

Southern Athletics League - North West London

Parliament Hill - 11th September 2021

100 SM A

Pos	Perf		Name	AG	Club
1	11.34	-2.7	Zack Clarke-Green	U17	M Ealing Southall & Middx
2	11.37	-2.7	Isaac Kitchen-Smith	SEN	M Thames Valley/Oxford Uni
3	11.41	-2.7	Nickarlo Brown	U23	M Harrow
4	12.12	-2.7	AN Other	SEN	M Highgate/MC
5	12.15	-2.7	Sodiq Abiola	SEN	M Serpentine/Nigeria
6	13.63	-2.7	Aaron Connell	U23	M Hillingdon

100 SM B

Pos	Perf		Name	AG	Club
1	11.3	-2.8	Jude Bright-Davies	U23	M Thames Valley/Oxford Uni/Track Academy
2	11.77	-2.8	Richard Carr	V35	M Harrow
3	12.05	-2.8	Theo Jarrett	U17	M Ealing Southall & Middx
4	12.81	-2.8	Bartosz Porzuczek	V35	M Serpentine/Poland
5	13.88	-2.8	AN Other	SEN	M Highgate/MC

100 SM ns

Pos	Perf		Name	AG	Club
1	13.1	-3.2	Harjeet Gill	U20	M Ealing Southall & Middx
2	13.32	-3.2	Chris Burbidge	SB V40	M Ealing Southall & Middx

100 SW A

Pos	Perf		Name	AG	Club
1	13.06	-3	Milan Jervier	U20	W Harrow
2	13.16	-3	Mariam Elgabry	SEN	W Highgate/Greece
3	13.52	-3	Asia Amede Charles	U17	W Thames Valley
4	14.15	-3	Eliezer Elliott	U20	W Ealing Southall & Middx
5	18.42	-3	Hel James	V65	W Serpentine/Hastings AC/Veterans

100 SW B

Pos	Perf		Name	AG	Club
1	13.8	-3.2	Lilia Khan	SB U20	W Ealing Southall & Middx
2	14.01	-3.2	Alima Diabate	SEN	W Highgate/Greenwich University
3	14.1	-3.2	Demi Smith-Scott	U20	W Hillingdon
4	14.17	-3.2	Shana Roper	U17	W Harrow
5	14.63	-3.2	Alex Mundell	SB SEN	W Thames Valley/Imperial

200 SM A

Pos	Perf		Name	AG	Club
1	23.19	-1.2	Isaac Kitchen-Smith	SEN	M Thames Valley/Oxford Uni
2	23.36	-1.2	Zack Clarke-Green	U17	M Ealing Southall & Middx
3	23.54	-1.2	Nickarlo Brown	U23	M Harrow
4	24.96	-1.2	Sodiq Abiola	SB SEN	M Serpentine/Nigeria
5	27.07	-1.2	Neil Middleton	V55	M Highgate/Southern Counties Vets

200 SM B

Pos	Perf		Name	AG	Club
1	24.01	-1.5	Richard Carr	V35	M Harrow
2	24.34	-1.5	Harjeet Gill	U20	M Ealing Southall & Middx
3	24.93	-1.5	Bartosz Porzuczek	SB V35	M Serpentine/Poland

4	25.38	-1.5	Botond Safar	SB	SEN	M	Thames Valley/Hungary
200 SW A							
Pos	Perf		Name		AG		Club
1	27.61	-3.1	Asia Amede Charles		U17	W	Thames Valley
2	28.91	-3.1	Lilia Khan		U20	W	Ealing Southall & Middx
3	29.02	-3.1	Mariam Elgabry		SEN	W	Highgate/Greece
4	29.38	-3.1	Shana Roper		U17	W	Harrow
200 SW B							
Pos	Perf		Name		AG		Club
1	29.78	-3.1	Eliezer Elliott	PB	U20	W	Ealing Southall & Middx
2	30.24	-3.1	Alima Diabate		SEN	W	Highgate/Greenwich University
3	33.4	-3.1	Daisy Jowers	PB	U23	W	Thames Valley
400 SM A							
Pos	Perf		Name		AG		Club
1	50.01		Ollie Smith		SEN	M	Harrow/Brunel Uni London
2	53.21		AN Other		SEN	M	Serp
3	53.6		Tomasz Kosciuszko		SEN	M	Cambridge Uni/Poland
4	56		Will Lord		SEN	M	Ealing Southall & Middx
5	63.55		Neil Middleton		V55	M	Highgate/Southern Counties Vets
400 SM B							
Pos	Perf		Name		AG		Club
1	55.14		Botond Safar		SEN	M	Thames Valley/Hungary
2	63.88		Jason Kabel		V45	M	Harrow
400 SW A							
Pos	Perf		Name		AG		Club
1	64.29		Charlotte Cooney-Quinn		U20	W	Ealing Southall & Middx
2	74.28		Tasha Mundell	SB	U23	W	Thames Valley
3	83.95		AN Other		SEN	W	Highgate/MC
4	01:59.1		AN Other		SEN	W	Serp
400 SW B							
Pos	Perf		Name		AG		Club
1	66.93		Sarah Gerrie	PB	V35	W	Ealing Southall & Middx
2	74.89		Daisy Jowers	PB	U23	W	Thames Valley
800 SM A							
Pos	Perf		Name		AG		Club
1	02:02.2		Oliver Newton		SEN	M	Thames Valley/Imperial
2	02:08.2		Finlay Sleeman		U20	M	Highgate
3	02:20.8		Nick Andrews		V50	M	Harrow
4	02:25.5		Rich Berry	PB	V45	M	West 4/Ealing Southall & Middx/Veterans
5	02:28.6		Ewan Maynard	PB	SEN	M	Southampton/Serpentine
800 SM B							
Pos	Perf		Name		AG		Club
1	02:15.0		Hugo Cayssials		SEN	M	Thames Valley/France
2	02:30.7		Jason Kabel		V45	M	Harrow
3	02:33.4		Michele Bottone	PB	V40	M	Serpentine/Italy
4	02:44.5		David Renton	SB	V45	M	Mornington Chasers
800 SW A							

Pos	Perf	Name	AG	Club
1	02:15.1	Emma Macalister Hall	SEN W	Highgate
2	02:28.9	Jessica Leane	SB U23 W	Ealing Southall & Middx
800 SW B				
Pos	Perf	Name	AG	Club
1	02:23.8	Somerby Hamdorff	SB SEN W	Highgate
2	02:42.0	Charlotte Cooney-Quinn	U20 W	Ealing Southall & Middx
1500 SM A				
Pos	Perf	Name	AG	Club
1	04:18.1	Robert Vallance	SEN M	Thames Valley/Manchester Uni
2	04:25.8	Jonathan Collier	SB SEN M	Harrow
3	04:26.5	Charlie Fraser	PB SEN M	Mendip
4	04:32.7	Martin Bateman	V45 M	Hillingdon
5	04:52.0	Rich Berry	V45 M	West 4/Ealing Southall & Middx/Veterans
6	04:54.2	Michele Bottone	V40 M	Serpentine/Italy
1500 SM B				
Pos	Perf	Name	AG	Club
2	04:34.7	AN Other	SEN M	Hill
3	04:36.8	Curtis Stevens	SB SEN M	Wells City
1	TBC	Hugo Cayssials	SEN M	Thames Valley/France
1500 SW A				
Pos	Perf	Name	AG	Club
1	05:04.4	Madeleine Casey	U20 W	Thames Valley
2	05:10.9	Anna Critchlow	V50 W	West 4/Thames Valley/Veterans
3	05:29.3	Caroline Wolfe	PB SEN W	Mornington Chasers
4	06:57.0	Victoria Brown	V45 W	Serpentine
1500 SW B				
Pos	Perf	Name	AG	Club
1	05:05.2	Stephanie Ainley	PB SEN W	Thames Valley
2	05:24.7	Rachel Berry	V45 W	West 4/Veterans/Ealing Southall & Middx
3	06:40.8	Jennifer Moore	PB SEN W	Mornington Chasers
3000 SM A				
Pos	Perf	Name	AG	Club
1	09:05.8	Jonathan Collier	SB SEN M	Harrow
2	09:06.3	Seweryn Czapka	U20 M	Ealing Southall & Middx
3	09:14.6	Robert Vallance	SEN M	Thames Valley/Manchester Uni
4	09:26.9	James Laing	SB SEN M	Hillingdon/Brunel Uni London
5	10:32.2	John Armstrong	SB V45 M	Mornington Chasers
6	10:45.4	Ewan Maynard	SB SEN M	Southampton/Serpentine
3000 SM B				
Pos	Perf	Name	AG	Club
1	09:57.3	Martin Bateman	V45 M	Hillingdon
2	10:10.8	Steve Norris	V50 M	Thames Valley
3	10:54.9	Mashhour Al-Ibrahim	V35 M	Serpentine
4	11:23.9	David Musgrave	PB V45 M	Highgate
5	11:51.4	Robert Hawkes	SEN M	Harrow

5000 SW A

Pos	Perf	Name	AG	Club
1	18:35.4	Stephanie Ainley	SB SEN W	Thames Valley
2	19:07.2	Hannah Wells	PB SEN W	Hillingdon
3	19:26.8	Lauren Longhurst	PB SEN W	Mornington Chasers
4	19:54.9	Sophie Anne Flanagan	PB SEN W	Serpentine
5	20:34.4	Sarah Gerrie	SB V35 W	Ealing Southall & Middx
6	22:17.1	Jennifer Keal	SEN W	Harrow

5000 SW B

Pos	Perf	Name	AG	Club
1	18:47.2	Lisa Da Silva	SB V35 W	Thames Valley
2	20:08.6	Vicky Frew	SB V40 W	Highgate
3	20:26.1	Freya Hollingsworth	SEN W	Hillingdon
4	22:19.4	Sarah Al Sudairy	PB V35 W	Serpentine

100HW SW A

Pos	Perf	Name	AG	Club
1	19.76	-2.9 Megan Bailey	SEN W	Harrow/Falmouth & Exeter SU/Cornwall AC
2	20.87	-2.9 Antonia Loizou	PB SEN W	Highgate
3	23.72	-2.9 Rosie Vallance	SB U23 W	Thames Valley

100HW SW B

Pos	Perf	Name	AG	Club
1	28.02	-2.9 Tasha Mundell	U23 W	Thames Valley

110H SM A

Pos	Perf	Name	AG	Club
1	21.4	Noel Reid	SB V35 M	Harrow/Southern Counties Vets
2	24.1	Thomas Taylor	PB SEN M	Thames Valley/Imperial College

110H SM B

Pos	Perf	Name	AG	Club
1	28.8	Manuel Da Silva	V40 M	Thames Valley

400H SM A

Pos	Perf	Name	AG	Club
1	55.25	Owen Heard	PB U23 M	Harrow/Loughborough Students/Camberley
2	60.4	Gus Carter	U17 M	Ealing Southall & Middx
3	67.14	Oliver Newton	PB SEN M	Thames Valley/Imperial

400H SM B

Pos	Perf	Name	AG	Club
1	91.77	Scott Brewer	PB V35 M	Thames Valley

400HW SW A

Pos	Perf	Name	AG	Club
1	77.03	Alex Mundell	SB SEN W	Thames Valley/Imperial
2	02:12.4	AN Other	SEN W	Serp

400HW SW B

Pos	Perf	Name	AG	Club
1	78.02	Rosie Vallance	PB U23 W	Thames Valley

1500SCW SW A

Pos	Perf	Name	AG	Club
1	05:22.1	Rosie Vallance	PB U23 W	Thames Valley
2	05:52.3	Karina Thornton	PB SEN W	LSE
3	06:38.3	Victoria Brown	SB V45 W	Serpentine

1500SCW SW B

Pos	Perf	Name	AG	Club
1	06:13.8	Tasha Mundell	PB U23 W	Thames Valley

3000SC SM A

Pos	Perf	Name	AG	Club
1	10:43.1	Thomas Taylor	PB SEN M	Thames Valley/Imperial College
2	11:20.2	Declan Traynor	V40 M	Harrow
3	12:30.9	Charlie Fraser	PB SEN M	Mendip
4	12:51.9	Rob Brown	SB V55 M	Ealing Southall & Middx

3000SC SM B

Pos	Perf	Name	AG	Club
1	12:00.2	Curtis Stevens	PB SEN M	Wells City
2	13:20.6	John Armstrong	PB V45 M	Mornington Chasers
3	14:32.8	Scott Brewer	PB V35 M	Thames Valley

4x100 SM

Pos	Perf	Name	AG	Club
1	46.85	Thames Valley Harriers Sen	SEN M	Thames Valley
2	47.02	ESM/EE	SEN M	ESM/EE
3	50.75	Serpentine Senior Team	SB SEN M	Serpentine

4x100 SW

Pos	Perf	Name	AG	Club
1	55.7	Thames Valley Harriers Sen	SEN W	Thames Valley
2	57.48	ESM/EE	SEN W	ESM/EE

4x400 SX A

Pos	Perf	Name	AG	Club
1	04:07.9	Thames Valley Mixed Senio	SEN M	Thames Valley
2	04:33.3	Highgate / Mornington Cha PB	SEN M	Highgate/Mornington Chasers
3	04:49.8	ESM/EE	SEN M	ESM/EE
4	05:07.0	Serpentine Mixed Senior Te	SEN M	Serpentine

4x400 SX B

Pos	Perf	Name	AG	Club
1	04:19.3	Thames Valley Mixed Senio	SEN M	Thames Valley

HJ SM A

Pos	Perf	Name	AG	Club
1	1.95	Michael Adekunle	SB SEN M	Thames Valley/Winchester Uni/Track Academ
2	1.9	Richard Carr	SB V35 M	Harrow
3	1.7	Aaron Connell	SB U23 M	Hillingdon
4	1.5	Chris Hepworth	SB SEN M	Ealing Southall & Middx
5	1.3	Stuart Leigh	SB V55 M	Serpentine/Veterans

HJ SM B

Pos	Perf	Name	AG	Club
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1	1.65	Noel Reid	SB	V35	M	Harrow/Southern Counties Vets
2	1.2	AN Other		SEN	M	Serp
HJ SM ns						
Pos	Perf	Name		AG		Club
1	1.5	Harvey Griffiths	SB	V50	M	Harrow/Eastern Masters
HJ SW A						
Pos	Perf	Name		AG		Club
1	1.4	Megan Bailey		SEN	W	Harrow/Falmouth & Exeter SU/Cornwall AC
2	1.35	Helen Leadbetter	SB	V35	W	Ealing Southall & Middx
3	1.25	Alex Mundell	SB	SEN	W	Thames Valley/Imperial
4	1	Hel James	SB	V65	W	Serpentine/Hastings AC/Veterans
HJ SW B						
Pos	Perf	Name		AG		Club
1	1.15	Tanisha Hepworth	SB	SEN	W	Ealing Southall & Middx
2	1	Daisy Jowers	PB	U23	W	Thames Valley
3	1	AN Other		SEN	W	Serp
PV SM A						
Pos	Perf	Name		AG		Club
1	2.5	Noel Reid		V35	M	Harrow/Southern Counties Vets
2	1.9	Manuel Da Silva	PB	V40	M	Thames Valley
3	1.7	Chris Hepworth	SB	SEN	M	Ealing Southall & Middx
4	1.5	Tony McGahan	SB	V65	M	Serpentine
PV SM B						
Pos	Perf	Name		AG		Club
1	2.5	Nick Andrews	SB	V50	M	Harrow
2	1.5	Stuart Leigh	SB	V55	M	Serpentine/Veterans
3	1.3	Bob Densley	SB	V70	M	Ealing Southall & Middx/Hillingdon
PV SW A						
Pos	Perf	Name		AG		Club
1	3.5	Megan Bailey		SEN	W	Harrow/Falmouth & Exeter SU/Cornwall AC
2	2.3	Helen Leadbetter		V35	W	Ealing Southall & Middx
3	2.2	Sarah Stephen	PB	U23	W	Thames Valley
PV SW B						
Pos	Perf	Name		AG		Club
1	1.9	Tanisha Hepworth	PB	SEN	W	Ealing Southall & Middx
2	1	Alex Mundell	SB	SEN	W	Thames Valley/Imperial
LJ SM A						
Pos	Perf	Name		AG		Club
1	6.8	Jude Bright-Davies		U23	M	Thames Valley/Oxford Uni/Track Academy
2	6.14	Richard Carr		V35	M	Harrow
3	5.04	Aaron Connell		U23	M	Hillingdon
4	4.64	AN Other		SEN	M	Highgate/MC
5	4.43	Chris Hepworth	SB	SEN	M	Ealing Southall & Middx
6	4.04	Stuart Leigh		V55	M	Serpentine/Veterans
LJ SM B						
Pos	Perf	Name		AG		Club
1	4.91	Samuel Nash		V45	M	Thames Valley/Track Academy/Southern Cour
LJ SW A						

Pos	Perf	Name	AG	Club
1	4.79	Demi Smith-Scott	U20 W	Hillingdon
2	4.78	Ashia Logie	PB U17 W	Highgate
3	4.24	Helen Leadbetter	V35 W	Ealing Southall & Middx
4	3.86	Alex Mundell	SB SEN W	Thames Valley/Imperial
5	3.23	Hel James	SB V65 W	Serpentine/Hastings AC/Veterans

LJ SW B

Pos	Perf	Name	AG	Club
1	4.45	Esme Devlin	PB U20 W	Hillingdon
2	3.96	Jade Sillere	U23 W	Highgate
3	3.42	Daisy Jowers	PB U23 W	Thames Valley
4	3.32	Tanisha Hepworth	PB SEN W	Ealing Southall & Middx

TJ SM A

Pos	Perf	Name	AG	Club
1	10.51	Manuel Da Silva	SB V40 M	Thames Valley

TJ SM B

Pos	Perf	Name	AG	Club
1	8.07	Samuel Nash	V45 M	Thames Valley/Track Academy/Southern Cour

TJ SW A

Pos	Perf	Name	AG	Club
1	9.99	Megan Bailey	PB SEN W	Harrow/Falmouth & Exeter SU/Cornwall AC
2	9.79	Esme Devlin	U20 W	Hillingdon
3	9.09	Helen Leadbetter	V35 W	Ealing Southall & Middx
4	8.25	Antonia Loizou	PB SEN W	Highgate
5	7.46	Alex Mundell	SB SEN W	Thames Valley/Imperial

TJ SW B

Pos	Perf	Name	AG	Club
1	9.65	Demi Smith-Scott	U20 W	Hillingdon
2	7.09	Rosie Vallance	SB U23 W	Thames Valley
3	6.5	AN Other	SEN W	Highgate/MC

SP7.26K SM A

Pos	Perf	Name	AG	Club
1	14.01	Marley Young	SEN M	Harrow/Cambridge Uni/Australia
2	12.82	Jack Paget	SB SEN M	Thames Valley/Loughborough Students
3	9.26	Glen Crowie	SEN M	Hillingdon
4	7.66	Chris Burbidge	PB V40 M	Ealing Southall & Middx
5	6.92	Stephen West	SB V45 M	Mornington Chasers
6	6.87	Alex Malzer	V50 M	Serpentine

SP7.26K SM B

Pos	Perf	Name	AG	Club
1	11.13	Khuwayne Linton	U23 M	Harrow
2	7.75	Keith Seldon	SB V60 M	Hillingdon/Veterans
3	6.45	Shami Umashankar	PB U20 M	Thames Valley
4	5.12	Nicola Barberis Negra	SB V40 M	Serpentine/Italy
5	4.98	Rich Berry	PB V45 M	West 4/Ealing Southall & Middx/Veterans

SP4K SW A

Pos	Perf	Name	AG	Club
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1	12.2	Pippa Wingate		SEN	W	Thames Valley
2	7.17	Mary Davies	SB	V45	W	Serpentine/South West Vets
3	6.66	Eliezer Elliott		U20	W	Ealing Southall & Middx
4	5.54	Antonia Loizou		SEN	W	Highgate

SP4K SW B

Pos	Perf	Name		AG		Club
1	11.34	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	5.17	Rachel Berry		V45	W	West 4/Veterans/Ealing Southall & Middx
3	4.87	Stephanie Vaatz	SB	V45	W	Serpentine/Germany

DT2K SM A

Pos	Perf	Name		AG		Club
1	43.61	Marley Young		SEN	M	Harrow/Cambridge Uni/Australia
2	38.2	Jack Paget	SB	SEN	M	Thames Valley/Loughborough Students
3	26.7	Glen Crowie	SB	SEN	M	Hillingdon
4	19.2	Alex Malzer	SB	V50	M	Serpentine
5	15.21	Stephen West	SB	V45	M	Mornington Chasers

DT2K SM B

Pos	Perf	Name		AG		Club
1	19.1	Keith Seldon	SB	V60	M	Hillingdon/Veterans
2	18.49	Harvey Griffiths	SB	V50	M	Harrow/Eastern Masters
3	17.12	Shami Umashankar		U20	M	Thames Valley
4	12.4	Tony McGahan		V65	M	Serpentine

DT1K SW A

Pos	Perf	Name		AG		Club
1	46.93	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	18.33	Lotte Visser	PB	SEN	W	Hillingdon/Netherlands
3	17.43	Mary Davies	SB	V45	W	Serpentine/South West Vets
4	15.77	Antonia Loizou	PB	SEN	W	Highgate
5	10.56	Rachel Berry	PB	V45	W	West 4/Veterans/Ealing Southall & Middx

DT1K SW B

Pos	Perf	Name		AG		Club
1	36.07	Pippa Wingate		SEN	W	Thames Valley
2	11.65	Stephanie Vaatz	SB	V45	W	Serpentine/Germany

HT7.26K SM A

Pos	Perf	Name		AG		Club
1	61.71	Jack Paget		SEN	M	Thames Valley/Loughborough Students
2	35.47	Marley Young		SEN	M	Harrow/Cambridge Uni/Australia

HT7.26K SM A

Pos	Perf	Name		AG		Club
3	20.37	Keith Seldon	SB	V60	M	Hillingdon/Veterans
4	16.87	Stephen West	PB	V45	M	Mornington Chasers
5	16.1	Alex Malzer		V50	M	Serpentine

HT7.26K SM B

Pos	Perf	Name		AG		Club
1	19.28	Glen Crowie	SB	SEN	M	Hillingdon
2	16.24	Harvey Griffiths		V50	M	Harrow/Eastern Masters

3	14.58	Shami Umashankar	PB	U20	M	Thames Valley
4	11.38	Tony McGahan		V65	M	Serpentine

HT4K SW A

Pos	Perf	Name		AG		Club
1	60.42	Pippa Wingate		SEN	W	Thames Valley
2	24.7	Mary Davies	SB	V45	W	Serpentine/South West Vets
3	17.49	Antonia Loizou	PB	SEN	W	Highgate

HT4K SW B

Pos	Perf	Name		AG		Club
1	45.93	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	13.28	AN Other		SEN	W	Serp

JT800 SM A

Pos	Perf	Name		AG		Club
1	48.95	Artur Jurgenson		SEN	M	Thames Valley/Estonia
2	31.76	Nick Andrews	SB	V50	M	Harrow
3	28.33	Keith Seldon	SB	V60	M	Hillingdon/Veterans
4	25.74	Stuart Leigh		V55	M	Serpentine/Veterans
5	19.74	Stephen West	SB	V45	M	Mornington Chasers
6	19.04	Chris Hepworth	PB	SEN	M	Ealing Southall & Middx

JT800 SM B

Pos	Perf	Name		AG		Club
1	31.29	Thomas Taylor		SEN	M	Thames Valley/Imperial College
2	25.17	Glen Crowie	SB	SEN	M	Hillingdon
3	18.32	Alex Malzer	SB	V50	M	Serpentine
4	16.49	Rich Berry	PB	V45	M	West 4/Ealing Southall & Middx/Veterans
5	15.93	Jason Kabel	PB	V45	M	Harrow

JT800 SM ns

Pos	Perf	Name		AG		Club
1	21.87	Harvey Griffiths	SB	V50	M	Harrow/Eastern Masters
2	18.45	Tony McGahan	SB	V65	M	Serpentine
3	15.46	Shami Umashankar	PB	U20	M	Thames Valley

JT600 SW A

Pos	Perf	Name		AG		Club
1	40.83	Lauren Britane		SEN	W	Thames Valley
2	20.05	Lotte Visser	SB	SEN	W	Hillingdon/Netherlands
3	15.27	Mary Davies	SB	V45	W	Serpentine/South West Vets
4	13.22	Rachel Berry	PB	V45	W	West 4/Veterans/Ealing Southall & Middx

JT600 SW B

Pos	Perf	Name		AG		Club
1	23.91	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	10.12	Hel James		V65	W	Serpentine/Hastings AC/Veterans

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Thames Valley Harriers	325.4	1.0			325.4	1.0
2	Harrow AC	183.5	2.0			183.5	2.0
3	ESM & Ealing Eagles ©	166.8	3.0			166.8	3.0
4	Highgate Harriers & Mornington Chasers ©	134.8	4.0			134.8	4.0
5	Serpentine Running Club	114.1	5.0			114.1	5.0
6	Hillingdon AC	110.5	6.0			110.5	6.0

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