



Presidents News 1 October 2025

Headlines

- Records, Results and Park Run participation,
 - Club Records (oh dear)
 - Key Notes
 - Results
 - Fixtures
 - Bonus Ball

Results

Please let me know of any results that need correcting or adding.

Please also share news & results with me that you wish publishes in the News.

Records

- **None identified (yet!)**

Notes

- Corrections – in last weeks News I incorrectly stated that 300 club numbers cost £8 per month. This should of course have stated £4 per month:
 - *The 300 club has 22 vacancies! Purchase of a number allows you to enter regular draws for cash prizes with the surplus funds donated to help with travel for Young Athletes such as to YDL and DNA finals. So, do please consider taking out a number, the cost being just £4 per month. Please contact Tony Pontifex (apontifex@hotmail.com) if you can purchase a number.*
- **Annual Dinner** – date for your diary – the Clubs Annual dinner will be held on November 21st at the clubhouse. Details will be emailed to all current paid-up members later this week.
- **Annual Athletics address**
 - The Annual athletics address will be held at the club on 7th November – 6pm start. An email inviting you to the event was sent on Tuesday.
- **EA Youth Talent Programme**
 - In the News on 10 September, I highted some of our members who were selected for the Talent Programme. We have 2 more to add – so well done to **Elsa Pawson and Charlie Platt**, selected for the pole vault programme! Well done both!

ANNUAL ATHLETICS Address **FRIDAY NOV 7th AT 6 PM**

Athletic Clubs: Future challenges
and how we might address them

PANELLISTS:
SHAUNAGH BROWN, ADAM GEMILI, MELANIE ANNING, MIKE WINCH & TONY SHIRET

HOSTED BY
BLACKHEATH & BROMLEY HARRIERS
Come, learn about and debate some of the key issues affecting our Club and Athletics in general with our panel of expert panellists. For further information and to register your interest please use QR code or email iankyoung14648@gmail.com

Free Parking
Norman Park Community Sports Centre, Norman Park, Hayes Lane, Bromley, BR2 9EG



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- **Officials News** - I would like to highlight extracts from John Hubbard's end of track season news:
 - I'm delighted to report that **Sarah Regan** has just gained her Level 3 licence as a Track Judge. This is really helpful to the club as when we host higher level events at Norman Park, we need Referees and Chief Officials at Level 3 and above to get the necessary licence from UK Athletics. Please consider becoming qualified or moving up the officials pathway to a higher qualification if you can - we need qualified officials in order to maximise our contribution of match points at league matches as well as getting level 2 licences from UKA for open meetings
- Who were the two officials who topped the table of appearances for the club this season?
 - Step forward **Karen Cosby** and **Mike Davies**, who both clocked up an amazing 22 appearances out of the 33 meetings that the club was involved with - many thanks to you both for your devotion to duty. Not far behind were **Mark Desborough** and **Steve Hollingdale**, with 20 appearances each. No matter how many times you were able to help, the club really appreciates your contribution.

England Athletics Volunteer Awards evening 2025: London

Club members were at the annual dinner and came away with runners up awards! The article on the England Athletics website can be read [here](#).

1. Club Volunteer of the year – runner up: Ian Firla!

Runner up: Ian Firla (Blackheath & Bromley Harriers AC)

Ian Firla's energy, passion, and versatility make him an invaluable asset to Blackheath & Bromley Harriers AC. As a coach, team manager, and Masters athlete, Ian leads by example - supporting athletes of all ages with empathy and enthusiasm. He coaches multiple squads weekly, manages youth teams with care, and contributes to club strategy and communication. Ian's dedication extends to national competitions and international representation, always ensuring athletes feel supported and valued. His ability to connect, motivate, and organise has strengthened the club's culture and success. Ian is a true ambassador for athletics and community spirit.



"It's the kids and supporting and helping them that is the best part of my volunteering - as a coach or as a team manager, I can cultivate team spirit and then it's wonderful seeing them support each other."



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2. Community Project of the year – runner up:

Runner up: Bromley Primary Schools Cross Country Championships (Blackheath & Bromley Harriers & AC)

Blackheath & Bromley Harriers & AC have made an extraordinary contribution to grassroots athletics through their long-running Bromley Primary Schools Cross Country Championships. Welcoming over 60 schools and thousands of children annually, the event promotes inclusion, participation, and early engagement with sport. With over 100 volunteers supporting each race day, and pathways into club athletics for top finishers, the project nurtures future talent while celebrating every child's effort. From elite athletes to first-time runners, BBHAC's commitment to community, accessibility, and youth development makes this initiative a cornerstone of London's sporting landscape.



As our founder wished, it's completely inclusive - we've had autistic kids those with cerebral palsy - in fact 20,000 children have taken part since 1988. It's amazing to see the look on the faces of the children even if they come last! We're so proud of the event and it makes us come back for more."

Congratulations also to **Sam Purser**, for her runners up award in the Inspiring Official award category.

Samantha Purser

Samantha Purser's dedication to officiating is truly exceptional. Since 2017, she has officiated at every level of the sport and recently achieved Level 4 Starter's Assistant - reflecting her commitment to excellence. Sam is a cornerstone of officials' development in her region, mentoring newcomers with warmth, clarity, and patience. Her willingness to support across disciplines and her behind-the-scenes contributions ensure events run smoothly and inclusively. Sam's professionalism, generosity, and approachable nature have helped build a confident, connected officiating community. She is a role model whose impact continues to uplift the sport and everyone involved in it.



How does she stay calm under pressure, especially at the start of races?

"Sometimes I am not that inside but it's important to keep that demeanor but it's important that the athletes stay calm and get clear instructions."



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Results

Corrections (24 September)

The National Schools Race Walking U17 boys should read Charlie Perry (Kent) not Jack Wynn.

World Para Athletics Championships (New Delhi) 27 September 2025

Congratulations to **Hollie Arnold** on her bronze medal! She is quoted as saying “winning a medal was way beyond Expectations” after securing the medal in the women's F46 javelin at the World Para Athletics Championships in New Delhi with a season-best throw of 41.94m.

Vitality 10000

Nineteen club members took to the streets on London for the Vitality 10k on Sunday 28th September with many dipping under 40 minutes, James Meader being the quickest in 32.04. This gave him 5th in his age category. Luca, Trang and Roger also scored in the top 10 of their age category. However additional congratulations to Dangermouse, Ian Scott, who we assume won his animal category!

Thank you also to all the club volunteers who

Name	Age Group	Gender	Finish Time	Age cat (top 10)
James Meader	Men 35–39	M	00:32:04	5th
Nicholas Clegg	Men 18–34	M	00:33:19	
Peter Brooks	Men 18–34	M	00:33:55	
Tim Browne	Men 35–39	M	00:33:56	
Luca Ercolani	Men 50–54	M	00:35:11	5th
Martin Richardson	Men 40–44	M	00:36:47	
Chris Holmes	Men 35–39	M	00:38:11	
Paul Sharpe	Men 45–49	M	00:38:12	
Trang Nguyen	Women 40–44	F	00:40:27	7th
Sam Beadle	Men 18–34	M	00:42:13	
Vsevolod Ivanov	Men 18–34	M	00:43:52	
David Beadle	Men 55–59	M	00:44:26	
Dermot Hough	Men 50–54	M	00:47:15	
Jackie Montgomery	Women 60–64	F	00:58:21	
Zoe Kingsmell	Women 60–64	F	01:00:19	
Ian Scott	Men 45–49	M	01:00:09	
James Webber	Men 50–54	M	00:39:26	
Roger Viladrell	Men 45–49	M	00:33:19	3rd
Dylan M	Men 18–34	M	00:32:55	





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Ealing Half Marathon

Carole Coulon was an impressive 2nd in her age category at the Ealing Half Marathon in a time of 1.22.00.

Eridge 10

Matt Stephens finished in 1.32.10.

Walkers – report from Shaun Lightman

3 walkers made the journey to Leeds - **Trejan Checheku-Boamah**, **Luke Eperon** and **Jonny Ellerton**. The event consisted of eight races beginning with U11 800m walk followed by 800m U11 run. The final race and highlight of the meeting was the World Record attempt for the 1 mile. In the U13/15 mile Luke was 4th in 9m 50.7s. He then competed in the 1 mile run and finished 8th in 6m 07s

The result of the World Record (5m 31.08 Tom Bosworth) attempt:

1st Diego García (Spain) 6m 00.68s

2nd Cameron Crobishly 6m 35.93 (30s penalty for rule infringement)

3rd Erick Jerome (Mauritius) 6m 45.11s

4th Tom Partington (Isle of Man) 7m 41.57s

5th Jonnhy Ellerton (B&B) 8m 03.3s

6th Trejan Checheku-Bomah (B&B) 8m 37.17s

Brian Hanley leading sports scientist for race walking analysed Trejan's gait on Saturday morning. On Sunday morning Diego, Cameron Corbishley - both fresh from Tokyo and Andy Drake (National Coach) led a drills session followed by a question and answer. Overall a brilliant weekend.

Park Run 27 September 2025

58 ran in 28 events.

Furthest from the clubhouse – yet again - was **Barry Wetherlit** who ran at Hikarigaoka koen in Japan. Far away was also Iain Swatton at Brooklyn Bridge in New York.

Podiums for 6 September

Leo De Bruyn	1st M	Beckenham	17.28
Evie De Bruyn	2nd F	Beckenham	21.39
Katie Sugden	1st F	Bethlem	22.58
Emery Aldridge	3rd M	Bromley	17.09
Jasmine Stephens	1st F	Bromley	19.07
Trang Nguyen	2nd F	Bromley	19.38
Richard Daniels	1st M	Fulbourn Hospital	19.29
Jennie Butler	1st F	Lloyd	21.53
Sam Douglass	1st M	Thames Path	16.38

**numbers do include runners who have marked the club on their Park Run profile but mat not have paid subs for 2025*

Runners can be seen here - [parkrun | Consolidated club](#)



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Fixtures

- National Road Relays this weekend (4 October) – a number of teams are heading to Sutton Coldfield for this enjoyable event!
- Kent League 11 October

Bonus Ball winner from last week – John Taylor!

Steve Pairman,
President BBHAC