

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

Date Saturday, August 17 2019

Venue Ware

Host Club Herts Phoenix AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
X	Herts Phoenix AC	Herts P	15	130.0	19.0	144.0	308.0
P	Peterborough AC	Peterb	20	72.0	12.0	83.0	187.0
K	West Norfolk AC	W Norf	0	0.0	0.0	0.0	0.0
S	Serpentine	Serp	20	166.0	14.0	113.0	313.0
I	Ilford AC	Ilford	10	101.0	11.0	86.0	208.0
N	Newham & Essex Beagles AC	NEB	10	70.0	10.0	96.0	186.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Serpentine	313.0	6.0	0.00	0.00	313.0	6.0	1
2	Herts Phoenix AC	308.0	5.0	0.00	0.00	308.0	5.0	2
3	Ilford AC	208.0	4.0	0.00	0.00	208.0	4.0	3
4	Peterborough AC	187.0	3.0	0.00	0.00	187.0	3.0	4
5	Newham & Essex Beagles AC	186.0	2.0	0.00	0.00	186.0	2.0	5
6	West Norfolk AC	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					
	Men	Club	Event	Perf	Points
1	MCCARTHY James	NEB	800m Men A	01:55.1	837
2	MARTIN Conor	Herts P	Javelin Men A	56.53	805
3	AKINPELU Jordan Y	Ilford	Long Jump Men A	6.56	757
4	AMAOADE nathaniel Y	Peterb	Triple Jump Men A	12.97	748
5	ABDULLE Ahmed	Ilford	800m Men A	01:59.3	720
6	RICHARDS Alex	Ilford	800m Men B	02:00.8	681
7	VERYARD Sam X	Herts P	High Jump Men A	1.80	671
8	KINGWELL Jason	Herts P	Hammer Men A	40.54	654
9	SENIOR Nat	Ilford	Long Jump Men B	6.03	653
10	MOHSAN Ramzan Y	NEB	Hammer Men A	40.08	649
Women					
	Women	Club	Event	Perf	Points
1	ARMORGIE Laura	Herts P	High Jump Women A	1.70	852
2	JENKINS Grace	NEB	Discus Women A	43.33	845
3	SMITH Kirsty	NEB	Triple Jump Women A	11.33	788
4	BREEN Erin	Herts P	Pole Vault Women A	3.30	747
5	JENKINS Grace	NEB	Hammer Women A	37.97	707
6	JENKINS Grace	NEB	Shot Women A	10.17	699
7	WENGER Lea	NEB	High Jump Women A	1.55	691
8	SMITH Kirsty	NEB	Long Jump Women A	4.93	676
9	MOSS Eleanor	Herts P	Javelin Women A	29.95	671
10	SEGUN Sophie	Herts P	100m Women A	12.9	665

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

Posn	No.	Athlete	Club	Perf	Wind
1	P	AMAOADE nathaniel Y	Peterb	11.7	559
2	N	OLIHA Ogie Y	NEB	11.9	507
3	S	ABIOLA Sodiq	Serp	11.9	507
4	I	SENIOR Nat	Ilford	12.1	458
5	X	SCULLY Harry Y	Herts P	12.1	458
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	ABIDEKUN Fidunu X	Ilford	12.0	482
2	NN	EFFAH Judah X	NEB	12.1	458
3	XX	RIZZO Matteo Y	Herts P	12.7	328
4	SS	JOLLY Ashwin	Serp	14.2	109
5					
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	I	AKINPELU Jordan Y	Ilford	23.6	574
2	S	ABIOLA Sodiq	Serp	23.7	561
3	X	ASEMOTA Kelly	Herts P	24.5	463
4					
5					
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	RIZZO Matteo Y	Herts P	25.7	335
2	SS	STANTON Ben	Serp	26.0	307
3	II	WILLIAMS Wanya Y	Ilford	27.6	180
4					
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	X	SCULLY Harry Y	Herts P	55.6	467
2	NN	KANATA Aslam Y	NEB	57.4	389
3	S	STANTON Ben	Serp	58.5	346
4					
5					
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	ASEMOTA Kelly	Herts P	55.9	453
2	N	OLIHA Ogie Y	NEB	59.3	316
3	SS	FREER Jeremy	Serp	62.2	221
4					
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	N	MCCARTHY James	NEB	01:55.1	837
2	II	ABDULLE Ahmed	Ilford	01:59.3	720
3	S	STANTON Ben	Serp	02:10.0	470
4	XX	HUGHES William X	Herts P	02:16.9	342
5					
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	I	RICHARDS Alex	Ilford	02:00.8	681
2	NN	EL-HOUSSAMI Jad	NEB	02:13.7	398
3	X	SCOTT Samuel X	Herts P	02:24.5	229
4					
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	I	GRANGE Paul	Ilford	04:15.1	616
2	X	PROSSER Steve	Herts P	04:30.5	466
3	SS	GREAVES Lewis	Serp	04:35.9	419
4					
5					
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	WRIGHT Jak X	Ilford	04:24.4	522
2	XX	REILLY William X	Herts P	04:35.8	420
3	S	TOLENTINO Lee-marvin	Serp	04:40.2	384
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf
1	S	TOLPUTT Benjamin	Serp	16:16.9 596
2	I	GARDNER Tom	Ilford	16:51.9 507
3	P	SADLER James	Peterb	17:48.7 377
4	X	BLOOM Richard	Herts P	23:00.5 1
5				
6				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	SS	POWELL Tim	Serp	16:49.7 512
2	II	PRIOR Mungo Y	Ilford	17:03.6 479
3	XX	BRYAN Anthony	Herts P	24:12.9
4				
5				
6				

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	S	ROBINSON David	Serp	21.8 246
2				
3				
4				
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	SS	REEVES Andrew	Serp	30.5
2				
3				
4				
5				
6				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	S	ROBINSON David	Serp	67.8 448
2	II	HICK Wayne	Ilford	71.7 351
3	X	ALLEN Markus	Herts P	72.0 344
4				
5				
6				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	SS	REEVES Andrew	Serp	70.7 374
2	I	HALIL Jack Y	Ilford	83.6 125
3				
4				
5				
6				

2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	I	RICHARDS Alex	Ilford	06:52.0 611
2	SS	REEVES Andrew	Serp	07:06.9 534
3	XX	ALLEN Markus	Herts P	07:23.9 453
4				
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	S	BARBERIS NEGRA Nicola	Serp	07:38.1 391
2	X	PROSSER Steve	Herts P	07:57.6 313
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	X	VERYARD Sam X	Herts P	1.80 671
2	II	ABIDEKUN Fidunu X	Ilford	1.74 621
3	S	ROBINSON David	Serp	1.53 448

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	I	AKINPELU Jordan Y	Ilford	1.40 340
2	SS	BARBERIS NEGRA Nicola	Serp	1.30 256
3	XX	GROVE James	Herts P	1.00

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

Posn	Bib	Athlete	Club	Perf	
1	S	GIBBONS Peter	Serp	2.50	389
2	I	MALEKOUT Sam	Ilford	2.20	317

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	SS	MCGAHAN Tony	Serp	2.00	269
2	II	HONEY Roger	Ilford	1.80	219

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	I	AKINPELU Jordan Y	Ilford	6.56	757
2	S	ROBINSON David	Serp	4.83	421
3	XX	VERYARD Sam X	Herts P	4.79	413
4					
5					
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	II	SENIOR Nat	Ilford	6.03	653
2	X	GITTENS Shaun	Herts P	3.80	227
3	SS	FREER Jeremy	Serp	3.61	192
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	P	AMAOADE nathaniel Y	Peterb	12.97	748
2	II	HALIL Jack Y	Ilford	11.03	549
3	N	OLIHA Ogie Y	NEB	10.94	539
4	S	ROBINSON David	Serp	9.59	387
5	X	SCULLY Harry Y	Herts P	9.02	318
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	I	ABIDEKUN Fidunu X	Ilford	10.21	459
2	SS	FREER Jeremy	Serp	8.64	270
3	XX	ALLEN Markus	Herts P	8.58	262
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	X	KINGWELL Jason	Herts P	10.86	618
2	N	MOHSAN Ramzan Y	NEB	10.31	580
3	P	JACKSON Adam	Peterb	10.18	570
4	II	SENIOR Nat	Ilford	9.79	542
5	S	GIBBONS Peter	Serp	7.71	373
6					

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	I	MALEKOUT Sam	Ilford	8.78	464
2	XX	GROVE James	Herts P	8.67	455
3	SS	MALZER Alex	Serp	6.53	256
4					
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	X	KINGWELL Jason	Herts P	32.02	590
2	N	MOHSAN Ramzan Y	NEB	29.23	542
3	P	JACKSON Adam	Peterb	26.85	498
4	I	MALEKOUT Sam	Ilford	24.67	456
5	S	GIBBONS Peter	Serp	19.74	350
6					

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	GROVE James	Herts P	31.42	580
2	II	HONEY Roger	Ilford	19.20	337
3	SS	MALZER Alex	Serp	18.61	322
4					
5					
6					

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

Posn	Bib	Athlete	Club	Perf
1	X	KINGWELL Jason	Herts P	40.54 654
2	N	MOHSAN Ramzan Y	NEB	40.08 649
3	P	JACKSON Adam	Peterb	33.04 566
4	II	HONEY Roger	Ilford	15.60 298
5	S	MCGAHAN Tony	Serp	15.50 296
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	XX	GROVE James	Herts P	35.34 594
2	SS	MALZER Alex	Serp	15.37 294
3	I	MALEKOUT Sam	Ilford	11.76 208
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	X	MARTIN Conor	Herts P	56.53 805
2	II	MALEKOUT Sam	Ilford	39.37 582
3	N	MOHSAN Ramzan Y	NEB	29.38 433
4	P	JACKSON Adam	Peterb	27.65 406
5	S	MCGAHAN Tony	Serp	19.51 262
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	XX	TAYLOR Lewis X	Herts P	33.80 501
2	I	RICHARDS Alex	Ilford	19.64 264
3	SS	MALZER Alex	Serp	15.81 185
4				
5				
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	N	NEB	EFFAH Judah X OLIIHA OGIE X ISIJOLA Joshua Y FRANCIS Marley X	46.3
2	I	Ilford	ABIDEKUN Fidunu X AKINPELU Jordan Y WILLIAMS Wanya Y SENIOR Nat	46.4
3	X	Herts P	ASEMOTA Kelly GITTENS Shaun SCULLY Harry Y RIZZO Matteo Y	49.0
4	S	Serp	STANTON Ben FREER Jeremy CAMPBELL David ABIOLA Sodiq	50.2
5				
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	I	Ilford	ABDULLE Ahmed GRANGE Paul RICHARDS Alex WRIGHT Jak X	03:35.7
2	X	Herts P	ASEMOTA Kelly REILLY William X SCULLY Harry Y DOUGLAS Myles X	03:44.3
3	S	Serp	STANTON Ben ABIOLA Sodiq TOLENTINO Lee-marvin GREAVES Lewis	03:48.9
4				
5				
6				

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

		Wind			
Posn	No.	Athlete	Club	Perf	
1	X	SEGUN Sophie	Herts P	12.9	665
2	I	BALOGUN Krystle	Ilford	13.4	564
3	P	DIXON WALKER Jessica Y	Peterb	13.5	545
4	N	HOGAN Serena X	NEB	14.4	392
5	S	NEEDHAM Rhiannon	Serp	15.5	244
6					

100m Women B

		Wind			
Posn	No.	Athlete	Club	Perf	
1	NN	EZELUE Faith X	NEB	13.5	545
2	II	ESHIMU MASSAMBA Gemima	Ilford	13.7	509
3	XX	IVORY Faye	Herts P	14.4	392
4	SS	JAMES Hel	Serp	18.3	35
5					
6					

200m Women A

		Wind			
Posn	No.	Athlete	Club	Perf	
1	X	SEGUN Sophie	Herts P	27.0	607
2	P	TAYLOR Elizabeth X	Peterb	27.3	579
3	I	BALOGUN Krystle	Ilford	28.0	519
4	N	EZELUE Faith X	NEB	31.6	269
5	S	NEEDHAM Rhiannon	Serp	31.6	269
6					

200m Women B

		Wind			
Posn	No.	Athlete	Club	Perf	
1	PP	SIMS Megan Y	Peterb	28.5	478
2	XX	JONES Erin Y	Herts P	31.3	286
3	SS	SHELLEY Catkin	Serp	35.2	114
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	
1	I	ESHIMU MASSAMBA Gemima	Ilford	62.2	599
2	P	MCGIVERN Stacy	Peterb	62.6	585
3	S	SHELLEY Catkin	Serp	74.4	247
4	X	SEGUN Sophie	Herts P	81.6	116
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	
1	PP	GIBSON Nichola	Peterb	65.5	487
2	SS	HARDING Anna	Serp	79.6	147
3	XX	GAYNOR Sarah	Herts P	82.4	104
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	
1	X	JUDD Sally	Herts P	02:25.0	638
2	I	HINDS Jordan Y	Ilford	02:27.9	594
3	S	SHELLEY Catkin	Serp	02:52.1	287
4	N	TRAYLEN Natalie	NEB	03:24.8	50
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	
1	SS	HARDING Anna	Serp	03:01.5	198
2	XX	JONES Yvonne	Herts P	03:16.4	92
3	NN	JAMESON Shelley	NEB	03:44.2	2
4					
5					
6					

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

Posn	No.	Athlete	Club	Perf
1	S	PEMBERTON Sarah	Serp	05:12.8 537
2	XX	FOUND Isabel	Herts P	05:13.4 533
3	P	CASKEY Sarah	Peterb	05:22.2 475
4	N	NEILSON Julia	NEB	05:24.9 458
5	I	HINDS Jordan Y	Ilford	05:34.1 402
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	X	FOUND Alicia	Herts P	05:14.0 529
2	SS	HARDING Anna	Serp	06:14.7 199
3	II	HOPKINSON Nicola	Ilford	07:02.6 50
4	NN	JAMESON Shelley	NEB	07:38.4 3
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	X	JUDD Sally	Herts P	10:51.8 620
2	S	PEMBERTON Sarah	Serp	10:56.1 605
3	P	CASKEY Sarah	Peterb	11:36.5 476
4	N	NEILSON Julia	NEB	12:15.4 365
5	I	HOPKINSON Nicola	Ilford	14:22.0 104
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	SS	BROWN Victoria	Serp	11:05.9 573
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	P DIXON WALKER Jessica Y	Peterb	17.0 613	
2	N JAMESON Shannon	NEB	20.0 366	
3	S NEEDHAM Rhiannon	Serp	37.4	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	PP	FLETCHER Molly X	Peterb	19.8 380	
2	SS	HARDING Anna	Serp	39.2	
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	N	UGBO Stephanie	NEB	70.9 616
2	P	SIMS Megan Y	Peterb	73.6 547
3	SS	WILLIAMS Abi	Serp	96.3 109
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	PP	FLETCHER Molly X	Peterb	74.5 525
2	S	NEEDHAM Rhiannon	Serp	98.2 85
3				
4				
5				
6				

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

Posn	No.	Athlete	Club	Perf	
1	S	BROWN Victoria	Serp	08:18.3	473
2	P	CASKEY Sarah	Peterb	08:34.0	414
3	XX	JONES Erin Y	Herts P	10:31.4	103
4					
5					
6					

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	SS	WILLIAMS Abi	Serp	10:00.9	162
2	X	JONES Yvonne	Herts P	10:32.5	101
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	X	ARMORGIE Laura	Herts P	1.70	852
2	N	WENGER Lea	NEB	1.55	691
3	SS	JAMES Hel	Serp	1.05	158

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	NN	UGBO Stephanie	NEB	1.50	638
2	S	DAVIES Mary	Serp	1.00	106

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	X	BREEN Erin	Herts P	3.30	747
2	PP	CHANCE Louise X	Peterb	1.10	116

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	XX	WALKER Imogen Y	Herts P	2.80	614
2	P	IVES-LAPPIN Georgie Y	Peterb	1.00	82

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

Posn	Bib	Athlete	Club	Perf	
1	N	SMITH Kirsty	NEB	4.93	676
2	P	DIXON WALKER Jessica Y	Peterb	4.79	643
3	X	SEGUN Sophie	Herts P	4.05	469
4	S	NEEDHAM Rhiannon	Serp	3.22	278
5	I	HOPKINSON Nicola	Ilford	2.33	84
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	XX	JONES Erin Y	Herts P	3.84	420
2	SS	JAMES Hel	Serp	2.94	216
3					
4					
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	N	SMITH Kirsty	NEB	11.33	788
2	P	IVES-LAPPIN Georgie Y	Peterb	9.29	560
3	X	JONES Erin Y	Herts P	8.79	502
4	S	NEEDHAM Rhiannon	Serp	6.68	246
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	NN	JAMESON Shannon	NEB	8.51	470
2	PP	FLETCHER Molly X	Peterb	6.57	232
3	SS	DAVIES Mary	Serp	5.85	135
4	XX	GAYNOR Sarah	Herts P	5.40	70
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	10.17	699
2	X	SEGUN Sophie	Herts P	8.15	556
3	P	MCGIVERN Stacy	Peterb	7.98	543
4	S	DAVIES Mary	Serp	6.97	461
5	I	BALOGUN Krystle	Ilford	6.49	419
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	NN	JAMESON Shelley	NEB	6.00	373
2	PP	GIBSON Kay	Peterb	5.80	354
3	XX	GAYNOR Sarah	Herts P	4.51	204
4	SS	JAMES Hel	Serp	4.48	200
5	II	HOPKINSON Nicola	Ilford	4.24	164
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	N	JENKINS Grace	NEB	43.33	845
2	X	MOSS Eleanor	Herts P	18.60	471
3	PP	MCGIVERN Stacy	Peterb	17.67	450
4	S	DAVIES Mary	Serp	15.28	392
5	I	BALOGUN Krystle	Ilford	14.31	366
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	NN	TRAYLEN Natalie	NEB	17.10	437
2	P	GIBSON Kay	Peterb	16.51	423
3	SS	JAMES Hel	Serp	12.11	297
4	XX	JONES Erin Y	Herts P	10.40	229
5					
6					

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

Posn	Bib	Athlete	Club	Perf
1	N	JENKINS Grace	NEB	37.97 707
2	X	CRAWLEY Olivia X	Herts P	24.95 529
3	P	GIBSON Kay	Peterb	16.82 389
4	S	DAVIES Mary	Serp	16.33 379
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	XX	MOSS Eleanor	Herts P	19.61 441
2	NN	TRAYLEN Natalie	NEB	17.86 409
3	PP	IVES-LAPPIN Georgie Y	Peterb	16.57 384
4	SS	CARMICHAEL Laura	Serp	6.73 114
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	X	MOSS Eleanor	Herts P	29.95 671
2	P	CHANCE Louise X	Peterb	27.26 630
3	N	JAMESON Shelley	NEB	19.25 492
4	S	DAVIES Mary	Serp	14.73 394
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	PP	MCGIVERN Stacy	Peterb	18.32 473
2	NN	TRAYLEN Natalie	NEB	12.25 328
3	SS	JAMES Hel	Serp	10.57 276
4	XX	JONES Erin Y	Herts P	9.63 242
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	P	Peterb	FLETCHER Molly X CHANCE Louise X IVES-LAPPIN Georgie Y DIXON WALKER Jessi	54.9
2	X	Herts P	JONES Erin Y IVORY Faye SEGUN Sophie FOUND Isabel	55.9
3	N	NEB	DALLING SHERELLE X HOGAN Serena X OKOTIE TOMAS Miriam EZELUE Faith X	56.8
4	S	Serp	HARDING Anna SHELLEY Catkin JAMES Hel NEEDHAM Rhiannon	68.8
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	P	Peterb	TAYLOR Elizabeth X MCGIVERN Stacy GIBSON Nichola SIMS Megan Y	04:18.8
2	X	Herts P	FOUND Alicia FOUND Isabel PALFREYMAN Ciaran JUDD Sally	04:32.4
3	S	Serp	NEEDHAM Rhiannon BROWN Victoria SHELLEY Catkin PEMBERTON Sarah	05:08.2
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Ware

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	375	OLIHA OGIE X		NEB	12.0	
2	376	EFFAH Judah X		NEB	12.3	
3	380	GITTENS Shaun		Herts P	13.3	
4	373	MENSAH Soloman		NEB	13.5	
5	386	ROBINSON David		Serp	14.2	
6	383	FREER Jeremy		Serp	14.2	
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	380	GITTENS Shaun		Herts P	27.7	
2	383	FREER Jeremy		Serp	28.6	
3	386	ROBINSON David		Serp	30.7	
4						
5						
6						
7						
8						

200m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	378	IVORY Faye		Herts P	30.6	
2						
3						
4						
5						
6						
7						
8						

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1	379	DOUGLAS Myles X		Herts P	53.6
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 Ware

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800m Men

Posn	Bib	Athlete	Age	Club	Perf
1	370	SAMUEL Aaron X		Ilford	1:59.0
2	367	DEACON Bradley X		Ilford	2:10.0
3	368	ELLUL Philip Y		Ilford	2:14.5
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	382	BOTTONE Michele		Serp	4:50.9
2	374	KACPERCZYK Marcin		Serp	4:58.9
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	371	PERIS Oscar		Ilford	16:46.9
2	384	BARBERIS NEGRA Nicola		Serp	17:17.1
3	381	MOSCROP Jonathan		Serp	17:26.1
4	368	ELLUL Philip Y		Ilford	17:46.8
5	388	MELLOR Paul		NEB	18:11.9
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						
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 Ware

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	385	JAMESON Shelley		NEB	14.07
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					
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	387	ABIDEKUN Fidunu		Ilford	5.22
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 Ware

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					
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					