



HERNE HILL HARRIERS **HIGHLIGHTS**

July 2025

Welcome to your monthly Newsletter – I hope you enjoy it. Athletes, coaches, team managers if you have any photos and achievements you would like include in future issues, please email me: glenkeeganhhh@gmail.com

**Lucy Jones wins England
Athletics Women's 1500m title**



Arguably Herne Hill Harriers most improved senior athlete in the past year, Lucy Jones has followed up her startling victory in the female mass participation London Marathon with a strong track season. Jones has so far set personal best times this summer at 800m, 1500m and 5000m after smashing her 3000m PB at a BMC indoor meet back in January. Demonstrating an enviable and remarkable range, our club women's marathon record holder with 2:30.23 has also run 800m in 2:05.45, a time that has so far only been beaten by our club women's record holder Katie Snowden among our members!

On a windy Friday evening on 25th July she raced in the Alexander Stadium in Birmingham and led the England Athletics Championship women's 1500m final from gun to tape to claim the gold medal. Her winning time of 4:19.20 was largely irrelevant in the conditions as she prevailed in the finishing straight for a superb win.

Also in the race club mate and training partner Sophie Tooley finished 4th overall with 4:25.18, but with two under 23 athletes finishing between her and Jones she was actually the second placed senior woman in this championship race. **Geoff Jerwood**

A Century of English Schools

In their centenary year, the English Schools Track and Field Championships returned to Birmingham earlier this month. The Club was very well represented with more than 20 athletes competing. This is the very highest standard of meetings, as was evident from the previous winners celebrating the centenary year, who often progressed to win major championship medals as senior athletes. A number of our athletes secured medals, sometimes as part of a relay team, and in this bulletin we feature the three Club athletes who each won their individual events. **Keith Newton**

English Schools Gold: A Rising Star Reflects on a Breakout Season



Can you tell us about how you got into athletics?

1. I got into athletics because I always did well in sports day and I was also good at many sports which required speed or the ability to jump high.

How significant would you say your coach, Ivor, has been in your

development?

2. Ivor has been very significant in my athletic development. He is very supportive and has taught me proper sprinting techniques and the hitch-kick in long jump which changed my speed and the distance I was jumping by a lot

It would be good to hear about the role of your training group, and how your training varies over the different cycles through the year.

3. my training group is filled with talented versatile athletes who are all very friendly. After the outdoor season when it starts getting cold, Ivor does endurance training and workouts and doesn't do as much technical work. In long jump in winter he does more technical training and tries to get us to perfect the phases of the jump.

Ivor was saying to me what a talented all rounder you are, which is of course apparent from your competition record. You contest a wide range of events including sprints and jumps, what influenced your decision to focus on the long jump for the English Schools?

4. I could only choose one event but I chose long jump because I have been improving a lot lately and I didn't want to miss the chance to potentially win and get a pb (I didn't get a pb)

Can you tell us about the whole English Schools experience, and how it is different from other competitions. Are there any specific techniques you used to stay in the zone, whilst not over-thinking the whole experience?

5. English schools was very different to the average league competition. The stadium was giant and all the athletes were top notch. I had never been to a competition where there was a warm up track so it was very helpful, especially with the long jump pit which I practiced my run up on before I went to the call room. I don't have any specific techniques to stay in the zone but I do well under lots of pressure and that helps me a lot. I also stretch my legs before any jump which is a great tip, especially if it's cold.

It would be good to hear from you on your actual jumping in Birmingham, how you felt the different rounds went and your incredible winning performance, an English Schools gold medal.

6. I can't exactly remember each and every round but my first jump (5.37) put me in a very safe spot so I was less anxious about the next few rounds. On my last jump I was preparing to get a new pb so I moved my marker back a little bit so I could run faster. In the end I didn't put it back enough and I got a no jump which was very frustrating since I was only over an inch and the jump was bigger than any of the others by far. It was a very fun competition overall and I hope I get in next year.

Finally, you have achieved so much already this summer. What aims do you have for the rest of the season?

For the rest of the season, I can't compete in the EAA in Birmingham as I am away on holiday , but I hope to complete in the some sprint relay competitions and also the Surrey pentathlon in August and September

Guided by Ivor, Powered by Passion: Ella's Rise to National Glory



Can you tell us about how you got into athletics?

I actually started off playing football when I was about 10 or 11. People always used to comment on how quick I was, coaches, parents from my team and even from the other side!

My parents decided to look into athletics clubs, but a few said I was either too young or they didn't have space.

Herne Hill Harriers were the first to give me a proper chance and I joined Ivor's sprint group. That's really where it all started for me.

How significant would you say your coach, Ivor, has been in your development?

Ivor has honestly been amazing. He's been my only coach since I started and has guided me all the way through. From day one, he's believed in me, pushed me to improve, and helped me understand how to be a proper athlete. I wouldn't have developed like I have without his support.

It would be good to hear about the role of your training group, and how your training varies over the different cycles through the year.

This year I moved up into the senior group which was a bit scary at first, but everyone was so supportive and made me feel part of it straight away. I'm definitely like the little sister of the group! We're really close and keep each other going, we push each other to work hard but always have fun too.

In winter, training is tough with a lot of hills and longer sessions. Ivor loves hills... maybe a bit too much! But it really helps build strength. As the season goes on, sessions change to focus more on speed and peaking for the summer competitions. When it's a busy competition period, training gets lighter so we're

fresh to race, but when it's quiet, the sessions can be really intense again.

You contest both the 100 and 200m outdoors, what influenced your decision to focus on the 200m for the English Schools?

My starts have always been something I've had to work on, and with the 100m there's just no room for mistakes, one bad start can ruin your whole race. The 200m allows me to use my top-end speed and hold it, which I feel is more of a strength for me. This season especially, I felt like I'd made more progress in the 200m.

At the London Schools Championships, I qualified for both events but you can only choose one. I'd come second twice and third once at English Schools in the 200m, so I really wanted to go back and finally get that gold.

Were there any specific sessions that really targeted success at English Schools, especially with the different rounds?

Yes, Ivor and Peter really focused on improving my starts this year, especially getting my hips up quickly and powering through those first two steps. I can definitely see an improvement, though there's still more to work on. They also made sure we practiced running hard but staying relaxed, especially knowing there are heats and finals. On race day, I really tried to remember everything we'd worked on and just trust the process.

Can you tell us about the whole English Schools experience, and how it's different from other competitions? How do you stay focused?

English Schools is so different. You don't have your usual coach there and it's more of a team environment with people you normally race against. The London Team Managers are great but you've only got a few days with them. It's such a big event with amazing athletes everywhere, it can be overwhelming. I try not to overthink things and just enjoy the experience. I like to stay relaxed by chatting to my teammates and cheering everyone on. When it's time to warm up, that's when I switch into race mode. I talk to the team managers if I'm nervous, and I've got little routines like wearing my lucky arm sleeve. I remind myself to run my own race and not get caught up worrying about who's in the lane next to me.

It would be good to hear about your racing in Birmingham, your 23.71 winning performance, and that English Schools gold medal.

In the heats, I felt I had more in me after qualifying third fastest overall. I knew to medal, I'd have to run a PB. The final was intense, especially after a false start, but my start was actually one of my best. I came out the blocks quickly, caught up with the girl in front by the bend, and focused on holding my speed coming out of it. I didn't hear or see anyone around me after 100m, so I just drove for the line. When I saw 23.71 on the clock, I honestly couldn't believe it. Winning English Schools was such a special moment for me, especially after coming so close before.

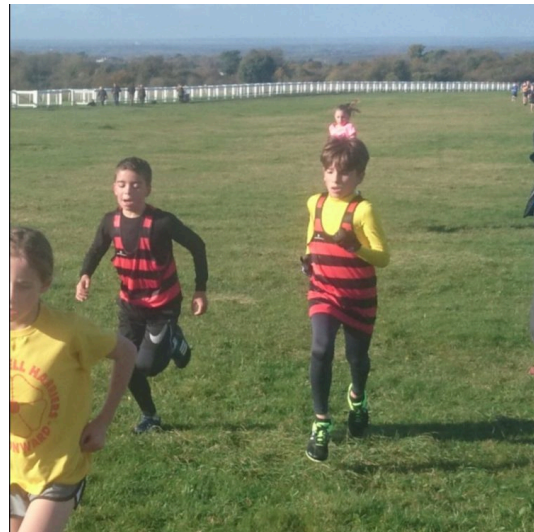
You now have the SIAB and an England vest. How do you feel about that achievement?

It honestly feels a bit surreal. I never imagined when I first started athletics that I'd be representing England. It's something I'm really proud of, and it's made me even more motivated to keep working hard and see how far I can go.

Finally, you've achieved so much already this summer. What aims do you have for the rest of the season?

I want to keep improving and hopefully run more personal bests. I'd love to medal at SIAB, and I really want to lower my 100m time too. The goal is just to keep learning, enjoying it, and finishing the season as strongly as possible.

From Tooting Track to English Schools Champion: The Making of a 400m Star



Can you tell us about how you got into athletics?

1. My introduction into athletics all started when I was 6 years old in primary school. I can't remember all the details but I know that the PE teacher there, Morris, clearly saw potential in me at a very young age. He worked on me and eventually recruited me into the school athletics team where I would run in indoor sports hall competitions against other schools. Then I started to come along to Sunday morning sessions at tooting track with Horace who still coaches I believe and got picked up by James there which was the beginning of my committed athletic career

How significant would you say your coaches, James and then Nigel, have been in your development?

2. They have both been massively significant. James was the first coach to really structure my training and help me build up the physical and mental strength needed to compete at such a high level. He definitely laid the foundations for me still at a relatively young age. Then I moved onto Nigel where things definitely stepped up a gear for me and put me outside my comfort zone, doing drills and runs I thought I would never do. Nigel's approach has been more tailored to 400m-specific work. He's big on execution of the race and not chasing a time as well as quality over quantity when it comes to training

It would be good to hear about the role of your training group, having moved to a more focussed 400/800 coach, and how your training varies over the different cycles through the year.

3. The training group has been massive for me. Moving to Nigel's group meant I was more surrounded by athletes who want to do exactly what I want to do which is pushing themselves over the longer sprints and training with proper intent. That raises your level straight away. There's a really good balance in the group, some guys are more 800-based, so they push me on the aerobic stuff, while others are strong at the shorter reps, so you're always being tested in different ways. In terms of the training cycles, it changes a lot through the year. Over winter, it's endurance heavy with long reps, tempo runs, long hill sprints, just building the engine and making sure you're strong going into the main part of the season. Then as we move toward the season, the volume drops and the intensity comes up with more lactic tolerance and speed endurance based work. Nigel is really good at phasing it so you peak at the right time, especially for big meets like English Schools. It's all very structured, but he still adapts it to the individual.

You contest both the 200 and 400m outdoors, and produced an outstanding 21.99 in mid June. Was it always your intention to focus on the 400m for the English Schools?

4. Yes, the 400 m was always the main goal for English Schools this year. Even though I enjoy the 200 m and was really happy to dip under 22 for the first time, the 400 has been the priority in terms of training and planning. Nigel and I mapped that out quite early in the season. The way my sessions were set up, more geared towards strength and speed endurance, it just made sense to build toward a peak in the 400. That said, running a fast 200 m definitely gave me confidence going into English Schools. It showed the top-end speed was there, and it helped me be more aggressive in the first part of the 400. I'd still like to keep both events going forward, but for this season, we were really focused on delivering in the 400 when it mattered.

Were there any specific sessions that were really targeting success at the English Schools, especially taking account of the different rounds that

you contest back to back?

5. Definitely. Nigel was very clear that if I wanted to be competitive at English Schools, I had to be able to run fast on back-to-back days, and recover well in between. So a lot of sessions in the final prep phase reflected that. We did quite a few broken runs and split 400s, things like a 300 or 250 followed by a 120 or 150 off short recovery. That helped mimic the feeling of running rounds and taught me how to push when already under fatigue.

Can you tell us about the whole English Schools experience, and how it is different from other competitions. Are there any specific techniques you use to stay in the zone, whilst not over-thinking the whole experience?

6. English Schools is just another level. The atmosphere, the stadium, the scale of it makes it feel like a global championship meet, not just a school event. You've got the best athletes in the country, all in one place, and everyone's bringing their A-game. It's different from club meets because you're not just running for your club or yourself, you're representing your county, and that adds that extra sense of pride. The whole weekend feels like a big occasion.

It would be great to hear from you on your actual racing in Birmingham, how you felt the different phases went and your incredible 47.64 winning performance. This was an amazing bounce back from your 2024 performance which must have made this year all the more satisfying?

7. Yeah, Birmingham was definitely a special one. I went in knowing I was in good shape, but it's still English Schools, anything can happen. In the heat, I ran hard to 250 then did enough to get through without spending too much energy. In the final, I knew I'd have to commit early, and I think I executed that well. The first 120 felt fast but controlled, then down the back straight I started to build without forcing it. Coming off the bend, I was where I wanted to be, in contention but not burnt out just yet. I just maintained my speed that I had built up in the first 120 while everyone else was labouring. I was trying to stay tall and composed with my arms driving. The last 50 was just grit and rhythm. When I crossed the line in first, I was super pleased and content. I went there to get the win, the time was just an added bonus. Coming off 2024, where I wasn't quite where I wanted to be, struggling a bit with rhythm, this year just felt different. The training had gone better, I was more confident, and I'd learned a lot from last season. So to come back and win in that way, especially bottom of age, just made it all the more satisfying.

It is very unusual to win an English Schools title bottom of age. It must be incredibly exciting to think you have another year in the SB age group?

8. It's definitely exciting. Winning bottom of age definitely gave me a confidence

boost, but also motivation, I know there's still a lot of progress to make. Having another year means I can come back stronger, hopefully run faster, and aim to retain my title. It's exciting because now I've seen what it takes, and I can build on it.

Finally, you have achieved so much already this summer. What aims do you have for the rest of the season?

9. It's been a great summer so far, I've hit some big goals already, so now it's about building on that momentum. The main aim for the rest of the season is just to keep progressing and learning. If another PB comes, that would be brilliant, but it's more about consistent performances and racing smart. I'd love to get a few more competitive races in against older athletes. I have got the UK under 20 championships next week (European trials) which is my last guaranteed big race this season so just looking to give it my all there. I may try and get into a fast meeting somewhere before my holiday but if not no stress and we will see what other distances I may compete in for the rest of the season. And of course, I want to finish the season healthy and strong, that way I can hit the ground running going into winter training. Long term, it's about setting myself up for 2026 and making sure I keep moving forward, step by step.

Herne Hill Harriers U20 Mixed Relay Team Take GOLD at Novuna Diamond League!



On 19 July 2025 at the London Stadium, our U20 Mixed 4x100m squad—Princess Okoma, Lili-Rose Brown, Maalik Adamson & Rikion Smith—stormed

to 1st place with a time of 44.16s! GB 🇬🇧

🏆 Despite late changes (injuries to Jordan Eebanks & Joseph Johnson-Cole), the team stayed focused and delivered a top-tier performance. 🎯

Our U17 team—Payle Wifa, Olivia Stockwell, Orlando Matos & Callum Devonish—also ran superbly, finishing 6th in a strong field. Reserves Morgan Shanu and Zeko Blake played key support roles. 🌟

☁️ Intermittent rain didn't stop the fire, and the target to beat rivals Croydon Athletics was achieved. 🏁💪

📣 Special shoutout to our sprint star Ella Rennie, who missed the meet due to her UK Athletics call-up for Team GB! GB

🎉 After the event, coaches, athletes, and proud parents celebrated with Jamaican food and fruit punch at Rhythm Kitchen, Westfield E20—a perfect end to a golden day! JM 🍷🍹

🙏 Huge thanks to our coaches Garth Francis, Phoenix Corbon, Gilbert Anderson & Hugh Allwood, and to the sponsors supporting our relay camp (Weds, 5:30–8pm).

We keep pushing forward. **Garth Francis**

Join the Team Behind the Action: Officials & Volunteers Needed for Summer Track Meetings

Many thanks to everyone who has helped at our track and field meetings this summer – we have hosted several league meetings and are now approaching two of our big open track meetings : our high quality BMC meeting on Wed 20th August and the Stan Allen Miles meeting on Wed 3rd September

Whenever we take part in a competition we need athletes to compete and officials to help put on & run the meetings

We need track judges who decide & record the order of finishing, timekeepers who take the times of the finishers and field judges who judge the field events such as shot put, javelin, discus and high jump. This can involve knowing the rules of the competition (not immediately essential) to know everything) and leading the events or simply putting a bar up, raking a sandpit or holding a measuring tape. Everyone's contribution is greatly valued and there is a very friendly atmosphere amongst the officials who are keen to support and help newcomers. Furthermore if you have ambitions you can progress to officiating at County / Area or even international meetings

We have had an increasing number of officials in recent years and are one of the best equipped of local clubs but we always need more especially as we are coming towards the holiday period

We welcome any parents, supporters, family members of friends (or event injured athletes) to come along and help at future meetings. In most leagues the club receives points for providing the correct number of qualified officials or helpers and this can often change the clubs final finishing positions

A lot of people ask why we don't have open meetings as we used to have prior to covid and one of the main reasons is the struggle to get officials or volunteers to help at meetings. If we had a squad of 20-30 officials / volunteers we could call on we would be in a much better position to host meetings at Tooting

Training can be provided but the best way is to learn at the time and gain experience – our next meetings are the above track only meetings and we still have the SLAN suprt 8 meeting on Sunday morning 14th September which is an ideal low key competition to come to and see how you like it. There are opportunities to track judge/timekeep and field judge as well as help generally

Please email info@hernehillharriers.org and ask for Steve Bosley if you would like to be involved so we can increase our number of officials. England Athletics Level 1 courses run on line and then you can do a certain number of meetings to pass your grade and then develop to level 2 if you wish

Many thanks in advance

Regards,
Steve Bosley 07721 555688

TOOTING

20-08-25

ENTRIES OPEN



BMC



Market Axess

The MarketAxess Tooting BMC takes place on 20th August 2025. If you are not already involved, do come along to spectate a top quality night of middle distance racing, 800m, 1500m and 3000m.

Having introduced the BMC meeting at Tooting in August 2022, to coincide with the opening of the newly resurfaced track, the meeting has gone from strength and is frequently referred to as the top middle distance meeting in the UK.

The meeting has, and continues to attract, some top international athletes. For example, our 2023 and 2024 meets included the following:

M800m: Samuel Reardon Olympic Bronze medalist in mixed 4 x 400m at 2024 Olympics; Justin Davies 2025 European Indoor Championships and second ranked in UK in 2025; Adam Spencer Aus-2023 World Championships and 2024 Olympics.

W800m: Alexandra Bell 2021 Olympic Finalist and 7th on UK all time; Katie Snowden 2021 Olympian, 2023 World Championship finalist and 3rd on UK all time 1500m; Louise Shanahan, Ireland, 2021 Olympics; Lyla Belshaw UK all time U17, 5th ranked.

M1500m: Sam Tanner New Z BMC record at Tooting, 2021 and 24 Olympics and 2023 World Championships; Thomas Keen bronze World Cross Country team event, 2024; Adam Fogg winner of the Emsley Carr Mile 2023; Jude Thomas and Callum Davies Aus, both multiple national champions; Sean McGorty USA 2022 and 23 World Championships; Nick Griggs BMC record at Tooting, European U20 champion and multiple Irish record holder; Jack Anstey Aus World Road Mile Champs; Scott Beattie 8th in UK all time 5000m; George Couttie BMC U20 record at Tooting; Baldvin Magnusson set Icelandic 1500m record at Tooting, European U23 bronze 5000m; Jaryd Clifford multiple para World and Olympic medalist.

W1500m: Georgia Bell Olympic Bronze medalist and British 1500m record holder; Reeve Walcott-Nolan 2024 Olympics and European Championships indoor bronze 2025; Kate Axford first Brit at European XC Champs and led team to silver medals, 2024.

M3000m: Efreem Gidey Ireland, World Cross Country Champs, Irish record holder for 10k, 10000 and half mara.

W3000m: Georgie Grgec World Cross Country Champs 2024; Jennifer Nesbitt Commonwealth Games and World Cross Country Champs; Steph Twell multiple European, World and Olympic contestant and medalist.

Year on year we have introduced new initiatives to enhance the event, and in 2025 the meeting includes Wavelight technology, Vinco live stream, professional commentary and pizza van.

This year's meeting looks especially exciting for the amount of young talent we have attracted, some of the very best U17/20s in the UK, alongside a great entry from established senior athletes.

Do come along and enjoy the evening. It's free and on your doorstep.

Stan Allen Miles



**HERNE HILL
HARRIERS**

ENTER THE
**STAN ALLEN
MILE**

Wednesday 3 September 2025 – 6.30pm

Tooting Bec Athletics Track
Tooting Bec Road, London SW17 3NP

All entries online £12 via OpenTrack



PLEASE NOTE NO ENTRIES ON THE DAY.

Entries at: <https://data.opentrack.run/en-gb/x/2025/GBR/stan1mile/>



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