

## **Youth Development League – Crawley Sunday 7<sup>th</sup> August 2022**

Posn	Team Name	Points
1	Crawley AC	554
2	<b>Havering AC</b>	400
3	Croydon Harriers	271
4	Tonbridge AC	237
5	Woodford Green with Essex Ladies	210
6	Team ATIP	193

**Havering's Under 17 and Under 20 squad finished their Youth Development League season with second place at Crawley on Sunday, as the hosts ran out comfortable winners to confirm their promotion back to the Premier Division.**

The **Under 17 Men's** squad again showed their strength. Matthew Page had a hat-trick of wins in the shot, pole vault and B javelin as English Schools medallist Bobby Williams won the A javelin. On the track Archie Sims won the 400m hurdles (PB) and was second in the sprint hurdles, and there were B string wins for Chris Agnimmel (100) and Nathan Hart (800m). Ike Okwudi was second in the 100m A race and third in the 200m, as was 200m B string Leon Bengo. Archie, Nathan, Waleed Kabuye and Sam Mahoney were 4x400m relay runners up.

The **Under 17 Women** also impressed. Paris King won the sprint hurdles and B 200m, and Ruby Tillson won the high jump, B hurdles and equalled her long jump best to win for the U20 squad. Lucy Natrass won the B 300m and high jumps, and was B triple jump runner up. Hannah Evans won the B 1500m, as twin Charlotte was second in the A string, and Emily Fessey Cook took full points in the javelin. Cassie Campbell was second in the B 100m and smashed her best to place second in the 200m. Steph Okoro improved her 300m best with the second fastest ever by a club U17, placing second behind European U18 400m champion Charlotte Henrich, and she also improved her 200m best in placing second for the U20s. Erin Delea was second in the shot and also second in the B 800m, as Abi Swan was second in the A and third in the B long jump. Miriam Adebayo's triple jump was the fourth longest ever by a club U17 but only good enough for third and she combined with Cassie, Ruby & Lucy in the winning 4x300m relay quartet and also joined Liana Constable, Zara Okocha, and Cassie again in the second placed sprint relay team.

The **Under 20 Men** were low in numbers but scored well. Jacob Blanc won both 200m and sprint hurdles (PB) and Toby Bishop marked his final YDL match with a win in the shot. Charlie Howell stepped into the 3000m and scored full points, after a M25 traffic hold up scuppered his planned 1500m run, while there were 800m second places for Shane Hart, who came close to the two-minute mark, and Luke Chester in the B. Simon Hill was second in both the javelin and triple jump, and Ronnie Adoma third in both A string sprint events, as were Nathan Hart (400m) and Calvin Sanni (B 100m). Jeramie St Valchikwe made a winning club debut as he joined Ronnie, Calvin and Jacob in the victorious sprint relay squad.

The **Under 20 Women** were also short-handed and their only win came courtesy of U17 Ruby Tillson's long jump win as Rebecca O'Rourke and Emma Ramsden, in their final YDL competitions, were second in the 1500m and third in both 200m and javelin respectively, and U17 Miriam Adebayo was third in the B 100m. Emma joined U17s Precious Fagbadegun, Paris King and Steph Okoro in the second placed relay team, who clocked the fastest time by a female club team this summer.

As well as seeing Crawley's promotion, the bottom two clubs Woodford Green & the composite Kent side Team ATIP were relegated into Division 2 for summer 2023.

### **League – after four of four**

Posn	Team Name		Points
1	Crawley AC	22	2233.0
2	<b>Havering AC</b>	20	1931.0
3	Croydon Harriers	15	1529.0
4	Tonbridge AC	14	154.5
5	Woodford Green & EL	7	1236.0
6	Team ATIP #	6	950.5

*# Team ATIP composite - Ashford, Thanet, Invicta East Kent & Paddock Wood*

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U20M	A STRINGS	Pos.	Result			B STRINGS	Pos.	Result
100	Ronnie Adoma	3	11.27		100	Calvin Sanni	3	12.06
200	Ronnie Adoma	3	22.86		200	Jacob Blanc	1	23.06
400	Nathan Hart (U17)	3	55.63		400			
800	Shane Hart	2	2:00.21		800	Luke Chester	2	2:12.20
3000	Charlie Howell	1	10:10.96		110H	Jacob Blanc	1	14.73
TJ	Simon Hill	2	9.14					
SP	Toby Bishop	1	10.13		JT	Simon Hill	2	48.29
4x100	Calvin, Ronnie Jeramie, Jacob						1	45.76
4x400	Shane 55.2, Charlie 55.3, Matthew 57.0, Luke 57.9						4	3:45.32
U20W	A STRINGS	Pos.	Result			B STRINGS	Pos.	Result
100	Emma Ramsden	5	13.02		100	Miriam Adebayo U17	3	13.39
200	Stephanie Okoro	2	25.07		200	Emma Ramsden	3	27.22
1500	Rebecca O'Rourke	2	5:55.48		1500	-		
LJ	Ruby Tillson U17	1	5.32		JT	Emma Ramsden	3	17.14
4x100	Precious, Paris, Emma, Steph						2	49.63
U17M	A STRINGS	Pos.	Result			B STRINGS	Pos.	Result
100	Ike Okwudi	2	11.60		100	Chris Agnimel	1	11.66
200	Ike Okwudi	3	24.04		200	Leon Bengo	3	24.15
400	Jeffrey Fenoo	5	55.10		400			
800	Sam Mahoney	4	2:07.06		800	Nathan Hart	1	2:10.23
100H	Archie Sims (2 <sup>nd</sup> )	2	15.54		400H	Archie Sims (2 <sup>nd</sup> )	1	58.52
LJ	Jeffrey Fenoo	3	5.73		PV	Matthew Page	1	2.90
SP	Matthew Page	1	9.25		SP			
JT	Bobby Williams	1	53.47		JT	Matthew Page	1	45.03
4x100	Leon Bengo, Chris Agnimel, Jeffrey Fenoo, Ike Okwudi						5	47.28
4x400	Archie Sims 57.1, Waleed Kabuye 59.0, Nathan Hart 57.5, Sam Mahoney 56.9,						2	3:50.50
U17W	A STRINGS	Pos.	Result			B STRINGS	Pos.	Result
100	Zara Okocha	4	3.15		100	Cassie Campbell	2	12.95
200	Cassie Campbell	2	26.07		200	Paris King	1	26.98
300	Stephanie Okoro	2	39.53		300	Lucy Natrass	1	46.28
800	Abigail Swan	2	2:38.81		800	Erin Delea	2	2:45.16
1500	Charlotte Evans	2	5:10.00		1500	Hannah Evans	1	5:30.80
80H	Paris King	1	12.02		80H	Ruby Tillson	1	12.16
HJ	Ruby Tillson	1	1.60		HJ	Lucy Natrass	1	1.40
LJ	Liana Constable	3	3.76		LJ	Abigail Swan	3	3.74
TJ	Miriam Adebayo	3	10.78		TJ	Lucy Natrass	2	7.56
SP	Erin Delea	2	9.52		JT	Emily Fessey Cook	1	34.10
4x100	Liana Constable, Zara Okocha, Miriam Adebayo, Cassie Campbell						2	52.14
4x300	Cassie Campbell Lucy Natrass, Ruby Tillson, Miriam Adebayo,						1	3:01.89
<b>Non-Scoring</b>								
100: Precious Fagbadegun 13.10, Liana Constable 13.80; 200: Zara Okocha 27.63, Precious Fagbadegun 28.13, Liana Constable 29.57								
100: Jeramie St Valchikwe 12.21; 200: Calvin Sanni 24.35; 800: Matthew Blacklock 2:09.51, Waleed Kabuye 2:17.27								
JT: Hal Hutton 54.92								