



Presidents News 6 Aug 2025

Headlines

1. News format
2. Fundraising
3. Results and Park Run participation,
 - a. Club Records
 - b. Kent Masters
 - c. British Championships
 - d. Other Races incl Cyprus Nationals, Academy and Open Day
 - e. Park Run
4. EA volunteer awards – 2 shortlisted!
5. 300 Club

Results

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

Corrections from 30 July

- U23 European Championships - Daniel Goriola ran the 110m Hurdles (not the 400mh)
- England championships - Johnny Ellerton race walked the 3000m (not the 300m)

Presidents News

We are updating how Presidents News is communicated. From today (6 August) the News will continue to be provided verbally at the clubhouse at 8.30 but will no longer be recorded. Instead, the communication to members will be through the Newsletter which will be published and emailed to members, and shared on social media, a day or so later. We are also sorting out the issue with some emails going to spam. I would like to thank the Team Managers for their reports which have proven successful and going forward we will be encouraging other contributions from members as well.

Fundraising

It is ever more important that we continue to raise funds for the club – for example to help fund part of the trip to Portugal for the DNA final coming up at the end of August.

For example, this week I bought a sports top online and raised £2.17!

You can help too by adding easyfundraising to your browser!

I've raised £100's for Blackheath & Bromley Harriers AC and it hasn't cost me anything! You can do the same when you support Blackheath & Bromley Harriers AC on easyfundraising. Over 8,000 brands will donate including M&S, Argos, Tesco, John Lewis & Partners, eBay, Sainsburys, TUI, Etsy and more. Just sign up and shop via the easyfundraising website or app – it's quick and easy and the free donations quickly add up. Find out more:
<https://join.easyfundraising.org.uk/bbhac/IY5UFP/dc/ouMOCm8n/dcon/facebook/653.80/>

See also the notice from the **300 club draw** at the end of this newsletter for other fundraising activities.





Presidents News 6 Aug 2025

Records

- Another 2 club m65 records & pb for **Kevin Ansell** with 13.19 (100m) and also 200m at Mondays Open Day
- **Helen Godsell** has yet another great w70 100m British record plus a stadium age group record 15.09 set at the London masters international!! Helen now holds the British w65 & w70 records!
 - plus Helen achieved a M70 800m club record at Sutcliffe with a 3.26
- At the Kent Masters, more M75 records: **John Turner** in the 100m (19.8) and **Ken Daniel**, beating Johns 800m record in 3.02.05.

Kent Masters

Another great evening of athletics at Sutcliffe Park. The women's team finished 2nd on the night, just 2 points behind Tonbridge and 2nd overall in the final league table. This means they have qualified for the final! Congratulations !!

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	58.5	1 Tonbridge AC - A	36	430.5
2 Blackheath & Bromley H AC	5	56.5	2 Blackheath & Bromley H AC	28	326.5
3 Dartford Harriers AC	4	49	3 Dartford Harriers AC	25	311
4 Central Park Athletics	3	42	4 Medway & Maidstone AC	17	226
5 Medway & Maidstone AC	2	29	5 Central Park Athletics	12	183
			6 Ashford AC	6	98

BC-SCVAC-2025

The men's team showed their season consistency by finishing 3rd on the evening thus retaining 3rd overall for the final table, keeping Cambridge in 4th by just 1 match and 4 season points. Bear in mind this was achieved at Cambridge's home track!

Match Details	Mt Pts	Pts	Overall Details	Tot Mt Pts	Tot Pts
1 Tonbridge AC - A	6	67	1 Tonbridge AC - A	32	396.5
2 Dartford Harriers AC	5	64	2 Dartford Harriers AC	32	389.5
3 Blackheath & Bromley H AC	4	56	3 Blackheath & Bromley H AC	21	319
4 Cambridge Harriers	3	55	4 Cambridge Harriers	20	315
5 Ashford AC	2	45	5 Ashford AC	15	276
6 Bromley Vets	1	25	6 Bromley Vets	6	138

BC-SCVAC-2025

Wins on the day were:

- **Sam Williams** 100m B
- Women's 4x200m relays (**Danielle Sage, Sam Williams, Louisa Vallins and Helen Godsell**)
- **Carole Coulon** in the W50 3000m
- **Helen Godsell** in the W70 800m
- Double 100m for **Duayne Bovell and James Burton** in the A & B string respectively
- The men's 4 x 200m relay (**Iain Nye, James, Ashley Reid and Duayne**)

Provision results are attached:



SCVAC Kent
Division Draft Result



Presidents News 6 Aug 2025

British Championships

Last weekend saw 20 of the club's athletes compete at the British Championships in Birmingham, with 8 coming home with medals!

1. **Dina Asher-Smith** won the women's 200m
2. **Zara Obamakinwa** improved her 2024 British silver to 2025 British gold with a throw of 55.90m
3. **Faith Akinbileje** secured British 100m bronze running 11.34 just one hundredth ahead of 4th
4. **Jack Kavanaugh** (2nd claim) was second in the men's 5k behind Josh Kerr
5. **Bekah Walton** won the women's javelin
6. Our world para-athletics javelin champion **Hollie Arnold** also won javelin
7. **Nana Gyedu** was 3rd in the women's shot put
8. **Daniela Goriola** was 2nd in the men's 110mH

Results can be found at the end of this Newsletter.

Cyprus National Championships

Huge double congratulations to **Hannah Clark** who won a silver in the 1500m, then the next won gold at 5000m. Well done Hannah!

Academy Event – Sunday 3rd July

Another successful event with many of our academy members achieving personal bests. A few of the members will be able to move into the club. As always thanks to those that volunteered at the event.

Club Open Day Monday 4th July

314 registrations for 418 race entries yet again proved the success of the Open events. Results will be posted on Po10 and can also be seen here - [Live Results](#). A number of the races were filmed by Mark Hookway of TADC can be found on YouTube. As an example of how good an event this is for all athletes, I see **Jed Starvis** and **Joe Scanes** running 1.52.29 and 1.52.44 in the same race (Jo's being around 7th fastest in the country this year at U17) but I also counted another 8 club members who ran PBs for the 800m! **Cheyenne Nketia** ran a PB in the 100m to get into the top 20 women's ranking at U17

The last of the Open events is scheduled for September 1st

Other Races

- Olympic Park 10k - 41.18 **Trang Ngyuen** - 1st AG - £10 voucher to use for the next race

Park Run 2 Aug 2025

Furthest from the clubhouse was Rod Harrington in Pirrama, Australia

Podiums for 2 Aug

Harriet Hughes	1stF	Bethlem	19.31
Ollie Knowles	2nd M	Hoblingwell	18.55



Presidents News 6 Aug 2025

Graeme Lugar	2nd M	Sandringham	17.56
Joseph Georgiadas	3rd M	Sandringham	18.14
Leonardo De Bruyn	1st M	Sutcliffe	16.56
Madalisto Valema Mwanza	2nd M	Sutcliffe	17.31
Evie De Bruyn	2nd F	F Sutcliffe	20.32

Mark Ellison and Anne Cillia were both 1st M/FV65 at Tonbridge

**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 – EA Volunteer Awards

Some exciting news is that two of our members have been shortlisted for England Athletics volunteer awards

1. Bromley Primary Schools XC Support Team have been short listed for an EA Volunteer awards. Congratulations to **Richard Coe** and your fellow team members for being short-listed!
2. **Ian Firla** in the Club Volunteer of the Year category

Well done to Richard and Ian and good luck for the London Regional Volunteer Awards on the 27th September!

300 Club

Last week's winner in the 300 Club draw were:

- £150 no. 161 Rod Harrington
- £100 no. 232 Zoe Kingsmill
- £50. no. 112 Danny Freeman

All funds from the 300 Club go towards underwriting our young athletes' travel. There are a few numbers still available.

Only £1 a week, payable monthly, quarterly, semi-annually or annually.

You have to be in it to win it!! Please contact Tony Pontifax to join - apontifex@hotmail.com

And Finally from March 1934 – one for John Wakeman , the Platts and all Pole Vaulters!

“Pole-jumping” is now included in the list of events for the Southern Amateur League. This is, we imagine, something of a novelty to the Harriers but no doubt our indomitable spirit will prevail and we will have plenty of volunteers for this somewhat precarious sport”.

Steve Pairman,
President BBHAC



Presidents News 6 Aug 2025

British Championships

	Position	Time	Name			Club/s	SB	PB
100m								
S	5=	10.38	Kieran Gowan-Wade	SEN	M	Blackheath & Bromley	10.27	10.27
H	2	10.46	Kieran Gowan-Wade	SEN	M	Blackheath & Bromley	10.27	10.27
H	8	10.82	Michael Damoah	SEN	M	Blackheath & Bromley/LSE	10.41	10.41
F	3	11.34	Faith Akinbileje	U23	W	Blackheath & Bromley	11.19	11.19
S	2	11.21 w	Faith Akinbileje	U23	W	Blackheath & Bromley	11.19	11.19
S	6	11.84 w	Darcey Kuypers	SEN	W	Blackheath & Bromley/Brunel Uni London	11.52	11.4
H	2	11.77	Darcey Kuypers	SEN	W	Blackheath & Bromley/Brunel Uni London	11.52	11.46
200m								
F	6	20.75	Jeriel Quainoo	U23	M	Blackheath & Bromley/Oaklands Col	20.7	20.34
H	2	20.77	Jeriel Quainoo	U23	M	Blackheath & Bromley/Oaklands Col	20.7	20.34
H	5	21.16	Dan Putnam	SB	SEN	Blackheath & Bromley/Loughborough Students	21.16	20.65
F	1	22.9	Dina Asher-Smith		SEN	Blackheath & Bromley	22.14	21.88
H	1	22.9	Dina Asher-Smith	SEN	W	Blackheath & Bromley	22.14	21.88
F	6	22.88	Faith Akinbileje	PB	U23	Blackheath & Bromley	22.88	22.88
H	2	23.15	Faith Akinbileje		U23	Blackheath & Bromley	22.88	22.88
H	7	24.53	Aaliyah Brown		U23	Blackheath & Bromley	23.83	23.83
H	6	24.08	Darcey Kuypers		SEN	Blackheath & Bromley/Brunel Uni London	23.4	23.37
400m								
H	5	48.09	Dan Putnam		SEN	Blackheath & Bromley/Loughborough Students	46.63	46.02
800m								
H	6	01:48.4	Henry Fisher		SEN	Blackheath & Bromley/Birmingham City Uni	01:47.0	01:46.6
5k								
F	2	13:53.4	Jack Kavanagh		SEN	Holland Sports AC/Blackheath & Bromley	13:49.1	13:49.1
110mH								
S	-	DNF	Marcia Sey		SEN	Blackheath & Bromley/Howard Uni	12.76	12.76
H	4	13.66	Anastasia Davies		SEN	Blackheath & Bromley	13.53	13.38
H	2	13.12	Marcia Sey		SEN	Blackheath & Bromley/Howard Uni	12.76	12.76
SP								
F	3	15.64	Nana Gyedu		SEN	Blackheath & Bromley/Washington State University	17.07	17.23
F	7	15.66	Dillon Claydon		U23	Blackheath & Bromley/Loughborough Students	16.17	16.57
DT								
F	1	55.9	Zara Obamakinwa		U23	Blackheath & Bromley/Northumbria Uni	58.17	58.17
F	9	51.27	Dillon Claydon		U23	Blackheath & Bromley/Loughborough Students	53.06	53.85
JT								
F	11	62.68	Aryan Padaruth		U23	Blackheath & Bromley/Rice Uni	70.99	70.99
110mh								
F	2	13.81	Daniel Goriola		U23	Blackheath & Bromley/Nottingham Uni	13.67	13.55
H	1	13.85	Daniel Goriola		U23	Blackheath & Bromley/Nottingham Uni	13.67	13.55
JT								
F	1	58.44	Bekah Walton		SEN	Blackheath & Bromley/Loughborough Students	59.38	59.95
F	1	41.37	Hollie Arnold F46	SB	SEN	Blackheath & Bromley	41.37	44.73
5k W								
F	-	DQ	Jonathan Ellerton		U20	Blackheath & Bromley	25:56.7	