

## Southern Athletics League, Round 4 Perivale Saturday 13<sup>th</sup> August 2022

**RESULT: 1. Havering 201; 2. Ealing, Southall & Middlesex 178; 3. Bexley 164; 4 Victoria Park & Tower Hamlets 98**

**Havering's Southern League squad had a comfortable win at Perivale in heatwave conditions recently.**

The squad dominated with 17 wins for the women and six more for the men backed up by a glut of second places.

<b>WOMEN</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
200	Chloe Williams	2	27.08	Flic Clarke	1	27.45
400	Nina Brennan W35	1	64.37	Amy Kilner U20	1	71.77
800	Emily James	4	3:12.57	-		
1500	Ginte Bailey W35	1	5:10.16	Rebecca O'Rourke U20	3	6:25.21
100H	Chloe Williams	2	14.25	Flic Clarke	1	17.42
400H	Flic Clarke	1	63.79	Chloe Williams	1	64.09
1500SC	Ginte Bailey W35	1	6:09.79	Emily James	1	7:20.06
P.V	Claire Brennan W40	1	2.50	Nina Brennan W35	1	1.20
H.J.	Emily James	2	1.30	Claire Brennan W40	1	1.30
L.J.	Ginte Bailey W35	2	3.64	Amy Kilner U20	1	3.63
T.J	Miriam Adebayo U17	1	11.18	Amy Kilner U20	1	7.59
S.P.	Claire Brennan W40	3	7.37	Tilly Bunn U17	3	5.79
D.T.	Tilly Bunn U17	2	23.15	Nina Brennan W35	1	22.47
J.T.	Claire Brennan W40	3	18.17	Nina Brennan W35	3	13.003
H.T.	Nina Brennan W35	3	17.57	Tilly Bunn U17	1	16.89
4x100	Flic, Chloe, Miriam, Amy				2	57.12
Mixed 4x400					1	4:14.99
<b>EVENT</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Aaron Freshwater	2	11.81	Calvin Sanni U20	1	12.02
200	Matthew Agnimel	2	22.41	Calvin Sanni U20	3	24.49
400	Matthew Agnimel	2	49.58	Charlie Howell U20	1	54.45
800	Sam Atkins	3	2:03.25	Louis Berrett	2	2:03.70
1500	James Stewart	3	4:12.22	Sam Atkins	2	4:26.02
3000	Martin Chester M45	4	11:19.05	Paul Berrett M60	2	12:50.45
3k S/C	Gary Atkins M50	3	12:51.58			
H.J.	Mark Bishop M55	2	1.55	Calvin Sanni U20	2	1.30
P.V.	Mark Bishop M55	2	3.00	Matthew Page U17	1	2.50
L.J.	Richard Holland	2	5.53	Calvin Sanni U20	2	4.20
T.J.	Simon Hill U20	4	9.11			
S.P.	Toby Bishop U20	3	10.00	Mark Bishop M55	1	9.23
D.T.	Toby Bishop U20	2	30.86	Mark Bishop M55	2	29.52
J.T.	Simon Hill U20	2	49.87	Matthew Page U17	1	43.08
H.T.	Mark Bishop M55	3	22.15	Martin Chester M45	4	8.73
4x100	Aaron, Calvin, Matthew, Louis				3	48.13
Mixed 4x400					1	3:58.22

**Non-Scoring: MEN:** 200 Louis Berrett 24.68; 800 Gavin Maley 2:08.31