

## **HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C November 20, 2016**

### **A key message from HW Secretary, Sheila White**

We are aware that everyone is anxious to get back to Tuesday and Thursday evening track training following the fire, and want to reassure you that the Club's committee is doing everything possible to achieve this. We hope to have temporary track lighting and power to the clubhouse in place in the next few weeks, so keep watching this space for the latest news.

### ***BIRTHDAY MARATHON WIN FOR BELAL***

Hercules Wimbledon Athletic Club's Belal Ahmed celebrated his 30th birthday on Sunday with a runaway victory in the Gulf Bank 642 marathon in Kuwait City the previous day, reports Tom Pollak..

While many of his clubmates were competing in chilly conditions at London's Parliament Hill Fields, in contrast, Ahmed was having to contend with sweltering temperatures. "It was ridiculously hot there," said Ahmed. It was 30 degrees centigrade from one mile on and I just managed to run two hours 36 seconds." He won in 2:36:11, a massive thirteen and a half minutes ahead of the second finisher. He was some way off his best marathon time of 2:27:47 set just three weeks earlier in the Frankfurt marathon in Germany. He also clocked a faster 2:29:57 in this year's Virgin Money London Marathon.



Belal – winning in Kuwait

Here is a short clip of the Kuwait Marathon but alas, no sign of Belal as he was so far ahead!

<https://www.youtube.com/embed/GCKLxgJZN4A>

More than 50 Hercules Wimbledon cross country runners were in action in the London cross country and London Youth Games championships at Parliament Hill Fields, often dubbed the spiritual home of English cross country running because of its testing hills.

Best of the 37 youngsters in action were Lloyd Hodgson and Thomas Beare who were second and third in the boys under 11 1.5km race, both in 6.09, and leading Merton to a team victory. Alex Forbes was ninth in the under 13 boys 2km race and the second scoring member of the winning Wandsworth team. Also representing Wandsworth, Zac Purnell was 19th in the under 17 4.5km race.

Highest placed of the Hercules Wimbledon girls was Lauren Armitage who finished 11th out of 117 runners in the under 11 girls 1.5km race. Ellen Weir was 14th out of 219 runners in

the girls under 13 2km race representing Merton with club mate Georgina Clarke, running for Wandsworth, 20th. Rebekah Riches was 18th out of 178 runners in the under 15 girls 2km race representing Merton.

The youngsters were followed by the seniors and the Hercules Wimbledon's women's squad posted their best-ever team performance in the London Championships finishing eighth, a big improvement on their 14th place in 2015. They were led in by Claire Grima who took eighth individual position out of 250 runners in the 6km race in 22:59 with Anne Hegvold 46th, Lisa Thomas 81st and Chloe Binley 97th.

Fred Slemeck was best of the 13 Hercules Wimbledon runners in the senior men's 10km championship finishing eighth of 325 runners in 32:15 ahead of Jonathan Cornish (10th in 32:15) and Ben Toomer (11th in 32:18). David Grima finishing 98th in 37:14 was the fourth scoring member of the team which finished fifth. It was the second team from Surrey and South West London.

Hercules Wimbledon's Richard McDowell made a long trip north of the border to make a winning debut in the Portobello 5km parkrun in Edinburgh in 16:52, heading home a 218-strong field and also posting the event's top age-graded performance. He won by more than a minute. Nearer home, Joe Toomey headed home the 353-strong field on Wimbledon Common in 17:12 to post his first win in the event since May. He finished 15 seconds ahead off the second runner with club mates Adam Harwood, Peter Collins and Stewart Bond, fourth, eighth and 10th, respectively. Lisa Thomas warmed up for her run in the London Championships in the afternoon by finishing 18th in the women's race.



Joe Toomey – a parkrun first place

Elsewhere, Chris Ore was third out of 225 runners in Burgess Park in 18:00 and Ksenia Musatova was second girl to finish in the Wimbledon Park junior 2km parkrun on Sunday. This weekend Hercules Wimbledon's cross country runners are in action in the annual South of the Thames five miles cross country race at Polesden Lacey, near Leatherhead. Both men and women race together and the race starts at 2pm.



Not too many HW cameras in action at Parly Hill but Vikki Filsell captured the above two

#### **INFORMATION RE TRAINING POST WIMBLEDON PARK FIRE**

It appears we are in for a long haul when evening training sessions at Wimbledon Park track recommence. The good news however is that the popular 7upsnover sessions held on a Sunday morning are back in action while Juan Hernandez is making use of weekend daylight hours to keep his charges in action.

Mark Livingstone will be overseeing his 6pm and 7pm groups as they make use of the field adjacent to the track with their headlights at the ready. The track gates may well be locked so best to meet up by the bowling pavilion close to the lake.

For Maurice's middle distance group Lauriston Cottage is being made use of and they are meeting at 7pm there on both Tuesday and Wednesday evenings.

It has been suggested that the club make use of the Kingsmeadow track but alas, is closed for refurbishment from now until 1st January 2017.

#### **UKA COACHING MENTOR INVITES YOU A AN INTERESTING DAY**

*Neville Taylor, who has coached numerous international athletes including Olympic silver medallist Wendy Sly, has been working as an Area Coach Mentor in the South East since 2009 and in 2013 was included as part of the UKA National Coach Mentor Team.*

*Below, he invites all interested athletes and coaches to a day of excellent advice at St Mary's, Twickenham.*

*There is no charge or complicated booking forms – just turn up on the day.*

Hi All

I am pleased to confirm timetable for our meeting on Sunday 4 December at St Marys Twickenham

The theme is "AIMING HIGH" - Building on your success in 2016 by stretching your performance targets - We don't do consolidate!

The timetable

9.45 -meet in the Shannon Conference Suite (which is over the refractory)

10.00- welcome

10.15- practical strength and conditioning with Richard Blagrove in the Sports Centre.

12.00- Lunch-provided-Shannon Conf.

1.00- Kate Spilsbury EIS/British Athletics "training at altitude " practical benefits from Adam Clarke

Ray Matthews Affinity Altitude Tents as used by Mo, Charlie Grice and Adam

2.45 Q and A with Charlotte Purdue, ranked no 1 in UK for the marathon

Elliot Giles bronze medallist European 800m/Coach Matt Yates

I look forward to seeing you all for a practical day covering performance and development topics

My best wishes

Neville (Taylor)



### **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](http://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!***

## **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 8<sup>th</sup> January 2017**

Link to details here: <http://www.londonathletics.org/slan-indoor-meeting>

### **INTRODUCTION TO SPRINT HURDLES**

A free hurdles workshop session for athletes and coaches to be held at Sutton on December 4.

Click here for further details

<http://www.londonathletics.org/sprint-hurdles-and-technical-development-workshop>



### **AN ALTERNATIVE SESSION FOR THE MAURICE SHARP GROUP**

Training for Maurice's group for this Tuesday evenings has been arranged to take place from Lauriston Cottage at 7pm. Hope to see many of the regulars there.



Location: Lauriston Cottage SW19 4TG

### **VIC AND LISA HAVE NEWS OF A SOCIAL OUTING**

We are also planning a social on Saturday 10th of December after the HW Club 5 miler, probably in the function room in Hand in Hand pub if I can get it. Lisa is going to try and speak to Fred to see if we can have some money for the first round!

### **AN EXCELLENT COMPETITION FOR ALL - YOUNG AND OLD ALIKE**

Sunday, December 11: The Reigate Priory Holly Run, Reigate

<https://www.rpac.org.uk/index.php/2015-02-28-17-16-06/the-holly-run>

**PLEASE NOTE:** if interested, HW athletes to make their own entry

### **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](mailto:alikawali1@gmail.com)

### **RUN FOR MARINA**

The family of the late Marina Knesple have set up the 'Run for Marina' (5km) on Sunday December 11 at 10 am to be held close by the Windmill on Wimbledon Common, Just show up and run or walk. Website below with directions and course map:

[www.runformarina.com](http://www.runformarina.com)

We encourage everyone, no matter what age or ability, to take part, just as Marina was so encouraging and cheering to everyone she met. People could not help but be inspired by Marina's boundless energy, and she would be thrilled that children and adults alike were enjoying the fresh air of Wimbledon Common and making new friends. Please walk or run the route at your own pace; as Marina would say, "the miracle isn't that you finished, but that you had **the courage to start.**"

The Knespl family are also looking for course marshalls! If you would like to volunteer please email Medena at [medena.knespl@gmail.com](mailto:medena.knespl@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](http://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

### **SUPPORT THE STUDENTS**

Alex Dunne-Gundry who does a great job in steering athletes from Roehampton University into the arms of HW tells of a new event being organized by the London Universities and Colleges Athletics (LUCA).

The event will take place on the morning of the December 4, between 9am and 1pm, starting and finishes outside the Olympic stadium. The two events open are the 5k and 10k with chip timing. The runs are noted as fun runs but can be taken as serious or light as the individual athlete wants to. HW members are more than welcome to come along and participate, an online payment of £15 (plus a £1 fee it seems) to enter. Runners must be 16+.

Alex has linked the website below which will direct you to the payment page but there is also more information about the event as well.

<http://londonstudentsrun.com/register/>

### **THE LAURISTON RUNNING CLUB CHRISTMAS MEAL**



### **FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS**

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

#### **NOVEMBER**

Sat 26: South of the Thames 5-miles, Polesdon Lacey, Nr Dorking

#### **DECEMBER**

Sat 3: Surrey Ladies League Match 2, Mitcham Common

Sun 4: Young Athletes Downs League, Match 2, Epsom Downs

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

Sat 10: Southern Masters XC Championships, Horspath, Oxford

Sun 11: Reigate Priory Holly Run XC, Reigate

<https://www.rpac.org.uk/index.php/2015-02-28-17-16-06/the-holly-run>

Sat 17: South of the Thames 7.5 miles, Venue, Beckenham, Kent  
Sun 25: Lauriston RC 30-minute Paarlauf, Wimbledon Common  
**Sat 31: Lauriston/HW 5-mile Multi-Terrain, Wimbledon Common 2pm**

**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 13: After Adoption 10km, Regents Park**

1 Andrew Cumine 35:31 **HW:** 3 Stuart Fraser 36:19 (309 finishers)

### **November 19: Gulf Bank 642 Marathon, Kuwait City**

1 Belal Ahmed (HW) 2:36:11; 2 Paul Petrie (USA) 2:49:41 (124 finishers)

### **November 19: London Championships, Parliament Hill**

#### **Men (10km)**

1 Peter Huck (Run Fast) 30:50 **HW:** 8 Fred Slemeck 32:15; 10 Jonny Cornish 32:15; 11 Ben Toomer 32:18; 98 David Grima 37:14; 141 Neil Fraser 38:08; 183 Fraser Hagell 39:17; 206 Richard Evans 39:50; 258 Charles Hampden-Smith 41:37; 259 Gordon Lilly 41:37; 270 Victor Ray 42:00; 271 Mark Cahill 42:01; 281 Simon Woodley 42:15; 299 Mark Livingstone 43:06; 336 Gary Forde 44:57 (415 finishers)

**Team Result:** 1 Highgate H 52; 2 Serpentine 64; 3 Thames Valley H 90; 4 Thames H&H 115; 5 Hercules Wimbledon 127

#### **Women (6km)**

1 Stacey Ward (Herne Hill H) 21:29 **HW:** 8 Claire Grima 22:59; 46 Anne Hegvold 25:00; 81 Lisa Thomas 26:27; 97 Chloe Binley 26:50; 107 Francesca Clarke 27:19; (250 finishers)

**Team Result:** 1 London Heathside 44; 2 Herne Hill H 90; 3 Ranelagh H 91 ... 8 Hercules Wimbledon 232

**Note:** best ever team performance by the HW ladies beating their 14<sup>th</sup> position of last year

### **November 19: London Youth Games, Parliament Hill Fields**

**(W) = Wandsworth**

**(M) = Merton**

**(H&F) = Hammersmith & Fulham**

**(R) = Richmond**

#### **U17 Men (4.5km)**

1 Ricky Lutakome (Sutton) 14:59 **HW:** 19 Zac Purnell (W) 16:30; 27 Henry Silverstein (W) 16:55; 34 Ben Tatters (R) 17:15; 37 Sam Barker (M) 17:21; 55 James Forde (W) 17:52; 79 Eduardo Morais (M) 19:02; (115 finishers)

#### **U15 Boys (3km)**

1 Mohammed Sharif (Ealing) 10:05 **HW:** 32 Alexander Abraham (W) 11:04; 54 George Trimm (W) 11:23; 68 Daniel Illis (R) 11:31; 123 Ewan White (H&F) 12:22; 134 Fred Jimack (M) 12:33 (185 finishers)

**U13 Boys (2km)**

1 Jaden Kennedy (W) 6:59 **HW:** 9 Alex Forbes (W) 7:37; 30 William Schneider (H&F) 8:00; 59 Caspar Parsons (W) 8:15; 124 Thomas Corbett (M) 8:51; 146 Sam Gaunt (M) 9:02 (214 finishers)

**Note:** Alex was 2<sup>nd</sup> scorer in the winning Wandsworth team

**U11 Boys (1.5km)**

1 Christo Chilton (W) 5:50; 2 Lloyd Hodgson (HW-M) 6:09; 3 Thomas Beare (HW-M) 6:09 **Other HW:** 25 Jeremy Parsons (W) 6:36; 26 Reuben Gallagher (M) 6:38; 37 Joseph Willis (M) 6:44 (146 finishers)

**Note:** both Lloyd and Thomas were the scorers in the two-to-score winning Merton team.

**U17 Women (3km)**

1 Alex Brown (W) 11:05 **HW:** 44 Isabelle Ellis (W) 13:35 (111 finishers)

**U15 Girls (2km)**

1 Sophie Hoare (W) 7:22 **HW:** 18 Rebekah Riches (W) 8:17; 49 Madeleine Orenstein (W) 8:45; 75 Selma Hegvold (M) 8:56 (178 finishers)

**U13 Girls (2km)**

1 Abigail Ives (Havering) 7:40 **HW:** 14 Ellen Weir (M) 8:14; 20 Georgina Clarke (W) 8:18; 45 Albane Fery (M) 8:41; 58 Valerie Parocki (M) 8:55; 91 Anya Stacey (M) 9:15; 119 Cate Coverley (W) 9:27; 169 Hannah Hegvold (M) 10:07 (219 finishers)

**U11 Girls (1.5km)**

1 Stephanie Okoro (Barnet) 6:34 **HW:** 11 Lauren Armitage (M) 6:59; 21 Teddy Bascombe (W) 7:18; 29 Bailey O'Leary (M) 7:25; 32 Alice Burfitt 7:29; 110 Anna Barker (M) 9:04 (117 finishers)

**Note:** a grand total of 37 HW youngsters represented their various boroughs today

**November 19: parkrun 5km, Wimbledon Common**

1 Joe Toomey (HW) 17:12; 2 Graham Russ (Unattached) 17:27 **Other HW:** 4 Adam Harwood 18:10; 8 Peter Collins 18:56; 10 Stewart Bond 19:09; 18 Charles Hampden-Smith 20:34; 25 Jeremy Purnell 20:49; 28 John Krause 20:56; 47 Paul Jones 22:00; 60 Matthew Rockwell Wolf 22:32; 75 Simon Bodle 23:08; 128 Lisa Thomas 24:46; 135 Millie Thorpe 24:53; 148 Charles Lawrie 25:25; 159 Florence England 25:46; 191 Rachel Brenton 27:02 (353 finishers)

**November 19: parkrun 5km, Portobello, Edinburgh**

1 Richard McDowell (HW) 16:52; 2 Daniel Limmer (Portobello) 18:06 (218 finishers)

**November 19: parkrun 5km, Burgess Park, Walworth, SE17**

1 Andrew Tuckey (Bridgend) 17:10 **HW:** 3 Chris Ore 18:00 (225 finishers)

**November 19: parkrun 5km, Barnstaple, Devon**

1 Dan Eastley (Unattached) 19:10 **HW:** 7 Richard Mellor 21:33 (76 finishers)

**November 19: parkrun 5km, Geldling Park, Nottingham**

1 Tom Stokes (Erewash) 17:57 **HW:** 9 David Scrimshaw 20:46 (124 finishers)

**November 19: parkrun 5km, Tooting Common, SW17**



1 Unknown 17:13 **HW:** 11 Felix Allen 19:11; 23 Victor Ray 19:49; 166 Tony Austin 25:30 (375 finishers)

**November 19: parkrun 5km, Bishops Park, Fulham, SW6**

1 Stuart McDougall (Fulham) 16:52 **HW:** 25 Tom Cheetham 19:37; 118 Maurice Sharp 23:26; 189 Andrew balcerkiewicz 25:47; 271 Dennis Williams 29:40 (331 finishers)

**November 19: parkrun 5km, Bushy Park, Teddington**

1 Andrius Jaksevicius (Belgrave H) 15:55 **HW:** 121 Barry King 22:22 (990 finishers)

**November 19: parkrun 5km, Brueton Park, Solihull**

1 Peter Brookes (Holmfirth) 16:05 **HW:** 97 Tomo Kikugawa 24:46; 287 Angela Kikugawa 32:56 (350 finishers)

**November 20: Gosport Half Marathon, Hants**

1 Jonathon Roberts (Southampton) 69:39 **HW:** 13 Finn Johnson 75:36 (1508 finishers)

**November 20: Junior parkrun 2km, Wimbledon Park**

1 Sebastian Cockerell (Thames H&H) 8:55 **HW:** 11 Ksenia Musatova (2<sup>nd</sup> F) 11:17; 57 Daisy Bokor-Ingram 17:36 (60 finishers)

**AND FINALLY**



Posted by John Mather on Facebook page I Was, Or Am A Runner