



## **British Athletic League – National 2 – Round 2 Chelmsford Sun 9<sup>th</sup> June 2019**

1		<b>Havering</b>		324.5			
2	Glasgow City		316				
3	Crawley		289.5				
4	Kingston & Polytechnic H		289				
5	Bristol & West		278				
6	Notts AC		270				
7	Chelmsford		221				
8	Herne Hill Harriers		177				
<b>A STRINGS</b>		<b>Pos</b>	<b>Time/Dist</b>	<b>B STRINGS</b>		<b>Pos.</b>	<b>Time/Dist</b>
100	Michael Shonibare HCA	5	11.25	100	Richard Akinyebo	5	11.31
200	Michael Shonibare HCA	6	22.44	200	Ayo Akingbehin	6	23.02
400	Tom Pitkin	<b>1</b>	47.60	400	Akeem Akintokun	3	49.84
800	Jamie Buckley-Stanton	7	2:01.36	800	Reece Harriott U20	3	2:00.36
1500	Max Jones HCA	2	3:55.55	1500	Grant Twist	<b>1</b>	3:58.40
3000	Ben Davis	4	8:46.09	3000	James Connor M35	4	8:50.97
3000 s/c	Rob Warner M35	2	9:47.96	3000 s/c	Sam Atkins U20	2	10:16.53
110H	Karl Tucker	6	16.23	110H	Luke Williams HCA	6	20.21
400H	Adam McCarthy	8	62.19	400H	Steve Rand M40	7	68.69
L.J.	Shandell Taylor	<b>1</b>	7.16	L.J.	Tobi Idowu U20	3	5.86
H.J.	Shandell Taylor	3	1.90	H.J.	Luke Williams HCA	5=	1.00
T.J.	Shandell Taylor	4	12.87w	T.J.	Adam McCarthy	3	11.79w
P.V.	Luke Williams HCA	4	3.60	P.V.	Peter Brinton-Quinn U17	2=	3.40
S.P.	Laurence Goodacre	2	14.88	S.P.	Craig Lacy HCA	<b>1</b>	12.83
D.T.	Laurence Goodacre	7	36.50	D.T.	Graham Holder HCA	4	33.08
J.T.	Max Law U20	<b>1</b>	66.84	J.T.	Craig Lacy HCA	<b>1</b>	58.30
H.T.	Graham Holder HCA M45	4	49.95	H.T.	Craig Lacy HCA	3	40.96
4x100	Shandell, Michael, Richard, Ayo					3	43.32
4x400	Reece 52.6, Fraser 51.6, Max 49.5, Tom 46.6					3	3:20.27

### **Non scoring:**

100m: Ayo Akingbehin 11.22; Karl Tucker 11.59; 200: Richard Akinyebo 23.58; Tobi Idowu 25.66