

## **Southern Athletics League, Round 3 Stevenage Saturday 16<sup>th</sup> July 2022**

Posn	Team Name	Points
1	Brighton & Hove AC	234
2	Stevenage & North Herts	208
3	<b>Havering AC</b>	<b>176</b>
4	Ryston Runners	94

**Havering's Southern League squad had to settle for third behind league leaders Brighton and host Stevenage, despite recording their highest points score of the season in sweltering conditions on Saturday.**

Victories were hard to come by against strong opposition but Chloe Williams and Flic Clarke each bagged two with wins in both 100m & 400m hurdles A & B events, and Natalie Sewell's winning steeplechase debut time was the second fastest by a club U20 and sixth best by a club female. Emma Ramsden provided the only other individual win for the ladies in the 100m B race and she was joined by Flic Clarke and Under 17s Liana Constable and Cassie Campbell in the winning sprint relay squad.

There was a glut of second places on the track from Chizara Okocha (A 100m), Emma Ramsden & Rachel Kerr (both 200m), Nina Brennan (400m), Maddie Barker & Freya Long (800m) and in the field from Claire Brennan (pole vault), and Under 17s Emily Fessey Cook, in her first competition with the senior javelin, Tilly Bunn (B hammer) and Katie Ennis, discus and hammer – with the third longest by a club U17 and sixth best by a club female. Chloe Williams, Rachel Kerr, Nina Brennan and Flic Clarke were 4x400m relay runners up.

James Stewart provided the only A track win in the 1500m for the men, after jogging round for second in the B 800m, while Matt Bland won the B 5000m, as Dan Meredith was A string runner up. There were more track second places from Calvin Sanni (B 200), Shane Hart and Owen Fisher (400m – both PBs), Louis Berrett. (800m) and Nathan Hart (1500m B).

Patrick McLean-Tattan won the discus in his first competition at the senior weight, and his throw was the fourth longest ever by a club U20 and he also added second in the long jump. Mark Bishop cleared his highest vault for over 10 years for second, and was also second in the B javelin. A busy Arron Bonning won the B hammer and second in the B vault. Aaron Freshwater was second in the B high jump and Toby Bishop returned to action with second in the B discus.

Nathan Hart, Oliver Taylor-Bush, Owen Fisher and Shane Hart combined to place second in the 4x400m to close the meeting.

<b>WOMEN</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Chizara Okocha U17	2	13.27	Emma Ramsden U20	<b>1</b>	13.16
200	Emma Ramsden U20	2	27.38	Rachel Kerr	2	29.90
400	Nina Brennan W35	2	64.91	Rachel Kerr	3	74.06
800	Maddie Barker U20	2	2:24.35	Freya Long U17	2	2:38.92
1500	=			=		
100H	Chloe Williams	<b>1</b>	14.51	Flic Clarke	<b>1</b>	17.16
400H	Flic Clarke	<b>1</b>	63.41	Chloe Williams	<b>1</b>	62.26
2000SC	Natalie Sewell U20	<b>1</b>	7:42.55	=		
P.V	Claire Brennan W40	2	2.10	=		
H.J.	Chloe Williams	3	1.55	Rachel Kerr	4	1.00
L.J.	Liana Constable	3	4.17	Rachel Kerr	4	3.53
S.P.	Nina Brennan W35	3	7.51	Claire Brennan W40	3	7.06
D.T.	Katie Ennis U17	2	30.25	Tilly Bunn U17	2	25.04
J.T.	Emily Fessey Cook U17	2	28.03	Claire Brennan W40	3	15.33
H.T.	Katie Ennis U17	2	30.65	Nina Brennan W35	4	16.25
4x100	Flic, Liana, Cassie, Emma				<b>1</b>	53.14
4x400	Chloe 65.5, Rachel 77.9, Nina 64.2, Flic 61.1				2	4:28.66

<b>EVENT</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Reece Malcolm U17	3	11.84	Calvin Sanni U20	3	12.09
200	Reece Malcolm U17	3	23.94	Calvin Sanni U20	2	24.63
400	Shane Hart U20	2	52.97	Owen Fisher U17	2	55.60
800	Louis Berrett	2	2:03.37	James Stewart	2	2:38.28
1500	James Stewart	<b>1</b>	4:22.22	Nathan Hart	2	4:38.91
5000	Dan Meredith M45	2	17:37.20	Matt Bland M55	<b>1</b>	18:14.99
2k S/C	Oliver Taylor-Bush U17	4	7:16.78			
H.J.	Oliver Taylor-Bush U17	3	1.65	Aaron Freshwater	2	1.65
P.V.	Mark Bishop M55	2	3.30	Arron Bonning M45	2	2.70
L.J.	Patrick McLean-Tattan U20	2	6.17	Karl Tucker	4	3.04
T.J.	Arron Bonning M45	4	10.52	Owen Fisher U17	3	8.74
S.P.	Mark Bishop M55	2	9.62	Arron Bonning M45	3	8.52
D.T.	Patrick McLean-Tattan U20	<b>1</b>	36.19	Toby Bishop U20	2	28.80
J.T.	Patrick McLean-Tattan U20	4	40.68	Mark Bishop M55	2	32.97
H.T.	Mark Bishop M55	4	21.91	Arron Bonning M45	<b>1</b>	18.46
4x100	Calvin, Reece, Aaron, Patrick				DQ	
4x400	Nathan Hart 58.3, Oliver Taylor-Bush 62.2, Owen Fisher 56.6, Shane Hart 55.2				2	3:52.26

**Non-Scoring: MEN:** 200 Louis Berrett 24.49; 400: Calvin Sanni 55.34 **WOMEN:** 100 Cassie Campbell 13.15; Liana Constable 13.66; 200: Cassie Campbell 27.06