

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 3 North	
MATCH	1	
VENUE	St Ives	
P/FINISH	NO	

Date Saturday, April 13 2019

Venue St Ives

Host Club Huntingdonshire AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
U	Huntingdonshire AC	Hunt	20	102.0	14.0	147.0	283.0
X	Herts Phoenix AC	Herts P	15	145.0	20.0	108.5	288.5
G	Biggleswade AC	Bigg	10	39.0		69.0	118.0
K	West Norfolk AC	W Norf	10	48.0	8.0	40.5	106.5
J	West Suffolk AC	W Suff	10	48.0	5.0	101.5	164.5
M	Highgate Harriers & Mornington Chasers ©	Higate&MC	15	76.0	10.0	82.5	183.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Herts Phoenix AC	288.5	6.0			288.5	6.0	1
2	Huntingdonshire AC	283.0	5.0			283.0	5.0	2
3	Highgate Harriers & Mornington Chasers ©	183.5	4.0			183.5	4.0	3
4	West Suffolk AC	164.5	3.0			164.5	3.0	4
5	Biggleswade AC	118.0	2.0			118.0	2.0	5
6	West Norfolk AC	106.5	1.0			106.5	1.0	6

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	37
REMAINING	-

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	U	WEBSTER Morgan	Hunt	11.4	636
2	X	MEIKLE Anthony	Herts P	11.6	579
3	J	CROUCH Alex X	W Suff	11.7	552
4	M	LAWRENCE Nick	Higate&MC	11.8	526
5	G	RAYNER Tristan Y	Bigg	12.0	475
6	K	WILLIAMS Charlie Y	W Norf	12.1	451

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	ALVES Brandon X	Hunt	11.9	500
2	MM	ACHIAMPONG Zavier	Higate&MC	12.4	384
3	KK	WILLIAMS Alfie X	W Norf	12.6	342
4	XX	GITTENS Shaun	Herts P	12.7	322
5	JJ	MICHAEL Lucas X	W Suff	12.9	285
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	U	WEBSTER Morgan	Hunt	22.8	697
2	J	CROUCH Alex X	W Suff	23.7	570
3	K	BENSON Rahim	W Norf	24.1	519
4	X	MEIKLE Anthony	Herts P	24.5	470
5	G	RAYNER Tristan Y	Bigg	24.8	435
6	M	ACHIAMPONG Zavier	Higate&MC	25.1	402

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	ALVES Brandon X	Hunt	25.1	402
2	JJ	MICHAEL Lucas X	W Suff	26.7	250
3	KK	ROSS Cameron	W Norf	29.4	82
4	XX	GITTENS Shaun	Herts P	33.0	2
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf
1	M	QUAREZ Augustin Y	Higate&MC	56.4
2	K	WILKINSON Laurie	W Norf	59.1
3	U	TAYLOR Spencer	Hunt	59.8
4	X	MACAULAY Alex	Herts P	60.2
5	G	BLUNT Michael	Bigg	69.9
6				

**400m Men B**

Posn	No.	Athlete	Club	Perf
1	MM	HUGHES Lloyd	Higate&MC	56.2
2	XX	RIZZO Matteo	Herts P	58.6
3	KK	WATSON Niel	W Norf	65.8
4				
5				
6				

**800m Men A**

Posn	No.	Athlete	Club	Perf
1	X	HUGHES Adam Y	Herts P	02:05.2
2	G	SWINBURNE Elliott X	Bigg	02:18.7
3	U	DOWNHILL Markus X	Hunt	02:21.3
4	K	COLLISON Ben	W Norf	02:27.5
5	M	BLACK Martin	Higate&MC	03:05.4
6				

**800m Men B**

Posn	No.	Athlete	Club	Perf
1	KK	WILKINSON Laurie Y	W Norf	02:18.0
2	XX	MACAULAY Alex	Herts P	02:23.1
3	GG	READ Adam X	Bigg	02:23.4
4	UU	WOOLF Daniel	Hunt	02:53.4
5				
6				

**1500m Men A**

Posn	No.	Athlete	Club	Perf
1	X	RUSHMAN Brett Y	Herts P	04:20.6
2	U	WALLER Henry X	Hunt	04:58.2
3	K	COLLISON Ben	W Norf	05:02.3
4	GG	ARNOLD Charles	Bigg	05:24.8
5	M	BLACK Martin	Higate&MC	06:38.7
6				

**1500m Men B**

Posn	No.	Athlete	Club	Perf
1	XX	HUGHES Adam Y	Herts P	04:34.1
2	UU	BREWSTER Geoff	Hunt	05:24.1
3	KK	REEVE Ian	W Norf	06:57.6
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	
1	XX	PROSSER Steve	Herts P	17:04.7	454
2	M	ARMSTRONG John	Higate&MC	17:55.0	347
3	U	WISHART Mark	Hunt	19:30.7	181
4					
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	
1	X	RUSHMAN Brett Y	Herts P	17:50.2	
2	UU	STOCKER Jim	Hunt	22:31.8	
3					
4					
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	G	JANSSEN Darren	Bigg	24:00.0	217
2					
3					
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1					
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	
1	J	PRIOR Luca X	W Suff	71.5	338
2	G	JANSSEN Darren	Bigg	75.0	264
3	K	WATSON Neil	W Norf	75.3	258
4					
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	
1	GG	BLUNT Michael	Bigg	84.2	110
2					
3					
4					
5					
6					

**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	X	PROSSER Steve	Herts P	7:33.20	7580
2	K	WATSON Neil	W Norf	8:35.90	7580
3	G	ARNOLD Charles	Bigg	9:10.20	7580
4					
5					
6					

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1					
2					
3					
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	M	HUGHES Lloyd	Higate&MC	1.70	594
2	X	VERYARD Sam X	Herts P	1.70	594
3	U	THOMAS Joel Y	Hunt	1.60	511
4	J	ALLEN Luke	W Suff	1.50	427
5	K	WATSON Neil	W Norf	1.40	343
6	GG	ARNOLD Charles	Bigg	1.30	259

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	UU	GARDNER Martin	Hunt	1.45	385
2	MM	MCEVOY Ryan X	Higate&MC	1.40	343
2	JJ	KENT Chris	W Suff	1.40	343
4	XX	GROVE James	Herts P	1.00	
4	KK	REEVE Ian	W Norf	1.00	
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	UU	FULLER Richard	Hunt	2.60	393
2	G	JANSSEN Darren	Bigg	2.20	302
3	K	REEVE Ian	W Norf	1.90	232
4	JJ	PRIOR Luca X	W Suff	1.70	185
5					
6					

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	U	THOMAS Joel Y	Hunt	2.40	348
2					
3					
4					
5					
6					

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	K	BENSON Rahim	W Norf	6.45	743
2	U	TIRCHINECI Nikolaos X	Hunt	5.83	620
3	J	RICHARDS Jack Y	W Suff	5.42	540
4	GG	RAYNER Tristan Y	Bigg	5.08	474
5	M	LAWRENCE Nick	Higate&MC	4.57	375
6	XX	VERYARD Sam	Herts P	4.48	358

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	UU	OPALEYE Yinka	Hunt	5.04	466
2	JJ	PRIOR Luca	W Suff	4.80	420
3	G	JANSSEN Darren	Bigg	4.80	420
4	KK	ROSS Cameron	W Norf	4.11	288
5	MM	MCEVOY Ryan	Higate&MC	4.10	286
6	X	GROVE James	Herts P	3.44	163

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	K	BENSON Rahim	W Norf	11.68	593
2	M	ACHIAMPONG Zavier X	Higate&MC	11.14	539
3	J	RICHARDS Jack Y	W Suff	11.13	538
4	U	TIRCHINECI Nikolaos X	Hunt	10.95	519
5	G	JANSSEN Darren	Bigg	9.61	375
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	UU	OPALEYE Yinka	Hunt	9.48	360
2	KK	REEVE Ian	W Norf	8.59	253
3	GG	ARNOLD Charles	Bigg	7.53	106
4					
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	X	WOODLEY Sam	Herts P	12.76	774
2	J	KENT Chris	W Suff	11.55	693
3	U	GARDNER Martin	Hunt	10.83	642
4	GG	DODDS Nathan	Bigg	10.35	607
5	K	WILLIAMS Alfie X	W Norf	10.33	605
6	M	EVELEGH Alex	Higate&MC	7.32	351

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	JJ	ALLEN Jake	W Suff	11.31	676
2	XX	KINGWELL Jason	Herts P	10.83	642
3	UU	BURKE Steven	Hunt	9.10	510
4	G	JANSSEN Darren	Bigg	8.72	478
5	MM	LAWRENCE Nick	Higate&MC	6.54	268
6	KK	PISHORN Jack	W Norf	5.78	172

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	X	WOODLEY Sam	Herts P	46.53	857
2	J	ALLEN Jake	W Suff	35.18	682
3	G	DODDS Nathan Y	Bigg	32.09	628
4	K	WILLIAMS Charlie Y	W Norf	29.97	590
5	U	GARDNER Martin	Hunt	28.29	558
6	MM	BLACK Martin	Higate&MC	11.00	

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	XX	KINGWELL Jason	Herts P	32.60	637
2	UU	ELLINGHAM Robert	Hunt	25.82	509
3	JJ	KENT Chris	W Suff	24.48	481
4	GG	JANSSEN Darren	Bigg	22.50	438
5	KK	PISHORN Jack	W Norf	15.25	242
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	J	ALLEN Jake	W Suff	43.69 756
2	X	KINGWELL Jason	Herts P	39.17 702
3	U	ELLINGHAM Robert	Hunt	36.29 665
4				
5				
6				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	XX	GROVE James	Herts P	34.27 639
2	UU	BURKE Steven	Hunt	32.96 621
3	JJ	KENT Chris	W Suff	23.74 483
4				
5				
6				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	XX	MARTIN Connor	Herts P	57.01 844
2	GG	INGHAM Alexander	Bigg	55.01 819
3	J	KENT Chris	W Suff	40.40 620
4	U	DICKSON Charlie Y	Hunt	38.02 585
5	K	WILLIAMS Charlie Y	W Norf	31.53 486
6	MM	QUAREZ Augustin Y	Higate&MC	26.43 401

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	G	DODDS Nathan Y	Bigg	49.95 753
2	JJ	ALLEN Luke	W Suff	35.08 541
3	X	KINGWELL Jason	Herts P	30.87 475
4	UU	BURKE Steven	Hunt	30.50 469
5	KK	REEVE Ian	W Norf	26.73 406
6				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	M	Higate&MC	LAWRENCE Nick ACHIAMPONG Zavier X EVELEGH Alex MCEVOY Ryan X	48.6
2	J	W Suff	DEEKS Oliver X GRIFFIN-JENKINS Bryn X PRIOR Luca X CROUCH Alex X	48.9
3	X	Herts P	MEIKLE Anthony RIZZO Matteo Y GITTENS Shaun MACAULAY Alex	49.6
4	K	W Norf	WILLIAMS Alfie X REEVE Ian WILLIAMS Charlie Y BENSON Rahim	50.4
5	U	Hunt	0 0 0 0	60.3
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	X	Herts P	HUGHES Adam Y MACAULAY Alex RUSHMAN Brett Y ROWEDDER George Y	04:19.3
2	K	W Norf	COLLISON Ben WATSON Neil ROSS Cameron WILKINSON Laurie Y	04:33.3
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	U	NEWBEGIN Iona X	Hunt	12.5	752
2	X	HETHERINGTON Christa	Herts P	13.0	644
3	M	DIABATE Alima	Higate&MC	13.7	509
4					
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	XX	KWABI-GIBBSON Zain	Herts P	13.3	584
2	UU	RILEY Francesca	Hunt	13.7	509
3	MM	WALES Kerry	Higate&MC	14.3	408
4					
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	X	JULIAN Lottie	Herts P	27.5	562
2	M	OCHEI-OKPARA Ezinwa	Higate&MC	27.7	544
3	U	RILEY Francesca	Hunt	27.9	527
4	J	STINSON Libby X	W Suff	31.7	264
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	MM	RUTHERFORD Amy	Higate&MC	28.4	486
2	XX	JONES Erin	Herts P	29.7	388
3	UU	PHIPPS Eleanor Y	Hunt	30.4	341
4					
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	X	WOOD Emily	Herts P	61.8	613
2	MM	BROCKER Franziska	Higate&MC	64.1	533
3	U	AMBER Janice	Hunt	70.4	344
4	J	ANTHONY Christine	W Suff	70.8	334
5					
6					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	M	RUTHERFORD Amy	Higate&MC	65.3	494
2	XX	GAYNOR Sarah	Herts P	81.9	111
3					
4					
5					
6					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	U	RIDLEY Hannah	Hunt	02:24.0	629
2	X	JUDD Sally	Herts P	02:25.6	605
3					
4					
5					
6					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	UU	BLAKE Ella	Hunt	02:30.7	531
2	XX	KINGWELL Kim	Herts P	02:57.2	228
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	X	ROWEDDER Lottie Y	Herts P	05:00.9 591
2	JJ	MORLEY Rebecca X	W Suff	05:27.4 421
3	U	LAWRENCE Katie Y	Hunt	05:48.0 309
4				
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	J	ANTHONY Christine	W Suff	05:36.5 2046
2	XX	RUSHMAN Deborah	Herts P	05:39.6 2028
3				
4				
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	X	ROWEDDER Lottie Y	Herts P	10:29.8 665
2	M	LONGHURST Lauren	Higate&MC	11:10.9 530
3	U	CRAWFORD Kelly	Hunt	11:42.0 437
4				
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	XX	RUSHMAN Deborah	Herts P	11:27.3 480
2	UU	STOCKER Pauline	Hunt	14:08.8 118
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind
1	X HETHERINGTON Christa Y	Herts P	16.0 674	
2	M BROKER Franziska	Higate&MC	19.2 406	
3	J PILGRIM Sarah	W Suff	19.7 369	
4				
5				
6				

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	XX	COWLER Sally	Herts P	18.8 436	
2					
3					
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	M	BROKER Franziska	Higate&MC	72.10 557
2	J	STINSON Libby X	W Suff	85.20 277
3	X	MEAKINS Eloise	Herts P	88.80 214
4				
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf
1	98		No Compet	0.07
2				
3				
4				
5				
6				

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	XX	DAY Rosie Y	Herts P	1.45 596
2	J	PILGRIM Sarah	W Suff	1.40 542
3	M	BROKER Franziska	Higate&MC	1.30 433
4	U	ISAAC Maisie X	Hunt	1.15 270
5				
6				

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	X	COWLER Sally	Herts P	1.40 542
2	UU	RIDLEY Hannah	Hunt	1.15 270
3				
4				
5				
6				

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	J	PILGRIM Sarah	W Suff	2.40 476
2	U	PHIPPS Eleanor Y	Hunt	2.10 397
3	G	JUTY Kathryn	Bigg	1.60 259
4				
5				
6				

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
1	UU	PEDLEY Sandra	Hunt	1.70 288
2				
3				
4				
5				
6				



**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	X	COWLER Sally	Herts P	4.80	614
2	U	REED Ella X	Hunt	4.69	589
3	MM	OCHEI-OKPARA Ezinwa X	Higate&MC	4.57	562
4					
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	UU	ABEL Jo	Hunt	4.41	526
2	M	DIABATE Alima	Higate&MC	4.28	497
3	XX	JONES Erin	Herts P	3.36	295
4					
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	U	REED Ella X	Hunt	10.13	624
2	XX	COWLER Sally	Herts P	9.60	567
3	J	PILGRIM Sarah	W Suff	9.60	567
4	M	BROKER Franziska	Higate&MC	9.29	533
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	UU	ABEL Jo	Hunt	9.54	561
2	X	KWABI-GIBSON Zain Y	Herts P	8.27	420
3					
4					
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	U	RIDLEY Sarah	Hunt	9.25	669
2	M	OCHEI-OKPARA Ezinwa X	Higate&MC	8.25	592
3	J	WILSON Alana Y	W Suff	8.17	586
4	GG	JUTY Kathryn	Bigg	6.05	398
5	X	JONES Erin Y	Herts P	5.25	311
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	MM	WALES Kerry	Higate&MC	7.41	523
2	UU	BURKE Vicky	Hunt	6.09	402
3	G	INGHAM Sandra	Bigg	5.71	362
4	JJ	MASON Dawn	W Suff	5.26	312
5	XX	JULIAN Lottie Y	Herts P	4.83	259
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	U	RIDLEY Sarah	Hunt	28.58	706
2	MM	SALAMON Halle X	Higate&MC	25.75	657
3	X	MEAKINS Eloise	Herts P	22.58	597
4	GG	HANDSCOMBE Autumn X	Bigg	16.30	454
5	J	MASON Dawn	W Suff	11.94	316
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	M	WALES Kerry	Higate&MC	19.68	536
2	UU	SCHOLES Daniella X	Hunt	15.74	439
3	G	INGHAM Sandra	Bigg	14.24	395
4	XX	JONES Erin	Herts P	10.33	245
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives**
**2019-04-13**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf	
1	X	CRAWLEY Olivia X	Herts P	22.50	495
2	M	SALAMON Halle X	Higate&MC	21.01	470
3	J	MASON Dawn	W Suff	16.70	390
4	U	COUCHMAN Ella X	Hunt	15.19	360
5	G	INGHAM Sandra	Bigg	9.91	231
6					

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf	
1	MM	KAVANAGH Juliet	Higate&MC	13.62	326
2	UU	BURKE Vicky	Hunt	13.48	322
3					
4					
5					
6					

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf	
1	X	MEAKINS Eloise	Herts P	45.06	939
2	J	BARTHOLOMEW Meg Y	W Suff	29.89	728
3	M	WALES Kerry	Higate&MC	19.16	532
4	U	RIDLEY Sarah	Hunt	18.32	514
5	G	INGHAM Sandra	Bigg	18.21	511
6					

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf	
1	JJ	WILSON Alana Y	W Suff	29.54	722
2	MM	KAVANAGH Juliet	Higate&MC	10.10	282
3	GG	JUTY Kathryn	Bigg	9.07	238
4					
5					
6					

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	U	Hunt	0 0 0 0	52.00
2	X	Herts P	DUNBAR Nathalia X HETHERINGTON Christa Y JULIAN Lottie Y KWABI-GIBSON Za	53.90
3	M	Higate&MC	DIABATE Alima BROKER Franziska OCHEI-OKPARA Ezinwa X RUTHERFORD Amy	55.00
4				
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	U	Hunt	0 0 0 0	04:33.9
2	X	Herts P	WOOD Emily KINGWELL Kim GAYNOR Sarah JONES Erin Y	05:00.9
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

Males

Event

Perf

Females

Event

Perf

Biggleswade AC

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

Herts Phoenix AC

538	GITTENS Shaun	100m	-	539	IVORY Faye	100m	14.5
538	GITTENS Shaun	200m	-	539	IVORY Faye	200m	30.1
					KWABI-GIBSON Zain Y	200m	-

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

Highgate Harriers & Mornington Chasers ©

81	ACHIAMPONG Xavier X	100m	-	88	RUTHERFORD Amy	200m	-
86	MCEVOY Ryan X	100m	12.5	87	SALAMON Halle	Shot	7.56
81	ACHIAMPONG Xavier X	200m	-				

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

**Huntingdonshire AC**

97	DOWNHILL Peter	800m	2.246	92	PHIPPS Emma X	Pole Vault	1.6
99	DICKSON Charlie Y	Shot	9.4	93	PURBRICK Emily Y	Long Jump	4.29
535	BURKE Steven	Discus	28.24	94	ISAAC Maisie X	Triple Jump	8.9
537	GARDNER Martin	Hammer	20.49	95	COUCHMAN Ella	Shot	5.8
537	GARDNER Martin	Javelin	24.39	540	ACTON Sandra	Discus	9.39
				91	MCCONVILLE Hilary	3000m	16.097
98	WOOLF Daniel	1500m	5.596	89	SCHOLES Daniella X	100m	14.7
				90	KNIGHT Lotti X	800m	2.295

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

West Norfolk AC

18	PISHORN Jack	100m	15.1
17	ROSS Cameron	100m	13.7

SOUTHERN ATHLETICS LEAGUE Division 3 North St Ives

Wind

2019-04-13

Wind

**West Suffolk AC**

19	DEEKS Oliver X	100m	12.5	58	MASON Dawn	Javelin	11.64
19	DEEKS Oliver X	200m	25.9				
27	GRIFFIN-JENKINS Bryn X	100m	13.1				
27	GRIFFIN-JENKINS Bryn X	200m	26.5				
56	ALLEN Luke	Long Jump	5.32				