

National Youth Development League - East, R2 Dartford 17th July 2021

Posn	Team Name	Points
1	Havering AC	585.5
2	Woodford Green with Essex Ladies	475.0
3	Basildon AC	414.0
4	Dartford Harriers	366.5
5	Newham & Essex Beagles	258.0
6	Victoria Park & Tower Hamlets	123.0

Havering's young athletes kept up their winning start to the season with a comfortable victory in heatwave conditions at Dartford on Saturday.

The **Under 13 Girls** were victorious in almost half their events. Fisola Fagbadegun blazed to wins in both 75m and 150m sprints, her times being the second (75m) and third (150m) fastest ever by a club U13 athlete. Her B string partners both won, with Leila Jones winning the 75m and Amy Mansell the 150m, with Leila also winning the 800m, and the trio were joined by hurdles runner up Rose Hutcheon in the winning relay quartet. Oma Nwapa won the B hurdles and was second in the B shot as Eboni Roach won the A shot. The javelin pairing of Scarlett Woods and Emily Quinlan both set PBs on their way to victory and Scarlett was also runner up in the B 1200m as was Abigail Rogers in the 1200m A and Ava Illingworth in the B long jump.

The **Under 15 Boys** as always put in a strong display, with Al-Ameen Salaam leading the way with wins in the hurdles and shot, and runner up in the 100m. There was a win double from Daniel Lammas and Nathan Hart (PB) in the 800m, with Daniel runner up in the B 100m and B long jump. Ike Okwudi's PB won the A 300m and moved him into the club all-time top 10. Oliver Taylor-Bush smashed his PB to win the high jump, with Leon Bengo winning the B. Lochlan Dyer won the pole vault on his debut and there were other field event wins for English Schools medallist Bobby Williams in the javelin, and Noah Harriott (B shot) and Michael Tesi (B discus). More second placed went to Jude Ogundare (200m B), Ryan Carroll (1500m) and James Brinton-Quinn (B javelin). The 4x300m squad led all the way to victory thanks to Daniel Lammas, Noah Harriott, Oliver Taylor-Bush and Ike Okwudi.

The **Under 13 Boys** were scored well. Shea Sweeney & Oliver Sillett won both 800m races, and Freddie Rowe won the B 100m as Findlay McLaren was second in the A string. Findlay also won the high jump, as Ryan Alexander was B string runner up to add to his 75m B second place, as Luke Benjamin was second in both A string sprints. Harrison Palmer won the B hurdles, with Oliver Sillett second in the A. Zak Williams and Sam Burdett scored full points in the javelin and there were B string wins for Freddie Rowe (long jump) and James Campbell (shot). Sam Burdett, Ryan Alexander, Harrison Palmer & Luke Benjamin combined for second in the sprint relay.

The **Under 15 Girls** were missing several regulars but still performed strongly. Lucia Ward and Abi Swan took full points in the A & B javelin, with Abi also winning the 800m B race and Lucy Bacon won on her pole vault debut. There was a B string sprint double for Precious Fagbadegun, and Hannah Evans won the B 1500m as twin Charlotte was second in the A. Miriam Adebayo's 300m PB placed her second, with Lucia Ward also improved her best for second in the 300m B. Hurdlers Eliza Poulson (PB) and Maggie Smith were both second, and Maggie was also second in the B high jump. Tilly Bunn notched up a trio of second places in the hammer, discus and shot. Charlotte, Lucia Ward, Maggie and Miriam were second in the 4x300m relay.

The third and final fixture in the three-match series will be hosted by Woodford on 4th September

Under 15 Boys						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Al-Ameen Salaam	12.1	2	Daniel Lammas	12.3	2
200m	Leon Bengo	28.1	3	Jude Ogundare	26.0	2
300m	Ike Okwudi	38.9	1	Noah Harriott	43.4	3
800m	Daniel Lammas	2:10.4	1	Nathan Hart	2:14.6	1
1500m	Oliver Taylor-Bush	4:39.8	3	Ryan Carroll	4:43.6	2
80m H	Al-Ameen Salaam	11.9	1	==		
High Jump	Oliver Taylor-Bush	1.62	1	Leon Bengo	1.56	1
Long Jump	Jeffrey Fenoo	5.25	3	Daniel Lammas	4.87	2
Pole Vault	Lochlan Dyer	2.35	1	==		
Hammer	Nathan Hart	16.21	3	Michael Tesi	13.46	2
Shot	Al-Ameen Salaam	12.20	1	Noah Harriott	9.50	1
Discus	Noah Harriott	28.39	2	Michael Tesi	26.83	1
Javelin	Bobby Williams	49.23	1	James Brinton-Quinn	20.50	2
4x100m R	Jeffrey Fenoo, Leon Bengo, Jude Ogundare, Al-Ameen Salaam,				48.2	3
4x300m R	Daniel Lammas, Noah Harriott, Oliver Taylor-Bush, Ike Okwudi,				2:43.5	1
Under 13 Boys						
75m	Luke Benjamin	10.2	2	Ryan Alexander	10.5	2
150m	Luke Benjamin	19.8	2	Sam Burdett	22.2	5
800m	Shea Sweeney	2:34.9	1	Oliver Sillett	2:39.2	1
1200m	Findlay McLaren	3:52.4	2	Freddie Rowe	3:54.4	1
75mH	Oliver Sillett	13.9	2	Harrison Palmer	13.2	1
High Jump	Findlay McLaren	1.40	1	Ryan Alexander	1.30	2
Long Jump	Zak Williams	4.03	3	Freddie Rowe	3.95	1
Shot	Taylor Dixon	5.48	3	James Campbell	5.23	1
Javelin	Zak Williams	30.44	1	Sam Burdett	25.93	1
4x100m R	Sam Burdett, Ryan Alexander, Harrison Palmer, Luke Benjamin				56.3	2

Non Scoring: 75m: Harrison Palmer 11.0 Shea Sweeney 10.8; 800m: Taylor Dixon 2:41.2, Ethan Carroll 2:50.4; 100m Vincent James 13.1, Jeffrey Fenoo 12.8; 800: Lochlan Dyer 2:21.5, Michael Tesi 2:24.9

Under 15 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Cassie Campbell	13.2	4	Precious Fagbadegun	13.4	1
200m	Cassie Campbell	27.5	5	Precious Fagbadegun	27.7	1
300m	Miriam Adebayo	43.1	2	Lucia Ward	47.5	2
800m	Lucy Bacon	2:39.7	3	Abigail Swan	2:37.3	1
1500m	Charlotte Evans	5:04.5	2	Hannah Evans	5:20.5	1
75m H	Eliza Poulson	12.0	2	Maggie Smith	14.2	2
High J	Eliza Poulson	1.35	3	Maggie Smith	1.25	2
Long J	Lucia Ward	4.03	5	Precious Fagbadegun	2.85	4
Pole V	Lucy Bacon	1.70	1	=		
Shot	Zikora Ezeonwuka	10.15	3	Tilly Bunn	6.32	2
Discus	Tilly Bunn	23.86	2	Miriam Adebayo	8.60	4
Hammer	Tilly Bunn	8.95	2	=		
Javelin	Lucia Ward	21.20	1	Abigail Swan	16.26	1
4x100m	=				DNS	
4x300m	Charlotte Evans, Lucia Ward, Maggie Smith, Miriam Adebayo				3:08.4	2

Under 13 Girls

Event	'A' String	Result	Pos	'B' String	Result	Pos
75m	Fisola Fagbadegun	10.1	1	Leila Jones	10.4	1
150m	Fisola Fagbadegun	20.2	1	Amy Mansell	20.9	1
800m	Leila Jones	2:31.9	1	Callie Ziepe	3:05.0	4
1200m	Abigail Rogers	4:25.7	2	Scarlett Woods	4:45.6	2
70mH	Rose Hutcheon	13.1	2	Oma Nwapa	13.3	1
Long J	Amy Mansell	3.94	3	Ava Illingworth	3.48	2
High J	Eboni Roach	1.20	3=	Abigail Rogers	1.10	3
Shot	Eboni Roach	7.25	1	Oma Nwapa	5.29	2
Javelin	Scarlett Woods	21.91	1	Emily Quinlan	20.72	1
4x100m	Fisola Fagbadegun, Amy Mansell, Rose Hutcheon, Leila Jones				54.3	1

Non Scoring:

U13G 75m Rose Hutcheon 11.1, Oma Nwapa 11.1

U15G 100m Brianna Ofori 14.2, Niamh Donovan 13.8

800m Isabella Taylor-Bush 2:59.0, Maggie Smith 2:46.6