

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	1	
VENUE	St Ives	
P/FINISH	NO	

Date Saturday, April 13 2019

Venue St Ives

Host Club Huntingdonshire AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
U	Huntingdonshire AC	Hunt	20	102.0	14.0	147.0	283.0
X	Herts Phoenix AC	Herts P	15	145.0	20.0	109.5	289.5
G	Biggleswade AC	Bigg	10	39.0		69.0	118.0
K	West Norfolk AC	W Norf	10	48.0	8.0	40.5	106.5
J	West Suffolk AC	W Suff	10	48.0	5.0	103.5	166.5
M	Highgate Harriers & Mornington Chasers ©	Higate&MC	15	76.0	10.0	82.5	183.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Herts Phoenix AC	289.5	6.0			289.5	6.0	1
2	Huntingdonshire AC	283.0	5.0			283.0	5.0	2
3	Highgate Harriers & Mornington Chasers ©	183.5	4.0			183.5	4.0	3
4	West Suffolk AC	166.5	3.0			166.5	3.0	4
5	Biggleswade AC	118.0	2.0			118.0	2.0	5
6	West Norfolk AC	106.5	1.0			106.5	1.0	6

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	37
REMAINING	-

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

Posn	No.	Athlete	Club	Perf	Wind
1	U	WEBSTER Morgan	Hunt	11.4	636
2	X	MEIKLE Anthony	Herts P	11.6	579
3	J	CROUCH Alex X	W Suff	11.7	552
4	M	LAWRENCE Nick	Higate&MC	11.8	526
5	G	RAYNER Tristan Y	Bigg	12.0	475
6	K	WILLIAMS Charlie Y	W Norf	12.1	451

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	UU	ALVES Brandon X	Hunt	11.9	500
2	MM	ACHIAMPONG Zavier X	Higate&MC	12.4	384
3	KK	WILLIAMS Alfie X	W Norf	12.6	342
4	XX	GITTENS Shaun	Herts P	12.7	322
5	JJ	MICHAEL Lucas X	W Suff	12.9	285
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	U	WEBSTER Morgan	Hunt	22.8	697
2	J	CROUCH Alex X	W Suff	23.7	570
3	K	BENSON Rahim	W Norf	24.1	519
4	X	MEIKLE Anthony	Herts P	24.5	470
5	G	RAYNER Tristan Y	Bigg	24.8	435
6	M	ACHIAMPONG Zavier X	Higate&MC	25.1	402

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	UU	ALVES Brandon X	Hunt	25.1	402
2	JJ	MICHAEL Lucas X	W Suff	26.7	250
3	KK	ROSS Cameron	W Norf	29.4	82
4	XX	GITTENS Shaun	Herts P	33.0	2
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	M	QUAREZ Augustin Y	Higate&MC	56.4	431
2	K	WILKINSON Laurie Y	W Norf	59.1	323
3	U	TAYLOR Spencer	Hunt	59.8	298
4	X	MACAULAY Alex	Herts P	60.2	284
5	G	BLUNT Michael	Bigg	69.9	57
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	MM	HUGHES Lloyd	Higate&MC	56.2	440
2	XX	RIZZO Matteo Y	Herts P	58.6	342
3	KK	WATSON Neil	W Norf	65.8	129
4					
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	X	HUGHES Adam Y	Herts P	02:05.2	547
2	G	SWINBURNE Elliott X	Bigg	02:18.7	298
3	U	DOWNHILL Markus X	Hunt	02:21.3	260
4	K	COLLISON Ben	W Norf	02:27.5	183
5	M	BLACK Martin	Higate&MC	03:05.4	
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	KK	WILKINSON Laurie Y	W Norf	02:18.0	309
2	XX	MACAULAY Alex	Herts P	02:23.1	236
3	GG	READ Adam X	Bigg	02:23.4	232
4	UU	WOOLF Daniel	Hunt	02:53.4	15
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	X	RUSHMAN Brett Y	Herts P	04:20.6	533
2	U	WALLER Henry X	Hunt	04:58.2	245
3	K	COLLISON Ben	W Norf	05:02.3	221
4	G	ARNOLD Charles	Bigg	05:24.8	117
5	M	BLACK Martin	Higate&MC	06:38.7	
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	HUGHES Adam Y	Herts P	04:34.1	413
2	UU	BREWSTER Geoff	Hunt	05:24.1	119
3	KK	REEVE Ian	W Norf	06:57.6	
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf	
1	XX	PROSSER Steve	Herts P	17:04.7	454
2	M	ARMSTRONG John	Higate&MC	17:55.0	347
3	U	WISHART Mark	Hunt	19:30.7	181
4					
5					
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	
1	X	RUSHMAN Brett Y	Herts P	17:50.2	356
2	UU	STOCKER Jim	Hunt	22:31.8	9
3					
4					
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	G	JANSSEN Darren	Bigg	22.1	217
2					
3					
4					
5					
6					

110m Hurdles Men B

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

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	J	PRIOR Luca X	W Suff	71.5	338
2	G	JANSSEN Darren	Bigg	75.0	264
3	K	WATSON Neil	W Norf	75.3	258
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	GG	BLUNT Michael	Bigg	84.2	110
2					
3					
4					
5					
6					

2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	X	PROSSER Steve	Herts P	7:33.20	408
2	K	WATSON Neil	W Norf	8:35.90	186
3	G	ARNOLD Charles	Bigg	9:10.20	103
4					
5					
6					

2000m S/Chase Men B

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

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	M	HUGHES Lloyd	Higate&MC	1.70	594
1	X	VERYARD Sam X	Herts P	1.70	594
3	U	THOMAS Joel Y	Hunt	1.60	511
4	J	ALLEN Luke	W Suff	1.50	427
5	K	WATSON Neil	W Norf	1.40	343
6	GG	ARNOLD Charles	Bigg	1.30	259

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	UU	GARDNER Martin	Hunt	1.45	385
2=	MM	MCEVOY Ryan X	Higate&MC	1.40	343
2=	JJ	KENT Chris	W Suff	1.40	343
4=	XX	GROVE James	Herts P	1.00	
4=	KK	REEVE Ian	W Norf	1.00	

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**13/04/2019****Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	UU	FULLER Richard	Hunt	2.60	393
2	G	JANSSEN Darren	Bigg	2.20	302
3	K	REEVE Ian	W Norf	1.90	232

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	U	THOMAS Joel Y	Hunt	2.40	348
2	JJ	PRIOR Luca X	W Suff	1.70	185

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	K	BENSON Rahim	W Norf	6.45	743
2	U	TIRCHINECI Nikolaos X	Hunt	5.83	620
3	J	RICHARDS Jack Y	W Suff	5.42	540
4	GG	RAYNER Tristan Y	Bigg	5.08	474
5	M	LAWRENCE Nick	Higate&MC	4.57	375
6	XX	VERYARD Sam X	Herts P	4.48	358

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	UU	OPALEYE Yinka	Hunt	5.04	466
2	JJ	PRIOR Luca X	W Suff	4.80	420
3	G	JANSSEN Darren	Bigg	4.80	420
4	KK	ROSS Cameron	W Norf	4.11	288
5	MM	MCEVOY Ryan X	Higate&MC	4.10	286
6	X	GROVE James	Herts P	3.44	163

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	K	BENSON Rahim	W Norf	11.68	593
2	M	ACHIAMPONG Zavier X	Higate&MC	11.14	539
3	J	RICHARDS Jack Y	W Suff	11.13	538
4	U	TIRCHINECI Nikolaos X	Hunt	10.95	519
5	G	JANSSEN Darren	Bigg	9.61	375
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	UU	OPALEYE Yinka	Hunt	9.48	360
2	KK	REEVE Ian	W Norf	8.59	253
3	GG	ARNOLD Charles	Bigg	7.53	106
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	X	WOODLEY Sam	Herts P	12.76	774
2	J	KENT Chris	W Suff	11.55	693
3	U	GARDNER Martin	Hunt	10.83	642
4	GG	DODDS Nathan Y	Bigg	10.35	607
5	K	WILLIAMS Alfie X	W Norf	10.33	605
6	M	EVELEGH Alex	Higate&MC	7.32	351

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	JJ	ALLEN Jake	W Suff	11.31	676
2	XX	KINGWELL Jason	Herts P	10.83	642
3	UU	BURKE Steven	Hunt	9.10	510
4	G	JANSSEN Darren	Bigg	8.72	478
5	MM	LAWRENCE Nick	Higate&MC	6.54	268
6	KK	PISHORN Jack	W Norf	5.78	172

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	X	WOODLEY Sam	Herts P	46.53	857
2	J	ALLEN Jake	W Suff	35.18	682
3	G	DODDS Nathan Y	Bigg	32.09	628
4	K	WILLIAMS Charlie Y	W Norf	29.97	590
5	U	GARDNER Martin	Hunt	28.29	558
6	MM	BLACK Martin	Higate&MC	11.00	

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	KINGWELL Jason	Herts P	32.60	637
2	UU	ELLINGHAM Robert	Hunt	25.82	509
3	JJ	KENT Chris	W Suff	24.48	481
4	GG	JANSSEN Darren	Bigg	22.50	438
5	KK	PISHORN Jack	W Norf	15.25	242
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**13/04/2019****Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	J	ALLEN Jake	W Suff	43.69	756
2	X	KINGWELL Jason	Herts P	39.17	702
3	U	ELLINGHAM Robert	Hunt	36.29	665
4					
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	GROVE James	Herts P	34.27	639
2	UU	BURKE Steven	Hunt	32.96	621
3	JJ	KENT Chris	W Suff	23.74	483
4					
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	XX	MARTIN Connor	Herts P	57.01	844
2	GG	INGHAM Alex	Bigg	55.01	819
3	J	KENT Chris	W Suff	40.40	620
4	U	DICKSON Charlie Y	Hunt	38.02	585
5	K	WILLIAMS Charlie Y	W Norf	31.53	486
6	MM	QUAREZ Augustin Y	Higate&MC	26.43	401

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	G	DODDS Nathan Y	Bigg	49.95	753
2	JJ	ALLEN Luke	W Suff	35.08	541
3	X	KINGWELL Jason	Herts P	30.87	475
4	UU	BURKE Steven	Hunt	30.50	469
5	KK	REEVE Ian	W Norf	26.73	406
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	M	Higate&MC	LAWRENCE Nick ACHIAMPONG Zavier X EVELEGH Alex MCEVOY Ryan X	48.6
2	J	W Suff	DEEKS Oliver X GRIFFIN-JENKINS Bryn X PRIOR Luca X CROUCH Alex X	48.9
3	X	Herts P	MEIKLE Anthony RIZZO Matteo Y GITTENS Shaun HUGHES Adam Y	49.6
4	K	W Norf	WILLIAMS Alfie X REEVE Ian WILLIAMS Charlie Y BENSON Rahim	50.4
5	U	Hunt	BURKE Steven WEBSTER Morgan ELLINGHAM Robert OPALEYE Yinka	60.3
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	X	Herts P	HUGHES Adam Y MACAULAY Alex GITTENS Shaun MEIKLE Anthony	04:19.3
2	K	W Norf	COLLISON Ben WATSON Neil ROSS Cameron WILKINSON Laurie Y	04:33.3
3				
4				
5				
6				

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

Posn	No.	Athlete	Club	Perf	Wind
1	U	NEWBEGIN Iona X	Hunt	12.5	752
2	X	HETHERINGTON Christa Y	Herts P	13.0	644
3	M	DIABATE Alima	Higate&MC	13.7	509
4					
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	KWABI-GIBSON Zain Y	Herts P	13.3	584
2	UU	RILEY Francesca	Hunt	13.7	509
3	MM	WALES Kerry	Higate&MC	14.3	408
4					
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	X	JULIAN Lottie Y	Herts P	27.5	562
2	M	OCHAI-OKPARA Ezinwa X	Higate&MC	27.7	544
3	U	RILEY Francesca	Hunt	27.9	527
4	J	STINSON Libby X	W Suff	31.7	264
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	MM	RUTHERFORD Amy	Higate&MC	28.4	486
2	XX	JONES Erin Y	Herts P	29.7	388
3	UU	PHIPPS Eleanor Y	Hunt	30.4	341
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	X	WOOD Emily	Herts P	61.8	613
2	MM	BROKER Franziska	Higate&MC	64.1	533
3	U	AMBER Janice	Hunt	70.4	344
4	J	ANTHONY Christine	W Suff	70.8	334
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	M	RUTHERFORD Amy	Higate&MC	65.3	494
2	XX	GAYNOR Sarah	Herts P	81.9	111
3					
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	U	RIDLEY Hannah	Hunt	02:24.0	629
2	X	JUDD Sally	Herts P	02:25.6	605
3					
4					
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	UU	BLAKE Ella	Hunt	02:30.7	531
2	XX	KINGWELL Kim	Herts P	02:57.2	228
3					
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf
1	X	ROWEDDER Lottie Y	Herts P	05:00.9 591
2	JJ	MORLEY Rebecca X	W Suff	05:27.4 421
3	U	LAWRENCE Katie Y	Hunt	05:48.0 309
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	J	ANTHONY Christine	W Suff	05:36.5 369
2	XX	RUSHMAN Deborah	Herts P	05:39.6 353
3				
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	X	ROWEDDER Lottie Y	Herts P	10:29.8 665
2	M	LONGHURST Lauren	Higate&MC	11:10.9 530
3	U	CRAWFORD Kelly	Hunt	11:42.0 437
4				
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	XX	RUSHMAN Deborah	Herts P	11:27.3 480
2	UU	STOCKER Pauline	Hunt	14:08.8 118
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	X HETHERINGTON Christa Y	Herts P	16.0 674
2	M BROKER Franziska	Higate&MC	19.2 406
3	J PILGRIM Sarah	W Suff	19.7 369
4			
5			
6			

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	XX	COWLER Sally	Herts P	18.8 436
2				
3				
4				
5				
6				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	M	BROKER Franziska	Higate&MC	72.1 557
2	J	STINSON Libby X	W Suff	85.2 277
3	X	MEAKINS Eloise	Herts P	88.8 214
4				
5				
6				

400m Hurdles Women B

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

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

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
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	XX	DAY Rosie Y	Herts P	1.45 596
2	J	PILGRIM Sarah	W Suff	1.40 542
3	M	BROKER Franziska	Higate&MC	1.30 433
4	U	ISAAC Maisie X	Hunt	1.15 270

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	X	COWLER Sally	Herts P	1.40 542
2	UU	RIDLEY Hannah	Hunt	1.15 270

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	J	PILGRIM Sarah	W Suff	2.40 476
2	U	PHIPPS Eleanor Y	Hunt	2.10 397
3	G	JUTY Kathryn	Bigg	1.60 259

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	UU	PEDLEY Sandra	Hunt	1.70 288

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

Posn	Bib	Athlete	Club	Perf	
1	X	COWLER Sally	Herts P	4.80	614
2	U	REED Ella X	Hunt	4.69	589
3	MM	OCHEI-OKPARA Ezinwa X	Higate&MC	4.57	562
4					
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	UU	ABEL Jo	Hunt	4.41	526
2	M	DIABATE Alima	Higate&MC	4.28	497
3	XX	JONES Erin Y	Herts P	3.36	295
4					
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	U	REED Ella X	Hunt	10.13	624
2	XX	COWLER Sally	Herts P	9.60	567
3	J	PILGRIM Sarah	W Suff	9.60	567
4	M	BROKER Franziska	Higate&MC	9.29	533
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	UU	ABEL Jo	Hunt	9.54	561
2	X	KWABI-GIBSON Zain Y	Herts P	8.27	420
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	U	RIDLEY Sarah	Hunt	9.25	669
2	M	OCHEI-OKPARA Ezinwa X	Higate&MC	8.25	592
3	J	WILSON Alana Y	W Suff	8.17	586
4	GG	JUTY Kathryn	Bigg	6.05	398
5	X	JONES Erin Y	Herts P	5.25	311
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	MM	WALES Kerry	Higate&MC	7.41	523
2	UU	BURKE Vicky	Hunt	6.09	402
3	G	INGHAM Sandra	Bigg	5.71	362
4	JJ	MASON Dawn	W Suff	5.26	312
5	XX	JULIAN Lottie Y	Herts P	4.83	259
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	U	RIDLEY Sarah	Hunt	28.58	706
2	MM	SALAMON Halle X	Higate&MC	25.75	657
3	X	MEAKINS Eloise	Herts P	22.58	597
4	GG	HANDSCOMBE Autumn X	Bigg	16.30	454
5	J	MASON Dawn	W Suff	11.94	316
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	M	WALES Kerry	Higate&MC	19.68	536
2	UU	SCHOLES Daniella X	Hunt	15.74	439
3	G	INGHAM Sandra	Bigg	14.24	395
4	XX	JONES Erin Y	Herts P	10.33	245
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives
13/04/2019
Hammer Women A

Posn	Bib	Athlete	Club	Perf	
1	X	CRAWLEY Olivia X	Herts P	22.50	495
2	M	SALAMON Halle X	Higate&MC	21.01	470
3	J	MASON Dawn	W Suff	16.70	390
4	U	COUCHMAN Ella X	Hunt	15.19	360
5	G	INGHAM Sandra	Bigg	9.91	231
6					

Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	MM	KAVANAGH Juliet	Higate&MC	13.62	326
2	UU	BURKE Vicky	Hunt	13.48	322
3					
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf	
1	X	MEAKINS Eloise	Herts P	45.06	939
2	J	BARTHOLOMEW Meg Y	W Suff	29.89	728
3	M	WALES Kerry	Higate&MC	19.16	532
4	U	RIDLEY Sarah	Hunt	18.32	514
5	G	INGHAM Sandra	Bigg	18.21	511
6					

Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	JJ	WILSON Alana Y	W Suff	29.54	722
2	MM	KAVANAGH Juliet	Higate&MC	10.10	282
3	GG	JUTY Kathryn	Bigg	9.07	238
4					
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	U	Hunt	AMBER Janice Y RILEY Francesca RIDLEY Sarah NEWBEGIN Iona X	52.00
2	X	Herts P	COWLER Sally HETHERINGTON Christa Y JULIAN Lottie Y KWABI-GIBSON Zain Y	53.90
3	M	Higate&MC	DIABATE Alima BROKER Franziska OCHEI-OKPARA Ezinwa X RUTHERFORD Amy	55.00
4				
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	U	Hunt	AMBER Janice Y RIDLEY Sarah RIDLEY Hannah RILEY Francesca	04:33.9
2	X	Herts P	WOOD Emily KINGWELL Kim GAYNOR Sarah JONES Erin Y	05:00.9
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

13/04/2019

Wind

Biggleswade AC
Herts Phoenix AC

538	GITTENS Shaun	100m	-	539	IVORY Faye	100m	14.5
538	GITTENS Shaun	200m	-	539	IVORY Faye	200m	30.1
					KWABI-GIBSON Zain Y	200m	-

Highgate Harriers & Mornington Chasers ©

81	ACHIAMPONG Xavier X	100m	-	88	RUTHERFORD Amy	200m	-
86	MCEVOY Ryan X	100m	12.5	87	SALAMON Halle	Shot	7.56
81	ACHIAMPONG Xavier X	200m	-				

Huntingdonshire AC

97	DOWNHILL Peter	800m	02:24.6	92	PHIPPS Emma X	Pole Vault	1.6
99	DICKSON Charlie Y	Shot	9.4	93	PURBRICK Emily Y	Long Jump	4.29
535	BURKE Steven	Discus	28.24	94	ISAAC Maisie X	Triple Jump	8.9
537	GARDNER Martin	Hammer	20.49	95	COUCHMAN Ella	Shot	5.8
537	GARDNER Martin	Javelin	24.39	540	ACTON Sandra	Discus	9.39
				91	MCCONVILLE Hilary	3000m	16:09.7
98	WOOLF Daniel	1500m	05:59.6	89	SCHOLES Daniella X	100m	14.7
				90	KNIGHT Lotti X	800m	02:29.5

West Norfolk AC

18	PISHORN Jack	100m	15.1
17	ROSS Cameron	100m	13.7