

Southern Athletics League, Round 1, Hornchurch Sun 20th June 2021

Posn	Team Name	Points
1	Havering AC	359.9
2	Thurrock Harriers	292.8
3	Woodford Green AC with Essex Ladies	244.5
4	Ilford AC	220.2
5	Newham & Essex Beagles AC	203.4

The Southern League squad opened their delayed season with victory on home territory in cool conditions at Hornchurch Stadium on Sunday. The joint men and women's team ran out comfortable winners over neighbours Thurrock, with Woodford, Ilford and Newham taking the minor places in this East London division fixture under the local club groupings which apply this COVID-affected Summer.

On the track there was a win double in the 2K 'chase as 17-year-old Alex Ford, led from gun to tape to see off the more experienced Rob Warner for a club one-two. Lewis Bailey won the 100m in his first race this year, but pulled up injured in the 200m, while Reece Harriott won the 200m B. Somto Okpalauko won the 400m from the outside lane as Alex McCree was B string runner up and Ridwan Salaam (100m) & James Stewart (1500m) added other track second places. There were track PBs for teenagers Matthew Blacklock (1500m) & Luke Chester (800m).

Golden oldies Arron Bonning & Stuart Tufton took both strings of the pole vault, while Bonning also won the B discus and added shot runners up points. Two more field doubles were gained by long jumpers Shandell Taylor and Denzel Achi, and Under 20s Hal Hutton & Toby Bishop took full points in the javelin, both with PBs, and Ayo Babatunde won the B high jump. Club legend Mark Bishop also added an A discus second place and Chris Brown and Kimathi Christie were both second in the triple jump.

For the women the teenagers combined well with their older colleagues. The pole vault saw Club President Claire Brennan win the A string as 15-year-old Katie Ennis' PB won the B. Claire also won the 400m hurdles B and Katie set another PB for discus A runner up, as Hannah Yexley won the discus B string. Faith Reilly, another 15-year-old, made child's play of her senior debut winning the javelin. Ellie Watson won the B high jump and second places on the field went to Anne-Prisca Djondo (Shot PB), Amy Kilner (long jump & triple jump B) and Emma Ramsden (javelin PB)

There were good points over the barriers as Sydney Foley won the 2K chase on her debut at the event, Chloe Williams set a season's best winning the sprint hurdles with Flic Clarke second in both the B string sprint and 400m hurdles events. Natalie Sewell timed her finish to perfection to overhaul the field for 800m victory and improve her best, and Maddie Barker was just outside her PB in winning the 1500m as Freya Long set new career marks for second in the 1500m B event.

Jade Kavanagh's season's best placed second in the 400m and Nina Brennan's strong finish won the 400m B race in her fastest time since 2009, while TemiTope Ajayi was second in the B 100m.

The five teams will again go head-to-head in the second-round fixture hosted by Woodford on 11th July.

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Women

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emma Ramsden U20	3	12.96	Temitope Ajayi U20	2	13.10
200	Emma Ramsden U20	4	26.88	Rachel Kerr	5	30.66
400	Jade Kavanagh U20	2	58.80	Nina Brennan	1	64.30
800	Natalie Sewell U17	1	2:17.48	Ginte Bailey	3	2:27.04
1500	Maddie Barker U17	1	4:53.34	Freya Long U17	2	5:09.20
3000	Robyn Matson	3	11:25.92	Hannah Yexley U17	1	12:07.11
100H	Chloe Williams	1	14.32	Flic Clarke	2	16.84
400H	Flic Clarke	2	65.76	Claire Brennan	1	70.01
2k SC	Sydney Foley U20	1	8:01.2 =			
H.J.	Claire Brennan	3	1.40	Ellie Watson	1	1.35
P.V.	Claire Brennan	1	2.50	Katie Ennis U17	1	2.30
L.J.	Ellie Watson	3	4.03	Amy Kilner U20	2	3.36
T.J.	Ellie Watson	4	8.62	Amy Kilner U20	2	7.49
S.P.	Anne-Prisca Djondo U20	2	9.64	Faith Reilly U17	3	6.59
D.T.	Katie Ennis U17	2	30.81	Hannah Yexley U17	1	29.29
J.T.	Faith Reilly U17	1	29.56	Emma Ramsden U20	2	15.84
H.T.	Nina Brennan	3	18.38	Alice Atkins U20	3	17.73
4x100	Claire, Rachel., Ellie, Emma				4	56.84
4x400	Nina (65.5), Maddie (66.7), Flic (61.3), Jade (57.5)				2	4:10.93

Non-Scoring:

WOMEN: 100; Paris King 12.85, Rachel Kerr 14.53, Ellie Watson 15.25. 200: Olivia Boachie 25.70w; 400m: Stephanie Okoro 59.16; Amy Kilner 74.82; 1500: Rebecca O'Rourke 5:46.22; 100H: Paris King 16.82

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Men

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Lewis Bailey	1	11.11	Ridwan Salaam U17	2	11.25w
200	Lewis Bailey	x	DNF	Reece Harriott U20	1	23.12
400	Somto Okpalauko U20	1	54.18	Alex McCree	2	55.59
800	Kieran O'Hara	3	2:02.26	Luke Chester U20	3	2:04.68
1500	Matthew Blacklock U17	3	4:13.65	James Stewart	2	4:23.46
5000	John Whitehead	3	17:18.08	Jon Hart	3	22:20.72
110H	==					
400H	==					
2k S/C	Alex Ford U20	1	6:23.7	Rob Warner	1	6:26.1
H.J.	Shandell Taylor	3	1.80	Ayo Babatunde U17	1	1.70
P.V.	Arron Bonning	1	2.70	Stuart Tufton	1	2.50
L.J.	Shandell Taylor	1	6.93	Denzel Achi U17	1	6.09
T.J.	Chris Brown U17	2	12.44	Kimathi Christie U20	2	10.42
S.P.	Mark Bishop	4	9.44	Arron Bonning	2	8.50
D.T.	Mark Bishop	2	30.58	Arron Bonning	1	25.66
J.T.	Hal Hutton U20	1	47.88	Toby Bishop U20	1	42.68
H.T.	Arron Bonning	3	19.12	Martin Chester	3	7.79
4x100	Michael Okoro, Shandell Taylor, Reece Malcom, Reece Harriott				3	5.89
4x400	Kieran O'Hara (55.6), Reece Harriott (50.5), Luke Chester, Alex McCree				3	3:36.93

Non-Scoring:

MEN: 100; Ayo Babatunde 11.28, Michael Okoro 11.59, Toby Bishop 11.84, Jack Botha 11.90, Reece Malcolm 12.21.
 200: Ayo Babatunde 22.95, Akeem Akintokun 22.95, Ridwan Salaam 23.62, Michael Okoro 23.78; Jack Botha 24.58;
 Reece Malcolm 24.69; 400m: Reece Harriott 50.96; Jacob Blanc 50.98; Adam McCarthy 53.75; Daragh Thomas
 55.78; 800: Finley Wolton 2:17.96