



## **Presidents News 16 July 2025**

### **Headlines**

1. Diamond League Tickets
2. Results and Park Run participation,
  - a. Club Records
  - b. NAL
  - c. YDL LAG
  - d. Kent Masters
  - e. Other Races
  - f. Park Run
3. Fixtures, including our “home” NAL match
4. AOB

### **Results**

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

### **Volunteering**

*A very busy weekend for the club with participants' in many events ranging through Diamond League, NAL, YDL, Masters, Park Run. Thank you to all athletes, judges and volunteers!*

### **New Club Records!!**

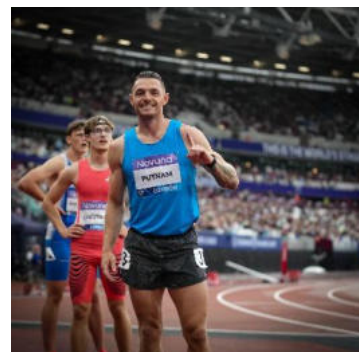
1. W70. TJ. 6.79. **Helen Godsell**. Ashford. 18/7/25
2. M75. 400. 95.2 **John Turner**. Ashford. 18/7/25
3. M75. 3000. 15.12.6 **John Turner**. Ashford. 18/7/25
4. U13B 3.35.77 **Emery Aldridge** Marlowe 20/7/25

### **NAL Record - Jack Kavanagh**

At the NAL event at Norman Park on Saturday Jack broke the NAL record (including Premiership and Championship) with his 7.58. This time is just 9 seconds off of the Club record held by Scott Overall.

### **Diamond League**

- **Dina Asher Smith** 2<sup>nd</sup> in 22.25 , a seasons best
- **Dan Putnam** 46.71 “Competing at the London Diamond league was an amazing experience, and one that I thought had slipped away from me. I had always dreamt of competing at a Diamond League event, and at the Olympic stadium, and at the ripe age of 33 was able to tick both of those off! A memory I’ll never forget, and just another reason why you should never give up on your dreams.”





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### **NAL**

The NAL Championship East fixture was held at Norman Park on Saturday 19 July. This turned out to be a very exciting fixture where we ran out winners of the meeting, scoring 639 points to Chelmsford's 559. Unfortunately, this was not quite sufficient for the club to qualify for the Championship Final.

### **Match 3 Summary:**

#### **SPRINTS**

**Bailey Stickings** returned to club action after a tough spell with injuries, making a solid comeback in the 100m and an important contribution in the 4x4. **Annie Davies** reminded everyone why she's a points machine, collecting victories in both the hurdles and the flat sprints. **Ryen** stepped up for his first senior competition like a pro, delivering strong legs in both the 200m and 4x4 relay. **Louis** overcame a dramatic start—quite literally—as the blocks struggled to contain his explosive drive. **Chanelle** produced a season's best over 400m, continuing her steady return to form, while **Alyssa**, fresh off her post-A-level celebrations, impressed with her versatility across sprints, throws and jumps.

#### Men's 100m

- A: **Bailey Stickings** – 11.18 – 4th in A string – 7 pts
- B: **Zuriel Nwogwugwu** – 11.35 – 5th in B string – 4 pts

#### Women's 100m

- A: **Anastasia Davies** – 12.10 – 2nd in A string – 10 pts
- B: **Rebecca Abegunde-Williams** – 12.96 – 2nd in B string – 8 pts

#### Men's 200m

- A: **Ryen Rennie** – 22.45 – 4th in A string – 7 pts
- B: **Nkwazi Ndila** – 23.48 – 4th in B string – 5 pts

#### Women's 200m

- A: **Darcey Kuypers** – 24.12 – 1st in A string – 12 pts
- B: **Rebecca Abegunde-Williams** – 27.48 – 5th in B string – 4 pts

#### Men's 400m

- A: **Louis Palmer** – 48.58 – 1st in A string – 12 pts
- B: **Samuel Mowa** – 49.84 – 1st in B string – 10 pts

#### Women's 400m

- A: **Chanelle Cole** – 57.58 – 2nd in A string – 10 pts
- B: **Alyssa Firla** – 58.76 – 2nd in B string – 8 pts



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### Middle Distance

Gerard delivered another gutsy 800m run, just pipped at the line in a tightly contested field. Cam returned to her trademark 800m, adding poise and pace to the line-up after a blistering 400m in Match 2. Libby's persistence paid off as she clocked her fastest 1500m in years—evidence that hard work and patience do pay off. A special mention to Carys who, despite a niggling injury, doubled up for the team and delivered vital points in both her events. Carole, fresh off a masters event the day before, ran with power and poise. Chloe's rare double in the 800m and steeplechase proved her tenacity and team spirit, while Ailbhe impressed on her return to the squad.

But the performance of the day? Jack Kavanagh's league-record-breaking 3000m—a brilliant, gutsy run that eclipsed the mark set by none other than our own Phil Sesemann. It was a highlight not just of the match, but of the season.



### Men's 800m

- A: **Gerard McGrady** – 1:55.66 – 2nd in A string – 10 pts
- B: **Arthur Starvis** – 1:58.19 – 3rd in B string – 6 pts

### Women's 800m

- A: **Cameron Kelly-Gordon** – 2:12.00 – 2nd in A string – 10 pts
- B: **Chloe Sharp** – 2:12.53 – 1st in B string – 10 pts

### Men's 1500m

- A: **Sam Parsons** – 4:07.10 – 6th in A string – 6 pts
- B: **Mark Constable** – 4:12.66 – 5th in B string – 5 pts

### Women's 1500m

- A: **Liberty Whyte** – 4:52.15 – 5th in A string – 7 pts
- B: **Carys Firth** – 5:06.38 – 3rd in B string – 6 pts

### Men's 3000m

- A: **Jack Kavanagh** – 7:58.23 – 1st in A string – 12 pts
- B: **Nicholas Clegg** – 9:19.86 – 2nd in B string – 8 pts

### Women's 3000m

- A: **Carys Firth** – 10:45.09 – 5th in A string – 6 pts
- B: **Carole Coulon** – 10:53.10 – 2nd in B string – 6 pts

### Women's 2000m Steeplechase

- A: **Chloe Sharp** – 7:15.40 – 1st in A string – 12 pts
- B: **Ailbhe Barnes** – 7:24.51 – 1st in B string – 10 pts



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### Men's 3000m Steeplechase

- A: **Harry Fage** – 10:39.55 – 3rd in A string – 8 pts
- B: **Thomas Desborough** – 11:19.06 – 1st in B string – 10 pts

### HURDLES

Tony (Chinedu) was everywhere again, with strong showings in both the short and long hurdles. Sasha (Alexander) continued his consistent season. Annie coasted to max points, Amber impressed again, and Tallulah proved why she's one of our most valuable and versatile athletes. Olivia stepped way out of her comfort zone with a brilliant 400m hurdles debut—what a team player!

### Men's 110m Hurdles

- A: **Chinedu Ndukwu** – 16.76 – 2nd in A string – 10 pts

### Men's 400m Hurdles

- A: **Chinedu Ndukwu** – 1:00.56 – 4th in A string – 7 pts
- B: **Alexander Morrell** – 1:00.90 – 3rd in B string – 6 pts

### Women's 100m Hurdles

- A: **Anastasia Davies** – 13.95 – 1st in A string – 12 pts
- B: **Amber Bloomfield** – 16.03 – 2nd in B string – 8 pts

### Women's 400m Hurdles

- A: **Tallulah Ndikanwu** – 1:13.02 – 6th in A string – 5 pts
- B: **Olivia Magee-Brown** – 1:22.40 – 5th in B string – 4 pts

### Relays

As always, the relays brought late drama. With a few athletes carrying knocks, Ryen and Alyssa stepped in at the last moment for both 4x100 and 4x400 squads—heroic efforts! All four squads were sensational, with the men's 4x1 just edged out by a dip from Belgrave. Still, near-maximum points across the board!

### Men's 4x100m Relay

- 43.29 – 2nd – 10 pts: Team: Sam Mowa, Chinedu Ndukwu, Ryen Rennie, Duayne Bovell

### Women's 4x100m Relay

- 48.60 – 1st – 12 pts: Team: Anastasia Davies, Alyssa Firla, Louisa Vallins, Darcey Kuypers

### Men's 4x400m Relay

- 3:19.10 – 1st – 12 pts: Team: Bailey Marks-Belaon, Bailey Stickings, Thomas Sugden, Ryen Rennie

### Women's 4x400m Relay

- 3:57.35 – 1st – 12 pts: Team: Chanelle Cole, Alyssa Firla, Cameron Kelly-Gordon, Tallulah Ndikanwu



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### JUMPS

Kelechi worked overtime with impressive results in HJ, LJ and TJ. Omari, still a junior, was unlucky not to clear 1.80 but showed serious promise. Oscar, Maddy, and Charlie secured a clean sweep in the pole vault—job done despite tricky, slippery conditions. Jade stayed on to dominate the triple jump after a frustrating long jump. That's commitment.

#### Men's High Jump

- A: **Kelechi Aguocha** – 1.97 – 2nd in A string – 10 pts
- B: **Omari Anderson** – 1.77 – 5th in B string – 8 pts

#### Women's High Jump

- A: **Alyssa Firla** – 1.37 – 6th in A string – 6 pts
- B: **Anais Hemetsberger** – 1.37 – 5th in B string – 5 pts

#### Men's Pole Vault

- A: **Oscar Witcombe** – 4.22 – 1st in A string – 12 pts
- B: **Charlie Platt** – 3.82 – 1st in B string – 10 pts

#### Women's Pole Vault

- A: **Madeleine Dodd** – 3.22 – 1st in A string – 12 pts

#### Men's Long Jump

- A: **Ben Sutton** – 6.79 – 1st in A string – 12 pts
- B: **Kelechi Aguocha** – 5.22 – 2nd in B string – 8 pts

#### Women's Long Jump

- A: **Jade Oni** – 5.08 – 2nd in A string – 10 pts
- B: **Claudia Baker** – 4.60 – 1st in B string – 10 pts

#### Men's Triple Jump

- A: **Kelechi Aguocha** – 12.88 – 3rd in A string – 8 pts
- B: **Pat Apantaku** – 11.93 – 2nd in B string – 8 pts

#### Women's Triple Jump

- A: **Jade Oni** – 11.65 – 1st in A string – 12 pts
- B: **Charlotte Hosp** – 10.71 – 1st in B string – 10 pts

### THROWS

Dillon did what Dillon does—total dominance in shot and discus. Pat racked up more vital points in the throws after already shining in the triple jump. Aryan was untouchable in the javelin, Max wasn't far behind, and Lauren destroyed the field in the women's javelin by over 12 metres. Tallulah, again, banked those key B string points with calm authority.



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### Men's Shot Put

- A: **Dillon Claydon** – 15.42 – 1st in A string – 12 pts
- B: **Pat Apantaku** – 10.81 – 2nd in B string – 8 pts

### Women's Shot Put

- A: **Anastasia Davies** – 8.60 – 6th in A string – 5 pts
- B: **Alyssa Firla** – 7.81 – 4th in B string – 5 pts

### Men's Discus

- A: **Dillon Claydon** – 52.01 – 1st in A string – 12 pts

### Women's Discus

- A: **Cayen Wang** – 28.87 – 6th in A string – 5 pts
- B: **Louisa Vallins** – 12.60 – 6th in B string – 3 pts

### Men's Hammer

- A: **Pat Apantaku** – 19.61 – 5th in A string – 6 pts
- B: **Simon Tolson** – 17.48 – 5th in B string – 5 pts

### Women's Hammer

- A: **Sapphire Houston-Ball** – 43.54 – 4th in A string – 8 pts
- B: **Cayen Wang** – 42.32 – 2nd in B string – 8 pts

### Men's Javelin

- A: **Aryan Padaruth** – 66.27 – 1st in A string – 12 pts
- B: **Max Kennedy** – 47.70 – 1st in B string – 10 pts

### Women's Javelin

- A: **Lauren Farley** – 51.57 – 1st in A string – 12 pts
- B: **Tallulah Ndikanwu** – 32.65 – 1st in B string – 10 pts

What a finish to a remarkable season. Blackheath & Bromley—you were brilliant. Let's carry this momentum into 2026.

### **2025 NAL Season Summary**

The third and final match of our National Athletics League season was a resounding success. As hosts, we always expected a strong showing, but winning by an 80-point margin was nothing short of dominant. It was a performance that underlined our strength as a club and showcased what we are capable of when firing on all cylinders.

Despite finishing one point shy of qualifying for the promotion final, we can take immense pride in knowing we scored more event points than any other club in our division: 1708 compared to Chelmsford's 1676 and Herts Phoenix's 1659. A fourth-place finish in Match 1 and a loss of official points in Match 2 (which we still won on the field) ultimately cost us—but the season's overall performance speaks volumes.



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Our remarkable points total wouldn't have been possible without the standout contributions of some incredible athletes:

- 1 Dillon Claydon 60 / Annie Davies 93.5
- 2 Pat Apantaku 48 / Mary Adeniji 44
- 3 Chinedu Ndukwu 47.5 / Cameron Kelly Gordon 43.5
- 4 Kelechi Aguocha 47 / Darcy Kuypers 37.5
- 5 Dan Putnam 40 / Tallulah Nkidkanwu 37

Congratulations to Dillon and Annie for topping the season's points tables! Your consistency and willingness to compete across multiple disciplines, often outside of your comfort zones, has been inspirational. Thank you for your passion and commitment—you exemplify what this club is all about.

Rank	Men	1	2	3	Total	Women	1	2	3	Total
1	Dillon Claydon	12	24	24	60	Annie Davies	31.5	32	30	93.5
2	Pat Apantaku		26	22	48	Mary Adeniji	22	22		44
3	Chinedu Ndukwu	7	21	19.5	47.5	Cameron Kelly Gordon	21	9.5	13	43.5
4	Kelechi Aguocha		21	26	47	Darcy Kuypers	22.5		15	37.5
5	Dan Putnam	13	27		40	Tallulah Nkidkanwu		19	18	37
6	Daniel Goriola	14.5	24		38.5	Chloe Sharp	12		22	34
7	Harry Fage	10	13	8	31	Jade Oni	12		22	34
8	Tommy Owler	15	13		28	Amber Bloomfield	6	18	8	32
9	Zurriel Nwogwugwu	18		6.5	24.5	Chanelle Cole		17.5	13	30.5
10	Louis Palmer		12.5	12	24.5	Joyce Nzekwe		28		28

**Full list of points scorers over the season**



NAL Points  
Master2.xlsx



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**Youth Development League - Southern Premier | 20th July 2025 | Palmer Park Athletic Track**

This Match	Team Name	Points	League	B/Wvd M	B/Wvd L	Total Pts	Total L	Standings
1	Blackheath & Bromley H AC	598.5	6.0	1647.5	15.0	2246.0	21.0	2
2	Woodford Green AC with Essex Ladies	591.5	5.0	1732.5	18.0	2324.0	23.0	1
3	Reading AC	459.0	4.0	1443.0	11.0	1902.0	15.0	3
4	Tonbridge AC	397.5	3.0	1439.5	10.0	1837.0	13.0	4
5	Bracknell AC	377.5	2.0	1035.5	3.0	1413.0	5.0	6
6	Herne Hill Harriers	367.0	1.0	1147.0	6.0	1514.0	7.0	5

**Girls Match Report**

Age Groups: U15G & U13G from Evie De Bruyn

Introduction

Blackheath & Bromley Harriers AC (B&B) put on a sensational all-round performance across both U15 and U13 Girls age groups at the YDL Southern Premier fixture at Palmer Park. With victories and podium finishes in nearly every discipline, the club showcased its depth, versatility, and class. Athletes demonstrated not only talent but also determination and team spirit - leading to one of B&B's most dominant outings this season.

Sprints - U15 Girls

- 100m:- **India Ellington** - 1st in B string - 12.69s (9 pts)- **Matilda Murray** - 3rd in A string - 12.74s (9 pts)
- 100m NS:- **Omasan Okoro** - 1st in A NS - 12.82s- **Maya Conell** - 4th in B NS - 13.17s
- 200m:- **Noelle Carr** - 3rd in A string - 26.46s (9 pts)- **Kara Bryan** - 4th in B string - 26.52s (9 pts)
- 300m:- **Kara Bryan** - 1st in A string - 40.69s (9 pts) - ran a fantastic PB even in the windy conditions- **Freya Pearson** - 3rd in B string - 44.01s (7 pts)

U13 Girls

- 75m:- **Etse Okoro** - 6th in A string - 10.43s (5 pts)- **Faye Yeomans** - 1st in B string - 10.38s (9 pts)
- 75m NS:- **Lena** - 2nd (A NS) - 10.85s- **Gabrielle Brown-Kelly** - 4th (B NS) - 12.17s
- 150m: - **Etse Okoro** - 5th in A string - 19.92s (9 pts)- **Faye Yeomans** - 1st in B string - 20.48s (9 pts)

Hurdles

- U15 Girls - 75m Hurdles:- **Matilda Murray** - 1st in A string - 11.29s (9 pts)- **Freya Pearson** - 1st in B string - 12.30s (7 pts)
- U13 Girls - 70m Hurdles:- **Faye Yeomans** - 3rd in A string - 12.59s (6 pts)- **Lena Aldridge** - 2nd in B string - 13.72s (2 pts)

Middle Distance

- U15 Girls - 800m:- **Harriet Hughes** - 1st in A string - 02:24.24 (9 pts)- **Alba Homans-Yau** - 1st in B string - 02:28.06 (5 pts)- **Eva John** - 1st in NS - 02:28.73- **Amelie Ramdeen** - 3rd in NS - 02:35.62



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- U13 Girls - 800m:- **Lucy Junginger** - 2nd in A string - 02:29.41 (9 pts)- **Elsa Matthews** - 1st in B string - 02:34.17 (8 pts)- **Alice Bunn** - 3rd in NS - 02:52.82- **Lucy Beeraje** - 5th in NS - 02:58.46

Long Distance

- U15 Girls - 1500m:- **Evie De Bruyn** - 2nd in A string - 04:57.09 (8 pts)- **Sofia Mossi** - 1st in B string - 05:01.47 (7 pts)
- U13 Girls - 1200m:- **Holly Tallack** - 5th in A string - 04:09.52 (7 pts)- **Arianne Paranjpe** - 4th in B string - 04:19.64 (6 pts)

Field Events - U15 Girls:

Long Jump:- **Matilda Murray** - 1st in A - 5.14m (9 pts)- **Amelie Ramdeen** - 2nd in B - 4.45m (5 pts)

High Jump:- **Alessia Scala** - 1st in A - 1.75m (9 pts) - an incredible YDL record jump showing her amazing talent- **Freya Pearson** - 3rd in B - 1.35m (5 pts)

Pole Vault:- **Ella Brooker** - 1st in A - 3.35m (9 pts)

Shot Put:- **Kaweng Pwol** - 2nd in A - 9.38m (6 pts)- **Alessia Scala** - 3rd in B - 6.77m (2 pts)

Discus:- **Isla Wilson** - 2nd in A - 22.70m (5 pts)- **Kaweng Pwol** - 1st in B - 21.98m (4 pts)

Hammer:- **Dulcie Simpson** - 2nd in A - 30.83m (6 pts)- **Isla Wilson** - 1st in B - 28.92m (5 pts)

Javelin:- **Kaweng Pwol** - 5th in A - 13.32m (1 pt)- **Harriet Hughes** - 4th in B - 12.20m

U13 Girls:

Long Jump:- **Elsa Matthews** - 5th in A - 3.72m (5 pts)- **Gabrielle Brown-Kelly** - 2nd in B - 3.67m (5 pts)

High Jump:- **Pearl Coulson** - =2nd in A - 1.30m (7 pts)- **Jasmine Stephens** - =3rd in B - 1.15m (4 pts)

Shot Put:- **Jasmine Stephens** - 5th in A - 6.28m (3 pts)- **Elsa Matthews** - 4th in B - 4.54m

Javelin:

- **Pearl Coulson** - 4th in A - 10.39m (1 pt)- **Jasmine Stephens** - 3rd in B - 7.83m

Match Result - Overall Victory

Blackheath & Bromley Harriers AC were crowned overall winners of this YDL Southern Premier fixture, following an outstanding collective performance across both the U15 and U13 Girls' age groups. From the very first event, the team set the tone with sharp sprinting, dominant field performances, and incredible team spirit.

Both age groups contributed vital points through a combination of A and B string wins, personal bests, and consistent podium finishes. Whether it was Alessia Scala's record-breaking high jump of 1.75m, Kara Bryan's gutsy PB in the 300m, or the relentless depth in relays and throws, every athlete stepped up.



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The U15 Girls showed tactical strength, winning key events such as the 4x100m and placing strongly in the 4x300m, while the U13 Girls provided essential support with impressive showings in the 800m, sprints, and field events. The non-scoring athletes also made an impact, with solid performances boosting morale and showcasing the club's depth.

This victory puts B&B in a commanding position heading into the YDL final, where they will aim to retain their title in style.

U13 Boys - YDL 3 Norman Park round up - Sunday 29th June 🌞🔥 report from Kate Hunstoner

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.



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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.

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! NEW

- 🙌 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! NEW

- 📄 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!



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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.

\*U15 Boys – YDL 4 Reading Roundup – Sunday 20th July \* report from Kate Hunstone

Another day of \*PBs, team spirit and incredible performances \*from our U15 Boys at Little Marlow! The green track gave us sun, rain, and wind in equal measure, but our squad delivered in style.

\*15 FIRST PLACES\* were secured on the day by the U15 boys – an amazing team effort that helped keep the points stacking up for B&B.

\*Special Shout Outs\*

\*Debut of the Day\* – Luca Hunstone on Pole Vault, after just 3 weeks of learning, nailed it for the team!

\*Double PBs\* – Jack Ruby in both 80m Hurdles and Pole Vault. Outstanding!

\*Team Player Award\* – Matthew Tootell for stepping into the Hammer and making sure every event was covered.

\*Welcome to the Squad\* – Chris Ndukwu, delivering some awesome debut sprint times.

\*Back to Form\* – Huge credit Zaccheaus returning from illness to give his all for the team.

\*Sprints\*

\*100m A\* (Wind +2.5): – **Chris Ndukwu** 2nd – 11.63s

- Fantastic debut from Chris – one to watch!

\*100m B\* (Wind +1.2): – **Sylvester Amo-Konadu Jr**, 3rd – 12.19s

- Powerful sprint into a tough head-to-head.

\*100m NS\* (Wind +2.7):

**Jake Maloney** – 2nd – 12.23s



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**Nicodemus Senior** – 3rd – 12.38s

- 🌟 Great depth shown in the non-scoring races!

200m A (Wind +2.8): **Jericho Senior** – 2nd – 23.13s

- ⚡ Smooth bend and strong finish.

200m B (Wind +2.5): **Chris Ndukwu** – 2nd – 23.85s

- 🔥 Double duty and a big impact from Chris on his debut day!

300m A: **Jericho Senior** – 1st – 38.08s 🏆

- 🏆 Dominant run – Jericho owned the race.

300m B: **Jack Barlow** – 3rd – 41.20s

- 🙌 Strong work from Jack to add crucial points.

\*Middle Distance\* 🏃

800m A: **Jack Barlow** – 2nd – 2:08.86

- 🌟 Controlled and determined run.

800m B: **Johnny Lee** – 1st – 2:12.84 🏆

- 🙌 Tactical brilliance and big finish!

800m NS:

- **Dexter Mein** – 1st – 2:15.73
- **Matthew Tootell** – 3rd – 2:18.95

1500m A: **Zacchaeus Kelman** – 3rd – 4:29.58

- 🔥 Kept the pressure on the leaders.

1500m B: **James Bunn** – 1st – 4:32.45 🏆

- 🙌 Smart race – great win for James!

\*Hurdles\* 🏃🔥

80m Hurdles A (Wind +3.2): **Jake Maloney** – 1st – 11.99s 🏆

- 🌟 Excellent execution in tough conditions!

80m Hurdles B (Wind +2.5): **Jack Ruby** – 1st – 11.74s 🏆 PB

- 🙌 Fantastic PB – and the first of his DOUBLE PB day!

\*Field Events\* 🏃🏆



**Presidents News 16 July 2025**

Long Jump A: **Zachary Ferraz** – 4th – 5.00m

Long Jump B: **Sylvester Amo-Konadu Jr** – 3rd – 4.90m

- 🙌 Both boys battling through tricky wind in the pit.

High Jump A: **Jack Ruby** – 2nd – 1.55m

High Jump B: **Sebastian North** – 1st – 1.55m 🏆

- 🙌 Huge points from the jumps squad!

Pole Vault A: **Jack Ruby** – 1st – 3.20m 🏆 PB

Pole Vault B: **Luca Hunstone** – 1st – 2.05m 🏆 (Debut!)

- 🔥 Incredible debut from Luca and a PB for Jack – what a pairing!

Shot A: **Oliver Beecroft** – 2nd – 10.76m

Shot B: **Aathinarth Gananathan** – 1st – 10.47m 🏆

Discus A: **Aathinarth Gananathan** – 1st – 37.88m 🏆

Discus B: **Oliver Beecroft** – 1st – 30.03m 🏆

Hammer A: **Matthew Tootell** – 3rd – 12.93m

Hammer B: **Luca Hunstone** – 1st – 11.41m 🏆

- 🙌 Matthew stepping in here was clutch – huge team play!

Javelin A: **Sebastian North** – 1st – 41.71m 🏆

Javelin B: **Aathinarth Gananathan** – 1st – 35.89m 🏆

- ⚡ Dominance in the throws – massive points haul!

\*Relays\* 🔥

4x100m: Jericho Senior, Sylvester Amo-Konadu Jr, Nicodemus Senior, Chris Ndukwu – 3rd – 46.65s

4x300m: Aathinarth Gananathan, Jack Barlow, Johnny Lee, Jericho Senior – 2nd – 2:39.81

- 🙌 Smooth handovers and powerful finishes despite last-minute tweaks.

\*Final Thoughts\* 🏆

15 first places, multiple PBs, debut brilliance, and total commitment across the squad – what a day for the U15 Boys!

With wind, rain, sun, and a track that blended into the trees, Little Marlow gave us a day to remember.



**Presidents News 16 July 2025**

BBHAC scored 598.5 points to Woodford’s 591.5 - securing our place at the Liverpool finals!

Special thanks to coaches, officials, and parents for making it happen. Liverpool Finals next – let’s go even bigger! 🏆 ⚡

**Overall South Table**

**YDL 2025 LOWER AGE GROUP SOUTH**

SOUTHERN PREMIER	TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			TOTAL P4P	Ave P4P
			LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1 Woodford Green with Essex Ladies AC	18	1732.5	6	594	63926	6	558.5	62540	6	580	67263	193729	64,576.3
2 Blackheath & Bromley Harriers & AC	15	1647.5	5	530.5	59723	5	548	64202	5	569	68041	191966	63,988.7
3 Reading AC	11	1443	4	509.5	56864	3	435.5	53396	4	498	58359	168619	56,206.3
4 Tonbridge AC	10	1439.5	3	459.5	50924	4	505	59939	3	475	57262	168125	56,041.7
5 Herne Hill Harriers	6	1143	2	395	45326	2	389	48976	2	359	45381	139683	46,561.0
6 Bracknell AC	3	1035.5	1	338.5	36449	1	383	46289	1	314	34971	117709	39,236.3

Top two teams to National Final  
Bottom two teams relegated to Divisions 1 A - E

**Kent Masters, Ashford**

The women’s team were second on the night, with the men’s team 5<sup>th</sup>. Jennie Butler won the women’s 400m AND the 3000m. The team are 2<sup>nd</sup> overall, 2 match points clear on Dartford in 3<sup>rd</sup> place.

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	58	1 Tonbridge AC - A	30	372
2 Blackheath & Bromley H AC	5	52	2 Blackheath & Bromley H AC	23	270
3 Dartford Harriers AC	4	45	3 Dartford Harriers AC	21	262
4 Ashford AC	3	37	4 Medway & Maidstone AC	15	197
5 Medway & Maidstone AC	2	28	5 Central Park Athletics	9	141
6 Central Park Athletics	1	8	6 Ashford AC	6	98

BC-SCVAC-2025

The men team are hanging on to 3<sup>rd</sup> in the league with same match points as Cambridge and just 3 total points ahead.

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Dartford Harriers AC	6	67	1 Dartford Harriers AC	27	325.5
2 Cambridge Harriers	5	64	2 Tonbridge AC - A	26	329.5
3 Ashford AC	4	57	3 Blackheath & Bromley H AC	17	263
4 Tonbridge AC - A	3	56	4 Cambridge Harriers	17	260
5 Blackheath & Bromley H AC	2	39	5 Ashford AC	13	231
6 Bromley Vets	1	26	6 Bromley Vets	5	113

BC-SCVAC-2025

**International Schools SIAB Track and Field Derby 19 Jul 25**

- Joe Scanes won the 3000m in 8.38.90, 10 seconds clear of 2nd
- Elsa Pawson won the PV with 3.40
- Emilia Adese won the shot with 15.57
- Trejan Checheku Boamah finished 3rd in 15m 37s a PB by about 40seconds.



**Presidents News 16 July 2025**

**Other Races**

- Maz Turner complete a half marathon walk at the Trek26 North York Moors 2025 on 12 July 2025 raising money for Alzheimers Society



**Park Run 19 July 2025**

Saturday saw 51 members run at 21 different events.

Furthest from the clubhouse was a close-run thing. Rod Harrington ran at the Monsal Trail in the Peak district but by a narrow few miles the winner this week is Richard Daniels at Exmouth

Podiums for 19 July

<b>Leo de Bruyn</b>	3rd M	Beckenham	17.52
<b>Alex Middleton</b>	1st M	Bromley	16.23
<b>Luciana Smith</b>	3rd F	Bromley	19.24
<b>Darren Cornielle</b>	1st M	Foots Cray	20.21
<b>Ollie Knowles</b>	1 <sup>st</sup> M	Hoblingwell	18.49
<b>Jennie Butler</b>	1 <sup>st</sup> F	Lloyd	21.41
<b>Doug Varney</b>	2 <sup>nd</sup> M	Royal T Wells	18.30

One age grade comment from last week – it was noted that Paull Ross Davies registered 93.27 age grade at Tonbridge as a V75!

*\*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**

- Good luck to all our 30 members who are competing at this weekends England Athletics Senior and U20 championships at the Alexander stadium in Birmingham.
- Next Open Day is 4 August

**Bonus Ball**

Bonus Ball was won by no 15, again!

Steve Pairman,  
President BBHAC