

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	East Anglia	
MATCH	1	
VENUE	SPORTSPARK at U.E.A.	
P/FINISH	NO	1

Date Sunday, June 20 2021

Venue SPORTSPARK at U.E.A.

Host Club City of Norwich AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
N	City of Norwich AC	Norwich		194.2	19.1	165.1	378.3
S	West Suffolk AC & St. Edmunds Pacers ©	WS&SEP		28.0	2.5	120.0	150.4
R	Ryston Runners	Ryston		38.8	2.9	76.9	118.6
I	Ipswich Harriers/Colchester & Tendring ©	Ipsw/C&T		112.1	13.9	68.4	194.3
C	Cambridge & Coleridge AC	Cam & C		75.7	7.1	105.9	188.7

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	City of Norwich AC	378.3				378.3	
2	Ipswich Harriers/Colchester & Tendring ©	194.3	1.0			194.3	1.0
3	Cambridge & Coleridge AC	188.7	2.0			188.7	2.0
4	West Suffolk AC & St. Edmunds Pacers ©	150.4	3.0			150.4	3.0
5	Ryston Runners	118.6	4.0			118.6	4.0

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

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021100m Men A

Posn	No.	Athlete	Club	Perf
			Wind	1.7
1	N	Louis ALBROW (U20)	Norwich	11.1
2	C	Kristitjan ALFELDI (U20)	Cam & C	11.3
3	I	Taye MCLAUGHLIN (U20)	Ipsw/C&T	11.4
4	R	Daniel YELLOP	Ryston	11.7
5	S	Alanzo CONTINI	WS&SEP	12.3
6				

100m Men B

Posn	No.	Athlete	Club	Perf
			Wind	0.0
1	II	Aaron EDWARDS (U20)	Ipsw/C&T	11.8
2	RR	Liam CLARE (U17)	Ryston	11.9
3	NN	Jack HAMMENT-RUSSELL (U20)	Norwich	12.0
4	CC	Sebastien PHILO (U20)	Cam & C	12.2
5	SS	Bryn GRIFFIN-JENKINS (U20)	WS&SEP	12.4
6				

200m Men A

Posn	No.	Athlete	Club	Perf
			Wind	01.2
1	N	Louis ALBROW (U20)	Norwich	22.6
2	C	Kristitjan ALFELDI (U20)	Cam & C	23.0
3	I	Taye MCLAUGHLIN (U20)	Ipsw/C&T	23.7
4	R	Daniel YELLOP	Ryston	24.2
5	S	John CONNER (U17)	WS&SEP	26.6
6				

200m Men B

Posn	No.	Athlete	Club	Perf
			Wind	
1	RR	Liam CLARE (U17)	Ryston	23.9
2	NN	Alex MORTIMER (U20)	Norwich	24.2
3	CC	Sebastien PHILO (U20)	Cam & C	24.6
4	II	Jay COLLETT (U20)	Ipsw/C&T	25.0
5				
6				

400m Men A

Posn	No.	Athlete	Club	Perf
1	N	Tyler BILYARD	Norwich	51.0
2	I	Paolo PALMIERI (U20)	Ipsw/C&T	51.5
3	R	Charlie WAKEFIELD (U20)	Ryston	52.4
4	C	Hugo PACKMAN (U20)	Cam & C	54.2
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	NN	Joel BURGESS (U17)	Norwich	52.0
2	CC	Callum MOLLOY (U20)	Cam & C	55.0
3	II	Daniel SCURRELL	Ipsw/C&T	55.7
4				
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	C	Hugo PACKMAN (U20)	Cam & C	01:56.8
2	N	Scott GREEVES	Norwich	01:57.3
3	R	Rob SIMMONDS	Ryston	02:16.6
4	I	Jamie WEBSTER (U20)	Ipsw/C&T	02:19.1
5	S	Luca PRIOR (U20)	WS&SEP	02:27.4
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	CC	Callum MOLLOY (U20)	Cam & C	02:01.3
2	NN	Aaron ROBERTS (U17)	Norwich	02:01.8
3				
4				
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	N	Tyler BILYARD	Norwich	03:59.7
2	S	Rowan SHEARER (U17)	WS&SEP	04:18.8
3	I	Ryan GRADY (U17)	Ipsw/C&T	04:33.3
4				
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	NN	Will MAHONEY	Norwich	04:05.9
2	II	Regan TUCK (U17)	Ipsw/C&T	04:40.7
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021
5000m Men A

Posn	No.	Athlete	Club	Perf
1	I	James REEDER	Ipsw/C&T	14:59.5
2	N	Stu HUNTINGTON	Norwich	15:33.2
3	C	Daniel ZAILER FLETCHER (U1	Cam & C	18:15.6
4	R	Gareth HUNT	Ryston	19:01.8
5				
6				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	NN	Luke ALDEN	Norwich	15:37.7
2	CC	Peter THOMPSON	Cam & C	18:42.9
3	II	Sultan TUSA (U20)	Ipsw/C&T	DNF
4				
5				
6				

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	I	Matthew HOULDEN	Ipsw/C&T	16.6
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	I	Matthew HOULDEN	Ipsw/C&T	61.4
2	N	Chris MARSHALL	Norwich	61.7
3				
4				
5				
6				

400m Hurdles Men B

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

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/20212000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	N	Logan SMITH	Norwich	06:06.1
2	R	Rob SIMMONDS	Ryston	06:54.1
3				
4				
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	NN	Adam BAKER	Norwich	07:59.6
2				
3				
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	NN	Nathan PROTHEROE	Norwich	6.37 0.2
2	C	Thomas HUFFORD (U20)	Cam & C	5.94 1.4
3	I	Teddy NTULI (U20)	Ipsw/C&T	5.63 1.6
4	R	Keiran BELL (U17)	Ryston	5.53 2
5	S	Jack RICHARDS	WS&SEP	5.42 2.3
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	N	Scott LEEDER (U20)	Norwich	6.33 0.8
2	RR	Liam CLARE (U17)	Ryston	5.31 2.4
3	SS	Chris KENT	WS&SEP	4.64 3.1
4	II	Jay COLLETT (U20)	Ipsw/C&T	3.84 3
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	C	Ben MARSHALL (U20)	Cam & C	1.87
2	N	Conrad WINTER (U17)	Norwich	1.70
3	RR	Gareth HUNT	Ryston	1.65
4	S	Luca PRIOR (U20)	WS&SEP	1.55
5				
6				

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	NN	Ethan ELLIS (U17)	Norwich	1.65
2	R	Rob SIMMONDS	Ryston	1.55
3	SS	Chris KENT	WS&SEP	1.40
4				
5				
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	C	Thomas HUFFORD (U20)	Cam & C	12.39 1.2
2	I	Teddy NTULI (U20)	Ipsw/C&T	12.35 2
3	NN	Ethan ELLIS (U17)	Norwich	12.27 1.5
4	R	Keiran BELL (U17)	Ryston	11.47 1.1
5	S	Jack RICHARDS	WS&SEP	11.31 1.7
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	N	Joel BURGESS (U17)	Norwich	11.83 1.6
2	RR	Gareth HUNT	Ryston	10.42 1.7
3	SS	Chris KENT	WS&SEP	8.39 0.1
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	N	Jacob BROWN (U20)	Norwich	3.80
2	S	Chris KENT	WS&SEP	2.20
3				
4				
5				
6				

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	N	Declan MANNING	Norwich	11.56
2	S	Chris KENT	WS&SEP	11.31
3	RR	Gavin BUFFHAM	Ryston	9.96
4	C	Gary PARSONS	Cam & C	9.05
5				
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	R	Daniel YELLOP	Ryston	9.72
2	NN	Noah AVOWLANU	Norwich	8.08
3				
4				
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	N	Declan MANNING	Norwich	34.51
2	R	Rob SIMMONDS	Ryston	30.32
3	C	Gary PARSONS	Cam & C	27.98
4	S	Chris KENT	WS&SEP	24.49
5				
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	RR	Miles HOVELL (U17)	Ryston	21.86
2	SS	Luca PRIOR (U20)	WS&SEP	18.23
3	NN	Charles WILLIAMS	Norwich	13.40
4				
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	I	Joe BLOOMFIELD	Ipsw/C&T	63.60
2	RR	Gavin BUFFHAM	Ryston	43.00
3	N	Declan MANNING	Norwich	32.14
4	C	Gary PARSONS	Cam & C	31.35
5	S	Chris KENT	WS&SEP	24.82
6				

REC

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	R	Rob SIMMONDS	Ryston	26.88
2	NN	Michael LANGLEY (U20)	Norwich	15.96
3				
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	S	Matt JONES (U20)	WS&SEP	49.43
2	R	Rob SIMMONDS	Ryston	40.69
3	I	Teddy NTULI (U20)	Ipsw/C&T	36.55
4	NN	Noah AVOWLANU	Norwich	28.13
5				
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	SS	Chris KENT	WS&SEP	36.88
2	RR	Miles HOVELL (U17)	Ryston	31.79
3	N	Michael LANGLEY (U20)	Norwich	25.29
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021
4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	N	Norwich	Ethan ELLIS (U17) Louis ALBROW (U20) Kevin SANTOS (U20) Jack HAMMENT-RUS	45.4
2	I	Ipsw/C&T	Matthew HOULDEN Aaron EDWARDS (U20) Jay COLLETT (U20) Taye MCLAUGHLII	46.2
3	R	Ryston	Keiran BELL (U17) Simon CARTY Gareth HUNT Liam CLARE (U17)	47.8
4	S	WS&SEP	Bryn GRIFFIN-JENKINS (U20) Werner NEL Luca PRIOR (U20) John CONNER (U17)	48.4
5	C	Cam & C	Caleb DES-RUISSEAU (U20) Sebastien PHILO (U20) Stephen VANDERMARK Kristi	48.9
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	N	Norwich	Alex MORTIMER (U20) Tyler BILYARD Jacob OCAL Will SIMM (U20)	03:38.5
2	I	Ipsw/C&T	Matthew HOULDEN William BOWKER (U20) Daniel SCURRELL Paolo PALMIERI (U2)	03:38.7
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021100m Women A

Posn	No.	Athlete	Club	Perf
			Wind	2.1
1	I	Skye BARROW (U20)	Ipsw/C&T	12.3
2	NN	Eleanor FRANKLAND	Norwich	12.9
3	C	Maya VANDERMARK (U20)	Cam & C	13.3
4	S	Moraine PEPPER	WS&SEP	15.0
5				
6				

100m Women B

Posn	No.	Athlete	Club	Perf
			Wind	2.1
1	II	Quiana COLE (U17)	Ipsw/C&T	13.3
2	N	Mica CARUS (U20)	Norwich	13.3
3	CC	Jessica CLARK (U20)	Cam & C	13.7
4				
5				
6				

200m Women A

Posn	No.	Athlete	Club	Perf
			Wind	00.9
1	N	Serena GRACE (U20)	Norwich	25.1
2	I	Skye BARROW (U20)	Ipsw/C&T	25.6
3	C	Maya VANDERMARK (U20)	Cam & C	28.2
4	S	Moraine PEPPER	WS&SEP	31.9
5				
6				

200m Women B

Posn	No.	Athlete	Club	Perf
			Wind	00.9
1	II	Quiana COLE (U17)	Ipsw/C&T	27.6
2	CC	Holly ANDERSON	Cam & C	28.0
3	NN	Stilyana EVTIMOVA (U20)	Norwich	28.8
4				
5				
6				

400m Women A

Posn	No.	Athlete	Club	Perf
1	I	Chloe GODBOLD	Ipsw/C&T	63.3
2	N	Georgia PEGG (U17)	Norwich	64.1
3				
4				
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Grace DANIELS (U17)	Norwich	64.4
2				
3				
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	N	Grace FORSTER (U20)	Norwich	02:23.2
2	C	Rebecca SHARPE	Cam & C	02:28.3
3	I	Chloe GILBERT (U17)	Ipsw/C&T	02:50.0
4				
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Tia-lily CRANE (U17)	Norwich	02:23.8
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	N	Madelene BACON (U17)	Norwich	05:08.0
2	S	Rebecca MORLEY (U20)	WS&SEP	05:21.7
3				
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Memphis SYMONDS (U17)	Norwich	05:16.8
2				
3				
4				
5				
6				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	N	Sam JACKS	Norwich	10:08.7
2	I	Ashia FENWICK	Ipsw/C&T	12:16.5
3				
4				
5				
6				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	NN	Olivia WALWYN	Norwich	10:15.5
2	II	Lauren SQUIRRELL (U17)	Ipsw/C&T	12:52.4
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	I Katy SEALY	Ipsw/C&T	15.9	
2	N Maria SOLINAS	Norwich	18.9	
3				
4				
5				
6				

100m Hurdles Women B

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

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	N	Maria SOLINAS	Norwich	80.0
2				
3				
4				
5				
6				

400m Hurdles Women B

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

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/20212000m S/Chase Women A

REC

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	N	Iona LAKE	Norwich	06:51.6
2				
3				
4				
5				
6				

Posn	No.	Athlete	Club	Perf
1	NN	Sophie PEACH (U20)	Norwich	07:42.6
2				
3				
4				
5				
6				

High Jump Women AHigh Jump Women B

Posn	Bib	Athlete	Club	Perf
1	N	Daisy DALRYMPLE (U20)	Norwich	1.55
2	I	Katy SEALY	Ipsw/C&T	1.50
3	SS	Katherine MOORCROFT	WS&SEP	1.15
4	C	Pamela ABBOTT	Cam & C	1.00
5				
6				

Posn	Bib	Athlete	Club	Perf
1	NN	Rose FAIRHURST (U17)	Norwich	1.35
2				
3				
4				
5				
6				

Long Jump Women ALong Jump Women B

Posn	Bib	Athlete	Club	Perf
1	N	Eleanor FRANKLAND	Norwich	5.19 1.1
2	I	Chantelle KILPATRICK	Ipsw/C&T	5.06 2.0
3	C	Stacy MCGIVERN	Cam & C	4.76 3.1
4	SS	Moraine PEPPER	WS&SEP	4.08 1.3
5				
6				

Posn	Bib	Athlete	Club	Perf
1	II	Quiana COLE (U17)	Ipsw/C&T	4.53 2.4
2	NN	Rose FAIRHURST (U17)	Norwich	4.45 1.0
3	S	Maddie GREENWOOD (U17)	WS&SEP	3.97 1.0
4	CC	Pamela ABBOTT	Cam & C	2.47 0.1
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	N	Daisy DALRYMPLE (U20)	Norwich	11.62 0.7
2	CC	Emma HAYWARD (U20)	Cam & C	10.13 1.4
3	I	Charlie MOORE (U20)	Ipsw/C&T	9.67 1.4
4				
5				
6				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	C	Holly FIELD (U20)	Cam & C	10.04 0.2
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	N	Bethan AMBLIN (U17)	Norwich	2.00
2				
3				
4				
5				
6				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	I	Katy SEALY	Ipsw/C&T	11.18
2	N	Ellen CUNNINGHAM (U20)	Norwich	10.40
3	S	Debbie CASTLE	WS&SEP	9.52
4	C	Sarah MCGRATH	Cam & C	9.04
5				
6				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	SS	Evie CASTLE	WS&SEP	9.30
2	NN	Gemma VICKERY	Norwich	8.37
3	CC	Stephanie BROWNE (U20)	Cam & C	7.95
4				
5				
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	N	Megan THOMAS	Norwich	31.69
2	S	Debbie CASTLE	WS&SEP	29.55
3	CC	Anne MOINDROT	Cam & C	27.45
4	I	Carey HOLLICK	Ipsw/C&T	21.48
5				
6				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	C	Stephanie BROWNE (U20)	Cam & C	26.34
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	N	Gemma VICKERY	Norwich	51.33
2	C	Stephanie BROWNE (U20)	Cam & C	38.41
3	S	Debbie CASTLE	WS&SEP	27.60
4				
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	SS	Evie CASTLE	WS&SEP	26.88
2	CC	Sarah MCGRATH	Cam & C	23.74
3	NN	Isabel ROWE	Norwich	19.33
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	SS	Debbie CASTLE	WS&SEP	31.56
2	N	Eden HARRISON (U20)	Norwich	28.76
3	C	Sarah MCGRATH	Cam & C	21.12
4				
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	S	Alana WILSON	WS&SEP	30.41
2	NN	Isabel ROWE	Norwich	21.33
3	CC	Stephanie BROWNE (U20)	Cam & C	15.62
4				
5				
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	I	Ipsw/C&T	Ruth WESTLAND (U17) Chloe GOBOLD Chantelle KILPATRICK Skye BARROW (U2	51.4
2	N	Norwich	Daisy DALRYMPLE (U20) Stilyana EVTIMOVA (U20) Mica CARUS (U20) Serena GRA	51.9
3	C	Cam & C	Holly ANDERSON Jessica CLARK (U20) Finlay MARRIOTT Maya VANDERMARK (U2C	53.2
4				
5				
6				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	N	Norwich	Madelene BACON (U17) Georgia PEGG (U17) Memphis SYMONDS (U17) Tia-lily Cf	04:22.8
2				
3				
4				
5				
6				

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021

NON-SCORERS**400m Hurdles Men**

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

NON-SCORERS**400m Hurdles Women**

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

100m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						3.30
1	418	Kevin SANTOS	U20 Men	Norwich	11.7	
2	410	Jay COLLETT	U20 Men	Ips	11.9	
3	402	Caleb DES-RUISSAUX	U20 Men	Cam & C	12.0	
4	421	Daniel WILLIAMS	U20 Men	Norwich	12.0	
5	405	Werner NEL	U23 Men	W Suff	12.4	
6	419	Liam O'DELL	Senior Men	Norwich	13.4	
7						
8						

100m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						2.8
1	224	Finlay Marriott	Senior Women	Cam & C	12.7	
2	232	Chantelle KILPATRICK	Senior Women	Ips	12.8	
3	239	Hetty BARTLETT	Senior Women	Norwich	13.8	
4	240	Stilyana EVTIMOVA	U20 Women	Norwich	14.0	
5	235	Chanda FRANCIS	U20 Women	Ips	14.8	
6	231	Elizabeth WELBOURN	Senior Women	Ips	15.9	
7						
8						

100m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						1.8
1	428	Charles WILLIAMS	Senior Men	Norwich	13.3	
2	420	Ben READ	Senior Men	Norwich	13.4	
3	411	Simon COLLETT	Senior Men	Ips	13.5	
4	406	Ben PRIOR	Senior Men	W Suff	13.6	
5	401	Stephen VANDERMARK	Senior Men	Cam & C	14.4	
6	413	Isaac HOLMES	U23 Men	Ips	DNF	
7						
8						

100m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						2.8
1						
2						
3						
4						
5						
6						
7						
8						

200m Men (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0
1						
2						
3						
4						
5						
6						
7						
8						

200m Women (1)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0
1						
2						
3						
4						
5						
6						
7						
8						

200m Men (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0
1	412	Aaron EDWARDS	U20 Men	Ips	24.5	
2	402	Caleb DES-RUISSAUX	U20 Men	Cam & C	25.1	
3	425	Noah AVOWLANU	Senior Men	Norwich	27.6	
4	419	Liam O'DELL	Senior Men	Norwich	28	
5	420	Ben READ	Senior Men	Norwich	28.6	
6	411	Simon COLLETT	Senior Men	Ips	28.7	
7	401	Stephen VANDERMARK	Senior Men	Cam & C	30.5	
8	414	Robert WOOLLIAMS	Senior Men	Ips	30.8	

200m Women (2)

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0
1	233	Ruth WESTLAND	U17 Women	Ips	27.7	
2	225	Jessica CLARK	U20 Women	Cam & C	28.1	
3						
4						
5						
6						
7						
8						

400m Men**400m Women**

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	415	William BOWKER	U20 Men	Ips	52.6	1					
2	426	Michael LANGLEY	U20 Men	Norwich	53.6	2					
3	427	Jake HART	U20 Men	Norwich	55.6	3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	429	Ben HALLIDAY	U17 Men	Norwich	02:14.60
2					
3					
4					
5					
6					
7					
8					

800m Women

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

1500m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	430	Will SIMM	U20 Men	Norwich	04:02.60
2	432	Samuel STEVENS	U23 Men	Norwich	04:04.70
3	436	James PRICE	U20 Men	Norwich	04:12.00
4	431	Jacob OCAL	U23 Men	Norwich	04:26.30
5					
6					
7					
8					

1500m Women

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

5000m Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	433	James SENIOR	Senior Men	Norwich	15:40.50
2	434	Gary CRUSH	Senior Men	Norwich	15:43.60
3	435	Tom CRAWSHAW	Senior Men	Norwich	19:39.60
4					
5					
6					
7					
8					
9					
10					

3000m Women

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

110m Hurdles Men

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

100m Hurdles Women

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

S/Chase Men

Posn	Bib	Athlete	Age Group	Club	Perf

S/Chase Women

Posn	Bib	Athlete	Age Group	Club	Perf

SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021

1	248	Jim Buchanan	M55	Dumfries F	07:34.70	1
2						2
3						3
4						4
5						5
6						6
7						7
8						8

Hammer Men

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

Hammer Women

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

Discus Men

Posn	Bib	Athlete	Age Group	Club	Perf
1	404	Oskar PRIOR	U20 Men	W Suff	13.52
2	407	Matt JONES	U20 Men	W Suff	17.07
3					
4					
5					
6					

Discus Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	226	Sarah MCGRATH	Senior Women	Cam & C	19.70
2	242	Gemma VICKERY	Senior Women	Norwich	28.01
3					
4					
5					
6					

Javelin Men

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

Javelin Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	228	Katherine MOORCROFT	U23 Women	W Suff	16.85
2	243	Moira DOLEMAN	U17 Women	Norwich	24.38
3	229	Evie CASTLE	Senior Women	W Suff	25.90
4					
5					
6					

Shot Men

Posn	Bib	Athlete	Age Group	Club	Perf	
1	409	Jonathan ADAMS	Senior Men	Ips	12.02	4KG
2						
3						
4						
5						
6						

Shot Women

Posn	Bib	Athlete	Age Group	Club	Perf
1	227	Stacy MCGIVERN	Senior Women	Cam & C	6.74
2					
3					
4					
5					
6					

Long Jump Men

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
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Long Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
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SOUTHERN ATHLETICS LEAGUE East Anglia SPORTSPARK at U.E.A.

20/06/2021

1	411	Simon COLLETT	Senior Men	Ips	4.24	0.7	1	239	Hetty BARTLETT	Senior Women	Norwich	4.03	1.9
2	437	Conrad WINTER	U17 Men	Norwich	6.36	1.1	2						
3							3						
4							4						
5							5						
6							6						

Triple Jump Men

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

Triple Jump Women

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

High Jump MenHigh Jump Women