



# **HERNE HILL HARRIERS** **HIGHLIGHTS**

## **February 2022**

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)

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**National Indoor Bronze  
medal for Dante Clarke in  
Sheffield**

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A small group of Herne Hill Harriers athletes travelled to Sheffield over the weekend to compete at the England Athletics Age Group (U15/U17/U20) Indoor Championships and Dante Clarke brought home a national championship bronze medal in his event.

A talented combined events athlete, Clarke focused on the Under 17 men's long jump and produced a fine personal best leap of 6.45m to place third on the day and secure a place on the podium. This performance also ranks him third in the UK U17 men's list for the year so far and rewards the hard work put in by both Clarke and his coach Anthony Mayhew.

A successful trip to the north was also enjoyed by a couple of Harriers Under 15 sprinters, as Jordan Ebanks and Luca Anderson both experienced major championship heats and semi-finals on Saturday. Both ran PBs for 60m and Ebanks placed 8th in the final with 7.71 seconds. No doubt tired in his third race of the day, Ebanks had run faster in his semi-final to qualify for the final, clocking a PB of 7.62. Curiously Anderson ran faster in his semi-final, but his 7.59 did not see him advance as he was in the stronger of these two semis. Anderson nevertheless moves up into the top 20 in the UK for 2022 so far with this run.

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Saskia Millard in the womens 3000 metres race at the British Miler Club Watford Grand Prix at the Woodside Stadium, Watford. Picture by Nigel Bramley  
07827818829 29/06/2019

# University team medals for Saskia at BUCS Cross Country

After a year hiatus due to the pandemic, the British Universities and Colleges Sports (BUCS) Cross Country Championship was held at Horsenden Hill in Middlesex on Saturday and produced an exciting and vibrant series of four races on a course with some muddy sections which became increasingly churned up as the day progressed. Herne Hill Harriers athletes featured in both the women's races, the 6km short race and the 8km long race and there was also representation in the men's long race which was 10km.

Saskia Millard enjoyed a strong run in the prestigious and very high quality women's 8km race, placing an excellent sixth to lead her Birmingham University team to silver medals. Millard, a Great Britain Under 20 international in European Championships at both track and cross country in 2019 and a British senior championship 5000m fifth placer a year later, is now racing well again at a high level and looking forward to establishing herself during 2022, alongside the demands of her medical studies in the Midlands.



# Miller and Minetti star for Herne Hill at Lee Valley

A number of Herne Hill Harriers athletes were competing indoors over the weekend at the London Indoor Games senior and under 20 events at the Lee Valley Athletics Centre.

Among the stand out performers were sprinters Michael Miller and Giuseppe Minetti who raced in the senior men's 60m on Sunday as the indoor track and field season heads towards its business end.

Miller ran a rapid 10.54 seconds for 100m last summer, one of the fastest performances by a member in Harriers' long history and has kicked off his 2022 with a big PB for 60m. His time of 6.76 at Lee Valley is an improvement of more than two tenths on his previous fastest and augurs well for good seasons this year, both indoors and outdoors. He is currently ranked in the UK top 15 for senior men's 60m and top 6 among Under 23 athletes in the early year lists of fastest performers.

Minetti is towards the older end of the age spectrum as a M50 competitor, but is hardly slowing down. Indeed his 7.54 for 60m was among the 10 fastest of his long athletics career and his quickest since 2018. A big leap forward from his pre Christmas indoor racing form.

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## **Club launches mentoring scheme**

The Club has launched an innovative mentoring scheme, initially on a one year pilot basis. Nine of our senior women female distance athletes, a number of whom have been with the Club since their early teens and all have been active in sport from an early age, have volunteered to be mentors to nine of our young female distance athletes (aged 14-19). The scheme was officially launched on 2nd March 2022, with mentors, mentees and parents in attendance. Former President, Keith Newton, who instigated the scheme, said 'we are very much hoping that through this mentoring programme we will augment the experience of our young athletes, by providing an additional support mechanism, a sounding board, where they can share experiences and learn from those who have addressed many of the challenges that our young athletes face. I am delighted that we have had so many of our Senior Women come forward, and young female athletes seeking mentorship, and see this as the initial pilot phase which we would then very much like broaden to other Club members'.

The scheme has an Oversight Group that reports to the Club Executive, and

comprises Keith Newton, Steph Mitchell, Helena Corbin, Kristal Awuah and Steph Twell. It will seek feedback regarding the operation of the scheme, and ensure that we learn from the experiences of mentees and mentors. Two members of the Group, Steph Mitchell and Helena provided a briefing session for mentors, capitalising on their significant experience of mentorship schemes in the workplace. The briefing session was also attended by Club Welfare Officer, Nigel Stone, who addressed expectations around safeguarding and related matters. Further updates to be shared with Club members as we progress through this pilot phase.

Keith Newton, former President, 2019-21, and Executive Committee member

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## **NEW – Tooting Run Club**

In addition to its core activities of track & field, road and cross country training and competition, the Harriers also boasts a proud record of community outreach. Its latest initiative is “Tooting Run Club” which launches next month on 28 March. Club President, @glenkeagan tells us more, “Tooting Run Club is a community activity programme that’s open to everyone aged 18 or over. One of our key aims is to widen participation and increase activity levels of local people, particularly those from under-represented communities. And one of the ways we hope to help is by offering free training and free access to Tooting Track’s sporting facilities. We are very grateful to Wandsworth Council for their help and support in this regard.”

Programme Director, @RunWithTahir summarises the essence of Tooting Run Club as being about enjoyment and improvement “we want to see engagement in the community right across the board. If we just start with the running side of things, we will develop your confidence and fitness, and for those who have done some running before, improve your running times by sharing our tips and insights. There is of course broader improvements that come with that, achieving better physical and mental health, which leads to increases in confidence and a more positive outlook. And then there’s the social side, participants have the opportunity to expand their network and connections by meeting new local people, hopefully some lasting friendships will evolve and help improve all round quality of life.

Please share with friends, family and anyone you think maybe interested.  
Please use the link below to register:

# Help needed for HHH summer athletics events

We have a busy summer ahead on the track, and that is only possible with your support. So if you think you can help out, please let me, Dan Hallam know.

Possible "home" fixtures:

- 27 June Vets league at Battersea
- 16 July Southern Athletics League
- 13 August Southern Athletics League

Look forward to seeing you somewhere in South London over the coming year.

Thanks Dan Hallam

HHH Officials Sec

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## Forth coming fixtures:

### Cross country

- 5th March – Surrey x country league – Lloyd Park
- 12th March – British masters xc champs – Tonbridge
- 12th March – CAU inter counties xc – Loughborough
- 19th March – English Schools xc champs – Hop Farm Kent
- 20th March – Downs League xc – Epsom Downs

### Track

- 5/6 March – BMAF indoor champs – Lee Valley
- Sat 9th April Surrey County Disability Champs National Road Relays
- Sat 16th April Easter Saturday / Sun 17th Easter Sunday
- Sun 24th April Ydl Upper Sutcliffe Park
- Sat 3th April Slan Open Meeting Woodcote School Coulsdon

### Road

The Wimbledon 5K Dash has a new early-season date: 13 March, 2022. This year the race will be the first in the Surrey Road League Series, as well as incorporating the Surrey County Senior and Masters 5K Championships.

Sunday 27 March – Southern 12/6 stage Road Relays



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