

Southern Southern 1 - East Westminster Lodge
Sunday 03 May 2009

FINAL MATCH SCORES AND POSITIONS



Posn	Points after	82 event(s)
1	Herne Hill Harriers	431.0
2	St Albans AC	406.5
3	Eastbourne Rovers AC	257.0
4	Lewes AC	197.5

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<u>Northern Premier Witton Park, Blackburn</u>				Perf	Wind	Records	Grades	<u>Sunday, May 03 2009</u>				Perf	Grades
T32 U17M 100m 'A'				<i>Wind=</i>				U17M 100m 'B'				<i>Wind=</i>	
1	17	Michael Bennett	Herne Hill Harriers	11.7		G3*		1	18	Rorie Robinson	Herne Hill Harriers	12.0	G4
2	32	Kieran Moss	St Albans AC	12.4				2	31	Mitchell Russell	St Albans AC	12.8	
3	10	Billy Pearson	Eastbourne Rovers AC	12.7				3	9	Laurance Ackary	Eastbourne Rovers AC	12.9	
4								4					
T8 U17M 200m 'A'				<i>Wind=</i>				U17M 200m 'B'				<i>Wind=</i>	
1	17	Rorie Robinson	Herne Hill Harriers	24.1		G4		1	18	Silvester Akpalara	Herne Hill Harriers	25.1	
2	31	Carl Palin	St Albans AC	25.6				2	32	Joel Trounce	St Albans AC	25.6	
3	9	Laurance Ackary	Eastbourne Rovers AC	26.1				3	10	Billy Pearson	Eastbourne Rovers AC	26.2	
4								4					
T25 U17M 400m 'A'								U17M 400m 'B'					
1	9	Jono Ketley	Eastbourne Rovers AC	54.3		G3		1	18	Jonathan Clarke	Herne Hill Harriers	56.9	
2	31	Carl Palin	St Albans AC	54.5		G4		2	10	Tyler North	Eastbourne Rovers AC	58.6	
3	17	Alex Moislely	Herne Hill Harriers	55.6		G4		3	32	Joseph Romain	St Albans AC	60.2	
4	23	Ben Pepler	Lewes AC	65.0				4					
T14 U17M 800m 'A'								U17M 800m 'B'					
1	17	Silvester Akpalara	Herne Hill Harriers	02:07.5		G4		1	18	Lewis Lloyd	Herne Hill Harriers	02:12.8	
2	31	Khalid Al Abaidy	St Albans AC	02:08.1		G4		2	32	Joseph Romain	St Albans AC	02:18.6	
3	23	Ben Pepler	Lewes AC	02:26.5				3					
4								4					
T37 U17M 1500m 'A'								U17M 1500m 'B'					
1	17	Lewis Lloyd	Herne Hill Harriers	04:25.6		G40		1	18	Billy Holmes	Herne Hill Harriers	04:53.7	00
2	31	Khalid Al Abaidy	St Albans AC	04:50.9		00		2	32	Joseph Romain	St Albans AC	05:14.2	00
3								3					
4								4					
T16 U17M 3000m 'A'								U17M 3000m 'B'					
1	31	Elliot Poulain	St Albans AC	10:52.2		00		1	18	Jamal Langley	Herne Hill Harriers	dnf	00
2	17	Daniel Willmott	Herne Hill Harriers	11:10.3		00		2					
3								3					
4								4					
T2 U17M 400mH 'A'								U17M 400mH 'B'					
1	9	Jono Ketley	Eastbourne Rovers AC	66.4				1					
2								2					
3								3					
4								4					
T23 U17M 100mH 'A'				<i>Wind=</i>				U17M 100mH 'B'				<i>Wind=</i>	
1	17	Blade Ashby	Herne Hill Harriers	14.2		G2*		1	18	Rorie Robinson	Herne Hill Harriers	20.3	
2	31	Joel Trounce	St Albans AC	16.8				2					
3								3					
4								4					
T44 U17M 1500m S/Chase 'A'								U17M 1500m S/Chase 'B'					
1	17	Jamal Langley	Herne Hill Harriers	08:20.3		00		1	18	Daniel Willmott	Herne Hill Harriers	09:36.8	00
2								2					
3								3					
4								4					
F2 U17M 5k Hammer 'A'								U17M 5k Hammer 'B'					
1	17	Khalil Njoya	Herne Hill Harriers	25.77		G4		1	18	Marlon Douglin	Herne Hill Harriers	13.58	
2								2					
3								3					
4								4					
F9 U17M 1.5k Discus 'A'								U17M 1.5k Discus 'B'					
= AW Standards													

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				Perf	Wind	Records	Grades	<u>Sunday, May 03 2009</u>				Perf	Grades
1	17	Khalil Njoya	Herne Hill Harriers	32.20		G3		1	18	Marlon Douglin	Herne Hill Harriers	18.88	
2								2					
3								3					
4								4					
F22 U17M 5k Shot 'A'								U17M 5k Shot 'B'					
1	17	Khalil Njoya	Herne Hill Harriers	10.10		G4		1	18	Marlon Douglin	Herne Hill Harriers	9.39	
2	31	Jonathan Howarth	St Albans AC	7.86				2					
3	23	Ben Pepler	Lewes AC	5.72				3					
4								4					
F32 U17M 700g Javelin 'A'								U17M 700g Javelin 'B'					
1	31	Jonathan Howarth	St Albans AC	33.90		G4		1					
2	9	Jono Ketley	Eastbourne Rovers AC	30.31				2					
3	18	Blade Ashby	Herne Hill Harriers	25.10				3					
4								4					
F13 U17M Pole Vault 'A'								U17M Pole Vault 'B'					
1	96	No Competitors Declared											
F29 U17M High Jump 'A'								U17M High Jump 'B'					
1	31	Carl Palin	St Albans AC	1.55				1	32	Joel Trounce	St Albans AC	1.40	
F17 U17M Long Jump 'A'								U17M Long Jump 'B'					
1	18	Blade Ashby	Herne Hill Harriers	6.34		G1*		1	17	Jonathan Grant	Herne Hill Harriers	6.30	G1*
2	31	Kieran Moss	St Albans AC	6.26		G1*		2	32	Mitchell Russell	St Albans AC	5.09	
3	9	Laurance Ackary	Eastbourne Rovers AC	4.78				3	10	Tyler North	Eastbourne Rovers AC	4.75	
4								4					
F34 U17M Triple Jump 'A'								U17M Triple Jump 'B'					
1	31	Kieran Moss	St Albans AC	12.69		G2*		1					
2	18	Jonathan Clarke	Herne Hill Harriers	12.25		G2		2					
3	9	Tyler North	Eastbourne Rovers AC	10.52				3					
4								4					
T30 U15B 100m 'A'					Wind=			U15B 100m 'B'					Wind=
1	17	Taj Johnson	Herne Hill Harriers	12.2		G3*		1	32	William Dean	St Albans AC	12.7	G4*
2	31	Jake Awe	St Albans AC	12.2		G3*		2	18	Chad Briscoe	Herne Hill Harriers	13.3	*
3	23	Evan Carter	Lewes AC	13.6				3	10	Barney Cornford	Eastbourne Rovers AC	15.1	
4	9	Jordan Surridge	Eastbourne Rovers AC	13.7				4					
T6 U15B 200m 'A'					Wind=			U15B 200m 'B'					Wind=
1	17	Taj Johnson	Herne Hill Harriers	24.8		G2*		1	32	William Dean	St Albans AC	25.3	G3*
2	31	Luke Yaxley	St Albans AC	25.7		G4		2	18	Joshua Reid	Herne Hill Harriers	25.8	G4
3	9	Alex Voss Hillier	Eastbourne Rovers AC	26.5		G4		3	10	Jordan Surridge	Eastbourne Rovers AC	26.9	G4
4	23	Evan Carter	Lewes AC	27.8				4	24	Aaron Guilford	Lewes AC	27.6	
T24 U15B 400m 'A'								U15B 400m 'B'					
1	31	Chris Hilton	St Albans AC	57.8		G3		1	32	James McMurray	St Albans AC	57.4	G3
2	9	Alex Voss Hillier	Eastbourne Rovers AC	58.5		G4		2	18	Luis DaSilva	Herne Hill Harriers	62.3	
3	17	Emmanuel Okwera	Herne Hill Harriers	58.7		G4		3	24	Aaron Guilford	Lewes AC	63.1	
4	23	Harrison Reaveley	Lewes AC	66.2				4	10	Jonny White	Eastbourne Rovers AC	63.9	
T12 U15B 800m 'A'								U15B 800m 'B'					
1	32	James McMurray	St Albans AC	02:04.5		G1*		1	31	Chris Hilton	St Albans AC	02:10.6	G2*

AW Standards

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				Perf	Wind	Records	Grades	Sunday, May 03 2009				Perf	Grades		
2	17	Zac Weller Davies	Herne Hill Harriers	02:19.3		G4		2	9	Luke McWilton	Eastbourne Rovers AC	02:21.2	G4		
3	10	Jonny White	Eastbourne Rovers AC	02:21.1		G4		3	18	Michael Brown	Herne Hill Harriers	02:38.3			
4	23	James Shackleton	Lewes AC	02:45.5				4							
T35 U15B 1500m 'A'								U15B 1500m 'B'							
1	10	Keith Alger	Eastbourne Rovers AC	04:43.5		G30		1	31	Oliver Poulin	St Albans AC	04:57.5	G40		
2	32	Harry Whiteman	St Albans AC	04:52.1		G40		2	9	Joe Russell	Eastbourne Rovers AC	05:00.6	00		
3	17	James Allen	Herne Hill Harriers	04:54.7		G40		3	18	John Tayleur	Herne Hill Harriers	05:19.1	00		
4	23	Harrison Reaveley	Lewes AC	05:28.9		00		4	24	Aaron Guilford	Lewes AC	05:29.2	00		
T21 U15B 80mh 'A' <i>Wind=</i>								U15B 80mh 'B' <i>Wind=</i>							
1	31	Christian Geddes	St Albans AC	12.0		G1*		1	32	Luke Yaxley	St Albans AC	12.8	G3*		
2	9	Alex Voss Hillier	Eastbourne Rovers AC	12.6		G3*		2	18	Temidayo Abdullahi	Herne Hill Harriers	15.3			
3	17	Chad Briscoe	Herne Hill Harriers	13.9		G4		3	10	Keith Alger	Eastbourne Rovers AC	17.0			
4	23	James Shackleton	Lewes AC	17.0				4							
F1 U15B 4k Hammer 'A'								U15B 4k Hammer 'B'							
1	18	Daniel St Aubyn	Herne Hill Harriers	26.17		G4		1	17	Louis Keen	Herne Hill Harriers	18.44			
2	9	Isaac Francis	Eastbourne Rovers AC	22.21		G4		2	32	Frankie Smith	St Albans AC	13.63			
3	31	Chris Hilton	St Albans AC	20.40				3	10	Barney Cornford	Eastbourne Rovers AC	10.54			
4	23	Remi McDonald	Lewes AC	16.41				4							
F8 U15B 1.25k Discus 'A'								U15B 1.25k Discus 'B'							
1	32	Billy Sach	St Albans AC	26.15		G3		1	18	Daniel Badejo	Herne Hill Harriers	18.78			
2	17	Louis Keen	Herne Hill Harriers	21.83		G4		2	31	Frankie Smith	St Albans AC	16.12			
3	23	Remi McDonald	Lewes AC	13.16				3	9	Josh Bennett-Tomlin	Eastbourne Rovers AC	12.61			
4								4							
F23 U15B 4.00k Shot 'A'								U15B 4.00k Shot 'B'							
1	31	Christian Geddes	St Albans AC	11.37		G3*		1	32	Jason Tang	St Albans AC	8.82			
2	17	Louis Keen	Herne Hill Harriers	10.43		G4		2	18	Daniel St Aubyn	Herne Hill Harriers	8.37			
3	9	Isaac Francis	Eastbourne Rovers AC	8.93		G4		3	10	Josh Bennett-Tomlin	Eastbourne Rovers AC	6.50			
4	23	Remi McDonald	Lewes AC	5.93				4							
F33 U15B 600g Javelin 'A'								U15B 600g Javelin 'B'							
1	18	Zac Weller Davies	Herne Hill Harriers	23.44				1	17	Nicholas Grant	Herne Hill Harriers	19.86			
2	23	Ashley Derrick	Lewes AC	21.37				2	32	James McMurray	St Albans AC	17.15			
3	31	Frankie Smith	St Albans AC	20.30				3	10	Jonny White	Eastbourne Rovers AC	4.54			
4	9	Josh Bennett-Tomlin	Eastbourne Rovers AC	7.36				4							
F16 U15B Long Jump 'A'								U15B Long Jump 'B'							
1	31	Jake Awe	St Albans AC	5.51		G2*		1	18	Nicholas Grant	Herne Hill Harriers	4.92	G4		
2	17	Taj Johnson	Herne Hill Harriers	5.49		G2		2	32	William Dean	St Albans AC	4.89	G4		
3	9	Luke McWilton	Eastbourne Rovers AC	4.49				3	24	Harrison Reaveley	Lewes AC	4.19			
4	23	Evan Carter	Lewes AC	4.40				4	10	Keith Alger	Eastbourne Rovers AC	4.04			
F28 U15B High Jump 'A'								U15B High Jump 'B'							
1	31	Christian Geddes	St Albans AC	1.65		G2*		1	32	Jason Tang	St Albans AC	1.45	G4		
2	23	Ashley Derrick	Lewes AC	1.40											
3	18	Temidayo Abdullahi	Herne Hill Harriers	1.35											
4	9	Luke McWilton	Eastbourne Rovers AC	1.25											
F12 U15B Pole Vault 'A'								U15B Pole Vault 'B'							
1=	31	Oliver Poulin	St Albans AC	2.00				1	32	Chris Gillespie	St Albans AC	1.80			
1=	23	Ashley Derrick	Lewes AC	2.00											
3	9	Isaac Francis	Eastbourne Rovers AC	2.00											
4	17	Frazer Hay	Herne Hill Harriers	1.70											
T28 U13B 100m 'A' <i>Wind=</i>								U13B 100m 'B' <i>Wind=</i>							
1	24	James Kemp	Lewes AC	13.7		G3		1	23	Chris Hutchins	Lewes AC	14.8			
2	17	Usher Wrightman = AW Standards	Herne Hill Harriers	14.4		G4		2	31	Alex Port	St Albans AC	15.3			

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Perf

Wind

Records
Grades

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Grades

Event	Rank	Name	Club	Perf	Wind	Records	Grades	Rank	Name	Club	Perf	Grades			
3	32	Marius Bell	St Albans AC	15.0				3	18 Ibrahim Belal	Herne Hill Harriers	15.5				
4								4							
T4 U13B 200m 'A'				<i>Wind=</i>				U13B 200m 'B'				<i>Wind=</i>			
1	17	Ursher Wrightman	Herne Hill Harriers	29.8		G4		1	18 Lascelles Hussey	Herne Hill Harriers	30.4	G4			
2	23	Chris Hutchins	Lewes AC	30.8				2	24 David Thomas	Lewes AC	32.8				
3	31	Marius Bell	St Albans AC	30.8				3	32 Annas Al Abady	St Albans AC	35.5				
4								4							
T10 U13B 800m 'A'								U13B 800m 'B'							
1	17	Ibrahim Belal	Herne Hill Harriers	02:46.3				1	24 Sam Heinzl	Lewes AC	03:07.8				
2	23	Alex Stillwell	Lewes AC	02:51.8				2	32 Alex Walters	St Albans AC	03:40.4				
3	31	Daniel Hull	St Albans AC	03:13.8				3							
4								4							
T33 U13B 1500m 'A'								U13B 1500m 'B'							
1	17	Lascelles Hussey	Herne Hill Harriers	04:48.9		G1*		1	24 Sam Jackson	Lewes AC	05:57.4	00			
2	9	Jake Alger	Eastbourne Rovers AC	04:51.4		G1*		2							
3	31	Luke Dee	St Albans AC	05:27.7		00		3							
4	23	George Smith	Lewes AC	05:46.8		00		4							
T17 U13B 75mh 'A'				<i>Wind=</i>				U13B 75mh 'B'				<i>Wind=</i>			
1	17	Chideraa Ojemere	Herne Hill Harriers	14.7		G3		1	18 Garfield Francis	Herne Hill Harriers	15.3	G4			
2	23	Alex Stillwell	Lewes AC	17.5				2	24 Sam Heinzl	Lewes AC	17.2				
3	31	Thomas Giles	St Albans AC	21.1				3	32 Daniel Hull	St Albans AC	dnf				
4								4							
F15 U13B 3.25k Shot 'A'								U13B 3.25k Shot 'B'							
1	23	James Kemp	Lewes AC	6.35		G4		1	17 Chideraa Ojemere	Herne Hill Harriers	4.19				
2	18	Garfield Francis	Herne Hill Harriers	4.44				2	24 Alex Stillwell	Lewes AC	3.28				
3	32	Alex Walters	St Albans AC	3.30				3	31 Daniel Hull	St Albans AC	3.18				
4								4							
F25 U13B Long Jump 'A'								U13B Long Jump 'B'							
1	9	Jake Alger	Eastbourne Rovers AC	3.87		G4		1	31 Alex Port	St Albans AC	3.48				
2	17	Ursher Wrightman	Herne Hill Harriers	3.68				2	23 Todd Cotterill	Lewes AC	3.13				
3	32	Marius Bell	St Albans AC	3.62				3	18 Ibrahim Belal	Herne Hill Harriers	3.09				
4	24	George Smith	Lewes AC	3.34				4							
F6 U13B High Jump 'A'								U13B High Jump 'B'							
1	9	Jake Alger	Eastbourne Rovers AC	1.29		G4		1	18 Garfield Francis	Herne Hill Harriers	1.15				
2==	17	Chideraa Ojemere	Herne Hill Harriers	1.15				2	23 David Thomas	Lewes AC	1.05				
2==	31	Luke Dee	St Albans AC	1.15											
2==	24	Todd Cotterill	Lewes AC	1.15											
T31 U17W 100m 'A'				<i>Wind=</i>				U17W 100m 'B'				<i>Wind=</i>			
1	17	Funto Fabiomi-Alade	Herne Hill Harriers	12.9		G3*		1	18 Rachel Mayhew	Herne Hill Harriers	13.0	G3*			
2	9	Georgia Ungoed	Eastbourne Rovers AC	13.1		G3		2	10 Joanna Morgan	Eastbourne Rovers AC	13.4	G4			
3	31	Rachael Evans	St Albans AC	14.0				3							
4	23	Adele Woodhams	Lewes AC	14.5				4							
T7 U17W 200m 'A'				<i>Wind=</i>				U17W 200m 'B'				<i>Wind=</i>			
1	17	Funto Fabiomi-Alade	Herne Hill Harriers	26.1		G2*		1	18 Rachel Mayhew	Herne Hill Harriers	27.8				
2	9	Joanna Morgan	Eastbourne Rovers AC	27.2		G4		2	32 Abbie Smith	St Albans AC	30.7				
3	31	Abi Holman	St Albans AC	27.3		G4		3							
4								4							
T26 U17W 300m 'A'								U17W 300m 'B'							
1	31	Alice Marshall	St Albans AC	44.6		G4*		1	18 Jessica Quartey-Pigot	Herne Hill Harriers	46.7				
2	17	Aisha Wey-Naibe	Herne Hill Harriers	45.7		G4		2	32 Abbie Smith	St Albans AC	49.6				
3	9	Zara Sasson	Eastbourne Rovers AC	46.3				3							

=AW Standards

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Wind

Records
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Perf

Grades

Northern Premier Witton Park, Blackburn				Sunday, May 03 2009			
	Perf	Wind	Records Grades		Perf	Grades	
4				4			
T13 U17W 800m 'A'				U17W 800m 'B'			
1 17 Katie Snowden	Herne Hill Harriers	02:17.4	G2*	1 31 Daisy Yeomans	St Albans AC	02:34.6	
2 32 Cathrine Mackintosh	St Albans AC	02:30.6	G4	2 18 Jessica Quartey-Pigot	Herne Hill Harriers	02:37.9	
3				3			
4				4			
T36 U17W 1500m 'A'				U17W 1500m 'B'			
1 17 Katie Snowden	Herne Hill Harriers	04:55.2	G2*	1 32 Cathrine Mackintosh	St Albans AC	05:29.0	00
2 31 Laura Farar	St Albans AC	05:07.3	G40	2 18 Jessica Quartey-Pigot	Herne Hill Harriers	05:39.8	00
3				3			
4				4			
T19 U17W 3000m 'A'				U17W 3000m 'B'			
1 31 Laura Farar	St Albans AC	10:58.1	G3*	1 32 Daisy Yeomans	St Albans AC	12:32.7	00
2				2			
3				3			
4				4			
T20 U17W 80mh 'A'		Wind=		U17W 80mh 'B'		Wind=	
1 9 Ellie Lambert	Eastbourne Rovers AC	13.5	G4	1 10 Emma Noel	Eastbourne Rovers AC	14.3	
2 17 -	Herne Hill Harriers	13.9		2 32 Alice Warwick	St Albans AC	18.4	
3 31 Helena Copley	St Albans AC	18.0		3			
4				4			
T1 U17W 300mH 'A'				U17W 300mH 'B'			
1 9 Emma Noel	Eastbourne Rovers AC	50.1	G4	1 10 Laura Davies	Eastbourne Rovers AC	56.2	
2 17 Aisha Wey-Naibe	Herne Hill Harriers	50.1	G4	2			
3				3			
4				4			
F3 U17W 5k Hammer 'A'				U17W 5k Hammer 'B'			
1 23 Megan Thomas	Lewes AC	19.12	G4	1 32 Alice Warwick	St Albans AC	14.06	
2 31 Alix Smith	St Albans AC	17.71		2			
3				3			
4				4			
F20 U17W 1.0k Discus 'A'				U17W 1.0k Discus 'B'			
1 9 Lauren Allymohammed	Eastbourne Rovers AC	22.69	G3	1 10 Georgia Ungoad	Eastbourne Rovers AC	14.81	
2 17 Harriet Wedmore	Herne Hill Harriers	20.03	G4	2 18 Sinead Worrell	Herne Hill Harriers	13.49	
3 23 Megan Thomas	Lewes AC	15.59		3 24 Adele Woodhams	Lewes AC	13.20	
4 31 Rachael Evans	St Albans AC	15.21		4 32 Daisy Yeomans	St Albans AC	11.20	
F31 U17W 4k Shot 'A'				U17W 4k Shot 'B'			
1 17 Sinead Worrell	Herne Hill Harriers	9.99	G2*	1 10 Zara Sasson	Eastbourne Rovers AC	6.44	
2 31 Alix Smith	St Albans AC	7.80	G4	2 32 Rachael Evans	St Albans AC	5.98	
3 9 Lauren Allymohammed	Eastbourne Rovers AC	6.98	G4	3 18 Harriet Wedmore	Herne Hill Harriers	5.91	
4 23 Megan Thomas	Lewes AC	6.60		4			
F26 U17W 600g Javelin 'A'				U17W 600g Javelin 'B'			
1 9 Lauren Allymohammed	Eastbourne Rovers AC	31.14	G2*	1 10 Emma Noel	Eastbourne Rovers AC	24.69	G4
2 31 Alix Smith	St Albans AC	18.03		2 32 Abbie Smith	St Albans AC	12.65	
3 18 Katie Snowden	Herne Hill Harriers	14.32		3 17 Harriet Wedmore	Herne Hill Harriers	10.25	
4				4			
F5 U17W Long Jump 'A'				U17W Long Jump 'B'			
1 31 Abi Holman	St Albans AC	4.75	G3	1 32 Helena Copley	St Albans AC	4.33	
2 17 Rachel Mayhew	Herne Hill Harriers	4.68	G4	2 9 Joanna Morgan	Eastbourne Rovers AC	4.12	
3 23 Adele Woodhams	Lewes AC	4.45	G4	3 18 Funto Fabiumi-Alade	Herne Hill Harriers	3.51	
4 10 Ellie Lambert	Eastbourne Rovers AC	4.44	G4	4			

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F35 U17W Triple Jump 'A'

1	31	Abi Holman	St Albans AC	11.02	G2*
2	9	Laura Davies	Eastbourne Rovers AC	7.88	
3					
4					

U17W Triple Jump 'B'

1					
2					
3					
4					

F19 U17W High Jump 'A'

1	17	Sinead Worrell	Herne Hill Harriers	1.50	G4
2	9	Ellie Lambert	Eastbourne Rovers AC	1.45	G4
3	32	Alice Warwick	St Albans AC	1.40	

U17W High Jump 'B'

1	10	Laura Davies	Eastbourne Rovers AC	1.40
2	31	Helena Copley	St Albans AC	1.35

F11 U17W Pole Vault 'A'

1 96 No Competitors Declared

U17W Pole Vault 'B'

T29 U15G 100m 'A'

Wind=

1	17	Hazel Ashby	Herne Hill Harriers	13.1	G2*
2	9	Gabriella Wilson	Eastbourne Rovers AC	13.4	G3
3	23	Emilie Blackwell	Lewes AC	14.1	
4	31	Stephanie Rukin	St Albans AC	14.2	

U15G 100m 'B'

Wind=

1	18	Zoe Doran	Herne Hill Harriers	14.2
2	32	Laura Owler	St Albans AC	14.9
3	10	Holly Cheshire	Eastbourne Rovers AC	15.1
4	24	Phoebe Smith	Lewes AC	16.7

T5 U15G 200m 'A'

Wind=

1	17	Hazel Ashby	Herne Hill Harriers	27.4	G3*
2	9	Gabriella Wilson	Eastbourne Rovers AC	28.0	G4
3	31	Stephanie Rukin	St Albans AC	28.7	G4
4	23	Emilie Blackwell	Lewes AC	29.2	

U15G 200m 'B'

Wind=

1	18	Malissa Roberts	Herne Hill Harriers	29.5
2	32	Laura Owler	St Albans AC	30.5
3	10	Sophie Dearnley	Eastbourne Rovers AC	31.3
4	24	Maddy Smith	Lewes AC	31.7

T11 U15G 800m 'A'

1	18	Karin Muya	Herne Hill Harriers	02:25.5	G2*
2	31	Megan Steer	St Albans AC	02:25.5	G2*
3	10	Abigail East	Eastbourne Rovers AC	02:36.5	G4
4	23	Phoebe Smith	Lewes AC	03:00.3	

U15G 800m 'B'

1	17	Ashleigh Campbell	Herne Hill Harriers	02:38.5	G4
2	9	Sophie Hunnisett	Eastbourne Rovers AC	02:41.6	
3	32	Jess Smith	St Albans AC	03:02.0	
4					

T34 U15G 1500m 'A'

1	23	Maddy Smith	Lewes AC	05:12.1	G30
2	17	Alex West	Herne Hill Harriers	05:17.5	G40
3	9	Jamey Street	Eastbourne Rovers AC	05:22.8	G40
4	31	Hannah Hull	St Albans AC	05:36.4	00

U15G 1500m 'B'

1	24	Hannah Jackson	Lewes AC	05:24.8	G40
2	18	Billie Barbour	Herne Hill Harriers	05:46.0	00
3	10	Rachel Noel	Eastbourne Rovers AC	06:00.7	00
4	32	Lauren Dee	St Albans AC	06:04.0	00

T18 U15G 75mh 'A'

Wind=

1	31	Alicia Tymon McKewen	St Albans AC	12.5	G2*
2	18	Zoe Doran	Herne Hill Harriers	14.2	G4
3					
4					

U15G 75mh 'B'

Wind=

1	32	Stephanie Rukin	St Albans AC	12.7	G3*
2	17	Ashleigh Campbell	Herne Hill Harriers	15.5	
3					
4					

F4 U15G Long Jump 'A'

1	17	Hazel Ashby	Herne Hill Harriers	4.84	G2*
2	31	Alicia Tymon McKewen	St Albans AC	4.29	G4
3	10	Abigail East	Eastbourne Rovers AC	3.94	
4	23	Hannah McDonald	Lewes AC	3.84	

U15G Long Jump 'B'

1	18	Zoe Doran	Herne Hill Harriers	4.42	G4
2	32	Niamh Lawson	St Albans AC	3.82	
3	9	Holly Cheshire	Eastbourne Rovers AC	3.40	
4					

F18 U15G High Jump 'A'

1	9	Rachel Noel	Eastbourne Rovers AC	1.45	G3*
2	17	Leila Abandah	Herne Hill Harriers	1.40	G4
3	31	Megan Steer	St Albans AC	1.25	
4	24	Hannah Jackson	Lewes AC	1.15	

U15G High Jump 'B'

1	10	Sophie Hunnisett	Eastbourne Rovers AC	1.15
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*= AW Standards

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				Perf	Wind	Records	Grades	Sunday, May 03 2009				Perf	Wind	Records	Grades
F10	U15G Pole Vault 'A'					LR	MR	U15G Pole Vault 'B'						LR	MR
	1	23	Emilie Blackwell	Lewes AC	2.90	FALSE		1	24	Naomi Lee	Lewes AC	2.50	FALSE		
	2	31	Rowen Seglah	St Albans AC	1.80	FALSE									
F21	U15G 1.00k Discus 'A'							U15G 1.00k Discus 'B'							
	1	17	Lakesha Abrams-Quamina	Herne Hill Harriers	24.70	G2*		1	32	Anna Marner	St Albans AC	15.74	G4		
	2	31	Abi Wilde	St Albans AC	18.07	G4		2	23	Phoebe Smith	Lewes AC	10.41			
	3	9	Rosie Sharo	Eastbourne Rovers AC	17.19	G4		3	10	Holly Cheshire	Eastbourne Rovers AC	8.57			
	4	24	Maddy Smith	Lewes AC	11.79			4	18	Franchesca Mead	Herne Hill Harriers	6.96			
F27	U15G 600g Javelin 'A'							U15G 600g Javelin 'B'							
	1	31	Abi Wilde	St Albans AC	30.02	G1*		1	18	-	Herne Hill Harriers	12.85			
	2	9	Rosie Sharo	Eastbourne Rovers AC	25.25	G2*		2	32	-	St Albans AC	12.42			
	3	23	Naomi Lee	Lewes AC	17.59	G4		3	24	-	Lewes AC	11.06			
	4	17	Leila Abandah	Herne Hill Harriers	15.72			4	10	-	Eastbourne Rovers AC	8.63			
F30	U15G 3.25k Shot 'A'							U15G 3.25k Shot 'B'							
	1	9	Rosie Sharo	Eastbourne Rovers AC	8.55	G2		1	18	-	Herne Hill Harriers	6.48	G4		
	2	17	Lakesha Abrams-Quamina	Herne Hill Harriers	7.89	G3		2	10	Sophie Dearnley	Eastbourne Rovers AC	6.15			
	3	23	Naomi Lee	Lewes AC	6.59	G4		3	31	Anna Marner	St Albans AC	5.80			
	4	32	Niamh Lawson	St Albans AC	6.15			4	24	Hannah McDonald	Lewes AC	5.05			
T27	U13G 75m 'A'			Wind=				U13G 75m 'B'				Wind=			
	1	17	Jessica Barns	Herne Hill Harriers	11.0	G3*		1	18	Rahsaan Williams	Herne Hill Harriers	11.8			
	2	23	Olivia Connor	Lewes AC	11.1	G4*		2	10	Chioma Uma	Eastbourne Rovers AC	11.9			
	3	9	Georgina Moffat	Eastbourne Rovers AC	11.5	G4		3	32	Joetta James	St Albans AC	12.1			
	4	31	Chloe Rutherford Hughes	St Albans AC	11.7			4	24	Ruby Whyte-Wilding	Lewes AC	12.2			
T3	U13G 150m 'A'			Wind=				U13G 150m 'B'				Wind=			
	1	31	Emma Clarke	St Albans AC	22.6	G4		1	24	Holly English	Lewes AC	22.0	G4*		
	2	9	Alice Walker	Eastbourne Rovers AC	23.3			2	10	Ashleigh Best	Eastbourne Rovers AC	23.0	G4		
	3	23	Eve Rothwell	Lewes AC	24.0			3	32	Joetta James	St Albans AC	23.4			
	4							4	18	Rachel Nuamay	Herne Hill Harriers	25.2			
T9	U13G 800m 'A'							U13G 800m 'B'							
	1	31	Chloe Rutherford Hughes	St Albans AC	02:49.8	G4		1	17	Georgie Hay	Herne Hill Harriers	02:53.4			
	2	18	Elena Rodham-Cooke	Herne Hill Harriers	02:50.3	G4		2	23	Adelaide O'Connor	Lewes AC	02:56.6			
	3	24	Ruby Whyte-Wilding	Lewes AC	02:55.5			3	32	Charlotte Brooks	St Albans AC	03:00.2			
	4							4							
T22	U13G 1200m 'A'							U13G 1200m 'B'							
	1	23	Eve Rothwell	Lewes AC	04:15.5	G3*		1	24	Holly English	Lewes AC	04:21.7	G40		
	2	17	Cecily Browne	Herne Hill Harriers	04:31.8	G40		2	18	Victoria Picken	Herne Hill Harriers	04:32.8	G40		
	3	32	Lauren Eckley	St Albans AC	04:37.1	00		3	31	Clare Wilde	St Albans AC	04:50.9	00		
	4							4							
T15	U13G 70mh 'A'			Wind=				U13G 70mh 'B'				Wind=			
	1	31	Laura Nofer	St Albans AC	13.6	G3		1	32	Joetta James	St Albans AC	14.3	G4		
	2	9	Ashleigh Best	Eastbourne Rovers AC	14.0	G4		2	18	Chantal Banton	Herne Hill Harriers	17.2			
	3	17	Georgie Hay	Herne Hill Harriers	14.6	G4		3							
	4							4							
F7	U13G High Jump 'A'							U13G High Jump 'B'							
	1	23	Olivia Connor	Lewes AC	1.29	G3		1	32	Chloe Downs	St Albans AC	1.15			
	2	31	Alice Townend	St Albans AC	1.23	G4		2	10	Chioma Uma	Eastbourne Rovers AC	1.05			
	3	9	Georgina Moffat	Eastbourne Rovers AC	1.15										
	4	17	Rachel Nuamay	Herne Hill Harriers	1.10										
F24	U13G Long Jump 'A'							U13G Long Jump 'B'							

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Perf

Wind

Records
Grades

Sunday, May 03 2009

Perf
Grades

1	17	Jessica Barns	Herne Hill Harriers	4.25	G2*	1	10	Georgina Moffat	Eastbourne Rovers AC	3.54	
2	24	Adelaide O'Connor	Lewes AC	3.95	G3	2	23	Olivia Connor	Lewes AC	3.42	
3	31	Emma Clarke	St Albans AC	3.85	G4	3	32	Chloe Downs	St Albans AC	3.06	
4	9	Alice Walker	Eastbourne Rovers AC	3.71	G4	4	18	Rahsaan Williams	Herne Hill Harriers	2.66	
F14 U13G 2.72k Shot 'A'						U13G 2.72k Shot 'B'					
1	31	Alice Townend	St Albans AC	7.13	G3	1	32	Isabel Copley	St Albans AC	5.87	G4
2	9	Alice Walker	Eastbourne Rovers AC	6.16	G4	2	10	Chioma Uma	Eastbourne Rovers AC	4.99	
3	17	Hannah Wilson	Herne Hill Harriers	4.90		3	24	Holly English	Lewes AC	4.87	
4	23	Eve Rothwell	Lewes AC	4.88		4					

*= AW Standards

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Perf

Wind

Records
Grades**Sunday, May 03 2009**

Perf

Grades

T43 17M 4x100m

1	17	Herne Hill Harriers	<i>Michael Bennett</i>	<i>Rorie Robinson</i>	<i>Blade Ashby</i>	<i>Jonathan Clarke</i>	47.20
2	9	Eastbourne Rovers AC	<i>Laurance Ackary</i>	<i>Jono Ketley</i>	<i>Billy Pearson</i>	<i>Tyler North</i>	49.20
3	31	St Albans AC	<i>Jonathan Howarth</i>	<i>Kieran Moss</i>	<i>Mitchell Russell</i>	<i>Joel Trounce</i>	dnf
4							
5							
6							
7							
8							

T47 17M 4x400m

1	17	Herne Hill Harriers	<i>Alex Moisley</i>	<i>Lewis Lloyd</i>	<i>Daniel Willmott</i>	<i>Jonathan Clarke</i>	04:57.30
2							
3							
4							
5							
6							
7							
8							

T41 15B 4x100m

1	31	St Albans AC	<i>Jake Awe</i>	<i>William Dean</i>	<i>Jason Tang</i>	<i>Luke Yaxley</i>	48.60 *
2	17	Herne Hill Harriers	<i>Nicholas Grant</i>	<i>Luis DaSilva</i>	<i>Chad Briscoe</i>	<i>Taj Johnson</i>	49.80 *
3	23	Lewes AC	<i>James Shackleton</i>	<i>Aaron Guilford</i>	<i>Evan Carter</i>	<i>Harrison Reaveley</i>	56.30
4	9	Eastbourne Rovers AC	<i>Jordan Surridge</i>	<i>Luke McWilton</i>	<i>Barney Cornford</i>	<i>Isaac Francis</i>	56.50
5							
6							
7							
8							

T46 15B 4x400m

1	31	St Albans AC	<i>Christian Geddes</i>	<i>Chris Hilton</i>	<i>James McMurray</i>	<i>Harry Whiteman</i>	04:02.60
2	9	Eastbourne Rovers AC	<i>Keith Alger</i>	<i>Jonny White</i>	<i>Joe Russell</i>	<i>Alex Voss Hillier</i>	04:11.50
3	17	Herne Hill Harriers	<i>John Tayleur</i>	<i>Michael Brown</i>	<i>James Allen</i>	<i>Emmanuel Okwera</i>	04:33.50
4							
5							
6							
7							
8							

T39 13B 4x100m

1	17	Herne Hill Harriers	<i>Ursher Wrightman</i>	<i>Chideraa Ojemere</i>	<i>Ibrahim Belal</i>	<i>Garfield Francis</i>	58.70
2	23	Lewes AC	<i>Chris Hutchins</i>	<i>James Kemp</i>	<i>Alex Stillwell</i>	<i>Todd Cotterill</i>	60.40
3	31	St Albans AC	<i>Marius Bell</i>	<i>Luke Dee</i>	<i>Thomas Giles</i>	<i>Alex Port</i>	64.20
4							
5							
6							
7							
8							

17W 4x100m

1	17	Herne Hill Harriers	<i>Rachel Mayhew</i>	<i>Funto Fabiumi-Alade</i>	<i>Aisha Wey-Naibe</i>	<i>Katie Snowdon</i>	52.40 *
2	9	Eastbourne Rovers AC	<i>Emma Noel</i>	<i>Zara Sasson</i>	<i>Georgia Ungoed</i>	<i>Joanna Morgan</i>	52.70 *
3	31	St Albans AC	<i>Abbie Smith</i>	<i>Helena Copley</i>	<i>Rachael Evans</i>	<i>Alice Marshall</i>	56.10
4							
5							
6							
7							
8							

* = AW Standards

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Southern Southern 1 - East Westminster Lodge

Perf

Wind

Records
Grades

Sunday, May 03 2009

Perf

Grades

T45 17W 4x300m

	Perf	Wind	Records	Grades	Perf	Grades	
1	31	St Albans AC	<i>Abi Holman</i>	<i>Cathrine Mackintosh</i>	<i>Alice Marshall</i>	<i>Daisy Yeomans</i>	03:07.90
2	9	Eastbourne Rovers AC	<i>Georgia Ungood</i>	<i>Lauren Allymohammed</i>	<i>Ellie Lambert</i>	<i>Zara Sasson</i>	03:21.50
3							
4							
5							
6							
7							
8							

T40 15G 4x100m

1	17	Herne Hill Harriers	-	-	-	-	54.10
2	31	St Albans AC	<i>Laura Owler</i>	<i>Stephanie Rukin</i>	<i>Megan Steer</i>	<i>Alicia Tymon McKewen</i>	54.90
3	9	Eastbourne Rovers AC	<i>Jamey Street</i>	<i>Gabriella Wilson</i>	<i>Holly Cheshire</i>	<i>Sophie Dearnley</i>	56.40
4	23	Lewes AC	<i>Emilie Blackwell</i>	<i>Hannah Jackson</i>	<i>Naomi Lee</i>	<i>Maddy Smith</i>	59.50
5							
6							
7							
8							

T38 13G 4x100m

1	9	Eastbourne Rovers AC	<i>Georgina Moffat</i>	<i>Alice Walker</i>	<i>Ashleigh Best</i>	<i>Chioma Uma</i>	60.00
2	23	Lewes AC	<i>Olivia Connor</i>	<i>Adelaide O'Connor</i>	<i>Eve Rothwell</i>	<i>Holly English</i>	61.20
3	31	St Albans AC	<i>Emma Clarke</i>	<i>Joetta James</i>	<i>Laura Nofer</i>	<i>Chloe Rutherford Hughes</i>	61.30
4	17	Herne Hill Harriers	-	-	-	-	61.40
5							
6							
7							
8							

*= AW Standards