

Hercules Wimbledon Athletic Club

Newsletter

(Editor: Pete Mulholland)

March 2004

www.herculeswimbledonac.org.uk

With over 30 athletes competing and many supporters cheering, Hercules Wimbledon had a great day in the park on Saturday January 3

YOUNGSTERS FINE TEAM HAT-TRICK, by Tom Pollak

Hercules Wimbledon Athletic Club's youngsters started 2004 in fine style with a superb team medal hat-trick in the annual Surrey cross country championships at Croydon's Lloyd Park.

Best team effort came in the men's under 17 race where the Hercules Wimbledon quartet took team silver and were led home by Alex Bodin who took the individual silver medal in 22:51sec, finishing just 10 seconds behind the champion. Other members of the silver medal-winning team were Ben Saxby 12th in 26:04, Neil Fraser 14th in 26:55 and Richard Vanderpuije 16th in 27:32sec.

Hercules Wimbledon's boy's under-13 team also took the team silver medals. They were led home by Jonathan O'Halloran who was seventh out of the 50 runners in 12:45 with Jonathan Burgess 10th in 13:03sec, Richard Hadley 21st in 14:01sec and Charlie Carrington 22nd in 14:03sec.

The third set of team medals came in the boys under 15 championship where the Hercules Wimbledon quartet took bronze. Michael O'Halloran, Jonathan's elder brother, led the team in finishing ninth in 16:26 with Jake Bodin, Alex's younger brother, 11th in 16:34, Dominik Leeson 24th in 18:06sec and Sean Crummy 41st in 21:50.

Two other Hercules Wimbledon athletes just missed out on individual medals. Triathlete Medena Knepl finished fourth in the women's under 17 championship, 10 seconds behind the bronze medal winner but is likely to have the consolation of being selected to represent Surrey in the UK Inter-Counties Championships at Nottingham in March. Marathon man Adrian Marriott was also close to a medal in the senior men's race where he was fifth out of 170 runners in 41:20. But, he too, is likely to be running for Surrey in March.

Among those cheering on the senior men's team was Bob Holt, county champion in 1970 and 1971 during a highly successful period for the club in which it won the team title a remarkable seven years on the trot from 1969 to 1975. Although unable to emulate their predecessors, the senior men achieved their best effort for many years and just missed out on team medals finishing in fourth place. Behind Marriott were team scorers Dereje Kebede 15th in 43:00, Francis Staunton 42nd in 47:15s, Steve Sinnott 48th in 47:30, John Querstret 62nd in 49:06 and Eric Blackmore 65th in 49:46.

WHAT'S HAPPENING?

Readers may wonder why forthcoming events are not detailed in this newsletter as it is the normal practice with such publications.

The main reason is the newsletter is issued on a quarterly basis (hopefully) and such information would probably be long forgotten.

A 'What's On' news sheet is issued on a monthly basis, copies usually being handed out on Wimbledon Park training evenings and at Lauriston Cottage at the beginning of each month. A copy can also be found on the club's website.

If this is not convenient to yourselves please contact Pete Mulholland who will post you a copy.

MORE FAMILY AFFAIRS

In the article entitled 'It's A Family Affair' that appeared in the January Newsletter, the current father and daughter pairing of Neil and Stephanie Robson was inexplicably omitted. Both athletes joined the club as second claim members during 2003 since when they have turned out for the club with more frequency than many of HW's first claim members.

Not sure if Stephanie was geed up for it but shortly after the article appeared she went and blasted 65 seconds from her own course record over the HW 5-mile cross-country course, finishing 14th from a field of 86. Her previous mark of 33:31 was set in December 2002 - when competing for Southampton - to push Mel Jones' record of 33:57 into second place.

MAY DAY! MAY DAY!

Note that the Barry Jones 10k Road Race takes place from the Wimbledon Park Track on Bank Holiday Monday May 3 and starts at 11am.

This event plays an important role in raising much needed funds for Hercules Wimbledon AC so any offers of assistance would be much appreciated.

Marshals, some 20 in number, are required to direct the runners at various points around the route. In addition assistance with a 'water station' plus post race refreshments at the track. Last but not least race officials and help with the taking of entries on the day are also required.

The last finisher usually arrives at the track a little after 12-noon so as you can see your services would mainly be needed for a little over the hour.

If you can help, please contact Pete Mulholland at petehwac@aol.com or phone him on (020) 8761 4308 or catch up with him one evening at the track or Lauriston Cottage.

TRIPLE JOY FOR ESTLE

Last Christmas came a few days earlier for HW star walker Estle Viljoen on the occasion of the Ilford 10km walk held on December 21 when she won three awards. An easy winner of the women's race, she was also awarded the style prize, plus, as there were no complete women's teams in attendance, the team prize. (Ed: Must have been the lowest ever team score in the history of athletics!)

THE IMPOSSIBLE DREAM

This is an imaginary tale about someone who has spent many years in athletics. Let's call him Ernie. In his younger days Ernie was known as a rather good runner but now he mostly devotes himself to athletics administration. One day he was sorting through everything that had accumulated over the years in his office store cupboard. It was a tedious task as everything was covered in dust because nobody had wanted to arrange it or clear anything out.

He came across an unusual trophy and as he tried to clean it a genie appeared from within and offered him a wish. Anything he wanted. Ernie thought for a few minutes and confessed a special desire. "I want to race once more. I want to race against the top guys – Gebrselassie, Bekele etc. I want it to be in a high profile meeting and I want to win."

"Oh dear," the genie replied, "that really would be a problem; money would be needed to set it up, arrangements made with the sponsors and accreditation issues. We'd need to devise a special training programme, commission a lab to develop new substances to boost your stamina, to improve aerobic capacity, to assist muscle recovery and all that before the doping police finds out about them. You don't seriously imagine you can turn up one day and join in even if you can run 12 minutes something for 5000 metres. You need profile, endorsement by your federation and credibility to meeting promoters. Let's face it, they don't want to know once you are 40, let alone 50! Please, you can ask for anything but not this."

"Yes, I see the problem and I apologise. My wish was selfish and unworthy. What I really want is for our athletics administration to be simpler, more transparent and more accountable to the athletes."

"Right, where do you want to race, Zurich or Brussels?"

The above appeared in the December 2003 issue of the South West Veterans AC Newsletter and is reproduced by permission of the Editor, Bernard McCarthy

SAYONARA MITSUGI

So it's goodbye to Mitsugi Tamato who returned to his native Japan in February after just six months with Hercules Wimbledon when he proved one of the keenest athletes in the club.

Mitsugi would probably be the first to admit that he was not the quickest runner around but he competed in many a club race and trained with the club almost every Tuesday, Wednesday and Thursday and was often seen at Lauriston Cottage on a Sunday morning. A student at Roehampton University his running activities with the club certainly led to a marked improvement in his athletic endeavours.

LAURISTON RC PAARLAUF

The 50th running of the Lauriston Paarlaf on Christmas Day morning certainly attracted some HW names of the past as the likes of Steve Webb flew in from the States while John Phelan made the long journey, in his new car, from rural Lincolnshire. There was also Steve Miller, now of Stevenage and North Herts. and Billericay Strider John Halliday as faces in the crowd where some serious reminiscing was in full flow.

Those memories of the 'good old days' probably included the moment when on April 8, 1972, John Halliday clinched the Southern 12-stage road relay for HW on the final stride and coincidentally next to the very spot where the Paarlaf starts.

To obtain a flavour of the occasion you can do no better than to read the following report on that final stage by Dave Cocksedge that appeared in *Athletics Weekly* after John had set off some four seconds behind Brian Bacon of Reading Athletic Club.

'Halliday soon caught his man and with their clubmate's shouts of encouragement ringing in their ears the Reading and Hercules Wimbledon men pitted their strength against each other in a 3.1/2 mile duel. Excitement mounted as they raced out of the final turn and charged for the finish still locked together.

Halliday was running an inspired race on his home territory however, and upset form by out sprinting Brian Bacon by a mere second at the tape.'

For the record the full HW team – in running order - that day was: Mike Beevor, John Sullivan, Bas Collins, Mike Fuller, Dave Smallbone, Bob Raymen, Dave Holt, Dave Beard, Bob Holt, Keith Wallis, Steve Badgery and John Halliday.

PS: For the paarlaf there was the coincidental colourful pairing of the HW duo Kieran White and Fred Green who had they run a bit further would have had their award presented by Alan Black of Belgrave Harriers who was a winner 49 years previously. Mr White, Mr Green and Mr Black: sounds like a line up from 'Reservoir Dogs'.

ROAD RECONSTRUCTION

Further to the 2003 road rankings that appeared in the January Newsletter the following 10km performances had not been noted.

38:31 Eric Blackmore M40 May 25 Wimbledon

38:47 Alex Bodin U17 Nov 16 Brighton

39:09 Andy Cunningham M40 May 25 Wimbledon

40:06 Maurice Sharp M55 May 25 Wimbledon

40:25 John Thomas M60 Nov 16 Brighton

41:33 Martin Miller M55 May 25 Wimbledon

47:41 John Wasbrough M60 May 25 Wimbledon

The necessary adjustments have been made and the correct version now appears on the HW web site.

(NB: There are some 46 names appearing on these lists so for the forthcoming summer track season surely lack of middle-distance runners will not be a problem!)

A tramp was found sleeping in the grandstand at the local athletic track when the club secretary, prowling around, prodded him none too gently and ordered him to clear off. "And who are you?" demanded the tramp. "I'm the secretary of the club," said the official. "Well," replied the tramp, "that's certainly no way to attract new members."

Now competing as an under-17, Emily Martin has given early indication of obtaining championship medals in this age category to match her haul last year when competing as an under-15 with a bronze medal effort of 5.43m in the South of England Indoor long jump championship held at Bedford on January 17.

Also competing with some success on the indoor circuit was Jade Lally who now as an U20 has stepped into a new age category.

Twice competing at Horsham, each time she came out a winner in the 50m sprints with times of 7.3 and 7.1 respectively. Not bad for a shot put and discus specialist and these latest exploits should certainly give her some speed in the throwing circles.

Both Emily and Jade entered new territory in the Sutton Open Meeting when both competed in the triple jump and their 10.36m and 10.25m respectively was pretty good for starters.

HW TRIO SELECTED FOR SURREY by Tom Pollak

Three Hercules Wimbledon Athletic Club youngsters have been selected to compete for Surrey in the South-East Regional Sportshall final at Guildford's Spectrum Leisure Centre on February 14th.

Teenagers Emily Martin, Serena Brotherton and Luis Garcia were chosen for the Surrey squad to compete against Middlesex, Kent and Sussex after taking part in the third and final Surrey Sportshall meeting at Guildford.

Despite feeling unwell for most of the previous week, Emily still managed to achieve a hat-trick of individual successes in the girls under 15 four lap, speed bounce and standing long jump events to once again win her age group.

Serena and Lucy England linked up to win the paarlauf event and they were also well placed in the two and four lap races and the vertical jump.

Luis competed in the boys under 13 events. Twins Rosemary and Jennifer Fernando and Lara Blincow competed in the girls under 13 events where Jennifer won her four lap race and Rosemary was second in her two lap event.

It was sad to hear of the death last December of Ted Rhodes, age 69, just two days after an altercation involving a cyclist near Wandsworth High Street. Primarily the theatre critic of the Wandsworth Borough News when it was truly a local paper – unlike now when it features news from as far away as Surbiton and all points south in Surrey - Ted was also at one time responsible for preparing the sports pages. In regular contact with both Tom Pollak and Pete Mulholland, who at varying times have both acted as HW Press Officer, he always ensured that the club received their fair share of coverage each and every Friday.

Jerry Fletcher, a member of HW during the 1970s, wrote towards the end of last year to say that his fitness has taken a hammering after falling off a 'flying fox' (Ed: I presume that's a bike) last May, breaking his left leg and he's still having treatment for the ensuing blood clots. However, Jerry, who moved to New Zealand many years ago, has bounced back since to complete three triathlons. Much of Jerry's spare time is now taken up with his collection of 45rpm records. As he says, "A person has to have at least one obsession."

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WIMBLEDON COMMON AND PUTNEY HEATH, A NATURAL HISTORY edited by Tony Drakeford and Una Sutcliffe

This hardback book is the first major work of its kind about Wimbledon Common & Putney Heath since Walter Johnson's "Wimbledon Common", published in 1912. Two hundred and thirty-two pages in length, it contains over 200 colour as well as black and white photographs, illustrations, figures, tables and maps. It is published by The Wimbledon & Putney Commons Conservators and is available at The Ranger's Office, Manor Cottage, next to The Windmill, Wimbledon Common, price £25 (Now reduced to £15)

For those HW runners who enjoy racing and training across the Common this is a worthwhile publication and who knows may in the future bring back memories of those enjoyable days.

From an interview with Grenville Tuck by Alastair Aitken from *Athletics Weekly* on March 29, 1975.

'My best ever training session was with Mike Turner, Chris Garforth and Hugh Starkey last August consisting of 30 x 400 metres in three sets of ten. We had a 15 second recovery for the first set, 30 seconds recovery for the second set and 45 seconds recovery for the third set. They were all run in around 64 seconds.'

(Ed: This type of session doesn't appear to have done Grenville any harm for even now, almost 30 years on, he is still as enthusiastic about racing and training.)

A MAN OF MEASURE

As many of you know HW introduced a new route for their 5-mile road championship last April giving a much simpler course to follow and one that goes some way to meeting current safety demands.

Ian Isherwood has now 'run the rule' over the course and here is a report on his findings:

'I went round the Club '5' course on my bike this afternoon, (Jan 4) having re-measured the front wheel with a steel tape and recalibrated the 'computer' yesterday so that it was as accurate as I could get it.

It came out as 5.12 miles (that's 211 yards over-distance).

Technical details:-

Start and finish at the line of cobbles across Parkside Avenue at its junction with Peek Crescent.

1 mile: driveway to No. 35 Somerset Road.

2 miles: garden path of No. 70 Bathgate Road.

2.5 miles: first driveway to No. 116 Somerset Road.

3 miles: tree just before "Gate No. 9" on Church Road.

4 miles: mid-way between the two gates to No. 21 Somerset Road.

5 miles: driveway to No. 11 Margin Drive.

Just for good measure, I also ran round one lap of the HW/Lauriston '7', and this came out as 2.32 miles, giving a total for the three laps of 6.96 miles (70 yards short).'

HERCULES WIMBLEDON AC TRAINING TIMES

Wimbledon Park Track: Tuesday and Thursday evening 7pm onwards and Sunday morning 10:30-11:30

Lauriston Cottage, Lauriston Road, SW19: Five mile or three mile pack run to leave at 7pm.

Male or female of any standard are always welcome. The locations of these venues can be accessed on the HW website www.herculeswimbledonac.org.uk

RUNNING IN SYDNEY by Kevin McBrearty

Pete Mulholland has introduced me to the excellent *Hercules Wimbledon Winter Newsletter* that he produced and inspired me to make a contribution. My name is Kevin McBrearty and I was a member of Hercules A.C. and, later, Hercules-Wimbledon, from about 1954 until I emigrated to Australia in 1969. I was also a regular at Lauriston Cottage and a member of Lauriston runners club.

Club Running Scene

Since arriving in Sydney I have continued to compete mostly in cross-country and road races and I have been a member of *Randwick-Botany Harriers* from early 1970. Our most well known current members are Youcef Abdi (Third in the 2002 Commonwealth Games 1,500 and Jane Saville, Commonwealth Games walking champion).

The Sydney winter season begins in April and continues until the end of September. Club races are intermingled with NSW State championships and National Championships. Not forgetting the "Fun Runs" which are usually road races which belie their title as many athletes make them the major focus of their energies. A competitor can often win a prize not by winning the race but by wearing the best fancy dress or winning the "lucky draw" which is open to all entrants. The somewhat doubtful title of "King of Fun Runs" was stuck on Andrew Lloyd for some time but he was able to shake this after he won the Commonwealth Games 5,000 metres in 1990 at Auckland. Robert De Castella and Steve Monaggetti were also not above taking out many fun runs and it is fair to say that in Sydney they are the road races to go for as there is nothing else done by the clubs equivalent to your "Wimbledon 10". *Randwick Botany Harriers* (RBH) hold club races on a Saturday afternoon whenever there is no NSW State Championship being held but "star" runners may often preserve their energy for an upcoming "Fun Run".

RBH club races are small low-key events mainly intended for club members although guest runners are allowed to compete. Fields rarely have more than thirty runners. A closed handicap system may operate or there may be an open handicap in which runners have different commencement times. Distances range from 5 km. to 10 km. There are the old faithful regulars who turn up and run in everything mixed with a smattering of crack runners who may decide to race if it suits their carefully balanced schedule. Runners pay a small fee to enter the races and this contributes to the club's general funds and prizes at the end of the season. As with all handicap systems there are the occasional "burglars" who are suspected of disguising their form.

There are other clubs in the Sydney region and a close neighbour of RBH is the *St George* club of which former world three miles and two miles world record holder Albie Thomas has probably been one of their most well known members. Albie still competes; he won the NSW State age 65 plus 7km. cross-country in 38.53 as recently as 2002. It is not beneath him to help clear away the tea cups after the St George Saturday club run. Another nearby club, *Athletics Easts*, formerly *Eastern Suburbs A.C.* boasted Dave Power (Commonwealth Gold 10km. and Marathon 1958, Olympic Bronze 10 km. 1960) as an active member when I came to Sydney.

Speaking of world record holders, back in early 1970 I did a lot of my Sunday morning training runs with Fred Howe formerly of Blackpool. Fred's claim to fame was that he was once the holder of the world track 30 miles record. Fred's head came just above the top line of my running shorts so we must have looked a real jack and the beanstalk act. However, we knew how to laugh at ourselves and he was great company. I am sure that Gerry North would remember Fred.

One of the ingredients which I have found missing in the Sydney club running scene has been the absence of inter-club matches which were such a feature of the English season. Things have improved in recent seasons with a West Metropolitan League at various venues in the west of Sydney and there are efforts being made to promote an East Metropolitan League. The Eastern clubs in particular seem to be very conservative and cling to the concept of running regular club races amongst their own members.

There is a "Winter Premiership" for Sydney clubs which is based on results achieved in the various NSW State Championship races which range from 7km. cross-country to the marathon. It would surprise some observers of the turnout at RBH club races to learn that RBH won both the male and female winter premiership last season. How does this small handful of average club joggers win a winter premiership? The answer is that RBH gathers its forces for the State Championships and athletes appear whose names are completely new to me and whose faces have previously been unsighted. Never mind though, scrubbers like me bask in the glory of being a member of RBH, the Winter Premiers.

There is a club called *Sydney Striders* which holds Sunday morning long runs at different locations each Sunday. Runs vary from 10km. to 30km. They follow scenic courses in all parts of Sydney and I enjoyed a couple of seasons with their programme. I was often out for two hours. After the first hour I never dared to lose contact as I usually did not have any idea how to get back to base. It was an excellent way to learn about Sydney's geography. After each run a member, who has to miss the run on that day, is responsible for organising a picnic breakfast and an array of fruit and drink awaits the returning runners. South African/Australian author Bryce Courtenay was once an active member. The club has a few ex-South African members who are keen to return to South Africa to compete in the ultra marathon *The Comrades Marathon*.

In 1998, inspired by Pete Mulholland's newsletters, I commenced a Winter Newsletter for RBH and this appears on the web site www.randwick-botany.org.au/ It is a humble effort in comparison to the HW one and consists mainly of results but last season I ran a few "Runner Profiles" based on the old *Athletics Weekly* format of set questions. These show some personal details and training schedules of some of our athletes and readers may find these of interest.

Climate and Courses

The relatively mild climate in Sydney can make winter running an enjoyable experience. Temperatures by mid-afternoon race times are often around the 20° Centigrade mark although a stiff breeze or rain may interrupt on some occasions. There is a marked absence of heavy overcoats amongst spectators and most athletes warm up

sans tracksuit. In my experience in Sydney I have encountered very little mud on courses and most seem to be dry and firm. It is true that Sydney can have some very heavy rain periods, lasting a week at a time, but the surface water rarely hangs around for long particularly on the sandy soils of the Eastern suburbs. I have not encountered anything to match the mud of Parliament Hill Fields.

Most cross-country races are in local parks but the best real cross-country course for my money is at Nowra, 150kms. south of Sydney, on a farm owned by Jan and Rod Gibb. The course is picturesque Tyrolean type countryside with hills to match. It is the sort of countryside in which Nowra club member, Heather Turland, Commonwealth Games Marathon Champion, did much of her training and racing. Rod Gibb keeps a well mown track which marks out the course and State championships are regularly held there.

Sydney's Centennial Park is a mecca for training but the Park's charges for organised racing prohibits club racing there. Some of the State's top athletes, joggers and power walkers use the park and at the time of writing movie star Russell Crowe may be spotted as he trains up for his next movie in which he will play a boxer. Sisters Jane and Natalie Saville are also putting in some hard yards. Temperatures in Sydney in January and February are often 30°C. plus and current experience of such temperatures should stand Jane and Natalie in good stead if they compete in Athens.

Any well marked path alongside Sydney's coast is popular for runners and walkers. The Botanic Gardens adjacent to the City of Sydney is host to a multitude of runners weaving in and out of the suits during lunchtime. I recall my early days in England when any runner who left the shelter of Tooting Bec track to venture onto the roads was considered to be very eccentric or a marathon runner. It is refreshing to see the change in attitude and many now jog to work or University with their small backpacks.

HAPPY BIRTHDAY FOR DEREJE

Not a bad way to celebrate a birthday, winning the Sweatshop Surrey League with ease but that's what Dereje Kebede did on reaching the age of 23 on January 10th. After almost a year out of the sport due to injuries Dereje is now hitting the form that he promised since joining the club over a year ago.

A week later Dereje went down to Dartford to win the local 10-mile road race and come away with not only a victory more conclusive than that at Merrow but also a course record of 51 minutes 36 seconds. "It was too cold for me," admitted Dereje after running the fastest 10 miler by someone from HW since Steve Stockwell ran 50m 57s at Woking almost a decade ago.

The league race at Merrow also saw the cross-country debut of new club member Roy Burgess who has been competing successfully over the roads since joining the club last October after being a highly placed unattached runner in the Wimbledon 10.

Work commitments often means that Roy is not available for the Saturday afternoon races but after Merrow, he said, "I enjoyed that and hope to make some time for some more of these."

NO SHOW AT THE PALACE

Hercules Wimbledon AC are sorry to announce that their annual Young Athletes Open Meeting normally held on the first Sunday in April will not be taking place this year. Due to the uncertainty of the immediate future of Crystal Palace National Sports Centre, as reported in *Athletics Weekly* (January 14), a firm commitment as to its availability cannot be made.

Alternative dates and venues were considered, none of which proved practical as it was felt that the key factor in the 25 years since the first meeting was the venue itself. The opportunity to compete at a venue associated with some of the greatest names in athletics played a major role in attracting young athletes to a meeting that many considered being second only to the English Schools Championships.

Proving to be an ideal opportunity to test an athlete's form after a lengthy spell of winter training the meeting attracted athletes from far and wide and in particular some of Britain's finest young throws talents such as Claire Smithson, Emeka Udechuku, Carl Saggars and Jay Thomas.

Sprinters, such as Monu Miah and Wade Bennett-Jackson, have in recent years taken advantage of a more than favourable wind to kick start their season in style while among the longest standing meeting records, Mark Steinle's U13 1500m in 4:41.5 from 1987 and Debbie Marti's U15 high jump of 1.65 from 1981 both stand out. Meeting organiser Nick Getting says, "Hopefully it will be business as usual next year but in the meantime I would like to thank all the officials and athletes for their support over the years."

NEWTON BREAKS LAW OF INACTIVITY

On receipt of a HW application form from a Steve Newton, Membership Secretary Simon Ingall commented, "Is this THE Steve Newton?"

Yes it is and not looking a lot older than when he won the Surrey Junior cross-country championship some 30 years ago, Steve has re-joined the club.

Making his re-debut in the 5-mile inter-club on December 20, Steve went on to be the team's eighth scorer in the successful Sweatshop Surrey League race at Merrow and has already caught the eye of HW Masters Secretary Alan Turner.

Winner of that Surrey Junior title in 1974 when coached by John Sullivan (who three years later guided Dave Clarke to the first of his two junior titles), Steve competed for some years after that proving more than a useful member of the HW teams as shown by a couple of appearances in the HW all-time road list and a mention in the 25 years ago spot in this Newsletter.

Then came the double-edged sword of family and work commitments as he left his running activities and memories behind him.

After a few months of steady running Steve decided to test the waters in one of Dave Denton's 10k Surrey Grand Prix series where he found himself among the leading runners. "I couldn't believe how high up I was in the race," he admitted.

Welcome to the real world of modern day athletics Steve. You have had a quick lesson in the falling standards of UK athletics in general!

TRACKING MAC

On research for an update to the HW Young Athletes Track and Field records, doubt was cast on the validity of Megarry 'Mac' Effiong's U17 HW club record 100m hurdles time of 13.1 set in 1976. According to UK lists, a windy 13.5 was the best on offer for Mac that year.

However, further correspondence elicited the following reply from David Littlewood, who at the time was a teacher at Mac's school.

"Can throw plenty of light on this performance which was totally genuine. It occurred because Mac had injured his heel triple jumping but was still anxious to compete to stay fit for the English Schools. He offered to run the 100m Hurdles in the Middlesex Grammar Schools' meeting because 'I don't have to land on my heels'!

The Chief Timekeeper was Lister Hey who was a AAA Chief Timekeeper and highly respected, and Jack Stubbs, another Chief, was also present.

Mac never ran in the ESAA 100m hurdles because I had suggested that he do the triple jump - on the evidence of having seen him jumping in the school pit. He won the ESAA event on the fifth occasion on which he had ever jumped! In the year of the 100m Hurdles he went to the ESAA and I told him he only had one jump in him because once he landed on his heel that would be it - he had the one jump, broke the ESAA record and won the event but had to pull out of the International the following week. As far as I can remember he didn't do the AAA hurdles that year either.

He did do the 80m hurdles at the ESAA when he was leading with a strong following wind behind him, tripped over the 7th hurdles, did a somersault, hopped over the last hurdle — and still finished second in an event lasting 11 seconds! But that was Mac for you!!!"

PS: After now receiving this confirmation plus the date and venue of the race, leading UK statistician Ian Hodge admitted, "Well I'm glad the matter has now been resolved after 28 years!"

(Ed: for more news of the mighty Mac see this newsletter's '25 years ago' item on page 12.)

Being a member of Lauriston Runners Club can certainly bring you down to earth as recently witnessed.

Once each Sunday the accommodation at Lauriston Cottage has to be cleaned and the members do this duty on a rota basis. Being some 50 plus in number this usually entails each member carrying out these duties approximately once a year.

Recently it was the turn of Don Anderson also a second claim member of Hercules Wimbledon.

"Nothing special," you might say, but hold on, Don is the current President of Belgrave Harriers, the most powerful athletic club in the land.

But there he was on that particular Sunday, scrubbing, sweeping and polishing until the surfaces shone.

It was also rumoured that his 'first lady', Val, also assisted Don.

Making it a heavy workload for this presidential pair was the fact that the cleaning duties were not carried out the previous week as a certain member of Hercules Wimbledon failed to fulfil this role. The current climate of litigation forbids any naming!

LIFE'S A BEACH

Ian Isherwood waxes lyrical after a Friday evening competing in the Boscombe Winter 5km road race.

A fast, flat out-and-back course along the seafront on a mild evening, with light drizzle (sea mist) of the sort that gets you soaked within minutes. Waves gently crashing onto the sandy beach just yards away, row upon row of immaculately painted beach huts silhouetted against steeply rising cliffs by the silver moonlight, and a bag of fish & chips on the walk back to the train station; what more could one ask of life?

Keith Burchell has been carrying out some amazing work on the Surrey County AA web site (www.surreyathletics.org.uk) wherein he has established a database for results of the county track and field championships.

Currently he has results dating back to 1994 and from these anyone can ascertain how they fared in any event. Why you can even 'click on' to a particular club and see how they have performed over the years.

Where appropriate you can search for the performances of Surrey athletes at the Olympics, World and European Championships and Commonwealth Games.

Why, even the great Gordon Pirie has his performances at three Olympics and one European listed but as Keith admits, "The data for County Championships in the 1950s has not (yet!) been loaded."

Keith also requests help in locating the full results of the Surrey Indoor Championships from both 1994 and 1996. If any one has these and would be willing to loan them it would be much appreciated.

IF IT'S TUESDAY IT MUST BE TOOTING by Stan Allen of Herne Hill Harriers

This book brings together Stan's recollections of training sessions at Tooting Bec and tales of athletic trips both home and abroad. It is written in his inimitable style with many illustrations by Geoff Harrold. There is even a photo of Stan in his younger days but don't let that put you off as there are plenty of stories that will raise a smile. Many pieces refer to activities at grass roots level with many set in a Surrey context it should ring a few bells for members of Hercules Wimbledon. Topics covered included *Medal Mania or Trophy Typhoid*, *Always Injured*, *The Road Race Cynic* and *Injury of the Month Award*.

The 40-page A4 publication is available from Heath Technical Services, 6 Sandfield Gardens, Thornton Heath, Surrey, CR7 8AR priced at £5 plus £1 p&p.

Most Push-Ups in a Year as shown in the 'Guinness Book of Records.'

Britain's multiple record-holder Paddy Doyle achieved an incredible 1,500,230 documented push-ups over the course of a year in Birmingham, UK, from October 21, 1988, to October 21, 1989. The previous record stood at 1,250,850 by an American fitness fanatic, and to break his record, Paddy performed an average 4,000 press-ups per night!

(Message to John Wasbrough: "John, you will need to spend more time in the Lauriston 'weights' room' to better this one.")

ATHLETES OFF TO SUNNY CUBA by Tom Pollak

A party of Hercules Wimbledon athletes is off to Cuba later this month on an international exchange trip which is sponsored by the European Commission.

It is the fourth trip to Cuba organised by Hercules Wimbledon official Maurice Sharp and this time it is the second phase of an exchange involving athletes from Cuba, France and Nicaragua. The first part was in August 2002 when 35 young athletes from those countries stayed at the Crystal Palace National Sports Centre and took part in the Rosenheim League final and other meetings at Tooting Bec track.

Athletes in the 17-strong party involved in the youth exchange include talented Hercules Wimbledon youngsters Ike Mba, the AAA under 17 long jump champion, and top cross country runner Alex Bodin, recent winner of the Merton Schools intermediate boys title. They leave London on February 13, returning on February 23. The theme of the exchange, which will again involve club teams from France, Cuba and Nicaragua, is "Friendship and Cooperation through Sport".

The athletes will be accommodated in a sports stadium hostel about 12 miles from Cuba's capital, Havana. The hostel is part of a complex which houses the centre for the development of potential international Cuban athletes in 16 different sports.

Looking forward to the trip, Mr Sharp said: "Obviously, the focus is sport but only as a medium for a large number of activities with the other three groups. There will be plenty of opportunities for warm weather training and we will have full use of the facilities including tracks, swimming pools and the gym. There will also be lots of sightseeing and social events." The exchange will also include an athletics match.

Over the years, Hercules Wimbledon has built up an enviable reputation for international exchanges organising athletics trips to Poland, Czechoslovakia and France. In 1985, Hercules Wimbledon organised the International Youth Friendship Games at Crystal Palace with teams from Poland, Germany, Norway and Holland among those taking part. Two years later, the club organised a match with a team from Poland at Crystal Palace and in 1992, Hercules Wimbledon were hosts to a club team from France.

A snail was out training along Parkside when he was run over by a tortoise. A policeman came along and asked him how it happened. "I don't remember," said the snail, "it all happened so quick."

HIGHLIGHTS OF THE WINTER part 2.

A grand total of 17 HW young athletes make a fine showing at Lightwater Country Park in the second fixture of the Sweatshop Surrey League as Medina Knespl (U17) takes third in the accompanying Surrey Ladies League U20s race.

Forty-four HW runners enjoy the new style Christmas Cracker relays on a freezing evening at Wimbledon Park. U17 Alex Bodin is the first HW runner home in the club's annual pre-Christmas Inter-Club 5-mile while second claim Steph Robson in 15th place grabs herself a new HW women's course record.

The 50th Lauriston Paarlauf saw Martin O'Halloran making his debut in the event, probably due to the fact that his boys, Michael and Jonathan, are now of an age where Martin doesn't have so many new toys to play with. It, however, proved a successful debut as he was paired with Thames Hare and Hounds' Andy Weir, another first timer, to come away with the winner's Marks and Spencer vouchers.

Club cross-country captain Steve Sinnott when placing fifth in the Lauriston/HW 7-mile road race takes the Lauriston Running Club Championship.

Dereje Kebede makes a tentative comeback after an injury laden 10 months to place third in the Serpentine New Years Day 10km in Hyde Park.

A grand day in Lloyd Park for the Surrey Championships. (For fuller details see Tom Pollak's report on page 1.)

At Morden Park, ten HW young athletes come away with individual medals in the Merton Schools Championships. Striking gold were Paul Killerby, Alex Bodin, Imogen Stoddart and Serena Brotherton.

Over a tough course for the Surrey Sweatshop League on Merrow Down 'birthday boy' Dereje Kebede wins with ease to lead HW into second place behind a strong home-based Guildford and Godalming outfit. Steve Sinnott plays a captains role to take sixth place as John Querstret eases into 45th position as the club's 10th scorer.

Earlier the younger element of the club had proved successful as Alex Bodin (1st U17, Damien Robertson (1st U15) and Jonathan Burgess (2nd U13) lead the club home to two convincing team victories to find both teams current overall leaders after three fixtures.

In the Surrey Schools championships brothers Alex and Jake Bodin gain selection for the English Schools championships with third and sixth place in the inter and junior boys races respectively while HW newcomer Luke Jones finishes as 10th junior. Far away over at Taunton Racecourse, Medina Knespl, based at the famous Millfield School, also earns selection with her third place in the Somerset School's senior championship.

Eleven days later Damien Robertson takes third in the London Schools intermediate championships for yet another English Schools selection performance.

John Querstret has probably his best run of the season to take second in the annual match against the Bank of England.

Dereje Kebede places 13th in a high-class South of England Championships over a very muddy Parliament Hill Fields while Jonathan Burgess records the highest ever HW U13 position in the event when placing 14. Not bad when considered that he placed 10th in the Surrey Championship.

Alex Bodin finished 22nd in the U17 race to lead the HW into 12th place when proving the only Surrey team to finish.

The final Sweatshop Surrey League race of the season at Lloyd Park sees HW consolidate on their brilliant performance in their previous league race to take second and finish just off the promotion spot to finish third in the table. As at Merrow, Dereje Kebede wins with ease with newcomer Roy Burgess showing what an asset he should prove to be by taking 11th place.

Once again the young athletes did the club proud as Damien Robertson, Lance Power, Alex Bodin and, making his club debut, Luke Jones filled the first four places. Unfortunately Alex was denied his four wins out

of four due to the fact that he was the only runner who completed the FULL course. Apparently, he was some 100m clear of his pursuers when they decided to take a shorter and prettier route and Alex found himself in around 10th place before hauling himself back to third.

Alex, however, had still done enough to be the leading U17 for the series while Damien Robertson, on the eve of his 15th birthday, took the U15 individual title to add to the club's league title.

The under-13s with Jonathan Burgess 2nd, Jonathan O'Halloran 3rd and Richard Hadley 4th also grabbed the team honours to clinch the league title. Jonathan Burgess also placed second individual for the series.

RESULTS

Note: These results relate to HW club based events or where there are a substantial number of HW competitors involved, e.g Merton Schools. More detailed results by individual club members can be found on the club website www.herculeswimbledonac.org.uk

Dec 13: SWEATSHOP SURREY LEAGUE, Division 2, Lightwater Park, Bagshot

Seniors: 1 Jon McCallum (Croy) 26:56..HW: 12 Steve Sinnott 29:15; 33 John Querstret 30:55; 51 Hugh Saxby 31:40; 53 Chris Coles 31:45; 54 Eric Blackmore 31:46; 77 Tony Diangelo 32:03; 84 Dan Bodin 32:18; 99 Martin O'Halloran 34:08; 100 Neil Robson 34:09; 110 Maurice Sharp 34:43; 117 Tamoto Mitsugi 35:31; 132 Barry King 38:04

TEAM: 1 Guildford & Godalming 176...8 Hercules Wimbledon 599

Standings after two matches: 1 Guildford & Godalming 326... 8 Hercules Wimbledon 1166

U17: 1 Alex Bodin (HW) 11:26 other HW: 3 Damien Robertson 11:56; 6 Richard Vanderpuijie 12:26; 7 Ben Saxby 12:44; 8 Michael O'Halloran 12:51; 9 Jake Bodin 12:59; 10 Oliver Sanchez 13:07; 11 Lance Power 13:22; 16 Dominik Leeson 14:19; 19 Percy Botchway 15:58

TEAM: 1 Hercules Wimbledon 25; 2 Croydon H 61.5
Standings after two matches: 1 Hercules Wimbledon 52; 2 Croydon H 102.5

U13: 1 Martin Cousins (Woking) 12:35; 2 Jonathan Burgess (HW) 13:35..other HW: 7 Richard Hadley 14:21; 9 Fergus Stoddart 14:30; 10 Harry Wignall 14:31; 11 Deyan Knepsl 14:35; 12 Sylvan Robertson 14:55; 17 John Blomeley 15:52

TEAM: 1 Woking 26; 2 Hercules Wimbledon 39; 3 Croydon H 88

Standings after two matches: 1 Woking 67; 2 Hercules Wimbledon 70; 3 Croydon H 144

Dec 13: SURREY LADIES LEAGUE, Lightwater Country Park, Bagshot

U20: 1 Anair Beverley (Ranelagh, U17) 17:15..3 Medina Knepsl (HW, U17) 17:53

TEAM: 1 Sutton & Dist 41; 3 Hercules Wimbledon 69

U15: 1 Katherine Mertens (Woking) 13:03..HW: 10 Serena Brotherton 14:41; 19 Imogen Stoddart 15:13

TEAM: 1 Dorking & Mole Valley 58..6 Hercules Wimbledon 105

U13: 1 Sophie Cowper (Redhill & Sy Beagles) 13:33..19 Micaela Knepsl (HW, n/s) 15:25

Dec 16: HERCULES WIMBLEDON CHRISTMAS CRACKER TRACK RELAY, Wimbledon Park

1 Alex's Angels 13:23 (Alex Bodin, Dominik Leeson, Jake Bodin, Nadia Abdulla)

2 Saxby's Saxons 14:00 (Hugh Saxby, Flo King, Matt Zaceck, Rosemary Fernando)

3 Royden's Raiders 14:04 (Royden John, Barry King, Amadine King, Lisa Shaughnessy)

4 Richard's Lion Hearts 14:07 (Richard Vanderpuijie, John Grayson, Peter Watson, Joe Bodin)

5 Power Rangers 14:10 (Lance Power, Tom Sandiford, Serena Brotherton, Lucy Hamlin)

6 Dan's Dancers 14:10 (Dan Bodin, Sam Childs, Isabel Guy, Sean Crummy)

7 Damien's Le Shuttle 14:20 (Damien Robertson, Emily Martin, Richard Hadley, Rose Crompton)

8 Benny & The Jets 14:40 (Ben Saxby, Jennifer Fernando, Lucy England, Luis Dellinger)

9 Oliver's Army 14:48 (Oliver Sanchez, Max Taverner, Perry Hazell, Geraldine)

10 Shane's Sharks 14:58 (Shane Dodd, October Vincent, Liam White, Alex Jasper)

11 Hadley's Hopes 15:34 (Steve Hadley, Jonathan Burgess, Harry Wignall, Jess Dellinger)

December 20 HERCULES WIMBLEDON AC INTER CLUB, Wimbledon Common, 5 miles

1 Keith Newton (HHH, M40) 28:14..HW: 4 Alex Bodin (U17) 30:25; 5 Richard Xerri 30:57; 7 Damien Robertson (U15) 31:43; 8 Mamoud Aboattaya (U20) 31:55; 9

Matthew Amoils 31:58; 10 Steve Newton (M45) 32:03; 11 Eric Blackmore (M40) 32:10; 15 Stephanie Robson 32:26 (Women's course record); 17 Dan Bodin 33:00; 19 Gerard Crispie (M40) 33:11; 23 Marco Ciglia (M55) 34:08; 26 Martin O'Halloran (M45) 34:26; 29 Richard Vanderpuijie (U17) 34:41; 30 Stu Littlewood (M50) 34:43; 38 Tom Morris (M45) 35:37; 42 Neil Robson (M55) 36:05; 69 Alan Turner (M60 debut) 41:40 (86 finished)

TEAM: 3-to-score: 1 Herne Hill H 10, 2 Hercules Wimbledon AC 16, 3 Thames Hare & Hounds 24, 4 Veterans AC 25, 5 Kingston & Polytechnic AC 32, 6 Bank of England AC 37.

6-to-score: 1 Hercules Wimbledon 43, 2 Thames Hare & Hounds 85, 3 Veterans AC 89, 4 Herne Hill H 103, 5 Bank of England 145, 5 Kingston & Polytechnic AC 157

10-to-score: 1 Hercules Wimbledon 91, 2 Veterans AC 195, 3 Thames Hare & Hounds 240, 4 Bank of England 294 Young Athletes (2.5 miles)

1 Jonathan Burgess (HW, U13) 16:36; 2 Jonathan O'Halloran (HW, U13) 16:55; 3 Charlie Carrington (HW, U13) 17:20

Hercules Wimbledon Men's Championship (The Borough News Cup)

1 Alex Bodin, 2 Richard Xerri, 3 Damien Robertson, 4 Mamoud Aboattaya, 5 Matthew Amoils, 6 Steve Newton, 7 Eric Blackmore, 8 Dan Bodin, 9 Gerard Crispie, 10, Marco Ciglia, 11 Martin O'Halloran, 12 Stuart Littlewood, 13 Tom Morris, 14 Neil Robson, 15 Alan Turner
Lauriston Championship

1 Richard Xerri, 2 Eric Blackmore, 3 Gerald Crispie, 4 Marco Ciglia, 5 Alan Turner

Dec 25: LAURISTON RUNNERS CLUB 50th
PAARLAUF, Wimbledon Common
1 Andy Weir (THH) & Martin O'Halloran (HW) 5m 1567y; 2 Ray Ward (HBT) & Mel Jones (HW) 5m 1381y; 3 Steve Sinnott (HW) & Andrew Ward (unatt) 5m 1336y; 4 Marco Ciglia (HW) & P Sinton-Hewitt (Ran) 5m 1264y..6 Dave Huck (WSEH) & Martin Miller (HW) 5m 1130y; 7 Eric Blackmore (HW) & Chris Hogg (Box) 5m 1122y; 10 Roger Alsop (Bel) & Alan Turner (HW) 5m 764y; 11 Craig Farr (HW) & Mike Peace (Ran) 5m 755y; 12 Kieran White (HW) & Fred Green (HW) 5m 435y; 13 Evan Bond (Strag) & Steve Webb (HW) 5m 392y; 14 Chris Coles (HW) & John Halliday (Billericay) 5m 144y; 15 Damien Robertson (HW) & John Phelan (HW) 4m 1582y

Dec 27: LAURISTON/HW 7 MILE ROAD RACE
Wimbledon Common
1 Richard Ward (Belgrave) 34:40 (record). HW: 5 Steve Sinnott (1st M40) 39:37; 10 John Querstret 42:06; 11 Eric Blackmore (M40) 42:07; 13 Hugh Saxby (1st M45) 42:32; 17 Damien Robertson (U15) 44:01 (U15B record); 18 Marco Ciglia (M55) 44:04; 25 Ben Saxby (U17) 46:16 (U17M record); 26 Dennis Williams (M55) 46:56; 28 Fred Green (M55) 48:59; 29 Lance Power (U17) 50:59; 31 Alan Turner (M60) 52:46; 33 Steve Webb (M50) 53:55
Lauriston RC Championship
1 Steve Sinnott, 2 Eric Blackmore, 3 Gerald Crispie, 4 Marco Ciglia, 5 Martin Miller, 6 Dennis Williams, 7 Fred Green, 8 Alan Turner, 9 Steve Webb

Jan 3: SURREY COUNTY CHAMPIONSHIPS, Lloyd Park, Croydon
Men: 1 Dave Taylor (Herne Hill H) 40:22..HW: 5 Adrian Marriott 41:20; 15 Dereje Kebede 43:00; 42 Francis Staunton 47:15; 48 117 Steve Sinnott 47:30; 62 John Querstret 49:06; 65 Eric Blackmore 49:46; 69 Hugh Saxby 50:10; 74 Chris Coles 50:44; 90 Andy Cunningham 52:23; 94 Kieran White 52:47; 122 Martin O'Halloran 56:05; 128 Mitsugi Tamoto 57:04
TEAM: 1 Herne Hill H 81...4 Hercules Wimbledon 201
U15 Boys: 1 Daniel Sheppard (Aldershot F & D) 14:58. HW: 9 Michael O'Halloran 16:26; 11 Jake Bodin 16:34; 24 Dominik Leeson 18:06; 41 Sean Crummy 21:50
TEAM: 1 Aldershot F & D 14...3 Hercules Wimbledon 68
U17 Men: 1 Stephen Blake (Aldershot F & D) 22:41; 2 Alex Bodin (HW) 22:51..other HW: 12 Ben Saxby 26:04; 14 Neil Fraser 26:55; 16 Richard Vanderpuijje 27:32; 23 Lance Power 30:09
TEAM: 1 Aldershot F & D 9; 2 Hercules Wimbledon 21
U13 Boys: 1 Matthew Grant (Epsom & Ewell) 12:06. HW: 7 Jonathan O'Halloran 12:45; 10 Jonathan Burgess 13:03; 21 Richard Hadley 14:01; 22 Charlie Carrington 14:03; 25 Thomas Sandiford 14:22; 26 Deyan Knespl 14:25
TEAM: 1 Aldershot F & D 15; 2 Hercules Wimbledon 47
U13 Girls: 1 Lily Partridge (Aldershot F&D) 13:28. HW: 22 Rosemary Fernando 15:55; 25 Jennifer Fernando 15:59
Women: 1 Jo Kelsey (Woking) 31:27..55 Geraldine Alexander (HW) 41:30

U17/U20 Women: 1 Genevieve Gardner Guildford & Godalming) 19:11..HW: 9 Medena Knespl (U17) 21:26; 18 Amy Fraser (U20) 31:34

Jan 9: MERTON SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS, Morden Park
(Apart from Luke Jones all of the following are HW athletes)
Senior Boys
1 Paul Killerby (Wimbledon College) 19:10
Intermediate Boys
1 Alex Bodin (Rutlish) 15:25; 2 Richard Vanderpuijje (Raynes Park) 17:26; 3 Neil Fraser (Raynes Park) 17:39; 4 Dominik Leeson (Raynes Park) 18:33; 18 Jack Kennedy (Raynes Park) 21:21
Junior Boys
1 Luke Jones (Raynes Park) 15:53; 2 Jake Bodin (Rutlish) 16:19; 5 Charlie Carrington (Raynes Park) 16:49; 8 Deyan Knespl (Wimbledon College) 17:44; 23 Richard Hemingway (Raynes Park) 19:43
Intermediate Girls
1 Imogen Stoddart (Ricards Lodge) 18:45; 2 Lucy England (Ursuline) 20:19
Junior Girls
1 Serena Brotherton (Ursuline) 13:14; 2 Rosemary Fernando (Ursuline) 13:16; 3 Jennifer Fernando (Ursuline) 13:40

Jan 10: SWEATSHOP SURREY LEAGUE, Division 2, Merrow, Nr. Guildford
Senior Men: 1 Dereje Kebede (HW) 25:14; 2 Jon McCallum (Croydon) 25:41..other HW:6 Steve Sinnott (M40) 27:28; 12 Francis Staunton 28:14; 20 Roy Burgess 28:58; 33 Jonty Summers 30:13; 34 Chris Coles 30:14; 35 Mamoud Aboattaya (U20) 30:15; 39 Steve Newton (M45) 30:21; 41 Hugh Saxby (M45) 30:29; 45 John Querstret (10th scorer) 30:35; 45 Eric Blackmore (M40) 30:48; 57 Andy Cunningham (M40) 30:57; 63 Dan Boden 31:15; 70 Andy Waites (M40) 31:46; 76 Martin O'Halloran (M45) 32:14; 84 Barry White 32:44; 93 Neil Robson (M55) 33:21 (139 finished)
TEAM: 1 Guildford & Godalming 139; 2 Hercules Wimbledon 251; 3 Dulwich Runners 359; 4 Croydon H 446; 5 Striders of Croydon 504; 6 Woking 546
Standings after three matches: 1 Guildford & Godalming 465; 2 Dulwich Runners 1129; 3 Croydon H 1361; 4 Hercules Wimbledon 1367; 5 British Airways 1523
U17: 1 Alex Bodin (HW); 2 Damien Robertson (U15)..other HW: 5 Richard Vanderpuijje; 6 Jake Bodin (U15); 7 Neil Fraser; 8 Michael O'Halloran (U15); 9 Ben Saxby; 11 Dominik Leeson; 12 Sean Crummy (U15)
TEAM: 1 Hercules Wimbledon 21; 2 Guildford & Godalming 68.5; 3 Croydon H 95.5
Standings after three matches: 1 Hercules Wimbledon 73; 2 Guildford & Godalming 170.5; 3 Croydon H 197.5; 4 Woking 356.5; 5 Dulwich Runners 390.5
U13: 1 Martin Cousins (Woking); 2 Jonathan Burgess (HW); 3 Jonathan O'Halloran (HW)..other HW: 8 Charlie Carrington; 9 Fergus Stoddart; 11 Harry Wignall
TEAM: 1 Hercules Wimbledon 33; 2 Woking 38; 3 Croydon H 90; 4 Guildford & Godalming 111.5
Standings after three matches: 1 Hercules Wimbledon 103; 2 Woking 105; 3 Croydon H 234
NB: No times available for Young Athletes races

Jan 10: SURREY LADIES LEAGUE, Richmond Park, Petersham

Seniors (Division2): 1 Genevieve Gardner (Guildford & Godalming) 21:53..42 Geraldine Alexander (HW, W35) 26:53

TEAM: 1 Stragglers 70..25 Hercules Wimbledon 542
U17/U20: 1 Anair Beverley (Ranelagh, U17) 18:20..10 Amy Fraser (HW) 24:54 (2nd U20)

TEAM: 1 Sutton & District 42..8 Hercules Wimbledon 76
League positions: 1 Sutton & District 150..4 Hercules Wimbledon 218

U15: 1 Katherine Mertons (Woking) 15:55..HW: 10 Imogen Stoddart 15:55; 10 Serena Brotherton 16:02

TEAM: 1 Herne Hill H 27..3 Hercules Wimbledon 76
League positions: 1 Herne Hill H 165..7 Hercules Wimbledon 303

U13: 1 Sophie Cowper (Redhill & Surrey Beagles) 14:42..26 Rosa Crompton (HW) 21:49

TEAM: 1 Guildford & Godalming 35..13 Hercules Wimbledon 134

Jan 17: BANK OF ENGLAND INTER CLUB 5.75 miles Richmond Park, Roehampton

1 Paul Sinton-Hewitt (Ranelagh, M40) 34:22; 2 John Querstret (HW) 34:41.. other HW: 5 Hugh Saxby (M45) 35:40; 6 Eric Blackmore (M40) 35:46; 17 Tom Morris (M45) 38:55; 18 Barry White 39:08; 24 Mitsugi Tamato 40:13; 31 F Green (M55) 42:12

TEAMS: 1 Ranelagh H 48: 2 Hercules Wimbledon AC 72; 3 Ranelagh H B 118

January 24: SOUTH OF ENGLAND AA CHAMPIONSHIPS, Parliament Hill Fields

Men: 1 Huw Lobb (Bedford) 47:14..HW: 13 Dereje Kebede 48:36; 308 Dan Bodin 59:42; 367 Hugh Saxby (M45) 61:37; 388 Eric Blackmore (M40) 62:08; 468 Barry White 64:35; 610 Tom Morris (M45) 68:39

TEAM: 1 Newham & Essex Beagles 128..42 Hercules Wimbledon 2154

U17 Men: 1 K Hardy (Ipswich) 22:07..HW: 22 Alex Bodin 23:49; 122 Ben Saxby 27:16; 124 Richard Vanderpuijie 27:21; 138 Oliver Sanchez 28:02; 149 Lance Power 29:05

TEAM: 1 Southend 30..12 Hercules Wimbledon 406
U13 Boys: 1 M Bloy (Havering M) 12:09..HW: 14 Jonathan Burgess 12:45

February 7: SWEATSHOP SURREY LEAGUE, Division Two, Lloyd Park, Croydon

Men: 1 Dereje Kebede (HW) 28:14; 2 Jon McCallum (Croydon) 28:27..other HW: 11 Roy Burgess 30:40; 14 Steve Sinnott (M40) 30:51; 23 Francis Staunton 31:21; 37 Steve Newton (M45) 32:34; 50 Jonty Summers 33:03; 52 Andy Cunningham (M40) 33:06; 53 Martin O'Halloran (M45) 33:08; 55 Hugh Saxby (M45) 33:10; 56 Dan Bodin 33:11; 70 Eric Blackmore (M40) 33:39; 82 Andy Waites (M40) 34:26; 89 Barry White 34:45; 92 Leo Cox 35:01; 100 Peter Giles (M55) 35:45; 113 Tom Morris (M45) 36:50; 118 Dave Betts (M55) 37:16; 123 Maurice Sharp (M55) 38:01 (150 finished)

TEAM: 1 Guildford & Godalming 164; 2 Hercules Wimbledon 335; 3 Croydon H 368

Final league positions: 1 Guildford & Godalming 629; 2 Dulwich Runners 1574; 3 Hercules Wimbledon 1702

Leading individual: Veteran: 1 Steve Sinnott 11pts

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U17/U15: 1 Damien Robertson (HW, U15) 14:32; 2 Lance Power (HW, U17) 14:45; 3 Alex Bodin (HW, U17) 14:51*; 4 Luke Jones (HW, U15) 14:54..other HW: 6 Jake Bodin (U15) 15:11; 7 Richard Vanderpuijie (U17) 15:18; 8 Ben Saxby (U17) 15:27; 10 Sean Crummy (U15) 16:25; 13 Dominik Leeson (U15) 16:31; 16 Max Taverner (U15) 17:04; 17 Terry Hazell (U17) 17:17
*Alex was the only one to complete the full course.

TEAM: 1 Hercules Wimbledon 16; 2 Croydon H 257
Final league positions: 1 Hercules Wimbledon 89; 2 Croydon H 257

Leading individuals: U17: 1 Alex Bodin 5pts. U15: 1 Damien Robertson 5; 2 Jake Bodin 13

U13: 1 Martin Cousins (Woking) 15:01; 2 Jonathan Burgess (HW) 15:34; 3 Jonathan O'Halloran (HW) 15:55; 4 Richard Hadley (HW) 16:16..other HW: 6 Charlie Carrington 16:38; 10 Harry Wignall 17:00; 11 Fergus Stoddart 17:29; 22 Joe Bodin 21:20 (* (* Joe also completed the full course)

TEAM: 1 Hercules Wimbledon 25; 2 Woking 33
Final league positions: 1 Hercules Wimbledon 128; 2 Woking 138

Leading individuals: 1 Martin Cousins (Woking) 5; 2 Jonathan Burgess 7

Thanks to some earnest delving by Dave Beard within his copies of *Athletics Weekly* plus additional research by Pete Mulholland the following is now presumed to be the definitive all-time road listings for Hercules Wimbledon. If anyone has anything to add or dispute please advise.

The lists certainly make impressive reading and such is the standard that only three additions were made during 2003 with Dereje Kebede's 31:08 10k and 66:51 half marathon and Adrian Marriott's 2:22:14 marathon making any impact on them. In fact, since the turn of the millennium the only other input has been Richard Xerri's 33:05 10k at Worthing on July 7, 2000.

It was only at the beginning of the 1980s that 10km on the road began to find it's way onto the racing calendar, hence the absence of former HW greats such as Mike Beavor, Frank Briscoe, Mike Fuller, Bob & Dave Holt who by then were in the autumn of their athletic careers. Stop press: Dereje Kebede's 51:36 for a Dartford 10 course record in January manages to squeeze in at 25th place between John Halliday and Fred Bell.

5 Miles

22:37*	Dave Clarke	Wimbledon	11/03/1985
22:58	Bob Holt	High Wycombe	26/08/1972
23:10	Dave Holt	High Wycombe	28/08/1971
23:11	Frank Briscoe	Feltham	15/04/1974
23:27	Mike Fuller	Victoria Park	05/04/1969
23:32	Simon Rayner	Hillingdon	16/02/1990
23:40	Adrian Marriott	Portsmouth	06/12/1998
23:48	Pete Clarke	Hillingdon	16/02/1986
23:58	Jerome Brooks	Hillingdon	22/02/1998
24:11	Steve Badgery	Feltham	03/04/1972
24:11	Dave Jones	Wimbledon	13/03/1980
24:12	Colin Robinson	Farnborough	1970
24:14	Rob Allinson	Hanwell	16/06/1979
24:15	Paul Ross-Davies	Victoria Park	06/04/1985
24:27	Alastair Miller	Wimbledon	20/03/1993
24:29	Lew Leppan	Victoria Park	05/04/1969
24:31	Stuart Graham	City of London	01/06/1977
24:32	Pete Stenning	Wimbledon	09/04/1988
24:38	Steve Stockwell	Wimbledon	01/10/1994

(5 miles continued)
 24:42 Alan Harrold Wimbledon 24/03/1979
 24:43 Steve Newton Wimbledon 24/03/1979
 *22:32 (8km) Dave Clarke Oxford 11/05/1986

10 kilometres

27:50 Dave Clarke Cardiff 12/05/1985
 29:33 Simon Rayner Ashford 07/10/1990
 30:15 Pete Clarke Eastleigh 16/03/1986
 30:33 Adrian Marriott Yeovil 15/03/1998
 30:41 Grenville Tuck Battersea Park 12/11/1989
 30:46 Pete Moysey Teddington 08/06/1986
 31:03 Steve Stockwell Wimbledon 24/10/1993
 31:04 Jacob (JP)Van Wyk Hampstead 20/06/1999
 31:08 Dereje Kebede Hyde Park 01/01/2003
 31:15 Paul Ross-Davies Brighton 27/04/1986
 31:27 Pete Stenning Petersham 28/06/1987
 31:29 Paul New Teddington 02/06/1991
 31:37 Andy Thomas Teddington 08/06/1986
 31:44 Rob Allinson Aldershot 31/05/1971
 31:44 Stuart Littlewood Harrow 19/04/1986
 32:07 Alastair Miller Teddington 07/06/1992
 32:15 Steve Newton Aldershot 26/05/1986
 32:28 Simon Ingall Teddington 04/06/1989
 32:25 Dave Beaver Wimbledon 01/05/1989
 32:31 Dean Lane Crystal Palace 22/03/1997
 32:32 Fred Bell Brighton 25/03/1984
 32:33 Pete Williams Harrow 11/04/1987
 32:36 Ray Thompson Dulwich 05/07/1993
 32:42 Mark Slowikowski Wimbledon 04/02/1984
 32:42 Mark Larche Wimbledon 02/01/1987
 32:43 Kevin Jennings Teddington 07/06/1992
 32:46 Martin O'Halloran Crystal Palace 29/12/1985
 32:49 Steve Webb 1984
 32:58 Dennis Williams 1987
 33:03 Mike Fuller Wimbledon 04/05/1987
 33:04 Ray Thompson Wimbledon 10/07/1994
 33:05 Richard Xerri Worthing 07/07/2000
 33:10 Stuart Graham Wimbledon 09/09/1984

10 miles

47:25 Dave Clarke Canterbury 31/01/1988
 47:50 Dave Holt Worthing 17/03/1973
 47:55 Bob Holt Walton 12/10/1974
 48:42 Barry Collins Stevenage 08/06/1968
 49:16 Simon Rayner Bedford 26/12/1989
 49:18 Mike Beevor Cornwall 05/09/1971
 49:21 Steve Badgery Walton 16/10/1971
 49:52 Frank Briscoe Wimbledon 06/10/1973
 49:56 Alastair Miller Wimbledon 03/10/1992
 50:09 Paul Ross-Davies Woking 26/02/1984
 50:12 Dave Beaver Wimbledon 07/10/1989
 50:20 Mike Fuller Guildford 15/12/1973
 50:33 Pete Clarke Wimbledon 03/10/1992
 50:48 Bob Raymen Wimbledon 09/10/1971
 50:52 Mike Fearon Walton 21/10/1967
 50:57 Steve Stockwell Woking 05/03/1994
 51:04 John Sullivan Wimbledon 03/10/1969
 51:13 Sean Lippell Wimbledon 04/10/1975
 51:14 Gary Edwards Tonbridge 09/03/1985
 51:17 Pete Stenning Twickenham 18/10/1987
 51:19 Dave Beard Guildford 21/12/1974
 51:21 Pete Moysey Tonbridge 08/03/1987
 51:31 Grenville Tuck Twickenham 16/10/1988
 51:33 John Halliday Wimbledon 02/10/1970

51:36 Dereje Kebede Dartford 18/01/2004
 51:38 Fred Bell Wimbledon 06/10/1979
 51:39 Huw Roberts Woking 27/02/1983
 52:01 Richard Xerri Wimbledon 05/10/1997
 52:03 Stuart Graham Woking 02/03/1976
 52:03 Chris Moulton Walton 14/10/1979
 52:07 Stuart Littlewood Wimbledon 07/10/1989

Half Marathon

62:11 Dave Clarke Berlin 05/04/1992
 65:26 Simon Rayner Stavanger, NOR 24/10/1992
 66:26 Barry Collins Welwyn 05/07/1969
 66:51 Dereje Kebede Watford 02/02/2003
 67:34 Alastair Miller Stavanger, NOR 24/10/1992
 67:52 Jacob (JP)Van Wyk Gateshead 16/10/1999
 68:05 Grenville Tuck Kingston 07/10/1990
 68:21 Dean Lane Gateshead 16/10/1999
 69:02 Steve Webb Reading 25/03/1984
 69:44 Stuart Littlewood Reigate 13/11/1983
 69:46 Paul Ross-Davies Welwyn 20/10/1985
 69:53 Americo Chaves Sutton, Sy 01/04/1990
 70:00 Gary Edwards Ashford 23/03/1985
 70:24 Pete Clarke Wantage 18/03/1990
 70:29 Sammy Kigo Brighton 22/02/1998
 70:45 Mike Kortenray Effingham 09/05/1980
 70:49 Steve Stockwell Wimbledon 14/03/1993
 71:41 Michael Thomas Walton 13/04/1986
 72:05 Vince Hancock 1991
 72:10 Ray Thompson Brighton 25/02/1996
 72:29 Martin Howe Bath 23/03/1985
 72:30 Maurice Sharp 1984
 72:34 Martin O'Halloran Sutton, Sy 09/04/1989
 72:35 Kevin Jennings Hillingdon 14/03/1993
 72:43 John Rooney Guernsey 13/04/1998
 72:59 Simon Ingall Brighton 21/02/1994

Marathon

2:13:34 Dave Clarke Stockholm 03/06/1989
 2:15:44 Steve Badgery Manchester 19/06/1971
 2:16:50 Bob Holt Harlow 25/10/1975
 2:16:53 Dave Holt Chiswick 04/06/1972
 2:19:37 Jacob (JP) Van Wyk Amsterdam 04/10/1998
 2:21:36 Barry Collins East Germany 19/05/1968
 2:22:09 Bob Raymen Chiswick 26/06/1971
 2:22:14 Adrian Marriott Amsterdam 19/10/2003
 2:24:05 Dean Lane London 07/04/1997
 2:25:36 Gary Edwards London 20/04/1986
 2:27:45 Pete Clarke London 22/04/1990
 2:29:06 Alastair Miller London 22/04/1990
 2:30:57 Maurice Sharp Harlow 26/10/1974
 2:32:54 Eth Himsworth Harlow 27/10/1973
 2:34:32 Steve Stockwell Kingston 10/10/1993
 2:34:36 Ray Thompson London 17/04/1994
 2:35:29 Fred Green M Keynes 03/05/1980
 2:35:31 Colin Bricher Harlow 24/10/1970
 2:35:54 Stuart Graham Coventry 13/05/1979
 2:35:58 Mike Kortenray Canvey Is 23/08/1980
 2:36:29 Stuart Littlewood London 22/04/1990

Note from the editor:
 News and views from correspondents are always welcome. Just e mail them to Pete Mulholland at petehwac@aol.com or fax them on (020) 8766 7099 or by snail mail to 71 St Julian's Farm Road, London, SE27 ORJ

Twenty-Five years ago

Hercules Wimbledon won the Croydon Harriers road relay at Crystal Palace on March 18, 1979, almost two minutes clear of Sparkhill Harriers

HW Team: Steve Newton, Stuart Graham, Rob Allinson, Simon Ingall, Bob Holt. Graham Shine, Steve Webb and Mike Fuller

From Dave Cocksedge's report in *Athletics Weekly* May 25, 1979.

'Megarry Effiong (18) turned up at Crystal Palace on May 2 expecting to triple jump for the Southern Counties against the RAF and Borough Road College when Team Manager Andy Norman persuaded him to deputise at short notice for the injured Eric Shirley Jnr in the 400m hurdles. 'Mac' had to take a quick warm-up and run. He casually blasted the field with an eye-opening 53.7 strolling the last 80m. Mac's problem these days appears to be deciding which event to specialise in.'

(Ed: Mac's time, apart from being a HW U20 record also sits in third place on the senior list.)

Hercules Wimbledon AC's Surrey Champions 1979

Senior 5000m: Bob Holt 14:38.4

Junior 100/200: Mike Powell 11.1/22.1

Junior 110m hurdles: Pete Allen 15.0

Youths (U17) 100m: Donovan Reid 22.8

Fifty Years Ago

May 1954: Ted Caiger of Hercules AC wins the Surrey 880 yards Championship in 1:59.2

Two Southern Junior titles for Wimbledon AC as Tony Skidmore wins the 220 yards in 23.3 seconds and Robin Woodland the 110 yards hurdles in 14.1 seconds.

Overheard at the Surrey Cross-Country Championships during the first lap.

Person 1 "Is that Adrian Marriott?"

Person 2 "No way"

(Ed: Adrian says that he didn't catch the rest of the conversation.)

Reported in Ranelagh Harriers e-news.

'Overheard by Paul Graham as runners were lining up to start their race at the Surrey championships:

A lad addressed his team-mates and said "Right everyone, we've all eaten and drunk far too much over Christmas so take it easy at the start!"

This was in the U15's race!!!'

From Dave Cocksedge, our man in Thailand.

THE FIRST man in history to clear 6 feet (1.83m) in the High Jump event was Marshall Brooks in the Oxford v Cambridge Inter Varsity match in March 1861. Brooks, a whiskered 19th century English sporting 'toff', used the 'scissors' technique, and did not even bother to remove his top hat as he soared over the bar!

Have you got around to paying those 2004 HW subscriptions yet? They were due in January. Payment (preferably by cheque) can be made to any of the club coaches at Wimbledon Park or just leave it in an envelope at Lauriston Cottage marked for the attention of Simon Ingall. (Easy, ain't it?)

Emil Zátopek (1922-2000)

One of the greatest runners of the 20th Century Emil Zátopek achieved legendary status when he won the 5000 metres, the 10,000 metres and the marathon at the 1952 Olympic Games in Helsinki.

"The Locomotive" or the "Bouncing Czech" as he came to be known, dominated long distance running from 1948 until 1954 when he won a remarkable 38 consecutive 10,000 metre races, including 11 in 1949 alone. He set 18 world records over various distances including every record from 5000m to 30,000m and won four Olympic gold medals and one silver medal.

He was the first to run a 10,000m under 29 minutes and the first to run 20,000m in one hour.

Some quotes by Emil Zátopek

a) "Men, today we die a little." (At the start of the 1956 Olympic Marathon.)

b) "Why should I practice running slow? I already know how to run slow. I want to learn to run fast."

c) "When a person trains once, nothing happens. When a person forces himself to do a thing a hundred or a thousand times, then he certainly has developed in more ways than physical. "

d) "Is it raining? That doesn't matter. Am I tired? That doesn't matter, either. Then willpower will be no problem."

e) "A runner must run with dreams in his heart, not money in his pocket."

f) "We forget our bodies to the benefit of mechanical leisure. We act continuously with our brain, but we no longer use our bodies, our limbs. It is the Africans who possess this vitality, this muscular youth, this thirst for physical action which we are lacking. We have a magnificent motor at our disposal, but we no longer know how to use it."

g) "There is a great advantage in training under unfavourable conditions. It is better to train under bad conditions, for the difference is then a tremendous relief in a race."

h) "If you want to win something, run 100 meters. If you want to experience something, run a marathon."

i) "You can't climb up to the second floor without a ladder. When you set your aim too high and don't fulfil it, then your enthusiasm turns to bitterness. Try for a goal that's reasonable, and then gradually raise it."

j) "If you come to think of it, you never see deer, dogs and rabbits worrying about their menus and yet they run much faster than humans."

k) When asked about his tortured expression during races, Emil Zátopek said, "It is not gymnastics or ice skating you know."

l) "When I was young, I was too slow. I thought I must learn to run fast by practicing to run fast, so I ran 100 metres fast 20 times. Then I came back, slow, slow, slow. People said, 'Emil, you are crazy. You are training like a sprinter.'"

m) On Interval Training, "Everyone said, 'Emil, you are a fool. But when I first won the European Championship, they said: 'Emil, you are a genius!'"

n) "Great is the victory, but the friendship is all the greater."
