

HERCULES WIMBLEDON AC NEWS & RESULTS, w/c October 25, 2015

A PROMISING DEBUT BY THE HW YOUNGSTERS

Well done to the youngsters on their efforts in the Surrey County XC relays, the first time we have had such a presence at this event although some years ago HW had an U17M team which from memory placed second in their event.

No medals today but an excellent fourth by the U15 boys' who also managed to complete a 'B' team.

Good also to see an U13 girls' team finishing which was the first time the HW ladies were represented.





ANOTHER RUN ON THE BANK

A bit earlier in the season than usual, a grand total of 13 HW runners toed the line in the annual race against the Bank of England AC, a fixture that has been on the club calendar for some 55 years now.

Led home by second placed Richard McDowell who was immediately followed by Neil Fraser and Khaled Diaw the club had no problems in being first team in the four-to-score team race.

Excellent run by Tara Woods in proving first woman to finish.

Post-race, many took advantage of the high tea arranged for all of the runners and officials in the magnificent surroundings of the Bank club house. Vic Ray was heard to say, "Can we race here every week?"

Runners and witnesses after a 'famous' victory over the Bank of England!



RETURN OF PARENT'S MEETINGS HELD BY RICHARD WESTON

From Sunday 1st November and on the first Sunday of each month in December (6th) and February (7th) I shall be holding a parents' meeting for 7Upsandovers in the club house during coaching, lasting around 45 minutes from 10.00am. I discussed this with Pat and she is sure it will take some of the pressure off the person on the desk as well as providing the parents who have little or no knowledge of our sport or their club with some insight. The talks will explain what the club is all about, the rationale behind the coaching we give to the 7Upsandovers and how we see the youngsters progressing as they get older. Along the way we shall cover funding, volunteering, stadium maintenance and suchlike.

Note: the format of the above meeting will follow the route of the Tuesday evening meetings previously held by Richard. Parents of the older young athletes who train on Tuesday and Thursday evenings would be most welcome to attend.

MORE MAINTENANCE WORK FROM RICHARD

I have now removed the blue covers for the beds under the pole vault and high jump covers. I am taking them away to have straps, buckles and handles replaced, and hopefully in the case of the HJ covers I can get them patched where the carelessly steered metal roll-over cover has torn them. The HJ bed can still be used because the wear sheet is still there and so is the rope which has been binding the beds together all summer. I was very grateful indeed for help from Stefan Parocki on Tuesday of last week, and also Stefan and Helen on Sunday when I had to fetch the last cover, of which the zip was stuck fast on Tuesday.

REMEMBER, REMEMBER THE 5TH OF NOVEMBER – MEANS NO TRAINING!

It appears that November 5th falls on a Thursday this year so for that date only the track will not be available for training due to the Merton firework display that will be taking place.

Musical Firework Display at Wimbledon Park on Thursday, November 5

One of London's most popular displays, this year there are two displays. Gates open at 5.15pm, the bonfire is lit at 6.30pm and the fireworks – suitable for younger children – are at 6.45pm and set to the music of Disney. Gates open for the second performance at 7.15pm, with the bonfire at 8.15pm and fireworks with the theme Through the Decades at 8.30pm. There's also a fun fair and stalls open to 10pm. Entry costs £8.80 in advance or £10 on the gate for adults, £6.60 or £8 children, £27.50 or £30 families, and children under four go free. There's only limited tickets on the gate, so book early. Go to merton.gov.uk/fireworks



Tom, Simon and Mark looking good after the Dublin Marathon

A REMINDER FROM TEAM MANAGER FRED RE THE NEXT LEAGUE RACE

Hi All,

Just a reminder that our second Surrey League fixture is on Saturday week (7 Nov). I hope it is in your diaries and that you will all be fit for action. It's on the home turf of Wimbledon Common so no travelling involved. I look forward to seeing you there.

Fred

BEHIND THE MADNESS – OR IS IT A PASSION?

Interesting film on why we run. Does any of this ring a bell with you?

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

CAN THE HW ROWERS RETAIN THE FRANKEISS TROPHY?

The revival of this event – a boat race in skiffs for running clubs - took place some three years ago since when HW have remained unbeaten and with the next version to be held on Sunday December 6, a hat trick of wins is on the cards.

To give a potted history of the event, take a look at this You Tube link

<https://www.youtube.com/watch?v=ZM0tvweHIXQ>

Mark White will be arranging training sessions prior to the race so if interested contact him on markwhite@me.com There has been a couple of new HW members from the rowing fraternity who could really strengthen the team!

GET THOSE CROSS-COUNTRY CHAMPIONSHIP ENTRIES IN EARLY

The cross country season is now well underway, congratulations to all of those who have already managed to get out on the country!

There are a number of races that require pre-entry (i.e. no just turning up on the day!). These races are;

Please note that entries for the London Championships close today. If you haven't advised either Rob or Eileen you will not be able to compete!

Event	Location	Date of Event	Closing Date
London Championships	Parliament Hill, London	14th November	30th October
South of Thames 5M	Polesden Lacey, Surrey	21st November	14th November
South of Thames 7.5M	Tonbridge	19th December	12 th December

Surrey Championships	Denbies, Dorking	10th January*	(not yet known)
South of England Champs	Parliament Hill, London	30th January	11th December
National Championships	Donnington Park, Castle Donington	27th February	9th January

Last year was the third time we had a complete team in the women's National in the history of the club, it would be great to reproduce this again this year... and maybe even place higher!

This year I will be doing race entries for these events. Please can everyone let me know if they would like to be entered for any of these races and I will sort out race entries.

Thanks,
Eileen!

From Pete: Would the women please e-mail Eileen at eileen.brandley09@gmail.com and the men Rob at rt86@hotmail.co.uk well before the closing dates!

ONE FOR THE COACHES AND THEIR ASSISTANTS

Regional Technical Day

The day will be opened with a talk from Sports Psychologist Dr Costas Karageorghis is the author of 70 peer-reviewed and 100 professional articles in sport and exercise psychology, he has also written a book Inside Sports Psychology.

The aim of the days workshops, is to provide technical 'what to coach' material with the aim of supporting the content contained on the Athletics Coach or in the Coach and Running Fitness qualifications, but also adding the knowledge and practice base of the established Coaches Mentors and National Development Program coaches. Event Delivers include: Middle Distance - Jenny Harris, Walks - Verity Snooks, Steeplechase - Peter Mullervy. Speed - John Powell, Long/Triple Jump - Guy Spencer, High Jump - Erick Little, Shot/Discus - Dave Fox and Javelin- Bronwin Carter.

Time Table:

10-10:30 Arrival & Welcome

10:30-12 Workshop 1

12-12.30 Lunch (Bring your own)

12.30-16:00 Event Group

16:00-16:30 Day finishes.

**Venue: David Weir Leisure Centre (Sutton Arena) Middleton Road Carshalton SM5 1SL
Sunday 8th November**

Costs £20 for more information and to book visit:

<http://www.ulearnathletics.com/cpdEvent/82337>

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.)

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

2015

NOVEMBER

Sun 1: British Masters Marathon Championships, Newcastle-upon-Tyne

Sat 7: 2XU Surrey Men's League. Match 2, Wimbledon Common

Sat 7: 2XU Surrey Ladies League, Match 2, Esher

Sat 14: London Championships, Parliament Hill

Sat 14: London Youth Games, Parliament Hill

Sat 14: British Masters International, Dublin, Ireland

Sat 21: South of Thames 5-mile Team Race, Polesden Lacey, nr Dorking

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

October 18: Brighton & Hove Bright 10-miles, Brighton

1 Ben Siwa (Uganda) 47:04 **HW:** 8 Kieran White 54:51 (1737 finishers)

October 21: London Universities and Colleges League, Parliament Hill

Women

1 Adelle Tracey (St Mary's) 14:35 **HW:** 19 Ella Dobson 16:13 (86 finishers)

October 22: Ravens 5km Handicap, Wapping, East London

Fastest

1 Andrew Mercer (Unattached) 17:09 **HW:** 3 Stuart Fraser 17:13 (21 finishers)

October 24: Surrey County AA Bruce Judd YA Relays, Stoke Park, Guildford

U17 Men

1 Guildford & Godalming 20:40 ... **incomplete:** Hercules Wimbledon: Lucas Jeffs (11) 7:33
Fastest: 1 Harry Boyd (G&G) 6:39, Harry Reynolds (K&P) 6:42, Ricky Lutakome (Sutt) 6:42

U15 Boys

1 Herne Hill H 21:32 ... 4 Hercules Wimbledon 22:24 (Eitan Orenstein (6) 7:28; Zac Purnell (4) 7:25; Sam Barker (4) 7:31) ... 14 Hercules Wimbledon 'B' 26:12 (Alexander Abraham (13) 7:56; Diego Leyenda (12) 9:04; Fred Jimack (14) 9:12)

Fastest: 1 Mohamed Mohamud (HHH) 6:52; 2 Marcus Shantry (AFD) 6:59; 3 Oscar Millard (HHH) 7:05

U13 Boys

1 Herne Hill H 23:05 **incomplete:** Hercules Wimbledon: Sacha Ormiston (21) 8:45; Jacopo Bonetti 8:54

Fastest laps: 1 Jaden Kennedy (HHH) 7:18, 2 Dylan Spencer (Woking) 7:30, Ed Henderson (AFD) 7:38

U13 Girls

1 Herne Hill H 24:33 ... 8 Hercules Wimbledon 26:45 (Madeleine Casey (13) 9:03; Lucrezia Polloni (10) 9:03; Rebekah Riches (8) 8:39 **Incomplete:** Hercules Wimbledon 'B' (Valerie Parocki (12) 8:56)

Fastest: 1 Maisie Collis (HHH) 7:56, Susannah Lecoutre (G&G) 8:01; 3 Amy Dove (C'ley) 8:05

October 24: Inter-Club 4.8 miles v Bank of England etc, Richmond Park, Roehampton

1 Alan Barnes (Bank/Herne Hill H) 25:16; 2 Richard McDowell (HW) 25:47; 3 Neil Fraser (HW) 27:41; 4 Khaled Diaw (HW) 25:45 **Other HW:** 7 Neil Guthrie 30:37; 9 Victor Ray 31:15; 11 Max Dew 31:50; 15 Charles Hampden-Smith 32:49; 17 Tara Wood (1st F) 34:58; 18 Simon Riley 35:02; 23 Martin Miller 35:46; 30 Marilena De Luca 39:01; 32 Vivien Takacs 40:45; 42 Alex Dunne-Gundry 45:17 (44 finishers)

Team (4-to-score): 1 Hercules Wimbledon 16; 2 Elmbridge RR 52; 3 Bank of England 60; 4 Kingston & Polytechnic 76; 5 JP Morgan 91

October 24: Self Transcendence 10km, Battersea Park

1 Mark Hobbs (Bourneville H) 34:04 **HW:** 28 Felix Allen 39:36; 30 Frank Wood (2nd M50) 39:53; 59 Monika Crouse 43:58; 77 Maurice Sharp (1st M70) 45:50 (**HW M70 record**) (144 finishers)

October 24: RAF V Eastern Counties v Cambridge Un, RAF Wittering

1 Josh Carr (Camb Un) 36:48 **HW:** 11 Kieran White 39:17 (27 finishers)

October 24: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 16:25; 2 Alex Robinson (HW) 17:07 **Other HW:** 5 Stuart Fraser 17:45; 6 Adam Harwood 18:09; 12 Michael Burt 18:40; 16 Ian Higgins (2C) 19:09; 31 David Scrimshaw 20:09; 35 Shaun Overy 20:17; 44 Gina Galbraith 20:40; 61 Charles Hampden-Smith 21:25; 63 Simon Bodle 21:36; 101 Seb Hudspith 23:14; 113 Charles Lawrie 23:26; 127 Ruby Shipton 23:51; 161 Rowena Hornshaw 24:51; 165 Paul Abraham 25:01; 190 Vivien Takacs 25:55; 298 Fergus Henderson 29:34; 303 Angela Kikugawa 29:56; 337 Nick Condon 32:23; 372 Sophie Toomey 40:15 (374 finishers)

October 24: parkrun 5km, Bushy Park, Teddington

1 Rowan Axe (Cardiff) 16:07 **HW:** 98 Richard Clark 21:17; 110 Barry King 21:34; 295 Florence King 24:02; 533 Dennis Williams 27:26 (974 finishers)

October 24: parkrun 5km, Richmond Park

1 Paul Lowe (Stragglers) 16:07 **HW:** 8 Finlay White 19:11; 61 Ewan White 22:21; 159 Michelle Howie 26:35 (312 finishers)

October 24: parkrun 5km, Wycombe Rye, High Wycombe, Bucks

1 Sean Wilson (Vale of Aylesbury) 17:40 **HW:** 51 Victor Hutchins 23:57 (281 finishers)

October 24: parkrun 5km, Hartlepool, County Durham

1 Paul Guy (Garden City Runners) 18:04 **HW:** 54 Ian Isherwood 31:37 (71 finishers)

October 24: parkrun 5km, Bishops Park, Fulham, SW6

1 Stuart Farmer (Serpentine) 16:40 **HW:** 232 John Wasbrough 30:24 (257 finishers)

October 24: North of the Thames & Liddiard Trophy, Kingsbury, Woodford

1 Richard Goodman (Shaftesbury Barnet) 23:47 **HW:** 108 Tom Morris 36:16 (136 finishers)

October 25: Morrison's Great South Run 10-miles, Portsmouth

1 Moses Kipsiro (Kenya) 46:00 **HW:** 105 Adam Harwood 60:03 (5471 finishers)

October 25: Stroud Half Marathon

1 Robert Keal (Notts AC) 69:19 **HW:** 85 Mark Roberts 90:41 (820 finishers)

October 25: Luton Half Marathon

1 Andrew Inskop (Bedford & Cty) 74:28 **HW:** 152 Victor Hutchins 1:43:47 (631 finishers)

October 25: Junior parkrun 2km, Wimbledon Park

1 Valerie Parocki (HW) 8:15; 2 Rupert Ferguson (Runny Honeys) 8:31 **Other HW:** 32 Missy Cooper 10:57 (79 finishers)

October 26: SSE Dublin Marathon, Ireland

1 Alemu Gemechu (Ethiopia) 2:14:01 **HW:** 745 Tom Cheetham 3:10:14; 890 Darren Keane 3:13:47; 1132 Simon Woodley 3:18:19; 1143 Mark Cahill 3:18:28 (12,192 finishers)

