



NATIONAL ATHLETICS LEAGUE 2021

REGION	NATIONAL ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Championship London	
MATCH	4	
P/FINISH	YES	

Date 28/08/2021
Venue LEE VALLEY ATHLETICS CENTRE - OUTDOOR
Host Club Enfield & Haringey AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
A	Enfield & Haringey AC	E&H		89.0	3.5	147.3	239.7
B	Havering AC	Have		202.3	11.6	143.2	357.1
C	Herne Hill Harriers	HHH		105.7	7.2	57.8	170.8
D	Kingston AC & Polytechnic Harriers	KP		38.2		58.5	96.7
-							

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Havering AC	357.1				357.1	
2	Enfield & Haringey AC	239.7				239.7	
3	Herne Hill Harriers	170.8				170.8	
4	Kingston AC & Polytechnic Harriers	96.7				96.7	
5							

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

NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021

100m Men A

Posn	No.	Athlete	Club	Perf
			Wind	2.9
1	D	Thomas WHITE (U20)	KP	11.06
2	A	Gilbert QUAYE (U20)	E&H	11.27
3	C	Andris THORPE (U20)	HHH	11.38
4	B	Karl TUCKER	Have	11.38
5				
6				

100m Men B

Posn	No.	Athlete	Club	Perf
			Wind	3.6
1	BX	Ronnie ADOMA (U17)	Have NS	10.89
2	DD	Matheus LEMES (U20)	KP	11.11
3	BB	Michael OKORO (U20)	Have	11.28
4	AA	Oliver ADNITT (U20)	E&H	11.30
5	CC	Nathan LATIGO (U20)	HHH	11.65
6	CX	Denzel BOYE (U20)	HHH NS	12.44

200m Men A

Posn	No.	Athlete	Club	Perf
			Wind	5.0
1	D	Matheus LEMES (U20)	KP	22.35
2	C	Isaac OGUNLADE	HHH	22.58
3	A	Gilbert QUAYE (U20)	E&H	22.68
4	B	Akeem AKINTOKUN	Have	22.88
5				
6				

200m Men B

Posn	No.	Athlete	Club	Perf
			Wind	3.7
1	BB	Ronnie ADOMA (U17)	Have	22.30
2	CC	Nathan LATIGO (U20)	HHH	23.27
3	CX	Andris THORPE (U20)	HHH NS	23.35
4	BX	Louis BERRETT (U20)	Have NS	24.78
5	D	Matheus LEMES (U20)	KP	25.52
6				

400m Men A

Posn	No.	Athlete	Club	Perf
1	A	Callum DODDS	E&H	48.27
2	B	Matthew AGNIMEL	Have	49.75
3	BB	Jacob BLANC (U17)	Have	53.53
4	AA	Joshua STERLING	E&H	53.96
5				
6				

400m Men B

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

800m Men A

Posn	No.	Athlete	Club	Perf
1	BB	Ben DAVIS	Have	01:58.64
2	B	Dan PETERS (U17)	Have	01:59.19
3	A	Semi MOKENEN (U20)	E&H	01:59.55
4	BX	Louis BERRETT (U20)	Have NS	02:03.22
5	C	Adam WESTBURY	HHH	02:08.13
6	CC	David AISA MILLER (U17)	HHH	02:17.31

800m Men B

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

1500m Men A

Posn	No.	Athlete	Club	Perf
1	B	Grant TWIST	Have	04:04.67
2	A	Thomas CURSLEY	E&H	04:18.74
3	C	Simon COOMBES	HHH	04:22.04
4				
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	BB	Alex FORD (U20)	Have	04:10.59
2	BX	Kieran O'HARA	Have NS	04:13.52
3	CC	Robin BEBBINGTON (U17)	HHH	04:25.33
4				
5				
6				

**NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021****5000m Men A**

Posn	No.	Athlete	Club	Perf
1	B	James CONNOR	Have	15:09.20
2	CC	Jeff CUNNINGHAM	HHH	16:33.40
3	A	Constantinos TIMINIS	E&H	17:12.60
4				
5				
6				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	BB	James STEWART	Have	15:51.19
2	C	Simon COOMBES	HHH	16:54.73
3				
4				
5				
6				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	B	Robert WARNER	Have	10:03.34
2	C	Jeff CUNNINGHAM	HHH	10:53.56
3				
4				
5				
6				

3000m S/Chase Men B

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

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	C	Isaac OGUNLADE	HHH	54.56
2	A	Miles SIZER	E&H	57.54
3	B	Adam MCCARTHY	Have	61.01
4	D	Chris HALL	KP	61.96
5				
6				

400m Hurdles Men B

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

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	Wind
1	B	Karl TUCKER	Have	16.05	4.3
2	D	Chris HALL	KP	17.19	
3	BB	Luke WILLIAMS	Have	19.65	
4					
5					
6					

110m Hurdles Men B

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

100m NS Men A

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					
4					
5					
6					
7					
8					

100m NS Men B

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					
4					
5					
6					
7					
8					

NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	A	Oliver ADNITT (U20)	E&H	6.52 2.1
2	D	Benjamin SOPTA-SHELDRAKE (U20)	KP	6.52 2.4
3	B	Jacob BLANC (U17)	Have	6.28 1.9
4	C	Ignatius ABEBRESE (U20)	HHH	6.06 4.4
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Joe APPIAH	Have	5.87 2.4
2	CC	Dante CLARKE (U17)	HHH	5.83 1.9
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	A	Oliver ADNITT (U20)	E&H	1.80
2	CC	Dante CLARKE (U17)	HHH	1.80
3	D	Benjamin SOPTA-SHELDRAKE (U20)	KP	1.70
4	BB	Joe APPIAH	Have	1.60

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	AA	Devontae WEBB (U17)	E&H	1.80
2	B	Bradley JAMES (U20)	Have	1.60

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	C	Ignatius ABEBRESE (U20)	HHH	14.15 3.6
2	BB	Joe APPIAH	Have	12.22 2.2
3	D	Chris HALL	KP	11.90 2.4
4				
5				
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	B	Luke WILLIAMS	Have	10.15 1.9
2				
3				
4				
5				
6				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	AA	Glen MORRIS (U17)	E&H	4.13
2	B	Luke WILLIAMS	Have	3.73
3	D	Bilen AHMET	KP	3.73

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	D	Nick OWEN	KP	13.33
2	AA	Piotr MIKOLAJCZAK	E&H	12.28
3	B	Duane JIBUNOH	Have	12.14
4	C	Nnaemeka ANYAMELE	HHH	9.01
5				
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	A	Stewart MAXWELL	E&H	8.28
2				
3				
4				
5				
6				

**NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021****Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	B	Duane JIBUNOH	Have	43.70
2	D	Nick OWEN	KP	36.81
3	A	Amir ZAREI	E&H	35.76
4	C	Nnaemeka ANYAMELE	HHH	29.28
5				
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	AA	Dalian RICHMOND	E&H	27.27
2	BB	Luke WILLIAMS	Have	18.66
3				
4				
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	D	Nick OWEN	KP	32.79
2	AA	Dalian RICHMOND	E&H	23.43
3	B	Duane JIBUNOH	Have	20.76
4				
5				
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	A	Sam MOYLAN	E&H	21.33
2	BB	Karl TUCKER	Have	13.40
3				
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	B	Peter BRINTON-QUINN (U20)	Have	56.48
2	AA	Michael PETRONE (U20)	E&H	37.04
3	C	Garth FRANCIS	HHH	28.29
4				
5				
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Duane JIBUNOH	Have	45.19
2	A	Stewart MAXWELL	E&H	33.86
3	CC	Nnaemeka ANYAMELE	HHH	22.48
4				
5				
6				

4 x 100m Men A

Posn	No.	Runners	Club	Perf
1	C	Dante CLARKE (U17) Nathan LATIGO (U20) Denzel BOYE (U20) Andris THORPE (U20)	HHH	48.73
2				
3				
4				
5				
6				

4 x 400m Men A

Posn	No.	Runners	Club	Perf
1	A	Gilbert QUAYE (U20) Thomas CURSLEY Miles SIZER Oliver ADNITT (U20)	E&H	03:43.37
2				
3				
4				
5				
6				

NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021

100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					2.4
1	A	Emmanuella QUAYE (U17)	E&H	12.02	
2	B	Esther AGNIMEL (U20)	Have	12.28	
3	C	Makarius MENSAH (U17)	HHH	13.30	
4					
5					
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					2.4
1	AA	Elise MODESTE	E&H	12.16	
2	CX	Maleeka TAYLOR (U17)	HHH NS	13.05	
3	CC	Jaydine ROBINSON (U17)	HHH	13.11	
4	BB	Shalom GBADEBO (U20)	Have	13.32	
5					
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
					3.5
1	B	Olivia BOACHIE (U17)	Have	25.53	
2	BB	Shalom GBADEBO (U20)	Have	28.10	
3					
4					
5					
6					

200m Women B

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

400m Women A

Posn	No.	Athlete	Club	Perf
1	B	Stephanie OKORO (U17)	Have	58.23
2	C	Zoe TOMPKINS	HHH	60.92
3	CC	Sarah GROVER	HHH	64.23
4	BB	Nina BRENNAN	Have	65.57
5				
6				

400m Women B

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

800m Women A

Posn	No.	Athlete	Club	Perf
1	C	Zoe TOMPKINS	HHH	02:18.72
2	B	Molly SWEETMAN (U20)	Have	02:23.05
3	BB	Rebecca O'ROURKE (U20)	Have	02:57.53
4				
5				
6				

800m Women B

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

1500m Women A

Posn	No.	Athlete	Club	Perf
1	B	Natalie SEWELL (U17)	Have	04:42.13
2				
3				
4				
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	BB	Sophie RAND	Have	05:43.50
2				
3				
4				
5				
6				

NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021

3000m Women A

Posn	No.	Athlete	Club	Perf
1	C	Sarah GROVER	HHH	10:49.31
2	B	Morgan CAMPBELL	Have	11:14.70
3				
4				
5				
6				

3000m Women B

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

2000m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	B	Sydney FOLEY (U20)	Have	07:36.77
2				
3				
4				
5				
6				

2000m S/Chase Women B

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

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	B	Felicity CLARKE	Have	64.38
2	BB	Claire BRENNAN	Have	70.50
3	A	Lauren MACEY	E&H	70.91
4				
5				
6				

400m Hurdles Women B

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

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	B Chloe WILLIAMS	Have	14.15	1.4
2	A Grace IYINBOR (U20)	E&H	16.20	
3	BB Felicity CLARKE	Have	17.12	
4				
5				
6				

100m Hurdles Women B

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

100m NS Women A

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					
4					
5					
6					
7					
8					

100m NS Women B

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					
4					
5					
6					
7					
8					

NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	B	Stephanie OKORO (U17)	Have	5.91 4.5
2	C	Jaydine ROBINSON (U17)	HHH	4.37 3.6
3	AA	Mia WRIGHT (U20)	E&H	4.08 5.3
4				
5				
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Ellie WATSON	Have	3.86 2.4
2				
3				
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	AA	Jessica SMITH	E&H	1.45
2	BB	Ellie WATSON	Have	1.33

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	A	Grace IYINBOR (U20)	E&H	1.40
2	B	Chloe WILLIAMS	Have	1.33

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	C	Makarius MENSAH (U17)	HHH	10.85 2.0
2	AA	Mia WRIGHT (U20)	E&H	9.31 4.1
3				
4				
5				
6				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	A	Jenny SHEASBY	E&H	2.63

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	AA	Tolani ARADEON (U17)	E&H	2.43

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	A	Melanie HARRISON	E&H	9.84
2	B	Alice BROWN (U20)	Have	9.18
3				
4				
5				
6				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Anne-prisca DJONDO (U20)	Have	9.09
2	AA	Jessica SMITH	E&H	8.72
3				
4				
5				
6				

**NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021****Discus Women A**

Posn	Bib	Athlete	Club	Perf
1	B	Alice BROWN (U20)	Have	40.73
2	A	Melanie HARRISON	E&H	32.79
3				
4				
5				
6				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Katie ENNIS (U17)	Have	31.18
2	AA	Jessica SMITH	E&H	22.61
3				
4				
5				
6				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	A	Melanie HARRISON	E&H	31.18
2	DD	Natalie MILLER	KP	26.83
3	B	Nina BRENNAN	Have	17.27
4				
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Anne-prisca DJONDO (U20)	Have	8.71
2				
3				
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	D	Natalie MILLER (U20)	KP	24.03
2	AA	Jessica SMITH	E&H	23.11
3	B	Claire BRENNAN	Have	19.16
4				
5				
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	A	Melanie HARRISON	E&H	22.46
2				
3				
4				
5				
6				

4 x 100m Women A

Posn	No.	Runners	Perf
1	B	Felicity CLARKE Esther AGNIMEL (U20) Shalom GBADEBO (U20) Chloe WILLIAMS	Have 52.40
2	C	Shanice DALEY (U20) Maleeka TAYLOR (U17) Jaydine ROBINSON (U17) Makarius MENSAH (U17)	HHH 53.22
3			
4			
5			
6			

4 x 400m Women A

Posn	No.	Runners	Perf
1	B	Felicity CLARKE Natalie SEWELL (U17) Chloe WILLIAMS Olivia BOACHIE (U17)	Have 04:05.81
2			
3			
4			
5			
6			

**NATIONAL ATHLETICS LEAGUE LEE VALLEY ATHLETICS CENTRE - OUTDOOR Match 4 28/08/2021****100m NS Men A**

Posn	No.	Athlete	Club	Perf
			Wind =	1.7
1	4	Emmanuel JAH-TUCKER	HHH	12.14
2	2	Daniel OGUTUGA	E&H	12.25
3	1	Malakai WATSON	E&H	12.33

200m NS Men A

Posn	No.	Athlete	Club	Perf
			Wind =	3.7
1	64	Denzel BOYE	HHH	25.45
2	33	Steve RAND	Have	45.13

400m Hurdles (GUEST)

Posn	No.	Athlete	Club	Perf
1	7	Steven GARRETT	Sheff	56.69

Triple Jump Men - Non-windy Jumps

Posn	No.	Athlete	Club	Perf	Wind
	C	Ignatius ABERESE (U20)	HHH	13.44	1.3

Triple Jump Women - Non-windy Jumps

Posn	No.	Athlete	Club	Perf	Wind
	AA	Mia WRIGHT (U20)	E&H	8.90	2.0

Long Jump Men - Non-windy Jumps

Posn	No.	Athlete	Club	Perf	Wind
	A	Oliver ADNITT (U20)	E&H	6.51	1.2
	D	Benjamin SOPTA-SHELDRAKE (U20)	U KP	6.41	1.5
	BB	Joe APPIAH	Have	5.76	1.8
	C	Ignatius ABEBRESE (U20)	HHH	3.55	1.9

Long Jump Women - Non-windy Jumps

Posn	No.	Athlete	Club	Perf	Wind
	AA	Mia WRIGHT (U20)	E&H	4.03	1.4
	BB	Ellie WATSON	Have	3.67	1.5