



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

Peter Baigent Annual Awards

BBHAC is delighted to inform members that the nephew of Peter Baigent has kindly donated a sum of money in Peter's memory, allowing the Club to create two new yearly awards. They will be called the Peter Baigent Annual Awards, to be provided to two groups of members each year to be used as kit or general use for their training equipment etc. This year we are delighted to announce the awards go to Mike Reeve's endurance group and John Wakeman's pole vault group.

2026 Membership Fees

To be circulated soon

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).

300 Club Winners

The latest winners, drawn at the Wednesday Nighter's Christmas supper on Wednesday 18 December were: **Andy Frankish** £500, **Nick Nuttall** £200, **Dave Cordell** £100 and **Pat Calnan and Rod Harrington** with £50 each.

RESULTS

European XC Champs 17 December – Eliza Nicholson finished 37th in 15.58 in the U20 race. Congratulations to Eliza for representing GB!

Kent League Cross Country – report from Micah Evans

The final Kent League XC fixture was our home one at Norman Park, with beautifully sunny and clear conditions for running – the ground was relatively firm with some muddier patches, especially the turn at the bottom of the field round the back of NP!



Presidents News 17 December 2025

We had 20 senior men with Sharpey (**Paul Sharp**) making his appearance literally just 5 minutes before race start, though to be fair to him he had just gone sub 3 at Valencia Marathon 6 days earlier, so it was very good of him to turn out for us!

Our first man home was **Ollie Knowles**, who ran really strongly, working his way through the field to finish in an excellent 6th place in 26.35, within 15 seconds of the Top 3. **Micah Evans** was our second scorer with a steady run in 20th place in 27.34 and **Dave Adams** was just a couple places and a few seconds back in 22nd in 27.39 for our third man home, in perhaps his best run of the KLXC season. Completing our scoring four was **Graeme Lugar** with a solid run in 30th in 28.13.

Next was **Doug Varney** in 43rd in 29.18, **Mathieu Ducep** in 48th in 30:07, **Gareth Evans** in 57th in 30.23, **James Todd** in 58th in 30.26, **Greg Firth** in 70th in 31.13, the aforementioned **Paul Sharpe** in 71st in 31.15, **Phil Bunn** in 73rd in 31.18 and **Jon Pairman** in 82nd in 31.37 completed our scoring 12.

Completing our team on the day was **Ian Scott** in 125th in 33.33, **James Webber** in 130th in 34.02, **Chris Fishlock** in 133rd in 34.22, **Colin Pearson** in 154th in 35.44, **Steve Pairman** in 167th in 36.36, **Rob Whyte** in 170th in 37.00, **Dave Beadle** in 175th in 37.17 and **Mark Ellison** in 191st in 40.29.

On the day we came 4th in the 4 to score and finished the season in the same position, behind Tonbridge, Cambridge and Medway & Maidstone.

We went one better in the 12 to score, placing 3rd on the day and overall, behind Tonbridge and Cambridge.

4 Team to Score result & season score**Kent Cross Country League Results - Norman Park, Bromley 13/12/2025****Team Senior Men Results**

First 4 to Score		Match	
Club	Finish Positions	Points	Points
1 Cambridge Harriers	5,8,9,12	34	15
2 Medway and Maidstone AC	2,4,10,21	37	14
3 Tonbridge AC	3,11,13,16	43	13
4 Blackheath and Bromley H AC	6,20,22,30	78	12
5 Central Park Athletics	14,18,36,38	106	11

Senior Men**First 4 to Score Running Totals**

Club	Points
1 Tonbridge AC	64 (4) (84)
2 Cambridge Harriers	63 (4) (207)
3 Medway and Maidstone AC	56 (4) (270)
4 Blackheath and Bromley H AC	55 (4) (294)
5 Bexley AC	48 (4) (495)

12 Team to Score result & season score



Presidents News 17 December 2025

Kent Cross Country League Results - Norman Park, Bromley 13/12/2025

Senior Men Team Results

First 12 to Score		Finish Positions	Match	
Club	Points		Points	Match
1 Cambridge Harriers	5,8,9,12,23,31,37,46,50,55,63,86		425	6
2 Tonbridge AC	3,11,13,16,24,28,41,47,56,72,74,91		476	5
3 Blackheath and Bromley H AC	6,20,22,30,43,48,57,58,70,71,73,82		580	4
4 Medway and Maidstone AC	2,4,10,21,35,40,53,60,81,90,97,99		592	3
5 Tunbridge Wells Harriers	1,42,54,59,76,78,80,94,112,123,128,135		982	2
6 Beckenham Running Club	61,68,69,96,120,129,139,146,148,149,152,159		1436	1

Senior Men

First 12 to Score (Duodec) Running Totals

Club	Points
1 Tonbridge AC	26 (4) (948)
2 Cambridge Harriers	21 (4) (1926)
3 Blackheath and Bromley H AC	19 (4) (2133)
4 Medway and Maidstone AC	14 (4) (2673)
5 Tunbridge Wells Harriers	9 (4) (4307)
6 Beckenham Running Club	3 (3) (4849)
7 Bexley AC	6 (2) (1963)
8 Invicta East Kent AC	2 (1) (1356)

Thanks to our five ever presents who raced in all four fixtures – our highest placer in the end of year standings was Dave Adams (9th – just reward for his consistency and positional improvement across all races), Gareth Evans (25th), Phil Bunn (31st), Greg Firth 33rd and Jon Pairman (39th) – Congrats guys!

So another Kent League XC comes to a close, a couple months earlier than usual, but there's plenty more XC to come in the second half of the season after Christmas and New Year – Kent County XC Champs (Dartford), Mob Match (v Ranelagh @ Richmond Park) and Southern XC Champs (Beckenham Place Park) in January and London Cross Challenge (Parliament Hill), Mob Match (v Orion & SLH @ Epping Forest) and the National XC Champs (Sedgefield) to close out the season in February, before we move onto roads and track!

President Edit - In the women's race three valiant runners completed the event: **Gracie Horton** was 13th on the day in 34.03, with **Katy Sugden** in next in 42nd in 37.37 and **Angeline Stephens** 3rd for Blackheath & Bromley in 56th. The women finished 9th team on the day in the 3 to score, meaning they held off Tunbridge Wells to finish 3rd for the season.

Senior Women

First 3 to Score Running Totals

Club	Points
1 Tonbridge AC	51 (4) (91)
2 Medway and Maidstone AC	51 (4) (97)
3 Blackheath and Bromley H AC	43 (4) (190)
4 Tunbridge Wells Harriers	42 (4) (209)

Picked up from Power of 10

A PB for Nevie at Cardiff! **Cardiff Met Christmas Classic**

7.78i PB Nevie Tamblyn U20 Cardiff 14 Dec 25



Presidents News 17 December 2025

World Race Walking Tour event in St Anne's Park Dublin 14 Dec -

Trejan Checheku Boamah competed in the World Race Walking Tour event in St Anne's Park Dublin on Sunday. There were 96 competitors from 20 different countries ranging from the US to Europe and even from Mauritius. Trejan, just turned 16, competed in the U18 5km. He faced competition from Greece and Ireland some of whom were nearly 18. He finished 5th in 26m 38s a personal best by 2m and 01s. Well done Trejan!

Park Run 13 December 2025

56 runners at 27 different events

Furthest from the clubhouse was an interesting one. We had Barry Horgan running in Ireland - but then I saw Sam Beadle ran at Spanish Banks Beach....aha I thought that is another trick one - like the California Country Park Run in Wokingham! However, it is not in the UK nor in Spain but in Vancouver Canada...work that one out!!, making Sam the furthest from the clubhouse.

Johnny Lee	1stM	Beckenham	17.48
Jess Keene	2nd F	Bevenden Dean	24.35
Zach Evans	3rdM	Bromley	16.26
Harriet Hughes	2nd F	Bromley	18.48
Joe Geogardias	1st M	Daventry	18.04
Jennie Butler	3rd F	Lloyd	24.02
Ryan Alford Smith	1st M	Lullingstone	20.09

Park Run Records

Paul Ross-Davis updated me during the week on his achievements as a V75. Back in July he ran a Park Run in 20.19, making him the 2nd fastest Park Runner in this age group category!

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

- Boxing Day Paperchase Dec 26th!
- KENT COUNTY ATHLETIC ASSOCIATION 2026 CROSS COUNTRY CHAMPIONSHIPS
 - This year's event will be held on the 10th January 2026

Bonus Ball winner was Ray Walsh!

Steve Pairman,
President BBHAC