

## Southern Athletics League, Round 4, Thurrock Sat 11th September 2021

Posn	Team Name	Points
1	Thurrock Harriers	301.6
2	Havering AC	280.0
3	Woodford Green AC with Essex Ladies	144.9
4	Ilford AC	126.8
5	Newham & Essex Beagles AC	105.3

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Emma Ramsden U20	1	12.98	100	Rachel Kerr	5 14.38
200	Emma Ramsden U20	2	27.34	200	Rachel Kerr	DQ
400	Nina Brennan	3	65.44	400	Paris King U17	1 86.15
800	Hannah Yexley U17	3	2:31.70	800	-	
1500	Maddie Barker U17	1	4:54.58	1500	Freya Long U17	1 5:26.08
5000	Ginte Bailey	1	18:39.78	100H	Chloe Williams	1 15.08
L.J.	Stephanie Okoro U17	1	5.50	L.J.	Amy Kilner U20	3 2.76
T.J.	Alice Atkins	3	8.46	T.J.	Amy Kilner U20	2 7.22
P.V.	Katie Ennis U17	1	2.22	P.V.		
S.P.	Nina Brennan	3	7.54	S.P.	Alice Atkins U20	2 6.31
D.T.	Katie Ennis U17	2	31.29	D.T.	Hannah Yexley U17	1 30.55
H.T.	Nina Brennan	3	16.18	H.T.	Alice Atkins U20	2 16.13
J.T.	Katie Ennis U17	2	21.60	J.T.	Alice Atkins U20	2 13.76
4x100	Emma Ramsden, Paris King, Stephanie Okoro, Rachel Kerr				1	51.15
4x400	MIXED: Hannah Yexley, Paul Kavanagh, Maddie Barker, James Stewart				1	4:11.21

Non Scoring: 200: Amy Kilner 31.89

EVENT	A STRINGS	Pos.	Time/Dist	B STRINGS	Pos.	Time/Dist
100	Michael Okoro U20	4	11.61	100	Reece Malcolm U17	3 12.04
200	Matthew Agnimel	1	22.87	200	Michael Okoro U20	2 24.13
400	Matthew Agnimel	1	49.84	400	Ronnie Adoma U17	1 53.63
800	Kieran O'Hara	4	2:03.75	800	Paul Kavanagh	4 2:08.99
1500	Sam Atkins	3	4:23.15	1500	Shane Hart U17	2 4:36.65
3000	James Stewart	2	9:12.84	3000	John Whitehead	3 13:21.92
110H	Karl Tucker	1	16.93	3k S/C	Rob Warner	1 10:01.64
L.J.	Ridwan Salaam	2	5.70	L.J.	Reece Malcolm	2 5.11
H.J.	Aaron Freshwater	2	1.65	H.J.	Ridwan Salaam	2 1.50
T.J.	Aaron Freshwater	2	11.77	P.V.	Arron Bonning	1 3.00
S.P.	Duane Jibunoh	2	11.55	S.P.	Arron Bonning	1 8.84
D.T.	Duane Jibunoh	1	43.25	D.T.	Arron Bonning	1 24.43
H.T.	Steve Rand	5	10.67	H.T.	Martin Chester	2 8.26
J.T.	Duane Jibunoh	1	49.06	J.T.	Arron Bonning	2 34.21
4x100	Michael Okoro, Ronnie Adoma, Karl Tucker, Matthew Agnimel				1	45.11
4x400	MIXED: Stephanie Okoro, Ronnie Adoma, Nina Brennan, Michael Okoro				2	3:51.38