



HERNE HILL HARRIERS **HIGHLIGHTS**

February 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

Surrey League Champions



Herne Hill teams claimed league titles in three age groups as the Surrey League cross country season drew to an exciting climax. The senior women, U15 girls and U13 boys all came out as overall winners on cumulative points scores. The combined U15 boys and U17 men were also team winners on the

day, but fell 10 points short of winning their league.

The Herne Hill senior women were in the biggest cliffhanger of the day going into the fourth and final race with a very slender 13-point lead and with closest rivals Kent AC pulling out all the stops at their disposal in their own hunt for glory. The Harriers' A team prevailed as they secured a one point team win on the day. They were crowned as league champions by 14 points over the four races.

Georgie Grgec was again a clear individual race winner and by her most emphatic margin of the three league races she had run, an impressive 71 seconds ahead of her nearest pursuer. Gaby Reynolds (W40) produced her highest placing to date in 10th, as did Grace Leyland in 13th. The A team was closed in by ever-present Jenny Nandi in 21st and team captain Julia Wedmore (22nd).

Grgec was the first individual overall with her three wins from three attempts, the award going to the scores of the best three performances from the four league races.

The U15 girls had a much more comfortable win over their four race series with some really strong efforts throughout the season. On the day their league championship was secured by Lily Kitto in third place, Sophie Jack (fourth), Martha Brennan (10th) and Lily-Rose Brown (11th).

Orla Carroll was unavailable to race on this occasion, but was vital to the overall league win as she finished second in the individual standings for her strong performances in the other three league races.

The U13 boys were first team, both on the day and overall as league champions. Star runner Caspian Holmes was a serial winner and was first in all three of the four races he was able to attend. He therefore won the individual award.

Saturday's winning team comprised Holmes, Lucas Heath (third), Edward

Cunniffe (fourth) and Thomas Clerkin (sixth) for a very clear win. Cunniffe was also second in the overall standings for the best three races of the four.

Super Saturday at National Cross Country Championships!



Saturday was a super day for HHH athletes at the National Cross Country Championship in Chester with team gold for our U13 boys led by Caspian Holmes in 9th, our U20 women's team were 4th led by Poppy Craig-McFeely in 6th, our U17 men's team 6th, U15 girls team 7th and our senior women 10th led by Georgie Grgec in 9th.

We had top dozen team placings in 6 of the 10 age groups and also top 10 individuals in 3 races. 10 years after we claimed the U13 girls title we now bring it home with our U13 boys.

Our highest placed individual was Poppy, 6th in th U20W race leading her team to 4th in an age category where athlete retention is at its most difficult. This was undoubtedly her best race to date with at least three GB Junior internationals in her wake. Kaitlin Hewitt and Hebe Hunter are still at school, so are even younger in this age group, but their 47th and 70th positions showed great maturity and closed a good team.

Also in the top 10 was Georgie, whose excellent 9th was the highest yet achieved by a senior woman from the club at these champs. Georgie committed to racing in the lead group on the first lap and then fought hard to maintain her position in the closing stages. With team captain Julia Wedmore in 112th, W40 Karen Ellison 127th and Natasha Lodge 136th the team were a good 10th overall, with 3 more ladies providing good backup.

Our senior men finished 24th, led by Brandon Dewar 157th, followed in by Joe Fenwick 172nd, M40 Jeff Cunningham 238th, Daniel Shaw 283rd, Matt Cartwright 344th and Joe Elliott 368th with a total of 12 men finishing a deceptively demanding course. Big well done all.

British Records & Medals at BMAF Indoor Championships



The BMAF British Masters Championship was held in Sheffield and was the scene of two British age 80 records for super veteran Allan Long. First of all a triple jump of 8.15m and then later in the day a 200m win in 31.97 were Long's two M80 record breaking gold medals on Saturday. Then on Sunday there was a 60m gold, albeit no record this time, but an amazing weekend's work for one of the club's oldest champions.

Mike Cummings won M35 1500m gold in 4:10.24 and BMAF medals were also claimed by Nikki Sturzaker, who won gold in the W45 800m in 2:32.34, 1500m in 5:12.28 plus the long jump and a silver in the high jump. Harriers Club President Glen Keegan took home a M55 silver medal in the 3000m race walk and Penelope Cummings also won silver in the W45 walk. Byron Robinson won silver in the M35 60m with 7.24 and Dion Panambalana a bronze in the M60 triple jump with 8.18m.

England women's record for Katie Snowden



After clocking a Herne Hill Harriers club women's 3,000m record in Boston recently, Snowden repeated this strong form seven days later to finish a much closer third behind race winner and British number one Laura Muir and with another big PB.

The setting was another World Athletics Indoor Tour Gold meet, the 115th Millrose Games at the Armory track in New York on Saturday.

Snowden's time of 4:21.19 in the showpiece Rudin Wanamaker Women's Mile

was not only another Harriers club record but elevates her to third on the UK all-time list for the women's indoor mile and is also an England women's indoor one-mile record as the two athletes above her on that list are both Scottish.

NATIONAL WINNER

COMMUNITY PROJECT



**HERNE HILL HARRIERS AND
TOOTING RUNNING CLUB**

Myself and Tahir Shams had the pleasure of traveling to Birmingham in order to receive the England Athletics National Award for Community Project of the Year. We collected the award on behalf of all those involved. Special thanks to all the volunteers who have supported the project. In particular, thanks to the programme lead Tahir Shams, and fellow members of the TRC leadership team

– Keith Newton, Andrew Black and Talat Shams. Thanks to regulars on the Monday night coaching team, Annes Stevens, Jez Heard, Chloe Britland-Whiting, and Wednesday night run leaders Andrew Simms, Omar Garney, Alberto Simons, Kevin Wilson, and Georgina Mills. Also shoutout to the team that help on the front desk including Sarah Couzens, Sophie Cole, and Lorna Moxham. In fact there are many others that have helped in various ways over the past year and we are so grateful to them all.

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A job at TrackSmith for a Herne Hill Harrier . . .

As some of you may know, Tracksmith is opening their first retail store outside of Boston this spring. Located in Marylebone and run by club member Jack Brotchie, they're currently looking for part time staff - have a look at the job description here <https://www.tracksmith.com/gb/pages/london-retail-associate-part-time> or email him directly at jack.brotchie@tracksmith.com



Come along to the

HERNE HILL HARRIERS

*Presentation
Evening*

Celebrating Athletic Achievements in 2022

**Friday 31st March 2023,
7.00pm – 10.30pm**

**St Boniface Community Centre,
185 Mitcham Road, Tooting SW17 9PG**

Includes a soft drink and delicious food

Tickets available from Eventbrite*

www.eventbrite.co.uk/e/herne-hill-harriers-presentation-evening-tickets-547273719427

Adults £18, Under 18's £10

*Booking Fees will apply



Don't forget to book your tickets: <https://www.eventbrite.co.uk/e/herne-hill-harriers-presentation-evening-tickets-547273719427>



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Herne Hill Harriers Adults



Herne Hill Harriers Juniors

New Club Train Kit: <https://www.newbalanceteam.co.uk/category/herne-hill-harriers/>

HHH SPRINTERS



Call to all HHH sprinters across all age groups. The club is seeking to create relay squads that work together as a team year round. No more poor changeovers or dropping the baton! Be part of a team.

Meet athletes. Form a community. Win events!

If you can commit to practice at the Tooting Bec Track once every 3 weeks without fail, and you are a 100m/200m sprinter come along to our practice sessions:

Wednesdays 6.30pm – Tooting Bec Track.

The sessions will consist of warm up, technical elements, and practical application.

Learn how to run the relay from experts and be part of a team!



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