

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	East Anglia	
MATCH	3	
VENUE	CAMBRIDGE UNIVERSITY ATHLETICS TRACK	
P/FINISH	NO	1

Date Saturday, August 14 2021

Venue CAMBRIDGE UNIVERSITY ATHLETICS TRACK

Host Club Cambridge & Coleridge AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
C	Cambridge & Coleridge AC	Cam & C		78.5	9.3	133.0	220.8
R	Ryston Runners	Ryston		25.6		35.5	61.1
S	West Suffolk AC & St. Edmunds Pacers ©	WS&SEP		11.0		78.0	89.0
N	City of Norwich AC	Norwich		124.8	13.6	169.0	307.3
I	Ipswich Harriers/Colchester & Tendring ©	Ipsw/C&T		116.6	15.7	121.9	254.2

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	City of Norwich AC	307.3				307.3	
2	Ipswich Harriers/Colchester & Tendring ©	254.2	1.0			254.2	1.0
3	Cambridge & Coleridge AC	220.8	2.0			220.8	2.0
4	West Suffolk AC & St. Edmunds Pacers ©	89.0	3.0			89.0	3.0
5	Ryston Runners	61.1	4.0			61.1	4.0

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	35
REMAINING	<u>3</u>

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021
100m Men A

Posn	No.	Athlete	Club	Perf
1	I	Cameron BAILEY	Ipsw/C&T	10.8
2	N	Ethan ELLIS (U17)	Norwich	11.6
3	R	Liam CLARE (U17)	Ryston	11.8
4	C	Sebastien PHILO (U20)	Cam & C	12.0
5	S	Lucas MICHAEL (U20)	WS&SEP	12.4
6				

Wind

100m Men B

Posn	No.	Athlete	Club	Perf
1	II	Oliver MILLER	Ipsw/C&T	10.9
2	CC	Caleb DES-RUISSEAU (U20)	Cam & C	11.9
3	NN	Russell HOPKINS (U20)	Norwich	12.7
4				
5				
6				

Wind

200m Men A

Posn	No.	Athlete	Club	Perf
1	i	Oliver MILLER	Ipsw/C&T	22.2
2	C	Thomas ABBOTT (U17)	Cam & C	23.5
3	R	Liam CLARE (U17)	Ryston	23.6
4	S	Lucas MICHAEL (U20)	WS&SEP	25.7
5	N	Liam O'DELL	Norwich	28.2
6				

Wind

200m Men B

Posn	No.	Athlete	Club	Perf
1	II	Matthew HOULDEN	Ipsw/C&T	22.9
2	CC	Sebastien PHILO (U20)	Cam & C	24.0
3	NN	Russell HOPKINS (U20)	Norwich	25.9
4				
5				
6				

Wind

B

400m Men A

Posn	No.	Athlete	Club	Perf
1	C	Samuel CLARKE	Cam & C	48.4
2	N	Conrad WINTER (U17)	Norwich	55.7
3	II	Dalton COE	Ipsw/C&T	61.4
4				
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	NN	James PRICE (U20)	Norwich	56.5
2				
3				
4				
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	NN	James PRICE (U20)	Norwich	02:02.2
2	I	Nathan LAUD	Ipsw/C&T	02:08.3
3	CC	Brian KOTELO	Cam & C	02:09.3
4	S	Finley DAVIS (U17)	WS&SEP	02:13.7
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	N	Edward WHITING	Norwich	02:06.2
2	II	Michael KNOWLES (U20)	Ipsw/C&T	02:39.3
3				
4				
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	N	Steven DENBY	Norwich	04:11.2
2	CC	Lewis BUCHALLET (U17)	Cam & C	04:30.0
3	I	Finn RATTRAY (U17)	Ipsw/C&T	05:04.8
4				
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	NN	Samuel STEVENS	Norwich	04:20.0
2	C	Adam TAPLEY	Cam & C	04:30.8
3	II	Mark GODBOLD	Ipsw/C&T	06:12.3
4				
5				
6				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	I	James PETTERSSON	Ipsw/C&T	14:51.7

Wind

5000m Men B

Posn	No.	Athlete	Club	Perf
1	II	James REEDER	Ipsw/C&T	15:31.2

Wind

B

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

2	N	Gary CRUSH	Norwich	15:32.5	718	2	NN	Patrick THOMAS (U20)	Norwich	16:11.7	610
3	CC	Joseph TURNER	Cam & C	15:45.6	681	3	C	Adam TAPLEY	Cam & C	16:32.5	555
4	R	Rob SIMMONDS	Ryston	18:14.4	324	4	RR	Toby LEGH-HAYTON (U20)	Ryston	18:43.4	269
5						5					
6						6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	i	Matthew HOULDEN	Ipsw/C&T	16.4
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	N	Ethan ELLIS (U17)	Norwich	59.3
2	I	Matthew HOULDEN	Ipsw/C&T	59.9
3				
4				
5				
6				

400m Hurdles Men B

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

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021
2000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	R	Rob SIMMONDS	Ryston	07:26.8
2				
3				
4				
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	RR	Andy SIMMONDS	Ryston	07:32.6
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	N	Scott LEEDER (U20)	Norwich	7.17
2	I	Jakub WALECKI (U17)	Ipsw/C&T	6.16
3	R	Liam CLARE (U17)	Ryston	5.90
4	C	David MACQUEEN (U17)	Cam & C	5.77
5	S	Jack RICHARDS	WS&SEP	5.45
6				

 A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	NN	Nathan PROTHEROE	Norwich	6.72
2	SS	Christopher THOMPSON (U17)	WS&SEP	4.48
3	II	Donovan DRAYTON	Ipsw/C&T	4.17
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	I	Jakub WALECKI (U17)	Ipsw/C&T	1.90
2	C	Corban WOOD (U20)	Cam & C	1.70
3	N	Conrad WINTER (U17)	Norwich	1.65
4	S	Chris KENT	WS&SEP	1.45
5				
6				

 A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	CC	Stephen VANDERMARK	Cam & C	1.50
2				
3				
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	S	Jack RICHARDS	WS&SEP	11.94
2				
3				
4				
5				
6				

 A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	SS	Chris KENT	WS&SEP	9.08
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	N	Jacob BROWN (U20)	Norwich	3.80
2	S	Chris KENT	WS&SEP	2.00
3				
4				
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
654	1	NN Conrad WINTER (U17)	Norwich	2.80
256	2			
	3			
	4			
	5			
	6			

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	N	Callum BROWN	Norwich	11.90
2	S	Chris KENT	WS&SEP	11.77
3	C	Benjamin SHACKLETON	Cam & C	10.59
4	R	Rob SIMMONDS	Ryston	9.69
5	I	Peter GODRON	Ipsw/C&T	8.71
6				

A Shot Men B

Posn	Bib	Athlete	Club	Perf
717	1	NN Declan MANNING	Norwich	11.56
708	2	CC Gary PARSONS	Cam & C	9.15
625	3	RR Miles HOVELL (U17)	Ryston	7.80
557	4			
477	5			
	6			

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	N	Declan MANNING	Norwich	34.61
2	C	Ali BAJWA	Cam & C	33.44
3	R	Rob SIMMONDS	Ryston	30.62
4	S	Chris KENT	WS&SEP	27.77
5	I	Stefan GODRON (U20)	Ipsw/C&T	26.40
6				

A Discus Men B

Posn	Bib	Athlete	Club	Perf
672	1	CC Gary PARSONS	Cam & C	30.15
652	2	II Peter GODRON	Ipsw/C&T	21.80
602	3	RR Miles HOVELL (U17)	Ryston	20.59
548	4			
521	5			
	6			

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	N	Callum BROWN	Norwich	62.75
2	CC	Benjamin SHACKLETON	Cam & C	35.34
3	S	Chris KENT	WS&SEP	26.76
4	R	Rob SIMMONDS	Ryston	25.96
5	I	Peter GODRON	Ipsw/C&T	21.28
6				

A Hammer Men B

Posn	Bib	Athlete	Club	Perf
957	1	NN Declan MANNING	Norwich	33.98
653	2	C Gary PARSONS	Cam & C	30.35
532	3	II Matthew KNOWLES	Ipsw/C&T	14.79
519	4			
441	5			
	6			

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	I	Stefan GODRON (U20)	Ipsw/C&T	46.35
2	N	Callum BROWN	Norwich	41.27
3	C	Samuel CLARKE	Cam & C	40.19
4	S	Chris KENT	WS&SEP	36.16
5	RR	Miles HOVELL (U17)	Ryston	29.32
6				

A Javelin Men B

Posn	Bib	Athlete	Club	Perf
704	1	NN Ethan ELLIS (U17)	Norwich	29.13
633	2	II Peter GODRON	Ipsw/C&T	24.68
617	3	CC Stephen VANDERMARK	Cam & C	18.97
558	4			
450	5			
	6			

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	C	Cam & C	Dominic MILBOURN Caleb DES-RUISSEAU (U20) Sebastien PHILO (U20) Thomas ABI	46.1

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

2	N	Norwich	Russell HOPKINS (U20) Jacob BROWN (U20) Ethan ELLIS (U17) Liam O'DELL	49.1	213
3					
4					
5					
6					

4 x 400m Men A

A

Posn	No.	Club	Runners	Perf	
1	I	Ipsw/C&T	Paolo PALMIERI (U20) Luigi PALMIERI Oliver MILLER Cameron BAILEY	03:29.7	548
2	C	Cam & C	Dominic MILBOURN Sebastien PHILO (U20) Caleb DES-RUISSEAU (U20) Samuel CLA	03:54.3	227
3	N	Norwich	Conrad WINTER (U17) Conrad WINTER (U17) Conrad WINTER (U17) Conrad WINTER	03:57.7	195
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021
100m Women A

Posn	No.	Athlete	Club	Perf
1	N	Serena GRACE (U20)	Norwich	12.1
2	I	Skye BARROW (U20)	Ipsw/C&T	12.4
3	C	Jessica FOX	Cam & C	12.8
4				
5				
6				

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	II	Chantelle KILPATRICK	Ipsw/C&T	13.0	644
2	NN	Sara HENDERSON	Norwich	14.3	408
3	CC	Jamie HOOPER	Cam & C	15.1	293
4					
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf
1	N	Serena GRACE (U20)	Norwich	25.2
2	I	Skye BARROW (U20)	Ipsw/C&T	26.2
3	C	Stacy MCGIVERN	Cam & C	28.7
4				
5				
6				

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	NN	Hannah BROWN	Norwich	26.5	654
2	II	Emily LAMBERT	Ipsw/C&T	27.4	570
3	CC	Jamie HOOPER	Cam & C	31.3	286
4					
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf
1	N	Hannah BROWN	Norwich	58.8
2	I	Beatrice GREEN (U20)	Ipsw/C&T	59.7
3				
4				
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Grace FORSTER (U20)	Norwich	61.9
2	II	Chloe GODBOLD	Ipsw/C&T	64.6
3				
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	N	Memphis SYMONDS (U17)	Norwich	02:29.3
2	C	Caroline ZAKRZEWSKI	Cam & C	03:49.6
3				
4				
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Georgia PEGG (U17)	Norwich	02:31.0
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

1500m Women A

Posn	No.	Athlete	Club	Perf
1	C	Rebecca SHARPE	Cam & C	05:03.5
2	N	Sara HENDERSON	Norwich	06:35.1
3				
4				
5				
6				

1500m Women B

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

3000m Women A

Posn	No.	Athlete	Club	Perf
1	N	Hattie REYNOLDS (U17)	Norwich	10:31.0
2	I	Ashia FENWICK	Ipsw/C&T	11:43.9
3				
4				
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	II	Lauren SQUIRRELL (U17)	Ipsw/C&T	12:26.2
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Wind	Club	Perf
1				
2				
3				
4				
5				
6				

100m Hurdles Women B

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

400m Hurdles Women A

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

400m Hurdles Women B

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

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/20212000m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1				
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	I	Zion ATEBA (U17)	Ipsw/C&T	1.63
2	N	Daisy DALRYMPLE (U20)	Norwich	1.55
3	C	Pamela ABBOTT	Cam & C	1.00
4				
5				
6				

A High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	NN	Hannah PAIN (U17)	Norwich	1.45
2				
3				
4				
5				
6				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	I	Chantelle KILPATRICK	Ipsw/C&T	5.45
2	CC	Abbie HAWKINS	Cam & C	5.45
3	N	Sara HENDERSON	Norwich	4.79
4				
5				
6				

A Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	II	Zion ATEBA (U17)	Ipsw/C&T	5.08
2	C	Stacy MCGIVERN	Cam & C	5.04
3	NN	Rose FAIRHURST (U17)	Norwich	4.30
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021
Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	N	Daisy DALRYMPLE (U20)	Norwich	11.28
2	C	Holly FIELD (U20)	Cam & C	10.89
3	I	Chantelle KILPATRICK	Ipsw/C&T	10.71
4				
5				
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	NN	Sara HENDERSON	Norwich	9.37
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	N	Hannah PAIN (U17)	Norwich	2.50
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	N	Ellen CUNNINGHAM (U20)	Norwich	10.73
2	C	Sarah MCGRATH	Cam & C	9.95
3	S	Debbie CASTLE	WS&SEP	9.59
4	I	Charlotte GRAHAM (U17)	Ipsw/C&T	8.02
5				
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Neve PALMER	Cam & C	8.58
2	NN	Gemma VICKERY	Norwich	8.47
3	II	Carey HOLLICK	Ipsw/C&T	6.83
4				
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	I	Charlotte GRAHAM (U17)	Ipsw/C&T	30.99
2	S	Debbie CASTLE	WS&SEP	30.25
3	N	Poppy WALKER (U17)	Norwich	27.38
4	C	Anne MOINDROT	Cam & C	24.80
5				
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Sarah MCGRATH	Cam & C	23.54
2	II	Carey HOLLICK	Ipsw/C&T	19.80
3	NN	Moira DOLEMAN (U17)	Norwich	17.13
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	N	Gemma VICKERY	Norwich	48.14
2	I	Kerry KINSEY	Ipsw/C&T	27.39
3	CC	Neve PALMER	Cam & C	23.12
4				
5				
6				

A Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	II	Kirsten WRIGHT (U17)	Ipsw/C&T	23.80	516
2	C	Sarah MCGRATH	Cam & C	23.08	504
3	NN	Lorraine BROWN	Norwich	X	
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	I	Jennifer MORGAN (U20)	Ipsw/C&T	39.35
2	SS	Debbie CASTLE	WS&SEP	33.16
3	C	Neve PALMER	Cam & C	31.42
4	N	Moira DOLEMAN (U17)	Norwich	24.63
5				
6				

A Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	S	Alana WILSON	WS&SEP	32.80	772
2	NN	Lorraine BROWN	Norwich	22.19	593
3	CC	Sarah MCGRATH	Cam & C	21.42	578
4					
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf	
1	I	Ipsw/C&T	Chantelle KILPATRICK Emily LAMBERT Holly SCOTT (U20) Skye BARROW (U20)	52.6	516
2	N	Norwich	Daisy DALRYMPLE (U20) Serena GRACE (U20) Rose FAIRHURST (U17) Kate WILLIS	53.1	492
3	C	Cam & C	Jessica FOX Jamie HOOPER Anne MOINDROT Stacy MCGIVERN	57.5	297
4					
5					
6					

4 x 400m Women A

Posn	No.	Club	Runners	Perf	
1	I	Ipsw/C&T	Chloe GODBOLD Ruth WESTLAND (U17) Christy FRASER Beatrice GREEN (U20)	04:20.1	502
2	N	Norwich	Hannah PAIN (U17) Kate WILLIS (U20) Isabella WILLIAMS (U17) Georgia PEGG (U17)	04:25.8	455
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

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	298	JAY GIBSON	SM	Ipsw/C&T	11.4	
2	299	OSCAR HUNT	SM	Ipsw/C&T	11.6	
3	535	Dominic Milbourn	Senior men	Cam & C	12.2	
4	543	Chung Tu	M35	Cam & C	12.3	
5						
6						
7						
8						

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	98	EMILY LAMBERT	SW	Ipsw/C&T	13.0	
2	99	HOLLY SCOTT	U20W	Ipsw/C&T	13.4	
3	150	DAWN LEEK	W45	Ipsw/C&T	14.2	
4	291	YVONNE HOLMES	W55	Ipsw/C&T	15.4	
5	139	ELIZABETH WELBOURN	W60	Ipsw/C&T	15.5	
6						
7						
8						

100m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	201					
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	526	PAOLO PALMIERI	U20M	Ipsw/C&T	23.2	
2	541	Caleb Des Ruisseaux	U20M	Cam & C	24.4	
3	89	Ben Read	Senior men	Norwich	28.0	
4						
5						
6						
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	100	INES GREEN	U17W	Ipsw/C&T	27.3	
2	101	RUTH WESTLAND	U17W	Ipsw/C&T	27.7	
3	99	HOLLY SCOTT	U20W	Ipsw/C&T	28.9	
4	292	CHRISTY FRASER	SW	Ipsw/C&T	31.1	
5						
6						
7						
8						

200m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	535	Dominic Milbourn	Senior men	Cam & C	24.9	
2	543	Chung Tu	M35	Cam & C	25.1	
3	528	DALTON COE	SM	Ipsw/C&T	26.0	
4	529	DONOVAN DRAYTON	SM	Ipsw/C&T	27.2	
5	527	ROBERT WOOLLIAMS	M60	Ipsw/C&T	30.1	
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 East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	88	Russell Hopkins	U20 men	Norwich	59.8	1	7	Kate Willis	U20 Women	Norwich	61.2
2						2	23	Georgia Pegg	U17 Women	Norwich	67.0
3						3	25	Isabella Williams	U17 Women	Norwich	71.4
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	89	Ben Read	Senior men	Norwich	02:26.40
2					
3					
4					
5					
6					
7					
8					

800m Women

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

1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	94	Henry Jonas	U17 men	Norwich	04:17.50
2	95	Innes O'Malley	U17 Men	Norwich	04:27.90
3	546	Richard Park	SM	Cam & C	04:38.50
4					
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	297	SAM BURKITT	U20M	Ipsw/C&T	16:01.50
2	536	Michael Buchallet	Senior men	Cam & C	18:02.40
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						

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 Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

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					
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	532	MICHAEL VAN HAREN (1.75kg U20M (1.75kg)		Waveney	37.70
2	542	Benjamin Shackleton	U23M	Cam & C	29.75
3	537	Morgan Young	Senior Men	Cam & C	24.78
4	538	Ricky Clutterbuck (F64 - 1.5l M50 (1.5kg)		Cam & C	20.04
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	294	KERRY KINSEY	SW	Ipsw/C&T	22.51
2	295	KIRSTEN WRIGHT	U17W	Ipsw/C&T	17.23
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					
2					
3					
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	539	Ali Bajwa	M45	Cam & C	9.02
2	531	MATTHEW KNOWLES	M45	Ipsw/C&T	6.38
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	540	Anne Moindrot	W35	Cam & C	8.17
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 East Anglia CAMBRIDGE UNIVERSITY ATHLETICS TRACK

14/08/2021

1	545	Chris Kent	SM	W Suffolk	4.60
2					
3					
4					
5					
6					

1	9	Hannah Pain	U17 Women	Norwich	4.48
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	28	Rose Fairhurst	U17 Women	Norwich	8.81	
2						
3						
4						
5						
6						

High Jump Men

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

High Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	25	Isabella Williams	U17 Women	Norwich	1.35
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					