

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	4	
VENUE	Ashford	
P/FINISH	NO	1

Date Saturday, July 13 2019

Venue Ashford

Host Club Ashford AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
A	Ashford AC	Ash	20	90.0	8.0	98.5	216.5
L	London Heathside	LonHeath	20	114.0	14.0	59.0	207.0
E	Eastbourne Rovers AC	East'bne	20	93.0	12.0	99.5	224.5
C	Cambridge & Coleridge	Cam & C	20	30.0	0.0	51.0	101.0
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	Eastbourne Rovers AC	224.5	4.0	0.00	0.00	224.5	4.0	1
2	Ashford AC	216.5	3.0	0.00	0.00	216.5	3.0	2
3	London Heathside	207.0	2.0	0.00	0.00	207.0	2.0	3
4	Cambridge & Coleridge	101.0	1.0	0.00	0.00	101.0	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	CLARKE Samuel Y	Cam & C	400m Hurdles Men A	54.6	817
2	CLARKE Samuel Y	Cam & C	110m Hurdles Men A	15.3	786
3	HARDY Charles	LonHeath	3000m S/Chase Men A	09:38.5	781
4	EISNOR Bradley	East'bne	110m Hurdles Men A	15.5	764
5	HARRIS Matthew	Ash	Javelin Men A	50.65	762
6	MORRIS Joe	East'bne	Discus Men A	40.06	760
7	EISNOR Bradley	East'bne	Long Jump Men A	6.50	753
8	BUCKMAN Ashley	Ash	Triple Jump Men A	13.25	745
9	MORRIS Joe	East'bne	Shot Men A	12.28	743
9	SMITH Bryn Y	East'bne	200m Men A	22.5	743
Women		Club	Event	Perf	Points
1	PALMER Neve Y	Cam & C	Javelin Women A	32.98	775
2	OWEN Hannah	Ash	Hammer Women A	41.53	758
3	WARD Ashley Y	Ash	Javelin Women A	31.20	748
4	PIGGOTT Rebecca	LonHeath	5000m Women A	18:15.6	746
5	MOINDROT Anne	Cam & C	Discus Women A	30.04	730
6	SERAFINI Rosa	LonHeath	800m Women A	02:18.9	709
7	KLEYNHANS Stephanie	LonHeath	Shot Women A	9.62	695
7	WALSH Briony	Ash	800m Women A	02:19.8	695
9	MARTLEW Shania Y	East'bne	200m Women A	26.2	684
10	NOÉL Emma	East'bne	Javelin Women A	27.12	682

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**

**13/07/2019**

**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	E	SMITH Bryn Y	East'bne	11.3	666
2	L	SEALE Leon Y	LonHeath	11.4	636
3	A	JAMES Daniel Y	Ash	11.4	636
4	C	ZULT Tjerk	Cam & C	12.1	451
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	TANSEY Rufus X	LonHeath	11.7	552
2	EE	HENNESSY Liam Y	East'bne	11.8	526
3	AA		Ash	13.2	235
4	CC	CLARKE Keith	Cam & C	14.1	117
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	E	SMITH Bryn Y	East'bne	22.5	743
2	A	JAMES Daniel Y	Ash	23.0	668
3	LL	FOLARIN Benjamin X	LonHeath	24.6	458
4					
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	EE	EISNOR Bradley	East'bne	23.6	584
2	AA	DOUGAL Barnaby Y	Ash	24.7	447
3	L	SEALE Leon Y	LonHeath	X	
4					
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	AGBEDE Deji Y	LonHeath	52.0	647
2	C	NICHOLLS Jack Y	Cam & C	53.0	594
3	E	FLETCHER Kai	East'bne	53.0	594
4	A	DOUGAL Barnaby Y	Ash	53.4	573
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	MCGONAGLE Ruairi X	LonHeath	54.2	533
2	EE	PELLING Stuart	East'bne	58.1	361
3	AA	TREMAIN Harrison Y	Ash	59.6	305
4					
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	C	NICHOLLS Jack Y	Cam & C	01:58.0	719
2	L	JAMAAL Seyfu Y	LonHeath	02:03.7	580
3	E	BRETT Bryan	East'bne	02:08.8	471
4	A	HOGBEN Matthew	Ash	02:47.6	34
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	RALLISON Matthew	LonHeath	02:04.7	558
2	EE	ROLFE Alan	East'bne	02:31.4	142
3	AA		Ash	02:48.3	31
4	CC	BRENNAND Thomas	Cam & C	03:24.5	
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	JAMAAL Seyfu Y	LonHeath	04:09.4	646
2	E	BRETT Bryan	East'bne	04:43.5	341
3	A	BEHRENS Max X	Ash	04:54.1	270
4					
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	VINCENT Christopher	LonHeath	04:55.1	263
2	EE	PELLING Stuart	East'bne	05:14.5	160
3	AA		Ash	06:43.6	
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford****13/07/2019****3000m Men A**

Posn	No.	Athlete	Club	Perf	
1	C	SMITH Joseph	Cam & C	08:48.3	720
2	L	RALLISON Matthew	LonHeath	09:28.0	532
3	E	JONES Richard	East'bne	09:36.4	496
4	A	SMITH Marshall Y	Ash	11:46.7	105
5					
6					

**3000m Men B**

Posn	No.	Athlete	Club	Perf	
1	LL	DOULIS Kimon	LonHeath	09:49.1	444
2	AA		Ash	14:02.4	
3					
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	C	CLARKE Samuel Y	Cam & C	15.3	786
2	E	EISNOR Bradley	East'bne	15.5	764
3	A	SMITH Lewis	Ash	18.1	511
4	L	AKA Daniel	LonHeath	20.7	306
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	EE	STIRLING Grant	East'bne	19.4	403
2	CC	BRENNAND Thomas	Cam & C	20.8	300
3	AA	DAVEY Peter	Ash	22.0	223
4	LL	HAWES Joel	LonHeath	23.9	124
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	C	CLARKE Samuel Y	Cam & C	54.6	817
2	AA	DAVEY Peter	Ash	63.4	543
3	E	KASPARIS Stevie Y	East'bne	64.0	526
4	L	AKA Daniel	LonHeath	69.5	384
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	A	HOGBEN Matthew	Ash	66.2	467
2	EE	STIRLING Grant	East'bne	70.7	356
3	CC	BRENNAND Thomas	Cam & C	77.6	214
4	LL	HAWES Joel	LonHeath	83.7	117
5					
6					

**3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	L	HARDY Charles	LonHeath	09:38.5	781
2	C	SMITH Joseph	Cam & C	10:15.9	651
3	E	JONES Richard	East'bne	11:17.8	463
4	A	HOBBS Jonathan	Ash	11:43.4	396
5					
6					

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	LL	BARNES Andy	LonHeath	11:29.7	431
2	EE	PELLING Stuart	East'bne	13:47.9	148
3					
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	E	EISNOR Bradley	East'bne	1.85	719
2	AA	ADAMS Tyler	Ash	1.80	677
3	CC	BRENNAND Thomas	Cam & C	1.48	410
4	LL	INGRAM Sam X	LonHeath	1.48	410

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1=	A	SMILEY Matthew	Ash	1.70	594
1=	EE	PELLING Stuart	East'bne	1.70	594
3	L	HAWES Joel	LonHeath	1.38	326
4	C	CLARKE Keith	Cam & C	1.33	284

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford****13/07/2019****Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	A	ADAMS Tyler	Ash	3.75	644
2	E	EISNOR Bradley	East'bne	3.55	601
3	C	BUISSON Douglas	Cam & C	3.25	536
4	L	ESSEX Adrian	LonHeath	1.50	136

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	AA	NOEL Douglas Y	Ash	3.75	644
2	EE	MORRIS Joe	East'bne	3.35	558
3	CC	SLACK Ian	Cam & C	1.50	136

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	E	EISNOR Bradley	East'bne	6.50	753
2	AA	NOEL Douglas Y	Ash	5.93	640
3	CC	CLARKE Samuel Y	Cam & C	5.77	609
4	L	LAWRENCE Mark	LonHeath	5.40	536
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	HENNESSY Liam Y	East'bne	5.99	652
2	C	ZULT Tjerk	Cam & C	5.65	585
3	LL	INGRAM Sam X	LonHeath	5.21	499
4	A	SMITH Lewis	Ash	4.76	412
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	A	BUCKMAN Ashley	Ash	13.25	745
2	E	STIRLING Grant	East'bne	12.04	629
3	C	BUISSON Douglas	Cam & C	10.96	520
4	L	LAWRENCE Mark	LonHeath	10.59	482
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	HENNESSY Liam Y	East'bne	11.29	554
2	LL	AKA Daniel	LonHeath	10.53	475
3	AA	LAKE Steve	Ash	10.15	434
4	CC	CLARKE Keith	Cam & C	9.21	329
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	E	MORRIS Joe	East'bne	12.28	743
2	AA	WARD Jon	Ash	11.78	709
3	L	LAWRENCE Mark	LonHeath	9.78	564
4	C	CLARKE Keith	Cam & C	7.48	367
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	EISNOR Bradley	East'bne	11.66	701
2	A	HARRIS Matthew	Ash	10.48	616
3	LL	CYRUS Nathan	LonHeath	8.50	459
4	CC	SLACK Ian	Cam & C	7.17	336
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	E	MORRIS Joe	East'bne	40.06	760
2	A	HARRIS Matthew	Ash	36.46	703
3	L	LAWRENCE Mark	LonHeath	28.19	556
4	C	NICHOLLS Jack Y	Cam & C	26.24	518
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	EISNOR Bradley	East'bne	35.10	680
2	AA	WARD Jon	Ash	31.12	611
3	LL	HAWES Joel	LonHeath	27.09	535
4	CC	SLACK Ian	Cam & C	21.76	421
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	E	MORRIS Joe	East'bne	34.57	643
2	AA	WARD Jon	Ash	33.26	625
3	LL	HAWES Joel	LonHeath	28.37	556
4	C	CLARKE Keith	Cam & C	16.65	351
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	SLAUGHTER Brian	East'bne	26.94	534
2	A	HARRIS Matthew	Ash	23.40	478
3	L	LAWRENCE Mark	LonHeath	16.26	343
4	CC	SLACK Ian	Cam & C	14.49	302
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	A	HARRIS Matthew	Ash	50.65	762
2	EE	MORRIS Joe	East'bne	45.49	692
3	LL	JAMAAL Seyfu Y	LonHeath	41.86	641
4	C	ZULT Tjerk	Cam & C	36.26	559
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	AA	WARD Jon	Ash	41.08	630
2	E	HENNESSY Liam Y	East'bne	39.85	612
3	L	CYRUS Nathan	LonHeath	39.09	601
4	CC	NICHOLLS Jack Y	Cam & C	26.43	401
5					
6					

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	E	East'bne	HENNESSY Liam Y SMITH Bryn Y KASPARIS Stevie Y EISNOR Bradley	46.2
2	L	LonHeath	FOLARIN Benjamin X TANSEY Rufus X BRAITHWAITE Ashley AGBEDE Deji Y	46.3
3	A	Ash	SMITH Lewis JAMES Daniel Y SMILEY Matthew HARRIS Matthew	47.5
4				
5				
6				

**Mixed M&W 4 x 400m B A**

Posn	No.	Club	Runners	Perf
1	L	LonHeath	RALLISON Matthew CONLON Ella Y CONLON Naomi Y JAMAAL Seyfu Y	04:01.9
2	E	East'bne	PELLING Stuart ELLIOTT Nina Y BURGESS Heidi FLETCHER Kai	04:45.1
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	E	MARTLEW Shania Y	East'bne	12.9	665
2	A	MONGO Yetunde Y	Ash	13.0	644
3	L	KLEYNHANS Stephanie	LonHeath	13.4	564
4					
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	YEANDLE BRONWYN X	Ash	13.1	623
2	EE	UNGOED Georgia	East'bne	13.5	545
3	LL	RAYKOV Yanna	LonHeath	14.5	377
4					
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	E	MARTLEW Shania Y	East'bne	26.2	684
2	LL	KLEYNHANS Stephanie	LonHeath	26.9	616
3	A	YEANDLE BRONWYN X	Ash	27.1	598
4					
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	L	O'REGAN Noelle	LonHeath	27.5	562
2	AA	SAXBY Ella X	Ash	27.9	527
3	EE	UNGOED Georgia	East'bne	29.2	424
4					
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	SERAFINI Rosa	LonHeath	60.9	646
2	E	UNGOED Georgia	East'bne	65.6	484
3	A	SAXBY Ella X	Ash	65.6	484
4					
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	O'REGAN Noelle	LonHeath	63.6	550
2	EE	NOËL Emma	East'bne	67.8	417
3	AA	COX Faith Y	Ash	70.6	339
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	L	SERAFINI Rosa	LonHeath	02:18.9	709
2	A	WALSH Briony	Ash	02:19.8	695
3	E	JOHNSON Claire	East'bne	03:03.3	176
4					
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	GARRETT Rose X	LonHeath	02:24.2	626
2	AA	ROGER Elisha X	Ash	02:28.1	568
3	EE	BURGESS Heidi	East'bne	03:35.3	15
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	A	WALSH Briony	Ash	05:00.9 591
2	L	BLAKE Mimi X	LonHeath	05:03.0 577
3	E	JOHNSON Claire	East'bne	06:57.4 59
4				
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	AA	ROGER Elisha X	Ash	05:02.2 582
2	LL	DIVETAIN Evangelista	LonHeath	05:26.7 425
3	EE	BURGESS Heidi	East'bne	08:24.0
4				
5				
6				

**5000m Women A**

Posn	No.	Athlete	Club	Perf
1	LL	PIGGOTT Rebecca	LonHeath	18:15.6 746
2	A	OWEN Hannah	Ash	18:51.6 676
3				
4				
5				
6				

**5000m Women B**

Posn	No.	Athlete	Club	Perf
1	L	DIVETAIN Evangelista	LonHeath	19:33.4 597
2	AA	DICKINSON Isabel	Ash	25:19.3 130
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	A TEALE SARRIS X	Ash	17.4 549	
2	E NOËL Emma	East'bne	19.0 421	
3	L RAYKOV Yanna	LonHeath	19.6 376	
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	PRICKETT Alexandra Y	Ash	17.6 532	
2	LL	HERITAGE Erin X	LonHeath	20.6 308	
3	EE	JOHNSON Claire	East'bne	21.2 269	
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	E	NOËL Emma	East'bne	72.00 559
2	LL	RAYKOV Yanna	LonHeath	74.70 495
3	AA	PRICKETT Alexandra Y	Ash	80.80 362
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	L	CONLON Ella Y	LonHeath	77.70 428
2	A	MACKEY Ciara Y	Ash	81.10 356
3	EE	ELLIOTT Nina Y	East'bne	88.00 227
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	L	GARRETT Rose X	LonHeath	06:05.0	543
2	E	HARRIS Hayley	East'bne	06:24.3	467
3	A	MACKEY Ciara Y	Ash	06:51.6	369
4					
5					
6					

**1500m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	LL	BLAKE Mimi X	LonHeath	06:06.0	539
2	AA	BENSON Jacqueline Y	Ash	06:52.8	365
3	EE	JOHNSON Claire	East'bne	07:12.0	304
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	L	KLEYNHANS Stephanie	LonHeath	1.48	629
2	E	NOËL Emma	East'bne	1.33	465
3	AA	COX Faith Y	Ash	1.28	411

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	LL	MCALLISTER Anna Y	LonHeath	1.48	629
2	EE	BAKER Emma	East'bne	1.33	465
3	A	HAMILTON Katie	Ash	1.08	194

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	HENDERSON Laura	Ash	2.70	554
2	E	JOHNSON Claire	East'bne	1.85	329

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	AA	YEANDLE BRONWYN X	Ash	2.25	437
2	EE	BURGESS Heidi	East'bne	1.20	141



**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	TEALE SARRIS X	Ash	4.88	632
2	E	NOËL Emma	East'bne	4.55	558
3	LL	GARRETT Rose X	LonHeath	4.17	473
4					
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	EE	MAKER Cara	East'bne	4.53	553
2	AA	SAXBY Ella X	Ash	4.45	535
3	L	BACKHAUS Claudia	LonHeath	3.95	424
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	TEALE SARRIS X	Ash	10.44	657
2	C	MOINDROT Anne	Cam & C	9.86	595
3	E	MAKER Cara	East'bne	9.52	558
4	L	BACKHAUS Claudia	LonHeath	7.82	369
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	AA	HAMILTON Katie	Ash	9.34	539
2	EE	BURGESS Heidi	East'bne	7.87	375
3	LL	KEHOE Helene	LonHeath	5.48	78
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	L	KLEYNHANS Stephanie	LonHeath	9.62	695
2	A	OWEN Hannah	Ash	9.42	681
3	C	MCGRATH Sarah	Cam & C	9.14	660
4	E	BAKER Emma	East'bne	8.56	617
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	CC	PALMER Neve Y	Cam & C	8.45	608
2	EE	NOËL Emma	East'bne	7.92	566
3	LL	HERITAGE Erin X	LonHeath	7.39	522
4	AA	WARD Ashley Y	Ash	6.08	401
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	C	MOINDROT Anne	Cam & C	30.04	730
2	L	O'REGAN Noelle	LonHeath	26.63	672
3	A	WARD Ashley Y	Ash	23.95	624
4	E	BAKER Emma	East'bne	19.74	537
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	CC	MCGRATH Sarah	Cam & C	26.76	675
2	AA	HAMILTON Katie	Ash	17.71	490
3	EE	HARRIS Hayley	East'bne	15.64	436
4	LL	KEHOE Helene	LonHeath	14.47	402
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford**
**13/07/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf	
1	A	OWEN Hannah	Ash	41.53	758
2	L	O'REGAN Noelle	LonHeath	22.92	502
3	C	MCGRATH Sarah	Cam & C	22.80	500
4	E	BAKER Emma	East'bne	20.41	459
5					
6					

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	AA	BENSON Jacqueline Y	Ash	27.14	567
2	EE	HARRIS Hayley	East'bne	17.34	403
3	CC	MOINDROT Anne	Cam & C	14.99	356
4	LL	HERITAGE Erin X	LonHeath	14.01	334
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf	
1	C	PALMER Neve Y	Cam & C	32.98	775
2	A	WARD Ashley Y	Ash	31.20	748
3	E	NOËL Emma	East'bne	27.12	682
4	L	KLEYNHANS Stephanie	LonHeath	22.66	602
5					
6					

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	EE	HARRIS Hayley	East'bne	23.29	614
2	CC	MCGRATH Sarah	Cam & C	22.36	597
3	LL	BACKHAUS Claudia	LonHeath	17.30	491
4	AA		Ash	14.26	415
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	A	Ash	SAXBY Ella X TEALE SARRIS X MONGO Yetunde Y YEANDLE BRONWYN X	51.50
2	L	LonHeath	CONLON Naomi Y KLEYNHANS Stephanie CONLON Ella Y O'REGAN Noelle	52.70
3	E	East'bne	BAKER Emma JOHNSON Claire MAKER Cara MARTLEW Shania Y	53.70
4				
5				
6				

**Mixed M&W 4 x 400m A A**

Posn	No.	Club	Runners	Perf
1	L	LonHeath	MCGONAGLE Ruairi X O'REGAN Noelle KLEYNHANS Stephanie AGBEDE Deji Y	03:53.7
2	E	East'bne	SMITH Bryn Y NOËL Emma MARTLEW Shania Y EISNOR Bradley	03:56.4
3	A	Ash	SMITH Marshall Y 0 0 0	04:30.0
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford

13/07/2019

**NON-SCORERS****400m Hurdles Men**

Posn	Bib	Athlete	Age	Club	Perf
1	107	ESSEX Adrian		LonHeath	80.6
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	117	NDIONYEMMA Joshua X		LonHeath	11.9	
2	109	TANSEY Rufus X		LonHeath	12.1	
3	111	AKA Daniel		LonHeath	12.2	
4	110	O'CONNOR Oliver X		LonHeath	12.5	
5	107	ESSEX Adrian		LonHeath	14.1	
6						
7						
8						

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	115	Faith Cox	U20W	Ash	13.3	
2	114	MCALLISTER Anna Y		LonHeath	15.5	
3						
4						
5						
6						
7						
8						

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	125	HINDS Ajarni		LonHeath	24.4	
2	109	TANSEY Rufus X		LonHeath	24.5	
3	121	KASPAINS Stevie		East'bne	25.0	
4	110	O'CONNOR Oliver X		LonHeath	25.2	
5	112	MORRIS Barry		East'bne	27.3	
6						
7						
8						

**200m Women**

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

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	111	AKA Daniel		LonHeath	56.6
2	118	CYRUS Nathan		LonHeath	57.5
3					
4					
5					
6					
7					
8					

**400m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	104	CASTELLANI Cecilia		East'bne	61.4
2	120	CONLON Naomi Y		LonHeath	63.6
3					
4					
5					
6					
7					
8					

SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford

13/07/2019

**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					
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

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

**1500m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	113	BUTLER Kimberli		LonHeath	6:16.5
2					
3					
4					
5					
6					

**3000m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	119	O'CONNOR Oliver		LonHeath	10:04.4
2					
3					
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	115	Faith Cox	U20W	Ash	19.4	
2						
3						
4						
5						
6						

**S/Chase Men**

Posn	Bib	Athlete	Age	Club	Perf
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 Ashford

13/07/2019

Hammer Men

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

Hammer Women

Posn	Bib	Athlete	Age	Club	Perf
1	108	KEHOE Helene		LonHeath	12.44
2					
3					
4					
5					
6					

Discus Men

Posn	Bib	Athlete	Age	Club	Perf
1	102	SLAUGHTER Brian		East'bne	27.46
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	123	AKA Daniel		LonHeath	23.73
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	102	SLAUGHTER Brian		East'bne	9.20
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club	Perf
1	101	Anne Moindrot		Cam & C	8.00
2	108	KEHOE Helene		LonHeath	6.88
3	116	BACKHAUS Claudia		LonHeath	5.37
4	113	BUTLER Kimberli		LonHeath	4.62
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	106	STIRLING Grant		East'bne	5.46
2	112	MORRIS Barry		East'bne	4.87
3	102	SLAUGHTER Brian		East'bne	4.56
4	107	ESSEX Adrian		LonHeath	4.05
5					
6					

Long Jump Women

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

## SOUTHERN ATHLETICS LEAGUE Division 2 East Ashford

13/07/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	107	ESSEX Adrian		LonHeath	7.84
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	124	Luke Williams	SM	Ash	3.75
2	122	Theo Fotheringham		Ash	3.25
3	102	SLAUGHTER Brian		East'bne	2.80
4	106	STIRLING Grant		East'bne	2.60
5	103	Mick Goodall	V60	Ash	2.50
6					

Pole Vault Women

Posn	Bib	Athlete	Age	Club	Perf
1	105	Erin Eyles	U17W	Ash	2.05
2	10				
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					