



Founded in 1869

Blackheath & Bromley Harriers AC

Jan to Jun
2021

Home

Up

Press Releases for January to June 2021

- If you want to find the latest results try [Results!](#)
- If you are after older results and gossip please go to the [Courier](#) pages.
- Pre 2019 reports are now [here...](#)

Due to the Covid-19 virus all athletic activity was halted and there was/is nothing to report from mid September 2020 to beginning of February 2021.

April 2021

[27/04/21](#)[19/04/21](#)[13/04/21](#)[7/04/21](#)

May 2021

[24/05/21](#)[19/05/21](#)[12/05/21](#)

June 2021

[29/06/21](#)[23/06/21](#)[16/06/21](#)[9/06/21](#)[2/06/21](#)

January 2021

February 2021

[22/02/21](#)[8/02/21](#)[3/02/21](#)

March 2021

[30/03/21](#)[22/03/21](#)[8/03/21](#)[1/03/21](#)

29/06/21

BBHAC has three individual winners at British Champs in Manchester

As you'd expect from one of the country's leading clubs, BBHAC had many athletes competing for medals at the British Athletic Champs, and for those performing well enough Olympic selection was on the line.

We had three outstanding winners with Dina Asher Smith winning the 100m in 10.97 having run 10.91 in qualifying, and more than likely with that Olympic selection and we also hope for the 200m. Adam Gemili won the men's 200m in 20.63 which should be good enough to see him on the plane to Tokyo, and Bekah Walton won the ladies javelin with a massive new pb of 54.03m with Lauren Farley 4th in 48.87m and Hollie Arnold 10th with 37.61m. Another medallist was Divine Oladipo who took bronze in the ladies' discus with a throw of 53.21m, also bagged 4th place in the shot with 16.18m, with Zara Obamakinwa 10th in the discus with 43.40m, who I inadvertently omitted from last week's results having taken a superb bronze with 45.26m in the national Under 20s event.

Other great efforts were by Jonathan Ilori with 16.01m (w) for 4th in the triple jump, James Whiteaker took 4th in the men's javelin with 70.46m, Jahisha Thomas secured 5th in the ladies long jump with 6.38m, Zara Asante took 6th in the ladies' triple jump with 11.91m, Nana Gyedu took 7th in the shot with 14.48m, while Joe Ellis finished 6th in the hammer with 67.47m and Tom Parker was 9th with 63.54m. Unlucky not to make the finals there were some great performances in the 100m hurdles heats with Annie Davies clocking 13.66, Isabella Hilditch 13.68 and Mallory Cluley 13.70 for a pb. Bailey Stickings ran 52.77 in the men's 400m hurdles, Kelechi Aguocha leapt 2.03m in the high jump, Ethan Brown ran 48.38 in the men's 400m and Krystal Galley 56.31 in the ladies 400m. Finally Niamh Bridson Hubbard ran the race of her life in the heats of the 1500m to qualify for the final with 4.21.38 and a new pb, but it was a big ask to do the same again the following day in the final and Niamh was off the pace but proved she can race with the top runners in this event.

Elsewhere other notable performances were recorded by Jeriel Quainoo with a new pb of 10.50 over 100m at Lee Valley with Chizute Ogbedeh clocking 11.11, while at Loughborough Charlie Davis ran a new 1500m pb with 3.55.76 and Martin Richardson clocked 16.21.11 for a pb over 5000m at Eltham, and also at Lee Valley Modupe Shokunbi clocked 12.04 over 100m and Kaliyah Young ran 12.07.

Nick Brooks



23/06/21

The England Under 20 and Under 23 Champs at Bedford saw a host of club athletes in action and such was our

depth that the club realised 15 medals, including two gold, four silver and nine bronze along side many other great performances.

Bekah Walton threw over 50m again with 50.20m to win the under 23 womens javelin, and Nana Gyedu continues her fine form with a 14.78m win in the under 20 ladies shot. A great new pb for HAC athlete Aaron Enser in the 3,000m steeplechase winning silver in 9.12.54, with Hannah MacAulay securing silver in the under 23 ladies discus with 42.48m, and Annie Davies and Isabella Hilditch running brilliantly for silver and bronze in the 100m hurdles with 13.69 and 13.79 respectively, and Fleur Todd Warmoth ran brilliantly for silver in the under 20 ladies 3,000m with a great new pb of 9.42.73. All other medalists including many bronze medals listed below, plus yet another new 400m pb for Sam Reardon with 47.48 and Dillon Claydon's shot of 15.32m for 5th.

Under 23 Men

Aaron Enser	3000m SC	2nd	9.12.54	PB
Kelechi Aguocha	High Jump	3rd	2.10m	
Ben Sutton	Long Jump	3rd	7.04m	
Alex Botterill	800m	3rd	1.51.98	
Lewis Harknett	3000m SC	4th	9.21.71	
Coleman Corry	400m Hurdles	7th	58.59	

Under 23 Women

Bekah Walton	Javelin	1st	50.20m	
Hannah MacAulay	Discus	2nd	42.48m	
Annie Davies	100m Hurdles	2nd	13.69	
Isabella Hilditch	100m Hurdles	3rd	13.79	
Lauren Farley	Javelin	3rd	47.36m	

Under 20 Men

Sam Reardon	400m	5th	47.48	PB
Dillon Claydon	Shot Putt	5th	15.32m	PB
Barnaby Corry	Pole Vault	6th	4.15m	
Dillon Claydon	Discus	6th	42.78m	
Henry Fisher	800m	7th	1.54.65	
Pablo Seema Roca	400m	Q	49.82	

Under 20 Women

Nana Gyedu	Shot Putt	1st	14.78m	
Fleur Todd Warmoth	3000m	2nd	9.42.73	PB
Holly Mpassy	400m	3rd	55.67	SB
Amelia Gray	Triple Jump	3rd	11.97	PB
Mallory Cluley	100m Hurdles	3rd	13.85	
Amarisa Sibley	800m	3rd	2.11.04	
Kaliyah Young	200m	5th	24.79	

At the **Southern League London South East match held at Eltham**, the club won the mixed mens and womens matches by a clear margin against Kent AC, Bexley and Cambridge Harriers. There were many outstanding performances including Michael Damoah 10.93 in the 100m and 22.17 in the 200m, Faith Akinbileje 11.98 in the 100m for a pb, Zsiriah Thomas 25.78 over 200m and a new sb, a fine run from V45 athlete Carole Coulon with 10.31.00 over 3,000m, 15.25 by Zoe Austridge over the 100m hurdles and wins in both mens and womens 4 x 100m and 4 x 400m relays. In the field Edward Regan recorded a pb in the high jump with 1.70m, the same height for Rebecca Hawkins, good pole vault efforts by Benjamin Platt, Oscar Whitcombe, Barnaby Corry and Holly Platt, with Brydon Duncan still an under 17 winning the senior discus with new pb of 35.86m. Solid discus wins for Hannah MacAulay and Gypsy Nash also still an under 17 athlete who also threw a new pb of 40.16 to win the hammer with Abbie Stewart also throwing a new pb with 39.96m.

Nick Brooks



16/06/21

County Schools and Southern Champs Round Up

The Southern Champs at Bedford saw nearly 20 club athletes participating with 6 gold medals, a silver and 3 bronze medals being won by club athletes. There were great wins for Bailey Stickings over 400m hurdles with 51.96, and higher claim athlete Lewis Hartnett claiming gold in the men's 3,000m steeplechase with 9.21.78, and Jahisha Thomas winning the ladies long jump with 6.27m.

In the under 20 category there were golds for Nana Gyedu in the shot putt with 14.42m and Mallory Cluley in the 100m hurdles in 13.88, while Dillon Claydon won the under 20 men's discus with 46.54m. Jonathan Ilori took silver in the men's triple jump with an impressive 15.94m, Alex Hill took bronze in the ladies 400m hurdles with 61.38, Pablo Seema Roca ran well for third in the under 20 men's 400m with 49.27, and Barnaby Corry vaulted 4.30m for bronze in the under 20 men's pole vault.

Elsewhere Dina Asher Smith recorded a great 22.06 over 200m in Florence at the Diamond League, and Divine Oladipo threw a new club record in the discus with 57.26m for 9th in the NCAA Champs in Eugene, Oregon, also taking 14th in the shot with 16.76m. In a sprints meeting in Stratford, Henry Fisher clocked 49.64 over 400m, Prince Reid (T20) ran 52.36, Steph Fisher ran 59.20 over 400m and Alex Hill clocked 62.0 over 400m hurdles.

At a BMC meeting Angus Harrington chopped another half a second off his 800m pb with 1.48.90 and Joe Rogers also ran a pb with 1.50.39, with Alex Bruce Littlewood continuing his return to form with a solid 14.32.98 over 5,000m.

At the Surrey Schools Champs at Battersea Park there were wins for Issah Abdulkarim in the under 17 men's 100m with 11.47, Fleur Todd Warmoth won the under 17 ladies 1500m in 4.40.75 with Lara Mannes 2nd in 4.59.47, while Megan Slattery took silver in the under 15 girls 1500m with 4.53.04.

Being a Kent based and affiliated club we had an abundance of club athletes in action at the Kent School Champs at Ashford with wins in the sprints for Tianna Haynes in the ladies under 20 100m (12.27), Faith Akinbileje (24.11) in the under 17 women's 200m with Nina Whitter (27.14) winning the under 15 girls event and Holly Mpassy (55.79) running well for gold in the under 20s 400m.

In the middle-distance events there were wins for Matthew Smith over 800m in 2.05.33 (U17), Amarisa Sibley in the 800m (U17) winning by 9 seconds in 2.11.15, Tallulah Ndikwanu in the 800m (U15) in 2.23.96 and Zoe White in the 3000m (U20) in 10.57.78. Over the barriers Rayhan Mourtada won the under 15 boys 80m hurdles in 11.44, George Shaw won the under 17 men's 1500m steeplechase in 4.43.57, and Morgan Squibb now back after a long-term leg injury showed fine form in winning the under 20 ladies steeplechase in 5.02.36 with Gabriella Martin winning the under ladies' version in 5.26.59.

Also on the track there was affine 3,000m win in the walk for Abigail Smith with 16.09.88, in the pole vault pit there was a win and a pb for Barnaby Corry in 4.30m, and 4 long jump wins for Dylan Carroll in 5.64m (U17), Zuriel Nwogwugwu in 5.63m (U15), Emily Algeo in 5.27 n(U17W) and Daisy Snell in 5.34 (U15G). And finally to the throws as Cleo Agyepong won the under 17 shot with 14.66m, Islay Pearson won the under 15 event in 8.20m, Dillon Claydon won the under 20 men's discus in 45.03m and Titiobiwula Akinrele won the under ladies' discus with 30.68m.

Nick Brooks



9/06/21

Busy League Action for BBHAC

The senior men's and women's teams were in action at the NAL Premier League match at Norman Park, where in superb conditions the mixed team performed brilliantly to finish second on 479 points behind TVHs winning 579 points.

On the track there was a great B string 100m win for Korede Awe in 10.73, and 17-year-old Sam Reardon won both the men's A string 400m and 800m running as maturely as a man far older, both in great new personal bests of 47.62 and 1.50.87 respectively, with coach Nigel Stickings walking around the track with a permanent smile on his face all afternoon. Pablo Seema Roca won the B string 400m in a pb with 48.74 improving by almost a second while Callum Parker won the B string 800m in a pb of 1.55.84. In the field Patrick Apantaku won the B string triple jump with 11.90m and Benjamin Platt won the pole vault with 3.90m.

In the ladies' events there was a magnificent double for team manager Niamh Bridson Hubbard running a new pb over 800m in 2.08.77 and comfortably winning the 3,000m with 9.56.02, with Amarisa Sibley winning the B string 800m in 2.09.50. Two great performances over the 100m hurdles with Annie Davies winning the A string with a new pb of 13.38 and Isabella Hilditch winning the B string also in a pb of 13.56. In the field events Hannah MacAulay won the discus with 42.22m while Lauren Farley won the javelin with her first throw over 50m with 50.20m, and to round things off the ladies' team of Zsiriah Thomas, Annie Davies, Shakanya Osahon and Mallory Cluley won the 4 x 100m relay in 47.48.

Other notable performances among the men included Bailey Stickings clocking 52.13 over the 400m hurdles, Rico Cottell running a pb of 14.87 over the high hurdles losing out by a fraction, Ben Sutton achieving a pb in the long jump with 7.13m and Kelechi Aguocha clearing 2.05m in the high jump, and among the ladies Kaliyah Young ran 12.12 and 24.55 over the sprints, Deborah Martin high jumped 1.75m, Mary Adeniji leapt 11.91m in the triple jump, Nana Gyedu threw 15.02m in the shot for a pb, Gemma Vickery threw the hammer 50.96m with Abbie Stewart throwing 39.55m and the ladies quartet finished 2nd in the 4 x 400m in 3.51.98.

In the YDL Young Age Group match at Sutcliffe Park, BBHAC easily won the match with 322 points with Medway & Maidstone 2nd with 234.5. Club athletes recorded an unprecedented 49 personal bests between them plus a host of season bests. In the under 13 boys' races over 75m there were fine runs for Theodore Osobu in 10.44, Antonio Seuret Montgomery in 10.59 and Thomas Vallins in 10.75, and Emilia Adese clocked 10.93 winning the girls U13 B race. Other notable performances were achieved by Rayhan Mourtada in the 80m hurdles with 11.53, Daisy Snell ran the 300m in 42.10 and achieved a new pb in the high jump with 1.65m both in the under 15 age group, while under 13s Lucas Elmqvist ran 3.41.79 over 1200m and Luciana Smith registered 3.54.72

Elsewhere Dina Asher Smith had her first full blown run out over 100m and won in 10.92 at an event in Hengelo in the Netherlands, while Charlie Davis ran in one of the UK trial races over 10,000m and clocked a new pb of 30.26.03 at Birmingham University.

Nick Brooks



2/06/21

Top performances by BBHAC both home and abroad

A lot of club athletes have been in club action in the past few weeks and many new pbs have been recorded both in

the UK and overseas.

Adam Gemili ran a much improved 200m in 20.58 at last week's Diamond League event in Doha, and Katy Ann McDonald lopped a huge amount off her best time in the 800m with 2.01.67 in Jacksonville, Florida in the NCAA East regionals where she has now qualified for the NCAA finals, along with Divine Oladipo who also qualified for both finals after putting the shot 16.79m and throwing the discus 54.79m.

On the track Brandon Murray recorded 10.78 in Dagenham and Jak Mensah clocked 10.79 in Kettering, and Theo Adesina jumped 6.57m in the long jump and 1.89m for a pb in the high jump at Bedford, and Daisy Snell recorded 1.60m in the high jump for a pb at Lee Valley.

At Sportcity in Manchester Chereice Hylton clocked 23.74 over 200m, Mallory Cluley clocked 13.87 over the 100m hurdles and Aron Enser ran 9.31.05 over the 3,000m steeplechase. Charlie Davis clocked a new pb of 14.28.56 over 5,000m at Birmingham University, At the Club pen Meeting at Norman Park where 168 athletes took part, there were notable 400m efforts by Sam Reardon who ran 48.03 for a pb, previously I had recorded Sam had run a relay leg for England but it was GB Juniors, while Angus Harrington ran a pb in 49.56 and Pablo Seema Roca recorded 49.65 also for a pb, with Drew Burridge running 52.72, Ross Edmonds 53.42 and Nathan Firla 53.40, our fastest lady was Holly Mpassy with 57.34, and there were great efforts over the 100m by Tianna Haynes in 12.44 and Zsiria Thomas in 12.58. Over 200m there were notable performances by Charles Nortey in 23.08, Adam Islam-Medeaux in 23.27 and Louisa Vallins in the W40 with 28.88, while Chereice clocked 39.51 over 300m.

In the Kent Young Athletes League at Dartford the club is in the overall lead with 570 points ahead of Medway on 563 points after the Under 13 boys finished 2nd, the Under 13 girls 2nd, the Under 15 boys were 4th and the Under 15 girls first. In Division 2 the club lies in 5th place after the first round. At the time of writing there are no results for the Youth Development League Upper age group.

Over the longer distance William Brindley managed a new pb by 4 minutes in the Boston (Lincs) Marathon with a fine 3.07.13 performance.

Nick Brooks



24/05/21

Track and Field round-up from busy week for BBHAC athletes

Dina Asher Smith was back in action at the Diamond League meeting in Gateshead over 100 metres this time around, where in atrocious conditions resembling winter, she won in 11.35 into a 3.1m/s headwind, and beating the worlds top sprinters. Adam Gemili lined up in the 200m and managed a 21.18 season's best over 200m, but was some way off the pace although it's a long time yet before the Olympics.

Elsewhere results include Ethan Brown clocking 47.15 over 400m in Manhattan, Kansas, while Callum Parker ran 1.56.2 over 800m and Fleur Todd Warmoth ran 4.36.5 over 1500m at Battersea Park, while in a great 3,000m in Milton Keynes Charlie Davis ran a new pb of 8.20.78 and Alex Bruce-Littlewood continues his improvement clocking 8.23.49.

The club had many athletes in action at the Loughborough International representing GB Juniors, England and Scotland. There was a win in the ladies triple jump with 13.09m for Jahisha Thomas, with Zara Asante jumping 12.03m, Jonathan Ilori was also in action but found the conditions difficult and recorded 13.26m in the men's event, while Kelechi Aguocha is getting back to form clearing 2.13m in the high jump, with Bekah Walton throwing the javelin out to 47.59m and Hollie Arnold registering 40.30m. Nana Gyedu threw the shot putt out to 14.54m while on the track Mallory Cluley and Annie Davies were in action over the 100m hurdles, both clocking good but windy times of 13.61 and 13.64 respectively, Jeriel Quainoo ran 21.70 over 200m and also ran in the 4 x 100m relay, and Kaliyah Young ran 24.74 in her 200m event. Yasmin Austridge ran 10.45.04 over the 3,000m steeplechase for a new club record, Sam Reardon ran for England in the men's 4 x 400m relay and Niamh Bridson Hubbard clocked a great new pb over 1500m with 4.22.36.

At Bromley's Norman Park there was a middle distance and hurdles open meeting with over 400 athletes taking part. There were 39 personal bests for BBHAC athletes and 9 season's bests, with athletes coming from far and wide to compete. There were fourteen 800m races and nine 1500m races !

A week on from my last comment Angus Harrington has now broken the magic 1.50 for 800m with a great new pb of 1.49.48, closely followed by Henry Fisher for his pb with 1.50.59, while in the 1500m mens races Jake Anthony clocked 4.14.71, Thomas Sugden 4.18.58 and Dan Kennedy 4.20.77, while in the mens 5,000m there were good runs from Roger Vilardell with 16.04.14, Micah Evans 16.35.36 and Graham Lugar 16.44.85, with Carole Coulon running 18.25.80. Abigail Smith competed in the 3,000m walk and clocked a solid 16.06.03, while Morgan Squibb ran the ladies 1,500m steeplechase in 5.12.52, and Ailbhe Barnes clocked 5.27.94.

In the hurdles events there were some good runs from Shakanya Osahon over 100m with a pb of 14.95, and Zoe Austridge recorded 15.26 also for a pb, and in the under 15 girls 75m hurdles Daisy Snell recorded another pb of 11.39 and Alyssa Firla ran 12.78, in the under 15 boys 80m hurdles Rayhan Mourtada ran 11.79 for a new pb, and Emily Algeo ran 12.51 in the under 17 ladies' event over 80m and also recorded 47.53 over the rarely contested 300m hurdles.

Nick Brooks



19/05/21**England International Selection and Results Round Up**

Some excellent breaking news for club athletes is that Yasmin Austridge has been selected to represent England at the Loughborough International meeting in the steeplechase, and Jahisha Thomas has been selected for the ladies triple jump and Jonathan Ilori for mens triple jump, with the event due to take place on 23rd May. In the GB Juniors team, Nana Gyedu has been selected in the shot, and Jeriel Quainoo in the mens 4 x 100m relay, and Sam Reardon in the 4 x 400m. Scotland have selected Zara Asante in the ladies triple jump, well done to all our club athletes.

Elsewhere, Dina Asher Smith opened her 2021 account winning a classy 200m in 22.56 in Savona in Italy, while at a Birmingham University meeting Yasmin Austridge ran the 1500m in a new pb of 4.28.25, at the same meeting Bailey Stickings clocked a new impressive pb over 400m hurdles with 51.89, and Henry Fisher ran 1.53.23 over 800m. Alex Bruce-Littlewood clocked 8.24.45 over 3,000m at West London and also managed a 1.59.54 over 800m at Southampton where Drew Burrige ran a useful 51.94 over 400m.

At Loughborough last week Jeriel Quainoo clocked 10.83 and 21.79 over 100m and 200m, with Jack Mensah also clocking 22.32 over 200m at the same meeting. Annie Davies clocked a very solid 13.68 which ranks her 10th in the UK, while Rico Cottell managed another pb over the 110m hurdles with 14.90, and Kelechi Aguocho opened his outdoor account in the high jump with a 2.05m clearance. Missing from the Kent Champs in Ashford was a great triple jump effort from Jacob Byfield with 12.70m.

There were 25 club sprinters in action at our Open Meeting last Monday where Kaliyah Young clocked 12.16 over 100m for a new pb, with Tianna Haynes running 12.62 and Daisy Snell 12.73. Toby Olubi was back on the track clocking 11.58 and Zach Nwogwugwu ran 11.05.

Nick Brooks**12/05/21****Results roundup home and abroad**

The club had many athletes in action over the weekend at the Kent County Champs and with far too many to mention here are the winners among the many events for both men and women.

In the senior men's events there were gold medals for Rico Cottell in the 110m hurdles won in 15.41, while Bailey Stickings took gold in the 400m hurdles in 52.82, and Ben Sutton won the long jump in 7.04m. In the ladies events Lauren Farley improved her pb in the javelin with gold in 47.85m, Annie Davies won the 100m hurdles in a new CBP of 13.90, Liz Hughes won the pole vault in 2.90m and Molly Walsh threw the hammer to win with 46.20m.

In the men's under age 20 group there were wins for Sam Reardon over 400m with 48.94, and Dillon Claydon won both the shot and discus with 14.38m and 42.43m respectively, while in the ladies U20 events Kaliyah Young won both the 100m and 200m in 12.44 and 25.85, Nana Gyedu won the shot with 13.38m and Zara Obamakinwa won the discus with 45.55m.

In the under 17 men's events Benjamin Platt won both the javelin (47.25m) and pole vault (3.50m), Connor Sutton won the long jump with 5.71m and Brydon Duncan took the discus with 43.71m, while in the ladies U20 events Faith Akinbileje won both the 100m and 200m in 12.31 and 26.56, while Cleo Agyepong won the shot with 13.64, Gypsy Nash won the discus with 27.28m and Emily Algeo won the long jump with 5.24m. In the under 15 boys Rayhan Mourtada won the 80m hurdles in 12.61 while in the girls under 15 events Tallulah Ndikanwu won the 800m in 2.25.42, and Daisy Snell won the 75m hurdles in 11.81 and set a CBP in winning the long jump with 5.43m.

Elsewhere Scott Overall won the Goodwood Grand Prix over 10km with 29.32, and also ran 14.21.02 behind Phil Sesemann's 14.01.19 at the BMC event in Stretford. Imanuela Aliu also ran two good sprints in the US although both over the legal wind limit with 11.44 and 23.38 for 100m and 200m, while Lewis Mills had run an even faster 1500m than previously reported in the US with 3.57.68, with Alex Bruce-Littlewood clocking 4.03.0 in Aldershot recently.

At the Loughborough Throws event Bekah Walton started her return to form with a 50.02m effort in the javelin, Hannah MacAulay threw the discus out to 44.81m, and Cleo Agyepong threw the shot out to a new pb of 14.66m in the under 17 ladies event. Other recent notable performances include a new pb over 400m for Sam Reardon with 48.44, Oscar Whitcombe 3.44m in the pole-vault, Louise Evans pbs over 100m and 200m with 12.04 and 24.18, Isabella Hilditch 14.00 over 100m hurdles in the US, a 13.11m triple jump for Jahisha Thomas and two fine 1500m runs for Fleur Todd-Warmoth with 4.37.46 and Jess Keene 4.47.59. Callum Parker 50.02 and Angus Harrington 50.6 getting closer the magic 50 second barrier over 400m, while Kyle Reynolds-Warmington and Brandon Murray both clocked 10.82 over 100m.

Nick Brooks**27/04/21****Road and track in the UK and US for BBHAC athletes this week**

The club had nine athletes in action this past week both on the road and the track. Ross Braden ran a fine marathon at the Cheshire Elite race clocking 2.21.12 making him the 8th fastest club runner over the distance with the 34th best time. Fellow club member Phil Sesemann helped with pacing to 19.5 miles as you can see in the picture below.



Last week at the Birmingham University and BMC event, Yasmin Austridge took a big chunk off her club record of 6.51.82 set in 2018, with a sterling 6.45.81 over the 2,000m steeplechase, while Angus Harrington came within a stride or two of breaking the magic 1.50 barrier over 800m with a new pb of 1.50.20. Matthew Francis at the same meeting clocked 4.03.71 over 1,500m for a seasons best, while at a meeting at Harrow Niamh Bridson Hubbard ran a great pb over 3,000m with 9.29.08.

On the US collegiate circuit Divine Oladipo threw the shot out to 16.34m and the discus to 52.43m at a meeting in Champaign, Illinois, Katy Ann McDonald continued her fine early season form with a 2.05.74 over 800m at a meeting in Baton Rouge, Louisiana, and at the same meeting Immanuela Aliu clocked a windy 24.02 over 200m. On the same day just down the road in Houston, Lewis Mills broke the 4 minute barrier over 1,500m for the first time with a new pb of 3.58.27.

Nick Brooks



19/04/21

BBHAC Athletes in Walking and Throws action including new club discus record

In the US at the Big Ten Indiana Invitational held in Bloomington, Indiana, Divine Oladipo was back in action, putting the shot out to 16.69m, while in the discus Divine threw 55.69m for a new personal best and a new club senior ladies record, eclipsing the 54.23m record from 2018. This currently ranks Divine in 3rd in the UK rankings, and with 63.50m needed for Olympic qualifying lets hope Divine has the time and competition left to extend her new pb even further.

Closer to home at the Loughborough Spring Throws event at the weekend the club had three athletes in action with Zara Obamakinwa throwing 44.69 in the discus albeit a little down on her best, while Bekah Walton threw the javelin out to an impressive 48.36m with Hollie Arnold throwing well with 38.76m.

At the Cambridge Harriers Open Graded Walking event both Abigail Smith and Jonathan Ellerton who are both in the under 17 age group, were in action and both recorded new personal bests with 15.52.45 and 17.43.48 respectively.

From previous weeks it is also noted that Jeriel Quainoo clocked 48.85 over 400m for a new pb at Lee Valley on the 10th April, and Mark Cage ran pbs in the 3,000m and 5,000m with 9.17.42 and 16.21.36 at meetings in Stretford on the 3rd and 10th April respectively.

Nick Brooks



13/04/21

BBHAC Host First Open Meeting of 2021

It's great to see live track and field athletics again in the UK and Blackheath & Bromley hosted its first Open Meeting of the season at Bromley's Norman Park following strict government guidelines. Everybody welcomed back real competition as virtual athletics although valuable does not beat the real thing.

With over 200 competitors in action from many clubs across the south east, there was a lot of fine action taking place, and with 55 athletes from BBHAC participating the club had a lot of interest.

Club athletes combined to deliver 26 personal bests and 24 season bests in both track and field events. The pick of the performances was from Lauren Farley who threw the javelin out to a new pb of 47.41m and currently tops the UK

women's rankings. On the track Drew Burrige clocked an impressive 36.28 over the rarely run 300m, and Alex O'Callaghan Brown ran 84.50 over 600m. Martin Richardson ran 9.31.59 over 3,000m while among the ladies Lily Meers clocked a good 2.20.83 over 800m. In the field Barnaby Corry opened his outside season in the pole vault with 3.60m and Oscar Whitcombe reached 3.20m for a new personal best.

There was little action on the US collegiate circuit this past weekend for club athletes, but Katy Ann McDonald clocked 4.25.95 over 1500m at a meeting in Tuscaloosa, Alabama, while Lewis Mills ran a great new pb in the 3,000m steeplechase with 9.15.76, also reported he clocked 4.00.68 over 1500m for a new pb as well, at a meeting in Oxford, Mississippi.

Away from the track we have also learned that former BBHAC club member Emily Muskett (nee Godley) has become the first British weightlifter to claim European gold for 26 years by winning the women's 71kg division in Moscow. The 2019 World bronze medallist lifted 98kg in the snatch stage, before achieving 129kg in the clean-and-jerk stage to total 227kg.

Myrtle Augée (also a former BBHAC club member) was the last British weightlifter to win a European title when she took +83kg gold in 1995, Although the women's 71kg division is not part of the Olympic programme, Muskett's success boosts her chances of attaining a place at the postponed Tokyo 2020 Olympics. Results from this category and those in the 81kg class will be used to determine the line-up for the 76kg Olympic division.

Muskett, who in addition to claiming the overall victory also claimed European snatch silver as well as clean and jerk gold.

Nick Brooks



7/04/21

BBHAC athletes in action on the road and track this week

In the UK to begin with this week as we saw four club athletes in action on the road. At the Run Through 10km event at Kempton Park race course Scott Overall won the race in 29.59 with Ross Braden a solid second in 30.52 in a field of 217 finishers.

Slightly longer event at the same venue saw William Brindley clock 3.11.11 over the marathon distance for a new pb, while at St Albans Carole Coulon ran 10km in 37.20, a fantastic effort for 58th overall in the race but more importantly second lady to finish and second W40 class as well.

With the US outdoor season now well underway, the club had two throwers in action with Divine Oladipo throwing the shot out to 17.03m, and throwing the discus 52.35m, both seasons bests at an event in Jacksonville, Florida, while at a meeting in Williamsburg, Virginia, Tom Parker threw the hammer out to 64.67m just a little below his recent pb.

Nick Brooks



30/03/21

More US Performances for Blackheath & Bromley athletes

On the US Collegiate circuit the club had 6 athletes in action. On Friday in a meeting in Mount Olive, North Carolina, Tom Parker threw the hammer out to a new pb of 67.68m, and on Saturday Divine Oladipo threw two seasons best in the shot and discus with 16.96m and 52.94m respectively, at a meeting in College Park in Maryland.

On the track Katy Ann McDonald a second year student at Louisiana State University clocked 2.06.84 narrowly winning an 800m event in Austin, Texas, while at the same meeting Immanuela Aliu has a busy weekend clocking 11.43 and later a 11.41 for new pb over 100m, and also clocked a windy 23.30 over 200m followed up with a legal 23.44 performance. Just up the road in Houston Lewis Mills ran 9.33.45 in the 3,000m steeplechase and Lois Warden recorded a seasons best in the pole vault with 3.50m at an event in Smithfield, Rhode Island.

Nick Brooks



22/03/21

Outdoor Season starts for some BBHAC Athletes in the US

This past weekend saw many outdoor opening events at college tracks across the US and three BBHAC athletes were in action.

Immanuela Aliu continues on from her fine indoor season form and ran a pb over 100m in 11.43 in Tucson Arizona, while it was great to see Katy Ann McDonald back in action over 800m with a 2.08.90 clocking in Lafayette, Louisiana. Finally hammer thrower Tom Parker who has not been in much reported action lately threw 62.08 in High Point, North Carolina, having thrown 62.64m the previous weekend in Myrtle Beach, South Carolina.

This ranks these athletes in their respective events in the UK as 1st, 10th and 6th, so great early season performances.

Nick Brooks



8/03/21

Phil Sesemann at Euro Indoors in Poland

Saturday morning saw our higher claim member Phil Sesemann running for the GB team in Torun in Poland in the European Indoor Champs. Phil ran in heat 3 and ran superbly just missing his pb with a 7.51.70 clocking for 5th place which was not quite good enough to make the final. Perhaps if two athletes had not escaped from the pack so early on there might have had a different outcome but nevertheless Phil did himself and the club proud and got to compete against the 1500/3000m double winner and rising star Jacob Ingebrigsten.

Also on duty at the Euro Champs was Mark Purser one of our executive management team, who was one of the official starters. Well done to Mark for rising to the top of the ranks in an official capacity, a very deserving reward for many years of hard work put into the sport.

Not much happening on the US circuit this week with the NCAA Indoor Champs in Arkansas due next weekend. This promises to be another high quality event with a very high standard expected. We have several athletes studying and competing in the US as per previous reports and despite them all being in the form of their lives, unfortunately none of them has made it to the NCAA finals where only the top 16 are considered. Ethan Brown is ranked 27th in the 400m, Immanuela Aliu 41st over 60m and 24th over 200m, Marcia Sey is ranked 36th over the 60m hurdles and Divine Oladipo 32nd in the shot put. Just to compete there will require a world class performance which is something all our fantastic athletes can aspire to.

Nick Brooks



1/03/21

Five Blackheath & Bromley athletes in track and field action and Sesemann called up for European Indoors

British Athletics can confirm Philip Sesemann has been added to the British team for the 2021 European Athletics Indoor Championships following the withdrawal of Marc Scott from the men's 3000m.

Sesemann who is a BBHAC higher claim athlete set a personal best of 7:51.27 over 3000m in Manchester earlier in the month. He was part of the mixed relay team at the 2018 European Cross Country Championships and this is his first call-up to a senior British team on the track.

Elsewhere, Ethan Brown improved on his recent indoor pb from a month ago to clock 46.62 over 400m for another club 400m indoor record at the Big 12 event in Lubbock, Texas, while Marcia Sey was busy clocking 7.59 over 60m, 24.44 over 200m and 8.27 over the 60m hurdles in Geneva Ohio, while Divine Oladipo at the same Big Ten Conference meeting hurled the shot out to 16.20m.

In Fayetteville Arkansas, Immanuela Aliu continued her busy indoor season clocking 7.38 over 60m and 23.45 over 200m at the South Eastern Conference Champs, while closer to home in a meeting in Loughborough, Zara Obamakinwa threw the discus out to 46.55m, presumably an outdoor performance.

A small correction in that the previous week Kelechi Aguocha high jumped 2.04m and not 2.12m as reported in the British Indoor trials.

Nick Brooks



22/02/21

Blackheath & Bromley athletes on action in the UK and US

This past weekend saw three BBHAC athletes in action in the UK and three in action in the US on the college circuit.

The British Athletics European Indoor selection events occurred at three different venues with Jahisha Thomas winning the ladies triple jump with a leap of 12.93m, but had to settle for 4th in the long jump with a jump of 6.12m at Lee Valley while Phil Sesemann (2nd claim) running at Sportcity in Manchester took third in the mens 3,000m in 7.57.22, having clocked 7.51.27 at the Bryggen Sports Invitational the previous week at the same venue for a pb. Kelechi Aguocha took 5th in the high jump with 2.12m having cleared 2.12m the previous week.

In Ann Arbor in Michigan in the US Marcia Sey ran the 200m in 25.14 and the 60m hurdles in 8.41 while in Maryville in Missouri, Elizabeth Ibidunni clocked 7.82 over 60m.

Away from the sport it is noted that Tremayne Gilling who was one of our top sprinters a decade or so ago, teamed up with Joel Fearon, Ben Simons and Lamin Deen the previous weekend in the 4 man bobsleigh representing GB, taking

12th in the world championships at Altenburg in Germany.

Nick Brooks



8/02/21

Blackheath & Bromley athletes in more competitive action in the US

This past weekend saw three club athletes in action across the US with Immanuela Aliu clocking 7.44 and 7.45 over 60m and also a useful 23.89 over 200m at a meeting in College Station, Texas. Meanwhile in Bloomington, Indiana, Marcia Sey ran 8.62 over 60m hurdles and Divine Oladipo putt the shot out to 15.97m, both athletes a little down on last week. Immanuela now ranks 2nd in the UK over 200m with Marcia 3rd over the hurdles, while Divine is 2nd in the UK shot putt rankings.

From the previous week it is also noted that Ethan Brown ran 46.69 over 400m in Lubbock, Texas for an indoor pb and his 4th fastest time ever. This also tops the UK men's rankings.

Nick Brooks



3/02/21

Early indoor season performances by Blackheath & Bromley athletes

Despite the lockdown causing nearly all sporting events to be cancelled, Blackheath & Bromley athletes have managed to find places to compete albeit abroad and here are some of the early indoor season efforts from Europe and the US.

Dina Asher-Smith having not raced indoors in recent times ran a 7.08 in the 60m sprint to equal her pb in winning the World Athletic Tour Gold event on Friday in Karlsruhe in Germany, and two days later in Dusseldorf clocked a useful 7.12 to win the ISTAF indoor event.

In the US the club has many athletes studying at numerous Universities across the country. At College Station in Texas on the 16th January, Immanuela Aliu clocked 7.38 over 60m, and Lewis Mills ran 8.45.04 over 3000m, and on the same day in Ann Arbor in Michigan Marcia Sey clocked 24.57 over 200m and 8.39 over the 60m hurdles.

On 23rd January at University Park in Pennsylvania, Marcia ran 7.68 over 60m while Divine Oladipo putt the shot 16.05m, while on the 29th January in Lubbock Texas, Ethan Brown ran 46.69 for 400m and ran 21.90 over 200m with Immanuela clocking 23.78 also over 200m.

Adam Gemili was also in the US and he clocked 6.81 over 60m in Fayetteville, Arkansas on 24th January. On 31st January, Zara Asante leapt to 11.93m in the triple jump at an event in Lyons in France.

Nick Brooks

