

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C January 1, 2017



A HAPPY NEW YEAR FROM HW SECRETARY SHEILA WHITE

Happy New Year! I hope you had a great Christmas and here's looking forward to a successful 2017 for Hercules Wimbledon AC.

It is going to be a little challenging at the beginning, but we will be back training at Wimbledon Park this Thursday, January 5th. As you all know, since the fire in the grandstand we have had no power in the stadium, however the Club has now bought temporary battery-powered lighting for the track and clubhouse. The lights will be stored in the container and will have to be put out and gathered in at every training session. This is a simple operation but it needs a team of people to get it done quickly and smoothly, so we are asking for volunteers on a rota basis. If you can help please email Fred Green asap at fredagreen41@gmail.com

We have been liaising closely with the council re the repair/rebuilding of the grandstand and the good news is that work is likely to begin towards the end of January. At this point power will also be restored to the clubhouse. So things are looking up and with support from members we can get through the first difficult months until the evenings get lighter.

Thank you in anticipation, and once again a Happy New Year to you all,

With best wishes,

Sheila White - Club Secretary - Hercules Wimbledon AC

Note: training as usual from Lauriston Cottage tonight at 7pm

Surrey County Cross-Country Championships 7th January 2017 at Lloyd Park, Croydon

As Assistant Marshal for the County Champs, I am aware that we do not currently have sufficient "Surrey" officials so an input from clubs is vital. Croydon Harriers help with catering and flagging and as at Denbies other local clubs do their bit. Hercules Wimbledon members have come forward in previous years and tipped the scales between under-staffed and comfortable so can we please manage the same this time? Every year we have to step up athlete protection, especially in the younger races, so additional marshals are required. Even a half day, leaving the afternoon free to spectate during the senior races, or vice versa, would

be welcome. It's important to mention that early potential availability would be welcomed even if you have to pull out later.

Regards

Richard Weston

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HW RUNNERS TARGET TITLE DEFENCE

Hercules Wimbledon Athletic Club's cross country runners showed impressive form over the festive season in the run-up to the defence of their Surrey senior men's cross country team title at Lloyd Park, Croydon, on Saturday, January 7th, reports Tom Pollak..

Ben Toomer and Fred Slemeck, who led the team to the gold medals at Dorking 12 months ago, won parkrun events on Christmas Eve.

Slemeck led a Hercules Wimbledon clean sweep when he headed home a 395-strong field to win the Wimbledon Common 5km parkrun in 17 minutes 4 seconds. He finished ahead clubmates David Grima (17:30) and teenager Zac Purnell, who clocked a personal best of 17:31 to post a big improvement on the 18:16 he clocked on the same course in August. A total of 27 Hercules Wimbledon runners took part in the event with over 50 veteran Lisa Thomas second woman to finish.

Meanwhile, Toomer was beating almost 450 runners to win the Chipping Sodbury event in 16:11. Club mate Eileen Brandley was sixth in the women's race in 23:31.

Slemeck confirmed his good form as he ended the old year equalling his personal best for the distance in finishing sixth in the Last Friday of the Month 5km event in Hyde Park on December 30th. He clocked 15:44 to match the time he set in Battersea Park in June 2013.

Joe Clark, another member of last year's winning Surrey team also showed he is in form as he finished 19th of the 176 runners in a personal best of 16:32. He sliced just one second off his previous best set at Battersea Park in July 2013.

Young Purnell, who competes in the men's under 17 championship in Lloyd Park, showed even better form when he posted his first senior parkrun win in Arrow Valley, Redditch, on New Year's Eve in 17:23, to better his Christmas Eve time on Wimbledon Common by eight seconds. He posted the top male age-graded performance.

Over in Dulwich Park, another member of Hercules Wimbledon's gold medal-winning senior team 12 months ago, Kieran White, headed home a 199-strong field to win the parkrun there in 16:33, posting the top age-graded performance in the process.

Joe Toomey, who is also running in Croydon this weekend, was another parkrun winner on New Year's Eve, taking the event in Chantry Park Ipswich, in 17:34. He won by more than a minute in heading home a 258-strong field.

Hercules Wimbledon's Matthew Sharp also warmed up for the Surrey cross country championships with a strong parkrun performance. He was runner-up out of more than 200 runners in Dulwich Park on Christmas Day in 16:15, his best parkrun time of the year. Over in Bishop's Park, Fulham, Hercules Wimbledon's Max Kiralyfi, in his first race for almost four years, beat the 166-strong field, also on Christmas Day, in 17:28.

Competing in his first parkrun event for more than two years, second-claim member Olly Laws headed home a 503-strong field in Nonsuch Park on New Year's Eve to win by 23 seconds in 17:46. Ellen Weir gained another win when she took the women's event in the Newport, Isle of Wight parkrun on New Year's Eve in 21:15.

Hercules Wimbledon face a busy weekend, In addition to competing in the Surrey cross country championships in Croydon, for which no less than 78 of the clubs' members have entered, some of the club's track and field athletes will contest the South London Athletics

Network Indoor Open meeting at the David Weir Leisure Centre, Sutton, on Sunday, The meeting starts at 12noon.

NEW YEARS' EVE ON THE COMMON

An excellent turnout of officials, marshals and competitors led to an enjoyable running of the annual HW/Lauriston 5-miles Multi Terrain on Wimbledon Common and well done to both Eileen Brandley and David Beard for the work they did behind the scene.

It proved an ideal opportunity for a workout prior to the Surrey Championships with respective race winners Chris Busaileh and Georgie Bruivels – the latter in an impressive course record of 28:13 – both looking set for honours in Lloyd Park.

Congratulations are due to the trio of Rob Tuer, Chris Coles and Tom Conlon in taking the first three places in the Lauriston Championships which were held in conjunction.

THEY'RE OFF! THE 5-MILERS GET UNDERWAY





Claire and Rob first HW female and male home on Saturday

Above photos by Guy Gibbons who supplied an impressive collection for the race which can be viewed here: <http://herculeswimbledonac.org.uk/Cross-Country.html>

THE TIMES THEY ARE A-CHANGING

For the Surrey Cross-Country Championships, it's worth pointing out that the organisers have tweaked the timetable from previous years and will now feature as follows.

10.30am U13 Boys (3km)

10.50am U13 Girls (3km)

11.15pm U17/U20 Men (6km)

11.45 Senior Women (8km)

12.40am U15 Boys (4km)

1.00pm U15 Girls (4km)

1.20pm U17/U20 Women (5.7km)

1.45pm Senior Men (12km)

As Tom Pollak (Surrey County Chairman) points out "The revised timetable suits the marshalling better and still leaves two hours between the starts of the two biggest races."

PS: have all you HW runners made your entry? NO late entries accepted!

IT'S TIME TO GET THOSE CROSS-COUNTRY ENTRIES IN

The cross country season is now truly underway and whilst for league matches runners can turn up on the day there are a number of championship races which require pre entry. The club will pay the entrance fee for these events but please note anyone asking to be entered who does not run will be asked to pay this back. Men

should contact Rob (rt86@hotmail.co.uk) and ladies Eileen (eileen.brandley09@gmail.com).

Event	Date	Venue	HW closing date
Surrey County Championship	Saturday 7 th January	Lloyd Park, Croydon	Entries closed!
South of England Championship	Saturday 28 th January	Parliament Hill, London	14 th December (£7) Entries closed
National Championship	Saturday 25 th February	Wollaton Park, Nottingham	11 th January (£7)

A MESSAGE FROM JANET RE THE NEXT LADIES SURREY LEAGUE MATCH

Hi All,

The next Surrey Ladies match is on Saturday 14th January.

The match is being organised by Striders of Croydon in Lloyd Park, Croydon.

As yet I haven't received the final details. However, I've received a message asking for help.

We now have 40 clubs and there were over 400 runners in the Senior race in the first 2 matches and such numbers are causing many problems about which we shall have to address and make changes for next season (suggestions would be appreciated) but in the meantime Striders main problem is having enough Officials.

They intend to have a 2 or 3 funnel finish and to do this **they need plenty of help**, i.e. timekeepers, time recorders, place judges, place recorders and funnel controllers so in accordance with our rules we are asked to provide one official to assist on all 3 races. As the first race is at 12 noon officials will be

needed from about 11.30am until about 2 pm because we need to cover junior races too.

Are there any partners or others **who can help**? Please give this serious consideration and let me know asap if you know someone (or people) willing to help out. To date HW hasn't been in a position to offer to do anything so it would be great if we can help on this occasion.

Many thanks

Janet

On the run with fit Santas



Parkrun Santa Run Dr Krause with MP Steve Hammond and organiser Charles Lauris

MORE than four hundred runners have donned Christmas costumes to raise money for charity in Wimbledon's annual Santa Parkrun.

The 426 runners, including several Santas, reindeer and a Christmas tree, ran five kilometres on Wimbledon Common with the aim of raising

£1,500 to support the Wimbledon Common Rangers and local charity Stem4.

Runners were greeted with mulled wine and mince pies, while Wimbledon MP Steve Hammond was also there to support the group on Saturday, December 17.

Wimbledon based Stem4, created in 2011,

seeks to raise awareness about mental illness in teenagers in hope of early intervention.

Stem4 have worked with more than 100 schools, and funds raised by the run will be used to expand services offered to schools and provide information and guidance to young people in the area.

A heavily disguised Charles Lawrie features in the local Guardian



A MESSAGE FROM HW MEMBERSHIP SECRETARY BEN TOOMER

Your subs will shortly become due on (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.*

SOUTH LONDON ATHLETIC NETWORK OPEN MEETING

With Electronic timing

Indoor Events: 60 m, Pole Vault (Competition A or B), High Jump, Long Jump

Age Groups: U/13, U/15, U/17, U20, and Senior

Sunday 8th January 2017

Entry form link here:

<https://www.sportssystem.co.uk/ss/event/SWLondonAthleticsNetworkOpenMeeting/EntryForm?id=2614&mode=>

OVERSEAS WIN FOR PETE CLARKE



Pete Clarke (centre) tastes the spoils of victory in Poland

FANCY ANOTHER RUN ON THE BANK?

A recent addition to the HW fixture list with the next Bank of England Home Cross Country Fixture being at 14:30 on 21st January 2017 in Richmond Park. The Bank will be using the traditional 4.9 mile one lap course.

Usual refreshments post-race at the princely sum of £2

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

NEWS OF THE EVER POPULAR CLAPHAM CHASERS PRE-LONDON RUN

Dear Running Club

Thank you for supporting Thames Riverside 20 (Race or Pace), organised by Clapham Chasers Running and Triathlon Club, in the past.

Race entries for TR20 2017 on 5th March are now open and you can sign up at www.eventrac.co.uk/race-course-map/thames-riverside-20-race-or-pace-2017-thames-riverside-20-race-or-pace-2017-05-03-2017-08-00.

The same excellent value (£22 for non-affiliated and £20 for affiliated), the same successful format and the same super friendly Clapham Chasers. Plus legendary goody bags, of course. Places for TR20 2016 sold out in record time with a waiting list of over 150 on race day. So, don't delay! Get involved and sign up for TR20 2017. Up to date race information can be found at @TR20info.

Team TR20 and I look forward to seeing you on the start line!

Danny Chalkley

TR20 Race Director

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

2017

JANUARY

Sat 7: Surrey County AA XC Championships, Lloyd Park, Croydon **ENTRIES CLOSED**

Sat/Sun 7/8: South of England U15/U17 Indoor Championships, Lee Valley

Sun 8: South London Network, Indoor Open Meeting, DWLC, Sutton

<https://www.sportsystems.co.uk/ss/event/SWLondonAthleticsNetworkOpenMeeting/EntryForm?id=2614&mode=>

Sat 14: 2XU Surrey Men's League, Match 3, Mitcham Common, Seniors 2.30pm, YA 2pm

Sat 14: 2XU Surrey Ladies League Match 3, Lloyd Park 12noon

Sat/Sun 14/15: South of England Senior/U20 Indoor Championships, Lee Valley

Sat 21: Surrey Schools Championships, Reigate

Sat 21: Bank of England Inter-Club 5, Richmond Park, Roehampton 2.30pm

Sat 28: Southern Counties XC Championships, Parliament Hill

FEBRUARY

Sat 11: 2XU Surrey Men's League, Match 4, Wimbledon Common

Sat 11: 2XU Surrey Ladies League, Match 4, Coulsdon

Sat/Sun 11/12: British Athletics Indoor Trials, Sheffield

Sun 12: SCVAC/Veterans AC Indoor Championships, Lee Valley

Sat/Sun 18/19: Surrey County Indoor Championships, DWLC, Sutton

Sat 18: British Athletics Indoor Grand Prix, Birmingham

Sun 19: Downs Young Athletes League, Match 3, Epsom Downs

Sat 25: National XC Championships, Wollaton Park, Notts

Sat/Sun 25/26: England Athletics U20/U17/U15 Indoor Champs, Sheffield

Sun 26: Masters Inter-Area Indoors, Lee Valley

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.

RESULTS

November 20: Semi Marathon de Boulogne, Billancourt, France

1 Morris Gachaga (France) 62:04 **HW:** 21 Matthew Sharp 72:52 (6466 finishers)

December 30: Serpentine Brooks Last Friday of the Month 5km, Hyde Park

1 Owen Hind (Kent) 14:58 **HW:** 6 Fred Slemeck 15:44; 19 Joe Clark 16:32; 24 Robert Tuer 16:50; 47 Felix Allen 18:46; 165 Dennis Williams 30:38 (176 finishers))

Note: Fred still remains as 8th fastest HW 5km runner as he equals his best mark of 15:44 set in Battersea Park in June 2013

December 31: HW/Lauriston 5-mile Multi-Terrain, Wimbledon Common

1 Chris Busaileh (Herne Hill H) 27:15; 2 Rob Tuer (HW) 27:51 **Other HW:** 6 George Longworth 29:02; 7 Claire Grima (2nd F) 29:28; 8 Peter Collins 30:02; 12 Chris Coles 30:55; 13 Mark Cahill 30:58; 14 Knut Hegvold 31:03; 16 Simon Wright 31:28; 17 Sam Barker (1st U17M) 31:28; 37 Stewart Bond 31:56; 19 Felix Allen 31:58; 21 Victor Ray 32:16; 22 Simon Woodley 32:22; 26 Ian Higgins (2C) 32:58; 27 Marie Synott-Wells 33:09; 29 Tom Conlon (2C) 33:38; 30 Tom Cheetham 33:41; 31 Lisa Thomas 33:54 (W50 course record); 33 Gary Forde 34:35; 35 Peter Metcalf 35:00; 36 Richard Clark 35:02; 37 Frank Wood 35:29; 39 Julian Bingle 36:12; 40 Richard Steed 36:24; 44 Eileen Brandley 37:03; 46 Don Anderson (2C) 37:27; 48 Martin Miller 38:33; 50 Maurice Sharp 39:35; 51 Tony Austin 39:55; 54 Rowena Hornshaw 41:51; 55 Florence England 44:18; 58 Dennis Williams 51:05; 59 Colin Bricher 55:32

Full result: http://www.herculeswimbledonac.org.uk/LauristonMT_31122016.pdf

Lauriston RC Championship: 1 Rob Tuer, 2 Chris Coles, 3 Tom Conlon, 4 Don Anderson, 5 Martin Miller, 6 Maurice Sharp, 7 Dennis Williams

December 31: parkrun 5km, Chantry Park, Ipswich

1 Joe Toomey (HW) 17:34; 2 Tom Walker (Huntingdonshire) 18:42 (258 finishers)

December 31: parkrun 5km, Dulwich Park, SE21

1 Kieran White (HW) 16:33; 2 Andrew Boyd (Unattached) 16:47 (199 finishers)

December 31: parkrun 5km, Wimbledon Common

1 Keith MacIntosh (Wimbledon Windmilers) 17:19; 2 Adam Harwood 17:42 **Other HW:** 4 Peter Collins 18:08; 8 Matthew Gibbons 18:32; 9 Richard Evans 18:34; 20 Jim Carrington 20:02; 24 Lloyd Hodgson 20:25; 25 Tom Cheetham 20:27; 42 Charles Hampden-Smith 21:19; 65 James Wallace 22:34; 118 Samuel Brading 24:12; 122 Charles Lawrie 24:17; 125 Alastair Brown 24:24; 165 Florence England 26:07; 168 Andrew Balcerkiewicz 26:10; 225 Rachel Brenton 28:23; 330 Sophie Toomey 38:19 (339 finishers)

December 31: parkrun 5km, Richmond Park

1 Will Russell (Thames Turbo) 16:56 **HW:** 37 Francesca Clarke (1st F) 20:37; 38 David Clarke 20:37; 63 Ewan White 21:48; 178 Michelle Howie 25:50 (389 finishers)

December 31: parkrun 5km, Arrow Valley Park, Redditch

1 Zac Purnell (HW) 17:23 (8th **HW U17M all-time**) **Other HW:** 16 Jeremy Purnell 20:10; 34 Alison Purnell (3rd F) 22:21 (375 finishers)

December 31: parkrun 5km, Nonsuch Park, Cheam

1 Olly Laws (HW-2C) 17:23; 2 Greg Clark (Belgrave) 17:46 **Other HW:** 82 Samuel Spencer 22:41 (503 finishers)

December 31: parkrun 5km, Newport, Isle of Wight

1 Benjamin Douglas (Notts) 16:14 **HW:** 23 Ellen Weir (1st F) 21:15 (306 finishers)

December 31: parkrun 5km, Alice Hot Forest, Hants

1 Lawrence Hollom (Haslemere Border) 17:16; 2 Richard McDowell (HW) 18:34 (267 finishers)

December 31: parkrun 5km, Bushy Park, Teddington

1 Jake Wightman (Edinburgh) 15:04 **HW:** 4 David Grima 17:25; 80 Oli Woodhall 19:57 (1173 finishers)

December 31: parkrun 5km, Kingston

1 Alastair McGeoch-Williams (26.2 RRC) 17:53 **HW:** 7 Felix Allen 19:01 (182 finishers)

December 31: parkrun 5km, Albert Park, Middlesbrough

1 Josh Dack (Lothian) 16:49 **HW:** 9 Mark Livingstone 19:03 (262 finishers)

December 31: parkrun 5km, Bishops Park, Fulham, SW6

1 Ryan McCrickherd (London Heathside) 16:55 **HW:** 11 Nicky Hogg 19:14; 27 Thomas Beare 20:47; 184 John Wasbrough 34:42 (**HW M75 record**) (194 finishers)

December 31: parkrun 5km, Roundshaw Downs, Croydon

1 Clare Elms (Dulwich R) 18:59 **HW:** 35 Martin O'Halloran 23:49 (140 finishers)

December 31: parkrun 5km, Harrow

1 Daniel Middleton (Norwich RR) 17:06 **HW:** 33 Tom Morris 23:49 (130 finishers)

December 31: parkrun 5km, Aylesbury, Bucks

1 Rob Elmore (Leighton Buzzard) 16:33 **HW:** 75 Victor Hutchins 27:13 (168 finishers)

December 31: parkrun 5km, Brueton Park, Solihull

1 Daniel Robinson (Birmingham) 16:24 **HW:** 111 Tomo Kikugawa 23:49; 252 Angela Kikugawa 28:54 (418 finishers)

January 1: Start Fitness Serpentine New Year's Day 10km

1 Jonny Hay (Aldershot F&D) 30:13 **HW:** 39 Russell Price 37:12 (530 finishers)

January 1: parkrun 5km, Wimbledon Common

1 Richard Gregory (Ranelagh H) 17:47 **HW**: 7 Richard Evans 18:41; 20 Tom Cheetham 20:21; 22 Stewart Bond 20:36; 25 Simon Woodley 20:52; 26 Lisa Thomas (3rd F) 20:54; 30 Jason Taylor 21:04; 35 Adam Fenton 21:09; 37 John Townsend 21:11; 38 Charles Hampden-Smith 21:12; 66 Peter Metcalf 23:00; 85 Samuel Brading 23:35; 112 Alastair Brown 24:47; 149 Charles Lawrie 26:30; 189 Florence England 28:36; 235 Rebecca Collins 38:19; 234 Peter Collins 38:23; 239 Sophie Toomey 40:05 (244 finishers)

January 1: parkrun 5km, Bishops Park, Fulham, SW6

1 Milan Misak (Serpentine) 17:52 **HW**: 4 Peter Collins 18:42; 10 Mark Livingstone 19:18; 16 Stewart Bond 19:55; 17 Richard Evans 19:55; 22 Tom Cheetham 20:14; 25 Thomas Beare 20:38; 39 Simon Woodley 21:03; 47 Charles Hampden-Smith 21:29; 71 Peter Metcalf 23:04 (222 finishers)

Looks like the more keen of HW runners competed in the Wimbledon parkrun before travelling to Fulham for the later starting event for a New Year's Day double!

January 1: Lee Valley Indoor Open

Seniors (mixed)

60 (round 1, race 1): 3 Nimi Kolade 7.04; 6 Antonio Douglas 7.25 (**race 7**): 4 Armani Thomas 7.61 (**race 8**): 1 Tom Meehan 7.62

60 (round 2, race 1): 5 Nimi Kolade 7.01 (**race 2**): 4 Antonio Douglas 7.23 (**race 7**): 4 Tom Meehan 7.52; 6 Armani Thomas 7.55

200 mixed (race 10): 2 Emilie Bokor-Ingram 28.34 (**HW W35 record**)

200 men (race 6): 1 Dominic Bokor-Ingram 24.45; 3 Tom Meehan 25.10

400 men (race 2): 3 Dominic Bokor-Ingram 53.03

400 mixed (race 6): 3 Emilie Bokor-Ingram 63.34 (**HW W35 record**)

U13 Girls mixed

60 (round 1, race 7): 1 Nkasi Onyejekwe 8.55

60 (round 2, race 3): 1 Nkasi Onyejekwe 8.34

January 1: VIII Bieg Noworoczny 1.6 miles road race, Poland

1 Pete Clarke (HW) 9:36

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

AND FINALLY

