

Dartford Harriers Athletic Club

GO HOOPS

Oct 2025 Update



GO HOOPS!

The sun has left us and winter is definitely here – but this doesn't really seem to bother any of our amazing HOOPS.

Cross Country is in full swing and winter/strength training can be seen at every session – Its AWESOME!

With the AGM almost upon us – we get to hear from across the club and update on everything that has happened this – the overarching message is that you all AMAZING!

GO HOOPS!



European Masters Athletics Championships - Representing GB



The level of talent, determination & commitment our master athletes have is evident when they get to represent Great Britain at championship competitions.

Our masters Hoops flew off to Madeira to compete at European Masters Athletics Championships.

Athletes competed on 2 tracks over 11 days, with many throwing events also taking place in a military base. The competition was tough, and many athletes competed despite recent or recurring injuries.

The competition was incredibly high and they were all amazing in their events. We are very proud of them.



Kat Sutton - won bronze in 1500m, silver in 800m, gold in 4x400m mixed relay (winning against a relay squad with a recent Olympic medallist)

Stuart McNally - finished 16th in Europe in 400m, 15th in 800m, 7th in 4x400m mixed relay, won bronze in 4x400m men's relay

Andy Green - finished 4th in 10000m

Hannah Carson - finished 8th in 400m, running a SB in the final

Jane Crawley - finished 9th in 400m

Gary Capon - finished 9th in high jump`

Claire Capon - finished 10th in hammer throw - competing around 2 AM, over 6 hours after planned event start

Kalina Detko - finished 24th in 100m

Steven Foy - finished 25th in 100m and 24th in 200m

Mark Kybert - finished 28th in 400m and 26th in 200m - running a PB in 200m despite -2.2 wind

Stuart Waterman - sadly had to pull out of 800m after 200m due to injury

Warwick Dixon (2nd claim Dartford Harrier) - won bronze in hammer throw, silver in weight throw, 5th in shot put, 4th in javelin throw, silver in discus throw, bronze in throws pentathlon

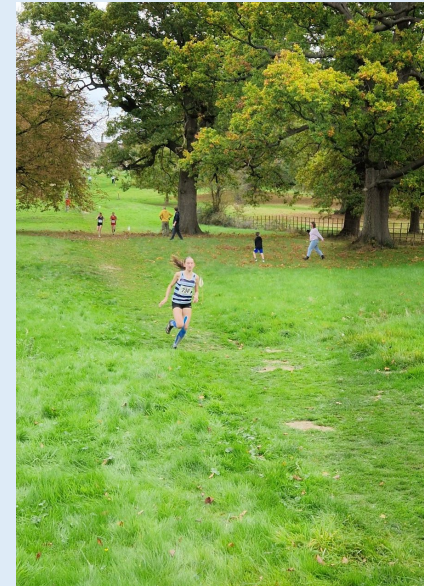
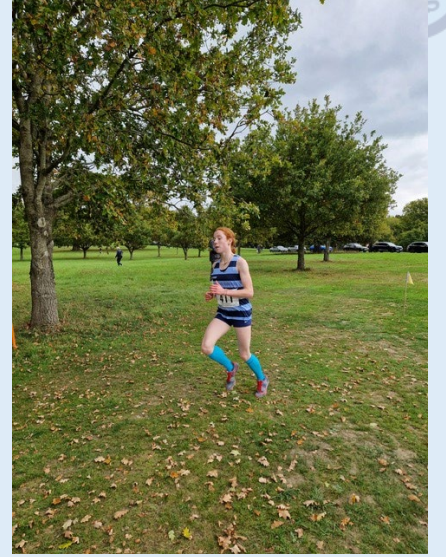




KFL Cross Country – Footscray



KFL Cross Country – Somerhill, Tonbridge





Abingdon Marathon

Congratulations to Hannah and John

Hannah ran an amazing 3:00:47.

John ran an equally amazing 3:40:00

Awesome work



Maidstone Half



Ali came 3rd lady
Laura smashed her first ever marathon
Chris and Tereza had a great run too

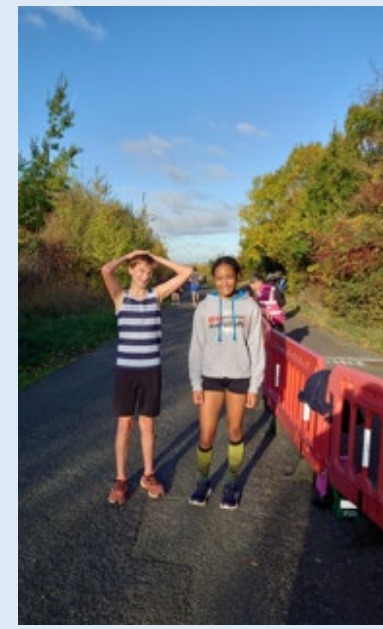


Joydens Wood 5k



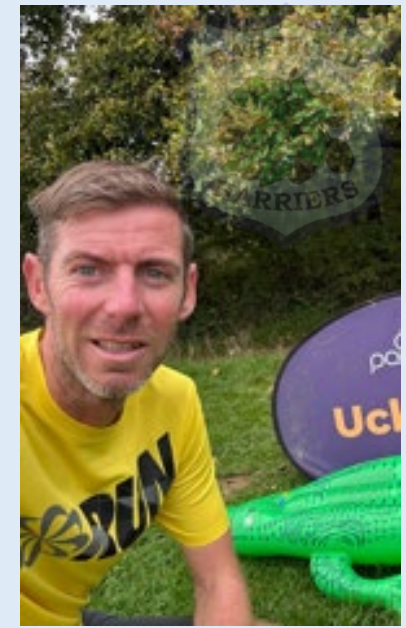
Running HOOPS





Park Run Tourism





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HOOPS Volunteers



As always, a HUGE THANK YOU to the amazing volunteers that make our club the place it is.

From Coaches to Team Managers to Run Leaders to the behind the scene roles that nobody sees to volunteer groundskeepers to equipment checkers the list goes on – it is all so super appreciated by everyone.

Please let us know if you would like to get involved – there is ALWAYS something that needs to be done

Once again, just in case it isn't clear

THANK YOU!



November Events

A few of the events that our HOOPS have this month -

- 9 Nov – Kent Fitness League Cross Country – Swanley
- 15 Nov – Kent Cross Country League – Danson Park
- 22 Nov – Masters Cross County Champs – Dartford
- 23 Nov – Kent Fitness League Cross Country - Eltham
- 30 Nov – Kent Fitness League Cross Country – Knoll Park

GO HOOPS!

Should you wish to feature in future editions please contact
Rob Turner

