

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	East London	
MATCH	3	
VENUE	ASHTON PLAYING FIELDS	
P/FINISH	YES	2

Date Saturday, August 14 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		167.3	22.4	136.4	326.2
N	Newham & Essex Beagles AC	NEB		91.5	4.6	77.6	173.7
T	Thurrock Harriers	Thurr		105.4	18.6	125.6	249.6
I	Ilford AC	Ilford		141.2	8.8	73.6	223.6
H	Havering AC	Have		174.1	16.6	156.4	347.1

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Havering AC	347.1				347.1	
2	Woodford Green AC with Essex Ladies	326.2	1.0			326.2	1.0
3	Thurrock Harriers	249.6	2.0			249.6	2.0
4	Ilford AC	223.6	3.0			223.6	3.0
5	Newham & Essex Beagles AC	173.7	4.0			173.7	4.0

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	37
REMAINING	<u> </u> <u> </u>

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021

<u>100m Men A</u>					<u>100m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
				Wind 1.7					Wind -0.7	
									-0.7	
1	I	Abdulhakin MOHAMED	Ilford	10.80	826	1	WW Nabil TEZKRATT (U20)	WGEL	10.79	830
2	W	Medwin ODAMTTEN (U20)	WGEL	10.94	779	2	TT Charlie SEAGO (U17)	Thurr	11.61	577
3	H	Denzel ACHI (U17)	Have	10.99	763	3	HH Toby BISHOP (U20)	Have	11.63	571
4	N	Noah HANSON (U17)	NEB	11.29	669	4	II Oliver BLAINEY (U17)	Ilford	12.01	473
5	T	Tom LEE (U17)	Thurr	11.53	599	5	NN Solomon MENSAH (U17)	NEB	12.73	317
6						6				

<u>200m Men A</u>					<u>200m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
				Wind 0.5					Wind 0.5	
									B	
1	W	Medwin ODAMTTEN (U20)	WGEL	22.37	763	1	HH Matthew AGNIMEL	Have	22.43	754
2	H	Akeem AKINTOKUN	Have	22.42	755	2	WW Paul SCANLAN	WGEL	22.87	687
3	N	Noah HANSON (U17)	NEB	22.73	708	3	II Oliver BLAINEY (U17)	Ilford	23.93	540
4	I	Farris PATEL (U20)	Ilford	24.04	526	4				
5	T	Orhan COREK (U17)	Thurr	26.07	305	5				
6						6				

<u>400m Men A</u>					<u>400m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	W	Paul SCANLAN	WGEL	50.17	752	1	WW Adrian RICHARDS	WGEL	51.76	660
2	H	Akeem AKINTOKUN	Have	50.95	706	2	II Jak WRIGHT (U20)	Ilford	54.04	541
3	I	Farris PATEL (U20)	Ilford	51.49	675	3	HH Michael OKORO (U20)	Have	55.31	480
4	T	Tom LEE (U17)	Thurr	55.83	456	4	NN Toby MARKHAM	NEB	60.89	261
5	N	Solomon MENSAH (U17)	NEB	60.90	261	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	Jak WRIGHT (U20)	Ilford	01:57.74	726	1	II Dylan HARROD (U20)	Ilford	02:00.04	667
2	N	Jad EL-HOUSSAMI	NEB	01:59.72	675	2	WW Reuben FABIAN (U17)	WGEL	02:07.01	508
3	W	Max RICHARDS (U17)	WGEL	02:00.04	667	3	NN Michael BEREKET	NEB	02:07.71	493
4	T	Leon WHEELER (U20)	Thurr	02:03.07	595	4	HH Louis BERRETT (U20)	Have	02:10.37	441
5	H	Kieran O'HARA	Have	02:05.01	551	5				
6						6				

<u>1500m Men A</u>					<u>1500m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	H	Ben DAVIS	Have	04:01.00	739	1	W Thomas ADOLPHUS (U20)	WGEL	04:14.43	593
2	I	Mungo PRIOR (U20)	Ilford	04:06.91	672	2	HH Ben NAISH (U20)	Have	04:16.04	577
3	T	Taylor NEWELL	Thurr	04:07.68	664	3	TT Sunny VEKIT (U20)	Thurr	04:43.31	343
4	WW	Joel DOYE (U20)	WGEL	04:11.86	620	4	NN Wayne BELL	NEB	04:47.30	314
5	N	Michael BEREKET	NEB	04:17.24	565	5	II Ryan HOLEYMAN (U17)	Ilford	05:06.37	199
6						6				

<u>5000m Men A</u>					<u>5000m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
				Wind					Wind	
									B	
1	W	Joshua ENTWISTLE	WGEL	15:46.39	679	1	HH James STEWART	Have	16:21.22	584

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2	T	Leon WHEELER (U20)	Thurr	15:49.60	670	2	WW	Simon BEEDELL	WGEL	16:46.35	521
3	H	Robert WARNER	Have	15:50.99	666	3	TT	Robert DOYLE	Thurr	17:43.06	389
4	I	Bradley DEACON (U20)	Ilford	16:30.99	559	4	II	Danny HOLEYMAN	Ilford	18:17.59	318
5	N	Liam O'DRISCOLL	NEB	17:31.11	416	5					
6						6					

110m Hurdles Men A

3.1 3.1

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf
1	H	Karl TUCKER	Have	16.25	686	1				
2	T	Michael SHORTALL	Thurr	17.06	607	2				
3						3				
4						4				
5						5				
6						6				

400m Hurdles Men A400m Hurdles Men B

Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf
1	W	George VAUGHAN	WGEL	53.89	841	1				
2	T	Michael SHORTALL	Thurr	59.94	644	2				
3	I	Rhys EDWARDS (U20)	Ilford	62.37	572	3				
4	H	Steve RAND	Have	72.42	318	4				
5						5				
6						6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/20212000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	W	Tom BEEDELL	WGEL	06:53.96
2	H	Martin CHESTER	Have	08:16.15
3				
4				
5				
6				

2000m S/Chase Men B

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

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	I	Fidunu ABIDEKUN (U20)	Ilford	6.31
2	W	Joba ASHIRU (U20)	WGEL	6.16
3	H	Denzel ACHI (U17)	Have	5.89
4	NN	Nathaniel HANSON (U17)	NEB	5.85
5	T	Mason CARPENTER-PROUT	Thurr	5.74
6				

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	TT	Michael SHORTALL	Thurr	5.25
2	HH	Mark BISHOP	Have	5.17
3	N	Baker LUBWAMA	NEB	5.15
4	II	George MARSHALL-CHILDS (U	Ilford	4.52
5	WW	Hugh WILLIAMS	WGEL	3.83
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	W	Joba ASHIRU (U20)	WGEL	1.90
2	I	Fidunu ABIDEKUN (U20)	Ilford	1.80
3	T	Charlie SEAGO (U17)	Thurr	1.75
4	H	Aaron FRESHWATER (U20)	Have	1.65
5	N	Nathaniel HANSON (U17)	NEB	1.65
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	WW	Merveilles MASSEMBO (U20)	WGEL	1.70
2	TT	Tosin OLAJIDE (U20)	Thurr	1.70
3	HH	Arron BONNING	Have	1.45
4	II	Rhys EDWARDS (U20)	Ilford	1.40
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	H	Matthew AGNIMEL	Have	12.72
2	N	Baker LUBWAMA	NEB	11.85
3	T	Mason CARPENTER-PROUT	Thurr	11.76
4	I	Rhys EDWARDS (U20)	Ilford	11.52
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Aaron FRESHWATER (U20)	Have	11.68
2	TT	Michael SHORTALL	Thurr	11.25
3	II	George MARSHALL-CHILDS (U	Ilford	9.87
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	N	Louis WILLSON (U17)	NEB	3.00
2	HH	Arron BONNING	Have	2.90
3	I	Paul GRANGE	Ilford	2.20
4				
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	H	Toby BISHOP (U20)	Have	2.70
2	II	Peter WHITING	Ilford	1.75
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	W	Hugh WILLIAMS	WGEL	11.98
2	H	Duane JIBUNOH	Have	11.93
3	T	Abdulahman AKENDE (U17)	Thurr	10.02
4	I	Nat SENIOR	Ilford	9.48
5				
6				

A Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Mark BISHOP	Have	9.90	573
2	TT	Kosi OKONYIA (U17)	Thurr	8.72	478
3	WW	Peter CLARKE	WGEL	8.36	447
4	II	Wayne HICK	Ilford	5.98	199
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	W	Christopher LINQUE	WGEL	43.89
2	H	Duane JIBUNOH	Have	42.21
3	T	Abdulahman AKENDE (U17)	Thurr	24.30
4	II	George MARSHALL-CHILDS	Ilford	19.21
5				
6				

A Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	WW	Devon DOUGLAS	WGEL	41.08	776
2	HH	Arron BONNING	Have	25.17	496
3	TT	Kosi OKONYIA (U17)	Thurr	16.52	283
4	I	Peter WHITING	Ilford	15.35	245
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	W	Peter CLARKE	WGEL	52.82
2	I	Peter WHITING	Ilford	16.44
3	H	Martin CHESTER	Have	9.37
4				
5				
6				

A Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	WW	Fergus HARFORD	WGEL	30.48	587
2	II	George MARSHALL-CHILDS (U17)	Ilford	9.90	166
3	HH	Russell MIDDLETON	Have	8.50	102
4					
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	HH	Hal HUTTON (U20)	Have	47.82
2	W	Lee LOVELOCK-JEMMOTT	WGEL	40.15
3	T	Tosin OLAJIDE (U20)	Thurr	34.80
4	II	George MARSHALL-CHILDS	Ilford	26.33
5				
6				

A Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	H	Duane JIBUNOH	Have	41.31	633
2	WW	Rhys MARTIN (U20)	WGEL	37.20	573
3	TT	Charlie SEAGO (U17)	Thurr	31.62	487
4					
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf	
1	W	WGEL	Kaidan CHAMBERS (U17) Joey O'NEILL George VAUGHAN Merveilles MASSEMBO (U20)	44.42	540

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2	T	Thurr	Mason CARPENTER-PROUT (U17) Charlie SEAGO (U17) Tom LEE (U17) Liam CHIVER!	45.56	446
3	I	Ilford	Fidunu ABIDEKUN (U20) Farris PATEL (U20) Jak WRIGHT (U20) Abdulhakin MOHAME	45.98	413
4	H	Have	Michael OKORO (U20) Matthew AGNIMEL Denzel ACHI (U17) Mark BISHOP	47.22	325
5					
6					

4 x 400m Men A

A

Posn	No.	Club	Runners	Perf	
1	I	Ilford	Rhys EDWARDS (U20) Dylan HARROD (U20) Jak WRIGHT (U20) Farris PATEL (U20)	03:34.97	467
2	T	Thurr	Liam CHIVERS Michael SHORTALL Ben PRIOR Taylor NEWELL	03:41.48	376
3	W	WGEL	Ben RICHARDS (U17) Joel DOYE (U20) Max RICHARDS (U17) Adrian RICHARDS	03:41.65	374
4	H	Have	Matthew AGNIMEL Akeem AKINTOKUN Louis BERRETT (U20) Matthew AGNIMEL	03:42.63	361
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021

<u>100m Women A</u>					Wind	-0.2	-0.2	<u>100m Women B</u>					Wind	1.7	1.7
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	W	Shona VINCENT (U17)	WGEL	12.10			846	1	WW	Joanne RYAN	WGEL	12.52			747
2	T	Jodie SELF (U17)	Thurr	12.60			729	2	II	Aleena LAWRENCE (U20)	Ilford	13.22			599
3	H	Emma RAMSDEN (U20)	Have	12.83			679	3	TT	Madeline BOOTY (U17)	Thurr	13.37			570
4	N	Ayokusibe ADEWALE-BADEI	NEB	12.86			673	4	NN	Abigail EKAJEH (U20)	NEB	13.65			518
5	I	Efemena ADJARIFO (U20)	Ilford	13.11			621	5	HH	Rachel KERR	Have	14.43			388
6								6							
<u>200m Women A</u>					Wind	-0.5		<u>200m Women B</u>					Wind	0.6	B
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	W	Yemi mary JOHN (U20)	WGEL	24.37			883	1	WW	Joanne RYAN	WGEL	25.46			761
2	I	Krystle BALOGUN	Ilford	25.85			720	2	II	Ellie WRIGHT (U20)	Ilford	26.87			619
3	H	Emma RAMSDEN (U20)	Have	26.68			637	3	TT	Victoria STAINES	Thurr	28.85			450
4	N	Ayokusibe ADEWALE-BADEI	NEB	27.20			589	4	NN	Thea CALLENDER (U17)	NEB	28.98			440
5	T	Madeline BOOTY (U17)	Thurr	27.53			559	5	HH	Rachel KERR	Have	30.45			338
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	57.69			772	1	II	Jordan HINDS	Ilford	63.42			556
2	T	Jayne ELVIN (U17)	Thurr	59.62			695	2	WW	Sophie ANDERSON (U20)	WGEL	64.87			508
3	I	Gemima ESHIMU MASSAMB	Ilford	60.36			667	3	TT	Leah BREWER (U20)	Thurr	66.92			443
4	H	Nina BRENNAN	Have	65.37			492	4	HH	Amy KILNER (U20)	Have	75.90			215
5	N		NEB	71.14			325	5							
6								6							
<u>800m Women A</u>								<u>800m Women B</u>							
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	H	Natalie SEWELL (U17)	Have	02:14.00			791	1	WW	Kezia BEETON (U17)	WGEL	02:19.6			698
2	W	Louise GILBERT	WGEL	02:14.6			781	2	II	Gemima ESHIMU MASSAMB	Ilford	02:30.13			539
3	I	Jordan HINDS	Ilford	02:22.69			649	3	HH	Rebecca O'ROURKE (U20)	Have	02:45.88			341
4	T	Sarah BLOCKLEY (U20)	Thurr	02:30.50			534	4							
5	NN	Shelley JAMESON	NEB	03:54.53				5							
6								6							

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/20211500m Women A

Posn	No.	Athlete	Club	Perf	
1	W	Anna CLARK	WGEL	04:40.21	744
2	T	Demi EVES (U20)	Thurr	04:44.24	713
3	H	Ginte BAILEY	Have	04:51.87	656
4	I	Jordan HINDS	Ilford	05:14.07	503
5	N	Julia NEILSON	NEB	05:28.54	414
6					

1500m Women B

Posn	No.	Athlete	Club	Perf	
1	HH	Freya LONG (U17)	Have	05:18.69	474
2	II	Anna CRAWLEY	Ilford	05:27.98	418
3					
4					
5					
6					

3000m Women A

Posn	No.	Athlete	Club	Perf	
1	I	Sameena AHMED	Ilford	11:33.85	484
2	H	Chloe RAND (U17)	Have	12:00.48	406
3					
4					
5					
6					

3000m Women B

Posn	No.	Athlete	Club	Perf	
1	II	Anna CRAWLEY	Ilford	11:46.19	447
2	HH	Grace DUKELOW (U20)	Have	12:10.10	379
3					
4					
5					
6					

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind	
1	H	Chloe WILLIAMS	Have	13.99	873
2	N	Lea WENGER	NEB	16.63	616
3					
4					
5					
6					

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind	
1	HH	Felicity CLARKE	Have	17.14	1.0	B
2	NN	Chioma ORUCHE (U17)	NEB	22.32		
3						
4						
5						
6						

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf	
1	H	Felicity CLARKE	Have	65.07	738
2	N	Joy LISNEY	NEB	66.79	692
3	W	Millie FINCH	WGEL	74.85	492
4					
5					
6					

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf	
1	HH	Claire BRENNAN	Have	70.78	589
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/20212000m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	98		No Compe	
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	N	Lea WENGER	NEB	1.53
2	HH	Claire BRENNAN	Have	1.38
3	T	Jodie SELF (U17)	Thurr	1.38
4				
5				
6				

A High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	H	Ellie WATSON	Have	1.28	411
2	NN	Serena HOGAN (U20)	NEB	1.18	302
3					
4					
5					
6					

Long Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	T	Sara SARDI (U17)	Thurr	4.79	612
2	W	Evie CEENEY (U17)	WGEL	4.53	553
3	N	Serena HOGAN (U20)	NEB	4.31	504
4	H	Ellie WATSON	Have	4.03	442
5					
6					

A Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	Rhianna BUAKU	WGEL	4.21	482
2	NN	Megan PRICE (U17)	NEB	3.86	404
3	HH	Amy KILNER (U20)	Have	3.36	295
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	T	Sara SARDI (U17)	Thurr	10.46
2	W	Kharina PARTRIDGE (U17)	WGEL	10.33
3	H	Ellie WATSON	Have	8.11
4				
5				
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Amy KILNER (U20)	Have	7.68
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	Claire BRENNAN	Have	2.70
2				
3				
4				
5				
6				

A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Katie ENNIS (U17)	Have	2.30
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	W	Lucy MARSHALL	WGEL	10.61
2	TT	Emily BUTLER (U17)	Thurr	7.91
3	II	Efemena ADJARIFO (U20)	Ilford	7.35
4	HH	Hannah YEXLEY (U17)	Have	6.25
5	NN	Natalie TRAYLEN	NEB	6.05
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf
1	I	Krystle BALOGUN	Ilford	6.93
2	T	Jill BOOSEY	Thurr	5.72
3	H	Emma RAMSDEN (U20)	Have	5.62
4	N	Chioma ORUCHE (U17)	NEB	5.37
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	W	Precious HAMILTON (U20)	WGEL	40.78
2	T	Caroline DREWITT	Thurr	32.30
3	HH	Katie ENNIS (U17)	Have	30.12
4	N	Natalie TRAYLEN	NEB	16.28
5				
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf
1	H	Hannah YEXLEY (U17)	Have	29.57
2	WW	Abigail ALLEN	WGEL	23.57
3	TT	Emily BUTLER (U17)	Thurr	20.21
4	NN	Shelley JAMESON	NEB	16.06
5				
6				

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021**Hammer Women A****A Hammer Women B**

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	W	Lucy MARSHALL	WGEL	56.49	924	1	TT	Sue LAWRENCE	Thurr	25.63	545
2	T	Emily BUTLER (U17)	Thurr	26.24	554	2	NN	Shelley JAMESON	NEB	10.89	259
3	H	Nina BRENNAN	Have	17.63	409	3	HH	Rachel KERR	Have	5.87	63
4	N	Natalie TRAYLEN	NEB	14.68	349	4	WW	Simbiyat SIKIRU (U20)	WGEL	X	
5						5					
6						6					

Javelin Women A**A Javelin Women B**

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	W	Lucy MARSHALL	WGEL	22.74	604	1	HH	Katie ENNIS (U17)	Have	19.96	549
2	TT	Sara SARDI (U17)	Thurr	20.97	570	2	T	Jodie SELF (U17)	Thurr	18.83	525
3	H	Claire BRENNAN	Have	20.51	560	3	WW	Claudia REID	WGEL	17.58	497
4	I	Gemima ESHIMU MASSAMB	Ilford	18.85	525	4	NN	Natalie TRAYLEN	NEB	13.21	386
5	N	Shelley JAMESON	NEB	17.62	498	5					
6						6					

4 x 100m Women A

A

Posn	No.	Club	Runners	Perf	
1	W	WGEL	Sophie ANDERSON (U20) Joanne RYAN Kyra BOYCE (U20) Zahara MALCOLM (U17)	49.34	687
2	T	Thurr	Jodie SELF (U17) Madeline BOOTY (U17) Victoria STAINES Sara SARDI (U17)	51.93	550
3	N	NEB	Abigail EKAJEH (U20) Thea CALLENDER (U17) Serena HOGAN (U20) Ayokusibe AD	53.88	455
4	H	Have	Rachel KERR Emma RAMSDEN (U20) Felicity CLARKE Chloe WILLIAMS	54.85	410
5					
6					

4 x 400m Women A

A

Posn	No.	Club	Runners	Perf	
1	W	WGEL	Anna CLARK Louise GILBERT Zahara MALCOLM (U17) Kyra BOYCE (U20)	04:04.97	639
2	H	Have	Claire BRENNAN Chloe WILLIAMS Nina BRENNAN Felicity CLARKE	04:13.16	563
3	T	Thurr	Jayne ELVIN (U17) Leah BREWER (U20) Emily FALL (U20) Demi Eves (U20)	04:21.98	487
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021

NON-SCORERS

400m Hurdles Men

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	110	Merveilles MASSEMBO	U20 Men	WGEL	10.96	1.2
2	111	Kaidan CHAMBERS	U17 Men	WGEL	11.21	
3	133	Evion HACKETT	U23 Men	WGEL	12.07	
4	113	Ayo OSUNDUN	Senior Men	WGEL	12.18	
5	155	Toby MARKHAM	U23 Men	NEB	12.73	
6						
7						
8						

100m Men (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	111	Kaidan CHAMBERS	U17 Men	WGEL	23.06	0.4
2	139	Karl TUCKER	Senior Men	Have	23.54	
3	142	Michael OKORO	U20 Men	Have	24.29	
4	141	Louis BERRETT	U20 Men	Have	25.30	
5						
6						
7						
8						

4x100m women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	118	WGEL U17W team	U17 Women	WGEL	52.40	
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	160	Krystle BALOGUN	Senior Women	Ilford	12.83	1.7
2	161	Ellie WRIGHT	U20 Women	Ilford	13.03	
3	123	Sophie ANDERSON	U20 Women	WGEL	13.41	
4	124	Tiya CANNING LAWRENCE	U17 Women	WGEL	13.44	
5						
6						
7						
8						

100m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	134	Victoria STAINES	Senior Women	Thurr	13.32	0.5
2	146	Thea CALLENDER	U17 Women	NEB	14.01	
3	148	Kaisha LAWRENCE	Senior Women	NEB	14.64	
4	149	Chioma ORUCHE	U17 Women	NEB	15.58	
5						
6						
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	164	Amy KILNER	U20 Women	Havering	31.74	0.6
2						
3						
4						
5						
6						
7						
8						

200m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	128	Levania UGONNA-MBA	U17 Women	WGEL	27.76	-0.2
2	162	Aleena LAWRENCE	U20 Women	Ilford	28.06	
3	127	Ashleigh SIMMONDS	U17 Women	WGEL	28.34	
4	126	Temitope OLUSESAN	U23 Women	WGEL	28.66	
5	130	Claudia REID	Senior Women	WGEL	29.29	
6	135	Leah BREWER	U20 Women	Thurr	29.79	
7	148	Kaisha LAWRENCE	Senior Women	NEB	31.42	
8						

400m Women

SOUTHERN ATHLETICS LEAGUE East London ASHTON PLAYING FIELDS

14/08/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	119	Ben RICHARDS	U17 Men	WGEL	53.50	1	136	Emily FALL	U20 Women	Thurr	69.90
2	165	Dylan HARROD	U20 Men	Ilford	54.20	2					
3	158	Rhys EDWARDS	U20 Men	Ilford	54.49	3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	120	Alfie WARD	U17 Men	WGEL	02:12.54
2					
3					
4					
5					
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	131	Rennay DOBSON	U20 Women	WGEL	02:43.88
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					
2					
3					
4					
5					
6					
7					
8					

5000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	143	Matthew BLAND	Senior Men	Have	17:51.37
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						

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

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	144	Steve RAND	Senior Men	Have	13.38
2					
3					
4					
5					
6					

Hammer Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	132	Abigail ALLEN	U23 Women	WGEL	35.48
2					
3					
4					
5					
6					

Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	115	Hugh WILLIAMS	Senior Men	WGEL	35.42
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					
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	152	Shelley JAMESON	Senior Women	NEB	5.73
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 London ASHTON PLAYING FIELDS

14/08/2021

1	154 Solomon MENSAH	U17 Men	NEB	4.06	1
2					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	156	Nathaniel HANSEN	U17 Men	NEB	12.74	
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					
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					