

HW RETAIN SURREY TEAM TITLE

Despite missing two of last year's championship-winning team, Hercules Wimbledon Athletic Club's cross country runners proved their considerable depth in strength to retain their senior men's team title at Lloyd Park, Croydon, on Saturday, writes Tom Pollak. Hercules Wimbledon went into the 12km championship without Ben Toomer, who led the team to gold medals in 2016, out with a foot injury, and Richard McDowell, the sixth scorer 12 months ago in 23rd place. But the two replacements Joe Toomey and Matt Sharp proved able reserves and Hercules Wimbledon swept home comfortably to take the gold medals for a second successive year.

Fred Slemeck, second team scorer in 2016, ran a solid race over the undulating three lap course to finish 11th of the 209 runners in the senior race in 41 minutes 44 seconds, an identical finishing position to the one he managed at Denbies Vineyard, Dorking, in 2016. He was followed by Dimos Evangelides(12th in 42:15), Matt Sharp (18th in 42:50), Kieran White (19th in 42:59), Joe Toomey (22nd in 43:07) with Joe Clark (24th in 43:27) completing the gold medal-winning team.



The HW gold medal winning Senior Men's Team

Photo by Sheila White

Meanwhile, Hercules Wimbledon's young gun Jaleel Roper, made a flying start to 2017 with a championship record-breaking victory in the South of England indoor championships at Lee Valley on Saturday. Roper, 13, raced to victory in the boys under 15 60m in 7.12, smashing his lifetime best. His previous best was 7.22 set when winning the gold medal in the same event last year. He also smashed the championship record of 7.17 set in 2011. His time would

also have topped the UK rankings in 2016. Roper speeded up through the rounds as he won his heat in 7.33 and his semi-final in 7.26.

He completed a title-winning double on Sunday by taking the 200m gold medal in 23.71 after cruising through to the final by winning his heat in 24.24, the fastest of the five qualifiers.



Double indoor champ Jaleel

Also at Lee Valley, Zipporah Golding narrowly missed out on a medal in finishing a close fourth in the girls under 15 200m final in 27.43 after clocking a faster 26.99 in finishing second in her semi-final, a time which would have secured the bronze medal in the final. Although she just failed to make Saturday's 60m final, Golding posted a lifetime best of 8.14 in winning her 60m heat.

Hercules Wimbledon's Jonathan Cornish qualified for the Oxfordshire team to compete in the UK Inter-Counties cross country championships at Loughborough in March in finishing runner-up in the Oxfordshire senior men's 11km championship at Stowe School in 37:19.

Hercules Wimbledon's men's under 17 team also won medals at Lloyd Park. Zac Purnell led the quartet to bronze finishing 12th in the 6km race in 20:13 with Henry Silverstein 19th in 21:16, Sam Barker 23rd in 21:27 and James Forde 39th in 24:04. It was Hercules Wimbledon's best team placing in this age group since 2009.

Hercules Wimbledon's top women's runner Claire Grima was missing from the senior women's team due to a heavy cold and in her absence the team finished down the field in eighth place led in by veteran Gina Galbraith who was 31st of the 129 finishers in 34:46. The girls under 15 team finished one place outside the medals with Georgina Clarke leading in the scoring quartet finishing 11th of the 80 runners in 11:14, Hercules Wimbledon's best individual placing in this age group since 2009. Ellen Weir also ran strongly to finish 13th in 11:21 with Albane Fery 27th in 11:47 and Millie Doyle 41st in 12:25.

Elsewhere, Hercules Wimbledon's Max Kiralfyi beat a 450-strong field to win the Bishop's Park 5km parkrun on Saturday in 16:58, half-a-minute faster than he managed in winning the event on Christmas Day. Adam Harwood had a busy weekend finishing third out of 494 runners in the Wimbledon Common event on Saturday in 18:14, the best of 13 runners in action, and then on Sunday taking third place in the Nice Work 10km road race in Richmond Park in 37:17, just 21 seconds behind the winner.

HW were well represented in the SLAN Open Meeting at Sutton leading Mark White to comment, "It's great to see so many Hercules Wimbledon vests."

However, with almost 200 runners enjoying their allotted three efforts over 60m the production of results were delayed and will be shown next week.



Team gold for Fred, Dimos, Matthew, Kieran, Joe and Joe HW's leading runners as captured by Tom Conlon



The HW ladies after placing a solid eighth in Lloyd Park



Mainly HW U17s who came away with team bronze

Photo by Mark Livingstone



A good turnout for the U13 Boys

Photo by Mark Livingstone



The HW U13 girls were just shy of the medals in finishing fourth team
Sheila looking puzzled in the background?

Photo by Mark Livingstone



The HW under 15 boys – ready to run

Photo by Mark Livingstone

THE SURREY CHAMPS ARE DONE AND DUSTED – NOW FOR THE LEAGUES!

This Saturday sees the return of the Surrey Men's XC League, close by on Mitcham Common. The races start half an hour earlier than usual: young athletes race at 14:00 and senior men at 14:30.

It's a three lap course, five and a half miles in total, suitable for spikes, mostly on grass although there are sections of stony path.

The race venue is by the Millhouse Ecology Centre on Windmill Road – use the postcode CR4 1HT. There is a small car park, but I know people have had difficulty getting there with the traffic in previous years so it may be easier to arrive by public transport with Mitcham Junction train stations and Beddington Lane tram stop both nearby. Buses 264, 118 and 127 all stop within walking distance too.

As for the league standings we are in second position after two of the four fixtures, 54 points behind Kent AC, so there's lots at stake! The race is open to all male club members - there's no requirement to enter in advance and no entry fee. I'm hoping we'll have another big turnout, please report to team manager Fred Green in good time before the start to collect your number. **Note:** remember to return your number to Fred post race.

Robert Tuer

Hercules Wimbledon Men's Cross Country Team Captain

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The women will be contesting their league race in Lloyd Park, Croydon – scene of last weekend's Surrey Championships and being organized by Striders of Croydon (SOC)

Times are as follows: Seniors, Vets, Under 20. 12.00 noon

Under 17, Under 15. 13.00 (1.00pm)

Under 13, 13.30 (1.30pm)

TRAVEL

CAR, the race HQ is at the Sandilands Club (CRO 5DB) which is 8 mins walk (5 mins jog) from the start/finish. Parking is available there & also at Lloyd Park car park which is 150m from the start finish. The Sandilands Club is located at the top of Sandilands at its junction

with Grimwade Ave. Come up Sandilands at the top, turn right & the gates of the Club are in front of you, turn left immediately before the gates for the entrance to the car park, please park close as space is limited. There is additional parking on Sandilands & Grimwade Ave. please don't block resident's drives.

Lloyd Park car park (CRO 5RA) is off Coombe Road & is signed Lloyd Park it is close to a pedestrian crossing with traffic lights & is not readily visible until you are on top of it so approach slowly. As soon as you turn off Coombe Lane you cross the tram lines, **WATCH OUT FOR TRAMS**. Parking is free but you are required to take a ticket (4 hour time limit to discourage commuters), however the machine is currently broken & has been for some time so you may not need to bother, but check on the day in case the machine has been repaired. Additional parking is available on adjoining roads on the other side of Coombe Lane.

PUBLIC TRANSPORT, Any tram to New Addington, Elmers End or Beckenham Junction from Wimbledon, Mitcham, West Croydon or East Croydon will take you to Sandilands (site of the recent tram crash) & tram no. 3 to New Addington will take you to the next stop which is Lloyd Park. From Sandilands tram stop turn right on to the main road & take the second turning on the right (Sandilands) walk up the hill to the top (a T junction) & turn left, Sandilands Club is in front of you, the race HQ is in the clubhouse on the left. Lloyd Park tram stop is adjacent to Lloyd Park & about 150m from start/finish. Check for engineering works that may affect services nearer the date.

FACILITIES

There is a café at Lloyd Park adjacent to the car park, toilets are behind the café & should be open, however it is not unknown for the toilets to be locked on occasion (SOC have no control over this) in which case use the toilets at race HQ.

Toilets, changing rooms & showers are available at the race HQ at Sandilands Club which will be signed from start/finish, 8mins walk, 5 mins jog.

FINISH - IMPORTANT

There will be more than one finish funnel to accommodate expected numbers, Marshals will direct you to the appropriate funnel. Please stay in finish order once you have crossed the finish line, do not pass others who are in front of you but are slower than you in moving forward. Please try not to stop in the finish funnel, keep moving forward.

THIS IS IMPORTANT as it can distort the results if finishers don't stay in finish order.

Mike Turner 1939-2017



Many of HW's older members were saddened to hear of the death of Mike Turner who passed away on January – on the eve of our Surrey winning triumph.

Although a loyal and life-time member of Liverpool Harriers, Mike on occasion visited Lauriston Cottage, once when being was among the opposition in a 'not-to-be-forgotten' cricket challenge match v Lauriston.

Alongside his Liverpool team mate Geoff Gaskell, Mike provided an impressive running related musical cabaret at one HW Annual Dinner held at the now demolished The Bull at East Sheen although it is understood that the two events are not related!

Another HW connection was the fact that Mike and our own Bob Holt were team colleagues for England in the 1967 International Cross-Country held in Barry, Wales

A survey was done in the '*Athletics Weekly*' on April the 5th 1975, as to who had been Britain's most consistent cross-country runner, on a points system, since the war. The answer came up 1st Gerry North 507pts, 2nd Frank Sando 454, 3rd Mike Turner 446 and 4th Basil Heatley.

A glowing tribute to Mike can be found here:

<http://www.northernathletics.org.uk/2017/01/07/mike-turner/>

IT'S TIME TO GET THOSE CROSS-COUNTRY ENTRIES IN

The cross country season is now truly underway and whilst for league matches runners can turn up on the day there are a number of championship 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
South of England Championship	Saturday 28 th January	Parliament Hill, London	14 th December (£7) Entries closed
National Championship	Saturday 25 th February	Wollaton Park, Nottingham	11 th January (£7) Final call!

Just a reminder that the Wimbledon Park track is now open for action every Tuesday and Thursday evening

A MESSAGE FROM JANET RE THE NEXT LADIES SURREY LEAGUE MATCH

Hi All,

The next Surrey Ladies match is on Saturday 14th January.

The match is being organised by Striders of Croydon in Lloyd Park, Croydon.

As yet I haven't received the final details. However, I've received a message asking for help.

We now have 40 clubs and there were over 400 runners in the Senior race in the first 2 matches and such numbers are causing many problems about which we shall have to address and make changes for next season (suggestions would be appreciated) but in the meantime Striders main problem is having enough Officials.

They intend to have a 2 or 3 funnel finish and to do this **they need plenty of help**, i.e. timekeepers, time recorders, place judges, place recorders and funnel controllers so in accordance with our rules we are asked to provide one official

to assist on all 3 races. As the first race is at 12 noon officials will be

needed from about 11.30am until about 2 pm because we need to cover junior races too.

Are there any partners or others **who can help**? Please give this serious consideration and let me know asap if you know someone (or people) willing to help out. To date HW hasn't been in a position to offer to do anything so it would be great if we can help on this occasion.

Many thanks
Janet



A MESSAGE FROM HW MEMBERSHIP SECRETARY BEN TOOMER

Your subs will shortly become due on (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.

*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.*

FANCY ANOTHER RUN ON THE BANK?

A recent addition to the HW fixture list with the next Bank of England Home Cross Country Fixture being at 14:30 on 21st January 2017 in Richmond Park. The Bank will be using the traditional 4.9 mile one lap course.

Usual refreshments post-race at the princely sum of £2

ONCE A RUNNER

It's alright for you young dudes to smile but this could be you in years to come!

<https://www.youtube.com/embed/gXfLl3qYy0k>

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

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.

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

JANUARY

Sat 14: 2XU Surrey Men's League, Match 3, Mitcham Common, Seniors 2.30pm, YA 2pm

Sat 14: 2XU Surrey Ladies League Match 3, Lloyd Park 12noon

Sat/Sun 14/15: South of England Senior/U20 Indoor Championships, Lee Valley

Sat 21: Surrey Schools Championships, Reigate

Sat 21: Bank of England Inter-Club 5, Richmond Park, Roehampton 2.30pm

Sat 28: Southern Counties XC Championships, Parliament Hill

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

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

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

Sun 26: Masters Inter-Area Indoors, Lee Valley

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

January 8: Surrey County AA XC Championships, Lloyd Park, Croydon

Senior Men (12km)

1 Phil Wicks (Belgrave H) 39:17; 2 Dominic Nolan (Croydon H) 39:48; 3 Kojo Kyreme (Herne Hill H) 39:57 **HW:** 11 Fred Slemeck 41:44; 12 Dimos Evangelidis 42:15; 18 Matthew

Sharp 42:50; 19 Kieran White 42:59; 22 Joe Toomey 43:07; 24 Joe Clark 43:27; 61 David Grima 46:21; 62 Robert Tuer 46:23; 76 Neil Fraser 47:37; 81 Khaled Diaw 47:54; 97 Peter Lee 49:30; 109 Russell Price 50:18; 131 Andrew Davies 52:20; 139 Mark Livingstone 52:51; 140 Tom Cheetham 52:56; 146 Stewart Bond 53:29; 152 Victor Ray 54:01; 161 Jeremy Purnell 54:58; 166 Simon Woodley 55:32; 177 Gary Forde 57:30 (209 finishers) (20 HW)
Team (6-to-score): 1 Hercules Wimbledon 106; 2 Herne Hill H 143; 3 Belgrave H 150; 4 Aldershot F&D 195; 5 Guildford & Godalming 219; 6 South London H 243

U20 Men (6km)

1 Neil Wellard (Kingston & Polytechnic) 18:27 **HW:** 14 Kayenne Grant-Evans 25:22

U17 Men (6km)

1 Ricky Lutakome (Sutton) 18:26 **HW:** 12 Zachary Purnell 20:13; 19 Henry Silverstein 21:16; 23 Sam Barker 21:27; 37 Lucas Jeffs 23:10; 39 James Forde 24:04

Team (4-to-score): 1 Aldershot F&D) 21; 2 Kingston & Polytechnic 70; 3 Hercules Wimbledon 91

Note: HW U17M team placing was the best since being second in 2009

U15 Boys (4km)

1 Luke van Oudtshoorn (Aldershot F&D) 13:24 **HW:** 40 Alexander Abraham 15:17; 44 Daniel Illis 15:21; 62 Ewan White 16:19; 66 Fred Jimack 16:34; 70 Steven Wells 17:12; 74 Tony Saiban 17:35; 77 Hamish Nichol 17:43; 81 Elliott Taylor 18:18; 83 Daniel Nathanson-Tanner 18:24

Team (4-to-score): 1 Aldershot F&D 30; 2 Walton 47; 3 Guildford & Godalming 77 ... 11 Hercules Wimbledon 212

U13 Boys (3km)

1 Jaden Kennedy (Herne Hill H) 9:18 **HW:** 26 William Schneider 10:39; 55 Sam Masters 11:21; 56 William Belton 11:21; 59 Christopher Hardy 11:30; 62 Joseph Willis 11:43; 67 Matthew Wall 11:46; 69 Tom Corbett 11:48; 70 Rueben Gallagher 11:48

Team (4-to-score): 1 Aldershot F&D 24; 2 Herne Hill H 25; 3 Reigate Priory 72 ... 7 Hercules Wimbledon 196

Senior Women (8km)

1 Phoebe Law (Kingston & Polytechnic) 29:09; 2 Emily Wicks (Aldershot F&D) 29:30; 3 Molly Renfer (Highgate H) 29:40 **HW:** 31 Gina Galbraith 34:46; 34 Lucy Wertheim 35:03; 43 Francesca Clarke 35:56; 43 Monika Crouse 36:08; 51 Estle Viljoen 36:42; 82 Eileen Brandley 40:46; 97 Fenella Willis 42:56; 100 Marilena De Luca 43:29; 111 Rowena Hornshaw 46:02 (129 finishers) (9 HW)

HW-2C: 27 Elizabeth Stavreski 34:04; 50 Anna Garnier 36:40

Team (4-to-score): 1 Ranelagh H 65; 2 Herne Hill H 67; 3 South London H 78 ... 8 Hercules Wimbledon 153

U15 Girls (4km)

1 Sophie Hoare (Blackheath & Bromley) 15:05 **HW:** 36 Rebekah Riches 17:48; 41 Madeleine Orenstein 18:11

U13 Girls (3km)

1 Eva Holland (Herne Hill H) 10:29 **HW:** 11 Georgina Clarke 11:14; 13 Ellen Weir 11:21; 27 Albane Fery 11:47; 41 Millie Doyle 12:25; 43 Anya Stacey 12:26; 46 Cate Coverley 12:33; 57 Millie Thorpe 13:02; 59 Francesca Mowat 13:07; 67 Alice Burfitt 13:42

Note: Georgina Clarke in 11th was the highest ever HW U13G placing since Eleanor Smith-Hahn finished 6th in 2009

Team (4-to-score): 1 Herne Hill H 19; 2 Guildford & Godalming 34; 3 Aldershot F&D 66; 4 Hercules Wimbledon 92

January 7: Oxfordshire XC Championships, Stowe School. Buckingham

Senior Men (11km)

1 Steve Naylor (Bedford & Cty) 36:14; 2 Jonathan Cornish (HW) 37:19 (96 finishers)

January 7: parkrun 5km, Bishops Park, Fulham, SW6

1 Max Kiralfyi (HW) 16:58; 2 Stuart MacDougal (Fulham RC) 17:04 **Other HW:** 188 Michelle Howie 24:44 (450 finishers)

January 7: parkrun 5km, Wimbledon Common

1 Nick McKay (Wimbledon Windmilers) 17:55 **HW:** 3 Adam Harwood 18:14; 7 Richard Evans 19:15; 19 Adam Fenton 20:52; 23 Victor Ray 21:03; 26 Charles Hampden-Smith 21:12; 34 John Krause 21:24; 60 Alison Purnell 22:37; 113 Yuzo Saito 24:07; 133 Alastair Brown 34:45; 145 Simon Woodley 25:11; 149 Rebecca Ewen 25:13; 223 Andy Balcerkiewicz 27:00; 328 Matthew Rockwell Wolf 30:10; 473 Sophie Toomey 38:39 (494 finishers)

January 7: parkrun 5km, Roundshaw Downs, Croydon

1 Gavin Englefield (South London H) 20:07 **HW:** 22 Martin O'Halloran 23:31 (147 finishers)

January 7: parkrun 5km, Banbury, Oxon

1 Paddy Haynes (Iniv of Portsmouth) 18:08 **HW:** 19 James Runnicles 22:37 (206 finishers)

January 7: parkrun 5km, Nonsuch Park, Cheam

1 Neil Reissland (Unattached) 16:46 **HW:** 38 Samuel Spencer 21:27; 148 Kirsty Wheeler 25:07 (514 finishers)

January 7: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 16:00 **HW:** 90 Tomo Kikugawa 23:52; 277 Angela Kikugawa 29:09 (485 finishers)

January 7: parkrun 5km, Burgess Park, Walworth, SE17

1 Ollie Garrod (Epsom & Ewell) 16:33 **HW:** 9 Chris Ore 18:20 (269 finishers)

January 7: parkrun 5km, Aylesbury, Bucks

1 Roger Seed (Vale of Aylesbury) 18:08 **HW:** 58 Victor Hutchins 26:03 (178 finishers)

January 7 (a)/8 (b): South of England U17/U17 Indoor Championships, Lee Valley

U15 Boys

60 (a): 1 Jaleel Roper 7.12 (**CBP**) **S/F 1:** 5 Miles Ayoola (U17) 7.58 **S/F 2:** 1 Jaleel Roper 7.26 **Heat 1:** 4 Charlie Shinn 7.81 **Heat 2:** 1 Jaleel Roper 7.33; 3 Robert Philpott 7.73 **Heat 4:** 2 Miles Ayoola 7.63

200 (b): 1 Jaleel Roper 23.71 **Heat 1:** 1 Jaleel Roper 24.24 **Heat 2:** 3 Miles Ayoola (U17) 25.04 **Heat 3:** 3 Robert Philpott 25.06

U15 Girls

60 (a): S/F 2: 5 Tara Bartlett 8.50 **S/F 3:** 2 Zipporah Golding 8.16 **Heat 4:** 2 Tara Bartlett 8.46 **Heat 5:** 1 Zipporah Golding 8.14 **Heat 6:** 5 Ada Onyejekwe 8.59

200 (b): 4 Zipporah Golding 27:43 **S/F:** 2 Zipporah Golding 26.99 **Heat 4:** 2 Zipporah Golding 27.58 **Heat 5:** 5 Tara Bartlett 28.60

January 8: South London Network (SLAN) Indoor Meeting, Sutton

Women

PV: 1 Alison Murray 3.00

U13 Girls

HJ: 1 Darcey O’Shea 1.45

Note: still awaiting track results **Late breaking news:** see attachment

January 8: Nice Work 10km Road, Richmond Park

1 Daniel Titcomb (Waverley H) 36:54 **HW:** 3 Adam Harwood 37:17 (101 finishers)

January 8: South West Counties Inter County Championships, Exeter

U15 Boys

1 Harris Mier (HW-2C) 13:04; 2 Abdifataah Hassan (Westbury H) 13:17 (60 finishers)

NOTE: (2C) after an athlete’s name indicates that they are in fact second claim members of Hercules Wimbledon.

AND FINALLY

