

SOLID STARTS TO CROSS LEAGUES

Hercules Wimbledon Athletic Club's cross country runners followed up on their best men's performance in the English road relay championship for more than 40 years the previous weekend with a solid start in both the men's and women's Surrey cross country leagues at Reigate on Saturday, writes Tom Pollak.

The Hercules Wimbledon men produced their best-ever start since 1978 in the Start Fitness League by finishing runners-up in the Division One match, just seven points behind the winners. The club's senior women's runners were not to be outshone as they finished fourth of the 15 Division One teams, their strongest opening match performance since winning at Woking in 2011.

The senior men were led in by a trio of runners - Jonathan Cornish, Fred Slemeck and Ben Toomer, who finished fifth, sixth and seventh of the 196 runners covering the five miles in 27 minutes 24 seconds, 28:04 and 28:06. Finn Johnson (21st in 29:04), Demons Evangelidis (26th in 29:30 and third over 40 veteran), Richard McDowell (31st in 29:41), Jonny Earl (47th in 30:22) Kieran White (49th in 30:29), Justin Reid (52nd in 30:43) and Neil Fraser (78th in 31:40) completed the scoring team of 10. Twenty-one Hercules Wimbledon senior men were in action.



An impressive opening league turn-out by the men of HW

More than two hours earlier, the Hercules Wimbledon senior women had raced over the undulating Reigate Priory circuit to throw down the gauntlet to their male clubmates by finishing a good fourth in the Division One match. They were led in by newcomer Cheryl Nolan making her debut in the gold and red Hercules Wimbledon vest who finished fifth of the 243 runners covering the six kilometres in 24:04. Claire Grima was eighth and top veteran over 40 in 24:40 followed by Eileen Brandley (29th in 26:30), Zoe Pike (45th in 27:18) and Anne Hegvold (51st in 27:30).16:53.

Hercules Wimbledon's youngsters also gave a good showing finishing third in the girls under 15 team race with Johanna Tofte leading the team home finishing sixth of the 54 runners in 16:33. Georgina Clarke was ninth in 16:53, Rebekah Riches 16th in 17:47 and Ellen Weir 22nd in 18:17. Best of the Hercules Wimbledon under 13 runners was Lauren Armitage who was 10th of the 80 finishers.

Richard McDowell, who helped the senior men to a strong team effort, was continuing his return to racing after almost four months out with a foot injury. The previous weekend he raced in the Chester Marathon sporting an England vest. This was because he was competing in the England over 35 age group championship for which he qualified in the Bournemouth marathon 12 months earlier. He finished 32nd of the 2587 runners in a very respectable 2:42:24.

“I toed the line after three weeks light training,” said Richard. “I was just planning on trotting round in around three hours so was making a concerted effort to take it easy at the start. Hitting the half-way mark in one hour 23 minutes, slightly quicker than anticipated, I was feeling incredibly fresh so decided to empty the tank overtaking dozens of runners and was pretty pleased with my time after the slow start.” He completed the second half of the race four minutes faster than the first 13 miles.

Claire Grima completed a busy weekend winning the women’s veterans over 40 category in the Cabbage Patch 10 miles road race at Twickenham on Sunday in 61:34, her best time for the distance since 2014. She was also fourth in the women’s race. Ben Toomer also racing the second time over the weekend was fifth out of 1558 runners in 54:02.

Hercules Wimbledon’s Matt Sharp was second British finisher in the Chicago Marathon, where there were more than 44500 runners, in 2:29:19.

Elsewhere, Hercules Wimbledon’s Alex Binley was top woman finisher in the Wimbledon Common 5km parkrun in 19:39, taking fifth overall out of 415 runners and leading 15 Hercules Wimbledon runners home. Teenager Ben Tatters was third out of 487 runners in the Richmond Park event while Georgina Carrington was top girl finisher in the Wimbledon Park junior 2km parkrun.



Jonny, Freddie and Ben – a trio of top-ten league placings

This weekend, Hercules Wimbledon’s runners compete in the Surrey Veterans cross country championships in Richmond Park. The races start near Pembroke Lodge with the women and over 60 men off at 3.30pm covering 6km and the main men’s 10km race starting at 4.15pm.

TWO HW WOMEN IN THE TOP TEN!!!!



Cheryl – New kid on the block



Claire – 2nd HW home!

Photos by Chris De Mauny



The HW U15 girls kick-off in style at the opening Surrey League event

RICHARD WESTON COMMENTS ON THE POLE VAULT WORK PARTY

Over the weekend and thanks to some long hours put in by several people we nearly completed the reconstruction of our new pole vault cover. It wasn't plain sailing because although Dave (master painter) Orchard had labelled all the components (bar one, it has to be noted!) actually which way round all the cross members fitted together was not so obvious. Countless numbers of them had to be turned round so that the holes in the cover matched the holes in the bars! Patience was required as much as dexterity with the spanner. Including the panels there are over 160 separate bits!

Saturday's crew featured Mark Cahill, Gary Forde, Dave Orchard and his friend Richard, with Mark staying late into the afternoon so we could complete most of the frame. Inevitably, as with all kits, we didn't have enough nuts and bolts (fallen out in transit?) which prompted a trawl round ironmongers to find the right size.

On Sunday we had very willing volunteers from the 7Ups and over's parents, namely David, Daniel, Richard and Blethin (I hope I've spelt this correctly, probably not, so apologies) to complete the frame before their children's session ended. They joined the usual team of Mark, Dave, Kevin Snelling (who else does an 80 mile round trip to help his second claim club? What an example that should be to our own members, so few of whom volunteer for these work parties), and Alison Murray (not forgetting Dylan the coffee addict – memo: don't put your lunchtime drink on the ground when he's at the party).

So where have we got to? The outer panels are on and secure but not fully bolted down, the end panels are waiting their turn and then the weather strips and handles will be last to go on. Does that sound like much? We'll see, when more holes don't line up! Next is having the beds brought over from their current store and, delight of delights, dismantling the current cover and disposing of it and the beds. Lots of opportunity for other people to lend a hand!

Here is a link to a well-crafted You-Tube clip from David Orchard of the 'Pole Vault Work Party'

<https://www.youtube.com/embed/MZEmhygcPOo>



A moment of relaxation for the latest pole vault assembling work party

HW 50TH AMALGAMATION ANNIVERSARY – WHAT A NIGHT!

The location was the Al Forno restaurant just off Wimbledon Broadway and the date was October 11th and what a celebration it proved to be- surely a night to remember?

Led by a guest of honour - no less than former 10,000m world record holder Mr Dave Bedford – there were a string of past and present HW legends including Frank Briscoe, Steve Badgery, Dwayne Cowan, Mike Beavor, Dave Clarke etc, etc.

A nice touch during the evening was the presentation to Dwayne Cowan of a framed photograph, classically captured by Eileen Brandley of Dwayne holding aloft his HW vest post his magnificent performances at the IAAF World Championships. Congratulations also to Victor Ray, Maurice Sharp and Lisa Thomas who between themselves organised as remarkable evening.





ONE FOR THE MEMORY – DAVE BEDFORD SETS A 10,000m WORLD RECORD

At 7:40 p.m. on Friday, July 13, 1973, the 10.000 m race was started in the London Crystal Palace at the British AAA Championships. The weather was excellent for the long-distance runners — cool and almost no wind, maybe a little humid but much better than in the previous years at these Championships.



This race became the highlight of the British Championships. With a time of 27:30.8, David Bedford set a new world record, surpassing the world record previously held by Lasse Viren (FIN) by 7.6 seconds (set for the Olympic gold in Munich on September 3, 1972 in 27:38.4). His season had been fairly low key, only running two 3000 m races and fighting an injury since April. He only had four weeks without pain to prepare for the championships. In his unconventional manner, however, Bedford had already spoken about a time of around 27:20.

He ran the first kilometre in 2:39.7, after taking the lead at the start and running the first 400m in 63.0 seconds. Only once did Tony Simmons take over the lead at 4000m. But he apparently overdid himself, and Bedford picked up the pace and took back the lead. Bedford reached the 5000m mark in 13:39.4 then followed with approx. 67-second laps. The next to last lap he ran in 66 seconds, and

under the cheers of the crowds, finished his final lap in only 62 seconds.

David Colin Bedford, born on December 30, 1949 in North London thus reached his major goal — a world record.

Bedford strides out to his WR

MORE INTERNATIONAL HONOURS FOR THE AMAZING PETER GILES

Congratulation to HW's M70 superstar Peter Giles who has just got the nod from the England selectors for the upcoming British and Irish Masters International in Derry on 18th November.

Peter, who will be making his ninth appearance in the International, celebrated his selection by taking the M70 honours in Sunday's classic Cabbage Patch 10-mile Road Race.



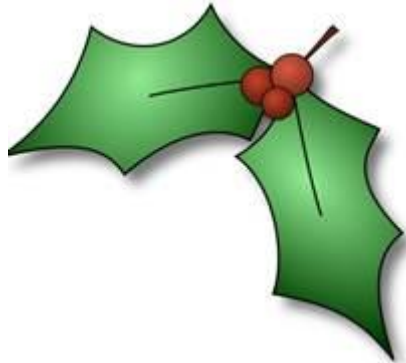
Just a few of the 11 HW 'squad' who contested the Cabbage Patch 10
(With Dennis in a supporting role)

'NEW BOY' ROBBIE HYNES TESTS HIMSELF OVER A MARATHON



Just a shade over two months since becoming a member of HW Robbie Hynes has been enthusiastic in competing for and training with HW that has also proved a benefit in raising the bar – such is his improvement. Seen here competing during his 2:56:14 marathon in York, Robbie obviously ignored the ‘reduce speed’ notices scattered about the route! *Photo by Ken Lay*

A BIT EARLY NEWS I KNOW, BUT BOOKINGS TEND TO GO FAST



Lauriston Christmas Dinner - Tuesday 12th December 2017 - The Hand in Hand, Wimbledon
@ 1pm

MAINS

All served with goose fat roast potatoes and honey roasted carrots & parsnips

TURKEY Crown of English Rose turkey, pigs in blankets, bread sauce, brussel tops, chestnuts

PORK Spiced cider braised pork belly, bramley apple puree, red cabbage & cranberries

NUT ROAST Beetroot, fennel & mixed nut roast, Bloody Mary sauce, Jerusalem artichokes, olive oil roast potatoes (v)

VENISON Hampshire venison, chestnut, port & bay leaf suet pudding, celeriac puree, Brussel tops

SALMON Pan roasted salmon, fennel, orange & watercress pearl barley, mixed herb gremolata

PUDDINGS

CHEESE & BISCUITS	Blue Monday cheese, quince jelly,
APPLE CRUMBLE	Bramley apple & cranberry crumble, custard
CHRISTMAS PUDDING	Christmas pudding, brandy butter ice cream
CHOCOLATE & ORANGE TART	Salted chocolate, redcurrant & orange tart, Jude's caramel ice cream

COFFEE & MINCE PIES

£25.00

*Reservations plus payment to be made to John Wasbrough by Sunday 3rd December

John Wasbrough

West London Promotions Limited, 538 Kingston Rd. Raynes Park, SW20 8DT

T:020 8540 9601/020 8542 3040 - M: 07966 281 860

E: info@westlondonpromotions.co.uk

E-MAIL FROM WANDSWORTH COUNCIL SEEKING HELP

From: "Doherty, Matt" <MDoherty@wandsworth.gov.uk>

Subject: Wandsworth Athletics Events

Date: 22 September 2017 15:23:45 BST

To: "Doherty, Matt" <MDoherty@wandsworth.gov.uk>

Hello All,

I hope you're well.

I wanted to get in touch to give you some dates of events, as well as ask for your support with them as well.

- - **Saturday 18th November, Parliament Hill: London Youth Games Cross Country**

- If you, or anybody within your club is able to volunteer to help manage the Wandsworth Team on the competition day (including helping with the warm up and ensuring athletes are at the start line on time) it would be very helpful— contact myself for details (Wandsworth Youth Games Team Manager kit available for those that help!)
- **Sunday 4th February, Battersea Park: Wandsworth Mini Marathon Trials**
- A date for the diaries or calendars. Open to all athletes who live, go to school, or were born in Wandsworth.
- Will also require volunteers to help with the running of the event.
- **Sunday 22nd April, London: London Marathon / Mini Marathon**
- For selected runners.
- Volunteer team managers may be required.

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

FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS
Home fixtures in bold – Offers of help at these fixtures are always appreciated

OCTOBER

Sat 21: Surrey County Masters XC Championships, Richmond Park, Petersham

Sat 28: Surrey County YA X/C Relays, Guildford

NOVEMBER

Sat 4: Inter Club XC v Bank of England etc, 4.9 miles, Richmond Park, Roehampton 3pm

Sat 11: Surrey League Men, Match 2, Mitcham Common

Sat 11: Surrey Ladies League, Match 2, Nonsuch Park, Cheam

Sat 18: London XC Championships, Parliament Hill

Sat 18: London Youth Games, Parliament Hill

Sat 25: South of Thames 5-Mile Team Race, Beckenham, Kent

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

<http://herculeswimbledon.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

October 8: Plusnet Yorkshire Marathon, York

1 Ross Houston (Central/SCO) 2:24:13 **HW:** 48 Robbie Hynes 2:56:14 (4144 finishers)

October 14: Start Fitness Surrey Men's League, Division 1, Match 1

Senior Men (5 miles)

1 Nick Goolab (Belgrave H) 26:50; 2 Andy Maud 26:56; 3 Paskar Owor 27:12 **HW:** 5 Jonathan Cornish 27:24; 6 Fred Slemeck 28:04; 7 Ben Toomer 28:06; 21 Finn Johnson 29:04; 26 Demos Evangelidis (3rd M40) 29:30; 31 Richard McDowell 29:41; 47 Jonny Earl 30:22; 49 Kieran White 30:29; 52 Justin Reid 30:43; 78 Neil Fraser 31:40; 101 Robbie Hynes 32:43; 113 David Grima 33:16; 117 Peter Clarke 33:39; 120 Rob Tuer 34:01; 122 Belal Ahmed 34:05; 135 Knut Hegvold 34:52; 156 Keith Schofield 36:00; 165 Mark Livingstone 36:59; 180 Victor Ray 38:36; 183 Ben Revill 39:46; 186 Gary Forde 40:04 (196 finishers)

Match result: 1 Thames H&H 309; 2 Hercules Wimbledon 316; 3 Kent 318; 4 Herne Hill H 334; 5 Belgrave H 414; 6 South London H 510; 7 Clapham Chasers 554; 8 Ranelagh H 587; 9 Reigate Priory 753

New introduction: Surrey CC League - B team competition - 10 to score

1st	Kent AC	123
2nd	Clapham Chasers	309
3rd	Herne Hill H	372.5
4th	Ranelagh H	411
5th	Hercules Wimb	433
6th	South London H	492
7th	Thames H & H	515
8th	Reigate P	680
9th	Belgrave H	759.5

U15/U17 Boys

1 Ewan Bale (Dorking MV) 14:08 **HW:** 10 Henry Silverstein 14:51; 71 Hamish McNicol 16:56; 74 Hector Revill 16:56; 77 Fred Jimack 17:04; 81 Edward Newton 17:09

Team: 1 South London H 331; 2 Walton 324; 3 Herne Hill H 321 ... 12 Hercules Wimbledon 178

U13 Boys

1 Oliver Emmet (Walton) 15:23 **HW:** 10 Lloyd Hodgson 16:47; 36 Daniel Clarke 18:52; 38 Reuben Gallagher 18:57 (59 finishers)

Team: 1 Walton 191; 2 Holland Sports 441; 3 South London H 137 ... 9 Hercules Wimbledon 90

October 14: Start Fitness Surrey Ladies League, Division 1, Match 1

Senior Women's (6km)

1 Sophie Harris (Belgrave H) 22:52; 2 Stephanie Davies (Clapham C) 23:19; 3 Julia Tomczak (South London H) 23:21 **HW:** 5 Cheryl Nolan (HW debut) 24:04; 8 Claire Grima (1st W40) 24:40; 29 Eileen Brandley 26:30; 45 Zoe Pike 27:18; 51 Anne Hegvold 27:30; 69 Francesca Clarke 28:13; 91 Lisa Thomas 29:30; 108 Monika Crouse 30:09; 198 Marilena De Luca 34:24; 214 Rowena Hornshaw 35:35 (243 finishers)

HW 2C: 33 Liz Stavreski 26:48; 99 Anna Garnier 29:45

Match result (A teams only): 1 Thames H&H 75; 2 South London H 95; 3 Clapham Chasers 118; 4 Hercules Wimbledon 135; 5 Ranelagh H 135; 6 Kent 150; 7 Belgrave H 167; 8 Reigate Priory 168; 9 Herne Hill H 201; 10 Fulham RC 281; 11 Dulwich R 320; 12 Epsom & Ewell 338; 13 Fulham Tri 343; 14 Woking 370; 15 Stragglers 384

U15 Girls

1 Kiara Valkenburg (Epsom & Ewell) 15:54 **HW:** 6 Joannah Tofte 16:33; 9 Georgina Clarke 16:53; 16 Rebekah Riches 17:47; 22 Ellen Weir 18:17; 27 Albane Fery 18:52; 30 Selma Hegvold 19:04; 36 Anya Stacey 19:40 (55 finishers)

Team: 1 Herne Hill H 28; 2 Guildford & Godalming 48; 3 Hercules Wimbledon 53; 4 Epsom & Ewell 93; 5 South London H 105; 6 Hercules Wimbledon 'B' 158; 7 Woking 164

U13 Girls

1 Phoebe Bowen (Herne Hill H) 12:43 **HW:** 10 Lauren Armitage 13:35; 21 Millie Thorpe 14:09; 32 Bailey O'Leary 14:40; 52 Anna Barker 15:37; 53 Cate Coverley 15:38; 58 Naina Raziada 15:51; 70 Cliona O'Brien 17:19 (80 finishers)

Team: 1 Guildford & Godalming 20; 2 Herne Hill H 45; 3 Epsom & Ewell 78; 4 Reigate Priory 82; 5 Stragglers 109; 6 Hercules Wimbledon 115

October 14: parkrun 5km, Wimbledon Common

1 Dan Abbott (Unattached) 17:42 **HW:** 5 Alex Binley (1st F) 19:39; 8 Tom Cheetham 19:43; 18 Charles Hampden-Smith 20:31; 19 Peter Metcalf 20:33; 41 Emilie Bokor-Ingram 21:37; 42 David Scrimshaw 21:39; 44 Paul Jones 21:44; 52 Charles Mugglestone 22:17; 54 Paul Mills 22:35; 70 Matthew Rockwell Smith 23:11; 77 Alastair Brown 23:24; 222 Peter Collins

28:05; 223 Simon Bodle 28:09; 340 Edward Charlesworth 32:15; 406 Sophie Toomey 42:35 (415 finishers)

October 14: parkrun 5km, Richmond Park

1 Charles Harpur (Mid Essex Casuals) 16:42 **HW:** 3 Ben Tatters (U17) 17:56 (487 finishers)

October 14: parkrun 5km, Roundshaw Downs, Croydon

1 Anthony Constantinou (Chiltern Church) 19:09 **HW:** 31 Martin O'Halloran 22:59 (168 finishers)

October 14: parkrun 5km, Crystal Palace, SE19

1 Tom Boswell (Unattached) 18:18 **HW:** 45 Kayenne Grant-Evans 22:45 (278 finishers)

October 14: parkrun 5km, Peckham Rye, SE15

1 Kevin Chadwick (Petts Wood R) 17:39 **HW:** 55 Anastasia Hancock 22:19 (285 finishers)

October 14: parkrun 5km, Bishops Park, Fulham, SW6

1 Charles Houston (Thames Valley H) 16:00 **HW:** 131 Thomas Beare 23:13; 196 Eloise Davies 24:45; 197 Andrew Davies 24:45; 418 Sophie Beare 32:00; 460 John Wasbrough 37:19 (471 finishers)

October 14: parkrun 5km, Nonsuch Park, Cheam

1 Ryan Griffiths (Sheffield Hallam Tri) 16:54 **HW:** 138 Maurice Sharp 24:05 (572 finishers)

October 14: parkrun 5km, Bushy Park, Teddington

1 Sam Southall (Unattached) 17:21 **HW:** 165 Barry King 22:08; 542 Florence England 26:41 (1233 finishers)

October 15: The Stragglers Cabbage Patch 10 miles Road Race, Twickenham

1 Elias Kemboi (Kenya) 49:42 **HW:** 5 Ben Toomer 54:02; 43 Claire Grima (1st W40) 61:34; 49 Andrew Davies 62:03; 59 Adam Harwood 63:15; 97 Richard Evans 65:56; 114 Eileen Brandley 67:18; 127 Peter Collins 67:56; 158 Charles Hampden-Smith 69:23; 183 Stewart Bond 70:36; 193 Peter Giles (1st M70) 71:01; 220 Simon Bodle 72:09; 327 Adam Fenton 76:02 (1558 finishers)

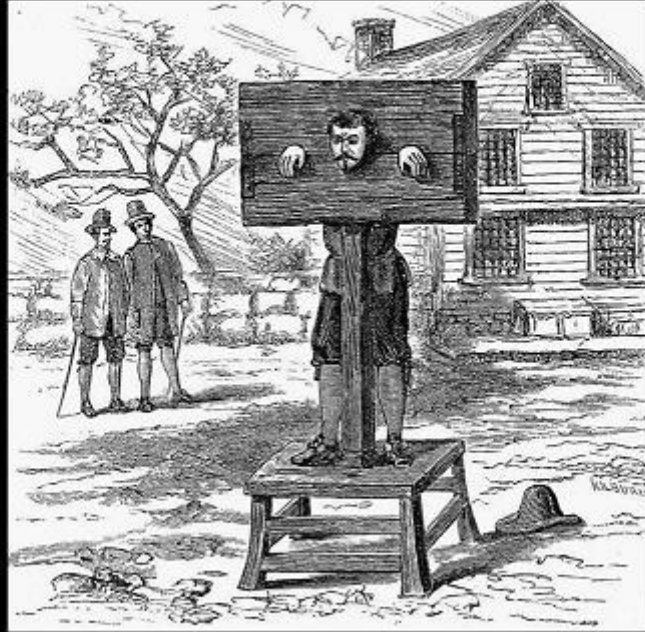
October 15: Junior parkrun 2km, Wimbledon Park

1 Sebastian Cockerell (Thames H&H) 7:47 **HW:** 8 Georgina Carrington (1st F) 8:34; 29 Thomas Murray 9:57; 144 Daisy Bokor-Ingram 14:38 (186 finishers)

AND FINALLY

Pillory

an archaic device used to expose
an offender to public derision



Today it's called Facebook.