

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	1	
VENUE	Cambridge	
P/FINISH	NO	

Date Saturday, April 27 2019

Venue Cambridge

Host Club Cambridge &amp; Coleridge

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
C	Cambridge & Coleridge	Cam & C	44.0	71.0	5.0	45.0	165.0
K	Kent AC	Kent	38.0	98.0	9.0	32.0	177.0
I	Ipswich Harriers/Colchester & Tendring ©	Ipsw/C&T	54.0	98.0	11.0	61.0	224.0
R	Ryston Runners	Ryston	48.5	80.0	11.0	51.0	190.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Ipswich Harriers/Colchester & Tendring ©	224.0	4.0			224.0	4.0	1
2	Ryston Runners	190.5	3.0			190.5	3.0	2
3	Kent AC	177.0	2.0			177.0	2.0	3
4	Cambridge & Coleridge	165.0	1.0			165.0	1.0	4

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	6
EVENT SCORED	32
REMAINING	-

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**

**27/04/2019**

**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	BAILEY Cameron Y	Ipsw/C&T	10.7	861
2	k	BROWN Nathan	Kent	10.7	861
3	c	ADEKOYA John	Cam & C	11.0	759
4	r	CARTY Simon	Ryston	11.3	666
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	ASHTON Patrick X	Ipsw/C&T	11.6	579
2	rr	YELLOP Daniel	Ryston	11.7	552
3	kk	APPIAH Joe	Kent	11.8	526
4	cc	TU Chung	Cam & C	12.1	451
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	BAILEY Cameron Y	Ipsw/C&T	21.8	856
2	k	BROWN Nathan	Kent	22.3	774
3	r	MACQUEEN Robert Y	Ryston	23.4	611
4	c	ADEKOYA John	Cam & C	23.4	611
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	ROSS Tyreese X	Ipsw/C&T	24.4	482
2	rr	YELLOP Daniel	Ryston	24.5	470
3	cc	TU Chung	Cam & C	25.0	413
4	kk	DIBABA Dame	Kent	28.0	156
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	PALMIERI Luigi Y	Ipsw/C&T	53.6	563
2	c	COLLINS-SHIRLEY Fletcher X	Cam & C	60.5	274
3	r	QUERCIA-SMALE Steven Y	Ryston	61.4	245
4	k	METZGER Ethelbert	Kent	62.3	218
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	JONES Sam	Ipsw/C&T	57.7	377
2	rr	SIMMONDS Andy	Ryston	62.0	227
3	cc	GOLDHAWK Harrison Y	Cam & C	62.1	224
4	kk	DIBABA Dame	Kent	63.0	198
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	GRADY Jack Y	Ipsw/C&T	02:12.4	403
2	R	O'NEILL James	Ryston	02:13.2	388
3	CC	BLAKE Thomas X	Cam & C	02:13.4	385
4	K	FRASER Calum	Kent	02:14.3	369
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	KK	DIBABA Dame	Kent	02:15.8	344
2	RR	QUERCIA-SMALE Steven Y	Ryston	02:20.2	276
3	C	MOLLOY Callum X	Cam & C	02:20.6	270
4	II	JONES Daniel	Ipsw/C&T	02:25.2	209
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	HULSE Joshua Y	Ipsw/C&T	04:22.2	517
2	KK	FORREST Camerson	Kent	04:22.6	514
3	R	O'NEILL James	Ryston	04:28.8	458
4	C	NEWCOMBE William X	Cam & C	04:30.8	441
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	K	LEE Su-min	Kent	04:28.4	462
2	II	WHITING Connor	Ipsw/C&T	04:30.5	443
3	CC	WOOD Corban X	Cam & C	04:44.4	335
4	RR	BALMER Chris	Ryston	04:57.1	251
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**
**27/04/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	
1	i	MILLAR John	Ipsw/C&T	15:00.6	812
2	K	JOHNSON Anthony	Kent	16:03.3	632
3	R	O'NEILL James	Ryston	16:30.8	560
4	C	TAPLEY Adam	Cam & C	16:51.2	509
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	
1	CC	MAHEN Rob	Cam & C	17:07.8	469
2	KK	HARTLEY Joe	Kent	17:08.7	467
3	RR	BALMER Chris	Ryston	17:33.3	411
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	c	CLARKE Samuel Y	Cam & C	15.5	764
2	k	METZGER Ethelbert	Kent	17.6	556
3	i	JONES Sam	Ipsw/C&T	19.7	379
4	r	HUNT Gareth	Ryston	20.1	349
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	ii	NTULI Teddy Y	Ipsw/C&T	17.2	593
2	rr	SIMMONDS Rob	Ryston	20.6	313
3	cc	BRENNAND Thomas	Cam & C	20.8	300
4	kk	DAUDA Kehinde	Kent	21.1	279
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	c	CLARKE Samuel Y	Cam & C	58.5	689
2	k	ROGHI Jean-Charles	Kent	62.7	563
3	i	NTULI Teddy Y	Ipsw/C&T	64.0	526
4	r	SIMMONDS Andy	Ryston	74.4	276
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	kk	MULLIGAN Shaun	Kent	67.8	426
2	rr	SIMMONDS Rob	Ryston	67.9	423
3	ii	COE Dalton	Ipsw/C&T	74.3	278
4	cc	BRENNAND Thomas	Cam & C	82.2	138
5					
6					

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	c	MCGINNESS Conall Y	Cam & C	06:33.8	705
2	I	SNOWDON Matthew Y	Ipsw/C&T	07:00.8	559
3	K	ELLWOOD Ian	Kent	07:01.3	556
4	RR	SIMMONDS Andy	Ryston	07:17.0	480
5					
6					

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	KK	HARTLEY Joe	Kent	07:17.7	477
2	R	SIMMONDS Rob	Ryston	07:20.0	466
3	II	WHITING Connor	Ipsw/C&T	07:22.3	456
4	CC	BRENNAND Thomas	Cam & C	10:57.3	
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	C	WOOD Curtis	Cam & C	1.80	677
2	II	JONES Sam	Ipsw/C&T	1.65	553
3	R	HUNT Gareth	Ryston	1.60	511
4	K	APPIAH Joe	Kent	1.55	469

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	I	NTULI Teddy Y	Ipsw/C&T	1.60	511
2	KK	ROGHI Jean-Charles	Kent	1.50	427
3	CC	WOOD Corban X	Cam & C	1.30	259
4	RR	HOUSTON Quinton	Ryston	1.20	174

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**
**27/04/2019**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
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**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	I	FAYERS Jack X	Ipsw/C&T	6.54 761
2	C	WOOD Curtis	Cam & C	6.03 660
3	R	HUNT Gareth	Ryston	5.76 607
4	K	ELIASSEN Dan	Kent	5.43 542
5				
6				

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	CC	ZULT Tjerk	Cam & C	6.02 658
2	II	COLLETT Jay X	Ipsw/C&T	5.22 501
3	RR	HOUSTON Quinton	Ryston	5.06 470
4	KK	MULLIGAN Shaun	Kent	4.64 389
5				
6				

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	II	FAYERS Jack X	Ipsw/C&T	12.93 715
2	C	DARCH Jack Y	Cam & C	12.72 695
3	R	HUNT Gareth	Ryston	11.75 600
4	K	MULLIGAN Shaun	Kent	9.89 406
5				
6				

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	I	NTULI Teddy Y	Ipsw/C&T	12.46 670
2	RR	HOUSTON Quinton	Ryston	10.40 461
3	KK	DAUDA Kehinde	Kent	9.12 318
4				
5				
6				

**Shot Men A**

Posn	Bib	Athlete	Club	Perf
1	K	GREEN Courtney	Kent	12.05 727
2	I	GRAHAM Oliver Y	Ipsw/C&T	11.17 666
3	C	HAUSLER Michael	Cam & C	10.89 646
4	R	YELLOP Daniel	Ryston	9.47 539
5				
6				

**Shot Men B**

Posn	Bib	Athlete	Club	Perf
1	II	GODRON Peter	Ipsw/C&T	9.12 511
2	RR	SIMMONDS Rob	Ryston	9.11 511
3	CC	ADEKOYA John	Cam & C	8.63 471
4	KK	MULLIGAN Shaun	Kent	8.02 417
5				
6				

**Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	
2				
3				
4				
5				
6				

**Discus Men B**

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**
**27/04/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	
2				
3				
4				
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	R	SIMMONDS Rob	Ryston	45.32 690
2	I	GODRON Stefan Y	Ipsw/C&T	44.45 678
3	CC	DUDLEY Angus	Cam & C	39.38 605
4	KK	MULLIGAN Shaun	Kent	28.21 432
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	RR	HOUSTON Quinton	Ryston	33.37 515
2	II	GRAHAM Oliver Y	Ipsw/C&T	32.55 502
3	C	CORY Joshua Y	Cam & C	28.02 428
4				
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	R	Ryston	MACQUEEN Robert Y HOUSTON Quinton CARTY Simon YELLOP Daniel	47.1
2	I	Ipsw/C&T	JAYAWEERA Sheen X JONES Sam ROSS Tyreese X BAILEY Cameron Y	47.1
3	C	Cam & C	ADEKOYA John ZULT Tjerk CLARKE Samuel Y TU Chung	47.5
4	K	Kent	BROWN Nathan DIBABA Dame APPIAH Joe FRASER Calum	48.8
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	R	Ryston	HUNT Gareth MACQUEEN Robert Y HOUSTON Quinton YELLOP Daniel	04:02.3
2	K	Kent	METZGER Ethelbert DIBABA Dame FRASER Calum SIMMONDS Jake	04:25.9
3	1			DNF
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge****27/04/2019****100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	KILPATRICK Chantelle	Ipsw/C&T	12.9	665
2	c	ANDERSON Holly Y	Cam & C	13.2	603
3	r	MOYSE Lauren X	Ryston	13.4	564
4	k	NOTICE Shamariah	Kent	14.1	440
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	BARROW Skye X	Ipsw/C&T	12.7	707
2	cc	CHU Hsuan-hui	Cam & C	12.8	686
3	rr	WHITE Alice	Ryston	15.3	268
4	kk	CLYNDES Abby	Kent	20.8	
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	BARROW Skye X	Ipsw/C&T	26.6	645
2	c	ANDERSON Holly Y	Cam & C	27.8	536
3	k	NOTICE Shamariah	Kent	30.7	322
4	r	DARKINS Naomi	Ryston	35.1	117
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	SCOTT Holly X	Ipsw/C&T	28.9	446
2	kk	PARKER Alexa	Kent	29.0	439
3	cc	CHU Hsuan-hui	Cam & C	30.3	348
4	rr	TUFF Rebecca	Ryston	38.3	40
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	c	MARRIOTT Catriona	Cam & C	62.8	578
2	i	GREEN Beatrice Y	Ipsw/C&T	63.1	567
3	k	PARKER Alexa	Kent	65.0	503
4	r	LORAM Maisie X	Ryston	79.5	148
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	GODBOLD Chloe	Ipsw/C&T	67.3	432
2	kk	ISABEL Bradley	Kent	78.2	171
3	rr	TUFF Rebecca	Ryston	87.7	45
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	K	PARKER Alexa	Kent	02:31.3	523
2	CC	SHARPE Rebecca	Cam & C	02:47.0	329
3	I	HUGHES Natalie X	Ipsw/C&T	02:56.0	238
4	R	LORAM Maisie X	Ryston	02:59.7	206
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	KK	ROWLAND Katie	Kent	02:44.0	362
2	RR	MOYLE Katy X	Ryston	03:10.8	122
3	II	ASTON Holly	Ipsw/C&T	03:36.5	13
4	C	MCGRATH Sarah	Cam & C	04:24.3	
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**
**27/04/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf	
1	k	ELMS Clare	Kent	05:10.7	525
2	C	TAYLOR Matilda X	Cam & C	05:15.1	496
3	R	LORAM Maisie X	Ryston	06:10.4	207
4	II	GODBOLD Chloe	Ipsw/C&T	06:36.5	113
5					
6					

**1500m Women B**

Posn	No.	Athlete	Club	Perf	
1	KK	ELMS Lucy Y	Kent	05:11.8	518
2	CC	HAINES Frances X	Cam & C	05:15.4	495
3	RR	ROBINSON Dawn	Ryston	06:16.4	183
4	I	THORNDYKE Leanne	Ipsw/C&T	06:47.2	83
5					
6					

**3000m Women A**

Posn	No.	Athlete	Club	Perf	
1	c	DOWSETT Lucy	Cam & C	10:37.2	639
2	K	ELMS Clare	Kent	10:46.9	607
3	R	BOOTH Rosie X	Ryston	12:37.1	295
4	I	GODBOLD Mandy	Ipsw/C&T	16:18.6	2
5					
6					

**3000m Women B**

Posn	No.	Athlete	Club	Perf	
1	KK	ROWLAND Katie	Kent	11:13.8	521
2	CC	SHARPE Rebecca	Cam & C	11:16.2	513
3	RR	ROBINSON Dawn	Ryston	13:24.9	193
4					
5					
6					

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	
1	i	LABSY Zeineb	Ipsw/C&T	17.4	549
2	r	TUNCER Katy	Ryston	19.3	398
3	k	ISABEL Bradley	Kent	24.1	118
4					
5					
6					

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	rr	DARKINS Naomi	Ryston	19.8	362
2	kk	BLACKMORE Lydia	Kent	22.7	184
3	ii	REASON Jenny	Ipsw/C&T	23.4	149
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf	
1	k	ISABEL Bradley	Kent	86.60	251
2	r	TUNCER Katy	Ryston	87.80	230
3	i	REASON Jenny	Ipsw/C&T	113.60	
4					
5					
6					

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	
1	kk	BLACKMORE Lydia	Kent	84.80	284
2	rr	TUFF Rebecca	Ryston	98.00	83
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge**

**27/04/2019**

**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	K	ISABEL Bradley	Kent	08:49.5	381
2	R	BOOTH Rosie X	Ryston	09:32.5	245
3	I	ASTON Holly	Ipsw/C&T	10:32.7	106
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	RR	MOYLE Katy X	Ryston	10:44.8	86
2	II	GODBOLD Mandy	Ipsw/C&T	11:51.4	13
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	R	MOYSE Lauren X	Ryston	1.50	651
2	I	ASTON Holly	Ipsw/C&T	1.50	651
3	K	ISABEL Bradley	Kent	1.00	108

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	RR	DARKINS Naomi	Ryston	1.35	487
2	II	REASON Jenny	Ipsw/C&T	1.10	216
3	KK	FORD Caroline	Kent	x	

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
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**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge****27/04/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	R	MOYSE Lauren X	Ryston	4.92	641
2	II	RYAN Rachel	Ipsw/C&T	4.80	614
3	C	SMITH Isobel X	Cam & C	4.36	515
4	KK	BLACKMORE Lydia	Kent	4.29	500
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	K	ISABEL Bradley	Kent	3.98	431
2	RR	WHITE Alice	Ryston	3.94	422
3					
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	I	RYAN Rachel	Ipsw/C&T	10.43	656
2	C	SMITH Isobel X	Cam & C	9.96	606
3	R	WHITE Alice	Ryston	8.72	471
4	K	ISABEL Bradley	Kent	8.41	436
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	II	MOORE Charlie Y	Ipsw/C&T	9.58	565
2	KK	PARKER Alexa	Kent	5.71	110
3	RR	TUFF Rebecca	Ryston	5.63	99
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	C	MCGRATH Sarah	Cam & C	8.75	631
2	II	MORGAN Samantha	Ipsw/C&T	8.42	606
3	R	TUNCER Katy	Ryston	8.10	580
4	K	HAYNES-HUNTE Alinda	Kent	7.65	544
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	CC	PALMER Neve Y	Cam & C	8.36	601
2	I	ALEXANDER Faye Y	Ipsw/C&T	7.73	550
3	KK	GRIFFITHS Tracey	Kent	7.08	495
4	RR	TUFF Rebecca	Ryston	6.98	486
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	99		Event Canc		
2					
3					
4					
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1					
2					
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge****27/04/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	
2				
3				
4				
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	CC	LORD Alice X	Cam & C	29.68 724
2	II	MORGAN Samantha	Ipsw/C&T	25.03 646
3	R	TUNCER Katy	Ryston	18.70 522
4	K	GRIFFITHS Tracey	Kent	13.45 392
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	C	PALMER Neve Y	Cam & C	28.81 710
2	RR	TUFF Rebecca	Ryston	16.54 473
3	KK	ISABEL Bradley	Kent	10.52 298
4				
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	I	Ipsw/C&T	FRASER Christy Y BARROW Skye X SCOTT Holly X KILPATRICK Chantelle	53.7
2	C	Cam & C	MARRIOTT Catriona CHU Hsuan-hui MOINDROT Anne ANDERSON Holly Y	55.0
3	K	Kent	ELMS Lucy Y NOTICE Shamariah PARKER Alexa ISABEL Bradley	60.3
4	R	Ryston	DARKINS Naomi MOYSE Lauren X TUFF Rebecca WHITE Alice	65.0
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	I	Ipsw/C&T	FRASER Christy Y HUGHES Natalie X GODBOLD Chloe GREEN Beatrice Y	04:35.5
2	K	Kent	ELMS Lucy Y ROWLAND Katie PARKER Alexa ISABEL Bradley	04:45.5
3	R	Ryston	BOOTH Rosie X LORAM Maisie X MOYLE Katy X TUFF Rebecca	05:56.7
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

Wind

27/04/2019

Wind

Bib	Males	Event	Perf	Bib	Females	Event	Perf
<b>Cambridge &amp; Coleridge</b>							
				163	MOINDROT Anne	Shot	7.85
151	BRADY Kieran	5000m	16:56.1	164	MCGRATH Sarah	Javelin	19.41
152	GOLDHAWK Harrison Y	400m		165	-	-	
153	MIDDLETON Thomas	5000m	19:25.1	195	MARGARSON Katie	1500m	05:33.7
154	-	-					
155	DARCH Jack Y	Long Jump	5.63				
156	KABONGO Daniel	Long Jump	5.73				
157	HUDDLESTONE Jack	Shot	X				
158	-	-					
157	-	-					
159	ZULT Tjerk	Javelin	31.05				
160	WHEELER Joseph X	800m	02:22.7				
161	WOOD Jordan	1500m	04:38.7				
162	KOTELO Brian	800m	02:24.4				
150	-	-					
152	GOLDHAWK Harrison Y	100m	12.1				
152	-	-					
173	PFAENDER Isaac X	100m	11.4				
175	PELL Christopher	5000m	18:01.7				
156	KABONGO Daniel	TJ	11.75				

SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

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**Ipswich Harriers/Colchester & Tendring ©**

176	ADAMS Jonathan	Shot 4kg F35	12.3	186	SCOTT Holly X	100m	13.6
177	GODRON Peter	Javelin	22.9	187	WHITLOCK Keeley	200m	29.9
178	GODBOLD Mark	1500m	06:02.5		WHITLOCK Keeley	100m	
179	JONES Daniel	1500m	05:10.3	188	LEEK Dawn	100m	14.3
180	HOLMES Isaac Y	100m	12.2	188	LEEK Dawn	200m	30.5
180	HOLMES Isaac Y	Long Jump	3.78	-	-	-	
-	-	-		-	-	-	
181	COLLETT Jay X	200m	25.6	190	GARDNER Florence Y	Triple Jump	8.43
-	-	-		191	HOLLICK Carey	Shot	6.93
182	ROSS Tyreese X	100m	11.6	191	HOLLICK Carey	Hammer	
-	-	-		191	HOLLICK Carey	Javelin	13.71
183	JAYAWEERA Sheen X	100m	11.7	192	THORNDYKE Leanne	400m	76.0
183	JAYAWEERA Sheen X	200m	24.5	193	FRASER Christy Y	100m	13.9
-	-	-		193	FRASER Christy Y	200m	29.6
-	-	-		187	WHITLOCK Keeley	100m	14.0
-	-	-					
-	-	-					

SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

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**Kent AC**

168	FORMAN WILSHAW Stanley Y	800m	02:22.3	172	CLYNDES Abby	3000m	15:13.0
169	DAUDA Kehinde	400m Hurdles	70.9	172	CLYNDES Abby	Discus	
170	DIBABA Dame	1500m		174	FORD Caroline	3000m	15:44.1
171	FRASER Calum	High Jump	1.40				
169	DAUDA Kehinde	Long Jump					

SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

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Wind

Ryston Runners

166	YELLOP Daniel	100m
167	WRIGHT Daniel Y	200m

SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

Wind

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Wind

Cambridge University AC							
223	CHU Jeffrey	100m	11.4	201	HOWELLS Lauren	100m	13.1
224	ADEBOYE David	100m	11.5	200	ADEBAYO Tiwa	100m	13.4
226	PENNEY Ed	100m	11.9	207	PRICKETT Alex	100m H	16.8
228	PARKER Callum	200m	23.7	222	HOLMES Lauren	1500m	05:44.9
224	ADEBOYE David	200m	24.4	201	HOWELLS Lauren	200m	27.9
226	PENNEY Ed	200m	24.7	203	EADES Brigid	400m	59.6
230	HEADLEY Clemens	200m	24.9	204	WALLACE Erica	400m	66.0
229	MAIKLEM Josh	200m	26.5	202	ANDERSON Olivia	400m	61.7
227	MATTHEWS Billy	400m	53.7	208	BURCHILL Alexandra	400m H	75.2
231	BURTON Joseph	400m	54.0	209	BOND Eliza	400m H	77.8
228	PARKER Callum	400m	54.6	210	OKAFOR Christina	400m H	79.3
232	PUGH George	400m	56.2	221	WITTS Ella	800m	02:34.4
233	CHOONG Henry	400m	58.8	218	BEVAN Martha	JT	27.27
233	CHOONG Henry	800m	02:13.8	219	MARTINEZ Andrea Novoa	JT	29.49
235	KAPILA Annanay	800m	02:17.3	200	ADEBAYO Tiwa	LJ	4.21
229	MAIKLEM Josh	JT	40.56	213	CAINES Chantelle	LJ	4.45
246	MORGAN Ryan	LJ	5.82	214	CIENCIALA Magda	LJ	4.61
245	MOORE Matthew	LJ	5.99	217	JAMES Cara	SP	9.97
247	MAFULLUL David	LJ	6.22				
242	HARRIS Matthew	S/C	06:46.1				
238	FISHER Luke	S/C	06:51.7				
240	ROBERTSON Max	S/C	07:07.7				
241	WADDY Rob	S/C	07:13.7				
249	MARUSZCZAK Maciej	SP	12.39				
246	MORGAN Ryan	TJ	13.17				

SOUTHERN ATHLETICS LEAGUE Division 2 East Cambridge

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Wind

Harlow AC Guest

199	TAMBEDOU Mohamed	100m	11.2
	(URN - 3257854 )		