

## **Southern Athletics League, Round 1, Hornchurch Sat 20<sup>th</sup> May 2023**

Posn	Team Name	Points
1	Cambridge Harriers	251
2	Dartford Harriers	240
3	St Albans	239
4	Bexley AC	216
5	<b>Havering AC</b>	<b>211</b>
6	Huntingdonshire AC	141

**Despite hard work from the available athletes, the Havering senior team found the going tough in their second round fixture at St Albans on Saturday, finishing fifth of the six clubs.**

After dominating the first round home fixture, the squad were missing some key athletes this time. Matthew Agnimel's 200m win, equalling his personal best, was the only A string track win, with Sam Atkins winning the B 800m to add to his 1500m second place, and Chairman Martin Chester taking the B string 5000m honours. More track second places came from Josh Lee-Prime (400m) and James Stewart (B 1500m) and there were third places for Kieran O'Hara in the 800m A, Steve Walker in the B chase, and Calvin Sanni in the 200m.

On the field Patrick McLean-Tattan won the B javelin, and was second in the discus and Matt Page's won the B vault and his javelin PB placed him second, and Luke Williams was second in the A string vault. Toby Bishop was second in the B discus and third in the B shot.

The small ladies team did their best to cover gaps. Chloe Williams won both hurdles events and ran her first 100m since 2006, setting a new club W35 record, and her 400m hurdles times also improved the W35 best! Nina Brennan covered five individual events and both relays, with a win in the B vault and second in the 400m and third in the B discus her best results. Sister Claire was second in the A vault, B shot and B javelin, and Katie Ennis won the A discus and added hammer and javelin points.

Morgan Campbell was second in the 'chase, third in the 1500m and fourth in the 800m, as was Rebecca O'Rourke in the 800m A and Cassie Campbell in the 200m. Amy Kilner tackled three individual events and both relays with a third place in the B 400m her best individual result. Rachel Kerr, who tackled four individual events herself, joined Nina, Amy and Morgan in the third placed 4x400m quartet.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Calvin Sanni U20	5	11.8	Charlie Burgess	4	12.4
200	Matthew Agnimel	1	22.2	Calvin Sanni U20	3	24.1
400	Matthew Agnimel	x		Josh Lee-Prime U20	2	55.9
800	Kieran O'Hara	3	2:01.8	Sam Atkins	1	2:04.1
1500	Sam Atkins	2	4:12.2	James Stewart	2	4:14.3
5000	James Blogg M45	5	17:30.0	Martin Chester M50	1	19:04.4
110H	Luke Williams M35	5	20.2	-		
2k S/C	Gary Atkins M50	4	8:13.9	Steve Walker M50	3	9:23.9
H.J.	Mark Bishop M55	4	1.53	Arron Bonning M45	5	1.38
P.V.	Luke Williams M35	2	3.20	Matthew Page U20	1	3.20
L.J.	Mark Bishop M55	6	5.21	Arron Bonning M45	4	4.80
T.J.	Arron Bonning M45	6	10.11	-		
S.P.	Mark Bishop M55	4	9.66	Toby Bishop	3	9.45
D.T.	Patrick McLean-Tattan U20	2	36.05	Toby Bishop	2	30.83
J.T.	Matthew Page U20	2	52.00	Patrick McLean-Tattan	1	48.39
H.T.	Arron Bonning M45	6	18.81	Toby Bishop	x	
4x100	Luke, Calvin, Toby, Mark				4	48.4
4x400	Charlie, Patrick, James, Josh				4	4:04.3

**Non-Scoring: MEN:** 400: Shane Hart U20 53.0; Nathan Hart U17 55.6; 800: Owen Fisher U20 2:04.4; Charlie Burgess U20 2:06.6; Charlie Howell U20 2:07.1; 1500: Toby Johnson U17 4:25.4; Paul Berrett M60 5:23.0; 5000: Steve Walker M50 20:27.3

<b>EVENT</b>	<b>A STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRINGS</b>	<b>Pos.</b>	<b>Time/Dist</b>
100	Chloe Williams W35	5	13.1	Rachel Kerr	6	14.3
200	Cassie Campbell U17	3	26.8	Rachel Kerr	6	29.1
400	Nina Brennan W35	2	64.6	Amy Kilner	3	68.9
800	Morgan Campbell	4	2:39.4	-		
1500	Morgan Campbell	3	5:26.6	Rebecca O'Rourke	3	5:41.6
5000	-			-		
100H	Chloe Williams W35	1	14.9	-		
400H	Chloe Williams W35	1	67.9	-		
1.5k SC	Morgan Campbell	2	5:34.9	-		
H.J.	Rachel Kerr	5	1.08	-		
P.V.	Claire Brennan W40	2	2.10	Nina Brennan W35	1	1.70
L.J.	Amy Kilner	5	3.62	Rachel Kerr	4	2.20
T.J.	Amy Kilner	5	7.58	-	4	2.20
S.P.	Nina Brennan W35	4	7.74	Claire Brennan W40	2	7.56
D.T.	Katie Ennis U20	1	32.63	Nina Brennan W35	3	20.82
J.T.	Katie Ennis U20	4	24.17	Claire Brennan W40	2	20.29
H.T.	Katie Ennis U20	3	33.89	Nina Brennan W35	5	16.50
4x100	Rachel, Cassie, Nina, Amy				5	56.0
4x400	Nina, Amy, Rachel, Morgan				3	4:24.8

