

HW Results November 2009

November 1: Regents Park Winter Series 10km, race 2

1 Kristian Jerstrom (Unattached) 34:22. **HW:** 81 Tom Morris 43:12; 245 Tomo Kikugawa 51:44; 329 Angela Kikugawa 58:19 (403 finishers)

November 1: Barns Green Half Marathon, Sussex

1 Toby Lambert (Winchester) 70:01. **HW:** 3 James Trapmore (2C) 74:43 (1359 finishers)

November 1: HellRunner Multi Terrain (between 10-12 miles), Delamere Forest Park, Cheshire

1 Jonny Mellor (Liverpool H) 75:52; 2 Mike Halman (HW) 82:25. **Other HW:** 32 Rory McMahon 96:40 (1521 finishers)

From race website: HellRunner™ is over multi-terrain and varying underfoot conditions. There will be everything from running tracks and trails to water-filled areas and plenty of steep hills. Expect to get very wet! It will be nature at its toughest. The course will be marked but do not expect to see mile or kilometre markers....that's for those softy road running types. All you need to know is that the course will be probably more than 10 and less than 12 miles in length. Hey! With what we have in store, who's counting?

November 3: Crystal Palace Canter, approx 3 miles road, London, SE19

1 Simon Donaghy (Herne Hill H) 18:10. **HW:** 4 Stuart Littlewood 19:57

November 4: London Colleges League (Women), 2.7 miles, Richmond Park

1 Danielle Nimmock (St Mary's) 14:59. **HW:** 33 Tamsin Cargill (Imperial Coll) 19:09 (60 finishers)

November 7: Kingston & Poly Inter Club 7 miles, Richmond Park, Sheen

1 Ant Budarkiewicz (Kingston & Poly) 40:23. **HW:** 3 Chris Coles 40:48; 10 Hugh Saxby (1st M55) 43:13; 12 David Grima 44:13; 15 Frank Wood 46:31; 24 Fred Green (1st M60) 54:00; 27 Rowena Hornshaw 60:33

TEAM (5-to-score): 1 Kingston & Polytechnic 19; 2 Hercules Wimbledon 64; 3 Milocarrians 65

November 7: parkrun 5km, Roundshaw Downs, Croydon

1 Jason Simpson (South London H) 16:20. **HW:** 10 Martin O'Halloran 20:28 (49 finishers)

November 7: parkrun 5km, Wimbledon Common

1 Eoin O'Connell (Serpentine) 17:04. **HW:** 6 Andrew Davies (2C) 18:57; 57 Charles Lawrie 21:53; 60 Elliott Laville 22:05; 89 Patrick Stone 24:15; 137 Shelley Cleghorn 27:41 (166 finishers)

November 7: parkrun 5km, Bushy Park, Teddington

1 Jimmy Goulis (Stragglers) 16:18. **HW:** 20 John Querstret (2C) 18:42; 125 Barry King 22:08 (527 finishers)

November 7: parkrun 5km, Richmond Park

1 Matt Holden (West 4 H) 18:11. **HW:** 8 Stephen McDuell 19:37 (188 finishers)

November 7: Metropolitan League, Claybury, Essex

1 Neilson Hall (Herts Phoenix) 24:41. **HW:** 28 James Trapmore (2C) 26:58 (353 finishers)

November 8: Varsity Freshers' Match (Cambridge Un v Oxford Un), Cambridge

200: 3 Henry Husband (Camb) 24.6

400: 1 James Garnier (Oxf) 51.6 (=18th HW U20M a-t)

110H (3' 3'"): 4 James Garnier (Oxf) 21.9

400H: 2 James Garnier (Oxf) 60.2 (15th HW U20M a-t)

Note: Henry and James also ran in their respective winning 4x100 and 4x400 teams

November 8: TROFEO XXV ANIVERSARIO SF LUCUS CAIXA RURAL GALEGA: LUGO, Spain (Tetrathlon – 4 disciplines)

Women: 1 Amandine King 1432 points (**60:** 9.36. **1500:** 5:15.88. **LJ:** 3.66. **SP:** 6.15)



Team photo Continental style as Amandine poses alongside her smartly dressed Spanish club team mates. Other photo, scanned from local paper, shows Amandine (2nd left) contesting the 60m during her winning tetrathlon.

November 8: Nice Marathon, France

1 Adelo Roba (Ethiopia) 2:10:17. **HW:** 183 Gerard Crispie (2C) 2:55:44 (7875 finishers)

November 8: Ibigawa Marathon, Ibi, Gifu Prefecture, Japan

1 Yasuaki Yamamoto (Japan) 2:30:00. **HW:** 600 Yuzo Saito 3:35:30 (4819 finishers)

November 11: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Dave Brock (Orion H) 13:50. **HW:** 18 Dennis Williams 18:16; 23 Kevin Burnett (2C) 22:31

November 13: Crook Log Handicap 5km, Bexleyheath, Kent

Fastest: 1 Nick Moss (Aquila) 19:56. **HW:** 5 Stuart Littlewood 21:04 (18 finishers)

November 14: Sweatshop Surrey Men's League, Division 1, Match 2, Coulsdon

Seniors (5 miles): 1 Paskar Owor (Belgrave H) 28:31. **HW:** 10 Kieran White 30:11; 41 Alex Robinson (3rd U20) 31:52; 47 Phil Glynn 32:14; 50 Justin Kelly 32:21; 53 Richard Xerri 32:29; 73 Peter Lee 33:40; 76 Deon Coetzee 33:51; 86 Matthew Sharp 34:29; 91 Adam Sikora 34:46; 101 Hugh Saxby 35:23; 113 Stewart Bond 36:46; 128 Frank Wood 38:00; 144 Augustin Mallon (U15*) 40:01

* Augustin missed start of YA race

TEAM: 1 Thames H&H 157; 2 Herne Hill H 215; 3 South London H 437; 4 Belgrave H 477; 5 Reigate Priory 491; 6 Hercules Wimbledon 525; 7 Epsom & Ewell H 555; 8 Ranelagh H 581; 9 Guildford & Godalming 657

Positions after two fixtures: 1 Thames H&H 360; 2 Herne Hill H 381; 3 Belgrave H 911; 4 Reigate Priory 942; 5 South London H 943; 6 Hercules Wimbledon 1100; 7 Epsom & Ewell H 1143; 8 Guildford & Godalming 1159; 9 Ranelagh H 1251

U17/U15 (2.5 miles): 1 Liam White (HW) 15:30; 2 Joe Toomey (HW) 15:51. **Other HW:** 7 Ed Saywell 16:48; 15 Ben Palmer 18:41

Note: Liam, Joe and Ed had all competed in the Mayor's Mile earlier in the day

TEAM: 1 Hercules Wimbledon 56; 2 Guildford & Godalming 65; 3 South London H 79; 4 Herne Hill H 85

Positions after two fixtures: 1 Hercules Wimbledon 128.5; Herne Hill H 144; 3 South London H 147; 4 Guildford & Godalming 196.5; 5 Reigate Priory 217

U13 (2.5 miles): 1 Tom Holden (South London H) 16:34; 2 Cassian Hyde (HW) 16:40. **Other HW:** 6 Alex Bond 20:28

TEAM: 1 Reigate Priory 61.5; 2 Hercules Wimbledon 90.5; 3 South London H 111; 4 Epsom & Ewell H 115; 5 Herne Hill H 117

Positions after two fixtures: 1 Reigate Priory 112; 2 Hercules Wimbledon 163; 3 South London H 174.5; 4 Herne Hill H 225.5; 5 Guildford & Godalming 237.5; 6 Epsom & Ewell H 272.5



Phil, Kieran, Peter, Richard and Justin in the thick of it at Coulsdon

Photos by Ray O'Donoghue

November 14: Surrey Ladies League, Division 2, Match 2, Denbies Wine Estate, Dorking

Senior Women: 1 Emily Alden (Epsom & Ewell) 23:10. **HW:** 6 Claire Grima 26:25; 32 Debbie Noel 28:39; 34 Jennifer Fernando 28:51; 37 Rosemary Fernando 29:08; 41 Chantal Toussaint 29:36; 51 Amy Dolan 29:56; 77 Fenella Willis 32:29; 85 Rowena Hornshaw 33:21 (150 finishers)

TEAM: 1 Epsom & Ewell 41; 2 26.2 Road Runners Club 111; 3 Striders of Croydon 120; 4 Kingston & Poly 127; 5 Hercules Wimbledon 145 ... 21 Hercules Wimbledon 526

Positions after two Matches: 1 Epsom & Ewell H 83; 2 Kingston & Poly 232; 3 Striders of Croydon 248; 4 Hercules Wimbledon 260 ... 24 Hercules Wimbledon 'B' 1205

In Div 1 fixture: 49 Anna Garnier (2C) 26:47

U13 Girls

1 Lucy Drummond (Epsom & Ewell H) 13:45. **HW:** 34 Imogen Willis 18:16

TEAM: 1 Guildford & Godalming 34; 2 Reigate Priory 43; 3 South London H 44 ... 10 Hercules Wimbledon 142





Claire, Debbie, Amy, Jennifer and Chantal tackle the mud at Dorking. *Photos by Ray O'Donoghue*

November 14: Lord Mayor's Mile (Road), City of London

Boys 15-17

1 Omar Mansour 4:21.98. **HW:** 4 Liam White 4:25.88; 19 Joe Toomey 4:39.85; 33 Ed Saywell 4:51.30

Boys 13-14

1 Peter Chambers 4:36.20. **HW:** 29 Bradlee Mulroe 5:14.27

Girls 15-17

1 Katie Snowden 5:09.21. **HW:** 51 Niamh Wilson 6:54.62

Girls 13-14

1 Molly Riglin 5:26.24. **HW:** 19 Ella Dobson 5:50.08

Girls 11-12

1 Katherine Curran 5:34.50. **HW:** 4 Eleanor Smith-Hahn 5:57.40; 15 Rebecca Stone 6:11.75

November 14: parkrun 5km, Bushy Park, Teddington

1 Andrew Orr (Serpentine) 16:58. **HW:** 94 Barry King 22:46 (360 finishers)

November 14: parkrun 5km, Wimbledon Common

1 John Paton (Unattached) 18:26. **HW:** 5 Andrew Davies (2C) 19:03; 21 Charles Lawrie 22:41 (80 finishers)

November 14: parkrun 5km, Roundshaw Downs, Croydon

1 Patrick Canavan (South London H) 19:15. **HW:** 5 Martin O'Halloran 21:23; 27 Kevin Burnett (2C) 33:40 (30 finishers)

November 14: Masters International Cross Country, Birmingham

M65: 1 Martin Ford (England) 25:36. **HW:** 4 Peter Giles (England) 27:00

Note: Peter was second scorer in the winning English team

November 15: Marabana Half Marathon, Havana, Cuba

1 Henry Ortiz (Cuba) 66:16. **HW:** 22 Mike Halman 76:37; 79 Rory McMahon 88:04; 108 Sean Crummy 91:07; 197 Maurice Sharp 99:27; 552 Lance Power 1:56:02 (1091 finishers)

**November 12: INTERNACIONAL DE QUINTANAR DE LA ORDEN (TOLEDO), Xoves, Spain
Women (6.5km)**

1 Ines Chenonge (Kenya) 20:52. **HW:** 29 Amandine King (no time shown) (43 finishers)

November 15: Brooks Brighton 10km, Sussex

1 Chris Davies (Telford AC) 29:04. **HW:** 1111 Annmarie Seymour 50:28 (4th HW W35 a-t); 1535 Dennis Williams 54:56 (2518 finishers)

November 15: Gosport Half Marathon, Hants

1 Thomas Payn (Winchester) 67:27. **HW:** 81 Charles Lescott (2C) 82:59 (1211 finishers)

November 15: HellRunner Down South (between 10 & 12 miles multi-terrain), Longmoor Camp, Aldershot, Hants

1 Alex Robinson (HW) 64:52; 2 David Rollins (Aldershot F&D) 65:16 (2421 finishers)

Extract from event website: IT IS NOT NECESSARY THAT YOU HAVE TO BE ABLE TO SWIM BUT PLEASE UNDERSTAND THAT THE COURSE MAY WELL BE UNEVEN, SLIPPERY, STONY AND WET...

November 15: South London 10km Road, Wimbledon Common

1 Paul Marteletti (Victoria Park & TH) 33:27. **HW:** 10 David Grima 37:54; 94 Mark Bohan 45:38 (455 finishers)

November 18: Inter Financial Services 5.75 miles Championships, Richmond Park, Roehampton

1 Alan Barnes (Bank of England) 30:10. **HW:** 49 Gerard Crispie (2C) (Lloyds Bank) 38:41 (163 finishers)

November 21: London Championships, Parliament Hill Fields

Senior Men (10km)

1 Mehretab Solomon (London Heathside, U20) 32:23. **HW:** 15 James Trapmore (2C) 34:53; 20 Alex Robinson (3rd U20) 35:52; 33 Phil Glynn 36:53; 37 Justin Kelly 37:04; 58 Deon Coetzee 38:09; 179 Frank Wood 44:08 (263 finishers)

TEAM: 1 Highgate H 49; 2 Serpentine 57; 3 Met Police 71 ... 7 Hercules Wimbledon 148

U17 Men 5km (in conjunction with SoE Inter-Counties): 1 Liam White (HW) 17:07. **Other HW:** 8 Joe Toomey 18:44

Inter-County result: 1 I Bailey (Surrey) 16:08. **HW:** 12 Liam White (Surrey) 17:07; 53 Joe Toomey (Surrey) 18:44 (985 finishers).

Note: Team medal for Liam as Surrey placed 2nd in Inter County event

U13 Girls 3km: 1 Georgia Tuckfield (Essex) 11:09. **HW:** 54 Eleanor Smith-Hahn (Surrey) 12:42 (105 finishers)

November 21: Schools Inter County Cross Country, Staffordshire University, Stoke-on-Trent

Inter Boys: 1 Ed Saywell (HW/Surrey) 21:22; 2 Will Robinson (Reigate Priory/Surrey) 21:29. **Other HW:** 47 Joe Clark (Surrey) 23:32 (74 finishers)

Note: Ed led Surrey to team victory

November 21: parkrun 5km, Richmond Park

1 George Corcoran (Kingston & Polytechnic) 17:59. **HW:** 32 Stephen McDuell 21:20 (144 finishers)

November 21: parkrun 5km, Wimbledon Common

1 Eoin O'Connell (Serpentine) 17:17. **HW:** 51 Charles Lawrie 22.13 (149 finishers)

November 21: parkrun 5km, Roundshaw Downs, Croydon

1 Daniel Gillett (South London H) 18:05. **HW:** 11 Martin O'Halloran 21:13 (56 finishers)

November 21: parkrun 5km, Bushy Park, Teddington

1 Will Cockerell (Belgrave H) 16:28. **HW:** 117 Barry King 22:20 (459 finishers)

November 21: parkrun 5km, Cardiff

1 Nathaniel Lane (Cardiff AAC) 15:39. **HW:** 29 Gerard Crispie (2C) 19:21 (138 finishers)

November 21: Veterans AC 5.8 miles, Wimbledon Common

1 Mick Barlow (Kent AC) 34:02. **HW:** 6 Hugh Saxby (1st M55) 36:25; 9 Dave Betts 39:49; 11 Martin Miller 40:35; 13 Tom Morris 41:01 (24 finishers)

November 21: Gloucester Cross Country League, 6.4 miles, Blackbridge, Gloucs

1 Josh Lilley (Severn AC) 30:44. **HW:** 187 Colin Bricher (2C) 53:53

November 21: Thames H&H v Ranelagh H 7.5-miles Mob Match, Wimbledon Common

1 Paulo Natali (TH&H) 40:10. **HW:** 42 Anna Garnier (2C) 53:19; 93 Richard Weston (2C) 86.45

November 22: John Cock 10 mile Road, Epsom Downs

1 Jason Simpson (South London H) 54:06. **HW:** 41 Frank Wood 68:03 (10th HW M45 a-t); 79 Keith Hylands 73:49 (6th HW M60 a-t) (235 finishers)

November 22: Saab Solomon Turbo X Trail Race, 10+ miles, Bordon, Hants

1 Chris Smith (Horwill H) 61:54. **HW:** 6 Adam Przedzimirski 70:03; 192 Martin Miller (1st M60) 94:54 (856 finishers)

From event website: A Tough Trail Run taking you beyond your comfort zone - 10-or-so miles of sand, mud, hills and bogs suitable only for 4x4's and humans in trail shoes.

November 27: Serpentine Last Friday of the Month 5km, Hyde Park

1 Chris Lamb (Rugby & Northampton) 16:09. **HW:** 149 Georgina Stubbs 23:59 (212 finishers)

November 28: South of the Thames 5-mile Race, Sparrows Den, West Wickham, Kent

1 Joe Morwood (Aldershot) 27:20. **HW:** 64 Rory McMahon 32:59; 81 Stewart Bond 34:01; 178 Fred Green 42:43 (208 finishers)



Rory, Stewart and Fred, the only HW stalwarts who supported an event that ironically was the 40th anniversary of the victory by the club's legendary coach John Sullivan and at the same venue.

Photos by Ray O'Donoghue

November 28: McCain Cross Challenge (inc Mid Lancs League), Sefton Park, Liverpool

Senior Men (9.8km): 1 Michael Skinner (Blackheath & Bromley) 28:36. **HW:** 106 Kieran White 32:17 (455 finishers)

U20 Men (6.7km): 1 Richard Goodman (Shaftesbury Barnet H) 19:39. **HW:** 26 Alex Bruce-Littlewood (2C) 20:48 (104 finishers)

U17 Men (5.5km): 1 Ben Matheson (Lasswade AC) 17:33. **HW:** 14 Liam White 18:17 (114 finishers)

November 28: Belgrave H and Veterans AC 7-mile Walk, Wimbledon

1 Daryl Stone (Steyping Walking Club) 51:12. **HW:** 6 Estle Viljoen (1st W) 62:03 (28 finishers)

November 28: parkrun 5km, Richmond Park

1 Ben Osborn (Stragglers) 16:54. **HW:** 31 Stephen McDuell 21:20 (145 finishers)

November 28: parkrun 5km, Wimbledon Common

1 Loic Malroux (Belgrave H) 18:13. **HW:** 7 Andrew Davies (2C) 19:13; 9 David Grima 19:22; 21 Anna Garnier (2C) 20:54; 24 Michaela Knespl 21:03; 46 Charles Lawrie 22:45; 64 Patrick Stone 24:03; 72 Rebecca Stone 24:30; 81 Dennis Williams 25:38; 127 Mimi Lanfranchi 32:33 (136 finishers)

November 28: parkrun 5km, Roundshaw Downs, Croydon

1 Justin Macenhill (Striders of Croydon) 18:25. **HW:** 8 Martin O'Halloran 21:27; 49 Kevin Burnett (2C) 33:06 (52 finishers)

November 28: parkrun 5km, Bushy Park, Teddington

1 Jimmy Goulis (Stragglers) 16:49. **HW:** 14 John Querstret (2C) 18:44; 116 Barry King 21:48 (502 finishers)

November 28: parkrun 5km, Cardiff

1 Stephen Paterson (San Domenico RRC) 15:59. **HW:** 43 Gerard Crispie (2C) 20:11 (130 finishers)

November 28: Wolverton 5-mile Road, Milton Keynes, Bucks

1 Adam Bowden (Harrow AC) 24:42. **HW:** 234 Colin Bricher (2C) 41:22 (315 finishers)

November 28: London City Runner Metropolitan League, Wormwood Scrubs

1 Nick Torry (Serpentine RC) 26:54. **HW:** 29 James Trapmore (2C) 28:43 (336 finishers)

November 28: Sussex Cross Country League, Plumpton

1 Ben Warren (Hailsham H) 29:44. **HW:** 103 Martin Miller (3rd M60) 40:44 (137 finishers)

November 29: Beddington Park 10km, Carshalton (short course)

Men: 1 Kevin Quinn (Aldershot F&D) 31:24. **HW:** 3 Gary Blesson 34:04; 35 Tom Cheetham 42:30 (122 finishers)

November 29: Surrey County AAA Sportshall, Match 2, Guildford

U15 Boys

TEAM: 1 Sutton & District 403; 2 Kingston & Poly 381; 3 Hercules Wimbledon 347

3rd Sam Henderson 87 points: **4-lap:** 56.3. **SLJ:** 2.50. **SP:** 7.99

5th Spencer Felix 86: **4-lap:** 52.2. **SLJ:** 2.34. **SP:** 6.84

Devonce Casely-Hayford 56. **2-lap:** 26.0. **SLJ:** 1.83. **Speed Bounce:** 50

Augustin Mallon 48: **4-lap:** 66.0. **STJ:** 4.19. **Speed Bounce:** 44

Jonathan Winter 38: **2-lap:** 26.9. **Speed Bounce:** 60

Paarlauf: 1:51.5. **4x2-lap:** 1:53.8

Sportshall results continued:

U13 Boys

TEAM: 1 Wandsworth Borough 519; 2 South London H 487; 3 Herne Hill H 429 ... 10 Hercules Wimbledon 248

Jonathan Dench 49.5. **2-lap:** 27.7. **SLJ:** 2.00

Alex Bond 32: **4-lap:** 62.8. **HJ:** 1.05

Conor Bindler 26: **6-lap:** 1:43.5. **SP:** 3.59

Belmira Costa 23.5: **2-lap:** 31.4. **SLJ:** 1.84

Max Wilkins 19: **6-lap:** 1:49.7. **SP:** 3.14

Carl Reed 9: **4-lap:** 68.7

Paarlauf: 2:11.9. **4x2-lap:** 2:01.9. **Obstacle race:** 2:27.7

U15 Girls

TEAM: 1 Herne Hill H 446; 2 Guildford & Godalming 417.5; 3 Epsom & Ewell 355.6; 3 Epsom & Ewell H 355.5 ... 6 Hercules Wimbledon 288.5

4th Jessica Wood 78: **4-lap:** 58.3. **Vertical Jump:** 45. **Speed Bounce:** 72

Ella Dobson 58.5: **4-lap:** 63.3. **Vertical Jump:** 43. **SP:** 5.25

Olivia Hogan 44: **2-lap:** 29.4. **Vertical Jump:** 38. **Speed Bounce:** 67

Paarlauf: 1:59.2

U13 Girls

TEAM: 1 Camberley & District 620; 2 Guildford & Godalming 612.5; 3 Walton 596.5 ... 13 Hercules Wimbledon 312

1st Eleanor Smith-Hahn 80. **6-lap:** 1:34.7. **SLJ:** 2.12

Kate Bancroft 47.5: **2-lap:** 30.2. **SP:** 5.54

Rebecca Dinsdale 47.5: **2-lap:** 29.5. **HJ:** 1.10

Selena ?? 37: **6-lap:** 1:44.9. **SLJ:** 1.72

Josie Clough 30: **4-lap:** 75.3. **SP:** 4.45

Imogen Willis n/s: **SP:** 4.81

Celia Willis n/s: **SLJ:** 1.76

4x2-lap: 2:08.1. **Obstacle race:** 2:24.3



Three of the HW athletes in Sportshall action

Photos by Jonathan Dobson