

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 West	
MATCH	5	
VENUE	St Albans	
P/FINISH	NO	

Date Saturday, August 17 2019

Venue St Albans

Host Club St. Albans AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
T	St. Albans AC	Albans	20	91.0	9.0	66.0	186.0
M	Marshall Milton Keynes AC	MMK	20	113.0	16.0	94.5	243.5
Y	Yeovil Olympiads AC	Yeov	20	75.0	10.0	83.5	188.5
W	Walton AC	Walt	20	57.0	4.0	64.0	145.0
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	Marshall Milton Keynes AC	243.5	4.0	0.00	0.00	243.5	4.0	1
2	Yeovil Olympiads AC	188.5	3.0	0.00	0.00	188.5	3.0	2
3	St. Albans AC	186.0	2.0	0.00	0.00	186.0	2.0	3
4	Walton AC	145.0	1.0	0.00	0.00	145.0	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	BYRON Ayo	Albans	110m Hurdles Men A	15.4	809
2	JONES Sam	Albans	800m Men A	01:56.1	808
3	KUSI Dickson	MMK	100m Men A	10.9	801
4	JONES Graham	MMK	2000m S/Chase Men A	06:19.5	798
5	WEBBER Conrad Joseph	MMK	800m Men A	01:57.1	780
6	SOMMERVILLE Sam	Yeov	2000m S/Chase Men A	06:23.1	776
7	GIBBS Finlay Y	MMK	2000m S/Chase Men B	06:26.5	755
8	FEATHERSTONE Samuel Y	MMK	High Jump Men A	1.90	753
9	JONES Sam	Albans	400m Men A	50.2	750
10	SAUTER Toby Y	Yeov	Triple Jump Men A	12.95	746
Women		Club	Event	Perf	Points
1	PRESSWELL Kayleigh	MMK	Hammer Women A	59.78	948
2	BARBER Ellen	Yeov	Javelin Women A	39.46	798
2	BEALES Emma	MMK	Discus Women A	39.39	798
2	SILCOX Georgia	Yeov	100m Women A	12.3	798
5	BELL Nicola Y	Walt	Javelin Women A	37.05	768
6	ROSKILLY Abby	MMK	800m Women A	02:17.9	755
7	PRESSWELL Kayleigh	MMK	Shot Women A	10.89	745
8	SHAW Bethany Y	Albans	100m Women A	12.6	729
9	LEE Lilly	Albans	Javelin Women A	33.91	727
10	PRESSWELL Kayleigh	MMK	Discus Women B	33.28	718

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	M	KUSI Dickson	MMK	10.9	801
2	T	DA SILVA Luis	Albans	11.2	704
3	Y	HICKLING Charlie	Yeov	11.8	533
4	W	CHANNON Stuart	Walt	12.3	411
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	TT	SALIH Bradley	Albans	11.7	559
2	MM	DANKWA Tyrell	MMK	11.8	533
3	YY	GUY Henry X	Yeov	12.3	411
4	WW	PRANCE Robbie	Walt	13.2	239
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	M	TOLBERT Joseph Y	MMK	23.4	601
2	W	CHANNON Stuart	Walt	24.3	486
3	Y	BISS Michael	Yeov	25.3	375
4	T	HOLTEM Theodore X	Albans	25.9	316
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	DANKWA Tyrell	MMK	24.2	498
2	WW	PRANCE Robbie	Walt	25.0	406
3	YY	TUNSTALL Neil	Yeov	26.2	289
4	TT	EVANS David	Albans	27.1	215
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	JONES Sam	Albans	50.2	750
2	M	TOLBERT Joseph Y	MMK	54.5	518
3	Y	BISS Michael	Yeov	54.8	504
4	W	PHARAOH Matt	Walt	56.1	444
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	TT	SHAW Andrew	Albans	53.4	573
2	YY	COLE Matthew	Yeov	54.3	528
3	MM	CHARTERESS Tom	MMK	54.5	518
4	WW	PRANCE Robbie	Walt	57.1	401
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	JONES Sam	Albans	01:56.1	808
2	M	WEBBER Conrad Joseph	MMK	01:57.1	780
3	Y	SOMMERVILLE Sam	Yeov	01:59.9	704
4	W	FLEMING Hugo	Walt	02:00.5	689
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	CHARTERESS Tom	MMK	02:02.0	651
2	WW	COTTRILL Michael Y	Walt	02:03.1	624
3	TT	SHAW Andrew	Albans	02:03.7	609
4	YY	MALLINSON George	Yeov	02:16.4	351
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	M	WEBBER Conrad Joseph	MMK	04:12.2	647
2	T	WITHERS George	Albans	04:14.3	624
3	Y	MALLINSON George	Yeov	04:25.9	508
4	W	FLEMING Hugo	Walt	04:26.5	502
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	TT	HALLING Tom	Albans	04:16.0	606
2	MM	POCOCK Jack	MMK	04:22.6	539
3	WW	JANMOHAMED Nathan Y	Walt	04:27.0	498
4	YY	COLE Matthew	Yeov	05:19.2	146
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf
1	M	TUTTLE James	MMK	15:35.2 710
2	Y	SOMMERVILLE Sam	Yeov	16:08.7 618
3	T	BOWRAN Will Y	Albans	16:14.3 603
4	W	REED Matthew	Walt	18:24.5 305
5				
6				

**5000m Men B**

Posn	No.	Athlete	Club	Perf
1	MM	GALPIN Daniel	MMK	16:31.4 558
2	TT	DALY Rowan Y	Albans	17:02.2 482
3	WW	TREHERNE Kyle	Walt	19:07.6 227
4	YY	COLE Matthew	Yeov	20:05.5 139
5				
6				

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	T	BYRON Ayo	Albans	15.4 809
2	Y	SAUTER Toby Y	Yeov	17.0 640
3				
4				
5				
6				

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	Y	TUNSTALL Neil	Yeov	64.2 547
2	MM	GIBBS Finlay Y	MMK	69.8 396
3	T	ROWE Sebastian	Albans	72.1 341
4	W	CHANNON Stuart	Walt	73.4 312
5				
6				

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	M	HANSEN Torsten X	MMK	69.9 394
2	YY	ELLIS Jonny	Yeov	71.0 367
3				
4				
5				
6				

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	M	JONES Graham	MMK	06:19.5 798
2	Y	SOMMERVILLE Sam	Yeov	06:23.1 776
3	T	MOORE James X	Albans	06:39.2 681
4	W	REED Matthew	Walt	07:38.2 390
5				
6				

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	MM	GIBBS Finlay Y	MMK	06:26.5 755
2	YY	ELLIS Jonny	Yeov	07:15.7 491
3	TT	ROWE Sebastian	Albans	07:31.4 419
4	WW	WILLIS Martin	Walt	09:46.4 43
5				
6				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	MM	FEATHERSTONE Samuel Y	MMK	1.90 753
2	Y	CROUCHER Jamie	Yeov	1.85 712
3	T	ROWE Sebastian	Albans	1.45 381
4	W	NESS Christopher	Walt	1.45 381

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	M	LEWIS Robert	MMK	1.85 712
2	YY	ISAACS Henry	Yeov	1.60 506
3	TT	WALKER Nick	Albans	1.30 256
4	WW	WILLIS Martin	Walt	1.05 44

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	RYAN Stratford Y	Albans	3.20	552
2	W	FRANKLIN Michael	Walt	2.90	483
3	Y	SAUTER Toby Y	Yeov	2.60	413
4	M	BARNES Lewis	MMK	2.10	293

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	WALKER Nick	Albans	2.90	483
2	YY	COLE Geoffrey	Yeov	2.10	293
3	WW	NESS Christopher	Walt	2.00	269
4	MM	ROBERSON Mark	MMK	1.20	62

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	Y	SAUTER Toby Y	Yeov	6.19	685
2	M	AMPOFO Shawn X	MMK	5.93	634
3	T	SHAW Andrew	Albans	4.98	450
4	W	FLEMING Hugo	Walt	4.65	387
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	YY	GUEST Paul	Yeov	5.22	496
2	MM	TUFFOUR Duaine X	MMK	5.22	496
3	WW	WILLIS Martin	Walt	3.36	147
4					
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	Y	SAUTER Toby Y	Yeov	12.95	746
2	M	AMPOFO Shawn X	MMK	11.96	646
3	W	JANMOHAMED Nathan Y	Walt	10.65	507
4	T	SHAW Andrew	Albans	10.35	474
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	MM	BOAKYE Bill X	MMK	11.07	553
2	YY	GUEST Paul	Yeov	10.41	481
3	TT	BOWRAN Will Y	Albans	8.54	257
4	WW	PRANCE Robbie	Walt	8.29	223
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	M	BARNES Lewis	MMK	10.54	596
2	Y	POPE Jacob Y	Yeov	9.66	532
3	W	SMITH Rob	Walt	9.12	491
4	T	WALKER Nick	Albans	8.59	449
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	YY	ELLIS Jonny	Yeov	9.58	526
2	WW	WILLIS Martin	Walt	8.40	433
3	TT	HIGMAN Tim	Albans	8.20	416
4					
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	M	BARNES Lewis	MMK	31.53	581
2	W	JONGEJAN Bernhard	Walt	29.02	538
3	T	WALKER Nick	Albans	27.54	511
4	Y	POPE Jacob Y	Yeov	23.67	436
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	WW	TREHERNE Kyle	Walt	22.12	404
2	TT	HIGMAN Tim	Albans	21.69	394
3	YY	GUEST Paul	Yeov	20.34	364
4	MM	LAWRENCE Jim	MMK	13.52	167
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	M	ROBERSON Mark	MMK	44.06 692
2	W	SMITH Rob	Walt	38.48 631
3	Y	POPE Jacob Y	Yeov	25.46 465
4	T	WALKER Nick	Albans	23.71 440
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	MM	BARNES Lewis	MMK	35.38 595
2	WW	JONGEJAN Bernhard	Walt	33.01 566
3	TT	HIGMAN Tim	Albans	17.64 338
4	YY	COLE Geoffrey	Yeov	16.02 307
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	T	HIRST Joe Y	Albans	47.13 687
2	W	JONGEJAN Bernhard	Walt	37.42 554
3	M	BARNES Lewis	MMK	35.58 527
4	YY	ELLIS Jonny	Yeov	31.42 465
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	MM	ROBERSON Mark	MMK	32.47 481
2	WW	EASTWOOD Joe	Walt	31.72 470
3	TT	WALKER Nick	Albans	30.50 451
4	Y	POPE Jacob Y	Yeov	27.23 399
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	M	MMK	KUSI Dickson DANKWA Tyrell AMPOFO Shawn X BOAKYE Bill X	45.5
2	T	Albans	HOLTEM Theodore X DA SILVA Luis YAXLEY Luke SALIH Bradley	45.6
3	Y	Yeov	GUY Henry X SAUTER Toby Y CROUCHER Jamie ISAACS Henry	47.8
4	W	Walt	PRANCE Robbie CHANNON Stuart TREHERNE Kyle FLEMING Hugo	48.0
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	M	MMK	CHARTERESS Tom TUTTLE James GALPIN Daniel WEBBER Conrad Joseph	03:42.5
2	Y	Yeov	ISAACS Henry CROUCHER Jamie SOMMERVILLE Sam BISS Michael	03:46.8
3	W	Walt	PHARAOH Matt JANMOHAMED Nathan Y TREHERNE Kyle FLEMING Hugo	03:52.1
4	T	Albans	DALY Rowan Y WITHERS George ABBISS Jamie SHAW Andrew	03:52.2
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	Y	SILCOX Georgia	Yeov	12.3	798
2	T	SHAW Bethany Y	Albans	12.6	729
3	W	MCLOUGHLIN Susan	Walt	13.1	623
4	M	LAGO Deborah X	MMK	13.6	527
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	YY	BARBER Ellen	Yeov	13.0	644
2	TT	FAFOWARA Isabelle X	Albans	13.3	584
3	MM	AMANA Elisa	MMK	13.4	564
4	WW	BARTLETT Lucy	Walt	14.1	440
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	SHAW Bethany Y	Albans	26.1	694
2	M	FITTON Abigail Kathryn Y	MMK	26.3	674
3	Y	BARBER Ellen	Yeov	26.9	616
4	W	AMOS Lizzie	Walt	27.1	598
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	JAMES Katie	MMK	26.6	645
2	WW	MCLOUGHLIN Susan	Walt	27.0	607
3	TT	FAFOWARA Isabelle X	Albans	27.1	598
4	YY	D'ARCY Amy	Yeov	30.5	335
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	M	FITTON Abigail Kathryn Y	MMK	60.3	669
2	W	CARGILL Hayley	Walt	61.2	635
3	T	STERN Keira Y	Albans	64.9	507
4	Y	D'ARCY Amy	Yeov	67.8	417
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	ROSKILLY Abby	MMK	62.0	606
2	WW	WILLIAMS Eloise X	Walt	71.4	319
3	TT	ANDERS Emily Y	Albans	75.9	215
4	YY	GRAHAM Hannah	Yeov	84.8	74
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	M	ROSKILLY Abby	MMK	02:17.9	755
2	W	CARGILL Hayley	Walt	02:20.4	712
3	T	BAKER Naomi	Albans	02:36.8	468
4	YY	GRAHAM Hannah	Yeov	03:17.9	84
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	NURSE Corinne	MMK	02:23.0	670
2	WW	WILLIAMS Eloise X	Walt	02:48.1	330
3	TT	ANDERS Emily Y	Albans	02:48.6	324
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	M	KING Imogen X	MMK	05:07.4 574
2	T	WATERLOW Lucy	Albans	05:15.6 518
3	W	LOCKER Jo	Walt	05:26.2 450
4	YY	GRAHAM Hannah	Yeov	07:08.7 39
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	TT	RAYDEN Hannah Y	Albans	05:16.7 511
2	WW	COHEN Anri	Walt	05:46.4 333
3	MM	BALDWIN Diane	MMK	06:10.9 215
4	Y	D'ARCY Amy	Yeov	07:08.7 39
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	T	DURBIN Christy X	Albans	10:43.3 650
2	W	LOCKER Jo	Walt	11:27.1 505
3	MM	BALDWIN Diane	MMK	12:57.7 261
4	Y	D'ARCY Amy	Yeov	13:38.3 177
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	TT	HICKS Laura	Albans	11:19.4 529
2	WW	COHEN Anri	Walt	12:12.6 373
3	M	SCOTT Carly	MMK	13:22.1 209
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	M SARGEANT Hannah	MMK	17.3 586	
2	Y GARRATT Lottie	Yeov	17.8 541	
3	W BARTLETT Lucy	Walt	18.3 499	
4	T MCARDLE Eleanor Y	Albans	31.2	
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	YY	HUNT Chloe	Yeov	20.3 344	
2	MM	NURSE Corinne	MMK	21.7 251	
3	TT	THOMPSON Rachel X	Albans	23.0 177	
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	M	SARGEANT Hannah	MMK	70.0 639
2	T	BROWN Emeline X	Albans	70.1 637
3	W	BARTLETT Lucy	Walt	73.1 560
4	Y	D'ARCY Amy	Yeov	75.6 499
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	YY	INGRAM Elizabeth X	Yeov	77.2 461
2	TT	HICKS Laura	Albans	81.3 370
3	MM	SCOTT Carly	MMK	97.8 90
4				
5				
6				

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

Posn	No.	Athlete	Club	Perf	
1	M	ROSKILLY Abby	MMK	07:35.6	653
2	Y	INGRAM Elizabeth X	Yeov	07:42.3	623
3	T	RAYDEN Hannah Y	Albans	08:41.3	388
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	YY	D'ARCY Amy	Yeov	08:53.8	346
2	MM	BALDWIN Diane	MMK	10:09.4	144
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1=	Y	SILCOX Georgia	Yeov	1.50	638
1=	M	SARGEANT Hannah	MMK	1.50	638
3	TT	MCARDLE Eleanor Y	Albans	1.40	531
4	W	HOWELL Tina	Walt	1.35	477

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	YY	GARRATT Lottie	Yeov	1.45	584
2	MM	NURSE Corinne	MMK	1.35	477
3	T	JAMES Laurissa Y	Albans	1.25	371
4	WW	LOCKER Jo	Walt	1.15	264

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	YEOMANS Sue	Albans	2.50	533
2	M	SOMAN Mia Lauren X	MMK	2.50	533

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	MM	CHAPPELL Elize X	MMK	1.20	150



**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	Y	GARRATT Lottie	Yeov	4.88	664
2	M	HILL Tamzin Y	MMK	4.73	628
3	T	MCARDLE Eleanor Y	Albans	4.45	562
4	W	MAMMEN Sally X	Walt	4.22	508
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	MM	PEEDAH Joan Y	MMK	4.19	501
2	WW	WEST Eva X	Walt	3.42	324
3	TT	THOMPSON Rachel X	Albans	3.11	254
4	YY	DENHAM Emma	Yeov	2.94	216
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	Y	GARRATT Lottie	Yeov	10.54	701
2	M	PEEDAH Joan Y	MMK	10.34	679
3	T	BROWN Emeline X	Albans	9.20	550
4	W	MAMMEN Sally X	Walt	8.15	427
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	TT	STERN Keira Y	Albans	8.68	490
2	YY	LLOYD Katie	Yeov	8.13	425
3	MM	CHAPPELL Elize X	MMK	7.85	391
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	M	PRESSWELL Kayleigh	MMK	10.89	745
2	Y	SILCOX Georgia	Yeov	9.78	672
3	W	BELL Nicola Y	Walt	8.37	572
4	T	KELLY Louise	Albans	8.16	557
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	YY	HUNT Chloe	Yeov	8.25	563
2	TT	TOWNEND Alice	Albans	7.67	519
3	MM	PRESSWELL Diane	MMK	6.36	407
4	WW	WEST Eva X	Walt	6.19	392
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	M	BEALES Emma	MMK	39.39	798
2	Y	HUNT Chloe	Yeov	29.66	666
3	W	BELL Nicola Y	Walt	26.64	619
4	T	TOWNEND Alice	Albans	22.07	540
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	MM	PRESSWELL Kayleigh	MMK	33.28	718
2	WW	SINGLETON Debbie	Walt	20.63	513
3	YY	BOVELL Val	Yeov	19.66	493
4	TT	LEE Lilly	Albans	19.59	492
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans**
**17/08/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	M	PRESSWELL Kayleigh	MMK	59.78 948
2	W	BELL Nicola Y	Walt	35.96 682
3	Y	D'ARCY Amy	Yeov	20.18 451
4	T	TOWNEND Alice	Albans	20.14 450
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	WW	WEST Eva X	Walt	35.14 672
2	MM	PRESSWELL Diane	MMK	27.30 564
3	YY	BOVELL Val	Yeov	16.84 389
4	TT	YEOMANS Sue	Albans	11.74 278
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	Y	BARBER Ellen	Yeov	39.46 798
2	W	BELL Nicola Y	Walt	37.05 768
3	T	LEE Lilly	Albans	33.91 727
4	M	PRESSWELL Kayleigh	MMK	26.82 624
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	TT	MCARDLE Eleanor Y	Albans	27.06 627
2	YY	HUNT Chloe	Yeov	25.80 607
3	WW	HOWELL Tina	Walt	18.66 480
4	MM	PRESSWELL Diane	MMK	15.32 408
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	M	MMK	ODERINDE Rebecca X AMANA Elisa LAGO Deborah X FITTON Abigail Kathryn Y	52.9
2	T	Albans	STERN Keira Y FAFOWARA Isabelle X MCARDLE Eleanor Y SHAW Bethany Y	54.2
3	Y	Yeov	INGRAM Elizabeth X GRAHAM Hannah HUNT Chloe BARBER Ellen	55.8
4	W	Walt	HOWELL Tina MCLOUGHLIN Susan WEST Eva X CARGILL Hayley	55.9
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	M	MMK	SARGEANT Hannah NURSE Corinne ROSKILLY Abby JAMES Katie	04:10.8
2	Y	Yeov	INGRAM Elizabeth X BARBER Ellen D'ARCY Amy SILCOX Georgia	04:15.1
3	T	Albans	STERN Keira Y ANDERS Emily Y RAYDEN Hannah Y DURBIN Christy X	04:52.6
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 2 West St Albans

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	Perf
1					
2					
3					
4					
5					
6					
7					
8					

**100m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	157	TREHERNE Danny	MU20	Walt	12.5	
2	140	HOLTEM Theodore X		Albans	13.0	
3	133	EVANS David		Albans	13.1	
4						
5						
6						
7						
8						

**100m Women**

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

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	157	TREHERNE Danny	MU20	Walt	25.4	
2	156	WILLIS Martin	MV45	Walt	28.8	
3						
4						
5						
6						
7						
8						

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	135	AMANA Elisa		MMK	27.3	
2	142	RYAN Jonathen		Albans	30.2	
3						
4						
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
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 St Albans

17/08/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	136	PATTISON Ben		Albans	01:57.1
2	155	PHARAOH Matt	MU23	Walt	02:05.5
3	141	WARREN Gary		Albans	02:32.8
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	139	ABBISS Jamie		Albans	04:29.7
2	144	MITCHELL Alasdair		Albans	04:37.0
3	143	ASTON Nigel		Albans	05:17.0
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	138	ANDERS Ed		Albans	17:53.7
2	137	ALLISON James X		Albans	18:08.9
3					
4					
5					
6					

**3000m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	146	BAKER Naomi		Albans	12:43.9
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					
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 West St Albans

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					
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	Perf
1	160	BEALES Emma		MMK	40.53
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	159	TUFFOUR Duaine X		MMK	34.72
2					
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age	Club	Perf
1	145	MCARDLE Fiona Y		Albans	30.29
2	149	DENHAM Emma		Yeov	8.95
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age	Club	Perf
1	154	CORK Daniel	MU23	Newport	15.11
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club	Perf
1	150	BOVELL Val		Yeov	6.22
2					
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1					
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 St Albans

17/08/2019

Triple Jump Men

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

Triple Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	147	THOMPSON Rachel X		Albans	6.65
2					
3					
4					
5					
6					

High Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	153	BROOM-EDWARDS Jonathan		MMK	1.95
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					
2					
3					
4					
5					
6					

Pole Vault Women

Posn	Bib	Athlete	Age	Club	Perf
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	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					