

CLAIRE WINS SOMO MARATHON

Hercules Wimbledon Athletic Club's women's marathon runner Claire Grima has been making the headlines across The Pond where she beat the entire field of 179 men and women to win the SOMO marathon in Key West, Florida, on Saturday, by a massive 33 minutes, reports Tom Pollak.

Claire's victory in an event known as the Southern Most Marathon was reported on the front page of *The Citizen*, Florida Keys' only daily newspaper on Sunday with a full report and results on the paper's sports pages. The front page had a picture of Claire crossing the finishing line with her arms aloft with the strapline "Claire roars to SOMO victory".

Her winning time of three hours 5 minutes 26 seconds was relatively slow by Claire's standards - she has a best of 2:42:51 set in this year's Virgin Money London Marathon - but it came on the back of four energy-sapping days on which she spent up to six hours walking the 27 miles from Key Largo to Key West each day, setting off at around 5am to avoid the heat. The five days of completing marathons was part of a challenge known as the Beast where Claire had coached a large group known as the Breakfast Club to walk four marathons before competing in an actual race.

Happily, it seems Florida Keys completely escaped Hurricane Matthew much to the relief of Claire's mum who was anxiously following events back home in England.



Nearer home, Hercules Wimbledon were the top finishing Surrey and South London team in the England six-stage road relay championship at Sutton Park, Birmingham, on Saturday. Their combined time of 1:53:44 was a record for a Hercules Wimbledon team beating the previous best set in 2014 by 58 seconds.

Fastest of the sextet was first leg runner Belal Ahmed who clocked 18:12 for the 5.8km leg. Second fastest was Ben Toomer with 18:22 on the penultimate leg with Fred Slemeck the only other member of the team to clock inside 19 minutes with 18:49 on stage three. Other members of the team were Richard McDoell (19:16), Andrew Penney (19:19) and Rob Tuer (19:46).



The magnificent 7 - HW 6-stage team with Team Manager Fred Green

Slemeck warmed up for the England road relay championship by finishing fourth and first non-Ethiopian in the Malmo Half Marathon in Sweden the previous weekend in a lifetime best of 1:12:47. It eclipsed his previous best of 1:14:16 set in Basingstoke in 2012. His Hercules Wimbledon clubmate Jonathan Cornish posted a faster 1:10:10 in finishing sixth out of 7645 runners in the Vitality Half Marathon in Oxford. Joe Toomey finished fifth out of 15980 runners in the Royal Parks Half Marathon in Hyde Park in 1:15:50 on Sunday.

Hercules Wimbledon's Justin Reid was top veteran over 45 finisher in the England Masters inter-area cross country match on Wimbledon Common on Saturday while Peter Giles won the over 70 category in the British Masters one mile road running championships in Cardiff.

Also on Wimbledon Common, over 50 veteran Stuart Fraser posted the top age-graded performance in finishing second out of 402 runners in Saturday's parkrun 5km event in 18:01 with teenager Henry Silverstein third in 18:04, Adam Harwood fifth (18:07) and Russell Price seventh (18:15). Gina Galbraith was first woman in the Chichester event in 19:59. Chris Ore was fourth out of 217 runners in Brockwell Park in 18:06.

William Schneider beat a 147-strong field to win the Wimbledon Park 2km junior parkrun on Sunday in 7:28 beating clubmate Thomas Beare by nine seconds with Samuel Masters third in 7:39.

This weekend Hercules Wimbledon's cross country runners open their league programmes with the women in action in the 2XU Surrey Ladies League meeting at Nonsuch Park, Cheam, and the men in the 2XU Surrey Men's League meeting in Richmond Park. The first race at Cheam, for seniors, is at 12noon followed by age group races. The meeting in Richmond Park starts with the young athletes race at 3.30pm followed by the seniors at 4pm. The start and finish are near Pembroke Lodge.



Freddie Slemeck kick starts the third stage on his way to passing seven runners in the process
Photo courtesy of Adrian Royle



Belal has a terrific first stage for HW's fastest lap

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 charleshsh@blueyonder.co.uk

A message from the HW men's cross-country captain Rob Tuer – please note the 'later than usual' start times

FIRST SURREY LEAGUE CROSS COUNTRY OF THE SEASON!

Saturday 15th October - Young athletes: 15:30 - Senior men's race: 16:00

The first Surrey League XC race is this coming Saturday in Richmond Park. This league is the club's main focus for the winter season and we'd like everyone to take part.

2015/16 was a successful season for the club, with our best league position of 2nd combined with record numbers of club members competing. Let's try and better both these marks this year!

These races are suitable for all, regardless of experience or speed. I am sure everyone will enjoy the friendly competition between the clubs.

The Richmond Park course is generally dry so short spikes or trail shoes would be the best footwear. The race start is close to Richmond Gate and there is limited car parking by Pembroke Lodge.

There is no need to enter in advance and there are no entry fees - please report to team manager Fred Green at least half an hour before the start to collect your race number. Club colours should be worn - vests can be bought from the track on Tuesday and Thursday evenings.

Please contact me with any questions, otherwise see you on Saturday!

Rob.

HW senior men XC captain

07988 124597 / rt86@hotmail.co.uk

Note from Pete: It is imperative that the senior men have their best ever turn-out for this first race as our 'poor start' last season saw us finish well behind eventual league champions Kent AC and while we matched – and even bettered them on one occasion - it was a case of playing 'catch-up' for the rest of a season.

Extract from Ranelagh H website with links to map of course and travel instructions

Absolutely No Parking at the clubhouse or the Dysart pub.

Car parking in the park will be very limited.

Please use public transport if possible.

Buses 65 and 371 pass the clubhouse. They also serve Richmond and Kingston stations.

The Surrey League start will be used, which is 300 yards down the course from our normal start. A five minute jog from the Clubhouse.

See [Map](#) [Bus Map](#)

Best of luck to the ladies of HW who will be opening their 2XU Surrey League season at Nonsuch Park and anyone wishing to compete should contact Team Manager Janet Fernando at janet.fernando@btinternet.com

So far some 14 senior runners have indicated they will be in attendance but there's always room for more!

THE HW YOUNGSTERS ENJOY THEIR DAY IN THE AUTUMN SUN



The Mini Olympics held the previous weekend was a great success. The day wouldn't have been possible without the support of our volunteers, coaches and kids. The kitchen was on fine form with pulled pork buns and other goodies, they even managed to double the takings for the day.

Here are the results from the day.

- 7yr old Girls & Boys - bit.ly/7yr2016
- 8yr old Girls & Boys - bit.ly/8yr2016
- 9yr old Girls & Boys - bit.ly/9yr2016
- 10yr old Girls & Boys - bit.ly/10yr2016
- 11+ Girls & Boys - bit.ly/11yr2016

GREAT NEWS FOR HW MUMS AND DADS AND FAMILIES



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>

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

OCTOBER

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 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 14: Bridges Handicap, 2.3-mile, Westminster Bridge

Fastest: 1 Stephen Brown (Unattached) 12:57 **HW:** James Goodgame (2C) 17:35; Dennis Williams 19:42; Kevin Burnett (2C) 27:34

October 1: Malmo Half Marathon, Sweden

1 Betesfa Ayele (ETH) **HW:** 4 Fred Slemeck (1st non-Ethiopian) 72:47

October 1: British Masters 1-Mile Road Championships, Cardiff, Wales **M70**

1 Peter Giles (HW) 6:02 **Other HW:** 3 Mike Korttenray 8:14

October 2: Oulton Park Autumn Duathlon, Cheshire **(est: Run 8.7km – Bike 39km – Run 4.3km)**

M50-54

1 Peter Lee (HW) 1:50:58 (32:04 – 61:14 – 15:30); 2 Wayne Ayesbury (Unattached) 1:52:37 (32:39 – 60:37 – 16:55) (33 finishers)

M55-59

1 Mark Warren 1:57:12 (35:52 – 61:58 – 16:59) **HW:** 4 Charles Hampden-Smith 2:00.39 (35:30 – 65:32 – 17:16); 15 John Krause 2:10:24 (37:00 – 71:56 – 18:34) (17 finishers)

October 5: Crystal Palace Canter 5km, SE19

1 Andy Haddon (Team East Haddon) 19:18 **HW:** 8 James Goodgame (2C) 24:55; 13 Stuart Littlewood 26:29; 15 Dennis Williams 28:54 (18 finishers)

October 8: National 6-Stage Road Relays, Sutton Coldfield

Senior Men (6 x 5.847km):

1 Cardiff 1:45:52; 2 Swansea H 1:45:55; 3 Liverpool H 1:46:20 ... 33 Hercules Wimbledon 1:53:44 (Belal Ahmed 18:12 (23), Andrew Penney 19:19 (45), Fred Slemeck 18:49 (38), Robert Tuer 19:46 (43), Ben Toomer 18:22 (34), Richard McDowell 19:16 (33) (79 teams closed in)

Fastest Stages: 1 Andrew Buchart (Central) 16:29; 2 Dewi Griffiths (Swansea) 16:49; 3 Ben Connor (Derby) 17:05

Note: I have access to the last 19 years of this event and our position today meant that HW were not quite able to match the previous best placing of 30th set in 2014. However, today's time of 1:53:44 was the clubs quickest ever on the Sutton Coldfield course beating the previous best of 1:54:42 set in that 2014 race. For interest Fred Slemeck is the only HW runner to have competed in both 2014 and today!

Also, as in the recent 'Southern' event, HW was the leading Surrey County club.

October 8: Southern Most Marathon, Key West, Florida, USA

1 Claire Grima (HW) 3:05:27; 2 Benoni Delfosse (Belgium) 3:38:31 (179 finishers)

October 8: RunThrough 10km, Battersea Park

1 William Stanley (Victoria Park & TH) 34:10 **HW:** 71 Shaun Overy 43:00 (299 finishers)

October 8: England Masters Inter Area, Wimbledon Common

Men (7.25km): 1 Lance Nortcliff (Southern Counties VAC) 24:48 **HW:** 3 Justin Reid (1st M45) 25:24 (25 finishers)

October 8: Suunto Multi Terrain Half Marathon, Wimbledon Common

1 Clayton Bannon (Windsor, S, E & H) 86:27 **HW:** 8 Susannah Evans 95:18 (146 finishers)

October 8: parkrun 5km, Chichester

1 Peter Bird (Wallasey) 18:06 **HW:** 5 Gina Galbraith (1st F) 19:59 (166 finishers)

October 8: parkrun 5km, Wimbledon Common

1 Adam Blythe (Unattached) 17:04; 2 Stuart Fraser (HW) 18:01; 3 Henry Silverstein (HW) 18:04 **Other HW:** 5 Adam Harwood 18:07; 7 Russell Price 18:15; 15 Richard Evans 19:13; 16 Stewart Bond 19:18; 17 Tom Conlon (2C) 19:20; 31 Jeremy Purnell 20:46; 35 Charles Hampden-Smith 21:04; 38 Simon Bodle 21:15; 42 Peter Metcalf 19:19; 47 Adam Fenton 19:23; 49 Lisa Thomas 21:39; 55 Richard Mellor 21:59; 111 Maurice Sharp 24:05; 165 Dominic Fraser 25:41; 167 James Wallace (2C) 25:42; 185 Ella Blom 26:34; 192 Andrew Balcerkiewicz 26:46; 279 Matthew Rockwell Wolf 29:32 (402 finishers)

October 8: parkrun 5km, Bushy Park, Teddington

1 Grant Williams (Unattached) 16:29 **HW:** 77 Dave Clarke 20:22; 85 Francesca Clarke 20:28; 373 Florence England 24:45 (1032 finishers)

October 8: parkrun 5km, Richmond Park

1 Paulino Macias (Sheen Shufflers) 17:02 **HW:** 58 Amelia Casey (3rd F-2C) 21:50; 70 Madeleine Casey (2C) 22:34 (375 finishers)

October 8: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 Unknown 17:19 **HW:** 4 Chris Ore 18:06 (217 finishers)

October 8: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 15:43 **HW:** 114 Tomo Kikugawa 24:10

October 8: parkrun 5km, Gladstone Park, Dollis Hill, NW10

1 Chris Oddy (Abbey Runners, Leeds) 16:56 **HW:** 59 Victor Hutchins 25:14 (180 finishers)

October 8: parkrun 5km, Clair Park, Haywards Heath, West Sussex

1 Paul Tomlinson (Haywards Heath H) 17:05 **HW:** 9 Samuel Masters 21:29 (105 finishers)

October 8: parkrun 5km, Bishops Park, Fulham, SW6

1 Christopher Allison (Nene Valley H) 15:57 **HW:** 22 Andrew Davies 18:48; 72 Magnus Bascombe 21:27; 315 John Wasbrough 34:59 (328 finishers)

October 8: parkrun 5km, East Coast, Singapore

1 Rowan Walker (Unattached) 16:26 **HW:** 35 Charles Lawrie 23:56 (85 finishers)

October 8: Ranelagh H v Thames H&H Mob Match 7.5 miles, Petersham

1 Jon Pepper (Ranelagh) 41:57 **HW:** 26 Megan De Silva (2C-1st L) 48:57; 35 Liz Stavreski (2C-2nd L) 53:59; 41 Peter Riches 55:12; 86 Vikki Filsell (2C) 71:40 (93 finishers)

October 9: Vitality Half Marathon, Oxford

1 Paul Whittaker (Southend-on-Sea) 67:18 **HW:** 6 Jonathan Cornish 70:10 (7645 finishers)

October 9: Chichester Multi-Terrain Half Marathon, Sussex

1 James Baker (Chichester R) 79:02 **HW:** 24 Fraser Hagell 94:07 (747 finishers)

October 9: Russell Health Kingston Marathon (Multi) Kingston

1 Richard Marriott (Unattached) 2:34:26 **HW:** 11 Tom Cheetham (2nd M45) 3:02:31 (121 finishers)

October 9: Royal Parks Half Marathon, Hyde Park

1 Russ Best 69:37 **HW:** 5 Joe Toomey 75:50; 1542 Gary Forde 99:51; 1991 Caroline Helder (2C) 1:42:20; 2342 James Page 1:43:53 (15,980 finishers)

October 9: Junior parkrun 2km, Wimbledon Park

1 William Schneider (HW) 7:28; 2 Thomas Beare (HW) 7:37; 3 Samuel Masters 7:39 **Other HW:** 13 Alexander Buchanan 9:07; 25 Ophelia Lanfranchi 9:32; 34 Max Fawcett 10:01; 40 Lara Simpson 10:15; 47 Emilia Llewellyn-Usher 10:44; 63 Sam Edmundson 11:12; 92 Sophie Beare 12:36; 140 Daisy Bokor-Ingram 17:32 (147 finishers)

Congratulations to young Daisy Bokor-Ingram – age 4 and a 1/4 - on her debut in this event and who completed the course under her own steam! Emilie and Dominic must be proud parents!

AND FINALLY



Olympic Legacy? Back in the day we didn't even have a District Sports Legacy. Our School long jump pit was in a builder's yard!