

HW results August 2011

August 1: Self Transcendence 2 miles, Battersea Park

1 Mike Cummings (Herne Hill H) 9:50. **HW:** 37 Anastasia Hancock 13:43; 38 Dennis Williams 13:49; 55 Ian Isherwood 16:44 (71 finishers)

August 2: Crystal Palace Canter, approx 3 miles, SE19

1 Tony Harran (Herne Hill H) 18:40. **HW:** 9 Dennis Williams 24:15 (14 finishers)

August 3: Veterans AC Meeting, Wimbledon Park

100 (Race 1): 4 Stuart White 13.2; 5 David Harris 13.5

200 (Race 1): 1 Mark Giraud 24.7

400 (Race 1): 1 David Harris 61.3 (2nd HW M35 all-time); 2 Stuart White 63.1; 6 Dave Orchard 67.4

1 mile: 2 Stephen McDuell 5:05.0; 7 Angela Kikugawa 7:30.2 (HW W45 record)

SP

M35: 1 David Harris 7.29 (5th HW M35 all-time)

M50: 1 Dave Orchard 10.87 (HW M50 record)

M70: 1 John Webster 7.26; 2 Kevin Burnett (2C) 6.41

DT:

M35: 1 David Harris 19.96 (4th HW M35 all-time)

M50: 1 Dave Orchard 31.84

M70: 1 John Webster 20.65; 2 Kevin Burnett (2C) 20.03

Here are a classy couple of videos of the meeting by Dave Orchard: a budding Steven Spielberg

http://www.youtube.com/watch?v=HvNWOgg_O1Y

<http://www.youtube.com/watch?v=opSSIGkjs0k>

Some photos of the meeting can be viewed here <http://imagetogo.net/go/?24503>

August 3: Woking AC Open Meeting

100 (race 2): 3 Richard Agyapong 11.37/+0.8

200 (race 1): 4 Richard Agyapong 22.87/-0.6

400 (race 2): 3 Hamed Agboke 51.8

August 5: IAAF Diamond League Meeting, Crystal Palace

U20

3000: 20 Liam White 8:46.67

August 5: Blisworth 5: Blisworth, Northants

1 Darren Deed (Bedford & Cty) 24:51. **HW:** 201 Colin Bricher (2C) 43:22 (272 finishers)

August 6: parkrun 5km, Crystal Palace

1 Orlando Edwards (Shaftesbury Barnet H) 16:07; 2 James Trapmore (HW-2C) 16:25 (48 finishers)

August 6: parkrun 5km, Kingston

1 Roy Reeder (Stragglers) 18:29. **HW:** 16 Dennis Williams 23:18 (32 finishers)

August 6: parkrun 5km, Roundshaw Downs, Croydon

1 Neil Reissland (Collingwood) 17:57. **HW:** 14 Martin O'Halloran 22:17 (89 finishers)

August 6: parkrun 5km, Wimbledon Common

1 Jonathan Stead (Herne Hill H) 16:28. **HW:** 8 David Grima 17:56; 12 Claire Grima (1st W) 18:35; 19 Jeremy Purnell 19:40; 30 Charles Hampden-Smith 20:22; 32 Hannah Fernando (2nd W) 20:42; 47 Maurice Sharp 21:26; 67 Charles Lawrie 22:22; 87 Rebecca Stone 23:00; 181 Sophie Toomey 28:22; 204 Patrick Stone 29:45; 218 Clare Lyons-Collins 31:23; 221 Nicolette Hamilton 31:29 (247 finishers)

August 6: South of England U15/U17 Championships

U15 Girls: 1500: 5 Emma Headley 4:59.42

August 6: UK Women's League, Division 1, Winchester

200 B: 4 Emily Martin 26.01/-0.7. **LJ A:** 5 Emily Martin 5.40/+0.3

August 6: Dextro Triathlon, Olympic Distance, Hyde Park London

Swim 1.5km – Bike 36km – Run 10km

1 Mark Westlake 1:58:37 (20:03 – 56:06 – 37:31) **HW:** 11 Deon Coetzee 2:04.53 (20:12 – 62:40 – 37:19) 55 Peter Lee 2:13:48 (29:25 – 63:20 – 35:49) (797 finishers)

August 7: Urban Epic Triathlon, Boston, MA, USA

Swim 880 yards – Bike 8.9 miles – Run 3.9 miles

1 David Lamoureux 55:40 (12:20 – 20:45 – 21:35). **HW:** 7 Medena Knespl (1st Elite Woman) 62:16 (W Course record) (12:35 – 24:40 – 23:47) (353 finishers)

August 7: Mid Kent 5 miles, Staplehurst, Kent

1 David Thompson (Barnsley AC) 26:46. **HW:** 42 Anna Garnier (2C) 33:52 (197 finishers)

August 7: Masters Inter Area, Solihull

M60 3000: 6 Neil Robson (2C) 12:01.7

August 7: Brecon 10 miles, nr Powys, Wales

1 Phillip Matthews (Swansea H) 52:13. **HW:** 43 Gerard Crispie (2C) 67:10 (333 finishers)

August 8: Self Transcendence 5km, Battersea Park

1 Alex Filcher (Derby AC) 15:12. **HW:** 29 Andrew Davies (2C) 18:15; 70 Masumi Dobson 20:51; 88 Anastasia Hancock 21:54; 93 Dennis Williams 22:09 (3rd HW M65 all-time); 140 Ian Isherwood 27:00 (167 finishers)

August 10: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Philip Jones (Wycombe Phoenix H) 14:09. **HW:** 6 Dennis Williams 17:01; 11 Kevin Burnett (2C) 23:42

August 10: British Milers Club Gold Standard Meeting, Watford, Herts

1500 A: 12 Alex Bruce-Littlewood (2C) 3:56.55; 13: Liam White 3:59.06. **B:** 5 Alex Robinson 3:55.20

August 10: Rosenheim League Final, Kingsmeadow Stadium, Kingston

Match result: 1 Kingston & Poly 87; 2 Herne Hill H 76; 3 Hercules Wimbledon 62; 4 Croydon H 50; 5 Belgrave H 49; 6 St Mary's Richmond 29; 7 British Airways 14; 8 Walton 9

100: 3 Kyran Mitchell-Nanton 11.68/-1.9. **n/s 2:** 3 Richard Agyapong 11.55/+0.1; 5: Olu Oduwusi 11.62/+0.1. **n/s 4:** 5 David Harris 13.38/nwr

200: 1 Dwayne Dowding 22.08/0.0. **n/s 1:** 6 Richard Agyapong 22.90/-1.7. **n/s 2 (nwr):** 3 Kyran Mitchell-Nanton 23.11; 4 Olu Oduwusi 23.47; 5 Ed Saywell 23.92. **n/s 3 (nwr):** 2 Mark Giraud 24.90; 4 Justin Smith 25.18; 7 Stuart White 27.13. **n/s 4:** 1 Jonathan Osbourne 23.43/0.0

400: 3 Jonathan Osbourne 50.37. **n/s 1:** 3 Hamed Agboke 52.42; 7 David Harris 61.59; 8 Dave Orchard 68.55. **n/s 2:** 2 Justin Smith 55.99

1500: 3 Kieran White 4:11.45; 9 Ian Pegler 4:46.78; 12 David Harris 5:31.98

3000: 4 Kieran White 9:15.67; 6 Ben Palmer 9:35.10 (16th HW U17M all-time); 7 Cassian Hyde 9:36.85 (5th HW U15B all-time); 11 Matthew Sharp 9:49.61; 13 Andrew Davies 10:22.16; 14 Peter Collins 10:36.78; 15 Claire Grima 10:37.85

PV: 2 Dave Orchard 2.80

LJ: 4 Samuel Aning 4.86

DT: 3 Remigijus Jarutis 40.80 (9th HW all-time)

HT: 7 Dave Orchard 26.26

4x200: 2 Hercules Wimbledon 1:35.09 (D Dowding, S Aning, K Mitchell-Nanton, O Oduwusi)

Some Rosenheim pole vault action here: http://www.youtube.com/watch?v=XGjR_rgBCCA



Plenty of 3000m action plus Dwayne continuing his comeback in a 200m victory

Photos by Ray O'Donoghue - raymondodonoghue@btinternet.com

August 13: Southern Men's League, Division 1. Match 6, Woodford, Essex

Match result: 1 Portsmouth 133; 2 Hercules Wimbledon 115; 3 Woodford Green 107; 4 Ipswich H 91.5; 5 Dacorum & Tring 83.5

100 A: 1 Dwayne Dowding 11.05/+0.3. **B:** 1 Richard Agyapong 11.21/+3.2. **n/s:** 1 Olu Oduwusi 11.52; 2 Callum McDonald 11.97; 3 Devonte Casely-Hayford 12.28

200 A: 1 Dwayne Dowding 21.94/+0.1. **B:** 1 Richard Agyapong 22.80/nwr. **n/s 1:** 3 Devonte Casely-Hayford 24.68. **race 2:** 1 Olu Oduwusi 23.21. **race 3:** 2 Callum McDonald 23.95

400 A: 1 Hamed Agboke 51.31. **B:** 2 Lance Power 57.35

800 A: 1 Liam White 1:59.69. **B:** 1 Alex Robinson 2:01.71

1500 A: 1 Liam White 4:03.34. **B:** 1 Alex Robinson 4:05.66

5000 A: 1 Kieran White 16:00.74. **B:** 1 Alex Robinson 17:21.07

3000SC A: 4 Lance Power 12:31.03

110H A: 3 Steve Davies 18.24/+0.9. **B:** 1 Jonathan Grayson 18.01/-0.6

400H: 4 Lance Power 69.09. **B:** 1 Steve Davies 67.18 (HW M35 record)

HJ A: 1 Steve Davies 1.80. **B:** 2 Jonathan Grayson 1.65

PV A: 5 Dave Orchard 2.60. **B:** 2 Lance Power 2.60

LJ A: 2 Jonathan Grayson 6.28. **B:** 4 Jimmy Saruchera 5.08

TJ A: 3 Jonathan Grayson 12.54. **B:** 4 Jimmy Saruchera 10.61
SP A: 5 Dave Orchard 9.51. **B:** 5 Steve Davies 5.25
DT A: 5 Dave Orchard 25.78. **B:** 5 Steve Davies 17.40 (6th HW M35 all-time)
HT A: 5 Steve Davies 23.38 (3rd HW M35 all-time). **B:** 5 Dave Orchard 14.51
JT A: 5 Dave Orchard 33.44. **B:** 5 Steve Davies 19.84 (4th HW M35 all-time)
4x100: 5 Hercules Wimbledon 52.48 (O Oduwusi, C McDonald, R Agyapong, D Dowding)
4x400: 1 Hercules Wimbledon 3:33.42 (H Agboke, L White, S Davies, D Dowding) – no splits available
 More Pole Vault action: http://www.youtube.com/watch?v=czFGC_ojvPM
 Plus a trailer for the Shot <http://www.youtube.com/watch?v=c0z-4aag9Og> Hopefully at a cinema near you soon



HWs 4x400m and 4x100m (plus reserves) teams after action seen at Woodford

Photos by Sheila White

August 13: parkrun 5km, Wimbledon Common

1 Andy Weir (Thames H&H) 16:57. **HW:** 5 Andrew Davies (2C) 18:32; 19 Peter Collins 18:48; 25 Charles Hampden-Smith 20:15; 107 Monika Crouse 23:30; 154 Imogen Willis 25:58 (252 finishers)

August 13: parkrun 5km, Bushy Park, Teddington

1 Andrew Lawrence (Morpeth H) 16:30. **HW:** 13 David Grima 18:19 (633 finishers)

August 14: British Athletics League, Division 1, Gateshead

3000 A: 2 Alex Bruce-Littlewood (2C) 8:30.58. **3000SC A:** 2 Alex Bruce-Littlewood (2C) 9:16.37

August 14: Perseverance 5km (inc Surrey AA Championships), Wimbledon Park

1 Paskar Owor (Belgrave H) 15:42; 2 Andrew Penney (HW) 15:55 (7th HW all-time). **Other HW:** 29 Alexie Calvert-Ansari 17:33; 39 Pat Wright (2C) 18:07; 41 Alex Urban 18:12; 48 Claire Grima 18:32; 77 Frank Wood 19:57; 85 Hannah Fernando 20:27; 92 George Philpot 20:49; 109 Maurice Sharp 21:56; 125 Dennis Williams 23:28; 128 Claire Morgan (2C) 23:41; 130 Fenella Willis 23:46; 132 Tomo Kikugawa 23:57 (14th HW M55 all-time); 150 Rowena Hornshaw 26:09; 155 Angela Kikugawa 26:29; 157 Imogen Willis 26:44; 173 Clare Lyons-Collins 32:52 (176 finishers)

Full results: <http://herculeswimbledonac.org.uk/results.htm#14/08>



The Perseverance 5km start and Andrew finishing second to claim Surrey AA silver plus the likes of Rowena, Tomo, Angela, Alex and Alexie in full flow
Photos by Ray O'Donoghue raymondodonoghue@btinternet.com

August 14: Scottish Athletics League, Division 2, Grangemouth
10,000 (n/s): Rory McMahon 33:43:23

August 14: KMD Challenge Copenhagen Triathlon, Denmark

Swim – 3.6km – Bike 180km – Run 42.2km marathon

1 Jesper Bjerrum (Denmark) 8:54:32 (53:53 – 4:48:04 – 3:07:56). **HW:** 155 Yuzo Saito 11:22:01 (68:15 – 5:54:53 – 4:07.31)

August 14: Southern Inter County U17, Kingsmeadow, Kingston

3000 B: 2 Ben Palmer (Surrey) 9:32.51 (14th **HW U17M all-time**)

August 14: Merthyr Police 10km, Merthyr, Wales

1 Dewi Griffiths (Swansea H) 30:13. **HW:** 72 Gerard Crispie 40:00 (209 finishers)

August 16: Veterans AC 5km Championships, Battersea Park

1 Rupert Holden (Ravens Runners) 18:02. **HW:** 17 Dennis Williams (2nd M65) 22:40; 30 Ian Isherwood 26:35; 36 Kevin Burnett (2C) 32:31 (37 finishers)

August 17: British Milers Club Meeting, Eltham. SE London

800 C: 2 Alex Bruce-Littlewood (2C) 1:53.32

August 20: British Milers Club Nike Grand Prix, Birmingham

1500 D: 9 Andrew Penney 3:56.78. **5000 B:** 12 Liam White 15:00.44 (4th **HW U20 all-time**)

August 20: parkrun 5km, Bushy Park, Teddington

1 Unknown 15:30. **HW:** 3 Kieran White 16:05; 7 Matthew Sharp 16:57 (689 finishers)

August 20: parkrun 5km, Killerton, nr Exeter

1 David Wilkinson (Exeter H) 17:29. **HW:** 3 David Grima 18:16; 5 Claire Grima (1st W) 18:32 (**Women's course record**) (109 finishers)

August 20: parkrun 5km, Roundshaw Downs, Croydon

1 Neil Reissland (Collingwood AC) 17:20. **HW:** 14 Martin O'Halloran 22:08 (80 finishers)

August 20: parkrun 5km, Wimbledon Common

1 Jonathan Stead (Herne Hill H) 16:29. **HW:** 17 Frank Wood 19:25; 26 Charles Hampden-Smith 20:09; 42 Maurice Sharp 21:21; 69 Monika Crouse 22:47; 76 Charles Lawrie 22:57; 83 Rebecca Stone 23:15; 84 Thomas Willis 23:16; 87 Claire Morgan (2C) 23:21; 183 Celia Willis 28:04; 193 Patrick Stone 28:50; 202 Sophie Toomey 29:23; 211 Clare Lyons-Collins 30:15 (251 finishers)

August 21: British Masters Half Marathon Championships. Leek, Staffs

M65

1 Martin Ford (Cheltenham) 92:26. **HW:** 4 Peter Giles 1:52.04

One competitor's viewpoint of the race: 'I kid you not; it was a fell race on road! Downloaded the elevation from my Garmin & it rose from 300ft to 1,150ft from start to 7½ miles then there were 2 downhills that were so steep you couldn't race – it was too dangerous. At no point could you make up the time lost on the uphill'

August 21: Isle of Wight Half Marathon, Sandown

1 Julian Manning (Denmead) 78:53. **HW:** 23 Thomas Cheetham 93:05 (281 finishers)

August 3: Peterborough 5km, Werrington Lincs

1 Chris Wright (Leeds City AC) 15:33. **HW:** 156 Dennis Williams 22:56 (239 finishers)

August 20: Southern Women's League, Division 1, Hastings

Match result: 1 Hastings 328; 2 Haywards Heath 323; 3 East Grinstead 293; 4 Paddock Wood 158; 6 Hercules Wimbledon 109

Seniors

100: 4 Heather Letley 15.3

200: 5 Heather Letley 34.4

400: 4 Heather Letley 73.6

800: 5 Heather Letley 2:53.6

1500: 1 Amy Aronson 5:19.1

3000: 2 Amy Aronson 11:13.5

PV: 3 Emily Martin 1.70 (2nd HW W all-time)

LJ: 4 Olivia Archdeacon 3.30

SP A: 2 Emily Martin 9.18 (5th HW W all-time). **B:** 1 Rachael Dinsdale 8.38 (HW W40 record)

DT A: 1 Olivia Archdeacon 26.05 (8th HW W all-time). **B:** 1 Rachael Dinsdale 21.48

HT A: 2 Emily Martin 23.61. **B:** 5 Ann Martin 15.12

JT A: 3 Emily Martin 25.27. **B:** 4 Rachael Dinsdale 16.78 (HW W40 record)

U15 Girls

SP A: 1 Rebecca Dinsdale 8.03. **B:** 4 Jessica Dinsdale 3.32

DT A: 1 Rebecca Dinsdale 21.66. **B:** 5 Jessica Dinsdale 6.43

JT A: 4 Rachael Dinsdale 13.94. **B:** 4 Jessica Dinsdale 4.63

August 20: Southern Women's League, Senior 2 South, Bracknell

400 B: 1 Zoe Shannon (2C) 67.4. **800 A:** 2 Zoe Shannon (2C) 2:27.4

August 20: Frank Duffy Dublin 10 mile Road Race, Ireland

1 Jose Hernandez (Spain) 48:15 **HW:** 3397 Dennis Williams 93:13 (5160 finishers)

August 20: London Inter Club Challenge, Woodford, Essex

400 (race 1): 3 Hamed Agboke 52.30

August 24: Watford Open, Herts

3000 (race 3): 7 Alex Robinson 8:30.79

August 26: Brooks Serpentine Last Friday of the Month 5km, Hyde Park

1 Gordon Mugi (Kenya) 14:37. **HW:** 40 Stephen McDuell 10:07; 67 George Philpot 20:19; 133 Dennis Williams 24:26; 166 Ian Isherwood 27:30 (184 finishers)

August 27: parkrun 5km, Wimbledon Common

1 Unknown 18:29; 2 Peter Collins 18:41. **Other HW:** 13 Frank Wood 19:52; 17 Charles Hampden-Smith 20:18; 32 James Sharpe 21:11; 70 Charles Lawrie 23:02; 81 Thomas Willis 23:22; 86 Claire Morgan (2C) 23:52; 107 Imogen Willis 24:51; 122 Claire Rogers 25:50; 170 Sophie Toomey 29:54; 180 Celia Willis 31:15 (205 finishers)

August 27: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 James Trapmore (HW-2C) 16:47; 2 Michael Williams (Dulwich R) 17:41 (109 finishers)

August 27: parkrun 5km, Bushy Park, Teddington

1 Andrew Lawrence (Morpeth H) 16:28. **HW:** 17 John Querstret (2C) 18:08 (658 finishers)

August 27: Herne Hill H Open Meeting, Tooting Bec

100 B: 1 Olu Oduwusi 11.3; 2 Richard Agyapong 11.3. **(D):** 6 Justin Smith 12.1. **(F):** 3 R Morgan 12.0. **(H):** 1 Rechimial Miller 12.3/-2.9. **(I):** 4 Alastair Donkor 13.4/-2.5

200 A: 2 Olu Oduwusi 23.09/-1.1; 4 Richard Agyapong 23.22/-1.1. **(F):** 2 R Morgan 24.92/-0.1; 3 Mark Giraud 25:04/-0.1. **(I):** 1 Rechimial Miller 25.66/+0.1. **(K):** 1 Chad Miller 29.68/-0.3

400 A: 3 Hamed Agboke 52.63. **1500:** 3 Cassian Hyde 4:33.06

August 27: Hard as Snails 10km off road, Guildford

1 Katie Hewison (Horwich RMI) 37:43; 2 Dean Coetzee 39:26 (281 finishers)

August 28: Veterans AC Championships. Battersea Park

M35

400: 1 David Harris 61.22 (2nd HW M35 all-time)

110H: 1 Dave Harris 23.40 (3rd HW M35 all-time)

HJ: 1 David Harris 1.35 (4th HW M35 all-time)

PV: 1 David Harris 2.20 (4th HW M35 all-time)

LJ: 1 David Harris 4.95

SP: 1 David Harris 7.11

DT: 1 David Harris 19.38

JT: 1 David Harris 26.24 (3rd HW M35 all-time)

M45

1 Stephen McDuell 2:09.65 (8th HW M40 all-time)

M50

100: 1 Dave Orchard 18.55

HJ: 1 Dave Orchard 1.45

PV: 1 Dave Orchard 2.85 (HW M50 record)

SP: 3 Dave Orchard 10:32

DT: 2 Dave Orchard 29.74

M65

800: 1 Peter Giles 2:40.92

1500: 1 Peter Giles 5:44.64

5000: 1 Dennis Williams 23:02.32

M70

100: 2 Kevin Burnett (2C) 19.94

200: 2 Kevin Burnett (2C) 41.7

LJ: 1 John Webster 3.18 (HW M70 record)

TJ: 1 John Webster 6.99

SP: 2 Kevin Burnett (2C) 6.21

DT: 2 John Webster 21.43; 3 Kevin Burnett (2C) 17.65

HT: 2 Kevin Burnett (2C) 18:83

JT: 1 John Webster 28.28; 2 Kevin Burnett (2C) 15.56

W45: 5000: 2 Angela Kikugawa 25:09.30 (HW W45 record)

August 29: Thames Turbo Sprint Triathlon, Hampton Pool, Middx

Swim 426m – Bike 21km – Run 5km

1 Rory Atkins (Optima) 58:44 (6:36 – 33:15 – 18:33). **HW:** 64 Jeremy Purnell 69:42 (10:03 – 38:12 – 21:27) (406 finishers)

August 29: Barking Road Runners 5km (MT), Eastbrookend Country Park, Dagenham

1 Crispian Bloomfield (Billericay Striders) 16:23. **HW:** 106 Dennis Williams 26:27; 117 Ian Isherwood 27:22 (148 finishers)

August 29: Crawley Open Meeting, Sussex

Men: 400 (race 1): 1 Hamed Agboke 51.31

Women: 800 (race 1): 2 Zoe Shannon (2C) 2:31.15

August 31: Portsmouth Promenade Series, Race 5, Hants

1 Ross Jones (Tipton H) 15:08. **HW:** 104 Dennis Williams (3rd M65) 23:34 (129 finishers)