



HERNE HILL HARRIERS **HIGHLIGHTS**

April 2023

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.

Apologies for being a bit late this month . . .

Herne Hill Harriers at the London Marathon









I had the pleasure of volunteering at the London Marathon, giving out the Classics Medals. Always a very emotional and humbling experience. I managed

to congratulate and photograph lots of our athletes, apologises to those I missed, with 40,000 plus finishers, it gets a bit hectic at times . . .

There were at least 25 runners from Herne Hill Harriers who completed the 26.2 miles course in good times, with many of these being personal bests. Ollie Mills and Sophie Gunning led the red and black charge with PBs as they were crowned as club men's and women's marathon champions for 2023.

Mills improved his previous best time by over a minute with 2:31.28, while Gunning's 2:53.48 took almost 20 minutes off her PB as both ran strongly throughout.

Next Harriers finishers both also ran lifetime bests as Ryan Willmott and M45 Ben Millar clocked 2:39.0 and 2:43.54 respectively. Next was Alex Gutteridge 2:45.09, Max Rose 2:45.25 and Jonathan Ratcliffe 2:46.26. The latter was sixth in the M55 category.

Jack Brotchie ran 2:49.13 while pacing another athlete to a PB, then the runners flooded in as Ed Crowther 2:52.40, Alex Russell 2:54.19 in his third marathon in as many days, Carl Delaney also doing a pacing job with 2:58.44, Andrew Georgeson 2:59.35 all ran under three hours.

More Herne Hill finishers were M50 Trevor Chilton 3:03.21, Marcus Harrow 3:05.23, Laura Donnelly 3:06.50, Gen Huss 3:12.49, M55 Robert Nagorski 3:13.43, W40 Suzanne Swaine 3:17.15, another W40 Loren Gartside 3:25.02, M55 Andrew Simms 3:29.09 on his birthday, Beth McHugh 3:34.26, Ruth Chalmers 3:35.25, Annabelle Acres 3:35.27, W50 Ellen Walsh 4:08.46, Zoe Boland 4:33.33 and Tooting Run Club leader Tahir Shams ran 4:57.52.

National Road Relay Champs

The National Road Relay Championship at Sutton Coldfield on Saturday saw a resurgence in standard as the men's 12 stage relay featured Olympians and

other international athletes turning out in their team colours and a strong women's 6 stage race included the national cross country champion. This all made for an enthralling day of racing with a titanic three way battle between the men's team medalists in what is the finest relay event on the club distance running calendar.

Herne Hill Harriers were well represented with the men's team finishing an excellent 19th in one of their best ever performances on this stage in Sutton Park and a women's team which very nearly fell through less than 24 hours before the event held on after a very strong first half to eventually place 11th.

The biggest success, however was individually as a stellar run from Georgie Grgec saw her come home first on a strong leg one, a long stage of 5.34 miles. Grgec beat British marathon international representative Lily Partridge by ten seconds to record the fastest women's long leg of the day clocking 28:34.

Her national gold medal winning performance was also the fifth best female time around on this version of the course and reaffirms her recent breakthrough racing form. Her next race will now most likely be the Comeback 5000, a track meet of 5000m races hosted by Belgrave Harriers in Battersea Park at the end of this month against another high quality lineup.

With some other stars missing on the day, Harriers women nevertheless raised eyebrows in the first half of the race as Lily Newton and Charlotte Davies combined on the next two short stages of 3.16 miles to see the team holding second place at the halfway stage with their times of 18:54 and 18:58 respectively.

This position was realistically unsustainable, but Sarah Grover, a last minute switch from a short stage to a long one (sixth in 33:00) and late replacements Charlotte Kenyon (20:58) and Megan Gildea (19:47) on the final short stages fought superbly to bring the team home in a valiant 11th at the finish.

The men's team had a top 20 target and in the strongest men's field in many a year their overall time would have seen them higher than 19th in almost any other recent year. The team ran consistently throughout the 12 stages which

alternated between long and short for a full afternoon of very competitive racing.

Lewis Laylee got off to a good start in 25th (26:54), then Mike Cummings clocked Herne Hill's fastest short stage (15:55) to hand over to Andrew Clarke (27:43) in 24th, a position he held onto. Matt Cartwright (16:12) moved up to 22nd and Morgan Roberts (27:32) to 21st. 50-year-old Simon Coombes (16:47) ensured 21st at halfway followed by Daniel Shaw (28:13) in 22nd and Joe Elliott (16:39) 23rd.

Sam Bramwell (26:58) then ran a strong ninth leg to move into the top 20 for the first time coming home in 19th. M40 Jeff Cunningham (16:47) moved up to 18th on leg ten and Ollie Mills (27:59) maintained this on the penultimate stage. Ross Brown (17:06) shrugged off a week of sickness to finish an excellent job for the team in 19th place of 57 complete teams of 12 to round off a good cross country and road relays season for the club.

When Lily-Rose Met Jessie

Herne Hill Harriers athletes enjoyed some good bank holiday results over the long weekend, mainly in track and field competition.

Saturday's South London Athletics Network (SLAN) open meeting at Coulsdon attracted some top quality athletes, including Tokyo Olympian, former Harrier Jessie Knight, who still holds our club women's 400m record and was racing over 300m against men and one younger athlete.

The latter was Herne Hill club U15 girls 300m record holder Lily-Rose Brown, now a U17 and although nervous, was not overawed by coming up against one of her heroes.

Brown, coached by James McDonald who has previously looked after both Knight and Katie Snowden, ran her own race and maturely stayed in touch with

the leaders. Her time of 40.02 was less than a second outside her PB and is well inside the English Schools qualifying time of 41.2. This performance currently ranks her third U17 nationally.

At the same meet U20 Harry Bell made a big breakthrough in the 3000m. Bell recorded a huge PB of 9:04.45 to finish second in the second race, over half a minute inside his previous best time.

Bell had a busy weekend as he then raced again at the UK Youth Development League match in Lewes on Sunday. Like some others who go unreported here (see final paragraph below) Bell put in a superb shift for his team as he raced in the 800m, 1500m and 3000m during the course of the day. He kicked off his afternoon placing second in the 1500m in a PB 4:16.98, then won a tactical 3000m in 9:32.34 before filling in at 800m for team points.

U17 Eliza Nicholson is new to the Harriers team but is already making big waves as she improved her already very good 3000m PB by almost 20 seconds as she clocked 9:41, fastest in the UK for her age so far this year and like Brown she could also be a real force at the English Schools Championship later in the summer.

Back at Coulsdon on Saturday, Isaac Ogunlade ran his first 400m hurdles race of the season and posted a solid 55.56 in a strong field after having run some good sprint times on the flat in recent weeks and he can expect to bring this time down substantially in the coming weeks once his hurdling catches up with his current speed and strength levels.

In the 100m races U17M Rikaion Smith ran a PB 11.34, U15G Ella Rennie won her race in 12.68, as did U15B Yunas Amoo-Gottfried with 12.77. U13G Sasha Nolan was another race winner with 14.28. Smith also clocked 23.12 for 200m.

U17W Orla Carroll ran a 3000m PB in 10:41.00, while in the 800m races U13B Zaccchaeus Kelman ran a superb 2:21.25 to rank sixth nationally in his age category, with a PB also for Edward Cunniffe with 2:23.26. U15B Tommy Clerkin won his race in a PB of 2:16.94 and U20M Evan Cowell-New ran a PB of 2:14.14.

U17 women Lucy Wright and India Blakey ran 2:21.31 and 2:27.74 respectively. U15G Sophie Wright ran 2:36.41, with U13G Sophia Mendes running 2:40.81

Gaby Reynolds Smashes Manchester Marathon

At the Manchester Marathon, 41-year-old mother of two Gaby Reynolds finished fourth female overall and first W40 with a huge PB time of 2:41.21. This exceptional run places her second on the Herne Hill all time women's marathon list and is comfortably a club W40 record.

Reynolds has juggled the demands of motherhood and a busy lifestyle to put in the hard training that made such a fine performance possible. Her time sees her currently placed second in the British W40 rankings for 2023.

Other Harriers to finish in Manchester were Craig Duncan 2:58.45, Andrew Dumbrell 3:00.29, Julian Bentham 3:17.19, Mark Preskett 3:17.23, Pedro Henrique Pinto 3:20.05, Ian Jack 3:24.10, Simon Evans 3:40.08, Billy Herklots 3:46.15 and Alison Beck 4:22.22.

Herne Hill Harriers Reunion

Thanks to Tom Conlon for organising an HHH Social at the Devonshire in Balham. Great to see a number of Herne Hills finest athletes from the recent past, and a few who are still competing . . . not often you get 10 past and present HHH presidents in the same room!

Summer Fixtures

Our women's cross country captain, Julia Wedmore, has made an excellent summary of all events, which is available via the link below:-

<https://docs.google.com/spreadsheets/d/1sD5RmY4qyjjiWgbbjlp1GQyLRYOLBtuGTnmDeqZ3szU/edit#gid=109437711>

All of the events listed above are open to all Herne Hill members (subject to a few points described in * in the email below and some age/postcode requirements for some races).

Please let team managers you are available to compete or help out via the clubs AMBER portal

<https://members.hhh.go-amber.app/#/home>

The club will pay everyone's entry fees for team events and are always keen to have as many of our runners as possible participating. Athletes are responsible for their own entries for individual events, eg track and field championships. Travel and accommodation subsidy always provided for National Athletics League teams where applicable and also for some national championships.

The spreadsheet also shows who to contact for each event, and there is also lots of helpful information about the events including start times and distances.

Please ask someone (e.g. Julia, or one of the team managers or coaches) if you aren't sure about any of the details.



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