

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	5	
VENUE	Woodford 1	
P/FINISH	YES	
		1

Date Saturday, August 17 2019  
Venue Woodford 1  
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	87.0	11.0	77.0	195.0
R	Ryston Runners	Ryston	20	66.0	4.0	62.5	152.5
T	Tonbridge AC	Tonb	20	102.0	14.0	83.5	219.5
E	Eastbourne Rovers AC	East'bne	20	90.0	11.0	85.0	206.0
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	Tonbridge AC	219.5	4.0	0.00	0.00	219.5	4.0	1
2	Eastbourne Rovers AC	206.0	3.0	0.00	0.00	206.0	3.0	2
3	Woodford Green AC with Essex Ladies	195.0	2.0	0.00	0.00	195.0	2.0	3
4	Ryston Runners	152.5	1.0	0.00	0.00	152.5	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	DAVIS Lawrence	WGEL	Triple Jump Men A	15.79	1014
2	AMO-DADZIE Eugene	WGEL	100m Men A	10.55	924
3	CHURCH Lewis	Tonb	110m Hurdles Men A	14.91	865
4	WRIGHT Bailey Y	East'bne	100m Men A	10.77	846
5	WRIGHT Bailey Y	East'bne	200m Men A	21.83	836
6	MOLLOY Sean	Tonb	800m Men A	01:55.16	835
7	COLLINS Lewis	Tonb	400m Men A	48.86	833
8	KENDALL Harry	Tonb	Long Jump Men A	6.84	813
9	CHURCH Lewis	Tonb	Long Jump Men B	6.82	809
9	LENNARD Jack	Tonb	200m Men A	22.00	809

  

Women	Club	Event	Perf	Points	
1	GOLBAN Andreea Y	WGEL	Hammer Women A	45.49	797
2	ROOT Asha Y	Tonb	400m Women A	57.16	794
3	ROCASTLE Denesha Y	WGEL	Triple Jump Women A	11.24	778
4	HAMILTON Precious Y	WGEL	Discus Women A	36.19	757
5	HOWE Stephanie	WGEL	Hammer Women B	40.38	737
6	MARTLEW Shania Y	East'bne	100m Women A	12.58	734
7	MACDONALD Amelia Y	WGEL	Long Jump Women A	5.17	733
8	LEWIS Eloise Y	WGEL	100m Women A	12.65	718
9	RYAN Joanne	WGEL	200m Women A	25.89	716
10	RYAN Joanne	WGEL	400m Women A	59.40	704

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-0.2
1	W	AMO-DADZIE Eugene	WGEL	10.55	924
2	E	WRIGHT Bailey Y	East'bne	10.77	846
3	T	LENNARD Jack	Tonb	11.01	765
4	R	CARTY Simon	Ryston	11.73	551
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					-0.2
1	EE	SMITH Bryn Y	East'bne	11.01	765
2	TT	BACHORSKI Anton Y	Tonb	11.12	729
3	WW	O'NEILL Joey Y	WGEL	11.74	549
4	RR	YELLOP Daniel	Ryston	12.09	460
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
					+1.5
1	EE	WRIGHT Bailey Y	East'bne	21.83	836
2	T	LENNARD Jack	Tonb	22.00	809
3	W	SCANLAN Paul	WGEL	22.97	661
4	R	CARTY Simon	Ryston	24.34	481
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					+1.5
1	E	SMITH Bryn Y	East'bne	22.03	804
2	TT	BACHORSKI Anton Y	Tonb	22.14	786
3	WW	RICHARDS Adrian	WGEL	23.63	570
4	RR	YELLOP Daniel	Ryston	24.73	436
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	
1	T	COLLINS Lewis	Tonb	48.86	833
2	E	SARGENT Moyo Y	East'bne	49.70	780
3	W	SCANLAN Paul	WGEL	50.42	737
4	R	KEELEY Ben	Ryston	61.17	252
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	
1	TT	MOLLOY Sean	Tonb	51.41	680
2	WW	RICHARDS Adrian	WGEL	53.00	594
3	EE	HENNESSY Liam Y	East'bne	56.18	441
4	RR	YELLOP Daniel	Ryston	66.43	116
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	
1	T	MOLLOY Sean	Tonb	01:55.16	835
2	W	ADOLPHUS Thomas Y	WGEL	02:01.31	668
3	R	QUERCIA-SMALE Steven Y	Ryston	02:10.40	462
4	E	GRINDROD Matthew X	East'bne	02:10.85	453
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	
1	TT	SEAGROVE Daniel Y	Tonb	02:01.01	676
2	RR	KEELEY Ben	Ryston	02:11.94	432
3	EE	JANNETTA Dylan	East'bne	02:17.87	326
4					
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	
1	T	ELLIS Michael	Tonb	04:03.37	748
2	W	HOLFORD Angus	WGEL	04:03.89	741
3	R	QUERCIA-SMALE Steven Y	Ryston	04:38.76	395
4	E	JONES Richard	East'bne	04:44.47	351
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	
1	WW	WEERAKKODY Videsh Y	WGEL	04:08.99	682
2	TT	PAYAS Cameron	Tonb	04:21.50	550
3	RR	KEELEY Ben	Ryston	04:51.07	304
4	EE	JANNETTA Dylan	East'bne	04:51.34	302
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1**

**17/08/2019**

**5000m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	W	BEEDELL Tom	WGEL	15:38.17	702
2	TT	PAYAS Cameron	Tonb	16:19.84	588
3	E	JONES Richard	East'bne	17:05.90	473
4	R	SIMMONDS Rob	Ryston	17:22.31	435
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	WW	STEEL Daniel William	WGEL	16:26.99	570
2	T	LAWSON Harry	Tonb	16:28.51	566
3	EE	JANNETTA Dylan	East'bne	17:47.75	379
4	RR	KEELEY Ben	Ryston	18:24.11	305
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	CHURCH Lewis	Tonb	14.91	865
2	E	EISNOR Bradley	East'bne	15.54	794
3	RR	SIMMONDS Andy	Ryston	21.46	268
4	W	ENTWISTLE Joshua	WGEL	24.03	124
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	EE	MORRIS Joe	East'bne	16.30	712
2	TT	HOOKWAY Alex	Tonb	17.98	545
3	R	SIMMONDS Rob	Ryston	22.77	188
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	T	CHURCH Lewis	Tonb	58.16	735
2	R	TUNCER Mac	Ryston	63.21	576
3	E	KASPARIS Stevie Y	East'bne	63.80	559
4	W	ENTWISTLE Joshua	WGEL	68.44	431
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	RR	SIMMONDS Andy	Ryston	67.19	464
2	EE	O'BRIEN Oisin	East'bne	69.53	403
3	WW	JAMES Alan	WGEL	73.21	316
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	W	ENTWISTLE Joshua	WGEL	06:33.25 715
2	T	PATON Harry	Tonb	06:45.57 646
3	R	SIMMONDS Rob	Ryston	07:08.78 524
4	E	GRINDROD Matthew X	East'bne	07:38.24 390
5				
6				

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	RR	SIMMONDS Andy	Ryston	07:12.67 506
2	WW	EDWARDS Rhys X	WGEL	07:18.61 477
3	TT		Tonb	07:27.51 437
4	EE	O'BRIEN Oisin	East'bne	08:00.64 302
5				
6				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1=	T	CHURCH Lewis	Tonb	1.95 794
1=	E	EISNOR Bradley	East'bne	1.95 794
3	RR	SIMMONDS Rob	Ryston	1.65 547
4	WW	JAMES Alan	WGEL	1.10 87

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	TT	HOOKWAY Alex	Tonb	1.70 588
2	EE	PELLING Stuart	East'bne	1.70 588
3	R	HOUSTON Quinton	Ryston	1.60 506

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	E	EISNOR Bradley	East'bne	3.65 654
2	T	HOOKWAY Alex	Tonb	3.30 574
3	R	SIMMONDS Rob	Ryston	1.90 244

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
1	EE	MORRIS Joe	East'bne	3.50 620
2	RR	HOGARTH Ian	Ryston	1.05 17

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	T	KENDALL Harry	Tonb	6.84 813
2	E	EISNOR Bradley	East'bne	6.57 759
3	W	OSHODI Samuel X	WGEL	5.89 626
4	R	TUNCER Mac	Ryston	5.65 579
5				
6				

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	TT	CHURCH Lewis	Tonb	6.82 809
2	EE	STIRLING Grant	East'bne	5.65 579
3	WW	O'NEILL Joey Y	WGEL	4.98 450
4	RR	HOUSTON Quinton	Ryston	4.66 389
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1**

**17/08/2019**

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	W	DAVIS Lawrence	WGEL	15.79	1014
2	E	STIRLING Grant	East'bone	12.43	694
3	R	TUNCER Mac	Ryston	11.74	623
4					
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	HENNESSY Liam Y	East'bone	12.17	668
2	WW	JAMES Alan	WGEL	10.01	436
3	RR	HOUSTON Quinton	Ryston	9.38	362
4					
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	WW	WILLIAMS Hugh	WGEL	11.99	694
2	E	MORRIS Joe	East'bone	11.69	675
3	T	HOOKWAY Alex	Tonb	11.69	675
4	RR	YELLOP Daniel	Ryston	10.07	562
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	EE	EISNOR Bradley	East'bone	11.39	655
2	W	OSHODI Anthony	WGEL	11.17	640
3	R	SIMMONDS Rob	Ryston	9.07	487
4	TT	HARCOURT David	Tonb	6.75	280
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	W	LINQUE Christopher	WGEL	45.09	786
2	T	CHURCH Lewis	Tonb	39.82	711
3	E	MORRIS Joe	East'bone	37.29	674
4	R	SIMMONDS Rob	Ryston	31.71	584
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	KENDALL Harry	Tonb	35.74	650
2	WW	WILLIAMS Hugh	WGEL	31.96	589
3	EE	EISNOR Bradley	East'bone	30.73	568
4	RR	SIMMONDS Andy	Ryston	27.88	517
5					
6					

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	R	SIMMONDS Andy	Ryston	35.18	592
2	E	MORRIS Joe	East'bone	33.74	575
3	W	HARFORD Fergus	WGEL	31.24	544
4	T	HARCOURT David	Tonb	21.20	400
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	RR	SIMMONDS Rob	Ryston	31.13	542
2	WW	WILLIAMS Hugh	WGEL	30.19	530
3	EE	SLAUGHTER Brian	East'bone	25.96	473
4					
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	T	KENDALL Harry	Tonb	50.97	736
2	R	SIMMONDS Rob	Ryston	45.10	660
3	EE	SLAUGHTER Brian	East'bone	44.67	654
4	W	ENTWISTLE Joshua	WGEL	28.83	425
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	TT	CHURCH Lewis	Tonb	47.77	695
2	E	HENNESSY Liam Y	East'bone	43.62	640
3	RR	HOUSTON Quinton	Ryston	31.82	471
4	WW	WILLIAMS Hugh	WGEL	17.47	221
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1**

**17/08/2019**

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	E	East'bone	SARGENT Moyo Y SMITH Bryn Y EISNOR Bradley WRIGHT Bailey Y	42.56
2	T	Tonb	BACHORSKI Anton Y LENNARD Jack SMITH George Y COLLINS Lewis	42.69
3	W	WGEL	RICHARDS Adrian O'NEILL Joey Y SCANLAN Paul AMO-DADZIE Eugene	43.68
4	R	Ryston	CARTY Simon KEELEY Ben YELLOP Daniel HOUSTON Quinton	47.26
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	T	Tonb	MOLLOY Sean LENNARD Jack KENDALL Harry COLLINS Lewis	03:22.04
2	E	East'bone	MORRIS Joe SMITH Bryn Y SARGENT Moyo Y EISNOR Bradley	03:26.01
3	W	WGEL	WEERAKKODY Videsh Y RICHARDS Adrian ADOLPHUS Thomas Y SCANLAN Paul	03:34.07
4	R	Ryston	TUNCER Mac KEELEY Ben YELLOP Daniel QUERCIA-SMALE Steven Y	03:54.14
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****100m Women A**

Posn	No.	Athlete	Club	Wind	Perf	
				+0.9		
1	E	MARTLEW Shania Y	East'bne		12.58	734
2	W	LEWIS Eloise Y	WGEL		12.65	718
3	T	MURPHY Jessica	Tonb		13.05	634
4	R	CHEN Holly	Ryston		14.50	377
5						
6						

**100m Women B**

Posn	No.	Athlete	Club	Wind	Perf	
				+0.9		
1	WW	ANDERSON Sophie X	WGEL		12.84	677
2	EE	CAMPBELL-MARSHALL Esme	East'bne		13.34	576
3	TT	ROOT Asha Y	Tonb		16.22	169
4	RR	TUFF Rebecca	Ryston		18.38	33
5						
6						

**200m Women A**

Posn	No.	Athlete	Club	Wind	Perf	
				-1.9		
1	W	RYAN Joanne	WGEL		25.89	716
2	E	MARTLEW Shania Y	East'bne		26.24	680
3	T	ROOT Asha Y	Tonb		26.49	655
4	R	CHEN Holly	Ryston		33.83	163
5						
6						

**200m Women B**

Posn	No.	Athlete	Club	Wind	Perf	
				-1.9		
1	WW	LEWIS Eloise Y	WGEL		26.67	638
2	TT	MURPHY Jessica	Tonb		27.50	562
3	EE	CAMPBELL-MARSHALL Esme	East'bne		27.92	525
4	RR	WHITE Alice	Ryston		34.30	145
5						
6						

**400m Women A**

Posn	No.	Athlete	Club	Perf	
1	T	ROOT Asha Y	Tonb	57.16	794
2	W	RYAN Joanne	WGEL	59.40	704
3	E	NOËL Emma	East'bne	70.46	343
4	R	CHEN Holly	Ryston	85.03	71
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	
1	TT	O'HARA Jessica Y	Tonb	62.47	589
2	WW	ANDERSON Sophie X	WGEL	62.54	587
3	EE	UNGOED Georgia	East'bne	76.09	212
4	RR	TUFF Rebecca	Ryston	92.92	11
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	
1	W	WILBY Rebecca	WGEL	02:27.08	606
2	T	GOODGE Katie X	Tonb	02:27.53	599
3	R	BOOTH Rosie X	Ryston	02:45.24	362
4	E	HARRIS Hayley	East'bne	02:49.96	309
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	
1	WW	MCLEAN-JACKSON Wren X	WGEL	02:38.19	449
2	TT	THOMPSON Lucy	Tonb	02:39.97	426
3	EE	UNGOED Georgia	East'bne	03:07.19	153
4	RR	MOYLE Katy X	Ryston	03:10.30	131
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****1500m Women A**

Posn	No.	Athlete	Club	Perf
1	T	GOODGE Katie X	Tonb	04:58.21 641
2	W	WATSON Zoe	WGEL	05:09.35 561
3	R	BOOTH Rosie X	Ryston	05:31.87 415
4	E	HARRIS Hayley	East'bne	07:36.07 5
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	WW	WILBY Rebecca	WGEL	05:10.57 552
2	TT	THOMPSON Lucy	Tonb	05:24.20 462
3	RR	MOYLE Katy X	Ryston	06:51.15 77
4	EE	BURGESS Heidi	East'bne	08:32.92
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	T	CROCKFORD Alex	Tonb	11:31.31 492
2	E	MAKER Cara	East'bne	14:50.80 66
3	R	CLARE Lindsey	Ryston	16:17.89 3
4				
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	TT	PUXTY Stephanie Y	Tonb	12:54.58 268
2	EE	BURGESS Heidi	East'bne	16:01.03 9
3	RR	TUFF Rebecca	Ryston	16:18.82 2
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	W MACDONALD Amelia Y	WGEL	16.59 651	+1.5
2	EE MAKER Cara	East'bne	17.27 588	
3	R TUNCER Katy	Ryston	20.19 352	
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	E	NOËL Emma	East'bne	18.97 444	+1.5
2	RR	WHITE Alice	Ryston	21.75 248	
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	E	NOËL Emma	East'bne	71.71 595
2	W	FINCH Millie Y	WGEL	81.82 359
3	R	CLARKE Gaye	Ryston	99.50 70
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	EE	MAKER Cara	East'bne	78.58 429
2	RR	TUFF Rebecca	Ryston	101.21 52
3				
4				
5				
6				



**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1**
**17/08/2019**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf	
1	TT	THOMPSON Lucy	Tonb	08:33.25	417
2	E	HARRIS Hayley	East'bne	08:43.59	380
3	R	BOOTH Rosie X	Ryston	08:57.22	335
4					
5					
6					

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf	
1	T	ANDERSON Luciana X	Tonb	08:43.24	381
2	RR	MOYLE Katy X	Ryston	11:20.60	36
3	EE	BURGESS Heidi	East'bne	13:19.48	
4					
5					
6					

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	LAQUETABUA Una	Tonb	1.48	616
2	RR	TUNCER Katy	Ryston	1.45	584
3	E	NOËL Emma	East'bne	1.40	531
4	W	VERWEIJ Iris	WGEL	1.40	531

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	EE	BURGESS Heidi	East'bne	1.30	424
2	WW	BOYCE Kyra X	WGEL	1.25	371
3	R	CLARKE Gaye	Ryston	1.20	317

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	LAQUETABUA Una	Tonb	2.60	560
2	EE	HARRIS Hayley	East'bne	2.10	421
3	R	TUNCER Katy	Ryston	1.05	99

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf	
1	TT	CRUSH Angie	Tonb	2.00	392
2=	E	BURGESS Heidi	East'bne	1.05	99
2=	RR	TUFF Rebecca	Ryston	1.05	99

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	W	MACDONALD Amelia Y	WGEL	5.17	733
2	T	LAQUERETABUA Una	Tonb	4.70	621
3	E	NOËL Emma	East'bne	4.64	607
4	R	CHEN Holly	Ryston	4.16	494
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	WW	ROCASTLE Denesha Y	WGEL	4.66	612
2	EE	MAKER Cara	East'bne	4.56	588
3	TT	MURPHY Jessica	Tonb	4.16	494
4	RR	WHITE Alice	Ryston	3.86	424
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	W	ROCASTLE Denesha Y	WGEL	11.24	778
2	R	CHEN Holly	Ryston	9.41	574
3	E	NOËL Emma	East'bne	8.53	472
4	TT	THOMPSON Lucy	Tonb	6.99	285
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	WW	OLUBODUN Naomi X	WGEL	8.65	486
2	EE	BURGESS Heidi	East'bne	8.28	443
3	RR	WHITE Alice	Ryston	7.98	407
4	T	CROCKFORD Alex	Tonb	5.46	79
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	T	LAQUERETABUA Una	Tonb	9.57	658
2	WW	OKAFOR Emmaline	WGEL	8.95	615
3	E	CAMPBELL-MARSHALL Esme	East'bne	8.77	602
4	R	TUNCER Katy	Ryston	8.30	567
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	TT	NICHOLLS Charlotte	Tonb	8.67	595
2	EE	NOËL Emma	East'bne	7.17	478
3	RR	TUFF Rebecca	Ryston	6.80	447
4	W	VERWEIJ Iris	WGEL	6.48	418
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	W	HAMILTON Precious Y	WGEL	36.19	757
2	T	NICHOLLS Charlotte	Tonb	24.20	578
3	EE	NOËL Emma	East'bne	17.15	438
4	RR	SIMMONDS Marlene	Ryston	16.39	420
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	WW	OKAFOR Emmaline	WGEL	25.51	601
2	TT	BRADLEY Diane	Tonb	21.09	522
3	R	TUFF Rebecca	Ryston	16.05	412
4	E	HARRIS Hayley	East'bne	15.68	402
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1****17/08/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	W	GOLBAN Andreea Y	WGEL	45.49 797
2	T	NICHOLLS Charlotte	Tonb	28.13 576
3	R	CLARKE Gaye	Ryston	22.31 487
4	E	HARRIS Hayley	East'bne	18.52 421
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	WW	HOWE Stephanie	WGEL	40.38 737
2	RR	TUFF Rebecca	Ryston	17.23 397
3	TT	BRADLEY Diane	Tonb	16.46 382
4	EE	NOËL Emma	East'bne	x
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	T	JONES Keira X	Tonb	29.48 664
2	E	NOËL Emma	East'bne	27.45 633
3	W	VERWEIJ Iris	WGEL	23.43 568
4	R	TUNCER Katy	Ryston	19.54 497
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	TT	MURPHY Jessica	Tonb	26.91 625
2	EE	HARRIS Hayley	East'bne	23.52 570
3	WW	OLUBODUN Naomi X	WGEL	21.10 527
4	RR	TUFF Rebecca	Ryston	18.90 485
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	W	WGEL	ANDERSON Sophie X RYAN Joanne ROCASTLE Denesha Y LEWIS Eloise Y	49.84
2	T	Tonb	ROOT Asha Y LAQUETABUA Una MURPHY Jessica O'HARA Jessica Y	50.96
3	E	East'bne	CAMPBELL-MARSHALL Esme Y UNGOED Georgia MAKER Cara MARTLEW Shania	51.87
4	R	Ryston	CHEN Holly CLARKE Gaye WHITE Alice TUFF Rebecca	63.1
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	T	Tonb	ROOT Asha Y O'HARA Jessica Y MURPHY Jessica GOODGE Katie X	04:13.29
2	W	WGEL	BOYCE Kyra X WATSON Zoe WILBY Rebecca RYAN Joanne	04:13.87
3	E	East'bne	BURGESS Heidi UNGOED Georgia NOËL Emma PELLING Stuart	04:27.65
4	R	Ryston	BOOTH Rosie X MOYLE Katy X TUFF Rebecca CLARE Lindsey	06:18.13
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1

17/08/2019

**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**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	35	Bryan Anthony	S	Tonb	11.52	+1.2
2	38	MORRIS Joe		East'bne	11.62	
3	37	LEE Steven Y		East'bne	11.90	
4	47	Smith George Y	U20	Tonb	11.91	
5	44	STIRLING Grant		East'bne	12.51	
6						
7						
8						

**100m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	8	ROCASTLE Denesha Y		WGEL	13.05	+1.8
2						
3						
4						
5						
6						
7						
8						

**200m Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	55	Kasparis Stevie		East'bne	24.75	+1.6
2	37	LEE Steven Y		East'bne	24.75	
3						
4						
5						
6						
7						
8						

**200m Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	9	ANDERSON Sophie X		WGEL	26.43	+1.3
2	11	BUAKU Rhianna Y		WGEL	28.79	
3	16	NANDAWULA Miriam Y		WGEL	32.82	
4						
5						
6						
7						
8						

**400m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	36	PELLING Stuart		East'bne	56.19
2	43	TURTON Sam		East'bne	58.55
3					
4					
5					
6					
7					
8					

**400m Women**

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

SOUTHERN ATHLETICS LEAGUE Division 2 East Woodford 1

17/08/2019

**800m Men**

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

**800m Women**

Posn	Bib	Athlete	Age	Club	Perf
1	17	ADAMS Jessica X		WGEL	2.4113
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age	Club	Perf
1	18	BEEDELL Tom		WGEL	4.1997
2	36	PELLING Stuart		East'bne	5.1624
3					
4					
5					
6					

**1500m Women**

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

**5000m Men**

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

**3000m Women**

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

**110m Hurdles Men**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	39	Kendall Harry	S	Tonb	15.81	+1.4
2						
3						
4						
5						
6						

**100m Hurdles Women**

Posn	Bib	Athlete	Age	Club	Perf	Wind
1	56	BENNETT Gemma			14.06	+1.5
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 1

17/08/2019

**Hammer Men**

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

**Hammer Women**

Posn	Bib	Athlete	Age	Club	Perf
1	13	OKAFOR Emmaline	S	WGEL	36.86
2					
3					
4					
5					
6					

**Discus Men**

Posn	Bib	Athlete	Age	Club	Perf
1	68	Hookway Alex	S	Tonb	34.69
2	50	SLAUGHTER Brian		East'bne	26.93
3					
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					
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					
2					
3					
4					
5					
6					

**Shot Women**

Posn	Bib	Athlete	Age	Club	Perf
1	42	Bradley Diane	S	Tonb	6.51
2					
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 1

17/08/2019

**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					
2					
3					
4					
5					
6					

**Pole Vault Men**

Posn	Bib	Athlete	Age	Club	Perf
1	50	SLAUGHTER Brian		East'bne	2.70
2					
3					
4					
5					
6					

**Pole Vault Women**

Posn	Bib	Athlete	Age	Club	Perf
1					
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	10	WGEL U20W	U20	WGEL	55.27
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					