

Rosenheim League  
Wimbledon Park  
8th June 2016

Match result (men)	Match points	League points
Croydon Harriers	45	6
Hercules Wimbledon	44	5
Belgrave Harriers	42	4
Serpentine	40	3
Herne Hill Harriers	35	2
Holland Sports	33	1

League table after three fixtures	League points	Match points
Croydon Harriers	16.5	143
Belgrave Harriers	15	147
Serpentine	9.5	112
Hercules Wimbledon	9	108
Herne Hill Harriers	8	110
Holland Sports	5	103

Match result (women)	Match points	League points
Hercules Wimbledon	65	6
Herne Hill Harriers	56	5
Serpentine	38	4
Belgrave Harriers	24	3
Croydon Harriers	20	2

League table after three fixtures	Match points	League points
Hercules Wimbledon	18	179
Herne Hill Harriers	14	126
Croydon Harriers	10	92
Belgrave Harriers	10	85
Serpentine	8	68
Holland Sports	2	4

100 metres. Race 1. Men's scoring

			wind +0.4m/s		
1st	H	Kyle Cranston	M20	Herne Hill	11.28
2nd	F	Antonio Douglas	SM	Hercules Wimbledon	11.33
3rd	S	Miles Kershaw	SM	Serpentine	11.78
4th	O	Mark Andrews	SM	Holland Sports	13.40
5th	C	Ernie Hann	SM	Croydon Harriers	13.99

100 metres. Race 2. Men's non scoring

			wind +0.2m/s		
1st	14	Eugene Osei-Amevenu	M23	Herne Hill Harriers	11.32
2nd	33	Dominic Bokor-Ingram	M45	Hercules Wimbledon	12.38
3rd	16	Emmanuel Adesina	M35	Belgrave Harriers	13.66
4th	13	Richard Taylor	M40	Serpentine	13.83

100 metres. Race 3. Men's non scoring

			wind +0.1m/s		
1st	1	Michael Miller	M17	Herne Hill Harriers	11.58
2nd	5	Rami Miller	M17	Herne Hill Harriers	11.63
3rd	2	Omari Peat	M17	Herne Hill Harriers	11.87
4th	44	Armani Thomas	M23	Croydon Harriers	11.88
5th	32	Filip Dabinski	M20	Hercules Wimbledon	12.03

100 metres. Race 4. Men's non scoring

			wind +0.4m/s		
1st	55	James Kasirye-Sebalu	SM	Belgrave Harriers	11.23
2nd	FF	Richard Agyapong	SM	Hercules Wimbledon	11.64
3rd	7	Tom Meehan	SM	Hercules Wimbledon	12.17
4th	18	Vinh Lam	M35	Serpentine	14.81

100 metres. Race 5. Women's scoring

			wind +0.1m/s		
1st	F	Laura Wignall	SW	Hercules Wimbledon	13.80
2nd	50	Natasha Hibberd	W17	Hercules Wimbledon	14.53
3rd	C	Dimitra Haslett	SW	Croydon Harriers	16.14
4th	B	Maureen Noel	W50	Belgrave Harriers	16.18
5th	H	Helen Crouchman	SW	Herne Hill Harriers	16.76
6th	S	Hel James	W60	Serpentine	18.12

200 metres. Race 1. Men's scoring

			wind -0.4m/s		
1st	B	Sam Shore	SM	Belgrave Harriers	23.23
2nd	H	Kyle Cranston	M20	Herne Hill Harriers	23.24
3rd	S	Miles Kershaw	SM	Serpentine	24.00
4th	F	Philip Dobrinski	SM	Hercules Wimbledon	24.49
5th	O	Mark Andrews	SM	Holland Sports	26.8
6th	C	Deji Salako	M40	Croydon Harriers	27.24

200 metres. Race 2. Men's non scoring

			wind +0.5m/s		
1st	1	Michael Miller	M17	Herne Hill Harriers	23.52
2nd	44	Armani Thomas	M23	Croydon Harriers	23.86
3rd	2	Omari Peat	M17	Herne Hill Harriers	24.08
4th	7	Tom Meehan	SM	Hercules Wimbledon	25.04
5th	49	Glenn Gray	M45	Kent AC	25.40
6th	6	Nicola Barberis Negra	M35	Serpentine	29.89

200 metres. Race 3. Women's scoring

			wind -0.1m/s		
1st	F	Heather Jones	SW	Hercules Wimbledon	29.85
2nd	50	Natasha Hibberd	W17	Hercules Wimbledon	30.25
3rd	B	Maureen Noel	W50	Belgrave Harriers	32.60
4th	H	Helen Crouchman	SW	Herne Hill Harriers	34.08
5th	C	Dimitra Haslett	SW	Croydon Harriers	34.34

6th	S	Hel James	W60	Serpentine	38.47
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400 metres. Race 1. Men's scoring

1st	C	Chris-Collins Ahouzan	M20	Croydon Harriers	53.05
2nd	F	Dominic Bokor-Ingram	M45	Hercules Wimbledon	53.18
3rd	B	Mike Burslan	SM	Belgrave Harriers	53.47
4th	S	Miles Kershaw	SM	Serpentine	55.27
5th	O	Mark Andrews	SM	Holland Sports	60.25
6th	H	Ewan Chipping	SM	Herne Hill Harriers	61.06

400 metres. Race 2. Men's non scoring

1st	42	Jeremy Oldaker	SM	Belgrave Harriers	53.80
2nd	45	Lloyd Smith	M17	Hercules Wimbledon	56.28
3rd	51	Mohammed Ismail	M35	Herne Hill Harriers	56.65
4th	57	Fraser Hagell	SM	Hercules Wimbledon	61.23
5th	21	Lee Riley	SM	Herne Hill Harriers	62.43
6th	6	Nicola Barberis Negra	M35	Serpentine	63.94

400 metres. Race 3. Women's scoring

1st	S	Laura Carmichael	SW	Serpentine	62.81
2nd	F	Laura Wignall	SW	Hercules Wimbledon	65.46
3rd	H	Pippa Messenger	SW	Herne Hill Harriers	74.66
4th	B	Maureen Noel	W50	Belgrave Harriers	76.99

800 metres. Race 1. Men's scoring and non scoring

1st	F	Cassian Hyde	M23	Hercules Wimbledon	01:59.97
2nd	H	Mohammed Ismail	SM	Herne Hill Harriers	02:02.83
3rd	Z	Philip Coales	SM	Croydon Harriers	02:06.69
4th	9	Aaron Smith	SM	Hercules Wimbledon	02:11.52
5th	S	Richard Taylor	M40	Serpentine	02:12.32
6th	38	Lee Flanagan	M40	Striders of Croydon	02:13.77
7th	26	Luke Parker	SM	Serpentine	02:19.93
8th	B	Alex Makula	SM	Belgrave Harriers	02:25.24
9th	O	Mark Andrews	SM	Holland Sports	03:03.27

800 metres. Race 2. Men's non scoring

1st	20	Tony Macdowall	SM	Herne Hill Harriers	02:13.23
2nd	24	James Rogers	SM	Herne Hill Harriers	02:13.77
3rd	31	Matt Gibbons	M20	Hercules Wimbledon	02:15.26
4th	10	Stephen McDuell	M50	Hercules Wimbledon	02:15.43
5th	21	Lee Riley	SM	Herne Hill Harriers	02:19.17
6th	17	Henry Silverstein	M17	Hercules Wimbledon	02:21.63
7th	22	Robel Fesoom	M23	Belgrave Harriers	02:22.34
8th	29	Simon Woodley	M40	Hercules Wimbledon	02:23.63

800 metres. Race 3. Women's scoring and non scoring

1st	B	Josephine Rhodes	SW	Belgrave Harriers	02:23.23
2nd	H	Natasha Lodge	SW	Herne Hill Harriers	02:25.90
3rd	11	Kate Brown	W20	Herne Hill Harriers	02:30.48
4th	23	Katie Kedward	SW	Herne Hill Harriers	02:34.95
5th	35	Marilena De Luca	W40	Hercules Wimbledon	02:47.44
6th	F	Francesca Clarke	W40	Hercules Wimbledon	02:48.19

1500 metres. Race 1. Men's scoring and non scoring

1st	C	Dom Nolan	SM	Croydon Harriers	04:04.49
2nd	S	Rick Weston	SM	Serpentine	04:06.08
3rd	60	Jonathan Cornish	SM	Hercules Wimbledon	04:06.26
4th	B	Nick Buckle	SM	Belgrave Harriers	04:19.73
5th	53	Philip Coales	SM	Croydon Harriers	04:19.80
6th	H	Jack Brotchie	SM	Herne Hill Harriers	04:24.25
7th	47	Sam Barker	M17	Hercules Wimbledon	04:27.14
8th	65	Richard McDowell	M35	Hercules Wimbledon	04:27.98
9th	F	Joe Toomey	SM	Hercules Wimbledon	04:34.52
10th	28	Mick Keating	SM	Herne Hill Harriers	04:36.54
11th	38	Lee Flanagan	M40	Striders of Croydon	04:37.54

1500 metres. Race 2. Men's non scoring and women's scoring and non scoring

1st	39	Alexander Marks	SM	Herne Hill Harriers	04:30.16
2nd	61	Steven Artist	SM	Serpentine	04:34.10
3rd	43	James Eccles	SM	Croydon Harriers	04:45.01
4th	66	Rob Norville	SM	Belgrave Harriers	04:52.87
5th	64	Peter Collins	M45	Hercules Wimbledon	04:53.81
6th	58	Peter Lee	M50	Hercules Wimbledon	04:58.12
7th	26	Luke Parker	SM	Serpentine	04:59.50
8th	29	Simon Woodley	M40	Hercules Wimbledon	05:00.27
9th	52	Paul Lemmon	M50	Hercules Wimbledon	05:08.77
10th	H	Julia Wedmore	SW	Herne Hill Harriers	05:20.73
11th	S	Nicola McGlennon	W40	Serpentine	05:49.20

12th	F	Francesca Clarke	W40	Hercules Wimbledon	05:51.09
13th	35	Marilena De Luca	W40	Hercules Wimbledon	05:53.87
14th	B	Maureen Noel	W50	Belgrave Harriers	06:21.51

#### 3000 metres. Race 1. Men's scoring and non scoring

1st	34	Ryan Evans	SM	South London Harriers	08:48.24
2nd	60	Jonathan Cornish	SM	Hercules Wimbledon	08:53.62
3rd	F	Belal Ahmed	SM	Hercules Wimbledon	09:09.50
4th	B	Matthew Welsh	SM	Belgrave Harriers	09:10.52
5th	Z	Peter Mills	SM	Croydon Harriers	09:11.33
6th	74	Nick Buckle	SM	Belgrave Harriers	09:12.12
7th	46	Robert Tuer	SM	Hercules Wimbledon	09:12.41
8th	72	Joseph Clark	SM	Hercules Wimbledon	09:12.56
9th	53	Philip Coales	SM	Croydon Harriers	09:23.30
10th	71	Sean Crummy	SM	Hercules Wimbledon	09:29.47
11th	S	Simon Barrett	M40	Serpentine	09:30.96
12th	56	Benjamin Tolputt	SM	Serpentine	09:39.22
13th	20	Tony Madowall	SM	Herne Hill Harriers	09:40.22
14th	73	Jack Brotchie	SM	Herne Hill Harriers	09:40.54
15th	13	Richard Taylor	M40	Serpentine	09:44.83
16th	68	Jarek Olszowka	SM	Serpentine	09:45.07
17th	H	Simon Messenger	SM	Herne Hill Harriers	09:49.32
18th	59	Martin Hodgkiss	SM	Serpentine	09:52.74
19th	63	Khaled Diaw	M45	Hercules Wimbledon	10:33.66
20th	48	Eric Dol	SM	Herne Hill Harriers	10:35.49
21st	70	Jon Key	M40	Herne Hill Harriers	10:36.72
DNF	67	Ed Auden	SM	Belgrave Harriers	DNF

#### 3000 metres. Race 1. Men's non scoring and women's scoring

1st	64	Peter Collins	M45	Hercules Wimbledon	10:28.32
2nd	12	Darren Over	M40	Serpentine	10:55.43
3rd	H	Sara Roberts	SW	Herne Hill Harriers	11:28.74
4th	54	Andy Del Nevo	M45	Croydon Harriers	11:44.94
5th	S	Nicola McGlennon	W40	Serpentine	12:45.75
6th	F	Marilena De Luca	SW	Hercules Wimbledon	13:03.96
7th	O	Mark Andrews	SM	Holland Sports	13:51.28
8th	B	Helen Brown	SW	Belgrave Harriers	14:12.74

#### 110 metres hurdles

1st	B	Sam Shore	SM	Belgrave Harriers	16.73
2nd	O	Mark Andrews	SM	Holland Sports	20.44
3rd	S	David Robinson	SM	Serpentine	22.21

#### 100 metres hurdles

1st	F	Heather Jones	SW	Hercules Wimbledon	20.10
2nd	H	Pippa Messenger	SW	Herne Hill Harriers	20.10

#### 4 x 200 men's relay

1st	F	Hercules Wimbledon	SM	Hercules Wimbledon	01:31.90
2nd	H	Herne Hill Harriers	SM	Herne Hill Harriers	01:34.17
3rd	B	Belgrave Harriers	SM	Belgrave Harriers	01:34.64
4th	C	Croydon Harriers	SM	Croydon Harriers	01:41.36
5th	S	Serpentine	SM	Serpentine	01:49.70

#### 4 x 200 women's relay

1st	F	Hercules Wimbledon	SW	Hercules Wimbledon	02:00.42
2nd	H	Herne Hill Harriers	SW	Herne Hill Harriers	02:14.75

#### High jump men

1st	C	Emmanuel Thomas	M17	Croydon Harriers	1.75
2nd	O	Mark Andrews	SM	Holland Sports	1.60
3rd	S	David Robinson	M35	Serpentine	1.45
4th	H	Tony Madowall	SM	Herne Hill Harriers	1.30
5th	F	Piers Willoghby-Strauss	SM	Hercules Wimbledon	1.30
6th	18	Vinh Lam	M35	Serpentine	1.30

#### High jump women

1st	F	Heather Jones	SW	Hercules Wimbledon	1.15
2nd	H	Pippa Messenger	SW	Herne Hill Harriers	1.15
3rd	S	Hel James	W60	Serpentine	0.95
4th	C	Linda Harrison	W60	Croydon Harriers	0.90

#### Long jump men

1st	C	Emmanuel Thomas	M17	Croydon Harriers	5.52
2nd	O	Mark Andrews	SM	Holland Sports	5.48
3rd	F	Piers Willoghby-Strauss	SM	Hercules Wimbledon	4.92
4th	S	Martin Hodgkiss	SM	Serpentine	4.74
5th	16	Emmanuel Adesina	M35	Belgrave Harriers	4.57

6th	6	Nicola Barberis Negra	M35	Serpentine	4.44
Long jump women					
1st	F	Heather Jones	SW	Hercules Wimbledon	3.95
2nd	H	Natasha Lodge	SW	Herne Hill Harriers	3.38
3rd	S	Hel James	W60	Serpentine	2.93
4th	Z	Linda Oxlade	W60	Croydon Harriers	1.97
Shot put men					
1st	B	Tom Ikeda	SM	Belgrave Harriers	9.61
2nd	O	Mark Andrews	SM	Holland Sports	9.33
3rd	H	Ewan Chipping	SM	Herne Hill Harriers	8.96
4th	F	Piers Willoghby-Strauss	SM	Hercules Wimbledon	8.00
5th	S	Frank Womelsdorf	M35	Serpentine	7.94
6th	19	Kevin Snelling	M55	Hercules Wimbledon	7.49
7th	C	Ernie Hann	SM	Croydon Harriers	6.22
8th	6	Nicola Barberis Negra	M35	Serpentine	5.52
9th	13	Richard Taylor	M40	Serpentine	4.66
Shot put men 4k					
1st	15	Kevin Burnett	M75	Holland Sports	5.72
Shot put women					
1st	F	Zoe Leake	SW	Hercules Wimbledon	8.45
2nd	S	Mary Davies	W40	Serpentine	7.52
3rd	H	Barbara Macanas	W60	Herne Hill Harriers	6.01
4th	C	Dimitra Haslett	SW	Croydon Harriers	4.48
Javelin men					
1st	C	Richmond Baah	SM	Croydon Harriers	50.64
2nd	B	Tom Ikeda	SM	Belgrave Harriers	38.62
3rd	O	Mark Andrews	SM	Holland Sports	34.49
4th	S	Frank Womelsdorf	M35	Serpentine	29.19
5th	18	Vinh Lam	M35	Serpentine	22.63
6th	37	Andrew Simms	M50	Herne Hill Harriers	19.60
7th	F	Piers Willoghby-Strauss	SM	Hercules Wimbledon	19.23
8th	62	David Robinson	M35	Serpentine	16.12
9th	H	Mark White	M40	Herne Hill Harriers	14.56
10th	6	Nicola Barberis Negra	M35	Serpentine	9.88
Javelin men 700g					
1st	19	Kevin Snelling	M55	Hercules Wimbledon	22.04
Javelin men 600g					
1st	15	Kevin Burnett	M75	Holland Sports	11.39
Javelin women					
1st	F	Kim Janssen	SW	Hercules Wimbledon	16.35
2nd	S	Mary Davies	W40	Serpentine	14.33
3rd	H	Julia Wedmore	SW	Herne Hill Harriers	11.81
4th	C	Linda Oxlade	W60	Croydon Harriers	11.07

Officials	Role	Grade
Barbara Macanas	Field	Herne Hill Harriers 3
Carl Lawton	Field	Belgrave Harriers
Gillian Fairclough	Field	Belgrave Harriers 3
Tony Fairclough	Track	Belgrave Harriers 4
Malcolm French	Field	Serpentine 3
Richard Weston	Field	Hercules Wimbledon 4
Paul Wilkins	Field	Hercules Wimbledon
John Hall	Field	Belgrave Harriers 1
Dave Clarke	Field	Hercules Wimbledon
Lisa Thomas	Field	Hercules Wimbledon
Dennis Williams	Field	Hercules Wimbledon
Sheila White	Photo finish	Hercules Wimbledon 2
Sophie Toomey	Track	Hercules Wimbledon 2
Nick Getting	Track	Hercules Wimbledon 2
Gary Forde	Track	Hercules Wimbledon 1
Cashel Riordan	Marksman	Kingston & Poly 2
Mark Purser	Starter	- 4
Nigel Stone	Timekeeper	Herne Hill Harriers 4
John Brett	Timekeeper	- 3
Don Anderson	Photo finish	Belgrave Harriers 2
Charlie Dickenson	Timekeeper	Belgrave Harriers 1