

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

Date Saturday, April 13 2019

Venue Watford

Host Club Watford Harriers

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
W	Watford Harriers	Watf	20	134.0	13.0	119.0	286.0
D	Barnet & District AC	Barnet	20	91.0	4.0	36.0	151.0
I	Ilford AC	Ilford	10	111.0	18.0	100.0	239.0
L	Luton AC	Luton	15	100.0	20.0	109.0	244.0
N	Newham & Essex Beagles AC	NEB	5	29.0	4.0	44.0	82.0
B	Braintree & District AC	Brain	15	88.0	11.0	123.0	237.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Watford Harriers	286.0	6.0			286.0	6.0	1
2	Luton AC	244.0	5.0			244.0	5.0	2
3	Ilford AC	239.0	4.0			239.0	4.0	3
4	Braintree & District AC	237.0	3.0			237.0	3.0	4
5	Barnet & District AC	151.0	2.0			151.0	2.0	5
6	Newham & Essex Beagles AC	82.0	1.0			82.0	1.0	6

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

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

Posn	No.	Athlete	Club	Perf	Wind
1	W	OGGUNKANMI Tobi Y	Watf	11.3	666
2	L	WHITEHEAD Benjamin Y	Luton	12.2	428
3	I	WHEELER Daniel	Ilford	12.2	428
4	B	ZIKO Amr	Brain	12.6	342
5	D	KANYAKO Koluvuma X	Barnet	13.0	268
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	SENIOR Nat	Ilford	12.0	475
2	WW	OSEI Chris Y	Watf	12.0	475
3	LL	BOTTESCH Daniel	Luton	12.7	322
4	Dd	DELANEY Robert X	Barnet	12.8	304
5	BB	BIRCHAM Lewis	Brain	13.6	176
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	W	OGGUNKANMI Tobi Y	Watf	22.4	758
2	L	WHITEHEAD Benjamin Y	Luton	24.0	531
3	D	ODAMTTEM-ADDY Leslie	Barnet	25.1	402
4	I	AKINPELU Jordan Y	Ilford	25.4	370
5	B	ZIKO Amr	Brain	25.5	360
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	WW	OSEI Chris Y	Watf	24.1	519
2	II	WILLIAMS Wanya Y	Ilford	24.5	470
3	LL	BRIGHT Aderian	Luton	26.7	250
4	DD	KANYAKO Koluvuma X	Barnet	27.2	211
5	BB	BIRCHAM Lewis	Brain	28.7	116
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	D	ODAMTTEM-ADDY Leslie	Barnet	53.0	594
2	I	RICHARDS Alex	Ilford	53.6	563
3	L	BRIGHT Aderian	Luton	53.9	548
4	W	NIMALANATHAN Sai	Watf	59.4	312
5	B	LYNES Will Y	Brain	63.3	190
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	PATEL Farris X	Ilford	55.1	490
2	LL	O'SHEA Daniel	Luton	61.8	233
3	BB	CULHAM Conor	Brain	77.1	2
4					
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	II	PATEL Farris X	Ilford	01:58.3	711
2	D	MACCARTHY Finn X	Barnet	02:06.7	515
3	BB	LYNES Will Y	Brain	02:12.4	403
4	W	CLARK Cameron Y	Watf	02:22.8	240
5	L	COOPER-WALL Jackson	Luton	02:29.8	158
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	I	RICHARDS Alex	Ilford	01:58.8	698
2	DD	PELOSI Gary	Barnet	02:08.9	469
3	B	HOLDGATE Ben	Brain	02:16.0	340
4	LL	CAREY Lee	Luton	02:42.3	60
5	WW	MAYOH Graham	Watf	03:03.4	1
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	I	SAMUEL Aaron X	Ilford	04:06.4	678
2	D	MORRIS Will	Barnet	04:27.0	474
3	B	HOLDGATE Ben	Brain	04:36.7	393
4	L	LEWIS Matthew	Luton	04:41.3	357
5	W	ROSEWARN Alexander X	Watf	04:47.9	310
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	WRIGHT Jak X	Ilford	04:24.5	496
2	DD	PRICE Edward	Barnet	04:39.7	369
3	BB	NOURSE Joseph	Brain	05:01.6	225
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf	
1	I	GARDNER Tom	Ilford	15:57.7	616
2	D	HORTON Alex	Barnet	16:08.5	589
3	B	SWANN Kurtis	Brain	16:24.5	548
4	L	MCNABOLA Liam	Luton	17:25.3	408
5	W	INGHAM Stuart	Watf	18:16.2	306
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	
1	BB	CULHAM Conor	Brain	17:56.7	343
2	II	NEWLAND Haydn	Ilford	18:33.3	274
3	DD	SANCHEZ Alejandro	Barnet	18:45.8	252
4	WW	BRADLEY Mikk	Watf	22:53.1	3
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	B	ZIKO Amr	Brain	21.1	279
2	L	COOPER-WALL Jackson	Luton	23.0	167
3					
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	BB	DEBNAM Ian	Brain	21.5	254
2					
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	B	DEBNAM Ian	Brain	67.6	431
2	I	WHEELER Daniel	Ilford	71.4	340
3	W	NIMALANATHAN Sai	Watf	73.4	297
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	II	HALIL Jack Y	Ilford	DSQ	
2					
3					
4					
5					
6					

2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	I	PRIOR Mungo Y	Ilford	06:20.7	783
2	B	FULLERTON Innes Y	Brain	06:57.3	577
3	W	INGHAM Stuart	Watf	07:52.1	331
4	D	RAMSAY Grant	Barnet	07:52.6	329
5					
6					

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	BB	LYNES Will Y	Brain	07:31.9	413
2	WW	CLARK Kevin	Watf	09:58.9	28
3					
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	II	ABIDEKUN Fidunu X	Ilford	1.75	636
2	LL	BRIGHT Aderian	Luton	1.68	578
3	W	GRIFFITHS Harvey	Watf	1.55	469
4	BB	NOURSE Joseph	Brain	1.40	343
5	D	NORRIS Stephen	Barnet	1.30	259
6					

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	I	WHEELER Daniel	Ilford	1.65	553
2	L	COOPER-WALL Jackson	Luton	1.45	385
3	B	ZIKO Amr	Brain	1.30	259
4	WW	TUNSTALL Barry	Watf	1.20	174
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
13/04/2019
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	II	SENIOR Nat	Ilford	6.15 684
2	L	BRIGHT Aderian	Luton	6.08 670
3	D	DELANEY Robert X	Barnet	5.17 491
4	BB	NOURSE Joseph	Brain	4.49 360
5	W	GRIFFITHS Harvey	Watf	3.84 237
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	I	AKINPELU Jordan Y	Ilford	6.12 678
2	LL	COOPER-WALL Jackson	Luton	4.55 371
3	DD	KANYAKO Koluvuma X	Barnet	3.84 237
4	B	PARTRIDGE Steven	Brain	3.63 198
5	WW	TUNSTALL Barry	Watf	3.47 168
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	B	MORGAN Ryan	Brain	12.79 702
2	I	ABIDEKUN Fidunu X	Ilford	11.84 609
3	L	O'SHEA Daniel	Luton	10.39 460
4	W	GRIFFITHS Harvey	Watf	8.87 288
5	DD	REYNOLDS Patrick	Barnet	5.65
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	II	SENIOR Nat	Ilford	10.76 499
2	WW	TUNSTALL Barry	Watf	7.70 133
3	BB	PARTRIDGE Steven	Brain	7.50 102
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	L	POTTON-BURRELL Jamie	Luton	11.24 671
2	W	TUNSTALL Barry	Watf	10.25 599
3	II	WHEELER Daniel	Ilford	9.34 529
4	B	CULHAM Conor	Brain	7.74 391
5	DD	REYNOLDS Patrick	Barnet	5.59 143
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	LL	GRINSTED Geoff	Luton	9.38 532
2	I	SENIOR Nat	Ilford	8.94 497
3	WW	GRIFFITHS Harvey	Watf	7.75 392
4	BB	HILLS Mike	Brain	6.68 284
5	D	NORRIS Stephen	Barnet	5.24 79
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	L	POTTON-BURRELL Jamie	Luton	35.24 683
2	W	TUNSTALL Barry	Watf	33.83 659
3	I	MALEKOUT Sam	Ilford	28.73 567
4	B	CULHAM Conor	Brain	23.19 453
5	DD	REYNOLDS Patrick	Barnet	13.66 183
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	LL	GRINSTED Geoff	Luton	25.54 504
2	WW	GRIFFITHS Harvey	Watf	21.78 421
3	BB	HILLS Mike	Brain	17.88 322
4	II	WHITING Peter	Ilford	17.65 316
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

13/04/2019

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	L	POTTON-BURRELL Jamie	Luton	51.86 847
2	B	HILLS Mike	Brain	25.44 511
3	W	TUNSTALL Barry	Watf	23.45 479
4	DD	REYNOLDS Patrick	Barnet	15.57 327
5	II	WHITING Peter	Ilford	15.51 326
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	LL	GRINSTED Geoff	Luton	22.04 455
2	WW	GRIFFITHS Harvey	Watf	17.75 374
3	I	MALEKOUT Sam	Ilford	13.22 270
4	BB	NOURSE Joseph	Brain	11.25 213
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	I	MALEKOUT Sam	Ilford	41.58 637
2	W	TUNSTALL Barry	Watf	32.26 497
3	L	POTTON-BURRELL Jamie	Luton	27.80 425
4	BB	NOURSE Joseph	Brain	24.59 369
5	DD	REYNOLDS Patrick	Barnet	11.76 82
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	II	AKINPELU Jordan Y	Ilford	34.36 530
2	WW	GRIFFITHS Harvey	Watf	22.74 335
3	LL	BOTTESCH Daniel	Luton	19.33 269
4	B	HILLS Mike	Brain	17.63 233
5				
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	I	Ilford	WHEELER Daniel SENIOR Nat AKINPELU Jordan Y WILLIAMS Wanya Y	46.2
2	L	Luton	WHITEHEAD Benjamin Y COOPER-WALL Jackson CAREY Lee O'SHEA Daniel	50.6
3	B	Brain	SWANN Kurtis ZIKO Amr HOLDGATE Ben MORGAN Ryan	51.6
4	D	Barnet	MORRIS Will KANYAKO Koluvuma X DELANEY Robert X SUDDABY Rob	54.0
5	W	Watf	GRIFFITHS Harvey INGHAM Stuart NIMALANATHAN Sai CLARK Lewis X	56.2
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	I	Ilford	PATEL Farris X RICHARDS Alex AKINPELU Jordan Y SAMUEL Aaron X	03:35.8
2	B	Brain	SWANN Kurtis ZIKO Amr HOLDGATE Ben FULLERTON Innes Y	04:04.5
3	L	Luton	WHITEHEAD Benjamin Y COOPER-WALL Jackson CAREY Lee O'SHEA Daniel	04:08.7
4	W	Watf	CLARK Lewis X NIMALANATHAN Sai INGHAM Stuart CLARK Kevin	04:40.0
5				
6				

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

Posn	No.	Athlete	Club	Perf	Wind
1	N	AWALA-SHAW Dolita Y	NEB	12.7	707
2	I	MENGEYELE Esmeralda Y	Ilford	13.0	644
3	L	HIBBERT Shanara	Luton	13.3	584
4	B	ELLISTON Elisha X	Brain	14.0	457
5	W	WEST Ellie X	Watf	14.7	348
6	D	BROWN Mary	Barnet	16.2	171

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	NN	WHITEHEAD-SHAKES Jazmin	NEB	13.0	644
2	LL	LOUIS Tina X	Luton	13.3	584
3	II	AUSTINZ Efemena Y	Ilford	13.8	491
4	BB	SMITH Hannah Y	Brain	14.2	424
5	DD	ZEFFERT Rosalind	Barnet	16.1	180
6	WW	PUTKO Alison	Watf	17.2	91

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	I	BALOGUN Krystle	Ilford	27.6	553
2	L	LOUIS Tina X	Luton	27.7	544
3	N	TONGE Myomi Y	NEB	28.4	486
4	B	ELLISTON Elisha X	Brain	28.4	486
5	W	LOWER Robyn	Watf	31.8	258
6	D	BROWN Mary	Barnet	33.0	199

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	THOMPSON Shanice X	Luton	28.4	486
2	II	LAWRENCE Ayshah X	Ilford	30.2	354
3	WW	DEARMAN Chloe	Watf	36.1	87
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	L	COOKE Bluebell X	Luton	61.4	628
2	I	BALOGUN Krystle	Ilford	63.4	557
3	W	LOWER Robyn	Watf	72.2	299
4	D	BROWN Mary	Barnet	73.7	263
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	BENTHAM Elizabeth Y	Luton	62.0	606
2	DD	LEE Annabelle	Barnet	82.7	100
3	WW	DEARMAN Christine	Watf	84.6	76
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	D	ATHERTON Nina	Barnet	02:35.0	473
2	WW	BENTLEY Claire	Watf	02:37.7	438
3					
4					
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	W	LOWER Robyn	Watf	02:52.8	269
2					
3					
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf
1	D	ATHERTON Nina	Barnet	05:14.5 500
2	W	TROTMAN Hannah Y	Watf	05:20.1 465
3	L	MCAHON-ADIE Claire	Luton	05:27.4 421
4	N	TRAYLEN Natalie	NEB	07:08.2 38
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	WW	DEARMAN Chloe	Watf	05:41.5 342
2	LL	BENTHAM Louise	Luton	06:10.7 205
3	NN	JAMESON Shelley	NEB	07:45.3
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	LL	MCAHON-ADIE Claire	Luton	11:23.6 491
2	I	SINALOVA Zuzana	Ilford	11:58.2 393
3	W	ROSEWARN Jessica Y	Watf	12:20.0 336
4	D	LEE Annabelle	Barnet	12:57.6 249
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	L	COOKE Bluebell X	Luton	12:33.4 304
2	WW	GLENISTER Charlotte Y	Watf	12:46.9 272
3	DD	GUTTERIDGE Davina	Barnet	13:46.5 154
4	II	BROADLEY Launa	Ilford	17:04.5
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	WW BENTLEY Suzanne	Watf	17.3 558	
2	B SMITH Hannah Y	Brain	18.2 483	
3	L HAYMAN Natasha Y	Luton	19.4 391	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	W	BENTLEY Rachel	Watf	18.3 475	
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	N	UGBO Stephanie	NEB	69.7 616
2	W	BENTLEY Suzanne	Watf	70.4 599
3	B	PARTRIDGE Daisy Y	Brain	85.1 279
4	I	HARRISON Amie	Ilford	87.6 234
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	WW	BENTLEY Rachel	Watf	73.5 524
2				
3				
4				
5				
6				

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

Posn	No.	Athlete	Club	Perf
1	W	BENTLEY Claire	Watf	07:46.1 641
2	D	LEE Annabelle	Barnet	09:58.8 177
3				
4				
5				
6				

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	WW	PUTKO Alison	Watf	09:35.8 235
2	DD	BROWN Mary	Barnet	10:50.0 78
3				
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	L	HAWTIN Rebecca	Luton	1.50 651
2	B	SMITH Hannah Y	Brain	1.25 378
3	D	ZEFFERTT Rosalind	Barnet	1.05 162
4	W	PUTKO Alison	Watf	1.05 162
5				
6				

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	LL	LOUIS Tina X	Luton	1.35 487
2	BB	CRACKNELL Chloe Y	Brain	1.10 216
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	B	CRACKNELL Chloe Y	Brain	1.80 316
2	D	ZEFFERTT Rosalind	Barnet	1.50 231
3	W	CANNING Christine	Watf	1.40 202
4				
5				
6				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

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

Posn	Bib	Athlete	Club	Perf	
1	I	MENGEYELE Esmeralda Y	Ilford	5.20	705
2	B	SMITH Hannah Y	Brain	5.12	687
3	N	VANDERPIUJE Judith X	NEB	4.05	446
4	L	THOMPSON Shanice X	Luton	3.73	376
5	W	PUTKO Alison	Watf	3.35	293
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	OSBORNE Ellie Y	Brain	4.37	518
2	II	EVI-PARKER Denise X	Ilford	4.31	504
3	NN	-	NEB	3.68	365
4	WW	DEARMAN Christine	Watf	2.95	207
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	L	HIBBERT Shanara	Luton	12.34	855
2	I	EVI-PARKER Denise X	Ilford	10.78	693
3	NN	MANANGU PRISCILLE X	NEB	9.0	502
4	W	BENTLEY Rachel	Watf	8.71	470
5	B	OSBORNE Ellie Y	Brain	8.61	458
6	D	ZEFFERT Rosalind	Barnet	7.58	341

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	CRACKNELL Chloe Y	Brain	7.45	326
2	WW	PUTKO Alison	Watf	7.32	311
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	W	TUNSTALL Taia Y	Watf	10.10	729
2	B	CASTLE Debbie	Brain	9.03	652
3	L	HAYMAN Natasha Y	Luton	8.78	633
4	N	ALATIFU Grace X	NEB	7.37	520
5	I	MENGEYELE Esmeralda Y	Ilford	6.95	483
6	DD	ZEFFERTT Rosalind	Barnet	4.17	160

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	GRINSTED Alyssa Y	Luton	6.84	473
2	NN	TRAYLEN Natalie	NEB	6.20	413
3	II	HARRISON Amie	Ilford	4.93	272
4	WW	CANNING Christine	Watf	4.77	251
5	D	-	Barnet	3.90	107
6	BB	CULHAM Lynne	Brain	3.76	72

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	W	TUNSTALL Taia Y	Watf	41.26	891
2	B	CASTLE Debbie	Brain	27.65	690
3	N	TRAYLEN Natalie	NEB	16.22	452
4	L	GRINSTED Alyssa Y	Luton	13.63	376
5	I	LAWRENCE Ayshah X	Ilford	10.93	274
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	PARTRIDGE Daisy Y	Brain	23.89	622
2	WW	LOWER Robyn	Watf	16.38	456
3	NN	JAMESON Shelley	NEB	15.75	439
4					
5					
6					

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

Posn	Bib	Athlete	Club	Perf	
1	W	TUNSTALL Taia Y	Watf	33.74	660
2	B	CASTLE Debbie	Brain	26.51	558
3	N	TRAYLEN Natalie	NEB	19.27	439
4	L	GRINSTED Alyssa Y	Luton	17.96	415
5					
6					

Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	DEARMAN Chloe	Watf	21.64	480
2	NN	JAMESON Shelley	NEB	12.93	310
3	BB	CULHAM Lynne	Brain	5.35	
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf	
1	B	PARTRIDGE Daisy Y	Brain	35.12	806
2	WW	BENTLEY Suzanne	Watf	25.20	649
3	I	MENGEYELE Esmeralda Y	Ilford	24.88	643
4	NN	JAMESON Shelley	NEB	17.84	503
5	L	GRINSTED Alyssa Y	Luton	9.76	268
6					

Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	CASTLE Debbie	Brain	29.64	724
2	W	BENTLEY Rachel	Watf	19.87	547
3	N	UGBO Stephanie	NEB	14.16	412
4	II	AUSTINZ Efemena Y	Ilford	10.50	297
5	LL	HIBBERT Shanara	Luton	7.77	169
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	I	Ilford	BALOGUN Krystle MENGEYELE Esmeralda Y AUSTINZ Efemena Y LAWRENCE Alee	53.00
2	L	Luton	COOKE Bluebell X HIBBERT Shanara HAYMAN Natasha Y LOUIS Tina X	53.70
3	N	NEB	0 0 0 0	57.20
4	W	Watf	DEARMAN Chloe BENTLEY Suzanne BENTLEY Rachel LOWER Robyn	58.30
5	B	Brain	0 0 0 0	59.30
6	D	Barnet	ZEFFERTT Rosalind LEE Annabelle ATHERTON Nina BROWN Mary	66.20

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	L	Luton	COOKE Bluebell X BENTHAM Elizabeth Y HAYMAN Natasha Y THOMPSON Shanice	04:36.6
2	W	Watf	LOWER Robyn BENTLEY Suzanne BENTLEY Claire BENTLEY Rachel	04:48.2
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

	Males	Event	Perf	Females	Event	Perf
<u>Barnet & District AC</u>						
	SUDDABY Rob	100m	14			
	SUDDABY Rob	200m				
	DELANEY Robert X	100m				
195	DELANEY Robert X	200m	27.7			
194	HARPER Ben X	1500m	05:01.6			

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

Braintree & District AC

198	NOURSE Joseph	S/Chase	09:18.9	170	15
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SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

Ilford AC

163	ABIDEKUN Fidunu X	200m	24.1	169 LAWRENCE Aleena X	100m	14.4
165	ADEOSHUN Temi	100m	11.8	192		13.7
166	DEACON Bradley X	1500m	04:28.3			
167	ELLUL Philip	1500m	04:43.0			
168	HALIL Jack Y	Long Jump	4.44			

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

Luton AC

191	COOPER-WALL Jackson	100m	13.3	172 THOMPSON Shanice X	100m	13.9
190	CAREY Lee	200m	28.6			

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

Newham & Essex Beagles AC

187	185
188	179
	182
	180
	178
	186
	181
	183
	184
	177

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

Wind

13/04/2019

Wind

Watford Harriers

174 CANNING Christine	Hammer	15.74
197 GLENISTER Charlotte Y	S/Chase	9.48.6