



## ***Club Championships & Open Meeting Hornchurch Sun 19<sup>th</sup> September 2021***

**Havering AC brought the curtain down on a short but very successful track and field season when they hosted their club championships and open meeting at Hornchurch on Sunday. Over 200 athletes signed up to compete – two-thirds from the club and the rest from other local clubs – producing some close contests, fine performances and many personal bests.**

Among the stand-out results there was a breakthrough performance from Sam Mahoney who carved over five seconds off his best to win the Under 17 men's 800m and the 15-year-old has another year in the age group to improve next summer. Another 15-year-old who is no stranger to success is Stephanie Okoro who tackled the 400m for only the third time and posted the fastest time at the event by a club female since 1993. This weekend sees Stephanie travel to Derby to represent the English Schools team at the 300m hurdles event, at which she is UK Number 1, in the Home Countries International.

Miriam Adebayo starred in the Under 15 events winning all three sprints, the 100m, 200m & 300m, all in personal best times and now moves up to the Under 17s. Another Under 15 moving up is javelin thrower Bobby Williams who tackled the Under 17 javelin event after winning his own age group, and showed that the heavier spear holds no problems as he threw beyond 50 metres in his first competition. Younger sibling Zak Williams signed off from the Under 13s with another big throw, and moves up into the Under 15 age group as top ranked UK Under 13.

Not to be outdone by the young athletes training partners James Stewart and Kieran O'Hara battled it out in the 1500m and both were rewarded with career bests.

