

**HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C February 7, 2016**



**THEO ETIENNE UK 2016 U23 60m INDOOR LEADER**

**DOUBLE WHAMMY FOR BEN AND GINA AT WIMBLEDON PARKRUN**

**PARKRUN WINS ALSO FOR JOE TOOMEY & STEPH ROBSON**

**RUNAWAY WIN FOR JONNY CORNISH IN OXFORD LEAGUE**

**IMPORTANT REQUEST FOR WORKING PARTY FROM RICHARD WESTON**

My thoughts are turning to our flagship event, the Young Athletes Open Meeting on 10<sup>th</sup> April, and getting the stadium ready for it. I would like to schedule work party weekends for 27/28<sup>th</sup> February and 12/13<sup>th</sup> March. It's the usual plea: I need as many club members and/or young athlete parents to turn up and lend a hand (or a foot, or a spade, fork, secateurs, in fact anything). It always seems to fall to the same people and that isn't fair on them. Even if people can only spare an hour or two that's welcome and it's just doing that little bit for the club (and the youngsters, of course). I should appreciate people contacting me in advance, if only so I know how many lunches to prepare. Usual contact details:

[richard@richardweston.co.uk](mailto:richard@richardweston.co.uk), 020-8540 6016, 07795-082086.

***SPRINTER ETIENNE IN TOP FORM***



Etienne blasting away in HW colours

Surrey cross country champions Hercules Wimbledon Athletic Club have strengthened their claim to becoming Britain's top club for sprinters following an outstanding run by teenager Theo Etienne in Finland, writes Tom Pollak.

Competing in the Jyväskylä Indoor Games in Finland, he first won his 60m heat in a personal best of 6.68 seconds, three-hundredths of a second faster than Olympic sprinter Warren Fraser from the Bahamas clocked in taking his heat. Then, in the final, he was just pipped by Fraser, sharing the winning time of 6.60.

It was a dramatic improvement for 19-year-old Etienne whose best time before his Finnish performance was 6.70 at Lee Valley at the start of the year and that improved on 6.76 in the Czech Republic in January 2014. Putting Etienne's performance into context, Fraser, who is third ranked in the Bahamas and has a best 100m time of 10.14, ran in the 2012 London Olympics and is a strong contender to compete in the Rio Olympics this summer.

Etienne's performance makes him top UK under 23 sprinter this year and only two British sprinters have run faster this year. If he can maintain his improvement, he has a good chance of representing Britain in the World indoor championships in Portland, Oregon, next month. Etienne is the latest Hercules Wimbledon athlete to top his age group rankings. Another teenager, Rechmial Miller, is Britain's fastest the under 20 60m sprinter this year with 6.77 at Lee Valley at the start of the year. Miller, who got silver and bronze in last year's Commonwealth Youth Games and IAAF World Youth Championships, respectively, is a strong contender for the IAAF World Junior Championships being held in Kazan, Russia, in July.

Following their outstanding performances, both sprinters have been invited to compete in the British Senior Indoor Championships, which double up as the trials for the World indoor championships, which are being held in Sheffield at the end of this month.

Another Hercules Wimbledon sprinter, Jaleel Roper, is Britain's top ranked under 15-year-old this year with his 7.22 in winning the South of England indoor title at Lee Valley last

month. This is three-tenths of a second faster than his best last year when he broke the UK under 13 60, 100 and 200m records. A fourth Hercules Wimbledon sprinter to top the rankings is Zipporah Golding who clocked 8.34 in the London Indoor Games, the fastest time by an under 13 girl this year.

Supporting these top ranked efforts is Chad Miller, 15, is placed ninth in the country with his 51.56 silver medal-winning performance in the South of England Championships at Lee Valley last month on his debut appearance over the 400m distance.

Hercules Wimbledon sprint coach Paul Miller, who gained a hat-trick of Surrey senior men 100m titles between 1985 and 1987, said, "When it comes to sprinting, Hercules Wimbledon is very firmly on the map. Not only do we have two internationals in Theo and Rechmial but we have youngsters coming through led by Jaleel and Zaporah. All four top their age groups this year and there is no other club with this spread of top class talent."

This weekend, Roper and the Miller brothers are chasing national titles and medals in the England age group indoor championships at Sheffield. Roper competes in the under 15 60 and 200m, Rechmial Miller in the under 20 60m and Chad Miller in the under 17 400m.

### **HW PARKRUN RUNNERS DOMINATE THE LEADER BOARD**

Hercules Wimbledon's endurance runners enjoyed a record-breaking six wins in Saturday's 5km parkrun events, writes Tom Pollak.

Ben Toomer and Gina Galbraith took the men's and women's events on Wimbledon Common in 17:01 and 20:16. Over 50 veteran Lisa Thomas was third in the women's race. Eighteen Hercules Wimbledon runners were among the 334 finishers. Fred Slemeck broke the week-old course record in heading home a record 372 runners on Tooting Common in 16:18 while Joe Toomey (17:07) won at Ipswich and Stephanie Robson (22:09) was first woman at Batley, West Yorkshire. Megan de Silva was top woman finisher in Dulwich Park in 18:33.

Hercules Wimbledon's Ellen Weir (8:15) and Selma Heggvold (8:34) were the top two girls in Sunday's Junior parkrun in Wimbledon Park.

**Just a reminder for the cross-country ladies is that for the 2XU Women's League at Petersham this Saturday, the senior race starts at 11.30am**

### **A PLEA TO THE XC SENIOR MEN OF HW FROM THEIR CAPTAIN ROB TUER**

Dear cross country runners,

Saturday is the last Surrey League race of the season and this time it's on our home course on Wimbledon Common.

The club are currently in second position in the league table and we want to maintain this overall position as well as to challenge for the win on the day. To do this we need everyone running!

The junior race is 2.5 miles starting at 2:30, with the seniors doing two laps for 5 miles starting at 3 o'clock. Both races start close to the Thatched Cottage. Please report to team manager Fred Green at least half an hour before the start to collect your number. This race is suitable for all male club members and there is no charge for entry. Spikes are recommended as there are muddy parts of the course.

As this is our home fixture HW are responsible for providing all the marshalls and officials. If you cannot run please offer your services to help.

This has been a strong season so far with the club winning a league fixture for the first time since 1978, as well as reclaiming the County Championship. Equally impressive has been the great turnouts we have been getting - there were 45 of us competing in the November fixture so let's match that this time.

For many this will be the last cross country race of the season so all runners, volunteers and supporters are invited back to the Hand & Hand pub immediately following the race to celebrate what has been a successful winter for the club.

See you on Saturday!

Robert Tuer

Hercules Wimbledon Men's Cross Country Captain

[rt86@hotmail.co.uk](mailto:rt86@hotmail.co.uk) / 07988 124597

### **SURREY COUNTY SELECTION FOR HW TRIO**

Good to see on the Surrey County AA website that the following HW athletes have been selected to represent the County in the Inter Counties cross-country championships at Birmingham on March 12.

U17 Men: Matthew Gibbons, U15 Boys: Zac Purnell and Senior Women: Claire Grima.

Not yet announced but likely is the selection of Jonny Cornish for the team of Oxfordshire.

### **PLENTY OF YOUNG HW ACTION IN BATTERSEA PARK**

No less than 15 HW youngsters were in action at Battersea Park on Sunday in their efforts to qualify for Wandsworth Borough in the prestigious Virgin Money Mini Marathon to be held over the streets of London on April 24.

Podium places were earned by Henry Silverstein as 3<sup>rd</sup> U15 boy while HW newcomer Oscar Hough placed 2<sup>nd</sup> in the non-qualifying U11 boy's fun run.



Rebekah and newcomer Lisa of HW giving it their best shot in Battersea

**AN AMAZING RESPONSE FOR THE 7UPSANOVERS PARENTS MEETING**

Richard Weston reports that he held his monthly parents meeting last Sunday, with 26 parents attending, a smashing turnout and several up on the December meeting. This included at least four parents new to the group. Anne Hegvold took centre stage to explain the coaching philosophy within the 7Upsandovers sessions which proved extremely helpful, especially to the new parents. There is no doubt that the transition from Pat's energetic tenure as the originator and guiding light of the group has been very successfully managed and a lot more parents have undertaken to help with both administration and more coaches are coming through. With over 70 children attending and starting to learn events such as discus, the group is thriving and makes a great contribution to the club in many ways. The next monthly meeting, hopefully on coaching for younger full club members, so that parents can see the progression, will be on 7th March.

### **SOUTH OF ENGLAND XC CHAMPIONSHIPS – A HW STATS HISTORY**

<http://herculeswimbledonac.org.uk/Rankings.html> and scroll down to HW Best performances in South of England Cross Country Championships

### **A PLEA TO HELP AT THE MEN'S FINAL SURREY LEAGUE FIXTURE**

Dear all,

Firstly, thank you to all those who volunteered at the HW Open 5 Mile and the HW/Lauriston races, it was really great to have the support from everyone and definitely helped the events go smoothly.

The final Hercules Wimbledon home cross country fixture of the season is the **Surrey League Men's Match 4, Wimbledon Common**. The race is being hosted by HW on Wimbledon Common on the 13th February, and hosts both a Young Athletes race starting at 14.30 (1 lap, total of 2.5 miles) and the Senior Men's race (2 laps, total of 5 miles) starting at 15.00.

If you are available to volunteer to marshall, help mark the course or be a timekeeper, your help would be greatly appreciated, please let me ([eileen.brandley09@gmail.com](mailto:eileen.brandley09@gmail.com)) or Rob Tuer ([rt86@hotmail.co.uk](mailto:rt86@hotmail.co.uk)) know. Many thanks and have a great week!

Kind regards,

Eileen Brandley

### **THE X-MAN INVITES YOU TO SOME EXCITING RACES**

Richard Xerri (long term member of HW and organiser of Wimbledon Dash 5km) has a few events coming up in the lead up to the marathon season. If you haven't entered already he is open to cheeky mails requesting a special 'HW' discount. It would be nice for Richard to see a few HW in the field. Getting a closed road race off the ground comes at great cost and effort and needs as much support as necessary so support our race organiser...3 very different courses below.

#### **Race 1: Run the Streets Inaugural Worthing Half Marathon. 14.2.16**

A flat, measured, UKA registered closed road course (that's right, 100% closed road). The perfect runners Valentines break!! (ok, maybe not...)

A night at Travelodge costs £85 for a family room so if you are looking to run that PB then this is well worth a look. Free entry to sub 70 men/80 women. [www.worthinghalf.co.uk](http://www.worthinghalf.co.uk)

#### **Race 2: Run the Streets Inaugural Kingston Half and 10km 28.2.16**

A FULLY CLOSED ROAD 10km in Kingston upon Thames. The first one ever! A 2 lap course with a one-hour cut off. Fully measured, town centre start. Flat, early, UKA, fast. What more could you want... followed by a 75% closed road half with a few twists and turns. Once again, Kingston's only town centre half marathon. Awesome spectator points!! 2.45 time limit. [www.kingstonhalf.co.uk](http://www.kingstonhalf.co.uk)

### **Race 3: Salomon Richmond Half and 10km 3.4.16**

Over to West London for this established event with a multi-trail one lap course for both events. Fully measured and great support along the way. [www.richmondhalf.com](http://www.richmondhalf.com)

Richard always has volunteer spots if anyone is keen to assist and gives plenty back so give him a mail on [richard@perseverance-events.com](mailto:richard@perseverance-events.com)

Best regards

Richard Xerri  
07737 335296

### **CELEBRATION TIME, COME ON**

Believe it or not the cross-country season is quickly drawing to a close and on February 13 HW will be competing in the final 2XU Surrey League races of the season for both men and women.

To mark the occasion, for after the League races Victor Ray has reserved a room in the Hand and Hand – that is the room on the left as you enter the pub – which will be available from 4pm onwards.

Hope to see many of you there to celebrate what so far has been an excellent season for the club.



### **BE WARNED OF CLOSING DATE FOR SURREY COUNTY INDOOR CHAMPS**

These Championships are being held over the weekend of February 20/21 at the David Weir Leisure Centre, Carshalton with a closing date of February 11 – **just days away!**

Details of how to enter can be found here <http://www.surreyathletics.org.uk/entries.php> so get to work now. Late entries are certainly not allowed.

**START COLLECTING THOSE SAINSBURY VOUCHERS – NOW!**

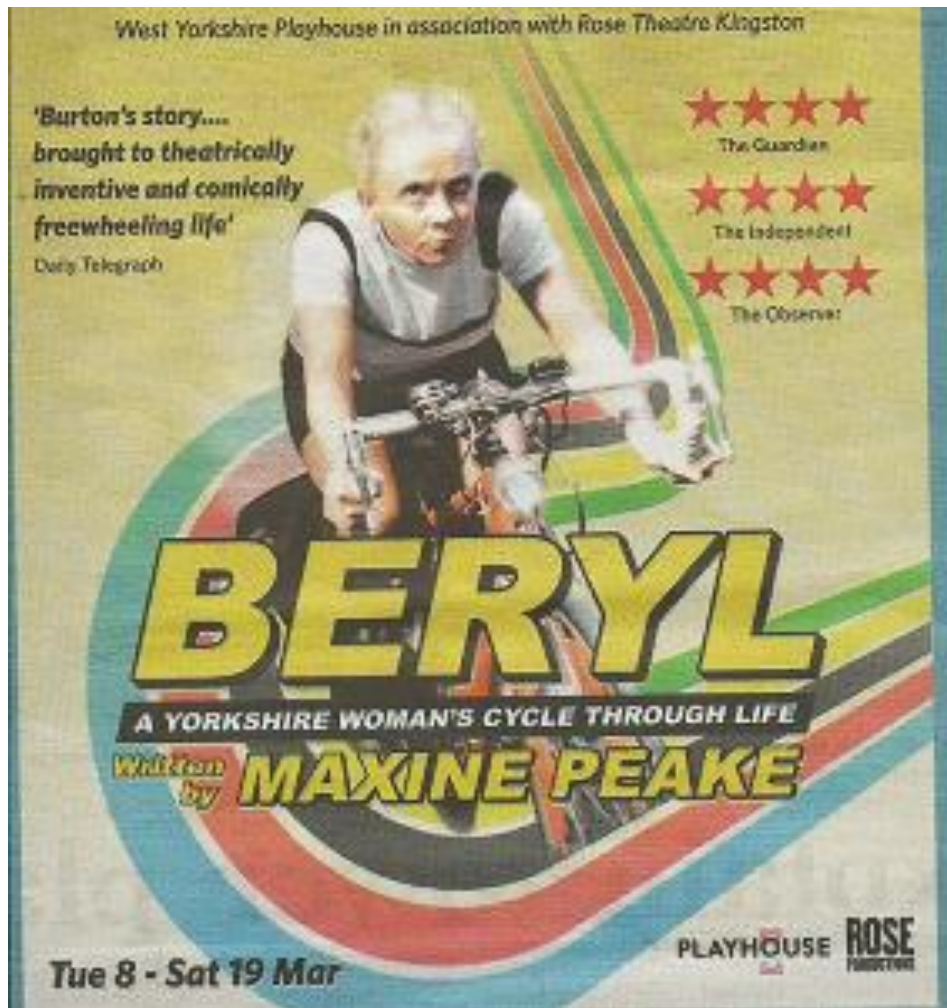


Between now and May 3 you can start collecting vouchers so that HW can secure some useful athletic items so all of you Waitrose shoppers out there, try slumming it for a while at your local Sainsbury store!

A receptacle for the vouchers will be in situ at the trackside clubhouse and we'll try and get one to place at Lauriston Cottage.

### **AN EVENING OUT FOR THE CYCLING FRATERNITY OF HW?**

Amongst the members of HW are many a cycling enthusiast who I'm sure would be interested on a forthcoming production to be held at the Kingston Rose Theatre and running from Tuesday 8<sup>th</sup> to Saturday 10<sup>th</sup> March.



For details of how to book visit <http://www.rosetheatrekingston.org/whats-on/beryl>  
For those exclaiming Beryl who? - take a look at this link and prepare to be amazed  
<https://www.youtube.com/embed/ZRDzi9duHG4>

### **NEWS FROM RANELAGH HARRIERS RE RICHMOND HALF MARATHON**

Our own Half Marathon will take place on Sunday 1st May and entries are already streaming in! Over 570 names are already on the list, including 26 from Ranelagh (and three from HW!) This race usually sells out well in advance of the closing date, so get your entry in early to avoid disappointment.

Details: <http://www.sportsystems.co.uk/ss/event/RichmondHalfMarathon20161>

### **21<sup>st</sup> February 2016 Run Jump Throw workshop in Newham**

Follow the link for further details and bookings, this workshop is FREE:

<http://www.ulearnathletics.com/cpdEvent/82562>

Saturday 19<sup>th</sup> March 2016 Regional Technical Days taking place for Coaches

**The Regional Technical workshops are taking place at six venues nationwide – details of the London days are below:**

Brunel University, Uxbridge - [www.ulearnathletics.com/cpdEvent/82342](http://www.ulearnathletics.com/cpdEvent/82342); or

Chelmsford Sport & Athletics Centre - [www.ulearnathletics.com/cpdEvent/82341](http://www.ulearnathletics.com/cpdEvent/82341)

The cost of attending the workshop is £20, and can be booked via the learn link above.





Just a reminder that January 1 is well and truly past – and we are fast approaching March meaning that by now you should have renewed your HW subscription for 2016.

There are the usual suspects that ignore Simon's e-mail requests for payment so why not surprise him and save hours of work by paying them as soon as you can.

Please note that subs are not due from those who first became members of the club after September 1 of this year plus there are some of you who have already set up automatic renewals

Payment can be made on-line as shown via this link:

<http://herculeswimbledonac.org.uk/Membership-&-Renewals.html>

Or pay whoever is on desk duty at the track on a Tuesday or Thursday training evening

**NOTE:** at the last tally there were approx. 160 HW members who had yet to pay their 2016 subs so to make life less onerous for Simon in his role as Membership Secretary please pay **THOSE SUBS NOW!** Or let him know if you wish to continue your membership.

#### **ANNUAL REGISTRATION WITH ENGLAND ATHLETICS**

For certain events you will require an England Athletics (EA) membership number. The annual registration fee, currently £12 is renewable on April 1<sup>st</sup> 2016. (By concession, those who were registered with EA for the very first time between January 1<sup>st</sup> and March 31<sup>st</sup> 2015 are covered until March 31<sup>st</sup>, 2016 and those registered for the very first time between January 1<sup>st</sup> and March 31<sup>st</sup> 2016 should be covered until March 31<sup>st</sup>, 2017.) Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf.

Please see the EA registration section on:

<http://www.herculeswimbledonac.org.uk/Membership-&-Renewals.html> for how to pay.

**Note:** according to EA records there are just 120 from the 600 plus HW members that are up to date with their registration fees

#### **FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS**

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

##### **FEBRUARY**

**Sat 13: 2XU Surrey Men's League. Match 4, Wimbledon Common**

Sat 13: 2XU Surrey Ladies League, Match 4, Richmond Park, Petersham

Sat/Sun 20/21: Surrey County AA Indoor Championships, Carshalton

Sat 27: National Championships, Donnington Park, Leics

Sat/Sun 27/28: British Indoor Championships, Sheffield

Sun 28: Richmond Salomon Half Marathon & 10km

Details: <http://www.richmondhalf.com/>

Sun 28: Thames H&H 'Dash for the Splash 10km' Wimbledon Common

Details: [www.dashforthesplash.com](http://www.dashforthesplash.com)

### **MARCH**

Sat 5: Inter-Club v Ranelagh H, Richmond Park, Petersham

Sat 5: English Schools Championships, Nottingham

Sun 6: Herne Hill H Frank Harmer 10km, Brockwell Park, SE24

Details: <http://hernehillharriers.org/frank-harmer-memorial-10k-road-race/>

Sat 12: Inter Counties Championships, Cofton Park, Birmingham

Sat 12: Surrey Primary Schools XC Championships, Reigate Priory

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>

## **RESULTS**

### **January 5: Crystal Palace Canter 5km, SE19**

1 Peter Walsh (Unattached) 23:43 **HW:** 10 Dennis Williams 29:00 (16 finishers)

### **February 2: Jyvaskyla Indoor Games, Finland**

**60:** 2 Theo Etienne 6.60 (**UK U23 2016 Leader**) **Heat:** 1 Theo Etienne 6.68

### **February 4: Royal Air Force Championships, RAF Halton**

#### **Men 10km**

1 Michael Wallenberg (Cardiff) 32:12 **HW:** 6 Kieran White 34:20 (98 finishers)

### **February 6: South East Schools Inter Counties, Bexhill, Sussex**

#### **Intermediate Boys**

1 Lachlan Wellington (Hants) 17:30 **HW:** 33 Henry Silverstein (Surrey) 19:21 (88 finishers)

### **February 6: parkrun 5km, Wimbledon Common**

1 Ben Toomer (HW) 17:01; 2 Nic Gould (Thames H&H) 17:42 **Other HW:** 5 Adam Harwood 18:19; 8 Edward Charlesworth 18:50; 10 Richard Evans 19:22; 11 David Scrimshaw 19:24; 15 Gordon Lilly 19:59; 17 Gina Galbraith (1<sup>st</sup> F) 20:16; 19 Michael Daniels (2C) 20:36; 22 Simon Bodle 20:40; 23 Charles Hampden-Smith 20:41; 24 Victor Ray 20:52; 33 Shaun Overy 21:13; 34 Lisa Thomas (3<sup>rd</sup> F) 21:14; 36 Stewart Bond 21:16; 40 John Krause 21:52; 57 Richard Mellor 22:34; 87 David Lanfranchi 23:45; 132 Charles Lawrie 25:19; 281 Hannah Bond 31:36 (334 finishers)

### **February 6: parkrun 5km, Tooting Bec Common, SW17**

1 Fred Slemeck (HW) 16:18 (**Course record**); 2 Rob Sherwood (Clapham C) 16:41 **Other HW:** 62 Valerie Parocki 21:21 (372 Finishers)

### **February 6: parkrun 5km, Kesgrave, Ipswich, Suffolk**

1 Joe Toomey (HW) 17:07; 2 Ben Trigg (Erme Valley H) 17:21 (220 finishers)

### **February 6: parkrun 5km, Oakwell Park, Batley, West Yorkshire**

1 Joe Sagar (Spenborough) 17:46 **HW:** 7 Paul Lemmon (2C) 20:27; 14 Stephanie Robson (1<sup>st</sup> F) 22:09 (181 finishers)

**February 6: parkrun 5km, Bishops Park, Fulham, SW6**

1 Matt Taylor (Belgrave H) 16:52 **HW:** 24 Andrew Davies (2C) 19:12; 66 Sophie Klatt 21:27; 93 Maurice Sharp 22:41; 312 John Wasbrough 32:42 (340 finishers)

**February 6: parkrun 5km, Bushy Park, Teddington**

1 Alex Davy (Leeds) 16:40 **HW:** 76 Richard Clark 21:02; 100 Barry King 21:36 (988 finishers)

**February 6: parkrun 5km, Richmond Park**

1 Simon Shaw (Ealing, S&M) 17:09 **HW:** 21 Daniel Illis 19:58 (340 finishers)

**February 6: parkrun 5km, Finsbury Park, Haringey, N4**

1 Andrew Brooker (London Heathside) 16:39 **HW:** 159 Dennis Williams 28:14 (247 finishers)

**February 6: parkrun 5km, Harrow**

1 Andrew Dodds (Redway R) 18:20 **HW:** 37 Victor Hutchins 24:25 (118 finishers)

**February 6: parkrun 5km, Brockwell Park, SE24**

1 Unknown 16:54 **HW:** 8 Chris Ore 18:28 (295 finishers)

**February 6: parkrun 5km, Nonsuch Park, Cheam**

1 Bruce Harrold (Dorking MV) 16:54 **HW:** 17 Tom Cheetham 20:25 (384 finishers)

**February 6: parkrun 5km, Dulwich Park, SE21**

1 Owen Hind (Kent) 15:45 **HW:** 20 Megan De Silva (2C-1<sup>st</sup> F) 18:33; 48 Simon Woodley 20:33 (261 finishers)

**February 6: South West Schools Inter Counties, Cheltenham**

**Junior Boys**

1 Harris Mier (Cornwall - HW-2C) 14:33; 2 Rory Nicholson (Somerset) 15:15 **Other HW:** 36 Elliot Mier (Cornwall HW -2C) 16:40 (66 finishers)

**February 7: Oxford Mail XC League, Cirencester**

1 Jonathan Cornish (HW) 34:17; 2 Alex Muir (Newbury) 35:00 (231 finishers)

**February 7: Chichester 10km, Sussex**

1 Paul Pollock (IRE) 29:42 **HW:** 256 Fraser Hagell 40:17 (1710 finishers)

**February 7: Watford Half Marathon, Herts**

1 Paul Martelletti (Victoria Park H) 67:31 **HW:** 997 Rachel Brenton 1:51:25 (1864 finishers)

**February 7: Junior parkrun 2km, Wimbledon Park**

1 Lloyd-Shepard-Brown (Rhymney Valley) 8:08; 2 Ellen Weir (HW, 1<sup>st</sup> F) 8:15 **Other HW:** 4 Selma Hegvold (2<sup>nd</sup> F) 8:34; 6 Max Fawcett 9:25; 14 Amelia Cheeseman 10:12; 22 Hannah Hegvold 11:19; 24 Sam Edmondson 11:31; 25 Jack Kuhl 11:54; 26 Alexander Buchanan 12:04 (83 finishers)

**February 7: Vault London Indoor Meeting, David Weir Leisure Centre, Carshalton**

**W45**

**PV:** 1 Alison Murray 2.93m

**February 7: Wandsworth Borough Mini Marathon Trials, Battersea Park**

**U15 Boys**

1 Mohamed Mohamud (Herne Hill H) 15:57.59 **HW:** 3 Henry Silverstein 16:18.77; 5 Alexander Abraham 17:01.20; 8 Matthew Waters 18:31.34; 10 George Trimm 18:56.59; 13 Fred Jimack 21:13.90 (14 finishers)

**U13 Boys**

1 Jaden Kennedy (Herne Hill H) 16:35.28 **HW:** 8 Sacha Ormiston 18:54.82; 11 Billy Nutbourne 19:55.00; 12 Ewan White 20:06.56 (26 finishers)

**U11 Boys Fun Run**

1 Harvey Donoghue (Unattached) 8:53.19; 2 Oscar Hough (HW) 9:02.64 **Other HW:** 12 Tommy Burfitt 10:29.57 (38 finishers)

**U13 Girls**

1 Lulu King (Herne Hill H) 18:14.89 **HW:** 4 Rebekah Riches 18:44.57; 18 Albane Fery 21:36.37 (25 finishers)

**U11 Girls Fun Run**

1 Parris French (Unattached) 9:00.14 **HW:** 9 Abbie White 11:28.01; 10 Ella Moody 11:29.22; 12 Lara Simpson 11:58.77 (39 finishers)

**February 7: Dolphin Dash Half Marathon, Santa Monica, USA**

1 Stuart Fraser (HW) 84:57; 2 Elustondo Enrique (USA) 97:15 (22 finishers)

**AND FINALLY**

**HAVE A HEARTY VALENTINES DAY!**

