

Southern Athletics League, Round 1, Hemel Hempstead Sunday 22nd May 2022

Posn	Team Name	Points
1	Dacorum AC	224.5
2	Havering AC	172.5
3	London Heathside	153.0
4	Bedford & County	143.0

Havering's Southern League squad started their summer 2022 with runners up spot behind the hosts at a warm and sunny Hemel Hempstead on Sunday.

The ladies performed strongly as Chloe Williams' seasons best won the sprint hurdles, and Flic Clarke won the B after winning the 400m hurdles in her fastest time since 2013. Under 17s Katie Ennis and Tilly Bunn took full points in the discus and Katie was also second in the hammer in her first competition with the senior weight. More second places in the throws came thanks to Niamh Pridie and Natalie Sewell (javelin) and Nina Brennan (B hammer).

On the track Karis Thomas won the 100m and was second in the 200m as Emma Ramsden's season's bests placed her second in both sprint B strings, while Olivia Boachie and Nina Brennan were both 400m runners up. Both relay squads won as Rachel Kerr joined Karis, Emma and Flic in the winning sprint relay team, after scoring points in the 400m hurdles and high jump, while Amy Kilner joined Flic, Natalie and Olivia in the victorious 4x400m team after adding long and triple jump points. Ginte Bailey and Stephanie Phillips, on her league debut were both second in the 3000m as was Natalie Sewell in the 1500m, and Rebecca O'Rourke and Emily James added 800m points.

The men's team drew on youth and experience. County 400m champion Matthew Agnimmel improved his career bests to win the 200m B race and also the triple jump, and there were wins on the field from Ayo Babatunde (high Jump) and Peter Brinton-Quinn (javelin). Ayo added a second place in the B long jump, as veteran all-rounder Aron Bonning racked up second places in the high jump, triple jump, shot, discus and javelin, and third in the hammer. Mark Bishop added third places in discus, hammer and pole vault, with Stuart Tufton second in the B vault.

In the sprints Under 20s Ridwan Salaam (100m), Ayo Babatunde (200m) and Calvin Sanni (400m) were all third in their A string races, and U17 Nathan Hart third in the 400m B. The best middle-distance points came from James Blogg (1500m), John Whitehead (5000m) and Gary Atkins (2k 'chase) who were all second, and more points were added by Blogg again and Matthew Blacklock in the 800m, James Stewart, 1500m A, and U20 Shane Hart on his 5000m debut. The Hart siblings, Shane and Nathan, combined with Matthew Blacklock and James Stewart to place second in the 4x400m relay, and the sprint relay quartet of Matthew Agnimmel, Calvin Sanni, Matthew Blacklock and Shae Hart were third.

WOMEN	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Karis Thomas U20	1	12.6	Emma Ramsden U20	2	12.9
200	Karis Thomas U20	2	26.2	Emma Ramsden U20	2	26.7
400	Olivia Boachie U20	2	59.2	Nina Brennan	2	79.5
800	Rebecca O'Rourke u20	4	2:47.9	Emily James	4	3:05.6
1500	Natalie Sewell U20	2	4:43.5	=		
3000	Ginte Bailey	2	10:55.3	Stephanie Phillips	2	12:58.4
100H	Chloe Williams	1	14.3	Flic Clarke	1	16.8
400H	Flic Clarke	1	63.8	Rachel Kerr	3	1:53.7
H.J.	Rachel Kerr	3	1.10	=		
L.J.	Amy Kilner U20	4	3.91	=		
T.J.	Amy Kilner U20	3	8.14	=		
S.P.	Niamh Pridie U20	4	6.65	Tilly Bunn U17	4	6.06
D.T.	Katie Ennis U17	1	30.46	Tilly Bunn U17	1	24.43
J.T.	Niamh Pridie U20	2	26.05	Natalie Sewell U20	2	23.19
H.T.	Katie Ennis U17	2	26.57	Nina Brennan	2	17.65
4x100	Flic, Emma, Rachel, Karis				1	52.3
4x400	Natalie (63.0), Flic (62.0), Amy (70.0), Olivia (63.7)				1	4:18.7

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Ridwan Salaam U20	3	11.4	Calvin Sanni U20	4	11.9
200	Ayo Babatunde U20	3	23.2	Matthew Agnimel	1	22.2
400	Calvin Sanni U20	3	54.6	Nathan Hart U17	3	56.1
800	James Blogg M40	4	2:11.8	Matthew Blacklock U20	4	2:20.5
1500	James Stewart	4	4:23.4	James Blogg M40	2	4:39.4
5000	Shane Hart U20	4	16:58.3	John Whitehead	2	17:01.3
2k S/C	Gary Atkins M50	2	8:12.4	=		
H.J.	Ayo Babatunde U20	1	1.70	Arron Bonning M45	2	1.60
P.V.	Mark Bishop M55	3	3.00	Stuart Tufton M70	2	2.60
L.J.	Ridwan Salaam U20	3	5.99	Ayo Babatunde U20	2	5.96
T.J.	Matthew Agnimel	1	13.15	Arron Bonning M45	2	10.37
S.P.	Mark Bishop M55	4	9.07	Arron Bonning M45	2	8.42
D.T.	Mark Bishop M55	3	30.86	Arron Bonning M45	2	24.95
J.T.	Peter Brinton-Quinn	1	54.31	Arron Bonning M45	2	33.28
H.T.	Mark Bishop M55	3	21.59	Arron Bonning M45	3	18.65
4x100	Matthew A, Matthew B, Shane H, Calvin S				3	46.7
4x400	Shane (53.7), Nathan (57.0), Matthew B (56.1), James S (58.3)				2	3:45.1

Non-Scoring:

WOMEN: 100m: Rachel Kerr 14.6; 200m: Rachel Kerr 29.9; 400m: Amy Kilner 67.9

MEN: 100 Ayo Babatunde 11.3; 200: Calvin Sanni 24.7