



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

1	Kingston & Polytechnic H	325.0
2	Glasgow City	297.0
3	Crawley	289.0
4	<b>Havering</b>	<b>281.0</b>
5	Notts AC	262.0
6	Herne Hill Harriers	252.0
7	Bristol & West	237.0
8	Chelmsford	224.0

A STRINGS				Pos	Time/Dist	B STRINGS				Pos.	Time/Dist
100	Ayo Akingbehin	5	11.10	100	Richard Akinyebo	<b>1</b>	11.10				
200	Michael Shonibare HCA	5	22.38	200	Ayo Akingbehin	6	22.77				
400	Akeem Akintokun	5	49.96	400	Fraser Boston	5	51.99				
800	Max Jones HCA	3	1:55.20	800	Tom Keevil U20	7	2:03.56				
1500	Grant Twist	3	4:01.50	1500	Jamie Buckley-Stanton	3	4:06.92				
5000	James Connor M35	3	15:10.79	5000	Ben Davis	3	15:39.01				
3000 s/c	Rob Warner M35	3	9:44.9	3000 s/c	Sam Atkins U20	4	10:52.6				
110H	Karl Tucker	6	16.57	110H	Luke Williams HCA	4	20.30				
400H	Adam McCarthy	6	59.65	400H	Jason Lendon M40	5	72.19				
L.J.	Shandell Taylor	2	6.61w	L.J.	Adam McCarthy	7	5.54				
H.J.	Shandell Taylor	5	1.90	H.J.	Karl Tucker	6	1.65				
T.J.	Matthew Agnimel	6	11.90	T.J.	=						
P.V.	Luke Williams HCA	5	3.60	P.V.	Peter Brinton-Quinn U17	4	3.00				
S.P.	Laurence Goodacre	3	14.71	S.P.	Craig Lacy HCA	2	12.24				
D.T.	Duane Jibunoh	2	44.53	D.T.	Laurence Goodacre	4	35.31				
J.T.	Craig Lacy HCA	2	57.24	J.T.	Baddar Echakhch HCA	<b>1</b>	49.58				
H.T.	Craig Lacy HCA	7	36.16	H.T.	Baddar Echakhch HCA	6	26.81				
4x100	Richard, Michael, Akeem, Ayo					5	43.33				
4x400	Matthew (51.8), Fraser (53.0), Akeem (50.4), Max (49.9)					3	3:25.06				

### Non scoring:

100m: Wale Olojo HCA 11.49; 200: Richard Akinyebo 22.60; Wale Olojo HCA 22.91; 400: Matthew Agnimel 50.52s

1	Glasgow City	14	613.0
2	Kingston & Polytechnic H	13	611.3
3	<b>Havering</b>	<b>13</b>	<b>606.3</b>
4	Crawley	12	579.3
5	Notts AC	7	532.0
6	Bristol & West	6	516.0
7	Herne Hill Harriers	4	429.0
8	Chelmsford	3	445.0