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Blackheath & Bromley Harriers AC

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Cleo Agyepong Wins European Under 18 Champs Gold

At the European Athletics U18 Champs in Jerusalem this week the club has two athletes in action. Cleo Agyepong won the shot with a putt of 17.39m to secure the gold, and Faith Akinbileje qualified for the ladies 200m final with a 23.44 clocking and is the fastest qualifier and athlete in the field, so let us hope we have another medal to celebrate.



Thames Valley were in match 3B as Blackheath & Bromley won the 3A fixture and remain just two match points down on their rivals after the third round of the National Athletics league AL).

With points awarded for how many officials clubs bring to the party there were some minor changes to the league tables going into the third-round fixtures, but the matches decided which clubs would go to the Cup or Plate finals next month at Bedford.

Double points will be awarded there so the Championship remains wide open.

NATIONAL ATHLETICS LEAGUE PREMIERSHIP, Round 3A, Ashton Fields, Woodford Green, July 2

Blackheath & Bromley posted 14 A-string wins to take the match from Birchfield, who continued to press to the end and as hosts Woodford Green with Essex Ladies took third.

The wins kept being spread around as Blackheath & Bromley began their victory celebrations. They had Bailey Stickings win the 400m hurdles in 52.16, before Sophie Elliss made it a double, then Sam Reardon notched up their third A string score in a row, with a 1:51.33 800m victory.

Ben Hawkes, who was below his best in the UK Championships, then continued their progress with a 69.19m hammer victory, his third best competition. Blackheath & Bromley's wins then kept coming as UK Championships 1500m finalist and Team Manager Niamh Bridson-Hubbard added to second and third places in the previous matches to win the women's 3000m in a season's best 9:36.06. She later added the 1500m with 16-year-old teammate Amarisa Sibley taking the B string in a PB 4:36.34.



Mallory Cluley was blown to a 13.67 100m hurdles victory as second-placed hurdler, despite the wind, Dan Putnam set a personal best 46.69 when winning the 400m for Blackheath & Bromley. The men's high jump also easily went our way as Kelechi Aguocho was over 2.17m with three remarkably close attempts at equalling his 2.22m pb before Toby Dronfield added the triple jump with a 14.85m effort.

Right at the end of the programme, teenager Ailbhe Barnes led a Blackheath double in the women's 2000m steeplechase posting 7:30.00 before their men completed a successful afternoon by also winning the 4x400m in a new club record of 3.11.05. The team was Bailey Stickings, Dan Putnam, Harry Cox, and Sam Reardon who held off a determined Birchfield team and now have the fastest 4x400m relay in the UK. Dan had run on the previous record-breaking team some 10 years ago.

Sam Reardon was on the lookout for a qualifying time of 1.48.00 over 800m so that he could compete in the World Junior Champs to be held in Cali, Colombia from 1-6 August. In an Open Meeting in Tonbridge last night after some great pace making Sam ran alone on the second lap and recorded 1.47.38 which gave him the necessary time and also set a new club under 20 record beating Julian Spooners' long-standing record from 1979.

At the Wanda Diamond League meeting in Stockholm, Dina Asher Smith won the 200m in 22.37.

Also, in action at Hornchurch were the Under 13 and Under 15 teams in the YDL. The team comfortably won the match with 606 points with Havering a distant second on 538 points which means they are fairly certain to make the YDL finals as one of the two best ranked teams as they now sit on top of the league with 17 points.

Reo McCausland won the under 15 boys 100m in 11.40 and Ryen Rennie won the 300m in 38.43, while Ellis Ibrahim won the javelin with 48.19m, while the team won both the sprint relay and the 4 x 300m relay. In the under 15 girls' events there were wins for Chizam Boniface over 100m, Alyssa Firla over 300m and Megan Barlow over 800m. In the under 13 boys match Jamie Ellerton won the 75m hurdles, and the team won the sprint relay. In the under 13 girls' events there were wins for Emelia Adese over 75m who also won the shot, Kara Bryan over 800m and Sophie Fleming over 1200m.

This coming weekend is the England Schools Champs in Manchester, we wish all our athletes the best of luck representing their respective counties.

Nick Brooks

