

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Mid West	
MATCH	3	
VENUE	ALDERSHOT MILITARY STADIUM	
P/FINISH	NO	6

Date Saturday, August 14 2021

Venue ALDERSHOT MILITARY STADIUM

Host Club Aldershot Farnham & District AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
A	Aldershot Farnham & District AC	AFD		98.3	2.2	127.4	228.0
O	Woking AC	Woking		123.9	14.4	184.8	323.0
K	Bracknell AC	Brack		127.9	19.3	120.9	268.0
G	Guildford & Godalming AC	G&G		100.2	18.5	136.0	254.7
W	Windsor Slough Eton & Hounslow AC	WSEH		196.7	23.3	202.7	422.6
M	Maidenhead AC	Maid		12.5		76.6	89.1

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Windsor Slough Eton & Hounslow AC	422.6	1.0			422.6	1.0
2	Woking AC	323.0	2.0			323.0	2.0
3	Bracknell AC	268.0	3.0			268.0	3.0
4	Guildford & Godalming AC	254.7	4.0			254.7	4.0
5	Aldershot Farnham & District AC	228.0	5.0			228.0	5.0
6	Maidenhead AC	89.1	6.0			89.1	6.0

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

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	g	MATTHEW HARRIS	G&G	11.3	
2	w	Geiovannie SEALY (U20)	WSEH	11.4	
3	a	Jonas MIKALCIUS	AFD	11.9	
4	o	Kenneth BALL	Woking	12.0	
5	k	Matteo HARRISON (U17)	Brack	12.1	
6	m	Chester SHEN (U17)	Maid	13.1	

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	ww	Pelumi BABALOLA (U20)	WSEH	11.8	526
2	gg	Elliot HOLMAN	G&G	11.9	500
3	kk	Matthew MULE (U17)	Brack	11.9	500
4	AA	Matthew CHUNG	AFD	12.6	342
5	OO	Michael OMAKOBIA	Woking	12.7	322
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	W	Geiovannie SEALY (U20)	WSEH	22.6	727
2	G	MATTHEW HARRIS	G&G	22.8	697
3	A	Jonas MIKALCIUS	AFD	23.5	597
4	O	Kenneth BALL	Woking	24.0	531
5	K	James MILLER	Brack	24.2	506
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	WW	Kevone GALLIMORE (U17)	WSEH	23.4	611
2	GG	Elliot HOLMAN	G&G	23.9	544
3	KK	Matthew MULE (U17)	Brack	24.0	531
4	OO	Ian HORLOCK	Woking	24.2	506
5	AA	Matthew CHUNG	AFD	25.6	350
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	W	Nunu NJOROGUE (U17)	WSEH	51.0
2	O	Dave AWDE	Woking	51.3
3	G	Jack WESTERMAN (U17)	G&G	52.0
4	K	Edward ENSER (U17)	Brack	52.5
5	A	Matthew CHUNG	AFD	55.7
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	WW	Oliver CLOHERTY (U20)	WSEH	52.4
2	OO	Richard BEAK	Woking	53.4
3	KK	Samuel PEMBERTON (U17)	Brack	55.1
4	GG	Oliver WELLS	G&G	55.5
5	AA	James Pocknee	AFD	67.6
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	W	Dereece GREEN	WSEH	01:57.4
2	A	Aaron Gill (U20)	AFD	01:57.8
3	K	Aaron ENSER	Brack	02:08.2
4	O	Martin SUNDERLAND (U17)	Woking	02:08.7
5	M	Craig WEST	Maid	02:14.2
6	G	Philip PRYKE	G&G	02:15.9

800m Men B

Posn	No.	Athlete	Club	Perf
1	WW	Oliver EMMENT (U17)	WSEH	02:07.0
2	AA	Alfie Mumford (U20)	AFD	02:12.0
3	KK	Toby CLARK (U17)	Brack	02:14.1
4	OO	Craig SULLIVAN	Woking	02:29.0
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	W	Liam STONE (U20)	WSEH	04:04.2
2	KK	Benjamin WILLS	Brack	04:07.3
3	A	Morgan MKAMBULA (U17)	AFD	04:32.2
4	G	Philip PRYKE	G&G	04:55.2
5	O	Ben GOLDING (U17)	Woking	04:57.2
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	AA	Stuart MUIRDEN	AFD	04:36.1
2	OO	Craig SULLIVAN	Woking	05:20.6
3				
4				
5				
6				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	WW	Simon MILLETT	WSEH	15:46.3

5000m Men B

Posn	No.	Athlete	Club	Perf
1	W	Samuel HODGSON (U20)	WSEH	16:10.8

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021

2	K	Neil KEVERN	Brack	15:47.2	676	2	A	Leo MALIPHANT	AFD	16:45.5	523
3	O	Ben GODDARD	Woking	15:57.5	648	3	KK	Max STEVENS (U20)	Brack	16:52.5	506
4	AA	Stuart MUIRDEN	AFD	16:30.3	561	4	OO	Connor TRERISE	Woking	17:18.1	445
5	GG	Terry BOOTH	G&G	16:37.6	542	5	G	Sam BEGG	G&G	17:34.7	408
6	M	Craig WEST	Maid	17:39.7	397	6	MM	Jonathan OLIVER	Maid	20:06.8	138

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	O	Rory KELLY	Woking	16.1
2	WW	Callum MCKAY	WSEH	16.3
3	G	Darren DODS	G&G	17.2
4				
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1=	W	Troy MCCONVILLE (U20)	WSEH	17.0
1=	OO	Dave AWDE	Woking	17.0
3	GG	Shaun CREGEEN	G&G	21.9
4				
5				
6				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	O	Dave AWDE	Woking	57.7
2	W	Leon BRADSHAW (U20)	WSEH	61.3
3	K	Aaron ENSER	Brack	61.4
4	A	Harry ASPREY	AFD	76.3
5				
6				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	OO	Ian HORLOCK	Woking	58.9
2	WW	Callum MCKAY	WSEH	64.5
3	AA	Mark Hyde	AFD	72.8
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/20212000m S/Chase Men A (No water jump)

Posn	No.	Athlete	Club	Perf
1	O	Ben GODDARD	Woking	07:13.8
2	A	Andrew Hislop	AFD	09:01.0
3	G	Lawrence PRITCHARD (U2C G&G)		09:16.6
4				
5				
6				

2000m S/Chase Men B (No water jump)

Posn	No.	Athlete	Club	Perf
1	OO	Steve TAIT	Woking	08:41.0
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	W	Rico LIONETTI (U20)	WSEH	6.64
2	G	Darren DODS	G&G	6.22
3	A	George Asprey (U20)	AFD	6.09
4	O	George HOPKINS (U20)	Woking	5.93
5	M	Raja KHAN	Maid	5.92
6	K	Sam RUSSELL	Brack	5.25

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	WW	Anthony ROBINS-KENT (U20)	WSEH	6.53
2	OO	Dave AWDE	Woking	5.47
3	MM	Chester SHEN (U17)	Maid	5.19
4	GG	Ben WEST (U20)	G&G	5.14
5	AA	Harry ASPREY	AFD	5.12
6	KK	Max PARR (U17)	Brack	4.78

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	O	Benjamin KING (U17)	Woking	1.80
2	G	Darren DODS	G&G	1.75
3	W	Alexander STIRZAKER (U17)	WSEH	1.75
4	A	Max EASTMAN (U17)	AFD	1.70
5	KK	Max PARR (U17)	Brack	1.60
6	M	Gordon BRITTON	Maid	1.40

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	OO	George HOPKINS (U20)	Woking	1.75
2	WW	Dylan VAL (U20)	WSEH	1.70
3	GG	Lawrence PRITCHARD (U20)	G&G	1.65
4	K	Bruce POLL	Brack	1.45
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	M	Raja KHAN	Maid	12.44
2	G	Darren DODS	G&G	12.18
3	W	Rico LIONETTI (U20)	WSEH	11.77
4	O	Dave AWDE	Woking	11.40
5	K	Sam RUSSELL	Brack	10.64
6	A	Harry ASPREY	AFD	10.28

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	WW	Anthony ROBINS-KENT (U20)	WSEH	11.68
2	MM	Chester SHEN (U17)	Maid	11.45
3	OO	Rory KELLY	Woking	11.27
4	GG	Shaun CREGEEN	G&G	10.00
5	AA	Matthew CHUNG	AFD	8.93
6				

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	O	Kaspars KAZEMAKS	Woking	3.80
2	W	Jack STAUNTON (U17)	WSEH	3.70
3	A	George Asprey (U20)	AFD	3.10
4	G	Shaun CREGEEN	G&G	2.50
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	OO	Dave AWDE	Woking	3.70	633
2	WW	Alexander STIRZAKER (U17)	WSEH	3.30	547
3	GG	Lawrence PRITCHARD (U20)	G&G	2.50	370
4	AA	Allan Leiper	AFD	2.10	279
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	A	George Asprey (U20)	AFD	11.36
2	W	Troy MCCONVILLE (U20)	WSEH	10.89
3	O	Kaspars KAZEMAKS	Woking	10.45
4	M	Jonathan OLIVER	Maid	7.64
5	GG	Shaun CREGEEN	G&G	7.13
6				

A Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	AA	Allan Leiper	AFD	10.94	650
2	OO	Dave AWDE	Woking	9.37	531
3	MM	Robin HAWKINS	Maid	6.75	292
4	WW	Demari GUMBS (U17)	WSEH	6.61	276
5	G	Oliver WELLS	G&G	6.35	246
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	W	Troy MCCONVILLE (U20)	WSEH	36.65
2	OO	Kaspars KAZEMAKS	Woking	35.12
3	A	George Asprey (U20)	AFD	32.34
4	K	Sam RUSSELL	Brack	25.67
5	M	Jonathan OLIVER	Maid	20.48
6	G	Shaun CREGEEN	G&G	19.15

A Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	O	Rory KELLY	Woking	34.43	669
2	WW	Naman SHARMA (U20)	WSEH	30.40	598
3	AA	Allan Leiper	AFD	26.94	532
4	KK	Jacek DRZEWIECKI	Brack	24.25	476
5	MM	Robin HAWKINS	Maid	17.13	301
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	W	Bayley CAMPBELL	WSEH	55.27
2	O	Paul KELLY	Woking	32.66
3	A	Allan Leiper	AFD	26.60
4	G	Shaun CREGEEN	G&G	15.96
5				
6				

A Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	WW	Luke NORRIS	WSEH	45.20	773
2	OO	Rory KELLY	Woking	32.48	615
3	AA	Andy Buchanan	AFD	11.77	229
4					
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	O	George HOPKINS (U20)	Woking	45.49
2	W	Troy MCCONVILLE (U20)	WSEH	42.24
3	A	Jack Wise (U20)	AFD	42.14
4	G	Shaun CREGEEN	G&G	38.31
5	K	Sam RUSSELL	Brack	33.11
6	MM	Robin HAWKINS	Maid	30.42

A Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	OO	Kaspars KAZEMAKS	Woking	35.40	546
2	AA	Allan Leiper	AFD	32.02	494
3	M	Gordon BRITTON	Maid	28.07	429
4	WW	Demari GUMBS (U17)	WSEH	27.11	413
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf	
1	W	WSEH	Rico LIONETTI (U20) Geiovanni SEALY (U20) Kevone GALLIMORE (U17) Pelumi BAE	44.7	516

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021

2	G	G&G	Kai COLLINS (U17) Jack WESTERMAN (U17) Elliot HOLMAN MATTHEW HARRIS	45.1	483
3	O	Woking	Kenneth BALL Dave AWDE Richard BEAK George HOPKINS (U20)	45.2	474
4	K	Brack	Matthew MULE (U17) James MILLER William THORNDIKE (U17) Matteo HARRISON (L	45.9	419
5	A	AFD	Matthew CHUNG James Pocknee George Asprey (U20) Jonas MIKALCIUS	48.9	224
6					

4 x 400m Men A

Posn	No.	Club	Runners	Perf	
1	W	WSEH	Nunu NJOROGÉ (U17) Dereece GREEN Oliver CLOHERTY (U20) Leon BRADSHAW (U20)	03:28.2	572
2	O	Woking	Dave AWDE Ian HORLOCK Kaspars KAZEMAKS Richard BEAK	03:38.7	413
3	G	G&G	Elliot HOLMAN Jack WESTERMAN (U17) Lawrence PRITCHARD (U20) Oliver WELLS	03:44.3	340
4	K	Brack	Edward ENSER (U17) Samuel PEMBERTON (U17) Benjamin WILLS Max STEVENS (U20)	03:53.7	234
5					
6					

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021100m Women A

Posn	No.	Athlete	Club	Perf
1	w	Harriet JONES	WSEH	12.5
2	o	Emily READ	Woking	13.0
3	k	Lucy COUZENS (U17)	Brack	13.4
4	a	Georgina DARNELL	AFD	13.5
5	g	Jessica HALL	G&G	14.3
6				

100m Women B

Posn	No.	Athlete	Club	Perf
1	ww	Liana WILLIAMS (U17)	WSEH	12.9
2	kk	Imogene COOK (U20)	Brack	13.2
3	oo	Esther IBIAMA (U17)	Woking	13.7
4	aa	Marianna MOREY	AFD	14.7
5				
6				

200m Women A

Posn	No.	Athlete	Club	Perf
1	w	Jess ARMAH	WSEH	25.5
2	k	Phoebe FENWICK	Brack	25.8
3	a	Madison O'GORMAN (U17)	AFD	25.9
4	o	Emily READ	Woking	26.0
5	g	Jessica HALL	G&G	29.4
6				

200m Women B

Posn	No.	Athlete	Club	Perf
1	ww	Brogan MCCAFFERTY (U17)	WSEH	26.2
2	kk	Imogen WILSON (U17)	Brack	26.5
3	gg	Susannah LECOUTRE (U20)	G&G	27.1
4	aa	Georgina DARNELL	AFD	27.7
5	oo	Jacqueline MUSSELWHITE	Woking	32.8
6				

400m Women A

Posn	No.	Athlete	Club	Perf
1	k	Imogen WILSON (U17)	Brack	60.1
2	g	Christina KIRKBY (U17)	G&G	60.2
3	ww	Jemima DAVIES (U17)	WSEH	64.4
4	a	Millie HARRIS (U17)	AFD	68.6
5	o	Natasha DI NOLFI	Woking	76.8
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	gg	Virginia MITCHELL	G&G	63.6
2	kk	Lucy LOADES (U20)	Brack	64.0
3	w	Eilidh GREEN (U17)	WSEH	65.3
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	g	Susannah LECOUTRE (U20)	G&G	02:16.5
2	W	Jemima DAVIES (U17)	WSEH	02:25.7
3	K	Sofia FOSTER (U17)	Brack	02:34.3
4				
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	GG	Della SAKARIA (U20)	G&G	02:23.1
2	WW	Nathalie THOMPSON	WSEH	02:29.0
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	o	Martha COLLINGS (U20)	Woking	04:43.5
2	W	Freya RUFFELS (U17)	WSEH	04:48.9
3	A	Megan GILDEA	AFD	04:58.8
4	K	Katie FLOCKHART (U17)	Brack	05:58.8
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf	
1	WW	Katie CLUTTERBUCK (U20)	WSEH	05:00.5	594
2	OO	Charlotte WATSON	Woking	06:36.4	114
3					
4					
5					
6					

3000m Women A

Posn	No.	Athlete	Club	Perf
1	k	Abigail BAINES (U20)	Brack	10:42.3
2	WW	Amber CLARKE	WSEH	11:22.0
3	OO	Amelia KERMEEN (U17)	Woking	13:41.1
4	M	Leila OLIVER	Maid	14:26.9
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf	
1	W	Isabelle RAYNER	WSEH	11:47.5	443
2	O	Charlotte WATSON	Woking	13:48.8	158
3					
4					
5					
6					

100m Hurdles Women A

Posn	Athlete	Club	Perf	
1	ww	Lara PLEACE	WSEH	14.0
2	k	Yasmin GROSVENOR (U20)	Brack	16.2
3				
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind	
1	w	Harriet JONES	WSEH	14.8		790
2						
3						
4						
5						
6						

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	w	Zuri MULLINGS	WSEH	65.5
2	a	Emma FIDGETT (U20)	AFD	69.4
3	k	Sarah LOADES	Brack	71.4
4	o	Florence BAULK	Woking	80.1
5				
6				

400m Hurdles Women B

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

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/20212000m S/Chase Women A (no water jump)

Posn	No.	Athlete	Club	Perf
1	w	Isabelle RAYNER	WSEH	08:02.6
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	W	Camellia HAYES	WSEH	1.76
2	K	Yasmin GROSVENOR (U20)	Brack	1.52
3	M	Katie LOSEL (U17)	Maid	1.46
4	O	Sam MORRISON	Woking	1.28
5				
6				

A High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	WW	Sampda SHARMA (U17)	WSEH	1.38
2	KK	Imogen COOK	Brack	1.33
3	OO	Florence BAULK	Woking	1.23
4				
5				
6				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	K	Jordanna MORRISH	Brack	5.50
2	G	Cariad NORRIS (U17)	G&G	5.01
3	M	Hannah BRITTON (U17)	Maid	4.66
4	O	Fara JASANI (U17)	Woking	4.64
5	W	Simone STIRZAKER (U17)	WSEH	4.53
6	A	Erissa MYRTOLLARI (U17)	AFD	3.90

A Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	KK	Yasmin GROSVENOR (U20)	Brack	5.25
2	GG	Louise WOOD	G&G	4.70
3	MM	Katie LOSEL (U17)	Maid	4.51
4	WW	Damilola OGUNLANA (U17)	WSEH	3.94
5	OO	Florence BAULK	Woking	3.77
6				

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	M	Hannah BRITTON (U17)	Maid	10.06
2	G	Louise WOOD	G&G	9.54
3	W	Damilola OMORODION (U17)	WSEH	9.45
4	K	Imogen COOK	Brack	9.06
5	O	Sam MORRISON	Woking	8.84
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	OO	Florence BAULK	Woking	8.44	439
2	KK	Lucy JAMES (U20)	Brack	7.97	386
3					
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	W	Liska NOWERS (U20)	WSEH	3.20
2	O	Sam MORRISON	Woking	2.70
3	A	Rhianna STEELE	AFD	2.70
4				
5				
6				

A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	Lauren SAMLER (U17)	WSEH	2.40	476
2					
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	O	Eleanor GATRELL	Woking	11.75
2	K	Yasmin GROSVENOR (U20)	Brack	10.49
3	W	Jardae HODGE-SPENCER (L)	WSEH	10.21
4	G	Cathy COLEMAN	G&G	9.13
5	A	Claire WOOD	AFD	6.54
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	KK	Lucy JAMES (U20)	Brack	7.71	549
2	OO	Lily KENDALL (U20)	Woking	7.59	539
3	WW	Calia LOGAN-GRIFFIN (U20)	WSEH	7.32	516
4	GG	Jessica PELHAM	G&G	6.52	443
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	W	Amy HOLDER	WSEH	48.21
2	G	Cathy COLEMAN	G&G	36.56
3	K	Lucy JAMES (U20)	Brack	32.54
4	OO	Lily KENDALL (U20)	Woking	28.08
5	A	Emma FREEMAN	AFD	22.78
6	M	Leila OLIVER	Maid	12.21

A Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	Barbara NORRIS	WSEH	32.44	767
2	O	Eleanor GATRELL	Woking	24.87	641
3	GG	Jessica PELHAM	G&G	21.36	572
4	AA	Claire WOOD	AFD	18.43	507
5	KK	Sophie GARDNER (U17)	Brack	16.16	450
6					

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	G	Cathy COLEMAN	G&G	55.38
2	WW	Francesca WILLIAMS (U20)	WSEH	43.31
3	O	Eleanor GATRELL	Woking	37.78
4	A	Harriet BARKAWAY (U17)	AFD	33.42
5	K	Sophie GARDNER (U17)	Brack	27.27
6				

A Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	GG	Jessica PELHAM	G&G	41.64	760
2	W	Barbara NORRIS	WSEH	35.85	688
3	OO	Lily KENDALL (U20)	Woking	29.75	605
4	AA	Lara HAMBLETON (U20)	AFD	28.54	588
5	KK	Ciara RAINEY (U20)	Brack	20.75	465
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	GG	Cathy COLEMAN	G&G	40.34
2	W	Jardae HODGE-SPENCER (L)	WSEH	36.00
3	O	Florence BAULK	Woking	34.67
4	A	Emma FREEMAN	AFD	31.40
5	K	Jordanna MORRISH	Brack	23.91
6				

A Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	Calia LOGAN-GRIFFIN (U20)	WSEH	32.25	764
2	G	Gemma MEAD (U17)	G&G	27.71	692
3	KK	Ciara RAINEY (U20)	Brack	21.60	582
4	OO	Eleanor GATRELL	Woking	20.67	563
5	AA	Lara HAMBLETON (U20)	AFD	20.58	562
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf	
1	w	WSEH	Jess ARMAH Brogan MCCAFFERTY (U17) Harriet JONES Kennedy BAYS	49.0	706
2	k	Brack	Imogene COOK (U20) Lucy COUZENS (U17) Phoebe FENWICK Lucy LOADES (U20)	50.8	608
3	o	Woking	Fara JASANI (U17) Emily READ Florence BAULK Esther IBIAMA (U17)	51.9	551
4	g	G&G	Jessica HALL Susannah LECOUTRE (U20) Della SAKARIA (U20) Virginia MITCHELL	53.8	458
5					
6					

4 x 400m Women A

Posn	No.	Club	Runners	Perf	
1	k	Brack	Imogene COOK (U20) Imogene COOK (U20) Imogene COOK (U20) Imogene COOK	04:02.0	667
2	g	G&G	Virginia MITCHELL Susannah LECOUTRE (U20) Della SAKARIA (U20) Christina KIRK	04:12.6	568
3	w	WSEH	Zuri MULLINGS Eilidh GREEN (U17) Kiki WEBB (U17) Nathalie THOMPSON	04:16.5	534
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021

NON-SCORERS**400m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	46	Kaspars KAZEMAKS	Senior Men	Woking	57.8
2					
3					
4					
5					
6					
7					
8					

100m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	39	Lawrence PRITCHARD	U20 Men	G&G	12.2	
2	4	William THORNDIKE	U17 Men	Brack	12.8	
3	53	James POCKNEE	Senior Men	AFD	14.5	
4	68	Adam OWEN	Senior Men	Woking	16.3	
5						
6						
7						
8						

100m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	60	Kevone GALLIMORE	U17 Men	WSHE	11.8	
2	19	Demari GUMBS	U17 Men	WSEH	11.9	
3	22	Maxime HAYDOCK-WILSON	U20 Men	WSEH	12.0	
4	26	Nick MANNKE	U17 Men	WSEH	12.2	
5	82	Glenn TRAFFORD-SMITH	Senior Men	AFD	12.9	
6						
7						
8						

200m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	22	Maxime HAYDOCK-WILSON	U20 Men	WSEH	23.3	
2	85	Richard BEAK	Senior Men	Woking	24.1	
3	1	Samuel PEMBERTON	U17 Men	Brack	24.9	
4	65	Kai COLLINS	U17 Men	G&G	24.9	
5	53	James POCKNEE	Senior Men	AFD	30.0	
6						
7						
8						

200m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	26	Nick MANNKE	U17 Men	WSEH	24.4	
2	5	Ben BRITTON	U20 Men	Brack	24.5	
3	6	Edward ENSER	U17 Men	Brack	24.6	
4	8	Matteo HARRISON	U17 Men	Brack	25.0	
5	68	Adam OWEN	Senior Men	Woking	35.2	
6						
7						
8						

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

Posn	Bib	Athlete	Age Group	Club	Perf
1	1	Samuel PEMBERTON	U17 Men	Brack	
2					
3					
4					
5					
6					
7					
8					

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	33	Jess ARMAH	Senior Women	WSEH	13.0	
2	32	Kennedy BAYS	Senior Women	WSEH	13.2	
3	48	Fara JASANI	U17 Women	Woking	14.0	
4	3	Kirstin KING	Senior Women	Brack	14.2	
5	57	Nekesha THOMPSON	Senior Women	WSHE	16.4	
6						
7						
8						

100m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	55	Maisey SLANEY	U17 Women	WSEH	13.4	
2	23	Esther EGHAREVBA	U20 Women	WSEH	13.8	
3	56	Damilola OGUNLANA	U17 Women	WSHE	13.9	
4	81	Molly HYDE	U23 Women	AFD	14.2	
5						
6						
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	14	Lucy COUZENS	U17 Women	Brack	27.4	
2	23	Esther EGHAREVBA	U20 Women	WSEH	28.3	
3	50	Annie WRIGHT	U23 Women	AFD	28.5	
4	56	Damilola OGUNLANA	U17 Women	WSHE	29.0	
5	75	Marianna MOREY	V35 Women	AFD	29.5	
6	3	Kirstin KING	Senior Women	Brack	29.5	
7						
8						

200m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	76	Emma MORRIS	U20 Women	Brack	26.6	
2	13	Jordanna MORRISH	Senior Women	Brack	26.8	
3	18	Lucy LOADES	U20 Women	Brack	27.1	
4	40	Della SAKARIA	U20 Women	G&G	28.6	
5	78	Sarah LADDES	Senior Women	Brack	28.9	
6						
7						
8						

400m Women

SOUTHERN ATHLETICS LEAGUE Mid West ALDERSHOT MILITARY STADIUM

14/08/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	16	Cameron ENSER	U20 Men	Brack	54.7	1					
2	61	Darren MBIRU	U17 Men	WSHE	55.0	2					
3	65	Kai COLLINS	U17 Men	G&G	55.4	3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	62	Joshua MINGOLA	U17 Men	WSHE	02:08.7
2	80	Harry QUINN	U17 Men	AFD	02:20.6
3					
4					
5					
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	36	Kiki WEBB	U17 Women	WSEH	02:24.6
2					
3					
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	27	George THOMAS	U17 Men	WSEH	04:26.4
2	30	Christopher BAKER	U20 Men	WSEH	04:29.1
3	9	Charlie JONES	U17 Men	Brack	04:40.3
4					
5					
6					
7					
8					

1500m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	73	Fiona BISHOP	Senior Women	Woking	07:21.70
2					
3					
4					
5					
6					
7					
8					

5000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	63	Hugo DONOAN	Senior Men	WSHE	16:09.4
2	24	Thomas CHANDLER	U20 Men	WSEH	16:13.2
3	38	James ADAM	Senior Men	G&G	18:22.9
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 Mid West ALDERSHOT MILITARY STADIUM

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	71	David AWDE	Senior Men	Woking	28.81
2					
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	10	Ciara RAINEY	U20 Women	Brack	15.76
2					
3					
4					
5					
6					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	39	Lawrence PRITCHARD	U20 Men	G&G	25.63
2					
3					
4					
5					
6					

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	15	Lucy JAMES	U20 Women	Brack	21.73
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	42	Florence BAULK	U23 Women	Woking	7.76
2	11	Sophie GARDNER	U17 Women	Brack	4.92
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 Mid West ALDERSHOT MILITARY STADIUM

14/08/2021

1	54	Gordon BRITTON	Senior Men	Maid	4.87	1
2	83	Matthew CHUNG	Senior Men	AFD	4.46	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	64	Matthew DORAISAMY	U17 Men	WSHE	1.75
2	37	Shaun CREGEEN	Senior Men	G&G	1.70
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					