

HW Results June 2009

June 1: Self Transcendence 5km Road, Battersea Park

1 Martin Shore (Thames H&H) 16:04. **HW:** 59 Tom Morris (2nd M50) 20:50; 114 Ian Isherwood 26:10 (171 finishers)

June 2: Avril Bowring Memorial Meeting, Tonbridge, Kent

400 (Race 2): 3 Mark Baker 55.02 (4th HW M50 a-t)

June 3: St Mary's Classic, Twickenham, Middx

Senior Men 2000SC: 4 Alex Bruce-Littlewood (2C) 5:59.08

U18 1500: 8 Liam White 4:00.86. (HW U17M record)

June 3: South London Swimming Club Aquathlon, Tooting Bec

Swim 1km – Run 4 miles

1 Euan Lees 40:57 (14:07 – 26:50). **HW:** 29 Yuzo Saito 51:50 (19:07 – 32:43); 30 Tim Bartley 51:52 (17:10 – 34:42)

June 3: Thames H&H Parkland Relays, Richmond Park

Men and Mixed Teams

1 Notts Old Boys 59:52 ... 17 Hercules Wimbledon (mixed) 72:18 (Francesca Clarke, Stewart Bond, Richard Xerri, Steph Robson)

Individual times not available

Women (3x3miles)

1 Thames H&H 50:07; 2 Hercules Wimbledon 53:25 (Medena Knespl 18:18, Steph Robson 17:38, Claire Grima 17:29); 3 Wimbledon Windmilers 55:21

Fastest: 1 Lucy Mcalister (THH) 16:00; 2 Julia Bleasdale (THH) 16:07; 3 Claire Grima (HW) 17:29

June 6: Southern Men's League, Division 1, Match 3, Kingsmeadow Stadium

Match result: 1 Hercules Wimbledon 129; 2 Ilford 122; 3 Newbury 113.5; 4 Ipswich H 107.5; 5 Tonbridge 52

100 A: 2 Dwayne Dowding 11.3. **B:** 1 Royden John 11.3. **n/s:** Richard Agyapong 11.2 (=19th HW U20M a-t); Henry Husband 12.1

200 A: 2 Dwayne Dowding 22.3. **B:** 2 Richard Agyapong 22.5 (13th HW U20M a-t). **n/s:** Henry Husband 24.9

400 A: 2 Jonathan Osbourne 52.0 (13th HW U17M a-t). **B:** 2 Hamed Agboke 52.9

800 A: 1 Liam White 1:59.5. **B:** 3 Andrew Penney 2:02.0

1500 A: 2 Liam White 4:11.3. **B:** 1 Andrew Penney 4:11.6

5000 A: 2 Richard Xerri 15:46.6. **B:** 1 Mike Halman 16:06.7

3000SC A: 3 Rory McMahon 10:50.7. **B:** 2 Lance Power 11:11.6. **n/s:** Geordie Logan 10:42.5 (HW U17M record)

110H A: 3 Steve Davies 16.5. **B:** 1 Royden John 16.8

400H A: 2 Steve Davies 58.8. **B:** 1 Aaron Mason 58.8 (24th HW a-t)

HJ A: 2 Steve Davies 1.70. **B:** 4 Jimmy Saruchera 1.65

PV A: 2 Dominic Getting 2.80. **B:** 2 Lance Power 2.40

LJ A: 1 Cale Edmunds 6.75 (9th HW U20M a-t). **B:** 1 Royden John 6.60

TJ A: 4 Royden John 12.50. **B:** 2 Geordie Logan 10.62

SP A: 5 Stuart Milton 9.66. **B:** 2 John Brown 8.83 (4th HW M40 a-t)

DT A: 5 John Brown 24.79. **B:** 3 Royden John 24.50 (3rd HW M35 a-t)

HT A: 5 John Brown 27.99 (6th HW M40 a-t). **B:** 3 Dominic Getting 25.05

JT A: 5 Royden John 36.97 (2nd HW M35 a-t). **B:** 4 Stuart Milton 27.35

4x100: 2 HW 44.5 (R Agyapong, R John, J Saruchera, D Dowding)

4x400: 2 HW 3:34.7 (A Mason 52.9, J Osbourne 56.9, S Davies 53.5, D Dowding 51.4)

Positions after three fixtures: 1 Victoria Park & Tower Hamlets 15 (387); 2 Hercules Wimbledon 15 (372.5); 3 Portsmouth 14 (374); 4 Nene Valley H 12 (362); 5 Reading AC 12 (329.5)



Mike and Richard scoring valuable points in the 5000m



Contrasting sprint styles from Tom and Henry



Rory makes a splash and Geordie uses his triple jump technique on his way to an HW U17 club record

All photos by Ray O'Donoghue

June 6: Lily B League, Sutton Arena, Carshalton

Match result: 1 Guildford & Godalming 363; 2 Reigate Priory 238; 3 Sutton & Dist 180; 4 Hercules Wimbledon 95; 5 Aldershot F&D 61

U17 Women

800: 3 Olivia Archdeacon 2:46.0

U15 Girls

HJ: 4 Jowita Miesziowska 1.35

SP: 5 Jowita Miesziowska 5.83

DT: 3 Jowita Miesziowska 15.39

U13 Girls

100: 5 Georgia Green 16.5

200 n/s: 2 Georgia Green 33.8; 5 Rebecca Dinsdale 35.0

800: 4 Anna Silgo-Young 3:00.3

1500 A: 1 Eleanor Smith-Hahn 5:23.8. **B:** 1 Rebecca Stone 5:26.4 (10th HW U13G a-t)

70H: 3 Amy Culleton 17.0

HJ A: 1 Eleanor Smith-Hahn 1.25. **B:** 1 Rebecca Stone 1.20

LJ A: 1 Eleanor Smith-Hahn 3.91. **B:** 1 Rebecca Stone 3.63 **n/s:** 8 Georgia Green 3.03

DT: 1 Jenny Williams 12.70

JT: 3 Rebecca Dinsdale 8.11

U11 (n/s)

150: 4 Mimi Lanfranchi 28.5

600: Mimi Lanfranchi 2:43.8

June 6: Dorney Dash 10km Road, Eton, Berks

1 Darren McNeely (Serpentine) 33:55. **HW:** 26 Claire Grima (2nd W) 38:14 (3rd HW W a-t) (661 finishers)

June 6: British Athletic League, Cardiff

3000SC: 4 Alex Bruce-Littlewood (2C) 9:34.90

June 6: parkrun Wimbledon Common

1 Graeme Buscke (HW-2C) 17:38; 2 Alex Robinson (HW) 18.02. **Other HW:** 7 Andrew Davies (2C) 18:23; 13 Matthew Sharp 19:04; 28 Mark Bohan 21:37; 77 John Wasbrough 26:23 (101 finishers)

June 6: parkrun 5km, Bushy Park, Teddington

1 Tim Haughian (Richmond St Mary's) 17:21. **HW:** 29 Camille Duval 19:15; 110 Barry King 22:02 (447 finishers)

June 6: parkrun 5km, Morden Hall Park

1 Roy Reeder (Stragglers) 17:43. **HW:** 18 Barry White 20:30; 38 Rowena Hornshaw (1st W) 23:09; 57 Freya Popham 26:49

June 6: parkrun 5km, Banstead Woods, Coulsdon

1 Daniel Selman (South London H) 17:15. **HW:** 28 Anna Garnier (2C) 21:03 (W50 course record) (121 finishers)

June 6: Big Cow Aquathlon, Emberton Park, Olney**Swim 750m – Run 5km**

1 Adam Bowden 28:08 (9:37 – 17:40). **HW:** 2 Deon Coetzee 30:04 (9:47 – 19:20) (39 finishers)

June 7: Coombe Hill 5 mile Road, Kingston, Surrey

1 Kevin Quinn (Aldershot F&D) 25:16; 2 Richard Xerri (HW) 26:57. **Other HW:** 7 Hugh Saxby (1st M50) 30:03 (3rd HW M55 a-t); 9 Naomi Warner (2C-1st W) 30:30; 10 Steve Badgery (1st M60) 31:23; 25 Francesca Clarke (1st W35) 33:38; 26 Dave Clarke 33:39; 29 Maurice Sharp 34.05

June 7: British Athletic League, Premier Division, Sheffield

5000 A: 7 James Trapmore (2C) 15:07.52

June 7: Poole 10km Road, Dorset

1 Toby Lambert (Winchester) 30:42. **HW:** 595 Dennis Williams 51:22 (906 finishers)

June 7: Half Iron Aquathlon, Dorney Lake, Eton**Swim 2km – Run 21.1km**

1 Harry Johnston 1:48:03 (31:16 – 76:47). **HW:** 3 Deon Coetzee 1:51:57 (29:17 – 82:40) (63 finishers)

June 7: MABAC League 5-miles Cross Country, Holmwood Common, Surrey

1 D Cairnie (Runnymede Runners) 29:44. **HW:** 4 John Querstret (2C) 31:29 (90 finishers)

June 7: Ebbisham Boy's League, Woking

Match result: 1 Croydon H 202; 2 Guildford & Godalming 130; 3 Kingston & Poly 116; 4 Herne Hill H 97; 5 Aldershot F&D 91; 6 Hercules Wimbledon 76

U15 Boys

100 A: 6 Oliver Reilly 12.9

200 A: 6 Oliver Reilly 27.0. **B:** 4 Tim Livingstone 28.0

800 A: 2 Tim Livingstone 2:17.8

LJ A: 5 Oliver Reilly 3.87

SP A: 5 Tim Livingstone 8.90

U13 Boys

100 A: 3 Thomas Bracegirdle 14.5. **B:** 6 Oliver Livingstone 15.7

200 A: 5 Andrew Choules 32.9. **B:** 4 Alex Bond 33.2

600 A: 1 Oliver Moulton 2:10.9
800 A: 1 Thomas Bracegirdle 2:38.9. **B:** 2 Andrew Choules 2:54.7
1500 A: 3 Alex Bond 5:57.5
75H: 3 Oliver Moulton 18.3
HJ A: 2 Oliver Moulton 1.25 (32nd HW U13 a-t). **B:** 2 Alex Bond 1.15
LJ A: 5 Andrew Choules 3.55. **B:** 4 Oliver Livingstone 3.18
DT A: 1 Thomas Bracegirdle 17.70 (3rd HW U13 a-t)
4x200: 2 Hercules Wimbledon 2:11.3 (A Choules, O Moulton, A Bond, T Bracegirdle)

June 8: Southern Counties Veterans League, Twickenham

Match result: 1 Herne Hill H 121; 2 Hillingdon 107; 3 Serpentine 83; 4 Ealing, Southall & Middx 84; 5 Metros 80; 6 St Mary's Richmond 63; 7 Hercules Wimbledon 38

M40

800: 4 Stewart Bond 2:25.4
3000: 3 Stewart Bond 10:48.8

M50

200: 3 Paul Wignall 29.3
800: 2 Hugh Saxby 2:23.5
LJ: 1 Hugh Saxby 4.62.
TJ: 1 Hugh Saxby 9.27
HT: 4 John Webster (M65) 25.37

June 8: Self Transcendence 2 Mile Road, Battersea Park

1 Toby Hedgeland (Unattached) 10:36. **HW:** 57 Ian Isherwood 15:17 (77 finishers)

June 10: Rosenheim League Eastern Division, Match 3, Wimbledon Park

Match: 1 Hercules Wimbledon 70; eq2 Belgrave H/Herne Hill H 65; 4 Serpentine 44; 5 Croydon H 32; 6 Striders of Croydon 30; 7 South London H 20

100: 1 Royden John 11.4. **100 N/S 1:** 1 Richard Agyapong 11.5; 2 Nathan Safo-Barnieh 11.6; 3 Jonathan Osbourne 11.8; 5 Kyran Mitchell-Nanton 11.9; 6 Giden Buacbe 11.9; 7 Henry Husband 12.1; 8 Oludotun Oduwusi (HW) 12.3. **100 N/S 2:** 4 Stuart White 13.4

200: 2 Richard Agyapong 22.9. **200 (N/S) 1:** 1 Kyran Mitchell-Nanton 24.0; 4 Henry Husband 24.6. **200 N/S 2:** 1 Nathan Safo-Barnieh 23.5; 2 Giden Buacbe 24.6; 3 Oludotun Oduwusi 25.1; **200 N/S 4:** 1 Stephen McDuell 27.6; 2 Stuart White 28.0

400 A: 4 Jose Costa 55.6. **400 B:** 4 Stephen McDuell 61.7. **400 N/S 3:** 1 Tom Meehan 57.2

800: 6 Stephen McDuell 2:14.1; 7 Tim Livingstone 2:15.7; **800 N/S:** 3 Kate Buchanan 2:38.6

1500: 1 Andrew Penney 4:12.7; 5 Alex Robinson 4:28.4. **1500 (N/S):** 9 Claire Morgan 6:07.1 (HW W45 record)

3000: 3 Joe Toomey 9:16.0 (8th HW U17M a-t); 9 Mike Halman 9:31.2; 11 Rory McMahon 9:55.1; 15 Sean Crummy 10:11.4; 18 David Grima 10:16.3; 21 Claire Grima 10:29.1 (9th HW W a-t); 24 Anna Garnier 11:23.9 (HW W50 record); 26 Claire Morgan 13:04.7 (HW W45 record)

110H: 1 Steve Davies 16.3

HJ: 2 Steve Davies 1.70. **N/S:** Jimmy Saruchera 1.65

TJ: 1 Jimmy Saruchera 12.14. **N/S:** Geordie Logan 10.68

VAC SP (5kg): 2 Kevin Burnett (2C) 6.45; 3 John Webster 5.77

DT: 4 John Brown 24.26; 6 Kevin Burnett (2C) 13.05

HT: 2 John Brown 27.46; 6 Kevin Burnett (2C) 12.82

VAC HT (5kg): 1 John Webster 27.87

4x200: 2 Hercules Wimbledon 1:37.3 (K Mitchell-Nanton, H Husband, J Costa, G Buacbe)

Positions after three fixtures: 1 Belgrave H 19.5 (205); 2 Herne Hill H 17.5 (171); 3 Hercules Wimbledon 14 (153); 4 Serpentine 12 (133); 5 Croydon H 10.5 (118); 6 Striders of Croydon 7.5 (107); 7 South London H 3 (56)



Alex making his long awaited HW track debut and Steve skimming to victory



All, bar lane seven, are members of an ever increasing young HW sprint squad

Photos by Ray O'Donoghue

June 10: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1= Dave Cox (Woodford Green)/Lee Thomas (Riverside R) 13:12. **HW:** 22 Dennis Williams 19:07

June 10: Loughborough Uniniversity Match, Loughborough

110H: 3 Oliver Stogdale 16.0/-0.2 (15th HW a-t)

June 12: Crooklog Handicap 5km Road, Bexleyheath, Kent

HW: Stuart Littlewood 21:35

June 13: Surrey School's Championships, Kingsmeadow Stadium, Kingston Inter Boys (U17)

100: 3 Jonathan Osbourne 11.65/-0.1 **In heat:** 3rd 11.86/-1.2

200: 3 Nathan Safo-Barnieh 22.86/+0.4. **In heat:** 1st 23.07/+0.8

800: 4 Ed Saywell 2:05.30 (22nd HW U17M a-t). **In heat:** 2nd 2:09.58

1500: 2 Joe Toomey 4:13.94 (9th HW U17M a-t); 12 Edward Martin 4:45.99

1500SC: 2 Geordie Logan 4:53.4 (8th HW U17M a-t)

Junior Boys (U15)

800: 5 Tim Livingstone 2:16.32. **In heat:** 3rd 2:17.26. **1500:** 12 Joe Clark 4:49.87

June 13: London School's Championships, Battersea Park

Inter Boys (U17)

1500: 1 Liam White 4:04.8 (**Championship record**)

JT: 2 Jose Costa 38.86

Inter Girls (U17)

1500: 4 Kate Buchanan 5:24.5

June 13: parkrun 5km, Banstead Woods, Coulsdon, Surrey

1 Jason Simpson (South London H) 15:56. **HW:** 62 Rowena Hornshaw 24:09 (151 finishers)

June 13: British Milers Club Races, Watford, Herts

1500 race G: 3 Alex Bruce-Littlewood (2C) 3:57.44

June 13: parkrun 5km, Wimbledon Common

1 Andrew Mercer 16:42. **HW:** 5 Stuart Fraser 17:34; 6 Rory McMahon 17:43; 16 Simon Ingall 19:40; 24 Ella Benedict (1st W) 20:52; 28 Maurice Sharp 21:02; 34 Mark Bohan 21:15; 65 Tim Bartley 23:20 (147 finishers)

June 13: Self Transcendence 10km Road, Battersea Park

1 Chris Cooke (Unattached) 34:09. **HW:** 26 Frank Wood 39:43; 142 Mike Kortenray 48:31 (285 finishers)

June 13: Broad Town 5 mile road, near Wootton Bassett, Wilts

1 Gary O'Brien (Swindon H) 27:06. **HW:** 100 Dennis Williams 41:49; 118 Ian Isherwood 44:07 (217 finishers)

June 14: INEOS Beaulieu Triathlon, Nr Southampton, Hants

Swim 0.75km – Bike 25km – Run 5km

Women

1 Anna Squires (Southampton) 86:36 (13:45 – 47:35 – 25:11); 2 Steph Robson (2C) 88:25 (15:05 – 48:17 – 25:02)

June 14: North Downs Multi Terrain 30km, Kent

1 Julian Rendall (Tonbridge AC) 1:57:01. **HW:** 6 Jonathan Dobson (2nd M40) 2:09:46 (428 finishers)

June 14: National Junior League, Eton, Berks

800 A: 4 Alex Bruce-Littlewood (2C) 1:59.43

2000SC A: 2 Alex Bruce-Littlewood (2C) 6:20.05

June 14: Nokia Royal Windsor Triathlon, Windsor, Berks

Swim 1.5km – Bike 40km – Run 10km

1 Tristan Shippides (Ful on Tri) 2:03:13 (24:29 – 60:32 – 35:45). **HW:** 174 Peter Lee 2:24:42 (32:41 – 69:50 – 38:42) (1586 finishers)

June 15: Self Transcendence 2 mile Road, Battersea Park

1 Chris Peach (Herne Hill H) 9:59. **HW:** 28 Tom Morris (3rd M50) 13:10; 54 Ian Isherwood 15:56 (70 finishers)

June 17: South London Swimming Club Aquathlon, Tooting Bec

Swim 1km – Run 4 miles

1 Euan Lees 40:14 (13:44 – 26:30). **HW:** 25 Yuzo Saito 52:06 (21:21 – 30:45); 28 Tim Bartley 52:57 (17:11 – 35:46)

June 17: London Business Championships. Willesden

800: 3 Tom Morris 2:56.9

June 20: parkrun 5km, Wimbledon Common

1 Chris Blackburn (Unattached) 16:32. **HW:** 6 Andrew Davies (2C) 18:19; 7 Matthew Sharp 18:29; 38 Maurice Sharp 20:58; 48 Tim Bartley 22:01; 51 Amy Dolan 22:18 (120 finishers)

June 20: parkrun 5km, Bushy Park, Teddington

1 Ralph Street (Ranelagh H) 16:11; 2 Adam Przedzimirski (HW) 16:35. **HW:** 61 Camille Duvall 20:28; 155 Barry King 22:07 (521 finishers)

June 20: Lymm 5km Road, Near Thelwall, Cheshire

1 Damian Nicholls (Wilmslow RC) 15:35. **HW:** 215 Ian Isherwood 25:08 (268 finishers)

June 20: Herne Hill H Open Meeting, Tooting Bec

Senior Men

400 (Race B): 4 Mark Baker 55.87

800 (Race B): 6 Stewart Bond 2:24.92

June 20 (a)/21 (b): South of England AA Championships, Watford

Senior Men

200 (b): In heat 1: 2 Dwayne Dowding 22.17/+0.7

400 (b): In heat 2: 4 Aaron Mason 58.27

5000 (b): 28 Kieran White 15:58.76

LJ (a): 4 Royden John 6.76/-1.9w

U20 Men

200 (a) (heat 1): 5 Richard Agyapong 22.60/0.0

1500 (b): 8 Liam White 3:57.98 (**HW U17M record**) (in heat (a): 3rd 4:00.78); 10 Alex Bruce-Littlewood (2C) 3:59.16 (in heat (a): 4th 4:00.79)

LJ (b): 4 Cale Edmunds 6.56/-0.1

Senior Women

100 (a) (Heat 2): 6 Emily Martin 12.35/+0.1

200 (b) (Heat 2): 6 Emily Martin 25.32/+1.0 (**6th HW W a-t**)

June 21: OWS Aquathlon, Datchet, Berks

Swim 750m – Run 5km

1 Deon Coetzee 27:25 (9:33 – 17:52) (48 finishers)

June 21: Llanelli Waterside 10km Road, Wales

1 Davis Sandles (Hand Cycling) 22:09. **HW:** 33 Gerard Crispie (2C) 39:09 (718 finishers)

June 21: National Young Athletes League, Worthing

Match: 1 Worthing 858.5; 2 Crawley 610.5; 3 Horsham/Haywards Heath 565; 4 Sutton 403; 5 East Grinstead 303; 6 Hercules Wimbledon 290; 6 7 Dorking MV/Reigate Priory 182; 8 Holland Sports 97

U17 Men

100 A: 1 Nathan Safo-Barnieh 11.5. **B:** 1 Jonathan Osbourne 11.6

200 A: 1 Nathan Safo-Barnieh 23.3. **B:** 1 Jonathan Osbourne 23.6

400 A: 2 Jose Costa 59.7

1500 A: 1 Joe Toomey 4:37.7

3000 A: 1 Joe Toomey 9:40.9. **B:** 1 Geordie Logan 9:41.5

1500SC A: 1 Geordie Logan 4:56.3. **B:** 1 Joe Toomey 5:06.7 (**21st HW U17M a-t**)

TJ A: 2 Geordie Logan 10.79

SP A: 5 Andrew Clarke 9.30

DT A: 5 Andrew Clarke 16.06
HT A: 2 Andrew Clarke 11.20
JT A: 2 Jose Costa 37.94
4x100: 1 Hercules Wimbledon 46.9 (J Costa, A Clarke, J Osbourne, N Safo-Barnieh)
U15 Boys
200 A: 4 Spencer Felix-Otoo 26.6
400 A: 7 Augustine Mallon 79.3
800 A: 2 Spencer Felix-Otoo 2:18.0
1500 A: 3 Joe Clark 5:05.8. **B:** 4 Augustine Mallon 5:39.8
HJ A: 5 Robert Richards 1.35
LJ A: 2 Spencer Felix-Otoo 4.56. **B:** 4 Augustine Mallon 2.90
DT A: 5 Joe Clark 14.41
JT A: 4 Robert Richards 22.18
U13 Boys
75H A: 3 Jonathan Dench 16.2
LJ A: 6 Jonathan Dench 3.44
SP A: 5 Jonathan Dench 5.01
U17 Women
100 A: 6 Niamh Wilson 16.0
LJ A: 5 Niamh Wilson 3.22
DT A: 5 Niamh Wilson 13.24
U15 Girls
100 A: 5 Jowita Miesziowska 14.3 (22nd HW U15G a-t)
HJ A: 3 Jowita Miesziowska 1.35
LJ A: 6 Jowita Miesziowska 3.64 (21st HW U15G a-t)
U13 Girls
75 A: 2 Eleanor Smith-Hahn 10.7. **B:** 4 Rebecca Dinsdale 11.3
150 A: 2 Amy Culleton 22.0
1200 A: 3 Rebecca Stone 4:20.2 (3rd HW U13G a-t)
70H A: 2 Amy Culleton 13.6. **B:** 1 Rebecca Dinsdale 14.1
HJ A: 5 Rebecca Stone 1.20. **B:** 3 Rebecca Dinsdale 1.15
LJ A: 1 Eleanor Smith-Hahn 3.83. **B:** 3 Amy Culleton 3.58 (10th HW U13G a-t)



Some of our youngsters at Worthing on a model shoot for the debut appearance of the HW hoodies – already a collector's item
Photo by Sophie Toomey

June 22: Southern Counties Vets AC League, Battersea Park

Match: 1 Herne Hill H 129; 2 Hillingdon 127; 3 Serpentine 108; 4 Hercules Wimbledon 67; 5 Ealing, Southall & Middx 66; 6 Metros 34; 7 St Mary's Richmond 33

M35

100 A: 4 Stephen McDuell 13.7

400 A: 4 Stephen McDuell 57.7 (8th HW M40 a-t). **B:** 1 Stewart Bond 61.9

1500 A: 5 Stephen McDuell 5:04.1. **B:** 3 Stewart Bond 5:10.3

4x400: 4 Hercules Wimbledon 4:27.9 (2nd HW M40 a-t) (S Bond (M40), T Morris (M50), S McDuell (M40), H Saxby (M55))

M50

100: 4 Paul Wignall 14.2

400: 3 Hugh Saxby 62.2

1500: 3 Hugh Saxby 4:55.0

2000 Walk: 3 Tom Morris (no times taken)

HJ: 1 Hugh Saxby (M55) 1.35

TJ: 4 John Webster (M65) 7.14

DT: 5 Hugh Saxby (M55) 20.04 (6th HW M50 (1.5kg) a-t)

JT: 5 John Webster (M65) 25.14

M60

DT: 4 John Webster (M65) 18.38

June 23: Veterans AC 5-Mile Road Championships, Battersea Park

1 Richard Tomlinson (Ealing, Southall & Middx) 29:05. **HW:** 25 Dennis Williams 40:32; 33 Kevin Burnett (2C) 51:00

June 24: Rosenheim League, Match 4, Tooting Bec

MATCH: 1 Belgrave H 76; 2 Herne Hill H 64; 3 Croydon H 48; 4 Serpentine 41; 5 Striders of Croydon 35; 6 Hercules Wimbledon 26; 7 South London H 16

100: 3 Jonathan Osbourne 11.7. (**n/s 2**): 3 Edmund Gaisie 11.9

200: 3 Jonathan Osbourne 23.9

1500: 9 Phil Glynn 4:46.4. **n/s:** 6 Claire Morgan 6:19.6

3000: 7 Mike Halman 9:21.1; 10 Rory McMahon 9:59.5; 12 Phil Glynn 10:24.0; 14 Claire Grima 10:34.7; 17 Neil Guthrie 10:49.5; 21 Yuzo Saito 11:29.9

SP: 3 Stuart Milton 10.50 (20th HW a-t); 5 Kevin Burnett (2C) 5.34

JT: 2 Justin Miller (HW debut) 44.27 (19th HW a-t); 6 Kevin Burnett (2C) 14.89. **n/s:** Stuart Milton 36.12

Positions after four fixtures: 1 Belgrave H 26.5 (281); 2 Herne Hill H 23.5 (235); 3 Hercules Wimbledon 16 (179); 4 Serpentine 16 (174); 5 Croydon H 15.5 (166); 6 Striders of Croydon 10.5 (142); 7 South London H 4 (72)

Women 800: 6 Claire Morgan 3:04.5 (HW W45 record)



Some shots from the Rosenheim showing clockwise, Justin spearing away on his HW debut, Rory over 3000m, Neil getting back into track shape and Claire setting yet another HW W45 record

All photos by Ray O'Donoghue

June 24: Dulwich Runners' 5km Road, Dulwich Park, SE21

1 James Trapmore (HW – 2C) 15:32 (HW 2009 leader) Other HW: 188 Ian Isherwood 25:05 (359 finishers)

June 25: Ron Wheeler Quarterly 5km Road, City of London

1 Stuart Fraser (HW) 17:23; 2 James Allchurch (Ravens Racers) 17:34 (24 finishers)

June 26: Serpentine RC Last Friday of the Month 5km, Hyde Park, London

1 Orlando Edwards (Shaftesbury Barnet) 15:44. HW: 38 Stephen McDuell 19:39; 147 Georgina Stubbs 25:00 (213 finishers)

June 27: Southern Women's League, Horsham, Sussex

Match result: 1 East Grinstead 265; 2 Paddock Wood 211.5; 3 Redhill SB & Dorking MV combined 136; 4 Hercules Wimbledon 69.5; 5 Phoenix 39; 6 Chiltern 33; 7 Swale Combined 24

Senior Women

100: 1 Emily Martin 12.7

800: 3 Olivia Archdeacon 2:43.9

3000: 3 Hannah Long 15:31.3

HJ: 1 Emily Martin 1.45

SP A: 1 Emily Martin 8.05. **B:** 2 Ann Martin 5.42 (HW W45 record)

DT A: 2 Olivia Archdeacon 21.85 (4th HW a-t). **B:** 2 Hannah Long 13.57

HT: 3 Ann Martin 18.97 (HW W45 record & 3rd HW a-t)

JT A: 2 Emily Martin 24.22. **B:** 4 Hannah Long 8.66

June 27: Southern Men's League, Division 1, Match 4, Lee Valley

Match result: 1 Victoria Park & Tower Hamlets 130; 2 Hercules Wimbledon 113; 3 Enfield & Haringey 108; 4 Thames Valley H 101; 5 Chelmsford 83

100 A: 3 Dwayne Dowding 11.0/+0.1. **B:** 4 Royden John 11.5/nwr

200 A: 1 Dwayne Dowding 21.8/+1.4. **B:** 4 Steve Davies 24.1/+2.4

400 A: 4 Hamed Agboke 54.8. **B:** 5 Oliver Stogdale 54.0

800 A: 5 Liam White 2:07.5. **B:** 2 Andrew Penney 2:00.6 (21st HW U20M a-t)

1500 A: 4 Andrew Penney 4:08.1 (16th HW U20M a-t). **B:** 2 Kieran White 4:14.4. **n/s:** Liam White 4:02.6

5000 A: 3 Richard Xerri 15:51.4. **B:** 2 Mike Halman 16:23.9

3000SC A: 4 Rory McMahon 10:36.3. **B:** 3 Lance Power 11:10.6. **n/s:** Geordie Logan 10:31.8 (HW U17M record)

110H A: 1 Austin Ferns 15.4/+0.8. **B:** 1 Oliver Stogdale 15.8/+1.7 (=12th HW a-t)

400H A: 1 Austin Ferns 53.9. **B:** 1 Steve Davies 57.7

HJ A: 4 Royden John 1.75 (HW M35 record). **B:** 1 Steve Davies 1.70

PV A: 3 Dominic Getting 2.60. **B:** 3 Lance Power 2.40

LJ A: 2 Royden John 6.64. **B:** 4 Lance Power 4.97

TJ A: 1 Royden John 13.66 (13th HW a-t & HW M35 record). **B:** 5 Geordie Logan 10.62

SP A: 2 Per Nystrom 12.03 (2nd HW M40 a-t). **B:** 4 John Brown 9.21

DT A: 1 Per Nystrom 37.74. **B:** 4 John Brown 22.63. **n/s:** Chima Odum 26.24

HT A: 4 Per Nystrom 30.96. **B:** 2 John Brown 28.90

JT A: 2 Justin Miller 49.09 (11th HW a-t). **B:** 1 Per Nystrom 42.38 (2nd HW M40 a-t)

4x100: 4 Hercules Wimbledon 45.6. **4x400:** 5 Hercules Wimbledon 3:39.9

League positions after four matches (top 10 only): 1 Victoria Park & Tower Hamlets 20 (517); 2 Portsmouth 19 (515); 3 Hercules Wimbledon 19 (485.5); 4 Nene Valley H 17 (486); 5 Reading 17 (465.5); 6 Highgate H 15 (458.5); 7 Brighton & Hove 13 (443); 8 Enfield & Haringey 13 (437); 9 Newham & EB 13 (440); 10 Milton Keynes 13 (432)

June 27: parkrun 5km, Bushy Park, Teddington

1 Jack Killip (St Mary's Richmond) 17:13. **HW:** 26 Steve Badgery 19:16; 39 Camille Duvall 19:54; 198 Fred Green 24:27; 247 Dennis Williams 25:54 (456 finishers)

June 27: parkrun 5km, Wimbledon Common

1 Andy Robinson (Thames Hare & Hounds) 17:11; 2 Phil Glynn (HW) 17:28. **Other HW:** 4 Darren Meredith 18:10; 27 Mark Bohan 20:57; 98 John Wasbrough 26:42

June 27: England Athletics U20 Championships, Bedford

3000SC: 4 Alex Bruce-Littlewood (2C) 9:23.49

June 27: Interland Masters International, Compiègne, France

Women

3000 track walk: 3 Estle Viljoen (GBR) 15:15.00

June 27: Southern Women's League, Portsmouth

3000: 1 Steph Robson (2C) 10:46.5

June 28: Dysart Dash 10km Road, inc Surrey County Championship, Petersham

1 Stuart Major (Thames H&H) 32:36. **HW:** 9 Neil Aitken (2C) 34:49; 41 Peter Lee 37:24; 46 Hugh Saxby 37:33 (4th **HW M55 a-t**); 100 Stephen McDuell 40:55; 105 Simon Ingall 41:15; 121 Barry White 42:08; 166 Anna Garnier (2C – 1st W45) 44:08; 168 Stewart Bond 44:12; 191 Maurice Sharp 45:21; 287 Claire Morgan (2C) 50:17; 296 Rowena Hornshaw 50:50 (19th **HW W a-t**); 344 Annmarie Seymour 54:48 (427 finishers)

TEAM: 1 Thames H&H 1015 Hercules Wimbledon 175

June 28: Hillingdon Triathlon Series, Race 2

Swim 600m – Run 6km – Bike 25km

1 Matt Chapman (South London H Tri) 72:18 (9:25 – 22:59 – 39:54). **HW:** 63 Steph Robson 88:44 (13:00 – 28:08* – 47:36) (128 finishers)

*time approx 2min over - due to problems locating bike!

June 28: Harbour Capital Half Marathon, Wellington, New Zealand

1 Andrew Douglas 69:15. **HW:** 1050 Kirstina Moore 2:00.19 (1586 finishers)

June 29: Self Transcendence 5km Road, Battersea Park

1 James Savage (Stourbridge) 16:09. **HW:** 36 Frank Wood 19:31; 66 Tom Morris 21:21; 130 Ian Isherwood 25:16 (171 finishers)

June 30: Milton Keynes 10km Road, Bucks

1 Matthew Almond (Coventry Godiva) 32:16. **HW:** 296 Colin Bricher (2C) 53:04 (385 finishers)