



## **Southern Athletics League, Round 2, Woodford Sun 11th July 2021**

Posn	Team Name	Points
1	Woodford Green AC with Essex Ladies	360.5
2	<b>Havering AC</b>	<b>321.5</b>
3	Thurrock Harriers	281.9
4	Ilford AC	228.5
5	Newham & Essex Beagles AC	168.0

**The short-handed senior Southern League squad, hit by the absence of several members who were injured or self-isolating, had to settle for runners up spot in their second round East London Division match at Woodford on Sunday.**

Flic Clarke and Claire Brennan got the meeting off to a good start with a double win in the 400m hurdles as Claire also took the pole vault honours, as Katie Ennis won the B string, later adding B string discus honours. Flic later returned to win the B sprint hurdles as Chloe Williams' season's best took the A string.

Another win double came in the 1500m as Natalie Sewell won the combined A & B race as Ginte Bailey's PB was first of the B string runners. Isabelle Bartlett won the B high jump as Ellie Watson was A string runner up, as was Alice Brown in the discus.

The mixed 4x400m relay quartet of Alex McCree, Flic Clarke, Natalie Sewell and Aaron Freshwater also finished second.

The men found wins hard to come by but turned in consistent performances. Matthew Agnimel got the judges verdict in the 200m after a photofinish which saw just 2/100<sup>ths</sup> cover the top three. Rob Warner had a comfortable win in the 'chase, and in the 3000m Alex Ford improved his best by over 15 seconds in third, as James Stewart marginally missed a PB in winning the B. Kieran O'Hara and Luke Chester were both second in the 800m, as was Somto Okpalauko in the 400m.

In the field golden oldie Stuart Tufton won the B vault as Toby Bishop improved his PB in finishing second in the A, and was also second in the B long jump. Duane Jibunoh scored well, winning the B javelin, as Hal Hutton was second in the A, and Jibunoh was second in both the shot & discus A competitions. All-rounder Arron Bonning had a hat trick of B string seconds in the shot, discus and triple jump, and was third in the hammer and high jump.

The five teams in this East London Division lock horns again at Woodford on Saturday 14<sup>th</sup> August.

*Results on next page – for a selection of pics see club Facebook Group*

## **Essex 5000m Championships, Chelmsford Weds 7th July 2021**

**Four club senior men competed in the Essex 5000m track championships at Chelmsford last Wednesday.**

Fastest was Ben Davis who was 5th in the county A race with a PB of 15:25.3, around 15 seconds inside his previous best, with Rob Warner placing 12th overall in 15:57.3, to win the vets championship, with the third fastest ever by a club M40.

Also in action was John Whitehead who was close to his best in clocking 17:08.1 for 7th in the B race, while Matthew Bland returned to the track to clock 17:55.4 in the C race.

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<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	Charlotte Wright U20	5	14.12	Rachel Kerr	5	14.28
200	Charlotte Wright U20	5	30.37	Rachel Kerr	5	30.57
400	Natalie Sewell U17	4	63.16	Amy Kilner U20	4	75.25
800	Alice Brown U20	4	2:25.72	Clare Davies	3	2:52.28
1500	Natalie Sewell U17	<b>1</b>	4:48.90	Ginte Bailey	<b>1</b>	4:52.77
100H	Chloe Williams	<b>1</b>	14.31	Flic Clarke	<b>1</b>	16.98
400H	Flic Clarke	<b>1</b>	65.46	Claire Brennan	<b>1</b>	70.17
H.J.	Ellie Watson	2	1.38	Isabelle Bartlett U17	<b>1</b>	1.38
P.V.	Claire Brennan	<b>1</b>	2.60	Katie Ennis U17	<b>1</b>	2.25
L.J.	Ellie Watson	3	4.11	Amy Kilner U20	4	3.15
T.J.	Tomi Sanwo	3	9.85	Ellie Watson	3	9.01
S.P.	Anne-Prisca Djondo U20	3	8.14	-		
D.T.	Alice Brown U20	2	39.09	Katie Ennis U17	<b>1</b>	29.92
J.T.	Katie Ennis U17	4	22.26	Claire Brennan	2	20.15
4x100	Flic, Ellie, Rachel, Charlotte				5	56.17
4x400 (Mixed)	Alex McCree, Flic Clarke, Natalie Sewell, Aaron Freshwater				2	3:53.01

<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	Michael Okoro U20	5	11.58	Ridwan Salaam U17	3	11.55
200	Matthew Agnimel	<b>1</b>	23.10	Michael Okoro U20	3	23.73
400	Somto Okpalauko U20	2	53.37	Alex McCree	3	54.36
800	Kieran O'Hara	2	2:00.34	Luke Chester U20	2	2:10.97
1500	Shane Hart U17	4	4:26.81	Matthew Blacklock U17	4	4:53.24
3000	Alex Ford U20	3	9:05.18	James Stewart	<b>1</b>	9:23.49
3k S/C	Rob Warner	<b>1</b>	9:51.87	(No water jump)		
H.J.	Aaron Freshwater	5	1.65	Arron Bonning	3	1.60
P.V.	Toby Bishop U20	2	3.00	Stuart Tufton	<b>1</b>	2.80
L.J.	Ridwan Salaam U17	4	5.68	Toby Bishop U20	2	5.57
T.J.	Matthew Agnimel	3	12.05	Arron Bonning	2	10.59
S.P.	Duane Jibunoh	2	11.37	Arron Bonning	2	8.63
D.T.	Duane Jibunoh	2	3.07	Arron Bonning	2	26.17
J.T.	Hal Hutton U20	2	46.13	Duane Jibunoh	<b>1</b>	40.92
H.T.	Arron Bonning	3	19.85	Martin Chester	3	8.43
4x100	Ridwan Salaam, Michael Okoro, Toby Bishop, Shane Hart				DQ	
4x400 (Mixed)	Louis Berrett, Rachel Kerr, Claire Brennan, James Stewart				3	4:24.59

**Non-Scoring:** 800: Louis Berrett 2:4.98; 3000: Rob Trevor 9:54.39; Jon Hart 12:21.02