

## **National Athletics League, Championship R3 Stevenage Sun 7<sup>th</sup> July 2024**

Posn	Team Name	Points
1	Shaftesbury Barnet Harriers	622.0
2	<b>Havering AC</b>	500.5
3	Herts Phoenix AC	487.5
4	Chelmsford AC	455.0
5	Herne Hill Harriers	423.0
6	Newham & Essex Beagles AC	176.0

**After a long wait, Havering's seniors found out on Wednesday that they finished second at the third National Athletics League fixture at a very wet Stevenage on Sunday to gain the coveted second spot in the Premiership Promotion match at Bedford on Saturday 3<sup>rd</sup> August.**

Hosts Herts Phoenix have had to call in external help to address "technical issues" with the results software app, which have prevented the final match score being confirmed. Shaftesbury Barnet have won all three fixtures and have won the Championship East Division and going into the fixture Havering and Chelmsford were tied on league points with Havering having an edge on match points, with the highest placed of them on the day earning the second qualifying place in the Promotion Final next month. When the final results were factored in Havering had the edge over Chelmsford to confirm their promotion final place.

The men's squad had three wins to celebrate as Matthew Agnimel's again won the 400m A string win and Alex Ford impressed with victory in the 2000m steeplechase. Freddie Rowe made all the running in the 3000m against more experienced opposition and held on for second place, as James Stewart was a stride shy of his PB for full points in the B string in the combined race, while Findlay McLaren was third in the 800m and Kieran O'Hara fourth in the 1500m. Sprints third places were earned by Sam Lawson 100m and Reece Malcolm B 200m, and they were joined by 400m winner Matthew Agnimel and his younger brother Chris in the second placed 4x100m relay quartet

Veteran Graham Holder was second in the hammer and added shot and discus points, and Toby Bishop was second in the B discus and third in the A javelin, in his first outing this summer. Laurence Goodacre added more throws points with third places in the A shot and B javelin. Team captain Jason Lendon filled gaps and picked up valuable points over the barriers in the 110m hurdles, 400m hurdles and B chase and also the B hammer. Luke Williams also filled gaps in addition to his vault speciality where he was third. Fifteen-year-old Ryan Alexander added high jump points on his debut.

For the ladies' team the youngest team member sixteen-year old Alicia Fairmaner provided one of only two individual wins to make it three long jump wins out of three fixtures while Nina Brennan was the only other winner in the B hammer, adding discus and B 400m points, before retiring with a sore hamstring. Maddie Barker and Ginte Bailey added good points in the 800m & 1500m with Maddie third in both A races and Ginte was second in the 1500m and third in the 800m.

Chloe Williams was second in the A 400m hurdles and B sprint hurdles, and third in the B high jump as well as running in both relays. Ruby Tillson was third in the sprint hurdles and javelin, and improved her best for fourth in the shot and Lucy Quinlan was fourth in the A javelin, while Katie Ennis set a season's best for third in the hammer, just short of her PB, and was also third in the discus. Claire Brennan was runner up in both the B 400m hurdles and the vault, Cassie Campbell was fourth in both sprints and Olivia Boachie was third in the B 200m and fifth in the 400m A string. Morgan Campbell was third in the steeplechase while an unwell Robyn Matson took points in the 5000m and Amy Kilner added long jump and 100m points.

There was a surprise win for the sprint relay squad of Chloe, Claire, Olivia and Cassie who safely got the baton round for victory while both mixed 4x400m squads were fourth.

The squad were finally delighted to find out that they have qualified for the promotion final at Bedford on Saturday 3<sup>rd</sup> August where they will face the top two from the other Championship Divisions - Trafford, Sheffield, Belgrave, Tonbridge, Swansea, Cardiff & winners Shaftesbury Barnet from their division - in what should be a very competitive match.

<b>Women</b>		<b>A STRING</b>	<b>Pos.</b>	<b>Time/Dist</b>	<b>B STRING</b>		<b>Pos.</b>	<b>Time/Dist</b>
<b>100</b>	Cassie Campbell U20		4	13.1	<b>100</b>	Amy Kilner	4	15.7
<b>200</b>	Cassie Campbell U20		4	25.87	<b>200</b>	Olivia Boachie	3	26.84
<b>400</b>	Olivia Boachie		5	60.5	<b>400</b>	Nina Brennan	5	71.9
<b>800</b>	Maddie Barker U20		3	2:21.01	<b>800</b>	Ginte Bailey W35	3	2:39.50
<b>1500</b>	Maddie Barker U20		3	4:52.5482	<b>1500</b>	Ginte Bailey W35	2	5:14.62
<b>5000</b>	Robyn Matson W35		5	20:08.0	<b>5000</b>	--		
<b>100H</b>	Ruby Tillson U20		3	14.48	<b>100H</b>	Chloe Williams W35	2	15.3
<b>400H</b>	Chloe Williams W35		2	68.17	<b>400H</b>	Claire Brennan W40	2	70.60
<b>1500 S/C</b>	Morgan Campbell		3	5:32.72	<b>1500 S/C</b>	--		
<b>PV</b>	Claire Brennan W40		2	2.22	<b>PV</b>	--		
<b>L.J.</b>	Alicia Fairmaner U17		<b>1</b>	5.37	<b>L.J.</b>	Amy Kilner	4	3.56
<b>H.J.</b>	Katy Sealy HCA		4	1.42	<b>H.J.</b>	Chloe Williams W35	3	1.37
<b>T.J.</b>	Katy Sealy HCA		4	9.37	<b>T.J.</b>	Amy Kilner	x	NJ
<b>S.P.</b>	Ruby Tillson U20		4	9.57	<b>S.P.</b>	Katy Sealy HCA	3	8.69
<b>D.T.</b>	Katie Ennis U20		3	32.06	<b>D.T.</b>	Nina Brennan W35	4	20.87
<b>H.T.</b>	Katie Ennis U20		3	36.46	<b>H.T.</b>	Nina Brennan W35	<b>1</b>	17.26
<b>J.T.</b>	Lucy Quinlan U20		4	32.40	<b>J.T.</b>	Ruby Tillson U20	3	30.62
<b>4x100</b>	Chloe, Claire, Olivia, Cassie						<b>1</b>	52.38

<b>Men</b>		<b>A STRING</b>	<b>Pos</b>	<b>Time/Dist</b>	<b>B STRING</b>		<b>Pos.</b>	<b>Time/Dist</b>
<b>100</b>	Sam Lawson U20 HCA		3	11.11	<b>100</b>	Chris Agnimel U20	5	12.0
<b>200</b>	Sam Lawson U20 HCA		5	22.76	<b>200</b>	Reece Malcolm U20	3	23.32
<b>400</b>	Matthew Agnimel		<b>1</b>	48.52	<b>400</b>	Luke Williams M35	4	64.8
<b>800</b>	Findlay McLaren U17		3	1:58.50	<b>800</b>	James Stewart	4	2:14.45
<b>1500</b>	Kieran O'Hara		4	4:06.53	<b>1500</b>	Luke Williams M35	4	4:55.97
<b>3000</b>	Freddie Rowe U17		2	8:51.15	<b>3000</b>	James Stewart	<b>1</b>	8:53.79
<b>110H</b>	Luke Williams M35		4	20.91	<b>110H</b>	Jason Lendon M45	2	28.14
<b>400H</b>	Jason Lendon M45		5	85.95	<b>400H</b>	-		
<b>2k SC</b>	Alex Ford		<b>1</b>	6:20.20	<b>2k SC</b>	Jason Lendon M45	3	7:28.15
<b>L.J.</b>	Luke Williams M35		5	4.77	<b>L.J.</b>	-		
<b>T.J.</b>	-				<b>T.J.</b>	-		
<b>H.J.</b>	Ryan Alexander U17		6	1.72	<b>H.J.</b>	Toby Bishop	x	NH
<b>P.V.</b>	Luke Williams M35		2	3.42	<b>P.V.</b>	-		
<b>S.P.</b>	Laurence Goodacre		3	13.73	<b>S.P.</b>	Graham Holder HCA M50	3	9.87
<b>D.T.</b>	Graham Holder HCA M50		4	31.69	<b>D.T.</b>	Toby Bishop	2	28.03
<b>J.T.</b>	Toby Bishop		3	40.44	<b>J.T.</b>	Laurence Goodacre	3	34.82
<b>H.T.</b>	Graham Holder HCA M50		2	48.34	<b>H.T.</b>	Jason Lendon M45	3	12.42
<b>4x100</b>	Matthew, Reece, Chris, Sam						2	44.55
<b>Mixed 4x400A</b>	Matthew 51.4, Chloe 63.1, Sam 54.6, Olivia 62.7						4	3:51.8
<b>Mixed 4x400B</b>	Luke 63.4, Amy, 71.0, James 60.1, Claire 66.5						4	4:21.0

HCA = Higher Competition Athlete