

National Relay Championships Birmingham Sunday 23rd August

Just one week after the European Athletics Championships took place at Birmingham's Alexander Stadium, four teams of club athletes were in action at the same venue at the National Relay Championships, with the highlight being the Under 18 4x400m squad winning silver.

The quartet – who are all 800m and 1500m specialists, rather than 400m runners – were in medal contention from the outset as Aidan Doherty handed over in second place to Shea Sweeney, who held onto the position before a great leg by Findlay McLaren put the squad in front. European Under 18 1500m champion Freddie Rowe did his best to being the team home for gold but he was overhauled by the Cambridge Harriers anchor runner in the final strides who crossed the line less than a metre ahead. The Havering squad were rewarded by setting a new club Under 20 record of 3m 22.38s, beating the mark set in 1980, and the time was also a club Under 18 best. It was an upgrade on the bronze medal success from two year previously when Shea, Findlay and Freddie were part of the bronze medal winning Under 17 squad.

Three other club teams made the trip to Birmingham. The Under 18 4x100m quartet of Ryan Alexander, Tobi Bello, Max Adeosun and Romel Semper were on course for a final place before third leg runner Max unfortunately pulled a hamstring.

The Under 16 Girls' 4x100m team of Siobhan Etemadi, Abigail Adegite, Esther Olajide and Ome Nwapa and the Under 16 boys' sprint quartet of Zephaniah Smith, David Ojo Ekhatior, Zaire Lewin-Dawkins and Josh Buxton both rose to the occasion setting season bests in their heats but fell short of a final place.



BMC Record Breaker Meeting Tooting Bec, Wednesday 19th August

Freddie Rowe's fantastic season got even better when he smashed his 800m PB and beat the club senior record set by Irish International Des English in 1990, to add to the Upminster 17-year-old's club 1500m record set earlier this summer.

Running in the British Milers Club Record Breaker meeting at Tooting in perfect conditions on Wednesday Rowe crossed the line in 1m 47.95s, the second fastest time this year by a UK Under 18 to win his race, and behind him the fast finishing Findlay McLaren trimmed his best to clock 1:48.89, fourth fastest ever 800m time by a club male.