



Easter Weekend Round Up

The Easter weekend saw club athletes out in force posting some excellent early season results at Lee Valley and Woodford Open events.

Stephanie Okoro made a promising 400m hurdles debut at Lee Valley on Saturday as she clocked 61.82s, the second fastest ever by a club Under 17 and fourth fastest ever by a club female, as she targets GB selection for the European Under 18 Championships in July. On Monday Steph also ran 43.2s in the 300m hurdles events at Woodford to top the early season UK U17W rankings. Another hurdler, Paris King also improved her career best in winning the 80m hurdles event at Lee Valley to rank seventh on the club U17W all-time list. Ronnie Adoma's 100m PB at Woodford now ranks him seventh on the club U20M lists.

The club all time lists for the throws were also revised at both competitions. Katie Ennis moved up to second on the club U17W hammer rankings at Woodford, after improving her discus best at Lee Valley. The javelin squad were in impressive form as Peter Brinton-Quinn's winning throw at Woodford ranked him fifth on the senior all time list and Bradley James returned to throws action at Lee Valley with the fifth longest by a club U20M javelin thrower and third longest in the UK by an U20 so far this year. Bobby Williams moved into the club U17M top ten with his javelin PB at Lee Valley and Jessica Page twice improved her U13G best to rank seventh on the club all time lists for that age group.

Woodford Open Monday 18th April

Hurdles: U13G 70mH Florence Tillson 13.40 PB U17W 80H Ruby Tillson 12.28 PB U17W 300mH Steph Okoro 43.2 SB (**UK U17W Lead**); SW 100H Chloe Williams 14.38 SB

Sprints U13B 75m Harrison Rabess 11.17 PB U13B 100m Aidan Doherty 13.79 PB; Harrison Rabess 14.72 200m Aidan Doherty 27.64; Harrison Rabess 34.17 U15B 100m Freddie Rowe 14.27 PB; U17M 100m Ike Okwudi 11.91 PB U20M 100m Ronnie Adoma 10.89 PB (**Club 5th best AT U20M**); U20M 200m Ronnie Adoma 22.35 PB U20W 200m Olivia Boachie 26.2 SM 200 Louis Berrett 24.36 PB 400 Matthew Agnimel 50.30 SB

Middle distance: 800m: Sam Mahoney U17M 2:02.94; Kieran O'Hara SM 2:04.24 SB; Daniel Lammas U17M 2:06.93 SB; Oscar Shearing U17M 2:07.48 PB Findlay McLaren U15B 2:12.9 PB; Freddy Rowe U15B 2:14.4 PB; Oliver Taylor-Bush 2:15.7 SB; Shea Sweeney U15B 2:20.9 PB; Hannah Yexley U20W 2:35.9 SB; Aidan Doherty U13B 2:37.0 PB; Sam Burdett U15B 2:37.0; Isabella Taylor-Bush U13G 2:53.4 1500m: Summer Smith 5:10.15; Abigail Swan 5:15.24 PB; Jessica Page 5:29.49 PB; Rebecca O'Rourke 5:37.76 SB 3000m: James Stewart SM 9:10.38 PB

Field U17W Hammer Katie Ennis 33.42 PB (**Club 2nd u17w AT**); Discus: Katie Ennis 30.98; Hannah Yexley 29.79; Tilly Bunn 25.41; U13G Summer Smith 14.75; Javelin: SM Peter Brinton-Quinn 63.22 PB (**Club 5th SM All time**) U17M Bobby Williams 49.49 Matthew Page 44.45 PB; U15B Zak Williams 35.25; Sam Burdett 26.87 PB U13G Jessica Page 24.87 PB (**Club 7th U13G AT**)

London Inter Club Challenge Saturday 16th April Lee Valley

100m U17W Paris King 12.99 SB; U15B John O'Brien 14.19w; 200m: U13G Jessica Page 29.69; 800m: U15B Sam Burdett 2:36.43; U13G Jessica Page 2:37.06; 80mH: U17W Paris King 11.70 PB (**Club AT U17W =7th**) 100mH: Chloe Williams 14.52; 400mH: Steph Okoro 61.82s (**Club AT U17W 2nd & female AT 4th**); DT: Katie Ennis 32.16 B: HT: Katie Ennis 30.13; JT: U20M Bradley James 59.80m PB (**Club U20M AT 5th**); U17M: Bobby Williams 54.51 PB (**Club U17M AT 9th**); Matthew Page 43.49; U15B: Zak Williams 39.40 PB; Sam Burdett 29.22 PB; John O'Brien 29.05; U17W: Emily Fessey Cook 32.55 (**Club AT U17W 5th**)

SB: Season best; PB: Personal best; AT = Club all time.