

May 2: Southern Men's League, Match 1, Division 1, Kingsmeadow Stadium

Match result: 1 Hercules Wimbledon 118.5; 2 Brighton & Hove 117; 3 Marshall Milton Keynes 106; 4 Luton 104; 5 North Devon 77.5

100 A: 1 Dwayne Dowding 11.4. **B:** 1 Mel Mitchell 11.8

200 A: 1 Dwayne Dowding 22.2. **B:** 1 Richard Agyapong 22.9

400 A: 4 Hamed Agboke 52.8. **B:** 3 Lance Power 56.0

800 A: 4 Esmond Ferns 2:00.4. **B:** 3 Justin Kelly 2:01.1

1500 A: 1 Liam White 4:08.4 (4th HW U17M a-t). **B:** 1 Kieran White 4:10.6

5000 A: 4 Mike Halman 16:35.4. **B:** 3 Richard Xerri 16:52.3

3000SC A: 4 Rory McMahon 10:35.7. **B:** 3 Lance Power 11:42.9

110H: 1 Austin Ferns 15.6. **B:** 2 Steve Davies 17.4

400H: 1 Austin Ferns 53.4. **B:** 1 Steve Davies 57.4. **n/s:** Rhodri Scanlon 61.2

HJ A: =3 Royden John 1.70 (HW M35 record)

PV A: =2 Dominic Getting 2.60. **B:** =2 Lance Power 2.40

LJ: 3 Royden John 6.73. **B:** 3 Jimmy Saruchera 6.03

TJ A: 2 Nnamdi Odum 13.26 (15th HW a-t & 6th HW U20M a-t). **B:** 3 Jimmy Saruchera 11.57

SP: 4 Stuart Milton 10.32. **B:** 3 John Brown 8.55

DT A: 5 John Brown 23.63. **B:** 5 Dominic Getting 17.80

HT A: 3 John Brown 27.86 (6th HW M40 a-t). **B:** 2 Dominic Getting 22.60 (22nd HW a-t)

JT A: 5 Justin Kelly 39.69. **B:** 2 Stuart Milton 38.87

4x100: 2 Hercules Wimbledon 45.2 (A Ferns, R John, M Mitchell, D Dowding)

4x400: 2 Hercules Wimbledon 3:27.7 (H Agboke (52.9), E Ferns (52.9), A Ferns (51.1), D Dowding (50.9))

Full results: <http://herculeswimbledonac.org.uk/results.htm#2/05>



A fine 1500m run by Liam at Kingston where his winning time of 4:08.4 was just a whisker away from an English Schools' qualifier *Photo by Ray O'Donoghue*



Austin, winner of both Hurdles races and Dwayne anchoring the 4x400m team to clinch a close match victory
Photos by Ray O'Donoghue

May 2-4: British Universities Championships, Bedford

Men

3000SC (May 4): 9 Alex Bruce-Littlewood (2C) 9:30.26. **(In Heat 2 (May 2):** 8th 9:38.70). **400H (May 2) Heat 5:** 5 Aaron Mason 59.33

Women

100 (May 2) Heat 3: 5 Rowena Dyson 13.33/nwr

200 (May 3) Heat 4: 3 Emily Martin 25.43/+2.6w **(in s/f – May 4):** 5th 25:65/+2.6w)

200 (May 3) Heat 4: 6 Rowena Dyson 28.06/+2.6w

May 2: parkrun 5km, Bushy Park, Teddington

1 Martin Shore (Unattached) 16:11. **HW:** 23 Steve Badgery 18:48; 53 Martin O'Halloran 20:01; 59 Camille Duval 20:10; 149 Barry King 22:25 (542 finishers)

May 2: parkrun 5km, Richmond Park

1 Daniel Augustus (Scarborough AC) 15:59. **HW:** 15 Stephen McDuell 19:50; 23 Naomi Warner (2C) 20:43 (154 finishers)

May 2: parkrun 5km, Wimbledon Common

1 Darryl McDonald (Ranelagh H) 16:52; 2 Jon Fairs (HW 2C) 17:55; 3 Andrew Davies (HW 2C).18:04. **Other HW:** 7 Alex Robinson 19:07; 12 Frank Wood 19:58; 23 Adam Fenton (2C) 20:32; 24 Mark Bohan 20:44; 33 Tim Bartley 21:25; 78 Nicole Paton 23:34; 92 Dennis Williams 24:23; 128 John Wasbrough 27:23 (167 finishers – record)

May 2: Hammer Springs Half Marathon, New Zealand

1 Chris Dunell (New Zealand) 78:30. **HW:** Kirstina Moore 2:07:21

May 3: Sutton Runners 10km, Beddington Park

1 Greg Subczyk (Unattached) 31:41. **HW:** 5 Neil Aitken (2C) 33:58; 16 Chris Coles 36:29; 39 Hugh Saxby (3rd M50) 38:28 (7th HW M55 a-t); 78 Terry Savage 41:18; 103 Tom Cheetham 42:22 (387 finishers)

May 3: UKA Young Athletes League, Division 2S, Match 1, Crawley

Match: 1 Worthing 771; 2 Horsham 693; 3 Crawley 671; 4 Sutton 450; 5 Hercules Wimbledon 340; 6 East Grinstead 282; 7 Holland Sports 188; 8 Dorking MV 181

U17 Men

100 A: 3 Jonathan Osbourne 11.8. **B:** 3 Kyran Mitchell-Nanton 11.9

200 A: 1 Jonathan Osbourne 23.5. **B:** 1 Kyran Mitchell-Nanton 23.8. **n/s:** Tom Meehan 25.6

400 a: 2 Ed Saywell 57.4. **B:** 1 Tom Meehan 58.3

800 A: 1 Liam White 2:07.3 (22nd HW U17M a-t). **B:** 1 Ed Saywell 2:12.1

1500 A: 1 Liam White 4:26.2. **B:** 1 Joe Toomey 4:33.7

3000 A: 1 Joe Toomey 9:39.0 (21st HW U17M a-t). **B:** 1 Geordie Logan 9:46.9 (22nd HW U17M a-t)

1500SC A: 1 Geordie Logan 5:04.7

400H A: 1 Ed Saywell 66.5

LJ A: 5 Jonathan Osbourne 4.36. **B:** 2 Kyran Mitchell-Nanton 4.13

DT A: 4 Joe Toomey 21.48. **B:** 3 Liam White 15.00

4x100: 2 Hercules Wimbledon 47.6 (E Saywell, K Mitchell-Nanton, T Meehan, J Osbourne)

4x400: 1 Hercules Wimbledon 3:53.1 (L White, J Toomey, G Logan, T Meehan)

U15 Boys

100 A: 3 Ejaz Ahmed Mujoka 13.4. **B:** 5 Emmanuel Obayuwana 14.3

200 A: 7 Emmanuel Obayuwana 28.7. **B:** 2 Ejaz Ahmed Mujoka 27.5

LJ A: 4 Emmanuel Obayuwana 4.26. **B:** 4 Ejaz Ahmed Mujoka 2.64

U13 Boys

100 A: 4 Thomas Bracegirdle 14.4

800 A: 4 Thomas Bracegirdle 2:34.1 (26th HW U13B a-t)

75H A: 3 Jonathan Dench 15.9 (7th HW U13B a-t)

LJ A: 6 Jonathan Dench 3.58. **B:** 4 Thomas Bracegirdle 3.56

SP A: 5 Jonathan Dench 4.31

U17 Women

100 A: 4 Sharon Obayuwana 13.9

200 A: 4 Sharon Obayuwana 29.1 (12th HW U17W a-t)

SP A: 4 Sharon Obayuwana 6.19

U15 Girls

800 A: 3 Maire Gilmartin 2:38.2

LJ A: 5 Maire Gilmartin 3.94 (12th HW U15G a-t)

HJ A: 3 Maire Gilmartin 1.35

U13 Girls

75 A: 2 Eleanor Smith-Hahn 10.7. **B:** 3 Amy Culleton 11.7

150 A: 3 Eleanor Smith-Hahn 20.8. **B:** 3 Amy Culleton 22.5

800 A: 2 Eleanor Smith-Hahn 2:32.5

1200 A: 1 Emma Headley 4:11.3 (2nd HW U13G a-t). **B:** 1 Rebecca Stone 4:27.2 (4th HW U13G a-t)

70H A: 4 Amy Culleton 14.8

LJ A: 4 Rebecca Stone 3.72 (9th HW U13G a-t). **B:** 4 Emma Headley 3.41 (13th HW U13G a-t)

SP A: 6 Emma Headley 5.02 (5th HW U13G a-t)

4x100: 3 Hercules Wimbledon 60.6 (R Stone, A Culleton, E Headley, E Smith-Hahn)

Full results: <http://www.natyal.co.uk/results/results%202009/SOUTH/RD1/S2A24-Rd1-K2-Crawley-iss2.pdf>

May 3: Concorde 10km, Heston, Middlesex

1 Michael Boucher (Aldershot, F&D) 34:52. **HW:** 41 Tom Morris 43:45 (149 finishers)

May 3: Reigate YMCA 5-mile Road Race

1 Robbie James (Lewes AC) 26:26. **HW:** 171 Dennis Williams 41:40 (433 finished)

May 3: Tai Tapu 15km, Christchurch, New Zealand

Senior women

1 Nicki McFadzien (New Zealand) 56:00. **HW:** 72 Kirstina Moore 85:29

May 4: Thames Turbo Triathlon, Hampton, Middx

Swim 426m – Bike 21km – Run 5km

1 Andrew Mercer (Unattached) 58:25 (8:02 – 32:09 – 18:14). **HW:** 33 Peter Lee 67:13 (10:06 – 37:37 – 19:30); 79 Steph Robson (2C) 72:01 (10:33 – 39:15 – 22:13) (410 finishers)

May 4: Great Weston 5-mile Multi Terrain, Weston, Northants

1 Paul Skipper (Manchester Tri) 28:44. **HW:** 173 Colin Bricher (2C) 41:30 (329 finishers)

May 4: Esher Church School 10km Road, Surrey

1 Jonathan Stacey (Ranelagh H) 35:06. **HW:** 157 Annmarie Seymour 54:10 (220 finishers)

May 5: Crystal Palace Canter – approx 3 miles – SE19

1 Steve Edwards (Serpentine) 20:05. **HW:** 9 Ian Isherwood 24:45; 12 Kevin Burnett (2C) 29:27 (14 finishers)

May 5: Silverstone 10km, Northants

1 Ashley Sabin (Notts AC) 32:22. **HW:** 509 Colin Bricher (2C) 51.33 (805 finishers)

May 6: Veterans AC Meeting (incorporated with Rosenheim League, Western Division), Kingsmeadow

100 race 3: 4 Kevin Burnett (2C) 18.5. **400:** 1 Mark Baker 56.3; 5 Stephen McDuell 62.0. **Open 800:** 3 Stephen McDuell 2:23.2. **SP (7.26kg):** 4 Kevin Burnett (2C) 5.55. **HT (7.26kg):** 3 Kevin Burnett (2C) 15.95

May 7: Dave Clarke 5km Multi Terrain, Epsom, Surrey (approx 500m short)

1 Kevin Quinn (Aldershot F&D) 13:40. **HW:** 60 Ian Isherwood 22:13 (88 finishers)

May 9/10: Surrey County AA Championships, Kingsmeadow Stadium, Kingston

May 9 (a) May 10 (b)

Senior Men

200 (a): 3 Dwayne Dowding 22.11/-0.7w (**in heat:** 1st 22.25/nwr)

1500 (b): 4 Kieran White 4:14.67

400H (b): 3 Steve Davies 57.74; 5 Rhodri Scanlon 60.66

LJ: 2 Royden John 7.10w/+2.3

U20 Men

100 (a): In heat 2: 5 Richard Agyapong 11.62/-1.8w

200 (b): 2 Richard Agyapong 22.64/-0.3w. (15th **HW U20M a-t**) (**In heat 1:** 3rd 22.65/+1.3w)

LJ (a): 2 Cale Edmunds 6.53/+0.6w

U17 Men

100 (b): Semi Final 1: 5 Jonathan Osbourne 11.80/+1.4w. **In heat 2:** 4th

11.69/+2.4w. (26th **HW U17M a-t**) **Semi Final 2:** 6 Kyran Mitchell-Nanton 12.09/nwr

(**In heat 3:** 5th 11.90/+1.3w)

200 (a): 4 Jonathan Osbourne 23.40/+1.8w (23rd HW U17M a-t) (In heat 1 – 2nd 23.52/-0.7w); 6 Kyran Mitchell-Nanton 23.91/+1.8w (In heat 2 – 23.91/-1.4w). **in heat 2:** 7 Tom Richards 24.88/-0.7w)

800 (a): 3 Liam White 1:59.31 (4th HW U17M a-t) (in heat 2: 1st 2:00.83). **In heat 1:** 4 Ed Saywell 2:07.64 (25th HW U17M a-t). **In heat 2:** 7 Paul Stables 2:19.94

1500 (b): 1 Liam White 4:11.34; 5 Ed Saywell 4:21.95 (17th HW U17M a-t)

U15 Boys

800 (b): In heat 2: 3 Tim Livingstone 2:19.45

1500 (a): 6 Joseph Clark 4:44.05

HJ (b): 3 Robert Richards 1.45

SP (a): 1 Tim Livingstone 8.13

JT (a): 2 Robert Richards 21.77

Senior Women

100 (a): 4 Emily Martin 12.67/-2.4w. **In heat:** 3rd 12.56/-0.8w

200 (b): 3 Emily Martin 25.55/-0.6. **In heat 1:** 3rd 25.41/+1.4w (6th HW a-t)

3km Walk (a): 1 Estle Viljoen 15:44.73

U13 Girls

100 (a): 2 Eleanor Smith-Hahn 13.66/-1.2w (5th HW U13G a-t). **Heat 1:** 1st 13.9/nwr. **S/F:** 1st 13.98/-2.2w)

200 (b): 2 Eleanor Smith-Hahn 28.54/+2.2. **In heat 2:** 1st 28.94/nwr

800 (b): 3 Eleanor Smith-Hahn 2:32.77. **In heat 1:** 1st 2:37.98

1500 (a): 1 Eleanor Smith-Hahn 5:15.2; 3 Rebecca Stone 5:28.3 (10th HW U13G a-t)

Full results: <http://www.surreyathletics.org.uk/trackfield/champs/2009/2009.php>

SURREY CHAMPIONSHIPS HW MEDAL TALLY

Gold (4) Estle Viljoen SW 3km Walk
 Eleanor Smith-Hahn U13G 1500m
 Tim Livingstone U15B Shot
 Liam White U17M 1500m

Silver (7): Eleanor Smith-Hahn U13G 100m
 Eleanor Smith-Hahn U13G 200m
 Royden John SM Long Jump
 Cale Edmunds U20M Long Jump
 Robert Richards U15B Javelin
 Eleanor Smith-Hahn U13G 200m
 Richard Agyapong U20M 200m

Bronze (7): Liam White U17M 800m
 Dwayne Dowding SM 200m
 Rebecca Stone U13G 1500m
 Eleanor Smith-Hahn U13G 800m
 Emily Martin SW 200m
 Steve Davies SM 400m Hurdles
 Robert Richards U15B High Jump



An excellent shot of Kieran White seen here leading eventual 1500m Surrey Championship winner Richard Ward

Photo by Ray O'Donoghue

May 9: parkrun 5km, Wimbledon Common

1 Russell Dessaix-Chin (Belgrave H) 15:12 (record); 2 Justin Kelly (HW) 16:46.

Other HW: 6 Andrew Davies (2C) 17:59; 8 Rory McMahon (missed start) 18:15; 18 Stewart Bond 19:25; 25 Mark Bohan 20:21; 36 Maurice Sharp 21:04; 55 Alastair Brown 22:30; 92 Alice Village 24:46 (162 finishers)

May 9: parkrun 5km, Bushy Park, Teddington

1 Julia Bleasdale (Thames H&H, W) 16:41. **HW:** 24 Steve Badgery 18:45

May 9: parkrun 5km, Richmond Park

1 Alex Macaulay (UCL) 17:12. **HW:** 22 Anna Garnier (2C) 21:10; 82 Georgina Stubbs 26:16 (140 finishers)

May 9: Kungsholmen Half Marathon, Sweden

1 Marek Poszepczynski 70:11. **HW:** 29 Gervase King 82:09 (882 finishers)

May 10: Ranelagh H Richmond Half Marathon, Petersham, Surrey

1 Peter Tucker (Blackheath & Bromley) 69:24. **HW:** 7 Neil Aitken (2C) 75:30; 18 Peter Lee 78:58; 29 Andrew Davies (2C) 81:13; 37 Chris Coles 82:09; 42 Graeme Buscke (2C) 82:46; 168 Stephen McDuell 93:15; 169 Stewart Bond 93:15; 467 Claire Morgan (2C) 1:48:55 (891 finishers)

TEAM: 1 Stragglers 44 ... 10 Hercules Wimbledon 207

May 6: Merton Schools Championships, Wimbledon Park

U17 Men (Years 10/11)

100 A: 1 Nathan Safo-Barnieh 11.4 (=9th HW U17M a-t); 2 Jonathan Osbourne 11.5 (=16th HW U17M a-t)

200 A: 1 Nathan Safo-Barnieh 22.8 (=10th HW U17M a-t); 2 Jonathan Osbourne 23.3 (=19th HW U17M a-t). **B:** 1 Joseph Sam-Yorke 25.7

1500 A: 1 Geordie Logan 4:39.6. **B:** 3 Bradlee Mulroe 5:10.7

3000 A (May 5): 1 Geordie Logan 9:46.7 (22nd HW U17M a-t); 3 Bradlee Mulroe 11:29.7

U17 Women

800 A: 1 Laura Wells 3:03.8

Girls Year 7

1500 A: 1 Rebecca Stone 5:32.5. **B:** 3 Amy Culleton 6:43.7

May 9 (a)/10 (b): Kent County Championships, Ashford
Senior Men 1500 (a): 3 Alex Bruce-Littlewood (2C) 4:07.35
U20 Men 1500 (b): 2 Alex Bruce-Littlewood (2C) 4:05.25

May 10: Prague Marathon, Czech Republic

1 Patrick Ivuti (Kenya) 2:07:48. **HW:** 190 Darren Meredith 3:08:19

May 11: Southern Counties VAC Veterans League, Uxbridge, Middlesex

MATCH: 1 Herne Hill H 132; 2 Hillingdon 131; 3 Serpentine 106 ... 7 Hercules Wimbledon 40.5

M35

400 A: 4 Anthony Davies 60.3 (**HW M35 record**)

HJ: 1 Tony Davies 1.45 (**2nd HW M35 a-t**)

M50

100 A: 1 Paul Wignall 13.9

400 A: 6 Tom Morris 83.7

1500 A: 4 Tom Morris 6:01.6

2000 walk: 5 Tom Morris 13:09.4 (**HW M50 record**)

DT: 6 John Webster (M65) 16.21

M60

HJ: =4 John Webster 1.00

LJ: 3 John Webster 3.04

May 12: Civil Service 10km Road Championships, Battersea Park

1 Phil Parry (Bristol) 32:54. **HW:** 145 Angela Kikugawa 56:01 (153 finishers)

May 13: English Schools Cup, 1st Round, Wimbledon Park

100: Poju Adesilu 12.1

200: Nathan Safo-Barnieh 23.4; Joseph Sam-Yorke 25.8

800: Joe Clark 2:21.9

HJ: Joseph Sam-Yorke 1.65

LJ: Poju Adesilu 5.70

TJ: Nathan Safo-Barnieh 10.75

May 13: Rosenheim League, Eastern Division, Match 1, Battersea Park

MATCH: 1 Belgrave H 72; 2 Herne Hill H 53; 3 Hercules Wimbledon 52; 4 Serpentine 45; =5 Croydon H/Striders of Croydon 36; 7 South London H 8

100: 2 Kyran Mitchell-Nanton 11.9

200: 2 Kyran-Mitchell-Nanton 24.4. **n/s:** 3 Jose Costa 25.4; 4 Tom Meehan 26.1

400: 3 Jose Costa 56.0. **n/s:** 4 Tom Meehan 57.4

800: 1 James Trapmore 2:02.7. **n/s:** 3 Stephen McDuell 2:17.9

1500: 1 James Trapmore 4:22.4; 13 Claire Morgan 6:25.2 (**HW W45 record**)

3000: 2 James Trapmore 8:56.3; 6 Neil Aitken 9:28.1; 14 Neil Guthrie 10:56.7; 17 Claire Morgan 13:15.1 (**HW W45 record**)

2000SC: 3 Phil Glynn 7:32.1

DT: 4 John Brown 24.92

HT: 2 John Brown 27.58

May 13: Rugby 6 miles, Northants

1 Ashley Sabin (Notts AC) 31:47. **HW:** 238 Colin Bricher (2C) 50:24 (309 finishers)

May 16: Southern Men's League, Division 1, Match 2, Battersea Park

MATCH: 1 Hercules Wimbledon 125; 2 Highgate H 122.5; 3 Serpentine 107.5; 4 Woodford Green 102; 5 Swindon 58

100 A: 1 Dwayne Dowding 11.1. **B:** 1 Royden John 11.4

200 A: 1 Dwayne Dowding 22.1. **B:** 1 Richard Agyapong 22.7

400 A: 4 Aaron Mason 52.9. **B:** 4 Mark Baker 56.9. **n/s:** Tom Meehan 64.8

800 A: 3 Esmond Ferns 2:02.8. **B:** 4 Joe Toomey 2:12.1. **n/s:** Deon Coetzee 2:11.0

1500 A: 1 Liam White 4:08.6. : 1 Kieran White 4:14.1. **n/s:** Deon Coetzee 4:37.8

5000 A: 4 Justin Kelly 16:30.3. **B:** 4 Phil Glynn 17:34.7

3000SC A: 4 Lance Power 10:56.5. **B:** 4 Phil Glynn 12:06.0

110H A: 2 Steve Davies 16.4. **B:** 1 Royden John 17.8

400H A: 1 Aaron Mason 61.0. **B:** 2 Steve Davies 57.3

HJ A: 4 Deon Coetzee 1.55. **B:** =1 Justin Kelly 1.55

PV A: 2 Dominic Getting 2.80. **B:** =2 Lance Power 1.10

LJ A: 1 Royden John 6.33. **B:** 1 Cale Edmunds 6.07

TJ A: 2 Jimmy Saruchera 12.34. **B:** 3 Lance Power 9.94

SP A: 4 Stuart Milton 10.42. **B:** 4 John Brown 8.71 (4th HW M40 a-t)

DT A: 4 John Brown 23.69. **B:** 3 Royden John 21.50

HT A: 3 John Brown 27.72. **B:** 4 Dominic Getting 18.08

JT A: 3 Stuart Milton 38.96. **B:** 3 Justin Kelly 35.09

4x100: 2 Hercules Wimbledon 44.7 (S Davies, R John, J Saruchera, D Dowding)

4x400: 1 Hercules Wimbledon 3:28.9 (R Agyapong 53.8, E Ferns 52.5, S Davies 53.2, D Dowding 49.4)

Positions after two matches (top 5 teams only): 1 Victoria Park & TH 10 (246pts); 2 Hercules Wimbledon 10 (243.5); 3 Portsmouth 9 (256.5); 4 Brighton 9 (233.5); 5 Worthing 9 (232)

Full Match results:

http://www.thepowerof10.info/resultsfiles/2009/26749_6002_17052009075202_20090516southern_men_div_1_rnd_2b_results.txt



Justin leading the early stage of the combined Div 1 & 3 5000m with Phil in mid-field



Primarily a middle distance man, here we see Deon proving his high jump skills



Aaron cruising to 400m hurdle victory



No, it's not an uphill track, just an unusual angle on Esmond

All photos by Ray O'Donoghue

May 16: parkrun 5km, Wimbledon Common

1 Chris Blackburn (Serpentine) 16:27. **HW:** 5 Andrew Davies (2C) 18:07; 20 Chris Coles 19:33; 21 Adam Fenton (2C) 20:30; 39 Mark Bohan 21:00; 63 Amy Dolan 22:24; 77 Alastair Brown 23:19; 87 Claire Morgan (2C) 24:16; 90 Alex Bond 24:32; 104 Annemarie Seymour 25:24; 139 Mimi Lanfranchi 27:56 (172 finishers – record)

May 16: parkrun 5km, Banstead Woods, Coulsdon, Surrey

1 Bruce Harrold (Dorking MV) 17:06. **HW:** 76 Rowena Hornshaw 24:19 (171 finishers)

May 16: parkrun 5km, Bedfont Lakes, near Ashford, Middlesex

1 James Flood 17:20. **HW:** 15 Bradlee Mulroe 21:10 (50 finishers)

May 16: parkrun 5km, Bushy Park, Teddington

1 Matt Witko (Unattached) 17:33. **HW:** 21 Steve Badgery 18:58; 104 Camille Duval 21:43; 134 Barry King 22:24 (498 finishers)

May 17: Sudbury Court 10km Road, Wembley

1 Nigel Rackham (Metros) 35:11. **HW:** 28 Tom Morris 44:18; 71 Ian Isherwood 52:51 (117 finishers)

May 17: Sleaford 10km Road, Lincs

1 Mark Sands (Sleaford Town Runners) 34:25. **HW:** 35 Anna Garnier (2C – 2nd W) 43:27 (166 finishers)

May 17: Staines 10km Road, Middx

1 Christopher Dettmar (Huntingdon RR) 33:12. **HW:** 10 Peter Lee 36:35 (2nd M40) (510 finishers)

May 17: The Marshman Middle Distance Triathlon, Lydd, Kent

Swim 1900m – Cycle 93km - Run 21.1km

1 James Third 4:11:08 (23:39 – 2:22:02 – 1:23:40). **HW:** 43 John Querstret (2C) 5:29:38 (33:43 – 3:12:35 – 1:38:23) (152 finishers)

May 19: Bedford 6 miles Road, Beds

1 Nelson Hall (Bedford & County) 29:50. **HW:** 250 Colin Bricher (2C) 48:45 (319 finishers)

May 19: Charndon 5km Road, Nr Bicester, Oxon

1 Anuradha Cooray (Vale of Aylesbury) 15:01. **HW:** 5 Kieran White 15:51 (56 finishers)

May 23: parkrun 5km, Banstead Woods, Coulsdon, Surrey

1 Jason Simpson (South London H) 15:58. **HW:** 73 Rowena Hornshaw 24:12 (157 finishers)

May 23: parkrun 5km, Wimbledon Common

1 Larry Mathews (Thames H&H) 17:24. **HW:** 5 David Grima 18:23; 7 Andrew Davies (2C) 18:36; 8 Claire Grima (1st W) 18:48; 38 Maurice Sharp 20:59; 64 Alastair Brown 22:24; 123 John Wasbrough 26:35 (162 finishers)

May 23: parkrun 5km, Bushy Park, Teddington

1 James Trapmore (HW-2C) 15:42. **Other HW:** 56 Camille Duval 20:21; 120 Barry King 22:08 (517 finishers)

May 23: parkrun 5km, Bedfont Lakes, nr Ashford, Middx

1 Chris Hoare (Kingfisher Tri) 18:26. **HW:** 5 Anna Garnier (2C – 1st W) 21:24 (46 finishers)

May 23: Surrey County AA Veterans Championships, Ewell Court

M40

5000: 2 Jonathan Dobson 16:54.6 (11th HW M40 a-i)

M45

400: 1 Mark Baker 56.2

M60

1500: 1 Martin Miller 5:18.3

M65

PV: 2 John Webster 1.90

LJ: 2 Tom Pollak 2.67

SP: 2 Tom Pollak 6.44; 3 Kevin Burnett (2C) 6.11

DT: 2 Kevin Burnett (2C) 20.78

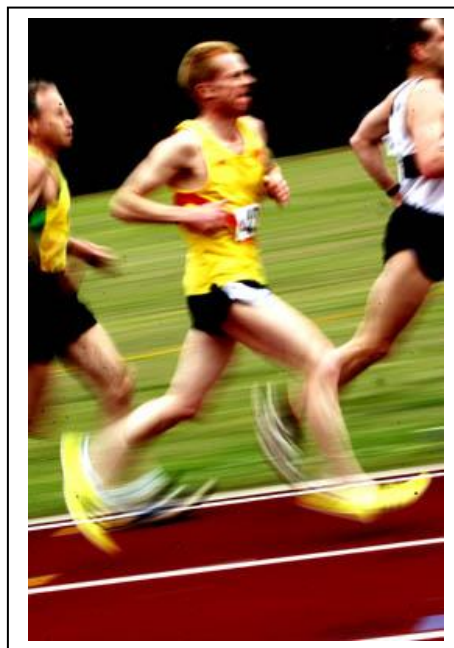
HT: 1 John Webster 31.28; 3 Kevin Burnett (2C) 17.58

JT: 2 John Webster 26.65; 3 Kevin Burnett (2C) 17.49

3km Walk: 2 Kevin Burnett (2C) 21:24.9



Martin heading for an M60 1500m title



Jonathan: too fast for the lens over 5000m

Photos by Ray O'Donoghue

May 23: Lily B League, Guildford, Surrey

Match result: 1 Reigate 232; 2 Bracknell 231; 3 Aldershot F&D 220; 4 Kingston & Poly 157; 5 Hercules Wimbledon 135

U17 Women

800 A: 3 Olivia Archdeacon 2:42.7

DT A: 1 Olivia Archdeacon 20.00

U15 Girls

100 A: 5 Olivia Hogan 16.0

200 A: 5 Olivia Hogan 33.3

800 A: 3 Ella Dobson 2:45.8

1500 A: 2 Maire Gilmartin 5:21.7

HJ: 1 Maire Gilmartin 1.35

LJ A: 3 Maire Gilmartin 3.78

DT: 3 Ella Dobson 11.35

U13 Girls: 100 A: 5 Amy Culleton 15.3. **B:** 4 Rebecca Stone 15.4. **n/s: (race 1):** 3 Rebecca Dinsdale 15.4

200 A: 1 Eleanor Smith-Hahn 29.0. **B:** 5 Claire Rogers 34.2

800 A: 4 Anna Silgo-Young 2:50.9. **B:** 2 Jenny Williams 2:55.4

1500 A: 2 Eleanor Smith-Hahn 5:21.0. **B:** 2 Rebecca Stone 5:24.2

70H A: 2 Amy Culleton 13.5. **B:** 3 Rebecca Dinsdale 14.3

HJ A: 4 Rebecca Dinsdale 1.15. **B:** 3 Amy Culleton 1.10

LJ A: 1 Eleanor Smith-Hahn 3.97 (6th HW U13G a-t). **B:** 2 Rebecca Stone 3.60. **n/s:** 6 Jenny Williams 2.99; 13 Claire Rogers 2.66

JT A: 3 Claire Rogers 9.15. **B:** 2 Jenny Williams 7.08

4x100: 2 Hercules Wimbledon 59.3 (R Stone, A Culleton, J Williams, E Smith-Hahn)

U11 (n/s)

75 (race 2): 9 Mimi Lanfranchi 13.7. **(race 5):** 8 Emily Dobson 13.2

600 (race 2): 11 Mimi Lanfranchi 2:26.0; 12 Emily Dobson 2:31.5

LJ: 17 Mimi Lanfranchi 2.34; 18 Emily Dobson 2.33



Some of the HW girls after the 4x100m Relay at Guildford

May 23: South of England U17 Championships, Ashford, Kent

1500 (heat 3): 4 Liam White 4:15.6

May 23: MeersPieron Golden Series, Guernsey

3000: 3 Kieran White 8:55.72

May 24: National Junior League, Barnet Copthall

800 A: 4 Alex Bruce-Littlewood (2C) 1:57.59. **2000SC A:** 2 Alex Bruce-Littlewood (2C) 6:21.42

May 24: Wokingham Half Marathon

1 David Webb (Leeds AC) 64:50. **HW:** 507 Claire Morgan (2C) 1:47:46 (1062 finishers)

May 25: Thames Turbo Sprint Triathlon, Hampton, Middx

Swim 426m – Bike 21km – Run 5km

1 Andrew Mercer (Thames Turbo) 57:41 (8:06 – 31:19 – 18:16). **HW:** 79 Steph Robson (2C - 3rd W) 69:27 (10:31 – 37:06 – 21:50) (362 finishers)

May 25: BUPA London 10km Road

1 Mo Farah (Newham & EB) 27:50 (UK record). **HW:** 314 Tom Morris 42:33 (3rd M50)

May 25: Kintbury 5 mile Road, West Berkshire

1 Tim Traynor (White Horse H) 26:15. **HW:** 129 Ian Isherwood 40:30 (219 finishers)

May 26: British Milers Club Regional Races, Exeter, Devon

1500 B: 1 Liam White 4:03.70 (2nd HW U17 a-t) Record – Nick Watt 4:02.0 (1983)

May 26: Veterans AC 5-mile Road, Battersea Park HW U17 record – Nick Watt 4:02.0 (1983)

1 Chris Daniels (Thames H&H) 27:44. **HW:** 22 Kevin Burnett (2C) 51:42

May 27: Rosenheim League, Eastern Division, Match 2, Croydon

Match: 1 Belgrave H 72; 2 Herne Hill H 53; 3 Croydon H 50; 4 Serpentine 46; 5 Striders of Croydon 41; 6 Hercules Wimbledon 31; 7 South London Harriers 28

100: 3 Jonathan Osbourne 11.9. **n/s:** 3 Henry Husband 12.3

200: 3 Jonathan Osbourne 24.0. **n/s:** 1 Henry Husband 24.9

400: 3 Mark Baker 56.3. **n/s:** 5 Tom Meehan 57.9

800: 1 James Trapmore 2:03.9

LJ: 5 Chima Odum 4.46.

HT: 2 John Brown 25.97; 5 Kevin Burnett (2C) 12.21. **n/s:** 4 Chima Odum 13.99

JT: 5 Kevin Burnett (2C) 16.05

Positions after two matches: 1 Belgrave H 14 (144); 2 Herne Hill H 12 (106); 3 Serpentine 8 (89); 4 Croydon H 7.5 (86); 5 Hercules Wimbledon 7 (83); 6 Striders of Croydon 5.5 (77); 7 South London H 2 (35)

May 27: Corby 5 miles, Northants

1 Gordon Lee (Leicester Coritanian) 25:29. **HW:** 248 Colin Bricher (2C) 42:34 (318 finishers)

May 29-31: European Veterans Non-Stadia (Road) Championships, Arhus, Denmark

Men

(May 29): M60 10km Road Race

1 Albert Anderegg (Switzerland) 35:24. **HW:** 21 Dennis Williams 52:08

Women

(May 29): W35 10km Road Walk

1 Estle Viljoen (HW) 55:43

(May 31): W35 20km Road Walk

1 Estle Viljoen (HW) 1:59:12

May 29: Serpentine Last Friday of the Month 5km, Hyde Park

1 Florian Neuschwander (Germany) 14:48. **HW:** 6 Kieran White 16:15; 46 Stephen McDuell 19:28; 156 Georgina Stubbs 24:44; 161 Ian Isherwood 25:13 (228 finishers)

May 30: parkrun 5km, Wimbledon Common

1 Vic Maughn (Herne Hill H) 16:46. **HW:** 3 Andrew Davies (2C) 18:13; 5 David Grima 18:32; 6 Claire Grima (1st W) 18:37; 19 Simon Ingall 19:56; 24 Frank Wood 20:07; 111 John Wasbrough 27:22; 121 Mimi Lanfranchi 29:20 (137 finishers)

May 30: parkrun 5km, Bushy Park, Teddington

1 Grant Bridgman (St Mary's, Richmond) 16:11. **HW:** 17 Alex Robinson 18:20; 33 Steve Badgery 19:15; 55 Camille Duval 19:55; 104 Martin O'Halloran 21:09 (578 finishers)

May 30: parkrun 5km, Banstead Woods, Coulsdon

1 Nick Hardy (Birchfield H) 17:30. **HW:** 59 Rowena Hornshaw 24:07 (167 finishers)

May 30: parkrun 5km, Bedfont Lakes, Near Ashford, Middx

1 Richard Ward (Belgrave H) 16:43. **HW:** 27 Bradlee Mulroe 21:37

May 30: Southern Women's League, Canterbury

Match result: 1 East Grinstead 292; 2 Paddock Wood 239; 3 RSB/DMV 167; 4 Hercules Wimbledon 23; 5 Chiltern H 20.

100: 1 Emily Martin 13.0. **200:** 1 Emily Martin 25.8. **SP:** 4 Ann Martin 5.41 (**HW W45 record**). **JT:** 1 Emily Martin 22.55

May 30: Southern Women's League, Horsham

3000: 1 Steph Robson (2C) 10:44.2

May 30: DC Capital Striders 8km, Washington DC, USA

1 Michael Wardian (USA) 26:38. **HW:** 36 Claire Morgan (2C) 38:35 (110 finishers)

May 31: Dorking 10-mile Road, incorporating Surrey AA Championships

1 Jason Simpson (South London H) 53:09. **HW:** 21 Justin Kelly 60:26; 43 Chris Coles 63:44; 64 Hugh Saxby 65:49 (5th HW M55 a-t); 121 Stephen McDuell 70:30; 149 Tom Cheetham 72:19; 150 Frank Wood 72:21; 190 Barry White 75:07 (670 finishers)

May 31: Crystal Palace Triathlon, SE19

Swim 750m – Bike 20km – Run 5km)

1 Timothy Male (Thames Turbo) 63:09 (11:32 – 33:50 – 17:45). **HW:** 68 Steph Robson (2C) 76:36 (15:42 – 41:35 – 19:18) (484 finishers)

May 31: Woking Aquathlon, Woking Park, Surrey

Swim 400m – Run 4km

1 Deon Coetzee (HW) 19:26 (5:09 – 14:17)

May 31: 8km (5 miles) Road Race, Tonneins, France

HW: Carmelina Hancock 55:40

May 31: RBS Christchurch Half Marathon, New Zealand

1 Scott Westcott (NZL) 62:34. **HW:** 1152 Kirstina Moore 1:57.55 (2081 finishers)

May 31: National Young Athletes League, Horsham, Sussex

Match result: 1 Worthing 733.5; 2 Horsham/Haywards Hth 688.5; 3 Crawley 583.5; 4 Sutton 427; 5 Hercules Wimbledon 298.5; 6 Dorking 288; 7 East Grinstead 240; 8 Holland Sports 215

U17 Men

100 A: 1 Nathan Safo-Barnieh 12.0. **B:** 1 Kyran Mitchell-Nanton 12.3

200 A: 1 Nathan Safo-Barnieh 23.8. **B:** 1 Jonathan Osbourne 23.9

400 A: 1 Jonathan Osbourne 52.7 (20th HW U17M a-t). **B:** 1 Kyran Mitchell-Nanton 57.0

800 A: 1 Liam White 2:01.7

1500 A: 1 Liam White 4:34.1. **B:** 1 Joe Toomey 4:35.4

3000 A: 1 Liam White 9:31.7. **B:** 1 Joe Toomey 9:42.9

1500SC A: 1 Joe Toomey 5:17.5

4x100: 1 Hercules Wimbledon 47.1 (L White, K Mitchell-Nanton, J Osbourne, Nathan Safo-Barnieh)

U15 Boys

100 A: 4 Spencer Felix-Otoo 13.4. **B:** 3 Oliver Reilly 13.3

200 A: 6 Emmanuel Obayuwana 28.7. **B:** 2 Oliver Reilly 27.2

80H A: 6 Robert Richards 17.7. **B:** 2 Emmanuel Obayuwana 17.2

4x100: 4 Hercules Wimbledon 53.7 (R Richards, S Felix-Otoo, O Reilly, E Obayuwana)

HJ A: 6 Robert Richards 1.40

LJ A: 6 Emmanuel Obayuwana 4.23. **B:** 5 Robert Richards 3.39

SP: 3 Oliver Reilly 6.46

DT: 3 Spencer Felix-Otoo 19.12

U13 Boys

100 A: 8 Jonathan Dench 15.8

75H: 5 Jonathan Dench 16.5

LJ A: 6 Jonathan Dench 3.36

U15 Girls

1500 A: 4 Maire Gilmartin 5:29.1

LJ A: 7 Maire Gilmartin 3.67

HJ A: 3 Maire Gilmartin 1.40 (10th HW U15G a-t)

SP A: 3 Jowita Miesziowska 6.45

DT A: 4 Jowita Miesziowska 15.29

U13 Girls

75 A: 3 Eleanor Smith-Hahn 11.1

150 A: 4 Amy Culleton 22.7. **B:** 5 Rebecca Stone 25.5

800 A: 4 Rebecca Stone 2:43.4. **B:** 5 Rebecca Dinsdale 3:10.0

1200 A: 1 Eleanor Smith-Hahn 4:05.8 (HW U13G record). **B:** 1 Emma Headley 4:16.7

70H A: 3 Amy Culleton 13.6. **B:** 2 Rebecca Dinsdale 14.3

4x100: 2 Hercules Wimbledon 58.5 (E Smith-Hahn, E Headley, R Stone, A Culleton)

HJ A: =1 Eleanor Smith-Hahn 1.30

LJ A: 6 Rebecca Stone 3.78 (9th HW U13G a-t). **B:** 4 Amy Culleton 3.45 (13th HW U13G a-t)

SP A: 5 Emma Headley 4.15

May 31: Edinburgh Marathon, Scotland

1 Martin Williams 2:18:24. **HW:** 180 Kwame Okojie 3:06:19

May 31: Brussels 20km Road, Belgium

HW: 14147 Michael Leigh 2:01:58 (approx 25,000 finishers)

May 31: Bourne 5 mile Road, Bourne, Lincs

1 Matthew Grace (Bourne Town H) 28:32. **HW:** 24 Anna Garnier (2C) (2nd W) 34:41 (220 finishers)