

Sweatshop Southern Athletics League: Division 3 North - Round 3 - Lee Valley - 15 June 2013

Team	Score	
1 Loughton	186	L
2 Vale of Aylesbury	218	V
3 Braintree & District	206	R
4 Highgate Harriers	253	G
5 0	0	

100	Men's A 100m	Wind=				
r	1	Jordan Lipede	SM	Braintree & District	11.84	5
v	2	Tom Waiting	SM	Vale of Aylesbury	12.07	4
g	3	Khristen McDermoth	U17	Highgate Harriers	12.33	3
l	4	John McCabe	SM	Loughton	13.04	2
	5					1

100	Men's B 100m	Wind=				
wv	1	Andy Bleakley	SM	Vale of Aylesbury	12.12	5
rr	2	Richard Singleton	SM	Braintree & District	12.12	4
gg	3	Gabriel Springer	SM	Highgate Harriers	12.25	3
ll	4	Paul Gilbert	SM	Loughton	14.24	2
	5					1

200	Men's A 200m	Wind=				
r	1	Jordan Lipede	SM	Braintree & District	24.43	5
g	2	Alex Fugallo	U17	Highgate Harriers	24.49	4
v	3	Tom Waiting	SM	Vale of Aylesbury	25.25	3
l	4	John McCabe	SM	Loughton	28.00	2
	5					1

aw

200	Men's B 200m	Wind=				
wv	1	Dan Barber	SM	Vale of Aylesbury	24.97	5
gg	2	Benjamin Noel	SM	Highgate Harriers	25.85	4
rr	3	Lewis Thorn	SM	Braintree & District	26.35	3
ll	4	Paul Gilbert	SM	Loughton	29.93	2
	5					1

400	Men's A 400m					
v	1	Dan Barber	SM	Vale of Aylesbury	51.91	5
r	2	Charlie Singleton	SM	Braintree & District	53.09	4
g	3	Ron Smith	U17	Highgate Harriers	53.79	3
l	4	John McCabe	SM	Loughton	60.51	2
	5					1

aw

aw

400	Men's B 400m					
gg	1	Pierce Boyle	SM	Highgate Harriers	55.68	5
wv	2	Matt Robinson	SM	Vale of Aylesbury	56.47	4
rr	3	Justin Hall	SM	Braintree & District	62.36	3
	4					2
	5					1

800	Men's A 800m					
v	1	Christian Von Eitzen	SM	Vale of Aylesbury	1:58.59	5
g	2	Ryan McKinlay	U20	Highgate Harriers	2:01.12	4
r	3	Jacob Beck	SM	Braintree & District	2:32.45	3
l	4		SM	Loughton	2:48.65	2
	5					1

aw

aw

800	Men's B 800m					
wv	1	Patrick Taylor	SM	Vale of Aylesbury	2:01.51	5
gg	2	Pierce Boyle	SM	Highgate Harriers	2:11.78	4
	3					3
	4					2
	5					1

aw

1500	Men's A 1500m					
v	1	Christian Von Eitzen	SM	Vale of Aylesbury	4:21.04	5
gg	2	David Gilbert	SM	Highgate Harriers	4:33.88	4
r	3	Ben Holdgate	SM	Braintree & District	5:00.88	3
l	4	Scott Hurley	SM	Loughton	6:59.88	2
	5					1

1500	Men's B 1500m					
g	1	Fergal Smithwick	U20	Highgate Harriers	4:35.23	5

rr	2	Theo Park	SM	Braintree & District	5:36.25	4
	3					3
	4					2
	5					1

5000 **Men's A 5000m**

g r l	1	Ben Pochee	M40	Highgate Harriers	15:50.42	5
	2	Joe Norse	SM	Braintree & District	17:03.51	4
	3	Paul Gilbert	SM	Loughton	21:34.31	3
	4					2
	5					1

aw

5000	Men's B 5000m						
gg	1	Fergal Smithwick	SM	Highgate Harriers	16:10.93	5	aw
	2					4	
	3					3	
	4					2	
	5					1	
110H	Men's A 110mH						
	Wind=						
g	1	Theo Farrell	SM	Highgate Harriers	21.73	5	
l	2	Jim Harrison	SM	Loughton	21.86	4	
	3					3	
	4					2	
	5					1	
110H	Men's B 110mH						
	Wind=						
gg	1	Zui Orzel	SM	Highgate Harriers	22.35	5	
	2					4	
	3					3	
	4					2	
	5					1	
400H	Men's A 400mH						
gg	1	Ben Gritz	SM	Highgate Harriers	60.73	5	aw
r	2	Joe Norse	SM	Braintree & District	66.55	4	
v	3	Dan Barber	SM	Vale of Aylesbury	67.85	3	
l	4	Jim Harrison	M50	Loughton	69.89	2	aw
	5					1	
400H	Men's B 400mH						
g	1	Ryan McKinlay	SM	Highgate Harriers	65.51	5	
rr	2	James Murphy	SM	Braintree & District	78.44	4	
	3					3	
	4					2	
	5					1	
2000SC	Men's A 2000m Steeplechase						
g	1	Ryan McKinlay	SM	Highgate Harriers	6:24.98	5	
r	2	Joe Norse	SM	Braintree & District	7:08.81	4	
ll	3	Jim Harrison	SM	Loughton	9:25.71	3	
	4					2	
	5					1	
2000SC	Men's B 2000m Steeplechase						
gg	1	Pierce Boyle	SM	Highgate Harriers	7:30.14	5	
l	2	Scott Hurley	SM	Loughton	11:06.09	4	
	3					3	
	4					2	
	5					1	
HJ	Men's A High Jump						
g	1	Kailum Rinaldi	SM	Highgate Harriers	1.80	5	aw
rr	2	Jacob Beck	SM	Braintree & District	1.50	4	
l	3	Gavin Harper	SM	Loughton	1.10	3	
v	4	Dan Barber	SM	Vale of Aylesbury	1.10	2	
	5					1	
HJ	Men's B High Jump						
gg	1	Benjamin Noel	SM	Highgate Harriers	1.55	5	
r	2	Theo Park	SM	Braintree & District	1.40	4	
ll	3	Paul Gilbert	SM	Loughton	1.10	3	
	4					2	
	5					1	
PV	Men's A Pole Vault						
l	1	Jim Harrison	SM	Loughton	2.70	5	
gg	2	Mehran Sanei	SM	Highgate Harriers	2.00	4	
r	3	Leighton Green	SM	Braintree & District	2.00	3	
	4					2	
	5					1	
PV	Men's B Pole Vault						
g	1	Ben Gritz	SM	Highgate Harriers	1.00	5	
	2					4	
	3					3	
	4					2	
	5					1	

LJ

Men's A Long Jump

Wind

g	1	Liam Ornes	SM	Highgate Harriers	6.13	5	aw
v	2	Andy Bleakley	SM	Vale of Aylesbury	6.06	4	aw
r	3	Richard Singleton	SM	Braintree & District	5.86	3	aw
ll	4	Paul Gilbert	SM	Loughton	4.10	2	
	5					1	

LJ	Men's B Long Jump					Wind
gg	1	Ben Gritz	SM	Highgate Harriers	5.69	5
rr	2	Lewis Thorn	SM	Braintree & District	5.36	4
l	3	Gavin Harper	SM	Loughton	4.05	3
wv	4	Tom Waiting	SM	Vale of Aylesbury	4.00	2
	5					1
TJ	Men's A Triple Jump					Wind
v	1	Andy Bleakley	SM	Vale of Aylesbury	12.61	5
r	2	Charlie Singleton	SM	Braintree & District	11.79	4
g	3	Ben Gritz	SM	Highgate Harriers	10.54	3
l	4	Gavin Harper	SM	Loughton	7.64	2
	5					1
TJ	Men's B Triple Jump					Wind
gg	1	Pierce Boyle	SM	Highgate Harriers	10.52	5
wv	2	Dan Barber	SM	Vale of Aylesbury	9.86	4
rr	3	James Murphy	SM	Braintree & District	9.78	3
	4					2
	5					1
SP	Men's A Shot Putt					
r	1	Leighton Green	SM	Braintree & District	10.02	5
v	2	Gaith Taha	SM	Vale of Aylesbury	9.37	4
g	3	Mehran Sanei	SM	Highgate Harriers	9.21	3
ll	4	Jim Harrison	SM	Loughton	7.60	2
	5					1
SP	Men's B Shot Putt					
gg	1	Jonathan Oviasu	SM	Highgate Harriers	7.44	5
l	2	Scott Hurley	SM	Loughton	7.34	4
wv	3	Stefano Aquilino	SM	Vale of Aylesbury	7.32	3
rr	4	Mike Hills	SM	Braintree & District	6.77	2
	5					1
DT	Men's A Discus					
r	1	Leighton Green	SM	Braintree & District	32.39	5
wv	2	Stefano Aquilino	SM	Vale of Aylesbury	26.04	4
ll	3	Jim Harrison	SM	Loughton	18.95	3
gg	4	Jonathan Oviasu	SM	Highgate Harriers	16.82	2
	5					1
DT	Men's B Discus					
v	1	Gaith Taha	SM	Vale of Aylesbury	21.60	5
rr	2	Mike Hills	SM	Braintree & District	19.30	4
l	3	Scott Hurley	SM	Loughton	16.77	3
g	4	Ron Smith	SM	Highgate Harriers	12.66	2
	5					1
HT	Men's A Hammer					
v	1	Stefano Aquilino	SM	Vale of Aylesbury	35.44	5
r	2	Leighton Green	SM	Braintree & District	33.97	4
g	3	Mehran Sanei	SM	Highgate Harriers	20.36	3
l	4	Scott Hurley	SM	Loughton	18.60	2
	5					1
HT	Men's B Hammer					
rr	1	Mike Hills	SM	Braintree & District	27.17	5
wv	2	Gaith Taha	SM	Vale of Aylesbury	26.71	4
ll	3	Jim Harrison	SM	Loughton	16.33	3
gg	4	Jonathan Oviasu	SM	Highgate Harriers	8.82	2
	5					1
JT	Men's A Javelin					
r	1	Leighton Green	SM	Braintree & District	42.13	5
g	2	Mehran Sanei	SM	Highgate Harriers	41.63	4
v	3	Gaith Taha	SM	Vale of Aylesbury	35.48	3
l	4	Jim Harrison	M50	Loughton	25.68	2
	5					1
JT	Men's B Javelin					
rr	1	James Murphy	SM	Braintree & District	30.42	5
gg	2	Liam Ornes	SM	Highgate Harriers	22.31	4
ll	3	Scott Hurley	SM	Loughton	21.29	3
wv	4	Stefano Aquilino	SM	Vale of Aylesbury	18.28	2
	5					1

4x100

Men's 4x100m

v	1	Vale of Aylesbury	SM	Vale of Aylesbury	46.27	5
r	2	Braintree & District	SM	Braintree & District	46.87	4
g	3	Highgate Harriers	SM	Highgate Harriers	47.00	3
l	4	Loughton	SM	Loughton	55.82	2
	5					1

4x400

Men's 4x400m

v	1	Vale of Aylesbury	SM	Vale of Aylesbury	3:32.57	5
g	2	Highgate Harriers	SM	Highgate Harriers	3:38.62	4
r	3	Braintree & District	SM	Braintree & District	3:55.87	3
l	4	Loughton	SM	Loughton	4:51.29	2
	5					1

100	Women's A 100m			Wind= 5.0		
r	1	Kirsty Ronald	SW	Braintree & District	13.67	5
g	2	Alima Diabate	SW	Highgate Harriers	14.00	4
v	3	Rachel Russell	SW	Vale of Aylesbury	14.96	3
l	4	Michaela Davis	SW	Loughton	16.43	2
	5					1

100	Women's B 100m			Wind=		
rr	1	Megan Goddard	SW	Braintree & District	13.91	5
gg	2	Amy Rutherford	SW	Highgate Harriers	14.55	4
wv	3	Julia Austin	SW	Vale of Aylesbury	16.86	3
ll	4	Barbara Higgins	SW	Loughton	18.15	2
	5					1

200	Women's A 200m			Wind=		
l	1	Joanne Ryan	SW	Loughton	28.00	5
r	2	Megan Goddard	SW	Braintree & District	29.23	4
v	3	Hannah Welsh	SW	Vale of Aylesbury	32.07	3
	4					2
	5					1

200	Women's B 200m			Wind=		
gg	1	Linnnet Mensuoh	SW	Highgate Harriers	32.18	5
wv	2	Vicky Sheldon	SW	Vale of Aylesbury	37.94	4
ll	3	Pam Ackland-Snow	SW	Loughton	40.68	3
	4					2
	5					1

400	Women's A 400m					
l	1	Joanne Ryan	SW	Loughton	58.53	5
g	2	Gwen Thornton	SW	Highgate Harriers	61.49	4
v	3	Rosanna Iannone	SW	Vale of Aylesbury	68.27	3
	4					2
	5					1

aw
aw

400	Women's B 400m					
gg	1	Laura Warren	SW	Highgate Harriers	63.05	5
ll	2	Amie Harrison	SW	Loughton	64.10	4
wv	3	Hannah Welsh	SW	Vale of Aylesbury	65.93	3
	4					2
	5					1

aw

800	Women's A 800m					
g	1	Hannah Viner	SW	Highgate Harriers	2:25.54	5
v	2	Rosanna Iannone	SW	Vale of Aylesbury	2:28.63	4
l	3	Mary Knapman	SW	Loughton	2:33.21	3
	4					2
	5					1

aw

800	Women's B 800m					
wv	1	Julia Austin	SW	Vale of Aylesbury	2:41.93	5
ll	2	Michelle Hurley	SW	Loughton	3:12.32	4
	3					3
	4					2
	5					1

1500	Women's A 1500m					
g	1	Georgia Fear	SW	Highgate Harriers	4:53.49	5
l	2	Anna Clark	SW	Loughton	5:02.59	4
v	3	Julia Austin	SW	Vale of Aylesbury	5:28.08	3
r	4	Jess Park	SW	Braintree & District	5:50.59	2
	5					1

aw
aw

1500	Women's B 1500m					
ll	1	Mary Knapman	SW	Loughton	5:27.46	5
wv	2	Heather Fallaize	SW	Vale of Aylesbury	6:41.47	4
	3					3
	4					2
	5					1

3000	Women's A 3000m					
v	1	Sophie Delderfield	SW	Vale of Aylesbury	10:59.08	5
r	2	Jess Park	SW	Braintree & District	11:37.90	4
l	3	Michelle Hurley	SW	Loughton	14:12.94	3
g	4	Sophie Sheldrake	SW	Highgate Harriers	16:31.58	2
	5					1

aw

3000

Women's B 3000m

v ll	1	Charlotte Steptoe	SW	Vale of Aylesbury	11:47.12	5
	2	Jean Hobbs	SW	Loughton	15:18.55	4
	3					3
	4					2
	5					1

100HW

Women's A 100mH**Wind=**

r l g	1	Caitlin Edwards	SW	Braintree & District	20.67	5
	2	Amie Harrison	SW	Loughton	21.10	4
	3	Hannah Richards	SW	Highgate Harriers	21.18	3
	4					2
	5					1

100HW	Women's B 100mH			Wind=		
rr	1	Charlotte Trevillion	SW	Braintree & District	21.42	5
	2					4
	3					3
	4					2
	5					1

400HW	Women's A 400mH					
l	1	Amie Harrison	SW	Loughton	73.29	5
g	2	Gwen Thornton	SW	Highgate Harriers	77.50	4
v	3	Rachel Russell	SW	Vale of Aylesbury	96.71	3
	4					2
	5					1

aw

400HW	Women's B 400mH					
gg	1	Helena Roberts	SW	Highgate Harriers	83.88	5
	2					4
	3					3
	4					2
	5					1

1500SCW	Women's A 1500m Steeplechase					
g	1	Hannah Viner	SW	Highgate Harriers	5:29.94	5
l	2	Mary Knapman	SW	Loughton	6:44.49	4
	3					3
	4					2
	5					1

aw

aw

1500SCW	Women's B 1500m Steeplechase					
ll	1	Michaela Davis	SW	Loughton	8:15.78	5
	2					4
	3					3
	4					2
	5					1

HJ	Women's A High Jump					
v	1	Rochelle Arulanandam	SW	Vale of Aylesbury	1.45	5
g	2	Georgia Fear	SW	Highgate Harriers	1.25	4
rr	3	Caitlin Edwards	SW	Braintree & District	1.20	3
l	4	Michaela Davis	SW	Loughton	1.10	2
	5					1

HJ	Women's B High Jump					
w	1	Donelle Arulanandam	SW	Vale of Aylesbury	1.30	5
gg	2	Amy Rutherford	SW	Highgate Harriers	1.25	4
ll	3	Barbara Higgins	SW	Loughton	1.00	3
	4					2
	5					1

PV	Women's A Pole Vault					
v	1	Rachel Russell	SW	Vale of Aylesbury	2.00	5
g	2	Billie Goodrick	SW	Highgate Harriers	1.60	4
l	3	Michaela Davis	SW	Loughton	1.60	3
	4					2
	5					1

PV	Women's B Pole Vault					
w	1	Rochelle Arulanandam	SW	Vale of Aylesbury	1.80	5
ll	2	Barbara Higgins	SW	Loughton	1.20	4
	3					3
	4					2
	5					1

LJ	Women's A Long Jump			Wind		
r	1	Clarice Parrott	SW	Braintree & District	5.19	5
v	2	Donelle Arulanandam	SW	Vale of Aylesbury	5.03	4
l	3	Anna Clark	SW	Loughton	4.24	3
g	4	Helena Roberts	SW	Highgate Harriers	4.03	2
	5					1

Wind

aw

aw

LJ	Women's B Long Jump			Wind		
rr	1	Kirsty Ronald	SW	Braintree & District	5.13	5
w	2	Rochelle Arulanandam	SW	Vale of Aylesbury	4.46	4
gg	3	Linnat Mensuoh	SW	Highgate Harriers	3.13	3
ll	4	Hannah Davis	SW	Loughton	2.38	2
	5					1

Wind

aw

TJ		Women's A Triple Jump				Wind	
r v g ll	1	Kirsty Ronald	SW	Braintree & District	10.92	5	aw aw
	2	Rochelle Arulanandam	SW	Vale of Aylesbury	10.54	4	
	3	Amy Rutherford	SW	Highgate Harriers	8.51	3	
	4	Barbara Higgins	SW	Loughton	6.88	2	
	5					1	

TJ		Women's B Triple Jump				Wind	
w gg l	1	Donelle Arulanandam	SW	Vale of Aylesbury	9.81	5	aw
	2	Linneth Mensuoh	SW	Highgate Harriers	7.37	4	
	3	Michaela Davis	SW	Loughton	6.50	3	
	4					2	
	5					1	

SPW		Women's A Shot Putt				
r g l v	1	Vicky Braddock	SW	Braintree & District	7.36	5
	2	Juliette Kavanagh	SW	Highgate Harriers	7.15	4
	3	Kate Merritt	SW	Loughton	6.51	3
	4	Rachel Russell	SW	Vale of Aylesbury	5.89	2
	5					1

SPW		Women's B Shot Putt				
rr	1	Chloe Cockell	SW	Braintree & District	6.98	5
gg	2	Hannah Viner	SW	Highgate Harriers	6.29	4
w	3	Brenda Russell	SW	Vale of Aylesbury	5.29	3
ll	4	Pam Ackland-Snow	SW	Loughton	5.50	2
	5					1

DTW		Women's A Discus				
v	1	Brenda Russell	SW	Vale of Aylesbury	21.17	5
g	2	Gwen Thornton	SW	Highgate Harriers	20.31	4
l	3	Kate Merritt	SW	Loughton	18.69	3
r	4	Lisa Potter	SW	Braintree & District	14.69	2
	5					1

DTW		Women's B Discus				
ll	1	Hannah Davis	SW	Loughton	15.47	5
w	2	Rachel Russell	SW	Vale of Aylesbury	15.47	4
rr	3	Vicky Braddock	SW	Braintree & District	14.54	3
gg	4	Laura Warren	SW	Highgate Harriers	12.68	2
	5					1

HTW		Women's A Hammer					
r	1	Chloe Cockell	SW	Braintree & District	41.43	5	aw
v	2	Brenda Russell	SW	Vale of Aylesbury	26.35	4	aw
l	3	Kate Merritt	SW	Loughton	19.79	3	
g	4	Laura Warren	SW	Highgate Harriers	14.13	2	
	5					1	

HTW		Women's B Hammer					
rr	1	Vicky Braddock	SW	Braintree & District	27.29	5	aw
ll	2	Pam Ackland-Snow	SW	Loughton	15.98	4	
gg	3	Gwen Thornton	SW	Highgate Harriers	14.15	3	
	4					2	
	5					1	

JTW		Women's A Javelin				
r	1	Lisa Potter	SW	Braintree & District	20.50	5
g	2	Gwen Thornton	SW	Highgate Harriers	19.00	4
l	3	Kate Merritt	SW	Loughton	14.94	3
w	4	V Skelton	SW	Vale of Aylesbury	11.02	2
	5					1

JTW		Women's B Javelin				
rr	1	Chloe Cockell	SW	Braintree & District	20.46	5
v	2	Brenda Russell	SW	Vale of Aylesbury	10.06	4
gg	3	Laura Warren	SW	Highgate Harriers	8.29	3
	4					2
	5					1

4x100		Women's 4x100m				
v	1	Vale of Aylesbury	SW	Vale of Aylesbury	58.13	5
r	2	Braintree & District	SW	Braintree & District	58.41	4
	3					3
	4					2
	5					1

4x400		Women's 4x400m				
l	1	Loughton	SW	Loughton	4:17.46	5
g	2	Highgate Harriers	SW	Highgate Harriers	4:18.10	4
v	3	Vale of Aylesbury	SW	Vale of Aylesbury	4:59.43	3
r	4	Braintree & District	SW	Braintree & District	5:01.29	2
	5					1