

HW results June 2011

**June 1: Rosenheim League, Western Division, Ewell**

**Non-scoring events**

**PV:** 2 Dave Orchard 2.60

**TJ:** 2 Dave Orchard 9.43

**DT (2kg):** 5 Dave Orchard 28.80 (**HW M50 record – 2kg**)

**HT (4kg):** 1 John Webster 34.00. (**6kg**): 1 Dave Orchard 31.27

**June 1: Watford Open Meeting**

**1500 (race 3):** 12 Liam White 8:38.01

**Jun 1: Portsmouth Promenade 5km Race**

1 James Baker (Chichester Runners) 15:30. **HW:** 141 Ian Isherwood 26:43 (176 finishers)

**June 1: Bungay Black Dog Summer Series 10km, Race 1, Bungay, Suffolk**

1 James Preston (Wymondham AC) 34:23. **HW:** 4 Andrew Davies (2C) 37:33 (112 finishers)

**June 4: Southern Men's League, Division 1, Match 3, Brighton, Sussex**

**Match result:** 1 Medway & Maidstone 143; 2 Brighton & Hove 128; 3 Highgate H 118; 4 Hercules Wimbledon 101

**100 A:** 4 Jonathan Osbourne 11.3. **B:** 4 Olu Oduwusi 11.6. **n/s (race 2):** 4 Devonte Caseley-Hayford 12.0.

**n/s (race 3):** 5 Samuel Aning 12.1

**200 A:** 4 Olu Oduwusi 23.3. **B:** 4 Devonte Caseley-Hayford 24.3

**400 A:** 1 Jonathan Osbourne 50.8. **B:** 4 Ed Saywell 57.4

**800 A:** 2 Liam White 2:00.9. **B:** 4 Joe Clark 2:07.1

**5000 A:** 4 Kieran White 16:16.4 (**HW M35 record**)

**3000SC:** 2 Geordie Logan 10:42.4

**110H:** 1 Austin Ferns 14.7. **B:** 1 Steve Davis 16.7 (**2<sup>nd</sup> HW M35 all-time**)

**400H:** 1 Austin Ferns 53.7. **B:** 2 Ed Saywell 63.3

**HJ A:** 4 Steve Davies 1.75, **B:** 2 Jimmy Saruchera 1.70

**PV A:** 4 Dave Orchard 2.80

**LJ A:** 2 Jonathan Grayson 6.20. **B:** 3 Jimmy Saruchera 5.23

**TJ A:** 2 Jonathan Grayson 12.57. **B:** 3 Jimmy Saruchera 11.58. **n/s:** Samuel Aning 11.00

**SP A:** 3 Rob Dinsdale 10.11. **B:** 3 Dave Orchard 9.12

**DT A:** 2 Rob Dinsdale 32.15 (**3<sup>rd</sup> HW M40 all-time/21<sup>st</sup> HW SM all-time**). **B:** 2 Dave Orchard 28.29 (**HW M50 record**)

**HT A:** 1 Dave Orchard 29.60 (**3<sup>rd</sup> HW M50 all-time/16<sup>th</sup> HW SM all-time**). **B:** 4 Rob Dinsdale 13.05

**JT A:** 4 Max Jacobs 30.63. **B:** 2 Dave Orchard 29.75

**4x100:** 4 Hercules Wimbledon 47.4 (D Caseley-Hayford, J Grayson, E Saywell, J Saruchera)

**4x400:** 2 Hercules Wimbledon 3:29.4 (S Davies – 54.2, L White – 52.1, A Ferns - 49.9, J Osbourne – 53.2)



Joe and Liam in the thick of 800m action at Brighton, plus Jonathan and Devonte showing fine sprinting form.

Also, Kieran looks relaxed heading for a HW M35 record over 5000m

*Photos by Ray O'Donoghue*

**June 4: UK Women's League Premier, Leigh, Lancs**

**3000 A:** 7 Amy Aronson 11:04.13

**June 4: UK Women's League, Division 1, Swansea**

**200 A:** 6 Emily Martin 26.09/+0.9

**LJ A:** 4 Emily Martin 5.49/+0.3

**June 4: British League, Division 1, Cophall Stadium, Hendon**

**5000 A:** 2 Chris Parr (2C) 14:49.78; 6 Alex Bruce-Littlewood (2C) 16:35.05

**3000SC A:** 5 Alex Bruce-Littlewood (2C) 9:30.11

**June 4: parkrun 5km, Lloyd Park, Croydon, Surrey**

1 David Bruney (Unattached) 19:22; 2 Andy Waites 19:25 (10<sup>th</sup> HW M50 all-time) (53 finishers)

**June 4: parkrun 5km, Milton Keynes**

1 Andy Murrell (Unattached) 17:10. **HW:** 7 Steve Newton 19:09 (217 finishers)

**June 4: parkrun 5km, Bushy Park, Teddington**

1 Basil Wallace (Herne Hill H) 16:46. **HW:** 115 Barry King 21:23 (792 finishers)

**June 4: parkrun 5km, Richmond Park**

1 Mark Delahunty (Ealing, Southall & Middx) 18:40. **HW:** 34 Ross Vance 21:04 (291 finishers)

**June 4: parkrun 5km, Killerton, nr Exeter**

1 Andrew Chambers (Bristol & West) 17:40. **HW:** 5 Stewart Bond 19:22; 16 Alex Bond 22:49 (71 finishers)

**June 4: parkrun 5km, Roundshaw Downs, Croydon**

1 Daniel Gillett (South London H) 17:13. **HW:** 24 Martin O'Halloran 22:19 (160 finishers)

**June 4: parkrun 5km, Kingston (Ham)**

1 Roy Reeder (Stragglers) 17:45. **HW:** 6 Francesca Clarke (1<sup>st</sup> W) 20:05 (**W35 course record/2<sup>nd</sup> HW W35 all-time/7<sup>th</sup> HW SW all-time**) 7 Dave Clarke 20:05 (**11<sup>th</sup> M50 all-time**) (48 finishers)

**June 4: 5km parkrun, Wimbledon Common**

1 Nic Gould (Thames H&H) 16:29. **HW:** 5 Andrew Davies (2C) 18:33; 25 Jeremy Purnell 19:55; 54 Maurice Sharp 21:17; 64 Charles Lawrie 21:29; 70 Rebecca Stone 21:52; 117 Adam Fenton 23:30; 135 Claire Rogers 24:35; 171 Dennis Williams 26:33; 207 Patrick Stone 28:00; 214 Sophie Toomey 28:37 (277 finishers)

**June 4: Blenheim Sprint Triathlon, Blenheim Palace, Oxon****Swim 750m – Bike 20km – Run 5km**

1 Sam Wade 67:05 (9:53 – 33:55 – 19:11). **HW:** 10 Deon Coetzee (10:06 – 37:03 – 20:45); 1376 Zoe Phillips 93:46 (17:04 – 44:04 – 25:49) (4020 finishers)

**June 5: Dorking 10-mile road race, Dorking, Surrey****(Inc Surrey AA Championships)**

1 Phil Wicks (Belgrave H) 49:13. **HW:** 32 David Grima 62:52; 38 Claire Grima (4<sup>th</sup> W) 63:47 (**HW SW record**); 67 Tom Cheetham 66:50; 272 Claire Morgan (2C) 80:54 (515 finishers)

**Note:** previous record was 64:59 by Christine Whalley in our own promotion, the Wimbledon 10 on October 5, 1983

**June 5: British Masters 10,000m Championships, Horspath, Oxford****M65**

1 Peter Giles\* 40:06.93

**W55**

1 Anna Garnier 42:32.71

**\*Note:** this is Peter's third British Masters' title this year, having earlier won both the 1500m and 3000m indoor titles

**June 5: Cork City Marathon, Ireland**

1 Sergiu Ciobanu (Clonliffe H) 2:25:34. **HW:** 63 Gerard Crispie 3:05:37 (1365 finishers)

**June 5: Shropshire Olympic Distance Triathlon, Ellesmere****Swim 1500m – Bike 40km – Run 10km**

1 Darren Milne (Tri London) 1:58:28 (23:01 – 59:12 – 34:56). **HW:** 43 Peter Lee 2:09:34 (26:19 – 64:48 – 36:44) ( 251 finishers)

**Note:** Peter says that finishing as fifth M45 qualifies him for the World Championships to be held in Beijing, China in September

### June 6: Self Transcendence 2miles Road Race, Battersea Park

1 Thomas Beedell (Kingston) 9:39. **HW:** 24 Tom Morris 13:03; 51 Ian Isherwood 16:56 (56 finishers)

### June 6: British Milers Club Regional Races, Jarrow

**1500 A:** 3 Alex Robinson 3:59.0

### June 7: Crystal Palace Canter, approx 3 miles, SE19

1 Neville Webb (Dulwich R) 19:37. **HW:** 3 Stuart Littlewood 21:01; 8 Dennis Williams 24:15 (12 finishers)

### June 8: Veterans AC Meeting, Willesden

**800:** 7 Tom Morris 2:58.6

**3000:** 5 Tom Morris 12:16.9

### June 8: Rosenheim League East, Match 3, Wimbledon Park

**Match result:** 1 Belgrave H 58; 2 Hercules Wimbledon 55; 3 Herne Hill H 49; 4 Croydon H 35; 5 Striders of Croydon 17; 6 Serpentine 11

**100:** 2 Olu Owudusi 11.5; 4 Devonte Casely-Hayford 12.5; 6 David Harris 13.3 (2<sup>nd</sup> HW M35 all-time). (n/s 1): 3 Hamed Agboke 11.7. (n/s 2): 2 David Lankes 11.7; 3 Samuel Aning 12.1; 4 Alastair Donkor 13.0

**200:** 3 Olu Owudusi 23.3. (n/s 2): 1 David Lankes 24.2; 2 Devonte Casely-Hayford 25.1; 4 Mark Giraud 25.6 (HW M35 record); 5 Samuel Aning 25.8. (n/s 3): 2 Justin Smith 24.8

**400:** 3 Justin Smith 54.5. (n/s 1): 2 Hamed Agboke 54.0; 6 Stuart White 61.8. (n/s 2): 4 David Harris 63.2 (2<sup>nd</sup> HW M35 all-time)

**800:** 2 Tim Livingstone 2:03.1 (13<sup>th</sup> HW U17M all-time); 5 Stephen McDuell 2:10.7; 8 Emma Headley 2:29.8; 9 11 Angela Kikugawa 3:33.1

**1500:** 4 Joe Clark 4:26.5; 5 Ben Palmer 4:31.3; 6 Cassian Hyde 4:31.8 (14<sup>th</sup> HW U15B all-time); 7 James Evans 4:53.2; 8 Peter Lee 4:58.2; 9 Ross Vance U15) 4:59.6; 11 Ruth Clifton 5:05.4; 19 Heather Letley 6:17.6

**3000:** 3 James Davis 9:12.3; 8 David Grima 9:43.7; 10 Sean Crummy 10:02.2; 12 Peter Lee 10:15.9; 13 Andrew Davies (2C) 10:18.2; 14 Hugh Saxby 10:21.0; 15 Ben Palmer 10:24.5; 16 Claire Grima 10:28.0 (9<sup>th</sup> HW SW all-time); 17 Ruth Clifton 10:48.5; 18 Victor Ray 11:05.7; 21 Charles Hampden-Smith 11:41.4

**110H:** 2 Steve Davies 16.8

**HJ:** 1 Stephen Davies 1.80 (HW M35 record)

**TJ:** 2 Jimmy Saruchera 11.80; n/s: Samuel Aning 10.14

**DT (2kg):** 3 Rob Dinsdale 31.00; 5 Kevin Burnett (2C) 13.95; n/s: Dave Orchard 29.05 (M55 record – 2kg); Chima Odum 27.91 (6<sup>th</sup> U20M all-time)

**HT (7.26kg):** 3 Dave Orchard 26.06; 5 Kevin Burnett (2C) 12.99. n/s: Stephen Davies 20.93; Chima Odum 17.70 (10<sup>th</sup> U20M all-time)

**4x200:** 2 Hercules Wimbledon 1:38.3

**Positions after three matches:** 1 Herne Hill H 16 (160); 2 Belgrave H 15 (160); 3 Croydon H 12 (128); 4 Hercules Wimbledon 8 (102); 5 Striders of Croydon 6 (66); 6 Serpentine 6 (65)

### Women

**Match result:** 1 Belgrave H 27; eq2 Hercules Wimbledon/Serpentine 15; 4 Croydon H 11; 5 Herne Hill H

**400:** 4 Ruth Clifton 70.0

**1500 (extracted from men's race)** 1 Ruth Clifton 5:05.4; 5 Heather Letley 6:17.6

**DT (1kg):** 2 Rachael Dinsdale 20.00

**Positions after three matches:** 1 Serpentine 16.5 (62); 2 Belgrave H 14 (56); 3 Croydon H 11 (33); 4 Hercules Wimbledon 6.5 (21); 5 Striders of Croydon 5 (15); 6 Herne Hill H 5 (12)

### June 10: Crooklog Handicap 5km, Bexleyheath, Kent

#### Fastest:

1 Michael Clark (Aquila) 19:55. **HW:** 4 Stuart Littlewood 21:45 (17 finisher)

## June 11: Surrey Schools Championships, Kingsmeadow Stadium, Kingston

### Senior Boys (U20)

**SP (6kg):** 2 Andrew Clarke 10.10 (10<sup>th</sup> U20M all-time)

### Inter Boys (U17)

**100:** 2 Max Mondelli 11.84/-1.7w **Heat 2:** 1 Max Mondelli 11.86/-2.4

**1500:** 3 Tim Livingstone 4:17.94 (11<sup>th</sup> U17M all-time)

**1500SC:** 3 James Evans 5:12.1; 4 Ben Palmer 5:30.2

**HJ:** 3 Alessio Martello 1.75 (=12<sup>th</sup> U17M all-time)

**TJ:** 9 Samuel Aning 10.68

### Junior Boys (U15)

**100:** 7 Rehmial Miller 13.8. **In heat 2:** 2 Rehmial Miller 12.58/-1.6

**1500:** 6 Cassian Hyde 4:33.1

### Junior Girls (U15)

**1500:** 3 Emma Headley 4:58.9



James Evans splashing all over in the Surrey School's Steeplechase

Photo by Dave Orchard

## June 11: London Schools Championships, Battersea Park

### Inter Boys (U17)

**JT:** 4 Max Jacobs 33.35

### Junior Boys (U15)

**80H:** 1 Adam Magni 11.5\* (HW U15B record). **In heat 1:** 1 Adam Magni 11.7

**800:** 2 Thomas Bracegirdle 2:18.3

**SP:** 1 Adam Magni 13.54 (3<sup>rd</sup> HW U15B all-time); 4 Omar Malik 11.26

**JT:** 2 Omar Malik 34.75

\*: previous record: 11.7 Megarry Effiong 1974/Kenneth Frempong 1998

## June 11: British Milers Club Grand Prix, Watford, Herts

**1500 (race c):** 3 Chris Parr (2C) 3:48.26; 11 Alex Bruce-Littlewood (2C) 3:51.50; 15 Liam White 3:52.40

## June 11: parkrun 5km, Wimbledon Common

1 Knut Hegvold (Belgrave H) 17:24. **HW:** 4 Claire Grima 18:28 (1<sup>st</sup> W); 15 James Wallace (2C) 19:44; 21 Jeremy Purnell 20:03; 26 Charles Hampden-Smith 20:22; 34 James Sharpe 20:51; 40 Charles Lawrie 21:11; 42 Maurice Sharp 21:17; 44 David Harris 21:19; 47 Hannah Fernando (2<sup>nd</sup> W) 21:22; 61 Rebecca Stone 21:46; Adam Fenton 21:49; 65 David Grima 22:03; 173 Patrick Stone 28:24; 226 Clare Lyons-Collins 31:12 (245 finishers)

## June 11: parkrun 5km, Bushy Park, Teddington

1 Andrew Wiles (New Marske H) 15:07. **HW:** 105 Barry King 21:15 (782 finishers)

**June 11: parkrun 5km, Richmond Park**

1 Lucy McAllister (Thames H&H) 17:15. **HW:** 26 Stephen McDuell 20:08 (250 finishers)

**June 11: Self Transcendence 10km, Battersea Park**

1 Fernando Del Valle (Serpentine) 33:25. **HW:** 37 Frank Wood 39:59 (204 finishers)

**June 11: Broad Town 5miles Road Race, nr Swindon**

1 Simon Nott (unattached) 26:25. 96 Dennis Williams 39:00; 165 Ian Isherwood 44:56 (208 finishers)

**June 12: NCBS Epsom 10km Road Race**

1 Kevin Quinn (Aldershot, F&D) 31:25. **HW:** 33 Tom Cheetham 40:35; 93 Claire Morgan (2C) 48:36 (205 finishers)

**June 13: Self Transcendence 5km Road Race, Battersea Park**

1 Nick Shasha (Torg Fitness) 15:52. **HW:** 15 Stuart Fraser 17:06; 56 Tom Morris 21:01 (136 finishers)

**June 13: SCVAC Veterans League, Match 3, Croydon Arena**

**Match result:** 1 Epsom & Ewell H 166; 2 Croydon H 136; 3 Kingston & Poly 117; 4 Striders of Croydon 116; 5 Hercules Wimbledon 107; 6 Dorking & Mole Valley 55

**M35**

**400:** 3 Stephen McDuell 66.0

**1500:** 1 Stephen McDuell 4:42.9

**5000:** 5 Stuart Littlewood 21:01.5

**Medley Relay (200/200/400/800):** 2 Hercules Wimbledon 4:17.4 (Mark Giraud, H Saxby, D Orchard, S McDuell)

**M40**

**100:** 3 Stephen McDuell 13.5

**400:** 2 Stewart Bond 65.8

**1500:** 2 Stewart Bond 4:50.2

**5000:** 4 Stewart Bond 18:59.3

**DT:** 1 Rob Dinsdale 30.17

**LJ:** 5 Stephen McDuell 3.34

**M50**

**100:** 4 Dave Orchard 13.9 (7<sup>th</sup> HW M50 all-time)

**5000:** 1 Hugh Saxby 17:48.8 (10<sup>th</sup> HW M50 all-time)

**LJ:** 4 Dave Orchard 4.47 (7<sup>th</sup> HW M50 all-time)

**DT:** 2 Dave Orchard 30.57; 6 Kevin Burnett (2C) 15.43

**HT:** 2 Dave Orchard 29.35

**M60**

**5000:** 4 Dennis Williams 23:29.1 (2<sup>nd</sup> HW M65 all-time)

**LJ:** 3 Kevin Burnett (2C) 2.03

**HT:** 4 Kevin Burnett (2C) 16.11

**Positions after three matches:** 1 Epsom & Ewell H 24 (449); 2 Croydon H 19 (371); 3 Kingston & Poly 18 (347); 4 Hercules Wimbledon 15 (326); 5 Striders of Croydon 13 (301); 6 Dorking & Mole Valley 10 (165)

**June 14: Veterans AC 5-mile Road Championships, Battersea Park**

1 Josh Painter (Brighton & Hove) 27:59. **HW:** 8 Tom Morris 35:02; 15 Dennis Williams (1<sup>st</sup> M65) 42:09 (22 finishers)

**June 15: British Milers Club Gold Standard Meeting, Watford, Herts**

**800 (A race):** 8 Chris Parr (2C) 1:51.53

**June 15: Blackheath & Bromley AC Parris Handicap, approx 3 miles. Hayes, Kent**

**Fastest:** 1 Matt Hammonds 17:49. **HW:** 18 Stuart Littlewood 21:20 (39 finishers)

**June 15: Thames H&H Summer Handicap, 5-miles XC, Wimbledon Common**

1 John Skillbeck 15:22.58; 2 Richard Weston (HW-2C) 13:23.29, **Other HW:** 7 Anna Garnier (2C) 15:25.43; 8 Vicki Filsell (2C) 15:25.50

**Fastest:** 1 Nic Gould 27:38. **HW:** 5 Vicki Filsell (1<sup>st</sup> W) 34:50; 6 Anna Garnier (2<sup>nd</sup> W) 34:58; 18 Richard Weston 53:29

**June 15: South London Network Super 8 Competition, Croydon Arena****U15 Boys**

**100:** Osie Akoto 12.8; Soban Inayat 13.0

**1500:** Alex Bisnouth 5:25.0

**HJ:** Soban Inayat 1.55

**Note:** Soban was 2<sup>nd</sup> overall U15 boy with 150 points just 5 points behind the leading score

**U13 Boys**

**100:** Alex Bond 15.4

**U15 Girls**

**300:** Emma Headley 47.7; Rebecca Dinsdale 57.8

**LJ:** Emma Headley 3.80

**SP:** Rebecca Dinsdale 7.46

**U15 Teams (Boys/Girls combined):** 1 South London H 1341; 2 Hercules Wimbledon 555; 3 Croydon H 449

**U13 Teams (Boys/Girls combined):** 1 South London H 912; 3 Herne Hill H 537; 3 South London H 514 ... 6 Hercules Wimbledon 102

**Overall positions after two matches with final fixture at Sutton due on July 13:**

**U15:** 1 Herne Hill H 1651; 2 South London H 1438; 3 Hercules Wimbledon 1436

**U13:** 1 Herne Hill H 1764; 2 Belgrave H 1295; 3 South London H 912 ... 6 Hercules Wimbledon 335

**June 15: English Schools Cup, South East Schools Regional Final. Cophall Stadium. Hendon****U15 Boys**

**100:** 14 Omar Malik 12.7

**JT (700g):** 6 Omar Malik 32.76

**June 17: 10km Road Race, Eysines, nr Bordeaux, France**

**HW:** Anastasia Hancock 46:50; Carmelina Hancock (1<sup>st</sup> W60) 64:40

**June 18: Herne Hill H Open Meeting, Tooting Bec**

**100 (race 6):** 2 Justin Smith 11.80/+3.0w; 6 Mark Baker 12.52/+3.0w, **(race 10):** 1 David Harris 13.60/-1.7w

**400 (race 1):** 3 John Osbourne 50.62. **(race 4):** 3 Stuart White 62.20 (13<sup>th</sup> HW M40 all-time)

**June 18: parkrun 5km, Bushy Park, Teddington**

1 Mike Trees (Belgrave H) 16:07. **HW:** 97 Barry King 21:17 (702 finishers)

**June 18: parkrun 5km, Wimbledon Common**

1 Torran Elson (Unattached) 17:11. **HW:** 12 Peter Collins 19:20 (12<sup>th</sup> HW M40 all-time) ; 13 Stewart Bond 19:23; 26 Jeremy Purnell 20:14; 33 Charles Hampden-Smith 20:35; 47 Hannah Fernando (3<sup>rd</sup> W) 21:24; 56 Rebecca Stone 21:51; 74 Alison Purnell 22:42; 80 Charles Lawrie 23:06; 100 Claire Rogers 23:56; 109 Dennis Williams 24:14; 166 Patrick Stone 28:29; 192 Sophie Toomey 29:39; 207 Alex Bond 30:57 (241 finishers)

**June 18: parkrun 5km, Richmond Park**

1 James Murdoch (Thames Valley H) 16:11. **HW:** 14 Stephen McDuell 19:35 (253 finishers)

**June 18: Timberhonger 10km, Bromsgrove, Worcs**

1 Rory McMahon (HW) 34:59; 2 Richard O'Sullivan (Midland Masters) 35:47 (439 finishers)

**June 18 (a)/19 (b): South of England Championships, Ashford, Kent**

**U20 Men**

**200 (heat 4) (b):** 8 Richard Agyapong 23.48/9.9w

**800 (heat 3) (a):** 4 Liam White 1:58.38

**Senior Women**

**100 (heat 1) (a):** 5 Emily Martin 12.82/-3.2w

**LJ (b):** 8 Emily Martin 5.57/-+1.7w

**June 18: South East Schools Inter Counties, Erith, Kent**

**Inter Boys (U17)**

**1500 B:** 1 Tim Livingstone 4:17.0 (11<sup>th</sup> HW U17M all-time)

**Junior Girls (U15)**

**1500 A:** 4 Emma Headley 4:58.2

**June 18: Pat Griskus Olympic Distance Triathlon, Middlebury, CT, USA**

**Swim approx half mile – Bike 25 mile – Run 6.2 miles**

1 Christopher Thomas 1:46:09 (11:10 - 58:58 – 35:45). **HW:** 78 Medena Knespl (1<sup>st</sup> W20-24) 2:08:06 (10:51 – 1:15:01 – 40:43)

**Note:** Medena was 2<sup>nd</sup> fastest swim and 3<sup>rd</sup> fastest run of the women competitors but losing her bike chain didn't help in that discipline but she now qualifies for the National Age Group finals in August..

**June 19: Ranelagh H Richmond 10km road, inc. Surrey Championships, Ham**

1 Nicholas Torry (Serpentine) 31:02. **HW:** 51 Deon Coetzee 35:36 (3<sup>rd</sup> HW M35 all-time); 63 David Grima 36:16; 67 Peter Lee 36:25; 87 Claire Grima (3<sup>rd</sup> W) 37:23 (HW SW record); 137 Stewart Bond 39:47; 145 Stephen McDuell 40:05; 240 Masumi Dobson 43:18 (16<sup>th</sup> HW SW & 3<sup>rd</sup> HW W40 all-time); 249 Adam Fenton 43:37; 386 Claire Morgan (2C) 49:03; 404 Monika Crouse 49:53 (581 finishers)

\*Record was 37:40 set by Estle Viljoen at Chessington in August 1998

**Note:** Claire now has almost the complete set of HW women's road record with only the not often run 5-mile distance to add to her 5km, 10km, 10-miles, half-marathon and the marathon marks.



Deon, Peter and David: first three home for HW at Richmond photo by Richard Xerri

**June 19: Thames Turbo Junior Aquathlon, Lady Eleanor Hollies School, Hampton, Middlesex**  
**Boys Tri star 2 – Swim 250m – Run 2000m**

1 Nicholas Cowley-Andrea 12:04 (3:58 – 8:06) **HW:** 18 Nathaniel Purnell 14:07 (4:26 – 9:41)

**Boys Tri star 1 – Swim 150m – Run 1500m**

1 Zak Wort 9:09 (3:00 – 6:09). **HW:** 22 Zachary Purnell 11:03 (3:26 – 7:37)



### **June 19: Le Marathon de la Liberte, Caen, Normandy, France**

1 Desta Morkama (Ethiopia) 2:15:34. **HW:** 131 Thomas Cheetham (1<sup>st</sup> Briton) 3:19:17 (842 finishers)

### **June 19: British Masters 5km Road Championships, Horwich, nr Bolton, Lancs**

1 Stephen Crowe (Ellesmere Port) 15:48. **HW:** 85 Neil Robson (2C) 20:30; 86 Steph Robson 20:30 (3<sup>rd</sup> **HW W35 & 13<sup>th</sup> SW all-time**) (101 finishers)

### **June 20: SCVAC Veterans League, Match 4, Kingsmeadow, Kingston**

**Match result:** 1 Epsom & Ewell H 151; 2 Kingston & Polytechnic 132; 3 Croydon H 114; 4 Hercules Wimbledon 101; 5 Striders of Croydon 92; 6 Dorking Mole Valley 64

#### **M35**

**200:** 1 Mark Giraud 25.0 (**HW M35 record**)

**800:** 1 Stewart Bond 2:26.6

**5000:** 2 Steve Newton 18:45.2

**DT:** 2 Rob Dinsdale 29.19

**4x200:** 2 Hercules Wimbledon 1:52.5

#### **M40**

**200:** 2 Stuart White 26.5 (9<sup>th</sup> **HW M40 all-time**)

**800:** 1 Stephen McDuell 2:10.9

**5000:** 1 Stuart Fraser 17:26.8

**TJ:** 3 Stewart Bond 8.76 (10<sup>th</sup> **HW M40 all-time**)

**JT:** 5 Stewart Bond 12.73

#### **M50**

**200:** 5 Jim Wallace 31.8 (9<sup>th</sup> **HW M50 all-time**)

**800:** 2 Jim Wallace 2:33.0

**5000:** 5 Dennis Williams 22:25.1 (2<sup>nd</sup> **HW M65 all-time**)

**DT:** 1 Dave Orchard 29.50

**JT:** 4 Kevin Burnett (2C) 15.04

#### **M60**

**DT:** 4 Kevin Burnett (2C) 16.98

**Final League positions:** 1 Epsom & Ewell H 32 (600); 2 Croydon H 25 (485); 3 Kingston & Polytechnic 25 (479); 4 Hercules Wimbledon 20 (427); 5 Striders of Croydon 17 (393); 6 Dorking Mole Valley 13 (229)

#### **Women**

##### **W35**

**SP:** 3 Rachael Dinsdale 7.41

**DT:** 2 Rachael Dinsdale 17.41

**Full results here:** <http://herculeswimbledonac.org.uk/results.htm#20/06>

### **June 22: Rosenheim League, Eastern Division, Match 4, Battersea Parl**

**Match result:** 1 Herne Hill H 62; 2 Belgrave H 59; 3 Hercules Wimbledon 48; Croydon H 27; 5 Serpentine 25; Striders of Croydon 12

**100 (+0.4):** 3 Richard Agyapong 11.48. **n/s 1 (+0.9):** 3 Devonte Casely-Hayford 12.33; 4 Samuel Aning 12.41 5 Jamey Recknell 12.80; 6 Alastair Donkor 13.30. **n/s 2 (+0.3):** 2 Joseph Chukwuadinula 11.47. **n/s 3 (+0.4):** 2 Oludotun Oluwusi 11.59; 3 Justin Smith 12.27; 4 Mark Baker 12.31. **n/s 4 (0.6):** 6 David Harris 13.29

**200 (+1.2):** 2 Richard Agyapong 23.06. **n/s 1 (+0.8):** 2 Joseph Chukwuadinula 23.83. **n/s 2 (+1.1):** 4 Oludotun Oluwusi 23.52. **n/s 3 (nwr):** 5 Devonte Casely-Hayford 25.13

**400:** 3 Justin Smith 54.95. **n/s 2:** 5 David Harris 62.50

**800:** 5 Tim Livingstone 2:03.47

**1500:** 5 Tim Livingstone 4:28.04. **n/s:** 3 Ian Pegler 4:49.88

**3000:** 3 James Davis 9:09.48; 15 Ruth Clifton 10:53.20

**400H:** 1 Austin Ferns 54.74

**4x200:** 3 Hercules Wimbledon 1:39.89

**TJ:** 3 Chima Odum 11.46. **n/s:** Samuel Aning 10.80

**SP (7.26kg):** 2 Chima Odum 10.16; 6 Kevin Burnett (2C) 4.98, **n/s (5kg):** Jamey Recknall 8.11

**JT: (800g):** 3 Chima Odum 32.48 (**16<sup>th</sup> HW U20M all-time**); 6 Kevin Burnett (2C) 13.15

**Positions after four matches:** 1 Herne Hill H 22 (221); 2 Belgrave H 20 (219); 3 Croydon H 15 (155); 4 Hercules Wimbledon 12 (150); 5 Serpentine 8 (91); 6 Striders of Croydon 7 (77)

### **June 22: Independent Schools Association (ISA) National Championships, Birmingham**

#### **U15 Boys**

**80H:** 1 Adam Magni 11.6 (ISA national record)

**SP:** 1 Adam Magni 12.89

### **June 23: Thames Turbo Aquathlon, Hampton, Middx**

#### **Run 5km – Swim 426m**

1 Paul Smoothy (Thames Turbo) 24:23 (18:25 – 5:58). **HW:** 20 Stephanie Robson 28:39 (19:50 – 8:49) (70 finishers)

### **June 24: Serpentine Last Friday of the Month 5km, Hyde Park**

1 Tim Alexander (Team Tamsel) 16:27. **HW** 6 Stuart Fraser 17:19; 101 George Philpot 21:18 (224 finishers)

### **June 25: parkrun 5km, Wimbledon Common**

1 John Ferguson (East Kilbride) 17:29. **HW:** 9 James Wallace (2C) 20:00; 11 Jeremy Purnell 20:21; 13 Charles Hampden-Smith 20:41; 25 Maurice Sharp 21:18; 70 Claire Rogers 23:28; 80 Monika Crouse 23:56; 192 Richard Weston (2C) 30:53 (219 finishers)

### **June 25: parkrun 5km, Richmond Park**

1 Dan Higgins (Highgate H) 17:23. **HW:** 29 Stephen McDuell 20:46 (247 finishers)

### **June 25: parkrun 5km, Bushy Park, Teddington**

1 James Murdoch (Thames Valley H) 16:14. **HW:** 8 Peter Lee 17:54 (623 finishers)

### **June 25: parkrun 5km, Brockwell Park, Herne Hill, SE24**

1 James Trapmore (HW-2C) 17:23 (102 finishers)

### **June 25: parkrun 5km, Banstead Woods, nr Coulsdon, Surrey**

1 Ollie Garrod (Epsom & Ewell H) 18:01. **HW:** 92 Rowena Hornshaw 25:52 (172 finishers)

### **June 25: parkrun 5km, Cardiff**

1 Jonathan Phillips (Unattached) 16:36. **HW:** 48 Gerard Crispie (2C) 19:48 (271 finishers)

### **June 25: English Schools SE region, Combined Events Championships, Winchester**

#### **U15 Boys**

**Pentathlon:** 15 Adam Magni 2081points (**80H:** 11.7/-0.9. **SP:** 13.42. **LJ:** 4.91/-2.0. **HJ:** 1.39. **800:** dnf)

Leading after 'winning' the first three events, Adam was 4<sup>th</sup> after his high jump and then disaster struck in the final event, the 800m. Leading the race at the bell, Adam was then tripped and caught his foot in the kerb and fell badly: leaving him to drop out of the race. Thankfully there were no lasting effects,

### **June 25 (a)/June 26 (b): England Athletics U20/U23 Championships, Bedford**

#### **U23 Men**

**5000 (a):** 13 Alex Robinson 15:43.48

**3000SC (a):** 7 Alex Bruce-Littlewood (2C) 9:30.84

#### **U20 Men**

**200 (b) heat 7:** 7 Kyran Mitchell-Nanton 23.13/-1.7w

**1500 (a) heat 2:** 12 Liam White 4:06.91

## **June 25/26: British Masters Championships, Birmingham**

### **M65**

**800:** 6 Peter Giles 2:53.10

**1500:** 1 Peter Giles 5:40.37

**5000:** 2 Peter Giles 19:46.20

### **W55**

**800:** 1 Anna Garnier 2:38.12 (HW W55 record)

**1500:** 2 Anna Garnier 5:22.85 (HW W55 record)

**5000:** 2 Anna Garnier 20:04.56 (HW W55 record)

## **June 26: Stone St Michael's 10km, Stone, Staffs**

1 Ben Gamble (Tipton H) 32:37; 2 Rory McMahon (HW) 34:54 (436 finishers)

*From a report in the local media:*

There was an amazing sprint finish for second place, with Rory McMahon pipping Paul Gibbins of Trentham Running Club by just one second.

About 500 runners made the starting line at 10am as temperatures hit 22C. The heat saw around 60 runners failing to finish.

## **June 26: Ebbisham Boy's League, Division 2, Match 2, Walton**

**Match result:** 1 Kingston & Poly 140; 2 Walton 125; 3 Dorking/Reigate/Holland S 124; 4 Hercules Wimbledon 76

### **U15 Boys**

**100 A:** 1 Soban Inayat 12.8. **B:** 2 Alistair Donkor 13.1

**200 A:** 3 Alastair Donkor 27.6

**400 A:** 2 Soban Inayat 58.9

**800 A:** 2 Thomas Bracegirdle 2:20.0

**LJ A:** 2 Soban Inayat 4.79. **B:** 1 Thomas Bracegirdle 4.69

**TJ A:** 1 Thomas Bracegirdle 9.80

**SP A:** 1 Alastair Donkor 9.34

**4x200:** 2 Hercules Wimbledon 1:56.0

### **U13 Boys**

**100:** 4 Joe Lorenzo 15.0

**200:** 2 Joe Lorenzo 30.8

**300:** 3 Zac Purnell 6.36

**800:** 4 Zac Purnell 3:13.1

**LJ:** 3 Joe Lorenzo 3.89

**JT:** 3 Zac Purnell 63.6

### **U11 Boys n/s**

**75:** 2 Zac Purnell 12.8

**150:** 4 Zac Purnell 25.2

**League positions after two matches:** 1 Walton 10 (187); 2 Kingston & Poly 9 (156); 3 Hercules Wimbledon 9 (148); 4 Dorking/Reigate/Holland S 8 (159)

## **June 27: Self Transcendence, 2 miles Road, Battersea Park**

1 Dan Monroe (Atlanta Track Club) 10.15. **HW:** 35 Tom Morris 13:27; 42 Dennis Williams 14:24; 57 Ian Isherwood 16:48 (66 finishers)

## **June 30: Ravens 'Ron Wheeler' 5km Road, Spirit Quay, Wapping**

1 Chris Beecham (Highgate H): **HW:** 4 Stuart Fraser 17:20; 25 Dennis Williams 22:51

## **June 30: Reebok Manchester Sizzlers, Wythenshawe Park, Manchester**

1 Owen Greene (Trafford AC) 15:23. **HW:** 99 Gerard Crispie (2C) 19:44 (330 finishers)



Some HW action from the Ebbisham Boy's League at Walton  
Thanks to Soban Inayat for the photos