

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

Date Sunday, May 19 2019

Venue Harrow

Host Club Harrow AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
A	Harrow AC	Harrow	20	111.0	16.0	101.0	248.0
G	Woking AC	Woking	20	92.0	8.0	93.0	213.0
S	Southampton AC	Soton	20	81.0	8.0	57.0	166.0
E	Belgrave Harriers	Belg	15	33.0	8.0	51.0	107.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Harrow AC	248.0	4.0			248.0	4.0	1
2	Woking AC	213.0	3.0			213.0	3.0	2
3	Southampton AC	166.0	2.0			166.0	2.0	3
4	Belgrave Harriers	107.0	1.0			107.0	1.0	4

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

Scoring System Top 10

Men

1	MOOLMAN Dewald	Harrow	Discus Men A	52.74	943
2	LISTER Joseph	Harrow	Pole Vault Men	5.10	927
3	KNIGHT Andrew Y	Soton	Shot Men A	14.77	901
4	KIRBY Jack	Harrow	110m Hurdles M	14.78	843
5	CHINERY-EDOO Saoirse	Harrow	Discus Men B	43.11	807
6	HEARD Owen Y	Harrow	Pole Vault Men	4.50	802
7	GRANT Omar	Harrow	200m Men A	22.13	801
8	SEMPALA Hisham	Harrow	High Jump Men	1.94	793
9	PARK Iain	Harrow	Hammer Men M	46.59	789
10	ROWLANDS Adam Y	Harrow	400m Hurdles M	55.67	781

Women

1	GATRELL Eleanor	Woking	Shot Women A	13.01	918
2	NWAWULOR Marilyn	Harrow	Shot Women B	12.01	856
3	BEARDMORE Emma	Harrow	Hammer Women	49.09	845
4	CALLENBERG Mia	Belg	Discus Women	37.34	838
5	BRYANT Izzy	Soton	100m Women M	12.19	824
6	OMITOWOJU Ade	Harrow	Triple Jump Women	11.98	818
7	GATRELL Eleanor	Woking	Discus Women	35.90	818
8	ASHE Lucy	Harrow	5000m Women	17:48.40	802
9	BAULK Florence Y	Woking	Javelin Women	57:36.00	802
10	FRYDENLUND Synne	Harrow	200m Women M	25.09	801

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

Posn	No.	Athlete	Club	Perf	Wind
					0.0
1	A	GRANT Omar	Harrow	11.04	746
2	G	LEACOCK Thomas X	Woking	11.57	588
3	S	BROWN Peter	Soton	11.77	534
4	E	BURSLEM Michael	Belg	12.18	433
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					0.0
1	AA	CARR Richard	Harrow	11.28	672
2	GG	BALL Kenneth Y	Woking	11.89	503
3	EE	PIKE Timothy	Belg	12.02	470
4	SS	NICHOLSON Cameron X	Soton	12.56	350
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
					+1.1
1	A	GRANT Omar	Harrow	22.13	801
2	G	BALL Kenneth Y	Woking	23.89	546
3	S	HIGGINS Liam X	Soton	24.10	519
4	E	PIKE Timothy	Belg	24.86	429
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					+1.1
1	AA	CARR Richard	Harrow	23.09	655
2	GG	LEACOCK Thomas X	Woking	23.92	542
3	SS	RYVES Finley X	Soton	26.12	300
4	EE	GALOFARO Fausto	Belg	26.64	255
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	
1	A	BENJAMIN Damaine	Harrow	49.85	771
2	S	BILLINGTON Matthew	Soton	51.33	684
3	E	HOLDEN Gareth	Belg	52.68	610
4	G	PATTISON Robert Y	Woking	52.98	595
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	
1	AA	HOLLOWAY Neil	Harrow	51.75	661
2	SS	HIGGINS Liam X	Soton	53.03	592
3	GG	HOPKINS George X	Woking	54.21	532
4	EE	BURSLEM Michael	Belg	55.26	482
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	
1	A	BICKERSTAFF Sam Y	Harrow	02:00.87	647
2	S	COSTLEY Max	Soton	02:02.05	619
3	G	MORTEN Craig	Woking	02:04.18	569
4	E	KERSHAW Miles	Belg	02:18.76	297
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	
1	SS	DAVIES Jim	Soton	02:04.13	571
2	AA	MOHAMOUD Noor	Harrow	02:12.49	401
3	GG	CHAMBERS Roy	Woking	02:17.69	313
4	EE	HOLDEN Gareth	Belg	02:39.03	80
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	
1	G	GENCO-RUSSO Joshua Y	Woking	04:15.70	580
2	SS	COAK David	Soton	04:16.94	568
3	A	HUDSON Christopher X	Harrow	04:20.18	537
4					
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	
1	S	COSTLEY Max	Soton	04:21.43	525
2	AA	MORRIS Christopher Y	Harrow	04:27.64	468
3	GG	MORTEN Craig	Woking	04:54.57	267
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf	Wind
1	S	SMITH Oliver	Soton	09:19.33	570
2	AA	FINI Kevin	Harrow	09:49.90	441
3	G	TAIT Steve	Woking	11:10.58	183
4					
5					
6					

**3000m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	A	BRANFOOT David	Harrow	09:51.31	435
2	SS	HALE Toby Y	Soton	10:12.02	358
3	GG	BRENCHLEY Matthew	Woking	11:12.42	178
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	1.1
1	A	KIRBY Jack	Harrow	14.78	843
2	G	KAZEMAKS Kaspars	Woking	16.49	662
3	S	CONNERTON Sean	Soton	22.55	191
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	AA	CHINERY-EDOO Saoirse	Harrow	15.74	739
2	GG	KELLY Rory	Woking	16.95	617
3	SS	BROWN Peter	Soton	30.67	
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	A	ROWLANDS Adam Y	Harrow	55.67	781
2	G	AWDE David	Woking	56.35	758
3	E	BURSLEM Michael	Belg	65.09	496
4	S	CULLY Thomas	Soton	68.96	397
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	EE	HOLDEN Gareth	Belg	63.20	549
2	GG	JACKSON Ross Y	Woking	63.50	540
3	AA	MCLEOD Chad	Harrow	64.80	504
4	SS	BROWN Peter	Soton	75.60	252
5					
6					

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

Posn	No.	Athlete	Club	Perf
1	S	CULLY Thomas	Soton	10:18.94 641
2	A	HUNT Luke	Harrow	10:52.04 537
3	G	TAIT Steve	Woking	13:05.82 217
4				
5				
6				

## Non-standard

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	AA	TRAYNOR Declan	Harrow	11:06.98 493
2	GG	BRENCHLEY Matthew	Woking	13:41.23 158
3				
4				
5				
6				

## Non-standard

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	A	SEMPALA Hisham	Harrow	1.94 793
2	G	HOPKINS George X	Woking	1.91 768
3	S	RADY Thomas	Soton	1.70 594
4	E	BURSLEM Michael	Belg	1.20 174
5				
6				

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	KIRBY Jack	Harrow	1.70 594
2	GG	KAZEMAKS Kaspars	Woking	1.70 594
3	SS	BROWN Peter	Soton	1.40 343
4	EE	HOLDEN Gareth	Belg	1.20 174
5				
6				

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	A	LISTER Joseph	Harrow	5.10 927
2	G	HOPKINS George X	Woking	4.20 739
3	S	RADY Thomas	Soton	3.80 654
4				
5				
6				

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	HEARD Owen Y	Harrow	4.50 802
2	GG	AWDE David	Woking	3.80 654
3				
4				
5				
6				

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	AA	CARR Richard	Harrow	6.23 699
2	G	KAZEMAKS Kaspars	Woking	5.95 644
3	SS	COSTLEY Max	Soton	5.30 517
4	E	GALOFARO Fausto	Belg	4.91 441
5				
6				

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	GG	AWDE David	Woking	5.84 622
2	A	STANISCI-BROWN Luca X	Harrow	5.79 613
3	S	CONNERTON Sean	Soton	4.86 431
4	EE	KERSHAW Miles	Belg	4.74 408
5				
6				

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

Posn	Bib	Athlete	Club	Perf
1	AA	PATEL Anand	Harrow	13.55 773
2	GG	AWDE David	Woking	11.73 598
3	E	HOLDEN Gareth	Belg	11.30 555
4	S	WOODMAN Riley X	Soton	11.12 537
5				
6				

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	A	STANISCI-BROWN Luca X	Harrow	13.03 725
2	G	KELLY Rory	Woking	11.14 539
3	SS	CONNERTON Sean	Soton	10.0 418
4				
5				
6				

**Shot Men A**

Posn	Bib	Athlete	Club	Perf
1	S	KNIGHT Andrew Y	Soton	14.77 901
2	E	EKOKU Abi	Belg	12.81 778
3	A	MOOLMAN Dewald	Harrow	11.87 715
4	G	KAZEMAKS Kaspars	Woking	11.66 701
5				
6				

**Shot Men B**

Posn	Bib	Athlete	Club	Perf
1	EE	MAYFIELD Peter	Belg	10.57 623
2	GG	CHAMBERS Roy	Woking	9.82 567
3	AA	MCGILLIVARY Ryan	Harrow	9.14 513
4	SS	CONNERTON Sean	Soton	7.57 375
5				
6				

**Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	A	MOOLMAN Dewald	Harrow	52.74 943
2	E	EKOKU Abi	Belg	40.94 774
3	S	UPFOLD Ben	Soton	35.94 694
4	G	KAZEMAKS Kaspars	Woking	34.50 670
5				
6				

**Discus Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	CHINERY-EDOO Saoirse	Harrow	43.11 807
2	GG	KELLY Rory	Woking	30.84 606
3	EE	MAYFIELD Peter	Belg	30.60 602
4	SS	BROWN Peter	Soton	16.97 296
5				
6				

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	A	PARK Iain	Harrow	46.59 789
2	GG	KELLY Paul	Woking	32.74 618
3	E	MAYFIELD Peter	Belg	32.68 617
4	SS	COSTLEY Peter	Soton	13.29 272
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	G	KELLY Rory	Woking	32.36 613
2	EE	IKEDA Tomonori	Belg	26.87 533
3	AA	MOOLMAN Dewald	Harrow	26.26 524
4	S	COSTLEY Max	Soton	10.79 198
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	SS	LEWIS Jacob	Soton	52.09 781
2	A	SKETCHLEY David	Harrow	51.45 772
3	G	ANDERSON Ryder	Woking	51.03 767
4	E	MAYFIELD Peter	Belg	38.71 596
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	S	WISE Joshua Y	Soton	51.68 775
2	GG	CHAMBERS Roy	Woking	50.25 757
3	AA	MURALITHARAN Mughilan X	Harrow	39.21 603
4	EE	IKEDA Tomonori	Belg	37.38 576
5				
6				

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

Posn	No.	Club	Runners	Perf
1	A	Harrow	OLANIYI Dominique Y GRANT Jerwayne CARR Richard CHINERY-EDOO Saoirse	43.20
2	S	Soton	NICHOLSON Cameron X OFFIAH Daniel CONNERTON Sean WISE Joshua Y	45.83
3	E	Belg	PIKE Timothy BURSLEM Michael HOLDEN Gareth KERSHAW Miles	46.54
4	G	Woking	0 0 0 0	47.04
5				
6				

4 x 400m Mixed A A

Posn	No.	Club	Runners	Perf
1	A	Harrow	BENJAMIN Damaine ROWLANDS Adam Y FRYDENLUND Synne COMER Hayley	03:45.66
2	E	Belg	HARRY Sian BURSLEM Michael ALBROW Jodie HOLDEN Gareth	03:48.50
3	G	Woking	0 0 0 0	03:50.26
4	S	Soton	BILLINGTON Matthew TOWNSON Lucy CHILDS Hannah Y HIGGINS Liam X	03:53.23
5				
6				

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

Wind	1.5
Club	Perf
Soton	12.19 <b>824</b>
Harrow	12.52 <b>747</b>
Woking	13.42 <b>561</b>
Belg	14.35 <b>400</b>

Posn	No.	Athlete
1	S	BRYANT Izzy
2	A	FRYDENLUND Synne
3	G	STONER Ella X
4	E	JOHNSON Grace
5		
6		

**100m Women B**

Wind	1.4
Club	Perf
Harrow	12.95 <b>654</b>
Soton	13.25 <b>593</b>
Woking	13.59 <b>529</b>

Posn	No.	Athlete
1	AA	OWOLANA Zuriel Y
2	SS	FRY Emily
3	GG	SMITH Freya Y
4		
5		
6		

**200m Women A**

Wind	+0.2
Club	Perf
Harrow	25.09 <b>801</b>
Belg	25.45 <b>762</b>
Soton	25.65 <b>741</b>
Woking	27.77 <b>538</b>

Posn	No.	Athlete
1	A	FRYDENLUND Synne
2	E	HARRY Sian
3	S	BRYANT Izzy
4	G	EATON-TRIBE Lucy X
5		
6		

**200m Women B**

Wind	+0.2
Club	Perf
Harrow	25.83 <b>722</b>
Soton	27.23 <b>586</b>
Woking	27.83 <b>533</b>

Posn	No.	Athlete
1	AA	CONNOLLY Sarah
2	SS	PROUDLEY Tabitha X
3	GG	STONER Ella X
4		
5		
6		

**400m Women A**

Club	Perf
Soton	59.64 <b>694</b>
Harrow	60.14 <b>675</b>
Belg	65.07 <b>501</b>
Woking	65.95 <b>473</b>

Posn	No.	Athlete
1	S	JENKINSON Emily
2	A	COMER Hayley
3	E	LEVERTAVICIUTE Jurgita
4	G	STAPINOIU Sandra Y
5		
6		

**400m Women B**

Club	Perf
Soton	60.02 <b>680</b>
Harrow	60.56 <b>659</b>
Woking	68.45 <b>398</b>

Posn	No.	Athlete
1	SS	CHILDS Hannah Y
2	AA	GRICE Evie
3	GG	HARRIS Emma X
4		
5		
6		

**800m Women A**

Club	Perf
Soton	02:16.13 <b>755</b>
Belg	02:22.20 <b>657</b>
Harrow	02:35.95 <b>461</b>
Woking	02:37.74 <b>438</b>

Posn	No.	Athlete
1	S	JENKINSON Emily
2	E	MADDOCKS Fiona
3	AA	FREELY Anya Y
4	G	STAPINOIU Sandra Y
5		
6		

**800m Women B**

Club	Perf
Soton	02:24.02 <b>629</b>
Woking	02:38.74 <b>425</b>

Posn	No.	Athlete
1	SS	SHORT Lucy
2	GG	HARRIS Emma X
3		
4		
5		
6		

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

Posn	No.	Athlete	Manual	1 and 2	Club	Perf
1	A	ASHE Lucy	Harrow	04:43.2	721	
2	G	COLLINGS Martha X	Woking	04:44.2	713	
3	S	KINGSTON Sarah	Soton	04:55.72	628	
4	E	HEWITT Stephanie	Belg	05:14.18	502	
5						
6						

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	GG	HOPKINS Katie Y	Woking	05:04.22 568
2	EE	MADDOCKS Fiona	Belg	05:22.83 448
3	AA	GRIMES Hettie X	Harrow	05:29.79 407
4				
5				
6				

**5000m Women A**

Posn	No.	Athlete	Club	Perf
1	A	ASHE Lucy	Harrow	17:48.40 802
2	S	FRITH Nicole	Soton	18:24.26 729
3	E	HALL Mhairi	Belg	18:44.42 689
4	G	TRINDER Kay	Woking	20:15.50 523
5				
6				

**5000m Women B**

Posn	No.	Athlete	Club	Perf
1	SS	POLDEN Hannah	Soton	19:46.36 574
2	GG	MULVIHILL Ciara Y	Woking	20:29.06 501
3	AA	ROSE-SENIOR Ellen	Harrow	21:33.31 399
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Wind	nwi	Club	Perf
1	G MORRISON Sam	Woking	15.68	704	
2					
3					
4					
5					
6					

**100m Hurdles Women B**

Posn	No.	Athlete	Wind	nwi	Club	Perf
1	GG	SMITH Freya Y	Woking	17.22	565	
2						
3						
4						
5						
6						

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	A	COMER Hayley	Harrow	63.72 774
2	G	BARKER Ella X	Woking	68.39 650
3	E	ALBROW Jodie	Belg	68.48 648
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	AA	JENNINGS Rebecca	Harrow	65.95 714
2	GG	BAULK Florence Y	Woking	76.31 459
3				
4				
5				
6				



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

Posn	No.	Athlete	Manual	First
			Club	Perf
1	A	ROSE-SENIOR Ellen	Harrow	06:39.2 465
2	G	OWEN Henrietta Y	Woking	07:25.17 299
3				
4				
5				
6				

**1500m S/Chase Women B**

Posn	No.	Athlete	Club	Perf
1	GG		Woking	07:25.18 299
2				
3				
4				
5				
6				

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	S	COWELL Emma	Soton	1.55 705
2	E	ALBROW Jodie	Belg	1.50 651
3	GG	EATON-TRIBE Lucy X	Woking	1.45 596
4	A	FOLEY Laura-Jane X	Harrow	1.45 596
5				
6				

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	SS	ODELL Lucy X	Soton	1.45 596
2	EE	JOHNSON Grace	Belg	1.45 596
3	G	MORRISON Sam	Woking	1.40 542
4				
5				
6				

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	G	MORRISON Sam	Woking	3.20 680
2	AA	GBADEBO Noella Y	Harrow	1.80 316
3				
4				
5				
6				

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
1	GG	TRINDER Kay	Woking	2.10 397
2	A	FOLEY Laura-Jane X	Harrow	1.60 259
3				
4				
5				
6				

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

Posn	Bib	Athlete	Club	Perf	
1	AA	CONNOLLY Sarah	Harrow	5.62	801
2	S	ODELL Lucy X	Soton	5.15	694
3	G	EATON-TRIBE Lucy X	Woking	4.89	635
4					
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	A	CAMPBELL Tianna X	Harrow	4.67	585
2	GG	MORRISON Sam	Woking	4.51	549
3	SS	PROUDLEY Tabitha X	Soton	4.51	549
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	OMITOWOJU Ade	Harrow	11.98	818
2	E	CALLENBERG Mia	Belg	9.75	583
3	G	MORRISON Sam	Woking	9.72	580
4					
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	AA	CAMPBELL Tianna X	Harrow	10.20	632
2	GG	OWEN Henrietta Y	Woking	9.51	557
3					
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	G	GATRELL Eleanor	Woking	13.01	918
2	AA	ADEBAYO Dara Y	Harrow	12.09	861
3	E	CALLENBERG Mia	Belg	10.68	769
4	S	FRY Emily	Soton	8.41	605
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	A	NWAWULOR Marilyn	Harrow	12.01	856
2	GG	MANCHESTER Orla X	Woking	8.44	607
3	SS	JENKINSON Emily	Soton	7.84	559
4	EE	DINHAM Natalie	Belg	5.29	316
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	E	CALLENBERG Mia	Belg	37.34	838
2	G	MANCHESTER Orla X	Woking	36.03	820
3	A	BEARDMORE Emma	Harrow	35.61	814
4	SS	JENKINSON Emily	Soton	28.11	698
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	GG	GATRELL Eleanor	Woking	35.90	818
2	S	HUNTER Emma Y	Soton	27.34	685
3	AA	OWUSU-BEMPAH Emmanuella	Harrow	18.81	516
4	EE	DINHAM Natalie	Belg	10.50	253
5					
6					

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

Posn	Bib	Athlete	Club	Perf	
1	A	BEARDMORE Emma	Harrow	49.09	845
2	E	CALLENBERG Mia	Belg	40.89	751
3	G	GATRELL Eleanor	Woking	38.12	717
4	S	FRY Emily	Soton	21.91	485
5					
6					

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	GG	ELLIS Tori-rose Y	Woking	34.56	671
2	AA	OWUSU-BEMPAH Emmanuella	Harrow	19.59	445
3	EE	DINHAM Natalie	Belg	17.90	414
4	SS	MACDONALD-GRAY Sara	Soton	17.60	408
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf	
1	G	BAULK Florence Y	Woking	34.79	802
2	E	ALBROW Jodie	Belg	30.77	741
3	AA	NWAWULOR Marilyn	Harrow	29.90	728
4	S	COWELL Emma	Soton	25.87	661
5					
6					

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	A	CONNOLLY Sarah	Harrow	29.01	713
2	SS	JENKINSON Emily	Soton	23.41	617
3	GG	GATRELL Eleanor	Woking	20.66	563
4	EE	DINHAM Natalie	Belg	12.54	366
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	A	Harrow	OWOLANA Zuriel Y FRYDENLUND Synne ASHBOURNE Mya X GAUL Jennifer X	49.80
2	S	Soton	PROUDLEY Tabitha X BUTCHER Elizabeth EADES-SCOTT Emily X BRYANT Izzy	50.91
3	G	Woking	EATON-TRIBE Lucy X STONER Ella X SMITH Freya Y MORRISON Sam	51.90
4	E	Belg	HARRY Sian JOHNSON Grace ALBROW Jodie MADDOCKS Fiona	53.75
5				
6				

**4 x 400m Mixed B A**

Posn	No.	Club	Runners	Perf
1	A	Harrow	GRICE Evie ASHE Lucy BROOM Anthony BICKERSTAFF Sam Y	03:58.44
2	G	Woking	- - - -	04:06.05
3	E	Belg	PIKE Timothy MADDOCKS Fiona HALL Mhairi KERSHAW Miles	04:07.66
4	S	Soton	BRESSINGTON Calum NEILL Tia X ODELL Lucy X WOODMAN Riley X	04:12.34
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 1 Harrow

19/05/2019

**NON-SCORERS****100m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
					+0.7
1	575	HARDING William X		Woking	11.98
2	582	VERRILLS Tom X		Woking	12.06
3	138	BEAK Steve		Woking	12.41
4	588	SAMUEL Rohan		Harrow	12.46
5	533	CONNERTON Sean		Soton	12.57
6	574	BALL Michael		Woking	15.35

**NON-SCORERS****100m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
					+1.4
1	568	NWAWULOR Marilyn		Harrow	12.51
2	589	GBADEBO Noella Y		Harrow	13.17
3	544	BUTCHER Elizabeth		Soton	13.86
4					
5					
6					

**100m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
					Wind
1	577	BENJAMIN Damaine		Harrow	11.26
2	585	OLANIYI Dominique Y		Harrow	11.29
3	573	WOOD Joshua		Harrow	11.71
4	579	HADDEN-WIGHT Harry		Woking	11.72
5	583	BROOM Anthony		Harrow	11.76
6	576	KAZEMAKS Kaspars		Woking	11.95

**100m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
					Wind +0.2
1	571	JERVIER Milan X		Harrow	12.83
2	572	GAUL Jennifer X		Harrow	13.10
3	553	KENNEDY Shannon	SW	Harrow	13.60
4	564	JONES Krisanne		Woking	13.64
5	548	NEILL Tia X		Soton	13.75
6	556	EVE Helen		Woking	15.58

**200m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
					Wind +0.2
1	575	HARDING William X		Woking	24.96
2	567	TERRY Charlie X		Woking	25.46
3	535	NICHOLSON Cameron X		Soton	25.99
4	574	BALL Michael		Woking	32.95
5					
6					

**200m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
					Wind +0.2
1	571	JERVIER Milan X		Harrow	27.42
2	545	ODELL Lucy X		Soton	27.49
3	553	KENNEDY Shannon	SW	Harrow	27.90
4	548	NEILL Tia X		Soton	27.99
5	564	JONES Krisanne		Woking	28.38
6	544	BUTCHER Elizabeth		Soton	29.77

**400m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	537	BRESSINGTON Calum		Soton	52.96
2	586	NGACHE IKAKA Nikowe X		Harrow	56.40
3					
4					
5					
6					

**400m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	547	TOWNSON Lucy		Soton	63.05
2	562	DI NOLFI Natasha		Woking	71.14
3					
4					
5					
6					

**800m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	549	BICKERSTAFF Alex X		Harrow	2:20.37
2	550	KABEL Jason	M45	Harrow	2:21.35
3					
4					
5					
6					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	558	MUSSELWHITE Jacqueline		Woking	2:47.95
2	561	GONCALVES Ines Y		Woking	2:53.94
3	557	EVE Sarah Y		Woking	3:00.06
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Division 1 Harrow

19/05/2019

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	538	WRIGHT Edward Y		Soton	4:17.87
2	532	ANDREWS Nick	M45	Harrow	4:40.65
3	542	BILLINGTON Matthew		Soton	5:00.59
4	597	JHOOTI Samar X		Harrow	5:16.45
5	550	KABEL Jason	M45	Harrow	5:19.26
6					

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	560	SMITH Rebekah Y		Woking	5:28.38
2					
3					
4					
5					
6					

**3000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	540	MERRITT Peter		Soton	9:44.01
2	539	BARRY-CARROLL Liam		Soton	9:46.37
3	591	BRADBURY Bob		Woking	10:24.21

**5000m Women**

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

**200m Men**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	554	SEMPALA Hisham		Harrow	23.05	+0.1
2	596	GRANT Jerwayne		Harrow	23.36	
3	594	ROWLANDS Adam Y		Harrow	23.43	
4	592	BROWN Nickarlo Y		Harrow	23.99	
5	582	VERRILLS Tom X		Woking	24.42	
6	534	WOODMAN Riley X		Soton	25.37	

**200m Women**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	572	GAUL Jennifer X		Harrow	26.90	+0.2
2	562	DI NOLFI Natasha		Woking	31.26	
3	556	EVE Helen		Woking	33.31	
4						
5						
6						

**3000m S/Chase Men**

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

**1500m 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	578	ALLEN Robert		Harrow	31.71 (6k)
2					
3					
4					
5					
6					

**Hammer Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	563	KELLY Freya X		Woking	24.80
2	559	MANCHESTER Orla X		Woking	34.88
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Division 1 Harrow

19/05/2019

Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	581	IKEDA Tomonori		Belg	30.33
2	555	EVANS Peter		Woking	37.87
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	565	KAPOTWE Alicia X		Woking	25.70
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	569	CHINERY-EDOO Saoirse		Harrow	40.86
2	593	BARBER Finlay Y		Woking	45.74
3	595	UPFOLD Ben		Soton	40.30
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	557	EVE Sarah Y		Woking	22.02
2	600	OWUSU-BEMPAH Emmanuelli		Harrow	26.83 (500g)
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	555	EVANS Peter		Woking	10.91
2	569	CHINERY-EDOO Saoirse		Harrow	11.05
3	581	IKEDA Tomonori		Belg	9.63

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	563	KELLY Freya X		Woking	7.02
2	552	CONNOLLY Sarah		Harrow	10.24
3	590	BEARDMORE Emma		Harrow	10.65
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	566	MANN Luke Y		Woking	5.67
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					
2					
3					
4					
5					
6					

Triple Jump Women

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

## SOUTHERN ATHLETICS LEAGUE Division 1 Harrow

19/05/2019High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	567	TERRY Charlie X		Woking	1.50
2	566	MANN Luke Y		Woking	1.70
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	551	WEST Joseph		Harrow	3.60
2	584	MIRANDA Rubem		Harrow	5.00
3					
4					
5					
6					

Pole Vault Women

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