

National Athletics League, Championship Rnd 1 Chelmsford Sat 7th May 2022

Posn	Team Name	Points
1	Chelmsford	560
2	Basingstoke & Mid Hants	496
3	Havering AC	482
4	Liverpool	439
5	Herts Phoenix	348
6	Bournemouth	333
7	Bedford & County	294
8	Peterborough & Nene Valley	214

Havering's seniors had to settle for third as the National Athletics League finally got under way in its intended format at Chelmsford on Saturday. The league, which brings together the former Men's British Athletics League and UK Women's Leagues in a combined format, was due to get underway in 2020 in an eight-team format, and was introduced in an interim form last year with four-team local divisions arising from lockdown.

The ladies' squad had seven wins and four second places to show for their efforts. There were full points for Adelaide Thatcher-Gray and Niamh Pridie, on her first competition in club colours, and Gemma Kersey and Morgan Campbell won both steeplechase strings after finishing third in the 800m A and 3000m B events respectively.

Chloe Williams won the sprint hurdles, despite clattering the last flight, and Ginte Bailey won the 1500m B string as Natalie Sewell was a good A string runner up. Hannah Yexley won the B discus on her debut, as Under 17 Katie Ennis was fourth in the A. Katy Sealy had a busy day finishing second in the triple jump and adding points in the high jump, long jump and shot.

Stephanie Okoro was second in the A 400m and fourth in the 200m, and her B string partners Karis Thomas (200m) and Olivia Boachie (400m) were third and second respectively. Fifteen-year-old Ruby Tillson was third in the B high jump on her debut and Molly Sweetman also picked up third placed points in the 800m race.

Under 20s Emma Ramsden and Maddie Barker were fourth and fifth in their 100m and 3000m races and Nina Brennan completed the squad adding shot and hammer points.

Olivia, Chloe, Emma and Karis combined for fifth in the sprint relay but the 4x400m quartet of Chloe, Natalie, Nina and Olivia crossed the line third only to find that they were one of three teams disqualified by the judges for a changeover infringement.

The javelin also produced full points for the men as Bradley James moved up to fourth on the club all time U20 list for victory with his 61.03m throw, and Peter Brinton-Quinn was overall runner up to secure B string victory. James Connor led all the way for 5000m victory as James Stewart was second in the B string. Rob Warner improved his club M40 Masters records by dipping under 10 minutes in the 'chase, and late stand in Sam Atkins was runner up in the B. Kieran O'Hara carved five seconds off his 1500m PB for third in the B as Ben Davis clocked his fastest time since 2018 for fourth in the A event.

Lewis Bailey won the 100m B race after Ronnie Adoma's A string fourth and Ronnie won the 200m B race as Michael Shonibare was second in the A string. Jacob Blanc was second in his first race at the senior 400m hurdles, the second fastest by a club Under 20, and he returned to the track to improve his 400m flat PB for B string third, and A string Matthew Agnimel also improved his best for third in the A. Matthew added triple jump third place points.

Patrick McLean-Tattan set a new long jump best for third on his league debut and Ridwan Salaam also set new career marks for third in the B. In the throws Laurence Goodacre returned to action for third in the shot and the busy Duane Jibunoh was fourth in the B shot, and discus and third in the B hammer. Former Club President Mark Bishop answered the call to cover the discus B (third) pole vault (fourth), and hammer (sixth) setting a couple of club M55 bests on the way. Luke Williams added points in the hurdles, triple jump as well as his pole vault speciality. Dan Peters and Louis Berrett (PB) completed the line up with 800m points.

Matthew, Michael, Luke and Ben rounded off the day with fourth in the 4x400m relay.

The new format was certainly a success although problems with the new results software system delayed a final result until Sunday evening, after IT problems throughout the day. Hopefully these teething problems will be resolved before the team travel to Bedford for round 2 on Saturday 4th June.

Women		A STRING		Pos. Time/Dist		B STRING		Pos. Time/Dist	
100	Karis Thomas U20	5	12.56	100	Emma Ramsden U20	4	13.00		
200	Stephanie Okoro U17	4	25.51	200	Karis Thomas U20	3	25.93		
400	Stephanie Okoro U17	2	56.67	400	Olivia Boachie U20	2	59.07		
800	Gemma Kersey HCA	3	2:10.90	800	Molly Sweetman	3	2:22.61		
1500	Natalie Sewell U20	2	4:49.82	1500	Ginte Bailey W35	1	5:01.10		
3000	Maddie Barker U20	5	10:30.75	3000	Morgan Campbell	3	10:45.56		
100H	Chloe Williams	1	14.52	400H	=				
2k S/C	Gemma Kersey HCA	1	7:16.27	2k S/C	Morgan Campbell	1	8:00.09		
L.J.	Katy Sealy HCA	5	4.98	L.J.	=				
T.J.	Katy Sealy HCA	2	10.82	T.J.	=				
H.J.	Katy Sealy HCA	5	1.60	H.J.	Ruby Tillson U17	3	1.55		
S.P.	Katy Sealy HCA	5	10.69	S.P.	Nina Brennan W35	6	7.39		
D.T.	Katie Ennis U17	4	30.78	D.T.	Hannah Yexley U20	1	29.56		
H.T.	Nina Brennan W35	7	17.09	H.T.	-				
J.T.	Adelaide Thatcher-Gray	1	36.84	J.T.	Niamh Donovan U20	1	25.82		
4x100	Olivia Boachie, Chloe Williams, Emma Ramsden, Karis Thomas						5	50.77	
4x400	(Chloe Williams 61.7, Natalie Sewell 61.9, Nina Brennan 65.0, Olivia Boachie 59.4)						DQ	(4:08.0)	
Non scoring: 200m: Emma Ramsden 26.88; 400m: Nina Brennan 66.06									

Men		A STRING		Pos Time/Dist		B STRING		Pos. Time/Dist	
100	Ronnie Adoma	4	10.96	100	Lewis Bailey	1	11.05		
200	Michael Shonibare HCA	2	21.94	200	Ronnie Adoma U20	1	22.40		
400	Matthew Agnimel	3	49.47	400	Jacob Blanc U20	3	50.84		
800	Dan Peters U20	8	2:06.68	800	Louis Berrett	6	2:01.58		
1500	Ben Davis	4	4:00.47	1500	Kieran O'Hara	3	4:06.34		
5000	James Connor	1	14:59.13	5000	James Stewart	2	15:55.32		
110H	Luke Williams HCA	6	19.91	110H					
400H	Jacob Blanc U20	2	54.55	400H					
3k SC	Rob Warner	1	9:57.28	3k SC	Sam Atkins	2	10:25.99		
L.J.	Patrick McLean-Tattan U20	3	6.53	L.J.	Ridwan Salaam U20	3	6.13		
T.J.	Matthew Agnimel	3	12.46	T.J.	Luke Williams HCA	5	10.24		
H.J.	=			H.J.	=				
P.V.	Luke Williams HCA	5	3.50	P.V.	Mark Bishop M55	4	2.90		
S.P.	Laurence Goodacre	3	13.57	S.P.	Duane Jibunoh	4	11.51		
D.T.	Duane Jibunoh	4	36.40	D.T.	Mark Bishop M55	3	31.77		
J.T.	Bradley James U20	1	61.03	J.T.	Peter Brinton-Quinn	1	54.93		
H.T.	Mark Bishop M55	6	21.60	H.T.	Duane Jibunoh	3	20.45		
4x100							DNS		
4x400	Matthew Agnimel 50.2, Michael Shonibare 49.4. Luke Williams 59.6, Ben Davis 55.1						4.	3:34.19	
Non scoring: 100m: Ridwan Salaam 11.41w; 200m: Lewis Bailey 22.62; Ayo Babatunde 23.12									

HCA = Higher Competition Athlete