



Presidents News 10 December 2025

Headlines

- Records, Results and Park Run participation,
 - Key Notes
 - Results
 - Fixtures
 - Bonus Ball

Results

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

Please also share news & results with me that you wish publishes in the News.

Notes

Volunteers evening @ NPCSC on 10 December

It was great to see many of our volunteers join us at the clubhouse on Wednesday evening (10 December) for mulled wine, mince pies and prize winning crackers! Thanks to Alice and Holly for organising the event and for putting the video together (where many athletes said their appreciation of all the club volunteers)!

Norman Park Track Floodlights

The Club has just signed a contract to have the lights at Norman Park upgraded. Members can contribute to this via the Club 5% debenture scheme or donations. For details on debentures and donations please contact the treasurer (treasurer@bbharriersac.org.uk).

I received an email from John Lissman on the topic of “floodlights”:

The piece about the Norman Park Floodlighting reminded me of how we use to train in the dark winter nights at the Ladywell track in the late 1950s/early 1960s

The track and the changing rooms were closed on weekday evenings. So we would jog to the track already changed, climb over the fence and train in the dark. The back straight was alongside the railway line, so we would wait for the lights from a passing train to give some slight illumination for sprints. Amongst members that I can remember training in that way were Ted Sampson one time holder of the British record for 440 yards and a European gold medallist and John Herring who ran in the 5000 metres at the Tokyo Olympics.

Times have changed!

2026 Subscriptions

The Finance Committee are in the process of completing the 2026 subscription rates and renewal process. England Athletics has already [announced](#) that their fees are to increase to £23 for 2026/7.

RESULTS

Success at the Kent League Cross Country! - report from Paul Austridge – results are here - [KL Results](#)



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The final round of the Kent league cross-country series for U13 – U20 Age Groups saw BBHAC secure their position as the leading junior club in the county, winning team titles in U13 boys, U13 girls, U15 girls and U17 boys.

Our U15B won the team race on the day but ended up second overall, just 1 point behind a strong Tonbridge squad and U17 girls finished third overall.

Strength in numbers has been key to our success, with over 20 athletes in both U15 squads, over a dozen in each U13 squad and 10 in each U17 squad. The club's success is every individual athletes success.

Under 13s – On the day at Swanley Park, a great double win start for our U13's with a 1st for Jazzy in the U13 girls race backed up well by Lucy J, Holly T and Zara. Tight packing from Arianne, Molly and Louisa. A strong debut run from Sophia J and a complete set from ever consistent Alice.

An impressive 1st for Zach, a superb 6th for Luc and 8th for George both a year young in their age groups. A fine 10th for Akul backed up by Fletcher and Haydn both completing the series.

Under 15s – Evie continues her great season placing a strong 4th with Harriet 7th and Alba 10th. Strong packing by Stella, Beth, Isabella, Lily D, Amelie and Chloe. Backed up further by Elliot, Leela, Nancie and Clemence. Johnny had another great race finishing a fine 3rd followed by Dexter in 10th and a welcome return to James B, placing high despite only just returning to running. Big improvements from Billy and Teddy backed up well by Juan, Jesse, Benj, Luke, Matthew and Lewis.

Under 17s – A strong run from Niamh in 9th in the U17's with ever present Rowan in 11th, Hannah C 14th and Lily B 16th. Joe comfortably won the boys race, backed up superbly by Alex M in 3rd and Aniket in 4th, Ben in 7th with Madalitso a great 11th.

Under 20s – Kyla completed her series with a fine 4th in the U20's with Mark and Harry battling out the men's U20 race, placing third and fourth respectively. With the series complete, reward for racing all four was a place high up the leaderboard!

BBHAC had 30 athletes complete all four races, a very impressive number. In the U13s Jazzy's two 2nd's and two 1st's secured her top spot taking the gold trophy. Zara was a fine 5th, Arianne 6th, Molly 7th and Alice 9th.

Zach's 3rd, two 2nd's and a win earned him the gold trophy. Akul was a fine 5th, George 6th, Fletcher 19th and Haydn 22nd overall in the whole of the county.

The U15's Evie's consistent season saw her collect the silver trophy with Harriet collecting the bronze trophy. Alba was a strong 4th, Stella 11th, Chloe 14th, Elliot 15th and Clemence 21st reward for consistency.

Johnny's great season saw him win the silver trophy with Dexter in 7th, Billy 11th, Matthew 19th, Jesse 20th and Lewis 25th.

Joe's impression, complete sweep of 1st's earned him the individual gold trophy and a fine bronze trophy for Alex M who is enjoying some well-earned consistency to his training and racing now. Madalitso's consistency saw him finish a great 8th in the overall league table.. Mark and Harry



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finishing the season in 3rd and 4th overall. Rowan was our only ever present in the U17G and finished a high 6th overall

Huge congratulations to Kyla who won the gold trophy in the U20 women, rewarded for her consistent training and racing.

Trophies Trophies Trophies!!

Girls Under 13 Kent Womens' Cross Country League Trophy

- **Winning Club : Blackheath and Bromley H AC; Match points : 27**
- **Individual League Winners – 1 Jasmine Stephens Blackheath and Bromley H**

Girls Under 15 – Kent Womens' Cross Country League Trophy

- **Winning Club : Blackheath and Bromley H AC; Match points : 24**
- **Individual League Winners**
- **2 Evie De Bruyn Blackheath and Bromley H AC**
- **3 Harriet Hughes Blackheath and Bromley H AC**

Women U20 Individual League Winners 1 Kyla Dervish Blackheath and Bromley H AC

Boys Under 13 Cove Memorial Cup

- **Winning Club : Blackheath and Bromley H AC; Match points : 40**
- **Individual League Winners**
- **1 Zacchaeus Evans Blackheath and Bromley H AC**

Boys Under 15 Individual League Winners – 2 Johnny Lee Blackheath and Bromley H AC

Men Under 17 Youth Cup

- **Winning Club : Blackheath and Bromley H AC; Match points : 19**
- **Individual League Winners**
- **1 Joseph Scanes Blackheath and Bromley H AC**
- **3 Alex Martin Blackheath and Bromley H AC**

Men Under 20 Individual League Winners -3 Mark Constable Blackheath and Bromley H AC

Overall Club Award (Male: U/20; U/17; U/15 & U/13) – Doris Lucas Memorial Trophy

- **Winning Club : Blackheath and Bromley H AC; Match points : 98**

Overall Club Award (Female: U/20; U/17; U/15 & U/13) – Royal Bank of Scotland Silver Salver

- **Winning Club : Blackheath and Bromley H AC; Match points :62**

Valencia Marathon – report from Tom Desborough

On a dark and mild Sunday morning, 18 Heathens braved the Valencia streets with 26.2 miles ahead of them.



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The BBHAC pack was led home by Dylan Mitchard, who produced a storming two-minute PB running 2:29:00. Next home was marathon specialist Fintan Parkinson in 2:34:27, with Sam Douglass close behind in 2:34:54, a four-minute personal best.

Ben Hakki delivered an outstanding performance, shattering his personal best by five and a half minutes to achieve 2:38:15. Nick Clegg completed the sub-2:40 contingent with an impressive 2:39:41. Achieving this in just his second marathon, after 2:44:16 in Manchester, marks notable progress. Not far behind, Josh Kennedy and Kev Fini celebrated personal bests, with Josh finishing in 2:42:04 and Kev close behind in 2:42:19.

Second claimer Will Senbanjo crossed the line next in 2:43:43, followed by fellow former Petts Wood runner Roger Vilardell, who bravely battled hamstring issues to finish in 2:43:55. Tom Desborough took 13 minutes off his PB with a 2:47:20 in just his second marathon. Shortly after, Luca Ercolani finished in 2:49:22, just four weeks after a 2:46:57 in New York. Alistair Love followed, finishing in 2:49:42.

Paul Sharpe finished in 2:57:44 for another sub-3 performance. Paolo Lancini completed the sub-3 club for B&B, coming home in 2:58:05. An impressive run on his debut!

Scott Poulter followed in 3:10:53, then Zoe Fiander, Orpington Road Runner's second claimer, in 3:12:50. Will Brindley followed, completing his 52nd marathon in 3:26:23. Rounding off the impressive contingent was Simon Harris, who finished in 3:39:10, and François Berrier (3.50.00) closing out a memorable day for all.

We did have one casualty on the course: Pete Brooks had to drop out at 18km due to severe Achilles pain. His dad and Past President Nick Brooks offered great support out on the course.

Park Run 6 December 2025

46 Park Runners at 23 different events.

Furthest from the clubhouse was Imogen Meers at Donaupark in Vienna, beating David Adams who ran in Amager Fælled in Denmark.

Podiums

David Adams	1st M	Amager Fælled	18.04
Greg Bull	2nd M	Avery Hill	18.34
Katy Sugden	3rd F	Bethlem	24.02
Micah Evans	3rd M	Bromley	16.51
Jessica Keene	3rd F	Clapham	22.14
Joseph Georgiadas	2nd M	Daventry	18.58
Imogen Meers	3rd F	Donaupark	21.31

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](#)



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Fixtures

- Kent League final fixture, here at Norman Park on 13th December – only Senior Women and Senior Men
- European XC Champs 17 December – watch out for Elixia Nicholson (GB U20)
- Boxing Day Paperchase Dec 26th!
- KENT COUNTY ATHLETIC ASSOCIATION 2026 CROSS COUNTRY CHAMPIONSHIPS
 - This year's event will be on held the 10th January 2026

Bonus Ball winner was Richard Coe!

Steve Pairman,
President BBHAC