

|          |                           |                                  |
|----------|---------------------------|----------------------------------|
| LEAGUE   | SOUTHERN ATHLETICS LEAGUE | Track<br>Events Start<br>in Lane |
| DIVISION | Division 3 North          |                                  |
| MATCH    | 2                         |                                  |
| VENUE    | Watford                   |                                  |
| P/FINISH | NO                        |                                  |

Date Saturday, May 18 2019

Venue Watford

Host Club Watford Harriers

| Bib | Team Name                                | Abbrev.   | Officials | Track1 | Relays | Field | Total |
|-----|--|-----------|-----------|--------|--------|-------|-------|
| W   | Watford Harriers                         | Watf      | 20        | 131.0  | 15.0   | 115.0 | 281.0 |
| H   | Harlow AC                                | Harlow    | 20        | 103.0  | 17.0   | 137.0 | 277.0 |
| M   | Highgate Harriers & Mornington Chasers © | Higate&MC | 20        | 58.0   |        | 29.0  | 107.0 |
| S   | Serpentine                               | Serp      | 20        | 149.0  | 16.0   | 111.0 | 296.0 |
| E   | Enfield & Haringey/HAWCS ©               | E&H/HAWCS | 20        | 76.0   | 5.0    | 108.0 | 209.0 |
| D   | Barnet & District AC                     | Barnet    | 20        | 103.0  | 16.0   | 80.0  | 219.0 |

| Posn | Team Name                                | Points | League | B/fwd M | B/fwd L | Total M | Total L | Standings |
|------|--|--------|--------|---------|---------|---------|---------|-----------|
| 1    | Serpentine                               | 296.0  | 6.0    |         |         | 296.0   | 6.0     | 1         |
| 2    | Watford Harriers                         | 281.0  | 5.0    |         |         | 281.0   | 5.0     | 2         |
| 3    | Harlow AC                                | 277.0  | 4.0    |         |         | 277.0   | 4.0     | 3         |
| 4    | Barnet & District AC                     | 219.0  | 3.0    |         |         | 219.0   | 3.0     | 4         |
| 5    | Enfield & Haringey/HAWCS ©               | 209.0  | 2.0    |         |         | 209.0   | 2.0     | 5         |
| 6    | Highgate Harriers & Mornington Chasers © | 107.0  | 1.0    |         |         | 107.0   | 1.0     | 6         |

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

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**100m Men A**

| Posn | No. | Athlete             | Club      | Perf | Wind |
|------|-----|---------------------|-----------|------|------|
| 1    | E   | OWUSU Lord          | E&H/HAWK  | 11.5 | 607  |
| 2    | M   | LAWRENCE Nick       | Higate&MC | 11.9 | 500  |
| 3    | H   | HENDERSON Freddie X | Harlow    | 12.0 | 475  |
| 4    | W   | DEARMAN Owen        | Watf      | 12.1 | 451  |
| 5    | S   | MCKELVEY Tom        | Serp      | 13.6 | 176  |
| 6    | D   | REYNOLDS Patrick    | Barnet    | 17.5 |      |

**100m Men B**

| Posn | No. | Athlete            | Club      | Perf | Wind |
|------|-----|--------------------|-----------|------|------|
| 1    | EE  | FIALHO Pablo X     | E&H/HAWK  | 11.5 | 607  |
| 2    | MM  | OGBECHIE Michael X | Higate&MC | 12.2 | 428  |
| 3    | HH  | GEORGE Benison X   | Harlow    | 12.3 | 405  |
| 4    | SS  | FREER Jeremy       | Serp      | 13.8 | 151  |
| 5    | WW  | HARWOOD Adrian     | Watf      | 14.7 | 64   |
| 6    |     |                    |           |      |      |

**200m Men A**

| Posn | No. | Athlete            | Club      | Perf | Wind |
|------|-----|--------------------|-----------|------|------|
| 1    | E   | OWUSU Lord         | E&H/HAWK  | 22.8 | 697  |
| 2    | H   | WOODALL Harry      | Harlow    | 23.3 | 625  |
| 3    | M   | HUGHES Lloyd       | Higate&MC | 24.4 | 482  |
| 4    | S   | PORZUCZEK Bartosz  | Serp      | 25.3 | 381  |
| 5    | D   | KANYAKO Koluvuma X | Barnet    | 25.3 | 381  |
| 6    | W   | DEARMAN Owen       | Watf      | 25.6 | 350  |

**200m Men B**

| Posn | No. | Athlete          | Club      | Perf | Wind |
|------|-----|------------------|-----------|------|------|
| 1    | ee  | FIALHO Pablo X   | E&H/HAWK  | 23.2 | 639  |
| 2    | mm  | LAWRENCE Nick    | Higate&MC | 25.0 | 413  |
| 3    | hh  | GEORGE Benison X | Harlow    | 25.3 | 381  |
| 4    | ss  | CAMPBELL David   | Serp      | 26.6 | 258  |
| 5    | ww  | HARWOOD Adrian   | Watf      | 32.0 | 11   |
| 6    | dd  | REYNOLDS Patrick | Barnet    | 38.6 |      |

**400m Men A**

| Posn | No. | Athlete           | Club      | Perf | Wind |
|------|-----|-------------------|-----------|------|------|
| 1    | e   | PALMER Shaka      | E&H/HAWK  | 50.8 |      |
| 2    | h   | WOODALL Harry     | Harlow    | 52.5 | 80   |
| 3    | m   | HUGHES Lloyd      | Higate&MC | 54.5 | 80   |
| 4    | d   | MCCORMICK George  | Barnet    | 55.3 | 80   |
| 5    | s   | PORZUCZEK Bartosz | Serp      | 55.7 | 80   |
| 6    | w   | DEARMAN Owen      | Watf      | 55.7 | 80   |

**400m Men B**

| Posn | No. | Athlete               | Club      | Perf | Wind |
|------|-----|-----------------------|-----------|------|------|
| 1    | ee  | FARNDALE Will X       | E&H/HAWK  | 52.9 | 599  |
| 2    | hh  | PETTY James X         | Harlow    | 53.0 | 594  |
| 3    | dd  | KOURPAS John          | Barnet    | 56.5 | 427  |
| 4    | ww  | BECKFORD-TONGS Simeon | Watf      | 56.6 | 423  |
| 5    | mm  | KYLE Patrick X        | Higate&MC | 56.9 | 410  |
| 6    | ss  | CAMPBELL David        | Serp      | 61.5 | 242  |

**800m Men A**

| Posn | No. | Athlete               | Club      | Perf    | Wind |
|------|-----|-----------------------|-----------|---------|------|
| 1    | S   | PORZUCZEK Bartosz     | Serp      | 02:05.8 | 534  |
| 2    | D   | MACCARTHY Finn X      | Barnet    | 02:06.9 | 510  |
| 3    | W   | BECKFORD-TONGS Simeon | Watf      | 02:12.4 | 403  |
| 4    | M   | KYLE Patrick X        | Higate&MC | 02:16.2 | 337  |
| 5    | HH  | PAXMAN Carl           | Harlow    | 02:34.9 | 111  |
| 6    |     |                       |           |         |      |

**800m Men B**

| Posn | No. | Athlete           | Club   | Perf    | Wind |
|------|-----|-------------------|--------|---------|------|
| 1    | DD  | PELOSI Gary       | Barnet | 02:10.8 | 432  |
| 2    | SS  | KACPERCZYK Marcin | Serp   | 02:15.7 | 345  |
| 3    | WW  | INGHAM Stuart     | Watf   | 02:26.9 | 189  |
| 4    | H   | BUTCHER Elliot X  | Harlow | 02:45.3 | 44   |
| 5    |     |                   |        |         |      |
| 6    |     |                   |        |         |      |

**1500m Men A**

| Posn | No. | Athlete         | Club   | Perf    | Wind |
|------|-----|-----------------|--------|---------|------|
| 1    | h   | PUTT Jamie Y    | Harlow | 04:15.5 | 582  |
| 2    | DD  | PRICE Edward    | Barnet | 04:32.2 | 429  |
| 3    | SS  | BOTTONE Michele | Serp   | 04:38.0 | 382  |
| 4    | WW  | CLARK Lewis X   | Watf   | 04:47.8 | 311  |
| 5    |     |                 |        |         |      |
| 6    |     |                 |        |         |      |

**1500m Men B**

| Posn | No. | Athlete       | Club   | Perf    | Wind |
|------|-----|---------------|--------|---------|------|
| 1    | D   | COTTLE Mark   | Barnet | 04:36.6 | 2417 |
| 2    | S   | POWELL Tim    | Serp   | 04:40.9 | 2390 |
| 3    | W   | INGHAM Stuart | Watf   | 05:00.3 | 2267 |
| 4    | HH  | PAXMAN Carl   | Harlow | 05:22.2 | 2132 |
| 5    |     |               |        |         |      |
| 6    |     |               |        |         |      |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**3000m Men A**

| Posn | No. | Athlete              | Club     | Perf    |      |
|------|-----|----------------------|----------|---------|------|
| 1    | e   | CURSLEY Thomas       | E&H/HAWK | 09:13.2 | 2073 |
| 2    | D   | HORTON Alex          | Barnet   | 09:14.9 | 2065 |
| 3    | S   | POWELL Tim           | Serp     | 09:44.6 | 1932 |
| 4    | WW  | ROSEWARN Alexander X | Watf     | 10:21.6 | 1771 |
| 5    |     |                      |          |         |      |
| 6    |     |                      |          |         |      |

**3000m Men B**

| Posn | No. | Athlete         | Club   | Perf    |     |
|------|-----|-----------------|--------|---------|-----|
| 1    | DD  | PELOSI Gary     | Barnet | 09:30.6 | 885 |
| 2    | SS  | DE PALOL Daniel | Serp   | 09:55.2 | 790 |
| 3    | W   | INGHAM Stuart   | Watf   | 10:28.8 | 668 |
| 4    |     |                 |        |         |     |
| 5    |     |                 |        |         |     |
| 6    |     |                 |        |         |     |

**110m Hurdles Men A**

| Posn | No. | Athlete            | Club     | Perf |     |
|------|-----|--------------------|----------|------|-----|
| 1    | h   | CHASHCHIN Leonid Y | Harlow   | 16.5 | 661 |
| 2    | e   | LOMBAARD Alwyn     | E&H/HAWK | 19.6 | 387 |
| 3    | s   | KEMP Henry         | Serp     | 21.4 | 260 |
| 4    |     |                    |          |      |     |
| 5    |     |                    |          |      |     |
| 6    |     |                    |          |      |     |

**110m Hurdles Men B**

| Posn | No. | Athlete               | Club   | Perf |     |
|------|-----|-----------------------|--------|------|-----|
| 1    | hh  | PAXMAN Glen           | Harlow | 20.1 | 349 |
| 2    | ss  | BARBERIS NEGRA Nicola | Serp   | 27.8 | 9   |
| 3    |     |                       |        |      |     |
| 4    |     |                       |        |      |     |
| 5    |     |                       |        |      |     |
| 6    |     |                       |        |      |     |

**400m Hurdles Men A**

| Posn | No. | Athlete            | Club   | Perf |     |
|------|-----|--------------------|--------|------|-----|
| 1    | H   | CUNNINGHAM Teale Y | Harlow | 65.2 | 493 |
| 2    | S   | KEMP Henry         | Serp   | 68.2 | 416 |
| 3    | W   | HARRIS Nick        | Watf   | 85.7 | 91  |
| 4    |     |                    |        |      |     |
| 5    |     |                    |        |      |     |
| 6    |     |                    |        |      |     |

**400m Hurdles Men B**

| Posn | No. | Athlete               | Club   | Perf |     |
|------|-----|-----------------------|--------|------|-----|
| 1    | HH  | PAXMAN Glen           | Harlow | 72.4 | 318 |
| 2    | SS  | BARBERIS NEGRA Nicola | Serp   | 79.8 | 176 |
| 3    | WW  | HARWOOD Adrian        | Watf   | 86.9 | 77  |
| 4    |     |                       |        |      |     |
| 5    |     |                       |        |      |     |
| 6    |     |                       |        |      |     |

**3000m S/Chase Men A**

| Posn | No. | Athlete               | Club      | Perf    |      |
|------|-----|-----------------------|-----------|---------|------|
| 1    | dd  | HORTON Alex           | Barnet    | 10:48.2 | 7580 |
| 2    | SS  | BARBERIS NEGRA Nicola | Serp      | 10:58.5 | 7580 |
| 3    | M   | HUGHES Lloyd          | Higate&MC | 11:46.0 | 7580 |
| 4    | W   | HARRIS Nick           | Watf      | 12:33.0 | 7580 |
| 5    |     |                       |           |         |      |
| 6    |     |                       |           |         |      |

**3000m S/Chase Men B**

| Posn | No. | Athlete         | Club   | Perf    |     |
|------|-----|-----------------|--------|---------|-----|
| 1    | S   | DE PALOL Daniel | Serp   | 11:08.2 | 538 |
| 2    | D   | RAMSAY Grant    | Barnet | 11:58.6 | 392 |
| 3    | WW  | HARWOOD Adrian  | Watf   | 14:20.1 | 102 |
| 4    |     |                 |        |         |     |
| 5    |     |                 |        |         |     |
| 6    |     |                 |        |         |     |

**High Jump Men A**

| Posn | Bib | Athlete            | Club      | Perf |     |
|------|-----|--------------------|-----------|------|-----|
| 1    | H   | CHASHCHIN Leonid Y | Harlow    | 1.83 | 702 |
| 2    | W   | DEARMAN Owen       | Watf      | 1.78 | 661 |
| 3    | E   | LOMBAARD Alwyn     | E&H/HAWK  | 1.73 | 619 |
| 4    | M   | OGBECHIE Michael X | Higate&MC | 1.68 | 578 |
| 5    | SS  | MCKELVEY Tom       | Serp      | 1.38 | 326 |
| 6    |     |                    |           |      |     |

**High Jump Men B**

| Posn | Bib | Athlete            | Club   | Perf |     |
|------|-----|--------------------|--------|------|-----|
| 1    | HH  | CUNNINGHAM Teale Y | Harlow | 1.58 | 494 |
| 2    | WW  | GRIFFITHS Harvey   | Watf   | 1.38 | 326 |
| 3    | S   | DE PALOL Daniel    | Serp   | 1.33 | 284 |
| 4    |     |                    |        |      |     |
| 5    |     |                    |        |      |     |
| 6    |     |                    |        |      |     |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford****18/05/2019****Pole Vault Men A**

| Posn | Bib | Athlete            | Club   | Perf |     |
|------|-----|--------------------|--------|------|-----|
| 1    | H   | CHASHCHIN Leonid Y | Harlow | 3.85 | 665 |
| 2    | S   | GIBBONS Peter      | Serp   | 2.60 | 393 |
| 3    | W   | DEARMAN Owen       | Watf   | 2.40 | 348 |
| 4    |     |                    |        |      |     |
| 5    |     |                    |        |      |     |
| 6    |     |                    |        |      |     |

**Pole Vault Men B**

| Posn | Bib | Athlete        | Club   | Perf |     |
|------|-----|----------------|--------|------|-----|
| 1    | HH  | PAXMAN Glen    | Harlow | 3.00 | 481 |
| 2    | SS  | MCGAHAN Tony   | Serp   | 1.90 | 232 |
| 3    | WW  | HARWOOD Adrian | Watf   | 1.70 | 185 |
| 4    |     |                |        |      |     |
| 5    |     |                |        |      |     |
| 6    |     |                |        |      |     |

**Long Jump Men A**

| Posn | Bib | Athlete            | Club   | Perf |     |
|------|-----|--------------------|--------|------|-----|
| 1    | H   | CHASHCHIN Leonid Y | Harlow | 6.34 | 721 |
| 2    | SS  | MCKELVEY Tom       | Serp   | 5.22 | 501 |
| 3    | W   | HURRELL Jack X     | Watf   | 5.18 | 493 |
| 4    | D   | REYNOLDS Patrick   | Barnet | 2.73 | 36  |
| 5    |     |                    |        |      |     |
| 6    |     |                    |        |      |     |

**Long Jump Men B**

| Posn | Bib | Athlete           | Club   | Perf |     |
|------|-----|-------------------|--------|------|-----|
| 1    | HH  | BUTCHER Elliot X  | Harlow | 4.98 | 454 |
| 2    | S   | KACPERCZYK Marcin | Serp   | 4.40 | 343 |
| 3    | WW  | GRIFFITHS Harvey  | Watf   | 3.83 | 235 |
| 4    |     |                   |        |      |     |
| 5    |     |                   |        |      |     |
| 6    |     |                   |        |      |     |

**Triple Jump Men A**

| Posn | Bib | Athlete            | Club   | Perf  |     |
|------|-----|--------------------|--------|-------|-----|
| 1    | H   | CHASHCHIN Leonid Y | Harlow | 12.47 | 671 |
| 2    | W   | HURRELL Jack X     | Watf   | 10.41 | 462 |
| 3    | SS  | MCKELVEY Tom       | Serp   | 9.76  | 391 |
| 4    | DD  |                    | Barnet | 5.61  |     |
| 5    |     |                    |        |       |     |
| 6    |     |                    |        |       |     |

**Triple Jump Men B**

| Posn | Bib | Athlete           | Club   | Perf  |     |
|------|-----|-------------------|--------|-------|-----|
| 1    | HH  | PETTY James X     | Harlow | 10.61 | 484 |
| 2    | S   | KACPERCZYK Marcin | Serp   | 9.53  | 365 |
| 3    | WW  | GRIFFITHS Harvey  | Watf   | 8.67  | 263 |
| 4    |     |                   |        |       |     |
| 5    |     |                   |        |       |     |
| 6    |     |                   |        |       |     |

**Shot Men A**

| Posn | Bib | Athlete          | Club      | Perf |     |
|------|-----|------------------|-----------|------|-----|
| 1    | HH  | PAXMAN Carl      | Harlow    | 9.24 | 521 |
| 2    | MM  | HUGHES Lloyd     | Higate&MC | 9.09 | 509 |
| 3    | E   | MAXWELL Stewart  | E&H/HAWK  | 8.77 | 482 |
| 4    | S   | GIBBONS Peter    | Serp      | 8.42 | 453 |
| 5    | W   | GRIFFITHS Harvey | Watf      | 7.60 | 378 |
| 6    | D   | MACK Rob         | Barnet    | 5.64 | 151 |

**Shot Men B**

| Posn | Bib | Athlete          | Club      | Perf |     |
|------|-----|------------------|-----------|------|-----|
| 1    | H   | PAXMAN Glen      | Harlow    | 9.16 | 515 |
| 2    | M   | LAWRENCE Nick    | Higate&MC | 7.01 | 319 |
| 3    | SS  | BISWAS Debashish | Serp      | 6.51 | 265 |
| 4    | EE  | GIBBINS Ray      | E&H/HAWK  | 6.39 | 251 |
| 5    | WW  | HARWOOD Adrian   | Watf      | 5.78 | 172 |
| 6    | DD  | REYNOLDS Patrick | Barnet    | 5.22 | 75  |

**Discus Men A**

| Posn | Bib | Athlete          | Club      | Perf  |     |
|------|-----|------------------|-----------|-------|-----|
| 1    | H   | PAXMAN Glen      | Harlow    | 28.12 | 555 |
| 2    | E   | MAXWELL Stewart  | E&H/HAWK  | 24.12 | 474 |
| 3    | SS  | GIBBONS Peter    | Serp      | 20.11 | 381 |
| 4    | M   | LAWRENCE Nick    | Higate&MC | 19.25 | 359 |
| 5    | W   | GRIFFITHS Harvey | Watf      | 18.83 | 348 |
| 6    | D   | MACK Rob         | Barnet    | 16.42 | 280 |

**Discus Men B**

| Posn | Bib | Athlete           | Club      | Perf  |     |
|------|-----|-------------------|-----------|-------|-----|
| 1    | HH  | PAXMAN Carl       | Harlow    | 20.27 | 385 |
| 2    | S   | LAM Vinh          | Serp      | 18.40 | 337 |
| 3    | MM  | OWOBORODE Lanre X | Higate&MC | 17.85 | 322 |
| 4    | DD  | REYNOLDS Patrick  | Barnet    | 14.72 | 224 |
| 5    | WW  | HARWOOD Adrian    | Watf      | 14.09 | 200 |
| 6    | EE  | GIBBINS Ray       | E&H/HAWK  | 12.10 | 108 |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford****18/05/2019****Hammer Men A**

| Posn | Bib | Athlete           | Club      | Perf  |     |
|------|-----|-------------------|-----------|-------|-----|
| 1    | H   | PAXMAN Glen       | Harlow    | 27.92 | 549 |
| 2    | E   | MAXWELL Stewart   | E&H/HAWK  | 27.62 | 545 |
| 3    | D   | MACK Rob          | Barnet    | 19.15 | 402 |
| 4    | W   | GRIFFITHS Harvey  | Watf      | 17.20 | 363 |
| 5    | SS  | BISWAS Debashish  | Serp      | 16.98 | 358 |
| 6    | M   | OWOBORODE Lanre X | Higate&MC | 7.49  |     |

**Hammer Men B**

| Posn | Bib | Athlete          | Club     | Perf  |     |
|------|-----|------------------|----------|-------|-----|
| 1    | HH  | PAXMAN Carl      | Harlow   | 18.21 | 383 |
| 2    | S   | MCGAHAN Tony     | Serp     | 15.69 | 330 |
| 3    | DD  | REYNOLDS Patrick | Barnet   | 13.31 | 272 |
| 4    | EE  | GIBBINS Ray      | E&H/HAWK | 12.54 | 252 |
| 5    | WW  | HARWOOD Adrian   | Watf     | 11.23 | 213 |
| 6    |     |                  |          |       |     |

**Javelin Men A**

| Posn | Bib | Athlete          | Club      | Perf  |     |
|------|-----|------------------|-----------|-------|-----|
| 1    | HH  | PAXMAN Carl      | Harlow    | 39.63 | 609 |
| 2    | D   | MCCORMICK George | Barnet    | 38.42 | 591 |
| 3    | E   | MAXWELL Stewart  | E&H/HAWK  | 37.99 | 585 |
| 4    | M   | HUGHES Lloyd     | Higate&MC | 24.55 | 368 |
| 5    | SS  | MCGAHAN Tony     | Serp      | 22.72 | 335 |
| 6    | W   | GRIFFITHS Harvey | Watf      | 22.24 | 326 |

**Javelin Men B**

| Posn | Bib | Athlete         | Club     | Perf  |     |
|------|-----|-----------------|----------|-------|-----|
| 1    | H   | PAXMAN Glen     | Harlow   | 35.98 | 555 |
| 2    | DD  | MCCORMICK James | Barnet   | 32.00 | 493 |
| 3    | S   | LAM Vinh        | Serp     | 22.48 | 330 |
| 4    | EE  | GIBBINS Ray     | E&H/HAWK | 18.03 | 242 |
| 5    | WW  | HARWOOD Adrian  | Watf     | 14.46 | 159 |
| 6    |     |                 |          |       |     |

**4 x 100m Men A**

| Posn | No. | Club   | Runners  | Perf |
|------|-----|--------|--|------|
| 1    | h   | Harlow | PETTY James X WOODALL Harry HENDERSON Freddie X GEORGE Benison X     | 47.2 |
| 2    | d   | Barnet | ODAMTTEN-ADDY Leslie MCCORMICK George SANCHEZ Alejandro KANYAKO Kolu | 49.1 |
| 3    | s   | Serp   | FREER Jeremy MCKELVEY Tom CAMPBELL David PORZUCZEK Bartosz           | 50.9 |
| 4    |     |        |  |      |
| 5    |     |        |  |      |
| 6    |     |        |  |      |

**4 x 400m Mixed A**

| Posn | No. | Club   | Runners  | Perf    |
|------|-----|--------|--|---------|
| 1    | w   | Watf   | - - - -  | 04:05.3 |
| 2    | h   | Harlow | GEORGE Benison X MALCOLM Grace X UPTON Millie X PUTT Jamie Y | 04:12.3 |
| 3    | s   | Serp   | GREAVES Lewis SHELLEY Catkin FLANAGAN Sophie KEMP Henry      | 04:17.9 |
| 4    | d   | Barnet | - - - -  | 04:21.3 |
| 5    |     |        |  |         |
| 6    |     |        |  |         |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**100m Women A**

| Posn | No. | Athlete          | Club      | Perf | Wind |
|------|-----|------------------|-----------|------|------|
| 1    | e   | MODESTE Elise Y  | E&H/HAWK  | 12.3 | 798  |
| 2    | h   | ASHBY Ami Y      | Harlow    | 14.0 | 457  |
| 3    | M   | OWENS Grace      | Higate&MC | 14.7 | 348  |
| 4    | w   | LOWER Robyn      | Watf      | 14.7 | 348  |
| 5    | s   | NEEDHAM Rhiannon | Serp      | 14.8 | 334  |
| 6    |     |                  |           |      |      |

**100m Women B**

| Posn | No. | Athlete            | Club     | Perf | Wind |
|------|-----|--------------------|----------|------|------|
| 1    | ee  | GUIMARAES Jocelyne | E&H/HAWK | 12.9 | 665  |
| 2    | hh  | MALCOLM Grace X    | Harlow   | 15.1 | 293  |
| 3    | WW  | PUTKO Alison       | Watf     | 16.2 | 171  |
| 4    | SS  | VAATZ Steph        | Serp     | 22.2 |      |
| 5    |     |                    |          |      |      |
| 6    |     |                    |          |      |      |

**200m Women A**

| Posn | No. | Athlete             | Club      | Perf | Wind |
|------|-----|---------------------|-----------|------|------|
| 1    | m   | BROKER Franziska    | Higate&MC | 27.6 | 553  |
| 2    | E   | SIMUENE Pierrette Y | E&H/HAWK  | 28.0 | 519  |
| 3    | h   | ASHBY Ami Y         | Harlow    | 28.7 | 462  |
| 4    | s   | CARMICHAEL Laura    | Serp      | 29.1 | 431  |
| 5    | w   | DEARMAN Chloe       | Watf      | 35.1 | 117  |
| 6    |     |                     |           |      |      |

**200m Women B**

| Posn | No. | Athlete           | Club      | Perf | Wind |
|------|-----|-------------------|-----------|------|------|
| 1    | hh  | UPTON Millie X    | Harlow    | 29.2 | 424  |
| 2    | ss  | NEEDHAM Rhiannon  | Serp      | 30.5 | 335  |
| 3    | mm  | OWENS Grace       | Higate&MC | 31.2 | 292  |
| 4    | dd  |                   | Barnet    | 33.9 | 160  |
| 5    | ww  | DEARMAN Christine | Watf      | 36.8 | 69   |
| 6    |     |                   |           |      |      |

**400m Women A**

| Posn | No. | Athlete               | Club      | Perf | Wind |
|------|-----|-----------------------|-----------|------|------|
| 1    | e   | WILLIS Deborah        | E&H/HAWK  | 60.9 | 646  |
| 2    | m   | BROKER Franziska      | Higate&MC | 62.3 | 595  |
| 3    | s   | CARMICHAEL Laura      | Serp      | 63.3 | 560  |
| 4    | D   | LEVIN Zoe             | Barnet    | 65.5 | 487  |
| 5    | w   | LOWER Robyn           | Watf      | 75.3 | 228  |
| 6    | h   | CRANFIELD Mackenzie X | Harlow    |      |      |

**400m Women B**

| Posn | No. | Athlete           | Club   | Perf | Wind |
|------|-----|-------------------|--------|------|------|
| 1    | ss  | NEEDHAM Rhiannon  | Serp   | 70.1 | 352  |
| 2    | ww  | DEARMAN Christine | Watf   | 82.4 | 104  |
| 3    | dd  | LEE Annabelle     | Barnet | 90.6 | 23   |
| 4    |     |                   |        |      |      |
| 5    |     |                   |        |      |      |
| 6    |     |                   |        |      |      |

**800m Women A**

| Posn | No. | Athlete          | Club      | Perf    | Wind |
|------|-----|------------------|-----------|---------|------|
| 1    | S   | CARMICHAEL Laura | Serp      | 02:29.4 | 549  |
| 2    | W   | BENTLEY Claire   | Watf      | 02:33.2 | 497  |
| 3    | D   | LEVIN Zoe        | Barnet    | 02:34.6 | 478  |
| 4    | H   | MALCOLM Grace X  | Harlow    | 02:36.5 | 453  |
| 5    | M   | FUNDERBURK Sarah | Higate&MC | 02:52.3 | 274  |
| 6    |     |                  |           |         |      |

**800m Women B**

| Posn | No. | Athlete               | Club      | Perf    | Wind |
|------|-----|-----------------------|-----------|---------|------|
| 1    | WW  | GLENISTER Charlotte Y | Watf      | 02:48.5 | 313  |
| 2    | SS  | SHELLEY Catkin        | Serp      | 02:50.6 | 291  |
| 3    | DD  | LEE Annabelle         | Barnet    | 03:07.6 | 144  |
| 4    | HH  | CRANFIELD Mackenzie X | Harlow    | 03:10.5 | 124  |
| 5    | MM  | KYLE Mary             | Higate&MC | 03:37.7 | 11   |
| 6    |     |                       |           |         |      |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**1500m Women A**

| Posn | No. | Athlete           | Club   | Perf        |
|------|-----|-------------------|--------|-------------|
| 1    | w   | TROTMAN Hannah Y  | Watf   | 05:08.1 542 |
| 2    | S   | BROWN Victoria    | Serp   | 05:33.4 387 |
| 3    | D   | MCCORMICK Jessica | Barnet | 06:15.8 185 |
| 4    |     |                   |        |             |
| 5    |     |                   |        |             |
| 6    |     |                   |        |             |

**1500m Women B**

| Posn | No. | Athlete               | Club   | Perf         |
|------|-----|-----------------------|--------|--------------|
| 1    | SS  | SHELLEY Catkin        | Serp   | 05:44.3 2000 |
| 2    | WW  | GLENISTER Charlotte Y | Watf   | 05:50.9 1962 |
| 3    | DD  | WILLIAMSON Silvana    | Barnet | 06:52.1 1621 |
| 4    |     |                       |        |              |
| 5    |     |                       |        |              |
| 6    |     |                       |        |              |

**5000m Women A**

| Posn | No. | Athlete            | Club   | Perf    |
|------|-----|--------------------|--------|---------|
| 1    | s   | HOLLINGSWORTH Anna | Serp   | 18:10.0 |
| 2    | WW  | ROSEWARN Jessica Y | Watf   | 21:16.1 |
| 3    | D   | LEE Annabelle      | Barnet | 22:21.4 |
| 4    |     |                    |        |         |
| 5    |     |                    |        |         |
| 6    |     |                    |        |         |

**5000m Women B**

| Posn | No. | Athlete         | Club | Perf    |
|------|-----|-----------------|------|---------|
| 1    | SS  | FLANAGAN Sophie | Serp | 20:24.3 |
| 2    | W   | DEARMAN Chloe   | Watf | 21:49.6 |
| 3    |     |                 |      |         |
| 4    |     |                 |      |         |
| 5    |     |                 |      |         |
| 6    |     |                 |      |         |

**100m Hurdles Women A**

| Posn | Athlete | Club               | Perf      | Wind     |
|------|---------|--------------------|-----------|----------|
| 1    | h       | HARRYMAN Bethany Y | Harlow    | 15.8 693 |
| 2    | w       | BENTLEY Rachel     | Watf      | 16.9 592 |
| 3    | d       | LEVIN Zoe          | Barnet    | 18.3 475 |
| 4    | m       | BROKER Franziska   | Higate&MC | 18.6 451 |
| 5    | s       | NEEDHAM Rhiannon   | Serp      | 40.3     |
| 6    |         |                    |           |          |

**100m Hurdles Women B**

| Posn | No. | Athlete         | Club | Perf     | Wind |
|------|-----|-----------------|------|----------|------|
| 1    | ww  | BENTLEY Suzanne | Watf | 17.7 524 |      |
| 2    |     |                 |      |          |      |
| 3    |     |                 |      |          |      |
| 4    |     |                 |      |          |      |
| 5    |     |                 |      |          |      |
| 6    |     |                 |      |          |      |

**400m Hurdles Women A**

| Posn | No. | Athlete          | Club     | Perf      |
|------|-----|------------------|----------|-----------|
| 1    | E   | GENTRY Grace Y   | E&H/HAWK | 66.00 713 |
| 2    | D   | LEVIN Zoe        | Barnet   | 68.10 657 |
| 3    | W   | BENTLEY Suzanne  | Watf     | 70.10 606 |
| 4    | H   | MALCOLM Mairi X  | Harlow   | 88.10 225 |
| 5    | S   | NEEDHAM Rhiannon | Serp     | 103.90 27 |
| 6    |     |                  |          |           |

**400m Hurdles Women B**

| Posn | No. | Athlete        | Club | Perf      |
|------|-----|----------------|------|-----------|
| 1    | ww  | BENTLEY Rachel | Watf | 73.80 516 |
| 2    | SS  | VAATZ Steph    | Serp | 130.60    |
| 3    |     |                |      |           |
| 4    |     |                |      |           |
| 5    |     |                |      |           |
| 6    |     |                |      |           |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**1500m S/Chase Women A**

| Posn | No. | Athlete         | Club   | Perf   |      |
|------|-----|-----------------|--------|--------|------|
| 1    | w   | BENTLEY Claire  | Watf   | 5:34.0 | 1418 |
| 2    | D   | LEVIN Zoe       | Barnet | 5:53.0 | 1286 |
| 3    | S   | BROWN Victoria  | Serp   | 6:22.2 | 1097 |
| 4    | H   | MALCOLM Grace X | Harlow | 6:36.1 | 1012 |
| 5    |     |                 |        |        |      |
| 6    |     |                 |        |        |      |

**1500m S/Chase Women B**

| Posn | No. | Athlete         | Club   | Perf   |      |
|------|-----|-----------------|--------|--------|------|
| 1    | SS  | FLANAGAN Sophie | Serp   | 6:22.2 | 1783 |
| 2    | WW  | PUTKO Alison    | Watf   | 7:07.7 | 1539 |
| 3    | DD  | LEE Annabelle   | Barnet | 7:21.2 | 1470 |
| 4    |     |                 |        |        |      |
| 5    |     |                 |        |        |      |
| 6    |     |                 |        |        |      |

**High Jump Women A**

| Posn | Bib | Athlete          | Club   | Perf |     |
|------|-----|------------------|--------|------|-----|
| 1    | D   | LEVIN Zoe        | Barnet | 1.35 | 487 |
| 2    | S   | NEEDHAM Rhiannon | Serp   | 1.08 | 194 |
| 3    | W   | PUTKO Alison     | Watf   | 1.08 | 194 |
| 4    |     |                  |        |      |     |
| 5    |     |                  |        |      |     |
| 6    |     |                  |        |      |     |

**High Jump Women B**

| Posn | Bib | Athlete       | Club | Perf |     |
|------|-----|---------------|------|------|-----|
| 1    | SS  | DAVIES Mary   | Serp | 1.08 | 194 |
| 2    | WW  | DEARMAN Chloe | Watf | 1.03 | 140 |
| 3    |     |               |      |      |     |
| 4    |     |               |      |      |     |
| 5    |     |               |      |      |     |
| 6    |     |               |      |      |     |

**Pole Vault Women A**

| Posn | Bib | Athlete           | Club     | Perf |     |
|------|-----|-------------------|----------|------|-----|
| 1    | E   | SEMERARO Sarah    | E&H/HAWK | 3.70 | 803 |
| 2    | W   | CANNING Christine | Watf     | 1.50 | 231 |
| 3    |     |                   |          |      |     |
| 4    |     |                   |          |      |     |
| 5    |     |                   |          |      |     |
| 6    |     |                   |          |      |     |

**Pole Vault Women B**

| Posn | Bib | Athlete        | Club     | Perf |     |
|------|-----|----------------|----------|------|-----|
| 1    | EE  | MARTIN Ciara X | E&H/HAWK | 2.30 | 450 |
| 2    | WW  | PUTKO Alison   | Watf     | 1.20 | 141 |
| 3    |     |                |          |      |     |
| 4    |     |                |          |      |     |
| 5    |     |                |          |      |     |
| 6    |     |                |          |      |     |



**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford****18/05/2019****Long Jump Women A**

| Posn | Bib | Athlete            | Club     | Perf |     |
|------|-----|--------------------|----------|------|-----|
| 1    | H   | HARRYMAN Bethany Y | Harlow   | 5.25 | 717 |
| 2    | D   | IMAMOVIC Emma X    | Barnet   | 4.61 | 571 |
| 3    | E   | BAKRE Dee          | E&H/HAWK | 4.30 | 502 |
| 4    | W   | PUTKO Alison       | Watf     | 3.71 | 371 |
| 5    | S   | NEEDHAM Rhiannon   | Serp     | 3.23 | 267 |
| 6    |     |                    |          |      |     |

**Long Jump Women B**

| Posn | Bib | Athlete               | Club   | Perf |     |
|------|-----|-----------------------|--------|------|-----|
| 1    | DD  | LEVIN Zoe             | Barnet | 4.17 | 473 |
| 2    | HH  | CRANFIELD Mackenzie X | Harlow | 3.58 | 343 |
| 3    | WW  | DEARMAN Christine     | Watf   | 2.92 | 201 |
| 4    | SS  | VAATZ Steph           | Serp   | 1.60 |     |
| 5    |     |                       |        |      |     |
| 6    |     |                       |        |      |     |

**Triple Jump Women A**

| Posn | Bib | Athlete          | Club      | Perf  |     |
|------|-----|------------------|-----------|-------|-----|
| 1    | E   | FASIPE Mary      | E&H/HAWK  | 12.76 | 897 |
| 2    | H   | UPTON Millie X   | Harlow    | 10.22 | 634 |
| 3    | D   | IMAMOVIC Emma X  | Barnet    | 9.75  | 583 |
| 4    | M   | BROKER Franziska | Higate&MC | 9.67  | 575 |
| 5    | W   | BENTLEY Rachel   | Watf      | 9.01  | 503 |
| 6    | SS  | NEEDHAM Rhiannon | Serp      | 7.08  | 282 |

**Triple Jump Women B**

| Posn | Bib | Athlete      | Club     | Perf  |     |
|------|-----|--------------|----------|-------|-----|
| 1    | EE  | BAKRE Dee    | E&H/HAWK | 10.05 | 616 |
| 2    | DD  | LEVIN Zoe    | Barnet   | 8.64  | 462 |
| 3    | HH  | ASHBY Ami Y  | Harlow   | 8.21  | 414 |
| 4    | WW  | PUTKO Alison | Watf     | 7.66  | 351 |
| 5    | S   | DAVIES Mary  | Serp     | 6.05  | 155 |
| 6    |     |              |          |       |     |

**Shot Women A**

| Posn | Bib | Athlete            | Club      | Perf  |     |
|------|-----|--------------------|-----------|-------|-----|
| 1    | EE  | BROWN Sharifa      | E&H/HAWK  | 10.85 | 781 |
| 2    | H   | HARRYMAN Bethany Y | Harlow    | 10.65 | 767 |
| 3    | S   | DAVIES Mary        | Serp      | 7.47  | 528 |
| 4    | DD  | -                  | Barnet    | 5.06  | 288 |
| 5    | WW  | CANNING Christine  | Watf      | 4.76  | 250 |
| 6    | M   | OWENS Grace        | Higate&MC | 3.55  |     |

**Shot Women B**

| Posn | Bib | Athlete           | Club     | Perf  |     |
|------|-----|-------------------|----------|-------|-----|
| 1    | E   | HARRISON Melanie  | E&H/HAWK | 10.76 | 775 |
| 2    | HH  | MALCOLM Mairi X   | Harlow   | 6.08  | 401 |
| 3    | D   | SCOTT Catherine   | Barnet   | 4.90  | 268 |
| 4    | W   | DEARMAN Christine | Watf     | 4.70  | 242 |
| 5    | SS  | ALLWOOD Camilla   | Serp     | 4.67  | 237 |
| 6    |     |                   |          |       |     |

**Discus Women A**

| Posn | Bib | Athlete          | Club     | Perf  |     |
|------|-----|------------------|----------|-------|-----|
| 1    | EE  | KURETA Sotiria Y | E&H/HAWK | 36.49 | 827 |
| 2    | W   | LOWER Robyn      | Watf     | 16.54 | 460 |
| 3    | S   | DAVIES Mary      | Serp     | 15.56 | 434 |
| 4    | DD  |                  | Barnet   | 10.59 | 258 |
| 5    |     |                  |          |       |     |
| 6    |     |                  |          |       |     |

**Discus Women B**

| Posn | Bib | Athlete          | Club     | Perf  |     |
|------|-----|------------------|----------|-------|-----|
| 1    | E   | HARRISON Melanie | E&H/HAWK | 36.45 | 826 |
| 2    | WW  | DEARMAN Chloe    | Watf     | 13.69 | 378 |
| 3    | SS  | ALLWOOD Camilla  | Serp     | 11.07 | 280 |
| 4    | D   | SCOTT Catherine  | Barnet   | 9.63  | 206 |
| 5    |     |                  |          |       |     |
| 6    |     |                  |          |       |     |

**SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**
**18/05/2019**
**Hammer Women A**

| Posn | Bib | Athlete          | Club     | Perf      |
|------|-----|------------------|----------|-----------|
| 1    | E   | HARRISON Melanie | E&H/HAWK | 36.69 699 |
| 2    | S   | DAVIES Mary      | Serp     | 25.21 538 |
| 3    | W   | DEARMAN Chloe    | Watf     | 21.65 481 |
| 4    | D   | SCOTT Catherine  | Barnet   | 13.09 313 |
| 5    | H   | MALCOLM Mairi X  | Harlow   | 11.98 287 |
| 6    |     |                  |          |           |

**Hammer Women B**

| Posn | Bib | Athlete           | Club     | Perf      |
|------|-----|-------------------|----------|-----------|
| 1    | EE  | BROWN Sharifa     | E&H/HAWK | 20.63 463 |
| 2    | WW  | CANNING Christine | Watf     | 17.14 399 |
| 3    | SS  | ALLWOOD Camilla   | Serp     | 12.50 299 |
| 4    | DD  | LEE Annabelle     | Barnet   | 5.59 38   |
| 5    |     |                   |          |           |
| 6    |     |                   |          |           |

**Javelin Women A**

| Posn | Bib | Athlete            | Club      | Perf      |
|------|-----|--------------------|-----------|-----------|
| 1    | E   | KRASSISMENOU Issy  | E&H/HAWK  | 29.99 729 |
| 2    | H   | HARRYMAN Bethany Y | Harlow    | 25.37 652 |
| 3    | W   | BENTLEY Rachel     | Watf      | 23.87 625 |
| 4    | D   | LEVIN Zoe          | Barnet    | 17.36 492 |
| 5    | S   | DAVIES Mary        | Serp      | 15.79 455 |
| 6    | M   | OWENS Grace        | Higate&MC | 7.33 139  |

**Javelin Women B**

| Posn | Bib | Athlete         | Club     | Perf      |
|------|-----|-----------------|----------|-----------|
| 1    | EE  | BROWN Sharifa   | E&H/HAWK | 22.08 591 |
| 2    | WW  | BENTLEY Suzanne | Watf     | 19.49 539 |
| 3    | HH  | UPTON Millie X  | Harlow   | 19.08 530 |
| 4    | SS  | ALLWOOD Camilla | Serp     | 9.23 246  |
| 5    | DD  | SCOTT Catherine | Barnet   | 7.59 157  |
| 6    |     |                 |          |           |

**4 x 100m Women A**

| Posn | No. | Club      | Runners   | Perf |
|------|-----|-----------|---|------|
| 1    | W   | Watf      | BENTLEY Rachel BENTLEY Suzanne TROTMAN Hannah Y LOWER Robyn     | 55.0 |
| 2    | E   | E&H/HAWCS | SIMUENE Pierrette Y DUVAL Tia Y FASIPE Mary MODESTE Elise Y     | 58.9 |
| 3    | D   | Barnet    | LEVIN Zoe WILLIAMSON Silvana LEE Annabelle IMAMOVIC Emma X      | 61.3 |
| 4    | S   | Serp      | CARMICHAEL Laura PIGNOREL Sonia SHELLEY Catkin NEEDHAM Rhiannon | 65.5 |
| 5    |     |           |   |      |
| 6    |     |           |   |      |

**4 x 400m Mixed A**

| Posn | No. | Club   | Runners  | Perf    |
|------|-----|--------|--|---------|
| 1    | H   | Harlow | WOODALL Harry PETTY James X ASHBY Ami Y MALCOLM Mairi X            | 04:17.5 |
| 2    | S   | Serp   | CAMPBELL David NEEDHAM Rhiannon CARMICHAEL Laura PORZUCZEK Bartosz | 04:32.3 |
| 3    | d   | Barnet | ODAMTTEN-ADDY Leslie LEVIN Zoe MCCORMICK Jessica MCCORMICK George  | 04:39.6 |
| 4    | w   | Watf   | BECKFORD-TONGS Simeon 0 0 DEARMAN Owen                             | 04:54.1 |
| 5    |     |        |  |         |
| 6    |     |        |  |         |

## SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

**NON-SCORERS****400m Hurdles Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**100m Men**

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

1

2

3

**200m Men**

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

1 111 FREER Jeremy

**400m Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

1 76 ORAM Mali

**800m Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

1 105 KOURPAS John

2 93 MORRIS Will

3 95 COTTLE Mark

4 108 LEE Kieron X

5 103 DIGWEED Danny

**NON-SCORERS****400m Hurdles Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**100m Women**

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

1 66 SIMUENE Pierrette Y

2 61 DUVAL Tia Y

3 67 TESTRO Bethany

**200m Women**

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

1

**400m Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

1

**800m Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

1 56 PIGNOREL Sonia

2

3

4

5

## SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/20191500m Men

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
| 1    |     |         |           |      |      |

3000m Men

| Posn | Bib | Athlete           | Age Group | Club   | Perf    |
|------|-----|-------------------|-----------|--------|---------|
| 1    | 93  | MORRIS Will       |           | Barnet | 9:53.1  |
| 2    | 46  | GREAVES Lewis     |           | Serp   | 10:20.1 |
| 3    | 107 | SANCHEZ Alejandro |           | Barnet | 10:20.4 |

110m Hurdles Men

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

S/Chase Men

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
| 1    |     |         |           |      |      |

Hammer Men

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

1500m Women

| Posn | Bib | Athlete        | Age Group | Club | Perf   |
|------|-----|----------------|-----------|------|--------|
| 1    | 56  | PIGNOREL Sonia |           | Serp | 5:59.7 |

5000m Women

| Posn | Bib | Athlete        | Age Group | Club | Perf    |
|------|-----|----------------|-----------|------|---------|
| 1    | 56  | PIGNOREL Sonia |           | Serp | 21:12.2 |
| 2    |     |                |           |      |         |
| 3    |     |                |           |      |         |

100m Hurdles Women

| Posn | Bib | Athlete | Age Group | Club | Perf | Wind |
|------|-----|---------|-----------|------|------|------|
|      |     |         |           |      |      |      |

S/Chase Women

| Posn | Bib | Athlete               | Age Group | Club | Perf |
|------|-----|-----------------------|-----------|------|------|
| 1    | 113 | GLENISTER Charlotte Y |           | Watf |      |

Hammer Women

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

## SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

**Discus Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
| 1    |     |         |           |      |      |
| 2    |     |         |           |      |      |

**Javelin Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**Shot Men**

| Posn | Bib | Athlete  | Age Group | Club | Perf |
|------|-----|----------|-----------|------|------|
| 1    | 89  | LAM Vinh |           | Serp | 6.35 |

**Long Jump Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**Triple Jump Men**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**Discus Women**

| Posn | Bib | Athlete           | Age Group | Club     | Perf  |
|------|-----|-------------------|-----------|----------|-------|
| 1    | 69  | BROWN Sharifa     |           | E&H/HAWC | 34.37 |
| 2    | 112 | CANNING Christine |           | Watf     | 11.52 |

**Javelin Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**Shot Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
| 1    |     |         |           |      |      |

**Long Jump Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

**Triple Jump Women**

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|      |     |         |           |      |      |

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

High Jump Men

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|------|-----|---------|-----------|------|------|

Pole Vault Men

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|------|-----|---------|-----------|------|------|

High Jump Women

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|------|-----|---------|-----------|------|------|

Pole Vault Women

| Posn | Bib | Athlete | Age Group | Club | Perf |
|------|-----|---------|-----------|------|------|
|------|-----|---------|-----------|------|------|