

## HERCULES WIMBLEDON AC – NEWS & RESULTS – W/C August 20, 2017

### *COWAN'S SUPERB DIAMOND DEBUT*

Hercules Wimbledon Athletic Club's Dwayne Cowan followed up his IAAF World Athletics Championships bronze medal-winning 4x400m relay performance in London with a superb victory in the international-studded 400m race at the prestigious Diamond League Grand Prix meeting in Birmingham on Sunday, writes Tom Pollak.

It was the first time Cowan, 32, had competed in the Diamond League but he timed his effort to perfection not only winning the race but also posting a lifetime best of 45.34 seconds, slicing two-hundredths of a second off his previous best time. Running in lane six, Cowan came into the final straight several metres down on his rivals but, he seemed to switch into another gear as he edged past them in the final 100 metres to beat American Vernon Norwood, who has clocked 44.4, by more than a metre.



Dwayne flies in to win a prestigious Diamond League 400m

Delighted in posting the biggest win of his career, Cowan, who switched to athletics from playing football with Fisher Athletic in 2012, said: "This was my first Diamond League race and I got the win. I am so happy. I got a pb. I think it's my last 400 of the year, it was my last chance, so I am over the moon. I wanted to get in the 44's but I had pb's three times this year so I'll take that. I got a bronze in the 4x4 the first time I did the relay. I am so happy."

He added: "I thought I might get the win today so I'm very happy to have done it. I know I have even more to come. I'm pleased to set a PB but maybe I could have run 44 something. I never run quickly here but that doesn't mean I'm not happy, I'll take it. I finished really quickly so I know that was the strongest part of my race. Winning a bronze medal at the Worlds was amazing - not many people win one of those, so it may be my biggest career high.

"Next year I want more of the same but maybe I'll focus on more of the 200m alongside the 400m. It is all about the Commonwealth's and Europeans next year but I'm looking forward

to a break. It is hard combining working and training so I need to rest up and be ready for next year's challenges.”

BBC commentator Steve Cram said: “Cowan was the rock of the British 4x400m bronze medal-winning relay team at the World Championships. He’s 32 years of age and started his career late but he’s having a brilliant season. His season just gets better and better.”

Cram went on: “At the beginning of the year he couldn’t have dreamt what was ahead of him in 2017. He went to the British championships having got the qualifying time and then got selected for the World championships. Up to now Lloyd Cowan (the Olympic hurdler and Dwayne’s dad) was the best known member of the family but Dwayne is fast writing his own story.”

TV presenter Gabby Logan added: “Cowan is one of the great success stories of the season in the way he’s come through.”

Hercules Wimbledon’s Dominic Kiralyfi headed home a 249-strong field to win the Hvar half-marathon in Croatia on Saturday in 1:17:38 with club mate Finn Johnson fourth in 1:22:33. Tom Cheetham was top veteran over 50 finisher in the Nice Work 10km road race in Bushy Park on Sunday.

Fresh from holidaying in Italy, Hercules Wimbledon’s London marathon runner Claire Grima achieved a record-breaking double in the Rosenheim League women’s final at Kingsmeadow. She posted time of 5:05:49 and 10:38.14 in the 1500 and 3000m respectively to beat the Hercules Wimbledon women’s over 40 marks.

Georgina Clarke was the top woman finisher in the Richmond Park 5km parkrun on Saturday while Alex Binley was second woman on Wimbledon Common and Felix Allen was second out of more than 200 runners in the Kingston event. Adam Harwood was the best of the 20 Hercules Wimbledon runners in the Wimbledon Common event finishing third out of 442 runners. Sophia Anderson was the first girl to finish in the Wimbledon Park junior 2km parkrun on Sunday where she was 10th out of 133 runners.

Some great running here by Dwayne Cowan as he tastes sweet victory in the latest Diamond League 400m at Birmingham which also saw him set a HW record with his stunning 45.34sec. <https://www.youtube.com/embed/YQOBGdrPa1o>

### **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](mailto:fredgreen14@yahoo.co.uk) So as to meet the criteria for the race permit the event requires in the region of a dozen marshals.

### **THE HW 5000M TRACK FESTIVAL – ONE NOT TO BE MISSED**

All roads lead to Wimbledon Park tomorrow (Wednesday) with the Annual HW 5000m track festival taking place and such has been the demand for competition – sold out weeks ago – it could prove to be the hottest ticket in town!

Please note that there are no entries on the evening so if disappointed just turn up and make some late summer sounds and enjoy the barbecue.

Last year's meeting provided no less than 60 PBs and 27 seasonal bests.

### A TOUGH BATTLE AT HASTINGS

August is not an ideal month to be involved in a Southern Athletic League fixture and so it proved with member's holiday arrangements playing havoc with numbers available. Mark White – in between taking photos as shown below – took on the task as Team Manager and reported back that all those from HW enjoyed their day in the sun.



Relay Boys L-R: Ross Whelan, Antonio Douglas, Finlay White, Junior Etuk





Dave Orchard in one of his seven events



Dominic leading the 800m runners



Ross Whelan showing a clean pair of heels



Lisa had a tough treble of 800m, 1500m & 3000m

### **MARK CAHILL WANTS TO HEAR FROM THE VETS/MASTERS**

Quite a lot of interest has been shown regarding the Surrey County male veteran road relays, which take place on 2nd September 2017 at Wimbledon Park starting at 12noon..

As it stands we have a team in each of the M 40, 50 & 60 categories..

Link: <https://entries.opentrack.run/2017/surreyroadrelays/info/>

All runners must be up to date with their HW membership and EA fee.

Please contact Mark on [markcahill72@yahoo.co.uk](mailto:markcahill72@yahoo.co.uk)

**.....AND FRED WANTS TO HEAR FROM THE SENIORS**

Southern Road Relays - Sunday 24th September - Crystal Palace

Senior men - Please confirm your availability to team manager Fred Green by email [fredagreen41@gmail.com](mailto:fredagreen41@gmail.com)

With the relays being much closer to home this year the aim is for the A team to finish as high as possible, for the B team to qualify too for the Nationals, and to complete a C team too

Everyone who would like to run will be allocated a place in a team. Entry fees will be paid by the club.

It's six legs of six kilometres starting at 14:30

Ladies and veterans teams will be organised by their respective captains / team managers.

### **A HW WORLD DUATHLON TRIO IN CANADA**



Richard Evans - first Briton home!

### **BONUS EURO MEDALS FOR DOMINIC IN DENMARK**

As if two silver medals wasn't enough for Dominic Bokor-Ingram after placing second in both the European Masters Championships (age category M45) 400m and 800m he added to his tally when taking gold for Great Britain in the 4x100m relay and the followed this with silver in the 4x400m event

### **CONGRATS TO DWAYNE COWAN FROM AFAR**

Hi Pete & Tom

Could you please pass on my congratulations to Dwayne on his magnificent performances at the World Championships - not only reaching the semi-finals in the individual 400, but, especially his magnificent leg in the 4X400! What a run! I was fortunate to see it live on NBC TV here in the U.S. All HW members, even old "has beens" like me, must be really

proud of our first WC medallist. And seeing him displaying his HWAC vest in that photo was a bit special!!  
Best wishes to all  
Dave Holt

Hi Pete & Tom.

My I add my congratulations to those of brother Dave and congratulate Dwayne for his extraordinary leg of the British medal winning 4x 400 on Sunday. What a marvellous performance. In my view, his run on the 2nd leg secured the Bronze medal for us. Well done!  
Bob Holt

Pete,

Great to see Dwayne's success at the World Championships. We had live coverage over here in the US and I managed to see most of the events as they happened (apart from a few ill-timed commercial breaks in the 5k and 10k races). And good to see him displaying a club vest in the photo below. Hope the club can build on this success and inspire some more top-class talent in the wake of these championships.  
Steve Webb

Some great running here by Dwayne Cowan as he tastes sweet victory in the latest Diamond League 400m at Birmingham which also saw him st a HW record with his stunning 45.34sec.  
<https://www.youtube.com/embed/YQOBGdrPa1o>



**HALF MARATHON VICTOR DOMINIC**

**BOB HOLT COMMENTS ON THE WORLD CHAMPS MEDAL CEREMONY**



Spectators at the World Champs. may have been puzzled by the fact that, whilst all other medal-winning countries had their flags dipped by the (military) flag bearers at medal ceremonies, the Stars & Stripes remained aloft.

I believe the reason for this lies in the Opening Ceremony at the 1908 London Olympics when the American flag bearer refused to follow the example of other countries and did not dip the Stars & Stripes on passing Edward VII taking the salute. A fellow team member is alleged to have said "This flag dips for no earthly king".

Bob

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**

#### **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 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

**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))

### **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)

### **FORTHCOMING FIXTURES OF INTEREST TO HW MEMBERS**

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

#### **AUGUST**

**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**

**August 14: Blackheath & Bromley Open, Bromley, Kent**

**200 (race 6):** 8 Thomas Beare 30.93/-0.3

**800 (race 4):** 7 Thomas Beare 2:33.37

**August 16: Lee Valley Summer Sprint Series**

**100 (race 4):** 6 Nimi Kolade 11.06w/+2.7 **(race 6):** 2 Jameel Hussey 11.20/+1.3 **(race 8):** 7

Devonte Casely-Hayford 11.67w/+3.2 **(race 10):** 7 Tom Meehan 12.04/+2.0

**200 (race 4):** 4 Jameel Hussey 22.51/+0.7 **(race 7/+3.2):** 2 Ross Whelan 23.01; 6 Devonte Casely-Hayford 23.85

**August 16: Rosenheim League Finals, Kingsmeadow Stadium. Kingston**



## WOMEN

**Match result:** 1 Kingston & Polytechnic 61, 2 Belgrave H 51, 3 Epsom & Ewell 46, 4 Hercules Wimbledon 35, 5 Serpentine 29, 6 Walton 17

**100:** 4 Emilie Bokor-Ingram 14.09/0.0 **n/s:** Amy Sedghi 15.21/-0.4

**200:** 4 Emilie Bokor-Ingram 28.68/0.8 **n/s:** Amy Sedghi 31.29/+0.6

**400:** 3 Laura Wignall 64.50

**800:** 4 Hannah Fernando 2:45.99

**1500:** 3 Claire Grima 5:05.49 (HW W40 record)

**3000:** 4 Claire Grima 10:38.14 (HW W40 record) **n/s:** Eileen Brandley 10:55.05 (HW 15<sup>th</sup> SW all-time)

**100H:** 3 Heather Jones 20.61/0.0

**4x200:** 4 Hercules Wimbledon 2:05.52

**LJ:** 4 Zoe Leake 3.88

**DT:** 4 Zoe Leake 20.49

**HT:** 4 Zoe Leake 28.57 (HW 2<sup>nd</sup> SW all-time)

## MEN

**3000m non-scoring (held in conjunction with men's match):**

2 Fred Slemeck 8:35.24; 4 Ben Toomer 8:38.27; 6 Richard Gregory 8:53.53; 10 Jonny Earl 9:05.19; 13 Justin Reid 9:29.31

### August 17: Inter Club 5.3 miles trail. Kenilworth, Warks

1 Stephen Chalkley (Kenilworth R) 38:58 **HW:** 170 Colin Bricher (2C) 60:28 (172 finishers)  
Appears that a marshal went AWOL at the 4.5 miles point so hence times were a bit slower than forecast.

### August 19: Sweatshop Southern Athletics League (SAL) Division 3SE, Match 5, Hastings

**Match result:** 1 St Mary's Richmond 172, 2 Hastings 162, 3 Holland S/Dorking MV/Reigate Priory 103, 4 Hercules Wimbledon 63

## MEN

**100 A:** 1 Antonio Douglas 11.6 **B:** 1 Ross Whelan 11.6

**200 A:** 1 Ross Whelan 23.4 **B:** 2 Antonio Douglas 24.0

**400 A:** 3 Dominic Bokor-Ingram 55.5 **B:** 1 Finlay White 55.6

**800 A:** 2 Dominic Bokor-Ingram 2:09.1 **B:** 1 Finlay White 2:12.2

**1500 A:** 2 Justin Reid 4:38.2

**5000 A:** 2 Justin Reid 17:10.1

**HJ A:** 3 David Orchard 1.35

**LJ A:** 4 David Orchard 3.52

**TJ A:** 4 David Orchard 6.66

**SP A:** 2 David Orchard 9.07

**DT A:** 3 David Orchard 26.68

**HT A:** 2 David Orchard 24.88

**JT A:** 2 Ross Whelan 37.39 **B:** 2 David Orchard 27.99

**4x100:** 1 Hercules Wimbledon 45.8

## WOMEN

**800 A:** 3 Lisa Thomas 2:49.5

**1500 A:** 4 Lisa Thomas 6:05.6

**3000 A:** 4 Lisa Thomas 13:05.4

**SP A:** 4 Heather Jones 5.04

**DT A:** 4 Heather Jones 13.46

**JT A:** 4 Heather Jones 10.03

**August 19: Hvar Half Marathon, Croatia**

1 Dominic Kiralyfi (HW) 77:38; 2 Robert Radojkovic (Croatia) 78:51 **Other HW:** 4 Finn Johnson 82:33 (249 finishers)

**August 19: parkrun 5km, Kingston**

1 Grant Cummings (Westville) 17:38; 2 Felix Allen (HW) 17:44 (209 finishers)

**August 19: parkrun 5km, Okanagan, British Columbia, Canada**

1 David Guss (Unattached) 18:00 **HW:** 3 Richard Evans 19:33; 7 John Krause 21:57; 14 Charles Hampden-Smith 25:01 (89 finishers)

**August 19: parkrun 5km, Wimbledon Common**

1 Joe Phillips (Newport) 17:27 **HW:** 3 Adam Harwood 18:00; 11 Peter Collins 19:00; 22 Stewart Bond 19:59; 23 Darren Keane 20:00; 24 Alex Binley (2<sup>nd</sup> F) 20:04; 30 Tim Livingstone 20:31; 31 Mark Livingstone 20:31; 32 Simon Woodley 20:39; 33 David Scrimshaw 20:45; 39 John Townsend 20:55; 48 Gary Forde 21:39; 57 Fred Jimack 22:00; 59 Dominic Fraser 22:03; 68 Simon Woodington 22:29; 95 Samuel Brading 23:22; 99 Charles Lawrie 23:24; 119 Alastair Brown 24:03; 230 Sophia Anderson 27:28; 251 David Gold 27:59; 344 Lauren Heney 31:06 (442 finishers)

**August 19: parkrun 5km, Arrow Valley, Redditch, North Wores**

1 Gareth Richardson (Bromsgrove & Redditch) 16:46 **HW:** 5 Zac Purnell 17:16 (5<sup>th</sup> HW **U17M all-time**); 48 Jeremy Purnell 22:04; 55 Alison Purnell 22:29 (387 finishers)

**August 19: parkrun 5km, Worsley Woods, Salford, Lancs**

1 Matt Bond (Sale H) 15:51 **HW:** 11 Russell Price 18:26 (314 finishers)

**August 19: parkrun 5km, Richmond Park**

1 Matthew Connor (Unattached) 16:48 **HW:** 23 Georgina Clarke (U13-1<sup>st</sup> F) 20:07; 46 Josh Tatters 21:28 (402 finishers)

**August 19: parkrun 5km, Southsea, Hants**

1 Oliver Teenan (Exeter Un) 16:58 **HW:** 24 Shaun Overy 20:51 (342 finishers)

**August 19: parkrun 5km, Tooting Common, SW17**

1 Nick Bester (Boksburg/RSA) 17:10 **HW:** 28 Tom Cheetham 19:57; 82 Monika Crouse 21:42 (556 finishers)

**August 19: parkrun 5km, Havant, Hants**

1 David Howard (CSSC Sports) 18:39 **HW:** 37 Thomas Whorton 21:31 (258 finishers)

**August 19: parkrun 5km, Weymouth, Dorset**

1 Agam Davies (Unattached) 17:46 **HW:** 41 Peter Metcalf 21:00 (358 finishers)

**August 19: parkrun 5km, Nonsuch Park, Cheam**

1 Ryan Griffiths (Sheffield Un Tri) 16:56 **HW:** 70 Samuel Spencer 21:56 (609 finishers)

**August 19: parkrun 5km, Bishops Park, Fulham, SW6**

1 Tom Harding (Unattached) 17:05 **HW:** 76 Thomas Beare 21:35; 132 Maurice Sharp 23:23; 238 Michelle Howie 26:47; 414 Sophie Beare 37:58 (423 finishers)

**August 19: parkrun 5km, Brueton Park, Solihull**

1 Peter Brookes (Tipton H) 15:46 **HW:** 123 Tomo Kikugawa 24:26; 370 Angela Kikugawa 32:44 (522 finishers)

**August 19: parkrun 5km, Lloyd Park, Croydon**

1 Jonathan Vintner (Blackheath & Bromley) 18:10 **HW:** 154 Katie McInnes 32:28 (222 finishers)

**August 19: parkrun 5km, Bushy Park, Teddington**

1 Zac Randall (Shaftesbury Barnet) 16:00 **HW:** 182 Barry King 22:06; 651 James Hodgkinson 27:07 (1213 finishers)

**August 19: parkrun 5km, Guildford**

1 Christopher Peck (Waverley H) 16:53 **HW:** 246 Scarlett Miller 27:27; 292 Anna Miller 28:49 (455 finishers)

**August 19: parkrun 5km, Black Park, Slough**

1 James Silvey (Unattached) 17:39 **HW:** 278 Keith Hylands 29:07 (601 finishers)

**August 20: IAAF Diamond League Grand Prix, Birmingham**

**400:** 1 Dwayne Cowan 45.34 (**HW record**)

**August 20: junior parkrun 2km, Wimbledon Park**

1 Sebastian Cockerell (Thames H&H) 7:54 **HW:** 10 Sophia Anderson (1<sup>st</sup> F) 9:16; 27 Luca Grima 10:34; 44 Jack Watson 11:30; 79 Jasper Grima 12:55; 112 Rebecca Collins 15:02 (133 finishers)

**August 20: Nice Work 10km, Bushy Park, Teddington**

1 Ian Plowright (Unattached) 36:34 **HW:** 8 Tom Cheetham (1<sup>st</sup> M50) 39:44 (83 finishers)

**August 20: South London Athletic Network (SLAN) Open, Sutton**

**U15 Boys**

**800:** 7 Morgan Rennie 2:27.1; 8 Edward Newton 2:27.8; 9 Fred Jimack (U17) 2:30.0

**U13 Boys**

**800:** 3 Lloyd Hodgson 2:35.2; 4 Thomas Beare 2:39.0; 6 Hans Hinde 2:44.3; 7 Reuben Gallagher 2:46.4; 9 Samuel Spencer 2:47.2

**LJ:** 6 Tom Beare 3.33; 7 Sam Spencer 3.32

**U15 Girls**

**800:** 3 Rebekah Riches 2:37.8

**U13 Girls**

**100:** 6 Nkasi Onyejekwe 15.2

**200:** 3 Nkasi Onyejekwe 28.7 (**15<sup>th</sup> HW U13G all-time**)

**800:** 1 Millie Doyle 2:44.0; 2 Cate Coverley 2:46.2

**4x100:** 6 Hercules Wimbledon 63.8

**U11 Girls**

**100:** 1 Mabel-Rose Scales 14.7; 2 Chinelo Onyejekwe 14.7; 3 Ezinwa Onyejekwe 15.4; 4 Willow Scales 16.0; 7 Nneka Onyejekwe 20.5



**200:** 1 Mabel-Rose Scales 30.2; 2 Chinelo Onyejekwe 30.5

**HJ:** 3 Mabel-Rose Scales 1.15

**LJ:** 1 Mabel-Rose Scales 3.98; 2 Willow Scales 3.15

**August 21: World Duathlon Championships, Penticton, British Columbia, Canada  
Men (55-59)**

**Run 10km – Bike 40km – Run 5km**

1 Paul Huyer (Canada) 2:93:40 (37:51 – 63:07 – 18:44) **HW:** 5 Richard Evans (1<sup>st</sup> GBR)  
2:09:15 (40:13 – 65:27 – 18:44); 17 Charles Hampden-Smith 2:15:48 (42:56 – 68:14 –  
21:36); 36 John Krause 2:29:38 (44:32 – 78:31 – 22:25) (64 finishers)

**AND FINALLY**



A modern day 'pack run'