# HERNE HILL HARRIERS HIGHLIGHTS

## April 2026

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

---

## Masters of Europe!

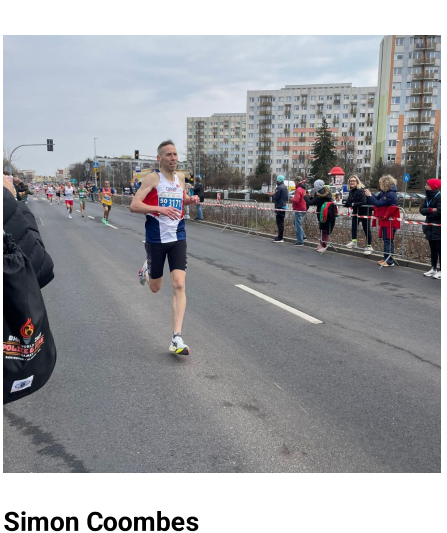
I was not expecting to beat my German nemesis Friedhelm Adorf on this occasion having been chasing him on the same track on the previous two occassions. My time was 9.50 a seasons best. I managed to exit the blocks reasonably fast (remembering Ivor's tutillage many years ago)

Friedhelm gained some revenge in the 200m as I finished in third place. No excuse.
The 200m relay was fun as due to an injury to one of our chosen squad we called upon a 91 year old to set us off and managed to finish in 2nd place. However the apparent winners, the Finnish squad were subsequently disqualified and we won a rather fortuitous gold medal.
Not the ideal way to triumph

This was my 4th time in Torun and the fast track and organisation at the event is first class. **Allan Long**

EUROPEAN RECORD X35
GREAT BRITAIN
4x200 Mix - 1:36.44

**Byron Robinson**
M35 60m & 200m Bronze
M35 4 x 200m Men's Relay Silver
M35 4 x 200m Mixed Relay Gold with a new World Record



CITY OF TORUN
LOTTO
FRANCO Antonio

**Simon Coombes**

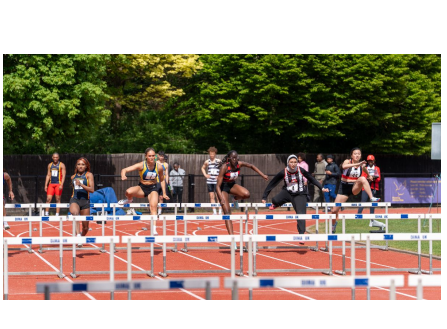
So here is a little review of my trip to Poland for the European Masters indoors.

So first up was the 5K race on the Sunday morning. Good conditions for me, the course was slightly uphill for the first 400m then followed by a flat out and back to halfway with the wind in our faces and then luckily a tailwind for the second half with the last 400 m downhill, obviously a bit down on pace for the first half, but then after the turnaround and managed to get the kilometres down abd ran 2.57 for the last kilometre and a finishing time of 16.03. Sadly this was only good enough for fifth but quite please as I ran as well as expected and I knew I needed to be in the 15.50's to be in a shout for the medals.

The 1500 m heat was on the Wednesday and that was negotiated quite well and ended up third and qualified with the time of 4.25. The final was the next day and knowing I need to be running around 4.15 or quicker to have a chance for medal I quickly got to the front and tried to stay there that worked until the Bell when the Spaniard Antonio Franco came past me went on to win in 4.10 and then I was pipped for silver on the line by Connor but very very happy with the bronze and a time of 4.15 so all in all a great trip, in a brilliant venue.

---

## YDL

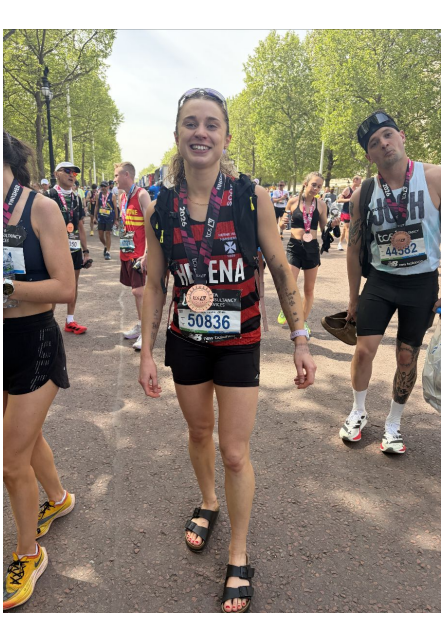


The outdoor season has begun! HHH competed at the YDL Upper in Hornchurch on the 19th of April! Here are a few pictures captured by @Crisp.visions!

Staring Callum Devonish-Russell (400m) Lily-Rose Brown (400m/200m) Haneil Sloley (100m) Princess Okoma (100m/200m) Orlando Matos (High Jump) Kazia Asiedu Boafo (100H) Kelsea Martin (100m) and the rest of the Squad!

---

## LONDON MARATHON 2026



More than 50 Herne Hill Harriers contested the greatest marathon in the greatest city. Forever, our athletes will treasure the memory that they raced the event that hosted the first sub 2 hour Men's race, and one that also produced a Women's only World Best. On the Saturday, around 40 of our young athletes contested the coveted London Mini Marathon.
Congratulations to our Club Champions, debutant Harry Roberts ran a superb 2:27:32, and Gabriel Reynolds 2:43:58. Both ran brilliantly. Harry was aiming for the 2:28-2:32 range and surpassed his own expectations with a perfectly judged race, whilst mother of 3 Gaby produced a courageous performance off a less than ideal marathon preparation, finishing as 6th W40.
There were many PBs amongst our finishers, including another brilliant debut from Margaret Coogan (2:50:47 Debut), and relative newcomer Ollie Sweett (2:28:11 PB), both 2nd in our Club Championships. Taking 3rd in our Club Championships were Helena Keenan (2:56:31 Debut) and Calum Harrington-Vogt (2:28:56).
Unsurprisingly, yesterday's event makes a significant contribution to the top 10 in our club rankings for 2026 to date.

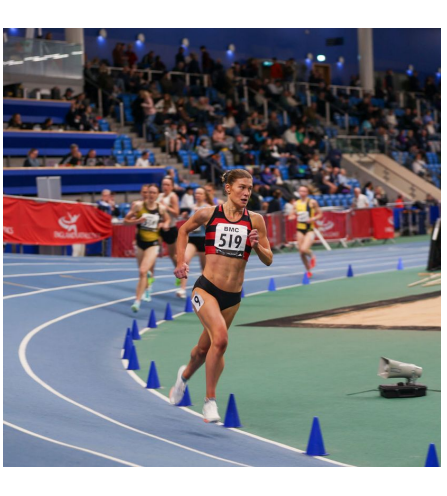
**HHH TOP 10 MEN 2026:**
Sam Brashaw 2:21:56 (Seville)
Matt Wood 2:23:33 (Newport)
Harry Roberts 2:27:32 (London )
Oliver Sweett 2:28:11 (London )
James Nutt 2:28:23 (Barcelona)
Calum Harrington-Vogt 2:28:56 (London )
Alex Russell 2:29:08 (London)
Ashley Goncalves 2:29:25 (London)
Ollie Mills 2:29:59 (London)
Joe Holland 2:31:51 (Seville)

**HHH TOP 10 WOMEN 2026:**
Gaby Reynolds 2:43:58 (London )
Margaret Coogan 2:50:46 (London )
Helena Keenan 2:56:31 (London )
Megan Gildea 2:59:41 (London)
Bethan Philp 3:04:01 (London)
Charlotte Davies 3:05:38 (London)
Lydia Randles 3:08:10 (London)
Milli Simcock-Brown 3:10:29 (London)
Katie Heron 3:10:32 (London)
Hannah Edwards 3:13:05 (Seville)

**Geoff Jerwood**

---

## Summer Targets



The winter season provides a perfect opportunity to build a base for distance athletes, a key underpinning for the summer exploits on the track. In the context of some stunning performances from Club athletes over the winter, I contacted our top senior performers and received the following responses.

**Arlo Ludewick**
Tell us about your top performance over the winter season, including what especially pleased you about it.
National xc is the race I'm most proud of. I was hoping for top 10 and thought that was an ambitious goal so was very pleased to come 7th. I was also really happy with how I raced it, I was engaged in the race and made the right side of a key break on the second lap, then it was just a matter of measuring my effort to the finish well.
**What is your main target for the summer months?**
British champs final but in general I want to get better at racing, always putting myself in the position to win the race.

**Morgan Roberts**
Tell us about your top performance over the winter season, including what especially pleased you about it.
My best performance from Winter would be my 66:07 HM in Barcelona. It was a relief to run a big PB after a spell of slower progress at the distance. It felt great to do so by adopting the approach of running to feel, honed over a good spell of training and put to practice over a successful cross country season.
**What is your main target for the summer months?**
My target for the Summer is to lower my track times across shorter distances from 1500-5000m.

**Lucy Jones**
Tell us about your top performance over the winter season, including what especially pleased you about it.
My top performance was taking the senior women's national title at the English Cross Country Championships. This was especially special as it was my first win here, since U/15 girls some 13 years ago! What made the day even more brilliant, is that as a team, Herne Hill Harriers (made up of myself and my closest friends) secured our first ever national title - which was something we had really hoped we could do. It shows the depth and commitment of HHH and the coaches, and just how much fun we have!

**What is your main target for the summer months?**

My main target is to gain the qualification standards on the track for the Commonwealth and European Championships as well as run well at British Championships - finishing as high as possible!

**Saskia Millard**
Tell us about your top performance over the winter season, including what especially pleased you about it.

1. UK Indoor Championships- 1500m Final Making the final of the UK Indoor 1500m was a big highlight for me, as it was my first ever British Champs final over that distance. What I was most pleased with was how it reflected a real step forward in translating training into racing. Over the past year I've focused a lot on speed work, and I actually ran my final 200m as an all-time PB, which was really encouraging! It was also great to feel competitive amongst some of the best athletes in the country, so it's made me really excited for the outdoor season ahead!

2. HYROX Pro Solo- British & European Record (57:26) I did my first HYROX in December 2025, so this still feels very new to me, which made this performance quite unexpected. I'm currently only doing my usual running training and strength & conditioning, without any HYROX-specific work, so to run 57:26 and break both the British and European records was a big surprise! I had been aiming to get close to 60 minutes, especially after a busy week working in A&E, so to go well inside that was really exciting. It's such a fun event with an amazing atmosphere, and this time has put me as the third fastest of all time, meaning I'll now have opportunities to compete internationally.

**What is your main target for the summer months?**

My main focus for the summer is to bring my 1500m time down and continue building on the progress I've made this year- I'd love to be competitive at a higher level outdoors and keep improving my race execution. Alongside that, I'll be competing at the HYROX World Championships in Stockholm in June, which is really exciting, and I'd love to push for a podium finish there.

**Sophie Tooley**
Tell us about your top performance over the winter season, including what especially pleased you about it.

It's a tough call between the National Cross Country Championships and the UK Inter-Counties. I finally found my form towards the end of the season, so both races were enjoyable and performances I was proud of. However, I'd have to choose the Inter-Counties as my standout. It was my highest ever finish as a senior on the national stage, placing 12th overall, and being part of Surrey's team gold made it even better. I was particularly pleased with how I paced the race and was able to finish strongly, which helped me move further up the field.

**What is your main target for the summer months?**

My main goal is to achieve personal bests across all my key distances, from 800m to 3000m, and to qualify for the British Championships again

**Sam Bramwell**
My top performance has to be Mansfield relays. It was my first time racing that event and Im probably one of the most enjoyable experiences I've had at a club event. Since then I've had a lot of momentum and confidence going forward.

**What is your main target for the summer months?**
My main target for the summer is to run in the 13:30s for the 5k. I'm also looking to run fast in the 3k and 1500. Training this season has been much more consistent so hopefully there will be a couple breakthroughs.

**Katie Snowden**
I was really pleased to be part of the British Athletics team for the World Indoor Championships as I'd never competed at these championships before and I hadn't made a GB team since 2024 so it was really nice to be back racing the best in the world. I was especially pleased to qualify in the 3k to test my winter strength and place top 8 in Poland.

**What is your main target for the summer months?**
My main target for the summer months is to qualify for the Commonwealth Games and European Championships, as well as improving my 1500m PB.

---

## Mental Health Awareness Week

Mental Health Awareness Week is taking place from the 11th - 17th of May. The theme for the week is Take ACTION. We're asking you to join us in taking action to support good mental health of everyone at the club. Mental Health Awareness Week | Mental Health Foundation

Have you ever wondered how you could support an athlete, peer, coach, parent, or fellow club member with their mental health? If the answer is yes, then please read the scenario below:

**Mental Health scenario:**

An athlete expresses concerns to you that they are worried about their peer, a 17-year-old athlete on the talent programme. They describe this person as "a bit isolated" and say that they rarely engage in social activities or spend time with the other young people. Other athletes in the group have told the coach that they are concerned about the young athlete's mood swings. Over recent weeks, the coach has heard an increase in negative comments by the young person about themselves and they have become further withdrawn from activities, not even participating in discussions in the last couple of weeks.

**What do I need to do?**

- If you feel the individual is at risk of harming themselves or others, for example suicidal or self-harming behaviour, contact their parents/carers and call 999 right away.
- Report your concerns to your welfare officer, Sarah Guest, as soon as possible. HHH Safeguarding email address: welfarehhh@gmail.com

- If she is not available, seek advice from England Athletics: welfare@englandathletics.org | 07464 522426 or the NSPCC helpline - 0808 500 8000

You are not expected to be an expert on mental health, and it is not your job to fix their problems. However, as a member or associated with the club, you have a duty of care to support everyone at the club. And often, small, everyday actions can make a big difference.

**Your responsibilities are:**
Spot the signs someone may be struggling
Support them, if you feel able to
Signpost them to help and services

**Considerations:**
Do not make assumptions, because we do not know what is going on for the individual. Let them guide the conversation. If in doubt, ask – don't assume.
It is important to speak to the young person to get their perspective. Find a quiet, informal space away from the activity and group, but with another adult present. Start by reassuring them that it is good to talk and they do not need to carry this burden alone. Then ask open-ended questions such as; "How are you feeling this week?" (Perhaps on a scale from 0-10, 0 being awful and 10 being great, and once they give a number, ask why they chose that number and why it is not higher), "What difficulties have you faced recently?" "What has been a lowlight and highlight of your week?"
If they are confiding in you, make sure you actively listen, show empathy, and validate their feelings, e.g., "It sounds like you are going through a really tough time right now. I know this must be difficult for you. It's okay to feel like this." Try to avoid cliches like "don't stress."
If they do not feel comfortable sharing, ask them; "is there anyone you are talking to at the moment or feel open to talking to?" Consider where this young person does and could get support from. Ask them; "How can I best support you?"
If they mention that they have felt this way previously, ask them; "What happened then? What support or actions helped you?"
Consider possible or previous instances of mental health concerns and any contributing factors, e.g., disability, neurodiversity, learning difficulty, medication changes, disordered eating history.
Empower the person to decide what they want to do next. Don't assume they want to be signposted to support. Ask them; "Would you like further support?
If the issue persists, the Welfare Officer should also remain alert to the possibility of wider indicators of neglect and monitor for any other signs that the child's basic needs may not be consistently met.
The mental health concerns could be related to sport-specific issues, in which a sport psychologist may be better tailored to support.
Do not promise to keep what you have heard a secret. Explain to them that confidentiality means only informing people who need to know, to protect their safety and wellbeing.

**Resources:**
· Campaign Against Living Miserably (CALM) - Information and support for anyone who is struggling with suicidal thoughts. Offers a helpline and webchat. call 0800 58 58 58. https://www.thecalmzone.net/
· Mind - https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/spot-support-signpost/#resources & Useful contacts for support - for 11-18 year olds: https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/
· Sporting Wellness – offer free mental health Cognitive Behavioural Therapy and Counselling for athletes over the age of 16. https://www.sportingwellness.org/
· CPSU Resources: https://learning.nspcc.org.uk/child-health-development/child-mental-health
· Childline - for information and advice for young people on topics like bullying, body image and relationships, call 0800 1111. https://www.childline.org.uk/
· Sport psychology support - A Complete Guide to Helping Young Athletes Thrive & FAQs for Parents: https://www.drpaulmccarthy.com/post/child-sport-psychology-a-complete-guide-to-helping-young-athletes-thrive Children's & Youth Sports Psychology Support: https://www.sport-excellence.co.uk/faqs-for-parents
(Helena Keenan will be starting her sport psychology business later in the year and can support in the future)

By **Helena Keenan**, 3 year member of HHH in Geoff and Keith's group, and Sport Welfare Manager at London Sport.

---

## New Officials Needed!

The club is very anxious to recruit new officials for their track and field meetings

At this time of year we have lots of track & field meetings covering a variety of agegroups from U12s to masters competitions.
All require officials for track judging, timekeeping and field events. As you can see by the schedule for
May there are lots of competitions covering a wide range of athletes and levels

We also need helpers at every home match to help in the office with the meeting preparation and organisation
& catering, equipment etc

Recently saw an instragram post of a former athlete from a local club who started volunteering as an official
& this summer is the one of the chief starters at the Commonwealth Games and European championships so its
Possible to develop and gain new experiences by volunteering
For more details please contact Steve Bosley on info@hernehillharriers.org or call 07721 555688

---

## Southern Athletics League match 1 – Sat 16th May Tooting Bec track Starts 12.00 noon

Our first match in this league gives us a chance to get off to a great start with a home match
Its important we take advantage of being at Tooting so please can you confirm that you can compete and what events you want to do
This league is for all seniors, vets, U20 and U18s and you may want to use it as a warm up for our national league match the following week,
/ a chance to try a new / different event and a preparation for a targeted meeting. Its also the first senior competition opportunity this season
Selection for this match is complicated by the following day a YDL upper league match and a vets match on Monday 18th May so its very important you plan your schedule and advise us as early as possible accordingly

Please try to let Steve Bosley know as early as possible you are available and what events you want to do – Steve is on tel 07721 555688 or email info@hernehillharriers.org and can pass on timetables

We are also organising the match so if you aren't competing please come along and help – we need officials / helpers and possibly people in the catering from the green hut as well as help with team managing
Many thanks in advance

**Steve Bosley**

---

## May & June Fixtures

**May**
Sat 2nd
Sun 3rd YDL lower U14/16s Sutcliffe Park Steve Bosley info@hernehillharriers.org

Sat 9th Surrey County champs main weekend Kingsmeadow entries close 26.4

Sun 10th Surrey County champs main weekend Kingsmeadow entries close 26.4

enter via https://meets.rosterathletics.com/public/competitions/details/registration?id-28434

Sat 16th Southern Athletics League Tooting Steve Bosley info@hernehillharriers.org

Sun 17th Ebbisham League boys kingsmeadow Steve Bosley info@hernehillharriers.org

Mon 18th Vets League Battersea Waldy Pauzers v.pauzers@hotmail.co.uk
Sat 23rd National Athletics League Crawley Geoff Jerwood geoffjerwoodhhh@outlook.com

Sun 24th YDL Upper U18/20 Mile End Steve Bosley info@hernehillharriers.org

Sat 30th Surrey County champs day 4 & masters champs kingsmeadow

Sun 31st YDL lower U14/16 Eltham Steve Bosley info@hernehillharriers.org
opens 27th May HW open 1500m Wimbledon Park entries closed already

**June**
Mon 1st vets league Hillingdon Waldy Pauzers v.pauzers@hotmail.co.uk

Wed 3rd Rosenheim league / open Battersea entry details to be confirmed

Sat 6th Lily B league girls Epsom steve Bosley info@hernehillharriers.org

Sat 6th SEAA U20 / sen champs and Sunday 7th https://www.seaa.org.uk

Please let the above know you would like to compete / officiate at these meetings in May
We are always looking for new officials so if any parents are keen to help please let me know
To join / renew please go to https://members.hernehillharriers.org don't forget you need a valid EA number to compete in YDL matches and the championships
Please contact me if you have any questions / need any more information
Many thanks in advance
Rgds
**Steve Bosley / Herne Hill Harriers**
**07721 555688**

---

*Copyright © HHH2021, All rights reserved.*

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.