



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

## **March 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](mailto:glenkeeganhhh@gmail.com)

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**Celebrating all that's great  
about Herne Hill Harriers**









What a fantastic evening recognising the talents of our athletes young and old(er). Thanks to the three musicians who entertained us – superb. Thanks to Jade & Peter for presenting all the awards. To Garry for slides, Steve Knight for Master of Ceremonies duties. Steve Bosley for all his work behind the scenes

and everyone else who helped on the night. I tried to get photos of as many winners as possible, apologies I missed a few . . .

# 3000m Golds at British Masters Indoor Champs



Four Herne Hill veterans competed at the British Masters Indoor 3,000m Championship on Saturday at Lee Valley. In the M50 race Harriers athletes won both national gold and silver as Ben Paviour set a new club M50 record of 9:18.36 in winning, with club-mate Simon Coombes close behind in 9:20.66. Simon then went onto to lower the M50 Club record to 9:11 on 25 March also at Lee Valley

Nikki Sturzaker took away the W45 gold medal with a PB of 10:47.53 as she continues her middle distance domination of this age group indoors. Mike Cummings won the M35 gold in a time of 9:01.80.

# Dulwich Park Run 'Mob Match'



Showcasing the Club's great strength and depth across genders and age groups, 16 to 60 years old, many showed up the smart new training kit at Dulwich Park..

Georgie Grgec, fresh from her outstanding 16.15 breakthrough run, led home our women home, followed by who Lily Newton produced a one minute PB with her 18.08, and one of our season's stalwarts Jenny Nandi also clocked a big PB with her 18.15. It was great to see Charlotte Davies nailing a 19.00 return, followed by Laura Donnelly 19.21, Lucy Wright 19.25 (another 1 min PB) and Karen Ellison 19.40, all comfortably in the sub 20 category. A good number of further HHH women closed the HHH pack.

Our men dominated the front end. Present were our top three runners at the recent Battersea Park 5km, Brandon Dewar, Lewis Laylee and Daniel Shaw. None of them were treating this as a sub 15 outing, but all added to the red and black domination at the front end. Robin Bebbington led for the first half of the run, and was ultimately rewarded with a good PB, 16.01, for second overall, with Joe Elliott completing a HHH podium domination in third.

Also in the top ten, or close to, were Brandon, Daniel, Matthew and Harry Bell, who along with Keeran underlined our strength in the U17 category. There were many more good performances from members of GJ/KN and SK/GK groups who were present, including an excellent 'season's best' from M55-59 Derek Lee running 18.19.

We also had a strong walking presence that included Penelope Cummings, myself plus wife Charlotte also clad in the Red & Black.

Great to see such vibrancy across the Club's age and training groups.

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# No increase in Club Subs

The Clubs Executive Committee took the decision to not put up the clubs portion of the yearly subs, being more than aware of the cost of living crisis. Unfortunately England Athletics have put the registrations fees up by £1 and for new members the costs of HHH vests have gone up inline with increased charges from the manufacturers.

If you have not already renewed your membership, please do using the link below:

<https://www.hernehillharriers.org/membership-renewal/>

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## Invitation to join next D&I meeting

We meeting will be Wednesday 12th April at 8pm.

If you would like to join the working group call, or find out more about their plans for the future, please contact Peter Phillips, Cindy Godwin, or any member of the group that you know. They would welcome hearing from athletes, parents, and volunteers of all age groups.

You are also welcome to contact us at any time.

Peter: blackavar51@hotmail.com; 07779 627499

Cindy: cindygodwin@btinternet.com; 07977456824

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# **Race Walking Taster Session for Juniors**

I have been contacted by the Southern Race Walking Association who would like to put on a taster session for HHH Juniors, Seniors also welcome if interested. These sessions are lead by retired Olympian/International Race Walkers. Please let me know if you are interested

GlenKeeganHHH@gmail.com

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# FUNDRAISING QUIZ

**GENERAL KNOWLEDGE QUIZ, TEAMS OF UP TO 6 MEMBERS, ALL WELCOME**



**EACH TEAM WILL RECEIVE A PLATTER OF FOOD DURING THE QUIZ CASH BAR. DOORS 6.30PM FOR QUIZ TO START AT 7.30PM**

## **BENEFITING**

**THE WHITE EAGLE APPEAL'S AID TRANSPORT COSTS TO UKRAINE SO THAT WE CAN CONTINUE TO SEND AID LORRIES ON A REGULAR BASIS**



**WHERE**  
**White Eagle Club**  
**Balham**

**WHEN**  
**27th April**  
**7.30pm**

**ADMISSION**  
**£10 on the door**

**RESERVE YOUR TEAM'S TABLE**

**Email:**  
**helpforukraine@**  
**WhiteEagleClub.co.uk**

**Telephone:**  
**020 8672 1723**



White Eagle Appeal

HHH Life member Waldy (Valdis Pauzers) has been very involved with the White Eagle Appeal and is inviting all HHH members to come along to their fund raising quiz night. All monies (except bar takings) will go directly to the White Eagle Appeal for Ukraine, including quiz entry fees. If you are interested in coming along please contact Waldy directly: [v.pauzers@hotmail.co.uk](mailto:v.pauzers@hotmail.co.uk)

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