

# August Highlights

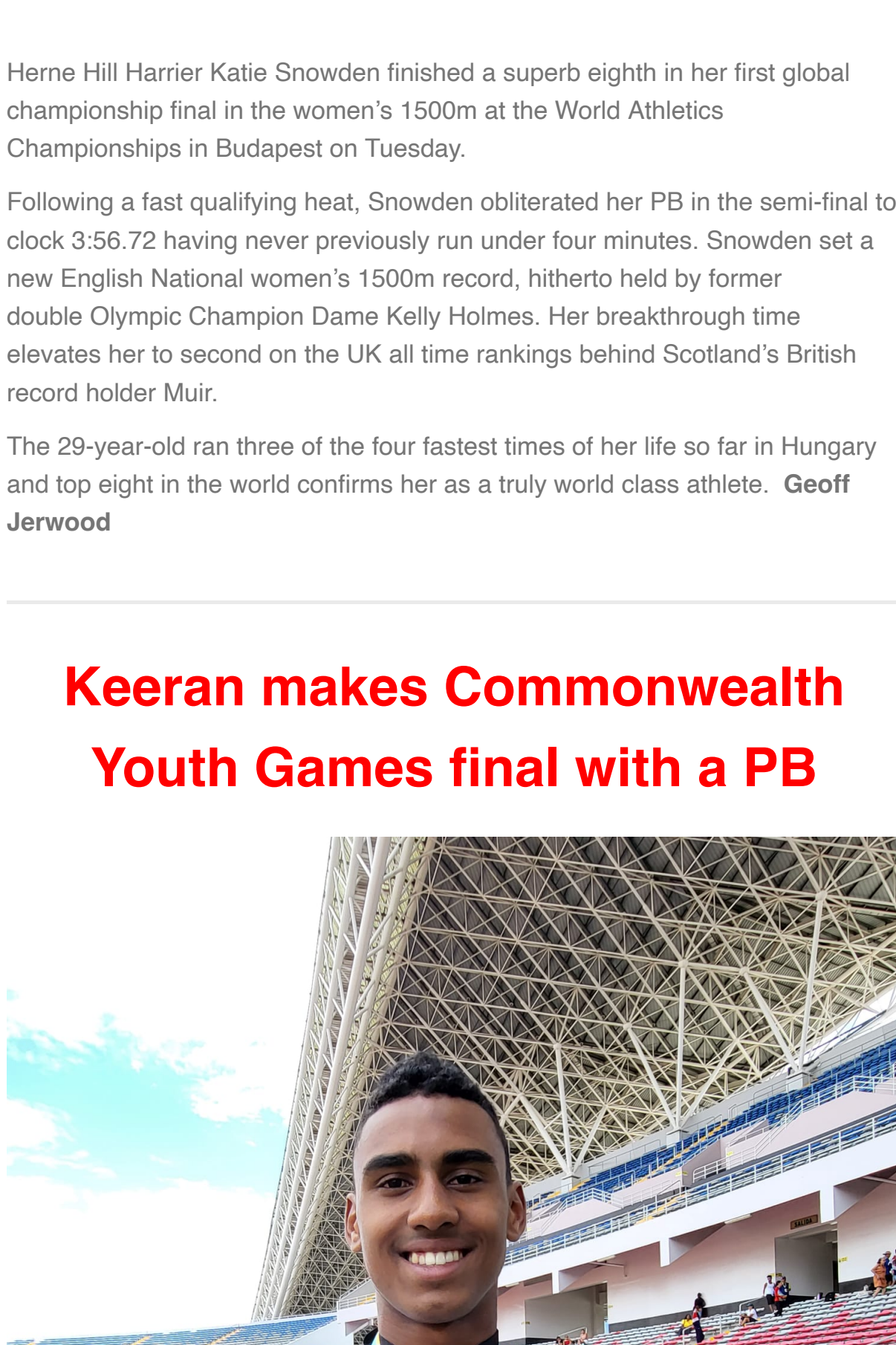
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## HERNE HILL HARRIERS HIGHLIGHTS

### August 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](mailto:glenkeeganhhh@gmail.com)

#### Katie 8th in World after taking Dame Kelly Holmes' English 1500m record in Budapest



Herne Hill Harrier Katie Snowden finished a superb eighth in her first global championship final in the women's 1500m at the World Athletics Championships in Budapest on Tuesday.

Following a fast qualifying heat, Snowden obliterated her PB in the semi-final to clock 3:56.72 having never previously run under four minutes. Snowden set a new English National women's 1500m record, hitherto held by former double Olympic Champion Dame Kelly Holmes. Her breakthrough time elevates her to second on the UK all time rankings behind Scotland's British record holder Muir.

The 29-year-old ran three of the four fastest times of her life so far in Hungary and top eight in the world confirms her as a truly world class athlete. **Geoff Jerwood**

#### Keeran makes Commonwealth Youth Games final with a PB



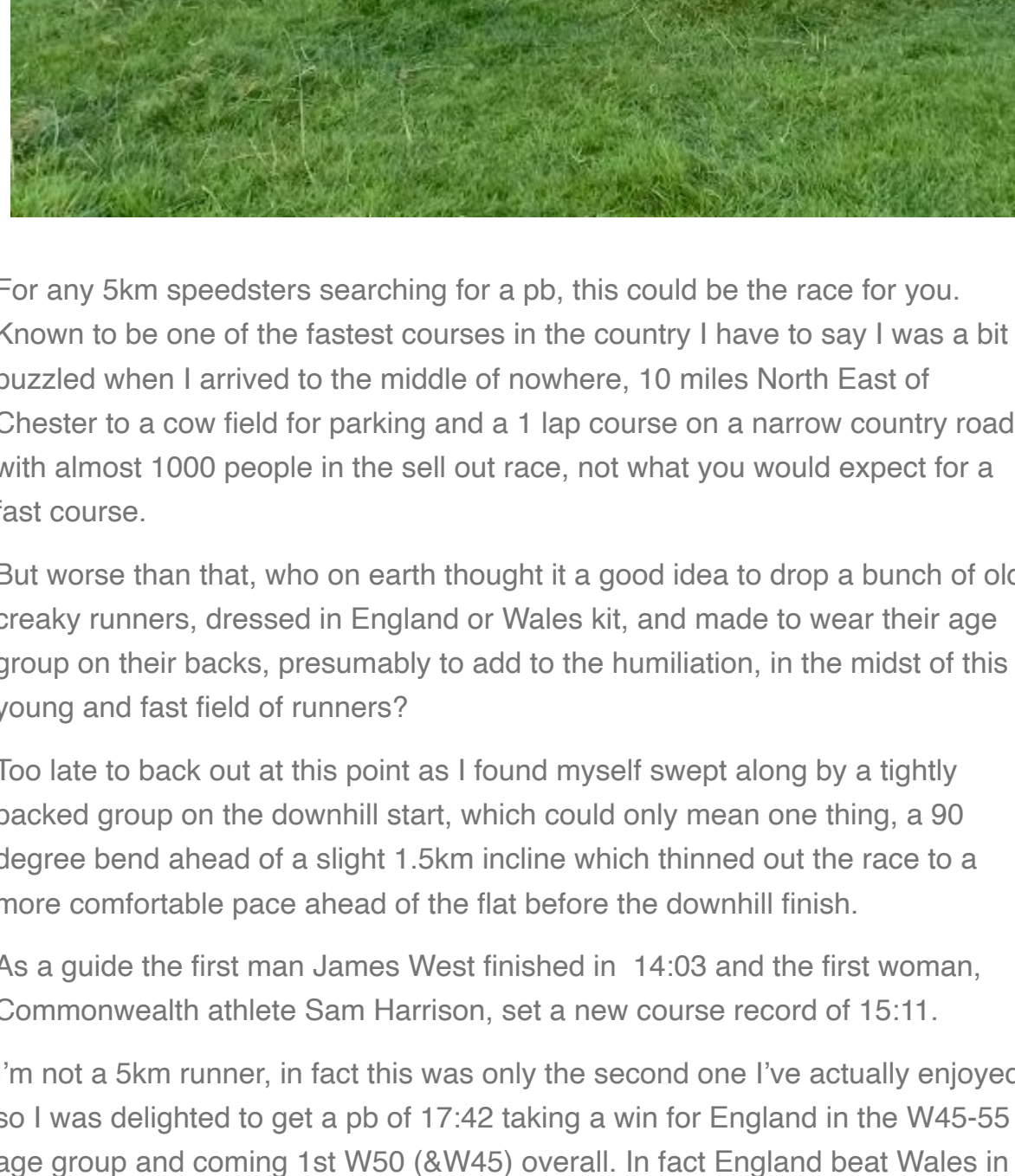
The Commonwealth Youth Games athletics events were held in the Haseley Crawford Stadium in Port of Spain last week. Keeran Sriskandarajah of Herne Hill Harriers represented the home nation Trinidad and Tobago in the men's 800m.

He ran a superb PB of 1:53.85 placing fourth in his semi final. This was only half a second outside a very long standing Herne Hill Harriers club Under 17 men's 800m record.

Having qualified as a fastest loser with a big effort, it was then a tough turnaround to race in the final less than 24 hours later. Sriskandarajah finished eighth in Thursday's final in 1:59.89 to cap a great experience and taking home a PB along with the memories of a big games.

Just over a week earlier he had competed in the Trinidad and Tobago National senior championship and won two medals, first a bronze in the 1500m clocking a PB 4:03 and then the following day in the 800m he clocked 1:55.63 to add a silver to his collection. **Geoff Jerwood**

#### Nikki goes top of UK rankings in Masters International



For any 5km speedsters searching for a pb, this could be the race for you. Known to be one of the fastest courses in the country I have to say I was a bit puzzled when I arrived to the middle of nowhere, 10 miles North East of Chester to a cow field for parking and a 1 lap course on a narrow country road with almost 1000 people in the sell out race, not what you would expect for a fast course.

But worse than that, who on earth thought it a good idea to drop a bunch of old grey runners, dressed in England or Wales kit, and made to wear their age group on their backs, presumably to add to the humiliation, in the midst of this young and fast field of runners?

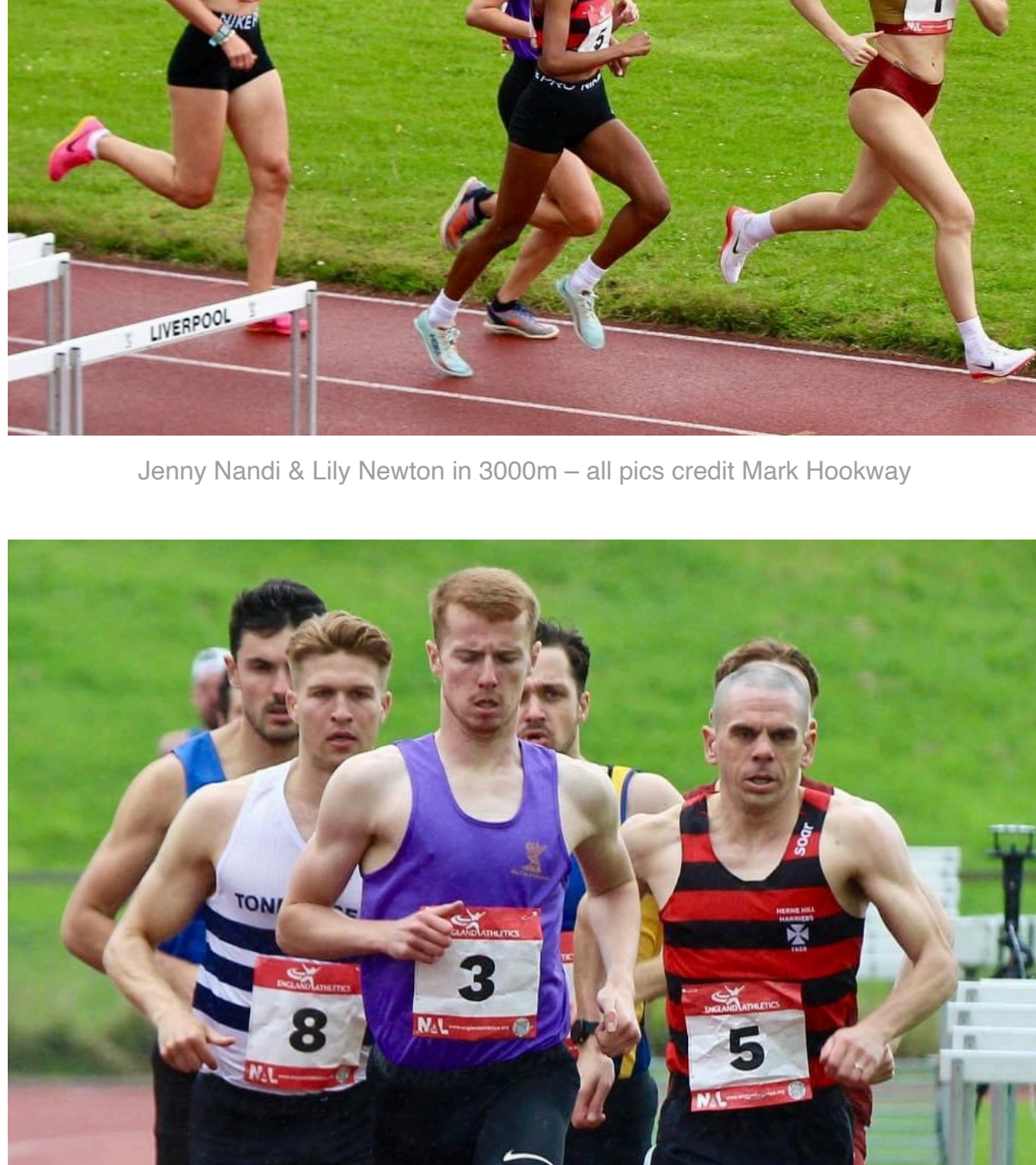
Too late to back out at this point as I found myself swept along by a tightly packed group on the downhill start, which could only mean one thing, a 90 degree bend ahead of a slight 1.5km incline which thinned out the race to a more comfortable pace ahead of the flat before the downhill finish.

As a guide the first man James West finished in 14:03 and the first woman, Commonwealth athlete Sam Harrison, set a new course record of 15:11.

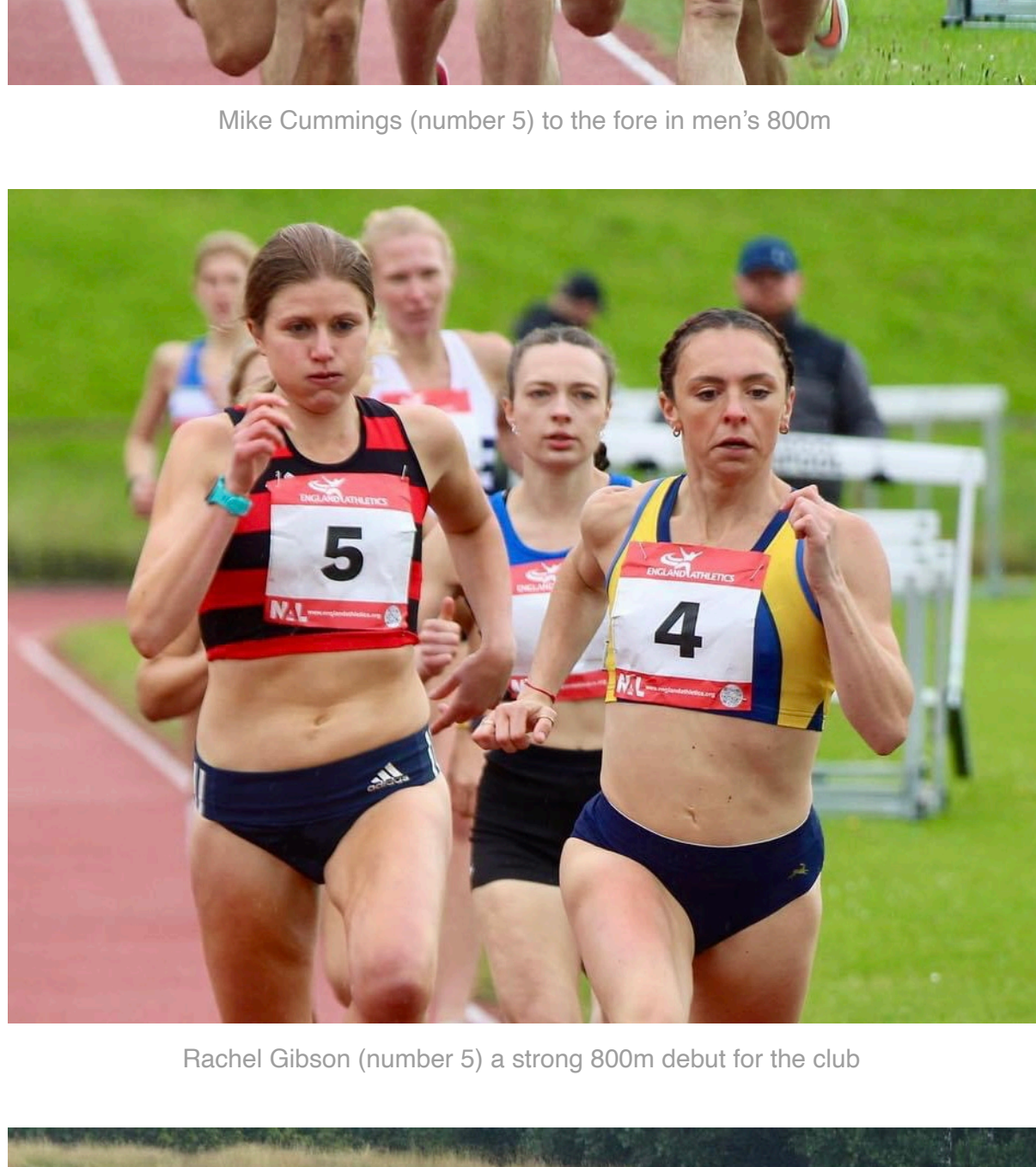
I'm not a 5km runner, in fact this was only the second one I've actually enjoyed, so I was delighted to get a pb of 17:42 taking a win for England in the W45-55 age group and coming 1st W50 (&W45) overall. In fact England beat Wales in every age category for the women and only lost one age group I think for the men giving us a convincing victory which they hope to contest next year in Cardiff.

Altogether a very enjoyable experience on a beautiful sunny evening up North, who knew that was a thing? **Nikki Sturzaker**

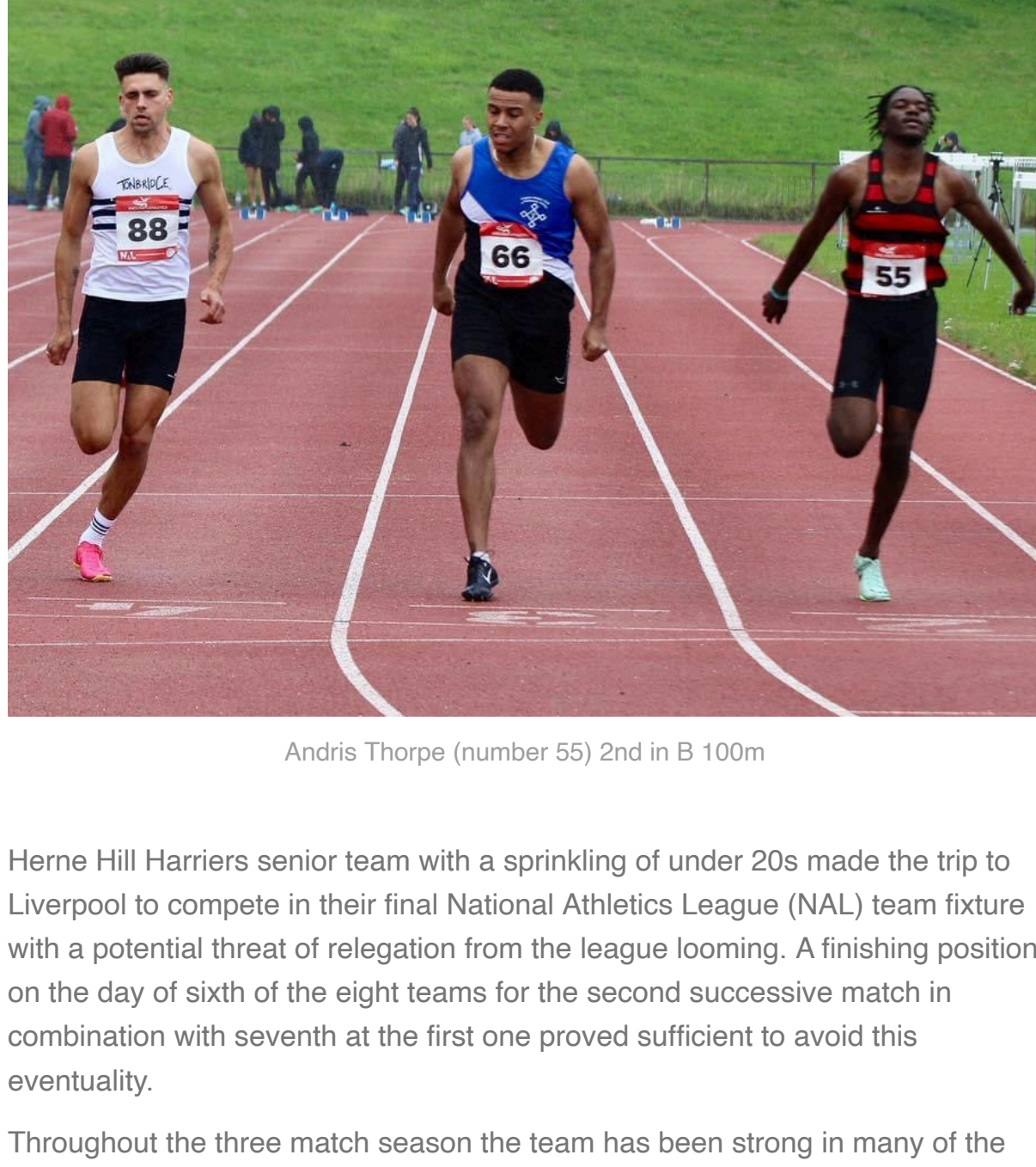
#### Herne Hill Harriers retain National Athletics League status in Liverpool



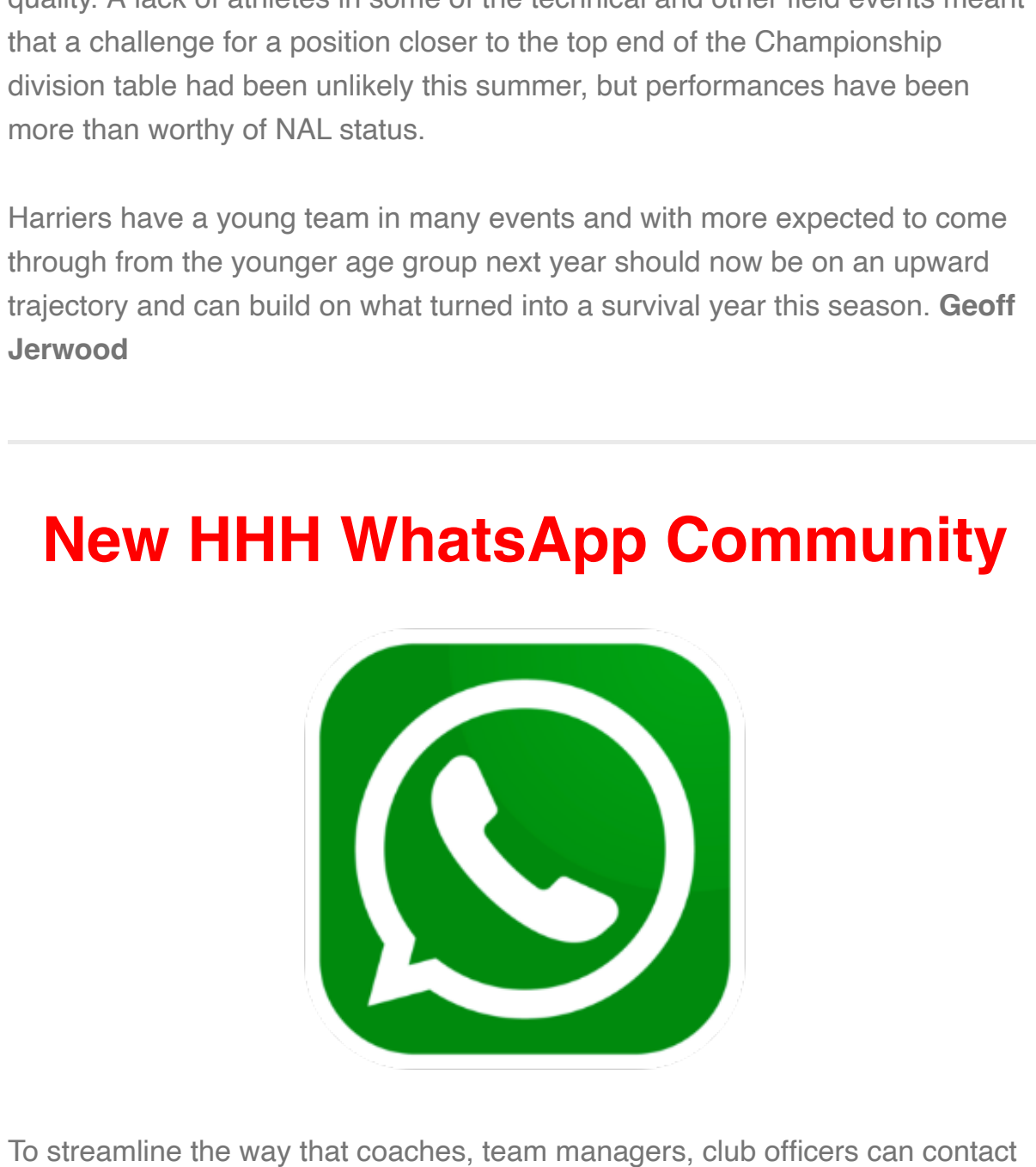
Jenny Nandi & Lily Newton in 3000m – all pics credit Mark Hookway



Mike Cummings (number 5) to the fore in men's 800m



Rachel Gibson (number 5) a strong 800m debut for the club



Andris Thorpe (number 55) 2nd in B 100m

Herne Hill Harriers senior team with a sprinkling of under 20s made the trip to Liverpool to compete in their final National Athletics League (NAL) team fixture with a potential threat of relegation from the league looming. A finishing position on the day of sixth of the eight teams for the second successive match in combination with seventh at the first one proved sufficient to avoid this eventuality.

Throughout the three match season the team has been strong in many of the events they have been able to cover and have regularly shown some true quality. A lack of athletes in some of the technical and other field events meant that a challenge for a position closer to the top end of the Championship division table had been unlikely this summer, but performances have been more than worthy of NAL status.

Harriers have a young team in many events and with more expected to come through from the younger age group next year should now be on an upward trajectory and can build on what turned into a survival year this season. **Geoff Jerwood**

#### New HHH WhatsApp Community



To streamline the way that coaches, team managers, club officers can contact members and members can contact each other, we have set up a club What's App Community. It should also make it easier for new members to access the various club WhatsApp groups. You can use the link below to access the community and join groups that are of interest. If you would like a new group added or an existing group to be included under HHH community umbrella, please contact me [glenkeeganHHH@gmail.com](mailto:glenkeeganHHH@gmail.com)

Link to HHH WhatsApp

Community: <https://chat.whatsapp.com/E5FHbvsGF6i14EgEXt6liy>

#### Sign via AMBER for the upcoming seasons fixtures . . .

Don't forget to let your your team manager/coach know you are available. Sign up via AMBER: <https://members.hhh.go-amber.app/#/home>

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