

National Athletics League, Championship R1 Chelmsford Sat 1st June 2024

Posn	Team Name	Ladies	Men	Officials	Points
1	Shaftesbury Barnet Harriers	251	299	50	600
2	Chelmsford AC	211	275	50	536
3	Havering AC	261	214	50	525
4	Herts Phoenix AC	251	200	50	501
5	Newham & Essex Beagles AC	172	230	5	407
6	Herne Hill Harriers	164	172	20	356

Havering's seniors got their National Athletics League campaign underway with a third-place finish at a cold and very windy Chelmsford on Saturday as Shaftesbury Barnet were comfortable winners and hosts Chelmsford won the battle for second place. A strong ladies squad led the way winning their section, but the men's side were lacking athletes in key events and placed fourth.

Half the 20-strong ladies' squad were drawn from the Under 20 or Under 17 age group, with eight of these ten making their league debuts, competing at this level against strong senior opposition for the first time so to come out on top was unexpected.

Higher Competition Athlete Gemma Kersey won the 1500m, getting the better of her Basildon teammate, who was running in the colours of Newham, in the final 100m after making the early pace. There were also full points in the high jump for Ruby Tillson who won the A string on countback and Maggie Smith who marked her NAL debut with a win in the B string. Ruby ran faster than before for second in the 100m hurdles, and Chloe Williams was second in the B race, both times with the following wind over the legal limit. Chloe was third in the A 400m hurdles, with Claire Brennan second in the B string and third in the vault.

There were good points in the long jump as Alicia Fairmaner on her NAL debut was second in the A competition and heptathlete Zoe Gregory took full points in the B on her first league competition, adding second place in the A 400m in her first race at the event and javelin points, as Lucy Quinlan again improved her best to place second in the B javelin. Natalie Sewell was in good form as she finished strongly to place second in the 800m and she ran the second fastest time by a club female in the 2000m 'chase, as Morgan Campbell was also second in the B competition. Stephanie Osuala ran faster than before in placing third in both B sprints, and Amy Kilner (triple jump) and Nina Brennan (hammer) added B string third places.

The men's team worked hard for points all day and were able to celebrate four victories, two from Under 17s making their league debuts. Freddie Rowe improved his season best to win the B 3000m, just one place behind experienced teammate Ben Davis who was fourth in the A string in the combined race while Findlay McLaren's strong second lap brought him B string 800m victory and a season's best.

Akeem Akintokun just held on for victory in the B 400m race in his fastest time in 2024 as Matthew Agnimel was runner up in the 400m A race while in the field events 17-year-old Bobby Williams took full points in the B javelin on his NAL debut as Peter Brinton-Quinn was A string javelin runner-up.

There were more top three finishes in the B string track events as Gary Atkins was second in the B 'chase and Luke Chester added third place in the B 400m hurdles while in the field events B string third places went to another Under 17 Zak Williams in the vault on his debut Luke Williams in the B long jump and veteran Mark Bishop in the B hammer. But fourth places were the order of the day for the men with five added in the A string events, three in the B strings and by both relay squads.

The NAL Championship East action moves onto the StoneX Stadium, Hendon on Saturday 22nd June as the same six clubs again face off in the Round 2 fixture. First round winners Shaftesbury Barnet are sure to be strong on home territory while Havering hope to welcome back some of the athletes who were unavailable at Chelmsford to field a team to better challenge the top two.

Women		A STRING	Pos.	Time/Dist	B STRING		Pos.	Time/Dist
100	Cassie Campbell U20		5	12.41w	100	Stephanie Osuala U20	3	12.49w
200	Cassie Campbell U20		5	25.81w	200	Stephanie Osuala U20	3	26.63w
400	Zoe Gregory HCA U20		2	59.07	400	Nina Brennan W35	4	65.64
800	Natalie Sewell		2	2:16.75	800	Hannah Evans U20	5	2:35.80
1500	Gemma Kersey HCA		1	4:27.27	1500	Charlotte Evans U20	4	5:25.59
3000	Robyn Matson W35		4	11:04.22	3000	Abigail Swan U20	4	12:46.07
100H	Ruby Tilson U20		2	14.04w	100H	Chloe Williams W35	2	14.62w
400H	Chloe Williams W35		3	68.62	400H	Claire Brennan W40	2	72.73
2k S/C	Natalie Sewell		2	7:20.72	2k S/C	Morgan Campbell	2	7:45.13
PV	Claire Brennan W40		3	2.50	PV	--		
L.J.	Alicia Fairmaner U17		2	5.53w	L.J.	Zoe Gregory HCA U20	1	5.47w
H.J.	Ruby Tillson U20		1	1.65	H.J.	Maggie Smith U17	1	1.55
T.J.	Katy Sealy HCA		4	9.01	T.J.	Amy Kilner	3	7.97
S.P.	Ruby Tillson U20		4	9.49	S.P.	Katy Sealy HCA	5	7.47
D.T.	Katie Ennis U20		4	33.62	D.T.	Nina Brennan W35	4	17.10
H.T.	Katie Ennis U20		4	33.21	H.T.	Nina Brennan W35	3	17.65
J.T.	Zoe Gregory HCA U20		4	40.35	J.T.	Lucy Quinlan U20	2	33.58
4x100	Chloe, Claire, Cassie, Stephanie						4	52.02
4x400	Gemma 63.1, Amy 73.0, Nina 65.7, Chloe 65.2						5	4:26.96

Men		A STRING	Pos	Time/Dist	B STRING		Pos.	Time/Dist
100	Sam Lawson U20 HCA		6	10.91w	100	Reece Malcolm	6	11.10
200	Sam Lawson U20 HCA		6	22.55w	200	Reece Malcolm	4	22.65
400	Matthew Agnimel		2	48.84	400	Akeem Akintokun	1	50.20
800	Alex Friend		5	1:59.70	800	Findlay McLaren U17	1	1:58.96
1500	Max Jones HCA		4	3:58.68	1500	Sam Atkins	4	4:12.58
3000	Ben Davis		4	8:43.95	3000	Freddie Rowe U17	1	8:46.89
110H	Luke Williams M35		4	20.59w	110H	-		
400H	Isaac Ogunlade		4	56.69	400H	Luke Chester	3	76.32
3k SC	Jason Lendon M45		6	12:23.40	3k SC	Gary Atkins M55	2	13:08.90
L.J.	Lewis Bailey		6	5.36w	L.J.	Luke Williams M35	3	5.28w
T.J.	Adam McCarthy		6	10.14	T.J.	-		
H.J.	-				H.J.	-		
P.V.	Luke Williams M35		5	3.40	P.V.	Zak Williams U17	3	3.00
S.P.	Graham Holder HCA M50		6	9.65	S.P.	Mark Bishop M55	5	8.53
D.T.	Graham Holder HCA M50		5	31.01	D.T.	Mark Bishop M55	4	26.73
J.T.	Peter Brinton-Quinn		2	58.99	J.T.	Bobby Williams U20	1	47.18
H.T.	Graham Holder HCA M50		4	45.29	H.T.	Mark Bishop M55	3	15.12
4x100	Isaac, Louis, Reece, Sam						4	44.22
4x400	Alex 53.5, Isaac 50.0, Louis 54.9, Ben 55.2						4	3:33.57

Non Scoring: 100: Chris Agnimel 11.27w; Louis Berrett 11.82w; Reece Malcolm 22.83w, 400: Louis Berrett 52.87

HCA = Higher Competition Athlete