



Club Spring Warm Up Open Hornchurch Stadium Sunday 2nd April 2023

The club started their summer track and field season in style at their annual curtain raiser, the club's open at Hornchurch Stadium on Sunday, saw over 200 athletes in action in sunny but cool conditions.

The sprinters had the benefit of a tail wind and the breakthrough performances came from 15-year-old Joel Ajayi who clocked the fourth fastest ever by a club Under 17 with his winning 10.90s in the 100m, over 7-10ths under his previous best mark. Joel's 200m winning time of 22.49s – an over one second improvement - was also in the club top six U17 times, but in both cases the wind had gusted over the allowable limit.

Birthday boy Freddie Rowe was the fastest 1500m runner on show as his 4m 16.30s clocking was just shy of his best and he now has the club Under 15 record of 4:13.76 in sight. Behind him John Barker improved his club M55 record by over four seconds to 4m 48.52s. Findlay McLaren's front running winning display of 2:04.75 in the Under 15 800m also suggest that another club record could be under threat.

The highlight of the field events saw 20-year-old Peter Brinton-Quinn win the javelin in style as his throw of 66.06m was just 20cms (eight inches) short of his 66.26m best, which is the third longest by a club senior.

