

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 1	
MATCH	5	
VENUE	Colchester	
P/FINISH	NO	

Date Saturday, August 17 2019

Venue Colchester

Host Club Colchester Harriers

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
O	Colchester Harriers	Colc	20	113.0	13.0	74.0	220.0
Y	Crawley AC	Craw	20	77.0	12.0	88.0	197.0
G	Woking AC	Woking	20	93.0	11.0	95.0	219.0
R	Reading AC	Read	10	69.0	2.0	54.0	135.0
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	Colchester Harriers	220.0	4.0	0.00	0.00	220.0	4.0	1
2	Woking AC	219.0	3.0	0.00	0.00	219.0	3.0	2
3	Crawley AC	197.0	2.0	0.00	0.00	197.0	2.0	3
4	Reading AC	135.0	1.0	0.00	0.00	135.0	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					
	Men	Club	Event	Perf	Points
1	HEAWOOD Sam	Craw	Shot Men A	16.33	953
2	STAPLES Scott	Craw	Javelin Men A	66.24	921
3	HAMBLIN James	Colc	Hammer Men A	59.07	838
4	HOPKINS George X	Woking	Pole Vault Men A	4.45	832
5	PRAIM-SINGH Billy	Colc	Hammer Men B	56.43	814
6	AWDE David	Woking	400m Hurdles Men A	56.3	798
7	RAJKUMAR Jacob	Read	High Jump Men A	1.95	794
8	YOUNG Jake	Colc	400m Men A	49.7	780
9	DOBSON Charlie	Colc	100m Men A	11.0	768
9	AKINBOH Akin Y	Colc	100m Men B	11.0	768

Women					
	Women	Club	Event	Perf	Points
1	ROWLAND Jo	Craw	Shot Women A	13.73	914
2	LARKINS Megan	Colc	Hammer Women A	53.99	889
3	ROWLAND Jo	Craw	Long Jump Women A	5.70	861
4	GATRELL Eleanor	Woking	Shot Women A	12.54	846
5	LARKINS Megan	Colc	Shot Women A	12.20	826
6	MAURER Clare	Woking	Pole Vault Women A	3.60	825
7	ROWLAND Jo	Craw	Javelin Women A	41.12	819
8	LARKINS Josephine X	Colc	Hammer Women B	45.99	802
9	MORRISON Sam	Woking	Pole Vault Women B	3.50	799
10	JEGGO Rebecca Y	Colc	100m Women A	12.3	798

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	O	DOBSON Charlie	Colc	11.0	768
2	R	JORDAN Ramone	Read	11.5	615
3	Y	HOLME Jamie	Craw	11.8	533
4	G	HADDEN-WIGHT Harry	Woking	11.9	507
5					
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	OO	AKINBOH Akin Y	Colc	11.0	768
2	YY	COX Craig	Craw	11.7	559
3	GG	BALLE Bryan X	Woking	12.0	482
4	RR	PLANK Justin	Read	13.0	272
5					
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	O	AKINBOH Akin Y	Colc	22.3	761
2	R	JORDAN Ramone	Read	23.7	561
3	G	HADDEN-WIGHT Harry	Woking	23.7	561
4	Y	HOLME Jamie	Craw	23.9	535
5					
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	OO	YOUNG Jake	Colc	22.8	686
2	YY	COX Craig	Craw	23.9	535
3	GG	BALLE Bryan X	Woking	24.8	428
4	RR	PLANK Justin	Read	27.8	167
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	O	YOUNG Jake	Colc	49.7	780
2	G	AWDE David	Woking	50.4	738
3	Y	COX Craig	Craw	53.2	583
4	R	TAN Robert	Read	58.0	365
5					
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	OO	SHIPPEY Samuel X	Colc	52.5	620
2	GG	PATTISON Robert Y	Woking	53.2	583
3	RR	HAYES Joe	Read	64.4	161
4	YY	STAPLES Scott	Craw	64.8	151
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	OO	HIGGINS Sam	Colc	02:00.1	699
2	G	SPENCER James Y	Woking	02:05.2	574
3	R	TAN Robert	Read	02:08.1	510
4	Y	GALASSO Marco X	Craw	02:08.7	497
5					
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	O	PALMER Thomas Y	Colc	02:00.3	694
2	GG	MORTEN Craig	Woking	02:14.2	389
3	YY	STONE Callum X	Craw	02:18.9	310
4	RR	HAYES Joe	Read	02:30.1	163
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	R	TURTON Martin	Read	04:20.5	560
2	OO	DAWSON Oscar	Colc	04:21.0	555
3	GG	BULL Joseph	Woking	04:21.9	546
4	YY	STONE Callum X	Craw	04:22.9	536
5					
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	O	PATTERSON Joseph	Colc	04:28.8	481
2	RR	TAN Robert	Read	04:31.8	454
3	Y	GALASSO Marco X	Craw	04:39.6	389
4	G	SPENCER James Y	Woking	DNF	
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
5000m Men A

Posn	No.	Athlete	Club	Perf	
1	O	OSMAN Ramadan	Colc	15:53.9	658
2	R	STOCKDALE Edward	Read	16:31.4	558
3	G	GAMBLE James	Woking	17:00.4	486
4	Y	ELLIS Tim	Craw	18:44.4	267
5					
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	
1	OO	SELLENS Chris	Colc	17:54.6	365
2	GG	ROLFE Benjamin Y	Woking	19:20.4	206
3	YY	CREED Robert	Craw	19:52.8	157
4	RR	HAYES Joe	Read	19:57.4	150
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	G	AWDE David	Woking	17.1	630
2	R	CRANMER Kevin	Read	17.1	630
3	Y	DAVIS Sanchez-jeremiah	Craw	20.0	373
4	O	SMITH Michael	Colc	24.4	108
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	GG	KELLY Rory	Woking	16.1	733
2	RR	DYER Michael	Read	20.6	328
3	OO	HIGGINS Sam	Colc	22.7	192
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	G	AWDE David	Woking	56.3	798
2	Y	OKEIYI VICENCIO Benjamin Y	Craw	59.2	701
3	O	CHILVERS Kai X	Colc	61.2	637
4	R	DYER Michael	Read	72.0	344
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	GG	CHAMBERS Roy	Woking	68.7	424
2	OO	SMITH Michael	Colc	70.8	372
3	YY	CREED Robert	Craw	83.8	122
4	RR	PLANK Justin	Read	90.8	41
5					
6					

2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	O	STEINWAND Victor Y	Colc	07:05.6	540
2	Y	ELLIS Tim	Craw	07:37.9	392
3	G	ROLFE Benjamin Y	Woking	07:45.9	359
4					
5					
6					

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	OO	HALLS Ben Y	Colc	07:14.9	495
2	GG	GAMBLE James	Woking	07:48.7	347
3	YY	CREED Robert	Craw	08:18.0	242
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	R	RAJKUMAR Jacob	Read	1.95	794
2	G	HOPKINS George X	Woking	1.75	629
3	Y	BALUN Marcin	Craw	1.70	588
4	OO	YOUNG Jake	Colc	1.55	464

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	GG	KAZEMAKS Kaspars	Woking	1.70	588
2	RR	CRANMER Kevin	Read	1.65	547
3	YY	STAPLES Scott	Craw	1.50	423
4	O	SIJUWOLA Jimi X	Colc	1.50	423

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf	
1	G	HOPKINS George X	Woking	4.45	832
2	RR	CRANMER Kevin	Read	3.50	620
3	Y	TIERNEY Dillan X	Craw	3.20	552
4	O	SANDERCOCK Gavin	Colc	2.40	365

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	GG	AWDE David	Woking	3.90	710
2	R	DYER Michael	Read	2.70	436
3	YY	TIERNEY Ashley X	Craw	2.60	413
4	OO	MORGAN Simon	Colc	2.00	269

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	GG	HOPKINS George X	Woking	6.00	647
2	RR	CRANMER Kevin	Read	5.43	536
3	OO	CLARKE Joseph Y	Colc	5.25	502
4	YY	GALASSO Marco X	Craw	4.98	450
5					
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	G	KAZEMAKS Kaspars	Woking	5.69	587
2	O	AKINBOH Akin Y	Colc	5.21	494
3	R	RAJKUMAR Jacob	Read	5.12	477
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	Y	DAVIS Sanchez-jeremiah	Craw	12.76	727
2	G	AWDE David	Woking	11.44	592
3	O	CLARKE Joseph Y	Colc	11.31	578
4	R	CRANMER Kevin	Read	10.92	537
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	GG	KELLY Rory	Woking	10.91	536
2	OO	CHILVERS Kai X	Colc	9.74	405
3	RR	PLANK Justin	Read	9.67	397
4	YY	YOUNG Gorm	Craw	8.22	214
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	Y	HEAWOOD Sam	Craw	16.33	953
2	OO	PRAIM-SINGH Billy	Colc	12.48	726
3	R	SPRATLEY-KEMP Alex Y	Read	11.79	681
4	G	KAZEMAKS Kaspars	Woking	10.70	607
5					
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	YY	HALL Bradley	Craw	13.08	763
2	O	HAMBLIN James	Colc	11.36	653
3	RR	WALTERS Nathan	Read	11.36	653
4	GG	CHAMBERS Roy	Woking	8.98	480
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	YY	HALL Bradley	Craw	38.88	698
2	O	EARLE Rob	Colc	36.19	657
3	R	DYER Michael	Read	34.26	626
4	G	KAZEMAKS Kaspars	Woking	33.26	610
5					
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	Y	HEAWOOD Sam	Craw	35.99	654
2	OO	PRAIM-SINGH Billy	Colc	31.71	584
3	GG	KELLY Rory	Woking	31.32	578
4	RR	CRANMER Kevin	Read	26.53	492
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester**17/08/2019****Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	O	HAMBLIN James	Colc	59.07	838
2	R	WALTERS Nathan	Read	40.84	657
3	GG	KELLY Paul	Woking	33.99	578
4	Y	SKEVIS George	Craw	30.16	530
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	OO	PRAIM-SINGH Billy	Colc	56.43	814
2	G	KELLY Rory	Woking	33.59	573
3	RR	SPRATLEY-KEMP Alex Y	Read	29.17	517
4	YY	YOUNG Gorm	Craw	22.33	418
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	YY	STAPLES Scott	Craw	66.24	921
2	O	COOPER Paul	Colc	51.00	737
3	GG	ANDERSON Ryder	Woking	49.91	723
4	R	DZANDU Michael	Read	40.31	595
5					
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	OO	HIGGINS Sam	Colc	45.65	667
2	G	CHAMBERS Roy	Woking	44.42	651
3	RR	RAJKUMAR Jacob	Read	34.01	504
4					
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	O	Colc	DOBSON Charlie YOUNG Jake SIJUWOLA Jimi X AKINBOH Akin Y	42.7
2	Y	Craw	HOLME Jamie OKEIYI VICENCIO Benjamin Y COX Craig DAVIS Sanchez-jeremiah	45.6
3	G	Woking	HADDEN-WIGHT Harry BALL Kenneth Y BALLE Bryan X JACKSON Aidan Y	46.7
4	R	Read	CRANMER Kevin PLANK Justin JORDAN Ramone DZANDU Michael	50.3
5				
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	G	Woking	AWDE David KAZEMAKS Kaspars PATTISON Robert Y MORTEN Craig	03:30.1
2	O	Colc	SHIPPEY Samuel X HIGGINS Sam CHILVERS Kai X YOUNG Jake	03:32.7
3	Y	Craw	GALASSO Marco X OKEIYI VICENCIO Benjamin Y STONE Callum X COX Craig	03:45.4
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	O	JEGGO Rebecca Y	Colc	12.3	798
2	Y	PRESTON Adeline Y	Craw	12.6	729
3	R	WHYBROW Emily Y	Read	13.4	564
4	G	SMITH Freya Y	Woking	13.7	509
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	OO	OGUNLEYE Joy Y	Colc	12.7	707
2	RR	EAMES Chloe X	Read	13.3	584
3	YY	BORRILL Alicia X	Craw	13.5	545
4	GG	STONER Ella X	Woking	13.8	491
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	O	OGUNLEYE Joy Y	Colc	25.5	756
2	Y	LAMBERT Jessica Y	Craw	26.0	704
3	G	READ Emily Y	Woking	26.2	684
4	R	WHYBROW Emily Y	Read	28.1	510
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	YY	VANS AGNEW Grace Y	Craw	26.6	645
2	OO	RATTRAY Maya X	Colc	27.7	544
3	RR	EAMES Chloe X	Read	28.2	502
4	GG	EATON-TRIBE Lucy X	Woking	30.2	354
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	Y	VANS AGNEW Grace Y	Craw	57.5	780
2	G	HOPKINS Katie Y	Woking	59.7	692
3	R	RAJKUMAR Rachel	Read	60.7	654
4	O	EYERS Stacey	Colc	62.2	599
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	OO	PALMER Jennifer X	Colc	63.7	547
2	GG	LAFRENIERE Bea	Woking	65.4	491
3	RR	WALKER Kirsty	Read	68.9	385
4	YY	GRIFFIN Hannah Y	Craw	72.7	287
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	R	WALKER Kirsty	Read	02:21.2	699
2	O	EYERS Stacey	Colc	02:22.8	673
3	YY	CLAYTON Francesca X	Craw	02:32.3	529
4	G	MUSSELWHITE Jacqueline	Woking	02:39.6	431
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	Y	ROWLAND Jo	Craw	02:37.7	456
2	OO	LOVELOCK Jennifer	Colc	02:38.7	443
3	GG	BHANOT Kavita	Woking	02:41.7	405
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	G	HOPKINS Katie Y	Woking	04:48.7 713
2	R	WALKER Kirsty	Read	04:51.5 691
3	O	PRESLAND Milly X	Colc	05:01.9 613
4	Y	CLAYTON Francesca X	Craw	05:47.8 325
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	OO	HENINGTON Aiko	Colc	05:13.9 529
2	GG	MULVIHILL Ciara Y	Woking	05:38.1 379
3	RR	FELLOWES Lee	Read	06:39.5 110
4	YY	ATHERLEY Natalia X	Craw	06:40.3 107
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	R	BONIFACE Anna	Read	10:40.7 659
2	O	HENINGTON Aiko	Colc	10:54.2 612
3	G	FURZE Georgina	Woking	11:59.9 408
4	YY	HANSLOW April Y	Craw	14:04.3 131
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	OO	LOVELOCK Jennifer	Colc	11:28.6 500
2	GG	TRINDER Kay	Woking	12:03.4 398
3	RR	RAYFIELD Julie	Read	13:49.0 157
4	Y	CROCKER Alison	Craw	14:13.9 116
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	Y ROWLAND Jo	Craw	15.5 757
2	G MORRISON Sam	Woking	15.6 747
3	R FELLOWES Lee	Read	23.9 133
4	O LOVELOCK Jennifer	Colc	27.0 26
5			
6			

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	YY	LAMBERT Jessica Y	Craw	15.3 778
2	GG	MAURER Clare	Woking	17.0 613
3	RR	EAMES Chloe X	Read	22.4 210
4				
5				
6				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	G	LAFRENIERE Bea	Woking	76.2 484
2	O	HART Samantha	Colc	81.1 374
3	Y	CROCKER Alison	Craw	81.4 368
4	R	FELLOWES Lee	Read	86.6 264
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	YY	ATHERLEY Natalia X	Craw	72.3 580
2	GG	BAULK Florence Y	Woking	74.5 525
3	RR	RAYFIELD Julie	Read	91.7 176
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
2000m S/Chase Women A

Posn	No.	Athlete	Club	Perf	
1	G	COLLINGS Martha X	Woking	07:09.1	781
2	O	PRESLAND Milly X	Colc	08:11.9	498
3	RR		Read	09:36.1	222
4	YY	HANSLOW April Y	Craw	10:03.9	156
5					
6					

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	OO	HART Samantha	Colc	08:36.3	406
2	GG	FURZE Georgina	Woking	09:04.2	313
3	Y	CROCKER Alison	Craw	10:15.9	131
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	1.60	745
2	G	EATON-TRIBE Lucy X	Woking	1.40	531
3	O	MBA Chanel X	Colc	1.35	477
4	R	RAJKUMAR Rachel	Read	1.30	424

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	YY	GRIFFIN Hannah Y	Craw	1.30	424
2	GG	BRADLEY Neve X	Woking	1.30	424
3	RR	EAMES Chloe X	Read	1.25	371
4	OO	STEVENS Megan Y	Colc	1.25	371

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	G	MAURER Clare	Woking	3.60	825
2	Y	GRIFFIN Hannah Y	Craw	2.90	641

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	GG	MORRISON Sam	Woking	3.50	799
2	YY	BAYO Lucy X	Craw	2.60	560

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester
17/08/2019
Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	5.70	861
2	GG	BRADLEY Neve X	Woking	4.78	640
3	O	RATTRAY Maya X	Colc	4.51	576
4	RR	EAMES Chloe X	Read	3.76	401
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	YY	BREWSTER Jade	Craw	4.84	655
2	G	EATON-TRIBE Lucy X	Woking	4.66	612
3	OO	PRESLAND Milly X	Colc	3.80	411
4	R	WHYBROW Emily Y	Read	3.57	358
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	PRESTON Adeline Y	Craw	11.13	766
2	GG	MAURER Clare	Woking	10.21	664
3	O	MBA Chanel X	Colc	9.82	620
4	R	FELLOWES Lee	Read	7.58	358
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	YY	GRIFFIN Hannah Y	Craw	10.28	672
2	G	MORRISON Sam	Woking	9.08	536
3	OO	HART Samantha	Colc	8.27	441
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	Y	ROWLAND Jo	Craw	13.73	914
2	G	GATRELL Eleanor	Woking	12.54	846
3	O	LARKINS Megan	Colc	12.20	826
4	R	SPRATLEY-KEMP Leah Y	Read	10.37	712
5					
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	OO	UTTI Victoria X	Colc	8.78	603
2	GG	MANCHESTER Orla X	Woking	8.26	564
3	YY	HANSLOW April Y	Craw	7.62	515
4	RR	WILSON Julie	Read	7.41	498
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	O	LARKINS Megan	Colc	36.09	756
2	Y	ROWLAND Jo	Craw	34.68	737
3	G	MANCHESTER Orla X	Woking	34.47	734
4	RR	SPRATLEY-KEMP Leah Y	Read	26.75	621
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	GG	GATRELL Eleanor	Woking	31.13	688
2	R	WILSON Julie	Read	26.52	617
3	YY	BAKER Freya X	Craw	24.21	579
4	OO	LARKINS Josephine X	Colc	21.53	530
5					
6					

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Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	O	LARKINS Megan	Colc	53.99 889
2	G	GATRELL Eleanor	Woking	40.00 732
3	Y	LIPSCOMB Chloe X	Craw	32.33 635
4	RR	WILSON Julie	Read	29.45 595
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	OO	LARKINS Josephine X	Colc	45.99 802
2	GG	MANCHESTER Orla X	Woking	29.49 596
3	R	SPRATLEY-KEMP Leah Y	Read	27.03 560
4	YY	BAKER Freya X	Craw	22.72 493
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	Y	ROWLAND Jo	Craw	41.12 819
2	G	BAULK Florence Y	Woking	32.33 705
3	O	SOAMES Aliyah X	Colc	29.27 661
4	R	WILSON Julie	Read	18.54 478
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	YY	BAKER Freya X	Craw	26.49 618
2	GG	EVE Sarah Y	Woking	20.20 510
3	RR	RAJKUMAR Rachel	Read	13.26 356
4	OO	LARKINS Josephine X	Colc	10.35 268
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	O	Colc	JEGGO Rebecca Y OGUNLEYE Joy Y JAMES Hannah RATTRAY Maya X	48.8
2	Y	Craw	PRESTON Adeline Y BORRILL Alicia X VANS AGNEW Grace Y LAMBERT Jessica Y	49.9
3	G	Woking	MORRISON Sam STONER Ella X BRADLEY Neve X READ Emily Y	52.0
4	R	Read	RAJKUMAR Rachel WHYBROW Emily Y EAMES Chloe X FELLOWES Lee	54.1
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	Y	Craw	ROWLAND Jo ATHERLEY Natalia X VANS AGNEW Grace Y LAMBERT Jessica Y	04:04.8
2	G	Woking	READ Emily Y BAULK Florence Y MAURER Clare HOPKINS Katie Y	04:16.6
3	O	Colc	EYERS Stacey LOVELOCK Jennifer HART Samantha PALMER Jennifer X	04:32.3
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester

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NON-SCORERS**400m Hurdles Men**

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

NON-SCORERS**400m Hurdles Women**

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

100m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	101	SIJUWOLA Jimi X		Colc	11.4	
2	182	BALL Kenneth Y		Woking	11.8	
3	104	CLARKE Joseph Y		Colc	11.8	
4	127	TIERNEY Dillan X		Craw	12.4	
5						
6						
7						
8						

100m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	205	JAMES Hannah		Colc	12.5	
2	202	RATTRAY Maya X		Colc	13.0	
3	204	MBA Chanel X		Colc	13.3	
4	201	UTTI Victoria X		Colc	13.3	
5	279	BRADLEY Neve X		Woking	13.8	
6	276	EVE Helen		Woking	15.4	
7						
8						

200m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	101	SIJUWOLA Jimi X		Colc	24.1	
2	179	JACKSON Aidan Y		Woking	24.2	
3						
4						
5						
6						
7						
8						

200m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	286	MORRISON Sam		Woking	27.3	
2	203	PALMER Jennifer X		Colc	28.6	
3	201	UTTI Victoria X		Colc	28.6	
4	287	MAURER Clare		Woking	28.7	
5	276	EVE Helen		Woking	32.5	
6	285	MUSSELWHITE Jacqueline		Woking	32.6	
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 Colchester

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800m Men

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

800m Women

Posn	Bib	Athlete	Age	Club	Perf
1	278	EVE Sarah Y		Woking	3:06.1
2					
3					
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age	Club	Perf
1	107	MCKEOWN Mark		Colc	4:32.7
2	110	MCGILLIVRAY Doug		Colc	4:33.9
3	106	GUNN Jason		Colc	4:40.3
4	102	CRESSWELL Tom		Colc	4:44.6
5	103	RIDLEY Colin		Colc	4:50.3
6					

1500m Women

Posn	Bib	Athlete	Age	Club	Perf
1	281	TRINDER Kay		Woking	5:54.3
2	289	BAULK Lesley		Woking	7:00.8
3					
4					
5					
6					

5000m Men

Posn	Bib	Athlete	Age	Club	Perf
1	108	WEST Peter		Colc	18:52.2
2					
3					
4					
5					
6					

3000m Women

Posn	Bib	Athlete	Age	Club	Perf
1	208	JEFFRIES Ella		Colc	12:07.7
2	283	BHANOT Kavita		Woking	13:00.0
3					
4					
5					
6					

110m Hurdles Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	177	KAZEMAKS Kaspars		Woking	16.4	
2						
3						
4						
5						
6						

100m Hurdles Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	284	SMITH Freya Y		Woking	17.4	
2						
3						
4						
5						
6						

S/Chase Men

Posn	Bib	Athlete	Age	Club	Perf
1	109	SELLENS Chris		Colc	7:12.5
2	105	SMITH Michael		Colc	7:15.6
3					
4					
5					
6					

S/Chase Women

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

SOUTHERN ATHLETICS LEAGUE Division 1 Colchester

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Hammer Men

Posn	Bib	Athlete	Age	Club	Perf
1	210	EARLE Rob		Colc	48.18
2	126	TIERNEY Ashley X		Craw	27.49
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					
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	181	BARBER Finlay Y		Woking	37.16
2					
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age	Club	Perf
1	226	BAYO Lucy X		Craw	24.21
2	288	GATRELL Eleanor		Woking	20.59
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	280	STONER Ella X		Woking	6.66
2	209	STEVENS Megan Y		Colc	6.34
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1					
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 Colchester

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Triple Jump Men

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

Triple Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	277	EVE Maryanne		Woking	9.46
2					
3					
4					
5					
6					

High Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	176	KELLY Rory		Woking	1.65
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	177	KAZEMAKS Kaspars		Woking	3.75
2	180	HERZOG Lewis Y		Woking	3.40
3					
4					
5					
6					

Pole Vault Women

Posn	Bib	Athlete	Age	Club	Perf
1	277	EVE Maryanne		Woking	2.70
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					