

June 1: National Young Athletes League, Parliament Hill

Match result: 1 South London H 484; 2 Kingston & Poly 458; 3 Hercules Wimbledon 359; 4 Highgate H 347; 5 Walton 298; 6 London Heathside 169

U17 Men

100 A: 4 Kyran Mitchell-Nanton 12.1. **B:** 4 Antonio Douglas 12.1. **200 A:** 4 Kyran Mitchell-Nanton 24.7. **800 A:** 1 Liam White 2:07.7 (23rd HW U17M a-t). **B:** 1 Paul Stables 2:15.6. **1500 A:** 1 Liam White 4:48.1. **B:** 1 Paul Stables 5:01.5. **3000 A:** 1 Geordie Logan 10:07.7. **1500SC A:** 1 Geordie Logan 5:03.2 (17th HW U17M a-t).

100H A: 1 Antonio Douglas 19.1. **HJ A:** 2 Antonio Douglas 1.60. **TJ A:** 3 Geordie Logan 10.57. **SP A:** 5 Kyran Mitchell-Nanton 7.79. **B:** 3 Liam White 5.58. **JT A:** 4 Paul Stables 11.38. **4x400:** 2 HW 3:55.6 (G Logan, L White, P Stables, K Mitchell-Nanton)

U15 Boys

100 A: 1 John Osborne 11.8 (=8th HW U15B a-t). **B:** 1 Nathan Safo-Barnieh (=8th HW U15B a-t). **200 A:** 1 John Osborne 24.3 (=8th HW U15B a-t). **B:** 2 Tom Richards 25.4. **400 A:** 4 Tom Meehan 62.0. **B:** 3 Ejaz Mutoka 66.7. **800 A:** 1 Ed Saywell 2:15.8. **B:** 3 James Blower 2:44.1. **1500 A:** 2 Connor Callaghan 5:07.4. **B:** 1 Bradlee Mulroe 5:08.4. **80H A:** 1 Nathan Safo-Barnieh 13.1. **B:** 1 Ed Saywell 13.8. **HJ A:** 1 Tim Brown 1.50. **LJ A:** 2 Nathan Safo-Barnieh 4.47. **B:** 1 Tom Meehan 4.20. **SP A:** 2 Ed Saywell 6.63. **B:** 1 John Osborne 4.67. **DT A:** 2 Tim Brown 13.92. **B:** 1 Tom Meehan 13.36. **JT A:** 3 James Blower 20.52. **B:** 3 Tim Brown 4.53. **4x400:** 1 HW 4:32.6 (E Mutoka, B Mulroe, E Saywell, C Callaghan)

U13 Boys

100 A: 5 Emmanuel Obayuwana 14.8. **B:** 5 Jonathan Dench 15.6. **200 A:** 4 Emmanuel Obayuwana 30.7. **B:** 4 Robert Richards 30.9. **800 A:** 1 Tim Livingstone 2:25.2. **B:** 5 Oliver Livingstone 3:01.3. **75H A:** 4 Emmanuel Obayuwana 16.9. **B:** 1 Robert Richards 15.6 (=2nd HW U13B a-t). **HJ A:** 2 Robert Richards 1.33. (19th HW U13B a-t). **LJ A:** 3 Jonathan Dench 3.45. **SP A:** 2 Jonathan Dench 7.97 (4th HW U13B a-t). **B:** 1 Tim Livingstone 7.74

U17 Women

200 A: 3 Maria Rogan 32.5. **300 A:** 4 Maria Rogan 52.7. **LJ A:** 4 Maria Rogan 2.74

U15 Girls

100 A: 2 Sharon Obayuwana 13.3 (8th HW U15G a-t). **B:** 2 Jeanne Mbimbu 14.2 (10th HW U15G a-t). **200 A:** 1 Sharon Obayuwana 27.4. **B:** 1 Jeanne Mbimbu 29.6 (13th HW U15G a-t). **800 A:** 5 Connie Rose 2:56.1. **SP A:** 3 Sharon Obayuwana 8.00 (6th HW U15G a-t). **B:** 3 Jeanne Mbimbu 5.83

U13 Girls

75: 4 Dalia Seraty 10.9. **B:** 5 Emma Headley 12.5. **150 A:** 3 Eleanor Smith-Hahn 21.5. **B:** 1 Dalia Seraty 22.2. **800 A:** 3 Georgia Prescott 3:46.8. **1200 A:** 1 Eleanor Smith-Hahn 4:07.2 (HW U13G record). **B:** 1 Emma Headley 4:16.3 (2nd HW U13G a-t). **LJ A:** 1 Eleanor Smith-Hahn 3.95 (6th HW U13G a-t). **B:** 4 Emma Headley 2.94. **SP A:** 3 Dalia Seraty 4.70 (4th HW U13G a-t). **B:** 3 Georgia Prescott 2.71

June 1: Dorking 10-mile Road Race, inc Surrey Road League & Championships

1 Ben Whitby (Windsor, S, E & H) 53:28. **HW:** 16 Neil Aitken (2C) 58:55; 24 Ben Cummings (2C) 60:13; 29 Chris Coles 61:03; 32 Gary Blesson 61:24; 131 Tom Cheetham 69:26; 132 Frank Wood 69:27 (666 finishers)

June 1: Christchurch Half Marathon, New Zealand

1 Matt Smith 66:19. **HW:** 1409 Kirstina Moore 2:06:51

June 2: Self Transcendence 2-mile Road Race, Battersea Park

1 Martin Reid (City of Sheffield) 9:50. **HW:** 29 Tom Morris 13.26; 38 Ian Isherwood 15.06 (49 finishers)

June 3: Weedon 10k Road Race, Northants

1 Nigel Stirk (Tipton) 32:39. **HW:** 267 Colin Bricher (2C) 54:32 (305 finishers)

June 3: Cubert 5-mile Road Race, Cornwall

1 Oliver Gibson (Newquay RR) 25:16. **HW:** 68 Amelia Lloyd 31:48 (4th **HW W a-t**) (573 finishers)

June 4: Rosenheim League, Eastern Division, Match 3, Tooting Bec

Match result: 1 Belgrave H 66; 2 Herne Hill H 60; 3 Serpentine 47; 4 Croydon H 43; 5 Striders of Croydon 35; 6 South London H 28; 7 Hercules Wimbledon 20

400: 4 Justin Kelly 56.4. **800:** 1 Justin Kelly 1:59.2. **800 (n/s)** 1 Ben Cummings 2:01.1; 2 Adam Van Bergen 2:09.1. **1500:** 5 Neil Aitken 4:27.3; 11 Justin Kelly 4:50.6. **1500 (women):** 9 Ruth Seward 6:21.8; 10 Angela Kikugawa 6:59.7. **3000:** 5 Neil Aitken 9:34.2; 7 Richard Xerri 9:57.2; 8 Steve Newton 10:00.2; 10 Peter Lee 10:12.2; 11 Naomi Warner 10:15.1; 14 Claire Grima 10:47.4; 20 Yuzo Saito 11:25.0; 23 Dennis Williams 12:51.6. **SP:** 7 John Webster 5.39. **DT:** 6 John Webster 14.25

Standings after three matches: 1 Serpentine 19 (169); 2 Croydon 15 (154); 3 Herne Hill H 15 (153); 4 Striders of Croydon 12 (135); 5 Belgrave H 10 (117); 6 Hercules Wimbledon 7 (103); 7 South London H 5 (78)

June 4: Blackheath & Bromley AC Championships, Bromley, Kent

U20 2000SC: 1 Alex Bruce-Littlewood (2C) 6:06.4 (English School's qualifier)

June 7: Southern Men's League, Division 2, Match 3, Thurrock, Essex

Match result: 1 Worthing 128; 2 Hercules Wimbledon 108; 3 Ryston Runners 107; 4 Thurrock H 96; 5 Met Police 93

100 A: 5 Jon Grayson 12.0. **200 A:** 1 Dwayne Dowding 21.8 (=8th **HW a-t**). **B:** 3 Jon Grayson 24.8. **400 A:** 2 Matt Parsons 52.0. **B:** 1 Hamed Agboke 53.2. **800 A:** 2 Justin Kelly 2:00.4. **B:** 2 Aidan Hogan 2:03.6. **1500 A:** 3 Kieran White 4:12.6. **B:** 3 Liam White 4:24.0. **5000 A:** 2 Neil Aitken 16:32.8. **B:** 1 Andrew Penney 16:50.6 (6th **HW U20M a-t**). **3000SC A:** 1 Justin Kelly 10:21.9. **B:** 1 Aidan Hogan 10:25.5. **110H A:** 4 Steve Davies 16.1. **B:** 4 Steve Hadley 21.6. **400H A:** 1 Steve Davies 58.8. **B:** 4 Steve Hadley 72.8. **HJ A:** 4 Deon Coetzee 1.65. **B:** 3 Simon Cook 1.60. **PV A:** 4 Dominic Getting 3.00. **B:** 4 Lance Power 2.20. **LJ A:** 4 Jon Grayson 6.35. **B:** 5 Lance Power 4.74. **TJ A:** 1 Nnamdi Odum 13.76 (11th **HW a-t** & =5th **HW U20M a-t**). **B:** 1 Jon Grayson 12.75. **SP A:** 5 Simon Cook 9.72. **B:** 5 Dominic Getting 6.53. **DT A:** 5 Simon Cook 25.23. **B:** 5 Dominic Getting 21.33. **HT A:** 4 John Webster 21.98. **B:** Dominic Getting 21.80. **JT A:** 4 Justin Kelly 36.48. **B:** 2 Simon Cook 32.48. **4x100:** 1 HW 45.9. **B:** **4x400:** 1 HW 3:31.5 (H Agboke, S Davies, D Getting, M Parsons)

June 7: Lily B League, Sutton Arena

Match result: 1 Guildford & Godalming 238; 2 Kingston & Poly 235; 3 Bracknell 217; 4 Herne Hill H 199; 5 Croydon H 145; 6 Hercules Wimbledon 126; 7 Dorking, Mole Valley 93

U17 Women

100 A: 6 Natasha Skeet 14.8. **200 A:** 6 Jade Brooks 31.2. **300 A:** 4 Jade Brooks 49.3. **800 A:** 3 Caroline Hicks 2:55.8. **LJ A:** 2 Natasha Skeet 4.12. **B:** 2 Caroline Hicks 3.92. **JT:** 5 Jade Brooks 7.32

U15 Girls

100 A: 5 Sharon Obayuwana 14.3. **200 A:** 2 Sharon Obayuwana 28.0. **B:** 4 Ali Borthwick 30.9. **1500 A:** 3 Megan Brown 6:49.6. **SP A:** 4 Sharon Obayuwana 7.79. **DT A:** 5 Megan Brown 13.92. **JT:** 5 Ali Borthwick 15.18

U13 Girls

100 A: 3 Avalon Howard-McCrow 14.8. **200 A:** 2 Marie Gilmartin 31.9 (11th HW U13G a-t). **B:** 2 Avalon Howard-McCrow 31.7 (10th HW U13G a-t). **800 A:** 3 Marie Gilmartin 2:49.5. **B:** 2 Ella Dobson 2:58.2. **1500 A:** 1 Rebecca Stone 5:49.9. **70H A:** 3 Marie Gilmartin 14.2. **B:** 1 Ella Dobson 16.2. **HJ:** 4 Avalon Howard-McCrow 1.15. **B:** 1 Rebecca Stone 1.05. **LJ A:** 3 Rebecca Stone 3.58 (9th HW U13G a-t). **DT A:** 4 Ella Dobson 12.56

June 7: Bushy Park 5km Time Trial, Teddington

1 Tim Doran (Owls AC) 16:10. **HW:** 16 Steve Badgery 18:43; 49 Yuzo Saito 20:10; 144 Barry King 22:30 (445 finishers)

June 7: Wimbledon Common 5km Time Trial

1 Roy Reeder (Stragglers) 17:35. **HW:** 37 Alastair Brown 22:51; 53 Ian Isherwood 24:22; 78 Michael Leigh 26:11 (95 finishers)

June 7: Dorney Dash 10k Road Race, Datchet, Berks

1 Jalal Abderrahim (Thames Valley H) 31:55. **HW:** 7 Jon Fairs (2C) 34:18 (888 finishers)

June 7: British Athletics League, Division 2, Abingdon

3000SC: 5 Alex Bruce-Littlewood (2C) 9:44.4. **LJ:** 1 Royden John 6.91

June 7: Self Transcendence 10k Road Race, Battersea Park

1 James Savage (Stourbridge) 33:39. **HW:** 3 Arnaud Claverie 35.25 (146 finishers)

June 7: Richmond Park 5km Time Trial, Petersham

1 Adam Vandenberg (HW) 18:05. **Other HW:** 9 Stephen McDuell (2C) 19:26 (80 finishers)

June 8: 10km Multi-Terrain Race, Bergerac, France

HW: Carmelina Hancock 61.23

June 9: SCVAC Veteran's League, St Mary's Twickenham

Match result: 1 Hillingdon 117; 2 Herne Hill H 105; 3 St Mary's Richmond 77; 4 Ealing, Southall & Middx 72; 5 Serpentine 70; 6 Hercules Wimbledon 57; 7 Metros 46

M35

LJ: 2 Hugh Saxby (M50) 4.75. **TJ:** 2 Hugh Saxby (M50) 9.79. **JT:** Hugh Saxby (M50) 11.58. **4x100:** 5 HW 69.4 (S Littlewood, D Williams, G Newby, H Saxby)

M50

800: 1 Steve Newton 2:22.4 (4th HW M50 a-t). **n/s:** Stuart Littlewood 2:56.9. **3000:** 2 Steve Newton 10:26.7. **n/s:** Stuart Littlewood 11:40.5; Dennis Williams 12:45.9. **LJ:** 4 Geoff Newby 3.80 (7th HW M50 a-t). **TJ:** 3 Geoff Newby 7.87 (5th= HW M50 a-t) **HT:** 2 John Webster (M50) 26.47. **JT:** 6 Geoff Newby 16.20 (8th HW M50 a-t)

M60

JT: 2 John Webster 28.27

Standings after two matches: 1 Herne Hill 13 (236) 2 Hillingdon 13 (234.5); 3 St Mary's Richmond 8 (140) 4 Serpentine 7 (152) 5 Hercules Wimbledon 7 (145.5); 6 Ealing, Southall & Middx 6 (120); 7 Metros 2 (64)

June 9: Self Transcendence 2-mile Road Race, Battersea Park

1 Ray Marriot (South London H) 10.26. **HW:** 25 Tom Morris 13.18; 41 Ian Isherwood 15.07 (57 finishers)

June 10: EMGP Banbury 5-mile Road Race, Oxon

1 Gareth Ash (Oxford Un XC Club) 25:25. **HW:** 4 Kieran White 26:27 (324 finishers)

June 11: Veterans AC Meeting, Wimbledon Park

100 (race 2): 3 Stephen McDuell (2C) 13.4. **200 (race 2):** 5 Stephen McDuell (2C) 30.1. **800:** 1 Stephen McDuell (2C) 2:16.7; 4 Stuart Littlewood 2:45.6. **3000:** 3 Stu Littlewood 11:32.7

June 11: Bridges Road Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Mark Palser (Les Croupiers) 13:00. **HW:** 18 Dennis Williams 16:46

June 11: Loughborough Un v Achilles etc, Loughborough

400H: 5 Aaron Mason 59.24 (22nd HW a-t)

June 13: Crooklog 5km Road Handicap, Bexleyheath, Kent

Fastest: 1 Stuart Littlewood 19:40

June 14: Surrey Schools Championships, Kingsmeadow Stadium, Kingston

Senior Boys

1500: 1 Andrew Penney 4:18.81. **LJ:** 3 Michael Adjei-Tabirade 6.06

Intermediate Boys

1500SC: 3 Geordie Logan 5:00.2 (15th HW U17M a-t)

Junior Boys

100: 1 Jonathan Osbourne 11.69/nwr (6th HW U15B a-t) (**In heats:** 2nd 11.90/-0.4w.

200: 1 Nathan Safo-Barnieh 23.68/-1.1w (3rd HW U15B a-t) (**In heats:** 1st 23.92/nwr.

400: 2 Tom Meehan 56.52 (**In heats:** 1st 55.95) (13th HW U15B a-t)

Senior Girls

800: 2 Jennifer Fernando 2:22.65. **1500:** 1 Rosemary Fernando 5:09.70

Intermediate Girls

800: 10 Caroline Hicks 2:45.31. **1500:** 10 Michaela Knespl 5:27.92

Junior Girls

100: 3 Sharon Obayawana 13.71/-2.7 (**In heats:** 1st 13.94/nwr. **JT:** 7 Georgia Mathieson 18.92

June 14: London Schools Championships, Battersea Park

Intermediate Boys

1500: 1 Liam White 4:11.0 (7th HW U17M a-t)

Junior Boys

200: 4 Tom Richards 25.2 (in heat 2): 3rd 25.3

Junior Girls

200: (in heat 3): 5 Ali Borthwick 29.6 (=13th HW U17W a-t). **HJ:** 3 Ali Borthwick 1.40 (6th HW U17W a-t)

June 14/15: South of England AA Championships, Crystal Palace

U20 Men

2000SC: 4 Alex Bruce-Littlewood (2C) 6:05.35. **400H (heat 2):** 6 Aaron Mason 60.04. **LJ:** 9 Jermain Olanas 6.29/-0.3w

Senior Women

3000: 3 Naomi Warner 10:06.24. **LJ:** 4 Emily Martin 5:31/+0.2w

June 14: Bushy Park 5km Time Trial, Teddington

1 Jimmy Goulis (Stragglers) 15:47. **HW:** 12 Steve Badgery 18:07; 105 Barry King 21:49 (399 finishers)

June 14: Richmond Park 5km Time Trial

1 James Flood (Unattached) 18:28. **HW:** 7 Stephen McDuell (2C) 19:43 (102 finishers)

June 14: Wimbledon Common 5km Time Trial

1 Thomas Du Canto (unattached) 16:16. **HW:** 4 Jon Fairs (2C) 16:53; 7 Hugh Saxby 17:45; 8 Chris Coles 18:09; 20 Estle Viljoen (2nd W) 19:58; 26 Maurice Sharp 20:32; 74 Rowena Hornshaw 24:45; 81 John Wasbrough 26:17 (101 finishers)



Chris 'you cannot trust these timekeepers' Coles nears the finish in the Wimbledon Common 5km Time Trial

Photo by Leona Smith

June 14: Wollaton Park Multi Terrain 10k, Notts

1 Philip Swaine (Harborough AC) 34:17. **HW:** 26 Frank Wood 41:39 (342 finishers)

June 15th, North Downs 30km Trail race, Kent

1 Philip Sanger (Epsom and Ewell) 1:58:08. **HW:** 19 Jonathan Dobson 2:15:59 (407 finishers)

June 15: Long Eaton 5 miles Road, Notts

1 Tim Hartley (Notts AC) 24:17. **HW:** 67 Frank Wood 32:20 (345 finishers)

June 15: Windsor Triathlon, Berkshire

(1500m swim, 42k bike, 10k run)

1 Euan Lees (Ful-on-Tri) 2:05:19 (23:47, 64:51, 36:40). **HW:** 68 Jamie Helmer 2:18:29 (30:06, 71:04, 37:18); 151 John Querstret 2:25:17 (29:56, 73:50, 41:30); 165 Peter Lee 2:25:56 (36:13, 70:45, 38:57) (1624 finishers)

June 16: National Catholic Schools Championships, Weybridge College, Surrey U12 Girls

100: 1 Avalon Howard-McCrow 14.09 (7th **HW U13G a-t**). **200:** 2 Avalon Howard-McCrow 30.09. **800:** 1 Rebecca Stone 2:41.37 (**Championships record**). **1500:** 1 Rebecca Stone 5:37.86. **LJ:** 2 Avalon Howard-McCrow 3.93 (7th **HW U13G a-t**)

June 16: Self Transcendence 2 miles road, Battersea Park

1 Duncan Lancashire (Striders of Croydon) 10:19. **HW:** 24 Tom Morris 13:00; 34 Dennis Williams 13:49; 42 Ian Isherwood 14:35 (61 finishers)

June 18: Rosenheim League, Eastern Division, Match 4, Tooting Bec

Match: 1 Belgrave H 73; 2 Herne Hill H 61; 3 Hercules Wimbledon 55; 4 Croydon H 49; 5 Striders of Croydon 33; 6 Serpentine 28; 7 South London H 22

100: 5 Michael Adjei-Tabirade 12.8. **100 (n/s A):** 5 Stephen McDuell 13.5. **200:** 2 Dwayne Dowding 22.2. **400:** 4 Mark Baker 55.7 (4th HW M40 a-t). **400 (n/s A):** 5 Stephen McDuell 60.3. **800:** 2 Adam Van Denberg 2:01.1. **1500:** 2 Ben Cummings 4:17.8; 6 Deon Coetzee 4:31.3; 9 Steve Newton 4:41.5 (3rd HW M50 a-t); 15 Peter Lee 4:53.8. **3000:** 2 Belal Aly 8:54.4; 3 Richard Xerri 9:16.0; 9 Hugh Saxby 10:10.2; 10 Peter Lee 10:12.1; 11 Naomi Warner 10:12.6; 14 Lance Power 10:31.0; 18 Claire Grima 10:51.6; 22 Yuzo Saito 11:17.4; 26 Anna Garnier 11:54.7. **PV:** 3 Simon Cook 1.40. **LJ:** 3 Michael Adjei-Tabirade 6.03. **SP:** 4 Simon Cook 9.06. **JT:** 4 Simon Cook 31.38. **4x200:** 2 Hercules Wimbledon 1:41.9 (B Aly, D Dowding, L Power, H Saxby); **Standings after four matches:** 1 Herne Hill H 21 (214); 2 Serpentine 21 (197); 3 Croydon H 19 (203); 4 Belgrave H 17 (190); 5 Striders of Croydon 15 (168); 6 Hercules Wimbledon 12 (158); 7 South London H 6 (100)

June 18: Watford Open Meeting, Herts

BMC 800 (B race): 5 Alex Bruce-Littlewood (2C) 1:58.9. **Open 1500 (race 1):** 1 Stuart Littlewood 5:19.22

June 18: Independent Schools Regional Final, Eton, Berks

U13 Girls

150: 1 Dalia Serafy 20.83

June 18: Chichester Midsummer 5 mile Road, Sussex

1 James Baker (Chichester R) 25:34. **HW:** 31 Martin Miller (1st M60) 31:37 (4th HW M60 a-t) (136 finishers)

June 20: Last Friday (a week earlier) of the Month 5km Road, Hyde Park

1 Phil Killingley (Winchester & Dist) 16:05. **HW:** 41 Stuart Littlewood 19:31; 132 Ian Isherwood 24:07 (172 finishers)

June 21: England Athletics U23/U20 Championships, Bedford

U20 Men

LJ: 14 Jermain Olasan 6.39/+0.5w

June 21: Masters International, Ashford, Kent

W35

3000m Walk: 4 Estle Viljoen (Great Britain) 15:32.13

June 21: Wimbledon Common 5km Time Trial

1 Deon Coetzee (HW) 17:39; 2 Stuart Fraser (HW) 17:42; 3 Chris Coles (HW) 18:10. **Other HW:** 11 Yuzo Saito 20:21; 36 Hannah Fernando 23:39; 56 Mick Leigh 26:04 (74 finishers)

June 21: Schools Inter County Match, Kingsmeadow

Junior Boys

100: 2 Jonathan Osbourne 11.82/-0.3w. **200:** 1 Nathan Safo-Barnieh 23.65/+0.7w (3rd HW U15B a-t)

June 21: Herne Hill H Open Meeting, Tooting Bec

U13 Girls

100: 1 Eleanor Smith-Hahn 14.0. **800:** 1 Eleanor Smith-Hahn 2:29.8 (2nd HW U13G a-t). **HJ:** 1 1.28

June 22: National Young Athletes League, Southern 2 London, Kingsmeadow

Match result: 1 Kingston & Polytechnic 591; 2 South London H 439; 3 Hercules Wimbledon 384; 4 Walton 293; 5 London Heathside 219; 6 Highgate H 196

U17 Men

100 A: 4 Kyran Mitchell-Nanton 12.3. **B:** 3 Arnold Tek-Woo 12.7. **200 A:** 3 Kyran Mitchell-Nanton 24.2. **800 A:** 3 Liam White 2:11.3. **B:** 2 Paul Stables 2:19.0. **1500 A:** 1 Liam White 4:50.1. **B:** 2 Paul Stables 4:56.2. **3000 A:** 1 Geordie Logan 11:48.1. **B:** 1 Liam White 11:48.1. **1500SC:** 1 Geordie Logan 5:04.0. **100H A:** 2 Arnold Tek-Woo 19.0. **LJ A:** 4 Luis Costa 5.07. **TJ A:** 3 Geordie Logan 10.69. **SP A:** 3 Kyran Mitchell-Nanton 8.58. **JT A:** 2 Luis Costa 34.45. **4x400:** 4 HW 4:11.2

U15 Boys

100 A: 1 Jonathan Osborne 12.2. **B:** 1 Nathan Safo-Barnieh 12.4. **200 A:** 1 Jose Costa 25.6. **B:** 1 Tom Richards 25.6. **400 A:** 2 Jonathan Osborne 54.4. **B:** 2 Tom Meehan 60.0. **800 A:** 2 Ed Saywell 2:11.8. (19th HW U15B a-t). **1500 A:** 4 Bradlee Mulroe 5:19.7. **B:** 1 Connor Callaghan 5:25.4. **n/s:** Tom Meehan 5:10.6. **80H A:** 1 Nathan Safo-Barnieh 13.4. **B:** 2 Ed Saywell 14.0. **HJ A:** 2 Jose Costa 1.50. **B:** 2 Joseph Samuel-York 1.50. **LJ A:** 3 Andrew Clarke 4.56. **SP A:** 1 Andrew Clarke 9.64. **B:** 2 Ed Saywell 6.28. **DT A:** 2 Tom Meehan 16.93. **B:** 1 Nathan Safo-Barnieh 16.65. **JT A:** 1 Jose Costa 40.68 (7th HW U15B a-t). **B:** Tom Richards 17.47. **4x100:** 1 HW 48.3. **4x400:** 2 HW 4:27.5

U13 Boys

100 A: 4 Emmanuel Obayuwana 15.4. **B:** 5 Jonathan Dench 16.7. **200 A:** 3 Emmanuel Obayuwana 30.6. **B:** 3 Charlie Williams 30.6. **800 A:** 2 Charlie Williams 2:44.0. **B:** 4 Aaron Jones 2:57.3. **1500 A:** 3 Tim Livingstone 4:58.7. **B:** 1 Max Cooper 5:32.7. **75H A:** 3 Emmanuel Obayuwana 15.6 (=2nd HW U13B a-t). **B:** 4 Robert Richards 19.5. **HJ A:** 1 Robert Richards 1.35 (=12th HW U13B a-t). **B:** 2 Max Allison 1.25. **LJ A:** 2 Charlie Williams 4.08. **B:** 2 Jonathan Dench 3.41. **SP A:** 5 Jonathan Dench 4.73. **4x100:** 5 HW 62.4

U17 Women

200 A: 3 Maria Rogan 32.5. **300 A:** 3 Maria Rogan 51.8

U15 Girls

100 A: 2 Sharon Obayuwana 13.9. **200 A:** 2 Sharon Obayuwana 28.2. **SP A:** 3 Sharon Obayuwana 7.79

U13 Girls

75 A: 3 Dalia Serafy 11.1. **B:** 1 Mateni Aki-Sawyerr 11.1. **150 A:** 2 Dalia Serafy 22.5. **B:** 2 Emma Headly 24.8. **800 A:** 1 Eleanor Smith-Hahn 2:38.9. **B:** 2 Anna Sigo-Young 3:05.3. **1200 A:** 1 Emma Headley 4:18.2. **70H A:** 2 Mayeni Aki-Sawyerr 13.5. **B:** 1 Avalon Howard-McCrow 13.7. **HJ A:** 1 Eleanor Smith-Hahn 1.30 (6th HW U13G a-t). **B:** 2 Avalon Howard-McCrow 1.10. **LJ A:** 1 Eleanor Smith-Hahn 3.75. **B:** 1 Avalon Howard-McCrow 3.58. **SP A:** 2 Dalia Serafy 5.35. **4x100:** 2 HW 58.9

Standings after 3 matches: 1 Kingston & Poly (17)1589.5; 2 South London H (16) 1387.1; 3 Hercules Wimbledon 12 (1191); 4 Walton 8 (886); 5 Highgate H 6 (758.5); 6 London Heathside 4 (556.5)

June 16: National Catholic Schools Championships, Weybridge College, Surrey

U12 Girls:

100: 1 Avalon Howard-McCrow 14.09. **200:** 2 Avalon Howard-McCrow 30.09. **800:** 1 Rebecca Stone 2:41.37 (Championships record). **1500:** 1 Rebecca Stone 5:37.86. **LJ:** 2 Avalon Howard-McCrow 3.93 (7th HW U13G a-t)

June 20: Colworth 5-mile Multi Terrain, Sharnbrook, Beds

1 Mick Aldridge (Wootton RR) 27:29. **HW:** 249 Colin Bricher 45:24 (335 finishers)

June 22: Horwich Carnival 5km, Horwich, Lancs

1 J Ndayisdenga (Birchfield H) 14:22. **HW:** 27 Kieran White 15:57 (HW 1st claim leader)

June 23: SCVAC Veterans League, Mid-London Division, Battersea Park

Match result: 1 Herne Hill H 136; 2 Hillingdon 129; 3 Serpentine 91; 4 St Mary's, Richmond 60; 5 Ealing, Southall & Middx 44; 6 Hercules Wimbledon 40; 7 Metros 17

M35

100 A: 5 Hugh Saxby (M50) 13.5. **B:** 2 Stephen McDuell (M40) 13.4 (11th HW M40 a-t). **400:** 3 Stephen McDuell (M40) 58.3 (8th HW M40 a-t). **1500:** 6 Stephen McDuell (M40) 5.00.5. **2000 Walk:** n/s: Kevin Burnett (M65) 14:21.8

M50

100: 3 Paul Wignall (M55) 14.0. **400:** 1 Hugh Saxby 59.6 (3rd HW M50 a-t). **1500:** 3 Keith Hylands (M60) 5:21.9 (4th HW M60 a-t). **TJ:** 1 Hugh Saxby 8.83. **DT (n/s):** Kevin Burnett 19.64

June 23: Self Transcendence 3x1-mile Relay, Battersea Park

Fastest: 1 Nick Sasha 4:41. **HW:** Dennis Williams 6:40

June 24: Veterans AC 5-mile Road Championships, Battersea Park

1 Dave Cox (Woodford Green) 27:38. **HW:** 9 Stuart Littlewood (2nd M55) 32:12 (10th HW M55 a-t); 16 Tom Morris 35:35; 20 Dennis Williams (2nd M60) 37:17; 22 Ian Isherwood 39:47 (32 finishers)

June 24: Veterans AC 5-mile Road Race Walking Championship, Battersea Park

1 Nick Silvester (Aldershot, F&D) 38:57. **HW:** 6 Estle Viljoen (1st W) 42:20

June 24: Saab Salomon Forest Trails Series 10km, Swinley, Berks

1 Rhys Peters 36:34. **HW:** 5 Jonathan Dobson (1st M35) 39:14 (173 finishers)

June 25: British Milers Club Meeting, Sutcliffe Park, Eltham, SE London

800 (race 4): 5 Jennifer Fernando 2:24.17. **1500 (race 1):** 3 Alex Bruce-Littlewood (2C) 4:02.71

June 25: Royal Air Force Championships, Cosford, Shropshire

1500: 2 Kieran White 4:15.59

June 28: Southern Men's League, Stevenage, Herts

Match result: 1 Cambridge & Coleridge 124; 2 Hercules Wimbledon 121; 3 Bexley 109.5; 4 Herts Phoenix 90; 5 Royal Navy 89.5

100 A: 5 Steve Davies 12.0. **B:** 4 Kyran Mitchell-Nanton 12.2. **200 A:** 1 Dwayne Dowding 22.3. **B:** 3 Kyran Mitchell-Nanton 24.9. **400 A:** 4 Aaron Mason 51.7. **B:** 5 Dominic Getting 63.9. **800 A:** 2 Aidan Hogan 2:02.0. **B:** 2 Liam White 2:09.0. **1500:** 2 Belal Aly 4:25.8. **B:** 1 Liam White 4:26.7. **5000 A:** 1 Mike Halman 16:15.6. **B:** 5 Fred Green 25:15.3 (5th HW M60 a-t). **110H A:** 1 Austin Ferns 15.5. **B:** 1 Steve Davies 16.4. **400H A:** 1 Austin Ferns 57.2. **B:** 1 Aaron Mason 59.3. **3000SC A:**

1 Aidan Hogan 10:39.0. **HJ A:** 2 Steve Davies 1.80. **B:** 2 Simon Cook 1.60. **LJ A:** 2 Michael Adjei-Tabirade 6.20. **B:** 4 Dominic Getting 4.63. **TJ A:** 1 Nnambi Odum 13.71. **B:** 5 Dominic Getting 10.00. **PV A:** 3 Dominic Getting 3.00. **B:** 3 Simon Cook 2.40. **SP A:** 2 Per Nystrom 11.66 (2nd HW M40 a-t). **B:** 3 Simon Cook 9.62. **DT A:** 2 Per Nystrom 37.02 (HW M40 record). **B:** 4 Simon Cook 21.83. **HT A:** 3 Per Nystrom 30.97 (14th HW a-t & 3rd HW M40 a-t). **B:** 3 Simon Cook 30.12. **JT A:** 1 Per Nystrom 42.16 (2nd HW M40 a-t). **B:** 3 Simon Cook 33.98. **4x100:** 5 HW 46.0. **4x400:** 1 HW 3:27.9 (S Davies 52.8, A Mason 52.6. A Ferns 52.1. D Dowding 50.5) **Standings after 4 matches:** 1 Enfield & Haringey 19 ... 7 Hercules Wimbledon 16

June 28: Southern Women's League, Croydon

Match result: 1 St Mary's Richmond 529.5; 2 Tonbridge 525; 3 Croydon H 517 ... 8 Hercules Wimbledon 89

Senior Women

200: 1 Emily Martin 26.4. **400:** 3 Jennifer Fernando 63.3. **HJ:** 2= Emily Martin 1.40. **SP A:** 9 Ann Martin 5.18. **B:** 7 Gill England 4.24. **DT A:** 5 Emily Martin 19.24. **B:** 8 Faye Martin 10.68. **HT A:** 7 Ann Martin 13.42. **B:** 7 Gill England 9.59. **JT A:** 2 Emily Martin 24.76. **B:** 4 Jennifer Fernando 14.54

U15 Girls

100: 2 Sharon Obayuwana 13.5. **200:** 2 Sharon Obayuwana 27.8

June 28: Bushy Park 5km Time Trial, Teddington

1 Tom Boardman (Leigh H) 15:41. **HW:** 8 Peter Lee 17:54; 9 Steve Badgery 18:06 (364 finishers)

June 28: Wimbledon Common 5km Time Trial, Wimbledon Common

1 Darren Meredith (New Zealand) 17:51. **HW:** 3 Graeme Buscke (2C) 18:34; 10 Estle Viljoen (1st W) 19:38; 13 Yuzo Saito 20:17; 75 John Wasbrough 27:00 (95 finishers)



Yuzo Saito heads towards the finish of the 5km Time Trial with ease as he's aware that he will be competing in the Dysart Dash the following day

June 29: Ranelagh H Dysart Dash 10k Road Race (inc. Surrey Champs), Petersham

1 Stuart Major (Newham & Essex Beagles) 32:42. **HW:** 14 Neil Aitken (2C) 34:58; 25 Naomi Warner (2C – 1st W) 35:54; 37 Chris Coles 37:42; 44 Steve Badgery (1st M60) 38:19; 89 Stewart Bond 40:44; 96 Frank Wood 41:00; 120 Yuzo Saito 42:06; 150 Tom Cheetham 43:39; 166 Maurice Sharp 44.21 (464 finishers) **TEAM:** 1 Ranelagh H 20 ... 12 Hercules Wimbledon 162

June 29: Ebbisham League, Match 1, Division 1, Sutton Arena

Match result: 1 Kingston & Polytechnic 163; 2 Herne Hill H 154; 3 Croydon H 133; 4 Hercules Wimbledon 89; 5 Walton 52; 6 Epsom & Ewell H 33

U17 Men

100m A: 3 Edmund Gaisie 11.7

U15 Boys

100m (Year 2): 2 Jonathan Osbourne 11.7. **200m (Year 2):** 1 Nathan Safo-Barnieh 23.3. **n/s:** Tom Richards 24.8. **400m (Year 2):** 1 Jose Costa 56.4. **n/s:** Tom Meehan 61.2. **800m (Year 2):** 1 Ed Saywell 2:17.4. **n/s:** Tom Meehan 2:21.8. **1500m (Year 2):** 4 Bradlee Mulroe 5:13.0. **80mH (Year 2):** 3 Ed Saywell 13.2. **HJ A:** 2 Jose Costa 1.55. **DT A:** 3 Tom Meehan 15.21. **JT A:** 1 Jose Costa 37.92. **4x200m:** 1 HW 1:38.6 (J Costa, N Safo-Barnieh; T Richards, J Osbourne). **n/s:** HW 1:43.9 (E Gaisie (U17), Poju Adesilu, T Meehan, E Saywell)

U13 Boys

100m A: 2 Emmanuel Obayuwana 14.0. **B:** 6 Aaron Jones 15.9. **200m A:** 3 Emmanuel Obayuwana 30.1. **800m A:** 5 Aaron Jones 2:55.5. **80mH A:** 2 Robert Richards 15.5. **80mH B:** 1 Emmanuel Obayuwana 15.6. **LJ A:** 4 Robert Richards 3.16. **B:** 3 Aaron Jones 2.97