



Presidents News 8 October 2025

Headlines

- Records, Results and Park Run participation,
 - Club Records (oh dear)
 - 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

Vets and County Walking Championships at Norman Park 4 October

- **U13B. 2000 Walk. 12.42.7 Ethan Hunstone 4/10/25**

Notes

- Correction: In last weeks news on the Vitality 10000 there was in complete sentence thanking the volunteers. It should have read;
 - Thank you also to all the club volunteers who helped Keith Duffy-Penny and team at the event. Please do think about volunteering for these events – it is fun and the club receives a payment!
- **Annual Dinner** – date for your diary – the Clubs Annual dinner will be held on November 21st at the clubhouse. Details will be emailed to all current paid-up members later this week.
- **Annual Athletics address**
 - The Annual athletics address will be held at the club on 7th November – 6pm start. An email inviting you to the event was sent on Tuesday.

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 iankyoung1464@gmail.com

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

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

- But please save the 2026 dates ☹
 - Saturday 16th May
 - Sunday 21st June
 - Sunday 19th July
 - Saturday 8th August



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Results

The National Road Relay Championships, Sutton Coldfield: Saturday 4th October 2025

Blackheath & Bromley turned out in good numbers, with 15 teams, for the National Road relays at a windy Sutton Coldfield! Huge congratulations to our U13 Boys relay team, who won the event at Sutton Coldfield in a time of 40.11! The team was made up of Harry Beeraji, Zach Evans, Emery Aldridge. Our U17 Men team range a very strong race as well finishing in 3rd with a time of 35.28.

Well done to all who ran, with the completed teams finishing as below.

Age Group	Finish	Time	Lap1	O/Pos	Team Member	Lap2	O/Pos	Team Member	Lap3	O/Pos	Team Member
U13B A	1	00:40:11	00:13:39	6	Harry Beeraji	00:13:35	3	Zachary Evans	00:12:56	1	Emery Aldridge
U13B B	20	00:44:48	00:15:05	43	George Debruyne	00:14:45	20	Luc Jones	00:14:57	20	Alexander Coe
U13G A	15	00:47:21	00:14:54	7	Jasmine Stephens	00:16:09	12	Holly Tallack	00:16:18	15	Lucy Beeraji
U13G B	44	00:53:27	00:17:07	47	Olivia King	00:17:18	45	Arianne Paranjpe	00:19:01	44	Ella Nickson
U15B A	17	00:39:40	00:13:24	39	Jack Barlow	00:13:13	24	Johnny Lee	00:13:02	17	Zacchaeus Kelma
U15B B	40	00:42:06	00:13:20	35	R Cerveratolins	00:14:49	47	Finn Gotkine	00:13:55	40	Alex Smith
U15B C	59	00:44:38	00:14:42	73	Billy Pharoah	00:14:44	63	Patrick Doyle	00:15:12	59	Teddy Hughes
U15G A	21	00:45:05	00:15:13	40	Sofia Mossi	00:14:40	23	Harriet Hughes	00:15:10	21	Alba Homansyau
U15G B	49	00:49:15	00:15:28	44	Evie Debruyne	00:16:52	49	Aoife Stanley	00:16:54	49	Isabella Jenkins
U15G C	62	00:51:34	00:17:36	76	Chloe Morez	00:16:16	66	Stella Garvey	00:17:42	62	Leela Bhadesia
U17B A	3	00:35:28	00:11:46	4	Joseph Hill	00:12:04	4	Oliver Ward	00:11:37	3	Joseph Scanes
U17B B	26	00:38:09	00:12:22	22	Benjamin O'grady	00:12:54	28	Daniel Horgan	00:12:52	26	James Shaw
U17B C	47	00:39:06	00:12:44	39	Nathan Clark	00:13:28	50	M Valemamwanza	00:12:53	47	Kian Farrell
U17G A	24	00:46:29	00:14:48	21	Naimah Mossi	00:15:07	19	Luciana Smith	00:16:34	24	Charlotte Stevens
SW	50	01:00:06	00:18:50	11	Hannah Clark	00:21:47	27	Liberty Whyte	00:19:29	16	Ailbhe Barnes

Highlights Report: Paul Austridge

Sutton Park, Birmingham is always a great day and yesterday's windy affair was no exception. Forty Five tough BBHAC young athletes travelled to the Midlands, most on mini buses leaving at 6 am, to tackle the challenging 3.8k road circuit. The conditions were tough with strong gusty winds and damp in the air, but this didn't stop our young athletes excelling, once again.

Two National team medals, a fastest leg and loads of fast legs, with many running quicker than they have run before!

U13 Boys

- Last year the trio of Harry Zach and Emery claimed an impressive seventh, all being a year young but this year they went even better, **securing a brilliant GOLD** with all three running superbly and Emery bringing them home, running the quickest leg of the day. The future is all looking bright as our current year young trio of
- George, Luke and Alex C combined well to be the first B team home, all running strong legs and great to see Haydn making his National debut, running in the very competitive first leg.

U13 Girls

- Jazzy lead off on leg one in the under 13 girls race, posting a very fast time with year young Lucy bringing the team home in a great 15th place (50 teams racing) also recording a quick time. Olivia lead the B team out on the fast first leg, posting a strong performance.
- The under 15 boys and U15 girls both had three strong teams of three racing, great numbers.



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U15 Boys

- The A Team boys placed 17th (with 75 teams racing) and great runs from Jack, Johnny and Zacchaeus. The B team of Ricardo, Finn and Alex S were the 5th B team to finish. Worth noting that Ricardo was a minute & 1/4 fastest than last year, proof that consistent training pays off.
- Our C team of Billy, Patrick and Teddy all making their National road relay debuts, were the first C team home, great efforts .

U15 girls

- Evie had a strong run on the competitive first leg helping her team place 9th B team and Stella had a great debut National along with Leela, at her 2nd Nationals, helping their
- C team place 7th, in what is a very competitive age group.

U17's

- The lads won bronze at last years event and were hoping to match or even go better this year but with the strength of the Southern clubs this year it was always to be tough. Added to this the fact that uniquely BBHAC athletes were still competing late into September on the track, at YDL and DNA finals meant our MD athletes have had little or no rest going into these autumn relays. However, three strong runs from Joseph, Oliver and Joe saw them secure **another National team bronze**.
- Ben, Daniel and James S combined well being the 1st B team home and Nathan (running over 1 1/4 minutes faster than last year), Madalitso and Kian made up a very strong C team that also came home as 1st C team. Great strength in depth.

U17 women

- Charlotte ran a strong leg 3 in the A team bringing them home in 24th helped by a strong run from Luciana on leg 2 and Lily ran leg 2 in the incomplete B team, all coping well despite the tough conditions.

Senior Women raced well with 3 strong runs from Hannah, Liberty and Ailbhe.

Tonbridge Half Marathon

- Trang Nguyen 01:30:57 2nd FV40 Actually I was first AG and 4th overall - the Half results got mixed up with 10k.
- James Tootell 01:47:06 V40
- Dave Leal 02:03:27 V65

Kingston Half

- Fintan 1.16.32 1st V45/ 2nd V40 7th overall
- Simon 1.31.39 7th V50
- Tm Ruffer - I did the Kingston half marathon in 1:53:18, beating my PB of 1:58:37.

Trail de Matha

Jane Bradshaw 26m14 for 5600m trail. Trail de Matha.



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Hastings Half Marathon

Nick Clegg – 1.17.54 for a 14th place!

Vets and County Walking Championships at Norman Park 4 October - Shaun Lightman

Two juniors were invited to race in the 2k Vets and County Championships at Norman Park on Saturday. Florence Watson finished 1st in 11m 17.3. Ethan Hunstone finished first U13 in 12m 42.7 – a new club record!

Also raced Matt Ellerton in the 10k and finished 8th in 1.04.57.7.

Thruxton Mass Attack Duathlon – well done Alex!!

Alex MARTIN		Gun Time		01:01:23
158		OVERALL	CATEGORY	
Sprint		55/251	7/12	
5 October 2025			GENDER	
			52/179	

Park Run 4 October 2025

56 ran in 22 events.

Furthest from the clubhouse – yet again - was **Barry Wetherlit** who ran at Hikarigaoka koen in Japan.

Also abroad was Andy and Zoe Kingsmel at Hasenheide in Berlin Germany and James Cunningham at Foro Italico (Palmero).

Podiums for 4 October

Nathan Crossan	1 st M	Bethlem	19.04
Aaron Crossan	2 nd M	Bethlem	19.51
Leon De Bruyn	1 st M	Bromley	16.40
Graeme Lugar	3 rd M	Bromley	17.19
Elizabeth Bunn	3 rd F	Foots Cray	26.01
Akul Gurunathan	2 nd M	Hoblingwell	20.39
Jess Keene	1 st F	Hove	21.00

**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 11 October

Bonus Ball winner from last week – Mike Peel!

Steve Pairman,
President BBHAC