



## **Presidents News 17 Sept 2025**

### **Headlines**

- Records, Results and Park Run participation,
  - a. Club Records
  - b. Key Notes
  - c. Results – World Athletics, KCAA champs, BMAF, Intercounties
  - d. Fixtures
  - e. AOB and 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**

This week's records (as identified at time of issue of Newsletter):

- M55. 400H. 69.29 **Ian Firla**. Derby. 14/9/25
- M65. 300H. 58.27 **Clem Leon**. Derby. 14/9/25

### **Notes**

- **London Youth Games**
  - a. Trials are being held for the London youth games Bromley team on Saturday 28<sup>th</sup> September at Elmfield woods (Norman Park).
  - b. The actual games are on 8<sup>th</sup> November at Parliament Hill (note – that is the same date as the Bromley Schools XC)
- **Volunteers** – Marshalls are still needed for the Aldershot relay event this weekend (see fixtures below) – do email volunteers (bbharriersac.volunteers@gmail.com) if you can help.
- **Cross Country Fees** – please ensure you have paid for Kent League, or you will not be registered for the first race! (details below)
- **Annual Dinner** – date for your diary – the Clubs Annual dinner will be held on November 21<sup>st</sup> at the clubhouse.



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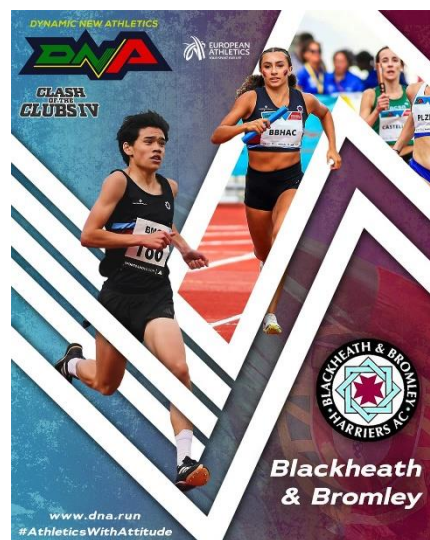
### Fixtures

- SEAA Road Relays @ Aldershot this weekend
- DNA (U20) finals Leiria 2025, Portugal [DNA Clash of the Clubs IV Leiria](https://dna.run/clash-of-the-clubs-iv-meet-the-teams-blackheath-and-bromley/)
  - 10 Teams: Mixed men & women, 18 athletes in each team, focus on team tactics and strategy
  - 4 x 2.5 hour matches: Fast paced sequence of events, only one event at a time
  - 12 disciplines: Focus on run, jump & throw, traditional & new formats presented in a new way
  - Easy scoring: Everything counts, 2 to 12 points for each event – 12 points 1st place to 2 points 6th place
- Winner: The last event (the Hunt) will decide the winning team
- We wish our team every success for the weekend. Our team profile is here - <https://dna.run/clash-of-the-clubs-iv-meet-the-teams-blackheath-and-bromley/>



### Team members are

- |                         |             |
|-------------------------|-------------|
| 1. Alyssa Firla         | mixed 4x400 |
| 2. Jackie Nzekwe        | High Jump   |
| 3. Cheyanne Nketia      | 100m        |
| 4. Emilia Adese         | shot        |
| 5. Niamh Stanley        | 800m        |
| 6. Nevie Tamblyn        | 200m        |
| 7. Amber Bloomfield     | 100mH       |
| 8. Aoife Mcdonaugh      | 600 (hunt)  |
| 9. Gracelyn Kendeck     | mixed 4x400 |
| 10. Divine Iheme        | 200m        |
| 11. Andrew Nikoro       | 110Mh       |
| 12. Chinedu Tony Ndukwu | 400mH       |
| 13. Samuel Mowa         | mixed 4x400 |
| 14. Ryen Rennie         | mixed 4x400 |
| 15. Dennis Savage       | Long Jump   |
| 16. Max Kennedy         | Javelin     |
| 17. Oliver Driscoll     | 400m (hunt) |
| 18. Jed Starvis         | 800m (hunt) |
| 19. Joe Scanes          | 800m (hunt) |





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### Results

**World Athletics Championships** – 2 of our members have been competing at the Worlds Championships in Tokyo this week

- **Dina Asher-Smith**
  - 100m -Dina reached the final where she finished 8<sup>th</sup> in 11.08
  - 200m – Dina qualified for the semi-final earlier today. The semi is Thursday
- **Sam Reardon** – Sam qualified for the semi final by running a 44.70 in the heats – I believe this equals his current Club record! In the semi he finished 8<sup>th</sup> with a time of 45.10

### British Masters, Derby September 13 & 14<sup>th</sup>

Well done to all those that competed in poor conditions at Derby!

[Home](#) | [BMAF T&F CHAMPS 2025](#)

Huge congratulations to our medal winners, whom I have identified as:

- **James Burton** was 3<sup>rd</sup> in the 100m (11.67),
- **Ian Firla** was 3<sup>rd</sup> in the 400m H, whilst recording the club record,
- **Clem Leon** was 2<sup>nd</sup> in the 300mH, whilst also recording the club record,
- **Steve Langdon** was 3<sup>rd</sup> in the javelin (37.97),
- **Sam Williams** won bronze in the 200m in a time of 27.45 and 3<sup>rd</sup> in the 400m





**KCAA Combined Events Championships & Open, Medway Park Gillingham, [13 & 14 September 2025](#)**

- Congratulations to Freya Pearson who won the U15 Girls pentathlon!

**Kent Combined Events Championships Medway Park, Gillingham 13th - 14th Sept 2025**

**U15 Girls Pentathlon**

	Competitor	75m Hurdles	Long Jump	Shot	High Jump	800m
1	39 Freya Pearson	12.24 648	4.6 456	6.42 298	1.39 502	2:32.32 664
	11111 Blackheath & Bromley H AC	1.2 648	+0.6 1104	1402	1904	2568
	31 Evie Bowditch (G)	14.15 463	4.3 374	7.51 368	1.36 470	2:33.17 654

**Kent County U13 Championships, Gillingham 7<sup>th</sup> September**

Results from our members (F – result in final after heats)

[KentUnder13sChampionshipResults-Other2025.pdf](#)

Athlete	Event	Time	Position
Rohan Thomas	200m	25.18	1 <sup>st</sup>
Emery Aldridge	800m	2.14.94	2 <sup>nd</sup>
Zach Evans	800m	2.22.56	4 <sup>th</sup>
Akul Gurunathan	800m	2.23.06	5 <sup>th</sup>
Anthony Streich	800m	2.26.59	10 <sup>th</sup>
Emery Aldridge	1500m	4.31.20 pb cr	1 <sup>st</sup>
Zach Evans	1500m	4.38.08	4 <sup>th</sup>
Harry Beeraje	1500m	4.48.94	6 <sup>th</sup>
Frederick Mooney	75m H	12.72	3 <sup>rd</sup>
Anthony Streich	LJ	4.60	2 <sup>nd</sup>
Daniel Ireland	Shot	8.66	2 <sup>nd</sup>
Daniel Ireland	Javelin	29.38	2 <sup>nd</sup>
Faye Yeomans	75m	10.46	2 <sup>nd</sup> F
Gabriella Brown-Kelly	75m	10.77	3 <sup>rd</sup> F
Gabriella Brown-Kelly	150m	21.19	4 <sup>th</sup> F
Elsa Matthews	800m	2.30.02	1 <sup>st</sup>
Lyla Virdee	800m	2.37.52	4 <sup>th</sup>
Zara Lett	800m	2.43.04	6 <sup>th</sup>
Lena Aldridge	800m	2.54.68	11 <sup>th</sup>
Holly Tallack	1200m	4.11.29	1 <sup>st</sup>
Pearl Coulson	70m H	12.09	2 <sup>nd</sup> F
Faye Yeomans	70nH	12.77	7 <sup>th</sup> F
Gabriel Brown-Kelly	LJ	4.18	4 <sup>th</sup>
Pearl Coulson	LJ	4.18	5 <sup>th</sup>

**In the High Jump championships (Bromley 7<sup>th</sup> September)**

- **Frederick Mooney** was 2<sup>nd</sup> with 1.35 and **Pearl Coulson** was also 2<sup>nd</sup> with 1.28 (same height as winner)



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### Kent Masters Championships Gillingham 13/14<sup>th</sup> September

- **Sam Aldridge** was 2<sup>nd</sup> in the 800m in the V40 and 1<sup>st</sup> in the 1500m. Iain Nye was 2<sup>nd</sup> in the 100m
- **Simon Tolson** was 3<sup>rd</sup> on the discus (26.56), and 2<sup>nd</sup> in the hammer (28.40)
- **Matt Ellerton**, who won the 2k race walk



**South of England Intercounties** U20/Sen & U15/17 at Horspath, Oxford, where our athletes were representing Surrey and Kent. Results I have captured:

U20 (Saturday 13<sup>th</sup> September)

- **Charlotte Lucy Hosp** 4<sup>th</sup> in the U20W Triple jump (10.33)
- **Julia Newman** 1<sup>st</sup> in the U20W 400mH (1.10.24)

U15/17 (Sunday 14<sup>th</sup> September)

- **Alesia Scala** 1<sup>st</sup> in the U15G High Jump with 1.65
- **Charlie Platt** 1<sup>st</sup> in the U17M pole vault with 2.50
- **Cheyenne Nketia** 3<sup>rd</sup> in the U17W 100m in 12.54
- **Dulcie Simpson** 6<sup>th</sup> in the U15W hammer (31.11)
- **Ella Brooker** 1<sup>st</sup> in the U15G PV with 3.40
- **Harriet Hughes** 5<sup>th</sup> in the U15W 800m (2.23.88)
- **James Shaw** 10<sup>th</sup> in the U17M 1500m (4.24.81)
- **Jericho Senior** 1<sup>st</sup> in the U15B 300m in 36.11 (PB)
- **Kara Bryan** 4<sup>th</sup> in the U15G 300m (42.45)
- **Kian Farrell** 6<sup>th</sup> in the U17M 800m (2.03.18)
- **Sophie Tran** 6<sup>th</sup> on the U17W 400m (1.00.08)

### Park Run 13 September 2025

60 ran in 29 events

Furthest from the clubhouse – again - was Barry Wetherlit who ran at Hikarigaoka koen in Japan.

Podiums for 6 September

<b>Leo De Bruyn</b>	2 <sup>nd</sup> M	Beckenham	17.30
<b>Jasmine Stephens</b>	1 <sup>st</sup> F	Bethlem	22.11
<b>George Vacharopoulos</b>	3 <sup>rd</sup> M	Bracknell	18.09
<b>Imogen Meers</b>	2 <sup>nd</sup> F	Hoblingwell	24.00
<b>Albihe Barnes</b>	1 <sup>st</sup> F	Sutcliffe	19.17

*\*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](#)





## Presidents News 17 Sept 2025

### Cross Country

It is time to think about Cross Country season! The fixtures are now on the website - [Fixtures – Blackheath & Bromley Harriers AC](#) (select “winter”). Team managers are emailing more details of the season, and a general email will be sent to all members in the coming days to ensure everyone who wants to compete can get their name listed with Team Managers.

The cost for the season will be £40 and payment can be made through your joinin account. 110 members have done so already!

If you only wish to run the Kent League, then the fee is just £10 – this option is now in the Club Shop on joinin. Other races can also be paid individually.

First Kent League fixture is on 11 September.

#### ● Meeting Details.

<u>Fixture</u>	<u>Date</u>	<u>Venue</u>	<u>Host Club</u>
1	Sat. 11 Oct. 2025	Footscray Meadows, Sidcup	Cambridge Harriers
2	Sat. 18 Oct. 2025	Somerhill School, Tonbridge	Tonbridge AC
3	Sat. 15 Nov. 2025	Danson Park, Bexleyheath	Bexley AC
4	Sat. 6 Dec. 2025	Swanley Park, Swanley	Dartford Harriers AC
5	Sat. 13 Dec. 2025	Norman Park, Bromley	Blackheath & Bromley Harriers AC

#### ● Race Details and start times.

<u>Age Group</u>	<u>Fixture 1</u>	<u>Fixture 2</u>	<u>Fixture 3</u>	<u>Fixture 4</u>	<u>Fixture 5</u>	<u>Dist.</u>
U13 Girls	1200	1200	1200	1200	<b>No Race</b>	3000m
U13 Boys	1220	1220	1220	1220	<b>No Race</b>	3000m
U15 Girls	1240	1240	1240	1240	<b>No Race</b>	4000m
U15 Boys	1300	1300	1300	1300	<b>No Race</b>	4000m
U17 Women	1320	1320	1320	1320	<b>No Race</b>	5000m
U20 Women	1320	1320	1320	1320	<b>No Race</b>	5000m
Women Veteran 65+	1320	1320	1320	1320	<b>No Race</b>	5000m
Men Veteran 70+	1320	1320	1320	1320	<b>No Race</b>	5000m
U17 & 20 Men	1350	1350	1350	1350	<b>No Race</b>	5000m
Sen. & Vet. Women	1410	1410	<b>No Race</b>	1410	1200	8000m
Sen. & Vet. Men	1500	1500	1410	<b>No Race</b>	1300	8000m

Registration has to be completed **by 25 September** so please ensure your Team Manager knows you wish to compete.



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**Social Events**

If you would like a table reservation, please email Alice on [bbharriersac.volunteers@gmail.com](mailto:bbharriersac.volunteers@gmail.com):

1. Bingo on 26<sup>th</sup> September



There's also an **academy competition** on Sunday 28th between 12.30 -2.30pm if anyone is available to help or wants to have a go at officiating message Alice or John Hubbard, they would be delighted to see you!

**Bonus Ball** winner from last week – Denis Lawrie!

Steve Pairman,  
President BBHAC