



## ***Havering AC Club Championships and Open Sunday 15<sup>th</sup> September 2024***

**The last main club event of the summer season saw club athletes turn out in force at the annual club championships event, with added competition coming from athletes from local clubs and further afield. As well as many personal bests there were two club records to celebrate.**

Freddie Rowe's fine track form saw him better his own club record for the Under 17 men's 1500m, dipping under four minutes for the metric mile for the first time, with his 3m 59.90s clocking, after just falling short earlier in the season. In a strong field Suffolk's South of England medallist James McAllen set a new PB in second, as did club seniors Alex Ford in third, while James Stewart ran his second fastest ever time and a season best in fourth.

The second record came courtesy of Ruby Tilson, who had celebrated her 18<sup>th</sup> birthday a few days earlier, who added two more centimetres to her club Under 18 and senior high jump record with her second time clearance at 1.80m, the second highest by a UK Under 20, and tenth highest by a UK female, this summer. Ruby started the year with a best of 1.75m and has progressively raised the club record bar on four occasions to her latest mark. She now heads to Stoke to compete for Essex Schools in the English Schools Heptathlon Championships this weekend, where she is one of the favourites, hoping to add to her English Schools and England Athletics high jump golds.

Ruby is one of five club athletes in combined events action at Stoke this weekend as Oma Nwapa, Maggie Smith and Amy Mansell compete in the Intermediate (Under 17) heptathlon event and Emanuel Iwuchukwu goes in the junior boys (Under 15) pentathlon.

One of the more light-hearted duels on Sunday saw Southern League team managers and distance athletes Ginte Bailey and club Chairman Martin Chester go head-to-head in the long jump, where Ginte again took the honours for the second year, improving her best in the process!

Medals were presented by the club's rising star UK Under 20 Women's 400m hurdles Number 1 Stephanie Okoro, who heads off to start her course at Brunel University next weekend.

A past club legend, former GB International heptathlete Kate Cowley, who still holds the club 100m hurdles and pole vault records, and is highly ranked in other club lists, returned to Hornchurch Stadium with her 11-year-old son George who was competing in the pole vault for the first time, and there was also a return visit by her husband Danny, who used to play for Hornchurch FC and is now the manager of League 2 Colchester United.



***More pics on club Facebook group (members only)***