

Sweatshop Southern Athletics League: Division 2 East - Round 2 - Ashford - 31 May 20

Team		Score				
1	Ashford		198			A
2	Basildon		192			N
3	Havering AC		183			H
4	Bexley AC		147			Y
Men's A 100m		Wind=				
1	Andy Millen	SM	Bexley AC	11.8	4	533
2	Matthew Harris	SM	Ashford	12.2	3	435
3	Sydney Conteh	U20	Havering AC	12.3	2	412
4	Bradley Hart	SM	Basildon	12.4	1	390
Men's B 100m		Wind=				
1	Ade Adeyemi	sm	Basildon	12.5	4	369
2	Olaitan Awudesu	U20	Bexley AC	12.6	3	348
3	Shandell Taylor	U17	Havering AC	12.8	2	309
4	Luke Williams	sm	Ashford	13.1	1	256
Men's A 200m		Wind=				
1	George Huxley	U23	Ashford	23.5	4	588
2	Andy Millen	SM	Bexley AC	23.7	3	562
3	Matthew Scott	SM	Basildon	24.9	2	418
4	Michael Duncan	U20	Havering AC	25.0	1	407
Men's B 200m		Wind=				
1	Kieran Eland	U20	Ashford	24.3	4	487
2	Jack Avery	SM	Basildon	25.0	3	407
3	Andy Millen	SM	Bexley AC	25.9	2	316
4	Sydney Conteh	U20	Havering AC	26.1	1	298
Men's A 400m						
1	George Huxley	U23	Ashford	51.9	4	653
2	James Peeney	0	Bexley AC	52.4	3	626
3	Jack Avery	SM	Basildon	53.3	2	578
4	Matthew Owers	U17	Havering AC	54.1	1	538
Men's B 400m						
1	Kieran Eland	U20	Ashford	51.5	4	675
2	Harry Palmer	U23	Bexley AC	54.1	3	538
3	Daniel Ashley	u20	Basildon	57.1	2	402
4	Bradley West	U20	Havering AC	57.5	1	385
Men's A 800m						
1	Paul Grange	SM	Havering AC	2:02.3	4	644
2	Joe Wakerley	U17	Basildon	2:04.9	3	582
3	Billy Somogyi	U20	Bexley AC	2:18.0	2	325
4	Andy Robertson	SM	Ashford	2:20.2	1	290
Men's B 800m						
1	Grant Webb	U20	Basildon	2:05.6	4	566
2	Paul Kavanagh	SM	Havering AC	2:06.2	3	552
3	Joe Gunton	U23	Bexley AC	2:19.3	2	304
4	Dylan Jones	SM	Ashford	2:32.4	1	140
Men's A 1500m						
1	Grant Webb	U20	Basildon	4:22.9	4	537
2	Joe Briault	U20	Ashford	4:25.2	3	515
3	Andre Stone	U20	Bexley AC	4:32.0	2	453

4	Jamie Buckley-Stanton	SM	Havering AC	4:36.0	1	419
Men's B 1500m						
1	Christian Gray	U17	Basildon	4:37.3	4	408
2	Abdul Mohammed	U20	Havering AC	4:38.2	3	401
3	Billy Somogyi	U20	Bexley AC	5:10.7	2	187
4	Dylan Jones	SM	Ashford	5:27.7	1	112
Men's A 3000m						
1	Tom Wright	U23	Bexley AC	9:11.9	4	635
2	Simon Tippet	SM	Basildon	9:25.9	3	569
3	Simon Hart	M50	Havering AC	10:11.7	2	378
4	Matthew Hogben	SM	Ashford	10:13.8	1	370
Men's B 3000m						
1	Steven davies	U20	Basildon	10:33.3	4	302
2	Jason Crispin	SM	Havering AC	10:35.1	3	296
3	Martin Jenner	SM	Bexley AC	11:23.8	2	160
4	Phil Heathfield	SM	Ashford	11:36.1	1	132
Men's A 110mH Wind=						
1	Matthew Harris	SM	Ashford	17.0	4	640
2	Clint Nicholls	SM	Basildon	18.1	3	535
3	Arron Bonning	SM	Havering AC	21.6	2	260
4	Joe Gunton	U23	Bexley AC	21.7	1	253
Men's B 110mH Wind=						
1	Peter Davey	M40	Ashford	17.9	4	553
2	Matthew Scott	SM	Basildon	20.1	3	366
Men's A 400mH						
1	Emmanuel Nannanga	SM	Basildon	59.8	4	682
2	Peter Davey	M40	Ashford	63.1	3	580
3	Charlie Winch	U23	Bexley AC	70.0	2	392
4	Lewis Middleton	U20	Havering AC	74.0	1	299
Men's B 400mH						
1	Jack Avery	SM	Basildon	65.7	4	505
2	Matthew Hogben	SM	Ashford	66.5	3	483
3	Arron Bonning	SM	Havering AC	83.0	2	134
4	Andy Rushbrook	M50	Bexley AC	83.5	1	127
Men's A 3000m Steeplechase						
1	Ben Matthews	U20	Bexley AC	10:50.9	4	568
2	Andy Robertson	SM	Ashford	11:37.2	3	433
3	Martin Chester	M40	Havering AC	11:55.6	2	384
4	Joe Kidd	U17	Basildon	12:35.4	1	291
Men's B 3000m Steeplechase						
1	Charlie Winch	U23	Bexley AC	11:47.0	4	406
2		0 U20	Basildon	13:07.1	3	226
3	Chris Coates	SM	Havering AC	14:45.0	2	81
4	Peter Le Rossignol	U20	Ashford	14:56.5	1	69
Men's A High Jump						
1	Matthew Scott	sm	Basildon	1.80	4	671
2	Matthew Smiley	SM	Ashford	1.75	3	630
3	John Adekoya	U20	Havering AC	1.75	2	630
4	Andre Stone	U23	Bexley AC	1.60	1	506
Men's B High Jump						

1	Clint Nicholls	SM	Basildon	1.70	4	589
2	Jack Huxley	U20	Ashford	1.70	3	589
3	Lewis Middleton	U20	Havering AC	1.65	2	547
4	Harry Palmer	SM	Bexley AC	1.60	1	506

Men's A Pole Vault

1	Luke Williams	SM	Ashford	3.80	4	688
2	Ed Thompson	U20	Havering AC	3.80	3	688
3	Phil Hawkins	M45	Bexley AC	2.90	2	483
4	Clint Nicholls	SM	Basildon	2.50	1	389

Men's B Pole Vault

1	Alex Wharfe	SM	Ashford	3.70	4	665
2	Arron Bonning	SM	Havering AC	2.80	3	460
3	Joe Gunton	U23	Bexley AC	2.60	2	413
4	Joe Kidd	U17	Basildon	2.40	1	366

Men's A Long Jump

Wind

1	Alex Law	U20	Havering AC	6.90	4	825
2	Matthew Harris	SM	Ashford	6.70	3	785
3	Olaitan Awudesu	U20	Bexley AC	6.05	2	658
4	Ben Scobie	U20	Basildon	5.85	1	619

Men's B Long Jump

Wind

1	Paul Slater	SM	Bexley AC	5.98	4	644
2	Ashley Buckman	U20	Ashford	5.77	3	603
3	Shandell Taylor	U17	Havering AC	5.61	2	572
4	Bradley Hart	U17	Basildon	5.11	1	475

Men's A Triple Jump

Wind

1	Ashley Buckman	U20	Ashford	12.69	4	720
2	Olaitan Awudesu	U20	Bexley AC	12.51	3	702
3	John Adekoya	U20	Havering AC	12.20	2	671
4	Ben Scobie	U20	Basildon	10.91	1	536

Men's B Triple Jump

Wind

1	Arron Bonning	SM	Havering AC	11.33	4	581
2	Steve Lake	M40	Ashford	10.49	3	490
3	Bradley Hart	U17	Basildon	9.81	2	413
4	Billy Somogyi	U20	Bexley AC	7.94	1	175

Men's A Shot Putt

1	Archie Leeming	U17	Basildon	12.65	4	737
2	Matthew Harris	SM	Ashford	11.15	3	639
3	Graham Holder	SM	Bexley AC	10.68	2	606
4	Arron Bonning	SM	Havering AC	9.59	1	527

Men's B Shot Putt

1	Luke Beard	U17	Basildon	10.64	4	604
2	James Cooper	SM	Ashford	9.99	3	557
3	Joe Gunton	U23	Bexley AC	7.95	2	395
4	Ed Brinton-Quinn	U17	Havering AC	6.89	1	295

Men's A Discus

1	Matthew Harris	SM	Ashford	39.23	4	703
2	Graham Holder	M40	Bexley AC	33.73	3	618
3	Michael Duncan	U20	Havering AC	28.79	2	534
4	Aaron York	U20	Basildon	27.18	1	505

Men's B Discus

1	James Cooper	SM	Ashford	34.69	4	634
2	Arron Bonning	SM	Havering AC	26.96	3	501
3	Andy Rushbrook	M50	Bexley AC	26.23	2	487
4	Luke Beard	U17	Basildon	21.05	1	380

Men's A Hammer

1	Graham Holder	M40	Bexley AC	52.28	4	775
2	Luke Beard	U20	Basildon	23.43	3	436
3	James Cooper	SM	Ashford	18.98	2	363
4	Ed Brinton-Quinn	U17	Havering AC	16.35	1	314

Men's B Hammer

1	Andy Rushbrook	M50	Bexley AC	28.53	4	509
2	Aaron York	U20	Basildon	20.12	3	383
3	Ben Roberts	SM	Ashford	17.21	2	331
4	Michael Duncan	U20	Havering AC	15.46	1	296

Men's A Javelin

1	Matthew Harris	SM	Ashford	54.70	4	783
2	Luke Beard	U20	Basildon	42.59	3	627
3	Alex Law	U20	Havering AC	41.79	2	616
4	Joe Gunton	U23	Bexley AC	37.94	1	562

Men's B Javelin

1	Arron Bonning	SM	Havering AC	37.70	4	559
2	Luke Williams	SM	Ashford	37.70	3	559
3	Harry Smith	U20	Basildon	33.05	2	491
4	Paul Slater	SM	Bexley AC	31.80	1	472

Men's 4x100m

1	Ashford	SM		45.6	4	443
2	Havering AC	SM		46.6	3	368
3	Bexley AC	SM		46.7	2	361
4	Basildon	SM		48.7	0	236

Men's 4x400m

1	Ashford	SM		3:35.2	4	464
2	Bexley AC	SM		3:37.1	3	436
3	Havering AC	SM		3:42.1	2	368
4	Basildon	SM		3:47.3	1	304

Women's A 100m

Wind=

1	Shannon McNeil	U17	Basildon	13.2	4	604
2	Tayla Humm	U20	Havering AC	13.3	3	584
3	Grace Sullivan	U17	Ashford	13.8	2	492
4	Anoushka Johnson	W40	Bexley AC	16.2	1	171

Women's B 100m

Wind=

1	Tia Woods	U17	Basildon	13.8	4	492
2	Zoe Young	SW	Havering AC	13.9	3	474
3	Ellie Gooding	U20	Ashford	14.0	2	457
4	Sarah Covill	W35	Bexley AC	16.2	1	171

Women's A 200m

Wind=

1	Chloe Van-Wulven	Sw	Havering AC	26.9	4	617
2	Shannon McNeil	SW	Basildon	27.9	3	527
3	Bethany Kimber	U20	Ashford	29.1	2	432
4	Katherine Hyde	U20	Bexley AC	32.6	1	218

Women's B 200m

Wind=

1	Tia Woods	U17	Basildon	28.4	4	486
2	Zoe Young	U20	Havering AC	29.5	3	403
3	Hannah Owen	U17	Ashford	30.0	2	368
4	Sarah Covill	w35	Bexley AC	34.8	1	127
Women's A 400m						
1	Natalie Whiskin	SW	Ashford	65.3	4	494
2	Louise Douglas	SW	Basildon	67.8	3	417
3	Isabella Woods	U20	Havering AC	69.4	2	372
4	Sarah Covill	W35	Bexley AC	80.2	1	137
Women's B 400m						
1	Alexandra Prickett	U17	Ashford	67.2	4	435
2	Janine Philips	SW	Basildon	71.7	3	311
3	Nina Brennan	sw	Havering AC	72.7	2	287
4	Laura Crane	Sw	Bexley AC	82.7	1	101
Women's A 800m						
1	Anoushka Johnson	W40	Bexley AC	2:37.9	4	454
2	Louise Douglas	SW	Basildon	2:40.1	3	425
3	Emily Marshall	U17	Havering AC	2:40.4	2	421
4	Maddy Rodgers	U17	Ashford	2:51.5	1	294
Women's B 800m						
1	Clare Davis	SW	Havering AC	2:41.8	4	404
2	laura kidd	U20	Basildon	2:45.1	3	364
3	Ellie Atkins	U17	Ashford	3:21.4	2	66
4	Laura Crane	SW	Bexley AC	3:25.1	1	50
Women's A 1500m						
1	Heidi Surman-Wells	U20	Havering AC	5:08.7	4	566
2	Beth Armstrong	U20	Bexley AC	5:12.3	3	541
3	Emily Bullis	U20	Basildon	5:26.1	2	451
4	Becky Dyer	SW	Ashford	6:27.4	1	150
Women's B 1500m						
1	Niamh Smith	U17	Basildon	5:32.0	4	415
2	Anoushka Johnson	W40	Bexley AC	5:33.5	3	406
3	Natalie Whiskin	SW	Ashford	6:39.7	2	110
Women's A 3000m						
1	Kirsty Tydeman	SW	Basildon	10:38.2	4	668
2	Anoushka Johnson	W40	Bexley AC	11:35.7	3	479
3	Jane Hallam	W40	Havering AC	13:22.4	2	208
4	Becky Dyer	SW	Ashford	13:27.0	1	199
Women's B 3000m						
1	Jemima Walker	U17	Basildon	11:12.6	4	551
Women's A 100mH						
			Wind=			
1	Chloe Van-Wulven	SW	Havering AC	15.7	4	738
2	Ellie Gooding	U20	Ashford	17.5	3	568
3	Georgia Sleep	U20	Basildon	18.2	2	508
4	Katherine Hyde	U20	Bexley AC	19.2	1	426
Women's B 100mH						
			Wind=			
1	Natalie Whiskin	SW	Ashford	21.0	4	297
2	Sarah Covill	W35	Bexley AC	21.7	3	252
Women's A 400mH						
1	Chloe Van-Wulven	SW	Havering AC	69.7	4	648

2	Natalie Whiskin	SW	Ashford	70.3	3	632
3	Louise Douglas	SW	Basildon	72.7	2	570
4	Katherine Hyde	U20	Bexley AC	82.3	1	349

Women's B 400mH

1	Claire Brennan	SW	Haverling AC	73.1	4	560
2	Charlotte Skeggs	U17	Basildon	81.0	3	377
3	Sarah Covill	W35	Bexley AC	88.0	2	239
4	Becky Dyer	SW	Ashford	89.6	1	211

Women's A 1500m Steeplechase

1	Isabella Woods	U20	Haverling AC	5:49.3	4	610
2	Laura Kidd	U20	Basildon	6:16.6	3	497
3	Anoushka Johnson	W40	Bexley AC	6:17.4	2	494
4	Becky Dyer	SW	Ashford	7:18.8	1	284

Women's B 1500m Steeplechase

1	Sarah Covill	SW	Bexley AC	8:21.2	4	132
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Women's A High Jump

1	Deborah Martin	U23	Ashford	1.65	4	799
2	Bethan Siddons	U23	Haverling AC	1.65	3	799
3	Charlotte Skeggs	U17	Basildon	1.45	2	585
4	Katherine Hyde	U20	Bexley AC	1.25	1	371

Women's B High Jump

1	Stevie Langford	SW	Ashford	1.60	4	745
2	Chloe Van-Wulven	SW	Haverling AC	1.50	3	638
3	Poppy Douglas	U17	Basildon	1.40	2	531
4	Sarah Covill	W35	Bexley AC	1.20	1	318

Women's A Pole Vault

1	Tina Quinlivan	W35	Haverling AC	2.50	4	533
2	Ellie Atkins	U17	Ashford	1.10	3	117

Women's B Pole Vault

1	Hannah Gamester	SW	Haverling AC	1.90	4	364
2	Harriet Molloy	U20	Ashford	1.10	3	117

Women's A Long Jump

1	Grace Sullivan	U17	Ashford	5.25	4	753
2	Zoe Young	SW	Haverling AC	5.05	3	705
3	Charlotte Skeggs	U17	Basildon	4.64	2	608
4	Anoushka Johnson	W40	Bexley AC	3.33	1	304

Wind

Women's B Long Jump

1	Bethan Siddons	SW	Haverling AC	4.86	4	660
2	Ffion Platt	U17	Ashford	4.52	3	579
3	Poppy Douglas	U17	Basildon	4.06	2	471
4	Katherine Hyde	U20	Bexley AC	2.89	1	205

Wind

Women's A Triple Jump

1	Grace Sullivan	U17	Ashford	11.37	4	793
2	Vicky Oshenremi	U20	Basildon	10.57	3	705
3	Bethan Siddons	SW	Haverling AC	10.38	2	684
4	Sarah Covill	W35	Bexley AC	7.62	1	364

Wind

Women's B Triple Jump

1	Annie Maguire	U20	Haverling AC	10.02	4	643
2	Georgia Sleep	SW	Basildon	9.78	3	616
3	Ffion Platt	U17	Ashford	9.44	2	578

Wind

4	Laura Crane	SW	Bexley AC	6.82	1	264
Women's A Shot Putt						
1	Georgie Taylor	U20	Havering AC	10.67	4	732
2	Jemma Pemberton	U20	Basildon	9.15	3	629
3	Hannah Owen	U17	Ashford	8.43	2	577
4	Donna Kent	SW	Bexley AC	8.01	1	546
Women's B Shot Putt						
1	Tammy Large	SW	Basildon	8.67	4	595
2	Nina Brennan	SW	Havering AC	7.23	3	483
3	Emilie Knights-Toomer	U17	Ashford	7.14	2	476
4	Jodie Dunford	SW	Bexley AC	5.36	1	308
Women's A Discus						
1	Georgie Taylor	U20	Havering AC	44.81	4	862
2	Donna Kent	SW	Bexley AC	30.53	3	679
3	Olivia Bullis	U20	Basildon	23.90	2	574
4	Rebecca Cock	U20	Ashford	21.61	1	532
Women's B Discus						
1	Nicola Gregory	U23	Bexley AC	23.19	4	561
2	Katherine Ellis	SW	Basildon	20.44	3	509
3	Nina Brennan	SW	Havering AC	19.76	2	496
4	Jennie Matthews	W40	Ashford	18.01	1	458
Women's A Hammer						
1	Donna Kent	SW	Bexley AC	43.26	4	771
2	Hannah Owen	U17	Ashford	36.36	3	688
3	Olivia Bullis	U20	Basildon	36.14	2	685
4	Georgie Taylor	U20	Havering AC	25.08	1	531
Women's B Hammer						
1	Katherine Ellis	SW	Basildon	23.33	4	504
2	Jodie Dunford	SW	Bexley AC	18.81	3	427
3	Katie Hamilton	SW	Ashford	17.81	2	408
4	Emma Christmas	SW	Havering AC	14.57	1	344
Women's A Javelin						
1	Emma Christmas	SW	Havering AC	36.34	4	759
2	Emilie Knights-Toomer	U17	Ashford	31.09	3	688
3	Jemma Pemberton	SW	Basildon	28.53	2	650
4	Donna Kent	SW	Bexley AC	12.10	1	325
Women's B Javelin						
1	Katherine Ellis	U20	Basildon	26.95	4	626
2	Claire Brennan	SW	Havering AC	19.02	3	488
3	Jemma Coales	U17	Ashford	18.77	2	483
4	Jodie Dunford	SW	Bexley AC	10.05	1	258
Women's 4x100m						
1	Basildon	SW		52.3	4	532
2	Ashford	SW		53.2	3	487
3	Havering AC	SW		53.8	2	459
4	Bexley AC	SW		67.6	1	19
Women's 4x400m						
1	Havering AC	SW		4:27.4	4	442
2	Ashford	SW		4:34.2	3	388
3	Basildon	SW		4:52.2	2	260

4	Bexley AC	SW		5:41.0	1
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Men**Non-scoring events**

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
HJ		Ashley Buckman	U20	Ashford	1.65		
HJ		Shandell Taylor		Havering AC	1.50		#N/A
800		Daniel Ashley		Basildon	2:07.4		#N/A
SP		Aaron York		Basildon	7.40		#N/A
SP		Ben Roberts		Ashford	9.28		#N/A
400		Zack Shaikh		Ashford	54.1		#N/A
3000		Paul Grange		Havering AC	10:32.3		#N/A
3000		Andy Whitnell		Bexley AC	12:45.3		#N/A
JT		Aaron York		Basildon	27.83		#N/A
1500		Bradley West		Havering AC	4:59.3		#N/A
PV		Alex Hardy		Ashford	3.70		#N/A
PV		Mathew Smiley		Ashford	2.60		#N/A

Women**Non-scoring events**

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
PV		Lois Warden			2.80		#N/A
PV		Erin Thomas			2.70		#N/A
3000		Niamh Smith	U17	Basildon	12:08.5		
HJ		Katie Hamilton	SW	Ashford	1.40		

Man of the Match Awards**Men**

Long Jump	1	Alex Law	U20	Havering AC	6.90		825
Long Jump	2	Matthew Harris	SM	Ashford	6.70		785
Javelin	1	Matthew Harris	SM	Ashford	54.70		783
Hammer	1	Graham Holder	M40	Bexley AC	52.28		775
Shot	1	Archie Leeming	U17	Basildon	12.65		737
Triple Jump	1	Ashley Buckman	U20	Ashford	12.69		720

Women

Discus	1	Georgie Taylor	U20	Havering AC	44.81		862
High Jump	1	Deborah Martin	U23	Ashford	1.65		799
High Jump	2	Bethan Siddons	U23	Havering AC	1.65		799
Triple Jump	1	Grace Sullivan	U17	Ashford	11.37		793
Hammer	1	Donna Kent	SW	Bexley AC	43.26		771
Javelin	1	Emma Christmas	SW	Havering AC	36.34		759