

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 West	
MATCH	5	
VENUE	Hemel Hempstead	
P/FINISH	NO	1

Date Saturday, August 17 2019

Venue Hemel Hempstead

Host Club Dacorum & Tring

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
D	Dacorum & Tring	Dac&T	20	111.0	14.0	70.5	215.5
N	Newbury AC	Newb	15	68.0	6.0	74.5	163.5
A	Aldershot Farnham & District AC	AFD	20	64.0	8.0	78.0	170.0
S	City of Salisbury	Salis	20	96.0	11.0	86.0	213.0
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	Dacorum & Tring	215.5	4.0	0.00	0.00	215.5	4.0	1
2	City of Salisbury	213.0	3.0	0.00	0.00	213.0	3.0	2
3	Aldershot Farnham & District AC	170.0	2.0	0.00	0.00	170.0	2.0	3
4	Newbury AC	163.5	1.0	0.00	0.00	163.5	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		Club	Event	Perf	Points
1	HOWELLS Daniel Y	AFD	800m Men A	01:56.3	802
2	HOLT Richard	Salis	Triple Jump Men A	12.95	746
3	PRIOR Luke	AFD	1500m Men A	04:03.6	745
4	HOLT Richard	Salis	Long Jump Men A	6.39	724
5	BRUCE Nick	Salis	1500m Men A	04:05.7	720
6	JONES Ben	Salis	Hammer Men A	45.47	707
7	OGALI Destiny Y	Dac&T	100m Men A	11.2	704
8	BRICE David	AFD	Javelin Men A	48.06	699
9	HOWELLS Daniel Y	AFD	400m Men A	51.3	686
9	OGALI Destiny Y	Dac&T	200m Men A	22.8	686
Women		Club	Event	Perf	Points
1	LOWE Phillipa	Dac&T	200m Women A	24.6	856
2	BROADBRIDGE Helen	Newb	Hammer Women A	49.91	846
3	BROADBRIDGE Helen	Newb	Discus Women A	41.41	822
4	LOWE Phillipa	Dac&T	100m Women A	12.3	798
5	FRY Isobel Y	Newb	800m Women A	02:18.0	753
6	BROADBRIDGE Helen	Newb	Shot Women A	10.40	714
7	ALLEN Skye Y	Salis	Triple Jump Women A	10.61	709
8	O'CONNOR Trinity Y	Newb	High Jump Women A	1.55	691
9	ALLEN Skye Y	Salis	100m Women A	12.8	686
10	BROADEY Emma	AFD	Javelin Women A	29.93	671

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	OGALI Destiny Y	Dac&T	11.2	704
2	s	DYER Joshua X	Salis	11.5	615
3	n	BAKER Lawrence X	Newb	11.9	507
4	a	CAMPBELL Gerard Y	AFD	12.0	482
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	HAYNES Jacob X	Dac&T	11.5	615
2	aa	STRINGER James	AFD	11.7	559
3	ss	HOLT Richard	Salis	11.9	507
4	nn	BARRETT Simon	Newb	13.7	167
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	OGALI Destiny Y	Dac&T	22.8	686
2	a	STRINGER James	AFD	23.3	615
3	s	DYER Joshua X	Salis	23.8	548
4	n	RUSSELL Ellis X	Newb	25.9	316
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	HAYNES Jacob X	Dac&T	23.1	642
2	aa	CAMPBELL Gerard Y	AFD	23.7	561
3	ss	NORCLIFFE Jacob Y	Salis	24.0	523
4	nn	BARRETT Simon	Newb	28.2	142
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	a	HOWELLS Daniel Y	AFD	51.3	686
2	d	BAIN Thomas Y	Dac&T	52.3	631
3	s	NORCLIFFE Jacob Y	Salis	54.6	513
4	n	TUTTLE Daniel	Newb	55.0	494
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	aa	STRINGER James	AFD	51.7	664
2	ss	MUNDELL Hamish	Salis	53.9	548
3	dd	AYRES Oliver X	Dac&T	57.3	393
4	nn	ROBBINS Michael	Newb	76.8	3
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	a	HOWELLS Daniel Y	AFD	01:56.3	802
2	S	BRUCE Nick	Salis	02:00.8	681
3	D	HAMILTON Matt	Dac&T	02:07.1	531
4	N	MCKENDRICK Andrew	Newb	02:19.6	299
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	QUINLAN James	AFD	02:02.1	648
2	DD	ARMSTRONG Michael X	Dac&T	02:07.2	529
3	SS	DIX Henry Y	Salis	02:17.6	331
4	NN	STEWART-POWER Dwayne	Newb	02:42.4	62
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	a	PRIOR Luke	AFD	04:03.6	745
2	S	BRUCE Nick	Salis	04:05.7	720
3	D	BURNELL Sam X	Dac&T	04:25.0	516
4	N	WICKENS Ben	Newb	04:34.4	432
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	AA	QUINLAN James	AFD	04:13.2	636
2	SS	DONWORTH Joseph	Salis	04:21.2	553
3	DD	HAMILTON Matt	Dac&T	04:35.9	419
4	NN	BRASHAW Oliver X	Newb	04:38.4	398
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**

**17/08/2019**

**5000m Men A**

Posn	No.	Athlete	Club	Perf
1	s	DOMONEY Jaymee	Salis	16:05.7 626
2	N	GREEN Matthew	Newb	16:26.3 571
3	D	FRENCH James	Dac&T	16:27.9 567
4	A	QUINLAN Ashley	AFD	17:32.7 412
5				
6				

**5000m Men B**

Posn	No.	Athlete	Club	Perf
1	DD	CARPENTER Mike	Dac&T	17:38.2 400
2	NN	ELSMERE Stephen	Newb	18:55.3 248
3	SS	HOLME Andrew	Salis	18:57.2 245
4	AA	HYDE Mark	AFD	21:00.6 75
5				
6				

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	s	CANNON Bradley	Salis	17.3 610
2	n	DAVIES Matthew	Newb	19.5 413
3	d	BARKER Josiah Y	Dac&T	21.1 293
4	a	JENNINGS Ian	AFD	24.3 112
5				
6				

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	dd	FISHER Thomas Y	Dac&T	19.7 397
2	ss	SINCLAIR Danny X	Salis	20.3 350
3	nn	TUTTLE Daniel	Newb	20.8 314
4	aa	LEIPER Allan	AFD	26.3 41
5				
6				

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	s	MUNDELL Hamish	Salis	59.7 685
2	d	WILLIAMS Haydn Y	Dac&T	65.2 519
3	n	DAVIES Matthew	Newb	67.6 453
4	a	HYDE Mark	AFD	73.4 312
5				
6				

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	nn	ROBBINS Michael	Newb	66.2 491
2	dd	ROWLANDS Rhys	Dac&T	68.3 435
3	ss	SINCLAIR Danny X	Salis	75.7 263
4	aa	JENNINGS Ian	AFD	79.8 185
5				
6				

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	d	ROWLANDS Rhys	Dac&T	06:39.1 682
2	N	ROBBINS Michael	Newb	06:50.3 620
3	A	BOWERMAN Thomas	AFD	06:58.1 578
4	SS	DIX Henry Y	Salis	07:28.4 433
5				
6				

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	DD	TRUMAN-WILLIAMS Freddie X	Dac&T	06:52.5 608
2	S	DONWORTH Joseph	Salis	07:42.8 371
3	AA	DUKE Adam X	AFD	07:47.1 354
4	NN	MCKENDRICK Andrew	Newb	08:19.0 239
5				
6				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1=	N	TUTTLE Daniel	Newb	1.75 629
1=	D	HOPPER Edward Y	Dac&T	1.75 629
3	SS	FERGUSON Joss Y	Salis	1.70 588
4	A	BERRY Gavin	AFD	1.45 381

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	S	BROWN Dan	Salis	1.65 547
2	NN	DAVIES Matthew	Newb	1.40 340
3	AA	LEIPER Allan	AFD	1.35 298

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	D	WILLIAMS Haydn Y	Dac&T	3.70	665
2	A	BERRY Gavin	AFD	3.50	620
3	S	BILLAM Lewis	Salis	3.30	574
4	N	TUTTLE Daniel	Newb	2.70	436

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	DD	ASHTON Thomas X	Dac&T	3.30	574
2	AA	LEIPER Allan	AFD	3.10	529
3	SS	CANNON Bradley	Salis	2.70	436
4	NN	ROBBINS Michael	Newb	2.10	293

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	SS	HOLT Richard	Salis	6.39	724
2	DD	STANSBURY Marcus X	Dac&T	4.84	423
3	NN	WICKENS Ben	Newb	4.68	392
4	A	HYDE Mark	AFD	4.34	328
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	S	BROWN Dan	Salis	5.85	618
2	D	FISHER Thomas Y	Dac&T	4.61	379
3	AA	LEIPER Allan	AFD	3.85	236
4					
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	SS	HOLT Richard	Salis	12.95	746
2	D	BARKER Josiah Y	Dac&T	11.50	598
3	N	BAKER Lawrence X	Newb	11.27	574
4	AA	ZACK Cameron Y	AFD	10.73	516
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	S	BROWN Dan	Salis	12.00	650
2	DD	STANSBURY Marcus X	Dac&T	10.55	496
3	NN	TUTTLE Daniel	Newb	10.32	471
4	A	JENNINGS Ian	AFD	6.86	
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	AA	LEIPER Allan	AFD	11.32	650
2	D	LINE Chris	Dac&T	11.09	634
3	N	BROADBRIDGE Bob	Newb	10.43	588
4	S	JONES Ben	Salis	8.40	433
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	DD	BARKER Josiah Y	Dac&T	10.21	573
2	A	JENNINGS Ian	AFD	9.43	515
3	NN	HILL Ryan	Newb	8.48	439
4	SS	BROWN Dan	Salis	8.01	400
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	D	LINE Chris	Dac&T	36.88	667
2	N	BROADBRIDGE Bob	Newb	32.50	598
3	AA	LEIPER Allan	AFD	30.59	565
4	SS	FERGUSON Joss Y	Salis	30.27	560
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	DD	WALL Shaun	Dac&T	26.86	499
2	S	JONES Ben	Salis	26.52	492
3	A	JENNINGS Ian	AFD	22.83	419
4	NN	HILL Ryan	Newb	20.40	365
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	S	JONES Ben	Salis	45.47 707
2	A	MINCHIN Neil	AFD	37.77 623
3	D	RATCLIFFE Trevor	Dac&T	29.91 527
4	N	BROADBRIDGE Bob	Newb	29.45 521
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	LEIPER Allan	AFD	31.34 545
2	DD	LINE Chris	Dac&T	25.57 467
3	NN	HILL Ryan	Newb	18.61 356
4				
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	A	BRICE David	AFD	48.06 699
2	D	WALL Shaun	Dac&T	38.25 566
3	S	FERGUSON Joss Y	Salis	36.31 538
4	N	WICKENS Ben	Newb	25.53 371
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	AA	ZACK Cameron Y	AFD	43.56 639
2	SS	HOLT Richard	Salis	31.66 469
3	DD	LINE Chris	Dac&T	28.13 413
4	NN	HILL Ryan	Newb	24.60 355
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	d	Dac&T	OGALI Destiny Y IBRAHIM Samad Y HAYNES Jacob X JACKSON Louis X	45.1
2	s	Salis	DYER Joshua X HOLT Richard NORCLIFFE Jacob Y MUNDELL Hamish	45.9
3	n	Newb	BAKER Lawrence X RUSSELL Ellis X DAVIES Matthew TAYLOR Alexander	47.8
4	a	AFD	LEIPER Allan BERRY Gavin CAMPBELL Gerard Y STRINGER James	49.7
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	a	AFD	ROBERTS Bailey X CAMPBELL Gerard Y STRINGER James HOWELLS Daniel Y	03:27.8
2	s	Salis	HOLT Richard MUNDELL Hamish BROWN Dan NORCLIFFE Jacob Y	03:34.0
3	d	Dac&T	BAIN Thomas Y AYRES Oliver X BURFORD Luke Y GLYN James Y	03:39.9
4	n	Newb	WICKENS Ben ROBBINS Michael TUTTLE Daniel ELSMERE Stephen	04:01.9
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	LOWE Phillipa	Dac&T	12.3	798
2	s	ALLEN Skye Y	Salis	12.8	686
3	a	DARNELL Georgina	AFD	13.6	527
4	n	STEWART Bo Y	Newb	13.8	491
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	WARREN Katy	Dac&T	13.7	509
2	ss	ROYLE Martha X	Salis	14.0	457
3	aa	BADMAN Lindsay	AFD	14.6	362
4	nn	PITTS Linda	Newb	14.8	334
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	LOWE Phillipa	Dac&T	24.6	856
2	a	DARNELL Georgina	AFD	28.2	502
3	n	STEWART Bo Y	Newb	28.8	454
4	s	TILLY Ellen X	Salis	33.0	199
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	nn	GOHARA Lilly Y	Newb	28.7	462
2	ss	SCOTT Danielle	Salis	28.9	446
3	dd	NERO Isabelle X	Dac&T	29.5	402
4	aa	DUKE Tracy	AFD	30.4	341
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	d	WARREN Katy	Dac&T	62.0	606
2	s	SCOTT Danielle	Salis	67.6	423
3	n	O'CONNOR Jennifer	Newb	68.7	391
4					
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	dd	NERO Isabelle X	Dac&T	66.9	444
2	nn	STEWART-POWER Gabrielle X	Newb	72.1	301
3	ss	TILLY Ellen X	Salis	76.5	203
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	n	FRY Isobel Y	Newb	02:18.0	753
2	A	ROESSLER Pippa X	AFD	02:23.1	668
3	D	HOAR Jess X	Dac&T	02:30.0	563
4	S	TILLY Ellen X	Salis	02:56.3	245
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	DD	HALLISEY Claire	Dac&T	02:31.7	538
2	NN	STEWART-POWER Gabrielle X	Newb	02:36.9	466
3	SS	MUNDELL Tash Y	Salis	03:14.6	103
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	d	HALLISEY Claire	Dac&T	05:09.1 562
2	S	CLARKE Emma	Salis	05:20.7 484
3	A	BARTON Abigail X	AFD	05:27.9 439
4	N	STEWART-POWER Gabrielle X	Newb	05:54.1 293
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	SS	JACOBS Polly	Salis	05:40.9 363
2	DD	MANN Georgina	Dac&T	05:44.7 342
3	NN	ELSMERE Rebecca	Newb	06:32.6 132
4				
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	d	HALLISEY Claire	Dac&T	10:47.5 635
2	A	MCCLOUGHLIN Niamh X	AFD	11:06.4 571
3	SS	JACOBS Polly	Salis	11:58.5 412
4	N	ELSMERE Rebecca	Newb	13:30.2 192
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	AA	STEVENS Katie	AFD	11:09.9 560
2	S	CLARKE Emma	Salis	12:17.8 359
3	DD	MANN Georgina	Dac&T	12:35.3 314
4	NN	PEARSON Ros	Newb	17:47.7
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	nn	GOHARA Lilly Y	Newb	17.2 595
2	s	ROYLE Martha X	Salis	20.0 366
3	d	WENBORN Laurette	Dac&T	20.0 366
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	n	STEWART Bo Y	Newb	17.8 541	
2	ss	MUNDELL Tash Y	Salis	28.9	
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	d	WARREN Katy	Dac&T	70.9 616
2	n	O'CONNOR Jennifer	Newb	75.8 494
3	s	SCOTT Danielle	Salis	79.0 420
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	ss	MUNDELL Tash Y	Salis	113.4
2				
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	d	WARREN Katy	Dac&T	08:03.3	533
2	S	CLARKE Emma	Salis	08:28.8	433
3					
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	DD	MANN Georgina	Dac&T	09:39.0	214
2	SS	MUNDELL Tash Y	Salis	10:30.3	105
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	O'CONNOR Trinity Y	Newb	1.55	691
2	D	CRAGGS Anna X	Dac&T	1.40	531
3	SS	LEGG Harriet	Salis	1.35	477
4	AA	BADMAN Lindsay	AFD	1.10	211

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	NN	O'CONNOR Jennifer	Newb	1.35	477
2	S	SCOTT Danielle	Salis	1.30	424
3	A	DUKE Tracy	AFD	1.10	211

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	O'CONNOR Trinity Y	Newb	3.00	668
2	S	CLARKE Emma	Salis	1.20	150

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	NN	O'CONNOR Jennifer	Newb	1.90	364
2	SS	YARWOOD Eloise X	Salis	1.20	150



**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	S	ALLEN Skye Y	Salis	4.85	657
2	A	VALENTE Kim	AFD	4.54	583
3	N	GOHARA Lilly Y	Newb	4.50	574
4	D	WENBORN Laurette	Dac&T	4.05	469
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	SS	ROYLE Martha X	Salis	4.48	569
2	AA	GILFRIN Natalie	AFD	4.11	483
3	NN	O'CONNOR Scarlett X	Newb	3.83	418
4	DD	FILBY Caitlin	Dac&T	1.54	
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	S	ALLEN Skye Y	Salis	10.61	709
2	N	O'CONNOR Trinity Y	Newb	9.95	635
3	D	CRAGGS Anna X	Dac&T	8.78	501
4	AA	DUKE Tracy	AFD	7.22	314
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	SS	LEGG Harriet	Salis	9.20	550
2	NN	O'CONNOR Scarlett X	Newb	7.96	404
3	A	BADMAN Lindsay	AFD	6.71	250
4	DD	FILBY Caitlin	Dac&T	5.31	55
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	BROADBRIDGE Helen	Newb	10.40	714
2	A	GILFRIN Natalie	AFD	9.32	641
3	D	WENBORN Laurette	Dac&T	7.53	507
4	S	BARNES Laura	Salis	7.35	493
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	AA	BROADEY Emma	AFD	6.55	425
2	DD	FILBY Caitlin	Dac&T	6.50	420
3	SS	JONES Nia X	Salis	6.38	409
4	NN	STEWART Bo Y	Newb	5.31	302
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	BROADBRIDGE Helen	Newb	41.41	822
2	AA	GILFRIN Natalie	AFD	26.94	624
3	D	FILBY Caitlin	Dac&T	23.76	571
4	SS	JONES Nia X	Salis	19.36	487
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	A	BROADEY Emma	AFD	24.42	582
2	S	BARNES Laura	Salis	19.35	487
3	DD	LOWE Phillipa	Dac&T	19.24	484
4	NN	O'CONNOR Scarlett X	Newb	14.72	377
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead**
**17/08/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	N	BROADBRIDGE Helen	Newb	49.91 846
2	D	FILBY Caitlin	Dac&T	30.43 609
3	S	BARNES Laura	Salis	28.22 577
4	A	HAMBLETON Lara Y	AFD	23.63 508
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	SS	JONES Nia X	Salis	18.12 414
2	AA	WORKMAN Kirsten	AFD	16.04 373
3	NN	TUTTLE Caroline	Newb	11.89 282
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	A	BROADDEY Emma	AFD	29.93 671
2	N	BROADBRIDGE Helen	Newb	26.61 620
3	S	BARNES Laura	Salis	26.30 615
4	D	WENBORN Laurette	Dac&T	20.58 517
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	AA	HAMBLETON Lara Y	AFD	19.24 492
2	SS	YARWOOD Eloise X	Salis	18.02 467
3	NN	O'CONNOR Jennifer	Newb	14.90 398
4	DD	FILBY Caitlin	Dac&T	11.98 321
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	d	Dac&T	WENBORN Laurette NERO Isabelle X HOAR Jess X LOWE Phillipa	55.1
2	a	AFD	DARNELL Georgina VALENTE Kim ROBERTS Kelly BADMAN Lindsay	55.5
3	s	Salis	YARWOOD Eloise X ALLEN Skye Y ROYLE Martha X SCOTT Danielle	55.8
4	n	Newb	BARRIE Mariama GOHARA Lilly Y PITTS Linda RUDD Sara	60.1
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	d	Dac&T	WARREN Katy HOAR Jess X NERO Isabelle X LOWE Phillipa	04:09.3
2	s	Salis	SCOTT Danielle ALLEN Skye Y JACOBS Polly CLARKE Emma	04:34.3
3	n	Newb	STEWART Bo Y O'CONNOR Jennifer STEWART-POWER Gabrielle X O'CONNOR Trir	04:39.8
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

17/08/2019

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

Posn	Bib	Athlete	Age	Club	Perf
1	24	STANSBURY Marcus X	U17	Dac&T	72.8
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	21	IBRAHIM Samad Y	U20	Dac&T	11.6	
2	22	JACKSON Louis X	U17	Dac&T	11.9	
3	28	Fisher Tom	U20	Dac&T	12.3	
4						
5						
6						
7						
8						

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	43	VALENTE Kim	W40	AFD	14.1	
2	40	DUKE Tracy	W40	AFD	14.6	
3	39	ROBERTS Kelly	W45	AFD	15.7	
4	20	BARRIE Mariama	W35	Newb	16.1	
5						
6						
7						
8						

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	21	IBRAHIM Samad Y	U20	Dac&T	23.6	
2						
3						
4						
5						
6						
7						
8						

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	39	ROBERTS Kelly	W45	AFD	31.9	
2	20	BARRIE Mariama	W35	Newb	33.6	
3						
4						
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	45	Roberts Bailey	U17	AFD	54.3
2	29	Glyn James	U20	Dac&T	55.4
3	23	BURFORD Luke Y	U20	Dac&T	55.9
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 West Hemel Hempstead

17/08/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	35	Bowerman Tom	SM	AFD	2:04.3
2	42	Hyde Harry	U17	AFD	2:07.3
3	38	Quinlan Ashley	SM	AFD	2:13.9
4	23	BURFORD Luke Y	U20	Dac&T	2:15.6
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	26	ELSMERE Rebecca	SW	Newb	3:01.8
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	49	Gronbech Edward	U23	AFD	4:25.4
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					
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	44	Oconnor Trudy	SW	Newb	17.4	
2						
3						
4						
5						
6						

**S/Chase Men**

Posn	Bib	Athlete	Age	Club	Perf
1	36	Holme Andrew	M40	Salis	7:36.0
2	33	Jacobs Neal	SM	Salis	7:43.1
3	41	Duke Nigel	M50	AFD	8:25.3
4					
5					
6					

**S/Chase Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

17/08/2019

Hammer Men

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

Hammer Women

Posn	Bib	Athlete	Age	Club	Perf
1	37	Yarwood Lu	SW	Salis	12.37
2					
3					
4					
5					
6					

Discus Men

Posn	Bib	Athlete	Age	Club	Perf
1	48	Garner John	V55	Dac&T	32.51
2	47	Ratcliffe Trevor	V55	Dac&T	29.70
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	31	Wall Shaun	M35	Dac&T	10.57
2	36	Holme Andrew	M40	Salis	6.30
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	30	HAWTIN Ian	M50	Dac&T	4.48
2					
3					
4					
5					
6					

Long Jump Women

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

## SOUTHERN ATHLETICS LEAGUE Division 2 West Hemel Hempstead

17/08/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	34	Fergusson Joss	SM	Salis	11.64
2					
3					
4					
5					
6					

Triple Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	25	RUDD Sara	W50	Newb	7.70
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	25	RUDD Sara	W50	Newb	1.25
2					
3					
4					
5					
6					

Pole Vault Men

Posn	Bib	Athlete	Age	Club	Perf
1	32	ASHTON William X	U17	Dac&T	3.30
2					
3					
4					
5					
6					

Pole Vault Women

Posn	Bib	Athlete	Age	Club	Perf
1	25	RUDD Sara	W50	Newb	1.80
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	51	NS Relay	SM	Dac&T	3:59.4
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					