

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	1	
VENUE	Perivale	
P/FINISH	YES	

Date Saturday, April 13 2019

Venue Perivale

Host Club Ealing Southall & Middlesex AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
F	Ealing Southall & Middlesex AC	ESM	20	133.0	22.0	118.0	293.0
T	Thurrock Harriers	Thurr	10	120.0	16.0	128.0	274.0
S	Serpentine	Serp	20	110.0	7.0	100.0	237.0
R	Orion Harriers	Orion	20	105.0	18.0	86.0	229.0
E	Enfield & Haringey/HAWCS ©	E&H/HAWCS	10	72.0	10.0	94.0	186.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Ealing Southall & Middlesex AC	293.0	5.0			293.0	5.0	1
2	Thurrock Harriers	274.0	4.0			274.0	4.0	2
3	Serpentine	237.0	3.0			237.0	3.0	3
4	Orion Harriers	229.0	2.0			229.0	2.0	4
5	Enfield & Haringey/HAWCS ©	186.0	1.0			186.0	1.0	5

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	38
REMAINING	-

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
					+1.1
1	E	BANAHEN Akwasi X	E&H/HAWK	11.28	672
2	F	LORD William	ESM	11.51	604
3	T	GIBBS Ben	Thurr	11.61	577
4	S	ABIOLA Sodiq	Serp	12.13	444
5	R	LAZER Andrei X	Orion	12.74	315
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
					+1.1
1	EE	ANDOH William Y	E&H/HAWK	11.68	557
2	TT	CUTHBERT Regan	Thurr	11.76	536
3	FF	CONTEH Ash	ESM	11.79	528
4	RR	BROWN Euan	Orion	13.22	231
5	SS	FREER Jeremy	Serp	13.93	135
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
					+1.2
1	R	STEWART Rashaan	Orion	22.93	678
2	E	BANAHEN Akwasi X	E&H/HAWK	22.94	677
3	F	BOARD Rowan	ESM	24.14	514
4	S	ABIOLA Sodiq	Serp	25.02	411
5	T	MORALES Samuel Y	Thurr	25.61	349
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
					+0.6
1	RR	HENRY Hanif	Orion	23.07	658
2	EE	FUSSEINI Maltieti Y	E&H/HAWK	23.23	635
3	FF	CONTEH Ash	ESM	24.35	488
4	TT	SHORTALL Michael	Thurr	25.40	370
5	SS	STANTON Ben	Serp	25.90	321
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	T	CUTHBERT Regan	Thurr	52.81
2	F	BOARD Rowan	ESM	53.30
3	R	STEWART Rashaan	Orion	53.73
4	E	WHITE Shay	E&H/HAWK	55.05
5	S	GREAVES Lewis	Serp	61.44
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	RR	KELLY-HYATT Myles	Orion	53.49
2	EE	ORAM Mali	E&H/HAWK	54.88
3	TT	NEWELL Taylor Y	Thurr	56.71
4	SS	FREER Jeremy	Serp	63.33
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	F	SIMON AHMED Elias X	ESM	02:00.52
2	T	EXLEY Jack Y	Thurr	02:00.74
3	R	SHOTTER Jay Y	Orion	02:03.06
4	S	STANTON Ben	Serp	02:15.23
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	TT	NEWELL Taylor Y	Thurr	02:06.20
2	FF	CZAPKA Seweryn X	ESM	02:09.17
3	RR	BOASE Nathan X	Orion	02:21.17
4				
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	R	OWEN Joseph Y	Orion	04:04.52
2	F	SIMON AHMED Elias Y	ESM	04:06.47
3	TT	EXLEY Jack Y	Thurr	04:20.81
4	SS	TOLENTINO Lee-marvin	Serp	04:50.06
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	FF	CZAPKA Seweryn X	ESM	04:25.97
2	T	PRIOR Ben Y	Thurr	04:36.01
3	S	KACPERCZYK Marcin	Serp	04:52.73
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
5000m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	S	POOLE Jonathan	Serp	14:51.62	800
2	R	BROWN Euan	Orion	14:53.73	793
3	TT	WHEELER Leon Y	Thurr	15:32.09	685
4	F	HEPWORTH Christopher	ESM	15:52.48	630
5	E	CURSLEY Thomas	E&H/HAWK	16:00.39	609
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	SS	GREENLEAF Andy	Serp	14:54.80	58
2	T	FINCH Alec	Thurr	15:58.07	10
3	RR	BROWN Patrick	Orion	16:09.32	5
4	FF	JONES Elliot	ESM	17:13.05	
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	+1.2
1	E	THOMPSON Elliot	E&H/HAWK	16.14	698
2	T	SHORTALL Michael	Thurr	16.49	662
3	S	ROBINSON David	Serp	21.98	224
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	+1.2
1	TT	GIBBS Ben	Thurr	20.83	298
2	SS	WOMELSDORF Frank	Serp	23.94	122
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	T	CHIVERS Liam Y	Thurr	63.27	547
2	F	NICHOLAS Luke	ESM	69.37	387
3	S	ROBINSON David	Serp	70.00	372
4	R	GRIMES Thomas	Orion	70.13	369
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	TT	SHORTALL Michael	Thurr	67.67	429
2	FF	CLAMPIN Matthew	ESM	77.51	216
3	SS	DE PALOL Daniel	Serp	79.25	185
4	RR	BROWN Patrick	Orion	105.09	
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	R	HARKNETT Lewis Y	Orion	06:23.68 7580
2	T	FINCH Alec	Thurr	06:43.04 7580
3	F	FLEWITT Peter	ESM	07:04.40 7580
4	SS	DE PALOL Daniel	Serp	07:06.69 7580
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	RR		Orion	07:02.19 1568
2	S	VOGEL Joost	Serp	07:09.17 1531
3	FF	BROWN Robert	ESM	08:03.58 1263
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	F	GJESDAL Oscar Y	ESM	1.88 744
2	T	CUTHBERT Regan	Thurr	1.85 719
3	S	ROBINSON David	Serp	1.45 385
4	R	GRIMES Thomas	Orion	1.40 343
5				
6				

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	FF	CLAMPIN Matthew	ESM	1.60 511
2	SS	MCKELVEY Tom	Serp	1.35 301
3	TT	INSTANCE Nigel	Thurr	1.25 216
4	RR	JOHNSON Drey Y	Orion	1.10 88
5				
6				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	S	GIBBONS Peter	Serp	2.60 393
2	E	WHITE Shay	E&H/HAWK	2.40 348
3	TT	GIBBS Ben	Thurr	1.80 208
4	R	BOASE Nathan X	Orion	1.70 185
5	F	NICHOLAS Luke	ESM	1.20 59
6				

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	EE	MAHON John	E&H/HAWK	1.70 185
2	SS	MCGAHAN Tony	Serp	1.60 160
3	FF	DENSLEY Robert	ESM	1.20 59
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	E	THOMPSON Elliot	E&H/HAWK	6.25 703
2	TT	SHORTALL Michael	Thurr	5.56 567
3	SS	MCKELVEY Tom	Serp	5.14 485
4	FF	CLAMPIN Matthew	ESM	4.87 433
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	EE	STERLING-NELSON Joshua Y	E&H/HAWK	6.04 662
2	T	GIBBS Ben	Thurr	5.35 526
3	F	BERNADINE Miles X	ESM	4.81 421
4	S	ROBINSON David	Serp	4.67 394
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	E	BIANCHI PAJUELO Bruno Y	E&H/HAWK	12.38	662
2	F	GJESDAL Oscar Y	ESM	12.17	642
3	T	GIBBS Ben	Thurr	11.69	594
4	SS	MCKELVEY Tom	Serp	10.03	421
5	R	CHRISOSTOMOU Jordan	Orion	9.39	349
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	TT	SHORTALL Michael	Thurr	10.79	503
2	FF	CLAMPIN Matthew	ESM	10.53	475
3	S	ROBINSON David	Serp	9.09	314
4	RR	BOASE Nathan X	Orion	7.54	108
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	T	GIBBS Ben	Thurr	9.48	540
2	EE	MAXWELL Stewart	E&H/HAWK	8.95	497
3	S	WOMELSDORF Frank	Serp	8.43	453
4	R	HENRY Hanif	Orion	8.22	435
5	F	NICHOLAS Luke	ESM	7.28	347
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	E	RICHMOND Dalian	E&H/HAWK	8.76	482
2	SS	GIBBONS Peter	Serp	8.14	428
3	TT	INSTANCE Nigel	Thurr	6.89	307
4	FF	DENSLEY Robert	ESM	6.69	285
5	RR	CHRISOSTOMOU Jordan	Orion	3.75	
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	E	WHITEHEAD Ryan Y	E&H/HAWK	37.66	722
2	T	GIBBS Ben	Thurr	27.14	536
3	S	WOMELSDORF Frank	Serp	21.72	420
4	F	YORK Philip	ESM	16.14	271
5	R	SHOTTER Jay Y	Orion	11.64	78
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	EE	MAXWELL Stewart	E&H/HAWK	24.96	491
2	TT	INSTANCE Nigel	Thurr	20.31	386
3	SS	GIBBONS Peter	Serp	17.53	313
4	FF	HEPWORTH Christopher	ESM	15.56	252
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	T	GIBBS Ben	Thurr	29.33	570
2	EE	MAXWELL Stewart	E&H/HAWK	26.41	526
3	R	FOOT Joss Y	Orion	21.63	447
4	S	WOMELSDORF Frank	Serp	18.04	380
5	F	DENSLEY Robert	ESM	16.91	357
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	E	RICHMOND Dalian	E&H/HAWK	23.20	474
2	TT	INSTANCE Nigel	Thurr	17.72	373
3	SS	MALZER Alex	Serp	16.89	356
4	FF	YORK Philip	ESM	5.71	
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	R	FOOT Joss Y	Orion	58.81	867
2	E	THOMPSON Elliot	E&H/HAWK	39.39	606
3	T	INSTANCE Nigel	Thurr	30.42	468
4	S	WOMELSDORF Frank	Serp	30.41	468
5	FF	UBA Bihal Y	ESM	19.28	268
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	EE	MAXWELL Stewart	E&H/HAWK	33.25	513
2	SS	ROBINSON David	Serp	20.53	293
3	F	YORK Philip	ESM	12.07	92
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	R	Orion	JOHNSON Drey Y KELLY-HYATT Myles HENRY Hanif STEWART Rashaan	44.00
2	E	E&H/HAWCS	BECKFORD Triston Y FIALHO Pablo X FUSSEINI Maltietie Y BANAHEN Akwasi X	44.73
3	F	ESM	CONTEH Ash LORD William COLLINS-MARSH Tristan X GJESDAL Oscar Y	45.79
4	T	Thurr	SHORTALL Michael CUTHBERT Regan MORALES Samuel Y GIBBS Ben	46.60
5	S	Serp	STANTON Ben FREER Jeremy MCKELVEY Tom ABIOLA Sodiq	52.20
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	F	ESM	BOARD Rowan SIMON AHMED Elias Y COLLINS-MARSH Tristan X HEPWORTH Chris	03:35.48
2	R	Orion	BROWN Euan HARKNETT Lewis Y SHOTTER Jay Y JOHNSON Drey Y	03:38.16
3	T	Thurr	FINCH Alec NEWELL Taylor Y FARMER Jack CUTHBERT Regan	03:40.59
4	S	Serp	ABIOLA Sodiq VOGEL Joost TOLENTINO Lee-marvin STANTON Ben	03:55.50
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					+1.4
1	E	THOMPSON Torema	E&H/HAWK	12.06	855
2	F	ABAN-OWUSU Bessie	ESM	12.87	671
3	T	AJAYI Tumi X	Thurr	13.37	570
4	R	DAWSON Alexandra X	Orion	17.78	58
5	S	JAMES Hel	Serp	18.13	42
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					+1.8
1	EE	ROS Lara Y	E&H/HAWK	12.94	656
2	FF	HAMMAD Fatma Y	ESM	13.21	601
3	TT	STAINES Victoria	Thurr	13.65	518
4	SS	VAATZ Steph	Serp	21.49	
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
					+0.3
1	R	SHARPE Emily Y	Orion	26.72	633
2	E	TULU Elizabeth Y	E&H/HAWK	27.05	602
3	F	WIAFE Golder X	ESM	27.45	566
4	S	CARMICHAEL Laura	Serp	29.60	395
5	T	MAZINA Highlyblessed X	Thurr	29.80	381
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
					-1.3
1	FF	HAMMAD Fatma Y	ESM	27.82	534
2	EE	WHITE Kyra	E&H/HAWK	28.68	463
3	TT	STAINES Victoria	Thurr	30.80	316
4	SS	JAMES Hel	Serp	39.85	19
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	
1	E	ALLIN Nastassja	E&H/HAWK	58.32	746
2	S	CARMICHAEL Laura	Serp	62.91	574
3	F	RAVENHILL Nicola Y	ESM	66.40	459
4	R	GRANT Charlotte Y	Orion	69.25	376
5	T	FALL Emily X	Thurr	69.46	370
6					

400m Women B

Posn	No.	Athlete	Club	Perf	
1	TT	BEARDWELL Kennedy X	Thurr	66.60	453
2	RR	SMITH Eve X	Orion	74.03	256
3	SS	SHELLEY Catkin	Serp	75.21	230
4	FF	HOWES-SMITH Olivia	ESM	79.78	144
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	
1	T	EVES Demi X	Thurr	02:20.24	688
2	F	THOMAS Cameron Y	ESM	02:29.62	546
3	S	FLANAGAN Sophie	Serp	02:42.25	383
4					
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	
1	FF	COONEY-QUINN Charlotte X	ESM	02:44.80	353
2	TT	BALL Lucie Y	Thurr	02:50.36	293
3	SS	SHELLEY Catkin	Serp	02:53.56	261
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	R	COLE Annalie Y	Orion	05:01.15 589
2	F	RASIUKEVICUITE Gabija	ESM	05:09.02 536
3	S	CARMICHAEL Laura	Serp	05:30.43 404
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	FF	BADHAM Rachael	ESM	05:12.92 2189
2	SS	WEST Camilla	Serp	05:39.91 2026
3	RR	SMITH Eve X	Orion	06:28.18 1750
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	F	GERRIE Sarah	ESM	11:21.65 497
2	S	WEST Camilla	Serp	11:29.19 474
3	R	DAWSON Alexandra X	Orion	12:41.63 284
4				
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	SS	FLANAGAN Sophie	Serp	11:35.40 456
2	FF	SMITH Leanne	ESM	11:51.86 410
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	E SMITH Jessica Y	E&H/HAWK	15.75 698	-0.2
2	F STEWART Laura Y	ESM	19.20 406	
3				
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	R	SHARPE Emily Y	Orion	70.49 597
2				
3				
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
2000m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	T	BALL Lucie Y	Thurr	09:08.72 316
2				
3				
4				
5				
6				

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	T	AJAYI Tumi X	Thurr	1.55 705
2	E	SMITH Jessica Y	E&H/HAWK	1.50 651
3	FF	WIAFE Golder X	ESM	1.40 542
4	R	INCH Katie	Orion	1.20 324
5	S	DAVIES Mary	Serp	1.00 108
6				

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	F	LEADBETTER Helen	ESM	1.25 378
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	F	LEADBETTER Helen	ESM	2.40 476
2				
3				
4				
5				
6				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
13/04/2019
Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	F	LEADBETTER Helen	ESM	4.44	533
2	RR	GRANT Charlotte Y	Orion	4.39	522
3	T	MAZINA Highlyblessed X	Thurr	4.15	468
4	S	JAMES Hel	Serp	2.97	212
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	R	INCH Katie	Orion	3.71	371
2	FF	HAMMAD Fatma Y	ESM	3.43	310
3	TT	STAINES Victoria	Thurr	3.32	286
4					
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	F	LEADBETTER Helen	ESM	8.87	487
2	RR	GRANT Charlotte Y	Orion	8.48	444
3	S	DAVIES Mary	Serp	5.45	73
4					
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	R	INCH Katie	Orion	7.29	307
2					
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	TT	LAWRENCE Sue	Thurr	9.28	671
2	E	DE ALMEIDA Rute X	E&H/HAWK	7.72	549
3	F	KING Claire	ESM	6.97	485
4	S	DAVIES Mary	Serp	6.74	464
5	R	INCH Katie	Orion	5.49	338
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	T	OLUFEMI Toyin	Thurr	8.57	617
2	RR	SHARPE Tracy	Orion	5.35	322
3	SS	JAMES Hel	Serp	4.50	213
4					
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	TT	LAWRENCE Sue	Thurr	30.77	741
2	F	KING Claire	ESM	18.48	508
3	S	DAVIES Mary	Serp	15.46	431
4	RR	SHARPE Tracy	Orion	13.55	373
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	T	DREWITT Caroline	Thurr	27.03	679
2	SS	JAMES Hel	Serp	12.91	352
3	R	INCH Katie	Orion	12.35	332
4	FF	ENGLISH Denise	ESM	10.79	267
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale**13/04/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf	
1	F	MCCAWE Debbie	ESM	32.05	637
2	TT	LAWRENCE Sue	Thurr	31.96	636
3	E	DE ALMEIDA Rute X	E&H/HAWC	23.10	505
4	S	DAVIES Mary	Serp	19.68	446
5	R	INCH Katie	Orion	14.79	351
6					

Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	T	SMITH Megan Y	Thurr	25.89	549
2	RR	SHARPE Tracy	Orion	12.49	299
3	FF	THOMAS Cameron Y	ESM	5.78	56
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf	
1	E	KRASSISMENOU Issy	E&H/HAWC	29.66	724
2	T	SMITH Megan Y	Thurr	23.74	623
3	RR	SHARPE Tracy	Orion	17.50	495
4	S	DAVIES Mary	Serp	15.38	444
5	F	THOMAS Patricia	ESM	11.70	339
6					

Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	TT	LAWRENCE Sue	Thurr	23.73	622
2	R	SHARPE Emily Y	Orion	15.79	455
3	FF	BAKER Nicola	ESM	11.23	323
4	SS	JAMES Hel	Serp	9.73	267
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	F	ESM	ABAN-OWUSU Bessie WAIFE Golder X BELEWU Olamide Y HAMMAD Fatma Y	52.22
2	E	E&H/HAWCS	DE ALMEIDA Rute X ADEOYE Margaret TULU Elizabeth Y THOMPSON Torema	53.68
3	T	Thurr	AJAYI Tumi X OLUFEMI Toyin STAINES Victoria MAZINA Highlyblessed X	54.47
4	R	Orion	GRANT Charlotte Y DAWSON Alexandra X INCH Katie SHARPE Emily Y	55.79
5	S	Serp	WEST Camilla DAVIES Mary JAMES Hel CARMICHAEL Laura	70.20
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	F	ESM	THOMAS Cameron Y RAVENHILL Nicola Y STEWART Laura Y RASIUKEVICUITE Gab	04:23.91
2	T	Thurr	FALL Emily X EVES Demi X BEARDWELL Kennedy X OLUFEMI Toyin	04:26.27
3	R	Orion	GRANT Charlotte Y DAWSON Alexandra X COLE Annalie Y SHARPE Emily Y	04:41.95
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

13/04/2019

Wind

Males	Event	Perf		Females	Event	Perf
<u>Ealing Southall & Middlesex AC</u>						
NEDD Joshua X	100m	12.38	+1.6	-	100m	
BERNADINE Miles X	100m	12.20	-0.1	HAY Katie X	800m	02:51.61
BURBIDGE Chris	100m	13.06	-0.1	ABDELGADER Miriam Y	200m	30.59 -1.3
COLLINS-MARSH Tristan X	200m	24.64	+0.6	BELEWU Olamide Y	200m	28.49 +0.3
KOUWILOYAN Michael X	400m	57.90		ABAN-OWUSU Bessie	200m	28.09 -1.3
ANZAI-JACKSON Akira	800m	02:20.41		WIAFE Golder X	100m	13.03 +2.4
ADAR Luke Y	800m	02:18.04		BELEWU Olamide Y	100m	13.53 +2.4
BENDER Vitaly X	1500m	04:41.31		ABDELGADER Miriam Y	100m	14.26 +2.4
FOLEY David	1500m	05:28.63		-	-	
RAI Santosh	3000m	17:51.59				
KENCROFT Mark	3000m	18:02.62				
ANZAI-JACKSON Akira	3000m	17:51.00				
UBA Bilal Y	Long Jump	5.44				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

13/04/2019

Wind

Enfield & Haringey/HAWCS ©

HALLE Joe	100m	14.74	-0.1	WHITE Kyra	100m	13.76	2.4
ADESINA Emmanuel	Long Jump	4.29					
OLATUNJI Michael	100m	11.94	1.6				
OLATUNJI Michael	Long Jump	5.95					
THOMPSON Elliot	100m	11.74	-0.1				
BIANCHI PAJUELO Bruno Y	100m	12.34	1.6				
BECKFORD Triston Y	Long Jump	6.55					
FIALHO Pablo X	100m	11.82	1.6				
FIALHO Pablo X	200m	24.12	1.2				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

13/04/2019

Wind

Orion Harriers

CHRISOSTOMOU Jordan	400m	57.33
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SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

13/04/2019

Wind

Serpentine

BISWAS Debashish	Hammer	11.44	
ROBINSON David	Pole Vault	1.60	
MALZER Alex	3000m	19:13.14	
MALZER Alex	High Jump	1.10	
MALZER Alex	Long Jump	3.38	
MALZER Alex	Triple Jump	7.77	
MALZER Alex	400m	68.58	
KACPERCZYK Marcin	400m	61.91	
PARKER Luke	400m	61.88	
POWELL Tim	3000m	16:52.76	
LAM Vinh	High Jump	1.30	
LAM Vinh	Pole Vault	1.80	
LAM Vinh	Triple Jump	7.95	
MOSCROP Jonathan	3000m	17:01.54	
PARKER Luke	1500m	04:53.57	
MALZER Alex	S/Chase	08:46.98	
ROBINSON David	100m	13.99	+1.6
FREER Jeremy	200m	29.55	+0.6
LAM Vinh	Discus	17.17	
MALZER Alex	Discus	18.68	

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

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Wind

Thurrock Harriers

ABATI Adedapo	3000m	18:34.40	OLUFEMI Toyin	100m	14.12	2.4
AKENDE Hassan X	100m		OLUFEMI Toyin	Discus	24.44	
AKENDE Hassan X	200m		SMITH Megan Y	Shot	5.67	
AKENDE Hassan X	Shot					
MOHAMAD Hasanwali Y	1500m	04:52.30				
MORALES Samuel Y	100m	12.31				-0.1
MORALES Samuel Y	200m					
FARMER Jack	400m Hurdles	67.38				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

Wind

13/04/2019

Wind