

National Athletics League, Championship R2 Chelmsford Sat 15th July 2023

Posn	Team Name	Points
1	Tonbridge	599.6
2	Herts Phoenix	500.6
3	Havering AC	478.6
4	Cardiff AAC	469.0
5	Kingston & Poly Harriers	387.0
6	City of Portsmouth	336.6
7	Bedford & County AC	258.0
8	Peterborough & Nene Valley	220.6

Havering's seniors battled against the opposition and the elements to finish third in their second round National Athletics League Championship fixture, which the club hosted at Chelmsford in very windy conditions on Saturday.

Steph Okoro showed fine form on the flat a few weeks ahead of her Commonwealth Youth Games 400m hurdles competition in Trinidad. She won the 400m in a time close to her recent U20 club record, and she would have almost certainly improved her club mark in less windy conditions and she later came from behind to beat fellow GB U20 international Jess Astill in the 200m.

Morgan Campbell won the 3000m from the front and Robyn Matson was the B string runner up, as was Rebecca O'Rourke in the B 800m. Chloe Williams was third in both her 100m hurdles A race and B 200m race, Paris King was second in the B hurdles on her league debut, and Emma Ramsden was third in the B 100m.

English Schools medallist Ruby Tillson was the only other club winner, comfortable winning the high jump, Joyce Nzekwe was second in the B long jump and third in the triple jump, with Miriam Adebayo also third in the B string. Katie Ennis covered four throwing events with her best result a second place in the A discus, with Tilly Bunn second in the discus B.

Chloe, Paris, Joyce and Steph were second in the sprint relay and Amy Kilner, Nina Brennan and Ginte Bailey were joined by Chloe in the fifth placed 4x400m relay. Claire Brennan had the misfortune to strain a muscle in the 400m hurdles and had to pull out of two other events.

For the men's team, National U23 medallist Peter Brinton-Quinn improved his best to win the javelin and Matt Page made it full points by winning the B string on his league debut. Tom Pitkin made light of the windy conditions with an impressive win in the 400m hurdles A and Isaac Ogunlade comfortably won the B race.

Alex Friend was second in the B 1500m, with Ben Davis fifth in the 1500m A and Louis Berrett dipped under two minutes in the 800m and also improved his 400m PB. Jason Lendon was third in the B 'chase, with Rob Warner fifth in the A string, and James Stewart and Sam Atkins tackled the 5000m in the heavy winds. Adam McCarthy picked up points in the 100m and 400m, as did Kieran O'Hara (1500m) and sprinter Reece Malcolm in his league debut.

Joseph Agbodza won the sprint hurdles and was third in the 200m B and was doing well in the high jump, as was his partner Jack Hignett, making his debut at this level, when the strong winds caused the event to be abandoned. Luke Williams was third in the B hurdles and fourth in the pole vault and filled gaps in the long and triple jump events.

Laurence Goodacre returned to action to place second in the shot and fourth in the B discus and Graham Holder was also second in the hammer, while Toby Bishop picked up points in three throws. The 4x400m squad of Louis, Tom, Isaac and Ben brought the meeting to an end in third place.

The strong Tonbridge squad are the only unbeaten team of the 16 and look set for promotion to the Premiership. The short, three-match season concludes on Saturday 5th August when the Havering team head for Merseyside where Liverpool Harriers are hosts. The squad are in fifth place, just one place and two points outside the top four promotion spots, having just missed out on promotion last summer.

Women		A STRING	Pos.	Time/Dist	B STRING		Pos.	Time/Dist
100	Partis King U20		4	13.05	100	Emma Ramsden	3	13.60
200	Stephanie Okoro U20		1	25.72	200	Chloe Williams	3	28.38
400	Stephanie Okoro U20		1	55.15	400	Nina Brennan W35	6	65.45
800	Morgan Campbell		6	2:36.30	800	Rebecca O'Rourke	2	2:46.89
1500	Ginte Bailey W35		4	5:11.29	1500	Robyn Matson W35	4	5:42.01
3000	Morgan Campbell		1	11:10.51	3000	Robyn Matson W35	2	11:53.18
100H	Chloe Williams		3	15.67	100H	Partis King U20	2	16.56
H.J.	Ruby Tillson U17		1	1.71	H.J.	-		
L.J.	Ruby Tillson U17		5	5.19w	L.J.	Joyce Nzekwe U20 HCA	2	5.03w
T.J.	Joyce Nzekwe U20 HCA		3	11.03w	T.J.	Miriam Adebayo U17	3	9.93w
S.P.	Nina Brennan W35		8	7.20	S.P.	Katie Ennis U20	6	6.88
D.T.	Katie Ennis U20		2	31.67	D.T.	Tilly Bunn U17	2	25.09
H.T.	Katie Ennis U20		6	35.01	H.T.	Nina Brennan W35	4	17.61
J.T.	Katie Ennis U20		7	23.45	J.T.	Claire Brennan W40	6	15.28
4x100	Chloe Williams, Paris King, Joyce Nzekwe, Steph Okoro						2	49.18
4x400	Amy Kilner 69.6, Nina Brennan 64.5, Ginte Bailey 71.2, Chloe Williams 64.5						5	4:29.74

Men		A STRING	Pos.	Time/Dist	B STRING		Pos.	Time/Dist
100	Reece Malcolm U20		7	12.20	100	Adam McCarthy	7	12.99
200	Reece Malcolm U20		7	23.94	200	Joseph Agbodza HCA	3	23.50
400	Louis Berrett		6	52.67	400	Adam McCarthy	7	57.14
800	Kieran O'Hara		7	2:03.18	800	Louis Berrett	4	1:59.97
1500	Ben Davis		5	4:02.43	1500	Alex Friend	2	4:05.66
5000	James Stewart		5	16:11.96	5000	Sam Atkins	4	1638.15
110H	Joseph Agbodza HCA		1	14.82	110H	Luke Williams M35	3	20.70
400H	Tom Pitkin		1	53.63	400H	Isaac Ogunlade	1	55.99
3k SC	Rob Warner M40		6	10:12.27	3k SC	Jason Lendon M45	3	11:12.37
L.J.	Luke Williams M35		7	5.32w	L.J.	Ben Davis	6	4.88w
T.J.	Ben Davis		7	10.94w	T.J.	Luke Williams M35	5	10.04w
H.J.	Joseph Agbodza HCA		#	#	H.J.	Jack Hignett U17	#	#
P.V.	Luke Williams M35		4=	3.41	P.V.	-		
S.P.	Laurence Goodacre		2	12.97	S.P.	Toby Bishop	4	10.14
D.T.	Toby Bishop		4	32.13	D.T.	Laurence Goodacre	4	29.98
J.T.	Peter Brinton-Quinn		1	66.76	J.T.	Matthew Page U20	1	48.57
H.T.	Graham Holder M50 HCA		2	46.77	H.T.	Toby Bishop	5	22.50
4x100	Louis, Tom, Adam, Joseph						6	49.41
4x400	Louis 55.8, Isaac 49.6, Tom 49.5, Ben 53.8						3	3:28.59

High jump abandoned due to heavy winds

HCA = Higher Competition Athlete