

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Hertfordshire	
MATCH	2	
VENUE	DACORUM ATHLETICS TRACK (Jarman Park)	
P/FINISH	NO	1

Date Sunday, July 11 2021

Venue DACORUM ATHLETICS TRACK (Jarman Park)

Host Club Dacorum &amp; Tring AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
D	Dacorum & Tring AC	Dac&T	20	176.3	14.6	175.6	386.5
S	Stevenage & North Herts AC	SNH	20	40.9		58.7	119.6
L	Luton AC	Luton	20	76.4	3.7	105.6	205.7
T	St. Albans AC	Albans	20	149.1	15.9	130.5	315.5
W	Watford Harriers	Watf	20	107.6	13.9	77.4	218.9
X	Herts Phoenix AC	Herts P	15	123.7	20.4	92.6	251.6

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Dacorum & Tring AC	386.5	1.0			386.5	1.0
2	St. Albans AC	315.5	2.0			315.5	2.0
3	Herts Phoenix AC	251.6	3.0			251.6	3.0
4	Watford Harriers	218.9	4.0			218.9	4.0
5	Luton AC	205.7	5.0			205.7	5.0
6	Stevenage & North Herts AC	119.6	6.0			119.6	6.0

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

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

<u>100m Men A</u>					<u>100m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	t	Luis DA SILVA	Albans	11.2	696	1	ww	Chris OSEI	Watf	11.5	607
2	d	Sullivan MCALINDEN (U17)	Dac&T	11.6	579	2	tt	Ayo BYRON	Albans	11.5	607
3	l	James GARDNER (U20)	Luton	11.7	552	3	dd	Ralph WILLIAMS (U20)	Dac&T	12.1	451
4	w	Chris DAVIES (U17)	Watf	11.9	500	4	ll	Prodige ANISHA (U17)	Luton	12.1	451
5	s	Alex PICKARD (U20)	SNH	12.1	451	5	xx	Kyle WILLIAMS (U17)	Herts P	12.2	428
6	x	Bradley GIFKINS (U17)	Herts P	12.9	285	6					

<u>200m Men A</u>					<u>200m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	d	Samad IBRAHIM (U20)	Dac&T	22.6	727	1	ww	David OPOKU (U17)	Watf	23.7	570
2	x	Matthew COX (U20)	Herts P	23.0	668	2	dd	Oscar NORTH (U17)	Dac&T	24.1	519
3	l	James GARDNER (U20)	Luton	23.3	625	3	ss	Alex PICKARD (U20)	SNH	24.7	447
4	t	Will KENNEDY (U17)	Albans	23.8	557	4	tt	Shion EVANS (U17)	Albans	25.0	413
5	s	Bhuvanesh RAMNAUTH (U20)	SNH	23.9	544	5	xx	Kyle WILLIAMS (U17)	Herts P	25.5	360
6	w	Chris DAVIES (U17)	Watf	24.1	519	6	ll	Prodige ANISHA (U17)	Luton	25.8	330

<u>400m Men A</u>					<u>400m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	t	Sam JONES	Albans	49.8	774	1	dd	Jack RAINE (U20)	Dac&T	54.2	533
2	d	Samad IBRAHIM (U20)	Dac&T	51.3	686	2	tt	Oren SENEVIRATNE (U17)	Albans	55.0	494
3	x	George SMITH (U17)	Herts P	56.1	444	3	ww	Simeon BECKFORD-TONGS	Watf	57.9	369
4	w	James WRIGHT	Watf	57.0	406	4					
5	l	Joseph LARKAI	Luton	63.8	176	5					
6						6					

<u>800m Men A</u>					<u>800m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	x	George WARD (U17)	Herts P	01:59.9	671	1	xx	Max BATTY (U20)	Herts P	02:04.2	569
2	dd	Joseph CHAMBERLAIN (U20)	Dac&T	02:00.4	658	2	d	Jamie BAILEY (U20)	Dac&T	02:04.7	558
3	w	Thomas HOBBS (U17)	Watf	02:06.5	519	3	tt	Andrew SHAW	Albans	02:09.0	467
4	t	Alex MOFFAT (U20)	Albans	02:08.3	481	4	ww	James WRIGHT	Watf	02:12.1	408
5						5					
6						6					

<u>1500m Men A</u>					<u>1500m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	w	Charlie WOOLLETT (U20)	Watf	04:06.7	675	1	xx	William REILLY (U20)	Herts P	04:23.5	505
2	x	Daniel GILL (U20)	Herts P	04:09.2	648	2	dd	James FRENCH	Dac&T	04:24.3	498
3	d	Joseph CHAMBERLAIN (U20)	Dac&T	04:19.7	541	3	ww	Lewis CLARK (U20)	Watf	05:06.9	197
4	t	Paul ADAMS	Albans	04:24.4	497	4	tt	Steve BOWRAN	Albans	05:09.0	186
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	d	Sam BURNELL (U20)	Dac&T	09:07.5	656	1	dd	James FRENCH	Dac&T	09:08.1	653

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

2	t	Oscar LOVEDAY (U17)	Albans	09:08.7	650	2	tt	George WITHERS	Albans	09:24.2	576
3	w	Archie MARSHALL (U17)	Watf	10:01.9	415	3					
4	x	David STEPHENS	Herts P	11:20.4	168	4					
5						5					
6						6					

110m Hurdles Men A

1.3 1.3

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf
1	t	Ayo BYRON	Albans	15.2	797	1				
2	s	Edward LAWS (U20)	SNH	16.5	661	2				
3						3				
4						4				
5						5				
6						6				

400m Hurdles Men A
400m Hurdles Men B

Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf	
1	d	Haydn WILLIAMS (U20)	Dac&T	61.1	609	1	dd	Marcus STANSBURY (U20)	Dac&T	65.7	480
2	x	David STEPHENS	Herts P	71.4	340	2					
3						3					
4						4					
5						5					
6						6					

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/20213000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	d	Rhys ROWLANDS	Dac&T	10:36.2
2	x	Peter TOWNSEND	Herts P	10:37.8
3	t	James MOORE (U20)	Albans	10:52.8
4				
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	xx	Steve PROSSER	Herts P	11:40.3
2	dd	Marcus STANSBURY (U20)	Dac&T	13:42.2
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	X	Matthew COX (U20)	Herts P	6.42
2	W	Omatsola DUDU (U17)	Watf	5.94
3	DD	George BANCROFT (U17)	Dac&T	5.64
4	L	Romero ARMANI DUJON	Luton	5.55
5	T	Charlie POWELL (U20)	Albans	5.15
6				

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	D	Edward FOY (U17)	Dac&T	5.59
2	WW	Marcus FIRBY (U20)	Watf	4.78
3	TT	David EVANS	Albans	4.50
4	LL	Lee CAREY	Luton	4.05
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	S	Elior HARRIS	SNH	1.90
2	X	Sam VERYARD (U20)	Herts P	1.75
3	DD	Edward FOY (U17)	Dac&T	1.70
4	T	Matthew WILLIAMS (U20)	Albans	1.65
5				
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	SS	Edward LAWS (U20)	SNH	1.75
2	TT	Benjamin WALKER (U17)	Albans	1.55
3	XX	David STEPHENS	Herts P	1.00
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	X	Matthew COX (U20)	Herts P	12.85
2	L	James GARDNER (U20)	Luton	12.65
3	DD	James DEAYN (U17)	Dac&T	11.54
4	TT	Charlie POWELL (U20)	Albans	11.06
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	LL	Romero ARMANI DUJON	Luton	11.46
2	D	Marcus STANSBURY (U20)	Dac&T	10.34
3	T	Ivan VARDIN (U17)	Albans	9.46
4	XX	William REILLY (U20)	Herts P	9.44
5				
6				

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	DD	Haydn WILLIAMS (U20)	Dac&T	3.70
2	T	Phil YAXLEY	Albans	2.00
3				
4				
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	D	Thomas ASHTON (U20)	Dac&T	3.70
2				
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	D	James ISAACS (U20)	Dac&T	11.80
2	L	Jamie POTTON-BURRELL	Luton	11.53
3	W	Joe BUCK (U20)	Watf	9.43
4	X	James GROVE	Herts P	8.90
5	T	Tim HIGMAN	Albans	7.77
6				

A Shot Men B

Posn	Bib	Athlete	Club	Perf
1	LL	Zack GRINSTED (U17)	Luton	10.69
2	DD	Chris LINE	Dac&T	10.22
3	XX	Bradley GIFKINS (U17)	Herts P	7.32
4	WW	Richard PARLES	Watf	5.51
5	TT	Phil YAXLEY	Albans	5.19
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	D	Chris LINE	Dac&T	37.94
2	X	James GROVE	Herts P	31.49
3	L	Jamie POTTON-BURRELL	Luton	30.95
4	W	Joe BUCK (U20)	Watf	24.61
5	S	Steve MAYFIELD	SNH	19.90
6	T	Tim HIGMAN	Albans	19.68

A Discus Men B

Posn	Bib	Athlete	Club	Perf
1	DD	James ISAACS (U20)	Dac&T	36.09
2	LL	Zack GRINSTED (U17)	Luton	28.01
3	TT	Ivan VARDIN (U17)	Albans	18.16
4	XX	David STEPHENS	Herts P	12.46
5	WW	Richard PARLES	Watf	10.05
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	L	Jamie POTTON-BURRELL	Luton	50.79
2	D	James ISAACS (U20)	Dac&T	31.36
3	X	James GROVE	Herts P	30.49
4	S	Steve FEELY	SNH	28.39
5	W	Joe BUCK (U20)	Watf	22.56
6	T	Tim HIGMAN	Albans	18.71

A Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	DD	Chris LINE	Dac&T	22.53
2	LL	Geoff GRINSTED	Luton	15.45
3	WW	Richard PARLES	Watf	7.07
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	T	Matthew WILLIAMS (U20)	Albans	37.60
2	D	Shaun WALL	Dac&T	36.54
3	L	Jamie POTTON-BURRELL	Luton	29.49
4	S	Joel EVANS (U20)	SNH	28.91
5	W	Joe BUCK (U20)	Watf	28.89
6	X	James GROVE	Herts P	22.62

A Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	DD	Thomas ASHTON (U20)	Dac&T	33.18
2	SS	Steve MAYFIELD	SNH	23.52
3	LL	James GARDNER (U20)	Luton	23.36
4	TT	Thomas CHISHOLM (U17)	Albans	21.06
5	WW	Richard PARLES	Watf	11.64
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	t	Albans	Will KENNEDY (U17) Luis DA SILVA Shion EVANS (U17) Ayo BYRON	45.5

**SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)**
**11/07/2021**

2	d	Dac&T	Jack RAINE (U20) Ralph WILLIAMS (U20) Oscar NORTH (U17) Samad IBRAHIM (U20)	45.7	435
3	w	Watf	Omatsola DUDU (U17) Chris DAVIES (U17) David OPOKU (U17) Chris OSEI	45.7	435
4	x	Herts P	Matthew COX (U20) Kyle WILLIAMS (U17) Bradley GIFKINS (U17) George SMITH (U17)	50.1	164
5	l	Luton	Lee CAREY James GARDNER (U20) Daniel BOTTESCH Prodige ANISHA (U17)	61.6	
6					

**4 x 400m MixedB A**

Posn	No.	Club	Runners	Perf	
1	x	Herts P	George SMITH (U17) Matthew COX (U20) Daniel GILL (U20)	04:00.4	566
2	t	Albans	Andrew SHAW Steve BOWRAN	04:14.7	385
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

<u>100m Women A</u>					Wind	0.1	0.1	<u>100m Women B</u>					Wind	1.6	1.6
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	x	Amelia GITTENS (U17)	Herts P	12.5			752	1	ww	Anya MORZARIA (U17)	Watf	12.7			707
2	l	Tina LOUIS (U20)	Luton	12.7			707	2	ll	Charise MYRIE (U20)	Luton	13.0			644
3	d	Abbie PARKER (U17)	Dac&T	13.3			584	3	xx	Jessica POON (U20)	Herts P	13.4			564
4	w	Chrissy MURRAY (U20)	Watf	13.4			564	4	dd	Esme O'CONNELL (U20)	Dac&T	13.8			491
5	t	Orla FOLEY (U17)	Albans	13.9			474	5	tt	Lokyee CHEUNG (U17)	Albans	15.0			306
6								6							

  

<u>200m Women A</u>					Wind	00.3	0.3	<u>200m Women B</u>					Wind		B
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	x	Sophie SEGUN	Herts P	25.7			735	1	xx	Nathalia DUNBAR (U20)	Herts P	26.3			674
2	l	Tina LOUIS (U20)	Luton	26.3			674	2	dd	Milly GALL (U20)	Dac&T	26.5			654
3	d	Abbie PARKER (U17)	Dac&T	26.7			635	3	ww	Ava MCLOUGHLIN (U17)	Watf	27.0			607
4	t	Emeline BROWN (U20)	Albans	27.1			598	4	ll	Bluebell COOKE (U20)	Luton	27.3			579
5	w	Chrissy MURRAY (U20)	Watf	27.7			544	5	tt	Orla FOLEY (U17)	Albans	28.4			486
6								6							

  

<u>400m Women A</u>								<u>400m Women B</u>							
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	s	Delphine LEHRFREUND (U2)	SNH	60.3			669	1	xx	Isabel WILDGOOSE (U17)	Herts P	62.9			574
2	l	Leah JAY (U17)	Luton	61.3			632	2	dd	Isabelle NERO (U20)	Dac&T	65.0			503
3	t	Niamh GALLAGHER (U20)	Albans	62.9			574	3	tt	Hannah RAYDEN	Albans	70.3			347
4	x	Daisy CREASEY (U20)	Herts P	63.3			560	4	ww	Emma GARDNER	Watf	81.1			123
5	d	Elsie LEIPER (U20)	Dac&T	66.0			472	5							
6								6							

  

<u>800m Women A</u>								<u>800m Women B</u>							
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	x	Louise GRENFELL (U17)	Herts P	02:18.5			716	1	d	Jemima BYERS (U17)	Dac&T	02:24.2			626
2	dd	Katy WARREN	Dac&T	02:19.6			698	2	tt	Sarah MCGRATH (U17)	Albans	02:24.9			615
3	t	Niamh GALLAGHER (U20)	Albans	02:21.7			665	3	xx	Zara MOHAMMEDBHAI (U17)	Herts P	02:40.8			400
4	s	Alexandra GATES	SNH	02:42.5			380	4							
5	ww	Emma GARDNER	Watf	02:56.4			235	5							
6								6							

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	l	Rosie MCNABOLA	Luton	04:53.7
2	t	Hannah RAYDEN	Albans	05:17.2
3	x	Daniella SKATER (U17)	Herts P	05:20.7
4	d	Georgina MANN	Dac&T	05:26.2
5	w	Hannah TROTMAN	Watf	05:29.3
6				

1500m Women B

Posn	No.	Athlete	Club	Perf	
1	ll	Leah JAY (U17)	Luton	05:11.2	522
2	dd	Elizabeth ROBERTS	Dac&T	05:57.8	262
3	xx	Yvonne JONES	Herts P	06:30.1	134
4	ww	Charlotte GLENISTER (U20)	Watf	06:36.6	113
5					
6					

5000m Women A

Posn	No.	Athlete	Club	Perf
1	t	Lily TSE (U17)	Albans	19:02.6
2	w	Claire BENTLEY	Watf	19:18.7
3	l	Claire MCMAHON-ADIE	Luton	20:21.1
4	d	Kelly DUBUISSON	Dac&T	21:24.5
5	s	Alexandra GATES	SNH	22:08.5
6				

5000m Women B

Posn	No.	Athlete	Club	Perf	
1	dd	Elizabeth ROBERTS	Dac&T	21:38.6	391
2	ww	Christine DEARMAN	Watf	27:15.9	46
3					
4					
5					
6					

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	d Milly GALL (U20)	Dac&T	14.9	0.2
2	l Charise MYRIE (U20)	Luton	16.9	0.2
3	w Suzanne BENTLEY	Watf	17.4	0.2
4				
5				
6				

100m Hurdles Women B

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

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	w	Suzanne BENTLEY	Watf	68.1
2	t	Emeline BROWN (U20)	Albans	68.9
3	s	Madeline WAITE (U20)	SNH	70.8
4	d	Emma TO (U20)	Dac&T	72.9
5				
6				

400m Hurdles Women B

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



## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021
1500m S/Chase Women A

REC

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	t	Niamh GALLAGHER (U20)	Albans	05:27.1
2	d	Katy WARREN	Dac&T	05:37.2
3	x	Isabel WILDGOOSE (U17)	Herts P	06:25.3
4	w	Charlotte GLENISTER (U20)	Watf	07:35.3
5				
6				

Posn	No.	Athlete	Club	Perf
1	tt	Lily TSE (U17)	Albans	05:49.7
2	dd	Beth MOODY (U17)	Dac&T	05:59.7
3	xx	Yvonne JONES	Herts P	07:44.6
4	ww	Christine DEARMAN	Watf	08:08.5
5				
6				

High Jump Women A

A

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	D	Anna CRAGGS (U20)	Dac&T	1.42
2	TT	Eleanor MCARDLE	Albans	1.42
3	W	Amy HAWKES (U17)	Watf	1.38
4				
5				
6				

Posn	Bib	Athlete	Club	Perf
1	DD	Chloe GROGAN (U17)	Dac&T	1.42
2	T	Margot KOPPE (U17)	Albans	1.32
3				
4				
5				
6	S	S		

Long Jump Women A

A

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	D	Annie BURCHELL (U17)	Dac&T	5.01
2	W	Ava MCLOUGHLIN (U17)	Watf	4.77
3	X	Louise GRENFELL (U17)	Herts P	4.61
4	T	Margot KOPPE (U17)	Albans	4.15
5				
6				

Posn	Bib	Athlete	Club	Perf
1	DD	Esme O'CONNELL (U20)	Dac&T	4.28
2				
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	D	Hannah BOOTH (U20)	Dac&T	10.72
2	L	Charise MYRIE (U20)	Luton	10.17
3	S	Rebecca SCOTT (U17)	SNH	9.66
4	T	Emeline BROWN (U20)	Albans	9.39
5	X	Daisy CREASEY (U20)	Herts P	9.06
6	W	Lucy HAWKES (U17)	Watf	8.59

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	DD	Anna CRAGGS (U20)	Dac&T	8.97	498
2	TT	Niamh GALLAGHER (U20)	Albans	8.58	455
3					
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	D	Amy BARRETT (U17)	Dac&T	3.00
2	TT	Sue YEOMANS	Albans	2.30
3				
4				
5				
6				

A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	T	Louise KELLY	Albans	2.30	450
2					
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	D	Milly GALL (U20)	Dac&T	10.04
2	T	Louise KELLY	Albans	9.02
3	X	Sophie SEGUN	Herts P	8.79
4	S	Libby TAYLOR (U20)	SNH	8.73
5	L	Suzanna WISE	Luton	7.40
6	W	Jennifer EGLINTON	Watf	6.65

A Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	XX	Lucia RIZZO (U17)	Herts P	7.44	526
2	DD	Caitlin FILBY	Dac&T	6.65	456
3	TT	Charlie COLLING (U20)	Albans	6.24	417
4	WW	Christine CANNING	Watf	4.98	278
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	L	Emma BEALES	Luton	39.64
2	D	Caitlin FILBY	Dac&T	23.89
3	XX	Lucia RIZZO (U17)	Herts P	22.68
4	TT	Isabelle KEITH (U17)	Albans	19.26
5	WW	Robyn LOWER	Watf	15.79
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	Suzanna WISE	Luton	31.86	758
2	X	Sophie SEGUN	Herts P	19.32	528
3	T	Meeka NIGHTINGALE (U17)	Albans	15.60	435
4	W	Jennifer EGLINTON	Watf	12.05	320
5	DD	Elizabeth ROBERTS	Dac&T	10.23	240
6					

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	S	Libby TAYLOR (U20)	SNH	45.44
2	L	Suzanna WISE	Luton	38.48
3	D	Caitlin FILBY	Dac&T	28.01
4	T	Charlie COLLING (U20)	Albans	19.36
5	W	Christine CANNING	Watf	16.39
6				

**A Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	DD	Daisy LAING (U17)	Dac&T	20.14	455
2	TT	Sue YEOMANS	Albans	13.71	328
3					
4					
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	D	Amy BARRETT (U17)	Dac&T	31.97
2	S	Georgia SHEPHARD-GAZEL	SNH	30.74
3	T	Eleanor MCARDLE	Albans	29.73
4	W	Suzanne BENTLEY	Watf	24.96
5	X	Louise GRENFELL (U17)	Herts P	24.27
6	L	Suzanna WISE	Luton	18.19

**A Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	DD	Milly GALL (U20)	Dac&T	28.41	704
2	TT	Alannah DALY (U20)	Albans	27.66	691
3	WW	Jennifer EGLINTON	Watf	15.21	440
4	XX	Lucia RIZZO (U17)	Herts P	10.90	312
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf	
1	x	Herts P	Nathalia DUNBAR (U20) Sophie SEGUN Amelia GITTENS (U17) Jessica POON (U20)	50.0	651
2	w	Watf	Ava MCLOUGHLIN (U17) Lucy HAWKES (U17) Anya MORZARIA (U17) Chrissy MURR	52.6	516
3	d	Dac&T	Annie BURCHELL (U17) Abbie PARKER (U17) Anna CRAGGS (U20) Milly GALL (U20)	53.7	463
4	t	Albans	Sarah MCGRATH (U17) Eleanor MCARDLE Lokyee CHEUNG (U17) Emeline BROWN	56.4	342
5					
6					

**4 x 400m MixedA A**

Posn	No.	Club	Runners	Perf	
1	x	Herts P	Serena THOMAS (U20) Daisy CREASEY (U20) Daniella SKATER (U17)	03:54.2	655
2	d	Dac&T	Elsie LEIPER (U20) Katy WARREN	04:00.4	566
3	w	Watf	Suzanne BENTLEY Hannah TROTMAN	04:10.0	441
4	t	Albans	Emeline BROWN (U20) Lily TSE (U17)	04:12.5	410
5	l	Luton	Bluebell COOKE (U20) Leah JAY (U17)	04:16.0	370
6					

SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

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

Posn	Bib	Athlete	Age Group	Club	Perf
1	123	Ethan PEACOCK	U20 Men	Dac&T	60.6
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	138	Will KENNEDY	U17 Men	Albans	11.7	2.5
2						
3						
4						
5						
6						
7						
8						

**100m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	46	Ava MCLOUGHLIN	U17 Women	Watf	13.2	1.5
2	142	Uchenna DA SILVA	U17 Women	Luton	13.5	
3	26	Bairavee SIVAKANTHAN	U20 Women	Watf	13.8	
4	133	Lucy Hawkes	U17 Women	Watf	13.9	
5	82	Gabby SLINKO	U17 Women	Luton	13.9	
6	39	Eleanor MCARDLE	U23 Women	Albans	14.3	
7						
8						

**100m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	144	Nicholas Kamara	U17 Men	Watf	11.9	1.7
2	145	David OPOKU	U17 Men	Watf	11.9	
3	136	Shion EVANS	U17 Men	Albans	12.1	
4	137	Charlie POWELL	U20 Men	Albans	12.2	
5	135	David EVANS	Senior Men	Albans	12.7	
6	146	Daniel IKWUE	U17 Men	Watf	12.8	
7	42	Lee CAREY	Senior Men	Luton	13.4	
8	134	Philip YAXLEY	Senior Men	Albans	14.1	

**100m Women (2)**

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

**200m Men (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	135	David EVANS	Senior Men	Albans	26.8	1.1
2	42	Lee CAREY	Senior Men	Luton	27.6	
3	154	Steve Mayfield	Senior Men	SNH	28.6	
4	134	Philip YAXLEY	Senior Men	Albans	29.9	
5						
6						
7						
8						

**200m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	13	Serena THOMAS	U20 Women	Herts P	26.3	0.9
2	153	Annie BURCHELL	U17 Women	Dac&T	27.6	
3	70	Jasmine DURU	U20 Women	Herts P	27.7	
4	82	Gabby SLINKO	U17 Women	Luton	29.1	
5	27	Natasha RIX	U17 Women	Herts P	30.2	
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
1	100	Sally COOKE	Senior Women	Luton	26.8	1.1
2	151	Jessica POON	U17 Women	Herts P	27.4	
3	47	Amelie HALL	U17 Women	Herts P	28.3	
4	142	Uchenna DA SILVA	U17 Women	Luton	28.6	
5	75	Brianna SMITH	U17 Women	Herts P	29.1	
6	39	Eleanor MCARDLE	U23 Women	Albans	31.0	
7						
8						

**400m Men****400m Women**

## SOUTHERN ATHLETICS LEAGUE Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	64	Oscar NORTH	U17 Men	Dac&T	54.2	1					
2	139	Andrew SHAW	U23 Men	Albans	54.6	2					
3	127	James TWALLIN	Senior Men	Dac&T	55.9	3					
4						4					
5						5					
6						6					
7						7					
8						8					

**800m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	128	Rob POTTON	Senior Men	Dac&T	02:20.00
2					
3					
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	140	Hannah RAYDEN	U23 Women	Albans	02:25.30
2	143	Lauren Collis	U17 Women	Dac&T	02:53.00
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	147	Claire BENTLEY	Senior Women	Watf	05:40.20
2					
3					
4					
5					
6					
7					
8					

**5000m Men**

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

**4 x 100m Women**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	155	Herts P 4 x 100m Women	Senior Women	Herts P	54.2	
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 Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

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					
2					
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	36	Shaun WALL	Senior Men	Dac&T	25.71
2	45	Geoff GRINSTED	Senior Men	Luton	20.23
3	137	Charlie POWELL	U20 Men	Albans	15.15
4					
5					
6					

**Discus Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	148	Sue YEOMANS	Senior Women	Albans	15.51
2	40	Charlie COLLING	U20 Women	Albans	13.57
3	149	Christine CANNING	Senior Women	Watf	11.93
4	132	Lokyee CHEUNG	U17 Women	Albans	9.70
5					
6					

**Javelin Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	150	Tim Higman	Senior Men	Albans	21.01
2					
3					
4					
5					
6					

**Javelin Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	91	Orla FOLEY	U17 Women	Albans	19.53
2					
3					
4					
5					
6					

**Shot Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	36	Shaun WALL	Senior Men	Dac&T	9.96
2	45	Geoff GRINSTED	Senior Men	Luton	6.64
3					
4					
5					
6					

**Shot Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	131	Meeka NIGHTINGALE	U17 Women	Albans	6.70
2	132	Lokyee CHEUNG	U17 Women	Albans	6.03
3	148	Sue YEOMANS	Senior Women	Albans	5.14
4	77	Sarah MCGRATH	U17 Women	Albans	4.78
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 Hertfordshire DACORUM ATHLETICS TRACK (Jarman Park)

11/07/2021

1	54	James DEAYN	U17 Men	Dac&T	5.45	1
2	32	Marcus STANSBURY	U20 Men	Dac&T	5.21	2
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						
2						
3						
4						
5						
6						

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	130	Joe THOMPSON	U20 Men	Dac&T	1.55
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	33	William ASHTON	U20 Men	Dac&T	3.40
2					
3					
4					
5					
6					

Pole Vault Women

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