



HERNE HILL HARRIERS **HIGHLIGHTS**

November 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

**Jasmine Nkoso wins at the South
of England Athletes Indoor
Championships**



Jasmine Nkoso won the South of England Athletes Indoor U15 girls Pentathlon Event with a new personal best points score of 3247. Which breaks her existing club record of 3191 point. She set this in September 2023 at the National English School Pentathlon at Bedford International Stadium. The performance included two new personal bests in the 60m hurdles with a time of 9.63s and 5.16m in the long jump. This is in preparation for her first Indoor International Pentathlon, she will be representing England against the Home Countries. This

will take place in Cardiff on the 2nd December 2023. Well done Jasmine and good luck in Cardiff. **Coach: Anthony Mayhew**

London Championship bronze for Herne Hill women's team at muddy Parliament Hill.





Herne Hill Harriers senior women's and men's teams, including some under 20s and masters, enjoyed a successful Saturday afternoon on Hampstead Heath. There was a good collection of medals brought home from these London Cross Country Championships races. On a muddy circuit on Parliament Hill, the scoring A team quartet won bronze medals. They were led by the ever improving Jenny Nandi in 11th place of 261 finishers. Another on an impressive upward trajectory is Kaitlin Hewitt, who finished 21st overall and also claimed the female U20 gold medal.

W50 athlete Nikki Sturzaker is a serial medal winner, predominantly in masters events, but on this occasion was also a key member of the senior medal team finishing 27th and took home the women's masters gold medal from within the race for good measure. The medal winning A team was completed by another veteran, W40 Karen Ellison in 32nd.

Harriers women closed in with a baker's dozen in the race. This superb backup came from Charlotte Davies in 41st, Helena Keenan 56th, W40 Steph Mitchell 65th, Annabelle Acres 66th, Julia Wedmore 69th, Holly Mammatt 78th, Alexandra Marginean 152nd, W40 Jess Winfield 159th and U20 Leah Cummins 207th.

The men's team comprised sixteen runners in total, with in form Andrew Clarke leading the A team of four to 8th place. Clarke finished 13th, backed up by Tom Patterson 26th, Joe Elliott 51st and U20 Alex Jack 59th.

Jack set off at an eye opening pace in the first km and held well onto a team scoring position. He was rewarded with the final medal of the day for the athletes in red and black as he claimed the under 20 men's individual gold

medal.

The squad on the day was completed by Fintan Kearney 73rd, Scott Morrison 89th, Alex Gutteridge 90th, Sam Maloney 126th (and 4th U20), Jamie Brown 151st, Chris Speed 174th, M40 Pip Bennett 188th, Stephen McLeod 195th, Leon Kong 299th, M45 Ian Jack 334th, James Breen-Norris 363rd and M65 Waldy Pauzers 400th in a huge field of 445 finishers. **Geoff Jerwood**

Top performances as Herne Hill host Surrey League on Mitcham Common



Herne Hill Harriers played host to the second Surrey League cross country fixture on Mitcham Common on Saturday, with 48 men and 26 women all donning the red and black hoops and produced strong senior team turnouts and good results. A rare sunny day saw 237 finishers in the senior women's 5.8km race in the morning and 327 in the men's 8.5km race that closed proceedings mid afternoon.

The women's A team again placed third, led by Grace Leyland in 13th and followed in by Jenny Nandi 19th, Sophie Tooley 21st, W40 Leonie Biemolt 23rd

in her league debut and U20 Kaitlin Hewitt 33rd, the latter scoring in the A team for the first time.

The B team placed seventh overall and second among the B teams courtesy of Annie Dalton 35th, Sarah Grover 39th, Shannon Sinclair 45th, Lily Newton 46th and W40 Karen Ellison 52nd. The men performed well in the strongest league in the country, with the A team finishing a close fifth and then having the fourth B team.

The A team comprised Brandon Dewar 15th, Andrew Clarke 27th, Daniel Shaw 31st, Lewis Laylee 33rd, Ben Warren 37th, Jack Brotchie 44th, Thomas Patterson 53rd in his league debut, David Moyse 55th Tom O'Mahoney 76th, with Simon Coombes closing the ten man team in 82nd. O'Mahoney, in his first race for the club, was second U20 and Coombes second M50 on the day. The B team was Joe Fenwick 88th, John Franklin 89th, Jeff Cunningham 96th, Alex Lee 102nd, Joe Elliott 103rd, Ronan Tanguy 108th, James Nutt 116th, Ben Millar 138th, another debutant Matt Raymond 140th and Scott Morrison 146th.

The club thanks all of the volunteers from our own ranks, from co-hosts Clapham Chasers and from elsewhere in Surrey who combined to ensure that this fixture was a success. **Geoff Jerwood**

Recognition for Herne Hill trio at England Athletics London Regional Awards



Herne Hill Harriers enjoyed a very successful evening this week at the England Athletics London Regional Awards.

The club celebrated a win for Steve Bosley for Services to Athletics and Running, coaching juniors most evenings and Sundays and on Saturdays he'll be team managing or officiating. Steve's provision of coaching and safe space is essential to many children's mental and physical wellbeing.

There was also very well deserved recognition for Tahir Shams and Steve Knight.

Well done to all of you!!

Masters Medals in Glasgow

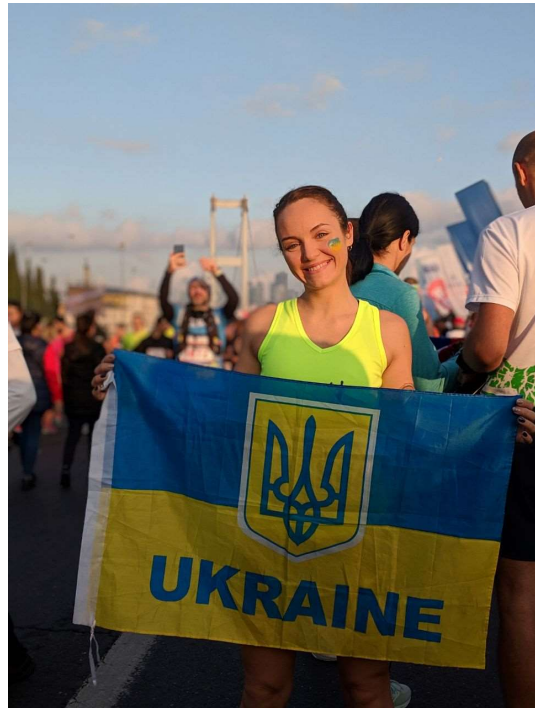


At the British and Irish Masters home international cross country meet in Glasgow Nikki Sturzaker and Ben Paviour both represented England in their age categories and both raced well despite recent illnesses.

Sturzaker was still recovering from Covid, but claimed W50 individual bronze and team gold medals, albeit she had beaten the individual gold medalist in the England trials race. Paviour had also had a cold/flu virus earlier in the month, but was able to replicate his best position of fourth place in the M50 event and was one of the team silver medallists.

Meet our coaches





Hi, I'm **Talat!** I'm a LiRF qualified run leader and have been helping coach one of the beginner groups at Tooting Run Club for over a year. As a female role model from a Black, Asian, or Minority Ethnic (BAME) background, I bring invaluable diversity and representation to the coaching team and help promote inclusivity. I find leading running sessions to be very rewarding and love to help people achieve running goal, especially as women often find it easier to open up to female coaches. To encourage more women to coach, we need inclusive spaces valuing their unique skills. Sharing my experience aims to inspire. Coaching is very fulfilling and it positively impacts health and happiness. By highlighting the joy coaching brings, we can attract more amazing women to make a difference in people's lives through running.

Hi all, my name is **Sasha** (or Alexandra, as many here know me by my full name). I am a marathon runner, running leader, and eventually a running coach. My running story begins 9 years ago. I was about 10 kilograms overweight, dreaming of getting rid of them; 🧑‍👧 a mom with two small children, looking for a new area of work and completely non-sports interests 😊 Introducing running into my usual life, with the goal of losing weight, naturally, I couldn't stand it—my knees hurt, I was uncomfortable, I was out of breath 🤖 However, I had a goal, and very quickly jogging became normal. I didn't even notice that I was starting to enjoy it 😊 It was the coolest 30-40 minutes in the morning when you run in the park 🌳🍁🌿 or by the sea 🌊, enjoying nature, clearing your thoughts, toning your body, and improving your mood. Life began to change 🌞😊

Three months later, I tried my first race in the company of girls, ran my first 10 km! 🐱 It was so impressive, crazy adrenaline, bright emotions, endless smiles! 😳 😊 A beautiful medal 😊 🏆, and everything started spinning and spinning 🌀 Running intertwined my life so much that it has become an integral part of it. Now it's unclear how it's even possible—without daily jogging 🏃

Within my first year of running, I already knew that I wanted to learn more. I wanted to grasp all the secrets of injury-free running and become faster. I wanted to experience as much as possible and share this experience with others, learning from my mistakes and teaching others to avoid them. I started working as an administrator and pacer of the running group at Nike Run Club in 2015. ✅ I went on an individual plan with a coach who taught me a lot. I started to race, read athletics literature, and learn more. A bit later, to become a qualified coach, I studied Physical Education as my second higher education at the university, delving into Athletics Coaching plus courses to become a Running Leader. I attended First Aid courses and safety. Everything I could do to become a part of the Nike Running club team as a coach. Even though I never was a pro athlete runner since my childhood, I learned a lot and became a part of this running world for good :) 😊

Nowadays, because of the war, the world has changed, and I live in London. With lots of support, I became part of the coaching team at Herne Hill Harriers ❤️ 🖤 leading the women's group. I also became part of the pacers team at Tracksmith running community 🤝. It's such an exciting new experience and a new chapter in my life. So grateful to have it in my life even if it's temporary (the best thing that could happen to me after losing my native home and club because of the war UA).

Over the years, I have already run more than 30,000 km. 🏃 🏃 🏃 I have participated in more than 100 races, including 9 full marathons, 45 half marathons, various middle-distance races, mountain races, and even a couple of ultra-trail 🏃. There were many victories, top three awards among women, prizes, and defeats. But it's all so interesting that it captures you in a cycle from which you can't get out. And I don't want to.

Every run, every race builds discipline and character! It educates you and helps you to be smarter and more stable. You yourself don't notice how you become calmer, and as you mentally clear your head, new ideas and ways to implement them arise.

My favorite distance is the marathon. Not only is your physical preparation important here, but also your psychological one. Moreover, the most interesting thing about completing this distance is precisely the preparation for the marathon. This is a fine line between normal life and training, a balance that is not easy to maintain, but ultimately improves the quality of life and general physical fitness.

Our body changes all the time, both morally and physically; there are different periods, and there are a lot of factors influencing our condition - family, work, environment, health. But thanks to running, I become better, stronger, more stable. No options. There are still so many interesting things ahead because a person does not know his limits and capabilities when he puts on sneakers and runs. You will be very surprised to find out what you are capable of if you try ❤️

Club London Marathon Places



Herne Hill Harriers are expected to receive two places for next years London Marathon. If you would like to be considered for one of these please email me GlenKeeganHHH@gmail.com. The allocation is decided on these four criteria: First Claim Member, Volunteering for the Club, Racing for the Club and likely to achieve a Championship or Good for Age place in subsequent years

Christmas Events



Sunday 17th Dec xmas relays on Tooting Bec common start 10.30 am – meet 10.00 am at the track. Three to a team, family teams welcome – 2 x laps of Tooting parkrun course per runner

Email steve@envoy-freight.co.uk to express intention to run or marshall.

Monday 18th Dec HHH Christmas Pub Crawl be in the Clapham Junction area starting at the Falcon at 5:30pm around a loop to the 5th and final pub the London & South Western from 10:10pm until closing, both of these close to the mainline station. Full details to be circulated widely before this weekend.

Tues 19th Dec xmas cracker relays start 7.30 pm arrive at 7.00 pm or email steve@envoy-freight.co.uk to register interest

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