

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	5	
VENUE	Woodford 2	
P/FINISH	YES	

Date Saturday, August 17 2019

Venue Woodford 2

Host Club Kent AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
K	Kent AC	Kent	10	60.0	5.0	35.0	110.0
X	Bexley AC	Bex	15	79.0	14.0	96.0	204.0
L	London Heathside	LonHeath	20	97.0	8.0	57.5	182.5
H	Havering AC	Have	20	106.0	13.0	105.5	244.5
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	Havering AC	244.5	4.0	0.00	0.00	244.5	4.0	1
2	Bexley AC	204.0	3.0	0.00	0.00	204.0	3.0	2
3	London Heathside	182.5	2.0	0.00	0.00	182.5	2.0	3
4	Kent AC	110.0	1.0	0.00	0.00	110.0	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	RAMIE Joseph	Have	Long Jump Men A	7.21	886
2	TAYLOR Shandell	Have	Long Jump Men B	7.10	864
3	BAILEY Lewis	Have	200m Men A	21.86	831
3	RAMIE Joseph	Have	200m Men B	21.86	831
5	TAYLOR Shandell	Have	High Jump Men A	1.95	794
6	WARNER Robert	Have	2000m S/Chase Men A	06:21.57	785
7	JAMAAL Seyfu Y	LonHeath	5000m Men A	15:10.04	784
8	BAILEY Lewis	Have	100m Men A	10.96	781
9	HARDY Charles	LonHeath	1500m Men A	04:01.07	775
9	EKERE Idy	Bex	100m Men A	10.98	775

Women		Club	Event	Perf	Points
1	KAVANAGH Jade Y	Have	200m Women A	25.51	755
2	EYIOWUAWI Taiwo Y	Bex	200m Women A	25.57	749
3	EYIOWUAWI Taiwo Y	Bex	400m Women A	58.69	731
4	BALL Eleanor	LonHeath	100m Women A	12.63	723
5	GILL Philippa Y	Have	Shot Women A	10.25	704
6	SANWO Olatomiwa Y	Have	Triple Jump Women A	10.48	694
7	KAVANAGH Jade Y	Have	400m Women A	59.74	690
8	GREGORY Nicola	Bex	Discus Women A	31.06	687
9	GILL Philippa Y	Have	Javelin Women A	30.57	680
10	BONNER Mia X	Bex	Javelin Women A	30.18	674

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	H	BAILEY Lewis	Have	10.96	1.2
2	X	EKERE Idy	Bex	10.98	781
3	K	SARGEANT Luke	Kent	11.11	775
4	L	BRAITHWAITE Ashley	LonHeath	11.89	733
5					509
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	AKINTOKUN Akeem	Have	11.03	1.2
2	XX	OGUNMEFUN Abraham	Bex	11.59	758
3	KK	METZGER Ethelbert	Kent	12.03	589
4	LL	AKA Daniel	LonHeath	13.99	474
5					132
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	H	BAILEY Lewis	Have	21.86	0.4
2	K	SARGEANT Luke	Kent	22.59	831
3	X	EKERE Idy	Bex	22.83	717
4	L	BRAITHWAITE Ashley	LonHeath	24.93	681
5					414
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	RAMIE Joseph	Have	21.86	0.4
2	XX	OGUNMEFUN Abraham	Bex	23.55	831
3	ll	WOODHAM-SMITH Vladimir	LonHeath	24.56	581
4	kk	EPHSON Zackary	Kent	25.27	456
5					378
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	H	AGNIMEL Matthew Y	Have	51.79
2	K	EPHSON Zackary	Kent	55.14
3	L	WOODHAM-SMITH Vladimir	LonHeath	55.80
4	X	CALVERT Jacob Y	Bex	56.48
5				659
6				488

400m Men B

Posn	No.	Athlete	Club	Perf
1	HH	BOSTON Fraser	Have	53.62
2	LL	INGRAM Sam X	LonHeath	59.06
3	XX	HALLASSOU Ralph-lowell X	Bex	59.54
4	KK	ELLWOOD Ian	Kent	62.90
5				200
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	X	O'HARA Joseph	Bex	01:58.68
2	HH	TWIST Grant	Have	01:59.19
3	LL	ROSS William	LonHeath	02:01.55
4	K	FORREST Camerson	Kent	02:08.70
5				737
6				723

800m Men B

Posn	No.	Athlete	Club	Perf
1	H	HUTTON Finn	Have	02:01.86
2	L	RALLISON Matthew	LonHeath	02:02.15
3	KK	PENFOLD Joshua X	Kent	02:15.18
4	XX	GUNTON Joe	Bex	02:26.68
5				654
6				647

1500m Men A

Posn	No.	Athlete	Club	Perf
1	L	HARDY Charles	LonHeath	04:01.07
2	HH	STEWART James	Have	04:17.90
3	K	FORREST Camerson	Kent	04:18.82
4	X	O'HARA Joseph	Bex	04:28.91
5				775
6				586

1500m Men B

Posn	No.	Athlete	Club	Perf
1	LL	JAMAAL Seyfu Y	LonHeath	04:11.96
2	H	BERRETT Louis Y	Have	04:22.91
3	KK	FITZPATRICK Sean	Kent	04:23.77
4	XX	STONE Andre	Bex	04:38.03
5				649
6				536

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
5000m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	L	JAMAAL Seyfu Y	LonHeath	15:10.04	784
2	H	CONNOR James	Have	15:13.20	774
3	K	WEAVER Jordan	Kent	15:21.47	750
4	X	STONE Andre	Bex	17:14.70	453
5					
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	KK	JOHNSON Anthony	Kent	15:47.46	676
2	LL	RALLISON Matthew	LonHeath	16:41.49	533
3	HH	WATTS Gavin	Have	16:51.55	508
4	XX	GATES John	Bex	23:15.52	
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	L	NWORGU Israel	LonHeath	16.62	678
2	K	METZGER Ethelbert	Kent	16.79	661
3	X	SLATER Paul	Bex	17.35	605
4	H	BISHOP Mark	Have	20.51	335
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	STANTON Chris	Bex	20.39	344
2	KK	ELLWOOD Ian	Kent	26.30	41
3	LL	AKA Daniel	LonHeath	31.63	
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	h	MCCARTHY Adam	Have	58.68	718
2	x	STANTON Chris	Bex	66.09	494
3	k	ELLWOOD Ian	Kent	72.45	333
4	l	AKA Daniel	LonHeath	72.57	330
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	hh	BISHOP Mark	Have	68.40	432
2	ll	JEFFORD Mark	LonHeath	75.44	268
3	xx	JENNER Martin	Bex	80.99	165
4	kk	LIGHTING Peter	Kent	92.83	26
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	H	WARNER Robert	Have	06:21.57	785
2	X	STANTON Chris	Bex	06:56.37	588
3	K	PHILLIPS Neil	Kent	07:00.37	567
4	L	HARDY Charles	LonHeath	07:08.22	527
5					
6					

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	HH	ATKINS Samuel Y	Have	07:06.14	538
2	KK	FORREST Camerson	Kent	07:33.40	411
3	LL	KILLILEA Tony	LonHeath	07:45.21	361
4	XX	GUNTON Joe	Bex	08:40.88	174
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	TAYLOR Shandell	Have	1.95	794
2	X	BALOGUN Omobodunde Y	Bex	1.90	753
3	L	INGRAM Sam X	LonHeath	1.55	464
4	K	BOWLER James	Kent	1.40	340

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	FRESHWATER Aaron Y	Have	1.65	547
2	XX	CALVERT Jacob Y	Bex	1.60	506
3	LL	WATSON Joel	LonHeath	1.55	464
4	KK	ELLWOOD Ian	Kent	1.35	298

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf	
1	H	DEBENHAM Reece X	Have	2.90	483
2	XX	STANTON Chris	Bex	2.70	436
3	L	RODRIGUEZ Jaime	LonHeath	2.30	341
4	K	METZGER Ethelbert	Kent	2.10	293

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	TUFTON Stuart	Have	2.70	436
2	X	HAWKINS Phil	Bex	2.50	389
3	LL	JEFFORD Mark	LonHeath	1.90	244
4	KK	BOWLER James	Kent	1.05	17

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	HH	RAMIE Joseph	Have	7.21	886
2	X	SLATER Paul	Bex	6.12	671
3	L	LAWRENCE Mark	LonHeath	5.74	597
4	K	ELIASSEN Dan	Kent	5.06	465
5					
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	H	TAYLOR Shandell	Have	7.10	864
2	LL	DUCAT Greg	LonHeath	5.29	509
3	KK	BOWLER James	Kent	4.52	362
4	XX	AJAYI Ade X	Bex	3.03	88
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2

17/08/2019

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	ARIYIBI Success Y	Have	12.49	700
2	X	SLATER Paul	Bex	12.05	655
3	L	LAWRENCE Mark	LonHeath	10.79	523
4	KK	BOWLER James	Kent	8.99	315
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	BALOGUN Omobodunde Y	Bex	11.94	644
2	HH	AGNIMEL Matthew Y	Have	11.36	584
3	LL	JEFFORD Mark	LonHeath	9.14	333
4	K	FITZPATRICK Sean	Kent	8.95	310
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	L	TURNER Izaiah	LonHeath	11.84	684
2	K	GREEN Courtney	Kent	11.55	665
3	X	STANTON Chris	Bex	10.85	618
4	HH	BISHOP Mark	Have	9.30	505
5					
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	HOLDER Graham	Bex	10.65	604
2	LL	HAWES Joel	LonHeath	7.86	386
3	H	TUCKER Karl	Have	7.47	351
4	KK	CROMPTON Paul	Kent	6.69	274
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	K	GREEN Courtney	Kent	35.82	651
2	XX	HOLDER Graham	Bex	34.60	632
3	HH	BISHOP Mark	Have	32.14	592
4	LL	HAWES Joel	LonHeath	31.68	584
5					
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	L	TURNER Izaiah	LonHeath	30.98	572
2	X	STANTON Chris	Bex	22.84	419
3	H	TUCKER Karl	Have	18.78	326
4	KK	ELLWOOD Ian	Kent	13.42	163
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	X	HOLDER Graham	Bex	50.63	759
2	LL	TURNER Izaiah	LonHeath	35.31	594
3	K	GREEN Courtney	Kent	19.43	370
4	H	BISHOP Mark	Have	18.63	356
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	L	HAWES Joel	LonHeath	27.17	490
2	XX	RUSHBROOK Andy	Bex	25.85	471
3	HH	TUCKER Karl	Have	14.18	268
4	KK	DIBABA Dame	Kent	11.71	207
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	H	WOODS Oliver Y	Have	48.86	709
2	L	BACZEK Kazimierz	LonHeath	48.32	702
3	X	GUNTON Joe	Bex	47.90	697
4	KK	BOWLER James	Kent	31.77	471
5					
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	TAYLOR Shandell	Have	42.92	631
2	XX	STANTON Chris	Bex	35.86	532
3	LL	TURNER Izaiah	LonHeath	30.64	453
4	K	GREEN Courtney	Kent	27.96	411
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2**17/08/2019****4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	H	Have	BAILEY Lewis TAYLOR Shandell RAMIE Joseph BOSTON Fraser	43.87
2	X	Bex	ADAH-JAHS Fortune X KINSAMBWE Matthew X OGUNMEFUN Abraham EKERE Idy	45.55
3	K	Kent	METZGER Ethelbert ELIASSEN Dan SARGEANT Luke EPHSON Zackary	47.33
4	L	LonHeath	BRAITHWAITE Ashley WOODHAM-SMITH Vladimir DUCAT Greg INGRAM Sam X	48.45
5				
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	H	Have	AGNIMEL Matthew Y BOSTON Fraser HARRIOTT Reece Y MCCARTHY Adam	03:28.67
2	X	Bex	CALVERT Jacob Y HALLASSOU Ralph-lowell X SLATER Paul O'HARA Joseph	03:41.60
3	L	LonHeath	RALLISON Matthew WATSON Joel HARDY Charles ROSS William	03:42.42
4	K	Kent	METZGER Ethelbert FITZPATRICK Sean EPHSON Zackary SARGEANT Luke	03:51.83
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	L	BALL Eleanor	LonHeath	12.63	0.8
2	X	EBOH Melody X	Bex	12.98	0.8
3	H	SANWO Olatomiwa Y	Have	13.79	0.8
4	K	PARKER Alexa	Kent	14.22	0.8
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	xx	ABEGUNDE-WILLIAMS Rebecc	Bex	13.11	0.8
2	hh	MARENAH Aisha X	Have	13.76	0.8
3	ll	RAYKOV Yanna	LonHeath	14.53	0.8
4	kk	FORD Caroline	Kent	21.50	0.8
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	H	KAVANAGH Jade Y	Have	25.51	-1.4
2	X	EYIOWUAWI Taiwo Y	Bex	25.57	-1.4
3	L	BALL Eleanor	LonHeath	26.31	-1.4
4	K	PARKER Alexa	Kent	28.72	-1.4
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	GRANT Mali X	Have	26.41	-1.4
2	LL	O'REGAN Noelle	LonHeath	27.83	-1.4
3	XX	ADEYEMI Emma X	Bex	28.22	-1.4
4	KK	FAIRBRASS Susie	Kent	37.61	-1.4
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf
1	X	EYIOWUAWI Taiwo Y	Bex	58.69
2	H	KAVANAGH Jade Y	Have	59.74
3	K	PARKER Alexa	Kent	61.97
4	L	O'REGAN Noelle	LonHeath	62.93
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	LL	WING Jennifer	LonHeath	63.44
2	HH	BRENNAN Nina	Have	66.27
3	XX	OGUNNAIKE Bolaji X	Bex	69.00
4	KK	CAMPBELL Joanne	Kent	75.16
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	X	BURNHOPE Alice	Bex	02:26.77
2	L	WOOLCOCK Lily	LonHeath	02:27.60
3	H	SWEETMAN Molly Y	Have	02:28.31
4	KK	STEPANOVA Victoria	Kent	02:33.76
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	LL	HUNT Laura	LonHeath	02:35.47
2	K	BUCK Victoria	Kent	02:39.46
3	XX	HARRIS Rebecca	Bex	02:45.97
4	HH	ROMAIN Morgan X	Have	03:01.87
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	H	CAMPBELL Morgan	Have	04:58.61 638
2	L	WOOLCOCK Lily	LonHeath	05:06.64 579
3	X	BURNHOPE Alice	Bex	05:08.72 565
4	K	BUCK Victoria	Kent	05:22.12 475
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	LL	DESBOROUGH Olivia	LonHeath	05:07.11 576
2	KK	NIO Amanda	Kent	05:42.37 355
3	XX	HARRIS Rebecca	Bex	06:20.48 176
4	HH	O'NEILL Tracy	Have	06:58.71 59
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	L	DESBOROUGH Olivia	LonHeath	10:53.33 615
2	K	STEPANOVA Victoria	Kent	11:20.30 526
3	H	RAND Sophie Y	Have	11:33.19 486
4	X	PATES Christine	Bex	16:12.15 4
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	LL	RUST Sue	LonHeath	12:04.98 393
2	KK	FAIRBRASS Susie	Kent	12:41.47 299
3	HH	CONNOR Hannah	Have	15:15.90 40
4	XX	HOLDER Amanda	Bex	18:42.69
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	H BRENNAN Claire	Have	17.42 575	0.3
2	L WING Jennifer	LonHeath	19.46 406	
3	X HARRIS Rebecca	Bex	28.39 3	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	ATKINS Alice X	Have	19.70 388	0.3
2	LL	RAYKOV Yanna	LonHeath	21.58 259	
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	H	BRENNAN Claire	Have	72.39 578
2	L	RAYKOV Yanna	LonHeath	80.82 380
3	X	PATES Christine	Bex	116.31
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	hh	WATSON Ellie	Have	95.76 116
2	ll	BUTLER Kimberli	LonHeath	95.97 113
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
2000m S/Chase Women A

Posn	No.	Athlete	Club	Perf	
1	L	WING Jennifer	LonHeath	08:17.77	475
2	X	PATES Christine	Bex	12:14.41	3
3					
4					
5					
6					

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	XX	GREGORY Nicola	Bex	12:25.05	
2					
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	XX	EBOH Melody X	Bex	1.45	584
2=	L	WING Jennifer	LonHeath	1.35	477
2=	HH	BRENNAN Claire	Have	1.35	477

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	H	WATSON Ellie	Have	1.30	424
2	X	BONNER Mia X	Bex	1.25	371

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	H	BRENNAN Claire	Have	2.50	533

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	BRENNAN Nina	Have	1.70	305

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2
17/08/2019
Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	X	AMBROS Kelechi X	Bex	4.59	595
2	HH	COURTNEY Lottie X	Have	4.43	558
3	LL	WING Jennifer	LonHeath	4.06	471
4	K	BUCK Victoria	Kent	3.01	231
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	XX	FOTSO Marie-Reine X	Bex	4.41	553
2	H	WATSON Ellie	Have	4.24	513
3	L	MINSON Madeleine	LonHeath	3.49	339
4	KK	FORD Caroline	Kent	1.64	
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	H	SANWO Olatomiwa Y	Have	10.48	694
2	X	AMBROS Kelechi X	Bex	8.93	519
3	L	MINSON Madeleine	LonHeath	7.61	362
4					
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	WATSON Ellie	Have	8.24	438
2	XX	HARRIS Rebecca	Bex	6.58	233
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	H	GILL Philippa Y	Have	10.25	704
2	X	GREGORY Nicola	Bex	8.18	558
3	L	HIETANEN Satu	LonHeath	6.41	412
4	K	BUCK Victoria	Kent	5.57	330
5					
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	XX	PATES Christine	Bex	6.65	433
2	HH	KERR Rachel	Have	6.08	381
3	KK	FORD Caroline	Kent	3.43	
4					
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	X	GREGORY Nicola	Bex	31.06	687
2	H	BRENNAN Nina	Have	22.10	541
3	K	BUCK Victoria	Kent	16.77	429
4					
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	ATKINS Alice X	Have	18.18	462
2	XX	PATES Christine	Bex	15.22	391
3	KK	CAMPBELL Joanne	Kent	10.62	239
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2**17/08/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	H	GILL Philippa Y	Have	23.99 514
2	XX	HOLDER Amanda	Bex	23.20 501
3	L	HIETANEN Satu	LonHeath	15.57 364
4	K	NIO Amanda	Kent	5.35
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	X	GREGORY Nicola	Bex	22.46 489
2	HH	CONNOR Hannah	Have	18.97 429
3				
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	H	GILL Philippa Y	Have	30.57 680
2	X	BONNER Mia X	Bex	30.18 674
3	L	MINSON Madeleine	LonHeath	18.12 469
4	K	BUCK Victoria	Kent	12.58 338
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	XX	PATES Christine	Bex	15.27 407
2	HH	KERR Rachel	Have	9.86 251
3	LL	BALL Eleanor	LonHeath	9.86 251
4	KK	PARKER Alexa	Kent	4.73
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	X	Bex	FOTSO Marie-Reine X ADEYEMI Emma X AMBROS Kelechi X ABEGUNDE-WILLIAMS	52.12
2	L	LonHeath	RAYKOV Yanna WING Jennifer O'REGAN Noelle BALL Eleanor	53.70
3	H	Have	MARENAH Aisha X SANWO Olatomiwa Y ATKINS Alice X WATSON Ellie	56.27
4	K	Kent	PARKER Alexa BUCK Victoria CAMPBELL Joanne STEPANOVA Victoria	69.86
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	X	Bex	EBOH Melody X ADEYEMI Emma X HARRIS Rebecca EYIOWUAWI Taiwo Y	04:23.10
2	H	Have	KAVANAGH Jade Y BRENNAN Nina BRENNAN Claire RAND Sophie Y	04:26.41
3	L	LonHeath	RAYKOV Yanna O'REGAN Noelle DESBOROUGH Olivia WOOLCOCK Lily	04:29.80
4	K	Kent	PARKER Alexa BUCK Victoria STEPANOVA Victoria NIO Amanda	04:40.59
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2

17/08/2019

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
1				
2				
3				
4				
5				
6				
7				
8				

100m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	21	RAMIE Joseph		Have	10.85	
2	27				11.55	
3	28	ADAH-JAHS Fortune X		Bex	11.71	
4	45	KINSAMBWE Matthew X		Bex	11.78	
5	26	AJAYI Ade X		Bex	11.98	
6						
7						
8						

100m Women

Posn	Bib	Athlete	Age	Club	Wind
1	54				
2	51	OLDHAM Justine		LonHeath	
3					
4					
5					
6					
7					
8					

200m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	20	AKINTOKUN Akeem		Have	22.39	1.6
2	27				24.20	
3	24				25.35	
4	53	BARRON John		Kent	29.99	
5						
6						
7						
8						

200m Women

Posn	Bib	Athlete	Age	Club	Wind
1	66				
2	51	OLDHAM Justine		LonHeath	
3					
4					
5					
6					
7					
8					

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1	48				51.95
2	7	RAND Steve		Have	58.27
3	1	ELLIS Poppy X		Have	61.22
4	53	BARRON John		Kent	69.37
5					
6					
7					
8					

400m Women

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

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2

17/08/2019

800m Men

Posn	Bib	Athlete	Age	Club	Perf
1	2	O'HARA Kieran		Have	02:05.93
2	49				02:12.75
3	7	RAND Steve		Have	02:12.87
4	34	FOTSO Marie-Reine X		Bex	02:21.25
5	40	WATSON Joel		LonHeath	02:23.62
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age	Club
1	30			
2				
3				
4				
5				
6				
7				
8				

1500m Men

Posn	Bib	Athlete	Age	Club	Perf
1	52	SWEET Alex		LonHeath	04:33.98
2					
3					
4					
5					
6					

1500m Women

Posn	Bib	Athlete	Age	Club
1	67	CAMPBELL Joanne		Kent
2				
3				
4				
5				
6				

5000m Men

Posn	Bib	Athlete	Age	Club	Perf
1	3	WHITEHEAD John		Have	17:32.90
2					
3					
4					
5					
6					

3000m Women

Posn	Bib	Athlete	Age	Club
1	57	BRADLEY Celine		LonHeath
2	32	BUTLER Kimberli		LonHeath
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					
2					
3					
4					
5					
6					

S/Chase Women

Posn	Bib	Athlete	Age	Club
1				
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2

17/08/2019

Hammer Men

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

Hammer Women

Posn	Bib	Athlete	Age	Club
1				
2				
3				
4				
5				
6				

Discus Men

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

Discus Women

Posn	Bib	Athlete	Age	Club
1				
2				
3				
4				
5				
6				

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	23	INGRAM Sam X		LonHeath	21.12
2	31	RUSHBROOK Andy		Bex	27.62
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age	Club
1				
2				
3				
4				
5				
6				

Shot Men

Posn	Bib	Athlete	Age	Club	Perf
1	31	RUSHBROOK Andy		Bex	7.17
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club
1	41	KEHOE Helene		LonHeath
2				
3				
4				
5				
6				

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	26	AJAYI Ade X		Bex	3.03
2					
3					
4					
5					
6					

Long Jump Women

Posn	Bib	Athlete	Age	Club
1	25			
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 2

17/08/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	29				10.64
2					
3					
4					
5					
6					

Triple Jump Women

Posn	Bib	Athlete	Age	Club
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
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
1				
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
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
1				
2				
3				
4				

Perf

Perf
13.54
17.68

1.3
Perf
36.47
38.54

Perf

Perf
2:52.67

Perf
5:45.02

Perf
10:28.74
13:30.42

Perf

Perf

Perf

Perf

Perf

Perf
6.45

Perf
4.21

Perf

Perf

Perf

Perf

Perf