



Founded in 1869

Blackheath & Bromley Harriers AC

Jul t0 sep
2019

[Home](#)
[Up](#)

Press Releases for July, August & September 2019

- 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...](#)

July 2019

[31/07/19](#)
[23/07/19](#)
[16/07/19](#)
[8/07/19](#)
[2/07/19](#)

August 2019

[29/08/19](#)
[20/08/19](#)
[13/08/19](#)

September 2019

[23/09/19](#)
[9/09/19](#)
[3/09/19](#)

23/09/19

European Junior Cubs Champs Best Ever Success in Portugal

For the second consecutive year Great Britain were represented in the Euro Clubs final by Blackheath and Bromley in Leiria in Portugal. The conditions were very but the performances were outstanding across the teams. It was also the greatest showing by our athletes with the ladies team taking third spot with 99 points behind Fenerbache from Istanbul with 112.5 points, while the men's team went one better achieving their best ever position with 2nd place on 111 points to Fenerbache's 119 points.

Marcia Sey won the 100m hurdles in 13.81 for great points and also took 2nd in the 100m with 12.15, while Yasmin Austridge went one better than last year in Spain by winning the 2,000m steeplechase in 7.09.31. There were further medal winners by Holly Mpassy earning 2nd in the 400m with 56.06, the sprint relay team also took silver in 47.54 as did Molly Walsh in the hammer with 51.62m, Funminiyi Olajide in the long jump also took silver with 5.58m and also gained a bronze in the triple jump with 11.61m.

In the mens events and even more medallists with Jeriel Quainoo winning the 100m in 10.79 and winning bronze in the 200m in 21.70, Ollie Bright won a tactical 1500m in 4.12.17 and the team won both relays which was sweet revenge for Ethan Brown having earlier been beaten into bronze in the mens 400m in a magnificent 46.61 despite winning last year in a far slower time. 41.77 was a fine team effort to win the sprint relay and 3.14.90 the long relay. Angus Harrington was narrowly beaten into second in the 800m in 1.54.13, Josh Watson won silver in the 110m hurdles in 14.39, Kelechi Aguocha jumped 2.02m for 2nd in the high jump and Theo Adesina leapt 6.87m for bronze in the long jump.

Having won the UK YDL titles again two weeks ago it remains to be seen if there will be a final somewhere in Europe for BBHAC to participate in 2020.

Nick Brooks



9/09/19

Another great day in club history for Blackheath & Bromley

The weekend got off to a great start with Dina Asher-Smith taking 100m victory in Brussels in the Diamond League Final in 10.88. It was a season's best for Dina and just three-hundredths outside her own British record despite cool conditions and a slight headwind. Shelley-Ann Fraser-Pryce of Jamaica was left 7/100ths behind with Marie Josée Ta Lou third and Dafne Schippers 4th.

On Saturday at the Sportcity complex in Manchester our under 13 and under 15s were in action the Youth Development Final and competed magnificently to take an overall 2nd place with 595 points to Sale who only won by 6 points with 601, and Reading third with 565 points. In the boys' events there were 5 A string winners and four B string winners, while in the girls' events there were 2 A string winners and 5 B string winners.

In the under 15 boys there were A string wins for Adam Islam-Medeaux in the 300m, Benjamin Platt in the pole vault and Brydon Duncan in the hammer, and the team won the 4 x 300m relay, while in the under 13 boys there was a win in the long jump for Zuriel Nwogwugwu. In the under 15 girls' events Rianna Rennie won both the A string shot and javelin.

On Sunday at the same venue our older junior athletes comprising the under 17 and under 20 age groups (who had

also performed brilliantly this season to make the YDL final) were in action where the club had 19 A string and 18 B string winners in the men's events, and the ladies had 12 A string winners and 13 B string winners. This was far too much for the opposition and BBHAC easily defended the crown they won last year by winning with 903 points, with Shaftesbury 2nd on 776 points and Team Avon 3rd with 587. This creates a nice issue for our Club Treasurer who now has to help fund the trip to Europe in September 2020 for the European Clubs Final where we will represent GB again, just as we do in the next two weeks in Portugal following last year's victory.

In the men's under 17s there were A string wins in the 100m and 200m for Jeriel Qainoo, Oliver Bright won both the 800m and 1500m, Oliver Briars won the 400m and Pablo Seema Roca won the 1500m steeplechase, while in the field there were wins for Barnaby Corry in the pole vault and Dillon Claydon in the shot and the discus. In the under 17 ladies match Holly Mpassy won both the 200m and 300m, Zakia Mossi won the 800m. Nana Gyedu won the shot and also the best performance award of the match with her 14.71m effort, Titobioluwa Akinrele won the discus and the team won the 4 x 300m in a new club record by 4.15 seconds with 2.44.63.

In the under 20 age groups in the men's events Ethan Brown won the 400m, Benjamin Gardiner the 800m, Josh Watson the 110m hurdles and the team won both relays, while in the field there were wins for Ben Sutton in the long jump, Kelechi Aguocha in the high jump, Philip Bartlett in the shot and discus and Pedro Gleadall in the javelin. In the ladies' events Louise Evans win the 400m, Funminiye Oladije won the long jump, Danielle Hopkins was equal first in the high jump, Hanna MacAulay won the discus and Lauren Farey won the javelin, with the team also winning the 4 x 400m relay.

Many of these athletes will be in action for the club in Portugal in a fortnight but it is only one athlete per event who will get to test themselves against the best clubs in Europe.

Nick Brooks



3/09/19

Another busy week for BBHAC athletes

Dina Asher-Smith and Adam Gemili have both been selected to compete at the World Champs in Doha next month with each athlete doubling up in the 100m and 200m and in the 4 x 100m relays. Dina ran superbly in the 200m in the Zurich Diamond League clocking 22.08 in the process for a season's best for 2nd place, while Adam took 7th in the mens 100m in 10.15 and maintains his good form as well.

Bedford was the setting for the England under 15 and 17 champs where the club had many athletes participating. Medals were hard to come by given the fierce competition but Nana Gyedu won the under 17 ladies shot with a putt of 15.77m, Holly Mpassy won bronze in the under 17 ladies 300m in 40.10, Barnaby Corry gained a fantastic new pb in the under 17 mens pole vault with 4.31m and Abigail Smith walked the 3,000m in the under 15 ladies event in 17.05.02.

Other notable efforts came from Jeriel Qainoo who was 6th in the under 17 mens 200m in 21.91, Ellie Osmond 6th in the under 17 womens 1500m steeplechase in 5.25.40 with Ailbhe Barnes 8th in 5.30.53 and Olivia Berry 10th in 5.34.49, Benjamin Platt took 4th in the under 15 boys pole vault with 3.41m, Brydon Duncan 4th with a new pb of 40.84m in the under 15 boys discus, 9th spot in the under 15 boys long jump for Connor Sutton with 5.52m, also 9th spot for Dillon Claydon in the under 17 mens discus with 42.64m while Lily Meers took 12th in the under 15 girls 1500m and Jacob Byfield 15th in the under 17 mens triple jump.

Elsewhere at the Tonbridge Twilight evening meeting Niamh Bridson-Hubbard continued her fine late season form clocking a new pb in the 3,000m in a top quality field with 9.32.00. Dan Putnam won the mens 400m in 48.22 and continued his fine season's form.

This Saturday 7th September sees the under 13s and 15s teams in action at the YDL finals in Manchester, with the under 17s and 20s team in action on Sunday 8th September. Good luck to all of our athletes competing. With places still at stake for the European Junior Inter Clubs event in Leiria in Portugal two weeks later, we have high expectations of our teams.

Nick Brooks



29/08/19

Over 20 BBHAC athletes compete at British Champs, Asher Smith and Gemili are Champs

At Birmingham's Alexander Stadium over the weekend the club was able to provide 23 athletes as competitors in the various mens and womens competitions. This is a testament to the strength and depth within our club as you only get invited to compete in this event by being among the top ranked performers in the UK in each event. The event also serves as a selection process for the upcoming World Champs in Doha in October.

Two of our athletes will be on that plane to Doha following fantastic track achievements, Dina Asher Smith chose to compete in the 100m and won this convincingly with a 10.96 clocking for a new CBP, while Adam Gemili was beaten narrowly into 2nd place on Saturday in the 100m sharing the same time as 1st and 3rd with 10.18, only to follow this up on Sunday with an outstanding performance in the 200m which he won in 20.08 for another CBP.

Elsewhere Divine Oladipo had a busy weekend taking 3rd in the shot with 16.38m and 4th in the discus with 49.60m,

there was a great 4th place in the 5,000m for Phil Sesemann in 14.09.91 and a 5th for Alex Botterill in the mens 800m with 1.47.90, and Bekah Walton threw 48.15m for 5th in the ladies javelin, Zara Asante leapt 12.92m in the triple jump for 5th and Sarah Abrams gained massive new pb in the long jump with 6.39m for 7th spot. Likewise Sophie Dowson vaulted to a new pb of 3.95m for 6th in the pole vault and Deborah Martin jumped 1.71m for 7th in the high jump, while Jonathan Ilori leapt to an impressive 16.25m in the triple jump for 6th.

Other top field events were Kelechi Aguocha 9th in the high jump with 2.03m, Lauren Farley 12th in the javelin with 41.23m, while on the track there were some sold qualifying efforts which did not make the finals for Bailey Stickings and Alex O'Callaghan-Brown in the 400m hurdles with 53.94 and 54.03 respectively, and Ethan Brown clocked a 46.77 in the 400m with Dan Putnam logging 47.39, and in the ladies events Annie Davies recorded 13.94 in the 100m hurdles, Louise Evans 53.95, Maya Bruney 54.56 and Krystal Galley 55.05 in the womens 400m, while in the ladies 100m qualifying rounds Modupe Shokunbi ran 12.23, Vivien Olatunji 12.38 and Maya Bruney 12.56.

Well done to all athletes for being chosen to compete in the meeting.

Nick Brooks



20/08/19

Lots of athletes in action in many meetings

Dina Asher Smith and Adam Gemili are both rounding into fine form as both took 2nd in their respective events at the Birmingham version of the IAAF Diamond League. Dina ran 22.36 for a close 2nd spot in the 200m while Adam clocked 10.08 for 2nd narrowly missing first by 8/1000ths in the 100m.

The mens and womens teams were in action at the final Southern Athletics League match of the season at Battersea and took 2nd on 184 points behind Windsor on 252.5. This meant the club finished a highly commendable third in the league on 16 points behind Windsor (19) and Harrow (17), a great team effort building on last years 2nd place. Key performances among the men were Bailey Stickings 53.47 in the 400m hurdles and Kelechi Aguocha scaling 2.00m in the high jump, and in the ladies events Annie Davies 13.81 over the 100m hurdles, Molly Walsh 51.78 in the hammer, Krystal Galley 55.62 in the 400m and Hannah MacAulay 40.79m in the discus.

At Ashford there were many youngsters in action at the SE AA Inter County match. Amarisa Sibley (U15s) ran superbly to take silver medals in both the 300m and 800m, with Abigail Smith winning the 3,000m walk, and Holly Mpassy took silver in the 400m (U17), Ellie Osmond won the 1500m steeplechase and Nana Gyedu won the shot beating Divine Oladipo's record by over 1.5m with 15.24m. In the under 15 boys events Ben Platt won silver in the pole vault, and there were bronze medals for Adam Islam-Medeaux in the 300m, Connor Sutton in the long jump and Brydon Duncan in both the shot and the discus. In the under 17 mens events Oliver Briars won the 400m and Barnaby Corry won the pole vault.

At the Cork City Sports International last week Phil Sesemann took 11th in the top class mile in 4.04.33 but importantly now leads the 150 Leaderboard Mile event.

Also mid week last week at the Manchester International Match the club had 7 athletes on representative duty with Sarah Abrams winning the long jump (Wales), Jonathan Ilori took 2nd in the triple jump (BAL), with Zara Asante (Scotland) 2nd in the ladies event. There were 3rd places for Ethan Brown (GB Juniors) in the 400m, Louise Evans (GB Juniors) in the 400m and Sophie Dowson (All Stars) in the pole vault, and a 7th place for Lauren Farley (GB Juniors) in the javelin. Well done to all of these athletes for gaining such high representative recognition.

Nick Brooks



13/08/19

Two Club Athletes on International Duty in Poland

Bekah Walton was selected to represent GB&NI in the European Athletics Team Champs Super League in Bydgoszcz at the weekend. Bekah threw 46.29m for 12th place and can be proud of her full international selection.

Also Ethan Brown was selected and made the journey to Poland to take part in the men's 4 x 400m relay but due to an administrative error the team were disqualified before running and Ethan did not get to run, but again can be proud of his selection.

The club is also running a series of mile races called the Leaderboard Mile where they aim to get as many club members to run a mile over the course of the season as possible. To date 144 people have taken part with 50 running up and racing last Sunday ahead of the enforced break while the Norman Park track is resurfaced. Currently Josh Schofield leads the men's event, Niamh Bridson Hubbard the ladies event and teenager Sam Reardon leads the age group event based on performance against the world record for your age. The age range so far is from 7 years old to 82, and the performances go from 4.20 to 16.50!

At a BMC Grand Prix in Stretford Alex Botterill clocked 1.47.72 for an 800m pb.

Nick Brooks



31/07/19

Young athletes in action and CAU Inter Counties

The under 17 and under 20 age groups were in action at Norman Park this weekend for the final match of the YDL Southern Premier Division. The team won the match with 688 points from Shaftesbury with 680.5 and Reading 576 to clinch the league title and reach the YDL finals again in September.

In the under 20 mens events there were wins for Ethan Brown over 200m this time, also Matthew Francis in the 3000m, Alex O'Callaghan Brown in both the 110m hurdles and 400m hurdles, also for Lewis Mills in the 2000m steeplechase, Ben Sutton in the long jump and Kelechi Aguocha matching his high jump pb with 2.10m. The team also won both relays. In the ladies under 20 events there were wins for Yasmin Austridge returning from injury over 800m, Millie Smith in the 3000m, Hannah Macaulay in the discus and Molly Walsh in the hammer, while Eloise Locke won the javelin.

In the under 17 age groups Jeriel Quainoo sauntered to an impressive 200m win, Barnaby Corry won the pole vault and Dillon Claydon won the discus, and in the ladies events Tianna Haynes won the 100m, Holly Mpassy won the 300m and Nana Gyedu won the shot while the team own the 4 x 300m relay.

At the CAU Inter Counties event in Manchester many of our senior athletes were selected to represent their home counties with some top performances by Krystal Galley over 400m in 55.87 for 8th, Annie Davis clocked 13.95 for 6th in the 100m hurdles, Sophie Elliss ran 63.12 in the 400m hurdles for 5th, (Alex Hill ran 62.23 in qualifying), Deborah Martin leapt 1.71m for 4th in the high hump, Sarah Abrams jumped 5.95m for 3rd on the long jump matched by Zara Asante in the triple jump with 12.68m and Bekah Walton was under par for 8th with 42.34m in the javelin. In the mens events Reece Young took 5th in the 100m hurdles in 14.75.

At the 5000m pb special event at Milton Keynes there were great runs from Josh Schofield for a new pb in 14.39.48 and Alex Bruce Littlewood coming back to form with 14.41.93 for a seasons best.

A 50 strong British under-20 team has been selected for the Manchester international event on August 14th which includes BBHAC athletes Ethan Brown in the 400m and relay, Immanuela Aliu in the 100m and Louise Evans in the 400m with both ladies also competing in the relays.

This weekend on August 3rd the mens and womens teams compete together in Birmingham in the final BAL and WAL matches of the season.

Nick Brooks



23/07/19

Another great weekend for the club at various events.

Adam Gemili is now running into fine form and competed in the mens 100m in the London Diamond League clocking 10.04 for 6th in the final having earlier recorded 10.07 in qualifying. The following day Dina Asher Smith ran superbly for 2nd place in the ladies 100m in 10.92 having clocked 10.91 in qualifying earlier in the day, both athletes showing great form.

In Boras in Sweden at the European Under 20 Champs the club were well represented with many athletes competing for GB & NI. Immanuela Aliu (4th in 100m final) and Louise Evans (7th in 400m final) gained gold medals in the 4x100m and 4x400m relays respectively (and HCA Member Amber Anning anchored the 4x400 squad - and took individual 400m silver). Also Holly Mills another HCA claimed 4th in the heptathlon and 3rd in the long jump with a leap of 6.50m. Ethan Brown ran within 1/100th of his lifetime best with 46.45 for 5th in the 400m final.

The final match of the Youth Development League took place at Bromley for the under 13 and 15 age groups and BBHAC finished second on the day to Reading but with the other match results taken into consideration the club won the Southern Premiership and have qualified for the YDL finals in September, another fantastic achievement by all athletes and team managers.

Meanwhile at the SIAB Schools international (U17) match at Swansea, the club had 4 athletes representing England and all performed outstandingly with two golds and two silvers. Jeriel Qainoo won the 200m in 21.74 and Nana Gyedu won the ladies shot with 15.64m. There were second spots for Oliver Briars in the 400m in 49.58 and Oliver Bright in the 1500m with 3.56.15.

The final Kent League Masters match took place on Friday 19th July at Erith and the men's team finished the season on equal match points with Ashford but came 1st with the highest overall score. This means that they will be back in the 1st division next year. The women's team were in 4th position and had to maintain that to ensure they remained in the 1st division and finished 4th overall so remain in the 1st division. A great effort by the very small team who turn out and compete for the cub in this league.

Nick Brooks



16/07/19

Busy Weekend with Euro Under 23 Champs, English Schools and Southern League

The club had two representatives at the Euro Under 23 Champs in Gavle, Sweden, both appearing for GB&NI. Divine Oladipo threw a seasons best of 16.79m for 4th in the shot and Will Fuller clocked 14.32.86 for 15th in the 5,000m having entered the competition as 10th ranked in Europe. Both athletes can be proud of their achievements.

Meanwhile many of our junior athletes were trying to emulate Divine and Will by competing at the annual England Schools Champs at Birmingham. With over 30 athletes representing their various counties we ended up with 4 golds, 5 silvers and overall 26 top ten finishes across three age groups for both men and women.

Pride of place goes to Alex O'Callaghan-Brown who won the senior boys 400m hurdles, higher claim athlete Theo Adesina won a tight long jump with Ben Sutton 4th and Myles Xavier 6th, Lauren Farley threw a new pb to win the senior girls javelin and Nana Gyudu won the inter girls shot. Nana along with silver medalists in the inter boys events Jeriel Quainoo, Oliver Bright and Oliver Briars will go on to represent England Schools later in the season.

Senior Boys	Alex O'Callaghan Brown	400m Hurdles	54.33	1st	
	Theo Adesina	Long Jump	7.02m	1st	
	Kelechi Aguocha	High Jump	2.04m	2nd	
	Angus Harrington	800m	1.53.02	4th	
	Josh Watson	110m Hurdles	14.39	4th	
	Ben Sutton	Long Jump	6.80m	4th	
	Pedro Gleadall	Pole Vault	4.50m	5th	
	Harrison Thorne	High Jump	1.92m	5th	
	Myles Xavier	Long Jump	6.73m	6th	
Inter Boys	Jeriel Quainoo	200m	21.84	2nd	21.60 Q
	Oliver Briars	400m Hurdles	49.39	2nd	
	Oliver Bright	1500m	4.01.39	2nd	
	Barnaby Corry	Pole Vault	4.05m	4th	
	Nathan Bushnell	Shot Putt	14.61m	4th	
	Dillon Claydon	Discus	43.22m	8th	
Junior Boys	Ben Platt	Pole Vault	3.50m	2nd	
	Adam Islam-Medeaux	300m	37.48	6th	
Senior Girls	Lauren Farley	Javelin	45.66m	1st	
	Lois Warden	Pole Vault	3.60m	4th	
	Jade Oni	Triple Jump	11.84m	5th	
	Daniele Hopkins	High Jump	1.69m	5th	
	Funminiyi Oladije	Long Jump	5.77m	5th	
	Hannah MacAulay	Discus	38.47m	6th	
	Asheigh West	High Jump	1.58m	9th	
	Eloise Locke	Javelin	36.49m	13th	
Inter Girls	Nana Gyudu	Shot Putt	15.06m	1st	
	Anwen Thomas	3000m	10.26.21	10th	
	Ellie Osmond	1500m Steeplechase	5.26.01	14th	

BBHAC hosted the 4th round of the Southern League at Norman Park and competing against other mid tables teams returned to winning ways with 210 points from TVH, Woking and Norwich, giving us a 4th place position going into the last match.

The men won both legs of the 100m, 200m, 400m, 1500m and 3000m, both relays and the discus, had Blair Wilson compete on the high jump, long jump, javelin and shot, and surprisingly were unable to field any high hurdlers. The ladies won the 100m A string, both 400m races, both 5,000m races with youngsters Jane Bradshaw and Jenny Leng showing even younger athletes the way home, the 400m hurdles and discus and the 4x100 relay.

Most notable performances were from Dele Aledese in the discus with 43.76m, Matthew Knight 22.16 in the 200m, Shamar Thomas Campbell 10.93 in the 100m and Josh Schofield the 3000m in 8.39.10 having also won the 1500m with a sub 60 second last lap. In the ladies events strong efforts from Krystal Galley with a seasons best 55.83 in the 400m, Alex Hill winning the 400m hurdles in 61.83, Carys Marsden returning to action and winning the discus with 35.87m and Tianna Haynes winning the 100m in 12.25.

Nick Brooks

Note: some missing results to be added soon.



8/07/19

Diamond League for Dina and Premier League for Men and Women

IAAF Diamond League in Lausanne 5 July - Dina Asher-Smith ran the second quickest 100m of her career to date, posting a time of 10.91 (+0.2). (Her national record stands at 10.85, set in Berlin last). The two-time Olympic champion Shelly-Ann Fraser-Pryce showed her class, speeding her way to victory in a rapid 10.74.

The senior women's team were in action at Eton in match two of three in the UK WAL and despite some outstanding individual performances the team could only finish 7th after finishing a great 3rd in the field events. With no relay teams and with some track events either with no athletes or only one instead of two, we were well beaten on the track. There were many regular athletes missing from the team for various reasons and at this highest level we need everybody participating if we are to maintain our league status.

In the high hurdles Marcia Sey ran a fantastic 13.65 for 4th place and Annie Davies won the B string in 13.89, while Niamh Bridson Hubbard clocked 10.01.52 in the 3000m for 6th and now heads the club rankings. In the field events there was much better news with Gemma Vickery throwing 53.66m and Molly Walsh 52.26m for 5th and 2nd respectively in the hammer, while Sarah Abrams was our sole winner taking the long jump with 6.07m. Sarah also took 2nd in the B string triple jump while Zara Asante leapt to 12.91m for 2nd in the A string event. Deborah Martin high jumped a useful 1.75m for 4th with Danielle Hopkins taking 2nd in the B string with 1.65m. It was great to also see Divine Oladipo back in club action and a useful 50.65m in the discus for 2nd and 16.46m also for 2nd in the shot secured very useful team points. All to play for in the final match but we will need to be at full strength to stave off relegation. We have done this before and can do it again.

The men's team faced a long trek to Sheffield where they came up against some very strong teams including the host team for the third round of the BAL. There were many international athletes on display. A solid 7th place with 219 points was about what was expected and unfortunately relegation after one season looks ominous as we currently sit in 8th place on 5 points, one point behind Cardiff but six behind 6th place team Woodford. Birchfield look favourites to win the league again as the final match is at their stadium next month.

There was an outstanding win in the 800m for Angus Harrington, and also in the 1500m for Will Fuller, while the ever reliable Ethan Brown was beaten into third place by two experienced senior internationals in the 400m despite clocking a great 47.01. Dan Putnam won the B string 400m in a seasons best of 47.26 and retains his lead as the top points scorer. Jonathan Ilori was narrowly beaten into 2nd place in the triple jump missing out 16.02m to 15.94m, also bagging useful points with 2nd place in the B string long jump with teenager Ben Sutton jumping 6.79m for 5th in the A string. Kelechi Aguocha continues his consistent form in the high jump clearing 2.05m for 2nd in the A string.

Ross Braden clocked 31.05.34 for a massive new track pb in the Highgate extravaganza of 10k PBs.

Nick Brooks



2/07/19

Young Athletes Upper Ages in action at YDL and Dina runs in US Diamond League

The under 20s and 17s men's and women's team were back in action for the third round of the YDL at the Allianz arena. A fantastic team effort saw the club win the fixture by a huge margin with 811.5 points with Shaftesbury a distant 2nd on 713 and Windsor third on 575.5, so barring a disaster at match 4 we should be at the YDL year-end final again.

In the men's under 20 events there was a good win for national 400m champion Ethan Brown who won in 21.98 over the 200m, and Oliver Bright won the 1500m in 4.03.50 following his new 800m pb the previous day, Josh Watson won the high hurdles in 14.74 and Ben Sutton won the long jump with 6.96m. Kelechi Aguocha continued his fine form winning the high jump with 2.00m and Pedro Gleadall took the pole vault with 4.50m. In the throws Angus Harrington won the javelin with 42.17 and Nathan Bushnell won the discus with 45.55m and the team won both relays.

Some fine performances in the under 17 mens saw Jeriel Quainoo win both the 100m and 200m in 10.91/21.75 and Ollie Briars won the 400m in 50.27, while in the field Barnaby Corry took the pole vault with 4.20m, Dillon Claydon won the discus with 43.99m and Nathan Bushnell won the hammer with 50.17m with the team winning both relays.

In the under 20 ladies' events there was a fine win for Mallory Cluley in the 100m hurdles in 14.12, and Funminiye Olajide won the long jump with 5.66m, Lois Warden won the pole vault with 3.30m and Lauren Farley won the javelin with 42.70m. In the under 17 ladies match Ailbhe Barnes won the 1500m steeplechase in 5.15.13, Nana Gyedu won the shot with 14.90m by a huge margin and the team won the 4 x 300m relay.

Dina Asher-Smith made the long trip to the US for the Diamond League in Eugene, Oregon and competed in the 200m finishing well for 3rd place in a high quality field in 22.42, a little down on her performance earlier in the season but still many weeks to prepare for the Doha world champs.

On Saturday there was the BMC Grand Prix at Watford with many fine races taking place. Alex Botterill clocked 1.48.74 over 800m, and in other races there were fantastic new pbs for Angus Harrington 1.50.40, Joe Rogers 1.53.46, Oliver Bright 1.52.99, while Declan Neary ran a pb of 8.15.10 in the 3000m and Lewis Mills ran 9.03.18. Katy Ann McDonald recently back from her first year at college in the US clocked a useful 2.05.47 over 800m.

Nick Brooks



Site designed and maintained by robin-web.co.uk
