

Southern Athletics League, Round 3, Cambridge Sun 14th July 2024

Posn	Team Name	Points
1	Cambridge & Coleridge	267.5
2	Havering AC	263
3	London Heathside	255.5
4	Herts Phoenix	215
5	Ryston Runners	211
6	Ilford	163

Havering seniors were edged out by the host at Cambridge on Sunday, but got the better of promotion rivals London Heathside to keep up their push for Division 1 status.

Although affected by late withdrawals the ladies notched up 16 wins. Chloe Williams and Claire Brennan took full point with wins in both the sprint and 400m hurdles and Claire added a win in the pole vault, with Scarlett Woods winning the B string, and added second place points in the javelin and scored in the B 400m.

Natalie Sewell won both the 1500m and the 2000m steeplechase and Charlotte Evans won the B 1500m while team manager Ginte Bailey won the 'chase B on her first effort over the barriers, and also added 3000m points. Maggie Smith added second place points in the B 200m and high jump, with Grace Tilson winning the B high jump and scoring in the 400m and triple jump. Olivia Boachie improved her PBs in both sprints and competed in both second placed relay quartets. Katie Ennis, Claire Brennan and Maggie Smith were her 4x100m partners and Natalie Sewell, Claire Brennan and Grace Tilson joined her in the 4x400m relay squad.

There was a strong showing in the field events as Katie Ennis won the A hammer and discus and the B javelin, and Under 17 Eboni Roach won the shot and B discus and was second in the B hammer, while Nina Brennan was runner up in the B shot. Hannah Evans was second in the B triple jump to add to her 800m points and Lucy Lendon added 100m and long jump points on her league debut.

Matthew Agnimmel's 200m career best of 21.7s took him into the club all-time top 10, and Reece Malcolm also improved his personal best in winning the B event, and Louis Berrett was also victorious in the 400m B race and was runner up in the A 800m, as was his B string partner Charlie Burgess. The pole vault pairing of Luke Williams and Arron Bonning took full points with A & B string wins, and both piled up the points in other events – 110m hurdles & long jump for Luke and triple jump, all four throws for Arron.

Toby Bishop continued his return with second in the B high jump and third in both discus and javelin. Under 17 Tobias Samuel had a hat-trick of third places in the 100m, long jump and triple jump, with two PBs and Maxwell Adeosun was third in the high jump and fourth in the 100m. Tobias and Maxwell paired up with Matthew and Reece in the second placed sprint relay quartet.

James Stewart (1500m) and the 5000m partnership of Alex Ford and James Blogg also added third place points, with James' time of 16m 57.1 the second fastest ever by a club M45. Jason Lendon added points in the 400m hurdles, steeplechase, shot and hammer and Gary Atkins added 'chase points.

With three of the four-match series complete the squad top the table and face a short trip to Woodford on 17th August to complete their season and seal one of the top two promotion spots.

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Olivia Boachie U20	4	12.7	Lucy Lendon U17	4	16.0
200	Olivia Boachie U20	3	25.9	Maggie Smith U17	2	28.4
400	Grace Tilson U17	5	68.3	Scarlett Woods U17	6	73.6
800	Hannah Evans U20	5	2:36.3	Abigail Swan U20	4	2:44.4
1500	Natalie Sewell	1	4:48.7	Charlotte Evans U20	1	5:11.9
5000	Ginte Bailey W35	4	11:18.6	-		
100H	Chloe Williams W35	1	14.6	Claire Brennan W40	1	18.6
400H	Chloe Williams W35	1	66.9	Claire Brennan W40	1	72.1
2000 SC	Natalie Sewell	1	7:36.6	Ginte Bailey W35	1	8:43.4
H.J.	Maggie Smith U17	2	1.45	Grace Tilson U17	1	1.30
P.V.	Claire Brennan W40	1	2.60	Scarlett Woods U17	1	2.10
L.J.	Maggie Smith U17	5	4.52	Lucy Lendon U17	4	3.62
T.J.	Grace Tilson U17	4	8.66	Hannah Evans U20	2	8.05
S.P.	Eboni Roach U17	1	10.64	Nina Brennan W35	2	7.66
D.T.	Katie Ennis U20	1	34.54	Eboni Roach U17	1	24.79
J.T.	Scarlett Woods U17	2	23.25	Katie Ennis U20	1	22.60
H.T.	Katie Ennis U20	1	35.29	Eboni Roach U17	2	20.01
4x100	Katie, Claire, Maggie Olivia				2	54.3
4x400	Grace, Olivia, Natalie, Claire				2	4:23.2
EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Maxwell Adeosun U17	4	11.4	Tobias Samuel U17	3	11.5
200	Matthew Agnimel	1	21.7	Reece Malcolm U20	1	22.5
400	Daniel Lammas	6	54.2	Louis Berrett	1	52.4
800	Louis Berrett	2	2:01.2	Charlie Burgess U20	2	2:05.9
1500	James Stewart	3	4:20.3	James Blogg M45	4	4:43.8
3000	Alex Ford	3	15:37.8	James Blogg M45	3	16:57.1
110H	Luke Williams M35	3	20.4	-		
400H	Jason Lendon	4	72.7	-	-	
3k S/C	Jason Lendon	5	11:11.6	Gary Atkins M55	5	13:25.3
H.J.	Maxwell Adeosun U17	3	1.60	Toby Bishop	2	1.60
P.V.	Luke Williams M35	1	3.60	Arron Bonning M45	1	2.80
L.J.	Tobias Samuel U17	3	6.02	Luke Williams M35	3	4.96
T.J.	Tobias Samuel U17	3	11.94	Arron Bonning M45	3	9.95
S.P.	Arron Bonning M45	6	8.02	Jason Lendon M45	5	6.43
D.T.	Toby Bishop	3	29.14	Arron Bonning M45	4	22.58
J.T.	Toby Bishop	3	39.81	Arron Bonning M45	2	32.63
H.T.	Arron Bonning M45	6	17.92	Jason Lendon M45	4	12.35
4x100	Matthew, Reece, Tobias, Maxwell				2	44.7
4x400	Luke, James B, James S, Matthew				4	3:57.1

Non-Scoring:

WOMEN: 800m: Rebecca O'Rourke 2:48.2 DT: Nina Brennan 20.96m;

MEN: 100: Aaron Freshwater 12.0; 200: Maxwell Adeosun 22.9