

HW Results September 2008

September 1: Borough of Wandsworth Open Meeting, Battersea Park

800: 2 Liam White 2:10.69

September 2: Crystal Palace Canter (approx 3 miles)

1 Stuart Littlewood (HW) 19:25

September 5: BBC 25th 10km Road Race, Regents Park

1 Hugh Saxby (HW) 38:17; 2 Steve Smythe (Dulwich R) 38:35. **Other HW:** 36 Marilena De Luca 47:27 (105 finishers)

September 6: Banstead Woods 5km Time Trial

1 Chris Phelan (South London H) 17:01. **HW:** 67 Rowena Hornshaw 24:37 (131 finishers)

September 6: Bushy Park 5km Time Trial, Teddington

1 James Trapmore (HW-2C) 16:39 (518 finishers)

September 6: Wimbledon Common 5km Time Trial

1 Liam White (HW) 17:03; 2 Will Cockerell (Belgrave H) 17:05; 3 Neil Aitken (HW-2C) 17:35. **Other HW:** 6 Graeme Buscke (2C) 18:10; 7 Alex Robinson 18:14; 16 Adam Vandenberg 18:44; 25 Deyan Knespl 20:00; 52 Michaela Knespl 22:14; 85 Rebecca Stone 24:48; 106 Steve Webb 27:10 (130 finishers)



Liam leading Will Cockerell of Belgrave H early on in the Wimbledon Common Time Trial...and their positions were identical at the finish as they remained first and second
Photo by Yuzo Saito

September 6: Golden Jubilee Cup Final, Bedford

3000: 6 Alex Bruce-Littlewood 9:04.71

September 6: Great Forest 10km Off-Road Run, Goudhurst, Kent

1 ??? 34:59. **HW:** 2 Gary Blesson 36:39 (332 finishers)

September 6: Stockholm Half Marathon, Sweden

1 Henrik Skoog (Sweden) 64:36. **HW:** 163 Gervase King 81:52 (**HW M35 record**)
(6808 finishers)

September 7: Abel Tasman Coastal Classic 36k off-road, New Zealand

Women: 1 Jackie Mexted (NZL) 3:02:51. **HW:** 38 Kirstina Moore 4:37:40

September 9: HSBC Cardiff 10km Road Race, Wales

1 Tom Humphries (Cannock & Staffs) 29:45. **HW:** 96 Gerard Crispie (2C) 39:05
(1332 finishers)

September 10: Bridges 2.3 mile Handicap, Westminster Bridge

Fastest: 1 Ali Yousof (West 4 H) 13:33. **HW:** 3 Mel Jones 14:32 (26 finishers)

September 13: Surrey County AA Road Relays, Wimbledon Park

Senior Men: 1 Belgrave H 1:30: 28; 2 South London H 1:32:01; 3 Herne Hill H 1:33:16; 4 Hercules Wimbledon 1:33:26 (Kieran White 14:55; Alex Robinson 16:12; Andrew Penney 15:33; Chris Coles 16:27; Aidan Hogan 15:01; Mike Halman 15:18) ... 13 Hercules Wimbledon 'B' 1:43:50 (John Querstret 17:31; Charlie Carrington 17:33; Lance Power 19:12; Geordie Logan 16:02; Belal Aly 15:33; Ed Reed 17:59) ... 17 Hercules Wimbledon 'C' 1:50:52 (Yuzo Saito 18:51; Neil Fraser 16:58; Maurice Sharp 20:29; Martin O'Halloran 19:07; Peter Lee 16:29; Martin Miller 18:58)

M50: 1 South London H 67:30 ... 5 Hercules Wimbledon 79:38 (Barry King 20:27; Steve Badgery 17:24; Ian Isherwood 22:51; Stuart Littlewood 18:56)

Senior Women: 1 South London H 70:32; 2 Hercules Wimbledon 72:34 (Estle Viljoen 18:06; Step Robson 17:30; Michaela Knespl 19:20; Claire Grima 17:38); 3 Ranelagh H 74:15 ... 11 Hercules Wimbledon B 83:40 (Sally Maddock 19:22; Amandine King 20:05; Rowena Hornshaw 22:32; Marilena De Luca 21:41)

Note: These were HW's first ever women's medals in this event

September 13: Richmond Park 5km Time Trial

1 James Flood (Unattached) 17:37. **HW:** 16 Stephen McDuell 21:24 (71 finishers)

September 13: Wimbledon Common 5km Time Trial

1 Adam Vandenberg (HW) 17:23. **Other HW:** 22 Matthew Appleby 20:22; 42 Bradlee Mulroe 22:08; 94 John Wasbrough 26:05; 100 Steve Webb 26:41 (133 finishers)

September 13: Self Transcendence 10 mile Road, Battersea Park

1 James Savage (Stourbridge RC) 55:30. **HW:** 3 Arnaud Claverie 58:30 (180 finishers)

September 14: 27th Hercules Wimbledon Young Athletes Meeting, Crystal Palace U17 Men

100 Race 1: 6 Henry Husband 12.1. **200 Race 2:** 4 Henry Husband 24.5. **800:** 6 Liam White 2:16.8; 7 Luis Costa 2:23.4. **1500:** 1 Liam White 4:15.5; 6 Joe Toomey 4:25.7; 11 Geordie Logan 4:35.4. **HJ:** 2 Geordie Logan 1.40.

England Athletics London Region Sprint Relay Championships

4x100: 3 Hercules Wimbledon 51.8 (H Husband, L White, L Costa, G Logan)

U15 Boys

100 Race 1: 1 Jonathan Osbourne 11.6; 3 Nathan Safo-Barnieh 11.9; 6 Tom Meehan 12.5. **Race 2:** 3 Poju Adesilu 12.6; 5 Andrew Clarke 12.7. **Race 3:** 1 Jose Costa 12.4. **Race 4:** 3 Tim Brown 13.2; 4 James Russell 14.1; 5 Ejaz Majoka 14.2. **200 Race 1:** 1 Jonathan Osbourne 23.5; 4 Nathan Safo-Barnieh 24.4. **Race 2:** 3 Jose Costa 25.4. **Race 3:** 3 Tom Meehan 25.6. **800:** 2 Ed Saywell 2:11.7. **1500:** 2 Ed Saywell 4:30.6 (10th HW U15B a-t). **HJ:** 2 Tim Brown 1.50. **LJ:** 2 Andrew Clarke 5.08. **SP:** 3 Andrew Clarke 10.09. **JT:** 2 Jose Costa 42.93 (3rd HW U15B a-t)

England Athletics London Region Sprint Relay Championships

4x100: 1 Hercules Wimbledon 47.9 (5th HW U15B a-t) (P Adesilu, J Costa, N Safo-Barnieh, J Osbourne); 3 Hercules Wimbledon 'B' 50.7 (T Meehan, E Saywell, T Brown, A Clarke)

U13 Boys

100 Race 1: 4 Emmanuel Obayuwana 14.3. **Race 2:** 5 Jonathan Dench 16.4. **Race 3:** 3 Felix Blanchard 15.3; 5 Roshad Doomasia 16.7. **200 Race 1:** 3 Tim Livingstone 28.4. **Race 2:** 2 Emmanuel Obayuwana 29.4. **Race 3:** 3 Felix Blanchard 31.8; 5 Jonathan Dench 33.5. **1500:** 6 Tim Livingstone 4:59.9. **LJ:** 1 Felix Blanchard 4.38 (17th HW U13B a-t); 3 Emmanuel Obayuwana 4.08; 12 Jonathan Dench 3.34. **SP:** 2 Tim Livingstone 8.20.

England Athletics London Region Sprint Relay Championships

4x100: 3 Hercules Wimbledon 60.6 (E Obayuwana, F Blanchard, T Livingstone, O Livingstone)

U11 Boys

1000: 13 Olly Livingstone 3:56.3.

U15 Girls

100 Race 3: 4 Sharon Obayuwana 13.8. **200 Race 2:** 3 Sharon Obayuwana 28.3. **800 Race 2:** 5 Connie Rose 2:53.3. **1500m:** 7 Connie Rose 5:37.0. **SP:** 5 Sharon Obayuwana 6.94.

U13 Girls

100 Race 2: 4 Dalia Serafy 14.7. **200 Race 1:** 3 Eleanor Smith-Hahn 29.4. **Race 3:** 6 Emma Headley 33.3. **800 Race 1:** 1 Eleanor Smith-Hahn 2:27.4. **Race 2:** 1 Emma Headley 2:43.2; 3 Marie Gilmartin 2:47.3; 5 Ella Dobson 2:56.9; 9 Imogen Willis 3:06.2. **LJ:** 3 Eleanor Smith-Hahn 3.93. **SP:** 1 Dalia Serafy 5.12; 2 Ella Dobson 4.85 (5th HW U13G a-t); 3 Emma Headley 4.73 (6th HW U13G a-t)

U11 Girls

600m Race 1: 4 Celia Willis 2:12.1; 11 Josie Kavanagh 2:36.4. **Race 2:** 7 Emily Dobson 2:20.6

Full results here:

<http://herculeswimbledonac.org.uk/HW%20YA%20Mtg%20Results%202008.pdf>

September 14: Experian Robin Hood Half Marathon, Nottingham

1 Ezekeic Cherop (Kenya) 65:28. **HW:** 33 Richard Xerri 75:05; 63 Naomi Warner (2C) 79:17 (6648 finishers)

September 14: Experian Robin Hood Marathon, Nottingham

1 Pumlani Bangani (Sale H) 2:25:28. **HW:** 130 Frank Wood 3:21:13 (1128 finishers)

September 14: Cheltenham Half Marathon

1 Dave Mitchinson (Newham & Essex Beagles) 70:09. **HW:** 32 Gary Blesson 81:32; 151 Yuzo Saito 92:21 (1097 finishers)

September 14: Reebok Bristol Half Marathon

1 Tom Payne (Winchester) 65:48. **HW:** 201 Gerard Crispie (2C) 84:40

September 14: London Duathlon, Richmond Park**Run 9km – Bike 20km – Run 5km**

1 Julien Lhomme 1:25:30 (31:15 – 35:56 – 16:04). **HW:** 38 Neil Aitken (2C) 1:34:13 (33:07 – 42:07 – 16:55); 46 Chris Coles 1:35:30 (33:18 – 41:48 – 17:20) (1767 finishers)

September 14: National Junior League Finals, Moorways Stadium, Derby

800 B: 3 Alex Bruce-Littlewood (2C) 1:59.81. **2000SC A:** 1 Alex Bruce-Littlewood (2C) 6:16.92

September 14: St Mary's Richmond AC Open Meeting, Twickenham**M50**

HJ: 1 Geoff Newby 1.10. **LJ:** 2 Geoff Newby 3.90 (7th **HW M50 a-t**). **TJ:** 1 Geoff Newby 7.50. **SP:** 3 Geoff Newby 7.72 (3rd **HW M50 a-t**). **DT:** 2 Geoff Newby 24.05 (4th **HW M50 a-t**). **HT:** 3 Geoff Newby 21.36 (4th **HW M50 a-t**). **JT:** 3 Geoff Newby 22.49 (5th **HW M50 a-t**)

September 15: OSJ Cross Mountain 20km Trail Race, Nagano, Japan

1 Y Kusunoki (Japan) 84:38. **HW:** 6 Jonathan Dobson (1st M40) 88:42 (149 finishers)

September 16: Woodford Green & Essex Ladies Open Meeting, Woodford

800 (A race): 4 Alex Bruce-Littlewood (2C) 2:00.36. **3000:** 3 Liam White 9:24.10 (8th **HW U17M a-t**)

September 20: Iona Meet of Champions (6km cross country), Van Cortland Park, New York, USA

1 Leah Rosenfeld (Penn State) 21:54.7. **HW:** 40 Medena Knespl (Boston College) 23:15.4 (224 finishers)

September 20: Lily B League Plate, Kingsmeadow Stadium

Match result: 1 Sutton & District 264 ... 4 Hercules Wimbledon 115

U17 Women

1500 A: 2 Megan Brown 6:39.1. **SP A:** 3 Megan Brown 5.12. **DT A:** 3 Megan Brown 10.60

U15 Girls

100 A: 6 Georgia Haigh 14.6 (=16th **HW U15G a-t**). **1500 A:** 4 Kate Buchanan 5:42.7

U13 Girls

100 A: 2 Eleanor Smith-Hahn 14.3. **B:** 3 Olivia Hogan 16.1. **n/s: (race 2):** 4 Georgina Prescott 17.3. **(race 3):** 5 Anna Silgo-Young 16.7. **200 A:** 6 Georgia Prescott 37.4.

800 A: 2 Maire Gilmartin 2:53.0. **B:** 2 Sydney Henderson 3:10.7, **1500 A:** 1 Eleanor Smith-Hahn 5:14.8. **70H A:** 2 Ella Dobson 16.9. **HJ A:** 1 Eleanor Smith-Hahn 1.33 (4th **HW U13G a-t**). **B:** 1 Maire Gilmartin 1.25. **n/s:** 3 Sydney Henderson 1.10; 4

Olivia Hogan 1.10. **SP A:** 4 Georgia Prescott 3.63. **DT A:** 4 Ella Dobson 11.34. **B:** 2 Sydney Henderson 10.81. **JT A:** 2 Olivia Hogan 7.27

U11 Girls (n/s)

75 (race 6): 3 Emily Dobson 12.9. **LJ (2):** 5 Emily Dobson 2.66

September 20: Banstead Woods 5km Time Trial

1 Chris Phelan (South London H) 16:48. **HW:** 65 Rowena Hornshaw 23:21 (166 finishers)

September 20: Bushy Park 5km Time Trial, Teddington

1 Will Cockerell (Belgrave H) 16:29. **HW:** 8 Peter Lee 17:32; 24 Steve Badgery 18:39; 99 Barry King 21:27 (414 finishers)

September 20: Wimbledon Common 5km Time Trial

1 Darryl McDonald (Ranelagh H) 17:02. **HW:** 12 Clare Grima (1st W) 18:43; 20 Yuzo Saito 20:01; 33 Maurice Sharp 21:27; 63 Rebecca Stone 24:01; 76 Ian Isherwood 25:10 (108 finishers)

September 20: Blackheath & Bromley Will Bolton XC Relays, West Wickham, Kent

Fastest laps: 1 Mike Skinner (B&B) 12:26; 2 Alex Bruce-Littlewood (HW-2C) 12:56

September 21: Sierra Leone War Trust for Children 5km Fun Run, Battersea Park

1 Tim Livingstone (HW) 19:28. **Other HW:** 3 Mark Livingstone 20:54; Oliver Livingstone 26.32

September 21: Swansea Bay 10km, Wales

1 William Chebon (Kenya) 29:23. **HW:** 30 Kieran White 34:00 (2744 finishers)

September 21: Monza Half Marathon, Italy

Women

1 Elisa Desco (Italy) 72:43. **HW:** 88 Marilena De Luca 1:46:58 (11th HW W a-t)

September 21: Crystal Palace Triathlon, Crystal Palace

1 Andrew Mercer (Serpentine) 57:30 (7:01 – 33:47 – 16:41). **HW:** 5 Dion Harrison 58:09 (5:40 – 36:11 – 16:16); 68 Neil Aitken (2C) 70:24 (12:09 – 41:24 – 16:49) (360 finishers)

September 21: Sydney Marathon, Australia

1 Julius Maritim (Kenya) 2:19:01. **HW:** 1554 Kirstina Moore 4:38:11 (16th HW W a-t) (1935 finishers)

September 21: Chris Ingram Memorial 5-mile Road Race, Melton Mowbray, Leicestershire

1 Chris Southam (Stilton Striders) 27:20. **HW:** 47 Anna Garnier (2C) (1st W45) 36:46 (109 finishers)

September 21: Cransley Half, Cranford St Andrew, Northants

1 M Aldridge (Wootton RR) 71:07. **HW:** 143 Colin Bricher (2C) 2:17:47 (157 finishers)

September 24: Wimbledon College Inter Schools Cross-country (5km), Wimbledon Common

1 Ralph Street (Tiffin) 18:36. **HW:** 2 Geordie Logan (Wimb Coll) 18:40; 7 Deyan Knespl (Wimb Coll) 20:19 (50 finishers)

September 25: Ron Hill's 70th Birthday 5km Road Race, Littleborough, near Rochdale, Greater Manchester

1 Steve Vernon (Stockport H) 15:27. **HW:** 106 Stuart Littlewood 20:18 (466 finishers)

September 26: Serpentine RC Last Friday of the Month 5km, Hyde Park

1 Orlando Edwards (Shaftesbury Barnet H) 15:26. **HW:** 10 Ben Cummins (2C) 17:26; 130 Marilena De Luca 22:31; 153 Ian Isherwood 24:08 (228 finishers)

September 27: South of England Road Relays, Aldershot Senior Men

1 Belgrave Harriers 1:50:24 ... 33 Hercules Wimbledon 'A' 2:02:08 (Aidan Hogan 18:58, Belal Aly 19:40, Richard Xerri 20:21, Alex Robinson 22:20, Mike Halman 20:00, Jamie Helmer 20:49) ... 60 Hercules Wimbledon 'B' 2:12:18 (Geordie Logan 21:24, Neil Fraser 23:04, Joe Toomey 21:30, Chris Coles 21:47, Andy Waites 22:04, Aidan Hogan 22:29) (76 teams finished)

Note HW 2C: Alex Bruce-Littlewood (Blackheath & Bromley) 18:52, James Trapmore (Shaftesbury Barnet) 19:17

Fastest: 1 Scott Overall (Blackheath & Bromley) 17:26; 2 Andy Vernon (Aldershot, Farnham & District) 17:36; 3 Phil Wicks (Belgrave H) 17:41

M60

HW: Martin Miller 24:18 (10th fastest M60)

Full results can be found here: <http://www.afd.org.uk/general/relays7.htm>

September 27: Wimbledon Common 5km Time Trial

1 Andy Robinson (Thames H&H) 17:20. **HW:** 3 Stuart Fraser 17:29; 23 Yuzo Saito 19:51; 24 Deyan Knespl 19:57; 28 Bradlee Mulroe 20:41; 29 Michaela Knespl 20:43; 83 Angela Kikugawa (2C) 25:08. (113 finishers)

September 27: Kingston & Poly Inter Club 5-miles XC, Richmond Park, Sheen

1 Andy Arbour (K&P) 28:43. **HW:** 4 Frank Wood 33.45

September 28: Berlin Marathon, Germany

1 Haile Gebrselassie (Ethiopia) 2:03:59 (WR). **HW:** 575 Jonathan Dobson 2:50:42 (7th HW M40 a-t); 733 Peter Lee 2:53:41; 846 Gerard Crispie (2C) 2:55:08; 3902 Steve Badgery 3:19:25 (28,357 finishers)

September 27: Inter Area Race Walk 5,000m Track, Worcester Women

1 Estle Viljoen (HW/South of England) 25:58.9

September 27/28: Women's Spring Challenge, Kaikoura, New Zealand

(12-hour adventure race inc, running, rafting, hiking & mountain biking)

HW: Kirstina Moore 14:30:06 (as part of 25th placed team)