

## HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C July 10, 2016



### HW VETERAN MEN TAKE DIVISIONAL HONOURS

Monday evening of this week saw Dave Orchard and his merry men clinch the Southern Counties Veterans' League South West London Division title at Croydon Arena and now head to Ashford, Kent for the overall league finals on Sunday, September 4. More details when results are to hand.

## ***ROPER WINS SCHOOLS TITLE***

Hercules Wimbledon Athletic Club's top teenage sprinter Jaleel Roper stormed to victory in the English Schools track and field championships at a blustery Gateshead Stadium on Saturday, winning the junior boys 200m title, writes Tom Pollak.

Roper, 13, battled against a 2.1 metres per second headwind in crossing the line in 23.20 seconds battling into a 2.1 metres per second headwind. He won by four-hundredths of a second after earlier posting a lifetime best and club record of 22.81, a time which ranks him second in the UK for his age group this season.

It was only Roper's sixth competition of the summer after injuring his hamstring in taking the 60m silver medal in the England indoor championships at Sheffield in February. Roper, who goes to Dunraven School, Streatham, helped London to second place in the junior boys team competition.

Coach Paul Miller said: "It was a great result considering he was injured during the build-up to the summer and this disrupted his preparation. We had to be careful to ensure the injury healed properly but now he's getting fully fit again he should run much faster by the end of the season."

One of Miller's two sons Chad just missed out on a medal in the intermediate boys 200m final where he shared the third place time of 22.39 to finish in fourth spot racing into a 1.3 metres per second headwind. He ran a faster 22.22 with the aid of a slight tailwind in winning his heat.

Chad's elder brother Rehmial is flying out to the IAAF World Junior Championships in Poland on Saturday where he represents Britain in the 100m after winning the England junior title in Bedford last month. Dad Paul will be going out to support him in his races which are scheduled for next Tuesday and Wednesday.

Hercules Wimbledon's youngsters have been in good form. Recent recruit Mickael Varela, who won the London Schools Year 7 100 and 200m titles at Mile End last month, won the under 13 100 and 200m in the Ebbisham League match at Coulsdon on Sunday in 12.2 and 25.2. Meanwhile, Zipporah Golding bettered her own club under 13 girls 100m mark in winning her race in the Lily B League match at Tooting Bec in 12.9.

In the Independent Schools Championships in Birmingham, Hercules Wimbledon's Darcy O'Shea took the Year 6 Girls 100m and high jump gold medals, clearing a personal best of 1.49m in the jump. Robert Philpott took silver in the Year 8 Boys 200m and Charlie Shinn bronze in the 100m.

Hercules Wimbledon's Ben Toomer had a hectic weekend. First he completed a hat-trick of wins to beat a 357-strong field to win the Wimbledon Common 5km parkrun in 16:38, finishing more than a minute ahead of the runner-up. Then, on Sunday, he secured four individual wins in the Southern Athletics League meeting at Lewes to help Hercules Wimbledon to their best team performance of the season.

He won the 800m and 3000m steeplechase A and 1500 and 3000m B races before running in both the 4x100m and 4x400m relays. New comer Ayo Sule won the high jump and long jump and other men's winners were Richard Agyepong (100m A), Belal Ahmed (3000m A) and Stuart Milton (shot A).

The women gained maximum points in the 400 and 800m though Emilie Bokor-Ingram and Laura Wignall and Eileen Brandley and Heather Jones. Jones and Brandley also won the 1500m steeplechase A and B races and Jones also won the 5000m B race.

In the field, Surrey long jump champion Emily Martin gained a hat-trick in winning the shot, discus and triple jump A events, Zoe Leake took the shot and discus B and Kim Janssen won the javelin B.

Hercules Wimbledon's women's team will be aiming to clinch the Eastern Division title when it competes in the final Rosenheim League Divisional match at Tooting Bec next Wednesday, July 20 starting at 6.45pm. The men will be aiming to finish in the top four to secure a place in the finals at Tooting Bec on August 10th.

A couple of impressive Southern League montages supplied by Ray O'Donoghue now almost a near neighbour to host club Lewes AC





Mickae Varela - A new kid on the starting block and a double winner at Coulsdon



*The U13 boy's 4x200m relay team at Coulsdon Above two photos by Juan Hernandez*



*Just some of the U11 boys who competed at Coulsdon - Photo by Mark Livingstone*



The U15 Ebbisham Relay A team



plus another U15 team with some U11s

**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 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.

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



**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 are two consultation sessions in the Bowls Pavilion in the park on Tuesday 26<sup>th</sup> July (4.30-7.30pm) and Sunday 14<sup>th</sup> August (11am-3pm) 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

## HW MEMBERSHIP GOES ELECTRONIC

Having nobly continued as membership secretary for an extra three months after stepping down at the AGM, Simon Ingall is finally handing over the role to Ben Toomer. Ben has also been the architect of our new online only membership system which is now live and can be accessed via the home page of the HW website or directly at <https://members.hwac.org.uk> At the AGM it was also agreed that subscriptions would go up by £13 to cover the cost of registration with England Athletics, since it has now become mandatory to be registered in order to compete in most competitions. This will not affect current members until January, when they will need to re-register their details on the membership site and set up a direct debit (previous direct debits will be cancelled by Simon). We will remind everyone about this nearer the time. In the meantime members who have yet to pay their EA registration can still do so via <http://www.herculeswimbledonac.org.uk/Membership-&-EA-Registration.html> If your membership is not up to date or you have any queries please contact Ben at [membersec@herculeswimbledonac.org.uk](mailto:membersec@herculeswimbledonac.org.uk)



ZaZa

Zacl crosses the line to take the individual and the overall title for the Youths Duatjhlon title See results

## 7UPSNOVERS SUNDAY MORNING GROUP NEWSLETTER

Attached to this issue of the Newsletter is copy of the latest Newsletter (July) as produced for the 7upsnovers Sunday morning group.

As you may notice the group now has waiting list so forewarn any young athletes who might be interested in getting involved.

Also note that the sessions will not be held during the holiday month of August.



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](http://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](mailto:sheila@herculeswimbledonac.org.uk)



Certainly a happy bunch of girls at the Lily B League

*Photos by Paul Miller*



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

**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](http://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](mailto:ben@bennoadcoaching.com)

**REFRESHMENTS**

 ENGLAND ATHLETICS  South London Athletics Network

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

### **THE SURREY AA ROAD LEAGUE IS CLOSING IN FAST**

The sixth race of the Surrey AA Road League, the Elmbridge 10km is to be held on Sunday, July 24<sup>th</sup> and entries are filling up at a fast pace. Latest stats show that over 600 entries have so far been posted with a race entry limit of 700.

Quite a few HW members have already logged in but if you wish to join them it's best to click on [https://www.sportsentrysolutions.com/new\\_race\\_page.php?recordID=200158](https://www.sportsentrysolutions.com/new_race_page.php?recordID=200158) straight away!

Three weeks 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 on Sunday, August 14.

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!

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

## ENGLAND ATHLETICS SURVEY

### Please give your views in our online survey - closing shortly

We would like people from across the sport - whatever their involvement - to give us their views in our 2016 Online Consultation. The survey closes shortly so please act now to give your views.

## ENGLAND ATHLETICS (EA) MASTERCLASSES

EA are pleased to announce 3 Masterclasses taking place on 23rd July.

A masterclass focussing on **combined events** with Kelly Sotherton and Aston Moore: Holiday Inn, London Olympic Park (10am to 12pm).

A **speed / hurdles masterclass** - listen to Lance Brauman's coaching journey and gain insight into one of the leading practioners of world class sprinting: Holiday Inn, London Olympic Park (9.30am to 11.15am).

Renaud Lavillenie's coach Philippe d'Encausse presents his **pole vault masterclass** at The Grange, Tower Bridge, London (10am to 12pm).

Kelly Sotherton will give an insight into her athlete-coach relationships with four different coaches along her athletics journey to medals at every major championships and how she has used those to form her own coaching philosophy.

Aston Moore will talk about the challenges of coaching combined events and how building a team around him was a crucial part to the continued success of Kelly Sotherton.

Philippe d'Encausse will talk about his technical model for the pole vault and coaching philosophy. There will be pole vault specific developmental exercises and explanations of the content of his pole vault training sessions.

Lance Brauman's masterclass is s an opportunity to listen to his coaching journey and gain insight into one of the leading practioners at the cutting edge of world class sprinting.

For further details please click here:

[Full details of the Masterclasses, downloadable fliers and further information including booking can be found in our events section](#)

### London 2017 Volunteers

Britain's fastest ever woman Dina Asher-Smith and Paralympic Gold Medallist, Richard Whitehead, call on the British public to be the heart of London 2017 as organisers launch volunteering programme.

## 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

### JULY

Tues 12: Veterans AC 5-miles Road, Battersea Park

Sat 17: Surrey AA Road League 5, 7-miles, Chipstead

Wed 20: Rosenheim League, Match 5, Tooting Bec  
Fri/Sat 22/23: Muller London Anniversary Games, Stratford  
Sat 23: Herne Hill H Open Meeting, Tooting Bec  
Details: [HHH Open Timetable 23 07 16 \(3\)](#)  
Sun 24: Surrey Road League 6, 10km, Elmbridge  
Details: [https://www.sportsentrysolutions.com/new\\_race\\_page.php?recordID=200158](https://www.sportsentrysolutions.com/new_race_page.php?recordID=200158)

## 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**

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

Sat 21: Inter Counties Championships, Horspath Track, Oxford

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

**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 they will be removed.**

## RESULTS

### **June 14: London Schools Year 7&8 Championships, Mile End**

#### **Year 7 Boys**

**100:** 1 Mickael Varela (Wandsworth) 12.1 (**2<sup>nd</sup> HW U13B all-time**) (**heat 2**): 1 Mickael Varela 12.8

#### **Year 8 Girls**

**1500:** 2 Rebekah Riches (Hammersmith & Fulham) 5:01.7 (**=10<sup>th</sup> HW U15G all-time**)

**75H:** 8 Lucy Hampson (Wandsworth) 14.4 (**13<sup>th</sup> HW U15G all-time**) (**heat 2**): 3 Lucy Hampson 14.4

### **June 26: Ebbisham Boys League, Match 2, Tooting Bec**

#### **NON-SCORING RESULTS**

##### **U17 Men**

**100 (race 1):** 7 Donnell Webster 15.1

**800 (race 1):** 1 Sam Barker 2:09.4; 2 Lloyd Smith 2:23.9

## U15 Boys

**100 (race 2):** 5 Tom Oswald 14.5 (**race 3):** 2 Jeremy Miller 13.1; 3 Nathanael Pongolati 13.1; 6 Arun Franzini 14.8

**200 (race 3):** 1 Jeremy Miller 26.7; 2 Andrew Sarpong 27.0; 4 Arun Franzini 32.0

**300 (race 2):** 2 Andrew Sarpong 42.2 (6<sup>th</sup> HW U15B all-time)

**1500 (race 1):** 1 Eitan Orenstein 4:22.8 (7<sup>th</sup> HW U15B all-time); 2 Henry Silverstein 4:37.4

## U13 Boys

**100 (race 1):** 3 Marcus Gayle 14.9 (**race 2):** Sheyanne Smith 14.1

**200 (race 1):** Sheyanne Smith 29.0

## U11 Boys

**75 (race 1):** 3 Romaine McFarlane 12.6

**150 (race 1):** 5 Romaine McFarlane 24.4

**600 (race 1):** 6 Sam Spencer 2:01.6 (**race 2):** 8 Jacob Becroft 2:11.2

**Please note below a correction for the U15 Boys scoring 300m which supersedes the result shown last week**

## U15 Boys

**300 A:** 2 Jameel Roper 38.0 (HW U15B record) **B:** 1 Tom Oswald 40.9 (5<sup>th</sup> HW U15B all-time)

## July 2: Lily B League, Guildford

**Match result:** 1 Guildford & Godalming 362; 2 Epsom & Ewell 185; 3 South London H 179; 4 Reigate Priory 164; 5 Hercules Wimbledon 85; 6 Holland Sports 44

## U15 Girls

**100 A:** 4 Tianna Gayle 13.9 **B:** 3 Olivia Drigui 14.3

**200 A:** 5 Tianna Gayle 29.8 **B:** 4 Olivia Drigui 29.4

**800 A:** 2 Madeleine Orenstein 2:25.7 **B:** 2 Selma Hegvold 2:41.4

**1500 A:** 4 Rebekah Riches 5:05.9

**75H A:** 4 Ciara Kennedy 13.6 **B:** 4 Lena Mijic 15.7

**LJ A:** 4 Ciara Kennedy 4.05 (16<sup>th</sup> HW U15G all-time) **B:** 3 Lena Mijic 3.55

**4x100:** 4 Hercules Wimbledon 56.6

## U13 Girls

**100 A:** 1 Zipporah Golding 12.9 (HW U13G record) **B:** 1 Ada Onyejekwe 13.6

**200 A:** 1 Zipporah Golding 27.6 **B:** 1 Ada Onyejekwe 29.5

**800 A:** 4 Valerie Parocki 2:51.3 **B:** 4 Cate Cloverley 3:00.6

**1500 A:** 4 Madeleine Casey 5:40.7 **B:** 5 Phoebe Dunbar 6:12.4

**HJ A:** 4 Amelia Cheeseman 1.20

**4x100:** 1 Hercules Wimbledon 54.3 (2<sup>nd</sup> HW U13G all-time) (Ada Onyejekwe, Tara Bartlett, Tamira Webster, Zipporah Golding)

## NON-SCORING

## U11 Girls

**75:** Chinelo Onyejekwe 11.2; Ezinwa Onyejekwe 11.2; Cora Barnett 11.3; Scotilda Noel Delia 11.6; Diaw 12.3

**150:** Chinelo Onyejekwe 23.4; Ezinwa Onyejekwe 24.0; Cora Barnett 24.3; Delia Diaw 24.6; Scotilda Noel 24.7

**600:** Freya Doyle 2:22.51

**4x100:** Hercules Wimbledon 63.6

## U13 Girls

**100:** Tara Bartlett 13.8 (8<sup>th</sup> HW U13G all-time); Nkasi Onyejekwe 14.0 (12<sup>th</sup> HW U13G all-time); Tamira Webster 14.1 (=14<sup>th</sup> HW U13G all-time); Amelia Cheeseman 15.0

**200:** Tamira Webster 29.1; Tara Bartlett 29.8; Amelia Cheeseman 30.0 (19<sup>th</sup> HW U13G all-time); Nkasi Onyejekwe 31.3; Hannah Hegvold 33.1

**800:** Francesca Mowat 3:05.1; Anna Farmer 3:05.5

#### **U15 Girls**

**100:** Latavia Caseley-Hayford 14.0

**200:** Latavia Caseley-Hayford 29.4

**75H:** Elsie Williams 14.1 (10<sup>th</sup> HW U15G all-time)

**LJ:** Elsie Williams 3.70

#### **July 3: Bewl 15 miles Multi Terrain, Wadhurst, East Sussex**

1 Rhys Boorman (Hastings) 88:53 **HW:** 558 Dennis Williams 2:48:19 (715 finishers)

Here's a nice You Tube clip of the above event which gives some idea of the course that

Dennis tackled - [https://www.youtube.com/embed/KHQUNaq\\_tOw](https://www.youtube.com/embed/KHQUNaq_tOw)

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

1 Andy Green (Team East Haddon) 19:08 **HW:** 10 Stuart Littlewood 26:16; 11 Dennis Williams 28:22 (15 finishers)

#### **July 6: Kingfield Canter 3 mile Handicap, Woking**

**Fastest:** 1 Clive Scammell (Wimbledon Windmilers) 19:35 **HW:** 6 Tony Austin 22:26; 11 Dennis Williams 23:33 (24 finishers)

#### **July 9: English Schools Championships, Gateshead**

##### **Inter Boys**

**200:** 4 Chad Miller 22.39/-1.3 (Note: same time as 3<sup>rd</sup> place) (**heat 1**): 1 Chad Miller 22.22/+0.7

##### **Junior Boys**

**200:** 1 Jaleel Roper 23.20/-2.1 (**heat 1**): 1 Jaleel Roper 22.81/0.0 (**HW U15B record**)

**1500:** 6 Harris Mier (2C) 4:11.95

**Note 1:** previous record was 23.0 set by Jonathan Osbourne in 2008 but worth mentioning that Chad Miller has a windy 22.87/+3.6 to his credit from August 2014.

**Note 2:** Jaleel was also a gold medal winning member of the London 4x100m team

#### **July 9: British Milers Club Grand Prix, Solihull**

**5000 (race C):** 15 Fred Slemeck 15:34.27

#### **July 9: parkrun 5km, Bushy Park, Teddington**

1 Jonathan Cornish (HW) 16:17; 2 Andrew Lawrence (Morpeh) 16:46 **Other HW:** 132 Barry King 21:33 (1015 finishers)

#### **July 9: parkrun 5km, Wimbledon Common**

1 Ben Toomer (HW) 16:38; 2 Nick McKay (Wimbledon Windmilers) 17:47 **Other HW:** 6 Peter Collins 18:58; 9 Richard Evans 19:04; 21 Peter Metcalf 20:13; 26 Vic Ray 20:29; 35 Samuel Masters 21:08; 36 Andrew Davies 21:09; 52 Valerie Parocki (3<sup>rd</sup> F) 21:47; 53 Simon Bodle 21:48; 64 Charles Lawrie 22:27; 67 Fred Jimack 22:35; 75 David Lanfranchi 22:49; 87 Simon Woodington 23:03; 119 Howard Hopkins 23:56; 293 Ksenia Musatova 31:37; 335 Sophie Toomey 36:15 (357 finishers)

**Ben** now has bragging rights for a Wimbledon victory over Andy Murray as a runner of this name finished 77<sup>th</sup>!

**July 9: parkrun 5km, Bishops Park, Fulham**

1 Chris Wright (HW-2C) 16:48; 2 Mark Moore (Serpentine) 16:53 **Other HW:** 6 Knut Hegvold 18:50; 12 Finlay White 18:46; 18 Peter Riches 19:16; 36 Ewan White 20:28; 132 Tony Austin 24:31; 137 Michelle Howie 24:39; 280 John Wasbrough 35:20 (298 finishers)

**July 9: parkrun 5km, Richmond Park**

1 Alan Whatmough (London Heathside) 17:50 **HW:** 110 Alex Dunne-Gundry 24:31; 128 Rachel Brenton 25:24 (334 finishers)

**July 9: parkrun 5km, Harrow**

1 Nigel Rackham (Metros) 16:52 **HW:** 121 Tom Morris 46:45 (122 finishers)  
Looks like Tom was 'sweeper-up' for today's event

**July 9: parkrun 5km, Nonsuch Park, Cheam**

1 Daniel Gaffney (Unattached) 15:57 **HW:** 19 Tom Cheetham 19:21; 116 Maurice Sharp 23:46; 350 Steve Newton 30:39 (477 finishers)

**July 9: parkrun 5km, Brueton Park, Solihull**

1 Emily Whitmore (Charnwood) 17:13 **HW:** 129 Tomo Kikugawa 24:49; 255 Angela Kikugawa 29:39 (420 finishers)

**July 9: parkrun 5km, Sheringham, Norfolk**

1 James Johnson (Highgate) 18:52 **HW:** 12 James Forde 21:49; 17 Gary Forde 22:32 (141 finishers)

**July 9: parkrun 5km, Tooting Common, SW17**

1 Jonathan Pim (Wimbledon Windmilers) 17:33 **HW:** 66 Annemarie Seymour 22:27 (349 finishers)

**July 9: Medway Duathlon, Cyclopark, Gravesend****Seniors****Adults – 2.6km run, 15km bike, 2.6 km run**

1 Alexey Ermolenko (Clapham Chasers) 47:31 (9:20, 26:56, 10:27) **HW:** 4 Jeremy Purnell 50:16 (11:05, 25:44, 12:30); 12 Alison Purnell (2<sup>nd</sup> F) 56:46 (11:46, 30:40, 12:31)

**Youth – 2.6 km run, 10 km bike, 1.2 km run**

1 Zac Purnell (HW) 31:58 (9:14, 17:21, 4:11)

**Final London Region Series standings.**

1 Zac Purnell – 2993 points

2 Kieran Desmond – 2932 points

3 Harry Horsman – 2910 points

**Note from Jeremy:**

Medway was the 10<sup>th</sup> and final event making up the London Region junior series (3 triathlons, 4 aquathlons, 3 duathlons).

League placings determined by best 2 triathlon scores (max 1000 points per race), best aquathlon (max 500 points), and best duathlon (max 500 points).

Points awarded as maximum for the winner and then as a percentage against the winning time, rather than placings.

Having been struggling with knee problems all year, Zac had done 5 out of 9 events before yesterday and this was his last chance to get a duathlon score to complete his series, so he was keen to try and ensure he finished.

**July 10: Sweatshop Southern Athletics League, Division 3SE, Lewes, Sussex**

**Team result:** 1 Lewes & Haywards Heath 264.5; 2 Hercules Wimbledon 228.5; 3 East Grinstead 176; 4 Swale Combined 86

**Men**

**100 A:** 1 Richard Agyapong 11.8 **B:** 2 Raphael Buckle 12.3

**200 A:** 4 Ayokunmi Sule 25.4 **B:** 3 Peter Riches 27.7

**400 A:** 2 Peter Riches 65.2

**800 A:** 1 Ben Toomer 2:10.4

**1500 A:** 2 Belal Ahmed 4:19.6 **B:** 1 Ben Toomer 4:40.8

**3000 A:** 1 Belal Ahmed 8:57.8 **B:** 1 Ben Toomer 9:11.9

**3000SC A:** 1 Ben Toomer 10:21.7

**HJ A:** 1 Ayokunmi Sule 1.73

**LJ A:** 1 Ayokunmi Sule 5.83 **B:** 3 Peter Riches 4.27

**TJ A:** 3 Peter Riches 9.65

**SP A:** 1 Stuart Milton 9.80 : 4 Kevin Snelling 6.00

**DT A:** 4 Kevin Snelling 14.12

**HT A:** 2 Stuart Milton 25.27 **B:** 2 Kevin Snelling 17.22

**JT A:** 2 Stuart Milton 36.67 **B:** 3 Kevin Snelling 19.46

**4x100:** 4 Hercules Wimbledon 52.9

**4x400:** 2 Hercules Wimbledon 4:09.4

**Women**

**100 A:** 3 Laura Wignall 13.8 **B:** 2 Emilie Bokor-Ingram ntt

**200 A:** 2 Laura Wignall 28.3 **B:** 2 Emilie Bokor-Ingram 29.0

**400 A:** 1 Emilie Bokor-Ingram 63.5 **B:** 1 Laura Wignall 64.6

**800 A:** 1 Eileen Brandley 3:31.8 **B:** 1 Heather Jones 3:32.5

**1500 A:** 3 Eileen Brandley 6:45.1 **B:** 2 Emilie Bokor-Ingram 5:45.8

**5000 A:** 2 Eileen Brandley 22:49.6 **B:** 1 Heather Jones 23:42.6

**400H A:** 3 Heather Jones 75.8

**1500SC A:** 1 Heather Jones 6:59.4 **B:** 1 Eileen Brandley 7:37.0

**HJ A:** 3 Emily Martin 1.33 **B:** 2 Heather Jones 1.28

**LJ A:** 3 Emily Martin 4.63

**TJ A:** 1 Emily Martin 10.37 **B:** 2 Zoe Leake 8.54

**SP A:** 1 Emily Martin 9.04 **B:** 1 Zoe Leake 8.13

**DT A:** 1 Emily Martin 20.62 **B:** 1 Zoe Leake 19.57

**HT A:** 2 Zoe Leake 24.20 **B:** 2 Emily Martin 20.87

**JT A:** 2 Emily Martin 20.79 **B:** 1 Kim Janssen 19.18

**4x100:** 3 Hercules Wimbledon 55.1

**4x400:** 2 Hercules Wimbledon 4:42.4

**July 10: Ebbisham Boys League, Division 2, Match 3, Coulsdon**

**Match result:** 1 Holland Sports 158; 2 Croydon H 157; 3 Epsom & Ewell 141; 4 Hercules Wimbledon 95; 5 Sutton & Dist 72

**U15 Boys**

**100 A:** 3 Junior Etuk 12.6 **B:** 2 Charlie Shinn 12.2

**200 A:** 5 Junior Etuk 25.7 **B:** 2 Nathanael Pongolati 24.9

**300 A:** 4 Tom Oswald 42.5

**800 A:** 2 George Trimm 2:19.0 **B:** 1 Declan Connolly 2:27.8

**1500 A:** 4 Fred Jimack 5:19.1

**80H A:** 1 Finn Blakeney 12.1 (=9<sup>th</sup> HW U15B all-time)

**4x200:** 1 Hercules Wimbledon 1:47.0 (11<sup>th</sup> HW U15B all-time) Andrew Sarpong, Junior Etuk, Jeremy Miller-Annor, Charlie Shin)

### U13 Boys

**100 A:** 1 Mickael Varela 12.2 **B:** 3 Marcus Gayle 14.5

**200 A:** 1 Mickael Varela 25.2 (2<sup>nd</sup> HW U13B all-time) **B:** 1 Shyanne Smith 28.5

**800 A:** 1 Alex Forbes 2:22.5 **B:** 3 Caspar Parsons 2:36.5

**1500 A:** 1 William Schneider 5:08.7 **B:** 1 Chris Hardy 5:14.5

**4x200:** 1 Hercules Wimbledon 1:59.0 (4<sup>th</sup> HW U13B all-time) (Shyanne Smith, William Schneide, Chris Vardy, Mickael Varela)

### NON-SCORING EVENTS

#### U17

**100:** Donnell Webster 15.1

**200:** Donnell Webster 28.9

**800:** Ben Tatters 2:14.3

#### U15

**100:** Jeremy Miller Annor 12.7; Nathanael Pongolati 12.9; Andrew Sarpong 13.7; Arun Franzini 14.3; Daniel Hillier 14.4

**200:** Jeremy Miller Annor 26.2; Arun Franzini 29.6; Daniel Hillier 29.8;

**4x200:** 5 Hercules Wimbledon 2:11.3 (Arun Franzini, Thomas Beare (U11), Samuel Spencer (U11), Dan Hillier)

#### U13

**75:** Romaine McFarlane 12.3

**100:** Shyanne Smith 14.0

**150:** Romaine McFarlane 25.3

**200:** Marcus Gayle 33.4;

**800:** Joel Berhane 2:59.8

**1500:** Matthew Rockwell Wolf 5:47.3

#### U11

**600:** 1 Thomas Beare 1:50.1; 4 Samuel Spencer 1:58.3; 7 Reuben Gallagher 1:59.6; 8 Joseph Willis 2:01.0; 20 Joseph Bescoby 3:09.5; 21 Joel Berhane 2:10.0; 28 Oliver Draper 2:19.7

### July 10: Nice Work Bushy Park 5km

1 Liam Grigg (Unattached) 20:26 **HW:** 20 Mike Kortenray 28:53 (6<sup>th</sup> HW M70 all-time) (49 finishers)

### July 10: Vitality British 10km, London

1 Paul Whittaker 32:03 **HW:** 4979 Andrew Balcerkiewicz 59:02 (5<sup>th</sup> HW M70 all-time) (11292 finishers)

### July 10: Surrey Badger Half Marathon, Denbies Wine Estate, Dorking

1 Andy Barnes (London Heathside) 79:36; 2 Richard McDowell (HW) 79:54; 12 Stephen McDuell (1<sup>st</sup> M50) 95:44 (337 finishers)

Here's a clip of last year's race when Richard took first place. Also caught a glimpse of Tom Cheetham there <https://www.youtube.com/embed/ycnQH5rGC-4>

### July 11: Sri Chinmoy 5km, Battersea Park

1 Chris Thomas (Thames Valley H) 16:11; 2 Kieran White (HW) 16:15 (HW M40 record)

**Other HW:** 33 Pete Clarke 18:29; 50 Tom Cheetham 19:24; 127 Dennis Williams (1<sup>st</sup> M70) 24:47 (169 finishers)

**Note:** previous HW M40 record was:



Steve Sinnott

16.37.

10/08/2003 W Wimbledon

**AND FINALLY**

**IF YOU THINK  
YOU CAN, YOU CAN.  
AND IF YOU THINK  
YOU CAN'T,  
YOU'RE RIGHT.  
SO BELIEVE IN YOURSELF.**