



Presidents News 15 October 2025

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

- TBC

Notes

- Thank you to Past President, Nic Corry, for hosting the News on Wednesday evening at the Clubhouse.
- **Alessia Scala** has been nominated for a Tafi award for Young Breakthrough Female Athlete of the Year. Please take a look at the website and consider voting for her.
 - <https://tafiawards.com/>
- **Annual Dinner** – date for your diary – the Clubs Annual dinner will be held on November 21st at the clubhouse. Please do consider coming along to this enjoyable occasssion. Let me know if you want a place reserved.
- **Annual Athletics address**

You will be aware that the Club sponsored Annual Athletics Address takes place at 6pm on 7th November at Norman Park and your support for this event would be appreciated and very relevant for all of us involved in athletics in the future. Please advise Ian Young if you wish to attend (iankyoung14648@gmail.com). We really would like as many members attending this interesting session on the future of athletics as possible. Thank you to those who have already confirmed their attendance. As a reminder of the panel and topics that will be covered:

Our Panel: Melanie Anning, Shaunagh Brown, Adam Gemili, Tony Shiret, Mike Winch

Moderator: Tim Soutar

Topics:

Meeting Athletes' Needs – Adam Gemili: understanding how athletes' needs are changing – different needs at different stages – new approaches to competition -athlete retention: how, why and to do what?

ANNUAL ATHLETICS Address **FRIDAY NOV 7th AT 6 PM**

Athletic Clubs: Future challenges
and how we might address them

PANELLISTS:
SHAUNAGH BROWN, ADAM GEMILI, MELANIE ANNING, MIKE WINCH & TONY SHIRET

HOSTED BY
BLACKHEATH & BROMLEY HARRIERS
Come, learn about and debate some of the key issues affecting our Club and Athletics in general with our panel of expert panellists. For further information and to register your interest please use QR code or email iankyoung14648@gmail.com

Free Parking
Norman Park Community Sports Centre, Norman Park, Hayes Lane, Bromley, BR2 9EG



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Coaching – how it is changing and why it needs to change – Mike Winch. Growth of the paid coaching model, increased demands on coaches, the expectations of athletes and their families and coach protection.

Sport as a 'lifeline' – Shaunagh Brown: changing young (and old) lives; sport for all - why everyone benefits; the symbiosis of the club in the community.

Attracting Volunteers - Melanie Anning: the shifting culture of commitment; what do volunteers get back? recruitment and pathways in; role design and flexibility; engagement, training and support; retention and progression.

Regulatory challenges and making governance work for Athletics Clubs – Tony Shiret: the growing demands of governing bodies – sharing the 'heavy lifting'; what should be the competition models for the future? how good governance can lessen the load on clubs.

Time-table

6.00 Arrival, Drinks French bread and cheese

6.30 Introduction by the Chairman of the BBHAC Board, Alan Pickering, and Hannah Gray, Bromley Councillor,

6.45 The 5 Challenges – Introductions and debates

8.45 Short discussion of the key responses identified

8.55 Concluding remarks from Alan Pickering

9.00 Bar will be open

SAL 2026 - We are still looking for a team manager! Can you help?

Results

European Masters – from 9th -19th October (results as at 14 Oct)

- **Helen Godsell**. 15.34 100m 1st – another brilliant run from Helen! Congratulations!
- **Ashley Reid** made the semi 100m m40
- **Duayne Bovell** m35 4th 100m final 11.19 – great effort Duayne!
- **Louisa Vallins** got to the final of the 100m V45 where she finished 8th

Kent League Cross Country, Foots Cray 11 October 2025

See end of News for the full report but fantastic to see the U13 Girls and Boys win their event, as did the U15 Girls and U17 Boys with the U15 Boys 2nd and U17 Girls 3rd!

Petts Wood 10k 12 October 2025

A strong turnout from the club saw us provide the top 4 finishers and plenty other great performances. I also noted Graeme Lugar in the results in 36.14, Ryan Alford Smith in 40.54 , Gareth Evans in 45.00 , all showing as unattached.



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Overall Place ¹¹	Bib ¹¹	Name ¹¹	Final Time ¹¹	Overall Pace ¹¹	Division ¹¹	Division Place ¹¹	Gender Place ¹¹	Team ¹¹
1	189	Nicholas Clegg	34:14	3:26/K	Open	1 / 5	1	Blackheath & Bromley Harriers AC
2	961	Oliver Ward	35:01	3:30/K	Open	2 / 5	2	Blackheath & Bromley Harriers AC
3	897	Justin Strover	35:04	3:31/K	Open	3 / 5	3	Blackheath & Bromley Harriers AC
4	538	Jake Leng	35:28	3:33/K	Open	4 / 5	4	Blackheath & Bromley Harriers AC
9	19	David Adams	36:54	3:42/K	M 20-39	3 / 170	9	Blackheath & Bromley Harriers AC
59	330	Chris Fishlock	43:56	4:26/K	M 50-59	8 / 116	54	Blackheath & Bromley Harriers AC
147	928	James Tootell	47:40	4:49/K	M 40-49	39 / 136	135	Blackheath & Bromley Harriers AC
170	587	Florent Marrou	48:31	4:58/K	M 40-49	46 / 136	158	Blackheath & Bromley Harriers AC
266	349	Danny Freeman	51:45	5:25/K	M 40-49	70 / 136	228	Blackheath & Bromley Harriers AC
288	17	Austin Adams	52:40	5:27/K	M 60-69	10 / 46	245	Blackheath & Bromley Harriers AC

Manchester Half Marathon 12 October 2025

Two members ran strong races: **James Meader** (including getting himself pictured in the winner of the women's finish) in 1.09.57 and **Alastair Love** in 1.17.11.

Royal Parks Half Marathon 12 October 2025

This London half marathon also saw 2 members post strong results: **Harry Deans** with a 1.16.22 and **Doug Varney** in 1.19.27.

Chicago Marathon 12 October 2025

Three members ran the Chicago marathon on Sunday in warm but bearable conditions. First home for the club was **Dylan Mitchard**, treating this as his warm up for Valencia in a superb time of 2.32.33 , followed by **Matt Bullen** in 3.26.23 and finally **your president** in 3.33.53 (thus qualifying by 7 seconds for London GFA should he want to!!??). A very enjoyable event in a fantastic city!

Park Run 11 October 2025

Just 40 runners in 20 events. Numbers down due to Kent League being on in the afternoon.

Yet again Barry Wetherlit wins furthest from the clubhouse as he is still in Japan! Also away from UK was James Cunningham in Etna Italy.

Podiums for 11 October.

Katy Sugden. Bethlem 1st F 22.45



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Nick Kibblewhite	Bromley	3rdM.	17.04
Doug Varney	Sutcliffe	3rdM	17.47
Jess Keene	Tonbridge	1st F	21.01

**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

- Kent League race 2 at Sommer Hill 18 October

Bonus Ball winner TBC

Steve Pairman,
President BBHAC



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Kent League Cross Country – report from Ashley Pearson

Saturday (11 October) was the first round of the 2025/26 Kent cross country league. We were blessed with sunny warm weather down at Footscray Meadows where despite the parking being very challenging, the running from the squad was fabulous. Big thank you's first of all to our tent crew of Paul A and Dave Cordell who had the tent set up in good time, in a good spot and giving us all great views of the start, finish and mid lap points. We had over 50 from the squad taking part along with 10 mums and dads joining the senior races.

The under 13 girls kicked off the day with a great team win. Jazzy led the team home in a fabulous second place followed by Elsa Matthews in 6th and Holly Tallack in 8th. Just outside the scoring team we had a very strong run from Lucy Beeraje in her first Kent league finishing 10th. Olivia wasn't far behind in 16th, followed by Lena in 17th, Louisa 19th and Alice in 25th.

Up next it was the under 13 boys. Unlike last year, Emery had a comfortable win with Zach Evans not far back in 3rd. Akul ran well to complete the scoring team coming home in 9th which gave us the team win. We had strong runs from first years Anthony in 10th, and George DB in 12th. It was an unfortunate DNF for Harry B who had suffered a start line stomp on his Achilles but did the smart thing in not continuing. We had strong runs from our first timers Fletcher, Hayden, Freddie and Ethan all running well on the tricky footscray surface.

As we moved on to the U15 girls it was another team win with a 4th, 5th and 6th from Harriet, Alba and Evie DB. Special well done to Evie who struggled to keep her breakfast in check over the last km... Melody and Holly had super runs finishing 16th and 18th with Stella, Imogen and Nancie completing a strong showing from our U15 girls.

In the under 15 boys we had an incredible turn out of 21 runners out of a field of 90. The boys all ran incredibly well to take second team just behind Tonbridge. Leading the team was Johnny in 4th, Ricardo in 6th and Jack Barlow in 12th. We had strong running from Alex S, Billy P, Benj, Matthew, Finn, Josh and Jesse. Teddy who ran a well judged race to finish sandwiched between matthew and Edward. And first time running for the club for Patrick in a great 23rd, with Edward and Akin not so far back. JP was a DNF unfortunately, but did the right thing when his breathing became a problem. And a final mention to James B. Who is ordinarily one of our super strong U15s, but is currently out just now with an injury. It was great though to have James there supporting the other boys as well as the rest of his family !

It was great to see such strong turn outs from our U17/20s. We had 11 U17W, taking 3rd team position. Aoife McD was first home in 10th and we had really strong, well paced runs from Charlotte, Rowan, Niamh and Lily. Most tackling the challenging 5km course for the first time. Kyla was our only U20 on the day but finished in a very strong 4th.

In the boys race, the Joes were as strong as ever, a win for Joe S and close 4th for Joe H. Alex Martin completed the winning team in 5th, with Nathan, Aniket, Kian, Daniel and Madalitso all finishing like a train in the top 20.8

Finally it was the turn of the seniors. Our ladies, picking up where they left last year, took team wins in the 3 and 6 to score. Hannah moving up to the 8km senior race, was a fabulous 2nd behind Chloe. We had 3 'mums' running. Big well done to Jennie, (Billy's mum) who was 3rd to score and to Angie (Jazzy's mum) and Liz (James and Alice's mum) Both running in the Kent league for the first (hopefully not last) time!!



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In the SM race we had well over 20 turning out. Well done to Micah for doing such a good job of building that team. In the 'Dads race' it was a first time win for Leon DB (Evie and George's dad), Micah in 2nd and Philip Bunn in 3rd. Also running we had Barry (Daniel's dad), Colin (Rowan's dad) and Chris (Alex M's dad). All with quicker times than last year. So well done to them.

Presidents addendum – well done to Jack Shayler for his 3rd place in the SM race and Sam Parsons also getting in the top10 in 9th.

A very well done to all. We're off to Somerhill on Saturday for round 2. The emphasis on "hill"

Looking forward to seeing you all there