

HW Results May 2008

May 1: Dave Clarke 5km Road Race, Morden Park, Morden, Surrey

1 Alex Bodin (Belgrave H) 16:19. **HW:** 8 Dan Bodin 18:40; 19 Stuart Littlewood (2nd M50) 20:13; 27 Jake Bodin 21:21 (67 finishers)

May 1: Moto-Vation Road Race (4M 168Y), Charlton-on-Otmoor, Oxon

1 Stephen Kimber (Windsor, S, E &H) 20:47. **HW:** 6 Kieran White 21:44 (358 finishers)

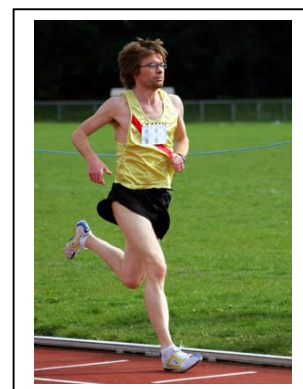
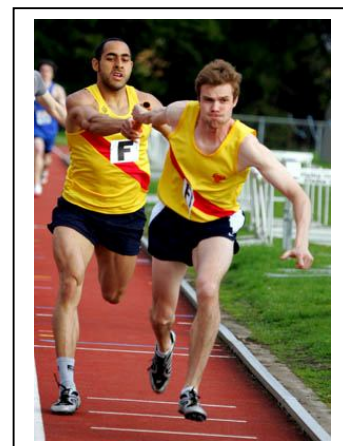
May 3: Southern Men's League, Div 2, Match 1, Kingsmeadow

100 A: 2 Royden John 11.0 (=14 HW a-t). **B:** 3 Cale Edmunds 11.4. **200 A:** 5 Hamed Agboke 24.9. **B:** 5 Steve Hadley 28.4. **400 A:** 1 Hamed Agboke 52.6. **B:** 1 Matt Parsons 51.5. **n/s:** Geoff Walcott 55.6. **800 A:** 1 Aidan Hogan 2:04.3. **B:** 3 Camille Duval 2:08.4. **n/s:** Jamie Helmer 2:12.8. **1500 A:** 3 Kieran White 4:13.6. **B:** 3 Richard Xerri 4:23.4. **5000 A:** 2 Mike Halman 15:31.2. **3000SC A:** 4 Jamie Helmer 10:37.7. **B:** 2 Arnaud Claverie 10:50.7. **110H A:** 1 Austin Ferns 14.6 (3rd HW a-t) (5th 2008 UK list). **B:** 1 Royden John 16.3 (UK M35 leader). **400H A:** 1 Austin Ferns 53.8. **B:** 1 Steve Davies 58.8. **4x100:** 2 HW 45.3 (A Ferns, R John, D Getting, G Walcott). **4x400:** 1 HW 3:34.7 (C Duval (55.0), D Getting (58.1), A Ferns (50.8), M Parsons (50.8)). **HJ A:** 2 Steve Davies 1.75. **B:** =3 Dominic Getting 1.00. **PV A:** 3 Royden John 2.40. **B:** 3 Dominic Getting 2.20. **LJ A:** 1 Royden John 7.04 (HW M35 rec & UK M35 leader). **B:** 1 Jermain Olasan 6.74 (8th HW U20 a-t). **n/s:** Cale Edmunds 6.66 (9th HW U20 a-t). Michael Adjei-Tabirade 6.38 (15th HW U20 a-t). **TJ A:** 2 Royden John 12.34. **B:** 3 Dominic Getting 9.94. **SP A:** 3 Bekele Tola 10.86. **B:** 1 Stuart Milton 9.84. **DT A:** 4 John Brown 24.74. **B:** 3 Bekele Tola 23.22. **HT A:** 1 John Brown 27.46. **B:** 2 Dominic Getting 19.88. **JT A:** 1 Bekele Tola 55.33. **B:** 4 Stuart Milton 38.24

Match result: 1 Hercules Wimbledon 127; 2 Aldershot F&D 120; 3 Victoria Park & Tower Hamlets 116; 4 Hastings 94; 5 Hillingdon 72



Action from Kingsmeadow
Photos by Ray O'Donoghue



May 3: Bushy Park 5km Time Trial, Teddington

1 John Hutchins (Basingstoke & Mid Hants) 15:09. **HW:** 2 James Trapmore (2C) 15:10; 12 Peter Lee 17:40; 20 Steve Badgery 18:31; 117 Barry King 22:04; 129 Fred Green 22:16 (398 finishers)

May 3: Richmond Park 5km Time Trial

1 Dan White (TPC Tri Stars) 17:58. **HW:** 2 Naomi Warner (2C) 18:03 (75 finishers)

May 3: Wimbledon Common 5km Time Trial

1 Darryl McDonald (Ranelagh H) 17:17. **HW:** 28 Sally Maddock (2C); 22:00; 48 Dennis Williams 24:31; 82 Mimi Lanfranchi 31:07 (87 finishers)

May 3-5: British Universities Championships, Bedford

Men

100 (heat 9): 4 Deji Alli 11.88/-4.0w

Women

LJ: 6 Emily Martin 5.51

May 4: National Young Athletes League, Match 1, Kingsmeadow Stadium

U17 Men

100 A: 4 Edmund Gaisie 12.1. **B:** 3 Kyran Mitchell-Nanton 12.0. **200 A:** 5 Kyran Mitchell-Nanton 24.4. **B:** 3 Paul Stables 26.8. **400 A:** 4 Luis Costa 61.8. **B:** 1 Liam White 62.5. **800:** 1 Liam White 2:15.6. **B:** 1 Paul Stables 2:18.9. **1500 A:** 1 Joe Toomey 4:17.4 (9th HW U17M a-t). **B:** 1 Liam White 4:30.9 (23rd HW U17M a-t). **1500SC:** 1 Geordie Logan 5:27.4. **100H A:** 2 Edmund Gaisie 15.6 (23rd HW U17M a-t). **4x400:** 2 HW 4:08.6. **HJ:** 3 Kyran Mitchell-Nanton 1.45. **B:** 2 Edmund Gaisie 1.40. **LJ A:** 4 Luis Costa 4.98. **TJ A:** 3 Geordie Logan 10.13. **B:** 2 Joe Toomey 8.52. **HT:** 2 Geordie Logan 13.36. **JT A:** 2 Luis Costa 27.01. **B:** 2 Joe Toomey 13.32

U15 Boys

100 A: 1 Jonathan Osborne 12.0 (=14th HW U15B a-t). **B:** 1 Nathan Safo-Barnieh 12.2 (=28th HW U15B a-t). **n/s:** Tom Meehan 12.8; Tom Richards 12.9; Andrew Clarke 13.1; James Russell 14.0; Ejaz Majoka 14.6; Wasin Yaseen 16.2. **200 A:** 1 Jose Costa 25.2. **B:** 1 Tom Richards 25.5. **400 A:** 2 Tom Meehan 58.6. **B:** 1 Ejaz Matoka 64.6. **800 A:** 1 Ed Saywell 2:19.2. **B:** 2 James Blower 2:41.9. **1500 A:** 3 Bradlee Mulroe 5:14.5. **B:** 1 Connor Callaghan 5:25.9. **80H:** 1 Nathan Safo-Barnieh 12.9. **B:** 1 Ed Saywell 14.1. **4x100:** 1 HW 48.7. **4x400:** 1 HW 4:38.8. **HJ A:** 2 Jose Costa 1.49. **B:** 1 James Russell 1.30. **LJ A:** 4 Nathan Safo-Barnieh 4.58. **B:** 2 Andrew Clarke 4.41. **SP A:** 2 Andrew Clarke 9.49. **B:** 1 Ed Saywell 6.38. **DT A:** 1 Alex Watson 20.84. **B:** 1 Tom Meehan 14.37. **HT A:** 2 Alex Watson 15.79. **JT A:** 1 Jose Costa 36.95 (16th HW U15B a-t). **B:** 2 James Blower 16.84

U13 Boys

100 A: 3 Emmanuel Obayumana 14.9. **B:** 2 Jonathan Dench 15.9. **n/s:** Oliver Livingstone 16.3; Noman Naeem 19.3. **200 A:** 4 Tim Livingstone 34.2. **800 A:** 2 Tim Livingstone 2:28.6. **B:** 4 Aaron Jones 2:55.7. **1500 A:** 4 Max Allison 5:46.4. **75H A:** 4 Emmanuel Obayumana 15.7 (3rd HW U13B a-t). **B:** 2 Robert Richards 16.4. **4x100:** 2 HW 60.5. **HJ A:** 2 Max Allison 1.30 (=19th HW U13B a-t). **LJ:** 1 Emmanuel Obayumana 3.79. **B:** 1 Max Allison 3.76. **SP A:** 1 Tim Livingstone 8.23 (3rd HW U13B a-t). **B:** Noman Naeem 4.60

U17 Women

200 A: 3 Jade Brooks 30.8 (16th HW U17W a-t). **B:** 2 Maria Rogan 33.8. **300 A:** 3 Jade Brooks 49.3. **B:** 3 Maria Rogan 53.5. **LJ A:** 4 Maria Rogan 3.18. **SP A:** 4 Jade Brooks 4.10

U15 Girls

100 A: 1 Sharon Obayumana 13.4 (8th HW U15G a-t). **200 A:** 2 Sharon Obayumana 28.0. **1500 A:** 2 Constance Rose 5:58.2. **SP A:** 3 Sharon Obayumana 7.01 (8th HW U15G a-t)

U13 Girls

75 A: 5 Avalon Howard-McCrow 11.6. **B:** 3 Olivia Hogan 12.1. **n/s:** Dali Serafy 11.2; Sydney Henderson 13.0. Georgia Prescott 13.5. **150 A:** 2 Avalon Howard McCrow 22.2. **B:** 1 Dalia Serafy 21.8. **800 A:** 4 Rebecca Stone 2:56.6. **B:** 1 Sydney Henderson 3:02.2. **1200 A:** 1 Eleanor Smith-Hahn 4:11.2. **75H A:** 3 Eleanor Smith-Hahn 14.0. **B:** 2 Olivia Hogan 15.1. **4x100:** 2 HW 60.2. **HJ A:** 3 Eleanor Smith-Hahn 1.20. **B:** 2 Olivia Hogan 1.10. **LJ A:** 3 Avalon Howard-McCrow 3.65. **B:** 1 Rebecca Stone 3.44 (11th HW U13G a-t). **SP A:** 1 Dalia Serafy 5.38 (4th HW U13G a-t). **B:** 2 Georgia Prescott 3.40

MATCH RESULT: 1 Kingston & Polytechnic 534; 2 South London H 475; 3 Hercules Wimbledon 444; 4 Walton 291; 5 London Heathside 158.5; 6 Highgate H 121.5

May 4: St Croix Half Ironman, USA Virgin Islands (1.3km swim, 56km Bike, Half Marathon)

1 Craig Alexander (Australia) 4:05:34. **HW:** 29 Dion Harrison (2nd M25-29 cat.) 4:43:02 (28.22, 2:37:33, 97.08) Qualifies for World Ironman Championships

May 5: Barry Jones 5-mile Road Race, Wimbledon Park

1 Michael Halman (Wilmslow RC – 2C HW) 26:37; 2 Nicholas Vanlerberghe (Victoria Park & TH) 26:59; 3 Andrew Penney (HW) 28:40 (U20 course record).

Other HW: 4 Neil Fraser 29:49; 5 Steve Badgery 30:12 (M60 course record & HW M60 rec); 7 Hugh Saxby 30:35 (M50 course record); 14 Frank Wood 33:39; 16 Yuzo Saito 34:18; 19 Sally Maddock (2C) 35:02; 20 Maurice Sharp 35:10; 31 Barry King 38:55

TEAM (3-to-score): 1 Hercules Wimbledon 9; 2 Hercules Wimbledon 'B' 21; 3 Serpentine RC 24



Start of the Barry Jones 5

Photo by Ray O'Donoghue

May 5: Ted Pepper 10km Road Race, Beckenham, Kent

1 Anthony Phil (Invicta, East Kent) 32:52. **HW:** 56 Stuart Littlewood 42:01 (10th **HW M55 a-t**); 154 Dennis Williams 55:08 (168 finishers)

May 5: Thames Turbo Triathlon, Hampton Pool, Middx (426m swim, 21km bike, 5km run)

1 Daniel Corner 55:21. **HW:** 35 Peter Lee 66:10 (10:00, 36:34, 19:36)

May 5: Weston 5-miles Multi Terrain, Bucks

1 Carl Tucker (Cherwell Joggers) 28:24. **HW:** 194. Colin Bricher (2C) 43:55 (329 finishers)

May 6: Silverstone 10km Road, Bucks

1 Nigel Stirk (Tipton H) 31:19. **HW:** 732 Colin Bricher (2C) 54:12. (971 finishers)

May 6: Kent County 5000m Championships, Tonbridge

5000: 5 Alex Bruce-Littlewood (2C) 15:43.9

May 6: Crystal Palace Canter 3-miles (approx)

1 Neville Webb (Dulwich Runners) 18:37. **HW:** 6 Ian Isherwood 23:19 (16 finishers)

May 7: Rosenheim League, Eastern Division, Match 1, Battersea Park

400: 1 James Trapmore 58.7. **800:** 1 James Trapmore 2:02.5; 2 Jamie Helmer 2:17.5. **1500:** 1 James Trapmore 4:13.9. **n/s race:** 2 Graeme Buscke (HW debut) 4:30.6; 3 Neil Aitken (HW debut) 4:31.7. **3000:** 1 James Trapmore 8:58.6; 10 Naomi Warner 10:14.3. **2000SC:** 3 Jamie Helmer 6:56.8; 4 Arnaud Claverie 7:01.7. **PV:** 2 Dominic Getting 2.70. **DT:** 6 Dominic Getting 13.59. **HT:** 4 Dominic Getting 20.33
MATCH RESULT: 1 Serpentine 60; 2 Herne Hill H 52; 3 Croydon H 51; 4 Striders of Croydon 46; 5 Hercules Wimbledon 44; 6 Belgrave H 31; 7 South London H 22

May 7: Veterans AC Meeting, Kingsmeadow

100: 1 Geoff Walcott 12.2. **400:** 2 Geoff Walcott 55.3

May 7: John Carr 5km Road (Inc Yorkshire Vets Champs), Esholt

1 Mathew Pierson (Holmfirth H) 15:16

Vets Champs: 1 Jon Cordingley (Bingley, M50) 15:49. **HW:** Neil Robson (2C) (2nd M60) 19:16

May 8: New England Collegiate Championships, Durham, New Hampshire, USA

Women's 5000: 4 Medena Knespl 16:51.01 (**HW W record**)

May 9: Crook Log Handicap 5km, Bexleyheath, Kent

1 Steve Dipre 19:28. **HW:** Stuart Littlewood 20:09 (27 finishers)

May 10: Kent AA County Championships, Ashford

Senior 1500: 5 Alex Bruce-Littlewood (2C) 4:04.9

May 10: Bramhall Park 5km Time Trial, Cheshire

1 Mike Halman (HW – 2C) 16:03. **Other HW:** 18 Sally Maddock (1st W) (2C) 20:54 (112 finishers)

May 10: Bushy Park 5km Time Trial, Teddington

1 Mark Shepherd (Team Kennet) 16:38. **HW:** 7 Graeme Buscke (2C) 17:40; 90 Barry King 21:52; 132 Fred Green 22:37 (438 finishers)

May 10: Richmond Park 5km Time Trial, Petersham

1 Jonathan Stacey (Ranelagh H) 17:08. **HW:** 38 Dennis Williams 23:56 (88 finishers)

May 10: Wimbledon Common 5km Time Trial

1 Adam Vandenberg (Unattached) 17:41. **HW:** 6 Dan Pescod (2C) 18:59; 21 Maurice Sharp 20:27; 46 Alastair Brown 22:28; 64 Alice Village 23:46; 82 John Wasbrough 25:33 (131 finishers)



John Wasbrough on his way to a 2008 5km best on Wimbledon Common before a visit to Stamford Bridge that afternoon saw joy turned to sorrow as Chelsea FC lost out on taking the Premiership title.

Photo by Dave Symons

May 10/11: Surrey AA County Championships, Kingsmeadow Stadium

May 10 (a) – May 11 (b)

Senior Men

100 (b) in heats: 6 Deji Alli 11.29 (nwr). **200 (a):** 2 Dwayne Dowding 22.05/-1.5w (s/f: 1st 22.06/+1.0w. **Ht:** 1st 21.94/+1.9w (11th HW a-t)). **400 (b) Ht 1:** 3 Matt Parsons 51.45. **Ht 2:** 6 Geoff Walcott 56.31. **5000 (a):** 7 Neil Aitken 16:48.07. **400H (b):** 1 Austin Ferns 52.66 (CBP); 4 Steve Davies 56.63. **LJ (a):** 1 Royden John 7.28 (5th HW a-t & HW M35 rec).

U20 Men

100 (a) Heat 1: 5 Cale Edmunds 11.96/-0.5w. **LJ (a):** 2 Cale Edmunds 6.32; 3 Michael Adjei-Tabirade 5.90

U17 Men

800 (a): 7 Liam White 2:13.10 (ht 2: 1st 2:07.73); 8 Paul Stables 2:16.40 (ht 1: 4th 2:13.69). **Ht 1:** 7 Luis Costa 2:23.09. **3000 (b):** 2 Liam White 9:38.42 (20th HW U17M a-t). **LJ (b):** 8 Luis Costa 5.31. **JT (b):** 7 Luis Costa 29.42

U15 Boys

400 (a): 4 Jose Costa 56.96 (ht: 2nd 56.23 -16th HW U15B a-t). **JT (a):** 1 Jose Costa 39.79 (9th HW U15B a-t)

U13 Boys

100 (b): 5 Emmanuel Obayuwana 14.53 (nwr). **200 (a):** 4 Emmanuel Obayuwana 30.89/-1.0w. **800 (a):** 2 Tim Livingstone 2:22.26 (4th HW U13B a-t) (ht 2: 2nd 2:25.48). **80H (a):** 4 Emmanuel Obayuwana 16.02/0.0w (19th HW U13B a-t). **LJ (a):** 10 Emmanuel Obayuwana 3.36

Senior Women

LJ (a): 3 Emily Martin 5.57

U20 Women

800 (a): 4 Jennifer Fernando 2:25.67. **1500 (b):** 2 Rosemary Fernando 5:10.93

U15 Girls

100 (b): s/f: 5 Sharon Obayuwana 13.52/+2.1w (ht 3: 4th 13.38/nwr – 8th HW U15G a-t). **200 (a):** 3 Sharon Obayuwana 27.13/-1.2w (7th HW U15G a-t) (ht 2: 2nd 27.65).

Ht 1: 6 Jessica Wood 29.55/-0.8w (11th HW U15G a-t). **1500 (b):** 16 Connie Rose 5:33.58. **SP (a):** 5 Sharon Obayuwana 7.25 (7th HW U15G a-t)

U13 Girls

100 (a): 5 Eleanor Smith-Hahn 14.53/nwr. (s/f: 3rd 14.17/+0.4w – 7th HW U13G a-t). **Ht 2:** 2nd 14.22/0.4w). **Ht 2:** 4 Avalon Howard-McCrow 14.92/+0.4w. **200 (b):** 3 Eleanor Smith-Hahn 29.28/+5.0w (8th HW U13G a-t) (ht 1: 2nd 29.48/+2.7w); 7 Katie Lampl 32.28/+5.0w (ht 1: 4th 31.30/+2.7w). **800 (b):** 3 Eleanor Smith-Hahn 2:33.23 (4th HW U13G a-t) (ht 2: 1st 2:36.23). **Ht 1:** 6 Ella Dobson 2:57.80. **1500 (a):** 3 Eleanor Smith-Hahn 5:11.27 (2nd HW U13G a-t); 16 Ella Dobson 5:54.46. **LJ (b):** 4 Eleanor Smith-Hahn 3.87 (8th HW U13G a-t); 5 Avalon Howard-McCrow 3.84; 6 Katie Lampl 3.47 (11th HW U13G a-t)



Austin taking the 400m hurdles Surrey title in a Championship best time

Photo by Ray O'Donoghue



Eleanor on her way to yet another PB (5 in total) at the Surrey Championships

Photo by Jonathan Dobson

May 11: Coombe Hill 5, Kingston, Surrey

1 James Trapmore (HW – 2C) 25:05. **Other HW:** 7 Naomi Warner (2C – 1st W) 28:16; 13 Steve Badgery (1st M60) 30:08 (HW M60 rec) (111 finishers)

May 11: Ranelagh H Half Marathon (in Surrey AA Road League), Petersham

1 James Lawler (Bedford & County) 72:43. **HW:** 8 Arnaud Claverie 77:46; 18 Neil Aitken (2C) 81:09; 27 Gary Blesson 83:20; 29 Graeme Buscke (2C) 83:39; 39 Hugh Saxby 84:32 (6th HW M50 a-t); 45 Chris Coles 85:21; 81 Frank Wood 89:02; 164 Thomas Cheetham 94:32; 184 Stewart Bond 95:45; 195 Yuzo Saito 96:19 (852 finishers)

TEAM (3-to-score): 1 Stragglers 23 ... 5 Hercules Wimbledon 74

May 11: Tewkesbury Half Marathon

HW: Gerard Crispie (2C) 89:09

May 11: Kent AA County Championships, Ashford

U20 1500: 2 Alex Bruce-Littlewood (2C) 4:05.2

**May 11: Morden 6 'n 6 Duathlon, Morden, Surrey
(600m swim, 6 mile run)**

1 James Lock (Thames Turbo) 40:03 (7:10 – 32:45). **HW:** 4 Dion Harrison 43:12 (7:54 – 35:18); 19 Deyan Knespl 45:40 (8:36 – 37:04) (142 finishers)

May 11: Oxfordshire Championships, Horspath Track, Oxford

Senior Men

400H: 2 Aaron Mason 56.9 (16th HW a-t)

May 12: SCVAC Veterans League, Mid London Division, Battersea Park

M35

100: 2 Geoff Walcott (M55) 12.4. **400 A:** 2 Mark Baker (M45) 56.1. (4th HW M40 a-t) **B:** 1 Geoff Walcott 55.7. **1500 A:** 5 Jonathan Dobson (M40) 4:41.4. **B:** 2 Steve Newton (M50) 4:47.0 (3rd HW M50 a-t). **SP:** 3 John Brown 8.64. **n/s:** Kevin Burnett 5.75. **DT:** 3 John Brown 23.08

M50

100: 2 Paul Wignall 14.0. **400:** 2 Paul Wignall 66.9. **1500:** 3 Stuart Littlewood (M55) 5:28.9. **n/s:** Keith Hylands (M60) 5:24.6. **HJ:** 4 Geoff Newby 1.10 (6th HW M50 a-t). **LJ:** 2 Geoff Newby 3.71 (7th HW M50 a-t). **DT:** 3 Geoff Newby 23.04 (3rd HW M50 a-t). **n/s:** Kevin Burnett 20.43

M60

1500: 3 Dennis Williams 5:58.1. **HJ:** =3 John Webster (M65) 1.10. **LJ:** 5 John Webster 3.00

Match result: 1 Herne Hill H 131; 2 Hillingdon 117.5; 3 Hercules Wimbledon 88.5

May 14: Rugby 6, Warks

1 Nigel Stirk (Tipton H) 30:46. **HW:** 269 Colin Bricher (2C) 50:53 (321 finishers)

May 14: Blackheath & Bromley AC 10,000m Track Championship, Bromley, Kent

10,000: 9 Stuart Littlewood 41:23.7

May 15: Merton Schools Championships, Wimbledon Park

U17 boys

1500: 1 Geordie Logan 4:43.9

U15 Boys

100 A: 1 Jonathan Osbourne 12.0; 2 Nathan Safo-Barnieh 12.1. **B:** 1 Tom Meehan 13.1. **400 B:** 3 Tom Meehan 67.9. **800:** 2 Tom Meehan 2:35.6. **1500:** 4 Bradlee

Mulroe 5:14.4. **80H:** 1 Nathan Safo-Barnieh 13.3. **LJ:** 1 Jonathan Osbourne 4.57. **TJ:** 2 Nathan Safo-Barnieh 10.19

U17 Girls

800: 1 Katie Kemp 2:45.2. **1500:** 1 Michaela Knespl 5:28.0; 2 Jade Brooks 16:19.7.

SP B: 1 Michaela Knespl 5.85

U15 girls

100: 2 Sharon Obayawana 14.0

May 17: Southern Men's League, Division 2, Match 2, Lea Valley, Enfield

100 A: 2 Royden John 11.1/+1.6w. **B:** 2 Dwayne Dowding 11.1/+2.0w. **200 A:** 1 Dwayne Dowding 21.9/+2.6w. **B:** 4 Steve Hadley 28.3/+1.3. **400 A:** 3 Hamed Agboke 52.9. **B:** 3 Camille Duval 54.1. **800 A:** 4 Camille Duval 2:07.9. **B:** 4 Deon Coetzee 2:10.5. **1500 A:** 2 Belal Aly 4:11.7. **B:** 1 Liam White 4:16.7 (9th HW U17M a-t). **5000 A:** 2 Kieran White 15:52.4. **3000SC A:** 1 Jamie Helmer 10:37.0. **B:** 2 Lance Power 11:08.8. **110H A:** 2 Royden John 16.3/+0.4w. **B:** 2 Steve Davies 16.5/+0.4. **400H A:** 1 Steve Davies 58.1. **B:** 4 Steve Hadley 73.4. **HJ A:** 3 Deon Coetzee 1.70. **PV A:** 4 Dominic Getting 3.00. **B:** 4 Lance Power 2.40. **LJ A:** 1 Royden John 6.77. **B:** 1 Jermain Olasan 6.31. **TJ A:** 1 Royden John 13.04. **B:** 5 Dominic Getting 10.26. **SP A:** 5 Royden John 9.44 (3rd HW M35 a-t). **B:** 5 John Brown 8.69. **DT A:** 5 John Brown 25.73. **B:** 5 Royden John 23.84 (3rd HW M35 a-t). **HT A:** 5 John Brown 27.64 **B:** 4 Dominic Getting 18.57. **JT A:** 5 Royden John 31.80 (2nd HW M35 a-t). **B:** 5 Dominic Getting 21.04. **4x100:** 3 HW 47.4. **4x400:** 3 HW 3:38.4

Match result: 1 Enfield & Haringey 140; 2 Luton 106.5; 3 Hercules Wimbledon 105; 4 Watford H 101; 5 Guildford & Godalming 81.5

May 17: Bramhall Park 5km Time Trial, Cheshire

1 Malcolm Fowler (Wilmslow RC) 17:24. **HW:** 16 Ian Isherwood 24:46 (52 finishers)

May 17: Richmond Park 5km Time Trial, Petersham

1 Noel Stoddart (St Mary's, Richmond) 17:23. **HW:** 29 Dennis Williams 22:48 (58 finishers)

May 17: Wimbledon Common 5km Time Trial

1 Vic Maughn (Herne Hill H) 16:49. **HW:** 4 Hugh Saxby 17:45

May 17: BMC Nike Watford PB Classic, Herts

U20 2000SC: 3 Alex Bruce-Littlewood (2C) 6:08.1

May 17: Oxford v Cambridge Varsity Match, Iffley Road, Oxford

200H: 4 Aaron Mason 28.72/+1.9w. **400H:** 3 Aaron Mason 62.33

May 18: Staines 10km, Middlesex

1 Justin Mitchell (Woking AC) 35:26. **HW:** 3 Peter Lee (1st M40) 35:58; 20 Ray Owens 39:32 (11th HW M45 a-t) (498 finishers)

May 18: Princeton University Championships, Princeton, New Jersey, USA

Women 3000: 9 Medena Knespl 9:52.17 (2nd HW W a-t)

May 18: Hornsey YMCA Crouch End 10km Road Race

Women: 1 Sarah Swinhoe (London Heathside) 38:00. **HW:** 4 Amelia Lloyd 41:01 (10th HW W a-t) (251 women finishers)

May 18: Sri Chinmoy 10km, Christchurch, New Zealand

HW: Kirstina Moore 58:04

May 18: Yorkshire 6.9km Trail Race, Newby Hall, North Yorks

1 T Lambert (Swaledale RR) 34:42. **HW:** 5 Jonathan Dobson 37:37 (312 finishers)

May 20: Charndon 5km Road, Oxfordshire

1 Gary Harris (Headington RR) 15:34. **HW:** 3 Kieran White 15:58 (**HW 1st Claim 2008 leader**)

May 21: Rosenheim League, Eastern Division, Match 2, Croydon

Match result: 1 Serpentine 62; 2 Croydon H 60; 3 Striders of Croydon 54; 4 Hercules Wimbledon 39; 5 Herne Hill H 37; 6 South London H 28; 7 Belgrave H 20

100m: 1 Hamed Agboke 12.6. **200m:** 7 Tom Pollak 41.2. **400m:** 1 Hamed Agboke 52.2. **800m:** 1 James Trapmore 2:00.0. **1500m:** 4 Steve Newton 4:45.9 (**3rd HW M50 a-t**). **3000m:** 6 Dan Pescod 10:39.8. **LJ:** 5 Tom Pollak 1.97. **SP:** 5 Tom Pollak 4.90

DT: 5 Tom Pollak 12.87 (**4th HW M60 a-t**)

Standings after two matches: 1 Serpentine 14 (122); 2 Croydon H 11 (111); 3 Striders of Croydon 9 (100); 4 Herne Hill H 9 (93); 4; 5 Hercules Wimbledon 6 (83); 6 Belgrave H 3 (51); 7 South London H 3 (50)

May 21: Bedford 6

1 Ashley Sabin (Notts AC) 30:52. **HW:** 215 Colin Bricher (2C) 51:04 (256 finishers)

May 21: Watford Open Graded Meeting, Herts

3000 (A race): 6 Alex Bruce-Littlewood (2C) 8:52.43

May 24: Lily B Girls League, Match 1, Tooting Bec

MATCH: 1 Herne Hill H 300; 2 Reigate Priory 235; 3 Aldershot Farnham & District 156; 4 Hercules Wimbledon 124; 5 Bracknell 85; 6 Holland Sports 8

U17 women

100: 1 Natasha Skeet 14.2. **200:** 2 Jade Brook 31.0. **300:** 2 Jade Brook 49.2. **800:** 2 Katie Kemp 2:48.4. **LJ:** 1 Natasha Skeet 3.95 (**11th HW U17W a-t**). **JT:** 1 Jade Brooks 10.64

U15 girls

100 A: 2 Sharon Obayuwana 13.5. **B:** 2 Jeanne Mbimbu 14.5 (**12th HW U15G a-t**). **200 A:** 3 Sharon Obayumana 29.2. **B:** 2 Jeanne Mbimbu 30.5 (**17th HW U15G a-t**). **800:** 4 Georgia Haigh 2:55.8. **LJ:** 4 Jeanne Mbimbu 3.62 (**13th HW U15G a-t**). **SP:** 3 Sharon Obayawana 6.22

U13 girls

100 A: 4 Avalon Howard-McCrow 14.9. **B:** 5 Marie Thomas 17.3. **800 A:** 4 Maire Gilmartin 2:53.3. **B:** 2 Ella Dobson 2:54.4. **1500:** 1 Eleanor Smith-Hahn 5:18.7. **70H:** 4 Maire Gilmartin 13.7. **LJ A:** 2 Avalon Howard-McCrow 3.74. **B:** 2 Eleanor Smith-Hahn 3.56. **SP:** 4 Georgia Prescott 3.55

May 24: Surrey AA Veterans Championships, Kingsmeadow

M40

800: 3 Mark Livingstone 2:29.1. **5000:** 1 Peter Lee 17:34.0

M45

400: 1 Mark Baker 55.9 (**4th HW M40 a-t**)

M50

800: 2 Hugh Saxby 2:21.0. **1500:** 2 Steve Newton 4:52.2; 3 Hugh Saxby 4:54.2. **LJ:** 2 Hugh Saxby 4.89

M55

1500: 1 Stuart Littlewood 5:33.8. **5000:** 2 Stuart Littlewood 19:52.0; 3 Keith Hylands 19:57.4

M60

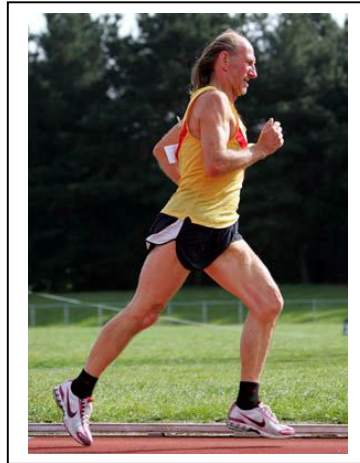
1500: 2 Dennis Williams 5:50.8. **5000:** 1 Steve Badgery 17:43.5 (CBP) (HW M60 rec); 3 Mike Kortzenray 21:53.3

M65

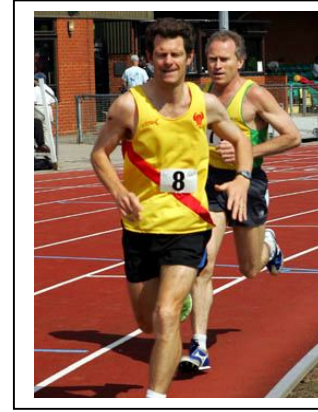
100m (-1.4): 3 Tom Pollak 19.0. **LJ:** 2 Tom Pollak 3.25. **TJ:** 1 John Webster 7.36 (CBP). **PV:** 2 John Webster 1.90. **SP:** 3 Tom Pollak 6.36 (4th HW M60 a-t). **HT:** 1 John Webster 32.85. **JT:** 1 John Webster 27.36



Mark Baker



Steve Badgery



Peter Lee

Three of HWs Surrey Veterans Gold Medallists

Photos by Ray O'Donoghue

May 24: Banstead Woods 5km Time Trial

1 Matt Bristow (Brighton & Hove City AC) 16:25. **HW:** 89 Rowena Hornshaw 25:01 (142 finishers)

May 24: Bushy Park 5km Time Trial, Teddington

1 Mike Trees (Belgrave H) 16:07. **HW:** 62 Amadine King 20:22 (413 finishers)

May 24: Wimbledon Common 5km Time Trial

1 Mike Halman (Wimlmslow RC – 2C HW) 16:06. **Other HW:** 4 Jon Fairs (2C) 17:04; 8 Chris Coles 18:13; 73 John Wasborough 25:30 (105 finishers)

May 24/25: South of England Championships, Ashford, Kent

U17 Men

1500 (25/5): 14 Liam White 4:19.18 (in heat 1- 24/5): 8 Liam White 4:16.60 (9th HW U17M a-t)

U15 Boys

200: (heat 1 – 24/5): 5 Tom Richards 25.05/+4.2w (25th HW U15B a-t)

May 25: National Junior League, Southern Premier, Uxbridge, Middx

800 A: 6 Alex Bruce-Littlewood (2C) 1:58.5. **2000SC A:** 2 Alex Bruce-Littlewood (2C) 6:22.5

May 25: Ilkley Harriers 6.9-mile Trail Race, Ilkley, West Yorks

1 Steve Vernon (Stockport H) 40:26. **HW:** 13 Jonathan Dobson (3rd M40) 46:53 (227 finishers)

May 25: British Masters Championships, Horspath Track, Oxford

M60

10,000: 5 Dennis Williams 46:01.38

May 25: Bognor Prom 10km Road Race, Sussex

1 Paul Rogers (Crawley) 31:32. **HW:** 13 Gary Blesson 35:36; 113 Tom Cheetham 41:53 (1302 finishers)

May 25: Edinburgh Marathon, Scotland

1 Paul McNamara (Athenry AC) 2:25:06. **HW:** 1639 Howard Hopkins 3:43:23 (6th **HW M50 a-t**) (6612 finishers)

May 26: Inter Counties Championship, Bedford

LJ: 6 Royden John (Surrey) 7.18

May 26: Thames Turbo Triathlon, Hampton, Middx

(Swim – 426m, Bike – 21km, Run – 5km)

1 Timothy Male (Thames Turbo) 59:44 (7:47, 32:07, 19:47). **HW:** 38 Peter Lee 71:53 (10:16, 39:08, 22:29); 39 Yuzo Saito 71:55 (9:19, 40:02, 22:34) (250 finishers)

May 27: Veterans AC 5-mile Road Race, Battersea Park

1 Richard Tomlinson (Ealing, Southall & Middx) 28:47. **HW:** 7 Stuart Littlewood 33:04; 16 Dennis Williams 38:08; 20 Ian Isherwood 40:37

May 28: EMPG Corby 5-mile Road Race, East Carlton, Northants

1 Ashley Sabin (Notts AC) 26:03. **HW:** 237 Colin Bricher (2C) 43:53 (276 finishers)

May 30: Serpentine Last Friday of the Month 5km, Hyde Park, London

1 David Dickinson (Havering 90) 15:47. **HW:** 122 Marilena De Luca 22:53 (201 finishers)

May 31: Southern Women's League, Division 2S, Twickenham

Seniors

100 A: 3 Laure Duval 13.4. **B:** 5 Natasha Skeet 14.6. **200 A:** 1 Emily Martin 25.7. **B:** 2 Laure Duval 27.7. **400 A:** 2 Jennifer Fernando 62.2. **B:** 3 Jade Brooks 70.2. **800 A:** 3 Jennifer Fernando 2:23.0. **1500 A:** 4 Rosemary Fernando 5:07.7. **3000 A:** 1 Claire Grima 10:49.8. **HJ A:** 3 Laure Duval 1.35. **LJ A:** 1 Emily Martin 5.28. **B:** 4 Natasha Skeet 4.19 (=10th **HW U17W a-t**). **SP A:** 5 Emily Martin 8.19. **B:** 4 Laure Duval 6.54. **JT A:** 1 Emily Martin 23.60 (9th **HW a-t**). **4x100:** 6 HW 55.6. **4x400:** 4 HW 4:32.5 (J Brooks 69.9, R Fernando 67.2, C Grima 72.9, J Fernando 62.5)

U15 Girls

100 A: =1 Sharon Obayuwana 13.5. **200 A:** 3 Sharon Obayuwana 27.8. **800 A:** 5 Connie Rose 2:46.2. **1500 A:** 1 Eleanor Smith-Hahn 5:25.2. **SP A:** 3 Sharon Obayuwana 7.68 (6th **HW U15G a-t**). **JT A:** 1 Georgia Mathieson 22.68
Match result: 1 St Mary's Richmond 552; 2 Croydon H 462.5; 3 Haywards Heath 497.5 ... 5 Hercules Wimbledon 237.5



The HW 4x400m Relay squad



Emily off to a rare outing over 200m

Photos by Camille Duval

May 31: Bushy Park 5km Time Trial, Teddington

1 Peter Forester (Unattached) 16:41. **HW:** 8 Peter Lee 17:43; 14 Steve Badgery 17:58 (411 finishers)

May 31: Wimbledon Common 5km Time Trial

1 Julian Baker (Les Croupiers) 16:49. **HW:** 4 Alex Robinson 18:34; 44 Estelle Lambert 22:58; 69 Rowena Hornshaw 25:41; 86 John Wasbrough 26:43 (112 finishers)

May 31: BMC Nike Grand Prix, Sports City, Manchester

1500 (D race): 12 Alex Bruce-Littlewood (2C) 4:04.44