

Youth Development League – Upper – Southern Division 1A Hornchurch Stadium Sunday 19th April 2026

Posn	Team Name	U20M	U20W	U18M	U18W	Points
1	Shaftesbury Barnet Harriers	94	75	135	118	466
2	Highgate Heathside	112	84	69	121	426
3	Havering AC	38	67	122	135	418
4	Herne Hill Harriers	27	68	74	34	235
5	Victoria Park & Tower Hamlets	20	30	41	36	175

Havering's YDL Under 18 and Under 20 squad got their season off to a solid start on home territory as they finished third at Hornchurch Stadium on Sunday. The strong Under 18 squads competed well but lack of Under 20s affected the overall position.

The **Under 18 Women's** squad scored strongly for victory with ten wins and seven second places. Eboni Roach improved her shot and discus bests for victory in both A strings while Lila Chapelhow won the hammer and B discus and added U20 shot second place points. Oma Nwapa showed that she is back to her best with wins in the sprint hurdles and B javelin, the latter with a big PB, and was second in the high jump. Amy Mansell won the B sprint hurdles and was second in the B shot and Jess Page was close to her best in winning the A javelin. There were full points for Orla Friel and hard working Grace Tilson in the steeplechase, with Grace adding second places in the B 400m and triple jump. Christine Atumonyogo (100m B) and Jasmine Asmal (800m A) added second places and the 4x400m squad of Jessie Lynes, Jasmine, Orla and Grace finished second.

The **Under 18 Men** team competed well with overall winners Shaftesbury notching up wins in seven A string events, four B strings and the 4x400m relay and finishing second overall. The field events produced strong results with nine victories as there were doubles in the long jump from Tobias Samuel and Emanuel Iwuchukwu, who was also second in the triple jump, Sam Burdett and Will Tilson in the A and B javelin, Bode Thomspson (PB) and Ryan Alexander in the high jump, with Ryan also coming through strongly for 400m victory. Reggie Marshall won the discus in a PB and Sam Johnson added a shot win to his hammer second place. Aidan Doherty won the 800m from the front and Sam Horsley was 1500m runners up, before the pair joined Findlay McLaren and Freddie Rowe – who competed in the U20 events - in the winning 4x400m relay quartet.

The **Under 20** teams were low on numbers but produced some good performance. Shea Sweeney and Findlay McLaren stepped up from the Under 18s to win in the 800m and 1500m respectively and Freddie Rowe improved his 400m PB in second while James Gillett was second in the javelin. There were three wins from the Under 20 women as Rosie Warner ran her fastest time for several years to win the 1500m, and Lucy Chapelhow won the 400m hurdles and Stephanie Osuala won the triple jump. There were second places for Maggie Smith (high jump) and Abigail Swan (800m).

The second fixture is hosted by Victoria Park & Tower Hamlets at Mile End on Sunday 24th May

Round Up

There was a big improvement for University of Connecticut student Ruby Tillson in her first completed heptathlon for over 18 months, setting a big new PB of 5442 points, an over 300 point improvement at the NE Challenge in Connecticut.

Ruby opened with a 100m hurdles pb of 13.73s, just outside the club record, a season best high jump of 1.74m, shot putt of 9.81m, ending day 1 with another PB in the 200m with 25.22s.

On the second day a long jump of 5.42m was followed by a javelin PB of 37.09m and an outdoor 800m PB of 2:18.15.

Her points score moves her closer to the club record of 5597 set by Zoe Hughes in 2022 which looks within reach this season, if she stays injury free

There were strong results from club athletes at the recent BMC event at Gillingham. Freddie Rowe posted the fastest outdoor 800m time by an U18 this year with his 1:51.60, just outside his PB, Findlay McLaren improved his PB to 1:53.37s, Shea Sweeney improved to 1:57.27s, Aidan Doherty to 1:58.65 and Sam Horsley to 2:00.39 in his first 800m for several years.

U20M	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist
100	Tobi Bello U18	3	11.45 PB		400	Freddie Rowe U18	2 50.61 PB
800	Shea Sweeney U18	1	1:58.27		1500	Findlay McLaren U18	1 3:58.56 PB
LJ	Archie Ashpole #	3	6.17		JT	James Gillett	2 35.69

Second claim

U20W	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist
100	Alicia Fairmaner	3	12.98		100	Stephanie Osuala	4 13.34
200	Stephanie Osuala	3	27.99		200	Lucy Chapelhow	3 27.75 PB
800	Abigail Swan	2	2:37.08		1500	Rosie Warner	1 5:14.70
100H	Maggie Smith	3	17.05		400H	Lucy Chapelhow	1 663.15
LJ	Alicia Fairmaner	-	NJ		HJ	Maggie Smith	2 1.45
TJ	Stephanie Osuala	1	10.08		SP	Lila Chapelhow U18	2 7.61 PB
4x100	Lucy Chapelhow, Alicia Fairmaner, Maggie Smith, Stephanie Osuala						3 52.83
U17M							
100	Romel Semper	3	11.25 PB		100	Tobias Samuel	4 11.70
200	Romel Semper	4	22.79 PB		200	Reggie Marshall	4 26.54
400	Ryan Alexander	1	51.02 PB		400	Jayden Wilkinson	3 57.57
800	Aidan Doherty	1	2:00.12		1500	Sam Horsley	2 4:12.42
110H	Simeon Barker	X	DNF				
LJ	Tobias Samuel	1	5.95		LJ	Emanuel Iwuchukwu	1 5.57
HJ	Bode Thompson	1	1.86 PB		HJ	Ryan Alexander	1 1.80
TJ	Emanuel Iwuchukwu	1	13.23		SP	Sam Johnson	2 12.18 PB
SP	Sam Johnson	1	13.55		DT	Reggie Marshall	1 32.28 PB
HT	Sam Johnson	2	42.47		HT	Freddie Hatcher	3 18.73
JT	Sam Burdett	1	44.69		JT	Will Tilson	1 42.46
4x100	Ryan Alexander, Tobi Bello, Tobias Samuel, Romel Semper						3 44.53
4x400	Aidan 53.2, Sam 54.7, Findlay 51.1, Freddie 50.1						1 3:28.96
U17W	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist
100	Kara Adegite	3	13.26		100	Christine Atumonyogo	2 13.40
200	Jasmine Asmal	4	28.71		200	-	
400	Jessie Lynes	3	64.89 PB		400	Grace Tilson	2 68.82
800	Jasmine Asmal	2	2:35.29		800		
100H	Oma Nwapa	1	15.10 PB		100H	Amy Mansell	1 16.85 PB
400H	Amy Mansell	3	69.09 PB				
1500SC	Orla Friel	1	5:34.2		1500SC	Grace Tilson	1 6:43.7
HJ	Oma Nwapa	2	1.45				
TJ	Jasmine Asmal	3	10.19		TJ	Grace Tilson	2 8.28
SP	Eboni Roach	1	13.33		SP	Amy Mansell	2 9.53
DT	Eboni Roach	1	32.61 PB		DT	Lila Chapelhow	1 22.17
HT	Lila Chapelhow	1	32.09				
JT	Jess Page	1	37.39		JT	Oma Nwapa	1 26.78
4x100	Christine, Jess, Oma, Kara						3 52.20
4x400	Jessie, Jasmine, Orla, Grace						2 4:40.40

Non-Scoring: LJ: Jayden Wilkinson 5.36