

Southern Athletics League, Round 1, Woodford Sat 16th May 2026

Posn	Team Name	Points
1	Woodford Green with Essex Ladies	359
2	Ipswich & Colchester & Tendring	284.5
3	City of Norwich	257.5
4	Victoria Park & Tower Hamlets	232
5	Havering AC	215
6	Chelmsford AC	214

The short-handed Havering Southern League team recovered from a disappointing start to finish strongly to edge rivals Chelmsford into sixth place by a single point at Woodford on Saturday.

It was a mix of youth and experience as the club's masters worked hard alongside several Under 18s. Masters Luke Williams and club legend Mark Bishop took full points in the pole vault, while Under 18 Jayden Wilkinson won the B long jump. Club stalwart Rob Warner was runner up in the steeplechase, with Arron Bonning claiming a trio of third places in the B string shot, discus and high jump with Under 18 Will Tilson third in the B javelin. James Stewart and Chander Dhillon were both third in the 1500m, and Dhillon added third in the 5000m with Byron Cipa third in the B on his league debut and Charlie Burgess dipped below two minutes for the first time in the 800m.

For the ladies Under 18 Grace Tilson provide the only win in the steeplechase, and was second in the B triple jump, while team manager Ginte Bailey led by example tackling three distance events, placing third in the 1500m, as busy Amy Leech was second in the 1500m B string and Stephanie Phillips was third in the B 3000m. Siblings Claire and Nina Brennan were both second in the A and B string pole vault. In the throws Under 18 Jess Page was third in the A javelin, and another Under 18 Eboni Roach was third in both the A shot and B discus, with Katie Ennis was third in the A discus.

The second round of the four-match series sees the squad travel to Eton on Sunday 22nd June.

Round Up

Four club athletes performed well on the national stage at the Loughborough International.

In form Freddie Rowe's winning streak continued as he marked his international debut for the GB Junior Under 20s with victory against seasoned opponents in the Gandy Mile clocking 4m 04.10s coming through with a 56 second last lap after a slow early pace.

Keiran O'Hara added another international vest to his tally in England colours in the Ambulant 1500m, when he was third based on Raza points which adjust performances for an athlete's disability category.

Findlay McLaren impressed in winning the guest 800m in a new PB of 1m 51.62s to rank second on the club U20 lists, behind Freddie Rowe, while Kate O'Neill's strong finish placed her fourth in the 3000m, in a time of 9m 29.43 ahead of the athletes representing England and Scotland.

Ruby Tillson ended her first year in the US Collegiate system with victory for the University of Connecticut at the Big East Championships at the university's home track at Storrs CT. Heavy rain delayed the event start but once proceedings got under way Ruby made no mistake, winning the first of the seven events the 100m hurdles and the Upminster 19-year-old was never headed, scoring 5343 points, just short of her recent PB, leading home a clean sweep of the medals for her Connecticut team.

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EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Stephanie Osuala U20	4	13.00	Fisola Fagbadegun	4	13.60
200	Amy Leech W40	6	29.69			
400	Grace Tilson U18	6	69.2	Rebecca O'Rourke	4	73.50
800	Rebecca O'Rourke	5	2:49.81			
1500	Ginte Bailey W40	3	5:28.76	Amy Leech W40	2	7:12.62
3000	Ginte Bailey W40	4	11:26.92	Stephanie Phillips	3	12:23.33
100H	-					
400H	-					
2k S/C	Ginte Bailey W40	4	8:43.35	Grace Tilson U18	1	9:05.84
H.J.	Claire Brennan W45	4	1.35			
P.V.	Claire Brennan W45	2	2.40	Nina Brennan W40	2	1.70
L.J.	Amy Leech W40	5	3.74	Ginte Bailey W40	5	3.53
T.J.	Stephanie Osuala U20	4	10.43w	Grace Tilson U18	2	8.63w
S.P.	Eboni Roach U18	3	10.88	Nina Brennan W40	4	7.24
D.T.	Katie Ennis U23	3	32.04	Eboni Roach U18	3	28.43
H.T.	Katie Ennis U23	4	33.71	Nina Brennan W40	4	18.48
J.T.	Jessica Page U18	3	33.14	Katie Ennis U23	4	20.33
4x100	-					
4x400	-					

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Tobias Samuel U18	5	11.49	-		
200	Jayden Wilkinson U18	5	25.42w	-		
400	Aaron Freshwater	6	54.44	Jayden Wilkinson U18	6	57.94
800	Charlie Burgess	4	1:59.85	Andrew Adebuseye	4	2:04.32
1500	James Stewart	3	4:17.15	Chander Dhillon	3	4:21.99
5000	Chander Dhillon	3	15:37.15	Byron Cipa	3	17:15.33
110H	Luke Williams M35	4	20.79w	-		
400H	Isaac Ogunlade	3	57.69	-		
3k S/C	Rob Warner M40	2	10:40.98	-		
H.J.	Charlie Burgess	5	1.35	Arron Bonning M50	3	1.35
P.V.	Luke Williams M35	1	3.50	Mark Bishop M55	1	2.90
L.J.	Tobias Samuel U18	4	5.98	Jayden Wilkinson U18	1	5.67
T.J.	Arron Bonning M50	6	9.98	-		
S.P.	Mark Bishop M55	5	9.24	Arron Bonning M50	3	8.17
D.T.	Mark Bishop M55	5	24.96	Arron Bonning M50	3	22.18
J.T.	Sam Burdett U18	4	47.06	William Tilson U18	3	39.46
H.T.	Arron Bonning M50	5	21.78	Martin Chester M50	5	9.03
4x100	Isaac, Tobias, Luke, Arron				5	49.78
4x400	Jayden 59.4, Isaac 50.8, James 61.3, Luke 65.0				6	3:56.53

Non-Scoring: MEN: 5000 Matt Bland M55 18:49.99

Non-Scoring: WOMEN: 100 Amy Leech 14.79: DT: Nina Brennan 19.90m