

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Essex	
MATCH	4	
VENUE	GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)	
P/FINISH	NO	5

Date Saturday, September 11 2021

Venue GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

Host Club Basildon AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
B	Basildon AC	Bas		123.0	2.0	142.1	267.1
C	Chelmsford AC	Chelms		130.2	19.7	160.4	310.2
A	Braintree & District AC	Brain		28.1		25.4	53.5
O	Colchester Harriers AC	Colc		78.7		27.7	106.3
H	Harlow AC	Harlow		14.3		93.9	108.2

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Chelmsford AC	310.2				310.2	
2	Basildon AC	267.1	1.0			267.1	1.0
3	Harlow AC	108.2	2.0			108.2	2.0
4	Colchester Harriers AC	106.3	3.0			106.3	3.0
5	Braintree & District AC	53.5	4.0			53.5	4.0

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	4
EVENT SCORED	34
REMAINING	-

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021

<u>100m Men A</u>					<u>100m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	C	George GUTTERIDGE (U17)	Chelms	11.5	607	1	CC Adam REID (U20)	Chelms	11.8	526
2	O	Joseph WILKIN	Colc	11.6	579	2	BB Christopher HASTINGS	Bas	12.0	475
3	A	Charlie SHINGLETON	Brain	11.7	552	3	AA Amr ZIKO	Brain	12.2	428
4	B	Segun AMISU	Bas	12.0	475	4				
5						5				
6						6				

  

<u>200m Men A</u>					<u>200m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Harrison CHAPMAN	Bas	22.9	682	1	CC George GUTTERIDGE (U17)	Chelms	23.8	557
2	C	Adam REID (U20)	Chelms	23.8	557	2	BB Nathan DANIA (U20)	Bas	24.0	531
3	O	Joseph WILKIN	Colc	24.1	519	3	AA Harry ROLFE (U20)	Brain	25.0	413
4	A	Charlie SHINGLETON	Brain	24.1	519	4				
5						5				
6						6				

  

<u>400m Men A</u>					<u>400m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Harrison CHAPMAN	Bas	50.0	762	1	CC Joseph LANE	Chelms	53.4	573
2	C	Darcy SULLIVAN (U20)	Chelms	51.4	680	2	BB Daniel RILEY	Bas	58.0	365
3	A	Harry ROLFE (U20)	Brain	55.0	494	3				
4	O	Oliver CRISP (U17)	Colc	55.4	476	4				
5						5				
6						6				

  

<u>800m Men A</u>					<u>800m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Isaac BROWN	Bas	01:59.4	683	1	BB Daniel EDWARDS (U20)	Bas	02:04.2	569
2	O	Mark RUSSELL	Colc	02:04.4	565	2	OO Thomas PALMER	Colc	02:06.2	525
3	C	Paul OWEN	Chelms	02:09.4	459	3	CC Christopher YUELL	Chelms	02:21.9	252
4	H	James MALYON (U17)	Harlow	02:32.4	133	4				
5						5				
6						6				

  

<u>1500m Men A</u>					<u>1500m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	C	Zachariah BRIDGELAND (U17)	Chelms	04:10.6	633	1	CC Ethan REILLY (U20)	Chelms	04:19.6	542
2	O	Ben FELTON	Colc	04:13.6	602	2	BB Daniel HOUCHELL (U20)	Bas	04:30.4	444
3	B	George HILL (U20)	Bas	04:20.9	530	3	OO Thomas PALMER	Colc	04:48.0	310
4	A	Cameron BEASLEY (U17)	Brain	04:35.5	402	4				
5						5				
6						6				

  

<u>3000m Men A</u>					<u>3000m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	O	Ben FELTON	Colc	08:55.8	716	1	CC Samuel WAITE (U20)	Chelms	09:53.2	449

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

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2	C	Zachariah BRIDGELAND (U17)	Chelms	08:58.9	700	2	OO	Luke ORRIN (U20)	Colc	10:31.0	309
3	B	Matthew HOUCHELL	Bas	09:35.1	526	3					
4						4					
5						5					
6						6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	B	Kristian BROWN	Bas	15.4
2	C	Luke KETELEERS	Chelms	25.5
3				
4				
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	CC	Onyekachukwu OKOH (U17)	Chelms	20.2
2				
3				
4				
5				
6				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	C	Onyekachukwu OKOH (U17)	Chelms	59.0
2	O	Michael SMITH	Colc	70.5
3				
4				
5				
6				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	CC	Luke KETELEERS	Chelms	60.5
2				
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				

3000m 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	A	Charlie SHINGLETON	Brain	6.07
2	CC	Henry WOOD	Chelms	5.90
3	H	Carl PAXMAN	Harlow	5.84
4	BB	Clint NICHOLLS	Bas	5.39
5				
6				

 A Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	C	Luke KETELEERS	Chelms	5.83	620
2	B	Cameron ELLIS (U20)	Bas	4.71	402
3	HH	James MALYON (U17)	Harlow	4.68	396
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	BB	Justin PRICE (U17)	Bas	1.85
2	CC	Henry WOOD	Chelms	1.80
3	H	Glen PAXMAN	Harlow	1.60
4				
5				
6				

 A High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	C	Onyekachukwu OKOH (U17)	Chelms	1.80	677
2	B	Clint NICHOLLS	Bas	1.65	553
3	HH	Carl PAXMAN	Harlow	1.40	343
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	B	Daniel AKINYEMI (U20)	Bas	12.64
2	H	Glen PAXMAN	Harlow	10.94
3	A	James RICHARDSON (U17)	Brain	10.92
4	C	Luke KETELEERS	Chelms	7.91
5				
6				

 A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Carl PAXMAN	Harlow	10.87	511
2	BB	Kevin PAINTER (U20)	Bas	9.26	334
3	CC	Paul OWEN	Chelms	7.69	131
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				

 A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	C	Kevin WILSON	Chelms	13.49
2	B	Christopher HASTINGS	Bas	11.51
3	HH	Glen PAXMAN	Harlow	9.78
4				
5				
6				

 A Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	CC	Yasha BOBASH	Chelms	10.71	633
2	H	David BAUER	Harlow	9.66	554
3	BB	Aaron YORK	Bas	9.18	516
4					
5					
6					

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	C	Kevin WILSON	Chelms	44.14
2	B	Christopher HASTINGS	Bas	35.69
3	H	David BAUER	Harlow	32.05
4				
5				
6				

 A Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Glen PAXMAN	Harlow	28.89	570
2	CC	Geoff TYLER	Chelms	28.26	558
3	BB	Aaron YORK	Bas	21.22	408
4					
5					
6					

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	C	Yasha BOBASH	Chelms	46.03
2	H	David BAUER	Harlow	33.77
3	B	Aaron YORK	Bas	21.92
4				
5				
6				

 A Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	CC	Samuel LARKINS	Chelms	35.72	658
2	HH	Glen PAXMAN	Harlow	32.47	615
3					
4					
5					
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	O	Paul COOPER	Colc	48.54
2	B	Simon HILL (U17)	Bas	45.53
3	C	Joseph ELLIS	Chelms	36.49
4	H	Glen PAXMAN	Harlow	35.96
5				
6				

 A Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	Carl PAXMAN	Harlow	33.00	509
2	BB	Christopher HASTINGS	Bas	28.61	438
3	CC	Luke KETELEERS	Chelms	26.33	400
4					
5					
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf	
1	C	Chelms	George GUTTERIDGE (U17) Joseph LANE Luke KETELEERS Adam REID (U20)	47.7	294

SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

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- 2
- 3
- 4
- 5
- 6

**4 x 400m MixedB A**

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Hannah BOLTON (U20) Joseph LANE Kissiwaa MENSAH (U17) Onyekachukwu OKOH	04:05.8	A 494
2					
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)**
**11/09/2021**

<b><u>100m Women A</u></b>					<b><u>100m Women B</u></b>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	C	Cara DUNCAN (U17)	Chelms	12.9	665	1	OO Shanii MCLEAN (U20)	Colc	12.8	686
2	O	Maya RATTRAY (U20)	Colc	13.1	623	2	CC Nneka OKOH (U17)	Chelms	13.0	644
3	B	Gabrielle OSEWA (U20)	Bas	14.7	348	3	BB Holly NEWMAN (U17)	Bas	13.5	545
4					4					
5					5					
6					6					

  

<b><u>200m Women A</u></b>					<b><u>200m Women B</u></b>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	O	Shanii MCLEAN (U20)	Colc	26.5	654	1	OO Maya RATTRAY (U20)	Colc	27.4	570
2	C	Cara DUNCAN (U17)	Chelms	28.3	494	2	CC Rosie TOWNLEY (U17)	Chelms	28.8	454
3	B	Ava SPARHAM (U17)	Bas	29.8	381	3	BB Janine PHILLIPS	Bas	31.0	304
4	H	Bebe JACKSON (U17)	Harlow	30.7	322	4				
5					5					
6					6					

  

<b><u>400m Women A</u></b>					<b><u>400m Women B</u></b>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Holly FREEGARD (U20)	Bas	60.7	654	1				
2	C	Nneka OKOH (U17)	Chelms	61.8	613	2				
3	O	Jennifer PALMER (U20)	Colc	69.4	371	3				
4					4					
5					5					
6					6					

  

<b><u>800m Women A</u></b>					<b><u>800m Women B</u></b>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	B	Holly FREEGARD (U20)	Bas	02:19.2	704	1	CC Erin BROCKLEHURST (U20)	Chelms	02:39.8	412
2	C	Hannah BOLTON (U20)	Chelms	02:24.0	629	2				
3					3					
4					4					
5					5					
6					6					

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
1500m Women A

Posn	No.	Athlete	Club	Perf
1	C	Rebecca LUXTON	Chelms	04:56.0
2	B	Hollie REX (U20)	Bas	05:07.5
3	H	Sharon WRIGHT	Harlow	05:31.1
4				
5				
6				

1500m Women B

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

5000m Women A

Posn	No.	Athlete	Club	Perf
1	B	Charlotte BISHOP	Bas	18:32.0
2	H	Sharon WRIGHT	Harlow	19:47.2
3				
4				
5				
6				

5000m Women B

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

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	B Tilly MONK (U20)	Bas	17.9
2	C Ndidikama OKOH (U20)	Chelms	21.7
3			
4			
5			
6			

Wind

100m Hurdles Women B

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

Wind

B

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	BB	Janine PHILLIPS	Bas	79.3
2				
3				
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	B	Sophie DAVIES	Bas	79.7
2				
3				
4				
5				
6				

Club

Perf

385



## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
1500m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	98		No Compe	
2				
3				
4				
5				
6				

1500m 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	B	Ava SPARHAM (U17)	Bas	1.50
2	CC	Rosie TOWNLEY (U17)	Chelms	1.40
3				
4				
5				
6				

 A High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	C	Ndidikama OKOH (U20)	Chelms	1.30
2				
3				
4				
5				
6				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	C	Nneka OKOH (U17)	Chelms	5.06
2	A	Kirsty RONALD	Brain	4.85
3	B	Tilly MONK (U20)	Bas	4.32
4	H	Emily SCOFIELD (U17)	Harlow	2.93
5				
6				

 A Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Rosie TOWNLEY (U17)	Chelms	4.95
2	BB	Gabrielle OSEWA (U20)	Bas	3.87
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	A	Kirsty RONALD	Brain	11.14
2	B	Moyo OKENLA (U20)	Bas	10.68
3	C	Ndidikama OKOH (U20)	Chelms	9.40
4	H	Bebe JACKSON (U17)	Harlow	8.92
5				
6				

 A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Clare ST JOHN-COLEMAN	Chelms	6.80
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	98		No Compete	
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	C	Jessica HOPKINS (U20)	Chelms	12.57
2	B	Gabrielle OSEWA (U20)	Bas	8.55
3	O	Aliyah SOAMES (U20)	Colc	7.13
4	H	Katie BRENNAN (U20)	Harlow	4.89
5				
6				

 A Shot Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Jade HARDING	Chelms	8.50
2	BB	Micha DORNAN	Bas	8.31
3				
4				
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	C	Jessica HOPKINS (U20)	Chelms	34.00
2	B	Gabrielle OSEWA (U20)	Bas	24.99
3	H	Katie BRENNAN (U20)	Harlow	18.06
4				
5				
6				

 A Discus Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Katherine ELLIS	Bas	15.88
2				
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	O	Josephine LARKINS (U20)	Colc	44.52
2	C	Ndidikama OKOH (U20)	Chelms	34.19
3	B	Katherine ELLIS	Bas	24.73
4				
5				
6				

**A Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	CC	Shirley QUINN	Chelms	25.50	543
2	BB	Devon MATTHEWS	Bas	24.58	528
3					
4					
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	BB	Micha DORNAN	Bas	31.73
2	O	Aliyah SOAMES (U20)	Colc	30.74
3	C	Jessica HOPKINS (U20)	Chelms	30.32
4	H	Katie BRENNAN (U20)	Harlow	13.86
5				
6				

**A Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	B	Devon MATTHEWS	Bas	30.51	737
2	CC	Jade HARDING	Chelms	20.96	569
3					
4					
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Nneka OKOH (U17) Maisie FULKER (U17) Kisiwaa MENSAH (U17) Cara DUNCAN (L)	51.7	562
2	B	Bas	Gabrielle OSEWA (U20) Hollie REX (U20) Ava SPARHAM (U17) Janine PHILLIPS	60.1	201
3					
4					
5					
6					

**4 x 400m MixedA A**

Posn	No.	Club	Runners	Perf	
1	C	Chelms	Rosie TOWNLEY (U17) Adam REID (U20) Rebecca LUXTON Darcy SULLIVAN (U20)	03:56.8	617
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021

**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						
2						
3						
4						
5						
6						
7						
8						

**100m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	33	Clare ST JOHN-COLEMAN	Senior Women	Chelms	15.5	
2						
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	48	Joe Lane	Senior Men	Chelms	24.2	
2	44	Segun Amisu	Senior Man	Bas	25.0	
3						
4						
5						
6						
7						
8						

**200m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	41	Maisie FULKER	U17 Women	Chelms	28.3	
2						
3						
4						
5						
6						
7						
8						

**200m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
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 Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

11/09/2021

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

**800m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	37	Charlie WALDER	U17 Men	Colc	2:10.0
2					
3					
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	39	Rebecca QUINLAN	Senior Women	Chelms	2:24.2
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	46	Joe Payne	Senior Men	Bas	4:41.3
2	47	Michael SMITH	Senior Men	Colc	4:56.8
3	35	Luke ORRIN	U20 Men	Colc	5:02.5
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					
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 Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

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1	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	43	Carl Paxman	Senior Men	Harlow	14.21
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	43	Carl Paxman	Senior Men	Harlow	22.44
2					
3					
4					
5					
6					

**Discus Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	34	Shirley QUINN	Senior Women	Chelms	25.95
2					
3					
4					
5					
6					

**Javelin Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	31	Aaron YORK	Senior Men	Bas	26.79
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	43	Carl Paxman	Senior Men	Harlow	8.41
2					
3					
4					
5					
6					

**Shot Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	45	Phoebe Richardson	U17 Women	Bas	7.69
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 Essex GLOUCESTER PARK ATHLETICS STADIUM (Basildon Sports Village)

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1	29	Kevin PAINTER	U20 Men	Bas	4.37	1	38	Grace TREMELLING	U17 Women	Chelms	4.65
2						2	42	Moyo Okenla	U20 Women	Bas	4.55
3						3	41	Maisie FULKER	U17 Women	Chelms	
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					
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					