

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	3	
VENUE	Chelmsford 2	
P/FINISH	NO	1

Date Saturday, June 15 2019

Venue Chelmsford 2

Host Club Havering AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
H	Havering AC	Have	20	99.0	15.0	79.0	213.0
A	Ashford AC	Ash	10	72.0	6.0	93.5	181.5
O	Brighton & Hove AC	B&H	10	96.0	8.0	90.0	204.0
R	Ryston Runners	Ryston	20	67.0	7.0	55.5	149.5
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	Havering AC	213.0	4.0	0.00	0.00	213.0	4.0	1
2	Brighton & Hove AC	204.0	3.0	0.00	0.00	204.0	3.0	2
3	Ashford AC	181.5	2.0	0.00	0.00	181.5	2.0	3
4	Ryston Runners	149.5	1.0	0.00	0.00	149.5	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	GOODACRE Laurence	Have	Shot Men A	15.00	914
2	TAYLOR Shandell	Have	Long Jump Men A	7.05	863
3	COLE Edan Y	B&H	Javelin Men A	56.96	844
4	TWIST Grant	Have	2000m S/Chase Men A	06:21.0	781
5	CONNOR James	Have	5000m Men A	15:01.5	771
6	BUCKMAN Ashley	Ash	Triple Jump Men A	13.48	767
7	GOODACRE Laurence	Have	Discus Men A	40.23	763
8	TAYLOR Shandell	Have	High Jump Men A	1.90	760
9	MOORE Kevin	B&H	5000m Men A	15:06.4	757
10	HARRIS Matthew	Ash	Javelin Men A	49.55	747
Women					
	Women	Club	Event	Perf	Points
1	HEWITT Sarah	B&H	Discus Women A	34.19	793
2	OKPALAUKO Chimdi Y	Have	Shot Women A	10.81	778
3	SULLIVAN Grace	Ash	Long Jump Women A	5.48	769
4	SULLIVAN Grace	Ash	Triple Jump Women A	11.49	767
4	KAVANAGH Jade Y	Have	200m Women A	25.4	767
6	MACHIN Julia	B&H	High Jump Women A	1.60	760
7	CLARKE Felicity	Have	400m Hurdles Women A	64.9	742
8	OWEN Becky	B&H	Javelin Women A	30.54	738
9	OWEN Becky	B&H	Shot Women A	10.19	736
10	MARTIN Deborah	Ash	400m Women A	58.8	727

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**

**15/06/2019**

**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	H	AKINYEBO Richard Y	Have	11.8	526
2	A	SMITH Lewis	Ash	11.9	500
3	O	HAWKINS Joshua Y	B&H	12.0	475
4	R	YELLOP Daniel	Ryston	16.0	7
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	BAILEY Lewis	Have	12.0	475
2	AA	JAMES Daniel Y	Ash	12.2	428
3	OO	DICKSON Louis Y	B&H	12.7	322
4	RR	HUNT Gareth	Ryston	18.1	
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	H	BAILEY Lewis	Have	22.9	682
2	A	SMITH Lewis	Ash	23.4	611
3	O	DICKSON Louis Y	B&H	23.9	544
4	R	MACQUEEN Robert Y	Ryston	25.2	391
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	AKINYEBO Richard Y	Have	23.0	668
2	AA	JAMES Daniel Y	Ash	23.5	597
3	OO	PURDY Caleb Y	B&H	24.5	470
4	RR	YELLOP Daniel	Ryston	32.0	11
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	H	BOSTON Fraser	Have	51.4	680
2	O	BRAZIER Max Y	B&H	52.4	625
3	AA	NOEL Douglas Y	Ash	53.0	594
4	R	MACQUEEN Robert Y	Ryston	53.7	558
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	AGNIMEL Matthew Y	Have	51.7	664
2	A	DOUGAL Barnaby Y	Ash	53.5	568
3	OO	HOWARD Paul	B&H	55.2	485
4	RR	YELLOP Daniel	Ryston	56.2	440
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	A	WOOD Adam Y	Ash	02:00.6	654
2	H	TWIST Grant	Have	02:00.6	654
3	R	O'NEILL James	Ryston	02:04.0	574
4	O	HOWARD Paul	B&H	02:04.6	560
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	FRIEND Alexander Y	Have	02:02.2	615
2	AA	SMITH Marshall Y	Ash	02:05.0	551
3	OO	GRANT Harvey X	B&H	02:05.9	532
4	RR	MATTHEWS Adam	Ryston	02:49.2	28
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	O	CORK William	B&H	04:12.4	614
2	A	SMITH Marshall Y	Ash	04:13.7	601
3	R	O'NEILL James	Ryston	04:20.0	538
4	HH	BERRETT Louis Y	Have	04:29.5	452
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	OO	GRANT Harvey X	B&H	04:31.4	436
2	H	O'HARA Kieran	Have	04:31.7	433
3	RR	MATTHEWS Adam	Ryston	04:51.8	284
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**

**15/06/2019**

**5000m Men A**

Posn	No.	Athlete	Club	Perf
1	H	CONNOR James	Have	15:01.5 <span style="color: red;">771</span>
2	O	MOORE Kevin	B&H	15:06.4 <span style="color: red;">757</span>
3	R	O'NEILL James	Ryston	15:43.6 <span style="color: red;">654</span>
4	A	FLAY Matthew	Ash	18:12.4 <span style="color: red;">313</span>
5				
6				

**5000m Men B**

Posn	No.	Athlete	Club	Perf
1	OO	BRISTOW Howard	B&H	15:10.2 <span style="color: red;">746</span>
2	RR	MATTHEWS Adam	Ryston	16:34.0 <span style="color: red;">525</span>
3	HH	STEWART James	Have	16:34.3 <span style="color: red;">525</span>
4				
5				
6				

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	OO	VERMES Arpad	B&H	17.2 <span style="color: red;">593</span>
2	A	DAVEY Peter	Ash	19.1 <span style="color: red;">426</span>
3	R	SIMMONDS Rob	Ryston	24.2 <span style="color: red;">111</span>
4				
5				
6				

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	AA	WILLIAMS Luke	Ash	20.3 <span style="color: red;">335</span>
2	RR	SIMMONDS Andy	Ryston	48.4
3				
4				
5				
6				

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	A	DAVEY Peter	Ash	63.9 <span style="color: red;">529</span>
2	RR	SIMMONDS Rob	Ryston	66.7 <span style="color: red;">454</span>
3	H	RIDDELL Kieran	Have	80.5 <span style="color: red;">165</span>
4	O	BRAZIER Max Y	B&H	92.0 <span style="color: red;">30</span>
5				
6				

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	AA	WILLIAMS Luke	Ash	70.2 <span style="color: red;">368</span>
2	R	SIMMONDS Andy	Ryston	72.8 <span style="color: red;">309</span>
3	OO	VERMES Arpad	B&H	92.2 <span style="color: red;">29</span>
4				
5				
6				

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	H	TWIST Grant	Have	06:21.0 <span style="color: red;">781</span>
2	R	SIMMONDS Rob	Ryston	07:05.4 <span style="color: red;">536</span>
3				
4				
5				
6				

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	HH	ATKINS Samuel Y	Have	07:00.1 <span style="color: red;">563</span>
2	RR	SIMMONDS Andy	Ryston	07:18.4 <span style="color: red;">474</span>
3				
4				
5				
6				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	H	TAYLOR Shandell	Have	1.90 <span style="color: red;">760</span>
2	O	RIENECKER-FOUND Harry Y	B&H	1.85 <span style="color: red;">719</span>
3	AA	ADAMS Tyler	Ash	1.80 <span style="color: red;">677</span>
4	R	HUNT Gareth	Ryston	1.65 <span style="color: red;">553</span>

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	A	SMILEY Matthew	Ash	1.75 <span style="color: red;">636</span>
2	OO	SMITH Matthew	B&H	1.75 <span style="color: red;">636</span>
3	RR	SIMMONDS Rob	Ryston	1.60 <span style="color: red;">511</span>
4	HH	AKINYEBO Richard Y	Have	1.55 <span style="color: red;">469</span>

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**

**15/06/2019**

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	O	PRICE John	B&H	3.70	633
2	A	ADAMS Tyler	Ash	3.50	590
3	H	BRINTON-QUINN Peter X	Have	3.50	590
4	R	SIMMONDS Rob	Ryston	2.90	459

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	AA	WILLIAMS Luke	Ash	3.50	590
2	OO	SMITH Matthew	B&H	3.50	590
3	HH	DEBENHAM Reece X	Have	2.90	459
4	RR	OAKES Paul	Ryston	2.30	325

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	H	TAYLOR Shandell	Have	7.05	863
2	A	SMITH Lewis	Ash	6.36	725
3	O	SMITH Matthew	B&H	6.13	680
4	RR	SIMMONDS Rob	Ryston	5.06	470
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	AA	BUCKMAN Ashley	Ash	6.36	725
2	HH	IDOWU Tobi Y	Have	5.77	609
3	R	HUNT Gareth	Ryston	4.81	421
4	OO	RIENECKER-FOUND Harry Y	B&H	3.62	196
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	A	BUCKMAN Ashley	Ash	13.48	767
2	HH	ARIYIBI Success Y	Have	12.51	675
3	O	SMITH Matthew	B&H	11.57	582
4	RR	SIMMONDS Rob	Ryston	10.60	483
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	AA	SMITH Lewis	Ash	12.93	715
2	H	FRESHWATER Aaron Y	Have	11.30	555
3	OO	BRAZIER Max Y	B&H	10.10	429
4	R	YELLOP Daniel	Ryston	10.04	422
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	H	GOODACRE Laurence	Have	15.00	914
2	AA	WARD Jon	Ash	11.43	685
3	O	WALKER Leo Y	B&H	10.23	598
4	R	YELLOP Daniel	Ryston	9.94	576
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	A	HARRIS Matthew	Ash	10.33	605
2	RR	SIMMONDS Rob	Ryston	9.72	559
3	OO	SMITH Matthew	B&H	9.49	541
4	HH	BONNING Arron	Have	8.58	466
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	H	GOODACRE Laurence	Have	40.23	763
2	O	VERMES Arpad	B&H	38.35	733
3	AA	WARD Jon	Ash	30.46	599
4	R	SIMMONDS Rob	Ryston	27.64	546
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	OO	WALKER Leo Y	B&H	34.48	670
2	A	HARRIS Matthew	Ash	28.17	556
3	RR	SIMMONDS Andy	Ryston	24.38	479
4	HH	BONNING Arron	Have	24.33	478
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2****15/06/2019****Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	AA	WARD Jon	Ash	35.09 650
2	R	SIMMONDS Andy	Ryston	35.08 650
3	OO	WALKER Leo Y	B&H	28.35 556
4	H	HARRISON Samuel	Have	26.58 529
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	A	HARRIS Matthew	Ash	29.29 570
2	RR	SIMMONDS Rob	Ryston	26.62 530
3	O	VERMES Arpad	B&H	22.80 468
4	HH	BONNING Arron	Have	19.23 403
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	O	COLE Edan Y	B&H	56.96 844
2	A	HARRIS Matthew	Ash	49.55 747
3	H	WOODS Oliver Y	Have	49.38 745
4	R	SIMMONDS Rob	Ryston	41.46 635
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	ADAMS Tyler	Ash	43.55 665
2	HH	BRINTON-QUINN Peter X	Have	42.89 656
3	OO	SMITH Matthew	B&H	37.75 581
4	RR	HUNT Gareth	Ryston	25.99 394
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	H	Have	TAYLOR Shandell AGNIMEL Matthew Y BOSTON Fraser AKINYEBO Richard Y	44.2
2	O	B&H	HAWKINS Joshua Y HAWKINS Tobias Y DICKSON Louis Y PURDY Caleb Y	44.5
3	A	Ash	SMITH Lewis JAMES Daniel Y SMILEY Matthew -	46.3
4	R	Ryston	MACQUEEN Robert Y YELLOP Daniel SIMMONDS Rob HOGARTH Ian	59.6
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	H	Have	BOSTON Fraser AGNIMEL Matthew Y OKPALAUKO Somto X MCCREE Alex	03:30.7
2	R	Ryston	YELLOP Daniel MACQUEEN Robert Y SIMMONDS Rob HOGARTH Ian	04:29.1
3	O	B&H	BRAZIER Max Y HOWARD Paul MOORE Kevin CORK William	DQ
4	A	Ash	- - - -	DQ
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**

**15/06/2019**

**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	A	MONGO Yetunde Y	Ash	13.3	584
2	H	AGNIMEL Esther X	Have	13.4	564
3	O	DORNBUSCH Anna Y	B&H	13.9	474
4	R	MOYSE Lauren X	Ryston	14.1	440
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	YEANDLE BRONWYN X	Ash	13.9	474
2	HH	MARENAH Aisha X	Have	14.3	408
3	OO	OWEN Becky	B&H	14.3	408
4	RR	TUFF Rebecca	Ryston	19.0	15
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	H	KAVANAGH Jade Y	Have	25.4	767
2	O	KIRBY Lucy X	B&H	26.6	645
3	A	DAVIS Imogen X	Ash	27.2	589
4	R	CLARKE Gaye	Ryston	34.6	134
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	OO	MACHIN Julia	B&H	27.5	562
2	AA	SAXBY Ella X	Ash	28.6	470
3	HH	KERR Rachel	Have	30.5	335
4	RR	TUFF Rebecca	Ryston	39.6	22
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	A	MARTIN Deborah	Ash	58.8	727
2	O	DORNBUSCH Anna Y	B&H	63.4	557
3	HH	BRENNAN Nina	Have	67.6	423
4	R	SANDOVER Izzy X	Ryston	74.7	241
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	SAXBY Ella X	Ash	65.1	500
2	OO	WILDING Jo	B&H	67.1	438
3	H	BAGGS Amy	Have	68.1	408
4	RR	TUFF Rebecca	Ryston	87.0	51
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	O	WALKER Tatum X	B&H	02:24.9	615
2	H	BAILEY Ginte	Have	02:26.4	593
3	R	LORAM Maisie X	Ryston	02:56.0	238
4	A	DICKINSON Isabel	Ash	03:16.4	89
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	OO	GROWNS Lydia	B&H	02:27.3	580
2	RR	SANDOVER Izzy X	Ryston	02:57.0	229
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**

**15/06/2019**

**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	H	FOLEY Sydney X	Have	04:49.6 672
2	O	GROWNS Lydia	B&H	05:10.6 526
3	R	LORAM Maisie X	Ryston	05:53.0 284
4	A	DICKINSON Isabel	Ash	06:51.7 72
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	OO	LEMAN Freya	B&H	05:33.1 388
2	HH	DAVIES Clare	Have	05:41.2 344
3	RR	MOORE Tiegan X	Ryston	06:16.0 184
4				
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	H	FOLEY Sydney X	Have	10:36.9 672
2	O	DOOLEY Lois X	B&H	10:41.1 657
3	R	BOOTH Rosie X	Ryston	12:11.0 377
4	A	HAWKINS Candy	Ash	13:10.3 233
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	OO	GROWNS Lydia	B&H	11:49.4 438
2	HH	DAVIES Clare	Have	11:55.4 420
3	RR	MOORE Tiegan X	Ryston	13:45.3 164
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	A SULLIVAN Grace	Ash	16.8 601	
2	H CLARKE Felicity	Have	17.4 549	
3	O OWEN Becky	B&H	17.5 541	
4	R DARKINS Naomi	Ryston	20.5 314	
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	BRENNAN Claire	Have	17.9 507	
2	OO	WILDING Jo	B&H	19.9 355	
3	RR	WHITE Alice	Ryston	22.1 216	
4	AA	SADLER-REEVES Yasmin X	Ash	22.3 205	
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	H	CLARKE Felicity	Have	64.90 742
2	O	MACHIN Julia	B&H	66.80 691
3	RR	WHITE Alice	Ryston	93.40 143
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	HH	BRENNAN Claire	Have	71.30 577
2	OO	WILDING Jo	B&H	76.10 463
3	R	TUFF Rebecca	Ryston	95.50 114
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**
**15/06/2019**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	O	DOOLEY Lois X	B&H	07:54.1	571
2	R	BOOTH Rosie X	Ryston	09:21.3	262
3					
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	OO	GROWNS Lydia	B&H	8:12.6	495
2	RR	TUFF Rebecca	Ryston	10:29.6	106
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	O	MACHIN Julia	B&H	1.60	760
2=	R	MOYSE Lauren X	Ryston	1.50	651
2=	A	HAMILTON Katie	Ash	1.50	651
4	H	WATSON Ellie	Have	1.35	487

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	RR	DARKINS Naomi	Ryston	1.40	542
2	AA	SADLER-REEVES Yasmin X	Ash	1.35	487
3	OO	WILDING Jo	B&H	1.35	487
4	HH	KERR Rachel	Have	1.15	270

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	HENDERSON Laura	Ash	2.60	528
2	H	COLLIER Jessie X	Have	2.60	528
3	O	MACHIN Julia	B&H	2.00	370
4	R	DARKINS Naomi	Ryston	1.80	316

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	HH	BRENNAN Claire	Have	2.30	450
2	AA	YEANDLE BRONWYN X	Ash	2.20	424
3	OO	DORNBUSCH Stefanie	B&H	1.90	343
4	RR	TUFF Rebecca	Ryston	1.20	141



**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**
**15/06/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	AA	SULLIVAN Grace	Ash	5.48	769
2	R	MOYSE Lauren X	Ryston	5.04	669
3	O	OWEN Becky	B&H	4.96	651
4	H	WATSON Ellie	Have	3.97	429
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	A	DAVIS Imogen X	Ash	4.86	628
2	HH	MWANZA Lydia Y	Have	3.97	429
3	RR	WHITE Alice	Ryston	3.65	358
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	SULLIVAN Grace	Ash	11.49	767
2	O	CLOSE Annie	B&H	10.98	714
3	HH	MWANZA Lydia Y	Have	9.19	523
4	R	WHITE Alice	Ryston	7.88	376
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	OO	NELSON Kirsty X	B&H	10.40	653
2	AA	SADLER-REEVES Yasmin X	Ash	9.81	590
3	H	ATKINS Alice X	Have	8.66	464
4	RR	TUFF Rebecca	Ryston	5.95	142
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	OKPALAUKO Chimdi Y	Have	10.81	778
2	O	OWEN Becky	B&H	10.19	736
3	R	TUFF Rebecca	Ryston	7.10	496
4	A	WARD Ashley Y	Ash	5.95	387
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	OO	HEWITT Sarah	B&H	9.33	674
2	HH	DJONDO Anne-prisca X	Have	8.86	640
3	RR	CLARKE Gaye	Ryston	6.35	427
4	AA	HAMILTON Katie	Ash	5.89	381
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	O	HEWITT Sarah	B&H	34.19	793
2	H	OKPALAUKO Chimdi Y	Have	28.74	708
3	A	WARD Ashley Y	Ash	22.39	593
4	R	TUFF Rebecca	Ryston	14.80	412
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	HH	COLLIER Jessie X	Have	27.82	693
2	OO	OWEN Becky	B&H	24.49	634
3	RR	SIMMONDS Marlene	Ryston	14.59	406
4	AA	HENDERSON Laura	Ash	14.45	402
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2**
**15/06/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	O	CARTER Emma X	B&H	31.23 626
2	R	CLARKE Gaye	Ryston	25.75 546
3	H	BRENNAN Nina	Have	18.55 426
4	AA	HAMILTON Katie	Ash	14.92 354
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	OO	HEWITT Sarah	B&H	27.11 567
2	RR	TUFF Rebecca	Ryston	15.52 367
3	HH	OKPALAUKO Chimdi Y	Have	14.86 353
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	O	OWEN Becky	B&H	30.54 738
2	A	WARD Ashley Y	Ash	28.55 706
3	H	THATCHER-GRAY Elysha Y	Have	24.50 637
4	R	TUFF Rebecca	Ryston	17.65 499
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	OO	HEWITT Sarah	B&H	22.38 597
2	HH	BRENNAN Claire	Have	18.04 508
3	AA	OAKES Patricia	Ash	13.49 394
4	RR	CLARKE Gaye	Ryston	11.38 328
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	A	Ash	DAVIS Imogen X MONGO Yetunde Y SAXBY Ella X YEANDLE BRONWYN X	51.70
2	H	Have	MARENAH Aisha X ATKINS Alice X AGNIMEL Esther X CLARKE Felicity	52.80
3	O	B&H	MACHIN Julia KIRBY Lucy X DORNBUSCH Anna Y OWEN Becky	53.40
4	R	Ryston	DARKINS Naomi MOYSE Lauren X WHITE Alice LORAM Maisie X	58.70
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	H	Have	BRENNAN Nina CLARKE Felicity KAVANAGH Jade Y BAGGS Amy	04:16.9
2	O	B&H	MACHIN Julia DORNBUSCH Anna Y WALKER Tatum X OWEN Becky	04:22.2
3	R	Ryston	LORAM Maisie X SANDOVER Izzy X BOOTH Rosie X MOORE Tiegan X	05:27.4
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2

15/06/2019

**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	4	ARIYIBI Success Y		Have	12.6	
2	132	PURDY Caleb		B&H	12.9	
3						
4						
5						
6						
7						
8						

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	121	RAMSDEN Emma X		Have	13.7	
2	137	SMITH Isabella X		Have	13.8	
3	123	ATKINS Alice X		Have	14.2	
4	115	DJONDO Anne-prisca X		Have	15.1	
5						
6						
7						
8						

**200m Men**

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

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	121	RAMSDEN Emma X		Have	28.0	
2						
3						
4						
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	71	OKPALAUKO Somto X		Have	53.6
2	126	McCREE Alex		Have	54.0
3	89	FRESHWATER Aaron Y		Have	55.3
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 2 East Chelmsford 2

15/06/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	98	KAVANAGH Paul		Have	2:10.4
2					
3					
4					
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	102	MALEY Gavin		Have	4:27.8
2	100	KEEFE Freddy		Have	4:30.7
3	101	BLAND Matthew		Have	4:38.9
4					
5					
6					

**1500m Women**

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

**5000m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	106	WARNER Robert		Have	15:41.2
2	138	STEVENSON Phil		B&H	16:23.7
3	104	WHITEHEAD John		Have	17:07.0
4	105	PRIESTLEY Darren		Have	19:08.4
5					
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						
2						
3						
4						
5						
6						

**S/Chase Men**

Posn	Bib	Athlete	Age	Club	Perf
1	141	WOODS Oliver Y		Have	8:10.1
2					
3					
4					
5					
6					

**S/Chase Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2

15/06/2019

Hammer Men

Posn	Bib	Athlete	Age	Club	Perf
1	127	OAKES Paul		Ryston	24.14
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	139	WALKER Leo	1.75kg	B&H	37.69
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					
2					
3					
4					
5					
6					

Javelin Women

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

Long Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	131	KIRBY Lucy X		B&H	4.57
2					
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Division 2 East Chelmsford 2

15/06/2019

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					
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	134	EYLES Edin		Ash	2.00
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					