

RUNNING IN THE FOOTSTEPS OF OLYMPIANS

Competitors taking part in Sunday's Hercules Wimbledon Young Athletes Open Meeting will be following in the footsteps of Olympic sprinters Adam Gemili and Diana Asher-Smith, writes Tom Pollak.

Gemili and Asher-Smith both competed in the Hercules Wimbledon meeting as teenagers at a time when they were cutting their teeth in the sport before rising to the top echelons of athletics. Asher-Smith, who finished fifth in last season's Rio Olympics women's 100m, completed the double double when she won the 100 and 200m at the Hercules Wimbledon open meeting at Crystal Palace in 2009 and 2011. Gemili, who took the 100m bronze medal at the 2012 London Olympics and just missed out finishing fourth in the Rio 100m last season, won the under 20 100 and 200m at the Hercules Wimbledon meeting in 2009.

They are the best of many athletes who have used the Hercules Wimbledon meeting as a stepping stone on their rise to international level including Hercules Wimbledon's own Rechmial Miller who won the 100 and 200m in 2013 and last season was Britain's top ranked junior 100m runner reaching the IAAF World Junior Championships 100m final in Poland. Hundreds of entries have been received for the meeting which, this year, is being staged at the David Weir Leisure Centre, Sutton, after a disastrous fire badly damaged the 56-year-old stand and put the club's Wimbledon Park track headquarters out of action. It is the 36th time the meeting has been staged and action starts at 11am with the girls and boys under 15 300m, the boys under 15 long jump and the boys under 13 and under 15 and girls under 13 and under 15 shot. It runs through till almost 5pm with 200m races for all age groups and the men's under 17 and under 20 long jump and the men's and women's under 17 and under 20 javelin, the final events on the track and in the field.

Hercules Wimbledon's Ben Toomer and Jonny Cornish warmed up for this weekend's England 12-stage road relay championship in Sutton Park, Birmingham, with wins in 5km parkrun events on Wimbledon Common and at Didcot. Toomer confirmed his return to fitness after injury when he headed home the 465-strong field on Wimbledon Common in a course best of 15 minutes 41 seconds finishing more than 90 seconds ahead of the second runner. His time chopped 23 seconds off his previous best set last August. Twenty-four Hercules Wimbledon runners took part in the event. Richard Evans was eighth while Eileen Brandley was third in the women's race. Cornish also posted an impressive win at Didcot where he won by 74 seconds in 16:34, beating a 197-strong field.



Sam, Eitan and Ben: ready – or apprehensive - for their season's track debut at Tooting Bec

Photo by Jeff Orenstein

Hercules Wimbledon's Fred Slemeck and Alex Robinson also warmed up for Saturday's Sutton Park event by taking first and second spot in the 5000m at an open meeting at Tooting Bec where Jaran Finn won the 2000m steeplechase. Several Hercules Wimbledon youngsters were in action with Sam Barker winning his 1500m race and Ben Tatters and Eitan Ornstein also showing useful early season form with Tatters best of the trio clocking a personal best of 4:25.13, taking almost 10 seconds off his previous best set in 2015.

Elsewhere, Chris Ore was 12th out of 332 runners in Brockwell Park parkrun and Hercules Wimbledon runners dominated Sunday's Wimbledon Park junior 2km parkrun providing both the boys and girls winners. Thomas Beare posted a personal best time of 7:28 to win the event by 49 seconds taking nine seconds off his previous best set in October. Cate Coverley was first girl in 8:21 with Anna Barker and Scarlett Miller second and third girls both in personal best times of 8:51 and 9:08.

Hercules Wimbledon's Richard Agyepong warmed-up for the coming track season by winning the 80m at the Crawley Pre-season open meeting. At the same meeting Mabel-Rose Scales won the under 11 girls long jump and her 150m race and was second in the 60m.



Duathlon winner Zac Eitan: first HW track action of summer



Henry, Alexander and Fred: just three of the SLAN HW competitors at Sutton
Photos by Steve O'Sullivan

This Thursday, April 6 sees the final link of what is the final link of the winter fixtures, the East Surrey League Road Races to be held at Ewell Court track, The race start is at 7pm for both seniors and young athletes over a flat two-mile course with distances respectively being 4 miles (2 laps) and 2 miles (1 lap) for which is the final league fixture of the season.

After the event, points totals will be added up to calculate the various individual and team titles for which trophies will be presented at the first race of next season's completion to be held on September 30 at Lloyd Park, Croydon.

Trophies are awarded on results of all three League races and as you can see from the table below showing current standings, quite a few HW are in with a shout of being trophy winners.

4 th M40 Simon Woodley (Hercules Wimbledon)	11 + 9 = 20
4 th M60 Dennis Williams (Hercules Wimbledon)	7 + 10 = 17
1 st SW Alexandra Binley (Hercules Wimbledon)	1 + 1 = 2
2 nd Lisa Thomas (Hercules Wimbledon)	4 + 6 = 10
2 nd U20W Celia Willis (Hercules Wimbledon)	2 *best two races to count
1 st W50 Lisa Thomas (Hercules Wimbledon)	2 *best two races to count
2 nd U13B William Schneider (Hercules Wimbledon)	5 + 14 = 19
4 th U13B Thomas Beare (Hercules Wimbledon)	10 + 12 = 22
1 st U17M Sam Barker (Hercules Wimbledon)	3 + 1 = 4
1 st equal U15G Rebekah Riches (Hercules Wimbledon)	2 + 1 = 3

Team (Joint Men's and Women's)

1 Herne Hill Harriers	14 + 65 = 79
2 Striders of Croydon	25 + 66 = 91
3 Hercules Wimbledon	102 + 18 = 120

Young Athletes Team (joint Boys and Girls)

1 Hercules Wimbledon	16 + 26 = 42
2 Herne Hill	31 + 28 = 59
3 Epsom & Ewell	77 + 54 = 131

The 36th Hercules Wimbledon Young Athletes Meeting, 9th April

The timetable is here...

It's all HW hands to the pump for this Sunday's Young Athletes Meeting which is being held at the David Weir Leisure Centre in Sutton so both Sheila White and Fred Green are looking for as much assistance as possible. Even if you cannot attend for the whole meeting – which commences at 11am - please try to get along sometime during the day.

HW TO GIVE IT THEIR BEST SHOT IN THE NATIONAL 12=STAGE

Best of fortunes to the 12 hardy HW athletes who this Saturday will be representing HW in the National 12-stage road relay to be held in Sutton Park, near Birmingham and looking to improve on their 30th place – of 66 teams - of last year

Below is the running order for the team with the odd numbers being on a long stage (5.38 miles) and even numbers on a short stage (3.165 miles)

1. Alex Robinson
2. Connor Bindler
3. Ben Toomer
4. Finn Johnson
5. Fred Slemeck
6. George Longworth
7. Neil Fraser

8. Justin Reid
9. Rob Tuer
10. Peter Clarke
11. Will Russell
12. Keith Scofield

Note: our final two runners will be making their HW team debuts.

HOMEWARD BOUND



The HW Battersea Park Thursday squad makes their way home after a tough tempo session
Photo by Finn Johnson

LET THERE BE LIGHT!

The saga of the non-operating floodlights at Wimbledon Park continues but thanks to sterling work by Fred Green the use of temporary lighting has proved beneficial.

However as stated in previous Newsletters, assistance in setting the lights up – and down - has not been forthcoming and in response here is yet another plea from Gary Forde who has taken on the role of siting the lights.

Note: with the clocks having now gone forward there should not be a lack of man/woman power at the later lighting-up time!

Hi Pete,

Could you put another reminder in the newsletter that more hands make light work in setting up at the track as we only generally have a handful of regulars helping. The temporary lights themselves don't weigh much and help from parents at the 6pm group would be appreciated. We usually have enough help taking down but sometimes on a Thursday we are a bit light on help, so pleased if those around would make sure they help in putting them away.

Thank you,

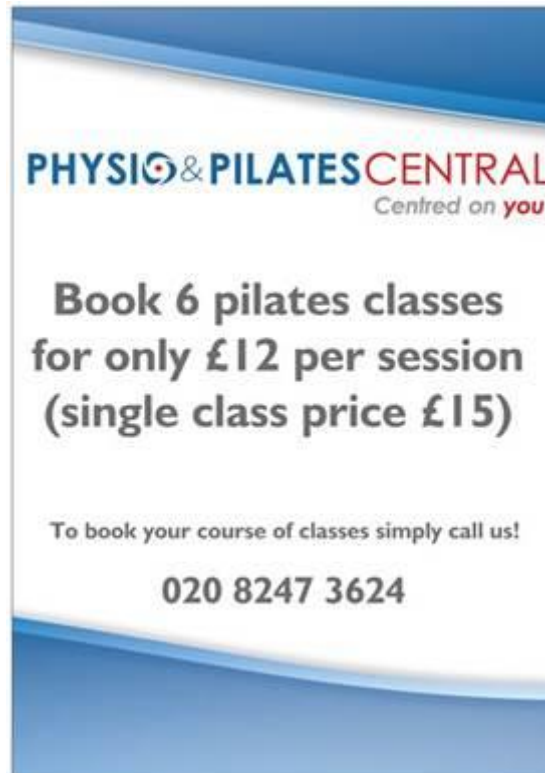
Gary

A SPECIAL PILATES OFFER FROM HW's JENNIFER FERNANDO

I work as a physio and Pilates instructor at a new clinic in Wimbledon village called Physio and Pilates Central (we are next to the Wimbledon Common Golf Club in Heston Court, Camp Road, SW19 4UW).

We are offering an introductory 2 for 1 offer for people to try out (we run specific running Pilates classes).

Also if two HW members are interested they can attend using the 2 for 1 offer?
We are open on Saturdays so if they would like to attend after park run they could get along.



ANY HW UP FOR A LOW KEY, LOCAL AND FRIENDLY TRIATHLON?

"Wimbledon's only Triathlon returns for its 3rd edition on 9th April 2017.

Organised by Wimbledon Windmilers, this is a beginner friendly triathlon offering a supportive and friendly environment for first timers, as well as a season opener for more experienced triathletes and previous competitors. The event is based at Kings College School (KCS), on Southside just off Wimbledon Common.

You'll start with a 420m swim in KCS pool, with 4 swimmers in each lane setting off at 10 minute intervals according to expected swim times. After the swim, you'll exit KCS playing fields and transition from swim to cycle. Once you've gathered your helmet and bike from the racks, you'll push your bike to the mounting line and saddle up. You'll ride three laps of a 4k circuit around Copse Hill. Yes, there's a hill but there's also a downhill stretch to help you recover. After finishing your cycle back at KCS, you'll park your bike on the rack and begin your 5k run. This is a flat run around the southwest corner of Wimbledon Common, returning to race HQ in time for a sprint finish.

Don't worry if you don't think you are fast or experienced enough - most competitors turn up to have fun and try out a new sport.

For more information on how to enter the Womble Triathlon visit

<http://www.windmilers.org.uk/OpenTriathlon.html> or contact tri@windmilers.org.uk

To enter on-line visit https://www.britishtriathlon.org/events/Womble-Triathlon_8049



HOUSTON HERCULES – WE HAVE A PROBLEM

On Saturday, April 15, HW are due to compete in the opening Southern Athletic League (SAL) fixture at nearby Sutton but there is a serious problem in that the club are still seeking a men's team manager which could result in the worst case scenario of the club having to withdraw their membership of the League!

A pity really as judging by the recent success of our cross-country lads and our sprinters we could certainly make an impact as far as the track events go.

Team managers are also required for the Ebbisham Boy's League and the South London Athletic Network (SLAN) Young Athletes Meetings - boys and girls - but judging by the large number of mums and dads who usually attend these meetings perhaps it is not such a problem.

Fixture dates for both the SLAN and the SAL can be found on

<http://herculeswimbledonac.org.uk/Fixtures.html> so check them out. If the dates prove difficult perhaps the task can be carried out on a 'job-share' basis.

If interested please contact the HW Secretary Sheila White at ms.chilli@pure-white.co.uk in the first instance.

Help us support our young elite athletes!

A message from the HW Committee:

We are sure everyone in the Club was excited to see Theo Etienne in the final of the 60m at the European Indoor Championships. Theo is one of a raft of talented young Club athletes who are breaking through into international competition. These are heady times for them and Hercules Wimbledon, and we want to support them as much as we can, however at this level our young elite athletes are beginning to need a greater degree of financial help to cover the cost of travelling to training camps and competitions abroad, regular physio sessions, etc. but they only have limited grants available to them. So we are launching our own fund-raising campaign with the aim of setting up a dedicated fund to help support any young Club athlete on the verge of international honours. More details will follow in the coming weeks.

As a start we have signed up the Club to Easyfundraising, which is the UK's leading charity cash-back site, supported by England Athletics.

Every time you shop on line at over 3,000 retailers, such as Sainsbury's, John Lewis, Amazon, ebay, etc you can automatically collect a free donation for the Club. All you have to do is go online at <http://www.easyfundraising.org.uk/causes/hercules-wimbledon-ac> and join up. It costs you nothing, but once you have joined, whenever you shop online, all you have to do is log onto the Easyfundraising site first, search for your chosen retailer and you will be transferred to their site. Then you shop as usual, but the difference is that each time you do so, you will raise some money to help the Club's young elit athletes. So please pass on the link to all your friends who shop online.



All ideas for fund-raising are welcome, so if you have a brilliant notion please email either sheila@herculeswimbledonac.org.uk or our social secretaries, Lisa Thomas at lisamthomas65@yahoo.com and Victor Ray at victor_ray@hotmail.com

A WORD OF WARNING FROM BRITISH ATHLETICS

Using supplements - are you aware of the risks?

A [recent blog by UK Anti-Doping](#) revealed* that "...in 2012, 44% of athletes banned from sport were linked to the use of supplements. Many claimed that they were not aware the supplement products contained a banned substance, nor had they intended to cheat in any way."

We would encourage all athletes and coaches to read the [UKA statement regarding the use of supplements](#). *Figure given is across the sports reported.

WHO FROM HW IS RUNNING IN THE VIRGIN MONEY LONDON MARATHON?

To my knowledge the following HW members will be pounding the streets of London on Sunday, April 23.

It's good to have knowledge of who is competing so that the many interested HW supporters can know who to look out for wearing the gold and scarlet vest:

Known HW runners so far:

Felix Allen, Stewart Bond, Tom Cheetham, Andrew Davies, Khaled Diaw, Richard Evans, Claire Grima, David Grima, Charles Hampden-Smith, John Krause, Richard McDowell, Anthony Peter, Rob Tuer and Maurice Sharp.

Also competing but 2C: Kate Whorton and Chris Wright

Now I realise that there is many a HW member that will also be competing so please let Pete know at petehwac@aol.com

WOULD YOU LIKE TO ACHIEVE NEW HEIGHTS?

Alison Murray tells me that she is now up and running in her efforts to carry out her 'Introduction to Pole Vaulting' sessions due to take place at the David Weir Leisure Centre in Sutton, with a 12noon start on any given Sunday.

For those interested in an event that always proves a valuable high points scorer in League competition, please contact Alison at alikawali1@gmail.com



A MESSAGE FROM HW MEMBERSHIP SECRETARY BEN TOOMER

Your subs were due as from January 1- (don't skip forward - this really is IMPORTANT!!)

*From now on the ONLY way of paying your subs will be via the dedicated membership website - <https://members.hwac.org.uk>, and the committee have decided that from now on all subs will be collected by direct debits. **You will not automatically be charged and your membership will not renew unless you complete this new sign-up procedure***

The membership fee year also includes EA affiliation fee for 2017-2018 season (£14) which is now mandatory for all competing athletes and without which performances are not registered on powerof10.info.

*New and existing members should complete the membership application form to establish a direct debit with the club which shall appear on your bank statements in the future. Make sure you have your bank details and you can do it in less time than it takes to run 400m. **Do it now!***

IMPORTANT NOTICE: *Membership terms are now 1 year from the joining date. Those who have filled in the online form already need not do so again.*

CHANGE OF CLUB FACILITY HAS NOW GONE ON-LINE

<http://www.englandathletics.org/england-athletics-news/change-of-club---new-online-process-available?nid=467&userId=-1>

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

Home fixtures in bold – Offers of help at these fixtures are always appreciated

2017

APRIL

Thur 6: East Surrey League Road Races, Ewell Court, 7pm

Sat 8: National 12-stage Road Relays, Sutton Coldfield

Sun 9: HW Young Athletes Meeting, Sutton

Details for above: <http://herculeswimbledonac.org.uk/YA-Open.html>

Fri-Sun 14-16: Isle of Man Easter Running Festival

Sat 15: Southern Athletics League Division 3 SE Match 1, Sutton

Sat 22: Kinnaird & Sward Trophy Meeting, Kingston

Sun 23: Virgin Money London Marathon, Greenwich

Sun 23: Virgin Money London Mini Marathon, Wapping

Wed 26: Hercules Wimbledon AGM, Golf Club, Home Park Road, SW19

Sat 29: SLAN U15/U17/U20 Development Meeting 2, Tooting Bec, 1pm

Sun 30: Ebbisham Boys League, Match 1, Sutton

Sun 30: Surrey Road League 1, Richmond Half Marathon, Petersham

Above incorporates Surrey County Championships

MAY

Sat 6: Lily B Girls League, Match 1, Sutton

Sun 7: Surrey Road League 2, Sutton 10km

Mon 8: Southern Veterans League 1, Kingsmeadow

Wed 10: Rosenheim League 1, Battersea Park

Sat/Sun 13/14: Surrey County AA Championships, Kingston

Sat 20: Night of the 10,000 PBs, Parliament Hill

Sat 20: British Masters Road Relays, Sutton Coldfield

Sun 21: Southern Athletics League, Match 2, Dartford

Mon 22: Southern Veterans League 2, Ewell Court

Wed 24: Rosenheim League 2, Croydon

Mon 29: Vitality London 10,000m, Central London

A full list of fixtures can be seen on HW Website via this link

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

For those seeking additional competition, please refer to these links for open meetings

<http://www.londonathletics.org/?q=node/56>

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

Please note: any photos in this Newsletter may appear on the HW website but if any athletes or parents object, the photos will be removed.

NOTE: (2C) after an athlete's name indicates that they are second claim members of Hercules Wimbledon.

RESULTS

March 24: World Masters Indoor Championships, Daegu, Korea

M55

60: S/F: 6 Stuart White 8.45 **Heat 6:** 4 Stuart White 8.57

A long journey for Stuart for two 60m races but at least he had the satisfaction of making the semi-final which resulted in a PB

March 25: Crawley AC Pre-season Open Meeting, Sussex

Senior Men

80 Race 1: 1 Richard Agypong 9.46

U15 Girls

600: 7 Valerie Parocki 2:05.49

U11 Girls

60 Race 1: 4 Willow Scales 9.91 **Race 2:** 2 Mabel-Rose Scales 9.30
150 Race 1: 3 Willow Scales 24.64 **Race 2:** 1 Mabel-Rose Scales 22.52
LJ: 1 Mabel-Rose Scales 3.75

March 25: Thames Turbo Duathlon, Kempton Park Racecourse

Youths (age 15-16)

Run 1.9km – Bike 9km – Run 1.5km

1 Zac Purnell (HW) 27:24:22 (6:04.69 – 15:10.51 – 5:10.07); 2 Jacob Patterson (Optima) 28:03.45 (6:07.85 – 15:19.43 – 5:39.97) (18 finishers)

March 28: Crystal Palace Canter 5km, SE19

1 Mick Barlow (Kent) 21:24 **HW:** 5 Stuart Littlewood 28:30

Note: event run a week early due to school Easter holidays

March 31: Serpentine RC Brooks Last Friday of the Month 5km, Hyde Park

1 James McMurray (St albans Striders) 14:56 **HW:** 29 Davis Scrimshaw 18:15; 42 Stephen McDuell 18:44; 56 Felix Allen 19:24; 89 James Runnicles 20:20; 268 Dennis Williams 33:57 (274 finishers)

April 1: Herne Hill Harriers Open Meeting, Tooting Bec

100 (race2): 2 Filip Dabinski 11.59/+1.3 **(race 7):** 5 Jaran Finn 13.52/+1.6

200 (race B): 3 Filip Dabinski 23.61/+1.0 **(race D):** 4 Madeleine Orenstein 27.66/+0.9 **(race F):** 4 Heather Jones 31.94/+1.9 **(race H):** 4 Amy Sedghi 31.94/+2.4

1500 (race A): 7 Ben Tatters 4:25.13; 8 Eitan Orenstein 4:31.48; 10 Henry Silverstein

4:45.05 **(race C):** 1 Sam Barker 4:36.48; 3 Alexander Abraham 4:39.58; 7 Josh Tatters

4:48.54 **(race D):** 6 Mark Livingstone 4:59.56; 7 Rebekah Riches 5:03.33; 11 Nimh

Thompson 5:47.51; 12 Millie Thorpe 5:48.65; 13 Ore Adewale 5:53.17; 15 Anna Barker

6:15.75 **(race E):** 2 Fred Jimack 5:02.13; 3 William Schneider 5:02.49; 4 Thomas Beare

5:07.95; 5 Ellen Weir 5:08.58; 8 Georgina Clarke 5:14.68 **(race F):** 4 Steven Wells 5:16.59;

12 Lauren Armitage 5:32.29; 15 Cate Coverley 5:39.80

5000 race 1: 1 Fred Slemeck 15:18.06; 2 Alex Robinson 15:19.97; 23 Rob Tuer 16:13.69

2000SC: 1 Jaran Finn 7:23.96

April 1: Fools' Paradise Sri Chinmoy 10km, Battersea Park

1 Bryn Reynolds (Herne Hill H) 33:11; 2 Jonny Earl (HW) 33:39 **Other HW:** 31 Tom

Cheetham (2nd M50) 40:16; 43 Julian Bingle 42:46; 47 Gary Forde 43:16; 57 Richard Steed

45:16 (98 finishers)

April 1: parkrun 5km, Wimbledon Common

1 Ben Toomer (HW) 15:41; 2 Thomas Greenwood (Unattached) 17:13 **Other HW:** 7 Tom

Conlon (2C) 18:02; 8 Richard Evans 18:17; 14 Andrew Davies 18:54; 16 Peter Small 19:08;

17 Peter Collins 19:09; 19 David Scrimshaw 19:20; 24 Stewart Bond 19:47; 35 Hector Revill

20:17; 40 Simon Bodle 20:45; 41 Peter Metcalf 20:50; 42 Ben Revill 20:50; 46 Paul Jones

21:10; 47 Charles Hampden-Smith 21:10; 54 Eileen Brandley (3RD F) 21:27; 71 Dominic

Fraser 22:14; 82 Tor-Ivar Guttulsrod 22:42; 175 Alastair Brown 24:34; 179 Charles Lawrie

24:41; 302 Katarina Scrimshaw 28:03; 315 Amelia Cheeseman 28:21; 316 Dean Cheeseman

28:22; 382 Niamh Wilson 31:11; 452 Sophie Toomey 39:25 (465 finishers)

April 1: parkrun 5km, Didcot, Oxon

1 Jonathan Cornish (HW) 16:34; 2 Michael Deering (Abingdon) 17:48 (197 finishers)

April 1: parkrun 5km, Brockwell Park, Herne Hill, SE24

1 Warwick Norris (Run Dem Crew) 17:05 **HW:** 12 Chris Ore 18:42 (332 finishers)

April 1: parkrun 5km, Banbury, Oxon

1 Martin West (Unattached) 17:55 **HW:** 16 James Runnicles 20:57 (219 finishers)

April 1: parkrun 5km, Clair Park, Haywards Heath, West Sussex

1 Nicholas Airey (Unattached) 18:33 **HW:** 25 Samuel Masters 23:20 (140 finishers)

April 1: parkrun 5km, Bushy Park, Teddington

1 Unknown 15:39 **HW:** 95 Richard Clark 20:33; 156 Barry King 21:42 (1087 finishers)

April 1: parkrun 5km, Brueton Park, Solihull

1 Christopher McCleod (Solihull & Small Heath) 16:02 **HW:** 121 Tomo Kikugawa 24:43 (424 finishers)

April 1: parkrun 5km, Tooting Common, SW17

1 John Franklin (Serpentine) 16:07 **HW:** 143 Annmarie Seymour 23:12 (502 finishers)

April 1: parkrun 5km, Warrington, Cheshire

1 Lee Hughes (Lymm Runners) 17:41 **HW:** 326 Ian Isherwood 34:12 (436 finishers)

April 2: South London Athletic Network (SLAN) Open Meeting, Sutton

Boys

1500 (race 2): 7 Henry Silverstein 4:48.10; 8 Alexander Abraham 4:52.99; 9 Fred Jimack 5:05.20

Girls

100 (race 6): 4 Latavia Casely-Hayford 14.29/+0.1

200 (race 3): 2 Latavia Casely-Hayford 29.57/0.0

800 (race 1): 4 Albane Fery 2:41.56

April 2: Junior parkrun 2km, Wimbledon Park

1 Thomas Beare (HW) 7:28; 2 Benjamin Moss (Unattached) 8:17; 3 Cate Coverley (1st F) 8:21 **Other HW:** 9 Anna Barker (2nd F) 8:51; 12 Scarlett Miller (3rd F) 9:08; 13 Eloise Davies 9:10; 17 Thomas Davies 9:31; 20 Amelia Cheeseman 9:37; 36 Sam Edmonson 10:46 (139 finishers)

April 2: Asics Greater Manchester Marathon

1 Patrick Martin (Stockport) 2:22:37 **HW:** 3056 Adam May 3:46:51 (8686 finishers)

April 2: Paddock Wood Half Marathon, Kent

1 Daniel Gaffney (South London H) 68:36 **HW:** 18 Matthew Sharp 73:10; 1593 Maurice Sharp 2:10:54 (2156 finishers)

April 2: Croydon Half Marathon

1 Chris Wright (HW-2C) 72:19; 2 Neil Smith (Crawley) 76:15 **Other HW:** 26 Simon Woodley 89:44 (218 finishers)

AND FINALLY



A Parisian road sign as captured by Stewart Bond