



Headlines

1. Open Day
2. Results and Park Run participation ,
3. Calls for volunteers ([see below](#))
4. "And Finally...." (a short extract sample, from John Turners book "The Badge We All Hold Dear")

Open Day

The club held another successful Open Day on Monday 14th April. Just under 300 athletes registered to take part in sprints and field events. In the sprints 297 times were recorded from 231 different athletes.

One highlight saw an appearance in the 1500m from Sam Noakes, the British, European and Commonwealth lightweight boxing champion and ranked #2 in the world. He came 4th in 4:15! Another saw Sam Reardon on a roving mic doing trackside interviews.

Amelia Adese threw 15.04 in the shot at the open meeting. This makes her no. 1 in the country at U17 and she is only first year!

Full results are posted on [Power of 10](#) – take a look as many posted PBs!

Other Results

National 12 & 6 Stage Relays

Thanks to William Reedman-White, there is a full report on the race here –

The warm familiarity of a 400m track finish was a distant memory following the Mother's Day heat in Milton Keynes. This time, the narrow, uphill finish at Royal Sutton Coldfield immediately focused the minds of all runners concerned. Not a problem for the Blackheath & Bromley 12, nobody would be abdicating their responsibilities of emptying the tank over the 5.1k slog fest.

Out first was Ollie Knowles, dependable as ever with a 16:17. The baton was passed to the quickest on the day, Alex Middleton with the leading team result of 16:07. James Meader, dependable as ever, a face of pure determination, lighting up the final 100m of hot misery as he came over the line in 16:25. Keep an eye on Prague marathon.

Solid performances continued, Ryan Weston 16:28, Nick Clegg (no political point scoring today) with fresh carbon strapped to his feet ran arguably the best leg of the day with his impressive time of 16:38. The sub 16 now, if, not when. Amongst these solid times Harry Fage delivered a respectable 18:02 and Mark Constable a 17:30 out on the third leg.

Master and the apprentice feels appropriate on a day like this when Steve Hough, who first ran in this competition on 2 April, 1989 glided across the course in 18:44. Followed by DanAn Truong, on his debut at the Nationals, and only weeks after clocking 2:44 in Tokyo, running 18:55 to keep the team in a great position.



Weekly News 16 April 2025

The business end of the day, the heat taking its toll, saw James Todd - with minimal racing in his legs clock 19:14, a great effort in this fiercely competitive race. The final two runners, Will Reedman White who ran a 17:11, leaving Micah Evans to close the day with a classically solid run of 17:28. The 2025 12 stage relays ended in a hugely respectable team effort of sub 3:30, the overall team position of 39th place. The 2026 edition will surely be faster still.

Kent Spring Half Marathon (Ashford)

Name	Bib	Category	Chip time
Matthew Draper	1506	Senior Male	01:18:33
Dave Leal	1253	Male Vet 65	02:11:04
John Turner	1430	Male Vet 70	02:12:44
Congratulations to Matt Draper on his win!			

And well done to John on his V70 3rd!



Matt on his way to victory - photo courtesy of KM Group

Ibiza 22k

Trang Ngyuen ran an impressive 50.34 in Ibiza to finish 3rd female and 2nd V40



Medway & Maidstone Open @ Gillingham 12 April ([Results](#))

Twenty-nine of our athlete's took part in the Medway & Maidstone event on Sunday, covering 46 events. Piers Spencer-Simms ran a 10.87 in his second 100m of the day beating all other athletes, no matter their age. This is a massive PB for Spencer, a new club record, fastest in the country for 2025 and he is now 5th all time in the U.K for U15. Well done Spencer!



Weekly News 16 April 2025

Park Run

57 runners* ran Park Runs on Saturday 5th April 2025 at 30 different locations.

I thought furthest from the clubhouse was Gracie Horton at California Park Run, until I realised this is actually near Reading. So, this week it was actually Sally Smith who ran at Hasenheide in Germany (Berlin)

Podiums for April 5th

Graeme Lugar	1 st M	Beckenham	18.42
Freya Denbow	2 nd F	Margate	23.55
James Bunn	1 st M	Pomphrey Hill	18.19
Jospeh Georgiadis	1 st M	Daventry	17.45
Holly Tallack	2 nd F	Sizewell	22.51
Gracie Horton	1 st F	California	21.18
Ellie Osmond	1 st F	Kingdom	20.18
Jennie Butler	2 nd F	Sandringham	21.19

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

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

Forthcoming fixtures and news

Ted Pepper – Run or Volunteer!

The annual Ted Pepper 10k is due to be held on Monday May 5th. We have over 100 entries so far, and encourage members to either:

- Enter online asap or,
- Marshal. Please contact Steve Pairman (stevepairman13@gmail.com if you can help)

Open Day – Monday May 5th

After the Ted Pepper, the club is hosting another Open Day. If you are able to help out at the event, **please contact John Hubbard.**



Blackheath & Bromley Harriers AC

Weekly News 16 April 2025

Parris Handicap

Entries are open for the summer series - enter via your joinin account & the Blackheath & Bromley Harriers AC shop.

!!! We do need a few more helpers for this series – please contact Iain Swatton if you can help –

iain.swatton@btinternet.com

BLACKHEATH & BROMLEY HARRIERS
Parris Handicap

5K SERIES

7PM
Registration from 6pm

Dates:
Wed 14th May
Thu 5th June
Wed 25th June
Tue 15th July

Registration & Fees:
In Advance £12
for all 4 races
Pre-register £4
Day Of Race £5

Scan The QR Code
For Registration

Norman Park Community Sports Centre,
Hayes Lane, BR2 9EG

iain.swatton@btinternet.com

SVAC League fixtures have been published – and are attached:



SVAC League 2025
Timetables.pdf

England Athletics fees for 2025/6 are due on 1 April – please make sure that is you compete for the Club you have paid the £20 EA fee – through the Shop on your joinin account.

Forthcoming Social Events

- Bingo @ Trackside – 25th April
- Marathon Supper – 30th April

And Finally....

This one is from May 1963 regarding the Kent County AAA Championships at Sutcliffe Park

“....with this year including senior and junior events, the championships became an all day affair. The hammer was the first event at 10am, and to protest against this start time, two throwers arrived dressed in pyjamas and carrying a candle.”

Steve Pairman
President
16 April 2025