

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C October 30, 2016

DIRE NEWS RE WIMBLEDON PARK TRACK

Judging by this message received from the 'powers to be' at Merton Council the news regarding the damage to the track facilities are not looking too good.

Think it would be a good idea for athletes to contact their respective coaches for any further news regarding training sessions.

“The latest news from site is not so promising with some major electrical damage uncovered and some structural issues requiring further investigation.

There is no power to the track area currently and so evening use in the normal fashion (e.g. under floodlights) is not possible.

I do not anticipate normal service to resume for quite some time from what I've seen. The stadium is closed for now, but hopefully daylight use of the running track can return soon with other buildings on site serving as temporary indoor space where required and available. We've heard nothing officially from the police or Fire Brigade following their investigation, but the local theory seems to be arson/vandalism.”

HW COUPLE'S TOUGH STAMPEDE

Racing over 10km might be a tough enough challenge in itself, but marathon running Hercules Wimbledon Athletic Club couple Dave and Claire Grima faced one of the most challenging races of their lives when they took the honours in the Chepstow Stampede event in Wiltshire, Tom Pollak reports.

It was clearly no race for the faint-hearted. The event website states that the course includes man-made horse hurdles and maximises natural obstacles including ditches and mud pits, steep banks, leg-burning hills and waist deep water.

Dave and Claire, who have been regular competitors in the Virgin Money London Marathon, were cheered on by their two young children Luca and Jasper as they raced to victory from the 414-strong field. Dave won by 10 seconds in 45 minutes 8 seconds with Claire first woman finisher and fifth overall in 49:36, five minutes ahead of the second woman.

Dave said: “We were in Wales for a friend's 40th and part of the weekend's festivities was to take part in the Chepstow Stampede. Claire and I ran the 10k distance, which was effectively a pretty tough cross country run through part of the Chepstow Race Course and some surrounding wooded area. The route included obstacles such as clambering over 2.5 metre high wooden walls, equally high hay stacks and crawling through water - not the sort of thing we'd normally go in for but it was actually really good fun and surprisingly energy sapping.”



The Grimas at Chepstow

Hercules Wimbledon's Jonny Cornish had an outstanding run in the Bushy Park 5km parkrun on Saturday when he smashed his personal best by 13 seconds and headed home an 1136-strong field to win by eight seconds in 15:27. He set his previous best in March and his win brings to eight the number of times he has led home the Bushy Park event this year.

Hercules Wimbledon's Ellen Weir gave herself an early birthday present when she also posted a personal best time in winning the female event in the Medina, Isle of Wight, parkrun in 20:41, 16 seconds better than her previous best also set in March. She celebrated her 13th birthday two days later. Over 50 veteran Lisa Thomas and Caroline Jackson were second women finishers in the Wimbledon Common and Reading parkruns in 20:52 and 21:26. Adam Harwood was the fastest of 22 Hercules Wimbledon runners in action in the Wimbledon Common event finishing third of the 410 runners in a personal best of 17:42, slicing four seconds off his previous best set in July.

Only Hercules Wimbledon team medallists in the Surrey Masters cross country championships in Richmond Park was the men's over 60 squad who took silver. The medal-winning trio were led in by Martin Miller who was fifth in the over 65 category 6km race in 29:17 and also included Tony Austin, 16th over 60 finisher in 30:59 and Charles Laurie, 10th over 65 in 31:16.

A trio of Hercules Wimbledon seasoned athletes also medalled in the Jekyll & Hyde Duathlon in Hyde Park on Sunday. Richard Evans was top veteran over 55 in 1:23:16 followed by club mate Charles Hampden-Smith (1:26:34) with Jeremy Purnell third in the over 50 category in 1:25:13.



A formidable HW duathlon trio

A sizeable contingent of Hercules Wimbledon youngsters took part in the Bruce Judd cross country relays in Stoke Park, Guildford, on Sunday. Best of the bunch was Henry Silverstein who clocked 7:22 on the opening leg for the under 17 team. Fastest under 15 runner was Gon Declercq with 7:30 on the opening leg. First leg runner Georgina Clarke (8:24) was fastest of the girls under 13 trio which finished eighth

Hercules Wimbledon's Belal Ahmed clocked a personal best of 2:27:47 in the Frankfurt Marathon on Sunday.



Belal storms in Frankfurt

This weekend Hercules Wimbledon's cross country runners are in action in an inter-club match hosted by the Bank of England in Richmond Park on Saturday. The race starts from close to Roehampton Gate at 3pm.

On the Sunday, Hercules Wimbledon's youngsters will be making their club's debut in the Epsom Downs Cross-Country league starting at 10:45am.

Just a reminder that the whole of Wimbledon Park will closed – apart from those watching the fireworks - on Thursday evening so no running on the grass is allowed!

SOME ALTERNATIVE PLANS FOR MARK'S YA GROUPS

TUE 1 NOV - 6PM & 7PM GROUPS

The track is expected to be locked up due to fire damage but we will carry on as normal using the park field.

If the track gates are locked, meet at the bottom of the park field near the big blue rubbish container.

Head torch essential.

THUR 3 NOV - BOTH GROUPS MEET 6:30PM PUTNEY EMBANKMENT

The whole of Wimbledon park is closed for a fireworks display.

We are meeting instead by the river in Putney at Westminster School Boat Club 6:30pm sharp.

Head torch essential.

..... AND AN ALTERNATIVE FOR THE MAURICE SHARP GROUP

Training for Maurice's group for this evening (Tuesday) has been arranged as a hill session to take place from Lauriston Cottage at 7pm. Hope to see many of the regulars there.



Location: Lauriston Cottage SW19 4TG

MESSAGE FROM MARK RE A BRAND NEW (FOR HW) COMPETION

I am delighted to announce that we have the opportunity to participate in the Epsom Downs cross country league. The first fixture is THIS SUNDAY 6 NOV.

U11 Boys & Girls 10:45 (2.2K)

U13 Boys & Girls 11:15 (2.5K)

U15 Boys & Girls 11:30 (2.5K)

NOTE - U11s must be under 11 on race day

Start/finish area is just off the car park at the junction of Tattenham Corner Road (B290), and Old London Road.

Club vest must be worn.

Epsom Downs, Surrey, KT18 5PP - (Postcode will get you quite close)

The League fixtures we are planning to attend are Sundays 6 Nov, 4 Dec, 19 Feb.

Mark

From Peter: be there to be a part of HW history!



Just some of the U13s who enjoyed their debut in the Surrey County YA Relays



Not quite a full U17 team but the lads enjoyed it

Photo by Richard Silverstein



Medals galore at Guildford but alas, none presented to HW by the Surrey President

Photo by Vikki Vilsell



Mark and Peter after cruising around the streets of Dublin

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

ROB INVITES YOU TO THE NEXT TWO CHAMPIONSHIP EVENTS

The cross country season is now underway and whilst for league matches runners can turn up on the day there are a number of other races which require pre entry. The club will pay the entrance fee for these events but please note anyone asking to be entered who does not run will be asked to pay this back. Men should contact Rob (rt86@hotmail.co.uk) and ladies Eileen (eileen.brandley09@gmail.com).

| Event | Date | Venue | HW closing date |
|-------------------------|------------|-----------------|--------------------------------|
| London Championships | 19/11/2016 | Parliament Hill | 2 nd November (£6) |
| South of the Thames "5" | 26/11/2016 | Polesdon Lacey | 15 th November (£2) |

HW TO COMPETE IN THE LEGENDARY BANK OF ENGLAND X/C FIXTURE

With apologies for the delay, our next Bank of England Home Cross Country Fixture is on 5th November in Richmond Park. The start time is 15:00. We will be using the traditional 4.9 mile one lap course.

We will also continue the traditional tea arrangements with a £2 charge per runner at the Bank of England Sports Club afterwards.

If you wish to compete, please contact Rob Tuer at rt86@hotmail.co.uk

Note from Pete: this is the oldest inter-club fixture in the HW calendar with the club (then Wimbledon AC) first competing here in 1956 - 60 years ago.

RUN FOR MARINA

The family of the late Marina Knesple have set up the 'Run for Marina' (5km) on Sunday December 11 at 10 am to be held close by the Windmill on Wimbledon Common, Just show up and run or walk. Website below with directions and course map:

www.runformarina.com

We encourage everyone, no matter what age or ability, to take part, just as Marina was so encouraging and cheering to everyone she met. People could not help but be inspired by Marina's boundless energy, and she would be thrilled that children and adults alike were enjoying the fresh air of Wimbledon Common and making new friends. Please walk or run the route at your own pace; as Marina would say, "the miracle isn't that you finished, but that you had **the courage to start.**"

The Knespl family are also looking for course marshalls! If you would like to volunteer please email Medena at medena.knespl@gmail.com

SUPPORT THE STUDENTS

Alex Dunne-Gundry who does a great job in steering athletes from Roehampton University into the arms of HW tells of a new event being organized by the London Universities and Colleges Athletics (LUCA).

The event will take place on the morning of the December 4, between 9am and 1pm, starting and finishes outside the Olympic stadium. The two events open are the 5k and 10k with chip timing. The runs are noted as fun runs but can be taken as serious or light as the individual

athlete wants to. HW members are more than welcome to come along and participate, an online payment of £15 (plus a £1 fee it seems) to enter. Runners must be 16+.
Alex has linked the website below which will direct you to the payment page but there is also more information about the event as well.

<http://londonstudentsrun.com/register/>

THE LAURISTON RUNNING CLUB CHRISTMAS MEAL

HW member is once again organising the Lauriston Running Club Xmas Dinner and as per usual it will be held at The Hand in Hand pub opposite Kings College School.
The date is December 13 with the meal taking place at 1pm and even at this early stage there are just a few places remaining at the bargain price of £25.00.
For further information, please contact John at info@westlondonpromotions.co.uk

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>

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

NOVEMBER

Sat 5: Inter Club 5 miles v Bank of England etc, Richmond Park, Roehampton 3pm
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

DECEMBER

Sat 3: Surrey Ladies League Match 2, Mitcham Common
Sat 10: HW Club 5 (inc East Surrey League), 11am, Wimbledon Common
Sat 10: Southern Masters XC Championships, Horspath, Oxford
Sat 17: South of the Thames 7.5 miles, Venue TBC
Sun 25: Lauriston RC 30-minute Paarlauf, Wimbledon Common
Sat 31: Lauriston/HW 5-mile Multi-Terrain, Wimbledon Common 2pm

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

October 22: Dresden Marathon, Germany

1 Joseph Munywoki (Kenya) 2:10:21 **HW:** 845 Victor Hutchins 4:23:33 (1013 finishers)

October 25: Hammersmith and Barnes Riverside Handicap 5km

Fastest: 1 Philip Jones (Wycombe Phoenix) 21:12; 2 Richard Evans (HW) 21:53 **Other**

HW: 16 Dennis Williams 31:58 (20 finishers)

October 27: Ravens 5km Handicap, Wapping

Fastest: 1 Andrew Mercer (Unattached) 17:08; 2 Stuart Fraser (HW) 17:55 (16 finishers)

October 28: Brooks/Serpentine Last Friday of the Month 5km, Hyde Park

1 James Laing (Hillingdon) 16:15 **HW:** 213 Dennis Williams 26:27 (244 finishers)

October 29: Bruce Judd Young Athletes XC Relays, Guildford

U17 Men: 1 Aldershot F&D 20:48, 2 Dorking & MV 21:12, 3 Guikdford & Godalming 21:23 ... 9 Hercules Wimbledon (non-scoring) 23:14 (Henry Silverstein 7:22, Eduardo Morais 8:09, Henry Silverstein 7:43)

Fastest: Ricky Lutakome (Sutton) 6:26

U15 Boys: 1 Aldershot F&D 20:49; 2 Walton 21:22; 3 Herne Hill H 21:57 ,, 16 Hercules Wimbledon 25:19 (Gon Declercq 7:30 (13), George Trimm 8:59 (16), Billy Nutbourne 8:50 (16) ... 20 Hercules Wimbledon 'B' (non-scoring) 25:58 (Fred Jimack (21) 8:13, Hamish McNicol 8:49 (20), Fred Jimack 8:56 (20)

Fastest: Luke van Oudtshoorn (Aldershot) 6:43

U13 Boys: 1 Aldershot F&D 21:54; 2 Herne Hill H 21:56, 3 Aldershot F&D 'B' 23:05 ... 13 Hercules Wimbledon 25:10 (Sam Masters 8:12 (17), William Belton 8:36 (13), Chris Hardy 8:22 (13) ... Hercules Wimbledon 'B' (incomplete) Tom Corbett 8:35 (23), Joseph Willis 8:41 (22)

Fastest: Jaden Kennedy (Herne Hill) 7:01

U15 Girls: 1 Walton 23:18, 2 Guildford & Godalming 24:07; 3 Herne Hill H 24:34 ... Hercules Wimbledon (incomplete) Rebekah Riches 8:20 (9)

Fastest: Charlotte Vaughan (Walton) 7:28

U13 Girls: 1 Herne Hill H 24:18; 2 Guildford & Godalming 24:47; 3 Aldershot F&D 25:23 ... 7 Hercules Wimbledon 26:41 (Georgina Clarke 8:24 (6th), Anya Stacey 9:00 (9); Millie Doyle 9:17 (7) ... 18 Hercules Wimbledon 'B' 28:33 (Lauren Armitage 9:32 (18), Teddy Bascombe 9:37 (19), Millie Thorpe 9:24 (17)

Fastest: Susannah Lecoutre (Guildford & G) 7:58

October 29: parkrun 5km, Bushy Park, Teddington

1 Jonathan Cornish (HW) 15:27 (5th **HW all-time**); 2 Daniel Cheeseman (York Acorn) 15:35

Other HW: 94 Richard Clark 20:18; 185 Barry King 22:02; 409 Florence England 24:50 (1136 finishers)

NOTE: quite a run by Jonny with his 15:27 carving a large chunk from his previous best of 15:40 set over the same course in March of this year.

October 29: parkrun 5km, Newport, Isle of Wight

1 Daniel Eckersley (Kingston & Polytechnic) 16:57 **HW:** 20 Ellen Weir (1st F) 20:41 (3rd **HW U13G all-time**) (289 finishers)

October 29: parkrun 5km, Thames Valley Park, Reading

1 Scott Hudspith (Uni. Of Wales) 16:55 **HW**: 52 Caroline Jackson (2nd F) 21:26 (410 finishers)

October 29: parkrun 5km, Wimbledon Common

1 Mark Tatlow (Clapham C) 17:29 **HW**: 3 Adam Harwood 17:42; 12 Edward Charlesworth 18:53; 15 Tom Cheetham 19:21; 22 Andrew Davies 19:45; 30 Shaun Overy 20:20; 40 Lisa Thomas (2nd F) 20:52; 46 Simon Woodington 21:02; 47 Simon Bodle 21:03; 49 Peter Metcalf 21:09; 65 Richard Mellor 21:58; 88 Charles Hampden-Smith 22:31; 98 Matthew Rockwell Wolf 22:49; 108 David Lanfranchi 23:16; 125 Dominic Fraser 23:51; 126 Charles Lawrie 23:53; 132 Alastair Brown 24:09; 159 Richard Evans 25:04; 175 David Scrimshaw 25:26; 212 Charlie Hellings 26:29; 313 Ksenia Musatova 29:55; 365 John Townsend 32:37; 387 Sophie Toomey 35:09 (410 finishers)

October 29: parkrun 5km, Dulwich Park, SE21

1 Josh Snowden (Unattached) 16:45 **HW**: 20 Simon Woodley 19:51 (222 finishers)

October 29: parkrun 5km, Barking, Essex

1 Seth Healey (East End RR) 17:16 **HW**: 14 Victor Hutchins 23:26 (87 finishers)

October 29: parkrun 5km, Nonsuch Park, Cheam

1 Ollie Garrod (Epsom & Ewell) 16:52 **HW**: 102 Kirsty Wheeler 23:24; 435 John Wasbrough 35:24 (478 finishers)

October 29: parkrun 5km, Bruton Park, Solihull

1 Peter Brookes (Holmfirth) 15:54 **HW**: 100 Tomo Kikugawa 23:41; 259 Angela Kikugawa 29:55 (384 finishers)

October 30: Mainova Frankfurt Marathon, Germany

1 Mark Kiror (Kenya) 2:06:48 **HW**: 52 Belal Ahmed 2:27:47 (12th **HW all-time**) (11,880 finishers)

October 30: Dublin Marathon, Ireland

1 Dereje Tulu (Ethiopia) 2:12:18 **HW**: 652 Peter Collins 3:05.41 (11th **HW M45 all-time**); 1025 Mark Cahill 3:13:11; 1625 Robert Bell 3:22:22 (16,812 finishers)

October 30: Swiss City Half Marathon, Lucerne, SUI

M35

1 Rolf Weremelinger (GER) 73:23 **HW**: 150 Rohan Crouse 97:10 (596 finishers)

W35

1 Doris Bogli (SUI) 87:51 **HW**: 16 Monika Crouse 97:10 (308 finishers)



Thought you might like to see the elevation that both Monika and Rohan enjoyed!

October 30: River Thames Half Marathon, Walton on Thames

1 James Hoad (Bedford) 70:16 **HW:** 169 Julian Bingle 95:30; 253 Gary Forde 99:10 (1757 finishers)

October 30: Wimbledon 10km (road), Wimbledon Common

1 Michal Glowacki (Milton Keynes) 33:29 **HW:** 45 Annmarie Seymour 45:34 (199 finishers)

October 30: Wimbledon Half Marathon (road), Wimbledon Common

1 James Faudemer (Jersey) 74:10 **HW:** 14 Tom Cheetham 84:34; 28 Felix Allen 89:20 (179 finishers)

October 30: Serpentine Jekyll & Hyde Duathlon, Hyde Park

Run 4.0km – Bike 21.2km – Run 7.4km

1 Vanrisch McLean (Serpentine) 72:08 (13:07 – 33:38 – 24:35) **HW:** 24 Richard Evans (1st M55) 83:16 (15:18 – 39:59 – 30:40); 37 Jeremy Purnell (3rd M50) 85:13 (16:04 – 35:17 – 33:05); 50 Charles Hampden-Smith (2nd M55) 86:34 (15:57 – 38:31 – 31:04); 80 Chris Ore 93:03 (14:48 – 46:28 – 30:04 (158 finishers)

Note: Chris Ore seems to have done any extra lap on the bike. (It was a 10 lap circuit, so reasonably easy to get confused)

October 30: Junior parkrun 2km, Wimbledon Park

1 Thomas Beare (HW) 7:44; 2 Max Webber (Unattached) 8:06; 3 Cate Coverley (HW-1st F) 8:19 **Other HW:** 9 Eloise Davies (2nd F) 8:54; 11 Alexander Buchanan 9:06; 20 Ophelia Lanfranchi 9:32; 21 Thomas Davies 9:40; 70 Sam Edmondson 11:50; 74 Luca Grima 11:57; 85 Isabel Beare 12:21; 135 Daisy Bokor-Ingram 16:16 (141 finishers)

AND FINALLY



'That was 3 minutes 56 seconds. I think that could be a personal best'