



South of England Under 13, Under 15 & Under 17 Championships Lee Valley Saturday 12th & Sunday 13th August 2023

Havering's young athletes won six medals as the South of England Age Group Championships took place at a very windy Lee Valley at the weekend.

Ayla Baker and Dulce Smith won a brilliant gold and silver in the Under 13 girls Shot putt, in their first taste of championship competition at this level. Zak Williams' last round throw won Under 15 Boys' javelin silver to add to his pole vault bronze while Freddie Rowe was just outside his club record when winning silver in the U15B 1500m, as Findlay McLaren opted out of the final after posting the third fastest time by a club athlete in this event in his heat. Joel Ajayi improved through the rounds to win U17M 100m silver, and was close to his PB despite the strong headwind. Although outside a podium place Scarlett Woods went to third on the club U15G pole vault list and fourth on the all-time javelin rankings, and Leon Agu's discus PB took him into the U17 all time top ten.

There were final places for Bobby Williams (U17M javelin 4th), Tobias Samuel (U15 Triple Jump 5th and 200m 7th), Sam Burdett (U15 javelin 5th), Amy Mansell (U15 300m 6th & shot 8th), and Emmanuel Asirifi-Otchere (U17M 200m 6th).

U13G 100m Semi: Poppy Dent-Jones 13.93s; (Heat 14.12s) Heat: Dulce Smith Rodriguez 14.85s; 200m: Heat: Poppy Dent-Jones 30.25s; SP: **1st** Ayla Baker 9.08m; **2nd** Dulce Smith Rodrigues 8.60m

U15G: 100m: Heat Jasmine Asmal 14.72s; 300m: 6th Amy Mansell 43.08s (Heat: 43.56s); Heat: Jasmine Asmal 46.97s; 800m: Jasmine Asmal 2:34.61s; LJ: 13th Jasmine Asmal 4.35w; PV: 7th Scarlett Woods 2.30m; JT: 4th Scarlett Woods 31.61m; 10th Jasmine Asmal 18.53m; SP: 8th Amy Mansell 9.23m.

U17W: 200m: Semi Cassie Campbell 27.12s (Heat 27.33s)

U15B: 200m: 7th Tobias Samuel 23.99s (Heat 24.15s); 1500m **2nd** Freddie Rowe 4:08.75 (Heat: 4:28.96s); Heat: Findlay McLaren 4:14.06s; 80mH: Heat Zak Williams 12.53s; PV: **3rd** Zak Williams 3.00m; TJ: 5th Tobias Samuel 11.84w; JT: **2nd** Zak Williams 49.56m; 5th Sam Burdett 37.18m.

U17M: 100m: **2nd** Joel Ajayi 11.04s (Semi: 11.32s; Heat: 11.48s); 200m: 6th Emmanuel Asirifi-Otchere 23.41s (Heat: 23.35s); 400m: Heat Dan Lammas 53.17s; 100mH: Heat: Al-Ameen Salaam 14.22s; DT 6th Leon Agu 39.31m; SP: 5th Leon Agu 10.84m; JT: 4th Bobby Williams 50.80m



