

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	North West London	
MATCH	2	
VENUE	HILLINGDON ATHLETICS CENTRE	
P/FINISH	NO	1

Date Sunday, July 11 2021

Venue HILLINGDON ATHLETICS CENTRE

Host Club Hillingdon AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
L	Hillingdon AC	Hil'don		88.1	5.3	77.2	170.6
S	Serpentine Running Club	Serp		75.4	1.7	75.9	152.9
V	Thames Valley Harriers	TVH		199.3	24.6	184.3	408.3
M	Highgate Harriers & Mornington Chasers ©	Higate&MC		72.7		75.3	148.0
H	Harrow AC	Harrow		207.0	24.3	194.1	425.5
F	ESM & Ealing Eagles ©	ESM&EE		158.9	14.9	116.5	290.3

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Harrow AC	425.5	1.0			425.5	1.0
2	Thames Valley Harriers	408.3	2.0			408.3	2.0
3	ESM & Ealing Eagles ©	290.3	3.0			290.3	3.0
4	Hillingdon AC	170.6	4.0			170.6	4.0
5	Serpentine Running Club	152.9	5.0			152.9	5.0
6	Highgate Harriers & Mornington Chasers ©	148.0	6.0			148.0	6.0

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

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021100m Men A

Posn	No.	Athlete	Club	Wind	Perf
1	v	Clyde ANUCHA	TVH		11.2
2	h	Luke COLLIS	Harrow		11.4
3	f	Bilal UBA	ESM&EE		11.6
4	m	Zavier ACHIAMPONG (U20)	Higate&MC		11.9
5	s	SodiQ ABIOLA	Serp		12.5
6					

100m Men B

Posn	No.	Athlete	Club	Wind	Perf
1	ff	Zack CLARKE-GREEN (U17)	ESM&EE		11.6
2	hh	Dominique OLANIYI	Harrow		11.6
3	vv	Ebenezer JOSEPH	TVH		11.9
4	mm	Neil MIDDLETON	Higate&MC		13.2
5	ss	Jeremy FREER	Serp		13.9
6					

200m Men A

Posn	No.	Athlete	Club	Wind	Perf
1	h	Luke COLLIS	Harrow		22.1
2	f	Zack CLARKE-GREEN (U17)	ESM&EE		22.9
3	v	Clyde ANUCHA	TVH		23.0
4	m	Remy WEINBRECHT (U17)	Higate&MC		24.7
5	s	SodiQ ABIOLA	Serp		26.8
6					

200m Men B

Posn	No.	Athlete	Club	Wind	Perf
1	ff	Bilal UBA	ESM&EE		22.8
2	hh	Richard CARR	Harrow		23.4
3	vv	Edward SESAY (U20)	TVH		24.8
4	mm	Neil MIDDLETON	Higate&MC		26.9
5	ss	Jeremy FREER	Serp		28.6
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	h	Max SCHOPP	Harrow	49.8
2	l	Liam HOLBROOK	Hil'don	52.0
3	v	Neon RICHARDS (U20)	TVH	52.3
4	f	Rowan BOARD	ESM&EE	52.8
5	s	David ROBINSON	Serp	63.1
6	m	Anton PETRESCU	Higate&MC	63.7

400m Men B

Posn	No.	Athlete	Club	Perf
1	hh	Nathan KABEL (U17)	Harrow	52.1
2	ff	Kirk LEBDIRI (U20)	ESM&EE	54.1
3	vv	Adrian HEMERY	TVH	56.1
4	ss	Jeremy FREER	Serp	63.5
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	f	Seweryn CZAPKA (U20)	ESM&EE	01:58.2
2	L	Liam HOLBROOK	Hil'don	01:58.8
3	H	Christopher HUDSON (U20)	Harrow	02:00.1
4	V	Robert VALLANCE	TVH	02:01.1
5	M	Finlay SLEEMAN (U20)	Higate&MC	02:02.3
6	S	Philip WHITEHOUSE	Serp	02:22.0

800m Men B

Posn	No.	Athlete	Club	Perf
1	LL	Abdi fatah KHALIF (U20)	Hil'don	02:00.4
2	FF	Mohamed HASHI	ESM&EE	02:00.4
3	VV	Jake HOOLEY	TVH	02:04.7
4	MM	Sam AMDOR (U17)	Higate&MC	02:04.8
5	HH	Jaran SINGH (U20)	Harrow	02:07.5
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	f	Seweryn CZAPKA (U20)	ESM&EE	04:11.3
2	S	Jonathan POOLE	Serp	04:13.8
3	V	Thomas TAYLOR	TVH	04:14.4
4	H	Liam FENN (U17)	Harrow	04:34.4
5	L	Robert COMBE (U17)	Hil'don	04:35.6
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	FF	Chris MASON	ESM&EE	04:31.0
2	HH	Malik JOHNSON	Harrow	04:35.4
3	LL	Zachary DICKENS (U17)	Hil'don	04:43.0
4	VV	Manuel DA SILVA	TVH	04:51.5
5	SS	Michele BOTTONE	Serp	04:52.3
6				

3000m Men A

Posn	No.	Athlete	Club	Perf
1	s	Jonathan POOLE	Serp	08:53.7

3000m Men B

Posn	No.	Athlete	Club	Perf
1	F	Christopher HEPWORTH	ESM&EE	09:22.2

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021

2	FF	Chris MASON	ESM&EE	08:55.6	717	2	LL	Martin BATEMAN	Hil'don	09:23.9	577
3	V	Robert VALLANCE	TVH	09:08.3	652	3	VV	Jake HOOLEY	TVH	09:28.2	557
4	L	Jack MCVANN	Hil'don	09:22.9	582	4	H	Michael O'SULLIVAN	Harrow	09:36.7	519
5	HH	David BRANFOOT	Harrow	09:30.3	548	5	SS	Michele BOTTONI	Serp	10:08.1	391
6	M	Donal MORAN	Higate&MC	09:56.1	438	6	MM	Paul SANT	Higate&MC	11:54.2	97

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	hh	Dajon WRIGHT	Harrow	15.0
2	v	Florian VOGEL	TVH	17.1
3	s	David ROBINSON	Serp	22.2
4				
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	h	Owen HEARD	Harrow	15.0
2	vv	Manuel DA SILVA	TVH	24.8
3				
4				
5				
6				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	h	Damaine BENJAMIN	Harrow	56.5
2	v	Neon RICHARDS (U20)	TVH	57.5
3	f	Stefan RITTE	ESM&EE	65.3
4	l	Rhys FEAVIOUR	Hil'don	67.5
5	s	David ROBINSON	Serp	68.7
6				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	vv	Adrian HEMERY	TVH	62.3
2	ss	Stuart LEIGH	Serp	73.6
3	hh	Declan TRAYNOR	Harrow	76.0
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/20213000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	V	Robert VALLANCE	TVH	10:29.5
2	F	Stefan RITTE	ESM&EE	10:36.8
3	H	Declan TRAYNOR	Harrow	11:08.4
4	SS		Serp	12:57.2
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	VV	Jake HOOLEY	TVH	10:44.1	557
2	HH	David BRANFOOT	Harrow	11:13.6	470
3	FF	Robert BROWN	ESM&EE	12:08.3	329
4					
5					
6					

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	V	Ogo ANOCHIRIONYE	TVH	6.94
2	H	Owen HEARD	Harrow	6.71
3	F	Osaze AGHEDO	ESM&EE	6.34
4	M	Remy WEINBRECHT (U17)	Higate&MC	5.69
5	LL	Kirk O'ROURKE	Hil'don	4.87
6	S	David ROBINSON	Serp	4.86

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Richard CARR	Harrow	6.39	731
2	MM	Zavier ACHIAMPONG (U20)	Higate&MC	5.29	515
3	SS	Luke ROBINSON (U17)	Serp	4.55	371
4	L	Jeremy COLLIS	Hil'don	3.53	179
5	FF	Patrick CORNELL	ESM&EE	1.38	
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	H	Richard CARR	Harrow	1.85
2	VV	Adrian HEMERY	TVH	1.65
3	L	Rhys FEAVIOUR	Hil'don	1.50
4	S	David ROBINSON	Serp	1.45
5				
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	V	Stanislav VILGA	TVH	1.50	427
2	HH	Harvey GRIFFITHS	Harrow	1.50	427
3	SS	Nicola BARBERIS NEGRA	Serp	1.30	259
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	F	Osaze AGHEDO	ESM&EE	14.37
2	V	Joel BRIGHT-DAVIES	TVH	12.40
3	H	Richard CARR	Harrow	12.33
4	S	Stuart LEIGH	Serp	9.19
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	VV	Neon RICHARDS (U20)	TVH	11.62	587
2	HH	Dominique OLANIYI	Harrow	8.95	298
3	SS	Vinh LAM	Serp	8.55	248
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf	REC
1	F	Rubem MIRANDA	ESM&EE	5.30	
2	H	Owen HEARD	Harrow	4.00	
3	V	Stanislav VILGA	TVH	3.80	
4	S	Frank WOMELSDORF	Serp	2.25	
5	L	Rhys FEAVIOUR	Hil'don	2.25	
6					

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Saoirse CHINERY-EDOO	Harrow	3.80	654
2	FF	Martin DENSLEY	ESM&EE	3.60	612
3	SS	Tony MCGAHAN	Serp	1.10	31
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	H	Saoirse CHINERY-EDOO	Harrow	12.22	
2	VV	Florian VOGEL	TVH	10.57	
3	F	Gurcharan SINGH	ESM&EE	10.53	
4	L	Kevin ACRAMAN	Hil'don	10.35	
5	S	Frank WOMELSDORF	Serp	8.02	
6					

A Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Khuwayne LINTON	Harrow	10.52	619
2	LL	Glen CROWIE	Hil'don	10.30	603
3	V	Kaveesh RAJAPAKSE (U20)	TVH	9.92	574
4	SS	Alex MALZER	Serp	6.90	308
5	FF	Robert DENSLEY	ESM&EE	6.11	216
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	H	Saoirse CHINERY-EDOO	Harrow	40.06	
2	V	Kaveesh RAJAPAKSE (U20)	TVH	31.09	
3	F	Gurcharan SINGH	ESM&EE	26.18	
4	S	Frank WOMELSDORF	Serp	19.04	
5					
6					

A Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	VV	Adrian HEMERY	TVH	24.66	485
2	SS	Alex MALZER	Serp	16.85	293
3	FF	Stefan RITTE	ESM&EE	15.21	241
4	HH	Harvey GRIFFITHS	Harrow	13.72	185
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	L	Kevin ACRAMAN	Hil'don	43.59	
2	VV	Adrian HEMERY	TVH	36.86	
3	F	Gurcharan SINGH	ESM&EE	23.22	
4	S	Frank WOMELSDORF	Serp	17.30	
5	H	Declan TRAYNOR	Harrow	16.48	
6					

A Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	V	Florian VOGEL	TVH	23.50	479
2	LL	Keith SELDON	Hil'don	20.01	418
3	SS	Alex MALZER	Serp	16.62	350
4	HH	Harvey GRIFFITHS	Harrow	15.65	329
5	FF	Patrick CORNELL	ESM&EE	9.86	165
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	REC
1	V	Gavin JOHNSON ASSOON	TVH	70.35	
2	H	Conor MARTIN	Harrow	58.44	
3	M	Jack LEVENE (U20)	Higate&MC	38.57	
4	LL	Keith SELDON	Hil'don	26.68	
5	F	Gurcharan SINGH	ESM&EE	25.10	
6	SS	Tony MCGAHAN	Serp	12.79	

A Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	David SKETCHLEY	Harrow	54.96	818
2	VV	Dawid JERZYKOWSKI	TVH	44.66	681
3	L	Jeremy COLLIS	Hil'don	18.79	258
4	FF	Philip YORK	ESM&EE	14.96	172
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf	
1	h	Harrow	Owen HEARD Luke COLLIS Dominique OLANIYI Jaiden AARON	42.7	702

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021

2	v	TVH	Ogo ANOCHIRIONYE Clyde ANUCHA Edward SESAY (U20) Joel HOUSLIN (U17)	43.0	672
3	f	ESM&EE	Ash CONTEH Kai ENGLISH (U20) Zack CLARKE-GREEN (U17) Bilal UBA	53.0	60
4	s	Serp	Stuart LEIGH Jeremy FREER David ROBINSON Sodiq ABIOLA	53.8	41
5					
6					

4 x 400m MixedB A

A

Posn	No.	Club	Runners	Perf	
1	V	TVH	Adrian HEMERY Florian VOGEL	04:02.5	537
2	h	Harrow	Damaine BENJAMIN Kai STRACHAN (U20)	04:03.5	524
3	f	ESM&EE	Kirk LEBDIRI (U20) Christopher HEPWORTH	04:18.8	339
4	s	Serp	Jeremy FREER David HINDS David ROBINSON	04:56.8	49
5					
6					

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021100m Women A

Posn	No.	Athlete	Club	Perf
1	h	Synne FRYDENLUND	Harrow	13.2
2	v	Asia AMEDE CHARLES (U17)	TVH	13.5
3	f	Katherine BOISSIERE (U17)	ESM&EE	13.8
4	l	Izzy MUSA (U20)	Hil'don	13.8
5	m	Jade SILLERE	Higate&M	15.0
6	s	Rhiannon NEEDHAM	Serp	15.3

100m Women B

Posn	No.	Athlete	Club	Perf
1	hh	Milan JERVIER (U20)	Harrow	13.0
2	vv	Veronika FILBAKOVA (U17)	TVH	13.2
3	ll	Esme DEVLIN (U20)	Hil'don	13.9
4	mm	Alima DIABATE	Higate&M	14.1
5	ff	Eliezer ELLIOTT (U20)	ESM&EE	14.2
6	ss	Hel JAMES	Serp	18.5

200m Women A

Posn	No.	Athlete	Club	Perf
1	h	Synne FRYDENLUND	Harrow	26.1
2	f	Erica WALLACE	ESM&EE	26.4
3	l	Paulina DIBOTTI NKOMBE (Hil'don	Hil'don	27.1
4	v	Asia AMEDE CHARLES (U17)	TVH	27.5
5	m	Ashia LOGIE (U17)	Higate&M	27.6
6				

200m Women B

Posn	No.	Athlete	Club	Perf
1	vv	Veronika FILBAKOVA (U17)	TVH	26.8
2	hh	Julie-anne BOACHIE (U17)	Harrow	27.7
3	ff	Katherine BOISSIERE (U17)	ESM&EE	27.9
4	ll	Keziah SIZYA (U17)	Hil'don	28.4
5				
6				

400m Women A

Posn	No.	Athlete	Club	Perf
1	v	Katie SHERLOCK (U20)	TVH	60.4
2	f	Erica WALLACE	ESM&EE	61.2
3	l	Clara HIGGS (U20)	Hil'don	61.4
4	h	Maggie FLEET (U20)	Harrow	61.5
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	vv	Madeline CASEY (U20)	TVH	60.2
2	ff	Charlotte COONEY-QUINN (ESM&EE	ESM&EE	63.4
3	hh	Olivia MATHARU (U17)	Harrow	66.9
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	v	Madeline CASEY (U20)	TVH	02:17.7
2	L	Clara HIGGS (U20)	Hil'don	02:19.0
3	M	Felicity WILLIAMSON-SARLI	Higate&M	02:21.4
4	H	Sofia LATHAM (U17)	Harrow	02:23.1
5	F	Charlotte COONEY-QUINN	ESM&EE	02:36.0
6	S	Victoria BROWN	Serp	02:40.9

800m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Charlotte BUCKLEY (U20)	TVH	02:18.4
2	HH	Anya FREELY (U20)	Harrow	02:33.3
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	m	Emma MACALISTER HALL	Higate&M	04:34.1 <b>793</b>
2	F	Nicola RAVENHILL	ESM&EE	04:56.7 <b>621</b>
3	V	Juliet PARSON (U17)	TVH	05:03.3 <b>575</b>
4	H	Lucy ASHE	Harrow	05:03.9 <b>570</b>
5	SS	Victoria BROWN	Serp	05:37.0 <b>367</b>
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Amelia CASEY	TVH	05:18.7 <b>474</b>
2	HH	Olivia MATHARU (U17)	Harrow	05:28.3 <b>416</b>
3	FF	Sarah HARRIS	ESM&EE	05:29.2 <b>411</b>
4	S	Sarah AL SUDAIRY	Serp	05:52.6 <b>286</b>
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	h	Lucy ASHE	Harrow	18:41.2 <b>696</b>
2	V	Lisa DA SILVA	TVH	18:48.4 <b>682</b>
3	M	Lisa WENNINGER	Higate&M	19:28.6 <b>606</b>
4	LL		Hil'don	19:39.6 <b>586</b>
5	S	Victoria BROWN	Serp	19:42.2 <b>582</b>
6	FF	Nicola PAYNE	ESM&EE	19:44.1 <b>578</b>

5000m Women B

Posn	No.	Athlete	Club	Perf
1	HH	Emily ANTCLIFFE	Harrow	19:00.0 <b>659</b>
2	VV	Catherine ALLEN	TVH	19:23.1 <b>616</b>
3	MM	Sarah FUNDERBURK	Higate&M	19:32.8 <b>599</b>
4	SS	Victoria BASQUILL	Serp	20:11.4 <b>530</b>
5	L	Karmen PARDOE	Hil'don	20:28.6 <b>501</b>
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	h	Emily RUSSELL	Harrow 14.9 <b>780</b>
2	f	Joy CHOUFAR (U20)	ESM&EE 18.3 <b>475</b>
3	v	Charlotte BUCKLEY (U20)	TVH 20.3 <b>328</b>
4			
5			
6			

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	hh	Megan BAILEY	Harrow	19.0 <b>421</b>
2	ff	Laura STEWART	ESM&EE	19.8 <b>362</b>
3	vv	Tash MUNDELL	TVH	25.7 <b>58</b>
4				
5				
6				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	v	Charlotte BUCKLEY (U20)	TVH	65.4 <b>729</b>
2	h	Maggie FLEET (U20)	Harrow	67.9 <b>663</b>
3	f	Laura STEWART	ESM&EE	75.8 <b>470</b>
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	vv	Tash MUNDELL	TVH	89.3 <b>205</b>
2				
3				
4				
5				
6				



## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/20211500m S/Chase Women A

Posn	No.	Athlete	Club	Perf	REC
1	v	Charlotte EDGE (U17)	TVH	05:27.5	685
2	H	Sofia LATHAM (U17)	Harrow	05:40.5	626
3	S	Victoria BROWN	Serp	06:22.3	455
4	FF	Tanisha PRINCE	ESM&EE	06:36.9	402
5					
6					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	VV	Niamh MURPHY (U20)	TVH	05:34.1	655
2	HH	Jennifer KEAL	Harrow	06:11.7	496
3					
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	A
1	F	Katherine BOISSIERE (U17)	ESM&EE	1.55	705
2	HH	Julie-anne BOACHIE (U17)	Harrow	1.50	651
3	MM	Jemima LEE (U17)	Higate&M	1.45	596
4	V	Charlotte BUCKLEY (U20)	TVH	1.40	542
5	S	Rhiannon NEEDHAM	Serp	1.10	216
6					

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	H	Megan BAILEY	Harrow	1.45	596
2	M	Ashia LOGIE (U17)	Higate&M	1.40	542
3	FF	Helen LEADBETTER	ESM&EE	1.30	433
4	SS	Hel JAMES	Serp	0.91	12
5					
6					

Long Jump Women A

Posn	Bib	Athlete	Club	Perf	A
1	H	Rachel ALEXANDER	Harrow	5.70	820
2	V	Angela BARRETT	TVH	5.65	808
3	F	Isha HABIB (U20)	ESM&EE	4.64	578
4	LL	Demi SMITH-SCOTT (U20)	Hil'don	4.49	544
5	M	Jade SILLERE	Higate&M	4.48	542
6	S	Rhiannon NEEDHAM	Serp	3.70	369

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Kerstin POHLMANN	TVH	5.19	703
2	FF	Helen LEADBETTER	ESM&EE	4.53	553
3	HH	Tianna CAMPBELL (U20)	Harrow	4.51	549
4	MM	Sonia MARTINEZ-ROURA	Higate&M	3.30	282
5	SS	Hel JAMES	Serp	3.02	222
6					

SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	V	Angela BARRETT	TVH	12.41
2	HH	Tianna CAMPBELL (U20)	Harrow	10.43
3	LL	Esme DEVLIN (U20)	Hil'don	9.98
4	F	Helen LEADBETTER	ESM&EE	9.49
5	S	Rhiannon NEEDHAM	Serp	7.27
6				

**A** Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Kerstin POHLMANN	TVH	10.75	690
2	L	Demi SMITH-SCOTT (U20)	Hil'don	8.77	476
3					
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	Megan BAILEY	Harrow	3.90
2	F	Helen LEADBETTER	ESM&EE	2.80
3	V	Sarah STEPHEN	TVH	1.80
4				
5				
6				

**A** Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	Anya FREELY (U20)	Harrow	2.00	370
2	FF	Tanisha PRINCE	ESM&EE	1.80	316
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	HH	Makayla JOSEPH (U20)	Harrow	11.07
2	VV	Lauren BRITANE	TVH	10.36
3	M	Sonia MARTINEZ-ROURA	Higate&M	9.65
4	F	Denise ENGLISH	ESM&EE	6.58
5	S	Rhiannon NEEDHAM	Serp	5.46
6				

**A** Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	H	Emma BEARDMORE	Harrow	10.74	773
2	V	Olga KOTMILOSI	TVH	8.83	637
3	MM	Tyrah JOSEPH (U17)	Higate&M	7.97	570
4	FF	Patricia THOMAS	ESM&EE	5.52	342
5	SS	Hel JAMES	Serp	4.57	223
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	H	Emma BEARDMORE	Harrow	41.54
2	V	Lauren BRITANE	TVH	35.63
3	F	Denise ENGLISH	ESM&EE	19.53
4	L	Sharon TALBOT	Hil'don	16.44
5	S	Rhiannon NEEDHAM	Serp	15.90
6	MM	Juliet KAVANAGH	Higate&M	15.08

**A** Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	Makayla JOSEPH (U20)	Harrow	25.73	656
2	VV	Tash MUNDELL	TVH	14.25	395
3	SS	Hel JAMES	Serp	12.92	352
4	FF	Patricia THOMAS	ESM&EE	12.72	345
5	M	Janine MAKARONIDIS	Higate&M	10.42	249
6					

## SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	V	Pippa WINGATE	TVH	63.17
2	H	Emma BEARDMORE	Harrow	50.92
3	M	Sonia MARTINEZ-ROURA	Higate&M	27.41
4	L	Taydee HARDY (U20)	Hil'don	22.66
5				
6				

REC

A

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Makayla JOSEPH (U20)	Harrow	29.99
2	VV	Laurensa BRITANE	TVH	21.08
3	LL	Sharon TALBOT	Hil'don	12.37
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	V	Laurensa BRITANE	TVH	37.55
2	MM	Aisha MOHAMMED- MARICH	Higate&M	30.32
3	HH	Anya FREELY (U20)	Harrow	22.19
4	L	Lotte VISSER	Hil'don	15.09
5	F	Patricia THOMAS	ESM&EE	11.42
6	S	Rhiannon NEEDHAM	Serp	10.95

A

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	VV	Olga KOTMILOSI	TVH	31.73
2	M	Sonia MARTINEZ-ROURA	Higate&M	24.02
3	SS	Hel JAMES	Serp	8.92
4	H	Sofia LATHAM (U17)	Harrow	6.83
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	h	Harrow	Milan JERVIER (U20) Julie-anne BOACHIE (U17) Synne FRYDENLUND Tianna CAMP	51.7
2	l	Hil'don	Esme DEVLIN (U20) Keziah SIZYA (U17) Carla SALANDY (U17) Paulina DIBOTTI NK	52.3
3	v	TVH	Veronika FILBAKOVA (U17) Olivia SPARKS (U17) Asia AMEDE CHARLES (U17) Remi	53.5
4	f	ESM&EE	Joy CHOUFAR (U20) Eliezer ELLIOTT (U20) Katherine BOISSIERE (U17) Lilia KHAN	54.0
5	s	Serp	Victoria BASQUILL Rhiannon NEEDHAM Hel JAMES Sarah AL SUDAIRY	73.5
6				

A

4 x 400m MixedA A

Posn	No.	Club	Runners	Perf
1	v	TVH	Charlotte BUCKLEY (U20) Amelia CASEY	03:46.2
2	h	Harrow	Maggie FLEET (U20) Anya FREELY (U20)	03:54.8
3	f	ESM&EE	Charlotte COONEY-QUINN (U20) Erica WALLACE	03:55.4
4	s	Serp	Victoria BASQUILL Rhiannon NEEDHAM Sarah AL SUDAIRY	04:51.5
5				
6				

A

SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

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	14	Ash Conteh	SM	ESM	12.1	
2	11	Craig Alfred	SM	ESM	12.4	
3	39	Aaron Connell	U23M	Hillingdon	13.1	
4	24	Luke Robenson	U17M	Serp	13.3	
5	23	David Robinson	SM	Serp	14.1	
6	41	David Hinds	M70	Serp	14.5	
7						
8						

**100m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	34	Simone Simeonova	SW	Harrow	13.2	
2	32	Carla Salandy	U17W	Hillingdon	13.9	
3	37	Keziam Sizya	U17W	Hillingdon	14.0	
4	42	Shana Roper	U17W	Harrow	14.0	
5	53	Jemima Lee	U17W	Highgate	14.5	
6	1	Tyrah Josep	U17W	Highgate	14.6	
7						
8						

**100m Men (2)**

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

**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	16	Kai English	SM	ESM	23.6	
2	66	Nathan Kabel	U17M	Harrow	23.6	
3	15	Harjeet Gill	U20M	ESM	25.1	
4	11	Craig Alfred	SM	ESM	25.6	
5	57	Jabbia Chibwana		Harrow	25.9	
6						
7						
8						

**200m Women (1)**

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

**200m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	63	Brandon Burnett	U23M	Harrow	24.0	
2	67	Kirk Lepoire	SM	ESM	24.5	
3	59	Kai Strachan	U20M	Harrow	25.0	
4	31	Jason Kabel	M45	Harrow	28.3	
5	41	David Hinds	M70	Serp	29.3	
6						
7						
8						

**200m Women (2)**

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

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

SOUTHERN ATHLETICS LEAGUE North West London HILLINGDON ATHLETICS CENTRE

11/07/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	35	Jaiden Aaron	SM	Harrow	51.0	1	62	Olivia Sparkes	U17w	TVH	64.5
2	19	Jariel Matheson	U20M	ESM	61.6	2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

**800m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	36	Kirk O'Rourke	SM	Hillingdon	02:05.6
2	12	Phil York	SM	ESM	02:40.1
3					
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	54	Tash Mundell	SW	TVH	02:43.2
2	47	Fran Con	SW	TVH	02:54.7
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	68	Martin Bateman	V40M	Hillingdon	04:29.9
2	69	Philip Whitehouse	SM	Serp	04:58.2
3					
4					
5					
6					
7					
8					

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	49	Niamh Murphy	SW	TVH	05:06.7
2	54	Tash Mundell	SW	TVH	05:39.5
3	47	Fran Con	SW	TVH	05:51.9
4					
5					
6					
7					
8					

**3000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	36	Kirk O'Rourke	SM	Hillingdon	09:53.2
2	38	Jim Cooper	M45	Harrow	10:00.0
3	27	Steve Norris	SM	TVH	10:10.2
4	26	Christian Nielsen	SM	TVH	11:19.6
5	4	Anton Petrescu	SM	Highgate	11:35.1
6	61	Rob Hawkes	SM	Harrow	11:37.7
7	25	Thomas Horrex	SM	TVH	11:47.0
8					
9					
10					

**5000m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	7	Juliette Westbrook	SW	Highgate	22:39.1
2					
3					
4					
5					
6					
7					
8					
9					
10					

**110m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Wind	Perf
1						
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 North West London HILLINGDON ATHLETICS CENTRE

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1						1	54	Tash Mundell	SW	TVH	6:06.0
2						2	70	Diana Kennedy	W50	TVH	7:05.0
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

**Hammer Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	44	Steve Thompson	M55	Hillingdon	19.57
2	28	Anthony McGahan	M65	Serp	13.03
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	65	Mark Plowman	V35M	Yeovil	48.78
2	33	Vinh Lam	V40M	Serp	15.86
3	28	Anthony McGahan	M65	Serp	11.05
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	56	Saoirse ChineryEdeoe	SM	Harrow	40.73
2	64	Anthony Papier	U17M	Harrow	37.30
3	52	Alex Malzer	M50	Serp	17.25
4	33	Vinh Lam	V40M	Serp	14.22
5					
6					

**Javelin Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	55	Zoe Wright	U17W	Harrow	25.79
2					
3					
4					
5					
6					

**Shot Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	33	Vinh Lam	V40M	Serp	5.86
2					
3					
4					
5					
6					

**Shot Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
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 North West London HILLINGDON ATHLETICS CENTRE

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1	56	Saoirse ChineryEdoe	SM	Harrow	6.23	1	22	Verovica Filorokova		TVH	5.01
2	58	Damane Benjamin	SM	Harrow	6.02	2	8	Julie Anne Boachie	U17w	Harrow	4.50
3	21	Ebenezer Joseph		TVH	5.85	3	34	Simone Simeonova	SW	Harrow	3.94
4	57	Jabbia Chibwana		Harrow	5.36	4					
5	30	Vishurth Jayaraj			5.32	5					
6						6					

Triple Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	23	David Robinson	SM	Serp	9.66	
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	39	Aaron Connell	U23M	Hillingdon	1.60
2	24	Luke Robenson	U17M	Serp	1.45
3	30	Vishurth Jayaraj			1.35
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					