



Updated 19-01-09

Hercules Wimbledon Athletic Club

Road Ranking Lists for 2008 as at 10 January 2009

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Hercules Wimbledon AC Road Rankings Male & Female

2008

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5km

15.10.	James	Trapmore (2C)		Teddington	May 3.
15.57.	Kieran	White		Horwich, Lancs	June 22.
16.03.	Michael	Halman (2C)		Bramhall, Cheshire	May 10.
16.07.	Richard	Xerri		Armagh, NI	Feb 20.
16.20.	Adam	Vandenberg		Wimbledon	Nov 22.
16.38.	Neil	Aitken (2C)		Teddington	Apr 26.
16.38.	Ben	Cummings (2C)		West Wimbledon	Aug 10.
16.40.	Arnaud	Claverie		Teddington	Nov 22.
16.44.	Andrew	Penney	U20M	West Wimbledon	Aug 10.
16.49.	Stuart	Fraser	M40	City of London	Apr 3.
16.53.	Jon	Fairs (2C)		Wimbledon	June 14.
16.56.	Liam	White	U17M	Wimbledon	Oct 18.
17.00.	Deon	Coetzee		Teddington	Mar 1.
17.13.	Ian	Horrocks	M35	Wimbledon	Feb 16.
17.22.	Alex	Robinson	U20	West Wimbledon	Aug 10.
17.30.	Neil	Fraser		Hyde Park	Mar 28.
17.32.	Peter	Lee	M40	Teddington	Sept 20.
17.35.	Graeme	Buscke (2C)		Richmond Park	Nov 29.
17.43.	Gary	Blesson	M40	Wimbledon	Nov 1.
17.45.	Hugh	Saxby	M50	Wimbledon	May 17.
17.51.	Naomi	Warner (2C)	SW	Teddington	July 5.
17.55.	Phil	Glynn		Wimbledon	Apr 5.
17.56.	Steve	Badgery	M60	Teddington	July 5.
18.01.	Chris	Coles		Wimbledon	Aug 2.
18.05.	Jonathan	Dobson	M40	Wimbledon	Mar 15.
18.32.	Medena	Knespl	SW	West Wimbledon	Aug 10.
18.35.	Claire	Grima	SW	Wimbledon	Nov 1.
18.36.	John	Querstret		Teddington	Nov 22.
18.38.	Matt	Fell		Wimbledon	Feb 9.
18.40.	Dan	Bodin	M40	Morden	May 1.
18.41.	Pete	Clarke	M45	Richmond Park	Feb 23.
18.45.	Gerard	Crispie (2C)	M45	Cardiff	Apr 26.
18.59.	Ray	Owens	M45	Hyde Park	Jan 25.
18.59.	Dan	Pescod (2C)	M35	Wimbledon	May 10.
19.12.	Adam	Przedzimirski		Petersham	Jan 12.
19.14.	Steph	Robson (2C)	W35	Wimbledon	Oct 18.
19.16.	Neil	Robson (2C)	M60	Esholt, Yorks	May 7.
19.16.	Stephen	McDuell	M40	Battersea Park	Aug 13.
19.19.	Jonathan	O'Halloran	U17M	Teddington	Nov 29.
19.21.	Steve	Newton	M50	Teddington	Mar 22.
19.25.	Stewart	Bond	M40	Wimbledon	July 26.
19.28.	Tim	Livingstone	U13B	Battersea Park	Sept 21.
19.35.	Estle	Viljoen	W35	Wimbledon	Oct 11.
19.38.	Martin	O'Halloran	M50	Teddington	Nov 29.
19.47.	Yuzo	Saito		Teddington	Oct 4.
19.51.	Stuart	Littlewood	M55	Hyde Park	June 20.
19.54.	Ed	Reed	M35	Wimbledon	Aug 9.
19.55.	Frank	Wood	M40	Wimbledon	Nov 29.
19.56.	Bradlee	Mulroe	U15B	Wimbledon	Oct 11.
19.57.	Deyan	Knespl	U20M	Wimbledon	Sept 27.

20.22.	Amandine King		SW	Teddington	May 24.
20.22.	Matthew Appleby			Wimbledon	Sept 13.
20.27.	Maurice Sharp		M60	Wimbledon	May 10.
20.30.	Dave Clarke		M50	Teddington	Mar 29.
20.33.	Anna Garnier (2C)		W50	Wimbledon	Oct 4.
20.41.	Sam Leigh			Wimbledon	Mar 22.
20.43.	Michaela Knespl		U15G	Wimbledon	Sept 27.
20.51.	Tim Bartley			Wimbledon	Aug 23.
20.54.	Sally Maddock (2C)		SW	Bramhall, Cheshire	May 10.
20.54.	Mark Livingstone		M40	Battersea Park	Sept 21.
21.01.	Ella Benedict		U20W	Wimbledon	July 19.
21.02.	Camille Duval			Teddington	Nov 29.
21.03.	Mike Kortenaar		M60	Wimbledon	Feb 2.
21.05.	Tom Morris		M50	Battersea Park	Aug 4.
21.05.	Adam Fenton (2C)			Wimbledon	Nov 29.
21.08.	Rosemary Fernando		U20W	Wimbledon	Mar 29.
21.09.	Mark Bohan			Wimbledon	Nov 1.
21.19.	Barry King		M50	Teddington	Oct 4.
21.21.	Jake Bodin			Morden	May 1.
21.26.	Alastair Brown		M35	Wimbledon	Feb 9.
21.28.	Tom Cheetham		M40	Wimbledon	Mar 8.
21.55.	Rebecca Stone		U15G	Wimbledon	Nov 29.
21.58.	Tamsin Cargill		SW	Wimbledon	Dec 27.
22.00.	Alex Bond		U11	Wimbledon	Nov 29.
22.01.	Dennis Williams		M60	Hyde Park	Feb 29.
22.16.	Fred Green		M60	Teddington	May 3.
22.28.	Mike Fuller		M60	Wimbledon	Feb 16.
22.31.	Marilena De Luca		SW	Hyde Park	Sept 26.
22.39.	Nicole Paton		U20W	Wimbledon	Nov 22.
23.08.	Alice Village		U15G	Wimbledon	Feb 2.
23.10.	Hannah Fernando		SW	Wimbledon	Mar 29.
23.21.	Rowena Hornshaw		SW	Banstead	Sept 20.
24.06.	Ian Isherwood		M55	Hyde Park	Jan 25.
24.08.	Patrick Stone			Wimbledon	Nov 29.
25.08.	Angela Kikugawa (2C)		W45	Wimbledon	Sept 27.
25.26.	Mike Leigh		M60	Wimbledon	Oct 11.
25.30.	John Wasbrough		M60	Wimbledon	May 24.
26.32.	Oliver Livingstone		U11B	Battersea Park	Sept 21.
26.41.	Steve Webb		M55	Wimbledon	Sept 13.
26.51.	Marina Knespl		W45	Wimbledon	Jan 12.
27.38.	Richard Weston (2C)		M60	Wimbledon	Oct 11.
28.33.	Katy Luffingham		SW	Wimbledon	Mar 1.
29.42.	Carmelina Hancock		W55	Wimbledon	Aug 16.
30.15.	Mimi Lanfranchi		U11G	Wimbledon	July 26.
30.16.	Kevin Burnett (2C)		M65	Banstead	Jan 1.
5 mile					
25.05.	James Trapmore (2C)			Kingston	May 11.
26.25.	Kieran White			Romsey	Jan 26.
26.37.	Mike Halman (2C)			Wimbledon	May 5.
27.23.	Alex Bruce-Littlewood (2C)		U20M	Victoria Park	Mar 22.
27.47.	Arnaud Claverie			Battersea Park	Nov 8.
28.16.	Naomi Warner (2C)		SW	Kingston	May 11.
28.40.	Andrew Penney		U20M	Wimbledon	May 5.
29.39.	Neil Fraser			Wimbledon	May 5.
30.00.	Hugh Saxby		M60	Claygate	July 13.
30.08.	Steve Badgery		M60	Kingston	May 11. HW M60 record
30.56.	Gerard Crispie (2C)		M45	Glyneath, WAL	Dec 26.
31.37.	Martin Miller		M60	Chichester	June 18.
31.48.	Amelia Lloyd		SW	Cubert, Cornwall	June 3.
32.12.	Stuart Littlewood		M55	Battersea Park	June 24.
32.20.	Frank Wood		M40	Long Eaton, Notts	June 15.
33.21.	Tom Morris		M45	Battersea Park	Apr 15.

33.40.	Isabel	Sutherland (2C)	W35	Wimbledon	Aug 5.
34.00.	Nigel	Touch		Claygate	July 13.
34.14.	Maurice	Sharp	M60	Claygate	July 13.
34.18.	Yuzo	Saito		Wimbledon	May 5.
34.39.	Anna	Garnier (2C)	W50	Battersea Park	July 29.
35.35.	Tom	Morris	M50	Battersea Park	June 24.
35.38.	Mike	Kortenray	M60	Perivale	Dec 7.
37.17.	Dennis	Williams	M60	Battersea Park	June 24.
38.45.	Marilena	De Luca	SW	Claygate	July 13.
38.55.	Barry	King	M50	Wimbledon	May 5.
39.47.	Ian	Isherwood	M55	Battersea Park	June 24.
41.11.	Colin	Bricher (2C)	M60	Wolverton, Bucks	Nov 29.
10km					
32.57.	Hussein	Ahmed		London	July 6.
33.05.	Mike	Halman (2C)		Wimbledon	July 6.
34.00.	Kieran	White		Swansea	Sept 21.
34.18.	Jon	Fairs (2C)		Datchet, Berks	June 7.
34.33.	Neil	Aitken (2C)		Elmbridge	July 20.
34.34.	Arnaud	Claverie		Battersea Park	Oct 4.
34.37.	Andrew	Penney	U20M	W Wimbledon	Oct 19.
34.53.	Stuart	Fraser	M40	Battersea Park	Feb 9.
35.36.	Gary	Blesson	M40	Bognor	May 25.
35.46.	Justin	Kelly		Wembley	Aug 31.
35.54.	Naomi	Warner (2C)	SW	Petersham	June 29.
35.58.	Peter	Lee	M40	Staines	May 18.
36.24.	Chris	Coles		Chessington	Feb 10.
36.24.	Alex	Robinson	U20M	W Wimbledon	Oct 19.
36.34.	Steve	Badgery	M60	Elmbridge	July 20. HW M60 record
36.52.	Graeme	Buscke (2C)		Brighton	Nov 16.
37.03.	Hugh	Saxby	M50	Elmbridge	July 20.
37.37.	Jonathan	Dobson	M40	Newby Hall, N Yorks	May 18.
37.39.	Deon	Coetzee		Croydon	Oct 19.
38.11.	Dan	Pescod (2C)	M35	Chessington	Feb 10.
38.26.	Gerard	Crispie (2C)	M45	Cardiff	July 27.
39.21.	Stewart	Bond		Elmbridge	July 20.
39.32.	Ray	Owens	M45	Staines	May 18.
39.48.	Deyan	Knespl	U20M	Sutton	May 4.
40.14.	Frank	Wood	M40	Elmbridge	July 20.
40.19.	Amelia	Lloyd	SW	Elmbridge	July 20.
40.32.	Medena	Knespl	SW	Wimbledon	July 6.
40.50.	Tom	Cheetham	M40	W Wimbledon	Oct 19.
41.14.	Ed	Reed	M40	Wimbledon	July 6.
41.28.	Martin	Miller	M60	Chichester	Oct 12.
42.01.	Stuart	Littlewood	M55	Beckenham, Kent	May 5.
42.06.	Yuzo	Saito		Petersham	June 29.
42.14.	Peter	Giles	M60	Epsom	Dec 21.
42.36.	Tom	Morris	M50	Regents Park	Dec 7.
42.38.	Maurice	Sharp	M60	Elmbridge	July 20.
43.00.	Isabel	Sutherland (2C)	W35	Elmbridge	July 20.
45.15.	Paul	Wignall	M55	Wimbledon	July 6.
46.00.	Ka (KC)	Cheun To		Wembley	Aug 31.
47.02.	Anna	Garnier (2C)	W50	Bourne, Lincs	Aug 25.
47.22.	Tomofumi	Kikugawa (2C)	M50	Regents Park	Dec 7.
47.44.	Dennis	Williams	M60	Brighton	Nov 16.
50.16.	Marilena	De Luca	SW	Harpenden	Oct 12.
54.12.	Colin	Bricher (2C)	M60	Silverstone	May 6.
54.37.	Rowena	Hornshaw	SW	Wimbledon	July 6.
55.05.	Angela	Kikugawa (2C)	W45	Regents Park	Dec 7.
58.04.	Kirstina	Moore	SW	Christchurch, NZL	May 18.
61.23.	Carmelina	Hancock	W55	Bergerac, FRA	June 8.
10-miles					
53.13.	James	Trapmore (2C)		Twickenham	Oct 19.

54.27.	Hussein	Ahmed		Wimbledon	Oct 5.	
55.04.	Mike	Halman (2C)		Stockport	Dec 7.	
56.10.	Neil	Aitken (2C)		Twickenham	Oct 19.	
57.01.	Jon	Fairs (2C)		Twickenham	Oct 19.	
58.30.	Belal	Aly		Tadworth	Jan 6.	
58.30.	Arnaud	Claverie		Battersea Park	Sept 13.	
59.16.	Chris	Coles		Twickenham	Oct 19.	
59.29.	Naomi	Warner (2C)	SW	Twickenham	Oct 19.	
60.13.	Ben	Cummings (2C)		Dorking	June 1.	
61.03.	Justin	Kelly		Wimbledon	Oct 5.	
61.24.	Gary	Blesson	M40	Dorking	June 1.	
62.59.	Phil	Glynn		Wimbledon	Oct 5.	
63.05.	Alex	Robinson	U20M	Wimbledon	Oct 5.	
63.14.	Gerard	Crispie (2C)	M45	Pontypridd, Wales	Feb 3.	
63.54.	Hugh	Saxby	M50	Wimbledon	Oct 5.	
64.58.	Andy	Waites	M45	Wimbledon	Oct 5.	
65.54.	Zoe	Pike	W35	Portsmouth	Oct 26.	HW W35 rec
67.12.	Frank	Wood	M40	Epsom	Nov 16.	
68.21.	Steve	Sinnott	M45	Brecon, Wales	Aug 3.	
69.26.	Tom	Cheetham	M40	Dorking	June 1.	
70.09.	Yuzo	Saito		Wimbledon	Oct 5.	
72.31.	Maurice	Sharp	M60	Tadworth	Jan 6.	
72.35.	Peter	Giles	M60	Wimbledon	Oct 5.	
73.10.	Matthew	Appleby		Wimbledon	Oct 5.	
73.25.	Amelia	Lloyd	SW	Tadworth	Jan 6.	
74.35.	Sally	Maddock (2C)	SW	Wimbledon	Oct 5.	
84.29.	Dennis	Williams	M60	Ballycotton, IRE	Mar 9.	
94.26.	Rowena	Hornshaw	SW	Wimbledon	Oct 5.	
Half Marathon						
71.49.	Mike	Halman (2C)		Wilmslow, Cheshire	Mar 30.	
73.19*	Kieran	White		Amsterdam, Holland	Oct 19.	
73.52.	Jon	Fairs (2C)		Wilmslow, Cheshire	Mar 30.	
75.05*	Richard	Xerri		Nottingham	Sept 14.	
76.13.	Justin	Kelly		Watford	Feb 3.	
77.46*	Stuart	Fraser	M40	Brighton	Feb 17.	
77.46.	Arnaud	Claverie		Petersham	May 11.	
77.54*	Deon	Coetzee		Bath	Mar 16.	
78.06.	Gary	Blesson	M40	Worksop	Oct 26.	
78.33.	Naomi	Warner (2C)	SW	Brighton	Feb 17.	
78.41*	Peter	Lee	M40	Reading	Mar 2.	
80.11.	Dion	Harrison		Silverstone	Mar 9.	
81.00.	Phil	Glynn		Maidstone	Oct 19.	
81.09.	Neil	Aitken (2C)		Petersham	May 11.	
81.52.	Gervase	King	M35	Stockholm, SWE	Sep 6.	
81.54.	Claire	Grima	SW	Stroud	Oct 26.	HW SW record
83.10.	Steve	Badgery	M60	Brighton	Feb 17.	HW M60 record
83.13*	Gerard	Crispie (2C)	M45	Cardiff	Oct 19.	
83.21*	Dan	Pescod (2C)	M35	Fleet	Mar 16.	
83.39.	Graeme	Buscke (2C)		Petersham	May 11.	
84.32.	Hugh	Saxby	M50	Petersham	May 11.	
85.14.	John	Querstret		Tunbridge Wells	Feb 24.	
85.21.	Chris	Coles		Petersham	May 11.	
86.46*	Stewart	Bond	M40	Reading	Mar 2.	
87.02*	Gerard	Crispie (2C)	M45	Brighton	Feb 17.	
87.19*	Frank	Wood	M40	Bedford	Dec 14.	
88.09.	Kwame	Okojie	M35	Dartford	July 20.	
91.20*	Amelia	Lloyd	SW	Brighton	Feb 17.	
91.29.	Tom	Cheetham	M40	Dartford	July 20.	
92.21.	Yuzo	Saito		Chippenham	Sept 14.	
93.31*	Dave	Clarke	M50	Fleet	Mar 16.	
96.38.	Isabel	Sutherland (2C)	W35	Burnham Beeches	Aug 17.	
1:43.42.	Marilena	De Luca	SW	Mondragone, ITA	Nov 23.	

1:47.36*	Dennis	Williams	M60	Hastings	Mar 16.	
2:06.51.	Kirstina	Moore	SW	Christchurch, NZL	June 1.	
2:17.47.	Colin	Bricher (2C)	M60	Cranford St Andrew	Sept 21.	
Marathon						
2:42.45.	Justin	Kelly		London	Apr 13.	
2:49.14.	Jamie	Helmer		London	Apr 13.	
2:50.42.	Jonathan	Dobson	M40	Berlin, Germany	Sept 28.	
2:51.06.	Peter	Lee	M40	London	Apr 13.	
2:55.08.	Gerard	Crispie (2C)	M45	Berlin, Germany	Sept 28.	
2:55.36.	Claire	Grima	SW	London	Apr 13.	
2:56.26.	Zoe	Pike	W35	London	Apr 13.	HW W35 rec
2:58.57.	John	Querstret		London	Apr 13.	
2:59.38.	Steve	Badgery	M60	London	Apr 13.	HW M60 record
2:59.58*	Kwame	Okojie	M35	Amsterdam, Holland	Oct 19.	
3:01.21.	Dan	Pescod (2C)	M35	London	Apr 13.	
3:09.07.	Alex	Urban		London	Apr 13.	
3:09.13*	Phil	Glynn		Hastings	Dec 14.	
3:11.53.	Deon	Coetzee		London	Apr 13.	
3:13.41.	Dave	Clarke	M50	London	Apr 13.	
3:15:53*	Yuzo	Saito		Rheims, France	Oct 19.	
3:17.41.	Stewart	Bond	M40	London	Apr 13.	
3:21.13*	Frank	Wood	M40	Nottingham	Sept 14.	
3:22.05*	Tom	Cheetham	M40	Hastings	Dec 14.	
3:28.21*	Isabel	Sutherland (2C)	W35	Dublin, IRE	Oct 27.	
3:43.23*	Howard	Hopkins	M50	Edinburgh, SCO	May 25.	
4:21.03.	Chris (CD)	Riches	M45	London	Apr 13.	
4:34.10.	Dennis	Williams	M60	London	Apr 13.	
4:38.11.	Kirstina	Moore	SW	Sydney, AUS	Sept 21.	
4:55.01.	Paul	Moulton	M40	London	Apr 13.	

* Chip time where both 'chip' and 'gun' time are shown. HW records must be 'gun' times.

2C = Second claim member. Cannot be shown as records or placed on HW all-time listings.

Unlike the T&F rankings, all HW 2C performances noted, no matter what the competition

Note: Road times in Triathlons, Duathlons etc, are discounted as to questions raised on their accuracy

Where an athlete enters a new age-category during the year, best times for each age group are shown

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