

HW results May 2011

May 1: Sutton Runners 10km, Beddington Park, Wallington

1 Bryn Reynolds (Newham & EB) 32:51. **HW:** 42 Hugh Saxby 38:11 (422 finishers)

May 1: Three Forts Marathon, Worthing

1 Ben Pearce (South London H) 3:25:02. **HW:** 47 Tom Cheetham 4:11:35 (237 finishers)

Description of course from race website: Known as "The Tough One" the Three Forts Marathon (approximately 27.2 miles) includes a total of 3450 ft of climb with stiles and rough tracks underfoot.

May 2: Whitstable 10km, Kent

1 Chris Carre (Unattached) 32:37. **HW:** 346 Heather Letley 52:23 (613 finishers)

May 2: Ted Pepper Memorial 10km, West Wickham, Kent

1 Mark Steinle (Blackheath & Bromley) 33:26. **HW:** 127 Dennis Williams (3rd M65) 51:26 (167 finishers)

May 2: British Milers Club, PB Classic, Millfield School, Street, Somerset

1500 A: 8 Liam White 4:05.55

May 2: Esher School 10km, Multi Terrain, Esher, Surrey

1 Anthony Jackson (Stragglers) 34:17. **HW:** 119 Annmarie Seymour 51:50 (203 finishers)

May 3: Crystal Palace Canter, approx 3 miles, SE19

1 Mick Barlow (Tonbridge AC) 18:04. **HW:** 4 Stuart Littlewood 21:19; 9 Dennis Williams 23:43 (13 finishers)

May 4: Silson 10km

1 Gordon Lee (Leicester Coritanian. **HW:** 587 Colin Bricher (2C) 50:50 (929 finishers)

May 5: Assembly League, Road, the 02 Dome, North Greenwich

1 James Connor (Kent AC) 14:55. **HW:** 142 Anna Garnier (2C) 20:23; 218 Dennis Williams 22:43 (269 finishers)) 31:14

May 6: Serpentine Last Friday of the Month 5km, Hyde Park

Note: change from the usual date owing to the April Last Friday being taken by some wedding

1 Duncan Burbidge (Highgate H) 16:25. **HW:** 42 Stephen McDuell 2:14; 48 George Philpot 20:38 (179 finishers)

May 7: Southern Men's League, Division 1, Match 1, Wimbledon Park

Match result: 1 Hercules Wimbledon 127.5; 2 Met Police 112.5; 3 Newham & EB 110.5; 4 Windsor, S, E & H 107; 4 Ryston Runners 76.5

100 A: 1 Richard Agyapong 11.3. **B:** 3 Olu Oduwusi 11.8. **n/s (race 1):** 4 Adam Magni 12.4; 6 Will Inglis 13.7, **(race 2):** 2 Devonte Caseley-Hayford 12.6; 3 Harry Bartlett 12.6

200 A: 2 Cale Edmunds 23.0. **B:** 4 Olu Oduwusi 24.2. **n/s (race 1):** 5 Devonte Caseley-Hayford 24.7 **(race 2):** 3 Mel Mitchell 24.1

400 A: 1 Jonathan Osbourne 50.6 (14th HW U20 all-time). **B:** 3 Hamed Agboke 53.1. **n/s:** 3 Harry Bartlett 56.4

800: A: 2 Liam White 1:55.6. (4th HW U20 all-time) **B:** 3 Andrew Penney 2:00.6. **n/s:** 2 Esmond Ferns 2:07.8

1500 A: 1 Liam White 4:05.5. **B:** 1 Andrew Penney 4:07.3. **n/s:** 1 Ben Palmer 4:35.4; 3 David Grima 4:40.8; George Philpot 5:11.7

5000 A: 3 James Davis 16:37.3. **B:** 3 Phil Glynn 17:05.4 – **n/s:** 4 Peter Lee 17:24.0; 5 Alexie Calvert-Ansari 17:36.8; 6 Dan Pescod 18:34.9; 7 Sean Crummy 18:44.9

3000SC A: 3 Geordie Logan 10:34.5 (9th HW U20 all-time). **B:** 1 Jamie Helmer 11:14.2

110H A: 2 Austin Ferns 15.7. **B:** 1 Jonathan Grayson 18.4

400H A: 1 Austin Ferns 54.0. **B:** 1 Ed Saywell 61.9

4x100: 4 Hercules Wimbledon 46.8 (J Grayson, R Agyapong, D Caseley-Hayford, O Oduwusi)

4x400: 2 Hercules Wimbledon 3:27.2 (H Agboke 52.3, E Ferns 52.6, C Edmunds 51.8, A Ferns 50.5)

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

PV A: 4 David Orchard 2.60 (2nd HW M50 all-time). **B:** =2 Lance Power 2.60

LJ A: 1 Cale Edmunds 6.67. **B:** 1 Jonathan Grayson 6.25

TJ A: 1 Nnamdi Odum 13.63. **B:** 1 Jimmy Saruchera 11.82

SP A: 5 Rob Dinsdale 10.00. **B:** 5 Andrew Clarke 9.06 (12th HW U20 all-time)

DT A: 3 Rob Dinsdale 30.38, **B:** 2 Dave Orchard 28.11 (M50 record – 2kg). **n/s:** Darren Cripps 25.60

HT A: 5 Dave Orchard 23.83 (4th HW M50 all-time – 7.26kg). **B:** 4 Steve Davies 21.38

JT A: 5 Max Jacobs 34.22. **B:** 3 Dave Orchard 31.59 (3rd M50 all-time)



Some track action caught by Ray O'Donoghue at Wimbledon Park

May 7: parkrun 5km, Norman Park, Bromley

1 Jason Cherriman (Orpington RR) 17:03. **HW:** 11 Andy Waites (1st M50) 19:36 (210 finishers)

May 7: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 Kieran White (HW) 16:34 (**HW M35 record**); 2 Dan Clarkson (Edinburgh AC) 16:38 (119 finishers)

May 7: parkrun 5km, Bushy Park, Teddington

1 Tim Haughian (St Mary's Richmond) 15:38. **HW:** 6 Pete Clarke 17:25 (**2nd HW M45 all-time**); 7 Tim Livingstone 17:37 (**3rd HW U17M all-time**) (712 finishers)

May 7: parkrun 5km, Banstead Woods

1 Tom Holden (South London H) 16:27. **HW:** 90 Rowena Hornshaw 25:49 (169 finishers)

May 7: parkrun 5km, Wimbledon Common

1 Richard Ward (Belgrave H) 16:05. **HW:** 5 Andrew Davies (2C) 18:29; 6 Stewart Bond 18:49; 18 Jeremy Purnell 20:02; 28 Zoe Phillips (3rd W) 20:34; 29 Charles Hampden-Smith 20:36; 34 George Philpot 20:51; 50 Rebecca Stone 21:24; 76 Alison Purnell 22:09 (**HW W45 record**); 92 Claire Rogers 23:14; 97 Fenella Willis 23:22 (**3rd HW W40 all-time**); 106 Diego Del Ser 23:52; 187 Sophie Toomey 28:45; 218 Clare Lyons-Collins 32:29 (238 finishers)



Husband and wife team of Jeremy and Alison Purnell in action on Wimbledon Common. While Alison blasts away to an improvement on her club W45 record, Jeremy looks in disbelief at his time!

May 7: parkrun 5km, Killerton. Near Broadclyst, Exeter

1 Martin Hewlett (Unattached) 17:51. **HW:** 10 Charles Lawrie (1st M60) 23:09 (44 finishers)

May 7: Aquathlon, Liquid Leisure, Datchet, Berks

Swim 750m – Run 5km

1 Deon Coetzee (HW) 28:17 (9:53 – 18:24)

May 7: parkrun 5km, Richmond Park

1 Mark Delahunty (Ealing, Southall & Mx) 18:30. **HW:** 3 Ruth Clifton (2C) 18:42 (258 finishers)

May 8: Richmond Half Marathon (inc Surrey AA Champs), Petersham

1 Paul Martelletti (Victoria Park & TH) 68:10. **HW:** 11 Phillip Glynn 79:50; 22 Deon Coetzee 83:19; 23 Claire Grima (1st W) 83:29; 36 Stewart Bond 87:10; 55 Thomas Cheetham 90:35; 308 Claire Morgan (2C) 1:51:57; 464 Caroline Glynn 2:03:15; 472 Mick Leigh 2:04:17; 553 Angela Kikugawa 2:11:31

TEAMS: Men: 1 Ranelagh 22; 2 Tadworth 24; 3 Stragglers 37 ... 5 Hercules Wimbledon 65

Women: 1 Woking 27; 2 Ranelagh 41; 3 Stragglers 69 ... 5 Hercules Wimbledon 141

Congratulations to Claire on winning the Women's Surrey County AA Championship

May 8: Rotary Shakespeare Marathon, Stratford-on-Avon

1 Andrew Siggers (Kenilworth R) 2:37:41. **HW:** 83 Frank Wood 3:14:21 (8th HW M45 all-time) (1077 finishers)

May 8: Season Opener Triathlon, Hopkinton, MA, USA**Swim 440 yards - Bike 10 miles – Run 3.1 miles**

1 Paul Noone (USA) 51:31 (6:47 – 26:26 – 16:26). **HW:** 19 Medena Knespl (1st W) 60:09 (7:09 – 32:08 – 19:06) (352 finishers)

May 8: Hogsmill Women's 5-mile Multi Terrain, Epsom

1 Phyllis Flynn (Stragglers) 33:35. **HW:** 22 Rowena Hornshaw 43:45 (138 finishers)

May 8: British Airways Concorde 10km, Cranford, Middx

1 Peter Tucker (Blackheath & Bromley) 33:03. **HW:** 35 Tom Morris 44:05; 83 Dennis Williams 55:28 (110 finishers)

May 9: SCVAC Veterans League, Match 1, Kingsmeadow Stadium, Kingston**Men**

Match result: 1 Epsom & Ewell 152; 2 Kingston & Polytechnic 127; 3 Croydon H 122 ... 5 Hercules Wimbledon 104

M35

400: 3 Stewart Bond 62.2 (13th HW M40 all-time)

LJ: 4 Stewart Bond 4.15

SP (7.26kg): 1 Rob Dinsdale 9.96

M40

100: 4 Stephen McDuell 13.6

400: 1 Stephen McDuell 58.4

1500: 1 Stewart Bond 4:59.2

M50

100: 1 Mark Baker 12.6 (3rd HW M50 all-time)

400: 1 Dave Orchard 66.0 (8th HW M50 all-time)

1500: 2 Jim Wallace 5:12.6 (9th HW M50 all-time). **n/s:** Stuart Littlewood 5:50.6

HJ: 1 Dave Orchard 1.50 (equal HW M50 record)

LJ: 1 Dave Orchard 4.29 (7th HW M50 all-time). **n/s:** Tom Pollak 2.67 (2nd HW M70 all-time)

SP (6kg): 1 Dave Orchard 10.71 (HW M50 record)

HT (6kg): 1 Dave Orchard 31.52 (HW M50 record); 6 Kevin Burnett (2C) 13.55

M60

100: 6 Tom Pollak 17.8 (HW M70 record)

SP (5kg): 4 Kevin Burnett (2C) 5.95; 5 Tom Pollak 5.92 (HW M70 record)

Women

Match result: 1 Epsom & Ewell H 167; 2 Kingston & Polytechnic 131; 3 Croydon H 97 ... 6 Hercules Wimbledon 6

W35

DT (1kg): 3 Rachael Dinsdale 22.27 (HW W40 record & 11th HW SW all-time)

May 11: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Rob Cox (Woodford Green & EL) 13:26. **HW:** 15 Dennis Williams 18:05 (20 finishers)

May 11: Rosenheim League, Eastern Division, Match 1, Battersea Park

Match results: 1 Herne Hill H 53; 2 Croydon H 46; 3 Belgrave H 45; 4 Serpentine 37; 5 Hercules Wimbledon 32; 6 Striders of Croydon 17

100: 1 Jonathan Osbourne 11.4. **n/s (Race 1):** 4 Mark Baker 12.2 (3rd HW M50 all-time). **(Race 2):** 1 Olu Oduwusi 11.9; 2 Hamed Agboke 12.0

200: 2 Jonathan Osbourne 23.4. **n/s:** Olu Oduwusi 23.9

400: 1 Hamed Agboke 53.5

800: 4 Alexie Calvert-Ansari 2:12.3. **n/s race:** 2 Cassian Hyde 2:14.7

1500: 5 Alexie Calvert-Ansari 4:36.7

3000: 1 James Davis 9:17.2, **n/s:** Alexie Calvert-Ansari 10:16.2; Ruth Clifton 10:45.9; Amy Aronson (HW debut) 11:10.1 (15th HW SW all-time); Anna Garnier 11:55.9

DT: 3 Rob Dinsdale 31.26

May 11: Kingston Borough Schools Championships, Kingsmeadow Stadium, Kingston**Inter Boys**

800: 1 Tim Livingstone 2:09.7

1500SC: 1 James Evans 5:18.1

TJ: 3 Tim Livingstone 10.25

JT: 4 James Evans 28:55

Junior Girls

1500: 1 Emma Headley 5:04.5 (10th HW U15G all-time)

May 13: European Veterans 10km Road Championships, Yutz, France

M65: 1 Bert Struemer (Holland) 37:56. **HW:** 3 Peter Giles 40:59; 15 Dennis Williams 48:26

Congratulations to Peter on his European bronze medal

May 14: parkrun 5km, Banstead Woods, Surrey

1 Pawel Bal (South London H) 16:25. **HW:** 3 David Grima 17:47; 98 Rowena Hornshaw 25:12 (209 finishers)

May 14: parkrun 5km, Bushy Park, Teddington

1 Mike Trees (Belgrave H) 16:03. **HW:** 17 John Querstret (2C) 18:03; 44 Pete Clarke 19:01 (787 finishers)

May 14: parkrun 5km, Wimbledon Common

1 Vic Maughn (Herne Hill H) 16:33. **HW:** 5 Alex Calvert-Ansari (2C) 17:33; 11 Andrew Davies (2C) 18:34; 14 Stewart Bond 18:46 (9th HW M40 all-time); 22 Augustin Mallon 19:24; 24 Frank Wood 19:31 (9th HW M45 all-time); 49 Charles Hampden-Smith 20:14 (11th HW M50 all-time); 51 Jeremy Purnell 20:17; 74 Rebecca Stone 21:07; 86 James Sharpe 21:30; 87 Charles Lawrie 21:34; 102 Alison Purnell 22:08 (HW W45 record); 109 Alex Bond 22:28; 116 Claire Rogers 22:43; 156 Sophia Padt 24:57; 242 Sophie Toomey 28:20 (291 finishers – a record)

May 14 (a)/15 (b): Surrey County Championships, Kingsmeadow Stadium, Kingston**Senior Men**

100 (b) (Heat 3): 5 Richard Agyapong 11.73/-1.8w

200 (a) (Heat 1): 4 Richard Agyapong 23.40/-1.8w. **(s/f 2):** 6 Richard Agyapong 23.88/-4.9w

U20 Men

800 (b): 4 Liam White 2:00.35. **(Heat):** 1 Liam White 2:02.56

1500 (a): 1 Liam White 4:12.24

SP (a): 3 Andrew Clarke 9.95

U17 Men

800 (a): 5 Tim Livingstone 2:03.27. (14th HW U17M all-time) **(Heat 1):** 3 Tim Livingstone 2:05.97

1500 (b): 5 Tim Livingstone 4:22.56 (19th HW U17M all-time); 6 Joe Clark 4:24.24; 8 Ben Palmer 4:31.57

(Heat 1): 2 Joe Clark 4:34.45. **(Heat 2):** 3 Tim Livingstone 4:27.39; 5 Ben Palmer 4:28.80

U15 Boys

100 (a): 4 Rechimial Miller 12.63/-3.8w. **(Heat 2):** 4 Rechimial Miller 13.08/-4.1w

1500 (a): 4 Cassian Hyde 4:33.41
3000 (b): 4 Cassian Hyde 9:46.94 (6th HW U15M all-time)
U13 Boys
100 (b): 4 Chad Miller 14.02/-1.2w
200 (a) (Heat 1): 4 Oliver Livingstone 29.22/-1.0w
Senior Women
200 (b): 3 Emily Martin 25.63/-2.0w
LJ (a): 2 Emily Martin 5.60/+1.6w
U15 Girls
1500 (b): 3 Emma Headley 4:54.44 (5th HW U15G all-time)
SP (a): 5 Rebecca Dinsdale 6.72
DT (b): 4 Rebecca Dinsdale 17.35



Is it a bird? Is it a plane? No, it's Super Liam coming home to land on lanes 1, 2 and 3 to win the Surrey U20 1500m Championship

Photo by Ray O'Donoghue



Cassian on his way to a fine 3000m time plus Joe, Ben and Mark – finalists all in the U17 1500m

May 15: BUPA Greater Manchester 10km

1 Haile Gebrselassie (Ethiopia) 28:10. **HW:** 37 Chris Parr (2C) 30:40; 69 Kieran White 33:14 (**HW M35 record**)



Kieran and his RAF colleagues proudly pose with the legendary Haile Gebrselassie at the Manchester 10km.

May 15: European Veterans Half Marathon Road Championships, Thionville, France

M65: 1 Geoff Newton (GBR/Tadworth AC) 87:07. **HW:** 5 Peter Giles 91:57 (**HW M65 record**); 18 Dennis Williams 2:01:58 (**5th HW M65 all-time**)

Note: Peter now has a clean sweep of all six HW M65 road records, viz 5km, 5-miles, 10km, 10-miles, half marathon and marathon

May 15: Staines 10km Road, Staines, Middx

1 Chris Dettmar (Headington RR) 33:48. **HW:** 4 Peter Lee (3rd M40) 36:04 (540 finishers)

May 15: Sudbury Court 10km Multi Terrain, Wembley, Middx

1 Nigel Rackham (Metros) 35:33. **HW:** 13 Tom Morris 40:35 (84 finishers)

May 16: Bedford 6 miles, Beds

1 Neilson Hall (Bedford & Cty) 29:07. **HW:** 249 Colin Bricher (2C) 50:11 (307 finishers)

May 16: South London Network, Super 8 YA Competition, Battersea Park

Under 15

1 Herne Hill H 1,388; 2 Belgrave 969; 3 Hercules Wimbledon 881

U15 Boys

100 A: 1 Soban Inayat 13.0. **B:** 3 Felix Blanchard 13.7

300: 3 Cassian Hyde 45.2

1500 A: 1 Samuel Faidot 4:55.0. **B:** 1 Christian O'Connell 5:11.0; 3 Alex Bisnouth 5:27.0

80H: 1 Adam Magni 12.5

HJ A: 1 Soban Inayat 1.55. **B:** 1 Christian O'Connell 1.30

LJ: 1 Felix Blanchard 4.95

SP: 1 Adam Magni 12.47 (**5th HW U15M all-time**)

U15 Girls

300: 3 Tara Finn 55.3

HJ: 3 Tara Finn 1.15

Under 13

1 Herne Hill H 1,201, 2 Belgrave H 995; 3 Herne Hill H B 599; 4 Hercules Wimbledon 379

U13 Boys

100: 1 Sam Oswald 14.3

800 A: 3 Alex Bond 2:43.0 **B:** 2 Nat O'Connell 2:59.0. **n/s:** Korosh Peyrandi 3:34

LJ: **A** 1 Alex Bond 3.58. **B:** 1 Sam Oswald 3.58. 4 Nat O'Connell 2.22

U13 Girls

200: 4 Mimi Lanfranchi 35.70

JT: 2 Mimi Lanfranchi 8.40

May 18: British Milers Club Gold Standards Meeting, Watford

1500 B: 9 Liam White 3:55.55 (3rd HW U20M all-time)

3:51.9 Brian Slocombe 8/8/1969 AAA Junior Championships, Crystal Palace

3:55.4 Dave Clarke 14/5/1977 Surrey Junior Championships, Motspur Park

May 18: Rosenheim League Western Division, (inc VAC events) Walton

100 (n/s race 4): 1 Stephen McDuell 13.7

200 (n/s race 4): 1 Stephen McDuell 27.8

400 (n/s race 3): 4 Stephen McDuell 67.4

800 (n/s race 4): 3 Stephen McDuell 2:11.8

2000SC: 1 James Evans 7:15.4 (2nd HW U17M all-time)

HJ: 4 Dave Orchard 1.50

LJ: 4 Dave Orchard 4.38 (7th HW M50 all-time)

DT (1.5kg): 1 Dave Orchard 30.14 (2nd HW M50 all-time – 1.5kg); 3 Kevin Burnett (2C) 18.67

JT (500g): 2 Kevin Burnett (2C) 18.67

May 18: Watford Open Meeting

3000 (race 2): 15 Kieran White 9:01.73 (2nd HW M35 all-time)

May 18: Merton Schools Championships, Wimbledon Park

U17 Boys

100: 1 Max Mondelli 11.6

400 B: 1 Alessio Martello 58.5

800 A: 1 Spencer Felix-Otoo 2:19.9. **B:** 3 Charlie Williams 2:33.0

1500: 3 Alessio Martello 5:30.9

3000B (May 17): 1: Felix Spencer-Otoo 11:06.9

HJ: 1 Alessio Martello 1.65

U15 Boys

100: 4 Rechimial Miller 12.3

200 B: 1 Rechimial Miller 26.4

U15 Girls

100 B: 4: Rebecca Dinsdale 15.7

800: 1 Claire Rogers 2:57.3

HJ B: 1 Amy Culleton 1.28

SP: 6 Rebecca Dinsdale 7.32

May 19: English Schools Cup, 1st Round, Croydon Arena

Inter Boys

80H: 1 Adam Magni 11.6

SP: 1 Adam Magni 12.25

Inter Girls

300: Kate Lampl 45.5

TJ: Kate Lampl 9.75

May 21: Hayle Triathlon, Marazion, Cornwall

Sea Swim 1900m – Bike 84.5km – Run 20km

1 David Bartlett 4:28:53 (27:49 – 2:27:03 – 92:01). **HW:** 40 Yuzo Saito 5:40:55 (50:33 – 3:00:34 – 1:45:31) (76 finishers)

May 21: Southern Men's League, Division 1, Match 2, Woking

Match result: 1 Woking 121; 2 Bedford & Cty 113; 3 Hercules Wimbledon 108.5; 4 Dartford H 104; 5 Poole Runners 85.5

100 A: 1 Richard Agyapong 11.4. **B:** 2 Jonathan Osbourne 11.8

200 A: 1 Richard Agyapong 22.9. **B:** 1 Cale Edmunds 22.8

400 A: 1 Jonathan Osbourne 50.5 (=13th HW U20M all-time). **B:** 2 Hamed Agboke 53.0

800 A: 1 Liam White 2:00.7. **B:** 1 Mark Livingstone 2:05.3

1500 A: 1 Liam White 4:14.4, **B:** 1 Joe Clark 4:22.6

5000 A: 1 Liam White 16:03.1 (5th HW U20M all-time). **B:** 3 Peter Lee 17:26.8

400H A: 5 Dave Orchard 80.9

3000SC A: 3 Jamie Helmer 11:04.5. **B:** 2 James Evans 12:00.3

4x100: 3 Hercules Wimbledon 45.4 (J Osbourne, C Edmunds, J Serachura, R Agyapong)

4x400: 2 Hercules Wimbledon 3:37.3 (H Agboke, C Odum, S Davies, J Osbourne)

HJ A: 2 Jimmy Serachura 1.75, **B:** 1 Steve Davies 1.75 (=HW M35 record). **n/s:** Dave Orchard 1.55 (HW M50 record)

PV A: 5 Dave Orchard 2.80 (=HW M50 record). **B:** 5 Dominic Getting 1.10

LJ A: 1 Cale Edmunds 6.70. **B:** 4 Jimmy Serachura 5.64

TJ A: 3 Jimmy Serachura 12.31. **B:** 1 Chima Odum 12.21 (18th HW U20M all-time)

SP A: 4 Chima Odum 10.41 (7th HW U20M all-time), **B:** 4 Rob Dinsdale 10.00

DT A: 5 Rob Dinsdale 29.33. **B:** 5 Chima Odum 19.39 (15th HW U20M all-time)

HT A: 5 Dave Orchard 23.54. **B:** 5 Dominic Getting 15.65

JT A: 5 Chima Odum 32.27. (17th HW U20M all-time) **B:** 5 Dave Orchard 31.07

League positions after two matches (top 10 only): 1 Portsmouth 263 (10), 2 Bexley 247.5 (10); 3

Brighton & Hove 255 (9); 4 Newbury 246.5 (9); 5 Bedford & Cty 234 (9); 6 Ipswich H 250 (8); 7 Hercules Wimbledon 236 (8); 8 Dacorum 233.5 (8); 9 Woking 233 (7); 10 Met Police 225 (7)





Some action involving HW at Woking *Photos by Rex Bale of Poole Runners*

May 21: Southern Women's League, Division 2S, Match 2, Ashford, Kent

Match result: 1 East Grinstead 301; 2 Hastings 292; 3 Haywards Heath H 264 ... 7 Hercules Wimbledon 37

100: 5 Heather Letley 16.0

200: 6 Heather Letley 32.7

400: 3 Heather Letley 73.6

800: 5 Heather Letley 2:57.5

SP: 5 Ann Martin 5.12

HT: 5 Ann Martin 15.86

JT: 6 Heather Letley 5.93

U15 Girls

200: 4 Claire Rogers 31.4

800: 4 Claire Rogers 2:51.4

1500: 1 Emma Headley 5:07.3

May 21: Oxford v Cambridge Varsity Match, Cambridge

Men

400: 4 James Garnier 50.95

May 21: parkrun 5km, Bushy Park, Teddington

1 Jamie Ashton (Bracknell AC) 15:57. **HW:** 106 Barry King 21:31 (717 finishers)

May 21: parkrun 5km, Wimbledon Common

1 James Savage (Aldershot, F&D) 16:45. **HW:** 3 David Grima 17:28; 8 Claire Grima (1st W) 18:07 (**HW SW record**); 12 Andrew Davies (2C) 18:37; 36 Charles Hampden-Smith 20:10 (**11th HW M50 all-time**); 56 James Sharpe 21:22; 71 Rebecca Stone 21:41; 93 Maurice Sharp 22:41; 100 Monika Crouse 23:00; 124 Dennis Williams 23:50; 174 Alex Bond 26:22; 256 Nicolette Hamilton 33:08 (272 finishers)

May 21: Southern Athletics League, Chelmsford

800 A: 2 Alex Bruce-Littlewood (2C) 1:56.9

3000 A: 2 Alex Bruce-Littlewood (2C) 8:59.0

May 22: Coombe Hill 5-mile road, Kingston

1 Andy Robinson (Thames H&H) 26:44. **HW:** 7 Dan Pescod (2C) 29:54; 8 Andrew Davies (2C) 29:58; 11 Stewart Bond 31:28; 26 Dennis Williams 37:43 (**3rd HW M65 all-time**) (68 finishers)

1.8 mile fun run: 1 Alex Bond (HW) 11.06



The formidable HW trio of Andrew, Dennis and Stewart at Coombe Hill
Photos by Ray O'Donoghue

May 22: South London 10km, Wimbledon

1 Kojo Kyreme (Shaftesbury Barnet H) 33:11. **HW:** 12 Amy Aronson (1st W) 40:12 (9th HW SW all-time);
 20 Tom Cheetham 41:32 (290 finishers)

May 22: Edinburgh Half Marathon

1 Andrew Douglas ((Inverclyde) 66:49. **HW:** 9 Rory McMahon 74:15 (HW 2011 leader)

May 22: Edinburgh Marathon

1 Phil Nicholls (Tipton H) 2:19:21. **HW:** 2738 Paul Wignall 3:49:32 (4th HW M55 all-time)

May 23: Self Transcendence 5km Road, Battersea Park

1 Huw Lobb (Serpentine) 15:27. **HW:** 51 Frank Wood 19:31; 76 Tom Morris 20:48 (157 finishers)

May 23: SCVAC Veterans League, Match 2, West Ewell

Match result: 1 Epsom & Ewell 131; 2 Hercules Wimbledon 115; 3 Croydon H 113; 4 Kingston & Polytechnic 103; 5 Dorking MV 74; 6 Striders of Croydon 69

M35

200: 1 Stephen McDuell 27.2
800: 3 Stephen McDuell 2:14.8
4x400: 2 Hercules Wimbledon 4:50.7

M40

200: 1 Stuart White 28.1
800: 2 Stewart Bond 2:23.6
3000: 1 Stewart Bond 10:54.5

SP: 1 Rob Dinsdale 9.87

JT: 1 Rob Dinsdale 28.71

M50

800: 2 Jim Wallace 2:30.8 (9th HW M50 all-time). **n/s:** Stuart Littlewood 3:00.2

3000: 5 Stuart Littlewood 12:28.7

PV: 1 Dave Orchard 2.60

TJ: 1 Dave Orchard 9.59 (4th HW M50 all-time)

SP: 1 Dave Orchard 10.60 ; 6 Kevin Burnett (2C) 5.23

JT: 1 Dave Orchard 35.23 (3rd HW M50 all-time)

M60

3000: 3 Dennis Williams 13:06.1 (2nd HW M65 all-time)

JT: 2 John Webster 25.56; 6 Kevin Burnett (2C) 13.99

SCVAC League positions after two matches: 1 Epsom & Ewell 18 (283); 2 Croydon H 12 (235); 3 Kingston & Poly 12 (230); 4 Hercules Wimbledon 11 (219); 5 Striders of Croydon 8 (185); 6 Dorking MV 7 (110)

May 25: Rosenheim League, Eastern Division, Match 2, Croydon Men

Match result: 1 Herne Hill H 58; 2 Belgrave H 57; 3 Croydon H 47; 4 Striders of Croydon 32; 5 Serpentine 17; 6 Hercules Wimbledon 15

100: 2 Cale Edmunds 11.5

1500: 2 Joe Clark 4:28.4

3000: 8 George Philpot 11:01.5; 10 Dennis Williams 13:24.2

LJ: 3 Cale Edmunds 4.90

Positions after two matches: 1 Herne Hill H 12 (111); 2 Belgrave H 9 (102); 3 Croydon H 9 (93); 4 Serpentine 5 (54); 5 Striders of Croydon 4 (49); 6 Hercules Wimbledon 3 (47)

Women

Match result: 1 Serpentine 21; 2 Striders of Croydon 15; 3 Croydon H 13; 4 Belgrave H 11; 5 Hercules Wimbledon 6

3000: 1 Ruth Clifton 10:49.7; 2 Amy Aronson 11:02.6 (13th HW SW all-time)

Positions after two matches: 1 Serpentine 12 (47); 2 Belgrave H 8 (29); 3 Croydon H 8 (21); 4 Striders of Croydon 5 (15); 5 Herne Hill H 3 (6); 6 Hercules Wimbledon 2 (6)

May 25: London Schools Multi Event Championships, Lee Valley

U15 Boys

Pentathlon: 3 Adam Magni 2489pts (HW U15B record) (80H: 12.2 (=9th HW U15B all-time) LJ: 5.22.

SP: 12.86 (4th HW U15B all-time). **HJ:** 1.38. **800:** 2:20.7)

The record was 1803 points by Jose Costa at the Surrey Champs in 2009

May 25: Bexhill Runners Seafront 5km, Sussex

1 Ross Skelton 16:12. **HW:** 79 Ian Isherwood 27:20 (108 finishers)

May 25: Corby 5-mile, East Carlton, Northants

1 Gordon :Lee (Leicester Coritanian) 26.42. **HW:** 291 Colin Bricher (2C) 42:41 (356 finishers)

May 27: Serpentine Last Friday of the Month 5km, Hyde Park

1 Ben Shearer (Cambridge H) 17:24. **HW:** 12 Stuart Fraser 17:24; 84 George Philpot 20:58 (215 finishers)

May 28: British Milers Club Sport City Grand Prix, Manchester

1500 (race D): 2 Liam White 3:51.39 (HW U20M record)

Previous record: Brian Slocombe 3:51.9 set in August 1969 – almost 42 years ago!

5000 (race D): 6 Alex Bruce-Littlewood (2C) 14:46.89

May 28: Surrey County AA Masters Championships, Ewell

(CBP) = Championship Best Performance

Men

M45

100: 3 Stuart White 13.5

200: 3 Stuart White 27.2

400: 3 Stuart White 61.5 (12th HW M40 all-time)

5000: 1 Peter Lee 17:29.6

SP: 1 Rob Dinsdale 9.83

DT: 1 Rob Dinsdale 31.73

M50

100H: 1 Dave Orchard 17.9 (HW M50 record)

HJ: 1 Dave Orchard 1.50

PV: 1 Dave Orchard 2.60

LJ: 1 Dave Orchard 4.37
TJ: 1 Dave Orchard 9.82 (=2nd HW M50 all-time)
DT: 2 Dave Orchard 35.05 (HW M50 record)
HT: 2 Dave Orchard 29.51

M65

800: 1 Peter Giles 2:32.2 (CBP) (HW M65 record)
1500: 1 Peter Giles 5:20.6 (CBP)
5000: 2 Peter Giles 19:46.1

M70

100: 2 Kevin Burnett (2C) 19.5
3000W: 2 Kevin Burnett (2C) 21:28.4
SP: 1 Kevin Burnett (2C) 6.76
DT: 1 Kevin Burnett (2C) 18.30
HT: 1 John Webster 35.78 (CBP) (HW M70 record); 2 Kevin Burnett (2C) 19.36
JT: 1 John Webster 29.35; 2 Kevin Burnett (2C) 18.24
WT: 1 Kevin Burnett (2C) 7.09

Women

M55

200: 3 Anna Garnier 34.9
800: 1 Anna Garnier 2:44.1 (CBP)
1500: 1 Anna Garnier 5:42.8

May 28: parkrun 5km, Wimbledon Common

1 Unknown 17:19. **HW:** 8 Augustin Mallon 18:46; 17 Jeremy Purnell 19:52; 30 Charles Hampden-Smith 20:40; 40 James Sharpe 21:07; 45 Rebecca Stone 21:14; 46 Charles Lawrie 21:17; 55 Maurice Sharp 21:37; 74 Monika Crouse 22:27; 110 Dennis Williams 24:14; 159 Nathaniel Purnell 27:22; 162 Alison Purnell 27:37; 181 Sophie Toomey 29:07; 205 Patrick Stone 30:48; 206 Nicolette Hamilton 31:03 (7th HW W35 all-time); 215 Clare Lyons-Collins 32:35 (222 finishers)



Augustin heading towards a PB and a top-ten finish on Wimbledon Common

May 28: parkrun 5km, Killerton. Near Broadclyst, Exeter

1 David Grima (HW) 17:42*; 2 David Blackman (Southampton AC) 18:01 (72 finishers)
*second fastest course time and age 30-34 course record

May 28: parkrun 5km, Bushy Park, Teddington

1 Sean Renfer (Thames Valley H) 16:26. **HW:** 120 Barry King 21:40 (953 finishers)

May 28: parkrun 5km, Richmond Park

1 Brian-Thursby-Pelham (Thames H&H) 16:42. **HW:** 54: Stephen McDuell 21:37 (261 finishers)

May 28: Lily B League, Match 2, Guildford

Match result: 1 Kingston & Polytechnic 310; 2 Croydon H 236; 3 Herne Hill H 228; 4 Dorking Mole Valley 136; 5 Hercules Wimbledon 78

U15 Girls

100 A: 5 Celine Attwell 16.2

800 B: 3 Celine Attwell 2:58.6. **n/s:** Emma Headley 2:29.5 (16th HW U15G all-time)

1500 A: 1 Emma Headley 4:55.2

LJ A: 4 Celine Attwell 3.45

SP A: 3 Rebecca Dinsdale 7.14

DT A: 1 Rebecca Dinsdale 20.79

JT A: 2 Rebecca Dinsdale 15.54

U13 Girls

200 A: 5 Hannah Baxter 33.6. **B:** 5 Mimi Lanfranchi 36.4

800 A: 4 Hannah Baxter 2:57.4. **B:** 3 Emma-Louise Clark 2:56.8

LJ A: 5 Hannah Baxter 3.07. **B:** 4 Mimi Lanfranchi 2.84

SP A: 5 Jessica Dinsdale 2.87

DT A: 4 Jessica Dinsdale 7.09

JT A: 3 Mimi Lanfranchi 7.73. **B:** 2 Jessica Dinsdale 4.38

U11 Girls (non scoring)

75: Elizabeth Greene 13.2

LJ: Elizabeth Greene 2.90

May 29: 8km (5-mile) Road Race, Tonneins, SW France

HW: Carmelina Hancock 54:21 (HW W60 record)

May 29: Brussels 20km, Belgium

1 Najin El Quady (Morocco) 59:41. **HW:** 13215 Mick Leigh 1:59:07 (30,172 finishers)

A note from Mick about the severity of the event

It's a tough course and run at 3pm (2pm UK time) and it was hot (very hot). One person died (aged 25); another nearly died but is now recovering; 15 others needed hospital treatment; and a further 500 were treated on the course (mainly heat related problems) - a sobering occasion!

May 29: Dunsfold Duathlon, Dunsfold Airfield

Run 4.5km – Bike 15km – Run 4.5km

1 Joshua Varney (Unattached) 57:48 (15:05 – 26:52 – 15:15). **HW:** 77 Claire Morgan (2C) 82:04 (21:20 – 37:09 – 21:07) (123 finishers)

May 29: BUPA London 10km

1 Mo Farah (Newham & EB) 29:15. **HW:** 121 Kieran White 33:53; 165 Rory McMahon 35:03; 199 Phil Glynn 35:53; 318 Sean Crummy 38:25; 375 Stewart Bond 39:18; 390 Ruth Clifton (2C) 39:30; 607 Vicky Filsell (2C) 42:01; 675 Tom Morris 42:41; 733 Anna Garnier (2C) 43:17; 846 Zoe Phillips 44:14; 3269 Caroline Glynn 54:06; 5423 Sophie Toomey 60:32



An HW photocall with a Horse Guards Parade backdrop at the London 10km on a nice sunny day. You will note that all are smiling....but it was taken BEFORE the race! *Photo by Adam Przedzymirski*

May 31: Veterans AC 5-mile Road Race, Battersea Park

1 Richard Tomlinson (Maidstone & Medway) 28:37. **HW:** 10 Dennis Williams 39:20; 20 Kevin Burnett (2C) 54:59