

National Athletics League, Championship R3 Stevenage Sat 2nd July 2022

Posn	Team Name	Points
1	Tonbridge AC	530
2	Sale Harriers	494
3	Havering AC	448
4	Herts Phoenix	379
5	Enfield & Haringey	289
6	Bedford & County	276
7	Peterborough & Nene Valley	251
8	Wigan Harriers	125

Havering's seniors were a comfortable third place at Stevenage on Saturday to confirm their place in the National Athletics League Championship for another year.

There were four wins over the barriers for the ladies. Flic Clarke was a strong winner of the 400m hurdles and Chloe Williams again tackled the B string winning in her fastest time at the event since 2007. Chloe won the sprint hurdles and was second in the B high jump, and ran legs in both relays, despite nursing an injury. Flic was runner up in the sprint hurdles, covered a gap in the B 200m and also ran in both relays. Morgan Campbell took almost 15 seconds off her best to win the 2000m steeplechase and move up to fourth on the club all-time list.

Under 20s Natalie Sewell and Maddie Barker both finished second as Natalie clocked her second fastest ever time to finish 800m runner up, and Maddie too six seconds off her best for second in the 3000m as Robyn Matson returned to track action after illness for second in the B. Another U20 Olivia Boachie sharpened up for this week's English Schools with fifth places in both sprints, and another U20 Amy Kilner scored well with fourth places in B string 100m, the long and triple jumps and was close to her 400m best in sixth. The track line up was completed by Ginte Bailey in the 1500 (fifth) and Nina Brennan's sixth in the 400m A, as well as adding shot points and running both relays.

Katy Sealy scored well on the field placing third in the long jump with her longest jumps since 2018, and placing fourth in both high and triple jumps, and fifth in the shot. Katie Ennis again improved her discus best for fifth, as Hannah Yexley was third in the B, and Niamh Pridie set a new PB in finishing fifth in the javelin, as Natalie Sewell was fourth in the B. Claire Brennan cut short her maternity leave to earn points in the pole vault. Flic, Chloe, Olivia and Nina combined for fourth in the sprint relay before Chloe, Nina, Ginte and Flic were third in the 4x400m relay.

The throws provided the best return for then men's squad. Duane Jibunoh and Laurence Goodacre took full points in the discus, winning both strings, and the pair were both runners up in the shot before Duane added another second place in the B javelin as Hal Hutton was close to his career best for second in the A.

Ed Thompson's comeback goes from strength to strength as he cleared 4.32m, only bettered by his 4.40m career best in 2014, as Luke Williams won the B string in a season's best., also adding points in triple and long jumps and 110m hurdles.

The steeplechase provided one of the highlights of track action as Alex Ford celebrated finishing his A level with an impressive sub 10-minute clocking for second in his 3000m steeplechase debut, to enter the club all time U20 top ten times, as behind him Rob Warner won the B string. James Stewart and James Blogg were both third in the 5000m A and B, and Sam Atkins and Kieran O'Hara finished close together in the 1500m event, with Sam sixth in the A and Kieran third in the B string.

Matthew Agnimmel's strong finish almost brought him 400m victory, as he settled for second, as B string partner Louis Berrett was fifth. Ben Davis made a late decision to compete after being unwell and placed fourth in the B 800m and added high jump and triple jump points, as Shane Hart was sixth in the A 800m. Akeem Akintokun was fourth in both sprints, with Lewis Bailey sixth in the 100m A, but pulled up with a twinge in the 200m. Kieran, Shane, Louis and Matthew were third in the 4x400m relay.

Club legend Mark Bishop answered the call to score in the 110m hurdles, 400m hurdles, hammer and long jump, with a second and two thirds his best marks, with Jason Lendon third in the 400m hurdles.

Tonbridge took the honours, with Sale Harriers Manchester second, and Havering's third place ensures they will finish in the top half of the 16-club table, and contest the promotion match for the Top 8 teams at Bedford on 21st August.

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Women	A STRING	Pos.	Result		B STRING	Pos.	Result
100	Olivia Boachie U20	5	13.37	100	Amy Kilner U20	4	15.66
200	Olivia Boachie U20	5	26.11	200	Flic Clarke	5	27.11
400	Nina Brennan W35	6	66.11	400	Amy Kilner U20	6	68.27
800	Natalie Sewell U20	2	2:16.83	800	=		
1500	Ginte Bailey W35	5	5:02.28	1500	Natalie Sewell U20	4	5:08.88
3000	Maddie Barker U20	2	10:22.21	3000	Robyn Matson	2	11:31.14
100H	Chloe Williams	1	14.54	100H	Flic Clarke	2	17.31
400H	Flic Clarke	1	63.50	400H	Chloe Williams	1	66.69
2k S/C	Morgan Campbell	1	7:36.72	2k S/C			
P.V.	Claire Brennan W40	5	2.02	P.V.			
H.J.	Katy Sealy HCA	4	1.62	H.J.	Chloe Williams	2	1.47
L.J.	Katy Sealy HCA	3	5.18	L.J.	Amy Kilner U20	4	3.86
T.J.	Katy Sealy HCA	4	10.37	T.J.	Amy Kilner U20	4	7.99
S.P.	Katy Sealy HCA	5	10.65	S.P.	Nina Brennan W35	7	7.86
D.T.	Katie Ennis U17	5	32.74	D.T.	Hannah Yexley U20=	3	29.08
J.T.	Niamh Pridie U20	5	26.70	J.T.	Natalie Sewell U20	4	22.57
4x100	Flic Clarke, Chloe Williams, Nina Brennan, Olivia Boachie					4	55.25
4x400	Chloe Williams (64.4), Nina Brennan (64.5), Ginte Bailey (69.2), Flic Clarke (62.6)					3	4:20.59

Men	A STRING	Pos	Result		B STRING	Pos.	Result
100	Lewis Bailey	6	11.64	100	Akeem Akintokun	4	11.66
200	Lewis Bailey	DNF		200	Akeem Akintokun	4	23.01
400	Matthew Agnimel	2	49.4	400	Louis Berrett	5	53.81
800	Shane Hart U20	6	2:02.49	800	Ben Davis	4	2:06.46
1500	Sam Atkins	6	4:11.02	1500	Kieran O'Hara	3	4:11.17
5000	James Stewart	3	16:06.05	3000	James Blogg M40	3	16:54.17
110H	Luke Williams HCA	6	20.57	110H	Mark Bishop M55	2	21.82
400H	Mark Bishop M55	6	75.15	400H	Jason Lendon M45	3	69.74
3k SC	Alex Ford U20	2	9:53.82	3k SC	Rob Warner	1	9:56.69
H.J.	Ben Davis	6	1.52	H.J.	=		
L.J.	Luke Williams HCA	6	5.34	L.J.	Mark Bishop M55	3	5.15
T.J.	Ben Davis	5	10.69	T.J.	Luke Williams HCA	3	10.16
P.V.	Ed Thompson	4	4.32	P.V.	Luke Williams HCA	1	3.72
S.P.	Laurence Goodacre	2	14.05	S.P.	Duane Jibunoh	2	11.07
D.T.	Duane Jibunoh	1	43.90	D.T.	Laurence Goodacre	1	35.80
J.T.	Hal Hutton U20	2	52.72	J.T.	Duane Jibunoh	2	45.63
H.T.	Duane Jibunoh	5	22.80	H.T.	Mark Bishop M55	3	22.18
4x100	Louis Berrett, Ben Davis, Akeem Akintokun, Lewis Bailey					DQ	
4x400	Kieran O'Hara (56.9), Shane Hart (53.5), Louis Berrett, Matthew Agnimel					3	3:35.17

HCA = Higher Competition Athlete