

## ***Southern Athletics League, Round 2 Chelmsford Sunday 12<sup>th</sup> June 2022***

Posn	Team Name	Points
1	<b>Havering AC</b>	<b>176</b>
2	Woodford Green with Essex Ladies	169
3	Basildon AC	159
4	Thurrock Harriers	127

**Havering's Southern League squad came from behind to win their all-Essex fixture at Chelmsford on Sunday thanks to good team spirit from the athletes who made the short trip.**

The men performed strongly notching up 15 wins. Lewis Bailey had a sprint double, taking full points in both 100m & 200m, as Matthew Agnimel won the 400m. Steeplechasers Rob Warner and Gary Atkins won both strings in the 3k event, and B string track wins were posted by Sam Atkins (1500m) and James Blogg (3k). Track second places were recorded by Jacob Blanc (400m hurdles), Akeem Akintokun (200m B), Kieran O'Hara (1500m A), James Stewart (3000m A - PB) and Luke Chester (800m B), as Louis Berrett was third in the 400m B and Charlie Howell was fourth in the 800m A string. Calvin Sanni joined Matthew, Akeem and Lewis in the winning sprint relay quartet.

On the field Duane Jibunoh won both the A shot and discus, both in season's bests, and also added third place hammer points, and there were full points in the javelin thanks to Peter Brinton-Quinn and Simon Hill. Veterans Mark Bishop and Stuart Tufton gave a master class in the pole vault for full points, and Matthew Agnimel add a triple jump win and Ayo Babatunde scored full points in the long jump B. Ridwan Salaam was second in the A long jump with a big PB, and Oliver Taylor-Bush cleared 1.65m for third in the high jump A. Arron Bonning added second places in the B high jump and triple jump, and was third in the B hammer, as Mark Bishop was B string runner up in both shot & discus B events.

The ladies were lacking in numbers but did more than enough to support the club cause. Stephanie Okoro improved her U17W 400m hurdles club record for victory, a day after lifting the Essex Schools 300m hurdles title, Morgan Campbell also added full points over the barriers in the 1500m 'chase and Katie Ennis improved her best for discus victory, to add to her Essex Schools' title the day before. Emma Ramsden and Rachel Kerr were both second in the A & B 100m and 200m, as was Maddie Barker in the A 1500m and Hannah Evans in the B 800m, as sister Charlotte was third in the 800m A, and Amy Kilner third in the 400m. Charlotte and Amy added points in the long and triple jumps and Niamh Pridie and Natalie Sewell were both second in their javelin events, and Erin Delea was third in the D discus and fourth in the shot, where Georgie Phillips added a B string point. The sprint relay foursome of Amy, Morgan, Rachel and Emma placed second.

The meeting ended with second places for both mixed 4x400m relay squads of Kieran, Maddie, Amy and Calvin and Akeem, Morgan, Rachel and Lewis,

## ***Essex Track 5000m Championships Chelmsford Weds 8<sup>th</sup> June 2022***

Club athletes were out in force at last week's Essex 500m championships. Ben Davis smashed his PB to win senior bronze and make the club all-time top 20 list and Matt Bland won M50 silver. It was PBs all round as James Stewart, Shane Hart and John Whitehead all set new career marks, and Stephanie Phillips showed promise on her track 5k debut.

3<sup>rd</sup> Ben Davis 15:04.1; 7<sup>th</sup> James Stewart 15:21.5; 13<sup>th</sup> Shane Hart U20 16:15.6 Also: John Whitehead 16:57.0; Matt Bland 17:45.7 (M50 silver); Ladies: 7<sup>th</sup> Stephanie Phillips 22:19.0

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WOMEN	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emma Ramsden U20	2	12.88	Rachel Kerr	2	14.22
200	Emma Ramsden U20	2	27.01	Rachel Kerr	2	30.22
400	Amy Kilner U20	3	68.99			
800	Charlotte Evans U17	3	2:30.43	Hannah Evans U17	2	2:38.52
1500	Maddie Barker U20	2	4:55.70	=		
400H	Stephanie Okoro U17	<b>1</b>	60.64**	** Club U17W Record		
1500SC	Morgan Campbell	<b>1</b>	5:36.79	=		
H.J.	Rachel Kerr	4	1.03	=		
L.J.	Charlotte Evans U17	3	3.89	=		
T.J.	Amy Kilner U20	4	7.40	=		
S.P.	Erin Delea U17	4	7.14	Georgia Phillips	4	5.10
D.T.	Katie Ennis U17	<b>1</b>	32.44	Erin Delea U17	3	23.91
J.T.	Niamh Pridie U20	2	25.69	Natalie Sewell U20	2	21.80
H.T.	Katie Ennis U17	3	25.58	=		
4x100	Amy, Rachel, Morgan, Emma				2	56.95
4x400	Mixed: Akeem Akintokun, Morgan Campbell, Rachel Kerr, Lewis Bailey				2	4:27.31

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Lewis Bailey	<b>1</b>	11.23	-		
200	Lewis Bailey	<b>1</b>	23.00	Akeem Akintokun	2	23.51
400	Matthew Agnimel	<b>1</b>	49.55	Louis Berrett	3	54.16
800	Charlie Howell U20	4	2:07.37	Luke Chester U20	2	2:09.26
1500	Kieran O'Hara	2	4:12.39	Sam Atkins	<b>1</b>	4:14.27
3000	James Stewart	2	8:57.40	James Blogg M40	<b>1</b>	9:54.81
400mH	Jacob Blanc U20	2	54.91	=		
3k S/C	Rob Warner M40	<b>1</b>	9:56.22	Gary Atkins M50	<b>1</b>	12:13.28
H.J.	Oliver Taylor-Bush	3	1.65	Arron Bonning M45	2	1.40
P.V.	Mark Bishop M55	<b>1</b>	3.15	Stuart Tufton M70	<b>1</b>	2.55
L.J.	Ridwan Salaam U20	2	6.50	Ayo Babatunde U20	<b>1</b>	5.88
T.J.	Matthew Agnimel	<b>1</b>	12.79	Arron Bonning M45	2	9.69
S.P.	Duane Jibunoh	<b>1</b>	12.33	Mark Bishop M55	2	9.44
D.T.	Duane Jibunoh	<b>1</b>	44.91	Mark Bishop M55	2	28.49
J.T.	Peter Brinton-Quinn	<b>1</b>	58.11	Simon Hill U20	<b>1</b>	50.06
H.T.	Duane Jibunoh	3	24.01	Arron Bonning M45	3	19.83
4x100	Matthew Akeem, Calvin, Lewis,				3	44.14
4x400	Mixed: Kieran O'Hara, Maddie Barker, Amy Kilner, Calvin Sanni				2	4:11.27

### Non-Scoring:

**MEN:** 100 Ayo Babatunde 11.29; Ridwan Salaam 11.34; Calvin Sanni 11.96; 200: Calvin Sanni 25.13; JT: Duane Jibunoh 48.29m