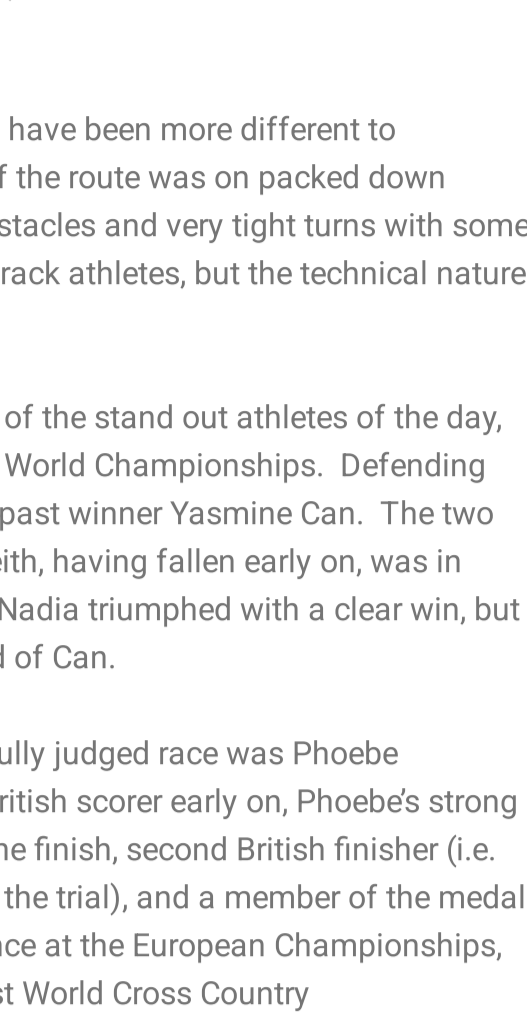
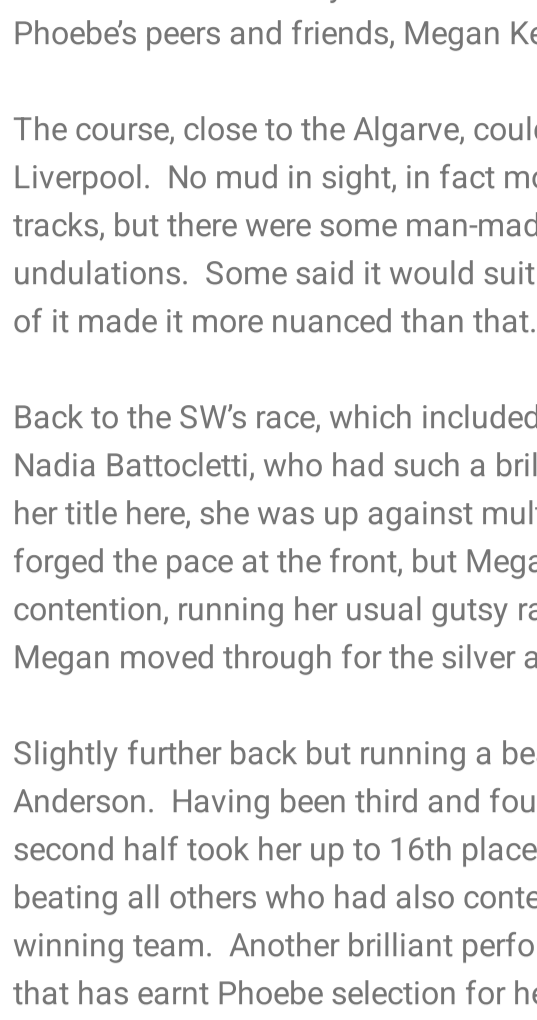


# HERNE HILL HARRIERS HIGHLIGHTS

## DECEMBER 2025

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: glenkeganhhh@gmail.com

### Phoebe Anderson Delivers Again at European Cross Country



I was delighted to return to Portugal to attend the 2025 SPAR European Cross Country Championships on 14 December, having previously watched the event in Lisbon. This time it was billed as Lagoa, but was actually much closer to the beautiful fishing village I stayed in, Ferragudo, a short jog from the course. On both occasions I have been privileged to watch/support Herne Hill Harriers, Saskia Millard (U20) previously and now Phoebe Anderson (U23).

This was in fact Phoebe's third appearance at these championships and third age group, having contested the U20 race in 2021 and U23 race in 2024. Her performance in 2024 was brilliant, culminating in a sprint finish that took her to victory. This year's SW race was of course a step up in quality and depth, for which Phoebe qualified by virtue of her fourth place finish in the trials, Sefton Park Liverpool. This was an extremely stacked race in itself, in which another of the Club's athletes Lucy Jones finished 9th, and to the team was added one of Phoebe's peers and friends, Megan Keith.

The course, close to the Algarve, could not have been more different to Liverpool. No mud in sight, in fact most of the route was on packed down tracks, but there were some man-made obstacles and very tight turns with some undulations. Some said it would suit the track athletes, but the technical nature of it made it more nuanced than that.

Back to the SW's race, which included one of the stand out athletes of the day, Nadia Battocletti, who had such a brilliant World Cross Championships. Defending her title here, she was up against multiple past winner Yasmine Can. The two forged the pace at the front, but Megan Keith, having fallen early on, was in contention, running her usual gutsy race. Nadia triumphed with a clear win, but Megan moved through for the silver ahead of Can.

Slightly further back but running a beautifully judged race was Phoebe Anderson. Having been third and fourth British scorer early on, Phoebe's strong second half took her up to 16th place by the finish, second British finisher (i.e. beating all others who had also contested the trial), and a member of the medal winning team. Another brilliant performance at the European Championships, that has earned Phoebe selection for her first World Cross Country Championships in 2026.

There was plenty of other quality at these Championships, including one of the most exciting young British distance talents to emerge over the last few decades, Innes Fitzgerald. Having won this event in the last two years, Innes was now top of age in the U20 race. Some speculated that the twisty course may not suit her tall frame and rangy cadence, but any such doubts were soon quashed. Racing over the shortest distance of the day, Innes produced the largest winning margin, more than 30 seconds. Gavin Pavey has done a brilliant job with Innes in Exeter, not just on the country but also evident from her big track improvements.

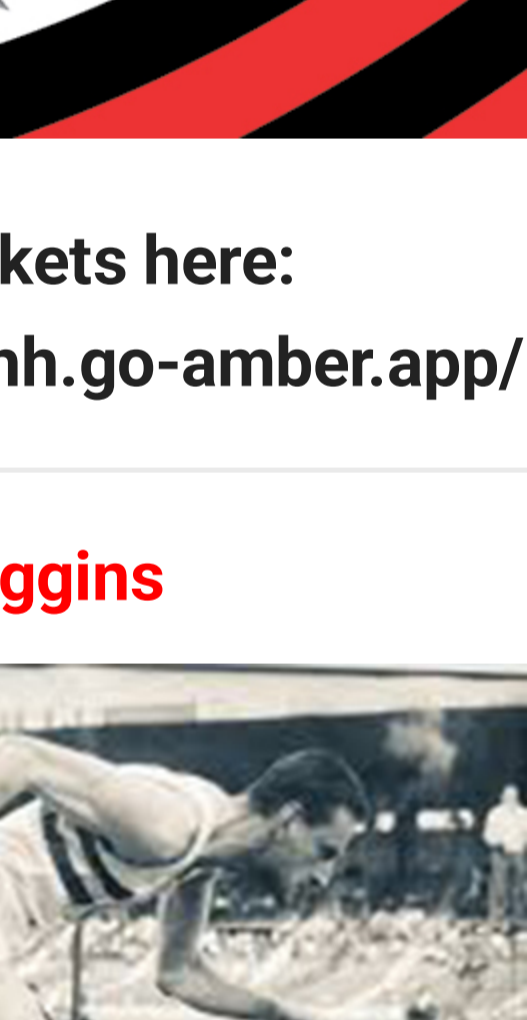
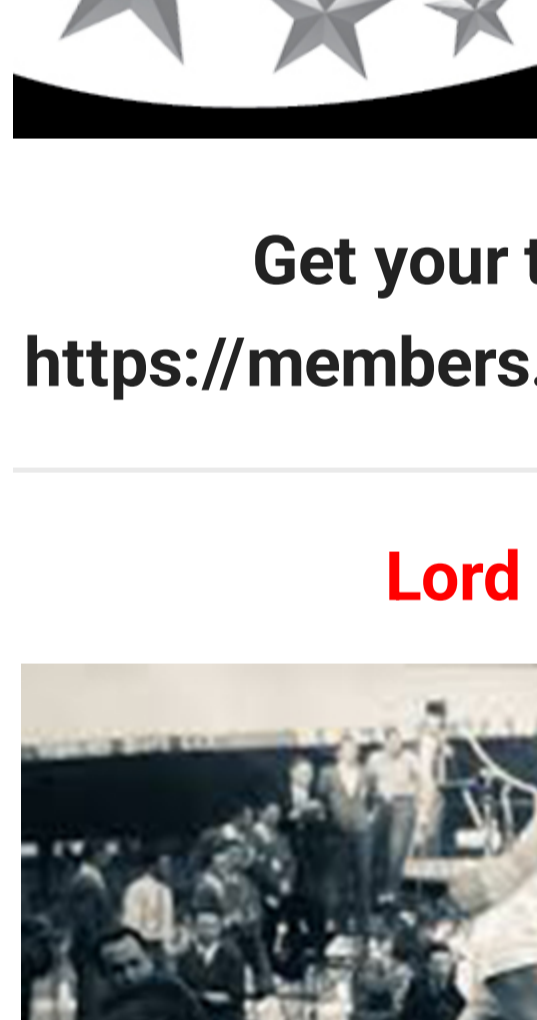
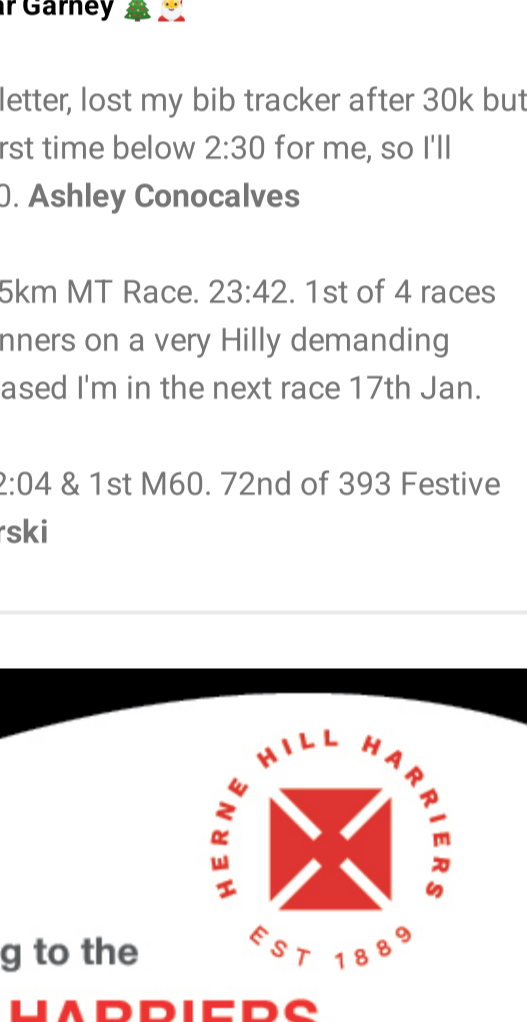
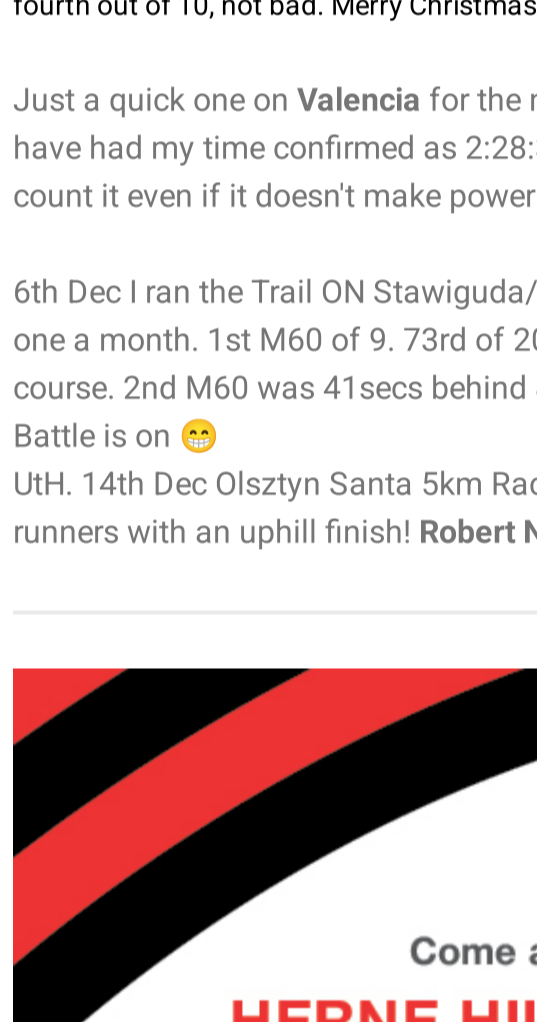
Another race I was especially looking forward to was the Men's U23 event. It did not disappoint. The Irish presence at these championships resembles a Barmy Army of its own, numbers and noise, and there was a lot more to celebrate here than there has been for English fans down under. Nick Higgins won our 1500m at Tooting in 2024 with a new BMC record, and we were delighted to welcome him back in 2025. Nick is an absolute racer, fully committing in any race he contests, making it tough for anyone else with similar aspirations. I was absolutely delighted to witness Nick's win here, his first in the Championships 'at a canter' in Tim Hutchings' words, a masterclass in tactical racing. There were some tears shed at the subsequent podium celebrations, which also included team gold for Ireland.

There were two further stand out races for me, the Senior Men's and the mixed relay. Although we'd lost Jakob in the build up, we had the absolute best of the relay, witnessing the World 10000m Champion Jimmy Gressier in full flow. Just as he brought about one of the major upsets at the 2025 World Championships, the form book was not followed here as Spain's Thierry Ndikumwenayo stuck doggedly to the task, and then navigated the critical best route in the final stages, leading Spain to a team victory. Another World champion Isaac Nader, who beat Jake Wightman in the 1500m by the thickness of a vest, anchored Portugal to silver in the mixed relay behind Italy who retained their title. Great Britain finished an excellent third, and all four members of the team had contested our BMC meeting in 2025.

If you get the chance, I'd thoroughly recommend spectating this event. It really is a top class show case of some of the best European talent, including some athletes of proven world class standing.

The world's best runners are heading to Tallahassee, Florida, for the 46th World Athletics Cross Country Championships on Saturday, January 10, 2026, our very best wishes to Phoebe for this event. **Keith Newton**

## ROAD RACING ROUND UP



Every runner who ran **Valencia** told me it's a great marathon experience, and now I understand why. Beautiful city, nice weather (or could be a little hot ☺), wonderful atmosphere and support from locals and tourists!

I did my personal best time despite 26 degrees heat! My strategy was 10,10,10. Easy first 10miles, full speed next 10miles, and in between last 10km. Unfortunately towards the end I had muscles cramps which slowed me down. On reflection, the more marathons you run the more experience you gain, ie pacing, electrolytes, nutrition etc **Sasha Fedina**

**Regents Park 10k.** What I would say is first race of any kind one followed on from cardiac ablation for atrial fibrillation. Cleared by medics so followed an 11 week RNA programme. This took me up to a 1h 19s 10k. I found it hard, and much slower than the last time I did one but hey, got to start somewhere. **Gillian Wheeldon**

I took my work run club to the **Three Bridges handicap race**, a Wednesday lunchtime race which has been going for almost 50 years. You set off in order from slowest to fastest, competing in a quick 4km race starting and ending opposite Big Ben. The main challenge was dodging all the tourists but it was a fun new challenge. I finished fastest woman and 5th fastest overall but ended up coming 21st in the race. I recommend it if you work in the area! **Julia Wedmore**

**Valencia.** Great marathon despite logistics challenges. My hotel had been closed down by the police after a big drug bust, so I had to call on my HHH team mates for a sofa but all good in the end. **John Key**

**My first Herne Hill Harriers' Family Christmas relay.** Great atmosphere. My team came fourth out of 10, not bad. Merry Christmas. **Omar Garney** 🎄🎅

Just a quick one on **Valencia** for the newsletter, lost my bib tracker after 30k but have had my time confirmed as 2:28:32, first time below 2:30 for me, so I'll count it even if it doesn't make power of 10. **Ashley Concalves**

6th Dec I ran the Trail ON Stawiguda/Rus 5km MT Race. 23:42. 1st of 4 races one a month. 1st M60 of 9. 73rd of 200 runners on a very hilly 17th Jan course. 2nd M60 was 41secs behind & pleased I'm in the next race 17th Jan. Battle is on ☺

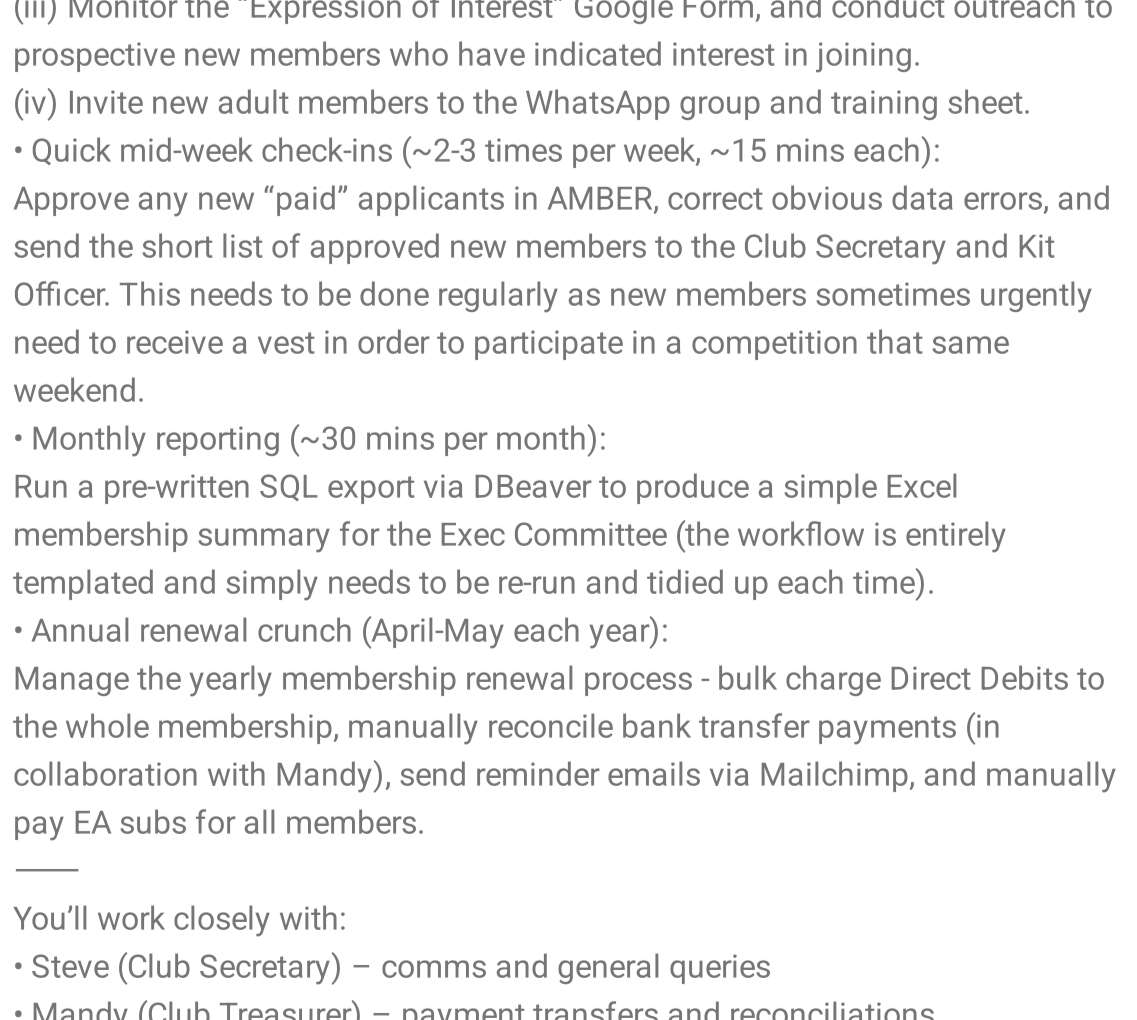
Uth. 14th Dec Olsztyn Santa 5km Race. 22:04 & 1st M60. 72nd of 393 Festive runners with an uphill finish! **Robert Nagorski**

Come along to the  
**HERNE HILL HARRIERS**  
*Presentation Evening*  
Celebrating Athletic Achievements in 2025  
**Saturday 28th February,**  
**7.00pm – 10.30pm**  
**St Boniface Community Centre,**  
**185 Mitcham Road, Tooting SW17 9PG**  
Includes a soft drink and delicious food  
Tickets available via **AMBER**  
Adults £22, Under 18's £17

### Get your tickets here:

<https://members.hhh.go-amber.app/>

### Lord Higgins



Club Patron Terence Langley Higgins, Baron Higgins, sadly passed away on 25th November 2025. Full title, The Rt Hon. The Lord Higgins KBE DL. Terence Higgins was born in Norwood, south London, in 1928, the eldest child of Reginald and Rose (née Langley). He attended the local Alleyn's School, in Dulwich, where he showed significant athletic prowess, including a win at the Public School Championships over 440y, in 52.0.

In early 1945, officials of Herne Hill Harriers (HHH) met to discuss the resuscitation of the Club, anticipating the end of the Second World War. With alacrity, the Club resumed business by May 1945, aided by financial contributions from former and current members. On 22 September 1945, contesting an event that was the forerunner of the London Championships, new member Terence Higgins won both the 100y and 440y junior events, beginning an association with HHH that lasted more than 80 years. From 1946-48, Terence completed his National Service with the RAF, where he contested and won various inter-services and international military athletics titles.

In his first three years of Club membership, Terence Higgins enjoyed an impressive upward trajectory in his athletic performances, culminating with his selection for the 1948 Olympic Games, London. He was a member of the 4 x 400m relay squad but did not actually race at the Games. In 2011, the year before the most recent London Olympics, a run was organised by HHH, featuring an original 1948 Olympic torch, from the Herne Hill Velodrome, home of the Harriers until the 1930s and the last remaining sports venue from the 1948 London Olympics to still be in use, and finishing at Tooting Bec Athletics Track, where the torch was received by HHH Club Patron and 1948 Olympian, Terence Higgins.

Terence Higgins qualified for the 1950 Empire (now Commonwealth) Games in Auckland, New Zealand, having finished third in the AAA 440y Championships. At the Games, Terence produced a Club record in the individual event running 49.0, and won a silver medal in the 4 x 440y relay team.

Over this period, Terence regularly competed for Surrey County in inter-counties matches, as chronicled on Surrey County Athletics Association's website, which includes a tribute. In 1951 he made a significant revision to his own Club record, running 47.8 for 400m, a time that still ranked as third quickest ever HHH athlete almost 50 years on, in 2000. In 1952, another third place finish at the AAA Championships qualified Terence for Olympic selection, Helsinki. At the Olympics, he made it through to the second round of the 400m, and helped the relay team to a 5th place finish in the 4 x 400m final. <https://surreyathletics.uk/>

Terence remained an active top level athlete over the subsequent years, with one memorable appearance in 1954. From The Times obituary 'he sometimes referred to his role in the "greatest anti-climax in athletics" in 1954. At Oxford, he had run in the race immediately after Roger Bannister's success in running the first sub-four-minute mile. In the much-viewed newsreel of Bannister's historic run, Higgins can be seen warming up for his own race'.

In 1955, aged 26, Terence accepted a place at Gonville and Caius College, Cambridge, to study economics. Higgins was active in the University Conservative association and in 1958 was elected president of the Cambridge Union. While at Cambridge he met his future wife, Rosalyn Cohen, whom he married in 1961. In October 1964 Terence was elected to the Worthing seat as a Member of Parliament, a seat he won on eight further occasions until he stood down in 1997. He held various ministerial and shadow ministerial roles as well as being honoured as a Knight of the Realm over these 33 years, and then became an active member of the House of Lords.

Terence's association with the Club was reinvigorated in 1984, 95 years after the Club's formation. The Club invited Terence to become the Club Patron, a position he accepted. Over the next thirty plus years Terence was engaged in Club activity, from time to time attending annual dinners and exchanging sage advice with Presidents. He was always interested to hear of the Club's successes, but also the challenges it has faced over the decades and, as Patron, contributed generously to the Club's finances. In this year of his passing, I am sure he would be very proud that his 400m legacy continues, with the English Schools win and U20 Club record by Fred Hake, 47.64.

Our condolences are with his wife, and an eminent barrister, Rosalyn Cohen Higgins, Baroness Higgins, GBE, KC, and two children.

**Keith Newton**, HHH Life Member.

Acknowledgements: Herne Hill Harriers, Into The Millenium, A History of the Herne Hill Harriers compiled by Kevin Kelly, 1889-2001; The Times Obituary.

### Interested in Helping the Club / Becoming an Official?

**Are you Interested in officiating / helping for next summer ?** you can get qualified by completing an on line course or attending a local course at a weekend and then gaining experience at the clubs track and field fixtures next spring / summer. We are keen to add to our numbers of officials for timekeepers, track judges and field officials

Courses can be on line via the England Athletics website or there will be local courses during the winter

For details of options and how to book a course please contact Steve Bosley on tel 07721 555688 or email [info@hernehillharriers.org](mailto:info@hernehillharriers.org)

**We are looking for a new Southern Athletics League manager**  
The Southern Athletics League is for U17/20/senior and vet men and women There are four matches during the summer – in our division all likely to be within the M25 including two home matches in 2026  
The league has a full range of events and plays a big part in the development of athletes to be able to peak for National Athletics League or individual competitions/championships  
The manager would be expected to liaise with coaches and athletes to select a team and notify them of venue, timetable and travel arrangements

**Herne Hill Harriers – Membership Secretary (Volunteer Role)**  
We're looking for a new Membership Secretary to take over anytime between now and April 2026. This is a vital behind-the-scenes role that keeps the club running smoothly: handling new joiners, renewals, payments, and our membership database.  
You don't need to be a tech wizard, but you do need to be organised, comfortable working with databases, and happy doing a bit of structured admin each week.

What's involved  
• Weekly admin (~3-4 hours per week):  
(i) Process new member applications in the club's AMBER membership database system, create their England Athletics records (manual entry), pay EA affiliation fees using funds from the Treasurer, and record EA numbers back in the AMBER database.  
(ii) Monitor the membership inbox. Most messages are quick fixes or sign-posting (e.g., training-related queries for junior athletes to be forwarded on to Steve), but a handful each week (especially lapsed members / non-Direct Debit users chasing renewals last minute) need more detailed follow-up to resolve.  
(iii) Monitor the "Expression of Interest" Google Form, and conduct outreach to prospective new members who have indicated interest in joining.  
(iv) Invite new adult members to the WhatsApp group and training sheet.

• Quick mid-week check-ins (~2-3 times per week, ~15 mins each):  
Approve any new "paid" applicants in AMBER, correct obvious data errors, and send the short list of approved new members to the Club Secretary and Kit Officer. This needs to be done regularly as new members sometimes urgently need to receive a vest in order to participate in a competition that same weekend.

• Monthly reporting (~30 mins per month):  
Run a pre-written SQL export via DBeaver to produce a simple Excel membership summary for the Exec Committee (the workflow is entirely templated and simply needs to be re-run and tidied up each time).

• Annual renewal crunch (April-May each year):  
Manage the yearly membership renewal process - bulk charge Direct Debits to the whole membership, manually reconcile bank transfer payments (in collaboration with Mandy), send reminder emails via Mailchimp, and manually pay EA subs for all members.

You'll work closely with:  
• Steve (Club Secretary) – comms and general queries  
• Mandy (Club Treasurer) – payment transfers and reconciliations  
• Tom (AMBER creator and admin) – database and systems support

Skills required  
• Comfortable using web-based admin systems and Excel  
• Basic SQL (queries already written provided; just need confidence to run them in a back-end system)  
• Patience, attention to detail, and clear communication

Time commitment  
Around 4-6 hours per week, with a busier April-May during annual renewals.



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