

Youth Development League – Upper – Southern Division 1A
Mile End Stadium Sunday 24th May 2026

Posn	Team Name	U20M	U20W	U18M	U18W	Points
1	Highgate Heathside	97	86	70	109	436
2	Shaftesbury Barnet Harriers	58	107	111	83	404
3	Havering AC	17	15	83	98	257
4	Victoria Park & Tower Hamlets	0	51	34	39	180
5	Herne Hill Harriers	12	28	31	36	167

Havering's YDL small Under 18 and Under 20 squad finished third at Mile End on Sunday. There were great results from the strong Under 18 squads but a lack of Under 20s prevented a challenge to the leading two teams.

The **Under 18 Women's** squad were second with nine wins. Eboni Roach won both the shot and discus A strings while Lila Chapelhow won the A hammer and B discus and was second in the shot, and Jess Page won the javelin. Oma Nwapa won both the sprint hurdles and long jump, and was second in the high jump. There were again maximum points for Orla Friel and Grace Tilson in the steeplechase, and Grace was second in the 400m and fourth in the triple jump. Christine Atumonyogo (100m), Mary Olubokola-Sogbetun (100m) and Jessie Lynes (200m) completed the squad and the 4x100m quartet of Oma, Jesie, Mary and Christine finished fourth. Maggie Smith was the only club **Under 20** woman, scoring in the 200m, hurdles and javelin.

The **Under 18 Men** team also had nine wins with four A string, two B string and the sprint relay success, finishing second overall. Sam Johnon starred with PB winning performances in both shot and hammer. Sam Burdett and Will Tilson also improved their career bests in winning the A and B javelin, and Ryan Alexander won the high jump. Jayden Wilkinson (PB) and Tobias Samuel were both second in the long jump. On the track Aidan Doherty stepped down to the 400m and won in a new PB, as did Simeon Barker in the hurdles, with Sam Horsley winning the 3000m. Max Adeosun and Romel Semper were both second in the **Under 20** age group, and Tobi Bello improved his 200m best for third with James Gillet third in the javelin. Max and Peter Aderibigbe added sprint points before the Under 18 sprint relay team of Ryan, Peter, Max and Romel Semper went close to the fastest time by a club Under 18 quartet.

League after two of 3

Posn	Team Name	League Points	Match Points
1	Shaftesbury Barnet Harriers	9	881
2	Highgate Heathside	8	863
3	Havering AC	7	687
4	Herne Hill Harriers	3.5	420
5	Victoria Park & Tower Hamlets	2.5	360

U20M	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist	
100	Max Adeosun U18	2	11.28		100	Romel Semper U18	2	11.38
200	Tobi Bello U18	3	23.38 PB		JT	James Gillett	2	31.22

U20W	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist	
200	Maggie Smith	2	28.65		100H	Maggie Smith	3	16.16
JT	Maggie Smith	4	10.91					

U18M							
100	Ryan Alexander	4	11.41		100	Peter Aderibigbe	3 11.53
200	Max Adeosun	4	22.83		200	Peter Aderibigbe	4 23.98
400	Aidan Doherty	1	51.28 PB		400	Jayden Wilkinson	3 59.29
3000	Sam Horsley	1	9:12.24				
110H	Simeon Barker	1	14.74 PB				
LJ	Jayden Wilkinson	2	6.18		LJ	Tobias Samuel	2 5.44
HJ	Ryan Alexander	1	1.70		HJ		
SP	Sam Johnson	1	14.96 PB		HT	Sam Johnson	1 51.11 PB
JT	Sam Burdett	1	55.53		JT	Will Tilson	1 45.94
4x100	Ryan, Peter, Romel, Max						1 43.57
U18W	A STRINGS	Pos.	Time/Dist		B STRINGS	Pos.	Time/Dist
100	Christine Atumonyogo	4	13.42		100	Mary Olubukola-Sogbetun	4 13.85
200	Mary Olubukola-Sogbetun	DNS			200	Jessie Lynes	4 29.79
400	Grace Tilson	2	68.01		100H	Oma Nwapa	1 15.26
1500S C	Orla Friel	1	5:48.44		1500S C	Grace Tilson	1 6:39.70
HJ	Oma Nwapa	2	1.40		LJ	Oma Nwapa	1 5.03
TJ	Grace Tilson	4	8.69		TJ		
SP	Eboni Roach	1	12.86		SP	Lila Chapelow	2 7.59
DT	Eboni Roach	1	29.95		DT	Lila Chapelow	1 24.05
HT	Lila Chapelow	1	33.53		JT	Jess Page	1 32.30
4x100	Oma, Mary, Jessie, Christine						4 52.69

Non-Scoring: 100 Tobi Bello 11.43; Tobias Samuel 11.51,