

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	East London	
MATCH	2	
VENUE	ASHTON PLAYING FIELDS	
P/FINISH	YES	1

Date Sunday, July 11 2021

Venue ASHTON PLAYING FIELDS

Host Club Woodford Green AC with Essex Ladies

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
W	Woodford Green AC with Essex Ladies	WGEL		156.1	27.8	176.4	360.2
I	Ilford AC	Ilford		139.3	5.7	83.2	228.2
N	Newham & Essex Beagles AC	NEB		80.3	7.3	80.4	168.0
H	Havering AC	Have		145.9	13.0	162.2	321.1
T	Thurrock Harriers	Thurr		114.5	20.1	147.1	281.7

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Woodford Green AC with Essex Ladies	360.2				360.2	
2	Havering AC	321.1	1.0			321.1	1.0
3	Thurrock Harriers	281.7	2.0			281.7	2.0
4	Ilford AC	228.2	3.0			228.2	3.0
5	Newham & Essex Beagles AC	168.0	4.0			168.0	4.0

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

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

<u>100m Men A</u>					<u>100m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
				Wind +1.3					Wind +1.1	
1	W	Medwin ODAMTTEN (U20)	WGEL	11.14	715	1	WW Moyin ODENIRAN (U20)	WGEL	11.31	663
2	N	Dante POLLARD (U17)	NEB	11.19	699	2	NN Ossari ACQUAH (U17)	NEB	11.37	645
3	I	Elijah MAYINDU (U20)	Ilford	11.36	648	3	HH Ridwan SALAAM (U17)	Have	11.55	593
4	T	Tom LEE (U17)	Thurr	11.54	596	4	II Oliver BLAINEY (U17)	Ilford	11.83	518
5	H	Michael OKORO (U20)	Have	11.58	585	5	TT Abdulhman AKENDE (U17)	Thurr	12.46	371
6						6				

<u>200m Men A</u>					<u>200m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
				Wind +1.2					Wind +0.1	
1	H	Matthew AGNIMEL	Have	23.10	653	1	WW Winfred HAKEEM	WGEL	23.02	665
2	W	Medwin ODAMTTEN (U20)	WGEL	23.10	653	2	NN Tru OBANYE (U17)	NEB	23.69	572
3	N	Dante POLLARD (U17)	NEB	23.12	650	3	HH Michael OKORO (U20)	Have	23.73	567
4	T	Tom LEE (U17)	Thurr	23.74	565	4	TT Liam CHIVERS	Thurr	24.27	498
5	I	Oliver BLAINEY (U17)	Ilford	23.88	547	5	II Jacob EMEAGI (U17)	Ilford	25.70	340
6						6				

<u>400m Men A</u>					<u>400m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	W	Joseph DICKENSON	WGEL	50.27	746	1	WW Adrian RICHARDS	WGEL	52.38	626
2	H	Somto OKPALAUKO (U20)	Have	53.37	574	2	I Oliver BLAINEY (U17)	Ilford	53.46	570
3	II	Dylan HARROD (U20)	Ilford	53.44	571	3	HH Alexander MCCREE	Have	54.36	525
4	N	Lorenzo MILLINGTON (U17)	NEB	58.37	351	4				
5						5				
6						6				

<u>800m Men A</u>					<u>800m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	I	Paul GRANGE	Ilford	01:54.62	810	1	II Farris PATEL (U20)	Ilford	01:55.81	777
2	H	Kieran O'HARA	Have	02:00.34	660	2	HH Luke CHESTER (U20)	Have	02:10.97	429
3	T	Ben PRIOR	Thurr	02:02.92	598	3	WW Peter James CATON	WGEL	02:12.92	393
4	W	Thomas ADOLPHUS (U20)	WGEL	02:03.67	581	4				
5	N	Jad EL-HOUSSAMI	NEB	02:06.64	516	5				
6						6				

<u>1500m Men A</u>					<u>1500m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	I	Jak WRIGHT (U20)	Ilford	04:07.33	668	1	II Alex RICHARDS	Ilford	04:10.37	635
2	T	Leon WHEELER (U20)	Thurr	04:12.84	609	2	WW Max RICHARDS (U17)	WGEL	04:16.89	568
3	W	Joel DOYE (U20)	WGEL	04:14.23	595	3	TT Alec FINCH	Thurr	04:17.97	558
4	HH	Shane HART (U17)	Have	04:26.81	475	4	H Matthew BLACKLOCK (U17)	Have	04:53.24	275
5	N	Wayne BELL	NEB	04:54.14	269	5				
6						6				

<u>3000m Men A</u>					<u>3000m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	I	Tom GARDNER	Ilford	08:57.29	708	1	HH James STEWART	Have	09:23.49	579
2	T	Taylor NEWELL	Thurr	09:00.71	691	2	II Rhys OFORI (U17)	Ilford	09:52.23	453
3	H	Alex FORD (U20)	Have	09:05.18	668	3	TT Sunny VEKIT (U20)	Thurr	10:07.43	393

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

4	W	Rory DOMVILLE	WGEL	09:19.71	597	4	WW	Harold WYBER	WGEL	10:30.57	311
5	N	Wayne BELL	NEB	10:05.53	401	5	NN	Luca ZANGARI	NEB	10:34.13	299
6						6					

110m Hurdles Men A

+0.6

Posn	No.	Athlete	Club	Perf	
1	T	Michael SHORTALL	Thurr	17.85	533
2					
3					
4					
5					
6					

110m Hurdles Men B

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

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	W	George VAUGHAN	WGEL	54.90	806
2	T	Michael SHORTALL	Thurr	60.81	618
3	I	Rhys OFORI (U17)	Ilford	62.48	569
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	II	Malcolm MUIR	Ilford	90.57	41
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/20213000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	No Water Jump
1	H	Robert WARNER	Have	09:51.87	733
2	I	Malcolm MUIR	Ilford	11:21.08	449
3	W	Robert WILBRAHAM	WGEL	11:34.26	413
4					
5					
6					

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	No Water Jump
1	98				No Compet
2					
3					
4					
5					
6					

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	WW	Samuel OSHODI (U20)	WGEL	6.48	749
2	I	Fidunu ABIDEKUN (U20)	Ilford	6.38	729
3	T	Mason CARPENTER-PROUT	Thurr	5.88	630
4	HH	Ridwan SALAAM (U17)	Have	5.68	591
5	N	Baker LUBWAMA	NEB	5.26	509
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	W	Joba ASHIRU (U20)	WGEL	6.08	670
2	H	Toby BISHOP (U20)	Have	5.57	569
3	TT	Michael SHORTALL	Thurr	5.56	567
4	II	Sam MALEKOUT	Ilford	5.16	489
5	NN	Solomon MENSAH (U17)	NEB	4.23	310
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	I	Fidunu ABIDEKUN (U20)	Ilford	1.85	719
2	W	Joba ASHIRU (U20)	WGEL	1.85	719
3	T	Charlie SEAGO (U17)	Thurr	1.75	636
4	N	Nathaniel HANSON (U17)	NEB	1.65	553
5	H	Aaron FRESHWATER (U20)	Have	1.65	553
6					

High Jump Men B

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	TT	Tosin OLAJIDE (U20)	Thurr	1.65	553
2	WW	Samuel OSHODI (U20)	WGEL	1.60	511
3	HH	Ridwan SALAAM (U17)	Have	1.60	511
4	II	Jak WRIGHT (U20)	Ilford	1.55	469
5	NN	Joshua OKORUWA (U17)	NEB	1.55	469
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	T	Mason CARPENTER-PROUT	Thurr	12.28	653
2	N	Baker LUBWAMA	NEB	12.27	652
3	H	Matthew AGNIMEL	Have	12.05	630
4	WW	Samuel OSHODI (U20)	WGEL	11.86	611
5	I	Rhys OFORI (U17)	Ilford	11.50	575
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	No Water Jump
1	TT	Michael SHORTALL	Thurr	10.78	502
2	HH	Arron BONNING	Have	10.59	482
3	II	Dylan HARROD (U20)	Ilford	10.13	432
4	W	Alan JAMES	WGEL	9.86	403
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

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Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	N	Louis WILLSON (U17)	NEB	3.10 503
2	H	Toby BISHOP (U20)	Have	3.00 481
3	I	Sam MALEKOUT	Ilford	2.20 302
4				
5				
6				

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Stuart TUFTON	Have	2.80 437
2	II	Peter WHITING	Ilford	1.50 136
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	W	Hugh WILLIAMS	WGEL	11.77 708
2	H	Duane JIBUNOH	Have	11.37 680
3	T	Abdulahman AKENDE (U17)	Thurr	10.27 601
4	N	Ramzan MOHSAN	NEB	10.08 587
5	II	Sam MALEKOUT	Ilford	8.73 479
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	TT	Kosi OKONYIA (U17)	Thurr	9.32 527
2	HH	Arron BONNING	Have	8.63 471
3	I	Nat SENIOR	Ilford	8.51 460
4	WW	Peter CLARKE	WGEL	8.31 443
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	W	Christopher LINQUE	WGEL	45.37 840
2	H	Duane JIBUNOH	Have	43.07 806
3	T	Abdulahman AKENDE (U17)	Thurr	23.66 464
4	II	Jeevakan SIVAYOGAN (U20)	Ilford	18.47 339
5				
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	WW	Hugh WILLIAMS	WGEL	33.87 659
2	HH	Arron BONNING	Have	26.17 516
3	TT	Kosi OKONYIA (U17)	Thurr	18.52 340
4	I	Peter WHITING	Ilford	15.99 266
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	W	Peter CLARKE	WGEL	50.62 833
2	N	Ramzan MOHSAN	NEB	41.20 726
3	H	Arron BONNING	Have	19.85 415
4	I	Peter WHITING	Ilford	16.01 337
5				
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	WW	Hugh WILLIAMS	WGEL	28.97 565
2	II	Jeevakan SIVAYOGAN (U20)	Ilford	13.73 283
3	HH	Martin CHESTER	Have	8.43 98
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	W	Lee LOVELOCK-JEMMOTT	WGEL	46.65 708
2	HH	Hal HUTTON (U20)	Have	46.13 701
3	T	Tosin OLAJIDE (U20)	Thurr	35.75 552
4	II	Peter WHITING	Ilford	25.15 379
5				
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	H	Duane JIBUNOH	Have	40.92 628
2	WW	Rhys MARTIN (U20)	WGEL	38.94 599
3	TT	Charlie SEAGO (U17)	Thurr	32.11 495
4				
5				
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	W	WGEL	Kaidan CHAMBERS (U17) Medwin ODAMTTEN (U20) Winfred HAKEEM Joey O'NEILL	44.62 523
2	T	Thurr	Tom LEE (U17) Charlie SEAGO (U17) Kosi OKONYIA (U17) Abdulahman AKENDE (U17)	46.50 375
3	N	NEB	Syris VIGE (U20) Dante POLLARD (U17) Tru OBANYE (U17) David OSINOIKI (U20)	47.39 314

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

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4
5
6

4 x 400m MixedB A

Posn	No.	Club	Runners	Perf	
1	W	WGEL	Thomas ADOLPHUS Zahara MALCOLM (U17) Joanne RYAN Adrian RICHARDS	03:46.25	778
2	T	Thurr	Demi EVES (U20) Jack EXLEY Jayne ELVIN (U17) Taylor NEWELL	04:06.84	480
3	H	Have	Alexander MCCREE Felicity CLARKE Natalie SEWELL Aaron FRESHWATER (U20)	04:24.59	279
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

<u>100m Women A</u>					<u>100m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	W	Gwen DATEY (U20)	WGEL	12.35	786	1	WW Joanne RYAN	WGEL	12.45	763
2	N	Ayokusibe ADEWALE-BADEI	NEB	13.03	638	2	II Aleena LAWRENCE (U20)	Ilford	13.37	570
3	I	Efemena ADJARIFO (U20)	Ilford	13.22	599	3	TT Victoria STAINES	Thurr	13.48	549
4	T	Natalie LE BEAU	Thurr	13.45	555	4	NN Thea CALLENDER (U17)	NEB	13.92	470
5	H	Charlotte WRIGHT (U20)	Have	14.12	437	5	HH Rachel KERR	Have	14.28	411
6						6				

<u>200m Women A</u>					<u>200m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	W	Gwen DATEY (U20)	WGEL	25.18	791	1	WW Joanne RYAN	WGEL	25.95	709
2	N	Ayokusibe ADEWALE-BADEI	NEB	25.87	718	2	II Ellie WRIGHT (U20)	Ilford	26.98	609
3	I	Krystle BALOGUN	Ilford	26.65	640	3	TT Madeline BOOTY (U17)	Thurr	27.82	534
4	T	Natalie LE BEAU	Thurr	27.61	552	4	NN Tanyaradzwa PAINE-MOTSI	NEB	29.11	431
5	H	Charlotte WRIGHT (U20)	Have	30.37	343	5	HH Rachel KERR	Have	30.57	330
6						6				

<u>400m Women A</u>					<u>400m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	W	Kyra BOYCE (U20)	WGEL	57.87	765	1	WW Anna CLARK	WGEL	59.84	686
2	I	Gemima ESHIMU MASSAMB	Ilford	59.72	691	2	II Jordan HINDS	Ilford	63.74	545
3	T	Jayne ELVIN (U17)	Thurr	60.86	648	3	TT Leah BREWER (U20)	Thurr	66.79	447
4	H	Natalie SEWELL (U17)	Have	63.16	565	4	HH Amy KILNER (U20)	Have	75.25	229
5	N	Megan PRICE (U17)	NEB			5				
6						6				

<u>800m Women A</u>					<u>800m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	w	Anna CLARK	WGEL	02:14.14	789	1	WW Louise GILBERT	WGEL	02:17.84	726
2	T	Demi EVES (U20)	Thurr	02:19.76	695	2	II Gemima ESHIMU MASSAMB	Ilford	02:33.03	499
3	I	Jordan HINDS	Ilford	02:23.97	629	3	HH Clare DAVIES	Have	02:52.28	274
4	H	Alice BROWN (U20)	Have	02:25.72	603	4				
5	NN	Shelley JAMESON	NEB	03:51.16		5				
6						6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/20211500m Women A

Posn	No.	Athlete	Club	Perf	
1	HH	Natalie SEWELL (U17)	Have	04:48.90	678
2	W	Alicia MCADELL	WGEL	04:51.20	661
3	T	Sarah BLOCKLEY (U20)	Thurr	05:07.35	547
4	N	Julia NEILSON	NEB	05:21.81	455
5					
6					

1500m Women B

Posn	No.	Athlete	Club	Perf	
1	H	Ginte BAILEY	Have	04:52.77	649
2	WW	Lily YATES (U20)	WGEL	04:59.25	603
3	TT	Kathryn SPRING	Thurr	05:15.88	491
4	NN	Natalie TRAYLEN	NEB	06:32.25	127
5					
6					

5000m Women A

Posn	No.	Athlete	Club	Perf	
1	II	Anna CRAWLEY	Ilford	21:05.05	442
2					
3					
4					
5					
6					

5000m Women B

Posn	No.	Athlete	Club	Perf	
1	I	Amy BIRD	Ilford	21:30.91	403
2					
3					
4					
5					
6					

100m Hurdles Women A

Posn	Athlete	Club	Perf		Wind	
1	H	Chloe WILLIAMS	Have	14.31	840	+0.8
2	N	Tanyaradzwa PAINE-MOTSI	NEB	14.81	789	
3						
4						
5						
6						

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf		Wind
1	HH	Felicity CLARKE	Have	16.98	585	+0.8
2						
3						
4						
5						
6						

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf	
1	H	Felicity CLARKE	Have	65.46	727
2					
3					
4					
5					
6					

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf	
1	HH	Claire BRENNAN	Have	70.17	605
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/20211500m S/Chase Women A

Posn	No.	Athlete	Club	Perf	No water jump
1	T	Jodie FARRELL	Thurr	06:37.03	402
2					
3					
4					
5					
6					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	No Water Jump
1	98				No Comp
2					
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	T	Ogechukwa NZEKWE (U17)	Thurr	1.40	542
2	H	Ellie WATSON	Have	1.38	520
3	W	Kirsten PACEY (U17)	WGEL	1.28	411
4	N	Serena HOGAN (U20)	NEB	1.18	302
5					
6					

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	Isabelle BARTLETT (U17)	Have	1.38	520
2					
3					
4					
5					
6					

Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	T	Ogechukwa NZEKWE (U17)	Thurr	5.31	730
2	W	Amelia MACDONALD	WGEL	5.19	703
3	H	Ellie WATSON	Have	4.11	460
4	NN	Megan PRICE (U17)	NEB	3.94	422
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	Larrisa ANIPA	WGEL	4.87	630
2	TT	Zion BALLOU (U17)	Thurr	4.85	626
3	N	Serena HOGAN (U20)	NEB	3.80	391
4	HH	Amy KILNER (U20)	Have	3.15	250
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	T	Sara SARDI (U17)	Thurr	10.62
2	W	Kharina PARTRIDGE (U17)	WGEL	10.06
3	H	Olatomiwa SANWO	Have	9.85
4				
5				
6				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	WW	Larrisa ANIPA	WGEL	9.03
2	HH	Ellie WATSON	Have	9.01
3	TT	Leah BREWER (U20)	Thurr	8.61
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	Claire BRENNAN	Have	2.60
2				
3				
4				
5				
6				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Katie ENNIS (U17)	Have	2.25
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	W	Lucy MARSHALL	WGEL	10.60
2	TT	Sue LAWRENCE	Thurr	8.78
3	H	Anne-prisca DJONDO (U20)	Have	8.14
4	I	Amie HARRISON	Ilford	6.70
5	NN	Natalie TRAYLEN	NEB	5.83
6				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	T	Ruby BRIDGER (U20)	Thurr	8.50
2	WW	Amelia MACDONALD	WGEL	7.47
3	HH	Olatomiwa SANWO	Have	7.30
4	II	Krystle BALOGUN	Ilford	4.94
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	W	Precious HAMILTON (U20)	WGEL	43.20
2	H	Alice BROWN (U20)	Have	39.09
3	T	Caroline DREWITT	Thurr	31.97
4	NN	Adele STACH-KEVITIZ	NEB	14.95
5	I	Amie HARRISON	Ilford	13.24
6				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Katie ENNIS (U17)	Have	29.92
2	WW	Abigail ALLEN	WGEL	28.18
3	TT	Sue LAWRENCE	Thurr	27.16
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	W	Lucy MARSHALL	WGEL	57.35
2	TT	Sue LAWRENCE	Thurr	32.51
3	N	Adele STACH-KEVITIZ	NEB	19.66
4				
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	WW	Simbiyat SIKIRU (U20)	WGEL	47.73
2	T	Emily BUTLER (U17)	Thurr	29.82
3	NN	Natalie TRAYLEN	NEB	15.94
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	TT	Sue LAWRENCE	Thurr	25.09
2	W	Lucy MARSHALL	WGEL	22.87
3	II	Gemima ESHIMU MASSAMB	Ilford	22.44
4	HH	Katie ENNIS (U17)	Have	22.26
5	N	Shelley JAMESON	NEB	18.31
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	T	Ruby BRIDGER (U20)	Thurr	21.42
2	H	Claire BRENNAN	Have	20.15
3	NN	Ayokusibe ADEWALE-BADER	NEB	17.17
4	WW	Amelia MACDONALD	WGEL	16.68
5	I	Efemena ADJARIFO (U20)	Ilford	8.99
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	W	WGEL	Larrisa ANIPA Joanne RYAN Gwen DATEY (U20) Zahara MALCOLM (U17)	49.71
2	I	Ilford	Aleena LAWRENCE (U20) Krystle BALOGUN Ellie WRIGHT (U20) Efemena ADJARIF	51.53
3	T	Thurr	Victoria STAINES Zion BALLOU (U17) Madeline BOOTY (U17) Ogechukwa NZEKWE	53.07
4	N	NEB	Thea CALLENDER (U17) Angela SEBASTIAO (U17) Serena HOGAN (U20) Ayokusibe	54.64
5	H	Have	Ellie WATSON Felicity CLARKE Charlotte WRIGHT (U20) Rachel KERR	56.17
6				

4 x 400m MixedA A

Posn	No.	Club	Runners	Perf
1	W	WGEL	Samuel OSHODI (U20) Kyra BOYCE (U20) Anna CLARK Adrian RICHARDS	03:44.45
2	H	Have	Louis BERRETT Rachel KERR Claire BRENNAN James STEWART	03:53.01
3	T	Thurr	Sarah BROCKLEY (U20) Michael SHORTALL Leah BREWER (U20) Tom LEE (U17)	03:53.99
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

NON-SCORERS

400m Hurdles Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

NON-SCORERS

400m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

100m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+1.2
1	45	Syris VIGE	U20 Men	NEB	11.51	
2	46	Tru OBANYE	U17 Men	NEB	11.58	
3	48	Charlie Seago	U17 Men	Thurr	11.97	
4	65	Ben Corbett	U17 Men	WGEL	12.04	
5	39	Lorenzo MILLINGTON	U17 Men	NEB	12.46	
6	44	Solomon MENSAH	U17 Men	NEB	12.74	
7						
8						

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+0.8
1	54	Madeline BOOTY	U17 Women	Thurr	13.34	
2	36	Angela SEBASTIAO	U17 Women	NEB	13.93	
3	49	Ema ALDEA	U17 Women	Thurr	14.17	
4	37	Chioma ORUCHE	U17 Women	NEB	15.51	
5						
6						
7						
8						

100m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+0.7
1	73	Nabil Tezkrat	U20 Men	WGEL	11.03	
2	86	Winfred Hakeem	U23 Men	WGEL	11.29	
3	72	Kaidan Chambers	U17 Men	WGEL	11.50	
4	66	Ben Richards	U17 Men	WGEL	11.99	
5	94	Omari Watson	U17 Men	NEB	12.08	
6	75	Miles Witchelo	U17 Men	WGEL	12.24	
7						
8						

100m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+1.5
1	96	Ellie Wright	Senior Women	Ilford	13.01	
2	95	Krystle Balogun	Senior Women	Ilford	13.33	
3	85	Tiya CANNING LAWRENCE	U17 Women	WGEL	13.54	
4	83	Temitope OLUSESAN	U23 Women	WGEL	13.88	
5						
6						
7						
8						

200m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	72	Kaidan Chambers	U17 Men	WGEL	23.42	
2	45	Syris VIGE	U20 Men	NEB	23.82	
3	138	David Osinoiki	U20 Men	NEB	24.24	
4	94	Omari Watson	U17 Men	NEB	24.49	
5	53	Kosi Okonyia	U17 Men	Thurr	24.57	
6	44	Solomon MENSAH	U17 Men	NEB	26.46	
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+1.3
1	34	Aleena LAWRENCE	U20 Women	Ilford	28.53	
2	56	Moyin OPANIRAN	U17 Women	Thurr	29.12	
3	49	Ema ALDEA	U17 Women	Thurr	29.24	
4	42	Serena HOGAN	U20 Women	NEB	30.16	
5	51	Emily FALL	U20 Women	Thurr	30.20	
6						
7						
8						

200m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

200m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						+0.5
1	74	Levania UGONNA-MBA	U17 Women	WGEL	28.22	
2	63	Ashleigh SIMMONDS	U17 Women	WGEL	28.38	
3	60	Toyin Olufemi	U17 Men	Thurr	29.24	
4	87	Victoria STAINES	Senior Women	Thurr	30.17	
5						
6						
7						
8						

400m Men

400m Women

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

Posn	Bib	Athlete	Age Group	Club	Perf
1	82	Sophie ANDERSON	U20 Women	WGEL	61.52
2	77	Rennay DOBSON	U20 Women	WGEL	65.56
3	51	Emily FALL	U20 Women	Thurr	68.28
4	57	Niamh PRIDIE	U17 Women	Thurr	70.28
5					
6					
7					
8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	93	Dillan Harrod	U20 Men	Ilford	02:01.34
2	32	Louis BERRETT	U20 Men	Have	02:04.98
3					
4					
5					
6					
7					
8					

4 x 100m Relay Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	139	WGEL U17 Women	U17 Women	WGEL	52.42
2					
3					
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

1500m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	70	Jessica ADAMS	U20 Women	WGEL	04:59.41
2					
3					
4					
5					
6					
7					
8					

3000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	33	Robert TREVOR	Senior Men	Have	09:54.39
2	80	Rob Wilbraham	V35 Men	WGEL	10:36.61
3	79	Richard Holland	V60 Men	WGEL	11:13.78
4	31	Jonathon HART	Senior Men	Have	12:21.02
5					
6					
7					
8					
9					
10					

3000m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

110m Hurdles Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

100m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

S/Chase Men

Posn	Bib	Athlete	Age Group	Club	Perf

S/Chase Women

Posn	Bib	Athlete	Age Group	Club	Perf

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

11/07/2021

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Hammer Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	100	Fergus Harford	Senior Men	WGEL	25.08
2					
3					
4					
5					
6					

Hammer Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	61	Abigail Allen	U23 Women	WGEL	39.86
2					
3					
4					
5					
6					

Discus Men

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

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	91	Lucy Marshall	Senior Women	WGEL	29.26
2	89	Natalie TRAYLEN	Senior Women	NEB	14.77
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	137	Pete Whiting	V60 Men	Ilford	24.00
2					
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	59	Sara SARDI	U17 Women	Thurr	19.41
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	35	Jeevakan SIVAYOGAN	U20 Men	Ilford	7.35
2					
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	50	Emily BUTLER	U17 Women	Thurr	7.58
2	43	Shelley JAMESON	Senior Women	NEB	5.74
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

Long Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

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1	90	Jordan ANDREW	Senior Men	NEB	5.21
2					
3					
4					
5					
6					

1	92	Natalie Lebeau	Senior Women	Thurr	4.92
2					
3					
4					
5					
6					

Triple Jump Men

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

Triple Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	47	Abigail OSUNDE	U17 Women	Thurr	8.64	
2						
3						
4						
5						
6						

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	55	Mason Carpenter-Prout	U17 Men	Thurr	1.60
2					
3					
4					
5					
6					

High Jump Women

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

Pole Vault Men

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

Pole Vault Women

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