

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	North East London	
MATCH	4	
VENUE	LEE VALLEY ATHLETICS CENTRE - OUTDOOR	
P/FINISH	NO	1

Date Saturday, September 11 2021

Venue LEE VALLEY ATHLETICS CENTRE - OUTDOOR

Host Club Enfield &amp; Haringey AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
E	Enfield & Haringey AC	E&H		47.2		108.8	156.0
O	Orion Harriers	Orion		69.1		41.2	110.2
L	London Heathside Runners AC	LonHeath		131.9	8.5	110.8	251.2
V	Victoria Park H & Tower Hamlets AC	VP&TH		91.9	4.7	60.3	156.9
D	Barnet & District AC	Barnet		53.6	5.0	46.9	105.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	London Heathside Runners AC	251.2				251.2	
2	Victoria Park H & Tower Hamlets AC	156.9	1.0			156.9	1.0
3	Enfield & Haringey AC	156.0	2.0			156.0	2.0
4	Orion Harriers	110.2	3.0			110.2	3.0
5	Barnet & District AC	105.5	4.0			105.5	4.0

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	2
EVENT SCORED	36
REMAINING	<hr style="border-top: 1px solid black;"/> <hr style="border-top: 1px solid black;"/>

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

11/09/2021

<u>100m Men A</u>					<u>100m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	V	Jason KALALA (U20)	VP&TH	10.8	826	1	LL Carlos MINGOES	LonHeath	11.0	759
2	L	Cian O'DONNELL	LonHeath	11.0	759	2	VV Joshua GRACIA (U20)	VP&TH	11.3	666
3	O	William WILSHERE (U20)	Orion	11.3	666	3	OO Jevontee GALLOWAY (U20)	Orion	11.9	500
4	E	Gilbert QUAYE (U20)	E&H	11.6	579	4	EE Mike VASSILIOU	E&H	12.6	342
5	D	Sean SUTHERLAND	Barnet	12.4	384	5	DD Callum SYDENHAM (U17)	Barnet	13.0	268
6						6				

<u>200m Men A</u>					<u>200m Men B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	L	Cian O'DONNELL	LonHeath	22.1	806	1	LL Carlos MINGOES	LonHeath	23.1	653
2	V	Karrell HARRIS (U17)	VP&TH	22.6	727	2	OO Jevontee GALLOWAY (U20)	Orion	23.6	584
3	E	Gilbert QUAYE (U20)	E&H	23.5	597	3	EE Mike VASSILIOU	E&H	26.4	275
4	O	William WILSHERE (U20)	Orion	24.0	531	4	DD Joe WARD (U17)	Barnet	28.5	127
5	D	Sean SUTHERLAND	Barnet	25.8	330	5				
6						6				

<u>400m Men A</u>					<u>400m Men B</u>				
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	L	Charles SCATES	LonHeath	54.1	538	1	OO Peter SPELMAN	Orion	113.6
2	O	John NHOJ	Orion	73.8	18	2			
3					3				
4					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	L	Roni KIZILKAYA (U17)	LonHeath	02:09.5	457	1	DD Joe WARD (U17)	Barnet	02:24.0	224
2	V	Joseph LAMB (U17)	VP&TH	02:16.3	336	2	LL Tony KILLILEA	LonHeath	02:25.6	205
3	D	Callum SYDENHAM (U17)	Barnet	02:19.4	287	3	O Khurram JOWIYA	Orion	02:35.6	105
4	OO	Luke JUDGE	Orion	02:28.9	167	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	L	Simon SCHÜPBACH	LonHeath	04:06.8	674	1	OO Khurram JOWIYA	Orion	05:17.4	147
2	O	Nick SHASHA	Orion	04:27.6	469	2	DD Scott FRASER	Barnet	05:28.3	104
3	V	Tiago MENDES	VP&TH	05:00.0	234	3				
4	D	Noah CLARKE (U17)	Barnet	05:03.3	216	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	Nick HARRIS-FRY	Orion	09:10.6	641	1	VV Tiago MENDES	VP&TH	10:45.6	263

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2	L	Roger MAIDMENT	LonHeath	09:20.4	594	2	OO	Tim WRIGHT	Orion	11:06.4	203
3	V	Andy WATERMAN	VP&TH	09:58.0	430	3					
4						4					
5						5					
6						6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	L	Israel NWORGU	LonHeath	18.4	485
2	V	David SHORTRIDGE	VP&TH	36.2	
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	L	Israel NWORGU	LonHeath	66.7	454
2	O	Chris SCOTT	Orion	67.9	423
3	V	David SHORTRIDGE	VP&TH	77.4	218
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	LL	Ivan ROSS	LonHeath	71.5	338
2	OO	Thomas GRIMES	Orion	75.7	250
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR
11/09/20213000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	O	Thomas GRIMES	Orion	11:27.4
2	V	Tony MACDOWALL	VP&TH	12:11.8
3				
4				
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	OO	Luke JUDGE	Orion	12:22.5
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	LL	Cian O'DONNELL	LonHeath	6.63
2	V	Oluwasubomi BELLO	VP&TH	5.47
3	O	Chris SCOTT	Orion	4.22
4	D	Patrick REYNOLDS	Barnet	2.68
5				
6				

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	L	Carlos MINGOES	LonHeath	6.39
2	VV	Shaquille EUSEBE	VP&TH	5.41
3	OO	Luke JUDGE	Orion	3.86
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	E	Devontae WEBB (U17)	E&H	1.80
2	OO	Luke JUDGE	Orion	1.25
3				
4				
5				
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	O	Thomas GRIMES	Orion	1.23
2				
3				
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	V	Oluwasubomi BELLO	VP&TH	11.99
2	L	Mark JEFFORD	LonHeath	8.83
3	O	Chris SCOTT	Orion	8.60
4	D		Barnet	6.24
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

11/09/2021
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	E	Theo BAKER (U17)	E&H	3.00
2	L	Ivan ROSS	LonHeath	2.60
3				
4				
5				
6				

 A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
481	1	LL Dave WALTON	LonHeath	2.20
393	2			
	3			
	4			
	5			
	6			

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	E	Lucas ZAMBRZYCKI	E&H	11.76
2	L	James HAMBLIN	LonHeath	11.58
3	O	Chris SCOTT	Orion	7.67
4	V	Aaron BARRETT-MOWATT (VP&TH)		7.37
5	D	Patrick REYNOLDS	Barnet	5.70
6				

 A Shot Men B

Posn	Bib	Athlete	Club	Perf
707	1	EE Stewart MAXWELL	E&H	9.11
695	2			
385	3			
356	4			
160	5			
	6			

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	E	Lucas ZAMBRZYCKI	E&H	31.77
2	L	Joel HAWES	LonHeath	31.52
3	OO	Phu LY	Orion	21.08
4	V	Aaron BARRETT-MOWATT (VP&TH)		19.41
5	D	Patrick REYNOLDS	Barnet	15.55
6				

 A Discus Men B

Posn	Bib	Athlete	Club	Perf
623	1	EE Stewart MAXWELL	E&H	24.85
618	2	LL	LonHeath	19.92
405	3	O Chris SCOTT	Orion	18.77
363	4			
252	5			
	6			

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	L	James HAMBLIN	LonHeath	56.94
2	V	Wes CLARKE	VP&TH	35.49
3	EE	Sam MOYLAN	E&H	22.81
4	O	Chris SCOTT	Orion	17.08
5	D	Patrick REYNOLDS	Barnet	14.43
6				

 A Hammer Men B

Posn	Bib	Athlete	Club	Perf
899	1	LL Joel HAWES	LonHeath	27.09
655	2	E Lucas ZAMBRZYCKI	E&H	16.15
468	3			
360	4			
301	5			
	6			

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	EE	Michael PETRONE (U20)	E&H	36.24
2	L	Joel HAWES	LonHeath	33.28
3	OO	Phu LY	Orion	27.29
4	D	Patrick REYNOLDS	Barnet	13.71
5				
6				

 A Javelin Men B

Posn	Bib	Athlete	Club	Perf
559	1	E Lucas ZAMBRZYCKI	E&H	34.05
514	2	LL Ivan ROSS	LonHeath	32.45
416	3	O Chris SCOTT	Orion	27.15
140	4			
	5			
	6			

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	98	No Competitors Declared		

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11/09/2021

 2  
 3  
 4  
 5  
 6

4 x 400m MixedB A

Posn	No.	Club	Runners	Perf	A
1	L	LonHeath	Brogan WALLACE Charles SCATES Lily WOOLCOCK Joshua NDIONYEMMA (U20)	04:02.1	543
2	D	Barnet	Alison DRAKE Noah CLARKE Charlotte HARRIS Callum SYDENHAM	04:05.9	492
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

11/09/2021

<u>100m Women A</u>					<u>100m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	E	Emmanuella QUAYE (U17)	E&H	12.7	707	1	VV Joy OGEDENGBE (U20)	VP&TH	13.7	509
2	L	Taysia THORBOURNE (U20)	LonHeath	13.0	644	2	EE Tomi OLATONA (U20)	E&H	14.2	424
3	V	Mary IGBINOSA-IGHILE	VP&TH	13.5	545	3	DD Eleanor HUMPHREY (U20)	Barnet	15.8	211
4	D	Florence HUMPHREY (U17)	Barnet	14.5	377	4				
5					5					
6					6					

  

<u>200m Women A</u>					<u>200m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	E	Emmanuella QUAYE (U17)	E&H	25.6	746	1	VV Joy OGEDENGBE (U20)	VP&TH	27.9	527
2	D	Charlotte HARRIS (U17)	Barnet	27.2	589	2	DD Emma MCCLUSKEY (U17)	Barnet	28.9	446
3	L	Taysia THORBOURNE (U20)	LonHeath	27.5	562	3	LL Jennifer WING	LonHeath	29.5	402
4	O	Christina ONYECHE (U17)	Orion	27.7	544	4				
5	V	Mary IGBINOSA-IGHILE	VP&TH	27.7	544	5				
6					6					

  

<u>400m Women A</u>					<u>400m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	V	Sade FAJUKE (U17)	VP&TH	59.2	711	1	VV Laura HILLYARD	VP&TH	63.0	571
2	L	Jane RANKINE	LonHeath	64.5	520	2				
3					3					
4					4					
5					5					
6					6					

  

<u>800m Women A</u>					<u>800m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	V	Laura HILLYARD	VP&TH	02:20.0	691	1	LL Laura HUNT	LonHeath	02:32.5	506
2	D	Emma MCCLUSKEY (U17)	Barnet	02:23.2	641	2	DD Eleanor STEVENS (U17)	Barnet	03:10.4	125
3	L	Jennifer WING	LonHeath	02:32.5	506	3				
4	E	Mia WRIGHT (U20)	E&H	02:36.8	450	4				
5	O	Karen LYONS	Orion	03:19.5	72	5				
6					6					

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

11/09/2021
1500m Women A

Posn	No.	Athlete	Club	Perf
1	LL	Brogan WALLACE	LonHeath	04:37.6 <b>765</b>
2	DD	Alison DRAKE	Barnet	05:59.3 <b>255</b>
3	O	Erin MOLLOY (U20)	Orion	06:26.3 <b>147</b>
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	L	Beth HAWLING	LonHeath	04:38.4 <b>758</b>
2	D	Sarah RALPHS	Barnet	06:22.7 <b>159</b>
3	OO	Karen LYONS	Orion	06:53.6 <b>67</b>
4				
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	L	Evangelista DIVETAİN	LonHeath	18:24.9 <b>728</b>
2	O	Karen LYONS	Orion	21:15.4 <b>426</b>
3	D	Alison DRAKE	Barnet	22:20.0 <b>332</b>
4				
5				
6				

5000m Women B

Posn	No.	Athlete	Club	Perf
1	LL	Shannon SINCLAIR	LonHeath	19:43.2 <b>580</b>
2	DD	Annabelle LEE	Barnet	22:53.4 <b>288</b>
3	OO		Orion	24:37.5 <b>169</b>
4				
5				
6				

100m Hurdles Women A

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

100m Hurdles Women B

Posn	No.	Athlete	Wind	Club	Perf
1					<b>B</b>
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	E	Lauren MACEY	E&H	70.4 <b>599</b>
2	V	Emily ROBINSON	VP&TH	77.0 <b>443</b>
3				
4				
5				
6				

400m Hurdles Women B

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



SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR
11/09/20211500m S/Chase Women A

REC

Posn	No.	Athlete	Club	Perf
1	V	Emily ROBINSON	VP&TH	05:49.8
2	L	Jennifer WING	LonHeath	06:16.5
3				
4				
5				
6				

1500m S/Chase Women B

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

High Jump Women A

A

Posn	Bib	Athlete	Club	Perf
1	V	Emily ROBINSON	VP&TH	1.18
2				
3				
4				
5				
6				

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Long Jump Women A

A

Posn	Bib	Athlete	Club	Perf
1	V	Dora NGINAMAU (U17)	VP&TH	4.75
2	D	Florence HUMPHREY (U17)	Barnet	4.04
3	EE	Emily MCMAHON	E&H	3.32
4				
5				
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	VV	Nia LEKUWA (U17)	VP&TH	4.44
2	DD	Eleanor HUMPHREY (U20)	Barnet	3.79
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

11/09/2021
Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	E	Mia WRIGHT (U20)	E&H	9.23
2	V	Jannelle AFRAM (U20)	VP&TH	8.86
3	L	Madeleine MINSON	LonHeath	7.57
4				
5				
6				

 A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1				527
2				486
3				340
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	E	Jenny SHEASBY	E&H	2.90
2				
3				
4				
5				
6				

 A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				605
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	EE	Kamelia BAYMAKOVA (U20)	E&H	11.34
2	L	Noelle O'REGAN	LonHeath	9.03
3	O	Christina ONYECHE (U17)	Orion	7.96
4	V	Emily ROBINSON	VP&TH	6.80
5	D	Anneli SYDENHAM	Barnet	6.34
6				

 A Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	E	Melanie HARRISON	E&H	10.12	731
2	LL	Helene KEHOE	LonHeath	6.71	461
3	DD	Catherine SCOTT	Barnet	4.67	237
4					
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	E	Melanie HARRISON	E&H	35.53
2	L	Noelle O'REGAN	LonHeath	27.35
3	D	Anneli SYDENHAM	Barnet	19.53
4				
5				
6				

 A Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	Helene KEHOE	LonHeath	17.25	478
2	DD	Elena WYNNE (U17)	Barnet	13.66	377
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE -  
 OUTDOOR

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

Posn	Bib	Athlete	Club	Perf
1	E	Melanie HARRISON	E&H	34.64
2	L	Noelle O'REGAN	LonHeath	21.87
3	D	Anneli SYDENHAM	Barnet	20.00
4				
5				
6				

**A Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	EE	Jane ALLEN	E&H	19.76	448
2	DD	Elena WYNNE (U17)	Barnet	15.52	367
3	LL	Helene KEHOE	LonHeath	14.70	349
4					
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	E	Melanie HARRISON	E&H	22.59
2	LL	Rhomi MABANDA-NSENGA	LonHeath	19.29
3	D	Anneli SYDENHAM	Barnet	11.50
4	V	Nia LEKUWA (U17)	VP&TH	10.28
5				
6				

**A Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	L	Madeleine MINSON	LonHeath	16.20	465
2	VV	Joy OGEDENGBE (U20)	VP&TH	9.50	257
3	DD	Kathryn ELLIS	Barnet	9.38	252
4					
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf	
1	V	VP&TH	Teniola FAJUKE (U17) Mary IGBINOSA-IGHILE Dora NGINAMAU (U17) Nia LEKUWA	53.5	473
2	L	LonHeath	Rhomi MABANDA-NSENGA Lily WOOLCOCK Brogan WALLACE Taysia THORBOURNE	57.2	309
3					
4					
5					
6					

**4 x 400m MixedA A**

Posn	No.	Club	Runners	Perf	
1	D	Barnet	Joe WARD Sarah RALPHS Alison DRAKE Scott FRASER	05:09.6	9
2					
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE North East London LEE VALLEY ATHLETICS CENTRE - OUTDOOR

11/09/2021

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

Posn	Bib	Athlete	Age Group	Club	Perf
1	68	Isaac OGUNLADE	Senior Men	HHH	54.4
2	52	Mark JEFFORD	Senior Men	LonHeath	76.5
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	95	Karrell HARRIS	U17 Men	VP&TH	11.4	
2	6	Glenford HUGHES	U20 Men	LonHeath	11.9	
3	14	Vladimir WOODHAM-SMITH	Senior Men	LonHeath	11.9	
4	86	Aaron BARRETT-MOWATT	U17 Men	VP&TH	12.6	
5	8	Chrispin LEMA	Senior Men	LonHeath	13.4	
6						
7						
8						

**100m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	97	Nia LEKUWA	U17 Women	VP&TH	13.2	
2	37	Dora NGINAMAU	Senior Women	VP&TH	13.7	
3						
4						
5						
6						
7						
8						

**100m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	87	Uyiosa OSAWE	Senior Men	VP&TH	11.1	
2	91	David HENDERSON	Senior Men	VP&TH	11.3	
3	7	Jeffrey CHU	Senior Men	LonHeath	11.5	
4	5	Frankie FROST	U20 Men	LonHeath	12.3	
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	84	Cyril AFRAM	Senior Men	VP&TH	24.2	
2	8	Chrispin LEMA	Senior Men	LonHeath	28.5	
3						
4						
5						
6						
7						
8						

**200m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	85	Teniola FAJUKE	Senior Women	VP&TH	27.4	
2	37	Dora NGINAMAU	Senior Women	VP&TH	28.2	
3	32	Laura HUNT	Senior Women	LonHeath	30.6	
4						
5						
6						
7						
8						

**200m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	91	David HENDERSON	Senior Men	VP&TH	23.0	
2	13	Asha OSEI	Senior Men	LonHeath	23.4	
3	6	Glenford HUGHES	U20 Men	LonHeath	23.7	
4	7	Jeffrey CHU	Senior Men	LonHeath	24.2	
5	14	Vladimir WOODHAM-SMITH	Senior Men	LonHeath	24.4	
6	15	Joshua NDIONYEMMA	U20 Men	LonHeath	25.0	
7	5	Frankie FROST	U20 Men	LonHeath	25.4	
8	90	Shaquille EUSEBE	Senior Men	VP&TH	25.9	

**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 North East London LEE VALLEY ATHLETICS CENTRE - OUTDOOR

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					
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	39	Sean SUTHERLAND	Senior Men	Barnet	05:46.7
2					
3					
4					
5					
6					
7					
8					

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	36	Lily WOOLCOCK	Senior Women	LonHeath	04:55.2
2	3	Evangelista DIVETAIN	Senior Women	LonHeath	04:58.1
3					
4					
5					
6					
7					
8					

**3000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	99	Sam DUGGAN	Senior Men	VP&TH	09:56.0
2	33	John NHOJ	Senior Men	Orion	11:28.1
3	35	Phu LY	Senior Men	Orion	13:36.5
4					
5					
6					
7					
8					
9					
10					

**5000m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	40	Jessica VINLUAN	Senior Women	LonHeath	21:15.4
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 North East London LEE VALLEY ATHLETICS CENTRE - OUTDOOR

11/09/2021

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	4	Stewart MAXWELL 5k	M60	E&H	36.20
2	54	Dave WALTON	Senior Men	LonHeath	23.53
3					
4					
5					
6					

**Hammer Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	44	Cate SCOTT 3k	W65	Barnet	13.51
2					
3					
4					
5					
6					

**Discus Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
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	104	Stewart MAXWELL	M60	E&H	40.21 <span style="color: red;">600g</span>
2					
3					
4					
5					
6					

**Javelin Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	38	Emily ROBINSON	Senior Women	VP&TH	23.06
2	100	Helene KEHOE	Senior Women	LonHeath	8.72
3	144	Cate SCOTT	M65	Barnet	8.46
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					
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 North East London LEE VALLEY ATHLETICS CENTRE - OUTDOOR

11/09/2021

1	35	Phu LY	Senior Men	Orion	4.82	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						
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					