

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

Date Saturday, June 15 2019

Venue Ipswich

Host Club Ipswich Harriers/Colchester & Tendring ©

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
I	Ipswich Harriers/Colchester & Tendring ©	Ipsw/C&T	20	120.0	14.0	108.0	262.0
D	Dartford Harriers AC	Dartf	15	37.0	5.0	57.0	114.0
T	Tonbridge AC	Tonb	10	62.0	12.0	79.0	163.0
L	London Heathside	LonHeath	20	101.0	8.0	59.0	188.0
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	Ipswich Harriers/Colchester & Tendring ©	262.0	4.0	0.00	0.00	262.0	4.0	1
2	London Heathside	188.0	3.0	0.00	0.00	188.0	3.0	2
3	Tonbridge AC	163.0	2.0	0.00	0.00	163.0	2.0	3
4	Dartford Harriers AC	114.0	1.0	0.00	0.00	114.0	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	BLOOMFIELD Joe	Ipsw/C&T	Hammer Men A	62.16	951
2	BAILEY Cameron Y	Ipsw/C&T	200m Men A	21.8	856
3	BLOOMFIELD Joe	Ipsw/C&T	Discus Men A	46.13	851
4	BLOOMFIELD Joe	Ipsw/C&T	Shot Men A	13.46	819
5	CHURCH Lewis	Tonb	High Jump Men A	1.95	802
6	CHURCH Lewis	Tonb	Discus Men A	41.21	778
7	CHURCH Lewis	Tonb	Javelin Men A	50.93	766
8	CHURCH Lewis	Tonb	Pole Vault Men A	4.30	760
8	SNOWDON Matthew Y	Ipsw/C&T	2000m S/Chase Men A	06:24.4	760
10	BAILEY Cameron Y	Ipsw/C&T	100m Men A	11.0	759

  

Women		Club	Event	Perf	Points
1	HARVEY Eloise Y	Dartf	Long Jump Women A	5.94	875
2	MORGAN Jennifer Y	Ipsw/C&T	Javelin Women A	35.82	817
3	EBBAGE Kirsty Ann Y	Tonb	Discus Women A	35.76	816
4	SUTTON Kat	Dartf	400m Women A	56.9	805
5	GREEN Beatrice Y	Ipsw/C&T	400m Women A	57.7	771
6	SEALY Katy	Ipsw/C&T	High Jump Women A	1.60	760
7	EBBAGE Kirsty Ann Y	Tonb	Hammer Women A	41.02	752
7	YOUNGS Lornarra X	Ipsw/C&T	100m Women A	12.5	752
9	GRAHAM Sophie X	Ipsw/C&T	Discus Women A	30.96	744
10	EBBAGE Kirsty Ann Y	Tonb	Shot Women A	10.21	737

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich**

**15/06/2019**

**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	BAILEY Cameron Y	Ipsw/C&T	11.0	759
2	L	O'DONNELL Cian	LonHeath	11.1	727
3	D	MCPHERSON Trey X	Dartf	11.7	552
4	T	TESTER Steven	Tonb	11.7	552
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	SEALE Leon Y	LonHeath	11.5	607
2	II	GIBSON Jay	Ipsw/C&T	11.5	607
3	TT	HOOKWAY Alex	Tonb	12.3	405
4	DD	NASH Richard	Dartf	17.6	
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	BAILEY Cameron Y	Ipsw/C&T	21.8	856
2	L	O'DONNELL Cian	LonHeath	22.9	682
3	D	MCPHERSON Trey X	Dartf	23.4	611
4	T	TESTER Steven	Tonb	23.4	611
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	II	HUNT Oscar Y	Ipsw/C&T	24.1	519
2	LL	NISBETT-MORGAN Cameron Y	LonHeath	24.2	506
3	TT	LAWSON Harry	Tonb	26.5	267
4	DD	KENNEDY Jon	Dartf	27.4	196
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	MILLER Oliver Y	Ipsw/C&T	55.1	490
2	L	BLOOM Ben	LonHeath	56.6	423
3	D	NASH Richard	Dartf	82.0	
4					
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	II	COLLETT Jay X	Ipsw/C&T	56.4	431
2	DD	KENNEDY Jon	Dartf	60.1	288
3	LL	VINCENT Christopher	LonHeath	63.3	190
4					
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	ELLIS Michael	Tonb	01:59.6	678
2	L	HARDY Charles	LonHeath	02:00.0	668
3	D	MANNING Thomas	Dartf	02:01.5	632
4	I	GRADY Jack Y	Ipsw/C&T	02:03.6	583
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	ROSS William	LonHeath	02:00.3	661
2	TT	LAWSON Harry	Tonb	02:06.9	510
3	II	FULLER Michael	Ipsw/C&T	02:17.9	310
4	DD	KENNEDY Jon	Dartf	02:25.8	202
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	BRYANT Jamie	Tonb	04:06.1	681
2	L	HARDY Charles	LonHeath	04:06.4	678
3	I	GODDARD Nathan Y	Ipsw/C&T	04:10.8	631
4	D	PICKETT Andrew	Dartf	04:17.9	559
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	ROSS William	LonHeath	04:16.1	576
2	II	EVANS LOMBE Kit X	Ipsw/C&T	04:21.5	524
3	DD	MANNING Thomas	Dartf	04:25.1	491
4	TT	-	Tonb	04:42.4	349
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich**
**15/06/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	
1	II	LAWRENCE Alexander	Ipsw/C&T	15:21.0	715
2	L	JAMAAL Seyfu Y	LonHeath	15:22.3	712
3	TT	LAWSON Harry	Tonb	16:29.3	537
4	D	KENNEDY Jon	Dartf	17:07.5	447
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	
1	I	PETTERSSON James Y	Ipsw/C&T	15:45.2	649
2	T	ELLIS Michael	Tonb	16:37.9	516
3	LL	BARNES Andy	LonHeath	16:49.2	489
4	DD	BURFORD Connor	Dartf	19:33.0	177
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	I	NTULI Teddy Y	Ipsw/C&T	17.2	593
2	L	HAWES Joel	LonHeath	24.5	98
3					
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	II	JONES Sam	Ipsw/C&T	21.1	279
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	I	NTULI Teddy Y	Ipsw/C&T	62.4	571
2	T	HOOKWAY Alex	Tonb	64.6	510
3	L	HAWES Joel	LonHeath	82.6	133
4	D	NASH Richard	Dartf	95.5	10
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	II	JONES Sam	Ipsw/C&T	66.8	451
2	LL	ESSEX Adrian	LonHeath	98.2	1
3					
4					
5					
6					

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	I	SNOWDON Matthew Y	Ipsw/C&T	06:24.4	760
2	T	BRYANT Jamie	Tonb	06:56.8	580
3	L	BARNES Andy	LonHeath	07:27.8	431
4					
5					
6					

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	TT	PATON Harry	Tonb	07:08.1	523
2	II	ADAMS Thomas Y	Ipsw/C&T	07:27.3	433
3	LL	FLAHIVE John	LonHeath	07:50.7	336
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	CHURCH Lewis	Tonb	1.95	802
2	I	NTULI Teddy Y	Ipsw/C&T	1.55	469
3	L	HAWES Joel	LonHeath	1.45	385
4	D	NASH Richard	Dartf	1.30	259

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	PATON Harry	Tonb	1.45	385
2	LL	FLAHIVE John	LonHeath	1.40	343
3	II	JONES Sam	Ipsw/C&T	1.30	259
4	DD	CHRISTIE Doug	Dartf	1.05	44

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich**

**15/06/2019**

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	CHURCH Lewis	Tonb	4.30	760
2	D	NASH Richard	Dartf	2.90	459
3	I	LING Ian	Ipsw/C&T	2.70	415
4	L	O'DONNELL Cian	LonHeath	2.50	370

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	HOOKWAY Alex	Tonb	3.10	503
2	II	JONES Sam	Ipsw/C&T	2.50	370
3	LL	ESSEX Adrian	LonHeath	1.90	232

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	CHURCH Lewis	Tonb	6.49	751
2	I	FAYERS Jack X	Ipsw/C&T	5.87	628
3	LL	MINGOES Carlos	LonHeath	5.61	577
4	D	NASH Richard	Dartf	4.95	449
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	II	NTULI Teddy Y	Ipsw/C&T	5.57	569
2	L	LAWRENCE Mark	LonHeath	4.95	449
3	TT	TESTER Steven	Tonb	4.89	437
4	DD	KENNEDY Jon	Dartf	4.32	328
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	I	FAYERS Jack X	Ipsw/C&T	12.59	683
2	L	O'DONNELL Cian	LonHeath	11.87	612
3	T	TESTER Steven	Tonb	11.20	545
4	DD	BURFORD Rowan Y	Dartf	9.53	365
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	II	NTULI Teddy Y	Ipsw/C&T	12.40	664
2	LL	LAWRENCE Mark	LonHeath	11.09	534
3	TT	-	Tonb	9.77	393
4	D	NASH Richard	Dartf	8.15	196
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	I	BLOOMFIELD Joe	Ipsw/C&T	13.46	819
2	T	HOOKWAY Alex	Tonb	11.95	720
3	D	NASH Richard	Dartf	9.06	506
4	L	CYRUS Nathan	LonHeath	8.75	481
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	II	GODRON Peter	Ipsw/C&T	9.41	535
2	DD	HARVEY Scott	Dartf	8.40	451
3	LL	HINDS Ajarni	LonHeath	8.10	424
4	TT	PATON Harry	Tonb	7.99	414
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	I	BLOOMFIELD Joe	Ipsw/C&T	46.13	851
2	T	CHURCH Lewis	Tonb	41.21	778
3	D	NASH Richard	Dartf	33.50	653
4	LL	HAWES Joel	LonHeath	29.57	582
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	HOOKWAY Alex	Tonb	35.18	682
2	II	CLEVERLEY Archie Y	Ipsw/C&T	30.71	604
3	L	LAWRENCE Mark	LonHeath	25.94	512
4	DD	HARVEY Scott	Dartf	21.87	423
5					
6					

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

Posn	Bib	Athlete	Club	Perf	
1	I	BLOOMFIELD Joe	Ipsw/C&T	62.16	951
2	D	NASH Richard	Dartf	30.67	589
3	L	HAWES Joel	LonHeath	26.95	535
4					
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	DD	HARVEY Scott	Dartf	30.38	585
2	II	GODRON Peter	Ipsw/C&T	23.74	483
3	LL	ESSEX Adrian	LonHeath	17.18	362
4					
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	CHURCH Lewis	Tonb	50.93	766
2	II	GODRON Stefan Y	Ipsw/C&T	43.52	665
3	DD	BURFORD Rowan Y	Dartf	42.20	646
4	LL	HAWES Joel	LonHeath	28.50	436
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	D	NASH Richard	Dartf	40.15	617
2	I	FULLER Michael	Ipsw/C&T	38.32	590
3	L	BRAITHWAITE Ashley	LonHeath	26.60	404
4					
5					
6					

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	I	Ipsw/C&T	SMITH Tersharn JAYAWEERA Sheen X MILLER Oliver Y BAILEY Cameron Y	44.8
2	T	Tonb	-----	47.8
3	D	Dartf	BURFORD Connor MANNING Thomas MCPHERSON Trey X NASH Richard	51.4
4	L	LonHeath	SEALE Leon Y BRAITHWAITE Ashley HINDS Ajarni O'DONNELL Cian	DQ
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	T	Tonb	-----	03:34.1
2	I	Ipsw/C&T	COLLETT Jay X JONES Sam GRADY Jack Y MILLER Oliver Y	03:42.5
3	L	LonHeath	BARNES Andy HARDY Charles ROSS William O'DONNELL Cian	03:54.4
4	D	Dartf	MANNING Thomas PICKETT Andrew KENNEDY Jon BURFORD Connor	03:59.8
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich**
**15/06/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	YOUNGS Lornarra X	Ipsw/C&T	12.5	752
2	T	ELSTON Emma-sophia X	Tonb	12.7	707
3	D	SUTTON Kat	Dartf	13.1	623
4	L	RAYKOV Yanna	LonHeath	14.7	348
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	II	KILPATRICK Chantelle	Ipsw/C&T	12.9	665
2	TT	MURPHY Jessica	Tonb	12.9	665
3	LL	WING Jennifer	LonHeath	13.5	545
4	DD	CAPON Claire	Dartf	13.9	474
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	BARROW Skye X	Ipsw/C&T	26.0	704
2	D	SUTTON Kat	Dartf	26.2	684
3	T	ELSTON Emma-sophia X	Tonb	26.3	674
4	L	O'REGAN Noelle	LonHeath	27.4	570
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	TT	FASSNIDGE Isabella X	Tonb	27.1	598
2	LL	CONLON Naomi Y	LonHeath	27.4	570
3	II	KILPATRICK Chantelle	Ipsw/C&T	27.9	527
4	DD	TAYLOR Kim	Dartf	32.1	243
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	D	SUTTON Kat	Dartf	56.9	805
2	I	GREEN Beatrice Y	Ipsw/C&T	57.7	771
3	L	O'REGAN Noelle	LonHeath	62.0	606
4	T	RIDGE Nina	Tonb	67.6	423
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	CONLON Naomi Y	LonHeath	62.6	585
2	II	GODBOLD Chloe	Ipsw/C&T	63.2	564
3	DD	TAYLOR Stacy	Dartf	85.6	65
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	WING Jennifer	LonHeath	02:30.0	541
2	T	NICHOLSON India Y	Tonb	02:34.9	474
3	I	HUGHES Natalie X	Ipsw/C&T	02:36.7	451
4	D	TAYLOR Kim	Dartf	03:44.1	2
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	WOOLCOCK Lily	LonHeath	02:32.8	502
2	TT	RIDGE Nina	Tonb	02:36.0	460
3	II	WADE Samantha	Ipsw/C&T	02:38.5	428
4	DD	TAYLOR Stacy	Dartf	03:44.1	2
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich**
**15/06/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	L	WOOLCOCK Lily	LonHeath	04:54.5 <b>637</b>
2	I	HILL April X	Ipsw/C&T	04:55.0 <b>633</b>
3	TT	NICHOLSON India Y	Tonb	05:21.5 <b>456</b>
4	D	ROSE Denise	Dartf	06:35.6 <b>116</b>
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	II	RUSSELL Georgina Y	Ipsw/C&T	05:10.5 <b>526</b>
2	T	HESLOP Elizabeth Y	Tonb	05:24.5 <b>438</b>
3	LL	VINLUAN Jessica	LonHeath	05:58.6 <b>258</b>
4				
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	I	GOODWIN Alice	Ipsw/C&T	10:51.5 <b>621</b>
2	T	NICHOLSON India Y	Tonb	11:32.7 <b>487</b>
3	L	VINLUAN Jessica	LonHeath	12:20.7 <b>351</b>
4	D	ROSE Denise	Dartf	13:21.2 <b>210</b>
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	II	ALDIS Tilly X	Ipsw/C&T	11:04.2 <b>578</b>
2	LL	BUTLER Kimberli	LonHeath	13:43.4 <b>167</b>
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	I LABSY Zeineb	Ipsw/C&T	16.8 <b>601</b>	
2	L RAYKOV Yanna	LonHeath	20.1 <b>341</b>	
3				
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	WING Jennifer	LonHeath	20.9 <b>288</b>	
2	II	WADE Samantha	Ipsw/C&T	20.9 <b>288</b>	
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	I	KEELEY Isabella Y	Ipsw/C&T	73.40 <b>526</b>
2	L	RAYKOV Yanna	LonHeath	79.00 <b>400</b>
3				
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	II	LABSY Zeineb	Ipsw/C&T	83.80 <b>303</b>
2	LL	BUTLER Kimberli	LonHeath	99.50 <b>67</b>
3				
4				
5				
6				

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

Posn	No.	Athlete	Club	Perf	
1	I	FISHER Holly X	Ipsw/C&T	07:42.2	623
2	L	WING Jennifer	LonHeath	08:11.1	501
3	T	HESLOP Elizabeth Y	Tonb	08:25.1	447
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	LL	WOOLCOCK Lily	LonHeath	10:06.8	150
2					
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	I	SEALY Katy	Ipsw/C&T	1.60	760
2	D	SUTTON Kat	Dartf	1.50	651
3	L	WING Jennifer	LonHeath	1.35	487
4	TT	RIDGE Nina	Tonb	1.30	433

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	II	ASTON Holly	Ipsw/C&T	1.45	596
2	T	LAQERETABUA Una	Tonb	1.30	433
3	LL	WOOLCOCK Lily	LonHeath	1.20	324
4	DD	TAYLOR Kim	Dartf	1.10	216

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	II	REASON Jenny	Ipsw/C&T	2.50	502
2	T	LAQERETABUA Una	Tonb	X	

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	I	GRAHAM Sophie X	Ipsw/C&T	2.40	476



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

Posn	Bib	Athlete	Club	Perf	
1	D	HARVEY Eloise Y	Dartf	5.94	875
2	I	KILPATRICK Chantelle	Ipsw/C&T	5.04	669
3	L	SHIN Cat	LonHeath	4.68	587
4	T	LAQUERETABUA Una	Tonb	4.62	574
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	II	RYAN Rachel	Ipsw/C&T	4.54	556
2	DD	O'DONOVAN Leanne	Dartf	4.07	451
3	LL	BACKHAUS Claudia	LonHeath	3.73	376
4	TT	NICHOLLS Charlotte	Tonb	2.80	176
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	II	RYAN Rachel	Ipsw/C&T	10.45	658
2	L	SHIN Cat	LonHeath	9.65	573
3	DD	O'DONOVAN Leanne	Dartf	9.21	525
4	T	RIDGE Nina	Tonb	8.78	477
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	I	LABSY Zeineb	Ipsw/C&T	10.42	655
2	LL	BACKHAUS Claudia	LonHeath	7.35	314
3	TT	NICHOLLS Charlotte	Tonb	6.16	169
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	TT	EBBAGE Kirsty Ann Y	Tonb	10.21	737
2	L	SHIN Cat	LonHeath	9.28	671
3	I	MORGAN Samantha	Ipsw/C&T	8.41	605
4	D	CAPON Claire	Dartf	7.19	504
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	T	LAQUERETABUA Una	Tonb	9.27	670
2	LL	O'REGAN Noelle	LonHeath	8.50	612
3	II	HOLLICK Carey	Ipsw/C&T	6.80	469
4	DD	O'DONOVAN Leanne	Dartf	6.72	462
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	EBBAGE Kirsty Ann Y	Tonb	35.76	816
2	I	GRAHAM Sophie X	Ipsw/C&T	30.96	744
3	L	O'REGAN Noelle	LonHeath	26.22	665
4	D	CAPON Claire	Dartf	22.64	598
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	II	ALEXANDER Carmen X	Ipsw/C&T	26.92	677
2	TT	NICHOLLS Charlotte	Tonb	24.33	631
3	DD	O'DONOVAN Leanne	Dartf	14.84	413
4	LL	BACKHAUS Claudia	LonHeath	13.46	370
5					
6					

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

Posn	Bib	Athlete	Club	Perf
1	T	EBBAGE Kirsty Ann Y	Tonb	41.02 752
2	D	CAPON Claire	Dartf	38.96 727
3	I	ALEXANDER Carmen X	Ipsw/C&T	30.09 610
4	L	O'REGAN Noelle	LonHeath	23.37 509
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	II	KINSEY Kerry	Ipsw/C&T	28.87 593
2	TT	NICHOLLS Charlotte	Tonb	26.87 563
3	DD	TAYLOR Stacy	Dartf	24.03 520
4	LL	SHIN Cat	LonHeath	12.90 309
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	I	MORGAN Jennifer Y	Ipsw/C&T	35.82 817
2	T	LAQERETABUA Una	Tonb	29.62 723
3	D	O'DONOVAN Leanne	Dartf	29.55 722
4	L	BACKHAUS Claudia	LonHeath	17.30 491
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	TT	MURPHY Jessica	Tonb	27.35 686
2	II	MORGAN Samantha	Ipsw/C&T	26.13 665
3	DD	TAYLOR Kim	Dartf	17.60 498
4	LL	WING Jennifer	LonHeath	9.04 237
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	I	Ipsw/C&T	KILPATRICK Chantelle BARROW Skye X GREEN Beatrice Y YOUNGS Lornarra X	50.40
2	T	Tonb	-----	51.20
3	L	LonHeath	CONLON Naomi Y CONLON Ella Y SHIN Cat O'REGAN Noelle	54.50
4	D	Dartf	O'DONOVAN Leanne CAPON Claire TAYLOR Stacy TAYLOR Kim	58.80
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	L	LonHeath	CONLON Ella Y O'REGAN Noelle RAYKOV Yanna CONLON Naomi Y	04:21.2
2	I	Ipsw/C&T	GODBOLD Chloe HUGHES Natalie X WHITLOCK Keeley GREEN Beatrice Y	04:21.3
3	T	Tonb	-----	04:40.6
4	D	Dartf	SUTTON Kat - - SUTTON Kat	05:15.6
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich

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	128	MILLER Oliver Y		Ipsw/C&T	11.5	
2	127	HUNT Oscar Y		Ipsw/C&T	11.9	
3	165	BRAITHWAITE Ashley		LonHeath	12.0	
4	166	SOBERS Ricco		LonHeath	12.5	
5	125	HIGGINS Ben		Ipsw/C&T	12.8	
6	129	SMITH Tersharn		Ipsw/C&T	11.6	
7	162	HINDS Ajarni		LonHeath	12.3	
8	164	NDIONYEMMA Joshua		LonHeath	12.4	
9	126	HOLMES Isaac Y		Ipsw/C&T	12.4	

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	161				13.3	
2	143	LEEK Dawn		Ipsw/C&T	14.4	
3	144	BATTLE Georgia Y		Ipsw/C&T	14.6	
4	142	WELBOURN Elizabeth		Ipsw/C&T	15.0	
5						
6						
7						
8						

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	131	JAYAWEERA Sheen X		Ipsw/C&T	24.0	
2	130	COLLETT Jay X		Ipsw/C&T	24.3	
3	165	BRAITHWAITE Ashley		LonHeath	24.7	
4	164	NDIONYEMMA Joshua		LonHeath	24.9	
5	168	ESSEX Adrian		LonHeath	28.4	
6						
7						
8						

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	141	WHITLOCK Keeley		Ipsw/C&T	29.5	
2	143	LEEK Dawn		Ipsw/C&T	30.1	
3	142	WELBOURN Elizabeth		Ipsw/C&T	31.0	
4	144	BATTLE Georgia Y		Ipsw/C&T	31.7	
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	138	EVANS James X		Ipsw/C&T	59.5
2					
3					
4					
5					
6					
7					
8					

**400m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	156	CONLON Ella Y		LonHeath	64.8
2					
3					
4					
5					
6					
7					
8					

SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich

15/06/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	157	BLOOM Ben		LonHeath	2:05.6
2					
3					
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	150	THORNDYKE Kirsty		Ipsw/C&T	2:51.6
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	133	ADAMS Frederick X		Ipsw/C&T	4:31.2
2					
3					
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	135	GILLINGHAM Neil		Ipsw/C&T	19:00.3
2	134	JONES Daniel		Ipsw/C&T	19:21.2
3	136	HICKS Stephen		Ipsw/C&T	19:22.9
4					
5					
6					

**3000m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	148	BRANTON Poppy X		Ipsw/C&T	11:23.4
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	132	COE Dalton		Ipsw/C&T	8:48.1
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 Ipswich

15/06/2019

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	139	GODRON Stefan Y		Ipsw/C&T	25.00
2					
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age	Club	Perf
1	152	KINSEY Kerry		Ipsw/C&T	20.70
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	125	HIGGINS Ben		Ipsw/C&T	30.08
2	167	CYRUS Nathan		LonHeath	37.71
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age	Club	Perf
1	149	HOLLICK Carey		Ipsw/C&T	14.79
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age	Club	Perf
1	169	MOOK Lawrence		LonHeath	9.01
2	140	ADAMS Jonathan		Ipsw/C&T	12.79
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club	Perf
1	155	FASSNIDGE Isabella X		Tonb	8.99
2	159	BUTLER Kim		LonHeath	4.61
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	132	COE Dalton		Ipsw/C&T	4.98
2	168	ESSEX Adrian		LonHeath	4.08
3					
4					
5					
6					

Long Jump Women

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

## SOUTHERN ATHLETICS LEAGUE Division 2 East Ipswich

15/06/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	168	ESSEX Adrian		LonHeath	8.07
2					
3					
4					
5					
6					

Triple Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	146	MOORE Charlie Y		Ipsw/C&T	9.20
2	147	GARDNER Florence Y		Ipsw/C&T	8.13
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	145	FROST Morgan Y		Ipsw/C&T	1.40
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				
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					