

Southern Athletics League, Round 2, Peterborough Sat 15th June 2024

Posn	Team Name	Points
1	Havering AC	283
2	Peterborough & NVH	231
3	Dacorum AC	224
4	Ilford	195
5	St Albans	188.5
6	Huntingdonshire	145.5

Havering senior made it two wins out of two to keep up their promotion charge with a comfortable victory at Peterborough on Saturday, recording 20 wins and finishing over 50 points clear

The ladies were a mix of experience and youth, as the older team members set a strong example to their younger teammates. Chloe Williams and Claire Brennan took full points in both the sprint and 400m hurdles events, and Chloe added high jump runners up spot and Claire won the B vault, as 15-year-old Scarlett Woods won the A vault and was second in the B javelin

Cassie Campbell won the B 100m and 200m A events as Stephanie Osuala won the 200m B race. Chloe, Cassie, Stephanie and precious Fagbadegun combined to win the sprint relay.

Daisy Leech won the 800m A event and Ladies' Team Manager Ginte Bailey won the B 1500m as Maddie Barker returned from university for second place in the A string, while Robyn Matson was a close second in her first 5000m since 2017. Natlie Sewell was a fraction outside her club best in winning the 1500m 'chase.

Eboni Roach won the shot with the second longest ever throw by a club U17, and there were second places in the field from Katie Ennis (javelin and hammer), and Under 17s Daisy Leech (B long jump), Grace Tilson (B high jump) and Fisola Fagbadegun (B triple jump).

The men's team got off to a winning start when Isaac Ogunlade won the 400m hurdles, and Adam McCarthy made it full points in winning the B event. Alex Ford added full points in the 3000m, and James Stewart won the B 1500m as Matthew Blacklock set a new PB in placing second in the 3000m A. Under 17 Findlay McLaren added B string 800m victory to his 400m second place, and Louis Berett was second in the B 400m. Lewis Bailey won the B 200m and Emmanuel Asirifi-Otchere was second in the 100m A.

Points were harder to come by in the field events with the pole vault offering the best return as Luke Williams took A string runners up spot and Arron Bonning won the B, and Ugo Godwin was second in the triple jump before the sprint relay quartet Luke, Emmanuel, Ugo and Lewis were second.

The mixed 4x400m relay teams scored well as the A quartet of Louis, Nina Brennan, Chloe and Matthew were second and the B squad of Sam Atkins, Grace Tilson, Daisy Leech and James Stewart took full points.

At the half way point in the four-match series the squad feature strongly in the promotion stakes, with fixtures at Cambridge and Woodford to round off their season.

Essex 10k Champs High Easter

After finishing runner up for the past two years James Connor went one better taking the Essex County 10k title against a strong field containing most of the County's best.

Janes came out on top in a three-way battle between himself and second placed Dean Wilson who set a strong pace, and last year's winner Jack Nixon in third. Matt Bland also took part, coming home as third fastest M55.,

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Fisola Fagbadegun U17	3	13.04	Cassie Campbell U20	1	13.00
200	Cassie Campbell U20	1	25.80	Stephanie Osuala	1	26.89
400	Nina Brennan W35	4	64.94	Grace Tilson U17	4	67.66
800	Daisy Leech U17	1	2:27.12	Abigail Swan U20	4	2:42.51
1500	Maddie Barker U20	2	4:46.10	Ginte Bailey W35	1	5:16.55
5000	Robyn Matson W35	2	19:30.57	-		
100H	Chloe Williams W35	1	14.94	Claire Brennan W40	1	18.35
400H	Chloe Williams W35	1	70.82	Claire Brennan W40	1	71.51
1500 SC	Natalie Sewell	1	5:06.40	-		
H.J.	Chloe Williams W35	2	1.33	Grace Tilson U17	2	1.28
P.V.	Scarlett Woods U17	1	2.05	Claire Brennan W40	1	1.95
L.J.	Precious Fagbadegun U20	4	4.54	Daisy Leech U17	2	4.49
T.J.	Daisy Leech U17	3	8.83	Fisola Fagbadegun U17	2	8.33
S.P.	Eboni Roach U17	1	11.10	Nina Brennan W35	3	7.42
D.T.	Katie Ennis U20	3	32.50	Eboni Roach U17	3	23.76
J.T.	Katie Ennis U20	2	22.73	Scarlett Woods U17	2	22.73
H.T.	Katie Ennis U20	2	34.77	Eboni Roach U17	4	21.31
4x100	Chloe, Stephanie, Cassie, Precious,				1	51.21

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emmanuel A-Otchere	2	11.57	Ugo Godwin	3	12.61
200	Emmanuel A-Otchere	DQ		Lewis Bailey	1	23.23
400	Findlay McLaren U17	2	52.76	Louis Berrett	2	52.20
800	Louis Berrett	3	2:02.28	Findlay McLaren U17	1	2:01.13
1500	Matthew Blacklock	2	4:08.47	James Stewart -	1	4:11.07
3000	Alex Ford	1	9:01.81	Ian Anthony M45	5	10:40.46
110H	Luke Williams M35	3	20.54	-		
400H	Isaac Ogunlade	1	55.81	Adam McCarthy	1	74.35
2k S/C	Sam Atkins	3	6:58.55	Gary Atkins M55	4	8:24.17
H.J.	Arron Bonning M45	6	1.43	-		
P.V.	Luke Williams M35	2	3.60	Arron Bonning M45	1	2.65
L.J.	Lewis Bailey	4	5.52	Ugo Godwin U17	3	5.46
T.J.	Ugo Godwin U17	2	12.01	Adam McCarthy	3	9.72
S.P.	Michael Tesi U20	6	8.42	Arron Bonning M45	3	7.97
D.T.	Michael Tesi U20	3	30.21	Arron Bonning M45	4	23.58
J.T.	Michael Tesi U20	6	30.99	Arron Bonning M45	3	30.19
H.T.	Arron Bonning M45	6	18.19	Martin Chester M50	5	10.31
4x100	Luke, Emmanuel, Ugo, Lewis				2	46.09

Mixed 4 x 400m

4x400A	Louis B, Nina B, Chloe W, Matthew B				2	3:39.12
4x400B	Sam A, Grace T, Daisy L & James S				1	4:10.11

Non-Scoring: WOMEN: 100m: Stephanie Osuala U20 13.01s; Precious Fagbadegun U20 13.39s; 200: Amy Leech W40 30.32s; 8020m: Amy Leech 2:48.74; Rebecca O'Rourke 2:49.50; Haleema Asmal 3:42.38; 400mH Scarlett Woods U17 77.83s SP: Haleema 5.m?; DT: Nina Brennan 17.04m; TJ Grace Tilson 8.48m; LJ Amy Kilner 3.68m
Non-Scoring: MEN: 200: Louis Berrett 24.51; 800: Sam Atkins 2:06.98