

## ***Southern Athletics League, Round 3, Dartford Sun 9<sup>th</sup> July 2023***

Posn	Team Name	Points
1	Dartford Harriers	319
2	Dacorum AC	266
3	<b>Havering AC</b>	259
4	Basildon AC	179
5	London Heathside	117
6	Enfield & Haringey	86

**There was a solid third place finish at Dartford for the Southern League team on Sunday behind the hosts and Dacorum, who were third in the table before this match.**

The ladies team were a mix of youth and experience. Seventeen-year-old Katie Ennis improved her best to win the hammer and added victory in the discus and second in the javelin. There were also wins for her fellow under 20s as Hannah Yexley partnered Katie to win the B discus, Natalie Sewell won the 2000m chase in a time which was faster than the club best but won't stand as there was no water jump in use, and Olivia Boachie won the 100m and was 200m runner up.

There were also wins for the more experienced team members with track wins for Ginter Bailey in the 1500m and Robyn Matson in the 3000m, while in the field Claire Brennan won the B javelin and was runner up in the high jump and pole vault, with sister Nina second in the B vault. Freya Long (800m B), Rebecca O'Rourke (B 1500m) and Rachel Kerr (B high jump) were third, as was the 4x400m quartet of Olivia, Ginte, Rachel and Nina.

Alex Friend made his first track appearance for club teams since 2019 and his good university form carried over as he equalled his best to win the 1500m as Kieran O'Hara won the B string. Reece Malcolm's 200m B race victory was the only other track win, backed up by his third place in the 100m, with track second places for Archie Winney (400m B), James Stewart (3000m), Adam McCarthy (400m hurdles) and Luke Williams (110m hurdles). Luke also placed third in the triple jump and pole vault as Matthew Page improved his vault PB for B string second.

Third places on the track were earned by Matthew Agnime (200m), Akeem Akintokun (400m), Louis Berrett and Charlie Howell (A & B 800m), and James Blogg (B 3000m). Louis filled a gap in the B triple jump for second and the long jump for third.

Patrick McLean-Tattan won the discus in a new PB and added full points in the B string javelin, and Toby Bishop won the B discus and was third in both the shot and hammer (PB).

The day ended on a high as the 4x400m relay quartet of Louis, Charlie, Archie and Adam placed second.

The team are comfortably in the top half of the 18-team table with one match left, at Woodford on 19<sup>th</sup> August.

*Despite an injury affected preparation, Peter Brinton-Quinn was a fine sixth in the javelin at his first appearance at the UK Athletics Senior Championships and World Trials at Manchester on Sunday. The 20-year-old's best effort of 64.94m – a metre and a half shy of his recent best – came in the fourth round.*

<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	Reece Malcolm U20	3	11.5	Calvin Sanni U20	5	12.1
200	Matthew Agnimel	3	22.8	Reece Malcolm U20	<b>1</b>	23.3
400	Akeem Akintokun	3	51.1	Archie Winney U20J	2	53.0
800	Louis Berrett	3	2:02.6	Charlie Howell	3	2:08.9
1500	Alex Friend	<b>1</b>	4:03.0	Kieran O'Hara	<b>1</b>	4:08.2
3000	James Stewart	2	9:02.5	James Blogg M45	3	9:48.8
110H	Luke Williams M35	2	20.4	-		
400H	Adam McCarthy	2	60.1	-		
H.J.	Adem Bouadjadja U17	5	1.50	Luke Williams M35	4	1.40
P.V.	Luke Williams M35	3	3.60	Matthew Page U20	2	3.50
L.J.	Louis Berrett	3	5.34	Martin Chester M50	4	3.80
T.J.	Luke Williams M35	3	10.00	Louis Berrett	2	9.06
S.P.	Toby Bishop	3	10.20	Matthew Page U20	4	7.83
D.T.	Patrick McLean-Tattan U20	<b>1</b>	36.37	Toby Bishop	<b>1</b>	32.23
J.T.	Hal Hutton	2	49.71	Patrick McLean-Tattan	<b>1</b>	46.18
H.T.	Toby Bishop	3	28.54	Martin Chester M50	5	10.21
4x100	Luke, Reece, Calvin, Adam				5	48.1
4x400	Louis 53.1, Charlie 53.9, Archie 53.2, Adam 55.6				2	3:35.8

**Non-Scoring: MEN:** Calvin Sanni 24.1; 400: Adem Bouadjadja 56.9; JT: Matthew Page U20 49.30

<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	Olivia Boachie U20	<b>1</b>	12.8	Megan Cook U20	5	15.0
200	Olivia Boachie U20	2	26.	Rachel Kerr	5	29.8
400	Nina Brennan W35	3	64.9	Hannah Evans U17	4	67.4
800	Charlotte Evans U17	4	2:29.9	Freya Long U20	3	2:34.2
1500	Ginte Bailey W35	<b>1</b>	5:04.3	Rebecca O'Rourke	3	5:41.3
3000	Robyn Matson W35	<b>1</b>	1:23.3	-		
2k SC	Natalie Sewell U20	<b>1</b>	7:02.3	-		
H.J.	Claire Brennan W40	2	1.35	Rachel Kerr	3	1.15
P.V.	Claire Brennan W40	2	2.40	Nina Brennan W35	2	1.80
L.J.	Hannah Evans U17	5	3.78	Rachel Kerr	5	3.12
S.P.	Nina Brennan W35	5	7.34	Claire Brennan W40	3	7.14
D.T.	Katie Ennis U20	<b>1</b>	33.88	Hannah Yexley u20	<b>1</b>	27.40
J.T.	Katie Ennis U20	2	23.99	Claire Brennan W40	<b>1</b>	19.58
H.T.	Katie Ennis U20	<b>1</b>	36.94	Claire Brennan W40	4	12.66
4x100	Nina, Hannah, Rachel, Olivia				5	56.0
4x400	Olivia 61.3, Ginte 69.4, Rachel 73.7, Nina 64.4				3	4:29.0