



Presidents News 21 May 2025

Headlines

1. Results and Park Run participation,
  - a. Loughborough International
  - b. SAL
  - c. KYAL
  - d. Park Run
2. Forthcoming fixtures
3. Calls for volunteers
4. "And **Finally**..."
5. Other News – Kit request, Big Half Draw



Our Purpose, Vision, Mission, Values

Our purpose, vision, mission and values are now published on the club website and you will see them printed in noticeboards in the clubhouse. Please do read them!

- **Our purpose:** to create a sustainable and welcoming environment in which the pursuit of athletics, running and other fitness activities by members of the Club and the Community can thrive.
- **Our vision:** to be widely regarded as one of the most highly successful, professionally managed, exemplar athletics Clubs, which enhances the lives of its members and of the local community.
- **Our mission:** to provide the facilities and attract, develop and support the volunteers and athletes necessary to achieve competitive success for those who seek it and rewarding participation opportunities for all.
- **Our values:** integrity, endurance, respect, community, welfare.

Results

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

Addendum

- Updates from last week’s news: Niamh Stanley won the Kent 1500 m steeple title but is showing as 2<sup>nd</sup>, as beaten by a guest.

Loughborough International

A number of Club members took part in the annual Loughborough international event.

Name	Team	Place	Race	Time
Anastasia Davies	GBR	5	Guest 100m Hurdles	13.85w
Darcey Kuypers	GBR	2	Guest 100m	11.71 <b>SB</b>
Gracelyn Kendeck	GBR	2	Guest 400m Hurdles	1:01.80 <b>PB</b>
Louis Palmer	GBR	8	Guest 400m	48.76
Rayhan Mourtada	GBR	1	Guest 400m Hurdles	52.08
Daisy Snell	GBR	4	Long Jump	6.16 <b>=PB</b>
Qi-Chi Ukpai	GBR	7	Triple Jump	12.17
Zara Obamakinwa	ENG	1	Discus Throw	57.25
Bekah Walton	GBR	1	Javelin Throw	59.38
Lauren Farley	ENG	5	Javelin Throw	47.74
Toby Dronfield	NAL	2	Triple Jump	15.16



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*Note – results do not include the relays (awaited)*

Highlights of the event include:

- **Gracelyn Kendeck** with a massive PB and 4th place in the 400mH.
- **Daisy Snell** in the long jump. Finished 4th, jumped 6.16 equalling her pb, agonisingly 1cm off the bronze.
- **Darcey Kuypers** achieving 2<sup>nd</sup> place in the guest 100m with a season best of 11.71
- **Qi-Chi Ukpai** in the Triple jump, finishing 7th whilst up against some strong seniors, jumped 12.17 (23cm off her pb)
- **Rayhan Mourtada**, recent record-breaking form over 400mH, selected for the GB 4\*400m mixed relay, where the team finished 2<sup>nd</sup>. Given a run in the 400mH guest event he won in 52.08 -the fastest time of the day!



**SAL, Basingstoke – initial report**

Late call offs and general non availability disrupted this first SAL meeting of the season, held at Basingstoke on Saturday 17<sup>th</sup> May, with the team finishing 6<sup>th</sup>.

Pos	Team	Points
1	Thames Valley Harriers	333
2	Harrow	284
3	Wycombe & Chiltern	273
4	Basingstoke & Mid Hants	271
5	Chelmsford	246
6	Blackheath & Bromley	148

There were still some impressive performances and team spirit. Winners were **Ryen Rennie** in the Mens B 400m in a time that would have got him 3<sup>rd</sup> in the A string, with the event highlight for the club being a very impressive win for the **4x100m team** in 43.81.

Also on the podium were **Kyle Reynolds-Warmington** in the 100m A, Tom Sugden in the 400m, Mark Constable in the 800mB **Roger Platt and Madeleine Dodd** in the PV (Roger also scored in the hammer), **Emily Hayden de Carbonnieres** in 100mB and triple jump. Charlotte Hosp was 2<sup>nd</sup> in the triple jump B

Thanks as always to multi eventers, including **Thomas Sugden** (2nd in 400m A, 800m ), **Clayton Jacinto** (100 & 200). **Ian Firla** (HJ, LJ and discus), **Patrick Apantaku** (SP, Triple, hammer, javelin), **Louisa Vallins** (100m, 200m), **Olivia Magee-Brown** (400m, 800m), **Katy Sugden** (1500, 3000), **Lucinda White** (SP, discuss).

Full results are [here](#).



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**Road Races Sunday 18<sup>th</sup> May**

The annual **Chislehurst Half Marathon** saw 3 members take part in the approximate half marathon distance over the hilly cross-country course.

- **Imogen McLellan** in 1.35.14 finishing as 2<sup>nd</sup> female
- **Dave Leal** in 2.03.14
- **John Turner** in 2.09.15

**Nick Kibblewhite** ran 1.22.21 in the Hackney half , finishing 4<sup>th</sup> in his age category

**Nigel Brewsher** ran a 1.45 in the Wimbledon Half, finishing 6<sup>th</sup> in his age category.

**Other Results**

**Steve Langdon** won gold in the M65 javelin with a 39.72 in the Masters Diamond League event in Shkkoder, Albania.

**Kent YAL (summary)**

A very successful event again for the club – U13 boys & U15 girls topped their table, the u13 girls were 2<sup>nd</sup> and u15 boys were 3<sup>rd</sup> – all contributing to an overall win - draft positions are as follows:

**Overall Points Results**

1	G	Blackheath & Bromley Harriers AC	611	8
2	D	Dartford Harriers	553	7
3	A	Ashford AC	538.5	6
4	M	Medway & Maidstone AC	470.5	5
5	W	Tonbridge AC	469	4
6	K	Kent AC	464	3
7	C	Cambridge Harriers	452	2
8	Z	S Factor Academy	419	1

For the U13 boys team fantastic Individual wins for **Jonathan Ebohon** in the 200, **Frederick Mooney** in the HJ and LJ, **Daniel Ireland** in the shot but what struck me most was how we consistently scored in the top 3.

In the U15 boys it was again that consistent scoring that resulted in their 3<sup>rd</sup> place. Individual wins for **Luke Eperon** in the 2k walk and **Aati Gananathan** in the Javelin B were impressive, but it was the continual good scoring that saw the team to 2<sup>nd</sup>.

It was the same story in the girls – U13 winners were **Pearl Coulson** in the 70m H, the 4x100m team and **Isabella Costin** in the 150mB. Winners for the U15 G were **Matilda Murray** in the 75mH, the 4x300m relay team, **Alessia Scala** in the HJ, **Dulcie Simpson** in the Hammer and a double B win in the discuss and hammer for **Isla Watson**

Well done to all who competed!

Full reports are below – many thanks to the Team Managers for providing these!



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**Beckenham Relays 21 May 2025**

A firm favourite with club members, the Beckenham relays did not disappoint this year! The Club fielded 15 teams – with the mixed team of **Micah Evans, Carys Firth** and **Andy Rayner** finishing 2<sup>nd</sup>! The men’s team of **Kevin Fini, Nick Clegg** and **Graeme Lugar** also did very well, finishing in 3<sup>rd</sup> place!

Pos	Race No	Time	Team	Leg 1	Team Member	Leg 2	Team Member	Leg 3	Team Member
<b>Mixed</b>									
2	92	00:43:57	Blackheath & Bromley Harriers AC (Mixed 1)	00:13:55	Micah Evans	00:15:26	Carys Firth	00:14:35	Andy Rayner
19	86	00:53:51	B&B Harriers Wednesday Nighters (SSS)	00:17:13	Harry Schmidt	00:17:32	Seva Ivanov	00:19:05	Katy Sugden
32	85	00:57:53	B&B Harriers Wednesday Nighters (RAF)	00:19:11	Rod Harrington	00:21:13	Angela Powell	00:17:28	Chris Fishlock
<b>Female</b>									
4	1	00:50:47	Blackheath & Bromley Harriers AC (Ladies 1)	00:16:00	Carole Coulon	00:17:25	Imogen McLennan	00:17:21	Jennie Butler
<b>Male</b>									
3	35	00:41:19	Blackheath & Bromley Harriers AC (Mens 2)	00:13:42	Kevin Fini	00:13:45	Nick Clegg	00:13:51	Graeme Lugar
5	34	00:41:46	Blackheath & Bromley Harriers AC (Mens 1)	00:13:43	Roger Vilardell	00:14:10	David Adams	00:13:51	Greg Bull
7	36	00:43:59	Blackheath & Bromley Harriers AC (Mens 3)	00:14:57	Ben Hakki	00:14:44	Fintan Parkinson	00:14:17	Tom Desborough
10	38	00:45:18	Blackheath & Bromley Harriers AC (Mens 5)	00:14:43	Luca Ercolani	00:15:04	Nick Kibblewhite	00:15:30	Douglas Varney
11	37	00:45:23	Blackheath & Bromley Harriers AC (Mens 4)	00:15:28	Steve Hough	00:15:36	James Webber	00:14:18	Leon DeBruyn
21	39	00:49:16	Blackheath & Bromley Harriers AC (Mens 6)	00:15:42	Roger Beswick	00:16:47	Greg Firth	00:16:46	Clayton Aves
36	31	00:56:06	B&B Harriers Wednesday Nighters (JAM)	00:17:18	Matt Maddocks	00:20:07	Luigi Arcuri	00:18:41	James Olav Breen Norris
40	40	00:58:46	Blackheath & Bromley Harriers AC (Mens 7 (FSCTP))	00:18:28	Steve Pairman	00:21:08	Iain Swatton	00:19:08	David Beadle
43	30	00:59:24	B&B Harriers Wednesday Nighters (MAM)	00:18:13	Adrian Stocks	00:20:21	Mark Ellison	00:20:49	Andy Lawes
45	32	01:01:00	B&B Harriers Wednesday Nighters (HPB) NS	00:18:37	Barry Horgan	00:22:49	Chris Pike	00:19:33	Barry Horgan
47	33	01:04:08	Beckenham Running Club (Scrambled Legs)	00:21:43	Patrick Baughan	00:20:51	John Dempster	00:21:33	Doug Hazelwood



**Park Run**

53 runners\* ran Park Runs on Saturday 26th April 2025 at 24 different locations.

Looking for this week’s furthest run from the clubhouse, I assumed it would be **Sally Smith** at Vingis in Lithuania. I saw that **Trang Nguyen** had run at Richmond Olympic and assumed this was a newish one over in Surrey. However, no it is Trang off on her travels again – this time in Vancouver, Canada. Trang was also first female at the event.

Other Podiums for April 26th

<b>Leo De Bruyn</b>	2 <sup>nd</sup> M	Beckenham	17.44
<b>Evie De Bruyn</b>	3 <sup>rd</sup> F	Beckenham	21.16
<b>Micah Evans</b>	3 <sup>rd</sup> M	Bromley	16.42
<b>Harriet Hughes</b>	2 <sup>nd</sup> F	Bromley	20.14
<b>Carys Firth</b>	1 <sup>st</sup> F	Orpington	18.20
<b>Trang Nguyen</b>	1 <sup>st</sup> F	Richmond Olympic	20.43
<b>Oliver Knowles</b>	1 <sup>st</sup> M	Skinadin	18.18



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*\*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 weeks fixtures

- Academy event at Norman Park 24 May
- UK YDL UAG, 25 May at Eton

Timekeepers and judge volunteers are still required for the Academy event – 90 minutes only between 12.45 & 2.15!! Please contact **Alice Platt** if you can make it.

### Other News

Open Day -June 16<sup>th</sup>

The next Open Day is now open for entries!

### The Big Half

Winners in the ballot were drawn at the Clubhouse on Wednesday. Congratulations to Tim Ayres, Jon Pairman, Harry Schmidt and Simon Harris in the draw, and to Katy Sugden and Jane Bradshaw for the volunteers places.

### VP Supper

The VPs supper on Friday 16th May went really well, with IPP Ashley Pearson introducing her new VPs. It was fantastic to see a broad cross-section of the club all coming together to swap stories, discuss athletics issues, such as age group changes for 2026, and generally catch up.

### Kit request.

On the second-hand stall at the KYAL, there were quite a few requests for smaller size spikes and general running/sports clothes. If anyone has children's sports kit they no longer need, please consider donating it to the club as there only seemed to be much bigger sizes available today.

**And Finally** – still on the topic of kit.

In November 1930, the Gazette contained an advert

- Found – several moth-holes surrounded by a running vest. Smell awful. Apply at HQ.
- I understand the owner has yet to retrieve it!

Steve Pairman,  
President BBHAC





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**KYAL, Bromley 18 May**

**BBHAC U13 Boys** – report from Kate Hunstone, Team Manager

\*KYAL 2 \*Sunday 18th May \*– A blustery and colder-than-expected day, but that didn't stop a string of fantastic performances.

**U13 Boys Points Results**

1	G	Blackheath & Bromley Harriers AC	152
2	D	Dartford Harriers	133
3	A	Ashford AC	127
4	W	Tonbridge AC	125
5	K	Kent AC	116
6	Z	S Factor Academy	95
7	M	Medway & Maidstone AC	78
8	C	Cambridge Harriers	77

After 46 of 48 events scored

Well done to all the boys who competed in the second Kent League meet of the season. We welcomed more debuts, clocked up PBs, and showed real team spirit despite the chilly, windy conditions. The U13 boys stormed to 1st place, finishing 19 points ahead of Dartford Harriers, and the overall Lower Age Group team took top spot with 611 points to Dartford's 553 (provisional scores pending verification).

Hurdles - We opened the track with the 75m hurdles:

- Freddie ran a strong 13.4s, just shy of his PB, placing 3rd in the A string.
- Drew, in fine form, improved on his YDL debut to finish 2nd in the B string with a new PB of 15.9s – brilliant effort!
- Emery, making his Kent League hurdles debut, took 1st place in the non-scoring race with an impressive 15.3s.

Sprints - Starting with the 100m:

- Rohan finished 2nd in the A string with a sharp 13.3s in a tight finish.
- Carter stormed to 3rd in the B string, clocking a rapid 14.0s.
- Drew, doubling up with confidence, ran a non-scoring 100m and smashed out a second PB of the day – 14.0s flat. Superb running!

In the 200m:

- Jonathan powered to a commanding 1st in the A string with a slick 26.8.
- Lewis, making his 200m debut in a strong field, came 4th in the B string in 29.7.
- Anthony won his non-scoring race comfortably in 29.0s, two seconds ahead of the pack.

1K Walk

- Ethan showed impressive determination in his first-ever fast walking race. After just one coaching session the day before, he held his form and pace superbly to finish 3rd in 6:19.4 – a fantastic debut and a testament to his focus and adaptability.

Middle Distance

- In the 800m, the boys showed real determination and resilience:
- Luc made a confident return from a broken toe injury, pacing himself well in the A string to finish with a strong 2:30.5 – a great step back into form.
- Akul, making his Kent League debut, impressed with a composed run to take 2nd place in the B string in 2:29.1 – a brilliant start to his track season.
- Haydn, also debuting for both the club and the Kent League, ran a commendable 2:45.1 in the non-scoring race – plenty of promise shown.



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**Jumps - Long Jump:**

- Freddie landed 1st in the A string with a 4.10m jump.
- Emery, making his KYAL debut in the event, secured 1st in the B string with a 3.93m PB. A brilliant double victory and double PBs!

**High Jump:**

- Freddie, looking relaxed and enjoying his day of jumps, cleared 1.30m to finish joint 1st in the A string.
- Lewis, showing great versatility, stepped up for his HJ debut and cleared 1.10m to earn 2nd in the B string – impressive after just one midweek session!

**Throws - Shot Put:**

- Daniel, a new addition to the team, made a confident debut with a 7.85m PB, winning the A string.
- Oscar recovered well from a nervy start to take 2nd in the B string with 6.29m – great composure and progress.

**Discus:**

- Alex, in his debut, earned valuable points with a 3rd place finish and a PB of 13.83m.

**Javelin:**

- Alex again impressed, throwing a new PB of 19.63m to take 4th in the A string.
- Ethan added a huge 4m to his PB with a 17.66m effort, finishing 2nd in the B string – a brilliant jump in performance.
- Daniel, having already made an impact in the shot put, stepped up again for his javelin debut in a non-scoring slot and launched a fantastic 17.07m. A great start to his throwing career with the club!

**Relay**

- We ended the day on a high with an electrifying 4x100m:
  - The team of Carter, Oscar, Rohan, and Jonathan stormed to 2nd place in 52.20s, just 0.2s behind 1st. Carter got us off to a flying start, and Jonathan's turbo-charged anchor leg nearly clinched the win. The time shaved 0.21s off our previous YDL run – great to see that practice paying off!

**Final Word**

- A huge well done to everyone – especially those trying new events, stepping up last minute, or making their Kent League and club debuts. The team spirit, adaptability, and determination on display made us all incredibly proud.

Next up: \*the second YDL meet on \*Sunday 1st June at Tonbridge – team selection coming soon!



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**U15 Boys – report by Jo Martin, Team manager**

Following our second rather chilly YDL meet on Sunday 19th May, we had some fantastic performances across the team!

To start the day off Evan achieved an impressive PB of 10.75m in shot, showing real strength and progression. Oliver also looked strong in the B string, putting in a solid performance throwing 9.50m. Both athletes went on to compete in the discus as well—Evan finished 3rd, showing great consistency across events, and Oliver won the non-scoring string with a strong throw. A brilliant double effort from both!

Alex tackled a tough hurdles race with excellent technique and ran with real determination securing 4th position. Kesinachi had his first competitive hurdles race of the season, looking comfortable and composed throughout. In the non-scoring race, Luca put in a brilliant performance, achieving a new PB and securing an impressive 2nd place.

It was also great to have Seb back in action this season—he was looking strong, particularly in the high jump before he had to withdraw due to injury at 1.40m. Despite this setback, he continued to compete in the javelin throwing just over 36m—amazing!

A special mention to Zachary Horton, who made his debut for BBHAC and had a fantastic first event in the javelin, throwing just over 28m—so close to the 30m mark he was aiming for. I’m sure it won’t be long before he smashes that target!

Luke delivered an incredible 2k race walk, taking a commanding 1st place and even lapping the competition—a fab performance!

Aathi had a busy day, competing in both the discus and javelin, holding his own and looking strong across two very competitive events and gaining a great 2nd place in discuss with an impressive throw of over 31m— great commitment and consistency throughout.

Jericho stepped in as a non-scorer and had an amazing high jump, earning a PB of 1.56m, a great watch and then joined his brother Nico in the 4x100m relay. Jacob also competed in the high jump, showing great focus and effort throughout.

Sylvester had a fantastic day too, running a PB of 12.3 in the A string 100m, finishing 4th, while Zachary F opened his sprint season strongly with another 4th place finish and Nico working hard in the NS 100m to gain 3rd place.

Luke delivered an incredible race walk, taking a commanding 1st place and even lapping the competition—a dominant performance!

Luca took on the 200m A string, holding his own (a year young too) in a highly competitive field and finishing strongly. Harrison also looked solid in the B string, running a strong race. It was great to see David make his debut for BBHAC with a composed and competitive non-scoring race.

Matthew, Billy & Lewis competed well in the 800m middle distance races, which were all extremely competitive and fast-paced. They showed great effort and determination in tough fields gaining invaluable points for the team. Billy & Lewis both gaining new PB’s which was great to watch.

**U15 Boys Points Results**

1	C	Cambridge Harriers	155
2	W	Tonbridge AC	134
3	G	Blackheath & Bromley Harriers AC	130
4	A	Ashford AC	126
5	Z	S Factor Academy	119
6	K	Kent AC	118
7	D	Dartford Harriers	107
8	M	Medway & Maidstone AC	97

After 46 of 48 events scored



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Zachary F also had a great day in the long jump event, achieving 4.88m, just shy of the 5m mark he’s working toward—an excellent result for his first competitive meet of the season. Harrison followed with another solid long jump performance, finishing 4th in the B string.

And last but by no means least were the 4x100m and 4x300m relays—always a highlight and great fun to watch, and these were no exception! Both teams were running together for the first time and delivered exciting performances.

Sylvester, David, Nico, and Jericho ran a brilliant 4x100m relay, each delivering strong legs and finishing in an impressive 3rd place.

In the 4x300m relay, Jesse, Billy, Matthew, and Luca competed in a very strong field and ran a fantastic race—showing great teamwork and determination.

Well done to all involved—another brilliant day of athletics, full of energy, effort, and team spirit! Fantastic to see that BBHAC took the overall Kent win on the day too, not bad - 2 out of 2 so far 😊

The next event will be the 2nd YDL on Sunday 1st June – team selection for this will follow shortly.

Again, apologies, if I have missed anyone off or not mentioned any PB’s achieved on the day.

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**Under 13 Girls – report from Team Manager, Karen Desborough**

Pearl Coulson U13G was in the first race of the day getting a PB in the hurdles in a time of 12.0, she then went straight to the High Jump and the Long Jump and finished off the day as part of the winning 4 x 100m relay team.

Faye Yeomans also did the hurdles and then went on to do the 75m, the shot and was also part of the winning relay team.

Niamh Cush did the non-scoring hurdles and the went onto score in the 75m.

Jazmine Stephens did the high jump and then went straight to do the race walk for the first time and then straight to the Javelin where she got a pb of 11.74.

Olivia King also did the race walk for the first time then did the hammer for the first time and then went onto long jump and got a pb of 3.54.

Etse Okoro did the 150m and then was part of the winning relay team.

Izzy Costin did the 150m where she got a pb of 21.3 and then was also part of the winning relay team.

Ella Nickson scored points in the 800m with Lucy Beeraje who had her debut for the club scoring points for the team.

We also had Lena Aldridge and Beatrice Morez doing non-scoring events for the club.

**U13 Girls Points Results**

1	A	Ashford AC	159
2	G	Blackheath & Bromley Harriers AC	140
3	D	Dartford Harriers	128
4	M	Medway & Maidstone AC	126
5	W	Tonbridge AC	102
6	K	Kent AC	101
7	Z	S Factor Academy	85
8	C	Cambridge Harriers	46

After 46 of 48 events scored





**Under 15 Girls – report from Team Manager, Karen Desborough**

Matilda Murray started the track off for the U15s winning the hurdles.

Amelia Ramdeen did the hurdles and then had a long wait to be part of the winning 4 x 300m relay team.

Maya Conell did the 100m receiving a pb of 13.4 and Serena Simans also did the 100m both scoring points for the club.

Holly Alford Smith was up next in the 2k walk for the first time where she came second.

Emily Chapman was next in the 200m after doing the long jump followed by Lauren Griffin.

Betty O'Donnell also did the long jump before doing a non-scoring 200m.

Isabella Jenkins was up next in the 800m getting a pb in a time of 2.32, followed by Arianna Temmerman her first time running 800m and she came 2nd in the B string.

The 4 x 100m relay was Emily Chapman, Maya Conell, Serena Simans and Lauren Griffin who came third.

The final event on the track was the 4 x 300m relay with Amelie Ramdeen, Alba Holmans-Yau, Harriet Hughes and Freya Pearson which they won.

Dulcie Simpson started her busy day in the discus before going on to do the shot and finally the hammer where she got a PB of 30.90.

Isla Wilson also had a busy day starting the discus, then the shot and finally the hammer.

Alessia Scala came just to high jump where she came first and Leela Bhadeshia also came just to do high jump where she equalled her pb of 1.30 and came 2nd.

We also had Imogen Jenner-Heard and Harriet Hughes doing non scoring events.

This was a fantastic event where everyone competed to the best of their ability and a lot trying events they have never competed in before it was brilliant to see such great team spirit and BBHAC won overall on the day.

**U15 Girls Points Results**

1	G	Blackheath & Bromley Harriers AC	154
2	C	Cambridge Harriers	149
3	D	Dartford Harriers	145
4	M	Medway & Maidstone AC	134.5
5	A	Ashford AC	106.5
6	Z	S Factor Academy	105
7	K	Kent AC	103
8	W	Tonbridge AC	77

After 46 of 48 events scored