

National Athletics League, Championship London Division, Round 4 Lee Valley Saturday 28th August 2021

Posn	Team Name	Points
1	Havering AC	357.1
2	Enfield & Haringey AC	239.7
3	Herne Hill Harriers	170.8
4	Kingston AC & Polytechnic Harriers	96.7

Women		A STRING				B STRING			
		Pos.	Time/Dist			Pos.	Time/Dist		
100	Esther Agnimel U20	2	12.28w	100	Shalom Gbadebo U20	3	13.30w		
200	Olivia Boachie	1	25.53w	200	Shalom Gbadebo U20	1	28.10w		
400	Stephanie Okoro U17	1	58.23	400	Nina Brennan W35	2	65.57		
800	Molly Sweetman U20	2	2:23.05	800	Rebecca O'Rourke U20	1	2:57.53		
1500	Natalie Sewell U17	1	4:42.13	1500	Sophie Rand	1	5:43.50		
3000	Morgan Campbell	2	11:14.70	2k S/C	Sydney Foley U20	1	7:36.77		
100H	Chloe Williams	1	14.15	100H	Flic Clarke	1	17.12		
400H	Flic Clarke	1	64.38	400H	Claire Brennan W40	1	70.50		
L.J.	Stephanie Okoro U17	1	5.91w	L.J.	Ellie Watson	1	3.86w		
H.J.	Ellie Watson	2	1.33	H.J.	Chloe Williams	2	1.33		
S.P.	Alice Brown U20	2	9.18	S.P.	Anne-Prisca Djondo U20	1	9.09		
D.T.	Alice Brown U20	1	40.73	D.T.	Katie Ennis U17	1	31.18		
H.T.	Nina Brennan W35	3	17.27	H.T.	Anne-Prisca Djondo U20	1	8.71		
J.T.	Claire Brennan W40	3	19.16	J.T.	=				
4x100	Flic Clarke, Esther Agnimel, Shalom Gbadebo, Chloe Williams					1	52.40		
4x400	Flic 62.8, Natalie 61.6, Chloe 62.2, Olivia 59.3					1	4:05.81		
Men		A STRING				B STRING			
		Pos.	Time/Dist			Pos.	Time/Dist		
100	Karl Tucker	4	11.38w	100	Michael Okoro U20	2	11.28w		
200	Akeem Akintokun	4	22.80w	200	Ronnie Adoma U17	1	22.30w		
400	Matthew Agnimel	2	49.75	400	Jacob Blanc U17	1	53.53		
800	Ben Davis	1	1:58.64	800	Dan Peters U17	1	1:59.19		
1500	Grant Twist	1	4:04.67	1500	Alex Ford U20	1	4:10.59		
5000	James Connor	1	15:09.20	5000	James Stewart	1	15:51.19		
110H	Karl Tucker	1	16.05w	110H	Luke Williams HCA	1	19.65		
400H	Adam McCarthy	3	61.01	3k SC	Rob Warner	1	10:03.34		
L.J.	Jacob Blanc U17	3	6.28w	L.J.	Joe Appiah HCA	1	5.87w		
T.J.	Joe Appiah HCA	2	12.22w	T.J.	Luke Williams HCA	1	10.15		
H.J.	Joe Appiah HCA	4	1.60	H.J.	Bradley James U20	2	1.60		
P.V.	Luke Williams HCA	2	3.73	P.V.	-				
S.P.	Duane Jibunoh	3	12.14	S.P.	-				
D.T.	Duane Jibunoh	1	43.70	D.T.	Luke Williams HCA	2	18.66		
J.T.	Peter Brinton-Quinn U20	1	56.48	J.T.	Duane Jibunoh	1	45.19		
H.T.	Duane Jibunoh	3	20.76	H.T.	Karl Tucker	2	13.40		

HCA = Higher Competition Athlete

Non scoring: 100m: Ronnie Adoma 10.89w; 200m: Louis Berrett 24.78w; 800m: Louis Berrett 2:03.22; 1500m Kieran O'Hara 4:13.52s