



JONNY CORNISH RUNS SUB-70 IN WOKINGHAM HALF

GOLD FOR EMILY AND NIMI IN SURREY CHAMPIONSHIPS

DELAYED NEWS ON THE PASSING OF MARTIN HIGDON

HW MEN AND WOMEN READY FOR THE 'NATIONAL'

IMPORTANT REQUEST FOR WORKING PARTY FROM RICHARD WESTON

My thoughts are turning to our flagship event, the Young Athletes Open Meeting on 10th April, and getting the stadium ready for it. I would like to schedule work party weekends for 27/28th February and 12/13th March. It's the usual plea: I need as many club members and/or young athlete parents to turn up and lend a hand (or a foot, or a spade, fork, secateurs, in fact anything). It always seems to fall to the same people and that isn't fair on them. Even if people can only spare an hour or two that's welcome and it's just doing that little bit for the club (and the youngsters, of course). I should appreciate people contacting me in advance, if only so I know how many lunches to prepare. Usual contact details: richard@richardweston.co.uk, 020-8540 6016, 07795-082086.

AUSTIN TIES THE KNOT



Congratulations to Austin Ferns and Kim on the occasion of their marriage at Christ the King Church in Wimbledon Park last Saturday, February 20

THE 'NATIONAL' – MAKE IT A DAY TO REMEMBER

Good fortune to those HW runners contesting the National Cross-Country Championships on Saturday, the highlight of the winter season which this time is being held in Donnington Park, Castle Donnington, Derby, Leics, DE74 2RP.

For those who haven't competed in this event before try not to be awed by the occasion and enjoy the atmosphere.

On paper we have teams across the spectrum that can make their mark...just get out there and show them!

LONG JUMPER EMILY CONTINUES IMPRESSIVE MEDAL RUN

Hercules Wimbledon Athletic Club's Emily Martin continued an amazing run of Surrey medal winning performances when she retained her senior women's long jump title at the David Weir Leisure Centre, Sutton, writes Tom Pollak

Her winning leap of 5.48m maintained a remarkable medal-winning run for Martin. While it was her sixth gold medal winning indoor effort in eight years her appearances in the championships go back 14 years.

She took the girls under 15 indoor bronze on her debut as a 13-year-old in 2002 and every year she has contested the long jump since then she has been among the medals.

Martin, now 27, has collected a total of 24 Surrey medals for her long jumping since 2002.

They include 13 golds and seven silvers.

Over the 15 year period since her first appearance as a teenager she has also won Surrey gold medals in other events including the 60m, 100m, 200m and triple jump.

During that time she has also been one of the most loyal members of the Hercules Wimbledon's women's team.

The only other Hercules Wimbledon winner at the indoor championships was teenager Nimi Kolade who took the men's under 20 60m title in 7.06 seconds after failing to get further than the heats in his two previous Surrey indoor championship appearances.

Kolade, 18, twice showed an impressive improvement on his previous best of 7.28 set last February. He won his heat in 7.1.

Hercules Wimbledon had three of the top four finishers in the girls under 13 60m final.

Zipporah Golding took the silver medal in 8.43 with sisters Nkasi and Adeaze Onyejekwe finishing third and fourth in 8.59 and 8.68.

Hercules Wimbledon's Theo Etienne was in action in the indoor Grand Prix meeting in Glasgow on Saturday finishing fourth in his race in 6.77.



Nimi Kolade proudly sports his Surrey County sprint gold medal

MARTIN ROGER HIGDON 1943-2014

We have just been informed of the passing of Martin Higdon at the age of 70 on February 8, 2014 from a heart attack with his funeral having been held on February 28 of that year at Reading Crematorium.

As one of Britain's leading pole vaulter's and was at one time national indoor record holder. Martin was originally a member of Hercules AC but stayed as Hercules Wimbledon AC after the two clubs merged in 1967.

He confirmed his early talent for the event by twice winning the English Schools senior title in 1961 with 3.50m and 1962 with 4.12, having won the Intermediate title with 3.50m in 1960 and he went on to compete for England at the 1970 Commonwealth Games in Edinburgh.

Representing Middlesex, Martin went on to win the Inter-Counties title for four consecutive years between 1967 and 1970.

Belated condolences go out to his wife Sheila and their two children Simon and Gail and four grandchildren.

A fuller obituary of Martin is being composed so if any members of the club from those early days have something they could contribute it would be appreciated.



Martin Higdon of Great Britain in action at White City in London on 28th August 1965
Here is a short news clip of Martin testing some new landing facilities at Stanmore in 1967
<http://www.britishpathe.com/video/indoor-pole-vault/query/Martin>

HW SNATCH SECOND TEAM PLACE AT WOKINGHAM

Hercules Wimbledon's Jonathan Cornish raced to a lifetime best of 1:09:58 in finishing eighth out of 2243 runners in the Wokingham half marathon on Sunday to lead Hercules Wimbledon to second team medals, reports Tom Pollak.

Other members of the silver medal-winning team were Ben Toomer (20th in 1:12:22), Belal Ahmed (30th in 1:13:29) and Richard McDowell (58th in 1:16:03).

The race proved a valuable warm-up for this coming weekend's English cross country championships at Castle Donington, Leicestershire.

Hercules Wimbledon's Kieran White was a scoring member of the RAF team which won the Inter Services cross country championship at Halton, Buckinghamshire.

Over 50 veteran Lisa Thomas was second woman finisher in the Wimbledon Common 5km parkrun. Fellow over 50 veteran Charles Hampden-Smith completed his 350th parkrun finishing 54th out of 289 runners. Joe Toomey was top Hercules Wimbledon finisher in fourth place.

Matthew Sharp, who will also be in action in Leicestershire this weekend, was second out of 235 runners in the Dulwich Park 5km parkrun with Fran Clarke, who will be in the women's team at the National, second woman finisher at Beeston.

Youngsters Valerie Parocki and Ellen Weir were also second female finishers on Tooting Common and in Richmond Park.

Chris Ore was third out of 133 runners in Burgess Park while Amelia Casey was third woman finisher in Richmond Park.

This weekend Hercules Wimbledon's cross country runners conclude their club programme for the season by competing in the annual English cross country championships at Castle Donington on Saturday. A minibus is leaving Wimbledon Park at 9.45am.

WHEN JONNY COMES RUNNING HOME

Led home by Jonny Cornish whose time of 69:54 for the Wokingham Half Marathon was the fastest entry in the club's half-marathon rankings since Dereje Kebede clocked 64:39 at

Leeds in 2005, HW looks to have claimed second place (unofficially) in the team race attached to this event.

The HW team of Jonny, Ben Toomer, Belal Ahmed and Richard McDowell totalled 4h 51m 48sec against the total of 4:48:12 total set by current Virgin Money London Marathon champions Serpentine RC

350 PARKRUNS FOR CHARLES? IT'S A PIECE OF CAKE!



In spite of the photo bombing surrounding him Charles Hampden-Smith settles down to taste the results of the Wimbledon 'bake-off' competition.

The cake in HW colours was by Sophie Toomey and looks to be the likely winner!

FRESH DATE AND VENUE FOR THE SOUTHERN ROAD RELAYS

The South of England AA have announced a new date and venue for the 'Southern' Road Relays and they are now to be held in Gravesend, Kent on Sunday, March 20, with the 12-stage for the men and 6-stage for the women.

Judging by the quality and the depth shown by the men this winter there's no reason why they shouldn't feature and with the increase of the number of women perhaps we could see them competing – which would be an HW first!

NOTICE OF THE HW AGM – MAKE AN EFFORT TO GET ALONG

The Hercules Wimbledon AC AGM will be held on Wednesday, March 30th at the usual venue of the Wimbledon Park Golf Club, Home Park Road SW19 7HR from 7.30pm. As well as the more formal part of the evening, this is the night that we celebrate the successes of the

previous year (which have been considerable!) with the presentation of trophies and awards to athletes. There will be some refreshments provided, along with a pay bar, so the evening also gives athletes, parents, coaches, team managers and officers of the Club the opportunity to get together in a more social context than on training nights and at competitions. We hope to see as many of you as possible there.

Please note that, as stated on the agenda, if anyone has any proposals that they wish to be considered at the meeting, these need to be e.mailed to me by Wednesday, 9th March at the latest.

HW SECOND CLAIMER COLIN BRICHER MAKES THE LOCAL NEWS

<http://www.northamptonchron.co.uk/news/local/northampton-residents-group-launches-campaign-over-state-of-roads-1-7222458>

LURISTON RUNNERS CLUB

Here is a message from David Beard, Secretary of Lauriston Runners Club, inviting the senior members, male and female, of HW to make use of the facilities of Lauriston Cottage, arguably the most unique running facility to be found the length and breadth of the country. HW has recently made great strides towards being the dominant men's distance team in the county of Surrey and there is no doubt that 'Lauriston' has played a key role in this situation. Why not give it a try and perhaps become a member of Lauriston on a 'second claim' basis – even if it is just to enjoy the free tea and biscuits available post-run!

On 'race days' or on other occasions you may well have used the facilities of Lauriston Runners Club (LRC) at our headquarters at 6B Southside, Wimbledon Common. We trust you have found your visit an enjoyable one!

Over the years runners of all abilities, many of whom have been members of local athletic clubs, have been and continue to be members of LRC.

These runners, many who have achieved international honours, have found regular training on Wimbledon Common and in Richmond Park a beneficial and enjoyable experience. In addition, we have been able to welcome runners from all corners of the World, some who have won honours at major international championships, not to mention broken world records.

Moreover, many of our members have found 'Lauriston' a place where enduring friendships are made, lasting well into the twilight of their running lives.

So why not try running from Lauriston Cottage? We are open seven days a week throughout the year. Being able to run through the beautiful environment of Wimbledon Common and Richmond Park in all four seasons can be quite a 'magical' experience.

We look forward to receiving you.

THE JOY OF RUNNING

Thanks to Steve Rowland of Ranelagh Harriers for pointing us in the direction of this 14 minutes short film from California in the late 1960s - "The Harriers" It certainly brings back memories of the long Sunday morning run: <https://www.youtube.com/embed/CFB3POACTto>

THE X-MAN INVITES YOU TO SOME EXCITING RACES

Richard Xerri (long term member of HW and organiser of Wimbledon Dash 5km) has a few events coming up in the lead up to the marathon season. If you haven't entered already he is open to cheeky mails requesting a special 'HW' discount. It would be nice for Richard to see a few HW in the field. Getting a closed road race off the ground comes at great cost

and effort and needs as much support as necessary so support our race organiser...two very different courses below.

Race 1: Run the Streets Inaugural Kingston Half and 10km 28.2.16

A FULLY CLOSED ROAD 10km in Kingston upon Thames. The first one ever! A 2 lap course with a one-hour cut off. Fully measured, town centre start. Flat, early, UKA, fast. What more could you want... followed by a 75% closed road half with a few twists and turns. Once again, Kingston's only town centre half marathon. Awesome spectator points!! 2.45 time limit. www.kingstonhalf.co.uk

Race 2: Salomon Richmond Half and 10km 3.4.16

Over to West London for this established event with a multi-trail one lap course for both events. Fully measured and great support along the way. www.richmondhalf.com

Richard always has volunteer spots if anyone is keen to assist and gives plenty back so give him a mail on richard@perseverance-events.com

Best regards

Richard Xerri

07737 335296

START COLLECTING THOSE SAINSBURY VOUCHERS – NOW!



Between now and May 3 you can start collecting vouchers so that HW can secure some useful athletic items so all of you Waitrose shoppers out there, try slumming it for a while at your local Sainsbury store!

A receptacle for the vouchers will be in situ at the trackside clubhouse and we'll try and get one to place at Lauriston Cottage.

NEWS FROM RANELAGH HARRIERS RE RICHMOND HALF MARATHON

Our own Half Marathon will take place on Sunday 1st May and entries are already streaming in! Over 570 names are already on the list, including 26 from Ranelagh (and three from HW!) This race usually sells out well in advance of the closing date, so get your entry in early to avoid disappointment.

Details: <http://www.sportsystems.co.uk/ss/event/RichmondHalfMarathon20161>



Just a reminder that January 1 is well and truly past – and we are fast approaching March meaning that by now you should have renewed your HW subscription for 2016.

There are the usual suspects that ignore Simon's e-mail requests for payment so why not surprise him and save hours of work by paying them as soon as you can.

Please note that subs are not due from those who first became members of the club after September 1 of this year plus there are some of you who have already set up automatic renewals

Payment can be made on-line as shown via this link:

<http://herculeswimbledonac.org.uk/Membership-&-Renewals.html>

Or pay whoever is on desk duty at the track on a Tuesday or Thursday training evening

NOTE: at the last tally there were approx. 140 HW members who had yet to pay their 2016 subs so to make life less onerous for Simon in his role as Membership Secretary please pay **THOSE SUBS NOW!** Or let him know if you wish to continue your membership.

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

For certain events you will require an England Athletics (EA) membership number. The annual registration fee, currently £12 is renewable on April 1st 2016. (By concession, those who were registered with EA for the very first time between January 1st and March 31st 2015 are covered until March 31st, 2016 and those registered for the very first time between January 1st and March 31st 2016 should be covered until March 31st, 2017.) Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf.

Please see the EA registration section on:

<http://www.herculeswimbledonac.org.uk/Membership-&-Renewals.html> for how to pay.

Note: according to EA records there are just 120 from the 600 plus HW members that are up to date with their registration fees

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

FEBRUARY

Sat 27: National Championships, Donnington Park, Leics

Sat/Sun 27/28: British Indoor Championships, Sheffield

Sat 28: Run the Streets Inaugural Kingston Half and 10km

Details: www.kingstonhalf.co.uk

Sun 28: Thames H&H 'Dash for the Splash 10km' Wimbledon Common

Details: www.dashforthesplash.com

MARCH

Sat 5: Inter-Club v Ranelagh H, Richmond Park, Petersham

Sat 5: English Schools Championships, Nottingham

Sun 6: Herne Hill H Frank Harmer 10km, Brockwell Park, SE24

Details: <http://hernehillharriers.org/frank-harmer-memorial-10k-road-race/>

Sat 12: Inter Counties Championships, Cofton Park, Birmingham

Sat 12: Surrey Primary Schools XC Championships, Reigate Priory

Sun 20: South of England 12-stage Road Relays (Men), Gravesend, Kent

Sun 20: South of England 6-stage Road Relays (Women), Gravesend, Kent

Tue 29-Sun Apr 3: European Masters Indoors, Ancona, Italy [Details](#)

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>

RESULTS

February 17: Inter Service Championships, RAF Halton

Senior Men

1 Mike Kallenburg (RAF) 32:15: **HW:** 7 Kieran White 34:10 (26 finishers)

Note: Kieran was a scoring member of the winning RAF team

February 17: Lee Valley Indoor Middle Distance Open Meeting

800 race 14: 4 Laura Wignall 2:45.27; 7 Heather Jones 2:50.64

February 20: Sainburys' Indoor Grand Prix, Glasgow

60 Heat 1: 6 Theo Etienne 6.77

February 20: parkrun 5km, Wimbledon Common

1 Max Thomas (Hastings) 17:18 **HW:** 4 Joe Toomey 18:29; 6 Edward Charlesworth 19:11; 10 Michael Burt 19:59; 17 Simon Bodle 20:51; 29 Lisa Thomas (2nd F) 21:18; 27 Jeremy Purnell 21:33; 54 Charles Hampden-Smith* 23:14; 55 Richard Evans 23:14; 75 Charles Lawrie 24:09; 84 David Lanfranchi 24:33; 95 Vivien Urban 25:14; 255 Sophie Toomey 34:42 (289 finishers)

Note: * this was Charles 350th parkrun!

February 20: parkrun 5km, Dulwich Park, SE21

1 Paul Martelletti (Victoria Park H) 14:32; 2 Matthew Sharp (HW) 16:30 (235 finishers)

February 20: parkrun 5km, Beeston, Notts

1 Alex Rourke (Unattached) 18:15 **HW:** 24 Francesca Clarke (2nd F) 20:43; 26 Dave Clarke 20:44 (235 finishers)

February 20: parkrun 5km, Burgess Park, Walworth, SE17

1 Natahn Bekele (Herne Hill H) 16:20 **HW:** 3 Chris Ore 18:08 (133 finishers)

February 20: Parkrun 5km, Bushy Park

1 Matt Reed (Walton) 16:38 **HW:** 70 Richard Clark 20:43; 102 Barry King 21:14; 208 Jess Coulson 23:15; 406 Florence England 25:39 (955 finishers)

February 20: parkrun 5km, Newport, Isle of Wight

1 Sean Holmes (Overton H) 18:39 **HW:** 41 Ellen Weir (2nd F) 23:18 (228 finishers)

February 20: parkrun 5km, Tooting Common, SW17

1 Adam Lewis (Unattached) 17:22 **HW:** 33 Valerie Parocki (2nd F) 21:03; 41 Monika Crouse 21:21 (293 finishers)

February 20: parkrun 5km, Richmond Park

1 Omar Parsons (St Mary's Univ) 17:15 **HW:** 30 Daniel Illis 20:27; 49 Amelia Casey (3rd F) 21:17; 83 Madeleine Casey 22:43; 132 Rachel Brenton 24:27; 165 Alex Dunne-Gundry 26:09 (358 finishers)

February 20: parkrun 5km, Nonsuch Park, Cheam

1 Michael Huntley (Kingston & Poly) 17:53 **HW:** 17 Tom Cheetham 19:55 (388 finishers)

February 20: parkrun 5km, Brueton, Solihull

1 Peter Brookes (Holmfirth) 16:04 **HW:** 84 Angela Kikugawa 30:31 (399 finishers)

February 20: parkrun 5km, Newport, Isle of Wight

1 Sean Holmes (Overton H) 18:39 **HW:** 41 Ellen Weir (2nd F) 23:18 (228 finishers)

February 20: parkrun 5km, Aylesbury

1 Mark Castleton (St Albans Striders) 18:58 **HW:** 31 Victor Hutchins 24:00 (170 finishers)

February 20: parkrun 5km, Bishops Park, Fulham, SW6

1 Noah Armitage-Hookes (Unattached) 16:03 **HW:** 12 Finlay White 18:40; 76 Jolyon Parsons 21:59; 96 Ewan White 23:02; 129 Michelle Howie 24:21; 245 Dennis Williams 28:28; 294 John Wasbrough 32:09 (312 finishers)

February 20: Gloucestershire League, Warwick University

Senior Men (5 miles)

1 Alex Bampton (Cheltenham) 36:22 **HW:** 129 Colin Bricher (2C) 83:57

February 20/21: Surrey County AA Indoor Championships, Carshalton

Senior Men

60 (20/2) Heat 2: 4 Devonte Casely-Hayford 7.7 **Heat 3:** 4 Joseph Chukwuadinula 7.4 **Heat 4:** 3 Antonio Douglas 7.3

PV (20/2): 6 David Harris 2.60; 7 Michael Franklin 2.40

LJ (20/2): 5 Antonio Douglas 5.95

U20 Men

60 (20/2): 1 Nimi Kolade 7.06 **Heat 1:** 4 Jameel Hussey 7.4 **Heat 2:** 1 Nimi Kolade 7.1

U17 Men

60 (20/2): S/F 1: 3 Ralphael Buckle 7.34 **Heat 3:** 4 Ralphael Buckle 7.5

U15 Boys

60 (20/2): Heat 1: 5 Arun Franzini 8.73 **Heat 3:** 4 Jeremy Miller-Annor 8.50 **Heat 4:** 4 Dan Hillier 9.27

U13 Boys

60 (20/2): S/F 2: 4 Emmanuel Adeyemi 8.79 **Heat 1:** 1 Emmanuel Adeyemi 8.62 **Heat 4:** 3 Marcus Gayle 9.18

Senior Women

LJ: (20/2): 1 Emily Martin 5.48

U15 Girls

60 (20/2): Heat 1: 4 Latavia Casely-Hayford 8.73 **Heat 2:** 4 Tianna Gayle 8.70

LJ (20/2): 11 Lena Mijic 3.59

U13 Girls

60 (20/2): 2 Zipporah Golding 8.43; 3 Nkasi Onyejekwe 8.59; 4 Adaeze Onyejekwe 8.68

S/F 1: 2 Nkasi Onyejekwe 8.68; 6 Darcy O'Shea 9.11 **S/F 2:** 1 Zipporah Golding 8.47; 2 Adaeze Onyejekwe 8.68; 4 Tamira Webster 8.87 **Heat 1:** Nkasi Onyejekwe 8.64 **Heat 2:** 2 Adaeze Onyejekwe 8.52; 4 Tamira Webster 8.80 **Heat 3:** 1 Darcy O'Shea 9.01 **Heat 4:** 1 Zipporah Golding 8.53

February 20/21: British Universities Indoor Championships, Sheffield

Men

800 Heat (20/2) 5: 6 Aaron Smith 2:13.15

Women

60 (20/2) Heat 1: 3 Tabita Botull 8.21

200 (21/2): S/F 1: 4 Tabita Botull 26.58 **Heat 3:** 1 Tabita Botull 26.70

February 21: Hampton Court Half Marathon

1 Tom Jervis (Warrington) 70:57 **HW:** 243 Andrew Pearson 92:37; 370 Andrew Blake 97:06; 769 Richard Clark 1:46:24; 770 Gary Forde 1:46:25; 998 James Page 1:51:19; 1797 Vivien Urban 1:55:55 (3818 finishers)

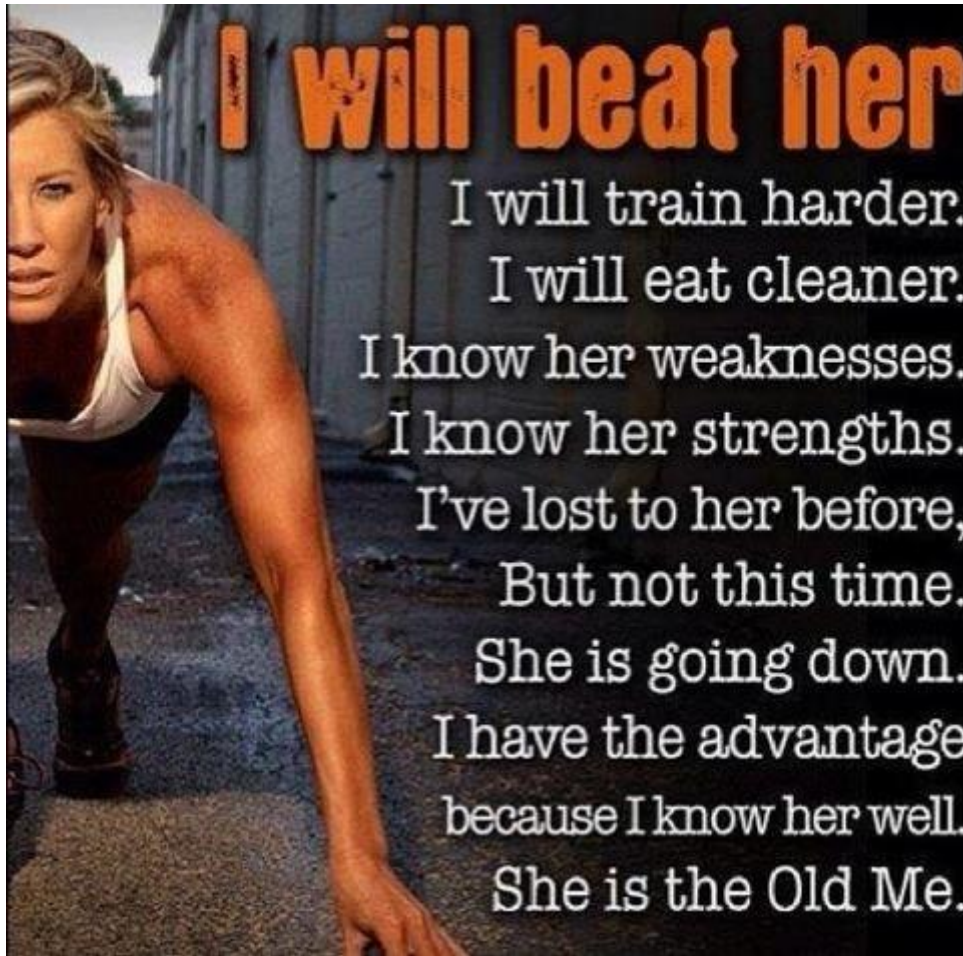
February 21: Wokingham Half Marathon, Berkshire

1 Paul Pollock (Annadale Striders) 63:46 **HW:** 8 Jonathan Cornish 69:54 (13th **HW SM all-time**); 20 Ben Toomer 72:22; 30 Belal Ahmed 73:29; 58 Richard McDowell 76:03; 70 Joe Clark 77:09; 106 David Grima 79:04; 130 David Scrimshaw 79:49; 132 Claire Grima 80:24; 258 Richard Evans 85:45 (11th **HW M50 all-time**); 398 Charles Hampden-Smith 90:27; 959 Maurice Sharp 1:44:32 (2nd **HW M70 all-time**); 1052 Eileen Brandley 1:46:33 (2243 finishers)

February 21: Seville Marathon, Spain

1 Cosmas Lagat (Kenya) 2:08:09 **HW:** 1943 Felix Allen 3:14:34; 3526 Caroline Jackson 3:32:25 (10,805 finishers)

AND FINALLY



I will beat her

I will train harder.

I will eat cleaner.

I know her weaknesses.

I know her strengths.

I've lost to her before,

But not this time.

She is going down.

I have the advantage

because I know her well.

She is the Old Me.