

Southern Athletics League, Round 3, Little Marlow Sunday 19th July 2026

Posn	Team Name	Points
1	Thames Valley Harriers	315.8
2	Wycombe and Chiltern	263.8
3	London Heathside	232.8
4	Woodford Green with Essex Ladies	205
5	Swindon	200.8
6	Haverling AC	167.8

Another sixth place finish for Haverling's Southern League team at Little Marlow on Sunday gives the team an uphill battle to hold onto their place in Division 1, with one match remaining.

The proceedings were overshadowed by a freak incident during the men's 1500m which saw the race abandoned when the metal cover on the pole vault bed was flipped over by a strong gust of wind, and was blown across the track, just in front of the oncoming athletes.

The ladies had a solid set of results as Stephanie Osuala won the B long jump and was just short of her triple jump best in third, as Alicia Fairmaner was second in the A long jump. Eboni Roach won the B discus, and was third in the shot, and Katie Ennis scored well placing second in the A discus and third in the hammer (PB), Claire Brennan was third in the pole vault and sister Nina was third in both the B shot and hammer. Other top three finishes were earned by Maggie Smith who was runner up in the high jump and Lucy Chapelhow who was third in the 800m

The highlights for the men were the pole vault, where Luke Williams was third in the A string, with Mark Bishop winning the B, and Arron Bonning's B high jump third place. Former decathletes Bishop and Bonning joined forces to earn points in all four throws.

The four match season concludes at Gillingham on 8th August where it will need a strong result from Haverling to avoid the drop back into division 2, after two seasons in the top flight.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Alicia Fairmaner U20	5	13.43	Stephanie Osuala U20	4	13.55
200	Amy Mansell U18	5	27.57	Jessie Lynes U18	6	29.40
400	Jessie Lynes U18	6	65.81	Grace Tilson U18	5	68.18
800	Lucy Chapelhow U20	3	2:29.27	Rebecca O'Rourke	4	2:47.84
1500	Rebecca O'Rourke	6	6:00.61	Amy Leech W40	4	6:46.07
100H	Maggie Smith U20	4	16.88	Lucy Chapelhow U20	4	18.01
2k S/C	Grace Tilson U18	4	9:20.69	-		
H.J.	Maggie Smith U20	2	1.55	Claire Brennan W45	2	1.35
P.V.	Claire Brennan W45	3	2.20			
L.J.	Alicia Fairmaner U20	2	5.16	Stephanie Osuala U20	1	4.67
T.J.	Stephanie Osuala U20	3	10.56	Grace Tilson U18	5	8.22
S.P.	Eboni Roach U18	3	10.45	Nina Brennan W40	3	7.53
D.T.	Katie Ennis U23	2	34.07	Eboni Roach U18	1	29.75
H.T.	Katie Ennis U23	3	38.22	Nina Brennan W40	3	19.15
J.T.	Katie Ennis U23	6	20.66	Claire Brennan W45	5	16.16
4x100	Alicia, Amy, Maggie, Stephanie				4	52.03
4x400	Amy, Grace, Nina, Lucy				4	4:27.24

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Tobias Samuel U18	5	11.92	Calvin Sanni	6	12.59
200	Isaac Ogunlade	5	23.66	Calvin Sanni	5	24.78
400	Jayden Wilkinson U18	6	58.99	--		
800	Shea Sweeney U18	6	2:01.11	Jayden Wilkinson U18	4	2:21.96
1500	James Stewart	#		Sam Horsley U18	#	
110H	Luke Williams M35	5	21.10	-		
3k S/C	Byron Cipa	5	11:21.88	-		
H.J.	Mark Bishop M55	5	1.50	Arron Bonning M50	3	1.35
P.V.	Luke Williams M35	3	3.60	Mark Bishop M55	1	3.10
L.J.	Tobias Samuel U18	4	5.39	Jayden Wilkinson U18	4	5.13
S.P.	Mark Bishop M55	5	9.67	Arron Bonning M50	6	7.75
D.T.	Mark Bishop M55	5	26.47	Arron Bonning M50	5	22.17
J.T.	Arron Bonning M50	5	33.23	Mark Bishop M55	4	31.78
H.T.	Arron Bonning M50	6	20.22	Mark Bishop M55	5	17.12
4x100	Luke, Tobias, Calvin, Isaac				6	53.66
4x400X	Calvin, Isaac, Shea, Jayden				4	3:33.50

Non-Scoring: WOMEN: 200: Amy Leech W40 29.80; DT: Nina Brennan W40 21.61

Race abandoned – points shared