

National Athletics League, Championship R2 Chelmsford Sat 15th July 2023

Posn	Team Name	Points
1	Tonbridge	651.0
2	Havering AC	484.5
3	Liverpool Harriers	466.0
4	Belgrave Harriers	452.5
5	Kingston & Poly Harriers	330.5
6	Herne Hill Harriers	324.5
7	Bristol & West	287.0
8	Peterborough & Nene Valley	203.0

Havering's seniors ended their season on a high as a good team performance earned them a second place finish in the final round National Athletics League Championship fixture in cold and wet conditions at Liverpool on Saturday.

Gemma Kersey had a win double for the ladies, winning the 800m and returning later to take the 1500m too. Her 800m partner Natalie Sewell made it full points by winning the B race and improved her club Under 20 and senior record in winning the 1500m steeplechase. Morgan Campbell won the B 'chase after gaining points in the 3000m as Robyn Matson was third in the B. Robyn also filled a gap in the B 400m hurdles, placing fourth, as Chloe Williams was runner up in the B clocking a new club W35 best, and was later fourth in the sprint hurdles. Olivia Boachie was third in the 400m, with more points coming in the 200m and discus, and Emma Ramsden was fourth in both 100m and 200m sprints. Ginte Bailey was fourth in the 1500m and covered gaps in both long and triple jumps to score fourth and fifth place points.

Joyce Nzekwe's season's best placed her second in the long jump and she added points in the high jump, triple jump and 100m. Claire Brennan was third in both the vault and B hammer and scored in the shot and javelin and sister Nina was third in the B 400m and added throws points in the hammer, discus and shot.

Chloe, Olivia, Emma and Joyce were fourth in the sprint relay and Olivia, Nina, Chloe and Gemma placed third in the 4x400m.

For the men's team, Tom Pitkin comfortable won the 400m hurdles A race and came through for victory in the B 200m race, and Isaac Ogunlade comfortably won the B 400m hurdles race. Joseph Agbodza won his sprint hurdles speciality, set a new 100m PB in placing third, and was also third in the high jump.

Ben Davis's fine run in the 1500m improved his best and took him into the club all time top 20, and Sam Atkins was third in the B string. Alex Friend's 800m PB placed him third in the A race and he added another PB in the 3000m finishing second in the B string, as James Stewart was fifth in the A 3000m. Matthew Agnimel was second in a close finish to the 400m, Jason Lendon was third in the 2000m steeplechase and Louis Berrett was fourth in the 800m B.

There were good points on the field as Peter Brinton-Quinn won the javelin, with Hal Hutton second in the B, and both added points in the B string discus and shot respectively. Grahan Holder came out on top in a competitive hammer competition and scored in both the discus and shot. Ciaran Mastrogiacomo was second in the B vault and Luke Williams was fourth in the A, adding sprint hurdles third place. Joe Appiah was fourth in the long jump, as was Adam McCarthy in the B string, also adding valuable points in the 400m and triple jumps.

Akeem Akintokun, who has earlier scored in the A 200m, joined Matthew Joseph and Tom in the fifth place sprint relay quartet and Tom, Matthew, Akeem and Isaac brought the day's proceedings to a close with a good runners up spot in the 4x400m relay.

A comfortable win from the strong Tonbridge squad saw then take the league title with wins in all three fixtures to earn promotion to the Premiership, but Havering again just missed out in fifth, as they did last summer.

Final League Positions:

1. Tonbridge 24 points; 2. Cardiff 21; Basingstoke & Mid Hants 20; Belgrave Harriers 20; //
5. Havering 18; 6. Yeovil 14; 7. Herts Phoenix 14; 8. Kingston & Poly 14; 9. Liverpool Harriers 12; 10. Bournemouth 11; 11. Southampton; 11; 12. Bedford & County 10; 13. Portsmouth 9; 14. Herne Hill 8; //
15. Bristol & West 7; 16. Peterborough 3

Women		A STRING	Pos.	Time/Dist	B STRING	Pos.	Time/Dist
100	Joyce Nzekwe U20 HCA		7	12.84	100	Emma Ramsden	4 13.33
200	Olivia Boachie U20		7	26.98w	200	Emma Ramsden	4 27.50
400	Olivia Boachie U20		3	58.22	400	Nina Brennan W35	3 65.70
800	Gemma Kersey HCA		1	2:13.46	800	Natalie Sewell U20	1 2:16.16
1500	Gemma Kersey HCA		1	4:39.84	1500	Ginte Bailey W35	4 5:06.37
3000	Morgan Campbell		6	10:45.18	3000	Robyn Matson W35	3 11:27.55
100H	Chloe Williams		4	14.83w	100H	-	
400H	Chloe Williams		2	66.24 ##	400H	Robyn Matson W35	4 84.42
1500SC	Natalie Sewell U20		1	5:13.27 **	1500SC	Morgan Campbell	1 5:41.55
H.J.	Joyce Nzekwe U20 HCA		5	1.37	H.J.	-	
P.V.	Claire Brennan W40		3	2.22	P.V.	-	
L.J.	Joyce Nzekwe U20 HCA		2	5.18	L.J.	Ginte Bailey W35	5 3.37
T.J.	Joyce Nzekwe U20 HCA		4	10.32	T.J.	Ginte Bailey W35	4 7.28 PB
S.P.	Claire Brennan W40		8	7.14	S.P.	Nina Brennan W35	4 6.98
D.T.	Nina Brennan W35		8	20.04	D.T.	Olivia Boachie U20	5 15.42
H.T.	Nina Brennan W35		7	15.98	H.T.	Claire Brennan W40	3 14.17
J.T.	Natalie Sewell U20		5	19.04	J.T.	Claire Brennan W40	5 17.69
4x100	Chloe, Olivia, Emma, Joyce						4 52.30
4x400	Olivia 60.1, Nina 64.5, Chloe 62.3, Gemma 61.2						3 4:08.08

Club W35 Record

**** Club U20 & Senior Record**

Men		A STRING	Pos.	Time/Dist	B STRING	Pos.	Time/Dist
100	Joseph Agbodza HCA		3	10.98 PB	100	Joe Appiah HCA M50	7 11.94
200	Akeem Akintokun		6	22.93w	200	Tom Pitkin	1 22.57
400	Matthew Agnimel		2	50.32	400	Adam McCarthy	7 59.21
800	Alex Friend		3	1:56.34 PB	800	Louis Berrett	4 2:01.19
1500	Ben Davis		2	3:55.30 PB	1500	Sam Atkins	3 4:09.75
3000	James Stewart		5	9:05.92	3000	Alex Friend	2 9:06.70 PB
110H	Joseph Agbodza HCA		1	14.44	110H	Luke Williams M35	3 20.28
400H	Tom Pitkin		1	53.06	400H	Isaac Ogunlade	1 58.18
2k SC	Jason Lendon M45		3	7:05.60	2k SC	-	
L.J.	Joe Appiah HCA M50		4	5.93	L.J.	Adam McCarthy	4 5.25
H.J.	Joseph Agbodza HCA		3	1.77	H.J.	-	
P.V.	Luke Williams M35		4=	3.42	P.V.	Ciaran Mastrogiacomo	2 3.42
T.J.	Adam McCarthy		7	10.65	T.J.	Ben Davis	5 10.58
S.P.	Graham Holder M50 HCA		6	9.43	S.P.	Hal Hutton	5 7.74 PB
D.T.	Graham Holder M50 HCA		4	31.14	D.T.	Peter Brinton-Quinn	6 18.27
J.T.	Peter Brinton-Quinn		1	59.75	J.T.	Hal Hutton	2 44.24
H.T.	Graham Holder M50 HCA		1	47.26	H.T.	Jason Lendon M45	4 12:12.37
4x100	Matthew, Joseph, Akeem, Tom						5 44.88
4x400	Tom 50.8, Matthew 50.4, Akeem 51.1, Isaac 51.0						2 3:23.27

HCA = Higher Competition Athlete