



***National Athletics League, Championship London Division, Round 1
Chelmsford Sunday 6th June 2021***

Posn	Team Name	Points
1	Havering AC	386.2
2	Enfield & Haringey AC	357.1
3	Kingston AC & Polytechnic Harriers	287.1
4	Herne Hill Harriers	157.4

The new National Athletics League, which replaces the former men's British Athletics League and the UK Women's League, finally got under way 12 month later than planned as the club hosted its season opener with a good victory at Chelmsford on Sunday.

Both teams were a blend of youth and experience. Seasoned campaigners Rob Warner and Jason Lendon notched up full points in the 'chase, and veteran thrower Graham Holder took full points in the hammer, while there were victories for the Under 20s as Peter Brinton-Quinn and Bradley James won both javelin strings, Toby Bishop won the B high jump after making his senior 400m hurdles debut, and Reece Harriott impressed with 800m victory, as U20 Luke Chester was second in the B. For the seniors Richard Akinyebo set career marks in both sprints, winning the 200m B, and placing second in the 100m. Ayo Akingbehin (100m) and Michael Shonibare (200m) were runners up in their races, as was Karl Tucker in the sprint hurdles. Ben Davis blasted away for 1500m victory, with John Whitehead second in the B, and Shandell Taylor made it a win double in both the high jump and long jump. Mark Bishop dusted down his kit to score in the discus, shot and long jump

Shandell, Ayo, Akeem Akintokun and Richard dominated the sprint relay for victory, as did Matthew Agnimel, Akeem, Michael and Reece in winning the 4 x 400m event.

Over half the women's team were under 20s, as nine teenagers, most making their senior club debut at this level joined their more experienced colleagues. Under 20 throwers Alice Brown (discus) and Adelaide Thatcher-Gray (javelin) were comfortable winners with fellow U20s Jade Kavanagh and Anne-Prisca Djondo took runners up spots in the A400m & B shot.

Higher Competition Athlete Katy Sealy had a busy afternoon as the Belize heptathlete won the high jump and B javelin and added points in the hurdles, shot & long jump. International Lauren Deadman marked her return from maternity leave with victory in the 300m and runners up spot in the 1500m, as her partners Ginte Bailey (1500m) and Robyn Matson (3000m) also tasted string success. Another athlete returning from a maternity break was Flic Clarke who easily won the 400m hurdles and was second in the sprint hurdles, as club President Claire Brennan set a new club W40 best in winning the 400m hurdles B string, also adding pole vault runners up spot. Ellie Watson won the B high jump to add to her long and triple jump placings. Under 20 Rebecca O'Rourke's 800m PB earned her B string second place, as did Nina Brennan's B string discus effort.

The squad finished the day in style as the 4x400m quartet of Sydney Foley, Nina Brennan, Flic Clarke and Jade Kavanagh led from start to finish for victory.

Round 2 takes the team to Kingston on Saturday 3rd July where the club will hope to match their first round success.

Women		A STRING	Pos.	Time/Dist	B STRING	Pos.	Time/Dist
100	Aaliyah Payne U20		4	12.57w	100	Esther Agnimel U20	3 12.48
200	Jade Kavanagh U20		3	25.62	200	Emma Ramsden U20	3 26.61
400	Jade Kavanagh U20		2	58.85	400	Nina Brennan W35	3 66.29
800	Sydney Foley U20		3	:29.41	800	Rebecca O'Rourke U20	2 2:45.12
1500	Lauren Deadman W35		2	4:52.01	1500	Ginte Bailey W35	1 4:54.41
3000	Lauren Deadman W35		1	10:10.29	3000	Robyn Matson	1 11:34.04
100H	Katy Sealy HCA		3	17.42	100H	Flic Clarke	2 17.58
400H	Flic Clarke		1	65.96	400H	Claire Brennan W40	1 69.17
L.J.	Katy Sealy HCA		3	5.09	L.J.	Ellie Watson	2 3.84
H.J.	Katy Sealy HCA		1	1.60	H.J.	Ellie Watson	1 1.30
T.J.	Ellie Watson		3	8.37	T.J.	=	
P.V.	Claire Brennan W40		2	2.60	P.V.	=	
S.P.	Katy Sealy HCA		3	10.75	S.P.	Anne-Prisca Djondo U20	2 8.70
D.T.	Alice Brown U20		1	39.60	D.T.	Nina Brennan W35	2 22.13
J.T.	Adelaide Thatcher-Gray U20		1	37.91	J.T.	Katy Sealy HCA	1 32.07
4x100	Shalom Gbadebo, Esther Agnimel, Emma Ramsden, Aaliyah Payne						3 50.03
4x400	Sydney 64.7, Nina 65.1, Flic 62.2, Jade 59.6						1 4:11.53

Non scoring: 100m: Emma Ramsden U20 12.81w, Karis Thomas U17 12.50, Temi-Topé Ajayi U20 12.91
200m: Shalom Gbadebo U20 28.66

Men	A STRINGS	Pos	Time/Dist	B STRINGS	Pos.	Time/Dist	
100	Richard Akinyebo	2	10.72w	100	Ayomide Akingbehin	2 11.09	
200	Michael Shonibare HCA	2	22.19	200	Richard Akinyebo	1 21.77	
400	Matthew Agnimel	4	50.51	400	Akeem Akintokun	3 51.39	
800	Reece Harriott U20	1	1:58.38	800	Luke Chester U20	2 2:07.66	
1500	Ben Davis	1	4:13.15	1500	John Whitehead	2 4:33.58	
3000 s/c	Rob Warner M35	1	10:06.93	3000 s/c	Jason Lendon M45	1 10:39.49	
110H	Karl Tucker	2	16.46	110H	Luke Williams HCA	1 20.16	
400H	Toby Bishop U20	3	59.83	400H	-		
L.J.	Shandell Taylor	1	6.75	L.J.	Mark Bishop M50	3 5.10	
H.J.	Shandell Taylor	1	1.75	H.J.	Toby Bishop U20	1 1.65	
T.J.	Matthew Agnimel	3	12.27	P.V.	Luke Williams HCA	3 3.60	
S.P.	Graham Holder HCA	3	10.60	S.P.	Mark Bishop M50	3 9.01	
D.T.	Mark Bishop M50	3	30.97	D.T.	Graham Holder HCA	2 29.24	
J.T.	Peter Brinton-Quinn U20	1	57.18	J.T.	Bradley James U20	1 49.23	
H.T.	Graham Holder HCA	1	49.09	H.T.	Karl Tucker	4 13.02	
4x100	Shandell, Ayomide, Akeem, Richard						1 43.45
4x400	Matthew 50.2, Akeem 51.9, Michael 49.4, Reece 50.5						1 3:21.91

Non scoring: 100m Shandell Taylor 11.16; Bradley James 11.55; 200 Ayomide Akingbehin 22.73