

President's News 18th February 2026

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Results

Please let me know of any results that need correcting or adding. Please also share with me any news or results you wish to publish in the News.

Key News

- **British Indoor Champs** - Well done to all our athletes who competed at the British Indoors this weekend – a fantastic showcase of talent and determination. Special congratulations to **Daniel Goriola** and **Dina Asher-Smith** for claiming gold in the 60m hurdles and 60m, respectively. A brilliant achievement! A big well done as well to **Harry Fisher** for securing silver in the 800m, and **Dillon Claydon** for earning bronze in the shot put. More details in Results.
- **National Record!** – A huge congratulations to **Emilia Adese**, who represented England at the Vaxjo international in Sweden. Emilia won the shot put with a massive PB of 16.87m, a national U18 indoor record!. This means the club has the National indoor and outdoor record holders (**Cleo Agyepong**).
- **Championship Record!** – Congratulations to **Dina** on breaking the British Indoor Championship record in the 60m! Dina stormed to victory in an incredible 7.05 seconds, securing her place at the upcoming World Indoor Championships in Poland next month.
- **Club Record!** – A massive congratulations to Alex Giles, who broke the U17 and U18 indoor 60mH club record enroute to coming third at the Polish indoor U18 heptathlon champs. Alex is currently 23rd in the world and 4th for his age! His score of 2835 is a club record for U17, subject to clarification (eg on throwing weights being equal)
- **National XC - King/Queen of the Hill** – Following the success at last year's **National XCs**, there will once again be a prize for the first runner to point D on the course (roughly 1100m from the start). This applies to both the junior and senior races.

There will be a prize from Flycarb worth £100 (£50 cash and £50 Flycarb voucher), as well as a 10% discount code for all entrants via code 'NATIONAL'.

- The applications for the **Young Athlete Grant Scheme** close on the 22nd February. This funding system supports English athletes under 24 who are in full-time education and active in athletics. The link for the application form can be found here: <https://www.englandathletics.org/news/young-athlete-grant-scheme-applications-open-for-2026/>

Results

British Indoor Champs – results here -

<https://ukaic2026.microplustimingservices.com/#/schedule-bydate>

Day One Highlights: <https://www.youtube.com/watch?v=7pOr0RaQAUC>

- **Daisy Snell** delivered an outstanding performance to finish 5th in the long jump – an incredible result, especially at just 18 years old.
- **Anastasia Davies** showed great form in the 60m hurdles, progressing to the final, though unfortunately, she was unable to finish the race.
- **Dan Putnam**, competing in his 20th British Championships, reaches the semi-final of the 400m - a remarkable milestone and testament to his longevity at the top level.
- **Sian Harry** also advanced to the semi-finals in the 400m

Day Two Highlights: <https://www.youtube.com/watch?v=TcNNSbv4yLE>

- **Abraham Sharif** placed 4th in the long jump, achieving a personal best in the process – a brilliant performance.
- **Qi-Chi Ukpai**, still only 17, claimed an impressive 6th place in the triple jump.
- **Saskia King** and **Aaliyah Brown** both reached the women's 60m semi-finals.
- **Jeriel Quainoo** and **Divine IHEME** progressed to the semi-finals of the men's 60m.
- **Dan Putnam**, racing the 400m on day two, made it to the semi-finals.
- **Sian Harry** also backed up her semi-final from day one, reaching the semis again, this time in the 200.

An exceptional weekend across all disciplines – we're incredibly proud of every athlete who represented the club so brilliantly.

Bucs Indoors

More updates to follow but one to call out is **Hannah Clark** who ran a 9.33.88 PB in the 3000m at the BUCS indoor championships

Road Running

- **Winter 10k - Tim Browne. 37.56**
- **Barcelona Half – Dilan Mitchard – 70.47**

Mob Match v Orion and SLH

A huge well done to the 10 athletes who travelled to Orion on Saturday for the mob match – a fantastic team effort all round. In the overall results, **Mark Bruce** led the way with an excellent 3rd place finish, followed closely by **Dave Adams** in 4th and **Jon Pairman** in 10th. **Ian Scott**, **Greg Firth** and **Philip Bunn** also delivered strong performances, all securing places inside the top 20.

A special mention to **Katy Sugden**, who finished as 4th lady out of 17 competitors – a superb run!

According to South London Harriers, they had won the previous 12 mob matches against us... but not this time! An outstanding result, well done everyone!

Bennett Cup 2025/26 - Event 6, Double Mob Match, 14 Feb 2026				RESULTS IN TIME ORDER			
	Gross Time	handicap	Net Time	Bnt Cup Position	Bnt Cup Points	Name	Gross Time
Katy Sugden	01:09:52	-00:20:10	00:49:42	1	40	Mark Bruce	00:52:44
Mark Bruce	00:52:44	-00:02:06	00:50:38	2	39	David Adams	00:53:14
David Adams	00:53:14	-00:02:23	00:50:51	3	38	Jonathan Pairman	01:00:48
Gregory Firth	01:02:19	-00:10:44	00:51:35	4	37	Ian Scott	01:01:49
Ian Scott	01:01:49	-00:10:09	00:51:40	5	36	Gregory Firth	01:02:19
Jonathan Pairman	01:00:48	-00:08:55	00:51:53	6	35	Philip Bunn	01:02:40
Mark Ellison	01:19:32	-00:26:10	00:53:22	7	34	Katy Sugden	01:09:52
Philip Bunn	01:02:40	-00:08:32	00:54:08	8	33	David Beadle	01:18:09
David Beadle	01:18:09	#N/A	#N/A	9	32	Mark Ellison	01:19:32

Bennet Cup Scores

Top3 in the current standings of 5 best to score are David Adams and Jon Pairman on 177 and Greg Firth just 2 points behind. All to run for in the closing 5 – who can better their worst score to collect additional points?

Parkrun 14th February 2026

53 runners at 24 events

Furthest from the clubhouse was once again Anthony Pontifex at Knysna parkrun in South Africa.

Podiums – 6 this week!

James Meader	1 st M	Thames Path	16:44
Douglas Varney	1 st M	Treviso	19:15
Trang Nguyen	1 st F	Beckenham Place	21:20
Leonardus De bruyn	2 nd M	Beckenham Place	19:29
Joe Georgiadis	3 rd M	Ludlow	20:11
Holly Alford-Amith	3 rd F	Leybourne Lakes	21:47

Fixtures

Good luck to all the teams heading to the National Cross-Country 21 February at Sedgefield.

Live stream should be here - <https://www.youtube.com/@englandathleticsvids>

1. 11.00 - Under 17 Women Championship (5K)
2. 11.25 - Under 17 Men Championship (6.1K)
3. 11.55 - Under 15 Girls Championship (4K)
4. 12.15 - Under 15 Boys Championship (4K)
5. 12.35 - Under 13 Girls Championship (3.1K)
6. 12.55 - Under 13 Boys Championship (3.1K)
7. 13.10 - U20 Women Championship (6.1K)
8. 13.40 - Senior Women Championship (8.3K)
9. 14.25 - U20 Men Championship (10.1K)
10. 15.00 - Senior Men Championship (12.4K)

Tom Brash / Steve Pairman

18 Feb 2026