

HW results April 2011

April 2: parkrun 5km, Wimbledon Common

1 Ben Green (Warrington AC) 16:23. **HW:** 3 David Grima 17:40; 7 Andrew Davies (2C) 19:06; 16 Charles Hampden-Smith 20:15; 23 Zoe Phillips (1st W) 20:37; 35 Hanna Fernando (2nd W) 21:20; 45 Anna Garnier 21:39; 56 Charles Lawrie 22:08; 77 Claire Rogers 23:37; 112 Fenella Willis 24:48; 114 Imogen Willis 24:57; 115 Alison Purnell 25:00; 116 Jeremy Purnell 25:01; 119 Dennis Williams 25:08; 175 Megan Le Doare 27:57; 192 Sophie Toomey 28:58 (220 finishers)



Dave and Hannah both heading towards 'podium' finishes at the Wimbledon parkrun

Photos by Ray O'Donoghue

(Ed: good to see HW vests being worn by runners proud of their club colours)

April 2: parkrun 5km, Bushy Park, Teddington

1 Chris Parr (2C-HW) 14:53. **Other HW:** 4 James Trapmore (2C) 15:38; 117 Barry King 21:06 (10th HW M55 all-time) (682 finishers)

April 3: Hercules Wimbledon 30th Young Athletes Meeting, Crystal Palace

U20 Men

100 (race 2): 1 Kyran Mitchell-Nanton 11.56/nwr

200 (race 1): 2 Kyran Mitchell-Nanton 23.13/-1.9w

800 (race 1): 3 Jonathan Osbourne 2:01.43

1 mile: 3 Liam White 4:27.81; 11 George Philpot 5:24.33

U17 Men

800 (race 1): 5 Tim Livingstone 2:04.46 (18th HW U17M all-time)

1500 (race 1): 2 Joe Clark 4:19.44 (16th HW U17M all-time); 4 Tim Livingstone 4:22.73 (19th HW U17M all-time); 8 Johnnie Bland 4:31.50. (race 2): 1 Ben Palmer 4:32.37

U15 Boys

100 (race 2): 5 Felix Blanchard 14.30/-1.0w

800 (race 1): 9 Cassian Hyde 2:20.69

1500 (race 2): 8 Alex Bisnouth 5:32.42

LJ: 2 Felix Blanchard 4.75/+1.4w

U13 Boys

100 (race 1): 5 Alex Bond 16.11/-2.9w

1500 (race 1): 9 Alex Bond 5:25.40. **(race 2):** 9 Nat Purnell 5:49.19

LJ: 5 Alex Bond 3.76/+0.7w; 9 Nat Purnell 3.13/+1.4w

SP: 2 Nat Purnell 5.05

U11 Boys

1000 (race 1) 7 Joe Lorenzo 3:49.98; 8 Zac Purnell 3:57.64

U17 Women

200 (race 2): 3 Jowita Mieszkowska 29.56/-2.8w. **(Race 3):** 2 Kate Lampl 29.40/-1.7w

HJ: 3 Jowita Mieszkowska 1.40

U15 Girls

SP: 8 Rebecca Dinsdale 6.95

DT: 3 Rebecca Dinsdale 17.78

JT: 3 Rebecca Dinsdale 13.90

U13 Girls

200 (race 3): 3 Celia Willis 33.91/-0.5w

800 (race 3): 4 Emma-Louise Clark 2:53.42; 8 Rebekah Jones 3:09.38

LJ: 16 Celia Willis 3.20/+2.0w

U11 Girls

600 (race 1): 6 Hannah Baxter 2:05.25. **(race 3):** 4 Elizabeth Greene 2:31.24

April 3: Regents Park 10km, London

1 Richard Scott (Highgate H) 32:38. **HW:** 69 Tom Morris 42:54 (482 finishers)

April 3: Oulton Park Sprint Duathlon (Standard). Cheshire

Run 8.6km – Bike 38.8km – Run 4.31km

1 Matt Moorhouse (Sheffield Tri) 1:41:03 (28:58 – 56:15 – 13:53). **HW:** 27 Peter Lee 1:56:37 (31:35 – 57:12 – 14:28) (224 finishers)

April 3: Woking Aquathlon , Surrey

Swim 400m – Run 5km

1 Stephanie Robson (HW) 24:44 (7:49 – 16:55)

April 5: Crystal Palace Canter (approx 3 miles), SE19

1 Peter Walsh (Unattached) 19:19. **HW:** 3 Stuart Littlewood 20:50; 9 Dennis Williams 25:17; 13 Kevin Burnett 31:13

April 7: East Surrey League Road Races, Ewell Court, nr Epsom

Senior (4.25 miles)

1 Alex Hawkins (Epsom & Ewell H) 23:42. **HW:** 6 David Grima 24:52; 9 Claire Grima (2nd W) 25:33; 10 Hugh Saxby 25:36; 11 Stewart Bond 25:37; 22 George Philpot 27:55; 38 Tom Morris (2nd M50) 29:23; 50 Monika Crouse 32:12; 59 Maurice Sharp 34:16; 80 Kevin Burnett (2C) 45:23 (82 finishers)

Team: 1 Epsom & Ewell H 10; 2 Hercules Wimbledon 36; 3 Epsom & Ewell 'B' 45 ... 11 Hercules Wimbledon 'B'

Final League positions: 1 Epsom & Ewell H 45; 2 Hercules Wimbledon 42; 3 Reigate Priory 38 ... 10 Hercules Wimbledon 'B' 10

U17/U15 (2 miles)

1 Tom Holden (South London H – guest) 11:41. **HW:** 2 Joe Clark 12:05; 4 Cassian Hyde 12:18; 5 Johnnie Bland 12:21; 20 Alex Bisnouth 14:43 (30 finishers)

Team: 1 Hercules Wimbledon 11; 2 Sutton & District 18; 3 Herne Hill H 26

Final League positions: 1 Hercules Wimbledon 35; 2 Herne Hill H 31; 3 Sutton & District 29

U13 (2 miles)

1 Jaime Brown (Herne Hill H) 12:37; 17 Alex Bond 14:39 (25 finishers)

April 9: parkrun 5km, Wimbledon Common

1 Basil Wallace (Herne Hill H) 16:54. **HW:** 12 Andrew Davies (2C) 18:41; 28 James Wallace (2C) 19:45; 35 George Philpot 19:57; 41 Zoe Phillips (1st W) 20:15 (**HW W40 record & 8th HW SW all-time**); 55 Rebecca Stone 20:55; 114 Fenella Willis 23:51; 126 Imogen Willis 24:27; 151 Megan Le Doare 25:42; 152 Patrick Stone 25:47; 177 Dennis Williams 26:54; 195 Sophie Toomey 28:20; 225 Nicolette Hamilton 31:54 (**HW W35 all-time**)(242 finishers – a record)

April 9: parkrun 5km, Banstead Woods, Coulsdon

1 David Freeman (Tadworth AC) 17:16. **HW:** 3 David Grima 18:07 (213 finishers)

April 9: parkrun 5km, Bushy Park, Teddington

1 John McFarlane (Thames H&H) 15:50. **HW:** 11 Pete Clarke 17:30 (**2nd HW M45 all-time**) (669 finishers)

April 9: parkrun 5km, Finsbury Park, North London

1 Martyn Hawkes (Unattached) 17:40. **HW:** 87 Ian Isherwood 28:23 (95 finishers)

April 9: National 12-Stage Road Relays, Sutton Coldfield**Long stage (8.658km)**

Fastest: 1 Phil Nicholls (Tipton) 25:48. **HW:** 20 Chris Parr (2C) 26:39; 132 James Trapmore (2C) 28:38; 362 Gerard Crispie (2C) 35:43

April 9: Ful-on Duathlon, Kempton Park Racecourse**Run 6km – Bike 18km – Run 6km**

1 James Brown (Thames Turbo) 69:23 (20:10 – 27:48 – 20:43). **HW:** 18 Deon Coetzee 77:26 (21:42 – 32:57 – 21:39) (150 finishers)

April 10: Brighton Marathon, East Sussex

1 Philomen Kiproit-Boit (Kenya) 2:16:07. **HW:** 131 Tom Cheetham 3:12:22

April 10: Ebbisham League, Div 2, Match 1, Sutton Arena

Match result: 1 Hercules Wimbledon 76; 2 Walton 62; 3 Dorking/Reigate/Holland S 35; 4 Kingston & Poly 16

U17 Men (non-scoring)

100 (race 1): 4 David Pratt 12.0. **Race 2:** 3 Devonte Caseley-Hayford 12.5; 4 Jonathan Winter 12.7

U15

100 A: 1 Soban Inayat 13.4. **B:** 1 Felix Blanchard 14.2

200 A: 1 Thomas Bracegirdle 26.4. **B:** 1 Alex Bisnouth 30.0

400 A: 1 Soban Inayat 60.8

800 A: 1 Thomas Bracegirdle 2:25.9

1500 A: 2 Alex Bisnouth 5:17.8

HJ: 1 Soban Inayat 1.55

TJ A: 1 Felix Blanchard 9.15. **B:** 1 Thomas Bracegirdle 9.07

JT: 3 Alex Bisnouth 11.92

4x200: 1 Hercules Wimbledon 1:55.6 (S Inyat, A Bisnouth, J Lorenzo, T Bracegirdle)

U13 Boys

100 A: 2 Joe Lorenzo 15.9

200 A: 2 Joe Lorenzo 32.4

300 A: 2 Nathaniel O'Connell 57.0. **B:** 1 Alex Bond 51.9

800 A: 1 Alex Bond 2:43.2. **B:** 1 Nathaniel O'Connell 2:47.4

LJ A: 2 Joe Lorenzo 3.80. **B:** 1 Alex Bond 3.53

SP: 2 Nathaniel O'Connell 4.15

April 10: ADT Edinburgh Half Marathon

1 Bryan Mackie (Edinburgh AC) 74:11. **HW:** 3 Rory McMahon 76:55

April 10: Ringwood Triathlon, Hampshire

Swim 600m – Bike 28km – Run 10km

1 James Gillfillan (Team Feat) 1:52:41 (8:37 – 69:37 – 34:27). **HW:** 50 Steph Robson 2:22:04 (12:03 – 90:17 – 39:44) (167 finishers)

April 13: Highgate H Open Meeting, Parliament Hill Field

800: 2 Sean Hall 2:05.56

April 13: Veterans AC Meeting, Battersea Park

M70

SP: 2 Kevin Burnett (2C) 5.59

HT: 2 Kevin Burnett (2C) 18.57

April 15: Bryan Clay International, Azusa, California, USA

200 (race 2): 6 Emily Martin 25.82/+1.7w

April 16: London Fields Aquathlon

Swim 400m – Run 5km

1 Danny Russell 22:29 (6.49 – 15:40). **HW:** 19 Stephanie Robson (2nd W) 28:12 (8:42 – 19:30) (99 finishers)

April 16: Lily B Girls League, Sutton Arena

Match result

1 Kingston & Polytechnic 270; 2 Herne Hill H 247; 3 Aldershot 203 ... 6 Hercules Wimbledon 47

U15 Girls

SP: 2 Rebecca Dinsdale 7.42 (8th HW U15G all-time)

DT: 2 Rebecca Dinsdale 19.05

JT: 2 Rebecca Dinsdale 14.08

U13 Girls

100: 4 Charmont Webster-Tate 14.1 (9th HW U13G all-time)

200 A: 3 Charmont Webster-Tate 29.8 (10th HW U13G all-time). **B:** 6 Mimi Lanfranchi 36.8

800: 8 Emma-Louise Clark 2:56.5; 12 Mimi Lanfranchi 3:23.2

70H: 2 Charmont Webster-Tate 14.1

LJ: 6 Mimi Lanfranchi 2.64 **n/s:** Emma-Louise Clark 2.78

SP: 4 Jessica Dinsdale 3.88

U11 Girls n/s

150: 3 Elizabeth Greene 25.7

LJ: 13 Elizabeth Greene 2.45

April 16: parkrun 5km, Wimbledon Common

1 Andy Weir (Thames H&H) 16:45. **HW:** 6 Phillip Glynn 17:37; 7 Deon Coetzee 17:38; 8 Pat Wright (2C) 17:51; 12 Andrew Davies (2C) 18:43; 16 James Wallace (2C) 19:19; 43 Jeremy Purnell 20:33; 50 Anna Garnier (2C-2nd W) 20:55; 60 Hannah Fernando 21:11; 83 Charles Lawrie 22:17 (259 finishers – a record)

April 16: parkrun 5km, Roundshaw Downs, Croydon

1 Neil Reissland (Unattached) 17:44. **HW:** 19 Martin O'Halloran 21:56 (100 finishers)

April 16: parkrun 5km, Finsbury Park, North London

1 Nick Wojek (Unattached) 17:00. **HW:** 70 Ian Isherwood 28:14 (86 finishers)

April 17: Virgin London Marathon

1 Emmanuel Mutai (Kenya) 2:04:40 (course record) **HW:** 429* Claire Grima 2:49:10 (**HW Women's record**); 507 Stuart Fraser 2:51:25 (**9th HW M40 all-time**); 587 David Grima 2:53:01; 1182 Gerard Crispie (2C) 3:02:00; 1603 Stewart Bond 3:07:58; 1660 Zoe Pike 3:08:35; 1764 Hussein Ahmed 3:09:50; 2115 Tom Cheetham 3:13:40; 3339 Dave Clarke 3:25:34; 3427 Francesca Clarke 3:26:23 (**7th HW W & 4th W35 all-time**); 4149 Zoe Phillips 3:31:25 (**10th HW W & 2nd W40 all-time**); 5409 Amy Galvin 3:40:28; 5505 Jamie Helmer 3:41:02; 6866 Alison Purnell 3:49:13 (**HW W45 record & 16th W all-time**); 11034 Debbie Noel 4:08:18; 11469 Martin Miller 4:10:15 (**5th HW M60 all-time**); 12877 Marilena De Luca 4:16:16 (**8th HW W35 all-time**); 19642 Angela Kikugawa 4:43:24; 26378 Dennis Williams 5:15:57 (**2nd HW M65 all-time**); 28562 Sophie Toomey 5:29:41 (34,656 finishers)

***Note:** Claire Grima finished 10th woman from the massed start runners



David and Claire together in Lower Road, Bermondsey just before the 9-mile point and Claire 17 miles later passing Big Ben and still showing fine form with a pronounced knee lift heading towards a HW club record

April 17: Zurich Marathon, Switzerland

1 John Kyalo Kyui (Kenya) 2:09:56. **HW:** 1386 Sam Leigh 3:43:02

April 17: Virgin London Mini Marathon 3 miles

HW competitors are Merton unless stated

U17 Men

1 Michael Callegara (Barnet) 15:00. **HW:** 30 Johnnie Bland 16:43; 46 Joe Clark 17:11; 102 Paul Rogers 18:36; 108 James Evans (Kingston) 18:43 (188 finishers)

U15 Boys

1 Tom Holden (Sutton) 15:10. **HW:** 12 Cassian Hyde (Richmond) 16:58; 36 Augustin Mallon (Wandsworth) 17:36; 78 Daniel Haigh 18:34; 179 Tim Livingstone (Wandsworth) 21:30; 200 Oliver Livingstone (Wandsworth) 22:48; 213 Louis Laville 23:37 (224 finishers)

U13 Boys

1 Paul Burgess (Croydon) 17:10. **HW:** 106 Elliot Laville 20:00; 159 Carl Reed 20:51; 196 Alex Bond 21:56 (245 finishers)

U15 Girls

1 Georgia Tuckfield (Waltham Forest) 17:53. **HW:** 22 Emma Headley (Wandsworth) 20:10; 31 Rebecca Stone 20:50; 79 Claire Rogers 22:48; 120 Imogen Willis 24:34 (216 finishers)

U13 Girls

1 Sabrina Sinha (Greenwich) 18:04. **HW:** 128 Rebekah Jones 23:17; 133 Megan Le Doare 23:22; 178 Emily Dobson (Kensington & Chelsea) 25:04; 222 Olivia Geary 28:26 (236 finishers)



Elliot in Mini Marathon action plus a team shot of the Merton squad with HW runners

Photos by Carolyn Laville

April 17: Skipton Triathlon, Yorkshire

Swim 400m – Bike 20km – Run 5km

1 Rhys Davey (Leeds Met Tri) 59:10 (4:44 – 35:24 – 17:09). **HW:** 213 Steph Robson 74:51 (7:45 – 43:05 – 20:21)

April 17: Walton AC Open Meeting, Walton

100 (race 2) 3 Kyran Mitchell-Nanton 11.55; 6 Justin Smith 12.15

200 (race 1): 6 Justin Smith 25.06

April 17: Madrid Marathon, Spain

1 Moses Aruse (Kenya) 2:10:58. **HW:** 4250 Monika Crouse 3:52:34 (**17th HW SW all-time**) (8583 finishers)

April 19: Veterans AC 5-mile Road Race, Battersea Park

1 Richard Tomlinson (Medway & Maidstone) 28:16. **HW:** 16 Dennis Williams 40:37

Note: Dennis: ready to race again just two days after completing the Virgin London Marathon

April 22-April 24: Isle of Man Easter Running Festival

April 22: 10km Road Race, Port Erin

Men: 1 Andy Greenleaf (Winchester & Dist) 31:58; 2 Chris Busaileh (HW) 32:18. **Other HW:** 5 Liam White 32:59 (**HW U20M record**); 6 Alex Robinson 33:09; 17 Rory McMahon 34:20; 42 Geordie Logan 37:07; 44 Alex Bruce-Littlewood 37:25; 65 Sean Crummy 38:38; 78 Simon Tucker 39:35; 93 Vic Ray 41:39; 104 Matthew Higgs 43:02; 116 Stuart Littlewood 45:37; 137 Nathan Berry 48:41; 140 Dennis Williams 49:10; 148 Ian Isherwood 59:33; 149 Steve Webb 61:58

Team result: 1 Hercules Wimbledon 13; 2 Leeds University 18; 3 Stockport H 44 ... 11 Hercules Wimbledon 'B' 124 ... 21 Hercules Wimbledon 'C' 124 ... 24 Hercules Wimbledon 'D' 404

Race video: http://www.youtube.com/watch?v=rcRrCBTTOiA&feature=player_embedded

April 23: Peel Hill Fell Race

Men (4 miles): 1 Lloyd Taggart (Manx Fell R) 21:00. **HW:** 5 Chris Busaileh 21:21; 6 Liam White 21:23; 8 Alex Robinson 22:07; 19 Rory McMahon 23:28; 60 Geordie Logan 26:29; 70 Simon Tucker 27:25; 78 Sean Crummy 28:19; 81 Matthew Higgs 28:51; 92 Vic Ray 30:13; 99 Nathan Berry 34:11; 102 Stuart Littlewood 35:11; 106 Dennis Williams 37:23; 110 Steve Webb 48:53; 111 Ian Isherwood 48:53
Team result: 1 Leeds University 18; 2 Hercules Wimbledon 19; 3 Manx H 54 ... 13 Hercules Wimbledon 'B' 157 ... 20 Hercules Wimbledon 'C' 261 ... 23 Hercules Wimbledon 'D' 318

April 24: Road Relay; Douglas Promenade

Men (4x5km): 1 Hercules Wimbledon 64:22 (Chris Busaileh 15:31, Alex Robinson 16:12, Alex Bruce-Littlewood 16:55, Liam White 15:46); 2 Leeds University 65:34; 3 ... 15 Hercules Wimbledon 'B' 75:08 (Rory McMahon 17:05, Sean Crummy 19:50, Geordie Logan 20:26, Matthew Higgs 17:49) ... 29 Hercules Wimbledon 'D' 105:01 (Stuart Littlewood 23:51, Dennis Williams 24:39, Ian Isherwood 27:37, Steve Webb 28:56); Hercules Wimbledon 'C' incomplete (Vic Ray 21:18)

Fastest stages: 1 Chris Busaileh (HW) 15:31; Andy Greenleaf (Winchester) 15:35; 2 Liam White (HW) 15:46 ... 6 Alex Robinson 16:12

Team Positions final placings: 1 Hercules Wimbledon 4; 2 Leeds University 5; 3 Manchester University 14 ... 11 Hercules Wimbledon 'B' 39 ... 17 Hercules Wimbledon 'D' 76

Series Overall individual placings: 1 Andy Greenleaf (Winchester) 6; 2 Chris Busaileh (HW) 8; 3 Liam White (HW) 14. **Other HW:** 7 Alex Robinson 20; 17 Rory McMahon 60; 52 Geordie Logan 190; 59 Matthew Higgs 221; 62 Sean Crummy 225; 82 Stuart Littlewood 332; 83 Nathan Berry 335; 89 Dennis Williams 364; 91 Ian Isherwood 381; 92 Steve Webb 382



Some of the HW lads in road relay action on the Isle of Man

April 23: parkrun 5km, Bushy Park, Teddington

1 Ben Osborn (Stragglers) 16:27. **HW:** 8 Pete Clarke 17:48; 118 Barry King 21:13 (796 finishers)

April 23: parkrun 5km, Wimbledon Common

1 Chris Parr (HW-2C) 15:04 (Course record*). **Other HW:** 21 Frank Wood 20:02; 22 Charles Hampden-Smith 20:19; 26 George Philpot 20:32; 36 Alex Bond 21:08; 38 David Harris 21:12; 45 Rebecca Stone (3rd W) 21:25; 49 Charles Lawrie 21:39; 114 Elliot Laville 25:02; 162 Patrick Stone 27:55; 176 Mimi Lanfranchi 28:49; 198 Stewart Bond** 30:45 (235 finishers)

***Note:** previous course record was 15:05 by Russell Dessaix-Chin (Belgrave) set on 24/7/2010

****Note:** Stewart Bond was accompanying his two young daughters: hence slow time – for him



Stewart, still in marathon recovery mode, accompanies his daughters during the Wimbledon Common parkrun

Photo by Ray O'Donoghue

April 23: Kinnaird Trophy, Kingsmeadow Stadium, Kingston

Match result: 1 Windsor, Slough, Eton & Hounslow 232; 2 Kingston & Polytechnic 208; 3 Blackheath & Bromley 152; 4 Thames Valley H 104; 5 Hercules Wimbledon 84; 6 Achilles 77; 7 Epsom & Ewell 47; 8 St Mary's Richmond 22

100 A: 3 Dwayne Cowan 11.51/-1.9w. **B:** 8 Justin Smith 12.25/-1.0w, **n/s 2:** 4 Hamed Agboke 11.93/-0.6.

n/s 3: 3 Henry Husband 12.22/+0.4w; 5 Harry Bartlett 12.55/-1.8w. **n/s 4:** 7 Stuart White 13.23/+0.1w

200 B: 6 Cale Edmunds 22.87/+0.4w. **B:** 6 Henry Husband 24.51/-0.5w. **n/s 3:** 6 Stuart White 27.46/-2.0w

400 A: 5 Hamed Agboke 52.77. **B:** 4 Harry Bartlett 57.84

800 A: 7 Lance Power 2:56.84

400H A: 5 Ed Saywell 60.4 (17th eq HW U20M all-time). **B:** 3 Lance Power 66.89

4x100: 6 Hercules Wimbledon 47.55 (C Edmunds, H Bartlett, S White, L Power)

4x400: 3 Hercules Wimbledon 3:49.12 (E Saywell 57.7, H Agboke 55.1, H Husband 60.0, L Power 67.3)

April 23: Sward Trophy, Kingsmeadow Stadium, Kingston

1 Kingston & Polytechnic 206; 2 Windsor, Slough, Eton & Hounslow 182; 3 Hercules Wimbledon 84; 4 Epsom & Ewell 64; 5 Blackheath & Bromley 56; 6 St Mary's Richmond 50; 7 Achilles 34

HJ A: 5 Dave Orchard 1.45 (2nd eq HW M50 all-time)

LJ A: 4 Lance Power 4.79

TJ A: 3 Lance Power 10.29

SP A: 6 Rob Dinsdale 10.12. **B:** 3 Dave Orchard 9.45 (2nd HW M50 all-time) **n/s:** Kevin Burnett 5.08

DT A: 5 Rob Dinsdale 29.99. **B:** 2 Dave Orchard 27.58 (HW M50 record-2kg)

HT A: 6 Boh Tjarks 28.04. **B:** 2 Dave Orchard 23.33 (4th HW M50 all-time)

JT A: 6 Kevin Burnett 17.29

April 23: Tommy Lister Classic, Los Angeles, USA

200 (heat 2): 4 Emily Martin 25.45w/+2.4w

LJ: 2 Emily Martin 5.50/-0.6w

April 23: British Milers Club Meeting, Parliament Hill

1500 (B race): 12 Joe Clark 4:23.34; 13 Ben Palmer 4:34.88; 14 Cassian Hyde 4:35.58

April 24: Crawley AC Open Meeting, Crawley, Sussex

100 (race 2): 1 Kyran Mitchell-Nanton 11.56/+1.4w

200 (race 5) 1 Kyran Mitchell-Nanton 22.6 (15th HW U20M all-time)

April 24: Romsey Triathlon, Hants

Swim 400m – Bike 16.4km – Run 3.7 miles

1 Colin Humm 75:46 (8:53 – 42:22 – 24:31). **HW:** 16 Stephanie Robson (2nd W) 84:26 (10:03 – 50:18 – 24:04)

April 24: Fleetwood 10 mile Road, Fleetwood, Lancs

1 Ben Fish (Blackburn H) 51:12 **HW:** 69 Claire Morgan (1st W45) (2C) 80:51 (117 finishers)

April 25: Thames Turbo Triathlon, Hampton, Middlesex

Swim 426m – Bike 21km – Run 5km

1 Jonathan Hotchkiss (Sigma) 56:15 (7:03 – 31:00 – 18:12), **HW:** 95 Stephanie Robson 69:52 (10:44 – 38:35 – 20:33) (405 finishers)

April 25: Notts AC Easter 10km off road, Wollaton Park

1 Tom Doe (Lincoln Wellington AC) 31:52. **HW:** 81 Anna Garnier (2C – 1st W55) 44:49 (367 finishers)

April 27: Lee Valley Sprints Evening, Lee Valley

100 (race 7): 3 Kyran Mitchell-Nanton 11.21w/+6.4w. **(race 19):** 5 Kyran Mitchell-Nanton 11.37w/+3.7w

April 30: Southern Women's League, Division 1 South, Match 1, Crawley

Match result: 1 Haywards Heath 312; 2 East Grinstead 298; 3 Hastings/Eastbourne 266; 4 Paddock Wood 160; 5 Hercules Wimbledon 117; 6 Chiltern H 32; 7 Swale Combined 7

100 A: 4 Heather Letley 15.6

200 A: 5 Heather Letley 33.6

400 A: 2 Heather Letley 74.5

800 A: 5 Heather Letley 2:59.3

1500 A: 1 Ruth Clifton 5:18.3. **B:** 1 Stephanie Robson 5:29.4

3000 A: 1 Ruth Clifton 10:53.5. **B:** 1 Stephanie Robson 11:14.1

SP A: 3 Rachael Dinsdale 7.85, **B:** 3 Olivia Archdeacon 5.11

DT A: 2 Olivia Archdeacon 23.14. **B:** 1 Rachael Dinsdale 20.79 (HW W40 record)

JT A: 4 Rachael Dinsdale 16.30 (HW W40 record). **B:** 5 Heather Letley 9.68

HT A: 5 Ann Martin 15.56

U15 Girls

200 A: 4 Matilda Toseland 31.4

1500 A: 1 Emma Headley 5:15.7. **B:** 2 Matilda Toseland 5:53.8

SP A: 1 Rebecca Dinsdale 7.67 (7th HW U15G all-time). **B:** 3 Jessica Dinsdale 3.84

DT A: 1 Rebecca Dinsdale 17.91

JT A: 3 Rebecca Dinsdale 13.04. **B:** 4 Jessica Dinsdale 5.48

April 30: parkrun 5km, Richmond Park

1 Neil Riley (Unattached) 17:23. **HW:** 78 Stephen McDuell 22:45; 144 Julian Howard-Baker 25:54 (274 finishers)

April 30: parkrun 5km, Bushy Park, Teddington

1 James Trapmore (HW-2C) 15:46. **other HW:** 6 Pete Clarke 17:41; 7 Jamie Helmer 17:53; 114 Barry King 21:27 (662 finishers)

April 30: parkrun 5km, Wimbledon Common

1 Unknown 16:44. **HW:** 4 Peter Lee 18:03; 5 Ben Palmer 18:10*; 6 Claire Grima (1st W) 18:15* (2nd HW W all-time); 8 Andrew Davies (2C) 18:46; 19 Dan Pescod (2C) 18:57; 23 Jeremy Purnell 20:16; 25 James Wallace (2C) 20:25; 32 George Philpot 20:53; 33 Zoe Phillips (2nd W) 20:54; 37 Hannah Fernando (3rd W) 21:10; 44 Anna Garnier (2C) 21:19; 45 Rebecca Stone 21:23; 51 Charles Lawrie 21:41; 57 David Grima (+ Luca) 22:05; 72 Alison Purnell 22:48; 123 Dennis Williams 25:01; 182 Patrick Stone 29:21; 187 Sophie Toomey 29:27 (215 finishers)

Note: HW women's 5km record is 18:12 by Estle Viljoen on 20/8/98 at Hyde Park

*Ben Palmer – unofficial time due to missing bar-code



Ben presses on to a fine run while Zoe sports the new style HW crop top to finish second woman

April 30/31: British Universities (BUCS) Championships, Bedford

Men

400 (heat 3): 3 James Garnier 51.62

5000 (heat 2): 11 Alex Robinson 15:47.01

Women

LJ: 9 Emily Martin 5.87. **In qualifying :** 5.66