



## **Eastern Young Athletes' League, Hornchurch Sun 2<sup>nd</sup> July 2023**

	<b>Total</b>	<b>BU13</b>	<b>BU15</b>	<b>MU17</b>	<b>GU13</b>	<b>GU15</b>	<b>WU17</b>
<b>Havering AC</b>	<b>764.5</b>	<b>107</b>	<b>132</b>	<b>138</b>	<b>98</b>	<b>139.5</b>	<b>130</b>
Basildon	521	87	68	87	65	101	98
Herts Phoenix	492.5	85	84	84	75	77.5	77
Bedford & County	375	44	59	46	85	71	55
Orion/Ilford	243	21	66	44	10	39	44
Harlow	213	38	14	10	61	47	28

**Havering's Eastern Young Athletes team made the most of home advantage as they won comfortably at Hornchurch Stadium on Sunday, with all six age groups topping their categories.**

Both **Under 17** teams were back to their best now that absences during GCSE exams have finished.

The **Under 17 Men** notched up 18 victories out of a possible 26. Ike Okwudi and Emmanuel Asirifi-Otchere won both 100m strings, and Ike added the 200m A. Michael Tesi won A string shot & discus and Luca Gregory won the B discus and B javelin as Bobby Williams won the A string javelin and B discus. Oliver Pullen won the vault and hammer, and Jack Hignett's big PB won the A high jump to add to his B 200m win. Al-Ameen Salaam won the sprint hurdles, Toby Johnson and Ollie Taylor Bush won both 800m races and Jack West improved his PB for 1500m victory. Daniel Lammas joined Bobby, Ike and Emmanuel in the winning sprint relay quartet.

The **Under 17 Women** logged up 14 victories. Maggie Smith won her three events the hurdles, long jump and high jump (PB), and Faith Wicks won the B hurdles and vault, Lucy & Emily Quinlan scored full points in the javelin, and Heidi Burt won the B long jump. Charlotte and Hannah Evans won both 1500m strings, and Rosie Warner won the B 800 and there were B string sprint wins for Zara Okocha (100m), Mya Thomas (200m) and Cassie Campbell (300m). Precious Fagbadegun anchored the sprint relay to victory after legs from Mya, Zara and Cassie.

The **Under 15 Boys** dominated with 15 wins. English Schools champion Findlay McLaren returned from Birmingham to win his three events, the 800m, 300m and high jump, with PBs in the last two. Fellow English Schools competitor Zak Williams also had a winning hat-trick in the javelin, vault and hurdles. Stevie Reynolds (PB) and Liam Battrum won both 1500m strings and Charlie Keenan's PB won him the B 300m and Shea Sweeney took the 800m B race. Ryan Alexander won the high jump (PB), Dillon Humphrey and Harrison Rabess won both discus strings and Will Tilson won the B javelin before Ryan, Tobias Samuel, Jake Shaw and Adrian Shalajo-Afolabi won the relay.

The **Under 15 Girls** returned to their best with 18 wins. Kara Adegite won both sprints and was supported well by wins in the B races from Christine Atumonyogo (100m) and Jess Page (200m), and Jess also won the javelin, throwing beyond 30m for the first time. The versatile squad recorded win doubles from Amy Mansell (300m & B hurdles), Daisy Leech (800m PB & B long jump), Emmie Lole (1500m & B discus), Scarlett Woods (vault and B javelin) and Bel Drake (B 300m and high jump). Orla Friel (B 1500m) and Izzy James (hurdles) also added to the win tally before Christine, Bel, Amy and Kara won the relay.

The **Under 13 Boys** enjoyed many PBs and ten victories. Oliver West improved both his 800m and shot bests for victory and there was a win treble for Ethan Johnson (discus and javelin A and shot B) and win doubles and PBs for George Rogers (200m B and javelin B) and Henry Langford B hurdles and B high jump, while Isaac Shearing equalled his best in winning the high jump A.

The **Under 13 Girls** are getting stronger as the season progresses. Elena Williams improved her best for 1500m victory and Ome Nwapa and Sophia-Rae Ahmad took full points in the high jump while Dulce Smith won the shot on her debut.

The fourth of the five fixtures sees Havering travel to Hemel Hempstead on Sunday 16<sup>th</sup> July with the hosts Dacorum posing the strongest opposition, having run unbeaten Shaftesbury Barnet close on Sunday.

**See pics on club FB group (Members only)**