

YOUNGSTERS DOMINATE OPENER

Hercules Wimbledon Athletic Club's young athletes dominated the opening East Surrey League cross country meeting of the season when they took the team honours at Lloyd Park, Croydon, on Saturday, packing three of the top four placings, reports Tom Pollak.

Zac Purnell, 15, taking a break from duathlons and in his first cross country race since running in the South of England Championships at Parliament Hill Fields back in January, showed fine form to finish just three seconds behind Surrey and South of England champion Harley Norman from Epsom in the two miles race, to lead Hercules Wimbledon to team victory. Purnell clocked 10 minutes 56 seconds and with Henry Silverstein third in 11:05, Sam Barker fourth in 11:16 and Lucas Jeffs seventh in 11:27, Hercules Wimbledon comfortably took the team honours with 16 points from Herne Hill (31) and Sutton & District (57).



An HW quartet on the trail of Surrey and Southern Champ Harley Norman
Photo by Alison Purnell

Hercules Wimbledon had 15 youngsters in action with Lloyd Hodgson and Lauren Armitage, in their first cross country races top under 11 boy and girl finishers, respectively, in 12:30 and 14:14.

Returning to Hercules Wimbledon after a six-year break, Chris Coles celebrated his 37th birthday by leading the club's team home in the senior five miles race finishing 21st out of 95 runners in 32:14. Alex Binley was top woman finisher in 32:21 with Lisa Thomas first woman veteran over 40 in 36:07.

Hercules Wimbledon's Richard McDowell was the second UK finisher in the Bournemouth marathon on Sunday taking seventh place out of more than 2000 runners in a personal best of 2:40:09. His time improved on his 2:42:16 in this year's Virgin Money London race back in April. "I was the first finisher from the non-elite pen and managed to pick off a runner with a sprint finish over the last 50 metres or so," said a satisfied McDowell.

Another Hercules Wimbledon runner to show good form on the road was Belal Ahmed who took almost two minutes off his lifetime best in the Cardiff University half-marathon on Sunday. Ahmed, who was using the race as part of his preparation for the Frankfurt Marathon at the end of the month, finished 17th out of more than 17000 runners in 1:09:32 to improve on the 1:10:29 he posted representing Egypt in the IAAF World half-marathon championships, also in Cardiff, back in March.

Hercules Wimbledon had a quartet of parkrun winners over the weekend. Rob Tuer travelled to Taunton where he was a narrow winner of the Longrun Meadow event in 17:28, heading home a 226-strong field by three seconds. Gina Galbraith was first woman finisher on Tooting Common in 19:40, posting the top age-graded performance of the event, while Georgina Clarke as first female finisher in Richmond Park in 20:38 where clubmate Ben Tatters was third overall out of 372 runners in 18:06. Ewan White managed to snatch victory in the junior 2km parkrun in Wimbledon Park on Sunday in 7:50, the same time was the runner-up.

Elsewhere, Joe Toomey was second out of 383 runners on Wimbledon Common in 17:47 with Adam Harwood fifth in 18:19. and over 60 veteran Anna Garner top age graded performer finishing fourth in the women's race in 22:33. Valerie Parocki was second female finisher in Lloyd Park, Croydon, in 22:33.



The HW Youngsters after collecting their trophies for last season's League successes



Lisa collects her W50 trophy for the 2015/16 season



The HW senior crew with awards won from last season



Alex Binley – an HW team debut and Dennis Williams who must be on his 2000th + HW run
Above photos by Mike Fleet

CAUGHT SHORT – FULHAM PARKRUN

It appears that after more than 150 parkruns at Bishops Park, Fulham, it has been agreed that the course was some 30m short of the declared distance of 5km.

This was to the chagrin of Gina Galbraith, who was recently just one-second shy of setting an HW W40 record but over the accurately measured (we hope) Wimbledon Common course. Therefore it has been decided that Gina is now the HW W40 record holder while any other past HW performances in Bishops Park that appear in my lists will be indicated as 30m short. Dawn Payne, the Bishops' Park run director tells me that, "The course was officially measured in June of this year by Hugh Jones, whose name I am sure is known to you. "It was rumoured to be short and found to be so by Hugh. The start has been moved back by 30 metres to its current position. This is effective from Saturday 2 July 2016."

CROSS-COUNTRY - IT'S A NUMBERS GAME

There were 24 runners in total appearing at the Croydon East Surrey League for the opening cross-country races of the season, which on the surface appears a respectable number.

However, a quick count-up of HW members who competed in the LOCAL parkruns show there were 37 of them were taking part in that weekly activity.

With the Surrey League fixtures fast approaching it is hoped that some attention could be paid to members prioritising their activities and say, compete in these league fixtures and, who knows, compete in the occasional Championship event.

Don't worry about your ability as facts show that the larger the HW presence, the better the team performance.

BELAL – THE INTERNATIONAL



Belal running in Cardiff proudly wearing his Egypt vest

THE TIMES THEY ARE A-CHANGING

Sat 15: 2XU Surrey Men's League, Match 1, Richmond Park **SM: 4pm YA: 3:30pm**

Sat 22: Surrey Masters Champs, Richmond Park, **W&M60+3:30pm M40/50 4:15pm**

The entry website for the masters is now up and running so any HW members keen to compete please contact Charles Hampden-Smith at charleshs@blueyonder.co.uk

GEOFF WALCOTT – THE MOVIE

Geoff Walcott was featured in the Newsletter last week after being shown as a poster boy in adverts at Canary Wharf. Now he makes an appearance on film to add to the Virgin Active campaign.

Take a look via this link: <https://www.youtube.com/embed/mAvIrDz7BFo>

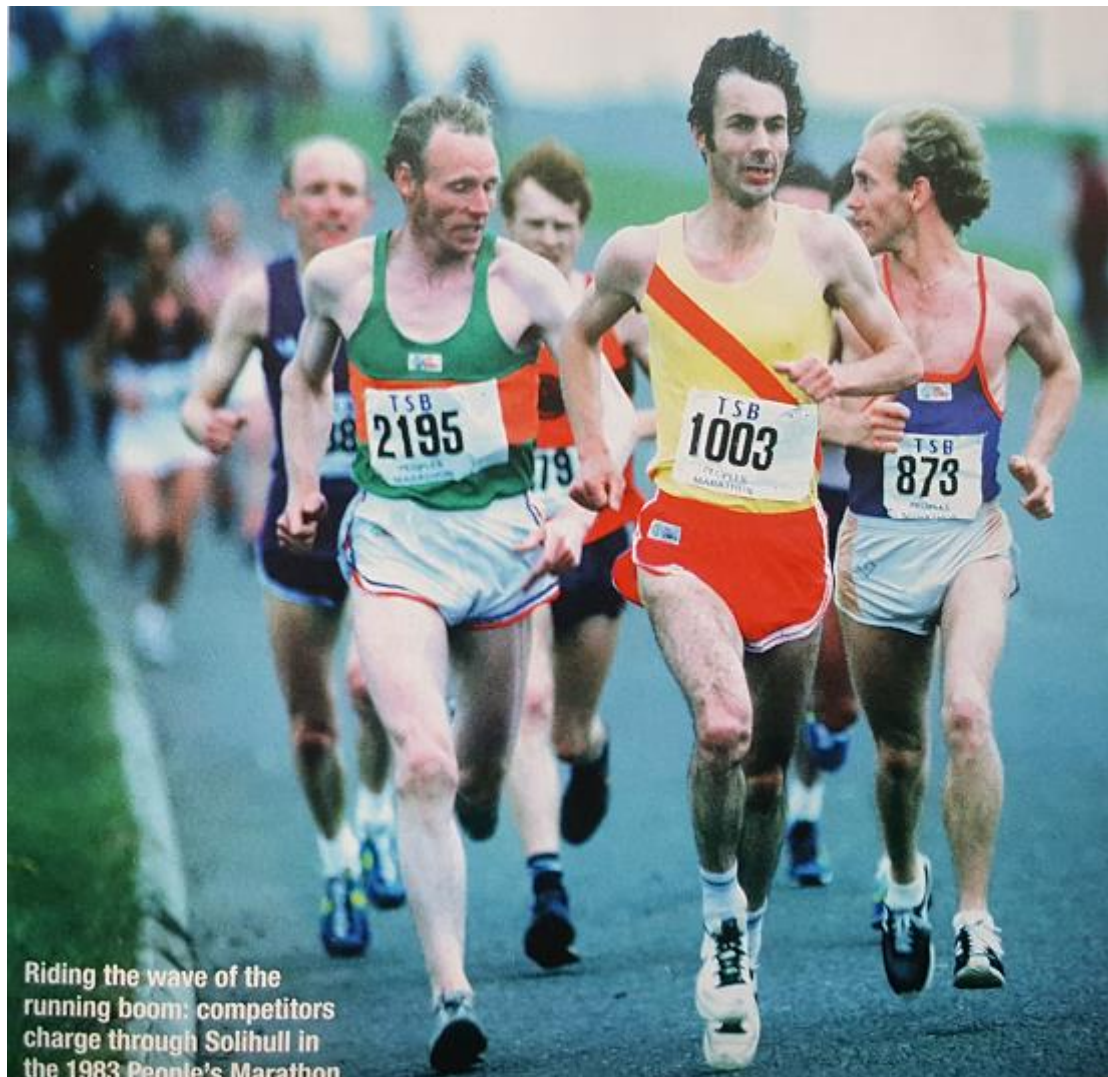
SIX-STAGE MEMORIES



Best of luck to those HW men contesting the National 6-stage Road Relay at Birmingham, a far cry from the days of 30 years ago when HW contested the Southern Event at Luton Hoo.

Top Row: Pete Stenning, Mark Slowikowski and Pete Clarke
Front Row: Martin O'Halloran, Dave Pomfret and Steve Newton

HW MEMORIES STIRRED IN CURRENT ATHLETICS WEEKLY



It was good to see the colours of HW strongly featured in the latest issue of Athletics Weekly when former club member Paul Ross-Davies was pictured in conjunction with an article on the then popular Birmingham 'Peoples' Marathon, a part of the then running boom. Results for the race shown don't appear to be available but for the record and while an HW member, Paul – a member of Blackheath & Bromley these days - tucked away some fine performances on the road including a 10km in 31:15, 50:09 for 10 miles and 69:46 for the Half Marathon.

EXCITING NEWS FOR HW MUMS AND DADS AND FAMILIES

NEW



Sunday morning running group
 1st and 3rd Sunday each month
 (first dates: 18 Sept, 2 Oct, 16 Oct, 6 Nov)

if you are
 a club member over 12
 or a parent of a youngster in the
 7Upsandovers group
 then why not join
 Vikki Filsell
 qualified Leader in Running Fitness
 (and HW athlete/parent)
 for a steady run at easy/chatting pace
 over approx 3 miles
 up to and around Wimbledon Common

meet at Wimbledon Park track at
 9.50am for a 10am start



Try and give Vikki your full support in this HW initiative

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

For most events you will require an England Athletics (EA) membership number. The annual registration starts on April 1st and costs £13. Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf.

For new members, EA registration is now included in the subscription fee as set out above. Current members who wish to pay their EA registration fee may still do so via the link below:
<http://www.herculeswimbledonac.org.uk/Membership-&-EA-Registration.html>



SUUNTO
RUN | MARATHON
 WIMBLEDON 10K | MARATHON RELAY
 HALF MARATHON
 www.runwimbledon.co.uk

08.10.2016

Looks like the X-man has another interesting event on October 8 (**THIS SATURDAY!**)

Entry details: www.runwimbledon.co.uk

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold – Offers of help at these fixtures are always appreciated

OCTOBER

Sat 8: National 6-stage Road Relays, Sutton Coldfield

Sat 8: Inter Area Masters XC, Wimbledon Common

Sat 15: 2XU Surrey Men's League, Match 1, Richmond Park **SM: 4pm YA: 3:30pm**

Sat 15: 2XU Surrey Ladies League, Match 1 Nonsuch Park, Cheam 12noon

Sat 22: Surrey Masters Champs, Richmond Park, **W&M60+3:30pm M40/50 4:15pm**

Sat 22: South of England XC Relays Champs, Wormwood Scrubs

Sat 29: Bruce Judd Surrey County AA. YA XC Relays, Stoke Park, Guildford

26/10 – 6/11: World Masters T&F Championships, Perth, Australia [Details](#)

NOVEMBER

Sat 12: 2XU Surrey Men's League, Match 2, Coulsdon

Sat 19: London XC Championships, Parliament Hill

Sat 19: London Youth Games XC, Parliament Hill

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

A full list of fixtures can be seen on HW Website via this link

<http://herculeswimbledonac.org.uk/Fixtures.html>

For those seeking additional competition, please refer to these links for open meetings

<http://www.londonathletics.org/?q=node/56>

<http://www.openmeetings.co.uk/find-an-open-meet.php>

Please note: any photos in this Newsletter may appear on the HW website but if any athletes or parents object the photos will be removed.

RESULTS

September 25: Jim Day Memorial Indoor Pole Vault, DWLC, Sutton W45

1 Alison Murray 3.13

September 30: Brooks Last Friday of the Month 5km, Hyde Park

1 Ben Fairhall (Redway R) 16:17 **HW:** 279 Ian Isherwood 33:06 (286 finishers)

October 1: East Surrey League XC, Lloyd Park, Croydon

Seniors (Mixed) (5 miles)

1 Ricky Lutakome (Sutton) 27:21; 2 Mike Cummings (Herne Hill) 27:25; 3 Chris Busaileh (Herne Hill) 27:44 **HW:** 21 Chris Coles 32:14; 22 Alex Binley (1st F) 32:21; 28 Mark Cahill 33:19; 37 Simon Woodley 34:12; 55 Lisa Thomas (3rd W/1st W40) 36:07; 57 Kayenne Grant-Evans 36:23; 68 Celia Willis (3rd U20W) 38:31; 84 Fenella Willis 43:20; 89 Dennis Williams (1st M70) 47:44 (95 finishers)

Teams – (4 to score) (Mixed): 1 Herne Hill H 14; 2 Striders of Croydon 25; 3 Croydon 44 ... 5 Hercules Wimbledon 102; 15 Hercules Wimbledon 'B' 252; 25 Hercules 'C' 361

Young Athletes (mixed) (2 miles)

1 Harley Norman (Epsom & Ewell) 10:53; 2 Zac Purnell (HW) 10:56; 3 Henry Silverstein (HW) 11:05; 4 Sam Barker (HW) 11:16 **Other HW:** 7 Lucas Jeffs 11:27; 18 Fred Jimack 12:12; 24 Lloyd Hodgson (1st U11) 12:30; 25 William Schneider 12:??; 35 Rebekah Riches (6th F) 13:04; 39 Ellen Weir (8th F) 13:09; 40 Thomas Beare (3rd U11) 13:09; 41 Sam Spencer (4th U11) 13:12; 44 Reuben Gallagher (5th U11) 13:23; 51 Joseph Willis (6th U11) 13:53; 59 Cate Coverley 14:11; 63 Lauren Armitage (1st U11G) 14:14 (101 finishers)

Teams – (4 to score) (mixed): 1 Hercules Wimbledon 16; 2 Herne Hill H 31; 3 Sutton & Dist 57; 4 Croydon H 58; 5 Epsom & Ewell 77

October 1: parkrun 5km, Longrun Meadow, Taunton, Somerset

1 Rob Tuer (HW) 17:28 2 Chris Hamilton (Unattached) 17:31 (226 finishers)

October 1: parkrun 5km, Wimbledon Common

1 Unknown 2 Joe Toomey (HW) 17:47 **Other HW:** 5 Adam Harwood 18:19; 13 James Forde 19:19; 15 Stewart Bond 19:23; 19 Peter Collins 19:44; 30 Adam May 20:39; 32 Victor Ray 20:44; 41 James Wallace 21:23; 58 Richard Mellor 21:56; 75 Anna Garnier (2C) 22:33; 80 Charles Hampden-Smith 22:47; 119 Gary Forde 24:11; 140 Maurice Sharp 24:39; 144 David Lanfranchi 24:46; 147 Alastair Brown 24:52; 174 Charles Lawrie 25:31; 221 Andy Balcerkiewicz 27:17 (383 finishers)

October 1: parkrun 5km, Tooting Common, SW17

1 Rob Sherwood (Clapham Chasers) 17:14 **HW:** 24 Gina Galbraith (1st F) 19:40 (404 finishers)

October 1: parkrun 5km, Richmond Park

1 Jordan Mungovan (Ranelagh H) 17:22 **HW:** 3 Ben Tatters 18:06; 21 Daniel Illis 19:55; 37 Georgina Clarke (U13G) (1st F) 20:38; 66 Madeleine Casey (2C) 22:10; 158 Alex Dunne-Gundry 25:37 372 finishers)

October 1: parkrun 5km, Lloyd Park, Croydon

1 Simone Luciani (Striders of Croydon) 17:24 **HW:** 25 Valerie Parocki (2nd F) 22:33 (197 finishers)

October 1: parkrun 5km, Bushy Park, Teddington

1 Neil Wellard (Kingston & Poly) 15:42 **HW:** 22 David Grima 17:50; 314 Barry King 23:06; 436 Florence King 24:32 (1212 finishers)

October 1: parkrun 5km, Kingston

1 Freysen Maritz (Stragglers) 18:11 **HW:** 9 Tom Cheetham 19:15; 11 Felix Allen 19:34; 64 Peter Metcalf 23:34 (185 finishers)

October 1: parkrun 5km, Nonsuch Park, Cheam

1 Matt Jiggins (Running with Matt) 17:21 **HW:** 46 Simon Woodley 20:38; 103 Kirsty Wheeler 23:24 (482 finishers)

October 1: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 15:55 **HW:** 115 Tomo Kikugawa 24:45; 320 Angela Kikugawa 35:10 (373 finishers)

October 1: parkrun 5km, Wycombe Rye, High Wycombe

1 Ben Sendall (Wycombe Phoenix) 18:05 **HW:** 109 Victor Hutchins 25:02 (345 finishers)

October 1: parkrun 5km, Bishops Park, Fulham, SW6

1 Alex Milne (Enfield & Haringey) 15:36 **HW:** 18 Finlay White 19:12; 43 Alexander Abraham 20:32; 124 Mark White 23:42; 154 Michelle Howie 24:57; 331 John Wasbrough 35:02 (354 finishers)

October 1: parkrun 5km, Hastings, Sussex

1 Jay Bailey (Unattached) 18:03 **HW:** 14 Shaun Overy 20:47 (155 finishers)

October 1: Endurance Life Multi 10km, Ravenscar, North York Moors

1 Steve Land 40:38 **HW:** 3 Rohan Crouse 41:21 (78 finishers)

October 1: Endurance Life Half Marathon Multi, Ravenscar, North York Moors

1 Alan Scott 94:13 **HW:** 33 Monika Crouse 2:00:25 (127 finishers)

October 2: Cardiff University Half Marathon, Cardiff

1 Shadrack Korir (Kenya) 60:52 **HW:** 17 Belal Ahmed 69:32 (17,110 finishers)

October 2: Bournemouth Marathon, Dorset

1 Stanley Kiprotich (Kenya) 2:17:59 **HW:** 7 Richard McDowell (3rd M35) 2:40:09 (2010 finishers)

October 2: Junior parkrun 2km, Wimbledon Park

1 Ewan White (HW) 7:50; 2 Benjamin Moss (Unattached) 7:50 **Other HW:** 21 Ksenia Musatova 9:35; 31 Lara Simpson 10:08 (126 finishers)

October 2: RunThrough 10km, Hyde Park

1 Thomas Niven (Unattached) 36:11 **HW:** 94 Heather Jones 49:16 (306 finishers)

AND FINALLY

YOU **DON'T STOP** RUNNING
BECAUSE YOU GET OLD.

YOU GET OLD BECAUSE
YOU STOP **RUNNING**.



ROCKMYRUN 
.com