

GOLD AND SILVER MEDAL WINS

Hercules Wimbledon Athletic Club had an outstanding and historic day at the South of England road relay championships at Crystal Palace on Sunday, writes Tom Pollak.

Hercules Wimbledon's veterans over 40 women's team were surprise winners of the gold medals while the men's veterans over 50 squad took silver. It was not only the golden oldies who shone on a brilliantly sunny autumn day - the senior men's squad finished fifth, their best-ever placing in the South of England six-stage road relay.

The women's veterans gold medal-winning quartet got off to a strong start with Claire Grima bringing them home in the lead at the end of the first leg clocking 13 minutes 9 seconds, the fastest time of the team. Fran Clarke (15:06), Gina Galbraith (14:43) and Anne Hegvold (14:37) kept them in front to easily take the title for the first time in the club's history. It was also the first time in almost half-a-century that Hercules Wimbledon had won a South of England team title - only one of the team had been born when Hercules Wimbledon's senior men took the 12-stage road relay title in Wimbledon Village in 1972.

It was double celebration for the Clarke family as Fran's husband Dave, three times a former English cross country champion and now the Hercules Wimbledon chairman, anchored the men's veterans over 50 team to silver medals. He clocked 17:56 for the 5km circuit, the fastest time of the quartet. His younger brother Pete ran the opening leg with Stuart Fraser and Peter Lee making up the medal-winning squad.

The stand-out performance, though, came from the senior men who although unable to make it a hat-trick of medals for Hercules Wimbledon, posted the club's best-ever performance in the six-stage relay to finish in fifth place - the top Surrey and South West London club.



FIFTH SENIOR TEAM HOME – A NEW BENCHMARK FOR HW

Fred Slemeck brought the team home in 16th place on the opening 5km leg clocking 15:28. Andrew Penney ran a storming second leg to lift the Hercules Wimbledon to ninth place

posting the best time of the team, 15:03. Jonny Earl (16:01) slipped to 11th before Belal Ahmed (15:27) lifted the team to ninth and then Jonny Cornish (15:14) got up to fourth before Ben Toomer was passed by Southampton on the anchor leg clocking 15:16. Highgate, Tonbridge and Aldershot filled the top three places.

There was also a fine performance from the Hercules Wimbledon girls under 15 squad which finished ninth, a big improvement on their 27th place last year. Rebekah Riches covered the opening leg in 10:12 handing over to Ellen Weir (10:15) before Georgie Clarke proved the best of the trio anchoring the team home with a storming 9:54 leg.



HW W40 TEAM – TOP OF THE PODIUM!



A great effort by the HW girls as their U15 squad (team 333) grab a top-10 placing
Photo by Isobel Clarke

Hercules Wimbledon veteran Andrew Davies had a busy day starting off running in the Ealing half-marathon where he finished 46th out of more than 4000 runners in 1:22:53 and

then dashed across to Crystal Palace where he ran the second leg for the Hercules Wimbledon over 40 team.

Elsewhere, Alex Binley was the first woman to finish the Wimbledon Common 5km parkrun in 19:36 finishing ahead of the 15 Hercules Wimbledon men. She was 11th overall out of 536 runners. Also on Wimbledon Common Dimo Evangelidis won the Suunto Run Half Marathon multi-terrain event by almost five minutes in 1:17:56 while Richard Clark was top veteran over 60 finisher in the 10.55km multi-terrain event. Tom Cheetham was second over 50 finisher in the Folkestone half-marathon on Sunday in 1:29:45, finishing 13th out of almost 600 runners.

This weekend, Hercules Wimbledon runners open their cross country season by competing in the East Surrey League cross country races in Lloyd Park, Croydon, on Saturday. On Sunday, the club's youngsters from the 7ups 'n' overs group take part in their mini Olympics at Wimbledon Park track starting at 9am.



A touch of HW action taken by Isobel Clarke



SECOND PLACE HW M50 TEAM

[Michael Fuller](#) Well run chaps, great team effort. Matched our m50 performance in 1995 (me, Graham Bradbury, J H Roberts and the late and still missed Vince Hancock)



HW ENJOY THEIR DAY IN THE SUN

50th Anniversary Dinner – last chance!

If you have indicated that you would like to attend the HW 50th Anniversary celebratory dinner at Al Forno restaurant, Wimbledon on Wednesday evening, October 11th but have not yet paid the £25 for your ticket, please do so as soon as possible in order to secure your ticket. Payment should be made to Lisa Thomas, preferably by bank transfer using the following details: Lisa M Thomas; Sort code: 20-10-53; Account: 80050180. Alternatively you can seek her out on a track night or send a cheque, made out to Lisa M Thomas, to 32 Lancaster Gardens, London SW19 5DG.

Places are now very limited, so if you haven't yet put your name on the list, please email Lisa by this Friday, October 29th to check whether tickets are still available.

Dinner Details: Keynote speaker will be Olympian and former 10,000m world record holder Dave Bedford plus there will be an opportunity to celebrate the success of our own Dwayne Cowan on his recent exploits in winning both World Champion bronze and his recent IAAF Diamond League victory. Hopefully also in attendance will be past and present HW International athletes.

SMILE – YOU'RE ON CAMERA!

Some cracking HW action captured by Mark Hookway of Tonbridge AC with the HW senior men and the U15 girls being well featured

Senior men

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

U15 Girls

<https://www.youtube.com/embed/1foLe4xyszY>

SIMON INGALL PASSES ON NEWS OF WIMBLEDON COMMON IMPROVEMENT

Many a HW runner will be aware of what is known as the 'dirt road' which in fact provides much of the route for the year end Multi Terrain 5-mile event held on Wimbledon Common. Once again the 'road' has fallen into a state of disrepair and the Commons' Conservators are seeking funds to carry out improvement works.

Anyone wishing to donate please visit:

<https://www.wpcc.org.uk/how-to-donate/access-for-all>

PS: Could lead to some course PBs being set!

IT'S CELEBRATION TIME AS THE WIMBLEDON PARK LIGHTS RETURN



Comment from Mick Leigh: "what a relief and only 333 days since the fire! Also, Notts Forest 1 Fulham 3 - so a good night all round."

Coaching Assistant Course – 30th September and 1st October 2017 @ Woodcote High School, Coulsdon

FROM ENGLAND ATHLETICS

Do you have any parents/helpers who are looking to take their first step on the Athletics Coaching ladder?

The Coaching Assistant Course is an excellent starting point on the coaching pathway and will prepare coaches to progress towards the Athletics Coach qualification. There are still spaces on the course below:

Saturday 30th September	Sunday 1st October 2017	Coaching Assistant	LC0313	Woodcote High School, Meadow Rise, Purle
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[Please click here for more information and how to book online!](#)

Kind Regards

Kirsty Aitken

Education and Training Officer - London Area

☎ 07714 077 363

✉ kaitken@englandathletics.org

Note: If anyone is interested in the above course please contact the HW General Secretary Sheila White (sheila@herculeswimbledonac.org.uk) in the first instance

Volunteers needed for IAAF World indoor championships Birmingham 2018

The volunteer programme for the IAAF World Indoor Championships Birmingham 2018 has been officially launched, with the application form now live at www.wicbirmingham2018.com. Anyone interested in volunteering at the event, which will be the biggest indoor sports event that Birmingham has staged for 15 years, has until the 29 September to complete their application.



A clear cut London Duathlon W40 victory by Gina

NEWS FROM EILEEN RE THE FIRST CROSS-COUNTRY OF THE SEASON

Dear All,

The first cross country race of the 2016/17 season is this fast approaching with the East Surrey XC race hosted by Croydon Harriers at Lloyd Park. This race could be seen as a pre-season friendly before the Surrey League starts on 14th October, so provides a good opportunity to make sure your spikes haven't gone mouldy over the summer!

The event consists of a Young Athletes' race of 2 miles followed by a senior race (men and women combined) of 5 miles. If you would like to run there is no need to sign up in advance, just turn up to the race venue at least 30 minutes before the race starts, find the Hercules Wimbledon banner, collect a race number, RACE!

Race details are:

When: Saturday 30th September

Where: Lloyd Park, Croydon. CR0 5RA (next to Lloyd Park tram stop)

Races:

2.30pm - Young Athletes race - 2 miles.

3pm - Adults race - 5 miles

East Surrey League

Last year Hercules Wimbledon had **four** first place finishes in the league;

- **Alex Binley** won the Senior Women's championship
- **Lisa Thomas** won the Women's V50 championship (and finished 3rd in the overall Women's championship)
- **Denis Williams** won the Men's V70 championship
- **Sam Barker** won the Men's U17 championship

Congrats to all those who won their categories. Presentations for 2016/17 will be made by the Surrey AA Presidents Sue and Peter Shilling. Young Athletes trophies will be presented after the conclusion of the Young Athletes Race, the Adults will follow the conclusion of the adults race. Those that won are below. The full league standings are at the bottom of this email.

Please let me know if you have any questions,

Kind regards

Eileen

.....AND NEWS FROM JANET FERNANDO RE SURREY LADIES LEAGUE

Dear All,

I will be sending emails about the Surrey Ladies matches in the coming weeks and Eileen will be sending emails about other matches too. This is just a preliminary notice re the timetable for the first of our Surrey ladies match in Priory Park, Reigate on 14th October. Because it is unsuitable for the large number of runners we have been getting (400+) in the combined senior races for this match separate races will be held for each division. The timetable will therefore be

11.00 am - Division 1 Senior Ladies

12 pm - U15/U17 girls

12.30 pm - U13 girls

1.00 pm - Division 2 Senior - Ladies

Fuller details of the match will be sent out soon **but please note the change of time from previous years.**

The timetables for the other 3 matches may vary with start times of 11 am or 11.30 am and will be confirmed in due course.

Best wishes

Janet

(Team Manager for Surrey Ladies Cross-Country League)

<https://www.youtube.com/embed/AI2Pq0bwaVE>

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.

- **Wednesday 4th October, Tooting Common: Wandsworth Schools Cross Country**
 - o If you, or anybody within your club is able to volunteer to help at this event it would be very much appreciated – contact myself or Dereck Brown for details.
 - o If you have any strong cross country runners, please make sure they are attending this event. If you know they aren't or they go to school outside of Wandsworth – please ask them to send me details of recent races / cross country meets, and to also complete this consent form: [Parental Consent Form](#)
- **Saturday 18th November, Parliament Hill: London Youth Games Cross Country**
 - o 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!)
 - o The selection of this event will be based on the above Wandsworth Schools Cross Country Competition – Although as I mentioned, I will accept other runners that cannot be at the event.
- **Sunday 4th February, Battersea Park: Wandsworth Mini Marathon Trials**
 - o A date for the diaries or calendars. Open to all athletes who live, go to school, or were born in Wandsworth.
 - o Will also require volunteers to help with the running of the event.
- **Sunday 22nd April, London: London Marathon / Mini Marathon**
 - o For selected runners.
 - o 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

SEPTEMBER

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

September 17: London Duathlon, Richmond Park

Half Duathlon

Women (W40-45)

Run 5km – Bike 22km – Run 5km

1 Gina Galbraith (HW) 1:29:37 20:09 – 45:52 – 20:00) 2 Claire Joyce (Epsom Tri) 1:38:36 (24:04 – 45:59 – 25:16)

A 9-minute winning margin for Gina so no photo finish equipment required!

September 17: Harrow Half Marathon, Middx

1 Mohamed Ismail (Herne Hill H) 74:02 **HW:** 126 Tom Morris 1:42:57 (526 finishers)

September 19: Crystal Palace Canter 5km, SE19

1 Felix Allen (HW-M45) 18:14; 2 Andy Green (Team East Haddon) 18:59 **Other HW:** 8 Stuart Littlewood 27:46 (10 finishers)

September 23: Suunto Run Wimbledon Common MT 10.55Km

1 Ronny Wilson (Lincoln Wellington) 33:47 **HW:** 10 Richard Clark (1st M60) 46:07 (87 finishers)

September 23: Suunto Run Half Marathon MT, Wimbledon Common

1 Dimosthenis Evangelidis (HW-2C) 77:56; 2 Stephen Hurley (Wimbledon Windmilers) 82:49; 57 Simon Bodle 1:49.54 (186 finishers)

September 23: parkrun 5km, Wimbledon Common

1 Paul Rogan (Forres H) 17:29 **HW:** 11 Alex Binley (1st F) 19:36; 19 Peter Collins 20:17; 24 Stewart Bond 20:34; 26 Adam Fenton 20:38; 29 Paul Jones 20:52; 49 James Runnicles 21:23; 50 Simon Woodley 21:23; 56 Dominic Fraser 21:43; 57 Will Hinds 22:12; 83 Lisa Thomas 22:53; 88 Alastair Brown 22:57; 101 Charles Hampden-Smith 23:24; 102 Richard

Evans 23:24; 174 Eloise Davies 25:51; 175 Andrew Davies 25:51; 176 Charles Lawrie 25:52; 201 David Lanfranchi 26:57; 429 Sophie Toomey 43:11 (439 finishers)

September 23: parkrun 5km, Richmond Park

1 Rob Sherwood (Clapham Chasers) 17:25 **HW:** 6 Ben Tatters (U17) 18:40; 18 Daniel Illis 20:00 (405 finishers)

September 23: parkrun 5km, Stretford, Manchester

1 Unknown 16:26 **HW:** 8 Russell Price 18:13; 343 Katie McInnes 29:57 (532 finishers)

September 23: parkrun 5km, Bushy Park, Teddington

1 Ross Franks (St Mary's Richmond) 15:53 **HW:** 25 James Moorcroft 18:46; 39 Justin Reid 19:10 (1168 finishers)

September 23: parkrun 5km, Burgess Park, Walworth, SE17

1 Andrew Inglis (Cambridge H) 16:15 **HW:** 49 John Krause 20:52; 68 Hamed Agboke 21:43 (400 finishers)

September 23: parkrun 5km, Gunnersbury Park, West Ealing

1 Jonathan Croft (Unattached) 17:34 **HW:** 51 Anastasia Hancock 22:41 (396 finishers)

September 23: parkrun 5km, Bishops Park, Fulham, SW6

1 Nick Marriage (Wooters R) 16:24 **HW:** 113 Thomas Whorton 22:23; 140 Maurice Sharp 23:25 (463 finishers)

September 23: parkrun 5km, Cannon Hill Park, Birmingham

1 Gareth Wainwright (Knowle and Dorridge RC) 17:01 **HW:** 151 Tomo Kikugawa 24:02 (697 finishers)

September 23: parkrun 5km, Bournemouth, Dorset

1 Unknown 16:48 **HW:** 485 John Wasbrough 38:45 (510 finishers)

September 24: BMW Marathon, Berlin, Germany

1 Eliud Kipchoge (Kenya) 2:03:32 **HW:** 1185 Felix Allen 2:56.37; 9611 Angela Kikugawa 5:24.27(28,067 finishers)

NB: Good to see former HW runner Steven Baynton clocking a PB of 2:19:41

September 24: South of England Road Relays, Crystal Palace

Senior Men

1 Highgate 90:11; 2 Tonbridge 90:26; 3 Aldershot, F & D 90:39 ... 5 Hercules Wimbledon 92:21 (Fred Slemeck 15:27, Andrew Penney 14:56, Jonny Earl 16:01, Belal Ahmed 15:27, Jonathan Cornish 15:27, Ben Toomer 15.16) ... 74 Hercules Wimbledon 'B' (Justin Reid 16:21, Richard McDowell 16:46, Rob Tuer 17:15; Finn Johnson, ?????, Robbie Hynes 16:50 ... 94 Hercules Wimbledon 'C' (David Grima 17:17, Keith Schofield 19:57, Tom Buckley 17:20, Joe Clark 16:45, Finlay White 18:09, Dave North 20:46)

M40

1 Kent 65:12; Thames H&H 65:43; 3 Herne Hill H 65:51 ... 17 Hercules Wimbledon 75:33 (Peter Collins 18:18, Andrew Davies 18:50, Matt De Freitas 18:37, Simon Woodley 19:47)

M50

1 South London H 71:17; 2 Hercules Wimbledon 71:37 (Peter Clarke, Stuart Fraser, Peter Lee 18:05. David Clarke 17:57); 3 Herne Hill H 72:35

M60

1 South London H 79:01 ...Hercules Wimbledon (incomplete) (Charles Lawrie 23:45, Maurice Sharp 25:52, Tony Austin 25:05)

Senior Women

1 Alfershot, F&D 49:42; 2 Cambridge & Coleridge 51:28; 2 West Suffolk 51:40 ... 49 Hercules Wimbledon 61:42 (Eileen Brandley 14:35, Alison Purnell 17:43, Chloe Binley 16:08, Lisa Thomas)

Veteran Women

1 Hercules Wimbledon 57:36 (Claire Grima 13:10, Francesca Clarke 15:06, Gina Galbraith 14:43, Anne Hegvold 14:37), 2 Stragglers 58:07, 3 Thames H&H 59:17

U15 Girls

1 Blackheath & Bromley 29:18, 2 Windsor, S,E & H 29:50; 3 Blackheath & Bromley 'B' 29:54 ... 9 Hercules Wimbledon 30:23 (Rebekah Riches 10:13, Ellen Weir 10:15, Georgie Clarke 9:54) ... 60 Hercules Wimbledon 'B' 37:29 (Anya Stacy 12:30, Selma Hegvold 12:30, Albane Fery)

U13 Girls

1 St Albans Striders 30:51, 2 Guildford & Godalming 31.02; 3 Cornwall 31:04 ... 35 Hercules Wimbledon 34:199 (Lauren Armitage 10:57, Ore Adewale 12:10, Millie Thorpe 11:12)

Please note the above results are as taken from the SEAA website but I cannot vouch for their accuracy!

September 24: Folkestone Half Marathon, Kent

1 Lloyd Worsley (Folkestone RC) 75:14 **HW:** 13 Tom Cheetham (2nd M50) 89:45 (585 finishers)

September 24: Ealing Half Marathon

1 Jonathan Poole (Serpentine) 68:05 **HW:** 46 Andrew Davies 82:53.3; 343 John Siddall 94:28.8; 485 Stewart Bond 98:34.7; 806 Richard Mellor 1:43:10.9; 3105 Corinne Bawn 2:13:29.1 (4180 finishers)

Note: Andrew made post-race dash across London to compete in the SEAA Road Relays at Crystal Palace.

September 24: Ikano Bank Robin Hood Marathon, Nottingham

1 Giles Harris (Anster Haddies RC) 2:18:32 **HW:** 193 Frank Wood 3:48.13 (1102 finishers)

September 24: Junior parkrun 2km, Wimbledon Park

1 Benjamin Ross (Unattached) 7:50 **HW:** 24 Holly Thompson 10:46; 46 Sophie Beare 11:27 (175 finishers)

September 24: Hever Castle Triathlon, Kent

M50

Swim 1500m – Bike 40km – Run 10.5km

1 Richard Stapley (Guernsey) 2:38:34 **HW:** 4 Richard Evans 2:44:34 (843 finishers)

M50

Swim 1500m – Bike 90km – Run 21km (Half Ironman distance)

1 Andrew Forth 5:26:16 **HW:** 6 Charles Hampden-Smith 6:12:41 (280 finishers)

AND FINALLY



“Haven’t you heard Jonny?” “You’re supposed to be running the next leg!”