

January 1: The 2nd HW/Lauriston 5-mile Multi-Terrain, Wimbledon Common

1 Alex Bruce-Littlewood (HW) 25:10 (**course record**); 2 Kieran White (HW) 25:50. **Other HW:** 4 Andrew Penney (1st U20) 26:20; 12 David Grima 30:17; 13 Andrew Davies 30:35; 15 Stewart Bond 31:20 (3rd M40); 18 Claire Grima (2nd W) 31:58 (**5th HW W all-time**); 19 Frank Wood (3rd M45) 32:14; 25 Deyan Knespl (2nd U20) 34:25; 27 Michaela Knespl 34:49 (**U20W course record**) (**8th HW U20W all-time & HW U20W record**); 30 Stuart Littlewood (1st M55) 35:32; 32 Maurice Sharp 35:43; 34 Martin Miller (3rd M60) 36:38; 36 David Orchard (3rd M50) 37:35; 41 Dennis Williams 40:52 (**4th HW M65 all-time**); 42 Mike Fuller 42:38; 49 Kevin Burnett 54:22 (M70 record)

Lauriston RC Championship: 1 Maurice Sharp, 2 Martin Miller, 3 Dennis Williams; 4 Mike Fuller

Full result: [The 2nd HW/Lauriston Multi-Terrain 5-miles](#)

Event all-time rankings: [HW/Lauriston Multi-Terrain 5-miles](#)



They're off! – The 5-milers blast away

Photo by Ray O'Donoghue

January 1: parkrun 5km, Wimbledon Common

1 Graham Brook (Stragglers) 18:10. **HW:** 36 Charles Lawrie 23:04; 47 Mark Bohan 24:20; 73 Clare Lyons-Collins 30:04 (83 finishers)

January 2: Bushy Junior parkrun 2km, Bushy Park, Teddington

1 Robert Eveson 7:45. **HW:** 6 Elliot Laville 8:36 (94 finishers)

January 2: Tadworth 10-mile Multi Terrain, Epsom Downs

1 Abdi Amare Madar (Unattached) 56:02. **HW:** 88 Frank Wood 72:43 (539 finishers)

January 2: Metaswitch Indoor Games. Lee Valley

U20

60 (round 1 race 1): 5 Kyran Mitchell-Nanton 7.42. (**race 4**) 3 Jonathan Osbourne 7.38. (**round 2 race 3**): 3 Jonathan Osbourne 7.33. (**round 2 race 4**): 2 Kyran Mitchell-Nanton 7.43

January 4: Crystal Palace Canter, approx 3 miles, SE19

1 Sophie Cowper (South London H) 17:49. **HW:** 5 Stuart Littlewood 21:13; 9 Dennis Williams 23:54; 13 Ian Isherwood 28:00

January 8: Surrey County Championships, Lloyd Park, Croydon

Senior Men (12km)

1 Phil Wicks (Belgrave H) 40:40. **HW:** 7 Adam Przedzimirski 42:39; 15 Kieran White 44:22; 33 Matthew Sharp 46:33; 34 Alex Urban 46:38; 44 Deon Coetzee 47:43; 45 Jamie Helmer 47:47; 47 Peter Lee 47:56; 50 Rory McMahon 48:20; 83 Sean Crummy 50:44; 88 David Grima 51:15; 89 Charles Lescott (2C) 51:20; 96 Ian Pegler 51:31; 97 Hugh Saxby 51:47; 99 Andrew Davies (2C) 52:22; 117 Stewart Bond 53:51; 124 Barry White (2C) 54:54; 161 Thomas Cheetham 60:38 (179 finishers)

TEAM: 1 Herne Hill H 72; 2 Belgrave H 77; 3 Thames H&H 120; 4 Hercules Wimbledon 178; 5 Clapham Chasers 332; 6 Dorking & Mole Valley 336 (17 teams closed in)

U20 Men (6.5km)

1 Josh Grace (Aldershot F&D) 24:52; 2 Liam White (HW) 24:54. **Other HW:** 5 Andrew Penney 26:26; 11 Geordie Logan 28:56; 14 Ed Martin 33:06 (15 finishers)

TEAM: 1 Hercules Wimbledon 18; 2 Dorking & Mole Valley 24

U17 Men (6.5km)

1 Nick Tauwhare (Aldershot F&D) 25:43. **HW:** 12 Ben Palmer 28:41; 13 Joe Clark 28:55; 30 Ed Saywell 33:59; 31 James Evans 34:27 (36 finishers)

TEAM: 1 Aldershot F&D 26; 2 Windsor, S,E&H) 51; 3 Herne Hill H 66; 4 Hercules Wimbledon 86

U15 Boys (4km)

1 Tom Holden (South London H) 14:06. **HW:** 9 Tim Livingstone 15:14; 24 Cassian Hyde 16:17; 26 Daniel Haigh 16:23; 32 Augustin Mallon 16:41; 52 Alex Bisnouth 19:18 (59 finishers)

TEAM: 1 Herne Hill H 25; 2 Windsor, S,E&H) 32; 3 South London H 84; 4 Hercules Wimbledon 91

U13 Boys (3.25km)

1 Rian McCawley (Camberley) 13:54. **HW:** 41 Elliot Laville 16:38; 56 Alex Bond 17:49 (78 finishers)

Senior Women (8km)

1 Emily Wicks (Aldershot F&D) 31:27. **HW:** 7 Ruth Clifton (2C) 32:26; 34 Anna Garnier (2C) 37:18; 40 Masumi Dobson 37:51; 41 Zoe Phillips 38:00; 78 Monika Crouse 42:09; 90 Rowena Hornshaw 46:36; 95 Heather Letley 48:27 (99 finishers)

TEAM: 1 Aldershot F&D 28; 2 South London H 55; 3 Clapham Chasers 71 ... 13 Hercules Wimbledon 249

U20 Women (4.8km)

1 Isabel Brinsden (Epsom & Ewell H) 19:09. **HW:** 11 Michaela Knespl 23:18 (14 finishers)

U15 Girls (4km)

1 Harriett Preedy (Aldershot F&D) 15:40. **HW:** 21 Rebecca Stone 18:22 (54 finishers)



The Senior Men's race with over 180 runners gets underway

Photo by Ray O'Donoghue



The Juniors set off with Liam and Andrew leading the way Photo by Ray O'Donoghue





A fine selection of photos by Jonathan Dobson from the 36 HW athletes competing at Lloyd Park

January 8: Middlesex County Championships, Trent Park, Cockfosters

Senior Men (12km)

1 Paul Marteletti (Victoria Park & Tower H) 41:32. **HW:** 10 James Trapmore (2C) 43:39 (144 finishers)

January 8: Kent County Championships, Wilmington, Nr Dartford

Senior Men (11.87km)

1 John Gilbert (Kent AC) 38:20. **HW:** 7 Alex Bruce-Littlewood (2C) 39:56; 25 James Hogg (2C) 42:28 (177 finishers)

January 8: Warwicks County Championships, Cofton Park, Birmingham

Senior Men

1 James Walsh (Leeds) 31:05. **HW:** 169 Colin Bricher (2C) 56:33 (170 finishers)

January 8: parkrun 5km, Roundshaw Downs, Croydon

1 Daniel Gillett (South London H) 19:43. **HW:** 6 Jonathan O'Halloran 22:35; 20 Martin O'Halloran 24:08 (79 finishers)

January 8: parkrun 5km, Wimbledon Common

1 Neil Riessland (Unattached) 18:20. **HW:** 21 Charles Hampden-Smith 20:59; 42 Adam Fenton (2C) 22:09; 63 Charles Lawrie 23:51; 68 Julian Howard-Baker 24:04; 99 Matilda Toseland 25:33; 107 Nathaniel Purnell 26:13 (203 finishers)

January 8: parkrun 5km, Richmond Park

1 Riel Carol (Clapham Chasers) 17:39. **HW:** 127 Dennis Williams 26:29 (227 finishers)

January 8: parkrun 5km, Crystal Palace

1 Dan McCormack (Unattached) 19:38. **HW:** 33 Mike Fuller 28:01 (43 finishers)

January 9: Windsor, Slough, Eton & Hounslow Indoor Open Meeting, Eton

60 (Round 1, Race 12): 1 Kyran Mitchell-Nanton 7.30. **(Round 2, Race 7)** 3 Kyran Mitchell-Nanton 7.33

January 9: South of England AA Indoor Championships, Lee Valley

400 (heat 6): 5 Cale Edmunds 54.42

January 12: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Gareth Leighton (Horsham Joggers) 13:19, **HW:** 19 Dennis Williams 18:20

January 15: 2XU Surrey Men's League, Division 1, Match 3, Ham Lands

Seniors (5 miles): 1 Phil Wicks (Belgrave H) 27:19. **HW:** 5 Alex Bruce-Littlewood 27:57; 6 Liam White 27:58; 13 Adam Przedzimirski 29:01; 14 Kieran White 29:02; 17 Andrew Penney 29:31; 41 Alex Urban 30:31; 44 Matthew Sharp 30:42; 50 Richard Xerri 31:08; 53 Jamie Helmer 31:13; 60 Rory McMahon 31:28; 66 Phil Glynn 31:48; 87 Geordie Logan 32:48; 95 David Grima 33:06; 106 Ian Pegler 33:41; 130 Hugh Saxby 34:36; 134 Stewart Bond 34:41; 138 Pete Clarke 35:01; 145 Frank Wood 35:46; 152 Ed Martin 36:21; 171 Tom Cheetham 38:40; 185 Craig Howard 48:30 (186 finishers)

TEAM: 1 Herne Hill H 175; 2 Thames H&H 225; 3 Hercules Wimbledon 275; 4 Belgrave H 407; 5 Stragglers 554; 6 Dorking Mole Valley 594; 7 Reigate Priory 609; 8 South London H 614; 9 Epsom & Ewell 638

Positions after three matches: 1 Herne Hill H 493; 2 Thames H&H 593; 3 Hercules Wimbledon 1081; 4 Belgrave H 1431; 5 South London H 1544; 6 Stragglers 1644; 7 Dorking MV 1804; 8 Reigate Priory 1847; 9 Epsom & Ewell 1848

U15/U17 (2.5 miles): 1 Yemane Mahawi (Herne Hill H) 16:27; 2 Tim Livingstone (HW) 16:31. **Other HW:** 4 Joe Clark 16:38; 6 Ben Palmer 17:02; 13 Cassian Hyde 17:54; 12 Daniel Haigh 18:20; 13 Ed Saywell 18:52 (18 finishers)

TEAM: 1 Herne Hill H 31; 2 Hercules Wimbledon 34; 3 Dorking MV 113.5; 4 Reigate Priory 129; 5 South London H 133; 6 Epsom & Ewell 137

Positions after three matches: 1 Herne Hill H 114; 2 Hercules Wimbledon 151; 3 South London H 293; 4 Belgrave H 364.5; 5 Dorking MV 387.5; 6 Epsom & Ewell H 409; 7 Reigate Priory 431

U13 (2.5 miles): 1 Paul Burgess (Herne Hill H) 18:23, **HW:** 10 Elliott Laville 20:42; 12 Alex Bond 21:10 (15 finishers)

TEAM: 1 Herne Hill H 24; 2 Reigate Priory 53; 3 Hercules Wimbledon 108; 4 Stragglers 125

Positions after three matches: 1 Herne Hill H 84; 2 Reigate Priory 153; 3 Dorking MV 349.5; 4 Hercules Wimbledon 357.5



HW well to the fore at the 2XU Surrey League start

Photo by Ray o'Donoghue



A happy band of brothers from HW after a fine team performance at the Surrey League
PS: Is Fred looking for his wallet so as to reward his team?



The youngsters of HW make a flying start Photo by Ray O'Donoghue

January 15: Surrey Ladies League, Division 1, Match 3, Ham Lands

Seniors (8km): 1 Lucy McAlister (Thames H&H) 27:54. **HW:** 28 Claire Grima 32:34; 35 Zoe Phillips 33:02; 37 Debbie Noel 33:04; 56 Louise Bendeus 34:24; 66 Michaela Knespl (1st U20) 34:53; 79 Hannah Ferrnando 35:43; 85 Alison Purnell 35:59; 94 Monika Crouse 36:53; 118 Marilena De Luca (missed start) 40:03; 119 Rowena Hornshaw 40:06; 139 Heather Letley 42:21; 143 Caroline Glynn 43:21; 158 Sophie Toomey 48:37 (161 finishers)

HW 2C: 5 Ruth Clifton 29:58; 44 Anna Garnier 33:39; 106 Claire Morgan 38:34

TEAM: 1 Thames H&H 61; 2 Dulwich Runners 101; 3 West 4 H 147; 4 Stragglers 158; 5 South London H 161; 6 Woking 164; 7 Ranelagh H 210; 8 Hercules Wimbledon 222; 9 Wimbledon Windmilers 236; 10 Herne Hill H 239; 11 Belgrave H 268; 12 Dorking Mole V 275; 13 Reigate Priory 379; 14 Epsom & Ewell H 396; 15 Striders of Croydon 487. **B teams:** 5 Hercules Wimbledon 495

Positions after three matches:

1 Thames H&H 213; 2 South London H 300; 3 Dulwich Runners 452; 4 Herne Hill H 495; 5 West 4 H 589; 6 Stragglers 663; 7 Ranelagh H 674; 8 Reigate Priory 693; 9 Woking 702; 10 Hercules Wimbledon 720; 11 Wimbledon Windmilers 861; 12 Dorking MV 878; 13 Epsom & Ewell 886; 14 Belgrave H 977; 15 Striders of Croydon 1264

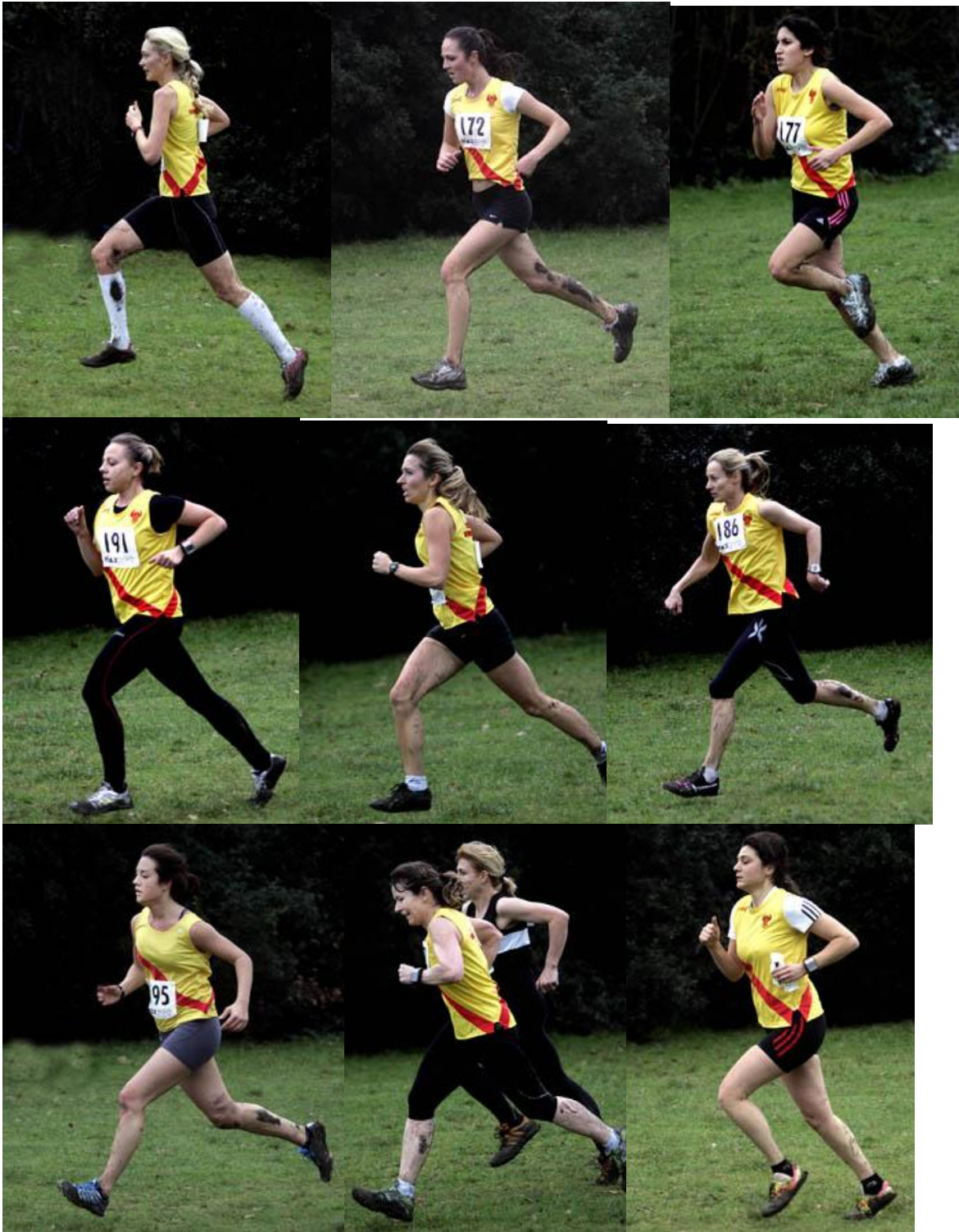
U15 Girls: 1 Sophie Foreman (South London H) 18:45. **HW:** 25 Georgia Haigh 22:48

Congratulations to the HW senior squad in achieving with their 13 runners the largest ever turnout by a HW women's cross country team



The ladies get underway at Ham Field

Photo by Ray O'Donoghue



Just some of the HW ladies in full flow at Ham

Photos by Ray O'Donoghue

Note: copies of these and other photos by Ray can be obtained from him at reasonable cost
 Requests to Ray at raymondodonoghue@btinternet.com

January 15: parkrun 5km, Roundshaw Downs, Croydon

1 Tom Holden (South London H) 19:15. **HW:** 5 Jonathan O'Halloran 20:44 (85 finishers)

January 15: parkrun 5km, Bushy Park, Teddington

1 Richard Ward (Belgrave H) 16:02. **HW:** 122 Mark Livingstone 22:20 (670 finishers)

January 15: parkrun 5km, Richmond Park

1 Eoin O'Brien (Windsor, S,E&H) 18:03. **HW:** 23 Stephen McDuell 20:46 (219 finishers)

January 15: parkrun 5km, Wimbledon Common

1 James Savage (Kent AC) 16:35. **HW:** 32 Adam Fenton (2C) 21:12; 33 David Harris 21:26; 36 Jeremy Purnell 21:36; 59 Rebecca Stone 23:00; 113 Zachary Purnell 27:16; 129 Patrick Stone 28:07; 138 Imogen Willis 28:31; 140 Nathaniel Purnell 28:38; 164 Clare Lyons-Collins 30:44; 181 Richard Weston (2C) 32:23 (196 finishers)

January 15: Birmingham League, Coundon Park, Coventry

Men (5.5 miles)

1 Jean Ndayisenga (Birchfield H) 27:41, **HW:** 197 Colin Bricher (2C) 49:49

January 15: Metropolitan League, Alexandra Palace

Men (5 miles): 1 Neilson Hall (Bedford & County) 25:45. **HW:** 16 James Trapmore (2C) 27:52 (345 finishers)

January 15 (a)/16 (b): South of England AA Indoor Championships, Lee Valley

Senior Men

60 (b) (heat 10): 4 Richard Agyapong 7.34

Senior Women

60 (b) (heat 2): 3 Emily Martin 7.98. **(s/final 1):** 5 Emily Martin 8.03

200 (a) 2 Emily Martin 25.76. **(heat 2)** 1 Emily Martin 25:92

Congratulations to Emily in obtaining the first HW Championship track medal of the year.....and 2011 is only a little over two weeks old!

January 16: Leatherhead Leisure Centre Indoor Triathlon

Treadmill run 15min – Bike 25min – Swim 200m

M/W combined: 1 Stephanie Robson (HW) 3670m – 15,680m – 3:49min

January 22: Inter Club 4.9 miles v Bank of England etc, Richmond Park, Roehampton

1 Alan Barnes (Bank of England) 24:45sec. **HW:** 18 Stewart Bond 30:40; 20 Frank Wood 31:03; 28 Zoe Phillips (1st W) 31:43; 30 Steph Robson (2nd W) 31:54; 41 David Harris 33:06; 43 Dave Betts 33:29; 44 Tom Cheetham 33:51; 64 Dennis Williams 38:28; 67 Fred Green 39:06; 68 Marilena De Luca 40:12; 75 Rowena Hornshaw 41:25 (92 finishers)

TEAM (7-to-score): 1 Milocarians 100; 2 Bank of England 119; 3 Ranelagh H 124; 4 Ealing, Southall & Middlesex 184; 5 Dulwich Park Runners 213; 6 HerculesWimbledon 224



A HW group after their efforts in challenging the might of the Bank of England outfit

January 22: Surrey Schools Championships, Priory Park, Reigate

Senior Boys: 1 Joshua Grace (NW Surrey) 22:27. **HW:** 18 Ciaran O'Duffy (Central Surrey) 26:42; 31 Ed Martin (Merton) 28:15 (48 finishers)

Inter Boys: 1 Peter Chambers (North Croydon) 19:05. **HW:** 7 Tim Livingstone (Kingston) 19:58; 11 Joe Clark (Merton) 20:26; 18 Ben Palmer (Sutton) 21:12; 47 James Evans (Kingston) 23:35 (65 finishers)

Junior Boys: 1 Tom Holden (Sutton) 13:41. 8 Cassian Hyde (NE Surrey) 14:15

Senior Girls: 1 Emelia Gorecki (Guildford) 13:26. **HW:** 6 Michaela Knespl (Merton) 16:28 (25 finishers)

Junior Girls: 1 Katie Shiel-Rankin (Guildford) 12:47. **HW:** 3 Emma Headley (Kingston) 13:48; 20 Rebecca Stone (Merton) 14:30; 39 Claire Rogers (Merton) 15:24; 82 Megan Le Doare (Merton) 18:55 (85 finishers)

January 22: Veterans AC Championships, 5.5 miles, Wimbledon Common

1 Vic Maughn (Herne Hill H) 33:16. **HW:** 27 Stuart Littlewood (3rd M55) 44:15 (39 finishers)

January 22: parkrun 5km, Richmond Park

1 Unknown 16:57. **HW:** 11 Pete Clarke 18:24; 21 Stephen McDuell 19:28 (240 finishers)

January 22: parkrun 5km, Bushy Park, Teddington

1 Olly Laws (Newham &EB) 16:22; 2 Matthew Sharp (HW) 16:34 (13th HW all-time). **Other HW:** 99 Mark Livingstone 21:36 (697 finishers)

January 22: parkrun 5km, Wimbledon Common

1 Basil Wallace (Herne Hill H) 18:11; 2 David Grima (HW) 18:17. **Other HW:** 7 Ruth Clifton (2C-1st W) 18:57; 13 Andrew Davies (2C) 19:50; 18 Charles Hampden-Smith 20:10; 104 Annemarie Seymour 24:59; 182 Nathaniel Purnell 30:42 (207 finishers)

January 21: Poole Runners Winter 5km Race, Boscombe Pier

1 Nathan Shrubbs (Morpeth) 15:49. **HW:** 145 Dennis Williams (3rd M65) 23:11; 190 Ian Isherwood 26:23 (212 finishers)

January 22: Thames Hare & Hounds Mob Match 7.5 miles. Wimbledon Common

1 John McFarlane (Thames H&H) 42:00. **HW:** 37 Anna Garnier (2C) 52:05; 74 Richard Weston (2C) 81:33

January 23: Surrey County Sportshall, Match 3. Guildford

U15 Boys

1 Walton 298.5; 2 Hercules Wimbledon 238; 3 Sutton & District 216

3rd : Devonte Caseley-Hayford 66 points: **2-lap:** 24.7. **LJ:** 2.36. **Speed Bounce:** 63

Nathan McClean 51: **4-lap:** 61.1. **LJ:** 1.92. **SP:** 7.15

Alex Bismouth 50: **4-lap:** 62.6. **LJ:** 1.78. **Speed Bounce** 63

Jonathan Winter 36: **2-lap:** 25.8. **LJ:** 1.80. **Speed Bounce:** 62

4x2-lap: 1:47.1

U13 Boys

1 Herne Hill H 594; 2 Wandsworth Borough 582.5; 3 South London H 484 ... 17 Hercules Wimbledon 106

Alex Bond 43: **6-lap:** 1:42.7. **TJ:** 5.23

Jet Debney-Hamilton 23: **2-lap:** 32.0. **SP:** 4.58

Paarlauf: 2:21.2. **Obstacle Race:** 2:44.7

U13 Girls

1 Guildford & Godalming 817.5; 2 Camberley & Dist 746; 3 Herne Hill H 725 ... 22 Hercules Wimbledon 151.5

Celine Attwell 61. **6-lap:** 1:44.9. **Vertical Jump:** 38

Emma-Louise Clark 39.5: **4-lap:** 66.0. **SP:** 3.98

Mimi Lanfranchi 36: **4-lap:** 74.8. **Vertical Jump:** 38

Obstacle Race: 2:36.4

January 23: Lakeside Towpath 8, Frimley

1 Mark Ryall (Victoria Park H) 44:35. **HW:** 94 Claire Morgan (2C) 64:45 (221 finishers)

January 28: Serpentine Last Friday of the Month 5km, Hyde Park

1 Nick Goolab (Belgrave H) 14:54. **HW:** 41 Stephen McDuell 19:02; 73 Michaela Knespl (1st U20W)

20:14 (6th **HW all-time & HW U20W record**); 141 Dennis Williams (3rd M65) 23:23 (203 finishers)

January 29: South of England Championships, Parliament Hill

Senior Men (15km)

1 Neilson Hall (Bedford & Cty) 48:23. **HW:** 67 Adam Przedzimirski 53:35; 182 Matthew Sharp 58:03; 184 Richard Xerri 58:05; 189 Alex Urban 58:16; 192* Philip Glynn 58:20; 216 Rory McMahon 59:16; 234 Peter Lee 59:45; 273 Deon Coetzee 60:38; 405 Stewart Bond 64:48; 581 Frank Wood 70:26 (885 finishers)

Note: *unofficial time and position for Philip due to loss of timing chip

HW 2C: 21 Alex Bruce-Littlewood 51:24; 71 James Trapmore 53:44; 293 Charles Lescott 61:22

TEAM: 1 Bedford & County 129; 2 Aldershot F&D 222; 3 Highgate H 278 ... 20 Hercules Wimbledon 1072 (18th A Team) (95 teams closed in)

U20 Men (8km)

1 Richard Goodman (Shaftesbury Barnet) 25:58. **HW:** 3 **Liam White 26:19; 91 Geordie Logan 35:39 (95 finishers)

Note: ** Subject to scrutiny, Liam's third place secured the first male Southern XC individual medal for HW since Frank Briscoe won the senior race in 1974

U17 Men (6km)

1 Kieran Clements (Ipswich H) 19:41. **HW:** 86 Joe Clark 23:25; 87 Ben Palmer 23:25 (178 finishers)

U15 Boys (4.5km)

1 Max Nicholls (Tonbridge) 15:29. **HW:** 19 Tim Livingstone 16:17; 112 Cassian Hyde 17:35 (262 finishers)

U13 Boys (3km)

1 Ashley Waterson (City of Norwich) 11:19. **HW:** 200 Alex Bond 15:12 (224 finishers)

January 29: South of England Championships, Parliament Hill

Senior Women (8km)

1 Naomi Taschimowitz (Taunton) 29:47. **HW:** 334 Rowena Hornshaw 46:28 (381 finishers)

HW 2C: 22 Ruth Clifton 32:02



The start of the Southern senior race showing a trio from HW well to the fore



Liam heading towards a brilliant third place in the junior race plus Matt, Phil, Rory, Richard and Deon testing themselves over a tough 9 miles in the senior race

Photos by Ray O'Donoghue

January 29: parkrun 5km, Roundshaw Downs, Croydon

1 Tom Holden (South London H) 18:06. **HW:** 17 Martin O'Halloran 21:40 (95 finishers)

January 29: parkrun 5km, Milton Keynes

1 Anthony Murrell (Unattached) 16:51. **HW:** 6 Steve Newton 18:48 (164 finishers)

January 29: parkrun 5km, Bushy Park, Teddington

1 Unknown 15:57; 2 Kieran White (HW) 16:05. **Other HW:** 49 David Harris 19:58; 124 Barry King 21:59 (653 finishers)

January 29: parkrun 5km, Richmond Park

1 Brian Thursby-Pelham (Thames H&H) 18:01. **HW:** 4 Pete Clarke 18:42; 21 Stephen McDuell 20:01 (262 finishers)

January 29: parkrun 5km, Wimbledon Common

1 David Grima (HW) 18:05. **Other HW:** 27 Charles Hampden-Smith 20:13; 56 Rebecca Stone 21:58; 70 Charles Lawrie 22:52; 95 Fenella Willis 24:13; 109 Heather Letley 25:04; 123 Imogen Willis 25:30; 127 Zachary Purnell 25:48; 129 Alison Purnell 25:48; 146 Patrick Stone 26:38; 174 Sophie Toomey 28:32; 183 Clare Lyons-Collins 29:09; 185 Richard Weston (2C) 29:20 (227 finishers)

January 29: Midland Championships, Leamington, Warks

Senior Men

1 James Walsh (Leeds City) 38:49. **HW:** 298 Colin Bricher (2C) 72:35 (299 finishers)

January 29: London U20/Senior Indoor Games, Lee Valley

U20 Men

200 (race 2): 3 Jonathan Osbourne 23:33

Senior Women

200 (race 2): 5 Emily Martin 26:22

January 30: Barretts Canterbury 10-mile Road Race, Kent

1 Michael Coleman (Medway & Maidstone) 52:44. **HW:** 568 Dennis Williams 87:37 (4th HW M65 all-time) (869 finishers)

January 30: Wandsworth Mini Marathon Trials, Battersea Park

U17 Boys

1 Joshua Dickinson 11:33.1; 2 Johnny Bland (HW) 12:07.6 (14 finishers)

U15 Boys

1 Merhawi Yemane (Herne Hill H) 11:41.9. **HW:** 7 Augustin Mallon 13:34.1; 10 Alex Bisnouth 15:50.6; 11 Conor McFarlane 16:25.2 (14 finishers)

U15 Girls

1 Emma Headley (HW) 13:04.9 (12 finishers)