



Kieran O'Hara – Commonwealth Games Selection

Havering Athletic Club were delighted with the news that the club's Kieran O'Hara is one of the 20-strong Team England para-Athletics squad selected for the Commonwealth Games in Glasgow this summer.

The Upminster 26 year old, who is coached by the club's Pat Gahagan at Hornchurch Stadium, has been selected to compete in the T20 1500m final at the Scotstoun Stadium on Monday 27th July. Kieran has represented the England team on several occasions and last summer won the UK Athletics Ambulant 1500m championships gold in the final strides and also won the Para 1500m at the Manchester International

In announcing the team England Athletics team leader Scott Grace added: "It is fantastic to welcome the first athletes to the team ahead of what will be an exciting summer in Glasgow. I would like to extend my congratulations to the athletes' clubs, personal coaches, and families, as their dedication and support has had a huge contribution on the athlete's journey so far and will continue to throughout the Games in Glasgow."



Team England release: <https://teamengland.org/news/paraathletics-squad-for-glasgow-2026>