

National Athletics League, Championship R1 Basingstoke Sun 11th June 2023

Posn	Team Name	Points
1	Tonbridge	603.4
2	Basingstoke & Mid Hants	515.9
3	Kingston & Poly Harriers	501.9
4	Havering AC	452.4
5	Southampton	399.4
6	Yeovil Olympiads	369.4
7	Bournemouth	368.4
8	Peterborough & Nene Valley	174.0

Havering's seniors got their National Athletics League campaign underway with a fourth place finish at Basingstoke on Sunday. The squad had some fine results but gaps in several events meant the team were unable to challenge for a top three finish.

The ladies' squad of just 12 had six wins and four second places but suffered from gaps due to absentees. Steph Okoro took a break from hurdling and won both her events winning the 400m from the outside lane in a new club U20W record of 55.00s beating Carloyn Wells' club record which had stood since 1980. She returned to the track an hour later to win the 200m in a season's best.

Gemma Kersey won the 1500m from gun to tape and Ginte Bailey made it full points by winning the B string. Maddie Barker celebrated her English Schools' selection with a strong last lap to win the 3000m with Robyn Matson coming through for second in the B string. Both Robyn and Ginte stepped in to cover gaps in other events as both added long jump points and Robyn was third in the B 800m, with Morgan Campbell, who later placed second in the steeplechase, fourth in the A 800m.

Tilly Bunn was just shy of her PB in winning the B discus on her league debut and Katie Ennis was third in the discus and fourth in the hammer, adding points in the B shot and javelin events. Emma Ramsden's season best earned her second in the 100m, and Emma was fifth in the 200m B. Claire Brennan was second in the vault and third in the B javelin and sibling Nina Brennan was fourth in the 400m and added shot points.

Joyce Nzekwe did well on her first appearance in the league, improving her 100m PB for fourth in the A race and placing third in her triple jump speciality before joining Nina, Emma and Steph in the third placed sprint relay quartet.

The men's team worked hard for points all day. Isaac Ogunlade marked his return to Havering colours after a ten-year absence with a win in the opening track event the 400m hurdles, and was fifth in the 200m. British Universities indoor champion Joseph Agbodza impressed on his club debut to win the sprint hurdles and added high jump points.

Max Jones was close to 1500m victory in his first national league appearance for the club team since 2019 and Ben Davis was just a stride back to take full points in the B. Matthew Agnimel was just outside his 400m best set the previous week in finishing second.

Southern champion Peter Brinton-Quinn won a truncated javelin competition, cut short by the arrival of a thunderstorm. The hammer pairing of Graham Holder and Toby Bishop were both second, and they also scored valuable points in the other throwing events. Vaulteer Ciaran Mastrogiacomo was third on his club debut and Luke Williams added vault and sprint hurdles points. There were more points over the barriers as Adam McCarthy was third in the 400m hurdles B race and Sam Atkins was third in the B chase with Rob Warner was sixth in the A event.

James Connor just fell short of his club M40 record in placing sixth in the 3000m as James Stewart was fourth in the B. Louis Berrett was fourth in the B 800m and went on to fill gaps in both 100m and 400m, and Kieran O'Hara was sixth in the 800m A race.

Sprinter Akeem Akintokun, who scored in both 100m and 200m, joined Matthew, Isaac and Joseph in the third placed sprint relay squad who were edged out of second place in a photo finish.

The predicted thunderstorm arrived as the 4x400m squads were preparing for the final track event and the organisers had no hesitation in cancelling the event and sharing the points. League fixtures at Manchester and Bedford were also curtailed early in similar weather conditions.

Havering host Round 2 at Chelmsford on Saturday 15th July and hope to welcome back some of the athletes who were unavailable at Basingstoke.

Women		A STRING		Pos. Time/Dist		B STRING		Pos. Time/Dist	
100	Joyce Nzekwe U20 HCA	4	12.75	100	Emma Ramsden	2	12.97		
200	Stephanie Okoro U20	1	25.09	200	Emma Ramsden	5	27.93w		
400	Stephanie Okoro U20	1	55.00**	400	Nina Brennan W35	4	66.00		
800	Morgan Campbell	4	2:34.28	800	Robyn Matson	3	2:44.20		
1500	Gemma Kersey HCA	1	4:30.29	1500	Ginte Bailey W35	1	5:01.33		
3000	Maddie Barker U20	1	10:21.24	3000	Robyn Matson W35	2	11:20.11		
100H	=			400H	=				
2k S/C	Morgan Campbell	2	7:44.13	PV	Claire Brennan W40	2	2.40		
L.J.	Ginte Bailey W35	8	3.64	L.J.	Robyn Matson W35	8	3.32		
T.J.	Joyce Nzekwe U20 HCA	3	10.94	H.J.	=				
S.P.	Nina Brennan W35	7	7.53	S.P.	Katie Ennis U20	5	6.88		
D.T.	Katie Ennis U20	3	31.06	D.T.	Tilly Bunn U17	1	27.55		
H.T.	Katie Ennis U20	4	33.51	H.T.	=				
J.T.	Katie Ennis U20	6	22.29	J.T.	Claire Brennan W40	3	19.64		
4x100	Nina Brennan, Joyce Nzekwe, Emma Ramsden, Steph Okoro					3	51.02		
4x400	Cancelled					x			
	** Club U20W record								

Men		A STRING		Pos. Time/Dist		B STRING		Pos. Time/Dist	
100	Akeem Akintokun	8	11.55	100	Louis Berrett	8	12.12		
200	Isaac Ogunlade	5	22.48w	200	Akeem Akintokun	6	22.95w		
400	Matthew Agnimel	2	48.70	400	Louis Berrett	6	53.62		
800	Kieran O'Hara	6	2:03.29	800	Louis Berrett	4	2:01.57		
1500	Max Jones HCA	2	3:59.98	1500	Ben Davis	1	4:00.48		
3000	James Connor M40	6	8:57.86	3000	James Stewart	4	9:28.65		
110H	Joseph Agbodza HCA	1	14.05	110H	Luke Williams M35	4	19.96		
400H	Isaac Ogunlade	1	54.13	400H	Adam McCarthy	3	63.71		
2k SC	Rob Warner M40	6	6:34.34	3k SC	Sam Atkins	3	6:50.78		
L.J.	Richard Holland	6	5.70	L.J.	Mark Bishop M55	5	5.34		
T.J.	Luke Williams M35	6	11.18	T.J.	Ben Davis	6	10.31		
H.J.	Joseph Agbodza HCA	5	1.85	H.J.	=				
P.V.	Luke Williams M35	7	3.40	P.V.	Ciaran Mastrogiacomo U20	3	3.00		
S.P.	Toby Bishop	7	10.09	S.P.	Graham Holder M50 HCA	4	11.51		
D.T.	Toby Bishop	6	32.83	D.T.	Graham Holder M50 HCA	6	9.92		
J.T.	Peter Brinton-Quinn	1	63.88	J.T.	Toby Bishop	6	34.86		
H.T.	Graham Holder M50 HCA	2	48.34	H.T.	Toby Bishop	2	2.245		
4x100	Isaac, Matthew, Akeem, Joseph					3	43.03		
4x400	Cancelled								

HCA = Higher Competition Athlete