

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 South-East	
MATCH	1	
VENUE	Bromley 1	
P/FINISH	YES	

Date Saturday, April 13 2019

Venue Bromley 1

Host Club Cambridge Harriers (Kent)

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
C	Cambridge Harriers (Kent)	Camb H	20	105.0	10.0	114.0	249.0
R	St. Marys Richmond AC	SMR	20	60.0	10.0	100.0	190.0
P	Paddock Wood + Folkestone ©	PWood+F	20	16.0	4.0	71.0	111.0
H	Herne Hill Harriers	HHH	20	118.0	14.0	81.0	233.0
M	Medway Park Phoenix	Med PP	5	8.0			13.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Cambridge Harriers (Kent)	249.0	5.0			249.0	5.0	1
2	Herne Hill Harriers	233.0	4.0			233.0	4.0	2
3	St. Marys Richmond AC	190.0	3.0			190.0	3.0	3
4	Paddock Wood + Folkestone ©	111.0	2.0			111.0	2.0	4
5	Medway Park Phoenix	13.0	1.0			13.0	1.0	5

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

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	NR
1	R	GAYLE Kashane	SMR	11.63	571
2	C	MULAMBA Prince X	Camb H	11.70	552
3	H	GOODE Micah Y	HHH	11.89	503
4	M	BERNARD Adam	Med PP	12.66	330
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	NR
1	CC	ASHISON Denny X	Camb H	11.73	544
2	HH	LEWIS Morgan	HHH		DQ
3					
4					
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	R	KLEIN Richard X	SMR	22.89	+1.4
2	C	ASHISON Denny X	Camb H	23.60	584
3	H	GOODE Micah Y	HHH	24.11	518
4	M	BERNARD Adam	Med PP	25.22	389
5	P	WOODS Mark	PWood+F	27.61	182
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	GAYLE Kashane	SMR	23.71	+1.0
2	HH	BROADBENT Kai X	HHH	24.53	467
3	CC	SONSON Torie	Camb H	25.00	413
4	PP	CRYSSELL Trevor	PWood+F	29.14	94
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf
1	H	AYOADE Memphis X	HHH	52.14
2	M	BERNARD Adam	Med PP	55.71
3	C	TREDRAY Steven	Camb H	55.88
4	R	JACKSON Anthony	SMR	59.68
5				
6				

**400m Men B**

Posn	No.	Athlete	Club	Perf
1	CC	ODELE Wole	Camb H	57.87
2	RR	PHELAN Gabriel X	SMR	63.39
3				
4				
5				
6				

**800m Men A**

Posn	No.	Athlete	Club	Perf
1	R	KEANE Andrew	SMR	02:06.22
2	C	SIMPSON Tom Y	Camb H	02:07.87
3	H	COOMBES Simon	HHH	02:11.12
4				
5				
6				

**800m Men B**

Posn	No.	Athlete	Club	Perf
1	HH	DOL Eric	HHH	02:18.85
2	RR	PHELAN Gabriel X	SMR	02:19.88
3	CC	COOKEY-BRESI Roderick	Camb H	02:49.65
4				
5				
6				

**1500m Men A**

Posn	No.	Athlete	Club	Perf
1	C	OLAWUNMI Joshua Y	Camb H	04:20.42
2	H	ISMAIL Mohammed	HHH	04:25.11
3	R	KEANE Andrew	SMR	04:30.26
4				
5				
6				

**1500m Men B**

Posn	No.	Athlete	Club	Perf
1	HH	DOL Eric	HHH	04:44.45
2	CC	WOODS Louis X	Camb H	04:51.09
3	RR	PHELAN Isaac X	SMR	05:02.88
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	H	CUNNINGHAM Jeff	HHH	15:43.90	686
2	R	EVESON Robert	SMR	15:44.96	683
3	C	MACDONALD James	Camb H	16:00.54	640
4					
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	HH	BROTCHIE Jack	HHH	15:52.91	660
2	CC	WORDEN David	Camb H	17:30.00	418
3	RR	JACKSON Anthony	SMR	17:33.90	409
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	C	SIKITY Brandon Y	Camb H	17.88	531
2	R	RICHARDSON Adam	SMR	23.64	136
3					
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	DERRIEN Paul	SMR	25.98	47
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	C	VAINIO-DOISEUL Frano	Camb H	55.44	788
2	H	KNIGHT Sam	HHH	73.27	299
3	R	RICHARDSON Adam	SMR	83.32	122
4					
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	CC	BUSOIR Fuad Y	Camb H	60.57	625
2	HH	APPLETON Jon	HHH	76.33	238
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	H	CUNNINGHAM Jeff	HHH	07:14.44 492
2	C	OKOMAYIN John X	Camb H	07:23.62 450
3				
4				
5				
6				

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	HH	APPLETON Jon	HHH	07:26.63 436
2				
3				
4				
5				
6				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	CC	OKOSIEME Luke Y	Camb H	1.75 636
2	R	JONES Hansley	SMR	1.65 553
3	H	AYOADE Memphis	HHH	1.65 553

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	C	SIKITY Brandon Y	Camb H	1.70 594
2	RR	RICHARDSON Adam	SMR	1.40 343

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	C	SIKITY Brandon Y	Camb H	2.50 370
2	R	DERRIEN Paul	SMR	2.10 279

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
1	CC	HUNT Paris	Camb H	1.90 232
2	RR	JONES Hansley	SMR	1.50 136

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	R	KLEIN Richard X	SMR	6.06 666
2	C	SIKITY Brandon Y	Camb H	5.51 558
3	HH	SAIDU Umaru	HHH	4.77 414
4	P	CRYSSELL Trevor	PWood+F	4.44 350
5				
6				

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	CC	ODELE Wole	Camb H	4.59 379
2	RR	JONES Hansley	SMR	4.58 377
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**

**13/04/2019**

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	C	SIKITY Brandon Y	Camb H	11.63	588
2	HH	LEWIS Morgan	HHH	11.31	556
3	R	RICHARDSON Adam	SMR	9.99	417
4	P	CRYSSELL Trevor	PWood+F	8.13	194
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	CC	VAINIO-DOISEUL Frano	Camb H	10.80	504
2	H	SAIDU Umaru	HHH	10.76	499
3	RR	DERRIEN Paul	SMR	8.38	227
4					
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	CC	KRUSZEWSKI Andrew	Camb H	10.69	632
2	RR	COLLINGRIDGE Matthew Y	SMR	10.32	605
3	P	WOODS Mark	PWood+F	7.80	397
4	H	AUSTIN Desmond	HHH	7.45	364
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	R	DERRIEN Paul	SMR	10.21	596
2	C	BRITO COSTA Vitor hugo	Camb H	9.91	574
3	HH	FRANCIS Garth	HHH	7.07	326
4	PP	PERMAN David	PWood+F	4.36	
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	C	LACY Craig	Camb H	36.58	705
2	RR	COLLINGRIDGE Matthew Y	SMR	33.80	658
3	H	AUSTIN Desmond	HHH	25.37	500
4	P	WOODS Mark	PWood+F	17.87	322
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	CC	KRUSZEWSKI Andrew	Camb H	35.49	687
2	R	DERRIEN Paul	SMR	33.42	652
3	PP	PERMAN David	PWood+F	10.44	
4					
5					
6					

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	R	DERRIEN Paul	SMR	40.83	722
2	C	LACY Craig	Camb H	39.76	709
3	H	AUSTIN Desmond	HHH	26.68	530
4	P	WOODS Mark	PWood+F	18.21	383
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	RR	RICHARDSON Adam	SMR	31.68	604
2	CC	BRITO COSTA Vitor hugo	Camb H	23.28	476
3	PP	PERMAN David	PWood+F	12.61	254
4					
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	C	LACY Craig	Camb H	55.70	828
2	H	TISCHLER Alex	HHH	38.56	593
3	RR	DERRIEN Paul	SMR	35.55	548
4	PP	CRYSSELL Trevor	PWood+F	24.41	366
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	CC	NICHOLS James	Camb H	33.66	519
2	HH	FRANCIS Garth	HHH	26.42	401
3	P	WOODS Mark	PWood+F	21.47	311
4	R	PHELAN Isaac X	SMR	16.27	203
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1
13/04/2019
4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	C	Camb H	MULAMBA Prince X ASHISON Denny X SONSON Torie WRATE Archie Y	46.03
2	R	SMR	PHELAN Isaac X RICHARDSON Adam GAYLE Kashane KLEIN Richard X	49.99
3				
4				
5				
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	C	Camb H	OLAWUNMI Joshua Y OKOMAYIN John X TREDRAY Steven VAINIO-DOISEUL Frano	03:43.24
2	H	HHH	DOL Eric APPLETON Jon ISMAIL Mohammed AYOADE Memphis X	03:57.88
3	R	SMR	KEANE Andrew JACKSON Anthony JONES Hansley GAYLE Kashane	04:01.39
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**100m Women A**

Posn	No.	Athlete	Wind	Club	NR	Perf
1	H	MATAMOLA Lilian		HHH		13.40 564
2	C	ADERINTO Doyin		Camb H		13.76 498
3	P	GARCIA Kimberley X		PWood+F		14.03 452
4						
5						
6						

**100m Women B**

Posn	No.	Athlete	Wind	Club	Perf
1	HH	GRANT Vanessa		HHH	13.54 538
2	CC	ADERINTO Derin		Camb H	13.85 482
3	PP	ELSPASS Rosie X		PWood+F	14.44 386
4					
5					
6					

**200m Women A**

Posn	No.	Athlete	Wind	Club	+2.1	Perf
1	C	MADDY Rebecca X		Camb H		26.96 611
2	H	WATSON Michelle		HHH		27.18 590
3	P	GARCIA Kimberley X		PWood+F		29.09 432
4						
5						
6						

**200m Women B**

Posn	No.	Athlete	Wind	Club	+2.1	Perf
1	HH	GRANT Vanessa		HHH		27.80 536
2	CC	FENNER Sophie		Camb H		33.91 160
3						
4						
5						
6						

**400m Women A**

Posn	No.	Athlete	Club	Perf
1	H	HARGREAVES Aimee	HHH	67.35 430
2				
3				
4				
5				
6				

**400m Women B**

Posn	No.	Athlete	Club	Perf
1	HH	NEWTON Lily	HHH	67.91 414
2				
3				
4				
5				
6				

**800m Women A**

Posn	No.	Athlete	Club	Perf
1	H	HARGREAVES Aimee	HHH	02:22.76 648
2	C	ATKINSON Lara Y	Camb H	02:27.30 580
3				
4				
5				
6				

**800m Women B**

Posn	No.	Athlete	Club	Perf
1	HH	NEWTON Lily	HHH	02:32.45 507
2	CC	HAWKINS Molly	Camb H	02:55.46 243
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	H	BALME Katie	HHH	04:57.86 612
2	CC	HOPPER Hannah X	Camb H	05:53.98 280
3				
4				
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	HH	PENNICAERD Isobel	HHH	05:10.13 529
2				
3				
4				
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	C	MARLOW Lucy	Camb H	11:10.79 530
2	H	MCDERMOTT Evie	HHH	12:30.61 310
3				
4				
5				
6				

**3000m Women B**

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

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	nwi
1	R PARMENTER Caroline	SMR	16.63 616		
2	P DUFFIN Elizabeth	PWood+F	29.15		
3					
4					
5					
6					

**100m Hurdles Women B**

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

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	C	FITT Jade Y	Camb H	70.37 600
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 South-East Bromley 1**

**13/04/2019**

**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf
1	H	BALME Katie	HHH	07:56.19 595
2				
3				
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	R	PARMENTER Caroline	SMR	1.50 651
2	C	MADDY Rebecca X	Camb H	1.40 542
3	H	TABRAHAM Jessica X	HHH	1.40 542
4	P	ELSPASS Rosie X	PWood+F	1.35 487

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	HH	-	HHH	1.25 378
2	PP	DUFFIN Elizabeth	PWood+F	1.00 108

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	P	DUFFIN Elizabeth	PWood+F	1.50 231

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
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**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**

**13/04/2019**

**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	P	ELSPASS Rosie X	PWood+F	4.28	497
2	HH	TABRAHAM Jessica X	HHH	3.90	413
3	C	FITT Jade Y	Camb H	3.10	239
4					
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	H	CALLAGHAN Emily X	HHH	3.72	373
2	PP	DUFFIN Elizabeth	PWood+F	3.03	224
3					
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	P	GARCIA Kimberley X	PWood+F	9.02	504
2	H	NEWTON Lily Y	HHH	8.86	486
3					
4					
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1					
2					
3					
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	HH	ST LUCE Sharon	HHH	10.32	745
2	R	CONNOR Harriet	SMR	10.08	728
3	CC	AGYEPONG Jennifer	Camb H	7.94	567
4	PP	WHIFFEN Nicola	PWood+F	5.85	377
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	RR	PARMENTER Caroline	SMR	8.47	610
2	H	JAMES Jen'ae X	HHH	7.64	543
3	C	BRITO COSTA Bonnie	Camb H	7.63	542
4	P	WHIFFEN Charlotte X	PWood+F	5.72	363
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	C	STEWART Abbie X	Camb H	31.29	749
2	R	CONNOR Harriet	SMR	31.10	746
3	H	ST LUCE Sharon	HHH	21.26	570
4	P	WHIFFEN Nicola	PWood+F	16.15	450
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	CC	MANN Natalie	Camb H	15.49	432
2	PP	DUFFIN Elizabeth	PWood+F	14.52	404
3	RR	PHELAN Celeste Y	SMR	13.50	372
4	HH	DALEY Shanice X	HHH	13.34	366
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley 1**
**13/04/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	C	BRITO COSTA Bonnie	Camb H	36.00 690
2	P	WHIFFEN Charlotte X	PWood+F	30.55 617
3	R	WEIR Kim	SMR	25.65 545
4	H	AUGUSTIN Dionne	HHH	11.23 268
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	CC	FENNER Sophie	Camb H	31.51 630
2	RR	PHELAN Celeste Y	SMR	21.90 485
3	PP	WHIFFEN Nicola	PWood+F	21.17 472
4	HH	DALEY Shanice X	HHH	8.63 191
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	HH	CALLAGHAN Emily X	HHH	29.46 721
2	R	PARMENTER Caroline	SMR	26.42 670
3	P	DUFFIN Elizabeth	PWood+F	20.54 561
4	C	MANN Natalie	Camb H	19.25 534
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	RR	CONNOR Harriet	SMR	21.15 573
2	H	AUGUSTIN Dionne	HHH	18.60 520
3	CC	BRITO COSTA Bonnie	Camb H	12.53 365
4	PP	WHIFFEN Nicola	PWood+F	12.05 350
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	H	HHH	MATAMOLA Lilian GRANT Vanessa WATSON Michelle DALEY Shanice X	53.65
2	P	PWood+F	DUFFIN Elizabeth GARCIA Kimberley X WHIFFEN Charlotte X ELSPASS Rosie X	58.23
3	R	SMR	PHELAN Celeste Y STEPHENS Nina X CONNOR Harriet PARMENTER Caroline	63.99
4				
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	H	HHH	HARGREAVES Aimee PENNICAERD Isobel TABRAHAM Jessica X BALME Katie Y	04:19.15
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind

Bib	Males	Event	Perf		Bib	Females	Event	Perf	
<b><u>Cambridge Harriers (Kent)</u></b>									
	ODELE Wole	100m	12.80	NR		MANN Natalie	Shot	7.67	
	ODELE Wole	200m	26.09	+1.4		MADDY Rebecca X	100m	13.47	NR
	ODELE Wole	400m							
	SONSON Torie	100m	11.82	NR					
	SONSON Torie	200m							
	WRATE Archie Y	100m	24.84	1.3					
	WRATE Archie Y	200m							
	LACY Craig	Shot	12.18						

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind

**Herne Hill Harriers**

MIELU Umerus	100m	11.81		WATSON Michelle	100m	13.35
MIELU Umerus	200m	24.33	1.3			
ISMAIL Mohammed	5000m	16:09.50				
LEE Derek	1500m	04:53.46				

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind

Medway Park Phoenix

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind

Paddock Wood + Folkestone RC ©

SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind

St. Marys Richmond AC

RICHARDSON Adam	Shot	10.21	STEPHENS Nina X	Discus	16.64
-	-		STEPHENS Nina X	Javelin	12.3
-	-				
-	-				
-	-				



SOUTHERN ATHLETICS LEAGUE Division 3 South-East Bromley

Wind

13/04/2019

Wind