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Hercules Wimbledon Athletic Club

Road Ranking Lists for 2007 as at 10 January 2008

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Hercules Wimbledon AC Road Rankings

2007

5km

15.22.	James	Trapmore (2C)		Teddington	Dec 15.	
15.50.	Kieran	White		Lancaster	Aug 25.	
15.54.	Justin	Kelly		W Wimbledon	Aug 12.	
16.39.	Ben	Cummings (2C)		Battersea Park	Sept 8.	
16.47.	Liam	White	U15	Wimbledon	Oct 20.	
16.56.	Jamie	Helmer		Wimbledon	June 16.	
16.58.	Deon	Coetzee		Wimbledon	Sept 15.	
16.58.	Dion	Harrison		Teddington	Oct 6.	
17.18.	Arnaud	Claverie		W Wimbledon	Aug 12.	
17.21.	Gary	Blesson	M40	Teddington	May 5.	
17.31.	Dan	Bodin	M40	Teddington	Aug 11.	
17.32.	Richard	Xerri		Wimbledon	June 16.	
17.34.	Phil	Glynn		Wimbledon	July 7.	
17.37.	Neil	Fraser	U20	Wimbledon	Sept 15.	
17.42.	Peter	Lee	M40	Teddington	Nov 3.	
17.49.	Naomi	Warner (2C)	SW	Teddington	Sept 22.	
17.51.	Steph	Robson (2C)	SW	Guildford	Aug 3.	During duathlon
17.52.	Hugh	Saxby	M50	Wimbledon	Sept 15.	
17.56.	Stuart	Fraser	M40	Wimbledon	Oct 27.	
17.57.	Steve	Sinnott	M45	Wimbledon	Aug 11.	
17.58.	Deyan	Knespl	U17	Teddington	Oct 6.	
18.01.	Steph	Robson (2C)	SW	City of London	July 19.	
18.08.	Steve	Allen		Wimbledon	Mar 10.	
18.12.	Mark	Burtwell (2C)	M35	Teddington	June 16.	
18.16.	Neil	Guthrie (2C)	M35	W Wimbledon	Aug 12.	
18.22.	Simon	Ingall	M50	Hyde Park	Mar 30.	
18.22.	Steve	Badgery	M60	Teddington	Oct 6.	
18.34.	John	Querstret		Teddington	Oct 20.	
18.35.	Dan	Pescod (2C)	M35	Wimbledon	Apr 7.	
18.38.	Steve	Badgery	M55	Teddington	May 25.	
18.40.	Pete	Clarke	M45	Teddington	June 2.	
18.44.	Ray	Owens	M45	Hyde Park	June 29.	
18.58.	Alex	Robinson	U17	Wimbledon	Dec 8.	
18.59.	Matt	Fell		Teddington	Dec 8.	
19.09.	Claire	Cann	SW	Wimbledon	June 23.	
19.10.	Peter	Giles	M60	Teddington	Apr 21.	
19.14.	Medena	Knespl	SW	Wimbledon	July 28.	
19.15.	Estle	Viljoen	W35	W Wimbledon	Aug 12.	
19.18.	Martin	O'Halloran	M50	Teddington	Apr 7.	
19.39.	Lindsay	Ferguson	SW	Battersea Park	May 14.	
19.45.	Tom	Morris	M45	Teddington	Apr 7.	
19.46.	Yuzo	Saito		Teddington	Oct 6.	
19.52.	Martin	Miller	M60	Teddington	Mar 31.	
19.52.	Tommy	Village	U15	Wimbledon	Apr 28.	
20.06.	Dave	Betts	M55	Wimbledon	Nov 17.	
20.14.	Matthew	Appleby	M35	Wimbledon	Sept 8.	
20.17.	Maurice	Sharp	M60	Wimbledon	Apr 21.	
20.30.	William	Spooner	U17	Wimbledon	Mar 10.	
20.34.	Dave	Clarke	M45	Teddington	Feb 3.	
20.37.	Stuart	Littlewood	M55	Battersea Park	July 17.	
20.47.	Alan	Turner	M60	Wimbledon	May 5.	
20.52.	Joe	Toomey	U15	Wimbledon	Jan 27.	
20.53.	Dennis	Williams	M60	Poole	Dec 14.	
21.03.	Barry	King	M50	Teddington	Apr 21.	
21.03.	Amelia	Lloyd (2C)	SW	Hyde Park	Oct 26.	
21.05.	Michaela	Knespl	U15G	Wimbledon	Dec 22.	
21.19.	Charleen	Baird	SW	Wimbledon	Mar 17.	

21.26.	Amandine	King	U20W	Teddington	Feb 24.
21.30.	Anastasia	Hancock	SW	Hampstead	June 10.
21.46.	Hannah	Fernando	U20W	Wimbledon	Aug 25.
22.00.	Marilena	De Luca	SW	Hyde Park	July 27.
22.22.	Fred	Green	M60	Wimbledon	Jan 6.
22.40.	Annmarie	Seymour	SW	Wimbledon	Sept 22.
22.48.	Alice	Village	U15G	Wimbledon	Nov 3.
23.01.	Ian	Isherwood	M55	Boscombe, Hants	Nov 2.
23.02.	Bradlee	Mulroe	U15B	Wimbledon	Nov 24.
23.03.	Ian	Isherwood	M50	Battersea Park	July 2.
23.16.	Mike	Fuller	M60	Wimbledon	Nov 24.
24.21.	Marina	Knespl	W45	Wimbledon	June 23.
24.37.	Rowena	Hornshaw	SW	Teddington	Dec 25.
24.46.	John	Wasbrough	M65	Wimbledon	Apr 14.
28.04.	Barbara	Fieschi	SW	Wimbledon	Sept 1.
30.00.	Amy	Fraser	SW	Wimbledon	Sept 15.
30.40.	Carmelina	Hancock	W55	Hampstead	June 10.
30.53.	Kevin	Burnett (2C)	M65	Banstead	Nov 24.
32.05.	Pete	Mulholland	M65	Wimbledon	Jan 6.
33.44.	Flo	King	U20W	Teddington	Mar 3.
37.19.	Mimi	Lanfranchi	U11G	Wimbledon	Dec 22.

Note: Revised course for Wimbledon Time Trial as from June 2

Note: The so called 5km for the Crystal Palace Canter has been judged to be 3 miles at the most. Hence these performances cannot be included above

Strictly speaking the Time Trials at Banstead, Teddington and Wimbledon are not road races but they are accurately measured so will be acceptable for these lists.

5 mile

27.52.	Ian	Horrocks	M35	Wimbledon	May 7.
28.50.	Jamie	Helmer		Wimbledon	May 7.
30.09.	Steve	Sinnott	M45	Claygate	July 8.
30.16.	Gerard	Crispie (2C)	M45	Glynheath, Wales	Dec 26.
31.37.	Dan	Bodin	M40	Wimbledon	May 7.
31.57.	Luke	Jones	U20	Claygate	July 8.
32.23.	Estle	Viljoen	W35	Battersea Park	June 12. 3rd HW W35 a-t
32.32.	Peter	Giles	M60	Claygate	July 8.
33.12.	Martin	Miller	M60	Chichester	June 20. 6th HW M60 a-t
34.04.	Maurice	Sharp	M60	Claygate	July 8.
34.13.	Terry	Savage		Wimbledon	May 7.
34.27.	Lindsay	Ferguson	SW	Wimbledon	May 7. 5th HW W a-t
34.40.	Mike	Kortenray	M60	Hyde Park	Feb 25. 9th HW M60 a-t
34.55.	Stuart	Littlewood	M55	Hove	Sept 15. 10th HW M55 a-t
35.28.	Greg	Peak	M40	Wimbledon	May 7.
35.46.	Dennis	Williams	M60	Battersea Park	Apr 17.
38.27.	Annmarie	Seymour	SW	Ewell, Surrey	May 13. 6th HW SW a-t
42.32.	Colin	Bricher (2C)	M60	Wolverton	Nov 24.

10km

32.46.	Michael	Calman (2C)		Croydon	Oct 21.
34.05.	Adam	Przedzimirski		Bluewater, Kent	Aug 12.
34.07.	Kieran	White		Liverpool	July 8.
34.30.	Arnaud	Claverie		Battersea Park	Mar 4.
35.01.	Dion	Harrison		Wakefield, W Yorks	Mar 25.
35.48.	Gary	Blesson	M40	Epsom	Nov 4.
36.09.	Phil	Glynn		Petersham, Sy	June 24.
36.18.	Deon	Coetzee		London	July 1.
36.35.	Dan	Bodin	M40	Cardiff, Wales	July 29.
36.52.	Peter	Lee	M40	Staines	May 20.
37.02.	Simon	Ingall	M50	Nice, France	Jan 7. 9th HW M50 a-t
37.07.	Alex	Bruce-Littlewood (2C)	U20	Epping Forest	Sept 15.
37.10.	Hugh	Saxby	M50	Brighton	Nov 18. 10th HW M50 a-t
37.12.	Steve	Newton	M50	Chessington	Feb 11. 11th HW M50 a-t
37.22.	Stephen	Zealey (2C)	M40	W Wimbledon	Oct 21.
37.30.	Dan	Pescod (2C)	M35	Epsom	Nov 4.
37.40*	Neil	Guthrie (2C)	M35	W Wimbledon	Mar 11.
37.53.	Steve	Badgery	M60	W Wimbledon	Oct 21. 2nd Hw M60 a-t
37.54.	Mark	Burtwell (2C)	M35	Brighton	Nov 18.
38.29.	Peter	Lee	M40	Carshalton	May 6.
38.48.	Luke	Jones	U20	Elmbridge	July 15.
38.51.	Peter	Giles	M60	Epsom	Nov 4.

38.58.	Claire	Cann	SW	Chessington	Feb 11.	4th HW SW a-t
39.08.	Andy	Waites	M40	Beckenham	June 3.	
39.38.	Medena	Knespl	SW	Elmbridge	July 15.	6th HW SW a-t
39.51.	Martin	Miller	M60	Chichester	Feb 4.	6th HW M60 a-t
40.09.	Steve	Badgery	M55	Chessington	Feb 11.	
40.59.	Terry	Savage		Carshalton	May 6.	
41.29.	John	Querstret		Windsor	June 17.	During Triathlon
41.38.	Sean	Crummy	U20	Wimbledon	July 1.	
41.54.	Gerard	Crispie (2C)	M45	Atlantic College	Mar 25.	
42.03.	Maurice	Sharp	M60	Chessington	Feb 11.	
42.08.	Sally	Maddock (2C)		Croydon	Oct 21.	
42.11.	Deyan	Knespl	U17	Elmbridge	July 15.	
42.12.	Lindsay	Ferguson	SW	Market Drayton, Shrops	May 13.	10th HW SW a-t
42.27.	Anastasia	Hancock	SW	Battersea Park	Feb 10.	11th HW SW a-t
42.57.	Yuzo	Saito		Croydon	Oct 21.	
43.48.	Dennis	Williams	M60	Chichester	Feb 4.	
46.08.	Tom	Morris	M45	Cranford, Middx	May 13.	
47.16.	Anmarie	Seymour	SW	Carshalton	May 5.	15th HW SW a-t
48.02.	Zoe	Pike	W35	Wimbledon	June 10.	Over distance?
49.23.	Ian	Isherwood	M50	Chichester	Feb 4.	
54.45.	Rowena	Hornshaw	SW	Chessington	Feb 11.	18th HW SW a-t
55.15.	Kirstina	Moore	SW	Chessington	Feb 11.	20th HW SW a-t
55.28.	Colin	Bricher (2C)	M60	Milton Keynes	July 3.	
56.36.	Barbara	Fieschi	SW	Battersea Park	Feb 4.	22nd HW SW a-t
10 miles						
53.18.	James	Trapmore (2C)		Twickenham	Oct 14.	
54.46.	Kieran	White		Sale, Manchester	Aug 5.	
56.18.	Belal	Aly		Wimbledon	Oct 7.	
57.54.	Jamie	Helmer		Wimbledon	Oct 7.	
61.23.	Peter	Lee	M40	Chiswick	Apr 15.	
62.24.	Steve	Allen		Rosewell, SCO	Mar 4.	
62.39.	Steve	Badgery	M60	Twickenham	Oct 14.	HW M60 rec
64.54.	Hugh	Saxby	M50	Dorking	June 3.	10th HW M50 a-t
65.55.	Richard	Xerri		Dorking	June 3.	
68.56.	Claire	Grima		Wimbledon	Oct 7.	
69.26.	Peter	Giles	M60	Dorking	June 3.	
69.58.	Frank	Wood	M40	Epsom	Nov 18.	
70.09.	Gerard	Crispie (2C)	M45	Pontypridd, Wales	Feb 4.	
70.53.	Maurice	Sharp	M60	Epsom	Nov 18.	5th HW M60 a-t
71.40.	Amelia	Lloyd (2C)	SW	Epsom	Nov 18.	
72.00.	Sally	Maddock (2C)	SW	Stockport	Dec 9.	
74.09.	Yuzo	Saito		Wimbledon	Oct 7.	
75.59.	Anmarie	Seymour	SW	Wimbledon	July 15.	8th HW SW a-t
78.29.	Stuart	Littlewood	M55	Wimbledon	Oct 7.	6th HW M55 a-t
79.13.	Charleen	Baird	SW	Wimbledon	Oct 7.	10th HW SW a-t
83.36.	Sally	Thomson	SW	Portsmouth	Oct 28.	11th HW SW a-t
95.14.	Kirstina	Moore	SW	Wimbledon	Oct 7.	14th HW SW a-t
Half Marathon						
72.00.	Richard	Xerri		Bath	Mar 25.	19th HW a-t
75.46.	Kieran	White		Ackworth	Mar 25.	
75.52.	Jamie	Helmer		Maidstone	Oct 21.	
77.16.	Justin	Kelly		Maidstone	Oct 21.	
79.59.	Phil	Glynn		West Cork, IRE	May 6.	
80.42.	Steve	Allen		Great Bentley, Essex	Feb 4.	
81.18.	Peter	Lee	M40	Bristol	Sept 9.	
81.35*	Steve	Sinnott	M45	Hastings	Mar 11.	
82.27.	Arnaud	Claverie		Maidstone	Oct 21.	
84.52.	John	Querstret		Bath	Mar 25.	
85.43.	Gervase	King	M35	Stockholm, SWE	Sept 1.	
85.48.	Gerard	Crispie (2C)	M45	Stroud	Oct 10.	
85.56.	Andy	Waites	M40	Dartford	July 22.	
86.06.	Claire	Grima	SW	Stroud	Oct 21.	
86.21.	Deon	Coetzee		Folkestone	Sept 30.	
86.55*	Kwame	Okejie		Hastings	Mar 11.	
87.39.	Dion	Harrison		Florida, USA	Nov 10.	During Triathlon
88.41*	Mark	Burtwell (2C)	M35	Fleet	Mar 11.	
91.39.	Frank	Wood	M40	Wootton, Beds	Dec 9.	
92.05.	Lindsay	Ferguson	SW	Wrexham	Feb 18.	7th HW SW a-t

97.03.	Nigel	Touch		Petersham, Sy	May 13.	
97.28.	Amelia	Lloyd (2C)	SW	Wokingham	Feb 11.	
97.47.	John	Thomas	M65	Bath	Mar 25.	
98.30.	Alex	Skelton	U20M	Silverstone	Mar 18.	
1:46.23.	Annmarie	Seymour	SW	Hackney Marshes	Aug 12.	8th HW SW a-t
1:47.18.	Marilena	De Luca	SW	Petersham, Sy	May 13.	10th HW SW a-t
1:55.45.	Kerry	Bonsall	SW	Petersham, Sy	May 13.	11th HW SW a-t
1:56.38.	Charleen	Baird	SW	Truro, Cornwall	Sept 16.	12th HW SW a-t
1:58.37.	Dennis	Williams	M60	Hastings	Mar 11.	
2:00.06.	Kirstina	Moore	SW	Silverstone	Mar 18.	13th HW SW a-t
Marathon						
2:39.01.	Arnaud	Claverie		London	Apr 22.	
2:46.11.	Richard	Xerri		London	Apr 22.	
2:57.10.	Steve	Sinnott	M45	London	Apr 22.	
2:59.47.	Zoe	Pike	W35	London	Apr 22.	
3:00.07.	Kwame	Okejie		Berlin, GER	Sept 30.	
3:00.32.	Gerard	Crispie (2C)	M45	Florence, ITA	Nov 25.	
3:10.08.	Dan	Pescod (2C)	M35	London	Apr 22.	
3:21.49.	Stewart	Bond	M40	Berlin, GER	Sept 30.	
3:24.22.	Amelia	Lloyd (2C)	SW	New York, USA	Apr 17.	
3:39.12.	Nigel	Touch		Berlin, GER	Sept 30.	
3:44.11.	Marilena	De Luca	SW	Berlin, GER	Sept 30.	8th HW SW a-t
3:52.35.	Annmarie	Seymour	SW	Budapest, HUN	Sept 30.	10th HW SW a-t
4:01.47.	Alex	Skelton	U20M	London	Apr 22.	
4:07.17.	Lindsay	Ferguson	SW	London	Apr 22.	13th HW SW a-t
4:20.20.	Abbie	Fereday	SW	London	Apr 22.	15th HW SW a-t
4:28.15.	Alastair	Brown		London	Apr 22.	
4:51.18.	Kirstina	Moore	SW	London	Apr 22.	16th HW SW a-t
5:24.22.	Dennis	Williams	M60	London	Apr 22.	

* chip time Officially gun-time should be used, but for purposes of these lists I will use chip time
Chip times however, cannot be used for recognition as a club record in any category.

(2C) = Second Claim members

Unlike the T&F rankings, for the road all performances by 2nd claim members will be recognised, although they cannot be considered for club records and/or HW all-time lists. a-t = all-time

Where an athlete enters a new age category during the year, times will be shown for best in each category e.g. Ian Isherwood, Steve Badgery

