



RECHMIAL STRIKES GOLD IN NATIONAL U20 CHAMPIONSHIPS

PETER GILES RUNS AMOK WITH A HOST OF HW M70 RECORDS

HW MEN MASTERS ON BRINK OF LEAGUE FINALS

HW WOMEN CONTINUE TO DOMINATE ROSENHEIM LEAGUE



Rechmial Miller takes centre stage at EA Championships

Sunday 26: Ebbisham Boys League 2, Tooting Bec

Here's a notice for the Ebbisham League to be held nice & local at Tooting Bec this Sunday, so boys (and coaches), put it in your diary now.

We don't appear to have a regular Team Manager for the boys this season but Pete will be there on the day to hand out numbers etc. However, any assistance on the day from parents and or friends would be much appreciated, especially with Field Event duties.

MILLER CLINCHES WORLD CHAMPS PLACE

Birthday celebrations started early for Hercules Wimbledon Athletic Club's talented young sprinter Rehmial Miller when he clinched his place in Britain's team for this summer's IAAF World Junior Championships in blustery conditions at the Bedford International Stadium on Saturday, reports Tom Pollak.

Eight days before he turned 18, Miller secured his call-up by taking the junior men's 100m title in 10.47 seconds running into a slight 0.8 metres per second headwind. It was the only occasion during his afternoon's races when the elements were against him. Earlier, he won his heat with the backing of a forceful 3.3 metres per second headwind in 10.43, easily the fastest of the 42 runners taking part to set himself up as favourite to take gold. The wind dropped slightly for his semi-final to 2.6 metres per second and he again posted a comfortable win in 10.45, again the fastest time of the 23 semi-finalists.

Miller didn't disappoint in the final which he won by a comfortable five-hundredths of a second - about half-a-metre - to clinch his place in the team for Poland. The IAAF World Junior Championships are being held in Bydgoszcz from July 20th to 24th.

Teenager Miller, who won silver and bronze medals, respectively, at last year's Commonwealth Youth Games and IAAF World Youth Championships said: "I'm obviously very pleased to have made the team. It's been my main target for this season. I now hope to run faster than ever in Poland."

Miller is Britain's top under 20 100m runner this season with his 10.34 clocking in the Loughborough International Meeting in May. That time took five-hundredths of a second off his previous legal lifetime best for the distance set when racing to silver in the Commonwealth Youth Games in Samoa last September, although he did clock a wind-assisted 10.35 at the Bedford International Games in May last year.

At the other end of the age range, Hercules Wimbledon's men's veterans' team looks set to reach the Southern Veterans League final for the first time in their history. They have a comfortable lead in the South London division after winning their third match at Wimbledon Park. The team was just beaten in their opening match at Kingsmeadow but secured victory in their second encounter at Ewell Court.

The win was underpinned by a trio of club age records and a host of winners. Dean Cheeseman gained a double success in he over 35 high jump and triple jump while Mike Amsden won the 200m in that age group. He then linked up with Vic Ray, Dominic Bokor-Ingram and Mark White to win the 4x200m relay.

Bogor-Ingram and White also won the over 40 and over 50 200m events. Other over 40 winners were Stephen McDuell (800m) and Stuart Fraser (5000m). Charles Lawrie took the over 60 triple jump while Peter Giles broke the club age record in winning the over 70 800m.

Match result: 1 Hercules Wimbledon 161; 2 Epsom & Ewell 139; 3 Croydon 124; 4 Kingston & Polytechnic 119; 5 Striders of Croydon 104; 6 Walton 42.5; 7 Dorking & Mole Valley 42. Standings after there matches: 1 Hercules Wimbledon 23 league points (433 match points); 2 Epsom & Ewell 20 (396.5); 3 Kingston & Polytechnic 19 (368.5); 4 Croydon 15.5 (299.5); 5 Striders of Croydon 12.5 (274); 6 Walton 9 (136.5); 7 Dorking & Mole Valley 6 (122).

Hercules Wimbledon's women also posted their best team effort in finishing joint third with Gina Galbraith setting club veterans over 40 records in the 800 and 5000m and Anna Garner breaking the Hercules Wimbledon over 60 record in the 5000m.

This weekend, Hercules Wimbledon's youngsters compete in the second of this season's Ebbisham Boys League meetings at Tooting Bec on Saturday. Next Wednesday, Hercules Wimbledon are in action in the fourth Rosenheim League Eastern Division meeting in Battersea Park, starting at 6.45pm. The club's women's team will be aiming to maintain their unbeaten run in the league this season while the men will be hoping to improve their position in the overall table.

Two more competitive events on the horizon with Wednesday June 29, Rosenheim League, Match 4, Battersea Park and we need a much improved turn-out if the men are to make the League finals.

A timetable for the event can be found via this link
<http://herculeswimbledonac.org.uk/Fixtures.html>

Just four days later sees the third of this seasons' Lily B Girls League to be held at Guildford on Saturday, July 2 and once again it is hoped that the two previous turnouts can be maintained or even bettered.

For details of this event, please contact Judith Kennedy at Judithkennedy2204@gmail.com

A FINE COLLECTION OF THE ACTION FROM SAL AT WIMBLEDON PARK







Photos by Yvonne Dunne

IT'S THAT JONES' GIRL AGAIN

There was an imp in the headline news last week wherein it was stated that Team Manager Heather Jones was a triple winner in the club's latest Rosenheim League triumph....when in fact there were four individual wins by this all-conquering athlete. Heather however, came close to yet another quadruple effort but had to be happy with three individual victories in the Southern Athletic League at Wimbledon Park last Sunday..

DAVE ORCHARD CAPTURES THE SPIRIT OF THE VETERANS' LEAGUE

<https://www.youtube.com/embed/WDoSKm2hYEA>

The HW Veterans have certainly hit a purple patch as with just one fixture remaining an appearance at the League Finals is beckoning. Some great enthusiasm in the 2000m walk although it was said that "most of the competitors looked like they were rushing to Sainsburys' before the doors closed."

ANYONE FOR TENNIS? NOT ME!

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

As is 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 it 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.

NEWS OF TRACK CLOSURE OVER JUNE WEEKEND

Just a short notice to advise that HW will not have use of the track during the weekend of June 25 and 26 due to an alternative event taking place on those dates.



It's a 'frame-up' for Vivien and Charles at the City Mile

ANY SAINSBURY VOUCHERS IN YOUR POSSESSION?



Vouchers are no longer being issued in the Sainsbury stores so if you have any still in your shopping bags please get them down to the track clubhouse as soon as possible!

PLEASE NOT THT VOUCHERS MUST BE WITH PETE BY END OF THIS WEEK!

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

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. If you wish to be registered please pay via the link below. Or payment can be made by cheque or cash using the same procedure as described on this webpage for subscriptions.

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

Please note UK Athletics has announced that from 1st April it will be taking a stronger line with respect to registration. Information for athletes is at www.englandathletics.org/athlete-registration UKA Rules apply from the Under 13 Age Group upwards.

UKA states that "The existing rule already stated that athletes "should" be registered and over the past few years England Athletics has worked with a number of major competition providers to carry out registration checks at point of entry and after events. The number of unregistered athletes has been low and decreasing. There are also competition organisers who have already been carrying out their own checks on athlete registration. Random checks will also be carried out."

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

JUNE

Sun 26: Ebbisham Boys League 2, Tooting Bec

Wed 29: Rosenheim League, Match 4, Battersea Park

JULY

Sat 2: Lily B Girls League, Match 3, Guildford

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: London Anniversary Games, Stratford

Sat 23: Herne Hill H Open Meeting, Tooting Bec

Sun 24: Surrey Road League 6, 10km, Petersham

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 11: AtletiCA Genève, Geneva, SUI

400 (race 1): 4 Dwayne Cowan 46.83

June 13: SCVAC Veterans League, Match 3, Wimbledon Park

Men

Match result: 1 HERCULES WIMBLEDON 161; 2 Epsom & Ewell 139; 3 Croydon H 124; 4 Kingston & Polytechnic 119.5; 5 Striders of Croydon 104; 6 Walton 42.5; 7 Dorking & Mole V 42

Positions after three matches: 1 HERCULES WIMBLEDON 23 (433); 2 Epsom & Ewell 20 (396.5); 3 Kingston & Polytechnic 19 (368.5); 4 Croydon H 15.5 (299.5); 5 Striders of Croydon 12.5 (274); 6 Walton 9 (136.5); 7 Dorking Mole V 6 (122)

M35

200: 1 Mike Amsden 24.8 (2nd M35 all-time)

800: 4 Neil Guthrie 2:18.8

5000: 2 Richard McDowell 16:35.0 (4th M35 all-time)

2000 walk: 2 Richard McDowell 12:06.9 (M35 record)

4x200: 1 Hercules Wimbledon 1:41.8 (Mike Amsden, Vic Ray, Dominic Bokor-Ingram, Mark White)

HJ: 1 Dean Cheeseman 1.56

TJ: 1 Dean Cheeseman 9.52

DT: 3 Kevin Snelling 15.93

JT: 3 Dean Cheeseman 23.87

M40

200: 1 Dominic Bokor-Ingram 24.8

5000: 3 Peter Collins 17:48.2

M50

200: 1 Mark White 25.0

800: 1 Stephen McDuell 2:14.9

5000: 1 Stuart Fraser 17:24.7 (6th HW M50 all-time)

2000 walk: 3 David (CD) Riches 12:10.9 (M55 record)

HJ: 6 Mark White 1.30

TJ: 4 David Orchard 8.20

DT: 2 David Orchard 31.14

JT: 5 Kevin Snelling 22.70

M60

200: 2 Charles Lawrie 30.5

5000: 3 Charles Lawrie 23:50.1 (4th M65 all-time)

HJ:

TJ: 1 Charles Lawrie 8.36

DT: 3 John Webster 19.80

M70

800: 1 Peter Giles 2:41.1 (M70 record)

Women

Match result: 1 Epsom & Ewell 167; 2 Croydon H 94; =3 Hercules Wimbledon/Kingston & Polytechnic 76; 5 Striders of Croydon 48; 6 Walton 14

Positions after three matches: 1 Epsom & Ewell 24 (434); 2 Kingston & Polytechnic 20 (266); =3 Croydon H/Hercules Wimbledon 17.5 (212); 5 Walton 11 (96); 6 Striders of Croydon 10 (97)

W35

200 B: 2 Vikki Filsell 37.4 (3rd HW W45 all-time)

800 A: 2 Gina Galbraith 2:44.1 (HW W40 record) **B:** 2 Vikki Filsell 2:49.6 (2nd HW W45 all-time)

5000 A: 1 Gina Galbraith 19:36.6 (HW W40 record) **B:** 1 Estle van Schalkwyne (nee Viljoen) 20:41.2

SP: 4 Vikki Filsell 4.54 (2nd HW W45 all-time)

2000 walk: 2 Vikki Filsell 15:12.6 (W45 record)

W50

200: 4 Alison Purnell 39.2

800: 1 Alison Purnell 2:59.8
5000: 2 Anna Garnier 22:12.2 (HW W60 record)
2000 walk: 2 Lisa Thomas 13:56.0 (HW W50 record)

June 13: Sri Chinmoy 5km, Battersea Park

1 Andy Greenleaf (Serpentine) 15:50 **HW:** 6 Rob Tuer 16:20; 63 Tom Cheetham 19:47; 119 Dennis Williams (1st M70) 25:03 (142 finishers)

June 14: Veterans AC 5-mile Road Championships, Battersea Park

1 Mohammed Ismail (Herne Hill H) 26:59 **HW:** 6 Stephen McDuell (guest) 31:06; 7 Tom Cheetham (guest) 32:32; 8 Peter Giles (1st M70) 33:28 (HW M70 record)*; 17 Tom Morris (2nd M55) 36:32; 23 Dennis Williams (2nd M70) 41:20 (3rd HW M70 all-time); 29 Mick Leigh (guest) 44:53 (4th HW M70 all-time); 37 Kevin Burnett (2C-2nd M75) 63:11

*Note: previous M70 record was 35:23 by Peter Giles in July 2014

June 15: Watford Open Meeting

200 (race 1): 5 Valerie Parocki 34.02/+1.3

800 (race 2): 8 Madeleine Casey 2:44.0; 10 Valerie Parocki 2:45.6

June 18(a)/19(b): England Athletics U20/U23 Championships, Bedford

U23 Men

100 (a) S/F: 6 Theo Etienne 10.77/+0.3 **heat 4:** 4 Theo Etienne 10.67/+2.0

U20 Men

100 (a): 1 Rehmial Miller 10.47/-0.8 **S/F 1:** 1 Rehmial Miller 10.45w/+2.6 **Heat 4:** 1 Rehmial Miller 10.43w/+3.3

200 (b): S/F: 7 Chad Miller 22.25/-0.3 (11th HW U20M all-time) **heat 3:** 5 Chad Miller 22.32/-0.1

400 (a) (heat 1): 8 Nimi Kolade 50.83

U23 Women

100 (a): 4 Tabita Botuli 12.43/+0.5 (5th HW SW all-time);

June 18: Midnight Sun Half Marathon, Tromso, Norway

Men

1 Erik Gramstad (Norway) 66:22 **HW:** 6 Ben Toomer 74:46 (592 finishers)

Women

1 Marthe Myhre (Norway) 78:24 **HW:** 76 Eileen Brandley 1:46.00 (556 finishers)

A bit of Trivia here: It's worth noting that the course record for the marathon held in conjunction with this event is 2:20.56 held by one of our newest first claim members Knut Hegvold when running the inaugural race in 1996..

For the record, Knut also owns a marathon best of 2:15:58 set in London in 1990.

June 18: parkrun 5km, South Park, Darlington, County Durham

1 Unknown 16:03; 2 Rob Tuer (HW) 16:53 (294 finishers)

June 18: parkrun 5km, Reading, Berks

1 David McCoy (Reading RR) 17:20 **HW:** 34 Caroline Jackson (3rd F) 21.54 (325 finishers)

June 18: parkrun 5km, Wimbledon Common

1 Phil Coales (Striders of Croydon) 17:57 **HW:** 8 Edward Charlesworth 19:14; 10 Richard Evans 19:28; 20 Charles Hampden-Smith 20:20; 24 Peter Metcalf 20:55; 25 Shaun Overy

21:04; 30 George Philpot 21:21; 31 Peter Collins 21:23; 38 Richard Mellor 21:50; 43 John Krause 22:09; 45 Simon Woodington 22:16; 48 Will Hinds 22:23; 97 Alastair Brown 24:41; 117 Charles Lawrie 25:21; 171 Rachel Brenton 27:29; 289 Hannah Bond 34:03; 290 Stewart Bond 34:04; 302 Ksenia Musatova 35:25; 324 Sophie Toomey 38:22 (342 finishers)

June 18: parkrun 5km, Clair Park, Perrymount Road, Haywards Heath, West Sussex

1 Alex Cruttenden (Serpentine) 18:23 **HW:** 4 Alex Forbes (U13B) 19:58; 12 Samuel Masters (U13B) 20:56 (143 finishers)

June 18: parkrun 5km, Tooting Common

1 Unknown **HW:** 22 Luke Metcalf 20:36 (330 finishers)

June 18: parkrun 5km, Harrow, Middx

1 James Ashton (Norwich RR) 17:12 **HW:** 21 Tom Morris 22:18 (120 finishers)

June 18: parkrun 5km, Bushy Park, Teddington

1 Tom Jervis (Warrington) 15:41 **HW:** 217 Martin O'Halloran 22:27 (1086 finishers)

June 18: parkrun 5km, Richmond Park

1 David Morrison (Unattached) 17:30 **HW:** 119 Alex Dunne-Gundry 25:00 (329 finishers)

June 18: parkrun 5km, Bishops Park, Fulham, SW6

1 Thomas Daley (Fulham RC) 16:50 **HW:** 17 Ewan White 19:20; 20 Tom Cheetham 19:25; 45 Thomas Edge 20:57; 120 Michelle Howie 23:41; 293 John Wasbrough 33:34 (298 finishers)

June 18: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 15:59 **HW:** 122 Tomo Kikugawa 24:30; 275 Angela Kikugawa 30:29 (426 finishers)

June 19: Southern Athletic League, Division 3 South, Wimbledon Park

Match result: 1 South London H 250; 2 Hercules Wimbledon 239; 3 Hollamd Sports & Dorking MV 205; 4 Sutton & District 141

Men

100 A: 2 Antonio Douglas 11.2 **B:** 2 Raphael Buckle 11.4 **N/S:** Richard Agyapong 11.4; Tom Meehan 12.2

200 A: 2 Antonio Douglas 23.5 **B:** 2 Dominic Bolor-Ingram 24.5 **N/S:** Aaron Smith 28.3

400 A: 1 Jameel Hussey 51.9 **B:** 1 Dominic Bokor-Ingram 52.9 **N/S:** Mark White 55.3 (2nd **HW M50 all-time**); Aaron Smith 62.3

800 A: 2 Cassian Hyde 1:59.6 **B:** 1 Eitan Orenstein 2:09.0 **N/S:** 1 George Longworth 2:09.4; 2 Ben Tatters 2:10.7; 3 Aaron Smith 2:15.4; 4 Kajetan Ananicz 2:18.0; 6 Mark Livingstone 2:22.9

1500 A: 3 Sam Barker 4:26.1 **B:** 3 Henry Silverstein 4:33.3 **N/S:** Joe Clark 4:25.0; George Longworth 4:28.9; Matthew Gibbons 4:30.5; Stuart Fraser 4:44.2 (5th **HW M50 all-time**); Simon Woodley 4:55.6

5000 A: 1 Jonathan Cornish 15:09.4 **B:** 2 Joe Clark 16:26.9

400H A: 3 Dave Orchard 104.9

2000SC A: 3 Alex Urban 8:56.5

PV A: 3 Dave Orchard 2.00 **B:** 3 John Webster 1.22

LJ A: 4 Dave Orchard 2.99

TJ A: 1 Nnamdi Odum 12.90

SP A: 4 Stuart Milton 9.24 **B:** 2 Dave Orchard 9.02 **N/S (6kg):** Kevin Snelling 8.69

DT A: 4 Kevin Snelling 14.85 **B:** 4 John Webster 13.12

HT A: 2 Dave Orchard 25.07 **B:** 1 Kevin Snelling 18.78

JT A: 2 Stuart Milton 38.56 **B:** 2 Dave Orchard 27.44 **N/S:** Kevin Snelling 22.94

4x100: 2 Hercules Wimbledon 46.6

4x400: 2 Hercules Wimbledon 3:46.0

Women

100 A: 2 Florence England 13.8 **B:** 2 Emilie Bokor-Ingram 14.0

200 A: 2 Laura Wignall 28.5 **B:** 2 Emilie Bokor-Ingram 28.6

400 A: 2 Emilie Bokor-Ingram 62.7 **B:** 3 Florence England 67.4

800 A: 2 Anne Hegvold (2nd **HW W45 all-time**) 2:40.8 **B:** 2 Marilena De Luca 2:44.3 (2nd **HW W40 all-time**)

1500 A: 3 Isabelle Ellis 5:04.4 **B:** 2 Francesca Clarke 5:31.2 (3rd **HW W40 all-time**) **N/S:** Vikki Filsell 5:34.5 (2nd **HW W45 all-time**)

3000 A: 1 Gina Galbraith 11:05.4 (2nd **HW W40 all-time**) **B:** 1 Marilena De Luca 12:52.1 (5th **HW W40 all-time**)

100H: 3 Heather Jones 20.1

400 H: 1 Heather Jones 75.7

2000SC A: 1 Heather Jones 9:40.7 (3rd **HW SW all-time**)

HJ A: 2 Emily Martin 1.35 **B:** 1 Heather Jones 1.25

LJ A: 1 Emily Martin 5.45 **B:** 1 Emilie Bokor-Ingram 4.32

TJ A: 2 Emily Martin 10.07 **B:** 1 Heather Jones 8.22

SP A: 2 Emily Martin 9.24 **B:** 1 Zoe Leake 8.19

DT A: 3 Emily Martin 23.59 **B:** 3 Zoe Leake 18.59

HT A: 3 Zoe Leake 25.74 (2nd **HW SW all-time**) **B:** 3 Emily Martin 20.56

JT A: 2 Emily Martin 25.08 **B:** 2 Kim Janssen 18.15

4x100: 1 Hercules Wimbledon 54.4

4x400: 2 Hercules Wimbledon 4:31.5

June 19: Ranelagh H Richmond 10km, inc Surrey AA Champs

1 Phil Wicks (Belgrave H) 30:30 **HW:** 56 Claire Grima (2nd **SW/1st W35**) 36:36; 58 Peter Collins 36:42 (13th **HW M45 all-time**); 61 Peter Lee 36:54 (9th **HW M50 all-time**); 105 Stewart Bond 39:07; 113 Stephen McDuell 39:33; 133 Tom Cheetham 40:04; 208 Peter Giles 43:08 (**HW M70 record**); 287 Richard Clark 46:12 (492 finishers)

Note: previous M70 record was 44:59 by Maurice Sharp at Eastleigh in March of this year

Team (Men): 1 Belgrave H 16; 2 Reigate Priory 56; 3 Ranelagh H 60 ... 13 Hercules Wimbledon 203

June 19: Junior parkrun 2km, Wimbledon Park

1 Rufus James (Unattached) 7:54; 2 Ellen Weir (HW-1st F) 8:11 **Other HW:** 5 Sophie Crump (2nd F) 8:56; 24 Leah Syme 10:30; 124 James Collins 23:15

June 19: Jetstream Triathlon, Merchant Taylors School, Harrow, Middx.

Adult sprint

750m swim - 20km bike - 5km run

1. M Dowds (Crystal Palace tri) 01:08:09 (13:26 - 34:51 - 18:48) **HW:** 21 Jeremy Purnell 01:16:00 (15:59 - 35:51 - 22:46); 49 Alison Purnell (1st W50) 01:26:21 (18:46 - 42:10 - 23:02)

Youth

400m Swim - 8km Bike - 3km Run

1 Tom Simpson (Greenwich Tritons) 35:20 (5:11 - 18:16 - 10:49 – 2 Zac Purnell (HW) 35:23 (5:01 - 18:23 -10:40)

Note: Zac had a busy weekend as he raced the cycling time trial at the London Youth Games at the Lee Valley Velopark on Saturday.

June 19: City of London Road Mile

1 Luke Matthews 4:03 **HW:** 245 Charles Hampden-Smith 5:32; 388 Adam Sobratty 5:51; 888 Vivien Urban 7:01; 1464 Mike Kortzenray 8:20 (2820 finishers)

AND FINALLY

