

## HW Results March 2009



### **March 1: Surrey County AA Indoor Championships, Sutton Arena**

#### **U20 Men**

**TJ:** 1 Nnamdi Odum 13.11

Nnamdi in concentration mode before capturing the Surrey AA Indoor U20 triple jump title

### **March 1: Mornington Chasers 10km Road GP Winter Series, Regents Park**

1 Mark Tuckett (Thames Hare & Hounds) 33:33. **HW:** 58 Tom Morris (2<sup>nd</sup> M50) 41:53; 147 Tomofumi Kikugawa 47:52 (302 finishers)

**Note:** Tom Morris was series winner in M50 category

### **March 1: Barcelona Marathon, Spain**

1 Chebii Johnstone (Kenya) 2:14:01. **HW:** 6968 Angela Kikugawa 4:29.22 (**HW W45 record**) 4:23:38 – chip time (8276 finishers)

### **March 1: Roma Ostia Half Marathon, Rome, Italy**

#### **Women's results**

1 Anna Incerti (Italy) 79:23. **HW:** 115 Marilena De Luca 99:43 (**10<sup>th</sup> HW W a-t**) (956 finishers)

### **March 1: Mad March 20-mile Road, Christchurch, Hampshire**

1 Steven Way (Bournemouth AC) 1:53:16. **HW:** 9 Jon Fairs (2C) 2:01:21; Andrew Davies (2C) 2:05:25

### **March 4: Wimbledon College Inter School's Cross Country, Wimbledon Common**

1 J Morewood (Royal Grammar, Guildford) 18:06; 2 Geordie Logan (HW/Wimb Coll) 19:10; 3 Joe Clark (HW/Wimb Coll) 19:38; 16 James Greene (HW/Wimb Coll) 21:41 (46 finishers)

### **March 4: Woking Handicap 2.8 miles Road, Surrey**

**Fastest:** 1 Stuart Prentice (Petrofac) 17:18. **HW:** 20 Dennis Williams 21:53; 39 Kevin Burnett (2C) 28:11 (43 finishers)

**March 7: Inter Club Cross Country v Ranelagh H, 3.8-miles, Richmond Park, Petershan**

1 Duncan Bell (Ranelagh H) 21:43. **HW:** 4 Hugh Saxby 23:57; 5 Joe Clark 24:29; 8 Stephanie Robson (1<sup>st</sup> W) 25:06; 10 Peter Clarke 25:28; 13 Frank Wood 26:06; 14 Bradlee Mulroe 26:20; 20 Tom Cheetham 27:54; 27 Rowena Hornshaw 32:08; 28 Ian Isherwood 33:33; 30 Steve Webb 38:40; 32 Kevin Burnett 40:51

**TEAM (8-a-side):** 1 Ranelagh H 54; 2 Hercules Wimbledon 82

**TEAM (3-a-side):** 1 Ranelagh H 6; 2 Hercules Wimbledon 15; 3 Milocarrians 24

**Full result:** <http://www.ranelagh-harriers.com/results/090307.html>



Joe Clark, seen here on his way to a fine fifth place in the Ranelagh Inter Club fixture, improves week by week in his debut season for HW

*Photo by Tim Sizeland*

**March 7: Inter Counties Championships, Woollaton Park, Nottingham**

**U20 Men**

1 Nick Goolab (Middlesex) 25:40. **HW:** 40 Alex Bruce-Littlewood (2C – 2<sup>nd</sup> Kent) 28:04; 140 Alex Robinson 31:48 (180 finishers)

**U17 Men**

1 Paul Thompson (Warks) 20:30. **HW:** 16 Liam White (1<sup>st</sup> Surrey) 21:20; (282 finishers)

**U15 Boys**

1 Conor Robinson (Cornwall) 15:01. **HW:** 32 Ed Saywell (3<sup>rd</sup> Surrey) 15:53 (304 finishers)

**Note:** Ed was a scoring member of third place Surrey team.

**U13 Girls**

1 Loren Bleaken (Gloucs) 13:31. **HW:** 171 Eleanor Smith-Hahn (Surrey) 15:24 (301 finishers)

**March 7: Parkrun 5km, Wimbledon Common**

1 Jon Fairs (HW-2C) 16:41. **Other HW:** 5 Andrew Davies (2C) 18:02; 12 Stewart Bond 19:22; 32 Rebecca Stone (3<sup>rd</sup> W) 20:58 (U15 record); 34 Adam Fenton (2C) 21:02; 38 Mark Bohan 21:17 (147 finishers – record total)

**Note:** Stewart celebrated what was his 40<sup>th</sup> birthday with his fastest time on this course.

**March 7: parkrun 5km, Bushy Park, Teddington**

1 Jamie Ashton (Bracknell AC) 16:27. **HW:** 16 Peter Lee 18:14; 26 Steve Badgery 18:55; 153 Barry King 22:29; 296 Dennis Williams 25:22 (534 finishers)

**March 7: parkrun 5km, Cardiff**

1 Darran Hiscox (Bridgend AC) 16:10. **HW:** 19 Gerard Crispie (2C) 19:24 (83 finishers)

**March 7: Thames Hare & Hounds Inter Club 5-mile XC, Wimbledon Common**

1 Keith Newton (Herne Hill H) 27:17. **HW:** 26 Anna Garnier (2C) 35:39 (51 finishers)

**March 7: Self Transcendence 10 mile Road, Battersea Park**

1 James Savage (Stourbridge RR) 55:36. **HW:** 13 Andy Waites 64:59 (158 finishers)

**March 8: British Masters Indoor Championships, Lee Valley, Enfield**

**M60**

**3000:** 2 Neil Robson (2C) 11:14.35

**March 8: Nike Milton Keynes Half Marathon**

1 Phil Sly (Thames H&H) 68:01. **HW:** 4 James Trapmore (2C) 70:53 (**HW 2009 leader**) (3038 finishers)

**March 8: Sutton Borough Mini Marathon Trials, Sutton Arena**

**Girls:** 1 Eleanor Smith-Hahn (HW)

**Note:** Only results available

**March 8: Gloucester 20 mile Road Race, Gloucs**

1 Chris Illman (Cirencester AC) 1:56:10. **HW:** 5 Justin Kelly 2:00:20; 58 Gerard Crispie (2C) 2:20:48 (504 finishers)

**March 8: Clapham Chasers Riverside 20-miles 'Training Run', Fulham**

1 Abraham Amadu Jalloh (Clapham Chasers) 2:07:11. **HW:** 9 Jon Fairs (2C) 2:15:34; 15 Zoe Pike (2<sup>nd</sup> W) 2:18:29; 20 Stewart Bond 2:24:48; 67 Mike Kortzenray 2:49:07 (107 finishers)

**March 11: Teddy Hall Road Relays, Iffley Road, Oxford**

**Men (3.6 miles)**

**Fastest:** Jon Pepper (Birmingham Un) 17:28. **HW:** 225 Tim Bartley (Imperial College) 24:17 (504 competitors)

**March 11: Bridges Handicap 2.3 miles, Westminster Bridge**

**Fastest:** 1 Rob Pitkethly (Victoria Park H) 14:02. **HW:** 21 Dennis Williams 18:22

**March 13: Crooklog 5km Handicap, Bexleyheath**

**Fastest:** 1 Ken Daniel (Blackheath & Bromley) 19:04. **HW:** 23 Ian Isherwood 24:37

**March 14: East Surrey League Road Relays, Boxhill, near Dorking, Surrey Seniors (4x2.1 miles)**

1 Herne Hill H 43:37... 5 Hercules Wimbledon 'A' 46:24 (Benjamin Le Grand (HW team debut) 10:40, Frederic Soudain 12:02, Alex Robinson\* 11:53; Rory McMahon\* 11:49); 14 Hercules Wimbledon 'B' n/s 53:52 (Hugh Saxby 11:55, Stewart Bond 12:29; Pat Collins 17:05, Hugh Saxby 12:23); 15 Hercules Wimbledon 'C' 54:24 (Maurice Sharp 14:10, Pete Clarke 12:21; Joe Clark 12:15, Dennis Williams 15:38)

**Positions after three fixtures:** 1 Herne Hill H 35; 2 Epsom & Ewell H 32; 3 Hercules Wimbledon 27

**Young Athletes (3x2.1 miles)**

1 Hercules Wimbledon 34:09 (Ed Saywell 11:44; Geordie Logan 11:37; Liam White 10:48); 2 Croydon H 34:31

**Positions after three fixtures:** 1 Hercules Wimbledon 32; 2 Epsom & Ewell H 31; 3 Herne Hill H 28

Note: \* Both Alex and Rory had raced over 5km earlier in the day



The East Surrey Road Relay gets under way

*Photo by Ray O'Donoghue*

**March 14: parkrun 5km, Banstead Woods, Surrey**

1 Pawel Bal (South London H) 16:25. **HW:** 68 Rowena Hornshaw 24:16 (137 finishers)

**March 14: parkrun 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:02. **HW:** 14 Alex Robinson 18:09; 24 Steve Badgery 18:54 (503 finishers)

**March 14: parkrun 5km, Wimbledon Common**

1 Chris Blackburn (Unattached) 16:30. **HW:** 4 Rory McMahon 17:27; 6 Andrew Davies (2C) 18:15; 36 Mark Bohan 20:55; 101 Georgina Stubbs 25:16 (148 finishers – record)

**March 14: South London H v Blackheath H 7.5 mile Mob Match, Coulsdon**

1 Stuart Major (South London H) 43:38. **HW:** 4 Alex Bruce-Littlewood (2C) 48:15 (94 finishers)

**March 14(a)/15(b): British Universities Indoor Championships, Sheffield**

**Women**

**60 (a) (heat 2):** 2 Emily Martin (St Mary's) 7.99. **Semi final:** 4<sup>th</sup> 7.92. **(heat 5):** 5 Rowena Dyson (Newcastle Un) 8.63. **200 (b): (Heat 1):** 4 Rowena Dyson (Newcastle Un) 29.04

**March 15: adidas Silverstone Half Marathon**

1 Darran Bilton (Leeds City AC) 67:23. **HW:** 512 Masumi Dobson (HW debut) (33<sup>rd</sup> female/4<sup>th</sup> W40) 95:52 (10<sup>th</sup> HW W a-t/HW W40 record) (6736 finishers)

**March 15: Finchley 20 mile Road Race, Ruislip, Middx**

1 Glenn Saqui (Highgate H) 1:49:55. **HW:** 14 Neil Aitken (2C) 2:02:19; 24 Graeme Buscke (2C) 2:06:52 (505 finishers)

**March 15: Fleet Half Marathon, Hampshire**

1 Matthew Blunden (RAF) 70:48. **HW:** 45 Stuart Fraser 79:01; 222 Peter Giles 90:36; 270 Stewart Bond 92:46; 325 Dave Clarke 94:25; 326 Francesca Clarke 94:25 (8<sup>th</sup> HW W a-t/3<sup>rd</sup> HW W35 a-t) (2104 finishers)

**March 15: Hastings Half Marathon, Sussex**

1 Kiplimo Kimutai (Kenya) 62:50. **HW:** 367 Tom Cheetham 95:35 (3827 finishers)

**March 15: Trafford 10km Road Race, Partington, Manchester**

1 Mark Miles (Belgrave H) 29:25. **HW:** 59 Mike Halman 33:55 (HW 2009 leader) (466 finishers)

**March 14: Motatapu Ice Breaker Marathon, New Zealand**

**Women**

1 Kirsty Morris 3:35:22. **HW:** 78 Kirstina Moore 5:03:26 (145 finishers)



Scene of Kirstina's New Zealand marathon – a far cry from the streets of London



**March 15: Bath Half Marathon, Somerset**

1 Simon Tonui 63:09. **HW:** 42 Jon Fairs (2C) 73:31; 94 Peter Lee 78:41 (10,685 finishers)

**March 21: English Schools Championships, Stanford Hall, Loughborough**

**Senior Boys:** 1 Ryan Parker (Bedford) 23:13. **HW:** 114 Andrew Penney (Surrey) 25:57; 225 Alex Robinson (Surrey) 27:32 (302 finishers)

**Inter Boys:** 1 Richard Goodman (Middlesex) 17:29. **HW:** 10 Liam White (London) 18:04; 67 Ed Saywell (Surrey) 19:12 (319 finishers)

**Note:** Ed was in the scoring 6 for the winning Surrey team while Liam was a mere five seconds from making the English team in the Schools International

**Junior Boys:** 1 Matthew McLaughlin (Middlesex) 16:33. **HW:** 178 Joseph Clark (Surrey) 16:56 (317 finishers)

**Senior Girls:** 1 Loulou Rowlands (Surrey) 17:32. **HW:** 173 Ella Benedict (Surrey) 21:23 (294 finishers)

Six HW competitors – must be our best ever for many years

**Full results here:** <http://www.esaa.net/2009/xc/national/xcreresults.html>

**March 21: British Masters Cross Country Championships, Ruthin, Wales**

**M40 (8km):** 1 Stewy Bell (Chester-Le-Street) 27:42.

**HW:** 18 Jonathan Dobson 30:37 (39 finishers)

**M60 (8km):** 1 Malcolm Renyard (Hardley R) 33:14.

**HW:** 8 Peter Giles 34:15; 11 Neil Robson (2C) 34:38 (29 finishers)

Jonathan in gritted action at the British Masters Championships

*Photo by Jeremy Hemming*

**March 21: parkrun 5km, Banstead Woods, Surrey**

1 Ben Pearce (Unattached) 17:05. **HW:** 73 Rowena Hornshaw 23:20 (161 finishers)

**March 21: parkrun 5km, Bushy Park, Teddington**

1 Russell Dessaix-Chin (Belgrave H) 14:57. **HW:** 14 Neil Aitken (2C) 17:22; 18 Graeme Buscke 17:41; 36 Steve Badgery 18:50; 105 Amandine King 20:39; 173 Barry King 22:17 (553 finishers)

**March 21: parkrun 5km, Wimbledon Common**

1 Jon Fairs (HW-2C) 16:57. **Other HW:** 3 Rory McMahon 17:14; 4 Darren Meredith 17:18; 6 Andrew Davies (2C) 17:54; 23 Simon Ingall 19:30; 28 Mark Bohan 20:25; 29 Frank Wood 20:31; 31 Maurice Sharp 20:35; 35 Tim Bartley 20:47; 36 Adam Fenton (2C) 20:47; 43 Rebecca Stone 21:08; 76 Dennis Williams 23:22; 129 Mimi Lanfranchi 30:01 (145 finishers)

**March 21: Blackheath & Bromley closing 5-mile XC Yacht Handicap, Hayes, Kent**

**Fastest:** 1 Alex Bruce-Littlewood (2C) 29:13; 15 Stuart Littlewood 37:02 (37 finishers)

**March 22: Wimbledon Audi 10km Road, West Wimbledon**

1 Hassin Raidi (Belgrave H) 32:07. **HW:** 7 Justin Kelly 34:28; 15 Phil Glynn 37:11; 31 Steve Badgery 39:15\*; 49 Tom Cheetham 41:25; 147 Mark Bohan 45:55; 230 Patrick Stone 47:58' 359 Nicola Craig 50:33 (936 finishers)

**TEAM:** 1 Wimbledon Windmilers 60; 2 Herne Hill H 64; 3 Hercules Wimbledon 65

**Note:** Due to a lack of timing chip, Steve's time is unofficial and was classified as a non-scorer. If eligible, HW would have run out easy team winners.



Justin and Steve contesting the Wimbledon 10km

*Photos by Ray O'Donoghue*

**March 22: Bushy Park 4.8 miles Trail Run, Teddington**

1 Daniel Augustus (Scarborough AC) 24:28. **HW:** 59 Ian Isherwood 38:34 (99 finishers)

**March 22: National Sportshall Finals, Birmingham**

**U15 Boys**

16th= Nathan Safo-Barnieh (Surrey) 227 points (6th= 2 lap race, 7th= Speedbounce, 24th Standing triple jump); 18th Jose Costa (Surrey) 225 (11th= Standing triple jump) 12th 4 lap race, 17th Shot.  
Surrey won team contest.

**U13 Boys**

Oliver Reilly (Surrey) 14th 4 lap race, 19th shot.  
Surrey team finished eighth.

**March 22: Aldi Ashby 20 miles, Ashby de la Zouch, Leics**

1 Nathaniel Williams (North York Moors) 1:49:48. **HW:** 764 Colin Bricher (2C) 3:31.40 (827 finishers)

**March 25-29: European Veterans Indoor Championships, Ancona, Italy**

**M60**

**1500:** 9 Neil Robson (2C) 5:26.36. **Cross Country (5km):** 11 Neil Robson (2C) 21:05

**W50**

**Cross Country (5km):** 4 Anna Garnier (2C) 22:10

**Note:** Anna was a scoring member of the W45/W50 Team that won silver

**March 25: Chichester Corporate Challenge Road (approx 4.5km), Sussex**

**'A' Race:** 1 James Baker (Chichester) 13:28; 2 Alex Bruce-Littlewood (2C) 13:40.

**Other HW:** 81 Martin Miller 17:16 (98 finishers)

**March 27: Serpentine Last Friday of the Month 5km, Hyde Park, London**

1 Hassan Raidi (Belgrave H) 15:54. **HW:** 168 Georgina Stubbs 25:08 (216 finishers)

**March 28: Tufts Snowflake Meeting, Medford MA, USA**

**Women**

**1500:** 2 Medena Knespl 4:53.75

**March 28: Veterans AC 5.8 miles Cross Country, Wimbledon Common**

1 Tony Harran (Herne Hill H) 35:26. **HW:** 12 Stuart Littlewood 40:24; 14 Tom Morris 40:48 (34 finishers)

**March 28: Victoria Park 5 miles road, Hackney, East London**

1 Ben Tickner (Wells City H) 24:12. **HW:** 12 Alex Bruce-Littlewood (2C – 1<sup>st</sup> U20) 26:28 (**HW 2009 leader**); 300 Ian Isherwood 40:47 (420 finishers)

**March 28: Prague Half Marathon, Czech Republic**

1 N Kiprutto (Kenya) 60:07. **HW:** 66 Jonathan Dobson 77:21 (**9<sup>th</sup> HW M40 a-t**) (4951 finishers)

**March 28: parkrun 5km, Bushy Park, Teddington**

1 James Brown (Thames Turbo) 16:30. **HW:** 8 Steve Badgery 18:51; 96 Barry King 22:24 (402 finishers)



**March 28: parkrun 5km, Wimbledon Common**

1 Liam White (HW) 16:24 (**HW 2009 leader**). **Other HW:** 5 Andrew Davies (2C) 18:17; 26 Adam Fenton (2C) 20:51; 27 Mark Bohan 20:55; 33 Tim Bartley 21:15; 62 Patrick Stone 23:01; 87 Dennis Williams 24:48 (143 finishers)

**March 29: Reading Half Marathon, Berkshire**

1 Kiplimo Kimutai (Kenya) 62:46. **HW:** 26 Hussein Ahmed 71:37 (**18<sup>th</sup> HW a-t**); 43 Justin Kelly 73:05; 128 Adam Vandenberg 79:34; 428 Stewart Bond 87:48; 5463 Nicola Craig 1:54:06 (**HW W45 record**) (11,867 finishers)

**March 29: B&Q Eastleigh 10km Road, Hampshire**

1 Russell Dessaix-Chin (Belgrave H) 30:17. **HW:** 549 Dennis Williams 46:22 (1580 finishers)

**March 29: Cranleigh 21 miles Road, Surrey**

1 Will Clark (Epsom & Ewell H) 2:01:34. **HW:** 7 Neil Aitken (2C) 2:09:23; 9 Graeme Buscke (2C) 2:10:35 (516 finishers)

**March 29: Joe Cox Half Marathon, Stowmarket, Suffolk**

1 Tom Kingsnorth (St Edmund Pacers) 73:53. **HW:** 9 Phil Glynn 79:49 (361 finishers)