

## ***Southern Athletics League, Round 1, Hornchurch Sat 20<sup>th</sup> May 2023***

Posn	Team Name	Points
1	<b>Havering AC</b>	<b>341</b>
2	Dartford Harriers	328
3	Thurrock Harriers	267
4	Kent AC	211
5	Serpentine RC	171
6	Highgate Harriers/Mornington Chasers	161

**The Havering team made the most of home advantage as they came from behind to open their Southern Athletic campaign with a win in warm and sunny conditions at Hornchurch Stadium on Saturday.**

The strong men's squad racked up 20 victories to dominate proceedings. Ronnie Adoma had a hat trick of wins taking both A sprints and the long jump, and Toby Bishop won both shot and discus as his dad Mark won both B strings, as Toby was second in the javelin, and both Bishops added top three hammer points.

Ben Davis and Charlie Howell won their A & B 800m races and James Connor and Sam Atkins took full points in the 3000m. Luke Williams and Arron Bonning scored maximum points in the A & B vault, and Arron won the B javelin and was second in the B triple jump.

More wins came from Rob Warner in the 'chase, after Matthew Agnimel cruised to 400m victory and Ike Okwudi smashed his 200m best to win the B race. Ridwan Salaam was second in both the B 100m and long jump events, Josh Lee-Prime was third in the B 400m, as was James Stewart in the 1500m, with Louis Berrett second in the 1500m B string, Adam McCarthy returned to club action with a narrow second place in the 400m hurdles and added third place in the triple jump. Steve Rand was third in the B 400m hurdles while John Barker broke the club M55 3000m record, running as non-scorer.

Cavin Sanni, Reece Malcolm, Ike Okwudi and Ronnie Adoma won the sprint relay and Louis Berrett, Josh Lee-Prime, Charlie Howell and Matthew Agnimel had a comfortable win in the 4 x 400m.

The women's team scored strongly winning 11 events but also had several gaps. Olivia Boachie and Nina Brennan won both 400m races, and Natalie Sewell (A 800m, and Ginte Bailey (B 1500m) also had track wins, as did Chloe Williams (100m hurdles) and Morgan Campbell ('chase). There were A string second places for Emma Ramsden (100m), Maddie Barker (1500m) and Ruby Tillson (200m), with Ruby also adding second in the long jump. Marathon runner Lauren Reed stepped in distance for third in the 3000m, and Lucy Natrass (200m) and Freya Long (800m) were also third, and Megan Cook (B 100m) was fourth.

Katie Ennis improved her best to win the discus, and also won the vault and was hammer runner up and Niamh Pridie set a PB for javelin victory. Hannah Yexley returned to competition to win the B discus and U17 Tilly Bunn was runner up in both shot and hammer. Club President shrugged off a foot injury to score points in the high jump, javelin and shot, and Rachel Kerr covered a gap to add high jump points before joining Ruby Tillson, Lucy Natrass and Emma Ramsden in the second placed sprint relay quartet.

The ladies finished on a high as Olivia Boachie's strong anchor leg brought them to victory after runs from Nina Brennan, Ruby Tillson and Ginte Bailey.

The second of the four-match series sees the team travel to St Albans on 18<sup>th</sup> June.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Ronnie Adoma U20	1	11.1	Ridwan Salaam U20	2	11.5
200	Ronnie Adoma U20	1	22.4	Ike Okwudi U17	1	22.8 PB
400	Matthew Agnimel	1	49.7	Josh Lee-Prime U20	3	55.0
800	Ben Davis	1	2:01.0	Charlie Howell U20	1	2:05.5
1500	James Stewart	3	4:13.6	Louis Berrett	2	4:15.5
3000	James Connor M40	1	9:02.0	Sam Atkins	1	9:14.1
110H	Luke Williams M35	3	20.2	-		
400H	Adam McCarthy	2	60.5	Steve Rand M50	3	73.3
3k S/C	Rob Warner M40	1	10:17.2	-		
H.J.	Arron Bonning M45	4	1.40	Ben Davis	5	1.10
P.V.	Luke Williams M35	1	3.60	Arron Bonning M45	1	2.60
L.J.	Ronnie Adoma U20	1	6.24	Ridwan Salaam U20	2	5.56
T.J.	Adam McCarthy	3	10.60	Arron Bonning M45	2	9.97
S.P.	Toby Bishop	1	10.49	Mark Bishop M55	1	10.15
D.T.	Toby Bishop	1	31.40	Mark Bishop M55	1	28.82
J.T.	Toby Bishop	2	35.72	Arron Bonning M45	1	33.42
H.T.	Toby Bishop	3	25.40	Mark Bishop M55	2	20.30
4x100	Calvin, Reece, Ike, Ronnie				1	45.0
4x400	Louis (54.4), Josh (54.8), Charlie (55.0), Matthew (53.3)				1	3:37.5

**Non-Scoring: MEN:** 100 Calvin Sanni U20 11.9 +PB; Reece Malcolm U20 11.3 PB; 200: Reece Malcolm U20 23.0 PB; Archie Winney U20 23.5 PB; 400: Calvin Sanni 54.2 PB; 800: Charlie Burgess U20 2:06.1 PB; Toby Johnson U17 2:07.8 PB; Nathan Hart U17 2:10.4; 3000: John Barker M55 10:23.5 Club M55 record; JT: Mark Bishop M55 29.94; PV: Stuart Tufton M70 2.50; LJ: Richard Holland 5.66

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emma Ramsden	2	13.0	Megan Cook U20	4	14.5
200	Ruby Tillson U17	2	26.2 PB	Lucy Natrass U20	3	28.1
400	Olivia Boachie U20	1	58.62	Nina Brennan W35	1	64.8
800	Natalie Sewell U20	1	2:16.2	Freya Long U20	3	2:39.1
1500	Maddie Barker U20	2	4:51.7	Ginte Bailey W35	1	4:58.4
3000	Lauren Reed W35	3	10:24.5	-		
100H	Chloe Williams W35	1	14.8	-		
2k SC	Morgan Campbell	1	7:39.1	-		
H.J.	Claire Brennan W40	3	1.30	Rachel Kerr	4	1.10
P.V.	Katie Ennis U20	1	2.00	-		
L.J.	Ruby Tillson U17	2	5.21	-		
S.P.	Claire Brennan W40	5	7.26	Tilly Bunn U17	2	6.54
D.T.	Katie Ennis U20	1	33.10 PB	Hannah Yexley U20	1	29.05
J.T.	Niamh Pridie U20	1	29.24 PB	Claire Brennan W40	3	17.85
H.T.	Katie Ennis U20	2	32.71	Tilly Bunn U17	2	22.24 PB
4x100	Ruby, Lucy, Rachel, Emma				2	53.4
4x400	Nina (66.1), Ruby (63.0), Ginte (69.1), Olivia (56.8),				1	4:15.0

**Non-Scoring: WOMEN:** 200m: Rachel Kerr 29.5; 1500m: Rebecca O'Rourke 5:40.1; DT: Tilly Bunn U17 27.64 PB