



National Athletics League, Championship London Division, Round 3 Kingston Saturday 7th August 2021

Posn	Team Name	Points
1	Havering AC	258.3
2	Kingston AC & Polytechnic Harriers	205.2
3	Enfield & Haringey AC	202.3
4	Herne Hill Harriers	145.2

A small Havering squad made it three wins out of three in their London Division Championship fixture at Kingston on Saturday.

With numbers low due to holidays and other commitments the team had to work hard to cover the gaps but their efforts were rewarded by a 50-point victory.



Chloe Williams won the sprint hurdles and high jump and was a member of both relay squads, as was training partner Flic Clarke who won the 400m hurdles, and was second in the B sprint hurdles. Their relay partners were Emma Ramsden who won the B 200m in a new PB and was second in the A 100m, and Nina Brennan who won the B discus and was B 400m runner up. The quartet were sprint relay runners up and won the 4x 400m relay.

Under 17 Alice Brown won her discus speciality and was 400m A runner up while Adelaide Thatcher-Gray won the javelin. Olivia Boachie won the B 100m and was second in the 200m A on her debut. Tomi Sanwo was second in the triple jump and added shot and long jump points.

Molly Sweetman returned to club colours for second in the 800m, as Ginte Bailey season's best won the B 800m event, and Rebecca O'Rourke was just outside her season's best in placing second in the A 1500m.

Teamwork was also the order of the day for the men. Duane Jibunoh won both the discus and javelin in season's best and was shot runner up and third in the B hammer. Adam McCarthy made up for missing his 400m hurdles event on health grounds but scored valuable points in the 200m, triple jump and high jump and Karl Tucker was second in the hurdles and covered both 100m and 200m before joining McCarthy, Reece Harriott and Luke Williams in the winning sprint relay quartet. Reece was third in the 400m and vaulter Luke Williams who equalled his pole vault season's best for third and added triple jump and B hurdles second places.

Hal Hutton won the B javelin and Graham Holder was second in the hammer, discus and javelin. Ben Davis outkicked the opposition to win the 1500m as Louis Berrett was second in the B, as Kieran O'Hara ran well in the same event as a non-scorer and James Stewart was 3000m runner up.

The season concludes at Lee Valley on 28th where all teams will be hoping for better turn outs to end this COVID affected campaign where the 16-team national division was rearranged into four regional divisions of four clubs.