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Blackheath & Bromley Harriers AC

Jul to Dec
2021

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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.

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12/12/21

Outstanding Pentathlon effort, Masters in Kent XC action and sprinting from Lee Valley

Following her fine performance at the 2021 ESAA under 15 Junior Girls' Pentathlon final with a score on the pentathlon of 3239 points, Daisy Snell was selected to represent the ESAA in the SIAB Under 16 Combined Events Indoor International in Glasgow on 4th December 2021.

At the Emirates Indoor Arena the day commenced with one of Daisy's strongest events, the Long Jump. She opened her account with 5.60m (729 points), followed by the 60m Hurdles with Daisy winning a close fought second heat in a new PB time of 9.22sec (865 points). The next event was the high jump which saw Daisy struggle with a number of failures at lower heights but she managed to clear 1.60m (736), equal to her second best jump ever and good enough for joint second place on the day.

With Daisy's three strongest events behind her it was time to move on to the Shot Putt, and after a couple of below standard attempts Daisy produced a good third round effort of 9.94m (526 points) and then the final event the 800m where Daisy ran a time of 2.37.819min (598 points).

The final result showed that England athletes had finished in 1st, 2nd, 3rd and 5th places with Daisy collecting the bronze with a score of 3,454 which is 203 points better than her outdoor pentathlon PB of 3,251 points. With the team scores being calculated by adding up the best three scores, which included Daisy's points total, England were awarded the gold medals with a total score of 10,739 which is a new record for the Under 16 Girls' competition.

At the Kent Masters Cross Country Champs at Dartford there was even more success. With individual gold for Micah Evans (M40), there was a silver medal for Peter Hamilton (M70) and two bronzes for Nick Kinsey (M60) and John Turner (M70), backed up with a team gold (M60) and a team silver (M40). In the M50 race Roger Beswick finished 14th with Ian Firla 15th.

In the ladies races Ashley Pearson was 4th in the W45 race, Zoe Kingsmell 17th in the W55 race and Maz Turner 6th in the W65 event.

M40 – Champion and gold winner : Micah Evans

M40 – Team silver medals : Micah Evans, Luca Ercolani (12th), Fintan Parkinson (11th) and Greg Firth (18th)

M60 – Bronze medal : Nick Kinsey

M60 – Team gold medals : Nick Kinsey, Steve Pairman (6th) and Nick Barber (11th)

M70 – Silver medal : Peter Hamilton

M70 – Bronze medal : John Turner

And finally at the Lee Valley December Open Kaliyah Young clocked 8.05 over 60m, with Jamie Ellerton running 9.95 over the 60m hurdles in the under 13 boys, Emily Algeo clocked 9.60 in the under 17 girls race and Alyssa Firla ran 9.44 in the under 15s event and also scaled 1.43m in the high jump for a new pb.



11/11/21

The ECCA Saucony English National Relays held at Mansfield saw BBHAC field teams in every age group in both the womens and mens events.

In the under 17 womens race the team ran superbly for team bronze with Hannah Clark leading out in 16th place, Lara Mannes running the same time to bring the team into 8th spot and international Fleur Todd Warmoth running one the fastest legs of the day to finish in 3rd. Not to be outdone the under 13 boys ran brilliantly also securing a team bronze with Alfie Whitelock coming in 35th after the first leg, Joseph Scanes ran a fantastic leg to haul the team back into 5th spot and Lucas Elmqvist ran strongly and passed others to secure bronze.

Our under 13 girls were excellent with Niamh Stanley 19th after leg one, Niamah Mossi dragged the team up to 9th on leg two and Luciana Smith ran the teams fastest leg to haul us into 5th spot at the end. The under 15 girls ran well for 22nd place, and the under 15 boys ran solidly for 12th, with the under 17 men making 19th spot, while the junior men made 21st and the junior ladies making 11th spot.

The senior ladies had their highest placing for a long time with 24th place after Niamh Bridson Hubbard brought then team into 5th place after leg one, with Kelsi Cornish and Jess Keene finishing it off. The senior men finished in the top half with 60th place having reach as high as 32nd with Charlie Davis on the first leg.

We had great numbers of athletes participating and in some age groups we had B teams and a C team, who said cross country running is on the wane?



13/10/21

The B&BHAC Past Presidents supper took place with 24 attending. A minutes silence was held for the passing of Past President's Colin Brand & Ian Wilson. They were updated on the latest news for the Norman Park Track project - work was started this week.

It was a very good evening enjoyed by all.

At the Tonbridge half marathon Ben Cockburn finished a very impressive 5th with 81.34 and Tony Crowder came 13th in a field of 600 plus with a time of 85.09, and was first male over 50. Other Heathens were Dave Leal and John Turner who ran together and completed in 2:06.08 for 423rd and 424th place.



6/10/21

BBHAC Athletes in London Marathon Action

As usual a great turnout by club athletes and second claim members and former members.

The biggest performance of the day was from Phil Sesemann in his debut marathon running 2.12.58 for 7th overall but more importantly he was the first Brit to get home and has qualified for next years European Champs and Commonwealth Champs although highly unlikely to be able to race both marathons. There is also a World Champs to contend but Phil missed the qualifying time by 88 seconds and may still achieve that and run in that marathon instead, spoilt for choice. Phil was often called a "gritty Yorkshireman" by Steve Cram on the BBC coverage, did not realise that coming from Beckenham qualified.

Not too far behind in 19th place overall was Ross Braden who ran brilliantly for 2.19.33 and 3rd place from the mass start. This now puts Phil and Ross at 3rd and 7th on the club all time marathon performers list.

Micah Evans raised £2,500 for his charity and Steve Evenden ran a massive new pb, but outstanding sub 3 hour efforts from Roger Vilardell, Luca Ercolani, Micah Evans and Alex Gibbins (just), with Celeste Kriel our first lady to finish in 4.44.41.



28/09/21

The club had 8 athletes in action at the weekend representing England Schools against the other home countries in Derby. This is a great achievement to have so many athletes from one age group in the England team which continues a long standing BBHAC tradition.

Top achievement of the day was a win in the ladies 3,000m by Fleur Todd-Warmoth with a great new pb of 9.19.77 taking almost 18 seconds off her own under 17 club record and winning by almost 6 seconds. Fleur's 3,000m performance was also a Club under 20 record as well and is the fifth fastest ever by an under 17 and is the quickest in this age group for ten years.

There were fine second places for Faith Akinbileje with 24.37 in the ladies 200m, and Amarisa Sibley in the 800m with 2.10.62, while in the field Cleo Agyepong also took 2nd in the shot put with a 14.60m effort and there was a great bronze for Gypsy Nash in the ladies' hammer with a 52.64m effort just missing her pb.

Amelia Gray an HCA athlete with the club jumped 11.99m for 4th in the triple jump while in the walking events over 3,000m Abi Smith took 4th in 15.41.27 and Jonny Ellerton took 4th in the men's race with 17.00.55 for a new pb.

Faith and Amarisa also ran in the sprint and long relays and helped England to win both races.

The previous midweek saw BBHAC host the final Open Meeting of the season at Norman Park, which was aimed at 100m to 1,500m track races.

With many club athletes in action the highlights included Charles Nortey clocking 11.15 over 100m, while Dan Putnam ran brilliantly again clocking 47.34 over 400m. Oliver Robertson (23.22) and Maurizio Corrodus (23.87) were the fastest two men from the club over 200m both with pbs. Our top 1500m performer was Ted Marston who clocked a new pb with 4.31.02, with Past President and now 71 years old Ken Daniel clocking a very impressive 5.41.48 for another club record in the M70 category. In the ladies' events there was fine sprinting from Chizam Boniface over 100m with 13.42 and Nina Whitter over 200m with 26.86.



21/09/21

All ages and events action this week

At the ESAA Combined Events and Walking Champs in Bedford, Abi Smith was first up in the Intermediate Girls 3km. After a very fast start Abi was at the back of a group of four – however with 3 laps remaining Abi kept to her 2m 09s pace whilst those in front began to fade. Abi overtook two of those in front of her but in a sprint in Abby Hughes just edged her into 2nd place. Abi's time was 15m 38.3, just 3 seconds outside her best.

Next up was Jonny Ellerton in the Intermediate boys where Jonny continued to keep up an average of 2m 30s laps to finish in a personal best of 30m 56s.39 for 2nd place. Both Abi and Jonny have been selected to represent England in the forthcoming 4 way International on 25th September at Derby.

In the junior girls pentathlon Daisy Snell was in action starting with the 75m Hurdles – 11.64sec (6th place) followed by Shot Put – 9.90m (= 8th) but that moved her up to 4th overall then it was on to one of her strong events, High Jump – 1.59m (3rd) and up another place to 3rd overall. Long jump – 5.24m (4th) which extended her lead over the fourth placed athlete and kept her in 3rd overall. It was now down to the final event the 800m, keeping a close eye on her main rivals she came home in a time of 2.33.56sec (8th) finishing in 3rd place overall. Daisy's combined performances gave her a pentathlon score of 3,239 points. It was announced that the top four athletes had been selected to represent the English Schools' Athletics Association in an under 16 Combined Events Indoor International in Glasgow on 4th> December 2021, so all three of our athletes have won international selection, what great individual efforts.

John Turner and David Hoben both participated in the Sri Chinmoy 24 hour race at Battersea Park this weekend. The conditions were very good this year and John managed to run/walk the whole time completing 370 laps, 148.315 km, 92.158 miles his best time out of the last three and David Hoben completed 274 laps, 109.636 km, 68.124 miles.

At the Trafford 10k event second claim member Phil Sesemann ran 29.29 winning but almost 90 seconds as he finishes off his preparation for a London marathon debut next month.

Closer to home BBHAC hosted the annual Will Bolton Relays at Sparrows Den which saw 14 BBHAC teams compete with 54 club athletes in action, the top three teams finished 5th, 9th and 14th overall.

The fastest legs on the day for the men were recorded by Tom Brash 13.55, Ross Braden 14.21, Dan Kennedy 14.38, Miles Brown 14.53 and George Shaw 15.01, and the fastest ladies were Carole Coulon 16.00, Morgan Squibb 16.09, Jess Keene 16.10, Zoe White 16.33 and Hannah Clark 16.44.

Next up is the final BBHAC Open Meeting of the season at Norman Park on Wednesday 22nd September for those wishing to run 100m, 200m, 400m, 800m and 1500m. First race at 1900 and last race at 2100.



15/09/21

Another Southern League match victory for Blackheath & Bromley

The final league match of the season in the SAL was hosted by BBHAC at Norman Park where the mens and womens team won the match with 445.3 points with Bexley 2nd on 231.8 points.

With a victory of such magnitude there were many club winners across the board but the highlights were a discus throw of 44.39m by Hannah MacAulay, a win and club vets V45 record in the 3,000m steeplechase by Alex Gibbins with 10.48.17, a new javelin pb of 54.98m by Angus Harrington normally a sub 1.50 800m runner and a possible decathlete in the making, and also two new sprint bests by Sam Reardon trying his like in new events with clockings of 11.02 and 21.90 for 100m and 200m respectively.

At the end of the match there was the newly introduced mixed 4 x 400m relay where the club team won by a huge margin and in doing so clocked an amazing 3.29.77 with the team of Rachel Dickens, Sam Reardon, Amarisa Sibley and Bailey Stickings.

There was also a great win for second claim member Phil Sesemann in the Wilmslow Running Festival half marathon with a solid time of 65.18 which sets him nicely for his upcoming marathon debut next month.

Other news is that the club Wednesday evening club night is now being held at Beccehamian RFC while the new clubhouse at Norman Park is being built. Members can turn up for their usual run and be entertained with food and bar refreshments afterwards. Consideration is also being given for an away match against Jersey and Guernsey in April to get the track season off and running.



8/09/21

Bronze for Hollie Arnold at Tokyo Paralympics

Hollie Arnold just missed out on another Paralympic gold as she won bronze following a dramatic finish to the javelin in Tokyo. The Blackheath & Bromley athlete was gunning for her second successive gold at the games, and looked set to be crowned champion once again as she led the F46 competition heading into the final round.

But New Zealand's Holly Robinson produced an incredible final throw to pip Hollie to the crown, with the Netherlands' Noelle Roorda also producing in the final round to claim silver ahead of the Brit in third.

She opened up with a throw of 39.05m to take an early lead in the competition, with Robinson managing just 37.46m with her opening attempt. Despite a no-throw on her second attempt, Arnold maintained her lead as Robinson made a slight improvement to move up to second with 38.68m, only to be quickly overtaken by Roorda with 38.99m.

Hollie continued to remain in front despite struggling to replicate or better her first throw after managing 37.37m in the third round, with it all to play for as the field was reduced for the final three throws. As the rain came down in Tokyo, Arnold edged closer and closer to gold as other competitors tried and failed to overcome her fourth round effort.

Robinson though left it late to take a dramatic lead in the final round as she threw 40.99m, with Roorda then pushing Arnold down into bronze medal position after throwing 40.06m to leave it all to do for the Grimsby athlete.

And she was unable to overtake her rivals as she had to settle for the bronze, with Robinson becoming the new Paralympic champion in the most dramatic of circumstances.

Elsewhere at the Wanda Diamond league in Brussels Dina Asher Smith continued her fine late season form by taking third in the 200m with a seasons' best 22.04 clocking.

Loughborough hosted the UK School Games and the club had 4 young athletes in action, all in the under 17 age group. Benjamin Platt took third in the mens pole vault with a vault of 3.90m, Jodie Self ran 11.48 over the 80m hurdles, Gypsy Nash took 5th with 45.63m in the ladies hammer and Brydon Duncan took 6th in the mens discus with a throw of 45.63m.



3/09/21

National Athletics League Action

The mens and womens senior team were in action again in the fourth and final match of the season at Eton, and managed to steal second place from Windsor after a great team effort during the afternoon. TVH won the match and consequently the league with 523.9 points, with BBHAC 2nd on 383.5 points and Windsor 3rd on 381.7 points.

In the mens track events Dan Putnam ran well clocking 47.30 for 2nd in the 400m A string, also running both relays where the mens team won the 4x100m relay in 42.92 and took a close 2nd in the 4x400m relay with a great team time of 3.14.92. Sam Reardon won the A string and Callum Parker the B string in the 800m, and Angus Harrington won the 1,500m in 3.58.91 plus threw the javelin over 50m for the first time with 51.38m. Bailey Stickings clocked a great 52.55 over 400m hurdles for third, while in the field events Harrison Thorne took 3rd in the long jump with 6.49m and also won the B string javelin with 38.64m, and Toby Dronfield won the B string long jump with 6.44m and won the A string triple jump with 13.60m. It was also great to see Barnaby Corry win the pole vault with 4.10m and Dele Aledese win the discus with 47.64m, with youngster Dillon Claydon winning the B string with 41.66m.

In the ladies events there was some fine sprinting from Annie Davies who clocked 12.29 for 2nd in the A string 100m, with Tianna Haynes winning the B string in 12.44. Team Manager Niamh Bridson Hubbard was as busy as ever winning the A string 800m in 2.12.54, also winning the A string 1500m in 4.34.78, then competed in the 3,000m clocking a very

respectable 9.39.60 for 2nd place before running a leg in the 4 x 400m relay. Morgan Squibb won the 1,500m steeplechase with a very fast 7.01.14 and Annie Davies won the hurdles with a 13.55 clocking. The ladies won the sprint relay in 48.46 after Sophie Dowson had won the pole vault with a 3.70m clearance, Zara Obamakinwa threw a massive 49.05m for 2nd in the discus with Hannah MacAulay throwing 42.89m for 2nd in the B string.

A great ending to a successful season although it would have been even better if we had managed to fill every space with a competitive athlete throughout the season.

At the Wanda Diamond League in Paris Dina Asher Smith continued her fine season ending form taking 3rd place in the 100m with 11.06 and beat 4 athletes who made the Olympic 100m final.

Last week at the Watford Open Meeting, Niamh Bridson Hubbard clocked another pb over 1,500m with 4.15.41 and Olivia Magee Brown ran 5.07.74, while this past bank holiday at an open meeting in Dagenham, Dan Putnam ran a new 400m pb with 47.08 and must surely break 47 seconds this season, and for good measure Dan clocked 16.22 over 150m while Korede Awe ran 10.42 twice over the 100m distance.



25/08/21

Results from around the age groups

The South of England Champs were held at Kingston for the under 13, under 15 and under 17 age groups, so far only the ladies event results have been published. There was a great long jump win the under 15 girls long jump for Daisy Snell with a leap of 5.54m, backed up with a bronze in the 75m hurdles with an 11.48 clocking. In the under 17 women's events Cleo Agyepong won the shot with 15.59m and Tyra Khambai-Annan won the 100m with 12.36m.

Other top 5 finishes included Gypsy Nash in the under 17 hammer with a 4th place finish with 41.70m, and Gabriella Martin was 4th over 400m with 59.26. In the under 15 girls Megan Barlow jumped 1.50m in the high jump for 4th and Alyssa Firla took 5th in the 300m with 43.84.

Further up the age groups the British Masters Champs took place in Derby where Helen Godsell took a golden double over 100m and 200m in the W65 category, with 14.72 and 31.08 efforts. Liz Hughes won the ladies W40 pole vault with 2.44 and also took 3rd in the shot with 8.84m and Richard Holt won the men's M45 400m hurdles in a time of 65.69. Louisa Vallins too two great silvers over 100 and 200m with 14.02 and 28.76 respectively.

In the Wanda Diamond League event in Eugene in Oregon Dina Asher Smith returned to the individual sprints with a great 3rd place finish in the 200m in 22.19 a little over the permitted wind allowance but this is great for the races that are yet to come which is when Dina's season really begins following injury.

In the BMC event at West London Niamh Bridson Hubbard won the mile in a pb of 4.42.34 and Lara Mannes clocked 2.18.30 over 800m.

In the Vitality London Half Marathon also took place and Phil Sesemann managed a great 4th place finish in 62.47, also Steve Evenden ran 88.00 for 794th and Steve Pairman 92.23 for 1176th.

Finally, the Southern League results were published which saw BBHAC win their 4th match at Erith with 328.9 points with Bexley 2nd on 280. Top performances from Dan Putnam with 47.7 over 400m, plus Dele Aledese 48.85m in the discus, James Whiteaker with a massive 70.69m in the javelin. Lois Warden 3.20m in the ladies' pole vault, Hannah MacAulay 10.77m in the shot and 41.65m in the discus, Abbie Stewart in the hammer with 43.07m and finally the club won both the sprint relay and 4 x 400m relays in both the men's and women's races.



18/08/21

Lots of UK wide action for Blackheath & Bromley Athletes

The weekend saw the mens and womens team in action in the Southern Athletics league with a resounding win at Erith and a new league record over 400m in 47.7 for Dan Putnam. Official results not yet to hand more detail next week.

At the Club Open Meeting on Friday night there were many club athletes in action and many from other clubs. Sam Reardon was out to break 47 seconds in the 400m and in a packed field he duly obliged taking 5th in 46.97 with the winner breaking 46 seconds. Other 400m performances saw Nathan Firla clocked 51.25, Morgan Squibb 58.82, Kelsi Cornish 60.95 and Dan Kennedy was quickest over 1,500m with 4.13.92. Zac Nwogwugwu ran 10.92 over 100m, Annie Davies clocked 12.30 and Helen Godsell 14.90 in the W65 age group.

On Saturday at the BMC event in Eltham Sam Reardon completed a magnificent weekend in setting a new pb of 1.50.68 over 800m, and Amarisa Sibley ran 2.09.96, with Niamh Bridson Hubbard setting a great new pb of 4.19.00 over 1500m. A few days earlier Niamh had clocked 2.09.43 over 800m at the Watford BMC event.

At the weekends Loughborough javelin meeting Bekah Walton threw 51.27m and Hollie Arnold registered 38.26m.

The missing results from the Kent YAL have surfaced which saw BBHAC win the Division League with 1775.5 points, with great age group wins for the Under 13 boys and Under 13 girls, and also the Under 15 girls, while the Under 15

Boys took a good third place overall. In the Division 2 match our athletes performed admirably to finish in 5th place overall with 843 points, enabling the club to field many athletes and gain valuable competition and league experience.



11/08/21

Olympic and NAL Round Up – Bronze for Dina

Well after her disappointment of the individual sprinting events, Dina Asher Smith was able to get herself fit to run in both the semi-final (set GB record) and the final of the 4 x 100m relay and contributed a brilliant top bend run to enable the GB team to win a fantastic bronze medal to match the Rio Olympics effort.

At home the senior mens and womens team were in action at Eton in the third NAL match and with wins in individual events hard to come by and many events not covered, the team did well to finish third on the day leaving them a credible 7th of 16 teams with 33 match points and 1231 points, behind TVH's massive lead of 48 match points and 1652 individual points.

Korede Awe ran a 10.69w for 2nd in the A string 100m while Dan Putnam again had a busy afternoon winning the B string 100m, 200m and 400m all in great times of 10.69, 21.64 and 47.58. In the A string there was a fantastic A string win by Sam Reardon in the 400m in anew pb of 47.03, with Sam later running an incredible 45.9 400m relay leg, probably the fastest ever run by a BBHAC athlete. Krystal Galley won the ladies 400m in 56.66, with youngster Amarisa Sibley winning the 800m in 2.10.09 and team manager Niamh Bridson winning the 1500m in 4.38.36 before taking 2nd in the 3,000m. Other wins included the mens 4 x 100m relay and the B string shot was won by Hannah MacAulay in 10.67m. Other notable efforts were Morgan Squibb with 7.09.18 in the ladies 2,000m steeplechase, Zara Obamakinwa pb of 10.96m in the shot and a pb for Dele Aladese in the discus with 46.68m, and a new club W40 record in the pole vault for Liz Hughes with 3.00m.

At the time of writing there are no results available from the Kent Young Athletes League match at Tonbridge.

Meanwhile The VETS allowed Jonny Ellerton to race in their 5 km race walking event at Battersea Park last Tuesday. He won the event after a race long battle with Stuart Bennett of Ilford. He finished 1st in 31m 16 with Bennett 2nd in 31m 23s.

In a Veterans Open Meeting at Dartford on Friday evening Helen Godsell ran 15.3 over 100m, Matthew Ellerton ran 400m in 64.7 and jumped 8.67m in the triple jump both for personal bests, and Alan Hardy vaulted 2.61m in the pole vault.



3/08/21

Not to be for Blackheath & Bromley duo in Tokyo Olympics

The first two of our four club athletes have already performed in Tokyo and unfortunately for Dina Asher Smith in the 100m and Adam Gemili in the 200m injuries have robbed them of potentially making Olympic finals.

Dina ran 11.07 for 2nd in her 100m heat but the last 40m did not have the usual pick up we have come to expect, and much the same in the semi final where Dina finished third in 11.05 and needed second to qualify. With the next best placed finishers both running under 11 seconds Dina missed the final by 6/100ths of a second. It was only after the event that we learned Dina had a hamstring injury she had been nursing since the UK trials earlier in the summer. This meant that Dina had to withdraw from the 200m when a medal chance was certainly within her reach.

It was a similar story for Adam Gemili in the 200m who had twinged his hamstring in warm up and was unable to get up out of his blocks. Adam did the right thing and limped to the finish line. Both athletes in post race interviews were almost inconsolable as their Olympic dreams are now on hold until Paris in 2024. Both Adam and Dina have done the club proud in reaching the Olympics and will be back to race another day.

Elsewhere at the Inter Club Challenge at Hendon, Brandon Murray clocked a seasons best of 10.69 over 100m, and also logged a new pb over 200m in 22.36 with Chizute Ogbedeh also running 22.50 for a pb. Adam Herring ran 53.26 over 400m and Dillon Claydon threw the shot 14.47m.

Some news from our veterans at the Tonbridge AC Veterans Open Meeting, where under poor weather conditions our hardy athletes performed well with Louisa Vallins clocking 14.35 over 100m with Helen Godsell running 15.79, in the 200 metres Matthew Ellerton ran 28.64 and Louisa Vallins – 28.79, over 800 metres Andre Verster ran 2.38.52 and Ashley Pearson 2.43.58, while over 3000m. Ian Firla ran 9.55.18 for a pb, and Ashley Pearson 11.41.92. In the field events Stephen Langdon threw the javelin 41.15m and Ian Firla leapt 4.25m in the long jump.

At the Clayton Invitational at Loughborough Sophie Dowson vaulted 3.75m in the pole vault.



28/07/21

More YDL Upper Age Group Success

The third round of the YDL Upper Age Group took place at Medway Park and again saw a resounding team win for Blackheath & Bromley with 636 points with Tonbridge 2nd on 389 points and team ATIP 3rd on 342 points. There were many fine performances and a huge number of personal bests recorded by our club athletes who are to be congratulated on this fine team win.

In the men's under 20 age group Pablo Seema Roca won the 400m by over 5 seconds in 49.16, and Henry Fisher won the 1500m in a new pb of 3.56.79, while in the field Jacob Byfield won the triple jump with 13.50m for a new pb and Barnaby Corry took the pole vault with 4.10m, and a great afternoon's work by Dillon Claydon who won the shot in 15.46m (pb), the discus with 49.31m (pb) and the javelin with 37.58m, and the team won the sprint relay in 44.08.

In the under 20 ladies' events Amarisa Sibley ran brilliantly to win the 400m in a new pb of 56.76 and Zoe White won the 3,000m in 11.00.13. Shakanya Osahon won the sprint hurdles in 14.83 and Zoe Austridge won the 400m hurdles in 72.09, while Ailbhe Barnes and Isabelle Stoneham won both legs of the 1,500m steeplechase with 5.12.09 and 5.19.27 (pb) respectively. In the field Claudia Baker won the long jump with 5.11m, Zara Obamakinwa won the discus with 45.73m and the shot with 10.51m (pb), and to round things off the ladies won the 4 x 400m relay in 4.04.60.

The under 17 men's events saw Adam Islam-Medeaux win the 400m in a new pb of 51.00 while Matthew Smith won the 800m and Alessio Tutt won the 1500m, Ted Marston and Jonathan Ellerton won both the 400m hurdles races and in the field Connor Sutton won the long jump with 5.88m and Dylan Carroll won the B string with 5.87m (pb), Oscar Whitcombe won the pole vault with 3.60m, and Brydon Duncan also had a busy afternoon in the throwing events winning the shot in 13.30m (pb), the discus in 46.46m (pb) and the hammer with 38.47m, and as usual the men won the 4 x 400m relay with 3.37.03.

In the under 17 ladies' events there were some fine sprinting performances with Tyra Khambai-Annan winning the 100m in 12.05 and Vanessa Granada taking the B string in 12.49, Faith Akinbileje won the 200m in 24.74 and Cameron Kelly-Gordon won the 300m in 43.04, Olivia Magee-Brown won the 3,000m in 11.17.82 for a new pb and Jodie Self won the 80m hurdles in 11.79. In the field Amelia Gray won the long jump with 5.51m and the triple jump with 12.04m (pb), Cleo Agyepong won the shot by a big margin with 14.41m and Gypsy Nash won the hammer in 45.51m also by a clear margin. The ladies won the sprint relay in 48.99 and the 4 x 300m relay in 2.59.42.

In the euphoria of the previous weeks gold relay medals by Jeriel Quainoo and Sam Reardon, the 100m runs by Jeriel to reach the men's 100m final were overlooked as he finished 5th in 10.35 having reduced his pb from 10.50 in the qualifying rounds to 10.30 and then 10.26 in the semi-final.

Elsewhere Joe Rogers one of our HCA athletes ran 1.52.41 at Loughborough while Jennifer Walsh another HCA ran 4.17.24 over 1500m, while at Lee Valley there were fine 100m sprints by Brandon Murray in 10.78, Zac Nwogwugwu in 10.92, LJ Wright in 11.40 and Rhys Francis 11.18.



23/07/21

Euro Under 20 Gold Medals and YDL Victory at Erith

The Great Britain men's 4x100m, women's 4x100m and men's 4x400m relay teams triumphed in Tallinn after three exceptional displays from the British quartets at the European Under 20 Championships, both with Blackheath and Bromley athletes in the teams.

There was a dominant performance by the men's 4x400m relay quartet as they won a gold to officially confirm Great Britain and Northern Ireland's place at the top of the medal table. They did so in a world U20 leading time of 3:05.25.

Similar to the heats on Saturday, Brodie Young ran a superb first leg with a split of 47.31 to hand over the baton to Samuel Reardon (Blackheath and Bromley) in the lead. Reardon, who ran a 46.1 split in the heats, ran 46.2 in the final to give Charlie Carvell (Stuart Hamilton, Telford) a significant advantage as he embarked on the penultimate leg.

It was GB&NI's first European U20 title since the 2009 edition in Serbia. Reardon, who took on leg two, added, "During the whole thing I was just thinking that I need to get into the middle so it would be easier and quicker for the boys, and I did my best to do my part."

Moments later the men's 4x100m relay delivered a special performance to win the gold medal at the Kadriorg Stadium, the first title for the team in the event since the 2003 edition of the Championship.

The same line-up had run a European U20 lead time in the heats earlier in the day, crossing the line in a time of 39.68, and once again produced a phenomenal performance to be crowned the Kings of Europe.

Joseph Harding once again got a rapid start out of the blocks to give Jeriel Quainoo (Blackheath and Bromley) a great position on leg two. As he motored down the back straight, the British team looked on course for the gold medal, and as Quainoo handed over to 100m champion Toby the squad had the title in their sights.

(Ethan Wiltshire) was once again on the anchor leg and expertly pushed the team onto victory from the Netherlands and Italy in a time of 39.74. Quainoo added, "I'm grateful! Grateful for the boys for bringing it home. I wasn't slowing down any time soon. As soon as it was my turn I attacked as hard as I could."

Closer to home at the YDL Younger Age Groups BBHAC won match two at Erith with 495 points with Medway a distant second on 380 points.

There were many outstanding performances including wins in the under 15 boys 80m hurdles for Andrew Nikoro and

Rayhan Mourtada both in 11.6, and in the under 15 girls Daisy Snell won the 75m hurdles in 11.5 and set a new club age group record in the long jump with 5.65m in winning that event as well.

In the under 13 boys Joseph Scanes ran superbly to win the 800m in 2.17.0, and the team won the 4 x100m relay. Chizam Boniface won the under 13 girls 75m hurdles in 10.2, and Charlotte Bloodworth won the 1200m in a great time of 3.51.1, with Luciana Smith close behind in 3.53.3, and the girls won the 4 x 100m relay.



13/07/21

Big Championship Performances from BBHAC Athletes

Not only was it the ESAA Championships at Sportcity in Manchester this past weekend where we had over 20 athletes competing, but it was also the under 23 European Championships in Talinn in Estonia, and closer to home the Mens and Womens Southern League at Sutcliffe Park.

In Talinn ,Bekah Walton was outstanding as she threw 54.27m in qualifying round and then took 5th in the final with 53.46m, while Annie Davies clocked 13.45 and 13.52 in qualifying before reaching the final where she finished a mighty 8th with 13.53. Absolutely great that these fine athletes were representing GB.

In Manchester the England Schools Athletic Champs (ESAA) took place over three days and with results still difficult to come by this is how we think our athletes performed. At the senior girls level there were great wins for Nana Gyedu in the shot and Holly Mpassy over 400m, with Morgan Squibb earning a well deserved bronze on the 1500m steeplechase. There were even more medals in the intermediate girls events with Amarisa Sibley the fastest over 800m and therefore the winner, with silver medals in the hammer for Gypsy Nash, a silver for Fleur Todd Warmoth over 3,000m and Cleo Agyepong in the shot, and a great bronze for Faith Akinbileje over 100m. Our expectation is that Amarisa, Gypsy, Fleur and Cleo will have been selected for England Schools to compete in the Home Countries SIAB event in Derby next weekend, which is generally the norm when you have finished in the top two. There was also a fine bronze for Rayhan Mourtada in the 80m junior boys hurdles, the remainder of the results are below but the club is mightily proud of all our club athletes who made it to the Finals as they only let the very best athletes in each event compete and to have over 20 athletes in action is a testament to the athletes themselves, but also their coaches and families who support them. Another great weekend for Blackheath & Bromley.

Senior Girls

Nana Gyedu Shot Putt 1st 14.14m
 Holly Mpassy 400m 1st 55.75
 Morgan Squibb 1500m Steeplechase 3rd 4.58.73
 Kaliyah Young 200m 4th 24.90
 Shakanya Osahon 100m Hurdles 5th 14.45 (14.26Q)
 Tianna Haynes 100m 10th 12.46
 Ailbhe Barnes 1500m Steeplechase 12th 5.23.04

Senior Boys

Barnaby Corry Pole Vault 4th 4.40m
 Dillon Claydon Discus 5th 45.86m
 Zac Nwogwugwu 100m 4th= 10.84

Intermediate Girls

Amarisa Sibley 800m 1st 2.09.44
 Gypsy Nash Hammer Throw 2nd 48.98m
 Fleur Todd Warmoth 3,000m 2nd 9.37.66
 Cleo Agyepong Shot Putt 2nd 12.77m
 Faith Akinbileje 200m 3rd 24.39
 Gabrielle Martin 1500m Steeplechase 8th 5.26.05

Intermediate Boys

Benjamin Platt Pole Vault 4th 3.95m
 Pablo Seema Roca 400m 5th 49.60
 Junior Girls
 Daisy Snell High Jump 7th 1.56m
 Junior Boys
 Rayhan Mourtada 80m Hurdles 3rd 11.29
 Finn Kitteridge Pole Vault 5th 3.15m
 Max Kennedy Javelin 11th 38.47m

Closer to home the senior men and women were in action in the second round of the Southern League where a convincing team win saw us score 401.9 points with Bexley AC 2nd on 267.2, Cambridge Harriers 3rd on 252.3, Kent AC 4th on 147.2 and London City AC 5th on 78.6. There were many outstanding performances but none more so that Dan Putnam back after a lengthy injury winning the A string 100m, 200m and 400m all in very respectable times with 11.08, 21.94 and 48.40, and relay efforts on top making up for lost time. Henry Fisher running 49.95 to win the B string 400m was also very notable along with his A string 800m win. Dele Aladese won the discus and shot with 45.61m and 11.53m and the team won the sprint relay and the 4 x 400m relay.

In the ladies events there were good A string wins for Krystal Galley over 400m in 56.94 and Modupe Shokunbi in the 100m with 12.42, and Alex Hill won the 400m hurdles in 62.15. To the field events and solid wins by Hannah MacAulay in the shot with 11.03m and the discus with 40.00m, and great hammer wins for Abbie Stewart in 41.45m and Gypsy Nash with 39.15m following her ESAA exploits. The ladies also won both relays.

Next Saturday the young athletes of the YDL team are in action and the European Under 20 Champs in Talinn with several BBHAC athletes in action as previously reported, and SIAB Track and Field International in Derby where we have several athletes representing England as above.



6/07/21

Big Olympic and International Selection for BBHAC Athletes

There were several big team announcements in the past week or so and the club is delighted to learn that Adam Gemili has been selected to represent us at the Olympics over 200m and in the 4 x 100m relay, while Dina Asher Smith will be busy as she has been selected in the 100m, 200m and 4 x 100m relay, and Hollie Arnold has been selected in the F46 javelin at the Paralympics.

For the GB Under 23 European Champs in Talinn, Estonia, Ethan Brown has been selected for the mens 4 x 400m relay with Annie Davies selected for the 100m hurdles and Bekah Walton in the javelin.

The GB Under 20 team has been announced for the European Champs which will also be in Talinn with Nana Gyedu selected for the shot put, Mallory Cluley for the 100m hurdles, Zara Obamakinwa in the discus, Jeriel Quainoo in the 100m and the sprint relay, and Sam Reardon in the 4 x 400m relay.

At home at the weekend the mens and ladies senior team were in action in the National Athletics League at Wormwood Scrubs. With the team severely depleted they did well to finish third on 353.6 points behind TVH on 529 and Windsor on 423.7.

Wins were hard to come by but there were A string wins for Dele Aledese in the discus with 44.02m, Kelechi Aguocha in the high jump with 2.00m, Benjamin Platt in the the pole vault with 3.90m, and the ladies in the sprint relay.

There were B string wins for Barnaby Corry in the pole vault with 2.50m, Hannah MacAulay in the discus with 41.74m, Callum Parker in the 800m in a new pb of 1.55.49 and Jak Mensah in the 100m with 10.90. There were notable performances from Charlie Davis and Scott Overall in the 5,000m with 14.36.50 and 15.12.01 respectively, great efforts over the 400m hurdles by Bailey Stickings in 53.00 and Alex Hill in 62.00, a very solid 7.15.36 over the 2,000m steeplechase by Morgan Squibb, and a fine hammer throw of 48.30m by Gemma Vickery.

This week the English School Champs take place at the Manchester Stadium with the throwing events at Trafford AC, while on Saturday the Kent Young Athletes League takes place at Dartford and for the senior men and women they are in action at the Southern League at Eltham's Sutcliffe Park.

Nick Brooks



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