

HW Results August 2008

August 2: Southern Men's League, Division 2, Match 6, Bromley, Kent

Match result: 1 Hercules Wimbledon 130; 2 Brighton & Hove 120; 3 Croydon H 112; 4 Dartford H 99; 5 Dacorum & Tring 71

100 A: 1 Dwayne Dowding 11.0. **B:** 2 Jermain Olasan 11.4. **200 A:** 1 Dwayne Dowding 22.0. **B:** 2 Jermain Olasan 23.3. **400 A:** 5 Hamed Agboke 53.5. **B:** 1 Aaron Mason 52.4. **800 A:** 3 Aidan Hogan 2:00.4. **B:** 2 Esmond Ferns 2:04.1. **1500 A:** 2 Andrew Penney 4:12.2. **B:** 2 Ben Cummings 4:14.0. **5000 A:** 2 Mike Halman 15:58.2. **B:** 2 Justin Kelly 16:26.9. **3000SC A:** 2 Aidan Hogan 10:02.4. **B:** 2 Lance Power 11:14.6. **110H A:** 1 Austin Ferns 15.9. **B:** 2 Steve Hadley 21.7. **400H A:** 2 Aaron Mason 57.5. **B:** 1 Austin Ferns 57.4. **4x100:** 3 HW 46.3 (E Ferns, J Olasan, H Agboke, W Dowding). **4x400:** 1 HW 2:37.9 (H Agboke – 53.50, E Ferns – 53.47, A Mason – 51.06, D Dowding - 49.60). **HJ A:** 1 Justin Kelly 1.65. **B:** 5 Austin Ferns 1.00. **PV A:** 3 Dominic Getting 3.00. **B:** 4 Lance Power 2.20. **LJ A:** 2 Jermain Olasan 6.45. **B:** 2 Michael Adjei-Tabirade 5.95. **TJ A:** 4 Jermain Olasan 11.41. **B:** 3 Lance Power 9.40. **SP A:** 1 Per Nystrom 11.64. **B:** 4 Bekele Tola 8.72. **DT A:** 2 Per Nystrom 37.80 (**HW M40 record**). **B:** Bekele Tola 30.65. **HT A:** 5 Per Nystrom 27.38. **B:** 3 Dominic Getting 23.49. **JT A:** 2 Bekele Tola 55.03. **B:** 1 Per Nystrom 38.07

Final league table (top 10): 1 Enfield & Haringey 28; 2 Brighton & Hove 26; 3 Hercules Wimbledon 26; 4 5 Luton 25.5; 6 Victoria Park & Tower Hamlets 25; 6 Worthing H 25; 7 Ilford 24.5; 8 Ryston R 22; 9 Aldershot, F&D 20; 10 Cambridge & Coleridge 20

Leading five clubs are promoted to Division 1

August 2: Bushy Park 5km Time Trial, Teddington

1 Tom Boardman (Leigh H) 15:53. **HW:** 7 Neil Aitken (2C) 17:14; 94 Tom Morris 21:27 (360 finishers)

August 2: Wimbledon Common 5km Time Trial

1 George Garnier (Thames Hare & Hounds) 16:47; 2 Jon Fairs (HW - 2C) 17:07. **Other HW:** 4 Alex Robinson 17:50; 5 Hugh Saxby 17:56; 7 Chris Coles 18:01; 10 Medena Knespl (1st W) 18:40; 14 Claire Grima (2nd W) 19:16; 19 Stephen McDuell 20:16; 26 Amandine King 20:46; 30 Maurice Sharp 21:03; 50 Michaela Knespl 21:58; 58 Alastair Brown 23:02; 73 Dennis Williams 24:16 (114 finishers)

August 2: British Athletics League, National 2, Swansea

3000SC: 4 Alex Bruce-Littlewood (2C) 9:31.32

August 3: Ebbisham League, Division 1, Match 3, Kingsmeadow

Match result: 1 Herne Hill H 215; 2 Kingston & Poly 185; 3 Croydon H 146; 4 Walton 107; 5 Hercules Wimbledon 93

U17

100 (n/s): 2 Kyran Mitchell-Nanton 11.9. **200:** 3 Kyran Mitchell-Nanton 24.8

U15

100: 2 Jonathan Osbourne 11.8. **n/s:** 2 Poju Adsilu 12.2; 3 Tom Meehan 12.9. **200:** 1 Jonathan Osbourne 23.7. **n/s:** 1 Poju Adsilu 26.1; 2 James Russell 28.1. **400:** 2

Jonathan Osborne 53.1 (2nd HW U15B a-t). n/s: Jose Costa 58.4. **800 (year 2):** 2 Tom Meehan 2:19.7. **1500:** 2 Ed Saywell 4:31.5 (11th HW U15B a-t). **80H:** 3 Ed Saywell 13.3. **4x200:** 1 HW 1:40.7 (3rd HW U15B a-t) (P Adisilu, T Meehan, J Costa, J Osbourne). **HJ:** 4 Jose Costa 1.35. n/s: James Russell 1.35; Chima Odum 1.30. **LJ:** 3 Tom Meehan 4.70. n/s: Chima Odum 4.43. **SP:** 3 Chima Odum 10.90 (17th HW U15B a-t). **JT:** 1 Jose Costa 33.04. n/s: Chima Odum 25.19

U13 Boys

100: 4 Max Cooper 15.0. **200:** 4 Max Cooper 31.9. **400:** 1 Tim Livingstone 64.1 (9th HW U13B a-i). **800:** 1 Tim Livingstone 2:29.2. **LJ:** 3 Max Cooper 4.11. **SP:** 1 Tim Livingstone 8.47 (3rd HW U13B a-t). **DT:** 3 Oliver Livingstone 10.12

U11 Boys (n/s)

75 (race 2): 4 Oliver Livingstone 12.2. **150 (race 2):** 2 Oliver Livingstone 24.6
Final league positions: 1 Herne Hill H 17 (554); 2 Kingston & Poly 16 (508) 3 Croydon 12 (416); 4 Hercules Wimbledon 9 (295); 5 Walton 5 (222); 6 Epsom & Ewell 3 (98)

August 3: U17M Inter County Match, Basildon, Essex

3000 B: 2 Liam White (Surrey) 4:22.43. **1500SC B:** 2 Geordie Logan (Surrey) 5:00.87

August 3: Antwerp Ironman 70.3 Triathlon, Belgium

Swim - 1.9km. Bike - 90km. Run – half marathon

1 Marino Vanhoenacker (Belgium) 3:45:32 (22:47 – 2:08:07 – 73:51). **HW:** 26 Dion Harrison 4:09:22 (23:52 – 2:18:32 – 83:06); 546 Yuzo Saito 5:16:48 (38:44 – 2:51:32 – 1:41:10) (862 finishers)

August 3: Brecon 10-mile Road Race, Wales

1 Martin Rees (Neath H) 53:56*. **HW:** 21 Gerard Crispie (2C) 64:08; 65 Steve Sinnott 68:21 (399 finishers)

* M55 world best

August 4: Self Transcendence 5km Road, Battersea Park

1 Henry Dodwell (Highgate H) 15:50. **HW:** 40 Tom Morris 21:05; 73 Dennis Williams 24:58 (105 finishers)

August 5: MABAC League 5-miles, Wimbledon Common

Women

1 W Mountford (Dorking & MV) 31:34. **HW:** 2 Isabel Sutherland (2C) 33:40

August 6: Joy Cann Memorial 5 miles Road, Huncote, Leics

1 Tim Hartley (Barrow R) 24:56. **HW:** 422 Colin Bricher (2C) 43:57 (493 finishers)

August 6: Veterans AC Meeting, St Mary's College, Twickenham

100 (race 2): 2 Stephen McDuell 13.1 (10th HW M40 a-t). **(race 3):** 3 Paul Wignall 13.6. **(race 4):** 4 Kevin Burnett (2C) 18.1. **200 (race 1):** 2 Stephen McDuell 26.4. **(race 2):** 1 Paul Wignall 28.2. **400:** 1 Mark Baker (M45) 55.5 (4th HW M40 a-t); 3 Stephen McDuell 64.2; 5 Paul Wignall 67.0. **1 mile:** 9 Dennis Williams 6:31.9 (2nd HW M60 a-t). **3000:** 2 Dan Pescod 10:42.4. **SP:** Kevin Burnett (2C) 6.60. **DT:** Kevin Burnett (2C) 20.47

August 6: Blackheath & Bromley AC Championships, Bromley, Kent
5000: 2 Alex Bruce-Littlewood (2C) 16:17.9; Stuart Littlewood 19:52.9

August 6: Promenade 5km Road Race Series, Portsmouth, Hants
1 James Baker (Chichester R) 15:15. **HW:** 129 Ian Isherwood 24:29 (182 finishers)

August 8: Crooklog 5km Road Handicap, Bexleyheath, Kent
Fastest: 1 Alan Cox (Aquila) 19:47: **HW:** 2 Stuart Littlewood 20:21

August 9: Bushy Park 5km Time Trial, Teddington
1 Phil Tulba (Basingstoke & MH) 15:52. **HW:** 28 Steve Badgery 18:42; 51
Amandine King 20:24; 112 Barry King 22:05 (366 finishers)

August 9: Richmond Park 5km Time Trial
1 Pat Wright (Tadworth AC) 17:19. **HW:** 15 Stephen McDuell 21:06 (79 finishers)

August 9: Wimbledon Common 5km Time Trial
1 Kojo Kyreme (Shaftesbury Barnet) 15:33. **HW:** 6 Alex Robinson 18:28; 13 Ed
Reed 19:54; 21 Matthew Appleby 20:41; 25 Tim Bartley 20:58 (91 finishers)

August 9: British Milers Club Nike Grand Prix Finals, Eton, Berks
1500 (race f): 5 Alex Bruce-Littlewood (2C) 4:03.89

August 9(a)/10(b): England Athletics U17/U15 Championships, Birmingham
U17 Men
1500 (heat 1) (a): 12 Liam White 4:15.68
U15 Boys
200 (b): 3 Jonathan Osbourne 23.61/-1.0w (in heats): 2nd 23.58/-1.5w

August 9: London Inter Club Challenge, Parliament Hill
400 (race 3): 5 Mark Baker 56.31

August 9: Bramhall Park 5km Time Trial, Cheshire
1 Steve Vernon (Stockport H) 14:55. **HW:** 2 Mike Halman (2C) 16:44; 26 Sally
Maddock (2C) 21:16 (104 finishers)

August 9: Streets of Galway 8km, Ireland
1 Josphat Boit (Clonliffe H) 23:35. **HW:** 882 Dennis Williams 41:42 (1676 finishers)

August 10: Runners Daily Belgrave Bolt 5km Road Race, Wimbledon
(Inc Surrey Championships and Road League)
1 Jason Simpson (South London H) 15:36. **HW:** 11 Ben Cummings (2C) 16:38; 12
Andrew Penney 16:44; 14 Neil Aitken (2C) 16:48; 27 Alex Robinson 17:22; 43
Medena Knespl (2nd W) 18:32; 46 Steve Badgery (1st M60) 18:43; 87 Frank Wood
20:05; 104 Deyan Knespl 20:37; 143 Marilena De Luca 22:48 (214 finishers)
TEAM: 1 Belgrave H 14; 2 Stragglers 22; 3 Reigate Priory 37 ... 7 Hercules
Wimbledon 82



The start of the Belgrave 5km with Andrew Penney (153) already in the thick of the action



Medena Knespl on her way to the Silver medal in the Surrey 5km Championship

Photos by Ray O'Donoghue

August 10: Senior Inter-Counties Match, Kingsmeadow

400 B: 3 Dwayne Dowding (Surrey) 50.39. **LJ B:** 1 Jermain Olasan (Surrey) 6.76w/+4.70w (=8th HW U20 a-t) (=13th HW a-t) (6.66/-1.10w). **JT A:** 1 Bekele Tola (Surrey) 59.39

August 10: Great Warford 10-miles Road Race, Cheshire

1 Mike Halman (HW-2C) 56:00 (165 finishers)

August 10: Mazda London Triathlon

Swim: 1500m - Bike: 38km - Run: 9.8km

1 Dion Harrison (HW/Thames Turbo) 1:59:44 (20:42 – 61:15 – 34:30) (178 finishers)

August 10: England Athletics U17/U15 Championships, Birmingham

U15 Boys

200: 3 Jonathan Osbourne 23.61/-1.0w (in heats): 2nd 23.58/-1.5w

August 11: Self Transcendence 2 miles Road, Battersea Park

1 Ben Smith (Unattached) 10:57. **HW:** 36 Dennis Williams (1st M60) 14:18; 40 Ian Isherwood 15:00 (68 finishers)

August 12: Veterans AC 5km Road Race, Battersea Park

1 Vic Maughn (Herne Hill H) 16:44. **HW:** 12 Stephen McDuell 19:16; 13 Stuart Littlewood 19:48; 25 Dennis Williams 25:13; 37 Kevin Burnett (2C) 31:23

August 13: Rosenheim League Final, Tooting Bec

Match result: 1 Kingston & Polytechnic 67; 2 Belgrave H 66; 3 Herne Hill H 63; 4 Walton 54; 5 Croydon H 53; 6 Hercules Wimbledon 50; 7 St Mary's Richmond 38; 8 Serpentine 29

100: 3 Dwayne Dowding 11.3. **n/s race 4:** 8 Kevin Burnett (2C) 18.0. **200:** 1 Dwayne Dowding 21.9. **400:** 6 Hamed Agboke 52.8. **n/s:** 4 Mark Baker 55.6; 7 Alen Dudash 72.8. **800:** 1 Aidan Hogan 1:57.7. **1500:** 2 Andrew Penney 4:12.5. **3000:** 5 Mike Halman 9:06.3; 16 Phil Smith 9:55.9; 18 Peter Lee 10:19.9; 19 Medena Knespl 10:34.1. **race 2:** 5 Xavier Garro 10:23.7; 8 Claire Grima 10:43.5; 13 Yuzo Saito 11:24.9; 16 Rosemary Fernando 11:48.1; 19 Marilena De Luca 12:42.3; 21 Dennis Williams 13:11.5. **TJ:** 3 Nnamdi Odum 12.91. **JT:** 2 Bekele Tola 50.76

August 13: Watford Open Meeting, Herts

1500 (A race): 10 Alex Bruce-Littlewood (2C) 4:06.7

August 13: Brighton & Hove Open, Brighton, Sussex

400H: 2 Aaron Mason 57.7

August 15: Blisworth Friday 5-Miles, Blisworth, Northants

1 Gordon Lee (OWLS) 25:31. **HW:** 204 Colin Bricher (2C) 42:30 (274 finishers)

August 16: Banstead Woods 5km Time Trial

1 David Sinclair (South London H) 17:37. **HW:** 67 Rowena Hornshaw 24:54; 130 Kevin Burnett (2C) 30:53 (141 finishers)

August 16: Bushy Park 5km Time Trial, Teddington

1 Jon Hamblen (Walton AC) 16:05. **HW:** 13 Peter Lee 18:07; 17 Steve Badgery 18:21; 112 Barry King 22:13; 157 Eric Blackmore 23:23 (362 finishers)

August 16: Wimbledon Common 5km Time Trial

1 Vic Maughn (Herne Hill H) 16:50. **HW:** 8 Medena Knespl (1st W) 18:54; 11 Claire Grima (2nd W) 19:00; 26 Tim Bartley 21:01; 28 Michaela Knespl 21:08; 61 Dennis Williams 23:54; 75 Ian Isherwood 24:48; 92 Steve Webb 27:41; 103 Carmelina Hancock 29:42 (113 finishers)

August 16: British League Division 2, Derby

3000SC A: 4 Alex Bruce-Littlewood (2C) 9:30.67

August 17: Burnham Beeches Half Marathon

1 Peter Tucker (Blackheath & Bromley) 70:01. **HW:** 205 Isabel Sutherland (2C) 96:38 (932 finishers)

August 17: Woodbourne Half Marathon, New Zealand

1 Ian Thomas (NZL) 78:04. **HW:** 66 Kirstina Moore 2:06:52

August 20: BMC Regional Races, Sutcliffe Park, Eltham

1500 (race 2): 1 Alex Bruce-Littlewood (2C) 4:03.73

August 22: Summer Classic 5km Road Race, Rye, Sussex

1 Adam Clarke (Hastings AC) 15:45. **HW:** 83 Ian Isherwood 24:40 (125 finishers)

August 23: Herne Hill H Open Meeting, Tooting Bec

100 (race 10): 3 Nathan Safo-Barnieh 12.11/+1.6w. **(race 11):** 7 Poju Adsilu 12.53/+1.4w. **(race 14):** 4 Ejaz Majoka 14.42/0.0w. **(race 16):** 2 Tom Meehan 12.83/-0.7w. **200 (race 7):** 4 Tom Meehan 25.74/+1.0w. **400 (race 4):** 2 Mark Baker 55.64. **800 (race 1):** 3 Aidan Hogan 1:58.53

U15 Boys

SP: 1 Chima Odum 11.30 (14th HW U15B a-t). **DT:** 3 Chima Odum 27.65 (18th HW U15B a-t)

August 23: Bushy Park 5km Time Trial, Teddington

1 Gavin Smith (Unattached) 16:21. **HW:** 42 Steve Badgery 18:37 (453 finishers)

August 23: Wimbledon Common 5km Time Trial

1 Edward Raymond (Unattached) 17:28. **HW:** 16 Graeme Buscke (2C) 19:22; 24 Matthew Appleby 20:30; 31 Tim Bartley 20:51; 80 Dennis Williams 24:59; 82 John Wasbrough 25:31 (127 finishers)

August 24: South of England Inter Counties, Cophall Stadium, Hendon

U20 Men

2000SC: 3 Alex Bruce-Littlewood (2C) (Kent) 6:05.84; 11 Geordie Logan (Surrey) 7:07.05. **TJ:** 4 Nnamdi Odum (Surrey) 13.70/-0.4w

U15 Boys

100: 4 Jonathan Osbourne (Surrey) 11.82/-0.8w (**in heats:** 4th 11.97/-1.3w). **200:** 3 Nathan Safo-Barnieh (Surrey) 24.07/-1.8w (**in heats:** 2nd 24.31/-0.8). **JT:** 9 Jose Costa (Surrey) 38.62

U20 Women

1500: 11 Rosemary Fernando 5:22.67

August 24: Veterans AC Championships, Kingsmeadow

M40

800: 2 Stephen McDuell 2:11.35 (9th HW M40 a-t)

M55

400: 2 Paul Wignall 65.63

M60

1500: 3 Dennis Williams 6:13.1

August 24: London Heathside Open, Finsbury Park, North London

400 (race 2): 2 Mark Baker 56.2

August 24: Longford Marathon, Longford, Ireland

1 Sergiu Turea-Ciobanu 2:23:52. **HW:** 23 Gerard Crispie (2C – 3rd M45) 3:04:37

August 25: Peterborough Games, Lincs

400H: 4 Aaron Mason 59.3

August 25: Tate & Lyle Young Athletes Open, East London Stadium, Newham

U17 Men

LJ: 5 Luis Costa 4.86. **JT:** 4 Luis Costa 30.86

U15 Boys

100: 1 Jonathan Osbourne 11.54. **200:** 8 Jose Costa 24.95 (22nd HW U15B a-t). **LJ:** 4 Chima Odum 4.53. **JT:** 2 Jose Costa 39.24; 4 Chima Odum 30.68

August 25: Barking Park 5km Road, Barking, Essex

1 Sam Bradley (Tonbridge AC) 15:44. **HW:** 113 Dennis Williams 23:59 (201 finishers)

August 25: Grimsthorpe Castle 10k, Bourne, Lincs

1 Matt Gunby (Woodford Green) 32:35 (record). **HW:** 113 Anna Garnier (2C – 1st W45) 47:02 (385 finishers)

August 26: British Milers Club Gold Standard Races, Stretford, Manchester

1500 (A race): 13 Alex Bruce-Littlewood (2C) 4:02.89

August 29: Serpentine Last Friday of the Month 5km, Hyde Park

1 Orlando Edwards (Shaftesbury Barnet) 15:46. **HW:** 13 Graeme Buscke (2C) 17:54; 135 Marilena De Luca 22:49; 164 Ian Isherwood 24:36 (211 finishers)

August 30: Bushy Park 5km Time Trial, Teddington

1 Phil Tulba (Basingstoke & Mid Hants) 15:42. **HW:** 22 Steve Badgery 18:25; 147 Barry King 21:59 (467 finishers)

August 30: Richmond Park 5km Time Trial

1 Carl Assmundson (St Mary's, Richmond) 17:24. **HW:** 12 Matt Fell 18:57 (103 finishers)

August 30: Wimbledon Common 5km Time Trial

1 Andrew Penney (HW) 16:53. **Other HW:** 3 Liam White 17:34; 5 Graeme Buscke (2C) 18:04; 7 Chris Coles 18:07; 10 Alex Robinson 18:25; 28 Matthew Appleby 20:36; 55 Bradlee Mulroe 22:23; 65 Marilena De Luca 23:00; 94 John Wasbrough 26:01; 126 Rebecca Stone 31:00 (135 finishers)

August 31: Nike Human Race 10km, Wembley

1 James Clark 31:55: **HW:** 16 Neil Aitken (2C) 34:50; 20 Justin Kelly 35:46; 1190 Ka (KC) Cheun To 46:00 (30,000+ finishers)

**August 31: World Long Distance Triathlon Championships, Almere, Holland
(4km swim - 120k bike - 30k run)**

Age category 25-29

1st and World Champion: Dion Harrison 6:18:59 (66:08 – 3:03:21 – 2:04:26)

August 31: Southern Women's League, Thurrock

3000: 1 Steph Robson (2C) 10:44.6