

Southern Athletics League, Round 4, Woodford Sat 19th August 2023

Posn	Team Name	Points
1	Dartford Harriers	298.5
2	Havering AC	257
3	Victoria Park & Tower Hamlets	239
4	Woodford Green with EL	239
5	Ryston Runners	163
6	Stevenage & NH/HAWCS	149.5

Havering's Southern League squad finished their season strongly with a solid runners up spot to Dartford, who finished second in the table to win promotion to Division 1.

The men notched up ten wins, with double victories in five events. Matthew Agnimel and Akeen Akintokun won both A & B 400m races, and Matthew improved his 200m PB in third. Alex Friend and James Stewart scored full points in the 1500m events taking A & B string honours. On the field Luke Williams and Arron Bonning won both pole vault pools and Luke added third in the sprint hurdles and Arron second in the B shot and third in the B hammer. Peter Brinton-Quinn won the javelin with Patrick McLean-Tattan winning the B event, to add to his win in the A long jump, and discus second place, with Ronnie Adoma winning the long jump B. Emmanuel Asirifi-Otchere was third in the triple jump and later joined Chris Agnimel, Joel Ajayi and Reece Malcolm in the fourth placed sprint relay quartet. The A mixed 4x400m relay squad of Louis Berrett, Nina Brennan, Olivia Boachie and Shane Hart were second.

Shane Hart improved his career best in finishing second in the 800m A and Sam Atkins was second in the 800m B, and Rob Warner third in the 5000m with James Blogg improving his best for fourth in the B. Adam McCarthy was 400m hurdles runner up and Gary Atkins and Steve Walker added 2000m 'chase points. The sprinters had the benefit of a following win and some strong opposition and Joel Ajayi and Recce Malcolm both ran faster than before in fourth and third in the A & B 100m. Toby Bishop (shot & hammer) and Nathan Hart (discus B) completed the men's scoring individual line up.

Natalie Sewell's winning third Under 20 and senior 1500m steeplechase record topped the bill for the ladies team, and was backed up by Olivia Boachie's A string 400m win and Ginte Bailey's win in the A 1500m. There were track second places for Maddie Barker in the 800m A race, Lucy Natrass in the B 200m and Nina Brennan in the B 400m. Cassie Campbell (third 200m and fourth in the 100m), Abi Swan (third B 800m) and Rebecca O'Rourke (fourth 1500m B) and Megan Cook (100m B) completed the track line up.

The squad covered all field events to score valuable points. Claire Brennan won the B high jump, and pole vault runner up and third in the javelin, Nina Brennan won the B vault, Alice Atkins won the B hammer and was second in the B javelin and scored in the triple jump. Tilly Bunn was second in the discus and added shot and hammer points, and Amy Kilner was third in the B triple jump and fifth in the long jump and Maggie Smith fifth in the long jump. The sprint relay team of Cassie Campbell, Rachel Kerr, Alice Atkins and Amy Kilner were fifth and the B mixed relay quartet third.

The result saw Havering finish fourth in the 18 team table, with 17 points just one point behind Dartford.

SAL Div 2 North & East (Top 6)

1 Cambridge Harriers	20 league 1060.5 match points -Promoted
2. Dartford	18 (1185) - Promoted
3. Dacorum	18 (1145)
4. Havering	17 (1071)
5. Thurrock	17 (993)
6. Victoria Park & Tower Hamlets	16 (961)

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Joel Ajayi U17	4	10.85w	Reece Malcolm U20	3	11.23w
200	Ronnie Adoma U20	4	22.50w	Matthew Agnimel	3	22.04
400	Matthew Agnimel	1	49.28	Akeem Akintokun	1	51.26
800	Shane Hart U20	2	1:58.77	Sam Atkins	2	2:02.18
1500	Alex Friend	1	4:07.70	James Stewart	1	4:15.43
5000	Rob Warner M40	3	16:11.34	James Blogg M40	4	16:44.92
110H	Luke Williams M35	3	19.71	-		
400H	Adam McCarthy	2	64.04	-		
2K SC	Gary Atkins M55	5	7:54.56	Steve Walker M50	3	8:54.00
H.J.	Arron Bonning M45	4	1.43	-		
P.V.	Luke Williams M35	1	3.72	Arron Bonning M45	1	2.70
L.J.	Patrick McLean-Tattan U20	1	6.43	Ronnie Adoma U20	1	6.40
T.J.	Luke Williams M35	5	10.14	Emmanuel Asirifi-Otchere U17	3	9.53
S.P.	Toby Bishop	4	9.18	Arron Bonning M45	2	8.61
D.T.	Patrick McLean-Tattan U20	2	34.46	Nathan Hart	6	14.39
H.T.	Toby Bishop	5	24.70	Arron Bonning M45	3	18.34
J.T.	Peter Brinton-Quinn	1	62.56	Patrick McLean-Tattan	1	48.18
4x100	Emmanuel, Reece, Chris Joel				4	45.22
4x400	Mixed A: Louis Berrett 52.7, Nina B 63.8, Olivia B 56.8 Shane 53.2				2	3:46.81

Non-Scoring: MEN: 100: Chris Agnimel U17 11.18w; Emmanuel Asirifi-Otchere U17 11.20w; 200: Akeem Akintokun 22.53; Joel Ajayi U17 22.64; Lewis Bailey 22.85; Reece Malcolm U20 22.90; Emmanuel Asirifi-Otchere U17 23.46; Aaron Freshwater 24.15400: Archie Winney U20 53.84; 800: Kieran O'Hara 2:03.57; Nathan Hart U17 2:12.31; Paul Berrett M60 2:31.07; 1500: Louis Berrett 4:12.44; Matthew Blacklock U20 4:36.86; 5000 Dan Meredith M50 18:04.10

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Cassie Campbell U17	4	13.28	Megan Cook U20	6	14.66
200	Cassie Campbell U17	3	26.43w	Lucy Natrass U20	2	27.83w
400	Olivia Boachie U20	1	57.62	Nina Brennan W35	2	64.87
800	Maddie Barker U20	2	2:23.90	Abi Swan U17	3	2:47.77
1500	Ginte Bailey W35	1	5:03.99	Rebecca O'Rourke	4	5:36.44
1.5 SC	Natalie Sewell U20	1	5:06.35	Club U20 & Senior record		
H.J.	Lucy Natrass U20	3	1.33	Claire Brennan W40	1	1.28
T.J.	Alice Atkins U20	6	8.55	Amy Kilner	3	8.19
P.V.	Claire Brennan W40	2	2.10	Nina Brennan W35	1	1.85
L.J.	Maggie Smith U17	4	4.87	Amy Kilner	5	3.67
S.P.	Claire Brennan W40	4	7.16	Tilly Bunn U17	4	6.22
D.T.	Tilly Bunn U17	2	26.51	Olivia Boachie U20	2	16.06
J.T.	Claire Brennan W40	3	19.83	Alice Atkins U20	2	15.86
H.T.	Tilly Bunn U17	5	21.48	Alice Atkins U20	1	18.89
4x100	Cassie, Rachel, Alice, Amy				5	55.37
4x400	Mixed B: TBC 57.5, Rachel 73.9, Ginte 69.0, TBC 55.6				3	4:16.00

Non-Scoring: WOMEN: 200: Rachel Kerr 28.84w; 1500 Maddie Barker 4:52.10