

HW TRIO TRIUMPH ON THE THAMES

A quartet of Hercules Wimbledon athletes took to the water with some success when they won the men's race in a rowing competition for the Franckeiss Cup on the River Thames at Teddington.

Father and son Christopher and Peter Riches were the rowers and daughter Rebekah the cox to make up the winning trio which saw off challenges from the Surbiton-based 26.2 Road Runners Club and Thames Hare & Hounds. Christopher and Peter then linked up with Vikki Filsell to finish runners-up in the mixed final in a tight finish.

The Franckeiss Cup dates back to 1929 and was traditionally a race between the oldest cross country clubs in the country. It is a reminder that the first cross country running club, Thames Hare & Hounds, was started by a group of rowers from Thames Rowing Club, who decided to use running to keep fit.



It's Row, Row, Row for the winning Riches' family

Hercules Wimbledon teenager Jaleel Roper confirmed his rating as Britain's fastest under 15 sprinter this year when he equalled his lifetime best of 7.12 seconds in winning his boys under 15 second round 60m race at the London Indoor Games at Lee Valley on Sunday. He was a fraction slower with a 7.14 first round win. He completed the double by taking the 200m in 23.5.



Jaleel: starting the year in fine form

Zipporah Golding also gave a good showing in winning her second round girls under 15 60m race in a personal best of 8.0. She also finished fourth in the 200m in 27.26. Several other of the 15 Hercules Wimbledon athletes in action showed impressive form. Jeremy Miller-Annor won both his boys under 15 60m races in a personal best of 7.74, and Tianna Gayle also won her second round under 15 girls 60m race in a personal best 8.41 with Tara Bartlett clocking a best of 8.45 in winning her second round 60m race.

Best of the girls under 13 sprinters was Nkasi Onyejekwe who won her two 60m races in personal bests of 8.21, a three-tenths of a second improvement on her previous best.

Two other Hercules Wimbledon youngsters in form were Harris Mier, winner of the under 15 boy's title in the Cornwall Schools Championships at Newquay and Tomer Tarragano, who was second in the Sussex Schools intermediate boys cross country championship at Brighton.

Best of the Hercules Wimbledon youngsters in action in the Surrey Schools cross country championships at Reigate Priory on Saturday was Ellen Weir who finished 10th in the junior girl's race less than a minute behind the winner, representing Merton.

Sam Masters headed home a 137-strong field to win the Wimbledon Park junior 2km parkrun on Sunday in 7:55, finishing almost a minute clear of the second runner.

At the other end of the age range, Martin Miller showed winning form in the Sussex Masters Championships at Lancing where he took the men's over 70 title while Richard McDowell won the Veterans AC championship on Wimbledon Common with Peter Giles lifting the men's over 70 title. Liz Stavreski took the women's over 40 title and Vikki Filsell was third in the women's over 45 championship.

Hercules Wimbledon's Ben Toomer returned from injury to gain an impressive win in the Wimbledon Common 5km parkrun on Saturday in 16:05, finishing more than a minute ahead of the second runner while Gina Galbraith was first woman. Hercules Wimbledon's Rob Tuer was another parkrun winner heading home a 301-strong field at Taunton in 17:04. Jonny Cornish was runner-up out of 1291 runners in Bushy Park in a swift 15:36. Jonny Earl was third of almost 600 runners in the Norwich parkrun.



Ben: back to fine form

Chris Coles was the best of 18 Hercules Wimbledon runners in action in an inter-club 4.9 miles match in Richmond Park finishing 10th of the 72 runners in 29:49 with club mates Richard Evans 13th and Stewart Bond 16th. Fran Clarke was runner-up in the women's category.

This weekend, Hercules Wimbledon are in action in the South of England cross country championships which are being staged at parliament Hill Fields, North London, on Saturday. The senior men will be out to confirm their rating as the Surrey champion club.



Just some of the HW contestants after the Bank of England Inter Club in Richmond Park
Note: just take a look at that fearsome tree in the background!

IT'S BACK TO THE TRACK

Just a reminder that Tuesday and Thursday evening training at the Wimbledon Park track is now back in full swing and hopefully the clubhouse will be electrically connected to allow full use of the facility during the next week or so. However the grandstand is still strictly out of bounds and will be for some time.

HW MEMBERS IN LINE FOR WANSWORTH HONOURS

Active Wandsworth are holding their annual Active Wandsworth Awards Evening in the Civic Suite on Friday 10th February 2017 in order to recognise outstanding achievements made by our many young sportsmen and women throughout the past year and the following have been shortlisted for a trio of honours.

Step forward

- Paul Miller for Coach/Instructor of the year
- Rechmial Miller for Sports Person of the Year
- Anne Hegvold for Voluntary Services to Sport

Best of luck to all three

SOUTH OF ENGLAND CHAMPIONSHIPS

The South of England Championships return to the familiar sweeping expanses of Parliament Hill and Hampstead Heath this Saturday 28th January.

The programme begins at 11am with the U15 Boys. Then it continues with the U13 Girls at 11.20am, U13 Boys at 11.35am, U15 Girls at 11.50am, U17 Men at 12.10pm, U20 Women at

12.40pm. U17 Women at 1.05pm, U20 Men at 1.30pm, Senior Women at 2.05pm and finally the Senior Men at 2.50pm.

There promises to be a good contingent of HW runners who would no doubt appreciate support from their club members. It's worthwhile attending just for the spectacle.

A PLEA TO HELP AT THE MEN'S FINAL SURREY LEAGUE FIXTURE

On Saturday 11th February Hercules Wimbledon are hosting the next Surrey League cross country match on Wimbledon Common. For many this will be the last opportunity to run this cross country season, and with it being a home fixture it is hoped all club members take the opportunity to compete (ladies are running at Coulsdon on the same day). After the senior race there will be a social event at a pub local to the common.

Race organisers Rob and Eileen are in the process of allocating roles for marshalls and officials who will help the day to be a success, and would welcome offers of assistance from anyone able to help out between 14:15 and 15:45. If you aren't able to run but can marshall or help at the finish please contact rt86@hotmail.co.uk or eileen.brandley09@gmail.com

LATEST NEWS ON THE WIMPLEDON PARK CONSULTATION

The London Borough of Merton has appointed LDA Design and its specialist team to develop a masterplan for the parts of Wimbledon Park and Lake owned by Merton which will create a long term vision for the next 25 years and provide focus for decision making and future investment.

Project update

We consulted on our new vision for Wimbledon Park and Lake from 3 July 2016 to 22 August 2016. More than 1000 people submitted written responses – thank you to all of those who shared their thoughts with us. This newsletter sets out what we've learned, what this means for the masterplan, and what we will do next.

Who took part?

We received more than 1000 written responses to the consultation, including completed questionnaires and letters. We also received 3 petitions. This includes 302 people who identified themselves as living in Merton and 312 people who identified themselves as living in Wandsworth.

As part of this process, we also sought the views of elected members and officers from Merton Council and Wandsworth Council, GLA representative and Members of Parliament, as well as stakeholders including the Friends of Wimbledon Park, the Wimbledon Park Bowls Club, Hercules Wimbledon Athletics Club, The Wimbledon Club and the All England Lawn Tennis Club.

What did we find?

We found that:

- Asked about the principles behind the master planning process, most people told us they would prefer minimal (59%) or no change (21%)
- There were aspects of each masterplan that different people liked and disliked. Overall, most people preferred Master plan Option 1.

For a full copy of the results of the consultation and as to what happens next please click on <http://wimbledonparkconsultation.com/wp-content/uploads/Wimbledon-Park-Master-Plan-2016-Dec.pdf>

HW LEGEND BOB HOLT – THE EARLY DAYS

Pete

Mike Fuller's contribution to the latest Newsletter has stirred the depths of memory. I ran in my first Surrey CC champs.in 1959 - in the Boys (U15) event and followed that with 29 more consecutive Surrey CC championships.

In those early days the Boys event was held in early February and the Junior (U21) and Youths (U17) events were on a separate day. The Senior event had a day to itself and was timed to act as a selection race for the Inter-Counties Championship (sponsored in those days by the Daily Telegraph).

The Boys event was always held at Morden Park. Following two years in the in the Boys' event I ran in the Youths in 1961 and 1962. I was a Junior in 1963-5 the last of which saw my first County cross country victory. After that of course I entered the Senior ranks..

One other snippet of interest from my early cross country days - I ran (for London) in the first ever English Schools CCC, held at Speke, Liverpool in March 1960. It was quite an experience. I had never been "North of the Wash before and had never heard Northern accents. It was like being in a foreign country!

Bob

Plus a snippet from twin brother Dave

Bob & Pete

One other snippet. In March 1959, before the introduction of the English Schools CCC in 1960, you ran for London, Bob, in a Home Counties CC on Wimbledon Common, having come 2nd (running for Wandsworth) to John Halliday in the London Schools Junior CCC in December 1958 (also on Wimbledon Common).

Great memories!

Dave

IT GETS TOUGHER BY THE WEEK IN THE SURREY LADIES LEAGUE

Missing from last week's results were the overall standings for the senior runners after the third round of the Surrey Ladies League so here are the current positions

Overall after three out of four races

1 South London H 234, 2 Herne Hill H 411, 3 Belgrave H 422, 4 Clapham Chasers 461, 5 Thames H&H 526, 6 Ful-On Tri 538, 7 Ranelagh H 549, 8 Hercules Wimbledon AC 601, 9 Epsom & Ewell H 675, 10 Dulwich Runners 769, 11 West 4 H 786, 12 Reigate Priory AC 892, 13 Kent AC 917, 14 Wimbledon Windmilers 1399, 15 Dorking & Mole V AC 1567

PREPARING FOR A SPRING MARATHON WITH INTERNATIONAL MARATHON ATHLETE MARA YAMAUCHI

Wednesday 1st February 6:30pm - 8:30pm

If you are a runner preparing for a Spring marathon in 2017 this workshop is for you! Mara will take you through the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will be a Q&A session for you to ask Mara any questions you have on the Marathon. Costs £10 - Location: Southwark Council Offices, close to London Bridge. Book online: <https://www.ulearnathletics.com/cpdEvent/84092>

MESSAGE FROM BEN TOOMER TO ALL HW SUBS RENEWAL NON-PAYERS

Dear athlete

Your subs for Hercules Wimbledon AC 2017 are now overdue.

We have moved to an online membership system using Direct Debit payments and the club membership fee now also includes affiliation to England Athletics which is necessary for all competing athletes from April 2017. The membership terms now run 1 year from the date

that you subscribe and requires no further intervention after first completing the form. If you have completed the form already and receiving this email in error I apologise.

The EA fee for 2017-2018 is £14 and is mandatory for all those competing in local and national level competitions and makes possible a £2 reduction in many races.

If you wish to renew your membership of the club for the forthcoming year please visit: <https://members.hwac.org.uk>

Should you have any questions relating to membership or wish not to renew, then please get in touch: membersec@herculeswimbledonac.org.uk

Best wishes.

Benjamin Toomer

Membership Secretary.

Note from Pete: it's a busy job being a Membership Secretary so make life easier for Ben by paying up now!

Quite a good response from members but the usual suspects are still dragging their feet!

Soar Winter Warmer | Lee Valley | 1st Feb

Ben Noad and his pal Ben Pochee are helping to organise an open indoor meeting at Lee Valley on Wednesday, February 1st.

The event will include BMC 800m races and will also have the Soar Mile & Soar 3,000m races. In the mile they are offering £250 to the fastest man & also to the fastest woman and in the 3,000m they have £100 up for grabs for the quickest male & female.

Race entry link is here (800m via the BMC site) - <https://www.soarrunning.com/journal-entry/the-soar-indoor-winter-warmer>

The Frank Harmer 10k – a nice local race promoted by Herne Hill H

10:00am, Sunday 5 March 2017 Brockwell Park, Herne Hill, London, SE24

<http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=103640&ms=>

ANY YOUNGSTERS FANCY BEING KIT CARRIERS?

London Athletics are seeking some 180 young volunteers to act as kit carriers for athletes competing in the IAAF World Championships and World Para Athletics Championships being held in London this year at the Olympic Stadium in Stratford.

Closing date for applications is February 5 so if interested get acting now via this link.

<http://www.londonathletics.org/kit-carriers-2017>



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>

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 28: Southern Counties XC Championships, Parliament Hill

FEBRUARY

Sun 5: Wandsworth Borough Mini Marathon Trials, Battersea Park

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

On-line entries <https://entries.opentrack.run/2017/surreyindoors/>

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.

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

RESULTS

January 18: Sussex Schools Championships, Brighton

Inter Boys (6km)

1 Will Broom (Bishops Luffa) 21:04; 2 Tomer Tarragano (HW-2C) 21:17 (98 finishers)

January 21: Inter-Club v Bank of England etc, Richmond Park, Roehampton

Seniors (Mixed) 4.9 miles

1 Ben Anderson (Ranelagh) 27:44 **HW:** 10 Chris Coles 29:49; 13 Richard Evans 30:14; 16 Stewart Bond 31:25; 19 Francesca Clarke (2nd F) 32:41; 24 Ian MacDonald 34:12; 26 Simon Riley 34:30; 28 Charles Hampden-Smith 34:58; 34 Jolyon Parsons 35:12; 40 John Krause 37:03; 43 Craig Howard 38:25; 49 Rowena Hornshaw 41:55 (72 finishers)

Team (8-to-score): 1 Ranelgh H 92; 2 Milocarians 122; 3 Hercules Wimbledon 170; 4 Ealing, Southall & Middx 244; 5 Dulwich Park Runners 390

Note from The Bank: Apologies to some of your runners who got sent the wrong way near the ponds, apparently some clowns had rearranged some flags just before the first runners reached them.

January 21: Surrey Schools XC Championships, Reigate Priory

Inter Boys (Years 10/11)

1 Max Haydon (NW Surrey) 17:49 **HW:** 20 Henry Silverstein (Sutton) 19:49; 31 Sam Barker 20:24 (64 finishers)

Junior Boys (Years 8/9)

1 Harley Norman (South Croydon) 13:40 **HW:** 29 Gon Declercq (South Croydon) 51 Sam Masters (Merton) 16:20 (73 finishers)

U13 Boys (Year 7)

1 Ethan Scott (South Surrey) 11:30 **HW:** 72 Matty Wall (Merton) 14:22 (82 finishers)

Junior Girls (Years 8/9)

1 Susannah Lecoutre (Guildford) 12:00 **HW:** 10 Ellen Weir (Merton) 12:49; 38 Selma Hegvold (Merton) 13:46; 66 Anya Stacey (Merton) 14:54 (85 finishers)

U13 Girls (Year 7)

1 Charlotte Borgars (NW Surrey) 12:51 **HW:** 63 Hannah Hegvold (Merton) 15:37 (78 finishers)

January 21: Veterans AC Championships, 7.25km, Wimbledon Common

1 Richard McDowell (1st M35) 25:07; 8 Elizabeth Stavreski (2C-1st W40) 25:19; 17 Vikki Filsell (2C-3rd W45) 31:29; 22 Peter Giles (1st M70) 32:03; 46 Tony Austin 36:47; 56 Ian Isherwood 48:57

January 21: Sussex County Masters Championships, Lancing M70 (5 miles)

1 Martin Miller (HW) 42:40; 2 Peter Shaw (Chichester) 48:07

January 21(a)/22(b): London Indoor Games, Lee Valley

U15 Boys

60 (b) (round 1, Race 1): 1 Jaleel Roper 7.14 PB (**race 2**) 5 Charlie Shinn 7.74: (**race 3**): 2 Nathanael Pongolati 7.83 (**race 4**): 1 Jeremy Miller-Annor (U17) 7.74 (**race 7**): 1 Mickael Varela 7.68

60 (b) (round 2, race 1): 1 Jaleel Roper 7.12 (**race 2**): 3 Mickael Varela 7.68; 4 Charlie Shinn 7.75; 5 Nathanael Pongolati 7.82 (**race 3**): 1 Jeremy Miller-Annor 7.74

200 (b): (race 1): 1 Jaleel Rope 23.5 (**race 2**): 4 Mickael Varela 25.5; 6 Nathanael Pongolati 25.8 (**race 3**): 2 Charlie Shinn 25.4; 4 Jeremy Miller-Annor (U17) 25.4

U17 Women

60 (a) (Round 1, Race 7): 6 Latavia Casely-Hayford 8.91 (**Race 8**): 6 Olivia Drigui 8.73

60 (a): (Round 2, Race 10): 2 Olivia Drigui 8.80 (**race 11**): 3 Latavia Casely-Hayford 8.94

U15 girls

60 (b) (round 1, race 2): 3 Zippotah Golding 8.10 (**race 4**): 6 Tara Bartlett 8.54; 7 Ada Onyejekwe 8.77 (**race 7**): 1 Tianna Gayle 8.41 (**race 8**): 3 Tamira Webster 8.74

60 (b) (round 2, race 2): 1 Zipporah Golding 8.00 (**race 4**): 3 Tianna Gayle 8.47 (**race 5**): 1 Tara Bartlett 8.45 (**race 8**): 2 Tamira Webster 8.84

200 (b) (race 1): 4 Zipporah Golding 27.26 (**race 5**): 1 Tara Bartlett 28.44 (**race 6**): 1 Tianna Gayle 29.20

U13 Girls

60 (b) (round 1, race 1): 2 Nkasi Onyejekwe 8.21 (**race 3**): 2 Darcey O'Shea 8.96; 4 Cora Barnett 9.06

60 (b) (round 2, race 1): 1 Nkasi Onyejekwe 8.21 (**race 3**): 5 Darcey O'Shea 8.91 (**race 2**): 1 Cora Barnett 8.89

200 (b) (race 2): 2 Nkasi Onyejekwe 29.0; 4 Darcey O'Shea 29.8 (**race 4**): 4 Cora Barnett 31.9

January 21: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:05; 2 Danny Russell (Highgate) 17:16 **Other HW:** 5 Adam Harwood 18:07; 19 Tom Conlon (2C) 19:55; 20 Andrew Davies 19:56; 29 Gina Galbraith (1st F) 20:32; 43 Gary Forde 21:19; 45 Charles Hampden-Smith 21:37; 50 Shaun Overy 21:51; 52 John Krause 21:54; 56 Yuzo Saito 22:04; 59 Simon Bodle 22:12; 83 Eileen Brandley 23:10; 89 Tor-Ivor Guttulsrod 23:28; 106 Peter Metcalf 23:53; 118 Alastair Brown 24:14; 213 Andrew Balcerkiewicz 27:03; 219 Fergus Henderson 27:15; 396 Richard Evans (guide for blind) 37:32 (407 finishers)

January 21: parkrun 5km, Longrun Meadow, Taunton, Devon

1 Rob Tuer (HW) 17:04; 2 Eliot Haimes (Unattached) 17:10 (301 finishers)

January 21: parkrun 5km: Bushy Park, Teddington

1 Rowan Axe (Cardiff) 15:18; 2 Jonathan Cornish (HW) 15:36 **Other HW:** 290 Barry King 22:44; 401 Florence England 24:01 (1291 finishers)

January 21: parkrun 5km: Norwich

1 Dero Lami (Unattached) 16:46 **HW** 3 Jonny Earl 17:18 (598 finishers)

January 21: parkrun 5km: Reading, Berks

1 David Lewis (Reading) 16:25 **HW:** 77 Caroline Jackson 23:10 (349 finishers)

January 21: parkrun 5km: Richmond Park

1 Will Russell (Thames Turbo) 16:38 **HW:** 18 Bella Williams 23:35 (466 finishers)

January 21: parkrun 5km: St Annes Park, Clontarf, Dublin, Ireland

1 Aidan Jones (Piranha AC) 16:55 **HW:** 24 Mark Cahill 19:59 (531 finishers)

January 21: parkrun 5km: Bishops Park, Fulham, SW6

1 Phil Waite (Barrow & Furness) 15:48 **HW:** 32 Tom Cheetham 19:26; 42 Ewan White 19:45; 75 Thomas Beare 21:20; 89 Rebekah Riches 21:48; 386 Sophie Beare 32:35 (433 finishers)

January 21: parkrun 5km: Nonsuch Park, Cheam

1 Ollie Garrod (Epsom & Ewell) 16:21 **HW:** 140 Maurice Sharp 24:07 (483 finishers)

January 21: parkrun 5km: Gladstone Park, Dollis Hill, NW10

1 Nathan Barnard (Queens Park H) 18:05 **HW:** 93 Victor Hutchins 26:12 (173 finishers)

January 21: Cornwall County Schools Championships, Newquay

U20 Men

1 Finn Birnie (U17-Newquay & Par) 19:52; 2 Harris Mier (U15-HW2C) 19:54 (37 finishers)

January 22: Junior parkrun 5km, Wimbledon Park

1 Samuel Masters (HW) 7:55; 2 Rupert Ferguson (Thames H&H) 8:41 **Other HW:** 40 Thomas Murray 11:23; 98 Daisy Bokor-Ingram 15:01 (137 finishers)

AND FINALLY

