

Youth Development League – Upper: Medway Park Sunday 25th June 2023

| Posn | Team Name | Points |
|------|---------------------------|--------|
| 1 | Havering AC | 624 |
| 2 | Cambridge Harriers (Kent) | 622 |
| 3 | Medway & Maidstone | 613 |
| 4 | Croydon Harriers | 535 |
| 5 | Tonbridge AC | 489 |
| 6 | Basildon | 286 |
| 7 | Newham & EB | 214 |

Havering's Under 17 and Under 20 squad snatched victory in heatwave conditions at Medway Park, Gillingham on Sunday, edging out league leaders Cambridge Harriers by two points.

The **Under 17 Men's** squad were in good form. Joel Ajayi won both sprints and Rashaun Mullings-Smith had a hat trick of victories in the high jump, triple jump, and sprint hurdles, while Bobby Williams won the javelin and the U20 discus and Oliver Taylor-Bush won the B high jump and B 800m. Ike Okwudi improved his career best in winning the B 200m and was B 100m runner up, and Adem Bouadjadja and Luca Gregory took full points in the B triple jump and B shot respectively, as Michael Tesi was second in both the A shot and discus. Oliver Pullen was pole vault runner up, as was Aly Hashem in the B long jump, while Dan Lammas (400m) and Nathan Hart (800m) were both third in their races. Both relay teams were second as Kamel Adjei, Joel Ajayi, Toby Johnson and Ike Okwudi combined in the sprint relay and Adem Bouadjadja, Toby Johnson, Daniel Lesser and Daniel Lammas were the second placed 4x400m quartet.

Jacob Blanc was the only A track winner for the **Under 20 Men** taking the 400m, with Calvin Sanni (PB) second in the B, while Shane Hart won the B 800m as Charlie Howell came second in the A string. Matthew Page and Simon Hill took full javelin points and Matthew's PB won the B vault, as Ciaran Mastrogiacomo's PB was second in the A string vault, and Tom Atkins won the long jump on count back.

The small **Under 20 Women's** team scored well as Steph Okoro won the 400m and was long jump runner up, and Paris King won the sprint hurdles. Katie Ennis had a trio of second places in the hammer, discus and javelin, including two PBs, and Maddie Barker (1500m) and Lucy Natrass (200m B) also placed second. Lucy, Paris and Steph were joined by Olivia Boachie in the winning sprint relay team.

The **Under 17 Women's** team were missing several regulars but worked hard in the hot conditions. Abi Swan was the only track winner taking full points in the 800m as Rosie Warner was second in the B, and also won the B triple jump as Miriam Adebayo won the A triple jump and was second in the 300m. Faith Wicks won the vault and Izzy Pickard was second in the shot and third in the B 300m and Gillian Danbata third in the B shot.

Havering now have a narrow lead at the top of the table and the winner of the head-to-head between Havering or hosts Cambridge Harriers at the final fixture at Eltham on 30th July will win the division and earn promotion to the Premier Division.

League table after Match 3 of 4

| Posn | Team Name | League | Points |
|------|---------------------------|--------|--------|
| 1 | Havering AC | 20 | 1821.5 |
| 2 | Cambridge Harriers (Kent) | 19 | 1898.0 |
| 3 | Medway & Maidstone | 14 | 1716.5 |
| 4 | Tonbridge AC | 12 | 1574.0 |
| 5 | Croydon Harriers | 10 | 1500.0 |
| 6 | Basildon | 6 | 1112.5 |
| 7 | Newham & EB | 3 | 593.5 |

Youth Development League – : Medway Park Sunday 25th June 2023

| Posn | Team Name | Points |
|------|---------------------------|--------|
| 1 | Havering AC | 624 |
| 2 | Cambridge Harriers (Kent) | 622 |
| 3 | Medway & Maidstone | 613 |
| 4 | Croydon Harriers | 535 |
| 5 | Tonbridge AC | 489 |
| 6 | Basildon | 286 |
| 7 | Newham & EB | 214 |

| U20M | A STRINGS | Pos. | Time/Dist | | B STRINGS | Pos. | Time/Dist | |
|-------------|---|-------------|------------------|--|------------------|---------------------|------------------|----------|
| 100 | Reece Malcolm | 5 | 11.65s | | 100 | Al-Ameen Salaam U17 | 5 | 11.66s |
| 200 | Reece Malcolm | 4 | 22.97s | | 200 | Kamel Adjei U17 | x | |
| 400 | Jacob Blanc | 1 | 50.42s | | 400 | Calvin Sanni | 2 | 54.12s |
| 800 | Charlie Howell | 2 | 2:01.17s | | 800 | Shane Hart | 1 | 2:02.52s |
| 1500 | Owen Fisher | 4 | 4:27.70s | | 1500 | Jack West U17 | 3 | 4:42.87s |
| LJ | Tom Atkins | 1 | 5.91m | | TJ | Aly Hashem U17 | 5 | 9.95m |
| PV | Ciaran Mastrogiacomio | 2 | 3.55m | | PV | Matthew Page | 1 | 3.45m |
| SP | Joel Ajayi U17 | 5 | 5.68m | | DT | Bobby Williams U17 | 1 | 23.36m |
| JT | Matthew Page | 1 | 50.13m | | JT | Simon Hill | 1 | 48.90m |
| 4x100 | Adem Bouadjadja U17, Calvin Sanni, Toby Johnson U17, Reece Malcolm | | | | | | 5 | 45.88s |
| 4x400 | Shane Hart (54.8), Nathan Hart (55.8), Oliver Taylor-Bush (x), Charlie Howell (x) | | | | | | 5 | 3:46.15s |
| U17M | A STRINGS | Pos. | Time/Dist | | B STRINGS | Pos. | Time/Dist | |
| 100 | Joel Ajayi | 1 | 11.14s | | 100 | Ike Okwudi | 2 | 11.34s |
| 200 | Joel Ajayi | 1 | 22.75s | | 200 | Ike Okwudi | 1 | 22.53w |
| 400 | Daniel Lammas | 3 | 51.65s | | 400 | Daniel Lesser | 7 | 60.93s |
| 800 | Nathan Hart | 3 | 2:11.74s | | 800 | Oliver Taylor-Bush | 1 | 2:12.36s |
| 1500 | Toby Johnson | 4 | 4:30.35s | | 1500 | Sean Langan | 3 | 4:51.07s |
| 100H | Rashaun Mullings-Smith | 1 | 16.48s | | | | | |
| HJ | Rashaun Mullings-Smith | 1 | 1.85m | | HJ | Oliver Taylor-Bush | 1 | 1.70 |
| PV | Oliver Pullen | 2 | 2.70m | | | | | |
| LJ | Luca Gregory | 5 | 4.80m | | LJ | Aly Hashem | 2 | 4.80m |
| TJ | Rashaun Mullings-Smith | 1 | 11.90m | | TJ | Adem Bouadjadja | 1 | 10.80m |
| SP | Michael Tesi | 2 | 9.57m | | SP | Luca Gregory | 1 | 8.58m |
| DT | Michael Tesi | 2 | 33.57m | | DT | Luca Gregory | 3 | 21.11m |
| HT | Oliver Pullen | 3 | 20.38m | | JT | Bobby Williams | 1 | 53.88m |
| 4x100 | Kamel Adjei, Joel Ajayi, Toby Johnson, Ike Okwudi | | | | | | 2 | 45.58s |
| 4x400 | Adem Bouadjadja (56.1), Toby Johnson (55.8), Daniel Lesser (62.4), Daniel Lammas (53.2) | | | | | | 2 | 3:47.43 |

| U20W | A STRINGS | Pos. | Time/Dist | | | B STRINGS | Pos. | Time/Dist | |
|-------------|---|-------------|------------------|--|------|---------------------|-------------|------------------|-------|
| 100 | Paris King | 3 | 12.35s | | 100 | Cassie Campbell U17 | 4 | 13.18s | |
| 200 | Olivia Boachie | 3 | 26.00s | | 200 | Lucy Natrass | 2 | 28.03s | |
| 400 | Stephanie Okoro | 1 | 56.93s | | 1500 | Maddie Barker | 2 | 4:55.87s | |
| 100H | Paris King | 1 | 15.02w | | | | | | |
| HJ | Lucy Natrass | 5 | 1.30m | | LJ | Stephanie Okoro | 2 | 5.26m | |
| HT | Katie Ennis | 2 | 35.22m | | SP | Pars King | 4 | 7.02m | |
| JT | Katie Ennis | 2 | 24.67m | | TJ | Katie Ennis | 3 | 7.14m | |
| DT | Katie Ennis | 2 | 33.57m | | DT | Olivia Boachie | 3 | 14.60m | |
| 4x100 | Lucy Natrass, Paris King, Steph Okoro, Olivia Boachie | | | | | | | 1 | 49.78 |

| U17W | A STRINGS | Pos. | Time/Dist | | | B STRINGS | Pos. | Time/Dist | |
|-------------|--------------------------------|-------------|------------------|--|-----|---------------------|-------------|------------------|---------|
| 100 | Precious Fagbadegun | 4 | 13.00s | | 100 | Zara Okocha | 4 | 13.18s | |
| 200 | Cassie Campbell | 5 | 26.88s | | 200 | Precious Fagbadegun | DQ | | |
| 300 | Miriam Adebayo | 2 | 44.42s | | 300 | Isobel Pickard | 3 | 44.25s | |
| 800 | Abi Swan | 1 | 2:29.40s | | 800 | Rosie Warner | 2 | 2:45.45s | |
| 80H | Faith Wicks | 4 | 14.56s | | 80H | | | | |
| PV | Faith Wicks | 1 | 2.15m | | HJ | | | | |
| LJ | Miriam Adebayo | 4 | 4.28m | | LJ | Precious Fagbadegun | 4 | 3.66m | |
| TJ | Miriam Adebayo | 1 | 10.69m | | TJ | Rosie Warner | 1 | 7.69m | |
| JT | Abi Swan | 4 | 12.34m | | JT | | | | |
| SP | Isobel Pickard | 2 | 8.58m | | SP | Gillian Danbata | 3 | 6.47m | |
| DT | Zara Okocha | 4 | 16.78m | | DT | | | | |
| 4x100 | Precious, Zara, Miriam, Cassie | | | | | | | 4 | 51.38 |
| 4x300 | Rosie, Gillian, Abi, Isobel | | | | | | | 4 | 3:15.58 |

Non Scorers:

100: Kamel Adjei 11.72s; Aly Hashem 13.58s, 200m: Calvin Sanni 23.84s; 300: Gillian Danbata 49.91s