

HERCULES WIMBLEDON AC NEWS & RESULTS, w/c January 3, 2016



Denbies Vineyard – on a nice day!!

It's Surrey Championship time again when we return to Denbies Vineyard (RH4 1QA) in Dorking, the scene of a famous victory as HW took the senior men's title here two years ago. Let's hope that the conditions are more favourable than it was on that magical day. For the first time the event is to be held on a Sunday (Jan 10) meaning that there are no parkruns to disturb your preparations.

Timetable as below but note that the U17/U20 races for both men and women will both be contested as one race.

Please try and arrive as early as possible to avoid the problems encountered by HW when the South of Thames 5-mile race was held at nearby Polesden Lacey!

- 10.30: BOYS UNDER 13 (2.8km)
- 10.50: GIRLS UNDER 13 (2.8km)
- 11.15: BOYS UNDER 15 (4.2km)
- 11.35: GIRLS UNDER 15 (4km)
- 12.00: SENIOR WOMEN (8km)
- 12.50: MEN UNDER 17 (6.1km)
- 12.50: MEN UNDER 20 (6.1km)
- 13.20: WOMEN UNDER 17 (5.7km)
- 13.20: WOMEN UNDER 20 (5.7km)
- 13.45: SENIOR MEN (12km)

WELL SUPPORTED HW/LAURISTON 5-MILES

2016 opened with a splash as a continuous drizzle plus a rain-soaked Common saw the course almost at its wettest with the race attracting almost 50 runners of all levels.

Good to see a plenty of help from officials and marshals with assistance being numerically higher than any previous race in the series.



Race winner Ben: splashing all over



Lisa on her way to a course W50 record



Ready for the off – They might be smiling now!

Photos by Guy Gibbons

Further great photos of the race by Guy can be found here:
<http://herculeswimbledonac.org.uk/Cross-Country.html>

HW KICK-OFF THEIR INDOOR SEASON IN STYLE

On an ideal day for staying indoors, there was an excellent HW presence at the David Weir Leisure Centre for the SLAN Open Meeting with some 20 club members flexing their winter muscles.

Particularly good to see all-rounder David Harris back in action after an injury laden 2015 and providing high hopes of being a key element in the forthcoming track season.

COURSE RECORD FOR BEN TOOMER

One impressive performance from the December 26 parkrun results that should have been highlighted was the 16:13 winning effort by Ben Toomer at Chipping Sodbury, Bristol. This time proved a course record, bettering the previous record mark of 16:22 that Ben had run in May 2014.



Just a reminder that January 1 is fast approaching which means just one thing in that your HW subscriptions will be due for renewal.

There are the usual suspects 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://www.herculeswimbledonac.org.uk/Membership-&-Renewals.html>

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

NEW YEAR'S HONOUR FOR WIFE OF THE LATE MIKE VARAH

Hidden away in the recent New Year Honours list was news of an M.B.E. awarded to Sally Varah, widow of former club 800m legend Mike Varah who died in April 2007.

The official citation for Mary as announced in the in the Daily Telegraph read, "Founder chairman Michael Varah Memorial Fund and Chair GASP Motor Project, Surrey, for voluntary services to the community in Surrey"

For those not aware of Mike Varah's athletics contribution, you can read his obituary as here:

<http://herculeswimbledonac.org.uk/Obituaries.html#mv>

NEW HW VESTS NOW IN STOCK

Talking of HW vests thanks to Sheila White, a huge stock of new vests has now been delivered to the clubhouse so no excuses for not being in possession of one.

The only drawback is the cost of each vest has slightly increased to £20 – still a bargain!

GET INVOLVED IN SOME HW TRAINING SESSIONS WITH A DIFFERENCE

Some of the HW seniors runners currently enjoying success are training together hard and often so why not join them. Details of such sessions are posted on

<https://www.facebook.com/groups/HerculesWimbledon/?fref=ts#> = so why not take a look at what they are up to and become a member of the group!



**Saturday
16th January
2016**

Deep water running at AquaPhysio in Morden

Deep water running is not only a fantastic means of maintaining your aerobic fitness whilst recovering from injury, but may also be substituted into your training programme to speed recovery and reduce the risk of an overuse injury when training hard.

The state of the art pool at AquaPhysio in Morden is specifically designed to allow for several forms of aquatic running and the specialist physiotherapists on this award winning site are expert in exercise prescription in the water. They have many previous success stories to tell which includes elite sportsmen and women through to competitive amateur athletes.



**Aqua Running Open Day
for Runners or Those
looking for a **New Way
to Keep Fit!****

**Saturday 16 January
at AquaPhysio, Unit A,
135 Garth Road,
Lower Morden, SM4 4LF**

020 8330 6777

To register your interest
visit www.aqua-physio.co.uk



@runaquaphysio

PHYSIO AT THE TRACK

Do you as a member of HW have an injury that needs treatment? Speak to Hannah. You will be able to get treatment at the track for a nominal fee of £5.

Hannah Fernando is a qualified and experienced physiotherapist and she will be providing diagnosis and treatment every Tuesday from 7pm. The club is subsidising these sessions to provide this valuable service so make the most of the opportunity. Hannah will only be able

to see 2 or 3 people per session so make sure you contact her in advance to book your slot. Please email Hannah at hannah.fernando@hotmail.com or text 07894 227947 so she can give you a time slot in advance.

ANNUAL REGISTRATION WITH ENGLAND ATHLETICS

For certain events you will require an England Athletics (EA) membership number. The annual registration started again on April 1st, 2015 and now costs £12. (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.)

NOTE: as from April 1 the EA fee will be increased to £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. 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 83 from the 500-plus HW members that are up to date with their registration fees.

Forthcoming fixtures of interest to HW members

Note: those in **red** signify change to printed fixture card

2016

JANUARY

Sun 10: Surrey County AA Championships, Denbies, Dorking

Sat 16: 2XU Surrey Men's League. Match 3, Mitcham Common YA: 2pm. SM: 2.30pm

Sat 16: 2XU Surrey Ladies League. Match 3, Reigate Priory

Sat 23: Surrey Schools Championships, Reigate

Sat 30: South of England Championships, Parliament Hill

FEBRUARY

Sat 13: 2XU Surrey Men's League. Match 4, Wimbledon Common

Sat 13: 2XU Surrey Ladies League, Match 4, Richmond Park, Petersham **11:30am**

Sat/Sun 20/21: Surrey County AA Indoor Championships, Carshalton

Sat 27: National Championships, Donnington Park, Leics

Sun 28: Richmond Half Marathon & 10km

Details: <http://www.richmondhalf.com/>

Sun 28: Thames H&H 'Dash for the Splash 10km' Wimbledon Common

Details: www.dashforthesplash.com

Future fixtures: <http://herculeswimbledonac.org.uk/Fixtures.html>

For those seeking additional competition please refer to the following links for open meetings

<http://www.openmeetings.co.uk/find-an-open-meet.php>

<http://www.londonathletics.org/Fixtures>

RESULTS

December 13: Telford 10km

1 Ryan McCleod (Tipton H) 29:41 **HW:** 53 Kieran White 32:29 (937 finishers)

December 20: Lotto Cross Cup. Brussels, Belgium

Masters Men (6km)

1 Omar Bekkali (Ethiopia) 20:41 **HW:** 6 Kieran White 22.17 (78 finishers)

December 27: Old Father Time Vets 5-miles Road, Cardiff

1 Stephen Paterson (Les Croupiers) 26:11 **HW:** 3 Kieran White 26:55 (161 finishers)

December 27: Stoke Stampede 10km, Stoke St Gregory, Taunton, Somerset

1 Jim McConnel (North Herts) 34:58; 2 Rob Tuer (HW) 35:17 (351 finishers)

January 1: Start Fitness Serpentine New Year's 10km, Hyde Park

1 James McMurray (St Albans S) 30:39 **HW:** 4 Dimos Evangelidis 32:54 (518 finishers)

January 1: Lee Valley New Year Indoor Open

M55

SP: 1 Kevin Snelling 7.81

January 1: parkrun 5km, Kingston

1 Andrius Jaksevicius (Belgrave H) 16:51 **HW:** 4 David Grima 18:17; 30 Stephen McDuell 20:28 (259 finishers)

January 1: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 17:56; 2 Nick McKay (Wimbledon Windmilers) 18:33 **Other HW:** 4 Peter Collins 19:09; 6 Richard Evans 19:42; 11 Charles Hampden-Smith 21:06; 17 Lisa Thomas (2nd F) 21:39; 22 Simon Bodle 22:00; 33 Simon Woodington 22:46; 38 John Krause 23:07; 63 Charles Lawrie 25:21 (144 finishers)

January 1: parkrun 5km, Bushy Park, Teddington

1 Andrius Jaksevicius (Belgrave H) 16:17 **HW:** 220 Jess Coulson 23:51; 226 Vivien Urban 23:58 (717 finishers)

January 1: parkrun 5km, Bishops Park, Fulham, SW6

1 Richard Gregory (Ranelagh H) 16:39 **HW:** 20 Richard Evans 19:35; 43 Vikki Filsell (2C) 21:07; 45 John Krause 21:20; 212 Charles Hampden-Smith 34:35 (236 finishers)

January 2: HW/Lauriston 5-mile Multi-Terrain, Wimbledon Common

1 Ben Toomer (HW) 26:40; 2 Nic Gould (Thames H&H) 28:34; 3 Neil Fraser (HW) 28:48 **Other HW:** 4 David Grima 29:20; 5 George Longworth 29:54; 6 Peter Lee 30:50; 7 Matthew Gibbons 31:02; 9 Sean Crummy 32:11; 10 Gordon Lilly 32:13; 13 Mark Livingston 33:38; 15 Simon Woodley 33:59; 19 Frank Wood 34:34; 20 Mark Cahill 34:44; 21 James Forde 34:52; 23 Tom Cheetham 35:04; 24 Richard Clark 35:07; 25 Lisa Thomas (2nd F) 35:09 (**W50 course record**); 26 Gary Forde 35:14; 28 Francesca Clarke (3rd F) 35:42; 34 Tony Austin 40:28; 40 Alex Dunne-Gundry 42:42; 42 Rowena Hornshaw 45:27; 45 Dennis Williams 46:14 (**3rd M70 Course all-time**)

Lauriston RC Championship: 1 Peter Lee, 2 Lisa Thomas, 3 Dennis Williams

Full race result: <http://herculeswimbledonac.org.uk/HW%20Lauriston%20MT%20-%20January%202016.pdf>

Tom: photos of race here: <http://herculeswimbledonac.org.uk/Cross-Country.html>

January 2: parkrun 5km, Wimbledon Common

1 Richard McDowell (HW) 17:34 **Other HW:** 4 Henry Silverstein 18:34; 5 Adam Harwood 18:36; 15 Sam Barker 19:37; 23 Peter Metcalf (2C) 20:28; 25 Richard Evans 20:37; 27

Victor Ray 20:53; 28 Tom Cheetham 20:57; 30 Stewart Bond 21:06; 37 Shaun Overy 21:32; 44 Simon Bodle 22:01; 48 John Krause 22:10; 56 Tor-Ivar Guttulsrod 22:51; 63 Sacha Ormiston 23:12; 86 Charles Lawrie 24:04; 107 Richard Mellor 24:59; 130 Paul Abraham 26:06; 137 Alastair Brown 26:31; 163 Edward Cheeseman 27:22; 165 Ruby Shipton 27:27; 208 Amelia Cheeseman 29:43; 209 Dean Cheeseman 29:44; 288 Sophie Toomey 37:10 (307 finishers)

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

1 Rob Tuer (HW) 16:57 **HW:** 56 Jolyon Parsons 22:36; 172 John Wasbrough 32:31 (172 finishers)

January 2: parkrun 5km, Bushy Park, Teddington

1 Andrius Jaksevicius (Belgrave H) 16:32 **HW:** 52 Fraser Hagell 20:43; 143 Monika Crouse 22:38; 283 Vivien Urban 24:38 (944 finishers)

January 2: parkrun 5km, Richmond Park

1 Andrew Booker (London Heathside) 16:51 **HW:** 40 David Scrimshaw 21:03 (371 finishers)

January 2: parkrun 5km, Harrow

1 Lawrence Edwards (Harrow) 18:38 **HW:** 21 Tom Morris 22:51 (96 finishers)

January 2: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 Nick Bundle (Belgrave H) 17:06 **HW:** 20 Chris Ore 20:00; 23 Felix Allen 20:10 (185 finishers)

January 2: parkrun 5km, Arrow Valley Country Park, Redditch

1 Andrew Brian (Unattached) 18:03 **HW:** 18 Zac Purnell 20:40; 28 Jeremy Purnell 21:13; 44 Alison Purnell 22:16 (373 finishers)

January 2: parkrun 5km, Brueton Park, Solihull

1 Dan Taylor (Coventry Godiva) 16:54 **HW:** 230 Angela Kikugawa 31:01 (309 finishers)

January 2: parkrun 5km, Seaclose Park, Newport, Isle of Wight

1 Ben Douglas (Durham Univ) 17:20 **HW:** 40 Ellen Weir (U13G-4th F) 24:23 (194 finishers)

January 2: parkrun 5km, Aylesbury, Bucks

1 James Davis (Vale of Aylesbury) 17:34 **HW:** 38 Victor Hutchins 24:43 (124 finishers)

January 3: South London Athletic Network (SLAN) Indoor Open, Carshalton

Men

60 Round 1 Race 5: 1 Jaleel Roper 7.31 **Race 8:** 2 David Harris 8.52 **Race 10:** 2 Nathanael Pongolati 8.29; 3 David Odumeru 8.38; 5 Arun Franzini 8.82 **Race 11:** 2 Shyanne Smith 9.03; 3 Dan Hillier 9.04; 4 Timothy Ajayi 9.07 **Race 12:** 2 Charlie Shinn 8.19; 4 Marcus Gayle 9.28; 5 Romaiye McFarlane 10.03

60 Round 2 Race 3: 3 Jaleel Roper 7.25 **Race 13:** 1 Charlie Shinn 8.02 **Race 14:** 5 Nathanael Pongolati 8.38 **Race 16:** 3 David Odumeru 8.48; 4 Zipporah Golding (U13G) 8.49 **Race 18:** 5 David Harris 8.61 **Race 21 (mixed):** 4 Arun Franzini 8.82 **Race 22 (Mixed):** 3 Tianna Gayle 8.83 **Race 22 (mixed):** 1 Latavia Casely-Hayford 8.88; 2 Darcy O'Shea 8.91; 5 Tamira Webster 9.01 **Race 24:** 4 Dan Hillier 9.10; 5 Shyanne Smith 9.17 **Race 25 (Mixed):** 2 Timothy Ajayi 9.04 **Race 26 (Mixed):** 2 Marcus Gayle 9.23

Women

60 Round 1, Race 8: 1 Zipporah Golding 8.38 **Race 10:** 1 Tianna Gayle 8.86; 2 Tamira Webster 8.96; 3 Latavia Casely-Hayford 9:01; 4 Darcy O'Shea 9.01 **Race 14:** 5 Noel Scotti 9.85

60 Round 2, Race 28: 3 Noel Scotti 9.99

PV: 4 David Harris 2.50

January 3: Metaswitch Indoor Games, Lee Valley

60: Round 1, Race 1: 3 Theo Etienne 6.78

60: Round 2, Race 1: 1 Theo Etienne 6.70; 2 Rehmial Miller 6.77

U20

60: Round 1, race 1: 1 Rehmial Miller 6.81

January 3: Tadworth 10 (miles), Epsom Downs

1 Ollie Garrod (Epsom & Ewell) 58:23 **HW:** 118 Simon Bodle 76:15 (596 finishers)

January 3: Junior parkrun 2km, Wimbledon Park

1 Harry Chappell (Unattached) 8:47 **HW:** 20 Sam Edmondson 12:41 (43 finishers)

January 3: Windsor SE&H Indoor Open Meeting, Eton

M55

SP: 1 Kevin Snelling 8.11

...AND FINALLY

