

## **Southern Athletics League, Round 1, Dartford Sat 18<sup>th</sup> May 2024**

Posn	Team Name	Points
1	<b>Havering AC</b>	348
2	Kent AC	268
3	Ilford AC	229
4	Bexley AC	210
5	Central Park	168
6	Victorai Park & TH	100

**A strong Havering team got their Southern Athletic League campaign off to a winning start with a big victory at Dartford on Saturday, recording 32 wins and finishing 80 points clear of the opposition, with a club record to cap a successful day.**

The club record came from Freddie Rowe, on his league debut as he improved his Under 17 men's 1500m best, which he set indoors this winter when winning national bronze. His time of 4m 00.2s took a second off his best but he lost out on the day to Ilford's Southern senior medallist Alex Richards.

There were track wins for the men from Matthew Agnimel & Lewis Bailey (200m A & B), James Stewart (5000m A), and B string wins for Reece Malcolm (100m B), Louise Berrett (400m), and Charlie Burgess (800m PB). Luke Williams and Arron Bonning took full points in the pole vault, as did Peter Brinton-Quinn & Bobby Williams in the javelin, and Richard Holland in the B long jump, and the sprint relay quartet of Luke Williams, Matthew Agnimel, Maxwell Adeosun and Reece Malcolm brought the baton home safely to win.

There were 20 wins for the ladies' squad as they dominated events. Cassie Campbell improved her bests to win both 100m and 200m sprints as Precious Fagbadegun won the B string 100m. Ruby Tillson and Chloe Willaims took full points in A & B 100m hurdles, as did Chloe and Claire Brennan in the 400m hurdles, as Scarlett Woods joined Claire in the winning pole vault pairing.

There was almost a clean sweep in the field events as Katie Ennis won both hammer & discus, Lucy Quinlan improved her best to win the javelin, Eboni Roach & Tillson won the A & B shot in PBS, as Eboni added B hammer victory, and Tilly Bunn won the B discus. Further B string wins were earned by Under 17s Maggie Smith (high jump), Grace Tilson (triple jump PB) and Daisy Leech (long jump), all in their first taste of the competition in this senior league.

Not surprisingly both relay teams won as Chloe, Cassie, Maggie and Precious combined to win the sprint relay and Nina Brenna, Grace, Daisy and Chloe won the 4x400m relay event to round of a successful start to the season for the team.

The second round of the four-match series sees the squad travel to Peterborough on Saturday 15<sup>th</sup> June.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Cassie Campbell U20	1	12.8	Precious Fagbadegun U20	1	13.3
200	Cassie Campbell U20	1	25.7	Maggie Smith U17	2	28.0
400	Nina Brennan W35	5	64.8	Grace Tilson U17	2	65.9
800	Daisy Leech U17	3	2:26.3	Rebecca O'Rourke	2	2:40.9
1500	Ginte Bailey W35	2	5:04.8	Charlotte Evans U20	2	5:14.6
3000	Robyn Matson W35	2	11:16.9	Hannah Evans U20	2	11:56.8
100H	Ruby Tillson U20	1	14.4	Chloe Williams W35	1	14.7
400H	Chloe Williams W35	1	69.7	Claire Brennan W40	1	71.2
H.J.	Sophia Willson U17	2	1.50	Maggie Smith U17	1	1.50
P.V.	Claire Brennan W40	1	2.60	Scarlett Woods u17	1	2.30
L.J.	Precious Fagbadegun	3	4.59	Daisy Leech U17	1	4.58
T.J.	Daisy Leech U17	2	9.62	Grace Tilson u17	1	8.59
S.P.	Eboni Roach U17	1	10.52	Ruby Tillson U20	1	9.50
D.T.	Katie Ennis U20	1	34.17	Tilly Bunn U20	1	25.60
J.T.	Lucy Quinlan U20	1	33.40	Ruby Tillson U20	2	28.81
H.T.	Katie Ennis U20	1	33.48	Eboni Roach U17	1	17.17
4x100	Chloe, Cassie, Maggie, Precious				1	51.9
4x400	Nina, Grace, Daisy, Chloe				1	4:19.4

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Maxwell Adeosun U17	4	11.7	Reece Malcolm U20	1	11.5
200	Matthew Agnimel	1	22.3	Lewis Bailey	1	23.2
400	Archie Winney	4	53.2	Louise Berrett	1	53.0
800	Louise Berrett	3	2:00.5	Charlie Burgess U20	1	2:03.5
1500	Freddie Rowe U17	2	4:00.2	Sam Atkins	2	4:10.1
5000	James Stewart	1	15:56.2	Alfie Waithaka M45	3	16:58.4
110H	Luke Williams M35	2	20.4	-		
400H	Isaac Ogunlade	2	54.6	-		
3k S/C	Gary Atkins M55	6	13:25.0	Steve Walker M55	4	14:09.3
H.J.	Anthony Odumosu U17	2	1.65	Mark Bishop M55	3	1.45
P.V.	Luke Williams M35	1	3.66	Arron Bonning M45	1	2.80
L.J.	Anthony Odumosu U17	2	5.88	Richard Holland	1	5.41
T.J.	Anthony Odumosu U17	2	12.63	Arron Bonning M45	2	10.16
S.P.	Mark Bishop M55	3	9.54	Arron Bonning M45	2	8.42
D.T.	Mark Bishop M55	3	29.85	Arron Bonning M45	2	24.46
J.T.	Peter Brinton-Quinn	1	57.00	Bobby Williams U20	1	54.80
H.T.	Arron Bonning M45	4	17.97	Mark Bishop M55	2	15.87
4x100	Luke, Matthew, Maxwell, Reece				1	45.8
4x400	Louis, James, Sam, Gary				4	4:01.8

**Non-Scoring: MEN:** 200: Maxwell Adeosun 24.8; 800: Sam Mahoney 2:10.0, Toby Johnson 2:12.8; LJ: Lewis Bailey 5.50

**Non-Scoring: WOMEN:** 200: Ruby Tillson 26.5; 800: Abigail Swan 2:39.1; Haleema Asmal 3:49.1; LJ: Ginte Bailey 3.59; HJ: Grace Tilson 1.30; DT: Eboni Roach; 27.12 JT: Scarlett Woods 21.45