

Youth Development League – Upper : Basildon Sunday 28th May 2023

Posn	Team Name	Points
1	Havering AC	659.5
2	Cambridge Harriers (Kent)	617.0
3	Medway & Maidstone	597.0
4	Tonbridge AC	579.0
5	Basildon	461.5
6	Croydon Harriers	477.0
7	Newham & EB	217.0

Havering's Under 17 and Under 20 squad continued their good start to the season with victory in their Youth Development match at Basildon Sporting Village on Sunday.

Natalie Sewell's front-running 1500m steeplechase win in a new club record was the highlight for the **Under 20 Women's** team backed up by A string wins for Steph Okoro in the 200m, Olivia Boachie's 400m win and Maddie Barker's 1500m victory. Natalie and Olivia were joined by Under 17s Charlotte and Hannah Evans in the winning 4x400m relay squad. Katie Ennis won the pole vault and was hammer and discus runner up, Paris King was second in both the 100m sprint and 100m hurdles and Joyce Nzekwe was second in the triple jump and third in both shot and long jump, and Lucy Natrass third in the high jump. Joyce, Paris, Lucy and Steph were second in the sprint relay.

The **Under 20 Men's** were in good form with eight victories. Ronnie Adoma improved his 200m best to win and added a long jump win and was second in the 100m, and there were also wins for his B string partners Reece Malcolm (200m) and Tom Atkins (long jump). On the field there was a win double for Patrick McLean-Tattan (shot and discus) and the javelin partnership of Simon Hill and Matthew Page, who was also second in the vault. Charlie Burgess and Shane Hart were both second in their 1500m strings, and the sprint relay squad of Kamel Ajayi, Reece Malcolm, Calvin Sanni and Ronnie Adoma.

The **Under 17 Women's** team worked hard against strong opposition. Ruby Tillson set PBs in all her three events, winning the sprint hurdles in her fastest legal time and throwing the javelin further than before for victory and placing second in the shot in a new best. There were also wins for Rosie Warner (3000m) and Tilly Bunn in the B shot, also adding second in the discus and third in the hammer. Maggie Smith had a trio of runners up spots in the 80m hurdles, 300m hurdles and high jump, where she improved her best, and there were second places for Isobel Pickard (300m), Hannah Evans (800m B), Poppy Smith (B hammer), and Abi Swan (Javelin B) and Abi was third in the 1500m.

The throwers again led the way for the **Under 17 Men's** squad with four wins. Wyatt Larkins improved his best for hammer victory as James Mallon's PB won the B , and James added discus B win as Michael Tesi was second in the A string, and Bobby Williams won the javelin. Ike Okwudi won both B 100m and 200m and Joel Ajayi was second in the A 100m and third in the 200m and B shot. Al-Ameen Salaam was runner up in the sprint hurdles as was Nathan Hart in the B 1500m before Emmanuel Asirifi-Otchere joined Joel, Al-Ameen and Ike in the third placed sprint relay squad.

The win sees Havering level on league points with first round winners Cambridge Harriers, but second in the table as they have fewer match points than the leaders. The third-round fixture is at Medway Park, Kent on 25th June.



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U20M	A STRINGS	Pos.	Time/Dist			B STRINGS	Pos.	Time/Dist
100	Ronnie Adoma	2	10.95		100	Reece Malcolm	3	11.46w
200	Ronnie Adoma	1	22.17 PB		200	Reece Malcolm	1	23.08
400	Calvin Sanni	5	54.42		400			
800	Finley Wolton	5	2:12.75 PB		800	Joseph Gray U17	5	2:27.76
1500	Charlie Burgess	2	4:25.77		1500	Shane Hart	2	4:26.03
LJ	Ronnie Adoma	1	6.47		LJ	Tom Atkins	1	5.70
PV	Matthew Page	2	2.50					
SP	Patrick McLean-Tattan	1	11.95		DT	Patrick McLean-Tattan	1	39.69
JT	Simon Hill	1	47.00		JT	Matthew Page	1	46.10
4x100	Kamel Ajayi U17, Reece Malcolm, Calvin Sanni, Ronnie Adoma						2	44.49
4x400	Adem Bouadjadja U17 (55.8), Toby Johnson U17 (55.2), Finley Wolton (57.7), Josh Lee Prime (55.1)						3	4:43.59
U17M	A STRINGS	Pos.	Time/Dist			B STRINGS	Pos.	Time/Dist
100	Joel Ajayi	2	11.16		100	Ike Okwudi	1	11.43
200	Joel Ajayi	3	22.51w		100	Ike Okwudi	1	23.06w
400	Joseph Finch	5	54.51 PB		400	Adem Bouadjadja	4	55.25 PB
800	Toby Johnson	4	2:09.44		1500	Daniel Lesser	5	2:22.82 PB
1500	Jack West	4	4:22.63 PB		1500	Nathan Hart	2	4:37.04
100H	Al-Ameen Salaam	2	14.45					
HJ	Al-Ameen Salaam	5=	1.50		HJ	Daniel Lesser	3	1.45
LJ	Aly Hashem	7	4.12		TJ	Emmanuel A-Otchere	5	10.03
SP	Adem Bouadjadja	4	7.41		SP	Joel Ajayi	3	6.07
DT	Michael Tesi	2	31.12		DT	James Mallon	1	28.30
HT	Wyatt Larkins 2 nd	1	54.84		HT	James Mallon	1	24.74 PB
JT	Bobby Williams	1	51.72		JT			
4x100	Emmanuel Asirifi-Otchere, Joel Ajayi, Al-Ameen Salaam, Ike Okwudi,						3	45.76

U20W	A STRINGS	Pos.	Time/Dist			B STRINGS	Pos.	Time/Dist
100	Paris King	2	12.45		100	Mya Thomas	4	13.04 =PB
200	Stephanie Okoro	1	25.23		200	Lucy Natrass	5	28.3
400	Olivia Boachie	1	58.64		1500	Maddie Barker	1	4:48.34
100H	Paris King	2	16.56		1500SC	Natalie Sewell	1	5:13.58 PB ##
HJ	Lucy Natrass	3	1.35		PV	Katie Ennis	1	2.25
LJ	Joyce Nzekwe	3	4.68		TJ	Joyce Nzekwe	2	10.96
SP	Joyce Nzekwe	3	9.36		HT	Katie Ennis	2	35.68
DT	Katie Ennis	2	30.92		JT	Katie Ennis	2	24.05 PB
4x100	Joyce Nzekwe, Paris King, Lucy Natrass, Steph Okoro						2	49.61
4x400	Natalie Sewell (62.1), Charlotte Evans (65.2), Hannah Evans (67.5), Olivia Boachie (57.8)						1	4:12.55

U17W	A STRINGS	Pos.	Time/Dist			B STRINGS	Pos.	Time/Dist
100	Zara Okocha	6	13.33		100	Precious Fagbadegun	4	13.19
200	Cassie Campbell	4	26.31w		200	Precious Fagbadegun	5	27.75
300	Isobel Pickard	2	43.55 PB		300	Gillian Danbata	6	48.54
800	Charlotte Evans	4	2:26.98 PB		800	Hannah Evans	2	2:34.40
1500	Abi Swan	3	5:23.06		3000	Rosie Warner	1	11:37.41
80H	Ruby Tillson	1	11.69 PB		80H	Maggie Smith	2	13.01
300H	Maggie Smith	2	49.16		HJ	Maggie Smith	2	1.50 PB
LJ	Maisie Lee	7	3.37		LJ	Poppy Smith	3	3.17
TJ	Charlotte Evans	4	8.44		TJ	Rosie Warner	2	7.93 PB
JT	Ruby Tillson	1	31.08 PB		JT	Abi Swan	2	20.09
SP	Ruby Tillson	2	11.19 PB		SP	Tilly Bunn	1	8.13
DT	Tilly Bunn	2	26.89		DT	Maisie Lee	3	11.88
HT	Tilly Bunn	3	27.84		HT	Poppy Smith	2	13.44
4x100	Mya, Precious, Hannah, Cassie,						5	52.99
4x300	Rosie, Gillian, Abi, Isobel						5	3:13.60

Club U20 record

Non Scorers:

100: Calvin Sanni 11.79w; Kamel Adjei 11.92 PB; 200: Emmanuel Asirifi-Otchere 23.51 PB, Calvin Sanni 24.05
100: Cassie Campbell 13.07; Niamh Donovan 14.12 PB; Megan Cook 14.72; 200: Mya Thomas 27.64; SP
Poppy Smith 7.18; Maisie Lee 7.36.

League table after Match 2 of 4

Posn	Team Name	League	Points
1	Cambridge Harriers (Kent)	13	1367.0
2	Havering AC	13	1196.5
3	Medway & Maidstone	9	1102.0
4	Tonbridge AC	9	1085.0
5	Croydon Harriers	6	965.0
6	Basildon	4	837.5
7	Newham & EB	2	399.0