



## Headlines

- Records, Results and Park Run participation,
  - Club Records
  - 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.*

## Records – None reported

## Notes

- **Annual Dinner** – another reminder of the Clubs Annual dinner will be held on **November 21<sup>st</sup>** at the clubhouse. Please contact me if you would like to reserve a place.
- **Annual Athletics address – November 7th**

A good attendance at the Annual Athletics Address with interesting discussions emerging from the panellists and floor. An edited YouTube video will be made available.

## Christmas Supper

The Wednesday Nighter's Christmas supper will be held on Wednesday 17<sup>th</sup> December

## Cross Country season fixtures update – Dave Beadle

\* Attn all Veterans!\*

This season, our \*Club Vets Champs\* will be incorporated into the \*Kent Veterans Champs\* — Dartford, Sat 22 Nov. ♂ ♀

\* If you haven't already asked to be entered for Dartford, please do so by Monday night! (17<sup>th</sup>)\*

As many of you know, our Vets Champs have long been part of the 'Open' 10k. But with fixture congestion and so many open events now on the calendar, we've had a rethink.

To prioritise maximum participation in our historic \*Mob Matches\* alongside the strong club representation at county, regional and national level, we've decided to \*drop the Open 10k\* this season — rather than squeeze it into the only free weekend in January (Sat 3rd).

We're also reviewing the feasibility of the \*Club 10 Mile XC Champs, which for now has been \*\*removed from the fixture list\*.

Thanks for your understanding — and for your continued commitment to the Club. Let's make Dartford a big one!



## Presidents News 12 November 2025

### London Marathon Draw

The core initial requirement for Members wishing to enter the Club draw, is to forward me their TCS London Marathon general ballot rejection email, received on or around 19th June – to [nbarber25@btinternet.com](mailto:nbarber25@btinternet.com). The draw will take place towards the end of November.

You must have been unsuccessful in the marathon ballot, be a first claim member, paid your subs and EA fee and did not win a Club place in 2025.

16 entries have been received to date.



**LONDON MARATHON DRAW**  
3 PLACES AVAILABLE  
2 CLUB PLACES & 1 BAGGAGE

To be eligible for the Club draw, you will need to comply with all the following:

- Unsuccessful in the TCS London Marathon public ballot for 2026 – please locate your 'rejection' email (received on or around 19 June)
- B&B first claim member
- England Athletics registered athlete
- Did not use either a B&B Club place in 2025, or a baggage place in 2025
- B&B subs are up to date

Register Interest ASAP  
[nbarber25@btinternet.com](mailto:nbarber25@btinternet.com)

### Jack Petchy Winners - Gracelyn Kendrick, Ben O'Grady and Evie De Bruyn

#### Gracelyn Kendeck - nominated by her Coach, Roy Dickins

Gracelyn joined my training group and the club in October last year. She had already proved herself as a very good U17 300m hurdler but was going up to U20 and had never trained as a long sprinter. Winter training is extremely tough mentally and physically for 400m and there were many nights early on that Gracelyn found difficult. However she always gave her all and gradually started to believe.

All this work and determination really paid off when it came to the competition season as she finished in the top 10 for 400h, the only 1st year at the event to do so.

Her commitment to the club has been incredible competing in YDL's SAL's, England relays and at the European DNA. The ultimate demonstration of her support for the club came after in the YDL final where we had no 'b' string 400m athlete and given the expected fight we were going to have to win, this was a big issue. Gracelyn having already won the 400h and knowing she had the 4x400m to do, agreed to step in for the points. Her sheer competitive nature wouldn't let her just get a point, she put in another fantastic run to take maximum. She then went on to help take another win in the relay. To do 3 400m races in a day for someone who has really only just started training for it is just incredible but sums up Gracelyn's never give up attitude.

#### Ben O'Grady - Nominated by his Coach, Mike Reeves

Since joining our group, Ben has stood out not just for his talent, but for his determination, humility, and the inspiration he brings to those around him. He approaches every training session with focus and commitment, and the progress he has made this year has been nothing short of remarkable.

Ben's journey is a story of hard work paying off. In the 1500m steeplechase, he has risen to become UK Champion, Kent Champion, Kent Schools Champion, and Sussex County Champion. His national ranking has soared from 17th last year to 3rd this year, showing just how far his dedication has taken him. He has also been a true team player, helping London secure victory at the Youth Games Cross Country and playing a crucial role in Blackheath & Bromley AC's triumph in the UK Club Youth Development League National Title.



## Presidents News 12 November 2025

His rapid improvements in personal best times—breaking 2 minutes for the 800m (from 2:03 to 1:57), cutting his 1500m down from 4:18 to 4:03, and smashing his steeplechase time from 4:36 to 4:20—are a testament to his relentless drive to be the best version of himself.

Alongside his sporting achievements, Ben has also excelled academically, achieving ten excellent GCSE results and setting himself up for further success by choosing to study A-level Maths, Geography, and PE. Balancing these commitments has taken discipline and resilience, qualities that make him an outstanding role model for his peers.

Ben's story is one of perseverance, ambition, and inspiration. He truly embodies the values of the Jack Petchey Award, showing that with hard work and dedication, extraordinary things can be achieved.

### **Evie de Bruyn - nominated by Karen Desborough, (Coach Paul Austridge)**

I have been Evie De Bruyn's Team Manager for the last four years when she started as an U13.

As an U13 she competed in the Kent League as well as the YDL and her Main Events were 800m and 1200m, as U15 her main events are 1500m as well as 800m.

Evie is a great asset to the girls' team as she is a great all-round athlete and always ready to step up and take part in events to help the team out. She has competed in High Jump and Javelin just to gain some valuable points for the team.

Evie also competes in the Cross Country in the winter season trying to do all the competitions.

She is a fantastic team member. She is always encouraging her fellow athletes, cheering them on and bringing great energy to every competition. No matter what is asked of her Evie gives it her all and is always willing to help me whether it is looking for athletes for me to make sure they are in the right places for their events and checking they are there on time. In many competitions she has been willing to run round to the other side of the track to gather up athletes for me. She can also be seen helping put their numbers on or changing them round for different events.

This season she has been writing the reports after the YDL Competitions, they are always very detailed and good to read.

I believe Evie totally deserves to receive a Jack Petchey award.

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### **Results**

#### **Race report - London XC Champs @ Parliament Hill - 08/11/25: report from Micah Evans**

**TEAM BRONZE!!!**

After the London Youth Games XC action earlier in the day, with Bromley's junior boys taking & girls , it was the turn of the seniors. We had 10 of us toeing the start line as the above LYG results were being announced!

Conditions were good - perfect temperature for running, the sun made a welcome appearance and the ground was generally firm with some light-ish mud in places, though it was very uneven / slightly treacherous underfoot.



## Presidents News 12 November 2025

As has become a feature of this season, our No1 man was **Sam Parsons**, another cracking run saw Sam clock 37.10 for the c.10.6k course leading our team home.

**Jed Starvis** (first year U20), in his senior mens debut ran brilliantly and with really mature pacing moving through the field to finish in 17th in 37:44 - an even more impressive run on the tough and long course given Jed was running U17 distances just last season.

Our third man was **Kevin Fini** in his first XC race of the season having been back in the States for the first two Kent Leagues, putting his marathon training to good use in a great run placing 25th in 38:21 - really strong and well-paced running - great to have Kev back!

**Micah** was our fourth scorer in 32nd in 38:42 - a solid effort though lost a top 30 spot by getting sprinted past in the final few hundred meters.

**Leon DeBruyn** continuing his fine form was our fifth man home in 42nd in 39:18 with another well-paced run, showing his consistent training is paying off week by week.

**Nick Clegg** went out hot in the strength of his marathon training, but the illness that had laid him low all week and had almost ruled him out until the day before, took its toll on him in the second half of the punishing course, yet he still finished 46th in 39:27 - an excellent run on his course debut.

**Will Reedman-White** has been an ever-present for us on the country this season and on his local (as in walking distance!) course he ran well and finished quickly in 64th place in 40:41.

Three of our Dads completed our team, with **Jason Meers** in 320th in 51:34, **Barry Horgan** a few places behind in 328th in 52:20 and **Rob Whyte** in 362nd in 53:58.

So as above, we won bronze 🥉 in the team event behind Heathside and Herne Hill - a brilliant result and the first senior men's team medal for some time, certainly since I've been involved in the past 5 years.

Congrats and well done guys! A real achievement and shows we're building well - we were also missing quite a few of our strong runners yesterday, so with them to come back in... 🤘

And with Jed being the first of last years U17 cohort who are used to winning to join us in the seniors, with the current U17s carrying all before them still to join next year, and with U15s and U13s really strong, the future is bright - up the Heath! 🌞

## SENIOR WOMEN

## Senior Womens Team

Well done to Hannah, Libby, Trang and Jennie who finished 8<sup>th</sup> team out of 28. Hannah was 6<sup>th</sup> despite being ill earlier in the week.

POS	NAME	BIB	GUN TIME
6	Hannah Clark	640	00:22:26
98	Trang Nguyen	642	00:27:14
58	Jennie Butler	639	00:25:42
38	Liberty Whyte	643	00:24:36

London Youth Games November 8<sup>th</sup> – report from Ashley Pearson

Over 1,500 young athletes from 32 London boroughs at Parliament Hill Fields on Saturday 8 November - Congratulations to all our runners at London Youth Games.



## Presidents News 12 November 2025

Bromley fielded an incredible 88 out of a possible 96 runners and came away Girls Champions and Boys runners up. There were some tremendous performances on the day on what is one of the most challenging courses in the country.

A few individual highlights were our medalists Rory McDonagh (Aoife's wee brother and hopefully will be joining our U12 squad) in the U11 boys 🥈

In the U13s 🥉 for Emery plus Zach in 5th. With Luc and Anthony both in top 20 out of 250 runners Lucy J just missed the top 10, with 11th in the u13 girls race.

In the U15s races, Harriet took a great 5th with Evie and Alba storming to 14th and 15th. And Johnny Lee led our boys home in a fantastic 12th.

The final LYG races, the U17s were a super conclusion to what had already been a great day.

- Strong run from Aoife McD in 11th and great turn of form from Niamh to make top 30.
- It was silver and bronze for the Joes with Alex Martin just missing top 10 in 11th in a super strong run.

A big thank you to all of you for turning out for Bromley. Especially to our older runners who have moved on from Cross country but are still prepared to turn out on a really tough course.

Thank you to our parents and supporters who we rely on so heavily and huge thanks to Karen Barlow, Mike Crossan and Lucy Starvis, your team managers on the day who we couldn't have done without.

President's edit – it is worth highlighting how well Bromley did amongst other boroughs, coming 2<sup>nd</sup> overall

- Overall Borough winners – Male: Gold – Richmond, Silver – **Bromley**, Bronze – Havering
- Overall Borough winners – Female: **Gold – Bromley**, Silver – Richmond, Bronze – Barnet
- U11 Boys: Gold – Croydon, Silver – Redbridge, **Bronze – Bromley**
- U11 Girls: Gold – Havering, Silver – Sutton, Bronze – Lewisham
- U13 Boys: **Gold – Bromley**, Silver – Barnet, Bronze – Redbridge
- U13 Girls: Gold – Southwark, Silver – Ealing, Bronze – Richmond
- U15 Boys: Gold – Merton, Silver – Haringey, Bronze – Wandsworth
- U15 Girls: Gold – Havering, Silver – Greenwich, Bronze – Lambeth
- U17 Boys: Gold – Havering, **Silver – Bromley**, Bronze – Bromley
- U17 Girls: Gold – Westminster, Silver – Enfield, Bronze – Hammersmith and Fulham

Full results here: <https://results.sporthive.com/events/7392163320901402624>

### Athens Marathon

- Matt Maddocks 3.29.29
- Steve Evendon 3.29.32
- Damian Hayes 3.33.45
- Harry Schmidt 3.43.48

### Victoria Park Half Marathon



## Presidents News 12 November 2025

Congratulations to Carole Coulon who was 1<sup>st</sup> FV50 and 3<sup>rd</sup> in the women's race! . Also running was:

- Will Brindley 1.37.56
- Dave Leal 2.00.34 (3<sup>rd</sup> V65)

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## Park Run 1 November 2025

Milestones – do let me know if you have run a milestone and I will publish here:

- Zoe Kingsmell – 600!
- Karen Desborough – 500!

Wow – no-one ran outside the UK so Furthest from the clubhouse was Cameron Swatton at Northallerton

## Podiums

Podiums - only 3 this week as so many running at London

Doug Varney	1 <sup>st</sup> M	Bromley	17.16
Ollie Knowles	1 <sup>st</sup> M	Hoblingwell	19.04
Phil Bunn	3 <sup>rd</sup> M	Swanley	19.31

*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](#)

## Fixtures

- Kent League #3 @ Danson Park on Saturday - let's have a massive turnout and smash the 4 and 12 to score! 🤘

**Bonus Ball** winners - Chris Haines!

Steve Pairman,  
President BBHAC