



## **Presidents News 24 Sept 2025**

### **Headlines**

- Records, Results and Park Run participation,
  - a. Club Records
  - b. Key Notes
  - c. Results – World Athletics, SEAA relays, DNA finals
  - d. Fixtures
  - e. Bonus Ball & 300 Club

### **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):

- **U17M 200m. 21.44. Divine Iheme 21/9/25, Lieria Portugal**
- **Ethan Hunstone 1500m walking PB of 8m 49s**

### **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)
- **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.
- **Pole Vault excellence!** – Last week I featured Ella's brilliant performance at the YDL finals in Liverpool. An Instagram post featuring her achievements has seen 15000 views!. She is now 7th on the all time list and could go higher in our home comp on Saturday, the JW Polecats invitation at 11.15am. <https://www.instagram.com/reel/DORLKI5DM1/?igsh=MzB1aGhub2xoMnRs>



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### Results

- SEAA Road Relays @ Aldershot**

Huge congratulations to our U13 champions - Harry Beeraje,, Zach Evans and Emery Aldridge! This is believed to be a Southern Championships record time! In addition, Emery's time in the 3<sup>rd</sup> leg is also an individual record.

Well done to all 20 teams who took part, including a great 4<sup>th</sup> place from the U17Mens team (Ben O'Grady, Oliver Ward and Joseph Hill).

Results are here -- [MYLAPS Sporthive Event Results](#)

Blackheath & Bromley Harriers

Bib #13

f Share

GUN TIME	LEG	LEG TIME	POS	TOTAL TIME	POS	
<b>00:30:04.74</b> Finished 9.0 KM Speed 17.96 km/h Pace 03:20 min/km	Leg1	00:10:11.563	3	00:10:11.563	3	Harry Beeraje
	Leg2	00:10:03.686	4	00:20:15.249	1	Zach Evans
	Leg3	00:09:48.825	1	00:30:04.74	1	Emery Aldridge

Overall position

1

Out of 76

### Other Teams results \*incomplete teams

Team	Position	Time	Runners
U13B B	<b>14 (of 76)</b>	<b>32.53</b>	Akul Gurunathan, Luc Jones, Alex Cole
U13B C	<b>33</b>	<b>34.23</b>	George De Bruyn, Fletcher Kelly, Haydn Kenny
U13G A	<b>16 (of 57)</b>	<b>37.17</b>	Holly Tallack, Jasmine Stephens, Elsa Matthews
U13G B	<b>26</b>	<b>38.36</b>	Arianne Paranjpe, Lucy Beeraje, Ella Nickson
U15B A	<b>12 (of 91)</b>	<b>29.40</b>	James Bunn, Johnny Lee, Zach Kelman
U15B B	<b>18</b>	<b>30.24</b>	Jack Barlow, Tiago Maia-Gibbon Ricardo Cervera-Tomlins
U15B C	<b>43</b>	<b>32.07</b>	Alex Smith, Finn Gotkine, Ben Evans
U15B D*	<b>79</b>	<b>22.38</b>	Billy Pharoah, Juan Tabares- Vicente
U15G A	<b>8 (of 65)</b>	<b>33.35</b>	Sofia Mossi, Harriet Hughes, Alba Homasn-Yau
U15G B	<b>21</b>	<b>36.12</b>	Evie De Bruyn, Isabella Jenkins, Ella Rae
U15G C	<b>38</b>	<b>37.52</b>	Melody Lindsey, Aoife Stanley, Stella Garvey
U17M A	<b>4 (of 80)</b>	<b>43.49</b>	Ben OGrady, Oliver Ward, Joseph Hill
U17M B	<b>19</b>	<b>45.40</b>	Kian Farrell, Aniket Iyenger, Alex Martin
U17M C	<b>22</b>	<b>45.49</b>	Daniel Horgan, Nathan Clark, James Shaw
U17M D*	<b>74</b>	<b>15.36</b>	Madalitso Valema-Meanza
U17W A	<b>24 (of 52)</b>	<b>57.04</b>	Niamah Mossi, Charlotte Stephens, Luciana Smith
SW A*	<b>56 (of 61)</b>	<b>45.22</b>	Hannah Clark, Liberty White
SM A	<b>53 (of 113)</b>	<b>2.02.44</b>	Sam Parsons, Miles Brown, Harry Fage, Mark Constable, Peter Brooks, Dan Kennedy
SM B*	<b>94</b>	<b>1.52.01</b>	Harry Deans, Leo De Bruyn, Matthew Draper, Doug Varney, Barry Horgan



## **Presidents News 24 Sept 2025**

**Blackheath & Bromley Harriers at the 2025 European Athletics DNA Club Championships** – report from Ian Firla and Tim Soutar

The fourth edition of the European Athletics DNA Club Championships took place on 21/22 September in Leiria, Portugal. For the fourth consecutive year, Blackheath & Bromley Harriers had the honour of representing Great Britain – a privilege earned thanks to the combined efforts of over 80 athletes, coaches, officials, and managers who secured the national YDL title earlier this season.

A squad of 20 athletes, including travelling reserve **Beth Regan**, team managers **Helga Pulin**, **Tim Soutar**, **Ian Firla**, and physio **Mike Reeves** met at Luton Airport for the short flight to Lisbon, ready to take on the best clubs of Europe.

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### **The DNA Format**

The European DNA (Dynamic New Athletics) format is fast-paced and innovative. Each event is contested head-to-head, round by round, with points contributing to the team total. Day one sees six teams compete, with the top three advancing to the A Final and the bottom three into the B Final on day two. All roads lead to the final event – “The Hunt” – a pursuit-style mixed relay where the points are converted into head starts and deficits, and the first team across the line wins the match.

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### **Day One – Narrowly Missing the A Final**

The team got off to the perfect start with our 4x400m mixed relay quartet of **Ryen Rennie**, **Alyssa Firla**, **Gracelyn Kendeck**, and **Sam Mowa**, who stormed to victory, holding off a hard-charging Irish team to take maximum points.

Momentum built as one of our youngest athletes, **Emilia Adese**, made her competitive debut with the 4kg shot. Unfazed by the weight increase, she dominated her opposition to secure another maximum points haul.

On the track, **Amber Bloomfield** produced a strong run in the 100m hurdles, close to her season’s best, while **Andrew Nikoro** powered through the 110m hurdles to add solid points with 4th place. In the 800m, **Niamh Stanley** bravely stayed with the leaders through 500m before fading slightly in the closing stages against a powerful field.

In between those, **Chinedu Ndukwu** tackled the 400m hurdles with real determination. First to the opening barrier, he clipped one hard mid-race but showed grit to stay on his feet and battle home, ensuring the team gained valuable points.

The DNA format gives each field event centre stage, but the head-to-head structure – one jump or throw per round – means PBs are rare. **Dennis Savage** battled gamely in the long jump to finish 4th, while **Jackie Nzekwe**, more at home in the hammer circle, gave her all in the high jump to place 5th.



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Back on the track, **Cheyenne Nketia** ran superbly in the 100m, pushing through the cold, windy conditions to take 2nd place, close to her PB. Meanwhile, **Max Kennedy** came agonisingly close to a lifetime best in the javelin, eventually finishing a strong 2nd in a tight contest.

Next up was our world record holder **Divine Iheme**, who lit up the track in the 200m with a commanding win, again just shy of a PB despite the adverse conditions.

Heading into “The Hunt”, the team sat 4th overall – just outside the coveted top three needed for the A Final. The deficit was six seconds to third and ten seconds to first.

The Hunt team – **Aoife McDonagh (600m)**, **Oliver Driscoll (400m)**, **Nevie Tamblyn (200m)**, and **Jed Starvis (800m)** – rose to the challenge. Aoife closed the gap with a gutsy opening leg before Oli and Nevie piled on the pressure. By the time Jed took the baton, we were within striking distance. His heroic run clawed us to within two seconds of 3rd place, but agonisingly short of qualification. Despite missing the A Final, our squad clocked the fastest Hunt time of the day – proof of the quality in the team.

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## **Day Two – Dominating the B Final**

The disappointment of day one fuelled the team’s determination to make a statement in the B Final. Right from the start, it was clear there would be no half measures.

The unchanged 4x400m mixed relay squad set the tone with a gun-to-tape victory, crossing the line a staggering ten seconds clear. The video tells the story – the gap to second place was enormous.

**Emilia Adese** was again imperious in the shot put, this time equalling her PB from Day 1 to ensure her second consecutive maximum-points win and complete a season without a loss in both the 3 and 4kg. **Dennis Savage**, fresh from the unique experience of post-competition drug testing the previous day, jumped the second-longest mark in the field but finished 4th due to the format quirks – still valuable points for the team.

From there, the first places kept flowing. **Niamh Stanley** took command of the 800m from the gun and held off all challengers to secure victory. **Jackie Nzekwe** rose to the occasion in the high jump, clearing a competition PB for more points.

**Cheyenne and Divine** again dominated the 100m and 200m, while **Amber, Andrew, and Tony** delivered more crucial contributions across the 100, 110 and 400 m hurdles.

In the javelin, **Max Kennedy** set himself a challenge before the competition by symbolically marking an “X” at 51m on the grass. In the final throw of his season, he sailed past it, recording 51.7m to take a richly deserved win and a PB.

That left just The Hunt. This time, it was Blackheath & Bromley who carried the advantage – a commanding seven-second lead. **Aoife** blasted the opening 600m to extend the margin, **Oli** ran a dominant 400m, **Nevie** delivered another flying 200m, and **Joe Scanes** cruised the anchor 800m to seal victory. The team crossed the line more than ten seconds clear, celebrating a decisive B Final triumph.



## **Presidents News 24 Sept 2025**

It was a bittersweet ending. The squad took pride in dominating the B Final but knew their performances would have stacked up well in the A Final – the times and distances later confirming we would have been medal contenders. Still, there was satisfaction in finishing the competition with such emphatic victories and in sharing post-event celebrations with athletes from across Europe.

Special recognition goes to **Beth Regan**, who travelled as reserve and was a huge support to her teammates throughout the weekend despite not getting the chance to compete herself.

A weekend of pride, resilience, and camaraderie – and another chapter in Blackheath & Bromley's long tradition of competing at the highest levels of European club athletics.



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### **English Schools Combined Events and Walking Champs**

Freya Pearson was part of the winning Combined Events Kent team, finishing 14<sup>th</sup> with a PB !

#### **Race Walking**

#### **4 Blackheath and Bromley athletes represented the county on Saturday 20th September.**

In the U13 1500m Development Race **Ethan Hunstone** representing Surrey came 3rd in a PB of 8m 49s it is also a club record. Ethan went with the two leaders but dropped back with 400m left. In the last 200m he made a valiant effort to catch them but was just shy at the end. He was younger by at least one year!

In the U 15 2k boys race **Luke Eperon** (Kent) finished 3rd in a PB of 12m 06s. Luke walked well and held his position throughout the race and was rewarded with a personal best.

In the U 17 girls 3k race **Florence Watson** (Kent) finished 1st in 17m 37s. Florence walked steadily initially but stormed the last three laps to win the event.

In the U17 boys 3k race **Trejan Checheku-Boamah**(Kent) finished 1st in 16m 33s. Trejan had a race long tussle with Jack Wynn (Somerset). Jack was some 20m up on the last lap but then came under the judges ban and spent 30s in the sin bin which allowed Trejan to take the lead. Jack came out of the sin bin caught Trejan and they both battled to the line. However Jack fell foul of the judges again and was disqualified. Leaving Trejan the clear winner.

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## Presidents News 24 Sept 2025

**World Athletics Championships** – 2 of our members have been competing at the World Championships. Updated results after last weeks news:

- **Dina Asher-Smith**
  - 200m – Dina qualified for the final in which she finished 5<sup>th</sup> in 22.43
  - 4x100m relay – the team was a close 4<sup>th</sup> in the final, missing out on a medal by just 0.2 seconds, with Dina running 1<sup>st</sup> leg

## Berlin Marathon

I identified 5 members running the iconic Berlin Marathon on Sunday 21<sup>st</sup> September in rather warm conditions, all quicker than 3.15. **Ryan Weston** was first home in 2.45.55, with **David Adams** following up with a 2.54.29 and **DanAn Truong** also under 3 hours in 2.56.37. **Jasper Brooks** ran a superb 3.11.25 in his first marathon (and is under 20!) and **Nick Kibblewhite** finished in 3.14.12

## Results: BMW BERLIN MARATHON / Runner

Unofficial Results | Club: *blackheath*

Place	PLAC	Name	Bib Number	Age Group	Club		Gun time	Finish	
1589	365	Adams, David (GBR)	14070	35	Blackheath and Bromley		02:54:39	02:54:29	
3847	3	Brooks, Jasper (GBR)	15736	JU20	Blackheath and Bromley AC		03:21:01	03:11:25	
4326	246	Kibblewhite, Nicholas (GBR)	21335	50	Blackheath and Bromley		03:20:48	03:14:12	
1833	420	Truong, DanAn (GBR)	29293	35	Blackheath and Bromley		02:58:23	02:56:37	
810	168	Weston, Ryan (GBR)	87324	H	Blackheath and Bromley		02:46:30	02:45:55	

## Update from John Turner

**Jim Phelan** got in touch 5 days ago to say that he will most probably be in his neck collar until next year. He has been speed walking ! New p.b. for the mile is 13.18 and 4 miles at an average of 13.32.

He then said that **Nick Kinsey** on the 14th Sept last week was attempting to win the V65 World Iron-man Championships. But he got hypothermia during the swim, as it was too warm to wear wetsuits !

.....I did the 24 hour race at Battersea Park. Weather fairly o.k. Windy during night and quite cold. But dry. First 10 hours I was ahead of plan slightly and felt comfortable. Then poor 5 or 6 hours, having to sleep for an hour and a half, and stomach ache so did not want to eat anything. After that and with the sun coming up, things got better and better. Even able to sprint the straights in some of the last 90 minutes. Felt great at end. Last year 75.9 miles.....this year 77.2 miles. So pleased.







## **Presidents News 24 Sept 2025**

**Greg Firth** ran the triple trail\* 50km trail race on Saturday. At the end he was 31st in a time of 06:45:15. Was a great day out exploring the beautiful trails through Kent.

*\*A point-to-point race following the second half of the 100km route. Perfect for runners seeking a shorter but equally stunning adventure, this course offers a fast-paced and scenic challenge through the heart of Kent's countryside*

**Greg Bull** - Just raced Hatfield Broad Oak 10km and came 4th in a time of 33:52

### **Invicta East Kent AC Open Meeting, Canterbury, 20 Sep 25**

- Matthew Knight ran 53.97 for a Seasons Best
- Abbas Moman ran 59.53

### **Olympic Park 10k 20 September**

- **Sam Douglass** won the event in a time of 33.04, a PB!!

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### **Park Run 20 September 2025**

51 ran in 21 events

Furthest from the clubhouse – yet again - was **Barry Wetherlit** who ran at Hikarigaoka koen in Japan. Should we have a rule for repeat winners? Furthest UK wise was Andy and Zoe Kingsmel in Bristol.

Podiums for 6 September

<b>Doug Varney</b>	<b>3<sup>rd</sup> M</b>	<b>Avery Hill</b>	<b>18.21</b>
<b>Jennie Butler</b>	<b>1<sup>st</sup> F</b>	<b>Bethlem</b>	<b>21.12</b>
<b>Abigail Kingston</b>	<b>3<sup>rd</sup> F</b>	<b>Bicester</b>	<b>22.55</b>
<b>Ollie Knowles</b>	<b>1<sup>st</sup> M</b>	<b>Hoblingwell</b>	<b>18.51</b>
<b>Freya Denbow</b>	<b>3<sup>rd</sup> F</b>	<b>Margate</b>	<b>24.36</b>

*\*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 24 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. 157 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.





## **Presidents News 24 Sept 2025**

### **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



### **Fixtures**

There is 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!

There is also the JW Polecats pole vault competition on Saturday 27<sup>th</sup> at Norman Park (11.15am).

**Bonus Ball** winner from last week – Andrew Grace!

**300 Club** winners were Paul Byfield (£300), Alan Pickering 9£150), Nick Barber (£100), Emily Wright (£50) and Anita Evenden (£50).

The 300 club has 22 vacancies! Purchase of a number allows you to enter regular draws for cash prizes with the surplus funds donated to help with travel for Young Athletes such as to YDL and DNA finals. So, do please consider taking out a number, the cost being just £8 per month. Please contact Tony Pontifex ([apontifex@hotmail.com](mailto:apontifex@hotmail.com)) if you can purchase a number.

Steve Pairman,  
President BBHAC