

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C August 28, 2016

AUTUMN IS HERE SO NOW FOR THE ROAD RELAYS

The Surrey Road Relay circus come to town with the proceedings commencing at 12noon on Saturday in Wimbledon Park which last year witnessed the HW Senior men place second – having won the title the previous two years - and the Senior women a respectable fourth. Word on the streets is that the men are looking to have a more than useful team out this time around but it won't be easy- so any non-runners out there come and give the club a shout. There are also races for M40, M50 and M60 plus for the women M35 and M45.

SOUTHERN COUNTIES VETERAN LEAGUE FINALS

Last but not least in another busy weekend for HW the male masters will be competing in the FINAL of the Southern Counties Veterans' League in Ashford, Kent on Sunday

SOUTHERN COUNTIES VETERAN LEAGUE FINALS

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, just four days away!

Latest news is that Dave is struggling to get a full team and as you can see below it is quite a packed programme.

Another responsibility for the club is that we have supply our full quota of officials and helpers so offers of assistance – from both athletes and volunteers – please contact Dave
Note from Dave: There is the chance to travel with Herne Hill H coach leaving Tooting Track at 8:00am

Otherwise I assume athletes and helpers/officials will make their own way there - if anyone needs a lift - I will be leaving early too but from Chessington

Anyway - I thought it worth a chance in the attempt to put together a full team for the SCVAC Finals at Ashford (our first time in the finals since the B finals were held at Hendon in 2000)

Anyway we need athletes - officials and helpers/supporters on Sunday 4th September.

There is a clash with the SLAN meeting at Sutton and an Open meeting at Woking. Lisa's party is the night before and there's County Road Relays at Wimbledon Park on Saturday too
If you can make it - do let me know.

Sadly John Webster, who has been a wonderful point scorer for the club has a fractured wrist so cannot do the M60 Hammer, there are some other gaps too

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

LAST CHANCE SALOON FOR THE HW YOUNGSTERS

After the heady heights of the relays, the next day sees the running of the third and final SLAN Super 8 competition which is also being held at Wimbledon Park from 10am onwards for boys and girls U11, U13 and U15 with some non-scoring events for U17s. HW has had an encouraging turn-out for the last two fixtures so let's end the season in style. Just turn up on the day – no pre-entries required – and enjoy yourself and perhaps finish the track season in style.....try and crack that PB.

FINE SILVER FOR TEENAGER ROPER

Hercules Wimbledon Athletic Club talented young teenage sprinter Jaleel Roper showed fine form when he took silver in the England Athletics Championships at Bedford last weekend. Roper, 13, the youngest of the eight boys under 15 200m finalists and the English schools junior champion over the distance, was just shy of his lifetime best in taking second spot in Sunday's final in 23.34 seconds to confirm his ranking as Britain's second fastest under 15-year-old over the distance this summer, reports Tom Pollak. Earlier, he won his heat in 23.39, slightly slower than his lifetime best of 22.81 set in the English Schools Championships heats in Gateshead in July.

Roper was happier with his 200m medal-winning performance on Sunday than with his run in the 100m the previous day where he was frustrated at just missing out on a medal. He took fourth place in 11.23 five-hundredths of a second outside bronze medal position. He was the youngest competitor in both finals and will still be under 15 next season. His runs confirmed his UK rankings and he is fourth fastest under 15 100m sprinter this summer.

Coach Paul Miller said: "Jaleel has still not fully recovered from the hamstring injury he sustained earlier in the year and we had still not done the endurance sprint work to fully prepare him for the weekend. In the circumstances he ran as well as we could have expected and you need to remember he is one of only two finalists in both events who will still be under 15 in 2017."

Another of Miller's young charges, Zipporah Golding, who is just 12, showed great promise in reaching the girls under 15 100m semi-finals racing against runners who were two years older than herself. Golding, who is Britain's third ranked under 13 girls 100m runner this summer, taking the South of England under 13 100 and 200m titles at Ashford, Kent, a fortnight earlier, finished third in her heat in 12.94, into a stiff 2.1 metres per second headwind to qualify for the semi-final where she clocked a slightly slower 12.96. She is third and fourth in this summer UK under 13 girls 100 and 200m rankings.

"She was the only under 13-year-old in the event and was by no means outclassed by the older girls she was racing against, some of whom were two years older. She showed great promise for future," said Miller.

Hercules Wimbledon's Matthew Sharp gave further evidence that he has now fully recovered from the injury that kept him out of action for most of the summer season when he regained the Surrey 10000m track title at Tooting Bec on Saturday. In a tight finish, he won by just over two seconds in 32:46.86.

Hercules Wimbledon and Surrey statistician, Pete Mulholland, the current Surrey president said: "In recapturing the title he won two years ago, Matthew certainly showed that perseverance pays off. In December 1990, he could only finish 65th place out of 78 runners in the Surrey Boys under 13 cross country championship. From my research, none of his 77 opponents that day are still in the sport!"



Matthew Sharp – Surrey 10,000m Champ

Hercules Wimbledon's Ben Toomer continued his winning run in the Wimbledon Common 5km parkrun on Saturday when he headed home the 341-strong field in 16:46 to post his eighth win in the event this year. Hercules Wimbledon runners filled fourth of the top five place with new signing Kristof Van Roy second, Neil Fraser third and namesake but no relation Stuart Fraser fifth. Van Roy made it a busy weekend as he finished runner-up out of 200 runners in the London Summer q10km road race in Regent's Park on Sunday in 34:59, just eight seconds behind the winner.

Another park run winners as Richard McDowell who made a winning debut beating more than 300 runners in the Alice Holt event in Hampshire while Andrew Davies made the trip to the Emerald Isle where he was runner-up in Watersdown Park, Dublin. Joe Toomey was also runner-up out of 327 runners in Ipswich while Megan De Silva and Gina Galbraith were first and third women finishers in Richmond Park.

Hercules Wimbledon also provided the top two girl finishers in the Wimbledon Park Junior 2km parkrun on Sunday with Sophie Crump and Ophelia Lanfranchi clocking 9:40 and 9:57, respectively.

WOW! THE WINTER SEASON BECKONS

With just a few track and field events remaining, thoughts turn to the start of the winter season and would you believe it the first of these fixtures, the Surrey County Road Relay is this coming weekend!

To be held at Wimbledon Park on Saturday, September 3, the closing date for the event is a frightening August 26...and NO LATE ENTRIES!

The senior men will be defending their title so those interested in competing please contact Rob Tuer rt86@hotmail.co.uk while the ladies should contact Eileen Brandley at eileen.brandley09@gmail.com

The masters (M40, M50 and M60) have got themselves a brand new team manager for the winter in the shape of Charles Hampden-Smith so give him a good start to his new role by e-mailing charleshs@blueyonder.co.uk



A fine 200m silver for young Jaleel at Bedford

JUST SOME OF THE HW PARKRUN ACTION LAST SATURDAY



Newcomer Kristof Van Roy 2nd



First home Ben Toomer



Comeback 'kid' Lisa



Well placed M50 Stuart

....and fellow M50 Knut

Ever improving Vic

Photos by Louise Robinson

HAVE YOU BOOKED YOUR PARTY PLACE?

Dear Fellow HWAC Members,

It's less than a week to go until our end-of-season party on Saturday 03 September. Please note the new start time of 5 pm. This will give juniors a better chance to attend and allow our Vets, competing on Sunday, a chance to have an early night! We hope that everyone will bring a contribution of food or drink to the party, but we will also have a beer and prosecco bar, all proceeds going to the Club's many causes.

FOR THOSE OF A CERTAIN AGE

Worth noting that the closing date for the British Masters T&F Championships to be held at Birmingham on Saturday/Sunday, September 17/18 is next Sunday, September 4.

HW YOUNGSTERS IN THE EARLIER SLAN MEETING AT SUTTON



Photos by Vikki Filsell



Top of the SEAA U13 podium for Zipporah at Ashford the previous weekend

MARATHON ADVICE AVAILABLE

Wednesday 28th September 2016 – 6:30pm-8:30pm

At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ

(Nearest Station: London Bridge)

Costs £15 to attend

As part of England Athletics programme, we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2016 this workshop is for you! Mara will take you through the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, bookings are [online book](#) now to avoid disappointment:

For further information, please contact your London CCSO or email Julia Bailey at jbailey@englandathletics.org call 07718526355

THOUGHT FOR THE DAY?

*Saw the following in the Daily Telegraph of August 28 and though how apt the message was
From Daily Telegraph – August 28*

The lesson – which is clear, from Essex to Derby – is that Olympic success prompts a spike in interest but does not keep the newcomers there. These clubs do not run on National Lottery funding – only the top athletes do. So when a young child arrives, dreaming of being the next Adam Peaty or Mo Farah, it is the people at the club – the volunteers, the mothers, the fathers, the tea ladies and the coaches – who make a difference.

You may have to squint to see them, but it is they who are behind Great Britain's Olympic success, and it is they who will determine its legacy.

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

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 25: South of England 4 & 6-stage Road Relays, Bedford

Sun 25: South of England Masters Road Relays, Bedford

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

OCTOBER

Sat 1: East Surrey League XC Races, Lloyd Park, Croydon

Sun 2: HW 7upsanovers Mini Olympics, Wimbledon Park

Sat 8: National 6-stage Road Relays, Sutton Coldfield

Sat 15: 2XU Surrey Men's League, Match 1, Richmond Park

Sat 15: 2XU Surrey Ladies League, Match 1 Nonsuch Park, Cheam

Sat 22: Surrey Masters XC Champs, Richmond Park, Petersham

Sat 22: South of England XC Relays Champs, Wormwood Scrubs

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](#)

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

August 10: Client Hills 5-miles Trail, Worcester

1 Nick Hardy (Birchfield H) 33:01 **HW:** 161 Colin Bricher (2C) 67:06 (163 finishers)

Note: Colin's first race since his recent cataract operation.

August 21: Americas Finest Half Marathon, San Diego, California, USA

1 Eliud Ngetich (Kenya) 64:10 **HW:** 16 Jonathan Cornish 70:02 (3989 finishers)

August 24: Watford Open Meeting

1500 (race 9): 1 Eitan Orenstein 4:23.87 (**race 17):** 4 Fred Slemeck 3:59.78

August 24: Runthrough Chase the Sun 5km, Wimbledon Common

1 James Hansen (Unattached) 19:18 **HW:** 143 Zoe Leake 35:01; 144 Emily Martin 35:01 (193 finishers)

August 24: Runthrough Chase the Sun 10km, Wimbledon Common

1 Will Russell (Bristol & West) 36:40 **HW:** 3 Finn Johnson 36:48 (232 finishers)

August 26: Brooks Last Friday of the Month 5km, Hyde Park

1 Carl Fiford (Unattached) 16:31 **HW:** 145 Dennis Williams 25:10 (207 finishers)

August 27: Surrey County AA Championships, Tooting Bec

10,000: 1 Matthew Sharp 32:46.86

In recapturing the title that he won two years ago, Matthew certainly showed that perseverance pays off.

In December 1990 he could 'only' manage 65th place from 78 runners in the Surrey County Under-13 Boy's cross-country Championships. As far as can be ascertained none of his 77 opponents in that race are still in the sport today!

August 27: Herne Hill Harriers Open Meeting, Tooting Bec

Men

100 (race 4): 2 Harry Bartlett 11.88/-0.7 (**race 6/-1.1):** 2 Agegnehu Zangrandon 13.16; 6 Arun Franzini 14.53

200 (race 4): 1 Harry Bartlett 23.93/+1.1 (**race 5):** 4 Agegnehu Zangrandon no time shown!

400 (race 1): 5 Lloyd Smith 54.01

800 (race 1): 8 Jack Powell 2:16.13 (**race 2):** 1 Alexander Abraham 2:18.33

1500 (race 1): 2 Eitan Orenstein 4:16.41 (**13th HW U17M all-time**) 6 Henry Silverstein 4:43.69 (**race 2):** 3 Lloyd Hodgson (U11) 5:14.16; 5 William Belton 5:15.08; 10 Matty Wall 6:00.51; 11 Jacob Bescoby (U11) 6:29.80

M75

DT (1kg): 1 Kevin Burnett (2C) 14.97

HT (3kg): 1 Kevin Burnett (2C) 14.93

Women

100 (race 1): 2 Ayoola Ajayi 13.39/+2.1 **200 (race 1):** 1 Ayoola Ajayi 26.84/0.0 (**11th HW Senior Women all-time**)

August 27: Lily B League Finals, Kingston

Results not yet available

August 27: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:46; 2 Kristof Van Roy (HW) ntt; 3 Neil Fraser (HW) ntt **Other HW:** 5 Stuart Fraser 18:02 (9th HW M50 all-time); 6 Knut Hegvold ntt; 14 Seb Hudspith 20:04; 16 Peter Small 20:15; 20 Simon Woodley 20:21; 26 Adam Fenton 20:33; 27 Vic Ray 20:35; 31 Charles Hampden-Smith 20:48; 33 Simon Bodle 20:51; 44 John Townsend 21:30; 46 Richard Mellor 21:41; 49 John Krause 21:50; 50 Simon Riley 21:53; 68 Howard Hopkins 23:02; 83 Lisa Thomas 22:42; 97 Charles Lawrie 23:54; 122 Alastair Brown 25:00; 123 Matthew Tyson 25:02; 204 Mick Leigh 27:57; 333 Sophie Toomey (guide for the blind) 41:46 (341 finishers)

Note: bit of a mystery re the results of this one as it was initially calculated the first five at least were reckoned to be members of HW but on receipt of the official results it appears that bar-codes weren't handed in!

August 27: parkrun 5km, Alice Holt Hampshire

1 Richard McDowell (HW) 18:18; 2 Lawrence Hollom (Haslemere Border) 18:50 (307 finishers)

August 27: parkrun 5km, Waterstown Park, Palmerstown, Dublin

1 Thomas Donegan (Unattached) 19:18; 2 Andrew Davies (HW) 19:28 (81 finishers)

August 27: parkrun 5km, Kesgrave, Ipswich, Suffolk

1 Adel Hamed (Unattached) 17:00; 2 Joe Toomey (HW) 17:08 327 finishers)

August 27: parkrun 5km, Clermont Waterfront, Florida, USA

1 Luis Prestes (Unattached) 17:37 **HW:** 74 Daniel Clarke 33:32; 75 David Clarke 33:33; 76 Francisca Clarke 33:33 (108 finishers)

For those concerned about the slower times than usual for the Clarke family!

We are currently on holiday in Florida so thought it would be nice to do a parkrun while we were here. Unfortunately there aren't that many here so this involved getting up before 6am then driving for about 40minutes for a 7:30 start. Unfortunately due to a major navigational error on the interstate we missed the junction and had to drive an additional 25 miles, thus arriving late at the start. Thus Family Clarke came in in a ridiculously embarrassing 33minutes. Having said that, we did overtake about 30 people. According to our watches we were 25:31 which is about what we'd expect running with Daniel in the heat. And it is really hot and humid out here.

Needless to say we will be running much faster next weekend!

August 27: parkrun 5km, Bushy Park, Teddington

1 Paul Lowe (Belgrave H) 16:28 **HW:** 65 James Forde 20:03; 82 Richard Clark 20:23; 116 116 Gary Forde 21:02; 144 Oli Woodhall 21:36 (1014 finishers)

August 27: parkrun 5km, Richmond Park

1 Martin Shore (Thames H&H) 16:41 **HW:** 9 Megan De Silva (2C-1st F) 18:55; 25 Gina Galbraith (3rd F) 20:26; 154 Alex Dunne-Gundry 26:25 (322 finishers)

August 27: parkrun 5km, Moors Valley, Nr Ringwood, Dorset

1 Anthony Clark (Bournemouth) 17:33 **HW:** 5 David Grima 18:29 (295 finishers)

August 27: parkrun 5km, Nonsuch Park, Cheam

1 Gregg Clark (Belgrave H) 16:56 **HW:** 18 Tom Cheetham 19:37; 140 Kirsty Wheeler 24:12; 173 Maurice Sharp 24:58 (486 finishers)

August 27: parkrun 5km, Brueton Park, Solihull

1 Unknown 17:51 **HW:** 149 Tomo Kikugawa 25:26; 305 Angela Kikugawa 32:01 (414 finishers)

August 27: parkrun 5km, Newport Isle of Wight

1 Unknown 18:33 **HW:** 57 Ellen Weir 24:48 (301 finishers)

August 27: parkrun 5km, Wycombe Rye, High Wycombe, Bucks

1 Ben Sendall (Wycombe Phoenix) 17:39 **HW:** 86 Caroline Jackson 23:53 (373 finishers)

August 27: parkrun 5km, Burgess Park, Walworth, SE17

1 David Taylor (Haslemere Border) 16:25 **HW:** 4 Peter Collins 17:45; 8 Chris Ore 18:28 (186 finishers)

August 27: parkrun 5km, Barking, Essex

1 Unknown 16:54 **HW:** 18 Victor Hutchins 24:17 (86 finishers)

August 27: parkrun 5km, Southwark Park, SE16

1 Paul Sutherland (Unattached) 17:26 **HW:** 130 Dennis Williams 29:14 (180 finishers)

August 27: parkrun 5km, Clair Park, Haywards Heath, West Sussex

1 Paul Tomlinson (Haywards Heath) 17:23 **HW:** 20 Samuel Masters 22:48 (132 finishers)

August 27: parkrun 5km, Queen Elizabeth Country Park, Horndean, Hampshire

1 Mike White (Stubington Green) 20:10 **HW:** 32 James Hodgkinson 26:41 (97 finishers)

August 27: parkrun 5km, Bishops Park, Fulham, SW6

1 Alex Milne (Enfield & Haringey) 15:32 **HW:** 15 Nicky Hogg 19:08; 50 Finlay White 20:56; 151 Andy Balcerkiewicz 26:03; 250 John Wasbrough 35:58 (257 finishers)

August 27: parkrun 5km, Beeston, Notts

1 David Crossley (Unattached) 18:25 **HW:** 26 Frank Wood 21:27 (184 finishers)

August 27: parkrun 5km, Chichester, Sussex

1 Oscar Barbour (Stratford-on-Avon) 18:14 **HW:** 17 Ewan White 21:24; 61 Michelle Howie 25:33; 133 Abbie White 30:29; 135 Mark White 30:30 (194 finishers)

August 27(a)/28(a): England Athletics U15/U17 Championships, Bedford

U15 Boys

100 (a): 4 Jaleel Roper 11.23/nwr (**heat 1**): 1 Jaleel Roper 11.47/-1.6

200 (b): 2 Jaleel Roper 23.34/+0.5 (**heat 1**): 5 Junior Etuk 25.20/nwr (**heat 3**): 1 Jaleel Roper 23.39/nwr

U15 Girls

100 (a): (S/F 1): 8 Zipporah Golding (U13) 12.96/-1.5 (**heat 3**): 3 Zipporah Golding 12.94/-2.1

August 28: London Summer 10km, Regents Park

1 Tim Campion-Smith (Unattached) 34:51; 2 Kristof Van Roy (HW) 34:59 (200 finishers)

August 28: Junior parkrun 2km, Wimbledon Park

1 Felix Vaughan (Reigate Priory) 7:12 **HW**: 6 Alexander Buchanan 9.27; 9 Sophie Crump (1st F) 9:40; 12 Ophelia Lanfranchi (2nd F) 9:57; 21 Jack Murray 10:2740 Emilia Llewelyn-Usher 11:34; 54 Thomas Murray 12:36 (95 finishers)

August 28: Veterans AC & SCVAC Championships, Kingston M70

800: 1 Peter Giles 2:43.22

1500: 2 Dennis Williams 7:10.05 (2nd HW M70 all-time)

W45

5000: 1 Vikki Filsell 21:17.18

Note: Field event results not yet available

AND FINALLY

HW WINNING JOHNSTON ROAD RELAY TEAM - 1968



Look how smart we dressed in those days!
Ties and polo necks and not a trainer to be seen!