



National Athletics League, Championship London Division, Round 4 Lee Valley Saturday 28th August 2021

Posn	Team Name	Points
1	Havering AC	357.1
2	Enfield & Haringey AC	239.7
3	Herne Hill Harriers	170.8
4	Kingston AC & Polytechnic Harriers	96.7

Havering finished their National Athletics League season in style with a dominant victory at Lee Valley on Saturday to end their four-match London Division campaign unbeaten. The club took the opportunity to “blood” a number of Under 17s the chance to mix it at this level and they came through with flying colours.

Stephanie Okoro's 5.91m winning long jump leap was the best ever by a club Under 17 and third best by a club female but the strong following wind ruled it out for record purposes; the Romford 15-year-old also won the 400m comfortably. Ronnie Adoma also took advantage of the windy conditions to mark his league debut with victory in the B 200m with the fifth fastest time by a club Under 17 (22.30s), after posting the third fastest 100m time by an Under 17, running as a non-scorer (10.89s). Under 20 Michael Okoro also ran faster than before for second in the 100m B.

Olivia Boachie and Shalom Gbadebo took full points in the 200m and Esther Agnimel posted her fastest ever time as 100m runner up. Under 17 debutant Jacob Blanc won the B 400m, as Matthew Agnimel was second in the A, as was Nina Brennan in the women's B 400m.

The sprint hurdles saw Chloe Williams clock the second fastest time of her career in winning the 100m hurdles, as Flic Clarke won the B. Clarke had earlier won the 400m hurdles in a season best as Claire Brennan took the B. Karl Tucker also ran the second fastest time of his career for 110m hurdles victory, as Luke Williams was B string winner, also adding B triple jump victory and second places in his vault speciality and the B discus.

The distance runners had to contend with the strong wind in their faces on the backstraight but this did not stop them posting a series of strong results. The men made it a clean sweep of victories from 800m to 5000m. Ben Davis won the 800m, in his first race at the distance for three years, as Under 17 Dan Peters marked his league debut with a win in the B string. Grant Twist returned from injury to win the 1500m from the front as Alex Ford won the B, and James Connor lapped all the field but one as he won the 5000m, as James Stewart improved his best to win the B, and Rob Warner won the 'chase.

U20 Sydney Foley impressed with a huge PB to win the women's 'chase, and another U17 debutant Natalie Sewell was close to her PB in winning the 1500m as Sophie Rand returned to track action to score full points in the B. Molly Sweetman was second in the 800m, with Rebecca O'Rourke winning the B, while Morgan Campbell was 3000m runner up in her first track outing this summer.

The women's relay squads were both victorious as Flic, Esther, Shalom and Chloe won the sprint relay and Flic and Chloe were joined by Olivia Boachie and Natalie Sewell to clock the fastest by a club 4x400m relay quartet since 2009.

The club success continued in the field events. Alice Brown's season's best won the discus as 15-year-old Katie Ennis won the B string on her league debut. Alice was second in the shot as Anne-Prisca Djondo won both the shot and hammer B strings. Ellie Watson won the B long jump, and was second in the high jump.

There were full points in the javelin as Peter Brinton-Quinn headed the field and Duane Jibunoh added the B string to his winning season's best in the discus. Joe Appiah won the B long jump and was second in the triple jump, in his first appearance for the team and Bradley James was second in the B high jump.