

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 West	
MATCH	2	
VENUE	Hemel Hempstead	
P/FINISH	NO	1

Date Sunday, May 19 2019

Venue Hemel Hempstead

Host Club Dacorum &amp; Tring

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
D	Dacorum & Tring	Dac&T	20	95.0	11.0	83.0	209.0
T	St. Albans AC	Albans	20	69.0	5.0	69.5	163.5
H	Hillingdon AC	Hil'don	20	76.0	8.0	60.0	164.0
B	Basingstoke & Mid Hants AC	BasMH	20	91.0	16.0	101.5	228.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Basingstoke & Mid Hants AC	228.5	4.0			228.5	4.0	1
2	Dacorum & Tring	209.0	3.0			209.0	3.0	2
3	Hillingdon AC	164.0	2.0			164.0	2.0	3
4	St. Albans AC	163.5	1.0			163.5	1.0	4

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

## Scoring System Top 10

Men		Club	Event	Perf	Points
1	MOHAMED Mohamed	Hil'don	3000m Men A	08:17.3	888
2	LAVOPIERRE Matthew	BasMH	400m Hurdles Men A	53.5	854
3	ABDULLE Abdishaur	Hil'don	3000m Men B	08:27.6	830
4	BYRON Ayo	Albans	110m Hurdles Men A	15.0	819
5	JOSEPH Rafer	BasMH	Discus Men A	43.12	807
6	LAVOPIERRE Matthew	BasMH	200m Men A	22.2	790
7	JOSEPH Caius	BasMH	Pole Vault Men A	4.40	781
8	GEROME Nicolas	BasMH	110m Hurdles Men A	15.4	775
9	HAZELL Ben	BasMH	Javelin Men A	51.22	769
10	BONIFAS Ryan	BasMH	High Jump Men A	1.90	760
Women		Club	Event	Perf	Points
1	HALL Holly Y	Hil'don	Javelin Women A	37.97	847
2	BULLOCK Rebecca Y	BasMH	800m Women A	02:12.7	813
3	DEADMAN Maddie Y	BasMH	1500m S/Chase Women A	05:29.8	787
4	PETTERSON Catriona	Hil'don	5000m Women A	18:06.3	765
5	EDWARDS Catherine Y	BasMH	800m Women B	02:16.0	757
6	PINDER Isabel X	BasMH	400m Women A	58.2	751
7	MCARDLE Eleanor Y	Albans	Javelin Women A	31.27	749
8	DEADMAN Maddie Y	BasMH	1500m Women A	04:41.5	734
9	MADDISON Megan X	Dac&T	Javelin Women A	30.03	730
9	HALL Holly Y	Hil'don	Discus Women A	30.04	730

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	HAYNES Jacob X	Dac&T	11.3	666
2	b	OLLIVER Samuel X	BasMH	11.4	636
3	t	BYRON Ayo	Albans	11.7	552
4	h	CROWIE Glen	Hil'don	11.8	526
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	bb	CORBIN Rian	BasMH	11.6	579
2	dd	IBRAHIM Samad Y	Dac&T	11.7	552
3	hh	MITCHELL Tyrell Y	Hil'don	12.3	405
4	tt	POWELL Charlie X	Albans	12.9	285
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	b	LAVOPIERRE Matthew	BasMH	22.2	790
2	t	BYRON Ayo	Albans	23.8	557
3	d	IBRAHIM Samad Y	Dac&T	23.9	544
4	h	CROWIE Glen	Hil'don	24.2	506
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	bb	OLLIVER Samuel X	BasMH	23.4	611
2	dd	WILLIAMS Ralph Y	Dac&T	24.2	506
3	hh	MITCHELL Tyrell Y	Hil'don	25.1	402
4					
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	h	HOLBROOK Liam	Hil'don	51.2	692
2	d	BAIN Thomas Y	Dac&T	51.2	692
3	b	SHARMAN-NEWELL Reece X	BasMH	52.1	642
4	t	BOWRAN Steve	Albans	76.8	3
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	AYRES Oliver X	Dac&T	54.2	533
2	hh	MCGARVIE Max X	Hil'don	55.2	485
3	bb	JEPSON Glen	BasMH	55.7	462
4	tt	BOWRAN Will Y	Albans	72.3	30
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	h	HOLBROOK Liam	Hil'don	01:58.2	714
2	B	HAZELL Ben	BasMH	02:01.6	629
3	T	JONES Sam	Albans	02:02.2	615
4	D	HAMILTON Matt	Dac&T	02:10.0	448
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	MCGARVIE Max X	Hil'don	01:59.5	681
2	DD	O'REILLY Thomas X	Dac&T	02:12.5	401
3	TT	DALY Rowan Y	Albans	02:15.5	349
4	BB	HEMPSTEAD Jack Y	BasMH	02:35.0	110
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	h	ZERATION Aramias	Hil'don	04:03.3	713
2	T	WITHERS George	Albans	04:14.0	597
3	B	BIGG Alex	BasMH	04:16.3	574
4	D	TRUMAN-WILLIAMS Freddie X	Dac&T	04:21.0	529
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	CARTON Joe	Hil'don	04:15.9	578
2	BB	SUTTON Richard X	BasMH	04:27.4	470
3	DD	HAMILTON Matt	Dac&T	04:33.4	419
4	TT	HALLING Tom	Albans	04:37.4	387
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**3000m Men A**

Posn	No.	Athlete	Club	Perf	
1	hh	MOHAMED Mohamed	Hil'don	08:17.3	888
2	TT	BOWRAN Will Y	Albans	09:21.2	562
3	D	ROWLANDS Rhys	Dac&T	09:29.5	525
4	B	KEMP Joshua X	BasMH	09:40.1	480
5					
6					

**3000m Men B**

Posn	No.	Athlete	Club	Perf	
1	H	ABDULLE Abdishaur	Hil'don	08:27.6	830
2	DD	BURNELL Sam X	Dac&T	09:36.0	498
3	T	EVANS Philip	Albans	09:57.9	410
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	t	BYRON Ayo	Albans	15.0	819
2	b	GEROME Nicolas	BasMH	15.4	775
3	dd	HAMILTON Matt	Dac&T	25.2	72
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	bb	JOSEPH Caius	BasMH	15.9	722
2	d	STANSBURY Marcus X	Dac&T	26.1	44
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	b	LAVOPIERRE Matthew	BasMH	53.5	854
2	d	WILLIAMS Haydn Y	Dac&T	61.6	595
3	h	FEAVIOUR Rhys Y	Hil'don	68.6	406
4	t	ROWE Sebastian	Albans	73.0	305
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	bb	STRUDWICK Joshua	BasMH	64.3	518
2	dd	RENDELL Jon	Dac&T	65.6	483
3	hh	WICKHAM Clive	Hil'don	73.2	301
4	tt	DALY Rowan Y	Albans	77.5	216
5					
6					

**3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	d	ROWLANDS Rhys	Dac&T	10:43.5	563
2	H	LAING James	Hil'don	11:18.5	461
3	B	HAZELL Ben	BasMH	12:46.5	254
4	T	ASTON Nigel	Albans	12:56.3	235
5					
6					

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	DD	ASHTON Thomas X	Dac&T	12:28.8	290
2	BB	HEMPSTEAD Jack Y	BasMH	14:17.2	108
3	TT	MAHER Andrew	Albans	14:37.5	84
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	BONIFAS Ryan	BasMH	1.90	760
2	H	BLOODWORTH Isaac X	Hil'don	1.70	594
3=	D	HOPPER Edward Y	Dac&T	1.60	511
3=	T	SEIDER Oliver	Albans	1.60	511

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	GEROME Nicolas	BasMH	1.90	760
2	HH	CONNELL Aaron Y	Hil'don	1.70	594
3	DD	STANSBURY Marcus X	Dac&T	1.50	427
4	TT	WALKER Nick	Albans	1.20	174

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	JOSEPH Caius	BasMH	4.40	781
2	D	WILLIAMS Haydn Y	Dac&T	3.75	644
3	T	RYAN Stratford Y	Albans	3.15	514
4	H	WICKHAM Clive	Hil'don	2.35	336

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	GEROME Nicolas	BasMH	3.95	686
2	DD	ASHTON Thomas X	Dac&T	3.35	558
3	TT	WALKER Nick	Albans	2.75	426
4	HH	FEAVIOUR Rhys Y	Hil'don	1.95	244

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	BONIFAS Ryan	BasMH	6.16	686
2	D	WILLIAMS Ralph Y	Dac&T	5.43	542
3	H	CONNELL Aaron Y	Hil'don	5.18	493
4	TT	POWELL Charlie X	Albans	4.96	450
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	STRUDWICK Joshua	BasMH	6.01	656
2	T	SEIDER Oliver	Albans	4.85	429
3	DD	HAWTIN Ian	Dac&T	4.29	322
4	HH	MANLEY James	Hil'don	3.04	90
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	BONIFAS Ryan	BasMH	12.78	701
2	TT	POWELL Charlie X	Albans	11.22	547
3	DD	AYRES Oliver X	Dac&T	10.90	514
4	H	CONNELL Aaron Y	Hil'don	10.11	430
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	FORD Jordan X	BasMH	11.86	611
2	T	SEIDER Oliver	Albans	10.55	477
3	D	STANSBURY Marcus X	Dac&T	10.38	459
4	HH	FEAVIOUR Rhys Y	Hil'don	9.20	327
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	BB	JOSEPH Rafer	BasMH	12.46	755
2	DD	LINE Chris	Dac&T	11.28	674
3	H	ACRAMAN Kevin	Hil'don	9.92	574
4	T	CONSTANTINOJON Jon	Albans	9.84	568
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	D	WALL Shaun	Dac&T	11.07	659
2	HH	CROWIE Glen	Hil'don	9.69	557
3	TT	WALKER Nick	Albans	8.58	466
4					
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	B	JOSEPH Rafer	BasMH	43.12	807
2	D	LINE Chris	Dac&T	32.77	640
3	T	CONSTANTINOJON Jon	Albans	30.17	594
4	H	ACRAMAN Kevin	Hil'don	26.98	533
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	BB	GEROME Nicolas	BasMH	36.65	706
2	DD	WALL Shaun	Dac&T	28.58	564
3	TT	WALKER Nick	Albans	25.29	498
4	HH	WILCOCK Andrew	Hil'don	22.42	436
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	H	ACRAMAN Kevin	Hil'don	42.90 747
2	B	JOSEPH Rafer	BasMH	41.00 724
3	DD	LINE Chris	Dac&T	30.10 581
4	T	CONSTANTINOU Jon	Albans	29.36 571
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	BB	HEMPSTEAD Jack Y	BasMH	28.96 565
2	D	RATCLIFFE Trevor	Dac&T	28.06 551
3	TT	WALKER Nick	Albans	25.66 515
4	HH	SELDON Keith	Hil'don	20.42 426
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	B	HAZELL Ben	BasMH	51.22 769
2	D	RATCLIFFE Trevor	Dac&T	48.94 739
3	TT	HIRST Joe Y	Albans	46.79 710
4	H	HORSWOOD Lawrence X	Hil'don	34.12 527
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	DD	WALL Shaun	Dac&T	45.26 689
2	BB	BONIFAS Ryan	BasMH	42.42 649
3	T	SEIDER Oliver	Albans	41.25 632
4	HH	SELDON Keith	Hil'don	29.61 455
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	b	BasMH	JOSEPH Caius CORBIN Rian FORD Jordan X OLLIVER Samuel X	44.1
2	d	Dac&T	HAYNES Jacob X IBRAHIM Samad Y WILLIAMS Ralph Y JACKSON Louis X	45.9
3	h	Hil'don	CROWIE Glen MITCHELL Tyrell Y CONNELL Aaron Y FEAUIOUR Rhys Y	47.7
4	t	Albans	BYRON Ayo WALKER Nick POWELL Charlie X CONSTANTINOU Jon	52.5
5				
6				

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

Posn	No.	Club	Runners	Perf
1	b	BasMH	EDWARDS Catherine Y BOWGEN Deema Y PINDER Isabel X STRUDWICK Joshua	03:56.0
2	d	Dac&T	MALLORD Libby Y WARREN Katy - -	04:15.8
3	h	Hil'don	MAJOR Michaela HIGGS Clara X WELLS Hannah HOLLINGSWORTH Freya	04:29.1
4	t	Albans	BOWRAN Steve ECKLEY Caitlin KELLY Louise CONSTANTINOU Jon	04:49.6
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	t	SHAW Bethany Y	Albans	12.9	665
2	d	JESSOP Remi Y	Dac&T	12.9	665
3	b	FAFIADÉ Sarah Y	BasMH	13.7	509
4	h	HOLLINGSWORTH Freya	Hil'don	14.9	320
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	MALLORD Libby Y	Dac&T	13.0	644
2	bb	HAZELL Katia	BasMH	13.8	491
3	tt	BROWN Molly Y	Albans	14.3	408
4	hh	WELLS Hannah	Hil'don	16.4	152
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	MALLORD Libby Y	Dac&T	26.5	654
2	b	MATHER Devon	BasMH	26.7	635
3	t	SHAW Bethany Y	Albans	27.3	579
4					
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	bb	PINDER Isabel X	BasMH	26.8	626
2	d	JESSOP Remi Y	Dac&T	26.9	616
3	tt	BROWN Emeline X	Albans	27.6	553
4					
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	b	PINDER Isabel X	BasMH	58.2	751
2	h	MAJOR Michaela	Hil'don	62.6	585
3	d	WARREN Katy	Dac&T	62.8	578
4	t	ILARI-BARAMPOUTI Eva Y	Albans	63.6	550
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	bb	MATHER Devon	BasMH	63.2	564
2	hh	HIGGS Clara X	Hil'don	63.7	547
3	dd	HALLISEY Claire	Dac&T	65.3	494
4	tt	O'CONNOR Catherine	Albans	113.8	
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	bb	BULLOCK Rebecca Y	BasMH	02:12.7	813
2	H	MAJOR Michaela	Hil'don	02:21.0	676
3	D	HOAR Jess X	Dac&T	02:25.5	606
4	T	ILARI-BARAMPOUTI Eva Y	Albans	02:26.0	599
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	B	EDWARDS Catherine Y	BasMH	02:16.0	757
2	HH	HIGGS Clara X	Hil'don	02:27.5	577
3	TT	DURBIN Christy X	Albans	02:27.9	571
4	DD	HALLISEY Claire	Dac&T	02:37.6	439
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	b	DEADMAN Maddie Y	BasMH	04:41.5 734
2	T	STERN Keira Y	Albans	04:57.2 617
3	H	PETTERSON Catriona	Hil'don	05:12.8 511
4	DD	FLOWER Louise	Dac&T	06:03.8 235
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	BB	SLEAP Rebecca	BasMH	04:58.8 606
2	TT	ECKLEY Caitlin	Albans	05:20.8 461
3	HH	HOLLINGSWORTH Freya	Hil'don	06:01.8 244
4	D	ROUTLEDGE Sophie	Dac&T	06:05.2 229
5				
6				

**5000m Women A**

Posn	No.	Athlete	Club	Perf
1	h	PETTERSON Catriona	Hil'don	18:06.3 765
2	D	HALLISEY Claire	Dac&T	18:35.7 706
3	B	RAGAN Charlotte	BasMH	19:21.8 619
4	T	BUCKINGHAM Anna	Albans	20:00.9 549
5				
6				

**5000m Women B**

Posn	No.	Athlete	Club	Perf
1	HH	WELLS Hannah	Hil'don	19:41.8 582
2	TT	O'CONNOR Catherine	Albans	20:12.7 528
3	DD	ROBERTS Elizabeth	Dac&T	21:40.7 388
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	
1	t	MCARDLE Eleanor Y	Albans	20.1 341	
2	d	HAWTIN Sarka	Dac&T	22.0 222	
3	h	WILLIAMS Ciara	Hil'don	22.4 200	
4					
5					
6					

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	tt	KELLY Louise	Albans	20.8 295	
2					
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	d	WARREN Katy	Dac&T	71.6 569
2	t	ECKLEY Caitlin	Albans	82.7 324
3				
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	DD	JESSOP Marli X	Dac&T	77.2 439
2				
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf
1	b	DEADMAN Maddie Y	BasMH	05:29.8 787
2	T	ILARI-BARAMPOUTI Eva Y	Albans	05:46.4 702
3	D	WARREN Katy	Dac&T	05:56.4 653
4	H	WILLIAMS Ciara	Hil'don	06:13.8 572
5				
6				

**1500m S/Chase Women B**

Posn	No.	Athlete	Club	Perf
1	DD	FLOWER Louise	Dac&T	07:11.4 345
2	HH	HOLLINGSWORTH Freya	Hil'don	07:22.0 309
3				
4				
5				
6				

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	BB	PINDER Isabel X	BasMH	1.50 651
2	H	ALEXANDER BRADLEY Louise	Hil'don	1.45 596
3	T	MCARDLE Eleanor Y	Albans	1.35 487
4	DD		Dac&T	1.35 487

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	HH	HIGGS Clara X	Hil'don	1.40 542
2	TT	KELLY Louise	Albans	1.35 487
3=	B	REED Hannah Y	BasMH	1.30 433
3=	D	THURGOOD Amy Y	Dac&T	1.30 433

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	D	HAWTIN Sarka	Dac&T	2.80 579
2	T	YEOMANS Sue	Albans	2.60 528
3	B	SAHA Kim	BasMH	2.30 450

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
1	DD	THURGOOD Amy Y	Dac&T	2.71 556
2	TT	KELLY Louise	Albans	2.50 502
3	BB	HAZELL Katia	BasMH	2.30 450



**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	B	REED Hannah Y	BasMH	4.70	592
2	H	ALEXANDER BRADLEY Louise	Hil'don	4.60	569
3	T	MCARDLE Eleanor Y	Albans	4.47	540
4	D	O'CONNELL Esme Y	Dac&T	4.24	488
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	HH	VISSER Lotte	Hil'don	4.26	493
2	BB	MATHER Devon	BasMH	4.15	468
3	DD	HAWTIN Sarka	Dac&T	3.86	404
4	TT	KELLY Louise	Albans	3.71	371
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	D	ONYEMS Leonie Y	Dac&T	11.09	726
2	B	HAZELL Katia	BasMH	9.67	575
3	H	ALEXANDER BRADLEY Louise	Hil'don	9.39	544
4	TT	BROWN Emeline X	Albans	9.14	517
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	T	STERN Keira Y	Albans	8.80	480
2	BB	REED Hannah Y	BasMH	8.47	443
3	HH	WILLIAMS Ciara	Hil'don	7.31	310
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	KELLY Louise	Albans	9.10	658
2	D	HAWTIN Sarka	Dac&T	7.99	572
3	B	REED Hannah Y	BasMH	7.46	528
4	H	-	Hil'don	7.06	493
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	DD	JESSOP Remi Y	Dac&T	7.87	562
2	BB	BAKER Lisa	BasMH	7.03	490
3	TT	COLLING Charlie X	Albans	5.50	339
4					
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	HALL Holly Y	Hil'don	30.04	730
2	DD	HAWTIN Sarka	Dac&T	24.39	632
3	B	JACOB-WILLIAMS Susanne	BasMH	23.69	619
4	T	KELLY Louise	Albans	17.32	480
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	D	FILBY Caitlin	Dac&T	23.80	621
2	BB	MONTGOMERY Deborah	BasMH	20.84	561
3	HH	WILCOCK Emily Y	Hil'don	15.54	433
4	TT	YEOMANS Sue	Albans	14.09	390
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**19/05/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	B	MONTGOMERY Deborah	BasMH	29.67 604
2	D	FILBY Caitlin	Dac&T	29.54 602
3	T	KELLY Louise	Albans	17.35 403
4	H	WILCOCK Emily Y	Hil'don	6.23 88
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	BB	BAKER Lisa	BasMH	26.27 554
2	TT	COLLING Charlie X	Albans	16.28 382
3	DD	WOOLFREY Catherine	Dac&T	15.14 359
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	HH	HALL Holly Y	Hil'don	37.97 847
2	T	MCARDLE Eleanor Y	Albans	31.27 749
3	D	MADDISON Megan X	Dac&T	30.03 730
4	B	MONTGOMERY Deborah	BasMH	24.47 636
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	TT	MCARDLE Fiona Y	Albans	28.49 705
2	H	WILCOCK Emily Y	Hil'don	27.24 684
3	BB	FAFIADE Sarah Y	BasMH	14.68 426
4	DD	MALLORD Libby Y	Dac&T	12.07 351
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	b	BasMH	FAFIADE Sarah Y HAZELL Katia DEADMAN Maddie Y MATHER Devon	52.6
2	d	Dac&T	JESSOP Remi Y MALLORD Libby Y HOAR Jess X JESSOP Marli X	52.7
3	t	Albans	MCARDLE Eleanor Y KELLY Louise STERN Keira Y COLLING Charlie X	59.2
4	h	Hil'don	ALEXANDER BRADLEY Louise X HOLLINGSWORTH Freya WELLS Hannah PETTERSC	68.0
5				
6				

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

Posn	No.	Club	Runners	Perf
1	b	BasMH	HAZELL Katia HAZELL Ben BIGG Alex MATHER Devon	03:47.1
2	h	Hil'don	HOLBROOK Liam CARTON Joe MOHAMED Mohamed LAING James	03:54.1
3	d	Dac&T	BAIN Thomas Y AYRES Oliver X WARREN Katy MALLORD Libby Y	03:58.5
4	t	Albans	HALLING Tom ILARI-BARAMPOUTI Eva Y STERN Keira Y WITHERS George	03:59.7
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

19/05/2019

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

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

**NON-SCORERS****400m Hurdles Women**

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

**100m Men**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	153	FORD Jordan X	U17	BasMH	11.6	
2	151	BOWGEN Deema Y	U20	BasMH	11.6	
3	175	JACKSON Louis X	U17	Dac&T	11.7	
4	152	BOWGEN Costas Y	U20	BasMH	12.3	
5	172	OLOPADE Loba	M40	BasMH	12.8	
6	148	YAXLEY Phil	M55	Albans	13.9	

**100m Women**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	150	COLLING Charlie X	U17	Albans	15.7	
2						
3						
4						
5						
6						

**200m Men**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	151	BOWGEN Deema Y	U20	BasMH	23.7	
2	153	FORD Jordan X	U17	BasMH	23.7	
3	165	CORBIN Rian	SW	BasMH	23.7	
4	154	SHARMAN-NEWELL Reece X	U17	BasMH	24.2	
5	152	BOWGEN Costas Y	U20	BasMH	24.8	
6						

**200m Women**

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

**400m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	192	BURFORD Luke Y	U20	Dac&T	54.4
2	195	GLYN James Y	U20	Dac&T	56.9
3					
4					
5					
6					

**400m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
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					

## SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

19/05/2019

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	224	BLOODWORTH Isaac X	U17	Hil'don	4:37.6
2	189	STRATFORD Ben	SM	Dac&T	4:49.4
3					
4					
5					
6					

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	202	BIGG Gemma	SW	BasMH	4:58.6
2					
3					
4					
5					
6					

**5000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	188	SAUNDERS Angus Y	U20	Dac&T	9:56.6
2	145	MOFFAT Alex X	U17	Albans	10:09.4
3	146	BOWRAN Steve	M50	Albans	10:20.4
4	147	WARREN Gary	M45	Albans	10:26.5
5					
6					

**3000m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	181	DUBOISSON Kelly	SW	Dac&T	20:32.2
2	179	FINDLAY Celia	SW	Dac&T	21:48.4
3	178	FLOWER Louise	SW	Dac&T	21:55.4
4					
5					
6					

**110m Hurdles Men**

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

**100m Hurdles Women**

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

**S/Chase Men**

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

**S/Chase Women**

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

**Hammer Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	193	WALL Shaun	M35	Dac&T	24.18
2	197	THOMPSON Steve	M55	Hil'don	20.38
3	187	WILCOCK Andrew	M45	Hil'don	18.08
4					
5					
6					

**Hammer Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

19/05/2019

Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	194	RATCLIFFE Trevor	M55	Dac&T	28.39
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	190	SMITH Jasper X	U17	Dac&T	51.41
2	187	WILCOCK Andrew	M45	Hil'don	21.50
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	198	VISSER Lotte	SW	Hil'don	19.41
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	187	WILCOCK Andrew	M45	Hil'don	7.97
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	199	MONTGOMERY Deborah	W50	BasMH	8.16
2					
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	172	OLOPADE Loba	M40	BasMH	5.28
2					
3					
4					
5					
6					

Long Jump Women

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

Triple Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	172	OLOPADE Loba	M40	BasMH	10.65
2					
3					
4					
5					
6					

Triple Jump Women

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

SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

19/05/2019

**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	203	WOODAGE Callum	U20	Dac&T	3.75
2	216	MILES Ewan	U15	Dac&T	2.55
3	148	YAXLEY Phil	M55	Albans	1.95
4					
5					
6					

**Pole Vault Women**

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