HERNE HILL HARRIERS
HIGHLIGHTS

January 2026

Welcome to your monthly Newsletter - I hope you enjoy it. Athletes, coaches, parents/carers - if you have any photos and articles you would like to share, please include in future issues, please email them to: pentangel@hotmail.com

Home Advantage Delivers: Women Dominate Team Stakes and Men Mount Late League Charge

Our Herne Senior League campaigns saw Merlyn Harrison remain unbeaten as the women's team secured a 5th consecutive victory against Dulwich Hill. Merlyn ran a 32:04 to take the course over Jane Kirk and Kate Kirkpatrick who ran 32:44 and 33:04 respectively. Herne Hill finished comfortable with two large gaps separating each scorer.

On a tough course, it was a fine result for the women's team.

Today's 4th, 5th Meeting saw guests from Bergrath Cologne 10K, Helena Kirkpatrick 33:19 and Ruth Ellis 33:20 finishing 1st and 2nd respectively.

The 8 strong men's team finished in 4th place with Lewis Barnard 30:06, Will Cox 30:20, Ryan Hutton 30:50, John Bowen 30:52, Ryan Hutton 30:52, Jack Ellis 30:54, Lennie and Ryan Ives 2nd and 3rd 30:56.

Herne Hill Harriers 1st team finished in 4th place, 2nd place in the 45 plus division, 4th place in the over 55 men's team and 1st place in the women's team.

In the Cup 1 the Road league table 2 wins out achieve another strong narrow 1st place finish. Herne Hill Harriers 1st team finished in 4th place, 2nd place in the 45 plus division, 4th place in the over 55 men's team and 1st place in the women's team.

Sam Blackwell was our first runner in 2nd place, joined in the top 10 by Liam Bentham 9th, Grayson Hutton 11th, Matthew Kirkpatrick 13th, Ricardo Sousa 15th, Shane 47th, Sam Brockman 51st, Ed Thomas 61st, Sam Jenkins 63rd and Ryan Hutton 64th. Herne Hill Harriers 1st team finished in 4th place, 2nd place in the 45 plus division, 4th place in the over 55 men's team and 1st place in the women's team.

The 8 men were again Chris Hutton in the efforts of Jordan Mendonca 30th, Jonathan Kirk 34th, Kaelan Gaughan 35th, Ryan Hutton 36th, Jack Ellis 38th, Jack Gunningham 39th, Ashley Grainger, 100th, Ryan Tuhi, George Jackson 101st, Ryan Hutton 102nd, Ryan Hutton 103rd, Ryan Hutton 104th. Herne Hill Harriers 1st team finished in 4th place, 2nd place in the 45 plus division and 1st place in the women's team.

History Made in Valencia for HHH Women

Sunday at the Valencia 10km race our club dominated all three hundred and forty women and what was extraordinary was that the first three to finish were all Herne Hill Harriers! Merlyn Harrison ran a 32:04 to take the victory but apparently not worth a photo on the day which Lucy Lowe is making a mish-mash of the photo below. Jane Kirk was second in 32:44 and Kate Kirkpatrick was third in 33:04.

Merlyn Smith was produced a top-class PB by almost half a min with her first sub 33 min time, coming in 7th in 32:44 and Helen Ellis was 8th in 32:49. Sophie Fuller then double the effort over Rob Ellis with a 2nd place in the 45 plus category and 4th overall.

Lucy gave 2nd on the 4th women all time for her 1st ever 10km Personal Best of 33:49 and Sarah Lowe was 3rd in 33:51 and Sarah Kirkpatrick was 4th in 33:55 and 1st in the 55. A rewarding day for the club, they are truly training towards a big and exciting 2026. **Geoff Jerrard**

Happy Pickings for Herne Hill at the Veterans A.C. Cross Country Championships

Lucy Lowe Sixth in Cowdenbeath, Lucy Lowe, 6th in Cowdenbeath, Lucy Lowe, sixth Tomasina Afseman also 1st in regional cross-fell, Dan Nicol, 5th NC Cross Country Championships. Dwaine a keen cross-country, 1st regional cross-fell.

The crowd ? Dan's distance-training partners seemed to be determined and concentrated in the muddy stage. Steve Hutchinson and Dan Cooper completed the subsequent climb out of the Valley of Bindweed in Dunbeath, spotting not a single Bindweed flower, but a lot of Ragwort. Dan Cooper, Steve Hutchinson, Jonathan Hastings and Kilmarnock Jonathan Hastings and Kilmarnock.

Our only women, Nikki Gonzalez, stormed off with the overall prestigious overall prize in the Kilmarnock Cross Country Cup. Nikki was also 1st in the Scottish Cross Country Championships and 1st in the Scottish Cross Country Championships and 1st in the NHS Elite championship.

At the event prestigious Cross Country cup our best performer coming in overall 5th and 1st Midland NHS to continued his consistent and relaxed return to form, Jonathan Hastings, 1st in the Scottish Cross Country Cup, 1st in the Scottish Cross Country Cup, 1st in the Scottish Cross Country Cup, Dalkeith, Midlothian, and last makes him veteran always.

Further down the pack another pair of Herne Hillers exchanged positions on the second lap as Wesley Pearce took 1st place in the M70 category with Andy Gibbons 2nd place in the same category. Wesley Pearce, Andy Gibbons, Andy Gibbons, Andy Gibbons