



HERNE HILL HARRIERS **HIGHLIGHTS**

June 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

Club Records for Arlo and Phoebe at Watford BMC Grand Prix



BMC Grand Prix meet at Watford saw not one, but two Herne Hill Harriers club senior records. Arlo Ludewick and Phoebe Anderson, both in their first year as senior athletes ran big PBs in their respective events.

Ludewick took down a club men's 800m record which had belonged to Bob Setti for sixty years with a PB by three seconds of 1:48.45.

Anderson was equally impressive later in the evening when she smashed her 5000m PB by twenty seconds to clock 15:50.17. Her time brings the club women's 5000m record below 16 minutes.





Lily proudly displaying her silver medal.

Steeple Chase Club Record for Lily Newton

A superb silver medal winning performance from Lily Newton in the senior women's 3000m steeplechase in which she set a new HHH club women's record of 11.34.67.

In her debut at this race distance over the barriers, Lily's time also qualifies her for the England U23 championship later this season and is a reward for both the run training and the technical work she has put in.

Keith Newton, who has masterminded the barrier training in particular is quite rightly a very proud dad and what might well be a unique stat in our club is that both father (M40) and daughter (senior women) now currently hold our records in the same event. Well done both!

16 July Tooting Bec Track Grand re-opening event – all welcome

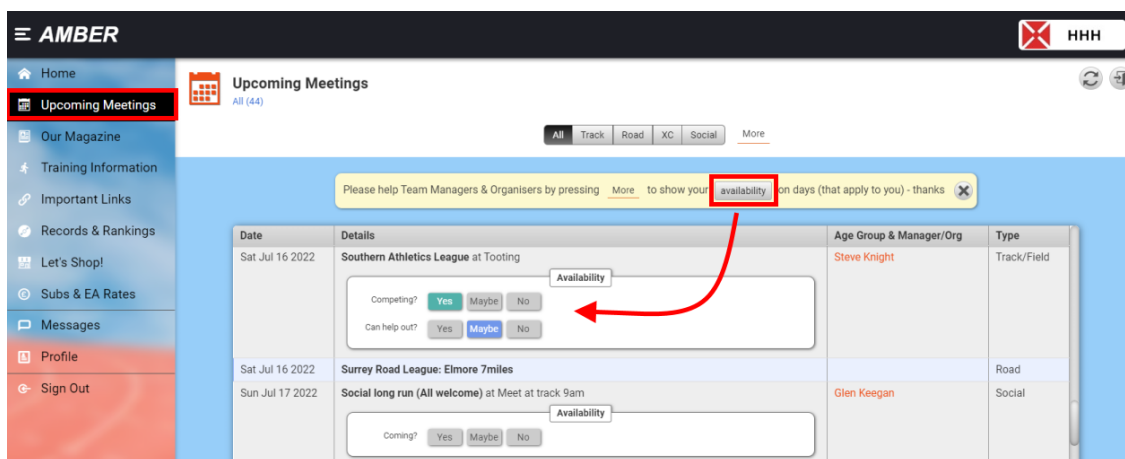
We are hosting a Southern Athletics League match on the 16 July, local politicians and press have been invited but we need you:

To compete pull on your red and black vest and come down and run, throw or jump. As well as being part of the SAL squad you can take part as a non-scoring athlete. SAL Team Manager is Steve Knight: swknight@btinternet.com

To officiate/help out, these competitions can not take place without an army of helpers. If you can assist in any way please inform Dan Hallam: danhallam1@googlemail.com and Steve Bosley: steve@envoy-freight.co.uk

To spectate, it would be great to see all members joining us to celebrate our new track and cheering our athletes on . . .

AMBER, please use the clubs new membership portal to confirm your availability to compete or volunteer: <https://members.hhh.go-amber.app/>



The screenshot shows the AMBER membership portal interface. On the left is a navigation menu with options like Home, Upcoming Meetings, Our Magazine, Training Information, Important Links, Records & Rankings, Let's Shop!, Subs & EA Rates, Messages, Profile, and Sign Out. The main content area is titled 'Upcoming Meetings' and shows a list of events. A red box highlights the 'Upcoming Meetings' menu item. A yellow banner at the top of the meeting list says 'Please help Team Managers & Organisers by pressing More to show your availability on days (that apply to you) - thanks'. A red arrow points from the word 'availability' in the banner to the 'Availability' dropdown menu in the first meeting entry. The meeting list includes:

Date	Details	Age Group & Manager/Org	Type
Sat Jul 16 2022	Southern Athletics League at Tooting Competing? Yes Maybe No Can help out? Yes Maybe No	Steve Knight	Track/Field
Sat Jul 16 2022	Surrey Road League: Elmore 7miles		Road
Sun Jul 17 2022	Social long run (All welcome) at Meet at track 9am Coming? Yes Maybe No	Glen Keegan	Social

Herne Hill Harriers & Tooting Run Club – Tooting Park Run Takeover



Herne Hill Harriers and Tooting Run Club (our community out reach initiative) took over Tooting Park Run on June 26th. Myself and Tahir had the opportunity to tell all the assembled runners more about our great club, hand out flyers and chat with interested parties afterwards. As a bonus we also had first male and female finishers. Well done Jack Brotchie and Gracie Leyland and thanks to all who ran and/or volunteered.

BREAKING NEWS



After the frustration of being unable to race in Manchester at the weekend due to an untimely bout of Covid, Snowden was named in Team GB in her event. She will now have a busy few weeks competing first for Britain at the Worlds in Oregon and then for England in the Commonwealths in Birmingham soon afterwards.



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