Blackheath and Bromley Harriers AC are Southern Premium Champions after securing victory in their last National league fixture of the season.

The U13 and U15 boys and girls won the match out right to make it a hat trick of victories, with one 2nd place leaving us comfortably on top of the league.

This win now earns us the right to compete in the final in Birmingham on Saturday 6th September against the best clubs from the Midlands, the North and Scotland.

We hope to take a full team up to Birmingham on Friday 5th September and after a night in a hotel we then hope to make our presence known in what promises to be a great National final.

At Tooting Bec in the final fixture the U13 boys again excelled and were joined by three boys making their National team debuts.

The U15 boys team were well prepared for the day despite not having their inspirational team manager present on the day. Nic Corry was having a stroll somewhere in Wales. Nic is either a slow walker or had to walk a long way as it took him and Coleman over 10 days to complete! Nic's team managing skills were more than matched on the day by the youthful efforts of U17 Bailey Stickings, who volunteered his services after discovering that I was covering the U15s. To quote Bailey " I'll look after the U15s, as you have a job looking after the U13s, let alone both !!!. Charming.

I needn't have worried as young Harry Taylor also offered to help and this sums up the spirit we have in the younger ranks.

Back to the action. Tom Mills made his debut in the shot put, winning the A string with 9.81 then went on to throw the spear 34.33 to come second in his very first javelin competition.

Another National debutant was Nathan Urwin who ran a rapid 13.9 in the 100m and then ran the second bend on the 3rd leg of the 4 x100m helping the boys post their fastest time of the season coming home in second.

The third debut boy was multi talented Myles Duffus who scored vital points for BBHAC coming 4th in the B shot, putting 6.07

Myles Xavier had another busy day coming second in the 200m with a PB time of 26.6, third in the 100m close to his best with 13.1, another PB in the long jump coming 2nd with 4.89 and racing the final leg in the 4 x 100m relay.

Matthew Proctor ran a great new best in the 800m recording 2:36.1 and jumped 3.41 in the long jump scoring valuable points for the club.

Cameron Swatton continues to improve week on week and reduced his 800m best by over 2 seconds to 2:37.2.

Elliot Wanagho took nearly half a second off his best in the 100m clocking 14.2 and was keen and ready to stand in at short notice when one of the other boys was held up in traffic.

Fortunately (or unfortunately) the traffic cleared and so everyone arrived in time for their events but Elliot was good and ready, much to the delight of the team manager.

Caelan Raju was more than ready for his hurdle race, having interrupted a weeks holiday with school to show up at hurdle training and then along with Billy Keene having the full attention of club coach Nigel Stickings ensuring they were loosened up and rearing to go. No surprise then when Caelan equally his best with 13.0 but just edged out of first place albeit with the same time. Caelan also had a great second leg in the sprint relay.

Billy fresh from the Stickings experience sliced 0.3 seconds off his best placing 3rd in the B string 75m Hurdles.

Robert Suckling has had a great seasons and completed a hat trick of wins in the B string 800m clocking a new best 2:25.3. Robert even had "time" to time him self, including his lap time, much to the annoyance / amazement of Hanna and the timekeepers. They are worried if all the athletes do this they will all be out of work !

Primary school boy Rowan Fuss made his debut over 800m and clocked a fine time of 2:19.2 placing him 4th in the fast A string.

Keir Lundy seems to improve every time he steps onto the track and Tooting was no exception as he won the B string 1500m in a new best , smashing 3.5 of his previous time and breaking the magic 5 minute barrier to boot.

Sprinter Phil Tenyue ran a quick 13.9 in the 100 and ran the first bend as the lead off leg in the second placed 4 x 100m relay team.

Pedro Gleadall had a busy afternoon running a new PB of 28.8 coming 4th in the B string 200m, then straight over to the high jump where again he was 4th but in the A string , before heading over to the javelin where he won the B string event with a fantastic new PB of 31.88, adding over 2m to his previous best.

Peter Guy, who has dominated the 800m all season turned his hand to 1500m and with equal success. He stormed around the 3 and 3/4 lap race, comfortably winning in 4:46.5.

What a great season the U13 boys have had, it has been a real pleasure team managing this group of young lads and seeing them go from strength to strength.

Along with the boys , I am looking forward to what will be fantastic weekend in Birmingham.

Well done everyone.

Paul Austridge