



***Championships round up
Sat 29th & Sunday 30th June 2024***

Kieran O'Hara won bronze in the Ambulant 1500m race at the UK Athletics Championships and Olympic Trials at Manchester this weekend, clocking a season's best of 4m 04.02s.

Also at the Manchester championships, Ruby Tillson excelled when competing in the high jump at the placing an impressive fourth against senior opposition, clearing 1.76m, just one centimetre shy of her club Under 20 and senior record.

Isaac Ogunlade clocked 55.78s in his heat of the 400m hurdles on Saturday.

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*There were some excellent results from club young athletes at the **Essex Schools Year 7 (Under 13) Championships** at Chelmsford last week.*

Siobhan Etemadi hurdled to victory in the 70m hurdles event with a new PB of 11.83s, while Millie Cook was the fastest female 800m runner on show clocking 2m 28.24s seconds for 800m gold, while George Bangs also ran strongly to set a new 1500m PB of 4m 51.63s for gold. A fourth gold came from Tobi Oluborode Oluseye who improved his long jump best for gold, while Zeni Williams threw further than before to win javelin silver.

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There were also podium places at the **Eastern Championships at Cambridge on Saturday.**

Bode Thompson won the under 15 Boys' high jump, and Zak Williams threw a new career best to win Under 17 javelin gold. Katie Ennis won Under 20 discus gold in a new season best, while Lila Chapelhow came away with three medals, winning silvers in the under 15 hammer and discus and bronze in the javelin.

For photos see Havering AC Facebook group (members only)