

National Athletics League, Championship R2 Hendon Sat 22nd June 2024

Posn	Team Name	Ladies	Men	Officials	Points
1	Shaftesbury Barnet Harriers	298	302	50	650
2	Havering AC	239	224	30	494
3	Chelmsford AC	166	274	30	472
4	Herts Phoenix AC	265	145	50	460
5	Herne Hill Harriers	209	190	25	424
6	Newham & Essex Beagles AC	97	138	0	235

Havering's seniors finished a fine second in their second National Athletics League fixture at the StoneX Stadium, Hendon on Saturday to put themselves in the promotion hunt.

There were six wins from the 16-strong ladies' squad with over half the team from the Under 20 or Under 17 age group. The youngest ladies' team member, 16-year-old Alicia Fairmaner, who recently equalled the club long jump record, produced the only A string win, comfortably taking the long jump, as multi eventer Katy Sealy was third in the B in the first of her five field events, and was also third in the javelin, totalling 30 points in the process.

Steph Okoro continued her return to fitness winning the 200m B race, after placing third in the A 400m. Her partners both did well. Cassie Campbell was third in the A 200m, after setting a new PB in the 100m, and Olivia Boachie won the B 400m after gaining B string 100m points.

Another track victory came from Robyn Matson who took full points in the B 3000m as Maddie Barker came through strongly to earn second place in the A string. Gemma Kersey was edged into second in the A 800m as Hannah Evans improved her season best for third in the B 800m, and was third in the B triple jump, as twin Charlotte also set a season best in the 1500m.

Claire Brennan was second in the B 400m hurdles and third in the 100m hurdles B race, both in season's bests and her 100m hurdles time was her fastest for five years. Choe Williams also set a season's best in both A string races finishing third in the 400m hurdles, and also added third in the B high jump.

There were B string field event wins for Katie Ennis and Tilly Bunn, with Katie adding B javelin victory to her discus and hammer points, and Tilly's hammer PB won the B event, and she was third in the B discus. Nina Brennan added B shot points.

Matthew Agnimel's dominant 400m A string win was the only win for the men's squad, but it was backed up by a strong all-round team performance. Matthew's 400m B string partner Isaac Ogunlade posted his fastest time of the season in second, to add to his earlier second place in the 400m hurdles A string event, as Jason Lendon was a valuable third in the B race, later adding another third in the B 'chase, with Sam Atkins placing second in the 'chase A string. Michael Shonibare was second in the 200m A race and joined Mathhew Agnimel, Louis Berrett and Alex Friend, who had finished third in the B string 1500m, in the second placed 4x400m relay squad.

In the 800m A race 15-year-old Findlay McLaren was an impressive runner up taking over a second off his best, clocking the second fastest ever time by a club Under 17, and Matthew Blacklock was also second in the B string. There were good track points in the 5000m from Ben Davis, who was third in the A string and James Stewart, second in the B string, while vaulter Luke Williams who was second in the sprint hurdles to add to his vault and long jump points.

In the field Laurence Goodacre returned to action with third place in the shot and fourth in the javelin and ever-reliable Graham Holder was third in both the hammer and B shot. Sam Lawson (100m & relay), Akeem Akintokun (200m & relay), Reece Malcolm (relay) and Freddie Rowe (1500m) completed the men's line up.

The squad now head to Stevenage for the third and final league fixture on 7th July, neck and neck with Chelmsford to become the second-place team to qualify alongside Shaftesbury Barnet for the promotion final.

League after Round 2 of 3

Posn	Team Name	League	Points		
1	Shaftesbury Barnet Harriers	16	1250		
2	Havering AC	13	1018		
3	Chelmsford AC	13	1007		
4	Herts Phoenix AC	10	960		
5	Herne Hill Harriers	7	779		
6	Newham & Essex Beagles AC	7	642		

Women		A STRING	Pos.	Time/Dist	B STRING		Pos.	Time/Dist
100	Cassie Campbell U20		4	12.60 PB	100	Olivia Boachie U20	12.83w	4
200	Cassie Campbell U20		3	25.77	200	Stephanie Okoro U20	1	25.39
400	Stephanie Okoro U20		3	57.38	400	Olivia Boachie	1	60.60
800	Gemma Kersey HCA		2	2:12.37	800	Hannah Evans U20	3	2:33.66
1500	Ginte Bailey W35		6	5:07.82	1500	Charlotte Evans U20	3	5:10.94
3000	Maddie Barker U20		2	10:21.69	3000	Robyn Matson W35	1	11:16.11
100H	Chloe Williams W35		4	14.59	100H	Claire Brennan W40	3	17.71
400H	Chloe Williams W35		3	65.98	400H	Claire Brennan W40	2	70.34
1500 S/C --				1500 S/C				
PV	Claire Brennan W40		4	2.51	PV	--		
L.J.	Alicia Fairmaner U17		1	5.43	L.J.	Katy Sealy HCA	3	4.52
H.J.	Katy Sealy HCA		4	1.51	H.J.	Chloe Williams W35	3	1.41
T.J.	Katy Sealy HCA		4	9.50	T.J.	Hannah Evans U20	3	8.08
S.P.	Katy Sealy HCA		6	8.28	S.P.	Nina Brennan	4	7.75
D.T.	Katie Ennis U20		6	33.68	D.T.	Tilly Bunn U20	3	27.16
H.T.	Katie Ennis U20		5	34.82	H.T.	Tilly Bunn U20	1	23.30 PB
J.T.	Katy Sealy HCA		3	29.63	J.T.	Katie Ennis U20	1	23.03
4x100	Claire, Nina, Cassie, Steph						4	52.72
4x400	--							

Men		A STRING	Pos	Time/Dist	B STRING		Pos.	Time/Dist
100	Sam Lawson U20 HCA		5	11.20	100	Louis Berrett	5	12.07
200	Michael Shonibare HCA		2	21.93	200	Akeem Akintokun	5	22.84w
400	Matthew Agnimel		1	47.86	400	Isaac Ogunlade	2	49.95
800	Findlay McLaren U17		2	1:54.81 PB	800	Matthew Blacklock	2	1:59.77
1500	Freddie Rowe U17		4	4:02.51	1500	Alex Friend	3	4:17.02
5000	Ben Davis		3	15:18.84	5000	James Stewart	2	15:44.17
110H	Luke Williams M35		2	21.34	110H	-		
400H	Isaac Ogunlade		2	55.71	400H	Jason Lendon M45	3	86.02
2k SC	Sam Atkins		2	6:34.65	2k SC	Jason Lendon M45	3	7:34.66
L.J.	Lewis Bailey		5	5.10	L.J.	Luke Williams M35	3	5.08
T.J.	Ben Davis		6	10.12	T.J.	Sam Atkins	5	9.72
H.J.	-				H.J.	-		
P.V.	Luke Williams M35		5	3.40	P.V.			
S.P.	Laurence Goodacre		3	13.13	S.P.	Graham Holder HCA M50	3	10.01
D.T.	Graham Holder HCA M50		4	30.74	D.T.	Luke Williams M35	4	20.92
J.T.	Laurence Goodacre		4	32.99	J.T.	Jason Lendon M45	5	6.63
H.T.	Graham Holder HCA M50		3	46.99	H.T.	Jason Lendon M45	4	13.66
4x100	Akeem Akintokun, Reece Malcolm, Lewis Bailey, Sam Lawson						5	43.96
4x400	Matthew 50.1, Michael 49.0, Louis 52.8, Alex 53.2						2	3:25.06

Non Scoring: 200: Sam Lawson 22.62w, Reece Malcolm 22.88w; Lewis Bailey 23.08w; 400: Louis Berrett 52.10 ; Nina Brennan 64.58

HCA = Higher Competition Athlete