

HW results July 2010

July 3: Self Transcendence 10 miles, Battersea Park

1 Darren McNeely (Serpentine) 56:08. **HW:** 22 Frank Wood 66:59 (176 finishers)

July 3: parkrun 5km, Bushy Park, Teddington

1 Mike Trees (Belgrave H) 21:53. **HW:** 117 Barry King 21:53

July 3: parkrun 5km, Wimbledon Common

1 James Trapmore (HW-2C) 16:18. **HW:** 4 Stuart Fraser 17:47; 5 Rory McMahon 17:55; 7 David Grima 18:30; 16 Medena Knespl 19:40; 33 Hannah Fernando ntt; 38 Charles Lawrie 21:25

July 3: British Men's League, Sheffield

1500: 8 Alex Bruce-Littlewood (2C) 4:21.68

3000SC: 3 Alex Bruce-Littlewood (2C) 9:21.41

July 3: British Men's League, Division 2, Kingston

100 n/s race 4: 1 Dwayne Dowding 11.10/-2.5

110H A: 1 Austin Ferns 15.03/-1.6

400H B: 3 Austin Ferns 53.85

July 3: Lily B League, Division 2, Match 2, Sutton Arena

Match result: 1 Guildford & Godalming 297; 2 Reigate Priory 183; 3 Bracknell 117; 4 Herne Hill 95; 5 Hercules Wimbledon 89; 6 Dorking Mole Valley 32

U17 Women

100 A: 5 Niamh Wilson 16.3

200 A: 3 Jowita Mieszkowski 28.3 (13th HW U17W all-time). **B:** 3 Niamh Wilson 33.2

HJ A: 2 Jowita Mieszkowski 1.40

LJ A: 4 Jowita Mieszkowski 3.99. **B:** 1 Niamh Wilson 3.68

U15 Girls

100 A: 3 Olivia Hogan 13.7 (=13th HW U15G all-time)

200 A: 4 Sydney Henderson 32.5

800 A: 5 Claire Rogers 2:43.5

75H A: 4 Olivia Hogan 16.1

LJ A: 4 Claire Rogers 3.25. **B:** 4 Alice Forward 2.77

DT A: 4 Sydney Henderson 10.54. **B:** 4 Olivia Hogan ??

U13 Girls

100 A: 3 Maddy O'Neil 14.3

200 A: 4 Rebecca Dinsdale 31.9

800 A: 6 Maddy O'Neil 2:59.4

70H A: 2 Rebecca Dinsdale 13.6

HJ A: 3 Maddy O'Neil 1.20

SP A: 1 Rebecca Dinsdale 6.83 (3rd HW U13G all-time)

U11 Girls (n/s)

LJ: 3 Emma Louise-Clark 2.82; 7 Katie Headley 2.47

150: 6 Emma Louise-Clark 24.9

600: 7 Emma Lousie-Clark 2:14.9; 8 Katie Headley 2:18.8

July 3-4 British Masters Championships, Cardiff

M65

1500: 1 Peter Giles 5:11.05 (HW M65 record)

5000: 2 Peter Giles 18:56.18 (HW M65 record)

M70

JT: 5 John Webster 30.07

HT: 4 John Webster 33:10

July 4: Wimbledon Windmilers Jim Braben Memorial 10km, Multi Terrain, Wimbledon Common

1 Paul Marteletti (Victoria Park & TH) 32:09. **HW:** 6 Alex Urban 37:28; 10 Hugh Saxby (1st M50) 38:23; 16 Chris Coles (2C) 39:24; 36 Frank Wood 41:43; 58 Charles Lawrie 44:33; 65 Maurice Sharp 44:54; 66 Zoe Phillips 44:56; 82 Chantal Toussaint 46:12; 107 Debbie Noel 47:35; 145 Annmarie Seymour 51:33; 147 Claire Morgan (2C) 51:48; 201 Angela Kikugawa 55:49 (287 finishers)

July 4: Ebbisham Boys League, Division 1, Match 2, Croydon

Match result: 1 South London H 132; 2 Epsom & Ewell H 104; 3 Aldershot F&D 42; 4 Hercules Wimbledon 41; 5 Walton 11

U15 Boys

100 A: 1 Max Mondelli 11.7. **B:** 1 Devonte Casely-Hayford 12.8

200 A: 1 Devonte Casely-Hayford 26.2

1500 A: 3 Augustin Mallon 5:30.5

LJ A: 3 Augustin Mallon 3.10

U13 Boys

100 A: 4 Jet Debney-Hamilton 16.6. **B:** 2 Talal Ali-Osman 16.3

80H A: 3 Jet Debney-Hamilton 19.2

HJ A: 3 Talal Ali-Osman 1.05

LJ A: 4 Talal Ali-Osman 3.15. **B:** 1 Jet Debney-Hamilton 2.92

Positions after two matches: 1 South London H 5 (260); 2 Epsom & Ewell 8 (170); 3 Hercules Wimbledon 5 (92); 4 Aldershot F&D 5 (73); 5 Walton 1 (11)

July 4: London Youth Games, Crystal Palace**U15 Boys**

800: 1 Tim Livingstone 2:07.2

July 5: Self Transcendence 1-mile Road, Battersea Park

1 Max Kiralyfi (Belgrave H) 4:36. **HW:** 30 Tom Morris (3rd M50) 6:05; 49 Dennis Williams (2nd M60) 6:46; 62 Ian Isherwood 7:39 (70 finishers)

July 6: Crystal Palace Canter, approx 3 miles, London, SE19

1 Kevin Quinn (Aldershot, F&D) 15:18. **HW:** 4 Stuart Littlewood 20:32; 8 Dennis Williams 22:34

July 7: Rosenheim League, Eastern Division, Match 5, Tooting Bec

Match result: 1 Belgrave H 67; 2 Herne Hill H 56; 3 Croydon H 37; 4 Hercules Wimbledon 30; 5 Serpentine RC 19; 6 Striders of Croydon 15

400: 3 James Trapmore 59.2

800: 3 James Trapmore 2:03.4

1500: 2 James Trapmore 4:18.1

3000: 2 Alex Robinson 8:42.1 (5th HW U20 all-time); 10 Stuart Fraser 9:41.2; 18 Ruth Clifton 11:03.4

TJ: 3 Chima Odum 11.80

SP: 3 Rob Dinsdale 10.49 (3rd HW M40 all-time)

DT: 3 Rob Dinsdale 30.83. **n/s (2kg):** Chima Odum 31.55 (10th HW U17 all-time)

Positions after five fixtures: 1 Belgrave H 29.5 (321); 2 Herne Hill H 24 (253); 3 Hercules Wimbledon 17.5 (194); 4 Croydon H 17 (197); 5 Serpentine 12 (145); 6 Striders of Croydon 5 (55)

Women

Match result: 1 Belgrave H 27; 2 Herne Hill H 20; 3 Serpentine RC 16; 4 Hercules Wimbledon 10; 5 Striders of Croydon 9

3000 (inc with men's race): 1 Ruth Clifton 11:03.4

SP: 3 Rachel Dinsdale 6.77

Positions after five fixtures: 1 Belgrave H 28 (110.5); 2 Serpentine RC 24 (109.5); 3 Herne Hill H 13 (35); 4 Hercules Wimbledon 12 (27); 5 Croydon H 9 (26); 6 Striders of Croydon 6 (24)

July 9: Crooklog Handicap 5km, Bexleyheath, Kent

Fastest times: 1 Andy Easment (New Eltham J) 19:15. **HW:** 5 Stuart Littlewood 20:55 (26 finishers)

July 9(a)/10(b): English Schools Championships, Birmingham

Seniors boys

1500 (b): 10 Liam White 4:05.28. **Heat 1 (a):** 4th 3:58.27

Inter boys

100: s/f 2 (b): 5 David Pratt 11.35/-1.4. **Round 1 heat 2 (a):** 2nd 11.19/+0.8

400 (b): 5 Jonathan Osbourne 48.94 (**HW U17 record & 8th HW SM all-time**). **s/f 1 (b):** 3rd 49.49. **Round 1 heat 1 (a):** 2nd 50.13

Junior Boys

100 (b): 5 Max Mondelli 11.57/-0.9. **Round 2 heat 2 (a):** 1st 11.38/+1.0 (**HW U15 record**). **Round 1 heat 5 (a):** 1st 11.54/-1.2

Note: Max was also a member of the second place Surrey 4x100m relay team

July 10: Southern Men's League, Division 1, Match 5, Erith, Kent

Match result: 1 Ashford 136; 2 Hercules Wimbledon 120; 3 Bexley 110.5; 4 Norwich 86; 5 Ipswich 82.5

100 A: 1 Dwayne Dowding 10.9 (**14th HW all-time**). **B:** 2 Richard Agyapong 11.6

200 A: 1 Dwayne Dowding 22.2. **B:** 1 Richard Agyapong 22.9

400 A: 1 Austin Ferns 51.5. **B:** 2 Hamed Agboke 53.6

800 A: 2 Andrew Penney 2:00.1 (**=20th HW U20 all-time**). **B:** 4 Ed Saywell 2:15.9

1500 A: 1 Andrew Penney 4:12.9. **B:** 1 Alex Robinson 4:20.2

5000 A: 1 Alex Robinson 15:43.3. **B:** 5 Fred Green 24:02.8

3000SC A: 5 Lance Power 12:56.0

110H A: 1 Austin Ferns 15.0. **B:** 3 Lance Power 26.2

400H A: 1 Austin Ferns 53.5. **B:** 1 Lance Power 66.1

HJ A: =3 Jimmy Saruchera 1.70. **B:** 2 Chima Odum 1.55

PV A: 3 Lance Power 2.60. **B:** 5 John Webster 1.05

LJ A: 5 Chima Odum 5.42. **B:** 4 Ed Saywell 5.02

TJ A: 3 Nnamdi Odum 13.92 (**4th HW U20 & 11th HW all-time**). **B:** 2 Jimmy Saruchera 12.17

SP A: 4 Rob Dinsdale 10.15. **B:** 3 John Brown 8.41

DT A: 4 Chima Odum 29.38. **B:** 2 Rob Dinsdale 29.07

HT A: 4 John Brown 24.59. **B:** 4 Boh Tsarks 18.61

JT A: 3 Boh Tsarks 40.13. **B:** 3 Chima Odum 37.10

4x100: 1 Hercules Wimbledon 45.7 (J Saruchera, R Agyapong, N Odum, D Dowding)

4x400: 1 Hercules Wimbledon 3:35.2 (H Agboke-55.9, A Ferns-50.9, C Odum-56.3, D Dowding-52.0)

Positions after five fixtures: 1 Nene Valley 25; 2 Reading 24; 3 Highgate 22; 4 Brighton 21; 5 Met Police 21 ... 15 Hercules Wimbledon 13.5 (from 24 teams)

July 10: parkrun 5km, Wimbledon Common

1 Chris Blackburn (unattached) 16:57. **HW:** 3 David Grima 18:20; 12 Jeremy Purnell 19:13; 27 Frank Wood 20:09; 63 Don Anderson (2C) 22:36; 74 Charles Lawrie 23:00; 169 Sophie Toomey 32:23 (180 finishers)

July 10: parkrun 5km, Kingston

1 Oliver Garner (St Mary's Richmond) 18:54. **HW:** 9 Dennis Williams 21:58 (29 finishers)

July 10: British Milers Club Nike Grand Prix, Solihull

1500 C: 5 Alex Bruce-Littlewood (2C) 3:51.21

July 11: Claygate Village five miles, Claygate, Surrey

1 Sean Renfer (Elmbride RR) 28:33. **HW:** 17 Hugh Saxby (1st M50) 31:01; 67 Maurice Sharp 35:56 (483 finishers)

July 12: SCVAC League, SW London Division, Match 4, Kingsmeadow Stadium, Kingston

Men

Match result: 1 Croydon H 156; 2 Epsom & Ewell 150; 3 Striders of Croydon 139; 4 Kingston & Poly 107; 5 Dorking, Mole Valley 64; 6 Hercules Wimbledon 29

M40

100 (VAC race) n/s: 1 Stuart White 13.2

200: 1 Stuart White 26.8 (9th HW M40 all-time)

DT: 2 Rob Dinsdale 31.44 (3rd HW M40 all-time)

M50

5000: 2 Hugh Saxby 18:13.5

M60

DT: 3 John Webster 21.12; 4 Kevin Burnett (2C) 17.49

JT: n/s: Kevin Burnett (2C) 14.33

Final League positions: 1 Epsom & Ewell 31 (615); 2 Croydon H 29 (578); 3 Striders of Croydon 23 (501); 4 Kingston & Poly 21 (433); 5 Hercules Wimbledon (14) 169; 6 Dorking Mole Valley 14 (162); 7 Sutton & District 2 (13)

Women

Match result: 1 Epsom & Ewell 192; 2 Kingston & Poly 124.5; 3 Croydon H 90.5; 4 Striders of Croydon 67; 5 Dorking & Mole Valley 49; 6 Hercules Wimbledon 27

W35

SP: 3 Rachel Dinsdale 6.68

W50

200: 2 Anna Garnier 34.3 (HW W55 record)

800: 1 Anna Garnier 2:42.7

July 12: Self Transcendence 2 mile road, Battersea Park

1 Huw Lobb (Serpentine) 9:38. **HW:** 7 Andrew Davies (2C) 11:08; 23 Tom Morris (2nd M50) 12:58; 47 Dennis Williams (1st M60) 14:59 (66 finishers)

July 13: Veterans AC 5 mile, Battersea Park

1 David Cox (Woodford Green) 29:00. **HW:** 5 Stuart Littlewood 34:06; 13 Dennis Williams 37:31 (18 finishers)

July 14: Watford Open Meeting, Herts

3000: 3 Alex Robinson 8:31.73 (3rd HW U20 all-time); 4 Liam White 8:35.65 (6th HW U20 all-time)

July 14: Bridges 2.3 mile Handicap, Westminster Bridge

Fastest: 1 John O'Shea (Highgate H) 13:51. **HW:** 11 Dennis Williams* 17:59

July 15: Standard Chartered City 5km, City of London

1 Phil Wicks (Belgrave H) 14:07. **HW:** 215 Jeremy Purnell 19:27; 365 Tom Morris 20:25; 870 Dennis Williams* 22:34 (5000+ finishers)

***Note:** Dennis' 5th race in six days

July 17: Herne Hill H Open Meeting, Tooting Bec

100 A: 5 David Pratt 11.50/-2.9w

July 17: parkrun 5km, Wimbledon Common

1 Dave Alcock (Victoria Park & TH) 16:35. **HW:** 4 Peter Lee 17:56; 6 David Grima 18:08; 9 Andrew Davies 18:14; 18 Jeremy Purnell 19:32; 39 Hannah Fernando (1st W) 20:44; 43 Charles Lawrie 20:58; 44 Zoe Phillips (2nd W) 21:01; 47 Maurice Sharp 21:07; 83 Mark Bohan 23:21; 157 Rebecca Stone 30:52; 159 Patrick Stone 31:16; 161 Sophie Toomey 32:04 (168 finishers)

July 17: Elmore 7-mile Road, Chipstead (inc Surrey Road League)

1 Nick Hodges (Dorking Mole Valley) 38:03. **HW:** 71 Tom Cheetham 47:27 (360 finishers)

July 17: Self Transcendence 10km, Battersea Park

1 Fernando Del Valle (Unattached) 33:38; 2 Phil Glynn (HW) 34:28. **Other HW:** 7 Stuart Fraser (2nd M40) 35:25; 18 Charles Lescott (2C) 37:49; 32 Frank Wood (2nd M45) 39:25 (12th HW M45 all-time); 182 Caroline Glynn 53:22 (251 finishers)

July 18: England Senior Closed Championships, Gateshead

200: 3 Dwayne Dowding 21.62/+0.3. **heat 1:** 2nd 21.98/-0.2

July 18: Worthing Triathlon, West Sussex

1500m sea swim - 41.5km bike - 10km run

1 Colin Dixon 1:54.45 (17:51 – 62:13 – 33:22) **HW:** 31 Deon Coetzee 2:10:53 (17:53 – 75:55 – 35:33) (302 finishers)

July 18: McCains Young Athletes League, Division 2 South A24, Wimbledon Park

Match result: 1 Sutton & Dist 518; 2 Walton 496; 3 Hercules Wimbledon 457; 4 East Grinstead 371; 5 Fleet & Crookham 304; 6 Holland Sports 298; 7 Dorking/Reigate 292

U17 Men

100 A: 1 David Pratt 11.2, **B:** 1 Jonathan Osbourne 11.4. **n/s:** Harry Bartlett 12.8

200 A: 1 David Pratt 22.9 (13th HW U17M all-time). **B:** 1 Jonathan Osbourne 22.9

400 A: 2 Chima Odum 55.5. **B:** 2 Ciaran O'Duffy 57.0

800 A: 1 Ed Saywell 2:08.6. **B:** 1 Spencer Felix-Otoo 2:10.6

1500 A: 4 Harry Bartlett 6:13.3

400H A: 1 Ed Saywell 63.6. **B:** 1 Harry Bartlett 79.6

HJ A: 3 Spencer Felix-Otoo 1.60

LJ A: 4 Harry Bartlett 4.54

TJ A: 1 Ed Saywell 10.82. **B:** 1 Spencer Felix-Otoo 10.77

SP A: 2 Ciaran O'Duffy 8.52, **B:** 1 David Pratt 8.37. **n/s:** Chima Odum 11.33 (18th HW U17M all-time)

DT A: 1 Chima Odum 27.21. **B:** 2 Ciaran O'Duffy 12.18

4x100: 1 Hercules Wimbledon 47.1 (H Barlett, J Osbourne, C Odum, J Clark?)

4x400: 2 Hercules Wimbledon 3:52.4 (C Odum 58.2, C O'Duffy 56.7. S Felix-Otoo 57.9, E Saywell 59.6)

U15 Boys

100 A: 1 Max Mondelli 11.7. **B:** 1 Devonte Casely-Hayford 12.6. **n/s:** Michael Faulkner 14.8

200 A: 1 Max Mondelli 23.6 (=4th HW U15B all-time). **B:** 1 Devonte Casely-Hayford 25.8

400 A: 3 Tim Livingstone 58.9. **B:** 2 Max Allison 57.7

800 A: 3 Thomas Bracegirdle 2:30.3. **B:** 1 Yakub Ysrayh 2:19.8

1500 A: 1 Tim Livingstone 4:15.9 (2nd HW U15B all-time) Note: HW record is 4:11.0 by Mark Slowikowski, set in 1980

HJ A: 1 Alessio Martello 1.65 (=12th HW U15B all-time). **B:** 2 Max Jacobs 1.40

LJ A: 1 Max Allison 4.82

SP A: 2 Max Allison 8.50. **B:** 1 Max Jacobs 4.32

DT A: 4 Oliver Moulton 14.54. **n/s:** Max Jacobs 21.00

JT A: 2 Max Jacobs 29.96. **B:** 3 Oliver Moulton 14.11. **n/s:** Max Allison 20.79

4x100: 1 Hercules Wimbledon 48.5 (M Mondelli, D Casely-Hayford, J Ysrayah, M Allison)

U13 Boys

100 A: 6 Max Wilkins 16.0. **B:** 5 Jet Debney-Hamilton 17.0

200 A: 6 Max Wilkins 33.1. **B:** 2 Julian Howard-Baker 29.3

800 A: 5 Alex Bond 2:50.6. **B:** 2 Julian Howard-Baker 2:42.2

1500 A: 4 Toby Moulton 5:50.7. **B:** 3 Jet Debney-Hamilton 7:14.7

75H B: 5 Alexander Hesendine 16.7 (11th HW U13B all-time)

HJ A: 4 Alex Bond 1.10. **B:** 4 Talal Ali-Osman 1.10. **n/s:** Alexander Hesendine 1.10

LJ A: 1 Julian Howard-Baker 4.24. **B:** 6 Talal Ali-Osman 3.23

SP A: 2 Talal Ali-Osman 5.70. **B:** 5 Alex Bond 4.55

4x100: 5 Hercules Wimbledon 62.9 (A Bond, T Ali-Osman, J Debney-Hamilton, J Howard-Baker)

Boys match result: 1 Hercules Wimbledon 310; 2 Sutton 238; 3 Walton 226; 4 Holland Sports 159; 5 East Grinstead 129; 6 Fleet & Crookham 113; 7 Dorking/Reigate 74

U17 Women

100 A: 2 Jowita Mieszkowski 13.6

200 A: 2 Jowita Mieszkowski 27.9 (13th HW U17W all-time)

HJ A: 3 Jowita Mieszkowski 1.45

4x100 n/s: 1 Hercules Wimbledon 57.1 (J Mieszkowski, E Headley, R Dinsdale, S Doelger)

U15 Girls

100 A: 7 Sarah Doelger 15.3. **B:** 6 Alice Forward 16.8

200 A: 5 Emma Headley 30.2 (29th HW U15G all-time)

1500 A: 2 Emma Headley 5:32.7

LJ A: 4 Sarah Doelger 3.65 (=22nd U15G all-time). **B:** 5 Alice Forward 3.04

SP A: 5 Sarah Doelger 5.85. **B:** 3 Emma Headley 5.04

U13 Girls

75 A: 4 Matilda Toseland 11.5. **B:** 4 Katy-Ann McDonald 12.2

150 A: 4 Rebecca Dinsdale 22.8. **B:** 6 Katy-Ann McDonald 24.8. **n/s race 2:** 3 Chloe Knight 24.2; 5 Kate Headley 26.0

800 A: 5 Megan Le Doare 3:05.0

1200 A: 5 Emma-Louise Clark 4:58.1

70H: 2 Rebecca Dinsdale 13.7

HJ A: 2 Matilda Toseland 1.25

LJ A: 4 Chloe Knight 3.43 (15th HW U13G all-time). **B:** 6 Emma-Louise Clark 2.91

SP A: 5 Megan Le Doare 4.53 (11th HW U13G all-time)

4x100: 6 Hercules Wimbledon 66.3 (K Headley, E Clark, K McDonald, C Knight)

Girl's points totals: 1 Sutton 230; 2 Walton 220; 3 East Grinstead 202; 4 Dorking/Reigate 198; 5 Fleet & Crookham 131; 6 Holland Sports 99; 7 Hercules Wimbledon 87

July 18: Worcester Pitchcroft 10km

1 Scott Hazell (Coventry G) 32:25. **HW:** 13 Rory McMahon 35:00 (256 finishers)

July 18/19: Queensland Schools Cross Country Championships, Bald Hills, Queensland, Australia

Boys 18-19 years (8km)

1 Kieran Perkins 26:18. **HW:** 3 Jonathan Burgess 27:00

Schools 4x1500m XC Relay

Fastest lap: Jonathan Burgess 3:58 (next fastest 4:14)

July 18: Appleman Sprint Triathlon, Littleton, MA, USA

½ mile swim – 10 mile bike – 3 mile run

1 Thomas McWalters 56:35 (12:17 – 26:28 – 17:49). **HW:** 14 Medena Knespl (1st W) 64:23 (11:23 – 51:38 – 21:01) (475 finishers)

July 21: Rosenheim League Eastern Division, Match 6, Tooting Bec

Match result: 1 Belgrave H 67; 2 Herne Hill H 48; 3 Hercules Wimbledon 46; 4 Croydon H 37; 5 Serpentine RC 34; 6 Striders of Croydon 8

100: 4 Cale Edmunds 11.4. **n/s 1:** 1 Mel Mitchell 11.7. **n/s 2:** 4 Tom Sheffield 12.7; 5 Cale Edmunds 12.7. **n/s 3:** 5 Stuart White 12.7 (8th HW M40 all-time)

200 n/s 1: 2 Mel Mitchell 23.7. **n/s 2:** 6 Tom Sheffield 25.6; 8 Stuart White 27.2

400: 4 Chima Odum 57.0

800: 3 James Trapmore 2:07.6

1500: 3 James Trapmore 4:18.7

3000: 2 Liam White 8:59.1; 7 Sean Crummy 9:49.4; 11 Matthew Sharp 9:54.9; 12 Peter Lee 9:57.8; 15 Adam Sikora 10:15.4; 16 Charles Lescott (2C) 10:28.6; 19 Ian Pegler (2C) 10:41.9; 21 Ruth Clifton (1st W) 10:44.5 (11th HW W all-time); 22 Neil Guthrie 10:46.4; 23 Victor Ray 11:07.9; 25 Deborah Noel 11:41.1; 26 Anna Garnier 11:47.0; 27 Barry King 12:26.2

2000SC: 3 Geordie Logan 6:44.7 (7th HW U20 all-time); 6 Charles Lescott (2C) 7:20.0

HJ: 3 Jimmy Saruchera 1.70

LJ: 2 Cale Edmunds 6.29; 6 Kevin Burnett (2C) 2.21. **n/s:** Jimmy Saruchera 5.44

SP: 3 Chima Odum (U17) 9.84 (9th HW U20 all-time). **n/s:** Kevin Burnett (2C) 5.16

JT: 3 Boh Tjarks 42.94 (20th HW all-time). **n/s:** Kevin Burnett (2C) 15.66

4x200: 3 Hercules Wimbledon 1:41.3

Final League positions: 1 Belgrave H 35.5 (388); 2 Herne Hill H 29 (301); 3 Hercules Wimbledon 21.5 (240); 4 Croydon H 20 (244); 5 Serpentine RC 14 (179); 6 Striders of Croydon 6 (64)

Women

Match result: 1 Belgrave H 29; 2 Serpentine 25; 3 Hercules Wimbledon 9; 4 Striders of Croydon 8

1500: 5 Heather Letley 6:27.4

4x200m: 2 Hercules Wimbledon 2:13.9

Final League positions: 1 Belgrave H 32 (139.5); 2 Serpentine RC 31 (139.5); 3 Hercules Wimbledon 16 (36); 4 Herne Hill H 13 (35); 5 Striders of Croydon 11 (39); 6 Croydon H 7 (26)



Some Rosenheim action at Tooting in the 3000m and 800m as viewed by Ray O'Donoghue

July 21: Rosenheim League West, Kingston

200 n/s: 6 Stephen McDuell 28.8

400: 7 Stephen McDuell 65.8

800: 2 Stephen McDuell 2:16.5

3000: 14 Dennis Williams 13:15.6

July 22: Real Runners 5km, Nonsuch Park, Cheam

1 Matt Ashton (Aldershot F&D) 14:56. **HW:** 40 John Wasbrough 28:25 (49 finishers)

July 23: Indoor Rowing Machine Record Attempt, Putney Riverside

Tim Livingstone covered 1249m in four minutes for a British Junior record (age 14 category)

Note: previous record was 1227m



Tim Livingstone relaxes on the rowing machine and takes in the deserved plaudits from a supportive crowd after his record breaking efforts

Photo by Mark Livingstone

July 24: parkrun 4km, Richmond Park

1 Eoin O'Connell (Serpentine RC) 17:41; 2 Richard Xerri (HW) 16:43 (156 finishers)

July 24: parkrun 5km, Kingston

1 Roy Reeder (Stragglers) 18:01. **HW:** 19 Dennis Williams 22:38 (37 finishers)

July 24: parkrun 5km, Wimbledon Common

1 Russell Dessaix-Chin (Belgrave H) 15:05 (course record). **HW:** 4 Joe Toomey 17:05; 8 Spencer Felix-Otoo 18:37; 10 Adam Sikora 18:42; 19 Jeremy Purnell 19:27; 31 Deborah Noel (2nd W) 20:39 (**9th HW W all-time**); 33 Hannah Fernando (3rd W) 20:43 (**10th HW W all-time**); 36 Zoe Phillips (4th W) 20:50; 64 Elliott Laville 23:04; 113 Patrick Stone 25:47; 117 Angela Kikugawa 26:05 (**3rd HW W45 all-time**); 181 Sophie Toomey 32:40 (185 finishers)

July 24: British League 10-in-10 Cup, Kingston

3000: 2 Liam White (guest) 8:41.73

July 25: Elmbridge 10km, (inc Surrey County Road League)

1 Bruce Raeside (Notta AC) 30:20. **HW:** 32 Peter Lee 35:33; 35 Matthew Sharp 35:49; 68 Hugh Saxby (3rd M50) 38:07; 82 Ruth Clifton (2C) 38:59; 126 Neil Guthrie (2C) 40:49; 127 Frank Wood 40:51; 221 Maurice Sharp 44:31; 341 Annmarie Seymour 49:24; 353 Claire Morgan (2C) 49:50 (588 finishers)

July 25: Ebbisham Boys League, Division 2, Match 3, Walton

Match result: 1 South London H 129; 2 Hercules Wimbledon 128; 3 Walton 110; 4 Epsom & Ewell 23
U15 Boys

100 A: 1 Yakob Ysrayah 12.3. **B:** 2 Rowan Thomas 13.2

200 A: 1 Yakob Ysrayah 25.0. **B:** 1 Devonte Casely-Hayford 25.6

400 A: 1 Max Allison 62.0. **B:** 1 Devonte Casely-Hayford 63.2

80H A: 3 Charlie Williams 14.0. **B:** 1 Rowan Thomas 14.8

HJ A: 3 Yakob Ysrayah 1.45. **B:** 2 Max Allison 1.30

TJ A: 1 Charlie Williams 10.19. **B:** 2 Devonte Casely-Hayford 7.43

SP A: 3 Max Allison 8.76. **B:** 2 Yakob Ysrayah 7.86

JT A: 2 Rowan Thomas 18.14. **n/s:** Yakob Ysrayah 23.31

4x200: 1 Hercules Wimbledon 1:52.2 (M Allison, Y Ysrayah, R Thomas, D Casely-Hayford)

U13 Boys

100 A: 2 Evan Dow 14.9. **B:** 3 Alex Bond 15.3

200 A: 2 Evan Dow 31.4. **B:** 3 Jet Debney-Hamilton 37.4

300 A: 3 Elliott Laville 55.5

800 A: 2 Alex Bond 2:50.0. **B:** 2 Jet Debney-Hamilton 3:50.0

1500 A: 1 Elliott Laville 5:30.5

80H A: 3 Talal Ali-Osman 18.6

HJ A: 3 Alex Bond 1.10

LJ A: 3 Evan Dow 3.47

DT A: 2 Elliott Laville 12.19 (**15th HW U13B all-time**). **B:** 1 Talal Ali-Osman 11.92 (**16th HW U13B all-time**)

JT A: 3 Talal Ali-Osman 14.68 (**8th HW U13B all-time**). **B:** 2 Jet Debney-Hamilton 13.81 (**10th HW U13B all-time**)

4x200: 3 Hercules Wimbledon 2:16.7 (E Laville, A Bond, J Debney-Hamilton, E Dow)



After a hard day's work at Walton where the boys lost out by a mere point to Ebbisham League Champions South London Harriers, the U13 and U15 relay teams pose for the camera

Photos by Caroline Laville

July 21: Lee Valley 100m Open Sprints

100 (Round 1, Race 2): 4 David Pratt 11.01w/+4.6 (4th HW U17M all-time). (Round 2 Race 3): 4th 11.13w/+3.5

**July 21: European Veterans Championships, Nyireghaza, Hungary
M60**

5000: 19 Neil Robson (2C) 20:50:07

July 24: McCain EAP Birmingham Games, Birmingham

200: 3 Dwayne Dowding 21.75/0.0w. **In heat 3:** 1st 21.77/0.0w

July 24: 10 in 100 Cup Semi Final, Kingston

800: 3 Alex Bruce-Littlewood (2C) 1:56.2

July 26: Self Transcendence 3 x 1 mile Road Relay, Battersea Park

Teams: 1 Price of the Dayward 14:51...30 HW Big Tums 22:40 (Stuart Littlewood 6:13, Ian Isherwood 7:58, Steve Webb 8:29) - Dennis Williams 6:53

July 28: British Milers Club Gold Standard Races, Watford

1500 B: 3 Alex Bruce-Littlewood (2C) 3:49.88

3000 A: 15 Liam White 8:31.80 (4th HW U20 all-time)

July 28: Bexhill Seafront 5km, Sussex

1 Lee Emanuel (City of Sheffield) 15:29. **HW:** 133 Dennis Williams (3rd M60) 23:06; 212 Ian Isherwood 27:18 (289 finishers)

July 30: Stragglers Wedding Day 7km, Bushy Park, Teddington

1 Paul Thistle (Unattached) 22:37. **HW:** 89 Anna Garnier (2C) 29:18; 104 Zoe Phillips 29:51; 105 Steve Badgery 29:53; 122 Stephanie Robson 30:23; 158 Don Anderson (2C) 31:38; 194 Dennis Williams 32:40; 236 Claire Morgan (2C) 34:18; 353 Pete Smith 39:05 (505 finishers)

July 31: Southern Men's League, Division 1, Match 6, Tonbridge, Kent

1 Tonbridge 120; 2 Newham & Essex Beagles 113; 3 Hercules Wimbledon 109; 4 Enfield & Haringey 100; 5 Woodford Green 78

100 A: 3 Richard Agyapong 11.2. **B:** 3 Cale Edmunds 11.4

200 A: 3 Richard Agyapong 22.7. **B:** 4 David Pratt 22.9

400 A: 2 Austin Ferns 50.5. **B:** 4 Joe Toomey 58.0

800 A: 3 Andrew Penney 1:59.5 (17th HW U20M all-time). **B:** 3 Justin Kelly 2:04.1. **n/s:** Spencer Felix-Otoo 2:12.9

1500 A: 2 Andrew Penney 4:16.2. **B:** 2 Justin Kelly 4:21.5

5000 A: 3 Mike Halman 16:43.7. **B:** 2 Phil Glynn 17:14.8

3000SC A: 2 Geordie Logan 10:38.5. **B:** 2 Rory McMahon 10:54.5

110H A: 1 Austin Ferns 15.2. **B:** 3 Lance Power 20.8

400H A: 1 Austin Ferns 53.3. **B:** 2 Lance Power 65.6

HJ A: 4 Jimmy Seruchera 1.70. **B:** 3 Spencer Felix-Otoo 1.60

PV A: 4 Lance Power 2.60.

LJ A: 1 Cale Edmunds 6.79 (6th HW U20M all-time/=9th HW all-time list). **B:** 1 Jimmy Seruchera 6.01

TJ A: 1 Nnamdi Odum 13.66. **B:** 3 Jimmy Seruchera 11.85

SP A: 4 Rob Dinsdale 10.02. **B:** 4 Chima Odum 9.53

DT A: 4 Rob Dinsdale 31.45. **B:** 2 Chima Odum 29.71

HT A: 5 John Brown 22.80. **B:** 5 Boh Tjarks 21.73

JT A: 3 Boh Tjarks 40.77. **B:** 2 Chima Odum 37.15

4x100: 5 HW 48.3. **4x400:** 5 HW 4:24.8

Final League table: 1 Nene Valley H 30 (840.5); 2 Reading 29 (778); 3 Highgate H 25 (762); 4 Brighton 25 (734.5); 5 Met Police 23 (686.5) ... 15 Hercules Wimbledon 15.5 (607) (from 24 teams)

July 31: parkrun 5km, Bushy Park, Teddington

1 James Lock (Thames Turbo) 15:59. **HW:** 6 Matthew Sharp 17:07; 72 Tom Morris 20:57 (517 finishers)

July 31: parkrun 5km, Wimbledon Common

1 Andrew Mercer (HW) 17:28. **Other HW:** 26 Zoe Phillips (1st W) 20:48; 69 Rebecca Stone 24:00; 99 Patrick Stone 26:53; 128 Sophie Toomey 30:55 (139 finishers)

July 31: Lily B League, Wimbledon Park

1 Guildford & Godalming 299; 2 Bracknell 171; 3 Epsom & Ewell 127; 4 Walton 83; 5 Reigate Priory 63; 6 Hercules Wimbledon 50

U17 Women

800 A: 3 Olivia Archdeacon 2:42.1

DT A: 2 Olivia Archdeacon 24.96

U15 Girls

1500 A: 1 Emma Headley 5:23.5

LJ A: 4 Emma Headley 2.92

JT A: 3 Emma Headley 6.13

U13 Girls

100 A: 5 Mimi Lanfranchi 16.0. **B:** 5 Katy-Ann McDonald 18.0

200 A: 6 Mimi Lanfranchi 37.2. **B:** 5 Katy-Ann McDonald 33.4

800 A: 4 Katy-Ann McDonald 2:53.7. **B:** 3 Katie Headley 3:09.3

LJ A: 6 Katie Headley 2.63. **B:** 4 Mimi Lanfranchi 2.23

SP A: 2 Rebecca Dinsdale 6.31

DT A: 2 Rebecca Dinsdale 17.41 (2nd HW U13G all-time) HW record 21.48 Louisa Douglass 1993

July 31: British League, Division 1, Bromley, Kent

3000SC A: 3 Alex Bruce-Littlewood (2C) 9:10.52

July 31: British League Premier, Eton, Berks

5000 B: 4 James Trapmore (2C) 15:38.49