

YOUNG AND OLD SHOW GOOD FORM

Hercules Wimbledon Athletic Club teenager Rebekah Riches ended her cross country season on a high when she lifted the individual under 15 girls trophy in the final Downs cross country league meeting on Epsom Downs on Sunday, writes Tom Pollak.

At the other end of the age range all six Hercules Wimbledon oldies in action in the British Masters indoor championships at Lee Valley, North London, came away with medals.



Riches lifted the individual Downs League trophy by finishing third in the last of the four matches in 12 minutes 31 seconds.

She also helped the Hercules Wimbledon team to third place.

Other members of the team were Alexander Abrahams, seventh in the boys race in 11:29, Fred Jimack (12th in 12:17), Hector Revill (13th in 12:32) and Gabriel Durand (16th in 12:55). Best of the eight Hercules Wimbledon youngsters in the under 13 race was Lulu Weisz who was seventh out of 41 runners in 13:02.

Series champ Rebekah

Other Hercules Wimbledon youngsters were also in form in Wimbledon Park and at Eltham. Georgina Clarke was sixth out of 75 runners in the girls under 13 event at the London Schools cross country championships at Eltham. Teenager Ellen Weir broke the girls course record when she headed home the entire field of 127 boys and girls in the Wimbledon Park junior 2km parkrun on Sunday. Weir, 13, crossed the finishing line in 7:23 to shave just one second off the girl's course record which has stood since May 2014. Her Hercules Wimbledon clubmate Valerie Parocki was second girl to finish in 8:56.

Hercules Wimbledon's Harris Mier was runner-up in the boys under 15 race in the UK Inter-Counties championships at Loughborough on Saturday while Jonny Cornish, representing Oxfordshire, was 102nd out of 283 runners in the senior men's championship.

One of Hercules Wimbledon's oldest athletes, Peter Giles, led the gold rush at the British Masters Indoor Championships at Lee Valley with a hat-trick of wins in the over 70 category. Giles, 72, retained his 1500m title in 5:25.51, almost seven seconds faster than his winning time last year, regained the 3000m crown he failed to defend in 2016 after winning the title the previous year, clocking 11:30.22 and then went one better than his runners-up spot 12 months ago to win the 800m on Sunday in 2:52.79. He currently tops the British rankings this year for his age group in all three events.

Dominic Bokor-Ingram gained a double triumph winning the men's over 40 200 and 400m titles in 24.56 and 53.24, completing a hat-trick of 400m victories. His wife, Emilie, picked up two medals when she finished second and third in the women's over 35 400 and 200m in 62.74 and 28.58. Mark White took the men's over 50 200m title in 25.13, was second in the 400m in 57.01 and was third in the 60m in 7.88. Anna Garner also picked up a brace of medals taking gold in the women's over 60 1500m and silver in the 800m. Completing the medal haul was Simon Rayner who took bronze in the over 50 3000m.



Peter and Dominic – multiple Masters’ medallists

Three days before celebrating his 71st birthday, Hercules Wimbledon treasurer Fred Green was the top veteran over 70 finisher in the Bushy Park 5km parkrun on Saturday. Also in Bushy Park, Justin Reid was the top veteran over 55 in 17:39. Alex Binley was the first woman finisher in the Wimbledon Common event in 20:45. Best of the 17 Hercules Wimbledon runners in action was Adam Harwood who was fourth out of more than 400 runners in 18:17. Elsewhere, Russell Price was sixth out of 394 runners in Bishops Park, just ahead of Alexi Calvert-Ansari, who was competing in his first parkrun for almost two years and Richard McDowell was sixth out of 471 runners on Tooting Bec Common where Megan De Silva was top woman finisher in a personal best of 18:26.



HW's under-11s on Epsom Downs

Photo by Nick Beare



The HW U15s who placed third on the day and third overall



U13s, ready to go prior to their final race of the cross-country season

Photos by Mark Livingstone

LET THERE BE LIGHT!

The saga of the non-operating floodlights at Wimbledon Park continues but thanks to sterling work by Fred Green the use of temporary lighting has proved beneficial.

However as stated in previous Newsletters, assistance in setting the lights up – and down - has not been forthcoming and in response here is yet another a plea from Gary Forde who has taken on the role of siting the lights.

Hi Pete,

Could you put another reminder in the newsletter that more hands make light work in setting up at the track as we only generally have a handful of regulars helping. The temporary lights themselves don't weigh much and help from parents at the 6pm group would be appreciated. We usually have enough help taking down but sometimes on a Thursday we are a bit light on help, so pleased if those around would make sure they help in putting them away.

Thank you,

Gary

The 36th Hercules Wimbledon Young Athletes Meeting, 9th April

The closing date for entries (March 24th) is fast approaching! Entry is online at <https://entries.opentrack.run/2017/hercopen/who/> and HW members can now take advantage of the discounted entry fee of £3 for one event and £2 for each subsequent event. You can view the timetable on the HW website at

<http://www.herculeswimbledonac.org.uk> As most of you know, due to the fire damage to the grandstand at Wimbledon Park, this year's Young Athletes Meeting is being held at the David Weir Centre, Sutton. We hope as many of you as possible will enter this event, which is recognised as the major curtain-raiser to the track and field season in our region.

Many thanks, Sheila White, Secretary



**HERCULES WIMBLEDON
ATHLETIC CLUB
the
36th
YOUNG ATHLETES OPEN MEETING
SUNDAY 9th APRIL 2017**

at the
DAVID WEIR LEISURE CENTRE

AGES: UNDER 11 – UNDER 20

also featuring

**THE DAVE CLARKE MILE
for U20 men and women
with cash prizes for the top three (each gender)**

View the timetable at www.herculeswimbledonac.org.uk

Discounted entry fees for Hercules Wimbledon members:
£3 for the first event; £2 for subsequent events

Enter online at: <https://entries.opentrack.run/2017/hercopen/>

Closing date: Friday 24th March, 2017

The [timetable is here...](#)

The online entry is now open: <https://entries.opentrack.run/2017/hercopen/>

ARTHUR LYDIARD – A MAN AHEAD OF HIS TIME

Short film here of the legendary New Zealand coach who revised the concept of middle-distance training in the 1950s - www.youtube.com/embed/03IWE3xWJY8

Inaugural England Athletics 5km Road Championships

<http://www.englandathletics.org/england-athletics-news/england-5k-road-championships-28th-april?nid=480&userId=-1>

Help us support our young elite athletes!

A message from the HW Committee:

We are sure everyone in the Club was excited to see Theo Etienne in the final of the 60m at the European Indoor Championships. Theo is one of a raft of talented young Club athletes who are breaking through into international competition. These are heady times for them and Hercules Wimbledon, and we want to support them as much as we can, however at this level our young elite athletes are beginning to need a greater degree of financial help to cover the cost of travelling to training camps and competitions abroad, regular physio sessions, etc. but they only have limited grants available to them. So we are launching our own fund-raising campaign with the aim of setting up a dedicated fund to help support any young Club athlete on the verge of international honours. More details will follow in the coming weeks.

As a start we have signed up the Club to Easyfundraising, which is the UK's leading charity cash-back site, supported by England Athletics. Every time you shop on line at over 3,000 retailers, such as Sainsbury's, John Lewis, Amazon, ebay, etc you can automatically collect a free donation for the Club. All you have to do is go online at <http://www.easyfundraising.org.uk/causes/hercules-wimbledon-ac> and join up. It costs you nothing, but once you have joined, whenever you shop online, all you have to do is log onto the Easyfundraising site first, search for your chosen retailer and you will be transferred to their site. Then you shop as usual, but the difference is that each time you do so, you will raise some money to help the Club's young elite athletes. So please pass on the link to all your friends who shop online.



The graphic features a central illustration of a hand dropping gold coins into a green shopping basket. Surrounding the basket are logos for several retailers: ebay, amazon.co.uk, Booking.com, Viking, Sainsbury's, and John Lewis (johnlewis.com). In the top left corner, the Easyfundraising logo is displayed with the tagline 'feel good shopping'. Below the illustration, the text reads: 'Shop online. Raise donations. For free.'

All ideas for fund-raising are welcome, so if you have a brilliant notion please email either sheila@herculeswimbledonac.org.uk or our social

secretaries, Lisa Thomas at lisamthomas65@yahoo.com
or Victor Ray at victor_ray@hotmail.com

WHO FROM HW IS RUNNING IN THE VIRGIN MONEY LONDON MARATHON?

To my knowledge the following HW members will be pounding the streets of London on Sunday, April 23.

It's good to have knowledge of who is competing so that the many interested HW supporters can know who to look out for wearing the gold and scarlet vest:

Known HW runners so far:

Felix Allen, Stewart Bond, Tom Cheetham, Andrew Davies, Khaled Diaw, Richard Evans, Claire Grima, David Grima, Charles Hampden-Smith, John Krause, Richard McDowell, Anthony Peter, Rob Tuer and Maurice Sharp.

Also competing but 2C: Kate Whorton and Chris Wright

Now I realise that there is many a HW member that will also be competing so please let Pete know at petehwac@aol.com

WOULD YOU LIKE TO ACHIEVE NEW HEIGHTS?

Alison Murray tells me that she is now up and running in her efforts to carry out her 'Introduction to Pole Vaulting' sessions due to take place at the David Weir Leisure Centre in Sutton, with a 12noon start on any given Sunday.

For those interested in an event that always proves a valuable high points scorer in League competition, please contact Alison at alikawali1@gmail.com



A MESSAGE FROM HW MEMBERSHIP SECRETARY BEN TOOMER

Your subs were due as from January 1- (don't skip forward - this really is IMPORTANT!!)

*From now on the ONLY way of paying your subs will be via the dedicated membership website - <https://members.hwac.org.uk>. and the committee have decided that from now on all subs will be collected by direct debits. **You will not automatically be charged and your membership will not renew unless you complete this new sign-up procedure***

The membership fee year also includes EA affiliation fee for 2017-2018 season (£14) which is now mandatory for all competing athletes and without which performances are not registered on powerof10.info.

*New and existing members should complete the membership application form to establish a direct debit with the club which shall appear on your bank statements in the future. Make sure you have your bank details and you can do it in less time than it takes to run 400m. **Do it now!***

IMPORTANT NOTICE: *Membership terms are now 1 year from the joining date. Those who have filled in the online form already need not do so again.*

CHANGE OF CLUB FACILITY HAS NOW GONE ON-LINE

<http://www.englandathletics.org/england-athletics-news/change-of-club---new-online-process-available?nid=467&userId=-1>

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold – Offers of help at these fixtures are always appreciated

2017

MARCH

Sat 25: South of England Men's 12-stage Road Relays, Gravesend, Kent

Sat 25: South of England Women's 6-stage Road Relays, Gravesend, Kent

APRIL

Sat 1: Herne Hill H Open Meeting, Tooting Bec

Details for above: [HHH Open Timetable 2017 04 01 vp2](http://herculeswimbledonac.org.uk/HHH-Open-Timetable-2017-04-01-vp2)

Sun 2: SLAN U15/U17/U20 Development Meeting 1, Sutton, 12noon

Thur 6: East Surrey League Road Races, Ewell Court, 7pm

Sat 8: National 12-stage Road Relays, Sutton Coldfield

Sun 9: HW Young Athletes Meeting, Sutton

Details for above: <http://herculeswimbledonac.org.uk/YA-Open.html>

Fri-Sun 14-16: Isle of Man Easter Running Festival

Sat 15: Southern Athletics League Division 3 SE Match 1, Sutton

Sat 22: Kinnaird & Sward Trophy Meeting, Kingston

Sun 23: Virgin Money London Marathon, Greenwich

Sun 23: Virgin Money London Mini Marathon, Wapping

Wed 26: Hercules Wimbledon AGM, Golf Club, Home Park Road, SW19

Sun 2: SLAN U15/U17/U20 Development Meeting 2, Tooting Bec, 1pm

Sun 30: Ebbisham Boys League, Match 1 Venue tbc

Sun 30: Surrey Road League 1, Richmond Half Marathon, Petersham

Above incorporates Surrey County Championships

A 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.

NOTE: (2C) after an athlete's name indicates that they are second claim members of Hercules Wimbledon.

RESULTS

March 5: Clapham Chasers Thames Riverside 20-miles, Bishops Park, Fulham

1 Daniel Steel (Woodford Green) 1:54:09 **HW:** 29 Adam May 2:17:21; 42 Andrew Davies 2:19:43; 70 Stewart Bond 2:29:45; 139 Gary Forde 2:39:37; 145 Frank Wood 2:41:23; 151 Paul Mills 2:43:26; 224 Caroline Helder (2C) 3:01:09; 227 Jolyon Parsons 3:05:26 (320 finishers)

March 5: Trafford 10km, Trafford, Manchester

1 Chris Thompson (Aldershot F&D) 28:55 **HW:** 266 Keith Scofield 37:07 (806 finishers)

March 5: London Schools XC Championships, Eltham, Kent

U13 Girls A race

1 Naomi Toft (Blackheath and Bromley) 9:35 **HW:** 6 Georgina Clarke 10:11 (75 finishers)

U13 Girls B race

1 Lara MammesDiaz De Cerio (London) 10:18 **HW:** 13 Cate Coverley 11:20; 15 Millie Doyle 11:20 (76 finishers)

March 7: Crystal Palace Canter 5km, SE19

1 Andy Green (Team East Haddon) 19:10 **HW:** 11 Stuart Littlewood 27:55

March 11: Inter Counties Championships, Loughborough**Senior Men**

1 Andrew Vernon (Hants) 37:50 **HW:** 102 Jonathan Cornish (Oxon) 42:26 (283 finishers)

U15 Boys

1 Joshua Dickinson (Yorkshire) 15:26; 2 Harris Mier (2C) (cornwall) 16:35 (

March 11: Thames Meander Marathon, Kingston

1 Neil Martin (Overton H) 2:52:24 **HW:** 10 Tom Cheetham 3:10:51 (8th **HW M50 all-time**) (238 finishers)

Note: Tom's 74th marathon

March 11: parkrun 5km, Wimbledon Common

1 Joe Phillipa (Newport) 17:44 **HW:** 4 Adam Harwood 18:17; 5 David Scrimshaw 19:39; 8 Lloyd Hodgson (U11) 19:52 (12th **HW U13B all-time**); 12 Stewart Bond 20:12; 18 Alex Binley (1st F) 20:45; 45 Lisa Thomas 22:18; 48 Peter Metcalf 22:30; 52 Joseph Willis 22:44; 77 David Lanfranchi 23:30; 87 Simon Bodle 23:46; 88 John Krause 23:46; 92 Samuel Brading 23:48; 102 Dominic Fraser 24:03; 103 Geraldine Hellings (2C) 24:05; 155 Alastair Brown 25:43; 256 Charles Lawrie 29:07; 387 Sophie Toomey 39:47 (403 finishers)

March 11: parkrun 5km, Tooting Common, SW17

1 John Franklin (Serpentine) 16:03 **HW:** 6 Richard McDowell 17:43; 13 Megan De Silva (2C) 18:26 (PB) (471 finishers)

March 11: parkrun 5km, Bishops Park, Fulham, SW6

1 Simon Baines (Thames H&H) 16:45 **HW:** 6 Russell Price 17:51; 7 Alexi Calvert-Ansari 18:00; 12 Andrew Davies 18:31; 32 Simon Woodley 19:40; 300 Katie McInnes 29:42 (394 finishers)

March 11: parkrun 5km, Bushy Park, Teddington

1 Unknown **HW:** 9 Justin Reid (1st M45) 17:33; 11 Tom Conlon (2C-1st M55) 17:39; 179 Barry King 21:59; 412 Fred Green (1st M70) 24:49 (1214 finishers)

March 11: parkrun 5km, Roundshaw Downs, Croydon

1 Matt Doherty (Unattached) 18:38 **HW:** 13 Jonathan O'Halloran 20:45; 25 Martin O'Halloran 22:26 (152 finishers)

March 11: parkrun 5km, Richmond Park

1 Nick Impey (Ranelagh H) 17:01 **HW:** 30 Richard Evans 20:08; 52 Charles Hampden-Smith 21:08 (427 finishers)

March 11: parkrun 5km, Brueton Park, Solihull

1 Daniel Robinson (Birmingham) 16:57 **HW:** 139 Tomo Kikugawa 24:52; 287 Angela Kikugawa 29:49 (480 finishers)

March 11: parkrun 5km, Nonsuch Park, Cheam

1 Ollie Garrod (Epsom & Ewell) 16:15 **HW:** 469 John Wasbrough 37:34 (505 finishers)

March 11(a)/12(b): British Masters Indoor Championships, Lee Valley

M45

200 (b): 1 Dominic Bokor-Ingram 24.56

400 (a): 1 Dominic Bokor-Ingram 53:24 **Heat 2:** 1 Dominic Bokor-Ingram 57:49

M50

60 (a): 3 Mark White 7.88 **Heat 2:** 2 Mark White 7.92

200 (b): 1 Mark White 25.13

400 (a): 2 Mark White 57.01

3000 (b): 3 Simon Rayner 9:49.44

Note: Good to see Simon, twice a former Middlesex XC Champion paying a flying visit from Canada.

M70

800 (b): 1 Peter Giles 2:52.79

1500 (a): 1 Peter Giles 5:25.51

3000 (b): 1 Peter Giles 11:30.22

Women

W35

200 (b): 3 Emilie Bokor-Ingram 28.58

400 (a): 2 Emilie Bokor-Ingram 62.74 (**HW W35 record**)

W60

400 (a): 5 Anna Garnier 75.12

800 (b): 2 Anna Garnier 2:48.78 (**HW W60 record**)

1500 (a): 1 Anna Garnier 5:41.00

March 12: Bath Half Marathon, Somerset

1 Ben Fish (Blackburn) 65:16 **HW:** 213 Peter Lee 82:52 (**7th HW M50 all-time**) 294 Liz Stavreski (2C) 85:21 (19,428 finishers)

March 12: Surrey Half Marathon

1 Andrius Jaksevicius (Belgrave H) 69:50 **HW:** 22 Stuart Fraser (1st M50 & 1st master overall) 77:20 (**3rd HW M50 all-time**); 229 Stewart Bond 89:04; 527 Frank Wood 96:46 (3669 finishers)

March 12: NN/CPC Loop Half Marathon, The Hague, NED

1 Geoffrey Yego (Kenya) 59:56 **HW:** 44 Matthew Sharp 71:42 (9608 finishers)

March 12: Vitality North London Half Marathon, Wembley

1 Paul Whittaker 68:55 **HW:** 7 Chris Wright (2C) 71:51 (5784 finishers)

March 12: Junior parkrun 2km, Wimbledon Park

1 Ellen Weir (HW) 7:23 (**Event female record**); 2 Benjamin Moss (Unattached) 7:59 **Other HW:** 7 Valerie Parocki (2nd F) 8:56; 8 Jack Murray 8:58 (127 finishers)

March 12: Downs Young Athletes XC League Match 4, Epsom Downs

U15 Boys

1 Hugo Hewitt (Holland Sports) 10:54 **HW:** 7 Alexander Abraham 11:29; 12 Fred Jimack 12:17; 13 Hector Revill 12:32; 16 Gabriel Durand 12:55 (17 finishers)

U15 Girls

1 Isobel Stockley (Epsom & Ewell) 12:03 **HW:** 3 Rebekah Riches 12:31 (14 finishers)

U15 Team Combined: 1 Herne Hill H 22, 2 Kingston & Polytechnic 25, 3 Hercules Wimbledon 52

U15 Overall team after 4 races: =1 HHH/K&P 106; 3 HW 218

Final U15 Boys positions (athletes have to compete in all four races to score)

1 Hugo Hewitt (Holland Sp) 6; 2 Charlie Krammer (HHH) 9; 3 Jacob Alley (HHH) 20; 4 Jack Dickson (K&P) 21; 5 Alexander Abraham (HW) 27

Final U15 Girls positions: 1 Rebekah Riches (HW) 7; 2 Isobel Penniceard (HHH) 10; 3 Madeline Smith-Londono (HHH) 26

U13 Boys

1 Jaden Kennedy (Herne Hill H) 11:08 **HW:** 17 Samuel Spencer 13:11; 19 Joseph Willis 13:28 (29 finishers)

U13 Girls

1 Poppy Craig-McFeely (Herne Hill H) 11:47 **HW:** 7 Lulu Weisz 13:02; 19 Cate Coverley 13:53; 20 Francesca Mowat 14:10; 30 Amelia Lindsay 14:46; 32 Anna Barker 14:54; 37 Victoria Porto 16:27 (41 finishers)

Final U13 girls placings:

1 Annabella Bailey (HHH) 5; 2 Ava John (K&P) 27; 3 Hannah Choudhury (K&P) 30; 4 Eloise Ashmore (Holland Sp) 40; 5 Grace Fordham (E&E) 45; 6 Bailey O'Leary (HW) 49

U13 Team Combined: 1 Herne Hill H 12, 2 Holland Sports 42, 3 Kingston & Polytechnic 52 ... 7 Hercules Wimbledon 122

U11 Boys

1 Christo Chilton (Herne Hill H) 10:10 **HW:** 5 Thomas Beare 10:55; 27 Charlie Hunt 12:15 (46 finishers)

U11 Girls

1 Annabella Bailey (Herne Hill H) 11:28 **HW:** 12 Bailey O'Leary 13:28 (27 finishers)

U11 Team Combined: 1 Herne Hill H 22, Holland Sports 34, 3 Kingston & Polytechnic 45 ... 10 Hercules Wimbledon 153

AND FINALLY

