

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 1	
MATCH	4	
VENUE	Bromley	
P/FINISH	YES	
		1

Date Saturday, July 13 2019

Venue Bromley

Host Club Blackheath & Bromley Harriers AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
B	Blackheath & Bromley Harriers AC	B&B	20	108.0	14.0	68.0	210.0
G	Woking AC	Woking	20	73.0	7.0	87.0	187.0
T	Thames Valley Harriers	TVH	20	84.0	13.0	71.0	188.0
H	City of Norwich	Norwich	20	72.0	6.0	82.0	180.0
0			0	0.0	0.0	0.0	0.0
0			0	0.0	0.0	0.0	0.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Blackheath & Bromley Harriers AC	210.0	4.0	0.00	0.00	210.0	4.0	1
2	Thames Valley Harriers	188.0	3.0	0.00	0.00	188.0	3.0	2
3	Woking AC	187.0	2.0	0.00	0.00	187.0	2.0	3
4	City of Norwich	180.0	1.0	0.00	0.00	180.0	1.0	4
0		0.0	0.0	0.00	0.00	0.0	0.0	0
0		0.0	0.0	0.00	0.00	0.0	0.0	0

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

Scoring System Top 10

Men		Club	Event	Perf	Points
1	BROWN Callum	Norwich	Hammer Men A	63.07	960
2	HUNT Liam	Norwich	110m Hurdles Men A	15.01	818
3	ALADESE Dele	B&B	Discus Men A	43.76	817
4	AWDE David	Woking	400m Hurdles Men A	55.06	801
5	JAMES Armani	TVH	Triple Jump Men A	13.79	796
5	GREENHALGH James	Norwich	400m Hurdles Men A	55.20	796
5	KNIGHT Matthew Y	B&B	200m Men A	22.16	796
8	ADEKUNLE Michael	TVH	High Jump Men A	1.93	785
9	THOMAS-CAMPBELL Shamar	B&B	100m Men A	10.93	782
10	SCHOFIELD Josh	B&B	3000m Men A	08:39.10	768
Women		Club	Event	Perf	Points
1	BROADBELT-BLAKE Angelita	TVH	100m Hurdles Women A	13.70	904
2	VICKERY Gemma	Norwich	Hammer Women A	52.87	886
3	GATRELL Eleanor	Woking	Shot Women A	12.19	868
4	GALLEY Krystal	B&B	400m Women A	55.83	850
5	SOUSA Nanci	TVH	Javelin Women A	38.12	849
6	TAPPIN Jessica	TVH	200m Women A	24.74	840
7	HILL Alex	B&B	400m Hurdles Women A	61.83	827
8	MARSDEN Carys Y	B&B	Discus Women A	35.87	818
9	GATRELL Eleanor	Woking	Discus Women A	35.69	815
10	HAYNES Tianna X	B&B	100m Women A	12.25	810

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**

<b>100m Men A</b>				Wind	+0.9	<b>100m Men B</b>				Wind	+0.9
Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf	
1	BB	THOMAS-CAMPBELL Shamar	B&B	10.93	782	1	B	BOVELL Duayne	B&B	10.98	766
2	G	LEACOCK Thomas X	Woking	11.27	675	2	T	GRINDLE James X	TVH	11.31	663
3	TT	OWEN Laurence	TVH	11.30	666	3	HH	PALMER Louis Y	Norwich	11.61	577
4	H	MCLELLAN Tristan Y	Norwich	11.45	622	4	GG	BALL Kenneth Y	Woking	11.89	503
5						5					
6						6					

  

<b>200m Men A</b>				Wind	-0.1	<b>200m Men B</b>				Wind	-0.1
Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf	
1	B	KNIGHT Matthew Y	B&B	22.16	796	1	BB	DAMOAH Michael	B&B	22.60	727
2	T	GRINDLE James X	TVH	22.80	697	2	TT	OWEN Laurence	TVH	23.09	655
3	H	PALMER Louis Y	Norwich	22.99	669	3	HH	MCLELLAN Tristan Y	Norwich	23.34	619
4	G	LEACOCK Thomas X	Woking	23.19	640	4	GG	BALL Kenneth Y	Woking	24.23	503
5						5					
6						6					

  

<b>400m Men A</b>				<b>400m Men B</b>							
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	B	LAYNE Jordan	B&B	50.13	754	1	BB	HERRING Adam	B&B	51.66	666
2	T	STOLL Scott	TVH	51.05	700	2	TT	MOHAMED Abdiqadir	TVH	52.29	631
3	H	BEADLE Kai Y	Norwich	51.49	675	3	GG	CHAMBERS Roy	Woking	54.99	495
4	G	JACKSON Aidan Y	Woking	55.73	461	4	HH	FITZGERALD Mark Y	Norwich	55.20	485
5					5						
6					6						

  

<b>800m Men A</b>				<b>800m Men B</b>							
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	H	BILYARD Tyler Y	Norwich	01:56.73	752	1	T	WIJTENBURG Olivier	TVH	01:59.61	678
2	TT	MOHAMED Abdiqadir	TVH	01:57.09	743	2	BB	FUSS Calvin	B&B	02:02.30	613
3	B	DAVIS Charlie	B&B	02:00.19	664	3	HH	WHITING Edward Y	Norwich	02:04.77	556
4	G	SPENCER James Y	Woking	02:06.14	526	4	GG	WEEDON Ollie	Woking	02:17.47	317
5					5						
6					6						

  

<b>1500m Men A</b>				<b>1500m Men B</b>							
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	BB	SCHOFIELD Josh	B&B	04:01.85	729	1	B	DAVIS Charlie	B&B	04:03.85	707
2	TT	MOHAMED Abdiqadir	TVH	04:04.26	702	2	H	MAHONEY Will Y	Norwich	04:07.28	668
3	HH	SIMM Will Y	Norwich	04:05.27	691	3	T	VALLANCE Robert	TVH	04:15.60	581
4	GG	BULL Joseph	Woking	04:30.01	448	4	G	SPENCER James Y	Woking	04:33.09	422
5					5						
6					6						

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**3000m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	BB	SCHOFIELD Josh	B&B	08:39.10	768
2	H	CRUSH Gary	Norwich	08:58.89	667
3	T	GARCIA-RASINES Daniel	TVH	08:59.73	663
4	G	BULL Joseph	Woking	09:49.95	441
5					
6					

**3000m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	B	FRANCIS Matthew Y	B&B	09:09.52	616
2	TT	HORREX James	TVH	09:51.33	435
3	HH	WHITING Edward Y	Norwich	10:08.59	371
4	GG	TRERISE Connor Y	Woking	10:10.53	364
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-0.2
1	H	HUNT Liam	Norwich	15.01	818
2	G	KAZEMAKS Kaspars	Woking	16.53	658
3					
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	GG	KELLY Rory	Woking	16.55	656
2	HH	GREENHALGH James	Norwich	16.90	622
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	G	AWDE David	Woking	55.06	801
2	HH	GREENHALGH James	Norwich	55.20	796
3	T	MORGAN Ben	TVH	59.35	662
4	B	FISHER Henry Y	B&B	60.00	642
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	H	MARSHALL Chris	Norwich	58.92	676
2	BB	GREGORY James X	B&B	62.20	577
3	GG	CHAMBERS Roy	Woking	67.71	428
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley****13/07/2019****3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	B	EVANS Gareth	B&B	0.01	537
2	G	WATERS Shaun X	Woking	0.01	449
3	H	BILYARD Tyler Y	Norwich	0.01	319
4	TT	BLOOMER Shane	TVH	0.01	262
5					
6					

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	GG	BRENCHLEY Matthew	Woking	0.01	317
2	T	WOODGATE Paul	TVH	0.01	175
3					
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	ADEKUNLE Michael	TVH	1.93	785
2	H	GRAPES Matt	Norwich	1.88	744
3	B	WILSON Blair	B&B	1.68	578
4	GG	KELLY Rory	Woking	1.68	578

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	HH	BEADLE Kai Y	Norwich	1.68	578
2	TT	MORGAN Ben	TVH	1.63	536
3	BB	GREGORY James X	B&B	1.63	536
4	G	AWDE David	Woking	1.48	410

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	G	AWDE David	Woking	3.85	665
2	T	VILGA Stanislav	TVH	3.80	654
3	B	PLATT Roger	B&B	2.75	426
4	H	SLATER Gordon	Norwich	2.35	336

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	GG	KAZEMAKS Kaspars	Woking	3.80	654
2	TT	MORGAN Ben	TVH	3.55	601
3	BB	AYRES Timothy	B&B	1.95	244

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	MACDONALD Rhys	B&B	6.36	725
2	TT	OWEN Laurence	TVH	6.33	719
3	G	KAZEMAKS Kaspars	Woking	6.0	654
4	H	HAMMENT RUSSELL Jack X	Norwich	5.37	530
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	T	JAMES Armani	TVH	6.01	656
2	GG	AWDE David	Woking	5.78	611
3	BB	WILSON Blair	B&B	5.23	503
4	HH	MCLELLAN Tristan Y	Norwich	3.65	201
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	JAMES Armani	TVH	13.79	796
2	HH	BEADLE Kai Y	Norwich	11.87	612
3	B	RAHIM Abdul X	B&B	11.84	609
4	G	AWDE David	Woking	11.51	576
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	H	FITZGERALD Mark Y	Norwich	11.53	578
2	TT	MORGAN Ben	TVH	11.39	564
3	BB	WILSON Blair	B&B	10.89	513
4	GG	KELLY Rory	Woking	10.82	506
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	TT	JAMES Armani	TVH	11.64	699
2	HH	BROWN Callum	Norwich	11.58	695
3	G	KAZEMAKS Kaspars	Woking	11.28	674
4	B	ALADESE Dele	B&B	10.07	586
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	H	MANNING Declan	Norwich	11.58	695
2	GG	CHAMBERS Roy	Woking	9.35	530
3	T	VOGEL Florian	TVH	9.19	517
4	BB	WILSON Blair	B&B	9.01	502
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	ALADESE Dele	B&B	43.76	817
2	HH	BROWN Callum	Norwich	37.89	726
3	GG	KELLY Rory	Woking	32.89	642
4	TT	MORGAN Ben	TVH	30.67	603
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	BARTLETT Philip Y	B&B	38.94	743
2	H	MANNING Declan	Norwich	35.31	684
3	G	KAZEMAKS Kaspars	Woking	29.30	577
4	T	VOGEL Florian	TVH	20.41	389
5					
6					

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	H	BROWN Callum	Norwich	63.07	960
2	B	SHORT Charlie Y	B&B	36.09	663
3	GG	KELLY Paul	Woking	34.76	645
4	T	VOGEL Florian	TVH	18.83	395
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	HH	MANNING Declan	Norwich	36.35	666
2	G	KELLY Rory	Woking	32.55	616
3	BB	AYRES Timothy	B&B	18.23	384
4	TT	VILGA Stanislav	TVH	16.71	352
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	G	CHAMBERS Roy	Woking	49.57	747
2	H	BROWN Callum	Norwich	39.19	603
3	BB	OKLA Alexander	B&B	35.59	549
4	T	VOGEL Florian	TVH	34.87	538
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	GG	AWDE David	Woking	35.03	541
2	B	WILSON Blair	B&B	31.33	483
3	TT	CAREY Matthew	TVH	27.48	419
4	HH	SLATER Gordon	Norwich	20.77	298
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	B	B&B	BOVELL Duayne KNIGHT Matthew Y DAMOAH Michael OGBEDEH Chizute Norbert	42.77
2	T	TVH	JOSEPH Ebenezer JOO Tamas OWEN Laurence GRINDLE James X	43.73
3	G	Woking	BALL Kenneth Y LEACOCK Thomas X FOSTER Joseph Y HADDEN-WIGHT Harry	44.41
4	H	Norwich	0 0 0 0	44.54
5				
6				

**Mixed M&W 4 x 400m B A**

Posn	No.	Club	Runners	Perf
1	BB	B&B	FISHER Stephanie Y LAYNE Jordan	03:53.13
2	TT	TVH	CASEY Madeline X VALLANCE Robert	03:56.96
3	GG	Woking	LAFRENIERE Bea BALL Kenneth Y	04:16.85
4	HH	Norwich	0 0	04:21.19
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
					+1.2
1	B	HAYNES Tianna X	B&B	12.25	810
2	TT	TAPPIN Jessica	TVH	12.31	796
3	G	READ Emily Y	Woking	12.66	716
4	HH	FRANKLAND Elenor	Norwich	13.05	634
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
					+1.2
1	T	BROADBELT-BLAKE Angelita	TVH	12.35	786
2	BB	CIENCIALA Katia Y	B&B	12.77	692
3	H	OGODA Simone Y	Norwich	13.11	621
4	GG	SMITH Freya Y	Woking	13.45	555
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
					+1.2
1	T	TAPPIN Jessica	TVH	24.74	840
2	B	HAYNES Tianna X	B&B	25.50	756
3	G	READ Emily Y	Woking	25.72	733
4	H	BROWN Hannah	Norwich	26.01	703
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
					+1.2
1	BB	BROWN Laura Y	B&B	26.85	621
2	HH	OGODA Simone Y	Norwich	27.18	590
3	TT	JACKSON QUIGLEY Tia X	TVH	27.85	531
4	GG	BARRATT Hannah Y	Woking	29.19	425
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	
1	B	GALLEY Krystal	B&B	55.83	850
2	H	BROWN Hannah	Norwich	57.90	763
3	T	CASEY Amelia Y	TVH	61.18	636
4	G	LAFRENIERE Bea	Woking	65.53	486
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	
1	BB	HILL Alex	B&B	58.89	724
2	HH	TAYLOR Ellie Y	Norwich	61.66	618
3	TT	BROOKS Dominika	TVH	63.61	550
4	GG	HARRIS Emma X	Woking	68.00	411
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	
1	T	OLDING Katie	TVH	02:20.83	678
2	H	TAYLOR Ellie Y	Norwich	02:21.42	669
3	B	DOLBY Ellie X	B&B	02:22.30	655
4	G	HARRIS Emma X	Woking	02:36.11	458
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	
1	BB	HARPER Daniella X	B&B	02:26.72	588
2	HH	PEACH Sophie Y	Norwich	02:33.16	497
3	TT	VALLANCE Rosie	TVH	02:41.28	394
4	GG	BAULK Florence Y	Woking	02:54.84	249
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	T	OLDING Katie	TVH	04:57.76 613
2	B	NEAL Jessica X	B&B	05:03.30 575
3	H	HOWE Lauren	Norwich	05:05.44 560
4	G	MULVIHILL Ciara Y	Woking	05:21.88 454
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	BB	LEACH Amy Y	B&B	05:06.42 553
2	TT	CASEY Madeline X	TVH	05:13.72 505
3	GG	BHANOT Kavita	Woking	05:54.29 278
4				
5				
6				

**5000m Women A**

Posn	No.	Athlete	Club	Perf
1	B	BRADSHAW Jane	B&B	20:15.64 523
2	T	LOU Fran	TVH	21:13.08 430
3	GG	MULVIHILL Ciara Y	Woking	22:31.37 316
4				
5				
6				

**5000m Women B**

Posn	No.	Athlete	Club	Perf
1	BB	LENG Jenny	B&B	22:06.43 351
2	G	BHANOT Kavita	Woking	22:31.39 316
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	T BROADBELT-BLAKE Angelita	TVH	13.70 904	+1.3
2	G MORRISON Sam	Woking	17.09 576	
3	BB PLATT Holly Y	B&B	18.01 498	
4	HH OGODA Simone Y	Norwich	20.38 322	
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	GG	MAURER Clare	Woking	17.17 569	+1.3
2	H	CHAN York see	Norwich	20.39 322	
3	B	DAVIES Anastasia	B&B	DIS	
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	B	HILL Alex	B&B	61.83 827
2	G	LAFRENIERE Bea	Woking	73.78 517
3	H	CLARK Katie	Norwich	74.66 496
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	GG	BAULK Florence Y	Woking	81.36 351
2	BB	YAPP Donelle	B&B	85.28 275
3				
4				
5				
6				



**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley****13/07/2019****1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	TT	VALLANCE Rosie	TVH	05:55.46	583
2	H	PEACH Sophie Y	Norwich	06:02.79	552
3	GG	BAULK Florence Y	Woking	06:33.25	433
4	BB	PLATT Holly Y	B&B	06:36.07	423
5					
6					

**1500m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	G	MORRISON Sam	Woking	06:34.54	429
2	T	LOU Fran	TVH	06:41.42	404
3	B	YAPP Donelle	B&B	07:10.15	309
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	BARRETT Angela	TVH	1.48	629
2	GG	MAURER Clare	Woking	1.43	574
3	B	PRENTICE Alice Y	B&B	1.43	574
4	H	BROWN Hannah	Norwich	1.38	520

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	G	MORRISON Sam	Woking	1.38	520
2	BB	BRIDGE Isabelle Y	B&B	1.38	520
3	HH	HERBERT Caitlin	Norwich	1.33	465

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	G	MAURER Clare	Woking	3.50	754
2	BB	PLATT Holly Y	B&B	2.80	579

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	GG	MORRISON Sam	Woking	3.00	630
2	B	BARRETT Eleanor Y	B&B	2.70	554

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	HH	FRANKLAND Elenor	Norwich	5.10	682
2	BB	MARTIAL Zoe Y	B&B	5.07	676
3	T	POHLMANN Kerstin	TVH	4.87	630
4	GG	MAURER Clare	Woking	4.13	464
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	H	CHAN York see	Norwich	5.0	660
2	B	BAKER Claudia X	B&B	4.77	607
3	G	MORRISON Sam	Woking	4.09	455
4	TT	LOU Fran	TVH	2.98	214
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	CHAN York see	Norwich	10.86	701
2	T	POHLMANN Kerstin	TVH	10.80	695
3	G	MAURER Clare	Woking	10.31	643
4	BB	STEPHANOU Eva X	B&B	9.59	566
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	HH	HERBERT Caitlin	Norwich	9.78	587
2	GG	EVE Maryanne	Woking	9.35	540
3	B	PLATT Holly Y	B&B	9.30	535
4	TT	LOU Fran	TVH	5.87	131
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	G	GATRELL Eleanor	Woking	12.19	868
2	TT	BARRETT Angela	TVH	9.73	703
3	H	VICKERY Gemma	Norwich	8.85	639
4	B	MARSDEN Carys Y	B&B	7.17	503
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	T	SOUSA Nanci	TVH	8.21	589
2	HH	HENDERSON Sara	Norwich	7.75	552
3	GG	MORRISON Sam	Woking	7.49	530
4					
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	B	MARSDEN Carys Y	B&B	35.87	818
2	G	GATRELL Eleanor	Woking	35.69	815
3	H	VICKERY Gemma	Norwich	29.39	719
4	T	SOUSA Nanci	TVH	28.88	711
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	GG	BARRATT Hannah Y	Woking	21.26	570
2	TT	BARRETT Angela	TVH	20.70	558
3	HH	HENDERSON Sara	Norwich	18.86	517
4	BB	PLATT Holly Y	B&B	16.71	465
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 1 Bromley**
**13/07/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	VICKERY Gemma	Norwich	52.87	886
2	G	GATRELL Eleanor	Woking	39.62	735
3	B	MARSDEN Carys Y	B&B	38.70	724
4	T	SOUSA Nanci	TVH	17.86	413
5					
6					

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	GG	BARRATT Hannah Y	Woking	22.70	498
2	HH	BROWN Lorraine	Norwich	20.36	458
3					
4					
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	SOUSA Nanci	TVH	38.12	849
2	G	BAULK Florence Y	Woking	34.50	798
3	H	CLARK Katie	Norwich	22.52	600
4	BB	DAVIES Anastasia	B&B	20.64	563
5					
6					

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	TT	BARRETT Angela	TVH	24.50	637
2	HH	HENDERSON Sara	Norwich	21.99	590
3	GG	GATRELL Eleanor	Woking	20.56	561
4	B	HARPER Sophia Y	B&B	15.44	446
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	B	B&B	CIENCIALA Katia Y HARPER Sophia Y HAYNES Tianna X BROOKS Mhairi Y	50.10
2	T	TVH	JACKSON QUIGLEY Tia X TAYLOR Jasmin X POHLMANN Kerstin MUNDABI Olivia	51.61
3	G	Woking	READ Emily Y LAFRENIERE Bea MAURER Clare MORRISON Sam	52.17
4	H	Norwich	0 0 0 0	52.99
5				
6				

**Mixed M&W 4 x 400m A A**

Posn	No.	Club	Runners	Perf
1	T	TVH	STOLL Scott OLDING Katie BARRETT Angela MOHAMED Abdiqadir	03:41.36
2	H	Norwich	0 0 0 0	03:42.51
3	B	B&B	HERRING Adam KNIGHT Matthew Y DOLBY Ellie X PULLIN Kelsey X	03:47.85
4	G	Woking	KAZEMAKS Kaspars AWDE David MAURER Clare READ Emily Y	03:50.25
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 1 Bromley

13/07/2019

**NON-SCORERS**100m Men

Posn	Bib	Athlete	Age	Club	Perf
1	5	HAMMENT RUSSELL Jack X		Norwich	11.42
2	19	FOSTER Joseph Y		Woking	11.51
3	6	MORENO MENA Louie Y		Norwich	11.84
4	17	KAZEMAKS Kaspars		Woking	11.84
5	45	JOO Tamas		TVH	11.85
6	22	HENDERSON Ryan X		Woking	11.98
7	1	SANTOS Kevin Y		Norwich	12.00
8	20	BALLE Bryan X		Woking	12.04

**NON-SCORERS**200m Men

Posn	Bib	Athlete	Age	Club	Perf
1	19	FOSTER Joseph Y		Woking	23.53
2	18	HADDEN-WIGHT Harry		Woking	23.53
3	17	KAZEMAKS Kaspars		Woking	23.88
4	20	BALLE Bryan X		Woking	24.33
5	9	FITZGERALD Mark Y		Norwich	25.20
6					
7					
8					

100m Men

Wind +1.7

Posn	Bib	Athlete	Age	Club	Perf
1	37	DAMOAH Michael		B&B	11.03
2	35	KNIGHT Matthew Y		B&B	11.10
3	36	OGBEDEH Chizute Norbert Y		B&B	11.17
4	18	HADDEN-WIGHT Harry		Woking	11.47
5	46	JOSEPH Ebenezer		TVH	11.55
6	43	CAREY Matthew		TVH	12.02
7	41	AKUE-ASSOUMOU Berenger		TVH	12.44
8					

100m Women

Wind +0.3

Posn	Bib	Athlete	Age	Club	Perf
1	34	BARRETT Angela		TVH	12.65
2	30	MUNDABI Olivia		TVH	12.89
3	15	OTOMEWO Ofejiro X		B&B	13.04
4	14	HARPER Sophia Y		B&B	13.53
5	16	VALLINS Louisa		B&B	13.59
6	10	AKOMAH Mercy		Norwich	14.94
7	4	EVE Helen		Woking	15.09
8					

200m Men

Wind +0.1

Posn	Bib	Athlete	Age	Club	Perf
1	36	OGBEDEH Chizute Norbert Y		B&B	22.80
2	29				22.94
3	63				23.48
4	43	CAREY Matthew		TVH	24.65
5	41	AKUE-ASSOUMOU Berenger		TVH	25.29
6					
7					
8					

200m Women

Wind +1.0

Posn	Bib	Athlete	Age	Club	Perf
1	61	CIENCIALA Katia Y		B&B	26.49
2	32	TAYLOR Jasmin X		TVH	26.98
3	57				27.00
4	55	PULLIN Kelsey X		B&B	27.01
5	54	HARRIS Karina Y		B&B	28.07
6	16	VALLINS Louisa		B&B	28.38
7					
8					

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

400m Women

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

## SOUTHERN ATHLETICS LEAGUE Division 1 Bromley

13/07/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	13	REID Prince Y		B&B	2:01.86
2	38	HUSSEY Oscar		B&B	2:02.39
3	42	BLOOMER Shane		TVH	2:13.95
4	51	UMASHANKAR Shami X		TVH	2:20.53
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	7	BILYARD Tyler Y		Norwich	4:07.88
2	49	ROCK Basil X		TVH	4:31.28
3	25	MOGFORD Alex		Woking	4:47.90
4	51	UMASHANKAR Shami X		TVH	4:52.70
5	44	HORREX Thomas		TVH	4:58.84
6					

**1500m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	33	VALLANCE Rosie		TVH	5:29.43
2	62	PANTON Bethany X		B&B	5:38.85
3					
4					
5					
6					

**3000m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	25	MOGFORD Alex		Woking	9:52.88
2	42	BLOOMER Shane		TVH	10:03.24
3	60	LENG Jake X		B&B	10:07.78
4	56	SALAKO Ifetobi Y		B&B	10:19.84
5	48	NORRIS Stephen		TVH	10:26.34
6					

**3000m Women**

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

**110m Hurdles Men**

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

**100m Hurdles Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	27	SMITH Freya Y		Woking	DNF	
2						
3						
4						
5						
6						

**S/Chase Men**

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

**S/Chase Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 1 Bromley

13/07/2019

Hammer Men

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

Hammer Women

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

Discus Men

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

Discus Women

Posn	Bib	Athlete	Age	Club	Perf
1	12	BROWN Lorraine		Norwich	19.42
2					
3					
4					
5					
6					

Javelin Men

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

Javelin Women

Posn	Bib	Athlete	Age	Club	Perf
1	12	BROWN Lorraine		Norwich	21.61
2					
3					
4					
5					
6					

Shot Men

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

Shot Women

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

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	22	HENDERSON Ryan X		Woking	5.13
2					
3					
4					
5					
6					

Long Jump Women

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

## SOUTHERN ATHLETICS LEAGUE Division 1 Bromley

13/07/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	1	SANTOS Kevin Y		Norwich	10.81
2					
3					
4					
5					
6					

Triple Jump Women

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

High Jump Men

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

High Jump Women

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

Pole Vault Men

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

Pole Vault Women

Posn	Bib	Athlete	Age	Club	Perf
1	2	HERRING Adam		B&B	
2					
3					
4					
5					
6					

4x 100m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 100m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					