

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

Date Saturday, May 18 2019

Venue Kings Lynn

Host Club Ryston Runners

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
R	Ryston Runners	Ryston	20	83.0	8.0	81.0	192.0
S	Stevenage & North Herts AC	SNH	15	44.0	7.0	73.0	139.0
L	London Heathside	LonHeath	10	105.0	15.0	61.5	191.5
B	Basildon AC	Bas	15	107.0	9.0	93.5	224.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Basildon AC	224.5	4.0			224.5	4.0	1
2	Ryston Runners	192.0	3.0			192.0	3.0	2
3	London Heathside	191.5	2.0			191.5	2.0	3
4	Stevenage & North Herts AC	139.0	1.0			139.0	1.0	4

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

Scoring System Top 10

Men

1	HARRIS Elior	SNH	High Jump Men	1.95	802
2	WALKER Jess Y	Bas	Javelin Men A	51.80	777
3	HARDY Charles	LonHeath	3000m S/Chase	9:52.7	766
4	BAINES Dylan Y	SNH	Long Jump Me	6.37	727
5	JAMAAL Seyfu Y	LonHeath	3000m Men A	8:55.5	718
6	BUCKLAND Dominic Y	SNH	Discus Men A	36.66	706

7	BROADBENT Jack Y	Bas	110m Hurdles M	16.10	702
8	BROADBENT Jack Y	Bas	100m Men A	11.20	696
9	BROADBENT Jack Y	Bas	100m Men A	11.20	696
10	BAINES Dylan Y	SNH	Pole Vault Men	3.95	686
	Women				
1	BURRELL Grace Y	Bas	5000m Womer	17:52.0	795
2	TAYLOR Libby Y	SNH	Hammer Womr	42.99	776
3	ROLLS Scarlett X	Bas	High Jump Wo	1.60	760
4	MATTHEWS Devon Y	Bas	Javelin Women	31.35	750
5	RAPLEY Meg	Bas	1500m S/Chase	5:19.3	748
6					
7	SERAFINI Rosa	LonHeath	800m Women .	2:18.8	711
8	BALL Eleanor	LonHeath	100m Women /	12.70	707
9	O'REGAN Noelle	LonHeath	Discus Women	28.50	704
10	OVERFIELD Kirsty	Bas	400m Women .	59.80	688

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	B	BROADBENT Jack Y	Bas	11.2	696
2	L	O'DONNELL Cian	LonHeath	11.3	666
3	R	YELLOP Daniel	Ryston	12.1	451
4	S	GRINT Lee	SNH	13.6	176
5					
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	JAMES Chosen Y	Bas	11.3	666
2	LL	SEALE Leon Y	LonHeath	11.3	666
3	RR	WRIGHT Daniel Y	Ryston	11.9	500
4	SS	MAYFIELD Steve	SNH	13.6	176
5					
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	L	O'DONNELL Cian	LonHeath	23.2	639
2	B	JAMES Chosen Y	Bas	23.3	625
3	R	YELLOP Daniel	Ryston	24.3	494
4	S	GRINT Lee	SNH	27.7	176
5					
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	SEALE Leon Y	LonHeath	23.6	584
2	BB	HUME Jake X	Bas	25.1	402
3	RR	HUNT Gareth	Ryston	25.4	370
4	SS	MAYFIELD Steve	SNH	27.9	163
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	B	CHAPMAN Harrison Y	Bas	51.9	653
2	S	ROACHE Josh Y	SNH	53.7	558
3	L	MCGONAGLE Ruairi X	LonHeath	54.6	513
4	R	KEELEY Ben	Ryston	58.8	334
5					
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	WRIGHT James Y	Bas	57.0	406
2	RR	SIMMONDS Andy	Ryston	60.0	291
3	LL	AKA Daniel	LonHeath	61.5	242
4	SS	MAYFIELD Steve	SNH	62.3	218
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	LL	RALLISON Matthew	LonHeath	606	
2	R	O'NEILL James	Ryston	562	
3	B	WRIGHT James Y	Bas	442	

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	L	GARRETT Liam Y	LonHeath	512	
2	RR	KEELEY Ben	Ryston	403	
3	BB	MCGRATH Joe	Bas	295	

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019**

4	S	PICKARD Paul	SNH	41
5				
6				

4	SS	GRINT Lee	SNH	38
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	L	ARCHER Thomas X	LonHeath	04:04.8 696
2	R	O'NEILL James	Ryston	04:16.1 576
3	S	GRAYSON Charlie X	SNH	04:38.9 376
4	B	CHAPMAN Harrison Y	Bas	04:49.5 299
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	LL	GARRETT Liam Y	LonHeath	04:09.0 650
2	RR	KEELEY Ben	Ryston	04:37.4 387
3	SS	GRAYSON Mark	SNH	05:53.2 38
4	BB	DAVIES Rhys	Bas	06:38.7
5				
6				

3000m Men A

Posn	No.	Athlete	Club	Perf
1	L	JAMAAL Seyfu Y	LonHeath	08:55.5 718
2	R	O'NEILL James	Ryston	09:16.1 614
3	S	GRAYSON Mark	SNH	12:06.4 76
4	B	DAVIES Rhys	Bas	13:32.6 1
5				
6				

3000m Men B

Posn	No.	Athlete	Club	Perf
1	LL	RALLISON Matthew	LonHeath	09:05.9 664
2	RR	MATTHEWS Adam	Ryston	09:29.1 553
3	SS	PICKARD Paul	SNH	13:19.3 5
4	BB	BARNARD Jan	Bas	13:59.9
5				
6				

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	B	BROADBENT Jack Y	Bas	16.1 702
2	S	HARRIS Elior	SNH	18.1 511
3	R	HUNT Gareth	Ryston	22.1 217
4	L	HAWES Joel	LonHeath	23.6 138
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	RR	SIMMONDS Rob	Ryston	21.1 279
2	LL	AKA Daniel	LonHeath	21.4 260
3	BB	MCGRATH Joe	Bas	24.4 102
4				
5				
6				

400m Hurdles Men A**400m Hurdles Men B**

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019**

Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	B	CHAPMAN Harrison Y	Bas	65.1 496	1	RR	SIMMONDS Rob	Ryston	74.1 282
2	R	SIMMONDS Andy	Ryston	68.8 401	2	LL	HAWES Joel	LonHeath	84.0 113
3	L	TAKVORIAN Sebouh	LonHeath	86.1 86	3				
4					4				
5					5				
6					6				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	L	HARDY Charles	LonHeath	9:52.7 766
2	R	SIMMONDS Rob	Ryston	11:12.6 501
3	B	MCGRATH Joe	Bas	13:51.4 150
4				
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	LL	BARNES Andy	LonHeath	11:03.4 529
2	RR	SIMMONDS Andy	Ryston	12:48.3 263
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	S	HARRIS Elior	SNH	1.95 802
2	R	HUNT Gareth	Ryston	1.68 578
3	B	OMIYULE Daniel X	Bas	1.53 452
4	L	HAWES Joel	LonHeath	1.43 368
5				
6				

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	SS	ROACHE Josh Y	SNH	1.58 494
2	RR	SIMMONDS Rob	Ryston	1.53 452
3	BB	MCGRATH Joe	Bas	1.43 368
4				
5				
6				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	S	BAINES Dylan Y	SNH	3.95 686
2	R	SIMMONDS Rob	Ryston	2.95 470
3	BB	MCGRATH Joe	Bas	2.95 470
4	L	O'DONNELL Cian	LonHeath	2.35 336

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	SS	ROACHE Josh Y	SNH	2.75 426
2	LL	CYRUS Nathan	LonHeath	2.35 336
3	RR	HOGARTH Ian	Ryston	2.15 290
4				

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019**

5

5

6

6

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	S	BAINES Dylan Y	SNH	6.37 727
2	L	NWAOBODO Emmanuel	LonHeath	6.18 690
3	B	ADESIYAN Michael X	Bas	5.92 638
4	R	HUNT Gareth	Ryston	5.83 620
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	SS	LASEINDE Ike Y	SNH	5.62 579
2	BB	OMIYULE Daniel X	Bas	5.45 546
3	RR	SIMMONDS Rob	Ryston	5.17 491
4	LL	AKA Daniel	LonHeath	2.90 66
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	L	NWAOBODO Emmanuel	LonHeath	12.59 683
2	SS	LASEINDE Ike Y	SNH	12.53 677
3	B	OMIYULE Daniel X	Bas	11.71 596
4	R	HUNT Gareth	Ryston	11.51 576
5				
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	S	HARRIS Elior	SNH	12.11 636
2	LL	O'DONNELL Cian	LonHeath	11.81 606
3	BB	ADESIYAN Michael X	Bas	11.24 549
4	RR	SIMMONDS Rob	Ryston	10.94 518
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	L	NWAOBODO Emmanuel	LonHeath	10.59 625
2	R	YELLOP Daniel	Ryston	9.81 566
3	S	BAINES Dylan Y	SNH	9.03 504
4	BB	YORK Aaron	Bas	8.95 497
5				
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	RR	SIMMONDS Rob	Ryston	9.07 507
2	B	BROADBENT Jack Y	Bas	8.95 497
3	LL	HAWES Joel	LonHeath	8.90 493
4	SS	FEELY Steve	SNH	7.97 413
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
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Discus Men B

Posn	Bib	Athlete	Club	Perf
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SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019**

1	S	BUCKLAND Dominic Y	SNH	36.66	706	1	B	BROADBENT Jack Y	Bas	27.43	542
2	LL	HAWES Joel	LonHeath	32.09	628	2	RR	SIMMONDS Andy	Ryston	25.68	506
3	R	SIMMONDS Rob	Ryston	30.73	604	3	L	NWAOBODO Emmanuel	LonHeath	24.84	489
4	BB	YORK Aaron	Bas	27.85	550	4	SS	MAYFIELD Steve	SNH	21.81	422
5						5					
6						6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	R	SIMMONDS Andy	Ryston	34.42	641
2	S	FEELY Steve	SNH	29.89	578
3	B	YORK Aaron	Bas	23.80	484
4	L	NWAOBODO Emmanuel	LonHeath	22.30	459
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	RR	SIMMONDS Rob	Ryston	22.29	459
2	BB	WALKER Jess Y	Bas	17.92	377
3	LL	HAWES Joel	LonHeath	17.56	370
4	SS	BUCKLAND Dominic Y	SNH	16.81	354
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	B	WALKER Jess Y	Bas	51.80	777
2	R	SIMMONDS Rob	Ryston	39.34	605
3	L	HAWES Joel	LonHeath	28.58	438
4	SS	MAYFIELD Steve	SNH	25.91	392
5					
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	BB	YORK Aaron	Bas	35.12	542
2	RR	HEELEY Martin	Ryston	33.57	518
3	LL	BRAITHWAITE Ashley	LonHeath	28.55	437
4	S	BUCKLAND Dominic Y	SNH	24.81	373
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	L	LonHeath	SEALE Leon Y HINDS Ajarni BRAITHWAITE Ashley O'DONNELL Cian	46.0
2	S	SNH	BAINES Dylan Y ROACHE Josh Y LASEINDE Ike Y HARRIS Elior	47.0
3	B	Bas	BARNARD Jan AKHIGBE Michael Y HUME Jake X JAMES Chosen Y	47.0
4	R	Ryston	HUNT Gareth YELLOP Daniel WRIGHT Daniel Y KEELEY Ben	50.8
5				

6

4 x 400m Mixed A A

Posn	No.	Club	Runners	Perf
1	L	LonHeath	MCGONAGLE Ruairi X O'REGAN Noelle SERAFINI Rosa JAMAAL Seyfu Y	03:57.1
2	S	SNH	PICKARD Abigail Y PICKARD Alex X ROACHE Josh Y FEELY Christine	03:57.7
3	R	Ryston	HUNT Gareth YELLOP Daniel HOWLETT Thea Y BOOTH Rosie X	04:11.9
4	B	Bas	BURRELL Grace Y RAPLEY Meg BROADBENT Jack Y CHAPMAN Harrison Y	04:19.9
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	BALL Eleanor	LonHeath	12.7	707
2	B	TANIMOWO Queen X	Bas	13.4	564
3	R	MOYSE Lauren X	Ryston	13.6	527
4	S	PICKARD Abigail Y	SNH	14.2	424
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	O'REGAN Noelle	LonHeath	13.4	564
2	BB	OLUOKUN Marayam Y	Bas	13.9	474
3	SS	REED Sandra	SNH	15.1	293
4	RR	WHITE Alice	Ryston	15.6	233
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	L	BALL Eleanor	LonHeath	26.6	645
2	B	TANIMOWO Queen X	Bas	27.4	570
3	R	HOWLETT Thea Y	Ryston	27.5	562
4	S	REED Sandra	SNH	32.1	243
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	O'REGAN Noelle	LonHeath	27.8	536
2	BB	PHILLIPS Janine	Bas	31.1	298
3	RR	CHEN Holly	Ryston	31.7	264
4	SS	FEELY Christine	SNH	32.3	232
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	B	OVERFIELD Kirsty	Bas	59.8	688
2	L	SERAFINI Rosa	LonHeath	60.7	654
3	R	HOWLETT Thea Y	Ryston	61.2	635
4	S	PICKARD Abigail Y	SNH	72.8	284
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	ROLLS Scarlett X	Bas	60.8	650
2	LL	CONLON Naomi Y	LonHeath	63.4	557
3	SS	REED Sandra	SNH	73.3	272
4	RR	LORAM Maisie X	Ryston	76.9	195
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	L	SERAFINI Rosa	LonHeath	02:18.8	711
2	B	HARRIS Madison X	Bas	02:27.3	580
3	S	RAYMONT Lizzie Y	SNH	02:37.5	441

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	LL	WING Jennifer	LonHeath	02:34.7	477
2	BB	DANIEL Ameila Y	Bas	02:38.0	434
3	SS	FEELY Christine	SNH	02:45.0	351

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4	R	LORAM Maisie X	Ryston	02:50.1	296	4	RR	TUFF Rebecca	Ryston	03:07.8	143
5						5					
6						6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****1500m Women A**

Posn	No.	Athlete	Club	Perf
1	B	HARRIS Megan X	Bas	04:52.1 654
2	L	GARRETT Rose X	LonHeath	05:01.1 590
3	R	BOOTH Rosie X	Ryston	05:28.8 413
4	S	RAYMONT Lizzie Y	SNH	05:41.6 342
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	BB	HARRIS Daizy X	Bas	05:28.2 416
2	LL	VINLUAN Jessica	LonHeath	05:58.0 261
3	RR	LORAM Maisie X	Ryston	06:04.4 232
4				
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	BB	BURRELL Grace Y	Bas	17:52.0 795
2	L	VINLUAN Jessica	LonHeath	21:26.1 410
3	S	REES Anne	SNH	22:42.2 302
4	R	BERRY Judith	Ryston	24:30.7 176
5				
6				

5000m Women B

Posn	No.	Athlete	Club	Perf
1	B	BISHOP Charlotte	Bas	18:50.0 679
2	RR	WILDING Emma	Ryston	28:06.8 23
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	B SKEGGS Charlotte	Bas	17.3 558	
2	R DARKINS Naomi	Ryston	20.5 314	
3	L WING Jennifer	LonHeath	21.1 276	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	DORNAN Micha	Bas	22.1 216	
2	RR	WHITE Alice	Ryston	23.1 164	
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	B	BAILEY Sade	Bas	80.80 362
2	S	REED Sandra	SNH	81.50 348
3	L	GARRETT Rose X	LonHeath	97.00 95

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	SS	REES Anne	SNH	82.60 326
2	BB	PHILLIPS Janine	Bas	87.40 237
3	RR	TUFF Rebecca	Ryston	96.00 108

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn

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4	R	DARKINS Naomi	Ryston	99.20	70	4
5						5
6						6

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	B	RAPLEY Meg	Bas	0.00	748
2	L	WING Jennifer	LonHeath	0.00	552
3	R	BOOTH Rosie X	Ryston	0.00	448
4	S	FEELY Christine	SNH	0.00	376
5					
6					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	BB	BURRELL Grace Y	Bas	0.00	477
2	RR	MOYLE Katy X	Ryston	0.01	241
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	B	ROLLS Scarlett X	Bas	1.60	760
2	R	MOYSE Lauren X	Ryston	1.60	760
3	LL	BALL Eleanor	LonHeath	1.45	596
4					
5					
6					

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	SKEGGS Charlotte	Bas	1.45	596
2	L	WING Jennifer	LonHeath	1.35	487
3	RR	DARKINS Naomi	Ryston	1.35	487
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	SS		SNH	2.40	476
2	R	DARKINS Naomi	Ryston	1.75	302
3	B	BAILEY Sade	Bas	1.14	123
4					
5					
6					

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	RR	TUFF Rebecca	Ryston	1.14	123
2	BB	SKEGGS Charlotte	Bas	1.14	123
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	B	SKEGGS Charlotte	Bas	5.09 680
2	R	MOYSE Lauren X	Ryston	5.04 669
3	S	PICKARD Abigail Y	SNH	4.59 567
4	LL	GARRETT Rose X	LonHeath	4.00 435
5				
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	BB	ROLLS Scarlett X	Bas	5.09 680
2	RR	WHITE Alice	Ryston	3.78 387
3	SS	REED Sandra	SNH	3.65 358
4	L	BACKHAUS Claudia	LonHeath	3.40 304
5				
6				

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	BB	RAPLEY Meg	Bas	10.47 660
2	S	PICKARD Abigail Y	SNH	9.91 601
3	RR	WHITE Alice	Ryston	8.30 424
4	L	BACKHAUS Claudia	LonHeath	6.97 269
5				
6				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	B	TANIMOWO Queen X	Bas	10.00 610
2	SS	REES Anne	SNH	8.37 432
3	LL	CONLON Ella Y	LonHeath	6.02 151
4	R	TUFF Rebecca	Ryston	5.89 134
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	L	O'REGAN Noelle	LonHeath	9.12 659
2	S	TAYLOR Libby Y	SNH	8.81 636
3	BB	DORNAN Micha	Bas	8.72 629
4	R	TUFF Rebecca	Ryston	7.24 509
5				
6				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	B	ELLIS Katherine	Bas	7.95 568
2	RR	CHEN Holly	Ryston	6.49 441
3	LL	BACKHAUS Claudia	LonHeath	5.46 335
4	SS	FEELY Christine	SNH	4.52 216
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	L	O'REGAN Noelle	LonHeath	28.50 704
2	S	TAYLOR Libby Y	SNH	28.12 698
3	B	ELLIS Katherine	Bas	22.85 602

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	BB	DORNAN Micha	Bas	19.06 522
2	RR	SIMMONDS Marlene	Ryston	15.82 441
3	LL	BACKHAUS Claudia	LonHeath	11.65 304

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn

18/05/2019

4	R	TUFF Rebecca	Ryston	17.85	493	4	SS	REED Sandra	SNH	8.49	114
5						5					
6						6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn**18/05/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	S	TAYLOR Libby Y	SNH	42.99 776
2	B	ELLIS Katherine	Bas	29.25 598
3	L	O'REGAN Noelle	LonHeath	24.05 520
4	R	CLARKE Gaye	Ryston	22.29 491
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	BB	MATTHEWS Devon Y	Bas	21.03 470
2	RR	TUFF Rebecca	Ryston	17.33 403
3				
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	B	MATTHEWS Devon Y	Bas	31.35 750
2	R	TUFF Rebecca	Ryston	20.70 564
3	L	BACKHAUS Claudia	LonHeath	18.93 527
4	S	TAYLOR Libby Y	SNH	16.66 476
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	BB	DORNAN Micha	Bas	30.31 734
2	RR	CLARKE Gaye	Ryston	14.66 426
3	LL	BALL Eleanor	LonHeath	12.90 376
4	SS	RAYMONT Lizzie Y	SNH	10.51 298
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	L	LonHeath	CONLON Naomi Y WING Jennifer O'REGAN Noelle BALL Eleanor	54.30
2	R	Ryston	DARKINS Naomi MOYSE Lauren X TUFF Rebecca WHITE Alice	61.40
3	B	Bas	SKEGGS Charlotte OLUOKUN Marayam Y ROLLS Scarlett X TANIMOWO Queen X	77.70
4				
5				
6				

4 x 400m Mixed B A

Posn	No.	Club	Runners	Perf
1	B	Bas	BARNARD Jan YORK Aaron HARRIS Daizy X HARRIS Megan X	04:01.9
2	L	LonHeath	- - - -	04:26.3
3	R	Ryston	LORAM Maisie X MOYLE Katy X WRIGHT Daniel Y SIMMONDS Rob	04:32.4

SOUTHERN ATHLETICS LEAGUE Division 2 East Kings Lynn

18/05/2019

4 S SNH

04:44.3

5

6

NON-SCORERS

400m Hurdles Men

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

100m Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	157	Michael Adesiyan		Bas	12.1	
2	157	Michael Adesiyan		Bas	12.1	
3	158	Jake Hume		Bas	12.2	
4	150	Ajarni Hinds		LonHeath	12.7	
5	154	Stuart Howlett		Ryston	13.6	
6	152	Adrian Essex		LonHeath	14.1	

200m Men

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

400m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					

NON-SCORERS

400m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	152	Adrian Essex		LonHeath	81.1
2					
3					
4					
5					
6					

100m Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	1	ORTIZ PATARROYO Jeimmy carolina		LonHeath	17.4	
2						
3						
4						
5						
6						

200m Women

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

400m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	137	Meg Mapley		Bas	60.3
2	200	Ella Conion		LonHeath	64.1

3
4
5
6

3	153	Amelia Daniel	Bas	70.2
4				
5				
6				

800m Men

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

800m Women

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

1500m Men

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

1500m Women

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

5000m Men

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

3000m Women

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

110m Hurdles Men

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

100m Hurdles Women

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

S/Chase Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					

S/Chase Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	155	Daizy Harris		Bas	6:00.2
2	152	Adrian Essex		LonHeath	7:23.9
3					

4
5
6

4
5
6

Hammer Men

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

Hammer Women

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

Discus Men

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

Discus Women

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

Javelin Men

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

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	61	Justine Oldham		LonHeath	7.82
2					
3					
4					
5					
6					

Shot Men

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

Shot Women

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

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					

Long Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	160	Maryam Olydkyn		Bas	4.27
2					
3					

4
5
6

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					

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
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					1.20
2					
3					
4					
5					
6					

Pole Vault Women

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