

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C JANUARY 24, 2016

ZIPPORAH GOLDING SETS A UK U13G 60m LEAD IN 2016 RANKINGS

TEAM VICTORY FOR HW IN BANK OF ENGLAND INTER CLUB

PARKRUN WINS FOR ROB TUER, GINA GALBRAITH AND STEPH ROBSON

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CORNWALL SCHOOLS TITLE FOR HARRIS MIER

SPEEDY 10KM BY BEN TOOMER

VETERANS AC M70 CHAMPIONSHIP WIN BY PETER GILES

IMPORTANT REQUEST FOR WORKING PARTY FROM RICHARD WESTON

My thoughts are turning to our flagship event, the Young Athletes Open Meeting on 10th April, and getting the stadium ready for it. I would like to schedule work party weekends for 27/28th February and 12/13th 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, 020-8540 6016, 07795-082086.

ROOKIE GOLDING TOPS 60M RANKINGS

Hercules Wimbledon Athletic Club's Zipporah Golding strengthened her placing at the top of the UK girls under 13 60m rankings this year when she won the London Indoor Games title at Lee Valley on Sunday, reports Tom Pollak.

Golding, who is just 12 and only took up athletics with Hercules Wimbledon last July, emerged as an exciting prospect for the future as she stormed to victory in 8.34 seconds, improving on her previous best of 8.38 and strengthening her position at the top of this year's UK under 13 girls rankings.

She won her final by two metres, a sizeable margin in 60m sprinting, after taking her first round race in 8.42. Her previous best was set when at the South London Athletics Network indoor meeting at Carshalton on January 3rd. Golding has made a stunning improvement since her debut appearance in an open meeting at the end of July last year. Her coach Paul Miller, himself a former triple Surrey 100m champion, said: "Zapporah has made a big improvement this winter. It is hard to believe she was ranked only 164th under 13 girl in the UK over 100 metres last summer. She works really hard in training and is a great example to her clubmates. She is very focussed and is a great prospect for the future."



Golding will be contesting the Surrey Indoor Championships at Carshalton next month along with other members of Miller's training squad. Running over 60m for the first time, another youngster, Tara Bartlett did win her second round race in 8.64 after finishing fourth in her first round in 8.68. Rob Philpott did well to win his boys under 15 200m race in 26.04, taking well over a second off his previous best for the distance after earlier improving his 60m best in finishing fourth in his first round race in 8.08. Charlie Shinn was second in the 200m in his debut over the distance in 26.45 and was third and sixth in his 60m races in 8.06 and 8.07.

HW MEN AND WOMEN IN GOOD FORM OVER THE WEEKEND

Hercules Wimbledon's senior men's cross country runners, recent winners of the Surrey title at Dorking, looked in good form for this coming weekend's South of England cross country championships at Parliament Hill Fields on Saturday. Ben Toomer finished a good runner-up out of more than 900 runners in the Victoria Park 10km road race in East London on Sunday in 32:12, easily smashing his previous lifetime best of 33:53 set in 2013, writes Tom Pollak

Twenty Hercules Wimbledon runners were in action in an inter-club match in Richmond Park, taking the team honours. One member of the winning team, Rob Tuer had, five hours earlier, won the Bishop's Park 5km parkrun in Fulham in 16:24, beating more than 370 runners, before finishing third in Richmond Park in 27:27 just 15 seconds behind clubmate Richard McDowell. Peter Collins (sixth), Peter Lee (11th), Lucas Jeffs (21st), Fraser Hagell (26th), Simon Woodley (27th), Mark Livingstone (29th), James Forde (32nd) and Lisa Thomas (36th and second woman) completing the winning 10-strong scoring team.

Hercules Wimbledon had a hat-trick of parkrun winners on Saturday. Apart from Tuer in Bishop's Park, Gina Galbraith and Steph Robson were the top women finishers on Wimbledon Common and in Horton Park, Bradford. Joe Toomey and Adam Harwood were second and third out of almost 400 runners on Wimbledon Common and Jonathan Cornish was second out of 1170 runners in Bushy Park.

One of the club's oldest cross country runners, Pete Giles, was also in action on Wimbledon Common where he won the Veterans AC men's over 70 age group championship.



Just some of the 20 HW runners who contested the Inter Club at Roehampton

HW WELL REPRESENTED IN SCHOOLS' CHAMPIONSHIPS

At the other end of the age scale, 11 Hercules Wimbledon youngsters were in action in the Surrey Schools Championships in Priory Park, Reigate, writes Tom Pollak.

Henry Silverstein was the second members of the silver-medal winning Sutton team in the intermediate boys race finishing eighth while Matthew Gibbons was ninth in the senior boy's race representing Merton. Hercules Wimbledon's Harris Mier took the junior boys title in the Cornwall Schools Championships at Newquay and, along with his 14-year-old twin brother, Elliot, who finished fourth, will be running in the English Schools Championships in Nottingham in March.



HW clockwise at the Surrey Schools Champs: Sam, Henry, Calum and Matthew (86)

Photos by Guy Gibbons

TWO RUNS AND A BIKE RIDE

A quartet of Hercules Wimbledon athletes contested the Windsor and Eton Duathlon on Sunday with Jeremy Ournell best of the bunch finishing 10th out of almost 100 contestants. He was second veteran over 50. Richard Evans won the over 55 category ahead of clubmates Charles Hampden-Smith and John Krause.

Alison Purnell not only went along to support but also contested the sprint distance version of the race to place second in her age category.



Odd man out in the above photo is John Hudspith (166?) who is a members of Serpentine RC unlike his son Sebastian isn't a member of HW.

THE HILLS WILL BE ALIVE WITH THE SOUND OF SPLASHING

Best of luck to all those competing in the 'Southern Champs' at Parliament Hill Fields on Saturday. You will not be surprised to know that the course is expected to be muddy! To give you a flavour of the event take a look at the Senior Men's race when it was last held at the same venue just two years ago. <https://www.youtube.com/embed/SLRIHug0EEk>
A few HW faces in the crowd of runners.

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) or Rob Tuer (rt86@hotmail.co.uk) know. Many thanks and have a great week!

Kind regards,

Eileen Brandley



Both Gina and Adam 'flying the flag' in Saturday's Wimbledon parkrun

Photos by Guy Gibbons

CELEBRATION TIME, COME ON

Believe it or not the cross-country season is quickly drawing to a close and in just two weeks' time (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 two weeks 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 welcomed.

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 450 names are already on the list, including 26 from Ranelagh (and just one 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.sportssystem.co.uk/ss/event/RichmondHalfMarathon20161>

ATHLETICS COMMUNITY GIVEN PRIORITY OPPORTUNITY TO ATTEND WORLD CHAMPIONSHIPS

London 2017 recognises those people who are the foundation of grassroots athletics

The organisers of London 2017 – the IAAF and IPC World Athletics Championships – today announced a priority opportunity for people who form the grassroots of athletics to have the chance to attend the global event next year.

The ‘athletics family’ – comprising of club members, coaches, volunteers and supporters – have all been invited to register for a priority purchase window to buy tickets for the biggest sporting event to be staged at the former Olympic Stadium since the London 2012 Olympic and Paralympic Games.

Sally Bolton, Managing Director of London 2017 said:

“There are thousands of people across the UK who make athletics strong on the ground. They are the local heroes who make our sport work within clubs, schools and communities. As the lifeblood of athletics we believe they should have the first opportunity to attend London 2017.”

London 2017 is encouraging people identified within the ‘athletics family’ to check their emails for communications from their Home Country governing body or British Athletics and follow the instructions for registering. They have until 31 March 2016 to register for this priority purchase window.

Sally Bolton added:

“We want to give the athletics family an opportunity to attend the biggest athletics event in the world. There are so many people who work hard every week to give a positive experience to people coming into the sport and this opportunity from London 2017 means that they won't miss out on the World Championships coming to the UK.”

More information on ticketing for London 2017 will be announced in April 2016 including timetable, pricing and key on-sale dates. Members of the general public can get more information for ticketing, volunteering and further event news by registering their details at: <http://www.london2017athletics.com/register>

NEWS OF WORKSHOPS ORGANISED BY EA LONDON REGION

29th January 6:30-8:30pm Marathon Workshop with Mara Yamauchi

Last chance to book, cost of attending the workshop is £10 see details on how to book on our website below:

<http://www.londonathletics.org/spring-marathon-preparation>

21st 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 19th 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; or

Chelmsford Sport & Athletics Centre - www.ulearnathletics.com/cpdEvent/82341

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

Coach Education Courses in the London region:

Athletics Coach: 30th Jan.2016 to 31st Jan 2016: Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, London, E13 8SD **Cost:** £420 England Athletics affiliated club member £255

Coaching assistant: 30th Jan.2016 to 31st Jan 2016: Woodcote High School, Meadow Rise, Purley, Coulsdon. **Cost:** £245 England Athletics affiliated club member £185 Online bookings [click here](#)

Leading Athletics Course: 31st Jan 2016: Woodcote High School, Meadow Rise, Purley, Coulsdon, London. **Cost:** £50 **England Athletics affiliated club member £30.**

LIRF: 6th Feb 2016: Woodcote High School, Meadow Rise, Purley, Coulsdon, London **Cost:** £160 England Athletics affiliated club member £140 Online Bookings [Click Here](#)

Coaching assistant: 06th Feb 2016 to 07th Feb 2016: Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, London. **Cost:** £245 England Athletics affiliated club member £185 Online bookings [click here](#)

All details on courses and bookings are on our website:

<http://www.englandathletics.org/courses-and-bookings>

If any HW members are interested in the above coaching courses, please contact HW Club Secretary Sheila White in the first instance at ms.chilli@pure-white.co.uk



Just a reminder that January 1 is well and truly past – and it is February next week - 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

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 1st 2016. (By concession, those who were registered with EA for the very first time between January 1st and March 31st 2015 are covered until March 31st, 2016 and those registered for the very first time between January 1st and March 31st 2016 should be covered until March 31st, 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

JANUARY

Sat 30: South of England Championships, Parliament Hill

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

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 23: Inter Club 4.9 miles Cross Country, Richmond Park, Roehampton

1 Alan Barnes (Bank of England) 25:20; 2 Richard McDowell (HW) 26:12; 3 Rob Tuer (HW) 27:27 **Other HW:** 6 Peter Collins 27:52; 11 Peter Lee 28:40; 21 Lucas Jeffs 30:27; 26 Fraser Hagell 31:10; 27 Simon Woodley 31:22; 29 Mark Livingstone 31:30; 32 James Forde 32:11; 36 Lisa Thomas (2nd F) 32:48; 38 Richard Clark 33:08; 39 Isabelle Ellis 33:15; 40 Gary Forde 33:26; 45 George Trimm 34:08; 54 Richard Steed 35:42; 65 Martin Miller 37:56; 72 Maurice Sharp 39:16; 76 Rowena Hornshaw 40:22; 80 Alex Dunne-Gundry 40:47; 82 Florence England 41:15 (102 finishers)

Team (3-to-score): 1 HERCULES WIMBLEDON 11; 2 Ranelagh H 16; 3 Milocarrians 35; 4 Thames H&H 42; 5 Ealing 65; 6 Bank of England 78; 7 Elmbridge 130; Dulwich Park Runners 140; 9 Kingston & Poly 164

Team (10-to-score): 1 HERCULES WIMBLEDON 193; 2 Ranelagh H 252; 3 Milocarrians 269; 4 Thames H&H 480; 5 Ealing 499; 6 Elmbridge 576; 7 Dulwich Park Runners 723

January 23: Veterans AC Championships, Wimbledon Common

1 Paul Cheetham (Stragglers) 25:16 **HW:** 21 Peter Giles (1st M70) 31:21; 22 Marie Synott-Wells (2C-1st W50) 31:31 (47 finishers)

January 23: Surrey Schools Championships, Reigate Priory

Senior Boys Years 12/13

1 Neil Wellard (Central Surrey) 23:45 **HW:** 9 Matthew Gibbons (Meron) 25:27; 28 Katejan Ananicz (Merton) 29:37

Inter Boys Years 10/11

1 Ricky Lukakome (Sutton) 18:49 **HW:** 8 Henry Silverstein (Sutton) 20:11; 28 Sam Barker (Sutton) 21:32

Note: Silver team medal for Henry as second Sutton runner home

Junior Boys Years 8/9

1 Harley Norman (Sth Croydon) 14:18 **HW:** 40 Calum Betterley (Merton) 16:34; 41 Hamish McNichol (Merton) 16:34

Junior Girls Years 8/9

1 Dominique Corradi (Sutton) 12:06 **HW:** 32 Selma Hegvold (Merton) 14:00; 59 Ciara Kennedy (Kingston) 14:59

U13 Girls Year 7

1 Maisie Collis (Sutton) 12:15 **HW:** 11 Ellen Weir (Merton) 13:33; 12 Valerie Parocki (Merton) 13:35; 41 Anya Stacey (Merton) 14:48

January 23: Cornwall Schools Championships, Newquay

U15 Boys (4km)

1 Harris Mier (HW-2C) 15:48; 2 Bradley McLellan (Newquay & Par) 17:18 **Other HW:** 4 Elliot Mier (2C) 17:32 (42 finishers)

January 23: Parkrun 5km, Bishops Park, Fulham, SW6

1 Rob Tuer (HW) 16:24; 2 Paul White (Unattached) 16:28 **Other HW:** 11 Andrew Davies (2C) 18:11; 28 Tom Cheetham 19:22; 41 Caspar Parsons 19:56; 72 Billy Nutbourne 21:15; 78 Jolyon Parsons 21:33; 102 Ewan White 22:11; 142 Anastasia Hancock 23:32; 164 Michelle Howie 24:26; 351 John Wasbrough 32:47 (373 finishers)

January 23: Parkrun 5km, Wimbledon Common

1 Graham Russ (Unattached) 17:35; 2 Joe Toomey (HW) 18:02; 3 Adam Harwood (HW) 18:06 **Other HW:** 11 David Scrimshaw 19:33; 19 Peter Metcalf (2C) 20:13; 20 Darren Keane 20:13; 21 Ian Higgins (2C) 20:15; 22 James Wallace (2C) 20:21; 25 Gina Galbraith (1st F) 20:36; 31 Sebastian Hudspith 21:16; 34 John Krause 21:22; 35 Adam Fenton 21:27; 36 Adam May 21:29; 40 Charles Hampden-Smith 21:44; 93 Matthew Tyson 23:44; 117 David Lanfranchi 24:23; 131 Charles Lawrie 24:51; 163 Ruby Shipton 25:59; 172 Alastair Brown 26:14; 369 Sophie Toomey 36:36 (394 finishers)

January 23: Parkrun 5km, Bushy Park, Teddington

1 Unknown 15:10; 2 Jonathan Cornish (HW) 15:43 **Other HW:** 137 Jess Coulson 23:01; 317 Vivien Urban 23:47; 374 Florence England 24:30 (1170 finishers)

January 23: Parkrun 5km, Richmond Park

1 Simon Shaw (Ealing, Southall & Middx) 17:17 **HW:** 24 Daniel Illis 19:36; 87 Madeleine Casey 22:17 (444 runners)

January 23: Parkrun 5km, Horton Park, Bradford

1 Chris Williams (Queensbury RC) 17:35 **HW:** 4 Paul Lemmon (2C) 20:27; 6 Stephanie Robson (1st F) 21:02 (45 finishers)

January 23: Parkrun 5km, Norwich

1 Piers Arnold (City of Norwich) 16:36 **HW:** 153 Laura Wignall 23:24 (547 finishers)

January 23: Parkrun 5km, Crystal Palace, SE19

1 Jake English (Croydon H) 17:14 **HW:** 16 Felix Allen 20:09 (234 finishers)

January 23: Parkrun 5km, Brueton, Walsall

1 Peter Brookes (Holmfirth) 15:56 **HW:** 207 Tomo Kikugawa 27:56; 269 Angela Kikugawa 30:05 (422 finishers)

January 23/24: London Indoor Games, Lee Valley

U15 Boys

60 (23/1) Round 1, Race 2: 6 Charlie Shinn 8.07 **Race 4:** 4 Robert Philpott 8.08 **Race 5:** 5 Arun Franzini 8.78

60 (23/1) Round 2, Race 3: 3 Charlie Shinn 8.06; 6 Robert Philpott 8.14 **Race 5:** 4 Arun Franzini 8.97

200 (23/1) Race 2: 1 Robert Philpott 26.04; 2 Charlie Shinn 26.45 **Race 3:** 4 Arun Franzini 30.40

U13 Boys

60 (23/1): Round 1, Race 1: 3 Emmanuel Adeyemi 8.77 **Race 2:** Shyanne Smith 8.93

60 (23/1): Round 2, Race 1: 6 Emmanuel Adeyemi 9.09 **Race 2:** 4 Shyanne Smith 9.05

200 (23/1): Race 1: 3 Emmanuel Adeyemi 30.94 **Race 2:** 3 Shyanne Smith 31.76

U13 Girls

60 (23/1): Round 1, Race 1: 1 Zipporah Golding 8.34 (**Fastest UK 2016 U13G time**)

Race 2: 4 Darcey O'Shea 8.98 **Race 5:** 1 Tara Bartlett 8.64

60 (23/1): Round 2, Race 1: 1 Zipporah Golding 8.42; 4 Tara Bartlett 8.69 **Race 3:** 1 Darcey O'Shea 9.02

HJ (23/1): 4 Darcey O'Shea 1.10

January 24: Victoria Park 10km, Bow, E3

1 Paul Martelletti (Unattached) 31:04; 2 Ben Toomer (HW) 32:12 (**19th HW all-time**) (933 finishers)

January 24: Windsor & Eton Duathlon, Eton

Standard Distance Duathlon

Run 10km – Bike 40km – Run 5km

1 Phillip Eaves 1:56:09 (38:05 – 57:42 – 19:36) **HW:** 10 Jeremy Purnell (2nd M50) 2:10:10 (43:22 – 62:08 – 22:49; 17 Richard Evans (1st M55) 39:52 – 69:25 – 20:35; 41 Charles Hampden-Smith (2nd M55) 2:21:40 (43:14 – 73:59 – 21:56; 54 John Krause (3rd M55) 2:26:52 (43:34 – 78:22 – 22:20) (95 finishers)

Sprint Distance Duathlon

Run 5km – Bike 20km – Run 5km

1 Richard Kinnersley (Evolution Tri) 67:16 (17:28 – 30:31 – 18:09) **HW:** 32 Alison Purnell (2nd W50) 85:02 (90 finishers)

January 24: Junior parkrun 5km, Wimbledon Park

1 William Schneider (Unattached) 8:26 **HW:** 15 Joseph Willis 10:21 (64 finishers)

AND FINALLY

**I DON'T THINK
YOU UNDERSTAND MOM**



**I NEED LIGHTUP SHOES
SO I CAN RUN FASTER**