

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C November 6, 2016

SURREY LEAGUE – PART 2 – ROB INVITES ALL TO BE THERE

The second men's Surrey League cross country fixture of the season is this coming Saturday at Farthing Downs, Coulsdon. The young athletes race is at 14:30 with the senior race at 15:00.

The race is best reached on public transport, with Coulsdon South train station a short walk/jog from the start. From Wimbledon take the tram to East Croydon and change for the train to Coulsdon South.

The host club advise that the course will suit short spikes or trail shoes.

There is no need to pre enter - please report to team manager Fred Green to collect your number at least half an hour before the race start.

The Surrey League is the club's main focus for the winter season - let's build on our promising start where we finished in second place with 34 athletes taking part.

Please don't hesitate to contact me with any questions, otherwise see you on Saturday!

Rob (rt86@hotmail.co.uk)

INFORMATION RE TRAINING POST WIMBLEON PARK FIRE

It appears we are in for a long haul when evening training sessions at Wimbledon Park track recommence. The good news however is that the popular 7upsnover sessions held on a Sunday morning are back in action while Juan Hernandez is making use of weekend daylight hours to keep his charges in action.

Mark Livingstone will be overseeing his 6pm and 7pm groups as they make use of the field adjacent to the track with their headlights at the ready. The track gates may well be locked so best to meet up by the bowling pavilion close to the lake.

For Maurice's middle distance group Lauriston Cottage is being made use of and they are meeting at 7pm there on both Tuesday and Wednesday evenings.

It has been suggested that the club make use of the Kingsmeadow track but alas, is closed for refurbishment from now until 1st January 2017.

UPDATE FROM SHEILA RE NON-AVAILABILITY OF TRACK FACILITIES

As most of you know, the stadium is currently out of action on Tuesday and Thursday evenings, as a lack of power following the fire in the grandstand has meant we cannot use the lights. The clubhouse and grandstand are also off limits for the moment. We are working with the council to get back to normality as soon as possible, but in the meantime, individual coaches are making their own arrangements so that training can continue, either in the park or at other venues.

WINNING DEBUT FOR YOUNGSTER

Hercules Wimbledon Athletic Club teenager Rebekah Riches made a winning debut when she competed in the Downs Young Athletes cross country league on Epsom Downs on Sunday. Rebekah won the girls under 15 2.5km race in 12 minutes 35 seconds to win her category by four seconds, reports Tom Pollak.

Hercules Wimbledon had 24 youngsters in action on the club's first appearance in the Downs League. Madeleine Orenstein was fifth behind Rebekah in 13:22 with Alexander Abraham fifth in the boys under 15 race in 11:26. Abraham led Hercules Wimbledon to third team place.

Georgina Clarke, who has shown good form in recent parkrun events, was the top Hercules Wimbledon finisher in the girls under 13 category finishing fourth in 13:15 while Lloyd Hodgson was third in the under 11 boys category in 10:54.



Rebekah chases Daniel on her way to proving first girl home

Hercules Wimbledon provided both the men's and women's individual winners in an inter-club 4.9 miles cross country match hosted by the Bank of England in Richmond Park on Saturday. The match is the club's oldest fixture with the former Wimbledon Athletic Club taking part in the event for the first time 60 years ago in 1959.

Hercules Wimbledon's Richard McDowell ran out a comfortable winner heading home the 46-strong field in 25:10, 43 seconds ahead of the second runner. George Longworth was fifth in 28:12, just ahead of club mate Rob Tuer with Adam Harwood seventh in 25:10 and Fraser Hagell 14th in 30:05. Jennifer Fernando was first woman finisher in 30:53 with Lisa Thomas first veteran over 50 woman to cross the finishing line in 32:35.

Hercules Wimbledon chairman Dave Clarke, three times English cross country champion some 20 years ago, was the first veteran over 55 finisher running alongside his wife Fran with both of them clocking 34:04.



Richard leads the 'run on the bank'

Three of the 21 Hercules Wimbledon runners in action in Richmond Park were taking part in their second race of the day. A few hours earlier Adam Harwood, Adam Fenton and Lisa Thomas took part in the Wimbledon Common 5km parkrun where Harwood was eighth out of 445 runners in 16:20. Over 50 veteran Stuart Fraser was the first Hercules Wimbledon finisher taking fourth place in 17:48, the top age-graded performance of the day.

Veteran Gina Galbraith was top woman finisher in 19:30 with 13-year-old Ellen Weir second female finisher in a personal best of 20:48. Her time took a massive 48 seconds off her previous best set in April. Ellen was in action again on Sunday morning when she was first girl to finish in the Wimbledon Park 2km parkrun in 8:02, just three seconds slower than her best for the course. Eloise Davies was second girl in 9:28 while Daniel Clarke was third boy in 8:26, just one second outside his personal best.

Hercules Wimbledon provided both the boys and girls winners the previous week with Thomas Beare (:44) and Cate Cleverly (8:19) taking the honours. Eloise was again runner-up in the girls event in a faster 8:54.

On the road, Chris Coles as eighth out of 161 runners in the Ronhill Surrey Classic 10km event in Nonsuch Park on Sunday in 38:31.

This weekend Hercules Wimbledon's cross country runners are in action in the second of this season's 2XU Surrey Men's cross country league meetings of the season at Farthing Downs, Coulsdon, on Saturday. The senior men will be aiming to improve on their strong start in the opening fixture in Richmond Park last month when they finished seconds of the nine competing teams to make their best-ever start in the league. The young athletes race starts at 2.30pm with the seniors off at 3pm.



An impressive turnout at the Bank by HW

PETE WAS IMPRESSED WITH THE HW YOUNGSTERS LEAGUE DEBUT

Epsom Downs bathed in sunshine was at its glorious best on Sunday morning for the occasion of the HW debut in the Downs League and how the 24 youngsters from the club enjoyed such a well run event.

As seen in Tom Pollak's report some of the youngsters featured highly with Rebekah Riches proving the 'pick of the crop' by winning the girls U15 category.

Even Lester Piggott didn't taste such success on his Epsom Downs debut!



An excellent turnout by the U13s



The U15s on Sunday



A great opportunity for the HW U11s

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

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



Location: Lauriston Cottage SW19 4TG

VIC AND LISA HAVE NEWS OF A COUPLE OF SOCIAL OUTINGS

I have been speaking with Lisa and we have decided to have a HW social on Tuesday the 15th of November. As the track is closed, we will probably be training from Lauristons, which means we can walk to the Swan pub after for an 8.15 meet-up.

We are also planning another social on Saturday 10th of December after the HW Club 5 miler, probably in the function room in Hand in Hand pub if I can get it. Lisa is going to try and speak to Fred to see if we can have some money for the first round!

TRACK AND FIELD OFFICIALS URGENTLY REQUIRED

Are you a parent/athlete/supporter? Do you want to help support the club as an official? The club is running very short of officials for athletics, if you are a regular supporter of events and want to get closer to the action, officiating is a great way to get involved.

Courses are run regularly throughout the winter, below is a selection being held at nearby Wimbledon College. Provided a commitment to officiating is shown to the club the small course fees will be reimbursed.

A Health & Safety course is mandatory for every official who hasn't taken one already, Officials aren't limited to one discipline, and are fully supported in their education by both club, and Surrey County AA

The Club will pay for courses for anyone who is prepared to show commitment to officiating for the Club. If you are interested contact the Club Secretary, Sheila White, at sheila@herculeswimbledonac.org.uk before booking.

HW have a number of people who would be very willing to act as mentors to any new officials to help them progress and guide them through the qualification process.

Module	Cost (see below)	Course Code (click here to Link to Specific page on EA Website)
Generic / Health & Safety (standalone)	£10	LO0114HS
Field Judge	£30*	LO0114FJ
Track Judge	£30*	LO0114TJ
Timekeeper	£30*	LO0114TK
Starter / Starter's Assistant	£30*	LO0114SM

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 CHAMPIONSHIP EVENT

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) CLOSED
South of the Thames "5"	26/11/2016	Polesdon Lacey	15 th November (£2)

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

NOTE NEWS OF THE 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.

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

ARE YOU ADDICTED TO RUNNING?

<https://www.youtube.com/embed/-NwHNHNXsg0>

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

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

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

DECEMBER

Sat 3: Surrey Ladies League Match 2, Mitcham Common

Sun 4: Young Athletes Downs League, Match 2, Epsom Downs

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, Beckenham, Kent

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

Missing from last week's results

October 30: Frankfurt Marathon, Germany

HW: 1140 Stewart Bond 3:02:31

November 1: Crystal Palace Canter 5km, SE19

1 Andy Green (East Haddon) 19:01; 2 Felix Hatton (HW) 19:46 **Other HW:** 9 Stuart Littlewood 26:51; 11 Dennis Williams 29:15; 15 Kevin Burnett (2C) 38:56 (15 finishers)

November 5: Bank of England Inter-Club 4.9 miles, Richmond Park

1 Richard McDowell (HW) 25:10; 2 Jim Alchin (Thames H&H) 25:53 **Other HW:** 5 George Longworth 28:12; 6 Rob Tuer 28:47; 7 Adam Harwood 28:57; 14 Fraser Hagell 30:05; 17 Simon Woodley 30:46; 19 Jennifer Fernando (1st F) 30:53; 27 Lisa Thomas (4th F-1st W50) 32:35; 28 Mark Livingstone 33:16; 30 Simon Riley 33:44; 31 Fran Clarke 34:04; 32 Dave Clarke (1st M55) 34:04; 33 Gary Forde 34:20; 34 Adam Fenton 34:46; 37 Dave Betts 36:00; 39 Martin Miller 36:35; 42 Craig Howard 39:42; 181 Tony Austin 40:02; 45 Rowena Hornshaw 43:31 (46 Finishers)

HW-2C: 22 Liz Stavreski (2nd F) 31:42; 26 Vikki Filsell (3rd F) 32:23

Team (4-to-score): 1 Thames Hare & Hounds 17; 2 Hercules Wimbledon 19; 3 Bank of England 60; 4 Elmbridge RR 112

Team (6-to-score): 1 Thames Hare & Hounds 36; 2 Hercules Wimbledon 50; 3 Bank of England 135

Team (16-to-score): 1 Thames H&H 317; 2 Hercules Wimbledon 360

November 5: parkrun 5km, Wimbledon Common

1 Keith MaCintosh (Wimbledon Widmilers) 17:08 **HW:** 4 Stuart Fraser 17:48; 8 Adam Harwood 18:20; 17 Gina Galbraith (1st F) 19:30; 19 Andrew Davies 19:33; 30 Charles Hampden-Smith 20:15; 32 Gordon Lilly 20:25; 36 Victor Ray 20:42; 42 Ellen Weir (2nd F) 20:48; 45 Simon Woodhouse 20:50 (17th HW M35 all-time); 54 Adam Fenton 21:09; 58 Peter Metcalf 21:14; 62 Richard Mellor 21:22; 69 Adam May 21:47; 80 Valerie Parocki

22:13; 95 Dominic Fraser 22:35; 116 David Lanfranchi 23:21; 148 Charles Lawrie 24:23; 186 Lisa Thomas 25:21; 202 Albane Fery 25:53; 327 Jacob Bescoby 29:45; 439 Sophie Toomey 42:55 (445 finishers)

November 5: parkrun 5km, Bushy Park, Teddington

1 Matthew Shirling (Unattached) 15:15 **HW:** 107 Richard Clark 20:50; 212 Barry King 22:18; 461 Florence England 25:12; 876 Dennis Williams 30:08 (1181 finishers)

November 5: parkrun 5km, Heaton Park, Manchester

1 Ollie Makeson (Bury) 17:13 **HW:** 477 Ian Isherwood 33:04 (606 finishers)

November 5: parkrun 5km, Banbury, Oxon

1 Luke Sherlock (British Milers Club) 18:01 **HW:** 11 James Runnicles 20:48 (186 finishers)

November 5: parkrun 5km, Nonsuch Park, Cheam

1 Alex Penfold (Croydon H) 17:21 **HW:** 156 Maurice Sharp 24:32 (517 finishers)

November 5: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 15:49 **HW:** 100 Tomo Kikugawa 23:59; 304 Angela Kikugawa 30:10 (443 finishers)

November 5: parkrun 5km, Aylesbury, Bucks

1 Justin Fowler (Chiltern H) 18:02 **HW:** 62 Victor Hutchins 24:38 (203 finishers)

November 5: parkrun 5km, Peterborough

1 Brian Corleys (Bushfield Joggers) 16:43 **HW:** 31 Anna Garnier (2C-1st F) 21:41 (468 Finishers)

November 5: Thames Meander Marathon, Kingston

1 Sean Fitzpatrick (2:40:56 **HW:** 17 Tom Cheetham 3:11; 48; 24 Felix Allen 3:17:09 (290 finishers)

November 6: Downs YA XC League, Epsom Downs

All races run over 2.5km

U15 Boys

1 Hugo Hewitt (Holland Sports) 11:04 **HW:** 5 Alexander Abraham 11:26; 12 Daniel Illis 12:04; 13 Fred Jimack 12:13 (25 finishers)

U15 Girls

1 Rebekah Riches (HW) 12:35; 2 Isobel Stockley (Epsom & Ewell) 12:39 **Other HW:** 5 Madeleine Orenstein 13:22; 9 Selma Hegvold 13:36 (17 finishers)

Team (Mixed): 1 Herne Hill H 23, 2 Kingston & Polytechnic 33, 3 Hercules Wimbledon 47

U13 Boys

1 Jaden Kennedy (Herne Hill H) 11:09 **HW:** 9 William Schneider 12:25; 12 Sam Masters 12:46; 21 Joseph Willis 13:38 (34 finishers)

U13 Girls

1 Olivia Thompson (South London H) 12:02 **HW:** 4 Georgina Clarke 13:15; 10 Millie Doyle 13:47; 14 Cate Coverley 14:07; 20 Anna Farmer 14:31; 21 Teddy Bascombe 14:36; 26 Olivia Rankin 14:44; 30 Alice Burfitt 15:12; 37 Hannah Hegvold 16:02; 39 Eleanor Griffin 16:08 (44 finishers)

Team (Mixed) 1 Herne Hill H 20, 2 South London H 38, 3 Kingston & Polytechnic 62, 4 Hercules Wimbledon 73

U11 Boys

1 Christo Chilton (Herne Hill H) 10:17 **HW:** 3 Lloyd Hodgson 10:54; 6 Thomas Beare 11:11; 15 Reuben Gallagher 11:51

U11 Girls

1 Annabella Bailey (Herne Hill H) 11:51 **HW:** 16 Bailey O'Leary 13:53; 21 Freya Doyle 14:10 (36 finishers)

Team (Mixed): 1 Holland Sports 25, 2 Herne Hill H 28; 3 Kingston & Polytechnic 62; 4 Hercules Wimbledon 75

November 6: Abbey Dash 10km, Leeds

1 Jonny Mellor (Liverpool H) 29:12 **HW:** 268 Russell Price 36:06 (8633 finishers)

November 6: Junior parkrun 2km, Wimbledon Park

1 Unknown; 2 Ellen Weir (1st F) 8:02 **Other HW:** 4 Daniel Clarke (3rd M) 8:26; 12 Eloise Davies (2nd F) 9:28; 20 Jack Murray 10:01; 25 Lara Simpson 10:26; 51 Sam Edmondson 11:40; 58 Thomas Murray 12:10; 88 Sophie Beare 13:34 (126 finishers)

November 6: Ronhill Surrey Classic 10km, Nonsuch Park, Cheam

1 Sean Renfer (Highgate H) 33:09 **HW:** 8 Chris Coles 38:31; 134 Dennis Williams 59:00 (161 finishers)

AND FINALLY

