



Presidents News 27 Aug 2025

Headlines

1. Records, Results and Park Run participation,
 - a. Club Records
 - b. World Championships
 - c. Tonbridge Bank Holiday Event
 - d. Other Races & Park Run

Results

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

Records

- **Walks** - Ethan Hunstone competed in the U13 1 k walk at Tonbridge on Monday 25th August. He finished 1st in 5m 32.8 a new club record. Luke Eperon was 2nd in 5m 43 .27 which is a new club record as the distance has never been competed for in the U15 age group.
- **Pentathlon (outdoor)** – U55M 2674 points at the BMAF championship's in Nuneaton.

World Championships selection

UK Athletics has announced the Novuna Great Britain and Northern Ireland (GB & NI) team for the World Athletics Championships in Tokyo, Japan (13-21 September). Dina Asher Smith, Sam Reardon and Marcia Sey have been selected!

- **Dina – 100m, 200m and 4 x 100m**
- **Marcia – 100m hurdles**
- **Sam – 400m and 4 x 400m**

Tonbridge AC, Mile Rowbottom Memorial

Well done to **Jasmine Stephens** ! 2nd place in the Kent U13 pentathlon, where she scored 2038 points. Jasmine scored a PB in the 800m, 70mH, Long Jump and shot. So not surprisingly her overall score was also a PB!

Event U13 W	Performance	PB?
800	2.37.26	Yes
70mH	13.6	Yes
High Jump	1.27	
Long Jump	4.01	Yes
Shot Put	6.73	Yes
SCORE	2038	Yes

Also competing at the event - many track races can be watched on YouTube – check the Tonbridge Ac website!

- **Shot Daniel Ireland** **1st** **U13B 9.55**
- **PV - Luca Hunstone** **1st** **U15M 2.40,**
- **Charlie Platt** **1st** **U17 4.00**
- **Freya Pearson** **2nd** **U15G 12.47,**



Blackheath & Bromley Harriers AC

Presidents News 27 Aug 2025

• 800m	1 st	U15G 2.27.55
• 100mH Amber Bloomfield	1 st	U20W 15.6 1PB
• Long Jump Charlotte Hosp	1 st	U20W 4.63m,
• Triple Jump	2 nd	U20W 10.46
• 300m Eva John	2 nd	U15 44.05 PB
• High Jump Alessia Scala	1 st	U15G 1.70

Other Races

BMC Manchester Mens 800m

1	1:46.38	Henry Fisher	PB	SEN	M	Dean Miller	Blackheath & Bromley/Birmingham City Uni
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BMC Record Breaker series, Tooting

5	1:47.14	Henry Fisher		SEN	M	Dean Miller	Blackheath & Bromley/Birmingham City Uni
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Women's 800m

6	2:19.03	Kara Bryan		U15	W	Paul Austridge	Blackheath & Bromley/Kent Schs
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400 SX 1 Exeter Harriers Evening Open Meeting

Pos	Perf	Name	AG	Coach	Club
49.56	Thomas Sugden	PB	U23	M Jay Galley	Blackheath & Bromley/Bath Uni

Crawley Open

6	11.57	0.2 Kamar McCurdy-Batik		SB	U17	M	Blackheath & Bromley
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Antrim Half Marathon

Antrim Coast Half Marathon is an annual international half marathon competition which is contested every August in Larne, Northern Ireland. It is one of two half marathons within UK & Ireland which carries World Athletics 'Elite' Label Road Race status

It is worth noting that Phil Sesseman was 3rd in this race.

But congratulations to David Adams who ran a hard 1.15.54 to finish 88th (out of 4000)





Presidents News 27 Aug 2025

BMAF Championships, Nuneaton

As mentioned in the club records, Ian Firla won a bronze in the M55 category. Included a circa 5m pb in the Javelin and season bests in the 200 and 1500 which he won by over 30 seconds.



Park Run 23 Aug 2025

73 members ran in 34 Park Runs.

Guess where the furthest from the clubhouse was? Yes, Australia again! This time Will Brindley wins with his run in Parkville, Melbourne, beating Doug Varney who ran at Glenoma in North Australia

Podiums

Katy Sugden	1st F	Bethlem	23.09
Micah Evans	2nd M	Bromley	15.57
Gracie Horton	3rd F	California Country	22.13
Matt Draper	1st M	Catton	17.55
David Adams	2nd M	Crawfordsburn	20.19
James Webber	2nd M	Dartford Heath	19.08
Doug Varney	2nd M	Glenoma	17.56
Chloe Kibblewhite	2nd F	Greenpoint	22.17
Jon Pairman	3rd M	Hoblingwell	20.25
Trang Nguyen	1st F	Newborough Forest	21.10

Trang got herself into the local press (North Wales Chronicle) with her Newborough Forest parkrun!, The first female finisher at Newborough was Trang Nguyen (Blackheath & Bromley Harriers), with a new course PB of 21.10 (17th overall),

**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 27 Aug 2025

Fixtures

- **YDL Finals** – Once again Blackheath & Bromley have made the final for the Lower and Upper Age Group. These are to be held in Liverpool on the weekend of 6 & 7 September. Our **Joe Scanes** features on YDL Instagram promotion – with Emery Aldridge also featuring
 - In the LAG, there are many competitive U13s that may compete in the 800 and 1200. @bbharriersac athlete **Emery Aldridge** is within the top 5 in the UK for both distance events.
- Plus a mention for **Piers Spencer-Sims**
- **Final Open Day - Sept 1st**
 - Come and join your president on the start line!





Presidents News 27 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.

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. 37 members have done so already!

And Finally from July 1982

....cross country events will be reduced to chaos unless the trail layers (most of whom are over 70) get help from younger members!....

So if you are not running become a trail layer or marshal – contact [David Carton](#).

Steve Pairman,
President BBHAC

