

## HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C February 5, 2017

### **HW RUNNERS DOMINATE COMMON PARKRUN**

Hercules Wimbledon Athletic Club runners dominated the weekly Wimbledon Common 5km parkrun on Saturday with the top two men and two women to cross the finishing line. Fresh from helping the senior men's team to its best performance since 1974 in the South of England cross country championships at Parliament Hill Fields the previous weekend, Fred Slemeck just pipped his Hercules Wimbledon club mate Ben Toomer to win his first parkrun of the year. They shared the winning time of 16 minutes 45 seconds which was just six seconds slower than Slemeck's best for the course set when winning last September. He kept up an impressive record in posting his fifth win in six appearances. The only time he failed to triumph was on his debut in October 2015.



The Wimbledon Common 'close-call' Ben and Freddy show  
*Photo by Guy Gibbons*

Toomer continued to prove he is returning to full fitness after recovering from injury although he was blocked from posting a hat-trick after winning the parkrun on the previous two Saturdays. Both Slemeck and Toomer will be in action on Wimbledon Common again this weekend when they head the Hercules Wimbledon challenge in the final 2XU Surrey Men's Cross Country League Division One match of the season.

Hercules Wimbledon's Alex Binley was top woman finisher taking 17th place out of the 327 runners in 20:13 with over 40 veteran Gina Galbraith second woman in 20:59.

Hercules Wimbledon's Jonathan Cornish, who led the team to its best South of England performance for 43 years, underlined his rating as the club's top runner this winter with an impressive weekend double. On Saturday morning he headed home the 1012-strong field in the Bushy Park 5km parkrun in 15:33 and then, 24 hours later, on Sunday morning, he beat 1640 runners to win the Watford half-marathon over a hilly course in Cassiobury Park in a personal best of 1:08:40. It was a 10 second improvement on his previous best set in finishing runner-up in Fleet last March. Hercules Wimbledon's Kieran White was top veteran over 40 finishing eighth in 1:13:39.



Watford winner Jonathan

Teenager Zac Purnell was the best of a dozen Hercules Wimbledon runners in action in the annual London Schools cross country championships on Wormwood Scrubs. He was fifth out of 66 runners in the intermediate boys race to clinch his place in the London team for the English Schools Championships being held in Norwich in March. Rebekah Riches and Georgina Clarke were ninth and 10th in the junior girls race.



Zac in London Champs



Georgina chases Rebekah home in Mini Marathon trials

Hercules Wimbledon runners filled the top three girl's places in the weekly Wimbledon Park junior 2km parkrun on Sunday morning. Eloise Davies was first girl in 9:34 ahead of Amelia Cheeseman (9:42) and Lara Stimpson (10:00).

Hercules Wimbledon sprinter Theo Etienne warmed up for this weekend's British Indoor Championships in Sheffield with an impressive start to his 2017 racing programme with strong runs at two indoor meetings. He was not far off his lifetime best of 6.56 which ranked him fifth UK under 23 runner last year. He won his two 60m races at the Newham Open at Plaistow in 6.64 and 6.67 and three days later was second in both his 60m races at the

London Indoor Games at Lee Valley in 6.64 and 6.63 which ranks him second British under 23 60m runner this year.

The Lee Valley meeting saw the first competitive appearance in this country since 2014 of Hercules Wimbledon's former English schools 100m silver medallist Max Mondelli. Back from studying in the USA, he was fourth and third in his 60m races in 6.96 and 6.98.

Teenager Chad Miller equalled his lifetime best of 6.95 in winning his first under 20m race. He clocked a slightly slower 6.97 in winning his second round 60m.

This weekend, Hercules Wimbledon host the final 2XU Surrey Men's Cross Country League fixture of the season on Wimbledon Common. The young athletes 2.5 miles race starts at 2.30pm followed by the seniors over five miles at 3pm. Races start and finish near the Thatched Cottage within walking distance of North Side. The women are competing in the final 2XU Surrey Ladies League meeting on Farthing Down, Coulsdon, with the first race for seniors off at 12noon.



Gina, Lisa and Tom in further HW action from Saturday's Wimbledon parkrun

*Photos by Guy Gibbons*

### **A RALLYING CALL FOR THE SENIORS FOR THE FINAL SURREY LEAGUE 2XU Men's Surrey Cross Country League**

Saturday 11th February - senior race at 3pm - fixture hosted by Hercules Wimbledon

Dear Cross Country Runners,

The last Surrey League fixture of the season takes place this coming Saturday on our home course on Wimbledon Common.

Let's set ourselves two targets:

1. To finish in second place in the league table - to do this we have to finish ahead of both Ranelagh and South London. To give ourselves the best chance of doing this everyone has to be there!
2. To have more runners competing than any other club. This is our home fixture and in last year we had a great turn out of 38. Let's beat that this year!

The race start is by the Thatched Cottage and it is a two lap course totalling five miles. The course has become quite muddy in places so spikes would be better than trail shoes. Please report to team manager Fred Green in good time before the 3 o'clock start to collect your number. This race is suitable for all male club members and there is no charge for entry.

If you are unable to run for whatever reason please offer to help - HW as host club are responsible for providing all officials and marshals.

For many this will be the last cross country race of the season so all runners, volunteers and supporters are invited back to a local pub immediately following the race to celebrate what has been a successful winter for the club.

Any questions please get in touch, otherwise see you on Saturday!

Robert Tuer

Hercules Wimbledon Men's Cross Country Captain

[rt86@hotmail.co.uk](mailto:rt86@hotmail.co.uk) / 07988 124597

### **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](mailto:rt86@hotmail.co.uk) or [eileen.brandley09@gmail.com](mailto:eileen.brandley09@gmail.com)

### **SURREY COUNTY INDOOR CHAMPIONSHIPS – FEBRUARY 18-19**

Just a reminder that entries (on-line only) for the above event closes this week - by midday on Friday, February 10. . **REMEMBER:** No late entries!!!

Please click on <https://entries.opentrack.run/2017/surrevindoors/info/> to beat the deadline!

**Note from Pete:** last time I looked today there were NO entries from HW!



Hi Pete,

Could I ask that you add a sentence in the next newsletter about helping put the lights out just before 6pm as more hands make light work?

We have 9 lights to put out and if it just two of us it takes a lot of time, so please could we encourage parents whose children attend the 6pm sessions to come a bit earlier to help put

them out 10 minutes before.

Putting them away is usually fine as the sprinters and endurance groups usually help but the putting up is more of an issue.

Thanks,

Gary (Forde)

### **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](mailto: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!

### **REMEMBERING STAN THEED**

*I meant to include this tribute by former HW member Australian based Kevin McBrearty to the late Stan Theed with last week's obituary.*

I last saw Stan in May 2014 during our visit to UK. Terry Keen drove my wife and I down to Worthing at his new partner's house and we adjourned for lunch at a local pub. As the result of his stroke Stan had lost his speech but could still laugh or shake his head in the negative to indicate that he could follow our conversing. As I had not returned to UK since leaving in 1969 it was a very touching reunion as I loved Stan's company and trained many times with him at Tooting Bec. Stan was a typical "heart and soul" guy of club athletics and was one of the Senior members whom I admired in my early running efforts. In those days Stan was one of the rare chaps who had a motor vehicle and I remember with great salivation him introducing me to steak and Kidney sandwiches at a Surrey pub. It would have been on a Sunday afternoon when he would drive some of us - notably Keen, Cornell and Strachan and I -out on a small excursion. Big blokes we were and it was very cramped in his A35 until he very proudly switched to a Triumph Herald.

Stan you are still with me in my cranium DVD player.

Kevin McBrearty

### **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=>



## **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>

## **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)

## **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](http://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**

**FEBRUARY**

**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/> **ENTRIES CLOSE FEB 10**

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 – **ENTRIES CLOSED**

Sat/Sun 25/26: England Athletics U20/U17/U15 Indoor Champs, Sheffield

Sun 26: Masters Inter-Area Indoors, Lee Valley

**MARCH**

Sat 4: Ranelagh H Inter Club Seniors 5.5 miles, YA: 2.7M Richmond Park, 3pm

Sun 5: Clapham Chasers Thames Riverside 20-miles, Putney

Sun 5: Frank Harmer 10km, Brockwell Park, SE24

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

Sat/Sun 11/12: British Masters Indoor Championships, Lee Valley

Sun 12: Downs Young Athletes League, Match 4, Epsom Downs

Sat 25: South of England Men's 12-stage Road Relays, Gravesend, Kent

Sat 25: South of England Women's 6-stage Road Relays, Gravesend, Kent

**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**

**February 1: London Schools XC Championships, Wormwood Scrubs**

**Inter U17 Men (4.5km)**

1 Joshua Olawunmi (Cambridge H) 16:57 **HW:** 5 Zachary Purnell 17:42; 17 George Trimm (U15) 19:30; 26 Ben Thesiger (U15) 20:03; 27 Fred Jimack (U15) 20:04; 46 Matt Waters (U15) 22:36 (66 finishers)

**Junior U15 Boys (3.5km)**

1 Oliver Bright (Kent) 11:04 **HW:** 19 Ewan White 12:30; 44 Billy Nutbourne 13:33 (134 finishers)

**Junior (U15 Girls) (3km)**

1 Ava White (Blackheath & Bromley) 10:51 **HW:** 9 Rebekah Riches 11:45; 10 Georgina Clarke (U13) 11:47 (160 finishers)

**Junior Girls B race (3km)**

1 Phoebe Bowen (London Sch) 11:42 **HW:** 10 Cate Coverley 12:49; 24 Anna Farmer (U13) 13:28; 30 Francesca Mowat (U13) 13:28 (120 finishers)

**February 1: SOAR Indoor Open Meeting, Lee Valley**

**1-mile (race E):** 9 Mike Kortenray 8:15.22

**3000 (race B):** 7 Rob Tuer 9:21.76

**February 4: British Universities Championships, Sheffield**

1 Alex Tueten (Southampton Uni) 31:37 **HW:** 134 Rhys Boorman 36:46 (333 finishers)

**February 4: Coastal Train Ultra Marathon, 34.3 miles, Stapton, Devon**

1 David Searle 4:24:41: **HW:** 20 Monika Crouse (3<sup>rd</sup> F) 14:31:16 (97 finishers)

**February 4: parkrun 5km, Wimbledon Common**

1 Fred Slemeck (HW) 16:45; 2 Ben Toomer (HW) 16:45; 3 Matt Gallagher (Wimbledon Windmilers) 17:44 **Other HW:** 17 Alex Binley (1<sup>st</sup> F) 20:13; 28 Gina Galbraith (2<sup>nd</sup> F) 20:59; 43 Simon Bodle 21:42; 44 Tom Cheetham 21:44; 45 Lisa Thomas 21:44; 52 Dominic Fraser 22:48; 66 Peter Metcalf 22:56; 83 Rebecca Ewen 23:37; 86 Eileen Brandley 23:48; 92 David Lanfranchi 24:06; 108 Samuel Brading 24:42; 116 Alastair Brown 24:59; 139 Charles Lawrie 25:45; 173 Katarina Scrimshaw 26:58 (327 finishers)

**February 4: parkrun 5km, Bushy Park, Teddington**

1 Jonathan Cornish (HW) 15:33; 2 Craig Jarman (Unattached) 17:07 **Other HW:** 26 Daniel Illis 18:43 (9<sup>th</sup> HW U15 boys all-time); 94 Richard Clark 20:45; 173 Francesca Clarke 22:23; 174 Daniel Clarke 22:23; 179 Barry King 22:25; 327 Florence England 24:24 (1012 finishers)

**February 4: parkrun 5km, Tooting Common, SW17**

1 Nicholas Thomas (Fulham RC) 17:19 **HW:** 7 Tom Conlon (2C) 18:50; 9 Megan De Silva (2C-1<sup>st</sup> F) 18:52; 19 Richard Evans 20:00; 39 Charles Hampden-Smith 20:56; 120 John Krause 24:12; 136 Tony Austin 24:42 (385 finishers)

**February 4: parkrun 5km, Richmond Park**

1 Richard Gregory (Ranelagh H) 16:11 **HW:** 43 David Scrimshaw 21:12 (385 finishers)

**February 4: parkrun 5km, Woodhouse Moor, Leeds**

1 Benjamin Douglas (Notts AC) 15:56 **HW:** 7 Russell Price 18:10; 371 Katie McInnes 29:59 (536 finishers)

**February 4: parkrun 5km, Bishops Park, Fulham, SW6**

1 Conor Dolan (Unattached) 16:34 **HW:** 10 Andrew Davies 18:51; 52 Simon Woodley 20:57; 116 Maurice Sharp 23:21 (344 finishers)

**February 4: parkrun 5km, Nonsuch Park, Cheam**

1 Kevin Quinn (South London H) 15:48 **HW:** 140 Kirsty Wheeler 25:01 (407 finishers)

**February 4: parkrun 5km, Aylesbury, Bucks**

1 Charlie May (Vale of Aylesbury) 16:59 **HW:** 61 Victor Hutchins 25:46 (171 finishers)



### **February 4: parkrun 5km, Cassiobury Park, Watford, Herts**

1 Sha Janally (Unattached) 16:47 **HYW**: 183 Keith Hylands 29:29 (338 finishers)

### **February 5: Watford Half Marathon, Herts**

1 Jonathan Cornish (HW) 68:40 (9<sup>th</sup> **HW all-time**); 2 James Laing (Hillingdon) 71:05 **Other HW**: 8 Kieran White (1<sup>st</sup> M40) 73:39 (5<sup>th</sup> **HW M40 all-time**); 198 Stewart Bond 90:37; 485 Frank Wood 1:40:20 (1640 finishers)

**Note:** From the programme for above which states 'due to the severity of some of the hills this course is not suitable for wheelchairs'

### **February 5: Junior parkrun 2km, Wimbledon Park**

1 Ben Plamer (Unattached) 7:40 **HW**: 5 Alexander Buchanan 9:19; 7 Jack Murray 9:27; 8 Eloise Davies (1<sup>st</sup> F) 9:34; 10 Amelia Cheeseman (2<sup>nd</sup> F) 9:42; 12 Lara Stimpson (3<sup>rd</sup> F) 10:00; 16 Ophelia Lanfranchi 10:18; 20 Emilie White 10:34; 27 Sam Edmondson 11:08; 35 Neva Jansen 11:22; 106 Daisy Bokor-Ingram 16:37 (114 finishers)

### **February 5: MCC Promotions 10km, Nonsuch Park, Cheam**

1 Dolan Connor (Unattached) 36:04 **HW**: 18 Tom Cheetham 44:54 (113 finishers)

### **February 5: Wandsworth Borough Mini Marathon Trials, Battersea Park**

#### **U17 Men**

1 Zachary Purnell (HW) 15:54.30; 2 Henry Silverstein (HW) 16:08.90 **Other HW**: 4 James Forde 17:34.70

#### **U15 Boys**

1 Oscar Millard (Herne Hill H) 16:01.07 **HW**: 5 Alexander Abraham 16:55.70; 9 Ewan White 18:03.40; 10 Fred Jimack 18:32.60; 13 Billy Nutbourne 20:07.20

#### **U15 Girls**

1 Sophie Hoare (Blackheath & Bromley) 17:47.00; 2 Rebekah Riches (HW) 17:53.14

#### **U13 Girls**

1 Poppy Craig-McFeely (Herne Hill H) 17:43.33; 2 Georgina Clarke (HW) 17:57.47 **Other HW**: 9 Cate Coverley 19:56.03; 18 Alice Burfitt 22:18.31; 19 Teddy Bascombe 22:32.45

### **February 5: London Walks, Loughton, Essex**

#### **Senior/Junior Men (10km)**

1 Luc Legon (Cambridge H) 47:45 **HW**: 6 Tor-Ivar Guttelsrod (2<sup>nd</sup> veteran) 56:35

### **AND FINALLY**

