

HARROW ATHLETIC CLUB

NAL PREMIERSHIP: WINDSOR SATURDAY 1 JUNE

Overall Team Results

1. HARROW 645
2. TVH 605
3. Windsor 463.5
4. Glasgow 436.5
5. Woodford Green 425
6. Birchfield 388.5
7. Sale 371.5
8. Blackheath 345.5

Men's Team Results

1. HARROW 313
2. TVH 258
3. Birchfield 211
4. Glasgow 194
5. Windsor 182
6. Woodford 172
7. Sale 169
8. Blackheath 145

Men's Individual Results

Event	A	Athlete	Result	B	Athlete	Result
100	2	Jahde Williams	10.84 (-4.5)	1	Harry Taylor	10.75 (-2.8)
100 N/S		Zayn AzadDaffery	11.41			
200	2	Jahde Williams	21.35 (- 1.4)	1	Harry Taylor	21.63 (- 0.7)
400	3	Michael Fagbente	46.95 PB	2	Connor Neal	47.66
800	7	Jaran Singh	1.55.90	3	Tom Hockley	1.57.14 PB
1500	3	Neil Johnston	3.51.81	3	Luke Dinsmore	4.00.97
5000	3	Jonathan Collier	14.30.15	1	John Craig	14.48.80
110H	3	Miguel Perera	14.42 (-1.0)	2	Dajon Wright	15.92 (- 1.5)
400H	6	Max Schopp	54.95	5	Adam Rowlands	57.51
3000 S/C	1	Terry Fawden	9.11.20	1	Damian Nevins	9.52.14 PB
3000 S/C	Guest	Rhys Rowlands	10.44.59			
HJ	4	Divine Duruaku	2.00	1	Tayo Andrews	1.95
PV	1	Owen Heard	5.30	1	Franco Perinotti	4.00
LJ	2	James Lelliott	7.15	2	Rob Worman	6.92
TJ	2	Chuko Cribb	14.86	1	Daniel Igbokwet	13.69
Shot	1	Angus Lockhart	15.90 PB	1	Zac Davies	15.18
Discus	5	Zac Davies	44.99	3	James Lelliott	35.66
Hammer	4	Owen Merrett	62.06 PB	2	Harry Ricketts	59.49
Javelin	2	Conor Martin	65.38 PB	2	Callum Taylor	60.52
4 x 100	1	Zayn, Destiny, Connor, Harry	41.43			
4 x 400	1	Tom 49.4, Max 51.0, Connor 47.8, Michael 48.4	3.16.56			

NAL FIXTURES 2024

Sunday 7 July @ Woodford

Saturday 3 August @ Birmingham

Women's Team Results

1. TVH 297, 2. HARROW 282, 3. Windsor 231.5, 4. Woodford 203, 5. Glasgow 192.5, 6. Sale 152.5, 7. Blackheath 150.5, 8. Birchfield 127

Women's Individual Results

Event	A	A athlete	A result	B	B athlete	B result
100	1	Shiloh Wright-Taipow	11.89 (- 0.3)	3	Susan Folorunso	12.18 (-1.5)
100 (N/S)		Marli Jessop	12.14PB (-2.5)			
200	2	Shiloh W-T	24.22 (- 0.8)	3	Millie King	24.90
400	1	Poppy Malik	52.96	3	Rachel McCann	56.02
400 (N/S)		Cassie Southgate	60.97			
800	4	Suzie Monk	2.10.32	1	Suzy LeCoutre	2.13.31
1500	3	Suzie Monk	4.28.26	1	Rebekah Osborne	4.28.37
5000	2	Edel Monaghan	16.52.8 PB	2	Claire Bentley	19.15.80
100H	1	Marli Jessop	13.40 (- 0.9)	1	Mia McIntosh	13.67 (- 0.8)
400H	4	Dijana Clarke	62.82	2	Steff Fisher	62.08
3000 S/C	5	Eilish O'Grady	11.51.16 PB	4	Jennifer Keal	13.38.54 PB
HJ	2=	Bryony Bovell	1.65	2=	Emiley Axtell	1.50
PV	5	Megan Bailey	3.70	6	Maggie Fleet	2.20 PB
LJ	7	Bryony Bovell	5.66	1	Ade Omitowoju	5.33
TJ	2	Adelaide	12.48	1	Amelia Gray	11.53
Shot	7	Makayla Joseph	12.89	3	Sinead Du Toit	12.08
Discus	5	Sinead du Toit	44.64	4	Emma Beardmore	41.80
Hammer	3	Anna Merritt	54.08	1	Zoe Price	53.84
Javelin	4	Lucy O'Dell	40.41	3	Bryony Bovell	32.48
4 x 100	3	Marli, Mia, Millie, Susan	47.25			
4 x 400	2	Rachel 57.2, Dijana 58.1, Steff 56.3, Poppy 53.8	3.45.37 CLUB RECORD			

LEAGUE TABLE

POSITION	TEAM	LEAGUE POINTS	MATCH POINTS
1.	HARROW	8	645
2.	Thames Valley	7	605
3.	Windsor	6	463.5
4.	Glasgow	5	436.5
5.	Woodford	4	425
6.	Birchfield	3	388
7.	Sale	2	371.5
8.	Blackheath	1	345.5

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