

**October 3: Bruce Judd Surrey County AA Young Athletes Relays, Guildford**

**U17 Men**

1 Windsor, Slough, Eton & Hounslow 21:19; 2 Hercules Wimbledon 21:21 (Joe Toomey 7:05; 2 Ed Saywell 7:29; Liam White 6:47) (17 teams closed in)

**Fastest Laps:** 1 Liam White 6:47; 2 Elliott Woolmer (WSEH) 7:04; 3 Nathan Ditton (WSEH) 7:04; 4 Joe Toomey (HW) 7:05 ... 13 Ed Saywell (HW) 7:29



The Surrey YA Relays Silver medalists Ed, Liam and Joe pose alongside camera savvy HW mascot Tilly



*Photos by Sophie Toomey*

### **October 3: parkrun 5km, Wimbledon Common**

1 James Savage (Stourbridge RC) 16:47. **HW:** 4 James Garnier 18:17; 5 Adam Sikora 18:21; 35 Michaela Knespl 21:09; 39 Maurice Sharp 21:19; 44 Mark Bohan 21:59; 87 Georgina Stubbs 25:09; 102 Rebecca Stone 26:54; 105 Patrick Stone 27:06; 114 Shelley Cleghorn 27:37; 133 Mimi Lanfranchi 29:40; 137 Adam Fenton (2C) 29:58; 141 Richard Weston 31:52 (155 finishers)

### **October 3: parkrun 5km, Bushy Park**

1 Mike Skinner (Blackheath & Bromley) 15:02. **HW:** 5 Alex Robinson 16:32; 5 Neil Aitken (2C) 16:38; 71 Steve Badgery 19:32, 215 Barry King 21:56; 605 Dennis Williams 26:57 (908 finishers!)

### **October 3: Stragglers v Thames H&H Mob Match, Ham, Surrey**

1 Simon Wurr (Thames) 29:47. **HW:** 18 Anna Garnier (2C – 1<sup>st</sup> W) 36:51 (39 finishers)

### **October 3: Kent Cross Country League, Gillingham**

#### **Senior Men**

1 Mike Coleman (Medway & Maidstone) 30:07; 2 Alex Bruce-Littlewood (HW 2C) 31:10 (157 finishers)

### **October 3: Self Transcendence 5 miles, Battersea Park**

1 Thomas Beedell (Chiltern H) 26:51. **HW:** 6 Frank Wood 31:43 (54 finishers)

### **October 4: 49<sup>th</sup> Geoff Moulden 10 (now 10km), Wimbledon Park**

1 Ben Moreau (Aldershot, Farnham & Dist) 31:10. **HW:** 8 Mike Halman 34:38; 10 Alex Robinson (1<sup>st</sup> U20) 34:59; 15 Joe Toomey (1<sup>st</sup> U17) 38:22; 17 Adam Sikora 38:41; 19 Hugh Saxby (2<sup>nd</sup> M55) 38:51; 20 Matthew Sharp 38:59; 21 Steve Sinnott (1<sup>st</sup> M45) 39:12; 22 Stewart Bond 39:32; 23 Alex Urban 39:37; 26 Claire Grima (1<sup>st</sup> W) 39:53; 27 Andy Waites 40:38; 29 David Grima 41:08; 36 Frank Wood 42:34; 45 Tom Cheetham 44:22; 47 Deborah Noel 44:28 (14<sup>th</sup> HW W a-t); 62 Barry King 47:28 (12<sup>th</sup> HW M55 a-t); 70 Rowena Hornshaw 51:54 (84 finishers)

#### **Teams (3-to-score)**

**Men:** 1 Hercules Wimbledon 'A' 33; 2 Hercules Wimbledon 'B' 56; 3 Serpentine RC 62

**Women:** 1 Hercules Wimbledon 13

**Full results here:** <http://herculeswimbledonac.org.uk/wimbledon%2010%202009.htm>



A sunny start for the Geoff Moulden 10km

*Photo by Ray O'Donoghue*

**October 4: Mornington Chasers 10km, Regents Park**

1 Dave Peters (Herne Hill H) 33:34. **HW:** 55 Tom Morris (2<sup>nd</sup> M50) 41:57 (379 finishers)

**October 4: Budapest Marathon, Hungary**

1 Moses Chepkwony (Kenya) 2:25:16. **HW:** 20 Darren Meredith 2:47:21

**October 4: Loch Ness Marathon, Inverness, Scotland**

1 Simon Tonui (Birchfield H) 2:20:13. **HW:** 1120 Claire Morgan (2C) 4:08:52 (2173 finishers)

**October 4: Walter George Memorial Multi Terrain 10km, Calne, Wiltshire**

1 Simon Nott (John Bentley School) 34:30. **HW:** 60 Dennis Williams 52:47 (93 finishers)

**October 6: Kensington & Chelsea London Mini Marathon Trials, Holland Park**

**Boys 15-17:** 1 Liam White (HW – Cardinal Vaughan) 9:55 (19 finishers)

**Boys 13-14:** 1 Zewede Hamid (Holland Park) 11:22. **HW:** 8 Augustin Mallon (Lycee) 12:43 (40 finishers)

**Girls 13-14:** 1 Ella Dobson (HW – Queens Gate) 12:38 (58 finishers)

**October 6: Crystal Palace Canter, approx 3 miles, SE19**

1 Stuart Littlewood (HW) 19:48

**October 7: Woking Handicap 3 miles**

**Fastest:** 1 Rob Myring (Unattached) 17:19. **HW:** 22 Dennis Williams 23:01; 31 Kevin Burnett (2C) 27:28

**October 9: Crooklog 5km Road Handicap, Bexleyheath, Kent**

**Fastest:** 1 Steve Dipre (New Eltham Joggers) 18:27. **HW:** 7 Stuart Littlewood 20:43 (40 finishers)

**October 10: Sweatshop Surrey Men's League, Division 1, Match 1, Priory Park, Reigate****Seniors**

1 Benedict Whitby (Herne Hill H) 26:13. **HW:** 32 Alex Robinson (1<sup>st</sup> U20) 29:31; 38 Mike Halman 30:09; 40 Adam Przedzimirski 30:18; 56 Justin Kelly 31:09; 58 Benjamin Le Grand 31:13; 66 Richard Xerri 31:34; 71 Peter Lee 31:45; 84 Jamie Helmer 32:40; 87 Adam Sikora 32:50; 94 Rory McMahon 33:00; 98 Matthew Sharp 33:19; 99 Hugh Saxby 33:33; 101 Steve Sinnott 33:44; 112 Andy Waites 35:02; 119 Frank Wood 35:50; 128 Phil Glynn (late start) 36:12 (152 finishers)

**TEAMS:** 1 Herne Hill H 166; 2 Thames H&H 203; 3 Belgrave H 434; 4 Reigate Priory 451; 5 Guildford & Godalming 502; 6 South London H 506; 7 Hercules Wimbledon 575; 8 Epsom & Ewell H 588; 9 Ranelagh H 670

**U15/U17**

1 Joe Toomey (HW) 14:24. **Other HW:** 4 Ed Saywell 14:48; 13 Joe Clark (3<sup>rd</sup> U15) 15:56; 20 Augustin Mallon 17:20

**TEAMS:** 1 Herne Hill H 59; 2 South London H 68; 3 Hercules Wimbledon 73; 4 Reigate Priory 87; 5 Epsom & Ewell 100; 6 Guildford & Godalming 132

**U13**

1 Merhawi Tesfaldet (Herne Hill H) 14:30. **HW:** 3 Cassian Hyde 16:01; 9 Luke McIntosh 18:07; 12 Alex Bond 18:57; 17 Carl Reed 21:40

**TEAMS:** 1 Reigate Priory 61; 2 South London H 64; 3 Hercules Wimbledon 73; 4 Guildford & Godalming 100; 5 Herne Hill H 109



### **October 10: Surrey Ladies League, Division 2, Match 1, Priory Park, Reigate**

#### **Seniors**

1 Emily Alden (Epsom & Ewell H) 23:42. **HW:** 3 Claire Grima 25:41; 10 Kate Mellor 26:55; 16 Masumi Dobson 28:05; 31 Rosemary Fernando 29:33; 55 Amy Dolan 31:35; 87 Rowena Hornshaw 34:23 (139 finishers)

**Note:** In Division 1: 52 Anna Garnier (2C) 28:11

**TEAMS:** 1 Epsom & Ewell 42; 2 Kingston & Polytechnic 105; 3 Walton 109; 4 Hercules Wimbledon 115; 5 Striders of Croydon 128

#### **U13s**

1 Lucy Drummond (Epsom & Ewell H) 12:12. **HW:** 7 Rebecca Stone 13:55 (42 finishers)

### **October 10: parkrun 5km, Richmond Park**

1 Danny Norman (Stragglers) 17:19. **HW:** 23 Stephen McDuell 20:15 (191 finishers)

### **October 10: parkrun 5km, Wimbledon Common**

1 Eoin O'Connell (Serpentine) 16:54. **HW:** 44 Mark Bohan 22:00; 69 Elliott Laville 23:20; 83 Patrick Stone 24:49; 84 Georgina Stubbs 25:00 (129 finishers)

### **October 10: Blackheath & Bromley AC 5-mile XC Championship, West Wickham, Kent**

1 Alex Bruce-Littlewood (2C) 28:15

**Note:** In conjunction Alex also took his fourth Junior title in succession

### **October 11: Hässelbyloppet 10km, Sweden**

1 Erik Sjöqvist (Sweden) 30:31. **HW:** 19 Gervase King 34:28



Gervase braving the cold of a Swedish winter, strains towards the 10km finish line

Our newer members may not know of Gervase who way back in 1989 as an U20, clocked 1:55.20 over 800m. In recent years, while based in Sweden, has made a come back with some useful road performances

### **October 11: Henley Half Marathon**

1 Andrew Rayner (Blackheath & Bromley) 71:11. **HW:** 60 David Grima 89:13; 163 Yuzo Saito 95:43 (1523 finishers)

### **October 11: Royal Parks Half Marathon, London**

1 Paolo Sandall 69:31. **HW:** 493 Francesca Clarke 94:24 (8<sup>th</sup> HW W a-t/3<sup>rd</sup> HW W35 a-t); 494 Dave Clarke 94:24; 6174 Caroline Hicks 2:06:24; 6484 Hannah Long 2:08:21 (10,006 finishers)

**October 11: Dulwich Charity 10km, Dulwich Park, SE21**

1 Brian Wilder (Herne Hill H) 33:01; 2 James Trapmore (HW – 2C) 33:23 (414 finishers)

**October 11: Run Kingston 16 miles, Kingston-upon-Thames**

1 Tom Bedford (Shaftesbury Barnet) 88:30. **HW:** 127 Tom Cheetham 1:59:30 (627 finishers)

**October 11: Run Kingston 8.2 miles, Kingston-upon-Thames**

1 Grzegorz Sobczyk (Unattached) 42:11. **HW:** 138 Mike Kortenray (2<sup>nd</sup> M60) 61:18 (1094 finishers)

**October 14: Bridges 2.3 miles Handicap, Westminster Bridge**

**Fastest:** 1 Dave Cox (Woodford Green) 13:06. **HW:** 20 Dennis Williams 19:53

**October 17: parkrun 5km, Richmond Park**

1 John Brame (RG Active) 17:48. **HW:** 12 Stephen McDuell 19:34 (167 finishers)

**October 17: parkrun 5km, Roundshaw Downs, Croydon**

1 Richard Ward (Belgrave H) 17:32. **HW:** 6 Barry White 19:34 (51 finishers)

**October 17: parkrun 5km, Wimbledon Common**

1 Adam Vandenberg (HW) 16:45. **Other HW:** 3 Phillip Glynn 17:08; 9 David Grima 18:40; 28 Michaela Knespl (1<sup>st</sup> W) 20:39; 57 Rebecca Stone 22:45; 65 Elliot Laville 23:40; 72 Patrick Stone 24:34 (136 finishers)

**October 17: parkrun 5km, Bushy Park, Teddington**

1 Jimmy Goulis (Stragglers) 16:05. **HW:** 13 Matthew Sharp 18:04; 130 Barry King 21:52

**October 17: National 6-Stage Road Relays, Sutton Park, Sutton Coldfield**

**Fastest (5.847km):** Mo Farah (Newham &EB) 16:33. **HW (2C):** Alex Bruce-Littlewood 18:20; James Trapmore 19:03

**October 17: Surrey County AA Veterans XC Championships, Richmond Park, Petersham Men (10km)**

1 Andy Weir (Thames H&H) 34:24. **HW:** 9 Peter Lee (4<sup>th</sup> M40) 36:28; 20 Hugh Saxby (2<sup>nd</sup> M55) 38:12; 32 Steve Sinnott (14<sup>th</sup> M45) 39:42; 39 Frank Wood (15<sup>th</sup> M45) 40:58; 45 Peter Giles (2C – 1<sup>st</sup> M65) 41:58; 51 Martin Miller (4<sup>th</sup> M60) 43:00; 55 Tom Morris (14<sup>th</sup> M50) 43:23; 62 Maurice Sharp (7<sup>th</sup> M60) 44:17; 75 Fred Green (11<sup>th</sup> M60) 47:20; 78 Alan Turner (6<sup>th</sup> M65) 47:28; 88 Dennis Williams (15<sup>th</sup> M60) 53:24 (94 Finishers)

**TEAMS**

**M40-M49:** 1 South London H 26; 2 Guildford & Godalming 31; 3 Herne Hill H 32 ... 5 Hercules Wimbledon 45

**M60-M69:** 1 South London H 12; 2 Hercules Wimbledon 16; 3 Herne Hill H 35

**Women (6km)**

1 Suzanne Wood (Dorking & Mole Valley) 24:11. **HW:** 15 Anna Garnier (2C – 1<sup>st</sup> W55) 25:51; 16 Masumi Dobson (7<sup>th</sup> W40) 25:52; 38 Annmarie Seymour (11<sup>th</sup> W35) 30:29 (50 finishers)

**Full results:** <http://surreyathletics.org.uk/>

**October 17: XVI CARREIRA POPULAR TITO MARGARIDE a A PONTENOVA, 8.10km, Spain Women**

1 Raquel Ochoa Camargo Oviedo (Spain) 34:01; 2 Amandine King (HW) 34:09

**October 18: Wimbledon Audi 10km Road**

1 Salah Hmatou Amaidane (Sandblast) 32:41. **HW:** 7 Chris Coles 36:18; 8 Stuart Fraser (1<sup>st</sup> M40) 36:23; 91 Mark Bohan 43:51; 343 Patrick Stone 50:56 (757 finishers)

**TEAM:** 1 Serpentine RC 81; 2 Hercules Wimbledon 102; 3 Clapham Chasers 102

**October 18: Cabbage Patch 10-mile Road, Twickenham**

1 Moumin Geele (Newham & EB) 50:03. **HW:** 11 James Trapmore (2C) 54:33; 12 Adam

Przedzymirski 54:33; 145 Stephen McDuell 64:07 (1509 finishers)

**October 18: Amsterdam Marathon, Holland**

1 Gilbert Yegon (Kenya) 2:06:17. **HW:** 279 Kwame Okojie 2:55:38; 570 Stewart Bond 3:06:38 (6898 finishers)

**October 18: Cardiff Half Marathon, Wales**

1 Simon Johnson 65:48. **HW:** 164 Gerard Crispie (2C) 83:51 (8767 finishers)

**October 21: London Colleges Cross Country League, Parliament Hill****Women (2.5 miles)**

1 Harriet Scott (Imperial Coll) 14:00. **HW:** 23 Tamsin Cargill (Imperial Coll) 17:55 (52 finishers)

**October 24: parkrun 5km, Richmond Park**

1 James Flood (Stragglers) 17:29. **HW:** 25 Stephen McDuell 20:34 (164 finishers)

**October 24: parkrun 5km, Roundshaw Downs, Croydon**

1 Richard Ward (Belgrave H) 17:41. **HW:** 11 Martin O'Halloran 21:20 (53 finishers)

**October 24: parkrun 5km, Wimbledon Common**

1 Dave Symons (Thames H&H) 17:12; 2 Phil Glynn (HW) 17:15. **Other HW:** 5 Adam Sikora 18:06; 9 Andrew Davies (2C) 19:00; 19 Frank Wood 19:51; 36 Michaela Knespl (3<sup>rd</sup> W) 21:21; 40 Mark Bohan 21:36; 52 Charles Lawrie 22:25; 75 Patrick Stone 24:12; 88 Dennis Williams 25:40; 109 Steve Webb 27:01 (149 finishers)

**October 24: parkrun 5km, Blackweir, Cardiff, Wales**

1 Michael Johnson (Cardiff AAC) 15:02. **HW:** 18 Gerard Crispie (2C) 19:23 (115 finishers)

**October 24: Kent County Cross Country League, Somerhill School, Tonbridge**

1 Michael Coleman (Medway & Maidstone) 33:00. **HW:** 6 Alex Bruce-Littlewood (2C) 34:42 (148 finishers)

**October 25: BUPA Great South Run 10 miles, Portsmouth, Hants****Men**

1 Mo Farah (Newham & EB) 46:25. **HW:** 64 Peter Lee (4<sup>th</sup> M40) 59:49; 204 Matt Fell 66:57 (13,633 finishers)

**Women Elite**

1 Ines Monteiro (Portugal) 52:32. **HW:** 26 Zoe Pike 69:27

**October 25: Ronhill Surrey Classic 10km Road, Oxshott**

1 Alex Robinson (HW) 34:18. **Other HW:** 7 Chris Coles 36:45 (178 finishers)

**October 24: Bank of England AC Inter Club 5 miles, Richmond Park, Petersham**

1 Alan Barnes (Bank of England AC) 24:36. **HW:** 14 Anna Garnier (2C – 2nd W) 32:18 (32 finishers)

**October 24: Birmingham League, Senneleys Park, Birmingham**

1 Jean Ndayisenga (Birchfield H) 30:25. **HW:** 593 Colin Bricher (2C) 57:15 (599 finishers)

**October 25: Surrey County AA Sportshall, Match 1, The Spectrum, Guildford****U15 Boys**

**TEAM:** 1 Walton 395; 2 Sutton 355; 3 Kingston & Poly 335 ... 9 Hercules Wimbledon 162  
7<sup>th</sup> Spencer Felix-Otoo: 81.5 pts: **4-laps:** 51.9. **SLJ:** 2.40. **Speed Bounce:** 41

Devonce Hayford 50.5: **2-laps:** 26.0. **SLJ:** 1.67. **SP:** 6.66

**Paarlauf:** 118.4

**U13 Boys**

**TEAM:** 1 South London H 466.5; 2 Herne Hill H 457.5; 3 Camberley 378.5 ... 6 Hercules Wimbledon 355.6

10<sup>th</sup> Thomas Sorrell 50: **4-laps:** 62.3. **Speed Bounce:** 69

Luke McIntosh 46: **2-laps:** 27.5. **SLJ:** 1.99

David Landoul 44: **6-laps:** 100.2. **SP:** 4.43

Carl Reed 32: **4-laps:** 67.6. **Speed Bounce:** 57

Jonathan Dench 30.5: **2-laps:** 30.0. **SLJ:** 1.92

Max Wilkins 28: **6-laps:** 110.3. **SP:** 3.79

**Paarlauf:** 2:13.2. **3x2laps:** 1:54.0. **Obstacle race:** 2:33.0

**Non-scoring**

Belmar Costa: **4-laps:** 71.7. **SP:** 4.78

Rushad Doomasia: **2-laps:** 31.6. **SLJ:** 1.57

**U15 Girls**

**TEAM:** 1 Guildford & Godalming 446; 2 Epsom & Ewell H 417.5; 3 Herne Hill H 355.5 ... 10 Hercules Wimbledon 48

Maire Gilmartin 48: **4-laps:** 59.7. **SLJ:** 1.88. **Speed Bounce (n/s):** 59

**U13 Girls**

**TEAM:** 1 Guildford & Godalming 606; 2 Camberley 596.5; 3 Walton 579 ... 12 Hercules Wimbledon 256

1<sup>st</sup> Eleanor Smith-Hahn 72: **6-laps:** 96.1. **Speed Bounce:** 81

Rebecca Dinsdale 31.5: **2-laps:** 29.9. **SLJ:** 1.56

Imogen Willis 29: **2-laps:** 30.3. **SLJ:** 1.56

Alex Butterworth 18.5: **4-laps:** 76. **Speed Bounce:** 50

**4x2-laps:** 2:02.3. **Obstacle Race:** 2:26.7

**October 25: Carreira Pedestre Popular Camino De Santiago 12km, Santiago de Compostela, Spain**

1 Peter Kirui (Kenya) 34:22. **HW:** 1162 Amandine King 54:38 (3273 finishers)

**October 30: Serpentine Last Friday of the Month 5km, Hyde Park**

1 Florian Neuschwander (Unattached) 14:47. **HW:** 144 Dennis Williams 25:58 (192 finishers)

**October 31: East Surrey League Cross Country Races, Lloyd Park, Croydon, Surrey****Senior Men (5 miles)**

1 Chris Busileh (Herne Hill H) 29:29. **HW:** 11 Phil Glynn 31:18; 19 Adam Sikora 32:34; 23 Chris Coles 33:05; 28 Matthew Sharp 34:18; 32 Hugh Saxby (1<sup>st</sup> M55) 34:32; 37 David Grima 35:15; 48 Frank Wood (3<sup>rd</sup> M45) 35:55; 78 Maurice Sharp (1<sup>st</sup> M60) 39:47 (118 finishers)

**TEAM:** 1 Herne Hill H 19; 2 Epsom & Ewell H 21; 3 Herne Hill H 'B' 54 ... 5 Hercules Wimbledon 81; ... 12 Hercules Wimbledon 'B' 195

**U17 Men (2 miles)**

1 Peter Chambers (Croydon H) 12:10. **HW:** 3 Ed Saywell 12:35 (27 finishers)

**U13 Boys (2 miles)**

1 Cassian Hyde (HW) 13:16; 2 Charlie Wylie (Dorking & MV) 13:59. **Other HW:** 17 Carl Reed 18:45

## **East Surrey League**

**Note:** Presentations were made on the day for the 2008/9 season individual champions who included:

**U17M:** Liam White. **M50:** Hugh Saxby. **M60:** Dennis Williams, plus the League Trophy for the U17/U15 boys

### **October 31: parkrun 5km, Wimbledon Common**

1 Andrew Mercer (Unattached) 16:44. **HW:** 5 Darren Meredith 17:36; 16 Andrew Davies (2C) 18:39; 43 Michaela Knespl (3<sup>rd</sup> W) 21:01; 63 Charles Lawrie 22:02; 80 Elliot Laville 23:02; 89 Tomo Kikugawa 23:40; 122 Angela Kikugawa 26:24 (161 finishers)

### **October 31: parkrun 5km, Richmond Park**

1 Rob Downs (Wilmslow RC) 16:59. **HW:** 27 Stephen McDuell 20:53 (128 finishers)

### **October 31: parkrun 5km, Bushy Park, Teddington**

1 Jimmy Goulis (Stragglers) 16:12. **HW:** 6 Gary Blesson 17:17; 120 Barry King 22:09 (510 finishers)

### **October 31: National Cross Country Relays, Mansfield, Notts**

#### **Junior Men (3km)**

Alex Bruce-Littlewood (2C) 9:00.20 (4<sup>th</sup> fastest time of the day)

#### **Senior Women (3km)**

Katie Mellor (2C) 11:28.45

### **October 31: Halloween Horror 4 miles Multi Terrain, Moreton Morrell, Near Warwick**

1 Jack Mee (Leamington) 23:26. **HW:** 19 Colin Bricher (2C) 38:33 (50 finishers)

Note: Colin informs that the race started at 11pm, with the cross-country sections of the course being marked by LEDs in the form of arrows only visible from close up.

Runners were entertained by students jumping out attempting ghoulish sounds (these were organised as part of the race)

### **October 31: Thames H&H v Cambridge University, Wimbledon Common**

#### **Women (4 miles)**

1 Amanda Scott (Cambridge) 23:20. **HW:** 9 Anna Garnier (2C) 26:55