

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	5	
VENUE	Perivale	
P/FINISH	NO	

Date Saturday, August 17 2019

Venue Perivale

Host Club Ealing Southall & Middlesex AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
F	Ealing Southall & Middlesex AC	ESM	20	180.0	22.0	143.0	365.0
G	Biggleswade AC	Bigg	5	18.0	0.0	46.0	69.0
H	Harlow AC	Harlow	20	170.0	20.0	116.0	326.0
L	Luton AC	Luton	15	73.0	12.0	121.0	221.0
E	Enfield & Haringey/HAWCS ©	E&H/HAWCS	15	48.0	8.0	68.0	139.0
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	Ealing Southall & Middlesex AC	365.0	6.0	0.00	0.00	365.0	6.0	1
2	Harlow AC	326.0	5.0	0.00	0.00	326.0	5.0	2
3	Luton AC	221.0	4.0	0.00	0.00	221.0	4.0	3
4	Enfield & Haringey/HAWCS ©	139.0	3.0	0.00	0.00	139.0	3.0	4
5	Biggleswade AC	69.0	2.0	0.00	0.00	69.0	2.0	5
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	BOLDIZSAR Shemar	Harlow	200m Men A	21.3	926
2	BOLDIZSAR Shemar	Harlow	100m Men A	10.8	835
3	KIMPTON Ian	Luton	5000m Men A	14:57.1	823
4	POTTON-BURRELL Jamie	Luton	Hammer Men A	52.33	775
5	ADAM Guillaume	ESM	5000m Men A	15:19.4	756
6	CHASHCHIN Leonid Y	Harlow	Long Jump Men A	6.53	751
7	UBA Bilal Y	ESM	200m Men A	22.4	746
8	HEPWORTH Christopher	ESM	800m Men A	01:58.6	739
9	OWUSU Lord	E&H/HAWCS	100m Men A	11.2	704
9	UBA Bilal Y	ESM	100m Men B	11.2	704

Women		Club	Event	Perf	Points
1	SEMERARO Sarah	E&H/HAWCS	Pole Vault Women A	3.60	825
2	WISE Suzanna	Luton	Hammer Women A	41.03	745
2	SPILOPOULOU Ashleigh	E&H/HAWCS	High Jump Women A	1.60	745
4	HARRYMAN Bethany Y	Harlow	Long Jump Women A	5.18	736
5	HARRYMAN Bethany Y	Harlow	Shot Women A	10.46	718
6	WIAFE Golder X	ESM	100m Women A	12.7	707
6	ABAN-OWUSU Bessie Y	ESM	100m Women B	12.7	707
8	WISE Suzanna	Luton	Discus Women A	31.90	699
9	BRUNNING Leonie X	Bigg	High Jump Women A	1.55	691
10	CYRUS Tania-cyrena	E&H/HAWCS	800m Women A	02:22.4	680

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
					+0.7
1	H	BOLDIZSAR Shemar	Harlow	10.8	835
2	E	OWUSU Lord	E&H/HAWK	11.2	704
3	F	CARTY Jason	ESM	11.3	674
4	G	RAYNER Tristan Y	Bigg	12.1	458
5	L	KHAN Haqem	Luton	12.9	290
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
					+3.6
1	FF	UBA Bilal Y	ESM	11.2	704
2	HH	SARLING Marley X	Harlow	11.3	674
3	EE	FIALHO Pablo X	E&H/HAWK	11.7	559
4	GG	RAYNER Cameron X	Bigg	12.0	482
5	LL	ISLAM Nader Y	Luton	12.1	458
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
					+1.5
1	H	BOLDIZSAR Shemar	Harlow	21.3	926
2	F	UBA Bilal Y	ESM	22.4	746
3	E	OWUSU Lord	E&H/HAWK	23.2	628
4	L	ISLAM Nader Y	Luton	24.5	463
5	G	RAYNER Tristan Y	Bigg	24.6	451
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
					+1.5
1	HH	SARLING Marley X	Harlow	22.9	671
2	FF	CARTY Jason	ESM	22.9	671
3	LL	KHAN Haqem	Luton	26.0	307
4					
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	H	PETTY James X	Harlow	51.4
2	E	WHITE Shay	E&H/HAWK	53.1
3	F	CONTEH Ash	ESM	53.4
4	L	BRIGHT Aderian	Luton	53.8
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	FF	COLLINS-MARSH Tristan X	ESM	54.8
2	LL	LARKAI Joseph	Luton	55.7
3	HH	CAMPBELL Donald	Harlow	58.9
4				
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	F	HEPWORTH Christopher	ESM	01:58.6
2	H	PUTT Jamie Y	Harlow	02:02.8
3	L	NOBLETT Jed Y	Luton	02:10.0
4	G	DAY Stephen Y	Bigg	02:16.1
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	FF	CZAPKA Seweryn X	ESM	02:02.0
2	HH	CAMPBELL Donald	Harlow	02:25.1
3	GG	SWINBURNE Elliott X	Bigg	02:32.5
4	LL	ARMANI DUJON Romero	Luton	02:34.5
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	F	ADAM Guillaume	ESM	04:07.3
2	L	KIMPTON Ian	Luton	04:07.9
3	H	CORRIGAN Alfred Y	Harlow	04:39.9
4				
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	FF	CZAPKA Seweryn X	ESM	04:14.4
2	LL	NOBLETT Jed Y	Luton	04:15.8
3	HH	SMITH Alex	Harlow	04:53.3
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
5000m Men A

Posn	No.	Athlete	Club	Perf	
1	L	KIMPTON Ian	Luton	14:57.1	823
2	F	ADAM Guillaume	ESM	15:19.4	756
3	H	SEGAL Craig	Harlow	17:02.7	481
4	G	ARNOLD Charles	Bigg	19:43.0	171
5					
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	
1	FF	HASHI Mohamed	ESM	15:50.3	668
2	HH	SMITH Alex	Harlow	19:08.6	225
3					
4					
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	16.9	650
2	E	LOMBAARD Alwyn	E&H/HAWK	18.3	516
3	F	SHABAN Usamah	ESM	22.8	187
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	20.7	321
2	FF	HEPWORTH Christopher	ESM	26.6	33
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	65.4	513
2	F	SHABAN Usamah	ESM	67.9	445
3	L	LARKAI Joseph	Luton	70.7	374
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	70.1	389
2	FF	TAYLOR-CALDWELL Jamie	ESM	74.1	296
3	LL	BOTTESCH Daniel	Luton	80.9	166
4					
5					
6					

2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	F	HEPWORTH Christopher	ESM	07:06.4	536
2	H	SEGAL Craig	Harlow	07:56.1	319
3					
4					
5					
6					

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	HH	CAMPBELL Donald	Harlow	08:09.5	271
2	FF	YORK Philip	ESM	09:41.0	50
3					
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	F	GJESDAL Oscar Y	ESM	1.80	671
2	H	CHASHCHIN Leonid Y	Harlow	1.75	629
3	E	LOMBAARD Alwyn	E&H/HAWK	1.70	588
4	L	BRIGHT Aderian	Luton	1.60	506
5	G	ARNOLD Charles	Bigg	1.30	256

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	FF	CLOW Louis X	ESM	1.75	629
2	HH	PAXMAN Glen	Harlow	1.55	464
3	LL	BOTTESCH Daniel	Luton	1.20	172

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale**17/08/2019****Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	F	DENSLEY Martin	ESM	3.40	597
2	H	PAXMAN Glen	Harlow	2.80	459
3	EE	WHITE Shay	E&H/HAWK	2.40	365

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1==	E	MAHON John	E&H/HAWK	1.80	219
1==	HH	PAXMAN Carl	Harlow	1.80	219
1==	FF	ADAM Guillaume	ESM	1.80	219

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	6.53	751
2	LL	ARMANI DUJON Romero	Luton	5.40	531
3	FF	UBA Bilal Y	ESM	5.25	502
4	E	OBALIM Clarence X	E&H/HAWK	5.14	481
5	G	RAYNER Tristan Y	Bigg	4.94	442
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	5.74	597
2	L	BRIGHT Aderian	Luton	5.05	463
3					
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	12.46	697
2	F	CLOW Louis X	ESM	11.55	604
3	L	ARMANI DUJON Romero	Luton	11.48	596
4	E	BROWN Michael	E&H/HAWK	10.68	511
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	FF	ADAM Guillaume	ESM	11.01	546
2	HH	PETTY James X	Harlow	10.02	437
3					
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	L	POTTON-BURRELL Jamie	Luton	12.04	697
2	G	DODDS Nathan Y	Bigg	11.22	643
3	F	SINGH Gurcharan	ESM	10.22	573
4	H	PAXMAN Carl	Harlow	9.56	525
5	E	MAXWELL Stewart	E&H/HAWK	8.63	452
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	LL	GRINSTED Geoff	Luton	9.09	489
2	HH	PAXMAN Glen	Harlow	9.05	485
3	FF	CLAMPIN Matthew	ESM	8.73	460
4	EE	GIBBINS Ray	E&H/HAWK	5.95	188
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	H	BAUER David	Harlow	33.13	608
2	L	POTTON-BURRELL Jamie	Luton	32.06	590
3	G	DODDS Nathan Y	Bigg	30.72	568
4	F	SINGH Gurcharan	ESM	30.66	567
5	E	MAXWELL Stewart	E&H/HAWK	25.30	469
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	26.34	489
2	LL	GRINSTED Geoff	Luton	22.47	411
3	FF	JOHN Angelo	ESM	20.64	371
4	EE	GIBBINS Ray	E&H/HAWK	12.24	109
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	L	POTTON-BURRELL Jamie	Luton	52.33	775
2	H	PAXMAN Glen	Harlow	29.79	525
3	E	MAXWELL Stewart	E&H/HAWC	27.06	488
4	F	SINGH Gurcharan	ESM	23.67	439
5					
6					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	LL	GRINSTED Geoff	Luton	19.82	377
2	HH	PAXMAN Carl	Harlow	18.85	360
3	EE	GIBBINS Ray	E&H/HAWC	13.23	246
4	FF	ADAM Guillaume	ESM	11.51	202
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	G	DODDS Nathan Y	Bigg	42.26	622
2	HH	PAXMAN Carl	Harlow	38.32	567
3	FF	JOHN Angelo	ESM	35.76	530
4	E	MAXWELL Stewart	E&H/HAWC	35.57	527
5	L	POTTON-BURRELL Jamie	Luton	27.97	411
6					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	H	PAXMAN Glen	Harlow	34.92	518
2	F	SINGH Gurcharan	ESM	32.05	475
3	LL	BOTTESCH Daniel	Luton	24.36	351
4	EE	HALLE Joe	E&H/HAWC	8.60	
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	H	Harlow	LEAHY Danny X PEACOCK James SARLING Marley X BOLDIZSAR Shemar	45.0
2	F	ESM	CARTY Jason UBA Bilal Y CONTEH Ash COLLINS-MARSH Tristan X	45.2
3	L	Luton	KHAN Haqem ISLAM Nader Y BRIGHT Aderian BOTTESCH Daniel	48.5
4	E	E&H/HAWCS	HALLE Joe LOMBAARD Alwyn WHITE Shay OWUSU Lord	50.8
5				
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	H	Harlow	BOLDIZSAR Shemar PUTT Jamie Y PETTY James X CAMPBELL Donald	03:38.7
2	F	ESM	CZAPKA Seweryn X CONTEH Ash ADAM Guillaume HEPWORTH Christopher	03:40.7
3	L	Luton	KHAN Haqem ARMANI DUJON Romero NOBLETT Jed Y LARKAI Joseph	03:54.1
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					+0.2
1	F	WIAFE Golder X	ESM	12.7	707
2	E	WHITE Kyra	E&H/HAWK	13.1	623
3	L	MYRIE Charise X	Luton	13.7	509
4	H	MALCOLM Mairi X	Harlow	15.4	256
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					+2.5
1	FF	ABAN-OWUSU Bessie Y	ESM	12.7	707
2	EE	DUVAL Tia Y	E&H/HAWK	13.8	491
3	LL	GIVANS-FLYNN Aleah Y	Luton	14.1	440
4	HH	MALCOLM Grace X	Harlow	15.4	256
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	F	WIAFE Golder X	ESM	26.3	674
2	E	WHITE Kyra	E&H/HAWK	26.9	616
3	L	MYRIE Charise X	Luton	27.4	570
4	HH	UPTON Millie X	Harlow	28.4	486
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	FF	ABAN-OWUSU Bessie Y	ESM	27.0	607
2	H	MALCOLM Eilidh Y	Harlow	28.6	470
3					
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf
1	H	MALCOLM Eilidh Y	Harlow	63.1
2	F	THOMAS Cameron Y	ESM	64.3
3				
4				
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	FF	STEWART Laura Y	ESM	67.1
2	HH	NICHOLLS Jess X	Harlow	93.8
3				
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	E	CYRUS Tania-cyrena	E&H/HAWK	02:22.4
2	F	THOMAS Cameron Y	ESM	02:35.7
3	H	MALCOLM Grace X	Harlow	02:48.0
4				
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	FF	THOMAS Patricia	ESM	02:57.4
2	HH	NICHOLLS Jess X	Harlow	03:13.2
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale**17/08/2019****1500m Women A**

Posn	No.	Athlete	Club	Perf
1	HH	WRIGHT Sharon	Harlow	05:27.6 441
2	L	MCPAHON-ADIE Claire	Luton	05:31.8 416
3	FF	THOMAS Patricia	ESM	05:58.9 269
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	H	MALCOLM Eilidh Y	Harlow	05:57.1 278
2	F	MEEK Christine	ESM	06:23.6 164
3				
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	L	MCPAHON-ADIE Claire	Luton	11:12.6 551
2	H	WRIGHT Sharon	Harlow	11:19.1 530
3	E	HARRILD Sally	E&H/HAWK	11:27.3 504
4	F	KENNEDY Fiona	ESM	12:28.6 331
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	FF	HAMILTON Maria	ESM	14:03.2 133
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	H HARRYMAN Bethany Y	Harlow	16.7 641	
2	F STEWART Laura Y	ESM	19.2 426	
3				
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	FF	CHOUFAR Joy Y	ESM	21.7 251	
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	H	MALCOLM Mairi X	Harlow	89.6 210
2				
3				
4				
5				
6				

400m Hurdles Women B

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

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
2000m S/Chase Women A

Posn	No.	Athlete	Club	Perf	
1	HH	WRIGHT Sharon	Harlow	08:59.2	328
2	F	THOMAS Patricia	ESM	10:03.7	156
3					
4					
5					
6					

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	H	MALCOLM Grace X	Harlow	09:21.2	262
2	FF	KENNEDY Fiona	ESM	10:28.3	108
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	E	SPILIOPOULOU Ashleigh	E&H/HAWK	1.60	745
2	G	BRUNNING Leonie X	Bigg	1.55	691
3	H	UPTON Millie X	Harlow	1.45	584
4	F	LEADBETTER Helen	ESM	1.35	477
5	L	TANUSHI Lisa	Luton	1.35	477

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	FF	WENTFORD Amy	ESM	1.00	106

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	E	SEMERARO Sarah	E&H/HAWK	3.60	825
2	F	LEADBETTER Helen	ESM	2.50	533

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	EE	MARTIN Ciara X	E&H/HAWK	2.60	560
2	FF	WENTFORD Amy	ESM	2.20	449

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	H	HARRYMAN Bethany Y	Harlow	5.18	736
2	G	BRUNNING Leonie X	Bigg	4.91	671
3	FF	LEADBETTER Helen	ESM	4.67	614
4	L	TANUSHI Lisa	Luton	4.43	558
5	E	HALL Aliyah Y	E&H/HAWK	4.34	536
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	UPTON Millie X	Harlow	4.54	583
2	LL	WILLIAMS Dawn	Luton	4.33	534
3	F	CHOUFAR Joy Y	ESM	4.32	532
4	EE	DUVAL Tia Y	E&H/HAWK	4.29	525
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	L	MYRIE Charise X	Luton	9.89	628
2	F	LEADBETTER Helen	ESM	8.75	498
3					
4					
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	FF	WENTFORD Amy	ESM	7.88	395
2					
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	H	HARRYMAN Bethany Y	Harlow	10.46	718
2	G	BRUNNING Leonie X	Bigg	8.94	614
3	L	WISE Suzanna	Luton	8.40	575
4	F	MCCAW Debbie	ESM	7.67	519
5	EE	HALL Aliyah Y	E&H/HAWK	7.62	515
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	WILLIAMS Dawn	Luton	7.89	536
2	FF	GOULD Tracey	ESM	7.46	502
3	GG	INGHAM Sandra	Bigg	6.23	395
4					
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	L	WISE Suzanna	Luton	31.90	699
2	F	GOULD Tracey	ESM	23.81	572
3	G	INGHAM Sandra	Bigg	15.62	401
4					
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	GRINSTED Alyssa Y	Luton	20.79	516
2	FF	LEADBETTER Helen	ESM	17.03	435
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale
17/08/2019
Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	L	WISE Suzanna	Luton	41.03 745
2	F	MCCAWE Debbie	ESM	33.86 655
3	H	MALCOLM Mairi X	Harlow	13.37 317
4				
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	FF	GOULD Tracey	ESM	32.00 630
2	LL	GRINSTED Alyssa Y	Luton	22.67 492
3				
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	H	HARRYMAN Bethany Y	Harlow	30.05 672
2	L	TANUSHI Lisa	Luton	27.40 633
3	G	INGHAM Sandra	Bigg	20.49 516
4	F	GOULD Tracey	ESM	19.13 489
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	LL	WILLIAMS Dawn	Luton	24.68 589
2	FF	THOMAS Patricia	ESM	11.46 305
3				
4				
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	F	ESM	ABAN-OWUSU Bessie Y WIAFE Golder X CHOUFAR Joy Y BELEWU Olamide Y	51.6
2	E	E&H/HAWCS	CYRUS Tania-cyrena DUVAL Tia Y HALL Aliyah Y WHITE Kyra	54.2
3	L	Luton	WILLIAMS Dawn GIVANS-FLYNN Aleah Y TANUSHI Lisa MYRIE Charise X	57.3
4	H	Harlow	UPTON Millie X HARRYMAN Bethany Y NICHOLLS Jess X MALCOLM Eilidh Y	60.2
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	f	ESM	THOMAS Cameron Y LEANE Jessica Y CHOUFAR Joy Y STEWART Laura Y	04:49.0
2	h	Harlow	NICHOLLS Jess X MALCOLM Mairi X MALCOLM Grace X MALCOLM Eilidh Y	05:23.7
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Perivale

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

Wind +3.0

Posn	Bib	Athlete	Age	Club	Perf
1	504	JAMES Shay	U17	ESM	11.6
2	292	LEAHY Danny X	U17	Luton	11.8
3	278	BERNADINE Miles	U17	ESM	11.8
4	503	OBALIM Clarence X	U17	E&H/HAWC	11.9
5	288	BURBIDGE Chris	M40	ESM	12.7
6	513	COOPER-WALL Jackson		Luton	12.8
7	297	CAREY Lee		Luton	14.9
8					

100m Women

Wind +2.5

Posn	Bib	Athlete	Age	Club	Perf
1	286	BELEWU Olamide Y		ESM	13.2
2					
3					
4					
5					
6					
7					
8					

200m Men

Wind +1.8

Posn	Bib	Athlete	Age	Club	Perf
1	292	LEAHY Danny X	U17	Luton	24.8
2	501	LARKAI Joe		Luton	24.9
3	291	DUJON Romero		Luton	25.8
4	297	CAREY Lee		Luton	27.4
5	512	HALLE Joe		E&H/HAWC	29.0
6					
7					
8					

200m Women

Wind

Posn	Bib	Athlete	Age	Club	Perf
1	286	BELEWU Olamide Y		ESM	28.2
2	515	CHOUFAR Joy Y		ESM	30.6
3					
4					
5					
6					
7					
8					

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1	514	KOUWILOYAN Mikey		ESM	57.6
2	297	CAREY Lee		Luton	70.3
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 Perivale

17/08/2019

800m Men

Posn	Bib	Athlete	Age	Club	Perf
1	294	WEST Marcus		ESM	2:08.3
2	287	FARAH Mukhtar		ESM	2:08.6
3	298	MANGET Arun		ESM	2:12.8
4	505	SADIQ Fuaad		ESM	2:15.7
5	299	ANZAI-JACKSON, Akira		ESM	2:18.4
6	502	JOHN Angelo	M45	ESM	2:39.5
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	511	EDWARDS Chauncey Y		ESM	4.325
2	567	BENDER Vitaly		ESM	4.424
3	299	ANZAI-JACKSON, Akira		ESM	4.448
4	298	MANGET Arun		ESM	4.452
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	506	EMMETT Richie		Eal E	17:26.1
2	510	JONES Elliot		ESM	17:40.2
3	507	STEEL Nick		ESM	18:18.7
4	509	FOSTER Colin		ESM	18:26.9
5	508	HANRAHAN Sean		ESM	18:45.4
6					

3000m Women

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

4 x 400m 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 Perivale

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	295	PAXMAN Carl		Harlow	23.26
2	297	CAREY Lee		Luton	12.22
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	293	ISLAM Nader Y		Luton	26.04
2					
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age	Club	Perf
1	289	WISE Suzanna		Luton	17.91
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age	Club	Perf
1	293	ISLAM Nader Y		Luton	6.52
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 Perivale

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					
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					
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	999	ESM Team		ESM	4:07.0
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					