



MEETINGS REPORT

National Youth Development League - East, R1 Mile End 5th June 2021

Posn	Team Name	Points
1	Havering AC	319
2	Basildon AC	278
3	Woodford Green with Essex Ladies	273.5
4	Newham & Essex Beagles	198.5
5	Dartford Harriers	123
6	Victoria Park & Tower Hamlets	89

The Under 13 & Under 15 Youth Development League squad got their season off to the best possible start with a convincing win at the first league meeting at Mile End on Saturday, finishing the day over 40 points clear of local rivals Basildon who shaded Woodford for second place

Victory owed much to the Under 15 boys who swept all before them, taking full points in 13 of the 16 events. Al-Ameen Salaam led the way with wins in new career best in the hurdles and shot, and came close to his own club record in winning the 300m. His shot and 300m partners Oscar Shearing and Ike Okwudi also won their strings. Noah Harriott & Michael Tesi won both discus events, as did Leon Bengo and Daniel Lammas in the high jump. Lammas also improved his best in finishing second in the 800m, as Oliver Taylor-Bush's PB won the 800m B event. Chris Agnimel won the 100m B as Leon was third in the A. Lammas, Agnimel and Bengo were joined by Jude Ogundare in the winning sprint relay quartet while in the 4x300m relay Lammas again Taylor-Bush, Okwudi & Salaam took the lead on the first lap and never looked back.

For the Under 13 boys Zak Williams won the javelin on his club debut, as Sam Burdett won the B, and Shea Sweeney's storming finish took full points in the 1200m with Burdett third in the B. Aidan Doherty was runner up in the 75m and was joined by Burdett, Sweeney & Ryan Alexander in the second placed 4x100m quartet.

Zikora Ezeonwuka produced the only A string win for the Under 15 girls, with debutant Miriam Adebayo (300m) and Beth Jarret (discus) adding B string victories. Second places went to the 100m duo of Cassie Campbell and Precious Fagbadegun, the 800m pairing of Charlotte Evans & Abi Swan, high jumpers Ruby Tillson and Lucia ward, and Tilly Bunn in the discus. Both relay team were runners up with Beth, Precious, Charlotte Casey-Sweeney and Cassie in the sprint relay and Rosie Warner, Maggie Smith, Lucia and Ruby in the 4x300m event.

The highlight for the Under 13 girls, most of whom were in club colours for the first time, was the javelin double win for Scarlett Woods and Emily Quinlan, and the sprint relay runners up placing for Fisola Fagbadegun, Amy Mansell, Rose Hutcheon and Leila Jones.

The second of the three league fixtures is at Dartford on 17th July.

See club results on next page

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Under 15 Boys						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Leon Bengo	12.28	3	Chris Agnimel	12.06	1
300m	Al-Ameen Salaam	38.60	1	Ike Okwudi	39.37	1
800m	Daniel Lammas	2:09.24	2	Oliver Taylor-Bush	2:11.13	1
80m H	Al-Ameen Salaam	11.68	1	==		
High Jump	Leon Bengo	1.70	1	Daniel Lammas	1.55	1
Shot	Al-Ameen Salaam	11.70	1	Oscar Shearing	9.81	1
Discus	Noah Harriott	27.45	1	Michael Tesi	25.09	1
4x100m R	Jude Ogundare, Chris Agnimel, Daniel Lammas, Leon Bengo				47.80	1
4x300m R	Daniel Lammas, Oliver T-Bush, Ike Okwudi, Al-Ameen Salaam,				2:45.47	1
Under 13 Boys						
75m	Ryan Alexander	10.54w	4	Aidan Doherty	10.87	2
1200m	Shea Sweeney	4:00.29	1	Sam Burdett	4:21.27	3
Long Jump	Zak Williams	3.70	5	Freddie Hatcher	3.30	5
Javelin	Zak Williams	26.99	1	Sam Burdett	25.74	1
4x100m R	Sam Burdett, Shea Sweeney, Aidan Doherty, Ryan Alexander				56.74	2

Non Scoring: U13B 75m: Taylor Dixon 11.88, James Campbell 12.31; U15B 100m Jude Ogundare 12.88, Noah Harriott 13.06. 800m: Toby Johnson 2:23.71, Michael Tesi 2:28.00

Under 15 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Cassie Campbell	13.28	2	Precious Fagbadegun	13.42	2
300m	Ruby Tillson	44.46	3	Miriam Adebayo	43.52	1
800m	Charlotte Evans	2:30.91	2	Abigail Swan	2:39.58	2
75m H	Beth Jarret	11.78	3	Maggie Smith	13.16	3
High J	Ruby Tillson	1.50	2	Lucia Ward	1.35	2
Shot	Zikora Ezeonwuka	10.50	1	Tilly Bunn	6.41	3
Discus	Tilly Bunn	20.32	2	Beth Jarret	20.12	1
4x100m	Beth Jarret, Precious Fagbadegun, Charlotte C-Sweeney, Cassie Campbell				53.63	2
4x300m	Miriam Adebayo, Maggie Smith, Lucia Ward, Ruby Tillson				3:11.53	2
Under 13 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
75m	Fisola Fagbadegun	10.47	3	Leila Jones	10.62	3
1200m	Abigail Rogers	4:28.01	3	Scarlett Woods	4:42.22	3
Long J	Oma Nwapa	3.79	5	Amy Mansell	3.72	3
Javelin	Scarlett Woods	21.73	1	Emily Quinlan	18.10	1
4x100m	Fisola Fagbadegun, Amy Mansell, Rose Hutcheon, Leila Jones				57.22	2

Non Scoring:

U13G 75m Rose Hutcheon 11.22, Oma Nwapa 11.44

U15G 100m Charlotte Casey-Sweeney 14.39, Liana Constable 13.92

800m Rosie Warner 2:30.94, Hannah Evans 2:40.86