

## HW Results November 2008

### November 1: Park Run 5km, Wimbledon Common

1 Chris Parr (Gateshead H) 16:20. **HW:** 3 Adam Vandenberg 16:59; 4 Gary Blesson 17:43; 11 Claire Grima 18:35 (=6<sup>th</sup> fastest W on this course); 21 Frank Wood 20:10; 29 Matthew Appleby 20:48; 30 Anna Garnier (2C) 20:49; 35 Mark Bohan 21:09; 43 Mike Kortenaar 21:48; 58 Bradlee Mulroe 23:03; 62 Rebecca Stone 23:39; 96 Richard Weston (2C) 27:44 (115 finishers)



Bradlee Mulroe gets some last minute pre-race advice from his dad at the Wimbledon Common 5km

*Photo by Peter Brunnen*

### November 1: Park Run 5km, Bushy Park, Teddington

1 James Trapmore (HW 2C) 16:54. **Other HW:** 117 Barry King 21:52 (457 finishers)

### November 1: Park Run 5km, Richmond Park

1 Susie Bush (Aldershot) 17:14. **HW:** 21 Stephen McDuell 21:12 (96 finishers)

### November 2: New York Marathon, USA

1 Marilson Gomes Dos Santos (Brazil) 2:08:43. **HW:** 470 Jonathan Dobson 2:51:40 (approx 38,000 finishers)

### November 2: MABAC League Cross Country, Puttenham Common, nr Guildford, Surrey

1 J Harris (Pyrford Puffers) 30:41. **HW:** 11 John Querstret 34:45 (129 finishers)

### November 2: Regents Park 10km Road

1 Brian Wilder (Herne Hill H) 32:22. **HW:** 75 Tom Morris 43:31; 162 Tomofumi Kikugawa (2C) 48:00; 281 Angela Kikugawa (2C) 55:30 (384 finishers)

### November 2: Ronhill Surrey Classic 10km Road, Nonsuch Park, Epsom, Surrey

1 Tim Elsey (Herne Hill H) 33:51. **HW:** 9 Chris Coles 37:25 (230 finishers)

### November 4: Crystal Palace Canter (approx 3-miles), SE19

1 Stuart Littlewood (HW) 19:44; 2 Steve Edwards (Serpentine) 20:33. **Other HW:** 14 Kevin Burnett (2C) 29:12

### November 5: Civil Service Cross Country Championships, Richmond Park Women

1 Diana Kennedy 29:27. **HW:** 34 Angela Kikugawa (2C) 39:58

**November 8: Sweatshop Surrey League, Division 1, Match 2, Wimbledon Common**

**Seniors (approx 5 miles)**

1 Russell Dessaix-Chin (Belgrave H, n/s) 26.01. **HW:** 9 Aidan Hogan 27.58; 30 Belal Aly 28.57; 44 Jaime Helmer 29.27; 45 Mike Halman 29.33; 53 Richard Xerri 29:53; 55 Andrew Penney 30:04; 56 Alex Robinson 30.06; 60 Arnaud Claverie 30.25; 67 Adam Przedmirski 30:42; 68 Dave Clarke 30.43; 99 Stuart Fraser 31.45; 100 Peter Lee 31.50; 103 Ian Horrocks 32.04; 106 Chris Coles 32.15; 113 Deon Coetzee 32.25; 114 Hugh Saxby 32.26; 132 Andy Waites 33.35; 134 John Querstret 33.41; 135 Neil Fraser 33.48; 137 Deyan Knespl 34:05; 142 Phil Glynn 34.32; 149 Charlie Carrington 35.00; 153 Frank Wood 35.28; 155 Stewart Bond 35.40; 159 Martin Miller 35.58; 166 Stephen McDuell 36.59; 169 Yuzo Saito 37.11; 173 Steve Sinnott 37.37; 175 Tom Cheetham 37.45; 176 Stuart Littlewood 37.47; 181 Maurice Sharp 38.30; 182 Tom Morris 38.45; 183 Adam Fenton (2C) 38.47; 184 Barry King 39.17; 185 Barry White 39.30; 188 Alan Turner 40.27; 193 Mick Leigh 46.59; 194 Dave Orchard 48.11: 196 John Thomas 50.16; 197 Kevin Burnett (2C) 55.40

**TEAM:** 1 Thames Hare & Hounds 132; 2 Herne Hill H 137; 3 Belgrave H 393; 4 Hercules Wimbledon 398; 5 South London H 541; 6 Ranelagh H 588; 7 Reigate Priory 588; 8 Dorking, Mole Valley 641; 9 Stragglers 677

**Positions after 2 matches:** 1 Thames Hare & Hounds 306; 2 Herne Hill H 313; 3 Hercules Wimbledon 895; 4 Belgrave H 902; 5 South London H 950; 6 Ranelagh H 969; 7 Stragglers 1185; 8 Reigate Priory 1306; 9 Dorking, Mole Valley 1364

**U15/U17 (approx 2.5 miles)**

1 Liam White (HW) 14:11; 2 Geordie Logan (HW) 14:33; 3 Joe Toomey (HW) 14.42.

**Other HW:** 5 Ed Saywell (1<sup>st</sup> U15) 14:54; 11 Joe Clark (2<sup>nd</sup> U15) 16:03; 15 Bradlee Mulroe 16.25

**TEAM:** 1 Hercules Wimbledon 22; 2 Herne Hill H 55; 3 South London H 61

**Positions after 2 matches:** 1 Hercules Wimbledon 42; 2 Herne Hill H 125; 3 South London H 126.5

**U13 Boys (approx 2.5 miles)**

1 Jack Wylie (Dorking MV) 15:37. **HW:** 13 Thomas Bracegirdle 18:32; 14 Aaron Jones 19:06

**TEAM:** 1 South London H 34; 2 Dorking MV 47; 3 Herne Hill H 106; Hercules Wimbledon 117

**Positions after 2 matches:** 1 South London H 60; 2 Dorking MV 162; 3 Herne Hill H 200; 4 Hercules Wimbledon 217

**Full results here:**

<http://herculeswimbledonac.org.uk/Sy%20Lge%20Div%201%20results%20complete%20Nov%208%202008.pdf>



An HW group in the Surrey League – before the serious work starts!



Sock it to 'em Liam – with his HW 75<sup>th</sup> Anniversary socks on their way to a clear win  
*Photos by Ray O'Donoghue*

**November 8: Surrey Ladies League, Division 2, Match 2, Lightwater Park, Nr Woking**

**Seniors**

1 Justina Heslop (Clapham Chasers) 22:50. **HW:** 4 Claire Grima 24:45; 7 Estle Viljoen 25:52; 18 Michaela Knespl 27:28; 27 Rosemary Fernando 28:13; 62 Marilena De Luca 30:41; 77 Rowena Hornshaw 32:28 (132 finishers)

**TEAM:** 1 Clapham Chasers 33; 2 Ful-on-Tri 88; 3 Hercules Wimbledon 118; 4 Runnymede Runners 150

**Positions after 2 matches:** 1 Clapham Chasers 102; 2 Ful-on-Tri 240; 3 Runnymede Runners 305; 4 Hercules Wimbledon 313 (note: first three teams promoted)

**U13**

1 Eleanor Smith-Hahn (HW) 13:14. **Other HW:** 17 Ella Dobson 14:56 (37 finishers)

**TEAM:** 1 Reigate Priory 42; 2 Guildford & Godalming 48; 3 South London H 57; .. 7 Hercules Wimbledon 112

**Positions after 2 matches:** 1 Reigate Priory 88; 2 South London H 95; 3 Hercules Wimbledon 166

**Full results are here:**

[http://www.runnymederunners.com/surrey\\_08/08\\_lightwaterSL.html](http://www.runnymederunners.com/surrey_08/08_lightwaterSL.html)



Eleanor in Lightwater Park on her way to her second successive Surrey Ladies League victory

*Photo by Jonathan Dobson*

**November 8: Park Run 5km, Wimbledon Common**

1 Thomas Do Canto (unattached) 16:27. **HW:** 19 Matthew Appleby 20:58; 40 Nicole Paton 23:21; 41 Rebecca Stone 23:21; 98 Mimi Lanfranchi 30:36 (99 finishers)

**November 8: Self Transcendence 5-mile Road, Battersea Park**

1 Darren McNeely (Serpentine) 26:48; 2 Arnaud Claverie\* (HW) 27:47 (93 finishers)  
\* competed later in Surrey League

**November 8: Sweatshop Surrey League, Division 4, Match 2, Lightwater Park, Woking**

1 Tom Mendum (Haslemere Border) 28:38. **HW:** 2 Neil Aitken (2C) 29:13; 6 Graeme Buscke (2C) 31:26 (84 finishers)

**November 8: Ford Ironman Triathlon. Clearwater Beach, Florida, USA**

**Swim 1.9km – Bike 90km – Run Half Marathon (21km)**

1 Terenzo Bozzone 3:40:10 (22:17 – 2:01:28 – 71:57). **HW:** 46 Dion Harrison 4:02:37 (24:34 – 2:07:27 – 86:17)

**November 12: Bridges Race 2.3 miles Road, Handicap, Westminster Bridge**

**Fastest:** 1 Ali Yousuf (West 4 Harriers) 13:45. **HW:** =24 Dennis Williams 17:28; 39 Kevin Burnett (2C) 22:45

**November 12: London Colleges XC League, 5.6-miles, Wimbledon Common**

1 Ben Lindsay (St Mary's) 32:59. **HW:** 20 Adam Przedzimirski (Essex Un) 34:37 (81 finishers)

**November 15: South of Thames XC 5-mile Team Race, Lloyd Park, Croydon**

1 Phil Wicks (Belgrave H) 27:01. **HW:** 42 Hugh Saxby 33:04; 81 Stewart Bond 35:58; 95 Frank Wood 37:26; 154 Rowena Hornshaw 47:17 (171 finishers)

**November 15: Wimbledon Common Park Run 5km**

1 Francis Marsh (Herne Hill H) 16:50. **HW:** 45 Nicole Paton 23:09 (90 finishers)

**November 15: Gloucester XC League, Blackbridge, Gloucester**

1 Josh Lilly (Severn AC) 30:41. **HW:** 174 Colin Bricher (2C) 52:40

**November 16: Epsom 10-mile Road Race, Epsom Downs**

1 Ben Whitby (Herne Hill H) 53:18. **HW:** 47 Frank Wood\* 67:12 (340 finishers)

\*Also raced South of Thames the previous day

**November 16: Brooks Brighton 10km Road, Brighton, Sussex**

1 Jonathan Blackledge (Belgrave H) 30:25. **HW:** 80 Graeme Buscke (2C) 36:52; 746 Dennis Williams 47:44 (2024 finishers)

**November 19: Thurrock H Open Meeting, Thurrock, Essex**

**5000:** Pos ? Mike Kortenray 22:09.1

**November 22: London Cross Country Championship, (10km), Parliament Hill Fields**

1 Chris Smith (Thames Valley H) 31:31. **HW:** 6 James Trapmore (2C) 32:57; 22 Aidan Hogan 34:20; 38 Alex Robinson 35:18; 40 Arnaud Claverie\* 35:20; 50 Justin Kelly 35:58; 63 Peter Lee 36:46; 64 Jonathan Dobson 36:46; 78 Stuart Fraser 37:16; 106 Deon Coetzee 38:24; 110 Phil Glynn 38:47 (250 finishers)

\*raced 5km at Bushy Park earlier in the day

**TEAM:** 1 Highgate H 51; 2 Herne Hill H 65; 3 Serpentine 100 ... 7 Hercules Wimbledon 195

Full results here: <http://www.race-results.co.uk/results/2008/london08.htm>

**London Regional U17 and Saucony English CC Series (5km):** 1 Richard Goodman (Shaftesbury Barnet H) 15:49; 2 Liam White (HW) 16:09; 3 John Shadbolt (City of Portsmouth) 16:13



**November 22: Kingston & Polytechnic Inter Club 7-miles, Richmond Park, Sheen**

1 Chris Daniels (Milocarians) 39:10. **HW:** 11 Stewart Bond 45:27; 12 Deyan Knespl 45:58; 13 Frank Wood 46:20; 15 Yuzo Saito 48:15; 16 Tom Cheetham 48:16; 19 Steve Hadley 50:10; 20 Vince Watmon 50:13; 31 Rowena Hornshaw (2<sup>nd</sup> W) 59:35

**TEAM:**

**(5-to-score):** 1 Kingston & Polytechnic 41; 2 Thames H&H 57; 3 Hercules Wimbledon 67; 4 Milocarians 102

**(8-to-score):** 1 Kingston & Polytechnic 98; 2 Hercules Wimbledon 137

**Note:** Full results here:

[http://www.kingstonandpoly.org/index.php?option=com\\_content&task=view&id=835&Itemid=1](http://www.kingstonandpoly.org/index.php?option=com_content&task=view&id=835&Itemid=1)

**November 22: Belgrave H 7-mile Road Walk, Wimbledon**

1 Darrell Stone (Steyning AC) 50:12. **HW:** 5 Estle Viljoen (1<sup>st</sup> W) 60.41

**Note:** Estle also lays claim to the Veterans AC Championship held in conjunction

**November 22: Park Run 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:23. **HW:** 3 Arnaud Claverie 16:40; 19 John Querstret 18:36; 45 Martin O'Halloran 19:40; 112 Camille Duval 21:19; 143 Barry King 22:16 (410 finishers)

**November 22: Park Run 5km, Wimbledon Common**

1 Adam Vandenberg (HW) 16:20. **Other HW:** 31 Rebecca Stone (3<sup>rd</sup> W) 22:20; 34 Nicole Paton 22:39; 56 Alice Village 25:02 (87 finishers)



Adam Vandenberg on a carpet of leaves after leaving (geddit?) the opposition way behind towards the close of the first lap of the Wimbledon Common 5km

*Photo by Yuzo Saito*

**November 19: Inter Financial Services Cross Country Championships (5.75 miles), Richmond Park, Roehampton**

1 Robbie James (Legal & General) 30:03. **HW:** 42 Gerard Crispie (2C) 37:42 (137 finishers)

**November 21: Gold Coast PB Meeting, Gold Coast City, Queensland, Australia**

**800: heat 2:** 2 Jonathan Burgess 2:03.56 (14<sup>th</sup> HW U17M a-t)

**November 23: Domizia Half Marathon, Mondragone (Caserta), Italy**

**Women**

1 Gionanna Landi (Italy) 1:32:37. **HW:** 4 Marilena De Luca 1:43:42 (10<sup>th</sup> HW W a-t)

**November 23: Hereward Relay, March, Lincs**

**First stage (6.10 miles)**

**HW:** 36 Anna Garnier (2C – 4<sup>th</sup> W) 45:58 (123 finishers)

**November 23: Schools' Inter County Cross Country, Perry Park, Birmingham Inter Boys (no times taken!)**

1 J Gray (W Mids). **HW:** 29 Ed Saywell (Surrey); 41 Joe Toomey (Surrey)

**November 23: Milan Marathon, Italy**

1 Kirong Kibet (Kenya) 2:07:53. **HW:** 214 Gerard Crispie (2C) 2:57:21

**November 25: Central Surrey Schools Cross Country Champs, Epsom Downs**

**Inter boys:** 1 Joe Toomey (HW/Epsom College) (no other race information available)

**November 26: London Colleges League 5 miles XC, Hackney Marshes**

1 Neil Phillips (St Mary's Un) 24:49. **HW:** 17 Adam Przedzimirski (Essex Un) 26:40 (76 finishers)

**November 27: Kingston Schools Championships, Richmond Park, Kingston**

**Boys**

**Year – 7**

1 Max Cooper (HW/Rokeby) 9:53 (75 finishers)

**Junior**

1 Patrick Corcoran (Hollyfield) 14:46. **HW:** 3 Tim Livingstone (Tiffin 1<sup>st</sup> Yr 8) 15:02 (124 finishers)

**Girls - Year 7**

1 Emma Headley (HW/KGS) 10:15 (72 finishers)

**November 28: Serpentine RC Last Friday of the Month 5km, Hyde Park**

1 Paul Whitelam (Hallamshire H) 15:29. **HW:** 4 Graeme Buscke (2C) 17:30 (193 finishers)

**November 29: Park Run 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:28. **HW:** 20 Jonathan O'Halloran 19:19; 27 Michael O'Halloran 19:38; 63 Camille Duval 21:02 (356 finishers)

**November 29: Park Run 5km, Richmond Park**

1 Neil Aitken (HW – 2C) 17:07; 2 Graeme Buscke (HW – 2C) 17:35 (81 finishers)



**November 29: Park Run 5km, Wimbledon Common**

1 Liam White (HW) 16:59; 2 Darren Meredith (Unattached) 17:44. **HW:** 14 Stewart Bond 19:28; 21 Frank Wood 19:55; 28 Bradlee Mulroe 20:42; 34 Adam Fenton (2C) 21:05; 36 Anna Garnier (2C – 3<sup>rd</sup> W) 21:16; 40 Rebecca Stone 21:55; 59 Nicole Paton 23:13; 67 Patrick Stone 24:08 (102 finishers)

**Note:** young Alex Bond, son of Stewart, placed 43<sup>rd</sup> in 22:00

Liam striding onwards to his third consecutive win over the Wimbledon Common 5km course

*Photo by Ray O'Donoghue*

**November 29: Veterans AC 5.8-miles Cross Country, Wimbledon Common**

1 Barry Atwell (South London H) 34:18. **HW:** 7 Steph Robson (1<sup>st</sup> W) 37:45; 8 Grenville Tuck 37:53; 15 Stephen McDuell 40:29; 16 Tom Morris 41:28 (33 finishers)

**November 29: Wolverton 5-mile Road Race, Bucks**

1 Adam Bowden (Harrow AC) 23:40. **HW:** 286 Colin Bricher (2C) 41.11 (375 finishers)

**November 29: Brunel Indoor Speed Series, Brunel University, Uxbridge, Middx Senior Men**

**60 Round 1: (heat 2):** 3 Royden John 7.33. **(heat 3):** 6 Jimmy Saruchera 7.33

**60 Round 2: (heat 2):** 1 Royden John 7.24. **(heat 5):** 4 Jimmy Saruchera 7.51

**November 30: Blackheath & Bromley AC 10-mile Cross Country Champs, West Wickham, Kent**

1 Mark Wilkins (Invicta AC, guest) 63:40. **HW:** 36 Stuart Littlewood (guest) 84:14 (51 finishers)

**November 30: Brunel Indoor Jump Series, Brunel University, Uxbridge, Middx Senior men**

**LJ:** 3 Jimmy Saruchera 6.37

**U20 Men**

**LJ:** 1 Michael Adjei-Tabirade 6.10. **TJ:** 1 Nnamdi Odum 13.32



**November 30: Surrey County AA Sportshall (Round 2), the Spectrum, Guildford**  
**U15 Boys**

=1 Nathan Safo-Barnieh 78 points: **2 laps** 23.7. **STJ:** 6.60. **Speed Bounce (SB)** 81

5 Jose Costa 72: **4 laps:** 55.6. **STJ:** 6.65. **SP:** 9.26

=15 James Russell 58: **2 laps:** 26.1. **SLJ:** 2.08. **SP:** 6.44

22 Ed Saywell 45.5: **4 laps:** 53.6. **SB:** 69

28 David Stables 28: **4 laps:** 57.9. **SP:** 6.38

**Paarlauf:** 1:51.9. **4x2 laps:** 1:40.8

**TEAM:** 1 Hercules Wimbledon 323.5; 2 Kingston & Poly 291.5; 3 Herne Hill H 276

**U13 Boys**

2 Oliver Reilly 63: **4 laps:** 56.4. **SP:** 7.57

=24 Kieren Sweeney 44: **6 laps:** 104.9. **HJ:** 1.10

=36 Jonathan Dent 38: **2 laps:** 29.3. **SLJ:** 1.88

=36 Louis Neville 38: **6 laps:** 107.5. **SP:** 5.17

=46 Elliott Neville 30: **4 laps:** 66.6. **SLJ:** 1.62

=64 Jack Attwater 21: **2 laps:** 28.1

**Paarlauf:** 1:59.8. **4x2 laps:** 2:03.9. **Obstacle race:** 2:29.3

**TEAM:** 1 South London H 450.5; 2 Guildford & Godalming 422; 3 Herne Hill H 406.5 ... 5 Hercules Wimbledon 374

**U13 Girls**

=4 Eleanor Smith-Hahn 77: **6 laps:** 95.0. **SLJ:** 2.17

13 Dalia Serafy 68: **2 laps:** 27.1. **SLJ:** 1.86

30 Olivia Hogan 56: **4 laps:** 64.4. **HJ:** 1.15

**Paarlauf:** 1:57.1

**TEAM:** 1 Kingston & Poly 615.5; 2 Guildford & Godalming 610; 3 South London H 558.5 ... 15 Hercules Wimbledon 301