

Southern Athletics League, Round 4, Medway Park, Gillingham
Saturday 8th August 2026

Posn	Team Name	Points
1	Medway & Maidstone	270.5
2	Woking	265
3	Havering AC	234.5
4	Newbury	231
5	Woodford Green with Essex Ladies	214
6	Epsom & Ewell	147

Havering's Southern League team produced their best result of the season with a third place finish at a sweltering Medway Park, Gillingham on Saturday but it was too little, too late as results in earlier rounds meant that the team lost their place in Division 1, after two seasons in the top flight..

The only track win came from Chander Dhillon who kicked clear in the closing laps to win the 3000m with Andy Adebuseye, whose usual event is the 800m, stepping up in distance to place second in the B string. Luke Williams and Mark Bishop won both pole vault strings and picked up vital points in other events.

There were three double victories for the ladies in the field events as Alicia Fairman's season's best won the long jump A and Stephanie Osuala won the B and Alicia was second in the 100m B race and Stephanie was the triple jump runner up. Katie Ennis won the A discus, and Eboni Roach won the discus B, while Katie was close to her hammer PB in second, and Eboni was third in the shot. Oma Nwapa won the high jump A and Clare Brennan was joint first in the B, as Oma was third in the 100m A and Claire was pole vault runner up. Nina Brennan was second in the B hammer and third in the B shot.

On the track Olivia Boache was second in the A 400m, as was Lucy Chapelhow in the B race, both in season's bests, and Lucy was third in the B 1500m. Grace Tilson was second in the B 'chase and third in the B 800m and triple jump, and Clare Davies was third in the 3000m B event. Oma, Alicia, Stephanie and Olivia combined to record a season's best in placing second in the sprint relay.

Other track highlights for the men included A string third places in both the 200m and 400m for Isaac Ogunlade, and third places also for Kieran O'Hara (800m) and Matthew Blacklock (1500m), and Toby Bishop in the 400m Hurdles. Charlie Burgess was second in the 800m B-race, and Calvin Sanni third in the B 400m.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Mark Bishop M55	6	13.55	Martin Chester M50	6	22.06
200	Isaac Ogunlade	3	22.48	Calvin Sanni	4	24.17
400	Isaac Ogunlade	3	50.24	Calvin Sanni	3	54.25
800	Kieran O'Hara	3	2:01.97	Charlie Burgess	2	2:00.86
1500	Matthew Blacklock U23	3	4:11.82	Matt Bland M55	5	5:03.45
3000	Chander Dhillon U23	1	8:54.89	Andy Adebuseye U23	2	9:19.99
110H	Luke Williams M35	4	20.78	-		
400H	Toby Bishop U23	3	60.82	-		
H.J.	Harrison Rabess U18	6	1.63	Mark Bishop M55	3	1.53
P.V.	Luke Williams M35	1	3.55	Mark Bishop M55	1	3.05
L.J.	Harrison Rabess U18	5	4.82	-		
S.P.	Alex Law	4	11.00	Mark Bishop M55	4	9.02
D.T.	Toby Bishop U23	5	31.01	Mark Bishop M55	5	26.34
J.T.	Toby Bishop U23	5	40.46	James Gillett U20	4	33.39
H.T.	Jason Lendon M50	5	15.92	Martin Chester M50	5	10.89
4x100	Luke, Toby, Calvin, Isaac				4	46.88
4x400XA	Calvin 59.4, Grace 70.9, Olivia 62.2, Isaac 49.7				4	4:02.12

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Oma Nwapa U18	3	12.94	Alicia Fairmaner U20	2	13.08
200	Olivia Boachie U23	4	26.67	Stephanie Osuala U20	4	28.57
400	Olivia Boachie U23	2	59.37	Lucy Chapelhow U20	2	61.69
800	Rebecca O'Rourke	5	2:53.03	Grace Tilson U18	3	2:43.76
1500	Rosie Warner U20	4	5:20.45	Lucy Chapelhow U20	3	5:33.34
3000	Morgan Campbell W35	4	11:55.80	Clare Davies W35	3	12:42.87
1.5k S/C	Morgan Campbell W35	4	6:06.82	Grace Tilson U18	2	6:42.99
H.J.	Oma Nwapa U18	1	1.48	Claire Brennan W45	1=	1.33
P.V.	Claire Brennan W45	2	2.50			
L.J.	Alicia Fairmaner U20	1	5.64	Stephanie Osuala U20	1	4.55
T.J.	Stephanie Osuala U20	2	10.56	Grace Tilson U18	3	8.35
S.P.	Eboni Roach U18	3	10.99	Nina Brennan W40	3	7.31
D.T.	Katie Ennis U23	1	34.35	Eboni Roach U18	1	28.33
H.T.	Katie Ennis U23	2	38.14	Nina Brennan W40	2	18.98
J.T.	Oma Nwapa U18	4	21.41	Claire Brennan W45	4	17.75
4x100	Oma, Alicia, Stephanie, Olivia				2	50.17
4x400XB	Matthew 56.7, Rebecca 74.8, Nina 68.8, Jason 62.7				4	4:22.98

Non Scoring: 3000 Steve Walker M55 12:25.16; JT: Alex Law 36.74;

DT: Nina Brennan W40 23.34 (Club W40 best)

Colchester Friday Night Runs (including Essex Championships) Friday 7th August 2026

A number of Havering athletes competed in 5k road races at Colchester Sports Park. The races included elite men/women's races and incorporated the Essex County Championships.

In the Elite men's competition Chander Dhillon was 27th overall with a fast 14m 44s, and third in the U23 category, while James Stewart ran faster than before clocking 15.07 in 38th overall.

Maddie Barker was seventh female overall in the elite competition, and fastest in the U23W category with her 16.41 clocking and Lauren Reed was 11th female, and second W40 with her time of 17.13.

In the main men's event race George Dixon clocked 16.08, Graham Pritchard (M50) 17.17, and John Barker (M60) 19.13

The Essex County medals and positions have yet to be confirmed