

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Essex	
MATCH	2	
VENUE	CHELMSFORD SPORT & ATHLETICS CENTRE	
P/FINISH	NO	1

Date Sunday, July 11 2021

Venue CHELMSFORD SPORT & ATHLETICS CENTRE

Host Club Chelmsford AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
C	Chelmsford AC	Chelms		191.3	22.5	200.8	414.7
A	Braintree & District AC	Brain		97.7	7.7	68.6	174.0
B	Basildon AC	Bas		131.2	2.9	149.3	283.4
H	Harlow AC	Harlow		80.9	15.8	139.7	236.5
O	Colchester Harriers AC	Colc		78.7	4.9	74.2	157.8

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Chelmsford AC	414.7				414.7	
2	Basildon AC	283.4	1.0			283.4	1.0
3	Harlow AC	236.5	2.0			236.5	2.0
4	Braintree & District AC	174.0	3.0			174.0	3.0
5	Colchester Harriers AC	157.8	4.0			157.8	4.0

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

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021

<u>100m Men A</u>					<u>100m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Lee DOLLARD	Bas	11.0	759	1	HH Marley SARLING (U20)	Harlow	11.5	607
2	H	Edward BROWN (U20)	Harlow	11.4	636	2	CC George GUTTERIDGE (U17)	Chelms	11.8	526
3	O	Joseph WILKIN	Colc	11.4	636	3	BB Segun AMISU	Bas	12.1	451
4	C	Temilolu ALO (U20)	Chelms	11.5	607	4	AA Harry ROLFE (U20)	Brain	12.4	384
5	A	Alexander KING (U20)	Brain	12.0	475	5				
6						6				

<u>200m Men A</u>					<u>200m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	H	Marley SARLING (U20)	Harlow	23.2	639	1	HH Harry WOODALL	Harlow	24.4	482
2	O	Joseph WILKIN	Colc	23.3	625	2	BB Alex ADEGBITE (U17)	Bas	24.9	424
3	B	Nathan DANIA (U20)	Bas	24.0	531	3	CC Jude THORNE (U20)	Chelms	25.0	413
4	C	George GUTTERIDGE (U17)	Chelms	24.1	519	4	AA Olamide ODUPITAN (U17)	Brain	25.2	391
5	A	Amr ZIKO	Brain	25.9	321	5				
6						6				

<u>400m Men A</u>					<u>400m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	O	Samuel SHIPPEY (U20)	Colc	51.1	698	1	CC Will STEADMAN (U17)	Chelms	52.7	609
2	H	James PETTY (U20)	Harlow	51.4	680	2	BB Toby LINSELL (U20)	Bas	53.8	553
3	C	Joe WELLS	Chelms	51.4	680	3	HH Asa FLETCHER-SNOW (U20)	Harlow	55.1	490
4	B	Jamie RASHBROOK (U20)	Bas	52.2	636	4	AA Callum LAW (U17)	Brain	60.1	288
5	A	Harry ROLFE (U20)	Brain	57.2	397	5				
6						6				

<u>800m Men A</u>					<u>800m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	CC	Joseph ABBOTT	Chelms	02:03.4	587	1	C Finlay STAFF (U20)	Chelms	02:03.7	580
2	B	Jake HUME (U20)	Bas	02:03.7	580	2	AA Joshua MULLEY	Brain	02:10.4	440
3	A	Will LYNES	Brain	02:04.6	560	3	OO Theo GARDINER (U17)	Colc	02:14.4	367
4	O	Thomas PALMER	Colc	02:07.4	500	4	H James MALYON (U17)	Harlow	02:27.0	188
5	HH	James BARNARD (U17)	Harlow	02:15.7	345	5				
6						6				

<u>1500m Men A</u>					<u>1500m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	C	Zachariah BRIDGELAND (U20)	Chelms	04:18.4	554	1	CC Ethan REILLY (U20)	Chelms	04:22.9	511
2	O	Ben FELTON	Colc	04:25.4	488	2	OO Charlie WALDER (U17)	Colc	04:37.8	384
3	A	Conor CULHAM	Brain	04:32.6	426	3	AA Joshua MULLEY	Brain	04:39.0	375
4	H	Jake LACEY (U17)	Harlow	04:37.2	389	4	HH Henry WRIGHT (U17)	Harlow	04:46.2	322
5						5				
6						6				

<u>3000m Men A</u>					<u>3000m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	C	Scott COUSINS	Chelms	08:54.6	722	1	OO Joseph PATTERSON	Colc	09:30.5	547

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2	O	Ben FELTON	Colc	09:03.3	678	2	AA	Conor CULHAM	Brain	09:31.7	542
3	A	Kurtis SWANN	Brain	09:08.3	652	3	CC	Samuel WAITE (U20)	Chelms	09:55.7	439
4	H	Lee WOOD	Harlow	09:32.6	538	4					
5	BB	Grant WEBB	Bas	09:33.3	534	5					
6						6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	C	Bradley REED	Chelms	15.3	786
2	B	Jack BROADBENT	Bas	16.8	632
3					
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	CC	Luke KETELEERS	Chelms	18.5	476
2	BB	Clint NICHOLLS	Bas	20.4	328
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	C	Onyekachukwu OKOH (U17)	Chelms	56.1	766
2	B	Jack BROADBENT	Bas	68.7	404
3	O	Michael SMITH	Colc	70.8	354
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	CC	Rhys COLLINGS	Chelms	59.0	673
2					
3					
4					
5					
6					

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3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	AA	Will LYNES	Brain	11:02.6
2	C	Ken HOYE	Chelms	11:15.8
3	O	Michael SMITH	Colc	11:36.3
4	H	James MALYON (U17)	Harlow	13:19.4
5	B	Joe MCGRATH	Bas	14:35.7
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	A	Conor CULHAM	Brain	11:43.2
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	C	Temilolu ALO (U20)	Chelms	6.40
2	AA	Olamide ODUPITAN (U17)	Brain	6.35
3	B	Michael ADESIYAN (U20)	Bas	6.10
4	H	Carl PAXMAN	Harlow	5.62
5				
6				

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Philip ODUGBILE (U20)	Bas	6.10
2	A	Ryan MORGAN	Brain	5.90
3	CC	Luke KETELEERS	Chelms	5.83
4	HH	James MALYON (U17)	Harlow	4.26
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	B	Philip ODUGBILE (U20)	Bas	1.85
2	CC	Onyekachukwu OKOH (U17)	Chelms	1.85
3	HH	James BARNARD (U17)	Harlow	1.60
4				
5				
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	C	Sam TREMELLING (U20)	Chelms	1.75
2	BB	Clint NICHOLLS	Bas	1.70
3	H	Carl PAXMAN	Harlow	1.50
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	C	Temilolu ALO (U20)	Chelms	13.33
2	A	Ryan MORGAN	Brain	13.32
3	HH	James PETTY (U20)	Harlow	10.41
4	B	Lee DOLLARD	Bas	9.52
5	O	Gavin SANDERCOCK	Colc	8.97
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	H	Carl PAXMAN	Harlow	10.38
2	AA	James RICHARDSON (U17)	Brain	10.02
3	CC	Roger SKEDD	Chelms	9.72
4	BB	Kevin PAINTER (U20)	Bas	8.63
5				
6				

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	C	Sam TREMELLING (U20)	Chelms	4.00
2	B	Christopher HASTINGS	Bas	3.20
3	HH	Carl PAXMAN	Harlow	2.20
4	O	Gavin SANDERCOCK	Colc	2.00
5	A	Conor CULHAM	Brain	1.60
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Joe MCGRATH	Bas	3.00
2	H	Glen PAXMAN	Harlow	1.90
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	C	Kevin WILSON	Chelms	14.17
2	O	Oliver GRAHAM	Colc	11.32
3	H	David BAUER	Harlow	9.96
4	B	Clint NICHOLLS	Bas	9.18
5	A	Conor CULHAM	Brain	7.51
6				

A Shot Men B

Posn	Bib	Athlete	Club	Perf
1	CC	Nathan BUSHNELL (U20)	Chelms	13.27
2	HH	Glen PAXMAN	Harlow	9.42
3	BB	Aaron YORK	Bas	8.21
4	AA	Mike HILLS	Brain	5.84
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	C	Kevin WILSON	Chelms	43.02
2	B	Christopher HASTINGS	Bas	37.17
3	O	Oliver GRAHAM	Colc	36.83
4	H	David BAUER	Harlow	31.06
5	A	Conor CULHAM	Brain	22.37
6				

A Discus Men B

Posn	Bib	Athlete	Club	Perf
1	CC	Nathan BUSHNELL (U20)	Chelms	34.38
2	HH	Glen PAXMAN	Harlow	26.18
3	BB	Aaron YORK	Bas	25.85
4	AA	Mike HILLS	Brain	16.30
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	O	Oliver GRAHAM	Colc	60.48
2	C	Yasha BOBASH	Chelms	48.00
3	H	David BAUER	Harlow	34.29
4	BB	Aaron YORK	Bas	19.41
5	A	Mike HILLS	Brain	18.00
6				

A Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Glen PAXMAN	Harlow	32.22
2	B	Jack BROADBENT	Bas	16.32
3				
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	O	Paul COOPER	Colc	50.70
2	CC	Roger SKEDD	Chelms	47.62
3	B	Christopher HASTINGS	Bas	37.36
4	H	Glen PAXMAN	Harlow	34.71
5	A	Joshua MULLEY	Brain	26.35
6				

A Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	C	Sam TREMELLING (U20)	Chelms	36.89
2	HH	Carl PAXMAN	Harlow	34.31
3	BB	Jack BROADBENT	Bas	23.80
4	AA	Mike HILLS	Brain	13.45
5				
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	H	Harlow	Asa FLETCHER-SNOW (U20) Harry WOODALL James PETTY (U20) Marley SARLING (U	44.8

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2	C	Chelms	Sam TREMELLING (U20) Temilolu ALO (U20) Luke KETELEERS George GUTTERIDGE (45.3	466
3	A	Brain	Amr ZIKO Ryan MORGAN Harry ROLFE (U20) Callum LAW (U17)	48.5	246
4					
5					
6					

4 x 400m MixedB A

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Jude THORNE (U20) Joe WELLS	04:00.5	565
2	H	Harlow	Asa FLETCHER-SNOW (U20) Henry WRIGHT (U17) James PETTY (U20) Harry WOODAI	04:26.2	263
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021100m Women A

Posn	No.	Athlete	Club	Perf
1	C	Cara DUNCAN (U17)	Chelms	12.6
2	A	Rosie FIELD (U20)	Brain	13.0
3	O	Maya RATTRAY (U20)	Colc	13.0
4	B	Martha SMITH (U17)	Bas	13.8
5	H	Annalyse HASANALLY (U17)	Harlow	14.5
6				

100m Women B

Posn	No.	Athlete	Club	Perf
1	CC	Nneka OKOH (U17)	Chelms	13.0
2	AA	Elisha ELLISTON (U20)	Brain	13.3
3	BB	Gabrielle OSEWA (U20)	Bas	14.2
4	HH	Eloise TYRRELL-PRICE (U17)	Harlow	14.8
5				
6				

200m Women A

Posn	No.	Athlete	Club	Perf
1	C	Leah DUNCAN (U20)	Chelms	25.1
2	B	Kirsty OVERFIELD	Bas	25.9
3	A	Rosie FIELD (U20)	Brain	27.4
4	O	Maya RATTRAY (U20)	Colc	27.7
5	H	Eloise TYRRELL-PRICE (U17)	Harlow	30.9
6				

200m Women B

Posn	No.	Athlete	Club	Perf
1	CC	Cara DUNCAN (U17)	Chelms	26.8
2	AA	Elisha ELLISTON (U20)	Brain	27.6
3	OO	Jennifer PALMER (U20)	Colc	28.7
4	BB	Martha SMITH (U17)	Bas	28.9
5				
6				

400m Women A

Posn	No.	Athlete	Club	Perf
1	B	Kirsty OVERFIELD	Bas	58.0
2	O	Jennifer PALMER (U20)	Colc	64.8
3	C	Rosie TOWNLEY (U17)	Chelms	66.1
4				
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	BB	Abby REX	Bas	66.2
2	CC	Jessica WHILEY	Chelms	69.5
3				
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	A	Teegan RAYNER (U17)	Brain	02:20.3
2	BB	Holly FREEGARD (U20)	Bas	02:22.6
3	C	Hannah BOLTON (U20)	Chelms	02:22.9
4				
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	CC	Martha SMITH (U20)	Chelms	02:24.5
2	B	Abby REX	Bas	02:25.0
3	AA	Ruby PARKER (U17)	Brain	02:49.9
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/20211500m Women A

Posn	No.	Athlete	Club	Perf	
1	CC	Megan WILLIAMS	Chelms	04:54.6	636
2	B	Hollie REX (U20)	Bas	05:03.5	573
3	H	Sharon WRIGHT	Harlow	05:37.8	362
4	AA	Emily PEREIRA	Brain	06:02.7	240
5					
6					

1500m Women B

Posn	No.	Athlete	Club	Perf	
1	C	Sophie MCCALLUM (U17)	Chelms	05:04.7	565
2					
3					
4					
5					
6					

5000m Women A

Posn	No.	Athlete	Club	Perf	
1	H	Sharon WRIGHT	Harlow	20:30.9	498
2	C	Isobel GOWERS	Chelms	24:01.3	207
3					
4					
5					
6					

5000m Women B

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

100m Hurdles Women A

Posn	Athlete	Club	Perf		Wind
1	H Bethany HARRYMAN	Harlow	15.8	693	
2	B Scarlett ROLLS (U20)	Bas	16.4	637	
3	C Jessica WHILEY	Chelms	19.6	376	
4					
5					
6					

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf		Wind
1	BB	Moyo OKENLA (U20)	Bas	19.7	369	B
2	CC	Ndidikama OKOH (U20)	Chelms	22.4	200	
3						
4						
5						
6						

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf	
1	B	Scarlett ROLLS (U20)	Bas	65.2	734
2	C	Mia CHANTREE	Chelms	67.6	670
3					
4					
5					
6					

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf	
1	CC	Jessica WHILEY	Chelms	75.3	482
2	BB	Sophie DAVIES	Bas	82.9	320
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/20211500m S/Chase Women A

REC

Posn	No.	Athlete	Club	Perf
1	CC	Hannah BOLTON (U20)	Chelms	05:54.9
2				
3				
4				
5				
6				

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	C	Amy HOYE	Chelms	05:58.4
2				
3				
4				
5				
6				

High Jump Women A

A

Posn	Bib	Athlete	Club	Perf
1	C	Emma RATTLE (U20)	Chelms	1.61
2	HH	Ellie MARKLEW (U17)	Harlow	1.50
3	BB	Ava SPARHAM (U17)	Bas	1.45
4				
5				
6				

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	B	Scarlett ROLLS (U20)	Bas	1.45
2	H	Abigail DAWSON (U17)	Harlow	1.40
3	CC	Rosie TOWNLEY (U17)	Chelms	1.40
4				
5				
6				

Long Jump Women A

A

Posn	Bib	Athlete	Club	Perf
1	H	Bethany HARRYMAN	Harlow	5.45
2	CC	Nneka OKOH (U17)	Chelms	5.05
3	A	Kirsty RONALD	Brain	5.05
4	B	Gabrielle OSEWA (U20)	Bas	4.12
5				
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	C	Rosie TOWNLEY (U17)	Chelms	5.00
2	HH	Abigail DAWSON (U17)	Harlow	3.85
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	A	Kirsty RONALD	Brain	10.81
2	B	Moyo OKENLA (U20)	Bas	10.51
3	C	Emma RATTLE (U20)	Chelms	10.39
4	H	Abigail DAWSON (U17)	Harlow	7.75
5				
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Ndidikama OKOH (U20)	Chelms	9.09
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	C	Jaimee SMITH (U17)	Chelms	2.90
2				
3				
4				
5				
6				

A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	C	Omolola KUPONIYI (U20)	Chelms	14.02
2	O	Philippa DAVENALL	Colc	10.72
3	H	Bethany HARRYMAN	Harlow	8.98
4	B	Gabrielle OSEWA (U20)	Bas	8.88
5	A	Lynne CULHAM	Brain	3.83
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Jessica HOPKINS (U20)	Chelms	12.37
2	BB	Phoebe RICHARDSON (U17)	Bas	7.98
3	OO	Aliyah SOAMES (U20)	Colc	7.48
4	HH	Ellie MARKLEW (U17)	Harlow	6.82
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	O	Philippa DAVENALL	Colc	33.47
2	C	Omolola KUPONIYI (U20)	Chelms	30.37
3	H	Katie BRENNAN (U20)	Harlow	19.98
4	B	Gabrielle OSEWA (U20)	Bas	19.80
5	A	Lynne CULHAM	Brain	11.16
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Shirley QUINN	Chelms	25.56
2	BB	Phoebe RICHARDSON (U17)	Bas	19.62
3	HH	Emily SCOFIELD (U17)	Harlow	14.06
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	O	Philippa DAVENALL	Colc	61.06
2	C	Ndidikama OKOH (U20)	Chelms	32.63
3	B	Katherine ELLIS	Bas	27.83
4	A	Lynne CULHAM	Brain	10.76
5				
6				

A Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	CC	Shirley QUINN	Chelms	26.11	552
2	BB	Moyo OKENLA (U20)	Bas	19.06	435
3	OO	Aliyah SOAMES (U20)	Colc	X	
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	C	Jessica HOPKINS (U20)	Chelms	34.17
2	O	Aliyah SOAMES (U20)	Colc	29.77
3	H	Ellie MARKLEW (U17)	Harlow	28.65
4	BB	Scarlett ROLLS (U20)	Bas	25.72
5	A	Lynne CULHAM	Brain	5.89
6				

A Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	Bethany HARRYMAN	Harlow	25.24	650
2	CC	Jessica WHILEY	Chelms	25.23	650
3	B	Katherine ELLIS	Bas	18.14	510
4					
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Nneka OKOH (U17) Rosie TOWNLEY (U17) Maisie FULKER (U17) Cara DUNCAN (U17)	51.5	572
2	A	Brain	Rosie FIELD (U20) Lynne CULHAM Olivia COOPER Elisha ELLISTON (U20)	52.4	526
3	H	Harlow	Abigail DAWSON (U17) Eloise TYRRELL-PRICE (U17) Ellie MARKLEW (U17) Bethany	53.8	458
4					
5					
6					

4 x 400m MixedA A

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Hannah BOLTON (U20) Martha SMITH (U20)	03:54.8	646
2	O	Colc	Maya RATTRAY (U20) Jennifer PALMER (U20)	04:05.9	492
3	H	Harlow	Bethany HARRYMAN Emily SCOFIELD (U17) Katie BRENNAN (U20) Sharon WRIGHT	04:17.4	354
4	B	Bas	Abby REX Hollie REX (U20)	04:23.9	286
5					
6					

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

11/07/2021

NON-SCORERS**400m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	54	Luke Keteleers	Senior Men	Chelms	60.3
2					
3					
4					
5					
6					
7					
8					

100m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	50	Chosen James	Senior Men	Bas	11.5	
2						
3						
4						
5						
6						
7						
8						

100m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	57	Bradley Reed	Senior Men	Chelms	11.6	
2	66	Nathan Dana	U20 Men	Bas	12.2	
3	39	Olamide ODUPITAN	U17 Men	Brain	12.6	
4	32	Amr ZIKO	Senior Men	Brain	12.6	
5	48	Kevin Painter	Senior Men	Bas	14.0	
6						
7						
8						

200m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	72	Liam Floyd	Senior Men	Brain	26.8	
2	71	Nigel Gardner	Senior Men	Chelms	28.8	
3						
4						
5						
6						
7						
8						

200m Men (2)

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

400m Men**NON-SCORERS****400m Hurdles Women**

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

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	64	Maisie FULKER	U17 Women	Chelms	13.5	
2	34	Olivia COOPER	U23 Women	Brain	14.3	
3	65	Olivia MAYHEW	U20 Women	Chelms	14.4	
4	36	Eva STEWART	U17 Women	Brain	14.4	
5	52	Naomi Greenaway	U20 Women	Bas	14.5	
6						
7						
8						

100m Women (2)

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

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	42	Nneka OKOH	U17 Women	Chelms	26.7	
2	31	Teegan RAYNER	U17 Women	Brain	29.3	
3	34	Olivia COOPER	U23 Women	Brain	29.8	
4	65	Olivia MAYHEW	U20 Women	Chelms	30.1	
5						
6						
7						
8						

200m Women (2)

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

400m Women

SOUTHERN ATHLETICS LEAGUE Essex CHELMSFORD SPORT & ATHLETICS CENTRE

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Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1						1	67	Ella Whitfield	U17 Women	Bas	68.0
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	62	Thomas Woodward	U20 Men	Chelms	02:05.20
2	45	Charlie WALDER	U17 Men	Colc	02:10.50
3	46	Mark RUSSELL	Senior Men	Colc	02:12.50
4	43	Paul PRESTON	Senior Men	Colc	02:20.20
5					
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	59	Rebecca QUINLAN	Senior Women	Chelms	02:25.20
2	58	Hannah WATERS	U20 Women	Chelms	02:33.70
3	63	Paige WOODCRAFT	U20 Women	Chelms	02:54.70
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	35	Cameron BEASLEY	U17 Men	Brain	04:35.60
2	44	Theo GARDINER	U17 Men	Colc	04:40.50
3	37	Oscar GRAHAM-PEREIRA	U17 Men	Brain	04:57.00
4	38	Billy BRAZIER	U17 Men	Brain	04:59.80
5					
6					
7					
8					

1500m Women

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

5000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	40	Ryan PROUT	Senior Men	Brain	09:05.80
2	69	Paul MINGAY	Senior Men	Colc	09:58.10
3	68	Colin RIDLEY	Senior Men	Colc	10:07.60
4					
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	Wind	Perf
1	56	Rhys Collings	Senior Men	Chelms	20.3	
2						
3						
4						
5						
6						
7						
8						

100m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Wind	Perf
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 Essex CHELMSFORD SPORT & ATHLETICS CENTRE

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

Hammer Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	60	Samuel Larkins	Senior Men	Chelms	34.68
2	61	Carl PAXMAN	Senior Men	Harlow	15.72
3					
4					
5					
6					

Hammer Women

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

Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	61	Carl PAXMAN	Senior Men	Harlow	22.89
2					
3					
4					
5					
6					

Discus Women

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

Javelin Men

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

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	65	Olivia MAYHEW	U20 Women	Chelms	19.39
2					
3					
4					
5					
6					

Shot Men

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

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	51	Katherine Ellis	Senior Women	Bas	6.86
2					
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 Essex CHELMSFORD SPORT & ATHLETICS CENTRE

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1	53	Sam Tremelling	U20 Men	Chelms	5.69	1	41	Grace TREMELLING	U17 Women	Chelms	4.60
2	48	Kevin Painter	Senior Men	Bas	5.45	2	47	Isabel LAWRENCE	U20 Women	Chelms	4.38
3						3					
4						4					
5						5					
6						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	70	Clare ST JOHN-COLEMAN	Senior Women	Chelms	7.43	
2						
3						
4						
5						
6						

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	55	Roger Skedd	Senior Men	Chelms	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					