

### Sweatshop Southern Athletics League: Division 3 North - Round 2 - Perivale - 20 May 2018

	Team	Score	
	1 Dacorum & Tring	329	D
	2 Woodford Green with Essex Ladies	315	W
	3 Ealing, Southall & Middlesex	302	F
	4 Ilford AC	186.5	I
	5 Braintree & District AC	124.5	R
	6 Loughton AC	0	L

100	<b>Men's A 100m</b>		<b>Wind=</b>	<b>+2.0</b>		
FF	1	William Lord	SM	Ealing, Southall & Middlesex	11.11	6
I	2	Miles Levy	SM	Ilford AC	11.16	5
W	3	Jos Farquharson	U20	Woodford Green with Essex Ladies	11.21	4
D	4	Michael Smith	M45	Dacorum & Tring	12.59	3
	5					2
	6					1
100	<b>Men's B 100m</b>		<b>Wind=</b>	<b>+2.0</b>		
II	1	Jordan Akinlelu	U20	Ilford AC	11.50	6
WW	2	Joey O'Neill	U20	Woodford Green with Essex Ladies	11.51	5
F	3	Tom Sanders	U20	Ealing, Southall & Middlesex	11.71	4
DD	4	Dennis Chemweno	M45	Dacorum & Tring	13.52	3
	5					2
	6					1
200	<b>Men's A 200m</b>		<b>Wind=</b>	<b>+2.1</b>		
I	1	Miles Levy	SM	Ilford AC	22.64	6
W	2	Jos Farquharson	U20	Woodford Green with Essex Ladies	22.70	5
F	3	Tom Sanders	U20	Ealing, Southall & Middlesex	23.09	4
D	4	Michael Smith	M45	Dacorum & Tring	26.65	3
	5					2
	6					1
200	<b>Men's B 200m</b>		<b>Wind=</b>	<b>+2.1</b>		
WW	1	Joey O'Neill	U20	Woodford Green with Essex Ladies	23.43	6
FF	2	Kamau Muhammed	U20	Ealing, Southall & Middlesex	23.77	5
II	3	Jordan Akinlelu	U20	Ilford AC	23.79	4
DD	4	Dennis Chemweno	M45	Dacorum & Tring	28.83	3
	5					2
	6					1
400	<b>Men's A 400m</b>					
W	1	Alex Bell	SM	Woodford Green with Essex Ladies	49.47	6
F	2	Ben Waterman	SM	Ealing, Southall & Middlesex	50.39	5
D	3	Tom Bain	U20	Dacorum & Tring	52.61	4
R	4	Alex Richards	SM	Braintree & District AC		3
	5					2
	6					1
400	<b>Men's B 400m</b>					
FF	51.	Rowan Board	U20	Ealing, Southall & Middlesex	51.35	6
WW	2	Olaoluwa Abiodun	SM	Woodford Green with Essex Ladies	53.57	5
DD	3	Peter Stansbury	M50	Dacorum & Tring	66.98	4
	4					3
	5					2
	6					1
800	<b>Men's A 800m</b>					
F	1	Ben Waterman	SM	Ealing, Southall & Middlesex	1:53.23	6
W	2	Paul Scanlan	SM	Woodford Green with Essex Ladies	1:57.70	5
I	3	Alex Richards	SM	Ilford AC	1:59.32	4
D	4	Jack Parslow	SM	Dacorum & Tring	2:03.55	3
R	5	Alex Richards	SM	Braintree & District AC	2:11.82	2

	6					1	
800	<b>Men's B 800m</b>						
WW	1	Videsh Weerakkody	U17	Woodford Green with Essex Ladies	2:05.89	6	3706263
DD	2	Matt Hamilton	SM	Dacorum & Tring	2:10.29	5	3431590
II	3	Sam Malekout	SM	Ilford AC	2:11.56	4	2813788
FF	4	Chauncey Edwards	U17	Ealing, Southall & Middlesex	2:14.99	3	0
	5					2	
	6					1	
1500	<b>Men's A 1500m</b>						
F	1	Jamie Taylor-Caldwell	SM	Ealing, Southall & Middlesex	3:59.3	6	2754933
I	2	Alex Richards	SM	Ilford AC	4:08.5	5	2982549
W	3	Paul Scanlan	SM	Woodford Green with Essex Ladies	4:13.9	4	2749381
D	4	Jack Parslow	SM	Dacorum & Tring	4:16.3	3	2679177
R	5	Aaron Samuel	U17	Braintree & District AC	4:47.8	2	3572326
	6					1	
1500	<b>Men's B 1500m</b>						
FF	1	Moe Hashi	SM	Ealing, Southall & Middlesex	4:07.2	6	3107559
II	2	Jak Wright	U17	Ilford AC	4:24.1	5	3417530
DD	3	Rhys Rowlands	U20	Dacorum & Tring	4:25.4	4	3281536
WW	4	Peter Caton	M40	Woodford Green with Essex Ladies	4:31.4	3	3445593
	5					2	
	6					1	
3000	<b>Men's A 3000m</b>						
F	1	Mohamed Ali	U17	Ealing, Southall & Middlesex	8:42.39	6	3553377
D	2	Jack Parslow	SM	Dacorum & Tring	8:56.32	5	2679177
W	3	Ahmed Abdulle	U20	Woodford Green with Essex Ladies	8:59.83	4	3387213
I	4	Tom Gardner	SM	Ilford AC	9:12.71	3	2833384
	5					2	
	6					1	
3000	<b>Men's B 3000m</b>						
WW	1	Darren Southcott	SM	Woodford Green with Essex Ladies	9:05.14	6	2868241
II	2	Aaron Samuel	U17	Ilford AC	9:18.42	5	3572326
FF	3	Elliot Jones	SM	Ealing, Southall & Middlesex	9:58.33	4	0
DD	4	Matt Hamilton	SM	Dacorum & Tring	10:40.97	3	3431590
	5					2	
	6					1	
110H	<b>Men's A 110mH</b> Wind= +2.9						
D	1	John Hooper	M45	Dacorum & Tring	20.29	6	3037241
I	2	Sam Malekout	SM	Ilford AC	22.09	5	2813788
	3					4	
	4					3	
	5					2	
	6					1	
110H	<b>Men's B 110mH</b> Wind=						
DD	1	Shaun Wall	SM	Dacorum & Tring	24.30	6	2984694
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
400H	<b>Men's A 400mH</b>						
FF	1	Angelo John	M45	Ealing, Southall & Middlesex	75.01	6	3112636
DD	2	Peter Stansbury	M50	Dacorum & Tring	93.56	5	3743703
W	3	Terry McCarthy	M60	Woodford Green with Essex Ladies	113.30	4	2749309
	4					3	
	5					2	
	6					1	
400H	<b>Men's B 400mH</b>						
F	1	Luke Nicholas	SM	Ealing, Southall & Middlesex	93.40	6	2754891

D*	2	Peter Stansbury	M50	Dacorum & Tring	108.62	5	3743703
	3					4	
	4					3	
	5					2	
	6					1	
3000SC	<b>Men's A 3000m Steeplechase</b>						
D	1	Rhys Rowlands	U20	Dacorum & Tring	11:26.27	6	3281536
W	2	Robert Wilbraham	SM	Woodford Green with Essex Ladies	11:33.44	5	3275787
F	3	Rob Brown	M50	Ealing, Southall & Middlesex	12:11.37	4	2754782
R	4	-	0	Braintree & District AC	12:11.93	3	0
	5					2	
	6					1	
3000SC	<b>Men's B 3000m Steeplechase</b>						
FF	1	Angelo John	M45	Ealing, Southall & Middlesex	12:39.11	6	3112636
DD	2	Marcus Stansbury	U17	Dacorum & Tring	16:21.27	5	3741347
	3					4	
	4					3	
	5					2	
	6					1	
HJ	<b>Men's A High Jump</b>						
I	1	Martin Sulainis	U23	Ilford AC	1.96	6	3795820
WW	2	Oluwajoba Ashiru	U17	Woodford Green with Essex Ladies	1.88	5	3575015
D	3	John Hooper	M45	Dacorum & Tring	1.68	4	3037241
FF	4	Matt Clampin	SM	Ealing, Southall & Middlesex	1.63	3	2754796
R	5	Martins Sulainis	U23	Braintree & District AC	1.00	2	3795826
	6					1	
HJ	<b>Men's B High Jump</b>						
II	1	Dan Wheeler	U20	Ilford AC	1.68	6	3668225
DD	2	Daniel Hopper	U20	Dacorum & Tring	1.43	5	3076290
W	3	Hugh Williams	SM	Woodford Green with Essex Ladies	1.23	4	3113554
F	4	Phillip York	M55	Ealing, Southall & Middlesex	1.00	3	0
	5					2	
	6					1	
PV	<b>Men's A Pole Vault</b>						
F	1	Martin Densley	SM	Ealing, Southall & Middlesex	4.20	6	2754813
D	2	Matt Williams	SM	Dacorum & Tring	3.20	5	2780283
W	3	Tolani Alaba	U17	Woodford Green with Essex Ladies	2.80	4	3574863
R	4=	Conor Culham	SM	Braintree & District AC	2.05	2.5	0
II	4=	Pete Whiting	M50	Ilford AC	2.05	2.5	2982512
	6					1	
PV	<b>Men's B Pole Vault</b>						
DD	1	Trevor Ratcliffe	M50	Dacorum & Tring	2.05	6	2780283
I	2=	Saam Mallik	SM	Ilford AC	1.45	4.5	0
FF	2=	Luke Nicholas	SM	Ealing, Southall & Middlesex	1.45	4.5	2754891
	4					3	
	5					2	
	6					1	
LJ	<b>Men's A Long Jump</b>						
DD	1	Daniel Hopper	U20	Dacorum & Tring	6.90	6	3076290
I	2	Jordan Akinlelu	U20	Ilford AC	6.05	5	3757002
R	3	Jordan Akinpelu	U20	Braintree & District AC	5.64	4	3757002
WW	4	Keith Newton	M45	Woodford Green with Essex Ladies	5.15	3	2749330
FF	5	Matt Clampin	SM	Ealing, Southall & Middlesex	4.97	2	2754796
	6					1	
LJ	<b>Men's B Long Jump</b>						
D	1	Josh Woods	U17	Dacorum & Tring	6.76	6	3593865
II	2	Toni Adeoshun	U20	Ilford AC	4.85	5	3591273
F	3	Martin Densley	SM	Ealing, Southall & Middlesex	4.75	4	2754813
W	4	Alan James	M40	Woodford Green with Essex Ladies	4.06	3	2749269

Wind

Wind

RR	5	Steven Partidge	SM	Braintree & District AC	3.50	2	0	
	6					1		
TJ	<b>Men's A Triple Jump</b>						Wind	
D	1	Josh Woods	U17	Dacorum & Tring	13.71	6	3593865	
R	2	Tom King	SM	Braintree & District AC	12.96	5	2695668	
W	3	Keith Newton	M45	Woodford Green with Essex Ladies	10.96	4	2749330	
I	4	Tom King	SM	Ilford AC	10.76	3	2695668	
F	5	Martin Densley	SM	Ealing, Southall & Middlesex	10.55	2	2754813	
	6					1		
TJ	<b>Men's B Triple Jump</b>						Wind	
WW	1	Oluwajoba Ashiru	U17	Woodford Green with Essex Ladies	10.95	6	3575015	
FF	2	Matt Clampin	SM	Ealing, Southall & Middlesex	9.86	5	2754796	
DD	3	Matt Williams	SM	Dacorum & Tring	9.29	4	2780283	
RR	4	Mike Hills	SM	Braintree & District AC	7.33	3	0	
	5					2		
	6					1		
SP	<b>Men's A Shot Putt</b>							
W	1	Hugh Williams	SM	Woodford Green with Essex Ladies	12.42	6	3113554	
D	2	Shaun Wall	SM	Dacorum & Tring	11.54	5	2984694	
F	3	Juan Antonio Botillo Perez	M50	Ealing, Southall & Middlesex	10.29	4	3625925	
I	4	Sam Malekout	SM	Ilford AC	9.05	3	2813788	
R	5	Conor Culham	SM	Braintree & District AC	8.20	2	0	
	6				4:08.1	1		
SP	<b>Men's B Shot Putt</b>							
FF	1	Gurcharan Singh	SM	Ealing, Southall & Middlesex	9.79	6	3752879	
WW	2	Peter Clarke	SM	Woodford Green with Essex Ladies	9.12	5	2749177	
DD	3	Trevor Ratcliffe	M50	Dacorum & Tring	8.80	4	2780238	
II	4	Pete Whiting	M50	Ilford AC	6.72	3	2982512	
RR	5	Mike Hills	SM	Braintree & District AC	6.66	2	0	
	6				4:08.1	1		
DT	<b>Men's A Discus</b>							
D	1	Chris Line	SM	Dacorum & Tring	40.32	6	2780196	
W	2	Hugh Williams	SM	Woodford Green with Essex Ladies	33.41	5	3113554	
FF	3	Juan Antonio Botillo Perez	M50	Ealing, Southall & Middlesex	29.88	4	3625925	
I	4	Sam Malekout	SM	Ilford AC	27.97	3	2813788	
RR	5	Jonathan Harvey	SM	Braintree & District AC	27.47	2	0	
	6					1		
DT	<b>Men's B Discus</b>							
DD	1	Trevor Ratcliffe	M50	Dacorum & Tring	29.64	6	2780238	
F	2	Gurcharan Singh	SM	Ealing, Southall & Middlesex	27.02	5	3752879	
WW	3	Thomas Finch	U20	Woodford Green with Essex Ladies	22.63	4	3032008	
R	4	Mike Hills	SM	Braintree & District AC	20.07	3	0	
II	5	Pete Whiting	M50	Ilford AC	17.27	2	2982512	
	6					1		
HT	<b>Men's A Hammer</b>							
W	1	Peter Clarke	SM	Woodford Green with Essex Ladies	54.45	6	2749177	
D	2	Trevor Ratcliffe	M50	Dacorum & Tring	26.63	5	2780283	
R	3	Mike Hills	SM	Braintree & District AC	26.43	4	0	
F	4	Juan Antonio Botillo Perez	M50	Ealing, Southall & Middlesex	21.35	3	3625925	
I	5	Sam Malekout	SM	Ilford AC	18.44	2	2813788	
	6				4:08.1	1		
HT	<b>Men's B Hammer</b>							
WW	1	Fergus Harford	M50	Woodford Green with Essex Ladies	34.43	6	2749248	
DD	2	Shaun Wall	SM	Dacorum & Tring	21.06	5	2984694	
FF	3	Gurcharan Singh	SM	Ealing, Southall & Middlesex	20.42	4	3752879	
II	4	Pete Whiting	M50	Ilford AC	17.30	3	2982512	
RR	5	Steven Partidge	SM	Braintree & District AC	7.53	2	0	
	6					1		
JT	<b>Men's A Javelin</b>							

F	1	Luke Miller	U20	Ealing, Southall & Middlesex	56.24	6	0
R	2	Jonathan Harvey	SM	Braintree & District AC	54.32	5	0
D	3	Trevor Ratcliffe	M50	Dacorum & Tring	48.36	4	2780238
I	4	Sam Malekout	SM	Ilford AC	41.36	3	2813788
WW	5	Thomas Finch	U20	Woodford Green with Essex Ladies	23.23	2	3032008
	6					1	
JT	<b>Men's B Javelin</b>						
DD	1	Shaun Wall	SM	Dacorum & Tring	43.68	6	2984694
FF	2	Angelo John	M45	Ealing, Southall & Middlesex	32.14	5	3112636
II	3	Jordan Akinlelu	U20	Ilford AC	30.49	4	3757002
RR	4	Tom King	SM	Braintree & District AC	17.93	3	2695668
W	5	Hugh Williams	SM	Woodford Green with Essex Ladies	14.48	2	3113554
	6					1	
4x100	<b>Men's 4x100m</b>						
I	1	Ilford AC	SM	Ilford AC	44.04	6	
F	2	Ealing, Southall & Middlesex	SM	Ealing, Southall & Middlesex	44.99	5	
W	3	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Ladies	45.15	4	
D	4	Dacorum & Tring	SM	Dacorum & Tring	51.38	3	
R	5	Braintree & District AC	SM	Braintree & District AC	55.93	2	
	6					1	
4x400	<b>Men's 4x400m</b>						
W	1	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Ladies	3:30.93	6	
F	2	Ealing, Southall & Middlesex	SM	Ealing, Southall & Middlesex	3:37.31	5	
D	3	Dacorum & Tring	SM	Dacorum & Tring	3:53.83	4	
R	4	Braintree & District AC	SM	Braintree & District AC	4:43.08	3	
	5					2	
	6					1	
100	<b>Women's A 100m</b> <b>Wind= +3.0</b>						
D	1	Remi Jessop	U20	Dacorum & Tring	12.53	6	3126715
I	2	Esmeralda Mengeyele	U20	Ilford AC	13.08	5	3700923
W	3	Rhianna Buaku	U20	Woodford Green with Essex Ladies	13.33	4	3114470
F	4	Laura Stewart	U20	Ealing, Southall & Middlesex	13.87	3	3235951
	5					2	
	6					1	
100	<b>Women's B 100m</b> <b>Wind= +2.7</b>						
DD	1	Libby Mallord	U17	Dacorum & Tring	12.83	6	3519865
WW	2	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	13.22	5	3546789
II	3	Krystle Balogun	SW	Ilford AC	13.26	4	3271381
FF	4	Helen Leadbetter	SW	Ealing, Southall & Middlesex	14.68	3	2754862
	5					2	
	6					1	
200	<b>Women's A 200m</b> <b>Wind=</b>						
D	1	Remi Jessop	U20	Dacorum & Tring	25.77	6	3126715
I	2	Krystle Balogun	SW	Ilford AC	26.67	5	3271331
W	3	Karina Hope-Bruce	U20	Woodford Green with Essex Ladies	27.03	4	3275494
F	4	Laura Stewart	U20	Ealing, Southall & Middlesex	28.74	3	3235951
R	5	holly field	U17	Braintree & District AC	36.5	2	3403578
	6					1	
200	<b>Women's B 200m</b> <b>Wind=</b>						
DD	1	Libby Mallord	U17	Dacorum & Tring	26.67	6	3519865
II	2	Gemima Eshimu Massamba	U17	Ilford AC	27.63	5	3705530
WW	3	Samanta Bendaraviciute	U20	Woodford Green with Essex Ladies	28.74	4	3575146
	4					3	
	5					2	
	6					1	
400	<b>Women's A 400m</b>						
I	1	Krystle Balogun	SW	Ilford AC	60.78	6	3271331
D	2	Katy Warren	SW	Dacorum & Tring	62.98	5	2716697
W	3	Samanta Bendaraviciute	U20	Woodford Green with Essex Ladies	63.87	4	3575146

FR	4	Patricia Thomas	W50	Ealing, Southall & Middlesex	72.87	3	2754935
	5	Josephine Iarkins	U17	Braintree & District AC	100.11	2	3319282
	6					1	
400	<b>Women's B 400m</b>						
II WW FF	1	Gemima Eshimu Massamba	U17	Ilford AC	62.06	6	3705530
	2	Temi Olusesan	U20	Woodford Green with Essex Ladies	66.15	5	3546790
	3	Charlotte Cooney-Quinn	U17	Ealing, Southall & Middlesex	84.07	4	3417717
	4					3	
	5					2	
	6					1	
800	<b>Women's A 800m</b>						
D I W FF	1	Philippa Lowe	SW	Dacorum & Tring	2:14.81	6	2804047
	2	Jordon Hinds	U20	Ilford AC	2:27.52	5	3515517
	3	Rebecca Wilby	SW	Woodford Green with Essex Ladies	2:32.59	4	2951592
	4	Sarah Gerrie	W35	Ealing, Southall & Middlesex	2:34.88	3	2754857
	5					2	
	6					1	
800	<b>Women's B 800m</b>						
DD F WW	1	Scarlett Wager-Leigh	U20	Dacorum & Tring	2:22.38	6	3076305
	2	Charlotte Cooney-Quinn	U17	Ealing, Southall & Middlesex	2:44.94	5	3417717
	3	Alex Wardle	W50	Woodford Green with Essex Ladies	3:25.84	4	2749434
	4					3	
	5					2	
	6					1	
1500	<b>Women's A 1500m</b>						
D W I F	1	Sarah Grover	SW	Dacorum & Tring	4:46.33	6	2780164
	2	Rebecca Wilby	SW	Woodford Green with Essex Ladies	5:18.44	5	2951592
	3	Zuzana Sinalova	SW	Ilford AC	5:30.50	4	3479531
	4	Leane Smith	SW	Ealing, Southall & Middlesex	5:39.10	3	0
	5					2	
	6					1	
1500	<b>Women's B 1500m</b>						
FF DD II	1	Cameron Thomas	U20	Ealing, Southall & Middlesex	5:55.03	6	0
	2	Lizzie Roberts	SW	Dacorum & Tring	6:21.22	5	2780245
	3	-	SW	Ilford AC	6:36.36	4	0
	4					3	
	5					2	
	6					1	
5000	<b>Women's A 3000m</b>						
F D W	1	Katerine Mertens	SW	Ealing, Southall & Middlesex	21:45.0	6	0
	2	Lizzie Roberts	SW	Dacorum & Tring	22:47.3	5	2780245
	3	Alex Wardle	W50	Woodford Green with Essex Ladies	22:56.6	4	2749434
	4					3	
	5					2	
	6					1	
5000	<b>Women's B 3000m</b>						
DD	1	Louisa Hooper	SW	Dacorum & Tring	24:24.7	6	3290109
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
100HW	<b>Women's A 100mH</b> Wind=						
W F	1	Jade Currie	SW	Woodford Green with Essex Ladies	16.63	6	3705474
	2	Laura Stewart	U20	Ealing, Southall & Middlesex	18.91	5	3235951
	3					4	
	4					3	
	5					2	
	6					1	

100HW	<b>Women's B 100mH</b>		Wind=				
WW	1	Iris Verweij	SW	Woodford Green with Essex Ladies	20.44	6	3647292
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
400HW	<b>Women's A 400mH</b>						
F	1	Feia Starkey	U17	Ealing, Southall & Middlesex	70.25	6	3150989
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
400HW	<b>Women's B 400mH</b>						
FF	1	Nicola Ravenhill	U20	Ealing, Southall & Middlesex	73.75	6	3235944
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
1500SCW	<b>Women's A 1500m Steeplechase</b>						
F D W	1	Nicola Ravenhill	U20	Ealing, Southall & Middlesex	5:18.11	6	3235944
	2	Sarah Grover	SW	Dacorum & Tring	5:30.98	5	2780164
	3	Rachel Lund	SW	Woodford Green with Essex Ladies	5:55.13	4	2868207
	4					3	
	5					2	
	6					1	
1500SCW	<b>Women's B 1500m Steeplechase</b>						
DD WW	1	Katy Warren	SW	Dacorum & Tring	5:44.34	6	2716697
	2	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	8:38.25	5	3275486
	3					4	
	4					3	
	5					2	
	6					1	
HJ	<b>Women's A High Jump</b>						
D W I F R	1	Amy Thurgood	U20	Dacorum & Tring	1.68	6	3281542
	2	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	1.48	5	3546789
	3=	Esmeralda Mengeyele	U20	Ilford AC	1.28	3.5	3700923
	4	Helen Leadbetter	SW	Ealing, Southall & Middlesex	1.28	3.5	2754862
	5	daisy partridge	U20	Braintree & District AC	1.23	2	3127144
	6					1	
HJ	<b>Women's B High Jump</b>						
DD WW FF RR	1	Anna Craggs	U17	Dacorum & Tring	1.43	6	3596115
	2	Iris Verweij	SW	Woodford Green with Essex Ladies	1.38	5	3647292
	3	Katerine Mertens	SW	Ealing, Southall & Middlesex	1.28	4	0
	4	josephine larkins	U17	Braintree & District AC	1.03	3	3319282
	5					2	
	6					1	
PV	<b>Women's A Pole Vault</b>						
D F W	1	Amy Thurgood	U20	Dacorum & Tring	2.50	6	3281542
	2	Helen Leadbetter	SW	Ealing, Southall & Middlesex	2.40	5	2754862
	3	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	2.10	4	3275486
	4					3	
	5					2	
	6					1	
PV	<b>Women's B Pole Vault</b>						
	1					6	
	2					5	

	3				4
	4				3
	5				2
	6				1

LJ **Women's A Long Jump** Wind

W	1	Jade Currie	SW	Woodford Green with Essex Ladies	4.83	6	3705474
I	2	Esmeralda Mengeyele	U20	Ilford AC	4.75	5	3700923
D	3	Charlotte Radcliffe	U20	Dacorum & Tring	4.66	4	2975706
F	4	Helen Leadbetter	SW	Ealing, Southall & Middlesex	4.56	3	2754862
R	5	Georgina Bernard	U17	Braintree & District AC	2.52	2	3770279
	6					1	

LJ **Women's B Long Jump** Wind

WW	1	Iris Verweij	SW	Woodford Green with Essex Ladies	4.27	6	3647292
DD	2	Esme O'Connell	U17	Dacorum & Tring	4.04	5	3399358
FF	3	Feia Starkey	U17	Ealing, Southall & Middlesex	3.95	4	3150989
II	4	Suzanna Zinalova	SW	Ilford AC	2.36	3	3479531
	5					2	
	6					1	

TJ **Women's A Triple Jump** Wind

W	1	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	10.28	6	3546789
D	2	Amy Thurgood	U20	Dacorum & Tring	9.71	5	3281542
R	3	holly field	U17	Braintree & District AC	9.25	4	3403578
F	4	Helen Leadbetter	SW	Ealing, Southall & Middlesex	8.87	3	2754862
	5					2	
	6					1	

TJ **Women's B Triple Jump** Wind

RR	1	daisy partridge	U20	Braintree & District AC	8.74	6	3127144
WW	2	Eike Vardja	SW	Woodford Green with Essex Ladies	8.65	5	3345599
	3					4	
	4					3	
	5					2	
	6					1	

SPW **Women's A Shot Putt**

W	1	Jade Currie	SW	Woodford Green with Essex Ladies	9.49	6	3705474
D	2	Leah Moh	U20	Dacorum & Tring	9.27	5	3399354
R	3	debbie castle	SW	Braintree & District AC	8.92	4	2820614
FF	4	Tracey Gould	W40	Ealing, Southall & Middlesex	7.50	3	2930199
	5					2	
	6					1	

SPW **Women's B Shot Putt**

WW	1	Eike Vardja	SW	Woodford Green with Essex Ladies	8.98	6	3345599
F	2	Sjannuke Rumley	U20	Ealing, Southall & Middlesex	7.10	5	3689244
DD	3	Caitlin Filby	SW	Dacorum & Tring	6.65	4	3146264
	4					3	
	5					2	
	6					1	

DTW **Women's A Discus**

R	1	debbie castle	SW	Braintree & District AC	31.28	6	2820614
W	2	Eike Vardja	SW	Woodford Green with Essex Ladies	28.19	5	3345599
D	3	Caitlin Filby	SW	Dacorum & Tring	27.25	4	3146264
FF	4	Tracey Gould	W40	Ealing, Southall & Middlesex	23.13	3	2930199
	5					2	
	6					1	

DTW **Women's B Discus**

RR	1	daisy partridge	U20	Braintree & District AC	26.37	6	3127144
F	2	Katerine Mertens	SW	Ealing, Southall & Middlesex	21.99	5	0
WW	3	Iris Verweij	SW	Woodford Green with Essex Ladies	19.22	4	3647292
DD	4	Lea Moh	U20	Dacorum & Tring	13.86	3	3399354
	5					2	

	6					1	
<b>HTW Women's A Hammer</b>							
W	1	Steph Howe	U20	Woodford Green with Essex Ladies	36.88	6	2982931
R	2	josephine larkins	U17	Braintree & District AC	32.70	5	3319282
D	3	Caitlin Filby	SW	Dacorum & Tring	32.57	4	3146264
F	4	Tracey Gould	W40	Ealing, Southall & Middlesex	31.07	3	2930199
	5					2	
	6					1	
<b>HTW Women's B Hammer</b>							
RR	1	debbie castle	SW	Braintree & District AC	36.88	6	2820614
FF	2	Sjannuke Rumley	U20	Ealing, Southall & Middlesex	23.39	5	3689244
WW	3	Temi Olusesan	U20	Woodford Green with Essex Ladies	6.23	4	3546790
	4					3	
	5					2	
	6					1	
<b>JTW Women's A Javelin</b>							
R	1	daisy partridge	U20	Braintree & District AC	33.35	6	3127144
WW	2	Eike Vardja	SW	Woodford Green with Essex Ladies	32.03	5	3345599
FF	3	Katerine Mertens	SW	Ealing, Southall & Middlesex	25.35	4	0
I	4	Esmeralda Mengeyele	U20	Ilford AC	24.05	3	3700923
D	5	Caitlin Filby	SW	Dacorum & Tring	15.02	2	3146264
	6					1	
<b>JTW Women's B Javelin</b>							
RR	1	debbie castle	SW	Braintree & District AC	29.37	6	2820614
W	2	Iris Verweij	SW	Woodford Green with Essex Ladies	21.73	5	3647292
DD	3	Esme O'Connel	U17	Dacorum & Tring	13.38	4	3309358
F	4	Sjannuke Rumley	U20	Ealing, Southall & Middlesex	7.61	3	3689244
	5					2	
	6					1	
<b>4x100 Women's 4x100m</b>							
W	1	Woodford Green with Essex Ladies	SW	Woodford Green with Essex Ladies	51.86	6	
D	2	Dacorum & Tring	SW	Dacorum & Tring	53.37	5	
F	3	Ealing, Southall & Middlesex	SW	Ealing, Southall & Middlesex	58.70	4	
R	4	Braintree & District AC	SW	Braintree & District AC	63.73	3	
	5					2	
	6					1	
<b>4x400 Women's 4x400m</b>							
D	1	Dacorum & Tring	SW	Dacorum & Tring	4:13.42	6	
I	2	Ilford AC	SW	Ilford AC	4:19.65	5	
W	3	Woodford Green with Essex Ladies	SW	Woodford Green with Essex Ladies	4:29.77	4	
F	4	Ealing, Southall & Middlesex	SW	Ealing, Southall & Middlesex	4:33.38	3	
	5					2	
	6					1	

#### Man of the Match Awards

##### Men

800m	1	Ben Waterman	SM	Ealing, Southall & Middlesex	1:53.23	893
Long Jump	1	Daniel Hopper	U20	Dacorum & Tring	6.90	825
Triple Jump	1	Josh Woods	U17	Dacorum & Tring	13.71	820
Javelin	1	Luke Miller	U20	Ealing, Southall & Middlesex	56.24	810
Hammer	1	Peter Clarke	SM	Woodford Green with Essex Ladies	54.45	804
High Jump	1	Martin Sulainis	U23	Ilford AC	1.96	802

##### Women

High Jump	1	Amy Thurgood	U20	Dacorum & Tring	1.68	831
15/2000m	1	Nicola Ravenhill	U20	Ealing, Southall & Middlesex	5:18.11	825
800m	1	Philippa Lowe	SW	Dacorum & Tring	2:14.81	809
15/2000m	2	Sarah Grover	SW	Dacorum & Tring	5:30.98	757
100m	1	Remi Jessop	U20	Dacorum & Tring	12.53	746
1500m	1	Sarah Grover	SW	Dacorum & Tring	4:46.33	733

#### Officials

##### Total

Men		Non-scoring events			Club Perf.
Event	Pos	Name	Cat	URN	Club Perf.
100	1	Temi Adeashun	SM	Ilford AC	11.69
100	2	Ash Conteh	SM	Ealing Southall & Middlesex	11.92
100	3	Reece Barton	U17	Woodford Green with Essex Ladies	11.99
100	4	Ellis Ward	U17	Woodford Green with Essex Ladies	12.03
100	5	Oluwajoba Ashiru	U17	Woodford Green with Essex Ladies	12.04
100	1	Trevan Robinson	U17	Ealing Southall & Middlesex	11.67
100	2	Kamau Muhammad	U20	Ealing Southall & Middlesex	11.68
100	3	Miles Bernardine	U17	Ealing Southall & Middlesex	12.20
100	4	Chris Burbidge	SM	Ealing Southall & Middlesex	12.65
200		Trevan Robinson	U17	Ealing Southall & Middlesex	23.53
200		Olaluwa Abiodua	SM	Woodford Green with Essex Ladies	24.07
200		Miles Bernardine	U17	Ealing Southall & Middlesex	24.68
1500		Oliver Way	U20	Ealing Southall & Middlesex	4:11.5
1500		Mukhtar Farah	SM	Ealing Southall & Middlesex	4:25.8
1500		Luke Nicholas	SM	Ealing Southall & Middlesex	4:31.4
1500		Chauncey Edwards	U17	Ealing Southall & Middlesex	4:31.9
1500		Videsh Weerakkody	U17	Woodford Green with Essex Ladies	4:35.3
1500		Arun Manget	U17	Ealing Southall & Middlesex	4:51.9
3000		Paul Grange	SM		9:32.14
3000		Donatas Tumaitis	SM	Woodford Green with Essex Ladies	9:55.64
3000		Nick Steel	SM	Ealing Southall & Middlesex	10:17.72
3000		James Steel	M45	Ealing Southall & Middlesex	11:08.00
3000SC		Tom Yates	SM	Ealing Southall & Middlesex	13:00.81
HT		Hugh Williams	SM	Woodford Green with Essex Ladies	28.57
Women		Non-scoring events			Club Perf.
Event	Pos	Name	Cat	URN	Club Perf.
100		Karina Hope-Bruce	U20	Woodford Green with Essex Ladies	13.04
100		Agnes Kissi	U17	Woodford Green with Essex Ladies	13.39