



Founded in 1869

Blackheath & Bromley Harriers AC

Jul to Sep
2018

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26/09/18

Southern Road Relays and John Turner 24 Hour Run

On Sunday at Crystal Palace in pouring rain, over 50 club athletes took to the roads and the track within the park for the annual Southern Road Relays.

The senior mens team finished a credible 11th pace and qualified for the national road relays later in the season with Will Fuller running the fastest leg with a split of 17.57.

11th 01:50:59.850 457 Blackheath & Bromley Harriers 'A'

00:18:18.60 (19) Josh Schofield
 00:18:23.40 (11) Ross Braden
 00:17:57.45 (10) William Fuller
 00:18:17.50 (9) Charlie Davis
 00:18:46.65 (10) Alex Bruce-Littlewood
 00:19:16.25 (11) Ben Cockburn

The mens B team finished 40th, the C team 68th and the D team 77th. In the ladies race the club finished 20th with Jo Hickman-Dunne leading the way with a fine 17.45 first leg followed by Lucy Elms 18.18, Liah Everson 20.17 and Millie Smith 19.47.

The under 17 men finished 25th while the under 17 ladies finished a mighty 6th with Morgan Squibb running 11.08 for the third fastest leg of the day, supported by Ellie Osmond 12.07 and Bethany Panton 12.08. The under 15 teams were even better with the boys 6th with legs by Sam Reardon 10.36, Tom Brash 10.39, George Shaw 11.12 and Freddie Georgiou 10.48 and the girls 8th with Olivia Berry 11.50, Hannah Clark 12.09 and Ellie Dolby 12.09. The under 13 girls ran well for 22nd and we were unable to complete an under 13 boys team.

Elsewhere this past weekend experienced multi-day ultra-runner John E Turner took part in what might be considered a sprint event for him - the **Sri Chinmoy Self Transcendence 24-hour Track Race** at Tooting Bec. The rain gave the runners no breaks for the duration of the race, which saw 46 starters running laps of the 400m track from 12 noon on Saturday 22nd September to noon on Sunday 23rd. Under, at times, atrocious conditions, that almost called for the event to be re-categorised as a Duathlon, John managed a very creditable 89 miles. His fortitude under such conditions should be widely applauded. Not many 68 year olds would have the singlemindedness, to continue against such a relentless assault from the weather gods. Indeed, many of the younger competitors retreated to the changing rooms before the finish of the race. Although, almost certainly less mileage than he aspired to, his 89 miles were enough to secure him first place in the Male 60-70 category and to place him 26th overall against a quality field.

At the **Jim Day Memorial Pole Vault** competition at Carshalton there were pbs for Finn Kitteridge with 2.01m, Benjamin Platt 2.91m and Barnaby Corry 3.71m, backed up by near pbs for Pedro Gleadall 4.31m, Ellie Barrett 3.31m, Zoe Austridge 2.71m, Lois Warden 3.31m and Jenney Sheasby 2.61m. It is also noted that Lewis Huggins cleared 1.11m as an under 9, that could be a name to watch out for!

Nick Brooks



17/09/18

Blackheath & Bromley represent Great Britain again in European Clubs Final

Very wet but warm conditions welcomed BBHAC to Castellon in Spain for the annual European Junior Clubs Final. This was a historic occasion for the club as both the men's and the ladies team having won the national YDL title in 2017 were representing Great Britain as they will do again in 2019, it is rare for both teams to be from the same club.

Winning events was a big request with the cream of European junior athletics on display, but three wins and a host of medallists enabled the men's team to take 4th place with 93 points and only one point third place, while the ladies also achieved 4th place with 93.5 points.

Ethan Brown won the men's 400m with a well-timed last 150m to steal gold by a very narrow margin and Funminiyi Oladije won the ladies long jump by a huge margin. The final event of the day brought home another gold as BBHAC won the 4 x 400m with Oscar Heaney Brufal, Ricky Lutakome, Ollie Briars running a fantastic leg taking the lead and leaving Ethan Brown with the honour of bringing the team home first with room to spare.

Other highlights included Yasmin Austridge running a magnificent 2000m steeplechase finishing second behind a very good athlete but more importantly improving her pb by 27 seconds and smashing the club under 20 and senior record with a time of 6.51.82. In the men's 400m hurdles Alex O'Callaghan Brown judged his final 100m to perfection to pass numerous athletes to grab second with a massive new pb of 55.07, while Angus Harrington did all he could to win the 800m in a slow tactical race coming up just short in second, the same for Ricky Lutakome in the 1500m just being outsprinted, and there were bronze medals for Camron Lyttle in the 100m, Kelechi Aguocha in the high jump having earlier leapt to a 13.01m pb in the triple jump, while Ben Hawkes gained 4th on the men's hammer despite throwing 64 metres, behind Portugal's English ringer who threw a massive 73 plus metres. Elsewhere Pedro Gleadall jumped 4.40m in the pole vault for a new pb and now within 1 cm of the club junior record for 5th place.

In the ladies' events Annie Davies continue her fine form with a 13.85 clocking in the 100m hurdles after leading for the first 8 flights, Jade Oni took a comfortable 2nd in the triple jump as did Bekah Walton in the javelin just missing out on the magic 50m barrier. Louise Evans not only ran in both relays but also took a well-deserved silver in the 400m, and Megan Walsh also ran both relays and took 4th in the 200m. a scratch team took silver on the 4 x 100m with last minute changes and almost snatched victory, and Rebecca Hawkins took silver in the high jump in very wet weather conditions.

It was a great weekend for all the athletes, with most competing on an international stage for the very first time, each and every one was a great credit to themselves, their club and their country and with many still eligible for next year's final the club is looking to build on this weekend's performances, the competition for places starts now.

Back at home at Sparrows Den in West Wickham, BBHAC hosted the annual Will Bolton Relays which is 4 legs of around 2.5 miles in the woods and on parkland. Blackheath men's A team finished 4th with Ross Braden, Dan Kennedy, Ben Cockburn and Alex Gibbins and the B team was 5th with Alex Bruce-Littlewood, Chris Tuck, Richard Webb and Gareth Evans. A lady's team of under 17 and 20 athletes finished 27th but 2nd ladies team with Morgan Squibb, Bethany Panton, Millie Smith and Gracie Horton.

With over 50 club athletes competing the Bennett Cup handicap is underway and the early 1-2-3 is Dan Kennedy, James Unwin and Chris Tuck, but still a long way to go.

Nick Brooks



29/08/18

28 Top 10 Finishes for Blackheath at the England Athletics Champs

The England National under 15 and under 17 champs took place in poor conditions at Bedford and the club fielded a huge number of athletes across the age groups and came away with 16 medals.

In the under 17 men's events there were gold medals for Oscar Heaney Brufal in the 400m hurdles and Pedro Gleadall (joint 1st) in the pole vault, and showing a what a good all-rounder he is Pedro also finished third in the javelin and 10th in the high jump, while Harrison Thorne took 2nd with a 2.02m pb. Ollie Briars earned a well-deserved silver in the 400m and Kyle Reynolds Warmington took the bronze in the 100m. Myles Xavier took 6th in the long jump, Ollie Bright finished 6th in the 1500m and Henry Fisher ran strongly for 7th in the 1500m steeplechase with Cameron Swatton also running well for 9th.

In the under 17 ladies' events Morgan Squibb continued her fine form over the barriers winning the 1500m steeplechase in a new championship best time under 5 minutes with Ellie Osmond 4th, higher claim athlete Funiminyi Olajide won the long jump while Holly Mpassy took silver in the 300m and Zakia Mossi took the bronze in the 800m despite still being classified as under 15 girl. Ava White ran solidly for a bronze in the 1500m, Hannah MacAulay took 4th in the discus and Lauren Farley finished 9th in the javelin.

In the under 15 men's events there were two great performances from Dillon Claydon who won the shot putt and took silver in the discus, while Jacob Byfield earned bronze in the triple jump and Barnaby Corry leapt to 3.61m for 3rd in the pole vault. Sam Reardon ran well for 5th in the 800m.

In the under 15 ladies' events Abigail Smith finished 2nd in the combined 3km walk but first under 15 girl, Naomi Toft and Ellie Dolby were 5th and 7th in the 1500m and Shakanya Osahon took 6th in the 300m.

Nick Brooks



21/08/18

Plenty of action at Diamond League, Southern League and International Matches

In the Diamond League at Birmingham at the weekend our two European gold medallists were in action with Dina Asher Smith running well for 2nd in 22.31 in the 200m bending Shaunae Miller Uibo enabling her to contest both the 100m and 200m at the finals, while Adam Gemili stepped down to the 100m and ran 10.31 in the qualifying rounds.

The final Southern League Division 1 match took place at Eton and a great team effort from the mens and ladies teams saw the club win the match by 1 point from host club Windsor Slough & Eton to secure a great second place in the final league standings behind Chelmsford, just missing out by a point. Scoring two more points at Colchester in match 4 would have won the league.

Niamh Bridson Hubbard won the A string 800m, 1500m, 3000m treble and was untroubled in each race and James Whiteaker now free from injury threw an incredible 75.27m in the javelin not only for a seasons' best but also the furthest by a UK athlete this year which was over 30m further than the second placed athlete. Kelechi Aguocha for yet another 2.05m high jump win and Alex Pope who kept himself busy all afternoon in the field and in the hurdles picking up a load of points.

The standard of the women's sprints was very high where Rachel Dickens, Louise Evans, Holly Mpassy and Krystal Galley were mixing it with some of the best in the country and there were wins for Ellie Barrett and Lois Warden in the pole vault. The blanket finish in the men's 4 x 100 where we clocked 42.76 for our fastest time in the SAL this year and finally an outstanding piece of front running from Morgan Squibb in the women's 2000m steeplechase where she finished in a time of 7:02.17. This puts her top of the 2018 U17 rankings by 35 seconds, 9th in the all-time U17 rankings, would rank her top 5 in the U20 rankings and top 20 in the UK this year and also broke the club under 17, under 20 and senior club records.

At the Manchester International at Sportscity during the week (15/8) the club had many athletes representing different teams with many great performances being logged. In the mens events Jonathan Ilori took 2nd in the triple jump and Scott Huggins finished second in the pole vault and teenager Ethan Brown 3rd in the 400m. In the ladies events Bekah Walton took 2nd in the javelin with a new pb of 49.23m, Rebecca Hawkins finished 2nd in the high jump, Rachel Dickens and Zara Asante took 3rd in the 400m and triple jump respectively, and Annie Davies finished 6th in the 100m hurdles.

At the Gothenburg Grand Prix Shannon Hylton ran 11.78 in the womens 100m for 4th and Alex Botterill finished 7th in the 800m in 1.49.96.

This coming weekend is the England Athletics Champs at Bedford for the under 15s and under 17s with many club athletes taking part.

Nick Brooks



14/08/18

More Euro Medals from Berlin for Dina and Adam and The Junior South of England Champs.

Dina Asher Smith having won the 100m earlier in the week with an equal world leading time of 10.85 for a new British and club record, ran arguably even better in the 200m beating Dafne Schippers into second place smashing her own British and club record and dipping under 22 seconds for the first time with 21.89. This is also the world fastest this year by a female athlete. To add to this Dina ran the anchor leg for the British team in the 4 x 100M relay taking over the baton in 4th place before cruising by three other athletes to easily bring the team home first and by some margin to earn her third gold medal of the championships. This was the first time that Dina has run an anchor leg.

Moments later the men's 4 x 100m relay teams were on the track and with club man Adam Gemili running the third leg, Great Britain also won the gold medal from Turkey. So not a bad weeks work for BBHAC athletes with another 4 gold medals in the collection.

Elsewhere for the under 13s, 15s and 17s their Southern area champs took place at Lee Valley and BBHAC had many athletes in action looking for silverware.

In the under 17 men's events Ollie Briars who is still only 15 years old ran an amazing new pb of 48.85 to win the 400m, and Harrison Thorne took the boys high jump and Pedro Gleadall won the pole vault equalling his pb of 4.30m, while also competing in the javelin and long jump. Kyle Reynolds Warrington won two silver medals in the 100m and 200m while in the under 15 boys events Barnaby Corry won the pole vault with a 3.50M pb and Dillon Claydon won the discus on countback, with Sam Reardon winning silver in the 800m, Jacob Byfield took silver in the triple jump and also leapt to a new pb of 5.98m in the long jump for 4th place.

In the under 17 ladies' events Morgan Squibb broke the magic 5 minute barrier in 4.59.18 to win the 1500m steeplechase by a handsome margin, Ellie Barrett won the pole vault with a 3.40m pb with Lois Warden third, and Lauren Farley won the javelin with a 44.63m pb. There were silver medals for Holly Mpassy in the 300m and also for Ellie Dolby in the under 15 girls 800m and Shakanya Osahon in the 300m, while Zakia Mossi continued her fine form in winning the 1500m by over 10 seconds in a new pb of 4.37.45.

The penultimate BBHAC Open Meeting took place on Monday evening at Norman Park after two visits from ITV News and numerous journalists, with almost 300 athletes in action in the sprints, long, jump, shot, 800m and the mile events.

This coming weekend sees the men's and women's team in action at the final Southern League Division 1 match at Eton where the team is currently in 2nd position out of 16 teams. The Sydney Wooderson 800m is at Sutcliffe Park this mid-week and the final open meeting is on Monday at Norman Park where the hurdles are the key focus.

Nick Brooks



8/08/18

Women's team in Premier League action, Men's promotion gained and Under 17 decathlon champ Pedro Gleadall, plus Dina Asher Smith 100m champion in new UK record of 10.85.

Dina Asher-Smith smashed her own UK record with 10.85 and became the joint fastest women in the world this year when she won the European 100m title in Berlin on Tuesday night. This is the first time a British woman has won this event since 1962. With her specialist 200m event to come and the sprint relay, BBHAC are hoping for even more medals.

The ladies senior team went to Southampton with a somewhat depleted team and competed brilliantly to gain third place in the final league match and finish third overall which is the clubs highest ever league finish and the entire team are to be commended. Rachel Dickens and Krystal Galley won both the 400m races and Louise Evans win the B string 200m in a new pb of 24.64. The sprint relay team of Vivian Olatunji, Annie Davies, Immanuela Aliu and Louise Evans won by almost a second and Shaunagh Brown competed in three field events to win the Hannah Cordell Memorial trophy for most points scored in a season.

The men's team were in action in Liverpool in the final league match of Division 1 and a solid performance would see them gain promotion to the Premiership which they duly achieved with a solid second place finish with the scores among the top 4 teams being very close. Wins for Jonathan Ilori in the triple jump, Kelechi Aguocha with a new 2.07m pb in the high jump, a Phil Sesemann win in the 1500 and a Will Fuller win in the 5,000m just 10 minutes after winning the B string 1500m set the team on its way to the top flight. A great team effort and team spirit and manager Pat Calnan avoided being doused in the steeplechase water jump pit afterwards. Alex Pope won the Graham Botley Memorial trophy for most points scored during the season with 112 points, with Phil Sesemann 2nd on 87. All together 50 athletes contributed to the success of the club with everybody making a great contribution.

Pedro Gleadall smashed the 30 year old club decathlon record at Sportscity for under 17s set by Jamie Quarry when he won the England Athletics Combined Events with his score of 6600 points, eclipsing the record by almost 600 points and winning the event by a massive 556 points. This puts Pedro at 6th spot on the UK all time list.

He recorded pbs in the 400m, 1500m, high jump and discus throw and won the javelin by over 10 metres. Higher claim athlete Theo Adesina who had a great first day faded a little but finished a credible 6th with a pb of 5562 points. Sam Reardon who had led the overnight tables on day one finished 4th with a pb of 3582 points in the under 15 boys octathlon.

Nick Brooks



31/07/18

YDL Final League Match action and Inter Counties/English Champs

CAU Inter Counties

The club had 11 athletes in action over the weekend at Sportscity in the CAU Inter Counties and English Champs with everybody making a top 8 finish. Higher claim athletes Jacob Brown and Andrew Smith took first and second in the mile and Jonathan Ilori became English champion by winning the triple jump. There were three other fantastic medals as Rachel Dickens took bronze in the ladies 400m, Graham Rush bronze in the mens 5000m and Zara Asante bronze in the ladies triple jump.

Sarah Abrams jumped well for 4th in the long jump, while Oliver Newport took 5th in the mens event, Modupe Shokunbi ran well for 6th in the ladies 100m, Joe Fuggle took 7th in the mens 400m hurdles and Sophie Dowson finished 8th in the pole vault.

Irish Champs

Elsewhere Molly Scott ran 11.88 for 100m in the Irish Champs in Dublin.

YDL Upper Age Last League Match

On Sunday the under 17s and 20s junior teams were in action at Allianz Park in Hendon in the final match of the YDL season and despite very bad weather conditions (wet and windy) and an understrength team, the athletes performed admirably to secure second place on the day behind Shaftesbury missing victory by 10 points with 799 to 809, but more importantly this was more than enough to win the Southern Premier League yet again with 23 match points to SBH's 21 with a points margin of over 260 points, 3296.5 to 3029.

Wins were hard to come by on the day as competition was fierce, but great sprinting in the under 20s saw Camron Lyttle claim second in the A string 100m and winning the B string 200m, with new under 18 European 400m silver medallist Ethan Brown winning the A string 200m and also 2nd the B string 100m. Matthew Knight took 2nd in the 400m, while Angus Harrington doubled up well to win the A string 1500m and took 2nd in the A string 800m, and also competed in the javelin. Joss Barber and Lewis Mills won both legs of the 2000m steeplechase, and Alex O'Callaghan Brown won the 400m hurdles. Kelechi Aguocha leapt to a fantastic new pb to win the high jump with 2.06m, Ben Hawkes won the shot and the sprinters won the 4 x 100m relay.

In the under 17 mens events both Ollie Briars and Oscar Heaney Brufal continued where they left of at the English Schools both winning the 400m and 400m hurdles respectively, and Harrison Thorne and Pedro Gleadall won both A and B string high jumps, with both athletes then winning both javelins although the strings were reversed. The team also won the 4 x 400m relay.

In the under 20 ladies events there were wins on the track for Megan Walsh over 400m, Jess Keene in the 3000m, Isabella Hilditch and Annie Davies won both 100m hurdles strings, Grace Scopes won the 400m hurdles, Charlotte Faries won the 1500m steeplechase and the ladies won both relays. In the field Bekah Walton and Eloise Locke won both legs of the javelin, as did Molly Walsh and Yinka Shokunbi in the hammer, and Jade Oni won both the long jump and triple jump A strings with Karina Harris winning the B string triple jump.

In the under 17 ladies events wins were extremely few and far between but Holly Mpassy continued her fine form to win both the 200m and 300m A strings, Ellie Barrett won the pole vault and Lauren Farley won the A string javelin.

This coming weekend sees the senior mens team in action in Liverpool where a 4th place finish or better will secure promotion to the Premiership, while the ladies team look to consolidate their 3rd place position in the Premier League when they compete at Southampton. Alex Pope and Shaunagh Brown are in pole position to win the Graham Botley and Hannah Cordell Memorial trophies respectively for the highest points scorers over the season with Phil Sesemann out to see if he change that.

Nick Brooks



23/07/18

Plenty of BBHAC Youth in action this week

Schools International

The club had 6 athletes representing England Schools at Grangemouth at the SIAB Home Countries International. Holly Mpassy continued her fine form and won the 300m in 38.93, and Ollie Briars took 3rd in the boys 400m in 49.99 while Oscar Heaney-Brufal won the 400m hurdles in 54.99.

Isabelle Bridge walked her way to a pb in the 3000m for 3rd in 16.20.04, Harrison Thorne took silver in the high jump with a leap of 1.99m and higher claim athletes Theo Adesina won the boys long jump with a new pb of 7.05m and Funminiyi Olajide took 2nd in the girls long jump also with a pb of 6.07m. A great start to their international careers for all of these athletes.

YDL Young Age Group League Match

The YDL final league match took place at Hornchurch and despite being beaten by Reading 542.5 points to 542 points, the team combined this fine second place with the two wins it had earlier in the season and another second place to secure the YDL South Premier 1 title with 22 points from Reading AC with 19 points setting them up with a September visit to the finals.

The team on the day was strongest in the track events, second best in the relays and a distant 5th in the field events despite some fine individual performances. Notable efforts included Amir Sultan Edwards again winning the under 15 boys 200m in 22.4 and by a big margin, with Barnaby Corry winning the pole vault, Emily Kerr running 12.6 for 1st in the under 15 girls 100m and Eve Ward winning the under 15 girls 200m. Ellie Dolby won the under 15 girls 1500m and Shakanya Osahon won both the 300m and 75m hurdles, with England Schools 800m winner Zakia Mossi winning the B string 300m in a new pb. The girls under 15 team won the 4 x 300m relay by a long way and Faith Mpassy won both the under 13 girls 70m hurdles and B string long jump.

Dublin 5000m

Last Thursday both Will Fuller and Phil Sesemann broke 14 minutes again with pbs in the 5000m in the Morton Games in Dublin with Will clocking 13.49.14 and Phil recording 13,54.07, both all time top 10 club performances.

Diamond League Anniversary Games

Both Dina Asher Smith and Adam Gemili competed in the Diamond League Anniversary Games in London over 200m with Adam clocking 20.30 for 5th and Dina narrowly beaten into 4th in a season's best of 22.25.

Elsewhere Cheriece Hylton clocked a 23.63 200m in Mannheim in Germany and Rachel Dickens ran 54.26 400m at Eltham.

Nick Brooks



10/07/18

Senior Mens and Womens teams in action in National Leagues – Ethan Brown euro silver

Well things are looking great for our 150th anniversary in 2019 as the mens senior team won their BAL Division One match at Bedford to maintain a second place league position only a point behind Harrow, and if they can finish 4th or better will secure promotion to the Premiership in the last match. The ladies team are already in the Premiership of the WAL and only just missed out on third place by 1.5 points for 4th but maintained 3rd in the league and look certain to retain their league status barring acatastrophe at their final match.

Elsewhere teenager Ethan Brown shattered his 400m pb with 46.87 for a silver medal in the under 18 European Champs at Gyor in Hungary while representing Great Britain & Northern Ireland.

At Bedford the mens team all performed admirably to record their best points score of 329 points with wins in the field for Kelechi Aguocha in the high jump with a 2.00m pb, with Lewis Ely taking 2nd in the B string, a second in the A string long jump for Oliver Newport and a B string win for Tom French, and Jonathan Ilori won the triple jump with Rob Sutherland 2nd in the B string. Alex Pope competed in the javelin, shot, discus and hammer and retains his lead in the Graham Botley trophy competition for the highest individual points scoring with 87 point from Phil Sesemann.

On the track Phil won both the A strings in the 1500m and 3000m, with Joss Barber took 2nd in the B string 1500m and Will Fuller won the B string 3000m. New member Andrew Smith ran well for second in the A string 800m with Angus Harrington wining the B string event, and Alex Nwenwu took 2nd in the 110m hurdles B string.

The final match at Liverpool in August will see the men trying to gain their long awaited promotion to the Premiership.

The ladies made the long trek and were in action in Grangemouth with an outstanding team effort with a somewhat depleted team to secure an excellent 4th place although individual wins were hard to come by on the day. Modupe Shokunbi and Parris Johnson took 3rd and 2nd in the 100m, Immanuela Aliu and Vivien Olatunji both took second in the 200m, and Rachel Dickens ran well for 3rd in the A string 400m. Mother and daughter Clare and Lucy Elms both doubled up in distance events as did Jess Keene for valuable points, and as usual Izzie Hilditch broke 14 seconds for 2nd in the 100m hurdles with Annie Davies again running brilliantly to win the B string. Our international rugby player Shaunagh Brown covered the discus and shot and Carys Marsden and Victoria Wiltshire also both doubled up in the throws, and Zara Asante doubled up on the jumps with a solid 2nd in the triple jump and also a good long jump effort.

The ladies were given 2nd in the 4 x 100m relay but given the same time as the winner, could have made a difference to finishing third in the match, followed by a comfortable 2nd in the 4 x 400m relay. A nice comfortable 3rd in the league with one match remaining.

Nick Brooks



3/07/18

Dina Asher Smith and James Whiteaker win British Champs and European Trials

Another weekend with over club 20 athletes competing at the British Champs at Birmingham while in the YDL Upper Age Group for under 17s and under 20s, an under strength team secured their place in the September YDL Finals by winning the third league match at Eton by some margin from Shaftesbury Barnet.

Pride of place for Dina Asher Smith who broke the championship best performance at the British Champs with a clear win in the 100m in 10.97 for her third sub 11 second clocking of the season and securing a place on the GB team for the European Champs in Berlin later in the summer. It was also great to see James Whiteaker back in his second competition of the season and winning the mens javelin by almost 4 metres in 71.29m. Other medals were won by Adam Gemili with a silver in the 200m in 20.26 narrowly losing out having led until the final few strides, and Jonathan Ilori continuing his fine form for bronze in the triple jump with a leap of 16.25m.

Shannon Hylton having equalled her pb of 22.92 in the qualifying rounds of the 200m could not hold on to her home straight lead and was out run by three athletes but took a great 4th place with a massive new pb of 22.78, normally good enough to win such an event. Jahisha Thomas back from her US college took 4th in the ladies long jump again with a massive new pb of 6.69m, former club member Lorraine Ugen won with a world leading jump of 7.05m.

There were some great performances in other events none more so that Phil Sesemann who took 6th in a very slow tactical race beating some much faster athletes along the way in the 1500m, and Issie Hilditch took an impressive 6th in the 100m hurdles having qualified in a fine new 13.69 pb. Diivne Oladipo just back from the US took 4th in the ladies shot and 7th in the discus, Rebecca Hawkins jumped well for 5th in the high jump and Zara Asante took 4th in the triple jump and Sarah Abrams 8th in the long jump with a 6.31m pb. Other notable top 10 performances came from Bekah Walton 7th in the javelin, Joe Ellis 9th in the mens hammer, teenager Alex Botterill 7th in a slow tactical 800m final but rubbing shoulders with the best and Will Fuller took a credible 10th in the 5000m.

YDL Eton

BBHAC scored 799 points with SBH second on 763.5 which was enough to qualify for the YDL finals again. Even though many athletes were unavailable the club still was able to compete and won comfortably with many others stepping up and performing well.

Wins were hard to come by this weekend but in the under 20 mens events Angus Harrington won the 800m A string in a new pb of 1.54.21, Rico Cottell won the 110m hurdles in 14.82, Lewis Mills won the steeplechase while in the field Kelechi Aguocha won the high jump and equalled his 1.95m pb, Ben Hawkes won the shot and threw a massive 65.98m for second in the hammer, while Kieron Sadler won the javelin with 51.08m. In the under 20 womens races there wins over 100m for Parris Johnson, Holly Mpassy took the 200m and also the under 17 girls 300m and newly selected GB junior international Katy Ann McDonald won the 400m in 56.10 for a new pb. Yasmin Austridge won the 800m, Jess Keene took the 3000m, Annie Davies won the 100m hurdles and in the field Mary Adeniji won the long jump and Jade Oni won the triple jump with a new 12.57m pb and took the B string long jump, and Carys Marsden won the hammer.

In the under 17s mens events Ollie Briars won the 400m in 50.12 and Matthew Francis won the 1500m, Oliver Heaney Brufal won the 400m hurdles and Benjamin Gardiner won the 1500m steeplechase. Nana Okwesa won the triple jump and the men won the 4 x 100m relay. In the ladies under 17 events Morgan Squibb won the 800m, Sabrina Mannes won the 1500m with Jess Neal winning the B string, Ruby Bridger won the 80m hurdles, Ellie Barrett won the pole vault with a new pb of 3.40m, and the team won the 4 x 100m relay.

Elsewhere it is noted that Amir Sultan-Edwards ran 22.0 in the under 15 boys 200m open event at Tooting Bec. Although manually timed and won't count for all time records, it is the same time as the national all time record for under 15 boys and once he runs sub 22 seconds electronically that argument will disappear. A great performance indeed.

This coming weekend sees the men in action in the BAL match at Bedford and the women in action at Grangemouth in the WAL. With the men 2nd and the women currently third, if we can field strong teams we can really push the men for promotion while the ladies can secure their top three position.

Nick Brooks

