

National Athletics League, Championship R1 Chelmsford Sat 23rd May 2026

Posn	Team Name	Ladies	Men	Officials	Points
1	Shaftesbury Barnet	250	302	25	577
2	Chelmsford AC	214	297	50	561
3	Havering AC	221	249	50	520
4	Herts Phoenix AC	239	164	50	453
5	Belgrave Harriers	203	202	30	435

Havering's seniors started their National Athletics League campaign with a solid third-place finish at a scorching Chelmsford on Saturday as the relegated Shaftesbury Barnet came through for victory, ahead of the hosts, as Havering's early challenge fell away.

The standout performance came from Chloe Williams who set a career best and club W35 record in the 100m hurdles with her winning 13.94s performance. Chloe returned to the track later to smash her PB for victory in the B 200m race, to set another club W35 best.

There were good points in the long jump as Thaila-Jade Mason won the A string and Alicia Fairmaner won the B. Thaila was fourth in the javelin while Alicia added a new 100m best. Orla Friel won the B steeplechase on her league debut as Morgan Campbell was runner up in the A, and another debutant Oma Nwapa won the B high jump, and improved her javelin best for second in the B. Maggie Smith set a season's best for third in the A high jump and threw the shot further than before for fourth in the B string as Eboni Roach set PBs in both the shot and discus, finishing third in the A shot and second in the B discus. Katie Ennis was third in the A discus and fourth in the hammer A, as was Nina Brennan in the hammer B.

Maddie Barker was runner up in the 1500m, with Rosie Warner third in the B, while Rebecca O'Rourke was second in the B 400m and fourth in the 800m B, as was Jasmine Asmal in the 800m A, before placing third in the triple jump. Lucy Chapelhow was third in the 400m hurdles and added 400m flat points, and Cassie Campbell added sprint points. Oma, Alicia, Maggie and Cassie combined to place third in the sprint relay.

The men's team celebrated four B string wins. Ellis Metzger opened his club account with a win in the 400m hurdles B string on his debut, as Isaac Ogunlade was second in the A string, and Isaac was also second in the B 400m race. Jason Lendon won the B 'chase, with Rob Warner second in the A string and also over the barriers Luke Williams was second in the high hurdles, and Luke was also A pole vault runner up, with Mark Bishop also second in the B vault. James Stewart was the other track winner, scoring full points in the longest race, the 5000m, with Chander Dhillon fourth in the A. Debutant Aidan Doherty (Under 18) was just outside his PB in placing third in the 800m, with Keiran O'Hara also third in the B, and Shea Sweeney was fourth in the 1500m in his first taste of NAL action, with Findlay McLaren forced to drop out with blood blisters when leading.

The final win came in the field where Will Tilson won the B javelin in a PB on his debut, as Sam Burdett was third in the A event. Bode Thompson (high jump) and Laurence Goodacre (shot A) were both second, and third place points were earned by Graham Holder (shot B, and A discus and hammer), and Andrew Adebusoye (triple jump) Arron Bonning completed the field line up with triple jump, discus and hammer points.

The 4x400m squad were second thanks to Emmanuel Sosanya, Aidan, Andrew and Shea, and Emmanuel joined Calvin Sanni (100 & 200m), Ellis and Isaac in the sprint relay quartet.

The NAL Championship East action moves on to the Stevenage on Saturday 10th July and hosts Herts Phoenix will hope to do better than their fourth place on home territory while Shaftesbury Barnet will hope to follow up their win with another result that makes them favourites to make one of the top two spots that earn a place in the Promotion Final.



Women		A STRING	Pos.	Time/Dist	B STRING	Pos.	Time/Dist
100	Alicia Fairmaner U20		5	12.59 PB	100	Cassie Campbell	4 13.27
200	Cassie Campbell		5	27.14	200	Chloe Williams W35	1 25.89 PB#
400	Lucy Chapelhow U20		5	65.15	400	Rebecca O'Rourke	2 76.50
800	Jasmine Asmal U18		4	2:36.84	800	Rebecca O'Rourke	4 2:50.67
1500	Maddie Barker		2	4:43.45	1500	Rosie Warner U20	3 5:32.55
100H	Chloe Williams W35		1	13.94 PB#	100H	Thaila-Jade Mason U20 HCA	DNF
400H	Lucy Chapelhow U20		3	68.54	400H		
2k S/C	Morgan Campbell W35		2	7:57.67	2k S/C	Orla Friel U18	1 8:21.09 PB
PV	Claire Brennan W45		NH		PV	-	
L.J.	Thaila-Jade Mason U20 HCA		1	5.71	L.J.	Alicia Fairmaner U20	1 5.44
H.J.	Maggie Smith U20		3	1.56	H.J.	Oma Nwapa U18	1 1.46
T.J.	Jasmine Asmal U18		3	10.01	T.J.		
S.P.	Eboni Roach U18		3	11.16	S.P.	Maggie Smith U20	4 8.64 PB
D.T.	Katie Ennis		3	35.51	D.T.	Eboni Roach U18	2 33.56
H.T.	Katie Ennis		4	34.48	H.T.	Nina Brennan W40	4 18.62
J.T.	Thaila-Jade Mason U20 HCA		4	29.91	J.T.	Oma Nwapa U18	2 27.98 PB
4x100	Oma, Alicia, Maggie, Cassie						3 51.50

Club W35 Record

Men		A STRING	Pos	Time/Dist	B STRING	Pos.	Time/Dist
100	Calvin Sanni		5	12.38	100	Ellis Metzger HCA	4 12.44
200	Calvin Sanni		5	24.89	200		
400	Emmanuel Sosanya HCA		4	49.00	400	Isaac Ogunlade	2 50.16
800	Aidan Doherty U18		3	1:57.57	800	Kieran O'Hara	3 2:01.49
1500	Shea Sweeney U18		4	4:10.43	1500	Findlay McLaren U18	DNF
5000	Chander Dhillon --		4	15:34.15	5000	James Stewart	1 15:48.58
110H	Luke Williams M35		2	20.63	110H	-	
400H	Isaac Ogunlade		2	56.81	400H	Ellis Metzger HCA	1 66.71
3k SC	Rob Warner M40		2	10:26.29	3k SC	Jason Lendon M50	1 11:19.05
L.J.	Luke Williams M35		4	4.96	L.J.	Mark Bishop M55	4 4.22
T.J.	Andrew Adebusoye		3	10.41	T.J.	Arron Bonning M50	3 10.40 \$
H.J.	Bode Thompson U18		2	1.81	H.J.	--	
P.V.	Luke Williams M35		2	3.61	P.V.	Mark Bishop M55	2 3.01
S.P.	Laurence Goodacre		2	12.08	S.P.	Graham Holder HCA M50	3 9.88
D.T.	Graham Holder HCA M50		3	31.80	D.T.	Arron Bonning	4 23.67
H.T.	Graham Holder HCA M50		3	46.05	H.T.	Arron Bonning	5 21.64
J.T	Sam Burdett U18		3	45.67	J.T	Will Tilson U18	1 41.82 PB
4x100	Calvin, Emmanuel, Ellis, Isaac						5 48.25
4x400	Emmanuel, Andrew, Aidan, Shea						2 3:26.73

HCA = Higher Competition Athlete

\$ = M50 Record