

Eastern Young Athletes' League, Watford Sun 6th August 2023

	Total	BU13	BU15	MU17	GU13	GU15	WU17
Havering AC	652.5	80.5	119	115	97	125	101
Shaftesbury Barnet	589.5	86.5	112	128	70	77	96
Cambridge & Coleridge	353	75	92	35	62	51	18
Colchester Harriers	304	21	17	68	56	55	67
Watford	266	35	12	43	57	40	20

Havering's Eastern Young Athletes team ended their league season with a good victory over a strong Shaftesbury Barnet squad at Watford on Sunday to confirm runners up spot in the table behind champions Chelmsford.

The **Under 15 Girls** dominated their age group with 12 victories and nine second places. Fisola Fagbadegun won both sprints, Amy Mansell was victorious in the B 100m and hurdles, and runner up in the 300m, Scarlett Woods won the pole vault, and was second in the A javelin and B hurdles, while Jasmine Asmal won the 1500m and the B high jump. Jess Page won the 800m A string and B javelin, and more wins came from Abi Rogers in the B 800m and Orla Friel in the 1500m B. There were also second places for Jess (B discus) and Orla (B long jump), Bel Drake was runner up in both the 300m B and high jump, Mary Olubukola-Sogbetun was second in the B 100m, as was Eboni Roach in the hammer. Christine Atumonyogo joined Amy, Bel and Fisola in the winning relay quartet.

The **Under 15 Boys** had 12 wins but were pushed hard by Shaftesbury. Tobias Samuel won both the 100m and 200m and was second in the long jump, while Ryan Alexander won the B 100m and B high jump. There was another win double for Findlay McLaren in the 300m and 800m and he claimed a second place in the A high jump. The pairing of Will Tilson and Sam Burdett scored full points in the A & B javelin, Harrison Rabess's PB took him to victory in the discus and he was second in the B shot, with Freddie Hatcher second in the B discus and the hammer. Adrian Shalujo-Afolabi won the B 300m, and there was a B string win for Jayden Wilkinson in the B 1500m, with Stevie Reynolds second in the 1500m A, and Jayden had a second place in the long jump. Ryan, Adrian and Tobias were joined by Jake Shaw in the winning relay quartet.

The **Under 13 Girls** won their age group by 27 points with seven individual wins. Dulce Smith contributed two wins in the B high jump and discus, Ome Nwapa won the high jump in a new PB and was second in the 100m, and Siobhan Etemadi won the long jump B and was second in the hurdles. Cleo Drake won the A long jump and wins for Ayla Baker (discus) and Kyra Sinclair (javelin) completed the victory roll. Zeni Williams was second in both the 800m and B javelin, with debutant Ria Forson second in the 800m B and Orlaith McLaren second in the B 1500m. Poppy Dent-Jones and Talia Malcolm combined with Ome and Siobhan in the second placed relay squad.

The **Under 17 Women** were victorious and English Schools medallist Ruby Tillson starred, with three victories, improving her own club U17, U20 and senior high jump record with a 1.75m clearance, and adding hurdles and long jump wins. Under 15 Grace Tilson stepped up an age group to win the B high jump, Hannah Evans won the 800m B and triple jump B and was second in the B javelin, while her sibling Charlotte was second in the 1500m, as was Abi Swan in the 800m A. Mya Thomas won the B 200m and was A 100m runner up, with Precious Fagbadegun second in the 100m B and B long jump, and Tahlia Sinclair second in the B 300m. Precious, Mia and Tahlia were joined by Cassie Campbell in the second placed relay team.

The **Under 17 Men** recorded eight wins and 11 second places but still lost out to Shaftesbury. Joel Ajayi won the 200m after being edged into second in the 100m, and Emmanuel Asirifi-Otchere won both B sprints and was second in the B triple jump. Dan Lammas won the 400m, with Joseph Gray second in the B, and the 800m pairing of Jack West (PB) and Toby Johnson took full points. The discus duo of Michael Tesi and Leon Agu both won, and Leon was second in the triple jump. Luca Gregory won the B long jump and was second in the B javelin, as Bobby Williams won the javelin A. There were second places for Oliver Pullen in the pole vault and long jump, Daniel Lesser (high jump) and James Mallon (hammer).

The **Under 13 Boys** had five wins as George Rogers won both the A javelin (PB) and hurdles, Michael Lesser won the B javelin, George Burgess the discus, both in PBs, while newcomer Callum Millar-Jennings won the B 800m as Oliver West was runner up in the A 800m. Logan Hunt was second in the 100m A and 200m B, debutant Zachary Binge second in the B 100m while Schalk Steyn was second in the B long jump. George Rogers, Logan, Michael and Zachary were the second placed relay team.

Unbeaten Chelmsford topped the table and Shaftesbury Barnet in second are fractionally ahead of Havering, with Dacorum in fifth level on match points. Havering face Shaftesbury in the final fixture at Watford on 6th August.

Provisional Top eight (after five of five matches):

1. Chelmsford 30 (3721); 2. Havering 28 (3392); 3. Dacorum 28 (3230); 4. Shaftesbury Barnet 27 (3328.5); 5. Basildon 27 (2823); 6. Norwich 24 (2812.5) ; 7. Ipswich 24 (2781); 8. Stevenage 23 (2729.5)

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Colchester Harriers	304	21	17	68	56	55	67
Watford	266	35	12	43	57	40	20

Under 17 Men

Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Joel Ajayi	10.9	2	Emmanuel Asirifi-Otchere	11.5	1
200m	Joel Ajayi	22.7	1	Emmanuel Asirifi-Otchere	23.2	1
400m	Daniel Lammas	54.3	1	Joseph Gray	56.4	2
800m	Jack West	2:06.6	2	Toby Johnson	2:08.8	2
1500m	Daniel Lammas	5:26.1	4	Joseph Gray	5:44.4	3
100m H	-					
Pole Vault	Oliver Pullen	2.50	2	No B string		
High Jump	Daniel Lesser	1.50	2			
Long Jump	Oliver Pullen	4.81	2	Luca Gregory	4.60	1
Triple Jump	Leon Agu	11.04	2	Emmanuel Asirifi-Otchere	9.07	2
Shot	Cancelled					
Discus	Michael Tesi	35.96	1	Leon Agu	33.22	1
Hammer	James Mallon	24.87	2	No B string		
Javelin	Bobby Williams	56.10	1	Luca Gregory	35.94	2
4x100m R	Emmanuel, Joel, Bobby, Daniel				46.1	3

Under 15 Boys

100m	Tobias Samuel	11.6	1	Ryan Alexander	12.0	1
200m	Tobias Samuel	23.9	1	Jake Shaw	25.2	3
300m	Findlay McLaren	38.5	1	Adrian Shalujo-Afolabi	40.4	1
800m	Findlay McLaren	2:09.4	1	Will Tilson	2:34.3	2
1500m	Stevie Reynolds	4:46.1	2	Jayden Wilkinson	4:52.3	1
80m H	Maxwell Adeosun	15.3	3	Harrison Rabess	17.5	3
Pole Vault				No B string		
High Jump	Findlay McLaren	1.70	2	Ryan Alexander	1.60	1
Long Jump	Tobias Samuel	5.39	2	Jayden Wilkinson	4.70	2
Shot	Cancelled					
Discus	Harrison Rabess	30.16	1	Freddie Hatcher	22.17	2
Hammer	Freddie Hatcher	19.61	2	No B string		
Javelin	Will Tilson	38.36	1	Sam Burdett	37.70	1
4x100m R	Ryan, Adrian, Jake, Tobias				47.7	1

Under 13 Boys

100m	Logan Hunt	14.1	2	Zachary Binge	14.7	2
200m	George Rogers	30.1	3	Logan Hunt	29.8	2
800m	Oliver West	2:25.4	2	Callum Millard-Jennings	2:48.4	1
1500m	Joseph Sewell	5:15.1	3	-		
75m Hurdles	George Rogers	14.5	1		20.0	3
High Jump	Schalk Steyn	1.25	2	Max Sillett	1.10	3
Long Jump	Max Sillett	3.84	3	Schalk Steyn	3.59	2
Shot	Cancelled					
Discus	George Burgess	17.51	1			
Javelin	George Rogers	20.76	1	Michael Lesser	17.62	1
60.7	George R, Logan, Michael, Zachary				60.7	2

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Under 17 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Mya Thomas	13.3	2	Precious Fagbadegun		2
200m	Cassie Campbell	27.2	3	Mya Thomas	27.1	1
300m	Grace Tilson U15	48.8	3	Tahlia Sinclair	49.3	2
800m	Abi Swan	2:38.3	2	Hannah Evans	2:41.1	1
1500m	Charlotte Evans	5:26.7	2			
80m H	Ruby Tillson	11.9	1			
Pole V				No B string		
High J	Ruby Tillson	1.75	1	Grace Tilson U15	1.35	1
Long J	Ruby Tillson	5.28	1	Precious Fagbadegun	4.07	2
Triple J	Charlotte Evans	8.57	4	Hannah Evans	8.52	1
Shot	Cancelled					
Discus	Grace Tilson U15	12.37	5			
Hammer				No B string		
Javelin	Charlotte Evans	12.41	3	Hannah Evans	11.80	2
4x100m	Cassie, Precious, Mya, Tahlia				52.8	2
Under 15 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Fisola Fagbadegun	12.9	1	Amy Mansell	13.2	1
200m	Fisola Fagbadegun	27.5	1	Mary Olubukola-Sogbetun	27.8	2
300m	Amy Mansell	43.8	2	Bel Drake	45.3	2
800m	Jess Page	2:31.8	1	Abigail Rogers	2:34.5	1
1500m	Jasmine Asmal	5:14.8	1	Orla Friel	5:21.3	1
75m H	Amy Mansell	12.5	1	Scarlett Woods	14.6	2
Pole V	Scarlett Woods	2.10	1	No B String		
High J	Bel Drake	1.40	2	Jasmine Asmal	1.30	1
Long J	Bel Drake	4.66	3	Orla Friel	3.63	2
Shot	Cancelled					
Discus	Eboni Roach	16.80	3	Jess Page	16.14	2
Hammer	Eboni Roach	22.91	2	No B String		
Javelin	Scarlett Woods	28.06	2	Jess Page	25.07	1
4x100m	Christine, Amy, Bel, Fisola				51.5	1
Under 13 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Poppy Dent-Jones	13.8	3	Ome Nwapa	14.4	2
200m	Poppy Dent-Jones	29.1	3	Ome Nwapa	30.4	4
800m	Zeni Williams	2:51.7	2	Ria Forson	2:58.0	2
1500m	Elena Williams	5:44.0	3	Orlaith McLaren	6:28.0	2
70m H	Poppy Dent-Jones	12.7	3	Siobhan Etemadi	13.6	2
High J	Ome Nwapa	1.43	1	Dulce Smith-Rodriguez	1.30	1
Long J	Cleopatra Drake	4.32	1	Siobhan Etemadi	3.69	1
Shot	Cancelled					
Discus	Ayla Baker	20.38	1	Dulce Smith-Rodriguez	19.74	1
Javelin	Zeni Williams	13.26	1	Kyra Sinclair	9.02	2
4x100m	Ome, Poppy, Siobhan, Talia Malcolm				57.4	2

Eastern Young Athletes' League 2023 Non Scoring Athletes

Name	Age-	Event 1	Event 2	Event 3
Max Sillett	U13B	100: 16.3		
Callum Millard-Jennings	U13B	LJ: 3.52		
George Burgess	U13B	LJ: 3.96		
Michael Lesser	U13B	200: 31.6		
Zachary Binge	U13B	200: 30.8		
Harrison Rabess	U15B	100: 15.0		
Emmanuel Olubukola-Sogbetun	U15B	100: 13.0	200: 26.9	
Jayden Wilkinson	U15B	JT: 30.56		
Maxwell Adeosun	U15B	100: 13.1	300: 50.6	
Jake Shaw	U15B	100: 12.6		
Simeon Barker	U15B	300: 40.6		
Adrian Shalujo-Afolabi	U15B	LJ: 4.52	100: 12.4	
Freddie Hatcher	U15B	JT: 23.02		
Ethan Carroll	U15B	1500: 5:18.7		
William Tilson	U15B	DT: 14.40		
Michael Tesi	U17M	JT: 27.14		
Daniel Lesser	U17M	800: 2:23.8		
Toby Johnson	U17M	400: 55.2		
James Mallon	U17M	DT: 31.37		
Name	Age-	Event 1	Event 2	Event 3
Kyra Sinclair	U13G	100: 15.2	200: 31.5	JT: 15.13
Siobhan Etemadi	U13G	100: 15.4		
Talia Malcom	U13G	100: 14.8		
Lauren Devine	U13G	200: 31.5		
Ayla Baker	U13G	200: 32.5		
Elena Williams	U13G	200: 32.7		
Indira Bhooma-Loader	U13G	70mH: 15.8	100: 16.3	LJ: 2.95
Dulce Smith-Rodriquez	U13G	LJ: 3.74		
Zenobia Williams	U13G	DT: 13.50		
Orlaith McLaren	U13G	DT: 13.88		
Mary Olubukola-Sogbetun	U15G	100m: 13.9		
Christine Atumonyogo	U15G	100m: 13.4		
Poppy Vines	U15G	800m: 2:43.0		
Jessica Taylor	U15G	800m: 2:59.0		
Jasmine Asmal	U15G	LJ: 4.05		
Abigail Rogers	U15G	HJ: 1.20	LJ: 3.60	
Cassie Campbell	U17W	100m: 13.4		
Tahlia Sinclair	U17W	100m: 14.2		
Ellie Bradley	U17W	100m: 14.7		
Precious Fagbadegun	U17W	200m: 27.5		