

HW Results March 2008

March 1: Ranelagh H Inter-Club Cross Country, 3.85 miles, Richmond Park

1 Alex Bruce-Littlewood (HW) 21:53; 2 Gary Blesson (HW) 22:51. **Other HW:** 4 Adam Przedzimirski (missed start) 23:48; 10 Dave Betts 25:49; 15 Tom Cheetham 28:33; 19 Alan Turner 29:08

TEAM (3-a-side): 1 Hercules Wimbledon 7; 2 Ranelagh H 14; 3 Milocarrians 24

TEAM (6-a-side): 1 Ranelagh H 39; 2 Hercules Wimbledon 39

March 1&2: Surrey County AA Indoor Championships, Sutton Arena

U20 Men

60: 2nd round: Jermain Olasan 7.3 h/t (in heat: 3rd 7.30). In heats: No 3: 4 Cale Edmunds 7.39. No. 4: 4 Richard Agyapong 7.73. **LJ:** 2 Jermain Olasan 6.47; 4 Cale Edmunds 5.97 (22nd HW U20M a-t)

U17 Men

60: Heat 3: 4 Henry Husband 8.03. **TJ:** 8 Jack Dewhurst 10.86

Senior Women

60: 4 Emily Martin 8.10 (Heat: 3rd 8.02). **LJ:** 3 Emily Martin 5.43

March 1: Bushy Park 5km Time Trial, Teddington

1 Richard Ward (Belgrave H) 16:02; 2 Deon Coetzee (HW) 17:00. **Other HW:** 84 Barry King 22:22 (305 finishers)

March 1: Richmond Park 5km Time Trial

1 Alex Robinson (HW) 17:54; 2 Ralph Street (Tiffin Boys) 18:24 (70 finishers)

March 1: Wimbledon Common 5km Time Trial

1 George Garnier (Unattached) 17:21; 2 Neil Fraser (HW) 17:45. **Other HW:** 34 Alice Village 23:31; 61 Katy Luffingham 28:33 (70 finishers)

March 2: Borough of Merton adidas Mini Marathon Trials (3.886km), Wimbledon Park

Boys 15-17 years

1 Joe Toomey (HW) 13:10; 2 Alex Robinson (HW) 13:20. **Other HW:** 4 Charlie Carrington 14:18; 6 Paul Stables 15:04; 8 Joseph Stone 16:23

Boys 13-14 years

1 Geordie Logan (HW) 13:57. **Other HW:** 3 Alex Watson 15:23; 4 Bradley Mulroe 15:25; 6 David Stables 16:40; 7 Joshua Palmer 17:35; 9 Ben Palmer 18:14

Boys 11-12 years

1 Harry Fallowfield 15:33. **HW:** 3 Aaron Jones 17:17; 4 Oliver Moulton 17:59

Girls 15-17 years

1 Rosemary Fernando (HW) 15:45; 2 Hannah Long (HW) 17:51; 3 Caroline Hicks (HW) 16:57. **Other HW:** 8 Megan Brown 19:09

Girls 13-14 years

1 Michaela Knespl (HW) 15:31; 2 Alice Village (HW) 17:31; 3 Katie Kemp (HW) 19:31; 4 Maria Rogan (HW) 19:39. **Other HW:** 14 Lucy Stone 24:26

Girls 11-12 years

1 Eleanor Smith-Hahn (HW) 16:06; 2 Rebecca Stone (HW) 17:17; 3 Avalon Howard McGrow (HW) 19:32. **Other HW:** 7 Fionnuala Lane 21:49

Full results: <http://www.merton.gov.uk/leisure/sport/young-people-sport/minimarathon.htm>

March 2: London Heathside 5-mile Road Race, Finsbury Park

1 Henry Dodwell (Highgate H) 26:24. **HW:** 108 Ian Isherwood 41.45 (198 finished)

March 2: Greenwich Meridian 10k Road Race, Greenwich Park

1 Ben Noad (Highgate H) 32:03. **HW:** 13 Naomi Warner (2C – 1st W) 37:01 (527 finishers)

March 2: Reading Half Marathon, Berkshire

1 Patrick Makau (Kenya) 61:19. **HW:** 125 Peter Lee 78:41 (12th HW M40 a-t); 417: Stewart Bond 86:46. (11,181 finishers)

March 2: Brooklands 10k, Weybridge, Surrey (Note: short course)

1 Patrick Hamilton (Annadale Striders) 31:01. **HW:** 13 Steve Badgery (1st M60) 36:26; 32 Martin Miller (2nd M60) 39:50 (323 finishers)

NB: No Course Measurement Certificate issued for this race and consensus is that it was under 10k, so times cannot be considered for ranking purposes

March 2: Green Park Challenge 2.8km, Reading

1 Nathan White (Reading) 8:25. **HW:** 140 Ella Dobson 12:55 (887 finishers)



Fast finishing Ella at Reading

March 2: Barcelona Marathon, Spain

1 Hosea Hoge (Kenya) 2:14:32. **HW:** 1726 Yuzo Saito 3:26:48 (7606 finishers)

March 4: Crystal Palace Canter 3 miles, London, SE19

1 Neville Webb (Dulwich Runners) 18:15. **HW:** 4 Stuart Littlewood 19:43; 12 Dennis Williams 22:18

March 5: Met Police Cross Country Championships, Richmond Park, Petersham

1 Peter Tucker 30:44. **HW:** 26 Dave Betts (1st M55) 37:15 (77 finishers - men)

March 5: Woking 3-mile (2.85-miles) Handicap, Woking, Surrey

Fastest: 1 Martin Perring (Reading Road Runners) 17:17. **HW:** 10= Dennis Williams 19:53

March 8: English Schools XC Championships, Sefton Park, Liverpool, Lancs

Senior Boys: 1 David Forrester (Gtr Manchester) 20:50. **HW:** 68 Alex Bruce-Littlewood (2C) (Kent) 22:55 (330 finishers)

Junior Boys: 1 Connor Robinson (Cornwall) 12:54. **HW:** 130 Ed Saywell (Surrey) 14:20 (336 finishers)

Senior Girls: 1 Jo Harvey (Devon) 15:01. **HW:** 183 Jennifer Fernando (Surrey) 18:41; 189 Rosemary Fernando 18:45 (309 finishers)

Full results: <http://www.esaa.net/2008/xc/national/xcreresults.html>T

March 8: Bushy Park 5km Time Trial, Teddington

1 James Lock (Thames Turbo Tri) 16:07. **HW:** 19 Steve Badgery 18:36; 103 Barry King 21:59 (378 finishers)

March 8: Wimbledon Common 5km Time Trial

1 Kieran White (HW) 16:51; 2 Andrew Aitken (Highgate H) 16:53. **Other HW:** 29 Tom Cheetham 21:28; 38 Alastair Brown 21:59; 53 Alice Village 23:32; 70 John Wasbrough 25:44; 80 Mick Leigh 27:35 (94 finishers)

March 8: Merrell Mudman Duathlon (off road), Camberley, Surrey

Run: 7.5km – Bike: 15km – Run: 7.5km

1 Sam Gardner 1:43:16. **HW:** 7 Gary Blesson (1st M40) 1:55:46 (32:45 – 46:54 – 36:07) (115 finishers)

March 9: adidas London Marathon Half Marathon, Silverstone

1 Tim Hartley (Notts AC) 68:07. **HW:** 29 Dion Harrison 80:11

March 9: Ballycotton 10-mile Road Race, Ireland

1 Vinny Mulvey (Raheny Shamrock AC) 50:37. **HW:** 1263 Dennis Williams 84:29 (2204 finishers)

March 9: Dorney Lake Duathlon, Datchet, Berkshire

Run 5km – Bike 20km – Run 5km

1 Daniel Corner 64:59. **HW:** 11 Ben Cummings (2C) 73:59 (19:32 – 36:12 – 18:15); 17 Deyan Knespl 76:09 (18:09 – 37:39 – 20:21) (80 finishers)

March 9: San Domenico 20 miles, Merthyr Tydfil, Wales

1 Julian Baker (Les Croupiers) 1:57:28. **HW:** 14 Gerard Crispie (2C) 2:18:27 (168 finishers)

March 12: Bridges Handicap 2.3 miles, Westminster, London

Fastest times: 1 Dave Cox (Woodford Green) 12:58. **HW:** Dennis Williams 16:46; Tom Morris 16:48; Kevin Burnett (2C) 22:34

March 14: Crook Log Handicap 5km, Bexleyheath, Kent

Fastest: Tony Durey (Dartford H) 18:28. **HW:** 4 Stuart Littlewood 20:03

March 15: East Surrey League Road Relays, Boxhill, nr Dorking

Seniors (4x2.1 miles): 1 Herne Hill H 43:01 ... 13 Hercules Wimbledon 57:10 (Hugh Saxby 11:49, Mike Kortzenray 14:08, Ian Isherwood 15:52, Dennis Williams 15:21); 17 Hercules Wimbledon B (n/s): 64:38 (P Bricher 16:01, Colin Bricher 17:37; Hugh Saxby 12:16, Colin Bricher 18:44)

Fastest lap: Kevin Quinn (Herne Hill H) 10:21

Positions after three fixtures: 1 Epsom & Ewell 32; 2 Herne Hill H 27; 3 Croydon H 25; 4 Hercules Wimbledon 24

U17/U15 (3x2.1 miles): 1 Herne Hill H 37:58; 2 Hercules Wimbledon 38:51 (Alex Watson 14:14; Charlie Carrington 12:28; Geordie Logan 12:09)

Fastest lap: Henry Sutcliffe (Herne Hill H) 11:48

Positions after three fixtures: 1 Hercules Wimbledon 35; 2 Herne Hill H 33

March 15: Inter Counties Cross Country Championships, Wollaton Park, Notts

Senior Men: 1 Tom Humphries (Staffs) 37:03. **HW:** 169 Aidan Hogan (Surrey) 42:58 (264 finishers)

Junior Men: 1 David Forrester (Merseyside) 25:37. **HW:** 42 Alex Bruce-Littlewood (2C) (Kent) 27:54

U15 Boys: 1 Tom Curr (Gloucs). **HW:** 83 Joe Toomey (Surrey) 16:17

March 15: Wimbledon Common 5km Time Trial

1 Martin Gaunt (Serpentine RC) 16:41; 2 Alex Robinson (HW) 18:00; 3 Jonathan Dobson 18:05. **HW:** 6 Matt Fell 18:53; 59 John Wasbrough 25:38; 61 Mick Leigh 26:01; 71 Richard Weston (2C) 28:28 (91 finishers)

March 15/16th: BUSA Indoor Championships-EIS Sheffield**Men**

1500: Heat 4: 5 Adam Przedzimirski (Essex Un) 4:17.53. **semi-final 1:** 10 Adam Przedzimirski (Essex) 4:18.05

Women

LJ: 8 Emily Martin (St Mary's) 5.25m

March 16: Kingston & Polytechnic AC Open Meeting, Kingsmeadow**Men**

3000: 1 Hussein Ahmed 9:08.01; 2 Belal Aly 9:14.70; 3 Joe Toomey 9:44.24 (20th **HW U17Men a-t**)

U13 Girls

100 (Race 1): 2 Eleanor Smith-Hahn 15.13. **Race 2:** 2 Avalon Howard-McGrow 15.45. **150:** 2 Eleanor Smith-Hahn 23.12; 5 Avalon Howard-McGrow 24.19. **800:** 1 Eleanor Smith-Hahn 2:44.09. **LJ:** 2 Avalon Howard-McGrow 3.89 (=6th **HW U13G a-t**); 3 Eleanor Smith-Hahn 3.59

March 16: Hastings Half Marathon, Sussex

1 Kiplimo Kimutai (Kenya) 65:24. **HW:** 11 Richard Xerri 75:07 (**HW 2008 leader**); 42 Naomi Warner (2C) (4th W) 80:15; 464 Tom Cheetham 96:13; 1081 Dennis Williams 1:47:36 (3703 finishers)

March 16: Bath Half Marathon, Somerset

1 Raymond Tonui 65:21. **HW:** 110 Deon Coetzee 77:54 (10,054 finishers)

March 16: Fleet Half Marathon, Hants

1 Neil Chisholm (Thames H&H) 70:14. **HW:** 83 Dan Pescod (2C) 83:21; 86 Steve Badgery 83:31; 140 Stewart Bond 86:55; 299 Dave Clarke 93:51 (1966 finishers)

March 17-22: World Masters Indoor Championships, Clermont Ferrand, France M60

1500: Heat 1: 5 Neil Robson (2C) 5:26.55. **3000:** 9 Neil Robson (2C) 11:13.60

March 22: Bushy Park 5km Time Trial, Teddington

1 James Trapmore (Shaftesbury Barnet H – HW 2C) 16:25. **Other HW:** 24 Steve Newton 19:21; 51 Dave Clarke 20:47 (345 finishers)

March 22: Wimbledon Common 5km Time Trial

1 Andy Weir (Thames H&H) 17:26. **HW:** 13 Sam Leigh 20:41; 36 Hannah Fernando 24:21; 46 Mick Leigh 26:51 (61 finishers)

March 22: Victoria Park 5-mile Road, Hackney, East London

1 Ayele Mergressa 24:26. **HW:** 21 Alex Bruce-Littlewood (2C) 27:23; 148 Dennis Williams 37:28; 172 Ian Isherwood 40:16 (202 finishers – men)

March 23: Teifi 10-mile, Lampeter, Wales

HW: 24 Gerard Crispie (2C) 63:21

March 24: Stanwick 10k, Northants

HW: 206 Colin Bricher (2C) 54:48 (279 finishers)

March 24: Steyning Duathlon, Sussex

(7km run, 36km bike, 5km run)

1 Lee Piercy 1:33:37 (23:15, 51:19, 17:44). **HW:** 21 Ben Cummings (2C) 1:41:35 (25:00, 56:42, 18:40); 23 Gary Blesson 1:42:40 (25:30, 55:58, 19:43) (129 finishers)

March 24: Thames Turbo Triathlon, Hampton Open Air Pool, Middx

(Swim 426m, Bike 21km, Run 5km)

1 Daniel Corner 58:20 (7:04, 32:42, 18:34). **HW:** 3 Dion Harrison 61:18 (6:45, 34:33, 20:00); 13 Deyan Knespl 65:29 (7:40, 37:30, 20:19) (317 finishers)

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

1 Kevin Quinn (Aldershot F&D) 15:28. **HW:** 9 Kieran White 16:13; 20 Neil Fraser 17:30; 151 Ian Isherwood 24:48 (195 finishers)

March 29: Bushy Park 5km Time Trial, Teddington

1 Sam Perkins (Ranelagh H) 15:52. **HW:** 46 Dave Clarke 20:30; 130 Fred Green 23:09 (349 finishers)

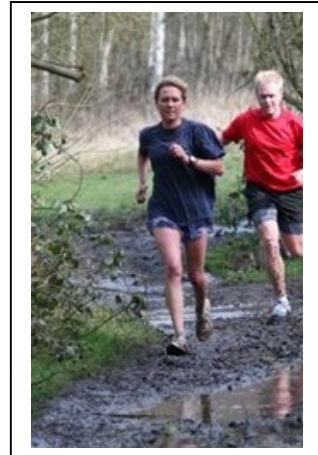
March 29: Wimbledon Common 5km Time Trial

1 Matt Ward (Clapham Chasers) 18:13. **HW:** 12 Estle Viljoen 20:46 (1st W); 16 Rosemary Fernando 21:08 (2nd W); 32 Hannah Fernando 23:10; 40 Dennis Williams 24:17; 50 Mick Leigh 26:30; 51 John Wasbrough 26:36 (72 finishers)



Mick & Estle

A couple of HW
Mudlarks



Photos by Paul Sinton-Hewitt of UKTT

March 29: Blackheath & Bromley Closing 5 miles Cross Country, Hayes, Kent

1 Alex Bruce-Littlewood (HW – 2C) 30:24. **Other HW:** 35 Stuart Littlewood 39:03

March 29: British Masters Cross Country Champs, Banbury, Oxon

M60: 1 Malcolm Reynard (Hardley R) 34:47. **HW:** 16 Neil Robson (2C) 36:46

Women: 1 Nicki Nealon (Huncote H) 25:37. **HW:** 26 Steph Robson (2C) 28:35

March 29: Schools Inter County Cross Country, Gloucester Park, Basildon, Essex

Year 7 Boys: 1 M Arnold (Surrey) 9:21. **HW:** 20 Tim Livingstone (Surrey) 10:08

March 30: Wimbledon Audi 10km Road, West Wimbledon (short course)

1 Jason Simpson (South London H) 30:50. **HW:** 5 Justin Kelly 33:00; 7 Deon Coetzee 33:31; 17 Peter Lee 35:29; 20 Neil Fraser 35:45; 22 Phil Glynn 35:55; 24 Steve Badgery 36:12; 32 Dan Pescod (2C) 36:49; 84 Tom Cheetham 41:37 (793 finishers)

TEAM (3-to-score): 1 Hercules Wimbledon 28; 2 Thames H&H 34; 3 Wimbledon Windmilers 74

Note: A late change of start/finish area due to flooding, raised doubts as to the accuracy of the course measurement, said to be 300m short, therefore, above times will not be shown in rankings.

March 30: Wilmslow Half Marathon, Cheshire

1 Gareth Raven (Sale H) 66:29. **HW:** 7 Mike Halman (2C) 71:49; 15 Jon Fairs (2C) 73:52 (3449 finishers)

**March 30: Marlow Duathlon, Buckinghamshire
(7km run, 25km bike, 7km run)**

1 Eddie O’Gorman 1:40:42 (27:47, 45:50, 27:05). **HW:** 4 Gary Blesson 1:42:45 (28:23, 45:12, 29:10)

March 30: Asics Breakfast Run 8 miles, Kingston, Surrey

1 Toby Pearson (Thames H&H) 45:04. **HW:** 16 Matt Fell 51:03

March 30: Asics Breakfast Run 16 miles, Kingston, Surrey

1 Paul Adams (St Albans Striders) 90:05. **HW:** 258 Stewart Bond 1:57:58

March 30: Paddock Wood Half Marathon, Kent

1 Jamie Atkinson (Blackheath & Bromley) 70:37. **HW:** 1070 Dennis Williams
1:57:56 (1630 finishers)