

President's News 14th January 2026

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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

Trackside Café Loyalty

When you buy a coffee there is an option to register your mobile number on the screen on the customer side, then every time you visit, and purchase a qualifying item, you gain points / stars. It's quick and easy to do.

5K Summer Series

The dates for our 5k Summer Series (May-July) have been confirmed, with four races in total. Please see the attached schedule to save the dates.

Entries are now open! Prices are the same as last year, with a discounted rate for early entries (£12 for all 4 races), or you can enter on the day.

Last year's series was hugely popular, with strong support from local clubs.

More details will follow closer to each race.

Thanks to Iain Swatton for organising.

BBHAC Bingo

Blackheath and Bromley Bingo is back on Friday, 30th January at 6:30.

No money is required until the day; just email bbharriesac.volunteers@gmail.com to reserve a table.



New Press Officer

As of this week, Tom Brash is our new press officer. Tom has recently graduated from university and has taken over the role from Nick Brooks.

Tom is contactable at: press@bbharriersac.org.uk.

Please attach Tom to any news you wish to have included in the weekly news, as well as any results that may not have been posted in WhatsApp groups.

2026 Fixtures

These are now published on the website

Results

Power of 10

You may have seen that Po10 is not currently live. I found this note on British Athletics.org

The Power of 10, the UK's most popular athletics rankings and results website, is taking a break for a couple of weeks, and will be temporarily offline as it completes its transition to a brand-new digital platform.

This short pause is a planned and essential part of finalising the move to the new website. No results or athlete data will be lost during this period. Performances will continue to be collected and securely collated while the site is offline and will be fully visible once the new platform goes live later this month. Its sister site www.runbritainrankings.com will also go offline for the same period.

When The Power of 10 returns, users can expect a fresh new look alongside improved functionality and performance, delivered through a more robust platform designed to support the sport long-term. The site will retain the features and depth of data that athletes, coaches, officials and fans know and value, while also introducing a number of enhancements aimed at improving the overall user experience.

In addition, the data and functionality of the [runbritainrankings](http://runbritainrankings.com) site will be integrated into The Power of 10 creating an exciting one-stop-shop for athletics and running in the UK.

World Cross Country Championships

Huge congratulations to Eliza Nicholson on an outstanding performance representing Great Britain at the World Cross Country Championships in Tallahassee.

Eliza finished 36th overall, was the first British athlete home, and the third European — a fantastic achievement on the world stage.

An interview with Eliza can be found on [British Athletics Facebook page](#)

Kent Cross Country Champs - report from Paul Austridge

A cold but dry day at Brands Hatch set the stage for an excellent outing for Blackheath & Bromley HAC at the 2026 Kent County Cross Country Championships. 63 young athletes competed, delivering an outstanding return of 3 individual golds, 2 silvers, 2 bronzes, alongside 2 team golds, 4 team silvers and 1 team bronze.

The U13 girls opened the day over a tough 3k loop. **Jazzy Stephens** claimed individual bronze, supported by year-young **Elsa Matthews** (4th) and **Lucy Junginger** (8th) to secure team silver, just two points from gold.

The U13 boys lived up to expectations, with **Emery Aldridge** winning gold and **Zach Evans** taking silver. Strong support from **Luc Jones** (8th) and **Akul Gurunathan** (10th) sealed an emphatic team gold.

In the U15 girls, **Alba Homans Yau** (8th), **Evie De Bruyn** (9th) and **Ella Rae** (14th) combined for team bronze, while the U15 boys earned team silver, led by **Johnny Lee's** individual bronze.

The U17 girls finished in a close 4th place, with **Aoife McDonagh** (8th) and **Niamh Stanley** (12th) leading a tightly packed squad. The U17 boys delivered a historic result, ending Tonbridge AC's 19-year dominance of the team trophy. **Joe Scanes** (gold) and **Joseph Hill** (silver) were backed up by **Ben O'Grady** (4th) and **Daniel Horgan** (7th) to claim team gold.

The U20 women secured team silver, led by **Carys Firth** (5th) and **Libby Whyte** (7th), while the U20 men matched that result, highlighted by **Jed Starvis'** individual gold.

At the senior level, the women dominated, with **Andrea Clement** (gold), **Hannah Clark** (silver) and **Millie Smith** (5th) winning the three-to-score trophy, plus team silver in the six-to-score. Also running for the team were **Gracie Horton** (14th), **Trang Nguyen** (26th), **Katy Sugden** (37th) – all finishing in the top half! The club was 2nd in the 6 to score!



The senior men placed 4th overall, with **Charlie Davis** impressively securing individual bronze, fresh from a 2:15 marathon and back running for BBHAC as a 2nd claim. **Sam Parsons** backed this up with a solid 9th-place finish. Completing the 6 to score team (overall 4th place) were **Kevin Fini** (15th), **Graeme Lugar** (24th), **Leo de Bruyn** (26th) and **Paolo Lancini** (50th). The club also finished 4th in the 12 to score, with **Philip Bunn** (63rd), **Greg Firth** (68th), **Ian Scott** (85th), **Roger Beswick** (99th), **Paul Sharpe** (100th) plus **Jason Meers** racing hard to claim 12th scorer (115th) from **Barry Horgan** (116th). **Steve Pairman** trailed in later (127th)....

A superb day across all age groups - commitment, depth and quality on display throughout.

South of England Indoor U13/U15/U17 Championships

Results are in appendix.

Highlights were – **Micah Jay Salmon** winning the 400m in 50.32 a PB!, **Jalil Anderson**, 2nd in U15B Triple Jump with 11.85m, **Luca Hunstone** 3rd in the U15B PV with a PB of 2m, **Matilda Murray** making the U17W hurdles, **Piers Spencer Simms** finishing 3rd in the U17M 100m in a PB of 6.89, and **Jericho Senior** making his debut in the 400 U17M finals despite only being 14!

Trail Event in Thetford Forest

Will Brindley and Matt Bullen ran the “Where’s the Finish” trail marathon in Thetford Forest (West Suffolk / Norfolk area) yesterday. I came 2nd in the marathon in 3.49 (out of 37 running that distance). Matt Bullen kept me company running the half marathon. He came 3rd in the half in 1.44 out of 48 running that distance. We were both first in our age category.



Parkrun 10 Jan 2026

44 members ran at 21 different events

Furthest from the clubhouse - Not that much travelling this week, so furthest from the clubhouse goes to Peter Rogers at Haldon Forest in Exeter

Podiums

Imogen Meers	1 st F	East Grinstead	25:18
Alex Middleton	2 nd M	Beckenham Place	18:02
Ryan Alford-Smith	2 nd M	Whitecliff Lake	18:42
Joe Georgiadis	3 rd M	Bromley	17:23

Fixtures

- 17th January - Ranelagh Mob Match – Richmond Park 2pm start. Information on this fixture, including course map, can be found here - <https://ranelagh-harriers.co.uk/news/mob-blackheath-2026> . It is a fantastic location – well worth a family day out in Richmond! Weather forecast is dry and calm (don't hold me to that!). I hope to see you there!!
- 17th January – Kent Schools Cross Country Champs – Central Park, Dartford – first race at 11.30am. Details on the ksaa.org.uk website. Good luck to all members competing for their schools!
 - Good luck to all members competing in the Surrey schools champs as well this weekend!








Bonus Ball was won by Ray Walsh!









The latest 300 club was drawn with the following winners:







- £150 Karen Cosby
- £100 Theo Mantoura
- £50 Mike Crossan

Appendix – SoE Indoors

Aathinarth Gananathan 🇧🇪 (Blackheath & Bromley Harriers AC)					
23 (4)	400m - U17M 400m	Men	U17	Heats	59.80 SB
	Triple Jump - U17M (11m/13m board) Triple Jump	Men	U17	Final	NM
10	Shot Put - U17M Shot Put	Men	U17	Final	7.64 PB
Alexander D'Cruz 🇧🇪 (Blackheath & Bromley Harriers AC)					
12 (2)	400m - U17M 400m	Men	U17	Heats	54.13 Q SB
7 (3)	400m - U17M 400m	Men	U17	Semi-Finals	53.24 SB
Edesiri Paula Okpenerho 🇳🇮 (Blackheath & Bromley Harriers AC)					
45 (5)	200m - U17W 200m	Women	U17	Heats	28.98 PB
Faye Amy Yeomans 🇧🇪 (Blackheath & Bromley Harriers AC)					
45 (7)	60m - U15G 60m	Women	U15	Heats	8.82 PB
42 (4)	200m - U15G 200m	Women	U15	Heats	30.31 SB
Fayo Olatunde 🇧🇪 (Blackheath & Bromley Harriers AC)					
	60m - U17W 60m	Women	U17	Heat	SCR
	60mH - U17W 60m Hurdles	Women	U17	Heat	SCR
Freddie Mooney 🇧🇪 (Blackheath & Bromley Harriers AC)					
14 (5)	60mH - U15B 60m Hurdles	Men	U15	Heats	10.22 PB
Gabriel Valentine Cheesman 🇧🇪 (Blackheath & Bromley Harriers AC)					
	400m - U17M 400m	Men	U17	Heat	SCR

Harriet Hughes  (Blackheath & Bromley Harriers AC)					
4 (3)	800m - U15G 800m	Women	U15	Heats	2:26.44 q
5	800m - U15G 800m	Women	U15	Final	2:25.21 SB
India Leigh Ellington  (Blackheath & Bromley Harriers AC)					
26 (3)	60m - U17W 60m	Women	U17	Heats	8.15 q PB
22 (6)	60m - U17W 60m	Women	U17	Semi-Finals	8.18
19	Long Jump - U17W Long Jump	Women	U17	Qualification	4.23 PB
Jalil Anderson  (Blackheath & Bromley Harriers AC)					
2	Triple Jump - U15B (9m/11m board) Triple Jump	Men	U15	Final	11.85
Jamie Ellerton  (Blackheath & Bromley Harriers AC)					
43 (4)	60m - U17M 60m	Men	U17	Heats	7.58 SB
Jericho Raphael Asfaw Senior  (Blackheath & Bromley Harriers AC)					
2 (1)	400m - U17M 400m	Men	U17	Heats	53.05 Q
3 (3)	400m - U17M 400m	Men	U17	Semi-Finals	52.24 q PB
5	400m - U17M 400m	Men	U17	Final	54.23
Kara Bryan  (Blackheath & Bromley Harriers AC)					
7 (2)	400m - U17W 400m	Women	U17	Heats	1:01.30
Luca Hunstone  (Blackheath & Bromley Harriers AC)					
3	Pole Vault - U15B (2.30m start height) Pole Vault	Men	U15	Final	2.90 PB

Matilda Murray  (Blackheath & Bromley Harriers AC)					
5 (3)	60mH - U17W 60m Hurdles	Women	U17	Heats	9.13 q SB
5 (3)	60mH - U17W 60m Hurdles	Women	U17	Semi-Finals	9.16 Q
6	60mH - U17W 60m Hurdles	Women	U17	Final	9.20
Melody Lindsey  (Blackheath & Bromley Harriers AC)					
	300m - U15G 300m	Women	U15	Heat	SCR
	800m - U15G 800m	Women	U15	Heat	SCR
Micah Jay Salmon  (Blackheath & Bromley Harriers AC)					
1 (1)	400m - U17M 400m	Men	U17	Heats	51.65 Q SB
5 (1)	400m - U17M 400m	Men	U17	Semi-Finals	52.95 Q
1	400m - U17M 400m	Men	U17	Final	50.32 PB
Nicodemus Remiel Astar Senior  (Blackheath & Bromley Harriers AC)					
9 (3)	200m - U15B 200m	Men	U15	Heats	25.82 q
8 (4)	200m - U15B 200m	Men	U15	Semi-Finals	25.99 SB
Noelle Carr  (Blackheath & Bromley Harriers AC)					
30 (4)	200m - U17W 200m	Women	U17	Heats	27.53
Omarl Anderson  (Blackheath & Bromley Harriers AC)					
4	High Jump - U17M (1.65m start height) High Jump	Men	U17	Final	1.85
Oscar Eric Sadowski  (Blackheath & Bromley Harriers AC)					
	60m - U17M 60m	Men	U17	Heat	SCR
	200m - U17M 200m	Men	U17	Heat	SCR
Oscar Li Tienzo  (Blackheath & Bromley Harriers AC)					
28 (5)	60m - U15B 60m	Men	U15	Heats	8.14 PB

Piers Spencer-Simms  (Blackheath & Bromley Harriers AC)					
4 (1)	60m - U17M 60m	Men	U17	Heats	7.16 Q
3 (1)	60m - U17M 60m	Men	U17	Semi-Finals	6.98 Q SB
3	60m - U17M 60m	Men	U17	Final	6.89 PB
Riley Austin-Till  (Blackheath & Bromley Harriers AC)					
13 (1)	60m - U17M 60m	Men	U17	Heats	7.28 Q PB
22 (6)	60m - U17M 60m	Men	U17	Semi-Finals	7.36
Rohan Thomas  (Blackheath & Bromley Harriers AC)					
	60m - U15B 60m	Men	U15	Heat	SCR
	200m - U15B 200m	Men	U15	Heat	SCR
Serena Simans  (Blackheath & Bromley Harriers AC)					
	60m - U15G 60m	Women	U15	Heat	SCR
	200m - U15G 200m	Women	U15	Heat	SCR
Siddharth Sinha  (Blackheath & Bromley Harriers AC)					
4	Triple Jump - U17M (11m/13m board) Triple Jump	Men	U17	Final	12.55 PB
Sophie Tran  (Blackheath & Bromley Harriers AC)					
17 (1)	200m - U17W 200m	Women	U17	Heats	26.92 Q
10 (2)	200m - U17W 200m	Women	U17	Semi-Finals	26.54 SB