

Hercules Wimbledon Interclub XC
incorporating the East Surrey League - Saturday 10th December 2016
Senior race - 5 miles

The 5 mile, Hercules AC match on Wimbledon Common, took place in good mild conditions. Milocarian AC packed very well with Philip Bray, Hamish Waring, Tom Rann, Nick Wood and Richard Adamson all finishing within the first twenty-four places in the large field of 147 competitors. It was again most encouraging for Milos to have so many runners involved including several members from ULOTC. Milos are congratulated on achieving an excellent team result of second overall, finishing ahead of 7M17 East Surrey League teams. Well done to all our team members! The next event is a 6 mile event hosted by Bank of England AC in Richmond Park on the 21st January 2017.

Place	Number	Name	Club	Age cat	Time	Remarks
1	349	Andy Greenleaf	Serpentine	SM	26:32	
2	348	Fred Slemeck	Hercules Wimbledon	SM	26:56	1st HW
3	241	Ollie Garrod	Epsom and Ewell	SM	27:11	
4	335	Belal Ahmed	Hercules Wimbledon	SM	27:22	2nd HW
5	9	Mike Cummings	Herne Hill Harriers	SM	27:29	
6	185	Joe Toomey	Hercules Wimbledon	SM	27:37	3rd HW
7	481	Peter Mills	Striders of Croydon	SM	27:45	
8	366	Finn Johnson	Hercules Wimbledon	SM	27:58	
9	392	Rhys Boorman	Roehampton University	SM	28:19	
10	209	Chris Buseleah	Herne Hill Harriers	SM	29:19	
11	218	Patrick Lucas	Croydon Harriers	SM	29:32	
12	336	Mark Bridges	Wimbledon Windmilers	SM	29:52	
13	181	Neil Fraser	Hercules Wimbledon	SM	29:55	
14	185	Philip Bray	Milocarian	SM	29:57	
15	375	Khaled Diaw	Hercules Wimbledon	M45	30:31	
16	382	Peter Collins	Hercules Wimbledon	M45	30:51	
17	188	Hamish Waring	Milocarian	SM	30:57	
18	224	Adam Harwood	Hercules Wimbledon	SM	31:00	
19	20	Stuart Flack	Epsom and Ewell	M40	31:03	
20	182	Tom Rann	Milocarian	SM	31:15	
21	178	Phil Glynn	Hercules Wimbledon	SM	31:19	
22	181	Nick Wood	Milocarian	SM	31:30	
23	186	Richard Adamson	Milocarian	SM	31:40	
24	168	Peter Lee	Hercules Wimbledon	M50	31:45	
25	497	Krzysztof Klidzia	Striders of Croydon	M50	31:54	
26	491	Matt Stone	Striders of Croydon	M50	32:00	
27	445	Alex Gurteen	Epsom and Ewell	M20	32:02	
28	217	Glenn Barden	Croydon Harriers	SM	32:04	
29	69	Jordan O'Dongo	Croydon Harriers	M17	32:05	
30	226	Russell Price	Hercules Wimbledon	SM	32:06	
31	438	Antony Constantinou	Collingwood	M50	32:12	
32	242	Alex Hawkins	Epsom and Ewell	SM	32:32	
33	16	Alastair Bloore	Epsom and Ewell	M50	32:40	
34	483	Martin Filer	Striders of Croydon	SM	32:43	
35	338	Richard Keeble	Herne Hill Harriers	SM	32:49	
36	210	Trevor Chilton	Herne Hill Harriers	M40	32:51	
37	439	Darren White	Collingwood	M40	32:52	
38	180	George Roberts	Milocarian	SM	32:54	
39	370	Knut Hegvold	Hercules Wimbledon	M50	32:55	
40	237	Simon Bean	Epsom and Ewell	M55	32:57	
41	472	Adam May	Hercules Wimbledon	SM	32:58	
42	437	Mark Constantinou	Collingwood	M50	32:59	
43	473	Richard Evans	Hercules Wimbledon	M50	33:01	

44	208	James Ward	Herne Hill Harriers	SM	33:14	
45	219	Neil Aikman	Croydon Harriers	M45	33:20	
46	492	Andy Perks	Striders of Croydon	M40	33:23	
47	13	Mark Cawood	Veterans	M45	33:31	
48	340	Dan Hallam	Herne Hill Harriers	SM	33:37	
49	183	Rob Poole	Milocarian	SM	33:45	
50	177	Simon Woodley	Hercules Wimbledon	M40	33:48	
51	228	Alexandra Binley	Hercules Wimbledon	SW	33:49	1st lady
52	493	Matt Ostrowski	Striders of Croydon	M17	33:55	
53	170	Daniel Collis	Milocarian	SM	34:00	
54	214	Mark Livingstone	Hercules Wimbledon	M45	34:05	
55	174	Gina Galbraith	Hercules Wimbledon	W40	34:14	2nd lady
56	440	Richard Fox	Collingwood	M40	34:21	
57	225	Tom Cheetham	Hercules Wimbledon	M50	34:30	
58	173	Victoria Carter	Veterans	W45	34:30	3rd lady
59	482	Simon Webster	Striders of Croydon	SM	34:36	
60	490	Simon Pannell	Striders of Croydon	M50	34:43	
61	457	Carel Du Plessis	Epsom and Ewell	W35	34:52	
62	446	Matthew Houghton	Epsom and Ewell	M20	34:56	
63	441	James McClintock	Collingwood	M40	34:59	
64	255	Colin Oxlade	Croydon Harriers	M55	35:05	
65	75	Luiz Custodio	Herne Hill Harriers	SM	35:07	
66	347	Susanne Swaine	Herne Hill Harriers	SW	35:37	
67	478	Norman Urquia	Wimbledon Windmilers	M50	35:38	
68	386	Lisa Thomas	Hercules Wimbledon	W50	35:39	3rd HW lady
69	484	Darren Woods	Striders of Croydon	SM	35:44	
70	12	Steve Clancey	Veterans	M45	35:49	
71	479	Peter Metcalf	Hercules Wimbledon	M45	35:52	
72	495	Chris Morton	Striders of Croydon	M50	35:54	
73	385	Francesca Clarke	Hercules Wimbledon	W40	36:00	
74	215	Kate Crawford	Herne Hill Harriers	SW	36:05	
75	486	Julian Spencer-Wood	Striders of Croydon	M65	36:10	
76	463	Bill Arbury	Epsom and Ewell	M50	36:14	
77	3	David Watkins	Lingfield	M50	36:23	
78	11	Mike Mann	Veterans	M65	36:26	
79	337	Monika Crouse	Hercules Wimbledon	SW	36:27	
80	235	Joe Linsley	Epsom and Ewell	M40	36:32	
81	381	Adam Fenton	Hercules Wimbledon	M50	36:35	
82	236	Guy Laister	Epsom and Ewell	M35	36:41	
83	330	Simon Riley	Hercules Wimbledon	M50	36:43	
84	376	Richard Clark	Hercules Wimbledon	M55	36:47	
85	176	John Krause	Hercules Wimbledon	M55	37:00	
86	328	Martin Lloyd	Collingwood	M50	37:05	
87	187	Celia Waring	Milocarian	SW	37:10	
88	377	Ola Balme	Veterans	W45	37:14	
89	480	Steph Upton	Striders of Croydon	W45	37:26	
90	182	Ian McDonald	Hercules Wimbledon	SM	37:42	
91	37	Gen Huss	Herne Hill Harriers	SW	37:50	
92	258	Oliver Hosken	Croydon Harriers	SM	37:53	
93	8	Fiona Russell	Veterans	W45	37:56	
94	494	Tony Ostrowski	Striders of Croydon	M45	38:10	
95	73	Jess Winfield	Herne Hill Harriers	SW	38:18	
96	449	Sharmila Franks	Epsom and Ewell	W40	38:19	
97	498	Peter Johnson	Striders of Croydon	M50	38:21	
98	179	Chris Loyn	Milocarian	SM	38:25	
99	450	Vanda Caulfield	Epsom and Ewell	W50	38:33	
100	369	Jolyon Parsons	Hercules Wimbledon	M50	38:47	

106	7	Graham Laylee	Veterans	M55	39:10
107	176	Beth Belin	Milocarian	SW	39:21
108	464	Gerry Smith	Epsom and Ewell	M65	39:32
109	200	Mica Viciosa	Herne Hill Harriers	M20	39:49
110	345	Helen Couchman	Herne Hill Harriers	SW	39:49
111	346	Joe Hallam	Herne Hill Harriers	SM	39:53
112	4	George English	Lingfield	M60	39:56
113	239	Gareth George	Epsom and Ewell	M40	40:09
114	380	Martin Miller	Hercules Wimbledon	M70	40:17
115	187	Craig Howard	Hercules Wimbledon	M40	40:32
116	364	Rebecca Ewen	Hercules Wimbledon	SW	40:41
117	216	Keith Brown	Croydon Harriers	M60	40:51
118	499	Gerry Crispie	Striders of Croydon	M55	41:06
119	175	Tim Powell	Milocarian	SM	41:10
120	10	Simon Williamson	Veterans	M55	41:29
121	485	Michael Joseph	Striders of Croydon	M55	41:38
122	173	Glen Wilson	Milocarian	SM	41:43
123	172	Peter Drew	Milocarian	SM	41:45
124	175	Amelia Ashton-Jones	Wimbledon Windmilers	W40	41:47
125	177	Chris Nowell	Milocarian	SM	41:50
126	455	Veronika Cegolwska	Epsom and Ewell	F35	41:58
127	183	Ella Waddingham	Wimbledon Windmilers	F35	42:05
128	329	Tony Austin	Hercules Wimbledon	M60	42:22
129	1	Meghan Bowen	Lingfield	SW	42:30
130	368	Jessame Coulson	Hercules Wimbledon	SW	42:39
131	171	Rebecca Waller	Milocarian	SW	42:45
132	452	Alecchia Van Wyk	Epsom and Ewell	W35	43:20
133	2	Michelle Hollins	Lingfield	W50	43:32
134	174	Lewis Forrester	Milocarian	SM	43:42
135	220	Jules Williams	Croydon Harriers	W45	43:51
136	74	Sarah Allen	Herne Hill Harriers	W50	44:36
137	442	Andy Schendel	Collingwood	M40	44:54
138	367	Rowena Hornshaw	Hercules Wimbledon	SW	45:35
139	325	Peter Howe	Croydon Harriers	M60	46:30
140	500	Terry Buxton	Striders of Croydon	M55	46:37
141	383	Paddy Clark	Veterans	M70	46:40
142	186	Dennis Williams	Hercules Wimbledon	M70	48:21
143	227	Katie McInnes	Hercules Wimbledon	SW	49:54
144	444	Alison Fox	Collingwood	W50	50:26
145	443	Rosa Constantinou	Collingwood	W45	50:52
146	188	Melloney Johns	Wimbledon Windmilers	SW	52:27
147	178	Emily Raison	Milocarian	SW	55:25

Team result	East Surrey
Hercules Wimbledon	20 *
Milocarian	74
Epsom and Ewell	81 *
Herne Hill Harriers	86 *
Striders of Croydon	92 *
Croydon Harriers	113 *
Collingwood	166 *
Veterans	253 *
Wimbledon Windmilers	307
Lingfield	451 *