

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C June 26, 2016



CHANGE OF VENUE TO TOOTING BEC FOR WEDNESDAY'S ROSENHEIM

I am now confirming that Wednesday's Rosenheim Match originally scheduled for Battersea Park will now take place at Tooting Bec. Can you please inform all relevant athletes, officials and coaches etc and can I implore all clubs to give as much support as possible to Serpentine who have now agreed to make the switch.

Also a reminder that we will start with the men's 110m hurdles at 6.45am followed by the match and non-scoring 800m races and then the women's 100m hurdles before continuing with the match and non-scoring 100m races.

Also a reminder, the top four men's teams and top three women's teams from the Eastern division go through to the final at Tooting Bec on August 10th.

Regarding the non-availability of Battersea Park, Tom was that work at Battersea Park for the Formula E race next weekend July 2nd/3rd is very much more advanced than in previous years with road blocks already in place and additional preparatory work scheduled before Wednesday's meeting. Although the ambulance could still get access to the track via a path off the road to the Chelsea Bridge car park, Don Anderson's photo finish van would be unable to gain access. This combined with the difficulties parking in and around the park makes it most difficult to go ahead with the match at Battersea Park

Two more competitive events on the horizon with Wednesday June 29, Rosenheim League, Match 4, now Tooting Bec and NOT 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 magnificent previous turnouts can be maintained or even bettered.

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

EBBISHAM RESULTS AWAITED

There was a sprinkling of promising new young lads competing at the Ebbisham League on Sunday but alas the results are not yet to hand and this Newsletter needs to be out early for notice of the Rosenheim change of venue from Battersea Park to Tooting Bec.

MILLER RUNS 100M PB IN GERMANY

Hercules Wimbledon Athletic Club's teenage sprinter Rehmial Miller confirmed his rating as Britain's top under 20 100m runner when he stormed to a lifetime best time in an international meeting in Germany last weekend, reports Tom Pollak.

A week after clinching his place in Britain's IAAF World Junior Championships team to compete in Poland next month by winning the England under 20 men's title at Bedford, Miller, who celebrated his 18th birthday on Monday, clocked inside 10.30 seconds for the first time in his young life. He raced to victory in 10.23, beating his previous fastest of 10.34 set at the Loughborough international meeting in May.

However, while his performance in Loughborough was achieved with a legal 1.4 metres per second following wind, he was helped by an above legal limits 2.4 metres per second tailwind in the Bauhaus Junioren Meeting in Mannheim.

Significantly, though, Miller was the second fastest of the 30 young sprinters, several of whom will be racing against him in next month's IAAF World Junior Championships in Poland. The only runner to go faster than Miller was Australian Jack Hale who clocked 10.21 in winning his heat.

"Although I had a big following wind, I was pleased to achieve a personal best time and it shows I'm in good shape to get at least a medal in Poland", said Miller.

Meanwhile, Hercules Wimbledon's Dwayne Cowan reached a top class men's 400m final in the British Athletics Championships in Birmingham over the weekend. Cowan finished seventh in Sunday's final 46.48. He was disappointed with his run as he was aiming to get inside 46 seconds to clinch his place in the British team for this summer's European Championships. He seemed to be in good form as he did clock a lifetime best of 46.02 in winning a National League race in Manchester three weeks earlier.

Earlier, he won his heat on Saturday in 47.26 and then speeded up to finish second in his semi-final in 46.87. Cowan is ranked sixth in the UK over the distance.

A second Hercules Wimbledon athlete in action in Birmingham, sprinter Theo Etienne, also failed to find his best form. He was third in his heat in 10.55 and fifth in his semi-final in 10.58, compared with his best time of 10.35 set at an open meeting in East London earlier this month.

Hercules Wimbledon runners gained a hat-trick of parkrun victories on Saturday. Ben Toomer led the charge with a comfortable victory own Wimbledon Common in 17:16. It maintained an impressive record and was his 16th win in 18 appearances in the Wimbledon Common event since March 2014. In beating almost 300 runners, he led 17 Hercules Wimbledon runners over the line.

Monika Crouse was top woman finisher on Tooting Common in 20:43 while Gina Galbraith made a winning debut in Lowestoft where she won the women's race in 19:49, finishing fifth overall out of 170 runners.

A FACEBOOK HEART-FELT PLEA FROM DAVE ORCHARD

However, we do have a problem with Volunteers - too few of the young men and women are involved in helping when they are not taking part - Team Management is under real pressure and will probably get worse next year :{

RICHARD THANKS ALL FOR A SUCCESSFUL RUN LEAGUE MATCH

It was case of panic stations in the lead up to the recent Southern Athletics League fixture to be held at Wimbledon Park with a possible lack of officials being available.

However, the day went well and Richard Weston writes give his thanks

May I thank all the HW members who gave so willingly of their time at the SAL match on Sunday, June 19th. We produced a marvellous number of officials and ancillary staff, although both track and field were badly affected by other commitments. Nevertheless we got by and completed the events in reasonable time. We are lucky in having a javelin runway at both ends, allowing 2 long throws at SAL standard.

I was once again particularly grateful for assistance before and after the meeting to get the stadium ready and put away the equipment. As usual I have to single out Kevin Snelling and a particularly early arrival (and late departure!) by Mark Cahill. Would that I did not have to rely entirely on them. Thanks too to our esteemed chairman for pitching in as clerk of course (with Mark) which took a lot of the pressure off me.

Regards

Richard Weston

GOOD TO SEE DWAYNE IN THE CLUB VEST AT THE OLYMPIC TRIALS



DISCUS THROWER JADE – AN EXAMPLE FOR HW YOUNGSTERS

Congratulations to Jade Lally on gaining Olympic selection after her discus victory in the UK trials over the weekend.

Who would have thought that her introduction to the event when a young HW member would have led to such heights?

Perhaps next time an HW youngster, male or female, are asked to compete in a field event a similar pathway could be on the cards.

THE REASON THERE WAS NO TRAINING AT THE TRACK LAST THURSDAY



Photo by Mark Livingstone

BELATED CONGRATULATIONS TO THE HW WOMEN'S 10KM TEAM

Mention was made last week of the HW men's fine team performance in the UKA 10km road championships held in London on May 30 but alas nothing was said about the women who also secured a best ever placing in the event when finishing 16th (and 3rd Surrey team) from the 196 teams that closed in.

Therefore, Claire Grima, Lisa Thomas and Francesca Clarke - take a bow.

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 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.

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>

“PREPARE TO WORK HARD IN TRAINING AND DEDICATE YOURSELF”

Some wise words from Andrew Buchart of Scotland who booked his place for the Rio Olympic Games when winning the 5000m trial race in Birmingham over the weekend. Butchart, who won the National XC in Falkirk in February, is an inspiration to many insisted that dedicating himself to his sport has reaped a dividend after his win in a time of 13.44.00 from Tom Farrell and Andy Vernon.

‘I could never have forecast this for me three years ago when running for Scotland at the Celtic Games cross country,’ said Andrew.

‘I admitted back then I had been lazy but I have worked harder since then to make the most of my talent. That’s athletics for you. Whether you are 16 or 25, you can make progress and go up the levels if you are prepared to work hard in training and dedicate yourself to it.

CHECK OUT YOUR DIARY NOW

Three fixtures on the horizon in early July which needs your close attention

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

Sun 10: Ebbisham Boys League 3, Coulsdon

Mon 11: Southern Veterans League 4, Croydon Arena

THE MCDOWELLS PARKRUN TEAM



Richard celebrates with his son Wilfred after their ‘pushchair’ parkrun debut on Tooting Common

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

Wed 29: Rosenheim League, Match 4, Tooting Bec **NOTE: Change of venue**

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 13: SCVAC Veterans League, Wimbledon Park (*Missing result*)

800 N/S: Stuart Fraser 2:21.1 (4th **HW M50 all-time**)

June 23: Ravens 5km, Wapping, East London

1 Andrew Mercer 17:12 **HW:** 4 Stuart Fraser 17:36 (21 finishers)

June 24: Orion H Fast Friday, Walthamstow

10,000 (race 3): 5 Rob Tuer 34:10.7

June 24-26: British Athletics Championships, Birmingham

100 (25/6): S/F 2: 5 Theo Etienne 10.58/+2.2 (**Heat 7 -24/6**) 3 Theo Etienne 10.55/+0.5 (4th **HW SM all-time**)

Note: Theo has a quicker 100m to his credit – albeit wind assisted (+3.1) – with his 10.35 set at Newham on June 5th.

400 26/6: 7 Dwayne Cowan 46.48 (**S/F 2 -25/6**): 2 Dwayne Cowan 46.87 (**heat 3-24/6**): 1 Dwayne Cowan 47.26

June 25/26: BAUHAUS Junioren-Gala, Mannheim, Germany.

100 (heat 4): 1 Rehmial Miller 10.23/+2.4

A stunning time by Rehmial but a following 2.4 wind means that his 10.34 at Loughborough last month still stands as the HW club record

June 25: Race to the King Ultra-marathon 53.5 miles, South Downs, Arundel, Sussex M40

1 Felix Allen (HW) 8h:57m;11s

June 25: parkrun 5km, Lowestoft, Suffolk

1 Carl Prewer (Lowestoft RR) 17:18 **HW:** 5 Gina Galbraith (1st F) 19:49 (170 finishers)

June 25: parkrun 5km, Tooting Common

1 Deron Fagan (Herne Hill H) 17:17 **HW:** 25 Richard McDowell 19:31; 50 Monika Crouse (1st F) 20:43 (347 finishers)

Note from Richard: 'I completed my slowest ever Parkrun on Saturday at Tooting Bec. There was a reason behind this, it being my first pushing Wilfred in a buggy!'

June 25: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 17:16 **Other HW:** 6 Peter Collins 17:36; 8 Edward Charlesworth 19:19; 9 Stewart Bond 19:38; 12 Ian Higgings (2C) 20:12; 16 Peter Small 20:28; 17 Peter Metcalf 20:28; 19 Simon Bodle 20:34; 21 David Scrimshaw 20:54; 33 Simon Woodington 22:04; 39 Fred Jimack 22:18; 89 Rachel Brenton 24:18; 93 Charles Lawrie 24:37; 97 Alastair Brown 24:53; 238 Hannah Bond 33:13; 254 Ksenia Musatova 35:11; 272 Sophie Toomey 37:41 (287 finishers)

June 25: parkrun 5km, Bushy Park, Teddington

1 Andrew Lawrence (Morpeth H) 16:19 **HW:** 99 Richard Clark 20:56; 143 Barry King 21:59; 323 Florence England 24:48 (993 finishers)

June 25: parkrun 5km, Richmond Park

1 Jack Congdon (Unattached) 18:16 **HW:** 116 Alex Dunne-Gundry 25:00 (292 finishers)

June 25: parkrun 5km, Harrow

1 Luke Irving (Unattached) 18:39 **HW:** 129 Tom Morris 42:31 (132 finishers)

June 25: parkrun 5km, Brueton Park, Solihull

1 Jack Bristow (Univ of Exeter) 17:33 **HW:** 101 Tomo Kikugawa 24:17 (341 finishers)

June 25: parkrun 5km, Clair Park, Haywards Heath, Sussex

1 Ben Short (Horley H) 17:15 **HW:** 12 Samuel Masters 21:15 (124 finishers)

June 25: parkrun 5km, Bishops Park, Fulham, SW6

1 Rafael Guerrero (Unattached) 16:49 **HW:** 27 Tom Cheetham 19:13; 51 Thomas Edge 20:36; 126 Michelle Howie 23:56; 161 Dennis Williams 25:00; 301 John Wasbrough 34:37 (308 finishers)

June 25: parkrun 5km, Maidenhead

1 Joe Branch (Wycombe Phoenix) 17:51 **HW:** 26 Caroline Jackson 22:42 (203 finishers)

AND FINALLY

Oh My Gosh



You Ran HOW FAR?