

HW results March 2010

March 2: Crystal Palace Canter, approx 3 miles, SE19

1 Sidney Delara (Southampton RC) 18:33. **HW:** 8 Dennis Williams 22:14; 10 Stuart Littlewood 22:59; 14 Kevin Burnett 30:49

March 3: London Colleges League, Uxbridge

Women (2 miles)

1 Emily Moss (Royal Holloway) 11:48. **HW:** 9 Tamsin Cargill (Imperial Coll) 13:55 (29 finishers)

March 3: Inter Schools Cross Country Match, 3.5 miles approx, Wimbledon Common

1 Taylor (St Pauls School) 18:37; 2 Joe Clark (Wimbledon Coll/HW) (48 finishers)

Note: Joe led home his team to victory

March 3: London Schools Cross Country Championships, Avery Hill Park, Eltham

Boys (Year 8): 1 Merhawi Yemanda (Lambeth) 9:43. **HW:** 12 Thomas Bracegirdle (Wandsworth) 11:30 (75 finishers)

Girls (Year 7): 1 Eve Goodhart (Hammersmith & Fulham) 11:26. **HW:** 59 Emily Dobson (Kensington & Chelsea) 14:43 (105 finishers)

March 6: Surrey County AA Indoor Championships, Sutton Arena, Carshalton

U20 Men

60 (heat 2): 4 Richard Agyapong 7.40

Senior Women

60: 2 Emily Martin 7.74 (**Heat 1:** 1st 7.81)

U15 Girls

60: 4 Eleanor Smith-Hahn (2C) 8.35 (**Heat 2:** 2nd 8.39. **S/F:** 2nd 8.4)

March 6: Ranelagh H Inter Club 3.87 miles. Richmond Park, Petersham

1 Richard Xerri (HW) 22:26; 2 Richard Tomlinson (Ealing, Southall & Middx) 22:31; 3 Matthew Sharp (HW) 22:35. **Other HW:** 7 Rory McMahon 23:04; 8 Joe Clark 23:05; 12 Hugh Saxby 23:25; 13 Andrew Davies* 23:58; 16 David Grima* 24:44; 25 Augustin Mallon 27:13; 37 Craig Howard 31:38; 39 Agnieszka Mizerek 31:33; 41 Claire Grima 31:55; 44 Colin Bricher 34:21; 46 Kevin Burnett 44:10 (* both competed over 5km earlier in the day)

TEAM (10-to-score): 1 Hercules Wimbledon 98; 2 Ranelagh H 112

TEAM (6-to-score): 1 Hercules Wimbledon 40; 2 Ranelagh H 63; 3 Ealing, Southall & Middx 68

Full results: <http://www.ranelagh-harriers.com/results/100306.html>

March 6: parkrun 5km, Bushy Park, Teddington

1 Michael Skinner (Blackheath & Bromley) 14:46. **HW:** 157 Barry King 22:32 (567 finishers)

March 6: Blackheath & Bromley v South London H 7.5 miles Mob Match, West Wickham

1 Alex Bruce-Littlewood (HW-2C) 45:49; 2 Andy Collins (South London H) 49:15 (70 finishers)

The above race incorporated the B&B club 7.5 miles championship and gives Alex a clean sweep of club cross-country championships this season, with the junior 5 miles, and the senior titles at 5 miles, 10k and now 7.5 miles.

March 6: Shakespeare Raceway 10km Road, Stratford on Avon

1 Emerson Combstock (Coventry Godiva H) 33:57. **HW:** 126 Georgina Stubbs 49:30 (339 finishers)

March 6: parkrun 5km, Wimbledon Common

1 Martin Holm (Norway) 16:30. **HW:** 5 Andrew Davies (2C) 18:21; 7 David Grima 18:43; 14 Jeremy Purnell 20:12 (9th HW M45 all-time); 24 Zoe Phillips (2nd W) 21:02; 26 Charles Lawrie 21:04; 47 Elliott Laville 22:43; 61 Alison Purnell (HW debut) 23:27 (HW W45 record); 66 Adam Fenton (2C) 23:54; 68 Rebecca Stone 23:58; 75 Patrick Stone 25:06; 77 Dennis Williams 25:20; 97 Freya Popham 27:05; 106 Nathaniel Purnell 28:26; 129 Sophie Toomey 33:00 (139 finishers)

March 6: Self Transcendence 10 miles, Battersea Park

1 Kevin Quinn (Aldershot, Farnham & D) 50:52. **HW:** 3 Phil Glynn 58:22 (HW 2010 leader); 25 Frank Wood 66:04 (10th HW M45 a-t) (147 finishers)

March 7: Thanet 20 mile Road, Margate, Kent

1 Julian Rendall (Tonbridge AC) 1:54:38. **HW:** 249 Claire Morgan (2C) 2:59:49 (427 finishers)

March 7: Bath Half Marathon, Somerset

1 Ezekiel Cherop (Kenya/Birchfield H) 63:03. **HW:** 110 Peter Lee 79:28; 921 Hannah Fernando 94:14 (8th HW SW a-t) (10,858 finishers)

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March 7: Mornington Chasers Winter Series 10km, Regents Park

1 Chris Daniels (Thames H&H) 34:47. **HW:** 34 Tom Morris 42:22; 97 Tomo Kikugawa 48:35 (214 finishers)

March 7: Windsor, Slough, Eton & Hounslow Indoor Winter Series

60 (round 1 race7): 5 Mark Baker 7.84. **(round 2 race 8):** 4 Mark Baker 7.88

March 7: Leith Hill Half Marathon, Multi Terrain, Box Hill, nr Dorking, Surrey

1 Fernando Del Valle (Coventry Godiva H) 82:24. **HW:** 29 Stewart Bond 1:40:28 (253 finishers)

March 7: MABAC Cross Country League, 5 miles, Richmond Park

1 Dave Cairnie (Runnymede R) 29:49. **HW:** 3 John Querstret (2C) 30:38 (130 finishers)

March 7: City of Salisbury 10 miles Road, Hants

1 Toby Lambert (Winchester & District) 49:37. **HW:** 5 Kieran White 54:07 (2010 HW leader) (647 finishers)

March 7: London Heathside 5-mile road, Finsbury Park

1 Paskar Owor (Belgrave H) 25:45. **HW:** 95 Dennis Williams 40:05 (351 finishers)

March 7: Inter University Indoors, Cardiff

1500 (race 1): 5 Andrew Penney 4:06.91

March 10: Chichester Corporate Challenge, approx 4.5km road, Sussex

1 James Ellis (Newham & Essex Beagles) 13:10. **HW:** 83 Martin Miller 17:55

March 10: Bridges 2.3 miles Road Handicap, Westminster Bridge

Fastest: 1 Dave Brock (Orion H) 14:09; 2 Barry White (HW-2C) 14:15. **Other HW:** 11 Tom Morris 15:39; 19 Dennis Williams 18:02 (25 finishers)

March 10: Teddy Hall Road Relays, Oxford

Men (3.6 miles)

Fastest: 1 Ian Kimpton (Oxford Un) 17:32. **HW:** 11 Kieran White (RAF) 18:16; 20 Andrew Penney (Bristol Un) 18:35 (413 finishers)

Women (3.6 miles)

Fastest: 1 Imogen Ainsworth (Bristol Un) 19:31. **HW:** 38 Tamsin Cargill 27:47 (134 finishers)

March 13: Inter Counties Cross Country Championships, Cofton Park, Birmingham

Senior Men (12km): 1 Mo Farah (Newham & EB) 34:41. **HW:** 47 Alex Bruce-Littlewood (Kent – 2C) 37:39; 171 Adam Przedzimirski (Surrey) 40:43 (285 finishers)

U20 Men (8km): 1 Richard Goodman (Shaftesbury Barnet/Middx) 25:04. **HW:** 45 Alex Robinson (Surrey) 27:21 (192 finishers)

U17 Men (6km): 1 Ross Matheson (Lasswade) 18:33. **HW:** 10 Liam White (Surrey) 19:18 (261 finishers)

U13 Boys (3km): 1 Tom Holden (South London H/Surrey) 10:22. **HW:** 51 Cassian Hyde (Surrey) 11:08 (295 finishers)

Note: Alex Robinson and Liam White both collected a Gold team medals while Alex Bruce-Littlewood collected team Bronze for Kent

Also a great day for Surrey County with five team titles



Adam, Alex and Liam in post race mode



Cassian concentrates in holding on to his vest



Liam mixing it with the leaders

Photos from Cofton Park by Richard Xerri



A relaxed looking Adam makes his Surrey debut

March 13: East Surrey League Road Relays, Boxhill, nr Dorking

Seniors (4x2.1 miles): 1 Reigate Priory 45:14 ... 6 Hercules Wimbledon 53:34 (Joe Clark 11:31; Tony Austin 16:25; Matthew Sharp 11:40; Zoe Phillips 13:04) ... Hercules Wimbledon 'B' (incomplete): Dennis Williams 15:39

HW 2C: Barry White 12:31; Kevin Burnett 20.24

Positions after three fixtures: 1 Epsom & Ewell H 27; =2 Croydon/Herne Hill H 26 ... 5 Hercules Wimbledon 20

March 13: parkrun 5km, Bushy Park, Teddington

1 Ross Franks (St Mary's Richmond) 15:57. **HW:** 288 Dennis Williams 24:45 (581 finishers)

March 13: parkrun 5km, Wimbledon Common

1 Bryn Reynolds (Herts Phoenix AC) 17:05. **HW:** 5 Andrew Davies (2C) 18:13; 6 David Grima 18:15; 10 Ed Saywell 18:31; 11 Joe Toomey 18:31; 16 Geordie Logan 18:46; 25 Jeremy Purnell 19:46 (8th **HW M45 a-t**); 31 Ben Palmer 20:08; 33 Spencer Felix-Otoo 20:18; 47 Charles Lawrie 21:02; 58 Mark Bohan 21:44; 61 Elliott Laville 21:55; 65 Michaela Knespl 22:10; 67 Adam Fenton (2C) 22:14; 73 Bradlee Mulroe 22:35; 86 Rebecca Stone 23:09; 91 Fenella Willis 23:35; 113 Louis Laville 25:02; 123 Carl Reed 25:33; 141 Freya Popham 26:17; 143 Alison Purnell 26:22; 147 Hannah Russell 26:38; 148 Josie Clough 26:40; 149 Nathaniel Purnell 26:42; 171 Imogen Willis 27:37; 175 Niamh Wilson 28:09; 184 Richard Weston (2C) 30:24; 191 Sophie Toomey 32:15 (202 finishers)

Note: the above also incorporated the Merton Mini Marathon Trials showing Ed Saywell (1st), Joe Toomey (2nd) and Geordie Logan (4th) with Michaela Knespl and Rebecca Stone proving first and second respective Merton girls home.

With this input from the Merton qualified runners, no less than 27 HW athletes competed today.



Ed, Geordie and Joe leading the way in the Merton Mini Marathon Trials

Photo by Ray O'Donoghue

March 13: parkrun 5km, Richmond Park

1 Adam Vandenberg (HW) 16:54; 2 Eoin O'Connell (Serpentine) 17:34. **Other HW:** 14 Stephen McDuell 19:26 (174 finishers)

March 13: parkrun 5km, Roundshaw Downs, Croydon

1 Paul Mitchell (South London H) 18:53. **HW:** 52 Kevin Burnett (2C) 33:10 (56 finishers)

March 13: parkrun 5km, Finsbury Park, North London

1 Alex Kitromilides (Morningson Chasers) 17:16. **HW:** 47 Ian Isherwood 27:20 (61 finishers)

March 13(a)/14(b): British Universities Indoor Championships, Sheffield

Men: 1500 (a) (Heat 3): 6 Andrew Penney 4:10.13

Women: 60 (a) (heat 7): 6 Rowena Dyson 8.60

200 (b): 3 Emily Martin 24.83 (2nd **HW SW a-t**). (heat 5: 1st 25.31. S/F 3: 1st 25.00)

Note: HW record is Janette Niccolls 24.6 set in 1997

800 (a) (Heat 2): 6 Jennifer Fernando 2:31.56

March 14: Audi Wimbledon 10km Road, West Wimbledon

1 Hassan Raidi (Belgrave H) 33:13. **HW:** 18 David Barham 39:19; 41 Ben Palmer 41:14; 74 Zoe Phillips (1st W40) 43:04 (2nd HW W40 a-t); 94 Tom Cheetham 43:36; 203 Mark Palmer (2C) 47:50 (826 finishers)

March 14: South of England Masters Cross Country Championship, Cockfosters, Middx

M55 (10km): 1 Andy Miles (Hillingdon AC) 39:10; 2 Hugh Saxby (HW) 39:21 (34 finishers)

W55 (6km): 1 Anna Garnier (HW-2C) 27:01; 2 Christine Naylor (Arena 80) 27:39 (14 finishers)

March 14: Surrey Tempest 10 miles Road, Dunsfold, nr Guildford

1 Matthew Donnery (Epsom & Ewell) 55:48. **HW:** 4 John Querstret (2C) 63:02 (232 finishers)

March 16: National Junior Indoor Rowing Championships, Battersea Park

Year 9 Boys (timed over 4 minutes): 1 Luke Wren (Newark Rowing Club) 1213m. **HW:** 3 Tim Livingstone (Tiffin School) 1209m (147 competitors)

March 20: Aviva English Schools Championships, Heaton Park, Manchester

Senior Boys: 1 Harry Ellis (Cheshire) 23:33. **HW:** 35 Liam White (London) 24:58; 122 Joe Toomey (Surrey) 26:33 (304 finishers)

Inter Boys: 1 Harvey Dixon (Hants) 18:46. **HW:** 110 Ed Saywell (Surrey) 20:50 (324 finishers)

Junior Boys: 1 Adam Howard (Greater Manchester) 12:17. **HW:** 31 Tim Livingstone (Surrey) 13:15 (329 finishers)

Note: Silver team medal for Tim as 2nd scorer for 2nd place Surrey team



Tim on his way to an English School's silver team medal

March 20: parkrun 5km, Wimbledon Common

1 Jerome Dunne (unattached) 19:59. **HW:** 3 Andrew Davies (2C) 18:43; 11 Jeremy Purnell 19:59; 49 Elliott Laville 24:04 (126 finishers)

March 20: parkrun 5km, Finsbury Park, North London

1 Richard Ward (Belgrave H) 17:05. **HW:** 51 Ian Isherwood 27:16 (72 finishers)

March 20: parkrun 5km, Bushy Park, Teddington

1 Alex Robinson (HW) 16:04 (HW U20M record/6th HW a-t); 2 Justina Heslop (Clapham Chasers) 16:28. (548 finishers)

March 20: Veterans AC 5.8 mile Cross Country, Wimbledon Common

1 Bill Gristwood (Ealing, Southall & Mx) 35:06. **HW:** 6 Peter Giles 40:56; 12 Dennis Williams 45:52 (16 finishers)

March 21: Sweatshop Reading Half Marathon, Berkshire

1 Edwin Kipyego (Kenya) 63:03. **HW:** 62 Ian Horrocks 76:21 (**HW M35 record**); 75 Dave Clarke (2nd M50) 77:13 (**2nd HW M50 a-t**); 972 Debbie Noel 93:21 (**8th HW W a-t**); 1509 Zoe Phillips 96:20 (**2nd HW W40 a-t/13th HW W a-t**); 2101 Chantal Toussaint 1:41:47 ; 2158 Stewart Bond 1:43:09; 2963 Fenella Willis W40 1:47:00 (**3rd HW W40 a-t**) (12,300 finishers)

March 21: Asics Fleet Half Marathon, Fleet, Hampshire

1 Martin Shore (Thames H&H) 71:14. **HW:** 5 Kieran White 72:50 (**27th HW a-t & HW 2010 leader**); 56 Matthew Sharp 79:51; 260 Yuzo Saito 92:59 (2107 finishers)

Note: Kieran placed third in the Inter Services Championship held in conjunction

March 21: Hastings Half Marathon, Sussex

1 Ben Fish (Blackburn H) 67:08. **HW:** 480 Tom Cheetham 96:33; 1094 Claire Morgan (2C) 1:46:49; 1220 Annmarie Seymour 1:48:39 (**4th HW W35 a-t**) (3990 finishers)

March 21: Kingston 10km Road

1 Hassan Raidi (Belgrave H) 33:07. **HW:** 3 Alex Robinson 33:53 (**HW U20 record & HW 2010 leader**); 4 Mike Halman 34:39; 33 Rosemary Fernando 43:24 (**14th HW W a-t**) (176 finishers)

March 21: South of England 12-stage Road Relay, Milton Keynes

Fastest (7.9km)

1 Mourmin Geele (Newham & Essex Beagles) 23:50. **HW (2C):** 29 Alex Bruce-Littlewood 25:10; 88 James Trapmore 26:50 (198 competitors)

March 21: Tonneins 5km Road, France

HW: Carmelina Hancock 31:26

Only results available

March 21: Atlantic College 10km Road. St Donats, Wales

1 Richard Gardner (Cardiff AC) 31:10. **HW:** 54 Gerard Crispie (2C) 39.13 (407 finishers)

March 24: Chichester Corporate Challenge, approx. 4.5km Road, Sussex

A race: 1 James Ellis (Shaftesbury Barnet H) 13:10; 2 Alex Bruce-Littlewood (HW 2C) 13:14; 95 Martin Miller 17:49 (103 finishers)

March 27: Inter Countries Cross Country, Mansfield, Notts

Senior Men: 1 Bruce Raiside (Scotland/Notts AC) 31:51. **HW:** 22 Kieran White (Combined Services) 35:43

March 27: parkrun 5km, Richmond Park

1 Archie Jones (Ealing, Southall & Middx) 17:46. **HW:** 7 Stephen McDuell 19:01 (**6th HW M45 a-t**) (139 finishers)

March 27: parkrun 5km, Bushy Park, Teddington

1 Neil Gamester (Shaftesbury Barnet H) 14:58. **HW:** 160 Barry King 22:44

March 27: parkrun 5km, Wimbledon Common

1 Andy Robinson (Thames H&H) 16:47. **HW:** 4 Joe Toomey 17:22; 10 Peter Lee 18:00; 11 Ed Saywell 18:14; 15 Andrew Davies (2C) 18:54; 25 Jeremy Purnell 20:03; 34 Ben Palmer 20:20; 63 Adam Fenton (2C) 22:33; 81 Mark Bohan 23:48; 84 Rebecca Stone 23:59; 107 Patrick Stone 25:55; 108 Claire Rogers U15 26:10; 144 Niamh Wilson 28:17; 154 Richard Weston (2C) 29:47; 163 Louis Laville 31:21; 166 Sophie Toomey 31:51 (179 finishers)

March 27: Victoria Park 5 miles Road, Bow, East London

1 Moumin Geele (Newham & Essex Beagles) 22:45. **HW:** 10 Alex Bruce-Littlewood (3rd U20 - 2C) 25:07 (**HW 2010 leader**); 179 Dennis Williams 38:09; 256 Ian Isherwood 44:53 (295 finishers)

March 27/28: British Masters Indoor Championships, Lee Valley**M65**

3000: 1 Peter Giles 10:49.04 (**HW M65 record**)

W55

800: 1 Anna Garnier 2:38.31 (**HW W55 record**). **1500:** 2 Anna Garnier 5:34.28 (**HW W55 record**)

March 28: Hyde Park 10km Road, London

1 Paul Martelletti (Victoria Park & Tower Hamlets) 32:10. **HW:** 82 Hannah Fernando 45:16 (**17^h HW W a-t**) (538 finishers)

March 28: Wilmslow Half Marathon, inc England Athletics Championships, Cheshire

1 Andi Jones (Salford H) 65:45. **HW:** 25 Mike Halman 70:31 (**16th HW a-t/HW 2010 leader**); 116 Charles Lescott (2C) 80:57 (3690 finishers)

March 28: Brooklands 10km Road, Weybridge, Surrey

1 Neil Aitken (HW – 2C) 32:56 (**HW 2010 leader**); 2 John Hamblen (Walton AC) 33:23 (305 finishers)

March 28: Finchley 20-mile Road Race, Hillingdon, Middx

1 Bertie Powell (Woodford Green) 1:51:44. **HW:** 268 Claire Morgan (2C) 2:51:59 (482 finishers)

March 28: Oakley 20-mile Road Race, Bedford

1 Stephen Pettit (Ely Runners) 2:03:00. **HW:** 99 Frank Wood 2:27:28 (793 finishers)

March 28: Dorney Lake Half Marathon, Eton, Berks

1 Simon James (Unattached) 76:40. **HW:** 162 Zoe Phillips (2nd W40) 97:48 (304 finishers)

March 28: Cranleigh 21 miles Road, Surrey

1 Andy Weir (Thames H&H) 1:59:38. **HW:** 13 Matthew Sharp 2:14:09 (552 finishers)

March 28: Cranleigh 15 miles Road, Surrey

1 Matthew King (Unattached) 86:57. **HW:** 4 John Querstret (2C) 96:21 (193 finishers)

March 28: Worthing 20 miles Road, Goring Gap, Sussex

1 Robbie James (Lewes AC) 1:52:23. **HW:** 321 Annmarie Seymour 3:06:28 (501 finishers)

March 31: Highgate H Open Meeting, Parliament Hill

400 A: 1 James Garnier 51.4