



Havering AC Spring Warm Up Meeting, Hornchurch Stadium Sunday 7th April

Club athletes got their summer season underway as the club hosted their annual curtain raising event the Spring Warm Up Open at Hornchurch on Sunday as over 200 athletes, half of them from the home club, competed in the very gusty conditions which made life difficult.

Heptathlete Ruby Tillson stepped up to the Under 20 ranks in style and her winning 100m hurdles debut time of 14.31s was the second best ever by a club U20 Women and fourth best on record by a club female. Ruby also improved her long jump best in a competition which saw Alicia Fairmaner, who recently transferred from Chelmsford, post a new long jump best of 5.61m, an English Schools National Selection Standard, to go fourth on the club all-time Under 17 rankings. Alicia was also the fastest 100m sprinter on show posting another career best, despite the headwind.

National Indoor Under 17 Men's 60m sprint medallist Joel Ajayi was a class apart in the men's 100m crossing the line with the clock stopped at 11.00s, only just outside his best despite the headwind, and this summer he looks likely to challenge the club Under 17 best of 10.73s dating from 2006.

The club's recent recruitment in the young athlete ranks was reflected in the Under 13 age group as the club had 10 competitors in the Under 13 girls 100m, nine in the 800m in the same age group and eight in the Under 13s boys' 800m.

The performances of the club youngsters will be a great help to the team managers of the Eastern Young Athletes Squad in selecting their teams for the first league fixture at Norwich on Sunday (14th), where they will also be able to call on club athletes who were missing on Sunday as they were away with the Coopers Coburn school group who were warm weather training in Lanzarote.

