

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	3	
VENUE	Parliament Hill	
P/FINISH	NO	1

Date Saturday, June 15 2019

Venue Parliament Hill

Host Club Highgate Harriers &amp; Mornington Chasers ©

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
M	Highgate Harriers & Mornington Chasers ©	Higate&MC	20	122.0	16.0	132.0	290.0
F	Ealing Southall & Middlesex AC	ESM	20	166.0	13.0	134.0	333.0
V	Vale of Aylesbury AC	VoA	10	19.0	0.0	33.0	62.0
Z	Wycombe Phoenix H & AC	Wyc P	15	143.0	20.0	125.0	303.0
I	Ilford AC	Ilford	15	106.0	17.0	84.0	222.0
N	Newham & Essex Beagles AC	NEB	10	49.0	0.0	82.0	141.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Ealing Southall & Middlesex AC	333.0	6.0	0.00	0.00	333.0	6.0	1
2	Wycombe Phoenix H & AC	303.0	5.0	0.00	0.00	303.0	5.0	2
3	Highgate Harriers & Mornington Chasers ©	290.0	4.0	0.00	0.00	290.0	4.0	3
4	Ilford AC	222.0	3.0	0.00	0.00	222.0	3.0	4
5	Newham & Essex Beagles AC	141.0	2.0	0.00	0.00	141.0	2.0	5
6	Vale of Aylesbury AC	62.0	1.0	0.00	0.00	62.0	1.0	6

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

## Scoring System Top 10

Men		Club	Event	Perf	Points
1	MILLER Luke	ESM	Javelin Men A	55.08	820
2	SUTHERLAND Rob	Wyc P	Triple Jump Men A	13.99	814
3	WATERMAN Ben	ESM	800m Men A	01:55.3	791
4	BAPTISTE Matthew	NEB	Discus Men A	42.01	790
5	PRIOR Mungo Y	Ilford	2000m S/Chase Men A	06:19.6	789
6	EDWARDS Aaron	NEB	Shot Men A	12.97	788
7	GRANGE Paul	Ilford	800m Men A	01:56.2	767
8	GJESDAL Oscar Y	ESM	High Jump Men A	1.85	719
9	GAL-SHOHET Idan Y	Higate&MC	Long Jump Men A	6.27	707
10	GILFEDDER Kieran	Wyc P	5000m Men A	15:31.5	686
Women		Club	Event	Perf	Points
1	JENKINS Grace	NEB	Discus Women A	44.06	927
2	BROMFIELD Demi	NEB	Javelin Women A	41.02	888
3	ZMUDA Chloe Y	Wyc P	Javelin Women A	34.18	793
4	JENKINS Grace	NEB	Hammer Women A	42.83	774
5	JENKINS Grace	NEB	Shot Women A	10.55	760
6	ZMUDA Chloe Y	Wyc P	Discus Women A	31.51	753
7	ALAPHILIPPE Marie X	Higate&MC	Long Jump Women A	5.27	721
8	WENGER Lea	NEB	High Jump Women A	1.55	705
9	SALAMON Halle X	Higate&MC	Shot Women A	9.73	703
10	MENGEYELE Esmeralda Y	Ilford	Javelin Women A	27.97	696

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**

**15/06/2019**

**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	f	CONTEH Ash	ESM	12.0	475
2	i	WHEELER Daniel	Ilford	12.1	451
3	z	HALL Michael Y	Wyc P	12.1	451
4	m	LAWRENCE Nick	Higate&MC	12.2	428
5	n	LIONEL Kye X	NEB	12.7	322
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	ff	ENGLISH Kai Y	ESM	11.8	526
2	zz	HILES Morgan	Wyc P	12.2	428
3	ii	WILLIAMS Wanya Y	Ilford	12.3	405
4	mm	ACHIAMPONG Zavier X	Higate&MC	12.5	362
5	nn	ADENIRAN Timi Y	NEB	12.8	304
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	FF	ENGLISH Kai Y	ESM	23.2	639
2	V	BLACK Lewis	VoA	23.4	611
3	Z	HALL Michael Y	Wyc P	23.9	544
4	I	WILLIAMS Wanya Y	Ilford	24.6	458
5	M	OGBECHIE Michael X	Higate&MC	24.7	447
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	F	CONTEH Ash	ESM	23.5	597
2	ZZ	LAYNE Ben	Wyc P	24.2	506
3	MM	LAWRENCE Nick	Higate&MC	25.3	381
4					
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	F	WATERMAN Ben	ESM	51.8	658
2	I	GRANGE Paul	Ilford	52.7	609
3	Z	LAYNE Ben	Wyc P	52.8	604
4	V	BLACK Lewis	VoA	54.0	543
5	M	HUGHES Lloyd	Higate&MC	54.7	509
6	N	-	NEB	70.3	52

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	FF	COLLINS-MARSH Tristan X	ESM	54.4	523
2	II	WRIGHT Jak X	Ilford	56.9	410
3	MM	KYLE Patrick X	Higate&MC	57.7	377
4	ZZ	KEMPTON Luke X	Wyc P	58.6	342
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	f	WATERMAN Ben	ESM	01:55.3	791
2	I	GRANGE Paul	Ilford	01:56.2	767
3	Z	CLARK David	Wyc P	02:04.0	574
4	M	KYLE Patrick X	Higate&MC	02:14.9	359
5	N	BELL Wayne	NEB	02:30.9	147
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	FF	SIMON AHMED Elias Y	ESM	02:00.4	658
2	II	WRIGHT Jak X	Ilford	02:05.0	551
3	ZZ	DYER Fin Y	Wyc P	02:05.6	538
4	MM	RENTON David	Higate&MC	02:34.3	116
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	F	SIMON AHMED Elias Y	ESM	04:08.7	653
2	M	MILLET James	Higate&MC	04:10.8	631
3	Z	CLARK David	Wyc P	04:16.1	576
4	I	DEACON Bradley X	Ilford	04:26.8	476
5	N	EL-HOUSSAMI Jad	NEB	04:29.6	451
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	ZZ	DYER Fin Y	Wyc P	04:21.1	528
2	FF	FARAH Mukhtar	ESM	04:36.7	393
3	II	ELLUL Philip Y	Ilford	04:38.6	378
4	MM	STEPHAN Nikolas	Higate&MC	05:20.3	134
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	
1	Z	GILFEDDER Kieran	Wyc P	15:31.5	686
2	MM	SMITH Dom	Higate&MC	15:37.1	671
3	I	GARDNER Tom	Ilford	16:15.1	572
4	F	HORAN Jonathan	ESM	16:27.1	542
5	N	-	NEB	17:03.1	457
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	
1	ZZ	BRANCH Joe	Wyc P	15:42.3	657
2	M	LAYBOURN Jon	Higate&MC	16:18.3	564
3	II	RAHMAN Sam	Ilford	17:18.7	422
4	FF	ASIK Reece	ESM	17:40.8	375
5	NN	BELL Wayne	NEB	17:53.2	350
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	Z	BUSHROD Robert	Wyc P	19.2	418
2	M	ROSSITER James	Higate&MC	21.6	247
3	F	HEPWORTH Christopher	ESM	28.6	1
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	ZZ	BARKER Daniel	Wyc P	23.0	167
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	Z	BUSHROD Robert	Wyc P	65.0	499
2	F	HEPWORTH Christopher	ESM	66.8	451
3	I	WHEELER Daniel	Ilford	66.8	451
4	M	ROSSITER James	Higate&MC	75.8	248
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	ZZ	MARSDEN Barrie	Wyc P	68.6	406
2	FF	YORK Philip	ESM	97.3	3
3	II	HALIL Jack Y	Ilford	99.7	
4					
5					
6					

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	I	PRIOR Mungo Y	Ilford	06:19.6	789
2	F	HEPWORTH Christopher	ESM	06:59.2	567
3	Z	CHILDS Dean	Wyc P	07:11.4	507
4	MM	ARMSTRONG John	Higate&MC	08:42.3	168
5					
6					

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	II	SAMUEL Aaron X	Ilford	06:38.0	681
2	FF	FLEWITT Peter	ESM	07:08.1	523
3	ZZ	BARKER Daniel	Wyc P	08:14.2	252
4	M	ROSSITER James	Higate&MC	08:48.0	153
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	F	GJESDAL Oscar Y	ESM	1.85	719
2	M	OCENG ENGENA Sean X	Higate&MC	1.75	636
3	I	WHEELER Daniel	Ilford	1.70	594
4	N	EDWARDS Aaron	NEB	1.60	511
5	ZZ	BUSHROD Robert	Wyc P	1.60	511

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	FF	ENGLISH Kai Y	ESM	1.75	636
2	Z	HALL Michael Y	Wyc P	1.55	469
3	MM	GAL-SHOHET Idan Y	Higate&MC	1.50	427
4	II	SENIOR Nat	Ilford	1.20	174

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**

**15/06/2019**

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	N	KINGMAN Robert	NEB	3.80	654
2	Z	PARKINSON Ian	Wyc P	3.80	654
3	II	MALEKOUT Sam	Ilford	2.40	348
4	M	ROSSITER James	Higate&MC	2.20	302
5	F	DENSLEY Robert	ESM	1.10	31

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	ZZ	BUSHROD Robert	Wyc P	3.00	481
2	I	HONEY Roger	Ilford	1.60	160
3	FF	HEPWORTH Christopher	ESM	1.10	31

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	M	GAL-SHOHET Idan Y	Higate&MC	6.27	707
2	II	SENIOR Nat	Ilford	5.86	626
3	F	GJESDAL Oscar Y	ESM	5.09	476
4	ZZ	BUSHROD Robert	Wyc P	4.89	437
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	MM	ACHIAMPONG Zavier X	Higate&MC	5.26	509
2	Z	MARSDEN Barrie	Wyc P	4.71	402
3	FF	HEPWORTH Christopher	ESM	4.69	398
4	I	HALIL Jack Y	Ilford	4.63	387
5					
6					

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	Z	SUTHERLAND Rob	Wyc P	13.99	814
2	M	GAL-SHOHET Idan Y	Higate&MC	12.48	672
3	F	GJESDAL Oscar Y	ESM	12.21	646
4	I	MALEKOUT Sam	Ilford	10.58	481
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	MM	OCENG ENGENA Sean X	Higate&MC	12.26	651
2	ZZ	MARSDEN Barrie	Wyc P	10.17	437
3	II	HALIL Jack Y	Ilford	9.87	404
4	FF	HEPWORTH Christopher	ESM	8.56	250
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	N	EDWARDS Aaron	NEB	12.97	788
2	FF	BOTILLO PEREZ Juan	ESM	10.63	627
3	M	ROSSITER James	Higate&MC	9.30	526
4	II	SENIOR Nat	Ilford	9.24	521
5	V	RUSSELL Matthew	VoA	7.66	384
6	ZZ	BUSHROD Robert	Wyc P	6.82	299

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	F	SINGH Gurcharan	ESM	10.31	604
2	MM	RICHARDS Tony	Higate&MC	9.02	503
3	I	WHEELER Daniel	Ilford	9.02	503
4	Z	HILES Morgan	Wyc P	6.27	236
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	N	BAPTISTE Matthew	NEB	42.01	790
2	F	SINGH Gurcharan	ESM	30.43	598
3	I	MALEKOUT Sam	Ilford	29.00	572
4	V	RUSSELL Matthew	VoA	26.28	519
5	M	ROSSITER James	Higate&MC	21.99	426
6	Z	WELLS Alex	Wyc P	21.05	404

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	FF	BOTILLO PEREZ Juan	ESM	29.43	580
2	II	HONEY Roger	Ilford	17.32	307
3	MM	WEST Steven	Higate&MC	17.08	300
4	ZZ	MITCHELL Nicholas X	Wyc P	8.01	
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	F	SINGH Gurcharan	ESM	23.79 484
2	ZZ	WELLS Alex	Wyc P	19.71 412
3	M	ROSSITER James	Higate&MC	18.33 386
4	II	HONEY Roger	Ilford	14.95 313
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	FF	BOTILLO PEREZ Juan	ESM	20.94 435
2	Z	BUSHROD Robert	Wyc P	16.38 345
3	MM	OWOBORODE Lanre X	Higate&MC	16.05 338
4	I	MALEKOUT Sam	Ilford	11.96 235
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	F	MILLER Luke	ESM	55.08 820
2	I	MALEKOUT Sam	Ilford	37.49 578
3	M	ROSSITER James	Higate&MC	36.35 561
4	Z	BUSHROD Robert	Wyc P	21.58 313
5				
6				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	MM	RICHARDS Tony	Higate&MC	35.91 554
2	FF	SINGH Gurcharan	ESM	25.99 394
3	II	RICHARDS Alex	Ilford	25.56 386
4	ZZ	HILES Morgan	Wyc P	4.72
5				
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	I	Ilford	MALEKOUT Sam WHEELER Daniel SENIOR Nat WILLIAMS Wanya Y	46.5
2	Z	Wyc P	MITCHELL Alex X HILES Morgan HALL Michael Y LAYNE Ben	47.3
3	M	Higate&MC	ROSSITER James LAWRENCE Nick OGBECHIE Michael X ACHIAMPONG Xavier X	50.4
4				
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	f	ESM	SIMON AHMED Elias Y CZAPKA Seweryn X COLLINS-MARSH Tristan X WATERMAN I	03:38.2
2	i	Ilford	GRANGE Paul SAMUEL Aaron X WRIGHT Jak X PRIOR Mungo Y	03:40.7
3	z	Wyc P	HALL Michael Y LAYNE Ben GILFEDDER Kieran KEMPTON Luke X	03:42.2
4	m	Higate&MC	BERRY Daniel LAWRENCE Nick ROSSITER James STEPHAN Nikolas	04:45.0
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	i	MENGEYELE Esmeralda Y	Ilford	13.0	644
2	n	EZELUE Faith X	NEB	13.3	584
3	m	CRANE Millie X	Higate&MC	13.4	564
4	v	WILLIAMS Carmen X	VoA	13.8	491
5	z	WELLINGS Leanne	Wyc P	14.1	440
6	f	PRINCE Tanisha	ESM	16.3	161

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ii	BALOGUN Krystle	Ilford	13.4	564
2	vv	LARGE Emily Y	VoA	13.9	474
3	ff	RASIUKEVICUITE Gabija	ESM	15.5	244
4	mm	MAKARONIDIS Janine	Higate&MC	18.1	43
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	Z	VICO Sian Y	Wyc P	26.8	626
2	I	BALOGUN Krystle	Ilford	27.2	589
3	M	BROKER Franziska	Higate&MC	27.9	527
4	V	LARGE Emily Y	VoA	28.3	494
5	F	GERRIE Sarah	ESM	30.6	328
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	RUTHERFORD Amy	Higate&MC	28.8	454
2	II	LAWRENCE Ayshah X	Ilford	29.0	439
3	ZZ	WELLINGS Leanne	Wyc P	29.3	417
4	FF	THOMAS Patricia	ESM	37.1	63
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	ESHIMU MASSAMBA Gemima	Ilford	61.7	617
2	Z	VICO Sian Y	Wyc P	62.8	578
3	M	RUTHERFORD Amy	Higate&MC	65.8	478
4	F	GERRIE Sarah	ESM	67.9	414
5	N	TRAYLEN Natalie	NEB	85.9	62
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	II	BALOGUN Krystle	Ilford	62.2	599
2	MM	BROKER Franziska	Higate&MC	66.1	468
3	ZZ	STYLES Megan	Wyc P	68.7	391
4	FF	THOMAS Patricia	ESM	82.0	110
5	NN	JAMESON Shelley	NEB	99.5	
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	z	VICO Cerys Y	Wyc P	02:26.7	589
2	F	RASIUKEVICUITE Gabija	ESM	02:29.2	552
3	M	CARR Fiona	Higate&MC	03:13.3	106
4	N	TRAYLEN Natalie	NEB	03:20.7	66
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ZZ	STYLES Emma Y	Wyc P	02:40.1	408
2	FF	THOMAS Patricia	ESM	02:59.7	206
3	MM	KYLE Mary	Higate&MC	03:40.9	5
4	NN	JAMESON Shelley	NEB	03:44.2	2
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf	
1	Z	COOPER Ellen X	Wyc P	05:09.5	533
2	F	RASIUKEVICUITE Gabija	ESM	05:17.5	481
3	M	LONGHURST Lauren	Higate&MC	05:26.9	424
4	I	HOPKINSON Nicola	Ilford	06:45.1	89
5					
6					

**1500m Women B**

Posn	No.	Athlete	Club	Perf	
1	FF	GERRIE Sarah	ESM	05:19.7	468
2	ZZ	THOMAS Sophie X	Wyc P	05:41.6	342
3	MM	CARR Fiona	Higate&MC	06:24.6	153
4					
5					
6					

**3000m Women A**

Posn	No.	Athlete	Club	Perf	
1	Z	ROBERTS Jenny	Wyc P	10:36.3	
2	M	LONGHURST Lauren	Higate&MC	11:24.2	
3	N	NEILSON Julia	NEB	11:42.1	
4	F	SMITH Leanne	ESM	11:56.0	
5	I	HOPKINSON Nicola	Ilford	14:04.6	
6					

**3000m Women B**

Posn	No.	Athlete	Club	Perf	
1	ZZ	STREET Laura	Wyc P	10:58.1	
2	FF	LEANNE Breege	ESM	12:19.5	
3	MM	MAKARONIDIS Janine	Higate&MC	13:00.2	
4					
5					
6					

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	
1	N PAINE-MOTSI Tanyaradzwa	NEB	17.4	549	
2	M BROKER Franziska	Higate&MC	18.7	444	
3	F LEADBETTER Helen	ESM	23.0	169	
4					
5					
6					

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind	
1	NN	JAMESON Shannon	NEB	20.9	288	
2	FF	PRINCE Tanisha	ESM	28.5	2	
3						
4						
5						
6						

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf	
1	F	STARKEY Feia Y	ESM	67.30	678
2	N	UGBO Stephanie	NEB	68.40	650
3	M	BROKER Franziska	Higate&MC	72.40	550
4					
5					
6					

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	
1	MM	LONGHURST Lauren	Higate&MC	81.90	340
2	FF	PRINCE Tanisha	ESM	88.70	215
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	F	SMITH Leanne	ESM	09:45.8	21
2					
3					
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	FF	PRINCE Tanisha	ESM	09:54.0	15
2					
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	WENGER Lea	NEB	1.55	705
2	Z	STYLES Megan	Wyc P	1.35	487
3	F	LEADBETTER Helen	ESM	1.35	487
4	M	MILLETT Isabella Y	Higate&MC	1.25	378

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	NN	UGBO Stephanie	NEB	1.45	596
2	MM	OWOBORODE Sade Y	Higate&MC	1.20	324
3	FF	PRINCE Tanisha	ESM	1.00	108

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	V	MUNIR Nemiah Y	VoA	3.20	680
2	Z	PARKINSON Caroline	Wyc P	3.10	655
3	F	LEADBETTER Helen	ESM	2.40	476
4	M	CRANE Millie X	Higate&MC	1.50	231

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	FF	WENTFORD Amy	ESM	2.20	424



**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	M	ALAPHILIPPE Marie X	Higate&MC	5.27	721
2	V	WILLIAMS Carmen X	VoA	5.11	685
3	I	MENGEYELE Esmeralda Y	Ilford	5.10	682
4	Z	HAY Jemima X	Wyc P	5.08	678
5	F	LEADBETTER Helen	ESM	4.36	515
6	N	JAMESON Shannon	NEB	3.70	369

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	VV	TRITTON Hannah Y	VoA	4.62	574
2	MM	CRANE Millie X	Higate&MC	4.38	520
3	ZZ	STYLES Megan	Wyc P	4.38	520
4	FF	PRINCE Tanisha	ESM	2.61	136
5	II	LAWRENCE Ayshah X	Ilford	1.56	
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	SMITH Kirsty	NEB	10.56	670
2	V	TRITTON Hannah Y	VoA	9.88	597
3	Z	STYLES Megan	Wyc P	9.81	590
4	MM	LONGHURST Lauren	Higate&MC	9.47	553
5	F	LEADBETTER Helen	ESM	8.47	443
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	ZZ	WELLS Hannah X	Wyc P	8.73	472
2	FF	WENTFORD Amy	ESM	8.35	429
3	M	BROKER Franziska	Higate&MC	8.32	426
4	NN	JAMESON Shannon	NEB	8.20	412
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	10.55	760
2	MM	SALAMON Halle X	Higate&MC	9.73	703
3	Z	ZMUDA Chloe Y	Wyc P	8.86	640
4	F	MCCAW Debbie	ESM	8.56	617
5	I	MENGEYELE Esmeralda Y	Ilford	6.87	476
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	M	MARTINEZ-ROURA Sonia	Higate&MC	9.31	673
2	ZZ	STYLES Megan	Wyc P	7.28	512
3	FF	ENGLISH Denise	ESM	6.95	483
4	NN	TRAYLEN Natalie	NEB	5.81	373
5	II	HOPKINSON Nicola	Ilford	4.33	187
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	44.06	927
2	Z	ZMUDA Chloe Y	Wyc P	31.51	753
3	F	MCCAW Debbie	ESM	26.27	666
4	M	MARTINEZ-ROURA Sonia	Higate&MC	22.36	592
5	V	CARROLL Leann	VoA	22.10	587
6	I	LAWRENCE Ayshah X	Ilford	11.01	277

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	ZZ	WELLS Hannah X	Wyc P	25.56	653
2	MM	SALAMON Halle X	Higate&MC	22.22	590
3	NN	TRAYLEN Natalie	NEB	15.95	444
4	FF	ENGLISH Denise	ESM	14.73	410
5	II	HOPKINSON Nicola	Ilford	9.86	219
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill**
**15/06/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	N	JENKINS Grace	NEB	42.83 774
2	F	MCCAWE Debbie	ESM	34.38 669
3	V	CARROLL Leann	VoA	32.40 642
4	Z	WELLS Hannah X	Wyc P	32.11 638
5	M	MARTINEZ-ROURA Sonia	Higate&MC	28.97 594
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	ZZ	NEALE Caitlin	Wyc P	22.27 491
2	MM	SALAMON Halle X	Higate&MC	17.32 403
3	NN	JAMESON Shelley	NEB	12.65 303
4	FF	WENTFORD Amy	ESM	3.03
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	N	BROMFIELD Demi	NEB	41.02 888
2	Z	ZMUDA Chloe Y	Wyc P	34.18 793
3	I	MENGEYELE Esmeralda Y	Ilford	27.97 696
4	M	MARTINEZ-ROURA Sonia	Higate&MC	23.69 622
5	F	MCCAWE Debbie	ESM	16.24 466
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	MM	MILLET Isabella Y	Higate&MC	18.98 528
2	II	ESHIMU MASSAMBA Gemima	Ilford	18.91 527
3	NN	JAMESON Shelley	NEB	17.13 487
4	ZZ	STYLES Megan	Wyc P	15.30 442
5	FF	THOMAS Patricia	ESM	10.38 293
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	I	Ilford	LAWRENCE Ayshah X ESHIMU MASSAMBA Gemima Y MENGEYELE Esmeralda Y BAL	53.00
2	Z	Wyc P	VICO Cerys Y WELLINGS Leanne VICO Sian Y STYLES Megan	54.80
3	M	Higate&MC	SALAMON Halle X RUTHERFORD Amy WHYTE CORONADO Habtab X LONGHURST	57.50
4	F	ESM	RASIUKEVICUITE Gabija THOMAS Patricia LEANNE Breege PRINCE Tanisha	67.50
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	z	Wyc P	VICO Cerys Y VICO Sian Y STYLES Emma Y COOPER Ellen X	04:29.1
2	m	Higate&MC	RUTHERFORD Amy LONGHURST Lauren MAKARONIDIS Janine CARR Fiona	04:59.8
3	f	ESM	RASIUKEVICUITE Gabija GERRIE Sarah THOMAS Patricia LEANNE Breege	05:00.5
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill

15/06/2019

**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	543	MIDDLETON Neil	V50	Higate&MC	13.3	
2	626	BADR-EDDINE Sharaz		Higate&MC	13.7	
3						
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						
2						
3						
4						
5						
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	611	KOUWILOYAN Michael	u17	ESM	56.3
2	626	BADR-EDDINE Sharaz		Higate&MC	63.0
3	523	KOETCHA Mehul		Higate&MC	74.1
4	520	BERRY Daniel		Higate&MC	75.7
5					
6					
7					
8					

**400m Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill

15/06/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	578	KOUWILOYAN Michael X	U20	ESM	2.078
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	578	KOUWILOYAN Michael X	U20	ESM	4.223
2	583	EDWARDS Chauncey Y	U20	ESM	4.456
3	607	MANGET Arun	u17	ESM	4.474
4	507	MITCHELL Alex X	U17	Wyc P	4.549
5	612	EDGAS Thomas	u17	ESM	5.031
6	520	BERRY Daniel		Higate&MC	5.384
7	514	RENTON Alex		Higate&MC	5.462

**1500m MEN CONTINUED**

Posn	Bib	Athlete	Age	Club	Perf
1	589	BROWN Bradley	V45	Ilford	7.083
2					
3					
4					
5					
6					

**5000m Men WON'T ALL FIT.**

Posn	Bib	Athlete	Age	Club	Perf
1	632	MCLAUGHLIN Sean		Higate&MC	16.230
2	630	DAVIDSON Darryl		Higate&MC	16.446
3	642	ASHFORD Russell		Higate&MC	16.562
4	598	WILSON Sean		Wyc P	17.006
5	594	GILBERT Paul		Wyc P	17.081
6	534	MORAN Donal		Higate&MC	17.108

**3000m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	555	AIREY Catherine		Higate&MC	10.59.5
2					
3					
4					
5					
6					

**5000m Men continued (no 110mH n/s)**

Posn	Bib	Athlete	Age	Club	Perf	Wind
7	540	NUMBER NOT ON N/S LIST BL			17.240	
8	580	ANZAI-JACKSON Akira		ESM	17.364	
9	635	ISAACS Danny		Higate&MC	17.428	
10	521	BIAGI Daniele		Higate&MC	17.443	
11	629	DAVIDSON Alex	V55	Higate&MC	17.497	
12	525	PAPADACCI Bruno		Higate&MC	18.425	

**100m Hurdles Women**

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

**5000m Men continued (no 110mH n/s)**

Posn	Bib	Athlete	Age	Club	Perf
13	510	ARMSTRONG John		Higate&MC	18.425
14	522	STOPPA Simone		Higate&MC	18.576
15	526	STEPHAN Nikolas		Higate&MC	19.066
16	518	RENTON David		Higate&MC	19.418
17	647	GREEN Richard		ESM	19.545
18	589	BROWN Bradley	V45	Ilford	22.52.3

**S/Chase Women**

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

## SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill

15/06/2019

Hammer Men

Posn	Bib	Athlete	Age	Club	Perf
1	998	RICHARDS Tony	V70	highgate	15.39
2					
3					
4					
5					
6					

Hammer Women

Posn	Bib	Athlete	Age	Club	Perf
1	592	TRAYLEN Natalie	W40	NEB	14.84
2					
3					
4					
5					
6					

Discus Men

Posn	Bib	Athlete	Age	Club	Perf
1	997	ENGLISH Kai Y	u20	ESM	30.47
2					
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age	Club	Perf
1	508	NEALE Caitlin		Wyc P	21.49
2	625	JAMESON Shelley	W45	NEB	15.75
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	649	GAL-SHOHET Idan Y	U20	Higate&MC	26.58
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					
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club	Perf
1	508	NEALE Caitlin		Wyc P	5.89
2	625	JAMESON Shelley	W45	NEB	5.82
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	573	WHYTE CORONADO Habtab X	U17	Higate&MC	3.44
2					
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Division 3 North Parliament Hill

15/06/2019

Triple Jump Men

Posn	Bib	Athlete	Age	Club	Perf
1	651	ACHIAMPONG Xavier X	u17		11.89
2	546	WEINBRECHT Luca Y	U20	Higate&MC	11.29
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	505	OGBECHIE Michael X	U17	Higate&MC	1.65
2	602	SALAMON Matteo		Higate&MC	1.55
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	606	PRINCE Tanisha		ESM	1.50
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	996	EALING N/S RELAY TEAM		ESM	4.17
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					