



Presidents News 9 July 2025

Headlines

1. Results and Park Run participation,
 - a. Club Records
 - b. NAL
 - c. KYAL
 - d. YDL UAG
 - e. Other Races
 - f. Park Run
2. Fixtures,
3. AOB



Results

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

New Club Records!!

1. !!! Izzy Rae ran 10.94 in the U17W 80 Hurdles at the YDL on Sunday. It was also a National record!!
2. W70. LJ. 2.92 Helen Godsell. Dartford 27/6/25
3. M75. 800. 3.33.2 John Turner. Dartford. 27/6/25

Great Britain Qualification

Faith Akinbileje (100), Zara Obamakinwa (discus), Holly Mpassy (4x400), Jeriel Quainoo (200) and Daniel Goriola (110H) have been selected to represent Great Britain at the European Under 23 Championships in Norway from the 17th to the 20th of July.

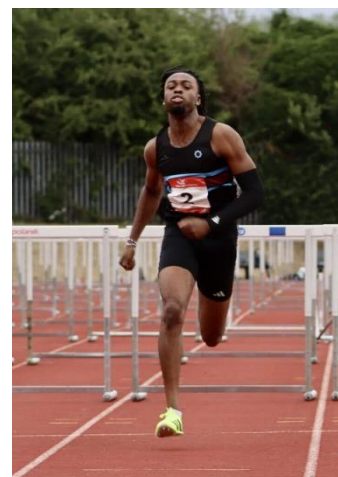
NAL – report from Nick Brooks

Photos credit of Steve Wilkin

A great turnaround in match two of the NAL at Stevenage saw BBHAC finish in 2nd place behind the host club. We would have won the match convincingly, but our officials were seriously stretched between this match and a young athletes match elsewhere meaning we did not gain our maximum number of points on offer. Nevertheless this was a fantastic team effort and the team spirit was superb, our destiny may not be in our hands but we can improve a little on this match at home next week we can't do any more

Anyway there were some great performances as the team rallied behind captains Dan Putnam and Annie Davies who led the way, with Dan winning the B string 100m, winning the A string 400m, anchoring the sprint relay team to a huge win, and for good measure volunteering to cruise around the B string 4 x400m mixed relay to gain even more points. Annie won the sprint hurdles, ran the 100m, threw the shot and anchored the sprint relay.

Daniel Goroila took a great double winning both the 110m hurdles and the 100m, Louis Palmer only just got pipped in the 200m with Bailey Marks-Belaon winning the B string, Tommy Oowler won the B string





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400m, was also a non scorer in the 200m but was faster than anybody else, and ran a brilliant bend in the sprint relay. Jack Kavanagh ran from the front in the 3,000m gradually building the pace off and dropping everybody for a huge winning margin, running sub 2 minutes for his last 800m. Tony Chineudu won the B strong 400m hurdles and captured 2nd B string in the 110m hurdles.

In the field it was great to see Kelechi Aguocha competing again and he won the high jump and was easily persuaded to compete in the triple jump for the first in many years and took a well-earned second with Pat Apantaku winning the B string event and the B string shot and for good measure competed in the hammer. In the pole vault there were wins for Oscar Witcombe and Roger Platt. Good to see Dillon Claydon back as he won both the shot and the discus, and Aryan Padaruth threw a mighty 68.34m to win the javelin by 8 metres. Abraham Sharif won the long jump by a huge margin with a leap of 7.43m only just missing out on the European qualifying mark and probably the best performance of the day. The men won their side of the match by 73 points with all this great scoring.

We picked up many more points because in this match we had our team managers and masters athletes filling in so well done to Ian Firla, Louisa Vallins, Duayne Bovell, Ashley Pearson and Sam Williams who competed in 4 events, who all stepped out of their comfort zone and amassed a ton of points that would otherwise have gone begging. Also, a big thanks to Harry Fage who went round in the 1500m having run a steeplechase earlier, and to Hannah Clark who had earlier run a strong 1500m only to get pipped on the line and then volunteering to run round the 5,000m for much needed points.

On the ladies' side where we competed, we did well but with no athletes in the steeplechase, high jump, and pole vault, and only one in the triple jump and a volunteer in the 800 and only one in the 1500m, we left many points on the table. Each time we don't field athletes we leave a minimum of 8 points behind and when you consider the ladies finished 5th but only 11 points behind 2nd placed Belgrave, you can see the importance of filling every space and we need to do this in the final match in Bromley where we have to win the match and hope Chelmsford come at best third and more than 50 points behind us, if we are to qualify for the final which is well within our capability.

Zara Obamakinwa's 55.26 discus throw was more than 18 metres ahead of anyone else for the thrower who was fresh from competing the European Team Championships. Mary Adeniji won the ladies long jump by a big margin and took 2nd in the triple jump. Chanelle Cole having run a good 100m earlier and later won the B string 400m, while Gemma Vickery took 2nd in the hammer and last years club President Ashley Pearson took 3rd in the B string event. Amber Bloomfield won the B string 100m hurdles, and there was a first (B) and second (A) in the javelin for Joyce Nzekwe and Tallulah Ndikanwu who also performed in the hurdles and long relay, another great individual effort. Joyce also took 2nd in the A string shot with Annie winning the B string. The ladies took 3rd in the spring relay and combined well with the men to gain 2nd place in both mixed 4 x 400m relays.



We also welcomed new boys Louis Palmer and Sam Parsons representing the club for the first time, and hope that Clayton Jacinto's injury was only a niggle.

So, all to compete for in the final match at Norman Park on 19th July 2025.



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KYAL

KYAL Division 1 - Medway Park - Saturday 5 July 2025

Thanks to strong performances across all age groups, BBHAC finished 1st overall with 553.5 points - ahead of Ashford AC (535.5) and Tonbridge (499). The U13 girls came close to topping their category, while the U15 girls pulled off a brilliant win by just 3 points - a true team effort where every point counted.

Despite mixed weather conditions at Medway Park, the BBHAC girls teams delivered consistent, high-quality performances across track and field. It was a day marked by personal bests and exciting event debuts, as athletes across both age groups stepped up with confidence and determination. From the first sprint to the final throw, performances showed real progression, with many athletes surpassing previous marks and some competing in new disciplines for the first time. The willingness to try new events and push boundaries contributed not only to individual development but also to the team's overall success.

◆ U13 Girls

The U13 girls placed 2nd overall in their age group, just behind Ashford AC. A blend of strong scoring performances and promising non-scorer results helped drive the total.

Track

- **75m A: Etse Okoro - 2nd - 10.3s**
- **75m B: Faye Yeomans - 1st - 10.4s**
- **75m NS: Gabrielle Brown-Kelly - 1st - 10.9s**
- **150m A: Etse Okoro - 2nd - 19.9s**
- **150m B: Isabelle Costin - 1st - 21.5s**
- **150m NS: Niamh Cush - 1st - 22.3s**
- **70m Hurdles A: Niamh Cush - 5th - 13.2s**
- **70m Hurdles B: Olivia King - 4th - 13.7s**
- **70m Hurdles NS: Lena Aldridge - 1st - 13.6s**

Middle Distance

- **1200m A: Lucy Beeraje - 5th - 4:35.1**
- **1200m B: Olivia King - 6th - 4:36.4**

Field

- **High Jump A: Pearl Coulson - 4th - 1.25m**
- **High Jump B: Jasmine Stephens - 2nd - 1.25m**
- **Long Jump A: Olivia King - 6th - 3.69m**
- **Long Jump B: Gabrielle Brown-Kelly - 3rd - 3.64m**
- **Shot Put A: Jasmine Stephens - 3rd - 6.42m**
- **Discus A: Niamh Cush - 6th - 10.21m**
- **Discus B: Faye Yeomans - 4th - 9.56m**
- **Javelin A: Jasmine Stephens - 1st - 15.72m**



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- **Javelin B: Pearl Coulson - 3rd - 10.14m**

Relays

- **4x100m Relay: Freya Poulter, Faye Yeomans, Isabelle Costin, Etse Okoro - 1st - 54.8s**

◆ U15 Girls

The U15 girls finished 1st overall in their category with 144 points, narrowly winning by just 3 points ahead of Dartford - a result that proves how every single point matters.

Track

- **100m A: Larissa Christie - 2nd - 12.6s**
- **100m B: Omasan Okoro - 1st - 12.9s**
- **100m NS: Serena Simans - 2nd - 13.6s**
- **300m A: Eva John - 2nd - 43.9s**
- **300m B: Amelie Ramdeen - 3rd - 46.7s**
- **300m NS: Lauren Griffin - 2nd - 46.0s**

Middle Distance

- **1500m A: Isabella Jenkins - 4th - 5:29.6**
- **1500m B: Holly Alford-Smith - 2nd - 5:38.0**

Hurdles

- **75m Hurdles A: Amelie Ramdeen - 5th - 14.4s**
- **75m Hurdles B: Holly Alford-Smith - 6th - 16.6s**
- **75m Hurdles NS: Nancie Cox - 3rd - 18.2s**

Field

- **High Jump A: Freya Pearson - 3rd - 1.35m**
- **High Jump B: Betty O'Donnell - 5th - 1.25m**
- **Pole Vault A: Ella Brooker - 1st - 3.00m**
- **Long Jump A: Emily Chapman - 4th - 4.22m**
- **Long Jump B: Betty O'Donnell - 1st - 3.93m**
- **Shot Put A: Dulcie Simpson - 7th - 7.26m**
- **Shot Put NS: Alessia Scala - 1st - 7.76m**
- **Discus A: Dulcie Simpson - 3rd - 20.38m**
- **Discus B: Emily Chapman - 4th - 14.79m**
- **Javelin A: Freya Pearson - 6th - 12.36m**
- **Javelin B: Eva John - 3rd - 10.27m**

Relays

- **4x100m Relay: Omasan Okoro, Larissa Christie, Serena Simans, Alessia Scala - 5th - 54.7s**
- **4x300m Relay: Eva John, Amelie Ramdeen, Maya Conell, Freya Pearson - 1st - 2:59.2**



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Overall Team Success - Boys

A classic British summer's day at Medway Park delivered sun, strong winds, light drizzle and even heavy showers – but our U13 boys weren't distracted. A fantastic set of all-round performances, packed with PBs, bold event debuts, and determined efforts. Whether scoring or non-scoring, every athlete made their mark.

Sprints

100m A: Oscar Li Tienzo - 1st - 12.4s - PB

100m B: Monty Andrews - 1st - 13.7s - PB

200m A: Rohan Thomas - 1st - 26.0s - PB

200m B: Monty Andrews - 2nd - 27.6s - PB & Event Debut

200m NS: Calum Bryan - 1st - 28.1s

A clean sweep of strong performances in the sprints – Oscar, Rohan and Monty all recorded PBs, with Monty making a brilliant event debut over 200m. Calum ran a solid race in the non-scoring heat, just outside his PB.

Middle Distance

1500m A: Emery Aldridge - 1st - 4:43.5

1500m B: Akul Gurunathan - 1st - 5:09.0 - PB and Event Debut

1500m NS: Fletcher Kelly - 1st - 5:17.2 - PB and Event Debut

A full sweep of the 1500m – Emery led with class, Akul impressed with a confident event debut, and Fletcher flew home to a event debut and PB in the NS race.

Hurdles

75m Hurdles A: Frederick Mooney - 2nd - 12.9s - PB

75m Hurdles B: Emery Aldridge - 1st - 14.6s - PB

Fast, focused, and technically sound – two big PBs from Freddie and Emery in the hurdles.

Field Events

High Jump

A: Anthony Streich - 3rd - 1.25m - PB & Event Debut

B: Ethan Hunstone - 3rd - 1.15m - PB & Event Debut

Long Jump

A: Anthony Streich - 1st - 4.41m - PB & Event Debut

B: Monty Andrews - 5th - 3.54m



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Long Jump NS: Fletcher Kelly - 2nd - 3.66m - PB 🏆

👏 Anthony made his mark with outstanding event debuts – including a 4.41m long jump, now the furthest BBHAC U13 jump of 2025! Ethan also impressed with a confident event debut and PB in the high jump.

Shot Put

A: Alexander Coe - 6th - 5.36m - PB & Event Debut 

B: Ethan Hunstone - 3rd - 5.23m - PB & Event Debut 

💪 Brilliant throwing debuts for both boys – calm under pressure and well-earned PBs in their first outings.

Javelin

A: Alexander Coe - 6th - 17.66m

B: Ethan Hunstone - 3rd - 11.76m

Solid back-to-back field efforts from both Alex and Ethan – racking up important points for the team.

Relay 🏃🔥

4×100m: Calum Bryan - Oscar Li Tienzo - Monty Andrews - Rohan Thomas - 1st - 52.7s 🏆

The relay team didn't just win – they dominated. An amazing watch with the rest of us cheering them on. Slick changes and explosive pace gave BBHAC a massive lead by the final leg. A brilliant team moment to cap a strong day.

🏆 Team Triumph

The U13 boys secured victory in their age group by just 7 points – showing how every run, jump and throw truly counted.

U15 Boys – report from Jo Martin

Saturday's Kent League meet in Gillingham was certainly one to remember and not just for the performances! A stressful start saw several field event times rescheduled without warning, resulting in some athletes unfortunately missing their events. Add in late starts, an air ambulance arrival, and some wet, and windy weather, it was a challenging day for everyone.

But, despite it all, the team stepped up brilliantly with some standout performances. Here's a quick recap:



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Field Events & Hurdles

The high jump got underway with Luke and Oscar in action. Unfortunately for Luke, the starting height was set at 1.25m, a tough opener and despite three solid efforts, he was just short of a clearance. Oscar came close to a new PB and showed good form after rushing to get there due to the change in start time. Sadly, Jericho was unable to compete due to the sudden schedule change.

With Jake Maloney unable to compete in the hurdles due to injury, Alex stepped up in the A-string for his first race back from injury and ran brilliantly. He looked calm, controlled, and strong throughout. In the B-string, Luca grabbed 3rd place with a new PB of 14.7, before heading straight over to the hammer where he earned more points for the team, excellent commitment from both boys!

Luke also took on the shot put, facing the new 3kg weight for the first time. He gave it his all and picked up vital points for the team. Evan was in the A-string and, while not quite finding a PB this time, still performed well in tough weather conditions, always giving 100% this followed through with the Hammer & Discus, showing solid performances. Luca joined him in both events, stepping up again for the team, gaining those all-important points which helped us get the win on the day!

Sprints & Jumps

After a long wait in the rain, the 100m boys were finally on. Nico, Zachary, and Ashley all raced hard and stayed focused despite the delays.

- Zachary – 13.0s (PB)
- Nico – 12.3s (PB)
- Ashley – 12.9s (PB)

A clean sweep of PBs and all looking sharp, great sprinting from the trio!

In the long jump, Zach P landed a new PB with 4.80m, and Sid was just behind with 4.78m, Ashley jumping strong and then rushing over to the 4x100 relay all showing consistency and quality in the runway.

Matthew, Oscar, and Jesse showed impressive energy and determination in the 300m after waiting nearly an hour in poor weather. All three ran well, with Oscar grabbing a fantastic new PB of 40.2s.

Distance & Relays

The 1500m was delayed by another hour, but our distance boys stayed composed. Finn ran a smart, well-paced race and finished strong, followed closely by Jake with a solid performance. Later in the day, Jean-Paul took on his first competitive 1500m and looked strong and composed throughout.

To close the day, our relay teams brought the energy. In the 4x100m, Ashley got us off to a flying start, Zachary pushed hard on leg 2, Nico handled the bend perfectly, and Sylvester powered home for a strong 2nd-place finish.

The 4x300m team was just as impressive:

- * Matthew led with a quick first leg
- * Finn built momentum in leg 2



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- * Luca held strong in leg 3
- * Jericho flew through the final 300m to secure 3rd place

Well done to everyone who competed not an easy day but the attitude, resilience, and team spirit were brilliant. Plenty of PBs, valuable points, and even more experience gained! BBHAC won overall which was fantastic 🍌🍌🍌🍌

A huge achievement across all age groups and a reminder that teamwork wins matches – every point mattered, and every athlete played their part.

Let's carry this momentum into the final KYAL in August... and finish the season in style! 🌟

YDL UAG

An impressive win for the Club in the 3rd YDL UAG event. Results are not yet published on the website but I understand we scored 695 points for 1st place, with 2nd going to Harrow on 634 points. Draft results are in the table below, showing the club topping the overall table by over 300 points, having won all 3 meetings!

In terms of women's highlights, pride of place goes, again, to Izzy Rae who not only improved her own League U17 80mHurdles record but did so with a time that broke the National record (and all in a downpour)! Emilia Adese was once again over 15m in the U17 shot, an encouraging performance before this week's English Schools Championships. In fact the U17 women were impressive across the board winning both strings of the 300, 800, 1500s/c, 80m hurdles, shot and discus plus the 4x300m relay and the 4x100m relay in a time that takes them to the top of the National club rankings. Special mention also for Jackie Nzekwe who won all three of her throws (A hammer and B discus and javelin). In the U20s, the standout performance was Eliza Nicholson in the 1500 in a time of 4.37.

An updated version of this report will be included in a forthcoming Newsletter.

Results when finalised should be found [here](#).

| Posn This Match | Team Name | This Match Points | This Match League | B/fwd Pts | B/fwd L | Total Pts | Total L | Standings |
|-----------------|-----------------------------------|-------------------|-------------------|-----------|---------|-----------|---------|-----------|
| 1 | Blackheath & Bromley H AC | 695.0 | 6.0 | 1433.00 | 12.00 | 2128.0 | 18.0 | 1 |
| 2 | Harrow & Dacorum © | 634.0 | 5.0 | 1186.50 | 9.00 | 1820.5 | 14.0 | 2 |
| 3 | Reading AC | 596.0 | 4.0 | 1021.00 | 5.00 | 1617.0 | 9.0 | 4 |
| 4 | Shaftesbury Barnet Harriers | 521.5 | 3.0 | 1064.50 | 6.00 | 1586.0 | 9.0 | 5 |
| 5 | Windsor Slough Eton & Hounslow AC | 510.0 | 2.0 | 1100.00 | 8.00 | 1610.0 | 10.0 | 3 |
| 6 | Haverling AC | 266.5 | 1.0 | 873.00 | 2.00 | 1139.5 | 3.0 | 6 |

| Bib | Team Name | Abbrev. | Officials | Track1 | Track2 | Relays | Field | Total |
|-----|-----------------------------------|---------|-----------|--------|--------|--------|-------|-------|
| 1 | Blackheath & Bromley H AC | B&B | 52.0 | 268.0 | 77.0 | 59.0 | 239.0 | 695.0 |
| 2 | Harrow & Dacorum © | H&D | 56.0 | 205.0 | 68.0 | 31.0 | 274.0 | 634.0 |
| 3 | Haverling AC | Have | 36.0 | 68.0 | 20.0 | 21.0 | 121.5 | 266.5 |
| 4 | Reading AC | Read | 48.0 | 245.0 | 58.0 | 42.0 | 203.0 | 596.0 |
| 5 | Shaftesbury Barnet Harriers | SBH | 36.0 | 189.0 | 45.0 | 50.0 | 201.5 | 521.5 |
| 6 | Windsor Slough Eton & Hounslow AC | WSEH | 56.0 | 203.0 | 28.0 | 36.0 | 187.0 | 510.0 |
| - | | | | | | | | |
| - | | | | | | | | |



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Other Races

Bowl Water 15

- Will Brindley was 8th V50 running in 2.09.08

Holkham Half ironman

- Ian Montgomery took part, finishing in 6.05.

VETS AC 5k

- Trejan Checkeku-Boamah competed as a guest in the VETS AC competition held at Battersea Park and won in 28 mins

Park Run 5 July 2025

Saturday saw 72 members run at 34 different events.

Furthest from the clubhouse was Theo Wood Centennial Park Run, Sydney followed by Jo Scanes who ran the Shibamata Park , in Tokyo

Podiums for 28 June

| | | | |
|--------------------|-------------------|---------------------|-------|
| Luca Ercolani | 2 nd M | Beckenham | 18.10 |
| Micah Evans | 2 nd M | Bromley | 16.29 |
| Katie Murray | 1 st F | Bromley | 19.02 |
| Roger Vilardell | 1 st M | Durham | 16.52 |
| Ollie Knowles | 2 nd M | Hoblingwell | 18.49 |
| Graeme Lugar | 1 st M | Orpington | 17.39 |
| James Bunn | 3 rd M | Orpington | 17.57 |
| Kyla Dervish | 1 st F | Orpington | 20.40 |
| Luca Vignoli | 1 st M | Rogiet | 19.28 |
| Joe Scanes | 1 st M | Shibamata koenkadan | 15.59 |
| Johnny Lee | 2 nd M | Squerrys | 18.35 |
| Eloise OShauhnessy | 2 nd F | Tooting | 20.30 |

**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](#)

Parris Handicap Summer Series

Final race is on Tuesday 15 July. We are hoping for a big turnout for this final event.

Other News

Fixtures & Volunteering

A busy weekend ahead of us!

- SCVAC Kent Masters



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- Members are competing at the ESAA track & field championships in Birmingham on 11 & 12th July. The events are being streamed – links are available on <https://esaa.org.uk/competitions/track-field-championship/>
- SAL in Hackney

England Athletics Membership

If you are a competing athlete, please ensure your England Athletics membership is up to date as race organisers will often now be checking the 25/26 season has been paid. You can see your status on the EA portal, or by checking on your club account - joinin.online (go to payments/ purchase history). EA also sent our reminder emails direct to those registered last season but yet to renew.

Special Call for help

We really need people to help at the

NAL match on 19th of July. As many of our officials who aren't already signed up elsewhere. If you are a qualified judge and available for the 19th please do let the Club know!

Reserve volunteers are also required to help with little things like: taking results from track/field to the recorders hut, an announcer, hurdle movers, rakers, car park marshals etc. Please contact Alice Platt if you can help.

Come down and support the team anyway - it should be an exciting match!



CALL FOR VOLUNTEERS
For the upcoming home NAL
SATURDAY 19th JULY
COULD YOU HELP?
Even just for a couple of hours?
We have a HOME NAL for the first time in years on the 19th July! We are looking forward to seeing loads of you at the track to cheer on and support but we need helpers too please!!!
As well as needing all our wonderful officials we also need people to help with:
Hurdle moving, retrieving, car park marshals, announcers, fetchers, carriers, tea makers, track stewards, kit sales etc.
Comment Below or
Email bbharriersac.volunteers@gmail.com

Social News

We raised over £600 at last months bingo, raffle and kit sale. Looking forward to seeing a few more BBHAC at the next one on the 25th July.

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Bonus Ball

Bonus Ball was won by no 15 (again!) , but the winner was not present on the evening.

Steve Pairman,
President BBHAC



BBHAC BINGO
7pm LAST FRIDAY OF THE MONTH
ALL WELCOME
HOSTED BY THE Trackside Café
Bar & Kitchen open for Refreshments 6.30pm
FRIDAY 25th JULY
To reserve a table please email bbharriersac.volunteers@gmail.com
£2 per board with Cash prizes! All proceeds go directly to Blackheath & Bromley AC
7pm at Norman Park Community Sports Centre