

## ***Southern Athletics League, Round 4, Woodford Sat 17<sup>th</sup> August 2024***

Posn	Team Name	Points
1	<b>Havering AC</b>	297
2	Woodford Green with Essex Ladies	295
3	Thurrock	203
4	Harlow	197
5	Ilford	192
6	Stevenage & NH/HAWCS	162

**Havering seniors came from behind with a strong finish to overhaul hosts Woodford and win their final Southern Athletics League fixture and confirm their promotion to Division 1 next season as Division 2 North & East champions.**

At one point Havering trailed Woodford by 27 points and looked set for second place but a run of good results late on brought them a narrow two-point victory as the squad notched up no fewer than 22 first places and 28 runners up spots.

The middle-distance events in particular produced a rich crop of points with win doubles for the 1500m pairing of Maddie Barker and team manager Ginte Bailey, and the 1500m steeplechase pair of Morgan Campbell, whose PB won the A string, with Bailey winning the B. There were also full points in the men's 1500m for Alex Ford and James Stewart who finished first and second in the joint A & B race. Kate O'Neill made a victorious return to club colours winning the 5000m, lapping the whole field in her first race back in the UK after two years studying in the USA, while Clare Davies made a rare track appearance placing second in the B string. Freddie Rowe dominated the 3000m, winning from the front and Rob Warner continued his return to fitness, finishing second in the B string while another distance event win came from Jason Lendon, who won the 2000m steeplechase in a new club M45 best after finishing second in the B 400m hurdles, as Isaac Ogunlade was second in the A hurdles race.

More A string track wins were supplied by Natalie Sewell in the 800m, Ruby Tillson in the sprint hurdles, and Nina Brennan in the B 400m. Emmanuel Asirifi-Otchere's PB which won the 200m B race was the sixth best ever by a club U17, while Louis Berrett also improved his best to win the B 400m. Stephanie Osuala won the triple jump, to add to her B string second places in both the 100m & 200m races, while Katie Ennis won the discus and Under 17 Eboni Roach won both B string shot and hammer (PB) and was second in the B discus. Other Under 17s to score well were Scarlett Woods who won the B javelin in a new PB with the senior implement and was second in both the pole vault and the 400m hurdles, and Daisy Leech who added second places in both the B 800m and the triple jump. Cassie Campbell was second in both the A string sprints and Olivia Boachie was second in the 400m and the pair were joined by Stephanie Osuala and Natalie Sewell in the second placed sprint relay quartet.

Zak Williams and Patrick McLean-Tattan finished first and second in the javelin to earn top points and Patrick was second in both the discus and shot, where his PB throw was the sixth best ever by a club Under 20. Luke Williams won the vault and hard-working Arron Bonning won the B string vault, adding points in the high jump, triple jump, shot, discus and hammer, and Tobias Samuel was second in the long jump and third in the triple jump.

For the men Matthew Agnimel was second in the 200m, as were Kieran O'Hara and Louis Berrett in the 800m A & B strings, and the men's sprint relay squad of Matthew Agnimel, Louis Berrett, Tobias Samuel and Emmanuel Asirifi-Otchere were also second. More second place points were gained by the mixed relays A & B squads of Louis Berrett, Dan Lamma, Olivia Boachie and Natalie Sewell, and the B squad of Kieran O'Hara, Maddie Barker, Alex Ford and Grace Tilson.

## ***Home Countries Under 20 International, Eton Sat 17<sup>th</sup> August 2024***

**Stephanie Okoro was victorious for the England Athletics A team in the 400m hurdles at the Under 20 Home Countries International at the Thames Valley Athletics Centre, Eton on Saturday.**

She matched strides with the UK Under 20 event leader and English Schools' Champion Arabella Wilson over the first 300m but Steph's strong finish saw her open up a gap down the finishing straight to cross the line well ahead of her challenger in a season's best of 58.73s – the fastest time in the UK this year by an Under 20 Woman.

Steph also ran a leg in the winning England A 4x400m quartet.

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EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Cassie Campbell U20	2	12.55	Stephanie Osuala U20	2	12.91
200	Cassie Campbell U20	2	25.37	Stephanie Osuala U20	2	27.14
400	Olivia Boachie U20	2	59.95	Nina Brennan W35	1	64.81
800	Natalie Sewell	1	2:17.23	Daisy Leech U17	2	2:30.96
1500	Maddie Barker U20	1	4:56.54	Ginte Bailey W35	1	5:05.02
5000	Kate O'Neill	1	17:58.01	Clare Davies W35	2	22:19.45
100H	Ruby Tillson U20	1	14.49	-		
400H	Scarlett Woods U17	2	76.80	-		
1500 SC	Morgan Campbell	1	5:28.83	Ginte Bailey W35	1	6:15.82
H.J.	Grace Tilson U17	4	1.33	Lucy Lendon U17	5	1.08
P.V.	Scarlett Woods U17	2	2.40	Freya Long U20	2	1.10
L.J.	Daisy Leech U17	5	4.38	Lucy Lendon U17	5	3.33
T.J.	Stephanie Osuala U20	1	10.04	Daisy Leech U17	2	8.79
S.P.	Ruby Tillson U20	3	10.19	Eboni Roach U17	1	9.93
D.T.	Katie Ennis U20	1	35.73	Eboni Roach U17	2	26.98
J.T.	Ruby Tillson U20	2	30.04	Scarlett Woods U17	1	25.78
H.T.	Katie Ennis U20	4	32.46	Eboni Roach U17	2	25.50
4x100	Cassie, Stephanie, Olivia, Natalie				2	50.46
4x400X	Grace James Natalie Alex				2	4:08.55

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emmanuel A-Otchere U17	3	11.11	Reece Malcolm U20	5	11.51
200	Matthew Agnimel	2	22.10w	Emmanuel A-Otchere U17	1	22.23
400	Daniel Lammas	6	53.14	Louis Berrett	1	51.89
800	Kieran O'Hara	2	1:59.53	Louis Berrett	2	2:04.81
1500	Alex Ford	1	4:09.64	James Stewart	1	4:10.14
3000	Freddie Rowe U17	1	8:59.48	Rob Warner M40	2	9:20.07
110H	Luke Williams M35	3	20.52	Freddie Rowe U17	2	22.37
400H	Isaac Ogunlade	2	55.91	Jason Lendon M45	2	71.67
2k S/C	Jason Lendon	1	7:01.69	Steve Walker M55	4	9:20.37
H.J.	Charlie Burgess U20	5	1.45	Arron Bonning M45	3	1.45
P.V.	Luke Williams M35	1	3.61	Arron Bonning M45	1	2.75
L.J.	Tobias Samuel U17	2	5.97	Luke Williams M35	5	5.01
T.J.	Tobias Samuel U17	3	11.39	Arron Bonning M45	4	10.09
S.P.	Patrick McLean-Tattan U20	2	11.45	Arron Bonning M45	3	8.63
D.T.	Patrick McLean-Tattan U20	2	37.82	Arron Bonning M45	3	21.42
J.T.	Zak Williams U17	1	50.75	Patrick McLean-Tattan U20	1	50.69
H.T.	Arron Bonning M45	5	19.65	Jason Lendon M45	5	14.07
4x100	Matthew, Louis, Tobias, Emmanuel				2	44.76
4x400X	Louis Daniel Olivia Natalie				2	3:48.49

**Non Scoring: WOMEN:** 200: Amy Leech W40 29.92; Esther Jegede U17 30.99; 400: Grace Tilson U17 68.31; 800m: Abi Swan U20W 2:36.74; Hannah Evans U20W 2:37.53; Freya Long U20W 2:39.28; Amy Leech W40; 2:42.81; 1500: Charlotte Evans U20W 5:31.10; Rebecca O'Rourke 5:41.95 Rosie Warner U17 5:51.76. DT Nina Brennan 20.21; TJ Grace Tilson 8.47; SP Nina Brennan 8.03

**Non Scoring: MEN:** 100: Chris Agnimel 11.63; Tobias Samuel 11.91; 200: Reece Malcolm 23.43; Louis Berrett 24.07; 400: Nathan Hart 56.64; 800: Sam Mahoney 2:06.08; Charlie Burgess 2:06.47; Ryan Carroll 2:08.20; 1500: Alfie Waithaka M45 4:38.86