



Headlines

1. Academy event
2. Results and Park Run participation ,
3. Forthcoming fixtures,
4. Calls for volunteers
5. “And Finally....”

Academy

I attended the event at Norman Park where a number of academy members came down to run 1,2 3 and 400 meters and try the high and long jump on the track. It was very inclusive event and great to see the kids enjoying themselves and giving it their all. It was lovely to hear parents tell me how excited their kids were to be running or jumping on the actual track.

Thank you to Alice and John for organising the event and officials and to all the volunteers for time keeping and judging.

Tuesday Night @ the Track

I attended my first Tuesday Night track session and enjoyed it! It was great to see the different coaching sessions and age groups (overtaking me!), running plus some of the field eventers training.

Results

Michael Johnson Event (Jamaica)

Dina broke the club record over 400m with 52.15 ! Dina now holds the women’s record for 100,200, 300 and 400

Brighton Marathon

Well done to all who ran the Brighton Half Marathon at the weekend! Results from the website:

Place	Place Age Group	Name	Finish	Gun time
1166	59	Rita Awatefe-Aydin	04:22:14	04:27:19
279	24	Gareth Evans	03:07:29	03:07:36
850	622	Jessica Keene	04:11:43	04:14:57
45	36	Graeme Lugar	02:51:07	02:51:18
770	105	Matthew Maddocks	03:24:56	03:27:44
51	9	Trang Nguyen	03:23:56	03:26:43



Rhodes marathon

Congratulations to Harry Schmidt on his marathon PB – 3.12.51 in Rhodes, Greece!



Weekly News 9 April 2025

Walking Races

In the Enfield League both Trejan Checheku-Boamah and Florence Watson competed in the Enfield League 5km race held at Cambridge University on Saturday 5th April. Trejan won in a commanding finish time of 29m 32s. Florence also won her event with a time of 31m 35s.

They both then competed as guests in the 5km Vets AC both finished 2nd and obtained personal bests in doing so, Trejan in 28m 38s, and Florence in 29m 51s .

Park Run

61 runners* ran Park Runs on Saturday 5th April 2025 at 25 different locations.

Furthest from the clubhouse was Cameron Swatton at Northallerton Park Run.

Podiums for April 5th

Nicholas Clegg	1 st M	Bromley	16.30
Millie Smith	1 st F	Bromley	17.37
Carole Coulon	2 nd F	Bromley	18.30
Jennie Butler	1 st F	Lloyd Park	21.29
Ryan Alford-Smith	1 st M	Upton House	18.31
Freya Denbow	1 st F	Margate	24.31
Martin Richardson	1 st M	Lullingstone	19.28
Steve Hough	2 nd M	Lullingstone	19.34
Eloise O'Shaughnessy	3 rd F	Tooting	21.28
Darren Cornielle	1 st M	Foots Cray	20.20

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

Forthcoming fixtures and news

Saturday 12th sees the club have teams in the National relays: 12x5km for the men and 6x5km for the female race. Good luck In Sutton Coldfield to all!

On Monday 14th April, there is an Open Meeting at the track - entries here - [Entry4Sports UK | support@entry4sports.com](https://www.entry4sports.com) – there are some 213 registered athletes at the time the news letter was sent! Events are the 1500m, 300mH (U17W), Shot Put, Long Jump and Pole Vault.

Ted Pepper – Run or Volunteer!

The annual Ted Pepper 10k is due to be held on Monday May 5th. We have over 100 entries so far, and encourage members to either

- Enter online asap or
- **Marshal – thank you to a few who have come forward, but we are still short of 3-5 marshals for the event.** Please contact Steve Pairman (stevepairman13@gmail.com if you can help)

Parris Handicap

Entries are open for the summer series - enter via your joinin account& the Blackheath & Bromley Harriers AC shop.



Weekly News 9 April 2025

England Athletics fees for 2025/6 are 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 account.

Forthcoming Social Events

- Bingo @ Trackside – 25th April
- Marathon Supper – 30th April

And Finally....

We recently lost the mob Match to SLH so I took some solace in reading from July 1951

“A track mob match!

The fixture, not yet firmly established had events at 4x110 yards relay, 4x 220 yards relay, 4x 440 yards relay, 880 yards relay, 1 and 2 mile team races , high jump, long jump shot and discus. We swamped SLH winning 9 events to 1!”

Steve Pairman
President
9 April 2025