



National Clubs Relay Championships, Birmingham Sunday 25th August 2024

Havering youngsters won two medals, broke two club records and equalled another at the National Club Relay Championships held at a chilly and breezy Birmingham Alexander Stadium on Sunday.

The **Under 20 Women's** quartet of Steph Okoro, Stephanie Osuala, Olivia Boachie and Cassie Campbell twice broke both the club Under 20 and senior 4x100m relay records, the latter dating back to 1991, on their way to winning bronze. The squad won their heat in 47.80s to break both U20 and silver records for the first time, then returned a few hours later for the final where they ran even faster to win bronze in a photofinish. They took another tenth off their short-lived records clocking 47.69s, just four hundredths off Blackheath & Bromley in silver (47.65s) and two thousandths ahead of fourth placed Coventry also timed in 47.69s – Havering's time was actually 47.686s while Coventry's was 47.688s with about an inch separating the teams

The **Under 17 Men's** 4x400m team added bronze with the fastest clocking by a club quartet at the event for well over 15 years, and possibly longer. First leg runner Emmanuel Asirifi-Otchere finished strongly and handed over in front after his opening leg of 51.9s and Freddie Rowe extended the lead with his 52.1s leg on the second stage. Shea Sweeney kept the pot boiling with his 55.2 leg as Findlay McLaren's 51.4s fast anchor effort did not quite hold off the fast-finishing Milton Keynes and Blackheath & Bromley runners who edged into gold and silver positions ahead of Havering's bronze timed at 3m 30.54s. All four runners are Under 17s next summer so can surely hope to challenge the club record of 3:28.7s dating back almost 50 years to 1978.

Asirifi-Otchere had earlier ran twice for the **Under 17 Men's** sprint relay squad along with Ryan Alexander, Tobias Samuel and Maxwell Adeosun who finished just one place shy of a podium place in the final in fourth but equalled their club record of 43.37s set last month in much better conditions at the Club Connect Relays in the Olympic Stadium. This run came after a shaky heat effort of 43.93s which only saw the team qualify for the final as fastest losers, where they came good with a much better run.

The fourth club squad in action were the **Under 15 Boys** 4x300 team of Aidan Doherty, Emanuel Iwuchukwu, Jayden Wilkinson and Oba Samuel finished 9th in the final 3m 48.03s.



