

COWAN REACHES WORLD SEMIS

Hercules Wimbledon Athletic Club's top one lap runner Dwayne Cowan gave another impressive performance to reach the 400m semi-finals at the IAAF World Championships at the London Stadium, Stratford, writes Tom Pollak.

Cowan, who was inspired to take up athletics after watching the 2012 London Olympics in the same stadium, started cautiously but then powered down the home straight to snatch the third automatic qualifying place in his heat in 45.39 seconds, just three-hundredths of a second outside his lifetime best time achieved a few weeks earlier at the London Diamond League meeting at the same venue.



Dwayne on his day to remember on the World stage

He was the only one of the three British athletes in the event to gain automatic qualification. He said afterwards: "I had a few weeks off so I was a bit rusty getting into a race pattern again, so I went through the 300m a bit too slow. Hopefully in the semi-finals I can go faster."

He found the atmosphere in the London stadium quite inspiring. "When the crowd heard my name, and the big roar, I was like 'Wow,' I have to turn up and do something. I did that by getting through to the semi-finals." Cowan, competing in the biggest competition of his athletics career, added: "I hope to go a bit harder and a bit faster in the next round. I started athletics very late, when I was 28 years old. I am still young and the message to everyone out there is to never give up hope.

"I'm 32 years old but I keep up in training with the 18 and 20-year-olds. My whole aim today was to get through the first round and reach the semi-finals which I've done."

However, in Sunday evening's semi-final round, Cowan tried different tactics. He went off really fast but faded in the home straight to trail home in eighth place in a slightly slower 45.96. Cowan, who had a large plaster on his right calf, had no regrets about his choice of tactics. "I felt good, so there are no excuses. I don't know what happened. I think I went out too fast and I paid for it.

"I was trying to do something different, because if I'd ran the way I ran yesterday I would have been out anyway, so I thought I'd try and go for it. It didn't work but at least I went for it. No regrets. I had to do something different from the first round."

Meanwhile, Anna Garner won a second gold medal when she took the women's over 60 5000m title at the World Masters Championships in Aarhus, Denmark. Her winning time of 21:18.53 also broke her own Hercules Wimbledon club record of 22:12.2 set in a Southern Veterans League match at Wimbledon Park on June last year. She previously won the 1500m gold. Making it a hat-trick of Hercules Wimbledon golds in Denmark was pole vaulter Alison Murray who took the over 50 title with a 2.90m clearance.

Dominic Bokor-Ingram picked up a pair of silver medals in the men's over 45 400 and 800m events breaking his own Hercules Wimbledon over 40 club record with 51.74 in the 400m. It bettered his previous mark of 52.04 set in the British Masters championships in Birmingham in June. He also competed in the 200m where he finished eighth in the final. There was a family record-breaking double as his wife, Emilie, broke her own women's over 35 400m mark with 61.48 in finishing seventh. She previously set the record of 62.1 at a Rosenheim League meeting at Tooting Bec last month.

Her Hercules Wimbledon clubmate, Mark White, just missed out on a medal in the over 50 400m where he finished fourth in a personal best of 54.85.



Dominic takes 400m silver in Aarhus

Hercules Wimbledon's Fred Slemeck headed home a 553-strong field to win the Newcastle-upon-Tyne 5km parkrun while teenager Ellen Weir was second female finisher in the Isle of Wight event. Another youngster, Alexander Buchanan, finished third out of 96 runners in the Wimbledon Park junior parkrun on Sunday in a personal best of 8:12.

This Sunday, Hercules Wimbledon is hosting the Surrey 5km road running championship from their Wimbledon Park track headquarters, starting at 9.30am. Next Wednesday evening (August 16th), Hercules Wimbledon women's team compete in the Rosenheim League finals at Kingsmeadow Stadium, starting at 6.30pm.

LOOK! THAT'S DWAYNE ON THE TELLY SPEAKING TO UNCLE PHIL



SURREY COUNTY 5KM ROAD CHAMPIONSHIPS –SUNDAY, AUGUST 13

The above event is being held from Wimbledon Park Track and as per usual will be organized by HW.

Best of luck to the 16 HW runners taking part

Late news: The race limit of 250 has been reached so it will be a case of NO ENTRIES ON THE DAY

Important note! Fred Green tells me that offers of help on the day are in short supply so if you are able to assist please contact Fred on fredgreen14@yahoo.co.uk

The race starts at 9:30am so it will still allow you plenty of time for your usual long Sunday run!

IMPORTANT REQUIREMENT FOR THE COUNTY ROAD RELAYS

Believe it or not, the first of the forthcoming winter fixtures are almost upon us with the running of the Surrey County Road Relays due to take part on Saturday, September 2 in Wimbledon Park.

Acting as Chief Marshal for the event is our own Richard Weston and he is making a plea for volunteers to act as Course Marshals and requests that any intended parties contact Fred Green on fredgreen14@yahoo.co.uk So as to meet the criteria for the race permit the event requires in the region of a dozen marshals.

2017 ROSENHEIM LEAGUE FINALS

(Under UKA Rules Permit 17/392)

KINGSMADOW ATHLETICS STADIUM

WEDNESDAY **AUGUST 16th** 2017 START 6.30 pm

Congratulations to those teams reaching the 2017 Finals, which this year will take place at Kingsmeadow. Commiserations to those who did not qualify.

If your club did NOT qualify for either of the finals, you are still more than welcome as there are NON-SCORING events ON THE TRACK ONLY for both MEN & WOMEN,.

Each team in the final (one per event to score) is urged to provide, PLEASE, PLEASE!!! at least ,TWO OFFICIALS to help the meeting along. Other officials/helpers from any of the league clubs are more than welcome, too, as will be anyone!

PLEASE ADVISE. IF POSSIBLE IN ADVANCE

ALL NON-SCORERS, WHETHER COMPETING IN A MATCH EVENT OR NOT, AND WHETHER MEMBERS OF A ROSENHEIM LEAGUE CLUB OR NOT, TO PAY £5 PER NUMBER. (These fees go towards the hire of the stadium and photo finish). Please note it will be a case of - "No money, no number, no race, no credit"

Please note: Under UKA Rules no under 15's are permitted in either match or non-scoring events

The Finalists are

MEN (8 teams)

Belgrave, Croydon, Epsom & Ewell, Herne Hill, Kingston & Polytechnic, Serpentine, St Marys Richmond, Walton

WOMEN (6 teams)

Belgrave, Epsom & Ewell, Hercules Wimbledon, Kingston & Polytechnic, Serpentine, Walton

Queries to Tom Pollak on 020 8870 1196 or pollak@btinternet.com

Photo finish has been booked for the Rosenheim Finals

TIMETABLE (Men followed by Women and non-scorers)

6.30 110m/100m Hurdles

6.45 Pole Vault

6.45 Hammer

6.55 800m

7.05 100m

7.30 400m

7.45 1500m

7.45 Discus

7.45 Long Jump

8.05 200m

8.25 3000m

8.40 4 x 200 Relay

WANTED-MEN AND WOMEN FOR THE SOUTHERN ATHLETIC LEAGUE (SAL)

Sign up for the final SAL match using the following links (just click on the 'athletes' tab at the bottom left hand of the page and then put in your name next to the event you want to do at the relevant match):

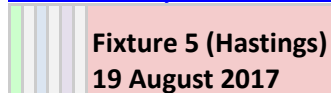
Men's

team: <https://docs.google.com/spreadsheets/d/1UclFGpVuZZD8jlzaAHzBr4PkfapJdTnLUgynfv7OmGw/edit?usp=sharing>

Women's

team: https://docs.google.com/spreadsheets/d/1XSnORYztkmhXvOwKfDsZolanSR3Nky_6O7m4YAsVfwY/edit?usp=sharing

Mark White will be managing the men's team, so please contact him on markwhite@me.com if you have any queries. For the women's team, please contact Heather Jones, as usual at heatherannejones@outlook.com



Not looking too good so far with only two HW men having declared their interest and for the women's grand total it is nil.

THERE WILL BE LIGHT AT THE END OF THE TUNNEL – AND AT THE TRACK

At last, some positive news re the floodlighting at the Wimbledon Park track with correspondence from Merton Council advising that repairs to the fire damaged grandstand are due to be completed “by the end of August/beginning of September”. Fingers crossed!

ON YER BIKE

While a Sunday morning training session was proving a difficulty for many an athlete getting to training and/or competition on the Sunday, July 30, quite a few hardy members were testing their cycling skills in the Prudential Ride London, a 100 mile event to Boxhill and back.

Among the HW members who completed the trip together with their times were

Peter Collins 4.54.13

Charles Hampden-Smith 4.59.59

Simon Bodle 4.58.31

Richard Evans 5.18.32

John Krause 5.29.49

Joe Toomey 5.55.18

Taking part over an alternative 46mile route was Charles Lawrie who toured the distance in 3:09:52

Note: If 100 miles wasn't enough, listen to Richard Evans who admitted the following. “Excuses excuses...I was on a go-slow at Ride London, pacing for 1,000 miles rather than 100. After Ride London and a couple of beers I set off on London-Edinburgh-London, finished yesterday 10.30am, 114 hours”.

NICE ARTICLE HERE RE DWAYNE AS PUBLISHED IN ‘THE TIMES’

By the sixth heat of the men's 400m, the commentator in the Olympic stadium had decided this was a young man's event. It certainly seemed that way as South African Olympic champion Wayde van Niekerk, 25, had already won his heat comfortably in 45.28 sec to start the defence of his world title and his quest to achieve the 200m and 400m double. Among the other qualifiers for the semi-finals were 22-year-old Fred Kerley of the US, Baboloki Thebe of Botswana, aged 20, and 21-year-old Steven Gardiner of the Bahamas. No one had bothered to tell Britain's Dwayne Cowan that the over-30s were no longer welcome.

Cowan only took up athletics seriously at the age of 27 and yesterday at the stadium where he had watched Usain Bolt win the 100m five years ago he made his debut in a major championships at the tender age of 32.

He ran coolly too, qualifying third in his heat to reach the semi-finals along with Matthew Hudson-Smith. For a man who was playing non-league football for Fisher Athletic and Sevenoaks not that long ago, Cowan's third place in a respectable time of 45.39 sec was the highlight for the home crowd who, as at London 2012, filled every seat in the stadium for the morning session.

“When the crowd heard my name, there was a big roar and I was like ‘Wow, I have to turn up and do something here,’” said Cowan.

He is coached by his father, Lloyd, who coached Christine Ohuruogu to Olympic 400m gold. Quite why Lloyd had let his son play football for so many years is a question someone at

British Athletics might need to answer, but Dwayne is certainly making the most of his late conversion.

“I was playing football, bit of non-league, a few trials with professional clubs,” he said. “The first day I stepped on the track, a coach said: ‘You’re not an athlete and you’ll never make an athlete’. Well, look at me now.

“I came and watched Usain Bolt here in 2012 and that made me want to do athletics. I did it just to keep fit and I was winning training sessions at my local track so I just started from there.”

For such a newcomer, Cowan ran like a seasoned veteran, keeping the leaders in his sights and easing through the gears down the home straight to ensure automatic qualification. Hudson-Smith, hugely talented but fragile in mind and body, ran quicker in a sharper heat but qualified as one of the fastest losers.



PHOTO FINISH NOT REQUIRED

Seen here flying home to the finish is HW’s leading M50 runner Stuart Fraser winning the Stateside Santa Monica Summer Dash 10km in 36:57 by just over nine minutes. Begg the question if this was a record winning margin for a 10km race?

HERNE HILL HARRIERS OPEN MEETING - Saturday, August 26

Features Surrey 10000m track championships.

Entries now open on line via entry

link https://entries.opentrack.run/2017/hhh_open_august/

When on this link click on info (pdf) sign for event timetable.

HW GET SOME INSPIRATION WATCHING WORLD CHAMPS MARATHON



IAN MEETS UP WITH FORMER HW LEGEND AT WIMBLEDON PARKRUN

A name from the past put in an appearance at the Wimbledon Common parkrun on Saturday - Fred Pidgeon. He's down for a few days while the World Champs are on (his wife, Jane, is officiating) Seeing as he was in the area, Fred thought it would be a good idea to re-acquaint himself with his old running haunts. He finished in 107th place in 22:52, then we went over to Lauriston where he was pleased to meet up with old friends again.

(Ian Isherwood)



Kirsty looks pleased after her run in the Norwich 10km last Sunday.

From Ben Noad.....wearing his South London Athletics Network (SLAN) hat
Hello All,

I hope you are all having a good summer and you are looking forward to the World Championships. I do hope that some of you have been lucky enough to get tickets? As I hope you are aware we are running for the 7th season our successful Super 8 series of meetings in July, August and September. Please see a full list of fixtures below.

SLAN fixtures for Young Athletes Super 8 2017

August 20th David Weir Arena (Sutton)

September 3rd Wimbledon Park

Each competition starts at 10am and is a team based competition and I would be grateful for clubs to identify their leading 8 boys and girls in the U13 & U15 age group for scoring. Please note that each athlete should compete in at least one track and one field event in order to score the maximum amount of points for your team. Individual and non-scoring athletes are also welcome and declaration sheets will be provided on the day. U11's are also welcome but please note they will be competing with U13 athletes. Also as a trial we are allowing U17 athletes in the track events minus the Sprint Hurdles and field events minus the Long Jump.

Competition starts at 10am and finishes soon after 12noon so not too long a day

IMPORTANT MESSAGE RE ENGLAND ATHLETICS REGISTRATION

The 30th June deadline for athletes to renew their registration with England Athletics has now passed!

Your EA registration is included in the price of your Club Membership, so if you haven't already done so, you need to renew yours now!

As everyone should know by now, the ONLY way to do this is via the dedicated membership site at <https://members.hwac.org.uk> where you will be asked to enter your details and establish a direct debit.

The message from EA is:

On the 1st July, athletes whose £14 Registration fees are still outstanding will show as Not-Registered during the competition licence checks conducted by competition organisers in conjunction with England Athletics. As detailed in UK Athletics Rules for Competition (Rule 21 S1(i)) athletes that fall under the *Not-Registered* category are liable to disqualification (although they can still compete in road and trail events as unattached athletes) and are no longer entitled to claim the registered athlete discount on entries into road races.

Don't get caught out. Make sure you have your bank details and you can renew your Club membership in less time than it takes to run 400m. Do it now! Any questions please contact the Membership Secretary, Ben Toomer at: hwacmembers@gmail.com



Tom Morris, a long-time first claim member of HW although resident in Harrow, Middlesex invites his club colleagues to contest the above event in the historical surroundings of the town of Harrow.

The 'Harrow Half' is a traffic free, chip timed half marathon.

The 'Harrow Half' course features historic and well-known landmarks, stunning views, parks, countryside as well as the attractions you would expect of a modern, thriving borough and town centre.

The event is organised by Harrow Athletics Club, ActiveTrainingWorld and Harrow Council. Harrow Athletics Club are based locally at the Bannister track in Hatch End – named in honour of the legendary Sir Roger Bannister, the first athlete to break the four minute mile, and who was born and brought up in Harrow.

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS

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

AUGUST

4-13: IAAF World Championships, Stratford, London

Sun 13: Surrey County Road League 7, HW 5km dash, Wimbledon Park

Above incorporates Surrey County Championships – ENTRIES CLOSED

Wed 16: Rosenheim League Finals, Kingsmeadow, Kingston

Sat 19: Southern Athletics League, Match 5, Hastings

Sat/Sun 19/20: South of England U15/U17 Champs, Crystal Palace

Sun 20: SLAN Super 8 2 (U11/U13/U15), Sutton, 10am

Sun 20: British Athletics Grand Prix, Birmingham

Wed 23: HW 5000m Festival, Wimbledon Park Entries closed

Sat 26: Herne Hill Open Meeting (inc Surrey AA 10,000m Champs), Tooting Bec

On line for above: https://entries.opentrack.run/2017/hhh_open_august/

Sat/Sun 26/27: England Athletics U15/U17 Champs, Bedford

Sun 27: Veterans AC/SCVAC Championships, Kingston - (Entries close August 13)

SEPTEMBER

Sat 2: Lily B Girls League Finals, Kingston

Sat 2: Surrey County Road Relays, Wimbledon Park

Sun 3: SLAN Super 8 3, (U11/U13/U15) Wimbledon Park 10am

Sun 3: SCVAC League - Men's Finals, Ashford, Kent

Sat/Sun 9/10: Surrey County Championships, Part 2, Sutton

(inc Relays, Combined Events, Steeplechase & Walks)

Entries: <https://entries.opentrack.run/2017/surreycomb/>

Sun 24: South of England Road Relays, Women 4 & Men 6-stage, Crystal Palace

Sat 30: East Surrey League 1, XC, Lloyd Park, Croydon

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

July 27 - August 6: European Masters Championship, Aarhus, Denmark

M45

100 (final-29/7): 8 Dominic Bokor-Ingram 12.12/-1.0 (**S/F 2-29/7**) 4 Dominic Bokor-Ingram 11.94/+2.1 (**heat 5-28/7**): 2 Dominic Bokor-Ingram 11.84/+2.5

200 (Final 4/8): 8 Dominic Bokor-Ingram 24.26/-0.9 (**SF-3 4/8**): 3 Dominic Bokor-Ingram 23.84/-1.5 (**heat 5-3/8**): 1 Dominic Bokor-Ingram 23.91/+2.5

400 (final-2/8) 2 Dominic Bokor-Ingram 51.74 (**HW M40 record**) (**S/F 1-31.7**): 1 Dominic Bokor-Ingram 52.30 (**heat 3-31/7**) 1 Dominic Bokor-Ingram 53.96

800 (final 5/8): 2 Dominic Bokor-Ingram 2:02.82 (**3rd HW M40 all-time**) (**heat 4-3/8**): 4 Dominic Bokor-Ingram 2:08.23

Note: previous HW M40 400m record was held by Dominic with his 52.04 in the British Masters at Birmingham on June 24. Not bad going for someone who turns 50 next February

5000: (3/8): 6* Justin Reid 16:23.39 (**8th HW M40 all-time**)

***Note:** Event was run as two races with Justin first home in the 'B' race

M50

100 (S/F 1-29/7): 5 Mark White 12.30/-1.9 (**heat 4-29/7**): 4 Mark White 12.37/-1.8

200 (heat 1-3/8): 3 Mark White 24.81/-0.1

400 (final-2/8): 4 Mark White 54.85 (2nd HW M50 all-time) (S/F 1-31/7): 2 Mark White 55.82 (Heat 5-31/7): 1 Mark White 55.32

W35

100 (heat 3-28/7): 5 Emilie Bokor-Ingram 13.68/-0.6 (HW W35 record)

200 (heat 2-3/8): 6 Emilie Bokor-Ingram 28.20/+2.2

400 (Final-2/8): 7 Emilie Bokor-Ingram 61:48 (HW W35 record) (heat 1-31/7): 4 Emilie Bokor-Ingram 62:36

Note: Emilie held the previous 400m record with her 62.1 in the Rosenheim League at Tooting Bec as recent as July 19

W50

PV (2/8): 1 Alison Murray 2.90

W60

1500 (30/7): 1 Anna Garnier 5:46.93

5000 (2/8): 1 Anna Garnier 21:18.53 (HW W60 record)

Note: previous record was set by Anna in Vets League held at Wimbledon Park in June last year.

August 4-13: IAAF World Championships, London Stadium, Stratford

Men

400 (heat 3-5/8): 3 Dwayne Cowan 45.39 (S/F-6/8): 8 Dwayne Cowan 45.96

August 5: parkrun 5km, Newcastle upon Tyne

1 Fred Slemeck (HW) 16:08; 2 James Cripwell (Gateshead H) 16:20 (553 finishers)

August 5: parkrun 5km, Roundshaw Downs, Croydon

1 Daniel Woolf (Epsom & Ewell) 19:06 **HW:** 13 Martin O'Halloran 22:45 (141 finishers)

August 5: parkrun 5km, Newport Isle of Wight

1 Harry Rann (Isle of Wight RR) 18:25 **HW:** 19 Ellen Weir (2nd F) 21:27 (285 finishers)

August 5: parkrun 5km, Brighton & Hove

1 Ben Gibson (Hayward Heath H) 17:01 **HW:** 20 Adam May 19:06 (477 finishers)

August 5: parkrun 5km, Wimbledon Common

1 Francis Marsh (Herne Hill H) 17:21 **HW:** 6 James Moorcroft 18:18; 14 Hector Revill 19:05; 48 Mark Livingstone 20:57; 53 Charles Hampden-Smith 21:04; 61 Ben Revill 21:16; 62 John Townsend 21:17; 76 Richard Mellor 21:51; 79 Peter Metcalf 21:56; 104 Richard Evans 22:50; 112 Simon Bodle 23:06; 148 David Lanfranchi 24:06; 312 Amelia Cheeseman 28:37; 313 Dean Cheeseman 28:38; 369 Charlie Hellings 30:46; 479 Sophie Toomey 40:01; 480 Charles Lawrie 40:02 (524 finishers)

August 5: parkrun 5km, Harrogate

1 Unknown 17:40 **HW:** 11 Peter Collins 19:44 (386 finishers)

August 5: parkrun 5km, Sheringham, Norfolk

1 William Griffiths (London Heathside) 18:05 **HW:** 26 Gary Forde 22:55 (207 finishers)

August 5: parkrun 5km, Nonsuch Park, Cheam

1 Ricky Lutakome (Sutton & Dist) 15:29 **HW:** 110 Steve Newton 22:43 (569 finishers)

August 5: parkrun 5km, Brueton Park, Solihull

1 Chris Sharp (Knowle & Dorridge) 16:00 **HW:** 132 Tomo Kikugawa 24:12 (529 finishers)

August 5: parkrun 5km, Aylesbury, Bucks

1 David Hudson (BRJ) 17:09 **HW:** 34 Victor Hutchins 24:26 (154 finishers)

August 5: parkrun 5km, Bishops Park, Fulham, SW6

1 Bryn Reynolds (Clapham Chasers) 16:48 **HW:** 42 Tom Cheetham 19:43; 77 Ewan White 21:16; 92 Monika Crouse 21:59; 239 Andrew Balcerkiewicz 26:20; 271 Abbie White 27:42; 276 Michelle Howie 27:49; 386 John Wasbrough 38:13 (402 finishers)

August 5: parkrun 5km, Bushy Park, Teddington

1 Ben Cole (Tonbridge) 15:44 **HW:** 165 Barry King 21:50 (1172 finishers)

August 5: parkrun 5km, Cassiobury Park, Watford

1 Lewis Jones (Dacorum & Tring) 16:53 **HW:** 170 Keith Hylands 28:18 (353 finishers)

August 6: Junior parkrun 2km, Wimbledon Park

1 Harry Chappell (Unattached) 8:26 **HW:** 3 Alexander Buchanan 8:12 (96 finishers)

August 6: Nice Work 10km, Richmond Park

1 James Kelly (Belgrave H) 34:00 **HW:** 4 Tom Cheetham (1st M50) 40:27 (81 finishers)

August 6: Summer Dash 10km, Santa Monica, California, USA

1 Stuart Fraser (HW-M50) 36:57; 2 Matthew Villasenor (USA) 46:06 (40 finishers)

August 6: Run Norwich 10km

1 Michael Kallenberg (Cardiff) 31:12 **HW:** 7 Jonny Earl 34:30; 810 Kirsty Wheeler 49:13 (4737 finishers)

AND FINALLY



JUST A REMINDER THAT THE ROAD RELAY SEASON IS ALMOST HERE