

Southern Athletics League, Round 3, Gillingham Sunday 13th July 2025

Posn	Team Name	Points
1	Brighton & Hove	272
2	Medway & Maidstone	253
3	Wycombe & Chiltern	247
4	Havering AC	235
5	City of Norwich	233
6	Basingstoke & Mid-Hants	160

The Southern Athletic League team edged into fourth place in their third-round Division 1 fixture held in hot conditions at Medway Park, Gillingham on Sunday.

The team once again combined youth and experience and returned home with some good results and several personal bests. Orla Friel won the 1500m with fellow Under 17 Ruby Beasley fourth in the B and Emmie Lole's PB earned her 800m runners up spot and Poppy Vines also improved her best to win the 800m B. Another U17 Jamine Asmal tackled the tough 400m hurdles for the first time and won the B race and was third in the triple jump and Claire Brennan was second in both the 400m hurdles A and sprint hurdles B and third in the vault, while Chloe Williams won the A sprint hurdles and was third in the 100m. Team manager Ginte Bailey led by example winning the steeplechase B event as Morgan Campbell was third in both the 'chase A and also the 3000m.

There were good points in the field as Eboni Roach, another Under 17, won both shot A and discus B while Katie Ennis won the A discus, placed second in the javelin, and was third in the hammer. Second places were achieved by U17 Liberty Jamlick, with a PB in the B long jump and Lucy Chapelhow with her B high jump PB, with Amy Mansell equalling her high jump PB for third in the A string and Cassie Campbell placed third in the B 200m.

The men's team found points harder to come by but 400m specialist Matthew Agnimel stepped down to win the 100m in a new career best and also took full points in the 200m. Shane Hart's 400m PB placed him second as did Charlie Burgess's PB in the B 800m as Shea Sweeney set a new PB in the 800m A. James Stewart was second in the longest event, the 5000m and there were 1500m third places for the painting of Andrew Adebuseye and Rob Trevor. Ryan Alexander equalled his high jump PB as runner up and Luke Williams won the vault, with Mark Bishop second in the B, while his on Toby Bishop was third in the javelin

The four-match season ends next month as the squad travel to Norwich and will need to field a stronger team as they face the hosts, as well as Harrow, Chelmsford, London Heathside, and Ipswich/Colchester, all of whom are in the top half of the table.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Cassie Campbell U20	5	13.48	Chloe Williams W35	3	13.15
200	Amy Mansell U17	5	26.70	Cassie Campbell U20	3	27.02
400	Lucy Chapelhow U20	4	61.63	Haleema Asmal W50	6	94.54
800	Emmie Lole U17W	2	2:16.81 PB	Poppy Vines U17	1	2:19.38 PB
1500	Orla Friel U17	1	4:51.79	Ruby Beasley U17	4	5:31.24
3000	Morgan Campbell W35	3	11:17:50			
100H	Chloe Williams W35	1	14.63	Claire Brennan W40	2	18.45
400H	Claire Brennan W40	2	73.59	Jasmine Asmal U17	1	70.98 PB
2000SC	Morgan Campbell W35	3	7:59.07	Ginte Bailey W35	1	8:15.42
H.J.	Amy Mansell U17	3	1.40 =PB	Lucy Chapelhow U20	2	1.40 PB
P.V.	Claire Brennan W40	3	2.50			
L.J.	Amy Mansell U17	4	4.87	Liberty Jamlick U17W	2	4.70 PB
T.J.	Jasmine Asmal U17	3	9.67	Orla Friel U17	4	7.80
S.P.	Eboni Roach U17	1	10.96	Nina Brennan W40	4	7.34
D.T.	Katie Ennis	1	34.75	Eboni Roach U17	1	28.99
H.T.	Katie Ennis	3	34.65	Nina Brennan W40	4	20.74

J.T.	Jasmine Asmal U17	4	24.01	Katie Ennis	2	22.96
4x100	Lucy, Amy, Liberty, Cassie				4	50.99
4x400	Claire, Orla, Lucy, Jasmine				5	4:25.36
EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Matthew Agnimel	1	10.92 PB	Ryan Alexander U17	5	11.91
200	Matthew Agnimel	1	21.97	Shea Sweeney U17	6	25.12
400	Shane Hart U20	2	52.33 PB	Jayden Wilkinson U17	5	56.71
800	Shea Sweeney U17	5	2:00.57 PB	Charlie Burgess U20	2	2:02.47 PB
1500	Andrew Adebusoye	3	4:12.04	Rob Trevor M45	3	4:42.30
5000	James Stewart	2	15:40.99	Michael O'Callaghan	4	18:16.65
110H	Luke Williams M35	4	20.55	Toby Bishop	DQ	
H.J.	Ryan Alexander U17	2	1.85 =PB	Charlie Burgess U20	5	1.45
P.V.	Luke Williams M35	1	3.60	Mark Bishop M55	2	3.00
L.J.	Jayden Wilkinson U17	5	5.28	Ryan Alexander U17	4	4.80
T.J.	Andrew Adebusoye	5	10.44	Arron Bonning M45	5	9.73
S.P.	Toby Bishop	6	9.99	Arron Bonning M45	5	7.95
D.T.	Toby Bishop	5	29.71	Arron Bonning M45	6	21.88
J.T.	Toby Bishop	3	43.00	Arron Bonning M45	4	33.36
H.T.	Arron Bonning M45	6	22.63 PB	Jason Lendon M50	5	17.19 PB
4x100	Ryan, Matthew, Michael, Rob				6	49.72
4x400	Andrew, Shea, James, Jayden				4	3:43.58

Non-Scoring: MEN: 800: Nathan Hart U20 2:16.35.

Non-Scoring: WOMEN: 800: Ginte Bailey 2:25.26; DT: Clare Coogan 21.30; Nina Brennan 21.10