

MCDOWELL TOP BADGER AT DORKING

Hercules Wimbledon Athletic Club runners warmed up for this Saturday's South of England road relay championships with a series of solid performances last weekend. They once again dominated the Wimbledon Common parkrun and also provided the winner at Bushy Park as well as producing some strong runs in half-marathons, writes Tom Pollak.

Best of these was Richard McDowell who headed home a 339-strong field to post a course record-breaking win in the Surrey Badger half-marathon at Denbies Vineyard, Dorking, on Sunday. McDowell, 37, who made a last minute decision to compete at over the testing, undulating multi-terrain course, finished almost a minute ahead of the second runner as he



continued his preparations for next month's Virgin Money London marathon.

He crossed the line in one hour 18 minutes 32 seconds and said afterwards: "I made a last minute decision to run as weekend plans changed, but had I planned to run earlier I wouldn't have tried to kill myself on a 30km training run on Friday evening!

"The legs were just about recovered by Sunday morning, and a little social group of four of us paced it nice and steadily until I wound it up a bit with 5km to go. It seemed gentle pacing was the way to go as 1:18:32 was good enough for a new course record. Might not sound very quick, but it's mainly trail with over 300m of climbing, so not too unhappy."

McDowell added: "It was the third successive week of 100km of training, so things are looking good for London at the moment." McDowell has another testing race this weekend when he competes in the Orion 15 miles cross country event in Epping Forest.

Richard in previous League action

Hercules Wimbledon runners filled three of the top four places in Saturday's Wimbledon Common 5km parkrun. Ben Toomer headed the 392-strong field home in 16:20, posting the top age-graded performance of the day, 22 seconds ahead of club mate Joe Toomey with teenager Henry Silverstein fourth in 18:09. Gina Galbraith was second woman finisher in 20:36.

Meanwhile over at Bushy Park, Hercules Wimbledon's Jonny Cornish gained his second win in two appearances there this year as he headed home 1127 runners in 15:41, to win by over half-a-minute. Club mate Justin Reid was ninth in 17:13.

Cornish, Toomey and Toomer were in action again on Sunday. Cornish was third out of 2646 runners in the Fleet half-marathon in 1:09:43 with Toomey 16th in 1:14:34 and Rob Tuer 33rd in 1:16:33. Stuart Fraser was second veteran over 50 in 1:18:32. Toomer was the best of a dozen Hercules Wimbledon runners in the Vitality Reading half-marathon on Sunday finishing 56th out of 9720 runners in 1:11:56 with Will Russell 72nd in 1:13:39 and Dominic Kiralyfi 92nd in 1:14:46. Claire Grima, who will be running in the London with husband Dave was second woman veteran over 35 in 1:20:32 two minutes behind Dave who clocked 1:18:15.

Elsewhere, Kieran White was fourth veteran over 40 finisher in the Eastleigh 10km road race, Tor-Ivor Guttulsrod was third veteran over 50 in the Richmond half-marathon and Jonny Earl was third out of 517 runners in the Norwich 5km parkrun in 16:49 with Felix Allen sixth on Roundshaw Downs.

Hercules Wimbledon's Ellen Weir beat the entire field of 144 boys and girls to win the Wimbledon Park junior 2km parkrun, for the second consecutive time, on Sunday in 7:32 with Joseph Willis third in 8:12.

Doug Mobsby, the founder secretary of Hercules Wimbledon Athletic Club in 1967, has died aged 79. Mobsby, who was elected men's vice-captain of Wimbledon Athletic Club in September 1956, was a member of the City of London's Court of Common Council from 1985 to 2009 and was awarded the MBE by the Queen in 2007 for services to local government in the City of London and the community in the South East. His funeral is being held at St Dunstan's Church, Church Road, Cheam, SM3 8QJ on March 30th at 11.30am.



Doug Mobsby MBE in 2007



HW Zac Purnell (293) with London team mate Joseph Yee, younger brother of the talented Alex

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/>

LATE, LATE NEWS – CLOSING DATE EXTENDED TO MIDNIGHT MARCH 29

IT'S ROAD RELAY TIME AGAIN

Best of luck to the Men's 12-stage road relay team who will be contesting the South of England Championships at the Cyclopark in Gravesend. Kent with hopes of improving on their 14th place achieved last year.

Inaugural England Athletics 5km Road Championships

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

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

AND YOU THOUGHT IT WAS WINDY LAST WEEKEND!

Running into a headwind is never fun. But racers in the Foulées des 2 Rives 14K in Brest, France, faced serious gusts during a recent race, as captured in the video below

<https://www.youtube.com/embed/rREA40Xg9VY>

During the race, runners were forced to brace themselves (or slow to a walk) as they crossed the Plougastel Bridge (also known as the Albert-Louppe Bridge) along the course. Weather information from [Weather Underground](#) for Brest shows that wind gusts reached higher than 40 miles per hour during the day of the race. According to the website [Sportfair.it](#), the bridge is nearly 100 feet above the Elorn River and is a little more than half a mile in length. More than 400 people participated in the race, and no injuries were reported.



HOUSTON HERCULES – WE HAVE A PROBLEM

On Saturday, April 15, HW are due to compete in the opening Southern Athletic League (SAL) fixture at nearby Sutton but there is a serious problem in that the club are still seeking a men's team manager which could result in the worst case scenario of the club having to withdraw their membership of the League!

A pity really as judging by the recent success of our cross-country lads and our sprinters we could certainly make an impact as far as the track events go.

Team managers are also required for the Ebbisham Boy's League and the South London Athletic Network (SLAN) Young Athletes Meetings - boys and girls - but judging by the large number of mums and dads who usually attend these meetings perhaps it is not such a problem.

Fixture dates for both the SLAN and the SAL can be found on

<http://herculeswimbledonac.org.uk/Fixtures.html> so check them out. If the dates prove difficult perhaps the task can be carried out on a 'job-share' basis.

If interested please contact the HW Secretary Sheila White at ms.chilli@pure-white.co.uk in the first instance.

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 elit athletes. So please pass on the link to all your friends who shop online.



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

A WORD OF WARNING FROM BRITISH ATHLETICS

[Using supplements - are you aware of the risks?](#)

A [recent blog by UK Anti-Doping](#) revealed* that "...in 2012, 44% of athletes banned from sport were linked to the use of supplements. Many claimed that they were not aware the supplement products contained a banned substance, nor had they intended to cheat in any way."

We would encourage all athletes and coaches to read the [UKA statement regarding the use of supplements](#). *Figure given is across the sports reported.

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

APRIL

Sat 1: Herne Hill H Open Meeting, Tooting Bec – inc a tasty 5000m!

Details for above: [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 18: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:20; 2 Joe Toomey (HW) 16:42 **Other HW:** 4 Henry Silverstein 18:09; 13 Samuel Masters 19:45; 20 Stewart Bond 20:22; 22 Peter Collins 20:25; 23 Gina Galbraith (2nd F) 20:36; 35 Paul Jones 21:21; 39 Dominic Fraser 21:32; 63 Simon Bodle 23:08; 92 Annabel Simpson 23:43; 117 Charles Lawrie 24:25; 148 Alastair Brown 25:12; 366 Sophie Toomey 37:24 (392 finishers)

March 18: parkrun 5km, Bushy Park, Teddington

1 Jonathan Cornish (HW) 15:41 **Other HW:** 9 Justin Reid 17:13; 87 Richard Clark 20:57; 132 Barry King 21:48 (1127 finishers)

March 18: parkrun 5km, Dulwich Park, SE21

1 Christopher Peck (Waverley H) 16:09 **HW:** 17 Megan de Silva (2C-1st F) 18:46; 23 Fraser Hagell 19:43 (243 finishers)

March 18: parkrun 5km, Norwich, Norfolk

1 Max Costley (Southampton) 16:27 **HW:** 3 Jonny Earl 16:49 (517 finishers)

March 18: parkrun 5km, Roundshaw Downs, Croydon

1 Justin Macenhill (Striders of Croydon) 18:59 **HW:** 6 Felix Allen 20:23 (128 finishers)

March 18: parkrun 5km, Nonsuch Park, Cheam

1 Graham Russ (Unattached) 16:40 **HW:** 8 Nicky Hogg 18:31; 471 John Wasbrough 36:47 (510 finishers)

March 18: parkrun 5km, Brokenhurst, New Forest

1 Adam Jundi (Unattached) 17:41 **HW:** 11 Peter Metcalf 21:15 (174 finishers)

March 18: parkrun 5km, Banbury, Oxon

1 Martin West (Unattached) 18:15 **HW:** 12 James Runnicles 21:43 (206 finishers)

March 18: parkrun 5km, Tooting Common, SW17

1 Martin Rutter (Clapham Chasers) 17:00 **HW:** 23 Victor Ray 19:50; 24 Tom Cheetham 19:52 (408 finishers)

March 18: parkrun 5km, Bishops Park, Fulham, SW6

1 Alvaro Giuricichi (UCT) 17:02 **HW:** 27 Ewan White 19:33; 194 Michelle Howie 25:59 (371 finishers)

March 18: parkrun 5km, Witton Country Park, Blackburn

1 Chris Barnes (Unattached) 19:12 **HW:** 50 Ian Isherwood 37:30 (60 finishers)

March 18: parkrun 5km, Brueton Park, Solihull

1 Scott Ellis (North Shields Poly) 16:23 **HW:** 154 Tomo Kikugawa 25:08; 298 Angela Kikugawa 29:06 (501 finishers)

March 18: parkrun 5km, Southwark Park, SE16

1 Unknown 16:56 **HW:** 225 Dennis Williams 35:43 (245 finishers)

March 18: parkrun 5km, Richmond Park

1 Dan Afshar (West 4 H) 17:41 **HW:** 232 Rachel Brenton 28:54 (392 finishers)

March 18: English Schools XC Championships, Norwich

Inter boys (U17)(6km)

1 Zakariya Mahamed (Hants) 18:16 **HW:** 219 Zachary Purnell (London) 20:45 (338 finishers)

March 18: British Masters XC Championships, Liverpool

W45 (6km)

1 Carol Parsons (Ellesmere) 24:14 **HW:** 13 Vikki Filsell (2C) 28:15 (18 finishers)

W60 (6km)

1 Jenny Wakeman (Barnsley) 28:20 **HW:** 2 Anna Garnier (2C) 28:35 (7 finishers)

March 19: Vitality Reading Half Marathon, Berks

1 Andy Vernon (Aldershot F&D) 63:08 **HW:** 56 Ben Toomer 71:56; 72 Will Russell 73:39; 92 Dominic Kiralyfi 74:46; 100 Joe Clark 75:10; 157 David Grima 78:15; 215 Khaled Diaw 80:22 (8th **HW M45 all-time**); 222 Claire Grima (2nd W35) 80:32; 228 Adam Harwood 80:55; 325 Andrew Blake 84:13; 359 David Scrimshaw 85:58; 465 Guy Cotter 89:50; 1429 Eileen Brandley 99:50 (9720 finishers)

March 19: Fleet Half Marathon, Hants

1 Michal Kallenberg (RAF) 67:21; 2 James Bellward (RAF) 69:05; 3 Jonathan Cornish (HW) 69:43 **Other HW:** 16: Joe Toomey 74:34; 33 Rob Tuer 76:33; 48 Stuart Fraser (2nd M50) 78:32; 867 Charles Lawrie (4th M65) 1:43:12 (2646 finishers)

March 19: Hampton Court Half Marathon

1 Joe Lewis (Unattached) 71:48 **HW:** 268 Simon Woodington 1:40:50 (3289 finishers)

March 19: Junior parkrun 2km, Wimbledon Park

1 Ellen Weir (HW) 7:32; 2 Connor Foley (Unattached) 7:40; 3 Joseph Willis (HW) 8:12
Other HW: 12 Jack Murray 8:55; 129 Daisy Bokor-Ingram 16:09 (144 finishers)

March 19: Surrey Badger Multi-Terrain Half Marathon, Dorking

1 Richard McDowell (HW) 78:32 (**Course record**); 2 Keith McIntosh (Wimbledon Windmilers) 79:26 **Other HW:** 18 Stephen McDuell 95:58 (339 finishers)

Notes from Richard: Might not sound very quick, but it's mainly trail with over 300m of climbing, so not too unhappy - especially as it followed a 30km tempo run on Friday evening.

March 19: Salomon Richmond Half Marathon

1 Thomas Payne (Run Fast) 68:21 **HW:** 175 Estle Viljoen (2nd W45) 95:28 (**2nd HW W45 all-time**) (1766 finishers)

March 19: Salomon Richmond 10km

1 Tom Buckley (Unattached) 34:50 **HW:** 25 Tor-Ivar Guttulsrod (3rd M50) 47:21 (443 finishers)

March 19: Nice Work 10km, Richmond Park

1 Rob Seymour (Unattached) 37:40 **HW:** 8 Tom Cheetham 41:39 (98 finishers)

March 19: Eastleigh 10km, Hants

1 Joshua Grace (Aldershot F&D) 31:02 **HW:** 27 Kieran White (4th M40) 33:29 (**=6th HW M40 all-time**) (2406 finishers)

AND FINALLY

ARE YOU READY FOR THE TRACK & FIELD SEASON?

