

HARROW TIMES Sport

Read the latest sports news
at harrowtimes.co.uk/sport



Shaftesbury Barnet Harrier Emily Newnham with her silver medal. Image: Team England/imagecomms

Silver medal boosts Newnham's Euro championship hopes

SHAFTESBURY Barnet Harriers Emily Newnham will be going into next week's European Athletics Championships in confident fashion following her excellent silver medal performance at the 2026 Commonwealth Games women's 400m final.

The 22-year-old, who was representing England, tussled with Sanique Walker in the closing stages at Glasgow's Scotstoun Stadium, but the Jamaican found that extra gear to take the top prize in a personal best 54.00 seconds.

Current British champion Newnham clocked 50.04 for second while Canada's Savannah Sutherland took bronze with 54.16.

Newnham's fellow clubmate Lina Nielsen, 30, also representing England, unfortunately missed out on the medal places, finishing fourth with a season's best time of 54.69 seconds.

In fact, the last English representative to medal in the Commonwealth Games wom-

ATHLETICS

By Ziad Chaudry

en's 400m event was Shaftesbury Barnet Harriers Natasha Danvers, who claimed silver in Melbourne, Australia back in 2006.

"I left a little bit too much on the last hurdle but I'm just happy to be on the podium," Newnham told England Commonwealth Games official YouTube channel.

"Going into the race I just really wanted to medal and at 22-year-old I can't ask for much more.

"I'm learning that I can do this.

"Little Emily would never believe she would be standing on that start line, let alone winning a medal."

The European Championships take place at Birmingham's Alexander Stadium between August 10 and 16, live on the BBC, with the women's 400m hurdles competition starting on August 10.

"Hopefully it puts me in good stead for the Europeans and gives me a bit of confidence," she added.

"I'm super excited for those. "I just need to keep creating opportunities for myself and hopefully gold will come soon."

Fellow Shaftesbury Barnet Harriers Kimani Jack claimed bronze in the men's high jump final with 2.20 metres.

Jamaica's Romaine Beckford cleared 2.25m to bag gold while Sarvesh Kushare of India settled for silver despite clearing the same 2.25m height.

"Commonwealth bronze medal sounds really good," said 22-year-old Kimani, who will also be competing in Birmingham next week.

"I wanted to win, I always want to be the best but I can still be happy with a bronze. "I really loved it out there and it was a great experience.

"I've said it multiple times but shout out Glasgow, they know how to put on an event."



The second Wood player to depart for Wealdstone this summer
Image: Leonie Citron

Striker Norris joins Wealdstone on loan

FOOTBALL

BOREHAM Wood striker Luke Norris has signed for Wealdstone on a season-long loan deal.

The 33-year-old made a remarkable return to Meadow Park last summer, following a brief stint in Hertfordshire on loan from Brentford in 2012, and made 18 appearances in the Enterprise National League last term as the Wood reached the play-off final.

He made a blistering start to the campaign with four goals in his first three league matches, netting braces against Carlisle United and Braintree Town, but the impressive performances of Matt Rush restricted the 33-year-old to limited minutes.

Grabbing crucial goals in their run to National League Cup glory over West Ham United's Under-21s, Norris had been one of three players transfer-listed by Luke

Garrard this summer and was involved at the start of pre-season.

The former Luton Town youth striker will link-up with former Wood teammate Aaron Henry who made the move to Grosvenor Vale two weeks ago, a side who finished in 15th place last term and reached the Isuzu FA Trophy final.

Norris has had a distinguished playing career, predominantly featuring in the Football League, for the likes of Gillingham, Swindon Town, Colchester United and Stevenage, helping guide the latter to Sky Bet League Two promotion in 2023.

He signed for the Wood from Tranmere Rovers, for whom he made 13 League Two appearances in the 2024/25 season.

Midfielder Henry signs for Wood's league rivals

FOOTBALL

BOREHAM Wood midfielder Aaron Henry has signed for fellow Enterprise National League side Wealdstone after the termination of his contract.

The 22-year-old was one of three players transfer-listed by the Wood, alongside Junior Dixon and Luke Norris, and returns to Grosvenor Vale this time permanently following two loan stints from Charlton Athletic.

Following his arrival from the Addicks last summer, Henry struggled for regular first-team minutes and made 11 league appearances last term as the Wood reached the National League play-off final.

This included a highly productive loan spell with eventual National League South title-winners Hornchurch, where he starred in

the heart of their midfield, and was recalled in January.

The former England U16 international played a crucial role in the run-in for Luke Garrard's side, firstly netting a stunning free-kick to seal a dramatic 3-2 victory over Yeovil Town.

He followed up those heroics just a few weeks later with a driven strike to equalise in their National League Cup final win over West Ham United Under-21s.

Having also had loan spells with Crawley Town and Rochdale, Henry was part of the Wood's pre-season squad but now makes the move to Ruislip to get more minutes under his belt.