throw – and, making their final appearance in this competition, Joe and Liam
 head towards yet another winning distance double.

July 19: Birmingham Games

400H: 5 Aaron Mason 58.40 (in heats: 3rd 57.54)

July 19: Chepstow H Magor Marsh 10km Road, Undy, Monmouthshire, Wales

1 Andy Ward (Clowne RR) 31:44. **HW:** 83 Gerard Crispie (2C) 40:37 (271 finishers)

July 19: Dartford Half Marathon, Kent

1 Michael Coleman (Medway & Maidstone) 69:33. **HW:** 268 Debbie Noel 1:48:31
 (14th HW W a-t) (603 finishers)

July 19: Swanage Half Marathon, Dorset

1 Captain Stoddart (11th Signals Regt) 77:15. **HW:** 16 John Querstret (2C) 86:29; 54
 Francesca Clarke (1st W35) 96:45; 55 Dave Clarke 96:45 (362 finishers)

July 20: Self Transcendence Grand Prix 1 mile Road, Battersea Park

1 Chris Peach (Herne Hill H) 4:43. **HW:** 36 Tom Morris 6:10; 63 Ian Isherwood 7.14;
70 Dennis Williams 8:05 (76 finishers)

Final M50 GP placings: 4 Ian Isherwood

July 22: Rosenheim League West (inc. VAC meeting), Kingsmeadow Stadium

JT (n/s) (500g): 1 John Webster 30.69 (**HW M70 record**)

July 22: Rosenheim League Eastern Division, Match 6, Battersea Park

MATCH: 1 Belgrave H 77; 2 Herne Hill H 61; 3 Serpentine R 58; 4 Croydon H 35; 5 Striders of Croydon 34; 6 Hercules Wimbledon 31; 7 South London H 4.

100: (+1.7) 3 Jonathan Osbourne 11.77. **n/s 1:** (-0.3) 4 Chima Odum 12.40; 5 Tom Meehan 12.72; 6 Jahn Nazari 13.05. **n/s 3:** (-0.3) 6 Stuart White 13.66.

200: (-0.1) 3 Jonathan Osbourne 23.83. **n/s 1:** (+0.1) 5 Jahn Nazari 26.82; 6 Stuart White 27.97. **n/s 2 mx:** (+1.0) 6 Emily Martin 25.96

400: 4 Geordie Logan 59.06. **n/s 2:** 1 James Garnier 51.84. **n/s 2:** 5 Tom Meehan 58.94

1500 mx: 6 Claire Grima 5:05.80; 8 Anna Garnier 5:24.14.

2000SC: 3 Geordie Logan 6:44.14 (**HW U17M record**)

LJ: 3 Chima Odum 4.95

SP (7.26kg): 5 Tom Pollak 5.29; 6 Kevin Burnett (2C) 5.22

DT (2kg): 4 Chima Odum 23.30; 6 Kevin Burnett (2C) 15.13

Final League Positions: 1 Belgrave H 40.5 (430); 2 Herne Hill H 35.5 (362); 3 Serpentine R 25 (273); 4 Croydon H 22.5 (241); 5 Hercules Wimbledon 23 (258); 6 Striders of Croydon 15.5 (203); 7 South London H 6 (98).





Anna and Claire running looking speedy in a rare outing for both over 1500m while below, Anna's son James (guesting for HW) displays a promising talent over 400m

Photos by Ray O'Donoghue

July 22: Inter Services Championships, Tidworth, Hants

1500: 4 Kieran White (RAF) 4:16.40

July 22: SSAFA 5km Road, Cardiff

1 Michael Johnson (Cardiff) 14:45. **HW:** 38 Gerard Crispie (2C) 19:16

July 24: Rye Summer Classic 10km, Rye, Sussex

1 James Cotton (Unattached) 34.09. **HW:** 32 Martin Miller 42:51; 95 Annemarie Seymour 52:42 (149 finishers)

July 25: UK Athletics Jumps & Throws Fest, Birmingham

LJ (group 3): 4 Royden John 6.89/0.0

July 25: parkrun 5km, Bushy Park, Teddington

1 John Hamblen (Walton AC) 16:02; 2 Kieran White (HW) 16:21. **Other HW:** 304 Dennis Williams 27:19 (438 finishers)

July 25: parkrun 5km, Wimbledon Common

1 James McMullan (Thames H&H) 15:46. **HW:** 5 Adam Vandenberg 16:57; 6 Jon Fairs (2C) 17:00; 12 Andrew Davies (2C) 18:02; 7 Phillip Glynn 17:04; 8 Darren Meredith 17:14; 9 Joe Toomey 17:18; 11 Justin Kelly 17:47; 21 Simon Ingall 19:12; 36 Mark Bohan 20:53; 71 Shelley Cleghorn 23:40; 125 Richard Weston (2C) 28:44 (147 finishers)

July 25: London Inter Club Challenge, Parliament Hill

400H: 2 Aaron Mason 57.4

July 26: Elmbridge 10km Road, Walton, Surrey

1 Hussan Raidi (Belgrave H) 31:42. **HW:** 15 Neil Aitken (2C) 34:40; 30 Peter Lee 35:48; 56 Chris Coles 37:35; 112 Steve Badgery 40:04; 117 Neil Guthrie (2C) 40:18; 119 Stewart Bond 40:23; 171 Anna Garnier (2C) 42:52; 193 Maurice Sharp 43:48 (646 finishers)

**July 26: U13s Inter Counties, Kingsmeadow Stadium, Kingston
Girls**

200 A (Race 2): 3 Eleanor Smith-Hahn (Surrey) 28.39

TEAM: 1 Surrey

July 26: Cardiff Bay 5 miles

HW: Gerard Crispie (2C) 30:11

Full results not yet available

**July 26: Blackheath & Bromley Open Meeting, Bromley, Kent
Women**

200: 3 Emily Martin 25.8

July 26: OWLS Aquathlon, Datchet, Berkshire

Swim 750m – Run 5km

1 Deon Coetzee (HW) 27:13 (9:17 – 17:56)

July 27: Self Transcendence 3km Road, Battersea Park

1 Toby Hedgeland (Unattached) 9:23. **HW:** 75 Ian Isherwood 14:14 (105 finishers)

July 28: Veterans AC 5km Road Championships, Battersea Park

1 Vic Maughn (Herne Hill H) 16:38. **HW:** 10 Tom Morris 20:55; 24 Dennis Williams 25:25; 29 Kevin Burnett (2C) 30:43

July 29: Battle of Bexhill 5km Road, Sussex

1 Adam Clark (Hastings AC) 15:37. **HW:** 182 Ian Isherwood 25:40; 193 Dennis Williams 26:27 (279 finishers)

July 30: South London H 'Near as Dammit 10km' Multi Terrain, Coulsdon, Sy

1 Phil Sanger (Epsom & Ewell) 36:33. **HW:** 25 Barry White 42:56 (123 finishers)

July 31: Stragglers Wedding Day 7km Road, Bushy Park, Teddington

1 David McNeill (Australia) 20:27. **HW:** 49 Camille Duval 26:59; 55 Steve Badgery (1st M60) 27:12; 82 Anna Garnier (2C) 28:51; 296 Dennis Williams 36:00; 333 Ian Isherwood 37:16; 419 Pete Smith 41:56 (553 finishers)