

HW results November 2011

November 1: Crystal Palace Canter, approx 3 miles, SE19

1 Neville Webb (Dulwich Runners) 19:05. **HW:** 8 Stuart Littlewood 21:48

November 2: London Colleges League, Richmond Park, Kingston

Men (5.3 miles)

1 Paul Thompson (St Mary's) 26:56. **HW:** 61 Chris Donnellan (Roehampton Un) 32:56 (123 finishers)

Women (2.7 miles)

1 Beth Carter (St Mary's) 15:23. **HW:** 5 Zoe Shannon (2C) (Roehampton Un) 16:09; 34 Elizabeth Glazebrook (Roehampton Un) 20:07 (66 Finishers)

November 3: Nike Classic, Brisbane, Australia

1500: 13 Matthew Burgess 4:23.82 (20th HW U17 all-time)

November 3-6: Algarve Challenge, Monte Gordo, Portugal

5km xc – 1 mile track – 10km trail – 17.3km road

1 Ros Tabor (Dulwich Runners) 3568 points (24.17 – 6:13.3 – 45:38 – 77:12). **HW:** 8 Dennis Williams 2776pts (24:25 – 6:46.4 – 49:22 – 91:53)

November 5: Kingston & Polytechnic H Inter Club 7 miles, Richmond Park, Sheen

1 James Robertson (K&P) 39:40. **HW:** 5 Phil Glynn 40:21; 10 Frank Wood 46:13; 13 Martin Miller 52:05; 18 Rowena Hornshaw 59:15

Team (4-to-score): 1 Kingston & Polytechnic 10; 2 Hercules Wimbledon 33; 3 Milocarrians 34

November 5: parkrun 5km, Bushy Park, Teddington

1 Unknown. **HW:** 8 Matthew Sharp 16:37; 16 Cassian Hyde 17:40 (2nd HW U15 all-time); 149 Barry King 21:42 (774 finishers)

November 5: parkrun 5km, Killerton, Broadclyst, Exeter, Devon

1 Blair Brown (Taunton AC) 16:37. **HW:** 7 Claire Grima (1st W) 19:19; 13 David Grima 20:29 (127 finishers)

November 5: parkrun 5km, Roundshaw Downs, Croydon, Surrey

1 Thomas Midgely (Otley AC) 18:04. **HW:** 17 Martin O'Halloran 21:30 (96 finishers)



November 5: parkrun 5km, Wimbledon Common

1 Joe Toomey (HW) 17:33; 2 Stuart Fraser (HW) 17:43; 3 Peter Lee (HW) 17:55. **Other HW:** 6 Andrew Davies (2C) 18:24; 23 Charles Hampden-Smith 19:43; 62 Charles Lawrie 21:51; 72 Isabella Padt 22:12; 76 James Wallace (2C) 22:25; 83 Diego Del Ser ?? 22:42; 84 Adam Fenton 22:42; 105 Claire Morgan (2C) 23:51; 106 Peter Collins 24:01; 197 Sophie Toomey 28:31; 214 Richard Weston (2C) 29:56 (250 finishers)

While at university in Liverpool Joe Toomey has been mixing it in training with the local Harriers and judging by his run here it certainly seems to be paying off. "It's what they call 'old school' training," says Joe

November 5: Reigate Priory AC Relays, Priory Park, Reigate

Men (2.5 miles)

Fastest: 1 Luke Caldwell (Dorking MV) 13:21. **HW:** 23 Pat Wright (2C) 14:50

Women (2.5 miles)

Fastest: 1 Natalie Harvey (South London H) 15:21 **HW:** 7 Zoe Shannon (2C) 16:08

November 6: Shepshed 7-miles, Leics

1 Mark Powell (Wigston Phoenix) 36:41. **HW:** 57 Anna Garnier (2C) 48:33 (425 finishers)

November 6: Billericay 10km, Billericay, Essex

1 Andrew Law (Basildon) 34:16. **HW:** 31 Christopher Donnellan (2C) 39:12 (655 finishers)

November 6: New York Marathon, New York, USA

1 Geoffrey Mutai (Kenya) 2:05:06 – course record. **HW:** 2399 Gerard Crispie (2C) 3:12:39

November 9: Civil Service Championships, Parliament Hill

1 Katie Beecher (Les Croupiers) 26:23. **HW:** 5 Steph Robson 28:32 (49 finishers)

November 9: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Philip Jones (Wycombe Phoenix H) 13:42. **HW:** 13 Dennis Williams 17:46; 19 Kevin Burnett 23:55

November 11: Crook Log Handicap 5km, Bexleyheath, Kent

Fastest: 1 Steve Dipre (New Eltham Joggers) 18:32. **HW:** 7 Stuart Littlewood 22:20 (27 finishers)

November 12: 2XU Surrey Men's League, Division 1, Match 2. Ham**Seniors (5 miles)**

1 Paskar Owor (Belgrave H) 27:00. **HW:** 8 Kieran White 28:23; 36 Phil Glynn 30:00; 47 Matthew Sharp 30:26; 54 Belal Aly 30:45; 64 Adam Przedzimirski 31:06; 66 Alex Calvert-Ansari 31:14; 82 Peter Lee 31:48; 91 Pete Clarke 32:18; 105 David Grima 32:56; 106 Nick Hemus 32:59; 118 Chris Donnellan 33:25; 119 Richard Xerri 33:37; 128 Stewart Bond 34:11; 148 Tom Cheetham 36:02; 154 Jeremy Purnell 36:23; 166 Mark Livingstone 38:26; 167 Maurice Sharp 39:00; 174 Adam Fenton 41:09; 180 Ted Wainham 47:53; 192 Jason Betteley 62:69 (192 finishers)

Team: 1 Herne Hill H 99; 2 Thames H&H 253; 3 Belgrave H 434; 4 Stragglers 437; 5 South London H 547; 6 Hercules Wimbledon 559; 7 Clapham Chasers 571; 8 Ranelagh H 587; 9 Dorking MV 608

Positions after two matches: 1 Herne Hill H 198; 2 Thames H&H 502; 3 Belgrave H 831; 4 Stragglers 952; 5 Ranelagh H 1059; 6 South London 1084; 7 Hercules Wimbledon 1129; 8 Clapham Chasers 1132; 9 Dorking MV 1303

U17/U15 (2.5 miles)

1 Tim Livingstone (HW) 15:57; 2 Ben Palmer (HW) 16:34; 3 Cassian Hyde (HW-1st U15) 16:38. **Other HW:** 8 Augustin Mallon 17:49; 10 Alexander Lloyd-Jones (6th U15) 18:09; 12 Alex Bisnouth (8th U15) 19:28 (15 finishers)

Team: 1 Hercules Wimbledon 24; 2 South London H 49; 3 Herne Hill H 62

Positions after two matches: 1 Hercules Wimbledon 59; 2 Herne Hill H 110; 3 South London H 118; 4 Belgrave H 281

U13 (2.5 miles)

1 Sam Cohen (Herne Hill H) 17:44. **HW:** 5 Sam Helm 18:15; 9 Edward Grindrod 20:02; 10 Diego Del Ser 20:16; 12 Elliot Mier 20:20; 13 Harris Mier 20:21; 14 Harry Clarke 21:01; 15 Tomer Tarragon 21:04; 16 Oscar Wainman 22:08; 17 Peter Riches 23:34; 18 Callum Betteley 24:18

Team: 1 Herne Hill H 20; 2 Hercules Wimbledon 52; 3 South London H 100; 4 Belgrave H 127

Positions after two matches: 1 Herne Hill H 68; 2 Hercules Wimbledon 101; 3 South London H 199.5; 4 Belgrave H 256



Kieran: first HW home and the youngsters already setting out their stall
Above photos by Ray O'Donoghue raymondodonoghue@btinternet.com



Tim, Ben and Cassian make it a 1-2-3 in the Young Athletes race



November 12: 2XU Surrey League Divisions 3&4, Lloyd Park, Croydon

1 Lee Greatorex (Sutton R) 28:19; 2 Pat Wright (HW-2C) 28:20 (225 finishers)

November 12: parkrun 5km, Princes Park, Liverpool

1 James McNally (Unattached) 17:22; 2 Joe Toomey (HW) 18:09 (110 finishers)

November 12: parkrun 5km, Norman Park, Bromley

1 Jason Cherriman (Orpington RR) 16:22. **HW:** 99 Dennis Williams 24:03 (253 finishers)

November 12: parkrun 5km, Bushy Park, Teddington

1 Zak Curran (Windsor, S.E&H) 16:26. **HW:** 111 Barry King 21:28 (742 finishers)

November 12: parkrun 5km, Nonsuch Park, Ewell

1 Andrew Nippard (Sutton R) 18:18. **HW:** 57 Rowena Hornshaw 24:26 (149 finishers)

November 12: parkrun 5km, Wimbledon Common

1 Josh Mutch (Brighton & Hove) 16:44. **HW:** 20 Charles Hampden-Smith 19:43; 23 Amy Aronson (1st W) 19:56; 59 Alison Purnell 21:40; 83 Charles Lawrie ntt; 84 Peter Collins ntt; 212 Sophie Toomey 29:09 (269 finishers) ntt = no time taken

Note: some HW runners may not be shown as there was a blip with one of the bar code scanners

November 12: NCCA South Central Region Championships (10km), Waco, Texas, USA

1 Henry Lelei (Kenya) 30:09.04. **HW:** 36 Alex Bruce-Littlewood (2C) 32:06.2 (119 finishers)

November 12: Metropolitan League, Stevenage, Herts

1 Rory Chester (Newham & EB) 24:58. **HW:** 27 James Trapmore (2C) 26:52 (371 finishers)

November 12: Birmingham League, (all Divisions), Leamington, Warks

1. Biniam Ande (Birchfield H) 34:46. **HW:** 715 Colin Bricher (2C) 66.33 (719 finishers)

November 12: RG Active Winter BallBuster Duathlon, Box Hill, Dorking

Run 8 miles – Bike 24 miles – Run 8 miles

1 Hugh MacKenzie 2:41:09 (43:47 – 66:51 – 48:12). **HW:** 19 Ruth Clifton (1st W) 2:58:13 (49:01 – 74:18 – 52:08) (350 finishers)

Thick mist and warm conditions greeted the field as they gathered at the top of Box Hill for the 15th edition of the **RG Active Winter BallBuster**, one of the UK's toughest Duathlon events. Featuring five eight-mile loops, all of which including the notorious climb up the Zig Zag Road to the summit of Box Hill, the Winter BallBuster is not for the faint hearted.

November 13: Leatherhead Fire Station 10km, Leatherhead, Surrey

1 Neil Aitken (Clapham Chasers) 33:59; 2 Pat Wright (HW-2C) 34:32. **Other HW:** 30 Peter Collins 40:40; 106 Richard Mellor 46:07 (386 finishers)

November 13: RAF v Oxford University, Shotover Plain, Oxford

1 Luke Caldwell (Oxford Un/Dorking MV) 29:46. **HW:** 12 Kieran White (RAF) 31:05 (42 finishers)

November 13: Embarcadero 10km, San Francisco, USA

1 Sloane Cook 35:38; 2 Stuart Fraser (HW) 35:47 (213 finishers)

November 15: Kingston Borough Schools Championships, Richmond Park

Inter Boys: 1 Tim Livingstone (HW) 18:31 (85 finishers)

Inter Girls: 1 Emma Headley (HW) 16:26 (41 finishers)

November 16: London Colleges League, Match 3, Wimbledon Common

Men (5.6 miles)

1 Ryan Saunders (St Mary's) 31:11. **HW:** 52 Chris Donnellan (Roehampton) 37:57 (104 finishers)

Women (2.8 miles)

1 Rachel Robinson (St Mary's) 17:19. **HW:** 5 Zoe Shannon (Roehampton) 18:39; 14 Hannah Fernando (Kings) 20:21; 19 Louise Bendeus (Royal Holloway) 21:29 (67 finishers)

November 19: London Cross Country Championships, Parliament Hill Fields, London

Men (10km): 1 Dean Lacy (Cambridge H) 31:49 **HW:** 20 James Trapmore (2C) 35:35; 35 Pat Wright (2C) 36:35; 46 Jeremy Davis 37:06; 65 Sean Crummy 38:48; 72 Stuart Fraser 39:05; 90 Deon Coetzee 39:51; 111 David Grima 40:47; 179 Frank Wood 44:34; 183 Stewart Bond 44:52 (249 finished)

Teams: 1 Herne Hill 43; 2 Serpentine 63; 3 Highgate 75 ... 11 Hercules Wimbledon 273

Women (6km): 1 Becky Penty (Highgate) 21:19 **HW:** 11 Zoe Shannon 23:24; 13 Claire Grima 23:36; 32 Amy Aronson 25:09; 114 Rowena Hornshaw 32:11 (139 finished)

Teams: 1 Highgate 37; 2 Serpentine 40; 3 Dulwich Runners 65 ... 11 Hercules Wimbledon 273

Congratulation to the women of HW this being the first time they have closed in a team in the London Championships

November 19: Balfour Beatty London Youth Games, Parliament Hill Fields, London

U17 Boys (4.5km)

1 Bvavesh Sonerji (Ealing) 15:19. **HW:** 12 Tim Livingstone (Wandsworth) 16:12; 17 Ben Palmer (Merton) 16:33; 18 Johnnie Bland (Wandsworth) 16:34; 39 Augustin Mallon (Kensington & Chelsea) 17:57 (89 finishers)

U15 Boys (3km)

1 Tom Holden (Sutton) 9:15. **HW:** 7 Cassian Hyde (Richmond) 10:15; 49 Ross Vance (Wandsworth) 11:17; 54 Alex Lloyd-Jones (Richmond) 11:22; 117 Christian O'Connell (Merton) 12:29 (159 finishers)

U13 Boys (2km)

1 Paul Burgess (Croydon) 6:45. **HW:** 33 Sam Helm (Wandsworth) 7:40 138 Nathaniel O'Connell (Merton) 8:40 (186 finishers)

U17 Girls (3km)

1 Sky Draper (Hillingdon) 11:16. **HW:** 24 Ella Dobson (Kensington & Chelsea) 13:02; 37 Olivia Hogan (Hammersmith & Fulham) 13:53 (79 finishers)

U15 Girls (2km)

1 Rebecca Killip (Hounslow) 7:25. **HW:** 67 Imogen Willis (Merton) 8:58; 72 Celine Attwell (Kensington & Chelsea) 9:00; 88 Aideen Boyle (Merton) 9:14; 115 Megan Le Doare (Merton) 9:53 (162 finishers)

U13 Girls (2km)

1 Sabrina Siha (Greenwich) 7:06. **HW:** 34 Isabella Padt (Wandsworth) 8:26; 69 Rebekah Jones (Merton) 8:52; 97 Hannah Baxter (Merton) 9:15; 132 Hannah Bond (Merton) 9:47 148 Emily Dobson (Kensington & Chelsea) 10:00; 171 Celia Willis (Merton) 10:38 (205 finishers)

Some excellent runs by the HW youngsters and a good representation with 21 members competing

November 19: Schools Inter County, Perry Park, Birmingham

Inter Girls

1 Abbie Hetherington (Cumbria) ntt, **HW:** 9 Emma Headley (Surrey) ntt (53 finishers)

Congratulations to Emma on being second Surrey runner home for their winning team

Comment: Cannot fathom why Surrey Schools should make the long trip to the Midlands as the only 'Southern County' and on the same day as the London Youth Games

November 19: parkrun 5km, Norman Park, Bromley, Kent

1 Stuart Scott (Beckenham RC) 18:15. **HW:** 114 Dennis Williams 25:06 (270 finishers)

November 19: parkrun 5km, Bushy Park, Teddington

1 Paul Pollock (Abbey AC) 14:33. **HW:** 127 Barry King 21:26 (795 finishers)

November 19: parkrun 5km, Roundshaw Downs, Croydon, Surrey

1 Ercole Lugari (Collingwood AC) 19:27. **HW:** 9 Martin O'Halloran 21:45 (77 finishers)

November 19: parkrun 5km, Wimbledon Common

1 Keith Macintosh (Wimbledon Windmilers) 17:53. **HW:** 20 Charles Hampden-Smith 19:40; 21 David Harris 19:44; 30 Jeremy Purnell 20:03; 32 Hannah Fernando 20:09 (**9th HW SW all-time**); 36 Peter Collins 20:32; 69 Adam Fenton 21:59; 102 Charles Lawrie 23:15; 121 Rebecca Stone 23:57; 136 Patrick Stone 24:51; 190 Sophie Toomey 28:22; 239 Claire Lyons-Collins 32:21 (252 finishers)

November 19: Thames H&H v Ranelagh H Mob Match, 7.5 miles, Wimbledon Common

1 Martin Shore (Thames H&H) 39:36. **HW:** 21 Ruth Clifton (2C-2nd W) 45:15; 24 Dan Pescod (2C) 46:31; 49 Anna Garnier (2C) 52:13 (89 finishers)

November 20: Brooks Brighton 10km, Brighton, Sussex

1 Ben Whitby (Windsor, SE&H) 29:52. **HW:** 453 Maurice Sharp 44:14; 761 Dennis Williams 47:18 (2679 finishers)

November 20: Marabana Half Marathon, Havana, Cuba

1 Richer Perez Cobas (Cuba) 64:52. **HW:** 18 Matthew Sharp 79:50 (1202 finishers)

November 20: Epsom 10 (road), Epsom Downs

1 Justin West (Stragglers) 55:31. **HW:** 61 Frank Wood 67:51 (274 finishers)

November 20: Nice to Cannes Marathon, France

1 Lukas Kanda 2:08:40. **HW:** 460 Guy Cotter 3:05:30; 1365 Charlene Huxham 3:26:02 (7th **HW W all-time**) (7103 finishers)

November 25: Brooks Serpentine Last Friday of the Month 5km, Hyde Park

1 Chris Lamb (Rugby & Northampton) 16:19. **HW:** 131 Marilena De Luca 22:46; 170 Mike Fuller 25:00 (5th **HW M65 all-time**) (232 finishers)

November 26: South of the Thames 5-miles, Nork Park, Banstead, Surrey

1 John Gilbert (Kent AC) 28:08. **HW:** 19 Pat Wright (2C) 31:07; 31 Sean Crummy 32:15; 66 Zoe Shannon (2C-3rd W) 34:52; 108 Mark Livingstone 38:07; 112 Vikki Filsell (2C) 38:17; 116 Anna Garnier (2C) 38:55; 141 Cora O'Reilly 41:59; 161 Marilena De Luca 43:32; 173 Rowena Hornshaw 46:43; 180 Craig Howard 48:10 (193 finishers)

Ed: bit disappointing in that we were one short in what was only a 4-to-score race for both men and women's teams. Surprising really considering the numbers of seniors seen training at the track!

November 26: McCain Cross Country Challenge (inc Liverpool League), Liverpool

1 Andy Vernon (Aldershot, F&D) 29:19. **HW:** 109 Kieran White 33:04 (506 finishers)

November 26: parkrun 5km, Brockwell Park, London, SE24

1 James Trapmore (HW-2C) 16:54; 2 Robert Edwards (Unattached) 17:53 (104 finishers)

November 26: parkrun 5km, Bushy Park, Teddington

1 Jack Rowe (Windsor, S, E&H) 16:26. **HW:** 100 Barry King 21:07 (765 finishers)

November 26: parkrun 5km, Richmond Park

1 Hugo Kent-Egan (Unattached) 18:21. **HW:** 76 Dennis Williams 24:10 (213 finishers)

November 26: parkrun 5km, Wimbledon Common

1 Joe Morwood (Aldershot F&D) 16:07. **HW:** 6 Claire Grima (1st W) 18:28; 10 Peter Collins 18:48; 18 Jeremy Purnell 19:23; 24 Charles Hampden-Smith 19:53; 30 Hannah Fernando (2nd W) 20:30; 64 Charles Lawrie 22:24; 89 Thomas Willis 23:50; 108 Hannah Baxter 24:39; 122 Claire Rogers 25:13; 160 Angela Kikugawa 26:58; 184 Sophie Toomey 28:19 (234 finishers)

November 27: South London 10km Road, Wimbledon Common

1 Nick Shasha (Orion H) 34:05. **HW:** 136 Marilena De Luca 49:41 (430 finishers)

Ed: this was Marilena's third race in three days!

November 27: Hell Down South Multi Terrain, Longmoor Camp. Nr Aldershot, Hants

1 John Collier (Westbury H) 63:34. **HW:** 796 Peter Collins 1:44:01 (1811 finishers)

Peter tells me that he just 'jogged the course which according to the race website, 'offers trail running at its toughest and most enjoyable. 10 -12 miles of challenging off-road running, tough, twisting trails and including the famed Hills of Hell and the Bog of Doom!'

November 27: Beddington Park 10km, Surrey

1 Kevin Quinn (Aldershot F&D) 32:02. **HW:** 9 Tom Cheetham 40:24 (101 finishers)

November 27: Surrey County Sportshall, The Spectrum, Guildford

U13 Boys

Teams: 1 Herne Hill H 558; 2 Camberley 511; 3 Dorking & MV 488 ... 7 Hercules Wimbledon 375.5;
17 Hercules Wimbledon 'B' 45.5

Alex Bond 55 points (**4 lap:** 61.2. **VHJ:** 1.20.)

Sam Oswald 50.5 (**2 lap:** 28.1. **VHJ:** 0.55)

Nat Purnell 36 (**6 lap:** 1:49.5. **SP:** 5.51)

Zac Purnell 35 (**4 lap:** 69.0. **SP:** 4.25)

Peter Riches 34.5 (**2 lap:** 30.7. **VHJ:** 1.15)

Tom Oswald 29 (**2 lap:** 29.2. **SLJ:** 160)

Tomer Tarragano 25 (**6 lap:** 1:44.5. **SLJ:** 144)

Lucas Toseland 11 (**2 lap:** 20.0. **SLJ:** 149. **n/s SP:** 2.98)

Paarlauf: 1:58.5. **4x2lap relay:** 2:03.8. **Obstacle race:** 2:33.8

U15 Girls

Teams: 1 Kingston & Poly 369; 2 Dorking & MV 368.5; 3 South London H 363 ... 10 Hercules
Wimbledon 71.5

Aideen Boyle 28.5 (**4 lap:** 64.7. **SLJ:** 138. **Speed Bounce:** 69)

Matilda Toseland 23 (**4 lap:** 63.2. **SLJ:** 152. **Speed Bounce:** 59)

Paarlauf: 2:06.1

U13 Girls

Teams: 1 Guildford & Godalming 485.5; 2 Kingston & Poly 485; 3 Herne Hill H 481 ... 25 Hercules
Wimbledon 92

Hannah Baxter 57 (**4 lap:** 64.6. **SLJ:** 164)

Sarah Riches 20 (**2 lap:** 31.0. **HVJ:** 34)

Rebekah Riches 15 (**2 lap:** 31.8. **SLJ:** 141)

4x2 lap relay: 2:09.3

Full results here: [RESULTS](#)