

HERE COMES WINTER

With the hot summer months now a distant memory, the floodlights at Wimbledon Park track going full blast and Denis Roll and Dermot Dunne putting their sprint squad through some awesome stamina sessions we are well and truly into another winter season.

There is no denying that the recent track and field season has seen an upswing in the fortunes of the club with improvement shown across all age groups both male and female.

The much travelled Southern League men's team contested six closely fought matches which saw them just miss out on an automatic promotion spot.

The increased turn out of our younger athletes was also encouraging with around 40 athletes seen wearing the gold and scarlet at many a UKA Young Athletes League.

Both the girls Lily B League and the boys Ebbisham League also showed promise in both performances and attendances.

However, it is not time for all you track and field exponents to rest upon your laurels. Make use of the abundance of cross-country fixtures during the winter. This is where you can build up the stamina you will need for any aspirations you may hold for future summer seasons.

Kevin Kelly, of Herne Hill Harriers, tells the tale of when an athlete asked his coach what were his schedules going to be during the winter. "Here are your schedules," said the coach, at the same time handing him a copy of the club's winter fixture list.

TRAIN ON TIME

Thanks to the training lights, now three years old, the usual sessions at Wimbledon Park will be in full swing throughout the winter. Sessions for all abilities start at 7 o'clock every Tuesday and Thursday evening plus Sunday morning.

For those who like an old-fashioned pack run, normally over three or five miles, they are catered for at Lauriston Cottage on a Wednesday evening and also starting at 7pm.

Apart from the track fee of £1 there are no costs involved

HW ON THE WORLD WIDE WEB

Since the HW web site was re-launched a little over 12 months ago it has gone from strength to strength and during that time has attracted almost 10,000 hits.

Newer members were often attracted to the club via the site and entries for the Young Athletes Meeting, the Barry Jones 10km and the Wimbledon 10 were all boosted by on-line entries.

A popular feature of the site is the results of events where HW members are featured and from hereon they can compare their results with how they did in the same event 12 months ago.

There are numerous all-time lists, which will be updated at each year-end, plus ranking lists for previous years.

Shortly arriving will be this year's lists and, as a new feature, in early January, will be one for road running.

All-time lists for women (all ages) and male young athletes are currently being compiled and hopefully they also will be included by year-end.

It is understood that not everyone is linked to the web but there is probably an Internet café (Ed: Don't know why they are called cafes, they don't even sell a cup of tea.) near to you and usually inexpensive to use

DAVID LITTLEWOOD - IAAF

The club's long serving treasurer David Littlewood has been elected to the technical committee of the International Association of Athletics Federations after a four-year break. David, who has been Hercules Wimbledon's treasurer for 43 years, is one of Britain's most experienced officials and since 1981 has been secretary of the UK Rules Revision Group, which is responsible for writing the rules handbook issued by UK Athletics.

Also treading the corridors of power is the club's 3000m record holder Bridget Cushen a former member of HW who has been re-elected to the Veterans Committee of the IAAF. Like David, Bridget leads a busy life being secretary of the British Masters Athletic Federation and is currently half way during her year of office as Surrey AA County President.

ARTHUR WHITEHEAD 1913 – 2003

There was an eerie silence around Lauriston Cottage in Wimbledon on the fine spring evening of Friday May 2 and a notice displayed in the changing room explained why.

It was an announcement simply informing 'That Arthur Whitehead (a long standing member of both Belgrave Harriers and Hercules Wimbledon AC), had died in a Kendal hospital on April 24th just two weeks after his 90th birthday,' and the world of athletics is poorer for his passing.

Born in Hindhead, Surrey it was as a teenager at Sedbergh School situated in the then Yorkshire fells that his love of running developed.

On D Day after being struck by enemy flak he lay on the beach for eight hours. Legend has it that as the stretcher bearers lifted him Arthur calmly said, "Er, don't forget my arm, gentleman."

Then came a fateful Saturday morning when a group of Belgrave Harriers met on the common outside his home and Arthur joined in the pack run.

In his early days he used to take part in five-mile runs with 1908 Olympic gold medallist Joe Deakin and in 1953 Arthur ran in the AAA marathon, a race that saw Jim Peters set a world record of 2:18:42.

Arthur was also involved in the founding of Wimbledon AC (amalgamated with Hercules AC in 1967) and also in the formation of the Road Runners Club and for 12 years produced their newsletters.

Arthur was very much an individualist: group decisions from committees didn't appeal to him and he soon began to concern himself solely with matters at Lauriston where the numbers grew to such an extent that he formed Lauriston Runners Club.

The club that is not competitive in the sense that it takes part in leagues or open races attracted many an international including 1980 Olympic 800m champion Steve Ovett.

Among others who had trained from the Cottage were 1972 Olympic marathon champion Frank Shorter, 1966 European marathon champion Jim Hogan, former marathon world record holder Derek Clayton, five time world cross country champion John Ngugi, former 10,000m world record holders Gordon Pirie and Dave Bedford and Andrew Lloyd, 1990 Commonwealth 5000m champion.

Dave Clarke of Hercules Wimbledon joined Lauriston as a young lad and went on to three National cross-country titles and 11 World Cross appearances.

A little over a decade previously both in 1967 and 1971 the Surrey teams that won the Inter-Counties cross-country championship were solely composed of athletes belonging to Lauriston Runners Club.

In 1978 Arthur won, in his first serious competition for 18 years, the National M65 cross-country championship.

The story goes local reporter Tom Pollak was interviewing him at the Cottage when a telegram arrived for the great man. It read: CONGRATULATIONS ON YOUR SUCCESS ARTHUR stop HOPE YOU ARE NOT TALKING TO THE PRESS stop STEVE OVETT.

"This interview is now concluded," Arthur announced, folding the note and turning for the privacy of his study.

Yes Arthur, it is not just Hercules Wimbledon, Belgrave and Surrey County AA that have much to thank but also for supplying such enduring memories for those who have passed through the portals of Lauriston Cottage. Some man. Some legacy.

A memorial service for Arthur was held in the chapel of Sedbergh School, Cumbria, on Sunday June 15.

The above is an edited version of a fuller tribute to Arthur that was published in the Road Runners Club Newsletter and also appears on the HW website.

From the editor.

Further to the above I would like to add that without the benevolence of Arthur, HW would not have enjoyed the success they did in the 60s and 70s, a period that saw them place second and third in the 'National' cross-country, seven consecutive Surrey county titles over the country plus wins in both the Southern road relay and cross-country championships.

Thanks to the generosity of Lauriston Runners Club members are able to make use of the facilities, which is on the doorstep of arguably the finest training grounds in the country, the rolling acres of Wimbledon Common and a short 'jog' away the even larger expanse of Richmond Park. Delights that must inspire all those who visit number 6b Southside, SW19.

ESTLE GAINS FIRST INTERNATIONAL

Hercules Wimbledon Athletic Club's ace woman race walker Estle Viljoen is celebrating fulfilling one of her life's ambitions by winning her first international vest.

The 31-year-old Mitcham schoolteacher has been chosen to represent her native South Africa in the women's 20 kilometres road walk in the African Games in Nigeria to be held in October. During the summer, Estle significantly improved on her best time for the distance and heads both the British and South African rankings for the event. She is around three minutes ahead of the second best South African and 19 seconds faster than the top British woman walker.

What really convinced the South African selectors was her performance in the European Grand Prix in Dublin in July when she clocked 1hr 42min 14sec behind Ireland's Gillian O'Sullivan who went on to win a silver medal in the World Championships in Paris. Estle took more than two minutes off her previous best time for the distance in Dublin, but much to her disappointment, the South African selectors failed to name her for Paris.

However, her patience was rewarded when, while on a flying visit to see her family in South Africa, she was given the news of her first international selection. "Since I was a child of about five or six years I have dreamt of representing South Africa," said Estle, whose celebrations are bound to be supported by her colleagues and pupils at Haslemere School, Mitcham, staff and fellow members at the Esporta health and fitness club at Wimbledon where she trains regularly and members of Hercules Wimbledon Athletic Club.

Estle said: "My father gave up on my dream ages ago but it shows where persistence leads to." What is even more remarkable was that Estle only switched to race walking a few years back when a persistent foot injury stopped her from running.

USE YOUR LOAF

The supplier of Kingsmill bread has come up with a scheme whereas if you save the tokens on their wrappings, sports clubs can collect free sports equipment. So if you or any of your families can start collecting now and hand the tokens over to Pete Mulholland, HW could benefit enormously.

AAA GOLD FOR IKE

HW's Ike Mba achieved the surprise of his life, as well as one of the upsets of the AAA Championships by taking the men's under 17 men's long jump gold medal after a dramatic contest. The 16-year-old Surrey schools intermediate boys triple jump champion had to battle all the way and managed to clinch the title with his final leap of 6.79 metres, just one centimetre better than the runner-up. He led the first three rounds but was then overtaken before bouncing back with his final effort.

Ike only entered the long jump as a second event intending to concentrate on the triple jump. But, he was bitterly disappointed after he flopped in his speciality jumping only 12.58 metres, almost a metre below his personal best, and failing to make the last eight. "I was really down after that", said Ike. "But, before going to the track on Sunday, I prayed with my mum. After that, I knew I was going to do well and I had confidence in myself."

Mba had previously only competed in two long jump competitions this summer and his winning leap was a massive improvement on his previous best of 6.38 metres achieved at Hercules Wimbledon's HAC Young Athletes Memorial Trophy at Wimbledon Park in July. Ike explained he adopted a new technique after watching competitors in the World Championships trials and now uses the hitch-kick. He also worked with coach Dennis Roll at getting his run-up right in the week before the championships.

"My run-up is much improved and I was hitting the board. But, I was quite shocked at winning. I thought I'd do around 6.70 metres but I didn't think that would be good enough to take gold. I'm really pleased about it," said the delighted new national champion.

HELP WANTED

A reminder that HW is responsible for promoting two events over the first weekend in October. On Saturday the 4th there are the East Surrey Cross-Country relays on the Common at 2:30pm and the following day the Wimbledon 10 from Wimbledon Park at 11am so if you are not competing please come along to assist. Experience not necessarily required and not much time involved.

SUMMER HIGHLIGHTS

As well as being one of the hottest summers on record it was also a summer to remember for Hercules Wimbledon as the club had a huge influx of new members and some vastly improved performances to boot.

April 5 HW 5 mile road Championship

Tom Kennedy has the honour of being the first ever winner over the new course but young Alex Bodin who chased him hard all the way gave him a fright.

April 6 HW Young Athletes Meeting

One of the largest entries for many a year saw a bigger than usual turn out from HW members.

April 12 National Sports Hall Finals

Emily Martin wins the standing long jump in assisting a winning Surrey U15 girls' team.

April 13 Flora London Mini-Marathon

No less than 16 HW runners represented their various London Boroughs with the pick of the bunch being Alex Bodin - 6th U15B - and Imogen Stoddart – 10th U15G.

April 25 South African Championships

Estle Viljoen places second in the 20km walk less than three seconds away from gold.

May 4 UKA Young Athletes League

No less than 33 athletes compete in the first ever of these fixtures to be run under the format of combining both boys and girls. The sight of so many gold and scarlet vests was a joy to behold. In a tough competition HW supplied six winning performances.

May 10/11 Surrey County Championships

Emily Martin comes away with three gold medals after her success in the U15 girls 100m, 200m and the long jump.

May 13 Merton Schools Championships

HW members take eight of the titles on offer with intermediates Ike Mba winning three (100H, 400H and triple jump) and Laura Wignall two (200m and long jump) apiece.

May 17 Southern Mens League

HW finishes third after supplying eight individual wins with Neil Stone's 42.72m

javelin effort putting him 17th on the club all-time list.

May 18 UKA Young Athletes League

25 event wins saw HW place third with a substantial 228 points as Emily Martin takes the 100m, high jump and long jump.

May 24 South of England Championships

Emily Martin wins the U15G long jump but has to settle for fourth in the 100m after winning her heat.

May 31 Southern Mens League

The best league performance so far this season saw HW, with 12 wins, place second to a strong Walton AC outfit. John Fenge, a member since being with Hercules AC in those pre-amalgamation days of 1967 grabs a M50 club record with his discus throw of 26.93.

June 1 UKA Young Athletes League

Probably their toughest fixture of the year had HW coming away with 12 event wins half of them provided by U17W Jade Lally (long jump, shot and discus) and U15G Emily Martin (100m, high jump and long jump).

June 2 SCVAC Veterans' League

The older brethren of the club finish second behind a combined Hillingdon/Ealing team as Geoff Walcott claims two M50 records with his wins in the high jump and long jump.

June 7 British Masters Championships

John Webster's 36.88 javelin throw secures the M60 silver medal.

June 8 Dorking Ten Mile Road Race

Steve Sinnott places eighth to secure the Surrey Veterans' Championship.

June 11 Rosenheim League

Tom Kennedy races to an 800m/1500m win double as HW finishes the evening in second, just one point behind the winners Croydon.

June 14 Schools Championships

Emily Martin wins both the U15G 100m and long jump titles at Battersea Park in the London version while over in Reading Oliver Stogdale takes the U15B 80m hurdles title.

June 15 RWA 10km Championships

Estle Viljoen walks 45:10 to secure silver behind international Lisa Kehler.

June 21 Surrey AA Veterans' Championships

Twelve titles won by HW with Geoff Walcott gaining a hat-trick of M50 wins with a CBP of 56.36 in the 400m to add to his 100m and 200m. A sprint double also by M40 Mark Baker while M45 Hugh Saxby (400m, 800m) and M50 Stuart Littlewood (1500m, 5000m) also enjoy double success.

June 22 Midland Veterans' Championships

Andy Laughton contests six events and comes away with three M45 titles (100mH, 400mH and triple jump).

June 28 Southern Men's League

Another second place as HW chase a full strength Met Police outfit all afternoon. (It appears that they were using the meeting as a trial for the National Championships.) Steve Davies' 400m hurdles win in 57.4 puts him in 16th place on the club all-time while Neil Stones 44.08m javelin throw sees him in as 17th on all-time.

June 28 Inter Regional Walks

Estle Viljoen wins the 3km track event while representing the South of England AA.

June 29 UKA Young Athletes League

In probably their toughest match so far HW garnered 20 individual wins with Emily Martin helping herself to three of them including an HW U15G long jump record with her leap of 5.44m. Three wins also for U17M Ike Mba.

July 9 HAC Memorial Meeting

Two performances from both ends of the age spectrum as in the Lauriston Mile Stuart Littlewood sets an HW M50 record with his 4:59.9 while making his debut for the club, 10-year-old Jonathan Burgess runs a stylish 1500m in 5:16.1. (Remember. You read it here first.)

July 12 Lily B League

Arguably the best performance of the season by the girls of HW as they secure the runners up spot. The U17 women field 'team' of Jade Lally and Maureen Njugana made some input towards the points total, each having two wins and a second in the throws department.

July 12 English Schools Championships

Just out of the medals in fourth place, Emily Martin improves on her two-week-old U15G long jumps record by going out to 5.57m.

July 12 Southern Men's League

Second once again as the team finishes a mere three points behind Huntingdon. Steve Davies improves on his 400m hurdles time with 56.9, which lifts him up to 13th on the all-time list. Simon Brace hurls out the javelin to 50.25m to reach 7th on that particular all-time list.

July 20 UKA Young Athletes League

The final match of the series saw HW face some tough opposition but with a sprinkling of 'new kids on the block' they ran, jumped and threw their hearts out. For many of them this season has been down to experience which should stand them in good stead in a hoped for fruitful future in the club's activities.

August 2 Lily B League

Two three time winners here as Jade Lally takes the U17 high jump (Jade's first season in this event), shot and discus while for the U15s Emily Martin wins the 100m, high jump and long jump.

August 2 Southern Men's League

Finally HW captures their long deserved win and how as they finish 22 points clear of the opposition. The triple jump is particularly rewarding as U17 Ike Mba goes out to 13.48 for 11th place on the HW all-time while Royden John's 13.11 makes 16th on the list for just two of the 14 wins here. Neil Stone improves on his javelin with 44.72m for a 17th all-time ranking.

August 16 Veterans Inter County Match

Competing for Surrey County Mark Baker storms to a 100m/200m sprint double.

August 16/17 AAA Championships

After, for him, a poor showing in the triple jump, Ike Mba bounces back to take the U17M long jump title with a best of 6.79m. Emily Martin takes bronze in the U15G long jump to confirm her consistency with 5.51. Competing among the best the UK can offer Jade Lally impresses to make the final stages of the U17W discus.

August 20 Rosenheim League Finals

With wins harder to come by than the sight of rain this summer HW accounted well for themselves by placing fourth.

August 24 Veterans AC Championships

The multi event skills of Andy Laughton came into play as he took four M45 titles (110m hurdle, pole vault, triple jump and javelin) while Martin Miller tasted success in the M55 1500m.

August 24 Inter County Match

Representing Surrey, Ike Mba won the U17m triple jump and Emily Martin, the U15G long jump.

September 7 Isle of Wight Open

Jade Lally scores a double triumph by taking the U17W discus in 36.67 and the shot with 9.88, both personal bests. Despite having to travel by ferry it is not anticipated that Jade will win the annual HW trophy for the best overseas performance of the year!

September 13 Lily B League Finals

In what was arguably the best young athletes team performance of the season HW take fourth spot in this well contested event.

LETTERS

Don't know if you remember me, but I used to be a member of HW many years ago. Anyway, I was just surfing the web when I came across the HW web site and saw your email address. I ran a lot as a youth and junior at HW and Lauriston before going to uni. and was friends with Pete and Paul Williams. Remember. Anyway, to cut a long story short, I married a kiwi girl and now live in Auckland. We have 3 kiddies - 2 girls aged 7 and 2 and a boy aged 4. I am still running and may even race again some day soon!

Say hi from me to Maurice Sharp if you see him. I was sad to read about Arthur (Whitehead).

Cheers, SteveRamdhanie

Hello Pete,

Next October it will be 15 years since I joined HW where I ran for two years. Like on a tale,

everything started on the HW 10 miles road race in 1988.

It was a great experience and a great time. I knew lots of good people among the HW family and I also made good friends.

I still keep the yellow vest with me. It was a great honour for me to wear it, and even today I say with pride to my Portuguese colleagues of the training sessions, that I run for an English club.

Every day I have the opportunity to remember the club because I have milk at breakfast in a yellow mug with red letters saying "HW".

So as you see passed 15 years I still have on my mind that club, and the good times that I had.

I am still running but not so fast. I'm 41 now but I still can run 33min. for 10k. I am now starting the season, training every day so let's hope that the body will help.

Please send regards to Maurice Sharp and Simon Ingall.

Regards to all of you

Américo (Chaves)

John Phelan, now settled in Louth, Lincs, writes of his latest foray into the racing scene.

I woke up the other morning at about four feeling all wasn't quite right, so I got up and took my blood pressure. It was very low, but that's okay - but the monitor also showed my pulse - 29! I always thought my pacemaker kicked in long before that? Still, I feel okay most of the time and I haven't packed up running yet. In fact, it's my knee rather than my ticker holding me back right now. I think arthritis has worn the soft stuff away and I'm running on bone against bone; but occasionally I still manage a run that turns the clock back a bit and I feel like a runner again, so it's still worth it. But the fact that the end is nigh was brought home to me quite vividly at the start of the Spilsby Six a few weeks ago. It started in a big showground with loads of exhibits and an announcer in the centre. I was off the back right away, nursing my strapped up knee, when I heard the announcer yell out: "There goes John Phelan of the Hercules Wimbledon running club - the oldest runner in today's race." Bloody hell! I suppose it had to happen sooner or later. The race itself had some off-road bits, down some very uneven and lumpy farm tracks which were playing havoc with my knee and I was going to drop out when we turned back into

them on the second lap - but I'd just overtaken my lady doctor and it would have been too embarrassing! She's German and training to run the Frankfurt marathon. It was a very hot day and my car with a drink in it was parked just outside the showground. I could see by my watch I was going to take over 50 min – blow that, so I stopped at the car and downed the drink. Three gorgeous blondes came up to me and handed me a note. I could see a telephone number on it and I thought - John, you've still got it. When I got my glasses and read the note - one of them wanted to know if I wanted to sell my car!

SIMON MEETS SIMON

Simon (Ingall) says, “We had a run round Richmond Park with Simon Rayner (and Kevin Jennings) on Sunday (in June) who has been over here on holiday. He's slowed up a bit - thank goodness - and was carrying a few pounds overweight but was still leading the way.”

Simon (Rayner) was on a trip from Canada where he emigrated to some years ago.

Heavily featured in the HW all-time lists he was also twice winner of the Middlesex Cross-Country Championships

NEWS FROM ADRIAN MARRIOTT

According to an impressive article he wrote for British Runner, Adrian Marriott is taking on some awesome training with the Kenyans of the Rift Valley.

Adrian's main aim is the Amsterdam Marathon but he was due to visit the UK to get some racing in prior to that event.

In an e-mail he declares that, “I am planning a full cross country campaign when I have recovered from Amsterdam. Regards to all at HW

MARK TIME

Apologies to Mark Baker for missing out in the 2002 rankings his 200m in 23.3 set at the Herne Hill Open Meeting on July 27 of that year.

This was in fact a HW M40 record, dislodging the 23.4 set by former international Robin Woodland's in 1978.

Currently Mark, who has raced hard and often throughout the year, shares top M40 billing with Robin over 100m, both having clocked 11.7, a time that Mark has recorded with regularity during the past season

ALL WHITE ON THE NIGHT

Some useful advice noted in the Ranelagh Harriers electronic newsletter.

"Now the nights are getting much darker, it is extremely important to make sure that you are wearing WHITE or LIGHT coloured running kit. It is very hard for drivers or other people to see you running if you are wearing dark clothing. If you can't be seen you are at risk of being seriously injured by a vehicle. Also if you can't be seen, other runners training with you may trip over you and get injured themselves. So please, please remember to be BRIGHT at NIGHT!"

The following poem is taken from the web site www.letsrun.com in my opinion and also that of John Phelan the best athletic site on the web.

"QUIT! GIVE UP! YOU'RE BEATEN!" They shout and plead,
There's just too much against you now, this time you can't succeed.

And as I start to hang my head in front of failure's face,

My downward fall is broken by the memory of a race.

And hope refills my weakened will as I recall that scene.

For just the thought of that short race rejuvenates my being.

A children's race, young boys, young men; now I remember well.

Excitement, sure, but also fear; it wasn't hard to tell.

They all lined up so full of hope. Each thought to win that race.

Or tie for first, or if not that, at least take second place.

And fathers watched from off the side, each cheering for his son.

And each boy hoped to show his dad that he would be the one.

The whistle blew and off they went, young hearts and hopes of fire.

To win, to be the hero there, was each young boy's desire.

And one boy in particular, his dad was in the crowd,

Was running near the lead and thought, "My dad will be so proud."

But as he speeded down the field across a shallow dip,

The little boy who thought to win, lost his step
and slipped.

Trying hard to catch himself, his hands flew out
to brace,

And mid the laughter of the crowd, he fell flat
on his face.

So down he fell and with him hope. He couldn't
win it now.

Embarrassed, sad, he only wished to disappear
somehow.

But as he fell, his dad stood up and showed his
anxious face,

Which to the boy so clearly said, "Get up and
win that race!"

He quickly rose, no damage done - behind a bit,
that's all,

And ran with all his mind and might to make up
for his fall.

So anxious to restore himself to catch up and to
win,

His mind went faster than his legs. He slipped
and fell again.

He wished that he had quite before with only
one disgrace.

I'm hopeless as a runner now, I shouldn't try to
race.

But, in the laughing crowd he searched and
found his father's face

That steady look that said again, "Get up and
win the race."

So, he jumped up to try again. Ten yards behind
the last.

If I'm to gain those yards, he thought, I've got to
run real fast.

Exceeding everything he had, he regained eight
or ten,

But trying so hard to catch the lead, he slipped
and fell again.

Defeat! He lay there silently, a tear dropped
from his eye.

There's no sense running anymore - three strikes
and I'm out - why try?

The will to rise had disappeared, all hope had
flew away.

So far behind, so error prone, closer all the way.

I've lost, so what's the use, he thought, I'll live
with my disgrace.

But then he thought about his dad, who soon
he'd have to face.

"Get up," an echo sounded low. "Get up and take
your place.

You were not meant for failure here, get up and
win the race."

With borrowed will, "Get up," it said, "You
haven't lost at all,

For winning is not more than this, to rise each
time you fall."

So up he rose to win once more. And with a new
commit,

He resolved that win or lose, at least he wouldn't
quit.

So far behind the others now, the most he'd ever
been.

Still he gave it all he had and ran as though to
win.

Three times he'd fallen stumbling, three times
he'd rose again.

Too far behind to hope to win, he still ran to the
end.

They cheered the winning runner as he crossed
first place.

Head high and proud and happy; no falling, no
disgrace.

But when the fallen youngster crossed the line in
last place,

The crowd gave him the greater cheer for
finishing the race.

And even though he came in last, with head
bowed low, unproud;

You would have thought he'd won the race, to
listen to the crowd.

And to his Dad he sadly said, "I didn't do so
well."

"To me you won," his father said, "You rose
each time you fell."

And when things seemed dark and hard and
difficult to face,

The memory of that little boy - helps me in my
race.

For all of life is like that race, with ups and
down and all,

And all you have to do to win - is rise each time
you fall.

"Quit!" "GIVE UP, YOU'RE BEATEN." They
still shout in my face.

But another voice within me says, "GET UP
AND WIN THE RACE!"

-Author Unknown

Sign Off by the Editor

This is the first newsletter since January but in
future I hope to make the editions more regular
so let's have some input from all you members.
Anything such as training advice, race news,
points of view, nostalgia etc, etc will do.
Perhaps someone could interview an HW
athlete.