

## ***MEDAL-WINNING BRACE FOR CHAD***

Hercules Wimbledon Athletic Club's teenage sprinter Chad Miller gained an impressive-winning double at the Commonwealth Youth Games in the Bahamas over the weekend, writes Tom Pollak.

Competing in the biggest competition of his young life, 17-year-old Miller raced to bronze in a closely contested 200 metres final and then helped the mixed 4x200m relay team to silver medals. He looked set for a medal after finishing third in his first round heat in Nassau on Friday in 21.76 seconds, the third fastest time recorded by competitors in the event. He then again clocked 21.76 in finishing third in his semi-final the following day. Then, in a very competitive final on Sunday, he snatched the bronze medal in a faster 21.65 racing into a stiff 1.6 metres per second headwind to finish just four hundredths of a second behind the silver medallist and eight-hundredths of a second behind the gold medal winner.

Later, he ran the opening leg for the mixed 4x200m relay team which took the silver medals just 0.27 seconds behind the winning team from the Bahamas. Chad was following in the footsteps of his elder brother Rechmial who in 2015 took the 100m silver medal at the Commonwealth Youth Games in Samoa.

His father and coach Paul Miller said: "Getting two medals on the biggest stage he has performed on is an excellent result. Both races were very tight and he only just missed out on silver in the individual 200m. It is a just reward for the hard work he has put in this year."

There were mixed performances for the Miller family over the weekend. Elder brother Rechmial also looked set for a medal in the European under 20 championships in Grosseto, Italy, after posting the third fastest time in the 100m heats. Miller, 19, was the first of three British sprinters in action at the championships and comfortably won his heat in 10.55, the third fastest time of the round, from the outside lane. However, in his semi-final, he pulled up with a calf-muscle twinge and trailed home in a disappointing eighth place in a 10.94.

### **MEDALLION MAN x 2 – CHAD MILLER**



**Individual 200m bronze and 4x200m mixed team silver in Commonwealth Champs**

Hercules Wimbledon's women's team is celebrating winning the Rosenheim League Eastern division title for the fourth successive season. They clinched victory by winning the final match at Tooting Bec on Wednesday of last week. Outstanding member of the team was Emilie Bokor-Ingram who won the 100m in a club veterans over 35 record-breaking 13.7 and

200m in 28.2 before setting another veterans over 35 club record in finishing runner-up in the 100m. She ended a successful meeting by running the opening leg for the winning 4x200m relay team. Other members of the quartet were Amy Sedghi, Eileen Brandley and Zoe Leake. Earlier, Brandley had finished third in both the 1500 and 3000m and Leake was third in the discus, hammer and long jump. Alison Murray won the pole vault with 2.90m while team captain Heather Letley was second in the 400m hurdles.

Match result: 1 Hercules Wimbledon 57pts; 2 Serpentine 46; 3 Herne Hill 45; 4 Belgrave 41; 5 Croydon 10. Final standings: 1 Hercules Wimbledon 26; 2 Serpentine 25; 3 Belgrave 20; 4 Herne Hill 18; 5 Croydon 10; 6 Holland Sports 3.

Hercules Wimbledon will now contest the Rosenheim League women's final at Kingsmeadow Stadium on August 16 alongside the top western division teams.

The day after celebrating her 40th birthday, Hercules Wimbledon's Claire Grima set her first club record in the age group when she was top woman finisher in the Wimbledon Common 5km parkrun on Saturday in 18:41. Clubmate Harris Mier was second out of 445 runners in 16:45. Joe Toomey was also runner-up of 453 runners in the Tooting Bec event while Russell Price was fourth out of 233 runners in the parkrun in Portrush, County Antrim.



Claire Grima enters the W40 category in style with a record breaking 5km performance and hubby Dave was on hand to capture the moment.

On the road, Hercules Wimbledon's Peter Giles smashed his own club veterans over 70 10 miles record in the Elmbridge event at Walton on Sunday with a time of 41:17. It bettered by almost two minutes the time he achieved in Richmond just over a year ago. Tom Cheetham was the top veteran over 50 finisher in the Royal Parks Summer Series 10km race in Regents Park also on Sunday.

From Ben Noad.....wearing his South London Athletics Network (SLAN) hat

Hello All,

I hope you are all having a good summer and you are looking forward to the World Championships. I do hope that some of you have been lucky enough to get tickets?

As I hope you are aware we are running for the 7<sup>th</sup> season our successful Super 8 series of meetings in July, August and September. Please see a full list of fixtures below.

**SLAN fixtures for Young Athletes Super 8 2017**

**July 30<sup>th</sup> Woodcote High School      **NOTE: THIS SUNDAY!!****

**August 20<sup>th</sup> David Weir Arena (Sutton)**

**September 3<sup>rd</sup> Wimbledon Park**

Each competition starts at 10am and is a team based competition and I would be grateful for clubs to identify their leading 8 boys and girls in the U13 & U15 age group for scoring. Please note that each athlete should compete in at least one track and one field event in order to score the maximum amount of points for your team. Individual and non-scoring athletes are also welcome and declaration sheets will be provided on the day. U11's are also welcome but please note they will be competing with U13 athletes. Also as a trial we are allowing U17 athletes in the track events minus the Sprint Hurdles and field events minus the Long Jump.

**Competition starts at 10am and finishes soon after 12noon so not too long a day**

**Be WARNED that this is the day of the Ride London bike ride affecting many roads in SW London so plan your journey carefully!**



**A good HW squad for the Sri Chinmoy relays including a winning M50 team**

**WANTED – MEN AND WOMEN FOR THE SAL**

Sign up for the final SAL match using the following links (just click on the 'athletes' tab at the bottom left hand of the page and then put in your name next to the event you want to do at the relevant match):

**Men's**

team: <https://docs.google.com/spreadsheets/d/1UcIFGpVuZZD8jlzaAHzBr4PfkfapJdTnLUgynfv7OmGw/edit?usp=sharing>

**Women's**

team: [https://docs.google.com/spreadsheets/d/1XSnORYztkmhXvOwKfDsZolanSR3Nky\\_6O7m4YAsVfwY/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1XSnORYztkmhXvOwKfDsZolanSR3Nky_6O7m4YAsVfwY/edit?usp=sharing)

Mark White will be managing the men's team, so please contact him on [markwhite@me.com](mailto:markwhite@me.com) if you have any queries at For the women's team, please contact Heather Jones, as usual at [heatherannejones@outlook.com](mailto:heatherannejones@outlook.com)

Fixture 5 (Hastings)
19 August 2017

**HW VETERAN MEN MARCHING TOWARDS THE LEAGUE FINAL**

Just came across a tad belated Dave Orchard video coverage of the third leg of HW's victory clean sweep in the SCVAC League Match 3 at Kingston  
<https://www.youtube.com/embed/gRvYCauCEh8>

### **CONGRATS FROM ONE FORMER HW INTERNATIONAL TO A CURRENT ONE** Pete

Marvellous performance by Dwayne at the weekend. I send him my congratulations on his selection for the 400m in the World Champs.

It shows that it is not only in tennis that the over 30's can triumph!

Bob (Holt)

### **RECORD SETTING PERFORMANCE FOR POLE VAULTING MICHAEL**

Apologies to Michael Franklin in not recognizing that his pole vaulting effort of 2.85m in the SAL fixture at Horsham on July 9 was an HW M50 equaling performing to see him sitting alongside David Orchard's mark set in the Veterans AC Championships at Battersea Park in August 2011

### **IMPORTANT MESSAGE RE ENGLAND ATHLETICS REGISTRATION**

The 30th June deadline for athletes to renew their registration with England Athletics has now passed!

Your EA registration is included in the price of your Club Membership, so if you haven't already done so, you need to renew yours now!

As everyone should know by now, the ONLY way to do this is via the dedicated membership site at <https://members.hwac.org.uk> where you will be asked to enter your details and establish a direct debit.

#### **The message from EA is:**

On the 1st July, athletes whose £14 Registration fees are still outstanding will show as Not-Registered during the competition licence checks conducted by competition organisers in conjunction with England Athletics. As detailed in UK Athletics Rules for Competition (Rule 21 S1(i)) athletes that fall under the *Not-Registered* category are liable to disqualification (although they can still compete in road and trail events as unattached athletes) and are no longer entitled to claim the registered athlete discount on entries into road races.

Don't get caught out. Make sure you have your bank details and you can renew your Club membership in less time than it takes to run 400m. Do it now! Any questions please contact the Membership Secretary, Ben Toomer at: [hwacmembers@gmail.com](mailto:hwacmembers@gmail.com)

### **SURREY COUNTY 5KM ROAD CHAMPIONSHIPS –SUNDAY, AUGUST 13**

The above event is being held from Wimbledon Park Track and as per usual will be organized by HW.

Entries are to be made via this link:

<http://www.herculeswimbledonac.org.uk/Perseverance-5k.html>

Early entry is advised as a race limit has been set at only 250 due to the problems with the fire damaged grandstand....so get in quick! Entries on the day are unlikely.

**Note:** Only four entries so far for HW so don't say you haven't been warned!

**Another note!** Fred Green tells me that offers of help on the day are in short supply so if you are able to assist please contact Fred on [fredgreen14@yahoo.co.uk](mailto:fredgreen14@yahoo.co.uk)

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

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

**JULY**

Thurs 27-Sun August 6: European Masters T&F Champs. Aarhus, Denmark

Sat 29: Derek Crookes U13s Inter County T&F, Kingston

Sun 30: SLAN Super 8 (U11/U13/U15), Coulsdon, 10am

Sun 30: Ride London Bike Ride

## **AUGUST**

4-13: IAAF World Championships, Stratford, London

**Sun 13: Surrey County Road League 7, HW 5km dash, Wimbledon Park**

**Above incorporates Surrey County Championships**

**Entry details:** <https://www.sportssystem.co.uk/ss/event/TheWimbledonDash5km20172>

Wed 16: Rosenheim League Finals, Kingsmeadow, Kingston

Sat 19: Southern Athletics League, Match 5, Hastings

Sat/Sun 19/20: South of England U15/U17 Champs, Crystal Palace

Sun 20: SLAN Super 8 2 (U11/U13/U15), Sutton, 10am

Sun 20: British Athletics Grand Prix, Birmingham

**Wed 23: HW 5000m Festival, Wimbledon Park**

Sat 26: Herne Hill Open Meeting (inc Surrey AA 10,000m Champs), Tooting Bec

Sat/Sun 26/27: England Athletics U15/U17 Champs, Bedford

Sun 27: Veterans AC/SCVAC Championships, Kingston - (Entries close August 13)

**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**

**July 9: Thames H&H Second Sunday 5 miles, (Multi-Terrain) Wimbledon Common**

1 Tom Greenwood (Unattached) 30:38 **HW:** 3 Felix Allen 32:34; 9 Tom Cheetham 34:40; 13 Elizabeth Stavreski (2C) 36:08; 65 Rowena Hornshaw 47:46 (80 finishers)

**July 13: Dinton Pastures Summer Series 5km, Wokingham**

1 Brendon Morris (Reading RR) 17:31 **HW:** 129 Carmelina Hancock (3rd W60) 37:35 (137 finishers)

**July 13: Dinton Pastures Summer Series 10km, Wokingham**

1 Rob Corney (Reading RR) 34:57 **HW:** 47 Anastasia Hancock 47:08 (217 finishers)

**July 16: Harry Hawkes 10 mile, Thames Ditton**

1 Jim Allchin (Thames H&H) 54:39 **HW:** 48 Adam Harwood 64:48; 179 Simon Woodley 76:42 (640 finishers)

**July 17: Sri Chinmoy 5km, Battersea Park**

1 Alex Davy (Leeds City) 15:59 **HW**: 3 Jonny Earl 16:14; 20 Rob Tuer 17:13; 26 Stuart Fraser (2<sup>nd</sup> M50) 17:34; 27 Felix Allen (1<sup>st</sup> M45) 17:35 (7<sup>th</sup> **HW M45 all-time**); 34 Russell Price 17:43; 39 Andrew Davies 17:57; 49 Jim Carrington 18:17; 63 Adam May 19:04; 70 Tom Cheetham 19:22; 74 Stewart Bond 19:26; 164 Mick Leigh 27:45; 181 Carmelina Hancock 36:26 (182 finishers)

### **July 19: Rosenheim League, Eastern Division, Match 5, Tooting Bec**

#### **MEN**

**Match result:** 1 Belgrave H 63, 2 Herne Hill H 59, 3 Hercules Wimbledon 43, 4 Serpentine 36, 5 Croydon H 33

**Final League Standings:** 1 Herne Hill 23 (236.5); 2 Belgrave 21 (231); 3 Serpentine 21 (199); 4 Croydon 16 (192); 5 Hercules Wimbledon 13.5 (177.5); 6 Holland Sports 9.5 (110) (top 4 teams to final)

**100:** 3 Nimi Kolade 11.1 (**n/s 1**): 1 Tom Meehan 11.5, 3 Dominic Bokor-Ingram 12.0 (5<sup>th</sup> **HW M40 all-time**) (**n/s 2**): 1 Jameel Hussey 11.4; 2 Armani Thomas 11.6 (**n/s 3**): 2 Devonte Casely-Hayford 12.0; 3 Mike Amsden 12.2

**200:** 3 Jamal Hussey 23.0 (**n/s 1**): 1 Armani Thomas 23.2; 2 Tom Meehan 24.5; 4 Victor Ray 28.9; 5 Barry King 33.5 (**n/s 2**): 3 Devonte Casely-Hayford 24.2; 4 Dominic Bokor-Ingram 24.4

**400:** 3 Dominic Bokor-Ingram 52.5 (**n/s**): 3 Victor Ray 63.4; 4 Barry King 76.4

**800:** 4 Henry Silverstein 2:19.6 (**n/s**): 2 Jonny Cornish 2:05.5; 5 Tom Conlon (2C) 2:16.3

**1500:** 3 Joe Clark 4:22.8 (**n/s**): Richard Clark 5:15.4

**3000:** 2 Ben Toomer 8:46.8 (**n/s**): Justin Reid 9:24.6; Robert Tuer 9:46.1

**4x200:** 2 Hercules Wimbledon 1:34.0 (Devonte Casely-Hayford, Jameel Hussey, Nimi Kolade, Armani Thomas)

**DT (2kg):** 4 David Orchard 24:54 (**n/s 1.5kg**): Kevin Snelling 18.17

**HT (7.26kg):** 3 David Orchard 24.95 (**n/s 6kg**): Kevin Snelling 21.58

**PV:** 3 David Orchard 2.30

**LJ:** 4 Nimi Kolade 3.71

#### **WOMEN**

**Match result:** 1 HERCULES WIMBLEDON 57. 2 Serpentine 46, 3 Herne Hill H 45, 4 Belgrave H 41, 5 Croydon H 10

**Final League Standings:** 1 Hercules Wimbledon 26 (249); 2 Serpentine 25 (242); 3 Belgrave 20 (208); 4 Herne Hill 18 (147); 5 Croydon 10 (53); 6 Holland Sports 3 (28)(top 3 teams to final)

**Congratulations** to the HW Women upon their fourth consecutive Divisional League title

**100:** 1 Emilie Bokor-Ingram 13.7 (**HW W35 record**) (**n/s**): 1 Zoe Leake 14.4; 2 Amy Sedghi 15.1

**200:** 1 Emilie Bokor-Ingram 28.2 (**n/s**): 2 Amy Sedghi 31.6

**400:** 2 Emilie Bokor-Ingram 62.1 (**HW W35 record**)

**800:** 4 Lisa Thomas 2:44.0

**1500:** 3 Eileen Brandley 5:14.7

**3000:** 3 Eileen Brandley 11:05.5 (**n/s**): Mark Cahill 11:21.7; Anna Garnier 12:03.2

**400H:** 2 Heather Jones 67.2 (2<sup>nd</sup> **HW SW all-time**)

**4x200:** 1 Hercules Wimbledon 67.2 (Emilie Bokor-Ingram, Amy Sedghi, Eileen Brandley, Zoe Leake)

**DT:** 3 Zoe Leake 21.00

**HT:** 3 Zoe Leake 26.95

**PV:** 1 Alison Murray 2.90

**LJ:** 3 Zoe Leake 4.09

**July 18-23: European U20 Championships, Grosseto, Italy**

**100 (20/7): (Semi Final):** 8 Rechmial Miller 10.94/0.3 **(heat 2):** 1 Rechmial Miller 10.55/+0.2

**From UKA website:** There was disappointment for the other two Brits though, as having won their heats earlier in the day neither Dom Ashwell nor Rechmial Miller were able to punch a ticket to the final. Miller was the first male sprinter in action at the championships, winning his heat comfortably in 10.55 (0.2) from the outside lane, however in the semi-final he pulled up after feeling something in his calf.

**July 20-23: Commonwealth Youth Games, Nassau, Bahamas**

**200(23/7) (final):** 3 Chad Miller 21.65/-1.6 **(S/F 21/7):** 3 Chad Miller 21.76 **(heat 4 21/7):** 2 Chad Miller 21.76/nwr

**July 21: SOAR Summer Track Miles, Battersea Park**

**Race 4:** 10 Peter Giles 5:45.42

**July 22 Sri Chinmoy 10km, Battersea Park**

1 Pal Cheetham (Barnes Runners) 34:06 **HW:** 15 Felix Allen (3<sup>rd</sup> M45) 36:56 **(14<sup>th</sup> HW M45 all-time);** 23 Mark Cahill 38:29; 31 Tom Cheetham (2<sup>nd</sup> M50) 39:45 (111 finishers)

**July 22: parkrun 5km, Tooting Common, SW17**

1 John Gilbert (Kent) 15:47; 2 Joe Toomey 16:38 (453 finishers)

**July 22: parkrun 5km, Wimbledon Common**

1 Michael Krone (SA Orienteers) 16:24; 2 Harris Mier (HW-2C) 16:45 **Other HW:** 7 Adam Harwood 18:24; 9 Claire Grima (1<sup>st</sup> L) 18:41 **(HW W40 record);** 10 James Moorcroft 18:46; 13 Peter Collins 18:55; 23 Darren Keane 20:10; 27 Adam Fenton 20:19; 35 Charles Hampden-Smith 20:53; 39 Simon Bodle 21:05; 42 Paul Jones 21:17; 50 Tor-Ivar Guttulsrod 21:39; 52 Ben Reville 21:43; 54 Richard Mellor 21:50; 88 Lisa Thomas 23:14; 114 Alastair Brown 24:04; 152 Charles Lawrie 25:10; 183 Guy Gibbons 26:07; 197 Peter Metcalf 26:35; 213 Florence England 27:04; 445 Sophie Toomey (Sweeper upper) 49:31 (445 finishers)

**Note:** After celebrating her 40<sup>th</sup> birthday the previous day Claire certainly gave short shrift to the HW W40 record. The first of many that will surely follow over other distances?

**July 22: parkrun 5km, Portrush, County Antrim, N Ireland**

1 Ciaran Rea (Unattached) 17:59 **HW:** 4 Russell Price 18:17; 130 Kate McInnes 28:07 (233 finishers)

**July 22: parkrun 5km, Bushy Park, Teddington**

1 Unknown 15:18 **HW:** 8 Justin Reid 17:04 (1099 finishers)

**July 22: parkrun 5km, Bishops Park, Fulham, SW6**

1 Daniel Strang (Unattached) 16:47 **HW:** 10 Andrew Davies 18:33; 25 Simon Woodley 19:46; 206 Andrew Balcerkiewicz 27:07; 347 John Wasbrough 37:00 (354 finishers)

**July 22: parkrun 5km, Harrow, Middx**

1 Tashan Allman (Hillingdon) 17:47 **HW:** 22 Tom Morris 22:40 143 finishers)

**July 22: parkrun 5km, Margate, Kent**

1 Pete Waumsley (Tamar Trotters) 18:22 **HW:** 27 Tomo Kikugawa 24:30; 61 Angela Kikugawa 28:49 (88 finishers)

**July 22: parkrun 5km, Burgess Park, Walworth, SE17**

1 Unknown 17:33 **HW:** 45 Anna Garnier (2C-4<sup>th</sup> F) 21:38; 53 John Krause 21:59 (274 finishers)

**July 22: parkrun 5km, St Peter's Park, Sydney, Australia**

1 Christopher Strom (AUSTRALIA) 17:21 **HW:** 30 Samuel Masters 20:30 (346 runners)

**July 22: parkrun 5km, Winchester, Hants**

1 Sam Turner (Unattached) 17:38 **HW:** 69 Lauren Armitage 22:14 (343 finishers)

**July 22: parkrun 5km, Cardiff, Wales**

1 Daniel Bodman (Aberdare Valley) 16:08 **HW:** 76 Oliver Evans 20:33 (693 finishers)

**July 22: parkrun 5km, Banstead Woods**

1 Alex Ramsier (South London H) 17:20 **HW:** 95 Rachel Brenton 27:15 (164 finishers)

**July 22: Herne Hill H Open Meeting, Tooting Bec**

**100 (race 2):** 5 Antonio Douglas 11.41/+0.6 **(race 5):** 3 Ross Whelan 11.61/+1.4 **(race 6):** 3 Tom Meehan 12.0/+0.5 **(race 13):** 6 Darcy O'Shea 14.85/+0.6 **(race 17/+0.6):** 2 Mabel-Rose Scales 14.61; 6 Willow Scales 15.89

**200 (race 3):** 4 Antonio Douglas 23.89/+2.3

**800 (race 4)** 1 Alexandra Brown (2C) 2:12.56 **(race 7):** 2 Lloyd Hodgson 2:33.36

**3000 (race 1):** 7 Rob Tuer 9:36.60

**HJ:** 2 Darcey O'Shea 1.40; 7 Mabel-Rose Scales 1.20

**U11**

**LJ:** 1 Mabel-Rose Scales 3.68; 4 Willow Scales 3.10

**July 22: Stratford Summer 6 miles, Wilmcote, Warwicks**

1 Daniel Studley (Bristol & West A.C.) 29:57 **HW:** 300 Colin Bricher (2C) 64:13 (307 finished)

**July 23: Elmbridge 10, Walton (inc Surrey AA Road League)**

1 Phil Wicks 30:37 **HW:** 56 Peter Lee 38:08; 116 Peter Giles 41:17 (**HW M70 record**); 307 Maurice Sharp 50:23 (567 finishers)

**Note:** Peter Giles easily casts aside his previous HW M70 record of 43:08 set in Richmond just over a year ago!

**July 23: Royal Parks Summer Series 10km, Regents Park**

1 Stephen Strange (Basildon) 34:15 **HW:** 14 Tom Cheetham (1<sup>st</sup> M50) 39:34 (563 finishers)

**July 23: Caterham Rotary 10km**

1 Neil Danby (Oxted Runners) 36:20 **HW:** 120 Oliver Rowlands 70:53 (141 finishers)

**July 24: Sri Chinmoy 3x1 mile Road Relays, Battersea Park**

**Fastest laps**

1 Jonny Hay 4:18 **HW:** 72 Jim Carrington 5:22; 87 Andrew Davies 5:25; 90 Peter Clarke 5:25; 113 Adam May 5:32; 135 Victor Ray 5:38; 148 Richard Evans 5:44; 193 Tom Cheetham 6:07; 197 Stephen Haughton 6:08



**Congratulations** to Peter Clarke, Richard Evans and Stephen Haughton on being the winning M50 team

**AND FINALLY**



**I'm going to give the  
Cardiff Marathon a miss  
this year.  
I found the biggest  
problem was keeping  
up with the Joneses.**