



# HERNE HILL HARRIERS **HIGHLIGHTS**

## May 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](mailto:glenkeeganhhh@gmail.com)





L to R. Jaydine Robinson, Saskia King, Maleekia Royal-king and Niyah Costley.

## **New Club Under 20s Women's 4 x 100m Record**

On Saturday 21st May I had the privilege of traveling to the Alexandria Stadium in Birmingham with the U17 and U20 men's and women's 4 x 100m relay teams. They were there to compete in the Club Connect Relays against other top clubs from all over England, as warm up races to the Diamond League. HHH was not asked to attend until the last minute which meant that they did not get the opportunity to train and practice specifically for this event. All of which made their performances even more remarkable, all 4 teams did themselves proud although a couple of races did not go quite as planned. To set a new club record, when that club is almost 140 years old is a remarkable achievement.

Later in the day we were also treated to performances by HHH stars Kristal Awuah and Katie Snowden.

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## **New Club Women's 10,000m Record for Georgie Grgec**

A great run for Georgie at the prestigious Night of the 10,000 PBs at Highgate. She managed to stick with the race leader, then kick for a superbly executed final lap to take the win. The official time was 33:59.40, a new HHH club women's track 10000m record by more than a minute. Her prize was her body weight in beer . . .

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L to R. Inga Bellahn, Patricia Gnoato, Alex Marginean and Nikki Sturzaker .

## **4 x 400 Triumphant for HHH Vets Women**

With the same determination and drive there was more relay success for HHH Women. After a strong first leg from sprinter, Alex Marginean, Inga Bellahn who usually races over longer distances, kept the team in contention. Patti took on the baton and despite the fatigue of her 5<sup>th</sup> event a worked her way just that bit closer for Nikki to have a chance to challenge the lead. With 200m to go Nikki was in full force, step by step the gap closed leading to a thrilling HHH win!

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## **SAVE THE DATE – 16 JULY**

We plan to celebrate the re-opening of Tooting Bec Track on 16 July at the Southern Athletics League meeting. It would be great to see as many HHH as possible, competing, volunteering and spectating. It is sure to be a special day so please be there to share it with the rest of your club. More details to follow . . .

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## **Want to give something back to your club – become a qualified official . . .**

We are currently very thin on qualified officials, who are vital to all of our meetings and events. Without qualified officials, we cannot hold events, and we even lose points in some competitions.

We are extremely grateful to volunteers who help, they are also vital, but qualified officials are even more critical.

It is easier than one might think to become qualified. Many qualifications are based on online courses, so there is no need to travel to a location.

Full details may be found at

<https://www.Englandathletics.org/officiating/officiating-journey/>

This is the portal to find courses and apply for them.

There are regular upcoming online courses for level 1 track judge and field judge.

Level 1 track official

08-06-2022

21-06-2022

All at 18:00 – 20:30

Level 1 field official 11-06-2022

17-06-2022

28-06-2022

All at 10:00 – 15:00

There are many other courses, as detailed in the link above.

Any costs will be very happily reimbursed by HHH. Contact Steve Bosley.

You will also have free excellent lunches and snacks throughout the year at HHH events.

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## Membership renewal and new portal

We are pleased to announce that Amber (our new private HHH members system for current members) is now up and running. We hope you find it very useful and interesting (see main screenshot and list of features below). It is best viewed on a large screen but should be perfectly usable on a mobile.

It is designed to work alongside our normal website.

If you haven't renewed yet then please do so using Amber. We need to ask for a little patience from everyone in these early days (especially from parents or guardians with more than one family member in the club until we get the majority of club members live – though you can always email us at [membership@hernehillharriers.org](mailto:membership@hernehillharriers.org) or speak to Steve Bosley if necessary).

Among the things you can now do:

1. View Upcoming Meetings/Social events, plus (very important for Team Managers and Organisers) you can also show your availability
2. Access Training information and important Links/Resources within the club
3. See Club records, current and previous years Ranking lists and Historical records

4. Buy kit and other items directly from our Club Shop
5. See at-a-glance our current Subs and EA rates
6. Send Direct Messages to Club Officers
7. Within your Profile, you can view and also check your current EA status in realtime, renew your subs, update personal details (address may be out of date), view financial and activity history, goto your EA portal and also jump to your Power of 10 page

All existing members should have an account already set up and if you have any trouble logging in with your existing email then just let us know. **The very first time you access Amber, just enter your email address and then click on “Forgot Password” (see below).** This will send a pincode to your inbox (also check your spam folder if not found in your inbox) which you then enter in a box provided to verify your email address and you can then set your own password.

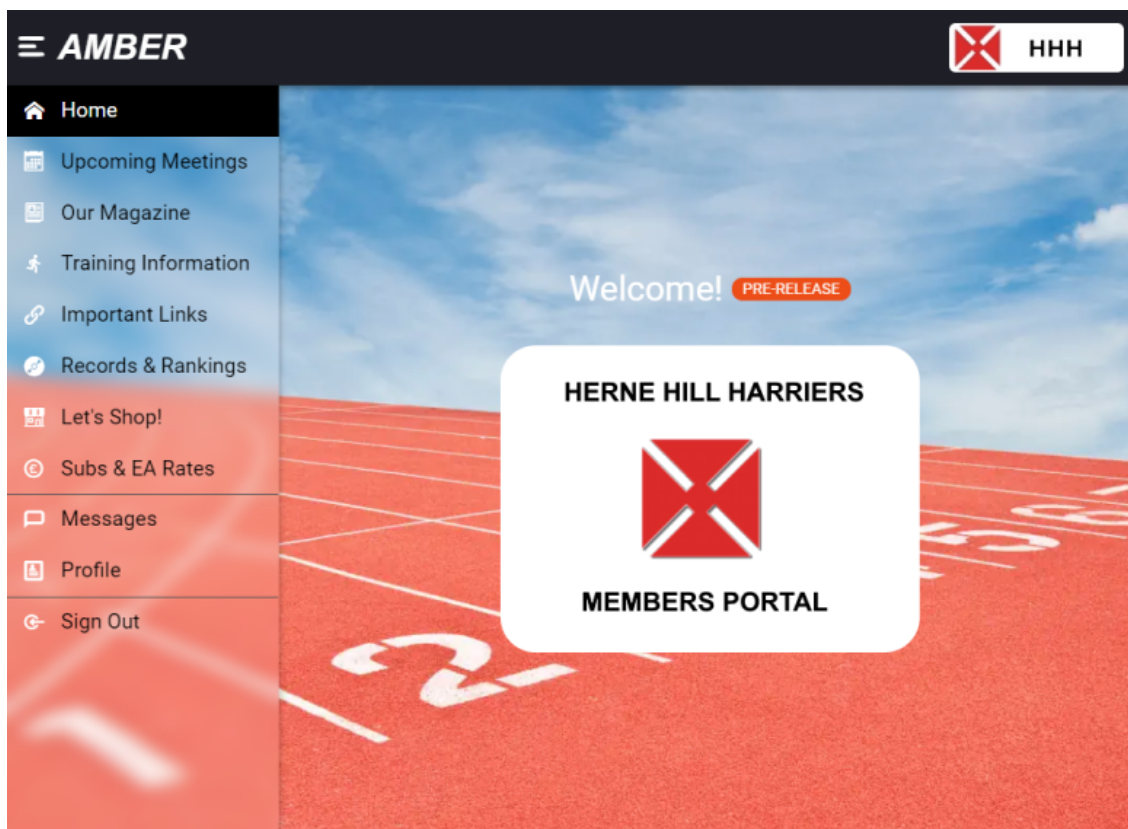
You can access Amber here: <https://members.hhh.go-amber.app/>

**Sign in**

Email  1.

Password

2.



## Help needed for HHH summer athletics events

We have a busy summer ahead on the track, and that is only possible with your support. So if you think you can help out, please let me, Dan Hallam know.

Possible "home" fixtures:

- 27 June Vets league at Battersea
- 16 July Southern Athletics League
- 13 August Southern Athletics League

Look forward to seeing you somewhere in South London over the coming year.

Thanks Dan Halam

HHH Officials Sec

[danhallam1@googlemail.com](mailto:danhallam1@googlemail.com)

## Forth coming fixtures:

### JUNE

1 – HW 1500M MEETING

4 – NATIONAL ATHLETICS LEAGUE – BEDFORD

4 – LILY B – EPSOM  
5 – SURREY MASTERS CHAMPIONSHIPS – KINGSMEADOW  
11 – COUNTY SCHOOLS CHAMPS  
12 – SOUTHERN ATHLETICS LEAGUE – BATTERSEA PARK  
13 – VETS LEAGUE – HILLINGDON  
18 – SEAA – U20/ SENIOR CHAMPS – CHELMSFORD  
19 – SEAA – U20/ SENIOR CHAMPS – CHELMSFORD  
19 – EBBISHAM LEAGUE SUTTON  
22 – ROSENHEIM LEAGUE – CROYDON  
24 – UKA CHAMPS  
25 – UKA CHAMPS  
25 – LILY B – GUILDFORD  
26 – UKA CHAMPS  
26 – YDL UPPER – LEWES  
27 – VETS LEAGUE – BATTERSEA PARK

## **JULY**

SAT 2 – NATIONAL ATHLETICS LEAGUE – BOURNEMOUTH  
SUN – YDL LOWER – CROYDON  
WED 6 – W 3000m MEETING  
SAT 9 – ENGLISH SCHOOLS CHAMPS (+ FRIDAY 8<sup>th</sup>)  
SAT 9 – LILY B – KINGSTON  
WED 13 – VETS LEAGUE – PERIVALE  
16/17 – ENGLAND ATHLETICS u20/23 NATIONAL CHAMPIONSHIPS BEDFORD  
SAT 16 – SOUTHERN ATHLETICS LEAGUE POSS HOME  
SUN 17 – EBBISHAM LEAGUE – WOODCOTE SCHOOL  
WED 20 – HW 1 MILE OPEN MEETING  
WED 27 – ROSENHEIM LEAGUE – TOOTING  
SAT 23/ SUN 24 – SEAA MULTII EVENTS CHAMPS OXFORD  
30/31 – ENGLAND ATHLETICS NATIONAL SENIOR CHAMPIONSHIPS  
SAT 30 – YDL LOWER – TOOTING  
SUN – SLAN SUPER 8 – WOODCOTE SCHOOL



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