



**National Athletics League, Championship London Division, Round 3
Kingston Saturday 7th August 2021**

| Posn | Team Name | Points |
|------|------------------------------------|--------------|
| 1 | Havering AC | 258.3 |
| 2 | Kingston AC & Polytechnic Harriers | 205.2 |
| 3 | Enfield & Haringey AC | 202.3 |
| 4 | Herne Hill Harriers | 145.2 |

| Women | | A STRING | | Pos. Time/Dist | | B STRING | | Pos. Time/Dist | |
|--------------|---|------------------|---------|-----------------------|-------------------|------------------|---------|-----------------------|--|
| 100 | Emma Ramsden U20 | 2 | 13.21 | 100 | Olivia Boachie | 1 | 12.97 | | |
| 200 | Olivia Boachie | 2 | 26.22 | 200 | Emma Ramsden U20 | 1 | 26.57 | | |
| 400 | Alice Brown U20 | 2 | 61.27 | 400 | Nina Brennan W35 | 2 | 65.56 | | |
| 800 | Molly Sweetman U20 | 2 | 2:21.04 | 800 | Ginte Bailey W35 | 1 | 2:26.61 | | |
| 1500 | Rebecca O'Rourke U20 | 2 | 5:46.44 | 1500 | - | | | | |
| 100H | Chloe Williams | 1 | 14.35 | 100H | Flic Clarke | 2 | 17.66 | | |
| 400H | Flic Clarke | 1 | 66.32 | 400H | - | | | | |
| L.J. | Tomi Sanwo | 3 | 4.29 | H.J. | Chloe Williams | 1 | 1.31 | | |
| T.J. | Tomi Sanwo | 2 | 9.95 | S.P. | Tomi Sanwo | 3 | 6.88 | | |
| D.T. | Alice Brown U20 | 1 | 39.05 | D.T. | Nina Brennan W35 | 1 | 21.92 | | |
| J.T. | Adelaide Thatcher-Gray | 1 | 39.10 | H.T. | Nina Brennan W35 | 3 | 18.63 | H.T. | |
| 4x100 | Nina Brennan, Flic Clarke, Emma Ramsden, Chloe Williams | | | | | 2 | 53.12 | | |
| 4x400 | Chloe, Nina, Emma, Flic | | | | | 1 | 4:23.49 | | |
| Men | | A STRINGS | | Pos Time/Dist | | B STRINGS | | Pos. Time/Dist | |
| 100 | Karl Tucker | 3 | 11.66 | 100 | = | | | | |
| 200 | Karl Tucker | 3 | 23.87 | 200 | Adam McCarthy | 2 | 25.44 | | |
| 400 | Reece Harriott U20 | 3 | 50.98 | 400 | Luke Williams HCA | 2 | 61.09 | | |
| 1500 | Ben Davis | 1 | 4:07.78 | 1500 | Louis Berrett U20 | 2 | 4:25.95 | | |
| 3000 | James Stewart | 2 | 9:25.92 | 3000 | -- | | | | |
| 110H | Karl Tucker | 2 | 16.58 | 110H | Luke Williams HCA | 2 | 20.22 | | |
| T.J. | Adam McCarthy | 2 | 11.29 | T.J. | Luke Williams HCA | 2 | 10.36 | | |
| H.J. | Adam McCarthy | 2 | 1.60 | P.V. | Luke Williams HCA | 3 | 3.70 | | |
| S.P. | Duane Jibunoh | 2 | 11.92 | S.P. | Graham Holder HCA | 2 | 9.75 | | |
| D.T. | Duane Jibunoh | 1 | 43.68 | D.T. | Graham Holder HCA | 2 | 33.26 | | |
| J.T. | Duane Jibunoh | 1 | 46.93 | J.T. | Hal Hutton U20 | 1 | 45.73 | | |
| H.T. | Graham Holder HCA | 2 | 47.82 | H.T. | Duane Jibunoh | 3 | 19.81 | | |
| 4x100 | Luke Williams, Reece Harriott, Adam McCarthy, Karl Tucker | | | | | 1 | 48.75 | | |

HCA = Higher Competition Athlete

Non scoring: 200m: Louis Berrett 26.17s; 1500m Kieran O'Hara 4:19.12s