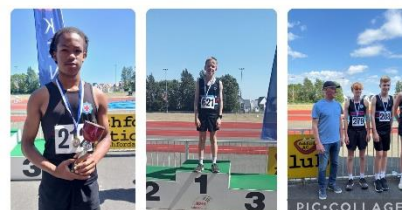




## Headlines – Lots of results !

1. Results and Park Run participation,
  - a. Kent T&F Championships
  - b. Surrey T&F Championships
  - c. Parris Handicap
  - d. Other results
2. Forthcoming fixtures, including the Loughborough International
3. Calls for volunteers ([see below](#))
4. “And [Finally...](#)”



## Results

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

### Kent T&F Championships Ashford 10 & 11 May

A large number of our track and field athletes attended the Kent County championships at the weekend. Many highlights and great performances – results can be seen here - [Results](#)

The winners were:

- Hammer - **Dulcie Simpson** U15
- High Jump - **Jade Oni** , SW, (who also finished 2nd in the long jump), **Alessia Scala** in the U15 in a championship best and PB of 1.73. **This is also a club record!**
- Pole Vault - **Etan James Kitteridge** in the senior Men and **Elsa Pawson** in U17W and **Ella Brooker** in the U15W. Also **Charlie Platt** in the U17M
- Shot Put U17W – **Emilia Adese**
- Javelin – **Lauren Farley** in the senior women, **Florence Holman** in U17W and **Max Kennedy** in the MU20
- Triple Jump – **Qi-chi Ukpai** in the W U20
- Long Jump – **Daisy Snell** in the U20W, **Ben Sutton** in the senior men
- Discuss – **Erin Simpson** in the WU20
- 100m – **Michael Damoah** in the senior men, **Cheyenne Nketia** won the U17W
- 300m M U15 – **Jericho Raphael Asfaw**, and **Kara Bryan** in the WU15, **Sophie Trang** in the U17W
- 400m – U20M **Zuriel Nwogwugwu**
- 800m - **Cameron Kelly-Gordon** U20W, then a 1,2,3 for the club in the WU15 (**Kara Bryan** (a double first for Kara), **Freya Pearson** and **Harriet Hughes**). The men were not be outdone , also scoring a 1,2,3 in the U15 (**Jack Barlow**, **Johnny William** and **Matthew Tootell**). **Kian Farrell** won the MU17
- 1500 – **Hannah Clark** in a season’s best of 4.36.44 in the senior women & U20



**Weekly News 7 May 2025**

- 110mH & 400mH – **Rayan Mourtada**
- 80mH - **Matilda Murray**, 1<sup>st</sup> = in a championship records and PB of 11.2
- 1500 SC – **Ben O’Grady** in the MU17
- Race Walking saw wins for **Jonathan Ellerton** in the M U20 and **Trejan Chechcheku-Boamah** in the mens U17

A fuller set of podium results are at the end of the News.



**Surrey T&F Championships, Kingston, 10 & 11 May**

See results at the end of the report and here - [Surrey County T&F Championships](#)

Highlights include:

**Piers Spencer-Simms** – setting new championship and county record in how 100m U15 semi. Then doing it again with an even faster run in the final which he won in 10.82 – this is also (subject to confirmation) **another new club record!**. The next day Piers was a very narrow 2<sup>nd</sup> in the 200m final with an equal Championship record in 22.04. the time was equal to the winner.

**Jackie Nzekwe** won the U17 hammer (with 46.09) and was 3<sup>rd</sup> in the discus

**Emily Hayden de Carconnieres** won the U20 Triple Jump, and **Tony Dronfield** did likewise winning the senior men TJ.

**Road Running**

**Darenth Valley 10k**

- Graeme Lugar 2<sup>nd</sup> 36.08
- David Adams 3<sup>rd</sup> 36.38
- Tom Desborough 9<sup>th</sup> 38.30 M40!?
- Steve Hough 10<sup>th</sup> 38.59

**Bristol Half**



**Weekly News 7 May 2025**

- Jane Bradshaw 1.47.46

**Copenhagen marathon**

- Matt Maddocks 3.17.23
- Harry Schmidt 4.16.35

Parris Handicap

**Parris Handicap Summer Series – Race 1 Report**

*14th May 2025 – Norman Park*

The summer racing season kicked off in style with **Race 1 of the Parris Handicap Series** – a fantastic evening of running, competition, and community!

Open to Blackheath & Bromley Harriers and joined by runners from **Petts Wood, Bromley Vets, and Z2H**, the event saw a brilliant turnout with **34 runners** taking part.

It was a tightly contested race, with the **handicap honours** going to **Martin Richardson**, followed by **Seva Ivanov** in 2nd and **Mark Ellison** in 3rd. Detailed results are at the end of the News.

**Fastest on the night:**

- 🏆 William Reedman-White – 16:49
- 🥈 Martin Richardson – 17:46
- 🥉 Nick Kibblewhite – 18:05

**Fastest Lady:** Imogen McLennan - 20:37



A great start to the series – and the race for the **Parris Trophy** is officially underway! After round one,

the standings are:

- 1 Martin Richardson
- 2 Seva Ivanov
- 3 Mark Ellison

**Next race: Thursday 5th June** – see you there!

**Park Run**

60 runners\* ran Park Runs on Saturday 26th April 2025 at 31 different locations.

This week's furthest run from the clubhouse was Ollie Knowles who won the Faskally Forest Park Run in Pitlochry, Scotland in 18.46.



### Other Podiums for April 26th

<b>Jackie Montgomery</b>	2 <sup>nd</sup> F	Ancholme Valley	26.42
<b>Trang Nguyen</b>	2 <sup>nd</sup> F	Bromley	20.05
<b>Darren Corneille</b>	1 <sup>st</sup> M	Foots cray	20.37
<b>Jennie Butler</b>	1 <sup>st</sup> F	Lloyd Park	21.25
<b>Holly Alford-Smith</b>	1 <sup>st</sup> F	Old Railway Trail	20.45
<b>Katy Sugden</b>	3 <sup>rd</sup> F	Riddlesdown	23.12
<b>Jessica Keane</b>	3 <sup>rd</sup> F	Tonbridge	19.52

*\*numbers do include runners who have marked the club on their Park Run profile but mat not have paid subs for 2025*

Runners can be seen here - [parkrun | Consolidated club](#)

### Fixtures

- This weekend sees:
  - the SAL at Basingstoke on Saturday 17<sup>th</sup> May
  - KYAL at Norman Park on Sunday 18<sup>th</sup> May

This weekend also sees (18<sup>th</sup> May) the **Loughborough international**, where a team of 50 rising stars has been selected to represent Great Britain and Northern Ireland at the 2025 Loughborough International Athletics match on Sunday 18 May. The U20 squad features a mix of European U20 medallists, British champions and emerging talent, as they prepare to take on athletes representing Loughborough, England, Scotland, Wales, and the National Athletics League in the traditional curtain-raiser to the outdoor season.

Club representatives in the GB & NI team are **Daisy Snell** in the long jump, **Qi-Chi Ukpai** in the triple jump and **Rayhan Mourtada** in the 4x400m mixed relay.

Club members are also appearing for the other teams taking part in the meeting. These include **George Seery** and **Lucy Dorell** in the NAL team. Competing for England are **Zara Obamakinwa** in the discus, **Lauren Farley** in the javelin and **Darcey Kuypers** and **Aaliyah Brown** in the 4x100m team.

### Other News

Club records are now up to date on the bbharriersac website - [Club Rankings – Blackheath & Bromley Harriers AC](#)

### Volunteers

I would also like to remind you that the club are always seeking volunteers to help run our fantastic club. You can see current vacancies here - <https://bbharriersac.org.uk/volunteer-vacancies/> , or let Alice Platt know you would like to help with something else, for example:

- Volunteers required for the home KYAL on the 18th



**Weekly News 7 May 2025**

Volunteers should be aware that the club is offering two entries for the **Big Half** on September 7<sup>th</sup> free of charge. A ballot will be held if more than 2 volunteers apply for the entry. Let me know if you would like to run by May 21<sup>st</sup> at 5pm.

**England Athletics** fees for 2025/6 were due on 1 April – please make sure that is you compete for the Club you have paid the £20 EA fee – through the Shop on your joinin ac

**Social Events/ Fundraising**

- Please note there will be no Bingo night on 30<sup>th</sup> May
- Tony Pontifex thanks those who have recently joined the 300 club – but is still has places available

A reminder on how you can contribute to raising funds for the club without donating time of money – thank you to those who helped raise £105 over the last 3 months, through the easyfundraising app:

*I'm one of 57 supporters raising free donations for Blackheath & Bromley Harriers AC every time I shop online, and you can join in too! Sign up to support them on #easyfundraising and over 8,000 retailers will make a donation on your behalf when you shop with them. All the big names like Sainsbury's, Argos, Just Eat and many more are ready to donate at no extra cost to you. Every donation will help us. Please sign up today:*

<https://join.easyfundraising.org.uk/bbhac/IY5UFP/s2s/ZdU7Z020/SE878/facebook/>

**It's Donation Day, let's celebrate!**

Thousands of good causes have been paid!

Blackheath & Bromley Harriers AC has received

**£105.40**

easyfundraising has paid out over £1.7 million in donations this quarter.

**And Finally....**This one is from Jan 1928

July 28<sup>th</sup> until August 12<sup>th</sup> 1928

As many members will no doubt be desirous of visiting Amsterdam on this occasion, a well know tourist company have been approached on the matter, and it has been ascertained that:

One week in Amsterdam, including all fares, first clas hotel, accommodation, gratuities, will cost £15.5s per head for a party of 12. Will intending visitors please contact with all speed the Hon Secretary. I send my £15 today but yet to hear from said Secretary.....

*Steve Pairman*

President

14 May 2025

...../ results in detail



Weekly News 7 May 2025

Surrey Track & Field Champs 2025

Under-15 Girls 100 Metres S-FINAL 2(Kingsmeadow Stadium, 11 May)					
2	India Ellington	12.90	+1.3		Q
Under-15 Girls 200 Metres S-FINAL 2 (Kingsmeadow Stadium, 10 May)					
3	Noelle Carr	26.58	+3.4		q
Under-15 Girls Discus (1kg) FINAL (Kingsmeadow Stadium, 11 May)					
2	Kaweng Pwol	28.27			
Under-17 Women Hammer (3kg) FINAL (Kingsmeadow Stadium, 11 May)					
1	Jackie Nzekwe	46.09			
Under-17 Women Discus (1kg) FINAL (Kingsmeadow Stadium, 11 May)					
3	Jackie Nzekwe	27.76			
Under-20 Women 400 Metres FINAL (Kingsmeadow Stadium, 11 May)					
2	Sophie Osborn	56.46			
Under-20 Women Triple Jump FINAL (Kingsmeadow Stadium, 11 May)					
1	Emily Hayden de Carbonnieres	9.94	+1.9		
Senior Women 100 Metres FINAL (Kingsmeadow Stadium, 10 May)					
2	Aaliyah Brown (U23)	11.84	+1.6		
Under-15 Boys 100 Metres S-FINAL 2 (Kingsmeadow Stadium, 10 May)					
1	Piers Spencer-Simms	10.86	+1.9	CBP, County Record	Q
Under-15 Boys 100 Metres FINAL (Kingsmeadow Stadium, 10 May)					
1	Piers Spencer-Simms	10.82	+1.2	CBP, County Record	
Under-15 Boys 200 Metres FINAL (Kingsmeadow Stadium, 11 May)					
1	Grindan Abrahams	Kingston	22.04	+0.9	CBP
2	Piers Spencer-Simms		22.04	+0.9	=CBP
Senior Men Triple Jump FINAL (Kingsmeadow Stadium, 11 May)					
1	Toby Dronfield (U23)	14.67	+0.8		





**Weekly News 7 May 2025**

**Parris Handicap – by handicap finish**

Runner	Position	Club	Handicap	Finish Time	Actual Time	Handicap Points
Martin Richardson	1	BBHAC	00:10:30	19:28:16	00:17:46	34
Seva Ivanov	2	BBHAC	00:07:45	19:28:37	00:20:52	33
Mark Ellison	3	BBHAC	00:05:15	19:28:42	00:23:27	32
Darren Cornelle	4	BBHAC	00:09:45	19:29:02	00:19:17	31
Rita Awatefe-Aydin	5	BBHAC	00:03:15	19:29:08	00:25:53	30
John Turner	6	BBHAC	00:04:00	19:29:29	00:25:29	29
Damian Hayes	7	BBHAC	00:10:00	19:29:41	00:19:41	28
Karen Harrison-Phipps	8	BBHAC	00:03:30	19:29:47	00:26:17	27
Dave Leal	9	BBHAC	00:03:45	19:29:53	00:26:08	26
Angela Powell	10	BBHAC	00:05:00	19:29:55	00:24:55	25
James Brinkley	11	Petts Wood	00:10:45	19:29:56	00:19:11	24
Graham Maynard	12	Other	00:08:00	19:30:03	00:22:03	23
William Reedman-White	13	BBHAC	00:13:15	19:30:04	00:16:49	22
Cameron Swatton	14	Petts Wood	00:09:00	19:30:08	00:21:08	21
James Olav Breen Norris	15	BBHAC	00:08:45	19:30:09	00:21:24	20
Olivia Senbanjo	16	Petts Wood	00:01:30	19:30:12	00:28:42	19
Christina Springbett	17	Petts Wood	00:00:30	19:30:20	00:29:50	18
Ian Scott	19	BBHAC	00:09:15	19:30:31	00:21:16	17
Luigi Arcuri	18	BBHAC	00:06:00	19:30:32	00:24:32	16
Katy Sugden	20	BBHAC	00:07:00	19:30:33	00:23:33	15
Chris Fishlock	21	BBHAC	00:10:15	19:30:34	00:20:19	14
Nick Kibblewhite	22	BBHAC	00:12:30	19:30:35	00:18:05	13
Imogen McLennan	23	BBHAC	00:10:00	19:30:37	00:20:37	12
James Webber	24	BBHAC	00:11:45	19:30:38	00:18:53	11
Adrian Stocks	25	BBHAC	00:09:00	19:30:40	00:21:40	10
Jason Meers	26	BBHAC	00:08:30	19:30:49	00:22:19	9
Steven Pairman	27	BBHAC	00:09:15	19:30:52	00:21:37	8
Tabitha Rogers	28	Petts Wood	00:06:15	19:31:00	00:24:45	7
Steve Evenden	29	BBHAC	00:10:30	19:31:07	00:20:37	6
Frazer Murray	30	BVAC	00:08:45	19:31:51	00:23:06	5
Bernard Wilson	31	BBHAC	00:01:45	19:32:02	00:30:17	4
Benjamin Evans	32	BBHAC	00:12:15	19:32:09	00:19:54	3
Liz Carter	33	Zero to Hero	00:04:00	19:32:15	00:28:15	2
Micah Evans	34	BBHAC	00:13:15	19:34:13	00:20:58	1

**Fastest Runs**

Runner	Position	Club	Handicap	Finish Time	Actual Time	Handicap Points
William Reedman-White	13	BBHAC	00:13:15	19:30:04	00:16:49	22
Martin Richardson	1	BBHAC	00:10:30	19:28:16	00:17:46	34
Nick Kibblewhite	22	BBHAC	00:12:30	19:30:35	00:18:05	13
James Webber	24	BBHAC	00:11:45	19:30:38	00:18:53	11
James Brinkley	11	Petts Wood	00:10:45	19:29:56	00:19:11	24
Darren Cornelle	4	BBHAC	00:09:45	19:29:02	00:19:17	31
Damian Hayes	7	BBHAC	00:10:00	19:29:41	00:19:41	28
Benjamin Evans	32	BBHAC	00:12:15	19:32:09	00:19:54	3
Chris Fishlock	21	BBHAC	00:10:15	19:30:34	00:20:19	14
Steve Evenden	29	BBHAC	00:10:30	19:31:07	00:20:37	6
Imogen McLennan	23	BBHAC	00:10:00	19:30:37	00:20:37	12
Seva Ivanov	2	BBHAC	00:07:45	19:28:37	00:20:52	33
Micah Evans	34	BBHAC	00:13:15	19:34:13	00:20:58	1
Cameron Swatton	14	Petts Wood	00:09:00	19:30:08	00:21:08	21
Ian Scott	19	BBHAC	00:09:15	19:30:31	00:21:16	17
James Olav Breen Norris	15	BBHAC	00:08:45	19:30:09	00:21:24	20
Steven Pairman	27	BBHAC	00:09:15	19:30:52	00:21:37	8
Adrian Stocks	25	BBHAC	00:09:00	19:30:40	00:21:40	10
Graham Maynard	12	Other	00:08:00	19:30:03	00:22:03	23
Jason Meers	26	BBHAC	00:08:30	19:30:49	00:22:19	9
Frazer Murray	30	BVAC	00:08:45	19:31:51	00:23:06	5
Mark Ellison	3	BBHAC	00:05:15	19:28:42	00:23:27	32
Katy Sugden	20	BBHAC	00:07:00	19:30:33	00:23:33	15
Luigi Arcuri	18	BBHAC	00:06:00	19:30:32	00:24:32	16
Tabitha Rogers	28	Petts Wood	00:06:15	19:31:00	00:24:45	7
Angela Powell	10	BBHAC	00:05:00	19:29:55	00:24:55	25
John Turner	6	BBHAC	00:04:00	19:29:29	00:25:29	29
Rita Awatefe-Aydin	5	BBHAC	00:03:15	19:29:08	00:25:53	30
Dave Leal	9	BBHAC	00:03:45	19:29:53	00:26:08	26
Karen Harrison-Phipps	8	BBHAC	00:03:30	19:29:47	00:26:17	27
Liz Carter	33	Zero to Hero	00:04:00	19:32:15	00:28:15	2
Olivia Senbanjo	16	Petts Wood	00:01:30	19:30:12	00:28:42	19
Christina Springbett	17	Petts Wood	00:00:30	19:30:20	00:29:50	18
Bernard Wilson	31	BBHAC	00:01:45	19:32:02	00:30:17	4



Weekly News 7 May 2025

BBHAC podiums from Kent Championships (*apologies for formatting issues*)**400mH U20W**

3	5	Gracelyn KENDECK 2007 · GBR	457	Blackheath & Bromley Harriers AC	1:02.16 PB
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**Hammer (3kg) – U17W**

2	3	Charlotte BLOODWORTH 2008 · GBR	590	Blackheath & Bromley Harriers AC	37.98 PB
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**Hammer (3kg) U15W**

1	2	Dulcie SIMPSON 2011 · ENG	574	Blackheath & Bromley Harriers AC	28.04 PB
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**HJ – Senior Women**

1	2	Jade ONI 2001 · GBR	469	Blackheath & Bromley Harriers AC	1.65
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**Pole Vault – Final – Senior Men**

1	4	Ethan James KITTERIDGE 2003 · GBR	481	Blackheath & Bromley Harriers AC	4.30 =SB
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**Pole Vault Final – U20M**

2	3	Finn Harley KITTERIDGE 2006 · GBR	486	Blackheath & Bromley Harriers AC	4.00 SB
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**1500m Final U20M**

2	5	Jed STARVIS 2008 · GBR	337	Blackheath & Bromley Harriers AC	4:06.81 SB
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**1500m – Final U17M**



**Weekly News 7 May 2025**

3	-	James SHAW 2010 · GBR	347	Blackheath & Bromley Harriers AC	4:20.07
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**800m Final – Women U20/Senior**

1	7	Cameron KELLY- GORDON 2005 · GBR	Senior	241	Blackheath & Bromley Harriers AC	2:13.24
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**Shot Put U17W**

1	2	Emilia ADESE 2009 · GBR	554	Blackheath & Bromley Harriers AC	15.47 <b>PB</b>
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**400m Final – Men - U20**

1	3	Zuriel NWOGWUGWU 2006 · GBR	151	Blackheath & Bromley Harriers AC	50.07 <b>SB</b>
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**300m Final – Men – U15**

1	7	Jericho Raphael Asfaw SENIOR 2011 · ENG	212	Blackheath & Bromley Harriers AC	38.85
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3	4	Aathinarth GANANATHAN 2010 · GBR	208	Blackheath & Bromley Harriers AC	41.18 <b>PB</b>
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**LJ Final U20W**

1	3	Daisy SNELL 2007 · ENG	519	Blackheath & Bromley Harriers AC	6.16w (+2.4) <b>SB (6.03)</b>
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**LJ Final – SW**

2	4	Jade ONI 2001 · GBR	469	Blackheath & Bromley Harriers AC	5.27 (+1.2) <b>SB</b>
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**110m H Men U20**

**Weekly News 7 May 2025**

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1	5	Rayhan MOURTADA 2007 · GBR	432YC	Blackheath & Bromley Harriers AC	14.05 <b>CR,</b> <b>PB</b>
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**Triple Jump – Men U15**

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2	4	Siddharth SINHA 2010 · ENG	526	Blackheath & Bromley Harriers AC	11.25 (+1.4)
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**PV Women U17**

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1	3	Elsa PAWSON 2009 · GBR	500	Blackheath & Bromley Harriers AC	3.30
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2	2	Luna Rose CORRY 2010 · GBR	499	Blackheath & Bromley Harriers AC	2.80
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**PV Women U15**

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1	1	Ella BROOKER 2011 · GBR	501	Blackheath & Bromley Harriers AC	3.30 SB
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**80mH Final U15W**

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1	2	Talia Violet JUNAID- EVANS 2011 · GBR	450	Dartford Harriers AC	11.2 =CR, PB
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1	7	Matilda MURRAY 2010 · GBR	451	Blackheath & Bromley Harriers AC	11.2 <b>CR, PB</b>
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**Javelin – SW**

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1	3	Lauren FARLEY 2001 · GBR	602	Blackheath & Bromley Harriers AC	49.57 SB
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**Tripe Jump Final – W U20**

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1	5	Qi-Chi UKPAI 2008 · GBR	529	Blackheath & Bromley Harriers AC	12.17 (+1.1)
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**100m MU17**

**Weekly News 7 May 2025**

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3	3	Nicholas MARQUEZ 2010 · GBR	44	Blackheath & Bromley Harriers AC	11.33 <b>PB</b>
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**100m SM**

1	5	Michael DAMOAH 1999 · GBR	5	Blackheath & Bromley Harriers AC	10.56w
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6		Warren LEWIS 2002 · GBR	11YC	Blackheath & Bromley Harriers AC	10.82w
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## Day 2

**400mH Final U20**

1	6	Rayhan MOURTADA 2007 · GBR	432YC	Blackheath & Bromley Harriers AC	52.07 <b>CR, PB</b>
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3	5	Alexander MORRELL 2008 · GBR	455	Blackheath & Bromley Harriers AC	1:01.08
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**Hammer WU20**

3	4	Lacey Ruth WEBB 2008 · GBR	570	Blackheath & Bromley Harriers AC	30.99 <b>PB</b>
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**1500m Final W/U20W**

1	1	Hannah CLARK 2005 · GBR Notes: SW	Senior	371	Blackheath & Bromley Harriers AC	4:36.44 <b>SB</b>
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**Hammer -Final U17**

2	5	Rory WITCOMBE 2010 · ENG	581	Blackheath & Bromley Harriers AC	44.88 <b>SB</b>
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**80mH – Final U17**

3	2	Fayo OLATUNDE 2009 · GBR	106	Blackheath & Bromley Harriers AC	12.01
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**Weekly News 7 May 2025****800m Final WU15**

1		Kara BRYAN 2011 · GBR	214	Blackheath & Bromley Harriers AC	2:23.70	
2	6	Freya PEARSON 2011 · GBR	219	Blackheath & Bromley Harriers AC	2:26.11	<b>SB</b>
3	5	Harriet HUGHES 2012 · GBR	314	Blackheath & Bromley Harriers AC	2:26.61	<b>PB</b>

**400m WU20**

3	5	Megan BARLOW 2007 · GBR	227	Blackheath & Bromley Harriers AC	1:03.10	<b>SB</b>
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**400m WSenior**

2	4	Cameron KELLY- GORDON 2005 · GBR	241	Blackheath & Bromley Harriers AC	58.30	<b>SB</b>
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**HJ Final – U15**

1	11	Alessia SCALA 2010 · GBR	480	Blackheath & Bromley Harriers AC	1.73	<b>CR, PB</b>
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**Discus WU20**

1	3	Erin SIMPSON 2007 · GBR	569	Blackheath & Bromley Harriers AC	33.56	<b>SB</b>
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**Discus MU15**

3	1	Aathinarth GANANATHAN 2010 · GBR	208	Blackheath & Bromley Harriers AC	36.88	<b>PB</b>
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**300m WU15**

1	7	Kara BRYAN 2011 · GBR	214	Blackheath & Bromley Harriers AC	41.62	
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**Weekly News 7 May 2025**

3	4	Freya PEARSON 2011 · GBR	219	Blackheath & Bromley Harriers AC	43.50
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**300m Final U17**

1	5	Sophie TRAN 2010 · ENG	112	Blackheath & Bromley Harriers AC	42.05
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3	4	Luciana SMITH 2008 · GBR	203	Blackheath & Bromley Harriers AC	42.52
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**PV Final Men U17**

1	1	Charlie PLATT 2009 · ENG	491	Blackheath & Bromley Harriers AC	3.80
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2	4	Jonathan ADEGBOLA 2009 · GBR	489	Blackheath & Bromley Harriers AC	3.20
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**LJ Final SM**

1	6	Ben SUTTON 2001 · GBR	506	Blackheath & Bromley Harriers AC	6.91 (-0.8) <b>SB</b>
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**1500m S/C Final U17**

1	1	Ben O'GRADY 2008 · GBR	420	Blackheath & Bromley Harriers AC	4:29.44 <b>PB</b>
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**1500m S/C Final Women**

2	3	Niamh STANLEY 2008 · GBR Notes: U17	U17 76.2cm	426	Blackheath & Bromley Harriers AC	5:36.13 <b>SB</b>
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**Javelin**

1	1	Florence HOLMAN 2010 · GBR	606	Blackheath & Bromley Harriers AC	42.05 <b>CR</b>
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**Weekly News 7 May 2025****800m Men U15**

1	7	Jack BARLOW 2011 · GBR	273	Blackheath & Bromley Harriers AC	2:09.37 PB
2	8	Johnny William LEE 2011 · GBR	279	Blackheath & Bromley Harriers AC	2:10.19 PB
3	2	Matthew TOOTELL 2010 · GBR	288	Blackheath & Bromley Harriers AC	2:10.88 PB

**800m Men U17 Final**

1	7	Kian FARRELL 2009 · GBR	261	Blackheath & Bromley Harriers AC	1:58.91 PB
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**100m U17W**

1	4	Cheyenne NKETIA 2009 · GBR	45	Blackheath & Bromley Harriers AC	12.22 PB
2	8	Zam Gabrielle BONIFACE 2009 · GBR	96	Blackheath & Bromley Harriers AC	12.39 (.386) SB

**200m MU20 Final**

2	7	Zuriel NWOGWUGWU 2006 · GBR	151	Blackheath & Bromley Harriers AC	22.07 PB
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**200m MU17 Final**

2	5	Troy OGEDENGBE 2010 · GBR	159	Blackheath & Bromley Harriers AC	22.69 PB
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**Javelin MU20**

1	2	Max KENNEDY 2007 · GBR	577	Blackheath & Bromley Harriers AC	48.07 SB
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**Weekly News 7 May 2025**

**Race Walking**

4	6	Jonathan ELLERTON M · 2006 · GBR	U20 1 <sup>st</sup>	623	Blackheath & Bromley Harriers AC	15:12.49 <b>PB</b>
8	12	Trejan CHECHEKU- BOAMAH M · 2009 · GBR	U17 1 <sup>st</sup>	614	Blackheath & Bromley Harriers AC	16:34.25 <b>PB</b>
13	3	Luke EPERON M · 2012 · GBR	U15 3 <sup>rd</sup>	621	Blackheath & Bromley Harriers AC	21:57.00 <b>PB</b>
2	10	Matthew ELLERTON M · 1973 · GBR	Senior 3 <sup>rd</sup>	611	Blackheath & Bromley Harriers AC	19:18.98