



HERNE HILL HARRIERS **HIGHLIGHTS**

May 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

Sprint records smashed at Surrey Championships





Kingsmeadow Athletics Centre was the warm and sometimes very breezy scene of a busy weekend of competition at the Surrey County Track and Field Championships where the highlights included some sprinting as hot as the weather.

A number of championship best performances (CBPs) were recorded and these included three from young athletes of Herne Hill Harriers in sprint events among the huge medal haul for the club, which totalled more than 30 over the course of two days of exciting action.

Ella Rennie clocked her first wind legal 100m time of under 12 seconds when placing second in her under 17 women's 100m semifinal in 11.85, before claiming a bronze medal in the final with a wind assisted 11.80 on Saturday. This was, however a prelude to her main event on Sunday where she brought home the gold medal in the 200m with another PB and a CBP of 24.03. Tantalisingly close to sub 24, but this will surely come as the season is very young.

Rikaion Smith produced a couple of scorching runs in the U20 men's 100m on Saturday as he twice broke the old CBP. First his semifinal win in a legal 10.48, which also set a new Herne Hill club record for his age group, eclipsing one of

the oldest remaining marks of 10.5, set way back in 1947! Smith then ran even faster in his final to win in 11.39, but this time the following wind of +3.1 m/s was over the limit for record purposes. He then returned on Sunday to claim the 200m title in an impressive PB of 21.52, albeit the wind of -2.3 m/s was also just over the allowable limit. His 21.86 winning time of 21.86 was, however his first legal sub 22.

More excellent CBPs came on Saturday from one of the youngest competitors as Cymphonique Barrett is still a week away from her 12th birthday. Her winning times of 12.76 and 12.68 in the U13 girls 100m heat and final respectively are therefore all the more remarkable. Such performances fuel great anticipation as to what she might achieve during the rest of this summer and then hopefully in years to follow. She was also a clear winner of the 200m on Sunday with another superb time of 26.82 after an even more rapid 26.66 in winning her heat.

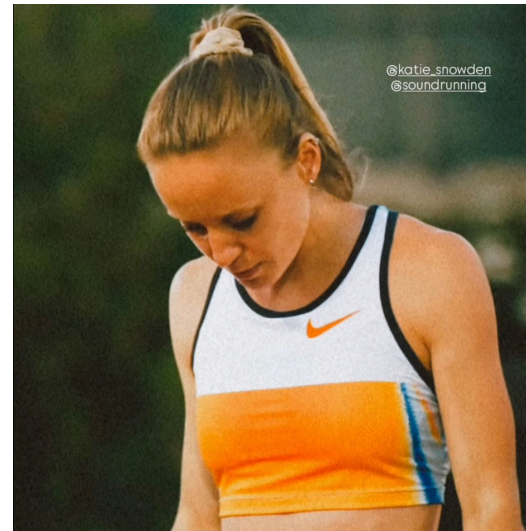
England Schools combined events international Jasmine Nkoso picked up two gold and two silver medals from her four U17 women's events on a very busy Saturday. She took the win in the shot with 13.56m and the javelin with 37.59m and also placed a very close second behind the winners in both the long jump with 5.20m and the high jump with 1.55m.

Felix Poynter was another double gold medallist claiming first place results in the U13 boys high jump with 1.35m and shot with 8.35m. The U15 girls long jump saw a Harriers 1-2-3 with only 10cm separating first from third. Sasha Nolan won the gold with 5.07m, Jessica Bent the silver with 4.98m and Allisa Jones-Ayreh the bronze with 4.97m.

Maalik Adamson soared to a win in the U20 men's long jump with 6.98m and now knows his first performance above 7 metres must soon be achievable. Keeran Sriskandarajah took a strong and assured victory in the U20 men's 800m with 1:54.53, while young Skyla O'Brien was a clear gold medallist in the U13 girls 1500m with 4:55.23.

Luca Boulton claimed the U15 boys 1500m title with 4:27.54 and Joshua Nkongolo the U17 men's hammer with 45.44m as part of a very strong gold medal count over another very successful weekend.

Sound season opener for Katie Snowden in Los Angeles





Herne Hill Harriers' Olympian and World Championship finalist Katie Snowden opened her outdoor track season at the Sound Running Track Fest meet in Los Angeles which attracted world class fields in a series of middle distance races.

After a training block at altitude in Flagstaff, Arizona the 31-year-old was keen to test her race readiness and post an early season mark over her main 1500m race distance, while admitting that her recent work has been largely strength based longer distance work.

The BMC Grand Prix meet in Bury featured a good win for Arlo Ludewick in the men's 1500m A race in 3:45.84. It was a more tactical affair rather than one in which fast times were collectively being chased. Ludewick hit the front before the bell to take the tape quite comfortably ahead of his nearest rival and will now hope for a faster race at the next BMC Grand Prix in Birmingham in early June.

More locally, recent Harriers club women's marathon record breaker Lucy Jones was back in racing action less than four weeks after her London Marathon heroics.

In the elite women's race at the Comeback 5000 meet in Battersea Park Jones

gave supporters from her training group plenty to cheer as she led for a few laps of her race before finishing just over half a second behind the winner, clocking a big track 5000m PB of 16:03.92. This was a superb track season opener, with more big races to follow in the coming weeks.

In the same race Sophie Tooley ran very well to also smash her track 5000m PB with 16:36.72, her first track sub-17. In earlier races during the evening Morgan Roberts ran a track PB of 14:43.01 with a strong run ahead of Harry Bell's 14:57.39 after featuring prominently earlier in the race. Before this U20 Charlie Wood ran an outright PB for the distance with his 15:50.62 in the second race of the night.

Battling display from Herne Hill Youngsters in National League



The young athletes of Herne Hill Harriers started their UK Youth Development League Lower campaign for the season with a battling fifth place at Woodford on Saturday.

Competing against the best clubs in the country after having gained promotion last season into the Premier Division the young team acquitted themselves very well with some very good performances. Two of the clubs in the match had reached the national finals last year, so the opposition was top drawer.

Many of the youngsters enjoyed their first experience of this level of competition with at least a dozen making their debuts for the club having recently joined. The athletes showed great composure and maturity in being able to compete so well here, which augurs well for the future.

Natalia Oloruntoba set a new club record in one of the first events of the day, the U15 girls hammer winning with 38 metres and also setting an English Schools qualifying mark.

There were a number of winners during the afternoon including a double win in the A and B strings in the Under 15 girls long jump – Sasha Nolan 5.07m and Jessica Bent 4.75m.

The Under 13 girls was a very strong age group within the team with A & B string wins in the 75m races with Cymphonique Barrett 10.14 and Nylah-Skye McCrobbie 10.43 and in the shot Olivia Adamson 7.58m and Zarina Clarke 5.54m. There was also a double first in the long jump with Rohanna McLeod 4.49m and Adamson 3.75m.

Mini marathon winner Skyla O'Brien took the win in the U13 girls 1200m with 3.55.64 and the U13 girls sprint relay team scored an emphatic win in a fast 53.47.

With this experience behind them the clubs youngsters look set to improve and enjoy a good season.

In the USA on Saturday Annabel Hobday clocked a superb PB of 4:19.70 to win the women's 1500m in a new meeting record at the Texas A&M Alumni Muster. This was a well deserved breakthrough into sub 4:20 territory and with the season still young.

Also on Saturday at the Ipswich Twilight 5km Darcie Hey (17:24) and Bryony Proctor (17:47) found very windy conditions not to their liking on a day when all the times among the finishers were down on their expectations.

Monday continued to be windy and saw some good performances at the British Milers Club Bannister Miles meeting on the world famous Iffley Road track in Oxford where the mile was first run in under four minutes 71 years ago almost

to the day.

Saskia Millard was the fastest of the Harriers and produced a more than solid opener to her outdoor track season placing fourth in the women's A race with 4:45.73.

In the Under 17 women's B race Orla Wright was a strong winner with 5:12.86 ahead of her fifth placed club mate Maeve Minielly who recorded 5:32.21. Earlier in the race order M50 Ben Paviour ran 4:51.86 for 10th in the men's G race.

Photo from Herne Hill Harriers, winning 4 x 100m relay team at Woodford
Left to right Rohanna McLeod, Cymphonique Barrett, Zanira, Clarke, Nylah-Skye McCrobie
Geoff Jerwood

More Surrey medals for Herne Hill athletes



The final instalment of the Surrey Athletics Track and Field Championships took place at Kingsmeadow on Sunday. These events were for Masters' and other age groups, and several county medals were claimed by Herne Hill Harriers athletes of all ages to add to the huge haul of more than thirty medals taken home by club members over the previous weekend.

The young athletes' events were a success as gold and silver medals were won in the under 15 boys 3000m with Arnold Duan clocking 9:26.76 and Luca

Boulton 9:32.21.

Caspian Holmes added another U17M bronze, this time at 1500m to his 800m a week earlier. He placed third in a close blanket finish with 4:03.84 a PB by five seconds. Leau Roch was eighth in 4:25.93 and Jack McLennan ninth in 4:28.27.

In the U17W 3000m Annabel Wainwright won bronze in 10:50.34, while Sofia Mendes was fifth in the U15G 3000m in 10:44.38. Zachary Morris placed fourth in the U17M 3000 with 9:22.17, James Clements- Nash sixth with 9:30.38 and Tommy Clerkin 10th with 9:50.13.

The Surrey Masters events included good wins for W50 Nikki Sturzaker on her return to racing after injury. She won the 800m with 2:38.23 and the 1500m in 5:16.84. A day earlier on Saturday Sturzaker had won the W50 gold medal at the England Wales international 5km. Sarah Allen was the winner of the W60 3000m at the Surrey Masters Championships.

Geoff Jerwood

Rikaion Smith Blazes Into Summer With a Stellar Start



Rikaion Smith has had a superb start to the summer, smashing the Club U20 record in winning the Surrey Championships, which earned him an international vest. Here we learn about his journey through athletics, guided by long standing HHH coach Ivor Northey.

Can you say a bit about your childhood, whether you have always been sporty and what sports/activities you have engaged in?

During my childhood, I have been very enthusiastic in sports. From a young age, I have played sports such as: cricket, football, futsal, rugby, handball, table tennis, and athletics. I used to play lots of sports in the park with my friends

where it all began, which led me to play lots of sporting competitions.

How, and at what age, did you get into athletics?

I first got into athletics at age 11, where my sister used to attend training at Tooting Bec Athletics track. This led me to join her in training sessions, leading me to develop a passion for sprinting. The lockdown in 2020 caused me to take a long break from athletics, this allowed me to focus more on my passion for football until I made the choice to concentrate solely on athletics. When I turned 15, I returned to the track but without a coach! I signed up to compete in an indoor 60m competition where I met my current coach Ivor.

Are there any athletes that you particularly admire/take inspiration from?

I take inspiration from Usain Bolt, as I would always watch him compete and learn from him. I also supported him more because he is from the same national origin as me, Jamaica.

Have you enjoyed being part of a Club, and what aspects do you particularly appreciate?

Yes, I am enjoying being part of Herne Hill Harriers as I am able to express my love for the sport, the support from my coach and the Herne Hill staff has been very encouraging. I have also made a lot of friends along the way which has motivated me to become a stronger athlete mentally and physically.

Can you say a bit about your coach, and the input they have provided since you've been involved in athletics?

My coach has made a positive impact on my journey so far. He's helped me to cut down my 100m personal best (PB) by a whole second and my 200m PB by almost 2 seconds so far. He has always believed in me when I lacked confidence in myself. His years of experience has enhanced my skills.

It would be great to get a sense of your training programme, running but also other aspects such as strength and conditioning, perhaps giving an insight into how it varies over the calendar year, and how it has been

adapted as you have moved into the U20s.

My training programme focuses on learning how to combine my stride with my rate when sprinting. I also focus on lots of plyometric work in the gym as athletes need to be powerful. My training schedule varies over the course of the year as in the winter we go to the hills and work on our fitness levels.

Do you have a favourite individual event amongst the range you cover, 60, 100 or 200?!

When I first started athletics, I used to enjoy the 60m more as I was able to show my strengths like block starts and acceleration. As I trained more consistently, I began to improve my weaknesses that allowed me to perform better in the 100m races.

You have had an amazing start to the season with a superb Surrey win, and legal PB and Club U20 record in the semis, sub 10.50. Can you tell us about your main aims for the season?

I have already surpassed my 100m goal for this season, as I was aiming to run 10.6 seconds. In addition to this achievement, my objectives for the remainder of the season include running 21.40 seconds in the 200m and competing for a medal at every U20 championship I enter this year. These competitions include the South of England Championships, English Schools, and Nationals—primarily in the 100m, and potentially in the 200m as well, provided I continue to train and perform at a high level.

What is your top aim in athletics longer term?

My primary long-term goal in athletics is to remain as healthy and injury-free as possible, ensuring consistent progress and longevity in the sport. As an athlete, I ultimately aspire to compete at the highest level—the Olympic Games—and to set new world records in both the 100m and 200m events. While these are highly ambitious goals, I am fully committed to the hard work and discipline required to pursue them. I understand that reaching this level is a long-term process that requires patience, consistent development, and a strong foundation. At this stage of my journey, I am focused on building myself

physically and mentally to be ready when the time comes, without rushing the process.

Do you have any pre competition rituals that you always do?

As part of my pre-competition ritual, I take several deep breaths to help calm my nerves and centre myself. I also engage in visualization, mentally rehearsing the entire race from start to finish. This includes everything from the moments before I step into the blocks to the emotions and visuals I experience after crossing the finish line. By focusing on these details, I aim to create a clear and positive mental image of how I want the race to unfold, which helps me enter a focused and confident mindset.

Finally, what do you like to do when you are not training.

When I am not training, I enjoy spending quality time with my friends and family, playing football, or watching movies. These activities provide a healthy balance to my athletic commitments, allowing me to relax, unwind, and momentarily shift my focus away from the demands of the sport. This helps me maintain a sense of peace and overall well-being, which I believe is essential for sustained performance and personal growth.

Keith Newton



Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).