

HERCULES WIMBLEDON ATHLETIC CLUB

Newsletter

January 2003

Edited by Pete Mulholland

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Fixtures 2003

January

4	Surrey Championships	Nork Park, Banstead
11	Surrey Mens League	Epsom Downs
11	Surrey Ladies League	Richmond Park
18	Surrey Schools Champs	Nork Park, Banstead
25	South of England Champs	Exeter

February

1	Surrey Mens League	Lloyd Park
1	Surrey Ladies League	Lloyd Park
2	Surrey AA Sportshall	Guildford
15	Match v Bank of England	Roehampton
16/17	Surrey AA Indoor Champs	Carshalton
25	National Championships	Parliament Hill

THE WONDERFUL WORLD OF THE WEB

The revised Hercules Wimbledon web site is now up and running with weekly news updates - courtesy of Tom Pollak - being the norm.

Look it up on www.herculeswimbledonac.org.uk.

All results since the start of September where HW athletes have been involved are shown. Any athlete who competes in an event that may not have been picked up let Pete Mulholland know so that it can be included.

Full men's ranking lists for 2001 and 2002 are shown and shortly HW all-time lists will be included.

Other items included are the fixture list, a full result of the Wimbledon Ten plus an entry form for next May's Barry Jones 10k.

The site will be increased as time goes by so hopefully we will have an ongoing record of Hercules Wimbledon AC and all its activities.

If anyone has ideas as to what should be included don't hesitate to make a request.

Each issue of The Newsletter will also be posted on the site so if you want notification of as and when they are posted please send your e-mail address to

Petehwac@aol.com

The more astute of you will have noted that this is the first appearance of a newsletter for some time but the fact of the matter is that time and expense have been the main criteria. Now we have a 'modern' web site the newsletter will be made available on site but there will still be some hard copy versions available. To save distribution costs if any recipients of the printed version have access to e-mail please advise Pete Mulholland on petehwac@aol.com. I will try to ensure that there is no lengthy down load time.

(Some bits of news left over from the Summer!)

Congratulations to Hercules Wimbledon's Medena Knepsl who was selected for the Great Britain team to compete in the European Youth Triathlon Relay Championships in Austria held in July.

Surrey Schools cross-country representative and twice a winner last winter in the Surrey Ladies League, 15-year-old Medena earned her selection by finishing second in the recent BT trials after what was her first ever attempt at the event.

According to reports in the local press, Medina, who attends Ursuline High School, is a member of the Sigma Sport Junior Triathlon Team.

Her coach, Steve Freestone said, "If Medena can continue to show the same level of commitment over the next couple of years she can go right to the top of the sport. She trains with a good team of athletes."

Congratulations also to Sara Stodart on gaining selection for Surrey County in the annual match against the Army at Aldershot last July

Although her time of 10:48.6 was somewhat below her 10:19.5 when placing third in a classy Surrey Championship it was still too good for the likes of her army challenger as Sara won when crossing the line some 11 seconds clear of the opposition.

Keith Hylands, a member of HWs road and track teams during their glory days of the 1970s - and famously remembered as 'The man who almost beat Ron Clarke' - informs that he, "Is getting fitter, but I need to lose a lot of weight. After 42.45 Watford 10k I ran 41.43 approx at the Datchet 10k."

Hopefully Keith will rejoin the club and make a useful addition to Alan Turner's M50 squad.

Some disturbing news from Ranelagh Harriers

"Last night while the Tuesday group were out running someone broke into the clubhouse. They used a crowbar to break the door and stole six bags from the women's changing room. The police have been down and taken statements but their view is that people have been watching and know when we leave the clubhouse empty. They advised us to either not take credit cards and valuables to the club or lock them in our cars. It is a familiar scene to them of sport clubs being broken into when people go off to train as inevitably they have a routine".

(Ed. This should act as a reminder to athletes not to leave valuables in any changing rooms. Perhaps it could be left in the boot of a car.)

On behalf of the club Pat Yeates wishes to apologise for the delay in the delivery of tracksuits.

At the moment HW have to take second place to the footballers. Also as fast as we get our order prepared and ready to forward to the supplier a last-minute request is made to add to the order.

Our advice is therefore that if anyone is considering the purchase of a tracksuit, please contact Pat immediately with your size etc and a definite order can be made.

Rest assured that any cheques or cash already received will not be banked until the tracksuit of your choice arrives.

A runner comes to a canal and sees another runner on the opposite bank.
"Hello," he shouts, "How can I get to the other side?"
The second runner looks up and down the canal and then shouts back, "You are on the other side."

A selection of results held over from the summer.

Results

June 22 Datchet Dash 10km

1 M Shore (W'bury) 31:29; 31 G Crispie (SoC, M40) 36:37; 141 K Hylands (unatt, M50) 41:43; 219 I Isherwood (HW, M45) 44:24

July 10 Lauriston Mile Wimbledon Park

1 M Treadwell (HW) 4:30.9; 2 P Canavan (SLH, U17) 4:31.8; 3 C Farr (HW) 4:39.2; 4 T Beer (HW) 4:46.5; 5 P Drake (HW) 4:56.7. **(Other HW):** 10 B White 5:06.5; 14 S Littlewood 5:15.9 (3rd HW all-time M50); 15 J-L Carley 5:22.7

July 13 Buxton 5

1 A Wilton (Staffs M, M40) 26:37; 73 I Isherwood (HW, M45) 37.19 (151 finished)

July 14 Claygate Country 5

1 T Grose (VPH&TH) 27:40. **HW:** 13 E Aviles 23:02; 17 P Giles 32:09; 18 R Benitez 32:10; 22 M Sharp 32:45

July 16 Veterans AC Road Race Battersea Park 4.375 miles: 1 G Quarton (SLH, M45) 25:33; 2 B Birmingham (Lon H, M50) 27:41; 3 T Morris (HW, M40) 27:49

July 22 Elmbridge 10km

1 J Downes (Lon I) 31:38 **HW:** 27 S Badgery (1st M50) 35:47; 50 B White 37:28 (PB); 71 P Giles 38:35; 92 A Elias 39:15; 103 M Sharp 39:33; 110 J Thomas 39:40; 131 R Benitez 40:47 (532 finished)

An article by Frank Haque one of the club coaches who regularly attends at the track on a Tuesday and Thursday evening.

BENEFITS OF WARM - UP

Competitors in all sports and their coaches firmly believe that it is necessary to incorporate some form of preliminary activity or exercises before starting in any strenuous event. This type of preparatory exercises or movements is generally referred to as warm-up. This warm-up procedure serves numerous beneficial functions to the sports participant.

Warm-up is an individual matter, the types of movements or exercises chosen will vary according to the preferences of the individual participant. The amount of time spent on warming-up will also vary among individuals. It is clear that warm-up procedures may vary considerably, but they do play a very important role for all sports participants. Therefore a good understanding of the various psychological and physiological processes involved in warming-up will help both the coach and sports participant to plan an effective warm-up regime.

PSYCHOLOGICAL EFFECTS OF WARMING-UP

Various research findings have reported that the benefits of warm-up have a strong influence on certain psychological aspects of the participant. Most sports participants who perform a warm-up prior to their main activity tend to be more mentally tuned or prepared. This aspect is vitally important to competitive sports. The time preceding competition often poses concern and frustration to some athletes. Therefore, warm-up can serve as an opportunity to vent their feelings, so as to minimise the detrimental effects this would have on their performance.

It is also reported that athletes who had warmed-up were better able to concentrate and visualise their performance. Therefore, athletes who warmed-up may have a psychological advantage over their competitors who do not warm-up at all or inadequately. The psychological effects of warm-up differs in varying degrees among individual performers. Much depends on the individual's belief and experiences of warming-up.

PHYSIOLOGICAL EFFECTS OF WARMING-UP

There are a number of physiological mechanisms involved in the process of warm-up, which sports participants believe enhance their performance and help in reducing the

likelihood of sports related injuries. Many physiological reasons why warming-up should be beneficial can be suggested. These would include:

- an increase in muscle temperature,
- an improved blood circulation and heart stroke volume,
- an increase in pulmonary ventilation and oxygen transportation.

Consequently, several physiological adjustments are made to the circulatory, respiratory, musculo-skeletal, metabolic and neurological systems,

The physiological changes due to warm-up are in the main temperature-dependent phenomena. At higher muscle temperature the release of oxygen from myoglobin is increased. This acts as an extra source of oxygen utilisation located in skeletal muscles. Studies have shown that less oxygen is required following a warm-up, for a given amount of exercise.

The Mechanical efficiency of contracting muscles has been shown to improve with an increase in temperature. Muscles whose temperatures are below that of body temperature tend to increase their viscosity, which can cause soreness, stiffness and possible weakness, where as muscle temperatures slightly above body temperature, facilitate more rapid and forceful contractions.

The temperature of muscles also affects the speed of nervous transmissions and nerve receptor sensitivity. Therefore, a higher muscle temperature augments the function of central nervous system. This increase in nerve function produced by the effects of warm-up is of particular value to sports people whose events or activities demand complex movements of various body segments. The increased rapidity of nervous signals becomes important when different body parts move rapidly, because it is vital for the central nervous system to receive relevant feedback, in order to execute and control movements efficiently and effectively.

Warm-up also causes a prompt shift in the distribution of blood flow within the body. The shift involves an increase in blood flow to the working muscles and a decrease in non-active or temporarily non-essential areas of the body, such as, the digestive system.

INJURY PREVENTATIVE EFFECTS OF WARM-UP

Numerous physical educators, coaches, trainers, performers and physiologists are of the opinion that lack of warm-up may lead to injury. Some research supports this view and indicates that muscle elasticity is dependent upon blood saturation. Cold muscles with low blood saturation are more susceptible to injury or damage than muscles at higher temperature. Other findings have suggested that an increase in tissue temperature produced by warm-up lead to a reduced incidence and likelihood of muscu-loskeletal injuries.

An increase in muscle temperatures due to warm-up enhances joint range of movement, by increasing the extensibility of the involved tendons, ligaments and connective tissues. This extensibility is a vital necessity for participants whose sports require a high degree of

joint mobility. This aspect of warm-up is very important to athletes who exercise in cold weather conditions.

It is also particularly important to be aware that stretching routines should be performed following one's warm-up. This will enable the best possible results to be achieved and reduce any potential risk of stretching-induced injuries. Excessive stretching, when the tissue temperatures are relatively low, increases the risk of connective tissue damage. It has also been reported that abnormal cardiovascular responses were evident when subjects performed vigorous exercise without warm-up. Therefore, athletes whose sports involve sudden strenuous bouts of activity should pay special attention to the warm-up.

TYPES OF WARM-UP

Warm-up can be divided into different types. Some classify warm-up to include the following types:

- passive,
 - general,
 - specific
- whereas others divide warm-up into two different types:
- active
 - passive

ACTIVE WARM-UP

Active warm-up can be sub-divided into FORMAL and INFORMAL types.

(Sometimes referred to as related and non-related respectively)

Formal warm-up involves movements and skills, which will be used during competition. This specific or formal aspect of warm-up can also serve as a mental rehearsal prior to competition. Thereafter, active procedures involve practising the skill or activity that will be used in the competition

Informal (general or non-related) warm-up usually involves exercising large muscle groups, without specific preference to the skill used in the event proper. This would include callisthenics and stretching exercises.

The main function of formal warm-up is to affect the nervous system, while the informal warm-up mainly tends to increase the muscle temperature through active movements of the major muscle groups of the body. Active warm-up has an advantage in that deep muscle temperature is increased more effectively in comparison to passive warm-up methods.

The specific type of warm-up fulfils essentially a three-fold function

- an increased muscle and connective tissue temperature,
- an improved neuromuscular co-ordination and
- a mental preparation of the individual for the competitive event.

Therefore, this type of warm-up will be of particular value to those whose events involve co-ordination and skill.

PASSIVE WARM-UP

Passive warm-up involves increasing the body temperature by employing some form of external means, such as a warm shower or bath, saunas, massage or short wave diathermy. Passive procedures of warm-up may not always be practical to a sports competitor. However, physical performance will be improved, as opposed to no warm-up at all, if body temperature is raised sufficiently. One obvious advantage of a passive warm-up is that there is a reduced possibility of impairing subsequent physical performance, because only a negligible amount of activity and energy is utilised. Passive warm-up may be used in addition to active warm-up methods, so that elevated temperatures already achieved can be preserved with minimal energy expenditure.

. THE FITT PRINCIPLE APPLIED TO WARM-UP

The FITT principle refers to the Frequency, Intensity, Time (duration) and Type of exercise.

The amount, intensity and duration of warm-up must ideally be tailored to every individual, depending upon his/her own physical capabilities and current level of fitness.

No two athletes warm-up exactly the same, even when competing in the same event against each other.

Therefore, it is difficult to prescribe a definitive warm-up procedure for specific sports, let alone for specific individuals.

There have been instances of athletes unintentionally warming-up too severely; thus impairing their performance, due to the early onset of fatigue. Therefore, the frequency, intensity, and time (duration) of warm-up need to be planned for each individual athlete, with adjustments and modifications made to variable weather conditions. This will enable optimal body temperatures to be raised and maintained, so that performance is enhanced. This may indicate longer periods of warm-up with additional clothing in very cold weather or keeping in shade in hot weather. In the latter situation passive warm-up could be used.

For optimal performance, it is perhaps best to perform soon after the warm-up. However, the duration of the increase in body temperature and the extent of warm-up effects are variable and may last for anywhere between 45 - 80 minutes. This factor, however, depends heavily on the rate of heat loss from the body.

To the extent that physiological changes resulting from warm-up can influence performance positively, several aspects of the warm-up must be considered. These would include;

- quality of work
- duration
- intensity
- rest periods between warm-up
- performance

None of these factors can be considered in isolation, since they most likely interact with each other in producing the effects of particular warm-up procedures.

Frank Haque

Source - New studies in athletics

The following lists are believed to be up-to-date and will be posted on the club web site. However before they are would you advise Pete Mulholland of any additions and or amendments.

HERCULES WIMBLEDON AC ALL-TIME TRACK & FIELD VETERANS TOP TEN

100m			
M40			
1 Robin Woodland	11.7		1978
2 Mark Baker	11.7		24/6/02
3 Geoff Walcott	12.0		1995
4 Andy Laughton	12.1		1998
5 Steve Fuller	12.2		1995
6 Johan Loland	12.3		2000
7 Doug McInnes	12.6		1993
8 Jon Owen	13.0		1997
9 Dave Orchard	13.0		30/4/01
10 Peter Facer	13.5		1995
10 Tony O'Connor	13.5		1994
M50			
1 Robin Woodland	12.13		1990
2 Frank Haque	13.0		1992
3 Martin Miller	14.7		1999
4 Tom Pollak	15.9		1998
5 Marco Ciglia	16.1		2000
M60			
1 Frank Haque	13.5		24/6/02
2 Kevin Burnett	15.7		22/8/01
200m			
1 Robin Woodland	23.4		1978
2 Geoff Walcott	24.1		1995
3 Mark Baker	24.1		9/9/01
4 Steve Fuller	24.7		1995
5 Andy Laughton	25.1		1999
6 Johan Loland	25.4		1999
7 Doug McInnes	25.9		1993
8 Tony O'Connor	27.2		1994
8 Dave Orchard	27.2		14/5/01
10 John Fenge	27.8		1992
10 Peter Facer	27.8		1994
M50			
1 Robin Woodland	24.74		1991
2 Frank Haque	26.8		1992
3 Martin Miller	30.5		2000
4 Marco Ciglia	33.4		2000
M60			
1 Frank Haque	28.5		13/5/02
2 Tom Pollak	33.9		23/7/01
400m			
M40			
1 Robin Woodland	52.7		1978
2 Geoff Walcott	53.7		1995
3 Jon Owen	54.1		1996
4 Andy Laughton	56.0		1998
5 Steve Fuller	57.5		1995

6 Johan Loland	59.5		1999
7 Dave Orchard	59.9		4/6/01
8 Martin Miller	60.3		1996
9 John Webster	63.4		1985
10 Marco Ciglia	63.6		1997
M50			
1 Robin Woodland	55.48		1991
2 Martin Miller	60.4		1997
3 Frank Haque	64.8		1999
4 Marco Ciglia	66.9		4/6/01
5 Alan Turner	71.1		4/6/01
6 John Webster	88.2		2000
M60			
1 Frank Haque	68.0		4/6/01
800m			
M40			
1 Jon Owen	2:00.6		1996
2 Ian Cousins	2:00.8		1991
3 Fred Green	2:03.4		1986
4 Kevin Jennings	2:04.49		24/6/01
5 Roger Smith	2:05.2		1985
6 Stuart Littlewood	2:08.6		1993
7 John Sullivan	2:09.0		1986
8 Mark Baker	2:10.1		14/5/01
9 Andy Laughton	2:12.4		1999
10 Martin Miller	2:13.2		1996
M50			
1 Martin Miller	2:15.2		1997
2 Bob Frewin	2:21.4		1988
3 John Roberts	2:23.9		1992
4 Alan Turner	2:24.4		1995
5 Marco Ciglia	2:29.2		14/5/01
6 Peter Giles	2:30.5		25/5/02
7 Pete Mulholland	2:33.7		1992
1500m			
M40			
1 Ian Cousins	4:01.8		1991
2 Fred Bell	4:06.0		1983
3 Fred Green	4:11.6		1986
4 Stuart Littlewood	4:12.47		1992
5 Kevin Jennings	4:14.0		1999
6 Barry Atwell	4:17.4		1995
7 Jon Owen	4:20.8		1996
8 Grenville Tuck	4:24.0		1997
9 Marco Ciglia	4:25.1		1991
10 Dave Alexander	4:25.5		1993
M50			
1 Martin Miller	4:34.6		1997
2 Bob Frewin	4:38.1		1988
3 John Roberts	4:48.4		1994
4 Marco Ciglia	4:54.5		1999
5 Alan Turner	5:10.1		1998
6 Pete Mulholland	5:22.1		1992
1 Mile (* Relay)			
M40			
1 Stuart Littlewood	4:33.1		1993
2 Mike Fuller	4:41.0		1990
3 Dennis Williams	4:43.0		1987
4 Roger Smith	4:45.6		1984

5 Jon Owen	4:46.5		1996
6 Marco Ciglia	4:46.6		1990
7 John Sullivan	4:47.3 *		1978
8 Martin Miller	4:48.1		1992
9 Steve Badgery	4:51.0		1992
10 Pete Smith	5:04.0		1989
M50			
1 John Roberts	5:01.5		1994
2 Martin Miller	5:13.5		1997
3 Stuart Littlewood	5:22.7		10/7/02
4 Pete Mulholland	5:28.5		1992
M60			
1 Jim Braben	9:03.3 *		1978
3000m			
M40			
1 Fred Bell	8:47.0		1983
2 Mike Fuller	8:52.0		1984
3 Steve Badgery	9:05.6		1992
4 Stuart Littlewood	9:08.6		1996
5 Kevin Jennings	9:13.6		2000
6 Fred Green	9:13.9		1986
7 Dennis Williams	9:16.7		1987
8 Grenville Tuck	9:18.2		1997
9 Marco Ciglia	9:19.3		1989
10 Dave Alexander	9:22.4		1992
M50			
1 John Roberts	9:40.1		1992
2 Dennis Williams	9:48.1		1995
3 Vince Hancock	10:00.44		1996
4 Bob Frewin	10:09.0		1988
5 John Thomas	10:13.9		1994
6 Martin Miller	10:26.6		1997
7 Marco Ciglia	10:30.7		1999
8 Pete Mulholland	10:49.0		1991
9 Alan Turner	11:20.4		23/7/01
M60			
1 John Thomas	11:18.7		12/6/02
5000m			
M40			
1 Mike Fuller	15:25.8		1987
2 Stuart Littlewood	15:57.4		1993
3 Steve Badgery	15:59.7		1992
4 Dennis Williams	16:08.5		1989
5 Chris Hynan	16:12.0		1981
6 Maurice Sharp	16:22.7		1985
7 Marco Ciglia	16:28.0		1989
8 Dave Alexander	16:28.0		1992
9 Martin O'Halloran	16:31.6		1999
M50			
1 Dennis Williams	17:10.6		1995
2 Vince Hancock	17:12.5		1995
3 Marco Ciglia	17:37.2		1998
4 Mike Fuller	17:37.6		1990
5 Maurice Sharp	17:46.0		1995
6 Grenville Tuck	18:29.0		26/5/01
7 Graham Bradbury	18:34.2		1997
8 Pete Mulholland	19:05.4		1993
10,000m			
M40			

1 Dennis Williams	33:19.5		1986
2 Mike Kortenray	33:52.0		1985
3 Dave Alexander	33:52.1		1993
4 Stuart Littlewood	33:57.0		1994
5 Steve Badgery	33:58.0		1994
6 Grenville Tuck	34:12.9		1999
7 Maurice Sharp	34:23.5		1993
8 Roger Smith	34:55.0		1984
9 Fred Green	34:58.1		1986
10 Simon Ingall	34:59.0		1995
M50			
1 Dennis Williams	36:23.4		1995
2 Martin Miller	36:51.3		1997
3 Vince Hancock	37:23.04		24/6/01
4 Graham Bradbury	38:22.5		1999
5 Pete Mulholland	40:55.0		1993
2000m S/chase			
M50			
1 Richard Weston	10:28.9		13/6/01
3000m S/chase			
M40			
1 Steve Badgery	10:54.1		1993
2 Martin O'Halloran	11:10.1		1999
3 John Walker	11:19.2		1989
4 Alan Grimes	11:43.0		1991
5 Maurice Sharp	11:45.8		1989
6 Richard Weston	11:55.9		1993
7 Marco Ciglia	13:23.2		1989
M50			
1 Richard Weston	15:44.6		23/6/01
100m Hurdles			
M50			
1 John Webster	19.7		1991
110m Hurdles			
M40			
1 Andy Laughton	17.1		1998
2 Steve Fuller	19.2		1995
3 Tony O'Connor	19.8		1991
4 Dave Orchard	20.1		26/5/01
5 John Webster	21.1		1985
5 Jon Owen	21.1		1997
400m Hurdles			
M40			
1 Jon Owen	59.15		1996
2 Andy Laughton	60.2		1999
3 Steve Fuller	62.9		1995
4 Dave Orchard	69.4		22/8/01
5 Tony O'Connor	72.9		1994
6 Richard Weston	80.0		1992
4x100m Relay			
McInes - Facer			
S Fuller, Walcott	48.7		1995
4x200m Relay			
M40			
	1:51.5		1999
4x400m Relay			
Turner - Orchard			
Ciglia - Laughton	4:20.3		4/6/01

Decathlon			
M40			
1 John Webster	5823		1985
High Jump			
M40			
1 John Fenge	1.65		1990
1 Doug McInnes	1.65		1994
3 Dave Orchard	1.60		2000
4 Andy Laughton	1.55		1999
5 John Webster	1.50		1985
6 Jon Owen	1.45		1987
7 Johan Loland	1.40		24/6/01
8 Tony O'Connor	1.35		1995
M50			
1 John Webster	1.40		1993
2 Frank Haque	1.30		1999
3 Tom Pollak	1.15		1998
M60			
1 Frank Haque	1.35		4/6/01
2 John Webster	1.10		30/4/01
Pole Vault			
M40			
1 John Fenge	3.55		1990
2 John Webster	3.00		1980
2 Dave Orchard	3.00		2000
4 Andy Laughton	2.90		1999
5 Steve Fuller	2.20		1995
6 Jon Owen	2.10		1997
M50			
1 John Webster	2.80		1990
M60			
1 John Webster	2.00		23/7/01
Long Jump			
M40			
1 Tony O'Connor	6.05		1990
2 John Fenge	5.78		1990
3 Doug McInnes	5.64		1995
4 Dave Orchard	5.50		26/5/01
5 Andy Laughton	5.40		1999
6 John Webster	5.25		1985
7 Johan Loland	4.87		24/6/02
8 Jon Owen	4.62		1997
9 Robin Woodland	4.60		1992
M50			
1 Frank Haque	4.80		1994
2 John Webster	4.75		1990
3 Robin Woodland	4.60		1992
4 Tom Pollak	3.59		1997
5 Richard Weston	3.44		23/6/01
M60			
1 Frank Haque	5.12		24/6/02
2 John Webster	3.39		4/6/01
Triple Jump			
M40			
1 Tony O'Connor	12.48		1990
2 Dave Orchard	11.47		26/5/01
3 John Fenge	11.18		1992
4 Andy Laughton	11.11		1998
5 Doug McInnes	11.08		1994

6 Steve Fuller	10.59		1995
7 Jon Owen	9.44		1997
8 John Webster	9.11		1993
9 Richard Weston	8.46		1996
M50			
1 Frank Haque	9.80		1999
2 John Webster	9.11		1993
3 Richard Weston	7.52		23/6/01
M60			
1 Frank Haque	10.03		25/5/02
2 John Webster	7.17		23/7/01
Shot			
M40			
1 John Fenge	13.03		1990
2 Dave Orchard	9.49	7.26kg	4/8/01
3 Robin Woodland	8.51		1992
4 Doug McInnes	8.19		1995
5 John Webster	8.02		1981
6 Jon Owen	7.42		1997
7 Glenn Turner	7.42		1988
8 Steve Fuller	7.36		1995
9 Andy Laughton	7.21		1998
M50 7.26kg			
1 John Fenge	10.20		4/5/02
2 Robin Woodland	8.51		1992
3 Frank Haque	7.58		1993
4 Denis Roll	6.95		21/7/01
5 Tom Pollak	6.62		2000
6 John Webster	6.61		1991
7 Mike King	5.13		1992
M50 6kg			
1 John Webster	8.50		1990
2 Denis Roll	8.38		1999
M60			
1 Frank Haque	8.58		24/6/02
2 Kevin Burnett	6.66		2000
3 Tom Pollak	6.19	7.26kg	1/8/01
Discus			
M40			
1 John Fenge	36.66		1991
2 Dave Orchard	29.50	2kg	14/5/01
3 John Webster	27.58		1982
4 Jon Owen	25.82		1997
5 Kevin Snelling	22.25	2kg	15/8/01
6 Robin Woodland	21.86		1992
7 Doug McInnes	21.80		1993
8 Denis Roll	19.50		1998
9 Frank Haque	18.88		1994
10 Steve Fuller	17.26		1995
M50			
1 Robin Woodland	26.30		1992
2 John Webster	25.16		1994
3 Denis Roll	22.76		2000
4 Frank Haque	18.88		1994
5 Nick Getting	15.66		1997
M50 1.5kg			
1 John Webster	33.58		1999
2 Frank Haque	27.06		1998
3 Kevin Burnett	22.99		2000
4 Denis Roll	22.88		1999

M60			
1 John Webster	29.63	1.5kg	6/8/01
2 Frank Haque	27.51	1kg	14/5/01
3 Kevin Burnett	16.48	2kg	18/7/01
Hammer			
M40			
1 John Fenge	41.80		1990
2 John Webster	38.10		1982
3 Mike King	28.80		1991
4 Jon Owen	28.38		1997
5 Dave Orchard	23.24		2000
6 Kevin Snelling	20.19	7.26kg	2/6/01
7 Steve Fuller	15.56		1995
8 Ron Down	14.54		1984
9 Tony Austin	12.56		1995
10 Andy Laughton	11.54		1999
M50			
1 John Webster	35.52		1990
2 Mike King	28.80		1991
M50 6kg			
1 John Webster	40.40		1992
2 Denis Roll	15.67		1999
M60			
1 John Webster	37.82	5kg	1/4/01
2 Kevin Burnett	22.90		2000
Javelin			
M40			
1 John Webster	49.80		1990
2 Dave Orchard	40.85		2000
3 Frank Haque	38.66		1993
4 John Fenge	37.38		1990
5 Jon Owen	34.64		1997
6 Kevin Snelling	28.40	800g	23/7/01
7 Robin Woodland	22.34		1992
M50			
1 John Webster	49.80		1990
2 Frank Haque	38.66		1997
3 Robin Woodland	22.34		1992
4 Denis Roll	17.25		1999
5 Tom Pollak	12.10		1997
M60			
1 John Webster	38.66	600g	9/9/01
2 Frank Haque	29.34	800g	13/5/02
3 Kevin Burnett	20.64		29/5/02

TRY THE THURSDAY TROT

The Wednesday evening training runs from Lauriston Cottage are still proving very popular and over the years HW have attracted quite a few members because of this. However, since relocating to Wimbledon Park it has been noted that there are an abundance of runners/joggers making use of both the track and the park environment. In order to try and tap this possible source of new members a similar type of session has been arranged to commence in the New Year every Thursday evening but from Wimbledon Park track and with the same 7pm start. If you know of anyone who may be interested in joining what will be an easy three or five miler send them along. It will obviously on the roads during the winter but there is no reason why Wimbledon Common cannot be used in the summer.

An piece, published in Athletics Weekly and sent by our Far Eastern correspondent Dave Cocksedge

Today, 1st September, is an historic day. The oldest Surrey record in the books was set this day at Carshalton Track (now Sutton Arena) by Stephen Peter Badgery of Mitcham AC on 1 September 1962. He clocked 4:28.4 for the mile - four laps of the cinder track - a county U15 record that still stands, forty years later.

Back then, the Prime Minister was Harold Macmillan; and John F Kennedy was President of the USA, about to face the Cuban missile crisis the following month (October). An obscure band called the Beatles from Liverpool was performing in Hamburg, Germany, soon to be signed-up to the big time by Parlophone. The BMC did not exist, and a young policeman named Andy Norman was the best Junior (U19) in Metropolitan Police AC at both 440 and 880 yards with times of 50.1 and 1:55.6. (In those days, AJN was slim and fit, and had yet to meet Fatima Whitbread, who was a year old). Earlier that year, Peter Snell (NZL) had broken his own world record for the mile with 3:54.1 (from 3:54.4). The Surrey mile champion was Tony Harris (Mitcham AC), who ran 4:07.2 at Motpur Park in May; prior to taking the inter-counties title at White City. Both stadiums no longer exist.

Young Badgery was way ahead of his time. And his record still stands! Will there be a celebration? I doubt it.

Ed: Steve is still competing and training with the same enthusiasm that he displayed in his younger days. Many a road result sheet shows Steve as having been first M50 home. He's an example to us all.

It has just been announced that for next summer the National Young Athletes League meetings, in which our boys competed so successfully last season, will now become a joint affair with girls also competing.

Judging by the number of girls training at the track these days HW could feature quite well. A decision has to be made as to whether HW will still compete in the Lily B leagues.

As this is the first of the club newsletters that will be incorporated on the club website I am not sure how to present. I am loath to include all the results as they will duplicate those shown on the site. Perhaps I could print them out as an addendum and issue them with the printed version. It's the same with reports of events as Tom Pollak's versions are also on the web site.

If anyone has thoughts on these matters don't hesitate to contact Pete

It is intended to present a Newsletter every two months but eight pages does take some filling so if anyone would like to make a contribution, send it in.

Either by fax (020 8766 7099), post (71 St Julian's Farm Road, London, SE27) or e-mail petehwac@aol.com

Some interesting theorising by John Phelan, a long time member of Hercules Wimbledon and who moved up to Lincolnshire some years ago.

The one beef I have about the Wolds Vets club I'm in, is the club colours. It's black with a yellowish piping and club insignia, not unlike I suppose, the Lauriston club colours. In fact, the first time I saw their singlet, I immediately thought how similar they were.

Now apart from black not being the greatest colour to wear during the summer, (I know, Wilson of the Wizard and Arthur wore it all the year round!) I also found the largest one they could produce, still felt tight and was the most uncomfortable singlet I possessed. Normally that wouldn't matter as I would wear what I liked in most races; but in ten designated 'championship' races during the year, to claim club points for one's age group club champion - one had to wear club colours.

Fondly imagining I would kill two birds with one stone, I got to thinking: football clubs have an alternative 'away' strip with a colour different to their home strip, why couldn't we also have an alternate 'summer' strip simply by switching the predominant colours around? A yellow vest with black piping and insignia and in a nice coolmax type material? I put the proposal forward at the AGM. There was uproar! A sort of circumspect lynching! 'Wasn't I aware that yellow attracts all the flies and bugs in the area?' Now having worn the Herc/Wim strip from Year Zero, this assertion was certainly new in my experience and when the resolution was thrown out, I put it all down to some sort of northern myth or prejudice about the colour, having little basis in fact. I forgot all about it, but then, one hot evening when we were all lined up for a road race out in the country surrounded by farmer's fields, I noticed the old boy in front of me was wearing a yellow baseball cap. I also couldn't help but notice that he alone had a huge spiral of flies circling his head! Was it all true after all? Was it the colour or maybe just that he was the sort that attracted flies like some people attract mosquitoes.

Last week I found out they were right after all - it is the colour! I drove down to a cute little town, Spilsby, to run in their 6-mile race from the town showground. It was their annual show-day with exhibits of all descriptions, a lot quite naturally being agricultural. It had turned hot and sunny and I fished out my old HW string vest for a change, feeling I might win the O/65s and it'd look good to collect something wearing the old colours.

In the event, I was beaten by a visiting South African who regularly runs the Comrades! Skinny old git! Anyway, I was the only one wearing yellow, and yes - I seemingly alone, was constantly surrounded by what seemed every darn bug in the ground! I'll not run in yellow on hot summer's days again - but I'm still puzzled. Do southern flies have different tastes? Or is it that I never used to run in similar conditions?

JANUARY 1.....HW SUBS ARE DUE.

Please send (£15 for over 19 or £10 for under 19, full time students or second claim) to Simon Ingall, 57 Rayleigh Road, London, SW19 3RE