



INTER COUNTY TEAM BRONZE FOR CLAIRE GRIMA

INTERNATIONAL SELECTION FOR BELAL AHMED

CLOSING DATE FOR HW YOUNG ATHLETES MEETING THIS WEEK

GOLD FOR DOMINIC AND PETER AT BRITISH MASTERS INDOORS

PETE MULHOLLAND: SURREY COUNTY AA PRESIDENT

GRIMA'S FINE WARM-UP FOR LONDON



Claire in full-flow for Surrey County

Hercules Wimbledon Athletic Club's Claire Grima warmed-up for next month's Virgin Money London Marathon with two fine performances over the weekend, writes Tom Pollak. First, she helped Surrey clinch the bronze team medals in the senior women's 8km race at the UK Inter-Counties cross country championships at Cofton Park, Birmingham, on Saturday. She was the fourth Surrey finisher taking 52nd place in the 249-strong field in 32 minutes 53 seconds. It was the second time she competed for Surrey in the event and was a big improvement on her debut appearance in 2014 when she was the county's fifth finisher in taking 82nd place out of 278 runners.

After collecting her medal in Birmingham, the 38-year-old mother of two travelled west to Somerset where she raced with her husband Dave in the Bath half-marathon on Sunday. She was the second women's veteran finisher in 1:19:31, taking 118th place overall out of 11318 runners. It was her fastest half-marathon of the year, improving by almost a minute on her performance in last month's Wokingham event.

Meanwhile, husband Dave, 37, improved by exactly a minute on his time at Wokingham in finishing 96th in 1:18:04. Claire will be competing in the London event for the 10th time after making her debut in 2004. She missed two races to have sons Luca and Jasper. Her best performance came last year when she clocked 2:44:39, which ranked her seventh women's veteran over 35 in the UK. Dave will be competing in London for the seventh time. He also clocked a personal best of 2:44:52 last year.

Hercules Wimbledon's Dave Clarke, three times English senior men's cross country champion, who achieved his marathon lifetime best in winning in Stockholm in 1989 in 2:13:34, will also be competing in London. Now Hercules Wimbledon chairman, Dave continued his build-up for the April 24th event by competing in the Spitfire 20 miles road race at Dunsfold Aerodrome in Surrey where he was top over 55 veteran in 2:07:53, finishing 14th overall out of almost 600 runners. Clarke, who returned to the sport in 2006 after a 10-year break, has a best London time of 2:45:45 set in 2010.

Another Hercules Wimbledon runner in action in Birmingham was Jonathan Cornish who finished 76th out of 261 runners in the senior men's 12km race in 41:58, representing Oxfordshire.

Hercules Wimbledon had a quintet of parkrun winners over the weekend. Fred Slemeck was the best of 22 Hercules Wimbledon runners in the Wimbledon Common 5km event where he headed home 312 runners. He won in a personal best of 17:00, slicing 17 seconds off his previous best time made on his debut appearance in the event last October. Hercules Wimbledon runners filled five of the top eight places with Joe Toomey second in 17:32, Jonny Earl fifth in 18:16, teenager Edward Charlesworth sixth in a personal best of 18:22, taking 27 seconds off his previous best set a fortnight earlier, and Peter Collins top veteran over 45 finisher taking eighth place in 18:36.

Richard Evans, Simon Boddle and Charles Hampden-Smith were top three over 50 finishers in 19:35, 20:21 and 20:54, respectively, with Charles Lawrie top over 65 finisher in 23:28. Hercules Wimbledon's Belal Ahmed headed home a 196-strong field in Highbury Fields in a personal best of 16:48, taking 21 seconds off his previous best time on his debut appearance last November. Matthew Sharp beat 222 other runners in Dulwich Park where he won in 16:16 with Megan De Silva top woman in 18:35. Ellen Weir won the Wimbledon Park junior 2km parkrun on Sunday by almost a minute run 8:23. It was her fourth victory in the event.

Meanwhile, Sean Crummy finished third in the Thames Meander half-marathon in Kingston in 1:24:21 while Tom Cheetham was 15th in the full marathon event. Caroline Jackson was top woman veteran finisher in the Palos Marathon in Cyprus in 3:36:49 where she was 31st overall out of 181 runners.

Richard Weston reports on the Work party weekend - 12/13 March

What a difference a fortnight makes! I think over this weekend I counted over 20 people giving anything from 2 or 3 hours to the whole 2 days. The results will speak for themselves when members next visit the stadium.

The list of achievements surpasses my wildest dreams, indeed included one I had not even thought of, thanks to Mark and Vic. I refer to the fact that we now have the metal pole vault cover in its rightful place, complete with the weatherproofing strips covering the corners and ridge, and pumped up tyres, covering the foam beds which are positioned in their correct places on the pallets. Also, the blue covers for the big foam blocks for both the pole vault and high jump are awaiting my collection having had missing buckles, straps and handles replaced. To say I am overwhelmed by getting this far with cobbled together second hand bits would be an understatement.

Other major jobs successfully completed were (i) the resetting of 2 concrete uprights under the fence on the path in front of the grandstand and the cleaning out and refilling of the drainage channel with huge thanks to Gary for that. This won't mean much unless you walk along the path with your eyes downcast but it has been a maintenance job on my list since I took on looking after the stadium and (ii) the replacing of the clubhouse gutter so that the rainwater does actually run to the downpipe, including discovering that the real cause of the problem was not so much the almost horizontal gutter but stones off the roof blocking the downpipe, with grateful thanks to Mark and Vic for that job.

Leave it out

In addition I am very grateful to the several people who swept up leaves from where they weren't wanted, making a huge difference to the overall look of the stadium, swept a winter's sand from track and runways (thanks Ali in particular), weeded between slabs and scraped the moss off the front of the grandstand (now waiting for repairing the brickwork and repainting, hopefully before the YAM).

What was really heartening was once again having several people turn up for the first time and also they and others being able to persuade "other halves" and children to come and help. That's fantastic and makes managing these work parties all the more rewarding. Apart from mentioning Mark, Vic and Gary who tackled "heavy" jobs, let me single out 2 other young helpers: Etienne's brother Joel, who was great at sweeping up leaves behind the grandstand, and my youngest helper to date, Jazmy Hernandez who wielded a mighty broom to sweep a long jump runway (and even helped me to dig the pit!) and showed great prowess as a future housewife with dustpan and brush. You see, there's something for everybody on these occasions!

This is a long article because it deserves to be, and I'll close with a roll-call of helpers (in no particular order!): Mark Cahill, Victor Ray and Gary Forde, all mentioned already, Gary's wife Annette, who made a terrific job of clearing up round the new gym and between the grandstand and the gym, and son James, Ali Purnell (a faithful supporter on these occasions), the Belton family (Adam, Justine and William), Nick Getting, Mick Leigh, John Webster and Lisa Thomas (4 more much valued regulars), Etienne's mum Krissi and Joel who I have mentioned, Jazmy H, also as mentioned, and several 7Upsandovers parents including Logan, Marten, Karin and Andy who signed the register.

They think it's all over!

There are nevertheless several jobs still to do. I have a "thing" about the leaves but remember they have not been cleared for years so there is a build up which causes problems in the wind, and it will be a smaller job in future years once done now. I have dug 3 of the pits but there's one still to do, and I have mentioned the painting of the lower front, white, wall of the grandstand. Anybody willing to undertake any part of any of these jobs in their own time (probably on a training evening or on Sunday mornings when the 7Ups are in full swing) is most welcome to contact me (richard@richardweston.co.uk, or text me with your name[!] to 07795-082086) and I can supply instructions and equipment.

PETE IS HANDED THE SURREY PRESIDENCY BY PP FRANCES RATCHFORD



PETE TAKES ON THE ROLE OF SURREY COUNTY AA PRESIDENT

PYRAMID SESSIONS FOR BELAL?



Congratulations to Belal Ahmed who has been selected to represent Egypt in the World Half Marathon Championships to be held in Cardiff on Saturday, March 26. A well deserved selection!

The 35th Anniversary Young Athletes Meeting 10th April, Wimbledon Park

We are expecting a big HW turnout for this, our biggest meeting of the year, which features track and field events from U11 to U20. Club members have free entry, and there are entry forms in the clubhouse. Alternatively you can e.mail Sheila White at sheila@herculeswimbledonac.org.uk with the following details: name, age group, date of birth, phone number, and the events you wish to do (check the timetable at www.herculeswimbledonac.org.uk) plus p.b.s for seeding into the correct races for your standard. The deadline for entries is this Friday, March 18th.

ARE YOU COMPETING IN LONDON

As the days tick down to the Virgin Money London Marathon, I am aware that the following HW members will be competing in what for many is the key date on their competitive calendar.

I'm sure that many other members will be competing so if your name is missing please contact Pete Mulholland on petehwac@aol.com

Eileen Brandley, Tom Cheetham, Dave Clarke, Richard Evans, Neil Fraser, Claire Grima, David Grima, Charles Hampden-Smith, Anastasia Hancock, Maurice Sharp and Rob Tuer.

‘GOING THE DISTANCE’ – YOU ARE NEVER TOO OLD

If proof be needed that you are never too old to compete in this great sport of ours, take a look at this short film.

<https://www.youtube.com/embed/NKsx9mvowbY>

DANIEL AND GEORGE AND THE ENGLISH SCHOOLS’ AT NOTTINGHAM

Apologies to both Daniel Illis and George Trimm in omitting their names from the results of the English Schools XC U15 Championships last week.

For the record, Daniel placed 219th and George 333rd.

NOTICE OF THE HW AGM – MAKE AN EFFORT TO GET ALONG

The Hercules Wimbledon AC AGM will be held on Wednesday, March 30th at the usual venue of the Wimbledon Park Golf Club, Home Park Road SW19 7HR from 7.30pm. As well as the more formal part of the evening, this is the night that we celebrate the successes of the previous year (which have been considerable!) with the presentation of trophies and awards

to athletes. There will be some refreshments provided, along with a pay bar, so the evening also gives athletes, parents, coaches, team managers and officers of the Club the opportunity to get together in a more social context than on training nights and at competitions. We hope to see as many of you as possible there.

Please note that, as stated on the agenda, if anyone has any proposals or issues that they wish to be considered at the meeting, these need to be e.mailed to

sheila@herculeswimbledonac.org.uk by Wednesday, 9th March at the latest.



A CALL TO ARMS FOR THE HW WOMEN FROM HEATHER JONES

Dear athlete,

Summer is coming! Our first fixture of the track season is just 3 weeks away on **Saturday 2 April at Kingsmeadow Stadium**, Kingston. This is a new one for us, as women have been welcomed into the annual Kinnard and Sword Trophy match for the first time this year. I want to get a big team out to show that this is a welcome addition to the ladies fixture list (see the complete list for SAL/Rosenheim and championship fixtures for senior women below).

We need two scorers for each event - any additional athletes can compete but will have to pay an entry fee of £5. Therefore, I'd be grateful if you could let me know your availability as soon as possible and which events you'd like to do, so I can make sure we get two athletes in each event and let people know if they'll be scoring or not.

I would also like to organise some sessions at the track for people interested in improving/learning field events. Please let me know if you'd be keen to improve at a specific event.

Just shout if you have any questions or if you haven't competed before and would like more detailed information.

Best wishes,

Heather Jones

Women's Track and Field Team Manager - heatherannejones@outlook.com>

.....and a message from Fred Green

ATTENTION MALE T&F ATHLETES - YOUR TEAM MANAGER NEEDS YOU!

The first senior T&F fixture of the season is in less than 3 weeks! It's at Kingsmeadow (minimal travelling) on Sat 2 April when we compete against good standard opposition for the Sward & Kinnard Trophies. There is a full T&F programme for both men and women. If you want to compete, don't wait to be contacted, let your Team Manager know NOW.

MEN: Fred Green (fredagreen41@gmail.com)

This first fixture is an ideal warm up for our opening SAL match at Hastings on 16 April. If we are to have any hope of promotion, we must make a good start so all first teamers are

expected to make the effort to support the club here. We shall be hiring a coach. What could be nicer than a day at the seaside with your team!

THE X-MAN INVITES YOU TO HIS RICHMOND RACE

Richard Xerri (long term member of HW and organiser of Wimbledon Dash 5km) has a few events coming up in the lead up to the marathon season. If you haven't entered already he is open to cheeky mails requesting a special 'HW' discount. It would be nice for Richard to see a few HW in the field. Getting a closed road race off the ground comes at great cost and effort and needs as much support as necessary so support our race organiser

Salomon Richmond Half and 10km 3.4.16

Over to West London for this established event with a multi-trail one lap course for both events. Fully measured and great support along the way. www.richmondhalf.com

Richard always has volunteer spots if anyone is keen to assist and gives plenty back so give him a mail on richard@perseverance-events.com

Best regards

Richard Xerri

07737 335296

START COLLECTING THOSE SAINSBURY VOUCHERS – NOW!



Between now and May 3 you can start collecting vouchers so that HW can secure some useful athletic items so all of you Waitrose shoppers out there, try slumming it for a while at your local Sainsbury store!

A receptacle for the vouchers will be in situ at the trackside clubhouse and we'll try and get one to place at Lauriston Cottage.

CLUB EQUIPMENT

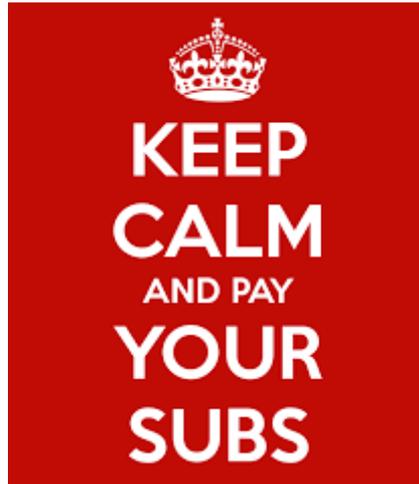
Richard Weston is in charge of the club's equipment. He keeps an inventory of it and also tries to make sure as much of it is marked with the club initials. It is most important that he be told of any new equipment purchased or acquired, e.g. with grant funding or shop

vouchers, on the club's behalf. He also already has a short list of equipment people would like him to order, with the treasurer's permission, so if any coaches or group organisers have a "wish list" please contact Richard (richard@richardweston.co.uk).

NEWS FROM RANELAGH HARRIERS RE RICHMOND HALF MARATHON

Our own Half Marathon will take place on Sunday 1st May and entries are already streaming in! Over 700 names are already on the list, including 26 from Ranelagh (and three from HW!) This race usually sells out well in advance of the closing date, so get your entry in early to avoid disappointment.

Details: <http://www.sportsystems.co.uk/ss/event/RichmondHalfMarathon20161>



Just a reminder that January 1 is well and truly past – and we are fast approaching April meaning that by now you should have either renewed your HW subscription for 2016....or have been lapsed!!.

There are the usual suspects – still competing - that ignore Simon's e-mail requests for payment so why not surprise him and save hours of work by paying them as soon as you can. Please note that subs are not due from those who first became members of the club after September 1 of this year plus there are some of you who have already set up automatic renewals

Payment can be made on-line as shown via this link:

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

Or pay whoever is on desk duty at the track on a Tuesday or Thursday training evening

NOTE: at the last tally there were approx. 100 HW members who had yet to pay their 2016 subs so to make life less onerous for Simon in his role as Membership Secretary please pay **THOSE SUBS NOW!** Or let him know if you wish to continue your membership.

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

For certain events you will require an England Athletics (EA) membership number. The annual registration fee, currently £12 is renewable on April 1st 2016. (By concession, those who were registered with EA for the very first time between January 1st and March 31st 2015 are covered until March 31st, 2016 and those registered for the very first time between January 1st and March 31st 2016 should be covered until March 31st, 2017.) Unfortunately EA's system does not allow individuals to register themselves and therefore it has to be administered by the club on your behalf.

Please see the EA registration section on:

<http://www.herculeswimbledonac.org.uk/Membership-&-Renewals.html> for how to pay.

Note: according to EA records there are just 120 from the 600 plus HW members that are up to date with their registration fees

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold - Offers of help at these fixtures are always appreciated

MARCH

Sun 20: South of England 12-stage Road Relays (Men), Gravesend, Kent

Sun 20: South of England 6-stage Road Relays (Women), Gravesend, Kent

Tue 29-Sun Apr 3: European Masters Indoors, Ancona, Italy [Details](#)

APRIL

Sat 2: Kinnaird & Sward Trophy Meeting, Kingsmeadow Stadium, Norbiton

Sun 3: SLAN Meeting, U15/U17/U20, Tooting Bec

Sun 3: Salomon Richmond Half and 10km

Details: www.richmondhalf.com

Thu 7: East Surrey League Road Races, 7pm, West Ewell

Sat 9: Herne Hill H Open Meeting, Tooting Bec

Sun 10: Hercules Wimbledon YA Meeting, Wimbledon Park

Sat 16: National 12-stage Road Relays, Sutton Park, Birmingham

Sat 16: Southern Athletic League, Match 1, Hastings

Sun 24: Virgin Money London Marathon

Sun 24: Virgin Money London Mini-Marathon

Wed 27: Hercules Wimbledon Open Meeting, Wimbledon Park

Sat 30: Lily B Girls League, Match 1, Kingsmeadow

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

March 12: Inter Counties Championships, Cofton Park, Birmingham

Senior Men (12km)

1 Dewi Griffiths (Swansea) 37:13 **HW:** 76 Jonathan Cornish 41:58 (261 finishers)

Senior Women (8km)

1 Kate Avery (Shildon) 29:02 **HW:** 52 Claire Grima 32:53 (249 finishers)

March 12: Thames Meander Half Marathon, Kingston

1 Daniel Nichols (Barnet) 81:32 **HW:** 3 Sean Crummy 84:21 (174 finishers)

March 12: Thames Meander Marathon, Kingston

1 Ryan Brown (Unattached) 2:44:41 **HW:** 15 Tom Cheetham 3:10:27; 46 Felix Allen 3:31:03 (215 finishers)

March 12: parkrun 5km, Dulwich Park, SE21

1 Matthew Sharp (HW) 16:16; 2 Oliver Kean (Highgate) 16:20 **Other HW:** 15 Megan De Silva (1st F-2C) 18:35 (223 finishers)

March 12: parkrun 5km, Highbury Fields, N London

1 Belal Ahmed (HW) 16:48; 2 Alan Whatmough (London Heathside) 17:12 (196 finishers)

March 12: parkrun 5km, Wimbledon Common

1 Fred Slemeck (HW) 17:00; 2 Joe Toomey (HW) 17:32 **Other HW:** 5 Jonny Earl 18:16; 6 Edward Charlesworth 18:22; 8 Peter Collins 18:36; 14 Richard Evans 19:35; 16 Michael Burt 19:50; 19 Simon Bodle 20:21; 22 Gordon Lilly 20:29; 27 Victor Ray 20:53; 28 Charles Hampden-Smith 20:54; 30 Simon Woodley 21:02; 31 Adam Fenton 21:04; 32 Peter Metcalf (2C) 21:08; 39 Sebastian Hudspith 21:40; 71 Charles Lawrie 23:28; 73 Fred Jimack 23:29; 76 David Lanfranchi 23:32; 119 Alastair Brown 25:16; 202 Hannah Baxter 28:44; 223 Connie Baxter 29:49; 309 Sophie Toomey* 47:09 (312 finishers)

*Note: Sophie was acting as guide for blind runner

March 12: parkrun 5km, Bishops Park, Fulham, SW6

1 Zekeriyas Aberly (Belgrave H) 15:58 **HW:** 13 Knut Hegvold (2C) 17:58; 17 Andrew Davies (2C) 18:12; 19 Khaled Diaw 18:26; 23 Darren Keane 18:38; 26 Fraser Hagell 19:08; 55 Isabelle Ellis 20:21; 87 Maurice Sharp 22:04; 142 Anastasia Hancock 24:45; 183 Dennis Williams 25:59 (273 finishers)

March 12: parkrun 5km, Richmond Park

1 Euan Lees (Ful-on-Tri) 17:18 **HW:** 121 Alex Dunne-Gundry 24:34 (369 finishers)

March 12: parkrun 5km, Harrow, Middx

1 Keith Metcalfe (Unattached) 17:46 **HW:** 23 Tom Morris 22:08 (130 finishers)

March 12: parkrun 5km, Brueton Park, Solihull

1 Peter Brookes (Holmfirth H) 16:29 **HW:** 225 Tomo Kikugawa 27:18; 284 Angela Kikugawa 30:04 (418 finishers)

March 12: parkrun 5km, Aylesbury, Bucks

1 Ian Kimpton (Team Kimpton) 17:59 **HW:** 37 Victor Hutchins 24:46 (138 finishers)

March 12: parkrun 5km, Tooting Common, SW17

1 Unknown 16:58 **HW:** 81 Tony Austin 23:24 (277 finishers)

March 12/13: British Masters Indoor Championships, Lee Valley

M45

400 (12/3): 1 Dominic Bokor-Ingram 54.23

M50

60 (12/3): 5 Mark White 8.07 **heat 3:** 2 Mark White 7.98

200 (13/3): 2 Mark White 25.40 **heat 1:** 1 Mark White 25.19

400 (12/3): 4 Mark White 56.66 **heat 1:** 1 Mark White 56.62

M70

800 (13/3): 2 Peter Giles 2:46.09

1500 (12/3): 1 Peter Giles 5:32.32

March 13: Surrey Half Marathon, Woking

1 Barnaba Kipkoech (Kenya) 66:04.6 **HW:** 25 Stuart Fraser 76:42.8; 267 Frank Wood 90:90.5; 559 Stewart Bond 98:04.8 (3352 finishers)

March 13: Spitfire 20 miles Road, Dunsfold Aerodrome, Cranleigh, Surrey

1 Lewis Side (Lewes) 1:58.24 **HW:** 14 Dave Clarke (1st M55) 2:07.53 (587 finishers)

March 13: Bath Half Marathon, Somerset

1 **HW:** 96 David Grima 78:04; 118 Claire Grima (2nd W35) 79:31; 1601 Sam Leigh 99:28 (11,318 finishers)

March 13: Junior parkrun 2km, Wimbledon Park

1 Ellen Weir (HW) 8:23; 2 Sebastian Cockerell (Thames H&H) 9:19 **Other HW:** 21 Jack Kuhl 12:17 (51 finishers)

March 13: Adidas Silverstone Half Marathon

1 Michael Aldridge (Woolton RR) 73:06; 2 Dominic Kiralfyi (HW) 73:18 (c6800 finishers)

March 13: British Masters XC Championships, Bath, Somerset

Women (6km)

1 Nicola Brookland (Bristol & West) 21:24 **HW:** 29 Vikki Filsell (2C-5th W45) 24:41; 44 Anna Garnier (2C - 3rd W60) 25:30

AND FINALLY

