



Presidents News 2 July 2025

Headlines

1. Results and Park Run participation,
 - a. Club Records
 - b. SEAA Championships U20/Senior
 - c. YDL LAG
 - d. Kent Masters
 - e. Other Races
 - f. Park Run
2. Fixtures,
3. AOB



Results

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

Sam Reardon in European Team Championships in Madrid – 44.60!

I hope you all saw the post/ highlights of the race. Sam smashed his PB, the championship record.

New Club Records!!

Sam Reardon – senior and U23!



SEAA Championships, Chelmsford

Full results of club athletes are at the end of this report. I have picked out the following highlights **among many PBs and SBs**

- Mary Adenji won the SW long Jump with 5.89
- **Anastasia Davis** won the 100mH U20
- **Daisy Snell** – with a PB of 6.31! won the U20 long jump
- **Dan Putman** won the mens 400m
- **Jennifer Eduwu** won the womens 100m
- **Lauren Farley** won the javelin with a seasons best of 49.87
- **Max Clark** was 1st in the U20 mens 100m
- **Oliver Ward** won the U20 Steeplechase
- And **Hannah Clark** won the 1500m senior womens race .

Also in the top 3 were **Aaliyah Brown** (2nd 200m), **Abraham Sharif** (2nd M LJ), **Gracelyn Kendeck** (400mH SW U20 1.03.03), **Jade Oni** (SW HJ 1.70), **Samual Mowa** (3rd 400m U20 49.35) and **Sophie Osborn** (400m U20W 55.96)





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YDL LAG 29th June

Team Name	Points	League	B/fwd M	B/fwd L	Total Pts	Total L	Standings
Woodford Green AC with Essex Ladies	523.0	6.0	1152.5	12.0	1675.5	18.0	1
Blackheath & Bromley H AC	513.0	5.0	1078.5	10.0	1591.5	15.0	2
Reading AC	442.0	4.0	945.0	7.0	1387.0	11.0	3
Tonbridge AC	421.0	3.0	964.5	7.0	1385.5	10.0	4
Herne Hill Harriers	327.0	2.0	784.0	4.0	1111.0	6.0	5
Bracknell AC	256.0	1.0	721.5	2.0	977.5	3.0	6

BBHAC competed very well on Sunday at Norman Park in the latest Lower Age Group YDL event. A close match throughout we ended up losing by just 10 points – scoring 513 to Woodford Green's 523. The club didn't score any points in the boy's pole vault having no entrants. So, thanks to the Team Managers and John Wakeman for creating a trial session that was held earlier this week and I believe we now have some new enthusiastic pole vaulter's!

Team Reports Girls Team from Evie De Bruyn

Well done to everyone who participated in an extremely hot YDL at Norman park. Everyone performed incredibly well over the weekend and you should all be very proud!

UNDER 15:

To start off the events we had the 100m u15 girls with India, Noelle, Zamaia and Omasan who all ran amazing times scoring good points in very close races.

Next was the 200m u15 girls was Noelle and Kara with Kara running a well deserved PB and Noelle with her second event of the day.

Following after was the 300m u15 girls with Kara and Freya both with extremely strong performances, Kara dominated the field and Freya kept up with a strong battle showing excellent determination .

Shortly after was the 800m u15 girls with Alba, Aoife , Melody and Ella. Who all run very well Alba managing a PB, whilst Aoife, Melody and Ella all ran great time even under the scorching heat.

Up next was the 1500m u15 girls with Sofia and Evie, both running solid races scoring good points for the team!

Following was the 75m u15 girls with Freya and Amelia, Freya took the win with Amelia coming in with a strong second .

Then it was time for the field events we had the long jump, high jump, pole vault, shot put, discus, hammer and javelin!

- Amelie and Emily both jumping well!
- Alessia jumping impressively and Leela winning!
- Ella yet again showing her amazing pole vault skills
- Kaweng and Dulcie threw very solid shot puts.
- Kaweng and Isla both throwing extreme distances securing 2nd and 1st
- Dulcie and Isla both threw very well both with their 2nd events of the day.
- Harriet and Isla both competed well scoring good points with this being Isla's 3rd event of the day not including the relay as well.



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UNDER 13:

Kicking off with the 75m u13 we had Etse, Faye, and Isabella. All scoring valuable points and positions.

Next was the 150m U13 girls with Etse, and Faye with their second event of the day both running very well!

To follow up was the 800m with, Lucy, Elsa, Alice and Lucy B all running superb times considering how hot it was.

In the 1200m un13 girls, Holly and Arianne both ran well with Holly managing a PB!

The 70m hurdles u13 girls consisted of Faye and Jasmine both scoring well.

Next up was the field events, we had the long jump, high jump, shot put and javelin.

- Olivia and Matilda jumped high doing very well.
- Jasmine and Pearl both showed determination to bring home good points.
- Olivia and Isabella both with their second event of the day three very well.
- Jasmine and Isabelle both three well with their 3rd event of the day!

Just to say how amazing everyone performed in the very hot conditions, one more to go! Let's go Blackheath!!!

Team Reports - U15Boys from Jo Martin

Sunday's YDL meet was a hot one with the heat adding an extra challenge to every event. Despite the tough conditions, the team pulled together and delivered some excellent performances on both the track and in the field.

On the track

- Jake and Luca kicked off with strong performances in the hurdles. Both handled the fast races well, with Jake narrowly missing the 11.7 seconds he's aiming for at Nationals, he's getting so close! Jake also set a new PB in the 200m, showing impressive form for someone still a year young.
- Piers delivered another standout performance, looking sharp, strong, and composed in the 200m. He ran close to his personal best and secured 1st place in the A string. He followed that up with a clear win in the 100m A string, always a pleasure to watch such a talented athlete.
- Sylvester raced well in the B string 100m, while Weston and Ashley took on the 100m NS. It was Weston's BBHAC debut, and what a fast, solid run he had a great addition to the team! Ashley also performed well, showing strong form not long back from injury.
- In the 300m, Jericho arrived just in time for his race after completing his Ju Jitsu grading earlier in the day but you'd never have known it from his performance. He powered through to take 1st place, looking strong and composed from start to finish. Aathi also managed the heat brilliantly in his fast-paced race, staying controlled and consistent throughout.
- Over in the 800m, Juan had a solid outing in the A-string race, keeping pace in a fast field. Johnny had a good race but unfortunately got cut up after one lap, which disrupted his rhythm, but he didn't drop his head and still pushed through to the finish. Juan was placed in the A string race as the NS which he dealt with amazingly, he had a solid race keeping pace



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in a fast field, whilst gaining a new PB of 2.31s. Jack & Dexter followed together in the B String 800m, Jack on top form took the win comfortably with Dexter not far behind gaining a fantastic new PB of 2.15.45, running a smart and well-paced run.

- James and Tiago, making his BBHAC debut took on the 1500m, arguably the toughest race of the day in unbearable heat, and they didn't disappoint. James ran an exciting, well-paced race, securing an impressive 3rd place and narrowly missing out on 2nd. Tiago looked equally strong, showing real promise and determination in his first meet for the club.

Out in the field

- Evan and Luca kicked things off in the Hammer. Evan had a standout day across the board, throwing over 30m in the discus for a huge PB, improving by more than 7 metres! He followed that up with another personal best in the shot put, reaching an impressive 11.37m. In the hammer, he narrowly missed the 30m mark but showed great consistency throughout.
- Luca stepped into the B-string hammer spot to help secure valuable points, a fantastic example of team-first attitude.
- Oliver also had a strong day, looking powerful in the discus and securing 2nd place with a solid 25m throw. He then delivered an excellent performance in the shot put, showing great consistency and earning a brilliant new PB of 10.62m.
- In the javelin, Seb and Aathi delivered fantastic performances, both earning impressive PBs. Seb won the A string with a jaw-dropping throw of 43m, before heading straight over to compete in the high jump alongside Jacob, both competing well and gaining valuable points for team. Aathi was equally impressive in Javelin, throwing a fab PB of 39.33m and showing great skill throughout.
- Sylvester and Zachary, our long jumpers, had a great event. Sylvester soared to an impressive new PB of 5.06m, his first time jumping over 5 metres! Zachary, as always, was consistent and reliable in the B string, delivering strong jumps despite the challenging heat. A solid performance from both athletes!

Relays

What an eventful set of relays we had! Two strong teams took to the track. Sylvester, Weston, Nico, and Jake in the 4x100m, and Aathi, Johnny, Jack, and Jericho in the 4x300m.

Where do I start? The 4x100m got off to an unfortunate start, with the gun going off before Sylvester was even in the set position. But the race went on and so did Sylvester. He kept his composure, powered through, and delivered a brilliant first leg to get us right back in it. Weston ran bravely, picking up an injury mid-leg but pushing through to hand over the baton to Nico, who charged round the track with power and purpose before passing to Jake for a strong finish. An incredible effort from all four, I'm so proud!

Then came the final relay of the day: the 4x300m. Four outstanding performances, and I'm proud of every one of them. A special mention has to go to Jericho, who delivered one of the standout runs of the season, overtaking four athletes in the final leg to take the win right on the line. Absolutely show-stopping!

This team is gaining serious momentum, and it's so exciting to watch.



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All in all, a great team effort in really tough conditions. Some big PBs, plenty of hard-earned points, and lots of positive momentum to carry forward. Well done to everyone who competed! Apologies if I've missed anyone or any important new PBs or wins.

Looking ahead now to the next Kent League meet this Saturday at Medway Park.

U13 Boys – Report from Kate Hunstone

What a scorcher! The sun beat down on Norman Park, and our U13 boys stepped up with courage, grit and a whole lot of water bottles! 🧴💧 In relentless heat, they turned in exceptional performances, with personal bests flying, a handful of brilliant debuts, and points stacked up in every event. The energy and support trackside were top-tier it really felt like a team effort from start to finish. ❤️🖤💛

Special congratulations to our boys who achieved PBs, debuts, and some standout efforts - you're all making BBHAC proud! 🏆 We came second by just 10 points on the day but will pull out all the stops at the next one!

*Sprints * ⚡🏃

- 75m A: Rohan Thomas - 2nd - 10.02s (Wind: +0.6) 🏅🔥 Just shy of his PB - a sharp, competitive run in the heat!
- 75m B: Oscar Li Tienzo - 1st - 9.98s (Wind: -1.1) - PB 🌟 A fantastic breakthrough - first time under the 10-second barrier!
- 75m NS A: Calum Bryan - 3rd - 10.47s (Wind: -0.7) 🏃 Smooth sprint finish after double-duty in the sprints.
- 150m A: Rohan Thomas - 4th - 20.02s (Wind: +0.3) 🎯 Matched his PB again - strong and composed!
- 150m B: Calum Bryan - 3rd - 20.67s (Wind: +0.3) 🏃 Held form well - great to see him in both sprint events.

Middle Distance 🏃

- 800m A: Harry Beeraje - 3rd - 2:20.03 🏅🔥 Strong pace in the heat - big effort down the back straight.
- 800m B: Luc Jones - 3rd - 2:31.02 ⚡ Kept cool and finished well to hold his place.
- 800m NS A: Anthony Streich - 1st - 2:27.51 - PB 🏆🔥 An amazing push in the last 200m to smash his previous best!
- 800m NS B: George De Bruyn - 1st - 2:36.16 🌟 Strong pacing and a clean finish to bring it home!
- 1200m A: Emery Aldridge - 1st - 3:37.39 - PB 🏆🚀 Incredible run - missed the club record by less than a second!
- 1200m B: Zachary Evans - 2nd - 3:47.95 - PB 🏅🏆 Superb pacing and kick at the end - new PB in the heat!

Hurdles 🏃🔥

- 75m Hurdles A: Freddie Mooney - 4th - 13.08s (Wind: +0.7) - PB 🏆🌟 A fabulous run – smooth over the hurdles with a strong drive phase.



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- 75m Hurdles B: Drew Williams - 4th - 15.82s (Wind: +0.7) - PB 🏆💪 Another hurdle PB - great technique and focus under pressure!

Field Events 🏅🥇

- Long Jump A: Freddie Mooney - 5th - 4.08m 🌟 Strong effort and valuable points in the pit!
- Long Jump B: Monty Andrews - 5th - 3.78m - PB & Debut! 🆕👊 A brilliant BBHAC debut - first comp and first PB!
- High Jump A: Freddie Mooney - 5th - 1.30m 🐇 Kept focus and cleared with composure in the heat.
- High Jump B: George Sinkinson - 4th - 1.20m - PB & Debut! 🆕📄 First official comp and a solid clearance to open his BBHAC account - well done George!
- Shot Put A: Daniel Ireland - 2nd - 9.98m - PB 🥇💪 A massive throw - added 84cm to his previous PB!
- Shot Put B: Oscar Li Tienzo - 1st - 8.58m - PB 🥇📈 Another PB! Added 72cm - proving himself across both track and field.
- Javelin A: Alexander Coe - 6th - 20.11m 🎯 Tough competition in the A string, but gave it everything!
- Javelin B: Ethan Hunstone - 5th - 14.52m ✨ Strong, committed effort - valuable team points!

Relay 🏃🔥

- 4x100m Relay: Carter Famutimi, Oscar Li Tienzo, Calum Bryan, Rohan Thomas - 2nd - 51.73s 🥇🚩 A brilliant effort from the boys - they were just edged out by Tonbridge... next time, we've got them! 💪

🏆 Massive congratulations to all our U13 boys - from debutants to PB-scorers, you're putting in the work and seeing the rewards. Thank you to our officials, coaches and the brilliant BBHAC parents for keeping the boys shaded, hydrated and focused in the heat. 🌳💧

Let's close out the season even stronger - one more YDL match in Reading to go! ✨🔥 Two more Kent league matches in the fixtures too.



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Kent Masters Dartford 27th June

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	57	1 Tonbridge AC - A	18	199.5
2 Dartford Harriers AC	5	55	2 Dartford Harriers AC	15	186.5
3 Blackheath & Bromley H AC	3.5	50	3 Blackheath & Bromley H AC	11.5	167
3 Cambridge Harriers	3.5	50	4 Cambridge Harriers	8.5	142
5 Ashford AC	2	34	5 Ashford AC	7	127
6 Bromley Vets	1	20	6 Bromley Vets	3	62

BC-SCVAC-2025

Wins in the 100m from **Duayanne Bovell** and **James Burton**, with both also in the winning 4x100m relays (with **Iain Nye** and **Ashley Reid**) . Ashley also won the M35 long jump.

Same for the girls in the 100m with a double win from **Sam Williams** and **Daniela Sage**, plus a win for **Helen Godsell** in the W70 Long jump!

A full report will be issued in the coming days.

Welsh Senior & U17 Track & Field Championships

Congratulations to Jeriel and Faith for their wins!

200 SM (29 Jun)

Pos	Perf	Name	AG	Year	Coach	Club
1	20.70	0.3 Jeriel Quainoo	SB U23 M		Ryan Freckleton	Blackheath & Bromley/Oaklands Col

100 SW s2 (28 Jun)

Pos	Perf	Name	AG	Year	Coach	Club
1	11.19	0.3 Faith Akinbileje	PB U23 W		David Sadkin	Blackheath & Bromley

South East Regionals Combined Events Championships

You will hopefully recall me mentioning this event being held last weekend. Well **Alex Giles** (Surrey) and **Jack Ruby** (Kent) now qualify for the English Schools National Final in September at Chelmsford after competing in the South East Regionals Combined Events Championships at the David Weir Leisure Centre, Carshalton. Jack came 2nd in the Junior Boys (2652pts, Pentathlon) and Alex came 5th in the Intermediate Boys (4590pts PB!), Octathlon and not bad considering his training partner who Alex also coaches, broke the British Record that competition).



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North Downs 30k

Five Heathens were foolish enough to run the North Downs 30k in very hot conditions.

Huge congratulations to Steve Hough who was 3rd male in his category and Trang Ngyuen who was 3rd female overall and 1st in her age category!

	Pos ▾	Race No ▾	Name	Gun Time ▾	Chip Time ▾	Category ▾	Cat Pos	Gender ▾	Gen Pos	Club ▾
+	18	232	Steven Hough	02:13:31	02:13:29	MV50	3	Male	18	Blackheath & Bromley Harriers AC
+	48	330	Trang Nguyen	02:28:02	02:27:59	FV35	1	Female	3	Blackheath & Bromley Harriers AC
+	50	262	Nicholas Kibblewhite	02:29:28	02:29:19	MV50	12	Male	47	Blackheath & Bromley Harriers AC
+	67	154	Steve Evenden	02:38:37	02:38:27	MV40	28	Male	62	Blackheath & Bromley Harriers AC
+	83	219	Damian Hayes	02:44:10	02:43:59	MV50	19	Male	75	Blackheath & Bromley Harriers AC



Park Run 28 June 2025

Saturday saw 71 members run at 29 different events.

Furthest from the clubhouse was John Isaacs at Ury Riverside (Inverurie , north of Aberdeen), just beating PP Ashley Pearson and Colin by a few miles and also Barry Horgan at Tramore Valley, Cork Ireland.

Podiums for 28 June

Leo De Bruyn	1 st M	Bromley	16.46
Micah Evans	2 nd M	Bromley	17.07
Doug Varney	3 rd M	Bromley	17.18
Harriet Hughes	2 nd F	Bromley	20.14
Joseph Hill	1 st M	Dulwich	15.53
Ollie Knowles	2 nd M	Hoblingwell	18.16
Phil Bunn	1 st M	Mote Park	19.32
Joseph Georgiadas	1 st M	Orpington	18.13
Graeme Lugar	2 nd M	Orpington	18.31
Kyla Dervish	2 nd F	Orpington	21.11
Eloise O Shauhnessy	3 rd F	Tootling Common	20.39
Katy Sugden	2 nd F	Wickford Memorial	22.38

**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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JOHNSON BOWL RESULT Wednesday 2nd July 2025 Report from Shaun Lightman:

I joined 34 fellow competitors in the annual Johnson Bowl 4 mile walking championships. A very enjoyable event , although at the time of writing parts of my legs are not thanking me !

----- Report-----

On a warm, pleasant with good conditions 33 walkers faced the starter many attempting to walk 4 miles in an hour with some good performances at the head of the field. Jonny Ellerton was initially challenged by Trejan Checkeku-Bomah but broke away to win by a considerable margin. Trejan fell back and was overtaken by Grazia Manzotti however in a late rally Trejan just managed to edge out Grazia. Many were pleased to achieve their goal of one hour. Many thanks to the officials who assisted in an enjoyable event.

4 miles

1.	1 st Jonathan Ellerton	Blackheath and Bromley	34m49s
2.	2 nd Trejan Checkeku-Boamah	B&B	35m 43s
3.	3 rd Grazia Manzotti	Tonbridge	35m 48s
4.	4 th Matthew Ellerton	Blackheath and Bromley	39m45s
5.	5 th Billie Kwok	VAC	39m 54s
6.	6 th Man Bill Lam	VAC	39m 57s
7.	7 th Florence Watson	Blackheath and Bromley	41m 36s
8.	8 th James Critchley	Unattached	44m 59s
9.	9 th Steve Pairman	Blackheath and Bromley	45m 31s
10.	10 th Iain Swatton	Blackheath and Bromley	47m 36s
11.	11 th Stephen Allport	Striders of Croydon	47m 45s
12.	12 th David Hoben	Surrey Walking Club	48m 08s
13.	13 th John Turner	Blackheath and Bromley	49m 25s
14.	14 th Julie Brabner	Zero to Hero	50m 47s
15.	15 th Karen Harding	St Francis Church	51m 17s
16.	16 th Janette Miller	Zero to Hero	51m 48s
17.	17 th Andrew Liems	Zero to Hero	51m 48s
18.	18 th Peter Lane	Zero to Hero	52m 19s
19.	19 th Janette Atkinson	Zero to Hero	52m 27s
20.	20 th Judith Shalketon	Zero to Hero	52m 27s
21.	21 st Zoe Kingsmell	Blackheath to Bromley	52m 46s
22.	22 nd Nicola Stone	Zero to Hero	52m 59s
23.	23 rd Jo Webb	Zero to Hero	52m 59s
24.	24 th Unknown		52m 59s
25.	25 th Sheila Low	Unattached	53m 55s
26.	26 th Jennie Hawkes	Hayes Ladies Walking Group	53m 55s
27.	27 th Paul Miles	Zero to Hero	53m 55s
28.	28 th Jim Phelan	Blackheath and Bromley	55m 30s
29.	29 th Dee Reffell	Zero to Hero	56m 03s
30.	30 th Rosemary Daniels	Zero to Hero	56m57s
31.	31 st Carol Goskie	Zero to Hero	57m 55s
32.	32 nd Catherine Bruce	PW Runners	57m 58s
33.	33 rd Andrew Laws	Blackheath and Bromley	58m 19s
34.	34 th Shirley Griffiths	Hayes Ladies Walking Group	59m 40s
35.	35 th Karen Drennan	Hayes Ladies Walking Group	59m 53s



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U 15 3 miles

- | | | |
|--------------------|---------------------------|---------|
| • 1 st Luke Eperon | Blackheath and Bromley | 33m 48s |
| • 2 nd Eliama | Harding St Francis Church | 37m 46s |

Parris Handicap Summer Series

Final race is on Tuesday 15 July.

Other News

1. "The Club is delighted to announce that a group of our U20 athletes will represent the Club and Great Britain & Northern Ireland at the 2025 Dynamic New Athletics (DNA) U20 Clash of Clubs event in Portugal. The event takes place on the weekend of 20 & 21 September 2025. More details to be announced in due course - and watch out where you can support fundraising activities that will be arranged to help with the costs of sending our team to the event."
2. Trejan has been selected to represent England in the Schools International (walking) at Derby on 19th July at Derby.

Vice President **John Lissaman** - Last Saturday he completed the charity walk, 13 Bridges Challenge, organised by SSAFA(Soldiers', Sailors' and Airmen's Families Association). "It is a twelve-mile walk starting from Tower Bridge and goes over all the bridges as far as Battersea bridge. I am now 89 and wonder if I can claim to be the oldest active member?"



Fixtures & Volunteering

A busy weekend ahead of us!

- NAL at Stevenage
 - If anyone can race a 3000 or 2000 steeplechase on Saturday for the club at the NAL please let Ian Firla or Micah Evans know
- Kent Young Athletes league at Gillingham
- UK YDL at Hendon on Sunday

Special Call for help

We really need people to help at the

1. Volunteers required for this weekends events – please see separate email sent on Thursday evening
2. **NAL match on 19th of July.** As many of our officials who aren't already signed up elsewhere and an army of reserve volunteers to help with little things like: taking results from track/field to the recorders hut, an announcer, hurdle movers, rakers, car park marshals etc.



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Social News

Bingo night was held on Friday 27th June with over 40 attending and enjoying another great evening.

And Finally

This one from 1949 : It was good to see the billiards table again in use. As it is usually so well disguised as a tea-table, there must be few members aware of its existence.

I have checked the café and cant find it!

Bonus Ball

Bonus Ball was won by no 4, but the winner was not present on the evening.

Steve Pairman,
President BBHAC



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SEAA Results

Aaliyah Brown 2005 (Blackheath & Bromley Harriers AC)						
6 (3)	100m - SW	Women	Senior	Heats	12.00 q	
4	100m - SW	Women	Senior	Final	12.00	
4 (1)	200m - SW	Women	Senior	Heats	25.37 Q	
2	200m - SW	Women	Senior	Final	24.46	
Abdul-Rahaman Jolaoso 1993 (Blackheath & Bromley Harriers AC)						
11 (5)	100m - SM	Men	Senior	Heats	10.96 q	
Abraham Sharif 2006 (Blackheath & Bromley Harriers AC)						
2	Long Jump - U20M	Men	U20	Final	7.41	
Alyssa Firla 2007 (Blackheath & Bromley Harriers AC)						
8 (4)	400m - U20W	Women	U20	Heats	59.5 q	
7	400m - U20W	Women	U20	Final	58.52	
Amber Bloomfield 2006 (Blackheath & Bromley Harriers AC)						
4	100mH - U20W	Women	U20	Final	16.20	
Anastasia Davies 1999 (Blackheath & Bromley Harriers AC)						
1	100mH - SW	Women	Senior	Final	13.76 SB	
Charlotte Lucy Hosp 2006 (Blackheath & Bromley Harriers AC)						
7	Triple Jump - U20W	Women	U20	Final	10.25	
Chinedu Ndukwu 2006 (Blackheath & Bromley Harriers AC)						
6	110mH - U20M	Men	U20	Final	15.57 PB	
7	400mH - U20M	Men	U20	Final	1:02.15	
Chizute Ogbedeh 2000 (Blackheath & Bromley Harriers AC)						
14 (3)	100m - SM	Men	Senior	Heats	11.11 Q	
12 (6)	100m - SM	Men	Senior	Semi-Finals	11.09	
Daisy Snell 2007 (Blackheath & Bromley Harriers AC)						
1	Long Jump - U20W	Women	U20	Final	6.31 PB	
Dan Putnam 1991 (Blackheath & Bromley Harriers AC)						
4 (1)	400m - SM	Men	Senior	Heats	48.59 Q	
1 (1)	400m - SM	Men	Senior	Semi-Finals	47.15 Q	
1	400m - SM	Men	Senior	Final	46.63	
Darcey Kuypers 1998 (Blackheath & Bromley Harriers AC)						
3 (1)	100m - SW	Women	Senior	Heats	11.91 Q	
5	100m - SW	Women	Senior	Final	12.02	
Gracelyn Kendeck 2007 (Blackheath & Bromley Harriers AC)						
2	400mH - U20W	Women	U20	Final	1:03.03	
Hannah Clark 2005 (Blackheath & Bromley Harriers AC)						
1	1500m - SW	Women	Senior	Final	4:35.44	
Hendri Verster 2007 (Blackheath & Bromley Harriers AC)						
16 (8)	800m - U20M	Men	U20	Heats	2:05.76	
Honey Chalmers 2007 (Blackheath & Bromley Harriers AC)						
6 (3)	100m - U20W	Women	U20	Heats	12.55 q	
6	100m - U20W	Women	U20	Final	12.52	
7 (3)	200m - U20W	Women	U20	Heats	25.97 q SB	
8	200m - U20W	Women	U20	Final	25.91 SB	
Indiana Marshall 2006 (Blackheath & Bromley Harriers AC)						
14 (4)	100m - U20W	Women	U20	Heats	13.00	
Jade Oni 2001 (Blackheath & Bromley Harriers AC)						
2	High Jump - SW	Women	Senior	Final	1.70	
Jed Starvis 2008 (Blackheath & Bromley Harriers AC)						
3 (3)	800m - U20M	Men	U20	Heats	1:58.79 Q	
5	800m - U20M	Men	U20	Final	1:54.56 PB	



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Jennifer Eduwu 2004 (Blackheath & Bromley Harriers AC)					
2 (1)	100m - SW	Women	Senior	Heats	11.79 Q
1	100m - SW	Women	Senior	Final	11.78
Julia Newman 2007 (Blackheath & Bromley Harriers AC)					
6	400mH - U20W	Women	U20	Final	1:05.96 PB
Lauren Farley 2001 (Blackheath & Bromley Harriers AC)					
1	Javelin Throw - SW	Women	Senior	Final	49.87 SB
Mary Adeniji 1999 (Blackheath & Bromley Harriers AC)					
1	Long Jump - SW	Women	Senior	Final	5.89
Max Clark 2007 (Blackheath & Bromley Harriers AC)					
1 (1)	100m - U20M	Men	U20	Heats	10.70 Q
1 (1)	100m - U20M	Men	U20	Semi-Finals	10.76 Q
1	100m - U20M	Men	U20	Final	10.62
Max Kennedy 2007 (Blackheath & Bromley Harriers AC)					
10	Javelin Throw - U20M	Men	U20	Final	45.43
Michael Damoah 1999 (Blackheath & Bromley Harriers AC)					
5 (1)	100m - SM	Men	Senior	Heats	10.86 Q
4 (3)	100m - SM	Men	Senior	Semi-Finals	10.83 Q
6	100m - SM	Men	Senior	Final	10.74
Niamh Stanley 2008 (Blackheath & Bromley Harriers AC)					
9	1500m Steeplechase - U17W	Women	U17	Final	6:09.30
Nkwazi Ndila 2004 (Blackheath & Bromley Harriers AC)					
24 (6)	100m - SM	Men	Senior	Heats	11.56
Oliver Driscoll 2007 (Blackheath & Bromley Harriers AC)					
2 (1)	400m - U20M	Men	U20	Heats	49.03 Q PB
4	400m - U20M	Men	U20	Final	49.39
Oliver Ward 2008 (Blackheath & Bromley Harriers AC)					
1	1500m Steeplechase - U17M	Men	U17	Final	4:32.76
Qi-Chi Ukpai 2008 (Blackheath & Bromley Harriers AC)					
4	Triple Jump - SW	Women	Senior	Final	12.25w
Rebecca Williams 2002 (Blackheath & Bromley Harriers AC)					
12 (4)	100m - SW	Women	Senior	Heats	12.94 qR
Ryen Augustine Rennie 2007 (Blackheath & Bromley Harriers AC)					
4 (2)	400m - U20M	Men	U20	Heats	49.36 Q
Samuel Mowa 2006 (Blackheath & Bromley Harriers AC)					
3 (2)	400m - U20M	Men	U20	Heats	49.17 Q SB
3	400m - U20M	Men	U20	Final	49.35
Sophie Osborn 2006 (Blackheath & Bromley Harriers AC)					
1 (1)	400m - U20W	Women	U20	Heats	56.4 Q SB
2	400m - U20W	Women	U20	Final	55.96 SB
Thomas Sugden 2004 (Blackheath & Bromley Harriers AC)					
20 (4)	400m - SM	Men	Senior	Heats	49.87 Q SB
16 (7)	400m - SM	Men	Senior	Semi-Finals	49.77 SB
Warren Lewis 2002 (Blackheath & Bromley Harriers AC)					
12 (3)	100m - SM	Men	Senior	Heats	11.04 Q
10 (6)	100m - SM	Men	Senior	Semi-Finals	11.02
Zara Asante 1982 (Blackheath & Bromley Harriers AC)					
6	Triple Jump - SW	Women	Senior	Final	11.63w