

HW results March 2011

**March 1: Crystal Palace Canter, approx 3 miles, SE19**

1 Ola Balme (Dulwich Runners) 19:24. **HW:** 3 Stuart Littlewood 21:33; 8 Dennis Williams 23:41; 13 Kevin Burnett (2C) 31:40

**March 4: National Junior Indoor Rowing Championship. Lee Valley Sports Centre**

**Year 10 Boys (5 minutes):** 1 Tim Livingstone (HW/Tiffin School) 15:46 metres

**March 4: Poole Runners Winter 5km Race, Boscombe Pier**

1 Steven Phillips (Southampton AC) 15:21. **HW:** 107 Dennis Williams 23:16; 137 Ian Isherwood 26:51 (146 finishers)

**March 5: Croydon Borough London Mini Marathon Trials. Lloyd Park Croydon,**

1 Will Mercer (Blackheath H) 12:28; 2 Joe Clark (HW) 12:51

**March 5: Independent Schools National Championships, Princethorpe School, Rugby**

**HW:** 4 James Evans (London West)

**Note:** James led home the winning team

No other results available

**March 5: Ranelagh H Inter Club 3.87 miles, Richmond Park. Petersham**

1 Ben Palmer (HW) 22:36; 2 Pat Wright (HW) 22:45. **Other HW:** 4 Stewart Bond 24:22; 5 Augustin Mallon 24:52; 6 Ian Pegler 25:01; 21 Ian Isherwood 35:57 (23 finishers)

**TEAM (3-to-score):** 1 Hercules Wimbledon 7; 2 Ranelagh H 16; 3 Milocarrians 22

**TEAM (5-to-score):** 1 Hercules Wimbledon 18; 2 Ranelagh H 37

**Congratulations** to Ben Palmer, who at the age of 16 years and 44 days is probably the youngest ever winner of this long established fixture

**March 5: Inter Counties Championships, Cofton Park, Birmingham**

**Senior Men**

1 Andy Vernon (Hants) 35:45. **HW:** 44 Alex Bruce-Littlewood (2C) (Kent) 37:48; 159 Adam Przedrzymirski (Surrey) 40:20 (292 finishers)

**Note:** Alex's fine run helped Kent to bronze team medals

**U20 Men**

1 Jonathan Hay (Surrey) 25:17. **HW:** 22 Liam White (Surrey) 27:06; 114 Geordie Logan (Surrey) 29:57 (175 finishers)

**Note:** Liam was a scoring member of the winning Surrey team

**U15 Boys**

1 Adam Howard (Greater Manchester) 14:58. **HW:** 74 Tim Livingstone (Surrey) 16:23 (298 finishers)

**Senior Women**

1 Charlotte Purdue (Hants) 27:29. **HW:** 66 Ruth Clifton (2C) (Surrey) 31:12 (259 finishers)

**March 5: parkrun 5km, Lloyd Park, Croydon, Surrey**

1 Kieran White (HW) 17:01 (course record); 2 Michael Beecher (Unattached) 21:58. **Other HW:** 19 Kevin Burnett (2C) 34:57 (24 finishers)

**March 5: parkrun 5km, Wimbledon Common**

1 Richard Evans (Unattached) 18:08. **HW:** 15 Charles Hampden-Smith 20:04; 22 David Harris 20:31; 24 James Wallace (2C) 20:41; 59 Charles Lawrie 22:26; 66 Elliot Laville 22:50; 80 Rebecca Stone 23:38; 123 Patrick Stone 26:32; 142 Sophie Toomey 28:19; 176 Clare Lyons-Collins 30:10 (195 finishers)

**March 5: parkrun 5km, Richmond Park**

1 Jose Pfeifer (Unattached) 17:43. **HW:** 71 Stephen McDuell 22:38 (218 finishers)

**March 5: parkrun 5km, Bushy Park, Teddington**

1 Unknown 15:59. **HW:** 102 Barry King 21:39 (634 finishers)

**March 5: parkrun 5km, Brockwell Park, Herne Hill, SE24**

1 James Trapmore (HW-2C) 15:22

**March 6: Windsor, Slough, Eton & Harrow Indoor Winter Series, Eton, Berks**

**60 (Round 1, Race 1):** 4 Kyran Mitchell-Nanton 7.34

**60 (Round 2, Race 2):** 4 Kyran Mitchell-Nanton 7.29

**March 6: Votwo Sprint Duathlon, Dorney Lake, Eton, Berks**

**Run 5km – Bike 20km – Run 5km**

1 Rory Atkins 72:05 (18:48 – 32:24 – 20:05). **HW:** 11 Peter Lee 78:01 (19:20 – 37:37 – 19:27) (59 finishers)

**March 6: Stinger South Downs Cross Country Marathon, Steyning, Sussex**

1 Rory Spice (Unattached) 3:21:56; 2 Stuart Fraser (HW) 3:22:54 (182 finishers)

A tough London Marathon preparation for Stuart on a course that provided five steep climbs ranging from 460ft to 760ft

**March 6: Bath Half Marathon**

1 Edwin Kipkorir (Kenya) 64:20. **HW:** 182 Ruth Clifton (2C) 82:27 (10,874 finishers)

**March 6: Silverstone Half Marathon**

1 Andi Jones 68:27. **HW:** 131 Adam Sikora 88:08 (6340 finishers)

**March 6: Ballycotton 10 miles, Republic of Ireland**

1 Sergiu Ciobanu (Clonliffe Harriers) 49:36. **HW:** 1634 Dennis Williams 88:25 (2382 finishers)

**March 6: Leith Hill Half Marathon (Multi Terrain), Box Hill, nr Dorking**

1 Oliver Cass (unattached) 88:19. **HW:** 178 Claire Morgan (2C) 2:07:40 (272 finishers)

**March 6: Mornington Chasers Winter Series 10km, Regents Park**

1 Shaun Dixon (Highgate H) 32:20. **HW:** 58 Tom Morris 43:12 (253 finisher)

**Note:** although 4<sup>th</sup> M50 today Tom was 2<sup>nd</sup> M50 overall in the end of series standings

**March 6: Clapham Chasers Thames Riverside Race or Pace 20miles. Fulham, SW6**

1 Bryn Reynolds (Newham & Essex Beagles) 1:57:57; 2 Mike Halman (HW) 1:59:37. **Other HW:** 14 Stewart Bond 2:20:53; 17 Zoe Pike (1<sup>st</sup> W) 2:21:32; 95 Marilena De Luca 2:49:36 (201 finishers)

**March 6: parkrun Junior 2km, Bushy Park, Teddington**

1 Sathira Don (Unattached) 7:52. **HW:** 3 Elliot Laville 8:13; 9 Louis Laville 9:13 (74 finishers)

**March 9: Bridges Handicap 2.3 miles, Westminster Bridge**

**Fastest:** 1 Dave Cox (Woodford Green & Essex Ladies) 13:19. **HW:** 21 Dennis Williams 18:35; 24 Kevin Burnett (2C) 24:12

**March 11: Crooklog Handicap 5km, Bexleyheath**

**Fastest:** 1 Steve Dipre (New Eltham J) 18:23. **HW:** 4 Stuart Littlewood 21:30 (22 finishers)

**March 12: parkrun 5km, Bushy Park, Teddington**

1 Clayton Payne (Tortoise & Hare) 15:52. **HW:** 19 John Querstret (2C) 18:23 (690 finishers)

## March 12: East Surrey League Road Relays, Box Hill, nr Dorking

### Seniors (4x2.1 miles)

1 Epsom & Ewell H 46:23 ... 4 Hercules Wimbledon 49:44 (Pete Clarke 12:20, Hugh Saxby 12:22, Stewart Bond 12:31, Ian Pegler 12:28) ... 19 Hercules Wimbledon 'B' 64:14 (Dennis Williams 16:45, Fred Green 16:48, Mark Palmer 15:50, Maurice Sharp 14:51) ... Hercules Wimbledon 'C' – incomplete (Louise Bendeus 14:00, Craig Howard 16:03)

### U17/U15 (3x2.1 miles)

1 Sutton & District 36:15; 2 Hercules Wimbledon 36:18 (Joe Clark 11:24, Cassian Hyde 12:34, Ben Palmer 12:24) ... Hercules Wimbledon 'B' incomplete (Daniel Haigh 12:44)

### U13 (2.1 miles)

1 Paul Burgess (Herne Hill H) 12:39. **HW:** 19 Alex Bond 14:44; 20 Julian Howard Baker 15:08



Some action at Boxhill as captured by Ray O'Donoghue

Copies at a reasonable cost are available from Ray at [raymondodonoghue@btinternet.com](mailto:raymondodonoghue@btinternet.com)

## March 12: parkrun 5km, Wimbledon Common

1 Simon Wurr (Thames H&H) 16:30; 2 Andrew Mercer (HW) ntt. **Other HW:** 13 Frank Wood 19:33; 21 Charles Hampden-Smith 20:04; 28 David Harris 20:40; 47 Rebecca Stone 21:39; 54 Charles Lawrie 22:04; 80 Claire Rogers 23:13; 120 Dennis Williams 25:18; 127 Patrick Stone 25:48; 136 Zachary Purnell 26:07; 165 Sophie Toomey 27:55 (222 finishers)

## March 12: parkrun 5km, Richmond Park

1 Unknown 17:19. **HW:** 13 Stephen McDuell 20:00 (222 finishers)

## March 12: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 James Trapmore (HW-2C) 16:15 (83 finishers)

## March 12: Kent League, Swanley

1 Tom Collins (Medway & Maidstone) 31:32. **HW:** 14 James Hogg (2C) 35:22 (79 finishers)

## March 12: British Masters XC Championships, Birmingham

**M60:** 1 Des Michael (Barnet) 31:36 **HW:** 17 Neil Robson (2C) 35:24

## March 13: 5km road race, Tonneins, SW France

**HW:** Carmelina Hancock 31:42

## March 13: Wimbledon Audi 10km, West Wimbledon

1 Nick Sasha (Walthamstow AC) 33:29. **HW:** 42 Tom Cheetham 42:19 (644 finishers)

### March 13: South East Region Biathlon Championships, Medway Park, Gillingham Kent

#### Swim 100m – Run 1500m

**Boys (13-14):** 1 Henry Choong (Whitgift School) 2494pts (60.97 – 5:01.29). **HW:** 15 Elliot Laville 1841 (76.4 – 5:48.61)

**Note:** Elliot is 12 years old

### March 13: Marlow Duathlon, Bucks

#### Run 7km – Bike 25km – Run 7km

1 Daniel Peabody (Team Cherecle) 1:41:04 (26:41 – 46:55 – 27:28). **HW:** 27 Yuzo Saito 1:56:17 (31:37 – 53:00 – 31:40) (136 finishers)

### March 13: Spitfire 20 miles Road, Dunsfold Airport, Cranleigh, Surrey

1 John McFarlane (Thames H&H) 1:50:39. **HW:** 14 Stuart Fraser 2:09:01; 227 Paul Wignall 2:46:12; 604 Sophie Toomey 3:35:20 (663 finishers)

### March 16: European Veterans Indoor Championships, Ghent Belgium

#### M65

**3000:** 3 Peter Giles 11:25.62

### March 19: South of the Thames ‘Senior’ Championships, 7.5 miles, Coulsdon, Surrey

1 Chris Busaileh (Herne Hill H) 41:40. **HW:** 3 Kieran White 43:02; 13 Pat Wright (2C) 46:50; 29 David Grima 50:38 (79 finishers)

**Historical note:** Kieran’s third place led to HW’s first individual medal in this event since Adrian Marriott also finished third in 2001 on Wimbledon Common while previous to that Simon Rayner was also third at Coulsdon in 1993.

HW took the team title at Epsom in 1974 when the individual winner was HW member John Roberts, but then competing for South London H.

In 1978 at Bristol HW was second team home while way back in 1960 the former Hercules AC tasted victory at West Wickham when led home by second placed Ernie Earl.

A note from Bob Holt

Pleased to read about Kieran White's bronze medal in South of Thames Senior. My congratulations to him. Your reference to the old HAC's team victory in the event back in 1960 reminded me that five years after that (Hercules AC) HAC were again successful in the 1965 race held in snowy and icy conditions at Bracknell and won by Pete Yeates (WS&E). For those interested in ancient history the scorers in that winning team were:-12 -Bob Holt; 15 -Mike Beevor; 21 -John Halliday; 23 -Dave Holt (hampered by an injured foot); 37 -Mick Beard (eldest brother of David Beard); 43 -Alan Turner.

HAC team also won the trophy for the lowest score of their 12 man team. We had depth in those days! Victory at Bracknell had been preceded earlier in the season when HAC won the team event in the South of Thames ‘Junior’ over a muddy course at Aldershot. Scorers in that race (surprisingly won as you will see by Dave!) were:-

1- Dave Holt; 3 -Bob Holt; 13 -Mike Murray; 17 -Mick Beard



Kieran on his history making run to third place in the South of the Thames ‘Senior’

*Photo by Ray O’Donoghue*

**Note:** just to confirm, Kieran is not in the pay of any phone number enquiry company

## **March 19: English Schools Championships, Wollaton Park, Nottingham**

### **Senior Boys**

1 Kieran Clements (Suffolk) 20:50. **HW:** 5 Liam White (London) 21:14 (312 finishers)

### **Inter Boys**

1 James McMurray (Herts) 17:40. **HW:** 82 Tim Livingstone (Surrey) 19:20 (328 finishers)

**Junior Boys:** 1 Tom Holden (Surrey) 13:28. **HW:** 61 Cassian Hyde (Surrey) 14:44 (331 finishers)

### **Junior Girls**

1 Bronwen Owen (North Yorks) 12:28. **HW:** 23 Emma Headley (Surrey) 13:09 (347 finishers)

## **March 19: parkrun 5km, Bushy Park, Teddington**

1 Unknown 16:00. **HW:** 10 Pete Clarke 18:03; 108 Barry King 21:34

## **March 19: parkrun 5km, Brockwell Park, Herne Hill, SE24**

1 James Trapmore (HW-2C) 15:58 (82 finishers)

## **March 19: parkrun 5km, Richmond Park**

1 Colin Johnson (Stragglers) 17:21. **HW:** 4 Stephen McDuell 18:52 (224 finishers)

## **March 19: parkrun 5km, Wimbledon Common**

1 Glen Turner (Blackheath & Bromley) 17:20; 2 Andrew Mercer (HW) 17:25. **Other HW:** 8 Andrew Davies (2C) 18:47; 10 Claire Grima (1<sup>st</sup> W) 19:09; 22 Charles Hampden-Smith 20:14; 34 Adam Fenton 20:54; 54 Rebecca Stone 21:58; 56 Charles Lawrie 22:09; 94 James Wallace (2C) 25:02; 95 Annmarie Seymour 25:04; 105 Don Anderson (2C) 25:30; 110 Dennis Williams 25:42; 129 Patrick Stone 26:37; 150 Sophie Toomey 27:40; 161 Nathaniel Purnell 28:00; 200 Nicolette Hamilton 32:57 (211 finishers)

## **March 19: The Mighty Deerstalker 10km, Peebleshire, Scotland**

1 Donald Naylor (Hunters Bog Trotters) 76:53. **HW:** 17 Rory McMahon 86:39 (1673 finishers)

In case you are wondering about the slow times here is a description of the race.

*High onto windswept hillsides, and through some of the fastest flowing rivers in Scotland, obstacles with names like "The Rack", "The Scree" and "The Tunnel" will push competitors to the edge, and bring them back grinning like crazy folk.*

*Don't forget your headtorch: we guarantee you'll need it.*

## **March 20: Hastings Half Marathon, Sussex**

1 Gordon Mugi (Kenya) 68:00. **HW:** 262 Tom Cheetham 92:42; 1328 Claire Morgan (2C) 1:50:54; 2246 Dennis Williams 2:06:38 (3749 finishers)

## **Mach 20: Reading Half Marathon. Berks**

1 Simon Kasimilli 63:08. **HW:** 139 Peter Lee 79:46; 236 Ruth Clifton (2C) 83:23; 968 Francesca Clarke 93:59 (9<sup>th</sup> HW W all-time & 3<sup>rd</sup> W35 all-time); 969 Dave Clarke 93:59; 3254 Monika Crouse 1:44:53; 6018 Angela Kikugawa 1:57:46; 9020 Sophie Toomey 2:13:50 (12,483 finishers)

## **March 20: Fleet Half Marathon, Hampshire**

1 Toby Lambert (Winchester & Dist) 66:22. **HW:** 97 Alex Urban 83:17; 119 Stewart Bond 84:36; 373 Maurice Sharp 95:02 (2309 finishers)

## **March 20: Lisbon Half Marathon, Portugal**

1 Zerseney Tadesse (Eritania) 58:30. **HW:** 750 Debbie Noel 95:17 (6902 finishers)

## **March 20: Water of Life Half Marathon, Marlow, Bucks**

1 Julian McGowan (Hillingdon AC) 82:38. **HW:** 410 Clare Lyons-Collins 2:23:23 (468 finishers)

## **March 20: Northern Counties 12-Stage Road Relay, Catterick Garrison**

### **Men Long Stage (approx 8km)**

**Fastest:** 1 Jonathan Taylor (Morpeth) 21:37. **HW:** 12 Chris Parr (2C) 22:32

**March 25: Serpentine Last Friday of the Month 5km, Hyde Park, London**

1 Anuradha Cooray (Vale of Aylesbury) 15:27. **HW:** 208 Ian Isherwood 27:22 (242 finishers)

**March 26: Victoria Park 5-miles road, East London**

1 Kasimili Cimon 23:28. **HW:** 55 James Davis 29:21; 65 Ian Pegler 30:07; 158 Dennis Williams 39:51 (225 finishers)

**March 26: parkrun 5km, Bushy Park, Teddington**

1 James Ellis (Clapham Chasers) 16:18. **HW:** 9 Pete Clarke 17:50 (2<sup>nd</sup> **HW M45 all-time**). The record is 17:09 by Simon Ingall; 101 Barry King 21:10 (645 finishers)

**March 26: parkrun 5km, Wimbledon Common**

1 Andrew Mercer (HW) 17:15. **Other HW:** 6 Andrew Davies (2C) 18:45; 12 James Wallace (2C) 19:38; 17 Charles Hampden-Smith 19:56 (10<sup>th</sup> **HW M45 all-time**); 20 Deborah Noel (2<sup>nd</sup> W) 19:59 (6<sup>th</sup> **HW W all-time**); 34 Hannah Fernando 21:04; 41 Rebecca Stone 21:28; 64 Jeremy Purnell 22:33; 88 Fenella Willis 24:11; 146 Sophie Toomey 27:42; 179 Nicolette Hamilton 32:28 (7<sup>th</sup> **HW W35 all-time**) (191 finishers)

**March 26: Yorkshire Veterans XC Championships, Fartown, Huddersfield**

**M60:** 1 Ben Grant (Harrogate AC) 34:35, **HW:** 6 Neil Robson (2C) 38:50

**March 26: Newbury Duathlon, Berks**

**Run 5km – Bike 25kn – Run 5km**

1 Oliver Myton 78:45 (16:49 – 43:01 – 17:51). **HW:** 36 Stephanie Robson 93:35 (19:54 – 50:59 – 20:56) (136 finishers)

**March 26: Queensland Open Championships, Brisbane, Australia**

**1500 (heat 2):** 8 Jonathan Burgess 4:06.54

**March 27: Paddock Wood Half Marathon, Kent**

1 John Hutchins (Basingstoke & Mid Hants) 69:01. **HW:** 63 John Querstret (2C) 82:26 (1919 finishers)

**March 27: Whole Foods Market Kingston 16 miles Breakfast Run**

1 Phil Wicks (Belgrave H) 80:47. **HW:** 8 Stuart Fraser (1<sup>st</sup> M40) 97:01; 115 Tom Cheetham 1:52:56; 142 Dave Clarke (3<sup>rd</sup> M50) 1:55:01; 153 Zoe Phillips (3<sup>rd</sup> W40) 1:53:51; 182 Francesca Clarke 1:56:57 (1367 finishers)

**March 27: South of England Road Relays, Milton Keynes**

**Men (7.978km):** James Trapmore (2C) 25:37

**Women (5.056km):** Ruth Clifton (2C) 20:21; Anna Garnier (2C) 23:40

**March 27: Oakley 20 miles road, Bedfordshire**

1 Philip Critchlow (Beaumont RC) 1:57:42. **HW:** 85 Frank Wood 2:20:56; 599 Angela Kikugawa 3:11:12 (796 finishers)

**March 27: Crawley Open Meeting, K2 Stadium**

**400 (race 4):** 8 Dave Orchard 67.53

**1500 (race 2):** 5 Joe Clark 4:24.48 (18<sup>th</sup> **HW U17M all-time**)

**M50 - DT (1.5kg):** 1 Dave Orchard 27.81 (2<sup>nd</sup> **HW M50 all-time**)

**March 27: Ronhill Surrey Classic 10km, Horton Country Park**

1 John Wisely (Epsom & Ewell H) 34:48. **HW:** 85 Annmarie Seymour 49:55 (188 finishers)

**March 31: Raven's Quarterly 5km Road Race, Spirit Key, Wapping, East London**

1 Chris Beauchamp (Highgate H) 16:49. **HW:** 4 Stuart Fraser (2<sup>nd</sup> M40) 17:14 (27 finishers)