

Southern Athletics League, Round 1, Hornchurch Sat 17th May 2025

Posn	Team Name	Points
1	City of Norwich	331
2	Havering AC	304.5
3	Woking AC	273
4	Reading AC	254
5	Bracknell AC	234
6	Epsom & Ewell	187

The promoted Havering team got their Southern Athletic League Divisional 1 campaign off to a strong start with second place behind City of Norwich who finished fourth in the 20 team table last year

Less than three weeks after running the London Marathon Lauren Reed returned to the track with a dominant win in her first 1500m since 0221, setting a club W40 record in the process, as Rebecca O'Rourke's season best won the B event. There was another win double in the 800m as Natalie Sewell came from a long way back to overhaul the leader in the final strides for victory, as Ginte Bailey had a more comfortable task in winning the B. Robyn Matson and Morgan Campbell made it a clean sweep of the distance events winning both 3000m and finishing one-two in the combined race.

Chloe Williams was a shade outside her recent W35 sprint hurdles record in winning the A race, as Lucy Chapelhow was second in the B in her debut at this event, and Lucy also added third places in the 400m hurdles and B shot. Another track win came from Cassie Campbell who won the B 200m after finishing runner up in the 100m B race, with Olivia Boachie third in the 200m A. Grace Tillson, who had tackled three individual events, joined Olivia, Ginte and Natalie in the second placed 4x400 squad, and Chloe, Olivia, Natalie & Lucy were third in the sprint relay.

There were wins on the field for Sophia Willson whose high jump best took the honours, and Alicia Fairmaner who won the long jump. Claire Brennan and Scarlett Woods were both second in the pole vault, as Claire added third in the B 400m hurdles, while Katie Ennis was second in both the discus and hammer and third in the B javelin, as was Jess Page in the javelin A while Eboni Roach was second in the B discus and third in the A shot.

The men had five track wins to celebrate. Taylor Newell was a strong winner of the 1500m on his club league debut and James Stewart added full points in the B race. Isaac Ogunlade won the 400m in a tight finish with Louis Berret coming second in the B race by the smallest of margins, but Shane Hart easily took full points in the B 800m race, with Findlay McLaren third in the A. Rob Warner dominated the 3000m steeplechase from the gun, finishing over half a lap clear of the rest, and Sam Atkins improved his 5000m best in finishing second while Ian Anthony's was second in the B in his first track 5k outing since 2017.

Club stalwart Mark Bishop produced the other club win, taking the B shot, as Laurence Goodacre was third in the A shot and another SAL regular Arron Bonning tackled five field events picking up second places in the B vault and discus competitions. Two Under 17s excelled on their league debuts as Harrison Rabess improved his triple jump best in placing second and Sam Burdett was third in the javelin in his first competition with the senior weight implement. The 4x400m quartet of Louis, Isaac, Shane and Under 17 Shea Sweeney were third to end the day.

The meeting marked the final event on the 21-year-old track before resurfacing begins on Monday 19th. The second round of the four-match Southern League series sees the squad travel to Eton on Sunday 22nd June.



EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Alicia Fairmaner U20	4	12.76w	Cassie Campbell U200	2	12.88
200	Olivia Boachie	3	26.02	Cassie Campbell U20	1	26.26
400	Grace Tilson U17	5	67.54	Jessie Lynes U17	4	65.46
800	Natalie Sewell	1	2:18.10	Ginte Bailey W35	1	2:25.84
1500	Lauren Reed W40	1	4:38.84	Rebecca O'Rourke	1	5:37.76
3000	Robyn Matson W35	1	11:09.89	Morgan Campbell W35	1	11:17.72
100H	Chloe Williams W35	1	14.17	Lucy Chapelhow U20	2	16.20
400H	Lucy Chapelhow U20	3	66.30	Claire Brennan W40	3	75.07
H.J.	Sophia Willson U20	1	1.58	Grace Tilson U17	4	1.30
P.V.	Claire Brennan W40	2	2.50	Scarlett Woods U17	2	2.10
L.J.	Alicia Fairmaner U20	1	5.26	Amy Kilner	5	3.39
T.J.	Jasmine Asmal U17	4	9.78	Grace Tilson U17	5	8.03
S.P.	Eboni Roach U17	3	10.30	Lucy Chapelhow U20	3	7.54
D.T.	Katie Ennis U20	2	33.83	Eboni Roach U17	2	25.49
H.T.	Katie Ennis U20	2	32.75	Eboni Roach U17		x
J.T.	Jess Page U17 2 nd claim	3	30.39	Katie Ennis U20	3	24.00
4x100	Chloe, Olivia, Natalie, Lucy				3	51.24
4x400	Grace 68.9, Olivia 60.0, Ginte 67.3, Natalie 60.0				2	4:16.22

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Aaron Freshwater	5	12.04	Louise Berrett	4	11.77
200	Louise Berrett	4	23.86	Aaron Freshwater	4	24.42
400	Isaac Ogunlade	1	50.57	Louise Berrett	2	53.42
800	Findlay McLaren U17	3	2:01.99	Shane Hart U20	1	2:02.74
1500	Taylor Newell	1	4:10.58	James Stewart	1	4:21.75
5000	Sam Atkins	2	16:26.94	Ian Anthony M45	2	17:41.27
110H	Luke Williams M35	4	21.39	-		
400H	Jason Lendon M50	5	73.52	-		
3k S/C	Rob Warner M40	1	10:27.1	Luke Williams M35	5	15:38.7
H.J.	Charlie Burgess U20	5	1.50	Arron Bonning M45	5	1.40
P.V.	Luke Williams M35	=3	3.30	Arron Bonning M45	2	2.70
L.J.	Jayden Wilkinson U17	5	5.34	Harrison Rabess U17	5	5.31
T.J.	Harrison Rabess U17	2	11.92	Arron Bonning M45	6	9.61
S.P.	Laurence Goodacre	3	12.46	Mark Bishop M55	1	9.41
D.T.	Mark Bishop M55	5	29.96	Arron Bonning M45	2	23.03
J.T.	Sam Burdett U17	3	42.36	James Brinton-Quinn U20	4	26.19
H.T.	Arron Bonning M45	5	18.00	Jason Lendon M50	4	15.00
4x100	Isaac, Louis, Taylor, Aaron				6	58.73
4x400	Louis 55.5, Isaac 51.0, Shea Sweeney U17 54.4 Shane 52.9				2	3:33.74

Non-Scoring: MEN: 400: Shea Sweeney U17 54.40; Jayden Wilkinson U17 56.99; 800: Brian Adebuseye 2:02.12; Charlie Burgess U20 2:8.16; 1500: Sam Mahoney 4:20.92; Rob Trevor M45 4:46.48; 5000: John Barker 19:16.16; JT: James Gillett U20 33.70m

Non-Scoring: WOMEN: 100: Amy Leech W40 14.05; 200: Jessie Lynes U17 28.59; Holly Bradbury U17 29.42; Amy Leech W40 29.70; 800: Olivia Bradbury U17 2:43.31; SP: Jasmine Asmal U17 6.84; Haleema Asmal 5.19; JT: Jasmine Asmal U17 24.25