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# Blackheath & Bromley Harriers AC

Apr to Jun  
2019

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### 24/06/19

#### Young athletes in action at England Champs and YDL.

BBHAC again had many athletes competing at the highest level, this week the club saw some outstanding performances at the England Athletics Champs at Bedford for the under 23 and under 20 categories where we had 4 gold medals, 4 silver medals, 3 bronze medals, 6 fourth medals and all in all 22 top eight places. Many of these athletes will go on and gain international selection for the upcoming European championships in both age groups this summer.

There was a great new breakthrough for Ethan Brown who easily won the under 20 men's 400m in a new pb and new club junior record of 46.44, a great silver for Kelechi Aguocha in the high jump, and bronze medals for Joe Fuggle in the men's under 23 400m hurdles and Pedro Gleadall in the men's under 20 javelin. In the steeplechase Lewis Mills' run earned him a new club junior record.

In the women's events there was an outstanding double for Divine Oladipo in the shot and discus in the under 23 age group, and Bekah Walton also easily won the javelin. In the under 20 age group Immanuela Aliu picked up a great silver in the 100m, and Lauren Farley and Louise Evans won silvers in the javelin and 400m respectively with Louise gaining a massive new pb.

The roll of honour:

Under 23 Men	Name	Perf	Position
400m Hurdles	Joe Fuggle	52.99	3rd
400m Hurdles	Bailey Stickings	52.99	4th
5000m	Josh Schofield	15.31.48	13th
Under 20 Men	Name	Perf	Position
400m	Ethan Brown	46.44	1st
High Jump	Kelechi Aguocha	2.06m	2nd
Javelin	Pedro Gleadall	62.52m	3rd
3000m Steeplechase	Lewis Mills	9.20.01	4th
	Alex O'Callaghan		
400m hurdles	Brown	53.30	4th
800m	Alex Botterill	1.48.55	4th
Pole Vault	Pedro Gleadall	4.45m	7th
Long Jump	Ben Sutton	6.97m w	8th
Under 23 Women	Name	Perf	Position
Discus	Divine Oladipo	51.28m	1st
Shot Putt	Divine Oladipo	15.92m	1st
Javelin	Bekah Walton	53.97m	1st
100m Hurdles	Annie Davies	13.99	2nd
Pole Vault	Sophie Dowson	3.90m	4th
Under 20 Women	Name	Perf	Position
100m	Immanuela Aliu	12.10	2nd
Javelin	Lauren Farley	44.52m	2nd
400m	Louise Evans	53.44	2nd
800m	Katy Ann McDonald	2.06.99	4th
Discus	Hannah MacAulay	37.51m	6th
100m Hurdles	Mallory Cluley	14.95	7th
Hammer	Molly Walsh	52.14m	8th
Pole Vault	Lois Warden	3.35m	8th=

On Sunday at Reading the younger athletes from the under 13 and 15s age group were in action in the YDL Premier League South match and they combined to win their third round match (of 4) with 568.5 points in a tightly fought contest from Havering in 2<sup>nd</sup> with 558 points and Reading 3<sup>rd</sup> on 553 points. Barring a disaster in the final match BBHAC should finish first or second in the league and qualify for the final in September .

Individual wins as usual were hard to come by but there were A string wins for Connor Sutton in the long jump, Benjamin Platt in the pole vault and Brydon Duncan in the shot for the under 15 boys, and for the girls there were wins for Tyra Khambai-Annan in the 100m, Imogen Hadley over 800m, Faith Mpassy in the long jump, and Rianna Rennie won both the shot and javelin while the team won the 4 x 300m relay.

In the under 13 boys events Alex Middleton won the 1500m and Nina Whitter won the girls high jump.

*Nick Brooks*



**18/06/19**

### Senior team in Southern League Action

The mens and womens team competed in the Southern League Division One match at Harrow which was the third of 5 fixtures, and finished 2nd to Harrow who scored 221 points to our 197.5, with Colchester and Bournemouth 3rd and 4th.

On the track there were wins for Finlay Brannan and Ross Braden in the A and B string 800m, Ross also won the A string 1500m, while Henry Fisher won the A string 400m hurdles. In the field Kelechi Aguocha won the high jump with a magnificent leap of 2.05m, and Dele Aladese threw 43.47m to win the discus.

In the ladies track events Krystal Galley won the 400m in 55.9, Amy Leach won the 1500m in 5.06.3 and Holly Platt won the B string 100m hurdles. In the field there were wins in the pole vault for Christina Moore (3.10m) and Jenny Sheasby (2.60m), while Claudia Baker and Alice Prentice won the long jump events with 5.03m and 4.67m respectively. To wrap things up the team of Zoe Austridge, Laura Brown, Sophia Harper and Holly Platt won the sprint relay.

At the South East Schools Inter Counties match at Erith BBHAC had many athletes in action. In the under 17 mens events Barnaby Corry was joint 1st in the pole vault with a jump of 4.10m, Ollie Briars ran 50.4 for 2nd in the 400m, Dillon Claydon threw 41.85m for 2nd in the discus and Jacob Byfield leapt 12.56m for 3rd in the triple jump. In the under 17 ladies events Olivia Berry ran well for 2nd in the 1500m steeplechase with 5.19.6 and Titobiolwa Akinrele threw 31.44m for 3rd in the discus.

In the boys under 15 events Connor Sutton jumped 5.71m for 2nd in the long jump and Benjamin Platt won the pole vault with 3.40m, while in the under 15 girls events Amarisa Sibley took 2nd in the 800m with 2.17.35, Abigail Smith finished 2nd in the 3,000m walk with 17.03.45 and Hannah Clark finished 3rd in the 1500m in 4.49.3.

Elsewhere at the Loughborough BMC Grand Prix meeting Phil Sesemann clocked another sub 14 minute 5,000m run for 6th in 14.59.19 and Will Fuller was 14th in 14.12.79.

*Nick Brooks*



**12/06/19**

### Dina in action and also the senior mens and womens teams in National Premier League action

Dina Asher-Smith was back in Diamond League action this past week on Rome and ran the 100m for a change, a great start to the season finishing second in 10.94 behind the Olympic champion, and Dina can be very pleased with her opening 200m of the season.

We all knew it was going to be tough in the top division of the mens British Athletics League but this is where should be aiming to compete. Eight members of the team set personal bests in the second match at the Allianz arena and congratulations to Joe Rogers (800), Charlie Davis (3000), Bailey Stickings (400 hurdles), Tom Desborough (3000 steeplechase), Barnaby Corry (pole vault), Charlie Short (hammer), Dele Aladese (shot) and Richard Morris (400 hurdles). In addition, Kelechi Aguocha equalled his best of 2.10 in the high jump and there were thirteen seasons bests plus our fastest 4x400 for a long while, 3.13.61. This is why the League is important.

Best event was the 400 hurdles where Bailey Stickings (52.31) and Joe Fuggle (54.06) picked up third places in the A and B strings. Dan Putnam ran another good 400 with 47.46 from lane one and Jordan Layne's 49.37 was a seasons best. Dan (47.0), Joe (48.5) and Jordan (48.2) then teamed up with Joe Fuggle (50.0) for the 4x400. They were over two seconds quicker than at Swansea but two places lower.

Again in the middle distance, in addition to the three pbs mentioned above, Declan Neary and Josh Schofield (1500), Alex Bruce Littlewood (3000) and Alex Gibbins (3000 chase) all set seasons bests. It was good to have Reece Young back in the team in the sprint hurdles. We were the seventh best field events team with a big improvement on match one. Jonathan Ilori jumped 16.00m and yet this was only good enough for third, just five centimetres off the winning leap. Jonathan also set a seasons best in the long jump for fourth with young Ben Sutton picking up a good third in the B string.

Nil points at Swansea in the pole vault, it was a different story here. Scott Huggins set a seasons best of 4.92 for third in the A string. Barnaby Corry has many years left of the teenage ranks but looked perfectly at ease on his British League debut as he set a personal best of 4.10 for another third place. Our highest placed A string of the day was Kelechi Aguocha with his second place in the high jump. He equalled his 2.10 best and it surely won't be long before he goes higher. Charlie Short set a new best of 37.29 in the hammer and was sixth in the A string. The next match is at Sheffield on the 6th of July.

The ladies also found the going very tough in their first of three Premier League (WAL) matches at Leigh, and by fielding some athletes in some of the events may have improved on the 110 points and 8th place. However there some outstanding performances with Shannon Hylton winning the 200m in 23.74 following a third place in the 100m with 11.66, while Annie Davies clocked a great new pb of 13.62 in the 100m hurdles for third, while Marcia Sey won the B string in 13.73. Rachel Dickens

continued her fine form in winning the 400m in 53.96 just missing her pb, and Niamh Bridson Hubbard returned to the track and took a well earned second in the 1500m. The team of Marcia Sey, Isabella Hilditch, Annie Davies and Shannon Hylton came second in the sprint relay only just missing out on first place.

In the field the going was tough but there were B string second places for Molly Walsh in the hammer and Christina Moore in the pole vault.

*Nick Brooks*



**5/06/19**

**Dina wins Diamond League and senior Southern wins for Putnam, Stickings, Ilori and Abrams, plus 5 wins in under 20s for Brown, O'Callaghan-Brown, Hawkes, Evans and Farley.**

Last Thursday Dina Asher-Smith continued her fine form and winning ways in winning the Diamond League 200m in Stockholm beating Olympic champion Elaine Thomson by a massive margin and recording a world leading 22.18.

At the Southern Champs at Bedford the club had a large representation across both the seniors and under 20s and achieved one of the best collective afternoons in recent club history. Two great wins came from athletes who missed last year with injury, great to see Dan Putnam win the senior men's 400m in 47.32 and Bailey Stickings win the 400m hurdles in a great new pb of 52.54 from fellow club member Joe Fuggle second just one-hundredth behind. Jonathan Ilori won the triple jump by a huge margin with 16.03m having placed 4<sup>th</sup> in the long jump the day before, and higher claim athlete Korede Awe won the 100m in 10.44. There was also a pb in the 110m hurdles for finalist Reece Young with 14.55.

In the men's under20 events great running from Ethan Brown saw him take 4<sup>th</sup> in the 100m but win the 200m convincingly with a new pb of 21.29, while Alex O'Callaghan-Brown won the 400m hurdles with an outstanding new pb of 53.44, Ben Sutton won the long jump with another impressive 6.93m and Myles Xavier took third with a new pb of 6.77m.

In the senior ladies' events there was a win for Sarah Abrams in the long jump by a clear margin with 6.19m and Sophie Dowson took 2<sup>nd</sup> in the pole vault with 3.70m, Zara Asante took silver in the triple jump with 12.95m and Rachel Dickens took third in a great race and bagged a new sub 54 second pb with 53.93. In the ladies under20 events Louise Evans kept the winning 400m ways going by winning in a pb of 54.56, Lauren Farley and Eloise Locke finished first and second in the javelin with 45.33m and 40.77m respectively, and Mallory Cluley earned bronze in the 100m hurdles with 24.28.

Joe Rogers took 2<sup>nd</sup> in the senior men's Midland counties 800m final, and two more races took place in the 150 Leaderboard mile competition which sees Same Reardon leading the men's event, Megan Barlow leading the ladies section and Helen Godsell leading the age group related performance table, but many more chances for all athletes to improve their performances.

Elsewhere Tom Phillips recently broke the M65 200m record with his run at The Kent Masters League in Dartford on 13th May. It also put him at the top of the UK M65 rankings. His time was 27.7, and two weeks later he won the 100m and 200m golds at the SCVAC champs in Oxford.

*Nick Brooks*



**28/05/19**

**Blackheath busy at BMC events, Young Athletes League and Other Open events**

Last week many of our finest middle athletes were in action at the BMC event at Eltham where there were great new pbs over 800m for Angus Harrington (1.51.83), Ollie Bright (1.55.31), Imogen Hadley (2.17.37), Olivia Berry (2.18.87), Aibhe Barnes (2.21.32), Hannah Clark (2.22.34) and Lily Meers (2.23.20). Ross Braden ran 15.06.04 for 5000m. In Sportcity Manchester at the weekend James Habergham smashed his 1500m best with a 3.50.70 mark while Alex Botterill ran a seasons best over 800m with 1.48.46 and Joe Rogers ran a pb of 1.53.95.

At the Bruce Longden event at Lee Valley Annie Davies clocked 13.82 over the 100m hurdles, Reece Young clocked a new pb of 14.66 over the 110m hurdles and Kelsey Pullin ran 46.80 over 300m in the under 17 race.

At a Loughborough Students AC Javelin event Bekah Walton won with another throw over 50m with 51.36m.

At the second round of the YDL for under 17s and under 20s, BBHAC won the match at Crawley with 791 points with Shaftesbury 2nd on 750 putting us into second place overall albeit only on points difference of 20 points. Wins were hard to come by however the team placed well in many events to win convincingly.

In the under 20 mens events there were A string wins for Ethan Brown over 200m, and 800/1500m double for Angus Harrington including a new pb in the 1500m of 4.03.63, Alex O'Callaghan Brown won the 400m hurdles with a new pb of 53.76 having earlier earned a pb of 110m hurdles with 15.25, and the team won both relays while in the field there was a win in the high jump for Kelechi Aguocha, Ben Sutton won the long jump with a massive new pb of 6.98m, while Ben Hawkes won the shot, discus (new pb of 49.98m) and hammer. In the womens under 20 events Sophie Hoare won the 1500m A string and Mallory Cluley won the 100m hurdles, Hannah MacAulay won the discus and Molly Walsh won the shot.

In the under 17 mens events Ollie Bright won both the 800m and 1500m, Barnaby Corry won the pole vault A string, Dillon Claydon won the discus with a pb of 42.24m and Nathan Bushnell won the shot. In the under 17 womens events Mollie Savage won the triple jump A string with a new pb of 10.32m and Nana Gyedu won the shot.

Other notable pbs on the day included Jeriel Qainoo 21.97 over 200m, Josh Watson 56.98 over 400m hurdles and Barnaby Spear 37.23m in the discus.

At an event in Belgium Will Fuller beat his already impressive pb in the 5000m with 13.45.88, Phil Sesemann ran 3.41.94 over 1500m and Joe Fuggle smashed his best over 400m hurdles winning in 52.53.

*Nick Brooks*



**21/05/19**

### **Busy weekend for Blackheath & Bromley athletes**

Our international class juniors and seniors were in action at the Loughborough international event this weekend with the highlight being Ethan Brown winning the 400m in 46.88 and just missing his pb with Dan Putnam second in 47.60 (also ran 200m in 21.72). Alex Botterill took third in the 800m in 1.50.70 and Will Fuller won the 3000m in 8.13.26, while Joe Fuggle continued his fine early season form with a 52.79 clocking on the 400m hurdles for fourth, with Bailey Stickings running 53.88 in a separate race. Jonathan Ilori continues to progress with his 15.42m in the triple jump for 4th spot.

In the ladies events Shannon Hylton won the main 200m race in 23.44 and also the second string 100m race in 11.59, with Louise Evans clocking a great new pb of 54.80 in the 400m for 2nd place. Bekah Walton went one place better in winning the ladies javelin with a throw of 52.64m, Annie Davies clocked 13.88 for 5th in the main 100m hurdles race with Mallory Cluley recording 14.56 in a subsequent race, and Sarah Abrams leapt to 6.10m for 6th in the long jump.

At Hornchurch the under 13s and 15s were in action at the YDL and were back to winning ways with 555.5 points narrowly beating Reading in 548.5 leaving us second in the league overall. All still to compete for with Reading only ahead on points difference.

At Chelmsford the mens and womens senior team were in action in the Southern League Premier division where they came up against strong opposition and finished third on 191 points behind Chelmsford 238 and Bracknell 202. Most notable performances were a new high jump pb of 2.10m by Kelechi Aguocha, a solid 10.90 100m win for Duayne Bovell, Rachel Dickens won the ladies 400m in 54.70 and Molly Walsh won the hammer in 52.48m, Hannah MacAulay won the discus in 38.76m and Modupe Shokunbi won the 100m in 12.10. There were 6 A string wins for both the mens and ladies, with 4 B string wins for the men and 5 for the ladies.

Our international triple jumper Jonathan Ilori is organising an athletics showcase for any athletes interested in going to the US for their athletics progression and post school education. It's designed to give athletes valuable exposure in front of US college coaches. The likes of Princeton, Penn, Michigan, Oklahoma State, Missouri and UTSA all flying in for this event. In total 10-15 universities should be present.

It's going to be held 23rd - 24th July at Brunel University. Over the two days athletes will take part in event-specific training sessions and performance tests. The US college coaches will also be delivering presentations on the college system and the recruiting process. The athletes will have plenty of opportunity to engage directly with them. Two key areas they focus on in their recruiting is athletic potential and character. This event will provide the athletes with the opportunity to put their best foot forward on and off the track.

It's £349.99 per person inclusive of registration, accommodation, meals and a camp t-shirt. We have an early bird offer of £70 off, using the discount code RT2USA. The link to the camp is <https://righttracksports.co.uk/camp.html>

*Nick Brooks*



**8/05/19**

### **Diamond League, Young Athletes Upper Division and British University Champs**

A busy weekend started well with a win for Dina Asher Smith in the 200m at the Diamond League meeting in Doha, winning in the worlds leading time of 22.26 by some margin. It might have been a club one-two but unfortunately Shannon Hylton was disqualified for a false start.

In the YDL Upper Age Group opening match BBHAC at Reading finished in the rare position of 2nd to Shaftesbury, so all to do if we are to continue representing GB in the European Club Finals next year. In the mens under 20 A string events there were wins for Ethan Brown over 200m, Matthew Knight over 400m, Angus Harrington over 800m, Aaron Enser over 3000m, Alex O'Callaghan Brown over 400m hurdles, Theo Adesina in the long jump, Kelechi Aguocha in the high jump, Pedro Gleadall in the pole vault and javelin, Ben Hawkes in the shot and a 70m plus hammer throw, Philip Bartlett in the discus and a win for the 4 x 400m team.

In the ladies under 20 events A string events Louise Evans won the 400m, Mallory Cluley the 100m hurdles and Jade Oni the triple jump, with Hannah MacAulay taking the shot and Lauren Farley winning the javelin, while in the mens under 17 A string events Ollie Briars won the 400m, Oliver Bright won both the 800m and 1500m, Barnaby Corry won the pole vault and Dillon Claydon the shot put. Wins were harder to come by in the under 17 ladies events with wins for Zsiriah Thomas over 100m and 200m, Olivia Berry won the 1500m steeplechase and Milly Savage the triple jump. Overall the team also achieved 14 B strong wins across the age groups and events.

In the British University Champs at Bedford the club had almost 20 athletes in action which may account for our team scores in the YDL. Pride of place goes to Alex Botterill who won the mens 800m, and to Bekah Walton who finally smashed through the

50m barrier winning the javelin with 53.66m. Annie Davies took a great third in the 100m hurdles, while Mary Adeniji finished 4th in the triple jump and Joe Fuggle 4th in the 400m hurdles.

This week the mens senior team are back in the Premier League with their opening tahc taking place in Swansea on Sunday.

Nick Brooks



30/04/19

**London Marathon and US Collegiate Round-up**

Eighteen club members finished the London Marathon at the weekend in ideal conditions with the first three under 3 hours which is a fantastic achievement. First home was Alex Gibbins in 2.39.42 followed by Luca Ercolani in 2.52.52 and Blair Wilson 3rd in 2.59.47. Anita Evenden was our first lady finisher in 5.03.07.

The younger athletes had their opportunity to represent their respective boroughs in the mini marathon events across various age groups where in the under 17 girls Sophie Hoare was 6th, Jessica Neal 15th, Tola Pearse 16th, while in the under 13 girls race Gaby Martin was a fantastic 4th and Tallulah Ndikanwu 14th, and in the under 15 girls race Hannah Clark was 3rd with Lara Mannes 17th.

With many of our junior athletes now studying and competing at numerous colleges in the US, the season is well under way as the various conference champs come along in early May and for those lucky enough and good enough to make the standard the NCAA Champs are in June so many athletes are coming into top form early in the season. Immanuela Aliu has clocked two great new pbs in the 100/200m with 11.50 and 23.44 in Tucson ranking her 2nd currently in the UK senior womens tables, and Katy-Ann McDonald studying at LSU in Baton Rouge has already clocked 2.06.47 and 4.31.02 for 800/1500m. Louise Evans recorded 55.15 in the 400m in Florida while Isabella Hilditch ran 13.81 in the 100m hurdles also in Florida for 4th in the UK rankings one place behind Annie Davies who recorded 13.71 in the UK earlier this month.

In the mens events Joe Ellis and Tom Parker both threw 70.88m and 63.46m respectively in the hammer at different meetings in Virginia, while is noted that Bailey Stickings recent 400m hurdles comeback currently leads the UK rankings.

At the BUCS Trials at Loughborough Dan Putnam ran a 21.52 windy 200m plus a good 48.42 400m, and Will Fuller clocked a solid 4.01.37 and 8.29.34 1500/3000m, with Charlie Davis setting a new pb of 8.44.53 in the same 3000m race. Jacob Brown won a good 800m in 1.53.52 and Bailey Stickings clocked 56.39 in the 400m hurdles.

At the time of writing there are still no results available from the YDL lower age group event held at the weekend, this is not unusual and will be reported in due course.

Nick Brooks



16/04/19

**Southern League Opener, Adam Gemili and Paddock Wood Half Marathon**

The senior BBHAC mens and ladies team won their opening Southern League Division 1 match by a huge margin at Gillingham with a score of 230.5 points from Medway 203, Crawley 167.5 and Southampton 148.

There were 12 A string wins for the men and 7 B string wins which included a 48.08 by Dan Putnam in the 400m for a new division record to accompany his 21.80 victory on the 200m, in addition to competing on both winning relays. The men won both A and B strings for all events between 100m and 1500m plus winning both relays. Awe Korede won the 100m in 10.91, Benjamin Gardiner the 800m in 1.57.11 and Lewis Mills won the 1500m. Bailey Stickings returned to action winning the 400m hurdles in 53.99, Ethan Kitteridge won the pole vault with 3.30m, Dele Aledese won the discus with 44.99m and Charlie Short took the hammer with 36.78m.

The highlight of the day among the womens events was a league record in the 4 x 400m where the team won by almost 24 seconds and set a new best of 3.40.54. With a very strong team on duty, Dina Asher Smith ran the first leg in an unusual distance for her but clocked a fantastic opener 52.60, with Shannon Hylton, Holly Mpassy and Krystal Galley completing the task of getting the baton round.

There were 12 A string wins for the ladies and 7 B string wins but mainly in the field events where England rugby international Shaunagh Brown won the shot, discus and hammer A string events, while Molly Savage won the triple jump, Jennifer Sheasby won the pole vault and Eloise Locke won the javelin. The club won both the short and long relay events while elsewhere on the track Krystal Galley won the 400m, Ellie Dolby won the 1500m, Annie Davies won the 100m hurdles and Millie Smith won the 2000m steeplechase by two and a half minutes.

In Grenada Adam Gemili continued his early season fine form in winning the 100m in 10.11 following on from a windy 10.14 set in Florida set a few weeks earlier.

The previous week we had many club athletes competing the Paddock Half Marathon as below.

Place	Time	Name	Team	Category	Number	Chip	Social

46	01:15:11	<a href="#">Alex Gibbins</a>	Blackheath & Bromley Harriers AC	Vet Men 40-49	1251	01:15:09
89	01:20:09	<a href="#">Fintan Parkinson</a>	Blackheath & Bromley Harriers AC	Vet Men 40-49	2061	01:20:07
243	01:29:02	<a href="#">Paul Kerekgyarto</a>	Blackheath & Bromley Harriers AC	Vet Men 40-49	215	01:28:49
249	01:29:28	<a href="#">Steven Pairman</a>	Blackheath & Bromley Harriers AC	Vet Men 50-59	1713	01:29:18
265	01:30:07	<a href="#">Tony Crowder</a>	Blackheath & Bromley Harriers AC	Vet Men 40-49	1498	01:30:02
266	01:30:07	<a href="#">Tim Ayres</a>	Blackheath & Bromley Harriers AC	Senior Men	1936	01:29:12
432	01:37:21	<a href="#">Richard Byford</a>	Blackheath & Bromley Harriers AC	Senior Men	1939	01:36:40
700	01:45:21	<a href="#">Tracey Ashenden</a>	Blackheath & Bromley Harriers AC	Vet Ladies 45-54	701	01:44:18
881	01:50:08	<a href="#">Angela Powell</a>	Blackheath & Bromley Harriers AC	Vet Ladies 45-54	768	01:49:05
1053	01:55:40	<a href="#">Dave Leal</a>	Blackheath & Bromley Harriers AC	Vet Men 60-69	1776	01:54:07
1056	01:55:46	<a href="#">Austin Adams</a>	Blackheath & Bromley Harriers AC	Vet Men 50-59	1657	01:54:15

Nick Brooks




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