



## **Presidents News 30 July 2025**

### **Headlines**

1. Results and Park Run participation,
  - a. Club Records
  - b. U23 Internationals
  - c. EA senior & U20 champs
  - d. Other Races
  - e. Park Run
2. Fixtures, including our "home" NAL match
3. AOB

### **Results**

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

### **U23 International 19 Jul 25**

The European U23 championships took place in Bergen Norway on 17-20 July. A number of our athletes were privileged to take part as GB & Ireland finished in 2<sup>nd</sup> place.

- Holly Mpassy was 3<sup>rd</sup> leg in 400 qualifiers and although not competing in the final won gold medal as the team took first place in the final
- Faith Akinbileje was 4<sup>th</sup> in the 100m final. Faith also ran in the 4x100 heat meaning she also collected a gold medal as the team won the final
- Danielle Goriola was 5<sup>th</sup> in the 400mH semi

Also competing in Bergen were Zara who had three no throws in the qualifying round, and Jeriel Quainoo who was unfortunately subject to a DQ.

### **England Athletics Senior & U20 Championships in Birmingham 25-27 July**

A large number of Blackheath & Bromley athletes competed at the EA senior and U20 championships at Birmingham last weekend. Results of all races can be found at the end of the newsletter. Winners and podium places were achieved by:

- **Daisy Snell** won the female long jump with a wind assisted 6.32.
- **Dillon Claydon** came home with two medals – 2<sup>nd</sup> in the discus (52.04) and 3<sup>rd</sup> in the shot put (16.08)
- **Jonathan Ellerton** was 2<sup>nd</sup> in the mens 300m race walk (15.27.38)
- **Lauren Farley** was 2<sup>nd</sup> in the women's javelin (44.82)
- **Qui-chi Ukpai** was 2<sup>nd</sup> in the women's triple jump (12.25w)
- **Zara Obamakinwa** was 2<sup>nd</sup> in the women's discus throw (54.85)
- **Eliza Nicholson** was 3<sup>rd</sup> in the 3000m (9.46.93)
- **Abraham Sharif** was 3<sup>rd</sup> in the men's Long jump final (7.28w)
- **Ryan Mourtada** was 3<sup>rd</sup> in the men's 400m hurdles

Congratulations to all our athletes who competed !



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### Poland U16 Championships

Alex Giles competed in Warsaw at the National Combined Events Championships of Poland yesterday in the U16 Pentathlon. He won 🥇, got a PB of 3355pts (his old PB was 2653pts from last year), won 1000 Złoty (~£200) and came 3rd on the Polish all time list.

Congratulations Alex! (pictured with his Mum and acting coach Gosia Giles)



### Other Races

#### East Peckham 10k Sunday 27th July

- Carol 2nd F and 1st V50 in 37.03
- Simon Harris 42.59
- Mick Keene 54.48

#### Park Run 26 July 2025

Saturday saw 60 members run at 25 different events.

Furthest from the clubhouse was a James Cunningham who ran at Albert ParkRun in Melbourne Australia – I assume he saw the Lions later that day!

#### Podiums for 19 July

<b>Alex Middleton</b>	1st M	Bay East (Singapore)	17.12
And a 1/2/3:			
<b>Harriet Hughes</b>	1 <sup>st</sup> F	Bethlem	19.57
<b>Jennie Butler</b>	2 <sup>nd</sup> F	Bethlem	20.46
<b>Katy Sugden</b>	3 <sup>rd</sup> F	Bethlem	23.11
<b>Leo De Bruyn</b>	3 <sup>rd</sup> M	Bromley	16.25
<b>Carys Firth</b>	1 <sup>st</sup> F	Bromley	17.47
<b>Alba Hoamns Yau</b>	3 <sup>rd</sup> F	Bromley	19.58
<b>Graeme Lugar</b>	2 <sup>st</sup> M	Chipping Norton	18.12
<b>Luca Ercaloni</b>	1 <sup>st</sup> M	Clonmel	17.52
<b>Clayton Aves</b>	2 <sup>nd</sup> M	Clonmel	19.03
<b>Tom Desborough</b>	3 <sup>rd</sup> M	Dreliandegarten	18.56
<b>Ollie Knowles</b>	1 <sup>st</sup> M	Hoblingwell	19.13
<b>Imogen Meers</b>	2 <sup>nd</sup> F	Lloyd	23.28

*\*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](#)

### Other News

### Fixtures & Volunteering



**Presidents News 30 July 2025**

- Kent Masters at Sutcliffe Park
- UK Athletics championships In Birmingham
- Next Open Day is 4 August
- We may still be in summer but the provisional fixtures for the kent cross country season are out , as below

**Bingo** – awaited from Alice

Steve Pairman,  
President BBHAC



**Presidents News 30 July 2025**

**Cross Country Dates for 2025-26**

**Bold confirmed. Events with \* have entries weeks in advance.**

**Oct**

- Sat 4<sup>th</sup> **ERRA National Road Relays**  
Sat 11<sup>th</sup> **1<sup>st</sup> KXCL Footscray –XC Lge 1 weekend in UK fixtures.**  
Sat 18<sup>th</sup> **2<sup>nd</sup> KXCL Somerhill, Tonbridge XC Relays – Wormwood Scrubs**  
Sat 25<sup>th</sup>

**Nov**

- Sat 1<sup>st</sup> **ECCA XC Relays at Mansfield**  
Sat 8<sup>th</sup> **London XC Championships Cross Challenge Cardiff XC**  
Sat 8<sup>th</sup> **ESAA Regional Finals.**  
Sun 9<sup>th</sup> **1<sup>st</sup> KFL – Swanley Park**  
Sat 15<sup>th</sup> **3<sup>rd</sup> KXCL Danson XC Lge 2 UK.**  
Sat 22<sup>nd</sup> **Kent Vets Dartford UK XC Trials Liverpool, Cross Challenge**  
Sat 29<sup>th</sup> **SE Inter Counties – Croydon??**

**Dec**

- Sat 6<sup>th</sup> **4<sup>th</sup> KXCL, Swanley Park XC Lge 3 UK ESAA XC Cup Final – TBC**  
Sat 13<sup>th</sup> **5<sup>th</sup> KXCL – Venue TBC**  
Sat 13<sup>th</sup> **County XC Champs – Alternative date?**

**Jan**

- Sat 3<sup>rd</sup> **KCAA, Brands Hatch TBC - alternative date?**  
Sat 10<sup>th</sup> **KCAA – Brands Hatch XC Lge 4 UK**  
Sat 17<sup>th</sup> **KSAA Dartford TBC UKA Cross Challenge – Parliament Hill**  
Sat 24<sup>th</sup> **SEAA XC – Beckenham Place Park**  
Sat 31<sup>st</sup> **BUCS TBC**

**Feb**

- Sat 7<sup>th</sup> **XC Lge 5 UK ESAA SE Schools Inter-Counties Cross Challenge – Leeds**  
Sat 14<sup>th</sup> **5<sup>th</sup> KXCL . Norman Park**  
Sat 21<sup>st</sup> **National – Sedgfield.**  
Sat 28<sup>th</sup> **XC Lge 6 UK**

**Mar**

- Sat 7<sup>th</sup> **CAU Inter counties Nottingham Cross Challenge**  
Sat 14<sup>th</sup> **ESAA XC –Sefton, Liverpool**  
Sat 21<sup>st</sup> **Yr 7/8 Schools Inter counties. SIAB XC -**  
Sat 28<sup>th</sup>  
Sun 29<sup>th</sup> **SEAA 12/6 stage relays MK**



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Aaliyah Brown 2005 (Blackheath & Bromley Harriers AC)					
7 (2)	T9 100m	Women	Multiple	Heats	11.82w Q
4	T9 100m	Women	Multiple	Final	11.65w
Abraham Sharif 2006 (Blackheath & Bromley Harriers AC)					
3	F14 Long Jump	Men	U20	Final	7.28w
Amber Bloomfield 2006 (Blackheath & Bromley Harriers AC)					
19 (7)	T19 400m Hurdles	Women	U20	Heats	1:08.51
Anastasia Davies 1999 (Blackheath & Bromley Harriers AC)					
11 (3)	T33 100m Hurdles	Women	Multiple	Heats	14.04 Q
10 (5)	T33 100m Hurdles	Women	Multiple	Semi-Finals	13.88
Chinedu Ndukwu 2006 (Blackheath & Bromley Harriers AC)					
15 (5)	T45 110m Hurdles	Men	U20	Heats	15.14 PB
22 (8)	T21 400m Hurdles	Men	U20	Heats	1:01.42
Chizute Ogbedeh 2000 (Blackheath & Bromley Harriers AC)					
19 (7)	T10 100m	Men	Multiple	Heats	10.84w
Daisy Snell 2007 (Blackheath & Bromley Harriers AC)					
1	F17 Long Jump	Women	U20	Final	6.32w
Dillon Claydon 2003 (Loughborough Students AC · Blackheath & Bromley Harriers AC)					
3	F26 Shot Put	Men	Senior	Final	16.08
2	F30 Discus Throw	Men	Multiple	Final	52.04
Eliza Nicholson 2007 (Blackheath & Bromley Harriers AC)					
3	T47 3000m	Women	U20	Final	9:46.93
11	T1 U20W & SW 5000m	Women	Multiple	Final	17:22.69
Gracelyn Kendeck 2007 (Blackheath & Bromley Harriers AC)					
3 (2)	T19 400m Hurdles	Women	U20	Heats	1:02.30 Q
	T19 400m Hurdles	Women	U20	Final	DNS
Hannah Clark 2005 (Blackheath & Bromley Harriers AC)					
10	T1 U20W & SW 5000m	Women	Multiple	Final	17:19.23
Honey Chalmers 2007 (Blackheath & Bromley Harriers AC)					
30 (6)	T7 100m	Women	U20	Heats	12.57
28 (8)	T36 200m	Women	U20	Heats	26.34
Indiana Marshall 2006 (Blackheath & Bromley Harriers AC)					
23 (8)	T7 100m	Women	U20	Heats	12.44w q
23 (8)	T7 100m	Women	U20	Semi-Finals	12.64
Jade Oni 2001 (Blackheath & Bromley Harriers AC)					
7	F33 High Jump	Women	Multiple	Final	1.65
Jonathan Ellerton 2006 (Blackheath & Bromley Harriers AC)					
2	T42 SM 3000m Race Walk	Men	Multiple	Final	15:27.38



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Julia Newman 2007 (Blackheath & Bromley Harriers AC)					
15 (5)	T19 400m Hurdles	Women	U20	Heats	1:06.69
Lauren Farley 2001 (Blackheath & Bromley Harriers AC)					
2	F10 SW Javelin Throw	Women	Multiple	Final	44.82
Louis Palmer 2002 (Blackheath & Bromley Harriers AC)					
1 (1)	T6 400m	Men	Multiple	Heats	47.92 Q
10 (2)	T6 400m	Men	Multiple	Semi-Finals	48.27 Q
5	T6 400m	Men	Multiple	Final	48.52
Madeleine Dodd 2007 (Blackheath & Bromley Harriers AC)					
5	F23 Pole Vault	Women	U20	Final	3.35
Max Clark 2007 (Blackheath & Bromley Harriers AC)					
11 (2)	T8 100m	Men	U20	Heats	10.64 Q
10 (5)	T8 100m	Men	U20	Semi-Finals	10.71
Oliver Driscoll 2007 (Blackheath & Bromley Harriers AC)					
	T38 200m	Men	U20	Heat	SCR
	T4 400m	Men	U20	Heat	SCR
Oreanuoluwa Adepegba 2007 (Blackheath & Bromley Harriers AC)					
6	F8 Triple Jump	Men	U20	Final	14.02w
Qi-Chi Ukpai 2008 (Blackheath & Bromley Harriers AC)					
2	F31 Triple Jump	Women	U20	Final	12.25w
Rayhan Mourtada 2007 (Blackheath & Bromley Harriers AC)					
5 (1)	T21 400m Hurdles	Men	U20	Heats	55.53 Q
3	T21 400m Hurdles	Men	U20	Final	51.74
Ryen Augustine Rennie 2007 (Blackheath & Bromley Harriers AC)					
22 (6)	T4 400m	Men	U20	Heats	50.32
Samuel Mowa 2006 (Blackheath & Bromley Harriers AC)					
8 (4)	T4 400m	Men	U20	Heats	49.22 q
11 (6)	T4 400m	Men	U20	Semi-Finals	49.65
Sophie Osborn 2006 (Blackheath & Bromley Harriers AC)					
9 (2)	T3 400m	Women	U20	Heats	56.01 Q
10 (3)	T3 400m	Women	U20	Semi-Finals	56.20
Tom Parker 1994 (Blackheath & Bromley Harriers AC)					
9	F5 Hammer Throw	Men	Multiple	Final	57.72
Zara Obamakinwa 2004 (Blackheath & Bromley Harriers AC)					
2	F19 Discus Throw	Women	Multiple	Final	54.85
Zuriel Nwogwugwu 2006 (Blackheath & Bromley Harriers AC)					
	T4 400m	Men	U20	Heat	SCR