



HERNE HILL HARRIERS **HIGHLIGHTS**

October 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

**Strong all round start to HHH
Surrey League campaign at Oxted**





For the first time in the Surrey League's history, Holland Sports hosted a Division 1 fixture from their Club HQ in Hurst Green, and did a brilliant job. The sun shone down on the manicured fields as burgers sizzled on the BBQ throughout the afternoon, washed down by the excellent Larkins Pale Ale, this was rural Surrey. Against this tranquil backdrop the racing was frenetic, and as with the Southern and National Road Relays it was great to see another strong Herne Hill turnout across the age groups.

The U13 boys kicked off the afternoon's proceedings and the team race was never really in question as the HHH boys had five runners within the first dozen, and ultimately closed the scoring four in 9th. Josh Lotter was our first scorer in 3rd, followed by Tommy Howard 4th, Conor Harrow 8th and Elliott Albert-Preskett in 9th. Benjamin Thomas in 12th provided excellent back up to the scoring four, and there were four additional HHH finishers. Skyla O'Brien was in a different class in the U13 girls race, running a time that would have put her comfortably in the boys' top ten. South London Harriers' girls exhibited similar team dominance to that of HHH in the boys' race, but the HHH girls packed well to close second team, with Olivia Fisher in 9th, Poppy Mack 13th and Catelaya Holmes 21st. There were four further HHH finishers.

The U15 and U17s ran together, with the boys starting shortly before the girls. HHH's Thomas Clerkin forced the pace at the sharp end, but it was his club

mate Caspian Holmes who eventually got the win. Thomas ended up in 4th, with James Clements-Nash 7th and Leau Roch closing the scoring four in 16th, for a clear team victory. A further eight HHH athletes completed this race. The U15/17 girls' race was scored separately, with our U15s placing 5th team, and our U17s 2nd. Sophie Mendes led the way in the former in 10th, with other team members including Scarlett Pyemont 17th, Summer Reed 29th and Amber Williamson 33rd. Lily Kitto was our first U17 finishing an excellent 4th, followed by Maeve Minielly 11th, India O'Brien 13th and Zoe Dodgson 23rd.

Ten clubs comprise the Senior Men's Division 1 league, but there were an incredible 316 finishers, 29 of whom were HHH. It was no surprise to see the home Club's Jack Kavanagh quickly to the fore. He produced a front running masterclass, building a lead with early 2.40km pace and then holding it until the finish. Sam Bramwell, having clocked quickest HHH legs at Rushmoor and Sutton Park, took no prisoners again with a some very aggressive racing, moving away from regular top ten National finisher Jack Millar, to finish a comfortable 2nd. Sam led our men's A team to a strong 4th place finish.

Team Captain Danny Shaw produced his highest ever Surrey League finish in 21st position, aided by a rapid last 200m which took him past several runners. He was closely followed by Morgan Roberts in 25th. Having been ill during the week, Morgan ran a cautious race and was in the 40s at halfway, before storming through in the second half. Liam Burthem made an excellent HHH debut finishing in 35th, a great addition to our squad, and he was followed Joe Morwood, who was 55th, two second claim members who made a big difference to our points total. Tom O'Mahoney had had an excellent start to the winter including a strong run at the National Road Relays, finishing 59th, and was closely followed by Ashley Goncalves in 60th, another excellent run. Our next three closed our scoring ten, with another welcome debutant Alfie Brown in 70th, Andrew Clarke 71st and Thomas Patterson in 72nd.

Finishing in 76th, Harry Roberts was extremely unlucky to miss out on the scoring 10, but led our B team to a superb 2nd team place. Alex Russell in 86th and another debutant, Lewis Fagge, in 100th closed our 13 in the top 100. Simon Coombes was 103rd, and second V50, Alex Gutteridge 109th, Jeff Cunningham 125th, Raj Paranandi 128th, Fintan Kearney 137, U20 and debutant Daniel Julius 138th, with Stephen McLeod 175th closing our B team.

Our Senior Women produced excellent 2nd place finishes in both the A and B team races. Sophie Tooley was our lead runner for most of the race, having just started to train post illness. As with Morgan, we are hugely grateful to Sophie for racing whilst not at full fitness, and playing a key role in the A team's second place finish. Sarah Grover has been a revelation so far this winter, and produced another top run with her 12th place, three positions ahead of Sophie in 15th. New second claim member Laura Gent, who had also been ill and had a house move to London in the week, ran really well to finish 16th, with

Charlotte Davies superb in 18th, and Darcie Hey closing the team in 21st. HHH debutant Amie Walker ran an aggressive race, having been top 15 early on, and dug in well to finish 24th, with Lily Newton our 7th scorer, who moved through the field very well, in 25th. Our second placed B team was completed by Ella Newton 43rd, Madelaine Parmer 46th and Surrey League debutant Amy Bull, 74th.

Congratulations to all who raced this first Surrey League. We look forward to another strong turnout at the second match at Beckenham Place on 15th November. **Keith Newton**

Let's Lift the Curfew



A great event organised by HHH and TRC in support of the campaign, to amplifying women's voices to make outdoor sport and physical activity safer and more inclusive for women. Big thanks to our own Julia Wedmore for leading the event from the HHH side. and Tahir and Guilia from TRC.

Sam Bramwell: Racing Without Fear



In this month's Q and A we hear from Sam Bramwell, who has had a storming start to the winter, following an excellent summer. Having posted quickest HHH legs at the Southern and National Road Relays, Sam produced one of the finest ever relay legs for the Club at the National Cross Country Relays at Mansfield. Taking over in 23rd on leg 2, Sam stormed through the field to finish in 2nd place by the end of the 5km, which bodes well for a very strong winter. A relative newcomer to the sport, Sam tells us about his journey and how he juggles his love of art with running.

Q1 Were you a sporty kid growing up and, if so, which ones did you particularly enjoy?

I loved sports and did most of them, but Football was my favorite, which I played up until my second year of university, where running took over.

Q2 You seem to have come relatively late to competitive club athletics, can you tell us about your journey into the sport?

I began running because I struggled with the mental side of football, whereas with running, I felt it was on my own terms and that I got out what I put in. It also came at a time during my degree when the pandemic hit and my whole course moved online, so I needed an outlet to keep me going. From there, my competitive side took over and I just wanted to keep improving.

Q3 My sense is that having taken up club athletics without growing up in the sport alongside the other top guys, that you approach it with a very refreshing and positive attitude in terms of what you can achieve i.e. racing with no fear?

Perhaps that is true. I think not really knowing anyone in the sport and just racing with nothing to lose is a better place to be than feeling the pressure of having been in the game for a long time. I still feel I have this advantage because, although I have run well before, I do not carry the expectations of someone who has won a lot or reached the top. Running is something that is beginning to grow on me more as I do it, and even on the days when I do not want to run, I always feel better and more positive afterward. That feeling is what keeps me coming back.

Q4 Can you tell us about your training, maybe by citing a typical summer/winter training week?

My main philosophy for running is built around strength and developing the aerobic engine over time. During the winter, I usually run between 80 and 100 miles per week with two or three sessions. These typically include a double threshold session of around 12 miles in total, steady runs, hills, and occasionally a more specific 5k–10k session. In the summer, my training becomes more focused on the track.

Tuesdays are dedicated to 5k-specific work, Thursdays are threshold sessions with slightly less volume than in the winter, and Saturdays are either 1500m-specific or a mix of threshold and speed work.

Q5 What are your favourite type of sessions, and least preferred?

I think my favourite sessions are simple threshold workouts such as 5 x 6 minutes or 10 x 1k, where I can settle into a good rhythm. I do not really have a least favourite session, but high-intensity workouts like 6 x 600 can be tough when I am training on my own.

Q6 It was great to see you racing 1500m this summer and running a 3m45 pb. Can you say a bit about your interest in shorter distances, and whether you have a target in mind in terms of what you might achieve?

I used to avoid the shorter distances because I never thought I would be good at them, but after doing some speed sessions in the summer, I realised I had a lot of potential. That gave me a big incentive to include more of them in the future. Since I have only recently started adding speed work to my training, I still think I have a long way to go before reaching my full potential, and I believe that running under 3:40 could be possible if I stay consistent.

Q7 It would be good to get your view on how you think racing well over 1500m, may also benefit longer distance performances?

It took me a while to understand how important 1500m speed is, especially for the 5000m. Developing leg speed at faster paces gives me a wider range and helps me run more efficiently and faster over 5k, particularly since my background is more strength-based and aerobic. I think that is why we see so many of the top athletes running fast over 1500m now. Many of them come from a strength-based approach, and when they add more specific 1500m sessions, it unlocks another level in their 5k performance.

Q8 You are able to race well on all surfaces, track, road and cross country. It would be great to hear your perspective on that, and whether you have any preferred surfaces or distances?

I used to think my best distance was the half marathon, but after racing competitively for a few years and trying a bit of everything, I have realised that I simply enjoy the act of racing itself. I am always going to be competitive no matter what event I am in, as that is just part of who I am. My favourite distance is probably the 5k because it requires the perfect balance of strength and speed, which suits my running style well.

Q9 You have put a big emphasis on Club events, for example opening this season with quickest HHH legs at the Southern and National Road Relays and then being first scorer at the Surrey League. It would be good to hear what value you put on these races, and how you see them fitting into your programme?

Racing with the club is really important to me because it is what first got me into competitive running. I also think the events you mentioned are high quality and a great opportunity to test yourself against some of the best runners in the country, so it would almost feel like a waste to miss them. Another factor is that I want the club to do well, and if I can place high in these events, hopefully it gives others the belief that they can too. The social side of club running is also something I really value. It is one of the few times you get to talk about running in depth with people who truly understand it.

Q10 Can you tell us about your main goals for the 2025/26 winter season?

My main goal is to race the Telford 10K and run a strong road 5K. I also want to try racing the Liverpool Cross for the first time, as it would be a great test of my abilities. I'm also considering running a half marathon in the spring.

Q11 You juggle high level running with your Art Masters. It would be good to hear about how you manage that balance, and to get some insight to your artistic focus/interests?

I've always been interested in art because it allows me to focus. Although running can be tiring at times, it helps me balance my energy. It might seem like an unusual combination, but I wouldn't feel normal without being able to express my creative side. I definitely have an obsessive personality, so having more than one focus stops me from overthinking and keeps my interests from being centered on just one thing. I usually run in the morning and then go straight into the studio to work. My current practice involves drawing and sculpture, and much of my inspiration comes from London's infrastructure.

Q12 Finally, based on your experience in the sport, what advice would you give to someone coming new to it?

I think the main thing is to create an environment where you genuinely enjoy the training. Running fast is rewarding, but that only comes from consistency, which is much easier to maintain when the sport gives something back to you. Find a group that matches your abilities and train in a way that suits you. Don't follow what others are doing just because it works for them. Do it because it works for you and you understand what you're getting out of it.

Hon Gen Secretary Report

2024/25 has proved another busy & varied year for the club with some notable successes mixed with some areas of the club where we can look to improve next year. There are still sections of the club & the sport that haven't fully recovered since the effects of lockdown and COVID whilst other areas recovered quickly and are currently booming. There have been some significant successes with the hosting of BMC meeting, some major improvements in senior distance running amongst individual and teams & some exceptional performances amongst young athletes where we can boast four English Schools champions.

The club continues to steadily improve in many areas & grow with optimism as featured in a recent Athletics Weekly film showing on their website. I am pleased to advise that membership numbers have continued to increase to

surpass pre covid levels and many sections of the club are showing steady improvements especially in new under 11s & female members. Our membership has grown 20% in the past year to nearly total 750 members We continue to look to address important issues affecting all athletics clubs and are making progress in addressing many areas such as a shortage of officials and volunteers, improving our hosting of home meetings & securing more qualified coaches and helpers. A huge thank you to everyone who has helped at an event in the past year. We have re-established a reputation for putting on well run and successful events and the BMC meeting in August culminating in a highly efficient and well run meeting that was over subscribed and everyone was keen to attend and help at. We continue to be very proactive on welfare and safeguarding, diversion and inclusion issues.

Numbers remain high on training evenings especially amongst distance runners with results in this sector steadily improving at the top end, especially in the womens distance section who have enjoyed lots of success and it was great to see big improvements this autumn for the mens teams including their best ever results in the Southern & National road relays. The development and popularity of Tooting Run Club continues with several runners feeding into club sessions & many joining HHH. As well as improving fitness the initiative has promoted well-being, friendship and created an inclusive running environment for everyone. This evening for example there is a large community Lets Lift the Curfew run taking place for TRC/HHH runners to support safe inclusion of women in winter months

Many thanks to everyone who has helped create the positive training environment at Tooting. Following investment in recent years the future of Tooting Bec track looks secure & it is hoped the facility may undergo some development in the future. Enable, who operate the track appear eager to maintain good communication with the club. It is reassuring that the clubs reputation in the community remains strong

Our outstanding senior athletes of the year were from the female distance section : Katie Snowden again ranked high in the national rankings & continued to perform with distinction at international level. Georgie Grgec having been awarded honours membership at last years AGM represented New Zealand in the World xc champs whilst Lucy Jones made huge progress in a range of distances from 800m to marathon including winning the senior womens 1500m title at the England Athletics Championships . Phoebe Anderson won European U23 cross country championships in December with Poppy Craig McFeely also representing Great Britain. Remarkably every senior womens club distance record has been broken in the past two years & we are enjoying great depth in this section. We can boast four English Schools champions – a credit to the thriving young athletes section and their coaches

Amongst our masters Allan Long won 100m sprint bronze medals at the European masters championships in Portugal earlier this month and Brian Wilder & Niki Sturzaker both won bronze medals in distance events whilst Byron Robinson was sixth in 100m and 200m M35 finals

We had a big representation at the English schools championships & had four

champions during the summer : Jasmine Nkoso who won the inter girls multi event title & was selected for England Schools team. Ella Rennie deserveably won the inter girls 200m title having previously won medals in two successive years. Fred Hake really improved to win the senior boys 400m title and Sasha Nolan, in her first English Schools won the junior girls long jump

We have continued as a club to enter a wide range of competitions covering all agegroups and enjoyed successes at national, area, county and local levels.

We had several successful home League meetings in the summer culminating in a very successful & high quality BMC meeting in August which was the best quality domestic BMC meeting ever held. Several of the GB team at the World Championships ran at our meeting as a warm up to the champs, Many thanks to Keith Newton who was meeting manager and his organizing team for their hard work in putting on such a successful meeting and it was great to see such a large crowd spectating the high quality athletics. We also hosted a successful Stan Allen Miles evening meeting in September which was a very popular event to celebrate one of our most memorable members

Our Executive committee have continued to meet monthly to deal with a variety of issues. The Club has remained at the forefront of reacting to inclusion and diversity & welfare issues with our Groups liaising closely with England Athletics and have been recommended to other clubs as an example of good practice. Sarah Guest has worked tirelessly as Welfare officer, most recently organizing a very successful & informative talk at Graveney school in September which attracted almost 100 athletes, parents and coaches. It is an example of profile raising welfare activities across the club during past year, designed to ensure that our membership. Including parents, feel fully supported and informed in this important area. Other examples includes new social media and safeguarding policies and information on the club website, supporting club coaches and officials with safeguarding training in partnership with London Sport, and broader promotion of welfare support via posters, flyers and regular features and reports in the club newsletter.

Welfare priorities in the coming year include further safeguarding training opportunities for members and officials, the appointment of a data protection officer to support safeguarding and disseminating useful welfare and safeguarding information for our younger athletes.

With the increase numbers in the club one of the challenges has remained to engage new members in competing for the club on a regular basis. We are indebted to Leon Kong supported by Tom Conlon as membership secretary. Leon has orchestrated the Introduction of direct debits as payment method which has improved incoming monies received. Sadly we learnt of Joe Hegerty & Mick Hanahoe, both highly respected members, who passed away in the past year as did two local athletics stalwarts who regularly supported our meetings : Don Turner & Tom Richards.

We have also looked to improve communication & social media with more activity and contributions. Club President Anthony Mayhew has led by example looking to tackle several important issues as well as continuing to successfully coach . Treasurer Mandy Brown has continued to report on the club's finances

which remain healthy. We organized a successful club presentation evening in April to celebrate the club's achievements which attracted an audience of 130 members and their families although our 135th anniversary dinner at the Bedford in Balham unfortunately wasn't so well supported

The sprint relay camp continues to develop with successes including the mixed U20 team winning at the Diamond League, our U17 women winning the national title with the U15 girls medalling and the club winning several agegroups at the Surrey County relay champs in September

Recruitment continues with increased social media activity as well as increasing our identity with the local community at a time when other local clubs and sports are all competing for the same clientele. School training days, regular holiday camps, come and try it mornings and training trips all encourage participation and the club retains strong links with other providers such as local councils and schools. The club has enjoyed successful startrack holiday camps throughout the year which has introduced over 500 youngsters to athletics during the year.

We are greatly indebted to our pool of officials and volunteers needed to enable events to happen. Our officials are extremely dedicated and many have taken courses to increase their gradings and regularly travel to away meetings.

Retaining and encouraging volunteers to come forward both to take on roles in the club as well as attend future club events is a key target for the club and shows an improvement

A huge thank you to all our coaches and team managers who put in enormous amounts of time and effort to enable the club to function. We encouraged several members to take officials courses and upgrade their qualifications to increase our pool of qualified officials.

We currently have some vacancies for key roles : notably membership secretary, deputy treasurer and Southern Athletics League team manager and are always keen to welcome input from members with i.t. and media skills

After a solid & exciting year we can look forward with confidence that we can move forward with so much athletic talent in the club and we can emerge stronger in the future and improve on our levels and quality. We hope to have news of a new kit supplier shortly and are speaking with several local partners for exciting innovations in the New Year

I wish all members success for this coming year

Steve Bosley Hon Gen Secretary October 2025

New Club Training Kit: Adidas

We are delighted to have agreed a deal with Specialist Sports for them to supply our members with bespoke Adidas Herne Hill Harriers training gear. Look out for separate announcement, with link and details . . .

King regards, Keith Newton, Danny Shaw and Sophie Tooley

Save the Date Presentation Evening – 28 February 2026

Herne Hill Harriers Presentation evening will take place at St Boniface Social Club/Parish Hall, 185 Mitcham Road London SW17 9PG

On Saturday 28th February 2026

Tickets will be on sale shortly – look out for announcements

Please save the date to celebrate 2025 which has been a memorable year for the club and many of our members

As in previous years we are looking forward to musical performances from our many talented members (all ages) if you would like to perform
Please contact Steve Bosley on 07721 555688 or info@hernehillharriers.org
asap



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