



NATIONAL ATHLETICS LEAGUE 2021

REGION	NATIONAL ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Championship East	
MATCH	3	
P/FINISH	YES	

Date 07/08/2021
 Venue CHELMSFORD SPORT & ATHLETICS CENTRE
 Host Club Chelmsford AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
A	Bedford & County AC	Bed	30	79.9	5.7	103.9	219.4
B	Chelmsford AC	Chelms	50	153.8	21.7	156.3	381.8
C	Herts Phoenix AC	Herts P	25	84.3	10.7	76.8	196.8
D	Peterborough & Nene Valley AC	PNV	30	100.3	6.0	150.1	286.4
E	Southend On Sea AC	Send		87.1	5.8	60.3	153.2

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Chelmsford AC	381.8				381.8	
2	Peterborough & Nene Valley AC	286.4				286.4	
3	Bedford & County AC	219.4				219.4	
4	Herts Phoenix AC	196.8				196.8	
5	Southend On Sea AC	153.2				153.2	

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	39
REMAINING	<u><u>1</u></u>



NATIONAL ATHLETICS LEAGUE 2021



NATIONAL ATHLETICS LEAGUE 2021

NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021

100m Men A

Posn	No.	Athlete	Club	Perf
			Wind	-1.7
1	E	Shemar BOLDIZSAR	Send	10.95
2	B	Lewis THORN	Chelms	11.22
3	A	William BIZIKI (U20)	Bed	11.63
4	D	Sean GARMORY	PNV	11.74
5	C	Luke PARRY	Herts P	14.31
6				

100m Men B

Posn	No.	Athlete	Club	Perf
			Wind	-2.4
1	EE	Joseph AGBODZA	Send	11.47
2	BB	Nathaniel SHERGER	Chelms	11.51
3	DD	Abraham JONES	PNV	11.97
4	AA	Steven MIENAMBOLO (U20)	Bed	12.08
5	AX	Will MACGEE	Bed NS	12.70
6				

200m Men A

Posn	No.	Athlete	Club	Perf
			Wind	-00.20
1	E	Shemar BOLDIZSAR	Send	21.53
2	A	William BIZIKI (U20)	Bed	23.34
3	B	Adam REID (U20)	Chelms	23.36
4	D	Abraham JONES	PNV	23.94
5				
6				

200m Men B

Posn	No.	Athlete	Club	Perf
			Wind	-02.10
1	BB	Nathaniel SHERGER	Chelms	24.48
2	DD	Alastair PHELAN	PNV	24.89
3	AA	Will MACGEE	Bed	26.03
4				
5				
6				

400m Men A

Posn	No.	Athlete	Club	Perf
1	E	Mitchell LAWRENCE	Send	50.12
2	DD	Sean GARMORY	PNV	50.99
3	B	Joe WELLS	Chelms	51.94
4	C	Thando MEMEZA	Herts P	54.56
5				
6				

400m Men B

Posn	No.	Athlete	Club	Perf
1	D	David BROWN	PNV	51.63
2	BB	Bradley REED	Chelms	65.12
3				
4				
5				
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	D	Alex HAMPSON	PNV	01:55.14
2	B	Thomas WOODWARD (U20)	Chelms	02:06.32
3	C	Thando MEMEZA	Herts P	02:10.78
4				
5				
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	DD	Archie RAINBOW	PNV	01:56.86
2	BB	Paul OWEN	Chelms	02:11.82
3				
4				
5				
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	A	Jamie WEBSTER (U20)	Bed	04:16.41
2	EE	Rhys GILLARD	Send	04:22.54
3	C	Steve PROSSER	Herts P	04:33.45
4	B	Ethan REILLY (U20)	Chelms	04:38.41
5				
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	AA	Craig EMMERSON	Bed	04:17.18
2	E	Kane PUGSLEY (U20)	Send	04:44.01
3	BB	Samuel WAITE (U20)	Chelms	04:44.24
4				
5				
6				



NATIONAL ATHLETICS LEAGUE 2021

NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021

3000m Men A

Posn	No.	Athlete	Club	Perf
1	B	Scott COUSINS	Chelms	08:51.28
2	A	Craig EMMERSON	Bed	09:13.51
3	D	Nathan BUNTING	PNV	09:15.35
4	EE	Lee TAYLOR	Send	09:35.42
5	C	Steve PROSSER	Herts P	10:39.53
6				

REC

3000m Men B

Posn	No.	Athlete	Club	Perf
1	E	Max STAPLETON (U20)	Send	09:38.42
2	BB	Ken HOYE	Chelms	10:22.10
3				
4				
5				
6				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	C	William REILLY (U20)	Herts P	10:37.80
2	B	Ken HOYE	Chelms	11:12.82
3	D	James MACDONALD	PNV	12:17.78
4	E	Nacho FERNANDEZ DE ARROYABE	Send	13:07.09
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	Wind
1	B	Bradley REED	Chelms	57.83	
2	D	Sean REIDY	PNV	58.71	
3					
4					
5					
6					

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Wind
1	BB	Luke KETEELEERS	Chelms	59.30	
2	DD	Alastair PHELAN	PNV	63.48	
3					
4					
5					
6					

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	E	Joseph AGBODZA	Send	15.08
2	B	Bradley REED	Chelms	16.51
3	D	Sean REIDY	PNV	19.04
4				
5				
6				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	BB	Luke KETEELEERS	Chelms	17.87
2	EE	Greg GOODREM	Send	19.40
3				
4				
5				
6				

100m N/S Men A

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

100m N/S Men B

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



NATIONAL ATHLETICS LEAGUE 2021

NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	B	Temilolu ALO (U20)	Chelms	6.48
2	D	Tomi OGUNYOYE	PNV	6.48
3				
4				
5				
6				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Oliver EARLY (U20)	Chelms	6.08
2				
3				
4				
5				
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	D	Tomi OGUNYOYE	PNV	1.95
2	CC	Edward LAWS (U20)	Herts P	1.67
3	E	Greg GOODREM	Send	1.67

High Jump Men B

Posn	Bib	Athlete	Club	Perf
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Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	B	Temilolu ALO (U20)	Chelms	12.64
2	D	Alexander INGHAM	PNV	11.51
3	E	Greg GOODREM	Send	10.50
4				
5				
6				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Bradley REED	Chelms	10.82
2				
3				
4				
5				
6				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	D	Angus BOWLING (U20)	PNV	3.51
2	B	Oliver EARLY (U20)	Chelms	2.91
3	E	Nacho FERNANDEZ DE ARROYABE	Send	2.11

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Paul OWEN	Chelms	2.11

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	D	James DODS	PNV	14.03
2	B	Yasha BOBASH	Chelms	11.08
3	EE	James MONCRIEFF	Send	10.67
4	A	Roy CHAMBERS	Bed	9.10
5	C	James GROVE	Herts P	8.47
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	DD	Simon ACHURCH	PNV	11.15
2	E	Nacho FERNANDEZ DE ARROYABE	Send	9.30
3	BB	Luke KETELEERS	Chelms	9.10
4				
5				
6				



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Discus Men A

Posn	Bib	Athlete	Club	Perf
1	D	James DODS	PNV	33.32
2	B	Michael BARTLETT	Chelms	31.99
3	C	James GROVE	Herts P	31.42
4	E	James MONCRIEFF	Send	30.32
5	A	Roy CHAMBERS	Bed	28.07
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	DD	Simon ACHURCH	PNV	33.08
2	BB	Luke KETELEERS	Chelms	27.18
3				
4				
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	B	Yasha BOBASH	Chelms	47.34
2	D	Simon ACHURCH	PNV	40.99
3	C	James GROVE	Herts P	33.23
4	EE	James MONCRIEFF	Send	24.44
5				
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	BB	Samuel LARKINS	Chelms	34.59
2	DD	James DODS	PNV	23.82
3	E	Nacho FERNANDEZ DE ARROYABE	Send	16.02
4				
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	D	Alexander INGHAM	PNV	52.19
2	A	Roy CHAMBERS	Bed	45.31
3	E	Nacho FERNANDEZ DE ARROYABE	Send	37.48
4	BB	Luke KETELEERS	Chelms	31.20
5				
6				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	DD	Simon ACHURCH	PNV	42.14
2	B	Joe WELLS	Chelms	30.89
3	EE	Greg GOODREM	Send	25.68
4				
5				
6				

4 x 100m Men A

Posn	No.	Runners	Perf
1	E	Greg GOODREM Mitchell LAWRENCE Joseph AGBODZA Shemar BOLDIZSAR	Send 44.00
2	B	Bradley REED Temilolu ALO (U20) Luke KETELEERS Nathaniel SHERGER	Chelms 44.51
3			
4			
5			
6			

4 x 400m Men A

Posn	No.	Runners	Perf
1	D	David BROWN Sean GARMORY Alastair PHELAN Archie RAINBOW	PNV 03:26.52
2	B	Adam REID (U20) Paul OWEN Marcus HUNT Joe WELLS	Chelms 03:29.04
3			
4			
5			
6			

**NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021****100m Women A**

Posn	No.	Athlete	Club	Perf
			Wind	-2.9
1	A	Etienne MAUGHAN (U17)	Bed	12.59
2	B	Kissiwaa MENSAH (U17)	Chelms	12.66
3	C	Amelia GITTENS (U17)	Herts P	12.77
4	E	Vicky STAINES	Send	13.93
5				
6				

100m Women B

Posn	No.	Athlete	Club	Perf
			Wind	-3.3
1	AA	Serena VAN BEEK (U20)	Bed	13.59
2	CX	Emma AFARI (U20)	Herts P NS	13.66
3	CC	Jessica POON (U20)	Herts P	13.68
4	BB	Georgia TOMBS (U20)	Chelms	13.90
5				
6				

200m Women A

Posn	No.	Athlete	Club	Perf
			Wind	-02.70
1	A	Etienne MAUGHAN (U17)	Bed	25.10
2	B	Kissiwaa MENSAH (U17)	Chelms	25.52
3	C	Sophie SEGUN	Herts P	25.97
4	E	Vicky STAINES	Send	30.10
5				
6				

200m Women B

Posn	No.	Athlete	Club	Perf
			Wind	-03.30
1	CX	Amelia GITTENS (U17)	Herts P NS	26.11
2	BB	Erin MINTON-BRANFOOT	Chelms	26.24
3	CC	Nathalia DUNBAR (U20)	Herts P	26.67
4	AA	Serena VAN BEEK (U20)	Bed	27.61
5				
6				

400m Women A

Posn	No.	Athlete	Club	Perf
1	C	Lauren RULE	Herts P	54.86
2	B	Erin MINTON-BRANFOOT	Chelms	58.10
3	E	Sophie ANDERSON (U20)	Send	61.99
4				
5				
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	CC	Serena THOMAS (U20)	Herts P	60.86
2	BB	Georgia TOMBS (U20)	Chelms	64.24
3				
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	D	Helena DARRAGH	PNV	02:25.31
2	B	Hannah BOLTON (U20)	Chelms	02:28.45
3	A	Alicia ATHERSMITH (U20)	Bed	02:33.91
4	E	Grace RALSTON	Send	02:38.52
5				
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	BB	Rebecca QUINLAN	Chelms	02:31.09
2	AA	Emma SMITH (U20)	Bed	02:35.41
3				
4				
5				
6				

1500m Women A

Posn	No.	Athlete	Club	Perf
1	B	Megan WILLIAMS	Chelms	04:53.85
2	C	Lottie ROWEDDER	Herts P	05:00.45
3	D	Ellie RAINBOW (U20)	PNV	05:13.11
4	E	Grace RALSTON	Send	05:36.09
5				
6				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	BB	Faye SWEETING (U20)	Chelms	06:38.99
2				
3				
4				
5				
6				

**NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021****3000m Women A**

Posn	No.	Athlete	Club	Perf
1	C	Lottie ROWEDDER	Herts P	10:31.60
2	D	Chloe FINLAY	PNV	10:43.89
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	Hannah BOLTON (U20)	Chelms	08:14.33
2				
3				
4				
5				
6				

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	BB	Faye SWEETING (U20)	Chelms	10:29.20
2				
3				
4				
5				
6				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	A	Leanne BUXTON	Bed	68.66
2	B	Erin MINTON-BRANFOOT	Chelms	95.54
3				
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	C Chloe VERNON-HAMILTON	Herts P	15.83	-3.8
2	D Jessica DIXON WALKER	PNV	16.51	
3	B Ndidikama OKOH (U20)	Chelms	22.74	
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	98		No Compet		
2					
3					
4					
5					
6					

100m N/S Women A

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

100m N/S Women B

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

**NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	A	Belinda SERGENT	Bed	5.44
2	C	Chloe VERNON-HAMILTON	Herts P	5.43
3	D	Ellie-Mae STOKES	PNV	5.01
4	B	Ndidikama OKOH (U20)	Chelms	4.28
5				
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	DD	Jamelia HENSON	PNV	3.94
2	BB	Clare ST JOHN-COLEMAN	Chelms	3.81
3				
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	A	Leonie BRUNNING (U20)	Bed	1.55
2	D	Grace TIDMAN (U20)	PNV	1.45
3	C	Emma AFARI (U20)	Herts P	1.31

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	DD	Jessica DIXON WALKER	PNV	1.31
2	CC	Jessica POON (U20)	Herts P	1.31

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	A	Belinda SERGENT	Bed	12.34
2	BB	Ndidikama OKOH (U20)	Chelms	9.65
3	D	Ellie-Mae STOKES	PNV	9.53
4				
5				
6				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	AA	Leonie BRUNNING (U20)	Bed	10.61
2	B	Faye SWEETING (U20)	Chelms	8.61
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	B	Shannon RAPACCHI	Chelms	3.22
2	A	Jemma EASTWOOD	Bed	3.02

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	B	Omolola KUPONIYI (U20)	Chelms	13.56
2	C	Chloe VERNON-HAMILTON	Herts P	13.08
3	A	Leanne BUXTON	Bed	10.45
4	D	Andrea JENKINS	PNV	9.06
5	E	Susan BROWN	Send	4.91
6				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Alexandrea ADENIJI (U20)	Chelms	11.52
2	AA	Caitlin BLACKWELL	Bed	8.12
3	DD	Jamelia HENSON	PNV	7.20
4				
5				
6				

**NATIONAL ATHLETICS LEAGUE CHELMSFORD SPORT & ATHLETICS CENTRE Match 3 07/08/2021****Discus Women A**

Posn	Bib	Athlete	Club	Perf
1	D	Andrea JENKINS	PNV	33.62
2	A	Suzanna WISE	Bed	30.62
3	C	Chloe VERNON-HAMILTON	Herts P	28.34
4	BB	Shirley QUINN	Chelms	23.34
5	E	Susan BROWN	Send	13.22
6				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	B	Omolola KUPONIYI (U20)	Chelms	21.03
2	AA	Caitlin BLACKWELL	Bed	18.75
3	DD	Jamelia HENSON	PNV	14.85
4				
5				
6				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	C	Libby TAYLOR (U20)	Herts P	44.47
2	D	Andrea JENKINS	PNV	44.39
3	B	Josephine LARKINS (U20)	Chelms	43.59
4	A	Suzanna WISE	Bed	37.86
5	E	Susan BROWN	Send	16.32
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	BB	Ndidikama OKOH (U20)	Chelms	33.24
2	AA	Cliona BLACKWELL	Bed	30.15
3				
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	D	Ellie-Mae STOKES	PNV	31.79
2	C	Georgia SHEPHARD-GAZELY (Herts P)	Herts P	30.35
3	A	Leanne BUXTON	Bed	26.79
4	B	Olivia MAYHEW (U20)	Chelms	22.32
5	E	Susan BROWN	Send	10.98
6				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	CC	Chloe VERNON-HAMILTON	Herts P	30.02
2	DD	Andrea JENKINS	PNV	18.27
3	AA	Caitlin BLACKWELL	Bed	17.33
4	BB	Shirley QUINN	Chelms	7.66
5				
6				

4 x 100m Women A

Posn	No.	Runners	Perf
1	C	Nathalia DUNBAR (U20) Emma AFARI (U20) Sophie SEGUN Amelia GITTENS (U17)	Herts P 49.92
2	B	Kissiwaa MENSAH (U17) Erin MINTON-BRANFOOT Olivia MAYHEW (U20) Georgia TOMBS (U20)	Chelms 51.42
3	A	Leonie BRUNNING (U20) Etienne MAUGHAN (U17) Serena VAN BEEK (U20) Leanne BUXTON	Bed 51.49
4			
5			
6			

4 x 400m Women A

Posn	No.	Runners	Perf
1	B	Erin MINTON-BRANFOOT Georgia TOMBS (U20) Hannah BOLTON (U20) Megan WILLIAMS	Chelms 04:20.13
2	C	Serena THOMAS (U20) Lottie ROWEDDER Jasmine DURU (U20) Nathalia DUNBAR (U20)	Herts P 04:31.11
3			
4			
5			
6			