



Presidents News 13 Aug 2025

Headlines

1. Records, Results and Park Run participation,
 - a. Club Records
 - b. EA U15 & U17 championships
 - c. Other Races & Park Run

Results

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

Records

- **Joe Scanes** 17M. 1500. 3.49.16 9/8/25
- **Piers Spencer Simms** U15B. 100. 10.79 9/8/25
- **Marcia Sey** SW. 100H. 12.77 9/8/25

England Athletics U15 & U17 Championships

The England Athletics U15 and U17 championships were held over the weekend (8-10 August) in Birmingham. Around 25 club members took part and came home with a whole range of medals and PBs! Results are at the end of the newsletter, but I would like to call out some highlights:

- **Alessia Scala** won the U15 high jump (1.72),
- **Alex Giles** produced 7 PBs in the decathlon when finishing 6th in the U17 competition,
- **Ben OGrady** won the 1500m steeplechase and Oliver Ward picked up bronze in the U17 event,
- **Ella Brooker** won the U15 pole vault with Elsa Pawson winning a silver in the U17,
- **Emilia Adese** won the U17 shot ,
- **Florence Watson** was 2nd in the mixed 3000m walk, but 1st in her U17W category!
- **Jericho Senior** won silver in the 300m,
- **Matilda Murray** won a bronze in the U15 long jump,
- **Nehemiah Dick** won male para ambulant shot put,
- **Piers Spencer-Simms** picked up double silver in the 100 and 200m , achieving a PB for the 100,
- **Jack Ruby** unfortunately couldn't complete the octathlon but had some compensation with 3 PBs ,
- **Kara Bryan** achieved 2 PBs in her 300 and 800 events.

Reports on the event are on England Athletics website -

<https://www.englandathletics.org/news/u17-u15-and-junior-para-champs>

There are videos recorded of the event on the EA website:

<https://www.youtube.com/live/xtq5E6lELdk?feature=shared>



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Other Races

- *Last week we mentioned that **Trang Nguyen** ran the Olympic Park 10k - another member also ran: **DanAn Truong** V35 in 36.16 for a PB!*
- Club members competed in two World Athletic Continental Tour events:
 - In Belgium, at the World Athletic Bronze event in Oordegem:
 - **Dan Putnam** ran a SB in winning the 200m(20.91) and a PB in the 400m (46.36)
 - **Saskia King** won her 200m event in a PB time of 24.53
 - **Louis Palmer** also ran in the 400m,
 - **Marcia Sey** was second in the 100H in 12.77 achieving the record mentioned earlier
 - On 9 Aug 25 at the BMC Grand Prix in Stretford Manchester
 - **Jo Scanes** win his 1500 (where he achieved the record mentioned earlier
 - Also running were **Henry Fisher** in 1.47.47 in the 800m and **Jed Starvis** 3.57.75 in the 1500m

James Meader took part in the Rippon Runners (Yorkshire) 6 year tradition of 3 races in 1 day. The events are:

- **Fountains Abbey Parkrun (1st / 546, 16.31)**
- **Littondale 4mile Road Race (6th / 207 21.22)**
- **Arnccliffe Gala Fell Race 1.6mi (44 / 152 15.38)**

Park Run 9 Aug 2025

63 members ran in 33 Park Runs.

Furthest from the clubhouse was **Rod Harrington** again in Australia, this time at Albert in Melbourne, but only just beating **Doug Varney** who is also in Australia and ran the Dawseville Park Run in Western Aus

Podiums

Jasmine Stephens	1st F.	Amager Faeled	23.04
Angela Stephens	3rd F	Amager Faeled.	23.50
Luca Ercoloni	3rd M	Beckenham	18.03
George Vacharopolis	3rd M	Bracknell.	18.41
Daniel Horgan	2ndM	Bromley	16.08
Doug Varney	1st M	Dawesville.	18.24
James Meader	1st M	Fountains Abbey	16.31
Ollie Knowles	2ndM	Hoblingwell.	18.51
Peter Brookes	2nd M	Killarney	17.29
Jennie Butler	1st F	Lloyd	21.46
Trang Nguyen	2nd F	Lymington	20 52
Freya Dennow	2nd F	Margate	22.39
Graeme Lugar	2nd M	Orpington	17.27
Katy Sugden	1st F	Upton Court	22.18
Nick Kibblewhite	1st M	Penryn	19.20



**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](#)

Fixtures

This weekend

- KYAL at Dartford – the last of the season
- EA Relays at Birmingham – the club has a number of teams entered for what I am sure will be an exciting series of relay races

Further ahead - Seniors/ U20s+ (for the upcoming winter season) - are you up for racing the Southern 6 stage road relays on Saturday 20th September? 6k legs. Likely at Rushmoor Arena, Aldershot - Qualification for the National 6 stage at Sutton Park 2 weeks later.

Pls do let Micah know ASAP if you're interested as want to sort teams over the next couple weeks - cheers!

Steve Pairman,
President BBHAC



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Aathinarth Gananathan 2010 (Blackheath & Bromley Harriers AC)					
41 (8)	300m	Men	U15	Heats	41.08 PB
7	Discus Throw	Men	U15	Final	38.52
Alessia Scala 2010 (Blackheath & Bromley Harriers AC)					
1	High Jump	Women	U15	Final	1.72
Alexander D'Cruz 2010 (Blackheath & Bromley Harriers AC)					
15 (5)	400m Hurdles	Men	U17	Heats	58.62
Alexander Giles 2010 (Blackheath & Bromley Harriers AC)					
10 (3)	Dec: 100m	Men	U17	Finals	11.78 PB
7 (2)	Dec: 400m	Men	U17	Finals	53.88
8	Dec: 1500m	Men	U17	Final	4:57.43 PB
6 (5)	Dec: 100m Hurdles	Men	U17	Finals	13.89
5 (1)	Dec: High Jump	Men	U17	Finals	1.75 #NAME?
5 (5)	Dec: Pole Vault	Men	U17	Finals	3.40 PB
4	Dec: Long Jump	Men	U17	Final	6.43w
8	Dec: Shot Put	Men	U17	Final	11.67 PB
7	Dec: Discus Throw	Men	U17	Final	33.77 PB
6	Dec: Javelin Throw	Men	U17	Final	44.34 PB
6	Decathlon (GBR U17)	Men	U17	Final	6082 PB
Ben O'Grady 2008 (Blackheath & Bromley Harriers AC)					
1	1500m Steeplechase	Men	U17	Final	4:24.38
Charlie Platt 2009 (Blackheath & Bromley Harriers AC)					
4	Pole Vault	Men	U17	Final	4.14
Ella Brooker 2011 (Blackheath & Bromley Harriers AC)					
1	Pole Vault	Women	U15	Final	3.37 PB
Elsa Pawson 2009 (Blackheath & Bromley Harriers AC)					
2	Pole Vault	Women	U17	Final	3.57 PB
Emilia Adese 2009 (Blackheath & Bromley Harriers AC)					
1	Shot Put	Women	U17	Final	15.21
Florence Watson 2010 (Blackheath & Bromley Harriers AC)					
2	U15G/U17W/U15B 3000m Race Walk	Mixed	Multiple	Final	18:04.97
India Leigh Ellington 2010 (Blackheath & Bromley Harriers AC)					
	100m	Women	U15	Heat	SCR
Jack Keith Ruby 2011 (Blackheath & Bromley Harriers AC)					
3	Oct: 100m	Men	U15	Final	12.34
3	Oct: 400m	Men	U15	Final	56.68 PB
3	Oct: Pole Vault	Men	U15	Final	2.80 PB
5	Oct: Javelin Throw	Men	U15	Final	37.15 PB
	Octathlon (GBR U15)	Men	U15	Final	DNF



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Jalil Anderson 2012 (Blackheath & Bromley Harriers AC)					
7	Triple Jump	Men	U15	Final	11.75
Jamie Ellerton 2010 (Blackheath & Bromley Harriers AC)					
11 (4)	100m Hurdles	Men	U17	Heats	14.07 PB
Jericho Raphael Asfaw Senior 2011 (Blackheath & Bromley Harriers AC)					
3 (1)	300m	Men	U15	Heats	37.13 Q
3 (2)	300m	Men	U15	Semi-Finals	37.15 Q
2	300m	Men	U15	Final	37.20
Kara Bryan 2011 (Blackheath & Bromley Harriers AC)					
5 (2)	300m	Women	U15	Heats	40.47 Q PB
5	300m	Women	U15	Final	40.67
3 (3)	800m	Women	U15	Heats	2:12.75 Q PB
6	800m	Women	U15	Final	2:16.96
Matilda Murray 2010 (Blackheath & Bromley Harriers AC)					
3 (1)	75m Hurdles	Women	U15	Heats	11.51 Q
5 (2)	75m Hurdles	Women	U15	Semi-Finals	11.52 Q
	75m Hurdles	Women	U15	Final	DNS
3	Long Jump	Women	U15	Final	5.17
Micah Jay Salmon 2009 (Blackheath & Bromley Harriers AC)					
10 (3)	400m	Men	U17	Heats	51.13 Q
17 (7)	400m	Men	U17	Semi-Finals	52.78
Nehemiah Dick 2008 (Blackheath & Bromley Harriers AC)					
1	Para Ambulant Shot Shot Put	Men	Multiple	Final	9.68
Noelle Carr 2011 (Blackheath & Bromley Harriers AC)					
8 (3)	200m	Women	U15	Heats	26.01 q PB
7	200m	Women	U15	Final	26.08
Oliver Ward 2008 (Blackheath & Bromley Harriers AC)					
3	1500m Steeplechase	Men	U17	Final	4:29.55
Omari Anderson 2010 (Blackheath & Bromley Harriers AC)					
8	High Jump	Men	U17	Final	1.81
Piers Spencer-Simms 2010 (Blackheath & Bromley Harriers AC)					
3 (1)	100m	Men	U15	Heats	11.26 Q
1 (1)	100m	Men	U15	Semi-Finals	11.09 Q
2	100m	Men	U15	Final	10.79 PB
3 (1)	200m	Men	U15	Heats	23.02 Q
2	200m	Men	U15	Final	22.10
Rory Witcombe 2010 (Blackheath & Bromley Harriers AC)					
11	Hammer Throw	Men	U17	Final	45.22
Siddharth Sinha 2010 (Blackheath & Bromley Harriers AC)					
6	Triple Jump	Men	U15	Final	12.25
Sophie Tran 2010 (Blackheath & Bromley Harriers AC)					
16 (5)	300m	Women	U17	Heats	41.29