

HW Results October 2008

**October 1: Kings College School Kings Trophy Cross-Country (4.5 miles), Wimbledon Common**

1 Ralph Street (Tiffin Sch) 24:47. **HW:** 4 Andrew Penney (KCS) 25:37; 13 Geordie Logan (Wimb C) 26:25; 22 Tommy Village (KCS) 27:40; 34 Deyan Knespl (Wimb C) 28:44 (135 finishers)

**October 2: Raven Racers 5km Road, City of London**

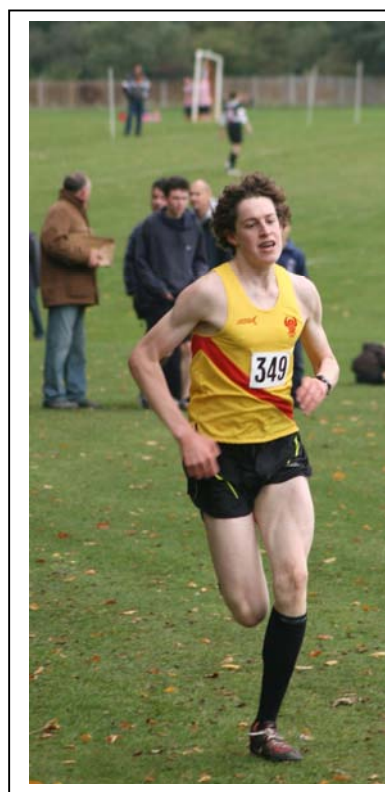
1 Mick Bridgeland (Chelmsford AC) 16:46; 2 Stuart Fraser (HW) 17:06

**October 4: Bruce Judd Surrey AA YA Cross Country Relay Championships, Guildford**

**U17 Men**

1 Windsor, Slough, Eton & Hounslow 22:07....4 Hercules Wimbledon 23:25 (Paul Stables 8:46, Joe Toomey 7:31. Liam White 7:18)

**Fastest laps:** 1 Rikki Letch (WSEH) 7:02; 2 Liam White (HW) 7:18; 3 Jack Bourne (SLH) 7:30; 4 Joe Toomey (HW) 7:31



Joe and Liam running the fourth and second fastest times of the day respectively at the Surrey YA Cross Country Relays

*Photos by Paul Toomey*

**October 4: Veterans AC 5.8 miles Cross Country, Wimbledon Common**

1 Stuart Fraser (HW) 35:11; 2 Bob Ewen (Striders of Croydon) 38:40. **Other HW:** 4 Dave Betts 39:13; 5 Steve McDuell 41:20

**October 4: Bushy Park 5km Time Trial, Teddington**

1 Olly Laws (Newham & EB) 15:55. **HW:** 26 Steve Badgery 18:31; 59 Yuzo Saito 19:47; 114 Amandine King 21:11; 120 Barry King 21:19 (507 finishers)

**October 4: Wimbledon Common 5km Time Trial**

1 Hugh Shields (Thames Hare & Hounds) 17:46. **HW:** 14 Anna Garnier (2C – 1<sup>st</sup> W) 20:33; 18 Bradlee Mulroe 20:40; 50 Alice Village 23:59; 57 Rebecca Stone 24:38 (89 finishers)

**October 4: Self Transcendence 10km Road Race, Battersea Park**

1 Brian Wilder (Herne Hill H) 32:14. **HW:** 2 Arnaud Claverie 34.34 (132 finishers)

**October 4: Kent County Cross Country League (10km), Capstone Park, Chatham**

1 Michael Coleman (Medway & Maidstone) 30:13. **HW:** 5 Alex Bruce-Littlewood (2C – 1<sup>st</sup> U20) 31:50 (132 finishers)

**October 4: Murray Keatinge Invitation 5km Cross Country, Maine, USA**

1 Kimberly Povec (Univ New Hampshire) 18:05.38. **HW:** 14 Medena Knespl (Boston College) 18:28.39 (88 finishers)

**October 5: 48<sup>th</sup> Geoff Moulden Wimbledon 10-mile Road Race, Wimbledon Park**

1 Andrew Rayner (Blackheath & Bromley) 52:49. **HW:** 4 Hussein Ahmed 54:27 (**HW 2008 leader**); 7 Mike Halman (2C) 55:56; 13 Chris Coles 60:27; 14 Justin Kelly 61:03; 18 Phil Glynn 62:59; 20 Alex Robinson (1<sup>st</sup> U20) 63:05; 22 Hugh Saxby (2<sup>nd</sup> M50) 63:54 (**9<sup>th</sup> HW M50 a-t**); 27 Andy Waites 64:58; 42 Frank Wood 69:22; 46 Yuzo Saito 70:09; 47 Thomas Cheetham 71:33; 58 Peter Giles (1<sup>st</sup> M60) 72:35; 61 Matthew Appleby 73:10; 63 Sally Maddock 74:35; 134 Rowena Hornshaw 94:26 (**16<sup>th</sup> HW W a-t**) (153 finishers)

**TEAM: Men:** 1 Hercules Wimbledon 24; 2 Serpentine RC 42; 3 Hercules Wimbledon 'B' 52 ... 5 Hercules Wimbledon 'C' 88 ... 7 Hercules Wimbledon 'D' 148

Full results here: <http://herculeswimbledonac.org.uk/wimbledon%2010%202008.htm>

**October 5: Physio Med Women's Triathlon, Christchurch, New Zealand (100m Swim - 10k Bike - 3k Run)**

**Age 30-39 category:** 1 Gail Harvey-Heyward 34:15. **HW:** 20 Kirstina Moore 44:00

**October 5: Regents Park 10km Road Race, London**

1 Nick Earl (Reading AC) 33:34. **HW:** 53 Tom Morris 42:50 (317 finishers)

**October 8: Bridges Handicap 2.3 miles, Westminster Bridge**

**Fastest:** 1 Les Thomas (Bedford) 12:09. **HW:** 24 Dennis Williams 17:27 (38 finishers)

**October 8: Inter School Cross Country Match, Pewely Downs, Guildford**

1 Andrew Penney (KCS/HW) 25:17; 2 Richards (Tiffin) 25:51; 3 Geordie Logan (Wimb C/HW) 26:14. **Other HW:** 9 Deyan Knespl (Wimb C) 28:24; 23 James Green (Wimb C) 30:35 (52 finishers)

## October 8: Civil Service Road Relays, Finsbury Park

### Women

**Fastest lap (2.75M):** 1 Steph Robson (HW – 2C) 17:08

## October 11: Sweatshop Surrey League, Division 1, Match 1, Richmond Park, Petersham

### Seniors (5.65 miles)

**Match:** 1 Thames H&H 174; 2 Herne Hill H 176; 3 Ranelagh H 381; 4 South London H 409; 5 Hercules Wimbledon 497; 6 Stragglers 508; 7 Belgrave H 509; 8 Reigate Priory 718; 9 Dorking Mole Valley 723

1 Phil Wicks (Belgrave H) 28:01. **HW:** 15 Aidan Hogan 30:31; 21 Kieran White 30:57; 35 Justin Kelly 31:30; 40 Mike Halman 31:42; 57 Jamie Helmer 32:42; 61 Gary Blesson 32:49; 80 Peter Lee 33:50; 85 Alex Robinson 33:57; 89 Chris Coles 34:06; 96 Phil Glynn 34:34; 112 Hugh Saxby 35:21; 113 Richard Xerri 35:26; 137 John Querstret 37:14; 149 Yuzo Saito 38:15; 150 Frank Wood 38:17; 159 Nigel Touch 39:09; 164 Martin O'Halloran 39:34; 165 Stephen McDuell 39:37; 166 Tom Cheetham 39:41; 168 Tom Morris 40:06; 176 Deon Coetzee (missed start) 40:59; 182 Barry King 42:42 (196 finishers)

### U17/U15 (2.84 miles)

**Match:** 1 Hercules Wimbledon 20; 2 South London H 65.5; 3 Herne Hill H 70; 4 Reigate Priory 130; 5 Dorking Mole Valley 138; 6 Ranelagh 139

1 Liam White (HW) 15:41; 2 Geordie Logan (HW) 15:50; 3 Joe Toomey (HW) 16:07. **Other HW:** 5 Ed Saywell (2<sup>nd</sup> U15) 16:34; 9 Simran Kooner 17:20 (19 finishers)

### U13 (2.84 miles)

**Match:** 1 South London H 26; 2 Herne Hill H 94; 3 Hercules Wimbledon 100  
1 Tom Holden (South London H) 17:56. **HW:** 7 Max Cooper 19:12; 9 Felix Blanchard 21:54

**Full results here:** <http://www.ranelagh-harriers.com/results/081011m.html>

Aidan Hogan - in his role as Cross Country Captain - sets a fine example as the first HW runner to finish in the Surrey League

*Photo by Ray O'Donoghue*



**October 11: Surrey Ladies League, Division 2, Race 1, Nork Park, Banstead Senior Women**

**Match:** 1 Epsom & Ewell 38; 2 Clapham Chasers 69; 3 Ful-on-Tri 152; 4 Guildford & Godalming 153; 5 Runnymede Runners 155; 6 Hercules Wimbledon 195  
1 Emily Alden (Epsom & Ewell) 24:29. **HW:** 5 Claire Grima 26:02; 14 Ella Benedict 28:07; 30 Rosemary Fernando 29:33; 66 Marilena De Luca 32:14; 80 Rowena Hornshaw 33:02 (152 finishers)

**In Div 1 race:** 53 Anna Garnier (2C) 28:31

**U13 Girls**

**TEAM:** 1 South London H 38; 2 Reigate Priory 44; 3 Hercules Wimbledon 54; 4 Herne Hill H 58; 5 Sutton & Dist 88; 6 Epsom & Ewell H 90  
1 Eleanor Smith-Hahn (HW) 13:46. **Other HW:** 8 Maire Gillman 14:56; 12 Rebecca Stone 15:18; 33 Ella Dobson 18:00; 34 Olivia Hogan 18:06 (48 finishers)  
**TEAM:** Herne Hill H 58; 5 Sutton & Dist 88; 6 Epsom & Ewell H 90

**October 11: Bushy Park 5km Park Run, Teddington**

1 Chris Walmsley (Stragglers) 17:36. **HW:** 20 Steve Badgery 18:59 (427 finishers)

**October 11: Wimbledon Common 5km Park Run**

1 Jon Fairs (HW – 2C) 17:28. **Other HW:** 8 Estle Viljoen 19:35; 11 Bradlee Mulroe 19:56; 32 Mike Kortenaar 21:59; 51 Dennis Williams 24:18; 60 Michael Leigh 25:26; 69 Richard Weston (2C) 27:38 (95 finishers)

**October 11: Blackheath & Bromley AC 5-mile XC Championship**

1 Alex Gibbins 28:54; 2 Alex Bruce-Littlewood (2C – U20 Champion) 30:15

**October 11: World Ironman Triathlon Championship, Kona, Hawaii, USA**

**2.4 mile Swim – 112 mile Bike – Marathon run**

**25-29 Category:** 1 Daniel Schmoll 9:09:36 (52:34 – 5:08:57 – 3:03:04). **HW:** 37 Dion Harrison 9:54:12 (55:07 – 5:14:59 – 3:38:28)

**October 11: Gloucester XC League, 11.2km, Guiting Power**

1 Julian Emery (Clevedon AC) 40:27. **HW:** 158 Colin Bricher (2C) 76:57

**October 12: Chichester 10km Road, Sussex**

1 Russell Dessaix-Chin (Belgrave H) 29:38. **HW:** 56 Neil Aitken (2C) 34:01; 227 Martin Miller 41.28

**October 12: Chicago Marathon, USA**

1 Evans Cheruiyot (Kenya) 2:06:25. **HW:** 2014 Stewart Bond 3:29:10 (approx 35,000 finishers)

**October 12: Crater Rim Challenge 30km Trail, Christchurch, New Zealand Women**

1 Lisa Brignull 2:41:19. **HW:** 15 Kirstina Moore 3:51:46

**October 12: Henley Half Marathon**

1 Jack Parslow (Shaftesbury Barnett H) 70:39. **HW:** 45 Claire Grima (3<sup>rd</sup> W) 85:24\* (3<sup>rd</sup> HW W a-t) (529 finishers) (\* after competing in Surrey League the previous day)

**October 12: Harpenden 10km Trail, Herts**

1 Christopher Dettmar (Headington RR) 33:35. **HW:** 489 Marilena De Luca 50:16\* (18<sup>th</sup> HW W a-t). (\* after competing in Surrey League the previous day)

**October 12: Asics Run Kingston 8-mile Road, Kingston, Surrey**

1 James Trapmore (HW-2C) 42:22. **Other HW:** 7 Andrew Penney 47:35 (929 finishers)

**October 12: Royal Parks Half Marathon, London**

1 John Muriithi (Kenya) 70:19. **HW:** 11 Stuart Fraser 79:31 (7431 finishers)

**October 15: London Colleges League XC 5-miles, Match 1, Parliament Hill Fields**

1 Ben Hunter (St Mary's) 26:32. **HW:** 30 Adam Przedzimirski (Essex Un) 30:06; 79 Tim Bartley (Imperial College) 36:37 (101 finishers)

**October 15: Ealing School's Cross Country Trials, Greenford, Middx U17 Men**

1 Liam White (Cardinal Vaughan Sch/HW) 13:18; 2 J Kharel (Eltham Sch) 13:29

**October 18: Surrey AA Veterans Championships, Richmond Park Men (10km)**

1 Darryl McDonald (Ranelagh H) 35:17. **HW:** 3 Jonathan Dobson (2<sup>nd</sup> M40) 36:21; 13 Peter Lee (5<sup>th</sup> M40) 37:37; 15 Hugh Saxby (4<sup>th</sup> M50) 38:12; 26 Steve Badgery (1<sup>st</sup> M60) 39:48; 44 Martin Miller (5<sup>th</sup> M60) 41:44; 47 Peter Giles (2C – 7<sup>th</sup> M60); 53 Stephen McDuell (14<sup>th</sup> M40) 43:21; 60 Martin O'Halloran (14<sup>th</sup> M50) 44:19; 65 Maurice Sharp (10<sup>th</sup> M60) 44:50; 70 Barry King (21<sup>st</sup> M50) 46:14; 75 Alan Turner (2<sup>nd</sup> M65) 48:11

**TEAMS**

**M40:** 1 Ranelagh H 15; 2 South London H 21; 3 Guildford & Godlaming 34; 4 Hercules Wimbledon 37

**M50:** 1 Ranelagh H 15; 2 South London H 17; 3 Wimbledon Windmilers 29 ... 5 Hercules Wimbledon 44

**M60:** 1 Hercules Wimbledon 11; 2 Thames H&H 19; 3 South London H 20

**Women (6km)**

1 Carol Evans (South London H) 24:27. **HW:** 3 Estle Viljoen (2<sup>nd</sup> W35) 24:42; 16 Anna Garnier (2C – 1<sup>st</sup> M50) 26:12





Estle – 2<sup>nd</sup> W35



Alan – 2<sup>nd</sup> M65



The four individual medal winners at the Surrey Vets Championships

*Photos by Ray O'Donoghue*

**October 18: Wimbledon Common 5km Park Run**

1 Liam White (HW) 16:56; 2 Darren Meredith (Unattached) 17:01. **Other HW:** 7 Alexander Robinson 18:22; 16 Steph Robson (2C – 1<sup>st</sup> W) 19:14; 20 Bradlee Mulroe 20:05; 25 Neil Robson (2C) 20:39; 58 Rebecca Stone 23:18; 70 Ian Isherwood 24:58 (115 finishers)



Neil and Steph: father and daughter in the Park Run 5km on Wimbledon Common  
*Photos by Yuzo Saito*

**October 19: Audi Wimbledon 10km Road, West Wimbledon, SW20**

1 Hassan Raidi (Belgrave H) 31:19. **HW:** 6 Andrew Penney (1<sup>st</sup> U20) 34:37; 12 Alex Robinson (2<sup>nd</sup> U20) 36:24; 61 Tom Cheetham 40:50 (745 finishers)

**TEAM:** 1 Serpentine RC 45; 2 Hercules Wimbledon 74; 3 Wimbledon Windmilers 146

**October 19: Stragglers Cabbage Patch 10-miles Road, Twickenham, Middx**

1 Scott Overall (Blackheath & Bromley) 48:28. **HW:** 3 James Trapmore (2C) 53:13; 14 Neil Aitken (2C) 56:10; 19 Jon Fairs (2C) 57:01; 41 Chris Coles 59:16; 45 Naomi Warner (2C) 59:29 (1482 finishers)

**October 19: Lexus Croydon 10km Road, Lloyd Park**

1 James Thie (Cardiff AAC) 32:01. **HW:** 12 Deon Coetzee 37:39

**October 19: Du Marathon de Reims, France**

**HW:** 200 Yuzo Saito 3:15:53

**October 19: Cardiff Half Marathon**

1 Simon Jones (Belgrave H) 67:48. **HW:** 99 Gerard Crispie (2C) 83:13 (5794 finishers)

**October 19: Amsterdam Half Marathon, Holland**

1 Merwin Dollison (Holland) 69:20. **HW:** 7 Kieran White 73:19 (**HW 1<sup>st</sup> Claim leader**)

**October 19: Amsterdam Marathon, Holland**

1 Paul Kirui (Kenya) 2:07:52. **HW:** 267 Kwame Okojie 2:59.58

**October 19: Maidstone Half Marathon, Kent**

1 Tom Collins (Medway & Maidstone) 73:43. **HW:** 6 Phil Glynn 81:00 (609 finishers)

**October 19: Robin Hood Duathlon, (off road), Sherwood Forest, Notts  
(6km run – 18k bike – 3km run)**

1 Mark Botteley (Telford Tri) 69:18 (21:23 – 35:45 – 10:58). **HW:** 11 Gary Blesson 73:07 (20:52 – 40:10 – 10:30) (288 finishers)

**October 22: Ealing School's Championships, Greenford, Middlesex**

1 Liam White (HW/Cardinal Vaughan Sch) 13:03; 2 C Crane (Drayton) 13:15

**October 22: Ealing School's Championships, Greenford, Middlesex**

1 Liam White (HW/Cardinal Vaughan Sch) 13:03; 2 C Crane (Drayton) 13:15

**October 25: East Surrey League Cross Country Races, Lloyd Park, Croydon  
Seniors (5-miles)**

1 Aidan Hogan (HW) 29:24; 2 Mike Halman (HW) 29:33; 3 Kieran White 29:51.

**Other HW:** 6 Andrew Penney (1<sup>st</sup> U20) 30:54; 12 Adam Vandenberg 32:49; 15 Hugh Saxby (2<sup>nd</sup> M50) 33:08; 34 Charlie Carrington 36:10; 40 Frank Wood 37:04; 53 Maurice Sharp 38:57; 65 Steve Hadley 40:13; 86 Rowena Hornshaw 45:44 (98 finishers)

**TEAM (4-to-score):** 1 Hercules Wimbledon 12; 2 Herne Hill H 26; 3 Striders of Croydon 51 ... 7 Hercules Wimbledon 'B' 101

**U17/U15 (2-miles)**

1 Liam White (HW) 11:05. **Other HW:** 3 Geordie Logan 11:35; 4 Joe Toomey 11:42; 10 Ed Saywell 11:52; 20 Joe Clark (HW debut) 12:45; 24 Bradlee Mulroe 13:28; 31 Alex Watson 14:58 (40 finishers)

**TEAM (3-to-score):** 1 Hercules Wimbledon 8; 2 Epsom & Ewell H 19; 3 Croydon H 32 ... 5 Hercules Wimbledon 'B' 46



The start of the Senior East Surrey League at Lloyd Park





The East Surrey League Young Athletes race gets under way

**October 25: Bushy Park 5km Run, Teddington**

1 Mike Trees (Belgrave H) 16:19. **HW:** 13 Peter Lee 17:45; 55 Martin O'Halloran 19:53; 119 Barry King 21:22 (432 finishers)

**October 25: Wimbledon Common Park Run 5km**

1 Kojo Kyreme (Shaftesbury Barnet H) 15:43. **HW:** 4 Jon Fairs (2C) 17:11; 7 Stuart Fraser 18:06; 56 Rebecca Stone 23:44 (103 finishers)

**October 26: Stroud Half Marathon, Gloucester**

1 Neil Renault (Medway & Maidstone) 65:25. **HW:** 60 Claire Grima 81:54 (**HW W record**) (chip: 81:51)

**October 26: BUPA Great South Run 10-miles Road, Portsmouth**

**Elite women**

1 Paula Radcliffe (Bedford & County) 51:11. **HW:** 13 Zoe Pike 65:54 (**3<sup>rd</sup> HW W a-t & HW W35 record**)

**October 26: Surrey Classic 10km Road, Oxshott**

1 Tim Elsey (Herne Hill H) 33:18. **HW:** 7 Chris Coles 36:47 (229 finishers)

**October 26: Surrey County AA Sportshall, the Spectrum, Guildford**

**U15 Boys**

Jose Costa 59 pts (2<sup>nd</sup>): **4-lap:** 52.4. **STJ:** 7.08. **SP:** 9.79

Ed Saywell\* 55.5 pts (4<sup>th</sup>): **4-lap:** 55.4. **STJ:** 6.41. **Speed Bounce:** 68

Jonathan Osbourne 54.5 pts (5<sup>th</sup>): **2-lap:** 23.6. **SLJ:** 2.25. **Speed Bounce:** 68

Joseph Clark\* 39 pts: **4-lap:** 55.6. **SP:** 5.50

James Russell 26 pts: **2-lap:** 25.2. **Speed Bounce:** 58

**Paarlauf:** 112.6. **4x2-lap:** 98.9

**TEAM:** 1 Hercules Wimbledon 273; 2 Herne Hill H 229.5; 3 Guildford & Godalming 210.5

\* Competed in a cross-country race the previous day

*Sportshall continued*

**U13 Boys**

Oliver Reilly 62 pts (3<sup>rd</sup>): **4-lap:** 56.7. **SP:** 6.99

Jonathan Dench 35 pts: **2-lap:** 29.6. **SLJ:** 1.82

Kieran Sweeney 32 pts: **6-lap:** 100.0. **VJ:** 31

Jack Attwater 26 pts: **4-lap:** 63.1. **VJ:** 30

**4x2-lap:** 116.7. **Obstacle race:** 153.8

**TEAM:** 1 Kingston & Poly 502.5; 2 South London H 452; 3 Guildford & Godalming 450.5 ... 12 Hercules Wimbledon 230

**U15 Girls**

**TEAM:** 1 Herne Hill H 349.5; 2 Guildford & Godalming 344.5; 3 Kingston & Poly 276 ... 9 Hercules Wimbledon 34

Jessica Wood 34pts: **4-lap:** 58.3. **Speed Bounce:** 58

**U13 Girls**

Eleanor Smith-Hahn 79 pts (1<sup>st</sup>): **6-lap:** 93.4. **SLJ:** 2.18

Dalia Serafy 66 pts: **2-lap:** 27.0. **SP:** 5.03

Emma Headley 62 pts: **6-lap:** 97.6. **SP:** 4.54

Antonia Drewett 42 pts: **4-lap:** 67.1. **VJ:** 39

Olivia Hogan 29.5 pts: **2-lap:** 29.1. **SLJ:** 1.64

**4x2-lap:** 118.6. **Paarlauf:** 118.2. **Obstacle race:** 150.3

**TEAM:** 1 Guildford & Godalming 644.5; 2 Epsom & Ewell H 571; 3 South London H 564 ... 7 Hercules Wimbledon 473.5

**October 26: Worksop Half Marathon, Notts**

1 Pumlani Bangani (Salford H) 69:41. **HW:** 14 Gary Blesson 78: 06 (11<sup>th</sup> HW M40 a-t) (1337 finishers)

**October 26: Mayor's Cup, 5km Cross Country, Franklin Park, Boston, USA**

1 Mary Cullen (Reebok) 16:08. **HW:** 31 Medena Knespl (Boston College) 18:39 (84 finishers)

**October 26: Venice Marathon, Italy**

1 Joseph Lomala (Kenya) 2:11:06. **HW:** 117 Gerard Crispie (2C) 2:55:15

**October 27: adidas Dublin Marathon, Ireland**

1 Andriy Naumov (Ukraine) 2:11:06. **HW:** 1331 Isabel Sutherland (2C) 3:28:21; 1775 Tom Cheetham 3:36:12 (9331 finishers)

**October 29: London College's League XC (5.4-miles), Richmond Park, Kingston**

1 Richard Ashe (Brunel) 28:07. **HW:** 36 Adam Przedzrymirski (Essex Un) 32.01 (100 finishers)

**October 31: Serpentine Last Friday of the Month 5km, Hyde Park**

1 James Shane (Basildon AC) 15:41. **HW:** 159 Dennis Williams 23:44; 178 Ian Isherwood 24:56 (228 finishers)