

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	4	
VENUE	Woodford	
P/FINISH	YES	

Date Saturday, July 13 2019

Venue Woodford

Host Club Woodford Green AC with Essex Ladies

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
W	Woodford Green AC with Essex Ladies	WGEL	20	92.0	16.0	73.0	201.0
H	Havering AC	Have	20	80.0	11.0	79.0	190.0
B	Basildon AC	Bas	15	90.0	6.0	86.0	197.0
I	Ipswich Harriers/Colchester & Tendring ©	Ipsw/C&T	20	77.0	6.0	75.0	178.0
0			0	0.0	0.0	0.0	0.0
0			0	0.0	0.0	0.0	0.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Woodford Green AC with Essex Ladies	201.0	4.0	0.00	0.00	201.0	4.0	1
2	Basildon AC	197.0	3.0	0.00	0.00	197.0	3.0	2
3	Havering AC	190.0	2.0	0.00	0.00	190.0	2.0	3
4	Ipswich Harriers/Colchester & Tendring ©	178.0	1.0	0.00	0.00	178.0	1.0	4
0		0.0	0.0	0.00	0.00	0.0	0.0	0
0		0.0	0.0	0.00	0.00	0.0	0.0	0

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

Scoring System Top 10

Men	Club	Event	Perf	Points
1 BLOOMFIELD Joe	Ipsw/C&T	Hammer Men A	61.37	944
2 CLARKE Peter	WGEL	Hammer Men A	53.79	867
3 RAMIE Joseph	Have	Long Jump Men A	7.05	863
4 LINQUE Christopher	WGEL	Discus Men A	45.91	848
5 MILLAR John	Ipsw/C&T	3000m Men A	08:25.10	844
6 BLOOMFIELD Joe	Ipsw/C&T	Discus Men A	45.01	835
7 LEEMING Archie	Bas	Shot Men A	13.19	802
8 AMO-DADZIE Eugene	WGEL	100m Men A	10.90	792
9 EVERARD James	Bas	Javelin Men A	52.88	791
10 WOODS Oliver Y	Have	Javelin Men A	51.26	770

Women	Club	Event	Perf	Points
1 MARSHALL Lucy	WGEL	Hammer Women A	58.39	944
2 DEADMAN Lauren	Have	5000m Women A	17:24.61	852
3 MARSHALL Lucy	WGEL	Shot Women A	11.39	816
3 CLARK Anna	WGEL	800m Women A	02:12.56	816
5 BULLIS Emily	Bas	1500m S/Chase Women A	05:08.64	800
6 THATCHER-GRAY Adelaide X	Have	Javelin Women A	34.19	793
7 OSHUNREMI Victoria	Bas	Triple Jump Women A	11.72	791
8 KAVANAGH Jade Y	Have	200m Women A	25.23	786
9 DORNAN Micha	Bas	Javelin Women A	33.60	784
10 KAVANAGH Jade Y	Have	400m Women A	57.75	769

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford

13/07/2019

100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	W	AMO-DADZIE Eugene	WGEL	10.90	-0.9
2	H	AKINGBEHIN Ayomide	Have	11.26	
3	B	JAMES Chosen Y	Bas	11.54	
4	I	MILLER Oliver Y	Ipsw/C&T	11.63	
5					
6					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	WW	ONIGBANJO Sikiru X	WGEL	11.42	-0.9
2	HH	BAILEY Lewis	Have	11.44	
3	II	SMITH Tersharn	Ipsw/C&T	11.63	
4	BB	ADESIYAN Michael X	Bas	11.93	
5					
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	HH	BAILEY Lewis	Have	22.76	-1.9
2	WW	FERNANDO Aiden X	WGEL	23.27	
3	I	MILLER Oliver Y	Ipsw/C&T	23.31	
4	B	BARNARD Jan	Bas	24.69	
5					
6					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	H	AKINGBEHIN Ayomide	Have	22.97	-1.9
2	W	SCANLAN Paul	WGEL	23.33	
3	II	SMITH Tersharn	Ipsw/C&T	24.21	
4					
5					
6					

400m Men A

Posn	No.	Athlete	Club	Perf
1	B	CHAPMAN Harrison Y	Bas	50.61
2	W	SCANLAN Paul	WGEL	50.63
3	H	AGNIMEL Matthew Y	Have	50.83
4	I	PALMIERI Paolo X	Ipsw/C&T	53.20
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	WW	RICHARDS Adrian	WGEL	51.65
2	BB	REAN William Y	Bas	52.30
3	HH	HUTTON Finn	Have	52.82
4	II	COLLETT Jay X	Ipsw/C&T	57.70
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	W	WEERAKKODY Videsh Y	WGEL	02:01.64
2	B	HOUCHELL Matthew Y	Bas	02:04.09
3	H	FRIEND Alexander Y	Have	02:06.52
4	I	GRADY Jack Y	Ipsw/C&T	02:07.22
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	WW	EDWARDS Rhys X	WGEL	02:07.62
2	II	OSBORN Edward X	Ipsw/C&T	02:07.68
3	HH	BERRETT Louis Y	Have	02:08.02
4	BB	MORRIS Daniel X	Bas	DQ R163.5
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	I	MILLAR John	Ipsw/C&T	04:02.81
2	B	BROWN Isaac Y	Bas	04:10.35
3	W	WEERAKKODY Videsh Y	WGEL	04:16.70
4	H	O'HARA Kieran	Have	04:25.20
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	BB	RILEY Daniel Y	Bas	04:11.10
2	WW	STEEL Daniel William	WGEL	04:43.50
3	II	GRADY Jack Y	Ipsw/C&T	04:48.74
4	HH	BERRETT Louis Y	Have	04:52.55
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****3000m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	I	MILLAR John	Ipsw/C&T	08:25.10	844
2	W	COX Robert	WGEL	09:32.28	513
3	H	STEWART James	Have	09:32.48	512
4	B	JONES Marc	Bas	10:14.05	351
5					
6					

3000m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	LAWRENCE Alexander	Ipsw/C&T	09:01.72	653
2	WW	STEEL Daniel William	WGEL	09:42.53	470
3	HH	BERRETT Paul	Have	11:47.18	104
4	BB	PAYNE Joeseeph	Bas	13:33.71	1
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	H	TUCKER Karl	Have	16.40	671
2	II	NTULI Teddy Y	Ipsw/C&T	17.13	600
3	BB	MCGRATH Joe	Bas	20.86	296
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	I	HAYMAN Nigel	Ipsw/C&T	18.05	515
2	B	PAINTER Kevin X	Bas	22.48	195
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	B	CHAPMAN Harrison Y	Bas	57.38	724
2	H	MCCARTHY Adam	Have	58.66	684
3	I	HAYMAN Nigel	Ipsw/C&T	64.42	515
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	II	JONES Sam	Ipsw/C&T	66.03	471
2	BB	PAINTER Kevin X	Bas	71.83	331
3	HH	RIDDELL Kieran	Have	100.97	
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	H	WARNER Robert	Have	09:41.51 770
2	I	ADAMS Thomas Y	Ipsw/C&T	11:10.96 482
3	BB	REAN William Y	Bas	12:07.11 338
4				
5				
6				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	B	MCGRATH Joe	Bas	12:29.47 289
2	II	COE Dalton	Ipsw/C&T	12:47.33 252
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	W	ASHIRU Joba X	WGEL	1.85 719
2	I	NTULI Teddy Y	Ipsw/C&T	1.70 594
3	HH	FRESHWATER Aaron Y	Have	1.60 511

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	II	JONES Sam	Ipsw/C&T	1.55 469
2	H	AKINYEBO Richard Y	Have	1.50 427
3	WW	JAMES Alan	WGEL	1.00

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	B	FECIORU Mihai X	Bas	3.25 536
2	W	ALABA Tolani X	WGEL	3.10 504
3	HH	BONNING Arron	Have	3.10 503
4	I	LING Ian	Ipsw/C&T	2.65 404

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	BB	MCGRATH Joe	Bas	3.10 503
2	II	JONES Sam	Ipsw/C&T	2.50 370
3	H	TUFTON Stuart	Have	2.20 302

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	H	RAMIE Joseph	Have	7.05 863
2	I	NTULI Teddy Y	Ipsw/C&T	6.29 711
3	B	ADESIYAN Michael X	Bas	6.08 670
4	W	O'NEILL Joey Y	WGEL	5.39 534
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	HH	MCCARTHY Adam	Have	5.82 618
2	II	JONES Sam	Ipsw/C&T	5.21 499
3	WW	JAMES Alan	WGEL	4.58 377
4	BB	OGUNMOLA Emmanuel Y	Bas	4.40 343
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	W	ASHIRU Joba X	WGEL	12.86 708
2	B	ADESIYAN Michael X	Bas	12.83 706
3	H	ARIYIBI Success Y	Have	12.70 693
4	I	NTULI Teddy Y	Ipsw/C&T	12.39 663
5				
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	HH	FRESHWATER Aaron Y	Have	11.68 593
2	II	PALMIERI Paolo X	Ipsw/C&T	10.89 513
3	BB	FECIORU Mihai X	Bas	10.48 470
4	WW	JAMES Alan	WGEL	10.38 459
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	B	LEEMING Archie	Bas	13.19 802
2	W	WILLIAMS Hugh	WGEL	12.21 738
3	I	GODRON Peter	Ipsw/C&T	9.32 527
4	HH	BRINTON-QUINN Edward	Have	8.83 487
5				
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	BB	BROWN Kristian	Bas	11.62 698
2	WW	REID Charlie Y	WGEL	9.88 571
3	II	CLEVERLEY Archie Y	Ipsw/C&T	8.33 445
4	H	BONNING Arron	Have	7.24 343
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	W	LINQUE Christopher	WGEL	45.91 848
2	I	BLOOMFIELD Joe	Ipsw/C&T	45.01 835
3	B	EVERARD James	Bas	31.25 613
4	H	BONNING Arron	Have	25.68 506
5				
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	WW	WILLIAMS Hugh	WGEL	35.02 679
2	II	CLEVERLEY Archie Y	Ipsw/C&T	32.98 644
3	BB	YORK Aaron	Bas	28.62 565
4	HH	BRINTON-QUINN Edward	Have	22.83 445
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	I	BLOOMFIELD Joe	Ipsw/C&T	61.37 944
2	W	CLARKE Peter	WGEL	53.79 867
3	B	EVERARD James	Bas	22.78 467
4	HH	BRINTON-QUINN Edward	Have	19.98 417
5				
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	WW	HARFORD Fergus	WGEL	32.32 612
2	II	CLEVERLEY Archie Y	Ipsw/C&T	26.62 530
3	BB	YORK Aaron	Bas	21.53 446
4	H	BONNING Arron	Have	18.55 390
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	B	EVERARD James	Bas	52.88 791
2	H	WOODS Oliver Y	Have	51.26 770
3	I	GODRON Stefan Y	Ipsw/C&T	43.10 659
4	W	WILLIAMS Hugh	WGEL	22.37 328
5				
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	HH	BONNING Arron	Have	36.35 561
2	BB	YORK Aaron	Bas	35.19 543
3	II	FERNIZ Mark	Ipsw/C&T	33.93 524
4	WW	HARFORD Fergus	WGEL	14.87 170
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford

13/07/2019

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	W	WGEL	ONIGBANJO Sikiru X ALABA Tolani X FERNANDO Aiden X MASSEMBO Merveilles	43.13
2	H	Have	AKINGBEHIN Ayomide BAILEY Lewis RAMIE Joseph TUCKER Karl	43.29
3	B	Bas	ADESIYAN Michael X BARNARD Jan JAMES Chosen Y OGUNMOLA Emmanuel Y	45.88
4	I	Ipsw/C&T	NTULI Teddy Y COLLETT Jay X SMITH Tersharn MILLER Oliver Y	47.16
5				
6				

Mixed M&W 4 x 400m B A

Posn	No.	Club	Runners	Perf
1	W	WGEL	O'NEILL Joey Y BUAKU Rhianna Y LEWIS Eloise Y MASSEMBO Merveilles X	03:59.23
2	H	Have	RAND Sophie Y BRENNAN Claire MCCARTHY Adam EZEONWUKA Somto X	04:03.54
3	B	Bas	WETHERIDGE Sophie X BROWN Isaac Y HARRIS Megan X HUME Jake X	04:06.65
4	I	Ipsw/C&T	GODBOLD Chloe SMITH Rebecca FRASER Christy Y HUGHES Natalie X	04:24.49
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
					-2.5
1	B	OVERFIELD Kirsty	Bas	12.68	712
2	WW	LEWIS Eloise Y	WGEL	13.07	629
3	I	KILPATRICK Chantelle	Ipsw/C&T	13.33	578
4	H	RAMSDEN Emma X	Have	13.57	532
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					-2.5
1	W	JOHN Yemi mary X	WGEL	13.27	590
2	HH	MARENAH Aisha X	Have	13.80	491
3	II	FRASER Christy Y	Ipsw/C&T	14.51	376
4					
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
					-3.4
1	H	KAVANAGH Jade Y	Have	25.23	786
2	B	OVERFIELD Kirsty	Bas	25.90	714
3	WW	LEWIS Eloise Y	WGEL	26.54	651
4	I	KILPATRICK Chantelle	Ipsw/C&T	27.65	548
5					
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
					-3.4
1	W	SKELDING Katie	WGEL	26.74	631
2	BB	HINSON Lottie X	Bas	26.98	609
3	II	FRASER Christy Y	Ipsw/C&T	29.44	406
4	HH	KERR Rachel	Have	30.05	364
5					
6					

400m Women A

Posn	No.	Athlete	Club	Perf	
1	H	KAVANAGH Jade Y	Have	57.75	769
2	W	RYAN Joanne	WGEL	59.02	718
3	B	HINSON Lottie X	Bas	63.59	550
4	I	GODBOLD Chloe	Ipsw/C&T	65.79	478
5					
6					

400m Women B

Posn	No.	Athlete	Club	Perf	
1	WW	CLARK Anna	WGEL	59.28	708
2	HH	BRENNAN Nina	Have	64.86	508
3	BB	ROLLS Scarlett X	Bas	75.97	214
4	II	WHITLOCK Keeley	Ipsw/C&T	86.35	57
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	
1	w	CLARK Anna	WGEL	02:12.56	816
2	B	RAPLEY Meg	Bas	02:24.46	622
3	I	ALDIS Tilly X	Ipsw/C&T	02:30.16	539
4	H	DAVIES Clare	Have	02:42.51	380
5					
6					

800m Women B

Posn	No.	Athlete	Club	Perf	
1	WW	WILBY Rebecca	WGEL	02:31.96	514
2	BB	WETHERIDGE Sophie X	Bas	02:34.39	481
3	II	HUGHES Natalie X	Ipsw/C&T	02:37.85	436
4	HH	ROMAIN Morgan X	Have	02:55.70	241
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****1500m Women A**

Posn	No.	Athlete	Club	Perf
1	W	CLARK Anna	WGEL	04:52.89 648
2	B	WETHERIDGE Sophie X	Bas	05:06.14 555
3	H	RAND Sophie Y	Have	05:10.43 527
4	I	BRANTON Poppy X	Ipsw/C&T	05:23.39 445
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	BB	ROLLS Scarlett X	Bas	05:09.77 531
2	WW	WATSON Zoe	WGEL	05:12.28 515
3	HH	DAVIES Clare	Have	05:47.71 310
4	II	WHITLOCK Keeley	Ipsw/C&T	08:34.89
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	H	DEADMAN Lauren	Have	17:24.61 852
2	W	WARREN Georgina	WGEL	21:21.33 417
3	B		Bas	21:39.69 389
4	II	WELBOURN Elizabeth	Ipsw/C&T	27:10.87 49
5				
6				

5000m Women B

Posn	No.	Athlete	Club	Perf
1	I	GODBOLD Mandy	Ipsw/C&T	29:00.28 6
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	H BRENNAN Claire	Have	17.71 523	-2.4
2	I KEELEY Isabella Y	Ipsw/C&T	19.15 409	
3	W OKAFOR Christina	WGEL	20.92 287	
4	BB PHILLIPS Janine	Bas	21.16 272	
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	B	DORNAN Micha	Bas	22.52 193	-2.4
2	II	REASON Jenny	Ipsw/C&T	23.03 167	
3	HH	KERR Rachel	Have	44.05	
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	B	RAPLEY Meg	Bas	64.34 757
2	H	BRENNAN Claire	Have	70.36 600
3	W	OKAFOR Christina	WGEL	75.41 479
4	I	KEELEY Isabella Y	Ipsw/C&T	77.14 440
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	WW	FINCH Millie Y	WGEL	78.93 401
2	BB	PHILLIPS Janine	Bas	88.62 217
3	HH	KERR Rachel	Have	91.59 169
4	II	SMITH Rebecca	Ipsw/C&T	93.17 146
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****1500m S/Chase Women A**

Posn	No.	Athlete	Club	Perf
1	B	BULLIS Emily	Bas	05:08.64 800
2	W	WATSON Zoe	WGEL	06:05.24 542
3	H	ATKINS Alice X	Have	06:17.66 492
4	I	ASTON Holly	Ipsw/C&T	08:25.76 122
5				
6				

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	BB	ROLLS Scarlett X	Bas	05:48.18 614
2	WW	WILBY Rebecca	WGEL	06:17.98 491
3	II	GODBOLD Mandy	Ipsw/C&T	08:27.19 120
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	B	ROLLS Scarlett X	Bas	1.53 683
2	I	ASTON Holly	Ipsw/C&T	1.48 629
3	H	BRENNAN Claire	Have	1.38 521
4	W	BOYCE Kyra X	WGEL	1.28 411

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	BB	KRISE Jessica X	Bas	1.38 521
2	HH	CHRISTIE Keturah Y	Have	1.38 520
3	II	WHITLOCK Keeley	Ipsw/C&T	1.18 302
4	WW	NANDAWULA Miriam Y	WGEL	1.03 140

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	COLLIER Jessie X	Have	2.50 503
2	I	REASON Jenny	Ipsw/C&T	2.50 502
3	B	OSHUNREMI Victoria	Bas	1.10 110

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	HH	BRENNAN Claire	Have	2.50 503
2	II	SMITH Rebecca	Ipsw/C&T	1.75 302
3	BB	PHILLIPS Janine	Bas	1.10 110

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford**13/07/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	I	KILPATRICK Chantelle	Ipsw/C&T	5.29	726
2	BB	NICHOLAS Heidi	Bas	4.76	605
3	H	COURTNEY Lottie X	Have	4.54	556
4	W	BUAKU Rhianna Y	WGEL	4.34	511
5					
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	B	OLUOKUN Maryam Y	Bas	4.69	589
2	II	GODBOLD Chloe	Ipsw/C&T	4.04	444
3	HH	MWANZA Lydia Y	Have	3.90	413
4	WW	OLUSESAN Temitope Y	WGEL	3.40	304
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	B	OSHUNREMI Victoria	Bas	11.72	791
2	H	SANWO Olatomiwa Y	Have	10.50	663
3	I	KILPATRICK Chantelle	Ipsw/C&T	10.25	637
4					
5					
6					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	HH	MWANZA Lydia Y	Have	9.28	532
2	II	KEELEY Isabella Y	Ipsw/C&T	8.65	463
3	BB	TANIMOWO Queen X	Bas	8.35	429
4					
5					
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	W	MARSHALL Lucy	WGEL	11.39	816
2	B	OSHUNREMI Victoria	Bas	9.95	719
3	H	THATCHER-GRAY Elysha Y	Have	9.40	680
4	I	HOLLICK Carey	Ipsw/C&T	6.63	454
5					
6					

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	OKAFOR Emmaline	WGEL	8.83	637
2	BB	ELLIS Katherine	Bas	7.42	524
3	HH	THATCHER-GRAY Adelaide X	Have	6.82	471
4	II	WHITLOCK Keeley	Ipsw/C&T	6.59	450
5					
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	W	MARSHALL Lucy	WGEL	32.14	763
2	H	COLLIER Jessie X	Have	31.19	748
3	B	DORNAN Micha	Bas	21.76	580
4	II	SMITH Rebecca	Ipsw/C&T	20.79	560
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	OKAFOR Emmaline	WGEL	29.60	723
2	HH	BRENNAN Nina	Have	24.13	627
3	I	HOLLICK Carey	Ipsw/C&T	20.63	557
4	BB	WETHERIDGE Sophie X	Bas	14.18	393
5					
6					

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Hammer Women A

Posn	Bib	Athlete	Club	Perf	
1	W	MARSHALL Lucy	WGEL	58.39	944
2	B	ELLIS Katherine	Bas	29.66	604
3	H	BRENNAN Nina	Have	17.85	413
4	I	HOLLICK Carey	Ipsw/C&T	17.13	399
5					
6					

Hammer Women B

Posn	Bib	Athlete	Club	Perf	
1	WW	HOWE Stephanie	WGEL	41.08	753
2	BB	MATTHEWS Devon Y	Bas	26.20	553
3	II	REASON Jenny	Ipsw/C&T	15.37	364
4	HH	ATKINS Alice X	Have	14.46	344
5					
6					

Javelin Women A

Posn	Bib	Athlete	Club	Perf	
1	H	THATCHER-GRAY Adelaide X	Have	34.19	793
2	B	DORNAN Micha	Bas	33.60	784
3	WW	VARDJA Eike	WGEL	27.44	688
4	I	ASTON Holly	Ipsw/C&T	17.55	496
5					
6					

Javelin Women B

Posn	Bib	Athlete	Club	Perf	
1	BB	MATTHEWS Devon Y	Bas	31.96	760
2	W	MARSHALL Lucy	WGEL	23.93	626
3	HH	THATCHER-GRAY Elysha Y	Have	22.44	598
4	II	HOLLICK Carey	Ipsw/C&T	15.28	442
5					
6					

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	W	WGEL	OLUSESAN Temitope Y BOYCE Kyra X SKELDING Katie LEWIS Eloise Y	50.62
2	I	Ipsw/C&T	GODBOLD Chloe FRASER Christy Y WHITLOCK Keeley KILPATRICK Chantelle	54.75
3	H	Have	MARENAH Aisha X SANWO Olatomiwa Y ATKINS Alice X KERR Rachel	55.34
4				
5				
6				

Mixed M&W 4 x 400m A A

Posn	No.	Club	Runners	Perf
1	W	WGEL	WEERAKKODY Videsh Y SKELDING Katie CLARK Anna SCANLAN Paul	03:44.99
2	H	Have	HUTTON Finn AGNIMEL Matthew Y KAVANAGH Jade Y BRENNAN Nina	03:48.86
3	B	Bas	RAPLEY Meg REAN William Y OVERFIELD Kirsty CHAPMAN Harrison Y	03:55.04
4	I	Ipsw/C&T	PALMIERI Paolo X MILLER Oliver Y JONES Sam COLLETT Jay X	04:01.76
5				
6				

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NON-SCORERS

400m Hurdles Men

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

NON-SCORERS

400m Hurdles Women

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

100m Men 2 heats

Posn	Bib	Athlete	Age	Club	Perf	Wind
						-1.2/-2.5
1	57	RAMIE Joseph		Have	11.65	-2.5
2	56	TUCKER Karl		Have	11.73	-1.2
3	14	ASHIRU Joba X	U17	WGEL	11.82	-2.5
4	16	O'NEILL Joey Y	U20	WGEL	11.97	-2.5
5	36	HUME Jake X	U17	Bas	12.60	-1.2
6	13	STYLES Dylan X	U17	WGEL	12.74	-2.5
7	45	OGUNMOLA Emmanuel Y	U20	Bas	12.76	-2.5
8	37				12.88	-1.2
9	34				13.88	-1.2

100m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
						-1.5
1	22	BOYCE Kyra X	U17	WGEL	13.82	
2	20	OLUSESAN Temitope Y	U20	WGEL	13.77	
3	32	OLUOKUN Maryam Y	U20	Bas	13.82	
4	31	LEEK Dawn		Ipsw/C&T	14.55	
5	54	MWANZA Lydia Y	U20	Have	14.60	
6	30	WELBOURN Elizabeth		Ipsw/C&T	15.56	
7						
8						

200m Men

Posn	Bib	Athlete	Age	Club	Perf	Wind
						-2.2
1	40	COLLETT Jay X	U17	Ipsw/C&T	25.45	
2	48	RAND Steve		Have	26.42	
3						
4						
5						
6						
7						
8						

200m Women

Posn	Bib	Athlete	Age	Club	Perf	Wind
						N/T
1	53	RAMSDEN Emma X	U17	Have	27.24	
2	55	ATKINS Alice X	U17	Have	28.63	
3	31	LEEK Dawn		Ipsw/C&T	31.05	
4						
5						
6						
7						
8						

400m Men

Posn	Bib	Athlete	Age	Club	Perf
1	49	OKPALAUKO Somto X	U17	Have	54.52
2	43	COE Dalton		Ipsw/C&T	60.99
3					
4					
5					
6					
7					
8					

400m Women

Posn	Bib	Athlete	Age	Club	Perf
1	24	DOBSON Rennay X	U17	WGEL	73.06
2					
3					
4					
5					
6					
7					
8					

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800m Men

Posn	Bib	Athlete	Age	Club	Perf
1	47	KAVANAGH Paul		Have	2.0883
2					
3					
4					
5					
6					
7					
8					

800m Women

Posn	Bib	Athlete	Age	Club	Perf
1	25	MCLEAN-JACKSON Wren X	U17	WGEL	2.3590
2					
3					
4					
5					
6					
7					
8					

1500m Men

Posn	Bib	Athlete	Age	Club	Perf
1	44	GODBOLD Mark		Ipsw/C&T	5.5662
2					
3					
4					
5					
6					

1500m Women

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

3000m Men

Posn	Bib	Athlete	Age	Club	Perf
1	39	PETTERSSON James Y	U20	Ipsw/C&T	9.0565
2	38	ADAMS Frederick X	U17	Ipsw/C&T	9.5033
3					
4					
5					
6					

5000m Women

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

110m Hurdles Men

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

100m Hurdles Women

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

S/Chase Men

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

S/Chase Women

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

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford

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Hammer Men

Posn	Bib	Athlete	Age	Club	Perf
1	59	WILLIAMS Hugh		WGEL	28.70
2					
3					
4					
5					
6					

Hammer Women

Posn	Bib	Athlete	Age	Club	Perf
1	29	OKAFOR Emmaline		WGEL	37.17
2					
3					
4					
5					
6					

Discus Men

Posn	Bib	Athlete	Age	Club	Perf
1	34	YORK Aaron		Bas	26.95
2	17	HARFORD Fergus		WGEL	18.63
3	41	GODRON Stefan Y	U20	Ipsw/C&T	27.67
4					
5					
6					

Discus Women

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

Javelin Men

Posn	Bib	Athlete	Age	Club	Perf
1	42	GODRON Peter		Ipsw/C&T	25.37
2					
3					
4					
5					
6					

Javelin Women

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

Shot Men

Posn	Bib	Athlete	Age	Club	Perf
1	34	YORK Aaron		Bas	8.75
2	37	STVALCHIKNE Jeramie	U17	Bas	9.41
3					
4					
5					
6					

Shot Women

Posn	Bib	Athlete	Age	Club	Perf
1	58	Mocha Dornan		Bas	8.91
2	46	MATTHEWS Devon Y	U20	Bas	7.06
3					
4					
5					
6					

Long Jump Men

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

Long Jump Women

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

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford

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Triple Jump Men

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

Triple Jump Women

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

High Jump Men

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

High Jump Women

Posn	Bib	Athlete	Age	Club	Perf
1	33	NICHOLAS Heidi		Bas	1.38
2					
3					
4					
5					
6					

Pole Vault Men

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

Pole Vault Women

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

4x 100m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 100m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					

4x 400m Relay

Posn	Bib	Athlete	Age	Club	Perf
1					
2					
3					
4					