

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 1	
MATCH	2	
VENUE	Crawley	
P/FINISH	YES	1

Date Sunday, May 19 2019

Venue Crawley

Host Club Crawley AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
Y	Crawley AC	Craw	20	79.0	10.0	90.0	199.0
H	City of Norwich	Norwich	20	113.0	11.0	50.0	194.0
U	Bournemouth AC	B'mouth	20	66.0	15.0	86.0	187.0
N	Nene Valley Harriers	Nene	20	57.0	4.0	85.0	166.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Crawley AC	199.0	4.0			199.0	4.0	1
2	City of Norwich	194.0	3.0			194.0	3.0	2
3	Bournemouth AC	187.0	2.0			187.0	2.0	3
4	Nene Valley Harriers	166.0	1.0			166.0	1.0	4

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

Scoring System Top 10

Men		Club	Event	Perf	Points
1	TINKLER Martin	Nene	Shot Men A	15.20	926
2	GLYNN James	B'mouth	High Jump Men A	2.05	884
3	BRUNSDEN Dan	B'mouth	Shot Men A	14.48	883
4	MARCIN Balun	Craw	Javelin Men A	59.97	882
5	MASSIMO Joseph Y	Craw	200m Men A	21.70	872
6	COX Alex	B'mouth	High Jump Men B	2.00	843
7	TAYLOR Harry Y	Norwich	200m Men A	21.93	834
8	HUNT Liam	Norwich	110m Hurdles Men A	15.03	815
9	BRUNSDEN Dan	B'mouth	Discus Men A	41.66	785
10	TINKLER Martin	Nene	Discus Men A	41.30	780
Women		Club	Event	Perf	Points
1	ROWLAND Jo	Craw	Shot Women A	14.24	991
2	LAKE Iona	Norwich	1500m S/Chase Women A	05:04.35	927
3	ROWLAND Jo	Craw	Javelin Women A	42.33	905
4	HALL Rebecca	Nene	Shot Women A	12.55	890
5	BROOM Danielle	B'mouth	Hammer Women A	52.94	887
6	BROOM Danielle	B'mouth	Discus Women A	40.41	880
7	CHURCH Lydia	Nene	Shot Women B	12.06	859
8	VICKERY Gemma	Norwich	Hammer Women A	49.30	848
9	JENKINS Andrea	Nene	Discus Women A	37.30	838
10	FRANKS Lillie	Craw	High Jump Women A	1.65	815

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
					+0.6
1	H	TAYLOR Harry Y	Norwich	10.98	766
2	Y	MASSIMO Joseph Y	Craw	11.04	746
3	UU	DAVIES Jack	B'mouth	11.30	666
4	NN	JONES Abraham Y	Nene	11.48	613
5					
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
					+0.6
1	HH	ALBROW Louis Y	Norwich	11.08	734
2	U	LELLIOTT James	B'mouth	11.38	642
3	YY	ESAN Olutimilehin	Craw	11.39	639
4	N	MARSH James Y	Nene	11.67	560
5					
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	Y	MASSIMO Joseph Y	Craw	21.70	872
2	H	TAYLOR Harry Y	Norwich	21.93	834
3	UU	EGAN Muiris	B'mouth	22.76	703
4	N	MARSH James Y	Nene	23.02	665
5					
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	ALBROW Louis Y	Norwich	22.36	765
2	YY	SMITH JOHN Ishmael	Craw	22.38	761
3	NN	JONES Abraham Y	Nene	23.23	635
4					
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf	
1	H	SMYTHE Joe Y	Norwich	50.66	723
2	N	GARMORY Sean	Nene	51.10	698
3	U	EGAN Muiris	B'mouth	51.72	663
4	Y	PERANA Anold Y	Craw	55.24	483
5					
6					

400m Men B

Posn	No.	Athlete	Club	Perf	
1	HH	BEADLE Kai Y	Norwich	51.45	678
2	YY	JACQUES Kenan X	Craw	61.74	234
3					
4					
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	
1	H	GREEVES Scott	Norwich	01:57.03	745
2	Y	THAYRE Thomas Y	Craw	01:58.79	699
3	U	TOTH Laszlo	B'mouth	02:00.69	651
4	N	MILES Harrison	Nene	02:06.56	518
5					
6					

800m Men B

Posn	No.	Athlete	Club	Perf	
1	HH	BILYARD Tyler Y	Norwich	01:57.89	722
2	YY	HANSLOW Dylan X	Craw	02:04.65	559
3	NN	CHURCH Matthew Y	Nene	02:28.84	168
4					
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	
1	H	GREEVES Scott	Norwich	04:09.96	640
2	Y	STANGER Bradley X	Craw	04:27.65	468
3	N	BOWLING Oliver	Nene	04:28.50	461
4	UU	SPALL FRASER Y	B'mouth	06:37.08	
5					
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	
1	HH	SPRATLING Ben	Norwich	04:17.12	566
2	YY	GALASSO Marco X	Craw	04:30.70	442
3	NN	CHURCH Matthew Y	Nene	05:02.71	219
4	U	COX Steve	B'mouth	06:43.66	
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley**19/05/2019****3000m Men A**

Posn	No.	Athlete	Club	Perf	
1	H	SPRATLING Ben	Norwich	08:45.05	737
2	YY	KIMBER Thomas	Craw	09:52.26	432
3	N	DOWLING Matthew Y	Nene	11:27.10	145
4	U	SHEERIN Andrew	B'mouth	19:25.00	
5					
6					

3000m Men B

Posn	No.	Athlete	Club	Perf	
1	HH	MAHONEY Will Y	Norwich	09:14.70	591
2	Y	CREED Robert	Craw	11:19.10	163
3	NN	PARKIN Paul	Nene	12:36.30	35
4					
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	H	HUNT Liam	Norwich	15.03	+2.3 815
2	Y	TARRANT Justin	Craw	15.87	725
3	U	WOOLGAR Robert	B'mouth	15.87	725
4	N	BUSH David	Nene	20.74	304
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	MARSHALL Chris	Norwich	16.25	+2.3 686
2	UU	ABBOTT Noah	B'mouth	17.10	603
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	H	MARSHALL Chris	Norwich	55.72	779
2	Y	OKEIYI VICENCIO Benjamin Y	Craw	57.28	728
3	N	BUSH David	Nene	58.89	677
4	U	SAINVAL Lewis	B'mouth	64.98	499
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	GREENHALGH James	Norwich	56.32	759
2	NN	PHELAN Alastair	Nene	63.65	536
3	YY	CREED Robert	Craw	82.97	127
4	UU	COX Steve	B'mouth	92.43	27
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	YY	HEWITT Hugo Y	Craw	10:27.58 613
2	N	MACDONALD James	Nene	11:45.70 390
3	UU	COX Steve	B'mouth	15:28.95 38
4				
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	Y	ELLIS Tim	Craw	11:09.61 486
2	U	SPALL FRASER Y	B'mouth	17:58.63
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	U	GLYNN James	B'mouth	2.05 884
2	NN	OGUNYOYE Tomi Y	Nene	1.85 719
3	Y	TARRANT Justin	Craw	1.75 636
4	HH	HAMMENT RUSSELL Jack X	Norwich	1.75 636

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	UU	COX Alex	B'mouth	2.00 843
2	H	BEADLE Kai Y	Norwich	1.65 553
3	YY	TIERNEY Dillan X	Craw	1.50 427

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	Y	SNASHALL William X	Craw	3.70 633
2	NN	PHELAN Richard	Nene	2.95 470
3	UU	HALE Cameron	B'mouth	2.75 426
4	HH	SLATER Gordon	Norwich	2.35 336

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	YY	TIERNEY Dillan X	Craw	3.15 514
2	U	COX Steve	B'mouth	2.55 381
3	H	MARSHALL Chris	Norwich	1.95 244

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	H	WALKER Jules X	Norwich	6.42 737
2	Y	TARRANT Justin	Craw	6.20 693
3	N	OGUNYOYE Tomi Y	Nene	6.11 676
4	U	WOOLGAR Robert	B'mouth	6.01 656
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	HH	LEEDER Scott X	Norwich	6.36 725
2	YY	WOODFORD Jack	Craw	5.84 622
3	NN	WINCHESTER-WRIGHT Callur	Nene	5.65 585
4	UU	SOMMERSETH Morgan X	B'mouth	5.45 546
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	NN	WINCHESTER-WRIGHT Callum	Nene	12.35	659
2	Y	WOODFORD Jack	Craw	12.32	657
3	H	WALKER Jules X	Norwich	12.04	629
4	UU	SOMMERSETH Morgan X	B'mouth	10.13	432
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	LEEDER Scott X	Norwich	11.67	592
2	U	HALE Cameron	B'mouth	9.87	404
3	N	PHELAN Richard	Nene	9.57	370
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	N	TINKLER Martin	Nene	15.20	926
2	U	BRUNSDEN Dan	B'mouth	14.48	883
3	H	SMITH Neal	Norwich	12.78	776
4	YY	LEACH Richard	Craw	10.61	626
5					
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	NN	ACHURCH Simon	Nene	12.36	748
2	UU	SHEERIN Andrew	B'mouth	10.44	614
3	Y	YOUNG Gorm	Craw	10.25	599
4	HH	O DELL Liam	Norwich	7.03	321
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	U	BRUNSDEN Dan	B'mouth	41.66	785
2	N	TINKLER Martin	Nene	41.30	780
3	Y	TARRANT Justin	Craw	39.14	746
4	H	SLATER Gordon	Norwich	19.25	359
5					
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	UU	LELLIOTT James	B'mouth	39.39	750
2	NN	ACHURCH Simon	Nene	33.51	653
3	YY	YOUNG Gorm	Craw	24.83	489
4	HH	O DELL Liam	Norwich	18.92	351
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	U	BRUNSDEN Dan	B'mouth	44.74	768
2	N	ACHURCH Simon	Nene	40.20	714
3	Y	SKEVIS George	Craw	34.81	646
4	H	SLATER Gordon	Norwich	23.91	486
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	NN	TINKLER Martin	Nene	37.25	678
2	UU	SHEERIN Andrew	B'mouth	34.87	647
3	YY	YOUNG Gorm	Craw	27.05	536
4	HH	HUNT Liam	Norwich	7.18	
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	YY	MARCIN Balun	Craw	59.97	882
2	U	BROWN Andrew	B'mouth	50.28	757
3	N	ACHURCH Simon	Nene	44.00	671
4	H	GREEN Charles	Norwich	17.24	225
5					
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	UU	COX Alex	B'mouth	49.23	743
2	NN	BUSH David	Nene	40.72	625
3	Y	TARRANT Justin	Craw	37.67	580
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
4 x 100m Men

Posn	No.	Club	Runners	Perf
1	H	Norwich	0 0 0 0	44.00
2	U	B'mouth	ABBOTT Noah DAVIES Jack EGAN Muiris WOOLGAR Robert	44.06
3	Y	Craw	SNASHALL William X ESAN Olutimilehin ANAH ALESSIO UDOKA X TARRANT Justin	45.21
4	N	Nene	MARSH James Y GARMORY Sean OGUNYOYE Tomi Y JONES Abraham Y	46.16
5				
6				

Mixed M&W 4 x 400m B

Posn	No.	Club	Runners	Perf
1	UU	B'mouth	IRONSIDE Brooke X WOOLGAR Robert	03:43.01
2	Y	Craw	JACQUES Kenan X HANSLOW Dylan X PRESTON Adeline Y LISTER Jessica X	03:44.71
3	H	Norwich	- - - -	03:51.28
4	N	Nene	SMITH Julian PHELAN Alastair JACOBS Rosanna SPENCER Devon	03:51.59
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					+1.4
1	U	IRONSIDE Brooke X	B'mouth	12.33	791
2	H	GRACE Serena X	Norwich	12.55	741
3	YY	PRESTON Adeline Y	Craw	12.55	741
4	N	MALTBY Emily	Nene	12.85	675
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					+1.4
1	UU	VERNEY Amelia X	B'mouth	12.40	775
2	Y	OLIVER Poppy X	Craw	12.70	707
3	NN	PULLEN Alexandra Y	Nene	13.71	507
4	HH	AKOMAH Mercy	Norwich	15.52	242
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	U	IRONSIDE Brooke X	B'mouth	25.16	793
2	Y	ROWLAND Jo	Craw	25.56	750
3	H	GRACE Serena X	Norwich	26.04	700
4	N	SMITH Claire	Nene	27.66	548
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
					+1.7
1	UU	VERNEY Amelia X	B'mouth	25.53	753
2	YY	OLIVER Poppy X	Craw	25.97	707
3	HH	GOLDSMITH Katie Y	Norwich	28.06	514
4	NN	PUSEY Megan	Nene	29.06	434
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	
1	U	BURROWS Chloe	B'mouth	58.74	729
2	H	GOLDSMITH Katie Y	Norwich	60.87	647
3	Y	LISTER Jessica X	Craw	61.30	632
4	NN	SMITH Claire	Nene	61.52	623
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	
1	N	PARK Amber Y	Nene	62.46	590
2	HH	HENSHALL Bryony Y	Norwich	68.18	406
3	UU	BATES Jemma	B'mouth	79.78	144
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	
1	H	LAKE Iona	Norwich	02:18.51	716
2	UU	GALLOWAY Olivia Y	B'mouth	02:38.19	432
3	Y	LISTER Jessica X	Craw	02:45.74	343
4	N	PUSEY Megan	Nene	03:03.41	175
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	
1	HH	HENSHALL Bryony Y	Norwich	02:39.37	417
2	NN	STOKES Ellie-Mae	Nene	03:16.73	87
3	U	ADAMS Mandy	B'mouth	03:30.73	27
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	HH	TAYLOR Ellie Y	Norwich	04:57.80 613
2	N	PARK Amber Y	Nene	05:24.43 439
3	U	ADAMS Mandy	B'mouth	07:28.91 10
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	H	FORSTER Grace X	Norwich	04:58.66 607
2	NN	SPENCER Devon	Nene	07:32.81 7
3	UU	BATES Jemma	B'mouth	07:51.55
4				
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	H	MAHER Hannah	Norwich	20:05.58 540
2				
3				
4				
5				
6				

5000m Women B

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

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	Y ROWLAND Jo	Craw	14.71 799	+0.2
2	U GALLOWAY Olivia Y	B'mouth	14.91 779	
3	N MALTBY Emily	Nene	16.69 611	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	NN	JACOBS Rosanna	Nene	17.35 553	+0.2
2	HH	ANDERSON Naryce	Norwich	19.73 367	
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	Y	HANSLOW April Y	Craw	68.80 639
2	N	JACOBS Rosanna	Nene	71.60 569
3	U	DICKINSON Janet	B'mouth	76.30 459
4	H	ANDERSON Naryce Y	Norwich	77.90 424
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	HH	PEACH Sophie Y	Norwich	79.40 391
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
1500m S/Chase Women A

Posn	No.	Athlete	Club	Perf	
1	H	LAKE Iona	Norwich	05:04.35	927
2	YY	HANSLOW April Y	Craw	07:41.83	248
3	U	BROOM Danielle	B'mouth	08:31.25	127
4					
5					
6					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	HH	PEACH Sophie Y	Norwich	06:07.72	600
2	Y	FRANKLIN Ellie Y	Craw	08:59.50	76
3	UU	SHEPHERD ISABELLA Y	B'mouth	08:59.63	76
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	YY	FRANKS Lillie	Craw	1.65	815
2	U	COOKE JAZMIN Y	B'mouth	1.60	760
3	NN	WELLER Millie X	Nene	1.40	542
4	HH	HERBERT Caitlin	Norwich	1.35	487

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	1.60	760
2	UU	DICKINSON Janet	B'mouth	1.40	542
3	N	STOKES Ellie-Mae	Nene	1.30	433

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	PURCHAS Natasha Y	Craw	3.50	754
2	N	SPENCER Devon	Nene	2.60	528
3	H	PAIN Steph	Norwich	2.50	502

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	YY	BAYO Lucy X	Craw	2.60	528
2	NN	WELLER Millie X	Nene	1.95	357

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley**19/05/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	5.65	808
2	U	BLAKE Lana X	B'mouth	5.44	760
3	N	MALTBY Emily	Nene	5.17	698
4	HH	BECKHAM Abeni X	Norwich	4.15	468
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	YY	ORFENOV Ornella	Craw	5.01	662
2	NN	STOKES Ellie-Mae	Nene	4.64	578
3	UU	FRANKLIN Isabelle X	B'mouth	4.63	576
4	H	HERBERT Caitlin	Norwich	3.68	365
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	PRESTON Adeline Y	Craw	11.30	747
2	N	MALTBY Emily	Nene	10.61	675
3	U	BLAKE Lana X	B'mouth	10.57	671
4	H	HERBERT Caitlin	Norwich	10.04	614
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	MARTIN Eve Y	Norwich	10.0	610
2	NN	STOKES Ellie-Mae	Nene	9.98	608
3	UU	FRANKLIN Isabelle X	B'mouth	9.66	574
4	YY	HANSLOW April Y	Craw	9.66	574
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	14.24	991
2	N	HALL Rebecca	Nene	12.55	890
3	U	BROOM Danielle	B'mouth	10.64	767
4	H	PAIN Steph	Norwich	8.18	587
5					
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	NN	CHURCH Lydia	Nene	12.06	859
2	YY	NOYCE Millie X	Craw	10.13	732
3	UU	GALLOWAY Olivia Y	B'mouth	10.06	727
4	HH	VICKERY Gemma	Norwich	7.76	553
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	U	BROOM Danielle	B'mouth	40.41	880
2	N	JENKINS Andrea	Nene	37.30	838
3	YY	NOYCE Millie X	Craw	35.47	812
4	H	VICKERY Gemma	Norwich	29.05	714
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	33.22	779
2	NN	HALL Rebecca	Nene	31.11	747
3	UU	SHEPHERD ISABELLA Y	B'mouth	24.89	641
4	HH	ROWE Isabel	Norwich	17.43	483
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley
19/05/2019
Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	U	BROOM Danielle	B'mouth	52.94 887
2	H	VICKERY Gemma	Norwich	49.30 848
3	N	JENKINS Andrea	Nene	44.42 792
4	Y	FRANKLIN Ellie Y	Craw	34.47 670
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	NN	LAWRENCE Kelly	Nene	44.10 789
2	UU	SHEPHERD ISABELLA Y	B'mouth	39.20 730
3	YY	LIPSCOMB Chloe X	Craw	32.11 638
4	HH	ROWE Isabel	Norwich	21.15 472
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	Y	ROWLAND Jo	Craw	42.33 905
2	U	GALLOWAY Olivia Y	B'mouth	35.32 809
3	N	STOKES Ellie-Mae	Nene	30.10 731
4	H	PAIN Steph	Norwich	24.08 629
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	UU	DICKINSON Janet	B'mouth	26.76 676
2	YY	BAYO Lucy X	Craw	25.02 646
3	HH	ROWE Isabel	Norwich	20.45 559
4	NN	CHURCH Lydia	Nene	18.55 519
5				
6				

4 x 100m Women

Posn	No.	Club	Runners	Perf
1	U	B'mouth	BLAKE Lana X BURROWS Chloe IRONSIDE Brooke X VERNEY Amelia X	48.30
2	Y	Craw	OLIVER Poppy X PRESTON Adeline Y HANSLOW April Y STANGER Isabelle X	51.51
3	H	Norwich	- - - -	53.63
4	N	Nene	PUSEY Megan STOKES Ellie-Mae PULLEN Alexandra Y HALL Rebecca	55.56
5				
6				

Mixed M&W 4 x 400m A

Posn	No.	Club	Runners	Perf
1	U	B'mouth	BURROWS Chloe GALLOWAY Olivia Y EGAN Muiris SAINVAL Lewis	03:47.02
2	HH	Norwich	0 0	03:57.74
3	YY	Craw	OKEIYI VICENCIO Benjamin Y LAMBERT Jess	04:09.15
4	NN	Nene	JONES Abraham Y SMITH Claire	04:12.40
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley

19/05/2019

NON-SCORERS**400m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	100	GREEN Charlie Y	U20M	Norwich	68.03
2					
3					
4					
5					
6					

NON-SCORERS**400m Hurdles Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

100m Men

Wind +1.9

Posn	Bib	Athlete	Age Group	Club	Perf
1	173	ABBOTT Noah	SM	B'mouth	11.51
2	95	HAMMENT RUSSELL Jack X	U17M	Norwich	11.61
3	96	MAYSTON Josh Y	U20M	Norwich	11.72
4	90	OGUNYOYE Tomi Y	U20M	Nene	11.89
5	181	STERN Joel	SM	Nene	12.09
6	91	SMITH Julian	M50	Nene	12.14
7	94	O'DELL Liam	SM	Norwich	12.75

100m Women

Wind -0.3

Posn	Bib	Athlete	Age Group	Club	Perf
1	185	BURROWS Chloe	SW	B'mouth	12.22
2	186	STANGER Isabelle X	U17W	Craw	13.04
3	175	FRANKLIN Isabelle X	U17W	B'mouth	13.15
4	177	IKOLI Gwyneth X	U17W	B'mouth	13.39
5	114	ORFENOV Ornella X	U17W	Craw	14.02
6					

200m Men

Wind

Posn	Bib	Athlete	Age Group	Club	Perf
1	92	GARMORY Sean	SM	Nene	22.93
2	96	MAYSTON Josh Y	U20M	Norwich	23.57
3	190	BEADLE Kai Y	U20M	Norwich	23.70
4	90	OGUNYOYE Tomi Y	U20M	Nene	23.94
5	181	STERN Joel	SM	Nene	25.00
6	94	O'DELL Liam	SM	Norwich	26.21

200m Women

Wind +1.7

Posn	Bib	Athlete	Age Group	Club	Perf
1	186	STANGER Isabelle X	U17W	Craw	26.92
2	189	AKOMAH Mercy	SW	Norwich	32.48
3					
4					
5					
6					

400m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	98	MCLELLAN Tristan Y	U20M	Norwich	54.17
2	91	SMITH Julian	M50	Nene	55.65
3	97	FITZGERALD Mark Y	U20M	Norwich	55.87
4					
5					
6					

400m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	184	BROWNE Will X	U17M	Norwich	2:01.74
2	182	KNIGHTON Dave	M55	Nene	2:33.09
3					
4					
5					
6					

800m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley

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1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	103	BILYARD Tyler Y	U20M	Norwich	4:10.63
2					
3					
4					
5					
6					

1500m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

3000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	99	SIMM Will Y	U20M	Norwich	9:05.79
2					
3					
4					
5					
6					

5000m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

110m Hurdles Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						

100m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						

S/Chase Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	187	CREED Robert	M55	Craw	12:14.63
2					
3					
4					
5					
6					

S/Chase Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

Hammer Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	116	TIERNEY Ashley X	U17M	Craw	23.86 5kg
2					
3					
4					
5					
6					

Hammer Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	110	GERING Hazel	W45	Nene	17.72
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley

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Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	174	HALE Cameron	U23	B'mouth	31.59
2	93	BUSH David	SM	Nene	29.34
3	130	SHEERIN Andrew	M45	B'mouth	28.79
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	89	CHURCH Lydia	U23W	Nene	26.76
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	172	LELLIOTT James	SM	B'mouth	54.03
2	174	HALE Cameron	U23	B'mouth	50.32
3	178	FINNIE Charlie X	U17M	Craw	36.01
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	88	JENKINS Andrea	W40	Nene	21.25
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	178	FINNIE Charlie X	U17M	Craw	14.34 5kg
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	176	SHEPHERD ISABELLA Y	U20W	B'mouth	7.81
2	110	GERING Hazel	W45	Nene	7.02
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

Long Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

Triple Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	97	FITZGERALD Mark Y	U20M	Norwich	11.33
2					
3					
4					
5					
6					

Triple Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	86	WELLER Millie X	U17W	Nene	9.12
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Crawley

19/05/2019High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	180	BROWN Andrew	SM	B'mouth	1.55
2	100	GREEN Charlie Y	U20M	Norwich	1.50
3					
4					
5					
6					

High Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

Pole Vault Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

Pole Vault Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					