

## President's News 11<sup>th</sup> February 2026

### Headlines

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### **Results**

Please let me know of any results that need correcting or adding. Please also share with me any news or results you wish to publish in the News.

### Key News

- **Club Record!** : Well done to **Qi-Chi Ukpai**, who set a new U20 Triple Jump club record, with a jump of 12.58m.
- A reminder that it is the joint **mob match on Saturday** – I hope a number of members will travel to enjoy the delights of Epping forest!
- **Daizá Foster**, a hammer thrower at B&B and a final-year Sport and Exercise Science undergraduate at the University of Surrey, is currently completing her dissertation and is seeking participants for her research study.

Titled "*The Paradox of Choice: A Qualitative Investigation into Athlete Identity and Well-being in Voluntary vs. Involuntary Career Termination*," the study explores how former athletes experience and adapt to the end of their sporting careers. The research focuses on the impact of career termination on identity, daily functioning and social relationships, comparing athletes who retired voluntarily due to overwhelming psychological distress with those whose careers ended involuntarily through injury or de-selection.

Daizá is looking to recruit former athletes aged 18–30 who competed at the regional to professional level and have retired within the last one to five years. With four participants already recruited, she is particularly seeking two more female and six male participants to ensure the study reaches its full quality. Anyone who knows a former athlete who may be eligible is encouraged to share the study poster or direct them to the recruitment form.

<https://forms.gle/4TTULDatNHvYQ1Ui6>

- Peru Fourie, owner of Endurance Dynamics and a Comrades Silver Medallist, has extended an invitation to members planning to run the 2026 Comrades Ultramarathon (Up Run) to join their organised tour to South Africa. Following the success of the 2025 Down Run tour, the 2026 trip has been expanded to include

international runners and select UK clubs. The tour is designed to remove the logistical challenges of the race, allowing athletes to focus fully on performance while enjoying a supportive, inclusive group environment and curated cultural experiences. The package includes dedicated on-course runner support stations, premium supporter viewing areas, and fully managed accommodation and transport options, with both 4-night and 7-night packages available, including an optional safari extension. While places are open at standard rates, club members are eligible for an exclusive club loyalty discount for the 2026 tour.

## Results

### **England Athletics u15/u17/u20 Indoor Championships**

Eighteen of our young athletes travelled to Sheffield for the national indoor championships and produced an excellent set of results. Gold medals were claimed by **Daisy Snell** in the U20 long jump with a season's best 6.20m, and **Qi-Chi Ukpai** in the U20 triple jump with a personal best and new club record of 12.58m. Silver medals followed for **Jalil Anderson** in the U15 triple jump, jumping a personal best of 12.28m, and **Micah Jay Salmon** in the U17 400m with a time of 50.71. The medal haul was completed by bronze performances from **Harriet Hughes** in the U15 1500m, running a season's best 4:56.80, and **Piers Spencer-Simms** in the U17 200m with 22.21. Well done also to our pole vaulters: **Charlie Platt, Luca Hunstone and Elsa Pawson**, Charlie achieving 3.8m and Elsa a personal best of 3.65m with Luca also achieving a personal best of 3.05m. **Matilda Murray** also achieved a PB of 8.85 in the 60m hurdles final as did **Oreanuoluwa Anderson** in the U20 triple jump with a 14.37 jump, and **Rohan Thomas** with a 7.67 in the 60m U15. Full results are at the end of the News.

### **London Cross Country Challenge**

At the London Cross Challenge, our athletes faced extremely muddy, demanding conditions and delivered a series of strong performances across the age groups. **Blake Amos** finished 17th in the U11 girls' race, while in the U13 girls' race, **Sofia James, Ella Nickson, and Arianne Paranjpe** placed 17th, 23rd, and 24th, respectively. In the U13 boys' race, **Emery Aldridge and Zachary Evans** both impressed in the heavy mud, finishing 4th and 7th. **Benjamin Evans and Ricardo Cervera-Tomlins** competed well in the U15 boys' race, placing 14th and 17th, while the U17 men were led home by **Joe Scanes** with an excellent 2nd place, followed by **Joseph Hill** in 4th and **Ben O'Grady** in 21st. **Jed Starvis** rounded off the day with a solid 16th place in the U20 men's race.

## Zuiderpark Parkrun Weekend – Z is for Zeer Goed! – Report by Iain Swatton

What do you get when you mix three running clubs, a coach trip abroad, an early start, and a letter Z? A cracking parkrun weekend, that's what.

Over the weekend, 33 runners from Blackheath & Bromley Harriers, Petts Wood Runners, and Bromley Vets headed across the Channel to The Hague in the Netherlands to tick off ZuiderparkParkrun as part of the ever-popular alphabet challenge.

We set off bright and early on Friday morning, travelling by coach and arriving in The Hague on Friday evening. After a long day of travel, the first order of business was, of course, food and the odd beer, and an enjoyable group meal set the tone nicely for the weekend ahead.

Saturday started early, with everyone making their way to Zuiderpark. A few keen souls even ran there, while the rest sensibly took advantage of the excellent tram system (some challenges are best tackled after parkrun).

On arrival, we discovered we weren't the only ones chasing a "Z" — three other UK groups had the same idea. In total, the event had 187 participants, an impressive 83 of them from the UK, giving Zuiderpark a distinctly British flavour for the morning.

The course itself is a fast, flat, two-lap route through a pleasant park — ideal conditions for strong performances. And strong performances we had:

- Philip Bunn stormed to 1st place overall
- Oliver Treasure finished 9th
- James Webber also secured a top-10 finish
- Katy Sugden was 2nd lady, an excellent result

A special mention too for Iain Swatton, Dave Beadle, Ian Montgomery and Jenny Leng, who all successfully completed their alphabet challenge — dedication officially rewarded.

In the afternoon, some of the group enjoyed a guided tour of The Hague, taking in the history, culture and sights of what is a genuinely lovely city — proving that this trip wasn't just about running (honest).

We then headed back to the UK, arriving at Norman Park on Saturday night, tired but happy and with another memorable parkrun adventure completed.

All in all, it was a fantastic trip — great running, great company and plenty of laughs along the way. Huge thanks to everyone who attended and helped make the weekend such good fun.

Here's to the next parkrun trip... and the next tricky letter of the alphabet.

## Parkrun 7<sup>th</sup> February 2026

55 runners at 18 events

Furthest from the clubhouse was once again Anthony Pontifex at Knysna parkrun in South Africa!

Podiums – 11 this week!

<b>Philip Bunn</b>	1 <sup>st</sup> M	Zuiderpark	18:14
<b>Leonardus De Bruyn</b>	1 <sup>st</sup> M	Beckenham Place	18:16
<b>Douglas Varney</b>	1 <sup>st</sup> M	Dartford Heath	20:24
<b>Jennie Butler</b>	1 <sup>st</sup> F	Lloyd	22:16
<b>Evie De Bruyn</b>	2 <sup>nd</sup> F	Beckenham Place	22:17
<b>Joe Georgiadis</b>	2 <sup>nd</sup> M	Bromley	16:37
<b>Holly Tallack</b>	2 <sup>nd</sup> F	Bromley	20:10
<b>Billy Pharoah</b>	2 <sup>nd</sup> M	Lloyd	20:30
<b>Katy Sugden</b>	2 <sup>nd</sup> F	Zuiderpark	22:38
<b>Zara Lett</b>	3 <sup>rd</sup> F	Bromley	20:10
<b>Johnny Lee</b>	3 <sup>rd</sup> M	Beckenham Place	18:51

### Fixtures

- Feb 13<sup>th</sup>-15<sup>th</sup> – Bucs Indoors at Sheffield
- Feb 14<sup>th</sup> - Mob Match vs Orion and South London Harriers at Epping Forest.
- Feb 21<sup>st</sup> - National Cross Country at Sedgefield

Tom Brash & Steve Pairman

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Charlie Platt 2009 (Blackheath & Bromley Harriers AC)					
6	F19 Pole Vault	Men	U20	Final	3.80 SB
Daisy Snell 2007 (Blackheath & Bromley Harriers AC)					
1	F12 Long Jump	Women	U20	Final	6.20 SB
Ella Brooker 2011 (Blackheath & Bromley Harriers AC)					
5	F24 Pole Vault	Women	U17	Final	3.15 SB
Elsa Pawson 2009 (Blackheath & Bromley Harriers AC)					
4	F6 Pole Vault	Women	U20	Final	3.65 #NAME?
Harriet Hughes 2012 (Blackheath & Bromley Harriers AC)					
9 (5)	T13 800m	Women	U15	Heats	2:23.90
3	T31 1500m	Women	U15	Final	4:56.80 SB
Jalil Anderson 2012 (Blackheath & Bromley Harriers AC)					
2	F2 Triple Jump	Men	U15	Final	12.28 PB
Luca Hunstone 2011 (Blackheath & Bromley Harriers AC)					
4	F30 Pole Vault	Men	U15	Final	3.05 PB
Marley Byfield 2007 (Blackheath & Bromley Harriers AC)					
12 (2)	T12 400m	Men	U20	Heats	50.91 Q
12 (4)	T12 400m	Men	U20	Semi-Finals	51.56
Matilda Murray 2010 (Blackheath & Bromley Harriers AC)					
8 (3)	T26 60m Hurdles	Women	U17	Heats	8.88 q PB
7	T26 60m Hurdles	Women	U17	Final	8.85 PB
Micah Jay Salmon 2009 (Blackheath & Bromley Harriers AC)					
4 (2)	T10 400m	Men	U17	Heats	50.80 q
3	T10 400m	Men	U17	Final	50.71

Noelle Carr	2011 (Blackheath & Bromley Harriers AC)				
29 (4)	T21 200m	Women	U17	Heats	26.74
Oliver Driscoll	2007 (Blackheath & Bromley Harriers AC)				
	T12 400m	Men	U20	Heat	SCR
Omari Anderson	2010 (Blackheath & Bromley Harriers AC)				
9	F11 High Jump	Men	U17	Final	1.80 SB
Oreanuoluwa Adepegba	2007 (Blackheath & Bromley Harriers AC)				
6	F5 Triple Jump	Men	U20	Final	14.37 PB
Piers Spencer-Simms	2010 (Blackheath & Bromley Harriers AC)				
	T4 60m	Men	U17	Heat	SCR
15 (1)	T22 200m	Men	U17	Heats	22.90 Q
2 (2)	T22 200m	Men	U17	Semi- Finals	22.24 q
3	T22 200m	Men	U17	Final	22.21
Qi-Chi Ukpai	2008 (Blackheath & Bromley Harriers AC)				
1	F20 Triple Jump	Women	U20	Final	12.58 PB
Rohan Thomas	2012 (Blackheath & Bromley Harriers AC)				
19 (4)	T2 60m	Men	U15	Heats	7.67 PB
	T20 200m	Men	U15	Heats	DQ
Shamarii Allen	2012 (Blackheath & Bromley Harriers AC)				
13 (3)	T1 60m	Women	U15	Heats	7.99 Q
12 (7)	T1 60m	Women	U15	Semi- Finals	7.95
16 (4)	T19 200m	Women	U15	Heats	26.81 SB