

GOLD MEDAL-WINNING TREBLE

Hercules Wimbledon Athletic Club athletes posted a hat-trick of gold medal-winning performances at the second part of the Surrey track and field championships at the David Weir Leisure Centre, Sutton, over the weekend.

It proved third time lucky for 3000m steeplechaser Rob Tuer who managed to take the gold medal in the senior Surrey championship after finishing third in 2012 and second in 2013. His winning time of 10 minutes 14.69 seconds was also the fastest of his three county medal-winning performances, reports Tom Pollak.

Race walker Tor-Ivar Guttulsrod also won his first Surrey title as he took the 3000m track gold medal in 15:26.74. He actually won the event 12 months ago but was unable to take the Surrey gold medal as he had missed the entry deadline and therefore competed as a guest in the event.



Surrey County Individual Champions – Rob and Tor-Ivar

The third gold medal-winning performance came from the Hercules Wimbledon under 15 boys 4x100m relay team which took the title in a club record time of 46.65. The quartet of Nathaniel Pongolati, Miles Ayoola, Junior Etuk and Jaleel Roper, smashed the old club record by also a second. The previous record of 47.5 was set back in 1991 more than 10-years' before any of this year's quartet were born.

Hercules Wimbledon's under 13 boys 4x200m relay team of Shane Smith, Emmanuel Adeyemi, Agegnehu Zangrando and Mikael Varela were inside the previous county championship record of 1:50.3 in taking the silver medals in 1:50.27.

Hercules Wimbledon runners dominated the weekly Wimbledon Common 5km parkrun event on Saturday filling the top three places in the men's event as well as having the women's winner. Fred Slemeck, who was competing in the event for the third time, chopped 21 seconds off his previous best set in March in crossing the line in 16:39. Richard McDowell was

second in 16:53 and Jonny Earl third in 17:03. Over 45 veteran Peter Collins was ninth in 18:11, 11seconds ahead of teenager Henry Silverstein.

New signing Alex Binley was top woman finisher in 19:58 on her debut appearance in the event. Twenty Hercules Wimbledon runners crossed the finishing line on Saturday.

Over in Bushy Park, marathon runner Claire Grima broke her own club record in winning the women's event in 17:53. She finished 12th overall out of 1112 runners in taking four seconds off her previous club record set on the same course last October. Ben Toomer was runner-up in 15:26 on his debut appearance in the Chipping Sodbury event in the West Country while Valerie Parocki was third female finisher in Lloyd Park, Croydon, Francesca Clarke was fourth woman finisher in Richmond Park and Georgina Clarke was fifth woman finisher in Bishop's Park, Fulham.

Hercules Wimbledon youngsters also dominated the Wimbledon Park 2km junior parkrun on Sunday filling the top boys and girls places. Samuel Masters headed home the 140-strong field in 7:50 winning by 22 seconds with Ellen Weir first girl in 8:19.

Anna Garnier set a Hercules Wimbledon women's over 60 club record in winning her age category in the Veterans AC 10000m track championship at Battersea Park in 44:37.1.

Hercules Wimbledon finished third out of seven teams in the Southern Veterans League finals at Ashford, Kent. Charles Lawrie set a club over 65 record in the triple jump while David Riches broke the club over 40 2000m steeplechase record. Winners included Dominic Bokor-Ingram in the over 35 200 and 400m and Mark White in the over 50 100m. Despite competing with an injured arm, Hercules Wimbledon's oldest active athlete, 77-year-old John Webster, turned out in the over 60 shot and discus.

This weekend, Hercules Wimbledon athletes are in action in the British Masters track and field championships in Birmingham.

GOLD MEDALS AND A HW RECORD FOR THE HW UNDER-15 BOYS



Left to Right - Miles Junior Jaleel Nathanael



Shyanne Smith, Agegnehu Zangrando, Emmanuel Adeyemi, Mikael Varela after receiving their Surrey County U13 Boys 4x200m silver medals from Pete Mulholland who just happens to be the County President!

EXCITING NEWS FOR HW MUMS AND DADS AND FAMILIES

NEW



HWAC

Sunday morning running group
1st and 3rd Sunday each month
(first dates: 18 Sept, 2 Oct, 16 Oct, 6 Nov)

if you are
a club member over 12
or a parent of a youngster in the
7Upsandovers group
then why not join
Vikki Filsell
qualified Leader in Running Fitness
(and HW athlete/parent)
for a steady run at easy/chatting pace
over approx 3 miles
up to and around Wimbledon Common

meet at Wimbledon Park track at
9.50am for a 10am start



Try and give Vikki your full support in this HW initiative

A LINK TO THE FOUNDING DAYS OF WIMBLEDON AC

In his research for a forthcoming book on former world record holder Sydney Wooderson, author Rob Hadcraft has been visiting locations of some of Wooderson's exploits. In Rob's latest missive (<http://clappedoutrunner.blogspot.co.uk/>) he recounts the sensational defeat in 1934 of the legendary New Zealander Jack Lovelock – who two years later was to win 1500m Olympic gold - by Aubrey Reeve and the then unknown Wooderson in the Southern Championships. It's worth pointing out that Aubrey was in fact the first Club Secretary of Wimbledon AC when founded on a foggy January evening in 1953.

AREA MASTERS' REPRESENTATIVES REQUIRED

There is a new fixture being held on Wimbledon Common soon with the England Masters Cross Country Inter-Area held on Saturday, October 8 BUT entry is only permitted from members of masters' clubs such as Veterans AC from whose website I have pasted details.

8 Oct 2016 NEW DATE Closing date: Oct 2	BMAF/ England Athletics Masters Association/VAC	England Masters Cross Country Inter Area Challenge Details 4.5 mile cross country races Timetable: 12 noon Men 65+ and Women 1pm Men 35 – 64	Wimbledon Common (Camp View/North View) London SW19 4UL Post race reception and awards at The Swan, 89 Ridgway, London SW19 4SU	Open to all BMAF members. Cost £10. Men and Women. Teams scored in Ten Year age bands: 35-44, 45-54, 55-64, 65-74,75+. Enter via Member Login at BMAF OpenTrack
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MILER MIKE STILL AS KEEN AFTER ALL THESE YEARS



Mike Kortzenray – seen here in the Guildford series of Mile races - rolling back the years as he revisited his tactics of some fifty-five years ago when he regularly led from the off for many of his races.

CROSS-COUNTRY ASSISTANCE REQUIRED

I see from the Ranelagh Harriers E-news that – like most clubs – they are seeking assistance in the running of their home fixture during the forthcoming cross-country season and their message could well apply to HW so I've taken the liberty of adapting their message for the HW season.

We must make an impassioned plea this winter for more members to volunteer for race marshaling and recording duties at our home cross-country events.

There's no skill involved...just standing at some point on the course directing the runners onto the right path...maybe flagging part of the course if you know it well...calling finishers' numbers or writing them down. Our races simply couldn't go ahead without volunteers to undertake these jobs.

Many of us take part in parkruns, where the ethos is that all regular runners volunteer to help occasionally. We need to carry that ethos into our home races on Wimbledon Common. There are not so many of them. If all active members would volunteer for just ONE race during the season our problems would be over!

Here's a list of our home races on Wimbledon Common:

DECEMBER

Sat 10: HW Club 5 (inc East Surrey League), 11am

Sat 31: Lauriston/HW 5-mile Multi-Terrain, 2pm

FEBRUARY

Sat 11: 2XU Surrey Men's League, Match 4, 2.30pm

MARATHON ADVICE AVAILABLE

Wednesday 28th September 2016 – 6:30pm-8:30pm

At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ

(Nearest Station: London Bridge)

Costs £15 to attend

As part of England Athletics programme, we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2016 this workshop is for you! Mara will take you through the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, bookings are [online book](#) now to avoid disappointment:

For further information, please contact your London CCSO or email Julia Bailey at jbailey@englandathletics.org call 07718526355

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

For most events you will require an England Athletics (EA) membership number. The annual registration starts on April 1st and costs £13. Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf.

For new members, EA registration is now included in the subscription fee as set out above. Current members who wish to pay their EA registration fee may still do so via the link below: <http://www.herculeswimbledonac.org.uk/Membership-&-EA-Registration.html>



Looks like the X-man has another interesting event on the way

Entry details: www.runwimbledon.co.uk

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

Home fixtures in bold – Offers of help at these fixtures are always appreciated

SEPTEMBER

Sat/Sun 17/18: British Masters T&F Championships, Birmingham

Sun 25: South of England 4 & 6-stage Road Relays, Bedford

Sun 25: South of England Masters Road Relays, Bedford

Wed 21: South of England 10,000m Champs, Stoke Mandeville

OCTOBER

Sat 1: East Surrey League XC Races, Lloyd Park, Croydon

Sun 2: HW 7upsanovers Mini Olympics, Wimbledon Park

Sat 8: National 6-stage Road Relays, Sutton Coldfield

Sat 15: 2XU Surrey Men's League, Match 1, Richmond Park

Sat 15: 2XU Surrey Ladies League, Match 1 Nonsuch Park, Cheam

Sat 22: Surrey Masters XC Champs, Richmond Park, Petersham

Sat 22: South of England XC Relays Champs, Wormwood Scrubs

Sat 29: Bruce Judd Surrey County AA. YA XC Relays, Stoke Park, Guildford

26/10 – 6/11: World Masters T&F Championships, Perth, Australia [Details](#)

Full list of fixtures can be seen on HW Website via this link

<http://herculeswimbledonac.org.uk/Fixtures.html>

For those seeking additional competition, please refer to these links for open meetings

<http://www.londonathletics.org/?q=node/56>

<http://www.openmeetings.co.uk/find-an-open-meet.php>

Please note: any photos in this Newsletter may appear on the HW website but if any athletes or parents object the photos will be removed.

RESULTS

August 29: Barking Road Runners 5km Road Race, Barking Park, Essex

1 Ahmed Abdulle (Ilford, U17) 15:49. **HW:** 183 Dennis Williams 26:19; 238 Ian Isherwood 33:29 (257 finishers)

September 1: Assembly League, 3-miles Road, Beckenham

1 Paul Martelletti (Victoria Park & TH) 15:19 **HW**: 61 Stuart Fraser (3rd M50) 17:25 (270 finishers)

September 7: Ashford Leisure Trust Open, Ashford, Kent

100 (race 3): 1 Ayoola Ajayi 13.44/-0.1

200 (race 2): 2 Ayoola Ajayi 27.20/+0.2

September 7: Veterans AC Championships, Battersea Park

10,000: (race 2): 4 Anna Garnier (1st W60) 44:37.1 **HW W60 record**; 12 Dennis Williams (2nd M70) 54:20.2 (2nd **HW M70 all-time**)

September 8: Highgate H Open Meeting, Parliament Hill

5000 (race 1): 4 Matthew Sharp 16:04.33; 6 Robert Tuer 16:21.11

September 9: Rye Summer Classic Series Race 3 - 5km, Rye Harbour

1 Jeff Pyrah (Rye Runners) 16:12. **HW**: 85 Ian Isherwood 32:56 (88 finishers)

September 10: Sri Chinmoy 10km, Battersea Park

1 Ryan Evans (South London H) 32:59 **HW**: 38 Tom Cheetham 39:33; 46 Simon Woodley 41:31; 58 Gary Forde 43:58; 60 Richard Steed 44:26; 96 Mick Leigh (1st M70) 56:02 (104 finishers)

September 10: parkrun 5km, Wimbledon Common

1 Fred Slemeck (HW) 16:39; 2 Richard McDowell (HW) 16:53; 3 Jonny Earl (HW) 17:03
Other HW: 9 Peter Collins 18:11; 10 Henry Silverstein 18:22; 13 Tom Conlon (2C) 18:37; 20 Richard Evans 19:01; 21 Edward Charlesworth 19:02; 22 Stewart Bond 19:04; 24 Andrew Davies 19:18; 32 Alex Binley (1st F) 19:58 (17th **HW SW all-time**); 34 Ian Higgins (2C) 20:02; 43 Charles Hampden-Smith 20:31; 52 Samuel Masters 20:46; 59 Emilie Bokor-Ingram (3rd F) 21:08; 77 Lisa Thomas 21:49; 110 Ellen Weir 22:58; 171 Sacha Ormiston 25:03; 173 Florence England 25:07; 201 James Wallace (2C) 26:12 (418 finishers)

September 10: parkrun 5km, Chipping Sodbury, Bristol

1 Unknown 15:16 (course record); 2 Ben Toomer (HW) 15:26 (4th **HW SM all-time**) (241 finishers)

Note: Ben's time was the second fastest seen over this road course)

September 10: parkrun 5km, Bushy Park, Teddington

1 Sam Dykes (Loughborough Students) 15:59 **HW**: 12 Claire Grima (1st F) 17:53 (**HW SW & W35 record**); 92 Richard Clark 20:27 (13th **HW M55 all-time**) (1112 finishers)

Note: previous Women's record was held by Claire with her time of 17:57 set on the same course in October of last year.

September 10: parkrun 5km, Lloyd Park, Croydon

1 Tom Cammack (Springfield Striders) 17:31 **HW**: 32 Valerie Parocki (3rd F) 23:44 (201 finishers)

September 10: parkrun 5km, Richmond Park

1 Thomas Rann (Dulwich R) 17:57 **HW**: 23 Daniel Illis 20:27; 43 Francesca Clarke 21:09; 84 Bella Williams 23:47; 181 Alex Dunne-Gundry 27:35 (360 finishers)

September 10: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 16:44 **HW**: 107 Tomo Kikugawa 24:32; 263 Angela Kikugawa 31:15 (360 finishers)

September 10: parkrun 5km, Dulwich Park, SE21

1 Kojo Kyreme (Shaftesbury Barnet) 15:08 **HW**: 120 Tony Austin 24:21 (275 finishers)

September 10: parkrun 5km, Burgess Park, Walworth, SE17

1 David Taylor (Haslemere Border) 16:32 **HW**: 9 Chris Ore 17:52 (187 finishers)

September 10: parkrun 5km, Bishops Park, Fulham, SW6

1 Alex Milne (Enfield & Haringey) 15:45 **HW**: 15 Nicky Hogg 18:55; 44 Georgina Clarke 20:44; 86 Jolyon Parsons 22:35; 149 Michelle Howie 25:25; 333 John Wasbrough 35:45 (345 finishers)

September 10: parkrun 5km, Salisbury, Wiltshire

1 Steven Herring (Bedford & Cty) 17:53 **HW**: 66 Victor Hutchins 24:56 (296 finishers)

September 10: Runthrough 10km, Clapham Common

1 Ian Livesey (Barlick Fell Runners) 32:52 **HW**: 45 Shaun Overy 44:37 (345 finishers)

September 10: The 4-Minute Mile, Spectrum Track, Guildford

1 Jack Kiely 4:59 **HW**: 78 Mike Kortenray 8:04.00 (2nd **HW M70 all-time**) (102 finishers)

September 10 (a)/11 (b): Surrey County Championships, Part 2, Carshalton

Men

3000SC (a): 1 Robert Tuer 10:14.69; 3 Jaran Finn (2C) 11:27.64

3000 walk (b): 1 Tor-Ivar Guttulsrod 15:26.74 (**HW SM & M50 record**)

U15 Boys

4x100 (b): 1 Hercules Wimbledon 46.65 (**HW U15 boy's record**) (Nathaniel Pongolati, Miles Ayoola, Junior Etuk, Jaleel Roper)

Note: previous record was 47.5 set by S Roll/M Giraud/J Oshinowo/C Mujica in 1991

U13 Boys

4x200 (b): 2 Hercules Wimbledon 1:50.27 (3rd **HW U13 Boy's all-time**) (Shyanne Smith, Agegnehu Zangrando, Emmanuel Adeyemi, Mikael Varela)

Note: the time set by HW here was inside the Championship record of 1:50.3

September 11: Great North Run Half Marathon, Newcastle

1 Mo Farah (Newham & EB) 60:04 **HW**: 36 Jonathan Cornish 70:20; 678 Jonathan Lane 77:33 (approx. 57,000 finishers)

September 11: Junior parkrun 2km, Wimbledon Park

1 Samuel Masters (HW) 7:50; 2 Daniel Foard (Unattached) 8:12 **Other HW**: 4 Ellen Weir (1st F) 8:19; 14 Jack Murray 9:42; 26 Ksenia Musatova 10:21; 40 Lara Stimpson 11:2160 Soppie Beare 12:29; 119 Jasper Grima 16:39 (140 finishers)

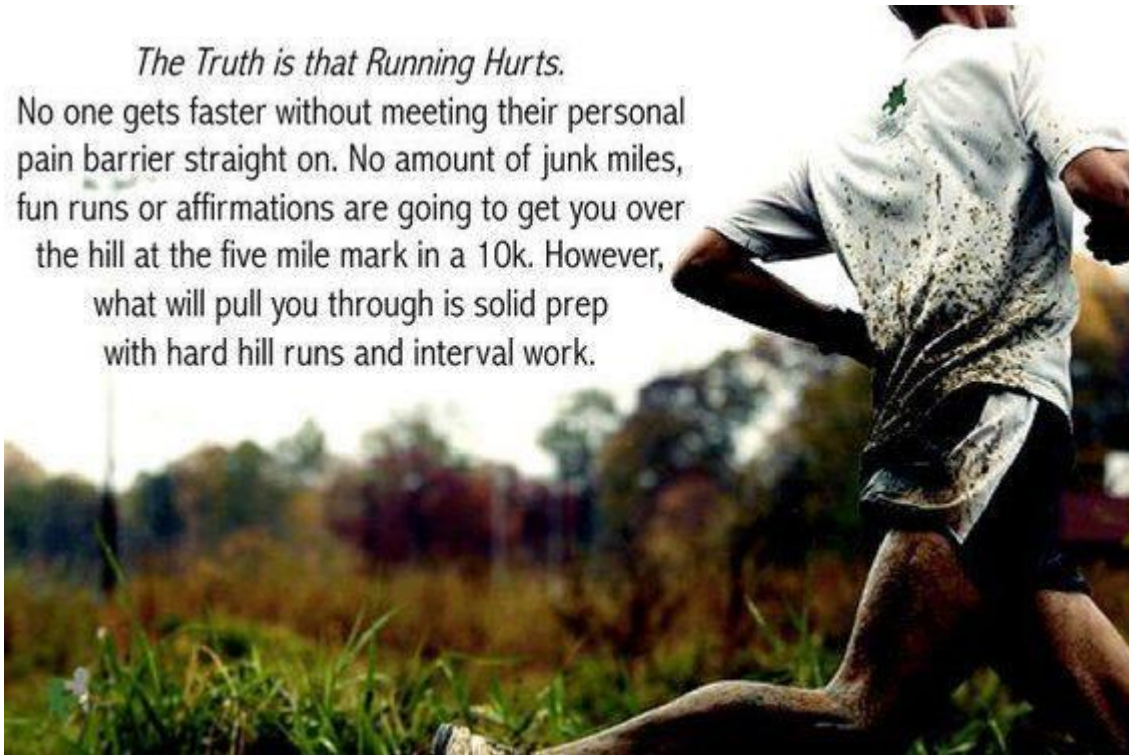
September 11: Thames H&H 2nd Sunday 5 miles XC, Wimbledon Common

1 James McMullen (Thames H&H) 27:59 **HW:** 10 Tom Cheetham 35:14 (59 finishers)

AND FINALLY

The Truth is that Running Hurts.

No one gets faster without meeting their personal pain barrier straight on. No amount of junk miles, fun runs or affirmations are going to get you over the hill at the five mile mark in a 10k. However, what will pull you through is solid prep with hard hill runs and interval work.



Above as posted by Pete Clarke on 'I Was, Or Am A Runner' facebook page