



Headlines – A Bumper Edition covering a Busy Weekend!!

1. Results and Park Run participation,
 - a. [YDL LAG](#)
 - b. [Ted Pepper](#)
 - c. [Open Day](#)
 - d. [Park Run](#)
 - e. Other results
 - Bannister Miles
 - Prague & Milton Keynes Marathon
2. Forthcoming fixtures
3. Calls for volunteers ([see below](#))
4. “And [Finally....](#)”



Results

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

YDL Lower Age Group, Saturday 3rd May, Woodford Green

The Lower Age Group squad for Blackheath & Bromley Harriers competed in the first of this seasons events. A very strong start to the season saw the club finish in 2nd place, with the home team Woodford Green winning the event.

| This Match | Team Name | Points | League | B/fwd M | B/fwd L | Total Pts | Total L | Standings |
|------------|-------------------------------------|--------|--------|---------|---------|-----------|---------|-----------|
| 1 | Woodford Green AC with Essex Ladies | 594.0 | 6.0 | | | 594.0 | 6.0 | 1 |
| 2 | Blackheath & Bromley H AC | 530.5 | 5.0 | | | 530.5 | 5.0 | 2 |
| 3 | Reading AC | 509.5 | 4.0 | | | 509.5 | 4.0 | 3 |
| 4 | Tonbridge AC | 459.5 | 3.0 | | | 459.5 | 3.0 | 4 |
| 5 | Herne Hill Harriers | 403.0 | 2.0 | | | 403.0 | 2.0 | 5 |
| 6 | Bracknell AC | 330.5 | 1.0 | | | 330.5 | 1.0 | 6 |
| | | | | | | | | |

Full results are here - [LAG25 SO Southern Premier M1 ASHTON PLAYING FIELDS.pdf](#)

Reports from the Team Managers follow:

U13F & U15F – report from Karen Desborough, written by Evie De Bruyn

As the team manager of the under 13s and 15s girls YDL squad, it brings me great pride to reflect on the success of our first YDL this year. Saturday’s event showcased athletic excellence but also the strength of teamwork, preparation, commitment, and most importantly camaraderie, that you all should be extremely proud off.

Throughout the competition our athletes gave everything they had, whether it was throwing, jumping, or running our athletes preformed excellently. Blackheath and Bromley Harriers as a whole today managed to secure second place just below Woodford Green,



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Saturday's place was a whole one higher than last year so you should all feel incredibly proud!

In the 100m u15 girls we had Matilda Murray have a strong race, as well as Zamaia Dixon who again ran very well. We also had Maya Conell and Omasan Okoro who both displayed incredible performances.

The 200m u15 girls followed up shortly was led by Noelle Carr and India Ellington who both had an amazing race! With both of the athletes almost running at their bests.

Next up was the 300m u15 girls, with Kara Bryan and her blistering speed ended up running a pb of 41.21, with Freya following up with another superb race almost beating her previous standing pb

Next up was 800m u15 girls, we had Eva John and Aoife Stanley both having solid races securing important team points!

For the u13 girls 800 was had Jasmine Steven's and Olivia King both running well!

We then had Chloe Morez who dominated her race into first place with a pb of 2:34. To follow up we had Melody who ran another superb race!

Next were the 1500m girls: we had Sofia Mossi and Evie de Bruyn, both athletes had a promising race to secure crucial points, with the hottest part of the day when their event took place!

In the 1200m we had another YDL debut for Holly Tallack who secured 3rd place in her race, we then had Alice Bunn who ran an amazing race securing herself a strong pb of 4:33!

In the 75m hurdles, Matilda Murray had yet again another amazing race alongside Amelie Ramdeen who had an excellent race and pb of 13.46!

It was another impressive day for the field events, Amelie Ramdeen back to her best with a jump of 4.62 in the long jump. As well as a great jump by Harriet Hughes's. For the u13 long jump we had Olivia King, and Leena Aldridge who made her YDL debut!. Up next was the high jump, and it was great to see Alessia back jumping after her recent injury! With Leela following up with a new pb of 1.30, and for the u13 high jump, after performing well in the 800, Jazzy stepped up and managed an impressive first place!, with Pearl also debuting in the YDL, well done to all girls!

In the shot put we had Isla Wilson and Eva John both earning valuable points for the team, and for the u13 we had sprinters Faye and Isabel throwing well! followed up with Isla again and Dulcie Simpson both scoring valuable points from discus and hammer for the squad. Isla managed a pb in discus and hammer! The last field of the day we had Freya Pierson and Harriet Hughes's both stepping up for the team in these events to score us more valuable points! With the u13s having Jasmine Steven's completing her 3rd event of the day with Isabel both gaining decent distances.



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To end this fantastic day, we saw the u13 girls do the 4x100 relay where the girls performed to the best of their abilities it was a very close race with 1 and 3 all placing within a second.

The 4x100 u15 girls was again another blistering race with only 3 seconds between 1st and last place! Well done girls!

Lastly to end the day we had the 4x300 relay with Kara, Maya, Aoife, Freya completing the squad, the girls were absolutely flying round the track ending the race with a phenomenal 6 second victory!

Well done to everyone who competed today you should all be incredibly proud and I look forward to seeing you on the first of June for the next YDL meet!

— *Written by Evie de Bruyn (u15 girls)*

U13M – report from Team Manager (Kate Hunstone)

Saturday 4th May – scorching sun, swirling winds, and some seriously impressive performances. Well done to all the boys who competed at the first YDL meet of the season – for many it was their debut, and what a way to start! Despite the sun and windy conditions, the team pulled together, racking up PBs, points, and loads of great memories helping take our Lower Age Group team to 2nd place at Woodford Green.

Hurdles: We opened the track with the 75m hurdles – a tough technical event, but the boys delivered:

- Freddie ran a PB of 13.45s to take 2nd in the A string on debut
- Drew tackled his first ever hurdles race with courage and came 3rd in the B string with 16.10s – brilliant effort!

Sprints: We kicked off with the 150m, and it was a great start.

- A string – Jonathan delivered, finishing 2nd in 19.63 despite barely making it to the track in time – impressive composure and a fantastic debut over the distance
- B string – Calum took 3rd with a determined run of 20.11, just shy of his PB

The 75m saw more standout runs:

- A string – Calum powered to 3rd in a swift 10.36
- B string – Rohan clocked 10.47 for 4th in a competitive field

In the non-scoring races, we had a double win:

- Oscar stormed to 1st in 10.25 on a debut to 75m – a brilliant PB
- Jonathan, in his first ever 75m, took 1st in 10.56, running into a strong headwind – great effort!

Middle Distance - In the 800m, the boys really dug deep:

- A string – George ran a solid 2:33.94 for 4th



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- B string – Anthony stepped up last minute from non-scoring and smashed it with a PB of 2:29.13, taking 1st in his YDL debut!
- NS A string – Fletcher impressed on debut, finishing 2nd in 2:44.87
- NS B string – Ethan gave it a go despite not having raced 800m before and ran a respectable 2:53.00

The 1200m boys continued the momentum:

- A string – Zach controlled the race brilliantly to take 1st in 3:48.14 – a brilliant debut to the 1200m event
- B string – Harry matched the result with a strong 1st in 3:53.67 – great teamwork!

Jumps - In the long jump, both boys jumped solidly for the team:

- A string – Freddie landed a 3.85m for 6th
- B string – Fletcher jumped 3.48m for 4th, continuing his strong day

The high jump saw some brave performances:

- A string – Freddie was superb on debut, clearing 1.35m to finish joint 3rd
- B string – Zach stepped in to fill the empty spot and jumped 1.25m to claim 3rd – great versatility!

Throws - In the shot put:

- A string – Oscar matched his Kent League PB with a solid 7.67m, taking 3rd
- B string – George added almost half a metre to his PB with a 4.74m throw for 4th – great progress!

In the javelin:

- A string – Zach launched it 16.06m for 6th
- B string – Ethan threw 13.19m to take 3rd – showing real strength across events

Relays

We ended the day on a high:

- The 4x100m team of Rohan, Oscar, Calum, and Jonathan flew to 1st place in a blistering 52.41 – electric handovers and pure speed!

Huge well done to everyone – especially those trying new events, stepping up last minute or making their YDL debuts. The team spirit and performances made us super proud.

U15M – report from Team Manager (Jo Martin)



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Just wanted to say a massive well done to everyone who competed at the YDL on Saturday – another extremely hot day - some brilliant performances and a real show of team spirit across the board.

The day kicked off with the hammer – up until the morning we didn't have anyone in the event, but Luca stepped up and threw 8m to grab us some valuable points. A great start and top team effort.

Jack and Alex followed with strong runs in the 80m hurdles – both just missing out on 1st place but taking excellent 2nd place finishes. Great racing from both.

Piers had an outstanding day, storming the 200m A string in 22.28 to go No.1 in the country. Jericho backed it up brilliantly, winning the B string in 23.56. A fantastic double – and brilliant to watch.

Over in the pole vault, Jack Ruby made his debut and took the win in the A string with a fantastic 3m clearance – great to see!

In the 800m, Jack, Johnny, Alex and Ben all raced well. Ben stepped in last minute due to illness and smashed it – winning the NS string with a new PB. Alex held his own in a competitive race. Jack continued his great run of form with a new PB of 2:10.24 to take 3rd in the A string. Johnny ran a smart, well-paced race and came through strongly to win the B string in a new PB of 2:13.82.

In the long jump, Sylvester stepped in last minute due to illness and jumped a solid 4.86m for 3rd place – a real team player. Luca also competed and got himself a PB of 2.43m – great work from both.

Aathi had a brilliant day in the throws – he threw 29.91m in the javelin and secured 4th place in the A string alongside Ben throwing a great 19.95m in the B string.

Aathi also won the A string discus with a new PB of 37.04m and put in a strong shot put too. Oliver also looked strong, taking 2nd place in both the discus and shot with a new PB of 25.11m in the discus and 9.58m in the shot – great consistency.

Jack and Jacob competed in the high jump – Jack secured the A string win and Jacob cleared 1.35m in the B string. Solid performances all round.

The 100m saw Piers, Nico, Sylvester and Luca compete. Piers was dominant again, cruising to the A string win. Nico, running a year young, held his own really well in the B string. Sylvester grabbed a new PB in the NS race, and Luca had a solid run in a quick heat – great effort from the whole group.

Jericho took on the 300m A string and powered through for the win – another confident, strong run. Finn followed in the B string, looking composed and finishing well.



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In the 1500m, James and Jake ran well in the heat. Jake stepped in last minute due to illness in the team, and both gave it everything. James finished 2nd, just missing a PB, and Jake wasn't far behind with a new season's best.

We wrapped things up with the relays – always great to watch. The 4x100m team of Piers, Sylvester, Nico and Jack had a strong race, coming 2nd just behind Woodford Green. Some slick running and really promising for their first time together.

In the 4x300m, Finn, Jake, Johnny and Jericho took 3rd place. Finn started it off well in the 1st leg, Jake ran well despite tired legs from the 1500m, Johnny put in a cracking leg, and Jericho brought it home in style as always.

Really proud of how everyone performed – especially those who stepped in last minute or took on new events to help the team. Brilliant attitude all round.

I hope I've captured everyone in my write up, I do try my best 😊 I apologise in advance if I have missed any PB's or events.

Looking forward to the next meet – the second Kent League on Sunday 18th May!

Ted Pepper

The annual Ted Pepper 10k race took place at Norman Park on Monday May 5th. The race saw 316 runners complete the course, with the winner being Mike Baksh, finishing in 33.02, from Beckenham Running Club, with Alex Middleton (34.46) from Blackheath & Bromley 2nd and Jake Greenwood 3rd (35.07) from Tonbridge. Clare Elms from Kent AC was first woman home in 39.32, followed by Melody Kane (39.55) from Petts Wood Runners and Katie Flagg 3rd in 40.59.





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Full results can be viewed here –

<https://events.sportsystems.co.uk/results/?eid=3855&rid=6078>

One interesting piece of feedback from the Facebook site came from Victoria Plumpton:

“Thank you to all involved for a great event. Ted Pepper was my other half, Matt’s, Dad so to run/attend each year and see the support and enthusiasm for the race in his memory is very special for both of us. Thank you B&B Harriers! Matt also attended the event.

My thanks to Dave Beadle and all the marshals and volunteers for making this another very successful event and raising thousands of pounds for the club.

Open Meeting (Monday May 5th)

Another very successful Open Meeting was held on Monday. Over 360 athletes registered to take part!

- In the 3k Joseph Hill ran an 8 36:72 – the 2nd fastest time UK this year; 10secs inside National Standard!
- **New Club Record!**
 - Zara Obamakinwa broke the club discus for senior women. She threw 58.17m at the Club Open Day on Monday. This makes her no 1 in the country

Update - New Club Record

At last weekends YDL UAG event , a new club record! Well done, Ben!

- U17M 1500s/ch (2'9") 4.27.40 Ben O'Grady 27/4/25

Park Run

A 56 runners* ran Park Runs on Saturday 26th April 2025 at 25 different locations.

This week’s furthest run from the clubhouse was Seva Ivanov who did the Downsview Park Run in Greater Toronto, Canada.



Podiums for April 26th

| | | | |
|-----------------------------------|-------------------------|---------------------|--------------|
| Graeme Lugar | 1st M | Bromley | 16.57 |
| Ben O'Grady | 2nd M | Bromley | 16.58 |
| Holy Alford-Smith | 1st F | Bromley | 20.05 |
| Aida Palamores – Dominguez | 3rd F | Bromley | 21.26 |
| Oliver Knowles | 1st M | Hoblingwell | 20.01 |
| Jennie Butler | 1st F | Lloyd Park | 21.33 |
| Steve Hough | 1st M | Lullingstone | 19.37 |
| Akul Gurunatahan | 2nd M | Swanley | 19.57 |

**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](#)

Bannister Miles

Emery Aldridge ran 5.02.42 as an U13!

BUCS Championships



Ailbhe Barnes won the 2000m steeplechase in a PB time of 6.51.51! This also makes Ailbhe the second fastest in the country this year! (subject to Po10 confirmation).



Prague Marathon

James Meader and Paul Sharpe ran the Prague marathon. James finished in 2.30.55 and was 1st M35, and 33rd overall. Paul finished in 3.03.20, in 407th place – out of 7666 finishers. He looks as though he went straight to the bar! Well done both on strong runs!

Milton Keynes Marathon

Three club members ran the Milton Keynes marathon – congratulations to Martin Parkinson 3.01.04, Will Brindley 3.25.01, Danny Freeman 4.16.46.

Fixtures

- This weekend sees the Kent County Championships at Ashford.



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- Parris handicap on Wednesday 14th May

Parris Handicap

Entries are open for the summer series - enter via your joinin account & the Blackheath & Bromley Harriers AC shop. Trial event was held this evening, and the first race is next week, Wednesday 14th May.

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

iain.swatton@btinternet.com

BLACKHEATH & BROMLEY HARRIERS
Parris Handicap
5K SERIES

7PM
Registration from 6pm

Dates:
Wed 14th May
Thu 5th June
Wed 25th June
Tue 15th July

Registration & Fees:
In Advance £12
for all 4 races
Pre-register £4
Day Of Race £5

Scan The QR Code
For Registration

Norman Park Community Sports Centre,
Hayes Lane, BR2 9EG

iain.swatton@btinternet.com

Parris Handicap – Test Event Recap May 7th



Thank you to everyone who took part in last night's Parris Handicap test event. We had 17 runners take part and the event ran smoothly, thanks to the fantastic support from our marshals – much appreciated!

The results are now available below and we'll review any handicaps where appropriate ahead of next week.

| Runner | Position | Net Time | |
|-------------------------|----------|----------|--------------------|
| Nigel Bewsher | 1 | 00:23:45 | |
| Kenan Direk | 2 | 00:24:57 | |
| James Olav Breen Norris | 3 | 00:21:21 | |
| Karen Harrison-Phipps | 4 | 00:26:29 | |
| Dave Leal | 5 | 00:26:15 | |
| Jon Paiman | 6 | 00:19:40 | 2nd Fastest Male |
| John Turner | 7 | 00:26:35 | |
| Angela Powell | 8 | 00:25:35 | 3rd Fastest Female |
| Mark Ellison | 9 | 00:24:43 | |
| Steven Paiman | 10 | 00:21:30 | |
| Chris Fishlock | 11 | 00:20:42 | |
| Damian Hayes | 12 | 00:20:33 | 3rd Fastest Male |
| Trang Nguyen | 13 | 00:20:13 | Fastest Female |
| Luigi Arcuri | 14 | 00:24:34 | |
| Steve Hough | 15 | 00:18:45 | Fastest Male |
| Katy Sugden | 16 | 00:23:37 | 2nd Fastest Female |
| Steve Evenden | 17 | 00:21:32 | |

We're looking forward to welcoming you back for the first official race in the summer series next week – see you there!

Volunteers



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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, for example:

- We need a bingo caller for the 30th May
- Volunteers required for the home KYAL on the 18th

SEAOA Awards

Two members were awarded certificates before the YDL event in Woodford Green. Ashley Pearson received her certificate as runner-up in the field official category of the SEAOA Peter Lee Bursary awards from Mike Davis. Sarah Regan was the runner-up in the track judge category.



Memorabilia

The club raised £145 from the auction of various club memorabilia this evening. Thank you to John Turner for organising.

A number of items remain available – including the BBHAC “penguin prints” created by Mark Ellison. Contact John if you are interested in bidding for one.



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 25th April – next one on 30th May
- Tony Pontifex thanks those who have recently joined the 300 club – but is still has places available

And Finally....

This one is from 19th & 20th July 1946

AAA Championships at the White City

In the 3 miles Sydney Wooderson ran 13min 53.2 secs, thus knocking off 6 seconds off the British record. This equates to a 14.01 for the 5k.

Steve Pairman

President

7 May 2025