

## ***ROAD RUNNERS QUALIFY FOR NATIONAL***

Despite fielding a weakened team, Hercules Wimbledon Athletic Club's road runners comfortably qualified for next month's English National 12-stage road relay championship with a solid performance in the South of England championship at the Cyclopark, Gravesend, last Saturday, writes Tom Pollak.

Several of the club's top runners were missing from the line-up but the reserves rose to the challenge and Hercules Wimbledon repeated the 14th place they achieved when competing at Gravesend in 2016. The team made a strong start with Alex Robinson handing over in 10th place after covering the initial 7.2km long leg in 20 minutes 21 seconds, the fastest long leg performance by a Hercules Wimbledon runner.

Finn Johnson (14:36) slipped to 15th on the second stage over 4.8km with Connor Bindler (22:34) losing further ground in dropping to 18th. Then, Andrew Penney, in his first race of the year, ran a storming fourth leg in 13:34 to lift the team to 15th place posting Hercules Wimbledon's fastest short leg of the day. Jonny Cornish (20:32) moved up to 12th place on the fifth stage before Neil Fraser (14:44) handed over in 13th place at the half-way point. Ben Toomer (20:35) gained a place on the seventh leg with Justin Reid (14:41) slipping to 13th on leg eight. Joe Toomey (21:55) held 13th with supervet Pete Clarke (15:22) slipping to 14th, a position held by Joe Clark (21:56) and Rob Tuer (14:43) on the final two stages.



AA- Andrew and Alex – fastest short and fastest long stage for HW

Hercules Wimbledon's Adam Harwood posted a lifetime best of 17:36 when he won the Wimbledon Common 5km parkrun on Saturday, headed home a 419-strong field which included 25 Hercules Wimbledon runners. It was Harwood's third victory in 141 appearances in the event since making his debut in June 2009. His previous wins came in February 2015 and June last year and his time took six seconds off his previous best set last October. He finished 14 seconds clear of the runner-up.

Hercules Wimbledon's David Scrimshaw also improved on his previous best time for the course in finishing third in 18:36, six seconds faster than his time in August 2015. Over 50 Veteran Peter Lee posted the day's top age-graded performance in finishing fifth in 18:48. Gina Galbraith was second woman finisher in 20:32

Hercules Wimbledon's James Davis also won the parkrun at Pegwell Bay, Kent, in 17:41 while the club provided both the boys and girls winners in the Wimbledon Park junior 2km event on Sunday through Samuel Masters (7:34) and Emily Dunipace (9:23).

Continuing their preparations for the Virgin Money London Marathon next month, husband and wife David and Claire Grima were second in the men's and women's events Bushy Park, while Chris Ore was fifth in Burgess Park, Southwark and Khaled Diaw ninth in Bishop's Park, Fulham.

Hercules Wimbledon's Richard McDowell also continued his preparations for London in finishing third out of more than 300 runners in the Orion 15 miles cross country race in Epping Forest despite going off course. McDowell explained: "At about three miles a group of us, who were leading, took a slightly poorly marked and un-marshalled right turn and were puzzled no one was following us. By the time we managed re-join the field we were about 30 places lower down among runners who had accidentally taken a short cut. I managed to claw my way back to third in 1:34:06. However, it was a beautiful day on a rather brutal muddy and undulating course."

Adam Harwood completed a busy weekend by finishing third out of 862 runners in the Lidl Kingston Breakfast 8.2 miles run on Sunday in 48:17.

Hercules Wimbledon's Ellen Weir helped Surrey make a clean sweep of the four team titles in the South East Schools Inter-Counties cross country meeting at Priory Park, Reigate, when she finished 10th in the junior girl's race.

Hercules Wimbledon youngsters will be in action in the South London Athletics Network Development Meeting last the David Weir Leisure Centre, Sutton, on Sunday, starting at 12noon.



Club Captain Rob Tuer comes home in 14<sup>th</sup> to grab a National qualifying place



**The relay lads look pleased with their effort – and why not?**



**Just three of the HW team in action at Gravesend**

### **The 36th Hercules Wimbledon Young Athletes Meeting, 9th April**

The closing date for entries (March 24<sup>th</sup>) is fast approaching! Entry is online at <https://entries.opentrack.run/2017/hercopen/who/> and HW members can now take advantage of the discounted entry fee of £3 for one event and £2 for each subsequent event. You can view the timetable on the HW website at <http://www.herculeswimbledonac.org.uk> As most of you know, due to the fire damage to the grandstand at Wimbledon Park, this year's Young

Athletes Meeting is being held at the David Weir Centre, Sutton. We hope as many of you as possible will enter this event, which is recognised as the major curtain-raiser to the track and field season in our region.

Many thanks, Sheila White, Secretary

The [timetable is here...](#)

The online entry is now open: <https://entries.opentrack.run/2017/hercopen/>



**HERCULES WIMBLEDON  
ATHLETIC CLUB**

**the  
36th**

**YOUNG ATHLETES OPEN MEETING**

**SUNDAY 9th APRIL 2017**

at the  
**DAVID WEIR LEISURE CENTRE**

**AGES: UNDER 11 – UNDER 20**

**THE DAVE CLARKE MILE**  
for U20 men and women  
with cash prizes for the top three (each gender)  
also featuring

**Entry fees: £5 for the first event; £4 for subsequent events  
(discount of £2 per event for Hercules Wimbledon members)**

**Enter online at: <https://entries.opentrack.run/2017/hercopen/>**

**Closing date extended to: Wednesday, 29th March, 2017**

### **Sunday, April 2: SLAN U15/U17/U20 Development Meeting 1, Sutton, 12noon**

It's the first track and field team meeting of the season for the boys and girls of HW and it's nice and local and not too time consuming. An ideal event to get rid of those winter cobwebs!

### **LET THERE BE LIGHT!**

The saga of the non-operating floodlights at Wimbledon Park continues but thanks to sterling work by Fred Green the use of temporary lighting has proved beneficial.

However as stated in previous Newsletters, assistance in setting the lights up – and down - has not been forthcoming and in response here is yet another plea from Gary Forde who has taken on the role of siting the lights.

**Note:** with the clocks having now gone forward there should not be a lack of man/woman power at the later lighting-up time!

Hi Pete,

Could you put another reminder in the newsletter that more hands make light work in setting up at the track as we only generally have a handful of regulars helping. The temporary lights themselves don't weigh much and help from parents at the 6pm group would be appreciated.

We usually have enough help taking down but sometimes on a Thursday we are a bit light on help, so pleased if those around would make sure they help in putting them away.

Thank you,

Gary

### **ANY HW UP FOR A LOW KEY, LOCAL AND FRIENDLY TRIATHLON?**

**"Wimbledon's only Triathlon returns for its 3<sup>rd</sup> edition on 9<sup>th</sup> April 2017.**

Organised by Wimbledon Windmilers, this is a beginner friendly triathlon offering a supportive and friendly environment for first timers, as well as a season opener for more experienced triathletes and previous competitors. The event is based at Kings College School (KCS), on Southside just off Wimbledon Common.

You'll start with a 420m swim in KCS pool, with 4 swimmers in each lane setting off at 10 minute intervals according to expected swim times. After the swim, you'll exit KCS playing fields and transition from swim to cycle. Once you've gathered your helmet and bike from the racks, you'll push your bike to the mounting line and saddle up. You'll ride three laps of a 4k circuit around Copse Hill. Yes, there's a hill but there's also a downhill stretch to help you recover. After finishing your cycle back at KCS, you'll park your bike on the rack and begin your 5k run. This is a flat run around the southwest corner of Wimbledon Common, returning to race HQ in time for a sprint finish.

Don't worry if you don't think you are fast or experienced enough - most competitors turn up to have fun and try out a new sport.

For more information on how to enter the Womble Triathlon visit

<http://www.windmilers.org.uk/OpenTriathlon.html> or contact [tri@windmilers.org.uk](mailto:tri@windmilers.org.uk)

**To enter on-line visit** [https://www.britishtriathlon.org/events/Womble-Triathlon\\_8049](https://www.britishtriathlon.org/events/Womble-Triathlon_8049)



### **HOUSTON HERCULES – WE HAVE A PROBLEM**

On Saturday, April 15, HW are due to compete in the opening Southern Athletic League (SAL) fixture at nearby Sutton but there is a serious problem in that the club are still seeking a men's team manager which could result in the worst case scenario of the club having to withdraw their membership of the League!

A pity really as judging by the recent success of our cross-country lads and our sprinters we could certainly make an impact as far as the track events go.

Team managers are also required for the Ebbisham Boy's League and the South London Athletic Network (SLAN) Young Athletes Meetings - boys and girls - but judging by the large number of mums and dads who usually attend these meetings perhaps it is not such a problem.

Fixture dates for both the SLAN and the SAL can be found on

<http://herculeswimbledonac.org.uk/Fixtures.html> so check them out. If the dates prove difficult perhaps the task can be carried out on a 'job-share' basis.

If interested please contact the HW Secretary Sheila White at [ms.chilli@pure-white.co.uk](mailto:ms.chilli@pure-white.co.uk) in the first instance.

### **FROM DAVE HOLT ON THE PASSING OF DOUG MOBSBY**

I was saddened to read in your latest newsletter that Doug had died. He was pre-deceased by some other wonderful stalwarts of the old Wimbledon A.C. - Geoff Moulden, Les Shaughnessy, Barry Jones and Tommy Robertson come particularly to mind. - who, like Doug, were the backbone of the administrative side of HWAC when it was first formed. As you know, the main catalyst for the amalgamation was the dearth of officials/administrators in HAC, but with a contrasting depth of athletic talent contrasted with the opposite situation in WAC. So, it was a perfect match - and so it has proved to be! May Doug rest in peace. I'd like to send condolences



Many congratulations to Medena Knespl on her recent marriage to Alex Rastorgouev in Boston, USA. A time for happiness following the passing of her mother Marina last year.

## Help us support our young elite athletes!

A message from the HW Committee:

We are sure everyone in the Club was excited to see Theo Etienne in the final of the 60m at the European Indoor Championships. Theo is one of a raft of talented young Club athletes who are breaking through into international competition. These are heady times for them and Hercules Wimbledon, and we want to support them as much as we can, however at this level our young elite athletes are beginning to need a greater degree of financial help to cover the cost of travelling to training camps and competitions abroad, regular physio sessions, etc. but they only have limited grants available to them. So we are launching our own fund-raising campaign with the aim of setting up a dedicated fund to help support any young Club athlete on the verge of international honours. More details will follow in the coming weeks.

As a start we have signed up the Club to Easyfundraising, which is the UK's leading charity cash-back site, supported by England Athletics. Every time you shop on line at over 3,000 retailers, such as Sainsbury's, John Lewis, Amazon, ebay, etc you can automatically collect a free donation for the Club. All you have to do is go online at <http://www.easyfundraising.org.uk/causes/hercules-wimbledon-ac> and join up. It costs you nothing, but once you have joined, whenever you shop online, all you have to do is log onto the Easyfundraising site first, search for your chosen retailer and you will be transferred to their site. Then you shop as usual, but the difference is that each time you do so, you will raise some money to help the Club's young elite athletes. So please pass on the link to all your friends who shop online.



All ideas for fund-raising are welcome, so if you have a brilliant notion please email either [sheila@herculeswimbledonac.org.uk](mailto:sheila@herculeswimbledonac.org.uk) or our social

secretaries, Lisa Thomas at [lisamthomas65@yahoo.com](mailto:lisamthomas65@yahoo.com) and Victor Ray at [victor\\_ray@hotmail.com](mailto:victor_ray@hotmail.com)

### **DO YOU WANT TO BE IN THE MOVIES?**

Many of you will remember Kyran Mitchell Nanton, a former Hercules Wimbledon AC sprinter. He is now an actor/producer, and is making a film called Finish Line. You can see the trailer here: <http://www.crowdfunder.co.uk/finishlinefilm>

The final scene is set at an athletics' championships, and will be filmed at Lee Valley on Friday 14th April, 11am-4pm, and Kyran is looking for athletes and spectators to be in the background. If you are interested, you need to email your name and the following details to [finishlineukfilm@gmail.com](mailto:finishlineukfilm@gmail.com) by Monday, April 3rd:

**Please note:** U16s will need to have parental/guardian permission which is to be given on attached form.





Looking for Athletes and Actors to be part of our film, based on **ATHLETICS** as **supporting artists, walk on's and extras**. Shooting a scene where the characters are competing at a championship track meet.

We will be showcasing some of you sprinting, so come along and show us how it's meant to be done!

**DATE: FRIDAY 14<sup>TH</sup> APRIL 2017**

If interested please email the following:

- Full name
- Age (u16s will need to have parent/guardian permission)
- Headshot (or selfie) doesn't have to be amazing quality
- Contact info: email, phone number, social media
- Location
- Any track and field experience and club you run for if any (don't worry if you have none)

Send to - [finishlineukfilm@gmail.com](mailto:finishlineukfilm@gmail.com)

Watch the trailer: [crowdfunder.co.uk/finishlinefilm](http://crowdfunder.co.uk/finishlinefilm)

@FinishLineFilm #FinishLineFilm

**10 miles**

47.25.	Dave	Clarke	Canterbury	31/01/1988
47.50.	Dave	Holt	Worthing	17/03/1973
47.55.	Bob	Holt	Walton	12/10/1974

48.42.	Barry	Collins	Stevenage	08/06/1968
49.15.	Steve	Badgery	Woking	26/02/1968
49.16.	Simon	Rayner	Bedford	26/12/1989
49.18.	Mike	Beevor	Cornwall	05/06/1971
49.52.	Frank	Briscoe	Wimbledon	06/10/1973
49.56.	Alastair	Miller	Wimbledon	03/10/1992
		Ross-		
50.09.	Paul	Davies	Woking	26/02/1984
50.12.	Dave	Beaver	Wimbledon	07/10/1989
50.20.	Mike	Fuller	Guildford	15/12/1973
50.33.	Pete	Clarke	Wimbledon	03/10/1992
50.48.	Mike	Kortenray	Bracknell	Nov. 1965
50.48.	Bob	Raymen	Wimbledon	09/10/1971
50.52.	Mike	Fearon	Walton	21/10/1967
50.57.	Steve	Stockwell	Woking	05/03/1994
51.04.	John	Sullivan	Wimbledon	03/10/1969
51.13.	Sean	Lippell	Wimbledon	04/10/1975

### **MIKE – A YOUNG KID ON THE OLD BLOCK**

Mike Kortenray phones to point out that his best ever 10-mile road time is not shown on the HW all-time rankings, this only coming to light on the appearance of the Bracknell race results featured on Facebook.

It was as a 20-year-old in November 1965 that Mike was recorded in Athletics Weekly as having run 50m 48s in Bracknell, a time that puts him as equal 14<sup>th</sup> in the revised all-time list. For interest, the top-20 all-time is featured above in a list that has shown little change mainly due to lack of the 10-mile racing distance these days.

### **FANCY SOMETHING DIFFERENT – try The Bob Graham Round**

<https://www.youtube.com/embed/f-03GxweU30>

### **A WORD OF WARNING FROM BRITISH ATHLETICS**

[Using supplements - are you aware of the risks?](#)

A [recent blog by UK Anti-Doping](#) revealed\* that "...in 2012, 44% of athletes banned from sport were linked to the use of supplements. Many claimed that they were not aware the supplement products contained a banned substance, nor had they intended to cheat in any way."

We would encourage all athletes and coaches to read the [UKA statement regarding the use of supplements](#). \*Figure given is across the sports reported.

### **WHO FROM HW IS RUNNING IN THE VIRGIN MONEY LONDON MARATHON?**

To my knowledge the following HW members will be pounding the streets of London on Sunday, April 23.

It's good to have knowledge of who is competing so that the many interested HW supporters can know who to look out for wearing the gold and scarlet vest:

#### ***Known HW runners so far:***

Felix Allen, Stewart Bond, Tom Cheetham, Andrew Davies, Khaled Diaw, Richard Evans, Claire Grima, David Grima, Charles Hampden-Smith, John Krause, Richard McDowell, Anthony Peter, Rob Tuer and Maurice Sharp.

**Also competing but 2C:** Kate Whorton and Chris Wright

Now I realise that there is many a HW member that will also be competing so please let Pete know at [petehwac@aol.com](mailto:petehwac@aol.com)

### 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)



### 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](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!***

**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>

### FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

**2017**

APRIL

Sat 1: Herne Hill H Open Meeting, Tooting Bec – inc a tasty 5000m!

Details for above: [HHH Open Timetable 2017 04 01 vp2](#)

Sun 2: SLAN U15/U17/U20 Development Meeting 1, Sutton, 12noon

Thur 6: East Surrey League Road Races, Ewell Court, 7pm

Sat 8: National 12-stage Road Relays, Sutton Coldfield

**Sun 9: HW Young Athletes Meeting, Sutton**

Details for above: <http://herculeswimbledonac.org.uk/YA-Open.html>

Fri-Sun 14-16: Isle of Man Easter Running Festival  
Sat 15: Southern Athletics League Division 3 SE Match 1, Sutton  
Sat 22; Kinnaird & Sward Trophy Meeting, Kingston  
Sun 23: Virgin Money London Marathon, Greenwich  
Sun 23: Virgin Money London Mini Marathon, Wapping  
Wed 26: Hercules Wimbledon AGM, Golf Club, Home Park Road, SW19  
Sun 2: SLAN U15/U17/U20 Development Meeting 2, Tooting Bec, 1pm  
Sun 30: Ebbisham Boys League, Match 1 Venue tbc  
Sun 30: Surrey Road League 1, Richmond Half Marathon, Petersham  
Above incorporates Surrey County Championships

**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

### **March 19: Barrie Strange Throws Open, Horspath, Oxford**

#### **M50**

**DT (1.5kg):** 3 Kevin Snelling 19.73

**HT (6kg):** 2 Kevin Snelling 20.74

**JT (700g):** 3 Kevin Snelling 24.32

### **March 25: South of England 12-stage Road Relay, Cyclopark, Gravesend, Kent**

#### **Senior Men (Long Stage 6x7.2km – Short stage 6x4.8km)**

1 Tonbridge 3:23:05; 2 Serpentine 3:24:22; 3 Highgate 3:26:18 .... 14 Hercules Wimbledon 3:35:33 (Alex Robinson (10<sup>th</sup>) 20:21, Finn Johnson (15) 14:36, Connor Bindler (18) 22:34, Andrew Penney (15) 13:34, Jonathan Cornish (12) 20:32, Neil Fraser (13) 14:44, Ben Toomer (12) 20:35, Justin Reid (13) 14:41, Joe Toomey (13) 21:55, Peter Clarke (14) 15:22, Joe Clark (14) 21:56, Rob Tuer (14) 14:43) (41 teams closed in)

#### **Fastest**

**Short stage:** 1 Lewis Lloyd (Herne Hill H) 12:57 ... 10 Andrew Penney (HW) 13:34

**Long Stage:** 1 Andy Maud (Highgate) 19:07

### **March 25: South East Schools Inter County, Reigate**

#### **U15 Girls (3.2km)**

1 Susannah Lecoutre (Guildford & Godalming) **HW:** 10 Ellen Weir (U13) 11:53 (66 finishers)

### **March 25: parkrun 5km, Wimbledon Common**

1 Adam Harwood (HW) 17:36; 2 Nick McKay (Wimbledon Windmilers) 17:50; 3 David Scrimshaw 18:36 **Other HW:** 5 Peter Lee 18:48; 11 Hector Revill 19:25; 14 Peter Small

19:45; 21 Sebastian Hudspith 20:17; 22 Gina Galbraith (2<sup>nd</sup> F) 20:32; 34 Peter Metcalf 20:58; 41 Simon Bodle 21:08; 43 Ben Revill 21:13; 44 Gary Forde 21:21; 45 Adam Fenton 21:22; 53 Eileen Brandley 21:56; 59 Tor-Ivar Guttolsrod 22:10; 65 Simon Waddington 22:22; 67 Richard Mellor 22:28; 69 Lauren Armitage 22:29; 76 Dominic Fraser 22:38; 91 David Lanfranchi 23:02; 98 Millie Thorpe 23:21; 106 Charles Lawrie 23:21; 151 Alastair Brown 24:48; 157 Craig Howard 24:52; 232 Katarina Scrimshaw 27:15; 397 Sophie Toomey 36:58 (419 finishers) (25 HW)

**Note:** bit of a query on this one regarding first female to finish as Gina is sure that she was first to finish but lo and behold there was someone going by the name of Tara Ryan whose time was recorded as 19:06 which is far quicker than her previous best time of 21:59 recorded in Tilgate, Sussex just the previous week.

**March 25: parkrun 5km, Pegwell Bay, Nr Margate, Kent**

1 James Davis (HW) 17:41; 2 Robert Magro (Unattached) 18:18 (160 finishers)

**March 25: parkrun 5km, Bushy Park, Teddington**

1 Criag Jarman (Unattached) 16:52; 2 David Grima 17:00 **Other HW:** 14 Claire Grima (2<sup>nd</sup> F) 18:20; 147 Richard Clark 21:24; 160 Barry King 21:38 (1212 finishers)

**March 25: parkrun 5km, Burgess Park, Walworth, SE17**

1 Ben Cockburn (Blackheath & Bromley) 16:32 **HW:** 5 Chris Ore 17:08 (271 finishers)

**March 25: parkrun 5km, Bishops Park, Fulham, SW6**

1 Mike Sawrey (Unattached) 16:30 **HW:** 9 Khaled Diaw 18:02; 12 Nicky Hogg 18:17; 13 Andre Davies 18:18; 30 Simon Woodley 19:08; 54 Ewan White 20:23; 397 John Wasbrough 36:46 (403 finishers)

**March 25: parkrun 5km, Banbury, Oxon**

1 Ian Keen (Unattached) 18:02 **HW:** 14 James Runnicles 20:46 (216 finishers)

**March 25: parkrun 5km, Nonsuch Park, Cheam**

1 Daniel Gaffney (Unattached) 17:22 **HW:** 17 Richard Evans 19:07; 62 Charles Hampden-Smith 21:05 (631 finishers)

**March 25: parkrun 5km, Tooting Common, SW17**

1 Geoffrey Howell (Unattached) 17:25 **HW:** 30 Tom Cheetham 19:44; 64 Frank Wood 21:23; 177 Tony Austin 24:42 (480 finishers)

**March 25: parkrun 5km, Aylesbury, Bucks**

1 Roger Seed (Vale of Aylesbury) 17:57 **HW:** 63 Victor Hutchins 24:19 (244 finishers)

**March 25: parkrun 5km, Brueton Park, Solihull**

1 Chris Bevan (Unattached) 16:57 **HW** 126 Tomo Kikugawa 24:03; 333 Angela Kijugawa 29:59 (515 finishers)

**March 26: Junior parkrun 2km, Wimbledon Park**

1 Samuel Masters (HW) 7:34; 2 Sebastian Cockerell (Thames H&H) 8:02 **Other HW:** 11 Emily Dunipace (1<sup>st</sup> F) 9:23 (108 finishers)

**March 26: Lidl Kingston Breakfast Run 8.2 miles, Kingston upon Thames**

1 Andy Goddard 46:55 **HW:** 3 Adam Harwood 48:17 (862 finishers)

**March 26: Lidl Kingston Breakfast Run 16.2 miles, Kingston upon Thames**

1 George King 93:17 **HW:** 29 Tom Cheetham 1:49:11 (581 finishers)

**March 26: Lidl Kingston Breakfast Run 20.1 miles, Kingston upon Thames**

1 Charles Ogilvie 1:56:33 **HW:** 15 Andrew Blake 2:13:53; 44 Adam May 2:20:57 (619 finishers)

**March 26: Orion Harriers 15 miles XC, Epping Forest**

1 Sam Humphrey (Victoria Park & TH) 92:09 **HW:** 3 Richard McDowell 94:05 (306 finishers)

**From Richard**

Pleased to report a reasonable performance in the Orion 15 on Saturday. It wasn't without drama though, as at about 3 miles, after the lead group of 5 took a slightly poorly marked and un-marshalled right turn, we discovered that no-one was following us. After completing a nice hilly loop around a field we re-joined the main path to discover that we were re-joining about 30 places lower down, amongst runners who had accidentally taken a shortcut. According to Strava this was worth around 2 ½ minutes, so we then had to work hard to regain as many places as possible. The eventual winner managed to get back past everyone and finish in 1:32:10, but I only clawed my way back to 3<sup>rd</sup> in 1:34:05. By my calculation I would have been ahead of the 2<sup>nd</sup> finisher who should have been about 30 seconds behind me.

Regardless, it was a beautiful day on a rather brutal muddy and undulating course and the legs can certainly tell that I've given them some abuse!

**AND FINALLY**

