

HW results June 2011

June 1: Rosenheim League, Western Division, Ewell

Non-scoring events

PV: 2 Dave Orchard 2.60

TJ: 2 Dave Orchard 9.43

DT (2kg): 5 Dave Orchard 28.80 (**HW M50 record – 2kg**)

HT (4kg): 1 John Webster 34.00. (**6kg**): 1 Dave Orchard 31.27

June 1: Watford Open Meeting

1500 (race 3): 12 Liam White 8:38.01

Jun 1: Portsmouth Promenade 5km Race

1 James Baker (Chichester Runners) 15:30. **HW:** 141 Ian Isherwood 26:43 (176 finishers)

June 1: Bungay Black Dog Summer Series 10km, Race 1, Bungay, Suffolk

1 James Preston (Wymondham AC) 34:23. **HW:** 4 Andrew Davies (2C) 37:33 (112 finishers)

June 4: Southern Men's League, Division 1, Match 3, Brighton, Sussex

Match result: 1 Medway & Maidstone 143; 2 Brighton & Hove 128; 3 Highgate H 118; 4 Hercules Wimbledon 101

100 A: 4 Jonathan Osbourne 11.3. **B:** 4 Olu Oduwusi 11.6. **n/s (race 2):** 4 Devonte Caseley-Hayford 12.0.

n/s (race 3): 5 Samuel Aning 12.1

200 A: 4 Olu Oduwusi 23.3. **B:** 4 Devonte Caseley-Hayford 24.3

400 A: 1 Jonathan Osbourne 50.8. **B:** 4 Ed Saywell 57.4

800 A: 2 Liam White 2:00.9. **B:** 4 Joe Clark 2:07.1

5000 A: 4 Kieran White 16:16.4 (**HW M35 record**)

3000SC: 2 Geordie Logan 10:42.4

110H: 1 Austin Ferns 14.7. **B:** 1 Steve Davis 16.7 (**2nd HW M35 all-time**)

400H: 1 Austin Ferns 53.7. **B:** 2 Ed Saywell 63.3

HJ A: 4 Steve Davies 1.75, **B:** 2 Jimmy Saruchera 1.70

PV A: 4 Dave Orchard 2.80

LJ A: 2 Jonathan Grayson 6.20. **B:** 3 Jimmy Saruchera 5.23

TJ A: 2 Jonathan Grayson 12.57. **B:** 3 Jimmy Saruchera 11.58. **n/s:** Samuel Aning 11.00

SP A: 3 Rob Dinsdale 10.11. **B:** 3 Dave Orchard 9.12

DT A: 2 Rob Dinsdale 32.15 (**3rd HW M40 all-time/21st HW SM all-time**). **B:** 2 Dave Orchard 28.29 (**HW M50 record**)

HT A: 1 Dave Orchard 29.60 (**3rd HW M50 all-time/16th HW SM all-time**). **B:** 4 Rob Dinsdale 13.05

JT A: 4 Max Jacobs 30.63. **B:** 2 Dave Orchard 29.75

4x100: 4 Hercules Wimbledon 47.4 (D Caseley-Hayford, J Grayson, E Saywell, J Saruchera)

4x400: 2 Hercules Wimbledon 3:29.4 (S Davies – 54.2, L White – 52.1, A Ferns - 49.9, J Osbourne – 53.2)



Joe and Liam in the thick of 800m action at Brighton, plus Jonathan and Devonte showing fine sprinting form.

Also, Kieran looks relaxed heading for a HW M35 record over 5000m

Photos by Ray O'Donoghue

June 4: UK Women's League Premier, Leigh, Lancs

3000 A: 7 Amy Aronson 11:04.13

June 4: UK Women's League, Division 1, Swansea

200 A: 6 Emily Martin 26.09/+0.9

LJ A: 4 Emily Martin 5.49/+0.3

June 4: British League, Division 1, Cophall Stadium, Hendon

5000 A: 2 Chris Parr (2C) 14:49.78; 6 Alex Bruce-Littlewood (2C) 16:35.05

3000SC A: 5 Alex Bruce-Littlewood (2C) 9:30.11

June 4: parkrun 5km, Lloyd Park, Croydon, Surrey

1 David Bruney (Unattached) 19:22; 2 Andy Waites 19:25 (10th HW M50 all-time) (53 finishers)

June 4: parkrun 5km, Milton Keynes

1 Andy Murrell (Unattached) 17:10. **HW:** 7 Steve Newton 19:09 (217 finishers)

June 4: parkrun 5km, Bushy Park, Teddington

1 Basil Wallace (Herne Hill H) 16:46. **HW:** 115 Barry King 21:23 (792 finishers)

June 4: parkrun 5km, Richmond Park

1 Mark Delahunty (Ealing, Southall & Middx) 18:40. **HW:** 34 Ross Vance 21:04 (291 finishers)

June 4: parkrun 5km, Killerton, nr Exeter

1 Andrew Chambers (Bristol & West) 17:40. **HW:** 5 Stewart Bond 19:22; 16 Alex Bond 22:49 (71 finishers)

June 4: parkrun 5km, Roundshaw Downs, Croydon

1 Daniel Gillett (South London H) 17:13. **HW:** 24 Martin O'Halloran 22:19 (160 finishers)

June 4: parkrun 5km, Kingston (Ham)

1 Roy Reeder (Stragglers) 17:45. **HW:** 6 Francesca Clarke (1st W) 20:05 (**W35 course record/2nd HW W35 all-time/7th HW SW all-time**) 7 Dave Clarke 20:05 (**11th M50 all-time**) (48 finishers)

June 4: 5km parkrun, Wimbledon Common

1 Nic Gould (Thames H&H) 16:29. **HW:** 5 Andrew Davies (2C) 18:33; 25 Jeremy Purnell 19:55; 54 Maurice Sharp 21:17; 64 Charles Lawrie 21:29; 70 Rebecca Stone 21:52; 117 Adam Fenton 23:30; 135 Claire Rogers 24:35; 171 Dennis Williams 26:33; 207 Patrick Stone 28:00; 214 Sophie Toomey 28:37 (277 finishers)

June 4: Blenheim Sprint Triathlon, Blenheim Palace, Oxon**Swim 750m – Bike 20km – Run 5km**

1 Sam Wade 67:05 (9:53 – 33:55 – 19:11). **HW:** 10 Deon Coetzee (10:06 – 37:03 – 20:45); 1376 Zoe Phillips 93:46 (17:04 – 44:04 – 25:49) (4020 finishers)

June 5: Dorking 10-mile road race, Dorking, Surrey**(Inc Surrey AA Championships)**

1 Phil Wicks (Belgrave H) 49:13. **HW:** 32 David Grima 62.52; 38 Claire Grima (4th W) 63:47 (**HW SW record**); 67 Tom Cheetham 66:50; 272 Claire Morgan (2C) 80:54 (515 finishers)

Note: previous record was 64:59 by Christine Whalley in our own promotion, the Wimbledon 10 on October 5, 1983

June 5: British Masters 10,000m Championships, Horspath, Oxford**M65**

1 Peter Giles* 40:06.93

W55

1 Anna Garnier 42:32.71

***Note:** this is Peter's third British Masters' title this year, having earlier won both the 1500m and 3000m indoor titles

June 5: Cork City Marathon, Ireland

1 Sergiu Ciobanu (Clonliffe H) 2:25:34. **HW:** 63 Gerard Crispie 3:05:37 (1365 finishers)

June 5: Shropshire Olympic Distance Triathlon, Ellesmere**Swim 1500m – Bike 40km – Run 10km**

1 Darren Milne (Tri London) 1:58:28 (23:01 – 59:12 – 34:56). **HW:** 43 Peter Lee 2:09:34 (26:19 – 64:48 – 36:44) (251 finishers)

Note: Peter says that finishing as fifth M45 qualifies him for the World Championships to be held in Beijing, China in September

June 6: Self Transcendence 2miles Road Race, Battersea Park

1 Thomas Beedell (Kingston) 9:39. **HW:** 24 Tom Morris 13:03; 51 Ian Isherwood 16:56 (56 finishers)

June 6: British Milers Club Regional Races, Jarrow

1500 A: 3 Alex Robinson 3:59.0

June 7: Crystal Palace Canter, approx 3 miles, SE19

1 Neville Webb (Dulwich R) 19:37. **HW:** 3 Stuart Littlewood 21:01; 8 Dennis Williams 24:15 (12 finishers)

June 8: Veterans AC Meeting, Willesden

800: 7 Tom Morris 2:58.6

3000: 5 Tom Morris 12:16.9

June 8: Rosenheim League East, Match 3, Wimbledon Park

Match result: 1 Belgrave H 58; 2 Hercules Wimbledon 55; 3 Herne Hill H 49; 4 Croydon H 35; 5 Striders of Croydon 17; 6 Serpentine 11

100: 2 Olu Owudusi 11.5; 4 Devonte Casely-Hayford 12.5; 6 David Harris 13.3 (2nd HW M35 all-time).
(n/s 1): 3 Hamed Agboke 11.7. (n/s 2): 2 David Lankes 11.7; 3 Samuel Aning 12.1; 4 Alastair Donkor 13.0

200: 3 Olu Owudusi 23.3. (n/s 2): 1 David Lankes 24.2; 2 Devonte Casely-Hayford 25.1; 4 Mark Giraud 25.6 (HW M35 record); 5 Samuel Aning 25.8. (n/s 3): 2 Justin Smith 24.8

400: 3 Justin Smith 54.5. (n/s 1): 2 Hamed Agboke 54.0; 6 Stuart White 61.8. (n/s 2): 4 David Harris 63.2 (2nd HW M35 all-time)

800: 2 Tim Livingstone 2:03.1 (13th HW U17M all-time); 5 Stephen McDuell 2:10.7; 8 Emma Headley 2:29.8; 9 11 Angela Kikugawa 3:33.1

1500: 4 Joe Clark 4:26.5; 5 Ben Palmer 4:31.3; 6 Cassian Hyde 4:31.8 (14th HW U15B all-time); 7 James Evans 4:53.2; 8 Peter Lee 4:58.2; 9 Ross Vance U15) 4:59.6; 11 Ruth Clifton 5:05.4; 19 Heather Letley 6:17.6

3000: 3 James Davis 9:12.3; 8 David Grima 9:43.7; 10 Sean Crummy 10:02.2; 12 Peter Lee 10:15.9; 13 Andrew Davies (2C) 10:18.2; 14 Hugh Saxby 10:21.0; 15 Ben Palmer 10:24.5; 16 Claire Grima 10:28.0 (9th HW SW all-time); 17 Ruth Clifton 10:48.5; 18 Victor Ray 11:05.7; 21 Charles Hampden-Smith 11:41.4

110H: 2 Steve Davies 16.8

HJ: 1 Stephen Davies 1.80 (HW M35 record)

TJ: 2 Jimmy Saruchera 11.80; n/s: Samuel Aning 10.14

DT (2kg): 3 Rob Dinsdale 31.00; 5 Kevin Burnett (2C) 13.95; n/s: Dave Orchard 29.05 (M55 record – 2kg); Chima Odum 27.91 (6th U20M all-time)

HT (7.26kg): 3 Dave Orchard 26.06; 5 Kevin Burnett (2C) 12.99. n/s: Stephen Davies 20.93; Chima Odum 17.70 (10th U20M all-time)

4x200: 2 Hercules Wimbledon 1:38.3

Positions after three matches: 1 Herne Hill H 16 (160); 2 Belgrave H 15 (160); 3 Croydon H 12 (128); 4 Hercules Wimbledon 8 (102); 5 Striders of Croydon 6 (66); 6 Serpentine 6 (65)

Women

Match result: 1 Belgrave H 27; eq2 Hercules Wimbledon/Serpentine 15; 4 Croydon H 11; 5 Herne Hill H

400: 4 Ruth Clifton 70.0

1500 (extracted from men's race) 1 Ruth Clifton 5:05.4; 5 Heather Letley 6:17.6

DT (1kg): 2 Rachael Dinsdale 20.00

Positions after three matches: 1 Serpentine 16.5 (62); 2 Belgrave H 14 (56); 3 Croydon H 11 (33); 4 Hercules Wimbledon 6.5 (21); 5 Striders of Croydon 5 (15); 6 Herne Hill H 5 (12)

June 10: Crooklog Handicap 5km, Bexleyheath, Kent

Fastest:

1 Michael Clark (Aquila) 19:55. **HW:** 4 Stuart Littlewood 21:45 (17 finisher)

June 11: Surrey Schools Championships, Kingsmeadow Stadium, Kingston

Senior Boys (U20)

SP (6kg): 2 Andrew Clarke 10.10 (10th U20M all-time)

Inter Boys (U17)

100: 2 Max Mondelli 11.84/-1.7w **Heat 2:** 1 Max Mondelli 11.86/-2.4

1500: 3 Tim Livingstone 4:17.94 (11th U17M all-time)

1500SC: 3 James Evans 5:12.1; 4 Ben Palmer 5:30.2

HJ: 3 Alessio Martello 1.75 (=12th U17M all-time)

TJ: 9 Samuel Aning 10.68

Junior Boys (U15)

100: 7 Rehmial Miller 13.8. **In heat 2:** 2 Rehmial Miller 12.58/-1.6

1500: 6 Cassian Hyde 4:33.1

Junior Girls (U15)

1500: 3 Emma Headley 4:58.9



James Evans splashing all over in the Surrey School's Steeplechase

Photo by Dave Orchard

June 11: London Schools Championships, Battersea Park

Inter Boys (U17)

JT: 4 Max Jacobs 33.35

Junior Boys (U15)

80H: 1 Adam Magni 11.5* (HW U15B record). **In heat 1:** 1 Adam Magni 11.7

800: 2 Thomas Bracegirdle 2:18.3

SP: 1 Adam Magni 13.54 (3rd HW U15B all-time); 4 Omar Malik 11.26

JT: 2 Omar Malik 34.75

*: previous record: 11.7 Megarry Effiong 1974/Kenneth Frempong 1998

June 11: British Milers Club Grand Prix, Watford, Herts

1500 (race c): 3 Chris Parr (2C) 3:48.26; 11 Alex Bruce-Littlewood (2C) 3:51.50; 15 Liam White 3:52.40

June 11: parkrun 5km, Wimbledon Common

1 Knut Hegvold (Belgrave H) 17:24. **HW:** 4 Claire Grima 18:28 (1st W); 15 James Wallace (2C) 19:44; 21 Jeremy Purnell 20:03; 26 Charles Hampden-Smith 20:22; 34 James Sharpe 20:51; 40 Charles Lawrie 21:11; 42 Maurice Sharp 21:17; 44 David Harris 21:19; 47 Hannah Fernando (2nd W) 21:22; 61 Rebecca Stone 21:46; Adam Fenton 21:49; 65 David Grima 22:03; 173 Patrick Stone 28:24; 226 Clare Lyons-Collins 31:12 (245 finishers)

June 11: parkrun 5km, Bushy Park, Teddington

1 Andrew Wiles (New Marske H) 15:07. **HW:** 105 Barry King 21:15 (782 finishers)

June 11: parkrun 5km, Richmond Park

1 Lucy McAllister (Thames H&H) 17:15. **HW:** 26 Stephen McDuell 20:08 (250 finishers)

June 11: Self Transcendence 10km, Battersea Park

1 Fernando Del Valle (Serpentine) 33:25. **HW:** 37 Frank Wood 39:59 (204 finishers)

June 11: Broad Town 5miles Road Race, nr Swindon

1 Simon Nott (unattached) 26:25. 96 Dennis Williams 39:00; 165 Ian Isherwood 44:56 (208 finishers)

June 12: NCBS Epsom 10km Road Race

1 Kevin Quinn (Aldershot, F&D) 31:25. **HW:** 33 Tom Cheetham 40:35; 93 Claire Morgan (2C) 48:36 (205 finishers)

June 13: Self Transcendence 5km Road Race, Battersea Park

1 Nick Shasha (Torg Fitness) 15:52. **HW:** 15 Stuart Fraser 17:06; 56 Tom Morris 21:01 (136 finishers)

June 13: SCVAC Veterans League, Match 3, Croydon Arena

Match result: 1 Epsom & Ewell H 166; 2 Croydon H 136; 3 Kingston & Poly 117; 4 Striders of Croydon 116; 5 Hercules Wimbledon 107; 6 Dorking & Mole Valley 55

M35

400: 3 Stephen McDuell 66.0

1500: 1 Stephen McDuell 4:42.9

5000: 5 Stuart Littlewood 21:01.5

Medley Relay (200/200/400/800): 2 Hercules Wimbledon 4:17.4 (Mark Giraud, H Saxby, D Orchard, S McDuell)

M40

100: 3 Stephen McDuell 13.5

400: 2 Stewart Bond 65.8

1500: 2 Stewart Bond 4:50.2

5000: 4 Stewart Bond 18:59.3

DT: 1 Rob Dinsdale 30.17

LJ: 5 Stephen McDuell 3.34

M50

100: 4 Dave Orchard 13.9 (7th HW M50 all-time)

5000: 1 Hugh Saxby 17:48.8 (10th HW M50 all-time)

LJ: 4 Dave Orchard 4.47 (7th HW M50 all-time)

DT: 2 Dave Orchard 30.57; 6 Kevin Burnett (2C) 15.43

HT: 2 Dave Orchard 29.35

M60

5000: 4 Dennis Williams 23:29.1 (2nd HW M65 all-time)

LJ: 3 Kevin Burnett (2C) 2.03

HT: 4 Kevin Burnett (2C) 16.11

Positions after three matches: 1 Epsom & Ewell H 24 (449); 2 Croydon H 19 (371); 3 Kingston & Poly 18 (347); 4 Hercules Wimbledon 15 (326); 5 Striders of Croydon 13 (301); 6 Dorking & Mole Valley 10 (165)

June 14: Veterans AC 5-mile Road Championships, Battersea Park

1 Josh Painter (Brighton & Hove) 27:59. **HW:** 8 Tom Morris 35:02; 15 Dennis Williams (1st M65) 42:09 (22 finishers)

June 15: British Milers Club Gold Standard Meeting, Watford, Herts

800 (A race): 8 Chris Parr (2C) 1:51.53

June 15: Blackheath & Bromley AC Parris Handicap, approx 3 miles.Hayes, Kent

Fastest: 1 Matt Hammonds 17:49. **HW:** 18 Stuart Littlewood 21:20 (39 finishers)

June 15: Thames H&H Summer Handicap, 5-miles XC, Wimbledon Common

1 John Skillbeck 15:22.58; 2 Richard Weston (HW-2C) 13:23.29, **Other HW:** 7 Anna Garnier (2C) 15:25.43; 8 Vicki Filsell (2C) 15:25.50

Fastest: 1 Nic Gould 27:38. **HW:** 5 Vicki Filsell (1st W) 34:50; 6 Anna Garnier (2nd W) 34:58; 18 Richard Weston 53:29

June 15: South London Network Super 8 Competition, Croydon Arena**U15 Boys**

100: Osie Akoto 12.8; Soban Inayat 13.0

1500: Alex Bisnouth 5:25.0

HJ: Soban Inayat 1.55

Note: Soban was 2nd overall U15 boy with 150 points just 5 points behind the leading score

U13 Boys

100: Alex Bond 15.4

U15 Girls

300: Emma Headley 47.7; Rebecca Dinsdale 57.8

LJ: Emma Headley 3.80

SP: Rebecca Dinsdale 7.46

U15 Teams (Boys/Girls combined): 1 South London H 1341; 2 Hercules Wimbledon 555; 3 Croydon H 449

U13 Teams (Boys/Girls combined): 1 South London H 912; 3 Herne Hill H 537; 3 South London H 514 ... 6 Hercules Wimbledon 102

Overall positions after two matches with final fixture at Sutton due on July 13:

U15: 1 Herne Hill H 1651; 2 South London H 1438; 3 Hercules Wimbledon 1436

U13: 1 Herne Hill H 1764; 2 Belgrave H 1295; 3 South London H 912 ... 6 Hercules Wimbledon 335

June 15: English Schools Cup, South East Schools Regional Final. Cophall Stadium. Hendon**U15 Boys**

100: 14 Omar Malik 12.7

JT (700g): 6 Omar Malik 32.76

June 17: 10km Road Race, Eysines, nr Bordeaux, France

HW: Anastasia Hancock 46:50; Carmelina Hancock (1st W60) 64:40

June 18: Herne Hill H Open Meeting, Tooting Bec

100 (race 6): 2 Justin Smith 11.80/+3.0w; 6 Mark Baker 12.52/+3.0w, **(race 10):** 1 David Harris 13.60/-1.7w

400 (race 1): 3 John Osbourne 50.62. **(race 4):** 3 Stuart White 62.20 (13th HW M40 all-time)

June 18: parkrun 5km, Bushy Park, Teddington

1 Mike Trees (Belgrave H) 16:07. **HW:** 97 Barry King 21:17 (702 finishers)

June 18: parkrun 5km, Wimbledon Common

1 Torran Elson (Unattached) 17:11. **HW:** 12 Peter Collins 19:20 (12th HW M40 all-time) ; 13 Stewart Bond 19:23; 26 Jeremy Purnell 20:14; 33 Charles Hampden-Smith 20:35; 47 Hannah Fernando (3rd W) 21:24; 56 Rebecca Stone 21:51; 74 Alison Purnell 22:42; 80 Charles Lawrie 23:06; 100 Claire Rogers 23:56; 109 Dennis Williams 24:14; 166 Patrick Stone 28:29; 192 Sophie Toomey 29:39; 207 Alex Bond 30:57 (241 finishers)

June 18: parkrun 5km, Richmond Park

1 James Murdoch (Thames Valley H) 16:11. **HW:** 14 Stephen McDuell 19:35 (253 finishers)

June 18: Timberhonger 10km, Bromsgrove, Worcs

1 Rory McMahon (HW) 34:59; 2 Richard O'Sullivan (Midland Masters) 35:47 (439 finishers)

June 18 (a)/19 (b): South of England Championships, Ashford, Kent

U20 Men

200 (heat 4) (b): 8 Richard Agyapong 23.48/9.9w

800 (heat 3) (a): 4 Liam White 1:58.38

Senior Women

100 (heat 1) (a): 5 Emily Martin 12.82/-3.2w

LJ (b): 8 Emily Martin 5.57/-+1.7w

June 18: South East Schools Inter Counties, Erith, Kent

Inter Boys (U17)

1500 B: 1 Tim Livingstone 4:17.0 (11th HW U17M all-time)

Junior Girls (U15)

1500 A: 4 Emma Headley 4:58.2

June 18: Pat Griskus Olympic Distance Triathlon, Middlebury, CT, USA

Swim approx half mile – Bike 25 mile – Run 6.2 miles

1 Christopher Thomas 1:46:09 (11:10 - 58:58 – 35:45). **HW:** 78 Medena Knespl (1st W20-24) 2:08:06 (10:51 – 1:15:01 – 40:43)

Note: Medena was 2nd fastest swim and 3rd fastest run of the women competitors but losing her bike chain didn't help in that discipline but she now qualifies for the National Age Group finals in August..

June 19: Ranelagh H Richmond 10km road, inc. Surrey Championships, Ham

1 Nicholas Torry (Serpentine) 31:02. **HW:** 51 Deon Coetzee 35:36 (3rd HW M35 all-time); 63 David Grima 36:16; 67 Peter Lee 36:25; 87 Claire Grima (3rd W) 37:23 (HW SW record); 137 Stewart Bond 39:47; 145 Stephen McDuell 40:05; 240 Masumi Dobson 43:18 (16th HW SW & 3rd HW W40 all-time); 249 Adam Fenton 43:37; 386 Claire Morgan (2C) 49:03; 404 Monika Crouse 49:53 (581 finishers)

*Record was 37:40 set by Estle Viljoen at Chessington in August 1998

Note: Claire now has almost the complete set of HW women's road record with only the not often run 5-mile distance to add to her 5km, 10km, 10-miles, half-marathon and the marathon marks.



Deon, Peter and David: first three home for HW at Richmond photo by Richard Xerri

June 19: Thames Turbo Junior Aquathlon, Lady Eleanor Hollies School, Hampton, Middlesex
Boys Tri star 2 – Swim 250m – Run 2000m

1 Nicholas Cowley-Andrea 12:04 (3:58 – 8:06) **HW:** 18 Nathaniel Purnell 14:07 (4:26 – 9:41)

Boys Tri star 1 – Swim 150m – Run 1500m

1 Zak Wort 9:09 (3:00 – 6:09). **HW:** 22 Zachary Purnell 11:03 (3:26 – 7:37)

June 19: Le Marathon de la Liberte, Caen, Normandy, France

1 Desta Morkama (Ethiopia) 2:15:34. **HW:** 131 Thomas Cheetham (1st Briton) 3:19:17 (842 finishers)

June 19: British Masters 5km Road Championships, Horwich, nr Bolton, Lancs

1 Stephen Crowe (Ellesmere Port) 15:48. **HW:** 85 Neil Robson (2C) 20:30; 86 Steph Robson 20:30 (3rd **HW W35 & 13th SW all-time**) (101 finishers)

June 20: SCVAC Veterans League, Match 4, Kingsmeadow, Kingston

Match result: 1 Epsom & Ewell H 151; 2 Kingston & Polytechnic 132; 3 Croydon H 114; 4 Hercules Wimbledon 101; 5 Striders of Croydon 92; 6 Dorking Mole Valley 64

M35

200: 1 Mark Giraud 25.0 (**HW M35 record**)

800: 1 Stewart Bond 2:26.6

5000: 2 Steve Newton 18:45.2

DT: 2 Rob Dinsdale 29.19

4x200: 2 Hercules Wimbledon 1:52.5

M40

200: 2 Stuart White 26.5 (9th **HW M40 all-time**)

800: 1 Stephen McDuell 2:10.9

5000: 1 Stuart Fraser 17:26.8

TJ: 3 Stewart Bond 8.76 (10th **HW M40 all-time**)

JT: 5 Stewart Bond 12.73

M50

200: 5 Jim Wallace 31.8 (9th **HW M50 all-time**)

800: 2 Jim Wallace 2:33.0

5000: 5 Dennis Williams 22:25.1 (2nd **HW M65 all-time**)

DT: 1 Dave Orchard 29.50

JT: 4 Kevin Burnett (2C) 15.04

M60

DT: 4 Kevin Burnett (2C) 16.98

Final League positions: 1 Epsom & Ewell H 32 (600); 2 Croydon H 25 (485); 3 Kingston & Polytechnic 25 (479); 4 Hercules Wimbledon 20 (427); 5 Striders of Croydon 17 (393); 6 Dorking Mole Valley 13 (229)

Women

W35

SP: 3 Rachael Dinsdale 7.41

DT: 2 Rachael Dinsdale 17.41

Full results here: <http://herculeswimbledonac.org.uk/results.htm#20/06>

June 22: Rosenheim League, Eastern Division, Match 4, Battersea Parl

Match result: 1 Herne Hill H 62; 2 Belgrave H 59; 3 Hercules Wimbledon 48; Croydon H 27; 5 Serpentine 25; Striders of Croydon 12

100 (+0.4): 3 Richard Agyapong 11.48. **n/s 1 (+0.9):** 3 Devonte Casely-Hayford 12.33; 4 Samuel Aning 12.41 5 Jamey Recknell 12.80; 6 Alastair Donkor 13.30. **n/s 2 (+0.3):** 2 Joseph Chukwuadinula 11.47. **n/s 3 (+0.4):** 2 Oludotun Oluwusi 11.59; 3 Justin Smith 12.27; 4 Mark Baker 12.31. **n/s 4 (0.6):** 6 David Harris 13.29

200 (+1.2): 2 Richard Agyapong 23.06. **n/s 1 (+0.8):** 2 Joseph Chukwuadinula 23.83. **n/s 2 (+1.1):** 4 Oludotun Oluwusi 23.52. **n/s 3 (nwr):** 5 Devonte Casely-Hayford 25.13

400: 3 Justin Smith 54.95. **n/s 2:** 5 David Harris 62.50

800: 5 Tim Livingstone 2:03.47

1500: 5 Tim Livingstone 4:28.04. **n/s:** 3 Ian Pegler 4:49.88

3000: 3 James Davis 9:09.48; 15 Ruth Clifton 10:53.20

400H: 1 Austin Ferns 54.74

4x200: 3 Hercules Wimbledon 1:39.89

TJ: 3 Chima Odum 11.46. **n/s:** Samuel Aning 10.80

SP (7.26kg): 2 Chima Odum 10.16; 6 Kevin Burnett (2C) 4.98, **n/s (5kg):** Jamey Recknall 8.11

JT: (800g): 3 Chima Odum 32.48 (**16th HW U20M all-time**); 6 Kevin Burnett (2C) 13.15

Positions after four matches: 1 Herne Hill H 22 (221); 2 Belgrave H 20 (219); 3 Croydon H 15 (155); 4 Hercules Wimbledon 12 (150); 5 Serpentine 8 (91); 6 Striders of Croydon 7 (77)

June 22: Independent Schools Association (ISA) National Championships, Birmingham

U15 Boys

80H: 1 Adam Magni 11.6 (ISA national record)

SP: 1 Adam Magni 12.89

June 23: Thames Turbo Aquathlon, Hampton, Middx

Run 5km – Swim 426m

1 Paul Smoothy (Thames Turbo) 24:23 (18:25 – 5:58). **HW:** 20 Stephanie Robson 28:39 (19:50 – 8:49) (70 finishers)

June 24: Serpentine Last Friday of the Month 5km, Hyde Park

1 Tim Alexander (Team Tamsel) 16:27. **HW** 6 Stuart Fraser 17:19; 101 George Philpot 21:18 (224 finishers)

June 25: parkrun 5km, Wimbledon Common

1 John Ferguson (East Kilbride) 17:29. **HW:** 9 James Wallace (2C) 20:00; 11 Jeremy Purnell 20:21; 13 Charles Hampden-Smith 20:41; 25 Maurice Sharp 21:18; 70 Claire Rogers 23:28; 80 Monika Crouse 23:56; 192 Richard Weston (2C) 30:53 (219 finishers)

June 25: parkrun 5km, Richmond Park

1 Dan Higgins (Highgate H) 17:23. **HW:** 29 Stephen McDuell 20:46 (247 finishers)

June 25: parkrun 5km, Bushy Park, Teddington

1 James Murdoch (Thames Valley H) 16:14. **HW:** 8 Peter Lee 17:54 (623 finishers)

June 25: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 James Trapmore (HW-2C) 17:23 (102 finishers)

June 25: parkrun 5km, Banstead Woods, nr Coulsdon, Surrey

1 Ollie Garrod (Epsom & Ewell H) 18:01. **HW:** 92 Rowena Hornshaw 25:52 (172 finishers)

June 25: parkrun 5km, Cardiff

1 Jonathan Phillips (Unattached 16:36. **HW:** 48 Gerard Crispie (2C) 19:48 (271 finishers)

June 25: English Schools SE region, Combined Events Championships, Winchester

U15 Boys

Pentathlon: 15 Adam Magni 2081points (**80H:** 11.7/-0.9. **SP:** 13.42. **LJ:** 4.91/-2.0. **HJ:** 1.39. **800:** dnf)

Leading after 'winning' the first three events, Adam was 4th after his high jump and then disaster struck in the final event, the 800m. Leading the race at the bell, Adam was then tripped and caught his foot in the kerb and fell badly: leaving him to drop out of the race. Thankfully there were no lasting effects,

June 25 (a)/June 26 (b): England Athletics U20/U23 Championships, Bedford

U23 Men

5000 (a): 13 Alex Robinson 15:43.48

3000SC (a): 7 Alex Bruce-Littlewood (2C) 9:30.84

U20 Men

200 (b) heat 7: 7 Kyran Mitchell-Nanton 23.13/-1.7w

1500 (a) heat 2: 12 Liam White 4:06.91

June 25/26: British Masters Championships, Birmingham

M65

800: 6 Peter Giles 2:53.10

1500: 1 Peter Giles 5:40.37

5000: 2 Peter Giles 19:46.20

W55

800: 1 Anna Garnier 2:38.12 (HW W55 record)

1500: 2 Anna Garnier 5:22.85 (HW W55 record)

5000: 2 Anna Garnier 20:04.56 (HW W55 record)

June 26: Stone St Michael's 10km, Stone, Staffs

1 Ben Gamble (Tipton H) 32:37; 2 Rory McMahon (HW) 34:54 (436 finishers)

From a report in the local media:

There was an amazing sprint finish for second place, with Rory McMahon pipping Paul Gibbins of Trentham Running Club by just one second.

About 500 runners made the starting line at 10am as temperatures hit 22C. The heat saw around 60 runners failing to finish.

June 26: Ebbisham Boy's League, Division 2, Match 2, Walton

Match result: 1 Kingston & Poly 140; 2 Walton 125; 3 Dorking/Reigate/Holland S 124; 4 Hercules Wimbledon 76

U15 Boys

100 A: 1 Soban Inayat 12.8. **B:** 2 Alistair Donkor 13.1

200 A: 3 Alastair Donkor 27.6

400 A: 2 Soban Inayat 58.9

800 A: 2 Thomas Bracegirdle 2:20.0

LJ A: 2 Soban Inayat 4.79. **B:** 1 Thomas Bracegirdle 4.69

TJ A: 1 Thomas Bracegirdle 9.80

SP A: 1 Alastair Donkor 9.34

4x200: 2 Hercules Wimbledon 1:56.0

U13 Boys

100: 4 Joe Lorenzo 15.0

200: 2 Joe Lorenzo 30.8

300: 3 Zac Purnell 6.36

800: 4 Zac Purnell 3:13.1

LJ: 3 Joe Lorenzo 3.89

JT: 3 Zac Purnell 63.6

U11 Boys n/s

75: 2 Zac Purnell 12.8

150: 4 Zac Purnell 25.2

League positions after two matches: 1 Walton 10 (187); 2 Kingston & Poly 9 (156); 3 Hercules Wimbledon 9 (148); 4 Dorking/Reigate/Holland S 8 (159)

June 27: Self Transcendence, 2 miles Road, Battersea Park

1 Dan Monroe (Atlanta Track Club) 10.15. **HW:** 35 Tom Morris 13:27; 42 Dennis Williams 14:24; 57 Ian Isherwood 16:48 (66 finishers)

June 30: Ravens 'Ron Wheeler' 5km Road, Spirit Quay, Wapping

1 Chris Beecham (Highgate H): **HW:** 4 Stuart Fraser 17:20; 25 Dennis Williams 22:51

June 30: Reebok Manchester Sizzlers, Wythenshawe Park, Manchester

1 Owen Greene (Trafford AC) 15:23. **HW:** 99 Gerard Crispie (2C) 19:44 (330 finishers)



Some HW action from the Ebbisham Boy's League at Walton
Thanks to Soban Inayat for the photos