



Presidents News 16 July 2025

Headlines

1. Diamond League Tickets
2. Results and Park Run participation,
 - a. Club Records
 - b. English Schools Championships
 - c. SAL
 - d. Other Races
 - e. Park Run
3. Fixtures, including our "home" NAL match
4. AOB



Results

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

Diamond League Tickets 19 July

A member of the Club had very kindly donated 2 tickets for Saturday's Diamond League event at 12.15 - 16.00.

The tickets are in a great location, being halfway down the finishing straight (The Boleyn, Block 109, row 27) and have a face value of £149 each.

The Club wishes to auction these to the highest bidder by email. If you would like to submit a bid (covering both tickets) please respond to the email sent earlier this week or direct to bbharriersac.president@gmail.com.

New Club Records!!

1. **Izzy Rae** U17W. 80H 10.94 6/7/25 (National Record!)
2. **Helen Godsell** W70. 100m 15.34. Bromley 14/7/25
3. **Niamh Bridson Hubbard** SW 3000m 9.04.81 Watford 12/7/25
4. **Ken Daniel** M75 category with a 6:45.13 in the 1500m
5. **Ben O Grady** U17M. 1500 S/ch 4.20.58 12/7/25
6. **Ella Brooker** U15G. PV. 3.45 11/7/25

English Schools – report from Paul Austridge (as posted on the club website)

The 100th edition of the English Schools Track and Field Championships took place in a blisteringly hot Alexander Stadium, Birmingham, for the 2025 edition. Blackheath & Bromley Harriers Athletics club had 26 athletes selected to represent various counties, with many more making the reserve list, an achievement in itself.

The weather was perfect for spectators, but probably a little bit too hot for the athletes, but this didn't stop them producing some outstanding, record-breaking performances.

- **9 individual Gold medals**
- **4 individual Bronze medals**



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- **2 relay Gold medals**
- **2 relay Bronze medals**
- **3 England call ups**
- **Multiple finalists**
- **2 x 2nd claim Golds**
- **3 x 2nd claim Silvers**

Junior girls

- **Alessia Scala** (Kent – coach John Bancroft) continued her fine comeback after injury to comfortably win high jump gold.
- **Ella Brooker** (Kent -John Wakeman) chose a great time to vault a PB, whilst winning the pole vault gold.
- **Matilda Murray** (Kent – Paul Austridge/ Kieran Daly) shook off a heavy fall in the week, to easily qualify for the 75 meter Hurdles final and was a close fourth in the final but had the consolation of winning relay bronze with her with Kent team.



Junior boys

- **Piers Spencer – Simms**, (Surrey) continued his winning ways winning double gold in the 100m, clocking 10.93 and the 4 x 100 with his Surrey teammates.
- **Jericho Senior** (Kent – Clem Leon) ran a superb new PB in his 300m heat to qualify for the final, where he fought hard to win a fine bronze. Jericho was part of the Kent relay team also winning bronze.
- The inter boys and girls had the added bonus of earning an England call up if placed first or second!

Inter boys

- **Joe Scanes** (Kent -Mike Reeves). Joe ran a comfortable heat in the hot conditions and then dominated his final, taking gold and collecting his England kit for next weekends schools international.
- **Ben O'Grady** (Kent – Mike Reeves). Ben, in his first English School finals took full of advantage, taking the lead in this tough event and battled well to secure a fine bronze in a new personal best time.
- New recruit **Jomiloju Hughes** was a good fourth in the triple jump final.
- **Joseph Hill** (Kent – Mike Reeves) won his 3K heat comfortably and ran hard in a tough final but it's challenging running two 3k's back to back, in those very hot conditions.
- **Oliver Ward** (Kent -Mike Reeves) has had a great season Steeplechasing and ran hard in this tough event in the final, making a great account of himself.
- **Alexander D'Cruz** (London -Jay Galley). Alexander has impressed this year making the English Schools finals in his first year, in this new event for him. Alex was very unlucky not to make the final, despite running a new personal best.
- **Charlie Platt** (Kent -John Wakeman) Former ESAA Champion Charlie was competing in his fourth English finals and comfortably cleared his opening height but unfortunately didn't progress further.





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- **Troy Ogedengbe**. (Kent) had qualified for the 200 meter, but was able to run due to other sports commitments.

Inter girls

- **Emilia Adese** (London – Herbie Kuenstlinger) went into the games with the added pressure of being number one in the country but was unaffected, as she put the 3K shot 15.53m to not only win gold but also to secure her England selection for next weekend international.
- **Elsa Pawson** (Kent -John Wakeman) – Having won the English schools before, Elsa was able use this experience to win once, again securing a fabulous gold and the added bonus of collecting her England kit ready for next weekends school international.
- **Florence Holman** (Surrey- Herbie Kuenstlinger). Florence sustained a slight injury at the Surrey champs, not ideal preparation for these champs but still recorded an impressive 6th place finish, not far off the medals or her best.
- **Cheyenne Nkeita** (Kent -John Blackie). Cheyenne ran well in the 100m heat just missing out making the final.
- **Nevie Tambllyn** (Cornwall -Ian Dibbens) was selected for the 200m but unfortunately couldn't compete due to other commitments.

Senior boys

- **Rayhan Mourtada** (Kent -John Blackie). Rayhan qualified comfortably in the heat to qualify for the final. The final was always going to be rapid as Rayhan was up against his county and national rival and both went head-to-head and could only be separated by a 1/10th sec at the finish, with Rayhan winning gold and breaking the 43-year-old championship best performance.
- **Max Clark** (Kent -John Blackie) – Max, on his come back trail after injury won his heat and impressively secured bronze in a rapid final.
- **Jed Starvis** (Kent -Mike Reeves) – Jed a former English schools finalist ran hard in his 1500 heat just missing out on making the final.
- **Oliver Driscoll** (Kent) was selected for the 200m but unfortunately picked up an injury pre championship and was unable to compete.



Senior ladies.

- **Daisy Snell** (Kent – Guy Spencer) Daisy had a memorable English Schools. It was her final English School's champs, her 18th birthday and she was given the honour of captaining the Kent schools team and to top it off, won gold by over 30cm, an end to a fabulous schools athletic career.
- **Qi-Chi Ukpai** (Kent -Guy Spencer) Qi- Chi had a superb triple jump competition, winning gold and making that four consecutive years of winning English schools title, a very impressive achievement.
- **Madeleine Dodds**, (Surrey-John Wakeman) Maddie, in her second English schools finals, vaulted superbly, securing an impressive bronze.
- **Gracelyn Kendeck** (London -Roy Dickens). In Gracelyn's first year over 400m hurdles she won her heat to qualify for the final, where she battled hard, placing 4th just outside the medals,



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in a time very close to her best, but was consoled helping her county relay team win a fine gold

Second claim athletes

A few of our second claim athletes excelled at the champs with:

- **Izzy Rae** (Berkshire -Nathan Standing) winning gold over the 80m hurdles a week after breaking the British record, whilst competing for BBHAC at the YDL, in the rain!
- **Divine Iheme** (Oxfordshire- Nikruka Iheme) looked effortless through his heat and final of the 100m, clocking an impressive 10.41 to take gold.
- **Olivier Coulibaly** winning silver in the inter boys discus.
- **Aaron Axtel** winning silver in the inter boys hammer.
- **Ruby Rogers** winning silver in the inter girls 100m.
- **Aidan Williams** was 3rd in his 400m hurdle heat, qualifying him for the final.

SAL

The 3rd event in the SAL season was held on 13th July. The team finished 4th equal with Bracknell 176 points. It looks as though it will be an exciting last fixture next month (30th August in Woking) as we aim to avoid relegation.

1	Thames Valley Harriers	327
2	Ipswich and Colchester & Tendring	262
3	London Heathside	246
=4	Bracknell	176
=4	Blackheath & Bromley	176
6	Reading	172

Results have still to be published but will be [here](#).

Please make sure you have updated the availability form if your available – we need to field a full team!

Kent Masters

A report from the event on 27 June has now been published on the website.

The event on 12 July saw the men finish 3rd to maintain the 3rd place in the overall table. Wins for **Duayne Bovell** in the 100m, **Matt Ellerton** in the 2k walk, **Roger Beswick** in the M60 1500m. The women finished 3rd on the night but continue in 2nd place overall, just 1 point in the match points and also 1 point in the total points. **Carole Coulon** won the W50 1500m, and **Helen Godsel** the W60 200m.

Provisional Men's Table



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Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	70	1 Tonbridge AC - A	23	273.5
2 Dartford Harriers AC	5	60	2 Dartford Harriers AC	21	258.5
3 Blackheath & Bromley H AC	4	54	3 Blackheath & Bromley H AC	15	227
4 Cambridge Harriers	3	47	4 Cambridge Harriers	12	196
5 Ashford AC	2	37	5 Ashford AC	9	173
6 Bromley Vets	1	22	6 Bromley Vets	4	88

BC-SCVAC-2025

Provisional Women's Table

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	93	1 Tonbridge AC - A	24	314
2 Dartford Harriers AC	5	65	2 Blackheath & Bromley H AC	18	218
3 Blackheath & Bromley H AC	4	58	3 Dartford Harriers AC	17	217
4 Medway & Maidstone AC	3	46	4 Medway & Maidstone AC	13	169
5 Central Park Athletics	2	26	5 Central Park Athletics	8	133
6 Ashford AC	1	20	6 Ashford AC	3	61

BC-SCVAC-2025

Open Day – Monday 14 July

Another great evening of athletics at Norman Park - 249 athletes combined for a total of 330 entries to the events. Thank you to all officials, volunteer helpers and track team for all your help in putting together. Two of the club records I mentioned were obtained during the evening.

Parris Handicap 2025 – Series Summary

From Iain Swatton

The Parris Handicap 2025 saw fantastic club participation, committed performances, and a brilliant atmosphere across four events between May and July. With **72 entries**, **58 runners**, and around **£600 raised** for club funds, it was a great start for the reformatted series.



Overall Series Champion – Seva Ivanov (BBHAC)

A huge congratulations to **Seva Ivanov**, who emerged as the **2025 Handicap Series Winner** with a total of **117 points** across the four races.

Seva not only ran consistently well but also took **first place in Race 4**, rounding off a standout series performance. A worthy winner and a fantastic example of consistency, effort, and improvement.



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Club Participation

- **BBHAC** – 57 runners
 - **Petts Wood** – 11
 - **Beckenham RC, BVAC, Zero, Guest** – 1 each
-


Volunteer Support

21 marshals volunteered across the series – your help made the event safe, smooth and enjoyable. Thank you all.

Runners Completing All Four Events (11):

Seva Ivanov, Mark Ellison, Ian Scott, Olivia Senbanjo, Damian Hayes, Luigi Arcuri, Chris Fishlock, James Olav Breen Norris, Adrian Stocks, Steve Evenden, and Steven Pairman.

Most Improved

 **Olivia Senbanjo** (Petts Wood) was the **only runner to improve her time in all four races** – an impressive achievement.

Fastest Individual Times

- **Tom Desborough** – 16:28 (15 July)
 - **William Reedman-White** – 16:49 (14 May)
 - **Leon De Bruyn** – 17:08 (5 June)
-

Race Winners





Race	Winner	Club
1	Martin Richardson	BBHAC
2	Mark Ellison	BBHAC



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3	Zach Evans	BBHAC
4	Seva Ivanov	BBHAC

Handicap – Final Top 10 Standings

Rank	Name	Club	Points
 1	Seva Ivanov	BBHAC	117
 2	Mark Ellison	BBHAC	112
 3	Ian Scott	BBHAC	89
 3	Olivia Senbanjo	Petts Wood	89
5	Damian Hayes	BBHAC	87
6	Darren Corneille	BBHAC	80
7	Luigi Arcuri	BBHAC	75
8	Jamie White	Petts Wood	64
9	Chris Fishlock	BBHAC	58
10	Katy Sugden	BBHAC	57

Thanks to all who made this year's series such a success — runners, marshals and organisers alike. We look forward to seeing you all in 2026!

Other Races

A number of athletes were at the **Stratford speed** event on 13 July.

Adam Gemili obtained a season best of 10.29. In the same event but a different race **Edson Kabaia** ran a PB in 11.20, **Oscar Sadowski** (U17) 11.62 **Rebecca Abegunde-Williams** and **India Ellington** (U15) ran PBs in 12.67 and 12.75 respectively. **Aaliyay Brown** ran a 11.77PB. Results are here.



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Chizute Ogbedeh ran 21.89 PB at an event in Dublin.

Cameron Kelly-Gordon ran 2.09.45 for 800m, Kara Bryan 2.14.43 (U15) at Watford on 12 July. **Niamh Bridson-Hubbard** ran a 9.04.81 PB at the same event (and a club record!)

Sevenoaks Seven, 13 July. Micah Evans was 4th in 41.05 and Zoe Kingsmel ran 1.18.21 to finish 18th in her age category

Park Run 12 July 2025

Saturday saw 54 members run at 27 different events.

Furthest from the clubhouse was **Theo Wood**, who is still in Australia! On Saturday he ran at St Peters (Sydney).

Podiums for 28 June

Harriet Hughes	1st F	Beckenham	20.30
Trang Nguyen	2 nd F	Beckenham	20.53
Graeme Lugar	1st M	Bromley	16.24
Luca Ercolani	3rd M	Bromley	17.17
Ashley Pearson	2 nd F	FeldyRoo (Aberfeldy)	22.55
Ollie Knowles	1st M	Hoblingwell	18.39
David Adams	1 st M	Penrith	17.22
Doug Varney	2 nd M	Squerryes	18.29
Eloise O'Shaughnessy	3 rd F	Tooting	21.54

**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](#)

Other News

Fixtures & Volunteering

- Volunteers are still welcome for this weekend's NAL at Norman Park.
 - Note that car parking will be very busy so park elsewhere/ top car park if you can/
 - Come down and support even if you are unable to help!
- European U23 championships
- Kent Masters , Ashford
- YDL LAG Reading
- Next Open Day is 4 August

CALL FOR
VOLUNTEERS
For the upcoming home NAL
SATURDAY 19th JULY

COULD YOU HELP?
Even just for a couple of hours?

We have a HOME NAL for the first time in years on the 19th July! We are looking forward to seeing loads of you at the track to cheer on and support but we need helpers too please!!!

As well as needing all our wonderful officials we also need people to help with:
Hurdle moving, retrieving, car park marshals, announcers, fetchers, carriers, tea makers, track stewards, kit sales etc.

Comment Below or
Email bbharriersac.volunteers@gmail.com



Blackheath & Bromley Harriers AC

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BBHAC BINGO
7pm LAST FRIDAY OF THE MONTH
ALL WELCOME
HOSTED BY THE **Trackside Café**
Bar & Kitchen open for Refreshments 6.30pm
FRIDAY 25th JULY
To reserve a table please email bbharriersac.volunteers@gmail.com
£2 per board with Cash prizes! All proceeds go directly to Blackheath & Bromley AC
7pm at Norman Park Community Sports Centre

Blackheath & Bromley Harriers Athletics Club
At Norman Park Community Sports Centre, Hayes Lane, BR2 9EG
AUGUST 4th 2025
100m POLE VAULT
200m HIGH JUMP
300m HAMMER
400m MILE
800m
Entry via ENTRY4SPORTS.CO.UK
Entries close 2nd Aug

And Finally from April 1932

The aged, the infirm and the weak-kneed and the portly are urged to regard Wednesday evenings as the finest opportunity of regaining youth, vigour, strength and a waste-line.

Cheers!!

Bonus Ball

Bonus Ball was won by no 14.

Steve Pairman,
President BBHAC