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FOOTBALL: Striker takes plaudits against QPR U21s



Sean Adarkwa in action against QPR U21s

Image: Jon Taffel

Stones boss Cox hails four-goal star Adarkwa

WEALDSTONE boss Sam Cox says Sean Adarkwa can benefit massively from his four-goal haul in a 6-2 pre-season victory over QPR U21s.

The former West Ham academy player opened the scoring with a tidy finish early on, doubled his tally shortly before half-time and completed his hat-trick moments after the restart.

Adarkwa grabbed a fourth when finishing well one-on-one with the keeper after a defensive error.

Cox said: "The boys really appreciate Sean's work, which he brings to the team.

"Strikers are usually judged on the goals they score, but the work Sean does just in build-up - we're often reliant on Sean when we play over into him to hold the ball up.

By TOM NORTON
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"He's more than just a goalscorer because he's really important in build-up and in the style we want to play. I was over the moon for him, and I gave him a little 'well done' in the changing room and gave him a clap, which was well deserved.

"It's good to see him leaving with a smile on his face and four goals, and hopefully he can take that into the season. If we can keep him fit, he'll be a massive part in everything we do if we are successful."

After losing to Charlton Athletic and St Albans City, Cox was looking for a reaction from his players ahead of their

final pre-season game against Slough Town before the National League season gets underway a week later.

Cox said: "We've got to treat that like August 9, when we're playing against Truro. I said to the boys before the game 'mentality now and trying to win games has to be the priority'.

"Along with the performance, of course, it is still pre-season, so we are still getting the physicals into the boys.

"Again, we've upped the minutes for a lot of them. So, we're up to 90 minutes and the boys are looking strong and fit. We've really been particular in looking after players and their well-being and trying to really prevent injuries this season because we know the last two seasons haven't been good enough in terms of keeping players on the pitch.

"It's probably why we've been in positions we have, so there's even more emphasis this year, and I've made that a priority - that we take care in recovery and injury prevention."

Wealdstone also confirmed the signing of Omar Mussa from National League South club Torquay United. The 24-year-old Belgian brings valuable experience from the National League and League One.

Having developed in the youth systems of Anderlecht and KV Mechelen, Mussa moved to England in 2019 with Walsall before spells at Dover Athletic, Weymouth and Dagenham & Redbridge.

Mussa told the club website: "He [Cox] played a very big part me coming here because I had other offers, but I like his ideas."

Mia makes her mark with medal

HARROW SWIMMING CLUB YOUNGSTER IMPRESSES ON BIG STAGE



Head coach Daniel Andrawos and Mia Garner face the camera

HARROW Swimming Club has been celebrating the outstanding performances of Mia Garner at the 2025 British National Championships, where she made her mark among the country's top young swimmers.

The 14-year-old qualified for an impressive three events at this year's Nationals, highlighting her versatility and technical strength. In the 100m backstroke, she secured a place in the final and delivered a powerful swim to finish fifth overall.

Garner faced tough competition in the 200m individual medley and gained valuable experience, finishing 14th nationally, reflecting her all-around ability across the four strokes.

In the 200m backstroke, she qualified for the final as the fourth fastest swimmer with a personal best of 2.24.53.

And in the final, she sliced more time off her PB, finishing in 2.23.25 to secure an excellent bronze medal.

Reaching two national finals, setting back-to-back personal bests, and earning a place on the podium is a testament to Garner's work ethic, maturity, and dedication in training.

Working closely with the young swimmer throughout the season is head coach Daniel Andrawos. His guidance, support, and technical coaching have played a key role in her progression and success on the national stage. Harrow Swimming Club is based at Harrow Leisure Centre. For more information about membership, classes and more see their website harrowswim.com