

## National Athletics League, Championship Final Bedford Sun 21<sup>st</sup> August 2022

Posn	Team Name	Points
1	Sale Harriers	577
2	Crawley AC	530.5
3	Tonbridge AC	504.5
4	Chelmsford AC	486
5	<b>Havering AC</b>	<b>386</b>
6	Basingstoke & Mid Hants	369
7	Herts Phoenix	366
8	Liverpool	346

### Havering's National Athletic League squad ended their season with a fifth place finish in the Championship Cup Final match at Bedford on Sunday, to place fifth overall in the table.

Morgan Campbell provided the only A string victory for the Havering team winning the steeplechase by over 10 seconds. There was more success over the barriers as Flic Clarke again improved her career best in the 400m hurdles and was just edged into second, while Chloe Williams was close to her season's best times in finishing runner up in both the 100m hurdles A and 400m hurdles B.

Gemma Kersey was another A string second place finisher in the A 1500m, with Ginte Bailey third in the B after scoring points in both the 800m and long jump events. Steph Okoro was close to her PB in finishing third in the A 400m, and was 100m B string runner up with the fastest time by a club athlete this year, and the 7<sup>th</sup> fastest all time by a club U17W. Robyn Matson's 3000m season's best (& her fastest since 2014) earned her second place in the B event as Maddie Barker placed fifth in the A. Karis Thomas was third in the B 200m after scoring in the A 100m, with Olivia Boachie sixth in the 200m A, and Sydney Foley also sixth in the 800m A.

League debutant Miriam Adebayo (15) was just short of her recent best for third in the triple jump and a busy Katy Sealy was also third in the B triple jump to add to her points in the long jump, high jump, shot and javelin. Katie Ennis was fifth in the A discus. The Brennan siblings scored points for the cause with Claire improving her season best in the vault, as well as javelin and hammer points, and Nina added points in the 400m, discus, hammer and shot. Nina also joined Chloe Williams, Flic Clarke and Olivia Boachie in the fourth placed 4x400m in their fastest time since 2009, and Chloe, Flic and Olivia combined with Karis Thomas for fourth in the sprint relay in a season best.

Duane Jibunoh's A string discus second place and Laurence Goodacre's A shot runner up spot were the highest scoring positions for the men, and the duo also joined forces in the B strings of these events too. More good throws points came in the javelin where Peter Brinton-Quinn was third in the A and Hal Hutton placed second in the B string.

Vaulters Ed Thompson and Luke Williams were both fifth but other points were hard to come by as Mark Bishop scored a trio of sixth places in the 400m hurdles, triple jump and hammer, and long jumpers Ayo Babatunde and Richard Holland also both sixth.

The men's track highlights came in both 3000m events as Ben Davis and James Connor were both third in the 3000m A & B events and Jason Lendon and Gary Atkins were fourth and third respectively in the steeplechase. Matthew Agnimel was fourth in the A 400m race and he contributed to another fourth place as he joined Akeem Akintokun (200m B), Ronnie Adoma (100 & 200m A) and Jacob Blanc (400m B & high jump) in the sprint relay quartet. Ben Davis joined Matthew, Ronnie and Jacob in the 4x400m team.

The track line up was completed by Kieran O'Hara & Shane Hart (800m), Sam Atkins & James Stewart (1500m) and sprint hurdler Karl Tucker.

Victory on the day confirmed promotion for Sale Harriers Manchester, as second placed Crawley sealed the divisional title, with Chelmsford claiming the third automatic promotion spot. Tonbridge, third on the day, placed fourth in the table and will contest a "paper match" with Newham & Essex Beagles, who were 13<sup>th</sup> in the Premier Division, to decide on the final promotion or relegation place. Havering's fifth place left them one place short of any promotion chances but was the best that they could hope for after earlier results, and they will aim to mount a stronger challenge in 2023.

**League:** 1. Crawley 38 League Points 2172 match points; 2. Sale Harriers 36 (2122.33); 3. Chelmsford 35 (2046.5); 4. Tonbridge 34 (1992.5); 5. Havering 31 (1865); 6. Basingstoke 28 (1755); 7. Liverpool 26 (693.33); 8. Herts Phoenix 24 (1520); 9. Bedford 19 (1517); 10. Herne Hill 15 (1333.5); 11. Bournemouth 14 (1433.83); 12. Peterborough & Nene Valley 14 (1321); 13. Kingston 14 (1286); 14. Enfield & Haringey 13 (1194); 15. Wigan 6 (1009). 16. Reading 5 (942)

Promoted Paper match Relegated

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Women	A STRING	Pos.	Result	B STRING	Pos.	Result	
<b>100</b>	Karis Thomas U20	6	12.74	<b>100</b>	Steph Okoro U17	2 12.28 <b>PB</b>	
<b>200</b>	Olivia Boachie U20	6	26.60	<b>200</b>	Karis Thomas U20	3 26.46	
<b>400</b>	Steph Okoro U17	3	56.171	<b>400</b>	Nina Brennan W35	7 65.03	
<b>800</b>	Sydney Foley U20	6	2:35.64	<b>800</b>	Ginte Bailey W35	4 2:46.19	
<b>1500</b>	Gemma Kersey HCA	2	4:30.35	<b>1500</b>	Ginte Bailey W35	4 5:07.98	
<b>3000</b>	Maddie Barker U20	5	10:39.66	<b>3000</b>	Robyn Matson	2 11:06.75	
<b>100H</b>	Chloe Williams	2	14.27	<b>100H</b>	Flic Clarke	4 16.91	
<b>400H</b>	Flic Clarke	2	62.60 <b>PB</b>	<b>400H</b>	Chloe Williams	2 64.35	
<b>2k S/C</b>	Morgan Campbell	<b>1</b>	7:46.54	<b>2k S/C</b>	-		
<b>P.V.</b>	Claire Brennan W40	6	2.63	<b>P.V.</b>	-		
<b>H.J.</b>	Katy Sealy HCA	7	1.58	<b>H.J.</b>	Chloe Williams	7 1.48	
<b>L.J.</b>	Katy Sealy HCA	6	4.97	<b>L.J.</b>	Ginte Bailey W35	7 3.77	
<b>T.J.</b>	Miriam Adebayo	3	11.10	<b>T.J.</b>	Katy Sealy HCA	2 10.32	
<b>S.P.</b>	Katy Sealy HCA	6	10.84	<b>S.P.</b>	Nina Brennan W35	7 7.30	
<b>D.T.</b>	Katie Ennis U17	5	27.60	<b>D.T.</b>	Nina Brennan W35	6 21.51	
<b>H.T.</b>	Nina Brennan W35	8	16.90	<b>H.T.</b>	Claire Brennan W40	7 14.21	
<b>J.T.</b>	Katy Sealy HCA	6	30.30	<b>J.T.</b>	Claire Brennan W40	7 18.25	
<b>4x100</b>	Flic Clarke, Olivia Boachie, Chloe Williams, Karis Thomas					4	50.34
<b>4x400</b>	Chloe Williams (62.5), Nina Brennan (63.8), Flic Clarke (59.2), Olivia Boachie (58.1)					4	4:03.63
HCA = Higher Competition Athlete							
Men	A STRING	Pos	Result	B STRING	Pos.	Result	
<b>100</b>	Ronnie Adoma U20	8	11.25	<b>100</b>	Ayo Babatunde U20	7 12.60	
<b>200</b>	Ronnie Adoma U20	6	22.90	<b>200</b>	Akeem Akintokun	7 23.14	
<b>400</b>	Matthew Agnimel	8	49.84	<b>400</b>	Jacob Blanc U20	7 52.50	
<b>800</b>	Kieran O'Hara	7	2:02.28	<b>800</b>	Shane Hart U20	5 2:07.25	
<b>1500</b>	Sam Atkins	7	4:07.84	<b>1500</b>	James Stewart	6 4:19.38	
<b>3000</b>	Ben Davis	3	8:43.19	<b>3000</b>	James Connor	3 8:50.95	
<b>110H</b>	Karl Tucker	7	19.47	<b>110H</b>	Luke Williams HCA	7 20.17	
<b>400H</b>	Jason Lendon M45	6	70.32	<b>400H</b>	Mark Bishop M55	6 76.25	
<b>3k SC</b>	Jason Lendon M45	4	10:31.38	<b>3k SC</b>	Gary Atkins M50	3 12:51.55	
<b>H.J.</b>	Jacob Blanc U20	8	1.68	<b>H.J.</b>	=		
<b>L.J.</b>	Ayo Babatunde U20	6	5.91	<b>L.J.</b>	Richard Holland	6 5.40	
<b>T.J.</b>	Luke Williams HCA	8	10.11	<b>T.J.</b>	Mark Bishop M55	6 9.83	
<b>P.V.</b>	Ed Thompson	5	3.93	<b>P.V.</b>	Luke Williams HCA	5 3.53	
<b>S.P.</b>	Laurence Goodacre	2	13.65	<b>S.P.</b>	Duane Jibunoh	6 10.15	
<b>D.T.</b>	Duane Jibunoh	2	42.17	<b>D.T.</b>	Laurence Goodacre	6 30.71	
<b>J.T.</b>	Peter Brinton-Quinn	3	60.56	<b>J.T.</b>	Hal Hutton U20	2 53.64	
<b>H.T.</b>	Mark Bishop M55	6	20.25	<b>H.T.</b>	Duane Jibunoh	5 20.15	
<b>4x100</b>	Akeem Akintokun, Matthew Agnimel, Ronnie Adoma, Jacob Blanc					4	43.39
<b>4x400</b>	Matthew Agnimel, Ronnie Adoma, Jacob Blanc, Ben Davis					7	3:38.63