

HW Results September 2009

**September 5: UK School Games, Cardiff, Wales**

**Boys 1500:** 1 Liam White (London) 4:00.84

**September 5: Southern Women's League, Division 2S, Wimbledon Park**

**Match result:** 1 East Grinstead AC 297; 2 Paddock Wood AC 213; 3 Redhill & Surrey Beagles/Dorking Mole Valley 176; 4 Hercules Wimbledon AC 147; 5 Chiltern Harriers 39; 6 Swale Combined 20  
(Phoenix AC did not appear)

**Seniors**

**800 A:** 2 Claire Grima 2:41.7. **B:** 1 Georgia Haigh 2:59.7

**1500 A:** 2 Claire Grima 5:16.9. **B:** 1 Nicola Craig 6:16.4 (2<sup>nd</sup> HW W45 a-t)

**3000 A:** 2 Claire Grima HW 10:40.1. **B:** 1 Caroline Hicks 13:13.0

**SP A:** 4 Ann Martin 5.79 (HW W45 record)

**DT A:** 2 Olivia Archdeacon 19.33. **B:** 3 Hannah Long 13.42

**HT A:** 4 Ann Martin 19.18 (HW W45 record)

**U15 Girls**

**100 A:** 2 Dalia Serafy 14.3. **B:** 1 Jowita Miesziowska 14.0

**200 A:** 1 Jowita Miesziowska 29.3 (18<sup>th</sup> HW U15G a-t). **B:** 3 Rebecca Stone 34.7

**800 A:** 3 Maire Gilmartin 2:46.4

**1500 A:** 1 Rebecca Stone 5:38.8. **B:** 2 Emma Headley 5:59.0

**75mH A:** 2 Rebecca Dinsdale 15.3

**HJ A:** 2 Jowita Miesziowska 1.38 (11<sup>th</sup> HW U15G a-t). **B:** 2 Maire Gilmartin 1.30

**LJ A:** 3 Rebecca Stone 3.81 (9<sup>th</sup> HW U13G a-t)

**SP A:** 3 Dalia Serafy 5.06

**DT A:** 3 Maire Gilmartin 14.64

**JT A:** 4 Rebecca Dinsdale 12.35

**4x100m:** 3 Hercules Wimbledon 59.9 (M Gilmartin, R Dinsdale, R Stone, J Miesziowska)

Full results here: <http://herculeswimbledonac.org.uk/results.htm#5/09>





The ladies of HW enjoying their day in the sun at the Southern Women's League  
Photos by Ray O'Donoghue

**September 5: UK Athletics 10km Road Walking Championships, Leicester**

1 Johanna Jackson (Middlesborough & Cleveland AC) 46:24; 2 Estle Viljoen (HW) 54:11

**British Masters Championship (held in conjunction)**

**W35:** 1 Estle Viljoen

**September 5: parkrun 5km, Wimbledon Common**

1 Eoin O'Connell (Serpentine) 16:57; 2 Darren Meredith (HW) 17:00. **Other HW:** 7 Andrew Davies (2C) 17:53; 12 David Grima 18:35; 13 Adam Sikora 18:37; 42 Mark Bohan 20:57; 116 Georgina Stubbs 25:27 (168 finishers)

**September 5: parkrun 5km, Bushy Park, Teddington**

1 Tim Doran (OWLS) 16:30. **HW:** 107 Maurice Sharp 21:01; 158 Barry King 22:17 (608 finishers – record)

**September 5: Middle Distance Half Iron Duathlon, Dorney Lake, Berks  
Swim 2km – Run 21.1km)**

1 Deon Coetzee (HW) 1:49:36 (27:50 – 80:32) (92 finishers)

**September 6: Cardiff 10km, Wales**

1 Jean Nydisenga (Bromsgrove & Redditch) 29:26. **HW:** 53 Richard Xerri 35:34; 111 Gerard Crispie (2C) 39:32 (2116 finishers)

**September 6: Newbury Sprint Triathlon, Berks****Swim 300m – Bike 22km – Run 5km**

1 Nigel Crowther (Reading CC) 60:10 (no breakdown of events). **HW:** 23 Steph Robson (2<sup>nd</sup> W) 68:25 (5:49 – 41:33 – 19:14) (349 finishers)

**September 6: Bristol Half Marathon**

1 Ezekiel Cherop (Birchfield H) 63:26. **HW:** 2206 Chantal Toussaint 1:44:31 (13<sup>th</sup> HW W a-t)

**September 9: Watford Open Meeting**

**1500 E:** 11 Stuart Littlewood 5:37.85

**3000 A:** 1 Alex Bruce-Littlewood (2C) 8:40.34

**September 9: Bridges Handicap 2.3 miles, Westminster Bridge**

**Fastest:** 1 Les Thomas (Riverside Runners) 12:27. **HW:** 8 Tom Morris 15:45; 23 Dennis Williams 19:00

**September 12: parkrun 5km, Bushy Park, Teddington**

1 Tom Bedford (Shaftesbury Barnet) 15:35. **HW:** 12 John Querstret (2C) 17:47; 117 Barry King 22:00 (532 finishers)

**September 12: parkrun 5km, Wimbledon Common**

1 Eoin O'Connell (Serpentine RC) 17:06. **HW:** 6 David Grima 18:40; 7 Claire Grima (1<sup>st</sup> W) 18:42; 31 Mark Bohan 20:57; 36 Charles Lawrie 21:25; 75 Patrick Stone 24:50 (166 finishers)

**September 12: Surrey County AA Road Relay Championships, Wimbledon Park****Senior Men (6 x 3 miles (approx))**

1 Thames Hare & Hounds 91:16; Herne Hill H 93:43; 3 Hercules Wimbledon 94:17 (Alex Robinson 15:23; Andrew Penney 15:12; Adam Przedzimirski 15:11; Chris Coles 16:22; Justin Kelly 15:50; Geordie Logan 16:19)... 21 Hercules Wimbledon 'B' 116:22 (Deyan Knespl 19:12; Neil Fraser 17:06; Adam Sikora 20:42\* ; Nicola Craig 20:07; David Craig 22:17; Andrew Davies 16:58)

**Note:** \*Adam Sikora true time should be 17:27. Through no fault of his own, there was a mishap at take-over

**Fastest:** 1 James McMullen (Thames) 14:14 ... 8= Adam Przedzimirski 15:11 ... 10= Andrew Penney 15:12

**M40 (4 x 3 miles (approx))**

1 Herne Hill H 66:01; 2 South London H 66:40; 3 Hercules Wimbledon 68:18 (Peter Clarke 17:25; Stewart Bond 17:49; Peter Lee 16:27; Stuart Fraser 16:37)

**M50 (4 x 3 miles (approx))**

1 South London H 66:30; 2 Ranelagh 69:49; 3 Dorking & Mole Valley 71:51 ... 9 Hercules Wimbledon 79:44 (Stuart Littlewood 19:16; Fred Green 22:05; Martin Miller 19:43; Steve Badgery 18:40)

**Senior Women (4 x 3 miles (approx))**

1 Ranelagh H 71:17; 2 South London H 71:47; 3 Epsom & Ewell H 73:42 ... 5 Hercules Wimbledon 77:14 (Michaela Knespl 19:54; Steph Robson 17:46; Rosemary Fernando 20:42; Estle Viljoen 18:53... 11 Hercules Wimbledon 'B' 84:15 (Kate Mellor 19:06; Jennifer Fernando 20:25; Chantel Toussaint 20:55; Annemarie Seymour 23:35); 15 Hercules Wimbledon 'C' 91:34 (Tiphany Guehn 22:28; Hannah Long 24:25; Fenella Willis 24:04; Debbie Noel 20:37)

**Fastest:** 1 Georgie Bruinvels (SLH) 16:05 ... 10 Steph Robson 17:46

Full results on [www.belgraveharriers.com](http://www.belgraveharriers.com)



Some action from the lens of Ray O'Donoghue at the Surrey Road Relays



(1) The HW Senior Men's team proudly display their bronze Surrey Championship medals



Adam prior to forging ahead to see HW in the lead at the half-way point  
Stewart and Peter collect the M40 bronze medals from the County President, our own Tom Pollak

### September 12: Lily B Plate, West Ewell

**Match:** 1 Epsom & Ewell 355; 2 Kingston & Polytechnic 214; 3 Dorking/Holland Sports 189.5; 4 Sutton 188; 5 Hercules Wimbledon 84.5

#### U15 Girls

**100 A:** 3 Jowita Miesziowska 14.2

**800 A:** 2 Maire Gilmartin 2:39.2

**HJ A:** 4 Jowita Miesziowska 1.35. **B:** 3 Maire Gilmartin 1.30

**LJ A:** 1 Jowita Miesziowska 4.29 (11<sup>th</sup> HW U15G a-t)

**SP A:** 3 Maire Gilmartin 6.02

#### U13 Girls

**100 A:** 1 Eleanor Smith-Hahn 13.8. **B:** 4 Rebecca Dinsdale 15.7

**200 A:** 3 Rebecca Dinsdale 33.3

**1500 A:** 2 Rebecca Stone 5:36.7. **B:** 1 Emma Headley 5:52.9

**70H A:** 4 Eleanor Smith-Hahn 13.8. **B:** 4 Rebecca Dinsdale 13.9

**HJ A:** 5 Rebecca Stone 1.10

**LJ A:** 2 Rebecca Stone 3.77. **B:** 2 Emma Headley 3.13

#### U11 (non scoring)

**600:** 6 Kate Headley 2:16.0

**LJ:** 22 Kate Headley 2.42

### September 12: Stockholm Half Marathon, Sweden

1 Daniel Woldu (Switzerland) 66:54. **HW:** 63 Gervase King 78:55 (HW M35 record)  
(8282 finishers)

### September 13: British Masters Championships, Oxford

#### M65

**10,000:** 1 Peter Giles 39:35.05 (HW /M65 record - also superior to M60 record)

### September 13: St Mary's Richmond Open Meeting, Twickenham

#### M45

**400:** 1 Mark Baker 57.3

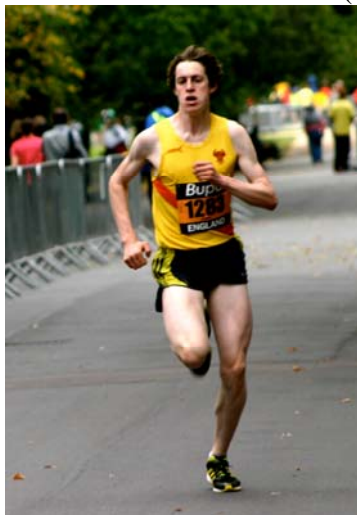
#### M70

**HT:** 1 John Webster 35.45 (HW M70 record)

**JT:** 1 John Webster 27.94

### September 13: BUPA Greater London Run 5km, Regents Park

1 Andy Baddely (Harrow AC) 13:45. **HW:** 17 Liam White 16:12 (1710 finishers)



'Storming' Liam nears the finish after his fine run in Regents Park

**September 13: Trafford 10km, Manchester**

1 Mark Warmby (Newham & EB) 30:17. **HW:** 18 Mike Halman 33:21 (308 finishers)

**September 13: Chippenham Half Marathon, Wilts**

1 Adrian Marriott (Wells City – formerly HW) 69:36. **HW:** 78 Gerard Crispie (2C) 87:24 (1376 finishers)

**September 13: Richmond 10km River Run, Multi Terrain, Richmond, Surrey**

1 Timo Leppäkorpi (Finland) 37:04. **HW:** 47 Mike Kortenray (1<sup>st</sup> M60) 45:21 (9<sup>th</sup> HW M60 a-t) (488 finishers)

**September 13: National Junior League Final, Moorways Stadium, Derby**

**800 A:** 6 Alex Bruce-Littlewood (2C) 1:58.06

**1500 A:** 4 Alex Bruce-Littlewood (2C) 4:09.17

**2000SC A:** 4 Alex Bruce-Littlewood (2C) 6:15.54

**September 13: Surrey County Multi Events Champs, Horsham, Sussex****U13 Girls pentathlon**

3 Eleanor Smith-Hahn 1976 points (**HW U13G record**): (**LJ:** 3.95/-2.9w. **70H:** 13.51/-2.1w. **SP:** 7.01 (2<sup>nd</sup> HW U13G a-t)). **HJ:** 1.24. **800:** 2:40.75)

**September 13: Robin Hood Marathon, Nottingham**

1 David Kirkland (Alnwick H) 2:26:43. **HW:** 158 Frank Wood 3:21:46 (1325 finishers)

**September 17: Civil Service Veterans Championships, Loughborough University****Women**

**3000:** 10 Angela Kikugawa 15:19.9 (2<sup>nd</sup> HW W45 a-t)

**September 19: British Athletic League Qualifying Match, Abingdon, Oxon**

**Match result:** 1 Mansfield H 334; 2 Glasgow City 314; 3 Victoria Park & Tower Hamlets 300; 4 Reading AC 259; 5 Nene Valley H 251; 6 Hercules Wimbledon 251; 7 Edinburgh 246; 8 City of Norwich 236

**100 A:** 2 Dwayne Dowding 11.12/-0.2w. **B:** 7 Richard Agyapong 11.54/-0.2w

**200 A:** 2 Dwayne Dowding 21.78/-0.3w. **B:** 4 Richard Agyapong 23.06/+1.5w

**400 A:** 8 Jonathan Osbourne 58.66 (injured). **B:** 5 James Garnier 52.00

**800 A:** 5 Liam White 1:57.44. **B:** 7 Lance Power 2:04.43

**1500 A:** 4 Andrew Penney 4:04.12 (10<sup>th</sup> HW U20 a-t). **B:** 3 Liam White 4:11.91

**5000 A:** 6 Kieran White 15:44.04. **B:** 2 Adam Przedzimirski 15:52.06

**3000SC A:** 6 Geordie Logan 10:34.76. **B:** 6 Rory McMahon 10:41.94

**110H A:** 2 Austin Ferns 15.48/-1.7w. **B:** 2 Steve Davies 16.45/-0.2w

**400H A:** 4 Austin Ferns 55.04. **B:** 3 Steve Davies 58.62

**HJ A:** 4 Ove Lindekliev 1.85. **B:** 4 Steve Davies 1.75

**PV A:** 7 Ove Lindekliev 3.40. **B:** 6 Dominic Getting 3.00

**LJ A:** 3 Royden John 6.71/+0.4w. **B:** 6 Jimmy Seruchera 5.67/0.0w

**TJ A:** 7 Royden John 12.39/0.0w. **B:** 4 Jimmy Seruchera 11.98/-0.7w

**SP A:** 2 Ove Lindekliev 13.19. **B:** 3 Per Nystrom 11.27

**DT A:** 2 Ove Lindekliev 38.95

**HT A:** 8 John Brown 28.05. **B:** 5 Per Nystrom 26.94

**JT A:** 6 Ove Lindekliev 42.75. **B:** 6 Per Nystrom 38.92

**4x100:** 7 Hercules Wimbledon 45.76 (R Agyapong, R John, J Seruchera, D Dowding)

**4x400:** 6 Hercules Wimbledon 3: 34.71 (J Garnier 53.0, A Penney 53.9, E Ferns 53.5, H Agboke 54.5)







Some fine photos by Richard Xerri on HW efforts to 'gatecrash' the British League at Abingdon

**September 19: parkrun 5km, Wimbledon Common**

1 Andrew Mercer (Unattached) 16:56; 2 Stuart Fraser (HW) 17:17. **Other HW:** 4 Andrew Davies (2C) 17:55; 5 Matthew Sharp 18:10; 7 Steve Sinnott 18:14; 27 Mark Bohan 19:57; 36 Charles Lawrie 20:44; 83 Rebecca Stone 24:01; 115 Patrick Stone 26:12 (162 finishers)

**September 19: parkrun 5km, Richmond Park**

1 James Taylor-Caldwell (Ranelagh H) 17:21. **HW:** 18 Stephen McDuell 20:29; 22 Yuzo Saito 20:55 (143 finishers)

**September 19: parkrun 5km, Bushy Park, Teddington**

1 Gary Thornton (Kent AC) 15:06. **HW:** 47 Camille Duval 19:18; 129 Barry King 21:35 (566 finishers)

**September 19: Self-Transcendence 10km, Battersea Park**

1 Hassan Raidi (Belgrave H) 34:08. **HW:** 33 Frank Wood 39.41 (12<sup>th</sup> HW M45 a-t) (252 finishers)

**September 19: London Tree-Athlon 5km, Battersea Park**

**HW:** 3 Adam Sikora 18:00 (no other results available)

**September 19: Blackheath & Bromley Will Bolton XC Relays, West Wickham, Kent**

**In winning B&B team:** Alex Bruce-Littlewood 12:41 (2<sup>nd</sup> fastest time of the day)

**In Mixed B&B team:** Stuart Littlewood 17:39

**September 19: Self-Transcendence 10km, Battersea Park**

1 Hassan Raidi (Belgrave H) 34:08. **HW:** 33 Frank Wood 39.41 (12<sup>th</sup> HW M45 a-t) (252 finishers)

**September 20: Berlin Marathon, Germany**

**Men:** 1 Haile Gebrselassie (Ethiopia) 2:06:08. **HW:** 452 Peter Lee 2:49:49 (7<sup>th</sup> HW M40 a-t); 603 John Querstret (2C) 2:53:23 (27,934 finishers)

**Women:** 1 Atsede Habtamu (Ethiopia) 2:24:47. **HW:** 419 Masumi Dobson 3:35:30 (HW W40 record & 9<sup>th</sup> HW W a-t) (7060 finishers)

**September 20: BUPA Great North Run Half Marathon, Newcastle**

**Women:** 1 Jessica Augusto 69:08. **HW:** 143 Sally Thomson 99:02 (12<sup>th</sup> HW W a-t)

**September 20: HW 7upsanovers Sports Day, Wimbledon Park**

49 excited youngsters from Pat Yeates' group each contested six different events

**Full Results here:** <http://herculeswimbledonac.org.uk/results.htm#20/09>

**September 20: Tunbridge Wells 10km, Kent**

1 Gavin Thompson (Crawley) 34:01. **HW:** Annemarie Seymour 53:46

**September 20: Stansted Slog Hilly Trail Half Marathon, Hampshire**

1 Mike Halman (HW) 79:45. **Other HW:** 7 Rory McMahon 89:31 (approx 130 finishers)

**September 20: Stansted Slug Hilly Trail 8 miles, Hampshire**

1 John Manning (Denmead Striders) 49:33. **HW:** 12 Martin Miller (1<sup>st</sup> M60) 60:05; 15 Barry White 62:48

**September 23: Watford Open Meeting, Herts**

**3000:** 4 Liam White 8:51.70; 6 Adam Przedzimirski 9:01.37

**September 24: Ron Wheeler Quarterly 5km, Wapping, London**

1 Dave Moore (Thames H&H) 16:36; 2 Stuart Fraser (HW) 16:49 (35 finishers)

**September 24: Ron Hill 71<sup>st</sup> Birthday 5km, Littleborough, Greater Manchester, Lancs**

1 Ian Grime (Newham & EB) 15:53. **HW:** 230 Dennis Williams 26:22 (328 finishers)

**September 25: Serpentine RC Last Friday of the Month 5km, Hyde Park, London**

1 Russell Bentley (Blackheath & Bromley) 15:43. **HW:** 161 Georgina Stubbs 24:58 (216 finishers)

**September 26: parkrun 5km, Richmond Park**

1 Jordan Mungovan (unattached) 17:48. **HW:** 19 Stephen McDuell 19:45 (156 finishers)

**September 26: parkrun 5km, Roundshaw Downs, Croydon**

1 Richard Ward (Belgrave H) 16:24. **HW:** 7 Barry White 19:46 (47 finishers)

**September 26: parkrun 5km, Wimbledon Common**

1 Eoin O'Connell (Serpentine RC) 16:56. **HW:** 4 James Garnier 17:52; 25 Charles Lawrie 20:56; 26 Yuzo Saito 20:57; 34 Michaela Knespl 21:42; 40 Rebecca Stone 22:17; 97 Angela Kikugawa 26:19; 108 Adam Fenton (2C) 27:34 (156 finishers)

**September 26: parkrun 5km, Bushy Park, Teddington**

1 Sean Renfer (Elmbridge RRC) 16:26. **HW:** 3 Alex Robinson 16:49; 39 Peter Giles 18:52 (**M65 course record**); 57 Steve Badgery 19:24; 153 Barry King 21:49 (550 finishers)

**September 26: Kingston & Poly AC Inter Club 5, Richmond Park, Sheen**

1 Andy Arbour (K&P) 28:45. **HW:** 19 Rowena Hornshaw 42:30

**September 26: South of England Road Relays, Aldershot**

**Veteran Women:** Anna Garnier (2C) 15:25 (=14<sup>th</sup> fastest)

**September 26: X Terrain Festival Aquathlon, Camberley  
Swim 1.5km - Run 10km (off road)**

1 James Gibson (Trilife) 61:15; 2 Deon Coetzee (HW) 62:30

No breakdown of individual disciplines shown in results

### September 26: Lidingöloppet 30km Cross Country, Lidingö, Sweden

1 Japhet Kipkorir (Sweden) 99:42. **HW:** 289 Gervase King 2:13:27

**Note: former HW member:** 12 Ray Ward 1:48:38 (10,143 finishers)

The above is said to be the biggest XC race in the world

### September 26: For Goodness Shakes X-Terrain Festival, off road 10k, Hawley Lake Camberley

1 William Clark (Epsom & Ewell) 35:40; 2 Adam Przedzimirski (HW) 35:45 (139 finishers)

### September 27: South of England Men's Road Relays, Aldershot

#### Seniors

1 Aldershot, Farnham & Dist 1:49:28 ... 43 Hercules Wimbledon 'A' 2:05:55 (Chris Coles 21:54, Benjamin Le Grand 21:01, Justin Kelly 21:26, Adam Przedzimirski 20:27, Michael Halman 20:23, Alex Robinson 20:44) ... 60 Hercules Wimbledon 'B' 2:09:38 (Liam White 19:54, Adam Sikora 22:17, Belal Aly 22:08, Hussein Ahmed Aly 23:05; Joe Toomey 21:27; Liam White 20:47) (78 teams closed in)

**Note:** Alex Bruce-Littlewood (2C) 18:41, James Trapmore (2C) 19:17

#### M40

1 Herne Hill H 79:33 ... 18 Hercules Wimbledon 89:42 (Stewart Bond 22:57, Dave Clarke (M50) 20:40, Frank Wood 24:11, Peter Lee 21:54) (39 teams closed in)

**Note:** If Dave had competed in M50 race he would have been credited as 2<sup>nd</sup> fastest M50

#### M50

1 South London H 87:00 ... 15 Hercules Wimbledon 1:42:16 (Stuart Littlewood 25:09, Hugh Saxby 23:25, Stuart Littlewood 29:59; Hugh Saxby 23:43) (19 teams closed in)

#### M60

1 Oxford City 96:25 ... Hercules Wimbledon – incomplete (Martin Miller (=12<sup>th</sup> fastest) 24:53, Maurice Sharp 26:16, Fred Green 28:44)

Full results available here: <http://www.afd.org.uk/general/relays8.htm>



A day at the Aldershot Relays Photos courtesy of Adam P



**September 26: For Goodness Shakes X-Terrain Festival, off road 10k, Hawley Lake Camberley**  
 1 William Clark (Epsom & Ewell) 35:40; 2 Adam Przedzimirski (HW) 35:45 (139 finishers)

**September 26: Inter Area Road Race Walking 5km Championship, Doncaster**  
**Women:** 1 Estle Viljoen (HW) 26:50

**September 27: Run to the Beat Half Marathon, Greenwich**  
 1 Ezekiel Cherop (Kenya) 63:00. **HW:** 18 Phil Glynn 78.00; 3831 Caroline Glynn 2:09:42 (9035 finishers)

**September 27: New Forest Half Marathon**  
 1 Steve Jeffery (Basingstoke & Mid Hants) 75:50. **HW:** 209 Deborah Noel 98:41 (12<sup>th</sup> HW W a-t) (1874 finishers)

**September 27: Swansea Bay 10km, Wales**  
 1 Jean Ndyasenga (Birchfield H) 30:18. 1 **HW:** 157 Gerard Crispie (2C) 39:53 (2802 finishers)

**September 27: Folkestone Rotary Half Marathon, Kent**  
 1 Michael Coleman (Medway & Maidstone) 70:09. **HW:** 117 Tom Cheetham 98:14 (576 finishers)