

National Youth Development League – Southern Division 1A, Round 3
Mile End 18th July 2026

Posn	Team Name	Points
1	Havering AC	666
2	Herne Hill Harriers	430.5
3	Victoria Park H & Tower Hamlets AC	402
4	Bexley AC	350.5
5	Cambridge Harriers	311
6	Newham & Essex Beagles AC	197

Under 16 Boys						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Joshua Buxton	11.47	1	David Ojo Ekhaton	11.80	1
200m	David Ojo Ekhaton	24.34	4	Zaire Lewin Dawkins	24.18 PB	1
300m	Zephaniah Smith	39.04	3	Nathan Hathaway	39.49 PB	2
800m	Jake Tregidgo	2:07.09	1	Jack Rossington	2:07.66	1
1500m	Freddie Scorey-Hall	4:21.63	3	Joseph Sewell	4:43.07	1
100m H	Joshua Buxton	13.72	1	Rehan Syed	15.81	1
300m H	Nathan Hathaway	43.08 PB	3	George Rogers	43.95 PB	1
Long Jump	Timi Oluborode Oluseye	5.17 PB	2	Tobi Oluborode Oluseye	5.08	1
High Jump	Joshua Buxton	1.65	2	Nathan Hathaway	1.55	1
Pole Vault	Cancelled					
Shot	Zephaniah Smith	10.67	2	Barney Sullivan	8.61	1
Discus	Ethan Johnson	36.75 PB	1	Matthew Hamberger	31.24	1
Hammer	Ethan Johnson	23.68	2	Zephaniah Smith	20.52 PB	2
Javelin	Ethan Johnson	39.86	1	Barney Sullivan	25.53	1
4x100m R	David, Zaire, Tobi, Joshua				46.68	2
4x300m R	Aidan Fairfax, Rehan Syed, Jack Rossington, Nathan Hathaway				2:45.29	2
Under 14 Boys						
100m	Elijah Lowe	11.81 PB	1	Dre Overare	12.38 PB	1
200m	Elijah Lowe	24.28	1	Dre Overare	26.06 PB	1
800m	Max Forman	2:25.48 PB	3	Jack Rushworth	2:37.01	3
1500m	Joseph Legg	5:08.93	4	Alex Stokes	5:14.40 PB	4
80mH	Teddy Madlin	14.25w PB	1	George Olubukola-Sogbetun	15.33w PB	1
Long Jump	Gideon Lee	4.75	1	Euan Cheesewright	4.66 PB	1
High Jump	Adeleke Adenuga	1.56	1	Laurence Fearon	1.40 PB	1
Pole Vault	Cancelled					
Shot	Elijah Lowe	8.63	2	Samuel Kirk	6.44	2
Discus	AJ Gray	15.97	1	} One		
Hammer	AJ Gray	12.15 PB	2	} per		
Javelin	Gideon Lee	33.65	1	} event		
4x100m R	Dre, Lawrence, Gideon, Elijah				48.97	1

Non-Scoring:

U14B 100: George Olubukola-Sogbetun 13.59; 200: Lawrence Fearon 26.68 **PB**; 800: Ismail Abdal-Bari 2:33.21 **PB**; JT: Euan Cheesewright 32.62m

U16B: 800: Aidan Fairfax 2:08.73; Oliver Rushworth 2:07.46 **PB**; Cruz Carvell 2:24.49; 1500: Callum Millar-Jennings 4:39.87

Under 16 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Esther Olajide	13.30	5	Danielle Adeyinka	13.50w PB	4
200m	Ome Nwapa	27.17	3	Esther Olajide	28.00	2
300m	Millie Cook	41.96 PB	1	Scarlett Barclay	44.38 PB	1
800m	Millie Cook	2:29.00	1	Evie Green	2:44.16	1
1500m	Holly Mason-Hughes	6:03.42	2	--		
80m H	Ome Nwapa	12.56	3	Brooke Lavey	13.30w	1
300m H	Abigail Adegite	46.68 PB	1	Amelie Shearing	54.15	1
Long J	Ome Nwapa	4.77	3	Mia Borisova	4.55	2
High J	Abigail Adegite	1.50	2	Esther Olajide	1.45	2
Pole V	Cancelled					
Shot	Kia Hylton-Jones	8.79	3	Danielle Adeyinka	8.66	2
Discus	Kia Hylton-Jones	18.65	2	Ava Sweeney	13.98 PB	1
Hammer	Amira Bryant-Afriye	17.50	4	Evie Green	16.08 PB	2
Javelin	Evie Green	19.38	2	Ava Sweeney	17.93 PB	1
4x100m	Ome, Danielle, Mia, Ava				53.81	3
4x300m	Abigail, Esther, Scarlett, Millie				3:03.63	1
Under 14 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Olivia-Rae Vaughan	12.92	2	Destiny Carbon	13.91w	2
200m	Ava McMillan	26.70	3	Olivia-Rae Vaughan	27.55	3
800m	Lucy Tregidgo	2:40.61	2	Esther Oyemike	2:47.93	1
1500m	Darcy Davies	5:15.97	2	Violet Everett	5:33.36	1
75mH	Lucy Tregidgo	12.55 PB	1	Isla Herrera	14.54 PB	1
Long J	Ava McMillan	4.44	3	Olivia-Rae Vaughan	4.39 = PB	1
High J	Isla Herrera	1.38	1	Elsie Smith	1.30	1
Pole V	Cancelled					
Shot	Betsy Morrow	8.31	2	Destiny Carbon	7.81	1
Discus	Autumn Ely	15.69	2	} One		
Hammer	Autumn Ely	?		} per		
Javelin	Sophia Karim	25.75	1	} event		
4x100m	Betsy, Ava, Destiny, Olivia Rae				53.25	1

Non Scoring:

U14G 100: Charlene Bangne 13.81w; Betsy Morrow 14.06w; Edie Smith 14.70

U16G 100: Ava Sweeney 13.39w; Brooke Lavey 14.17; Isabelle Ridley 14.44w; 200: Abigail Adegite 27.64;