



HERNE HILL HARRIERS **HIGHLIGHTS**

October 2024

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

**Meet the new club president –
Anthony Mayhew**



I started in athletics by working with my daughter Rachel who was a U15G 100m sprinter. She went on to the University of Surrey to study Bio- Medical Science.

I enjoyed coaching so continued. I did my Coaching qualifications and started a training group which includes Multi Events, Sprints, Horizontal and Vertical Jumps. 16 years later and i am still involved in Athletics.

Over the years the training group has enjoyed some success.
National Indoor Long Jump U15 Boy Champion - Dante Clarke
English Shot Put U15 Boy Champion - Andre' Parker
U15B English Champion High Jump Champion - Soloman Thompson
Moodley
U15G Shot Put English School Champion - Jasmine Nkoso

Over this period, I have team managed at both YDL and UYDL teams. In the last year I have Qualified as a level 2 Field Official – **Anthony Mayhew**

**Herne Hill Harriers make history at
English Road Relay**

Championships



Herne Hill Harriers' senior women became national champions, for the first time in their long history, at the English Road Relay Championships at Sutton Coldfield on Saturday 5th October. Star athlete Georgie Grgec actually claimed two golds as she was also the fastest individual in the women's relay.

The winning women's quartet began with Darcie Hey handing over in 20th and Gaby Reynolds moving up to 11th at the end of the first two legs. They clocked 14:41 and 15:19 for the hilly 4.33km circuit. Hey demonstrated how valuable a recent addition to the ranks she is and W40 Reynolds showed remarkable form only six months after her third baby was born.

They set up New Zealand international Grgec for a third leg run that was nothing short of sensational.

From 11th place she moved past all ahead of her and recorded easily the fastest individual women's time of 13:39, more than half a minute faster than

the next best on the day.

She comfortably overtook the recently crowned national cross country champion in a time which ranks third on the all-time list for this event behind no less an athlete than retired former marathon star Paula Radcliffe.

Grgec handed over to Lucy Jones with a lead which she held on to without problem.

Jones kept her head superbly, ensuring that a clear and safe gap was maintained and was delighted to break the tape with a very good solo time of 14:33.

With a winning margin of 24 seconds and the overall team time in the all time top five, for this course, this was certainly a very worthy win to celebrate. **Geoff Jerwood**

HHH women are Southern Cross Relay champions!



Following on from the epic team win that made club history with their first National Road Relay Championships success a fortnight ago, the senior women from Herne Hill Harriers went to Wormwood Scrubs on Saturday determined to add the title of South of England Cross Country Relay champions to their early season portfolio.

The main opposition looked likely to be London neighbours Belgrave Harriers,

who had won the opening Surrey League fixture a week earlier and host club Thames Valley Harriers, who had won bronze medals behind Herne Hill's road relays victory.

On the day it proved to be a head to head between Belgrave and Herne Hill throughout two of the three legs of 3km around the park before Lucy Jones ran away from her rival with a strong anchor leg.

The first leg saw Sophie Tooley produce her best run since her track PBs during the summer as after leading out at the start she then tracked the Belles runner and refused to give in to all attempts to shake her off. Tooley handed over at the end of her stint just behind the lead and her time of 10:08 turned out to be the third fastest overall.

The third and fourth-placed teams were already a good distance behind. Darcie Hey went straight into the lead on the second stage, running strongly and looked to have created a small gap – only for her pursuer to close her down in the final 200m. Hey clocked a good 10:23 to give Jones a small advantage to take into her leg. The latter soon pulled away into a good lead and with a dominant display of running brought the team home with a winning margin of 23 seconds. With the only individual time under 10 minutes, Jones was also the fastest of the day with 9:59.

The Herne Hill men raced superbly to place 26th nationally in what is always one of the most fiercely contested club team events on the calendar. Their race was a six man relay around a 5.8km lap with 67 complete teams finishing. Andrew Warburton (46th, 18:34), Lewis Laylee (40th, 18:13), Daniel Shaw (35th, 18:31), Brandon Dewar (26th 18:01), Tom O'Mahoney (29th, 18:59) and Ollie Mills (26th, 18:27) all combined for an overall showing that compares very favourably with their 22nd in the Southern road relay championships at Aldershot last month. **Geoff Jerwood**

Masters Cross Country County Escapades 2024



The U15B silver National Road Relay medals were won by Caspian Holmes ninth on the opening leg. Tommy Clerkin was second on the next stage and then Leau Roch successfully completed the challenge for national team medals.

Roch actually crossed the line in third place, but the team who had overtaken him were subsequently disqualified for having been paced around sections of the course by non participants from their club, deemed to be outside assistance that is contrary to the race rules. So the Herne Hill boys were eventually awarded the silver medals after appeals and counter appeals.

The Herne Hill U15B B team also won excelled in the top 10 in a superb ninth place, courtesy of Edward Cunniffe (24th), Zachary Morris (15th) and Luca Boulton (9th) were first of all B teams to finish.

In the U17W race Sophie Jack was 20th, then Orla Wright moved up to 11th and Maeve Minielly held this position to secure an excellent 11th place finish. An U15G team of Florence Mills 43rd, then Sofia Mendes 27th and Zoe Dodgson maintaining 27th to the end.

National Silver Medal for U15 Boys



Surrey Masters Cross Country Championships, Nonsuch Park, Cheam, Saturday 26/10/2024 Eighteen Herne Hill Veterans towed the starting lines for the Surrey Masters Cross Country Championships being held at Nonsuch Park, Cheam on Saturday 26th October 2024 on a strangely cloud covered humid windless day where the grass remained damp and the soil sodden throughout the events of the day. Women and Men 65 plus initiated proceedings running two laps of the gently undulating twisty course. The race loop, starts near

Nonsuch Mansion within open fields and meanders into the woods and along a slow rising track with muddy patches randomly dispersed along the way before returning to the start line to complete the lap. Gaby Reynolds, our leading veteran lady, pushed at the front from the off, finishing third overall but first W40 by a clear margin to none other than our very own Sue Swain, second in the category. Fortune favoured our W35 to 44 team made up by a well deserving Jess Winfield in 9th place to pip South London Harriers by a single point. Alex Marginean W35, Mary Setyabule W55 and Sarah Allen W60 added to our women's team success at the races. The M65 men in the same 2 lap, 6.3km long, race also had the good fortune to close out an HHH 'ancient's team' as sprightly Jak Stegner (8th M65) made an excellent return to racing after at least 20 years of 'enforced retirement' and led an HHH M65 team to a creditable 5th position for the first time. Valdis Pauzers took an unexpected 3rd individual place in the M70's category despite 9 months of injury this calendar year, whilst Nigel Goodwin closed out this team and the race itself! Shortly after the M35 to M64 event, consisting of three of those same described laps (9.3km.), began in a furious fashion with Phil Wicks (Belgrave), the eventual winner, and John Hutchins (Woking) breaking away from the start and keeping their distance all the way to the finish. Our leading man, M50 Ben Paviour, was up there with the rest, running a well-paced and diligent race to outwit the only M50 who could keep up that workrate, Epsom's Steve Winder over the last 500 metres. Debutant Mike O'Brien ran strongly and enthusiastically for a fine paced run and 11th M45 overall, finding the cross country an interesting race variant! Sadly, we had no third man in that team category to close out an M45 team. Along with Mike, we had an HHH bunch pulling each other around at the same pace for the first two laps. This resulted in a fabulous run as Graeme Moyse (3rd Individual M60 medallist) broke and headed for home. In his wake, the rest in their finishing order, consisted of Muhamed Haile (3rd individual M55 medallist), Norman Urquia (4th M55), Derek Lee (5th M55) and Joffah Ratcliffe (7th M55). Poor Joffah was struggling with overuse pains and soreness from his race the day before, rest and recovery is required! Andrew Simms (M55) was back to his usual form whilst (15th M60) Richard Stansfield closed out whilst doing a good training workout for his forthcoming marathon. And so we had another Team Gold in the M55 Category with all that high quality back up for Graeme, with Muhamed and Norman being the worthy 2nd and 3rd team placers. A successful day at the races, with eight medallists and top racing debut-returns from Jak Stegner and Mike O'Brien. Long may their racing and competitive spirit remain and be satiated in them there Red and Black Hoops! Up the Hill, **Valdis Pauzers HHH Masters Team Manager.**

Read about HHH in Athletics Weekly – a phoenix rising from the ashes

<https://athleticsweekly.com/athletics-news/herne-hill-harriers-a-phoenix-rising-from-the-ashes-1039993960/>

WOULD YOU LIKE TO BECOME AN OFFICIAL FOR NEXT SUMMER?

We are planning officials courses in the next month if you are interested in helping the club in becoming an official. We have recently increased our pool of officials but if you are interested in athletics we would welcome more parents / former athletes to become officials to help our meeting run smoother (and earn point for the club in the leagues). It will also help us put on more open meetings as we did last summer including our high quality BMC meeting at Tooting which saw several Olympians running

Venue The Clubhouse, Wimbledon Park Track, SW19 6PE,
Track, Sunday 17 November expected 11.00 – 2.00 pm
Field, Sunday 1 December Expected times 11.30 – 3.30
Completing each course will give you a level one qualification

booking should be open soon.

Please keep in touch with Steve Bosley on tel no 07721 555688
Or email info@hernehillharriers.org

Many thanks in advance
steve

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