

HW results January 2010

January 2: Lauriston/HW 5-mile Multi Terrain, Wimbledon Common

1 Kevin Quinn (Herne Hill H) 25:40; 2 Kieran White (HW) 25:57; 3 Alex Bruce-Littlewood 26:01.

Other HW: 6 Mike Halman 27:28; 9 Ed Saywell 28:41; Joe Toomey 29:00; 14 Rory McMahon 29:26; 17 Hugh Saxby 30:03; 20 Joe Clark 31:11; 21 Steve Sinnott 31:26; 24 Gerard Crispie (2C) 32:15; 26 Andy Waites 32:25; 27 Peter Giles 32:37 (**HW M65 record**); 28 Cassian Hyde 32:39; 30 Frank Wood 32:50; 31 Stewart Bond 33:07; 34 Stuart Littlewood 34:44; 36 Tom Cheetham 36:09; 37 Eric Blackmore 36:17; 42 Rowena Hornshaw 39:26 (**9th SW a-t**); 43 Dennis Williams 39:36; 44 Annmarie Seymour 40:06 (**4th HW W35 a-t**); 49 Steve Webb 45:27; 50 Ian Isherwood 45:27 (51 finishers)

Lauriston RC Championship: 1 Kevin Quinn, 2 Hugh Saxby, 3 Steve Sinnott, 4 Gerard Crispie, 5 Eric Blackmore, 6 Dennis Williams, 7 Steve Webb, 8 Ian Isherwood

Full results: <http://herculeswimbledonac.org.uk/results.htm#2/01>

January 2: parkrun 5km, Wimbledon Common

1 Andy Robinson (Thames H&H) 15:58. **HW:** 22 Deyan Knespl 20:27; 28 Medena Knespl (2nd W) 20:45; 32 Michaela Knespl (3rd W) 20:54; 33 Zoe Phillips 21:01; 48 Mark Bohan 22:25; 49 Charles Lawrie 22:27; 76 Elliott Laville 25:11; 78 Fenella Willis 25:29; 118 Celia Willis 29:54; 124 Josie Clough 30:34; 139 Sophie Toomey 37:29

January 2: parkrun 5km, Bushy Park, Teddington

1 Andrew Baddeley (Harrow AC) 14:14. **HW:** 7 Liam White 15:47 (**3rd HW a-t/HW U17/U20 record**) (471 finishers).

Note: Fastest known HW times are:

15:09	Adrian Marriott	Yeovil	9/7/2003
15:17	Dereje Kebede	Victoria Park	8/2/2004

January 2: parkrun 5km, Roundshaw Downs, Croydon

1 Matt Morgan (Striders of Croydon) 17:30. **HW:** 33 Martin O'Halloran 25:48 (72 finishers)

January 2: parkrun 5km, Richmond Park

1 James Flood (Stragglers) 19:29. **HW:** 9 Matt Fell 19:29 (130 finishers)

January 3: Tadworth 10-miles Multi Terrain, Epsom Downs

1 James Baker (Chichester Runners) 55:13. **HW:** 7 Mike Halman 58:32; 40 Rory McMahon 65:46; 121 Frank Woods 72:19; 195 Maurice Sharp 76:54 (641 finishers)

TEAM: 1 South London H 31 ... 10 Hercules Wimbledon 154

January 3: Mornington Chasers Winter Series 10km Road, Regents Park

1 Alex Kitromilides (Mornington Chasers) 35:19. **HW:** 58 Tom Morris 42:57; 136 Tomo Kikugawa 48:19; 199 Angela Kikugawa 55:15 (287 finishers)

January 9: Surrey County AA Championships, Lloyd Park, Croydon

Event cancelled due to adverse weather forecast. To be rearranged

January 9: parkrun 5km, Bushy Park, Teddington

1 Ben Osborn (Stragglers) 17:16. **HW:** 221 Dennis Williams 26:26 (369 finishers)

January 9: parkrun 5km, Wimbledon Common

1 James Savage (Aldershot, F&D) 16:54; 2 Alex Robinson (HW) 17:12. **Other HW:** 7 Joe Toomey 18:38; 29 Frank Wood 21:23; 31 Anna Garnier (2C – 2nd W) 21:30; 44 Mark Bohan 22:40; 70 Patrick Stone 24:42; 78 Rebecca Stone 25:30; 117 Sophie Toomey 37:32 (122 finishers)

January 9: Warwickshire County Championships, 9.5km, Leamington

1 James Walsh (Leeds City) 30:41. **HW:** 146 Colin Bricher (2C) 57:33 (148 finishers)

January 9: Not the Surrey Championships (approx 5M), Lloyd Park, Croydon

1 Alex Bruce-Littlewood (HW-2C) 30:16; 2 Martin Rowe (Croydon H) 34:40. **Other HW:** 10 Rowena Hornshaw (2nd W) 43:52

**January 16: Veterans AC Inter Club 5.8M Cross Country, Wimbledon Common
Incorporating Lauriston RC Championships**

1 Phil Glynn (HW) 33:02. **Other HW:** 5 Jamie Helmer 34:18; 6 Matthew Sharp 35:01; 10 Steve Sinnott 35:45; 31 Stewart Bond 39:41; 35 Ben Palmer 40:14; 36 Dave Betts 40:26; 42 Zoe Phillips 41:59; 48 Tom Cheetham 42:45; 54 Craig Howard 43:49; 55 Mark Bohan 43:54; 63 Fred Green 46:48; 65 Rowena Hornshaw 47:23; 68 Claire Morgan (2C) 48:13; 71 Dennis Williams 48:42 (89 finishers)

TEAM (8-to-score): 1 Veterans AC 74; 2 Hercules Wimbledon 129; 3 Wimbledon Windmilers 146; 4 Croydon H 179

TEAM (13-to-score): 1 Veterans AC 163; 2 Wimbledon Windmilers 297; 3 Hercules Wimbledon 310

Lauriston Championships: 1 Phil Glynn; 2 Steve Sinnott; 3 Dave Betts; 4 Fred Green; 5 Dennis Williams

Full result here: <http://vetsac.org.uk/results%202010.htm#16/01>



Some shots taken by Ray O'Donoghue at the Vets AC Inter Club with some of the action looking fast

January 16: parkrun 5km, Bushy Park, Teddington

1 Francis Staunton (Clapham Chasers) 17:16. **HW:** 189 Barry King 23:30 (532 finishers)

Note: Francis, now with his third local club, is a former member of HW

January 16: parkrun 5km, Wimbledon Common

1 Eoin O'Connell (Serpentine) 17:47; 2 Deon Coetzee (HW) 17:58. **Other HW:** 11 Andrew Davies (2C) 19:28; 16 David Grima 19:57; 48 Charles Lawrie 22:37; 53 Elliott Laville 23:07; 56 Alex Bond 23:16; 58 Rebecca Stone 23:20; 64 Patrick Stone 23:48; 83 Fenella Willis 24:59; 89 Adam Fenton (2C) 25:11; 124 Imogen Willis 27:58; 150 Josie Clough 30:51; 167 Sophie Toomey 35:13 (173 finishers – a record)

January 16: Blackheath & Bromley AC Open 10km Cross Country, Hayes, Kent

1 Alex Bruce-Littlewood (HW-2C) 36:53; 2 Chris Minns (Beckenham) 37:53 (69 finishers)

January 16: Birmingham League, Div 2, 9.5km, Wykern Park, Coventry

1 Chris Davies (Telford AC) 29:19. **HW:** 213 Colin Bricher (2C) 49:02 (217 finishers)

January 16: Corre Con Nos , 4.226km, Lugo, Spain

1 Nicolas Fernandez (Spain) 12:45. **HW:** 197 Amandine King (7th W) 17:07 (815 finishers)

January 16: South London H v Thames Hare & Hounds 7.5 miles Mob Match, Coulsdon

1 Simon Wurr (Thames H&H) 46:13. **HW:** 43 Anna Garnier (2C – 1st W45+) 61:01 (61 finishers)

January 16(a)/17(b): South of England AA Indoor championships, Lee Valley**U20 Men**

LJ (a): 9 Cale Edmunds 6.02

U17 Men

60(b) (heat 6): 6 Kyran Mitchell-Nanton 7.66. **200(a) (heat 1):** 5 Kyran Mitchell-Nanton 24.19

January 17: McCain UK Cross Challenge, Cardiff

U17 Men (6km): 1 Ross Matheson (Lasswade) 18:34. **HW:** 4 Liam White 19:08 (81 finishers)

M40 (6.5km): 1 Julian Emery (Clevedon AC) 20:53. **HW:** 27 Gerard Crispie (2C) 25:23 (45 finishers)

January 17: Simply Run Not the Roman 1X 12km, Stratford-on-Avon

1 Michael Osborne (Oxford Un) 40:32. **HW:** 228 James Runnicles 59:05; 340 Georgina Stubbs 63:28 (569 finishers)

January 20: Royal Air Force v Fire Brigade etc, RAF Halton

1 R Bugden (RAF Cosford) 35:40. **HW:** 5 Kieran White (RAF Benson) 37:48 (102 finishers)

Note: Kieran won Southern Services League match held in conjunction

January 21: Raven Racers, Ron Wheeler 5km, City of London

HW: Stuart Fraser 16:38 (2nd HW M40 a-t – record: Steve Sinnott 16:37 in 2003)

January 23: Bank of England Inter Club, 4.9 miles, Richmond Park, Roehampton

1 Alan Barnes (Bank of England) 25:01. **HW:** 4 Richard Xerri 28:47; 17 Ben Palmer 31:12; 21 Stewart Bond 31:33; 23 Frank Wood 31:59; 27 Dave Betts 32:23; 29 Zoe Phillips (3rd W) 32:34; 35 Martin Miller 33:05; 36 Ken Williams (HW debut) 33:21; 47 Tom Cheetham 34:53; 48 Mark Palmer 34:58; 51 Craig Howard 35:31; 57 Steve Edwards 36:08; 68 Marilena De Luca 37:58; 70 Fred Green 38:16; 100 Alex Bond 49:38 (104 finishers)

MATCH (10-to-score): 1 Ranelgh H 175; 2 Bank of England 239; 3 Hercules Wimbledon 287; 4 Milocarians 454; 5 Dulwich Park R 468; 6 Elmbridge RR 566

Full results: <http://www.ranelagh-harriers.com/results/100123.html>

January 23: Surrey Schools Championships, Priory Park, Reigate

Senior Boys (6.5km): 1 Joshua Grace (NW Surrey) 23:03. **HW:** 5 Joe Toomey (Central Surrey) 25:36; 19 Ed Martin (Merton) 29:59 (39 finishers). Note: silver team medal for Joe

Inter Boys (5.9km): 1 Peter Chambers (N Croydon) 19:56. **HW:** 5 Ed Saywell (Sutton) 20:21; 31 Joe Clark (Merton) 22:07 (82 finishers)

Junior Boys (4.5km): 1 Matthew Arnold (Waverley) 13:59. **HW:** 8 Tim Livingstone (Kingston) 14:44; 26 Cassian Hyde (NE Surrey) 15:24 (66 finishers)

Junior Girls (3.3km): 1 Sophie Foreman (S Surrey) 13:05. **HW:** 28 Rebecca Stone (Merton) 15:01 (70 finishers). **Full results:** <http://www.surreyathletics.org.uk/schools/2010/cc.htm>

January 23: parkrun 5km, Wimbledon Common

1 Simon Wurr (Thames H&H) 16:17. **HW:** 3 Stuart Fraser 17:28; 11 Andrew Davies (2C) 19:10; 18 David Grima 19:55; 49 Charles Lawrie 22:14; 75 Adam Fenton (2C) 25:01; 81 Dennis Williams 24:24 (165 finishers)

January 23: parkrun 5km, Edinburgh

1 Kieran White (HW) 15:41 (3rd HW a-t – HW 2010 leader); 2 Matt Bell (Edinburgh AC) 15:48 (200 finishers)

January 23: parkrun 5km, Bushy Park, Teddington

1 Alex Robinson (HW) 16:12 (8th HW a-t); 2 Richard Stannard (Belgrave H) 16:25. **Other HW:** 81 Steve Badgery 21:07 (554 finishers)

January 24: Surrey County AA Sporthall, Match 3, The Spectrum, Guildford

U15 Boys

Spencer Felix-Otoo 70 points. **4-lap:** 54.7. **SLJ:** 2.30. **SP:** 6.99

Devonce Casely-Hayford 54.5. **2-lap:** 26.1. **SLJ:** 1.96. **Speed Bounce:** 53

Oliver Reilly 44.5. **2-lap:** 26.1. **SP:** 7.70.

4 x 2-lap: 1:43.3

TEAMS: 1 Kingston & Polytechnic 358; 2 Herne Hill H 292.5; 3 Camberley & Dist 270.5 ... 6 Hercules Wimbledon 214

U13 Boys

Alex Bond 47. **6-lap:** 1:39.7. **STJ:** 5.46

Rashid Doomasia 32. **4-lap:** 67.0. **Vertical Jump:** 69

Belmira Costa 22. **2-lap:** 31.2. **STJ:** 4.56

Max Wilkins 19. **2-lap:** 31.1. **SP:** 3.95

4x2-lap: 2:04.3. **Obstacle race:** 2:28.6

TEAMS: 1 Wandsworth Borough 501; 2 South London H 397.5; 3 Camberley & Dist 364 ... 10 Hercules Wimbledon 195

U13 Girls

4= Eleanor Smith-Hahn 72. **6-lap:** 1:37.8. **STJ:** 6.06

Beatrice Auffan 50.5. **4-lap:** 63.9. **Vertical Jump:** 37

Selena Atwell 31. **4-lap:** 64.8. **SP:** 2.66

Dalia Serafy 27. **2-lap:** 28.1

S Hanna Russell 26. **6-lap:** 1:50.1. **STJ:** 4.00

Smilla Askelan 21. **2-lap:** 30.1. **Vertical Jump:** 30

4x2-lap: 2:05.7. **Obstacle race:** 2:23.6 (n/s team): 2:46.8

TEAMS: 1 South London H 620.5; Camberley & Dist 594; 3 Guildford & Godalming 557 ... 14 Hercules Wimbledon 310

January 24: South London Network Open Meeting, Sutton Arena, Carshalton

Senior Men

60 (round 1. race 2): 1 Dwayne Dowding 7.14. **(round 2. race 17):** 2 Dwayne Dowding 7.02

Senior Women

60 (round 1. race 1): 2 Emily Martin 7.89. **(round 2. race 8):** 4 Emily Martin 7.90

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

1 Ben Harding (Blackheath & Bromley) 16:04. **HW:** 140 Georgina Stubbs 23:56; 163 Ian Isherwood 26:42 (204 finishers)

January 30: South of England AA Championships, Parliament Hill

Senior Men (15km): 1 Neilson Hall (Bedford & County AC) 50:54. **HW:** 57 Adam Przedzimirski 56:45; 155 Phil Glynn 60:18; 205 Stuart Fraser 62:12; 234 Peter Lee 63:03; 378 Matthew Sharp 67:15; 542 Frank Wood 73:20 (806 finishers)

TEAM: 1 Bedford & County 100 ... 23 Hercules Wimbledon 1568 (53 teams closed in)

U20 Men (8km): 1 Dan Clorlev (Luton AC) 27:12. **HW:** * 4 Alex Bruce-Littlewood (2C); 44 Alex Robinson 30:09 (99 finishers) (* unofficial: not shown in results)

U17 Men (6km): 1 Richard Goodman (Shaftesbury Barnet) 19:48. **HW:** 7 Liam White 20:49; 87 Joe Toomey 23:35; 123 Ed Saywell 24:43 (189 finishers)

U15 Boys (4.5km): 1 James McMurray (St Albans AC) 15:57. **HW:** 61 Joe Clark 17:30; 149 Ben Palmer 18:42; 176 Augustin Mallon 19:17(228 finishers)

U13 Boys (3km): 1 Tom Newnham (Isle of Wight AC) 11:21. **HW:** 10 Cassian Hyde 11:53 (212 finishers)

Senior Women (8km): 1 Jessica Sparke (Woodford Green & EL) 30:05. **HW:** 154 Anna Garnier (2C) 39:14; 166 Masumi Dobson 39:25; 252 Marilena De Luca 43:28 (357 finishers)

U20 Women (6km): 1 Hannah Walker (Dacorum & Tring) 22:53. **HW:** 43 Rosemary Fernando 31:16 (48 finishers)

U15 Girls (4km): 1 Jessica Judge (Chelmsford AC) 14:48. **HW:** 168 Ella Dobson 20:00 (191 finishers)

Results (individual only): <http://mcs.open.ac.uk/mkac/10seaaxcresults.htm>







Some fine shots from a hilly and muddy Parliament Hill.
Photos 1 – 8 by Richard Xerri – 9 – 11 by Sophie Toomey and No. 10 by Jonathan Dobson

January 30: London Indoor Games, Lee Valley

Women

60 (round 1 - race 3): 4 Emily Martin 7.92. **(round 2 – race 3)** 2 Emily Martin 7.88

200 (round 1 - race 3): 3 Emily Martin 25.36. **(round 2 – 1):** 2 Emily Martin 25.49

January 30: parkrun 5km, Wimbledon Common

1 Adam Vandenberg (HW) 17:01; 2 Eoin O’Connell (Serpentine) 17:20. **Other HW:** 9 Andrew Davies 19:15; 45 Charles Lawrie 22:12; 62 Adam Fenton (2C) 23:31; 83 Fenella Willis 24:42; 85 Dennis Williams 25:06; 102 Imogen Willis 26:53; 143 Freya Popham 31:07; 155 Sophie Toomey 34:29 (158 finishers)

January 30: parkrun 5km, Richmond Park

1 Dan Afshar (West 4 H) 17:34. **HW:** 44 Mike Kortenray 22:28 (197 finishers)

January 30: Midland Championships, Stafford Common

1 James Walsh (Leeds City) 40:25. **HW:** 352 Colin Bricher (2C) 78:44 (354 finishers)

January 31: Wandsworth Borough Mini Marathon Trials, Battersea Park

Boys 15-17

1 Caspar Dickinson (Stowe School) 12:28. **HW:** 8 James Blower 14:09

Boys 13-14

1 Michael Brown (Herne Hill H) 11:46; 2 Tim Livingstone (HW) 11:52

Boys 11-12

1 James Driscall (All Saints School) 14:00. **HW:** 11 Conor McFarlane 15:22; 20 Oliver Livingstone 16:37

Girls 13-14

1 Jade Stroud (Herne Hill H) 13:41. **HW:** 3 Emma Headley 14:02; 8 Maire Gilmartin 14:38; 9 Kate Lampl 16:04