

HW results September 2011

September 2: The McNeese Cross Country Relays, Lake Charles, Louisiana, USA

Men (2x3km)

Fastest: 1 Alex Bruce-Littlewood (HW-2C) 8:21



Alex got off to a good start in his first outing for the McNeese University 'Cowboys' based in Louisiana, USA and can be seen (head down) wearing his yellow vest in the above photo.

September 3: Southern Women's League, Division 1, Wimbledon Park

Match result: 1 East Grinstead 339; 2 Haywards Heath 279; 3 Hastings 241; 4 Paddock Wood 157; 5 Hercules Wimbledon 150; 6 Chiltern H 45; 7 Swale Combined 15

Seniors

100 A: 4 Heather Letley 15.4

200 A: 5 Heather Letley 34.9

400 A: 4 Heather Letley 74.6, **B:** 3 Rowena Hornshaw 79.9

800 A: 5 Heather Letley 3:00.9, **B:** 2 Maire Gilmartin 2:50.6

1500 A: 1 Claire Grima 5:00.3 (7th SW all-time), **B:** 1 Ruth Clifton 5:11.4, **n/s:** Amy Aronson 5:17.5, Rowena Hornshaw 6:25.7

3000 A: 2 Claire Grima 10:26.3, **B:** 1 Ruth Clifton 10:27.5 (11th HW SW all-time), **n/s:** Amy Aronson 11:03.6, Alison Purnell 12:56.0 (HW W45 record)

SP A: 2 Imany Francis 8.26 (5th U17W all-time) **B:** 1 Rachael Dinsdale 8.11

DT A: 2 Rachael Dinsdale 20.62, **B:** 2 Maire Gilmartin 15:54

JT A: 3 Rachael Dinsdale 18.46 (HW W40 record), **B:** 4 Heather Letley 11.95

4x100: 5 Hercules Wimbledon 63.9 (R Clifton, H Letley, A Aronson, C Grima)

4x400: 3 Hercules Wimbledon 5:04.5 (C Grima – 71.5, R Hornshaw – 77.5, H Letley – 84.3, R Clifton – 71.2)

U17 Woman

300H A: 3 Maire Gilmartin 52.8 (3rd HW U17W all-time)

U15 Girls

100 A: 4 Isabella Padt 14.3 (25th HW U15G all-time)

200 A: 3 Claire Rogers 30.7

800 A: 5 Claire Rogers (no times available)

1500 A: 2 Isabella Padt 5:22.9

LJ A: 3 Megan Le Doare 3.76 (19th HW U15G all-time)

SP A: 1 Rebecca Dinsdale 7.89, **B:** 5 Jessica Dinsdale 3.01

DT A: 1 Rebecca Dinsdale 21.46, **B:** 4 Jessica Dinsdale 7.50

JT A: 4 Rebecca Dinsdale 15.94, **B:** 5 Jessica Dinsdale 4.47

September 3: parkrun 5km, Bushy Park, Teddington

1 Charlotte Purdue (Aldershot F&D) 16:39; 2 Matthew Sharp (HW) 16:53. **Other HW:** 112 Mark Livingstone 21:01; 383 Dennis Williams 25:03 (864 finishers)

September 3: parkrun 5km, Roundshaw Downs, Croydon

1 Alan O'Connor (Unattached) 18:28. **HW:** 14 Martin O'Halloran 22:22 (95 finishers)

September 3: parkrun 5km, Wimbledon Common

1 Andy Weir (Thames H&H) 16:37. **HW:** 6 David Grima 17:53; 9 Andrew Davies 18:19; 27 Charles Hampden-Smith 20:25; 57 Maurice Sharp 21:50; 83 Charles Lawrie 22:41; 108 Rebecca Stone 23:46; 197 Mike Fuller 25:45 (**5th HW M65 all-time**); 197 Patrick Stone 27:50; 225 Sophie Toomey 30:00 (270 finishers)

September 4: Regents Park 10km, London

1 Andrew Orr (Serpentine RC) 35:27. **HW:** 149 Monika Crouse 47:26 (**27th HW SW all-time**) (560 finishers)

September 6: Veterans AC Championships, Battersea Park

10,000 (race 2): 11 Dennis Williams 48:49.5 (**2nd HW M65 all-time**); 15 Angela Kikugawa 53:39.5 (**HW W45 record**)

September 6: Crystal Palace Canter, approx 3 miles, SE19

1 Andrew Lambert (Unattached) 20:11. **HW:** 5 Stuart Littlewood 21:33; 9 Dennis Williams 24:19

September 9: Colby Community College Invite (Cross Country), Colby, Kansas, USA Men (5km)

1 Edward Limo (Kenya) 15:13.53. **HW:** 4 Jonathan Burgess 15:29.50 (32 finishers)

September 9: Ashford 5km Summer Road Race, Victoria Park, Ashford, Kent

1 Phil Anthony (Unattached) 14:42. **HW:** 49 Ian Isherwood 27:22 (59 finishers)

September 10: Surrey County AA Road Relay Championships, Wimbledon Park Senior Men (6x3 miles)

1 Hercules Wimbledon 92:20 (Andrew Penney 14:44; Rory McMahon 16:07; Kieran White 15:05; Fred Slemeck 15:45; Phil Glynn 15:58; Alex Robinson 14:41); 2 Thames H&H 92:58 ... 7 Hercules Wimbledon 'B' (2nd B team) 1:42:54 (Ian Pegler 17:20; Pat Wright 16:17; Sean Crummy 16:52; Alex Urban 16:50; Callum Hoggart* 17:07; Justin Scheltens* 18:28) ... Hercules Wimbledon 'C' (incomplete): Andrew Davies 17:00; George Philpot 19:31 (* guests)

Fastest: 1 Paskar Owor (Belg) 14:27, 2 Richard Ward (Belg) 14:33, 3 Alex Robinson 14:41, 4 Andrew Penney 14:44 ... 7 Kieran White 15:05

M40 (4x3 miles)

1 Hercules Wimbledon –non-scoring) 68:31 (Peter Lee 16:32; Jeremy Purnell 18:45; Dave Clarke 16:14; Peter Lee 17:00)

M50 (4x3 miles)

1 South London H 67:22 ... 9 Hercules Wimbledon 86:40 (Dennis Williams 22:37; Stuart Littlewood 21:35; Charles Lawrie 21:43; Tom Morris 20:45)

Senior Women (4x3 miles)

1 Epsom & Ewell H 72:06 11 Hercules Wimbledon 87:33 (Alison Purnell 20:55; Rowena Hornshaw 24:28; Amy Aronson 18:38; Heather Letley 23:32)

HW 2C: Anna Garnier 20:49

Full results: <http://www.belgraveharriers.com/results/archive.htm#SyRR2011>



The glorious winning HW Surrey Road Relay team minus Phil who had dashed off to see his agent





Some fond memories of a great day taken by Ray O'Donoghue including an unusual and effective start angle.
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September 10: parkrun 5km, Roundshaw Downs, Croydon, Surrey

1 Neil Reissland (Collingwood) 18:24. **HW:** 19 Martin O'Halloran 22:25 (94 finishers)

September 10: parkrun 5km, Wimbledon Common

1 Andrew Clare (Woodford Green) 16:59. **HW:** 21 Charles Hampden-Smith 20:24; 80 Fenella Willis 23:33; 86 Charles Lawrie 23:52; 97 Thomas Willis 24:21 (242 finishers)

September 10/11: Surrey County Multi Events Championships, Sutton Arena, Carshalton

Decathlon: 6 David Harris 3227 points (14th **HW all-time/HW M35 record**)
(100: 12.72/+3.1w. **LJ:** 5.14/2.9w. **SP:** 6.70. **HJ:** 1.35. **400:** 59.04. **110H:** 23.24/+2.1. **DT:** 19.22. **PV:** 2.20. **JT:** 26.65. **1500:** 5:09.57)

September 11: Cardiff 10km, Wales

1 Milton Kiplagat (Kenya) 27:44. **HW:** 29 Kieran White 32:42 (=23rd **HW all-time/HW M35 record**); 128 Gerard Crispie (2C) 39:37 (2404 finishers)

September 11: Robin Hood Marathon, Nottingham

1 Carl Allwood (Sutton & Ashfield H) 2:38:40. **HW:** 147 Frank Wood 3:26:13; 237 Maurice Sharp 3:37:52 (1405 finishers)

September 11: Estonia Half Marathon, Tallin, Estonia

1 Valerus Zolnerovics (Latvia) 67:07. **HW:** 16 Matthew Sharp 79:20 (1280 finishers)

September 11: London Duathlon Challenge, Richmond Park

Run 10km – Bike 20km – Run 5km

1 Chris Detmar 90:40 (34:17 – 36:46 – 17:32). **HW:** 49 David Grima 1:43:37 (39:50 – 40:46 – 20:00); 786 Claire Morgan (2C) 2:14:07 (5:47 – 52:53 – 26:21) (2350 finishers)

September 11: ITU Triathlon Age Groups World Championships, Beijing, China

Swim 1.5km – 40km – 5km

Men (35-39)

1 Mark Harms (USA) 2:01:58 (21:59 – 62:01 – 35:02) **HW:** 22 Deon Coetzee 2:16:04 (22:00 – 71:36 – 39:19) (87 finishers)

September 11: London Duathlon Challenge, Richmond Park

Run 10km – Bike 20km – Run 5km

1 Chris Detmar 90:40 (34:17 – 36:46 – 17:32). **HW:** 49 David Grima 1:43:37 (39:50 – 40:46 – 20:00); 786 Claire Morgan (2C) 2:14:07 (5:47 – 52:53 – 26:21) (2350 finishers)

September 11: Chestnut 10km, Littlehampton, Sussex

1 Simon Gill (Unattached) 42:33. **HW:** 49 Tom Cheetham 49:32 (819 finishers)

Comment from race website:

Some of you may have noticed that the course was slightly longer than 10k. Unfortunately, one of our volunteer marshals was inadvertently positioned at the wrong point on the route

September 14: Bridges Handicap 2.3 miles, Westminster Bridge

Fastest: 1 Rob Cox (Woodford Green) 13:06. **HW:** 18 Dennis Williams 18:00; 20 Kevin Burnett (2C) 24:03

September 14: Insurance AA 5-mile Road Championships Battersea Park

1 Matthew Donnery (Herne Hill H) 26:23. **HW:** 3 Stuart Fraser (1st Veteran) 29:04 (92 finishers)

September 15: Civil Service Masters Championships, Loughborough University Women

800: 3 Steph Robson 2:50.4; 11 Angela Kikugawa 3:29.9

1500: 1

3000: 1 Steph Robson 11:33.8; 10 Angela Kikugawa 14:32.9 (3rd HW W45 all-time)

September 16: John F Cooper Memorial Rice 5km, Invitational, Houston, Texas, USA

1 Patrick Kimeli (Kenya) 16:52; 2 Alex Bruce-Littlewood (2C) 16:55 (95 finishers)

September 16: Ollie Isom Invitational 8km Cross Country, El Dorado Kansas, USA

1 Edward Limo (Kenya) 25:13.86. **HW:** 7 Jonathan Burgess 25:55.55 (48 finishers)

September 17: Cross Country Mob Match 5 miles, Priory Park, Reigate

1 Ewen McKay (Reigate Priory) 30:49. **HW:** 21 Zoe Shannon (2C) 37:55 (44 finishers)

September 17: Herne Hill H 6 miles Cross Country, Streatham Common

1 Chris Busaileh (Herne Hill H) 37:58. **HW:** 69 Rowena Hornshaw 65:51 (80 finishers)

September 17: National Lottery Half Marathon, Dublin, Ireland

1 Mark Hoey (Ireland) 68:50. **HW:** 5561 Clare Lyons-Collins 2:28:45 (6100 finishers)

September 17: parkrun 5km, Bushy Park, Teddington

1 Andrew Lawrence (Morpeth H) 15:54. **HW:** 4 Dominic Kiralyfi 16:33 (15th HW all-time); 6 Matthew Sharp 16:51; 8 Pat Wright (2C) 17:15 (726 finishers)

September 17: parkrun 5km, Roundshaw Downs, Croydon

1 Alan O'Connor (Unattached) 18:19. **HW:** 9 Martin O'Halloran 21:40 (79 finishers)

September 17: parkrun 5km, Wimbledon Common

1 James Savage (Kent AC) 16:51. **HW:** 19 Charles Hampden-Smith 20:02 (11th HW M50 all-time); 22 Frank Wood 20:18; 53 Charles Lawrie 21:46; 67 Monika Crouse 22:20; 95 Thomas Willis 23:41; 132 Caroline Glynn 25:49; 185 Sophie Toomey 29:04 (240 finishers)

September 17: parkrun 5km, Killerton, Nr Exeter

1 David Wilkinson (Exeter H) 17:30. **HW:** 3 David Grima 18:19; 6 Claire Grima (1st W) 18:38 (97 finishers)

September 17: Richmond St Mary's AC Open Meeting, Twickenham

100: David Harris 12.7 (2nd HW M35 all-time)

200: David Harris 26.0 (2nd HW M35 all-time)

400: David Harris 57.6 (HW M35 record)

HJ: David Harris 1.45 (=3rd HW M35 all-time)

PV: David Harris 2.00. **LJ:** David Harris 4.83

SP: David Harris 6.75. **DT:** David Harris 20.19 (4th HW M35 all-time)

JT: David Harris 27.43 (4th HW M35 all-time)

September 18: Stirling 10km, Stirling, Scotland

1 Ross Houston (Central AC) 30:20. **HW:** 32 Rory McMahon 33:56 (859 finishers)

September 18: Victory 5-mile Road, Portsmouth, Hants

1 Paskar Owor (Belgrave H) 24:19. **HW:** 366 Dennis Williams 38:59 (641 finishers)

September 24: Duxbury Beach Sprint Triathlon, Duxbury, MA, USA

Swim 880 yards – Bike 13 miles – Run 5km

1 Stephen Botic (USA) 62:08 (8:19 – 31:29 – 19:26). **HW:** 12 Medena Knespl (2nd W) 67:07. (8:29 – 35:48 – 19:48) (523 finishers)

Note: Medena was fastest woman in both swim and run

September 24: parkrun 5km, Wimbledon Common

1 Nic Gould (Thames H&H) 16:19. **HW:** 4 David Grima 18:16; 7 Andrew Davies (2C) 19:44; 10 Peter Collins 18:31; 16 Charles Hampden-Smith 20:00 (11th HW M50 all-time); 22 Claire Grima (1st W) 20:22; 50 Charles Lawrie 21:40; 120 Claire Rogers 24:54; 126 Angela Kikugawa 25:19 (3rd HW W45 all-time); 175 Sophie Toomey 29:09 (212 finishers)

September 24: parkrun 5km, Wythenshawe, nr Manchester

1 Ben Saxby (HW) 20:07; 2 Rob Hammond (Unattached) 20:48 (23 finishers)

Good to see Ben Saxby in racing mode once again (to my knowledge) and kicking off with a win to boot

September 25: South of England AA Road Relays. Rushmoor Arena, Aldershot

Men (6x5994m)

1 Newham & Essex Beagles 1:50:56 19 Hercules Wimbledon 1:59:29 (Alex Robinson 18:52 (14), Matthew Sharp 20:39 (25), Andrew Penney 19:08 (19), Phil Glynn 20:36 (20), Dom Kiralyfi 20:12 (20), Adam Przedzimirski 20:02 (19) 52 Hercules Wimbledon 'B' 2:10:26 (Pat Wright 20:40 (52), Ben Palmer 21:30 (58), Sean Crummy 23:13 (63), Pat Wright 21:33 (58), Alex Robinson 20:39 (52), Phil Glynn 22:51 (52)

Also Competing: James Trapmore (2C) 19:28

For the record, last year HW placed 18th in 1:57:56 and a similar time this year would have seen us finish 14th

M40 (4x5994m)

1 Thames Hare & Hounds 1:19:51 20 Hercules Wimbledon 1:37:28 (Jeremy Purnell 24:24 (22), Frank Wood 24:05 (20), Stuart Littlewood 27:52 (22). Dave Clarke 21:07 (20)

Note: if Dave Clarke had been competing in the M50 event he would have been third fastest for that category

M60 (4x5994m)

1 Oxford City A.C. 1:35:34 5 Hercules Wimbledon 1:49:12 (Martin Miller 27:16 (7), Dave Betts 26:44 (5), Dennis Williams 28:29 (6), Maurice Sharp 26:43 (5)

Note: Last year was the first time HW completed an M60 team in this event when they placed 10th in 1:46:26





Some photos taken by Pete on his 'box brownie': not quite up to Ray O'Donoghue standards but they provide a visual memory of an enjoyable day when once again HW qualified for the National version of the event to be held at Sutton Coldfield on October 15.

September 25: Paris to Versailles 16km, France

1 Tsegay Atsedu (Ethiopia) 47:39. **HW:** 195 Pete Clarke 63:58 (20,738 finishers)

September 25: Berlin Marathon, Germany

1 Patrick Makau (Kenya) 2:03:38 (World record). **HW:** 359 Stuart Fraser 2:48:01 (3rd HW M45 all-time) (32,997 finishers)

September 25: Folkestone Rotary Half Marathon, Folkestone, Kent

1 Phil Anthony (Invicta EK) 68:00. **HW:** 36 Tom Cheetham 92:17 (459 finishers)

September 25: Swansea Bay 10km, Swansea, Wales

1 Edwin Kipkorir (Kenya) 29:29. **HW:** 133 Gerard Crispie (2C) 39:08 (3089 finishers)

September 25: Windsor Half Marathon. Berks

1 Thomas Abyu (Salford H) 70:05. **HW:** 515 Monika Crouse 1:45:03 (4063 finishers)

September 25: World Duathlon Championships, Gijon, Spain

Run 10km – Bike 40km – Run 5km

Category age 45-49

1 Stuart Hall (GBR) 1:51:30 (34:20 – 56:42 – 17:11). **HW:** 12 Peter Lee 2:03:39 (37:17 – 64:46 – 18:31) (54 finishers)

Note: Peter was fifth Briton home

September 30: Serpentine Last Friday of the Month 5km, Hyde Park

1 Mike Cummings (Herne Hill H) 16:14. **HW:** 25 Stephen McDuell 18:58 (162 finishers)