

HW results July 2011

**July 1 (a)/2 (b): English Schools Championships**

**Senior Boys (U20)**

**1500 (b):** 12 Liam White 4:10.07 (**Heat 1 (a):** 6<sup>th</sup> 3:58.01)

**Junior Boys (U15)**

**80H (b):** 6 Adam Magni 11.65/nwr (**Heat 1 (a):** 1<sup>st</sup> 11.58/-0.6. **s/f 2 (a):** 1<sup>st</sup> 11.62/-0.5)

**July 2: Lily B League. Match 3. Sutton Arena, Carshalton**

**Match result:** 1 Kingston & Poly 350; 2 Guildford & Godalming 344; 3 Reigate Priory 211; 4 Aldershot F&D 183; 5 Hercules Wimbledon 83

**U17 Women**

**300H:** 4 Maire Gilmartin 54.5 (3<sup>rd</sup> HW U17W all-time)

**HJ:** 3 Maire Gilmartin 1.35

**U15 Girls**

**200 A:** 4 Emma Headley 29.3. **B:** 3 Claire Rogers 31.8 **800:** 5 Claire Rogers 2:45.8

**1500:** 1 Emma Headley 4:57.8

**SP A:** 2 Rebecca Dinsdale 7.11. **B:** 3 Emma Headley 5.15

**DT:** 2 Rebecca Dinsdale 16.49

**JT:** 4 Rebecca Dinsdale 4.23

**U13 Girls**

**100:** 5 Chloe Lord 15.0

**800 A:** 5 Emma-Louise Clark 2:51.5. **B:** 4 Hannah Baxter 2:51.6

**70H:** 4 Chloe Lord 13.2

**LJ:** 5 Hannah Baxter 2.89

**SP:** 5 Jessica Dinsdale 3.37

**DT:** 5 Jessica Dinsdale 8.22

**JT:** 4 Jessica Dinsdale 4.84

**4x100:** 4 Hercules Wimbledon 69.6 (H Baxter, G Botros, E Green, E-L Clark)

**U11 (non-scoring)**

**75:** 6 Georgia Botros 13.0

**150 (race 4):** 4 Elizabeth Greene 21.7

**July 2: parkrun 5km, Richmond Park**

1 Andrew Lawrence (Morpeth H) 16:46. **HW:** 6 Stephen McDuell 18.50 (7<sup>th</sup> HW M45 all-time) (263 finishers)

**July 2: parkrun 5km, Banstead Woods, nr Coulsdon**

1 Unknown 17:54. **HW:** 63 Rowena Hornshaw 24:34 (144 finishers)

**July 2: parkrun 5km, Lloyd Park, Croydon**

1 Kieran White (HW) 16:36 (course record); 2 Rob Sharpe (Striders of Croydon) 19:20 (52 finishers)

**Note:** Kieran held the previous course record of 17:01 set in March of this year

**July 2: parkrun 5km, Roundshaw Downs, Croydon**

1 Unknown 17:38. **HW:** 24 Martin O'Halloran 22:59 (89 finishers)

**July 2: parkrun 5km, Wimbledon Common**

1 Richard Ward (Belgrave H) 16:24. **HW:** 11 Ruth Clifton (2C-1<sup>st</sup> W) 18:30; 20 Stewart Bond 19:14; 22 Amy Aronson (2<sup>nd</sup> W) 19:18 (5<sup>th</sup> HW W all-time); 27 Jeremy Purnell 19:36; 36 James Sharpe 20:09; 39 Charles Hampden-Smith 20:16; 48 Claire Grima (3<sup>rd</sup> W) (plus Luca) 20:41; 51 Hannah Fernando 20:49; 57 Maurice Sharp 21:06; 63 Barry King 21:22; 91 Alison Purnell 22:19; 230 Sophie Toomey 29:33 (260 finishers)

**July 2: British League, Division 1, Kingsmeadow Stadium, Kingston**

**3000SC A:** 2 Alex Bruce-Littlewood (2C) 9:16.9

**July 2: British League, Division 2, Leigh, Lancs**

**110H A:** 2 Austin Ferns 14.80/-1.0w

**400H A:** 3 Austin Ferns 53.77

**July 3: UK Women's League, Division 1, Copthall Stadium, Hendon**

**200 A:** 8 Emily Martin 28.94/+1.4

**July 3: Cowman Middle Distance Triathlon, Emberton Country Park, Northants**

**Inc British Age Group Championships**

**Swim 1.9km – Bike 92km – Run 21km**

1 Joe Skipper (Manchester Tri) 4:04:16 (25:49 – 2:17:58 – 78:28). **HW:** 73 Peter Lee 4:43:52 (36:37 – 2:39:52 – 84:16); 215 Yuzo Saito 5:15:06 – 2:55:34 – 1:40:12) (604 finishers)

**July 4: Self Transcendence 5km Road, Battersea Park**

1 Martin Shore (Thames H&H) 15:58. **HW:** 14 Stuart Fraser (1<sup>st</sup> M45) 17:26; 32 Frank Wood 19:19 (10<sup>th</sup> **HW M45 all-time**); 74 Dennis Williams (1<sup>st</sup> M65) 22:31 (3<sup>rd</sup> **HW M65 all-time**) (137 finishers)

**July 5: Milton Keynes 10km, Milton Keynes, Bucks**

1 Joshua Bull (Derby AC) 32:55 **HW:** 334 Colin Bricher (2C) 52:04 (417 finishers)

**July 5: Woodford Green Open Meeting, Woodford, Essex**

**100 (race 8):** 1 Kyran Mitchell-Nanton 11.42/+2.0w

**July 5: Rochdale 10km, Rochdale, Lancs**

1 Matthew Proctor (Rochdale) 31:23. **HW:** 70 Gerard Crispie (2C) 41:50 (275 finishers)

**July 6: Rosenheim League Eastern Division. Match 5, Croydon Arena**

**Men**

**Match result:** 1 Herne Hill H 58; eq2 Croydon H/Hercules Wimbledon 45; 4 Belgrave H 39; 5 Striders of Croydon 19; 6 Serpentine RC 15

**100:** 3 Olu Oduwusi 11.7. **n/s:** 6 David Harris 13.6

**200:** 2 Olu Oduwusi 23.6. (**n/s 1**): 1 Dwayne Cowan 24.3; 2 Ed Saywell 24.7; 3 Joseph Chukwuadinula 24.8; 7 David Harris 28.4. (**n/s 2**): 3 Mark Giraud 25.3

**400:** 3 Justin Smith 54.4. (**n/s**): 3 David Harris 62.6

**800:** 3 James Trapmore 2:08.5

**1500:** 1 James Trapmore 4:29.2; 4 Zoe Shannon (2C) 5:11.2

**3000:** 2 James Trapmore 9:13.6; 3 James Davis 9:20.2

**TJ:** 3 Ed Saywell 9.06

**SP:** 3 Rob Dinsdale 10.03 6 Kevin Burnett (2C) 4.91

**DT:** 3 Rob Dinsdale 30.19; 5 Kevin Burnett (2C) 13.39

**4x200:** 1 Hercules Wimbledon 1:34.8 (E Saywell, J Smith, Mel Mitchell, O Oduwusi)

**Positions after five matches:** 1 Herne Hill H 28 (279); 2 Belgrave H 23 (258); 3 Croydon H 19 (200); 4 Hercules Wimbledon 16.5 (195); 5 Serpentine RC 9 (106); 6 Striders of Croydon 9 (96)

**Women**

**Match result:** 1 Striders of Croydon 24; 2 Croydon H 15; 3 Serpentine RC 8; 4 Hercules Wimbledon 6; 5 Belgrave H 5

**SP:** 1 Rebecca Dinsdale 7.84

**Positions after five matches:** 1 Serpentine RC 25.5 (91); 2 Belgrave H 22 (90); 3 Croydon H 19 (53); 4 Striders of Croydon 13 (44); 5 Hercules Wimbledon 9.5 (27); 6 Herne Hill H 9 (23)

**July 8: Crooklog Handicap 5km road, Bexleyheath, Kent**

**Fastest:** 1 Steve Dipre (New Eltham J) 18.20. **HW:** 6 Stuart Littlewood 21:59 (19 finishers)

## July 8 – July 17: World Masters Championships, Sacramento, CA, USA

### M55

**100: s/f 2 (July 9):** 5 Geoff Walcott 12.86/-2.1. **Heat 3 (July 8):** 3 Geoff Walcott 12.89/-0.1

### July 9: Southern Men's League, Division 1, Match 4, Twickenham

**Match result:** 1 Bexley AC 139; 2 Thurrock H 108.5; 3 Hercules Wimbledon 101.5; 4 St Mary's Richmond 95.5; 5 North Devon AC 90.5

**100 A:** 2 Richard Agypong 11.2. **B:** 1 Olu Aduwusi 11.3. **n/s:** 1 Joseph Chukwuadinula 11.4; 2 Jonathan Osbourne 11.4; 3 Henry Husband 12.0

**200 A:** 2 Richard Agypong 22.8. **B:** Jonathan Osbourne 22.7 (17<sup>th</sup> HW U20 all-time)

**400 A:** 3 Justin Smith 54.2. **B:** 5 Henry Husband 56.8

**800 A:** 2 Alex Robinson 2:01.6. **B:** 1 Andrew Penney 2:01.5. **n/s:** Tim Livingstone 2:02.6 (10<sup>th</sup> HW U17 all-time); Mark Livingstone 2:28.7

**1500 A:** 1 Andrew Penney 4:10.9. **B:** 1 Alex Robinson 4:13.4

**5000 A:** 1 Kieran White 16:08.3 (HW M35 record). **B:** 1 James Davis 16:17.2. **n/s:** David Grima 17:06.7; Peter Lee 17:18.1; George Philpot 20:52.3

**110H A:** 2 Steve Davies 16.8. **B:** 2 Jonathan Grayson 18.0

**HJ A:** 4 Steve Davies 1.75. **B:** 4 Jonathan Grayson 1.55

**PV A:** 5 Steve Davies 2.60 (2<sup>nd</sup> HW M35 all-time). **B:** =4 Darren Cripps 1.36

**LJ A:** 1 Cale Edmunds 6.60. **B:** 1 Jonathan Grayson 6.17

**TJ A:** 4 Jonathan Grayson 12.06. **B:** 5 Dave Orchard 9.11

**SP A:** 5 Steve Davies 9.71 (=2<sup>nd</sup> HW M35 all-time). **B:** Bekele Tola 9.31

**DT A:** 5 Dave Orchard 27.87. **B:** 5 Darren Cripps 24.96

**HT A:** 5 Dave Orchard 21.39. **B:** 4 Darren Cripps 20.36

**JT A:** 1 Bekele Tola 52.18. (HW M40 record) **B:** 3 Dave Orchard 31.43

**4x100:** 2 Hercules Wimbledon 45.8 (R Agypong, J Chukwuadinula, O Aduwusi, J Osbourne)

**4x400:** 2 Hercules Wimbledon 3:39.4 (S Davies–53.83, J Grayson–56.79, A Penney–54.53, J Smith–54.16)

### July 9: Southern Women's League, Division 1 South, Crawley

**Match result:** 1 Haywards Heath H 324.5; 2 East Grinstead 323; 3 Hastings 186.5; 4 Paddock Wood 129; 5 Hercules Wimbledon 127; 6 Chiltern H 58; 7 Swale Combined 48

**100 A:** 1 Emily Martin 12.7. **B:** 6 Heather Letley 15.5

**200 A:** 6 Heather Letley 34.3

**400 A:** 4 Heather Letley 73.3

**800 A:** 4 Heather Letley 3:03.1

**1500 A:** 1 Amy Aronson 5:29.0. **B:** 1 Stephanie Robson 5:30.8

**3000 A:** 1 Claire Grima 10:26.1 (9<sup>th</sup> HW SW all-time). **B:** 1 Amy Aronson 11:21.1. **n/s:** Stephanie Robson 11:31.8

**LJ A:** 1 Emily Martin 5.38

**SP A:** 3 Emily Martin 8.26. **B:** 1 Rachael Dinsdale 7.68

**DT A:** 2 Rachael Dinsdale 21.30. **B:** 5 Heather Letley 13.02

**HT A:** 3 Emily Martin 22.38. **B:** 3 Ann Martin 15.55

**JT A:** 2 Emily Martin 26.14. **B:** 3 Rachael Dinsdale 16.50 (HW W40 record)

**4x100:** 4 Hercules Wimbledon 62.3

### U15 Girls

**SP A:** 1 Rebecca Dinsdale 7.38

**DT A:** 1 Rebecca Dinsdale 20.70. **B:** 4 Jessica Dinsdale 7.43

**JT A:** 4 Rebecca Dinsdale 13.05. **B:** 5 Jessica Dinsdale 4.71

### July 9: parkrun 5km, Richmond Park

1 Unknown 17:19. **HW:** 7 Stephen McDuell 18:34 (6<sup>th</sup> HW M45 all-time) (197 finishers)

### **July 9: parkrun 5km, Wimbledon Common**

1 Knut Hegvold (Belgrave H) 17:24. **HW:** 6 Joe Toomey 18:14; 9 Andrew Davies (2C) 18:36; 11 Peter Collins 18:44 (9<sup>th</sup> HW M40 all-time); 24 James Wallace (2C) 19:46; 33 Charles Hampden-Smith 20:36; 53 Maurice Sharp 21:21; 115 Dennis Williams 24:42; 127 Imogen Willis 25:41; 181 Sophie Toomey 29:29 (218 finishers)

### **July 9: British Milers Club Grand Prix, Solihull**

**1500 Race D:** 4 Alex Bruce-Littlewood (2C) 3:50.74

### **July 9: Southern Women's League, Division 2, Brighton**

**1500 A:** 4 Zoe Shannon (2C) 5:09.1

### **July 10: Claygate Country 5 miles Multi Terrain, Claygate, Surrey**

1 Neil Riley (Unattached) 28:08. **HW:** 9 Hugh Saxby (1<sup>st</sup> M50) 29:51; 41 Peter Giles 33:37 (406 finishers)

### **July 10: Asics British 10km, Central London**

1 Bernard Kotich (Kenya) 29:02. **HW:** 42 Deon Coetsee 35:39 (c30,000 finishers)

### **July 10: Thames Turbo Junior Triathlon, Bushy Park/Hampton Pool**

**Swim 426m – Run 700m – Bike 9.638km – Run 2.78km**

**Female age group ages 15/16**

1 Ella Dobson (HW) 48:53 (7:29 – 3:53 – 22:32 – 14:59)

### **July 11: Self Transcendence 2 miles road, Battersea Park**

1 Huw Lobb (Serpentine) 9:39. **HW:** 33 Stuart Littlewood (1<sup>st</sup> M55) 13:13; 42 Anastasia Hancock (3<sup>rd</sup> W) 13:41; 44 Dennis Williams (1<sup>st</sup> M65) 13:52; 62 Ian Isherwood 16:39; 67 Steve Webb 18:09; 69 Carmelina Hancock 19:34 (1<sup>st</sup> W60)



From Ian Isherwood: Here's a happy little group after last week's 'Chimneys' 2 mile race. Both Carmelina and Archie (Anastasia) won one of the coveted 'Chimneys' medals, making it a fitting tribute to Vince Hancock's memory. Vince used to frequently run them, of course, back in the days when they were all two miles on the original, and much lamented, one mile loop. Dennis also medalled.

(Ed: these races were originally run under the Sri Chimnoy banner, the title being renamed Three Chimneys by the aficionados of the event.)

**July 13: South London Network, Super 8 Meeting, Sutton Arena, Carshalton**

**U15 Boys**

**100:** Soban Inayat 13.2

**1500:** Alex Bisnouth 5:26.9

**HJ:** Soban Inayat 1.55

**4x100:** Hercules Wimbledon 57.1 (Sam Oswald, Alex Bond, Alex Bisnouth, Soban Inayat)

**U13 Boys**

**100:** Sam Oswald 13.7

**800:** Alex Bond 2:48.9

**LJ:** Alex Bond 3.85; Sam Oswald 3.77; Tom Oswald (U11) 2.45

**JT:** Alex Bond 14.73

**U15 Girls**

**SP:** Rebecca Dinsdale 7.75 (8<sup>th</sup> HW U15G all-time)

**JT:** Rebecca Dinsdale 16.02

**U13 Girls**

**SP:** Jessica Dinsdale 3.78

**JT:** Jessica Dinsdale 4.71

**July 13: Crawley AC Open Meeting, K2 Stadium, Crawley, Sussex**

**200 A:** 1 Kyran Mitchell-Nanton 23.00/+0.8w

**1500 A:** 5 Zoe Shannon (2C) 5:04.75

**July 13: British Milers Club Gold Standard Meeting**

**1500 A:** 2 Alex Bruce-Littlewood (2C) 3:47.67

**July 13: Watford Open Meeting, Herts**

**800 (race 16):** 9 Kieran White 2:04.51 (HW M35 record)

**July 14: Standard Chartered City 5km, City of London**

1 Chris Busaileh (Herne Hill H) 15:35. **HW:** 15 James Davis 16:30 (13<sup>th</sup> HW all-time); 741 Alison Purnell 21:37 (HW W45 record); 775 Tom Morris 21:45; 843 Stuart Littlewood 22:01; 1644 Dennis Williams 24:21; 4163 Carmelina Hancock 31:46 (6000+ finishers)

**July 16: Self Transcendence 10 miles Road, Battersea Park**

1 Martin Kennard (Unattached) 57:20. **HW:** 36 Frank Wood (3<sup>rd</sup> M45) 68:17; 57: Maurice Sharp (1<sup>st</sup> M60) 73:39 (149 finishers)

**July 16: Lily B League Plate Final, Kingsmeadow Stadium, Kingston**

**Match result:** 1 Sutton & District 254; 2 Reigate Priory 226; 3 Walton 139; 4 Dorking Mole Valley 90; 5 Hercules Wimbledon 45

**U15 Girls**

**200:** 3 Emma Headley 30.0

**800:** 2 Imogen Willis 2:52.7

**1500:** 1 Emma Headley 5:04.1

**SP A:** 1 Rebecca Dinsdale 7.46. **B:** 1 Emma Headley 5.49

**DT:** 1 Rebecca Dinsdale 19.01

**JT:** 2 Rebecca Dinsdale 11.19

**U13 Girls**

**LJ:** 4 Katie Headley 3.00

**SP:** 4 Jessica Dinsdale 3.75

**DT:** 4 Jessica Dinsdale 8.58

**JT:** 4 Jessica Dinsdale 3.51

**U11 Girls (non-scoring)**

**75 (race 3):** 7 Georgia Botros 12.9

**LJ:** 11 Georgia Botros 2.63



**July 16: parkrun 5km, Wimbledon Common**

1 Jonathan Stead (Herne Hill H) 16:37. **HW:** 8 Andrew Davies (2C) 18:44; 11 Peter Collins 18:59; 33 Charles Hampden-Smith 20:27; 47 Anna Garnier (2W-2C) 21:11; 53 Charles Lawrie 21:38; 62 Rebecca Stone 22:14; 114 Dennis Williams 25:01; 161 Sophie Toomey 28:53; 173 Richard Weston (2C) 30:25; 183 Clare Lyons-Collins 31:10 (200 finishers)

**July 16: parkrun 5km, Roundshaw Downs, Croydon, Surrey**

1 Ben Wickham (Victoria Park & Tower Hamlets) 17:33. **HW:** 15 Martin O'Halloran 22:25 (80 finishers)

**July 16: Elmore 7 miles Road, Chipstead, near Coulsdon, Surrey**

1 Kevin Quinn (aldershot, F&D) 36:44. **HW:** 51 Tom Cheetham 46:46 (326 finishers)

**July 16: Optima Aquathon, Old Deer Park, Richmond, Surrey****Men****Swim 540m – Run 5km**

1 Conrad Misham 30:04 (10:27 – 18:08). **HW:** 5 Jeremy Purnell 34:19 (11:34 – 21:02)

**Boys Tristar 2 (Ages 11-12)****Swim 240m – Run 1800m**

1 Joe Nolan 11:07 (4:52 – 5:00). **HW:** 11 Nat Purnell 13:33 (4:15 – 7:56)

**Boys Tristar 1 (Ages 9-10)****Swim 180m – Run 1200m**

1 Oscar Cowley-Andre 9:27 (3:11 – 5:04). **HW:** 13 Zac Purnell 10:45 (4:00 -5:27)

**July 17: Wimbledon Windmilers Jim Braben Memorial 10km Multi Terrain, Wimbledon Common**

1 Phil Glynn (HW) 35:41. **Other HW:** 21 Peter Collins 40:46; 23 Jim Wallace (2C) 41:02; 34 Frank Wood 42:05; 49 Amy Aronson (3<sup>rd</sup> W) 43:35; 107 Claire Morgan (2C) 48:39; 128 Dennis Williams 49:38; 141 Tomo Kikugawa 50:53; 173 Angela Kikugawa 53:50; 185 Caroline Glynn 55:18; 228 Sophie Toomey 60:43 (259 finishers)

**July 17: Southern Senior Inter Counties, Hemel Hemstead**

**5000 A:** 1 Alex Bruce-Littlewood (2C) 15:24.69

**July 18: Self Transcendence 5km Road, Battersea Park**

1 Henry Dodwell (Highgate H) 15:55. **HW:** 7 Stuart Fraser 17:10; 43 Frank Wood 19:40; 60 Stuart Littlewood (3<sup>rd</sup> M55) 21:13; 67 Anastasia Hancock 21:52; 76 Dennis Williams (1<sup>st</sup> M65) 22:44; 109 Carmelina Hancock (1<sup>st</sup> W60) 31:00 (**HW W60 record**)

**July 20: Rosenheim League, Eastern Division, Match 6, Tooting Bec****Men**

**Match results:** 1 Herne Hill H 53; 2 Hercules Wimbledon 52; 3 Belgrave H 47; 4 Croydon H 41; 5 Serpentine 17; 6 Striders of Croydon 6

**100:** 2 Olu Oduwusi 11.3. (**n/s 2**): 3 Justin Smith 12.1; 5 Devonte Casely-Hayford 12.5

**200:** 2 Olu Oduwusi 23.0. (**n/s 2**): 2 Mark Giraud 24.7 (**HW M35 record**)

**400:** 2 Hamed Agboke 53.0. (**n/s**): 1 Justin Smith 55.3; 4 Stuart White 61.5 (**12<sup>th</sup> HW M40 record**)

**800:** 5 James Trapmore 2:04.2; (**n/s**): 5 Anna Garnier 2:42.4

**1500:** 2 James Trapmore 4:22.0; 6 Zoe Shannon 5:09.3. (**n/s**): 1 Johnnie Bland 4:36.8; 2 Alexi Calvert-Ansari 4:37.8; 5 Ian Pegler 4:48.8; 9 Peter Lee 5:01.6; 10 George Philpot 5:22.3; 11 Amy Aronson 5:23.9

**3000:** 2 Andrew Penney 8:37.0; 3 Alex Robinson 8:37.7; 4 Liam White 8:39.4; 7 James Trapmore 9:02.9; 16 Peter Lee 10:29.0; 17 Ruth Clifton (1<sup>st</sup> in Women's race) 10:38.8; 18 Peter Collins 10:40.5; 21 George Philpot 11:11.6; 22 Emma Headley 11:13.2 (**HW U15G record**); 23 Amy Aronson 11:16.6

**HJ:** 1 Jimmy Saruchera 1.70. **n/s:** Jonathan Grayson 1.60

**LJ:** 2 Jonathan Grayson 5.22

**SP:** 2 Remigijus Jarutis (HW debut) 11.98 (**13<sup>th</sup> HW all-time**); 6 Kevin Burnett (2C) 5.04

**JT:** 5 Kevin Burnett (2C) 13.54; 6 Jonathan Grayson 11.05

**4x200:** 1 Hercules Wimbledon 1:36.2 (J Smith, H Agboke, J Chukwuadinula, O Oduwusi)

**Final League positions:** 1 Herne Hill H 34 (332); 2 Belgrave H 27 (305); 3 Croydon H 22.5 (241); 4 Hercules Wimbledon 21.5 (247); 5 Serpentine 11 (123); 6 Striders of Croydon 10 (102)

**Women**

**Match result:** 1 Serpentine 24; 2 Belgrave H 17; 3 Hercules Wimbledon 12; 4 Croydon H 8; 5 Herne Hill H 6; 6 Striders of Croydon 3

**SP (4kg):** 1 Rachael Dinsdale 7.69. **(n/s 3.25kg):** Rebecca Dinsdale 8.15 (7<sup>th</sup> HW U15G all-time)

**Final League positions:** 1 Serpentine 31.5 (115); 2 Belgrave H 27 (107); 3 Croydon H 22 (61); 4 Striders of Croydon 14 (47); 5 Hercules Wimbledon 13.5 (39); 6 Herne Hill H 11 (29)





Some fine HW action in the Rosenheim League as caught by the camera of Ray O'Donoghue [raymondodonoghue@btinternet.com](mailto:raymondodonoghue@btinternet.com)

**July 20: British Milers Club Regional Races, Eltham, SE London**

**800:** 2 Alex Bruce-Littlewood (2C) 1:54.20

**July 22: Brantham Village 5 miles, Suffolk**

1 Robert Reason (Harwich Runners) 27:12. **HW:** 10 Johnnie Bland 30:02 (211 finishers)

**July 23: parkrun 5km, Bushy Park, Teddington**

1 Neil Phillips (Aldershot, F&D) 16:09. **HW:** 8 Matthew Sharp 17:21 (685 finishers)

**Note:** this was Matthew's first race outing since his ankle break when warming up for the 'National' at Alton Towers in February

**July 23: parkrun 5km, Roundshaw Downs, Croydon, Surrey**

1 Neil Reissland (Collingwood AC) 17:23. **HW:** 15 Martin O'Halloran 22:05 (94 finishers)

**July 23: parkrun 5km, Ham. Surrey**

1 Jeffrey Cox (San Domenico RRC) 18:42. **HW:** 13 Dennis Williams 22:44 (35 finishers)



**July 23: parkrun 5km, Wimbledon Common**

1 Jonathan Stead (Herne Hill H) 16:31. **HW:** 16 Amy Aronson (1<sup>st</sup> W) 19:42; 18 Frank Wood 19:47; 26 Charles Hampden-Smith 20:13; 44 Maurice Sharp 21:35; 62 Rebecca Stone 22:10; 65 Monika Crouse 22:23; 173 Sophie Toomey 28:03; 216 Clare Lyons-Collins 31:17 (233 finishers)

**July 23: Herne Hill H Open Meeting, Tooting Bec**

**100 (race G):** 4 Joseph Chukwuadinula 11.81/-1.0w. **(race I):** 2 Hamed Agboke 12.03/-1.1w

**400 (race A):** 4 Jonathan Osbourne 50.61. **(race B):** 6 Hamed Agboke 52.96. **(race D):** 3 Justin Smith 54.54

**800 (race B):** 6 Kieran White 2:08.17

**1500:** 17 George Philpot 5:23.78

**3000:** 1 Kieran White 9:01.88

**SP:** 1 Remigijus Jarutis 12.16 (12<sup>th</sup> HW all-time)

**July 23: British Milers Club Grand Prix, Stretford, Lancs**

**1500 B:** 13 Alex Bruce-Littlewood (2C) 3:59.05

**3000 B:** 3 Liam White 8:32.57

**Note:** Liam's time qualifies him for the U20 3000m to be held at the Crystal Palace Aviva Grand Prix on August 5

**July 23: parkrun 5km, Cardiff**

1 Unknown 15:48. **HW:** 55 Gerard Crispie (2C) 20:08 (254 finishers)

**July 24: Elmbridge 10km, Walton**

1 Robert Russell (Thames Valley H) 30:55. **HW:** 40 Peter Lee 36:26; 52 Hugh Saxby (2<sup>nd</sup> M55) 37:15; 89 Stewart Bond 39:39; 120 Jeremy Purnell 40:58; 252 Alison Purnell 46:15 (2<sup>nd</sup> HW W45 all-time) (615 finishers)

**July 24: Dartford Half Marathon, Kent**

1 Dean Lacey (Cambridge H) 71:33. **HW:** 47 Tom Cheetham 88:25 (693 finishers)

**July 24: Ebbisham Boy's League, Division 2, Match 3, Croydon Arena**

**Match result:** 1 Kingston & Polytechnic 102; 2 Dorking/Reigate/Holland Sports 51; 4 Hercules Wimbledon 26

**U17 Men (non-scoring)**

**100:** Devonte Casely-Hayford 12.0; Jamey Recknell 12.7

**200:** Devonte Casely-Hayford 24.6; Jamey Recknell 26.0

**SP:** Jamey Recknell 7.36

**4x200** Hercules Wimbledon 1:45.7 (A Donkor, S Inayat, J Recknell, D Casely-Hayford)

**U15 Boys**

**100 A:** 1 Soban Inayat 12.8. **B:** 1 Alastair Donkor 12.8

**200:** 3 Alastair Donkor 27.5

**HJ:** 1 Soban Inayat 1.64 (19<sup>th</sup> HW U15B all-time)

**SP:** 2 Alastair Donkor 8.65

**U13 Boys**

**100:** 4 Zac Purnell 17.1

**200:** Zac Purnell 36.1

**800:** 4 Nat Purnell 3:04.1

**LJ:** 4 Nat Purnell 2.98

**JT A:** 3 Nat Purnell 13.38. **B:** 2 Zac Purnell 7.32



Some shots of the HW lads by Soban's dad at the 'Croydon Caper'

**July 24: Surrey Slog Half Marathon Cross Country, Peaslake, Surrey**

1 Pat Wright (HW 2C) 87:07: **Other HW:** 151 Claire Morgan (2C) 2:11:04 (247 finishers)

**July 25: Self Transcendence 3x1 mile Relay, Battersea Park**

1 London Front Runners 14:30. **HW Team:** 31: Hancock's Sub Half Hour 20:54 (Anastasia Hancock 6:19; Dennis Williams 6:48; Ian Isherwood 7:47)

**Also competing:** Andrew Davies (2C) 5:24

**July 26: Veterans AC 5-mile Road Race, Battersea Park**

1 Terry Fowler (Met Police) 28:46. **HW:** 8 Dennis Williams 37:14 (3<sup>rd</sup> HW M65 all-time); 12 Angela Kikugawa 42:24 (2<sup>nd</sup> HW W45 all-time)

**July 27: Watford H Open Meeting, Watford, Herts**

**3000 (race 2):** 14 Alex Robinson 8:32.93; Kieran White 8:50.61 (HW M35 record)

**July 28: Manchester 5km Sizzler Series, Wythenshawe, Lancs**

1 Stuart Stokes (Sale H) 14:28. **HW:** 115 Gerard Crispie 19:54 (372 finishers)

**July 28: Ron Wheeler 5km Handicap, Spirit Quay, Wapping, East London**

**Fastest:** =1 Rupert Holden/Jon Fairs 17:50. **HW:** 13 Dennis Williams 23:50

**July 29: Brooks Serpentine 5km, Hyde Park**

1 Alex Pilcher (Derby AC) 15:34. **HW:** 55 George Philpot 20:06 (212 finishers)

**July 29: Stragglers Wedding Day 71m road, Bushy Park, Teddington**

1 Scott Overall (Blackheath & Bromley AC) 21:50. **HW:** 41 Andrew Davies (2C) 27:08; 43 Ruth Clifton (2C) 27:09; 174 Dennis Williams 32:58; 360 Ian Isherwood 40:23 (487 finishers)

**July 30: Southern Men's League, Division 1, Match 5, Woking**

**Match result:** 1 Hercules Wimbledon 128.5; 2 Newbury 120; 3 Newquay & Par 117; 4 Thames Valley H 85; 5 Aldershot, F&D 76.5

**100 A:** 3 Richard Agyapong 11.4. **B:** 4 Jimmy Saruchera 12.0. **n/s 1:** 5 Devonte Casely-Hayford 12.5; 6 David Harris 13.2 (2<sup>nd</sup> HW M35 all-time). **n/s 2:** 3 Jamey Recknell 12.9

**200 A:** 1 Dwayne Dowding 21.8. **B:** 2 Richard Agyapong 22.8

**400 A:** 1 Jonathan Osbourne 49.5 (5<sup>th</sup> HW U20 all-time). **B:** 2 Hamed Agboke 51.9

**800 A:** 1 Andrew Penney 1:57.8. **B:** 1 Alex Robinson 2:00.8

**1500 A:** 1 Andrew Penney 3:59.1, **B:** 1 Alex Robinson 4:03.7. **n/s:** 1 Dominic Kiralyfi 4:13.6

**5000 A:** 3 Kieran White 15:42.5 (HW M35 record). **B:** 1 Rory McMahon 16:24.2. **n/s:** Fred Slemeck (2C) 16:06.7; Peter Lee 17:14.9; Sean Crummy 18:18.9

**3000SC A:** 3 Rory McMahon 10:48.5. **B:** 3 Lance Power 12:56.8

**110H A:** 2 Steve Davies 16.8. **B:** 1 Jonathan Grayson 18.6

**400H A:** 2 Ed Saywell 62.8. **B:** 1 Lance Power 66.6

**HJ A:** 2 Steve Davies 1.85\* (HW M35 record & =14<sup>th</sup> HW all-time). **B:** 2 Jonathan Grayson 1.65

**PV A:** =3 Lance Power 2.60. **B:** 1 Dave Orchard 2.60

**LJ A:** 4 Jonathan Grayson 5.96. **B:** 2 Jimmy Saruchera 5.69. **n/s:** David Harris 5.13 (2<sup>nd</sup> HW M35 all-time)

**TJ A:** 1 Jimmy Saruchera 12.19. **B:** 1 Jonathan Grayson 11.99

**SP A:** 4 Dave Orchard 9.85. **B:** 4 Dominic Getting 7.19

**DT A:** 5 Dave Orchard 27.25. **B:** 4 David Harris 18.95 (5<sup>th</sup> HW M35 all-time)

**HT A:** 4 Dave Orchard 26.66. **B:** Steve Davies 18.94

**JT A:** 5 Dave Orchard 33.50. **B:** 5 Marko Ravic 26.21

**4x100:** 3 Hercules Wimbledon 45.1 (D Casely-Hayford, R Agyapong, J Saruchera, D Dowding

**4x400:** 1 Hercules Wimbledon 3:29.3 (H Agboke-51.4. S Davies-53.9, D Dowding-51.6, J Osbourne-51.9)

**League positions after five matches (unofficially calculated by Tom Pollak)**

1 City of Portsmouth 23 (667); 2 Bedford 23 (638.5); 3 Brighton & Hove 23 (629); 4 Bexley 22 (648); 5 Ipswich 20(625.5); 6 Newbury 20 (591); 7 Dacorum & Tring 18 (592.5); 8 HERCULES WIMBLEDON 18 (567); 9 Medway & Maidstone 17.5 (510.5); 10 Highgate 17 (573); 11 Woking 17 (558); 12 Newquay & Par 16 (589); 13 Newham & EB 15 (467.5); 14 Dartford 14.5 (523.5); 15 Thurrock 13.5 (504); 16 Met Police 13 (493.5); 17 Poole Runners 11 (525); 18 St Mary's Richmond 11 (513.5); 19 Windsor SEH 10.5 (483); 20 Ryston Runners 10 (462.5); 21 Woodford Gn &EL 10 (423.5); 22 North Devon 8 (415.5); 23 TVH 8 (406); 24 AFD 6 (383)

\***Note:** Steve's 1.85 High Jump PB tops the UK M35 rankings for the current year

Some video action from Woking as supplied by Dave Orchard is [here](#)

**July 30: Self Transcendence 10km, Battersea Park**

1 Kevin Quinn (Aldershot, F&D) 31:32. **HW:** 31 Frank Wood (1<sup>st</sup> M45) 39:03 (12<sup>th</sup> HW M45 all-time); 63 Hannah Fernando 42:22 (14<sup>th</sup> HW SW all-time); 77 Maurice Sharp (1<sup>st</sup> M60) 43:10 (221 finishers)

**July 30: parkrun 5km, Wimbledon Common**

1 Andy Weir (Thames H&H) 17:01. **HW:** 10 Peter Collins 18:45; 11 Andrew Davies (2C) 18:52; 19 Jeremy Purnell 19:28; 29 Charles Hampden-Smith 20:18; 70 Alison Purnell 22:14; 71 Charles Lawrie 22:22; 82 Fenella Willis 23:01 (**3<sup>rd</sup> HW W40 all-time**); 138 Angela Kikugawa 25:38 (**3<sup>rd</sup> HW W45 all-time**); 142 Mike Fuller 25:47 (**5<sup>th</sup> HW M65 all-time**); 145 James Wallace 25:55; 148 Imogen Willis 26:02; 180 Sophie Toomey 27:58; 193 Patrick Stone 28:56; 211 Richard Weston (2C) 30:51; 217 Rebecca Stone 31:15 (237 finishers)

**July 30: parkrun 5km, Brockwell Park, SE24**

1 Unknown; 2 James Trapmore (HW 2C) 15:57 (108 finishers)

**July 30: parkrun 5km, Bushy Park, Teddington**

1 Andrew Maurice (Morpeth H) 16:15; 2 Matthew Sharp (HW) 16:58. **Other HW:** 112 Tom Morris 21:48 (632 finishers)

**July 30: parkrun 5km, Roundshaw Downs, Croydon**

1 Richard Ward (Belgrave H) 16:20. **HW:** 14 Martin O'Halloran 21:36 (82 finishers)

**July 30: National Aquathlon Championships, Littlehampton****Tidal River Swim 750m – Run 5km**

1 James Lock 27:13 (10:12 – 16:33). **HW:** 3 Deon Coetzee 29:06 (11:10 – 17:17) (108 finishers)

**July 30: Virgin Active London Olympic Distance Triathlon, Excel Centre, East London****W45-49 category****Swim 1500m - Bike 38.7km - Run 9.8km**

1 Tracey Gwyer 2:40:21 (29:21 – 70:05 – 54:22). **HW:** 5 Zoe Phillips 2:44:53 (35:53 – 73:05 – 48:52) (40 finishers)