

## ***Southern Athletics League, Round 2, Eton Sunday 21<sup>st</sup> June 2026***

Posn	Team Name	Points
1	Windsor Slough Eton & Hounslow	323
2	Brighton & Hove	221
3	Blackheath & Bromley	211
4	Harrow	205
5	Woodford Green with Essex Ladies	196
6	<b>Havering AC</b>	149

**Havering's Southern League team found the going tough against strong opposition at Eton on Sunday and despite the best efforts of the small team came sixth and last.**

There were three wins for the men as Andrew Adebusoye won the B 800m in a season's best, with Shea Sweeney third in the A. Mark Bishop won the B vault and scored in the shot and discus. James Stewart won the B 3000m, and returned to add 1500m points and run a 400m relay leg, and Kieran O'Hara and Chander Dhillon were third in the A 1500m and 3000m respectively. Javelin throwers Sam Burdett and Will Tilson were both third.

Points were hard to come by for the ladies. Eboni Roach was shot runner up and third in the B discus, and Katie Ennis was second in the A discus. Oma Nwapa bagged two third places in the B javelin and A high jump, with Claire Brennan third in the B high jump. Jayne Elvin was 800m runner up on her club debut, and Robyn Matson was second in the 3000m and Maggie Smith sprint hurdles runner up.

The club have it all to do at the halfway stage of the season and need good results in the remaining two fixtures if they are to avoid dropping back into division 2.

### ***Round Up***

**There were good results for the four club athletes in action at the Essex 5000m championships at Brentwood on Thursday.**

Graham Pritchard was third in the B race to win M50 bronze in 17:54.3s, with M55 Matt Bland seventh (8:44.1) while in the A race both Chander Dhillon (5<sup>th</sup>) and George Dixon (11<sup>th</sup>) both set PBs of 15:21.09 and 16:32.7 respectively.

*On Saturday Jack Rossington won Essex Championships silver in the Under 16 Boys mile event at the Chelmsford Mile of Miles Festival clocking 4m 56.60s.*

Chloe Williams rubbed shoulders with the best hurdlers in the UK when she contested the 100m hurdles at the UK Championships and European Trials at Birmingham's Alexander Stadium on Saturday. The 38 year old, who has set a new career best and club masters W35 record this season clocked 14.16s when finishing sixth in her heat in her first national championships appearance for almost 20 years.

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<b>EVENT</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Alicia Fairmaner U20	5	12.70	Cassie Campbell	5	13.52
200	Olivia Boachie	6	27.17			
400	Grace Tilson U18	5	69.02			
800	Jayne Elvin	2	2:33.74			
1500	Rosie Warner U20	5	5:30.68	Rebecca O'Rourke	4	5:55.79
3000	Robyn Matson W35	2	11:24.60			
100H	Maggie Smith U20	2	16.11			
400H	-					
1.5k S/C	Grace Tilson U18	4	6:34.32			
H.J.	Oma Nwapa U18	3	1.48	Claire Brennan W45	3	1.33
P.V.	Nina Brennan W40	5	1.75			
L.J.	Maggie Smith U20	5	4.80			
T.J.	Grace Tilson U18	6	8.52			
S.P.	Eboni Roach U18	2	10.60	Nina Brennan W40	5	7.26
D.T.	Katie Ennis U23	2	33.78	Eboni Roach U18	3	21.94
H.T.	Katie Ennis U23	5	34.19	Nina Brennan W40	4	18.90
J.T.	Jessica Page U18	5	28.71	Oma Nwapa U18	3	23.63
4x100	Olivia, Cassie, Alicia, Oma				5	50.57
4x400X	James, Martin, Robyn, Grace				4	4:45.65

<b>EVENT</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Peter Aderibigbe U18	5	11.32	Max Adeosun U18	5	11.23
200	Tobi Bello u18	6	23.45	Calvin Sanni	5	24.97
400	Isaac Ogunlade	5	49.70	Aidan Doherty U18	4	50.58
800	Shea Sweeney U18	3	1:59.55	Andrew Adebusoye	<b>1</b>	1:59.40
1500	Kieran O'Hara	3	4:11.03	James Stewart	4	4:21.86
3000	Chander Dhillon	3	9:02.88	James Stewart	<b>1</b>	9:14.95
110H	Luke Williams M35	4	20.93	-		
400H				-		
2k S/C				-		
H.J.	Arron Bonning M50	5	1.38			
P.V.	Luke Williams M35	4	3.45	Mark Bishop M55	<b>1</b>	3.05
L.J.	Tobias Samuel U18	5	5.32	Peter Aderibigbe U18	5	5.31
T.J.	Arron Bonning M50	6	10.37	-		
S.P.	Mark Bishop M55	5	.05	Arron Bonning M50	5	8.27
D.T.	Mark Bishop M55	5	30.65	Arron Bonning M50	5	23.77
J.T.	Sam Burdett U18	3	51.14	William Tilson U18	3	34.67
H.T.	Arron Bonning M50	6	19.65	Martin Chester M50	6	8.53
4x100	Isaac, Tobi, Tobias, Peter				5	43.88
4x400X	Aidan, Isaac, Jayne, Olivia				5	3:52.50

**Non-Scoring: MEN:** 100: Tobias Samuel u18 11.74; Calvin Sanni 12.41; 400: Aaron Freshwater 55.42

**Non-Scoring: WOMEN:** 100: Olivia Boachie 13.12; JT: Maggie Smith U20 20.44; DT: Nina Brennan W40 21.13