

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Hertfordshire	
MATCH	3	
VENUE	WESTMINSTER LODGE ATHLETICS TRACK	
P/FINISH	NO	1

Date Saturday, August 14 2021

Venue WESTMINSTER LODGE ATHLETICS TRACK

Host Club St. Albans AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
T	St. Albans AC	Albans		133.0	16.2	135.5	284.8
W	Watford Harriers	Watf		59.9	3.3	49.6	112.8
X	Herts Phoenix AC	Herts P		104.1	13.1	104.0	221.2
D	Dacorum & Tring AC	Dac&T		157.2	20.1	167.0	344.3
S	Stevenage & North Herts AC	SNH		46.9	3.8	42.3	93.0
L	Luton AC	Luton		94.3	7.8	112.1	214.2

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Dacorum & Tring AC	344.3	1.0			344.3	1.0
2	St. Albans AC	284.8	2.0			284.8	2.0
3	Herts Phoenix AC	221.2	3.0			221.2	3.0
4	Luton AC	214.2	4.0			214.2	4.0
5	Watford Harriers	112.8	5.0			112.8	5.0
6	Stevenage & North Herts AC	93.0	6.0			93.0	6.0

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

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021100m Men A

Posn	No.	Athlete	Club	Perf
1	D	Destiny OGALI	Dac&T	10.9
2	T	Luis DA SILVA	Albans	11.2
3	L	Jack GIBBS (U20)	Luton	11.2
4	S	Nile ODEJIMI-RILEY (U20)	SNH	11.7
5	W	Chris OSEI	Watf	11.7
6	X	Joshua HEESOM (U17)	Herts P	11.8

Wind

100m Men B

Posn	No.	Athlete	Club	Perf
1	DD	Jacob HAYNES (U20)	Dac&T	11.7
2	LL	James GARDNER (U20)	Luton	12.0
3	TT	Mikhail FILIPPOV (U17)	Albans	12.2
4	SS	Alex PICKARD (U20)	SNH	12.4
5	XX	Bradley GIFKINS (U17)	Herts P	13.2
6	WW	Adrian HARWOOD	Watf	16.1

Wind

200m Men A

Posn	No.	Athlete	Club	Perf
1	D	Destiny OGALI	Dac&T	21.9
2	T	Luis DA SILVA	Albans	22.3
3	L	Jack GIBBS (U20)	Luton	22.6
4	X	Matthew COX (U20)	Herts P	23.3
5	S	Alex PICKARD (U20)	SNH	24.7
6				

Wind

200m Men B

Posn	No.	Athlete	Club	Perf
1	DD	Jacob HAYNES (U20)	Dac&T	23.1
2	TT	Mikhail FILIPPOV (U17)	Albans	23.4
3	LL	James GARDNER (U20)	Luton	23.5
4	SS	Dylan BAINES	SNH	24.8
5	XX	Kyle WILLIAMS (U17)	Herts P	25.8
6				

Wind

B

400m Men A

Posn	No.	Athlete	Club	Perf
1	T	Andrew SHAW	Albans	53.3
2	D	Jack RAINE (U20)	Dac&T	53.8
3	X	George WARD (U17)	Herts P	55.2
4				
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	DD	Harry BRIDGE (U17)	Dac&T	54.4
2	XX	Matthew DORMAN (U17)	Herts P	55.6
3	TT	Oren SENEVIRATNE (U17)	Albans	55.7
4				
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	D	Tom GAUNCE (U17)	Dac&T	01:59.0
2	X	George WARD (U17)	Herts P	02:00.8
3	L	Jed NOBLETT	Luton	02:02.8
4	T	Oscar LOVEDAY (U17)	Albans	02:07.1
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	TT	Hugh THOMAS	Albans	02:10.5
2	XX	Ruben KELLY (U17)	Herts P	02:17.0
3	DD	Marcus STANSBURY (U20)	Dac&T	02:20.1
4				
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	X	Oscar BELL	Herts P	04:05.5
2	L	Jed NOBLETT	Luton	04:10.8
3	T	Tom HALLING	Albans	04:12.0
4	D	Sam BURNELL (U20)	Dac&T	04:18.0
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	DD	James FRENCH	Dac&T	04:30.6
2	TT	Gavin CLIFTON	Albans	05:31.7
3				
4				
5				
6				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	D	James FRENCH	Dac&T	16:16.5

Wind

5000m Men B

Posn	No.	Athlete	Club	Perf
1	DD	Rhys ROWLANDS	Dac&T	17:10.3

Wind

B

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

2	T	Paul ADAMS	Albans	16:32.0	557	2	TT	Will BOWRAN	Albans	18:59.3	241
3	S	Adam SEARLE	SNH	18:59.9	240	3					
4	W	Adrian HARWOOD	Watf	20:06.1	139	4					
5	X	Anthony BRYAN	Herts P	24:23.9		5					
6						6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	T	Ayo BYRON	Albans	15.2
2	S	Edward LAWS (U20)	SNH	17.0
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	S	Edward LAWS (U20)	SNH	59.6
2	D	Rhys ROWLANDS	Dac&T	71.2
3				
4				
5				
6				

400m Hurdles Men B

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

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/20212000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	X	William REILLY (U20)	Herts P	06:40.5
2	D	Rhys ROWLANDS	Dac&T	06:47.3
3	T	Steve COCKRELL	Albans	07:50.9
4	W	Adrian HARWOOD	Watf	09:37.6
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	DD	Sam BURNELL (U20)	Dac&T	07:14.7
2	TT	Andrew MAHER	Albans	10:11.2
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	X	Matthew COX (U20)	Herts P	6.33
2	DD	George BANCROFT (U17)	Dac&T	5.75
3	T	Charlie POWELL (U20)	Albans	5.61
4	L	Romero ARMANI DUJON	Luton	5.29
5				
6				

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	D	Edward FOY (U17)	Dac&T	5.71
2	XX	Joshua HEESOM (U17)	Herts P	5.30
3	TT	David EVANS	Albans	4.56
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	T	Matthew WILLIAMS (U20)	Albans	1.72
2	D	Joe THOMPSON (U20)	Dac&T	1.60
3	X	Philip OLIVIER	Herts P	1.45
4				
5				
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	DD	James DEAYN (U17)	Dac&T	1.60
2	TT	Tim HIGMAN	Albans	1.35
3				
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	L	James GARDNER (U20)	Luton	12.93
2	X	Matthew COX (U20)	Herts P	12.75
3	T	Charlie POWELL (U20)	Albans	11.25
4	D	James DEAYN (U17)	Dac&T	10.93
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	LL	Romero ARMANI DUJON	Luton	11.97
2	DD	Joe THOMPSON (U20)	Dac&T	10.45
3	TT	Andrew SHAW	Albans	10.00
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	D	Thomas ASHTON (U20)	Dac&T	3.70
2	SS	Michael STOCKER	SNH	3.50
3	T	Nick WALKER	Albans	2.20
4	W	Adrian HARWOOD	Watf	1.10
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
633	1	DD William ASHTON (U20)	Dac&T	3.50
590	2	TT Phil YAXLEY	Albans	2.00
302	3			
31	4			
	5			
	6			

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	D	James ISAACS (U20)	Dac&T	12.05
2	LL	Zack GRINSTED (U17)	Luton	10.66
3	S	Michael STOCKER	SNH	9.30
4	X	James GROVE	Herts P	9.24
5	TT	Tim HIGMAN	Albans	8.11
6	W	Adrian HARWOOD	Watf	5.76

A Shot Men B

Posn	Bib	Athlete	Club	Perf
727	1	DD Chris LINE	Dac&T	10.78
630	2	XX Bradley GIFKINS (U17)	Herts P	7.78
526	3	SS Steve FEELY	SNH	7.63
521	4	T Nick WALKER	Albans	7.32
425	5	L Romero ARMANI DUJON	Luton	6.32
169	6	WW Richard PARLES	Watf	5.24
				79

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	D	Chris LINE	Dac&T	36.70
2	L	Jordan DAVIES	Luton	34.88
3	X	James GROVE	Herts P	30.42
4	T	Nick WALKER	Albans	26.13
5				
6				

A Discus Men B

Posn	Bib	Athlete	Club	Perf
707	1	DD James ISAACS (U20)	Dac&T	36.27
677	2	LL Zack GRINSTED (U17)	Luton	34.28
598	3	XX Philip OLIVIER	Herts P	23.70
516	4	TT Tim HIGMAN	Albans	20.45
	5			
	6			

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	S	George MARVELL	SNH	51.44
2	X	James GROVE	Herts P	33.04
3	D	James ISAACS (U20)	Dac&T	31.22
4	L	Jordan DAVIES	Luton	26.22
5	TT	Tim HIGMAN	Albans	17.84
6	W	Adrian HARWOOD	Watf	7.53

A Hammer Men B

Posn	Bib	Athlete	Club	Perf
842	1	SS Steve FEELY	SNH	28.60
622	2	DD Chris LINE	Dac&T	26.54
597	3	T Nick WALKER	Albans	12.39
523	4			
376	5			
14	6			

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	L	Jordan DAVIES	Luton	47.73
2	DD	Edward FOY (U17)	Dac&T	40.88
3	T	Matthew WILLIAMS (U20)	Albans	38.10
4	XX	Philip OLIVIER	Herts P	31.99
5				
6				

A Javelin Men B

Posn	Bib	Athlete	Club	Perf
723	1	D Shaun WALL	Dac&T	34.84
627	2	LL Daniel BOTTESCH	Luton	23.61
587	3	TT Tim HIGMAN	Albans	22.11
493	4	X James GROVE	Herts P	18.11
	5			
	6			

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	T	Albans	Shion EVANS (U17) Will KENNEDY (U17) Ayo BYRON Luis DA SILVA	44.5

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

2	D	Dac&T	Jack RAINE (U20) Harry BRIDGE (U17) Destiny OGALI Jacob HAYNES (U20)	44.7	516
3	S	SNH	Michael STOCKER Dylan BAINES Alex PICKARD (U20) Edward LAWS (U20)	46.4	382
4	X	Herts P	Matthew COX (U20) Kyle WILLIAMS (U17) Bradley GIFKINS (U17) Joshua HEESOM (U	46.7	361
5	L	Luton	Romero ARMANI DUJON Prodigie ANISHA (U17) James GARDNER (U20) Jack GIBBS (l	48.2	264
6					

4 x 400m Men A

A

Posn	No.	Club	Runners	Perf	
1	D	Dac&T	Jack RAINE (U20) Jack RAINE (U20) Jack RAINE (U20) Jack RAINE (U20)	03:37.1	436
2	T	Albans	Charlie POWELL (U20) Tom HALLING Andrew SHAW Will KENNEDY (U17)	03:40.1	394
3	X	Herts P	Matthew COX (U20) Alex MACAULAY William REILLY (U20) George WARD (U17)	03:47.5	301
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021
100m Women A

Posn	No.	Athlete	Club	Perf
1	X	Amelia GITTENS (U17)	Herts P	12.5
2	L	Tina LOUIS (U20)	Luton	12.5
3	D	Jasmine HARDY (U17)	Dac&T	13.0
4	T	Meeka NIGHTINGALE (U17)	Albans	13.5
5	S	Sarah MAVROMOUSTAKIS (LSNH		13.7
6	W	Alison PUTKO	Watf	16.4

Wind

100m Women B

Posn	No.	Athlete	Club	Perf
1	LL	Charise MYRIE (U20)	Luton	13.4
2	DD	Fara ADIO-MOSES (U17)	Dac&T	13.5
3	TT	Orla FOLEY (U17)	Albans	14.0
4	XX	Sharon HOOD (U17)	Herts P	14.1
5	WW	Christine DEARMAN	Watf	20.4
6				

Wind

200m Women A

Posn	No.	Athlete	Club	Perf
1	X	Sophie SEGUN	Herts P	26.1
2	L	Tina LOUIS (U20)	Luton	26.3
3	D	Jasmine HARDY (U17)	Dac&T	27.1
4	T	Orla FOLEY (U17)	Albans	29.1
5	W	Alison PUTKO	Watf	34.4
6				

Wind

200m Women B

Posn	No.	Athlete	Club	Perf
1	XX	Amelia GITTENS (U17)	Herts P	25.5
2	LL	Uchenna DE SILVA (U17)	Luton	28.3
3	DD	Isabelle NERO (U20)	Dac&T	28.5
4	WW	Robyn LOWER	Watf	33.5
5				
6				

Wind

B

400m Women A

Posn	No.	Athlete	Club	Perf
1	X	Isabel WILDGOOSE (U17)	Herts P	62.3
2	D	Isabelle NERO (U20)	Dac&T	65.5
3	T	Lily TSE (U17)	Albans	70.0
4	W	Alison PUTKO	Watf	73.8
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	XX	Serena THOMAS (U20)	Herts P	62.3
2	DD	Katy WARREN	Dac&T	62.4
3	WW	Robyn LOWER	Watf	77.7
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	D	Phillipa LOWE	Dac&T	02:10.9
2	L	Bluebell COOKE (U20)	Luton	02:18.4
3	T	Hannah RAYDEN	Albans	02:24.1
4	W	Robyn LOWER	Watf	02:53.3
5				
6				

REC

800m Women B

Posn	No.	Athlete	Club	Perf
1	DD	Katy WARREN	Dac&T	02:19.2
2	LL	Leah JAY (U17)	Luton	02:24.3
3	TT	Lily TSE (U17)	Albans	02:31.3
4	WW	Emma GARDNER	Watf	02:53.6
5				
6				

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021
1500m Women A

Posn	No.	Athlete	Club	Perf
1	T	Annabel HEDGE (U17)	Albans	04:53.1
2	L	Holly LATHWELL (U17)	Luton	04:53.6
3	X	Louise GRENFELL (U17)	Herts P	04:54.4
4	WW	Hannah TROTMAN	Watf	05:10.9
5	D	Daisy WILLSON (U17)	Dac&T	05:16.5
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	W	Claire BENTLEY	Watf	05:17.9
2	DD	Elizabeth ROBERTS	Dac&T	06:03.1
3	XX	Yvonne JONES	Herts P	06:35.2
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	L	Holly LATHWELL (U17)	Luton	10:25.8
2	T	Sarah MCGRATH (U17)	Albans	10:40.5
3	W	Claire BENTLEY	Watf	11:03.1
4	D	Elizabeth ROBERTS	Dac&T	12:25.5
5	S	Amelie HOBBS (U17)	SNH	12:39.6
6	X	Charlotte FOLEY	Herts P	14:27.8

3000m Women B

Posn	No.	Athlete	Club	Perf
1	TT	Christy DURBIN (U20)	Albans	11:05.8
2	DD	Vicki COLEMAN	Dac&T	12:44.9
3	WW	Emma GARDNER	Watf	13:34.9
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	X	Chloe VERNON-HAMILTON	Herts P
2	W	Suzanne BENTLEY	Watf
3	L	Charise MYRIE (U20)	Luton
4			
5			
6			

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	WW	Alison PUTKO	Watf	39.0
2				
3				
4				
5				
6				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	W	Suzanne BENTLEY	Watf	67.9
2	T	Emeline BROWN (U20)	Albans	70.5
3	S	Clare HUDSON (U20)	SNH	72.2
4				
5				
6				

400m Hurdles Women B

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

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

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

Posn	No.	Athlete	Club	Perf
1	D	Katy WARREN	Dac&T	07:59.5
2	T	Hannah RAYDEN	Albans	08:32.1
3	W	Grace INGLES (U20)	Watf	08:39.3
4				
5				
6				

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	DD	Beth MOODY (U17)	Dac&T	08:10.3
2	WW	Hannah TROTMAN	Watf	08:44.6
3	TT	Kate DIXON	Albans	09:04.0
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	D	Fara ADIO-MOSES (U17)	Dac&T	1.45
2	T	Emeline BROWN (U20)	Albans	1.45
3	S	Delia PREVITALI (U17)	SNH	1.40
4	W	Grace INGLES (U20)	Watf	1.20
5	X	Sarah GAYNOR	Herts P	1.00
6				

 A High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	DD	Chloe GROGAN (U17)	Dac&T	1.35
2	TT	Hannah RAYDEN	Albans	1.30
3	WW	Alison PUTKO	Watf	1.20
4				
5				
6				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	X	Chloe VERNON-HAMILTON	Herts P	5.34
2	T	Meeka NIGHTINGALE (U17)	Albans	4.68
3	D	Ruby PEACOCK (U17)	Dac&T	4.62
4	L	Dawn WILLIAMS	Luton	3.79
5	WW	Alison PUTKO	Watf	3.54
6				

 A Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	XX	Louise GRENFELL (U17)	Herts P	4.63
2	DD	Esme O'CONNELL (U20)	Dac&T	4.17
3	W	Charlotte GLENISTER (U20)	Watf	2.36
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	L	Charise MYRIE (U20)	Luton	10.16
2	T	Emeline BROWN (U20)	Albans	9.80
3	W	Alison PUTKO	Watf	7.70
4				
5				
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	TT	Hannah RAYDEN	Albans	8.41
2	WW	Christine DEARMAN	Watf	5.29
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	T	Louise KELLY	Albans	2.45
2	D	Alice KING (U20)	Dac&T	2.45
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	X	Chloe VERNON-HAMILTON	Herts P	13.29
2	T	Louise KELLY	Albans	8.94
3	LL	Dawn WILLIAMS	Luton	7.88
4	D	Caitlin FILBY	Dac&T	7.14
5	W	Jennifer EGLINTON	Watf	6.23
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf
1	L	Suzanna WISE	Luton	7.73
2	XX	Lucia RIZZO (U17)	Herts P	7.69
3	DD	Tia GINN (U17)	Dac&T	6.88
4	TT	Charlie COLLING (U20)	Albans	5.84
5	WW	Christine CANNING	Watf	4.86
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	L	Emma BEALES	Luton	38.12
2	D	Tia GINN (U17)	Dac&T	25.43
3	X	Lucia RIZZO (U17)	Herts P	23.70
4	T	Isabelle KEITH (U17)	Albans	16.67
5	WW	Robyn LOWER	Watf	16.56
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf
1	LL	Suzanna WISE	Luton	31.08
2	DD	Caitlin FILBY	Dac&T	24.45
3	XX	Sophie SEGUN	Herts P	20.99
4	W	Jennifer EGLINTON	Watf	13.65
5	TT	Charlie COLLING (U20)	Albans	12.61
6				

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

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

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	S	Libby TAYLOR (U20)	SNH	44.15	789	1	DD	Caitlin FILBY	Dac&T	29.58	603
2	L	Suzanna WISE	Luton	37.52	709	2	TT	Louise KELLY	Albans	18.09	417
3	D	Amy WRIGHT (U20)	Dac&T	35.90	688	3	WW	Christine DEARMAN	Watf	10.08	236
4	T	Charlie COLLING (U20)	Albans	20.22	456	4					
5	W	Christine CANNING	Watf	16.13	379	5					
6						6					

Javelin Women A**A** Javelin Women B

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	D	Tia GINN (U17)	Dac&T	29.54	722	1	LL	Suzanna WISE	Luton	17.83	503
2	T	Alannah DALY (U20)	Albans	27.74	693	2	TT	Orla FOLEY (U17)	Albans	14.65	425
3	W	Suzanne BENTLEY	Watf	25.02	646	3	WW	Jennifer EGLINTON	Watf	14.42	419
4	L	Dawn WILLIAMS	Luton	23.10	611	4	DD	Caitlin FILBY	Dac&T	10.84	310
5	X	Louise GRENFELL (U17)	Herts P	20.59	562	5	XX	Lucia RIZZO (U17)	Herts P	6.86	97
6						6					

4 x 100m Women A**A**

Posn	No.	Club	Runners	Perf	
1	X	Herts P	Chloe VERNON-HAMILTON Sophie SEGUN Amelia GITTENS (U17) Sharon HOOD (U	50.0	651
2	L	Luton	Holly LATHWELL (U17) Charise MYRIE (U20) Uchenna DE SILVA (U17) Tina LOUIS	52.6	516
3	D	Dac&T	Esme O'CONNELL (U20) Jasmine HARDY (U17) Ruby PEACOCK (U17) Fara ADIO-M	52.7	511
4	T	Albans	Orla FOLEY (U17) Meeka NIGHTINGALE (U17) Christy DURBIN (U20) Emeline BRO'	54.5	426
5	W	Watf	Suzanne BENTLEY Claire BENTLEY Charlotte GLENISTER (U20) Alison PUTKO	64.7	71
6					

4 x 400m Women A**A**

Posn	No.	Club	Runners	Perf	
1	D	Dac&T	Isabelle NERO (U20) Phillipa LOWE Katy WARREN Beth MOODY (U17)	04:14.7	550
2	T	Albans	Orla FOLEY (U17) Orla FOLEY (U17) Orla FOLEY (U17) Orla FOLEY (U17)	04:50.9	268
3	W	Watf	Suzanne BENTLEY Suzanne BENTLEY Suzanne BENTLEY Suzanne BENTLEY	04:52.3	259
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

NON-SCORERS400m Hurdles Men

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

NON-SCORERS400m 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	26	Olly SLINKO	U17 Men	Luton	11.9	
2	30	Michael STOCKER	U23 Men	SNH	12.2	
3	6	Will KENNEDY	U17 Men	Albans	12.4	
4	27	Prodige ANISHA	U17 Men	Luton	12.8	
5	5	Shion EVANS	U17 Men	Albans	12.8	
6	1	David EVANS	Senior Men	Albans	13.1	
7	2	Phil YAXLEY	Senior Men	Albans	14.9	
8						

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	16	Esme O'CONNELL	U20 Women	Dac&T	13.9	
2	28	Uchenna DE SILVA	U17 Women	Luton	13.9	
3						
4						
5						
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						
2						
3						
4						
5						
6						
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	12	Ruby PEACOCK	U17 Women	Dac&T	29.6	
2	20	Natasha RIX	U17 Women	Herts P	30.1	
3						
4						
5						
6						
7						
8						

200m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	41	Josh Heeson	U17 Men	Herts P	23.6	
2	6	Will KENNEDY	U17 Men	Albans	23.7	
3	5	Shion EVANS	U17 Men	Albans	24.7	
4	8	James TWALLIN	Senior Men	Dac&T	25.4	
5	40	George Bancroft	U17 Men	Dac&T	25.4	
6	27	Prodige ANISHA	U17 Men	Luton	26.0	
7	2	Phil YAXLEY	Senior Men	Albans	31.2	
8						

200m Women (2)

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

400m Men400m Women

SOUTHERN ATHLETICS LEAGUE Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	8	James TWALLIN	Senior Men	Dac&T	57.0	1					
2	6	Will KENNEDY	U17 Men	Albans	62.2	2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
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					
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					
2					
3					
4					
5					
6					
7					
8					
9					
10					

3000m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	37	Charlotte GLENISTER	U20 Women	Watf	14:38.2
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 Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

1	14	Marcus STANSBURY	U20 Men	Dac&T	8:36.5	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	24	Geoff GRINSTED	Senior Men	Luton	19.21
2					
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	32	Christine CANNING	Senior Women	Watf	13.15
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	13	Joe THOMPSON	U20 Men	Dac&T	35.25
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	10	Shaun WALL	Senior Men	Dac&T	9.80
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 Hertfordshire WESTMINSTER LODGE ATHLETICS TRACK

14/08/2021

1	42	Matthew WILLIAMS	U20 Men	Albans	5.67	1
2	11	James DEAYN	U17 Men	Dac&T	5.19	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	43	Christy DURBIN	U20 Women	Albans	6.85	
2						
3						
4						
5						
6						

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	15	Thomas ASHTON	U20 Men	Dac&T	1.60
2					
3					
4					
5					
6					

High Jump Women

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

4x400m Relay Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	44	Marcus STANSBURY, Peter ST	Relay Men	Dac&T	4:12.4
2					
3					
4					
5					
6					

Pole Vault Women

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