

Sweatshop Southern Athletics League: Division 2 East - Round 3 - St Albans - 20 June 2015

Team		Score				
1	Belgrave Harriers		214	B		
2	Havering AC		201	H		
3	Enfield & Haringey		153	E		
4	St Albans		129	S		
Men's A 100m		Wind=				
1	Matt Threadgold	SM	Belgrave Harriers	10.9	4	802 aw
2	Othroy Marsh	SM	Enfield & Haringey	11.0	3	769 aw
3	John Adekoya	SM	Havering AC	11.4	2	644 aw
4	CHRISTIAN GADDES	U23	St Albans	11.5	1	615 aw
Men's B 100m		Wind=				
1	Patrick Kari-Kari	SM	Enfield & Haringey	11.1	4	736 aw
2	Ayomide Akingbehin	U20	Havering AC	11.4	3	644 aw
3	AJ Bennetts	U17	Belgrave Harriers	12.0	2	482 aw
4	REECE WHITNEY	U17	St Albans	12.0	1	482 aw
Men's A 200m		Wind=				
1	Patrick Kari-Kari	SM	Enfield & Haringey	21.7	4	858 aw
2	Matt Threadgold	SM	Belgrave Harriers	22.4	3	746 aw
3	Ayomide Akingbehin	U20	Havering AC	23.7	2	562 aw
4	CHRISTIAN GADDES	U23	St Albans	24.9	1	418
Men's B 200m		Wind=				
1	Adrian Richards	SM	Enfield & Haringey	23.9	4	536
2	Adam Cameron	SM	Belgrave Harriers	24.2	3	499
3	Sydney Conteh	U20	Havering AC	24.3	2	487
4	JAMIE ABBISS	U20	St Albans	27.0	1	223
Men's A 400m						
1	Matt Threadgold	SM	Belgrave Harriers	49.9	4	769 aw
2	James Clarke	SM	Enfield & Haringey	50.1	3	757 aw
3	Paul Grange	SM	Havering AC	52.5	2	620 aw
4	BEN PATTISON	U17	St Albans	53.4	1	573 aw
Men's B 400m						
1	Alastair Prenn	U23	Belgrave Harriers	52.4	4	626 aw
2	Michael Duncan	U20	Havering AC	53.7	3	558 aw
3	Dale Powell	SM	Enfield & Haringey	55.1	2	490
Men's A 800m						
1	Paul Grange	SM	Havering AC	1:57.0	4	783 aw
2	Adam Dudgeon	SM	Belgrave Harriers	1:57.4	3	772 aw
3	Yuri Zavratchiysi	U17	Enfield & Haringey	2:01.9	2	654 aw
4	GEORGE WITHERS	U23	St Albans	2:03.8	1	608 aw
Men's B 800m						
1	Sam Shore	SM	Belgrave Harriers	1:57.5	4	769 aw
2	Paul Kavanagh	SM	Havering AC	2:02.2	3	646 aw
3	Reece SurrIDGE	SM	Enfield & Haringey	2:05.5	2	568
4	BEN PATTISON	U17	St Albans	2:10.3	1	465
Men's A 1500m						
1	James McMurray	U23	St Albans	3:53.0	4	878 aw
2	Paul Grange	SM	Havering AC	4:16.3	3	604 aw
3	Taras Telkovsky	SM	Belgrave Harriers	4:17.0	2	596 aw
4	-	SM	Enfield & Haringey	4:19.2	1	574 aw
Men's B 1500m						
1	Nick Smallwood	SM	Belgrave Harriers	4:31.7	4	456
2	JAMIE ABBISS	U20	St Albans	4:47.1	3	332
3	Jason Crispin	SM	Havering AC	4:52.7	2	293
Men's A 5000m						
1	Taras Telkovsky	SM	Belgrave Harriers	15:16.4	4	765 aw
2	Rob Warner	SM	Havering AC	15:18.3	3	760 aw
3	Paul Adams	SM	St Albans	15:33.7	2	715 aw
Men's B 5000m						

1	TOM CROUCH	SM	St Albans	15:41.6	4	692 aw
2	Jason Crispin	SM	Havering AC	17:30.9	3	417
3	Ryan Krook	SM	Belgrave Harriers	19:38.7	2	178
Men's A 110mH		Wind=				
1	Israel Nworgu	SM	Enfield & Haringey	17.8	4	563 aw
2	Karl Tucker	U20	Havering AC	18.5	3	498
3	Jon Goodall	M40	Belgrave Harriers	21.7	2	253
Men's B 110mH		Wind=				
1	Arron Bonning	SM	Havering AC	21.1	4	293
2	Jean-Claude Doukrou	U20	Belgrave Harriers	24.0	3	126
Men's A 400mH						
1	Patrick Barrick	SM	Enfield & Haringey	55.8	4	816 aw
2	Dominic Boman-Flavell	U20	Belgrave Harriers	63.0	3	583 aw
3	Karl Tucker	U20	Havering AC	68.7	2	425
Men's B 400mH						
1	Jean-Claude Doukrou	U20	Belgrave Harriers	66.1	4	494
2	Karl Tucker	U20	Havering AC	82.2	3	146
Men's A 2000m Steeplechase						
1	Rob Warner	SM	Havering AC	6:24.1	4	770
2	BEN CLARKE	U17	St Albans	6:42.8	3	661
3	Nick Smallwood	SM	Belgrave Harriers	7:05.0	2	544
4	Behrooz Moniri	SM	Enfield & Haringey	7:59.3	1	307
Men's B 2000m Steeplechase						
1	Martin Chester	SM	Havering AC	7:33.0	4	413
2	Jean-Claude Doukrou	U20	Belgrave Harriers	7:53.0	3	331
3	Hugh Thomas	U17	St Albans	8:05.2	2	286
Men's A High Jump						
1	Alwyn Lombard	SM	Enfield & Haringey	1.80	4	671 aw
2	John Adekoya	SM	Havering AC	1.80	3	671 aw
3	Sam Shore	SM	Belgrave Harriers	1.70	2	589
4	ANDREW WHEATCROFT	U20	St Albans	1.55	1	465
Men's B High Jump						
1	AJ Bennetts	U17	Belgrave Harriers	1.70	4	589 aw
2	JOHN OCKENDON	SM	St Albans	1.55	3	465
3	Arron Bonning	SM	Havering AC	1.50	2	423
Men's A Pole Vault						
1	Stelvio Lamos	SM	Enfield & Haringey	4.10	4	755 aw
2	Pete Mayfield	SM	Belgrave Harriers	2.80	3	460
3	Arron Bonning	SM	Havering AC	2.80	2	460
4	ANDREW WHEATCROFT	U20	St Albans	2.40	1	366
Men's B Pole Vault						
1	Jon Goodall	M40	Belgrave Harriers	2.10	4	294
Men's A Long Jump						Wind
1	Samuel Antwi	U17	Enfield & Haringey	6.14	4	675 aw
2	AJ Bennetts	U17	Belgrave Harriers	5.87	3	623 aw
3	Richard Holland	SM	Havering AC	5.84	2	617 aw
4	JOHN OCKENDON	SM	St Albans	5.07	1	468
Men's B Long Jump						Wind
1	Stelvio Lamos	SM	Enfield & Haringey	6.02	4	652 aw
2	Ed Johnson	U17	Havering AC	5.02	3	458
Men's A Triple Jump						Wind
1	John Adekoya	SM	Havering AC	12.33	4	684 aw
2	Matt Threadgold	SM	Belgrave Harriers	12.07	3	658 aw
3	GEORGE WITHERS	U23	St Albans	10.14	2	451
Men's B Triple Jump						Wind
1	Jean-Claude Doukrou	U20	Belgrave Harriers	11.47	4	596
2	Arron Bonning	SM	Havering AC	10.82	3	526
3	JOHN OCKENDON	SM	St Albans	9.75	2	406
Men's A Shot Putt						

1	Pete Mayfield	SM	Belgrave Harriers	11.20	4	642 aw
2	NATHAN CUSACK	SM	St Albans	10.05	3	562 aw
3	Arron Bonning	SM	Havering AC	9.79	2	542
4	Patrick Teape	M45	Enfield & Haringey	9.72	1	537
Men's B Shot Putt						
1	Chris Privett	M55	Belgrave Harriers	10.30	4	580 aw
2	Sam Harrison	SM	Havering AC	9.15	3	494
3	CHRISTIAN GADDES	U23	St Albans	7.78	2	380
Men's A Discus						
1	Jake Burwood	SM	Enfield & Haringey	33.76	4	619 aw
2	Pete Mayfield	SM	Belgrave Harriers	31.79	3	586 aw
3	Michael Duncan	U17	Havering AC	26.40	2	490 aw
4	NATHAN CUSACK	SM	St Albans	26.10	1	485
Men's B Discus						
1	Patrick Teape	M45	Enfield & Haringey	25.30	4	469
2	Sam Harrison	SM	Havering AC	24.09	3	445
3	Chris Privett	M55	Belgrave Harriers	23.42	2	432
4	ANDREW MAHER	M45	St Albans	13.40	1	162
Men's A Hammer						
1	Chris Privett	M55	Belgrave Harriers	37.62	4	622 aw
2	Sam Harrison	SM	Havering AC	31.67	3	550 aw
3	Tom Blackman	SM	Enfield & Haringey	25.83	2	471
4	MALCOLM WALLACE	M60	St Albans	16.36	1	314
Men's B Hammer						
1	Pete Mayfield	SM	Belgrave Harriers	32.44	4	559 aw
2	Ed Brinton-Quinn	U17	Havering AC	18.06	3	347 aw
3	NATHAN CUSACK	SM	St Albans	16.07	2	308
Men's A Javelin						
1	Sam Harrison	SM	Havering AC	46.14	4	674 aw
2	Tom Ikeda	M40	Belgrave Harriers	44.99	3	659 aw
3	Aj Kikwera	SM	Enfield & Haringey	42.57	2	626 aw
4	NATHAN CUSACK	SM	St Albans	26.87	1	393
Men's B Javelin						
1	Pete Mayfield	SM	Belgrave Harriers	41.42	4	611 aw
2	Arron Bonning	SM	Havering AC	36.95	3	548
3	Sam Antwi	SM	Enfield & Haringey	34.85	2	517
4	CHRISTIAN GADDES	U23	St Albans	26.72	1	391
Men's 4x100m						
1	Enfield & Haringey	SM		44.9	4	500
2	Belgrave Harriers	SM		45.2	3	475
3	Havering AC	SM		48.4	2	253
4	-	0		56.3	1	6 #N/A
Men's 4x400m						
1	Belgrave Harriers	SM		3:28.6	4	566
2	Enfield & Haringey	SM		3:35.0	3	467
3	St Albans	SM		3:36.2	2	449
4	Havering AC	SM		3:41.0	1	383
Women's A 100m Wind=						
1	Emily Stevens	SW	Enfield & Haringey	12.6	4	730 aw
2	Zoe Young	SW	Havering AC	13.3	3	584
3	CATE BROOKS	U20	St Albans	13.6	2	527
4	Emma Watkins	SW	Belgrave Harriers	14.0	1	457
Women's B 100m Wind=						
1	Amber Beackon	U17	Enfield & Haringey	12.8	4	686 aw
2	Elizabeth James	U20	Havering AC	14.4	3	393
3	Helen Brown	SW	Belgrave Harriers	14.9	2	320
4	LOUISE KELLY	W35	St Albans	15.2	1	281
Women's A 200m Wind=						
1	Nicola Hill	SW	Enfield & Haringey	26.3	4	675 aw

2	Electra Lanyon	U17	Belgrave Harriers	26.5	3	655 aw
3	Zoe Young	SW	Havering AC	27.7	2	545
4	CATE BROOKS	U20	St Albans	28.5	1	478
Women's B 200m		Wind=				
1	Milla McKenzie	U17	Belgrave Harriers	28.9	4	447
2	Rachel Kerr	SW	Havering AC	29.9	3	375
Women's A 400m						
1	Rose O'Brien	SW	Belgrave Harriers	64.7	4	514
2	Valentina Granata	U17	Enfield & Haringey	66.1	3	469
3	Nina Brennan	SW	Havering AC	69.6	2	366
Women's B 400m						
1	Fiona Maddocks	SW	Belgrave Harriers	71.4	4	319
2	Rachel Kerr	SW	Havering AC	71.9	3	306
Women's A 800m						
1	Rose O'Brien	SW	Belgrave Harriers	2:26.6	4	614 aw
2	Vicky Smith	SW	Havering AC	2:28.5	3	585
3	JESSICA BARNES	U17	St Albans	2:47.9	2	332
Women's B 800m						
1	Fiona Maddocks	SW	Belgrave Harriers	2:36.6	4	471
2	Clare Davis	SW	Havering AC	2:40.6	3	419
3	ALEX BENTLEY	U17	St Albans	2:50.0	2	309
Women's A 1500m						
1	Heidi Surman-Wells	U20	Havering AC	5:18.1	4	502
2	RACHEL PARLOUR	U20	St Albans	5:23.2	3	469
3	Lizzie Goldie-Scot	U23	Belgrave Harriers	5:23.8	2	465
Women's B 1500m						
1	Vicky Smith	SW	Havering AC	5:19.9	4	490
2	HANNAH HULL	U23	St Albans	5:24.7	3	460
3	Fiona Maddocks	SW	Belgrave Harriers	5:40.9	2	363
Women's A 3000m						
1	RACHEL PARLOUR	U20	St Albans	11:00.3	4	592 aw
2	Vicky Smith	SW	Havering AC	11:00.8	3	590 aw
3	Lizzie Goldie-Scot	U23	Belgrave Harriers	11:27.1	2	505 aw
4	Katy Moore	SW	Enfield & Haringey	12:33.9	1	318
Women's B 3000m						
1	WENDY WALSH	W45	St Albans	11:18.2	4	533 aw
2	Fiona Maddocks	SW	Belgrave Harriers	12:31.4	3	324
Women's A 100mH		Wind=				
1	Emily Stevens	SW	Enfield & Haringey	14.5	4	862 aw
2	Kate Cowley	SW	Havering AC	16.2	3	689 aw
3	LOUISE KELLY	SW	St Albans	19.4	2	411
4	Rose O'Brien	SW	Belgrave Harriers	22.2	1	222
Women's B 100mH		Wind=				
1	Nicola Hill	SW	Enfield & Haringey	14.7	4	841 aw
2	Lucy Bailey	U20	Havering AC	17.5	3	568 aw
3	Florence Skinner	U20	Belgrave Harriers	22.7	2	194
Women's A 400mH						
1	Rose O'Brien	SW	Belgrave Harriers	69.8	4	645 aw
2	Rachel Kerr	SW	Havering AC	70.9	3	616 aw
Women's B 400mH						
1	Florence Skinner	U20	Belgrave Harriers	83.7	4	321
2	Rachel Kerr	SW	Havering AC	121.8	3	0
Women's A 2000m Steeplechase						
1	Lois Bowles	W35	Enfield & Haringey	7:05.9	4	323
2	Rose O'Brien	SW	Belgrave Harriers	8:01.1	3	174
3	Vicky Smith	SW	Havering AC	8:06.2	2	163
4	ALEX BENTLEY	U17	St Albans	8:45.6	1	88
Women's B 2000m Steeplechase						
1	Caroline Dunnett	U20	Enfield & Haringey	8:05.1	4	165

2	JESSICA BARNES	U17	St Albans	8:47.5	3		85
3	Helen Brown	SW	Belgrave Harriers	10:10.4	2		6
Women's A High Jump							
1	Bethan Siddons	U23	Havering AC	1.60	4		745 aw
2	Milla McKenzie	U17	Belgrave Harriers	1.55	3		692 aw
3	LOUISE KELLY	W35	St Albans	1.40	2		531 aw
Women's B High Jump							
1	Kate Cowley	SW	Havering AC	1.50	4		638 aw
2	Georgia Patterson	U17	Belgrave Harriers	1.35	3		478
3	SUE YEOMANS	W60	St Albans	1.15	2		265 aw
Women's A Pole Vault							
1	SUE YEOMANS	W60	St Albans	2.70	4		588 aw
2	Courtney Threadwell	U17	Enfield & Haringey	2.62	3		566 aw
3	Tina Quinlivan	W35	Havering AC	2.60	2		561 aw
4	Rose O'Brien	SW	Belgrave Harriers	1.10	1		117
Women's B Pole Vault							
1	LOUISE KELLY	W35	St Albans	2.50	4		533 aw
2	Katie Hatchett	U20	Enfield & Haringey	2.50	3		533 aw
3	Hannah Connor	SW	Havering AC	2.10	2		422
4	Lizzie Goldie-Scot	U23	Belgrave Harriers	1.10	1		117
Women's A Long Jump							
1	Zoe Young	SW	Havering AC	5.03	4	Wind	700 aw
2	CATE BROOKS	U20	St Albans	4.86	3		660 aw
3	Emma Watkins	SW	Belgrave Harriers	4.66	2		612
Women's B Long Jump							
1	Bethan Siddons	SW	Havering AC	4.81	4	Wind	648 aw
2	LOUISE KELLY	W35	St Albans	4.12	3		485
3	Electra Lanyon	U17	Belgrave Harriers	4.06	2		471
Women's A Triple Jump							
1	Melanie Mazza	U17	Enfield & Haringey	11.04	4	Wind	757 aw
2	Bethan Siddons	SW	Havering AC	10.43	3		689 aw
3	CATE BROOKS	U20	St Albans	9.82	2		621 aw
4	Rose O'Brien	SW	Belgrave Harriers	9.31	1		563
Women's B Triple Jump							
1	Elizabeth James	U20	Havering AC	9.81	4	Wind	620 aw
2	Emma Watkins	SW	Belgrave Harriers	8.71	3		494
3	LOUISE KELLY	W35	St Albans	8.45	2		463
Women's A Shot Putt							
1	Sharifa Brown	SW	Enfield & Haringey	11.02	4		754 aw
2	Kate Cowley	SW	Havering AC	10.84	3		742 aw
3	LOUISE KELLY	W35	St Albans	9.46	2		651 aw
4	Leanne Bettis	U23	Belgrave Harriers	7.54	1		509
Women's B Shot Putt							
1	Felicia Rudolfo	SW	Enfield & Haringey	9.48	4		652 aw
2	ALICE TOWNEND	U20	St Albans	8.05	3		549 aw
3	Nina Brennan	SW	Havering AC	7.96	2		542
4	Helen Brown	SW	Belgrave Harriers	5.16	1		286
Women's A Discus							
1	Sharifa Brown	SW	Enfield & Haringey	33.19	4		717 aw
2	Leanne Bettis	U23	Belgrave Harriers	32.28	3		705 aw
3	ALICE TOWNEND	U20	St Albans	24.45	2		583 aw
4	Claire Brennan	SW	Havering AC	21.43	1		529
Women's B Discus							
1	Felicia Rudolfo	SW	Enfield & Haringey	27.26	4		630 aw
2	LOUISE KELLY	W35	St Albans	22.34	3		546
3	Nina Brennan	SW	Havering AC	20.52	2		511
4	Helen Brown	SW	Belgrave Harriers	12.07	1		296
Women's A Hammer							
1	Leanne Bettis	U23	Belgrave Harriers	28.43	4		581 aw

2	ALICE TOWNEND	U20	St Albans	22.58	3	491
3	Sharifa Brown	SW	Enfield & Haringey	20.72	2	460
4	Nina Brennan	SW	Havering AC	20.07	1	449
Women's B Hammer						
1	Rose O'Brien	SW	Belgrave Harriers	18.39	4	419
2	CHRISTINE JAMES	W55	St Albans	17.31	3	399
3	Hannah Connor	SW	Havering AC	17.16	2	396
4	Felicia Rudolfo	SW	Enfield & Haringey	17.00	1	393
Women's A Javelin						
1	Kike Oniwinde	SW	Enfield & Haringey	44.09	4	854 aw
2	Kate Cowley	SW	Havering AC	33.34	3	719 aw
3	Leanne Bettis	U23	Belgrave Harriers	24.32	2	584
4	LOUISE KELLY	W35	St Albans	22.23	1	548
Women's B Javelin						
1	Felicia Rudolfo	SW	Enfield & Haringey	33.28	4	718 aw
2	Rose O'Brien	SW	Belgrave Harriers	20.25	3	512
3	Claire Brennan	SW	Havering AC	18.78	2	483
4	ALICE TOWNEND	U20	St Albans	13.61	1	366
Women's 4x100m						
1	Enfield & Haringey	SW		52.3	4	532
2	Havering AC	SW		55.2	3	395
3	Belgrave Harriers	SW		57.4	2	302
4	St Albans	SW		59.6	1	219
Women's 4x400m						
1	Belgrave Harriers	SW		4:27.1	4	445
2	Havering AC	SW		4:32.0	3	405
3	St Albans	SW		5:00.3	2	210

Men

Event	Pos	Name	Cat	Club	Perf.	Wind	aw	Number
800		Matthew Braybrook	U20	Havering AC	2:08.3			279
DT		Ed Brinton-Quinn	U20	Havering AC				280
100		Sydney Conteh	U20	Havering AC	11.7		aw	281
100		Ed Johnson	U20	Havering AC	12.3			282
100		Sam Omo-Olofin	U20	Havering AC	12.7			283
200		Matthew Owens	U17	Havering AC				289
DT		Tom Ikeda	M40	Belgrave Harriers				274
200		Richard McMillan	SM	Belgrave Harriers				275
400		Dominic Boman-Flavell	U20	Belgrave Harriers	55.9			276
100		Michael McBrinn	SM	Belgrave Harriers	12.8			277
400		Adam Cameron	SM	Belgrave Harriers				278
400		Richard McMillan	SM	Belgrave Harriers				275
400		Michael McBrinn	SM	Belgrave Harriers	58.1			277
5000		James Connor	SM	Havering AC	DNF		#VALUE!	290
5000		Gary Warren	M45	St Albans				286
SP		Tom Ikeda	M40	Belgrave Harriers	10.56		aw	274
100		Rian Branton	U20	Havering AC	12.1			284
JT		Michael Duncan	U20	Havering AC	30.24			285
SP		Ed Brinton-Quinn	U20	Havering AC	6.92			280
HT		Tom Ikeda	M40	Belgrave Harriers	26.37		aw	274
200		Ed Johnson	U20	Havering AC	25.7			282
400		Yuri Zavratchiyski	U17	Enfield & Haringey	53.7		aw	102
DT		AJ Bennetts	U17	Belgrave Harriers				149
JT		AJ Bennetts	u17	Belgrave Harriers	44.11		aw	149
2000SC		Hugh Thomas	U17	St Albans				148
200		Sam Omo-Olofin	U20	Havering AC	26.4			283

Women

Event	Pos	Name	Cat	Club	Perf.	Wind	aw	Number
LJ		Elizabeth James	U20	Havering AC	4.23			288
JTW		Milla Mckenzie	U17	Belgrave Harriers				291

TJ	Helen Brown	SW	Belgrave Harriers	8.14		272
LJ	Georgina Patterson	U17	Belgrave Harriers	4.25		273
100	Amber Beackon	U17	Enfield & Haringey			292
200	Amber Beackon	U17	Enfield & Haringey			292
100	Krystal Matthews	U17	Enfield & Haringey	13.0	aw	293
100	Tashaan Daniel	U17	Enfield & Haringey	13.3	aw	294
100	Valentina Granata	U17	Enfield & Haringey	13.2	aw	298
100	Nicola Hill	SW	Enfield & Haringey			295
100	Emily McMahan	W60	Enfield & Haringey			296
200	Valentina Granata	U17	Enfield & Haringey	27.6		298
200	Nicole Lewis	U20	Enfield & Haringey	28.5		297
PV	Christine James	W55	St Albans	1.70	aw	287

Man of the Match Awards

Men

Women