

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	3	
VENUE	Braintree	
P/FINISH	YES	

Date Saturday, June 15 2019

Venue Braintree

Host Club Braintree & District AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
B	Braintree & District AC	Brain	15	93.0	7.0	53.0	168.0
X	Herts Phoenix AC	Herts P	20	112.0	17.0	110.5	259.5
H	Harlow AC	Harlow	20	129.0	20.0	123.0	292.0
T	Thurrock Harriers	Thurr	15	164.0	21.0	117.5	317.5
J	West Suffolk AC	W Suff	5	21.0	0.0	66.0	92.0
E	Enfield & Haringey/HAWCS ©	E&H/HAWCS	20	48.0	3.0	90.0	161.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Thurrock Harriers	317.5	6.0	0.00	0.00	317.5	6.0	1
2	Harlow AC	292.0	5.0	0.00	0.00	292.0	5.0	2
3	Herts Phoenix AC	259.5	4.0	0.00	0.00	259.5	4.0	3
4	Braintree & District AC	168.0	3.0	0.00	0.00	168.0	3.0	4
5	Enfield & Haringey/HAWCS ©	161.0	2.0	0.00	0.00	161.0	2.0	5
6	West Suffolk AC	92.0	1.0	0.00	0.00	92.0	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	WOODLEY Sam	Herts P	Discus Men A	55.64	982
2	ADESINA Theo Y	Thurr	Long Jump Men A	6.93	839
3	CHASHCHIN Leonid Y	Harlow	Long Jump Men A	6.78	809
4	STERLING Joshua Y	E&H/HAWCS	Long Jump Men A	6.70	793
5	BECKFORD Triston Y	E&H/HAWCS	Long Jump Men B	6.66	785
6	ALLEN Jake	W Suff	Hammer Men A	44.16	761
7	BREEN Elliot Y	Herts P	Pole Vault Men A	4.30	760
8	THOMPSON Elliot	E&H/HAWCS	Shot Men A	12.49	757
9	MITSON Thomas	W Suff	Javelin Men A	49.34	744
10	CHASHCHIN Leonid Y	Harlow	Triple Jump Men A	13.04	726
Women		Club	Event	Perf	Points
1	ARMORGIE Laura	Herts P	High Jump Women A	1.70	869
2	THOMPSON Lauren	Herts P	Long Jump Women A	5.91	868
3	PARTRIDGE Daisy Y	Brain	Javelin Women A	37.99	847
4	KURETA Sotiria Y	E&H/HAWCS	Discus Women A	37.47	840
5	THOMPSON Lauren	Herts P	400m Women A	56.80	809
6	THOMPSON Lauren	Herts P	100m Hurdles Women A	14.69	801
7	BROWN Sharifa	E&H/HAWCS	Shot Women A	10.93	786
8	CASTLE Debbie	Brain	Javelin Women B	31.62	755
8	HARRYMAN Bethany Y	Harlow	Long Jump Women A	5.42	755
10	WILSON Alana Y	W Suff	Javelin Women A	31.18	748

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	E	OWUSU Lord	E&H/HAWK	11.5	607
2	B	MASON Gabriel X	Brain	12.0	475
3	H	SARLING Marley X	Harlow	12.0	475
4	T	GIBBS Ben	Thurr	12.1	451
5	X	MEIKLE Anthony	Herts P	12.2	428
6	J	CROUCH Alex X	W Suff	12.4	384

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	TT	CUTHBERT Regan	Thurr	12.09	454
2	EE	FIALHO Pablo X	E&H/HAWK	12.21	426
3	BB	ZIKO Amr	Brain	12.60	342
4	HH	GEORGE Benison X	Harlow	12.74	315
5	XX	RIZZO Matteo Y	Herts P	12.98	271
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	B	THORNE Lewis	Brain	22.87	687
2	T	ADESINA Theo Y	Thurr	23.44	606
3	E	OWUSU Lord	E&H/HAWK	23.48	600
4	H	SARLING Marley X	Harlow	23.78	560
5	X	MARTINDALE Lucas	Herts P	24.39	483
6	J	CROUCH Alex X	W Suff	24.39	483

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	MARTIN Freddie Y	Brain	24.37	486
2	EE	FIALHO Pablo X	E&H/HAWK	24.66	451
3	TT	OGUTUGA Daniel X	Thurr	25.86	325
4	XX	RIZZO Matteo Y	Herts P	26.08	304
5	HH	GEORGE Benison X	Harlow	26.61	258
6					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	B	REID Adam Y	Brain	51.47	677
2	E	ORAM Mali	E&H/HAWK	52.12	640
3	H	WOODALL Harry	Harlow	52.17	638
4	T	EXLEY Jack Y	Thurr	53.60	563
5	X	SCULLY Harry	Herts P	55.49	472
6					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	HH	PETTY James X	Harlow	51.77	660
2	TT	NEWELL Taylor Y	Thurr	55.42	475
3	XX	SCOTT Samuel X	Herts P	55.95	451
4	BB	HOLDGATE Ben	Brain	56.82	413
5					
6					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	T	FINCH Alec	Thurr	02:02.3	613
2	X	GILL Daniel X	Herts P	02:03.2	592
3	B	FLETCHER Charles-douglas Y	Brain	02:12.5	401
4	H	CAMPBELL Donald	Harlow	02:29.4	162
5	J	DAVIES Austin	W Suff	02:38.6	83
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	TT	NEWELL Taylor Y	Thurr	02:02.8	601
2	XX	ASEMOTA Kelly	Herts P	02:15.2	354
3	BB	FULLERTON Innes Y	Brain	02:18.6	299
4	HH	FLETCHER-SNOW Asa X	Harlow	02:37.8	89
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	T	WHEELER Leon Y	Thurr	04:06.47	677
2	H	PUTT Jamie Y	Harlow	04:19.17	546
3	XX	PROSSER Steve	Herts P	04:22.98	510
4	E	BECKWITH Ben	E&H/HAWK	04:23.77	503
5	B	HOLDGATE Ben	Brain	04:27.30	471
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	X	REILLY William X	Herts P	04:27.19	472
2	TT	PRIOR Ben Y	Thurr	04:42.78	346
3	BB	CULHAM Conor	Brain	04:52.20	282
4	HH	PAXMAN Carl	Harlow	05:31.49	93
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
5000m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	BB	WOULFE Tim	Brain	15:52.2	631
2	E	CURSLEY Thomas	E&H/HAWK	16:07.3	592
3	X	PROSSER Steve	Herts P	16:48.3	491
4	T	DOYLE Robert	Thurr	17:49.3	358
5	H	FELL Adrian	Harlow	21:41.4	37
6					

5000m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	B	SWANN Kurtis	Brain	16:14.1	574
2	TT	ABATI Adedapo	Thurr	18:12.3	313
3	HH	CAMPBELL Donald	Harlow	22:01.9	24
4	XX	BRYAN Anthony	Herts P	25:59.3	
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	16.83	629
2	T	SHORTALL Michael	Thurr	18.98	436
3	B	ZIKO Amr	Brain	22.84	176
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	20.41	327
2	TT	GIBBS Ben	Thurr	20.48	322
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	T	SHORTALL Michael	Thurr	62.9	557
2	H	CUNNINGHAM Teale Y	Harlow	64.7	507
3	B	CULHAM Conor	Brain	75.6	252
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	66.3	464
2	TT	FARMER Jack	Thurr	67.4	436
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	T	FINCH Alec	Thurr	06:34.7	700
2	BB	FULLERTON Innes Y	Brain	07:01.1	558
3	XX	-	Herts P	07:46.3	354
4	H	CAMPBELL Donald	Harlow	09:05.1	113
5					
6					

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	TT	DOYLE Robert	Thurr	07:22.0	457
2	B	HAWKINS Haydn X	Brain	08:40.8	172
3	HH	PAXMAN Carl	Harlow	09:19.4	85
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	1.80	677
2	T	CUTHBERT Regan	Thurr	1.80	677
3	B	FLETCHER Charles-douglas Y	Brain	1.55	469
4	J	KENT Chris	W Suff	1.55	469

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	CUNNINGHAM Teale Y	Harlow	1.65	553
2	TT	OLAJIDE Tosin X	Thurr	1.55	469
3	JJ	FENNER Steven	W Suff	1.45	385
4	BB	ZIKO Amr	Brain	1.25	216

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf	
1	X	BREEN Elliot Y	Herts P	4.30	760
2	H	CHASHCHIN Leonid Y	Harlow	3.90	676

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	BREEN Bryce X	Herts P	4.10	718
2	HH	PAXMAN Glen	Harlow	3.00	481

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	T	ADESINA Theo Y	Thurr	6.93	839
2	H	CHASHCHIN Leonid Y	Harlow	6.78	809
3	EE	STERLING Joshua Y	E&H/HAWK	6.70	793
4	X	COX Matthew X	Herts P	5.73	601
5	J	RICHARDS Jack Y	W Suff	5.70	595
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	E	BECKFORD Triston Y	E&H/HAWK	6.66	785
2	TT	SHORTALL Michael	Thurr	5.76	607
3	JJ	ALLEN Luke	W Suff	5.60	575
4	HH	LAWRENCE Regan X	Harlow	5.38	532
5	XX	GROVE James	Herts P	3.60	192
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	13.04	726
2	X	COX Matthew X	Herts P	12.66	689
3	T	GIBBS Ben	Thurr	11.88	613
4	J	RICHARDS Jack Y	W Suff	11.46	571
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	LAWRENCE Regan X	Harlow	12.04	629
2	TT	SHORTALL Michael	Thurr	11.29	554
3	JJ	FENNER Steven	W Suff	9.73	388
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	E	THOMPSON Elliot	E&H/HAWK	12.49	757
2	J	ALLEN Jake	W Suff	11.53	692
3	X	KINGWELL Jason	Herts P	11.46	687
4	H	PAXMAN Carl	Harlow	9.30	526
5	T	GIBBS Ben	Thurr	9.10	510
6	B	CULHAM Conor	Brain	8.00	415

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	JJ	KENT Chris	W Suff	11.12	663
2	HH	PAXMAN Glen	Harlow	8.93	496
3	XX	GROVE James	Herts P	8.52	461
4	EE	RICHMOND Dalian	E&H/HAWK	8.19	432
5	TT	INSTANCE Nigel	Thurr	6.54	268
6	BB	HILLS Mike	Brain	6.37	248

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	X	WOODLEY Sam	Herts P	55.64	982
2	J	ALLEN Jake	W Suff	36.97	711
3	E	THOMPSON Elliot	E&H/HAWK	36.10	697
4	HH	BAUER David	Harlow	35.29	683
5	T	GIBBS Ben	Thurr	24.11	473
6	B	CULHAM Conor	Brain	21.49	415

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	KINGWELL Jason	Herts P	32.20	630
2	JJ	MITSON Thomas	W Suff	29.04	573
3	H	PAXMAN Glen	Harlow	27.67	546
4	EE	MAXWELL Stewart	E&H/HAWK	26.30	519
5	BB	HILLS Mike	Brain	15.48	250
6	TT	INSTANCE Nigel	Thurr	15.06	236

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	J	ALLEN Jake	W Suff	44.16	761
2	X	KINGWELL Jason	Herts P	37.60	682
3	T	GIBBS Ben	Thurr	30.40	586
4	H	PAXMAN Glen	Harlow	27.80	548
5	EE	RICHMOND Dalian	E&H/HAWK	27.07	536
6	B	HILLS Mike	Brain	22.40	461

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	XX	GROVE James	Herts P	35.09	650
2	E	MAXWELL Stewart	E&H/HAWK	24.90	502
3	JJ	KENT Chris	W Suff	23.73	483
4	TT	INSTANCE Nigel	Thurr	18.96	398
5	HH	PAXMAN Carl	Harlow	16.16	340
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	J	MITSON Thomas	W Suff	49.34	744
2	T	ADESINA Theo Y	Thurr	42.91	656
3	EE	MAXWELL Stewart	E&H/HAWK	37.69	581
4	HH	PAXMAN Carl	Harlow	36.30	560
5	X	KINGWELL Jason	Herts P	30.47	469
6	B	HILLS Mike	Brain	16.91	217

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	E	THOMPSON Elliot	E&H/HAWK	35.00	540
2	H	PAXMAN Glen	Harlow	34.48	532
3	JJ	ALLEN Luke	W Suff	34.28	529
4	TT	INSTANCE Nigel	Thurr	29.55	454
5	XX	GROVE James	Herts P	24.75	372
6	BB	BIRCHAM Lewis	Brain	9.49	

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	H	Harlow	WOODALL Harry GEORGE Benison X SARLING Marley X BOLDIZSAR Shemar	44.37
2	T	Thurr	ADESINA Theo Y OGUTUGA Daniel X CUTHBERT Regan GIBBS Ben	44.65
3	B	Brain	THORNE Lewis BIRCHAM Lewis CULHAM Conor ZIKO Amr	45.47
4	E	E&H/HAWCS	TOWNSEND-LAWRENCE Dean Y ORAM Mali FIALHO Pablo X OWUSU Lord	45.55
5	X	Herts P	MEIKLE Anthony MARTINDALE Lucas COX Matthew X SCULLY Harry Y	47.12
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	H	Harlow	CUNNINGHAM Teale Y WOODALL Harry FLETCHER-SNOW Asa X PETTY James X	03:35.74
2	T	Thurr	EXLEY Jack Y SHORTALL Michael FARMER Jack CUTHBERT Regan	03:36.64
3	X	Herts P	SCULLY Harry COX Matthew X ASEMOTA Kelly GILL Daniel X	03:42.70
4	B	Brain	- - - -	04:03.10
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	E	MODESTE Elise Y	E&H/HAWK	12.8	686
2	X	KWABI-GIBSON Zain Y	Herts P	14.1	440
3	T	LE BEAU Natalie	Thurr	14.1	440
4	B	ELLISTON Elisha X	Brain	14.5	377
5	H	KEMP Lucy X	Harlow	15.1	293
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	EGBO Shaka Y	Herts P	13.2	603
2	TT	STAINES Victoria	Thurr	13.8	491
3	BB	FIELD Rosie X	Brain	13.9	474
4	EE	DUVAL Tia Y	E&H/HAWK	14.0	457
5	HH	CRANFIELD Mackenzie X	Harlow	15.8	211
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	T	LE BEAU Natalie	Thurr	28.30	494
2	X	JULIAN Lottie Y	Herts P	28.32	492
3	B	ELLISTON Elisha X	Brain	28.91	446
4	H	UPTON Millie X	Harlow	29.06	434
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	KWABI-GIBSON Zain Y	Herts P	27.43	568
2	TT	STAINES Victoria	Thurr	29.80	381
3	HH	KEMP Lucy X	Harlow	30.88	311
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	X	THOMPSON Lauren	Herts P	56.8	809
2	TT	TAIWO Sola X	Thurr	67.7	420
3	J	ANTHONY Christine	W Suff	70.6	339
4	H	PHILIP Breanna Y	Harlow	73.7	263
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	T	FALL Emily X	Thurr	68.8	388
2	HH	CRANFIELD Mackenzie X	Harlow	79.0	157
3					
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	T	INSTANCE Hayley Y	Thurr	02:26.5	591
2	HH	WRIGHT Sharon	Harlow	02:38.0	434
3	J	MARSHALL Lydia X	W Suff	02:42.9	375
4	X	JONES Yvonne	Herts P	03:21.2	64
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	TT	BEARDWELL Kennedy X	Thurr	02:32.6	505
2	H	MALCOLM Grace X	Harlow	02:42.0	386
3	XX	GAYNOR Sarah	Herts P	03:42.3	4
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	T	EVES Demi X	Thurr	04:54.76 635
2	XX	FOUND Alicia	Herts P	05:13.99 504
3	JJ	MORLEY Rebecca X	W Suff	05:23.64 443
4	HH	MALCOLM Grace X	Harlow	06:43.52 93
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	X	FOUND Isabella	Herts P	05:18.89 473
2	J	ANTHONY Christine	W Suff	05:46.67 316
3	TT	BREWER Leah X	Thurr	06:02.86 239
4	H	KEMP Lucy X	Harlow	07:09.03 36
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	H	WRIGHT Sharon	Harlow	11:34.1
2	TT	INSTANCE Hayley Y	Thurr	11:57.1
3	X	PIRON Maddie X	Herts P	12:43.1
4				
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	T	FARRELL Jodie	Thurr	12:44.8
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	X THOMPSON Lauren	Herts P	14.69 801	
2	H HARRYMAN Bethany Y	Harlow	17.10 575	
3	B SMITH Hannah Y	Brain	18.71 443	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	XX	COWLER Sally	Herts P	18.98 422	
2	HH	JONES Dawn	Harlow	23.23 157	
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	E	GENTRY Grace Y	E&H/HAWK	66.70 694
2	T	FALL Emily X	Thurr	79.30 393
3	B	PARTRIDGE Daisy Y	Brain	81.30 352
4				
5				
6				

400m Hurdles Women B

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

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

Posn	No.	Athlete	Club	Perf	
1	H	MALCOLM Grace X	Harlow	09:12.1	57
2	T	FARRELL Jodie	Thurr	09:50.1	18
3	X	JONES Yvonne	Herts P	10:56.9	
4					
5					
6					

2000m S/Chase Women B

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

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	X	ARMORGIE Laura	Herts P	1.70	869
2	T	AJAYI Tumi X	Thurr	1.55	705
3	H	UPTON Millie X	Harlow	1.45	596

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1=	TT	BRIDGER Ruby X	Thurr	1.50 651
1=	XX	COWLER Sally	Herts P	1.50 651
3	HH	JONES Dawn	Harlow	1.40 542

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	XX	WALKER Imogen Y	Herts P	3.00	630
2	H	JONES Dawn	Harlow	1.40	202

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	X	BREEN Erin	Herts P	X

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	X	THOMPSON Lauren	Herts P	5.91	868
2	H	HARRYMAN Bethany Y	Harlow	5.42	755
3	T	BRIDGER Ruby X	Thurr	5.29	726
4	E	PARCELL Nicole	E&H/HAWK	5.21	707
5	B	SMITH Hannah Y	Brain	4.97	653
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	TT	TAIWO Sola X	Thurr	4.74	601
2	HH	UPTON Millie X	Harlow	4.69	589
3	XX	COWLER Sally	Herts P	4.63	576
4	EE	DUVAL Tia Y	E&H/HAWK	3.49	323
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	E	PARCELL Nicole	E&H/HAWK	11.01	717
2	T	AJAYI Tumi X	Thurr	10.37	650
3	X	COWLER Sally	Herts P	9.77	585
4	H	JONES Dawn	Harlow	9.44	550
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	TT	FALL Emily X	Thurr	8.54	451
2	HH	NICHOLLS Jess X	Harlow	5.65	102
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	E	BROWN Sharifa	E&H/HAWK	10.93	786
2	H	HARRYMAN Bethany Y	Harlow	9.66	698
3	B	CASTLE Debbie	Brain	9.49	686
4	T	LAWRENCE Sue	Thurr	9.39	679
5	X	THOMPSON Lauren	Herts P	8.01	573
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	PHILIP Breanna Y	Harlow	8.23	591
2	TT	AJAYI Tumi X	Thurr	7.97	570
3	BB	FIELD Rosie X	Brain	7.51	532
4	EE	JACOBS Yvonne	E&H/HAWK	4.63	232
5	XX	GAYNOR Sarah	Herts P	4.41	200
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	EE	KURETA Sotiria Y	E&H/HAWK	37.47	840
2	B	CASTLE Debbie	Brain	29.86	727
3	T	LAWRENCE Sue	Thurr	27.10	681
4	X	MOSS Eleanor	Herts P	18.05	498
5	H	PHILIP Breanna Y	Harlow	16.89	469
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	PARTRIDGE Daisy Y	Brain	26.41	669
2	E	BROWN Sharifa	E&H/HAWK	19.42	530
3	HH	NICHOLLS Jess X	Harlow	12.76	346
4	TT	BOOSEY Jill	Thurr	10.64	260
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree
15/06/2019
Hammer Women A

Posn	Bib	Athlete	Club	Perf	
1	T	LAWRENCE Sue	Thurr	34.07	665
2	B	CASTLE Debbie	Brain	29.64	604
3	X	CRAWLEY Olivia X	Herts P	26.40	556
4	EE	JACOBS Yvonne	E&H/HAWK	24.07	520
5	H	JONES Dawn	Harlow	12.82	307
6					

Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	E	BROWN Sharifa	E&H/HAWK	21.83	484
2	TT	BOOSEY Jill	Thurr	19.64	446
3	XX	MOSS Eleanor	Herts P	18.89	432
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf	
1	B	PARTRIDGE Daisy Y	Brain	37.99	847
2	J	WILSON Alana Y	W Suff	31.18	748
3	X	MOSS Eleanor	Herts P	27.55	689
4	TT	BRIDGER Ruby X	Thurr	25.80	660
5	EE	BROWN Sharifa	E&H/HAWK	22.08	591
6	H	HARRYMAN Bethany Y	Harlow	20.72	564

Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	CASTLE Debbie	Brain	31.62	755
2	T	LAWRENCE Sue	Thurr	22.93	608
3	E	PARCELL Nicole	E&H/HAWK	21.99	590
4	XX	COWLER Sally	Herts P	20.19	554
5	HH	PHILIP Breanna Y	Harlow	20.15	553
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	X	Herts P	KWABI-GIBSON Zain Y JULIAN Lottie Y EGBO Shaka Y COWLER Sally	52.00
2	T	Thurr	STAINES Victoria BRIDGER Ruby X TAIWO Sola X MAZINA Highlyblessed X	54.26
3	H	Harlow	UPTON Millie X KEMP Lucy X PHILIP Breanna Y HARRYMAN Bethany Y	55.60
4				
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	T	Thurr	BEARDWELL Kennedy X TAIWO Sola X INSTANCE Hayley Y EVES Demi X	04:15.14
2	X	Herts P	THOMPSON Lauren PALFREYMAN Ciaran FOUND Isabella THOMPSON Lauren	04:22.77
3	H	Harlow	CRANFIELD Mackenzie X JONES Dawn NICHOLLS Jess X MALCOLM Grace X	05:25.89
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree

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	134	Dean Townsend-Lawrence	M20	E&H	11.85	
2	147	Mohamed Tamedou	sm	Harlow	11.85	
3	148	Regan Lawrence	u17m	Harlow	12.96	
4	183	tosin olajide	u17	Thurrock	13.67	
5	139	lewis burcham	u20m	BDAC	13.88	
6	184	ian smith	u17	Thurrock	14.13	
7						
8						

100m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	185	Faye Ivory	sw	Herts Pheor	14.40	
2						
3						
4						
5						
6						
7						
8						

200m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	140	gabriel mason	u17m	BDAC	24.29	
2	137	mali oram	sm	E&H	25.05	
3	330	amr ziko	m40	BDAC	25.80	
4	139	lewis burcham	u20m	BDAC	28.39	
5	184	ian smith	u17	Thurrock	28.43	
6	135	Joe Halle	SM	E&H	29.66	
7						
8						

200m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	141	highlyblessed mazina		Thurrock	28.42	
2	185	Faye Ivory	sw	Herts Pheor	30.91	
3						
4						
5						
6						
7						
8						

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1	142	teale cunningham	u20	Harlow	52.02
2	186	anthony bryn	sm	Herts Pheor	76.6
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 Braintree

15/06/2019

800m Men

Posn	Bib	Athlete	Age	Club	Perf
1	138	andrew stewart	m55	E&H	2.495
2					
3					
4					
5					
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age	Club	Perf
1	149	jess nicholas	u17w	Harlow	3.190
2					
3					
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age	Club	Perf
1	138	andrew stewart	m55	E&H	5.4019
2					
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					
2					
3					
4					
5					
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 Braintree

15/06/2019

Hammer Men

Posn	Bib	Athlete	Age	Club	Perf
1	146	steven fenner	sen	West Suffol	22.68
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	146	steven fenner	sen	West Suffol	29.82
2	145	chris kent	m	West Suffol	25.62
3	143	carl paxman	sm	Harlow	19.91
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	145	chris kent	m	West Suffol	36.55
2	146	steven fenner	sen	West Suffol	32.83
3	183	tosin olajide	u17	Thurrock	31.02
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	146	steven fenner	sen	West Suffol	10.79
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	180	daniel ogntuga	u17	Thurrock	5.96
2	329	Asa Fletcher-Snow	U17M	Harlow	5.50
3					
4					
5					
6					

Long Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	144	Mackenzie Cranfield	U17W	Harlow	3.20
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Braintree

15/06/2019

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					