

HW Results December 2009

December 1: Crystal Palace Canter, approx 3 miles, London, SE19

1 Simon Donaghy (Herne Hill H) 17:46. **HW:** 4 Stuart Littlewood 20:03; 10 Dennis Williams 23:01; 14 Kevin Burnett (2C) 29:37

December 2: London Colleges League, Hackney Marshes, East London

Women (2.7 miles)

1 Harriet Owles (Kings College) 16:03. **HW:** 10 Tamsin Cargill (Imperial College) 17:56 (31 finishers)

December 5: Ranelagh H Ellis Trophy, 5.55 miles, Richmond Park, Petersham

1 Nick Torry (Serpentine) 28:58. **HW:** 5 Liam White (1st U17) 30:53; 12 Ed Saywell (2nd U17) 32:25; 18 Rory McMahon 33:09; 23 Stuart Fraser* (1st M40) 33:41; 29 Jamie Helmer 34:19; 30 Charles Lescott (2C) 34:26; 34 Andrew Davies* (2C) 35:02; 35 Matthew Sharp 35:14; 42 Stewart Bond (2nd M40) 36:03; 51 Frank Wood (3rd M45) 36:37; 61 Peter Giles (1st M65) 38:05; 68 Dave Betts (1st M60) 38:49; 88 Craig Howard (HW debut) 43:01; 90 Marilena De Luca 43:39; 92 Fred Green (3rd M60) 44:33 (101 finishers)

TEAM (10-to-score): 1 Serpentine 77; 2 Hercules Wimbledon 265; 3 Stragglers 282; 4 Ranelagh H 292; 5 Milocarians 359

Note: * both Stuart and Andrew had competed in the Wimbledon Common 5km earlier in the day

December 5: Ranelagh H Dysart Cup 4.12 miles, Richmond Park, Petersham

1 Natalie Kolodziej (Serpentine) 25:31. **HW:** 7 Michaela Knespl 28:05; 28 Mel Jones 32:27; 30 Maire Gilmartin 33:01; 34 Rowena Hornshaw 34:41; 35 Fenella Willis 35:08 (40 finishers)

TEAM (5-to-score): 1 Serpentine 23; 2 Ranelagh H 38; 3 Hercules Wimbledon 59

December 5: parkrun 5km, Richmond Park

1 Neil Aitken (HW-2C) 17:43. **Other HW:** 21 Stephen McDuell 20:28 (130 finishers)

December 5: parkrun 5km, Roundshaw Downs, Croydon

1 Vic Maughn (Herne Hill H) 17:55. **HW:** 8 Martin O'Halloran 20:12 (54 finishers)

December 5: parkrun 5km, Bushy Park, Teddington

1 Matt Bristow (Brighton & Hove) 16:38. **HW:** 120 Barry King 22:17 (464 finishers)

December 5: parkrun 5km, Wimbledon Common

1 Eopn O'Connell (Serpentine) 17:31. **HW:** 3 Stuart Fraser 17:37; 10 Andrew Davies (2C) 21:39; 28 Mark Bohan 21:53; 40 Charles Lawrie 22:41; 52 Rebecca Stone (2nd W) 23:23; 61 Patrick Stone 24:04; 76 Dennis Williams 26:04 (114 finishers)

December 5: Birmingham League, Blackbridge, Gloucs

1 Steve Millward (Gloucester AC) 32:29. **HW:** 215 Colin Bricher (2C) 54:32

December 5: Kent County League, Danson Park, Bexley

Senior Men: HW: 5 Alex Bruce-Littlewood

Full results not yet available

December 6: Mornington Chasers Winter Series 10km, Regents Park

1 Kristian Jamstrom (Unattached) 34:41. **HW:** 56 Tom Morris 42:56; 172 Tomofumi Kikugawa 49:58; 285 Angela Kikugawa 56:43 (355 finishers)

December 6: Swanley Christmas Caper, 4.2 miles, Nr Dartford, Kent

1 Andrew Rayner (Blackheath & Bromley) 21:38. **HW:** 173 Dennis Williams 36:52; 298 Ian Isherwood 41:35 (526 finishers)

December 6: Sussex County AA Masters Championships, Horsham

M60 (6 miles): 1 Dave Beattie (Crawley AC) 42:51. **HW:** 7 Martin Miller 46:41 (41 finishers)

December 6: Grim Challenge, 8-mile off road, Aldershot, Hants

1 Simon Wurr (Thames H&H) 52:07. **HW:** 5 Mike Halman 55:47; 178 Anna Garnier (2C) (1st W50) 68:39 (2279 finishers)

December 9: Bridges Handicap 2.3 miles, Westminster Bridge

Handicap: 1 Tom Everitt (Eton Manor) 20:39; 2 Dennis Williams (HW) 20:44

Fastest: 1 Les Thomas (Riverside R) 12:31. **HW:** 14 Dennis Williams 17:59

December 10: Merton Schools Championships, Cannon Hill Common, Morden

U19 Boys: 1 Brendan Corrigan (Wimb C) 13:22; 2 Ed Martin (HW/Kings College) 14:00

U17 Boys: 1 H Train (Kings College) 13:06; 2 Joe Clark (HW/Wimb C) 13:08

U15 Girls: 1 Rebecca Stone (HW/Ursuline) 10:40. **Other HW:** 12 Amy Culleton (Ursuline) 14:18

U13 Girls: 1 I Kessell (Ursuline) 6:49. **HW:** 4 Megan Le Doare (Ursuline) 8.25; 17 Rebecca Dinsdale (Raynes Pk) 10:56

December 11: Crooklog Yacht Handicap 5km, Bexleyheath, Kent

Fastest: 1 Steve Dipre (New Eltham J) 18:08. **HW:** 7 Stuart Littlewood 21:06 (37 finishers)

December 12: Sweatshop Surrey League, Div 1, Match 2, Richmond Park, Petersham

Senior Men (5.65 miles)

1 Michael Coleman (South London H) 28:43. **HW:** 8 Alex Bruce-Littlewood (1st U20) 29:33; 20 Liam White (n/s) 30:12; 26 Adam Przedzimirski 30:40; 29 Gervase King 31:03; 38 Phil Glynn 31:22; 47 Mike Halman 31:45; 53 Alex Robinson (3rd U20) 32:01; 65 James Hogg (n/s) (HW debut) 32:31; 69 Deon Coetzee 32:46; 74 Dave Clarke 32:54; 78 Peter Lee 33:08; 89 Rory McMahon 33:39; 99 Hugh Saxby 34:23; 106 Andrew Davies 35:07; 112 Jamie Helmer 35:28; 121 Matthew Sharp 36:19; 123 David Barham (HW debut) 36:24; 135 Frank Wood 37:25; 138 Vangelis Livadiotis (HW debut) 37:53; 146 Dave Betts 39:00; 153 Tom Cheetham 40:34; 156 Maurice Sharp 41:46; 159 Craig Howard 43:05
TEAMS: 1 Thames H&H 215; 2 Herne Hill H 261; 3 South London H 415; 4 Belgrave H 422; 5 Hercules Wimbledon 458; 6 Reigate Priory 538; 7 Epsom & Ewell 546; 8 Guildford & Godalming 585; 9 Ranelagh H 655

Positions after three matches: 1 Thames H&H 575; 2 Herne Hill H 642; 3 Belgrave H 1333; 4 South London H 1358; 5 Reigate Priory 1480; 6 Hercules Wimbledon 1558; 7 Epsom & Ewell 1689; 8 Guildford & Godalming 1744; 9 Ranelagh H 1906

U17/U15 Boys (2.84 miles)

1 Ed Saywell (HW) 15:23; 2 Lewis Lloyd (Herne Hill) 15:28; 3 Geordie Logan (HW) 15:33. **Other HW:** 7 Joe Clark (1st U15) 16:33; 12 Ben Palmer (3rd U15) 17:49; 15 Augustin Mallon 18:08; 19 Daniel Haigh 19:02

TEAMS: 1 Hercules Wimbledon 38; 2 Herne Hill H 48; 3 South London H 69; 4 Guildford & Godalming 106; 5 Epsom & Ewell 136; 6 Ranelagh H 143

Positions after three matches: 1 Hercules Wimbledon 166.5; 2 Herne Hill H 192; 3 South London H 216; 4 Guildford & Godalming 302.5; 6 Reigate Priory 382; 6 Epsom & Ewell 390.5

U13 Boys (2.84 miles)

1 Tom Holden (South London H) 15:33. **HW:** 4 Cassian Hyde 16:52; 13 Elliott Laville (HW debut) 20:34; 14 Josh Lambert (HW debut) 21:59; 15 Joel Atkin 22:13; 16 Carl Reed 22:21; 17 Zach Lambert (HW debut) 24:41

TEAMS: 1 Herne Hill H 59.5; 2 Hercules Wimbledon 62; 3 Reigate Priory 62.5; 4 Guildford & Godalming 116.5; 5 South London H 127; 6 Epsom & Ewell 135

Positions after three matches: 1 Reigate Priory 174.5; 2 Hercules Wimbledon 225; 3 Herne Hill H 285; 4 South London H 301.5; 5 Guildford & Godalming 354; 6 Epsom & Ewell 407.5

Full results: <http://www.ranelagh-harriers.com/results/091212m.html>



HW Men in action in Richmond Park

Good to see three-time National Champion Dave Clarke (167) still good enough to score for the team.

Also a fine 8th place by Alex Bruce-Littlewood (above) in a high class race

Photos by Ray O'Donoghue



Another fine start picture by Ray

December 12: Surrey Ladies League, Div 2, Match 3, Richmond Park, Petersham

Senior Women (8.1km)

1 Emily Alden (Epsom & Ewell) 29:54. **HW:** 13 Zoe Phillips (HW debut) 35:09; 14 Claire Grima 35:35; 16 Jennifer Fernando (2nd U20) 35:48; 21 Debbie Noel 36:14; 36 Rosemary Fernando (3rd U20) 37:32; 46 Chantal Toussaint 38:57; 58 Marilena De Luca 40:25; 75 Rowena Hornshaw 42:37 (134 finishers)

TEAMS: 1 Epsom & Ewell 38; 2 Hercules Wimbledon 100; 3 26.2 Club 120; 4 Striders of Croydon 122; 5 Waverley H 150 ... 19 Hercules Wimbledon 'B' 467 (33 teams closed in)

Positions after three matches: 1 Epsom & Ewell 124; 2 Hercules Wimbledon 365; 3 Striders of Croydon 375; 4 Kingston & Polytechnic 439; 5 26.2 Club 502 ... 24 Hercules Wimbledon 1677

Note: in Division 1: **HW:** 60 Anna Garnier (2C) 35:18

U15 Girls (4.67km)

1 Sophie Storey (Guildford & Godalming) 17:43. **HW:** 13 Maire Gilmartin 20:16; 21 Olivia Hogan 29:37; 22 Sydney Lewis 29:37

TEAM: 1 Guildford & Godalming 15; 2 Herne Hill H 40; 3 Reigate Priory 55; 4 South London H 88; 5 Hercules Wimbledon 88

U13 Girls (3.28km)

1 Lucy Drummond (Epsom & Ewell) 13:02. **HW:** 34 Chloe Knight (HW debut) 17:21

Full results: <http://www.ranelagh-harriers.com/results/091212f.html>

Note: there were a grand total of 47 runners representing HW in the two Surrey League fixtures.





A great day for the HW women as they finish second team and heading for promotion after being led home by Zoe Phillips (1129) on making her club debut

Photos by Ray O'Donoghue

December 12: SECTA Xmas Weight Pentathlon, Ewell Court

M70: 2 John Webster 2808 points (**HT:** 29.33, **SP:** 6.94. **DT:** 19.91. **JT:** 28.97. **Weight:** 11.45)

December 12: parkrun 5km, Richmond Park

1 Daniel Auugustus (Scarborough AC) 15:54. **HW:** 12 Stephen McDuell 19:31 (154 finishers)

December 12: parkrun 5km, Wimbledon Common

1 Eoin O'Connell (Serpentine) 17:09. **HW:** 4 Andrew Davies (2C) 18:35; 21 Michaela Knespl 20:19; 29 Charles Lawrie 21:22; 42 Patrick Stone 22:22; 68 Dennis Williams 24:50 (131 finishers)

December 12: parkrun 5km, Bushy Park, Teddington

1 Bradley Goater (St Mary's Richmond) 16:19. **HW:** 128 Barry King 22:12 (467 finishers)

December 12: Team Bath Indoor Open, Bath, Somerset

U17

60: 2 David Pratt (HW debut) 7.47 (in heat 3: 1st 7.45)

December 13: Bedford Half Marathon, Beds

1 Paul Mameretti (Victoria Park & TH) 67:53. **HW:** 144 Frank Wood 88:59 (7th HW M45 a-t) (1522 finishers)

December 13: Andy Reading Memorial 10km, Bicester, Oxon

1 Jonathan Blackledge (Belgrave H) 32:31. **HW:** 271 Georgina Stubbs 50:41 (21st HW W a-t) (445 finishers)

December 18: Serpentine Last Friday of the Month 5km, Hyde Park

1 Paul Martelletti (Victoria Park & TH) 15:32. **HW:** 72 Dennis Williams 23:08; 79 Georgina Stubbs 23:41; 99 Ian Isherwood 26:36 (110 finishers)

December 19: parkrun 5km, Roundshaw Downs, Croydon

1 Bob Pearce (South London H) 19:23. **HW:** 12 Martin O'Halloran 21:35 (55 finishers)

December 19: parkrun 5km, Wimbledon Common

1 Richard Ward (Belgrave H) 16:38. **HW:** 23 Medena Knespl (2nd W) 19:59; 32 Michaela Knespl (3rd W) 20:39; 34 Zoe Phillips 20:46; 38 Charles Lawrie 21:18; 44 Mark Bohan 21:44; 71 Rebecca Stone 23:28; 80 Patrick Stone 24:32; 86 Dennis Williams 24:50; 100 Angela Kikugawa 26:16 (149 finishers)
Note: Joe Toomey's mum, Sophie competed here but not being pre-registered her performance is unavailable

December 19: parkrun 5km, Cardiff

1 Edward Takata (Cardiff AAC) 16:14. **HW:** 21 Gerard Crispie (2C) 19:41 (132 finishers)

December 19: South of Thames 7.5 mile Championship, Wimbledon Common

1 James Kelly (Belgrave H) 40:51. **HW:** 13 Alex Bruce-Littlewood (2C) 43:02; 53 Peter Lee (4th M40) 47:15; 67 Rory McMahon 48:56; 68 Jamie Helmer 49:04; 69 Hugh Saxby (2nd M50) 49:05; 86 Matthew Sharp 50:55; 108 Kate Mellor (5th W) 52:50; 120 David Grima 54:02; 133 Frank Wood 55:55; 139 Anna Garnier (2C – 1st W55) 56:49; 144 Tom Cheetham 58:05; 145 Stewart Bond 58:49; 167 Marilena De Luca 63:06; 185 Rowena Hornshaw 68:01 (192 finishers)

TEAM (6-to-score): 1 Belgrave H 105; 2 Kent AC 114; 3 Herne Hill H 120 ... 7 Hercules Wimbledon 446



Jamie, David and Matthew gloved-up for the deep chill on Wimbledon Common



Marilena, the 'Snow Queen' is given the seasonal treatment by Ray.

All photos by Ray O'Donoghue

December 20: Reigate Priory Holly XC Races, Priory Park, Reigate

Senior Men (6 miles): 1 James Baker (Chichester Runners AC) 30:48. **HW:** 13 Rory McMahon 35:23 (89 finishers)

U15/U17 Boys (3 miles): 1 Peter Chambers (Croydon H) 14:40. **HW:** 15 Ed Saywell 15:37; 19 Joe Clark 15:45 (43 finishers)

December 20: Ronhill Surrey Classic 10km, Horton Park, Epsom

Note: due to icy patches the course was reduced to 5.81 miles

1 Sean Renfer (Elmbridge RR) 33:12. **HW:** 8 Chris Coles 35:27; 84 Annmarie Seymour 47:40 (155 finishers)

December 20: V111 Carreira Solidaria Lugo Monumental, (9.81km road) Lugo, Spain

1 Korir Nicholas (Spain) 29:21. **HW:** 380 Amandine King 41:33 (1141 finishers)

Amandine was 16th woman overall and earned a bronze medal for placing 3rd in her category. "I was really pleased with my run especially at it was 0 degrees temperature!"

December 25: 55th Lauriston Runners Club 30-minute Paarlauf, Wimbledon Common

1 Ahmed Hussein (HW)/Kevin Quinn (AFD) 5 miles 1349 yards; 2 Nadar Hassan (HW)/Joe Clark (HW) 5m 925y; 3 Joe Toomey (HW)/Dave Betts (HW) 5m 902y; 5 Andy Robinson (THH)/Martin Miller (HW) 5m 880y; 6 Steve Sinnott (HW)/Barry White (SoC) 5m 667y; 7 Adam Przedzimirski (HW)/Don Anderson (Belg) 5m 642y; 9 Andy Weir (THH)/Dennis Williams (HW) 5m 466y; 10 Belal Aly (HW)/Frank Wood (HW) 5m 439y; 11 Gervase King (HW)/Rowena Hornshaw (HW) 5m 266y; 13 Gerry Adams (Belg)/Daniel Dew (HW) 5m 122y; 14 Simon Fairbrother (E&H)/Eric Blackmore (HW) 4m 1582y



The Kevin & Ahmed pairing run out easy winners on Christmas Day while Joe sports his Spiderman outfit present to see him and race partner Dave into third place



The Paarlauf 'A' squad start the proceedings *Photos by Ray O'Donoghue*

December 26: parkrun 5km, Wimbledon Common

1 Kieran White (HW) 16:40. **Other HW:** 4 Joe Toomey 18:35; 9 Andrew Davies (2C) 19:52; 13 Frank Wood 20:49; 16 Medena Knespl (1st W) 21:18; 20 Michaela Knespl (2nd W) 21:27; 23 Deyan Knespl 21:45; 39 Tomo Kikugawa 25:04; 50 Dennis Williams 26:30; 62 Angela Kikugawa 28:31; 81 Sophie Toomey 38:37

December 26: parkrun 5km, Richmond Park

1 Neil Page (Unattached) 17:49. **HW:** 21 Mike Kortenray 22:14 (75 finishers)