



HAVERING A.C. CHAMPIONSHIPS AND OPEN

on Sunday, 20th September 2026
at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX
(UKA Level 1 Licence OUT 26/686 Under UKA Rules)

This note confirms details for Sunday's Havering Club Championships and Open meeting. Please also see the final timetable.

Venue: The full address is **Hornchurch Stadium, Bridge Avenue, Upminster RM14 2LX** (52 Bridge Avenue, Upminster RM14 2LR works better on some Sat Navs).

Officials and volunteers have priority in the main car park. If you have a disability (blue badge) & need one of our three reserved spaces, let me know no later than Friday evening with your registration number & car model. We hope that we can use an adjacent overflow grassed area (weather permitting) but if not and you have to park on local roads, please respect our neighbours, as we are in a residential area. There is a car park at Hoppy Hall, Corbets Tey Road, Upminster RM14 2AB about 10-15 minutes away, which is free on Sundays.

The stadium is within easy reach of the M25 (via J28 & J29). It is also convenient for public transport, being a five-minute walk from Upminster Bridge Station (District Line) or a 15-minute walk from Upminster (c2c mainline services to & from Fenchurch Street & Liverpool Street). The Liberty Line (Romford to Upminster - two trains an hour) connects to the Elizabeth Line service. **Please check c2c and TfL websites for travel updates.**

Please book in and collect your numbers from the athlete registration desk in front of you through the inner gates at least an hour before the scheduled event time.

Track athletes should be at the start area for their race at least 10 minutes before the scheduled start time and report to the start team when called.

Field event athletes should report to their field event area for warm up 20 minutes before their event start time.

Our club house will be open from about 10.45am for hot and cold drinks, crisps, confectionery etc. There may be a limited supply of sandwiches and other snacks, first come first served. Payment by cash or card (over £1 only).

There are no grassed areas for tents etc, but plenty of covered seating on both sides.

Whatever the weather, we hope that everyone enjoys the day competing. If it's your last meeting this year, we hope that your track & field season end on a high!

Medals will only be awarded to the first three fastest times/best performances by Havering AC members (not Open entrants) in each Under 12, Under 14, Under 16 & Under 18 age group.

Medals will be presented as soon as possible after the completion of that event.