

## ***COWAN WINS WORLD RELAY BRONZE***

Hercules Wimbledon Athletic Club's Dwayne Cowan made history when he became the first athlete from the club to win a World Athletics Championships medal at the London Stadium, Stratford, on Sunday. He did so when he ran a superb second leg in the men's 4x400m relay to put the Great Britain quartet on the road to winning the bronze medals behind Trinidad and Tobago and the USA, writes Tom Pollak.

Cowan, 32, who only took up athletics five years ago after being inspired at the London Olympics, was the fastest member of the team completing his leg in 44.2 seconds to help the quartet go inside three minutes with 2:59.00, the fastest time this summer by a British 4x400m relay team. It was a fine conclusion to his competing in the biggest competition of his life, after earlier reaching the individual 400m semi-finals.

Television pundit Michael Johnson, a former winner of the World 200 and 400m titles, commented: "I'm impressed with Dave Cowan." His fellow commentator, Steve Cram, a former World 1500m champion, also praised the Hercules Wimbledon runner's performances during the 10-day championships.

Hercules Wimbledon chairman, David Clarke, himself a former cross country international and former British team manager, said: "We're obviously delighted for Dwayne that he was able to perform at his best in the World Championships and get a medal. People also need to be aware that, unlike most of the British team, Dwayne receives no funding from British Athletics and my club has been supporting him financially to enable him to compete in meetings around the world to qualify for the GB team."

Clarke, himself an outstanding athlete, winning the English senior men's cross country title three times in 1982, 1987 and 1988, the Stockholm marathon in 1989, and running in the World Championships 5000m in Helsinki in 1983 added: "Cowan has fully justified the support Hercules Wimbledon has given him and as I see it, his performances at the World Championships were a good return for the investment we made. Well done Dwayne. We're extremely proud of you."

Cowan's next competition will be at the televised British Grand Prix meeting in Birmingham on Sunday. The 4x400m relay team is the headline act on the British Athletics website promoting the event. It states: "Britain's world 4x400m relay heroes will be among a stellar line up of 19 London 2017 world champions and 40 medallists, competing at the Müller Grand Prix Birmingham this Sunday."



Much to the delight of watching HW club colleagues, bronze relay medallist Dwayne proudly flies the club colours at the World Championships

Hercules Wimbledon's Andrew Penney celebrated his 26th birthday on Sunday morning by taking the bronze medal in the Surrey 5km road running championship which was staged in conjunction with the Perseverance Hercules Wimbledon Dash at Wimbledon Park athletics stadium. More than 200 runners took part with Penney posting a lifetime best of 15:22 behind Croydon's Peter Chambers who broke the course record by six seconds with a winning time of 15:00 and Belgrave's Phil Wicks who was also inside the previous mark with 15:05. There was a thrilling finish to the race as Chambers overhauled Wicks in the final 300m on the track after entering the stadium about 40 metres down.

Making his Hercules Wimbledon debut Robbie Hynes was the second runner from the club to finish in 16:57 in 19th place with Zac Purnell the first of five Hercules Wimbledon teenagers in 17:18 in 24th place.



Andrew Penney with his Surrey 5km third place spoils. A PB on your birthday! Can it get any sweeter?

Elsewhere, Ben Toomer headed home a 995-strong field to win the Pride 10km road race in Victoria Park, North London, on Saturday in a personal best of 31:53, shaving just one second off his previous best set in the London 10km event on May 29th. Tom Cheetham was first over 50 finisher in the Thames Meander marathon in Kingston where he was sixth overall out of 170 runners.

Rob Tuer led in 442 runners, including 15 from Hercules Wimbledon, in the Wimbledon Common 5km parkrun on Saturday in 17:30 with Alex Binley top woman finisher in 19:58 ahead of second place Gina Galbraith. Teenager Ellen Weir was top female finisher in the Isle of Wight event while further afield Richard Clark was fourth in Cork, Ireland, Samuel Masters seventh in Calgary, Canada and Jessame Coulson was 84th out of 722 runners in Johannesburg, South Africa. Meanwhile, Morgan Rennie headed home a 129-strong field in the Wimbledon Park junior 2km parkrun on Sunday.

Hercules Wimbledon face a busy weekend with the senior men's and women's team making the trip to Hastings on Saturday for their final Southern Athletics League meeting of the season, some of the club's top youngsters competing in the South of England age group championships at Crystal Palace on both days, and other youngsters competing in the South

London Athletics Network (SLAN) Super 8 meeting at the David Weir Leisure Centre on Sunday starting at 10am.

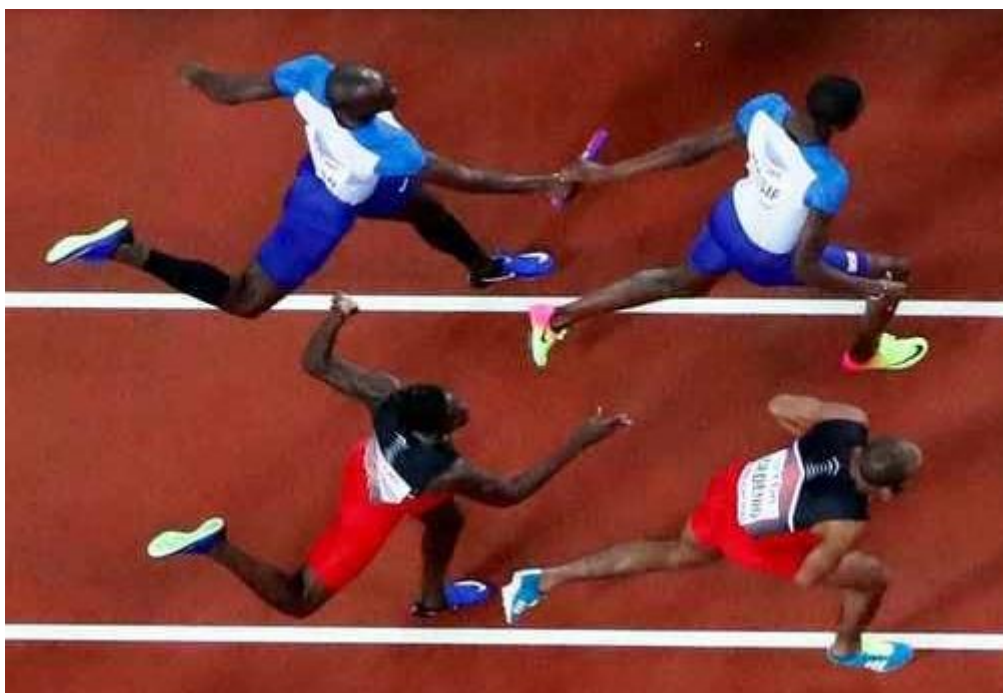


Dwayne centre stage in full flow during 4x400m qualifiers *Photo by Simon Ingall*





Dwayne shares the plaudits as the fastest man in the third place 4x400m GBR & NI team



Dwayne – a smooth operator on take-over duty

**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.



Good to see a squad of HW youngsters testing themselves over 5km on the road

## **2017 ROSENHEIM LEAGUE FINALS**

(Under UKA Rules Permit 17/392)

KINGSMADOW ATHLETICS STADIUM

WEDNESDAY **AUGUST 16<sup>th</sup>** 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](mailto: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):

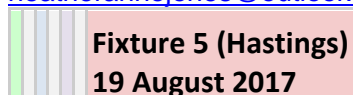
**Men's**

team: <https://docs.google.com/spreadsheets/d/1UcIFGpVuZZD8jlzaAHzBr4PkfapJdTnLUgynfv7OmGw/edit?usp=sharing>

**Women's**

team: [https://docs.google.com/spreadsheets/d/1XSnORYztkmhXvOwKfDsZolanSR3Nky\\_6O7m4YAsVfwY/edit?usp=sharing](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](mailto:markwhite@me.com) if you have any queries. For the women's team, please contact Heather Jones, as usual at [heatherannejones@outlook.com](mailto:heatherannejones@outlook.com)



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

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 7<sup>th</sup> 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 20<sup>th</sup> David Weir Arena (Sutton) THIS WEEKEND!!!**

**September 3<sup>rd</sup> Wimbledon Park**

Each competition starts at 10am and is a team based competition and I would be grateful for clubs to identify there 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

**PS:** Also I am always happy to get offers of help on the day, looking for timekeepers/track judges/field Judges so offers of help gratefully received. Don't be shy you will be welcomed! Plus refreshments provided. ([ben@bennoadcoaching.com](mailto:ben@bennoadcoaching.com))



Alison Murray looking at ease in vaulting to a European Masters' Gold

### **HERNE HILL HARRIERS OPEN MEETING - Saturday, August 26**

Features Surrey 10,000m track championships.

Entries now open on line via entry

link [https://entries.opentrack.run/2017/hhh\\_open\\_august/](https://entries.opentrack.run/2017/hhh_open_august/)

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

### **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](mailto: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**

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/](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 closed 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 tbc

**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**

*Missing from last week's results*

**W35**

**800 (5/8):** 7 Emilie Bokor-Ingram 2:24.34 (HW W35 record)

Emilie broke her own club record of 2:27.1 set at Kingston in July of this year)

**August 9: Runthrough Chase the Sun 10km, Wimbledon Common**

1 Matt Gallagher (Wimbledon Windmilers) 38:08 **HW:** 26 Estle Viljoen (2<sup>nd</sup> F) 45:32 (3<sup>rd</sup>

**HW W35 all-time)** (145 finishers)

**August 12: Pride 10km, Victoria Park, London, E3**

1 Ben Toomer (HW) 31:53 (20<sup>th</sup> HW all-time); 2 Ryan Prout (Thrift Green) 32:27 **Other**

**HW:** 113 Eileen Brandley 41:20 (19<sup>th</sup> HW SW all-time); 187 Julian Bingle 43:38; 212 Gary Forde 44:08 (995 finishers)

Ben 'Mr Consistency' Toomer was just one second faster than his previous best 10km set in London on May 29 this year!

**August 12: Thames Meander Marathon, Kingston**

1 Douglas Clark (Unattached) 2:57:49 **HW:** 6 Tom Cheetham (1<sup>st</sup> M50) 3:13:57 (170 finishers)

**August 12: parkrun 5km, Wimbledon Common**

1 Rob Tuer (HW) 17:30; 2 Blair Laird (Moray RR) 17:36 **Other HW:** 5 Adam Harwood 18:29; 7 Knut Hegvold 19:03; 14 Richard Evans 19:36; 19 Alex Binley (1<sup>st</sup> F) 19:58; 27 Charles Hampden-Smith 20:25; 29 Mark Livingstone 20:40; 30 Gina Galbraith (2<sup>nd</sup> F) 20:42; 41 Shaun Overy 21:14; 50 Paul Jones 21:51; 51 David Scrimshaw 22:01; 106 Charles Lawrie 24:09; 144 Peter Metcalf 25:21; 305 Florence England 29:56; 429 Sophie Toomey 39:37 (442 finishers)

**August 12: parkrun 5km, Castlehaven, County Cork, Ireland**

1 Ciaran Bouse (Eagle AC) 20:12 **HW:** 4 Richard Clark 22:43 (43 finishers)

**August 12: parkrun 5km, Nose Hill, Calgary, Canada**

1 Gareth Williams (Unattached) 20:19 **HW:** 7 Samuel Masters 22:17 (66 finishers)

**August 12: parkrun 5km, Fountains Abbey, Ripon, Yorks**

1 Adam Dyson (Unattached) 16:59 **HW:** 8 Peter Collins 19:16 (317 finishers)

**August 12: parkrun 5km, Bishops Park, Fulham, SW6**

1 Noah Armitage (Cambridge H) 16:27 **HW:** 11 Andrew Davies 18:09; 62 Thomas Beare 21:40; 106 Maurice Sharp 23:53; 186 Andrew Balcerkiewicz 26:47; 201 Michelle Howie 27:07; 310 Sophie Beare 34:01; 326 John Wasbrough 36:55 (337 finishers)

**August 12: parkrun 5km, Weymouth, Dorset**

1 James Sewry (Wells City) 16:58 **HW:** 16 Hector Revill 19:16; 52 Ben Revill 21:38 (383 finishers)

**August 12: parkrun 5km, Newport, Isle of Wight**

1 Tom Aldred (London Heathside) 17:11 **HW:** 34 Ellen Weir (2<sup>nd</sup> F) 22:25 (294 finishers)

**August 12: parkrun 5km, Aylesbury, Bucks**

1 Crispian Bloomfield (Billericay S) 16:28 **HW:** 43 Victor Hutchins 24:24 (165 finishers)

**August 12: parkrun 5km, Midstream, Johannesburg, South Africa**

1 Evaristo De Aguiar (RSA) 18:53 **HW:** 84 Jessame Coulson 28:38 (722 finishers)

**August 12: parkrun 5km, Burgess Park, Walworth, SE17**

1 Christoph Rodewohl (Unattached) 17:05 **HW:** 87 Anna Garnier (2C) 21:02 (384 finishers)  
**After** the heady heights of winning two gold medals in the European Masters Anna, returns to the 'grass roots.'

**August 12: parkrun 5km, Brueton Park, Solihull**

1 Alastair McDonnell (Rugby & Northampton) 16:08 **HW:** 118 Tomo Kikugawa 23:41 (446 finishers)

**August 12: parkrun 5km, Nonsuch Park, Cheam**

1 Mark Finbow (South London H) 16:57 **HW:** 138 Kirsty Wheeler 23:33 (605 finishers)

**August 12: parkrun 5km, Cassiobury Park, Watford**

1 Allan Stewart (Chiltern H) 15:33 **HW:** 166 Keith Hylands 28:21 (327 finishers)

**August 12: parkrun 5km, Guildford**

1 Daniel Wallis (Guildford & Godalming) 16:18 **HW:** 252 Scarlett Miller 28:52; 272 Anna Miller 29:48 (415 finishers)

**August 13: IAAF World Championships, London Stadium, Stratford**

Dwayne Cowan collects a bronze medal after assisting the 4x400m squad into third place. Dwayne ran the second stage and as you will see from the following splits, he was quickest of the quartet.

**Splits (in order):** 45.4 - 44.2 - 44.9 - 44.5 totalling 2:59.0

**August 13: Perseverance Hercules Wimbledon Dash 5km, Wimbledon Park (Inc Surrey County Championships)**

1 Peter Chambers (Croydon H) 15:00 (course record); 2 Phil Wicks (Belgrave H) 15:05; 3 Andrew Penney\* (HW) 15:22 (7<sup>th</sup> HW all-time) **Other HW:** 19 Robbie Hynes (HW debut) 16:57; 24 Zac Purnell (U17) 17:18; 58 Ben Tatters (U17) 18:42; 92 Stewart Bond 20:04; 93 Lloyd Hodgson (U13) 20:06; 139 Lauren Armitage (U13) 22:08; 143 Alison Purnell (W50) 22:31; 148 Steve Tatters 22:52; 159 Josh Tatters (U15) 23:10; 184 Cate Coverley (U13) 24:49; 195 Tony Austin 25:56 (212 finishers)

**\*Note:** By coincidence Andrew's previous best time over was 15:55 set at the same event in August, 2011 when he was runner-up to Paskar Owor. Not a bad way to celebrate his birthday!

**August 13: Junior parkrun 2km, Wimbledon Common**

1 Morgan Rennie (HW) 7:35; 2 Sebastian Cockerell (Thames H&H) 7:51 **Other HW:** 9 Georgina Carrington 8:52; 10 Emily Dunipace 8:53; 16 Rivonia Adegboyega 9:18; 38 Sandra Adegboyega 10:19; 85 Daisy Bokor-Ingram 13:48 (129 finishers)

**August 13: Thames H&H Second Sunday 5 miles, Wimbledon Common**

1 Tom Greenwood (Thames H&H) 30:51 **HW:** 10 Elizabeth Stavreski (2C-1<sup>st</sup> W40) 35:38; 52 Debbie Sage 44:06 (76 finishers)

**AND FINALLY**



By Matt of the 'Daily Telegraph'