



Presidents News 4 June 2025

Headlines

1. Results and Park Run participation,
 - a. Club Records
 - b. Masters
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 - f. Others
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Results

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

Five New Club Records!!

1. **Eliza Nicholson** U20W. 5000. 16.16.71 23/5/25
2. **Joseph Scanes** U17M 5000 15.01.88 31/5/25
3. **Clem Leon** M65. 400 68.6 30/5/25
4. **Alessia Scala** U15G. HJ. 1.76 26/5/25
5. **Benjamin O'Grady** U17M 1500 s/ch (2'9") 4.22.86 30/5/25.

YDL 25 May –additional update from last newsletter

Highlights: Izzy Rae broke her own League record in U17 sprint hurdles . Maddie Dodd improved her PB by 15cms in PV.

The U17 4x100 were quicker than the U20s and currently have the fastest electronically timed performance in the country. Emilia Adese was again over 15m in shot - the only girl in the country at present. A good day for debutants with Ruby Rogers and Annabelle Yeo both coming close seconds and better for Jasmine Mahoney. And special mentions for Jackie Nzekwe, Ella Reece and Fayó Olatunde for their multi-event contributions and all of John Wakeman 's PV squad.

Pickering Memorial International

Emilia Adese was selected to represent England in the Pickering International at Loughborough on 1 June in the shot. England team athletes were up against throwers from seven other nations including Switzerland, Sweden and Italy, plus a Loughborough University team. Emilia, who is currently 15, competed and won the U18 grouping in Loughborough with a throw of 15.20. She is currently the lead thrower at 3kg shot for U17 in England.

Congratulations Emilia!!



Masters - Bromley 30 May – report from Ashley Reid

SCVAC League Kent Division 1 - Fixture 1 Norman Park
30th May 2025

Match Details	Mt	Pts
1 Tonbridge AC - A	6	83
2 Dartford Harriers AC	5	65
3 Blackheath & Bromley H AC	4	48
4 Medway & Maidstone AC	3	47
5 Central Park Athletics	2	40

BC-SCVAC-2025

Women

Match Details	Mt	Pts
1 Tonbridge AC - A	6	62
2 Dartford Harriers AC	5	52.5
3 Blackheath & Bromley H AC	4	48
4 Cambridge Harriers	3	43
5 Ashford AC	2	41.5
6 Bromley Vets	1	21

BC-SCVAC-2025

Men

Full results are here - [SCVACKentDivisionResults30052025.pdf](https://www.bromley-harriers.co.uk/SCVACKentDivisionResults30052025.pdf)

A new season of vets league action got underway with a home fixture at Norman Park.

Along with the old faces there were some new team members, a new womens team manager and a renewed sense of optimism that both teams could build on last season when the Men finished 4th and the Women's team finished 2nd overall and made the finals.

On the track the night started with a dominant win for new Women's Team Manager **Sam Williams** in the W35 A String in a seasons best 63.2secs whilst in the B string race **Daniela Sage** also ran a SB 70.4 to secure 2nd place.

There was a close finish in the W50 event, where **Jennie Butler** was just edged into 2nd place by 0.3 of a second, but there was no such drama in the W60 event where the evergreen **Helen Godsell** won by over 10 seconds from her competitors.

On the men's side, **James Burton** was able to shave a second off his PB whilst finishing 4th in the M35 A String race with a time of 57.7 secs.

Iain Nye made his debut for the club, with his first race over the distance in the B string race finishing 3rd in a very impressive 58.9 secs. The other **Ian (Firla)** also finished 3rd in the M50 race.

In his last year in the age group, there was an M65 club record for **Clem Leon** who crossed the line in the M60 race in a time of 68.6 seconds - well done Clem!

It was the 3000m for the distance runners and there were a string of impressive performances across both teams. **David Adams** ran a new PB of 9:30.8 whilst finishing 3rd in the M35 A String race, and in the B string race another club debutant, **William Senbanjo** also ran a PB to finish 2nd, crossing the line in 9:41.8. Similarly, **Luca Ercolani** was 2nd in the M50 race in a PB time of 10:10.5.

On the women's side, **Trang Nguyen** overcame traffic on the roads and on the track to register a PB of 11:21.0 for a 4th place finish in the W35 A string race, whilst there was seasons best for **Sarah Belaon** who also finished 4th in the B string race.



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Finally a seasons best was also good enough for **Carole Coulon** to secure the win in the W50 race.

In the field, the Pole Vault was the first event to start and the last to finish on the night with both mens and womens events running concurrently. Sadly we had no representatives on the women's side, however the Men had **Roger Platt** (M50) and **Alan Hardy** (M65) both dropping down an age group but faring very well against their younger counterparts. Roger cleared 3.10m to finish 2nd, and Alan jumped 1.90m, the same height as two athletes above him, however ended up finishing 4th on countback.

Elsewhere in the field, there was a win in the M35 long jump for **Ashley Reid** with a best of 5.41m, and despite only having time for 2 attempts due to his commitments in the 400m, **Ian Firla** jumped 4.43m to secure 4th place in the M50.

Later in the womens event, there were 3rd places for both **Daniela Sage** (W35) and **Jennie Butler** (W50) - the latter jumping a PB of 3.24m.

We weren't able to field an athlete in either the W60 or W70 shot put so the final field event was the mens and womens discus. **Ian Firla** (M50), once again demonstrated his versatility finishing 5th in the M35 event, which was the same position **Simon Tolson** managed in the M50. There was another 5th placed finish for **Sam Williams** in the W35 and in the W50 **Carole Coulon** threw a PB 11.65m to finish 3rd.

Overall both the mens and womens teams secured a total of 48 points each, both finishing 3rd on the night. However with a string of strong performances, particularly on the track and with more of our specialist events to come over the next few fixtures there is plenty to build on and it should be an exciting season ahead.

The next fixture is Friday 13th June hosted by Central Park, Dartford. Hope to see you there!



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NAL, Chelmsford 31 May – report from Ian Firla

COMBINED - Winner CHELM: 610 (Scored 39 out of 39 events) # SHARE (click to show results)						
Team:	Chelmsford AC	Herts Phoenix AC	Havering AC	Blackheath & Bromley HAC	Herne Hill Harriers	Belgrave Harriers
Total:	610	552	519	510	389	365

[NAL Championship E R1](#)

Blackheath & Bromley Harriers AC opened our 2025 NAL campaign with a hard-fought 4th place finish in Round 1. While the result was respectable, it doesn't reflect the full potential shown on the day. A few unfortunate injuries and gaps in key events proved costly — yet even so, we were within reach of a strong 2nd place.

With a full squad at the next fixture on Saturday 5 July in Stevenage, we'll be in the hunt to win!

🌟 Team Highlights

- **Daisy Snell** delivered one of the performances of the day, leaping to 6.30m in the long jump — a European U20 qualifying standard and a commanding A string victory.
- **Charlotte Henrich** stormed to 1st place in the 200m (A string) with 23.53 despite a tough headwind. She returned to anchor our women's 4x400m relay to an impressive win in 3:49.05, joined by **Sophie Osborn, Hannah Clark, and Cameron Kelly-Gordon**.
- The men's 4x400m relay was equally dominant, with **Dan Putnam, Zuriel Nwogwugwu, Ryen Rennie, and Tommy Owler** combining to take 1st place in a swift 3:14.83 — one of the fastest times in the league this season.
- **Tommy Owler** also claimed victory in the 200m A string in 21.73, continuing his excellent form.
- **Daniel Goriola** produced a sharp 14.20 to win the 110m hurdles A string, scoring maximum points.
- **Anastasia Davies** took the 100m hurdles A string win with 13.86 and helped our women's 4x100m to 2nd place in 47.97, alongside **Rebecca Abegunde-Williams, Darcey Kuypers, and Louisa Vallins**.
- **Chloe Sharp** dominated the women's 3000m, taking the A string in 9:46.54.
- **Jade Oni** won the high jump A string with 1.71m, while **Mary Adeniji** took top points in the triple jump A string at 11.84m.
- In the throws, **Dillon Claydon** led the way with a powerful 50.13m win in the men's discus A string, while **Gemma Vickery** and **Sapphire Houston-Ball** combined for big points in the women's hammer.

Special recognition goes to those athletes who stepped up and filled unfamiliar events — a huge thank you for putting the team first and helping us cover the board.

🔥 All Eyes on Round 2 – Saturday 5 July, Stevenage

This was a performance full of grit and quality — but to win, we need depth. Every single point counts, and every athlete's presence matters.

✅ Be available. Be ready. Be there. No gaps. No absences. No excuses. With a full squad, we can — and will — win.



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YDL Lower Age Group, Tonbridge 1 June

After another successful YDL meeting, we overall managed to secure a strong second place with only 10 points difference between us and Woodford green. It was a great windy turn out this weekend with people filling in for various events across the competition hopefully next meet we can gain the first place we as athletes work hard to achieve!

This Match	Team Name	Points	League	B/fwd H	B/fwd L	Total Pts	Total L	Standings
1	Woodford Green AC with Essex Ladie	558.5	6.0	0.0	0.0	558.5	6.0	1
2	Blackheath & Bromley H AC	548.0	5.0	0.0	0.0	548.0	5.0	2
3	Tonbridge AC	505.0	4.0	0.0	0.0	505.0	4.0	3
4	Reading AC	451.5	3.0	0.0	0.0	451.5	3.0	4
5	Herne Hill Harriers	409.0	2.0	0.0	0.0	409.0	2.0	5
6	Bracknell AC	383.0	1.0	0.0	0.0	383.0	1.0	6
		0.0	0.0	0.0	0.0	0.0	0.0	
		0.0	0.0	0.0	0.0	0.0	0.0	

Girls - report from Evie De Bruyn

Starting of strong with the field events, we had Isla and Dulcie in the discus both scoring strong in the under 15's. In the javelin we had Jazzy and Isabelle under 13's and Freya and Harriet under 15's all four girls performing well. Shout out to Simon stepping up last minute to aid the officials! For the hammer we had Isla and Dulcie scoring yet again some more crucial points. The long jumpers consisted of Pearl and Olivia for the under 13's and Alessia and Amelie under 15's all four girls placing well. In the pole vault we Ella jumping 45cm above the rest! In the high jump Alessia topped the A string with Leela scoring well in the B string. Under 13's high jump we had Jazzy and Pearl both jumping well and securing maximum points. Olivia, Isabelle, Isla, and Eva all participated in the shot put again scoring points for the team.

Onto the track events, kicking things off with the sprinting, the 75m we had a team of four girls competing in this event, Etse, Faye, Isabelle, and Niamh all running fast and securing fantastic points in the windy conditions. in the 100 meters we had Matilda, India, and Zamaia all running well. in the 150m we had Etse and Faye again representing the club gaining valuable points. The 200m had Noelle and Kara placing high. 300m, Kara running a PB followed up with a strong sprint to the line from Freya. Up next the middle distance 800, we had Alba, Aoife, Harriet, and Eva all running well and close to personal bests. For the under 13's Elsa and Jazzy both ran well. The 1500m squad, consisted of Sophia and Evie both girls ran a strong race gaining good points in the A and B string. 1200m, Arianne making her YDL debut, and Holly running very well a year young.

To finish the day was some vey exciting relays up first was the under 15 girls who after setting of at speed were stopped after running an incredible first three legs. (This was due to a false start) The girls ran again securing first place! The 4x300m squad all ran well losing out of first place by 400ths of a second.

The 4x100m under 13's ran extremely well with less than 1 second splitting 1st to 3rd place. Well done girls!

To summarise the day all girls tried their best whether that was through throwing a javelin, jumping into the sand, or running on the track. Everyone showed determination to do the best they could in their events you should all feel extremely proud, and I look forward to seeing you all next YDL meet!



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U13 Boys – report from Team Manager, Kate Hunstone

Tonbridge welcomed us with warm sunshine ☀️ and a tricky and changeable wind tunnel 🌀 down the finishing straight. Despite the warm yet blustery conditions and being the last day of the school half term holidays, the BBHAC U13 boys rose to the occasion with steely determination, and some seriously impressive results 💪.

Track Events – Hurdles. The day began with the technical 75m hurdles, and the boys took it on with confidence:

- Zachary Evans – 4th in A string – 15.47s (Wind -4.1): Faced a fierce headwind but fought through 🌟
- Ethan Hunstone – 4th in B string – 16.51s (Wind -1.8): A solid run despite swirling gusts 🌀

Sprints – 75m - Some electrifying ⚡ short sprints followed:

- Rohan Thomas – 2nd in A string – 10.00s (Wind +0.5): A phenomenal PB 🏆 in a fast race 🔥
- Jonathan Ebohon – 2nd in B string – 10.30s (Wind -2.0): A PB despite tough headwind – fantastic! 🏆 🔥
- Calum Bryan – 1st in NS A – 10.57s (Wind -1.5): Great win 🏆 in challenging wind 🌀
- Oscar Li Tienzo – 1st in NS B – 10.31s (Wind -1.7): Strong and controlled run to take the win 🏆

Sprints – 150m

- Jonathan Ebohon – 4th in A string – 20.33s (Wind -2.0): Battled headwind to place well 🌀
- Calum Bryan – 3rd in B string – 21.31s (Wind -3.5): Solid performance into stiff wind 💪

Middle Distance – 800m

- Zachary Evans – 3rd in A string – 2:26.09: Strong debut over 800m 🏃
- Anthony Streich – 3rd in B string – 2:31.74: Stepped in off a flight ✈️ and delivered 🙌 thank you for stepping in.
- Luc Jones – 2nd in NS A – 2:33.23: Excellent effort and pacing 🕒
- Alexander Coe – 3rd in NS B – 2:33.83: Calm, steady run to support the team 🤝

Middle Distance – 1200m, Both boys debuted in this longer distance and smashed it 🌟:

- Akul Gurunathan – 2nd in A string – 3:58.36: Controlled from the start, a great PB ✅
- George de Bruyn – 3rd in B string – 4:01.21: Courageous running and a debut PB 🚩

Relays

- 4x100m Relay: Rohan Thomas, Oscar Li Tienzo, Calum Bryan, Jonathan Ebohon – came 2nd – 51.69 and their fastest time yet. After a false start ⚠️, the boys showed real maturity to reset and go again 🔄 – narrowly missing 1st to Tonbridge who also got faster but setting the stage for the rematch at Norman Park! You got this! 🌟



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Field Events

Long Jump

- Luc Jones – 6th in A string – 3.88m: Debut jump – great technique 🌟
- Ethan Hunstone – 5th in B string – 3.22m: Consistent performance under pressure 🎯

High Jump

- Oliver Toft – 5th in A string – 1.25m: Welcome debut to BBHAC 🙌 with a strong jump equalling his pb and showing 💪

Shot Put

- Daniel Ireland – 3rd in A string – 9.14m: Breakthrough PB 🌟 and first time in the 9m club
- Oscar Li Tienzo – 2nd in B string – 7.86m: Excellent PB – the improvements keep coming 📈

Javelin

- Alexander Coe – 4th in A string – 20.15m: Another PB ✅ in wild wind 🌪️ – impressive!
- Ethan Hunstone – 3rd in B string – 12.31m: Kept his cool 😎 despite tough throwing conditions.

Massive congratulations to the whole team 🙌 – especially those making their event debuts, covering extra events, or overcoming tough conditions. Your team spirit, courage, and commitment continue to inspire 💙. Next stop: YDL 3 at Norman Park, Saturday 29th June – home turf 🏟️ and a big opportunity to shine 🌟!

U15 Boys – report from Kate Hunstone

A huge thank you to everyone who braved the hot and windy conditions to compete at Tonbridge. The boys showed incredible grit and determination, delivering some fantastic personal bests despite battling strong headwinds and some nail-biting moments throughout the day. It was a fast and furious competition, and we narrowly missed out on first place by just 10.5 points, finishing a very respectable 2nd overall! 🏅🔥 We're already fired up and looking forward to fight for the top spot at the next YDL event, which will be held on our home turf on Sunday 29th June. 🏠💪

A special shout-out to Jo – wishing you a speedy recovery! 🙏🌟 We can't wait to see you fighting fit by the end of the month. 💙 (Apologies if I have missed anything!)

Sprints ⚡🏃

- 100m A: Piers Spencer-Simms – 1st – 11.18s (Wind: -0.9) 🏆
- 100m B: Nicodemus Senior – 4th – 12.58s (Wind: -1.0) – PB 🎉
- 100m NS A: Zachary Ferraz – 3rd – 13.42s
- 100m NS B: Harrison Luck – 4th – 13.45s
- 200m A: Piers Spencer-Simms – 1st – 23.17s (Wind: -3.9) 🏆
- 200m B: Jericho Senior – 1st – 23.64s 🎉
- 300m A: Jericho Senior – 1st – 37.10s – PB – A phenomenal run! 🔥
- 300m B: Luca Hunstone – 6th – 43.70s – PB – A super fast race too. ⚡



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Middle Distance 🏃🏃🏃

- 800m A: Jack Barlow – 4th – 2:08.27 – PB 🏆
- 800m B: Johnny Lee – 1st – 2:11.44 🥈
- 800m NS A: Oscar King – 5th – 2:32.65 – PB 🏆
- 1500m A: James Bunn – 4th – 4:36.10
- 1500m B: Ricardo Cervera-Tomlins – 2nd – 4:45.28 🥈

Hurdles 🏃🏃

- 80m Hurdles A: Jack Ruby – 2nd – 12.40s (Wind: -1.8) 🥈
- 80m Hurdles B: Alex Smith – 3rd – 14.05s (Wind: -1.2) – PB 🏆

Field Events 🏹🏹

- Long Jump A: Zachary Ferraz – 4th – 5.04m – PB (Breaking the 5m barrier with a great jump!) 🏆
- Long Jump B: Sylvester Amo-Konadu Jr – 1st – 5.03m – PB (Another phenomenal 5m breakthrough!) 🥈
- High Jump A: Sebastian North – 1st – 1.60m – Double win in the high jump! 🥈🥈
- High Jump B: Jack Ruby – 1st – 1.60m – Great effort despite a slight pulled muscle 💪
- Shot Put A: Evan Middlemiss – 3rd – 10.39m 🥈
- Shot Put B: Aathinarth Gananathan – 2nd – 9.73m 🥈
- Discus A: Aathinarth Gananathan – 1st – 37.13m – PB 🏆🥈
- Discus B: Oliver Beecroft – 2nd – 28.35m 🥈
- Hammer A: Evan Middlemiss – 3rd – 31.95m – PB (Breaking into the 30m zone!) 🏆🥈
- Hammer B: Luca Hunstone – 12.21m
- Javelin A: Sebastian North – 2nd – 35.44m 🥈
- Javelin B: Zachary Horton – 2nd – 29.51m – PB 🏆🥈

Relays 🏃🏃🏃🏃

Two super nail-biting relays kept everyone on their toes!

- 4x100m Relay: Piers Spencer-Simms, Sylvester Amo-Konadu Jr, Nicodemus Senior, Jack Ruby – 2nd – 46.59 🥈
- 4x300m Relay: Aathinarth Gananathan, Jack Barlow, Johnny Lee, Jericho Senior – 2nd – 2:42.71 🥈

Fantastic effort all round – the hard work is clearly paying off! 🌟 Let's keep the momentum going for the home match in June! 🏆🔥



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Walks

On Saturday 31st May Three Blackheath and Bromley walkers took part in the Ken Livermore 10,000m 2 walkers continuous relay. We used to call this a paarlauf. 14 teams took part

- Jonny and Matt Ellerton were in silver medal position in 54m 22s.
- Florence Watson partnered Grazia Manzotti (Tonbridge) were in bronze position in 56m 03s.

Road Races Sunday 1st June

Iron Man – Ian Montgomery

“An early start being away from our digs at 5:30.....yes AM. The event was the Cotswolds 113 which is a middle distance or half Ironman. Swim (1900 meters) was @ 51 minutes, cycle was a two lap affair totalling 56 miles/90K, I was pleased with how it went @ 3:07 and I even managed to negative split although the wind got up on the second loop.....and at last off the bike and on to the run (13.1 miles). 2:11. From gun to finish 6:23 including both transitions. I didn't leave much out there so for where my fitness is at that was as good as I was going to be.”

Weybridge half: Paulo Lancini 1.25.37 Nigel Brewsher ran 1.46,

Park Run 31 May

Saturday saw 69 members run at 28 different events.

Furthest from the clubhouse was Mick Keene in Keswick.

Podiums for 31st May

Doug Varney	1st M	Beckenham	18.19
Leo De Bruyn	3rd M	Bromley	16.36
Trang Nguyen	1st F	Bromley	19.29
Gracie Horton	2nd F	Bromley	19.52
Philip Bunn	2nd M	Catford	18.54
Steve Hough	2nd M	Lullingstone	20.23
Freya Denbow	3rd F	Margate	23.50
David Adams	2nd M	Orpington	18.48
Justin Strover	1st M	Riddlesdown	18.53
Graeme Lugar	1st M	Shorne Woods	18.26

**numbers do include runners who have marked the club on their Park Run profile but may not have paid subs for 2025*

Runners can be seen here - [parkrun | Consolidated club](#)

Fixtures

This week's fixtures

- SEAA Championships U13/15/17 at Crystal Palace

Parris Handicap Summer Series

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



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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>

Other News

Open Day -June 16th

The next Open Day is now open for entries.

Volunteering / Academy event (Alice Platt)

Further Opportunities to Volunteer

Our next Academy Competition is on the 21st June, 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!



Barrie Underhill

Blackheath & Bromley Harriers AC are sad to announce that Barrie Underhill passed away on 9 April 2025 aged 89. Barrie, a life member, joined the club in 1953. Our condolences to Barrie's family and friends. In looking for "and finally" section for this evening I came across one from June 1961

News From Far and Near

...we received a most interesting letter from B Underhill with some first-hand news of his doings. At the time of writing he had reached India after extensive travels in Iran and Afghanistan and was embarked on a 1,000 mile trip down the Ganges to Calcutta. He is very fit and looking forward to competitive athletics once again but it will probably be another year or 18 months before he is back in the UK!

Social News

Next Bingo event is on June 27th !



Steve Pairman,
President BBHAC