

National Athletics League, Championship R2 Stevenage Sat 11th July 2026

Posn	Team Name	Ladies	Mens	Mixed	Officials	Points
1	Chelmsford AC	233	278	17	35	563
2	Herts Phoenix AC	264	219	20	50	553
3	Shaftesbury Barnet	180	280	0	20	480
4	Belgrave Harriers	173	241	16	35	465
5	Havering AC	221	176	13	20	430

Havering's National Athletics League seniors were low in numbers but high in spirit as they battled hard in heatwave conditions at Stevenage on Saturday but at the end of the day had to settle for fifth place.

The ladies team were edged into third by Chelmsford. Chloe Williams repeated her victory from Round 1 in the sprint hurdles, and Lucy Chapelhow returned to action after her A levels winning the B. Chloe was close to her club W35 400m best and Lucy was third in the 1500m.

There were full points for Kate O'Neill and Lauren Reed winning both A & B 3000m strings with Kate leading from the gun and Lauren coming through to cross the line behind her. There were track runners up spots for Maddie Barker (800m), Orla Friel (Steeplechase), Cassie Campbell (200m B) and Rebecca O'Rourke (1500m B) and third places on the track for Jessie Lynes (B 400m) and Jayne Elvin (800m B) , on their league debuts.

On the field second place points went to the discus duo of Katie Ennis and Nina Brennan, who added points in the other throws, Alicia Fairmaner with a high jump PB in her first competition at the event for three years and Stephanie Osuala in the triple jump while Claire Brennan was third in the vault. Maddie Barker and Olivia Boachie joined Ellis Metzger and George Dixon in the third placed 4x400m mixed relay team.

The men's squad were badly hit by absences but did their best to cover the gaps. The only victory came in the triple jump as Andrew Adebuse won the B string with Joe Appiah, who had earlier set a UK M55 long jump best, third in the A string

Rob Warner set a club M45 2K 'chase best in finishing second, and Chander Dhillon was second in the B 1500m, as Sam Horsley smashed his PB in finishing third in the A string after a front running display. James Stewart and debutant George Dixon were both third in the 3000m.

Sam Burdett was A javelin runner up, and Luke Williams, who contested four events, was second in the B javelin and third in his pole vault speciality and Grahan Holder was second in the B hammer and fourth in the discus. The club spirit was typified by John Barker, who came to watch daughter Maddie but filled gap in the 200m, 400m and 800m and mixed relay, and high claim athlete Ellis Metzger who contested both sprints and the mixed relay in addition to his preferred 400m hurdles. Akeem Akintokun competed the roster but had to pull out after the 100,

The NAL Championship East action concludes at Hendon on 22 August. Hosts Shaftesbury Barnet and league leaders Chelmsford are favourites to make the top two spots that earn places in the Promotion Final.



Women	A STRING	Pos.	Time/Dist		B STRING	Pos.	Time/Dist
100	Alicia Fairmaner U20	5	13.00	100	Stephanie Osuala U20	4	13.34
200	Olivia Boachie	5	26.57	200	Cassie Campbell	2	26.74
400	Chloe Williams W35	5	60.10	400	Jessie Lynes U18	3	66.77
800	Maddie Barker	2	2:17.51	800	Jayne Elvin	3	2:37.73
1500	Lucy Chapelhow U20	3	5:25.42	1500	Rebecca O'Rourke	2	6:09.77
3000	Kate O'Neill	1	9:44.18	1500	Lauren Reed W40	1	10:12.32
100H	Chloe Williams W35	1	14.20	100H	Lucy Chapelhow U20	1	18.28
400H	--			400H			
1500 S/C	Orla Friel U18	2	5:55.72	2k S/C			
P.V.	Claire Brennan W45	3	2.37	PV			
L.J.	Stephanie Osuala U20	5	4.22	L.J.	Alicia Fairmaner U20	4	3.96
H.J.	Alicia Fairmaner U20	2	1.57	H.J.			
T.J.	Stephanie Osuala U20	2	10.09	T.J.			
S.P.	Nina Brennan W40	5	7.34	S.P.	Claire Brennan W45	4	7.17
D.T.	Katie Ennis	2	34.87	D.T.	Nina Brennan W40	2	22.67
H.T.	Katie Ennis	4	34.29	H.T.	Nina Brennan W40	4	18.84
J.T.	Orla Friel U18	5	20.30	J.T.	Claire Brennan W45	4	19.91
4x100	Alicia Fairmaner U20, Stephanie Osuala U20, Olivia Boachie, Cassie Campbell					4	52.76
4x400XA	Ellis 62.3, Maddie 63.0, George 55.8, Olivia 63.3					3	4:04.33

Men	A STRING	Pos	Time/Dist		B STRING	Pos.	Time/Dist
100	Akeem Akintokun	5	12.32	100	Ellis Metzger HCA	5	12.66
200	Ellis Metzger HCA	5	25.90	200	John Barker M60	5	34.06
400	James Stewart	5	71.24	400	John Barker M60	5	75.19
800	Andrew Adebuseye	4	1:59.30	800	John Barker M60	3	2:44.66
1500	Sam Horsley U18	3	4:02.13	1500	Chander Dhillon	2	4:10.68
3000	James Stewart	3	9:08.70	3000	George Dixon	3	9::23.18
110H	Luke Williams M35	5	20.73	110H	-		
400H	Ellis Metzger HCA	5	65.58	400H	-		
2k SC	Rob Warner M45	2	6:46.97 #	2k SC			
L.J.	Joe Appiah HCA M55	4	5.93 *	L.J.	Luke Williams M35	3	4.99
T.J.	Joe Appiah HCA M55	3	11.42	T.J.	Andrew Adebuseye	1	10.05
H.J.	--			H.J.	--		
P.V.	Luke Williams M35	3	3.42	P.V.	--		
S.P.	--			S.P.	--		
D.T.	Graham Holder HCA M50	4	30.47	D.T.	Luke Williams M35	5	19.32
H.T.	Graham Holder HCA M50	2	43.10	H.T.	Andrew Adebuseye	4	13.95
J.T	Sam Burdett U18	2	45.87	J.T	Luke Williams M35	2	33.16
4x100	=						
4x400XB	James 63.2, Jayne 75.3, Lucy 73.8, John 92.9					4	5:05.15

HCA = Higher Competition Athlete

Club M45 Record

* British M55 Record?