



## **Presidents News 20 Aug 2025**

### **Headlines**

1. Records, Results and Park Run participation,
  - a. Club Records
  - b. National Relays
  - c. KYAL
  - d. Other Races & Park Run

### **Results**

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

### **Records**

- **U20 Mixed** 4x400 team ran 3.33.37 consisting of Ryen Rennie, Sophie Osborn, Alyssa Firla, and Sam Mowa. National Relays final, 17/8/25
- **Ken Daniel** M75. 400. 82.70. Norman Park 4/8/25
- **Ethan Hunstone** 1k 5m 45s29 (club record (tbc)) Also a KYAL PB by 34.1s

### **Kent League Finale – Season Outcome 🏆**

BBHAC are the Kent League overall champions - a brilliant club-wide achievement to cap the season!



Massive congratulations to every athlete - especially those making debuts or stepping in at short notice - and a huge thank-you to our parents and coaches for the constant support. Onward! 🚀

### **Dartford Write-Up Kate Hunstone - BBHAC U13 Boys**

Saturday 16 August- Central Park, Dartford. The final Kent League of the season didn't disappoint, even in the middle of the summer holidays. The Kent League is where we both try new events and sharpen the tried-and-tested, and once again the boys stepped up with aplomb - debuts, new strings covered, and no shortage of heart. It's brilliant at this age to see them trying so many different events. Proud to be Team Manager for the U13 Boys this year. 💙💛

Note: With only 6 lanes at Dartford we relied on time-trial seeding on the track - great racing, but a little harder to judge placings in the moment. ⌚

PBs on the day: Ethan (1000m walk, club record), Emery (75mH), Emery (100m - first time under 14s), Drew (75mH), Anthony (High Jump). 🌟

### **Track Events**

#### **Walk - 1000m**

In a discipline that flies under the radar but has been part of athletics for generations, the 1000m walk, Ethan Hunstone took 12s off the BBHAC club record (Trejan Checkeku-Boamah, 2022), stopping the clock at 5:45.29. Alex Coe, on his race-walk debut, backed it up with the B-string A BBHAC double 1st, well done Alex. 🏆👏👏

#### **Hurdles - 75m**



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- **Emery Aldridge** - 5th (A) - 14.19 (w -0.8) - PB and cool head over the barriers. 🌟
- **Drew Williams** - 1st (B) - 15.10 (w -0.3) - PB, maximum points, superb rhythm. 🏆
- **Non-scoring:** Ethan Hunstone - 16.52 (w -0.8) - 2nd - tough outing, kept battling. ✅

### Sprints - 100m

- **Oscar Li Tienzo** - 2nd (A) - 13.35 (w +0.4) - sharp start, strong dip, and did it despite blistered feet from Taekwondo - huge grit. ⚡
- **Drew Williams** - 3rd (B) - 14.11 (w -0.5) - battled the breeze well. 🌀
- **Non-scoring: Emery Aldridge** - 13.98 (w +0.1) - 1st - PB in a race that isn't his usual event, and he smashed his sub-14s goal. 🏆

### Sprints - 200m

- **Rohan Thomas** - 2nd (A) - 26.56 (w -0.4) - smooth bend, fierce home straight, just pipped by Tonbridge's Freddie Keen by 0.01s. We'll see Freddie again!! 🔥
- **Drew Williams** - 1st (B) - 29.00 (w -0.1) - controlled and clinical. 🏆
- **Non-scoring: Alex Coe** - 28.71 (w +0.6) - 1st - a middle-distance runner showing real range with an impressive sprint. 🏆

### Middle Distance - 800m

- **Harry Beeraje (A)** - 4th - 2:23.83 - a challenging end-of-season race on a track that none of the teams favoured. Banked key points for the team - the next one will click. 💪💙
- **Luc Jones (B)** - 1st - 2:31.74 - smart pacing and a strong kick. 🏆
- **Non-scoring: Haydn Kenny** - 2:45.63 - 1st - even splits, tidy win. 🏆

### Relays

- **4x100m - BBHAC WIN - 1st - 54.53 (Anthony Streich - Oscar Li Tienzo - Emery Aldridge - Drew Williams).** Slick changes, big finish - clear winners to sign off the track in style! 🏆🔄🌟

### Field Events

#### Long Jump

- **Anthony Streich** - 1st (A) - 4.40m - set the tone on the board. 🏆
- **Emery Aldridge** - 1st (B) - 4.06m - tidy run-up, points in the bag. 🏆
- **Non-scoring: Luc Jones** - 3.82m - 1st - on the board early, took the win. 🏆

#### High Jump

- **Anthony Streich** - 2nd (A) - 1.35m - PB and a strong series. 🎯
- **Lewis Fishlock** - 6th (B) - 1.20m - kept the points rolling. 👍

#### Shot Put (3kg)

- **Daniel Ireland** - 3rd (A) - 8.13m - consistent series, big presence. 💪
- **Oscar Li Tienzo** - 3rd (B) - 7.65m - neat technique, valuable points. 📈



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### **Discus (1kg)**

- **Daniel Ireland - 4th (A) - 17.14m** - found the sector early, solid mark. 🌀
- **Alexander Coe - 5th (B) - 13.64m** - busy day across events, great commitment. 🔄

### **Hammer**

- **Daniel Ireland - 2nd (A) - 22.40m** - promising debut and a brilliant platform to build from. 🚀

### **Team Result**

- **U13 Boys WON their group with 161 pts - fantastic all-round effort and BBHAC came 2nd on the day** 🏆

### **Kent League Write Up – Dartford, Saturday 16th August – U15B – report from Jo Martin**

Our final Kent League meet of the season at Dartford had everything, excitement, big performances, and plenty of team spirit to round off a brilliant season. With only six lanes, the timetable ran a little behind due to having time trials but that didn't dampen anyone's spirits, the racing was still full of energy and determination.

We were also missing two key athletes, Kesinachi (injury) and Aathi (unwell), which meant others had to step up and cover extra events. As always, the team rose to the challenge and showed great commitment, a real credit to everyone involved.

### **On the Track**

The track at Dartford wasn't to everyone's liking, with several athletes finding it tough going but that didn't stop some strong performances.

- **Luca** took on the A-string 80m hurdles, a tough and challenging race but he battled all the way to the finish, securing those important points for the team.
- **In the 100m, Nico** ran close to his season's best a strong way to finish his season. Harrison also had a great run in what was a very fast race. **Jericho** stepped in at the last minute in the non-scoring 100m and stormed to victory, taking 1st place.
- **In the 200m, Ashley** pushed hard but unfortunately picked up an injury mid-race. In true BBHAC style, he bravely carried on to the finish line, we wish him a speedy recovery. **Nico** stepped in to cover the B string 200m and ran brilliantly, finishing 3rd and getting himself a place on the Pof10 rankings.
- In the middle distance 800m races, we had **Ricardo, Patrick, and Oscar** in action. For Ricardo and Patrick, it was their first competitive 800m of the season, and both delivered fantastic runs alongside Oscar a great way to finish the league.
- **Luke** once again did what he does best, dominating the 2k race walk with such natural technique that he makes it look easy, though it's anything but!

### **In the Field**

- **Jericho** stormed to victory in the high jump, taking gold with an incredible clearance of 1.67m and gaining a PB in the A string with Oscar taking on the B string and securing 3rd place with 1.45m.



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- **Luca** tried the pole vault as a brand-new event this season and wow – he's excelling already and looks so natural. He secured a superb new PB of 2.30m and came agonisingly close to 2.40m!
- **Zach P** had a fantastic day in the long jump, closing his season with a brilliant new PB of 4.91m. We also saw Jalil making his debut for BBHAC in the B string long jump, finishing 2nd, we look forward to seeing his performances next season.
- **Zachary H and Oscar** took on the javelin, with Zachary producing a strong throw of 26.34m a great effort, even if he felt a bit disappointed. It wasn't quite Oscar's day, but that's the way it goes in sport, and both showed great determination representing the team.
- **Evan**, our ever-consistent thrower, had another strong day in the shot put and hammer, and even stepped up to make his debut in the javelin showing real versatility and commitment to the team.

### **Relays**

**As always, the relays brought plenty of excitement to close the day.**

- Our 4x100m team – Harrison, Zachary F, Nico, and Zach P (stepping in last minute to cover for Ashley) – had a brilliant race with slick handovers, finishing 5th overall. With the winning teams running incredible times around 47 seconds, this was a great effort from our boys.
- In the 4x300m, the team of Ricardo, Oscar, Luca, and Jericho produced a fantastic performance. Running together for the very first time, they worked brilliantly as a unit and came away with a superb 3rd place finish.

BBHAC are the Kent League overall champions! The perfect way to finish the season 💙💛. A brilliant club-wide achievement and a testament to the hard work, talent, and dedication shown across the Lower Age Group.

Thank you to everyone who has competed this season. It's gone by in a flash, and I've thoroughly enjoyed being team manager after moving up from the U13s. You've all progressed so much, and I'm constantly impressed by your positive attitudes, determination, and team spirit and the fun we've had along the way!

This has been a season to be proud of!

To close the season, we now look ahead to the YDL Finals in Liverpool on Saturday 6th September an exciting way to round things off.

### **Kent League Dartford – Girls report from Karen Desborough**

Our Last Kent League was at Dartford on a dismal slightly cold August Day.

We were lying in first place overall in the league and no matter what the results were for this match we would win the league. On the day we came second overall, with the Under 15 Girls winning and the Under 13 Girls coming third.

Both the U13 Girls and U15 Girls performed really well lots of them trying different events just to gain valuable points for the team.



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**U13 Girls Results**

- 75m Estse Okoro 1st Gabrielle Brown -Kelly 1st
- 150 m Isabelle Costin 2nd Lena Aldridge 7th (first time in this event)
- 800m Matilda King 6th Ella Nickson 7th
- 70m Hurdles Lena Aldridge 6th
- 1000m walk Jasmine Stephens 1st
- High Jump Jasmine Stephens 2nd Matilda King 2nd 1.20 trying this event for the first time.
- Long Jump Matilda King 5th Gabrielle Brown-Kelly 3rd
- Shot Jasmine Stephens 4th Isabelle Costin 2nd
- Discus Lena Aldridge 7th trying this event for the first time
- Javelin Isabelle Costin 5th Gabrielle Brown-Kelly 3rd trying this event for the first time
- 4 x 100m relay the team came first (Freya P, Gabrielle, Isabelle, Etse)

**U15 Girls Results**

- 100m Larissa Christie 1st Lauren Griffin 4th
- 200m Omasan Okoro 1st Edesiri Okpenerho 1st (her first time in the Kent League)
- 800m Stella Garvey 4th Molly Lincoln 5th (her first time competing in the Kent League)
- 75m Hurdles Amelie Ramdeen 4th PB 13.26 Holly Alford Smith 8th PB 16.39
- 2000m Walk Holly Alford-Smith 2nd
- High Jump Freya Pearson 2nd
- Pole Vault Ella Brooker 1st 3.21 beating the League Record
- Long Jump Emily Chapman 3rd PB 4.61 Ellen Hillier 2nd First time competing for the club
- Shot Isla Wilson 3rd Lauren Griffen 5th trying this to gain points for the club.
- Discus Isla Wilson 4th Dulcie Simpson 2nd
- Javelin Freya Pearson 6th Eva John 3rd (gaining valuable points for the team)
- 4 x 100m Relay 1st Omasan Larissa Emily Edesiri (first time this team has run together)
- 4 x 300m relay 2nd

**There were a number of athletes doing non scoring**

- 100m Emily Chapman 1st
- 200m Lauren Griffin 2nd
- Hurdles Freya Pearson 1st
- Discus Emily Chapman 1st 14.04

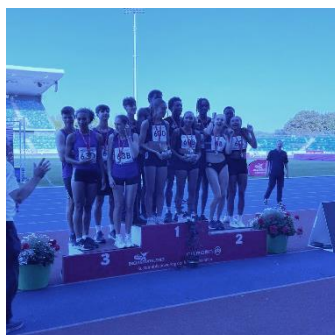
Well done to all the girls who competed in this match and those who competed in the Kent League throughout the season to help us win the League.

**Fantastic Job both Blackheath and Bromley U13 and U15 Girls and Boys.**



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### **National Relay Championships – report from Ian Firla**



In club competition, there is little that matches the excitement of a relay. As the day unfolded, this was undoubtedly true and thrills were delivered over and over again; however, at 7:00 am in the Norman Park car park, that excitement wasn't exactly palpable.

48 athletes with the support of team managers and a handful of parents set off to the Alexander Stadium in Birmingham for the 2nd annual National Relay competition.

The first team to compete on the day was the u15 girls 4 x 100 of **Noelle Carr, Matilda Murray, Zamaia Dixon** and **India Ellington**. They ran a superb heat but such was the level of competition that despite running a time that was less than a half second of their season best, they finished just outside of a qualifying spot for the final.

Next up was the u15 boys 4 x 100 squad featuring **Jericho** and **Nico Senior, Chris Ndukwu** and **Sylvester Amot-Konadu Jr.** They ran a season best of 46.59 to qualify for the final where, impressively and maturely, they adapted their markings to accommodate for Sylvester suffering a calf strain and improved their time by nearly a full second and finishing in a very commendable 5th place.

The u17 women's 4 x 100 was next to run. **Chizam Boniface, Cheyanne Nkita, Sophie Tran** and **Nevie Tamblyn** cantered through their heats comfortably before running a season's best to finish with our first medal of the day and only 1/100th of a second out of silver.

The u17 men's team of **Nicholas Marquez, Daniel Olatunji, Olufikaya Lana** and **Riley Austin** ran in a very competitive heat coming 3rd but missing out on the final by less than 3/10ths of a second.

Our u20 women's team formed of **Gracelyn Kendeck, Emilia Adese (u17), Honey Chalmers** and **Indiana Marshall** ran excellent heat to qualify for the final with a big Q but come the final, they were hampered by some aches and niggles and couldn't match their performance from the heats in the final.

The u20 men fought incredibly hard in their heat. A nearly half second season best by the team of **Ryen Rennie, Sam Mowa, Marley Byfield** and **Chinedu Nduwku** was just short of qualifying for the final. The team showed a lot of level headed thinking by deciding during the last phases of the warm up to replace Zuriel Nowgwugwu with Chinedu when Zuriel felt his hamstring tightening. His selfless withdrawal meant that he wasn't risking compromising the senior men's 4x400 team from competing later in the day.

With the 4 x 100 relays out of the way, the team quickly started recalibrating for the longer races. Several athletes including **Sophie Tran, Jericho Senior, Chinedu Nduwku, Sam Mowa** and **Ryen**





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**Rennie** were doubling up for the day and used the short break to fuel up and try to relax before their next huge efforts.

**Karan Bryan, Maya Conell, Aoife Stanley and Freya Pearson** were the first of our long relays to hit the track in the u15 girls 4x300. Despite really powerful runs by all four girls, they came 4th in the final, just missing out on a podium.

The u15 boys of **Aathi Gananathan, Johnny Lee, Jack Barlow and Jericho Senior** (running his 3rd race of the day), were only 4/100ths off their season best and came agonisingly close to securing another podium finish. 4th place for the boys.

The u17 women's 4 x 300 team formed of **Beth Regan, Alice Witherspoon, Faith Sogoye and Sophie Tran** (also in her 3rd race of the day!) couldn't hang on to the fierce competition and finished 5th on the day. This team has so much strength and potential in it that they will no doubt fire back in the YDL final in a few week's time.

The u17 men's 4 x 400 team smashed their season best by nearly a second and frustratingly came 4th despite an appeal being put in by the team to the track referee for two cases of obstruction by the team that took the bronze. The second one was clear enough that the commentators on the live stream called it out but despite presenting video evidence and the spike marks on Kian's leg, the officials remained unmoved. The team of **Aidan Williams, Kian Farrell, Thomas Vallins, and Alexander D'Cruz** can hold their heads high. Next year, the podium will be theirs.

The Senior men's 4 x 400 squad was composed of a very young group of athletes all of whom could have been competing in a u20 competition and the difference in strength and experience to the senior men they were racing could be seen. A tremendous effort by **Chinedu Ndukwu, Tane Chambers, Alexander Morrell and Zuriel Nowgwugwu** saw them finish 8th.

Our Senior women, similarly, only had one senior woman in the squad. **Julia Newman, Amber Bloomfield** and **Asia El Mourtabite**, all u20s, joined **Chanelle Cole** in the punishing event. Some tremendous individual efforts saw the team fight to a 5th place finish.

The highlight of the day though was in the event that's being talked about across social media and being featured in Athletics Weekly. The u20 mix 4 x 400 was always going to be a hotly contested race and it did not disappoint. With the lead changing hands between our team and Birchfield and an absolute burn up in the last lap by Sam Mowa to run a 48.8 (pb of 49.09), our team of **Sam, Ryen Rennie, Sophie Osborn and Alyssa Firla** narrowly lost to Birchfield but in the process, both teams shocked the national all time rankings by moving to 5th and 6th respectively (2nd and 3rd in 2025 with only the GB juniors team going quicker).

Two medals, a lot of sore throats from the shouting and the screaming and a lot of happy and exhausted athletes made their way back to Bromley with only a quick pit stop to eat at a motorway services on the way. The day was a huge success and now that the National Relays are firmly on the competition calendar, we will ensure that we are bringing out more teams including some of our star senior athletes next year.

A huge thanks to the club for supporting the event and to the team managers (**Tim, Helga, Joanne, Karen D and Karen B**) for making it happen!



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### National Relays – Team Results

Blackheath and Bromley Harriers AC Men's Relay (Blackheath & Bromley Harriers AC)					
6 (3)	4x100m	Men	U15	Heats	46.59 q PB (eq)
12 (3)	4x100m	Men	U17	Heats	44.82
10 (3)	4x100m	Men	U20	Heats	42.58 PB
5	4x100m	Men	U15	Final	45.60 PB
4 (3)	4x300m	Men	U15	Finals	2:38.47
8	4x400m	Men	Senior	Final	3:44.43 PB
4 (4)	4x400m	Men	U17	Finals	3:29.16 PB
Blackheath and Bromley Harriers AC Mixed Relay (Blackheath & Bromley Harriers AC)					
2 (2)	4x400m MIXED TEAM	Mixed	U20	Finals	3:33.37 PB
Blackheath and Bromley Harriers AC Women's Relay (Blackheath & Bromley Harriers AC)					
3 (2)	4x100m	Women	U20	Heats	48.23 Q
9 (3)	4x100m	Women	U15	Heats	50.03
3 (2)	4x100m	Women	U17	Heats	47.70 Q
3	4x100m	Women	U17	Final	47.02 PB
8	4x100m	Women	U20	Final	49.08
4 (4)	4x300m	Women	U15	Finals	2:55.39
8 (6)	4x300m	Women	U17	Finals	2:52.35
5	4x400m	Women	Senior	Final	4:03.54 PB

Individual performances within the teams can be seen here - [Roster Athletics · National Relay Championships 2025](#)

### Stratford Speed 17<sup>th</sup> August

A number of our members competed in the Stratford Speed event at Stratford on 14 August.

Highlight was undoubtedly **Faith Akinbileje's** stunning 11.11 in her A race. This places her 4<sup>th</sup> in the UK rankings and first in U23 rankings, as can be seen on the Po10 rankings. Congratulations Faith!! Not only that but Faith also registered a PB at 200m!

Other notable times were PBs for **Daniel Goriola**, **James Burton** and at **U15 Rohan Thomas**. **Sam Reardon** also registered a fast 45.15 in the 400m.

100 Women Overall 2025 to 13.2 (Auto timed only to 11.99)						
Rank	Perf	PB	Name	Year	Coach	Club
1	10.93	0.9 10.83	Dina Asher-Smith	8		Blackheath & Bromley
2	11.00	1.1 10.90	Daryll Neita	7	Marco Airale	Cambridge H
3	11.02	1.5 11.02	PB Amy Hunt	1	Marco Airale	Charnwood
WORLD CHAMPS QUALIFICATION STANDARD: 11.07						
4	11.11	0.8 11.11	PB Faith Akinbileje	U23 -3	David Sadkin	Blackheath & Bromley

Head to Head Top 10

Venue Date

Stockholm, SWE 15 Jun 25

Birmingham 2 Aug 25

Dessau-Rosslau, GER 21 Jun 25

Birmingham 2 Aug 25

Stratford (CT) 17 Aug 25





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### Stratford Speed Results

Race		Time		Name	PB?	Cat	SB	PB
<b>100m</b>	Women							
A	1	11.11		<a href="#">Faith Akinbileje</a>	<b>PB</b>	<b>U23</b>	11.11	11.11
B	2	11.14		<a href="#">Faith Akinbileje</a>	<b>PB</b>	U23	11.11	11.11
<b>200m</b>								
A	2	22.76		<a href="#">Faith Akinbileje</a>	<b>PB</b>	U23	22.76	22.76
<b>100mH</b>								
	2	13.04	w	3 <a href="#">Marcia Sey</a>		SEN	12.76	12.76
	1	12.84		0 <a href="#">Marcia Sey</a>		SEN	12.76	12.76
<b>100m</b>	Men							
A	1	10.47		<a href="#">Kieran Gowan-Wade</a>		SEN	10.27	10.27
B	3	10.4		<a href="#">Kieran Gowan-Wade</a>		SEN	10.27	10.27
A	1	10.79		<a href="#">Daniel Goriola</a>	<b>PB</b>	U23	10.79	10.79
B	7	10.92		<a href="#">Daniel Goriola</a>	<b>SB</b>	U23	10.79	10.79
A	3	11.14		<a href="#">Issah Ayentine</a>	<b>SB</b>	U20	11.1	11.07
B	6	11.1		<a href="#">Issah Ayentine</a>	<b>SB</b>	U20	11.1	11.07
A	5	11.39		<a href="#">Nkwazi Ndila</a>		U23	11.12	11.12
B	1	11.25	w	<a href="#">Nkwazi Ndila</a>		U23	11.12	11.12
A	1	11.02		<a href="#">Duayne Bovell</a>		V35	10.91	10.65
B	2	11.02		<a href="#">Duayne Bovell</a>		V35	10.91	10.65
A	3	11.36		<a href="#">Edson Kabia</a>		SEN	11.2	11.2
B	1	11.21		<a href="#">Edson Kabia</a>		SEN	11.2	11.2
A	3	11.56	w	<a href="#">James Burton</a>	<b>PB</b>	V40	11.56	11.56
B	2	11.63		<a href="#">James Burton</a>	<b>PB</b>	V40	11.56	11.56
A	2	12		<a href="#">Ashley Reid</a>	<b>SB</b>	V40	11.9	11.84
B	2	11.9		<a href="#">Ashley Reid</a>	<b>SB</b>	V40	11.9	11.84
A	2	12.43		<a href="#">Rohan Thomas</a>	<b>PB</b>	U13	12.43	12.43
B	4	12.62		<a href="#">Rohan Thomas</a>	<b>PB</b>	U13	12.43	12.43
<b>200m</b>								
	2	21.1		1 <a href="#">Dan Putnam</a>		SEN	20.91	20.65
<b>400m</b>								
	1	45.15		<a href="#">Samuel Reardon</a>		U23	44.6	44.6
	3	46.09		<a href="#">Dan Putnam</a>	<b>SB</b>	SEN	46.09	46.02
<b>1500m</b>								
	4	04:33.5		<a href="#">Zacchaeus Kelman</a>		U15	04:24.6	04:24.6

### England Athletics U15 & U17 Championships

Last week featured the medal winners at the British Championships in Birmingham. A general mention was made of the PBs achieved, but on reflection I thought it worth highlighting just how many made PBs in such a competitive environment. So, congratulations to the following members who achieved PBs in Birmingham:



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- **Aati Gananathan** – U15 300m 41.08,
- **Alex Giles Decathlon**: 100m (11.78), 1500m (4.57.43), Pole Vault (3.4m), Shot Put (11.67), Discus (33.77), Javelin (44.34), Decathlon points (6082),
- **Ella Brooker** – Pole Vault 3.37,
- **Elsa Pawson** – Pole Vault (3.57),
- **Jamie Ellerton** – 100m H – 14.07,
- **Kara Bryan** – 300m 40.47 and 800m (2.12.75) in heats enabling her to qualify for both finals,
- **Noelle Carr** – 200mU15 – 26.01 to help qualify for final,
- **Piers Spencer – Simms** 100m U15 10.79

## Other Races

- European U20 Champs at Tampere in Finland
  - Daisy Snell was 9th in the long jump with 6.05
  - Rayhan Mourtada made the semis of the 400 hurdles but was 7th in his race so didn't make the final.
  - Charlotte Henrich, who is 1st claim Invicta but competes for us in the National League won the 400 in a pb of 51.68. She is coached by Nigel Stickings who also coaches Lucy Tallon of Tonbridge who was 2nd in the 200 (Lucy is not B&B).
- Toblacher Nachtlauf – Paolo Lancini took part in the extraordinary hilly night running event in the hamlets of Dobbiaco in the 3 Peaks Dolomites region. finishing in 35<sup>th</sup> position in 39.57

## Park Run 16 Aug 2025

72 members ran in 32 Park Runs.

I am starting to think the Club should form an Australian branch, there are that many visiting the country this year and doing Park Runs. Furthest from the clubhouse was Doug Varney again in Australia, this time at Burnie in Tasmania, beating Will Brindley who ran at Claisebrook Cove, West Australia

## Podiums

<b>Trang Nguyen</b>	2nd F	Beckenham Place	20 54
<b>George Vacharopoulos</b>	3rd M	Bracknell.	18.41 (exact)
<b>Joseph Hill</b>	1 <sup>st</sup> M	Bromley	16.16
<b>Ben O'Grady</b>	3 <sup>rd</sup> M	Bromley	16.58
<b>Jennie Butler</b>	1 <sup>st</sup> F	Lloyd	21.43
<b>Carys Firth</b>	1 <sup>st</sup> F	Orpington	19.23
<b>Sam Douglas</b>	1 <sup>st</sup> M	Woolwich	16.19
<b>Jee Keene</b>	2 <sup>nd</sup> F	Wimbledon Common	22.06

*\*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 20 Aug 2025

### Fixtures

- KCAA U13 Championships (Bank Holiday)
- Final Open Day - Sept 1st



### Cross Country

Despite the sunny weather and it still being August, 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.

### Fundraising

It is ever more important that we continue to raise funds for the club – for example to help fund part of the trip to Portugal for the DNA final coming up at the end of August.

For example, this week the club received £59.22 credit just from members shopping online!

You can help too by adding easyfundraising to your browser!



*Over 8,000 brands will donate including M&S, Argos, Tesco, John Lewis & Partners, eBay, Sainsburys, TUI, Etsy and more. Just sign up and shop via the easyfundraising website or app – it's quick and easy and the free donations quickly add up. Find out more:*

<https://join.easyfundraising.org.uk/bbhac/IY5UFP/dc/ouMOCm8n/dcon/facebook/653.80/>



## Presidents News 20 Aug 2025

### Zuiderpark parkrun Trip – February 2026

As many members will know, the parkrun alphabet challenge is a popular goal, and the elusive “Z” is one of the trickiest letters to tick off. To help members complete their alphabet (or simply enjoy a weekend away running an overseas parkrun), BBHAC is organising a trip to Zuiderpark parkrun in the Netherlands.

Dates: 6–7 February 2026

Provisional cost: £200 per person

The package includes:

- Return coach travel from Norman Park
- Ferry crossing
- One night's hotel accommodation near the parkrun (twin/double room, breakfast included)

The trip is open to BBHAC members as well as friends and family.

If you wish to participate, please complete the form below for each person wishing to join:

<https://forms.gle/SH6PdyWZbRuEhF4f7>

It promises to be a memorable weekend — whether you're chasing your “Z” or just looking for a fun overseas running experience with fellow members.

### And Finally from July 1980

...if all goes to plan, there should be some field events facilities at Norman Park.....It is certainly a dream come true for Blackheath that a track has been installed so close to HQ – and an all weather one at that!

Bromley Council must be persuaded that it is for everyone sake that lighting and a full range of facilities is made available in the very near future. A sure way to help them on their way is to use the track!.....

45 years later and the track is heavily used with over 600 Bees and Club/ non club members regularly using the track. **It is time to replace the floodlights** which will cost the club some £70,000. The new lights will be brighter through the use of LED and more energy efficient. We hope to raise a good portion of this through sponsorship and fundraising initiatives, so keep your eye out on our requests for help. The debenture scheme is still open to help funding efficiency if you feel able to take one out.

If you have any ideas on how to raise some of the funds do get in touch with me and I will share with the new Sponsorship and Fundraising committee.

Steve Pairman,  
President BBHAC

