



## **Eastern Young Athletes' League, Watford Sun 7<sup>th</sup> June 2026**

	<b>Total</b>	<b>BU14</b>	<b>BU16</b>	<b>MU18</b>	<b>GU14</b>	<b>GU16</b>	<b>WU18</b>
<b>Havering AC</b>	<b>815</b>	<b>146</b>	<b>155</b>	<b>77</b>	<b>141</b>	<b>133</b>	<b>108</b>
Colchester H	609	95	99	49	107	103	97
Stevenage/HAWCs	566	64	119	87	55	103	71
Ipswich	510	47	61	<b>105</b>	64	61	<b>111</b>
Cambridge/Ely/Newmarket	467	71	77	99	58	88	20
Watford	458	94	66	19	71	100	38
Ilford/Southend	455	64	93	86	50	55	74

**The Eastern Young Athletes League team had a comfortable win in their second fixture at Watford on Sunday, finishing over 200 points clear and coming top in four of the six age groups.**

The **Under 14 Boys** won by over 50 points racking up 13 victories. There was a hat-trick of wins for Elijah Lowe in both 100m and 200m sprints and the B shot put, as A string shot winner William Hiles also won the discus and hammer. Another triple winner was Gideon Lee who won the A javelin, and both the B long and high jumps events. The winning trio were joined by sprint runner up Dre Overare in the victorious sprint relay quartet who improved their UK leading time. Teddy Madlin won the 200m hurdles B string, with Austin Broadhurst, who won the 800m, second in the hurdles A string. George Cowley won the pole vault on his debut, Euan Cheeswright won the B javelin and was second in the A long jump, while Adeleke Adenuga was runner up in the A high jump.

There was a big winning margin for the **Under 14 Girls** who also won 13 events. Olivia Rae Vaughan starred with wins in the A 100m, B 200m and long jump, as Ava McMillan won the B 100m and A long jump. The javelin pairing of Sophia Karim and Keira Atwood-Kelly scored maximum points in the A & B event, and other field wins were earned by Violet Everet in the B discus, to add to her 800m runners up spot, Destiny Carbon in the B shot, as Betsy Morrow was second in the shot A event, and Isla Herrera in the high jump, with Elsie Smith second in the A. Lucy Tregidgo won the A 200m hurdles, with Edie Smith second in the B string, and Molly Jenkinson-Smith won the B 1500m with Darcy Davies second in the A. Betsy, Ava, Destiny and Olivia combined to win the sprint relay in a season's best.

The winning **Under 16 Girls** registered 11 victories with Ome Nwapa providing three wins in the long jump A, and B 100m and javelin. Abigail Adegite had a win double in the 300m hurdles and B high jump, and Brooke Lavey won the B hurdles and Millie Cook won the 200m B (OB) after placing second in the A 300m. Ayla Baker won the A javelin and was shot runner up, and there were B string wins for Danielle Adeyinka in the shot and Kia Hylton Jones in the discus, and second places for Poppy Dent-Jones (high jump A) and Mia Borisova (long jump B). Siobhan Etemadi joined Abigail, Millie and Ome in the winning sprint relay quartet.

There were a dozen wins for the victorious **Under 16 Boys**. Josh Buxton won the 100m and long jump, and Sonny Hurrell added a B 200m win to his B long jump victory. There were track wins for David Ojo Ekhaton in the B 100m and Nathan Hathaway who added a win the B 300m hurdles to his runner up spot in the flat 300m. Zephaniah Smith added a win in the B shot to his second place in the A 300m. There were wins in the throws for Ameer Salaam (shot A), Matthew Hamberger and Ethan Johnson (A and B discus) and Reuben McDermott (B javelin). There were second places for Aidan Fairfax (800m A), Jack Rossington (1500m B) and Erin Okubanjo (triple jump). The quartet of David, Zephaniah, Nathan and Josh won the sprint relay.

The small **Under 18 Women's** squad were edged into second. Oma Nwapa won the B 100m and high jump A as Amy Mansell added the high jump B win to her 400m hurdles victory and 200m second place. Eboni Roach won the shot and discus with Leila Chapelhow winning both B strings and placing second in the hammer. Grace Tilson won the triple jump and Jess Page was javelin runner up. Christine Atumonyogo joined Oma, Jess and Amy in the winning sprint relay team

The **Under 18 Men** were badly affected by absentees but those who competed produced good results. Sam Johnson won the hammer, and Sam Burdett and William Tilson won both javelin strings. Ryan Alexander won the high jump and was second in the 100m, with Peter Aderibigbe second in the 100m B. Jayden Wilkinson won the long jump and Reggie Marshall won both shot and discus.