



Founded in 1869

Blackheath & Bromley Harriers AC

Jan to Mar
2020

Home

Up

Press Releases for January, February & March 2020

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

Due to the Covid-19 virus all athletic activity was halted and there was/is nothing to report from mid March to mid August 2020.

January 2020

[26/01/20](#)
[14/01/20](#)
[6/01/20](#)

February 2020

[25/02/20](#)
[10/02/20](#)
[3/02/20](#)


March 2020

[10/03/20](#)
LATEST

10/03/20

Cross Country Almost Finished

Last weekend saw the 100th running of **Ranelagh Harriers vs Blackheath Mob Match**, the first of which was said to be the first mob match anywhere in the world! Ranelagh, on their home Richmond Park Course fielded 65 runners and we managed 22. Scoring 19 a-side we were well beaten 230 points to 744. Robert Donohue ran well for 4th place and Jane Bradshaw was the first woman in the race. Ranelagh Harriers provided bottles of specially brewed celebration beer for the 100th running of this event, previous winner (and former winner of the London Marathon) Hugh Jones was present.

The results include the Bennet Cup leading positions, where John Leeson has an unassailable lead prior to the final event, the closing 5 on 21st March.

Elsewhere the **National Inter Counties XC** were held in the Grounds of Prestwold Hall, Loughborough and with the deluge we have had over the last few weeks, it was no surprise that the course was muddy and challenging for the many club athletes representing their home counties. Blackheath and Bromley HAC had twelve athletes selected to represent Kent in one of the final XC races of the season.

Charlie Davis continued his great season with a brilliant 11th place finish in the senior men's race while in the under 17 men Oliver Bright had another solid run finishing a high 22nd and the Kent team winning gold. In the under 15 boys race Josh Healy had by far his best race of the season placing a great 13th with Alex Middleton an impressive 24th. The Kent team were 4th missing the bronze medal by only 1 point.

In the under 17 ladies race Ailbhe Barnes ran brilliantly for a high 22nd with Zoe White 55th and Isabelle Stoneham 88th, in the under 15 girls race three BBHAC athletes running with Hannah Clark 74th, Carys Firth 123rd and Lily Meers 137th and in the under 13 girls race Megan Slattery was a good 47th and Francesca Middleton 69th. Kent were 3rd winning team bronze.

The **British Masters** at Lee Valley saw some great performances from our three athletes with VP Helen Godsell winning the ladies W65 category 200m in 31.73, VP Clem Leon had a busy weekend with 6th in the M60 60m in 8.77, 4th in the long jump with 4.08m, 2nd in the high jump with 1.30m and winner of the triple jump with 9.62m. Mariette Terrisse vaulted to a season's best of 3.55m in winning the W35 pole vault.

Nick Brooks



25/02/20

Medals Galore on the country and indoors

Another busy weekend for the BBHAC club with 72 athletes in action at the National Cross Country in Leeds and many more in action at the British Indoor Champs in Glasgow and the England under15/17/20 Champs in Sheffield.

It's not often that the club has an athlete finishing in the top 50 of the men's national with something in the region of 1700 runners, but this year Charlie Davis was a magnificent 29th and Ross Braden 39th, also an outstanding effort

leading the team to 16th place. Other outstanding individual performances came from Alex Middleton who was 10th and Lucas Elmqvist 19th in the under 13 boys and Oliver Bright a great 6th in the under 17 men, with Lara Mannes 12th in the under 15 girls race, Naomi Toft 14th in the under 17 ladies race and Yasmin Austridge 23rd in the ladies under 20 race. Better still there was a team silver medal for the under 17 ladies as behind Naomi as Ailbhe Branes took 19th, Ava White 31st and Anwen Thomas 51st, and a well-earned bronze for the under 15 girls supporting Lara with Lily Meers 31st, Carys Firth 51st and Hannah Clark 62nd.

At the National Indoors on Glasgow the club picked up individual medals with Phil Sesemann 2nd in the men's 300m in 8.08.96, Marcia Sey 3rd in the ladies 60m hurdles in 8.34, Sarah Abrams 3rd in the ladies long jump with 6.40m and Krystal Galley 3rd in the ladies 400m. Other notable performances saw Dan Putnam and Jonathan Ilori take 4th in the 400m and triple jump respectively, Jahisha Thomas took 4th in the ladies long jump and Zara Asante 5th in the ladies' triple jump, with Annie Davies also making the final of the 60m hurdles but failing to finish.

Even more medals for the youngsters who bagged 10 at the England Indoor Champs for under 15s, 17s and 20s in Sheffield. Golds were won by Kelechi Aguocha with 2.17m in the under 20 men's high jump, Ben Sutton finally broke the 7m barrier to win the men's under 20 long jump with a fantastic leap of 7.10m, and Sam Reardon won the under 17 men's 800m and also took 4th in the 1500m. There were silver medals for Faith Akinbileje in the under 15 ladies 200m in 25.02, also for Holly Mpassy who ran 55.71 in the under 20 ladies 400m, Barnaby Corry 4.20m in the U17 men's pole vault and Nana Gyedu 13.38m in the U20 ladies shot. Three bronze medals were also won by Jeriel Qainoo in the U20 men's 60m in 6.79, also for Zac Nwogwugwu in the U17 men's 60m in 7.01 and for Oscar Whitcombe in the under 15 boys pole vault with 2.91m.

Nick Brooks



10/02/20

Kelechi Scales New Height

Over the weekend in Hustopece in the Czech Republic, Kelechi Aguocha was representing England in an international meeting and smashed his recently set under 20 mens club high jump of 2.15m with an amazing leap of 2.22m. This also broke the club senior high jump record of 2.20m dating back 40 years by Trevor Llewellyn and Warren Casswell. A remarkable improvement for a young athlete whose pb last season stood at 2.10m.



Elsewhere BBHAC hosted the final Kent League match of the season at Bromley's Norman Park for both seniors and under 20s. Great running by Jo Hickman-Dunne saw her secure a fine 2nd place with Amy Leach 22nd but finishing 4th among the under 20 ladies on the day. This meant Amy was 2nd overall for the season with the same number of points as the winner only losing out by aggregated time.

In the mens race Ross Braden ran brilliantly for 3rd place leading the men home to 3rd place in the 4 a side match and 3rd place in the 12 a side match which is where the team also finished overall for the season. Other fine runs by Danny Brewer in 14th, Daniel Kennedy 17th, Alex Gibbins 18th, Robert Donohue

Nick Brooks



3/02/20

Indoor and cross country action for BBHAC athletes

It was the turn of the senior athletes and under 20s to compete at the **SEAA Indoor Champs** at Lee Valley and the athletes in action were outstanding as 13 medals were won, including 4 gold, 5 silver and 4 bronze as well as numerous top 6 finishes. Highlight of the day was Sarah Abrams winning the senior women's long jump with a massive leap of 6.39m, while Marcia Sey won both the 60m sprint and 60m hurdles in the under 20 ladies with 7.47 and 8.36 respectively, while Nana Gyedu won the under 20 shot in a pb of 13.90m. There were silvers for Mallory Cluley in the 60m hurdles, Holly Mpassy in the 400m and Amarissa Sibley on the 800m in the under 20 ladies, and silvers for Ben Sutton in the long jump, Benjamin Gardner in the 800m in the under 20 men's events, and bronze medals for Darcey Kuypers in both the 60m sprint and 200m for senior women, Josh Watson in the 60m hurdles and Theo Adesina in the long jump for under 20 men.

The **club 10 mile Champs** took place at Hayes with Luca Ercolani winning from Ian Firla and Elaine Rayner who also won the ladies championship with her fine run. The handicap was won by Ian Scott with Steve Evenden 2nd and Ian Firla 3rd, and the season long Bennet Cup now has John Leeson (169) leading, Mark Ellison 2nd (126) and Dave Beadle 3rd (121).

Elsewhere **British Universities and Colleges Sports (BUCS)** Cross Country Championships 2020 travelled to Scotland, to the famous Holyrood Park and once again BBHAC students were out in good numbers representing their respective universities.

Over 1600 athletes, each sporting their University colours with face paint, ribbons and various other colourful forms make up what is arguably the best supported cross country races of the season, collegiate almost tribal! In the women's long race Niamh Bridson Hubbard (Cambridge) ran superbly in a class filled field placing a very high 10th while in the men's equivalent long race, Charlie Davis (Birmingham) was highest placed BBHAC athlete crossing the line in a quality 19th position and James Habbergham (Leeds Beckett) was 104th.

In the woman's short race Yasmin Austridge (Birmingham) had her best run of the season placing an impressive 10th, with Jess Keene (Birmingham) and Maddie Mastrodonardo (Birmingham) 34th and 44th respectively. Amy Leach (St Mary's) was 79th, while in the men's short race Josh Schofield (Loughborough) was a great 24th.

Nick Brooks



26/01/20

The 2020 South of England Cross Country Championship at Parliament Hill, Hampstead Heath were once again run in challenging conditions underfoot with plenty of wet mud!

In the senior mens race Ross Braden ran brilliantly for 22nd place leading the team to 15th team place with Tom Desborough also excelling in 99th place, with Alex Gibbins 142nd and Dan Kennedy 148th.

The biggest squad of the day was the U13 girls and strong runs from Megan Slattery 17th, Francesca Middleton 20th, Megan Barlow 58th and Luciana Smith 61st combined well to secure a solid 5th team place finish. The U15 girls went two better than last year also placing 5th team on the day. Lily Meers led the girls home a great 22nd, with fast finishing Carys Firth 27th just in front of Hannah Clark in 28th. Cara Gould completed the scoring four, placing 84th. Ailbhe Barnes and Zoe White made up the U17 girl contingent and both had great runs with Ailbhe placing a fine 15th and Zoe 30th, 26 places higher than last year. Amy Leach was our sole representative in the women U20 race but her strong performance was missed off the results due to a missing timing chip although Amy was 33rd!

The U13 boys had six BB athletes making up their squad and a fabulous run from Alex Middleton saw him coming home in an impressive 12th place. Only eight seconds behind, Josh Healy had probably his best run of the season placing a very good 20th. The team were 10th overall. The U15 boys had a great turnout and were led home by a strong running Matt Smith placing in the mid-twenties. Arthur Starvis backed up his strong Kent schools XC run with a top 100 finish, placing 96th. Alessio Tutt went off hard and finished 106th before dashing off to swimming in the afternoon. The team were 14th without Matt's results but this will probably be bettered when Matt's result is added. Oliver Bright raced hard at this event in 2019 to secured a fine 7th place, and this year again went off with the leading pack, in the U17 boys 6k race but unfortunately had to pull out at the start of the second lap. Joel Rooney looked good all the way around securing 65th place.

In the U20 mens race Matthew Francis had a solid run placing 64th and Ifetobi Salako, despite missing the start secured a 114th place finish.

Nick Brooks



14/01/20

Blackheath in mob match action on the country, SEAA Youth Champs indoors and a new club record

Blackheath & Bromley played host at Hayes to an Open 10km cross country event which incorporated a 17 a side mob match with Croydon Striders and a 19 a side match against Beckenham Road Runners. With 89 finishers BBHAC runners were to the fore with Alex Gibbins winning the race in 40.09 with Dan Kennedy 2nd in 40.34, other top 10

finishers included Luca Ercolani in 4th, Ian Firla 7th, Gareth Evans 8th and Roger Beswick 10th.

Blackheath beat Croydon (271 to 324) but were beaten by Beckenham RR (364 to 401) in the mob matches. The race was also the 6th in the series for the Bennett Cup which sees John Leeson leading (147) with Adrian Stocks 2nd (120) and Barry Wetherilt 3rd (105).

The SEAA Southern Indoor Champs (Under 13,15 and 17) at Lee Valley saw many club athletes in action with 6 fantastic medals brought home. Sam Reardon won the under 17 mens 800m in 1.58.87, Barnaby Corry took the Under 17 pole vault with a leap of 4.30m and Jacob Byfield took bronze in the triple jump with 12.86m. Oscar Whitcombe won the under 15 boy pole vault with 2.90m, and Faith Akinbileje took 2 great silvers on the 60m and 200m with 7.83 and 25.68 respectively. All of these athletes should have fine season ahead of them.

Eleswhere at the Loughborough Students AC Open, Kelechi Aguocha now studying at Loughborough leapt to 2.15m in the high jump to equal the club under 20mens high jump record, tying Trevor Llewellyn from 1978. This is a jump in excess of 7 feet!

Nick Brooks



6/01/20

BBHAC at Kent County Cross Country Champs

2020 got under way in chilly but bright weather on the fields arounds the iconic Brands Hatch motor racing circuit (4th January) with the 2020 Kent Cross Country Championships. 52 BBHAC athletes have clearly continued their training over the festive period posting some fine performances, winning one individual gold, one silver, two bronzes and two team gold and 4 team silvers.

In a day dominated by our Kent neighbours Tonbridge AC it was good to see BBHAC young athletes mixing it up and our strength and depth was rewarded by winning many county medals.

The U13 girls got proceedings under way and the young squad of eight combined well to win team silver. Molly-May Mooney-Clarke had another strong run placing 6th, followed by an impressive run from Megan Barlow in 9th just in front of Luciana Smith, Maria Salamanca ran well crossing the line in 12th. Five U13 boys took to the 3k circuit determinedly and in a close battle won a great team silver. Josh Healy led them home in a strong 11th with young Jed Starvis running well in 20th backed up by Jasper Brooks in 23rd for a team silver medal.

BBHAC U15 girls have dominated the Kent league all winter so it was no surprise that they won the team gold but they had to work hard to achieve this. Hannah Clark ran hard and deserved her individual bronze medal placing a strong 3rd. Lily Meers pushed on well to finish 6th and year young Carys Firth was a strong 7th. Cameron Kelly-Gordon impressed with her 12th place as did Olivia Wauters finishing in 16th place and Olivia Magee Brown looked strong in 18th. The U15 boys once again had good numbers running and their depth won them a well deserved team silver. Matt Smith looked strong placing an impressive 4th as did Alessio Tutt in a great 8th. Thomas Sugden's efforts placed him 26th.

Four girls made up the U17 team and they all ran well securing team gold. Ailbhe Barnes looked very strong winning a fine silver in 2nd and Zoe White looked equally as impressive winning bronze in 3rd. Isabelle Stoneham placed a fine 5th just in front of Ellie Osmond placing a solid 6th.

With four to score in the U17 boys races we were fortunate enough to have four running and their collective efforts were good enough to win team silver. Oliver Bright looked strong and determined throughout his 6k effort and was a worthy winner claiming the Kent County title. Tom Brash looked good placing 9th with Jake Leng putting in a good effort finishing 22nd. Callum Horton in his first Kent County Champs will be pleased with his strong run crossing the line in 28th but more importantly helping the team secure team silver.

With only one U20 woman and one U20 man running no team prizes were up for grabs but Amy Leach, 8th and Joe Georgiadis 15th both competed well for the club. In the senior ladies race BBHAC only fielded one runner and Jess Keene ran well for 25th place over the 8350m course, while in the mens event we had 11 runners which was good enough for 4th team spot in the 6 to score event but not enough to score in the 12 a side event, with Ross Braden first home in a fine 11th place, with Danny Brewer and Tom Desborough running brilliantly for 25th and 26th place with Dan Kennedy not far behind in 32nd with evergreen Luca Ercolani 59th.

Next club race is the South of England Cross Country Champs at Parliament Hill on Saturday 25th January 2020.

Nick Brooks

