



HERNE HILL HARRIERS

HIGHLIGHTS

January 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

Solomon Leaps to the top of National Under 15 National

Rankings



Herne Hill Harriers athletes took home medals from the recent South of England Under 13, Under 15 and Under 17 Indoor Championship at the Lee

Valley Athletics Centre.

Solomon Thompson Moodley claimed a place at the top of both the podium and also the early year UK Under 15 boys high jump ranking list with a PB leap of 1.72m. His winning margin on the day was an impressive 7cm over his closest rival for his gold medal performance.

Four silver medals were won by Harriers members. Ella Rennie was second in the Under 15 girls 200m final, clocking 26.62 after a season's best 26.45 when winning her semi-final earlier in the day. Alexander Abebrese was runner up in the Under 17 men's shot with 12.79m which was also a season's best.

Keeran Sriskandarajah ran the fastest time of the day in the Under 17 men's 800m in winning his heat in 1:58.55, but was then beaten into second place in the final as he clocked 2:01.38. The race winner is currently ranked second in the UK for the age group with Sriskandarajah's heat time third on this list. Sasha Nolan was second in the Under 13 girls long jump with a PB 4.44m.

Ukrainian Refugee / HHH Coach - Can you help?



Sacha has become a valued member of the HHH coaching team and it would be fantastic if someone from the HHH family could help her and her children stay in the local area. Please contact me at glenkeeganHHH@gmail.com or Sacha direct at alexandra.dzeban@gmail.com if you can help. Please see below message from Sacha:

Basically me and my two kids, two boys of 10 and 8 years old in need of a long term accommodation. We arrived to London at the end of May. We lived with host family for 7 months in Tooting at Becmead Avenue nearby the track. The kids attend St. Leonard's primary school. In January we've been placed onto a temporary accommodation from Lambeth council in Caterham. So now we have to travel a long way to school and to the track. And to work. I work full time but I have a low income and I'm on Universal credit and housing benefits that's why it's very complicated to go into private renting. But we continue to search someone who would accept this. We need a 2 bedroom flat or two rooms in a shared house. We can afford 1300-1400£ rent payment per a month In Streatham area or any close area to the tooting track :) or school. Would appreciate any help or advice.

Medals Galore for HHH Masters





Herne Hill Enjoy Rich Pickings from the Regional Veterans Club Championships. Wimbledon Common, Saturday 21st January 2023.

Sixteen first claim (and two 2nd claim) Herne Hill veterans toed the line at the Annual Vets AC (the London regional veterans club) with individual medals being picked up in abundance! The cold snap relented temporarily, allowing the race to take under sunny afternoon conditions and a balmy 6 degrees C at Wimbledon Common. Underfoot, the shadowed course remained pretty solid and the hard frozen puddles an additional obstacle. Whereas the course's sunny stretches warranted spikes with damp grass and mud included in the 2 lap 7.7 km. long course.

Pride of place goes to Nikki Sturzaker, who as a leading W45 runner also managed the women's overall win, successfully contending with closest female rival, W35 Matilde Lomba of Hercules Wimbledon, and getting space for a fine

women's overall victory. Nikki led home five more HHH women, of whom Alex Marginean's return earned a W25 silver medal and Gillian Wheeldon snuck a bronze at the W35 category. The good female numbers were completed with W55's Mary Setyabule (4th), Alison Beck (5th) and Sarah Allen (7th).

Our HHH men were equally prominent, in both race and presentation ceremony, though lacked the overall race winner! (We have the athletes to have achieved that too, but you have to be in it to win it!) Our ten 1st claim men garnered 5 medals including Mike Boyle's M60 1st place; regally over lording that category, with our own Vic Maughn taking M60 bronze. On the contrary, Waldy Pauzers won his M65 category by having to grind the three other top M65's into submission. The three of them having been permanently at his heels with Kent's John Barron and Serpies Jerry Lockspeiser challenging to overtake several times until the 2nd ascent out of the Queensmere hollow with 1.2 km to go. That telling climb finally split that pack from Waldy's slipstream, but there was no let up till all four athletes crossed the finish line still in close proximity to each other.

Further individual medals were won by Ollie Morrison (3rd M45), HHH first man home, and Joffah Ratcliffe (2nd M55). Andy Simms (6th M55), Rob Nagorski (8th M55), Tom Conlon (5th M60), Tony Harran (8th M60), Ian Strong (12th M60), Mike Mann (2nd claim 3rd M70) and Gary Budinger (2nd claim 11th M60) completed our representations at the races as well as at the nearby Rushmere Hostelry where quite a few medals were on show from our famed red and black hooped harriers.



**Poppy Craig-McFeely strides out
to Under 20 victory**



The new year was kicked off with a good turnout of Herne Hill Harriers athletes through all of the age groups who braved the very windy and wet weather and the plentiful mud under foot at the Surrey County Cross Country Championships in Lloyd Park on Saturday.

The stars of the day were individual champions Poppy Craig McFeely, who raced out to a clear victory in the Under 20 women's race and Caspian Holmes who was equally dominant ahead of his nearest challenger in the Under 13 boys race.

Cambridge University fresher Craig-McFeely was followed in by a superb bronze medal run for Kaitlin Hewitt and these athletes were well backed up by U17 women's fifth placer Vivi Marshall enabling them to win gold in the combined U17/U20W team awards.



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