

SEPTEMBER 2010

TEAM SPIRIT

Production: Richard Xerri

Hercules Wimbledon AC Newsletter

Editor: Pete Mulbolland



Martin Miller belies his M60 status as he passes Pen Ponds in Richmond Park with a style that many a young athlete would envy
 PHOTO BY RAY O'DONAGHUE



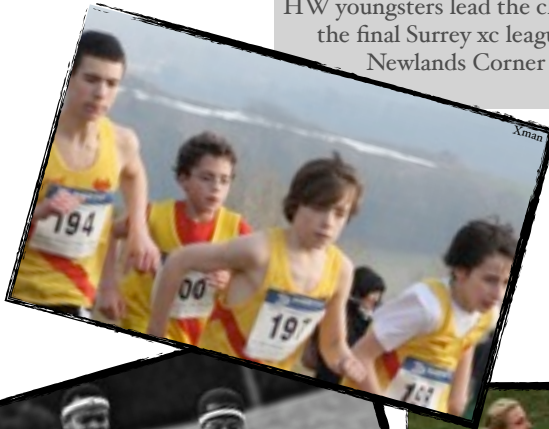
Editorial

After a long, long delay here is the latest edition of Team Spirit and I hope that you find that the wait was worthwhile. Thanks to Richard's brand new Apple Mac, you will see that the production is presented as a more professional looking layout. Previously the publication was done solely by me as a Word Document and I can tell you it was a very time consuming process with articles and pictures having a life of their own!

It was originally hoped that publication would take place earlier this year but with a heavy commitment to club activities on most days of the week, time was in short supply. Added to this, Richard was in the final and frenetic months of his 3-year BSc physiotherapy degree at St George's Hospital as well as being involved in the heavy workload that went into organising the recent successful Wimbledon 5km Dash.

Due to the delay, some of the news items may appear dated but it is felt that these items are important enough to be placed on record. We will play 'catch-up' in the next issue, hopefully in December, but in the meantime receipt of any articles from our readers would be much appreciated

HW youngsters lead the charge in the final Surrey xc league at Newlands Corner



Ray O'Donoghue





Classic image
Lauriston Mile 1988. (Photo
by Ray O'Donoghue)

As athletes get older much is said of maintaining strength in the lower limbs. But what of younger athletes? Especially female endurance runners.....



“ All coaches involved in the development of young females should be aware of the **Female**

Athlete Triad”



Reports of low energy (eating disorders?), missed periods and simple observations and regular recording of height and weight should alert the eagle eyed coach to such a condition. Further to these signs, recurrent illness, stress fractures and amenorrhea (absence

of menstrual cycle for more than 3 months) should guide the coach to further investigation. Eating disorders are often apparent and it is here where good communication with parents regarding diet, the child's view of themselves (i.e feeling of being overweight when underweight) and signs of binge eating or fasting can be advantageous. This stresses the importance of parental interest in their Child's athletic development. Limitation of food types, vegetarianism, excessive exercise, sudden overload and dieting are all risk factors to be discussed as the athlete progresses through the age groups. Only through open discussion can they be fully aware of the effect of such conditions and the lifelong battle such conditions can have on them. **Richard Xerri**



Young female athletes need regular monitoring from both parents and coach. Early education aims to avoid Female Athletic Triad.

The HW youngsters confidentially head towards their next National Young Athletes match



Articles

In the Shadows

A bit of athletic trivia supplied by our man in Thailand, Dave Cocksedge

Did you know that 'Jet' Harris of Cliff Richards' backing group 'The Shadows' (born Terrence Hawkins in Kingsbury, North London on 6 July 1939) got his nickname because he was an excellent schoolboy sprinter? My research shows that he won the London Schools Junior Boys (Under 15) 220 yards title at the old White City Stadium in June 1954, but left school aged 15 a year later. The stadium (built for the 1908 Olympics) was demolished in 1972 and the estate which was built there once housed a certain Linford Christie, destined to become an Olympic sprint champion in 1992: but that's another story.

Some useful advice for new club members from 'Crispy' as spotted in a 'parkrun' Newsletter

Run, run, run!

Having joined your perfect club, it's now time to make the most from the small investment of your subs fee. It might take a few weeks to work out which training sessions are right for you, but it's worth the effort. Many clubs will have several groups training on any given night; have a chat with some of the regulars and work out which group you'll benefit most from joining. Be honest with yourself about your ability level; it's demoralising being left behind if you pick a group that's too fast, and you're not going to get the

full benefit of the session if you're in a group that's too slow for you. My tip would be to err on the side of caution to start with, then work your way through progressively faster groups until you find the one that's right for you. Many clubs have coaches or fellow runners who would be happy to put a training plan together for you. This is a great idea for everybody, but particularly if you have a specific event in mind. Speaking of which, get hold of the fixture list and have a go at the club races as most clubs organise free races throughout the year and have developed a wide range of formats to suit every conceivable ability level. If you're still feeling apprehensive about taking part in club runs, go and watch a few, or even better, offer to help out (more of that in a minute). You should soon be itching to get your running shoes on at the next event.

Many club runners use the parkrun events as part of their regular training routine, and of course many of the organisers are themselves members of the various running clubs. However, please do not neglect the club runs – it is OK to miss the occasional parkrun event if you have a club run in the afternoon; in fact that would be an ideal week to volunteer at your local event.

Get involved

Beyond the running itself, there are all sorts of jobs that need doing within the club. Part of joining a club is about becoming a part of the community. If you've got spare time, think about getting more involved in

the organisation side of things, and ultimately join the committee. And finally, many clubs are looking to train up new coaches and race officials. With the London Olympics just over two years away, many people are starting to think about volunteering; with the experience you could gain in your club, you will be much better placed to get that dream trackside role (maybe).



The HW veterans join the pensions protest in London

The Wind of Change!

As I watched the Surrey League, Division One at Farthing Downs, Coulsdon on Saturday (January 10, 2009), I was again very impressed by the overall enthusiasm displayed by all age groups from the under-13s right up to the seniors with many veterans of both sexes also taking part. Even the very tough, hilly, snowbound and cold conditions did not deter many enthusiastic club members from turning out and showing club loyalty. Just as impressive were the many spectators who turned

out to shout on their various colleagues. As I reminded one runner that back in the 60s the snow lay on the ground for around three months and when the 'going gets tough, the tough get going.'

For me this is what athletics is all about and although I could have stayed at home in a warm room and watched television coverage of an International Cross Country meeting at Edinburgh, I personally prefer a local live meeting and I like to think that my presence in a small way gives encouragement to those athletes running. I know when I used to race regularly I always appreciated encouragement and it got me thinking.

Maybe it is about time that we tried a different approach and give more encouragement to those individuals out doing their best and helping their various clubs to be the best. I also wish that many more retired athletes from the various clubs would turn out and give their support and although we have all seen better days, this is where we are at right now and we must somehow try and move on and get through this long and bleak stagnation in British middle distance running. From what I saw last week, the sport is far from dead and although it may not be in the best of health right now, with the right treatment and rehabilitation programme maybe we can look forward to better days and to quote Harold McMillan the former British Prime Minister, 'The wind of change is blowing,' and I for one hope so.

Ray O'Donoghue. Herne Hill Harriers & Lauriston Runner's Club. 14/1/2009

It's official: running makes you brainier

The above is as recently reported in the Guardian national newspaper so you guys who don't know what's on next week or the venues and race times: get a bit more mileage in!

The health benefits of a regular run have long been known, but scientists have never understood the curious ability of exercise to boost brain power.

Now researchers think they have the answer. Neuroscientists at Cambridge University have shown that running stimulates the brain to grow fresh grey matter and it has a big impact on mental ability.

A few days of running led to the growth of hundreds of thousands of new brain cells that improved the ability to recall memories without confusing them, a skill that is crucial for learning and other cognitive tasks, researchers said.

The new brain cells appeared in a region that is linked to the formation and recollection of memories. The work reveals why jogging and other aerobic exercise can improve memory and learning, and potentially slow down the deterioration of mental ability that happens with old age.

"We know exercise can be good for healthy brain function, but this work provides us with a mechanism for the effect," said Timothy Bussey, a behavioural neuroscientist at Cambridge and a senior author on the study. The research builds on a growing body of work that suggests exercise plays a vital role in keeping the brain healthy by encouraging the growth of fresh brain cells.

Previous studies have shown that "neurogenesis" is limited in people with depression, but that their symptoms can improve if they exercise regularly. Some

antidepressant drugs work by encouraging the growth of new brain cells.

Scientists are unsure why exercise triggers the growth of grey matter, but it may be linked to increased blood flow or higher levels of hormones that are released while exercising. Exercise might also reduce stress, which inhibits new brain cells through a hormone called cortisol.

The Cambridge researchers joined forces with colleagues at the US National Institute on Ageing in Maryland to investigate the effect of running. They studied two groups of mice, one of which had unlimited access to a running wheel throughout. The other mice formed a control group. In a brief training session, the mice were put in front of a computer screen that displayed two identical squares side by side. If they nudged the one on the left with their nose they received a sugar pellet reward. If they nudged the one on the right, they got nothing.

After training the mice went on to do the memory test. The more they nudged the correct square, the better they scored. At the start of the test, the squares were 30cm apart, but got closer and closer together until they were almost touching. This part of the experiment was designed to test how good the mice were at separating two very similar memories. The human equivalent could be remembering what a person had for dinner yesterday and the day before, or where they parked on different trips to the supermarket.

The running mice clocked up an average of 15 miles (24km) a day. Their scores in the memory test were nearly twice as high as those of the control group. The greatest improvement was seen



in the later stages of the experiment, when the two squares were so close they nearly touched, according to a report in the Proceedings of the National Academy of Sciences.

"At this stage of the experiment, the two memories the mice are forming of the squares are very similar. It is when they have to distinguish between the two that these new brain cells really make a difference," Bussey said.

The sedentary mice got steadily worse at the test because their memories became too similar to separate.

The scientists also tried to wrongfoot the mice by switching the square that produced a food reward. The running mice were quicker to catch on when scientists changed them around. Brain tissue taken from the rodents showed that the running mice had grown fresh grey matter during the experiment. Tissue samples from the dentate gyrus part of the brain revealed on average 6,000 new brain cells in every cubic millimetre. The dentate gyrus is part of the hippocampus, one of the few regions of the adult brain that can grow fresh brain cells.

(Ed: I am attempting to track down those mice in an effort to boost our Surrey League squad.)



Congratulations to David Littlewood on being awarded an MBE which you will see from Tom Pollak's local newspaper report, is richly deserved.

Hercules Wimbledon Athletic Club members received an unexpected New Year boost with the club's president, David Littlewood being made an MBE in the Queen's New Year's honours, writes Tom Pollak. Littlewood, an indefatigable worker for the sport received the

award for "volunteer service to athletics". Despite regularly officiating at international meetings and sitting on the technical committee of the International Association of Athletic Federations, his first officiating event after the award was announced was to act as the recorder at the grass roots Lauriston Runners Club's five miles multi-terrain event last Saturday.

Littlewood, 72, has been a lifelong member of Hercules Wimbledon and served as treasurer of the club for a record 43 years before being elected president in 2004. He joined the former Hercules club as a teenager and was a competent sprinter and long jumper in the 1950's. He finished fourth in the long jump representing London at the English schools championships and represented Surrey as a junior in various events.

Littlewood is one of Britain's best known athletics officials. He has been chairman of the British Technical Officials' committee since 1981 and has officiated at well over 100 international meetings in the UK as track judge, track referee, chief photofinish judge or meeting manager. He also regularly officiates at international meetings around the World and was one of three British officials at the Beijing Olympics in 2008 and was among the officials at the 2009 World Championships in Berlin. He has been men's race referee at the London marathon for 25 years and will again be in action in that role for the 30th staging of the event in April. In addition to being the UK representative on the IAAF technical committee, he is also secretary of the Rules and Records group of UK Athletics, a post he has held since 1981, and is responsible for publishing the

sport's rule book. He has also been secretary of the English Schools Athletics Association since 1992.

Despite his regular attendance at international events, Littlewood never forgets his athletics' grass roots and this weekend he will be among the judges at the annual Surrey cross country championships at Lloyd Park, Croydon. His next international officiating duty will be at the Aviva indoor international at Kelvin Hall, Glasgow, at the end of the month where he will be among the photo-finish judges. "I am very pleased indeed and deeply honoured to have received the award," said Littlewood.

Reference should also be made to the fact that at the tail end of 2008, David was honoured by UK Athletics in being presented with the Lifetime Achievement Award. As if that wasn't enough excitement for one evening, David got to share the platform with two of Britain's finest ever heptathlon exponents, World Champion Jessica Ennis and 2004 Olympic bronze medallist Kelly Sotherton



David shares the stage with Jessica and Kelly

Exercise then cook

EXERCISING FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Eventually try to get to where you can lift a 100-lb potato bag in each hand while holding your arms straight out for more than a full minute.

**When you feel confident at that level, put a potato in each bag.
(RX - make sure you breath!)**



Belated congratulations to Tom Pollak on being elected Surrey County AA President way back in March last year.

It has meant a busy year for Tom who among his many duties for Hercules Wimbledon has travelled the length and breadth of the country to represent Surrey AA at numerous Championships, Inter County Events plus events such as Sportshall and others where Surrey athletes were involved. Hardly a fortnight went by when Tom wasn't in attendance at such an event.

Part of his duties also included the presentation of medals for athletes at the numerous Surrey Championships over track, road and country and it gave him much pleasure when the

recipients were members of Hercules Wimbledon AC.



Some cross country advice from an all-time great

Get out well, but not too quickly, move through the field, be comfortable. Strategy-wise, go with your strengths. If you don't have a great finish, you must get away to win. I always found it effective to make a move just before the crest of a hill. You get away just a little and you're gone before your opponent gets over the top. Also, around a tight bend, take off like holy hell. I've done that a number of times. You should not be flying down the home straight. Most of your efforts should have been put forth earlier.

John Treacy, Ireland's two-time world cross country champion (1978, 1979) and Olympic Marathon Silver Medallist (1984)



Winter Training with Hercules Wimbledon

With the shorter days now here, the Wednesday evening training sessions from Lauriston Cottage, Lauriston Road will now take place on the local roads of SW19 when various safe routes have been planned.

Males and females of all standards are catered with beginners aiming for 5km or shorter and with the experienced and faster runners covering around 10km so everyone is invited to attend with all starting at 7pm.

Over recent years there has been a marked absence of slower runners and beginners on Wednesday evening but plans have been made to obtain an increase in their numbers so any mums and dads out there who would like to give it a try will be more than welcome. If you have any questions on what is involved have a chat with Pete Mulholland either at the track on any Tuesday or Thursday evening or on 020 8761 4308. You can also e-mail him on petehwac@aol.com

Of course, during the winter the regular track sessions at Wimbledon Park will also be taking place on Tuesday and Thursday evenings with young athletes starting at 6:30pm and seniors at 7pm.

On Sunday morning Pat Yeates will be organizing her 7upsanovers group for the under-11s at 10am while there is also a group for youngsters ages 11-17 that commences at 10:30 with all sessions lasting 60 minutes.

HERCULES WIMBLEDON AC ALL-TIME ROAD RANKINGS				24:12	Colin Robinson	Farnborough	1970
				24:14	Rob Allinson	Hanwell	16/06/1979
Men				24:15	Paul Ross-Davies	Victoria Park	06/04/1985
As at 23/1/2010				24:27	Alastair Miller	Wimbledon	20/03/1993
5km				24:29	Lew Leppan	Victoria Park	05/04/1969
15:09	Adrian Marriott	Yeovil	9/7/2003	24:31	Stuart Graham	City of London	01/06/1977
15:17	Dereje Kebede	Victoria Park	8/2/2004	24:32	Pete Stenning	Wimbledon	09/04/1988
15:41	Kieran White	Edinburgh	23/1/2010	24:38	Steve Stockwell	Wimbledon	01/10/1994
15:47	Liam White (U17)	Teddington	2/1/2010	24:42	Alan Harrod	Wimbledon	24/03/1979
15:54	Justin Kelly	West Wimbledon	12/8/2007	24:43	Steve Newton	Wimbledon	24/03/1979
16:07	Alex Bodin (U20)	Morden	4/5/2006	*22:32 (8km)	Dave Clarke	Oxford	11/05/1986
16:07	Richard Xerri	Armagh, NI	20/2/2008				
16:12	Alex Robinson (U20)	Teddington	23/01/2010				
16:17	Roy Burgess	Wimbledon	22/8/2004				
16:20	Adam Vandenberg	Wimbledon	22/11/2009	10 kilometres			
16:30	Michael Halman	Wimbledon	28/2/2009	27:50	Dave Clarke	Cardiff	12/05/1985
16:30	Adam Przedzmyrski	Teddington	4/7/2009	29:33	Simon Rayner	Ashford	07/10/1990
16:37	Steve Sinnott (M40)	W Wimbledon	10/8/2003	30:07	Dereje Kebede	Manchester	22/05/2005
16:38	Stuart Fraser (M40)	Wapping	21/1/2010	30:15	Pete Clarke	Eastleigh	16/03/1986
16:40	Arnaud Claverie	Teddington	22/11/2008	30:33	Adrian Marriott	Yeovil	15/03/1998
16:44	Andrew Penney (U20)	W Wimbledon	10/8/2008	30:41	Grenville Tuck	Battersea Park	12/11/1989
16:44	Benjamin Le Grand	Wimbledon	24/1/2009	30:46	Pete Moyses	Teddington	08/06/1986
16:56	Jamie Helmer	Wimbledon	16/6/2007	31:03	Steve Stockwell	Wimbledon	24/10/1993
16:58	Deon Coetzee	Wimbledon	15/9/2007	31:04	Jacob (JP) Van Wyk	Hampstead	20/06/1999
16:58	Dion Harrison	Teddington	6/10/2007	31:15	Paul Ross-Davies	Brighton	27/04/1986
17:00	Darren Meredith	Wimbledon	5/9/2009	31:27	Pete Stenning	Petersham	28/06/1987
17:04	Phillip Glynn	Wimbledon	25/7/2009	31:29	Paul New	Teddington	02/06/1991
17:09	Simon Ingall (M45)	Hyde Park	24/12/1999	31:37	Andy Thomas	Teddington	08/06/1986
17:10	Paul Drake (U20)	Hyde Park	25/3/2005	31:44	Rob Allinson	Aldershot	31/05/1971
17:13	Ian Horrocks (M35)	Wimbledon	16/2/2008	31:44	Stuart Littlewood	Harrow	19/04/1986
17:13	Rory McMahon	Wimbledon	21/3/2009	32:07	Alastair Miller	Teddington	07/06/1992
17:17	Gary Blesson (M40)	Teddington	31/10/2009	32:15	Steve Newton	Aldershot	26/05/1986
17:18	Steve Badgery (M55)	W Wimbledon	11/8/2002	32:28	Simon Ingall	Teddington	04/06/1989
17:18	Joe Toomey (U17)	Wimbledon	25/7/2009	32:31	Dean Lane	C Palace	22/03/1997
17:28	Peter Lee (M40)	Teddington	22/8/2009	32:32	Fred Bell	Brighton	25/03/1984
17:30	Neil Fraser	Hyde Park	28/3/2008	32:33	Pete Williams	Harrow	11/04/1987
17:31	Dan Bodin (M40)	Teddington	11/8/2007	32:36	Ray Thompson	Dulwich	05/07/1993
17:39	Jonty Summers	Hyde Park	29/11/2002	32:42	Mark Slowikowski	Wimbledon	04/02/1984
17:42	James Garnier (U20)	Wimbledon	26/9/2009	32:42	Mark Larche	Wimbledon	02/01/1987
17:45	Hugh Saxby (M50)	Wimbledon	17/5/2008	32:43	Kevin Jennings	Teddington	07/06/1992
17:48	Dave Britton (M40)	Hyde Park	25/2/2000	32:46	Martin O'Halloran	C Palace	29/12/1985
17:52	Francis Staunton	Morden	1/5/2003	32:49	Steve Webb		1984
17:53	Vince Hancock (M55)	Milton Keynes	26/8/2001	32:57	Hussein Ahmed	London	06/07/2008
17:53	Chris Coles	Teddington	12/8/2006	32:58	Dennis Williams		1987
17:56	Steve Badgery (M60)	Teddington	5/7/2008	33:03	Mike Fuller	Wimbledon	04/05/1987
17:56	Deyan Knespl (U17)	Hyde Park	29/12/06	33:05	Richard Xerri	Worthing	07/07/2000
18:00	Adam Sikora	Battersea Pk	19/9/2009	33:10	Stuart Graham	Wimbledon	09/09/1984
18:04	Matthew Sharp	Teddington	17/10/2009				
18:05	Jonathan Dobson (M40)	Wimbledon	15/3/2008	10 miles			
				47:25	Dave Clarke	Canterbury	31/01/1988
				47:50	Dave Holt	Worthing	17/03/1973
16:07	Alex Bodin	Morden	4/5/2006	47:55	Bob Holt	Walton	12/10/1974
16:12	Alex Robinson	Teddington	23/1/2010	48:42	Barry Collins	Stevenage	08/06/1968
17:10	Paul Drake	Hyde Park	25/3/2005	49:15	Steve Badgery	Woking	26/02/1972
				49:16	Simon Rayner	Bedford	26/12/1989
U17 record				49:18	Mike Beevor	Cornwall	05/09/1971
15:47	Liam White	Teddington	2/1/2010	49:52	Frank Briscoe	Wimbledon	06/10/1973
U15 record				49:56	Alastair Miller	Wimbledon	03/10/1992
16:47	Liam White	Wimbledon	10/10/2007	50:09	Paul Ross-Davies	Woking	26/02/1984
				50:12	Dave Beaver	Wimbledon	07/10/1989
22:37	Dave Clarke *	Wimbledon	11/03/1985	50:20	Mike Fuller	Guildford	15/12/1973
22:58	Bob Holt	High Wycombe	26/08/1972	50:33	Pete Clarke	Wimbledon	03/10/1992
23:10	Dave Holt	High Wycombe	28/08/1971	50:48	Bob Raymen	Wimbledon	09/10/1971
23:11	Frank Briscoe	Feltham	15/04/1974	50:52	Mike Fearon	Walton	21/10/1967
23:27	Mike Fuller	Victoria Park	05/04/1969	50:57	Steve Stockwell	Woking	05/03/1994
23:32	Simon Rayner	Hillingdon	16/02/1990	51:04	John Sullivan	Wimbledon	03/10/1969
23:40	Adrian Marriott	Portsmouth	06/12/1998	51:13	Sean Luppell	Wimbledon	04/10/1975
23:48	Pete Clarke	Hillingdon	16/02/1986	51:14	Gary Edwards	Tonbridge	09/03/1985
23:58	Jerome Brooks	Hillingdon	22/02/1998	51:17	Pete Stenning	Twickenham	18/10/1987
24:11	Steve Badgery	Feltham	03/04/1972	51:18	Maurice Sharp	Worthing	16/03/1975
24:11	Dave Jones	Wimbledon	13/03/1980				

51:19	Dave Beard	Guildford	21/12/1974
51:21	Pete Moyssey	Tonbridge	08/03/1987
51:31	Grenville Tuck	Twickenham	16/10/1988
51:33	John Halliday	Wimbledon	02/10/1970
51:36	Dereje Kebede	Dartford	18/1/2004
51:38	Fred Bell	Wimbledon	06/10/1979
51:39	Huw Roberts	Woking	27/02/1983
51:51	Pete Mulholland	Worthing	18/03/1967
52:01	Richard Xerri	Wimbledon	05/10/1997
52:03	Stuart Graham	Woking	02/03/1976
52:03	Chris Moulton	Walton	14/10/1979
52:07	Stuart Littlewood	Wimbledon	07/10/1989

Half Marathon

62:11	Dave Clarke	Berlin	05/04/1992
64:39	Dereje Kebede	Leeds	15/05/2005
65:26	Simon Rayner	Stavanger, NOR	24/10/1992
66:26	Barry Collins	Welwyn	05/07/1969
67:34	Alastair Miller	Stavanger, NOR	24/10/1992
67:52	Jacob (JP) Van Wyk	Gateshead	16/10/1999
68:05	Grenville Tuck	Kingston	07/10/1990
68:21	Dean Lane	Gateshead	16/10/1999
69:02	Steve Webb	Reading	25/03/1984
69:44	Stuart Littlewood	Reigate	13/11/1983
69:46	Paul Ross-Davies	Welwyn	20/10/1985
69:53	Americo Chaves	Sutton, Sy	01/04/1990
70:00	Gary Edwards	Ashford, Kent	23/03/1985
70:24	Pete Clarke	Wantage	18/03/1990
70:29	Sammy Kigo	Brighton	22/02/1998
70:45	Mike Kortenray	Effingham	09/05/1980
70:49	Steve Stockwell	Wimbledon	14/03/1993
71:37	Hussein Ahmed	Reading	29/03/2009
71:41	Michael Thomas	Walton	13/04/1986
72:00	Richard Xerri	Bath	25/03/2007
72:05	Vince Hancock		1991
72:10	Ray Thompson	Brighton	25/02/1996
72:29	Martin Howe	Bath	23/03/1985
72:30	Maurice Sharp		1984
72:35	Kevin Jennings	Hillingdon	14/03/1993
72:43	John Rooney	Guernsey	13/04/1998
72:59	Simon Ingall	Brighton	21/02/1994

Marathon

2:13:34	Dave Clarke	Stockholm	03/06/1989
2:15:44	Steve Badgery	Manchester	19/06/1971
2:16:50	Bob Holt	Harlow	25/10/1975
2:16:53	Dave Holt	Chiswick	04/06/1972
2:19:37	Jacob (JP) Van Wyk	Amsterdam	04/10/1998
2:21:36	Barry Collins	East Germany	19/05/1968
2:22:09	Bob Raymen	Chiswick	26/06/1971
2:22:14	Adrian Marriott	Amsterdam	19/10/2003
2:24:05	Dean Lane	London	07/04/1997
2:25:36	Gary Edwards	London	20/04/1986
2:27:45	Pete Clarke	London	22/04/1990
2:29:06	Alastair Miller	London	22/04/1990
2:30:57	Maurice Sharp	Harlow	26/10/1974
2:32:54	Eth Himsworth	Harlow	27/10/1973
2:33:57	Mike Halman	London	26/04/2009
2:34:19	Hussein Ahmed	London	26/04/2009
2:34:32	Steve Stockwell	Kingston	10/10/1993
2:34:36	Ray Thompson	London	17/04/1994
2:35:27	Colin Robinson	Chiswick	06/1967?
2:35:29	Fred Green	M Keynes	03/05/1980
2:35:31	Colin Bricher	Harlow	24/10/1970
2:35:54	Stuart Graham	Coventry	13/05/1979
2:35:58	Mike Kortenray	Canvey Is	23/08/1980
2:36:29	Stuart Littlewood	London	22/04/1990

Liam white - 4th on club 5 k Rankings as an U17. Pictured below running to 7th place in the Southern XC U17's at Parliament Hill 2010.

Pic: www.runnersdigest.co.uk



Dave Clarke at a 2009 Surrey Lge Div 1 race. Still making the HW scoring team and sporting a classic cut HW 80's vest. (photo by Ray O'Donoghue)



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Medium and Large only, see Pete
Mulholland.



HW HOODIES Boys and girls in da hood (well, Wimbledon!)

HW Hoodies are available on order from Sophie Toomey (Joe's mum) Individually supplied with club logo and personalised with initials as required. **Price: £20.00.**

Below -Austin Ferns demonstrates extreme hurdling techniques



Past Runnings

What a difference a decade makes

Coming across a Sweatshop Surrey League result from February 2000 made the editor aware as to how much Hercules Wimbledon had improved over the past decade.

In that final fixture from the 1999/2000 season held at Lloyd Park, HW came seventh in both that fixture and the final league table: just think, a solitary place from relegation to the depths of Division 3. It doesn't bear worth thinking about.

First home for the club was Steve Sinnott, home in 38th place with half of the team failing to make the top 80! The year 2007 saw the club as Division 2 champions to secure Division 1 status since when they have placed fifth, third and fourth team respectively to confirm they have now arrived among the elite of Surrey.

"You've come long way baby."

Of interest, also at that 2000 Lloyd Park fixture the youths/ boys of HW had the scoring team home by eighth place to win the title by a clear margin, with **Craig Nicholls, Nur Abdi, Mark Paget, Terry Savage and Paul Drake** supplying the goods.

All things being equal these five should have been forming the heart of today's senior team: so what went wrong?

RX - Drake races bikes to high level for London Dynamo, often seen in Richmond park (over the speed limit!). No idea about the others!

Q&A



Born on October 19th 1962, Peter Elliott was one of the best middle-distance runners that Britain has produced. Having developed his strength as a schoolboy cross country and track athlete, Peter went on to form part of the Sebastian Coe - Steve Ovett - Steve Cram four-way stranglehold on world-class middle distance running in the 1980s. Peter's honours include a 1500m gold medal at the 1990 Commonwealth Games in Auckland, a 1500m silver medal in the 1988 Seoul Olympics and an 800m silver medal at the 1987 World Championships in Rome. He also won two AAA titles each at 800m (1982, 1987) and 1500m (1984, 1988). In his formative years as a schoolboy athlete he won 2 English Schools titles at both 800m and cross-country, and was English National Youths (U17) Cross-Country champion in 1980. A native of Rotherham in South Yorkshire, Peter is currently Yorkshire Regional Manager for the English Institute of Sport in Sheffield. During one of his recent visits to his hometown in Yorkshire, Jonathan Dobson, HW club member, paid Peter a visit to ask him some questions.

What made you start running?

I never wanted to be a runner. Like many young boys, I wanted to be a football player. However, one day after a very heavy spell of rain in my first year at senior school in 1974, the football pitches were waterlogged. My school did not have a sports hall, and since we couldn't play football outside, the sports master sent us on a run. I was the first one home and was told that I was then expected to turn out for the school cross-country team the following Thursday. I refused, saying I wanted to play football instead, but was told that if I didn't run for the school on Thursday, I couldn't play football on Saturday. So in the end, I grudgingly agreed to run. In my first race I was sent the wrong way by the marshal and didn't win, but the following Saturday went on to win. It all started from there really and moved so quickly that in my third year in senior school I had won the English Schools championships over both cross-country and 800m.

When you won the Northern Boys cross-country in 1977, aged 14, what did a typical week's training look like?

It was no more complicated than the pattern followed by many young club athletes today. I would race on the Saturday then go for a run on the Sunday. Our club training runs at Rotherham AC were Monday and Wednesday, so I would go to those, and then we had circuit training on Thursdays. And then we would race on Saturday, and so the cycle started again!

When did your cross-country running finally give way to your track career?

The last cross-country race I ran in anger was the World Junior Cross Country Championships in Paris in 1979. I ran in it because as winner of the English National Youths Cross Country, I automatically qualified to run with the Juniors in the World Championships. I will never forget it because I had never ever run in a cross-country race which started as fast in my life! Obviously it was a step up in level, which really took me by surprise. But, to be honest, I never enjoyed cross-country. I always wanted to be an 800m or 1500m runner, but cross-country was just one of those things that we did in the winter. I was always a strong athlete, and cross-country undoubtedly made me stronger, but I never liked the cold and the mud and to me it was just a necessary (but unwelcome) stepping stone to what I wanted to achieve. And once I discovered that I could run track races indoors in the winter instead of cross-country, I never went back to it

Your track career took off pretty quickly after that. In the period between winning the AAA 800m in 1982 aged 19, and taking the 1987 world championships 800m silver in Rome, what did a typical week's training look like?

PE: Until 1987, before I stepped up to 1500m, I trained seven days a week, usually twice a day, and very occasionally three times a day. As an 800m runner I would train 40 to 45 miles a week, with lots of emphasis on speed endurance sessions as well as weights in the evenings. In winter we would do one interval session and one hill session a week, which gave way in summer to speed endurance.

How did your training change when you stepped up to 1500m?

My mileage increased to 70-75 a week, much of which was done on the road. Because I was still working as a joiner for British Steel (as it was called at the time!), my early morning session was at 5.30am before work, which meant doing it on the road since it was still dark. And since I finished work at 4pm, in winter it would mean that my second session of the day was also on the road since it was dark by the time I got out of work. Doing any more than 75 miles a week tended to result in injury, so I was always glad once the track season started and I could drop my mileage to 60-65 miles a week and mix training with more races.

When you were at your peak in the late 1980s, were there any training sessions you did which you regarded as 'killer' sessions, in the sense of giving you the feeling that you were developing an edge over the competition?

Well, there were certainly several sessions which almost killed me! One I remember well is 4x400m, with each run in 50-52 seconds with five minutes recovery between each. When I first started these sessions, I literally collapsed and remember a friend running off to try to call an ambulance. Another session I did was 200, 400, 600, 400, 200 with three minutes recovery. One particular session I did still stands out. I remember thinking afterwards how good I felt. It was 1000m in 2m 23s, 800m in 1m 53s, 600m in 1m 22s and 400m in 52s, all with three minutes recovery. I could tell from the training times I was doing in the late 1980s and in 1990 that I was in great shape.

In 1990 you had a fabulous run of form. When did you realise you were in great shape?

Well, there were several signs. On May 30th, 1990 I ran in an 800m race and remember coming off the final bend and kicking away from Johnny Gray of the USA to win in 1:42:90. When I saw the clock, I thought that it had broken and stopped counting the time before I crossed the finish line. It felt so easy that I never imagined I had run so fast.

Any other signs?

Yes, in a very unusual way! Two weeks before the 1990 Commonwealth Games I ran my usual 4x400m killer session on the Saturday, and then on the Sunday morning I did a 13-mile run at around 5m 30s per mile, which for me was 'steady' pace in those days. However, on the Sunday afternoon of the same day, I had to honour a commitment to race the Rotherham Football Club apprentices over a mile at the football ground in Rotherham. I agreed to do it only if the distance was accurately measured. Ironically, Alex Ferguson was in the stands that day and commented to me that he had never seen anyone warm up as much in his life! Anyway, I gave the apprentices a staggered start, and running round the edge of a football pitch still churned up from the previous day's game, I ran the mile in 3m 53s and felt like I was floating over the ground. I had never felt that way before, and I thought 'OK, this is it'. And it was only two weeks before the Auckland Commonwealth Games.

And the Commonwealth 1500m final in 1990?

Everything went right, and I was just in the frame of mind where I thought that the race was mine before it started. I felt like I could have played rugby an hour before and still won! It was a quality field, with a Kenyan pacemaker trying to run my finish out of me and help his team along, but I won in 3:33. Before the race I had done a secret 1200m time trial in 2m 45s. I allowed that to be leaked to the press. I knew that anyone in the field who saw that time would be psyched out before they even got to the start, because they all knew that they could not run 2:45 for 1200m. John Walker of New Zealand knew it, and the Kenyans knew it and I seriously believe that they were beaten before the gun went. I did a pre-race interview with Brendan Foster, who was working for the BBC. He asked me if I was scared of anything, to which I replied that the only thing I was scared of was an athlete called Pat Scammell, not because he was fast but because he was a very gangly character who had a reputation for (unintentionally) tripping other athletes. In the end he brought down John Walker in that very race. Fortunately I was clear of the pack by then, but thought it ironic that the thing I had worried about had actually happened.

How did your career end?

PE: It ended in 1992, at my home track in Rotherham. I had pushed for a synthetic track in Rotherham since 1983 and once it was finally completed in 1990, I been due to race there in front of a local crowd of 8000 people to celebrate the Grand Opening. However, in the training session just before that I pulled a calf muscle and had to withdraw. So, having let the people of my home town down once in 1990, when the opportunity came later in 1992, I decided that I had to take it. It was a 1500m race with Steve Cram in it, and as I kicked off the final bend I felt a searing pain in my hamstring. I still went on to win the race but I had to take 2 weeks off afterwards. Since it was only 6 weeks before the 1992 Barcelona Olympics, it was clear that the hiccup in preparation probably meant that my chances of winning a gold medal were pretty slim and so I pulled out and gave my place to another athlete. Having won silver in Seoul four years previously, I only wanted to run in the Barcelona Olympics if I thought I could win gold. And since I thought I could not win, I decided not to go.

JD: Turning to the current state of UK athletics, why do you think no-one has broken a male UK middle distance track record since 1985?

PE: Difficult question! I can see someone having a go at the 100, 200 or 400 male UK records, but having someone attack the records above 800m seems difficult to imagine. It sounds out-of-date and probably politically incorrect to say this, but I think that we were just fortunate in the 1980s to have a crop of world class middle distance runners. Coe, Ovett, Cram and Elliott are the names often mentioned, but what people forget is that we had a whole list of athletes at that time who couldn't even get into the national team because the standard was so high. Yet, in any other country, athletes like Tom McKean, John Gladwin, Curtis Robb and Rob Harrison would have been first choice every time. But they were held out of the GB team by the four of us.

In those days, an athlete needed to run 1:46 for 800m just to get to the AAA final. We have hardly anyone at the moment that can run 1:46.

Even though my job now is to develop Olympic level sportsmen and women, I must be honest with you and say that the depth of talent we had in middle distance running in the 1980s is going to be very hard to match, although I can see athletes like Mo Farah getting close to David Moorcroft's 5000m given time.

I do believe however that we have the talent pool. My job here at EIS is to provide the advice and the coaching to discover that talent and help add the extra 1% needed to put people on the medal podium in London in 2012



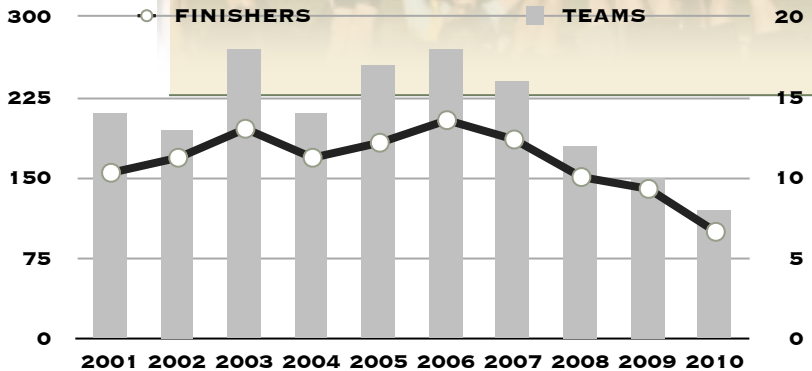
Left - Peter Elliott showing relaxed form .
Top -Jonathan Dobson at the Southern XC

Running through the age groups

Since 2006 the Surrey XC Champs senior mens field has reduced from 204 to 140 finishers in 2009 to a depressing 100 in 2010. Correspondingly, complete teams have nearly halved. The quality at the front end is still sharp but the depth is 'shocking'. Since 2003 the finishers in the last 20 minutes of the race (from Andy Lee Gerrard HHH - a consistent measure) have fallen from around 144 in 2006 to 47 in 2009 to 15 in 2010.

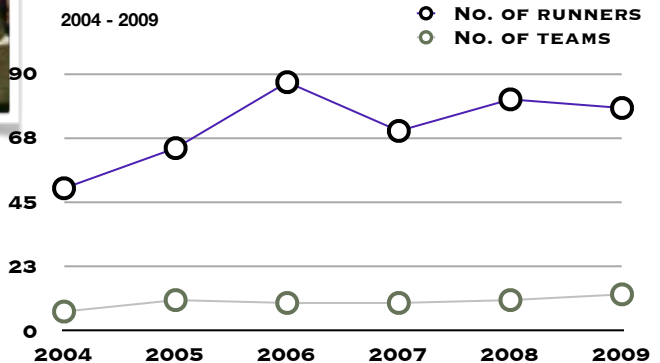


2008 - A young HW squad at a Surrey League. For the first time in many a year the club is starting to maintain athletes through to mid teens.



The U13 age groups for males remains consistent in Surrey with increased team numbers over the last few years.

Graph displaying Males U13 and No. of U13 teams competing in the Surrey XC Champs.



HOW HW FARED BETWEEN APRIL 2009 AND MARCH

2010

It's been some time since the production of the last issue of Team Spirit and during that time Hercules Wimbledon has experienced highs and lows in a period when the club has provided evidence of a promising future. The essence of this article is to feature in chronological order what is felt to be the key highlights of both the 2009 track and 2009/10 cross-country seasons and perhaps by the end you will agree that the club has much to celebrate.

April 2009, saw a party from HW taking part in the Isle of Man Easter Festival, a trip organised in inimitable style by Rory McMahon with the club finishing an impressive fourth place overall. Trips such as these are a welcome return to the HW calendar in not only creating a good team spirit but spreading the word for the club. For the 28th time, there was the staging of the prestigious HW Young Athletes Meeting at Crystal Palace with memories still of the cancellation of the previous year's meeting due to an unseasonable snow storm. No such problems this time as once again the club rallied round to let the 'world' know that when it comes to organizing, the club is up there with the best of them.

HW women denied team medals at the Marathon

No less than 18 club members took part in the Flora London Marathon with the females of

the species providing the honours.

Clare Grima ran a stunning 2:52:56 to set a club record while Zoe Pike also took the club masters' record with her time of 2:56:25. Together with Fran Clarke, the total times were initially thought good enough to take the silver medals, but alas due to new regulations regarding registration, the team was denied. Mike Halman recorded 2:33:57 to provide a rare occasion for inclusion within an impressive HW all-time road running listing.

The men's track team kicked off their Southern Men's League campaign at Kingsmeadow in style with a nail biting victory by one point over Brighton with nine individual wins in the process.

With four gold medals, seven silver and seven bronze the club gave their best showing in the Surrey County Championships for many a year.

The second Southern Men's League fixture saw another team success another close finish as they headed Highgate Harriers by just 2 ½ points at Battersea Park.

Estle Viljoen claimed double gold with her wins in Denmark over 10km and 20km in the European Veterans Road Walking Championships. With 13 victories by the under-17 men, the National Young Athletes team, now managed by the enthusiastic Charlie Carrington, gave a good account at their opening fixture.

Liam White in record breaking form – three times

Liam White is accepted for the star studded St Mary's Classic Meeting at Twickenham and lowers the HW U17 men's 1500m record to 4:00.8 to finally lay low the mark of 4:02.0 set by my Nick Watt way back in 1983.

Another Saturday and another Southern Men's League victory when at Kingsmeadow HW make it three out of three. Too young to count, Geordie Logan clocks 10:42.5 to lay claim to the club U17 3000m steeplechase record HW make us of home advantage by running out clear winners in the third match of the season's Rosenheim League, leading home both Belgrave and Herne Hill by a clear margin. The London School's Championships at Battersea Park sees Liam White winning the Inter Boys 1500m title in a championship record of 4:04.8: improving on the mark set by Jermain Mays, the 2009 England Athletics 1500m champion. Just one week later, in the South of England Championships, Liam continues his purple patch to obliterate his recently gained HW U17 1500m record with a stunning time of 3:57.98 The HW men's team lose their 100 per cent Southern League record when placing second to League leaders Victoria Park and Tower Hamlets, at Lee Valley but Geordie Logan takes the opportunity to improve on his club U17 3000m steeplechase record with his time of 10:31.8

Promising debuts by HW youngsters

The Ebbisham Boys League at Sutton saw two promising talents in the shape of Joel Atkin and Cassian Hyde making their HW debuts and a week later sees Liam White taking bronze in the Inter Boys 1500m at the English Schools Championships.

Despite a welcome return by Ove Lindeklev and covering six events, HW could only manage third place in Match 5 in the Southern Men's League match at Woking but the team still maintain third position in the league table.

A landmark for HW as John Webster sets inaugural M70 records in long jump, hammer and javelin at Battersea Park in the Veterans League.

With 17 event victories, the HW U17M outfit dominate the National Young Athletes League at Sutton as the team goes on to score a massive 411 points, there best total for many a year while in the lower age groups Joel Atkin sets a HW U13M 75m hurdles record with his 12.7sec. Eleanor Smith-Hahn takes bronze representing Surrey in the U13 Inter Counties match at Kingsmeadow.

After a long spell of injuries, Geoff Walcott returns from the World Masters Championships in Finland with team gold for both the M55 4x100 and 4x400 relays.

Anna Garnier sets a W50 1500m record of 5:22.8 in the British Masters Inter Area at Solihull. It's that man again, as Liam White wins the UK Schools Games 1500m at Cardiff just days after running 3000m at Watford in 8:50.84 to place him second on the HW U17M all-time list.

The HW women finish their season in style with 13 athletes in

attendance at the final Southern Women's match at Wimbledon Park where Ann Martin once again sets W45 records in the shot and the discus.

A British Masters title for Peter Giles as he takes M65 honours in the 10,000m with a brilliant time of 39:35.05 to set a HW record for that category and better the M60 mark also.

At the conclusion of the club's most successful Senior Men's track and field season for more than a decade, HW were invited to compete in a tough British League Qualifying Match at Abingdon and but have to settle for sixth place in a closely fought contest.

The last of the summer activities took place on home territory as 49 excited youngsters from Pat Yeates ever popular 7upsanovers contest six events each in their annual sports day at Wimbledon Park. A good omen for our future prospects.



The winter season kicks off

Promising signs as the HW team comprising Alex Robinson, Andrew Penney, Adam Przedzimirski, Chris Coles, Justin Kelly and Geordie Logan take the bronze medals in the Surrey County Road Relays while the M40 team of Pete Clarke, Stewart Bond, Peter Lee and Stuart Fraser also take bronze

In the Women's event, the club gave a good account of themselves in placing fifth and there was some sort of club record with no less than three HW teams in action.

The Bruce Judd Surrey County AA Young Athletes Relays at Guildford saw the U17M team finish just two seconds away from gold as the team of Joe Toomey, Ed Saywell and Liam

White (with the fastest lap of the day) take silver.

After 48 years the Wimbledon 10-mile road race had to finally give way to the ever-increasing traffic problems of SW19 and was reduced to a friendlier 10km. Led home by 10th place Mike Halman and backed by Alex Robinson and Joe Toomey, HW took team honours, a feat repeated by the HW women as Claire Grima – first woman – led home Debbie Noel and Rowena Hornshaw

An inauspicious start by the HW men in the Sweatshop Surrey League at Reigate who were led home by the first U20 home Alex Robinson and which saw the team finish seventh while the U17 team led by race winner Joe Toomey finished a close third.

A good turn out of U13 runners that saw five of them toeing the line, were led home by third place Cassian Hyde making an outstanding HW cross-country debut, and also witnessed a third place team finish.

There was a promising kick-start to the Surrey Ladies League – also at Reigate – as Claire Grima places third in the Division 2 race as newcomer Kate Mellor finishes 10th to see the team home in a close fourth place, just shy of those top three promotion spots.

The team of Martin Miller, Maurice Sharp and Fred Green take the M60 silver medals in the Surrey County Veterans Championships while Hugh Saxby is second M55 home. Eleanor Smith-Hahn leads home the opposition as first U13 girl in the opening Surrey Sportshall fixture while the U13 boys, with no less than eight in attendance, must have set some sort of club record.

Couldson witnessed the second fixture of the Sweatshop Surrey Men's League with the team, led

home by 10th place Kieran White, improving on the opening fixture by placing sixth to leave the sixth overall of the nine teams competing. With Liam White and Joe Toomey making it a 1-2 in the U17 race and backed by seventh place Ed Saywell, HW easily took the team race to find themselves as leading team at the halfway stage of the League. It's worth noting that Liam, Joe and Ed had all competed in the Mayor's Mile in the City of London earlier in the day. An outstanding run once more by Cassian Hyde in the under-13 race as he took second, just six seconds behind South London's Tom Holden who later in the season went on to winning the English Inter County title. Aided by sixth place Alex Bond, the team placed second to ease them into second position in the league table. Over at a rain soaked course around the Denbies Wine Estate in Dorking, a good turn out of eight HW women and led home by sixth place Claire Grima saw a fifth place team position in part two of the Surrey Ladies League. More importantly, the club maintained their fourth place overall to keep them within a shout of promotion. In what was proved to be one of the best HW performances of the winter, Ed Saywell scored a stunning victory in a Schools Inter County race at Stoke on Trent when leading Surrey home to the team title. The under-15 boys place third in second round of the Surrey Sportshall competition and once again Eleanor Smith-Hahn is the individual winner for the U13 Girls.

A good day in the Park (Richmond) as the men's team, led home by two U17s as Liam White places 7th and Ed Saywell 12th, finish second team in the Ellis Trophy. Earlier in the afternoon, in the Dysart Cup, with Michaela Knespl in 7th place, saw the women's team finish third. A return to Richmond Park the following week saw no less than 24 members contesting the third Surrey Men's League fixture, but such was the standard, fifth team spot was the best they could manage as Alex Bruce-Littlewood was in the thick of the action to place eighth. With one match remaining, HW still occupied sixth place overall. Once again the U17s proved the success of the day with Ed Saywell providing a storming victory and with Geordie Logan in third and Joe Clark seventh and first U15, the outfit claimed a team win to see them holding pole position overall. The U13s provided their best turn out for over a decade with no less than six runners toeing the line. Consistent as ever, Cassian Hyde placed fourth to lead the team into second place to match their current league position. Also contested in Richmond Park was the Surrey Ladies League and led home by HW debutante Zoe Phillips in 13th place, just one ahead of mum-to-be Claire Grima and with solid support from Jennifer Fernando (16th), Debbie Noel (21st) and Rosemary Fernando (36th) they was rewarded with second team spot and, more importantly, second overall and now firmly placed for promotion to Division One.

A New Year and new successes

A New Year saw a new distance as drastic changes were made to the traditional HW/Lauriston 7-mile race for which due to dwindling numbers and ever increasing levels of traffic was reduced to an accurately Mike Hanahoe planned and measured 5 miles and run over the footpaths of Wimbledon Common.

The end result was that the event attracted 51 competitors (23 from HW) far higher than had been seen previously. To add to the success of the event, runner-up Kieran White led home Alex Bruce-Littlewood (3rd), Mike Halman (6th), Ed 'purple patch' Saywell (9th) and Jamie Helmer (10th). Not too far off the action, Peter Giles clocked 32:37 for a HW M65 record while race recorder David Littlewood celebrated his New Year's MBE for 'Services to Athletics' at this true 'grass roots' event: a far cry from his Olympic and World Championship officiating roles. On the morning of the 5-mile, Liam White took himself off to Bushy Park where in a high class parkrun 5km (Olympic 1500m finalist Andy Baddeley was the winner) he clocked an impressive 15:47 for an HW U17 (and U20 come to that) record. Liam's time also proved to be the third best HW time for any age but a few weeks later Kieran White (no relation) usurped that with a time of 15:41 at Edinburgh while there for a wedding. Winter injuries and illnesses played a major part in

Ladies promoted to the top flight, Men take a flight.....

decimating a promising HW squad for the South of England Championships at Parliament Hill but with just enough for a team of six, the club finished a solid 23rd from the 53 clubs that closed in.

There was some great running by Adam Przedzimirski, who spent the race overtaking the massed hordes to place 57th after missing the start.

Good to see second claimer Alex Bruce-Littlewood place an unofficial fourth in the U20 race after controversially being denied an official entry, but with a little help from his HW friends, got to take part.

There were two magnificent performances by the young guns with Liam White as 7th U17 and Cassian Hyde as 10th U13.



Promotion for the HW ladies

The beginning of February saw Liam White winning the London Schools Senior Boys title by some 200m while Maire Gilmartin ran strongly to place 10th from 150 runners.

In the final Surrey League match of the season at Guildford, 11th placed Kieran White led the team home to a satisfying third place to place fourth in the final standings.

In the U15/U17 race the youngsters dominated (even without Liam White who was 13th as a non-scorer in the senior event) as Joe Clark and Ben Palmer finished second and fourth respectively to not only easily win the race but finish as League Champions.

Second place was also attained by Cassian Hyde who led the U13s to third place and League runner's up.

In the final individual overall titles, the club supplied three winners in the shape of Alex Robinson (U20), Ed Saywell (U17) and Joe Clark (U15) while Cassian Hyde had to settle as second U13.

Missing from the young athletes was Tim Livingstone: but for a very good reason when at Reigate he had arguably his best ever race over the country to finish second Junior Boy in a school's Inter County.

On the same day but over on Wimbledon Common, the women were busy creating club history when placing fourth on the day in the Surrey Ladies League, being led home by Masumi Dobson in 12th place, they finished third overall to clinch promotion and next season will see them competing in Division 1 for the first time ever.

A better turnout than usual for the home based East Surrey Relays had the club running out convincing winners as the 'A' team of Alex Robinson (his 9:36 proving fastest lap of the day), Adam Przedzimirski, Gervase King and David Grima came home three minutes clear of runners-up, Hercules Wimbledon 'B'.

Four course records were set by Alex (U20), Gervase (M35), Hugh Saxby (M55) and Anna Garnier (W55).

The young athletes had to settle for third while Cassian Hyde was second in the single lap U13 boy's race.

There was a 'win double' at the Surrey Championships - held

later than usual due to the original event being cancelled because of adverse weather conditions - with Alex Robinson and Liam White touring as one in the combined U20 and U17 race to take their respective titles.

Led home by Kieran White (7th) and Adam Przedzimirski (9th) the senior men gained bronze team medals while Cassian Hyde just missed out on an individual medal in the U13s race when placing fourth.



Hercules Wimbledon tours

Season's end saw the club making the long journey to Roundhay Park, Leeds to contest the National Championships and the senior men gave a solid performance to finish 27th of the 109 teams that closed in, their highest ever placing in the event since 1976 with Adam Przedzimirski leading them home in 154th position.

For the juniors, Alex Robinson placed 55th which was the best HW U20 placing since Richard Xerri finished 33rd in 1996. Coincidentally, the best ever HW U20 position was also achieved at Roundhay Park when Dave Clarke finished third in 1978.

Liam White fine 9th place was the best ever U17M position for HW although Harry Lydiate placed 5th for Hercules AC in 1956 while Cassian Hyde's 23rd place was the 3rd best ever HW U13B position behind Jonathan Burgess who was 7th in 2006 and 15th in 2005.

Four club members represented Surrey in the Inter County Championship at Birmingham

Isle of man, here we come, Isle of maaaaan here we come!!

with U17 Liam White and U20 Alex Robinson both coming away with gold team medals as they finished 10th and 45th in their respective races. Also earning their County colours were Adam Przedrzymirski (Seniors) and Cassian Hyde (U13) Away from the rigours of an English winter, Peter Giles (M65) and Anna Garnier (W55) went indoors at Lee Valley to win British Masters Championships over 3000m and 800m respectively while Anna

had an added bonus of silver in the 1500m The club, 20 strong, swept all before them as they truly dominated the three-event Isle of Man Easter Running Festival. First off was the 10km road race as Alex Bruce-Littlewood (4th), Kieran White (7th), Alex Robinson (8th) and Mike Halman (9th) out gunned the opposition while Liam White, although 10th, didn't make the scoring team! It was a similar tale in the 4-mile Fell race with Alex Bruce-

Littlewood (3rd), Alex Robinson (6th), Liam (7th) and Kieran (9th) once again proved too strong for Durham University. In the final event, the 4 x 5km Road Relay, the combination of the two Alex's plus the two Whites once again dominated to see the unbeaten team as overall champions over the pre-event favourites from Durham. Not surprisingly the team was also well represented in the overall individual awards with Alex B-L 4th, Liam 6th and Alex R 10th.



Some advice for road race entrants from John Schofield of uk results.net who takes the on-line entries for the HW road races and Young Athletes Meeting

Ensure that your entry form is completed as illegibly as possible. This means that the Race Director and/or the results guy can have a good laugh, on the morning of the race, trying to decipher your scrawl, when they've nothing better to do.

Don't mark your sex/age/date of birth on the form. Reason? See 1 above. It adds a bit of interest to an otherwise mundane job as you try to calculate an age category or to remember whether Frances and Lesley are male or female. Or just put an initial for your first name and don't tell us your sex. We can work this out from your handwriting.

Turn up with one minute to go before the 'off' and insist on holding everyone up while you run to the start line, then run back to registration to get some pins, then find someone to put your number on your back, then on your front. No-one minds a latecomer, especially if the rain is horizontal. After all, you're paying a premium for being a latecomer (maybe it should be £5 extra in the last 10 minutes....)

Wear your number on your back, inside your shorts, on your other jumper (the one in your car boot), on the tracksuit you left with your wife at the start. You spoil all the fun if you just pin it on the front of your vest! Or wear it upside down, for a bit of variety. Especially good with numbers like 966, 161, 66 and so on. Some organisers spoil things, though, by printing stuff on the number in an effort to get you to wear it the right way up! But then, you could always fold up or cut off the silly printed bits and still get your number upside down.....

After crossing the finish line, ignore those pointless chaps in the yellow jackets shouting at you to stay in line and keep moving. What do they know?!!?

You've just run a race, for goodness sake. They've just been idly standing around all morning.

As soon as you've crossed the line, stand around yourself and have a good chat with your mates over the barrier. The results can easily be re-compiled after you've pointed out where everyone else came in behind you. Better still, just duck out of the funnel.

Don't just get your race souvenir and wander off for your hotpot. Why not jog back out to meet your friends who still have to finish and then run back in with them. After all, the timekeepers will recognise you from the first time you finished and they wouldn't be daft enough to note you down again, would they?

Alternatively, why bother to enter at all? Just put on your shorts and join in the fun. The event makes enough money anyway AND you get a free souvenir AND you didn't want to be on the results anyway (but you ran across the finish line just in case.....)

Of course, if you don't want the souvenir you've paid for, just duck out under the funnel tape between the finish line and the number recorders. That way, you'll avoid the silly woman with the medals, mugs or whatever and it's a real hoot watching the faces in the results room when they try to work out where all the extra times have come from (it's usually the other way round, with more numbers than times, so you'll be correcting an imbalance, won't you?)

So that you can get away quickly, find out where the results are being compiled. The chap in there won't mind a bit of a rest for a few minutes from typing in all those numbers. He'll happily stop to chat with you and let you know where you came and what your time was. He'll also enjoy a lengthy discussion about whether your time was recorded correctly. In fact, it would be an ideal opportunity to tell him that you actually finished several places ahead of where your number is

on the sheet, because you stopped to have a chat or a stretch after the line. If you can't get to results, the timekeepers usually don't mind being interrogated while you stand over their shoulders or in front of them or whatever.

At the prize-giving, it helps if you can wait until all the prizes have been distributed before you point out that your age category is wrong or that you ran in your wife's number and she had yours. But that should have been obvious to the marshals at the finish, shouldn't it? It's always easy to get prizes back.

Don't forget to forget the SAE requested - nothing we like better than addressing and making up our own envelopes and paying for postage out of the tight race budget! Oh, and don't forget that you don't really have to sign that cheque you're sending (if you remember to enclose it!).

Back to the SAE - if it's self adhesive, make sure you fold it back on itself so that it's well and truly stuck together and it has to be ripped apart to use it. "Stamp?" - that's the S in SAE! And actually writing your name and address on the envelope just takes all the fun out of it!

Just so nothing gets lost, remember to staple EVERYTHING together when you send in your entry! Staple the cheque to the entry form, staple the entry form to the SAE (if you've remembered to enclose it) and then staple the flap down on your envelope so it goes right through the lot. Nothing better than unpicking staples in front of a roaring log fire on a winter's evening.....

All runners should expect mile or km markers to be accurate to the inch, as all race organisers have the local authorities in the palms of their hands and can arrange for lamp-posts, street signs, trees and so on to be moved so that they are in just the right place for the signs to be affixed!

