



Presidents News 28 May 2025

Headlines

1. Results and Park Run participation,
 - a. YDL Upper Age Group
 - b. Park Run
 - c. Others
2. Calls for volunteers
3. "And Finally...."
4. Other News – Kit request, Big Half Draw



Results

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

YDL UAG Match Report –

Well done to the YDL Upper Age Group Teams, winning their match at Eton! Blackheath & Bromley Harriers AC once again asserted our dominance in the Southern Premier Division, taking the win with a commanding 713 points. It was a day filled with big performances, breakthrough moments, and outstanding team cohesion from first event to last.

Posn This Match	Team Name	This Match Points
1	Blackheath & Bromley H AC	713.0
2	Windsor Slough Eton & Hounslow AC	605.0
3	Harrow & Dacorum ©	586.0
4	Reading AC	545.0
5	Shaftesbury Barnet Harriers	500.0
6	Haverling AC	418.0

Full results are published here - <https://www.ukydl.org.uk/page4.html>

Men's Team & Mixed 4x400m Relays Eton, Sunday 25th May – report from Ian Firla.

Men's Team Highlights

Max Clark Makes a Statement

After time away from the team through injury, Max Clark marked his return with a bang, clocking a European U20 qualifying time of 10.47s in the non-scoring 100m — a massive season milestone and a clear sign he's back in business.

Throwing Perfection: Olivier Coulibaly

In one of the most dominant individual performances of the day, U17 Olivier Coulibaly swept the throws:

- Hammer – 53.05m (1st)
- Shot – 15.65m (1st)



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- Discus – 48.90m (1st)
 - And in the javelin, Max Kennedy delivered a fine 45.07m to take 1st in the A string.
- Three wins, 27 points, and a clean sweep of the circle.

Divine Iheme's Triple Win Debut

Still an U17, Divine dazzled in his first upper age group fixture for the club:

- 1st in the 100m A string – 10.49s
- 1st in the 200m A string – 21.20s
- Victory in the 4x100m relay, anchoring the U17 squad home in 43.85s

A breathtaking debut that hinted at even greater things to come.

Zuriel & Ryen Bring the Heat

Zuriel Nwogwugwu ran a composed and powerful race to win the 400m A string in 49.49s, before returning to place 2nd in the 200m A string (22.12s). Ryen Rennie matched him step for step with a victory in the 400m B string (50.55s) and 2nd in the 200m B string (22.58s). A double act delivering double points.

Micah Salmon Impresses

In the U17 400m A string, Micah Salmon showed strength and speed to finish 3rd in 51.00s — one of his best runs of the season.

Welcome Back, Thomas Vallins

After time away from competition, Thomas made a welcome return, clocking 56.52s in the U17 400m B string and running a composed leg in the 4x100m. A great re-entry into the fold.

Jump Unit Delivers

- Euan Lau delivered across both horizontals — 5.90m in Long Jump and 12.45m in Triple Jump (2nd).
 - Chiemerie “Chi” Hemeson backed him up with 5.81m (LJ B), 11.00m (TJ B) and contributed a powerful leg in the U20 4x100m team (2nd place – 42.98s).
- A brilliant example of athletic versatility and commitment.

Pole Vault Progress

- Charlie Platt cleared 3.95m to win the U17 A string with a new season's best.
- Jonathan Adegbola equalled his personal best (3.50m) in the B string — a composed and confident jump.
- Alexander Giles, still U17, stepped up to the U20s and soared to a huge PB of 3.35m, scoring vital points and proving he's one to watch.



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Mixed 4x400m Relays

Two B&B teams, two quality runs:

- Team A (Zuriel, Ryan, Alyssa Firla, Gracelyn Kendeck) surged to 1st place in 3:39.03 — the fastest of the day.
- Team B (Alexander Morrell, Julia Newman, Assia El Mourtabite, Samuel Mowa) delivered a smart, tactical run to finish 2nd in the B race in 3:50.20.



Middle Distance & Endurance Squad Stands Strong

Steeplechasers Step Up

In a punishing event, Harry Fage and Jonathan Ellerton swept the U20 2000m steeplechase with wins in the A and B strings (6:28.02 and 7:09.46). A blend of strength and concentration over barriers and water. Oliver Ward ran a very brave race in the U17 1500m chase with 4:33.12 for 2nd place in the A race.

Grit in the 3000m

Alexander Middleton took charge of the U20 A string race and never looked back, winning in 8:53.39. Ryan Alford-Smith backed it up with 2nd place in the B string (10:42.17) — both enduring and executing. In the U17 competition, Nathan Clark powered to a 2nd place 9:32.28.

Tactical 800s

Mark Constable (2:01.16) and Hendri Verster (2:04.91) delivered excellent runs in the U20 A and B strings. In U17, Madalisto Valema-Mwanza (2:07.19) and Daniel Horgan (2:08.20) ran with maturity, banking good experience and points.

Another Comeback: Sam Mowa

400m specialist Sam Mowa made a welcome return to club colours. He eased back into competition with a composed effort in the non-scoring 800m and then anchored the mixed 4x400m B team with strength and confidence. A great first step back into racing after time away.

Sprint Hurdlers Stand Tall

- The sprint hurdles saw determined efforts across the board.



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- Alex Giles rolled off the PV bed to the 100mH start line where he powered home to a 13.75 (5/100s separated the top 5 finishers!) and Jamie Ellerton won the B string race with a 14.38.
- Chinedu (Tony) Ndukwu stepped up after a demanding schedule, having competed at HurdleFest the day before. Despite fatigue, he clocked 16.21s in the U20 110m hurdles A string and came back later to compete in the 400m hurdles (64.05s) and contribute to the 4x100m relay. His dedication and grit exemplify what it means to wear the club vest with pride.



Final Takeaway

From international and national qualifiers to personal bests, and from relays to steeplechase, Blackheath & Bromley proved once again why we're the team to beat. This was a day defined by depth, resilience and excellence. Every athlete, in every event, contributed to a true team victory.

Women's Team highlights – U20

A key highlight was the 4x100m sprint team taking first place! The team was Alyssa Firla, Fayó Olatunde, Indiana Marshall and Honey Chalmers – well done!

Otherwise, the team contributed well throughout the events, exemplified by the sprinters gaining solid points in every event, all finishing 2nd, 3rd or 4th:

- In the 100m Honey Chalmers ran 12.48 and Indiana Marshall 12.55 in the B string
- For the 200m, GraceyIn Kennedy ran 25.34 and Honey Chalmers 25.56
- The 400m saw Alyssa Firla run 58.50 and Julia Newman 60.00
- In the middle distance events, Assia El Mourtabite ran 2.24.96 in the 800m and Liberty Whyte 2.25.83 to win the B string
- For the hurdles Sienna Kidd ran 15.50 in the 100m and 66.94 in the 400m, with Amber Broomfield running 69.28.
- Lily Bridgeman picked up useful points in the 1500m steeplechase running 6.07.95

In the field events Emily Hayden de Carbonnier jumped 4.55 and 9.59 in the triple jump. Madeleine Dodd was equal first in the pole vault with a 3.65m height.

Lacee Webb threw 7.52 in the shot then 30.65 in the hammer, with Jackie Nzekwe throwing 26.85 in the discus. Caitlin Hough threw the javelin 18.38m.

U17s

In the U17s, we had many winners!

- double event winners in the 80m hurdles with Izzy Rae 11.13 and Fayó Olatunde in 11.90.
- There was also a double in the shot with Emelia Adese throwing 15.06m and Ella Reece 11.41m – Emelia also won the javelin with a throw of 32.15!
- Elsa Pawson won the pole vault with 3.50m and
- Ella Reece 31.54m in the discus,
- Jackie Nzekwe with 42.99m in the hammer.



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- The 4x100m relay team kept up the impressive relay wins with a 47.81 winning time, with Chizam Boniface, Cheyanne Nketia, Isabella Campbell-Andou and Nevie Tamblyn making up the team.
- More relay success with the 300m team of Leah Kyriacou, Beth Regan, Alice Witherspoon and Sophie Tran running 2.52.68 to win by over 6 seconds

The sprint events saw points being scored throughout the races:

- Ruby Rogers ran 12.05 in the 100m, Chizam Boniface won the B string in 12.46
- In the 200m, Cheyanne Nketia ran 25.95 with Nevie Tamblyn winning the B string in 25.14
- Sophie Tran ran 41.71 in the 300m with Alice Witherspoon running 43.03

The middle distance events again had a full compliment of points scorers – in the 800m Ines Maignan ran 2.30.70 with Jasmine Mahoney winning the B string in 2.36.00 , and Naimah Mossi running 11.12.54 and Caitlin Hough 13.01.01.

The other hurdle event saw Beth Regan run 47.97 and Faith Sogoye 49.33 in the 300m. The 1500m steeplechase Niamh Stanley ran 5.40.01 and Aida Palomares Dominguez 6.24.90, both finishing second.

In the field events Annabelle Yeo jumped 5.10 in the long jump and Annabelle Waite 4.62m. Luna Corry jumped 1.25m in the high jump, Annabelle Waite 10.21 in the triple jump. Other points in the field were gained through Ella Danby in the discus with 25.44m, Fayola Olatunde with 15.70 in the javelin.



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Road Races Saturday 24th/ Monday 26th May

Greg Bull finished 4th in the Hatfield Broad Ok 10km, in a time of 33.52.

Will Brindley ran the “Farmageddon” trail marathon on the 24th, in 3.58 coming 3rd (in a field of 40). It was laps of a farm that was very hilly and muti terrain, so he was pleased with the result, coming just 2 weeks after a road marathon! This was his 50th marathon!

Park Run

Saturday saw 69 members run at 26 different events

Furthest from the clubhouse was Doug Varney in Orebro, Sweden where he won in 18.28!

Podiums for 24th May

Luca Ercaloni	3rd M	Beckenham	18.13
Katy Sugden	3rdF	Bethlem	23.14
James Bunn	3rdM	Bromley	17.15
Trang Nyguen	1st F	Bromley	19.44
Oliver Knowles	2nd M	Hoblingwell	18.30
Graeme Lugar	1stM	Orpington	17.40
Evie De Bruyn	1st F	Sutcliffe	21.04
James Meader	3rdM	Thames Path	16.45

**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](#)

Fixtures

This weeks fixtures

- Masters SCVAC at Norman Park on Friday 30th May
- NAL meeting at Chelmsford on Saturday 31st May
- YDL Lower Age Group at Tonbridge on Sunday 1st June

Parris Handicap Summer Series

Summer Series – Event #2 Reminder!

Next race is Thursday 5th June at Norman Park – first runners off at 7pm sharp!

Huge thanks to everyone who’s already pre-registered – and if you haven’t yet, there’s still time! You can also register on the day.

The first event was a great success – some cracking times and brilliant feedback all round!

<https://app.joinin.online/#/app/joinin/organisation/shop/product/5376/b750d9e4-cc01-4451-aced-e74e665e9cc2>



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Volunteering / Academy event (Alice Platt)

Another successful event at the Club on Saturday 24th May, which those taking apart all seemed to enjoy.

A huge thanks for your help at the Academy Competition on Saturday. It was very much appreciated especially as I know many of you then headed to the UAG YDL on Sunday too. We got lucky with the weather and it stayed dry for the completion and all the young athletes enjoyed the afternoon.

Also an extra special thank you to young Alex D'Cruz who helped at an academy competition for the second time on Saturday, this time as Starters Assistant, helping the athletes prepare and line up for the races. He is proving himself an exceptional role model and really helps put those less experienced academy athletes at ease

Further Opportunities to Volunteer

Our next Academy Competition is on the 21st June, with the Masters this Friday (30th May) and the June open Meeting on Monday 16th June all at Norman Park.

If you've not already made yourself known to myself or John do let us know as its always a case of the more the merrier!

Theres also several away opportunities to volunteer coming up including, NAL 31st May Chelmsford, LAG YDL 1st June Tonbridge, Kent Masters 13th June Dartford, 22nd June SAL Eton if anyone would like to help at any of those.

Other News

Open Day -June 16th

The next Open Day is now open for entries

Kit Sales

New items of kit are now available in reception:

Kit/ Spike bags £12

Tracksuit bottoms £25

Steve Pairman,
President BBHAC

