

National Youth Development League – Southern Premier, R1 Bromley 7th May 2023

Posn	Team Name	Points
1	Blackheath & Bromley	515.3
2	Reading	458.5
3	Tonbridge	435.5
4	Havering	429.8
5	Team Dorset	378.3
6	Basildon	329.5

Havering's young athletes mixed it with the best as they started their YDL Southern Premier campaign with a fourth-place finish in fine conditions at Bromley on Sunday, and had two club records to celebrate.

The strong **Under 15 Boys** squad starred, recording seven victories and setting the two new club records. Zak Williams, whose main event is the javelin which he won, added a huge 35 cms to his PB and 10 cms to the five-year-old club record with his 3.10m clearance. Not to be outdone, London Mini Marathon winner Freddie Rowe carved seven seconds off his PB and over five seconds of the club 1500m with his winning 4m 08.60s clocking. Simeon Barker improved his hurdles best for A race victory and smashed his 300m best in winning the B race. Tobias Samuel won the long jump with a new PB, and added PBs in both sprints, finishing second in the 100m and third in the 200m. More wins came from Sam Burdett in the B javelin, and Bode Thompson in the high jump on his YDL debut, adding second in the hurdles, with PBs in both. Findlay McLaren shaved one-hundredth off his 800m best in second, and improved his 300m best for third. Second places were earned by high jumper Ryan Alexander, and Harrison Rabess with his discus PB and Harrison added a shot third. Aidan Doherty stepped into the team at short notice and was rewarded with an 800m PB in second place, and there were third places for Freddie Hatcher shot & hammer, and Jayden Wilkinson in the long jump and 1500, where he filled a gap for the team. Both relay quartets were third as Adrian Shalujo-Afolabi and Jake Shaw, joined Tobias Samuel and Ryan Alexander, in the sprint relay and Jayden Wilkinson, Aidan Doherty, Simeon Barker, and Findlay McLaren combined in the 4x300m.

The **Under 15 Girls** had a successful day. Eboni Roach won the hammer in a new PB and added another win in the discus and also shot points. Jessica Page won the B javelin and smashed her 800m best in placing second in the A race, as Abi Rogers ran well for second in the 800m B, while the 1500m duo of Emmie Lole and Jasmine Asmal both set new marks in finishing second in their A & B strings. Kara Adegite was second in the B 100m and third in the 200m, Isabelle James was second in the high jump, Bel Drake had two third places in the long jump and high jump, and Scarlett Woods completed the top three finishers with second in the vault and third in the javelin. There were third places for both relay squads of Fisola Fagbadegun, Eboni Roach, Amy Mansell and Kara Adegite (4x100m) and Bel Drake, Jasmine Asmal, Emmie Lole and Jessica Page (4x300m).

Both **Under 13** teams battled hard for points with many athletes making their first appearances at this top level. Ome Nwapa was the only girls' winner, taking full points in the B long jump, and also placing second in the 75m B sprint and joint-third in the high jump. Ayla Baker was second in both the shot put A and javelin B, and Amelia Shearing (hurdles) and Summer Smith (800m) were both third in their events. The highlights for the inexperienced but hard-working boys were a B shot win for Oliver West and second places for Ethan Johnson in both javelin and shot A competitions. Both squads will have learned from their experience.

National Champions Blackheath & Bromley had a comfortable win on home territory with Reading in second ahead of well-matched Tonbridge and Havering, as newly-promoted Team Dorset and Basildon filled the final places. Round 2 sees Team Dorset host at Poole on Saturday 3rd June, with matches at Reading and Tonbridge to follow.

Under 15 Boys						
Event	A' String	Result	Pos	B' String	Result	Pos
100m	Tobias Samuel	11.59	2	Adrian Shalujo-Afolabi	12.34	4
200m	Tobias Samuel	24.31	3	Jake Shaw	26.07	5
300m	Findlay McLaren	40.19	3	Simeon Barker	40.05	1
800m	Findlay McLaren	2:03.69	2	Aidan Doherty	2:23.06	2
1500m	Freddie Rowe	4:08.60 **	1	Jayden Wilkinson	4:57.42	3
80m H	Simeon Barker	12.51	1	Bode Thompson	14.00	2
Long Jump	Tobias Samuel	5.57	1	Jayden Wilkinson	4.73	3
High Jump	Ryan Alexander	1.60	2	Bode Thompson	1.55	1=
Pole Vault	Zak Williams	3.10 **	2	-		
Shot	Harrison Rabess	8.09	3	Freddie Hatcher	7.50	3
Discus	Harrison Rabess	27.19	2	Freddie Hatcher	16.24	4
Hammer	Harrison Rabess	16.24	4	Freddie Hatcher	15.05	3
Javelin	Zak Williams	41.16	1	Sam Burdett	39.04	1
4x100m R	Ryan Alexander, Adrian Shalujo-Afolabi, Jake Shaw, Tobias Samuel				48.43	3
4x300m R	Jayden Wilkinson, Aidan Doherty, Simeon Barker, Findlay McLaren				2:50.93	3
Under 13 Boys						
75m	Jesse Crawley	10.65	5	George Rogers	11.13	6
150m	George Rogers	22.30	6	Michael Lesser	23.37	6
800m	Oliver West	2:28.00	4	Max Sillett	3:05.14	6
1200m	George Bangs	4:09.10	4	-		
75mH	George Rogers	15.19	4	Isaac Shearing	16.05	4
Long Jump	Max Sillett	3.68	6	Isaac Shearing	3.57	4
High Jump	Isaac Shearing	1.10	6	Oliver West	1.05	5=
Shot	Ethan Johnson	6.96	2	Oliver West	6.90	1
Javelin	Ethan Johnson	25.52	2	Alex Lole	NT	
4x100m R	Isaac Shearing, Michael Lesser, George Rogers, Jesse Crawley				58.95	6

Non Scoring: 100m: U15B Jake Shaw 12.79

** Club U15B Record

Under 15 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Fisola Fagbadegun	12.94	4	Kara Adegite	13.11	2
200m	Fisola Fagbadegun	27.13	6	Kara Adegite	27.28	3
300m	Amy Mansell	44.18	4	Grace Tilson	47.10	4
800m	Jessica Page	2:22.97	2	Abi Rogers	2:34.72	2
1500m	Emmie Lole	5:02.70	2	Jasmine Asmal	5:16.60	2
75m H	Isabelle James	12.78	4	Scarlett Woods	14.56	5
Long J	Amy Mansell	4.23	5	Bel Drake	4.21	3
High J	Bel Drake	1.45	3	Isabelle James	1.30	2=
Pole V	Scarlett Woods	2.00	2	-		
Shot	Eboni Roach	9.19	4	Grace Tilson	6.04	6
Discus	Eboni Roach	22.21	1	Isabelle James	14.25	4
Hammer	Eboni Roach	24.99	1	Grace Tilson	11.49	4
Javelin	Scarlett Woods	24.22	3	Jessica Page	23.68	1
4x100m	Fisola Fagbadegun, Eboni Roach, Amy Mansell, Kara Adegite				52.27	3
4x300m	Bel Drake, Jasmine Asmal, Emmie Lole, Jessica Page				3:04.29	3

Under 13 Girls						
Event	'A' String	Result	Pos	'B' String	Result	Pos
75m	Cleo Drake	10.52	5	Ome Nwapa	10.73	2
150m	Cleo Drake	20.87	4	Talia Malcolm	22.44	6
800m	Summer Smith	2:26.12	3	Orlaith McLaren	3:13.53	5
1200m	Elena Williams	4:32.60	5	-		
70mH	Amelie Shearing	12.75	3	-		
Long J	Cleo Drake	3.94	4	Ome Nwapa	3.81	1
High J	Ome Nwapa	1.10	3=			
Shot	Ayla Baker	7.99	2	Orlaith McLaren	4.24	4
Javelin	Amelie Shearing	18.58	4	Ayla Baker	12.96	2
4x100m	Ome Nwapa, Talia Malcolm, Amelie Shearing, Cleo Drake				56.01	5

Non Scoring:

U13G 75m Talia Malcolm 11.24; Ayla Baker 11.63

U15G 100m Bel Drake 13.43, Jasmine Asmal 14.66; 800: Poppy Vines 2:48.11



Credit: Kevin Howarth - Instagram @kevhwarthphoto



Credit: Paul Rowe



Credit: Jo Day

For more photos see Havering AC Facebook – Members Private Group