



HERNE HILL HARRIERS **HIGHLIGHTS**

February 2024

Welcome to your monthly Newsletter – I hope you enjoy it. Athletes, coaches, team managers if you have any photos and achievements you would like to include in future issues, please email me: glenkeeganhhh@gmail.com

**With the National XC Champs
Cancelled HHH Juniors Dominate
Local Park Run**





With the Nationals cancelled HHH Juniors decide to make the most of a disappointing situation and head for a local Park Run. I think the regulars were surprised that the first 4 finishers were our Juniors – Fabien Whitelock 17:11, Caspian Holmes 17:27, Sam Moloney 17:30 and Leau Roch.

Final Surrey League Match



The final Surrey League cross country fixture of the season was held in the grounds of West Horsley Place near Guildford around a circuit which featured plenty of mud and water under foot after recent heavy rain. Harriers had two individual winners on the day with Isobel Carter at the front of the U13 girls race and Caspian Holmes first among the U15 boys.

There was a team win for the U13 boys, with Edward Cunniffe second, Luca

Boulton third, Henry Cucerov seventh and Josiah Aldham 12th. The U15 girls team placed second, led by Florence Mills in fifth, Lily Kitto sixth and Maeve Minielly tenth. In terms of the overall league season the club finished with three individual bronze medalists, with Sofia Mendes (U13 girls), Luca Boulton (U13 boys) and Leau Roch (U15 boys).

The highest placed Herne Hill team through the age groups over the four league races was the senior women, who started the season as defending Division 1 champions. Although not able to repeat this feat, they were the third placed team both on the day and overall behind two of the most consistently strong teams in the South of England this winter.

New member Lucy Jones was first among the Harriers, making an exciting team debut in seventh to claim the club championship award in conjunction with this final race. Next finishers were Sophie Tooley and Jenny Nandi, claiming club silver and bronze medals with their highest positions in this league to date in tenth and 13th respectively. The third place A team was closed by Annie Dalton 35th and Shannon Sinclair 38th.

The women's B team were second of the B teams both on Saturday and overall, the scorers at West Horsley being W40 Karen Ellison 44th, Megan Gildea 45th, W40 Sue Swaine 51st, Julia Wedmore 52nd and Hannah Edwards 60th. Although having to miss this last race through injury, Kaitlin Hewit was third U20 woman overall thanks to good performances in the previous three races. The men's team finished sixth overall of the ten teams in Division 1 in probably the strongest season this league has seen for decades.

The scorers in the ten man seventh placed A team on the day were Ben Warren 32nd, Andrew Clarke 33rd, Daniel Shaw 47th, David Moyse 50th, John Franklin 58th, M40 Jeff Cunningham 62nd, James Nutt 69th, George Withers 72nd, Ashley Goncalves 74th and Alex Gutteridge 78th. Simon Coombes led the B team who were third among B squads on the day and was the overall winner of the M50 category for the season, while Cunningham was third M40 over the four league races. **Geoff Jerwood**

**England indoor silver shot medal
for Jasmine in Sheffield**



Herne Hill Harriers under 15 girls combined events athlete Jasmine Nkoso travelled to Sheffield over the weekend for the England Athletics Indoor Age Group Championship at the English Institute of Sport. The South of England indoor shot put champion brought home a superb national silver medal in the U15 girls shot final, throwing 12.46m on the day. Only 3cm shy of her PB, this performance continued her excellent season which has seen her also represent England Schools in an indoor home international match in Cardiff before Christmas. Also on Saturday Nkoso placed sixth in the long jump final with 4.99m.

**Get your tickets for this years
Presentation Evening**



Come along to the

HERNE HILL HARRIERS

*Presentation
Evening*

Celebrating Athletic Achievements in 2023

**Friday 12 April 2024,
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*

<https://www.eventbrite.co.uk/e/808858687107?aff=oddtcreator>

Adults £20, Under 18's £15

*Booking Fees will apply



Please use the link below to book your place:

<https://www.eventbrite.co.uk/e/808858687107?aff=oddtcreator>

This year for the first time Comfort & Joy that some of you will know from West Norwood Feast will be supplying the food:

<https://www.instagram.com/comfortandjoycp/>

Club Subs 2024/25

The HHH Executive Committee has reached the decision to implement an increase in our annual membership fees. This marks the first adjustment since 2019, driven by the mounting expenses across various facets such as race entries, coach hire, and track rentals, among others. While recognizing the necessity of this decision, we firmly believe that membership with HHH continues to offer exceptional value for money.

Outlined below are the revised subscription rates for the 2024/5 term, excluding EA and vest costs:

Senior: £62

U13-U25: £45

U11: £35

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