

ETIENNE'S FIRST SENIOR MEDAL

Fresh from smashing the Hercules Wimbledon club 100m record and posting a lifetime best time, Hercules Wimbledon teenager Theo Etienne raced to his first national senior medal when he competed in the England Championships at Bedford over the weekend.

Etienne, 19, could not quite match the club record-breaking 10.23 seconds he clocked at an open meeting at Lee Valley last month but still managed an impressive series of performances in Bedford where he was also representing Surrey in the UK Inter-Counties championships. He opened up strongly, winning his heat in 10.26 and then clocked the same time in finishing second in his semi-final. He then raced to the bronze medal in the final with a slightly slower 10.31.

Meanwhile, it has emerged that the injury Etienne's Hercules Wimbledon club mate and training partner Rechmial Miller incurred when racing in the IAAF World Junior Championships in Poland is rather worse than originally thought. Miller reached the 100m final and was up with the leaders when he suddenly pulled up but still managed to finish. Initially, physiotherapists in Bydgoszcz thought he had suffered an attack of cramp but, in fact, when the injury was assessed on his return to London, it was diagnosed as a hamstring pull which will keep him out of action for several weeks.

His dad, Paul who was in Poland to watch his son in action in the biggest race of his career said: "I'm really disappointed the people in Poland got the diagnosis wrong. They should have spotted it was a hamstring pull and treated him accordingly.

"Rechmial is now on a recovery programme and we are taking it day-by-day. There are no plans for him to race again at the moment. He just has to fully recover from the injury and get race fit again." Rechmial, who won the England under 20 100m title in Bedford last month will miss representing UK Juniors in the Home Countries international in Manchester on August 17th.

Hercules Wimbledon's Surrey 100m champion Zipporah Golding helped Surrey to victory in the Derek Crookes under 13 inter-county girls match at Kingsmeadow Stadium on Sunday with a trio of fine runs. She was third in the 100m in 13.29, second in the 200m in 27.58 and then helped Surrey to a meeting record breaking 51.67 victory in the 4x100m relay.

Hercules Wimbledon's Medina Knespl on a flying visit to London from her home in the USA showed good form in winning the women's race in the Wimbledon Common 5km parkrun on Saturday in 19:39. She also won the women's race on her last appearance in the event in April 2015. Meanwhile, Ben Toomer, who has posted four successive Wimbledon Common victory in the last few weeks travelled to the west country where he headed home a 253-strong field to win at Chipping Sudbury in 17:28.

Darren Keane travelled even further afield to finish runner-up in Cabinteeley, Dublin in a personal best of 19:46. Hercules Wimbledon runners took the boys and girls honours in the Wimbledon Park junior 2km park run on Sunday with Thomas Beare winning the event in 7:44 and Cate Coverley best girl in 8:49.

Hercules Wimbledon's Dominic Bokor-Ingram broke his own club veterans over 40 400m record when he clocked 52.41 in an open meeting at Tooting Bec. It bettered his 52.65 mark set in the Surrey Masters Championships at Ewell Court in June.

Hercules Wimbledon's youngsters will be in action in the South London Athletics Network Super 8 meeting at Woodcote School, Coulsdon on Sunday, starting at 10am. Then next Wednesday (August 10th), Hercules Wimbledon will help to make history when they compete in the first-ever Rosenheim League women's final at Tooting Bec after the squad won the Eastern division title. The club are also in action in the men's final. The meeting starts at 6.30pm.

IMPORTANT NOTICE FOR THE HW 5KM FESTIVAL MEETING – AUGUST 17

Meeting organiser Ben Noad tells me that some 105 entries have so far been received and with a total limit of 140 entries for the night it looks like that entries on the evening will not be permitted.

Ben also relates that a substantial number of HW entries have been received but be warned, if the 140 limit has been received by the date of the meeting **NO FURTHER ENTRIES WILL BE ACCEPTED** so check out now at <http://events.eightlane.org/event/hwac/> and get entering quick!

Just a reminder that it would be great if the athletes received support from club members and friends of HW in order to create an atmosphere to encourage a bevy of PB performances.

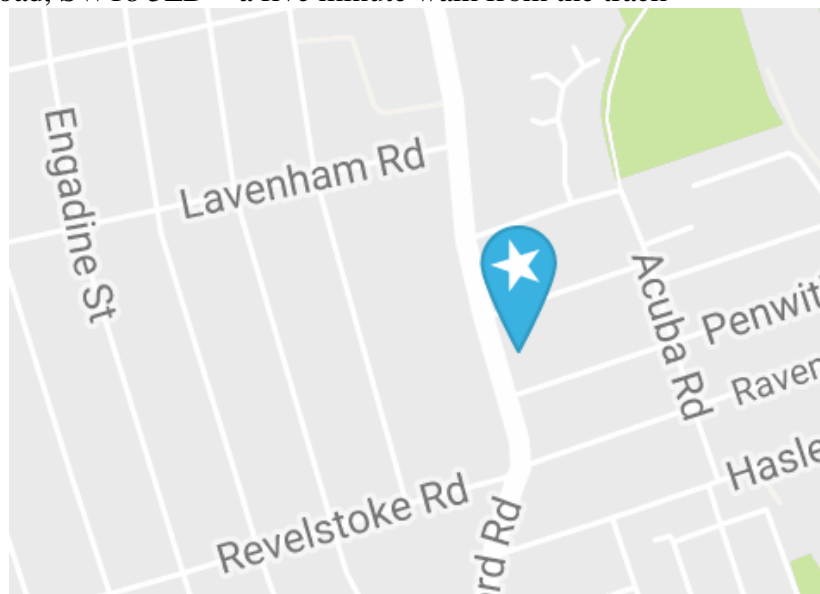
HW OPEN MEETING – WEDNESDAY AUGUST 3

This Wednesday, August 3, sees the second of this year's HW Open meetings being held at Wimbledon Park and consisting of 100m (7pm), 1500m (7.30pm), 200m (8pm) and 3000m (8.30pm) with registration for each event closing 30 minutes pre-race time. **NO LATE ENTRIES!!**

If not competing, please try and get along to help to ensure a smooth running meeting.

Meeting details: <http://herculeswimbledonac.org.uk/Open-T&F.html>

Note: To celebrate what I'm sure will be a successful meeting it is hoped that as many HW members and their friends as possible will have a celebratory drink at the Pig & Whistle, 479-481 Merton Road, SW18 5LD – a five minute walk from the track



Location for Pig & Whistle

HW YOUNG ATHLETES – STILL TIME TO GRAB A PB

Sunday, August 7 sees the running of the South London Athletic Network (SLAN) Super 8 League for U13/U15/U17 Boys and Girls when members are encouraged to compete in both a track and a field event (U11s are also welcome)

VENUE ADDRESS- Meadow Rise, Purley, Coulsdon CR5 2EH



South London
Athletics Network

SLAN time table for Super 8 Fixtures 2016 **August 7th Woodcote High School**

Time	Event	Races
10-00	Boys Under 15 Hurdles	1
10-05	Boys Under 13 Hurdles	1
10-10	Girls Under 15 Hurdles	1
10-15	Girls Under 13 Hurdles	1
10-25	800m Girls U17, 15 & 13's	1
10-40	200m Girls U17,15 & 13's	1,2 or 3
10-50	100m Girls U17, 15 & 13's	1,2 or 3
11-05	Boys Under 15 & Under 13 800m	1
11-15	Boys Under 15 & Under 13 200m	1,2 or 3
11-30	Boys Under 15 & Under 13 100m	1,2 or 3
11-50	Girls Under 15 & Girls Under 13 4x100m	1
12.00	Boys Under 15 & Boys Under 13 4x100m	1

Boys Field 10am -11am Long Jump, High Jump, Shot & Javelin **Girls Field 11am – 11-50am Long Jump, High Jump, Shot & Javelin**

Please note that Under 13's, 15's & U17's will in some events run together but will be scored separately.

Long Jump 3 jumps, High Jump 7 jumps max success or failure, Weights in throws consistent with Age Groups.

As the track season draws to a close HW have secured the right to compete in the finals of the Rosenheim League to be held at Tooting Bec on Wednesday, August 10 and the HW men

will endeavor to recapture the title last won by us in 2014. Meanwhile the women will no doubt strive to capture their version of the league which is being held for the first time. History awaits!

ROSENHEIM LEAGUE FINALS 2016

Under UKA Rules

Tooting Bec Wednesday August 10th

Congratulations to those teams reaching the 2016 Finals at Tooting Bec with separate finals for both men and women. Commiserations to those who did not qualify.

If your club has not reached the finals you are still more than welcome to be involved as there are NON-SCORING events ON THE TRACK ONLY for both MEN & WOMEN

Participating Clubs

<i>Men</i>		<i>Women</i>
B Belgrave		
C Croydon		E Epsom & Ewell
E Epsom & Ewell		F Hercules Wimbledon
F Hercules Wimbledon		H Herne Hill
H Herne Hill		K Kingston & Polytechnic
K Kingston & Polytechnic (holders)		S Serpentine
M St Mary's Richmond		W Walton

TIMETABLE

6.30	2000m s'chase Men
6.30	High Jump Men & Women
6.30	Javelin Men & Women
6.45	2000m s'chase Women
6.55	800m Men & Women
7.05	100m Men & Women
7.30	400m Men & Women
7.40	Shot Men & Women
7.40	Triple Jump Men & Women
7.45	1500m Men & Women
8.05	200m Men & Women
8.25	3000m Men & Women
8.40	4x200m Men & Women

In the triple jump and throws each competitor to get four attempts only

Strictly no guests will be allowed in any of the field events

Guest numbers for track events only can be purchased at a cost of £5 each

NO MONEY - NO NUMBER!! Income goes towards stadium hire and photofinisher costs.

Under UKA Rules no under 15's are permitted to take part in either match or non-scoring events

Each participating club **MUST** provide at least **TWO** qualified officials. Officials from clubs which did not reach the final are also more than welcome to assist.

Team managers must bring their own letters as above.

SOUTHERN COUNTIES VETERAN LEAGUE FINALS – BOOK THE DATE

Dave Orchard is rightly proud of the way his male masters of HW provided the goods this summer in overturning the likes of Epsom & Ewell H to win their division of the Southern Counties Veterans' League and for their troubles have been rewarded with a spot in the League finals to be held at Ashford, Kent on September 4th.

Judging by the programme of events - using last year's results as a guide - it seems that it is weighted very heavily for the younger masters and we won't be able to make use of the true 'Golden Oldies' who have been very proficient during the year in collecting many valuable points.

The finals will be upon us sooner than you think so any HW members interested in competing please contact Dave as soon as possible

EVENTS TO BE HELD IN THE SCVAC FINALS

100 M35 A - 100 M35 B - 100 M50 - 100 M60

200 M35 A - 200 M35 B - 200 M50

400 M35 A - 400 M35 B - 400 M50 - 400 M60

800 M35 A - 800 M35 B - 800 M50 - 800 M60

1500 M35 A - 1500 M35 B - 1500 M50

3000 M35 - 3000 M50 - 2000 Walk M35

4x100 M35 - 4x400 M35

High Jump M35, M50, M60 - Pole Vault M35, M50 - Long Jump M35, M50, M60

Triple Jump M35, M50 - Shot M35, M50, M60 - Discus M35, M50, M60

Hammer M35, M50 - Javelin M35, M50



SATURDAY, SEPTEMBER 3RD FOR THE HW SOCIAL



Good to see Mike Kortenray still competitive as ever although as an M70 a bit slower than the days that saw him as one of the leading youngsters in the country and seen here as part of a 'makeshift' team contesting the Sri Chinmoy 3 x 1-mile relay in Battersea Park.



Sporting his HW colours for the occasion Alex Dunne-Gundry made the long trip to Enniskillen, Northern Ireland for the local parkrun a far cry from his usual favourable venue of Richmond Park which is almost on his doorstep!

**Sat, August 20: Southern Athletic League, Match 5, Sutcliffe Park, Eltham
Not Gillingham, Kent as shown on fixture list.**

Please note change of venue for above fifth and final SAL match of the season and remember to make a note in your diary.

To say the least, participation in this League has been (for the men) very poor although we did manage second place at the recent fixture. It begs the question, “Do HW senior men want to compete in league fixtures.”

Do your best to get along and give parkrun a miss for just one Saturday!



SATURDAY, SEPTEMBER 3RD FOR THE HW SOCIAL



Good to see HW's young Elliot Laville back in action after a long summer of sitting exams to represent Great Britain in the European Biathlon Championships on July 17.

Two weeks later, Elliot went north to the less exotic venue of Salford Quays and in the process gained selection for the World Biathlon Championships to be held in Florida, USA in October.



Support your Club and Stadium!

As many of you know, Merton Council is consulting on a 'new vision' for Wimbledon Park which will have major consequences for the future of our track and stadium, and therefore the Club itself. Over the last few months the Chairman and Club Secretary have represented the Club at a series of workshops with the designers and all the other groups involved with the park, which culminated in a series of concepts, three of which have been chosen by the Council to put before the public.

Everyone is invited to register their views on the Consultation website at <http://wimbledonparkconsultation.com> where you can see the designs in detail. It is vitally important that Club members do this, as the options range from a new state of the art stadium which would hugely benefit the Club and the community, to the absolute worst case scenario in which the stadium buildings would disappear and there would just be a running track for general use. Clearly this is not an option as far as HW is concerned!

As you will see there are three 'Masterplans', the first of which, Option 1, changes very little in terms of the athletics facilities. In Option 2 and Option 3 the current stadium is demolished and re-built closer to the Revelstoke Road entrance and railway line. Obviously each of these plans has consequences for other areas of the park, including other sports facilities, so you need to study them carefully and decide whether you have a preference.

If you then go to the Sports and Leisure page you can see that for each of these Masterplan Options there are three further Options (A-C) which directly affect the athletics provision. All of these include a new 8-lane track. Under Option A the stadium facilities are massively improved, however the infield would be converted into a synthetic surface which our neighbours, the Wimbledon Club, in particular, would like to use for hockey. Consequently the throwing area would be relocated outside the existing stadium. Members of the committee have been talking to the Wimbledon Club for some time about the possibility of sharing facilities with them, which has many advantages, but also many hurdles to overcome to make the venture workable. For example, if training for both hockey and athletics were to take place at the same time, this would require some kind of high fencing for safety reasons.

Option B would appear to be our safest choice in that we would have an 8-lane track and new facilities, albeit not extended beyond those we currently have. We would also retain the infield for throwing.

Option C is completely unacceptable from the club's point of view as the stadium would effectively disappear, leaving only a running track for public use.

The feedback form only asks specific questions about each of the Masterplans, and not the particular options for athletics, however there is space for you to say which of these you favour, and to re-iterate your views in the box asking for any other comments.

Please be as forceful as you can in registering the importance of the best possible athletics provision, not just to HW as club but to the wider community, and whichever of the Masterplans you prefer, please make it clear that Option C for athletics provision (i.e. just a public running track) is not acceptable!

If you want to meet members of the design team in person there is a final consultation session in the Bowls Pavilion in the park on Sunday 14th August (11am-3pm – same day as the HW 5km) at which you can view the concepts and share your views.

We have prepared flyers asking for support from the local community, which will be in the clubhouse later in the week if anyone would like to help distribute them. I will also be e.mailing our friends in other Clubs in the wider area who regular visit the stadium for matches and open meetings, asking them to go onto the website and support a new improved athletics facility.

Your vote counts! (Where have we heard that before....)

Sheila White, Club Secretary



HERCULES WIMBLEDON AC

**SPRINT AND MIDDLE DISTANCE
OPEN GRADED MEETING**

under UKA rules

WEDNESDAY, 3rd AUGUST

Wimbledon Park Stadium

(for map see www.herculeswimbledonac.org.uk)

Races seeded according to pb

All ages from U13 upwards, male and female

TIMETABLE

7pm	100m
7.30pm	1500m
8pm	200m
8.30pm	3000m

PHOTOFINISH ELECTRONIC TIMING

REFRESHMENTS

£4 for first event; £3 for subsequent event

Registration closes 30 minutes before the start of each event

Pay on the day but advance entry advised (up to midnight on Tuesday 2nd August):

e.mail your name, club, event, age group, date of birth and pb to

sheila@herculeswimbledonac.org.uk

....AND HERE'S ANOTHER GREAT MEETING TO LOOK FORWARD TO

Entries are also coming in fast for the HW 5000m Festival Night to be held two weeks later for U17s and over so get booking now! **NOTE:** Entries are limited to the first 140 received.



HERCULES WIMBLEDON AC
5km FESTIVAL NIGHT
under UKA rules

ELECTRONIC TIMING PHOTOFINISH

WEDNESDAY 17th AUGUST
WIMBLEDON PARK STADIUM
SW19 6PE
(See www.herculeswimbledonac.org.uk for map)

Under 17-Senior
Races seeded according to p.b.
Entry £8

TIMETABLE
All races men and women

6.45 pm	Race 1	sub 19.30 mins
7.20 pm	Race 2	sub 18 mins
7.50 pm	Race 3	sub 17 mins
8.15 pm	Race 4	sub 16 mins
8.40 pm	Race 5	sub 15 mins

Enter online at
<http://events.eightlane.org/event/hwac/>
Early entry advised
Entries on the day £10, but NO entries if race limit of 140 is reached
(this will be posted at Eightlane)

For entry queries contact Ben Noad at ben@bennoadcoaching.com

REFRESHMENTS



Note: online entry link for above here: <http://events.eightlane.org/event/hwac/>

THE SURREY AA ROAD LEAGUE IS CLOSING IN FAST

Sunday, August 14 later sees the running of the final race of the Surrey AA Road League which just happens to be our own promotion, the 5km at Wimbledon Park.

Might be worthwhile getting your entry in now on so as to beat the rush! At the last check there was no sign of any HW runners among the 100 plus entries received!

Entry link: <http://herculeswimbledonac.org.uk/Perseverance-5k.html>

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>



Looks like the X-man has another interesting event on the way
 Entry details: www.runwimbledon.co.uk

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold – Offers of help at these fixtures are always appreciated

AUGUST

Wed 3: Hercules Wimbledon Open Meeting, Wimbledon Park

Details: <http://herculeswimbledonac.org.uk/Open-T&F.html>

Sun 7: SLAN Super 8 League, U13/U15, Coulsdon

Wed 10: Rosenheim League Final, Tooting Bec

Fri 12-Sun 21: Olympic Games (Athletics), Rio de Janeiro, Brazil

Sat/Sun 13/14: South of England U15/U17 Champs, Ashford, Kent

Sun 14: Surrey AA Road League 7, 5km Wimbledon Park

Entry details: <http://herculeswimbledonac.org.uk/Perseverance-5k.html>

Tues 16: Veterans AC 5-mile Road, Battersea Park

Wed 17: HW 5000m Track Festival, Wimbledon Park

Details: <http://events.eightlane.org/event/hwac/>

Sat 20: Southern Athletic League, Match 5, Sutcliffe Park, Eltham **NOTE: Change of venue**

Sun 21: SLAN Super 8, U13/U15, DWLC, Carshalton

Sat 27: Lily B Girls League Finals, Ewell Court

Sat 27: Herne Hill H Open Meeting, Tooting Bec

Sun 28: Veterans AC T&F Championships, Kingston

SEPTEMBER

Sat 3: Surrey County Road Relays, 12 noon, Wimbledon Park

Sun 4: Southern Counties Veterans League (men) Finals, Ashford, Kent

Sun 4: SLAN Super 8 League U13/U15, Wimbledon Park

Wed 7: Veterans AC 10,000m track Championships, Battersea Park

Sat/Sun 10/11: Surrey County Championships, Part 2, Carshalton

Inc. Track Relays, Multi Events and Steeplechases – all ages

Sat/Sun 17/18: British Masters T&F Championships, Birmingham

Sun 18: 18: South of England 6-stage Road Relays, Aldershot

Wed 21: South of England 10,000m Champs, Stoke Mandeville

Forthcoming 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

July 17: EA Midland Masters Inter Area, Solihull

W35

PV: 1 Alison Murray 3.20

W50

800: 4 Anna Garnier 2:54.80

3000: 1 Anna Garnier 12:39.59

Note: Both Alison (W45) and Anna (W60) were scoring in a younger age category

July 17: MCC Promotions Bishops Park 10km, Fulham, SW6

Men

1 Kerr Millar 34:39 **HW:** 4 Tom Cheetham 39:23 (38 finishers)

July 17: European Biathlon Championships, Setubal, Portugal

Run 1600m – Sea Swim 200m – Run 1600m

1 Francisco Luis (Portugal) 12:39:91 **HW:** 12 Elliot Laville 14:19:64

July 25: Sri Chinmoy 3x1-mile Road Relay, Battersea Park

Fastest: 1 Adam Kirk-Smith (London Heathside) 4:26 **HW:** 77 Pete Clarke 5.19; 220

Monika Crouse 6:06; 296 Tony Austin 6:55; 317 Dennis Williams 7:22; 342 Mike Kortzenray 8:21 (348 finishers)

July 27: Ashford Leisure Open, Ashford, Kent

200: 6 Valerie Parocki 35.10/+1.3

800: 6 Valerie Parocki 2:50.17

July 29: Wedding Day 7km, Bushy Park, Teddington

1 Paul Thistle (Unattached) 22:28 **HW:** 44 Stephen McDuell 27:21; 173 Vikki Filsell (2C) 31:23; 200 Charles Lawrie 32:12; 318 Dennis Williams 35:52; 515 Pete Smith 43:45; 557 Sophie Toomey 47:25 (571 finishers)

July 30(a)/31(b): CAU and England Athletics Championships, Bedford

100 (a): 3 Theo Etienne 10.31/+2.0 **SF3:** 2 Theo Etienne 10.26/+1.5 (**heat 4**): 1 Theo Etienne 10.26/+1.7

July 30: Sri Chinmoy 10km, Battersea Park

1 John Franklin (Serpentine) 32:51 **HW:** 11 Russell Price 36:27; 28 Tom Cheetham 39.06 (108 finishers)

July 30: parkrun 5km, Chipping Sodbury, Bristol

1 Ben Toomer (HW) 17:28; 2 Ciaran McQuade (Unattached) 17:54 (253 finishers)

July 30: parkrun 5km, Cabinteely, Dublin

1 Mark McComish (Unattached) 19:28; 2 Darren Keane (HW) 19:46 (88 finishers)

July 30: parkrun 5km, Wimbledon Common

1 Nick McKay (Wimbledon Windmilers) 17:47 **HW:** 5 Stewart Bond 19:01; 11 Medena Knespl (1st F) 19:39; 12 Rory Fraser 19:43; 16 Peter Metcalf 20:08; 17 Charles Hampden-Smith 20:11; 23 Adam Fenton 20:27; 24 Simon Bodle 20:31; 39 Shaun Overy 21:26; 41 Peter Collins 21:28; 45 Richard Mellor 21:36; 67 Charles Lawrie 22:51; 99 Alastair Brown 24:22; 293 Sophie Toomey 36:20 (308 finishers)

July 30: parkrun 5km, Richmond Park

1 Simon Barrett (Serpentine) 16:27 **HW:** 17 Andrew Davies 19:47 (263 finishers)

July 30: parkrun 5km, Nonsuch Park, Cheam

1 Daniel Gaffney (Unattached) 15:50 **HW:** 55 Samuel Spencer 21:18; 126 Kirsty Wheeler 23:39; 134 Alex Gee 23:51 (500 finishers)

July 30: parkrun 5km, Brueton Park, Solihull

1 Ali Smith (Coventry Godiva H) 15:44 **HW:** 236 Angela Kikugawa 29:40 (375 finishers)

July 30: parkrun 5km, Bryn Bach, Tredegar, Wales

1 Matthew Evans (Aberdare Valley) 16:50 **HW:** 30 Rachel Brenton 23:07 (146 finishers)

July 30: parkrun 5km, Bishops Park, Fulham, SW6

1 Paul White (Unattached) 16:46 **HW:** 38 Thomas Edge 20:39; 168 Andrew Balcerkiewicz 26:11 (295 finishers)

July 30: parkrun 5km, Enniskellin, Northern Ireland

1 David Turtle (East Antrim H) 18:19 **HW:** 33 Alex Dunne-Gundry 25:05 (103 finishers)

July 30: parkrun 5km, Chichester, Sussex

1 Rebecca Moore (Chichester R) 17:38 **HW:** 6 Fraser Hagell 19:45 (180 finishers)

July 30: parkrun 5km, Bushy Park, Teddington

1 Neil Wellard (Kingston & Polytechnic) 16:14 **HW:** 575 Dennis Williams 28:09 (963 finishers)

July 30: National Biathle Championships, Salford Quays

Youth A Boys

1 Dan Shepherd 12:50 **HW:** 4 Elliot Laville 13:30

July 31: Derek Crookes U13s Inter County, Kingston

Girls

100 A: 3 Zipporah Golding 13.29

200 A: 2 Zipporah Golding 27.58

Note: Zipporah was a member of the Surrey 4x100m team that set a meeting record when winning in 51.67sec

July 31: British Masters Championships, Birmingham

M70

1-mile: 1 Peter Giles 5:48.36

10,000: 1 Peter Giles 41:55.88

July 31: Junior parkrun 2km, Wimbledon Park

1 Thomas Beare (HW) 7:44 **Other HW:** 4 Joseph Willis 8:32; 7 Cate Coverley (1st F) 8:49;
21 Lara Stimpson 10:52; 27 Sophie Beare 11:26; 51 Isabel Beare 14:55 (67 finishers)

AND FINALLY



Don't worry guys – the track will be okay for the night of the 5000s