



**Weekly News 30 April 2025**

## **Headlines – A Bumper Edition covering a Busy Weekend!!**

1. Results and Park Run participation,
  - a. [London Marathon](#)
  - b. [YDL](#)
  - c. [KYAL](#)
  - d. [Mini Marathon](#)
2. Forthcoming fixtures
3. Calls for volunteers ([see below](#))
4. “And Finally....” (this week a reminder of our 12 stage win in 1985!)

## **Results**

### **Battersea 5k (Friday Night Under the Lights!) 25<sup>th</sup> April**

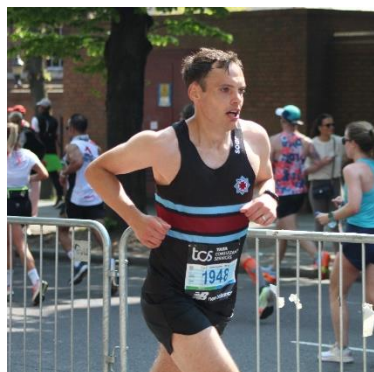
**Alex Middleton** and **Graeme Lugar** 14:52 and 15:55 at Battersea  
5k. Alex was 2<sup>nd</sup> U20! Also racing was **Ryan Weston** (15.21).



### **London Marathon 27<sup>th</sup> April 2025**

Many congratulations to all our runners at the London marathon. In what turned out to be tough conditions because of the warm weather, 21 Blackheath & Bromley Harriers ran a set of very impressive times, with 12 going under 3 hours – the Tuesday Night training is paying off clearly!

The winners of the Club Marathon championships were **Ollie Knowles** (2.28.06) and **Trang Nguyen** (3.12.48)





### RESULTS: MASS

22 Results | unofficial results | Club: *blackheath & bromley*

Place (Overall)	Place (Gender)	Place (Category)	Name	Club	Runner Number	Category	Event	Half	Finish	
120	120	101	Knowles, Oliver (GBR)	Blackheath & Broml...	1948	18-39	Mass	01:14:02	02:28:06	+
594	582	446	Reedman-White, William (GBR)	Blackheath & Broml...	52032	18-39	Mass	01:19:00	02:39:10	+
690	673	109	Evans, Micah (GBR)	Blackheath & Broml...	1248	40-44	Mass	01:19:02	02:40:43	+
771	751	562	Draper, Matthew (GBR)	Blackheath & Broml...	50592	18-39	Mass	01:19:04	02:41:57	+
799	776	580	Fini, Kevin (GBR)	Blackheath & Broml...	43243	18-39	Mass	01:20:04	02:42:26	+
802	779	582	Bull, Gregory (GBR)	Blackheath & Broml...	50520	18-39	Mass	01:20:04	02:42:27	+
976	945	71	Parkinson, Fintan (GBR)	Blackheath & Broml...	2103	45-49	Mass	01:19:59	02:44:37	+
1054	1020	742	Adams, David (GBR)	Blackheath & Broml...	49720	18-39	Mass	01:20:38	02:45:30	+
1114	1077	37	Ercolani, Luca (GBR)	Blackheath & Broml...	47614	50-54	Mass	01:22:51	02:46:16	+
1336	1289	48	Hough, Steven (GBR)	Blackheath & Broml...	6191	50-54	Mass	01:21:46	02:48:22	+
1363	1311	114	De Bruyn, Leonardus (GBR)	Blackheath & Broml...	44028	45-49	Mass	01:22:51	02:48:39	+
2167	2037	102	Varney, Douglas (GBR)	Blackheath & Broml...	40278	50-54	Mass	01:25:47	02:55:48	+
3646	3284	471	Evans, Gareth (GBR)	Blackheath & Broml...	39626	45-49	Mass	01:29:39	03:04:57	+
4904	661	101	Nguyen, Trang (GBR)	Blackheath & Broml...	41870	40-44	Mass	01:32:13	03:12:48	+
9099	7179	1054	Evenden, Stephen (GBR)	Blackheath & Broml...	2773	45-49	Mass	01:39:21	03:31:46	+
14464	3879	2287	Scopes, Grace (GBR)	Blackheath & Broml...	14792	18-39	Mass	01:53:52	03:50:23	+
14511	10601	1035	Kibblewhite, Nicholas (GBR)	Blackheath & Broml...	9727	50-54	Mass	01:53:10	03:50:33	+
19725	13852	697	Fishlock, Chris (GBR)	Blackheath & Broml...	45887	55-59	Mass	01:46:51	04:06:50	+
29172	19527	9818	Stoneham, Charlie (GBR)	Blackheath & Broml...	50609	18-39	Mass	01:23:49	04:36:53	+
32659	21428	714	Ellison, Mark (GBR)	Blackheath & Broml...	25312	60-64	Mass	02:09:02	04:48:18	+
39742	14732	351	Montgomery, Jackie (GBR)	Blackheath & Broml...	56477	60-64	Mass	02:24:05	05:12:47	+

Tales of the day were revealed by a number of the runners who came along to the marathon supper on the 30<sup>th</sup> April.



In the London MyWay event, **Luigi Acruri** ran his first marathon! Taking part at Stratford Luigi ran 4.00. **Anita Evenden** (running for her 1<sup>st</sup> named club) ran 5.27 in her own MyWay challenge.

### Manchester Marathon

**Nick Clegg** ran his 1<sup>st</sup> ever marathon in a time of 2.44.16 to get inside the top 100 finisher with a 95<sup>th</sup> place. Well done Nick!



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### **Other results(en France)**

**Jane Bradshaw** took part in Le Trail du Chateron, St Savinen and finished 5th from scratch and 1st M3. “Had to pronounce our club name twice and the mayor said it sounded très sexy!”

**David Leal** ran in the Les foulées Hesdinoises Semi-Marathon



### **YDL, Sunday 27<sup>th</sup> April, Norman Park**

The team won the event with a total of 663 points , some 118 ahead of second place, Harrow. Well done all – what a fantastic start to the 2025 season!

Date Sunday, April 27 2025

Venue NORMAN PARK ATHLETIC TRACK

Host Club Blackheath & Bromley H AC

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Blackheath & Bromley H AC	B&B		258.0	88.0	51.0	266.0	663.0
2	Harrow & Dacorum @	H&D		218.0	51.0	44.0	232.5	545.5
3	Havering AC	Have		130.0	33.0	33.0	192.0	388.0
4	Reading AC	Read		188.0	18.0	39.0	175.0	420.0
5	Shaftesbury Barnet Harriers	SBH		213.0	45.0	43.0	215.5	516.5
6	Windsor Slough Eton & Hounslow AC	WSEH		192.0	62.0	39.0	148.0	441.0

### **YDL – Womens Report (Tim Soutar)**

The first league match of the season marks a changing of the guard with old faces absent, having moved on to older things, and new faces in abundance (hopefully).



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This was very much the case at Norman Park on Sunday. Although the team was somewhat depleted by the mini-marathon, Duke of Edinburgh, late season hockey and rugby and it simply being too soon for some to dust off their spikes, those who did turn out were rewarded by almost perfect conditions and some very encouraging performances. The boys began their day with a League record and, although we had to wait an hour or two, 'new face' **Izzy Rae** made honours even with a sparkling display in the U17 sprint hurdles for a new league record of 11.17. The Club record of 11.10 held by **Serita Solomon** looks under threat. Other UAG first-timers making their mark in the U17s were **Emilia Adese, Florence Holman, Jackie Nzekwe** and **Luna Corry** (with wins in

the A shot and javelin and B discus and PV respectively) and **Sophie Tran** in the (B 300), while there were further U17 wins from 'older stagers' **Cheyenne Nketia** (A 100), **Elsa Pawson** (A PV), **Ella Reece** (B shot and A discus) and both relay teams: 4x100 (**Chizam Boniface, Cheyanne Nketia, Poppy Ellis-Jones** and, debutante from Newquay, **Nevie Tamblyn**) and 4x300 (**Leah Kyriacou, Sophie Tran, Luciana Smith** and **Alice Witherspoon**).



The U20s also had plenty to celebrate with new members again leading the way: **Sophie Osborn** won the A 400 (with **Alyssa Firla** winning the B) and **Gracelyn Kendeck** winning the B 400H (in a time that would have won the A string with a more perceptive team manager!). **Qi-Chi Ukpai** won the HJ (and was runner up in the LJ) and U17 **Aida Palomares-Domingue** proved that you have to be in it to win it in the B S/C.

Many other names featured in the podium places enabling us, with a little help from the boys (and not forgetting the officials points), to record an emphatic victory. With the potential to field a stronger team at the next match on 25th May, we are exactly where we want to be.

**YDL Mens report (Ian Firla)**

**U17 & U20 Men – Competition Report**

Our amazing U17 and U20 Men's team delivered a dominant performance to take a huge team win, overcoming some of the most prestigious clubs from across the South of England.

From sprint relays to endurance events, jumps to throws, every part of the team contributed superbly to a comprehensive victory — underlining both the depth and spirit of this talented squad. And I know I'll have overlooked some great performances for which I apologise in advance.





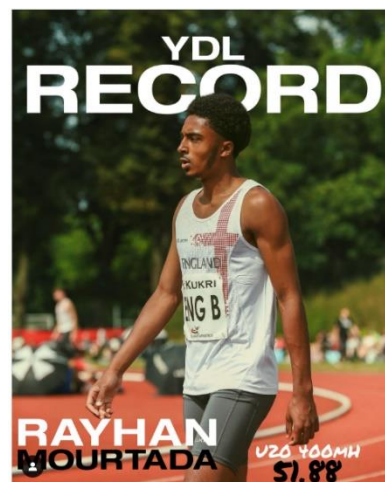
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Across a day packed with outstanding individual performances, there were several athletes who achieved English Schools' National Standards (so early in the season too!), while others stepped up heroically for the team when it mattered most.

National Standards!

Amongst a superb set of performances, there were some that truly stood out headlined by a string of athletes achieving the prestigious English Schools' National Standards.

- **Rayhan Mourtada** was in sensational form, achieving National Standards in both the 110m Hurdles and 400m Hurdles, and breaking the YDL League Record with a brilliant 400mH winning time of 51.88 seconds.
- **Ben O'Grady** and **Oliver Ward** both achieved National Standard in the 1500m Steeplechase, winning the A and B string races respectively.
- **Olivier Coulibaly** achieved National Standards in three events! The Shot (15.13m), Discus (49.51m), and additionally threw a National Standard performance in the Hammer (51.84m) despite being it being a non-scoring event.
- **Aaron Axtell** dominated the Hammer A string, throwing a superb 53.94m to comfortably surpass the National Standard.
- **Oscar Witcombe** matched the National Standard exactly in the Pole Vault, clearing 4.40m for victory.



Other standout performances included:

- **Zuriel Nwogwugwu** produced a brilliant 400m win in 49.15 seconds, narrowly missing the U20 National Standard, before showing remarkable resilience to win the 200m just over an hour later.
- **Troy Ogendengbe** stepped up superbly to run the 100m, achieving a huge PB in an event he wasn't originally targeting, before winning his 200m heat, demonstrating terrific strength and flexibility for the team.
- **Harry Fage** and **Jonathan Ellerton** delivered a fantastic double in the U20 2000m Steeplechase, winning both A and B string races for maximum points.
- **Alexander Giles** made a huge contribution across multiple events, scoring valuable points in the 110m hurdles, Long Jump, and Discus, showcasing his versatility as a developing multi-eventer.
- **Alexander D'Cruz**, making his debut in the upper age group, showed great character to double up in the 400m hurdles and the flat 400m, scoring valuable points in both.
- **Chinedu Ndukwe** (Tony) had a brilliant day, winning the 110m hurdles B string, running a storming non-scoring 400m hurdles, and helping power the U20 4x100m relay.



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- **Oji John Okoro** and **Abraham Sharif**, after the disappointment of DQs in their individual sprints, showed great character by bouncing back to help the team to a superb 2nd place finish in the U20 4x100m relay, alongside **Chinedu Ndukwe** and **Chiemerie Hemeson**.
- **Omari Anderson**, newly joined from a family with a proud B&B history, finished second in the U17 High Jump A string with a 1.75m clearance.
- **Archie Powell** set a personal best of 1.75m in the U20 High Jump A string to take second place.
- **Madalisto Valema-Mwanza** added crucial points with second place in the U17 High Jump B string.
- **Euan Lau**, called up only days before the match, took on the Long Jump outside his usual events and scored crucial points, before excelling in his main event, the Triple Jump, with a second-place A string finish.
- Our U17 middle-distance squad — fresh from winning the London Mini Marathon team title the day before — showed remarkable resilience and team spirit.
- **Joseph Scanes** and **Joseph Hill** both won the A and B string 800m, then anchored a strong second-place finish in the 4x400m relay.
- Other excellent performances included **Joseph Scanes** (800m, 1:55.71) and **Micah Salmon** (400m, 50.41), both narrowly missing National Standards but delivering top-class early season form.

The team spirit, resilience, and depth were evident throughout the day — setting the tone for an exciting YDL season ahead.



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**Kent Young Athlete League – Ashford 26<sup>th</sup> April**

Saturday saw the start of the KYAL 2025 season and Blackheath & Bromley were well represented at all age groups. There were many impressive winners (see the group reports below) but the collective team effort across all age groups drove the overall win.

The teams finished as follows: U13G - 3<sup>rd</sup>, U15G – 3<sup>rd</sup>, U13B – 4<sup>th</sup> and U15B – 2<sup>nd</sup>. This strong and consistent scoring saw the end result being a win for the club:

**Overall Points Results**

1	G	Blackheath & Bromley Harriers AC	528	8
2	M	Medway & Maidstone AC	524.5	7
3	A	Ashford AC	509.5	6
4	D	Dartford Harriers	493	5
5	W	Tonbridge AC	429	4
6	K	Kent AC	346	3
7	C	Cambridge Harriers	303	1.5
7	Z	S Factor Academy	303	1.5

The overall draft result is here:



KCAADivision1Draft  
Results-Ashford260

**Kent League – Season Opener Recap U13M 🏃 - report from Kate Hunstone**

The U13 Boys got their season off to a great start at the Kent League on Saturday. Despite a small team of 8, due to the Mini Marathon and a couple of birthdays, the boys showed fantastic enthusiasm, teamwork, and resilience. With over 70% of the squad new this season, they embraced new challenges and events, supporting each other throughout the day. Discus/High Jump – No entries this time, but plenty of keen volunteers for the future!

**Field Events: (still awaiting results )**

- Discus/High Jump – No entries this time, but plenty of keen volunteers for the future!
- Shot Put: **Oscar Li Tienzo** and **George De Bruyn** made their debut in the event, earning valuable points for the team. Oscar finished 1<sup>st</sup> with a debut throw of 7.67m
- Long Jump: **Freddie Mooney** and **Ethan Hunstone** competed in their first-ever long jumps — In A string Freddie jumped 4.06m, just 4cm away from 1<sup>st</sup> place, and Ethan was close behind at 3.36m.
- Javelin: Both **Ethan** and **Alex Coe** threw well for last minute javelin debuts, with Ethan surpassing 13m and Alex over 14m, adding important points.

**Track Events:**

- 75m Hurdles: **Freddie** impressed with a 4th place finish in 13.80s, while **Ethan** handled a tough race, finishing 6th in 16.80s despite the race being delayed by two false starts.



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- 100m: **Jonathan Ebohon** ran an outstanding 12.63s for a PB in the A string, and **Carter Famutimi** followed with a PB of 13.98s in the B string.
- 1500m: **George De Bruyn** ran a superb 5:09.55 on his Kent League debut, and **Alex Coe** followed closely with 5:17.50.
- 200m: **Calum Bryan** ran a new PB of 27.53s in the A string, with **Jonathan** finishing the B string in 27.36s.

Relay: The 4x100m team, made up of Carter, Oscar, Calum and Jonathan, put in a strong performance, finishing in 53.56s. With a bit more practice on handovers, they look set for even better results.

A huge congratulations to everyone who competed — they showed tremendous character and teamwork. Special thanks to the parents and supporters who came along and cheered the team on.

**Next up: YDL Match – Saturday 3rd May.**

**Kent Young Athletes U15M, Ashford 25 April** – a report from Team Manager, Jo Martin

What a fantastic way to kick off the season! Brilliant performances across both field and track events – and on a surprisingly hot day too (definitely not the cooler weather the team was expecting!).

**FIELD EVENTS** 🏹

**Evan Middlemiss** and **Oliver Beecroft** got us underway in the shot put. It was Evan's debut for Blackheath, and he certainly made an impact – a superb throw of over 10m secured him the 2<sup>nd</sup> in the A string!. He followed that up with another strong performance in the discus, winning the non-scoring string with a throw of 22.82m. A brilliant start to his season.

Oliver threw well too in the Shot put, just shy of the 10m mark to win the B string. He continued his strong form in the discus, holding his own to score 2<sup>nd</sup> in the B string, while **Aathi Gananathan** delivered an outstanding performance to win the A string throwing a new PB of 36.9m in discus - Amazing!

**Jack Ruby** was in top form in the high jump, clearing a new incredible outdoor PB of 1.73m to win the A string. He went straight from there to the javelin and threw over 33 metres – an excellent all-round performance.

In the long jump **Sid Sinha** scored well, finishing 3<sup>rd</sup> in 4.91m, with **Harrison Luck** also finishing 3<sup>rd</sup> in the B string.

**TRACK EVENTS** 🏃

Track events started with the 80m hurdles. **Alex Smith** made his competitive debut in the A string, running a confident race to finish a strong 3<sup>rd</sup>. **Luca Hunstone**, competing a year young, had an impressive run to take 2<sup>nd</sup> in the B string. A great showing from both.





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In the 100m, **Ashley Michelli** ran a tough A string heat with real determination. **Nico Senior** pushed hard in the B string to clock a new PB (12.68), and in the non scoring event **Daniel Djan-Krofa** showed great commitment, digging deep all the way to the line. Excellent effort from all three.

The 1500m followed, with temperatures rising. **Teddy Hughes** got out well and held his pace to finish strongly. In the B string, **Juan Tabares Vicente** also ran well, kept pace nicely and finished with real determination Patrick, back from injury, ran a composed race and looked strong throughout – really encouraging to see.. A great effort from all three.

In the 300m, **Finn Gotinke** made his debut in the A string and looked composed and focused throughout a very quick race. Alex followed in the B string, also making his 300m debut, and held his form well. Luca rounded things off in the non-scoring heat, showing fantastic determination to take the win.

In the relays, the 4x100m team of Ashley, Daniel, Sylvester and Nico performed well against strong competition, finishing in 51.56s. The 4x300m team placed 3rd in 2:57.89, with great legs from Finn, Aathi, Alex and Luca.

A huge well done to everyone who competed, and a big thank you to all the parents who came along to support – it really does make a difference.

Next up is our first YDL match on Saturday 3rd May 🤝💙💛,

**Kent Young Athletes – U13G & U15G – summary report**

In a similar vein the U13 Girls got off to a strong start for the season, despite only having 7 athletes! Even although we didn't field athletes in 3 events and unfortunately scored a DQ in the relay, the team scored consistently throughout the day with 6 winners! This really was a team effort, for example 3 girls each scored important points in 3 separate events. The team was:

<b>Faye Yeomans</b>	75m 1 <sup>st</sup>	HJ 3 <sup>rd</sup>	ShotB 3 <sup>rd</sup>
<b>Pearl Coulson</b>	70mH 1 <sup>st</sup>	HJ 3 <sup>rd</sup>	LJ 1 <sup>st</sup>
<b>Olivia King</b>	70mHB 3 <sup>rd</sup>	LJB 1 <sup>st</sup>	1200m 4th
<b>Isabella Costin</b>	75mB 3 <sup>rd</sup>	SH 4 <sup>th</sup>	
<b>Etse Okoro</b>	150m 1 <sup>st</sup>		
<b>Niamh Cush</b>	150mB 1 <sup>st</sup>	D 4 <sup>th</sup>	
<b>Ella Nickson</b>	1200mB 2 <sup>nd</sup>		

The U15 Girls team had 13 athletes who competed well to score 3<sup>rd</sup> place on the day. The team scored consistently in all bar 1 event, with the highlights being wins for the 4x300m relay, 75m hurdles B and the hammer! The team was

<b>Maya Connell</b>	100m 3 <sup>rd</sup>
<b>Serena Simans</b>	100mB 3 <sup>rd</sup>



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<b>Amelai Ramdeen</b>	300m 4 <sup>th</sup>	75mH 6 <sup>th</sup>
<b>Eva John</b>	300mB 1 <sup>st</sup>	
<b>Harriet Hughes</b>	1500m 4 <sup>th</sup>	J 4 <sup>th</sup>
<b>Gretchen Cheung</b>	1500mB 4 <sup>th</sup>	
<b>Freya Pearson</b>	75mHB 1 <sup>st</sup>	HJ 3 <sup>rd</sup>
<b>Leela Bhadeshia</b>	HJB 4 <sup>th</sup>	
<b>Emily Chapman</b>	LJ 4 <sup>th</sup>	
<b>Betty O'Donnell</b>	LJB 4 <sup>th</sup>	
<b>Kaweng Pwol</b>	SH 2 <sup>nd</sup>	
<b>Isla Watson</b>	SHB 4 <sup>th</sup>	H 1 <sup>st</sup>
<b>Nancie Cox</b>	JB 3 <sup>rd</sup>	

The team finished 3<sup>rd</sup> in the 4 x 100m relay (Emily, Maya, Lauren Griffin, Serena) and won the 4x300m relay (Eva, Harriet, Amelia and Freya).

Some PBs to celebrate:

U13 Girls:

1. Faye Yeomans 75m 10.43. PB
2. Etse Okoro 150m. 19.79. PB
3. Pearl Coulson. 70m hurdles 12.66

U15 Girls

1. Eva John. 300m. 44.95 PB
2. Freya Pearson 75m hurdles 13.08. PB and 1.40 high jump PB
3. Isla Wilson Hammer 29.25 PB

Thank you, girls, for this superb effort!



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### **Mini Marathon 2025 – Sat 26<sup>th</sup> April (Ashley Pearson)**

The Marathon weekend started with a bang with the Mini Marathon. One of the largest domestic junior events of the year, featuring the very best of the country's most talented youngsters. It has been a feature in the careers of all our current UK Track and road stars. Not always been winners of the MM – looked up Keely Hodgkinson, twice run in the MM as an U13 – finished 89<sup>th</sup>, U17 – finished 42<sup>nd</sup>, 18.19 on the 3mile course.

The Championship event incorporates 2 races in one. The Borough Championships – 33 Boroughs of London field teams of 6 runners in each age category, with the first 4 runners to score and then there's the British Athletics road championships which features 12 regional teams from across the country, again 6 runners in each team in every age cat. For scoring purposes the London boroughs combine to be one London team. Each race with up to 270 runners.

This year we had 36 of our athletes competing for Bromley plus 4 athletes running for other Boroughs – we had **Alice Bunn** Bexley U13Girls, **Alex Martin** for Croydon U17M, **Naihmah Mossi** for Ealing in the U17W race, and **Zacchaeus Kleman** for Lewisham in the U15B race.

Almost 50% of our athletes were first timers - very excited, very nervous team. We also had a new management team this year. So I'd like to give a big shout out to **Jay Galley** who has been the Bromley Team manager for the last 16 years – an incredible contribution. Grateful to Jay for all his hard work. Has made it as easy as possible for the new team leads. So as well as thanking Jay for the last 16 years, I'd like to thank our new team managers – **Sam Aldridge** and myself looking after our U13s, **Karen Stanley** and **Liz Bunn** looking after the U15s and then **Lucy Starvis** and **Andrew Tutt** looking after our U17s. Also need to shout out to **Mike Crossan**, new trustees, but was a great help to me in the trials and in the prep for the main race, but wasn't able to be with us on the day as he had picked up a bit of an injury.

So to the racing. The day kicked off for us at 8.40 with the U17men. It was an incredibly close race, 3 out front, then a very large pack that closed in super fast down the Mall. First 3 home for us were our Triple J's. First for the Boroughs and 3<sup>rd</sup> overall was **Joe Scanes** in a PB of 7.23, Right on his heels was **Jed Starvis**, Running in his final MM, keeping his best for last, taking 3<sup>rd</sup> in the Borough champs and 7<sup>th</sup> overall with an almost 30sec PB in 7.25 Just 10seconds back was **Joseph Hill**, running 7.35 another big PB to take 5<sup>th</sup> in the Borough comp and 25<sup>th</sup> in the UK champs. Next home was **Ben O'grady**, with a 20second pb in his 3<sup>rd</sup> MM, then **Oliver Ward** and **Nathan Clark** both competing in MM for the first time and **Alex Martin** continuing his comeback from injury, 4<sup>th</sup> scorer for Croydon in his 2<sup>nd</sup> MM running with almost 20sec PB. Our Bromley team came first in the Borough champs and London took the win in the UK champs. Cracking start!

Next up was the U15 boys, Our team came 4<sup>th</sup> in the Borough champs with London taking 2<sup>nd</sup>=. First home for Bromley was **Daniel Horgan**, running in his 3<sup>rd</sup> MM and who had the



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privileged start wristband for the first time. Daniel finished 8<sup>th</sup> in Borough comp, with a 40 second PB. 2nd and 3rd home for us was **Johnny Lee** and **James Bunn** who both finished on 8.39 Almost a minute's PB for Johnny. It was 2nd time at MM for **Jake Martin** who had a strong run along with first timers **Ricardo Cervera- Tomlins** and **Zac Freeman** (late call up) Hope they enjoyed the experience.

Then to our U13 boys, possibly the feistiest startline of all the races. 5 of the 6 of our team were running for the first time, but it was our 2nd timer **Tiago Maia-Gibbons** who was first home for Bromley in a fantastic 3rd , just 8 seconds back in 8th place was **Emery Aldridge** Just a little further back was **Zach Evans** in 18th , supported by **Dexter** in 35th , **Akul** in 39th and **Billy** completing the team. Team finished 2nd overall in Borough champs and London silver in the UK champs. Huge well done to the U13s.

Moving to the ladies. At 9.01 it was the turn of the U17W, Team finished in 5th in the Borough comp, but the ladies took first prize in the 'giving your team manage a headache competition' !! Joking of course. But Andrew is looking for a different team for next year. First home for Bromley, running in her 5th MM was **Luciana Smith** taking 10th in the B comp in a time of 9.18, next home was **Kyla Dervish** in 9.56 finished 34th in her final MM along with **Megan Barlow** who running in her 6th and final MM. **Naimah Mossi** was 34th and the first finisher for Ealing, running in her 5th MM. Then all finishing very close together we had **Jasmine Mahoney** in 10.16, **Niamh Stanley** in 10.35 and **Leah Kyriacou** in 10.41 equal to her time from last year.

Switching to the U15 Girls, finished in 7th , first home, also first home last year was **Alba HY** in 19th place in the B comp. Running over 20sec PB. Super strong run, followed closely by **Evie De Bruyn** also running a PB in her 3rd MM outing. Next home was **Charlotte Stevens** and **Aoife Stanley**, both running in their 2<sup>nd</sup> MM. Huge PB for Charlotte – who had had a very nasty fall last year. No such bad luck this year, PB also for Aoife. Then **Chloe Morez** and **Hannah Carter**, both making their MM debut, 10.30 and 10.39 All finishing within the top 3rd of the field.

Finally our U13 girls, waited the longest, got underway at 9.15 Team finished 7th in the B. comp. London was the winning UK team. First home for us in her first MM in 10.07 was **Arianna Temmerman** in 25th spot, then **Isabella Jenkins** also first timer in 10.08 in 27th . **Jasmine Stephens** next home in 10.31 first MM and first year U13 with **Holly Alford** smith just 2 seconds back in 10.33 Right behind Holly, Finishing the first scorer for Bexley was **Alice Bunn** in 10.34, Then completing our team were also first timers **Stella** and **Melody** running 10.51 and 10.59.



**Weekly News 30 April 2025**



So all in all a very good day. Great performances, great team camaraderie and set off a great marathon weekend.

Well done to our runners. Well done and thank you to our parents. Huge well done and thank you to our team managers - here's to next year!!





**Weekly News 30 April 2025**

**Park Run**

A 51 runners\* ran Park Runs on Saturday 26th April 2025 at 3 different locations.

This weeks UK furthest from the clubhouse, not including ex members who still use BBHAC as their club, was Damian Hayes in Poolbeg, Ireland (with an impressive 20.20)

Podiums for April 26th

<b>Ryan Alford-Smith</b>	1 <sup>st</sup> M	Shorne Woods	18.44
<b>Graeme Lugar</b>	1 <sup>st</sup> M	Orpington	18.22
<b>Katy Sugden</b>	2 <sup>nd</sup> F	Beckenham	23.22

*\*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](#)

**Forthcoming fixtures and news**

**Hannah Clark** is included in the England team announced for the Cardiff 5k which will take place on Sunday 4 May.



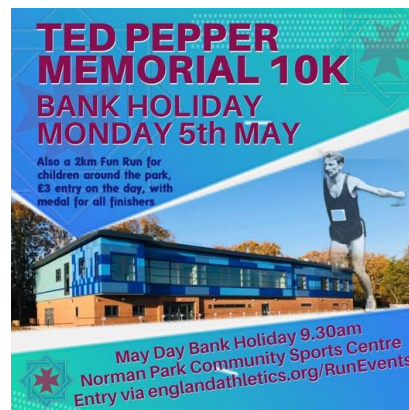
The track season continues with

- Sat 3 May YDL LAG Woodford Green

**Ted Pepper – Run or Volunteer!**

The annual Ted Pepper 10k is due to be held on Monday May 5<sup>th</sup>. We have over 200 entries so far, and encourage members to either:

- Enter online asap or,
- Thank you to all the Volunteers – all 37 of you!





## **Weekly News 30 April 2025**

### Open Day – Monday May 5<sup>th</sup>

After the Ted Pepper, the club is hosting another Open Day. If you are able to help out at the event, please contact John Hubbard - [bbharriersac.officials@gmail.com](mailto:bbharriersac.officials@gmail.com)

### Parris Handicap

Entries are open for the summer series - enter via your joinin account & the Blackheath & Bromley Harriers AC shop.

!!! We do need a few more helpers for this series – please contact Iain Swatton if you can help –

[iain.swatton@btinternet.com](mailto:iain.swatton@btinternet.com)



I would also like to remind you that the club are always seeking volunteers to help run our fantastic club. You can see current vacancies here - <https://bbharriersac.org.uk/volunteer-vacancies/>, or let Alice Platt know you would like to help with something else!

SVAC League fixtures have been published – and are attached:



SVAC League 2025  
Timetables.pdf

**England Athletics** fees for 2025/6 were due on 1 April – please make sure that is you compete for the Club you have paid the £20 EA fee – through the Shop on your joinin ac

### **Social Events**

- Another successful Bingo was held @ Trackside on 25<sup>th</sup> April – next one on 30<sup>th</sup> May



**Weekly News 30 April 2025**

**And Finally....**

Today's reflects the National 12 stage relay which we mentioned the 2025 edition last week. Past President Bill Foster reminds me he was part of the team that won the event in 1995, 30 years ago!



The team was (as extracted from the Courier)

29th Apr. NATIONAL 12-STAGE RD RELAYS @ SUTTON COLDFIELD

1 BH 4:03.04; (Former London/Brighton Relay Trophy) (4 P Hogston 26.07; 1 S Dodd 14.22; 1 T Dickinson 26.32; 1 A Guilder 14.38; 1 DI Smith 26.19; 1 S Baines 14.23; 1 D Taylor 25.24; 1 M Steinle 14.28; 1 J Harrison 26.16; 1 S Newport 13.55; 1 W Foster 26.17; D Lee 14.23)

*Steve Pairman*

President

30 April 2025