

**National Youth Development League – Southern Premier, R1 Woodford
20th April 2024**

Posn	Team Name	Points
1	Woodford Green with Essex Ladies	549
2	Winchester & District	523
3	Blackheath & Bromley	513.5
4	Reading AC	488
5	Tonbridge AC	472
6	Havering AC	339.5

Havering's young athletes found the going tough as they trailed home last of the six teams in their opening fixture of the season in the Youth Development League, Southern Premier Division at very cold and windy Woodford track on Saturday.

Top three performances were at a premium and the **Under 15 Girls** led the way with nine of them. Lila Chapelhow starred on her YDL debut, winning the hammer in a new club record, finishing second in the discus and fourth in the shot, all in new PBs. Cleo Drake provided the only other win for the age group, with victory in the B long jump, and Orla Friel and Jasmine Asmal were both second in the 1500m A & B strings. Ome Nwapa, Jess Page and Isobel Pridie were all third in the B string high jump, shot and discus respectively. The 4x300m relay quartet of Jess Page, Jessie Lynes, Daisy Cossey-Atkins and Ben Drake ran strongly to claim third place.

The best results for the **Under 15 Boys** as Bode Thompson's best outdoor leap brought him victory in the high jump, while Harrison Rabess was close to his best in placing second in the discus, also improving his hammer PB, with Ethan Johnson third in the discus B.

Both **Under 13** teams battled hard for points with many athletes making their first appearances at this top level. Siobhan Etemadi smashed her hurdles best for second with Abigail Adegite third in the B string. Bethany Friel was third in the B 1200m, on her debut, and Edie Smith placed third in her first competitive long jump appearance. The highlights for the inexperienced but hard-working boys were a third place in the B 800m for Austin Broadhurst in a new PB, and fourth places for George Bangs (1200m), Nathan Hathaway (hurdles) and Max Sillett (long jump). Both squads will have learned from their experience.

Promoted Woodford and Winchester were first and second as National Champions Blackheath & Bromley could only manage third but will hope to bounce back in the second-round fixture at their Bromley home track on Sunday 19th May. Havering meanwhile have a mountain to climb to retain their topflight Premier Division status which they have enjoyed since 2018.