



Presidents News 3 Sept 2025

Headlines

- Records, Results and Park Run participation,
 - a. Club Records
 - b. SAL
 - c. Other Races & Park Run
 - d. Fixtures including the YDL this weekend

Results

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

Records & Rankings

I am pleased to note that the website now has the club records and ranking lists up to date – even with all the weekly updates I provide!

This weeks records:

- Missed from last week's news: **James Burton** (from the Stratford Speed event on 17 August – a club record in the M40 100m with a time of 11.63!
- U15B. 100. 10.78. **Piers Spencer Simms**. Lee Valley 30/8/25
- W70. Mile. 7.50.19. **Helen Godsell**. Epsom. 21/8/25
- 75M 200m **Ken Daniel** 38.8 Bromley 1/9/25

300 club – and important fundraiser for Young Athletes Travel!

Last week we drew the latest winners for the 300 club:

- Oz Adams won £150, Mike Skinner, £150 and Louise Swatton £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) if you can purchase a number.

SAL Saturday 30 August 2025

A fantastic effort by club members at Woking where we finished 3rd on the day, enough (we believe) to stay up! Formal confirmation of final table is still awaited although Po10 is showing individual results.

Some highlights – although it should be noted that many PBs and other important points were scored by all the team, plus PBs from those in non-scoring events which is also always nice to see:

- **Tom Sugden and Alexander D'Cruz** won the 400m A & B strings
- **Chloe Sharp** won the B string 1500
- **Anastasia Davies** won the 100m hurdles
- **Kelechi Aguocha and Andrew Nikoro** won the mens High Jump A and B string
- A family double with **Charlie and Roger Platt** in the mens Pole Vault
- **Madeleine Dodd** won the women's pole vault
- **Claudia Baker** won the women's Long Jump
- A double win in the A and B string 4x400 mixed relays



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A message from Holly – “I want to thank everyone who has helped in some way this season. Athletes, officials, coaches, parents and anyone who has just come along to support! We couldn’t do it without you. It’s been a great season for my last year as team manager.”

Team and league table results will be here - [Southern Athletics League - Division 1](#). I will keep an eye out for updates and publish them (hopefully) next week.

Other Races

- **Final Open Day - Sept 1st**
 - Yet another successful Open Day with 307 athletes entering 377 races, with a number of PBs achieved! I captured the following members registering PBs:
 - 800m: **Kevin Adjei, James Bunn, Harry Cook, Niamh Stanley, Emery Aldridge, Jack Barlow, Arianna Jenner-Heard, Zach Poulter, Dexter Mein, Freya Denbow, Olivia King**
 - 100m: **Noah Amusan, Fabian Orchard, Iain Nye, Emily Chapman, Max Stevens, Lewis Fishlock**
 - 400m: **Oliver Driscoll, Madalitso Valema-Mwanza**
 - 300m: **Matthew Tootell**
 - 200m: **Alexander D’Cruz, Oscar Sadowski, Tane Chambers, Nico Senior, Niamh Cush, David Eke**
 - 1500m: **Kian Farrell (19 seconds!), Alex Martin (15 seconds), Ben Evans**
 - We hope to have a report covering all this season’s Open Days – a series of very successful events during the track season! Thank you to Mark for organising and to John and fellow judges and volunteers for their time and effort to make these events so enjoyable.
 - Track Results are here – [Live Results](#)
 - It is worth highlighting Kendrick Onolememon from Cambridge Harriers using the event to score an all-time UK record of 56.66m in the U15 discus! This is subject to formal confirmation as the results get published,
 - The last athlete to complete an event on the night, and therefore the season was your President who trailed in last (and with a PW) on the final 1500m!
- **BeFit GTRack Academy4 100m @ Lee Valley**
 - Several members took part in this event- in addition to Piers club record and PB, there were also PBs as noted below!

Athlete	Category	Time	PB/SB?
Male			
<u>Chizute Ogbedeh</u>	Senior	10.93w	
<u>Chizute Ogbedeh</u>	Senior	10.83	
<u>Kieran Gowan-Wade</u>	Senior	10.39	
<u>Kamar McCurdy-Batik</u>	U17	11.22	PB
<u>Piers Spencer-Simms</u>	U15	10.78	PB
<u>Piers Spencer-Simms</u>	U15	10.82	
<u>Dan Putnam</u>	Senior	10.66	SB
Female			
<u>Qi-Chi Ukpai</u>	U20	12.45	PB
<u>Noelle Carr</u>	U15	12.63	PB
<u>Isabella Campbell-Andou</u>	U17	13.27	



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Isabella Campbell-Andou

U17

13.32

Discuss – Manchester International

2 29.45

Amir Sarvestani T11/F11

SB

V40

M

Blackheath &
Bromley

• Sydney Marathon

- Two members took part in the Sydney marathon on Sunday 31st August
- **Will Brindley** ran 3.25 and **Ian Montgomery** (injury affected) 4.25. Well done both for completing the first Abbots qualifying Sydney event! . It's a tricky course of rolling hills and said to be the hardest of the Marathon Majors, so pleased to have got it over the line. From a runners perspective it felt quite like the London Marathon to me and definitely something that will build as the locals embrace its new status. It's a much bigger event than in the past with many international runners and a strong elite field taking part. It's a brilliant event and the finish is breathtaking. You finish outside the Sydney Opera House in glorious sunshine. Quite an experience!
- This makes Will the first club member with 7 Abbots medals!



• Shoreham Woods 10k (we all know that means hilly!)

- **Trang Nguyen** was 1st female in 49.46 and **Harry Deans** 2nd male in 43.16!



- **Phoenix Cyclopark half marathon** Dave Leal and John Turner were flying the Blackheath flag in the on Sunday. They finished 6th & 7th on a 4 lap multi terrain course (though only 19 runners and the standard wasn't high). A slightly eccentric/alternative but friendly event and well organised. The event offered anything from 5k to 39 miles in 7 hours!



- **Beer mile** – A number of our members were (sort of) present at the annual beer mile held at Roebucks cricket club in Hayes on 22 August. Steve Evenden was fastest on the day (again) with a 6.21!



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Park Run 30 Aug 2025

78 members ran in 34 Park Runs.

Furthest from the clubhouse were Doug Varney, Ian and Jackie Montgomery, who all ran at Pirrama Park Run in Australia.

Podiums

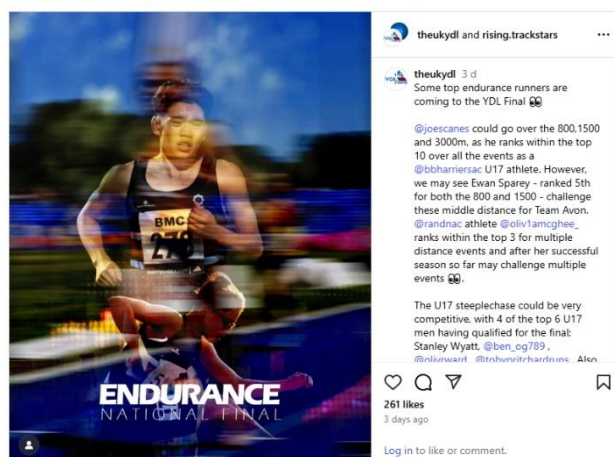
Harriet Hughes	2 nd F	Beckenham	21.06
Jennie Butler	1 st F	Bethlem	21.16
Peter Brooks	1 st M	Bromley	16.26
George Vacharopoulos	3 rd M	California Common	18.31
Ollie Knowles	1 st M	Hoblingwell	18.47
Sarah Belaon	3 rd F	Lloyd	24.59
Steve Evenden	3 rd M	Marecchia (Italy)	20.07
Kyla Dervish	1 st F	Orpington	20.44
Sam Douglas	2 nd M	Victoria Dock	16.34
Jasmine Stephens	2 nd F	Y Promenad (Wales)	22.33

**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

- **YDL Finals** – Once again Blackheath & Bromley have made the final for the Lower and Upper Age Group. These are to be held in Liverpool this weekend.
- A number of athletes are mentioned in the Instagram social media promotion for the finals:
- The women's pole vault could be very stacked, with the field being lead by [@polevault_izzi_t](#) but closely followed by [@madeleineejdodd](#) off [@bbharriersac](#) - as the 1-2 athletes in the UK. And we might see Arisa Burgess add to the field as a big challenger. [@bbharriersac](#) have many more talented pole vaulters they might bring with [@oscar_witcombe](#) leading the U20s and [@c.platt1](#) and [Elsa Pawson](#) being favourites for the U17s.
- The U17 steeplechase could be very competitive, with 4 of the top 6 U17 men having qualified for the final; Stanley Wyatt, [@ben_og789](#) , [@olivward](#) ,
- 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.
- Also mentions for Qi Chi & Piers , Jericho, Gracelyn and others!





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Good luck to all participants in both teams – enjoy your day!

Half Marathons

A number of members are competing at 2 large event Half Marathons this weekend:

- Big Half in London – thanks also to those volunteering at this event!
- Great North Run in Newcastle/ Tyneside

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. 82 members have done so already!

Bonus Ball winner from last week – Alan Pickering!

Steve Pairman,
President BBHAC

