

National Athletics League, Championship Promotion Match
Bedford Saturday 3rd August 2024

Posn	Team Name	Points
1	Shaftesbury Barnet Harriers	593.5
2	City of Sheffield	539.0
3	Tonbridge AC	506.0
4	Swansea Harriers	485.0
5	Cardiff AC	425.5
6	Trafford AC	381.0
5	Belgrave Harriers	378.0
6	Havering AC	281.0

Havering's seniors rounded off their National Athletics League season at the high-quality Premiership Promotion match at Bedford. On a day when points were hard to come by against the very strong opposition from the top two teams in each Regional NAL Championship division, there were a number of season's bests and PBs to celebrate.

All-rounder Ruby Tillson once again produced some fine results and produced the only win for the 12-strong ladies' squad with victory in the B long jump, with a jump close to her best, and she improved her PB in the 100m hurdles for second behind Sheffield's international Alicia Barrett. Ruby was close to her javelin best in fourth and added a PB in the 200m. Matthew Agnimel was the only other club winner, taking the B 400m after Michael Shonibare was second in the A 400m behind Swansea international Joe Brier.

National 400m hurdles Under 20 champion Stephanie Okoro was runner up in her speciality behind GB senior international Hayley McLean (Shaftesbury) and was close to her season's best in the flat 400m. England Athletics Under 17 medallist Alicia Fairmaner was second in the long jump after leading for four rounds before Cardiff's Welsh International Rebecca Chapman edged past for victory.

Olivia Boachie's strong finish brought her B 400m third place in a photo finish after running faster than ever before in the 100m and in the B 400m hurdles Claire Brennan's season best, and her fastest time since 2021, also placed her third and extended her lead at the top of the UK W40 rankings, so she heads to the World Masters Championships in Gothenburg in good shape.

There were also third places for the men's javelin pairing of Patrick McLean-Tattan and Hal Hutton as Patrick moved into the club all-time Under 20 top 10 with his PB throw, and he also improved his discus best to rank third on the club all-time under 20 list. Another throws third place went to Graham Holder, the leading UK M50 hammer thrower who also added shot and discus points, and on the track James Stewart was third in the B 3000m, as Alex Ford improved his season's best in the A string, as did Kieran O'Hara in the 1500m, and Rob Warner made a welcome return to club colours in his first track outing of the summer for third in the 3000m 'chase to go second in the UK M40 lists.

Maddie Barker and Robyn Matson were both fourth in the 3000m as was Laurence Goodare in the shot. Katie Ennis improved her discus PB to rank 12th all-time on the club rankings. Sprinter Sam Lawson improved his fastest times in both the 100m and 200m and there were season's best for his B string partners Chris Agnimel (100m) and Isaac Ogunlade (200m), and also for Ginte Bailey (800m) and Nina Brennan (discus) and the women's sprint relay quartet of Steph, Claire, Olivia and Cassie Campbell.

Ladies team manager and club secretary Tony Benton said "We were delighted to qualify for this Promotion Final after finishing second in our Regional Division against the odds, and we knew that we would be up against it in this final. Although outgunned by the strong opposition on the day, our small squad performed brilliantly and we couldn't have asked for more. We have a very good group of youngsters coming through to join the squad next season and we can look forward to another good season in the National League.

On Saturday 17th August, just two days after receiving her A-level results, Stephanie Okoro will pull on a vest for the England Under 20 squad as she competes in the Home Countries International at Eton in the 400m hurdles and the 4x 400m relay. It marks the fourth international appearance for the Romford 18-year-old, who in recent years will have represented Great Britain and England teams at both Under 18 and Under 20 levels, as well as the English Schools team.

England Athletics News Release link: [U20 Home Countries International team announced - England Athletics](#)

Women		A STRING	Pos.	Time/Dist	B STRING		Pos.	Time/Dist
100	Cassie Campbell U20		8	12.65	100	Olivia Boachie U20	5	12.63w wPB
200	Cassie Campbell U20		8	25.68	200	Ruby Tillson U20	8	25.87 PB
400	Stephanie Okoro U20		5	55.99	400	Olivia Boachie U20	3	60.58
800	Natalie Sewell		5	2:22.03	800	Ginte Bailey W35	6	2:33.22 SB
1500	Ginte Bailey W35		8	5:11.51	1500	-		
3000	Maddie Barker U20		4	10:24.73	3000	Robyn Matson W35	4	12:07.03
100H	Ruby Tillson U20		2	14.18 PB	100H	Claire Brennan W40	DQ	
400H	Stephanie Okoro U20		2	60.54	400H	Claire Brennan W40	3	69.40 SB
L.J.	Alicia Fairmaner U17		2	5.61w	L.J.	Ruby Tillson U20	1	5.57
S.P.	Nina Brennan W35		8	7.52	S.P.	Katie Ennis U20	8	5.93
D.T.	Katie Ennis U20		5	36.04 PB	D.T.	Nina Brennan W35	6	21.34 SB
H.T.	Katie Ennis U20		6	34.96	H.T.	Nina Brennan W35	6	17.60
J.T.	Ruby Tillson U20		4	31.57	J.T.	Katie Ennis U20	6	21..98
4x100	Steph, Claire, Olivia, Cassie						6	50.55 SB
Men		A STRING	Pos	Time/Dist	B STRING		Pos.	Time/Dist
100	Sam Lawson U20 HCA		7	10.75w wPB	100	Chris Agnimel U20	6	11.20w SB
200	Sam Lawson U20 HCA		6	22.10w wPB	200	Isaac Ogunlade	5	22.60w SB
400	Michael Shonibare HCA		2	47.73	400	Matthew Agnimel	1	48.15
800	Alex Friend		8	2:04.05	800	Louis Berrett	6	2:03.62
1500	Kieran O'Hara		6	4:03.59 SB	1500	John Barker M55	7	5:47.20
3000	Alex Ford		5	8:54.34	3000	James Stewart	3	8:58.70
400H	Isaac Ogunlade		6	55.73	400H	-		
3k SC	Rob Warner M40		3	10:14.25 SB	3k SC	-		
S.P.	Laurence Goodacre		4	12.97	S.P.	Graham Holder HCA M50	7	9.84
D.T.	Patrick McLean-Tattan U20		5	38.39 PB	D.T.	Graham Holder HCA M50	7	31.80
J.T.	Patrick McLean-Tattan U20		3	53.19 PB	J.T.	Hal Hutton	3	47.69 SB
H.T.	Graham Holder HCA M50		3	46.51	H.T.	Laurence Goodacre	6	25.40 SB
4x400	Matthew, Alex, Louis, Isaac						6	3:30.11

HCA = Higher Competition Athlete