

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	2	
VENUE	Watford	
P/FINISH	NO	

Date Saturday, May 18 2019

Venue Watford

Host Club Watford Harriers

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
W	Watford Harriers	Watf	20	131.0	15.0	115.0	281.0
H	Harlow AC	Harlow	20	103.0	17.0	137.0	277.0
M	Highgate Harriers & Mornington Chasers ©	Higate&MC	20	58.0		29.0	107.0
S	Serpentine	Serp	20	149.0	16.0	111.0	296.0
E	Enfield & Haringey/HAWCS ©	E&H/HAWCS	20	76.0	5.0	108.0	209.0
D	Barnet & District AC	Barnet	20	103.0	16.0	80.0	219.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Serpentine	296.0	6.0			296.0	6.0	1
2	Watford Harriers	281.0	5.0			281.0	5.0	2
3	Harlow AC	277.0	4.0			277.0	4.0	3
4	Barnet & District AC	219.0	3.0			219.0	3.0	4
5	Enfield & Haringey/HAWCS ©	209.0	2.0			209.0	2.0	5
6	Highgate Harriers & Mornington Chasers ©	107.0	1.0			107.0	1.0	6

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

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	E	OWUSU Lord	E&H/HAWK	11.5	607
2	M	LAWRENCE Nick	Higate&MC	11.9	500
3	H	HENDERSON Freddie X	Harlow	12.0	475
4	W	DEARMAN Owen	Watf	12.1	451
5	S	MCKELVEY Tom	Serp	13.6	176
6	D	REYNOLDS Patrick	Barnet	17.5	

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	EE	FIALHO Pablo X	E&H/HAWK	11.5	607
2	MM	OGBECHIE Michael X	Higate&MC	12.2	428
3	HH	GEORGE Benison X	Harlow	12.3	405
4	SS	FREER Jeremy	Serp	13.8	151
5	WW	HARWOOD Adrian	Watf	14.7	64
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	E	OWUSU Lord	E&H/HAWK	22.8	697
2	H	WOODALL Harry	Harlow	23.3	625
3	M	HUGHES Lloyd	Higate&MC	24.4	482
4	S	PORZUCZEK Bartosz	Serp	25.3	381
5	D	KANYAKO Koluvuma X	Barnet	25.3	381
6	W	DEARMAN Owen	Watf	25.6	350

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	ee	FIALHO Pablo X	E&H/HAWK	23.2	639
2	mm	LAWRENCE Nick	Higate&MC	25.0	413
3	hh	GEORGE Benison X	Harlow	25.3	381
4	ss	CAMPBELL David	Serp	26.6	258
5	ww	HARWOOD Adrian	Watf	32.0	11
6	dd	REYNOLDS Patrick	Barnet	38.6	

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	e	PALMER Shaka	E&H/HAWK	50.8	
2	h	WOODALL Harry	Harlow	52.5	80
3	m	HUGHES Lloyd	Higate&MC	54.5	80
4	d	MCCORMICK George	Barnet	55.3	80
5	s	PORZUCZEK Bartosz	Serp	55.7	80
6	w	DEARMAN Owen	Watf	55.7	80

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	ee	FARNDALE Will X	E&H/HAWK	52.9	599
2	hh	PETTY James X	Harlow	53.0	594
3	dd	KOURPAS John	Barnet	56.5	427
4	ww	BECKFORD-TONGS Simeon	Watf	56.6	423
5	mm	KYLE Patrick X	Higate&MC	56.9	410
6	ss	CAMPBELL David	Serp	61.5	242

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	S	PORZUCZEK Bartosz	Serp	02:05.8	534
2	D	MACCARTHY Finn X	Barnet	02:06.9	510
3	W	BECKFORD-TONGS Simeon	Watf	02:12.4	403
4	M	KYLE Patrick X	Higate&MC	02:16.2	337
5	HH	PAXMAN Carl	Harlow	02:34.9	111
6					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	DD	PELOSI Gary	Barnet	02:10.8	432
2	SS	KACPERCZYK Marcin	Serp	02:15.7	345
3	WW	INGHAM Stuart	Watf	02:26.9	189
4	H	BUTCHER Elliot X	Harlow	02:45.3	44
5					
6					

1500m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	h	PUTT Jamie Y	Harlow	04:15.5	582
2	DD	PRICE Edward	Barnet	04:32.2	429
3	SS	BOTTONE Michele	Serp	04:38.0	382
4	WW	CLARK Lewis X	Watf	04:47.8	311
5					
6					

1500m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	D	COTTLE Mark	Barnet	04:36.6	2417
2	S	POWELL Tim	Serp	04:40.9	2390
3	W	INGHAM Stuart	Watf	05:00.3	2267
4	HH	PAXMAN Carl	Harlow	05:22.2	2132
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
3000m Men A

Posn	No.	Athlete	Club	Perf	
1	e	CURSLEY Thomas	E&H/HAWK	09:13.2	2073
2	D	HORTON Alex	Barnet	09:14.9	2065
3	S	POWELL Tim	Serp	09:44.6	1932
4	WW	ROSEWARN Alexander X	Watf	10:21.6	1771
5					
6					

3000m Men B

Posn	No.	Athlete	Club	Perf	
1	DD	PELOSI Gary	Barnet	09:30.6	885
2	SS	DE PALOL Daniel	Serp	09:55.2	790
3	W	INGHAM Stuart	Watf	10:28.8	668
4					
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	h	CHASHCHIN Leonid Y	Harlow	16.5	661
2	e	LOMBAARD Alwyn	E&H/HAWK	19.6	387
3	s	KEMP Henry	Serp	21.4	260
4					
5					
6					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	hh	PAXMAN Glen	Harlow	20.1	349
2	ss	BARBERIS NEGRA Nicola	Serp	27.8	9
3					
4					
5					
6					

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	H	CUNNINGHAM Teale Y	Harlow	65.2	493
2	S	KEMP Henry	Serp	68.2	416
3	W	HARRIS Nick	Watf	85.7	91
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	72.4	318
2	SS	BARBERIS NEGRA Nicola	Serp	79.8	176
3	WW	HARWOOD Adrian	Watf	86.9	77
4					
5					
6					

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf	
1	dd	HORTON Alex	Barnet	10:48.2	7580
2	SS	BARBERIS NEGRA Nicola	Serp	10:58.5	7580
3	M	HUGHES Lloyd	Higate&MC	11:46.0	7580
4	W	HARRIS Nick	Watf	12:33.0	7580
5					
6					

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf	
1	S	DE PALOL Daniel	Serp	11:08.2	538
2	D	RAMSAY Grant	Barnet	11:58.6	392
3	WW	HARWOOD Adrian	Watf	14:20.1	102
4					
5					
6					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	1.83	702
2	W	DEARMAN Owen	Watf	1.78	661
3	E	LOMBAARD Alwyn	E&H/HAWK	1.73	619
4	M	OGBECHIE Michael X	Higate&MC	1.68	578
5	SS	MCKELVEY Tom	Serp	1.38	326
6					

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	CUNNINGHAM Teale Y	Harlow	1.58	494
2	WW	GRIFFITHS Harvey	Watf	1.38	326
3	S	DE PALOL Daniel	Serp	1.33	284
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
Pole Vault Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	3.85	665
2	S	GIBBONS Peter	Serp	2.60	393
3	W	DEARMAN Owen	Watf	2.40	348
4					
5					
6					

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Glen	Harlow	3.00	481
2	SS	MCGAHAN Tony	Serp	1.90	232
3	WW	HARWOOD Adrian	Watf	1.70	185
4					
5					
6					

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	6.34	721
2	SS	MCKELVEY Tom	Serp	5.22	501
3	W	HURRELL Jack X	Watf	5.18	493
4	D	REYNOLDS Patrick	Barnet	2.73	36
5					
6					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	BUTCHER Elliot X	Harlow	4.98	454
2	S	KACPERCZYK Marcin	Serp	4.40	343
3	WW	GRIFFITHS Harvey	Watf	3.83	235
4					
5					
6					

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	H	CHASHCHIN Leonid Y	Harlow	12.47	671
2	W	HURRELL Jack X	Watf	10.41	462
3	SS	MCKELVEY Tom	Serp	9.76	391
4	DD		Barnet	5.61	
5					
6					

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PETTY James X	Harlow	10.61	484
2	S	KACPERCZYK Marcin	Serp	9.53	365
3	WW	GRIFFITHS Harvey	Watf	8.67	263
4					
5					
6					

Shot Men A

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	9.24	521
2	MM	HUGHES Lloyd	Higate&MC	9.09	509
3	E	MAXWELL Stewart	E&H/HAWK	8.77	482
4	S	GIBBONS Peter	Serp	8.42	453
5	W	GRIFFITHS Harvey	Watf	7.60	378
6	D	MACK Rob	Barnet	5.64	151

Shot Men B

Posn	Bib	Athlete	Club	Perf	
1	H	PAXMAN Glen	Harlow	9.16	515
2	M	LAWRENCE Nick	Higate&MC	7.01	319
3	SS	BISWAS Debashish	Serp	6.51	265
4	EE	GIBBINS Ray	E&H/HAWK	6.39	251
5	WW	HARWOOD Adrian	Watf	5.78	172
6	DD	REYNOLDS Patrick	Barnet	5.22	75

Discus Men A

Posn	Bib	Athlete	Club	Perf	
1	H	PAXMAN Glen	Harlow	28.12	555
2	E	MAXWELL Stewart	E&H/HAWK	24.12	474
3	SS	GIBBONS Peter	Serp	20.11	381
4	MM	OWOBORODE Lanre X	Higate&MC	19.25	359
5	W	GRIFFITHS Harvey	Watf	18.83	348
6	D	MACK Rob	Barnet	16.42	280

Discus Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	20.27	385
2	S	LAM Vinh	Serp	18.40	337
3	M	LAWRENCE Nick	Higate&MC	17.85	322
4	DD	REYNOLDS Patrick	Barnet	14.72	224
5	WW	HARWOOD Adrian	Watf	14.09	200
6	EE	GIBBINS Ray	E&H/HAWK	12.10	108

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
Hammer Men A

Posn	Bib	Athlete	Club	Perf	
1	H	PAXMAN Glen	Harlow	27.92	549
2	E	MAXWELL Stewart	E&H/HAWK	27.62	545
3	D	MACK Rob	Barnet	19.15	402
4	W	GRIFFITHS Harvey	Watf	17.20	363
5	SS	BISWAS Debashish	Serp	16.98	358
6	M	OWOBORODE Lanre X	Higate&MC	7.49	

Hammer Men B

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	18.21	383
2	S	MCGAHAN Tony	Serp	15.69	330
3	DD	REYNOLDS Patrick	Barnet	13.31	272
4	EE	GIBBINS Ray	E&H/HAWK	12.54	252
5	WW	HARWOOD Adrian	Watf	11.23	213
6					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	
1	HH	PAXMAN Carl	Harlow	39.63	609
2	D	MCCORMICK George	Barnet	38.42	591
3	E	MAXWELL Stewart	E&H/HAWK	37.99	585
4	M	HUGHES Lloyd	Higate&MC	24.55	368
5	SS	MCGAHAN Tony	Serp	22.72	335
6	W	GRIFFITHS Harvey	Watf	22.24	326

Javelin Men B

Posn	Bib	Athlete	Club	Perf	
1	H	PAXMAN Glen	Harlow	35.98	555
2	DD	MCCORMICK James	Barnet	32.00	493
3	S	LAM Vinh	Serp	22.48	330
4	EE	GIBBINS Ray	E&H/HAWK	18.03	242
5	WW	HARWOOD Adrian	Watf	14.46	159
6					

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	h	Harlow	PETTY James X WOODALL Harry HENDERSON Freddie X GEORGE Benison X	47.2
2	d	Barnet	ODAMTTEN-ADDY Leslie MCCORMICK George SANCHEZ Alejandro KANYAKO Kolu	49.1
3	s	Serp	FREER Jeremy MCKELVEY Tom CAMPBELL David PORZUCZEK Bartosz	50.9
4				
5				
6				

4 x 400m Mixed A

Posn	No.	Club	Runners	Perf
1	w	Watf	- - - -	04:05.3
2	h	Harlow	GEORGE Benison X MALCOLM Grace X UPTON Millie X PUTT Jamie Y	04:12.3
3	s	Serp	GREAVES Lewis SHELLEY Catkin FLANAGAN Sophie KEMP Henry	04:17.9
4	d	Barnet	- - - -	04:21.3
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	e	MODESTE Elise Y	E&H/HAWK	12.3	798
2	h	ASHBY Ami Y	Harlow	14.0	457
3	M	OWENS Grace	Higate&MC	14.7	348
4	w	LOWER Robyn	Watf	14.7	348
5	s	NEEDHAM Rhiannon	Serp	14.8	334
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	ee	GUIMARAES Jocelyne	E&H/HAWK	12.9	665
2	hh	MALCOLM Grace X	Harlow	15.1	293
3	WW	PUTKO Alison	Watf	16.2	171
4	SS	VAATZ Steph	Serp	22.2	
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	m	BROKER Franziska	Higate&MC	27.6	553
2	E	SIMUENE Pierrette Y	E&H/HAWK	28.0	519
3	h	ASHBY Ami Y	Harlow	28.7	462
4	s	CARMICHAEL Laura	Serp	29.1	431
5	w	DEARMAN Chloe	Watf	35.1	117
6					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	hh	UPTON Millie X	Harlow	29.2	424
2	ss	NEEDHAM Rhiannon	Serp	30.5	335
3	mm	OWENS Grace	Higate&MC	31.2	292
4	dd		Barnet	33.9	160
5	ww	DEARMAN Christine	Watf	36.8	69
6					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	e	WILLIS Deborah	E&H/HAWK	60.9	646
2	m	BROKER Franziska	Higate&MC	62.3	595
3	s	CARMICHAEL Laura	Serp	63.3	560
4	D	LEVIN Zoe	Barnet	65.5	487
5	w	LOWER Robyn	Watf	75.3	228
6	h	CRANFIELD Mackenzie X	Harlow		

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	ss	NEEDHAM Rhiannon	Serp	70.1	352
2	ww	DEARMAN Christine	Watf	82.4	104
3	dd	LEE Annabelle	Barnet	90.6	23
4					
5					
6					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	S	CARMICHAEL Laura	Serp	02:29.4	549
2	W	BENTLEY Claire	Watf	02:33.2	497
3	D	LEVIN Zoe	Barnet	02:34.6	478
4	H	MALCOLM Grace X	Harlow	02:36.5	453
5	M	FUNDERBURK Sarah	Higate&MC	02:52.3	274
6					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	WW	GLENISTER Charlotte Y	Watf	02:48.5	313
2	SS	SHELLEY Catkin	Serp	02:50.6	291
3	DD	LEE Annabelle	Barnet	03:07.6	144
4	HH	CRANFIELD Mackenzie X	Harlow	03:10.5	124
5	MM	KYLE Mary	Higate&MC	03:37.7	11
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
1500m Women A

Posn	No.	Athlete	Club	Perf
1	w	TROTMAN Hannah Y	Watf	05:08.1 542
2	S	BROWN Victoria	Serp	05:33.4 387
3	D	MCCORMICK Jessica	Barnet	06:15.8 185
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	SS	SHELLEY Catkin	Serp	05:44.3 2000
2	WW	GLENISTER Charlotte Y	Watf	05:50.9 1962
3	DD	WILLIAMSON Silvana	Barnet	06:52.1 1621
4				
5				
6				

5000m Women A

Posn	No.	Athlete	Club	Perf
1	s	HOLLINGSWORTH Anna	Serp	18:10.0
2	WW	ROSEWARN Jessica Y	Watf	21:16.1
3	D	LEE Annabelle	Barnet	22:21.4
4				
5				
6				

5000m Women B

Posn	No.	Athlete	Club	Perf
1	SS	FLANAGAN Sophie	Serp	20:24.3
2	W	DEARMAN Chloe	Watf	21:49.6
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	h	HARRYMAN Bethany Y	Harlow	15.8 693
2	w	BENTLEY Rachel	Watf	16.9 592
3	d	LEVIN Zoe	Barnet	18.3 475
4	m	BROKER Franziska	Higate&MC	18.6 451
5	s	NEEDHAM Rhiannon	Serp	40.3
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	ww	BENTLEY Suzanne	Watf	17.7 524	
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	E	GENTRY Grace Y	E&H/HAWK	66.00 713
2	D	LEVIN Zoe	Barnet	68.10 657
3	W	BENTLEY Suzanne	Watf	70.10 606
4	H	MALCOLM Mairi X	Harlow	88.10 225
5	S	NEEDHAM Rhiannon	Serp	103.90 27
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	ww	BENTLEY Rachel	Watf	73.80 516
2	SS	VAATZ Steph	Serp	130.60
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford
18/05/2019
1500m S/Chase Women A

Posn	No.	Athlete	Club	Perf	
1	w	BENTLEY Claire	Watf	0.00	1418
2	D	LEVIN Zoe	Barnet	0.00	1286
3	S	BROWN Victoria	Serp	0.00	1097
4	H	MALCOLM Grace X	Harlow	0.00	1012
5					
6					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	
1	SS	FLANAGAN Sophie	Serp	0.00	1783
2	WW	PUTKO Alison	Watf	0.00	1539
3	DD	LEE Annabelle	Barnet	0.01	1470
4					
5					
6					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	D	LEVIN Zoe	Barnet	1.35	487
2	S	NEEDHAM Rhiannon	Serp	1.08	194
3	W	PUTKO Alison	Watf	1.08	194
4					
5					
6					

High Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	SS	DAVIES Mary	Serp	1.08	194
2	WW	DEARMAN Chloe	Watf	1.03	140
3					
4					
5					
6					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf	
1	E	SEMERARO Sarah	E&H/HAWK	3.70	803
2	W	CANNING Christine	Watf	1.50	231
3					
4					
5					
6					

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf	
1	EE	MARTIN Ciara X	E&H/HAWK	2.30	450
2	WW	PUTKO Alison	Watf	1.20	141
3					
4					
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**18/05/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	H	HARRYMAN Bethany Y	Harlow	5.25	717
2	D	IMAMOVIC Emma X	Barnet	4.61	571
3	E	BAKRE Dee	E&H/HAWK	4.30	502
4	W	PUTKO Alison	Watf	3.71	371
5	S	NEEDHAM Rhiannon	Serp	3.23	267
6					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	DD	LEVIN Zoe	Barnet	4.17	473
2	HH	CRANFIELD Mackenzie X	Harlow	3.58	343
3	WW	DEARMAN Christine	Watf	2.92	201
4	SS	VAATZ Steph	Serp	1.60	
5					
6					

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	
1	E	FASIPE Mary	E&H/HAWK	12.76	897
2	H	UPTON Millie X	Harlow	10.22	634
3	D	IMAMOVIC Emma X	Barnet	9.75	583
4	M	BROKER Franziska	Higate&MC	9.67	575
5	W	BENTLEY Rachel	Watf	9.01	503
6	SS	NEEDHAM Rhiannon	Serp	7.08	282

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	
1	EE	BAKRE Dee	E&H/HAWK	10.05	616
2	DD	LEVIN Zoe	Barnet	8.64	462
3	HH	ASHBY Ami Y	Harlow	8.21	414
4	WW	PUTKO Alison	Watf	7.66	351
5	S	DAVIES Mary	Serp	6.05	155
6					

Shot Women A

Posn	Bib	Athlete	Club	Perf	
1	EE	BROWN Sharifa	E&H/HAWK	10.85	781
2	H	HARRYMAN Bethany Y	Harlow	10.65	767
3	S	DAVIES Mary	Serp	7.47	528
4	DD	-	Barnet	5.06	288
5	WW	CANNING Christine	Watf	4.76	250
6	M	OWENS Grace	Higate&MC	3.55	

Shot Women B

Posn	Bib	Athlete	Club	Perf	
1	E	HARRISON Melanie	E&H/HAWK	10.76	775
2	HH	MALCOLM Mairi X	Harlow	6.08	401
3	D	SCOTT Catherine	Barnet	4.90	268
4	W	DEARMAN Christine	Watf	4.70	242
5	SS	ALLWOOD Camilla	Serp	4.67	237
6					

Discus Women A

Posn	Bib	Athlete	Club	Perf	
1	EE	KURETA Sotiria Y	E&H/HAWK	36.49	827
2	W	LOWER Robyn	Watf	16.54	460
3	S	DAVIES Mary	Serp	15.56	434
4	DD		Barnet	10.59	258
5					
6					

Discus Women B

Posn	Bib	Athlete	Club	Perf	
1	E	HARRISON Melanie	E&H/HAWK	36.45	826
2	WW	DEARMAN Chloe	Watf	13.69	378
3	SS	ALLWOOD Camilla	Serp	11.07	280
4	D	SCOTT Catherine	Barnet	9.63	206
5					
6					

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford**18/05/2019****Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	E	HARRISON Melanie	E&H/HAWK	36.69 699
2	S	DAVIES Mary	Serp	25.21 538
3	W	DEARMAN Chloe	Watf	21.65 481
4	D	SCOTT Catherine	Barnet	13.09 313
5	H	MALCOLM Mairi X	Harlow	11.98 287
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	EE	BROWN Sharifa	E&H/HAWK	20.63 463
2	WW	CANNING Christine	Watf	17.14 399
3	SS	ALLWOOD Camilla	Serp	12.50 299
4	DD	LEE Annabelle	Barnet	5.59 38
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	E	KRASSISMENOU Issy	E&H/HAWK	29.99 729
2	H	HARRYMAN Bethany Y	Harlow	25.37 652
3	W	BENTLEY Rachel	Watf	23.87 625
4	D	LEVIN Zoe	Barnet	17.36 492
5	S	DAVIES Mary	Serp	15.79 455
6	M	OWENS Grace	Higate&MC	7.33 139

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	EE	BROWN Sharifa	E&H/HAWK	22.08 591
2	WW	BENTLEY Suzanne	Watf	19.49 539
3	HH	UPTON Millie X	Harlow	19.08 530
4	SS	ALLWOOD Camilla	Serp	9.23 246
5	DD	SCOTT Catherine	Barnet	7.59 157
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	W	Watf	BENTLEY Rachel BENTLEY Suzanne TROTMAN Hannah Y LOWER Robyn	55.0
2	E	E&H/HAWCS	SIMUENE Pierrette Y DUVAL Tia Y FASIPE Mary MODESTE Elise Y	58.9
3	D	Barnet	LEVIN Zoe WILLIAMSON Silvana LEE Annabelle IMAMOVIC Emma X	61.3
4	S	Serp	CARMICHAEL Laura PIGNOREL Sonia SHELLEY Catkin NEEDHAM Rhiannon	65.5
5				
6				

4 x 400m Mixed A

Posn	No.	Club	Runners	Perf
1	H	Harlow	WOODALL Harry PETTY James X ASHBY Ami Y MALCOLM Mairi X	04:17.5
2	S	Serp	CAMPBELL David NEEDHAM Rhiannon CARMICHAEL Laura PORZUCZEK Bartosz	04:32.3
3	d	Barnet	ODAMTTEN-ADDY Leslie LEVIN Zoe MCCORMICK Jessica MCCORMICK George	04:39.6
4	w	Watf	BECKFORD-TONGS Simeon 0 0 DEARMAN Owen	04:54.1
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

NON-SCORERS

400m Hurdles Men

Posn	Bib	Athlete	Age Group	Club	Perf

100m Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

1
2
3

200m Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

1 111 FREER Jeremy

400m Men

Posn	Bib	Athlete	Age Group	Club	Perf

1 76 ORAM Mali

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf

1 105 KOURPAS John
2 93 MORRIS Will
3 95 COTTLE Mark
4 108 LEE Kieron X
5 103 DIGWEED Danny

NON-SCORERS

400m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf

100m Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

1 66 SIMUENE Pierrette Y
2 61 DUVAL Tia Y
3 67 TESTRO Bethany

200m Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

1

400m Women

Posn	Bib	Athlete	Age Group	Club	Perf

1

800m Women

Posn	Bib	Athlete	Age Group	Club	Perf

1 56 PIGNOREL Sonia
2
3
4
5

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/20191500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					

3000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	93	MORRIS Will		Barnet	9:53.1
2	46	GREAVES Lewis		Serp	10:20.1
3	107	SANCHEZ Alejandro		Barnet	10:20.4

110m Hurdles Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

S/Chase Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					

Hammer Men

Posn	Bib	Athlete	Age Group	Club	Perf

1500m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	56	PIGNOREL Sonia		Serp	5:59.7

5000m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	56	PIGNOREL Sonia		Serp	21:12.2
2					
3					

100m Hurdles Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind

S/Chase Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	113	GLENISTER Charlotte Y		Watf	

Hammer Women

Posn	Bib	Athlete	Age Group	Club	Perf

SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					

Javelin Men

Posn	Bib	Athlete	Age Group	Club	Perf
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Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	89	LAM Vinh		Serp	6.35

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
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Triple Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
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Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	69	BROWN Sharifa		E&H/HAWC	34.37
2	112	CANNING Christine		Watf	11.52

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
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Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					

Long Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
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Triple Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
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SOUTHERN ATHLETICS LEAGUE Division 3 North Watford

18/05/2019

High Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf
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Pole Vault Men

Posn	Bib	Athlete	Age Group	Club	Perf
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High Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf
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Pole Vault Women

Posn	Bib	Athlete	Age Group	Club	Perf
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