



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 16th July (4.30-7.30pm) and Sunday 14th 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

A BUSY COUPLE OF DAYS FOR THE HW ATHLETES

This weekend, Hercules Wimbledon's youngsters compete in the third of this season's Ebbisham Boys League meetings at Woodcote School, Coulsdon, on Sunday, while the senior men and women travel to Lewes for the fourth of their Southern Athletics League meetings, also on Sunday. The following day, Hercules Wimbledon's older athletes are in action in their final Southern Veterans League divisional match of the season at Croydon, with the men aiming to qualify for the final in September.

REPEAT PARKRUN WIN FOR TOOMER

Hercules Wimbledon Athletic Club's Ben Toomer headed home a 324-strong field on Saturday to win the Wimbledon Common 5km parkrun for the second successive weekend. It was a runaway victory for the Hercules Wimbledon runner who finished 44 seconds ahead of the runner-up in 16 minutes 57 seconds, reports Tom Pollak.

He ran considerably faster than the previous weekend when he led the field home in 17:16. Toomer has a best time of 16:20 posted in winning in August last year. He has competed in the Wimbledon Common event a total of 19 times, winning on all but two occasions, making his debut back in March 2014.

Thirteen Hercules Wimbledon runners took part in Saturday's Wimbledon Common event with Adam Harwood sixth in 18:25 and Peter Collins first over 45 veteran in 18:48, just 10 seconds ahead of club mate and top over 50 finisher Peter Lee.

Hercules Wimbledon's Jonathan Cornish returned to action after a fortnight out due to injury with an impressive double over the weekend. The former Roehampton University student made a winning debut in Nonsuch Park, where he triumphed over a 474-strong field in 16:06 to win by over a minute.

Then, on Sunday, he was equally convincing as he beat a 200-strong field to win the Didcot five miles road race in 25:53.

In other parkrun events, Fraser Hagell was runner-up in Chichester in 19:54, five seconds behind the winner, improving by a massive one-and-a-half minutes on his debut appearance time in the event in March last year, Caroline Jackson was third woman in Reading in 22:12 and marathon man David Grima was 11th out of 1033 runners in Bushy Park in 18:02 and Richard Mellor 10th out of 163 runners in Hastings in 21:02.

New Zealand Commonwealth Games silver medallist Julia Ratcliffe made an impressive debut appearance for Hercules Wimbledon in the fourth of this season's Rosenheim League Eastern Division matches at Tooting Bec to win the women's hammer with a huge throw of 66.48 metres. She threw more than twice the distance of the runner-up who managed 28.20m. Her victory laid the foundations for another Hercules Wimbledon women's triumph maintaining their unbeaten record in the league this season. Other winners were Laura Wignall (200m), Isabelle Ellis (800m) and Zoe Leake (discus) while Wignall (100m), Emilie Bokor-Ingram (400m), Vikki Fissell (1500m), Marilena De Luca (3000m) and Heather Jones (triple jump and hurdles) were all second in their event.

Match result: 1 Hercules Wimbledon 58; 2 Herne Hill 49; 3 Serpentine 33; 4 Belgrave 16; 5 Croydon 14; 6 Holland Sports 3. Standing after four matches: 1 Hercules Wimbledon 24; 2 Herne Hill 19; 3 Belgrave 13; 4 Croydon 12; 5 Serpentine 12; 6 Holland Sports 3. Best of the men's team which finished third was Nimi Kolade who took the 100m in 11.30 and Belal Aly winner of the 3000m in 8:54.38. Kola was also third in the 200m Jameel Hussey third in the 400m, Joe Clark third in the 1500m, Kevin Snelling third in the hammer and Antonio Douglas third in the triple jump.

ANYONE FOR TENNIS? NOT ME!

That annual local tennis fest known as the Wimbledon Championships is poised to produce its usual havoc over two weeks commencing this Monday (June 27) and finishing on Sunday, July 10.

As in past years no parking = or access to the track - is allowed within the Park and local roads although there are often available places in Home Park Road close by Wimbledon Park station.

Your best bet is to either cycle to the track or catch either a 493 or 39 'bus to Woodspring Road stop which is close to the park entrance leading down to the track.



HERCULES WIMBLEDON AC

**SPRINT AND MIDDLE DISTANCE
OPEN GRADED MEETING**
under UKA rules

WEDNESDAY, 3rd AUGUST

Wimbledon Park Stadium

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

Races seeded according to pb

All ages from U13 upwards, male and female

TIMETABLE

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

PHOTOFINISH ELECTRONIC TIMING

REFRESHMENTS

£4 for first event; £3 for subsequent event

Registration closes 30 minutes before the start of each event

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

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

sheila@herculeswimbledonac.org.uk

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



HERCULES WIMBLEDON AC
5km FESTIVAL NIGHT
 under UKA rules

ELECTRONIC TIMING PHOTOFINISH

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

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

TIMETABLE
 All races men and women

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

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

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

REFRESHMENTS




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

RUN BRITAIN NATIONAL CALENDAR – WHAT’S THIS ALL ABOUT?

One of our second claim members Colin Bricher has pointed me in the direction of a Run Britain ranking calendar which can be found via this link:

<http://www.runbritainrankings.com/rankings/ladderlist.aspx?agegroup=ALL&sex=M&clubid=654>

It doesn't make too much sense to me especially as it features Sean Hall as our leading light. Now Sean is a classy 800m specialist but to my knowledge he has never done a road race! Anyway, have a look at the 308 HW runners listed and see what you think.

GINA MIXES IT WITH THE ATHLETICS' LEGENDS

Gina Galbraith writes to say she was privileged to be asked to join Roger Black and Steve Backley in their charity team for a Triathlon relay at Eton Dorney.

The guy to my left in the photo below is Jon Ridgeon – the former World Champ Silver medallist hurdler. The lady is Julie Backley (Steve's Sister)



A rose between.. well... two Olympic Gods ;-)



The HW duo of Eileen and Ben celebrate the 500th running of the Wimbledon Common parkrun by wearing their HW colours

Photos by Guy Gibbons

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 24th 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 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!

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

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.

A SIGN OF THE TIMES?

Wearing his hat as Surrey County AA Chairman, Tom Pollak recent made a plea to his Rosenheim League contact list.

As a result, Mike Fleet has stepped in to cover the immediate Inter County fixture but thought it worth publishing Tom's letter as it is an echo of the HW situation whereas there are regular calls for assistance.

Dear Rosenheim League contacts

I'm writing to you out of desperation because of the critical situation Surrey finds itself in regarding senior men's and women's team managers. As you can see from Paul Eales's email there is no one to select or manage the teams at Downgrange, Basingstoke on July 10th.

Is there anyone amongst you who can step in at this 11th hour to fill the breach. Representing Surrey is an extension of club competition and no opportunity to enable our athletes to compete for the county should be thrown away as we owe it to all Surrey qualified athletes of suitable ability to represent the county.

Your help would be much appreciated.

Kind regards

Tom Pollak

Chairman

Surrey County AA

FANCY A SPEEDY MILE?

Ben Pochee and his team, who are behind the Highgate Night of the PB 10,000m invite HW members to enter the inaugural Soar Mile on July 20th at Battersea Track. This new mile event with up to 10 races is designed to welcome runners of all abilities to race the iconic distance, claim own Mile PB and then savour watching some of the fastest men and women in the country go head to head. If interested, please go to:

<http://www.soarrunning.com/journal-entry/the-soar-mile>

THE BACKGROUND TO A FABULOUS RACE

Interesting clip here on one of my favourite races, the 800m final in the 1972 Olympics and featuring Dave Wottle – “a 4:20 mille hick from high school”

<https://www.youtube.com/embed/N-KINGqhuo8>

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

Sun 10: Southern Athletics League, Match 4, Lewes, Sussex

Sun 10: Ebbisham Boys League 3, Coulsdon

Mon 11: Southern Veterans League 4, Croydon Arena

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

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://herculeswimbledonac.org.uk/5k-Festival.html>

Sat 20: Southern Athletic League, Match 5, Gillingham, Kent

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

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

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

Match result: 1 Croydon H 165; 2 Epsom & Ewell 134; 3 3 Holland Sports 111; 4 Sutton & District 107; 5 Hercules Wimbledon 99; 6 London AC 13

U15 Boys

100 A: 1 Jameel Roper 11.6 **B:** 4 Junior Etuk 12.4

200 A: 2 Junior Etuk 25.0 **B:** 4 Nathanael Pongolati 26.6

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

800 A: 3 Matt Waters 2:19.3 **B:** 4 Fred Jimack 2:33.2

1500 A: 1 Daniel Illis 4:45.6 **B:** 1 George Trimm 4:52.0

4x200 A: 2 Hercules Wimbledon 1:41.5 (**5th HW U15B all-time**) (Nathanael Pongolati, Junior Etuk, Jaleel Roper, Tom Oswald)

U13 Boys

100 A: 1 Mickael Varela 12.5 (3rd HW U13B all-time) **B:** 3 Emmanuel Adeyemi 14.0
200 A: 1 Mickael Varela 25.8 (3rd HW U13B all-time) **B:** 3 Samuel Adeyemi 31.7
800 A: 3 William Belton 2:35.4 **B:** 2 Thomas Mitchell 2:40.5
1500 A: 1 Alex Forbes 4:50.2 (5th U13B all-time) **B:** 1 Sam Masters 5:22.8
4x200 A: 2 Hercules Wimbledon 2:00.6 (5th HW U13B all-time)
Please note: we are still awaiting results of the non-scoring events for the above event!!!

June 29: Rosenheim League Eastern Division, Match 4, Tooting Bec

Men

Match result: 1 Herne Hill H 59; 2 Belgrave H 43; 3 Hercules Wimbledon 40; 4 Holland Sports 37; 5 Serpentine 36; 6 Croydon H 28

Positions after four fixtures: 1 Belgrave H 20 (190); 2 Croydon H 17.5 (171); 3 Herne Hill H 14 (169); 4 Hercules Wimbledon 13 (148); 5 Serpentine 11.5 (148); 6 Holland Sports 8 (140)

100: 1 Nimi Kolade 11.30 **N/S 1:** 2 Antonio Douglas 11.54; 5 Tom Meehan 12.19; 6 Jack Powell 12.59 (**race 2**): 5 Peter McLeod 12.13; 6 Mark White 12.52

200: 3 Nimi Kolade 23.08 **N/S:** Peter McLeod 24.79; Devonte Casely-Hayford 25.08; Mark White 25:61; Jack Powell 25.64; Fraser Hagell 27:45;

400: 3 Jameel Hussey 51.76

800: 4 Rob Tuer 2:08.64 **N/S:** Aaron Smith 2:11.18; Fraser Hagell 2:23.37

1500: 3 Joe Clark 4:20.42 **N/S:** Rob Tuer 4:25.27; George Longworth 4:34.94; Stuart Fraser 4:42.36; Russell Price 4:50.78; Mark Livingstone 5:05.61

3000: 1 Belal Ahmed 8:54.38 **N/S:** Sean Crummy 9:30.74; Joe Clark 9:33.84

4x200: 3 Hercules Wimbledon 1:37.74 (Devonte Casely-Hayford, Jameel Hussey, Nimi Kolade, Antonio Douglas)

TJ: 3 Antonio Douglas 10.95

DT: 6 Kevin Snelling 15.51

HT: 3 Kevin Snelling 17.68 **N/S (4kg):** Kevin Burnett (2C) 15.97

Women

Match result: 1 Hercules Wimbledon 58; 2 Herne Hill H 49; 3 Serpentine 33; 4 Belgrave H 16; 5 Croydon H 14; 6 Holland Sports 12

Positions after four matches: 1 Hercules Wimbledon 24 (237); 2 Herne Hill H 19 (175); 3 Belgrave H 13 (101); 4 Croydon H 12 (106); 5 Serpentine 12 (101); 6 Holland Sports 3 (16)

100: 2 Laura Wignall 13.63 **N/S:** Emilie Bokor-Ingram 13.83

200: 1 Laura Wignall 28.38

400: 2 Emilie Bokor-Ingram 63:33 **N/S:** Isabelle Ellis 66.38 (19th HW U17W all-time); Marilena De Luca 76.01 (3rd HW W40 all-time)

800: 1 Isabelle Ellis 2:25.73

1500: 2 Vikki Filsell 5:38.75 **N/S:** Emily Dear 7:08.47

3000: 2 Marilena De Luca 12:55.04

4x200: 2 Hercules Wimbledon 2:09.85 (Laura Wignall, Heather Jones, Vikki Filsell, Zoe Leake)

TJ: 2 Heather Jones 8.19

DT: 1 Zoe Leake 20.66

HT: 1 Julia Ratcliffe (2C) 66.48 **N/S:** Zoe Leake 25.87 (2nd HW SW all-time)

July 2: Lily B Girls League, Guildford

Results not yet received

July 2: British League Premier Division, Birmingham

200 A: 3 Dwayne Cowan 21.71/+0.5

July 2: parkrun 5km, Nonsuch Park, Cheam

1 Jonathan Cornish (HW) 16:06; 2 Ollie Garrod (Epsom & Ewell) 17:15 **Other HW:** 36 Tom Cheetham 20:16 (474 finishers)

July 2: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:57; 2 Neil Riley (Unattached) 17:41 **Other HW:** 6 Adam Harwood 18:25; 8 Peter Collins 18:48; 9 Peter Lee 18:58; 11 Edward Charlesworth 19:34; 14 Simon Bodle 20:09; 22 Adam Fenton 20:47; 51 Fred Jimack 22:39; 57 Peter Metcalf 23:03; 65 Charles Lawrie 23:18; 105 Howard Hopkins 24:55; 107 Eileen Brandley 24:59; 299 Sophie Toomey 36:36 (324 finishers)

July 2: parkrun 5km, Chichester, Sussex

1 James Gardam (Unattached) 19:49; 2 Fraser Hagell (HW) 19:54 (145 finishers)

July 2: parkrun 5km, Reading, Berks

1 Simon Goldsworthy (Manchester Tri) 16:30 **HW:** 52 Caroline Jackson (3rd F) 22:12 (329 finishers)

July 2: parkrun 5km, Bishops Park, Fulham, SW6

1 Noah Armitage-Hookes (Unattached) 16:38 **HW:** 110 Maurice Sharp 23:44; 288 John Wasbrough 33:31 (310 finishers)

July 2: parkrun 5km, Bushy Park, Teddington

1 Tom Jervis (Warrington) 15:50 **HW:** 11 David Grima 18:02; 140 Barry King 21:35; 162 Martin O'Halloran 21:58; 388 Florence England 24:55 (1033 finishers)

July 2: parkrun 5km, Tooting Common

1 John Franklin (Serpentine) 16:42 **HW:** 117 Tony Austin 24:11 (312 finishers)

July 2: parkrun 5km, Richmond Park

1 Will Russell (Bristol & West) 16:58 **HW:** 138 Alex Dunne-Gundry 24:43 (360 finishers)

July 2: parkrun 5km, Brueton Park, Solihull

1 Dan Clarke (Coventry Godiva) 15:44 **HW:** 141 Tomo Kikugawa 24:37; 342 Angela Kikugawa 32:10 (443 finishers)

July 2: parkrun 5km, Southwark Park, SE16

1 Alex Rudys (Unattached) 18:17 **HW:** 103 Dennis Williams 26:27 (167 finishers)

July 2: parkrun 5km, Hastings, Sussex

1 Leo Cacciatore (Hastings Runners) 18:09 **HW:** 10 Richard Mellor 21:02 (163 finishers)

July 3: Didcot 5-miles, Oxon

1 Jonathan Cornish (HW) 25:53; 2 James Bolton (Woodstock) 26:47 (192 finishers)

July 3: Runthrough Richmond Park Half Marathon

1 Harry Springhall 82:25 **HW:** 36 Shaun Overly 99:19 (342 finishers)

June 3: Jim Braben Memorial 10km, Wimbledon Common

1 Ollie Garrod (Epsom & Ewell) 35:27 **HW:** 4 Peter Collins 38:15; 10 Tom Cheetham 41:40;
16 Peter Metcalf 43:00; 21 Adam Fenton 44:17; 36 Charles Lawrie 47:50; 114 Sophie
Toomey 76:17

July 4: Mile End Open Meeting

100 (race 6): 1 Ayoola Ajayi 13.63/-3.6

200 (race 4): 6 Valerie Parocki 34.71/+0.6 **(race 6):** 1 Ayoola Ajayi 27.51/+0.6

800 (race 3): 1 Thomas Beare 2:32.99; 7 Valerie Parocki 2:44.17

AND FINALLY

