

## National Athletics League, Championship Round 2 Bedford Sat 4<sup>th</sup> June 2022

Posn	Team Name	Points
1	Crawley AC	538.5
2	<b>Havering AC</b>	462
3	Bedford & County	387
4	Herts Phoenix	327
5	Peterborough & Nene Valley	314
6	Kingston & Polytechnic Harriers	256
7	Herne Hill Harriers	252.5
8	Reading AC	141

### **Havering's seniors scored a strong second place finish at the second round of the National Athletics League Championship fixture at a wet and windy Bedford International Stadium on Saturday.**

Hurdlers Chloe Williams and Flic Clarke scored well, as Chloe won the sprint hurdles, was runner up in the B 400m hurdles in her first race at the distance since 2016, and won the B high jump, while Flic won the 400m hurdles A event, to improve her PB which had stood since 2013, and was second in the B sprint hurdles. Olivia Boachie was second in both her 400m speciality A race and second in the B 100m in her fastest this year while Stephanie Okoro was third in the 200m. Karis Thomas placed fourth in the 100m and fifth in the 200m B race, and Nina Brennan, fourth in the 400m B event, completed the sprint line up. Flic, Olivia, Chloe and Karis combined for fourth in the sprint relay and Nina joined Olivia, Chloe and Flic in the second placed 4x400m quartet.

In the distance races Maddie Barker was second in the 3000m and returned to the track to win the 1500m B race, as Ginte Bailey was fourth in the A event, while Rebecca O'Rourke was fifth in the 800m.

Katie Ennis won the B discus, with Hannah Yexley fourth in the A, and there were good points in the triple jump as Katy Sealy added third place to her high jump third, while Amy Kilner was second in the triple jump and fourth in the long jump, with Niamh Pridie fourth in the javelin.

For the men Peter Brinton-Quinn was close to his best as he won the javelin and Duane Jibunoh won the B to add to his A discus win, as well as points in the shot and hammer. Ed Thompson returned to pole vault action after five years away to place third, as Luke Williams won the B vault, and added third in the B triple jump and fourth in the sprint hurdles. Joe Appiah was second in the B long jump and fifth in the high jump.

Over the barriers Jacob Blanc was second in the 400m hurdles, and Rob Warner and Gary Atkins were also second in the 'chase A & B strings while hard working Jason Lendon was fourth in the 400m hurdles B and filled gaps in shot, discus and hammer B strings.

James Connor was third in the 3000m after finishing third in the 1500m B, as James Stewart's 3000m PB won him the B string, with Sam Atkins sixth in the A 1500m. In the 800m Kieran O'Hara was close to two minutes as he finished sixth with Shane Hart fifth in the B on his league debut.

Michael Shonibare was third in the 400m A race and Matthew Agnimel second in the B, as Matthew added third in the triple jump. Ayo Babatunde added fourth place long jump points to his fifth places in both sprints, but Ronnie Adoma's hamstring strain in the 100m meant that he missed out on further action. Joe, Michael, Matthew and Ayo made up the fourth placed sprint relay squad, and James Stewart joined Shane, Michael and Matthew to place third in the 4x400m relay.

Crawley were comfortable winners on the day and top the table, unbeaten after two of the four fixtures, but Havering are third of the 16 clubs and head to Stevenage on 2<sup>nd</sup> July, where Sale Harriers Manchester and hosts Herts Phoenix are likely to provide the main challenge.

<b>Women</b>	<b>A STRING</b>	<b>Pos.</b>	<b>Result</b>	<b>B STRING</b>	<b>Pos.</b>	<b>Result</b>
<b>100</b>	Karis Thomas U20	4	12.94	<b>100</b>	Olivia Boachie U20	2 12.85
<b>200</b>	Stephanie Okoro U17	3	25.78	<b>200</b>	Karis Thomas U20	5 27.22
<b>400</b>	Olivia Boachie U20	2	59.02	<b>400</b>	Nina Brennan W35	4 66.09
<b>800</b>	Rebecca O'Rourke u20	5	2:48.94	<b>800</b>	=	
<b>1500</b>	Ginte Bailey W35	4	5:02.63	<b>1500</b>	Maddie Barker U20	<b>1</b> 5:18.89
<b>3000</b>	Maddie Barker U20	2	10:44.49	<b>3000</b>	=	
<b>100H</b>	Chloe Williams	<b>1</b>	14.74	<b>100H</b>	Flic Clarke	2 16.85
<b>400H</b>	Flic Clarke	<b>1</b>	63.11	<b>400H</b>	Chloe Williams	2 70.47
<b>2k S/C</b>	==			<b>2k S/C</b>		
<b>L.J.</b>	Katy Sealy HCA	6	4.97	<b>L.J.</b>	Amy Kilner U20	4 3.46
<b>T.J.</b>	Katy Sealy HCA	3	10.65	<b>T.J.</b>	Amy Kilner U20	2 7.68
<b>H.J.</b>	Katy Sealy HCA	3=	1.51	<b>H.J.</b>	Chloe Williams	<b>1</b> 1.46
<b>S.P.</b>	Katy Sealy HCA	5	10.09	<b>S.P.</b>	Nina Brennan W35	4 7.61
<b>D.T.</b>	Hannah Yexley U20	4	28.79	<b>D.T.</b>	Katie Ennis U17	<b>1</b> 28.13
<b>H.T.</b>	Nina Brennan W35	7	17.54	<b>H.T.</b>	=	
<b>J.T.</b>	Niamh Pridie U20	4	24.17	<b>J.T.</b>	Hannah Yexley U20	5 14.89
<b>4x100</b>	Flic Clarke, Olivia Boachie, Chloe Williams, Karis Thomas					4 51.93
<b>4x400</b>	Olivia Boachie 61.5, Chloe Williams 63.9, Nina Brennan 67.8, Flic Clarke 62.4, 400mH Guest: Stephanie Okoro 63.55					2 4:15.54

<b>Men</b>	<b>A STRING</b>	<b>Pos</b>	<b>Result</b>	<b>B STRING</b>	<b>Pos.</b>	<b>Result</b>
<b>100</b>	Ronnie Adoma U20	6	12.09	<b>100</b>	Ayo Babatunde U20	5 11.56
<b>200</b>	Jacob Blanc U20	6	22.91	<b>200</b>	Ayo Babatunde U20	5 23.00
<b>400</b>	Michael Shonibare HCA	3	50.01	<b>400</b>	Matthew Agnimel	2 50.27
<b>800</b>	Kieran O'Hara	6	2:00.54	<b>800</b>	Shane Hart U20	5 2:02.29
<b>1500</b>	Sam Atkins	6	4:15.99	<b>1500</b>	James Connor	3 4:16.64
<b>3000</b>	James Connor	3	8:46.66	<b>3000</b>	James Stewart	<b>1</b> 9:06.20
<b>110H</b>	Luke Williams HCA	4	20.66	<b>110H</b>	=	
<b>400H</b>	Jacob Blanc U20	2	54.65	<b>400H</b>	Jason Lendon M45	4 71.20
<b>3k SC</b>	Rob Warner	2	10:08.89	<b>3k SC</b>	Gary Atkins M50	2 12:43.55
<b>L.J.</b>	Ayo Babatunde U20	4	5.98	<b>L.J.</b>	Joe Appiah M50 HCA	2 5.74
<b>T.J.</b>	Matthew Agnimel	3	12.45	<b>T.J.</b>	Luke Williams HCA	3 10.56w
<b>H.J.</b>	Joe Appiah M50 HCA	5	1.61	<b>H.J.</b>	=	
<b>P.V.</b>	Ed Thompson	3=	3.71	<b>P.V.</b>	Luke Williams HCA	<b>1</b> 3.51
<b>S.P.</b>	Duane Jibunoh	4	11.34	<b>S.P.</b>	Jason Lendon M45	6 6.16
<b>D.T.</b>	Duane Jibunoh	<b>1</b>	41.67	<b>D.T.</b>	Jason Lendon M45	5 15.79
<b>J.T.</b>	Peter Brinton-Quinn	<b>1</b>	62.54	<b>J.T.</b>	Duane Jibunoh	<b>1</b> 43.18
<b>H.T.</b>	Duane Jibunoh	6	21.25	<b>H.T.</b>	Jason Lendon M45	3 11.38
<b>4x100</b>	Joe Appiah, Michael Shonibare, Matthew Agnimel, Ayo Babatunde					4 45.37
<b>4x400</b>	Shane Hart 53.5, Michael Shonibare 52.3, James Stewart 60.4, Matthew Agnimel 49.7 HCA = Higher Competition Athlete					3 3:35.82