

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	North West London	
MATCH	4	
VENUE	PARLIAMENT HILL FIELDS TRACK	
P/FINISH	YES	1

Date Saturday, September 11 2021

Venue PARLIAMENT HILL FIELDS TRACK

Host Club Highgate Harriers &amp; Mornington Chasers ©

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
M	Highgate Harriers & Mornington Chasers ©	Highgate/MC		88.5	2.0	44.3	134.8
F	ESM & Ealing Eagles ©	ESM/EE		98.2	7.2	61.4	166.8
H	Harrow AC	Harrow		93.6		89.9	183.5
V	Thames Valley Harriers	TVH		144.8	15.2	165.5	325.4
S	Serpentine Running Club	Serp		46.4	1.5	66.2	114.1
L	Hillingdon AC	Hil'don		31.9		78.6	110.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Thames Valley Harriers	325.4	1.0			325.4	1.0
2	Harrow AC	183.5	2.0			183.5	2.0
3	ESM & Ealing Eagles ©	166.8	3.0			166.8	3.0
4	Highgate Harriers & Mornington Chasers ©	134.8	4.0			134.8	4.0
5	Serpentine Running Club	114.1	5.0			114.1	5.0
6	Hillingdon AC	110.5	6.0			110.5	6.0

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

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

<u>100m Men A</u>					<u>100m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	f	Zack CLARKE-GREEN (U17)	ESM/EE	11.34	654	1	vv	Jude BRIGHT-DAVIES	TVH	11.30	666
2	v	Isaac KITCHEN-SMITH	TVH	11.37	645	2	hh	Richard CARR	Harrow	11.77	534
3	h	Nickarlo BROWN	Harrow	11.41	633	3	ff	Theo JARRETT (U17)	ESM/EE	12.05	463
4	m		Highgate//	12.12	447	4	ss	Bartosz PORZUCZEK	Serp	12.81	302
5	s	Sodiq ABIOLA	Serp	12.15	439	5	mm		Highgate//	13.88	141
6	l	Aaron CONNELL	Hil'don	13.63	172	6					

<u>200m Men A</u>					<u>200m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	v	Isaac KITCHEN-SMITH	TVH	23.19	640	1	hh	Richard CARR	Harrow	24.01	530
2	f	Zack CLARKE-GREEN (U17)	ESM/EE	23.36	617	2	ff	Harjeet GILL (U20)	ESM/EE	24.34	489
3	h	Nickarlo BROWN	Harrow	23.54	592	3	ss	Bartosz PORZUCZEK	Serp	24.93	421
4	s	Sodiq ABIOLA	Serp	24.96	417	4	vv	Botond SAFAR	TVH	25.38	372
5	m	Neil MIDDLETON	Highgate//	27.07	221	5					
6						6					

<u>400m Men A</u>					<u>400m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	h	Oliver SMITH	Harrow	50.01	762	1	vv	Botond SAFAR	TVH	55.14	488
2	ss	Bartosz PORZUCZEK	Serp	53.21	583	2	hh	Jason KABEL	Harrow	63.88	174
3	v	Tomasz KOSCIUSZKO	TVH	53.60	563	3					
4	f	William LORD	ESM/EE	56.00	449	4					
5	m	Neil MIDDLETON	Highgate//	63.55	183	5					
6						6					

<u>800m Men A</u>					<u>800m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	v	Oliver NEWTON	TVH	02:02.18	616	1	VV	Hugo CAYSSIALS	TVH	02:14.98	357
2	M	Finlay SLEEMAN (U20)	Highgate//	02:08.24	483	2	HH	Jason KABEL	Harrow	02:30.66	149
3	H	Nick ANDREWS	Harrow	02:20.84	267	3	SS	Ewan MAYNARD	Serp	02:33.39	124
4	F	Richard BERRY	ESM/EE	02:25.53	205	4	MM	David RENTON	Highgate//	02:44.47	48
5	S	Michele BOTTONE	Serp	02:28.57	171	5					
6						6					

<u>1500m Men A</u>					<u>1500m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	v	Robert VALLANCE	TVH	04:18.06	557	1	VV	Hugo CAYSSIALS	TVH	04:34.70	409
2	H	Jonathan COLLIER	Harrow	04:25.80	484	2	HH	Curtis STEVENS	Harrow	04:36.80	392
3	MM	Charlie FRASER	Highgate//	04:26.53	478	3					
4	L	Martin BATEMAN	Hil'don	04:32.69	425	4					
5	F	Richard BERRY	ESM/EE	04:51.98	283	5					
6	S	Michele BOTTONE	Serp	04:51.98	283	6					

<u>3000m Men A</u>					<u>3000m Men B</u>						
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf		
1	h	Jonathan COLLIER	Harrow	09:05.82	665	1	LL	Martin BATEMAN	Hil'don	09:57.30	433

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

2	F	Seweryn CZAPKA (U20)	ESM/EE	09:06.32	662	2	VV	Stephen NORRIS	TVH	10:10.84	381
3	V	Robert VALLANCE	TVH	09:14.64	621	3	SS	Mashhour AL-IBRAHIM	Serp	10:54.87	235
4	L	James LAING	Hil'don	09:26.88	564	4	M	David MUSGRAVE	Highgate//	11:23.86	159
5	MM	John ARMSTRONG	Highgate//	10:32.21	305	5	HH	Robert HAWKES	Harrow	11:51.35	102
6	S	Ewan MAYNARD	Serp	10:45.40	263	6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	nwi
1	h	Noel REID	Harrow	21.40	260
2	vv	Thomas TAYLOR	TVH	24.10	115
3					
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	v	Manuel DA SILVA	TVH	28.80
2				
3				
4				
5				
6				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	nwi
1	h	Owen HEARD	Harrow	55.25	795
2	f	Gus CARTER (U17)	ESM/EE	60.40	630
3	v	Oliver NEWTON	TVH	67.14	443
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	nwi
1	vv	Scott BREWER	TVH	91.77	32
2					
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/20213000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	v	Thomas TAYLOR	TVH	10:43.10
2	H	Declan TRAYNOR	Harrow	11:20.24
3	M	Charlie FRASER	Highgate//	12:30.93
4	FF	Robert BROWN	ESM/EE	12:51.89
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	HH	Curtis STEVENS	Harrow	12:00.23
2	MM	John ARMSTRONG	Highgate//	13:20.56
3	VV	Scott BREWER	TVH	14:32.78
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	V	Jude BRIGHT-DAVIES	TVH	6.80
2	HH	Richard CARR	Harrow	6.14
3	L	Aaron CONNELL	Hil'don	5.04
4	M		Highgate//	4.64
5	F	Christopher HEPWORTH	ESM/EE	4.43
6	S	Stuart LEIGH	Serp	4.04

A Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	VV	Sam NASH	TVH	4.91
2				
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	V	Michael ADEKUNLE	TVH	1.95
2	HH	Richard CARR	Harrow	1.90
3	L	Aaron CONNELL	Hil'don	1.70
4	F	Christopher HEPWORTH	ESM/EE	1.50
5	S	Stuart LEIGH	Serp	1.30
6				

A High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	H	Noel REID	Harrow	1.65
2	SS	Nicola BARBERIS NEGRA	Serp	1.20
3				
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	VV	Manuel DA SILVA	TVH	10.51
2				
3				
4				
5				
6				

A Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	V	Sam NASH	TVH	8.07
2				
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	H	Noel REID	Harrow	2.50
2	V	Manuel DA SILVA	TVH	1.90
3	F	Christopher HEPWORTH	ESM/EE	1.70
4	S	Tony MCGAHAN	Serp	1.50
5				
6				

A Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Nick ANDREWS	Harrow	2.50
2	SS	Stuart LEIGH	Serp	1.50
3	FF	Robert DENSLEY	ESM/EE	1.30
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	H	Marley YOUNG	Harrow	14.01
2	V	Jack PAGET	TVH	12.82
3	L	Glen CROWIE	Hil'don	9.26
4	F	Chris BURBIDGE	ESM/EE	7.66
5	MM	Steven WEST	Highgate//	6.92
6	S	Alex MALZER	Serp	6.87

A Shot Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Khuwayne LINTON	Harrow	11.13
2	LL	Keith SELDON	Hil'don	7.75
3	VV	Shami UMASHANKAR (U20)	TVH	6.45
4	SS	Nicola BARBERIS NEGRA	Serp	5.12
5	FF	Richard BERRY	ESM/EE	4.98
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	H	Marley YOUNG	Harrow	43.61
2	V	Jack PAGET	TVH	38.20
3	L	Glen CROWIE	Hil'don	26.70
4	S	Alex MALZER	Serp	19.20
5	MM	Steven WEST	Highgate//	15.21
6				

A Discus Men B

Posn	Bib	Athlete	Club	Perf
1	LL	Keith SELDON	Hil'don	19.10
2	HH	Harvey GRIFFITHS	Harrow	18.49
3	VV	Shami UMASHANKAR (U20)	TVH	17.12
4	SS	Tony MCGAHAN	Serp	12.40
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	V	Jack PAGET	TVH	61.71
2	H	Marley YOUNG	Harrow	35.47
3	LL	Keith SELDON	Hil'don	20.37
4	M	Steven WEST	Highgate//	16.87
5	S	Alex MALZER	Serp	16.10
6				

A Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	L	Glen CROWIE	Hil'don	19.28
2	HH	Harvey GRIFFITHS	Harrow	16.24
3	VV	Shami UMASHANKAR (U20)	TVH	14.58
4	SS	Tony MCGAHAN	Serp	11.38
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	V	Artur JURGENSON	TVH	48.95
2	HH	Nick ANDREWS	Harrow	31.76
3	LL	Keith SELDON	Hil'don	28.33
4	S	Stuart LEIGH	Serp	25.74
5	M	Steven WEST	Highgate//	19.74
6	F	Christopher HEPWORTH	ESM/EE	19.04

A Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	VV	Thomas TAYLOR	TVH	31.29
2	L	Glen CROWIE	Hil'don	25.17
3	SS	Alex MALZER	Serp	18.32
4	FF	Richard BERRY	ESM/EE	16.49
5	H	Jason KABEL	Harrow	15.93
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	v	TVH	Tomasz KOSCIUSZKO Thomas TAYLOR Botond SAFAR Isaac KITCHEN-SMITH	46.85

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

2	f	ESM/EE	Zack CLARKE-GREEN (U17) Harjeet GILL (U20) Gus CARTER (U17) Theo JARRETT (L	47.02	339
3	s	Serp		50.75	136
4					
5					
6					

4 x 400m MixedB A

A

Posn	No.	Club	Runners	Perf	
1	V	TVH	Alex MUNDELL Tomasz KOSCIUSZKO Rosie VALLANCE Thomas TAYLOR	04:19.28	334
2					
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

<u>100m Women A</u>					Wind	-3.0	-3.0	<u>100m Women B</u>					Wind	-3.2	-3.2
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	h	Milan JERVIER (U20)	Harrow	13.06			631	1	ff	Lilia KHAN (U20)	ESM/EE	13.80			491
2	m	Mariam ELGABRY	Highgate/	13.16			611	2	mm	Alima DIABATE	Highgate/	14.01			455
3	v	Asia AMEDE CHARLES (U17)	TVH	13.52			542	3	ll	Demi SMITH-SCOTT (U20)	Hil'don	14.10			440
4	f	Eliezer ELLIOTT (U20)	ESM/EE	14.15			432	4	hh	Shana ROPER (U17)	Harrow	14.17			429
5	s	Hel JAMES	Serp	18.42			31	5	vv	Alex MUNDELL	TVH	14.63			358
6								6							

<u>200m Women A</u>					Wind	-3.1	-3.1	<u>200m Women B</u>					Wind	-3.1	B
Posn	No.	Athlete	Club	Perf				Posn	No.	Athlete	Club	Perf			
1	v	Asia AMEDE CHARLES (U17)	TVH	27.61			552	1	ff	Eliezer ELLIOTT (U20)	ESM/EE	29.78			382
2	f	Lilia KHAN (U20)	ESM/EE	28.91			446	2	mm	Alima DIABATE	Highgate/	30.24			351
3	m	Mariam ELGABRY	Highgate/	29.02			437	3	vv	Daisy JOWERS	TVH	33.40			181
4	h	Shana ROPER (U17)	Harrow	29.38			411	4							
5								5							
6								6							

<u>400m Women A</u>					<u>400m Women B</u>					
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf	
1	f	Charlotte COONEY-QUINN	ESM/EE	64.29	1	ff	Sarah GERRIE	ESM/EE	66.93	443
2	vv	Tash MUNDELL	TVH	74.28	2	v	Daisy JOWERS	TVH	74.89	237
3	mm	Collette FARNOL	Highgate/	83.95	3					
4	s	Stephanie VAATZ	Serp	119.14	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	m	Emma MACALISTER HALL	Highgate/	02:15.12	1	MM	Somerby HAMDORFF (U20)	Highgate/	02:23.84	631
2	F	Jessica LEANE	ESM/EE	02:28.85	2	FF	Charlotte COONEY-QUINN	ESM/EE	02:42.00	386
3					3					
4					4					
5					5					
6					6					

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	v	Madeline CASEY (U20)	TVH	05:04.38
2	F	Anna CRITCHLOW	ESM/EE	05:10.87
3	M	Caroline WOLFE	Highgate/	05:29.33
4	S	Avril RIDDELL	Serp	06:57.04
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Stephanie AINLEY	TVH	05:05.22
2	FF	Rachael BERRY	ESM/EE	05:24.74
3	MM	Jennifer MOORE	Highgate/	06:40.77
4				
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	v	Stephanie AINLEY	TVH	18:35.43
2	L	Hannah WELLS	Hil'don	19:07.18
3	M	Lauren LONGHURST	Highgate/	19:26.77
4	S	Victoria BROWN	Serp	19:54.89
5	F	Sarah GERRIE	ESM/EE	20:34.35
6	H	Jennifer KEAL	Harrow	22:17.15

5000m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Lisa DA SILVA	TVH	18:47.16
2	MM	Vicky FREW	Highgate/	20:08.56
3	LL	Freya HOLLINGSWORTH	Hil'don	20:26.08
4	SS	Sarah AL SUDAIRY	Serp	22:19.43
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind	
1	h	Megan BAILEY	Harrow	19.76	-2.9
2	m	Antonia LOIZOU	Highgate/	20.87	-2.9
3	v	Rosie VALLANCE	TVH	23.72	-2.9
4					
5					
6					

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	vv	Tash MUNDELL	TVH	28.02	-2.9
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	V	Alex MUNDELL	TVH	77.03
2	S	Stephanie VAATZ	Serp	132.44
3				
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	vv	Rosie VALLANCE	TVH	78.02
2				
3				
4				
5				
6				



## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/20211500m S/Chase Women A

REC

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf		Posn	No.	Athlete	Club	Perf	
1	V	Rosie VALLANCE	TVH	05:22.06	734	1	VV	Tash MUNDELL	TVH	06:13.80	507
2	M	Karina THORNTON	Highgate/	05:52.33	596	2					
3	S	Victoria BROWN	Serp	06:38.34	415	3					
4						4					
5						5					
6						6					

High Jump Women A

A

High Jump Women B

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	H	Megan BAILEY	Harrow	1.40	542	1	FF	Tanisha HEPWORTH	ESM/EE	1.15	270
2	F	Helen LEADBETTER	ESM/EE	1.35	487	2	VV	Daisy JOWERS	TVH	1.00	108
3	V	Alex MUNDELL	TVH	1.25	378	3	SS	Mary DAVIES	Serp	1.00	108
4	S	Hel JAMES	Serp	1.00	108	4					
5						5					
6						6					

Long Jump Women A

A

Long Jump Women B

Posn	Bib	Athlete	Club	Perf		Posn	Bib	Athlete	Club	Perf	
1	L	Demi SMITH-SCOTT (U20)	Hil'don	4.79	612	1	LL	Esme DEVLIN (U20)	Hil'don	4.45	535
2	MM	Ashia LOGIE (U17)	Highgate/	4.78	610	2	M	Jade SILLERE	Highgate/	3.96	426
3	F	Helen LEADBETTER	ESM/EE	4.24	488	3	VV	Daisy JOWERS	TVH	3.42	308
4	V	Alex MUNDELL	TVH	3.86	404	4	FF	Tanisha HEPWORTH	ESM/EE	3.32	286
5	S	Hel JAMES	Serp	3.23	267	5					
6						6					

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	H	Megan BAILEY	Harrow	9.99
2	L	Esme DEVLIN (U20)	Hil'don	9.79
3	F	Helen LEADBETTER	ESM/EE	9.09
4	M	Antonia LOIZOU	Highgate/	8.25
5	VV	Alex MUNDELL	TVH	7.46
6				

A Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	LL	Demi SMITH-SCOTT (U20)	Hil'don	9.65	573
2	V	Rosie VALLANCE	TVH	7.09	284
3	MM	Juliette WESTBROOK	Highgate/	6.50	212
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	Megan BAILEY	Harrow	3.50
2	F	Helen LEADBETTER	ESM/EE	2.30
3	V	Sarah STEPHEN	TVH	2.20
4				
5				
6				

A Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	FF	Tanisha HEPWORTH	ESM/EE	1.90	343
2	VV	Alex MUNDELL	TVH	1.00	77
3					
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	V	Pippa WINGATE	TVH	12.20
2	S	Mary DAVIES	Serp	7.17
3	F	Eliezer ELLIOTT (U20)	ESM/EE	6.66
4	M	Antonia LOIZOU	Highgate/	5.54
5				
6				

A Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Sophie MACE	TVH	11.34	813
2	FF	Rachael BERRY	ESM/EE	5.17	301
3	SS	Steph VAATZ	Serp	4.87	264
4					
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	V	Sophie MACE	TVH	46.93
2	L	Lotte VISSER	Hil'don	18.33
3	S	Mary DAVIES	Serp	17.43
4	M	Antonia LOIZOU	Highgate/	15.77
5	F	Rachael BERRY	ESM/EE	10.56
6				

A Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Pippa WINGATE	TVH	36.07	821
2	SS	Steph VAATZ	Serp	11.65	304
3					
4					
5					
6					

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021
Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	V	Pippa WINGATE	TVH	60.42
2	S	Mary DAVIES	Serp	24.70
3	M	Antonia LOIZOU	Highgate/	17.49
4				
5				
6				

 A Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Sophie MACE	TVH	45.93	810
2	SS	Stephanie VAATZ	Serp	13.28	318
3					
4					
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	V	Laurensa BRITANE	TVH	40.83
2	L	Lotte VISSER	Hil'don	20.05
3	S	Mary DAVIES	Serp	15.27
4	F	Rachael BERRY	ESM/EE	13.22
5				
6				

 A Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	VV	Sophie MACE	TVH	23.91	626
2	SS	Hel JAMES	Serp	10.12	283
3					
4					
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf	
1	v	TVH	Asia AMEDE CHARLES (U17) Alex MUNDELL	55.70	372
2	f	ESM/EE	Lilia KHAN (U20) Eliezer ELLIOTT (U20) Helen LEADBETTER Tanisha HEPWORTH	57.48	298
3					
4					
5					
6					

4 x 400m MixedA A

Posn	No.	Club	Runners	Perf	
1	v	TVH	Tash MUNDELL Botond SAFAR Stephanie AINLEY Robert VALLANCE	04:07.92	466
2	m	Highgate/MC		04:33.33	199
3	f	ESM/EE		04:49.82	84
4	s	Serp		05:06.96	15
5					
6					

SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

**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	185	Harjeet GILL	U20 Men	ESM	13.10	-3.2
2	186	Chris BURBIDGE	Senior Men	ESM	13.32	
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						

**200m Men (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
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						

**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	164	Amaka OKONKWO	U20 Women	Higate	14.34	-2.5
2	165	Ashia LOGIE	U17 Women	Higate	14.43	
3	166	Jade SILLERE	U23 Women	Higate	15.09	
4	163	Antonia LOIZOU	Senior Women	Higate	15.26	
5	152	Frances FORSYTH	Senior Women	higate	15.40	
6	195	Lana Tuite	Senior Men	Higate	15.72	
7						
8						

**100m Women (2)**

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						
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 Women**

## SOUTHERN ATHLETICS LEAGUE North West London PARLIAMENT HILL FIELDS TRACK

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	188	Scott BREWER	Senior Men	TVH	2.29.42
2	174	Steven WEST	Senior Men	MornC	dnf
3					
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	178	Michele GRIFFITHS	Senior Women	MornC	3.30.73
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	203	James Porces	Senior Men	Higate	4.36.59
2	199	Shami UMASHANKAR	U20 Men	TVH	5.02.28
3					
4					
5					
6					
7					
8					

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	204	Naomi Lenane	Senior Women	epsom & e	4.45.67
2	190	Alex MUNDELL	Senior Women	TVH	5.33.80
3	181	Tash MUNDELL	U23 Women	TVH	5.34.75
4	187	Collette FARNOL	Senior Women	MornC	6.27.95
5	179	Alice SULLIVAN	Senior Women	MornC	6.40.20
6	178	Michele GRIFFITHS	Senior Women	MornC	7.07.79
7					
8					

**3000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	167	david sutherland	Senior Men	high	11.33.75
2					
3					
4					
5					
6					
7					
8					
9					
10					

**5000m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	169	Karina Thornton	Senior Women	higate	19.16.30
2	190	Alex MUNDELL	Senior Women	TVH	19.26.77
3	200	Georgia HANLEY	U23 Women	TVH	19.30.81
4	201	Ciara Williams	Senior Women	hill	21.13.29
5	180	Juliette WESTBROOK	Senior Women	MornC	22.53.91
6	191	Daisy Towers	Senior Women	tvh	23.23.15
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 West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

1  
2  
3  
4  
5  
6  
7  
81  
2  
3  
4  
5  
6  
7  
8Hammer Men

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

Hammer Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	181	Tash MUNDELL	U23 Women	TVH	11.13
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	189	Harvey GRIFFITHS	Senior Men	Harrow	21.87
2	183	Tony McGahan	Senior Men	Serp	18.45
3	199	Shami UMASHANKAR	U20 Men	TVH	15.46
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					
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 West London PARLIAMENT HILL FIELDS TRACK

11/09/2021

1	1	187 Collette FARNOL	Senior Women	MornC	3.16
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	189	Harvey GRIFFITHS	Senior Men	Harrow	1.50
2	192	Alex Malzer	Senior Men	Serp	
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					