



Southern Athletics League, Round 3, Woodford Sat 14th August 2021

Posn	Team Name	Points
1	Havering AC	343.0
2	Woodford Green AC with Essex Ladies	326.2
3	Thurrock Harriers	244.2
4	Ilford AC	223.6
5	Newham & Essex Beagles AC	173.7

The Southern League squad scored an narrow win on Saturday as they edged out hosts Woodford at Ashton Playing Fields in their third round East London Division tie.

Chloe Williams took advantage of the perfect conditions for sprinting and hurdling to knock a quarter of a second off her best to duck below 14 seconds for the 100m hurdles, for fourth on the club all-time list, while Denzel Achi celebrated his senior debut to break the 11 second landmark for 100m for the third fastest ever by a club Under 17. Matthew Agnimel's PB of 22.43s in winning the 200m B race was also his fastest ever.

Claire Brennan's 2.70m winning vault clearance was a new PB & and seventh on the club all-time list. Claire went on to win the 400m hurdles, as Flic Clarke maintained her unbeaten league record this year in winning the 400m hurdles A string, and she also took full points in the B 100m hurdles. Katie Ennis equalled her best to win the B vault and also won the B javelin, and was second in the A discus, while Hannah Yexley won the discus B string. Ellie Watson (high jump) and Amy Kilner (triple jump) contributed more B string wins.

Natalie Sewell's fine form continued as she smashed her PB to win the 800m, and Freya Long won the 1500m B string as Ginte Bailey's PB placed her third in the 1500m A string. Chloe Rand's first track race of the year saw her place second in the 3000m A, as Grace Dukelow's PB also earned second place in the B in her first track race since 2018. Nina Brennan joined sister Claire and Chloe Williams and Flic Clarke in the second placed 4x400m quartet.

Ben Davis set a season's best in winning the 1500m and Ben Naish set a big PB to place second in the B. Rob Warner's clocking for third place in the 5000m was the second fastest by a club veteran, and James Stewart's PB won the B string. Karl Tucker's season best won the sprint hurdles.

On the field Matthew Agnimel and Aaron Freshwater took full points in the triple jump, as did Hal Hutton and Duane Jibunoh in the javelin, and Jibunoh added second place points in the shot and discus. Toby Bishop won the B pole vault and his dad Mark won the B shot and was second in the B long jump. Another club stalwart Arron Bonning scored second place points in the A vault and B discus and was third in the high jump.

With two wins in three Havering hope to secure the bragging rights in the local division at the fourth and final fixture at Thurrock on 4th September.

WOMEN	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emma Ramsden U20	3	12.83	Rachel Kerr	5	14.43
200	Emma Ramsden U20	3	26.68	Rachel Kerr	5	30.45
400	Nina Brennan	4	65.37	Amy Kilner U20	5	75.90
800	Natalie Sewell U17	1	2:14.00	Rebecca O'Rourke U20	3	2:45.88
1500	Ginte Bailey	3	4:51.87	Freya Long U17	1	5:18.69
3000	Chloe Rand U17	2	12:00.48	Grace Dukelow U20	2	12:10.10
100H	Chloe Williams	1	13.99	Flic Clarke	1	17.14
400H	Flic Clarke	1	65.07	Claire Brennan	1	70.78
H.J.	Claire Brennan	2	1.38	Ellie Watson	1	1.28
L.J.	Ellie Watson	4	4.03	Amy Kilner U20	3	3.36
T.J.	Ellie Watson	3	8.11	Amy Kilner U20	1	7.68
P.V.	Claire Brennan	1	2.70	Katie Ennis U17	1	2.30
S.P.	Hannah Yexley U17	4	6.25	Emma Ramsden U20	3	5.62
D.T.	Katie Ennis U17	3	30.12	Hannah Yexley U17	1	29.57
H.T.	Nina Brennan	3	17.63	Rachel Kerr	4	5.87
J.T.	Claire Brennan	3	20.51	Katie Ennis U17	1	19.96
4x100	Rachel, Flic, Emma, Chloe				4	54.85
4x400	Claire, Chloe, Nina, Flic,				2	4:13.16
MEN	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Denzel Achi U17	3	10.99	Toby Bishop U20	3	11.63
200	Akeem Akintokun	2	22.42	Matthew Agnimel	1	22.43
400	Akeem Akintokun	2	50.95	Michael Okoro U20	5	55.31
800	Kieran O'Hara	5	2:05.01	Louis Berrett U20	4	2:10.37
1500	Ben Davis	1	4:01.00	Ben Naish U20	2	4:16.04
5000	Rob Warner	3	15:50.99	James Stewart	1	16:21.22
110H	Karl Tucker	1	16.25w	=		
400H	Steve Rand	4	72.42	=		
2k S/C	Marin Chester	2	8:16.15	=		
L.J.	Denzel Achi U17	3	5.89	Mark Bishop	2	5.17
H.J.	Aaron Freshwater	4	1.65	Arron Bonning	3	1.45
T.J.	Matthew Agnimel	1	12.72	Aaron Freshwater	1	11.68
P.V.	Arron Bonning	2	2.90	Toby Bishop U20	1	2.70
S.P.	Duane Jibunoh	2	11.93	Mark Bishop	1	9.90
D.T.	Duane Jibunoh	2	42.21	Arron Bonning	2	25.17
H.T.	Marin Chester	3	9.37	Russ Middleton	3	8.50
J.T.	Hal Hutton U20	1	47.82	Duane Jibunoh	1	41.31
4x100	Michael Okoro, Denzel Achi, Karl Tucker, Matthew Agnimel				4	47.22
4x400	Matthew Agnimel, Michael Okoro, Louis Berrett, James Stewart				4	3:42.63

Non-Scoring: 200: Karl Tucker 23.54; Michael Okoro 24.29; Louis Berrett 25.30;m Amy Kilner 31.745000: Matt Bland 17:51.37; HT: Steve Rand 13.38