

National Athletics League, Championship East R3 Bromley Sat 19th July 2025

Posn	Team Name	Points
1	Blackheath & Bromley	639
2	Chelmsford AC	559
3	Herts Phoenix AC	533
4	Belgrave Harriers	444
5	Havering AC	439
6	Herne Hill Harriers	342

Havering's seniors ended their short National Athletic League three-match season with a fifth place at a very damp Bromley on Saturday to confirm a fourth-place finish in the table, and secure their place in the Championship East Division again next season.

Thaila Mason won the B sprint hurdles and was joint first in the high jump and the higher claim athlete added javelin points while Alicia Fairmaner took full points in the long jump and covered both sprints. There were two club W35 records. Morgan Campbell improved her club 2000m steeplechase best, in second, with Ginte Bailey improving her best for second in the B string. The second club W35 record came in the 400m as Chloe Williams, who came within one-hundredth of a second of the record last time out, made no mistake this time ducking below 60s for third in the B, shortly after also finishing third in the A sprint hurdles. Also over the barriers, Claire Brennan was runner up in the 400m hurdles B in a season's best and she added pole vault and hammer points while her sister Nina was third in the B discus, set a career best in the hammer and scored in the shot. Under 17 Eboni Roach was second in the A shot and close to her discus PB. Kate O'Neill was a close second in the 3000m, just outside her recent best, and Cassie Campbell placed third in the B 200m.

The men's squad again worked hard for points. Rob Warner's season best earned him second in the steeplechase, and he returned later in the 3000m flat race, while Chander Dhillon took 10 seconds off his 3000m PB to place third in the A string. Shane Hart was second in the 800m B race as Findlay McLaren was third in the A race, and there were also third place points for Andrew Adebuseye (1500m B – PB and triple jump B) and Isaac Ogunlade (400m A string).

The field events harvested more points as 15-year-old Emanuel Iwuchukwu was second in the triple jump and fourth in the long jump on his league debut, with Luke Williams adding B long jump third place to his pole vault third and sprint hurdles placing. Peter Brinton-Quinn was second in the javelin as was veteran Mark Bishop in the javelin B, to add to his runners up placings in the B discus and pole vault, while Graham Holder was hammer runner up and fourth in the discus.

Victory on the day for the hosts Blackheath and Bromley was not enough to earn a place in the Promotion Final as Chelmsford and Herts Phoenix won the battle for the two places to join the top two from the other three divisions. Havering's third, fourth and fifth places in the three fixtures secured fourth place overall and another season in the National League.

League: (after three of three)

1. Chelmsford 15 (1677); 2. Herts Phoenix 15 (1659); 3. Blackheath & Bromley 14 (1708)
4. Havering 9 (1409); 5. Belgrave 6 (1232); 6. Herne Hill 4 (1099)



Women	A STRING	Pos.	Time/Dist	B STRING	Pos.	Time/Dist
100	Alicia Fairmaner U20	5	13.01	100	Stephanie Osuala U20	4 13.27
200	Alicia Fairmaner U20	5	27.08	200	Cassie Campbell U20	3 26.94
400	Lucy Chapelhow U20	6	62.38	400	Chloe Williams W35	3 59.78 #
800	Ginte Bailey W35	6	2:26.24	800	Rosie Warner U20	5 2:46.98
1500	-			1500	-	
3000	Kate O'Neill	2	9:28.90	3000	Robyn Matson W35	4 11:10.56
100H	Chloe Williams W35	3	14.24	100H	Thaila-Jade Mason U20 HCA	1 15.56
400H	Lucy Chapelhow U20	5	66.94	400H	Claire Brennan W40	2 72.15
2k S/C	Morgan Campbell W35	2	7:52.97 #	2k S/C	Ginte Bailey W35	2 8:06.40 PB
PV	Claire Brennan W40	4	2.22	PV	-	
L.J.	Alicia Fairmanaer U20	1	5.32	L.J.	Sophia Willson U20	4 3.73
H.J.	Thaila-Jade Mason U20 HCA	=1	1.63	H.J.	Sophia Willson U20	3 1.42
T.J.	Stephanie Osuala u20	4	9.98	T.J.	Sophia Willson U20	4 7.80
S.P.	Eboni Roach U17	2	10.86	S.P.	Nina Brennan W40	5 7.18
D.T.	Eboni Roach U17	5	29.60	D.T.	Nina Brennan W40	3 21.16
H.T.	Nina Brennan W40	6	22.80	H.T.	Claire Brennan W40	5 14.59
J.T.	Thaila-Jade Mason U20 HCA	5	28.35	J.T.	Lucy Chapelhow U20	5 13.41
4x100	Thaila, Stephanie, Alicia, Cassie					4 50.29
4x400	Claire, Chloe, Kate, Ginte					5 4:30.42
Men	A STRING	Pos	Time/Dist	B STRING	Pos.	Time/Dist
100	Chris Agnimel U20	6	11.73	100	Louis Berrett	6 12.06
200	Akeem Akintokun	6	23.15	200	Chris Agnimel U20	5 23.72 PB
400	Isaac Ogunlade	3	49.52	400	Louis Berrett	4 53.06
800	Findlay McLaren U17	3	1:57.29	800	Shane Hart	2 1:57.78
1500	Taylor Newell	6	4:07.30	1500	Andrew Adebuseye	3 4:07.53 PB
3000	Chander Dhillon	3	8:47.67 PB	3000	Rob Warner M40	5 9:47.08
110H	Luke Williams M35	5	20.83	3k SC	Rob Warner M40	2 10:18.68
H.J.	=			H.J.		
L.J.	Emanuel Iwuchukwu U17	4	5.43	L.J.	Luke Williams M35	3 4.51
T.J.	Emanuel Iwuchukwu U17	2	13.01	T.J.	Andrew Adebuseye	3 10.11
P.V.	Luke Williams M35	3	3.42	P.V.	Mark Bishop M55	2 3.02
S.P.	Mark Bishop M55	5	9.23	S.P.	Jason Lendon M50	5 6.44
D.T.	Graham Holder HCA M50	4	30.90	D.T.	Mark Bishop M55	2 29.38
H.T.	Graham Holder HCA M50	2	45.79	H.T.	Jason Lendon M50	5 14.83
J.T	Peter Brinton-Quinn	2	41.39	J.T	Mark Bishop M55	2 33.44
4x100	Andrew, Louis, Chris, Isaac					5 51.97
4x400	Andrew, Isaac, Louis, Jason					5 3:51.02

Non-Scoring: 100: Cassie Campbell 13.57

HCA = Higher Competition Athlete

Club W35 Record