

HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C April 16, 2017

MARRIED COUPLE HEAD LONDON EFFORT

Seasoned marathon runners Claire and Dave Grima are heading the Hercules Wimbledon Athletic Club challenge in Sunday's Virgin Money London Marathon over 26.2 miles from Blackheath to The Mall, writes Tom Pollak.

Between them the married couple have completed the London event a total of 17 times. After starting from different points for several years, last year saw a first when they were both allocated a spot in the championship start from which they will be starting again on Sunday. Last year they both managed personal bests with Claire keeping up her record of always finishing ahead of husband Dave. She was ninth in the women's championship in 2016 with a time of two hours 42 minutes 51 seconds, taking almost two minutes off her previous best, while Dave was not that far behind with 2:43:50, more than a minute faster than he achieved in 2015.

Claire made her London marathon debut in 2004 and apart from three years to get married in 2007 and have two sons, Luca and Jasper, in 2010 and 2012, has run each year. Dave made his London marathon debut in 2009 and in 2011 they ran themselves into the Guinness Book of Records as the fastest marathon running couple with a combined time of five hours 43 minutes 51 seconds.

The closest Dave ever came to beating his wife was in 2015 when he reached The Mall finish just one second behind, although the official times taken from when they crossed the starting pads, show a 13 second difference. However, Claire thinks he may win the private family battle this year.

“We covered 13 miles in training last Sunday which was our final long run. We're now easing down and doing about five miles each day up to the weekend,” said Claire. “Our preparation has been similar to last year but we were disappointed with our runs in the Reading half-marathon last month but it was windy and cold.”

She added: “Because we're both in the championship race we'll be able to run together for as long as we can which is quite nice. We're obviously hoping for pb's again.”

The two boys, who are now aged six and four, will stay with their grandparents on Saturday night and then watch the race near Big Ben. Afterwards they'll be reunited with their parents near the finish line.

Other Hercules Wimbledon runners in London marathon action include over 50 veteran Tom Cheetham who will be running in his 15th London and Joe Clark who will be running for the eighth time. His best effort was in 2015 when he clocked 2:33:27. Oldest of the Hercules Wimbledon contingent will be over 70 veteran Maurice Sharp.

Hercules Wimbledon's Dwayne Cowan showed good early season form when he finished third in the 400m in an invitation meeting in Claremont, USA, on Saturday, in 46.22, the second fastest time by a British athlete this year.



Dwayne hits some early season form Stateside

Hercules Wimbledon's Sean Hall also made a good start to the track season when he took the Man of the Match award for his winning 800m performance of 1:56.38 in the Southern Athletics League match at Sutton. Eitan Orenstein gained maximum points by winning the B race.

Hercules Wimbledon had a quintet of parkrun winners on Saturday. Warming up for the London Marathon, Richard McDowell headed home the 326-strong field on Tooting Common in a massive personal best of 15:52 with the event's top age-graded performance. He took 52 seconds off his previous best set in May last year.

Ben Toomer also won at Chipping Sudbury in Wiltshire in 15:25, a one second improvement on his previous best, with Eileen Brandley second in the women's race also in a personal best of 20:53, a big improvement on her previous best of 23:31 set in December. Toomer was also the top age-graded runner. Jonny Cornish also posted a personal best in beating the 191-strong field at Didcot in 15:58, taking 36 seconds off his previous best set a fortnight earlier.



A quintet of HW parkrun 'winners'

Georgina Clarke, one of the youngest runners in the 401-strong field was first female finisher in Richmond Park in 19:51, taking 47 seconds off her previous best with the top age-graded effort of the event. Over 40 veteran Gina Galbraith made a winning debut in the Leamington event where she was first woman finisher in 20:11.

Elsewhere, over 40 veteran Jim Carrington also posted a personal best in finishing fifth out of 428 runners on Wimbledon Common in 18:54, the best of 23 Hercules Wimbledon runners in

the event, while Stuart Fraser was third out of 286 runners in Bishop's Park and Ellen Weir was second female finisher at Newport, Isle of Wight.

THE KINNAIRD & SWARD TROPHIES – KINGSMEADOW STADIUM – SATURDAY APRIL 22

Hope you are looking forward to the annual Kinnaird and Sward match. Please see all the information needed for the day. Please read carefully, especially long standing clubs as there has been changes to this year's format in order to ensure all track and field events take place.

Timetable

Track	Kinnaird Match	Field	Sward Match
11.30	400m Hurdles (M)	10:00	Men's Hammer
11.45	400m Hurdles (W)	10:00	M&W Pole vault
12.00pm	800m (M&W)	11:00	Men's Long Jump
12.20pm	100m (M&W)	11:15	Women's Hammer
1.30pm	1500 Steeplechase (women)	12:00	Women's Long Jump
2.00pm	2000 steeplechase (men)	12:30	Women's Discus
2.20pm	110 Hurdles (M)	12:30	Men's Shot
2.35pm	100m Hurdles (W)	13:00	Women's High Jump
2.50pm	400 (M&W)	13:45	Men's Discus
3.05pm	1500 (M&W)	14:00	Women's Shot
3.35pm	200 (M&W)	14:00	Men's High Jump
3.55pm	3000m (women)	15:00	Men's Triple Jump
4.15pm	3000m (men)	15:00	Women's Javelin
4.35pm	4 x100 (M&W)	16:00	Men's Javelin
4.55pm	4x400 (M&W)	16:00	Women's Triple Jump

Match Clubs – Hercules Wimbledon/Herne Hill Harriers/Achilles/ Kingston & Poly/ Epsom & Ewell/ Blackheath & Bromley

Please Note that non-scorers are allowed to compete in all track events

Also note: HW have been asked to supply officials for this, so if any of you are able to help out, could you reply directly to Gary on gforde379@gmail.com ?

AT LAST – SOME GOOD NEWS FOR THE WIMBLEDON PARK TRACK

Mick Leigh, who has the onerous task of being the leader in the club's dialogue with the local council, has some good news to pass on regarding the track at Wimbledon Park.

Merton Council has appointed a contractor to carry out repairs to the grandstand at the track in Wimbledon Park and work is planned to start at the end of April. The grandstand was completely gutted in a fire last October which also destroyed the electrical installation for the floodlights. It is expected that the work will take about 10 weeks but we have yet to be given a precise timetable. The floodlights should therefore be in operation again well before the clocks go back in the autumn."

MASTERS ON THE RUN

Saturday May 20th sees the running of the British Masters Road Relays to be held in Sutton Park, Sutton Coldfield, Birmingham and after HW's impressive relay results interest has been shown by club members in our 'oldies' section making a rare outing to the event.

Closing date is April 28 so not a lot of time for our Masters' Road secretary Mark Cahill to hear from those interested in competing.

Mark's contact details are markcahill72@yahoo.co.uk - 07444 812208 so don't hesitate to indicate your interest ASAP.

Details of the event can be found via link:

<https://www.race-results.co.uk/results/2017/infobmafr17.pdf>

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 a parkrun they could get along.



Generous as she is, Jennifer is also offering HW an exclusive offer for Saturday, April 22 (between 9am and 1pm) when members can attend an open day for free assessment and advice

If anyone is interested all they need to do is call 020 8247 3624 or email

contact@physiotherapycentral.co.uk and just say you're from Hercules Wimbledon AC running club. It's a first come, first serve so limited availability.

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

Some steeplechase action from Sutton as captured by Lisa Thomas



.....and some 5000m action as viewed by Tony Austin



HERCULES WIMBLEDON ATHLETIC CLUB

The Annual General Meeting of Hercules Wimbledon AC will be held on
Wednesday, 26th April 2017
at Wimbledon Park Golf Club, Home Park Road, Wimbledon SW19 7HR
Commencing 7.30pm sharp

AGENDA

- 1) Apologies for absence
- 2) Adoption of the minutes of the previous AGM held on 30th March 2016
- 3) Matters arising
- 4) Secretary's Annual Report
- 5) Treasurer's Annual Report and Statement of Accounts for the year ending 31st December 2016
- 6) Hercules Wimbledon AC moving forward (the stadium, team management, fund-raising etc)
- 7) Election of Honorary Auditors (who shall not be serving committee members)
- 8) Election of Officers and Management Committee for the coming year
- 9) Presentation of Trophies and Awards to athletes
- 10) Any other business

In accordance with the Constitution, if Club members have any additional proposals that they wish to be considered at the AGM, these should reach the Hon. Secretary by Wednesday 12th April 2017.

You are also reminded that under the Constitution, anyone whose annual subscription is in arrears is not eligible to vote at the AGM (5(e)) nor to receive a trophy or award (9(c)). Remember you must now renew online at <https://members.hwac.org.uk> Your membership fee will include your EA Membership fee for 2017/18 (this is now required for entry to most competitions).

Hon. Secretary: Sheila White
sheila@herculeswimbledonac.org.uk
07976 613705

Note from Pete: Please try to attend even it's just to give thanks to all those who work hard behind the scene in the running of Hercules Wimbledon AC.

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 at final count:

Felix Allen, Stewart Bond, Tom Cheetham, Joe Clark, 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

Note: Tom Cheetham's 15th London

The Grima duo of David and Claire are intending to meet post-race in the Cask and Glass public house in Victoria, the location which can be found via the link

- <http://www.caskandglass.co.uk/> and would like to meet up with any HW runners and supporters and no doubt swap a tale or two!

Best of luck also to the many boys and girls of HW who will be competing for their respective London boroughs in the mini-marathon.



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

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, Nonsuch Park, Ewell

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

April 9: British Masters 10km Championships, Gravesend

M55

1 Gary Ironmonger (Herne Hill H) 36:36; 2 Tom Conlon (HW-2C) 37:44

April 9: Windmilers Wombles Triathlon, Wimbledon Common

Swim 420m – Bike 11.5km – Run 5km

M40-49

1 Andrew Davies (HW) 52:38 (7:05 – 21:59 – 19:05); Pos? Peter Metcalf 57:04 (9:34 – 22:12 – 21:68)

W20-39

Pos? Amy Sedghi 72:31 (10:57 – 28:55 – 28:26)

W40-49

1 Gina Galbraith (HW) 62:02 (9:48- 27:40 – 21:05)

April 14-16: Isle of Man Running Festival

April 14: 10km Road Race, Port Erin

1 Michael Christoforou (Edinburgh Univ) 30:39 **HW:** 291 Stuart Littlewood 57:51

April 16: 5km Road Race, Douglas

1 Michael Christoforou (Edinburgh Univ) 14:54 **HW:** 206 Stuart Littlewood 29:35; 210 Ian Isherwood 34:55

April 15: Southern Athletic League, Division 3SE, Match 1, Sutton

Match result: 1 South London H 210.5; 2 Sutton & Dist 190.5; 3 Hercules Wimbledon 160, 4 Swale Combined 109

Men

100 A: 3 Antonio Douglas 11.35/+2.3 **B:** 3 Richard Agyapong 11.70/+2.3 **N/S:** Daniel Shulakov 11.47; Devonte Casely-Hayford 11.87

200 A: 3 Jameel Hussey 22.76/+3.1 **B:** 2 Daniel Shulakov 22.91/+3.1 **N/S:** Lucas Norfolk 24.87; Devonte Casely-Hayford 24.32

400 A: 2 Antonio Douglas 53.39 **B:** 3 Lucas Norfolk 55.41

800 A: 1 Sean Hall (**man of the match**) 1:56.38 **B:** 1 Eitan Orenstein 2:10.11

1500 A: 3 Alexandra Abraham 4:46.51 **B:** 2 Henry Silverstein 4:53.29

5000 A: 2 Rob Tuer 15:56.71 **B:** 1 Luke Davis 16:20.35 **N/S:** Justin Reid 18:42.31; MARK Cahill 18:33.45

2000SC A: 1 Rob Tuer 7:00.28 **B:** 1 Mark Cahill 8:32.67

PV A: 2 Michael Franklin 2.40 (**3rd HW M50 all-time**)

SP A: 2 Stuart Milton 9.52 **B:** 3 Kevin Snelling 6.41

DT A: 4 Kevin Snelling 14.50

HT A: 3 Stuart Milton 25.53 **B:** 3 Kevin Snelling 17.55

JT A: 1 Ben Taplin 42.09; **B:** 1 Stuart Milton 34.39

4x100 A: 2 Hercules Wimbledon 45.71

4x400 A: 3 Hercules Wimbledon 3:51.10

Women

100 A: 4 Olivia Drigui 13.81/+2.3 **B:** 3 Latavia Casely-Hayford 14.82/+2.3 **N/S:** Natasha Hibbard 14.52

200 A: 3 Maya Marek 28.48/+2.3 (**16th HW U17W all-time**) **B:** 3 Olivia Drigui 29.24/+2.3 **N/S:** Natasha Hibbard 29.49; Heather Jones 31.03

400 A: 3 Maya Marek (**19th HW U17W all-time**) 66.29 **B:** 3 Edina Szunyog 70.39

800 A: 3 Victoria Samson 2:45.47; 2 Kirsty Wheeler 3:01.72

1500 A: 2 Emer Kerr 5:37.04 **B:** 1 Rachel Brenton 5:43.78 **N/S:** Kirsty Wheeler 6:29.92

3000: 4 Edina Szunyog 13:46.48 **B:** 4 Kirsty Wheeler 13:47.52

2000SC: 1 Heather Jones 9:13.28 (**2nd HW SW all-time**)

100H: 2 Heather Jones 21.33

400H A: 1 Victoria Samson 76.79 **B:** 1 Heather Jones 77.76

HJ A: 4 Emily Martin 1.30 **B:** 3 Zoe Leake 1.20

LJ A: 4 Zoe Leake 4.05

TJ A: 1 Emily Martin 10.33 **B:** 1 Zoe Leake 8.41

SP A: 1 Emily Martin 9.19 **B:** 2 Zoe Leake 7.84

DT: 2 Zoe Leake 21.57 **B:** 2 Emily Martin 20.78

HT A: 3 Emily Martin 24.28 **B:** 4 Ann Martin 15.28

JT A: 4 Emily Martin 20:59 **B:** 4 Zoe Leake 12.80

4x100: 3 Hercules Wimbledon 54.67

April 15: Southern Athletic League, Division 2W, Tooting Bec

Men

5000 (non-Scoring): 1 Tom Conlon (2C) 16:56.6

Note: Tom was quite chuffed that his winning time was quicker than that recorded by his scoring Herne Harrier team-mates! Not bad for an M55!

April 15: Pure Athletics Invitation, Clermont FL, USA

400 (race 1): 3 Dwayne Cowan 46.22

April 15: parkrun 5km, Didcot, Oxon

1 Jonathan Cornish (HW) 15:58; 2 Chris Gillespie (Tipton) 17:04 (191 finishers)

April 15: parkrun 5km, Chipping Sodbury, Bristol

1 Ben Toomer (HW) 15:25 (5th HW SM all-time); 2 David Awde (Bristol & West) 15:48
Other HW: 28 Eileen Brandley (2nd F) 20:53 (461 finishers)

April 15: parkrun 5km, Tooting Common, SW17

1 Richard McDowell (HW) 15:52 (11th HW SM all-time); 2 Luke Wynne (London Heathside) 17:38 **Other HW:** 21 Russell Price 19:44; 103 Tony Austin 24:14 (326 finishers)

April 15: parkrun 5km, Bishops Park, Fulham, SW6

1 James Williams (Belgrave H) 16:10 **HW:** 3 Stuart Fraser 17:25; 12 Nicky Hogg 18:24; 142 Abbie White 25:10 (286 finishers)

April 15: parkrun 5km, Richmond Park

1 Dan Higgins (Highgate H) 17:06 **HW:** 25 Georgina Clarke (1st F) 19:51 (401 finishers)

April 15: parkrun 5km, Lyminster Woodside, Southampton

1 Harry O'Donoghue (Unattached) 17:44 **HW:** 12 Gina Galbraith (1st F) 20:11 (157 finishers)

April 15: parkrun 5km, Newport, Isle of Wight

1 Andy Weir (Thames H&H) 17:59 **HW:** 30 Ellen Weir (2nd F) 21:52 (317 finishers)

April 15: parkrun 5km, Wimbledon Common

1 Danny Russell (Highgate H) 15:57 **HW:** 5 Jim Carrington (14th HW M40 all-time) 18:54; 7 Peter Collins 19:07; 9 Hector Revill 19:12; 10 Lloyd Hodgson 19:17; 22 Tom Cheetham 20:04; 27 Charles Hampden-Smith 20:25; 28 William Belton 20:27; 34 Ben Revill 20:44; 51 Dominic Fraser 21:44; 55 Richard Mellor 21:54; 62 Simon Bodle 22:10; 66 Gary Forde 22:18; 81 Michael Lammie 22:40; 90 Joseph Willis 22:57; 105 John Krause 23:24; 117 Alastair Brown 23:47; 159 Charles Lawrie 24:45; 161 Fenella Willis 25:17; 193 Imogen Willis 25:50; 245 Edward Cheeseman 27:12; 282 Andrew Balcerkiewicz 28:22; 290 Amelia Cheeseman 28:34; 291 Dean Cheeseman 28:35 (428 finishers)

April 15: parkrun 5km, Banbury, Oxon

1 Thomas Ran (Milocarian) 18:10 **HW:** 15 James Runnicles 20:25 (253 finishers)

April 15: parkrun 5km, Norwich

1 Dero Lami (Unattached) 16:42 **HW:** 18 Andrew Davies 18:26; 309 Eloise Davies 26:48; 310 Thomas Davies 26:49 (610 finishers)

April 15: parkrun 5km, Larne, Belfast

1 Wayne Morrow (Larne) 18:30 **HW:** 22 Ciara Kennedy (3rd F) 25:06 (59 finishers)

April 15: parkrun 5km, Haywards Heath, Sussex

1 Paul Navesey (Crawley) 16:19 **HW:** 28 Samuel Masters 22:08 (201 finishers)

April 15: parkrun 5km, Roundshaw Downs, Croydon

1 Jericho O'Connell (Unattached) 17:00 **HW:** 33 Martin O'Halloran 22:17 (171 finishers)

April 15: parkrun 5km, Brockwell Park, SE24

1 Mark Thomson (Silson) 17:07 **HW:** 75 Peter Metcalf 24:16 (182 finishers)

April 15: parkrun 5km, Bushy Park, Teddington

1 Daniel Jarvis (Liverpool H) 14:57 **HW:** 80 Thomas Beare 19:46 (10th HW U13B all-time);
1330 Sophie Beare 38:00; 1372 Isabel Beare 43:15 (1414 finishers)

April 15: parkrun 5km, Winchester, Hants

1 Humza Ahmed (Winchester) 17:32 **HW:** 94 Lauren Armitage 23:01 (347 finishers)

April 15: parkrun 5km, Bruton Park, Solihull

1 Dan Clarke (Goventry Godiva H) 15:48 **HW:** 145 Tomo Kikugawa 24:50; 284 Angela Kikugawa 28:54 (500 finishers)

April 15: parkrun 5km, Nonsuch Park, Cheam

1 Ryan Griffiths (Sheffield Hallam Tri) 16:50 **HW:** 196 Alexander Gee 24:12; 626 John Wasbrough 36:22 (671 finishers)

April 16: Junior Parkrun 2km, Wimbledon Park

1 Felix Vaughan (Reigate Priory) 6:25 **HW:** 29 Luca Grima 10:35; 83 Jasper Grima 15:52 (97 finishers)

April 17: Boston Marathon, Boston, Mass, USA

1 Geoffrey Kirui (Kenya) 2:09:37 **HW:** 2422 David Scrimshaw 3:07:48

AND FINALLY



Quite effective this stuff!