

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	4	
VENUE	Walthamstow	
P/FINISH	NO	1

Date Saturday, July 13 2019

Venue Walthamstow

Host Club Orion Harriers

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
R	Orion Harriers	Orion	26.5	142.0	22.0	67.0	257.5
H	Harlow AC	Harlow	28.0	162.0	16.0	118.0	324.0
U	Huntingdonshire AC	Hunt	26.5	96.0	19.0	120.0	261.5
I	Ilford AC	Ilford	15.0	117.0	12.0	56.0	200.0
J	West Suffolk AC	W Suff	7.5	22.0	0.0	66.0	95.5
N	Newham & Essex Beagles AC	NEB	14.0	39.0	0.0	103.0	156.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Harlow AC	324.0	6.0	0.00	0.00	324.0	6.0	1
2	Huntingdonshire AC	261.5	5.0	0.00	0.00	261.5	5.0	2
3	Orion Harriers	257.5	4.0	0.00	0.00	257.5	4.0	3
4	Ilford AC	200.0	3.0	0.00	0.00	200.0	3.0	4
5	Newham & Essex Beagles AC	156.0	2.0	0.00	0.00	156.0	2.0	5
6	West Suffolk AC	95.5	1.0	0.00	0.00	95.5	1.0	6

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	37
REMAINING	<u>1</u>

## Scoring System Top 10

Men		Club	Event	Perf	Points
1	WARNER Alex	NEB	Hammer Men A	58.39	914
2	BAPTISTE Matthew	NEB	Discus Men A	43.22	809
3	EDWARDS Aaron	NEB	Shot Men A	13.27	807
4	KELLY-HYATT Myles	Orion	200m Men A	22.1	806
5	CHASHCHIN Leonid Y	Harlow	Long Jump Men A	6.69	791
6	ALLEN Jake	W Suff	Hammer Men A	44.38	764
7	KELLY-HYATT Myles	Orion	100m Men A	11.0	759
8	ALLEN Jake	W Suff	Discus Men A	39.05	745
9	RICHARDS Daniel	Orion	800m Men A	01:57.3	737
10	ABDULLE Ahmed	Ilford	1500m Men A	04:01.4	735

  

Women		Club	Event	Perf	Points
1	JENKINS Grace	NEB	Discus Women A	43.93	925
2	BROMFIELD Demi	NEB	Javelin Women A	43.25	916
3	JENKINS Grace	NEB	Shot Women A	10.87	782
4	RICHARDS Amy	Orion	Shot Women A	10.76	775
4	DAVIS Angela Y	Orion	100m Women A	12.4	775
6	JENKINS Grace	NEB	Hammer Women A	41.90	763
7	IYINBOR Grace X	Harlow	Javelin Women A	31.93	759
8	RIDLEY Sarah	Hunt	Discus Women A	31.55	753
9	RICHARDS Amy	Orion	Long Jump Women A	5.36	742
10	DAVIS Angela Y	Orion	200m Women A	25.7	735

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	KELLY-HYATT Myles	Orion	11.0	759
2	H	HENDERSON Freddie X	Harlow	11.6	579
3	I	WHEELER Daniel	Ilford	11.9	500
4	N	OSINOIKI David X	NEB	12.0	475
5	U	RILEY Oscar	Hunt	12.7	322
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	BOGLE Jason X	Hunt	11.7	552
2	HH	GEORGE Benison X	Harlow	12.2	428
3	II	MALEKOUT Sam	Ilford	12.4	384
4	RR	LAZER Andrei X	Orion	12.6	342
5	NN	CELAIRE Mark	NEB	13.1	251
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	KELLY-HYATT Myles	Orion	22.1	806
2	I	WHEELER Daniel	Ilford	23.8	557
3	U	STOKES Callum Y	Hunt	24.3	494
4	H	HENDERSON Freddie X	Harlow	24.4	482
5	N	OSINOIKI David X	NEB	24.7	447
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	BOGLE Jason X	Hunt	23.2	639
2	II	MALEKOUT Sam	Ilford	24.3	494
3	HH	FLETCHER-SNOW Asa X	Harlow	24.4	482
4	RR	SHOTTER Jay Y	Orion	24.9	424
5	NN	MARKHAM Toby	NEB	25.4	370
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	PATEL Farris X	Ilford	52.2	636
2	H	WOODALL Harry	Harlow	52.9	599
3	R	RICHARDS Daniel	Orion	54.5	518
4	N	CROWNE Caleb Y	NEB	55.5	471
5	U	CARTER Joslin X	Hunt	59.4	312
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	CUNNINGHAM Teale Y	Harlow	53.5	568
2	RR	CHRISOSTOMOU Jordan	Orion	54.1	538
3	UU	STOKES Callum Y	Hunt	55.4	476
4	II	HALIL Jack Y	Ilford	58.2	357
5	NN	REID Christopher	NEB	66.7	110
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	RICHARDS Daniel	Orion	01:57.3	737
2	H	PUTT Jamie Y	Harlow	01:59.3	686
3	J	FREEBOROUGH Jacob	W Suff	01:59.6	678
4	I	PRIOR Mungo Y	Ilford	02:01.2	639
5	U	DARNELL Sebastian Y	Hunt	02:08.6	475
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	SHOTTER Jay Y	Orion	02:03.0	596
2	HH	CORRIGAN Alfred Y	Harlow	02:12.1	408
3	II	CRAWLEY John	Ilford	02:18.1	307
4	UU	CARTER Joslin X	Hunt	02:28.4	173
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	ABDULLE Ahmed	Ilford	04:01.4	735
2	J	FREEBOROUGH Jacob	W Suff	04:15.2	585
3	R	DAY George	Orion	04:27.3	471
4	HH	CORRIGAN Alfred Y	Harlow	04:48.6	306
5	UU	PALMER Sam	Hunt	04:54.0	270
6	N	REID Christopher	NEB	05:12.7	168

**1500m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	II	DEACON Bradley X	Ilford	04:21.9	520
2	RR	BROWN Patrick	Orion	04:34.5	410
3	H	CAMPBELL Donald	Harlow	04:52.4	280
4	U	DARNELL Derek	Hunt	05:21.0	132
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**3000m Men A**

Posn	No.	Athlete	Club	Perf	
1	R	DAY George	Orion	09:28.9	528
2	U	HISCOCK Casper Y	Hunt	09:33.3	509
3	I	WRIGHT Jak X	Ilford	09:40.2	480
4	HH	SMITH Alex	Harlow	11:02.8	203
5					
6					

**3000m Men B**

Posn	No.	Athlete	Club	Perf	
1	UU	MILLS Oliver X	Hunt	09:48.7	446
2	II	COOMBES Gary	Ilford	10:06.8	377
3	RR	FOOT Barnaby	Orion	10:13.7	352
4	H	FELL Adrian	Harlow	12:16.5	58
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	17.0	612
2					
3					
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	21.0	286
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	H	CUNNINGHAM Teale Y	Harlow	63.7	535
2	I	WHEELER Daniel	Ilford	72.0	327
3	R	MATUSSA Darren	Orion	73.0	305
4					
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	69.8	377
2	II	HALIL Jack Y	Ilford	75.7	250
3					
4					
5					
6					

**3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	I	MUIR Malcolm	Ilford	11:47.6	385
2	HH	SMITH Alex	Harlow	12:22.3	304
3	R	MATUSSA Darren	Orion	12:33.7	280
4					
5					
6					

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	II	COOMBES Gary	Ilford	12:46.2	254
2	H	CAMPBELL Donald	Harlow	13:27.3	180
3					
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	1.80	677
2	I	WHEELER Daniel	Ilford	1.63	536
3	U	OPALEYE Yinka	Hunt	1.48	410

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	1.63	536
2	UU	GARDNER Martin	Hunt	1.43	368
3	II	MALEKOUT Sam	Ilford	1.00	

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
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**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
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**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	H	CHASHCHIN Leonid Y	Harlow	6.69 791
2	NN	ANDREW Jordan	NEB	5.85 624
3	U	TIRCHINECI Nikolaos X	Hunt	5.84 622
4	JJ	ALLEN Luke	W Suff	5.47 550
5	RR	-	Orion	4.80 420
6	II	WRIGHT Jak X	Ilford	4.68 396

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	N	PAUL Justin X	NEB	5.32 520
2	J	RICHARDS Jack Y	W Suff	5.21 499
3	UU	OPALEYE Yinka	Hunt	4.91 441
4	HH	BUTCHER Elliot X	Harlow	4.85 429
5	I	HALIL Jack Y	Ilford	4.58 377
6				

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	N	PAUL Justin X	NEB	11.93 618
2	J	RICHARDS Jack Y	W Suff	11.50 575
3	U	TIRCHINECI Nikolaos X	Hunt	11.34 559
4	H	CUNNINGHAM Teale Y	Harlow	10.61 484
5	I	PRIOR Mungo Y	Ilford	10.11 430
6				

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	HH	FLETCHER-SNOW Asa X	Harlow	10.32 453
2	UU	OPALEYE Yinka	Hunt	8.88 289
3	II	WHITING Peter	Ilford	7.42 89
4				
5				
6				

**Shot Men A**

Posn	Bib	Athlete	Club	Perf
1	N	EDWARDS Aaron	NEB	13.27 807
2	JJ	ALLEN Jake	W Suff	11.16 666
3	U	GARDNER Martin	Hunt	11.05 658
4	HH	PAXMAN Glen	Harlow	9.94 576
5	I	MALEKOUT Sam	Ilford	8.69 476
6	R	MATUSSA Darren	Orion	7.28 347

**Shot Men B**

Posn	Bib	Athlete	Club	Perf
1	J	KENT Chris	W Suff	11.05 658
2	H	PAXMAN Carl	Harlow	9.40 534
3	UU	BURKE Steven	Hunt	9.17 515
4	II	WHITING Peter	Ilford	6.70 286
5				
6				

**Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	N	BAPTISTE Matthew	NEB	43.22 809
2	JJ	ALLEN Jake	W Suff	39.05 745
3	H	BAUER David	Harlow	33.37 651
4	U	GARDNER Martin	Hunt	28.32 559
5	II	WHITING Peter	Ilford	23.36 457
6	R	MATUSSA Darren	Orion	16.95 296

**Discus Men B**

Posn	Bib	Athlete	Club	Perf
1	UU	ELLINGHAM Robert	Hunt	26.76 528
2	J	KENT Chris	W Suff	26.38 521
3	HH	PAXMAN Glen	Harlow	24.20 475
4	I	MALEKOUT Sam	Ilford	16.33 277
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	N	WARNER Alex	NEB	58.39 914
2	JJ	ALLEN Jake	W Suff	44.38 764
3	U	ELLINGHAM Robert	Hunt	37.99 687
4	H	PAXMAN Glen	Harlow	29.31 570
5	I	MALEKOUT Sam	Ilford	13.91 288
6	R	MATUSSA Darren	Orion	10.37 184

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	NN	MOHSAN Ramzan Y	NEB	39.83 710
2	UU	BURKE Steven	Hunt	32.69 618
3	J	KENT Chris	W Suff	22.04 455
4	HH	PAXMAN Carl	Harlow	17.45 368
5	II	NEWLAND Haydn	Ilford	12.76 258
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	JJ	ALLEN Luke	W Suff	40.45 621
2	HH	PAXMAN Carl	Harlow	39.72 610
3	I	MALEKOUT Sam	Ilford	36.29 560
4	U	BURKE Steven	Hunt	28.35 434
5	RR	MATUSSA Darren	Orion	20.60 294
6	N	MARKHAM Toby	NEB	10.87 50

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	J	KENT Chris	W Suff	39.90 613
2	H	PAXMAN Glen	Harlow	37.01 570
3	UU	GARDNER Martin	Hunt	27.18 414
4	II	RICHARDS Alex	Ilford	22.26 326
5	R	SHEPARD Jonny	Orion	15.19 177
6	NN	REID Christopher	NEB	6.40

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	R	Orion	JOHNSON Drey Y KELLY-HYATT Myles SHOTTER Jay Y HENRY Hanif	45.2
2	H	Harlow	GEORGE Benison X FLETCHER-SNOW Asa X PUTT Jamie Y WOODALL Harry	47.7
3	I	Ilford	PATEL Farris X MALEKOUT Sam WRIGHT Jak X WHEELER Daniel	49.3
4	U	Hunt	STOKES Callum Y RILEY Oscar BURKE Steven BOGLE Jason X	49.7
5				
6				

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

Posn	No.	Club	Runners	Perf
1	R	Orion	SHOTTER Jay Y COLE Annalie Y GRANT Sophie X DAY George	04:08.8
2	U	Hunt	MILLS Oliver X DARNELL Amelia RIDLEY Hannah PALMER Sam	04:13.9
3	H	Harlow	MALCOLM Eilidh Y PUTT Jamie Y CHASHCHIN Leonid Y WRIGHT Sharon	04:16.2
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	DAVIS Angela Y	Orion	12.4	775
2	I	BALOGUN Krystle	Ilford	13.0	644
3	U	RIDLEY Sarah	Hunt	13.2	603
4	H	LOVERIDGE Amelia X	Harlow	13.7	509
5	N	HOGAN Serena X	NEB	14.3	408
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	RICHARDS Amy	Orion	13.0	644
2	II	ESHIMU MASSAMBA Gemima	Ilford	13.2	603
3	HH	KEMP Lucy X	Harlow	14.4	392
4	UU	MAY Molly X	Hunt	14.4	392
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	DAVIS Angela Y	Orion	25.7	735
2	U	ROBINSON Ella X	Hunt	27.3	579
3	I	WRIGHT Ellie Y	Ilford	27.5	562
4	N	DALLING SHERELLE X	NEB	27.9	527
5	H	UPTON Millie X	Harlow	28.0	519
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	RILEY Francesca	Hunt	27.3	579
2	RR	GRANT Sophie X	Orion	27.7	544
3	HH	GAMZAKOVA Alexandra X	Harlow	30.0	367
4					
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	ESHIMU MASSAMBA Gemima	Ilford	60.1	677
2	U	RILEY Francesca	Hunt	61.1	639
3	H	MALCOLM Eilidh Y	Harlow	63.9	540
4	R	GRANT Sophie X	Orion	64.7	513
5	J	ANTHONY Christine	W Suff	70.2	350
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	COLE Annalie Y	Orion	63.5	553
2	HH	LOVERIDGE Amelia X	Harlow	64.4	523
3	UU	WALLER Lucy	Hunt	69.3	374
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	COLE Annalie Y	Orion	02:19.2	704
2	U	ROBINSON Ella X	Hunt	02:19.5	699
3	I	HINDS Jordan Y	Ilford	02:28.3	565
4	H	WRIGHT Sharon	Harlow	02:31.8	516
5	N	JAMESON Shelley	NEB	03:46.9	
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	RIDLEY Hannah	Hunt	02:20.3	687
2	HH	MALCOLM Grace X	Harlow	02:45.0	351
3	RR	SMITH Eve X	Orion	02:57.9	221
4	II	HARRISON Amie	Ilford	03:01.3	192
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	J	MORLEY Rebecca X	W Suff	05:09.5 533
2	R	JUBY Louise	Orion	05:10.7 525
3	I	HINDS Jordan Y	Ilford	05:20.2 464
4	U	KNIGHTS Lotti X	Hunt	05:25.1 435
5	H	MALCOLM Eilidh Y	Harlow	05:54.7 276
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	UU	DARNELL Amelia	Hunt	05:27.5 421
2	JJ	CAVILL Chloe X	W Suff	05:33.1 388
3	RR	WILSON Ella	Orion	05:36.1 372
4	II	SINALOVA Zuzana	Ilford	05:37.7 363
5	HH	MALCOLM Mairi X	Harlow	06:30.7 132
6				

**5000m Women A**

Posn	No.	Athlete	Club	Perf
1	H	WRIGHT Sharon	Harlow	19:56.9 556
2	N	NEILSON Julia	NEB	20:50.8 465
3	U	CRAWFORD Kelly	Hunt	20:58.4 453
4	R	TRAUTTMANSDORFF Ali	Orion	21:10.2 434
5	I	CRAWLEY Anna	Ilford	21:31.0 402
6				

**5000m Women B**

Posn	No.	Athlete	Club	Perf
1	RR	DOWSWELL Pippa	Orion	22:25.5 324
2	HH	IYINBOR Monika	Harlow	26:57.7 57
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	N JAMESON Shannon	NEB	20.1 341	
2	H JONES Dawn	Harlow	23.2 159	
3	R SMITH Eve X	Orion	25.3 71	
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	MALCOLM Grace X	Harlow	30.6	
2					
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	N	UGBO Stephanie	NEB	72.2 555
2	H	IYINBOR Grace X	Harlow	74.2 507
3	I	HARRISON Amie	Ilford	87.0 244
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	HH	MALCOLM Mairi X	Harlow	85.9 264
2				
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	R	HUGGINS Claire	Orion	06:21.2	478
2	H	MALCOLM Grace X	Harlow	06:35.3	426
3					
4					
5					
6					

**1500m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	RR	DOWSWELL Pippa	Orion	07:18.8	283
2	HH	IYINBOR Monika	Harlow	07:54.3	189
3					
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	UPTON Millie X	Harlow	1.51	662
2	J	PILGRIM Sarah	W Suff	1.46	607
3	R	GRANT Sophie X	Orion	1.33	465
4	U	ABEL Jo	Hunt	1.23	357
5	I	HARRISON Amie	Ilford	1.00	108

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	HH	JONES Dawn	Harlow	1.38	520
2	UU	ISAAC Maisie X	Hunt	1.23	357
3	RR	CLEARY Melissa	Orion	1.23	357
4	II	WRIGHT Ellie Y	Ilford	1.00	108

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	J	PILGRIM Sarah	W Suff	2.50	502
2	U	PHIPPS Eleanor Y	Hunt	2.25	437
3	R	SMITH Eve X	Orion	2.05	384
4	H	JONES Dawn	Harlow	1.45	216

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	UU	PEDLEY Sandra	Hunt	1.95	357



**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow**
**13/07/2019**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	R	RICHARDS Amy	Orion	5.36	742
2	H	UPTON Millie X	Harlow	4.67	585
3	N	DALLING SHERELLE X	NEB	4.53	553
4	U	ABEL Jo	Hunt	4.48	542
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	RR	STEWART Shereen Y	Orion	4.44	533
2	NN	HOGAN Serena X	NEB	3.75	380
3	HH	KEMP Lucy X	Harlow	3.62	352
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	U	ABEL Jo	Hunt	9.86	595
2	NN	JAMESON Shannon	NEB	8.46	442
3	RR	-	Orion	8.44	439
4	HH	NICHOLLS Jess X	Harlow	5.86	130
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	UU	ISAAC Maisie X	Hunt	9.10	513
2					
3					
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	10.87	782
2	R	RICHARDS Amy	Orion	10.76	775
3	U	RIDLEY Sarah	Hunt	9.94	718
4	H	IYINBOR Grace X	Harlow	7.46	528
5	I	BALOGUN Krystle	Ilford	6.51	443
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	NN	BROMFIELD Demi	NEB	8.64	623
2	UU	ABEL Jo	Hunt	7.25	510
3	HH	MALCOLM Mairi X	Harlow	5.80	372
4	RR	INCH Katie	Orion	5.63	354
5	II	HARRISON Amie	Ilford	5.31	318
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	43.93	925
2	U	RIDLEY Sarah	Hunt	31.55	753
3	I	BALOGUN Krystle	Ilford	16.73	465
4	H	LOVERIDGE Amelia X	Harlow	16.34	455
5	R	DODD Lucy	Orion	14.48	402
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	UU	ABEL Jo	Hunt	16.26	453
2	NN	JAMESON Shelley	NEB	14.33	398
3	II	HARRISON Amie	Ilford	11.51	299
4	HH	NICHOLLS Jess X	Harlow	10.85	270
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow****13/07/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	N	JENKINS Grace	NEB	41.90 763
2	R	DODD Lucy	Orion	35.34 681
3	H	JONES Dawn	Harlow	15.60 368
4				
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	RR	INCH Katie	Orion	16.16 380
2	NN	JAMESON Shelley	NEB	12.54 300
3	HH	IYINBOR Monika	Harlow	10.06 235
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	N	BROMFIELD Demi	NEB	43.25 916
2	H	IYINBOR Grace X	Harlow	31.93 759
3	RR	RICHARDS Amy	Orion	17.90 504
4	UU	PHIPPS Eleanor Y	Hunt	12.63 368
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	NN	JAMESON Shelley	NEB	19.40 537
2	R	DODD Lucy	Orion	13.38 390
3	U	PEDLEY Sandra	Hunt	11.30 326
4	HH	IYINBOR Monika	Harlow	10.79 308
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	R	Orion	STEWART Shereen Y RICHARDS Amy DODD Lucy DAVIS Angela Y	52.9
2	U	Hunt	MAY Molly X RIDLEY Hannah RIDLEY Sarah RILEY Francesca	53.8
3	H	Harlow	IYINBOR Grace X GAMZAKOVA Alexandra X MALCOLM Mairi X LOVERIDGE Amelia	55.7
4	I	Ilford	SINALOVA Zuzana HINDS Jordan Y HARRISON Amie ESHIMU MASSAMBA Gemima Y	59.1
5				
6				

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

Posn	No.	Club	Runners	Perf
1	U	Hunt	DARNELL Sebastian Y ROBINSON Ella X RILEY Francesca STOKES Callum Y	03:55.4
2	I	Ilford	HINDS Jordan Y ESHIMU MASSAMBA Gemima Y PATEL Farris X WRIGHT Jak X	04:00.1
3	R	Orion	SHOTTER Jay Y RICHARDS Amy DAVIS Angela Y RICHARDS Daniel	04:01.7
4	H	Harlow	MALCOLM Grace X WOODALL Harry UPTON Millie X CUNNINGHAM Teale Y	04:03.8
5				
6				

## SOUTHERN ATHLETICS LEAGUE Division 3 North Walthamstow

13/07/2019

**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	72	TUMBEDOU Mohamed	SM	Harlow	11.2	
2	88	CHRISTOSTOMOU Jordan		Orion	11.4	
3	83	MARKHAM Toby		NEB	12.2	
4	84	BUTCHER Elliot X		Harlow	12.3	
5						
6						
7						
8						

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	77	COOKE Jessica X	SW	Hunt	13.9	
2	86	TARQ Grace	U17	Orion	13.9	
3						
4						
5						
6						
7						
8						

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	97	CHASHCHIN Leonid		Harlow	23.3	
2	84	BUTCHER Elliot X		Harlow	25.1	
3	87	OSUNSAMI Michael		NEB	27.7	
4						
5						
6						
7						
8						

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	86	TARQ Grace	U17	Orion	28.8	
2	77	COOKE Jessica X	SW	Hunt	29.3	
3	78	MAY Molly X	SW	Hunt	29.5	
4						
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	80	FLETCHER-SNOW Asa	U17	Harlow	56.2
2	87	OSUNSAMI Michael		NEB	59.2
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 3 North Walthamstow

13/07/2019

**800m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	85	SHIRET Freddie	U20	NEB	2.037
2	81	BOASE Nathan X		Orion	2.113
3	75	PALMER Sam	SM	Hunt	2.190
4	74	STOCKER Jim	SM	Hunt	NTT
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	79	DARNELL Amelia		Hunt	2.352
2	82	NICHOLLS Jessica		Harlow	3.090
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	93	WHITMAN Geoff		Orion	5.003
2					
3					
4					
5					
6					

**1500m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	94	DAWSON Alexandra X	U17	Orion	6.063
2					
3					
4					
5					
6					

**3000m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	76	PRESTON Darren	SM	Hunt	9.549
2	90	CRAWLEY		Ilford	10.401
3	74	STOCKER Jim	SM	Hunt	12.286
4					
5					
6					

**5000m 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						
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 3 North Walthamstow

13/07/2019

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	73	BURKE Steven	SM	Hunt	27.37
2	71	PAXMAN Carl	SM	Harlow	22.14
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	89	HOGAN Serena		NEB	14.00
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					
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 3 North Walthamstow

13/07/2019

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					
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					
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				
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					